12/4/2015 10:55:50 PM - Smoking Joe no more from Ambler pa

I feel I have been smoking all my life. My mother smoked while pregnant as so many did in the pre,70 days, boy did big tobacco have us fooled for so long and they still are trying, just try one of their Ecig products and you know you will keep smoking. I tried them and I never thought of giving up my smokes ever. I truly thought that the day I would go without a Cig I would be in the hospital and would not be able to get out of bed to get one. A Vape shop opened up in my town So I walked in just to get some info I walked out with a coolfire4 and an isub tank and my first bottle of ejuice it was a tobacco flavor thought it would work better if it tasted like a Cig I vaped the first bottle because I am cheep not because I like the flavor. I changed ejuice to a different tobacco flavor with a vanilla side flavor a little better but still not the greatest taste. I thought I do not smoke for the flavor of the cig I smoke because I smoke. So I changed to a mix of fruit flavor and that was the ticket. Thank you The vapor shop. for helping me to stop smoking I have not had a cigarette in over a month. I truly cannot remember the last time I went a whole day with out a smoke. The local vape shops are the starting point to being tobacco free everyone needs to know all the forces that want to stop vaping and get you back on cigs or taking there drugs. We must fight this and view any politicians that try to stop vaping as not truly caring about peoples health and just caring about how much money they get from big tobacco and big pharma.

Thanks for reading

Joe

12/4/2015 10:36:05 PM - Andy Neering

I started smoking when I was 14 years old. I smoked for 40 years and tried to quit numerous times in many different ways. Cold turkey, chantix, hypnosis, nicotine gum, inhalers, 12 step programs nothing worked. I felt hopeless and desperate no matter what I tried nothing worked and I was at a point of resignation that I was just going to die from a smoking related disease of some sort. Meanwhile although being relatively healthy and fit in most all other ways I could feel the effects of the years of inhaling tobacco products affecting my lifestyle (shortness of breath) I was unable to participate in activities that I used to love such as playing basketball etc. Around 2005 I became aware of e cigarettes (cigalikes) and thought I would give them a try. I thought that it might be a healthier alternative to smoking. It wasn't long and I gave up on them. The batteries didn't last, the nicotine being delivered wasn't efficient, they were a hassle to deal with due to the battery life etc. and they tasted really bad. Fast forward to 2012. During the preceding 8 years I had several (4) friends die from smoking due to lung cancer. During this period I tried quitting at least 5 more times and as I said before nothing worked. One day in 2012 I was at the driving range and saw a guy using some sort of atomizing device and thought he was using medical marijuana. I questioned him and he told me it was a new version of the e cigarette that I had tried 8 years earlier. He had been cigarette free for over a year after having smoked for 20 years. I went out later that week and bought one for myself. This new version had a bigger battery and a tank that you refill yourself with E liquid. I didn't really at this point think I was going to quit smoking. I just thought it might help me cut down. To my surprise even though I kept a pack of cigarettes in my coat pocket I had no desire to smoke them and after 3 weeks I gave them away. I went 6 months without a cigarette I felt much better physically, my breathing improved and I began to enjoy physical activities again. I noticed a huge improvement in my wind. I have since backslid several times but for the most part I consider myself to be a non smoker. In the last three years I have smoked a total of what would have been 2 months worth of cigarettes in the past. I have the hope of living a lot longer and more productive life due to E cigs. I regularly use flavored E juice, I mean why would I want to be stuck with a tobacco flavor? Yuk! I have also cut my nicotine intake from 24 mls down to 6 and this I believe is due to better atomizers and batteries (delivery system) As I said earlier I want to live and e cigarettes have given me hope and I enjoy them, I really thought I had no choice but to smoke until I die. Wrong!!! E cigs have given me back my life. Thank you! Andy Neering

12/4/2015 8:14:44 PM - Amy Miller

I believe it would be a big mistake to ban ecigerettes from the public. I quit smoking cigerettes a year ago and was able to do that by using an e cigerette. I started out with 18 miligrams of nicotine in my e juice and I am currently down to 6 miligrams of nicotine which will soon make me smoke free soon. I have coronary artery disease and uCOPD a chronic lung condition resulting from my use of regular cigerettes which also contain many other harmful chemicals. The regular cigerettes are what should be banned as they cause the most damage. It does mmake sense to ban the healthier alternative of using an e cigerette. Since ive been using my e cigerette (vaping) I can breath again and I dont get chronic bronchitus anymore and my heart condition is not worsening as it was when smoking a regularcigerette. My son and grandson also stopped smoking regular cigerettes by using the e cigerette (vaping). It would be taking a step backwarda to eliminate the e cigerettes and their products as they are saving lives and billions of dollars in medical bills. Thanks. for listening to my story. Im trusting the right decision will be made by not bannng this life saving devise.

12/4/2015 8:02:54 PM - David

Been smoking since i was 10 years old am now 27 have had my lungs chcked by doctor and he told me i have lungs of a 25 old none smokerI started October 9th 2015 after walking down Street with my 3 year old daughter and her pretending to smoke a cig I asked her what she doing she said having cig like daddy. That immediately hit me need to do something to change this so I went and bought kit to start now at 3 months my chest feels clearer I have more stamina and don't get colds or coughs as much. And top it all my daughter has stopped pretending to smoke bonus I have a kanger subox mini and make my own e-liquids which I found to be cheaper than buying and Â£10 15ml bottle every time needed started with 12mg nic now on 3mg

12/4/2015 8:02:40 PM - Margo Gardner

I was a two pack a day smoker for 40 years. I worked in the pharmacy field for 25 years, so when any new product became available I was always first in line to try them-and failed with each one. After losing everything we owned except our lives after the tornado in Joplin, Missouri we were forced to purchase a new home. At that time I made the decision that there would be no smoking inside our home. I was very aware of the odor, the need to clean drapes frequently and the unpleasant odor guests were subjected to when they came to visit. I was hopeful that if I had to go outside perhaps I would smoke less. That did not happen.

Once we got settled, had beds to sleep in again, furniture and clothing replaced, electronics replaced and was able to access the internet again I saw the heartwarming things and support for our area after such a tragedy. One in paticular brought tears to my eyes, so I reached out to this woman to thank her for her support and prayers for all of us trying to out our lives back together. We soon became friends and she told me that she has recently stopped smoking. I was very happy for her and naturally ask what did it for her. She told me about how she had discovered vaping.

I had in the past tried the "cigalikes" and quickly discovered that not only would they not work for me but would financially destroy me if I continued to try. But I did see the possibility, the potential in the product. I did some research and within a week I had purchased my first eGo style battery and a refillable cleromizer. I set a date-my birthday-to be my stop day. The device and the e-liquids I ordered (they were not available anywhere in this area except online) arrived 2 weeks prior to my stop date. I knew I would have a learning curve and wanted to be sure I knew how to work everything before that magical "stop" day.

Imagine my surprise when the day my items arrived, after learning how they all worked and I tried using it that I never touched another cigarette. I stopped smoking that day. At first I was convinced that it needed to taste like a cigarette in order to be effective. By the third day the taste of the tobacco products was horrible to me. I obtained some fruit, candy and bakery flavored e-liquids and was THRILLED. To this day I still hate tobacco flavors and only use fruit, candy and bakery flavors.

I began with a 24mg strength liquid. I have been smoke free and tobacco free for over two years now, and my e-liquid strength is down to 10mg. The devices and "tanks" (container for the e-liquid) have changed, and for the better. I have been able to discontinue the use of two prescription drugs, my doctor is thrilled at the improvement in my overall health, and not only my doctor but my insurance company now consider me a non-smoker. I have to submit to "wellness" testing each year to qualify for health care coverage and blood tests are done to determine if you are a smoker. Those tests show I am not.

I will never go back to cigarettes. If these products were to be removed from the market I would seek out other options to obtain what I need in order to remain smoke free. Vaping has saved my life.

12/4/2015 8:02:10 PM - Robiul Hassan

Hello everyone. I have started smoking at a very young age. I was fourteen when I started smoking, only to show that I'm a bad boy. It had become a must part of my life since then. For several years I had been suffering from several physical problems like laryngitis, tonsillitis, weak in sex and in activity. There is no need of telling the respiration problems and odors in mouth and body, I guess???Since March of this year,2015, I started vaping and now I can feel a lot energised in many ways. Those who have smoked for 12-24 years or more, they know what happens to genitals, and I was no different, after started vaping it felt like my sexual life got a new birth. When I used to smoke I hesitated to take a new born or infant in my arms as I used to have harsh smoke smell on me and in mouth, even on fingers...Now I take then and they dont have any prob at all. Feels like alive again. Dont know abt other physical matters yet as didnt see a doctor for a long time, I guess it would be found better too.

I used nicotine gum before but that was a huge failure. Couldn't stop smoking but the harshness of nicotine was truely a huge pain in the butt as I had laryngitis. After each gum I used to smoke more to get rid of those burning feeling. Maybe I was wrong but that was that bad.

Thanks to the inventor of this product. After 24 long years of smoking I quit for last 9 months and feeling great abt it...Nothing, before this vaping system was invented, was as succsessful in quitting smoking.

I used to smoke a pack and a half cigarettes a day and I started vaping on 4mg/ml nic strength ejuices. Actually I started with ego pen style vaporizer and since then have used so many tupes of mods like Evic VT, Wisemec Presa, Istick 30w, joyetech ecom c twist, invader mini, Stingray mech mod, IPV D2, Smok X cube II, and for tanks Ego One Mega, Nautilus Mini, Kanger subtank mini, Eleaf Lemo 2, Uwell Crown, Aromamizer, Mutation X V3 clone, Velocity RDA clone, Succubus Authentic RDA, etc.

Only one thing is negative in these products, Price. It's too costly to bear. There are lot of people in my country who step aside from using these products by hearing the expenditure range.

That would be all from me.

12/4/2015 8:01:43 PM - Kerry Turner

I smoked my first cigarette at the age of 10 (1985). By the age of 12, I was a smoker! Cigarettes controlled me...if I didn't have one, I needed to figure out how I was going to have one! At first I was able to cut back during certain sports seasons (I was a star athlete with great grades), but by senior year of high school, I could no longer quit. I went to college and remember picking butts off of the ground because all of the stores were closed. I needed that cigarette and I didn't like it. I smelled, I started having issues breathing, I was spending way too much money and I needed to quit. At first my doctor prescribed me the patch...didn't work. I tried and tried and the patch just didn't give me what I was getting from the cigarettes. For me, I think it was the act of inhaling and exhaling...the draw...feeling it come into my mouth and then the release...getting it all out. With the patch...i just kept on smoking. I tried to substitute hard candies, straws, anything I could think of, but I just couldn't get away from the cigarettes. Over the years, I tried many other options from hypnotism to lozenges to other prescription drugs and nothing helped me. I had 2 children, and although I was able to cut back the number of cigarettes I was smoking, I couldn't quit. I endangered their lives as well as my own, but the hold on me was too strong. My kids begged me to quit...begged us to quit (my husband as well, because, of course I married a smoker too).

While out and about one day 2012, a good friend shared his e-cigarette with me. That evening my husband and I did lots and lots of research and we purchased our first starter kits and lots and lots of eliquid in a multitude of flavors to try. We got our kits in and started with the tobacco eliquid which neither of us liked. We couldn't believe this could help people quit smoking, so we put that aside and picked up one of the other flavors - a fruity mixture. I am happy to report that, within the month, our house was cigarette free...our lives were cigarette free! We were both able to quit smoking...we both were able to find the only thing that ever worked.

Here we are 3 years later and we are still smokefree. We can breathe and smell and taste and our health has improved and our kids' health has improved. We no longer stink and people often ask what the wonderful smell is, and usually I just tell them it is my sweet strawberry!

Today I use a basic istick device with a kanger refillable tank system that I fill with sweet strawberry. I tried all of the fancy devices and this and that and I found what worked for me. Everyone is different...everyone has different tastes and needs and for me, I am doing what I need to do and my husband, he does what he needs to do. For me, I know I will never go back to smoking a traditional cigarette, but I have noticed that I go longer and longer without my vaporizer by my side...a feat I could have never accomplished 4 years ago with my smokes!

I am sharing my story because I want other adults to have the same choices I have had to help me quit smoking. I am baffled that so much big money is trying to stop the vapor industry dead in its tracks and limit the choices that are out there to help people get away from traditional cigarettes and to choose, as adults, to try a healthier alternative to smoking traditional cigarettes. No matter what happens though, I will still promote vaping as a healthier alternative and will continue to introduce people to this method of improving ones lifestyle!

12/4/2015 8:01:21 PM - Kim Frazier

I was a smoker for 25 years. I started Vaping 6 years ago and never looked back. I currently use a 75W mod with a sub ohm tank which enables me to use very little nicotine. When I started vaping I was using a basic starter kit using a 24mg nicotine level e-liquid. I am currently using 0 to 3mg nicotine level now. Prior to vaping I tried nicotine patches, nicotine gum and cold turkey methods to quit smoking and none of those methods worked. It's not the nicotine, it's the hand to mouth action that works for me. Slapping a patch on my arm never satisfied me and never helped me quit. I never liked the taste of a tobacco cigarette so I would pop a mint in my mouth with every cigarette I smoked. I love being able to try new flavors and switch flavors any time I want.

I feel better, I don't get winded walking upstairs, I don't have tightness in my chest and I haven't had bronchitis since I quit smoking. When I smoked and got a cold, it would go from a cold to bronchitis to pneumonia, every time. I don't have that problem any longer. I can say with complete sincerity that I will never smoke another tobacco cigarette again! I am no longer putting thousands of toxins into my body and no longer lining my lungs with tar and that's a very good feeling. Vaping has come a long way. Every week they come out with better and safer devices for us to use. To take this away would be futile.

I own a Vape shop (we've been open for a year now). I've helped thousands of people kick the combustible tobacco cigarette habit and make the switch to a far better alternative. I carry all regulated products and teach each customer how to operate their new device. They also get a lesson on battery safety - this is key to keeping things safe. I do not sell to anyone under the age of 18, I card everyone that comes into my shop. All of my e-liquids are labeled appropriately and have child safety caps. I would urge the decision makers to educate themselves on vaping and how it is helping millions of people kick the combustible tobacco habit that's killing 400 thousand people per year. Lets make our future a better place. Lets not throw away a product that is helping not hurting people.

Sincerely,

Kim Frazier

12/4/2015 8:00:55 PM - Glam

Smoker for 45 years....tried to quit several times by cutting down and using the nicotine inhaler available over the counter for a couple of months, but was unsuccessful. Saw an e-cigarette ad pop up on my computer home page. Ordered as a lark, and after my first vaping draw, I never picked up another cigarette. I was so surprised at how easy the tobacco cigarettes were to give up....from my first drag, I actually liked vaping better than smoking. I am now going into my 6th year as a vaper.....I never looked back. And as the technology has progressed, so has the enjoyment of vaping. I use a 30 watt mod with a tank....and am very satisfied with 6 mg of tobacco and occasionally enjoy a tobacco free e-juice also. I consider myself a former smoker, and have successfully converted two friends from smoking to vaping. They do not smoke at all now either.

Those who say e-cigarettes are not an aid in quitting smoking, have obviously, never been addicted to a tobacco cigarette. I am thrilled with this technology.

Thanks for reading my, very exciting for me, story...I am always happy to share my vaping experience with others to let them know there is a viable, successful tool out there to help smokers quit lighting up. I have no desire to ever go back to that terrible habit.

Teresa Organ

12/4/2015 8:00:38 PM - Midg08

I was a smoker since I was 14. I smoked for 19 years. 19 years almost non-stop, a least a pack a day and sometimes more if we were at the bar or having a few drinks at home with friends. My asthma has gotten worse over the years and I finally decided I had to quit. Both for my own health and my wallet. I was tired of spending 50 dollars a week or more on smoking. I tried chantix, I tried welbutrin, I tried the patch... you name it I have tried it. Chantix was the last thing I tried, but I still craved a cigarette, even the smell didn't make me sick like it did everyone else.

I was finally convinced to vape and it was one of the best decisions I have ever made. The day I bought my vape I smoked my last cigarette and it has now been 6 months without a cigarette and no looking back. I can smell things again, food smells better for example. I can taste what I am eating, it turns out things do have their own flavors and tastes, but I smoked for so long I had no real taste buds left. My asthma is improving everyday. I sitll have some issues, mainly at night. My doctor told me that it is because my lungs are healing and because I breath different at night that I am having some issues now. Not because of the vape itself but because of the result of using a vape.

I love vaping. I love that I am not spending 50-75 bucks a week on smoking. I buy a bottle of juice every two weeks for about 10 dollars. My favorite juice comes from our local shop, a brick and mortar store who just wants to make a living doing what they love, and as a matter of fact I am going to start making my own juice.

I think it's fine that you want to ensure our health and safety, but come one we al know that this is because RJ Renyolds is losing money. Smoking causes cancer, all you should want is for the american people to quit smoking. If ithey quit with the use of medications or with a vape set up it shouldn't matter. It should matter that they aren't smoking anymore. Currently I vape at 3 mg of nicotine and I started at 18 mg of nicotine, so in 6 months I have droped 15 mg of nicotine!

If you can hear voices about gay marriage, black lives matter, defund planned parenthood whaever, then Vapors should be heard too, because we are trying to live a healther life!

12/4/2015 8:00:21 PM - Marco Rangel

Vape changed my life. It's that simple

I've been smoking for 12years and now with 26year old i was feeling hard the consequences. I couldn't even make my jiujitsu classes anymore because i was getting exhausted in 30 mins of train. I was getting blackouts and vomits, all that stuff.

2 months right now without any smoke, only vapor. I'm completely satisfied and pretty happy with the benefits i'm getting. Can't ever think about back to smoking cigarettes.

Keep it great, keep it safe. Vape on

12/4/2015 1:45:58 PM - Jamie

Hi, single mother of four young children here. I suffered a massive stroke at the age of 29 leaving me disabled,I smoked 20 years of my life. doctors couldn't find a cause and pinned it due to smoking cigarettes. I stopped smoking all together due to availability of Vaping. I'm trying for a better life for myself and children. I'm a much healthier person and a more dependable person off of tobacco products. Vaping is saving mine and my children's lives and everyone else around me. I am doing great staying off of smoking due to vaping. I'd dislike and would suffer if there were any changes in my availability of purchasing vaping products in the future. This is my story in short. Thank you.

12/4/2015 1:45:42 PM - RedJaguar

I smoked for ~20 years. From the first cigarette I was finally able to function. My brain slowed down enough to think clearly, to focus, to concentrate, and was unknowingly self-medicating my until recently un-diagnosed ADHD.

I tried quitting at least once every year and always failed.. Partially because of the psychological addiction to the act of smoking and partially because of the inability to function without it.

I started with the Aspire Pegasus MOD and 2 Aspire Nautilus and 2 Aspire Nautilus Mini tanks. (I went whole hog - if I didn't I probably wouldn't have taken it as seriously and would have gotten distracted and forgot about it -- the ADHD issues kicking in there). After using those for about two weeks, I wanted more flavor, so I bought a couple of Kangertech Subtank Minis - and love them (I now own 5, the flavors are what help keep me from smoking since the delivery of nicotine is slower).

Realized the Pegasus mod is what was frying my coils and causing a bad taste (even with the nautilus tanks) since it puts out a 30w pulse for three seconds on a coil change which was killing them - especially coils that hadn't been primed yet.

Bought an Eleaf iStick 50w. Prime and work up the coils on the iStick, then I can use them on the Pegasus so I have 2 tanks ready to vape at once.

Current setup: 5 Kangertech Subtank Minis, and Eleag IStick 50w, and an Aspire Pegasus 70w.

This is my testimonial and take on the current deeming legislation:

If it were not for the advancements with the modern vaping products, I would still be using combustible tobacco products. I tried to quit with the early products known in the industry as "cig-a-like" which were not very effective in the experience. These newer vaping products address the psychological issues that are associated with smoking and the smoking addiction that prevent many from being able to quit smoking while limiting the negative effects (as independent studies have shown) on the health of the user and bystanders to virtually none.

I have been smoke free for 36 days because of vaping and have not only finally quit smoking and been able to breathe easier I have also reduced the amount of nicotine used. If the newer devices are to be removed, and the tobacco industry (not the vaping industry) is the only one left, then the U.S. is back to square one and millions of people like me will have no choice but to go back to smoking since the "cig-a-likes" that would be in the market, would be ineffective as well as back to the "we don't know what's in them" since the tobacco companies are notorious for adding the "addictive chemicals"

in their combustible tobacco products, so who's to say they won't start adding the same chemicals into their electronic cigarette products?

New studies are showing that nicotine by itself is about as addictive as caffeine and just about as harmless in the quantities consumed from vaporizing the liquid used. While there have been a tiny number of cases where children have gotten into the e-juice and had the negative effects of a concentrated dose, those same children could have gotten into bleach, but are we going to ban bleach? It takes a lot less bleach to cause more damage than nicotine. Caffeine has killed people, but are we banning coffee? Smoking combustible tobacco products on the other hand is one of the most highly addictive activities known because of all of the addictive and dangerous additives that tobacco companies add in to their products which are not found in any US made e liquid from a reputable source in the vaping industry (again not the tobacco industry).

The flavors are one of the main reason people are able to quit smoking combustible tobacco using these advanced products. After quitting our sense of smell and taste increase as the body repairs itself. It is a whole new world of flavor, and is one of the things that keeps people vaping instead of smoking. If all we had available were tobacco, menthol and unflavored, what's the point of vaping? At that point one might as well go back to combustible tobacco since they are flavored the same, and provide a quicker "fix" than even the most advanced vaporizer available today. Of course, I'll be slowly killing myself and everyone else around me and smell of stale cigarettes around my family, my employer and co-workers but at least it'll be more acceptable and widely available than the proven to be healthier and less offensive alternative.

I currently use locally produced e juice (because I prefer to support local small businesses and promote the local economy) and know that it is made in a safe manner without the risk of contamination. The flavors I currently use are "Cookies & Cream", "Banana Pudding", "Butterscotch", "Butterscotch/Irish Cream", and "Mint Chocolate". Just because I am an adult does not mean I don't like "Banana Pudding" flavoring!

12/4/2015 1:45:30 PM - Jammer

I smoked Cigarettes for 34 years, had tried everything, to quit. Aug 30 2013 I smoked my last one... I started Vaping that day, while I started with a high Nicotine content. Over time I have reduced the content to less then an ultra light cigarette , as well have reduced the amount I use...If it was not for these products I would still be a smoker... It was the only way for me to effectively stop.

12/4/2015 1:45:23 PM - Linda Trusty

I smoked for 30 years and had tried to quit many times. I would only quit for a month and then start again. I began to use smoke-free products (vape) a year ago. I started with a disposable e-cigarette and I was still using traditional cigarettes. My son asked me to stop the traditional cigarettes because his father had died of cancer (he smoked traditional cigarettes). So I went to my local vape shop. She helped in find a better device and favor that filled my need. I was able to quit traditional cigarettes in about a week. The device that I have is a temperature controlled sub ohms mod. The flavor tasting was a large part of my success. The nicotine strength I started with was 24 mg a year later and I'm using 12 mg nicotine. I'm working my way to lower nicotine levels by mixing the different strength. I believe that has been very helpful. My son noticed a difference in my health after 6 weeks of quitting traditional cigarettes. I noticed I felt better after 2 weeks and I still see inprovements. I tried other ways of quitting that didn't work. I hope that smoke free products will continue to be available. So I can be nicotine free and other people will be able to stop smoking.

12/4/2015 1:44:55 PM - Matthew Protzman

On October 1st, 2013, I made my first move to quit cigarettes for good. I had been smoking about a pack a day for right around 10 years (age 16-26.) A girl I was seeing at the time wasn't into me smelling like cigarettes all the time. She was pretty and I was smelly, so I decided to make an attempt to quit.

I had tried cold turkey before and it worked for small periods of time. I believe the longest I had quit smoking before this point was a month or two. A friend and co-worker recommended the swap to electronic cigarettes. She provided some recommendations for devices and local shops that I could visit to get my first set up.

I visited one of these shops and I got a cheap-o starter kit and a couple of different e-liquids. I had smoked Marlboro Menthols for almost my entire smoking career so the employee recommended I get an e-Liquid with menthol in it. I believe I ended up getting a menthol green apple flavor and some sort of summer fruit blend (the exact flavor eludes me.)

I vividly remember getting back into my car and being infatuated with my new device. It tasted SO MUCH BETTER than my cigarettes, still provided the nicotine and throat hit I needed. I knew then that this was the end of me smoking cigarettes.

I immediately wanted to know more. I did research on different devices, flavors, batteries, atomizers. I search the forums and reddit for more information and recommendations from my vaping peers. I found a small brick and mortar vape shop MUCH closer to home and began frequently going there. I asked questions, talked to employees and customers. I purchased new devices and e-liquids and learned that each one had something different to offer.

For me, this became MUCH more than a smoking cessation tool. It became a hobby. It became a way to make new friends and relate to people. The great thing about the vaping community is that it is as diverse as smokers are. There are old people, young people, all races, all religions, all sexualities all united over our passion to improve our health and lifestyles.

By this point, I had begun to notice positive changes in my health. I didnâ€™t wake up in the morning with tightness or pain in my chest. I could walk up a flight of stairs without being out of breath. I could exercise, I began riding my bicycle that had been sitting in my basement. My teeth were whiter, my gums started to improve. My clothes, car, and bedroom didnâ€™t smell like an ashtray anymore.

The brick and mortar that I went into ended up hiring me as a store front employee. I found something to be passionate about that I could share with other people in order to

help them improve their lives. I wanted to help as many people as I could make the switch to e-cigarettes from traditional cigarettes.

To this day, I have not experienced anything as sensational as having a first time customer come back to the store after a week and tell me about how they have finally quit smoking. That the electronic cigarette I had sold them was the reason that they were not smoking anymore. I have had customers who were well into their 60â€™s and 70â€™s, people who were smoking for 40 or 50 years, FINALLY quit traditional cigarettes by using electronic cigarettes. People who were certain that they would die with a pack of cigarettes in their pocket. People who didnâ€™t feel trapped or helpless anymore because of the grip that cigarettes had on them.

2 years, 2 months and 3 days ago I swapped from a pack a day of Marlboro Menthols to electronic cigarettes. I have been working for the same company for 2 years as of December 1st, 2015. My life and my health are exponentially better because I made the decision to start vaping.

I am currently still vaping. I have lowered the nicotine content of the e-liquid that I use drastically from when I first started. I hope that one day I will be able to quit e-cigarettes as well. For the time being, I feel better, I smell better, and I got to kiss that girl a bunch of times because I wasnâ€™t so smelly. The vaping industry changed my life and allowed me to help and educate others so that they could do the same. I wouldnâ€™t be who I am today without it, and I am so thankful for that.

Regards,

Matthew Protzman

12/4/2015 4:58:29 AM - glenn clawson

I have smoked a pack of cigs a day for 40 years , have tried to stop for the last 10 years.

I Started vaping a year an a half ago , have not smoked since . And will not go back

to smoking ever , period ! thanks to a Vape shop , I have quit smoking . And i feel way better . I own 5 really nice vape mods and tanks , an vape a nicotine strength .3 . This has made a huge difference in my Life , specially my health , which is very important to me !

12/4/2015 4:58:19 AM - David Austin

I smoked cigarettes for about 15 years. It was in early 2014 that I switched over to vaping and e-cigarettes. Before I switched over I tried the nicotine gum, patches, and chantix and other prescription drugs. None of these worked until I switched to e-cigarettes. When I smoked I would smoke a little over a pack a day. I switched over and cut back on cigarettes and maybe smoked 3-4 cigarettes a day along with using e-cigarettes. After about a month I quit regular tobacco cigarettes completely and only used e-cigarettes. I have been cigarette free for over a year. I started at 12 mg nicotine and have since cut myself down to 3mg nicotine. Since I have quit smoking cigarettes and started using e-cigarettes I have noticed several huge health improvements. To start with I dont constantly cough all the time like I did when smoking. Also I can run now within being out of breath and can actually walk up a flight of stairs without being out of breath. I am also not short of breath all the time like I was when I was smoking. I feel that without switching to e-cigs I would have serious health problems and I feel that switching to e-cigs has saved my life.

12/4/2015 4:58:09 AM - kyle rieck

Im gonna keep this short. I smoked for 16 years and never thought i would quit. Im 34 with 3 year old triplets who are gonna have me around a lot longer thanks to vaping. Took me about 3 months to quit smoking after I started vaping. Havent smoked since april 18 2014 thanks to vaping

12/4/2015 4:58:00 AM - Viktor mayhem

I was a 14 year smoker I was developing a smoker's cough. A friend told me about e-cigarettes and I started to use them. My cough went away and my senses of taste and smell came back. Now the idea of running with my children isn't as trivial anymore. I've using e-cigarettes for 4 years now

12/4/2015 4:57:52 AM - Eddie stafford

I started smoking at age 8...ALOT....thank god for vaping because its saved my life.please don\'t take this away from us...

12/4/2015 4:57:39 AM - Chris Tucker

In high school, at the age of 15 I started smoking. It began with cigarillos, then a cigarette here and there, and eventually a pack a day. This continued for 9 years. At the age of 24 I picked up my first vape after having some dental work done and them telling me I couldn't smoke for 3 days.

I was looking for an alternative to smoke. I had tried the small metal cigarette looking vapes, but they tasted horrible and didn't get me what I was looking for. I mentioned this to a friend who had recently started vaping and they took me to their local vape shop. I paid $150 for a starter setup and some juice. I would vape on it about half the time, but still needed a cigarette every once in a while. After a couple of weeks of vaping/smoking, vaping most of the time and smoking about a third of what I had been, I had a friend tell me about something called a dripper.

He let me use his and it was what I needed. The sensation helped me immediately get the sensation that cigarettes provided. I never thought I would quit smoking, but here was something that did the job. With the dripper/mod setup and some 6mg juices I was able to quit.

Over the past 2 years I have purchased many more devices and I haven't went back to smoking. Since the switch to vaping I have a lot less problems with my allergies, sinuses, and I am able to breathe better without coughing. I have gained amazing friends from this community of vapers and I love it. I wouldn't ever consider going back to cigarettes, and it is all because of this magical device. Because of it, my 3 sisters have stopped smoking and probably 30 friends of mine have stopped smoking as well.

Thank God for vaping. It really has helped save my life.

12/4/2015 4:57:26 AM - Denise olson

I started smoking at the age of 13 by the age of 25 I smoked two packs a day. One day my oldest daughter asked me why I didn't want to live with her anymore. She explained she learned smoking kills you and I smoke so I must not want to live with her any more. I cried for a week it sent me into a depression. A friend of mine started vaping he was the type that I thought would die with a smoke in his hand. It worked for him so I thought I would try it too. I've been smoke free ever since. That was over three years ago. Because of vaping my children have their mom back. I owe everything to vaping.

12/4/2015 4:56:55 AM - Jamil Remuszka

I use to be a smoker for over 25 years, & with the help of E-cig's, I was finally able to kick this disgusting habit. But a few good things came out of Vaping, I learned ohm's Law, made a bunch of new friends that are almost like my new extended family. Best of all, it's like a hole new hobby opened up to my life with giving me something else to do as in helping others that don't know much about vaping, to be safe with battery's & mod's.

Out of all this? Smoking was never this much fun, smoking cigarettes never brought people together like this. Thank you, & if you smoke Cigarettes, I urge you to please contact me if you would like to know all about vaping, I'd be more than happy to help, anytime I am available @ Vapeusout@Yahoo.com Thank You

Best Regards,

Jamil Remuszka

12/4/2015 4:56:46 AM - Chris Humphrey

I started smoking at the age of 14,I also have asthma.Tobacco was slowly taking my quality of life,and eventually would have taken it in full if I had not stopped by using vape products.I have tried many options to quit in the past,and nothing came close to helping me fully quit.From the day I bought my first "e-cig" my battle with tobacco was finished.I smoked for about 14 years and that was the day I was able to stop.I have continued to vape,starting off with 24mg nicotine,now I have cut my nicotine to 3-6mg.I haven't felt this good since I was a kid,and my life has improved exponentially.My asthma is now under control,I can smell and taste things again,and I don't smell like an ashtray.The most important aspect is the fact that my father (ex-smoker of 35 years) was diagnosed with COPD a few years ago,and I was headed down the exact same road.Thanks to vaping I am living a much happier fulfilling life,and I plan on staying that way for my family and myself.

VAPING SAVES LIVES.

12/4/2015 4:56:37 AM - Dave Ross

6yrs ago I was struggling with quiting smoking. I had been smoking for 24yrs. Tried patches, gum, hypnosis and cold turkey, all of which led me back to point A - Smoking. One Christmas 5 yrs ago after talking with my wife and children about how badly my health had deteriorated I decided to make my gift to my family a permanent quiting of smoking. Went out and purchased my first ecig. Although it wasn't a really good one I quickly saw that this could actually work. Visited an ecig store and decided to purchase an ecig that had more power and a refillable tank. In less than 2 weeks I had gone from 1 pack a day of cigs to absolutely 0. My health was returning as well. I slept better, tasted foods better, no hacking up gunk from my lungs and most importantly I had accomplished that which I could not. I QUIT SMOKING! If it were not for the variety of ecigs and the variety of flavors it would more than likely been another failed attempt at the unobtainable. If these products are not left on the market available I will most definitely resort to DIY. This ecig industry saved my life from the doom and suffering of slowly killing myself through the use of combustible tobacco.

12/4/2015 4:56:25 AM - Mike Aug

I had been a pack a day smoker for 10 years. I smoked for a total of 15 years. I started at the age of 15 and gave up smoking at the age of 30. I tried and failed numerous times. I tried cold turkey and nicotine gum. The only thing that got me off of cigarettes was an ecig or what I prefer to call a personal vaporizer. I loved the fact I could choose which Flavors I wanted to enjoy. I loved the fact that I no longer smelled like an ash tray. I loved the fact that I was no longer putting tar into my lungs. Here I am today after almost 2 years and still a non smoker. I feel much healthier and no longer cough up phlegm every day. I do not support big tobacco or use their products. I urge you to really look into how Vaper's feel after quitting smoking and starting vaping. Those are the true facts you need to know.

12/3/2015 7:02:18 PM - Lisa

I smoked conventional cigarettes for over thirty years. My 24 year old son started vaping about a year ago and he brought up his device one day and I finally gave it a try. Well no one was more surprised than me that I actually loved it! The taste was amazing. I haven't liked the taste of conventional tobacco for quite some time but I felt I had no choice because of my heavy addiction to nicotine and my inability to quit. A few days later he brought me his older set-up and we filled the tank with an e-juice that tasted like Captain Crunch Berries and I can honestly say that I have only smoked one cigarette since that moment. That was five months ago!! I started out using 18mg juice and I am now using 12mg and as of January 2016 I will be using 6mg! I can't tell you how happy I am. I can take a deep breath without coughing. I wake up in the morning without coughing my lungs out. My children don't worry anymore about my health in relation to my smoking cigarettes. Best of all my clothes and hair don't STINK! Vape on my friends!!

12/4/2015 4:56:02 AM - Lisa

I smoked conventional cigarettes for over thirty years. My 24 year old son started vaping about a year ago and he brought up his device one day and I finally gave it a try. Well no one was more surprised than me that I actually loved it! The taste was amazing. I haven't liked the taste of conventional tobacco for quite some time but I felt I had no choice because of my heavy addiction to nicotine and my inability to quit. A few days later he brought me his older set-up and we filled the tank with an e-juice that tasted like Captain Crunch Berries and I can honestly say that I have only smoked one cigarette since that moment. That was five months ago!! I started out using 18mg juice and I am now using 12mg and as of January 2016 I will be using 6mg! I can't tell you how happy I am. I can take a deep breath without coughing. I wake up in the morning without coughing my lungs out. My children don't worry anymore about my health in relation to my smoking cigarettes. Best of all my clothes and hair don't STINK! Vape on my friends!!

12/4/2015 4:55:53 AM - Lyfe0729

I have been a smoker since I was 10 (I am 33 now), with that being said, the best thing I have done health wise was switch to e cigarettes. I switched over about 2 months ago, since then I don't smoke anymore, I can breathe when I wake up, I am able to start working out again (do to not getting winded every time I jog or do any type of cardio.).

I feel all around better, I have a 4 month old son, and it feels nice knowing that I am going to be able to go out and play outdoor games with him and my wife without feeling like I can't breathe.

I can honestly say, the one thing that has helped me, was the flavor options.

Not only is it enjoying and refreshing, it is nice having flavor options other than tobacco or menthol. I didn't smoke because II liked the flavor lol, I hate the flavor of tobacco, I smokes because of the habit. Now that I have taken up vaping, I can taste my food I can smell things for what they are, and like I said before I can breathe better, which is a great feeling. I do believe vaping saved my life and the lives of many others.

Live long, and vape on.

Thank you

Jonathan Garcia (Lyfe0729)

12/4/2015 4:55:38 AM - Dan

I spent over 20 years smoking, and had absolutely no success quitting. I used Nicotine gum, patches, medication, counseling, and pretty much anything else you can think of with no luck. I originally started to vape with the idea that I would wean myself off of cigarettes and gradually transition to an E-cigarette. A friend helped me choose the hardware and taught me what i needed to know (as well as the internet). After using the Vaporizer the first day I finished the pack of cigarettes I had and never bought another pack again. I have not smoked a cigarette in over a year and can easily be around people smoking or who smell like smoke without ever wanting one. I think every smoker should use them its literally a life saver.

12/3/2015 12:20:59 PM - Ebates

I had been laid off from my job of 23 years and was 64 years old and a 43 year pack a day smoker. After 3 months of job hunting and my severance pay ending soon, I decided to try an e-cig as a money saving effort. On June 1 2013 I got my first e-cig (ego 650 and a cartomizer tank). The last cigarette that I have smoked was that day. After about a month of not smoking I gave away 3 1/2 cartons of cigarettes I had on hand.

Since switching to vaping I have had one cold. While I was smoking I could count on an URI in the spring and in the fall, requiring a z-pack and asthma inhaler from the Dr. Now the only Dr visits I've needed are annual physicals.

I had the typical morning and late evening hacking sessions that come from years of smoking. Since I began vaping those are also a thing of the past.

12/3/2015 3:13:25 AM - Michael Stockov

I love vaping ,I truly do, I do not often find myself enthralled in something as much as I am with vaping. I love building coils, trying new juice, and yes all the cool devices. That being said I was a smoker all of highschool and quit sometime after that but only for long cut chewing tabacco. I never thought I'd get off that stuff it was destroying my mouth ,my teeth and gums are still in disrepair, but I needed it I loved the sensation. Then I found vaping and my world was turned upside down I knew I needed to quit chewing or face my smile having holes in it for the rest of my life. Vaping saved my smile and probably my life. My Great grandfather and Grandfather but died from mouth and throat cancer respectively from the use of smokeless tabacco. I never got to know my grandfathers but I imagine that if vapor products exsisted in their time maybe I would have been able to have had the pleasure. With vapor products maybe I'll be able to meet my great grand children too.

Thank you,

Michael.

12/3/2015 12:20:33 PM - Michael Lee Bentley

I smoked 25 years of cigarettes. I been vaping for 18 months. I use mod with 3 milligrams and the RDA 3 milligrams. I have completely quiet. Yes I tied nicerette gun, discoverable candy, and patches. I got more enery, my lab results are better, taste is more better as well as smell better, and I spend less money now. Can walk further without getting tied and out of breath plus it's less harmful to the environment because of littering from butt cigarettes.

12/3/2015 12:20:15 PM - Michael Stockov

I love vaping ,I truly do, I do not often find myself enthralled in something as much as I am with vaping. I love building coils, trying new juice, and yes all the cool devices. That being said I was a smoker all of highschool and quit sometime after that but only for long cut chewing tabacco. I never thought I'd get off that stuff it was destroying my mouth ,my teeth and gums are still in disrepair, but I needed it I loved the sensation. Then I found vaping and my world was turned upside down I knew I needed to quit chewing or face my smile having holes in it for the rest of my life. Vaping saved my smile and probably my life. My Great grandfather and Grandfather but died from mouth and throat cancer respectively from the use of smokeless tabacco. I never got to know my grandfathers but I imagine that if vapor products exsisted in their time maybe I would have been able to have had the pleasure. With vapor products maybe I'll be able to meet my great grand children too.

Thank you,

Michael.

12/2/2015 6:10:34 PM - Stephanie

I tried my first cigarette when I was about 11 years old. Why? Cuz that's what most adults I saw did. They smoked... I didn't like them at first, and didn't smoke much till I was about 16. Then I started to enjoy them. I liked how they tasted, and I liked doing it. Then it became a habit, and then it became an addiction. As I got older I became a hard worker, and it became difficult to juggle smoking and swinging a hammer, or carrying a piece of plywood. But I kept smoking. Before I knew it, I couldn't even concentrate on driving if I didn't have a cigarette. I stunk all the time, I coughed all the time and I could no longer run more than a block and I knew I needed to quit, but I just could not quit. I knew I needed to try harder. So I did. Still couldn't, and the more I tried the more my brain wanted it. I tried my first cigalike. It was neat at first, but it still didn't control the cravings. It looked like a cigarette, but much heavier, and not as satisfying. Like a meat eater trying to resist the almighty steak, the cigalike just didn't cut it. I eventually stopped trying to use it, and even lost it. So, still smoking, a year later I had cut down to less than a half a pack per day. That's when I got my first vapor pen. I loved it. I still smoked mostly cigarettes, but it was sort of a reward for replacing one or two cigs per day. I decided... I can do this! So I started to get excited! Then I got an O2PUR system. Liked it at first but I'm not fond of their juices, so I ran different juices thru it. Before I knew it, I had 2 vapor pens, to alternate for a couple of days at a time. I found myself really liking the better tasting juices and smoking less and less. Then one day, I lit up a regular cigarette and unintentionally made an "Ewww! This is disgusting!" face. I made the decision to quit cigs and just vape. Within the first week I could run again... There was still some pain in the lungs, and joints in my body. Within 2 weeks, most of the pains of every day living, in my body, were gone! Now, 2 months after quitting smoking, (still vaping) I only have the pain of old injuries that nag me, and with not dumping 4,000+ chemicals into my body 10 times per day, I feel mostly rejuvenated! Like I said... Old injuries, but the inflammation in my body has gone down DRASTICALLY! I FEEL 15 YEARS YOUNGER! Plus, with all of the flavors that are available, it's like I can have dessert all day and never gain a pound... ;-)

You are probably here because you're thinking "I really should quit smoking, but the cravings are so overwhelming!"

The vapor devices that they have out now are awesome. They don't look or feel or taste anything like cigarettes, (unless you get tobacco flavors) which I thought made it more possible. Just getting into the mindset of... yes, I'm replacing the cig with vapor but the nicotine is still there to calm the cravings, and the vapor tastes so good, you'll soon rather have vapor than smoke. When I craved a cigarette, I would vape, thinking, no, I still want a cig, but a few minutes of vaping did the trick, and calmed me down. It really replaces all the things about a cigarette... Hand to mouth, physical, and mental... It is better.

I now use both vapor pens, and I also bought a box mod and I love it. More vapor production, less nicotine, and less withdrawal. I have different flavors in all of them. Yum! And I feel better! And... I can officially call myself... A... NON- SMOKER!!! I am dwindling down the nicotine level at MY pace instead of having a box of gum or patches make me go faster than I am ready to and guess what!?!? Sometimes I accidentally leave my vapor device at home and go somewhere, and when I discover I'm without it, I DONT FREAK OUT and run back home to get it, like I did when I was smoking cigarettes... Nicotine is losing it's grip on me! I am so happy! Yeah... Just let the government try to take that away from me... Or others who are just beginning the process of quitting. EVERY SINGLE ONE OF US HAVE AN ADDICTION... EVERY ONE! It's not up to a bunch of over paid, stuff shirt, hypocrits to decide what mine is. It's not meth or cocain or heroine or anything like that, and it helps people to become free of nicotine. That's a win in my book.

12/2/2015 6:10:19 PM - J. Chestnut II

My father died of brain cancer from a tumor that had formed on his lungs, and metastasized up into his brain. Daddy had been quit smoking for almost 15 years at that time, though we theorize that the damage may have already taken root. I promised Daddy before he died that I would give up smoking.

I smoked for better than 30 years. No product (gum, patch, smokeless, prescription) had any effect - they all failed â€“ or maybe I failed, dependent on perspective. Either way, nothing was working for me. By Day Two using these alternatives, I was smoking again.

Taking up use of a vaporizer helped me SUCCESSFULLY put down cigarettes - FOR GOOD. I smoked my last cigarette in April of 2014. I had been using a vaporizer (with a 24 mg nicotine fluid) in tandem with the cigarettes for about a month before stopping the cigarettes.

Day One that I took up vaping I went from about a pack a day to seven (7) cigarettes a day. Over the course of the month, I got down to two (2) cigarettes a day. My doctor advised (on a Wednesday) that to see any true benefit, Iâ€™d need to be off cigarettes for at least 48 hours. On the following Friday night, I smoked my last cigarette, and relied on vaping to get me through the weekend.

It did. And beyond. To this day. No cigarettes since. AND! Over time, I back-filled my vaping fluid (then 24 nicotine mg) flavors with gradually lesser nicotine concentrations, to where now, my fluids contain =NO= nicotine.

Vaping works. For me. And more than a few of my co-workers.

Iâ€™ve read stories of folks who raved that since quitting smoking their food tastes better, they can breathe easier, etc. Well, I didnâ€™t experience any of those things, BUT! I noticed my sense of smell returned, and somewhat keener. Food still tastes like food, and I never had problems breathing to begin with, but I can smell things now that I couldnâ€™t before.

Vaping works. For me. I finally kept my promise to my Dad.

12/2/2015 6:10:09 PM - Jason Williams

I started smoking when I was 13. At one point I was up to 2 packs a day, since finding vaping a few months ago i was off cigarettes in a week and my nicotine intake has been coming down. The addiction in general is far less severe with using vape products. There are thousands of chemicals in cigarettes, many of which add to the addiction. I have been using a regulated mod with a tank for consuming my e-liquids. Right now i am switching to a 3mg strength and started at 12mg. I feel better everyday, the coughing and hacking has completely stopped. Vape may have saved my life!

12/2/2015 12:39:35 PM - Marlene Maxie

I use to smoke 2 packs a day. I ended up with COPD and asthma. I was on oxygen 24/7, in and out of the hospital for over a year. I am so thankful that I found out about vapeing. I've been smoke free,thanks to vapeing, for 4 years now. I was only on oxygen for almost 1yr. I haven't had to do any breathing treatments in 3yrs. So needless to say, vapeing does help those who are serious about not wanting to smoke any more. I smoked for 40yrs. Trust me, vapeing does help. Also, it doesn't put out any bad odors. No 2nd hand smoke either!

12/2/2015 12:39:26 PM - Jeffrey Sacco

I am 32 years old and I smoked tobacco cigarettes for 15 years. I regretfully began smoking at the age of 15. I was on average during that 15 years of smoking at one pack a day. At points I was as high as 2 packs a day. Prior to this most recent attempt to quit smoking, my best was 25 days without a cigarette. That was using the patch. I also tried using nicotine gum during another failed attempt. All in all I have attempted to quit smoking 7 times. This last time, my seventh attempt, has finally been successful. I am now 23 months cigarette free.

I had tried e cigarettes during a prior attempt to quit. However that did not have much success. This was when they were first coming out and all were shaped and tasted like a cigarette. I personally believe this caused a mental blockage from me quitting. It still tasted like a cigarette and felt like a cigarette, so I still wanted a cigarette. This time, I have been mostly using e liquid which is flavored to more pleasurable tastes such as assorted fruits or desserts. Because I have not been getting the taste of a cigarette, I have not been craving a cigarette. I have coworkers who still smoke, and I see them outside and I have no desire to go have a real cigarette.

I have been successful in lowering my nicotine level at my own pace. I started on December 27, 2013 with 24 mg nicotine per ML of liquid. I then stepped down to 18 mg, then to 12 mg, then to 6mg and now to 3 mg or less. I am striving toward my goal of 0 nicotine e liquid by the end of the year. I've gone a whole work day without using my e-cigarette when I accidentally left it at home. When I was using tobacco cigarettes, if I left my pack at home, I'd be guaranteed to stop at a store and buy another pack. These products have worked for me.

I've noticed benefits to using these products over traditional cigarettes so far. I wake up without shortness of breath. My coughing has decreased significantly. My sense of smell and taste have returned. My car, clothes, and body all smell better. All these things have drastically improved since I stopped smoking traditional cigarettes.

12/2/2015 12:39:13 PM - Brandon Bryan

I've been smoking since I was 16 years old. I thought it was the cool thing to do. 13 years later I was still smoking till my best friend got into vaping. I picked on him so much about it. But after doing my own research I discovered that it was way better for you. So I bought my first e cig, the blue ecig. That didn't seem to work for me. My best friend loaned me his first mod and after just a week of using it I felt 100 percent better. Fast forward to present day. After trying multiple mods and tank I found my perfect setup and have been smoke free for 3 months. It's the greatest joy to have my children come running to me and give me big hugs and kisses and not telling me I stink. My son has asthma and it was always a pain to brush my teeth and change my clothes just to hug him. Now I don't have to. Vaping has completely changed my life. I urge the FDA to please look at all the stories of people like mine.

12/2/2015 12:39:02 PM - Natalie

Hello. My name is Natalie. I started smoking cigarettes in my teen years due to stress. I was well educated the consequences that come with smoking, but it wasn't the tobacco and harmful chemical make-up I craved; I craved the nicotine. Luckily, one of my friends introduced me to e-cigarettes two years ago and I have been cigarette free since then. I started off with a little starter kit that did me well, but the battery would always die and I wanted to upgrade. I did not even start with a tobacco flavor because I think it's disgusting. I would only smoke because of the nicotine which is an addictive stimulant. I chose the fruity flavor strawberry banana with 15 mg of nicotine. Two years later, I am currently using the new Eiffel addition mod box with only 3 mg nicotine. E-cigarettes do make a difference and decrease all of the risk factors I would have been living with if I continued to smoke cigarettes. It still gives me the nicotine satisfaction without yellowing my teeth, making me smell bad, getting thin hair, and just feeling gross. Vapes do not make you feel bad. It is enjoyable to smoke freely with a good flavor and get that aesthetic look of smoking. Your mind tells you that you need to smoke. Physically seeing it come out of my mouth, after inhaling, satisfies me. I have referred e-cigarettes to coworkers and my peers. I have really impacted them to change up their lifestyle. Vaping is cheaper too. I used to smoke a pack every two days so I was spending about $20 a week on cigarettes. When it comes to e-cigarettes, the big cost is the vape itself (kind of like a down payment) and then the juice is $15 for a 30ml which actually lasts! And it's very convienent too. I got one of my coworkers to join me and he has been smoking for twenty five years...and now he currently has not touched a cigarette in three months and counting because of e-cigarettes. I do not understand why we must ban something that benefits our health. Banning this and avoiding the upgrades is just as bad as promoting cigarettes. It's just like phone users, always have to get the new upgrade! So I don't believe the government should rain on our parade for wanting to continue advancing. We should be considering banning cigarettes, the last thing we need to do is ban e-cigarettes. It has truly helped me and I've found it easier to breathe as well. I don't have that bad of shortness of breath that I used to. Vapes save lives! Don't take this away from us!

12/2/2015 12:38:49 PM - Nicolas Cardenas

I smoked my first cigarette at 16, and it quickly turned into two packs a day for the next two years, I wanted to quit; if anything so I wouldn't smell like an ashtray. The first and only time I was caught was by my baby brother who defended me every inch till the end, that moment I felt a shame that only someone who's been in that situation can express. I tried patches, gum, even gradually smoking less; to no avail for almost 3 months; to no avail. I saw a friend of mine using a vape pen and made fun of him for using it because it wasn't a "real cigarette" he just smiled and said its been helping me quit and offered to let me use his, the taste was so much better and no where near the coughing of a cigarette. I eventually bought my own vape, a crappy gas station ego that always needed new tanks and batteries, with disgusting 2.4% menthol flavored juice; can't even stand going back to those "before vape days" and after using it for six months I'm proud to say I no longer smell like an ashtray, I can run a six minute 45 second mile, I can kiss my girlfriend without worrying about grossing her out and I don't want cigarettes anymore; not even a little. I'm glad I made the switch to vaping head on, I didn't think it would work but now I can't thank the vaping community and my friend Michael for helping me through the baby steps of vaping, I'm smoke free as of today for six months and take every opportunity I can to help educate and help other people know what a positive difference vaping has made on my life. And to my trusty vape with a vaping plus tank, and an Evod VV battery with 14 ml nicotine blueberry e-juice for literally changing my life in just a few months.

12/2/2015 12:38:31 PM - Jake Jiracek

life is kind of stressful for some one who is confined to a wheel chair. I found that cigarettes although a nasty habit, it relieved some of that stress. I started smoking when I was 18. I was smoking about a pack a week. No big deal I figured just enough to relieve the stress but eventually that pack a week became a pack a day. Not good. After awhile I developed chest pain. Knowing that cancer runs strong in my family and the fact that my grandpa died of lung cancer concerns me. I went to see my physician about my concern and the pain. After looking at my lung x-rays they diagnosed me with emphysema and strongly recommended me to quit. About that time I was 21 it was the year 2009 so not a lot of vapor stores were around. I didn't even know they existed. I ended up trying the mints and patches and gums they never worked. with no success in quitting, I saw someone at my local tobacco store picking up a e-cig and vaping. I was amazed at the tech and asked questions. I ended up picking up the brand blue and n joy and trying them to see if it would reduce my urge to pick up a cigarette. After a week of going back and forth from a cigarettes to vape i eventually didn't feel like i wanted to smoke the cigarettes. The flavor of my e-cig tasted better to me and other things like food and drinks tasted better as well. After quitting smoking and realizing the change in taste and my chest pain I when to tell my physician about my discovery and how its been making me feel. He was skeptical and didn't approve at first but after checking my lungs again he realized that i didn't have any traces of emphysema and said what ever I'm doing just keep it up and stay away from smoking. Ever since then I've been cigarette free. Ive bought many new mods and flavors through out the years each one giving me a new reason to stay away from smoking. I love the feeling of knowing that my local vape shop will have a new flavor if i get bored of the one I'm currently using that is what makes me know ill never go back to smoking again.

12/2/2015 12:38:23 PM - Daryl Palmer

I was a 20 year smoker. I am no longer a smoker thanks to vaping. On August 20, 2015 I smoked my last cigarette and the next day i started vaping. I had to quit smoking for my health, i could not handle the fact that i could no longer run up a flight of steps without stopping to catch my breath, I could not stand coughing up chunks of mucus anymore, I just wanted to sleep good but that rattle in my chest always kept me up, I could not carry on just slowly killing myself. I have tried other methods of quieting in the past, patches made me itch, disposable's tasted like chemicals, help lines didn't really help and Chantix caused me to have the worst nightmares I have ever had in my life and still do on occasion. Since I started vaping (3 months with 0 cigarettes) I no longer need to stop when i go up a flight of steps, i can taste again, I can sleep better than I have in a very long time, I no longer cough up clumps of mucus, my lung power is getting stronger, I don't stink. I visited my doctor 2 months after I had started vaping and he could tell a great difference in my lung function compared to my previous visit 4 moths prior. He has encouraged me to keep vaping. I have got my self down to a 3mg e-liquid and will be switching to 0mg soon.

12/2/2015 12:38:13 PM - Theresa Jordan

I have been smoking since I was 16 years old and with the help of my friends and family . A family member took me to Southwest Smokeless, a vaping shop located here in Tucson, AZ. With there help I have given up my cigarettes completely.

Here's my new blog where I will posting my experiences here in tucson but i have written a blog about what vaping is and what it means to someone who would like to quit smoking cigarettes.

http://thetucsonlife.blogspot.com/2015/12/effective-ways-to-quit-smoking.html

12/2/2015 12:37:51 PM - Mike Tener

I am a former smoker of over 30 years who for the past 10 years has made numerous attempts to quit smoking with multiple different aids to no avail. In June 2014 when I was first introduced to vaping I a ss many others was skeptical, but kept an open mind an tried it out.i continued to smoke for approximately a week while vaping, after that time I finished my last pack of cigarettes and solely switched to vaping an can proudly say haven't looked back since. I started with a tobacco flavored e liquid, then quickly found the numerous other flavors that were available to me an began using fruit, drink, dessert flavors etc. I began vaping at a 18mg nicotine strength liquid an have over the past year and a half dropped to between 3mg an 0mg nicotine. Since quitting smoking my energy levels have risen my breathing has improved as well as my sense of taste and smell. I overall feel much better an healthier, also after seeing my primary care physician on several occasions he has told me my function has improved an my lungs sound much healthier. I truly believe that without the current types of vapor products and e liquids on the market I would still be a almost 3 pack a day cigarette smoker. The types of products I use are variable wattage box mods with refillable tanks or dripping atomizers and multiple types of flavored e liquid. I agrre we need regulations such as no sales to minors and child proof packages for e liquids. I whole heartedly support hr 2058 an believe that the FDA needs to restructure their current deeming regulations on the vape industry. Please take my story an the thousands of others an believe that vaping can help a a quit smoking aid. Please stand with us an support hr 2058 an not allow the FDA to take vaping as we know it from us or future users.

Sincerely,

Michael Tener

11/29/2015 10:03:00 PM - Ricky migel

I like vaping

12/1/2015 2:20:12 PM - William Akers

I have friends and family who smoke, I have seen the health issues they have had to deal with having chosen traditional cigarettes. My wife used to smoke and when stress built up I started looking into it myself to help cope with it all, a coworker convinced me to get a starter kit and give vaping a try. I ended up getting one for my wife too and she hasn't thought about analog cigarettes while she's had it, and I've been able to meet new people and talk with them about what they use and been able to get a few of my friends and coworkers to quit smoking and start vaping, they have thanked me as their senses have started to return.

12/1/2015 2:20:03 PM - Cnewhouse

I smoked for around 15 to 20 years. For over half that time I was smoking a pack and a half a day of menthol full flavor 100's. My children and I wanted me to stop but that is the hardest thing I have ever tried to do. I have tried gum, patches, the quitline, talking to my doctor, supplementing cravings with candy or other substances. I even tried magnets that when placed in the right place where supposed to help. I could not stop completely, only cut back to about half a pack but then I would start back up when something happened. I was forced (actually I was willing as an informational thing) to attend a vaping conference with my sister where for over 6 hours I couldn't smoke. But she told me I could vape all I wanted. I did and since then it only took 1 month for me to make the switch completely. I have been smoke free going on two months with no plans of going back. I have already lowered my nicotine level down to 6 and have been vaping that comfortably. I plan on after the holidays to lower it again to three with the goal of being completely off nicotine by my birthday in April. This has been the only method that has worked. I have already noticed many different changes such as an increase in smell and taste, I am losing weight (nothing drastic but enough that I have noticed it becoming easier), changes in my mouth and nose, examples would be its easier to brush and clean my teeth and my nose isn't so stuffy. I can walk to the end of my property and back without getting winded and sing entire songs with my niece. The only bad thing (and really its not that bad) that I have noticed is I tend to crave more water. I do still get cotton mouth easy but that hasn't changed from when I smoked. I don't think I will ever go back to smoking especially if I reach my goal, but vaping has peaked my curiosity and I do plan on learning more about it and get involved with the community more.

12/1/2015 2:19:39 PM - Maryann Malanaphy

I started smoking when I was twelve years old. I tried quitting 28 times and failed miserably. I tried the nicotine patch, nicotine gum, chantix, hypnosis, acupuncture, I attended a smoking cessation program through my physician and many times tried "cold turkey". I smoked for 37 years. I discovered vaping in 2011 and have been smoke free since. I started with a "cig-a-like" but quickly discovered a mod and refillable atomizers. I know I would still be smoking if I didn't find vaping. I started vaping at 18 mg. I am now down to 3mg. I have reclaimed my sense of smell and tastebuds. I no longer get out of breath taking a walk or a flight of stairs. I am so thankful for these products!

12/1/2015 2:19:18 PM - Kay-Kay

I smoked cigarettes for more than 36 years. I tried to quit many times, using every available method, but not one worked. My quit attempts included the gum, the lozenge, the patch, the drug Zyban, hypnosis, counseling and cold turkey. Each failed quit attempt resulted in me smoking more than I had before I tried to quit. I was up to 2 packs a day and couldn't breath at night when I went to bed.

In June 2014, I discovered a local vape shop and bought a Kanger tank with some eliquid with 1.8mg of nicotine in it. That was the last time I smoked a cigarette, and I've been smoke free ever since. I believe this technology, and the availability of flavors (fruit and dessert preferred) saved my life.

Within a very short period of time measured in days, I was feeling better and I noticed positive changes in my overall health. I was able to breath better, and taste food again. I noticed I no longer had a cough, no longer had congestion in my chest, or my nasal passages, no chest discomfort, no sore throat and I haven't had a bout of bronchitis since. The changes were simply remarkable and I haven't felt this good in decades. I walk, I jog, and exercise now. Today I vape .6mg of nicotine, sometimes 0mg, with absolutely no side effects like cigarettes created.

I can't begin to describe the level of elation and freedom having quit smoking, and the remarkable positive changes in my health. I believe vapor technology saved my life.

12/1/2015 2:17:17 PM - Ryan

My name is Ryan Burch.

I am a 30 year old male from Michigan. I have smoked since I was around 16. I was pulled in to smoking through peer pressure of classmates and wanting to be cool.

Well guess what smoking is not cool at all. I was having daily headaches and could not breath.

I decided one day I needed to quit. I went to my doctor and got chantix guess what no help at all. All it did was give me nightmares

I decided to give vaping a try. I bought my first mod and tank on a saturday. The next day Sunday I quit smoking for good. I have been cigarrete free for just over 2 months. I have never felt better than I do now. No more headaches no more smelling nasty. My teeth are finally starting to whiten back up. Please please do not take what has helped me quit smoking away.

12/1/2015 2:17:07 PM - Lavena Ogden

I smoked cigarettes for 23 and a half years. Before I quit I smoked about 3 packs a day. I started using a disposable ecig 10 months ago, but it did not work. I discovered mods with refillable tanks 2 months later and have not had a cigarette since. I can happily say that I am 8 months smoke free!! Vaping did what nicotine gum, patches, snus, and cold turkey could not do. I started with 24mg of nicotine and now I am at 3mg to 0mg. I feel so much better now! I can breathe easier, I am happier, I have more engery, and I don't have nicotine withdrawals; I can go all day without it. I seriously did not think I would be able to kick the habit of smoking. Now, I cannot see myself picking up a cigarette ever again, thanks to vaping.

12/1/2015 2:16:58 PM - Lorelei Jones

I was a smoker for 20years. I started at 16 yrs old and smoked about a pack a day for the majority of those years. I tried several times to quit but to no avail. The patch did nothing,couldn't cold turkey, I had minute success with the nicotrol inhaler but that was short lived. After serious health issues and watching my dad die at 58 yrs young mainly due to smoking I decided I couldn't go on like this I needed to be better for my kids so I started vaping. And I finally quit! I started at 24mg and in 2 yrs down to 3mg. I am happier and by far healthier.

12/1/2015 2:16:44 PM - Rusty Painter

My name is Rusty Painter. I live in Columbia, SC. I am 38 years old. I started smoking when I was about 14 years old. At first, I smoked because I thought it made me look cool. However, the tobacco quickly took over, and I become addicted. In 2006, my first daughter was born. That is the first time I tried to quit smoking. I tried to quit "cold turkey", and that didn't work. For the next several years, I tried a variety of different methods to quit: the patch, Chantix, nicotine gum, even the cheap throw away electronic cigarettes that you can buy from the gas station. All of these methods worked in the short term, but ultimately, I always went back to smoking. In August 2013, my family was taking a trip to Disney World, and I knew that it was hard to smoke while in the parks. So, I decided to visit a local vape shop before we left. My intention was to buy a "vape pen" to supplement my smoking while in the parks (I had petty much given up on quitting cigarettes at this point). During that visit to the vape shop, I picked out two different flavors: Menthol Tobacco and Strawberry. Since I smoked a pack and a half per day, the employee recommended that I start off with 18mg of nicotine. That was the last day that smoked a cigarette. It has now been a little over two years since that day. My nicotine consumption is down to 3mg, and I will be going down to 0mg soon. Since i quit smoking, my health has greatly improved. I am able to run and play with my two daughters. I can walk up stairs without having to stop halfway up. I don't get sick as often as I did before. And, best of all, food tastes better! Vaping has not just improved my life. I truly believe that vaping has SAVED my life.

My story in video form: https://youtu.be/eYri5icuGto

12/1/2015 2:16:35 PM - Zach sidwell

I'm 29 years old and I live in MI

I use to smoke a pack a day for 15 years I tried the patch and gum to quit a few times and it never worked for me I would all ways go back to smoking.

i decided to try and quit Again when I had my first kid and was on deployment in Iraq I wanted to quit for my son so I looked online seen ecig and decided to give it a try. i've now been vaping since 2011 and cig free since November 2013

After a few days of vaping I could breathe better and I wasn't coughing all the time. since I quit altogether I no longer cough all the time and my breathing is so much better. I started out at 24mg nic on a cig a like battery and now I use a sub ohm tank on the sigelei 150watt and I'm down to 3mg nic and plan to move down to 0mg nic

12/1/2015 2:16:24 PM - Kim Toy

I started smoking at 17 years of age (in 2006), and still had no intention of stopping when a friend handed me a promotional coupon for a free cigalike product in Jan 2014 (Vuse Solo, charger + 2 refill cartridges). I had quit a couple times, the first time for a 6-month span, the second for a 9-month span, but always went back smoking when the going got...well...its toughest. I never thought of it as 'completely and forever' quitting; I've always told my friends that I'll never really 'quit' anything, so as to avoid giving any one vice too much power over my life and my choices. I tried to slow my intake, as it were, with nicotine replacement therapies such as patches and gum, both of which made me sick. I even tried snus one summer when working up on the mountain with an all-male mechanics crew. All of them chewed, but they would give me hell every day for smoking, and I'd throw it back at them as just another avenue for the cancer that inevitably grows from any tobacco use. I tried to stop cold turkey for at least a few weeks at a time, to lower my tolerance, several times but being an on-campus college student made me throw those goals away as other priorities crowded my time. I let myself get away with it, always have.

So I got this 'digital cigarette,' Vuse, and loved that I could feed my nicbeast and seconds later be at a meeting or inside speaking with my mother and the smokecloud that oozes from pores for minutes after a cigarette was absent. I didnt excrete anything offputting. I've been in choirs and choral groups all my life, and have even set off a mild asthma attack in a friend when i came back to rehearsal from smoking. That is the WORST feeling, as I have always been an extremely conscientious and relatively 'considerate' cig smoker, picking up all my butts and others' as well, rolling my own for years to avoid the output of pre-fabricated cigs and the increased carcinogens in my lungs, and trying to air out after every cig before reentering enclosed spaces. I'm slightly neurotic about it, because for years I have been keenly aware of how much I myself dislike the acrid smell and taste, and I know how muted my senses of smell and taste have become over the last decade. Its gross.

So I started using the Vuse cigalikes, but after a few weeks I really wanted a more customizable, high-quality mod with less waste by-products (ie packaging, plastic 'refillable cartridges', etc). The more I learned about Ohm's Law and the struggle between nicotine and flavor in each e-liquid, the more I leaned toward sub-ohming, max VG, max flavor, and less and less nicotine. As I mentioned before, I really wasn't trying to quit cigarettes, and I haven't still, but I was all of the sudden down to just 2-3 cigarettes per day from an average of 10-12 cigs per day after just a week of using an advanced personal vaporizer (Aspire Nautilus, E-leaf I- Stick, then an IPV that I still use with a Joyatech Delta II refillable and rebuildable tank. My friends and my girlfriend moved through the different nicotine strengths much quicker than I did, and I soon was making her slightly sick when I lit a cigarette in the car with her. She, for the first time since she was 13, did NOT have asthma issues that year. Her attacks were usually so

severe that she spent a couple months EVERY YEAR hospitalized. Not anymore. My own asthma minimized its hold on my life and lungs and I could, within a month, go hiking again! It honestly still blows my mind how quickly my senses of taste and smell improved, and how they still improve every month, every year. I feel the years coming back to my life, and for the last two years I have not experienced the Seasonal Affective Disorder and the heavy depression that I had annually endured since 2004.

Now, I make no claims as to any true health benefits that stemmed purely from vaping, but the harm reduction is real. Compared to how i felt smoking, vaping has brought me back from ghost-like.

I now am a small business owner with two close partners who also felt passionate about vaping and its potential in America. We've faced some difficulty with common misconception and skepticism, and been astonished by the irresponsibility of the FDA regulations and the blatant disregard for public health shown by several government officials and organizations. However, we all stand strong in our experiences and I know that this is one of the most powerful revolutions I have ever been a part of, and I'm proud to have my perspective and be able to share it. I found it interesting that, after many weird jobs that took me all over the country, the vaping industry is where I have applied my studies and my knowledge the most, every day, across so many different disciplines and in several ways that I had never thought I could. Vaping has brought me back into the presence in my life, in the present, and I'll fight to share that metamorphosis with whosoever will give it a chance and trust in the potentiality. Vaping has become such a tsunami that, regardless of any imposed rules and regulations, I'm certain it will endure and eventually truly flourish as an industry.

12/1/2015 2:15:33 PM - Luis Diaz

Both my Wife and I quit smoking cigarettes 4 years ago and the only method that worked and made us feel 100% better were ecigs.

We are also in the Ecig retail business and to help people quit smoking and stay off has been a very rewarding thing.

12/1/2015 2:15:22 PM - Susan

I smoked for 40 years. Tried the patch with little to no sucess. Tried chantix with no secess. I started vaping two yrs ago with a evod tank and battery. I also have ms and beginning stages of copd. After a week of vaping i could tell i could breathe better. I slowly moved up to a better battery and tank. And with moving up to a regulated mod and sub tank I have lowered my nicotine level. I am currently doing 6mg nicotine. And am not getting as sick as before. I get way less sinus inffections, bronchitis, and colds. And as a result I take less mediciene for it. Hardly ever use my inhaler. I cough less. Over all I feel better. I am not as tired as i use to be. And i breathe better. It cost less to vape than smoke. I would reccomend it to everyone. I have seen how it has helped people. They feel better and breathe better. It is awesome. Being able to choose what worked for me was the key to it. Being able to choose the flavor I wanted to use helped. Not everyone likes the same flavor. Without it I would proably go back to smoking.

12/1/2015 2:15:13 PM - Jamie Price

Vaping products have been a positive and acceptable alternative for me and my whole family. I tried other cessation products and even counseling, nothing worked. My family hated that I used tobacco. They are pleased with my transition from tobacco to vaping. And it seems the nicotine isn't nearly as evil without that tobacco leaf. This is much more acceptable because it takes the nastiness of tobacco away and actually adds something pleasant. Also, nicotine by itself has been proven that it does not cause cancer. I use my refillable device every day. I started at 24mg nic and now only use 3mg nic or none. Its nice to be able to control the nicotine and I have not used tobacco since the day I started over 3 years ago. The aromas I put off have actually gotten me compliments from friends, family and strangers. I have done a great deal of research and have found that vaping is 100% safer than smoking or smokeless tobacco. I don't cough anymore nor do I get bronchitis every year any longer. Vaping does not tax the body and I don't care what lies that people against vaping want to say. I know that they are liars and that they don't know what they are talking about. The vapor from the devices comes from something the medical community has used for years in breathing treatments. A lot more research has been done in the start of the vaping community than was ever done in the start of the tobacco community. It displeases me that there are many that want to take the rights away from the vaping community and leave the alternative to only the tobacco community. It is unfair and unpleasant that the FDA has put their business where it does not belong. Even if they are successful in banning vaping, I will continue to vape regardless of the efforts of these evil greedy associations. It is my conclusion that the start of banning vaping is an effort to take away others rights because of greed and bias. If vaping is to be banned, then smoking has to be banned as well. I will not stand for it and will not tolerate being bullied. I will continue to vape and I will NEVER buy another tobacco product because I know that I will not allow my right to choose be taken away. A vast amount of vapers if not all of them will follow suit. We love our devices and they will not be taken away. The FDA should focus on banning something of a big deal and much more important like, REFINED and PROCESSED food. That product is 1000 times more health detrimental than vaping but yet they let that poison flow through the market. Big tobacco is loosing a lot of money, and in the future, it will continue to happen more and more. This is a fact and there is nothing that big tobacco or the FDA can do to stop it. Why try to ban it, if you cannot. The only negative I have gotten from vaping is someone trying to ban it.

12/1/2015 2:14:54 PM - Phil Vaper

I was a daily cigarette smoker for many years and tried numerous times to quit, only to start back again. I tried nicotine gum. I tried nicotine patches. None of those products helped me quit. However, vaping changed all that. I have not smoked a cigarette in 2 years and do not even miss smoking at all. The reason is because I have been vaping for a little over 2 1/2 years.

I suffer from asthma and have used a prescription (Symbicort) inhaler and prescription cough medication (non-narcotic capsules) for years. In the last 6 months my cough medication has been discontinued, my use of the Symbicort inhaler has been reduced from twice per day to once per day, and my asthma symptoms have greatly improved...all since quitting smoking cigarettes and switching to vapor products.

I mostly vape fruit and menthol flavors because they taste a lot better to me than the tobacco flavors. Tanks that you can refill with the e-liquid of your choice is THE way to go. I did not spend a fortune, and after investing in tanks, batteries/mods, and e-juice, over time I have definitely saved money. Now, instead of smoking a pack of cigarettes a day like I had been doing for years, I spend around $40-$50 per month on average. And, I can honestly say that I do not miss cigarettes one bit.

My breath does not stink now, my car and my clothing does not reek of smoke, my health has improved, and I save money. Plus, I can vape in my car and in my apartment...no mess, no smell. The only downside is the tendency of the vaping to make me thirsty. But drinking a little more water takes care of that so it is not a problem.

If you smoke and have not tried vaping, by all means do so. And, if you tried those cig-alikes from convenient stores and did not like them...and decided that vaping was not for you...then I encourage you to visit a vape shop in your area and take some time to explore stores on the web. An "E-go" type kit is a good way to get started. Explore the wonderful world of flavor varieties. If you are like most of us, you will notice that you smoke fewer cigarettes per day and over time you will probably be able to quit.

12/1/2015 2:14:38 PM - Abbie Thackrah

After smoking 1-2 packs of cigarettes a day for 34 years I was using a nebulizer 3 or 4 times a day, 2 different inhalers andprescription pills but always hacking, coughing and spitting up phlegm. My doctor told me my next step was oxygen constantly. I was 44. No medication worked to help me quit, not the pills, patches or the gums. Finally, desperate, willing to put down the habit, I tried an E-cigarette. I wanted it to be free of COPD, Meds and machines. I prayed that it would help me at least breathe better.

Over the last 3 1/2 years I have gotten stronger and have praised my E cigarette to everyone. I am not and never have used the store throw away models. I bought my first E-Go kit and have worked my way up to a Velocity dripper with an IPV4 Mod. In that time I decreased my nicotine level from 24mg to6mg. My setup is fulfilling and I have been very appreciative to get to choose what I use. This is the way of life. We are not all forced to use one brand of toothpaste or drink one brand of soda. Free enterprise is being scrutinized, in my opinion, simply because it dips into the pockets of big tobacco.

Having done copious amounts of research, I learned that the nicotine in e-liquids is lab created and not grown naturally. I was excited. Further research told me that all e-liquids use food based ingredients that have not been subjected to pesticides, environmental toxins and additives. Wow. One thing struck me between the eyes in October. My granddaughter was in the NICU and they use propylene glycol to improve the lung function of the infants there. No kidding. I inhale it through my E-Cigarette and it's safe for babies. Of course, this is just one of millions of stories. I am proud to say I am no longer a smoker and I can only thank the E-CIGARETTE industry.

12/1/2015 2:14:16 PM - Marcella Hall

I was a smoker for 25+ years. I quit 2 years ago this coming January and it is the best thing I have ever done. I use the Halo tank vaping system. From day 1 I completely quit cigarettes and only use my vaping system. I did quit previously during both of my pregnancies but started smoking again after each child was born. My life has been changed dramatically. I no longer sit on my back porch for hours throughout the day so I can smoke. This gives me more time with my family. I don't smell like a smoker and never realized how truly pungent a smoker smells. When I see cigarette smokers smoking I want to run up to them and tell them about vaping!!!!! I feel better, smell better, no morning cough, and most importantly, I feel proud of myself for quitting a habit I never thought I would!

12/1/2015 2:14:07 PM - Sarah

I smoked for many many years and started vaping about a year ago. I started with a starter kit at 24 nic and now i use a mod at 2 nic. Dramatic increase in nicotine over the past year! I haven't touched a cig in months and I actually hate the smell of them now. I smoked maybe two or three cigs after I started vaping at the very beginning. I don't feel controlled by cigs anymore and I feel a lot healthier. I used to cough so bad when I smoked cigs and now I haven't had a coughing spell in months. Vaping has such positive vibes and banning it would destroy what so many people like me have worked for.

12/1/2015 2:13:58 PM - Jessica B

I met my husband in 2001 and he had been a social smoker throughout the years. I suffer from Asthma that is triggered by heavy cigarette smoke in which I become very ill. E-Cigarette was recommended to my in-laws about two years ago to reduce their health issues. Combined they smoked 4-5 packs a day. My husband initially tried the E-Cigarette and was successful for several months but eventually began smoking cigarettes again. He was introduced to vaping recently and not only does he enjoy the variety of flavors to choose from he went from smoking two packs a day to stopping altogether. He uses a 30ml bottle which last a week. We are not only saving money but most importantly I am breathing easier and not using my nebulizer on a regular basis. Vaping for my husband has become a hobby and has improved his mood significantly. That in itself I am thankful and glad vaping exist.

11/30/2015 1:49:54 AM - Mrs. Woolf

Ive smoked cigarettes since i was 13. Never EVER thought i, or my husband, would quit until my brother came up from FL with his 4 friends for a long weekend. They were ALL vaping. It smelled and tasted great, after trying a puff of my bros. So, when they left, me and my husband decided to get ourselves a starter kit. Well, the rest is history. We buy juice, coils and everything from our local vape shop in Q-town PA, and haven't smoked a cigarette since June 2015. We are much healthier, happier, and our fingers don't stink like ashtrays. Vape and all it entails has greatly improved our way of life. We both use Marssa 30w batteries with a SuperTank and 6MG nic. We have much more energy, lost weight..and things taste better. We weren't able to quit cold turkey and just slowing down didn't work. We both quit and immediately went to vaping and haven't looked back.

12/1/2015 2:11:11 PM - Mrs. Woolf

Ive smoked cigarettes since i was 13. Never EVER thought i, or my husband, would quit until my brother came up from FL with his 4 friends for a long weekend. They were ALL vaping. It smelled and tasted great, after trying a puff of my bros. So, when they left, me and my husband decided to get ourselves a starter kit. Well, the rest is history. We buy juice, coils and everything from our local vape shop in Q-town PA, and haven't smoked a cigarette since June 2015. We are much healthier, happier, and our fingers don't stink like ashtrays. Vape and all it entails has greatly improved our way of life. We both use Marssa 30w batteries with a SuperTank and 6MG nic. We have much more energy, lost weight..and things taste better. We weren't able to quit cold turkey and just slowing down didn't work. We both quit and immediately went to vaping and haven't looked back.

12/1/2015 2:11:02 PM - Christy Dougherty

I smoked for 45 years but after a health scare I took up vaping in late July, 2015. I subsequently smoked 2 cigarettes in the first week of vaping and have not smoked one since that time. It is November 29th as I write this testimonial.

I had tried to quit smoking at least twelve times in those 45 years and made it once for eight years after becoming pregnant with my daughter. None of the other times 'took'. I used pills, patches, cold turkey, hypnosis, gum, mints - everything available. Nothing has worked except vaping.

I am in the process of reducing the nicotine content of my vapes but find that I am reaching for my vape pen far less than I EVER reached for a cigarette, despite being able to vape indoors in my own home, a thing that I NEVER did with cigarettes. I use a cylindrical vape pen from Sigelei and a variety of vape liquids from various manufacturers and have gone from 18 mg. down to 9 mg. of nicotine in the vape liquids in that time.

I no longer cough. I walk approximately five miles a day with no wheezing or shortness of breath. I feel healthier in SO many ways!

Setting this industry back years by the presently suggested legislation will NOT make my quest for better health easier. Cigarette smoking is a highly personal issue - no one smokes for the same reasons or has the same physical reactions to nicotine. PLEASE do not cave in to BIG TOBACCO and make it harder for those of us who have FINALLY found a way to wean off smoking and eventually off nicotine addiction.

12/1/2015 2:10:49 PM - John

I started vaping on July 8, 2013. My kids bought me a small vape pen, and some tobacco flavor liquid when my granddaughter was one month old. I had smoked one to two packs of cigarettes a day for over 25 years, had tried everything to quit. Tried patches, pills, gum, you name it, even cigalikes (that where awful). The small evod pen was different, it worked. The tobacco flavor didn't last long started mixing it with strawberry flavor and then straight strawberry. After that it got easier and the farther away from the tobacco flavor the easier it got. I have moved on to bigger and better mods (now with a pioneer for you IPV4S, and kanger subtank) and more and more flavors (mostly sweet and candy flavored liquid). I'm not sure I could have quit smoking completely without the candy flavors, but I did with them, smoke free for almost 2 years and 5 months. I can tell you rite now if all that was out there where the cigalikes I dont think i could have done it. So happy to be smoke free, and now almost nicotine free. Started at 24 mg nicotine and now I'm at 6 mg nicotine. These things have changed my life and maybe given me a chance to see my granddaughters grow up.

12/1/2015 2:10:39 PM - Christineper92478

I started smoking when I was 15, a sophomore in high school. The thought of being cool outweighed my intelligence and a 20+ year addiction began.

About a year ago I began wheezing, coughing up phlegm constantly, always smelled awful and my teeth have gone yellow. I lost my grandmother who died of complications due to COPD and a fifty year, 2 pack a day habbit. Even that failed to inspire me to quit. It was always "next week." Most of my family smoked (including my oldest son) so excuses were easy.

When my son found out his girlfriend was pregnant he started vaping, he is in the Marine Corp and lives in California, so we rarely see him. On his last visit he was vaping, something we had never seen. For the benefit of his girlfriend we all went out and bought some inexpensive starter kits...we never looked back.

To try to explain what vaping has done for me and my family is a pure joy. I love vaping, the vaping community, the amazing flavors and new technology and most of all how much our health has increased. No more gross coughing and spitting and stinking. Through my experience I have found a very affordable way to vape, and would recommend it to any smoker...no more excuses!! :) Within 6 months I have gone from 18 mg to 3! My kids are happier, I'm healthier, and so far almost my entire family has switched. I consider myself AND my husband a success story.

12/1/2015 2:09:55 PM - Tracy

My husband was a 3 pack a day smoker and I smoked a pack a day. Within one week of vaping my husband was down to 6 cigarettes a day. We are both now cigarette free for two months. We still have unopened packs in our house but have had no interest in them. Vaping has saved us. Vaping has helped so many people quit.

12/1/2015 2:09:46 PM - BillNye72

I was a pack a day smoker for about 3 years. My lungs were shot, it was getting harder and harder to even do my job, which is landscaping. When I first heard of e-cigs I was very skeptical but my friend didn't want me smoking so he bought me one. It was the classic pen style but it opened the doors for me into this world. I quit smoking a month after he bought me that thing and since then I have upgraded several times. I have been dropping the nicotine levels and am now enjoying vaping as a hobby rather than a nicotine addiction. Vaping was very vital in quitting and without it, I would still be smoking marb reds.

12/1/2015 2:09:35 PM - Jonathan Studer

I was a pack-a-day smoker for about 5 years. After my grandma died of salivary cancer from smoking in 2009, I knew that I had to quit because it was the wake up call I needed to realize how dangerous cigarettes are. At first, I tried the cigalikes, like the 21st Century and Fuma, but ultimately failed to quit. A vape shop then opened up locally and I started using open tanks like the Evod and Protanks, which helped me quit for about a month before I started using cigarettes again. Although they hit like cigarettes, it didn't have that warm-in-your-mouth experience like cigarettes had. After awhile, subohm tanks were released, like the Atlantis and Subtank. This was a huge deal for me because they could handle higher wattages like 20 - 30, which meant a warmer hit. After reading a study done by Evolv, they explained the hit of a cigarette, if converted to electricity, is between 20 and 30 watts. I thought this was perfect for me! Upon buying an Atlantis and an iPV Mini 30 watt, I noticed that the warmth was equal to that of a cigarette and closing off the airflow gave that restrictive hit that I needed. Within a few days, I smoked my last cigarette and quit cigarettes entirely. Since then, I have bought countless tanks and mods and haven't even considered going back to cigarettes.

12/1/2015 2:09:26 PM - Tim

I was a smoker for 33 years and my wife was for about 5 years. I have tried to quit numerous times and never made it past two days even with patches, Gum, and medicines. We finally found out about vaping and have not smoked now for 2 1/2 months and are a lot happier. This was not something we thought would work but have tried everything else so why not. Since then we have talked to coworkers and family about it and a lot have quit smoking now and we are very excited about that. This is just like anything else and is a choice you make. We started with the ego style pen with 24MG and now have the kanger mini setup and are already down to 3 MG'S after only two months. We get up in the morning and wow not choking like crazy and needing to stink up the house right away. We can actually walk for more than a block without being out of breath and going back to the car. Wow its nice not being addicted and oh oh I found a hobby in the process. So lets see we breathe better, exercise more , don't stink up the house and actually found a hobby and support our local community by getting the stuff we vape. Yeah i would say that is a win.

12/1/2015 2:08:20 PM - Jen Alexander

I was a smoker for 30 years and tried everything to quit. Gum, patches, cold turkey, tapering down, hypnosis, even acupuncture and nothing even took the edge off. When I was using any of these methods I couldnt function. I was irritable and juat could concentrate. My doctors diagnosed me with COPD and Asthma I was put in several medications. I was also told if I didnt quit I wouldn't live very long. See ling diseases and lung cancer run in all sides and men and women I. My faimly. I wanched my grandmother die from emphamizima snd it was the saddest scariest thing Ive seen. She was halosinating from the oxygen deprivation to her brain that 60 years of smoking did to her. After all this I still didnt care. It was to hard to quit and I had an attitude we all due from something. Well until I was introduced to e cigarettes in a fleamarket about 4 years ago. No one knew what these were and we stood in awh of it. How could I do this really I tried everything. The man told me youve never delt with the smoking cessation and tbis does. I bought it and over the next 6 month X I went from 2 and a half packs of cigarettes a dY to 2 or 3 cigarettes a day. E cigarettes saved my life! I smoked not only flavored cigarettes but when they were taken off thd market I went to cigars. That way I could have my cherry, grape and other flavors. But now if vaping is taking away I already have a plan in place. I will make my own or buy it from other people a black market. See I started thid to quit smoking now its turing in to how will I fight to keep my right to vape. All the billions of dollars disappears from the economy. You will cause millions back to the unemployment line. How is killing a multibillion dollar market good in any aay. Its bad for out economy and horrable for the health care industry. If you dont protect our right to vape you will destroy our economy. If the government dosent there creating a black market for vaping and attacking out economy. I refuse to go back to smoking but even if its illegal I will vape and help others to do tje same.

12/1/2015 2:07:27 PM - Ian

Vaping most certainly has changed my life in more ways than I can express. Not only has it provided a healthier alternative to traditional tobacco products, it also has helped develop life long friendships.I smoked like a chimney for at least 15 years before discovering a electronic alternative. I have been so blessed to have met some amazing people since I started my Vaping journey years ago. When I first started vaping, I had no idea how much it would change my life. I now have a E-liquid company and Vape Shop that supports my wife and I and our children. This industry and the people have given us hope and a future! We are very thankful for Vaping!

~ Ian

12/1/2015 2:03:05 PM - Drew Froling

I was a pack a day smoker for almost 5 years. I started vaping about 8 months ago. Within a couple months I was able to kick the nasty habit of cigarettes and fully converted over to vaping! I have a box mod with a refillable tank that keeps me going through the day! This was the first time I tried quitting and it works! I have since convinced a few people to switch over from cigarettes to vaping! Life couldn't be better. I'm saving money, my lungs feel better, my stamina is up, and most importantly, my family is happy.

12/1/2015 2:02:53 PM - Susan Young

I smoked for 30 years. I had wanted to quit for a very long time. Nothing worked... Cold turkey, cessation gum, patches, lozenges or prescription meds. I started vaping 2 years ago after my son introduced me to vaping. I smoked and vaped for about 6 months before seriously believing i was on my way. I upgraded from a simple vape pen to a more powerful mod set up. For 6 months i gradually worked myself down from 2 packs a day to 1 pack. Then from 1 pack to none in another 6 months. I have smoked 2 cigarettes since May of this year. 2 yrs ago I started at 18mg strength nicotine in my e-liquid. I am now between 3-6mg nicotine. I'm thankful that my son encouraged and supported me. I feel he saved my life by introducing me to vaping. Now we can hang out more (he hated that i smoked). I was tired of smelling like an ashtray. My hair, clothes, house, car.... I can breathe better and get sick way less often. I can run and play with my 2 grandsons :) The vaping community is wonderful. We are like a huge family. I prefer sweet vape flavors. Most of the vapers that i know do as well!

Thank you for the chance to tell my story.

Susan Young

12/1/2015 2:01:50 PM - Aaron Fleischman

I started smoking cigarettes occasionally when i was 13 years old. Around 16 i started smoking a pack a day and it was like that for years. I had tried several times to quit using chewing tobacco, snus, nicotine gum and patches and even some of the early electronic cigarettes. I tried quite a few different methods and i wasn't able to quit. I would get sick frequently and i could not exercise as i was always out of breath. It wasn't til about a year and a half ago that the technology of electronic cigarettes was advanced enough to help me. All of the previous vaporizers just didn't work good enough to keep me off of cigarettes. I smoked both a clean cigarette and regular cigarettes for about a year and i still felt terrible. Finally, a friend introduced me to some of the newer bigger devices about 2 years ago. I bought an IPV 3 and a rebuidable atomizer and within a few weeks, i had completely cut out cigarettes. In the next few weeks to follow, i stopped coughing as much. My lung performance started to feel better. Within just a few months, i could run. It had been years since i was able to do this without bursting into a coughing fit. Now i have been off tobacco for 2 years and i feel great. I can exercise and that is something i need to be able to do. Vaping saved my life but it wasn't until some of the newer technology that is going to be affected by these grandfather dates. It would be a shame if other people didn't have a chance to quit tobacco and feel the way that i do. Thanks for listening.

Sincerely,

Aaron Fleischman

11/29/2015 2:15:18 PM - Joell

Vaping is one of the best things I have ever done in my life. It got me of the disgusting habit of smoking and has for sure improved quality of life and undoubtably extended it. But on top of all that it has created a career for me. I have a bachelor's degree in graphic design and has been instrumental in running a high-end vape shop.

I began with a "starter kit" or Ego Twist. I didn't even want to quit smoking but after I had stopped for a few weeks, I was in a casino with my kids and noticed how horrible it smelled. I asked both of them if daddy smelled like that before... Their answer broke my heart. Both of them said yes but we still love you dad. I though of all the times I had held them as babies and the hundreds of hugs they had given me and I felt like the biggest asshole ever. That second I decided I was vaper and never going to smoke again. That was over 3 years ago & I have had a total of 2 cigarettes since then. Although I was not totally satisfied with the starter kit, I knew I had found a better way. Needless to say I have upgraded since then and was fortunate to work for one of the leading companies in the Vape industry.

It is projected that the Vape industry has will generate over 6 billion dollars. Imagine all the families that money provides for. It has dropped the cigarette mortality rate by 21%. I am not a medical professional but that in itself is amazing! A study in Great Britain verifies vaping is 95% healthier than cigarettes. So Vape has but more money in our economy and is saving lives... I would imagine the government would try to support it rather than try to get rid of it. VAPERS ARE VOTERS.

So vaping has definitely been one of the best things I have ever done... Not only does it provide for my family but has given me more then time to spend with them.

11/29/2015 2:15:07 PM - Jose

I was smoking cigarettes since I was 18 and it became a habbit more of an addiction.. Whem I didnt have a cig I would have mood swings, depression, anxiety issues and I wouldnt be my self...

Ive been vaping for the past 2 and a half years and wow has it changed my life not only have I stoped smoking cigarettes but, my actions have changed as if I was before the addiction. It's fun, it's a hobbie for sime people and for the same nicotine fix that the user whpild need with out the tobacco and other chemical and what not that the cigarettes cary. Vegitable glycerin wich is know to help hair growth and skin tissue nothing but what the body would need. And artificial flavors. Many have pick up on this vape trend and has changed so many lives. It changed mine.. So please... We as the people the vaping community say, please dont shut this down. Better this then have so many people with cancer or ony other illness that is brought upon us by smoking cigarettes. Vape freely my friends, we vote vape. Not sickness or addiction.

11/29/2015 2:14:58 PM - Steve lynn

I smoked for 23years and wanted to quit n tried many different things that just absolutely did not work. Now I have been quit for 2 years all do to vaping. I was able to flat out stop nasty cigarettes all because of vaping. My body feels much better, I don't wake up in the morning feeling all sluggish like I did when I smoked cigs. I can breath better and I am able to run around with my kids n play with them without losing my breath and almost passing out. Thanks to vaping for saving my life.

11/29/2015 2:14:51 PM - Michelle Benham (mamabenham from La Vista, NE

I have been smoking since I was 17. That's 30 plus years. My grandmother died from smoking related emphysema. I knew the risks and tried repeatedly to quit. I always managed to quit but it never stuck for very long. I always went back until I found vaping. It has stuck and part of the reason was the flavors tasted so much better than my nasty cigarettes. I don't smell anymore and I am breathing so much better. I don't hack every morning like I have for years. I have cut my nicotine from 14mg to 3mg and am hoping to move to 0 soon. Vaping is the only method that worded for me and I have tried everything from prescriptions to patches to gum to herbs. I tried it all. I have a very modest mod and nautilus tank but I quit using an ego. I have stayed quit now for 4 months. Longer than I have ever quit before. I only wish I would have tried vaping sooner.

11/29/2015 2:14:39 PM - Edy

I was a smoker for the better of 25 years. I began in middle school. I had quit once cold turkey, disappointingly I restarted 5 years after. Things had gotten stressful in my life. I began smoking again but more this time than when I had quit before. My children are allergic to the secondhand smoke. Not that itâ€™s good for anyone but they were very extra sensitive. Smoking outside in the rain holding an umbrella is no fun. Itâ€™s a bit humbling. I really had to question myself, just how important is this thing? My girls vape and have for a while now. Neither smoked cigarettes before but they were daily hookah smokers. They had stopped completely and now is time for mom to quit cigarettes. For my birthday my eldest and her boyfriend bought my first ecig and my youngest the ejuice. It took me about a month to use it regularly then another month to honestly give up on the cigarettes. Month three I was completely tobacco free. My nicotine levels are still low I only use a 3% nicotine also I vape on average 30ml a month now.

I've noticed since I began to vape I have cleaner teeth. My tongue isn't as 'calloused'. Where once the smoking scene was a social scene, it became a very ugly dingy corner far from people. Within reason! Cigarettes stink up your clothes, car, home, and teeth become stained from the tar. With vaping I don't smell bad, my clothes don't get dingy and my car doesn't require any extra upkeep. No longer do I fear burning my roof, seat, or dropping hot embers at my feet or at worst a still lit cigarette flying into my rear window and catch fire in my car. Or finding a loved one has fallen asleep with a lit cigarette in their hand. I believe not only is Vaping healthier I also believe they are safer. And for me that is just as important.

11/29/2015 2:14:27 PM - Gwen Bowling

I started smoking when I was 12 years old. I smoked 1 pack a day. I am now 47 years ol. I started vaping 3 years ago and the first thing my husband said was You don't cough in the mornings like you did. That was after being off cigarettes for a week. I am still vaping and have taken my nicotine level down to 6, after starting at 18.

11/29/2015 2:14:18 PM - Matthew

I was a two packs of cigarettes and one can of dip a day user for nearly 4 years. I tried numerous ways of quitting (cold turkey, nicotine gum, patches) but nothing satisfied my craving. A couple of my friends had started vaping so I decided to pick one up from a gas station. It didn't do too much for me and the flavor wasn't near as good as my friend's. I went to my local vape shop and they were extremely helpful. Now, nearly a year and a couple months later; I feel better, I can breathe, I don't get sick nearly as often, I can taste my food better, and I haven't had a cigarette or dip in nearly 10 months.

11/29/2015 2:14:04 PM - Amanda_baby_x

You guys forget every person is different & has their own methods.

E-Cigs are actually helping people to quit. Using similar methods to the patches where you start of on high dose and u lower the strength in your time & pace.

& So what if people choose to carry on Vaping - it's not a crime.At least they are not smoking tobacco cigarettes.

If anything we should be working together to get real tobacco cigs of the shelves once and for all. If anything should be banned it should be tobacco.

I used to smoke 40 - 50 a day. Tried cold Turkey (that was an epic fail). I even tried alsorts of weird methods and no joy. Was always in & out hospital with chest infections & asthma and my health was getting worse. Was just desperate to give up and yeah l knew l needed help.

Even tried NRT products of the Doctor. Such as Patches, gum, lozenges, in halers & sprays. But my doctor had to stop the NRT products. Due actually having an allergic Reaction to the NRT products.

My doctor recommended the Ecigs.

So l looked into it & bought one.

I started on the high strength and lowed the dose to zero.

And now l am totally free.

My health improved. I am only one person & case. But l know l am not the only person.

You need to get over yourself and get of your high horse. People like you Jenny forget every person is different & has different methods & ways. What works for some doesn't for others.

I couldn't have other NRT products of the doctors due to having a really bad allergy.

Normal basic cigs did nothing for me. What did help was with the bigger tanks and variable temperature & Voltage helped me more.

Yes l loved menthol & mint flavours. But it's nice to have other flavours too. Yes l still use may use my Vaping mod from time to time. But I don't like how groups like this are bullying people. What ever happened to freedoms of choice and letting the people

decide for themselves. If they do give up Vaping that should be their choice. If they do give it up that's their personal choice.

What should be banned - should be Traditional Tobacco Cigarettes & Smoking. We all know the damage smoking is doing - don't we.

Yes l agree with restrictions to anybody below 18 buying or using them.

But l still believe that we should be allowed the right to choose for ourselves.

It's wrong these groups are trying to bully people.

I found it easier giving up smoking Coz l did it in my own time & pace. But l did think much of the bullying & picking on people. The more you people carry on what you are doing. The more people will shout, scream & rebel.

What should be banned is - Tobacco cigarettes as we all know the damage smoking tobacco does & has caused millions of deaths. Yet nobody is trying to ban tobacco cigarettes.

It's stupid - Nobody has died of Vaping so far.

Vaping is saving lives, not taking them & are 95% safer. Yet people are trying to ban them.

It's stupid. You trying to ban something that is saving lives & people feel better.

yet you are doing nothing to the real danger.

You say your listening to what people say.. No you are NOT..!!!

It's all about control and money. None of this about people's health.

If you was so bothered bout people's health. Then take Tobacco Cigarettes of the market & Leave Vaping alone.

BAN TOBACCO CIGARETTES FOREVER,

BUT LEAVE E-CIGS & VAPING ALONE.

If people wish to give up Vaping, let them do it their own time & pace. Everyone has their own methods and so what if they choose to carry on Vaping. It's not a crime is it.

Thanks to Vaping my breathing has improved, sense of taste, no chest infections & it's helped a lot. I tried alsorts methods & nothing worked. Even tried where they put pins into the body & alsorts other weird methods. I couldn't go champix Coz of medication. Tired cold turkey and found it hard.

Now l want you to answer my questions:

Why are you trying to ban Vaping & E-Cigs, that is saving millions of peoples lives & they have bin proven to be 95% per cent safer.

Vaping has never killied any one.. Yet you are trying to ban them.

But you are not trying to ban traditional Tobacco cigarettes. Which has bin proven to kill & harm people. Surely you such focusing on banning the real thing.

So why are you trying to ban anything to do with Vaping (which is helping people & saving lifes). Yet you won't ban the real killer & what is destroying people's lives & health??

Surely we should all be pulling all together to make sure that traditional cigarettes are banned...??

It's a fair point & question.

I don't get your logic.

From

Amanda McGuire.

11/29/2015 2:13:21 PM - CPO (USN, Ret.) Kyle Watts from Augusta, GA

I am 43 years old and, until I found vaping, had smoked for over 25 years. I began smoking when I was about 14 years old, largely because I had older friends who smoked, and partly to be "edgy" and "different". After joining the US Navy when I was 20, my smoking level increased to more than 3 packs per day, which essentially stayed constant for the rest of the time I smoked. I had tried to quit several times, once for more than 8 months, but always because other people (wives, girlfriends) wanted me to. A sad fact was that I enjoyed smoking. It was a social and physical habit that was almost always satisfying to me, and I was willing to ignore all the negatives (cost, chronic bronchitis, annoying doctors lecturing me, standing outside to smoke, and so much more). I had tried quitting cold turkey, nicotine patches, nicotine gum, Chantix, and a variety of smoking cessation counseling groups in combination with these methods. The nicotine patches were particularly bad, as I had some kind of reaction where I felt like I had ants crawling all over me for the month I tried it. Chantix gave me really vivid, disturbing dreams, but I would have kept trying it if I hadn't gotten deployed to sea (Navy, remember) and ran out. Basically, nothing stuck. I'd even tried some of the e-cigarette kits that you could get at convenience stores, but they were so unsatisfactory that they were even less successful as a smoking cessation technique than quitting cold turkey.

In May of 2014 I was going through my second divorce and had both of my children with me. I had just retired from the military on 90% disability and money was pretty tight. I couldn't see having to skimp on stuff my kids needed without trying to cut back on the money I spent on cigarettes. Before retiring, I'd seen a few people in the smoking area using mechanical mods with drip RDAs, and that got me thinking. One day after dropping my kids off at school I went into the local vape shop and just said, "I like smoking, I don't want to quit, but I need to save money. What do you recommend?" The employee at the store introduced me to a number of options, let me hold and try out various setups, and I settled on a MVP variable wattage box mod with an Aspire Nautilus tank. I started out trying to replicate my smoking experience, so I bought tobacco-flavored juices exclusively, and opted for 24mg nicotine levels.

I expected to continue smoking while I vaped, but within a few hours I realized that I was getting the same satisfaction from vaping that I had from smoking, so by the time I picked up my kids from school that day I had thrown out my remaining cigarettes. Over the next few months, even with buying more box mods and tanks, I added up my expenses and was saving about 60% over my cost of smoking. I reduced my nicotine level to 18mg, and then about a year in I decided to try drip RDAs and sub-ohm vaping was becoming popular so I invested in a kit to do that, further reducing my nicotine level to 6mg. Since then, I've moved entirely away from the tobacco flavors, and prefer fruity, "custardy" flavors. It's now 18 months since I had my last cigarette, and have never had the slightest desire to smoke again. I just ordered 100ml of juice online, and have finally

decided that I can move down to 3mg nicotine. I expect eventually I'll go down to 0mg nicotine, but have no intention to quit vaping entirely.

My family has been absolutely over the moon about how great it is that I've quit smoking. I always tried to avoid getting smoke on me to minimize the stale smoke smell on my clothes, but of course you can never completely succeed at that. I had chronic bronchitis and a persistent smoker's cough that is now completely gone. I vape heavily, but there's no discoloration to the walls now, no burn holes in my clothes from stray sparks, no risk if I fall asleep smoking right before bed (a HUGE problem in the past and especially now that I'm divorced), dramatically reduced mess. I can vape while I drive and don't have to have windows rolled down, am not throwing cigarette butts out the window, never have the dangerous "smoke-eye" problem of a cloud of smoke accidentally going straight back into your eyes and blurring your vision while you drive. If I had to find a negative, I suppose it would be that I have my sense of smell back, and let's be honest there are some smells that we'd really rather not have to experience --- particularly other people's body odor, pet odors, and the variety of noxious smells that are so prevalent where I live surrounded by a variety of manufacturing plants. I never noticed all that stuff very much, before. I suppose having to smell other people's smells is a small price to pay for getting to vape.

When I was in the military, it always left me flabbergasted when career politicians would try to legislate internal military issues with no experience at all. I shouldn't be surprised that the loudest voices putting down vaping have no experience with vaping (and usually almost no experience with smoking cigarettes)! My life has been improved IMMEASURABLY by switching from smoking to vaping, and I suppose I should just count my blessings that I found vaping during the brief window of time before ignorant politicians, self-righteous activists, and self-interested lobbyists manage to ruin it.

11/29/2015 2:12:19 PM - Krystal

I am a 31 year old non-smoker, although that wasn't always the case. I smoked a pack or more each day for 15 years. I can clearly recall my mother catching me mid cigarette. She told me that she was disappointed and that once I started smoking that I wouldn't be able to stop. She was a smoker for more than 40 years (thankfully she has since quit too). She told me that she wished she had never started smoking. Of course as any teenager would, I responded, "Mom, I'm not like you; I can stop any time I want to". I was so very wrong. Over the course of the next 13 or so years I tried on numerous occasions to quit, but wasn't able to. I tried the patch, nicotine gum, and cigarette like vapes to no avail. As with most smokers I valued my health but was unable to quit. I watched many of my loved ones suffer from illnesses related to smoking, and knew that my addiction could lead to my untimely death, but even with that knowledge quitting didnâ€™t come any easier. As a child I watched my grandfather waste away and die from lung cancer. My addiction was stronger than that memory.

Eventually, I bought a refillable vape pen and some kiwi menthol liquid with the intention of using it when I was unable to go outside for a smoke. Over the course of a month or so I began to favor my vape over cigarettes and quit smoking altogether. That was almost 2 years ago. If it wasn't for vape products and juices available at the time, I fervently believe that I would still be destroying my health (and wallet) one pack at a time. I used to cough, become short of breath, wheeze, and suffer from the occasional bout of bronchitis. Today I suffer none of these ill effects thanks to vaping. Ultimately I would like to quit vaping as well. I've decreased my nicotine level from 18 mg to 12 mg and plan on decreasing even further in the very near future, but for now I can happily say that I am a non-smoker!

11/29/2015 2:12:08 PM - Buddy Ray Chappell

I started smoking cigarettes at a very young age and was smoking two or more packages of Marlboros a day by the time I was twelve years old.

Smoking was clearly destroying both my health and my finances, it also was something I did not want my son to start doing.

I tried over and over many times with many systems and failed miserably every time, I was simply unable to beat the addiction to cigarettes, until I tried e-cigs after trying them I could see the possibility of stopping smoking and after I tried and found the right vaporizer for me I quite a life long and deadly habit happily, comfortably, and inexpensively when compared to the cost of smoking, and there are other added benefits as well such as decreased or no bad smells, not harmful to others , no ashes and better fire safety, in short e-cigs saved my life and my income for my son!

11/29/2015 2:11:57 PM - Joe perry

I was a 1 1/2 pack a day smoker for 15 yrs. after having my son who is now 8 years old his mother and I noticed he sneezed a lot with runny nose and a minor cough. This was a everyday thing for 5 yrs. it's was then the pediatric doctor advised allergy toward something. After many doctor visits and lots of money we finally found the solution. My son is allergic to tobacco smoke and the smell in my clothing. This is when I first started trying to stop tobacco. I fell so many time to kick the habit and my son got worst. Having to remove his tonsils and medicating him so I could continue killing myself slowly with smoke from tobacco because I couldn't seem to kick the habit. My son is now 8yrs and is finally free from allergic reactions from me and tobacco because I found vapor. And no doubt he isfree from allergy of tobacco I to will live longer and surely see him grow up. So please leave your hands out of my and everyone else's lives we are now free from big tobacco who pushed that 9 out of 10 doctors agree cigarettes are good for us and that some women prefer smaller babies at birth. This is not who I want in control of anything. God bless and allow us to live. I love my rda and mech mods atty box mods ejuice with and without ricotine. I couldn't smoke any tobacco again after this alternative.

11/29/2015 2:11:48 PM - Eric

I was a 2 to 2 1/2 pack a day tobacco smoker for a little over ten years. I smoked from reds to menthol to light cigarettes. No matter the brand, the effects of what smoking caused were evident, my immune system no longer fought strongly, it was more acceptable of getting colds and other congestion build up do to tar covering my lung tissue. Smoking caused more acid to build up in my stomach, which resulted in indigestion, and eventually became Irritable Bowel Syndrome (IBS) with constipation for around three years. IBS is no laughing matter, the pain is so intolerable at times, an can and did make me cry in utter turmoil.

I tried cig-a-likes (gas station e-cigarettes) that didn't satisfied my nicotine craving nor did it resemble anything near the exhale amount that tobacco did. So during my time of trying to quit using cig-a-likes and cold turkey not working, I continued to smoke tobacco products. I refused to even consider Chantix based upon the side effects alone: Unusual dreams, vomiting, insomnia, psychiatric symptoms such as behavioral changes, agitation, depressed mood, and suicidal behavior.

I finally quit smoking all tobacco products after going to the local vape shop, I let the owner know my situation, how long I smoke and what strength. He gave me several choices that would fit make previous habits from smoking. So I bought a mod that would give me long hours of charge with adjustable settings for taste, a refillable tank with replaceable coils, the choice of nicotine mg (miligrams) and one of the most important aspects would be the Flavored e-juice and the taste of fruit, dessert, and candy flavors are What Pulled me From Tobacco. I'm an adult that likes actually flavors, without: Fruit, Dessert, Exotic, and Candy flavored e-juice, the likelihood of me quitting tobacco with its 4,000 plus deadly chemicals would have been non-existing.

An last but not least, I've been tobacco free for a little over a year thanks to vaping. Within three to four months, the IBS with constipation started residing and after a little over a year, the symptoms from IBS have faded away, which I'm so thankful for.

Vaping has added numerous years to my life that tobacco would've (and was working on) killed me or caused major problems to my health. So with that being said. Vaping has saved my life.

Thank you.

11/29/2015 2:11:32 PM - Charles Huff

I smoked for 25 years before I was introduced to vaping by a co-worker 1 year ago and decided to give it a try. I purchased an ego Ctwist and some juice from a local tobacco shop and have never looked back. My battery died one day on the way home from work so I bought a pack of light 100's and lit one up - it tasted horrible and gave me a slight headache and I felt nauseous. I ended up giving the pack away and have not smoked another cigarette since. Iâ€™m down to 3mg nicotine now and frequently vape zero nic, just for the flavor.

My wife appreciates the fact that I donâ€™t smell like cigarette smoke anymore and I donâ€™t have to stand outside in the rain or cold to vape.

Vaping has been a true blessing to me and overall I feel much better, my lungs are clear, food tastes much better, and my car much cleaner since there is no ash flying around inside!

I had tried to quit smoking several times over the years and was unsuccessful.

11/29/2015 2:11:19 PM - Anthony Dixon

My desion to stop smoking was when my wife and I wanted to have a baby and for the longest time nothing was happening. So I started doing a little research and found that smoking can decrease your chances of conseving dramatically and just quiting cold turkey was just not an option for us. So I did my research and switching to e-cigs was the best way to go and it worked. We quit smoking immediately and a few months after we quit it finally happened we are now expecting a baby girl this December. So I owe a lot to e-cigs/vaping in more ways than one.

11/29/2015 2:11:10 PM - Christopher Diaz (mod_mob)

My name is Chris and I was a two pack a day smoker for seven years. I'm also a lifeguard at one of the most popular beaches in south Florida. I never knew the impact smoking cigarettes had on me till I switched to ecigs, I used to work out and do rescues but never with the speed or ease I do now. I quit because I didnt like the person I had turned into, smoking started to seem more like a task than something I enjoyed and that's when I decided I wanted to switch. Three months after switching to ecigs I noticed a real chance in my self, I could taste better I could smell better. I could run further faster and most importantly I didn't smell like cigarettes, I also noticed when I began to cut down on nicotine levels I started to Vape less and now there are times where I don't pick up my ecig for hours. Now that I've been Vaping for a few years I've gained friends I would have never met a healthier life style I never would have had and in all honesty I feel a lot happier with my self and everything I surround my self with.

11/29/2015 2:10:48 PM - Meridith Dean

After 20 years of smoking, I quit smoking with an ecigarette just over a year ago. I started with a pen, but after a month I upgraded to a better mod. I started out with 18mg of nicotine and now I'm down to 6mg. Using a ecigarette has been the easiest way for me to quit smoking. I tried patches, gum, and medications. I always went back to smoking at some point. My blood pressure has come down considerably and my stamina has increased greatly. After several months of vaping and using local shops, my husband and I decided to open our own vape shop. We knew that we could do it better than the other shops in town. We opened in April of this year and so far we've helped 177 people quit smoking and start vaping! It feels good to know that I'm not going to expose my daughters to second hand smoke anymore! It feels even better to know that we're helping others live a healthier lifestyle!

11/29/2015 2:10:38 PM - Daniel

This isn't going to be some sob story where vaping immediately saved my life, in the long run it just may have.

I had started smoking when i was 16 years old from a cigarette or two a day and progressed to about 2.5 packs a day by the time i was 23 years old. my stamina was shot, my food didn't taste right anymore and every time i did anything it needed to be followed by a cigarette. ie: playing with my son, doing the dishes, driving, working on my car, eating , showering etc.

for a while i had heard about vaping, and thought about quitting. and had tried cold turkey twice and nicotine gum. but as soon as it got hard i gave up as it started to effect my mood and relationship at work and home.

when i finally tried vaping. i did a bunch of research making sure i had all the facts that i could possibly have about the products i'd be using. at first my intentions were to only slow down my smoking. because i do enjoy smoking. but i was hooked instantly on vaping. a week went by then two and a month slipped by before i realized i wasn't smoking anymore. i was only vaping. i was spending time with my son without needing to interrupt our quality time with a cigarette. i can do every day things all day long without feeling the anxious urge of needing to smoke. and i am truly happy that i got into vaping. i don't know if i'll ever quit vaping as i do enjoy it, but as i said my intentions at the moment also aren't to quit. but unintentionally i have fully quit smoking for over 4 months now and have no urge or desire to smoke a cigarette again. i think the sheer amount of quality products on the market, and vast selections of e liquid always coming is what grabbed my attention and has kept it. as i like to switch out my set ups or e liquids regularly. all the while still saving money compared to my smoking addiction.

11/29/2015 2:10:08 PM - Laura Mestas

Hello my name is Laura I'm an Arizona girl born and raised, I first started smoking when I was twelve years old and have continued to smoke up until a couple of years ago in 2012 that's when they started coming out with the nifty vapors and at that time I smoked cigarettes with the vapor until my body went with the change I was cigarette free for six months I was at an eighteen level nicotine and pretty soon I was back to smoking cigarettes and I couldn't figure out why it didn't work so this went on for about a year but then I was tired of smelling like smoke and having a hard time breathing, so once again I decided to give the vapor a try I started off at a 18 nicotine and pretty soon I realized my mistake the first time around. I wasn't lowering my nicotine levels so that way my body could slowly get itself off the nicotine. I am happy to say I haven't had a cigarette in almost a year Dec. 31 will be my year cigarette free I'm also at a three nicotine so I'm almost there!!!!! The changes I've noticed since I have quit are people can stand to be around me with out complaining. I can actually do things that require lung power I went on a three hour hike the other day and I wasn't short of breath not once. And my overall health has improved so much.

11/29/2015 2:09:54 PM - David Woodard

My story.

I have smoked on and off since I was eighteen. I am 51 now.

Quit cold turkey all times before but still craved cigarettes when I was around smokers. I started using vaping products about 5 months ago and within 1 wk had backed almost completely off cigarettes. Within 3 wks had completely quit cigarettes. Now over 4 months later there is no desire to go back to cigarettes. I use 0 percentage of nicotine in all my liquids. Vaping has completely changed my life for the better.

11/29/2015 2:09:42 PM - Darreck

20 years of smoking, not one good thing has come of it. I now have 2 small children with my beautiful wife, SMOKE FREE now for 6 months thanks to vaping! Don't let the almighty dollar and greed destroy a means to an end for many of us that are doing this for our family

11/29/2015 2:09:25 PM - omegazync12

We smoke because we enjoy it; A non smoker will never understand it, and no smoker could ever explain it. I have smoked regular cigarettes since I was about 8 years of age; I would just steal them from Adults who left their cigarettes on the front porch, get them from older kids, or pick them out of ash trays at gas stations.

We know there is a high risk of dying from cancer caused from smoking, but there is a high risk of dying from just living life also; the latter just doesn't come with high medical bills. I like smoking. I like the feel of it, I like the act of it, enjoy the taste, the smell, but most importantly just having that little 5 minute alone time. You can't get that experience from gum or mints, and taking a prescription drug that could lead to attempts of suicide kind of takes away from the point of living a longer and healthier life from not smoking. I mean that is the equivalent of saying, " we do not want you and your habit in our society, so go kill yourself please; here are the pills, now go."

So what are my options then. I'm not going to stop smoking because I like it, and we all have things we like that are horrible for us, but all this changed in 2011, I found some ecig videos on youtube, it was some girl giving tips for vaping if you have a low budget, and after doing the math I decided why not give it a go, it's cheaper than what i'm spending on cigarettes now anyway. And i after i got my starter kit in the mail I never touched another cigarette. Goal accomplished a healthier life and I still get to smoke...sort of.

It is now 2015, I started off on tobacco flavors and still enjoy them. I partake in the sweet flavors and fruity ones occasionally as a treat. I consume less nicotine based off my research on wikipedia; to my knowledge the average cigarette contains 1 mg to 2.5 mg of nicotine. The juice I buy is 3 mg/ml and I consume about 5 ml a day... that's like smoking just 5 cigarettes a day; I used to be a pack a day smoker; that is a huge change in my nicotine diet. The sad part is, if this goes away i'll be right back to smoking that pack a day because gum and Candy mints are for kids and I don't enjoy them.

Sincerely,

Joshua

A proud Citizen of the Land of the Free!

11/29/2015 2:08:36 PM - Cass Hamilton

I had smoked for forty some odd years and had tried everything to quit without success. My friend introduced me to vapor products one night and the next day I visited NEK Vapors and purchased some supplies. I haven't smoked since I walked out of that shop.

I have tried medications, patches, gum, groups, lozenges, BLU, biofeedback, and hypnosisto no avail. When I was forty I underwent a lower lobectomy due to lung cancer. I have survived five types of cancer (all related in some way to smoking) and I continued to smoke. Cigarette addiction is extraordinarily powerful and I felt overwhelmed. Vapor products have altered my life in a profoundly positive manner.

I strongly urge people to support the sale of vapor products. I believe it is a safe and effective way to quit smoking.

11/29/2015 2:08:22 PM - Jay O.

I smoked cigarettes for over 15 years. Completely due to the availability of vapor products,I stopped smoking cigarettes over 3 years ago. I started vaping on disposable e-cigarettes, but couldn't kick the cigarettes using them as the devices simply didn't deliver enough satisfaction. I moved to an open system and lowered the nicotine amount and have never returned to cigarettes since then. I completely stopped smoking cigarettes shortly after I got an advanced e-cigarette device with an open system.

Prior to vaping, I couldn't completely stop smoking no matter what I tried. I tried Chantix, Nicorette Gum, nicotine lozenges, and nicotine patches.

Positive changes to my life because of e-cigarettes:

I feel better, no more shortness of breath, my skin looks better, I smell better, I've saved money, my family is pleased with my decisions, etc. etc. etc... The benefits of vaping goes on.

I shared my story with other smokers who have expressed their troubles with smoking cessation and have encouraged other smokers to try vaping as an alternative.

I believe that our freedom from tobacco should include the freedom to choose to use vaping as another smoke free alternative.

11/29/2015 2:08:05 PM - Booya777

Hello,

My name is Mike and I was an avid smoker since the age of 16. I am now 31 and have since quit smoking due to the harmful effects of the cigarettes that I consumed on a daily basis. I found vapor products to be an extremely effective way to combat the cravings of quitting smoking. To tell you the truth, what really made me quit smoking was seeing an x-ray of my girlfriends chest (who was also an avid smoker since the age of 15).....the doctor told her that she had pre-COPD. At the age of 30? This is typically something that affects older people, but since she had smoked a pack a day for about 15 years I guess it made sense to us. It was a bit shocking to be quite honest. Once we got the news that if she did not quit then she would soon be VERY sick, we quit smoking RIGHT AWAY. Vaping has essentially saved BOTH of our lives. If the new legislation is passed and the vaping industry is something of the past, then I can guarantee a good majority of people will go back to getting their nicotine through cigarettes, as this will be one of the only ways that they will be able to get their fix. By now we all know that Nicotine is not the "killer", it is the EXTREMELY HARMFUL chemicals, carcinogens and poisons that are in cigarettes. To me it is an absolute joke for the government to kill an industry (vaping) that has essentially saved thousands and thousands of lives around the world. If they really want to "protect" people in this country, then allow people to vape and "kill" the BIG TOBACCO industry. But I have a feeling they are behind all of this, because their profits are going into the crapper because people finally woke up and realized that they do not need to "smoke" to get the desired effect that they crave from cigarettes. Please, please do everything you can as an individual to save more lives and keep vaping alive and well :)

11/29/2015 2:07:51 PM - Aaron Norris

I used to smoke on and off and more when I would drink. Now that I vape I feel better and it makes me happy. Feels good to stop smoking. If you're having trouble and trying to quit cigs. Go To vape. It's worth it.

11/29/2015 2:07:28 PM - Jenifer Kelsey

Vaping has changed my life. I smoked nasty ciggerrettes for over 20 years. I tried every method available to quit time and time again. Every time I tried I failed. Finally I tried vaping. I commited to no smoking of ciggerrettes for one week while I vaped. It worked! After 3 days I knew I would never smoke a ciggerrette again. Ever. Next Monday November 30th will be 90 days no smoking. Best decision I have ever made. I love vaping. I use a box mod with an isub tank. I will be upgrading soon. My Husband whom also vapes... Will be learning how to build coils soon on RBA's

He actually just celebrated 2 years no smoking and vaping exclusively. So very proud of him and myself! This has brought on so much in our life, he now has a new hobby and we now are mixing our own juices.

It feels great knowing we will never smoke again. Im so excited to begin this stage of my life where I took control and started making better decisions regarding my health.

11/29/2015 2:07:11 PM - Michael Bowman

I started smoking at the age of 13, and smoked for 23 years. I wanted to quit, tried to quit many times. Cold turkey, the patch, the gum, Chantix...nothing worked. I could barely breathe if I ran a short distance or I climbed a flight of stairs. I would wake up coughing and hacking every morning, sometimes until I vomited. I started vaping a few years ago when the e-cigs were first coming out. I had cut down quite a bit, but the costs of replacing cartridges was too much for me to afford. I started vaping again this year, starting with a vape pen, then switching to a box mod. By this point I had dropped from smoking 3 packs a day to only a handful. One day I woke up and didn't feel like smoking cigarettes anymore. This was in early April of this year and I haven't had a cigarette since! I don't cough in the mornings or have shortness of breath from running or climbing stairs. I have no doubts that e-cigs saved my life!

11/27/2015 5:36:30 PM - baldo_4

Dear John:

Thank you for contacting me to express your support for H.R. 2058, the FDA Deeming Authority Clarification Act of 2015. I appreciate hearing from you.

As you are aware, the Food and Drug Administration (FDA) is currently finalizing regulations pertaining to the definition of tobacco products that are subject to regulations under P.L. 111-31, the Family Smoking Prevention and Tobacco Control Act (TCA). The FDA's proposed regulations would "deem" certain products as being subject to TCA regulations, including e-cigarettes, cigars, pipe tobacco, nicotine gels, waterpipe tobacco, and certain dissolvable products. Pursuant to P.L. 111-31, all tobacco products deemed as being subject to the TCA that were not being sold before February 15, 2007 must comply with new restrictions established under the law. Products being sold before this date are considered to be "grandfathered," and do not have to comply with the new restrictions. Restrictions on tobacco products established under P.L. 111-31 include restricting tobacco marketing and sales to youth, requiring warning labels on smokeless tobacco products, increasing disclosure requirements for ingredients in tobacco products, and ensuring that any reduced risk claims included on a label, such as "light" or "mild," are supported by scientific evidence.

In response to this situation, Rep. Cole has introduced H.R. 2058, which would seek to strike the February 15, 2007 "grandfather" date for tobacco products established under P.L. 111-31. Specifically, the measure would change the grandfather date to the date on which the FDA finalizes the "deeming" requirements for tobacco products. This may allow for certain newer tobacco products to be exempt from TCA regulations.

H.R. 2058 was referred to the House Committee on Energy and Commerce, where it is currently pending consideration. The measure has 26 cosponsors and a companion measure has not been introduced in the Senate.

Thank you again for contacting me. Be assured that I will continue to monitor the progress of H.R. 2058 with your views in mind. Do not hesitate to let me know if you have any other questions or concerns.

Sincerely,

Peter J. Visclosky

Member of Congress

11/29/2015 2:06:07 PM - vernon clifford

as a long time smoker 50 years have tried many times to quit. started e cig 3 weeks ago now not smoking. have copd and can breath a little better in just a short time

11/29/2015 2:05:41 PM - Vaping saves

I live in Denver, Colorado and when I was 15 I started smoking cigarettes. I was hooked by the time I was sixteen. Smoking half a pack to a pack a day. Skipping classes for a cigarette or two. Getting sketchy people to buy me cigarettes. I graduated high school and I was 18. So I could buy my own cigarettes. I was going through at least a pack a day. AT 18!! Then I was at a Starbucks and saw this guy with this tiny little vape pen. Smoking inside. I asked what it was and he told me all about it. I ordered one online literally the next day. I slowly transitioned to vaping and learned more about it. I'm 22 now and still vaping. It's a huge part of my life and I'm completely off of cigarettes. I don't even have the desire to smoke cigarettes. I vape with e juice that has 0 nicotine. And vaping is a hobby of mine that I enjoy. I dont know where I would be or how many cigarettes a day I would be smoking without vaping. To get rid of this hobby. Not even a hobby, to end this lifestyle that millions of people have could not only affect the health of vapers that return to cigarettes for their nicotine dose, it could literally affect the happiness of vapers everywhere that find joy in vaping and having fun with it. And it's all because these corporate companies aren't killing as many people with their disgusting cigarettes so they're losing money. Why not focus on the health and happiness of Americans rather than focus on the corporations that kill half their users that just want more money.

11/29/2015 2:05:25 PM - Joe Gross

I tried nicotine patches and gum unsuccessfully to quit smoking. I even used smokeless tobacco for nicotine to quit smoking and ended up using both at the same time. I was living in TX at the time and saw a vape shop that opened up and decided it was time for me to quit and stopped in. I was skeptical so I bought the cheapest kit they had and some watermelon flavored ejuice that tasted great. When I left the shop I threw away my last pack of cigarettes and have not smoked or used smokeless tobacco ever since. I went from that ego pen to advanced regulated and unregulated mods and rebuildable tanks from there. I build all of my own coils. I forgot to mention, I was a 2 pack a day smoker and used 1 to 2 cans of smokeless tobacco per week. I have been tobacco free for 3 years now and have reduced nicotine levels periodically. Vaping saved my life and I'm very thankful for it.

11/29/2015 2:05:14 PM - Angi Brock

I am a 40 year old mom of 13 children (5 natural, five step children, and three morally adopted children)

I started smoking when i was 14, and smoked between 1 and 2 packs a day. I noticed a little over a year ago that my heartbeat was acting irregular and that it was becoming more and more evident of the damage to my lungs. We went from two cars to one and I started walking to work. It was a little less than a mile and a half and I was unable to make it halfway without being short of breath. I couldn't walk and talk on my phone without running out of air. Luckily one day, I noticed we had a new vape store in toen and decided to see what they sold. I'd already tried "cold turkey", patches, gum, and the " cigalike" ecigarette. I failed each attempt at quitting.

I walked out of the vape shop with a pen style vaporizer and a couple bottles of flavored juice. My cigarette use was cut down by 75%. I started with 24mg of nicotine and am now down to 3 and getting ready to lower again. After a few months of use, I was able to walk away from tobacco cigarettes.

My health is so much better! I can hike now, I can breathe and jog on a treadmill, my heart rate is more normal, my allergies have lessened. I owe all of this to using my vaporizer and good flavored liquids. I did try a bottle of the tobacco flavored juice but all it did was make me crave a cigarette. Had it not been for the better delivery of the vaporizer and the fruity/dessert juices, I wouldn't be where I am today!!

11/29/2015 2:05:02 PM - juicy_wicks_only

I started smoking when I was 13 I tried to quit when I got about 16-17 I tried gum patches and other supplements to try and help quit all failed except the vape. I started to use the cape a week before I fully quit smoking cigarettes. Now remember I smoked almost two packs a day. I started out at 24mg of Nic it took me about five to 6 months to get down to 6mg of nic. I breath a lot better I taste better and I can smell better. From my experience I think that a vaporizer is a whole lot better than cigarettes.

11/29/2015 2:04:21 PM - Glenda

Hello,

My name is Glenda I am 53 years old. I started smoking when I was sixteen. I was raised in a family of smokers. At school we were allowed to smoke and so were the teachers. I was not taught that it was harmful. I started vaping in Dec. of 2014 and have not once went back to smoking. My doctor has no problem with me vaping. She feels it is less harmful than the smokes and says my lungs are clear and I can breath better since vaping. My father had copd and so did a lot of his family. We as a community do not in any way, shape or form try to get the underage to vape. I have tried to quit more than once but always went back due to my chronic anxiety. Vaping has helped me more than anyone would ever understand. I am a American who votes and I feel that my right to choose vaping over smoking should be my choice. I voted to put those in office who would respect my rights as an American and not have them taken away. We are a country who are suppose to be about freedom of choice. I feel that it is important that you in office hear our voices because we voted you in and we can vote you out.

sincerely,

Glenda Jennings

11/29/2015 2:04:11 PM - Craig Toops

I tried Vaping after 20 years of smoking a pack a day of Marlboro cigarettes. After a month of Vaping, I had no urge to pick up a cigarette. I tried Nicorette gum, Chantix and old fashion will power...Vaping is what worked! I've now been Vaping for two years. I feel great! My Pulmonary doctor recently stated to me that my lungs sound "crystal clear." I recommend Vaping and Electronic smoking to anyone I can.

11/29/2015 2:03:01 PM - Harold Bergeron

My name is Harold, and I am a cigarette-a-holic. I have tried all of the conventional methods to quit many times and have always failed. Why some people can quit, and others can't has always been a mystery to me. I had come to the conclusion that I would smoke until the day that it killed me. Six months ago, after a coughing attack that left me sweating and struggling to breath on the floor, I went to a vape store on the advice of a supervisor at work. Since that day, neither I, my wife, my adult son or my partner at work have had a cigarette. My wife, (who according to her doctor) was about a year away from needing an oxygen tank, is free from the symptoms of her emphysema.

Like the great majority of the vaping community, we are average hard working people. If you believe the media portrayals, you would think the vaping community is composed entirely of tattooed, pierced, bearded cloud chasers. This is not the case. However, I have met many of these people and they are very nice and helpful. We all have one thing in common. We do not want to smoke cigarettes.

I know it is the first job of our legislators to project the public. In this case, your good intentions will be causing great harm. Like you, I would not like to see minors vaping or smoking. But it would be a mistake, in your efforts to protect them, to condemn the entire adult population to the horrible addiction of smoking cigarettes. One of the things that I have learned in my 65 years, is to never make the mistake of letting the perfect being the enemy of the good.

VAPING IS GOOD!

This is a freedom of choice issue. Freedom means the ability to choose. I choose not to smoke cigarettes. I choose to vape. Don't take that choice away from me, or you will drive me right back to slow death by cigarettes.

11/29/2015 2:02:26 PM - Stacy Ann

Before i started using vaping instead of smoking. I would have really bad asthmatic bronchitis, Now that i have been vaping my lung function has improved dramatically. I have yet to get sick with a bad cold/or flu. I also dont end up smelling like cigarette smoke . In short I believe vaping has done better for me than even using my inhalers.

11/29/2015 2:00:50 PM - Sherry D. NEPA

Hi! My name is Sherry and I am currently living in NE PA. I am 57 and had been smoking since I was 15. At the time I discovered vaping, I was up to 2 - 3 packs a day. I was spending hundreds every month on something that was poisoning me and those around me. I had developed an asthmatic condition and had to use an inhaler once in awhile - something that would have become much more often had I continued smoking. It took me six months of vaping and smoking until I found the flavor that got me off of cigarettes for, as of now, over four years. I started with a kit of the cigarette-like Blu ecigs and experimented with various iterations of ecigs until I found what works for me but the key to my quitting cigarettes was finding the right flavor. I figured out that, for me, the worst thing to cut the ties was to vape a tobacco flavored liquid so I started trying the dessert flavors. I figured that if I was going to gain weight when I quit, perhaps using the vape flavor as a dessert would help keep the weight down. It worked on two levels. I no longer craved the cigarettes and I wasn't eating lots of sweets!

I had tried everything from hypnosis to patches to gum to prescription medications (Chantix). The ONLY thing that ever worked is vaping. I have been able to cut my intake of nicotine down to under 1% in the mixture I make. That will soon be nil. Zero. No nicotine - all due to being able to vape. And, if I feel the need, I can bump up the nicotine or lower it. I have control.

I no longer run out of breath simply going up the stairs. I no longer find food tasteless. I no longer suffer from that asthmatic condition. I no longer reek of cigarette smoke. People no longer wrinkle their noses as I pass them in the store. I. Feel/Am. So. Much. Better.

11/24/2015 8:43:19 PM - glointhedark

My adult daughter and I quit smoking, cold turkey, almost 10 years ago. It was very difficult for both of us. We did not want to quit, but were unable to afford cigarettes for both of us and still keep a roof over our heads and food on the table. We somehow managed to get through the cravings, which never left. There were days when we would deliberately stand downwind of smokers while waiting for the bus, just to get a whiff of their cigarettes. It was such a temptation to try to "bum" a cigarette from one of them, but we knew that once we started again we would not stop at one.

Almost 4 years ago, the temptation to smoke again got extremely strong. My daughter was in graduate school, working for her Doctorate. We were faced with the prospect of moving our small family across the country so that she could complete her studies. She had already had to quit her part time job due to scheduling conflicts with her classes and outside of school placements arranged by her school so that she could learn in "real-world" environments. We had to work with my grandson, who has autism, to get him on board with an extreme move across the country. We had to figure out where the money was going to come from for the move, housing, etc. Between stress and cravings, we were extremely close to becoming smokers again.

My daughter had heard about ecigarettes somewhere - she is not sure where. We started looking into it. While we both really enjoyed smoking, we did not want to undo all our hard work in resisting the temptation to start smoking again.

We started looking into ecigarettes and vaping online. We did research. We hesitated. We did more research. The stress mounted, along with the desire to curb it with a cigarette. My daughter finally caved, and got herself a disposable ecigarette. When she told me, I had her get one for me, too. I was extremely skeptical that vaping would work for either of us. Was I ever wrong. After the first couple of "puffs", the desire for a cigarette was gone.

We cut a few things from our very meager entertainment budget so that we could get starter kits for each of us. We found a vendor online with reasonably priced eliquids so we could refill the cartridges that came with our kits. We discovered the wonderful world of ecigarette flavors. We were happy, and still ex-smokers.

We have since moved on from our original cigalike starter kits to units that are made to be refilled (Kanger Evod). For us, vaping and ecigarettes are a Godsend. We certainly would have gone back to being cigarette smokers if it were not for vaping.

Tobacco and menthol flavors play no part in our vaping experience. I am 66, and my daughter is 38. We are not kids, by any means. We favor fruit and bakery flavors. The choice of flavors and equipment are what is keeping us happy and content ex-smokers, along with the fact that, after the initial startup costs for equipment, vaping is so very

much less expensive than smoking, as well as a cleaner (no ash or cigarette butts), healthier (around 95% less harmful than cigarettes) alternative to tobacco. We both still continue to use nicotine in our flavors. My daughter uses 18 mg nicotine, and I use 12 mg nicotine.

Thanks to a chance discovery by my daughter, we both continue to be ex-smokers. The temptation to smoke tobacco is a thing of the past for both of us.

11/29/2015 2:00:02 PM - Dale Ann Goecke

I smoked two packs a day for 50 years and tried several times to quit but nothing worked for me until I found electronic vaporizers. I never smoked another cigarette. I have been tobacco free for over 6 years. I started out with 12 mg nicotine strength and am now down to 3 mg. I feel so much better and don't smell like an ashtray any more! I have

introduced vaping to several friends and relatives who were able to completely quit

tobacco use.

11/29/2015 1:59:51 PM - shannon nelson

After smoking for 6 years I never thought that I would be able to quit. I thought that I would smoke cigarettes till they put me in my coffin. About a year ago I tried using Blu e cigs and they didn't go it for me, they taste terrible and didn't do the job so I went back to traditional cigarettes. Then one month ago I saw a vapor store near me and thought hey why not, I've seen family members try it out and they seem to be doing good. So I got my first set up and haven't touched a cigarette in 3 weeks. And I haven't felt better. I can breathe easier, I don't get winded going up a set of stairs! I love vaping and will never go back to traditional cigarettes!

11/29/2015 1:59:41 PM - Casey Hayes

My name is Casey Hayes and I am a current user of vaping products. I use many modded ecig vapes. I was smoking sense the age of 11. I am now a severe asthmatic. I started vaping as soon as I turned 18 (10/6/1997) and now I can breath better and I do not need to use my asthmatic inhaler nearly as much now as when I did when I was smoking cigarettes. I use my asthmatic inhaler maybe once every 3 days now. Vaping saved my life. My personal docter said I may have lived until I was 25 if I were to have kept smoking ciggerettes. Please don't ban vaping products because they have saved my life.

11/29/2015 1:59:28 PM - Lisa Hostetler

I smoked for 14 years, yes, I was a late starter, (Stupid), but I was as hooked on cigarettes as any 40 year smoker. I tried gum, patch, chantix, I'd quit for a while and then start again. Then I was introduced to ecigs. Right away I was able to quit. That was over 2 years ago and I've not had one puff of a cigarette since. I feel so much better! And I don't stink anymore. I have to admit that when I see someone smoking, it still looks enticing to me. But I just reach for my ecig and I'm fine. I have no doubt that without my ecig I would give in to cigarettes again eventually. My mom and dad were both smokers and both died young from heart problems and cold. Thanks to ecigs, I expect to be around a lot longer than they were!

11/29/2015 1:59:20 PM - Jennifer W.

I quit smoking after 15~ years on Labor Day - September 7, 2015. My boyfriend quit the same day after smoking for 30 years! We were both pack a day, American Spirit (~$7+ per pack). We learned about Vaping initially from an RJ Reynolds rep in a gas station. Days later, we learned what REAL Vaping was, by visiting a local Vape Shop. $100 and a few bottles of juice later, and neither of us has smoked a cigarette since.

We both feel better - our health has improved, my smokers cough is gone! My boyfriend's high blood pressure is normal after years of having been medicated for it! We can run and play with our kids without huffing and puffing and frequent breaks. We can walk outside for a quick vape without feeling committed to smoking a whole cigarette. There's no more 2nd or 3rd hand smoke around anymore, we're keeping thousands of cigarette butts out of our rivers, lakes, and oceans! We don't smell anymore.

There are SO many advantages, Vaping has saved our lives! We started at 12mg nicotine and just recently dropped down to 3mg from 6mg. We can do this as we please, at our own pace. Ultimately we want to be on 0mg, which seems like it will be so easy compared to quitting smoking! But even at 0mg, we will probably keep Vaping because we love it! The social aspect and the oral fixation and hand/mouth movements are things that traditional smoking cessation aids CANNOT replace!

This has been AMAZING for our lives!

11/29/2015 1:59:09 PM - Carlos Martin

I have been right there since the very beginning and have been smoke free since. It took a week to really switch over but with all the advances it should be much easier now. The products have evolved and are far superior then the first e-cigs. I can't even puff on a regular cigarette now to save my life. I had been smoking for over 15 years and was up to 2 packs a day, I had tried everything from Chantix, the gum and patches. Nothing did it until the e-cigs and I have never gone back to regular cigarettes. I noticed right a way from two weeks that my lungs had cleared up and I was not out of breath as bad. No swamp mouth, no ashes, no cigarette butts or awful smells. I have been smoking indoors ever since. What can I say it was a complete turn around in my life. The progress and evolving of the e-cigs has been fantastic. Don't let regulation screw this up!

11/29/2015 1:58:49 PM - Brad

I started smoking at the age of thirteen, by the age of sixteen I had a pack a day habit. Over the next 19 years I tried ever for of cessation that I could. I switched back and forth between cigarettes, cigars, and smokeless tobacco. Finally at the age of 32 I decided to try an e-cigarette I saw a friend using. I was not satisfied with the lackluster performance of the gas station disposable that I first bought but I did see that the concept could work for me. I did some research and decided to purchase an open vapor product and some e-liquid that was grape flavored and I have not smoked since. I am now thirty-six and have been smoke free since 1/1/12. My health has improved and I feel like my son will be able to enjoy having his father in his life. Vapor products have saved my life.

11/29/2015 1:58:36 PM - John Pippenger

I smoked 3 packs a day for over 30 years. I started vaping February 19 2013. Vaping is the only thing that got me to quit smoking. Doctors gave me chantex which made me have bad mood swings. Also tried the patches they did not work. Since I have been vaping I can breathe again. I can walk without getting winded. I really believe that vaping saved my life.

11/29/2015 1:58:27 PM - Alicia Henson

I smoked for 25 years. Had a hard time quitting and tried everything feom patches to chewing gum. Vaping was the only thing that did it. I quit cold turkey and started vaping about 4 months ago. I use a mod with 3 mg of nicotine. Started out at 16 mg and have worked my way down. My blood pressure has gone down, I breath better, less colds and sinus problems and my sense of taste and smell have improved tremendously. Skeptics can say what they will but vaping was the only thing that helped me put the cigarettes down and for that I'm thankful!

11/29/2015 1:58:17 PM - Chad Baggett

I am 39 years old and i started smoking when I was 13 and I was up to 2 packs a day. 12 years ago i was diagnosed with stage 1 bladder cancer. Over the years I tried quit smoking many many times. I tried cold turkey, patches and gum none of them worked even after have 4 surgeries in 6 months to remove the cancer. 2 years ago I was given an E-cigarette to try and I have not smoked since that day. Not only did i quit smoking but I have also drastically cut down on my nicotine intake. I started vaping e-liquid with 24mg nicotine and I have now cut my nicotine down to 3mg. With out vaping I would still be smoking 2 packs of cigarettes a day and worrying not if but rather when would my cancer come back. There are many people like me out there who can honestly say vaping saved our lives.

11/29/2015 1:58:02 PM - Dr_Davenstein

I smoked for 20+ years. I tried and tried to quit. I think I literally tried everything. Nothing worked. I heard of this vaping thing, and thought I'd give it a shot. I bought a X2o starter kit and a 14 ml bottle of Tiger's Blood, with 10% nicotine. It worked! I've been smoke free for 6 months now, and my nicotine level is down to 5%! Zero cigarettes in 6+ months! I don't even want to smoke anymore! I'll be damned if I'm going to start smoking their HIGHLY carcinogenic cigarettes again because they're able to bulldog the competition out of business. If big tobacco wins this fight, they will literally be creating hundreds of thousands, if not MILLIONS of families with loved ones who could have lived much longer and healthier lives. Please guys, do all you can do to advance the fight. It doesn't take a ton of money. As a matter of fact, it doesn't take ANY money! Just write your congressmen and senators. Call them if you can. Anything you can do is needed. We really can't lose this. We are Americans with the freedom to choose for ourselves!

Thanks, Dave

11/29/2015 1:57:47 PM - M. Werst

I was tethered to tobacco cigarettes for over 45 years. Just over 4 years ago I discovered electronic cigarettes and have been smoke free ever since then. I went from 1 to 1 1/2 packs a day to none as soon as I bought my first cig-a-like set-up. I started my vaping journey with a nic strength of 24mg/ml. Quickly went down to 18 and now am down to 6 in some of my dessert flavors and 12 in other flavors. I quickly moved from the cig-a-like I started with to VV/VW box mods for the longer battery life and the ability to dial in the proper power to vaporise my e-liquid efficiently.

The longest I had ever been smoke free before this was for 6 months. I went cold turkey that time and it was so very hard. I craved a smoke every minute of every day during that miserable 6 months. I also gained about 15 pounds as I tried to compensate by substituting hard candy for the cigarettes. I finally decided I would not spend the rest of my life fighting those cravings and I caved.

I tried several more times, once with patches. I actually wore the patch and smoked while wearing them. The patches were a total waste of money for me.

I am so happy that I no longer have to deal with that messy, smelly cigarette habit. No more smelly ashtrays, no more sticky brown tar residue on every surface, no more burnt holes in my clothes, no more morning cough, no more shortness of breath. I can't say enough good things about vaping. I believe it has added a number of healthy years to my life.

11/29/2015 1:57:34 PM - Robert Billman

I guess I could start off by saying I AM A VAPER and it's one of the best moves I'v made in my 58 years of living. I used to be a heavy smoker, anywhere from a pack and a half to two packs a day! After 45 years, yes, I said 45YEARS of smoking it really started to take it's toll on my body and my health. I was prescribed an inhaler to help me breath easier and was instructed by my family physician I should quit smoking! Look after 45 years what do you think my attitude to that statement was. I previously tried a number of times to quit with little to no success! I tried the patch, I tried the gum, I was prescribed chantix, I even tried cold turkey but the best I could do was to cut down to maybe half a pack a day.....and that was a good day! then I had a friend and co-worker introduce me to a better alternative.....VAPING..... That was April 2nd 2014. By April 4th 2014 I was no longer dependent on cigarettes and have been smoke free for 1 year 7 months and 20 days to date! Not even a desire to smoke anymore. I am a true poster child for the vaping community and If I can do it anybody can do it and I really do believe that! Anyone with a true desire to quit smoking can and should give vaping a try. I have assisted numerous friends and family to quit smoking and I know by the thanks I've received they are happier in life! Am I happier in life? YES, I no longer use my inhaler, I breath easier and my home, my vehicle my person no longer smell of smoke! Please do the research, see that vaping and vaping products should not be classified as a tobacco product! Please support my rights to Vape, to a better way a better quality of life.....PLEASE SUPPORT HR2058 and require the FDA to move the grandfather date to the effective date of the final regulation. With that I thank you Robert Billman

11/29/2015 1:53:16 PM - Greg

I am an ex smoker of 20+ years, I am an asthmatic. Before my switch to vaping I was using 2 to 3 inhalers each month. I currently do not even carry an inhaler with me and 1 inhaler can last 3 and 4 months. I breathe easier, have more stamina and feel generally healthier. Vaping has given me an easier way to stay away from cigarette's than any other way I have tried. I have tried Chantix, blu ecig, patches, gum, you name it I tried it and nothing worked. Vaping DID! Vaping has saved me in so many aspects it's hard to name them all. I'll live longer and be here for my loved ones longer as well as them having me in their lives longer. For some it may be just a hobby but for me it is a saviour and a lifestyle. If I could not vape because of ban's etc I would look to find it elsewhere but would NEVER go back to cigarette's for anything. Please let vaping stay legal and accessible for my own health and safety as well as countless other vapers who feel the same.

11/29/2015 1:53:00 PM - Justin Tillman

I would like to start by saying first and foremost that vaping saved my life. Period. I had been smoking since I was in high school. I also come from a long line of unapologetic smokers. So for me cigarettes were just a part of life. So it was just a matter of fact that both myself and my wife smoked. A lot. I saw nothing wrong with this and was completely ambivalent to it all. This was all fine and dandy until I got a serious slap in the face about two years ago.

This rude awakening came in the form of the death of my uncle and dear friend William Evans. He was like a superhero to me. Near indestructible it seemed. He had had a heart attack some years ago. But did he let it stop him or slow him down? Oh no. He lived just as hard as always. Smoking and drinking and eating whatever he pleased. Until he body told him in the most definitive way possible that that wasn't going to work.

I needed to explain that some perspective could be given for my story. And my story is a simple one. It is a tale of a young man facing thirty and the very jarring reality of his mortality. I came to the realization that I would have to make significant changes. And make them NOW. First and foremost, quitting smoking. I tried everything from gum, to patches to cold turkey. I wanted to avoid pills like Chantix because of the frightening side effects.. it occurred to me that I needed something to combat the actual physical action of smoking.

That's where my journey with vaping began. I took some time out and researched the various mods and liquids. After gathering all the necessary information I came to the conclusion that this might be the safest and healthier solution to kicking this addiction.

I am happy to say that it has been nearly 18 months since my last cigarette and my wife and child couldn't be prouder of me. I've a dramatic increase in my stamina as well as energy level. I actually feel better than I did at twenty. My efforts and strides have inspired a friends as well as family to battle their dependence on nicotine utilizing the vaping method.

Plainly put if these products were not available in their current form I would still to this day be searching for a way to rid myself of cigarettes. I beg. Absolutely beg any lawmaker who has a say in the matter to protect these products. Because simply put they save lives. Namely my own.

11/29/2015 1:52:44 PM - Nathan Stevens

Hello, my name is Nathan Stevens. I am 21 years old, I used to smoke two packs of Newport 100s a day. That went on for about 6 years until I could no longer take a breath without coughing. I would cough up blood every day and have to use my inhaler to breathe properly. I have now been vaping for 2 years and neither of those things affect me anymore. My health has turned around, I can breathe again, food tastes better, I can take care of my baby cousin and play with him now. Vaping saved my life, please I urge the FDA to change the grandfather date so that adults may still have access to these life saving vapor products. Thank you.

11/29/2015 1:50:27 PM - Jennifer N Johnson

I started sneaking cigarettes from my parents when I was only 12 years old. By the time I was 15, I was smoking up to a pack a day, and couldn't have quit if I'd wanted to do, which I didn't because I enjoyed the feeling It gave me. When you're that young you feel immortal and though I knew the dangers of smoking it wasn't something I worried about.

After years of smoking I began to feel how it was effecting my health. Every winter I'd come down with bronchitis that would last for weeks. I was hospitalized more than once, and giving antibiotics and breathing treatments. Still I continued to smoke.

One morning when I was thirty-two, I woke up with horrible pain in the right side of my chest and shortness of breath. All that day I dealt with the pain thinking it would would eventually subside. Finally, I called a friend who was a nurse. She didn't want to alarm me, but she told me that I needed to get to the emergency room right away. At the hospital I was told that I was suffering from spontaneous pneumothorax, or in layman's terms, a collapsed lung. I was admitted to the hospital and had a chest tube inserted into my lung. Needless to say, this was terrifying to me and my family. The doctors told me that I was in the early stages of COPD and that if I didn't stop smoking that it was likely that my lung would collapse again at some point. I stopped smoking for a short time after this incident, but about two weeks later I was smoking again. I just couldn't stop.

I had a doctor prescribe Welbutrin which is known to help smokers quit, but it wasn't effective for me at all.

Then two years ago a friend of mine suggested I try vaping. I knew very little about it at the time, but I began to scour the internet and all the scientific research I could get my hands on. Though there was a lot of conflicting information, most of the research was very promising. I decided to give it a try. I stared off with a variable voltage model and a tank. I was able to completely stop cigarettes in less than a week. For the first time in almost 30 years I didn't crave a cigarette. After a month of vaping I noticed a considerable improvement in my allergies, and morning cough. I haven't had bronchitis again. I no longer get out breath when taking a walk with my kids or while exercising. At this point I use a more advanced model and after educating myself about batteries and Ohm's law, I build my own coils.

Please...vaping is saving lives. It's not a tobacco product. It's not aimed at our children. Without it, this very time of year, I'd be in the doctor's office with a painful cough. For someone who has never smoked it's almost impossible to understand how difficult it is to quit, but try to comprehend how amazing it is to find an alternative as effective as vaping. Vaping is a safer alternative, and I am proof of that. My doctor would agree.

Please take my story and the thousands of other success stories into consideration before vaping is so severely taxed that most people can't afford it.

Thanks for your time,

Jennifer N Johnson

11/29/2015 1:50:10 PM - John Danna

I have been vaping for 7 months I used to smoke a pack an a half a day for 15 years. I tried the patches , the gum, and lozenges ! Nothing worked until I started vaping ! I feel so much better now! My friends tell me my face cleared up my eyes are much more whiter an my additude has changed for the better! I even ran after a bus an caught it ! I could not

run half a block when smoking cigarettes without gasping for breath! I feel great an happier now! Vamping saved my Life ! I only vape now an I don't miss cigarettes nor the nasty smells!!

11/29/2015 1:43:13 PM - Steamtrooper808

Hello, My name is Gregory and I was a smoker of 18 years. I stopped smoking cigarettes and started dipping smokeless tobacco around August of 2011. That kept me from smoking cigarettes until May 2014 where I was on my way to the store to purchase a pack of cigarettes. I smoked a pack and a half to two packs a day of menthols with many failed attempts to quit (Chantix failed, Nicorette gum failed, everything I tried failed) and I didn't want to start back smoking. I then started researching e-cigarettes and vaping in general. Mostly for the less-harmful claims being made. And I saw that the claims were true, unlike the recent propaganda and smear ads. I successfully quit tobacco use by vaping and finding my most enjoyable setup (a Box mod for battery life and an RDA dripping atomizer to get the "lung fill" that I got from smoking.). I am still a user of nicotine as I drip 6mg e-liquid. But I have more reason not to go back to smoking as I can change the flavor everyday or multiple times a day with all of the choices instead of being stuck to regular or menthol with cigarettes.

With Vaping, I can breathe much better, I can play with my nieces without having to sit down to get my breath every few minutes. I don't stink of traditional cigarette smoke. And most of all, I can go most of the day without vaping where I had to smoke a pack of cigarettes throughout the day.

So I beg you, reject the efforts of Big Tobacco and Big Pharma to stop vaping. As their products do far more harm than vaping. And please, to not outlaw something that has given so many people their lives back.

#Vapingsavedmylife #Improof

11/29/2015 1:43:00 PM - Gordy Howell

I started vaping 2 years ago, and have never felt better. I was a 20yr smoker and used chewing tobacco just as often. I am an U.S. Army Veteran, and I believe vaping saved my life, for my family to see the change I have helped my wife start her journey to quit. I believe in family, and being there for my children, and I'm not sure if I would have been if I didn't make the switch. Vaping not only saved my life but millions other then me. I strongly urge our government to do their research, and really understand that vaping is saving lives everyday!!!!!

11/29/2015 1:42:15 PM - AOleson

I began smoking cigarettes when I was 12 years old. I continued to be a pack a day smoker for the next 20 years. I enjoyed smoking. However I knew it was killing me. I tried many smoking cessation tools over the last five years in an attempt to quit including gum, lozenges, patches, Chantix, and even hypnosis. None of them made even a little difference in my desire smoke, and additionally each made me sick in their own special way.

I started vaping two years ago. Like many i started with e-cigs, however I was unsuccessful at quitting smoking entirely. I eventually got introduced to vaping. Within 3 days of purchasing my vape mod, I had smoked my last cigarette. I have been smoke-free for 8 months with no desire to return to cigarettes.

Today I am healthier than I have ever been in my life. Since I've quit smoking u have lost 60 pounds. I believe this is in part due to my ability to breathe when doing physical activity. My story is the same for my mother, husband, as well as many others I know. I am positive that without easy access to vape products I would never have quit smoking.

11/29/2015 1:42:03 PM - Paula Johnson

I started smoking when I was 12 years old. Thanks to vaping (electronic cigarettes) I am smoke free since April 17, 2010. I have been nicotine free for over a year. I tried numerous times to stop smoking. I quit the day my electronic cigarette arrived in the mail. My health has never been better.

I'm honored to have helped many smokers transition to vaping. I know vaping will continue to help smokers stop smoking. Electronic cigarettes are a valuable tool for harm reduction because they work.

11/29/2015 1:41:54 PM - Gerry Spinali

I personally have benefitted from switching to Vapor Devices 5 years ago in a way that now I can play sports with my son and do activities without running out of breath, also since I quit tobacco I have not gotten bronchitis like I used too a least twice a year with smoking cigarette's. I talk from experience and it is the truth.

I was a smoker for 30+ years and this is the best thing that could of happened to me my wife and friends.

Please don't take this away.

Thank you.

11/29/2015 1:40:35 PM - Debora Johnson

To the surprise of all including myself I quit smoking after 42 years with the help of my ecigs. I never dreamed I would be able to quit I have tried with patches and gum before but all they did was give me headaches so I never believed I could quit and ignored all the warnings, even first hand results of smoking--the death of my husband due to lung cancer. I was having issues myself--breathing issues and on 2 inhalers, living in dread of catching a cold or my yearly bouts of bronchitits but heck I still smoked at least 2 packs a day and for the most part I enjoyed smoking it filled a need.

Anyway on 1-13-2013 I had a bet with an old friend to see who could go the longerst without a smoke..thought I was going to die and I was going to give up when my adult son ran down and got me a cig a like at the convince store. It helped a lot. I still needed something and was urged to go online and buy an ego pen and try some sweet tart flavor ejuice. Wow!! I have never looked back since then--now I love the custards, the fruits, candy all sorts of wonderful flavors. I no longer smell like an ashtray. I am off all the breathing meds. I havent had any of my dreaded severe colds or bronchitis since I started vaping. I am 60 and have some minor heart issues-- a murmmer since childhood but my cardiologist told me I have added years to my life by vaping instead of smoking. I have gotten my 38 year old nephew to quit--he was dual use for a few years but he has not smoked any cigarettes for a year now. We are now working with another family member to help them too. Vaping works and that is the bottom line. I would not be a widow today if vaping had been around 10 years earlier for that I am saddened.

11/29/2015 1:40:07 PM - Nicole s

I smoked for 13 years. 5 months ago I started acting and havent picked up a cigarette since. I currently use a mod and that is all I use. Vaping has changed my life. I no longer get short of breath when I walk or run. My lungs feel so much clearer and clean. I no longer cough up gross things. When I get sick it isnt as bad. Since vaping I have gone from 18 nicotine to 6 nicotine.

11/29/2015 1:39:56 PM - Caleb

I dipped for 7 years until a guy at work got my interested in vaping I bought my 1st Vape stick at a local convenient store before Vape shops started popping up all over town. I now am opening my own Vape shop to help smokers/dippers quit and switch to a safer alternative. I believe that vaping helps change/saves lives and I would like to see that opportunity available for other people aswell

11/29/2015 1:39:47 PM - Pierre Brisson

I'm an ex smoker of 25 years and haven't touched a cigarette since being introduced to vaping by my brother who smoked for 45 years. We both enjoy the health benefits cessation brings. Please do not allow political motivations to alter your good judgement on this issue of vital concern to all us ex tobacco users. Thank you for your attention

11/29/2015 1:39:39 PM - Diane Scarborough

I had been a "die-hard" smoker since the age of eighteen. I smoked 2 packs a day. I tried so many times to quit smoking over the years (I am now 61 years old). No matter what I tried, I always went back to smoking. I was suffering from smoker's cough and shortness of breath. I had GIVEN UP and then my brother sent an electronic cigarette starter kit to me. NOW I VAPE....NO MORE CIGARETTES!!! I feel this is a MIRACLE in my life. I haven't smoked in over a year and I can BREATHE again and no more cough! I don't know what I will do if the government bans e cigarettes....

Everyone I know is amazed that I am no longer a smoker and they know it is because of the electronic vape stick.

11/24/2015 7:04:35 PM - Rizal

i've been smoking ciggarette since 2006, and then in february 2015 i finally moved on to e-cig/vaporizer.

many thing changes, my throat, my lung, even my heart feels so much better now.

i'm using a Sigelei mini 30w for my mod, and a Derringer RDA for my atty.

the liquids are many, its free TAR off course.

when i first moved on to vaping, i never looked back for smoke ciggarette anymore.

last to say. e -cig SAVED MY LIVE..

11/29/2015 1:39:18 PM - Michael Buckner

I am a a vaper and a voter. These products are very beneficial and do not necessarily have anything to do with tobacco. I smoked cigarettes for 24 years and three years successful made the switch from a pack a day of cigarettes to e-cigarettes. I am still an e-cigarette user, albeit an e-cigarette user that does NOT CONSUME NICOTINE. To manage this feat, I used flavored e-liquids, and advanced vaporizeres and atomizers made by small businesses across the country. Yes many of those products were manufactured in china, but, the INNOVATIONS and DESIGNS were done right here in the U.S.A.. SINCE making the switch my overall health is much improved. Prior to my successful attempt at breaking the most common addiction in America, I had tried most NRT tproducts to no avail. These included, lozenges, patches, gum, inhalers, and, medication, and, support groups. These products are highly beneficial, and the claims made by entities like SFATA and CASAA are NOT overstated. If the grandfather date is not changed small businesses across the country will be in danger and access to these beneficial products will become problematic. The only products left on the market would be the inferior ones produced and marketed by big tobacco. Products like the VUZE from R.J. Reynolds. An e-cigarette offered in cigarette flavors only that is sold in one strength only, THE HIGHEST NICOTINE CONTENT IN THE INDUSTRY, 4.5% nicotine by weight. To put that into perspective, a NON-FILTERED cigarette has about 2.4%, which is the highest acceptable strength offered by reputable small business owners across the country. BIG TOBACCO WANTS TO KEEP PEOPLE LIKE ME ADDICTED TO NICOTINE, AND, WITHOUT A CHANGE IN THE GRANDFATHER DATE YOU WILL BE ACTIVELY ENABLING THEM TO DO SO! Please take us and our concerns seriously and vote on the proposed bills accordingly. The rest, like flavors, taxation, and the health benefits we can debate later. keeping the industry alive is the only question that matters at the moment. Thank you.

11/29/2015 1:39:04 PM - Rizal

i've been smoking ciggarette since 2006, and then in february 2015 i finally moved on to e-cig/vaporizer.

many thing changes, my throat, my lung, even my heart feels so much better now.

i'm using a Sigelei mini 30w for my mod, and a Derringer RDA for my atty.

the liquids are many, its free TAR off course.

when i first moved on to vaping, i never looked back for smoke ciggarette anymore.

last to say. e -cig SAVED MY LIVE..

11/29/2015 1:38:52 PM - Deborah Macgregor

I have smoked cigarettes since age 12. I am now 62. I recently decided to quit smoking but was afraid to give them up. I was introduced to vapor by a friend which led me to get my own. I have smoked vapor for 3 months. I tried the patches, the gum and going cold turkey but nothing worked. I started out at 24 mg nicotine the same as patches and have gradually cut down to 4 mg. My next bottle will be 0 mg and I am okay with that. If it hadn't been for vapor I would still be smoking. I have my breathing back and don't crave cigarettes. You would be removing a valuable non-smoking aid by denying the use of vapor. The flavors simply don't affect the use of the vapor.

Sincerely

Deborah Macgregor

11/29/2015 1:38:36 PM - Samuel Mark Huddleston

Hello,

This letter is written to each INDIVIDUAL MEMBER of the FDA, EPA, and any board or organization that has been tasked with determining the future of the "electronic cigarette" industry.

In the past month, I have reduced my cigarette consumption by over 50%, by using vapor based nicotine delivery systems. I will soon be cigarette free, after 20 years of smoking. If vapor products are banned, I may not have that chance. I suffer from OCD and ADHD. For me, eliminating carcinogen related nicotine use means much more than fighting an addiction. I have also reduced the nicotine used in my vapor fluids by over 50%.

If vapor products are banned, you'll simply create a black market, skyrocketing many US citizens' expense on items that are available abroad. This will equate to less money being spent on other items that bring in tax dollars.

If this were about our health, cigarettes would have been banned already. The vast majority of cigarettes contain over 4000 chemicals, including benzene & carbon monoxide. I became very ill a couple of years ago. Smoking even half of a cigarette made me feel worse, and even caused pain. When i switched to an additive/chemical free cigarette brand, the pain WENT AWAY. There is also the massive pollution from cigarette butts, to consider. The EPA is seeking safer and cleaner sources of energy. If nicotine delivery systems including cigarettes are not banned altogether, then please usher a change toward safer and cleaner sources of nicotine use, without implementing a ban.

I have friends who have tried to start non vapor related businesses, but were unable to, due to the recent rise in costs for the FDA to test each individual element of their products. If vapor products are banned, then businesses will close. Tax & property lease income from these businesses will disappear, and the unemployment rate will rise... All at once.

Ask yourself, not your organization or committee, the following question: Am I going to make a decision based on tax and lobbying money, or based on the duties I've accepted as a career, in protecting the American population? Even cigarette smoking among high school kids has dropped, since electronic cigarette products have become available. While I do believe that laws should be created or enforced, to keep addictive substances out of the hands of our children, the reduction in their smoking is a GOOD THING.

The few that have had injury related battery failures, made one of two possible mistakes.

1. They did not educate themselves on which battery was required, for the system that they use.

2. They did not heed proper battery care, and pushed their batteries beyond their limits of safe use.

Both of these types of mistakes cause injury in many areas of life, including home automobile repair.

You have before you, an important decision. Please use your heart, and make it a wise decision.

Sincerely,

Samuel Mark Huddleston

11/29/2015 1:38:16 PM - cat

I quite smoking cigarettes 3 years ago, thanks to the E-vapor! I don't get bronchitis anymore and can breathe great. I used to smoke for a long time, if I had E-vapor I could have quit a long time ago. It has really helped my health. If you take E-vapor away I know I will smoke again, please don't. Thank you

11/29/2015 1:38:07 PM - Linda Dunning

I am 68 yrs old, I once smoked cigarettes for 50 years. I have been free of cigarettes for 2 yrs and 2 mos only because of the ecigs. I still vape but only 0 nicotine. Vaping hurts no one and my doctor says my lungs sound good for the first time in almost 30 years. No more wheezing or high blood pressure. So I know that ecigs are not in anyway like cigarettes or the harmfulness of all the chemicals. There are only pg/vg and flavoring in my ejuice, yes some use nicotine. I would think there would be a thorough research before you try and put bans or taxes in place. Yes restict teens from buying I understand that. But banning them from public bldgs? Why it is vapor and NOTHING harmful to others. It is really crazy that you would legalize marijuana and turn around and ban or tax ecigs???? This is kind of hypocritical isn't it? Vaping helped me rid 50 yrs of cigarettes and that should say a lot. I have not had a cigarette in over 2 years. Thank you

11/29/2015 1:37:57 PM - Vance

Well I began smoking in high school at age 16 just about. Didn't have my license or a vehicle until the spring of 2012. So, I always got a ride and my friends who had cars all smoked so I bummed for a while. Then started buying my own packs since we had a gas station right down the road from the high school. I've literally tried everything but vaping before. Patches, gum, lozenges, and even cartridge ecigs and none of them worked. Now when I worked at kfc where they were always pushing me around and picking on me so I smoked then as a "stress reliever" more than anything. Then even when I tried to quit smoking I was ridiculed for vaping, however I didn't let that stop me because all of the people who picked on me smoked too, so I just let them be knowing they're slowly damaging themselves while I'm slowly healing. Then eventually I got a job offer from a local vape shop since I got to know the owner while I shopped there as a customer. That was almost 2 years ago now, so now I manage the shop, created a pretty wide customer base as well a completely different look and feel of our shop since I've started working here. I love vaping, and vaping has saved my life, and continuing to help me and many others stay smoke free and healthy! Now, I go to the gym daily and don't run out of breathe so quickly, I wake up refreshed, my clothes don't stink and I don't have gross heigene because of it.

11/29/2015 1:37:47 PM - john g

after 35 years of smoking and quitting i finally did it. with an upcoming surgery the doctor said he would not do it if i smoked,and with 2 previous operations with complications i really listened.i asked about e-cigs and he said it was better nothing.while its not perfect it got me off the real thing.its been around 6 months now and have been up and down with nic strengths and flavors ,better equipment and styles.it aint perfect but its not cigarettes !!!!! thanks.....john.

11/29/2015 1:37:38 PM - Sally Bauknecht

I was a smoker for 36 years, and I tried many times and many products to help me quit smoking. When I found out 4 years ago that I had breast cancer, I redoubled my efforts to quit, without luck. It was actually my oncologist who first suggested I try e-cigarettes. I had heard commercials about them and decided to give it a try. I first tried the cigarette manufacturerâ€™s brands of e-cigs that can be found in gas stations. That helped, but not completely. I then went into a local vape shop and it changed my life. Now, three years later, I am completely cigarette free. I wish these devices would have been available years ago.

11/29/2015 1:37:27 PM - Patrick & Alisha Vandiver

Both myself and my wife smoked since childhood. I also used dipping tobacco. We were addicted. We were completely unsuccessful in our many attempts at stopping smoking. We tried the nicotine gum, the patch and even Chantix. None of these attempts succeeded.

In May of 2013 my boss asked me to try one of these vapor e-cigarettes. It was an evod 1000 mah battery and evod tank.

As a business owner, he immediately saw the potential and began what is now one of the nation's largest distributors for vaping products, as well as several retail stores.

Having finally succeeded, both my wife and I were so impassioned that we actually began our own vapor shops with the help of her family and the support of my old boss.

We now have two shops and regularly help over 5,000 unique customers a month!

Here is why that is so important: Both of us have lost close family from cancer as a result of smoking. Studies show that vaping is "at least 95% safer than cigarettes." Vaping has been determined by the CDC to NOT BE A GATEWAY to cigarette usage and has actually aided in decreasing teen smoking rates, making smoking socially unacceptable in previous social strongholds.

Neither of us use cigarettes or dipping tobacco any longer.

Alisha uses several mods but currently has a Joyetech Evic Mini 50w with a Uwell Crown tank. Alisha uses either no nicotine or 1.5

I have a Sigelei 150 Watt with a Smok TFV4 tank. I use either a 1.5 or 3 on nicotine.

Physically we are both healthier. We can taste better, smell more, breath easier and actually exercise more! I had become very unhealthy until vaping changed my life. It served to motivate me to massive changes in every aspect of my life.

Negatives- Vaping is expensive. While I personally have financially benefited, so many people can't afford to enter vaping without first saving a significant amount of money.

Not only do I believe vaping should be allowed, we should encourage their usage to help people stop smoking.

Finally, I have voted Democrat for as long as I can remember. Because of the importance of this issue I have become voting for Legislators based on their support for Vaping.

11/29/2015 1:36:59 PM - Kathleen Callan

I started using vapor cigs over 2 years ago and it has made such a difference in my health. Before when I used reg cigs I had to take a allergy pill with decongestant every day and also had that smokers cough. Now I'm not longer on decongestant my cough is gone n actually had a chest X-ray 2 months ago n my lungs have drastically improved. I can go up stairs without gasping for air and feel so much better in general. So why would I ask why unless your part of the big cigarette company is our country trying to ban a product that actually helps improve the health of me who has been unable to give up the all to deadly cigs until now?

11/24/2015 3:00:10 PM - John Burnell

My wife and I were smokers 2 years ago. One day while in a tobacco shop I saw some ecig starter kits so I bought one for myself and my wife. When I got home we figured out how to use them and gave it a try. We instantly enjoyed them and after just 2 days we were ex-smokers and have never looked back. We have in 2 years reduced our nicotine strength to a very low level. We now have strength and stamina to do things that we once thought we could never do again. Trips to the Doctor have become rare. We have more money to enjoy life with and are again healthy to enjoy life. Ecigs have saved us. Its just that simple.

11/29/2015 1:36:24 PM - John Burnell

My wife and I were smokers 2 years ago. One day while in a tobacco shop I saw some ecig starter kits so I bought one for myself and my wife. When I got home we figured out how to use them and gave it a try. We instantly enjoyed them and after just 2 days we were ex-smokers and have never looked back. We have in 2 years reduced our nicotine strength to a very low level. We now have strength and stamina to do things that we once thought we could never do again. Trips to the Doctor have become rare. We have more money to enjoy life with and are again healthy to enjoy life. Ecigs have saved us. Its just that simple.

11/29/2015 1:36:11 PM - Bryant Harris

I started smoking at the age of fifteen. Since then I was a two pack-a-day smoker. It got so bad that I could barely climb a few flights of stairs before getting winded. I made the switch to vaping in October 2012 ,and haven't looked back since. I have not touched tobacco in over three years. I have since started running again since my breathing is so much better from not constantly inhaling caustic cigarette smoke. This vaping industry is the best thing to ever happen to tobacco users, and if left alone it will dominate the market in a few short years. It is the Free Market in action, and proof that capitalism works as long as the Govt. doesn't ruin it as it is diligently trying to do against our collective wills.

11/29/2015 1:35:54 PM - D.J. Earnhart

I was a 2 pack a day smoker for 20 years. I didn't like smelling like smoke and having children around me was always a cause for anxiety. I had an accident happen and needed to have several surgeries. I smoked whilst I had a cpl of these surgeries and my doctor informed me that my SpO2 intake levels (oxygen saturation) were very low 91%. I was on the verge of COPD/Emphysema. I made the choice then to get serious about quitting smoking. I had tried Chantix, Gums, Patches, Cold turkey, cold laser therapy, and hypnosis. None worked for me. The day I walked into a Vape shop and picked up an ego twist vape pen, I quit. Six months later for my pre-op, my doctor did a chest xray and SpO2 test again. My lungs were clear and my SpO2 levels were at 100%!! Needless to say, Vaping/ecigs Saved my life! I have been smoke free for 19 months. I still vape, 3mg, but I know by trial I can easily just put it down. These products truly work. Listen to the people who have had success, health improvements, life and ability improvements. Dont listen to a bunch of fear mongering government officials looking to save their precious cigarette taxes. If I can quit by vaping, so can anyone else!

11/29/2015 1:35:43 PM - Roy L

After 25+ yrs of smoking and using smokeless tobacco products, many different failed attempts at quitting using various methods like patches, gums, mints, prescriptions even hypnosis. The thing is that I LIKED to smoke. I was one of those "I'll smoke my last one on my deathbed" type smokers.

My journey began nearly 3 yrs ago now when I saw a co-worker vaping on a break. This is when I was introduced to a new form of Tobacco Harm Reduction called Vaping. After speaking with him many times I finally made my way to the Vape shop that he suggested and so began my transformation from smoker to ex-smoker.

As you would expect my first E-Liquid was a tobacco flavor. Thought being that this is what I will need to continue being smoke free. What a suprise it was when I realized it was the Bubblegum and Cola flavors along with the fruit blends and desert flavors that actually did it for me. Maybe trying to leave smoking behind and using a tobacco flavor seemed counter productive to me, I don't really know how to explain it, it just works.

Now almost 3 yrs of vaping later I am in better shape and enjoying life and my children more then ever. My Doctors have seen the change in lung function and circulation. I am able to smell things that I had forgotten about as well as taste things so much better.

11/29/2015 1:35:27 PM - Gene Taber

Vaping, or Ecigs, quite frankly, saved my life. I smoked cigarettes for 38 years-in 2012, I watched my life long best friend die of lung cancer. We had started smoking together at the age of 12. After his death, I tried everything to quit smoking, cold turkey, nicotine gum and lozenges, patches. Nothing worked for me. Until 12/05/2012, I discovered E-cigs. I quit smoking overnight. Since then, I have not had so much as a puff of burning tobacco smoke, and have no desire or craving to do so. While I may be hopelessly addicted to nicotine, I no longer have to destroy my body by inhaling the smoke from burning tobacco. My doctor tells me that vaping, while not optimal, is many thousands of times better than smoking. He tells me that I do not show any of the signs he sees in regular smokers, even after just 3 years of not smoking. He considers me a non-smoker, as does my life and medical insurance companies, because they understand that vaping is not anywhere near as harmful as smoking. The anti-vaping bunch don't understand addiction-they say â€œwell, why don't you just quitâ€. I wish I could. They are saying that because the Ejuice is offered in a huge variety of flavors, they are trying to market it to children, That is just plain stupid. The reasons for the variety of flavors is to make it more pleasant to adults who choose to use Ecigs. I think that Ecigs should be regulated to prevent under age people from using them, just like tobacco. But as long as tobacco is legally sold to the public, then so should Ecigs and their supplies. If they are banned, for whatever reason, a new black market will be created, with no regulation, and another opportunity for criminals to sell something to get rich on. Look at the war on drugs, and prohibition. We have huge violent criminal enterprises because of those mistakes. I will continue to use Ecigs, legal or not. If you want to have another avenue to smokers to want to quit smoking to use, a far less harmful alternative to tobacco smoking, then keep Ecigs legal and available to adults.

I consider smoking cigarettes to be threat to my life and continued well being-I would also consider any kind of restriction to the access of Ecigs and supplies by responsible adults as an alternative to smoking to also be a threat to anyone trying to quit smoking. And remember, I, and most other adult Ecig users are also voters, and we are paying attention to the actions of legislators and other elected officials regarding Ecigs.

11/29/2015 1:35:13 PM - Mrs K of Nevada

How do I begin to put into words, just how important vaping has become to me? I'll start with: because smoking took both my mother/best friend 2.5 years ago, and my grandmother 11 months after that. That their same killer, COPD, would also be my grisly end of I didn't quit smoking. I smoked from the time I was 13.5 years old till I was 34 years old. That's 20.5 years of slowly killing myself at two packs a day (almost three right before I quit). I was hacking up crud all day long, constantly clearing my throat and when I caught my kids colds, it ALWAYS turned into bronchitis! I wasn't as active with my kids (or at all) as I use to be due to lack of energy and lung power. I was ALWAYS out of breath. I had tried for many years to quit smoking to no avail. I tried: gums, patches, putting a rubberband on my wrist and snapping it at every urge, cold turkey, cig a likes and couldn't use prescribed meds due to a swallowing disorder I have (chewing a time released pill would overdose me). Nothing worked for me. I was deviated that I would hurt my kids the same as my mother did me. I would make them suffer, watching my health slowly deteriorate and be in and out of hospitals until the day I would abandon them, far before my time. That's when I started vaping on pens with clear refillable tanks. My local vape shop set me up and helped me pick the right flavors and nicotine level for me. I quit smoking on January 1st 2015. I started at a 12mg nicotine level and am now using a mechanical mod with a rebuildable drip tip (rda) and 0-3mg nicotine juices at almost 11 months later. I am able to breathe so much better! The clearing my throat all day and hacking have completely stopped! I can hike, walk, play and exercise without getting winded or being out of breath. I caught a cold last month and was pleasantly surprised when it didn't turn into bronchitis and I was able to kick it in 4 days. It's the ONLY illness I've had since I quit smoking and started vaping. I will forever be grateful to the vaping industry and fellow vapors for all their help, kindness and support in saving my life and helping secure a better future for not only myself, but my loved ones as well. If not for vaping, I WOULD still be smoking and I WOULD still be on the path of getting COPD. Here's to a better, healthier future for me and all vapors. I AM PROOF vaping works! 11 months cigarette free Dec 1st 2015!

11/29/2015 1:35:00 PM - Doublecansam

My nickname is doublecansam Because from a very young age i was dipping two cans of snuff a day. Im getting ready to turn twenty now and i have noticed my gum line has receded and my teeth are not in good health at all. I was never able to smoke cigarettes because of asthma which when i vape it does not effect at all. Both of my parents smoke cigarettes and they have been doing so since they were 13. they are both in there late 40's now. I recently got into vaping Starting with a pen mod. When i started that i convinced my mom to try. She used the blue e-cig. After i bumped it up to the kangertech subbox mini. i noticed a massive decrease in my dipping habits. I started at 12 mg nicotine i am currently with a new mod and im down to a 3 nicotine level. I went from two cans a day to about 3 cans a week and still decreasing. My dad then decided to try. But he as stubborn as he is wouldnt give it a second chance. My mom moved up to a smok pen vape with a kangertech tank. It's nice to hear her breathe right again. She has cut down alot on smoking. And as for that Vaping is going to save lives. My mom's doctor said if she doesn't quit smoking she will more than likely get COPD. She hasnt quit yet but shes slowly making her way. After decades of smoking cancer sticks. its what you expect.My aunt had lung cancer. My grandmother had lung cancer. I don't want to see my mom get it too. Yea sure the government may lose money and the tobacco companies struggle. But Is a few extra dollars worth millions of lives each year. Don't let the FDA pass the law. WE as american citizens Have turned a blind eye for a lot of other causes. When do we stand up. Here? Now? The vaping community Is all that's standing between the FDA and another freedom taken Away. A freedom that in the end will save countless lives. Us as vapors decided to change our lives for the better. Who is the government to take that away.

11/29/2015 1:34:49 PM - Bleu723

I had developed a chronic smokers cough and my doctor kept advising me to stop smoking. But NOTHING else on the market helped me - nothing! Not patches, gum, medicine, etc.... Until I learned about and tried vapor products....

Vapor products have been a life saver for me and because of these products I went from smoking for 37 years, two packs of cigarettes a day to zero! My children and my grand children couldn't be happier or prouder of me and I feel so great not smoking!

I'm now entereng my second year smoke free!

11/29/2015 1:34:39 PM - Jamie Moore

I came from a family of smokers. I grew up in a house full of smoke. It was normal then for people to smoke in their homes and to me as a kid, it was not even a thought. Naturally, when I hit my teen years (it was still â€œcoolâ€ then) I started smoking. Cigarettes were easily acquired via a cigarette machine down on the corner or even a handwritten note from your â€œparentâ€ asking to please sell your son/daughter a pack to bring home. You may think that this was in the 50â€™s but it was in the late 80â€™s. You could still get away with that! We have come a long way to prevent that these days and for that I am grateful! Because now I have children of my own.

Flash forward years later. My dear dad was diagnosed with lung cancer. Imagine that he was the only one in the house that NEVER smoked. Although it was not the type of lung cancer you would get from smoking it was a very real first-hand account of what I could potentially be signing myself up for. Later, my mother would be diagnosed with COPD and two other close relatives eventually did die from smoking related diseases. None of it pretty.

Now, any rational person would look at that situation and never pick up a cigarette again. Unfortunately, I was not that person. There are always going to be excuses as to why not but the reality is, itâ€™s a massive addiction. I did manage to quit smoking for about two years once, until life got stressful as it always does sometimes and I went right back to it. Did it help? No. The stress was still there and now I had another battle to try to fight- again.

My first attempt at vaping was a great attempt. Unfortunately at that time it was a very new technology just barely starting to hit the States. A good friend of mine came over for drinks and showed me this kit she had and let me try it out, she was such an advocate! She herself has been smoking many more years than I and had found success in it. I rushed out and ordered this cig-a-like set up and I loved it! Another unfortunate event, the company went out of business and it was much more expensive then than it is now to order an entire new set up and finding anything vape was few and far between, so again I went back to smoking. Until, the vaping movement rushed in and you could find the newer style â€œvape-penâ€ and I gave it another go! Mostly I vaped while at work or in other places where it was uncomfortable to smoke, it was great for winter time! Eventually, I gave it up for good and I havenâ€™t had a cigarette in years. I honestly could not pick one up even if I wanted too! Now, to me, it is completely toxic and repulsive. I would chalk that up to a big win!

Since I have stopped smoking I have become much more involved in outdoor activities and love to hike! Not many full-fledged smokers love to hike simply because, you canâ€™t breathe. I am happy and proud to say that I completed a seven day hike in the Andes just this last spring.

11/29/2015 1:34:25 PM - Jackie Missouri

I'd been trying to quit smoking for years. When I got my first vape pen with a fruit flavor, I had 4 cigarettes. That was almost 4 years ago. I feel like the fruit flavor was the pivotal point in quitting smoking. The vapes that tasted like cigarettes merely made me want a cigarette. I've since convinced 4 of my friends to switch to vapor from cigarettes. I feel fantastic. I never cough anymore and I can hike up our very steep hill without stopping anymore. I work out much more often since my lungs aren't burning. I am am advocate so that other people who are having trouble quitting cigarettes can enjoy the benefit that I have.

We all know who's lobbying against vapor products. It's big tabacco and the pharmaceutical companies who make the stop smoking aids and pills. My boyfriend is in rehab right now and has done extensive damage to his body from having been addicted to prescription pills. Have you seen the warnings on the pills designed to help you quit smoking? Suicide is a possible side effect!!!

I believe we should be allowed to spend our money the way we choose. Incidentally I spend MUCH less on vapor products than I ever did on cigarettes. Now I'm stimulating the economy in restaurants and retail stores rather than stimulating the pockets of big tabacco. My kids live in a healthier home since I made the switch. If the FDA is going to keep approving the pills that are putting us in rehabs and hospitals daily, then I just don't understand why vapor products are causing such a problem. The FDA classifies nicotine with caffeine. An addictive stimulant. I never considered giving up my coffee and I don't think the government would force it away from me and so I think it's time to let the vapor industry be and let those of us that are informed and motivated quit cigarettes for this MUCH better alternative!

11/29/2015 1:33:59 PM - Vivian Thorpe

I am 45 year old Vapor Product user.I smoked for 27 years. 2 Years ago I was suffering from the effects of COPD from years of smoking. I could not leave the house with a portable nebulizer, Because I was afraid I would have an attack that I could not recover from without it. I started Vaping December 2013. My device was an Early Xmas gift from my fiance. I started vaping an extremely high level of Nicotine 36mg. I had to order online. Since then my Doctor is thrilled. Since It seemed I was only about 3 years or so from full time oxygen. Because I started Vaping, I am only using 6mg of Nicotene, I do not carry the Nebulizer any more and I joined a gym which I go regularly. There is no reverse to COPD, But I have managed through Vaping and excercise to extend my lung capacity. Thanks to Vaping I do not see Oxygen in my 10 year plan nad I can do things I thought were gone forever. I believe the awesome flavors available had alot to do with my choice to keep Vaping and give up cigarettes completely.

11/29/2015 1:32:50 PM - Scott Specht

For twenty years I was trapped in the clutches of big tobacco. I was hooked before I was 15 years old. I used to collect "Camel Cash", an insideous marketing campaign that used colorful cartoon camel characters to entice the younger generation to pick up the filthy and deadly habit of cigarette smoking.

Before I knew it I was hooked. I tried quitting hundreds of times. I tried gum, patches, smokeless tobacco, and even harsh medication that caused me to have psychopathic nightmares- NOTHING WORKED....until I discovered vaping.

Vaping has helped to keep me 100% tobacco free. Since I bought my first "vapor pen", I have smoked exactly ZERO cigarettes. I feel younger, stronger, and my lungs feel like new.

If the United States Government bans the sale of vapor products, they will have reached a new low in an already corrupt and hypocritical system. A system that continues to allow the legal sale of Tobacco products, in spite of the indisputable evidence that it kills.

I fought a war for this country, and I hope our law makers do the right thing here. Snubbing out vaping while keeping big tobacco running is about as unamerican as it gets.

11/29/2015 1:32:39 PM - Kurtis Kunz

To Whom It May Concern;

Personally, I smoked cigarettes for 23 years and could not stop using traditional methods up to and including dangerous prescription medicines (yes, dangerous - the smoking cessation drugs on the market and pushed relentlessly by their manufacturers cause serious side-effects including changes in mood, character and suicide and rarely work). I even tried vaping when it was new and it did not work for me because the products were in their infancy of development and did not provide a satisfactory experience. Three months ago, I visited a friends shop and was introduced to products and devices far superior and have not had a cigarette since.

To reiterate a few vital points: I found a safe alternative to smoking that worked. I have friends and know many small business owners that rely on this market for their livelihoods. The vaping community is constantly evolving, making better, higher quality and safer products - on their own, w/o government intercession - because of consumer demand.

Thank you,

~Kurtis K.

11/29/2015 1:32:29 PM - Mario Edralin

Hello My Name is Mario Edralin I was a 12 year smoker. I was a pack day person into I started using smoke free products. It's been a little less then a year and they have help me finally quite smoking cigarettes after several attemts to quite over the years. I feel like I can breath better, taste better, and over just feel good. At first I was using ten to twelve cigarettes with a 6 nicotine level Ejuice and a spinner v2/kangertech portank v2 into I purchased a decives with more vapor production which was a Innokain 3.0 pro/Isub tank whiched fit my needs to stop smoking. Now I use 1.5 or 0 nicotine level with several different mods, tanks, rdas. My local vape store(Blue Sky Vapes) are some of the most helpful and knowledgeable people with any question I have. I feel like if I didn't start using smoke free product I would still be one to two packs of cigarettes a day.

11/29/2015 1:32:17 PM - Jeffrey Pautz

I had smoked since I was 16 years old. I tried to quit multiple times with the patch, a nicotine inhaler, and gum, cold turkey, but nothing worked. I always caved and bought another pack. This summer I invested in my first electronic cigarette and since have not bought a single pack of cigarettes. I have been smoke free since July, 2015 and I feel better then ever! I hope everyone can have a chance to enjoy the smoke free life. Vaping has become apart of me and a hobby I hold dear. That first e-cig was the best choice I could have made.

11/29/2015 1:31:57 PM - Kiara Vapes Roseburg, Oregon

I Kiara, would like to tell you of how a chain smoker I was before I started vaping. I use to cough my lungs out at four AM I. The morning to wear I would throw up blood. Cigarettes were so addicting to me and I couldn't find a way to stop when I wanted to the most. I remember id have to wait two hours I woke up to even smoke a cigarette without coughing and I had to stop smoking at a certain time in the late evening to prevent coughing as well. In 2013 I was introduced to vaping and I can tell you it is way healthier and I haven't smoked a cigarette since. I no longer cough or puke. I'm healthier, I can set a better example for my kids, I smell better and I feel free. Vaping has changed my life and the good thing is I'm weening my self off the percentages of nicotine. Therefore when I vape I'm only vaping for the flavors and what we call cloud chasers. It's more of a hobby and not and addiction. I would and do recommend vaping to anyone I meet who smokes cigarettes and a few of my friends and family have changed their lives like I have mine with vaping. In conclusion we need more vaping and less cigarettes.

11/29/2015 1:31:44 PM - Shawn Lewandowski

Hi im Shawn Lewandowski and i am going to be 40 this x-mas eve, today i have been vaping for 5years plus and no longer do i wake up with my chest and lungs loaded with god knows what, i wake up feeling better, i can run now and run without almost falling over when i stop, my heart is great and my blood pressure is down to a normal rate, i dont stink like tobacco anymore, i no longer smoke 2 plus packs a day...

These are just some of the benefits i have gained since i started vaping.

My Stepson has Cystic Fibrosis, MyMother Died of Lung Cancer and we were great friends, we did alot together and may have done alot more had she not died of Lung Cancer, My Father who was my Best Friend also died of Lung Cancer a year before Mom passed, had the had an ecig things would may have been alot better.

Thats sad because they were the greatest parents and if you wipe out ecigs more mothers and fathers will die without having a chance....

I began vaping over 5years ago when my father was first diagnosed.... Today my health is 60%better, all my vitals have improved majorly, this is a key tool to helping people quit and living a healthier life, please dont take it away and have someone else lose their best friends , or Parents, this is a second chance at life..

Thank You.. Shawn Lewandowski

11/29/2015 1:31:31 PM - Christopher Short from Henderson, MD

While I was never a "heavy" smoker at only a pack or two a week, I smoked from the time I was twenty until I was thirty. I did it mainly as a social habit and to help to self control my manic depression, but the whole time I wished there was a better alternative since I had watched both my grandmother and great grandmother die of lung cancer and that I could be the next name on that list. I started vaping about five and a half years ago, and went through my fits and starts mostly due to the ecigs available at the time for me not being very efficient or producing much vapor. Still I managed to quit completely (both ecigs and tobacco) after about a year and a half and had never felt better about myself. I sadly slipped back about a half a year after that due to stress and the like, and decided to get back into vaping wholeheartedly to keep myself from slipping back again. I have not touched a cigarette since and feel healthier, smell better, and generally enjoy my life much more. I have managed to get many of my friends who were heavy (3-4 pack a day) smokers to switch and they too are living much happier and healthier lives with much more money to spend on other things than killing themselves with cigarettes. I have even turned my hobby into a job in the vape industry by becoming first a sales associate, and now an assistant manager and purchasing manager for a local vape shop. I have moved from the starting point of blu-style cartomizers, to pen style, and now to various regulated and unregulated mods with tanks and drippers. As so many of the customers in our shop have noted quitting using ecigs is easy if you really want to quit smoking, and the happiness in various aspects of your life and the healthiness that accompanies that are astounding. The nice fact that it becomes more of a hobby, not a habit is another nice benefit. If I could change only one thing it would be to go back and offer myself the option of using an ecig before I had ever started smoking, I would have liked to have had that option when I started, and I definitely do not wish to see it taken away now by regulations that would not only take away my support in not smoking ever again, but also rob me of my career which is rapidly becoming one of the best parts of my life.

11/29/2015 1:30:12 PM - Jake Vrbka

I started smoking when I was 15. My mom was a heavy smoker, so it was easy to steal cigarettes without her knowing. Before long I was giving my older friends money to buy me packs of cigarettes. I loved smoking. I loved the calming effect it had. I loved the social aspect of it, and I loved that it gave me something to do with my fidgeting hands. I knew it was bad for me, I knew it made me smell, but I still loved it.

After smoking for about 10 years I knew I needed to quit. I didn't want to, but I knew I needed to. My main reason for wanting to quit was my kids. I wanted to live longer for them. I didn't want them seeing me smoking all the time and then have them turn to smoking. I tried quit cold turkey and couldn't do it. I finally made an appointment with my doctor and he prescribed Chantix. My doctor was telling me about how great it was. That he had prescribed it to quite a few people and that most of them quit smoking. I was very excited about what seemed like the very real possibility of finally quitting smoking. After taking it for a couple weeks it seemed to be working. I was cutting down on how many cigarettes I smoked each day. I finally got down to not smoking any cigarettes. I was so happy. I had finally done it. I kept taking the pills as prescribed, but I started to notice that I always felt on edge. I was always looking to start an argument with everyone. Everything started to get to me. My wife finally had enough and basically told me that I either quit taking the Chantix or she was leaving. I quit taking the Chantix, and I felt confident I would be able to stay smoke free. Unfortunately, I couldn't do it. It wasn't long before I was once again a slave to cigarettes.

I continued to smoke until I saw an ad for hypnosis to help quit smoking. I wasn't a big believer of hypnosis, but at this point I felt it was my last option. My sister, my wife, and I all signed up. We took the class and it felt like it was actually going to work, but once again I was back to smoking. I was mad at myself, frustrated that I was still smoking, and felt hopeless.

Around March of 2010 I started hearing about electronic cigarettes. I did a little bit of research online, but there wasn't much out there then. There was a local tobacco shop that was selling them. I thought about it for awhile, then decided to give it a try. I had high hopes that this would actually get me to quit smoking. I stopped by and talked with the clerk a little bit. He didn't know much about them, but I decided to try it out anyway. They only had 2 flavors, tobacco and menthol. I hate menthol so I went with tobacco. I rushed home to charge it. I put the first pre-filled cartridge in it and started puffing on it. After puffing on it for awhile I was getting very disappointed. It didn't work nearly as well as I had hoped, however I could see the potential in it. So I got back online and started researching like crazy. I found some online forums, and slowly started finding products that seemed like they would work a lot better.

I started using 18mg, and was down to 0mg after a couple years. I now usually stay at around 3mg. After all of my research into nicotine I decided that, for me personally, the pleasure I receive from the small amount of nicotine outwheighs any potential negatives. The changes I've experienced have been amazing. I no longer get winded going up the stairs or chasing after my kids. I can smell and taste things so much better than I could while I smoked.

Vaping saved my life!

11/29/2015 1:29:53 PM - Minister Donld D.

I THANK GOD EVERY DAY for BLESSING US, PROUD EXSMOKER of 32 years for CASSA! I watched my father lye in bed dying of lung cancer for over 1 year. 16 years have passed and I STILL FEEL THE PAIN in my mother, brothers heart's not to mention of my own. For 6 years I've tried EVERYTHING,including those useless EXPENSIVE, TASTELESS vapor cartridges MANUFACTURED and SOLD BY TOBACCO COMPANY'S. It did nothing more then leave me with still smoking 2+ packs of Cigerettes a day. Since I've been vaping I haven't touched a Cigerettes nor do I even desire one. Best part of It all my LUNG'S where once again HEALTHY in a PROVEN HOSPITAL EXRAY.Enclosing, as a PROUD DEDICATED AMERICAN, I thank CASSA for PROTECTING OUR COSTITUTIONAL RIGHT to FREEDOM OF CHOICE🇺🇸Sempri Fi

11/29/2015 1:29:37 PM - Tish Brazell

I have been vaping since April 18th 2011 and have not picked up a cigarette since. I am happy that I no longer smoke and have chose for myself what I believe is a healthier alternative and most likely a life saver. I was dx this year with end stage heart failure due to untreated tachycardia for several years. My physician would not listen to me (mostly because I am a woman) and always said it was stress and depression. No matter how much I argued it was not especially depression. It was a constant battle and I did everything to improve t he way I felt which included vaping vs smoking. If I had not changed and continued to smoke I would not be here. I encourage anyone to look up the research that was done in the UK on the health benefits associated with vaping an all PG Eliquid. I didn't know at the time how much my decision would positively effect my health. I chose PG because I was trying to quit smoking at it was recommended to go that route. I know for a fact that is why I DO NOT retain fluid and I DO NOT have to take a diuretic. I do take medication to treat the tachycardia and keep my heart rate under 90. I always knew my heart rate was fast but didn't know it could kill me. I would not be doing as well as I am if it wasn't for vaping. I use little to no nicotine and being cigarette free for nearly 5 years is proof that vaping can help you quit smoking. I currently use a variable voltage MOD and subtank, this device is working to keep the cigarette cravings at bay. Please know that my life depends on this product.

11/29/2015 1:29:27 PM - Pamala Hayes (Countrypami)

I was a pack a day smoker for 24 years. I smoked my last traditional cigarette on March 1st, 2012... 14 days prior to my 40th birthday. I would not/could not have done this without my e-cig. I was introduced to them by a friend in Feb of 2012 and will forever be grateful.

I started out with a $15 "cig-a-like" styled e-cig. I used 24mg pre-filled cartomizers. I had 2 packs of traditional cigarettes left when I got my e-cig. I began by trading every other traditional cig for the e-cig... then I moved up to 2 e-cig for every 1 traditional and so on. Within 3 days I completely quit traditional cigs and never looked back.

Prior to quitting traditional cigarettes... I was an asthmatic, borderline COPD, with chronic bronchitis and sinusitis. Since quitting traditional cigs and switching to Vaping... I haven't used an inhaler in 3+ years, I no longer have any wheezing when I breathe, I have not had any bouts of bronchitis or sinusitis. My doctor has been very pleased with the results. I feel healthier, smell better, and my energy level has increased. I have had no side effects whatsoever!

Today I use a variety of different mods/tanks/clearomizers... and I'm vaping as low as 3mg nic.

11/29/2015 1:29:15 PM - Nancy Boutilette

I was a smoker for 30 years. I quit 3 times but went back each time. I have tried everything unsuccessfully.I HAD Chronic bronchitis,pnemonia beginning stages of COPD.

I started vaping NOV of 2013. I never got bronchitis ever not ONCE since I started vaping.I am spending more money on items I needful our home VS cigarettes and buying more food and things for my children.I feel much better and not out of breath running up the stairs and most important I don't feel that heavy painful need a cigarette in the morning pain I had every single day.I was hospitalized for smoking twice.

Smoking was destroying my life and vaping which is not even SMOKE is saving my life.

My blood pressure went down as well.

My blood pressure has stayed down.

Whoever thought of vaping is a genius and why would anyone want to take it away?

Please don't you would be purposely hurting so many people.

Thank You

Sincerely

Nancy Boutilette

11/29/2015 1:29:00 PM - Brandon Rohrbacker

As a kid, i saw people smoking, and i said "I'll never do that!", at the age of 14, I picked up my first cigarette. 6 months in, I was at 1 pack a day, and I thought I was so cool. At 18, I was at 4 packs a day, could barely run a block without passing out (and i used to run track!), then i ran across a guy using a Blu E-Cig, and i asked if I could try it out. One puff and i was in love. Although i had my occasional cigarette here and there, but the craving was almost gone!

2 months in, I walked into my local Vape shop, and started checking things out, ended up buying my first Kangertech Evod, and i started at an 18 nic, jeez was that strong! But i Loved it, best investment ever, within weeks of using that, i noticed foods tasting better, smells became more predominate, i had a larger lung capacity, i could breath a little bit Easier.

2 Years later, im 20 years old now, I've gone from 18 nic, to 3 nic, i havent touched a single cigarette since the day i started on my Evod. Im now using A SnowWolf Regulated Device, i love it, im constantly vaping. And ive gotten over 100+ people to quite smoking because of me. Even my little brother. Whos just turning 19, He's finally quit, after 4 years of smoking himself. Because of me pushing it on him, I saved his life. Vaping saved our lives. If its something of a big deal to hear about a smoker of 25-30 years quit, imagine, for those who have them, your children quitting smoking, because YOU quit, because you started vaping. I did it, I saved my little brother, my fiancee's Grandfather, and Mother, all with one simple thing. A Vape.

So i say to anyone who reads this, Vaping saved my life, and has saved countless others, and if the FDA is over ruled, will continue to save millions upon millions of lives from this day forth...Vaping is a life saving tool, that every smoker needs, why deny them access? Its just wrong.

Sincerely, a Vaper,

Brandon Rohrbacker

11/25/2015 5:21:46 PM - Yugiohec

Hello

my name is Jaime im 43 i was smoker since i was 15 , it been very hard for me to quit smoking. i got a friend that he was vaping and he told me about it. , its been 8 months since i been vaping and i have not touch a cigarrete since , i used to smoke at work and every way i used to go but not anymore.

this is my vaping story i hope it helps

thanks

11/25/2015 5:21:36 PM - Dave Sprayberry

I am a Firefighter - Paramedic. I was addicted to cigarettes since I was 16 years old. I smoked 2-3 packs a day. They controlled my life in so many ways and caused numerous health issues with frequent shortness of breath. I never thought I'd quit smoke it was I was a drug addict to cigarettes. I tried vaping 5/12/15 and found it fairly easy to actually quit with vaping. My breather has improved and now am daily exercising to continue to better my health. I TRIED EVERY NICOTINE PRODUCT ON THE MARKET NUMEROUS TIMES WITHOUT SUCCESS INCLUDING ALL THE PRESCRIPTION OPTIONS AND ALTERNATIVE TREATMENTS. VAPING WORKED!!! i FEEL SO MUCH BETTER! Thank you for taking the time to read my story and sorry about the capitalized letters but felt it was important to truly stress that fact.

11/25/2015 5:21:25 PM - Michael

Smoking was a huge part of my life until three years ago. That's when I found a much more satisfying and healthier alternative. Vaping has since changed my life. Since quitting smoking cigarettes, I have started exercising and my physician has said my health is much better than it was three years ago. He has stated more than once that my quitting smoking has improved my health enormously. If I had not found vaping as my alternative, I would more than likely be a smoker still. Please keep these lifesaving devices and industry available to the adult public. Thank you.

11/25/2015 5:21:16 PM - Warren Kimbro

I smoked from age 12. At 15, I was a pack a day smoker. I continued this habit for 34 years. On August 15, 2014, I smoked my last cigarette. I had tried quitting using gum, patches, pills and hypnotism. None of which worked. I purchased my first vape device and haven't touched a cigarette since. I feel better, breathe better, sleep better and smell better.

Thank you,

Warren F. Kimbro

11/25/2015 5:20:59 PM - Lance

I was able to completely quit smoking in less than 1 month using ecigs. Being a 2 pack a day smoker I tried everything from patches to pharmacutical drugs with all of the terrible side effects with no success. If our Government gets involved by banning or even over regulating ecigs and eliquids I personally know many people including myself who would begin smoking again. If this is the intention of our elected officials, possibly with pressure from big tobacco and big pharma, then by all means get involved and show us how you know what is better for us than we know ourselves and ban away. You\'ll be making the tobacco industry very happy.

11/25/2015 5:20:49 PM - Steve Belcher

I am 55 years old and have been a Tobacco user since the age of 14. Have tried and quit so many times I've lost count. Until I bought my first E-Cigarette in 2008. Was a dual user for 4 years. Until the 2nd generation devices can out the EGO battery and Clearomizer combo. That got me to stop smoking all together but still had cravings. So the later 2nd generation devices started to be available. With the ability to change the voltage ad resistant's of the coils. Then I was able to stay with vaping with no more urges to smoke. I started at 1.8% nicotine and now I am on 0.4%. I was so impressed that 3 and 1/2 years ago I opened my first shop. Now I have 2 and more in the future employee 10 people 6 are full time and make a livable wage. So you can say that vaping saved my life and also support my family of 6.

11/25/2015 5:20:22 PM - David Leffingwell

I began smoking regularly, as a full-time habit when I was 17, immediately after moving out of my parents' house and starting college. That was in 1974, to put this in perspective.

I made my first real attempt to stop smoking 10 years later. At that time, there were no nicotine replacement products, but there were a couple of products on the market that used a nicotine analog. They were over-the-counter and unregulated, and were later banned because the active ingredient was deemed to have no effect on nicotine cravings. That actually was not true, because I had begun my effort to quit by going cold turkey, and that was utter misery! The substitute products did help somewhat.

I was a non-smoker for about six months, and then gradually resumed the habit, a little at a time, until I was back to smoking between 25 and 45 cigarettes daily, depending on where I was and what I was doing.

Subsequent to that period, and beginning around 1990, I made numerous efforts to quit. I used nicotine patches, gum, lozenges and, briefly some kind of ridiculously overpriced inhaler device that required a prescription and was so inconvenient and expensive that I did not use it for very long. I also tried Chantix, which was not a viable choice for me, at least, because it caused some unpleasant and intractable side effects that never improved.

All of the above-referenced nicotine replacement products were available only by prescription for the first several years they were on the market, which added a layer of inconvenience to any effort to quit and made it more expensive. It also placed the amount and duration of use of nicotine replacement products in the hands of one's physician.

That was usually not a problem, but there were plenty of doctors who would impose arbitrary and pointless rules, such as, they would prescribe a product for no more than eight weeks, or limit their patients usage per day to a level that anyone who has ever struggled to quit smoking would know was inadequate.

Such sharp and unreasonable limitations were almost always doomed to failure, and I personally do not know of anyone who quit successfully under such a restrictive protocol.

The truth is that all of those products, even if one could buy them without limitation, which has been the case for at least 15 years, have one flaw in common: by their nature, they fail to address the fact that quitting smoking, like quitting any addiction, requires more than merely blunting the symptoms of physical withdrawal.

Using the classic nicotine replacement products, I "quit" several times - once for nearly a year. But I always relapsed. The gum, patches, etc., largely took away the physical aspects of abstinence syndrome that are associated with nicotine withdrawal. But any long-time smoker will attest to the fact that there are complex behavioral patterns that go along with smoking - the act of getting a cigarette out of a pack, finding a lighter or matches and then, while cigarette lasts, repeatedly bringing into contact with the smoker, inhaling, etc.

To a lifelong non-smoker, or to someone unfamiliar with any sort of substance addiction, all of that may sound ludicrous. But there have been a number of longitudinal studies of addiction that show that the behavioral rituals that go along with use of one's drug of choice, are nearly as hard to give up as the substance itself. If the supporting behaviors were NOT a part of the addiction, then there would be no reason for people to quit successfully for months or years - and then relapse, but they certainly do.

The other thing that makes quitting smoking difficult is the anxiety that begins well before the appointed time to quit. Anyone who has made a couple of unsuccessful attempts knows the kind of misery that is in store when the moment comes to throw the cigarettes in the trash. That awareness, combined with the sense of defeat that accompanies multiple failures, makes it difficult to even make a committed beginning - accumulated history says that, not only will the effort involve a lot of prolonged discomfort, but also that it probably will fail.

That is where I was nearly six years ago, when I decided to give e-cigs a try. At that point, I had been a moderate to heavy smoker for 40 years. Although I had the undeserved good fortune to have at that point escaped any major health problems, I knew that I was on borrowed time. Besides that, I was sick of smoking - the reek of it attaching to my clothes, my hair, and the entire interior of my house; the burns in my clothing and car upholstery; the disgusting breath that I knew I had; the appearance of my teeth; being short-winded all the time, and the certainty that I was setting myself up for COPD or lung cancer.

I was not too impressed with my first couple of e-cigs. They were poorly made, used inferior e-liquid and did not draw anything like a real cigarette. Still, I could tell that if I could find a product that addressed those problems that it might have real potential to help me become a non-smoker.

I was lucky in that after just a few days, I found a company online whose products were all of very high quality and reasonably priced. Since I have been keeping track of the amount of time since I quit, I can say that as of November 23, 2015, it has been five years, 9 months and 16 days since my last cigarette.

I had no cravings from the very first; the smell is virtually undetectable, and smells nothing like tobacco. I feel better and my chest x-rays have become entirely clear (in

early 2009, I was showing signs of pre-emphysema), and there are no fresh burns in any of my environments.

My experience has been repeated countless times. I have told dozens of people that if they truly want to quit, the e-cigarette method will allow them to do so with none of the physical discomfort, none of the anxiety or irritable moods and none of the stress that accompanies the feeling that one has given up familiar and comforting behaviors - often repeated more than 20 times a day - without replacing the behavior satisfactorily.

Even when my use of the e-cigs was heaviest, I calculated that I was inhaling about one-third as much nicotine as when I was smoking. And I was getting none of the tars, heavy metals or carbon monoxide. Admittedly, all of this account is anecdotal, but my improved chest x-ray, increased exercise tolerance, lowered pulse and blood pressure, no more coughing or sinus trouble and a greatly improved sense of general well-being tells me that there are health benefits. I was in no hurry to give up the e-cigs, although during the last year of the three years that I used them, I kept one around, but probably drew on it fewer than a half-dozen times daily. I still have a couple of them in the house - available if I ever consider picking up another cigarette.

My doctor told me that of course she would prefer that I not ingest any nicotine, but even if I used e-cigs for life, that would be infinitely better than smoking. Nicotine does have undeniable effects on heart rate, arterial tension and blood pressure, but less than cigarettes, probably because there is no carbon monoxide. And any of the nicotine replacement products tends to have those same effects.

I was a little mystified at first when it became apparent that e-cigs aroused nearly as much ire among some people as cigarette smoking. I don't think that the level of animosity is nearly as strong when it comes to the other nicotine-replacement products. I think that it must be that using an e-cig looks so similar to actually smoking. Perhaps the proponents of heavy regulation or outright bans feel as though the e-cig users have "gotten away" with something or are somehow thumbing their noses at the militant anti-smokers.

The strange thing is that the anti-smoking proponents claimed that their concern was for the comfort, health and safety of non-smokers who were being exposed to second-hand smoke. They certainly were not worried about the fate of the smokers. Now that there is an effective alternative product that imposes none of the risks of second-hand smoke, I would have thought that would make them happy, but apparently not. I mention them because I know that much of the impetus behind the regulatory drive comes from people who were anti-smoking proponents and now have apparently decided to become just as zealous in fighting the evil e-cig industry.

It is frankly bizarre that e-cigs should be subject to federal regulation, since I don't think that such regulatory oversight has been imposed on other nicotine replacement

products, nor am I aware that there are any identified health risks that are the result of empirical testing, as opposed to anecdotal and hearsay evidence.

Well, no matter - clearly the FDA does have such authority, so that's that. But the government will be doing a very grave disservice to many thousands of people who would like to stop smoking if manufacturers are not allowed to claim that e-cigs are a valuable weapon in support of smoking cessation (I have also helped several people stop the disgusting habit of chewing by using e-cigs). In my opinion, it is the most potent weapon available.

Manufacturers and distributors can make an accurate and good faith claim that e-cigs will allow a person to stop using cigarettes with NONE of the negative aspects common to every other method to stop - not even anxiety, unless the person simply does not want to quit. Every person I know who has used e-cigs to quit smoking - probably 30 or 40 - had tried and failed to quit on multiple other occasions. I am confident that all of them would echo everything I have said here.

As far as safety of the products is concerned, I do not believe that it would be appropriate to tout e-cigs as harmless, because that has yet to be proven. But just a cursory glance at the list of chemicals inhaled by smoking a cigarette, versus those from an e-cig makes it obvious that they certainly are safER! And like my doctor said: better someone use e-cigs forever than return to smoking.

I have never seen an ad by any e-cig manufacturer that appears to target kids - there may be some, I just have not seen them, and I agree that such ads should not be permitted.

I apologize for the length of this submission, but I hope that it has at least been helpful. To sum up: e-cigs are totally in a class by themselves, among all the products available for smoking cessation. Their effectiveness in that area is unparalleled. And they are almost surely safer than cigarettes, and any competent advertiser can make the distinction clear between being safer than cigarettes versus being inherently safe for use by children.

David Leffingwell

11/25/2015 5:19:36 PM - Nancy

I am a 62 year old women, I started smoking at the age of 12, and I was smoking 2 packs a day. I tried all kinds of quit smoking junk until I came across the Vapor in 2013, I am no longer a cigarette smoker I also am on a no nicotine Vapor. I don't stink anymore and I don't offend anyone with my smell. If it wasn't for the vapor I wouldn't of quit smoking and might have had a stroke or lunch problems. Thanks to Vapors Im very happy my kids and grandkids are happy for me.

11/25/2015 5:19:28 PM - Shawn Lewandowski

Hi im Shawn Lewandowski and i am going to be 40 this x-mas eve, today i have been vaping for 5years plus and no longer do i wake up with my chest and lungs loaded with god knows what, i wake up feeling better, i can run now and run without almost falling over when i stop, my heart is great and my blood pressure is down to a normal rate, i dont stink like tobacco anymore, i no longer smoke 2 plus packs a day...

These are just some of the benefits i have gained since i started vaping.

My Stepson has Cystic Fibrosis, MyMother Died of Lung Cancer and we were great friends, we did alot together and may have done alot more had she not died of Lung Cancer, My Father who was my Best Friend also died of Lung Cancer a year before Mom passed, had the had an ecig things would may have been alot better.

Thats sad because they were the greatest parents and if you wipe out ecigs more mothers and fathers will die without having a chance....

I began vaping over 5years ago when my father was first diagnosed.... Today my health is 60%better, all my vitals have improved majorly, this is a key tool to helping people quit and living a healthier life, please dont take it away and have someone else lose their best friends , or Parents, this is a second chance at life..

Thank You.. Shawn Lewandowski

11/25/2015 5:19:13 PM - Matt

I've turned to vaping a year or so ago. (been vaping too long now to keep track.haha) anyways before vaping I was heavy into hookah, smoking it every day on the hour. Literally.haha and needless to say it was a HUGE waste of my money and we all know how horrible hookah is for you, as well as tastes. I also have a mild case of asthma, enough to let me know it's there, and vaping has helped with it tremendously, I don't even have to have an emergency inhaler around anymore and I can breath normal! I may not have as crazy a transition to vaping as others have, but it still has helped me out in many many ways. Vaping is here stay!

11/25/2015 5:18:24 PM - Jason Ratjen

I'm 31 years old and have been smoking cigarettes for 10 years. After being diagnosed with testicular cancer in 2010 and foregoing surgery and chemotherapy I had made the decision to give quiting tobacco an honest attempt. After trying to quit cold turkey then gum and patches I felt hopeless and that I would never be able to put down cigarettes. Everyone thought it would be so easy for me after already having a form of cancer and you'd think that would be enough but I just couldn't quit. That is until 2014 when I stumbled into a local e-cig shop curious as to what it's all about and willing to try anything. I purchased my first mod along with some 18mg nicotine e-juice. It has now been 15 months since I have smoked a cigarette and I have decreased my nicotine intake to 3mg. I have never felt healthier since I started smoking at the age of 20. I can now breathe and taste better than ever. I honestly believe that vaping has saved my life and I owe everything to it. That is why I'm taking the time to write this testimony. If the FDA were to take away vaping from me I don't know where I'll be and I'd hate to go back to smoking cigarettes again. I'm so proud of myself as is my friends and family. Once again I'll remind you and leave you with this, vaping saved my life!

11/25/2015 5:18:11 PM - Bill Mullins

Hi, my name is Bill. I vape. Been vaping for about 9 months now. Have never felt better. I am an ex smoker. 35 years at 1 to 2 packs a day. What did that get me? Smoking gave me lung cancer in January 2015. Removal of part of my lung and chemo. Started vaping to quit smoking because I don't want to go through that shit again. Dr says my lung are starting to sound and look better. They even know I vape. If it wasn't for vaping, I would likely be smoking again.

11/25/2015 5:18:01 PM - Opie

Smoked for 30 years, 7 days was the longest I had ever gone without a cigarette. I could not climb a flight of stairs without stopping to catch my breath. I quit smoking 8 months ago using a Mod. I had tried gum , patch , even hypnosis with no success My wife and I go for bike rides up to 6 miles regularly these days and I can breathe just fine when we are done.

11/25/2015 5:15:58 PM - imjstbob59

As of a year ago I was a cigarette smoker. Off and on for approximately 40 years. There were periods when I quit. The last time (2004) I lasted 4 years, but I got a medical diagnosis that scared me and I lit' up. Turns out I was fine after surgery ("no cancer whatsoever" Stanford Pathology) but them "stinkies" got a hold of me again.

In Feb 2014, I was in my local mall, struggling to breathe, wishing I could have a ciggy, when I saw this vape kiosk... CHANGED LIFE!!!

Like many I started with a small CE4 single coil and what I later discovered was a 350mah ego style battery.

Then I found Kangertech and ebay. Evods...even the name sounds soothing... Starting at 18mg nicotine strength I quickly dropped down to 12mg. I also realized that tobacco flavors were not in my wheelhouse. Choosing fruit and desert blends.

My 1st Nautilus tank was a treat and my foray into rba's was limited as I am not a great could builder. But oh the joy of discovering organic cotton.

As vaping tech moved at light speed by Nov 2014 I smoked my last cigarette and had a close encounter of the VAPE kind...

THE KANGER SUBTANK

This unit changed my life, I quickly dropped my nic strength to 6mg. Vaping at .5ohms, 6ml eliquid capasity, on a Sigelei 30 watt tube mod (I actually rocked it on my istick 20 watt too. The tank was larger than the mod).

New Years 2015, got my 1st Aspire Atlantis (I got 6 now) great device especially with the 5ml extension tank. I also have some others Subtank mini, and nano. Eleaf Melo v1 and v2, an Ijust v2 ect... I have some rdas' but for me the convenience of prebuilt coil heads are my prefered method.

MODS... did you say mods? 4 KBOXES, 5 istick 20's, 4 istick 30's 2 istick 50's 3 istick 100's. 1 subox mini, 2 subox nanos, and 4 temp control devices my favorite is my IPV 4S.

My vape style is .2 to .5 ohms at about 20 to 30 watts. I can blow respectable clouds, get good flavor (which has always been my choice to chase flavor). Have I rocked my IPV 4S at 50 joules with a .15 nickel coil head... yeah, but 20 to 30 is fine with me.

I'm a chain vapor, but in the last few days I have noticed I vape less and can go for longer periods without vaping (2 to 2.5 hours at most). I usually have 12 devices ready at any time, and in closing I think the only vay to describe my life after 1 YEAR SMOKE FREE... no coughs, no hacks, no more out of breath moments, no cigarette stink on me,

my clothes or my car. No more having to go outside in the cold to feed the nicotine gene. The best way I know to describe vaping is the way Mr Rip Trippers says it...

"SMOKING IS DEAD,

VAPING IS THE FUTURE,

AND THE FUTURE IS NOW."

Further more, regardless of the US Governments upcoming decision on vape devices and products, I WILL CONTINUE TO VAPE PERIOD.

If I have to make my own juice, fine. If I have to rebuild my own coils, fine. If I have to mod my current devices to take D size flash light batteries, fine. ...(Well maybe not that last one) but no matter what happens I will continue to vape until

I CHOOSE NOT TO.

UNTIL I CHOOSE.

I sincerely thank you

for your time.

11/25/2015 5:49:41 AM - Fuzzy Thunderbear

I quit smoking after 50 years of between one and two packs a day of full-flavor cigarettes (mostly Camels). I never intended to quit smoking, but this interesting "e-cig" thing caught our attention (both my wife and me) and we gave it a try. After one "cig-alike" and a bit of discussion and research (the ECF forum helped a lot - we joined the first week of June 2015), we bought a couple personal vaporizers (they do not look like cigarettes, so I no longer call them "e-cigs" because they are NOT cigarettes and I do not use them in the same manner as cigarettes). My wife got an EVOD and I got a 618 e-pipe (it still looked and felt like smoking and, as I said, I wasn't really intending to entirely stop smoking at that point).

That e-pipe was an absolute failure. Oh, it worked, but it worked by suction (no "fire" button) and that made it hard to get a good draw, so I was ready to give up and go back to smoking cigarettes full time, but my wife was obviously enjoying this vaping thing, and I would have sworn that she'd never stop smoking. Both Wifey and some fine folks on the ECF forum convinced me to try again, so I bought an iStick 30 and used one of the Aspire tanks my wife had just gotten. Wow! It not only works well, but I got great taste! We discovered all the yummy flavors available and I gave in - this is better than a cigarette any day! It did not take all that long for me to stop having any desire for cigarettes because I had the same psychological "suck and blow" oral fixation routine PLUS... because cigarette smoke is hot and dry and vaping is cool and moist, I drastically reduced the amount of Jolly Ranchers I was sucking to keep my mouth moist. Over time, I realized that I was also reducing the amount of snack foods I consumed too because - hey, if I want a doughnut, have a doughnut vape - there's no calories in vaping!

So what really changed? No stinky cigarettes, no ashtrays in every room of the house full of stinky old butts, no fire hazards due to a lit cigarette falling on the carpet, no foul smelling clothes or stinky house, no bad breath, easier to breathe, reduced calorie intake (and therefore potential weight loss), huge amounts of wonderful flavors to choose from (or DIY), and we're saving tons of money not buying outrageously-overpriced and over-taxed cigarettes. We've also managed a significant reduction in nicotine intake (18mg/ml down to 3 mg/ml), recovered our sense of smell and taste.

11/25/2015 12:32:12 AM - Sharon Counterman

I was a smoker of cigarettes for over 40 years. I have not had a cigarette since I started using a mod and tank and began vaping. I still get the nicotine but not the other chemicals that are in cigarettes. I've been vaping exclusively for almost a month. I don't even want a cigarette! I have no cravings for one. I just vape and I love it.

11/25/2015 12:32:02 AM - Sandra Gibson

My name is Sandra, I had been a cigarette smoker since the age of 11 years old. I am 44 now. I have tried several different ways to quit smoking over the years (all types gum, chantix, patches, Wellbutrin, inhaler, counseling) . All of the alternative methods did not work for me, the most I was able to stay off of cigarettes was about three months using the Nicotrol Inhaler it tasted horrid. January 2013 a friend of mine gave me a vapor pen and I was finally able to set down cigarettes for good. When I first started vaping I was using inhalers & nebulizers and was told by my doctors that I had COPD. I was in my early 40s and had already had pneumonia three times. I always would cough all night long for years and also constantly dealt with a wheeze and phelgm. After a few months of using the vapor I no longer needed to use my inhalers or nebulizer and I no longer had a wheeze or night coughing. My breathing started to become better and I started to feel better as well. I am a type one diabetic so cigarettes and other carcinogens were bad for my healing. My doctor even has me listed as a non smoker and is aware I use the vapor. Since using the vapor my health has improved drastically. When I started vaping I was on 24 mg and I'm now down to 2 mg now, that is a miracle in itself even my family agrees. Vaping is actually the reason today I can say I am a non-smoker and that is huge I never thought I would ever be able to set down the cigarettes. I would just like to thank everyone who is reading my story and supporting this cause. It is very important others have this opportunity to set down ciggs. Ciggrettes were very addicting, and Im sure without the vapor I would never have been able to quit.

11/25/2015 12:31:50 AM - Joel MD, Sr.

My personal experience using e-cigarettes or personal vaping devices. E-Cigarettes, or personal vaping devices, are not smoking cessation devices and are not approved as such, I understand that. Personally however, I struggled with my addiction to nicotine and smoking cigarettes for over 25 years. I tried almost every cessation method possible and failed. However, using e-cigarettes or personal vaping devices I was able to slowly ween myself from using nicotine liquid to now using no nicotine in my device. Where before I would be under stress and fail by purchasing cigarettes I now use %0 nicotine vapor and have so for almost two years. Additionally, I am not alone in this. I have many friends, family and co-workers who have also tried this method and have been successful where they had either failed in the past or had given up. The health benefits and the lack of nicotine in my own body has been extremely noticeable. I feel better all around healthier, sleep better, breathe much better, I could go on and on. I am thankful that these devices and liquids are available and truly hope that as an adult of consenting age they will continue to remain available to myself and others. I would hate to think that something like this would be removed from the market or restricted from purchase due to overzealous politicians or others that have not gone through nor understand what these products mean to so many of us.

11/25/2015 12:31:37 AM - Erin

Hi. I had been smoking off and on since 15. In 2013, I had finally gotten to the point where smoking just wasn\'t working any longer. I had heard from some fellow co workers that they had turned to vaping and it was working for them. I then went to a vape shop, Smaug vape lounge in beavercreek Ohio. This is where my life changed. They helped me learn about products and mods and what would be best for me. By 2014, I went from a spinner and tiny tanks with 18mg juice to a Atlantis 2 tank and snowwolf mod and 3mg juice. I have not smoked once since I started vaping and I don\'t ever want to smoke again! I feel that vaping has helped me so much! Especially fiancially and physical, I don\'t feel like I will puke a lung when I walk or do anything physical. I have money and I\'m not supporting big tobacco! Vaping and ecigarettes help so many! And they could help more! I hope someone will read this and make the choice to stop smoking and start vaping or any other method!

11/25/2015 12:31:25 AM - Shirley Cashioni

I didn't start smoking until I was 30. I soon became a very heavy smoker, because of other health problems I needed to quit badly. I tried everything but nothing worked, until I found vaping. I have been able to cut my nicotine down greatly. I have been able to cut out some of my meds I was on for my breathing. I could never have done that. If it was taken off the market I feel like I would go back to smoking at this point. That's for all the help!

11/25/2015 12:31:16 AM - Lori Stauffer

I started vaping 12/13/13. I smoked my last cigarette the day I bought my first starter kit after smoking a pack a day for over 30 years. At age 51, I've never felt better. When I get a cold it's not nearly as bad as it was when I smoked. The variety of flavors helps me continue vaping as I don't like tobacco flavor anymore. I love strawberry vapes. I've lower my nicotine level from 18 to 3! It's been a journey! Vape gears has improved in the 2 years that I've been vaping. My favorite setup is my 100 watt istick and my kanger mini subtank. I like it because the batteries last 2 days! I given away most of my old vape gear to others in the community. When I first started vaping I had no idea I was joining a wonderful community dedicated to helping others quit using tobacco products!

11/25/2015 12:31:01 AM - Jim Rhoads

But anyways I am a 48 year old ex-smoker of 35 years. I watched my paternal Grandmother, grandfather, my father his sister my two aunts, my maternal grandfather, uncle, and multiple friends die from complications from cancer. I finally decided to try to quit smoking after one of my friends mothers had passed from complications from cancer do to smoking. I had tried the patch, gum, lozenge and hypnosis with no luck staying away from smoking for more than a couple months. I would not try Zyban or Chantix do to the side effects and the fact that I have mental issues that run in my family and have lost too many relatives to suicide and don't want to affect my loved ones that way. So I did a little research and found vaping a less harmful smoking alternative with all the control in my hands. I got my first vape set up a third generation device on May 5th 2014 and smoked my last cigarette at 1:15 pm that day. I still have the urge to smoke but with vaping I can stave off that urge. It was the choices that gave me the advantage, the choice of flavor. I wanted to get away from smoking, so tobacco flavors didn't seem like a good idea and being a diabetic I really enjoy the candy, fruit and dessert flavors. which keeps me out of the candy bowl. Which in turn keeps my A1c at more manageable levels. I can't think of anyone that I know that doesn't enjoy a root beer float, a jelly filled doughnut, a nice piece of pumpkin pie with whip cream, a glass of lemonade or tropical fruit drink .

Since I started vaping my breathing has improved and my blood pressure has gone down getting rid of the need for the medications that were having an adverse affect on my attitude. I feel that vaping has extended my life and made it better in many ways large and small.

11/25/2015 12:30:45 AM - Elaine Hale

My name is Elaine Hale, and I am 59 years old. I started smoking when I was 21.I had tried to quit at least 20 times over the years.I found out about E-cigs through one of my grown sons who had smoked too and said that it could help me quit. So I started using one and as of this date 11/23/2015. I have not smoked a regular cigarette in 1 year and 11 months. I feel so much better than I ever did smoking cigarettes. I use an I-stick with a tank, and the juice that I use is now 0 mg of nicotine.I do not smoke cigarettes at all. The day I started using my e-cig is the day I stopped smoking altogether. I used cold turkey and nicotine replacement patches, lozenges and gum. None of them worked. I could only go for a week before I started smoking again. The e-cig has been a life saver for me. I breathe so much better; I have had no respiratory illnesses since I started using the e-cig.I really believe it has saved my life and given me many more years of life.

11/25/2015 12:30:30 AM - Catherine Nobles

My name is Catherine Nobles and I am a long time e-cigarette user and a member of CASSA. If it weren't for e-cigarettes I would still be smoking. After smoking for 12 years, I put down traditional cigarettes more than 2 years ago and switched to e-cigarettes because of the health benefits. When smoking traditional cigarettes I kept upper respiratory infection, bronchitis and pneumonia. I had tried every other method to quit smoking and was never successful for any length of time, I always returned to smoking until I decided to try e-cigarettes. My decision was greatly influenced by facts given by manufacturers and retailers about their effectiveness and their being a much safer alternative to traditional cigarettes. I also was swayed by the fact that they don't have the foul smell and come in various flavors much more appealing than the nasty taste of regular cigarettes. These facts provided by both the manufacturers and vape shops as well as testimonials from other e-cigarette users were vital in helping make my decision to quit smoking and start vaping. Since I made this decision I've not had to deal with any respiratory problems, I don't smell and my family is no longer at risk from second hand smoke.

11/25/2015 12:30:20 AM - casey bicking

i used to chew tobacco everyday. it was an enjoyable buzz that was hard to kick. i started vaping and i didnt have the urge to need the chewing tobacco any more. i started vaping at a 16mg nicotine level and now im down to a 6mg nicotine level. im happy with vaping and cant wait till im fully off nicotine period.

11/25/2015 12:27:30 AM - Dave of Lodi, Wi

Smoked "nails", nothing light, for over 40 years. I always knew I should quit but didn't want to, I enjoyed smoking. I have tried multiple times to quit but it never stuck for more than 2 months.

I saw a sign that said "Vaping Supplies" and thought I would look into it. Fortunately the sales clerk was into Vaping and was able to guide me to the right product for me. I knew the small cigarette looking device would not work, minimal "smoke" production. I had seen videos of cloud chasers and did not think I wanted that.

She showed me a Variable Voltage unit that was in between the 2.

I had bought a pack of cigarettes that day. 2 days later I still had 1/2 of that pack. 6 weeks later I still have that 1/2 pack. I enjoy looking at it and knowing I have finally beaten the habit.

The one problem is the "vapor tongue", loss of taste due to sensory overload. However I have found that if I drink plenty of water, about a quart per day, and change the vape flavors around, this loss of taste goes away within 24 hours.

I read early on to take a puff of an e juice with nicotine immediately in the morning, if you are trying to quit tobacco and have done so. Again 6 weeks without lighting a single cigarette.

11/25/2015 12:26:09 AM - Nate (x3m157), from North Dakota

I started smoking at 18. I was mostly a light smoker, I'd average about 3 cigarettes a day (though if I was especially stressed I could demolish a pack in a day or two). I always told myself I'd only smoke lightly for a couple years, then quit, or quit when I started noticing health problems. Things went along fine for about 1 1/2 years, then I got the kick in the ass I needed to finally quit: pneumonia. After being bedridden coughing up my lungs for a week I threw out my last pack and went to buy an e-cigarette.

That was 4 months ago, I've been smoke-free since! My lungs took awhile to heal from the pneumonia, and I still have a slight cough, but everything is better than when I was smoking. More stamina, less coughing, my lungs don't hurt after a run, everything smells better, my sense of taste has improved, etc, etc.

I started off with a little stick vape with about 15w@1.5ohms, and I recently made the upgrade to a Kanger Subox Mini, going at 45w@0.5ohms. I thought at first that I would want a mentholy/tobaccoy flavor, but to my surprise my favorite juices are more on the fruity side of things, sweet with maybe a touch of sour.

Vaping is the reason I was able to quit, and I have no plans of going back to tobacco. Cigarettes smell disgusting to me now!

11/25/2015 12:25:57 AM - Lannie Amber

I was born and raised in a house full of smoke. Both my parents smoked, all their friends, family members, and even the family doctor smoked. The year was 1957, and it seemed like EVERYONE smoked. I started smoking my own cigarettes when I was 13 years old, because to me, smoking meant being "grown up," and I wanted to be a grown up. I got permission from my mother to smoke openly when I turned 16 years old, and it was at that point, when I no longer had to hide it, that I started smoking more and more.

I smoked two packs a day until this past June, so I was smoking for over 40 years, and had felt like I should quit more than a few times, but I knew I'd fail, so I never tried. I was going to die with a cigarette in my hand. Then almost six months ago, I tried a "cigalike." It wasn't very good, but it showed me that I could replace the tobacco with something else, and I managed not to smoke a single cigarette for an entire day, until the little disposable cigalike died. Then I ordered a "pen-style" starter kit and some e-juice, because I knew I could do it with the help of vaping. And I did! The day my starter kit arrived was the last day I smoked. I put down my cigarettes, and never picked them up again, and have no desire to ever smoke another cigarette.

I now use a regulated mod with a bit more power, and a larger tank, and am perfectly satisfied. With the smaller, less powerful equipment, sometimes I still had a craving, which I was able to resist, but now I'm fine, with the better equipment delivering a better vaping experience. I seriously never thought I'd see the day that I didn't smoke constantly from the time I woke up until the time I went to sleep. This has been WONDERFUL for me, and my health has improved immensely! I used to have a heart problem that has all but disappeared. I used to cough all the time, and now I never do. I used to get winded walking more than a few yards, and now I can walk all day. The difference in how I feel is amazing!

The other nice thing is I'm no longer vilified by non-smokers or ex-smokers, my clothes don't stink, my house doesn't stink, and that awful tar film that used to cover everything is gone. There has been nothing negative in this experience for me, it's all been 100% positive.

Vaping has saved my life, in no uncertain terms. I feel like I have a new lease on life, and me, an old lady already!

11/25/2015 12:25:32 AM - Mike

I smoked for 33 years. I can't begin to try and count how many times I have tried to quit cigarettes through the years. I've tried all the stop smoking aid's there are, including cold turkey. Nicotine patches, gum, inhalers, drugs like Wellbutrin and chantrix, none worked. I even tried hypnosis, that failed too. As a person who lost a father to the negative effects of cigarettes I knew if I wanted to live a longer life I had to figure out a way to kick this habit. I came upon e cigarettes through a friend at work who had successfully quit smoking using ecigarettes. Not only did he quit smoking cigarettes, he is now nicotine free and no longer uses ecigarettes. I decided to try and cut down on cigarettes using e cigs, I was successful, cut downing in the first week by half, by week two I only smoked 2 packs of cigarettes. Oh I was a 2 pack a day smoker. Week three one pack, then none. It's been 2 months since I smoked a cigarette. I've only craved them a few times when I was out having drinks with friends. Other then those few times I really haven't miss cigarettes. My loved ones no longer have to be around the nasty smelling and harmful smoke. I smell better, feel better, my car and clothes don't stink. All due to these e cigs. I would tell any smoker who wants to quit and have tried everything else, this has been by far the best stop smoking aid I have ever tried.

11/25/2015 12:25:19 AM - Helen M Griffis

I come from a Greek family of smokers, so I began smoking at an early age, 17. I stopped smoking only during the times I was pregnant, which was twice. In the forty plus years of smoking, I tried everything including hypnosis, acupuncture, biofeedback, smoking cessation offered through our county, the patches, the gums and that awful medication Chantix that make my brain feel like it was crackling. Since smoking was my only addiction it was frustrating.

I began vaping two years ago and quit smoking on August 12, 2014. I never put a cigarette in my mouth since and have no desire to do so. I had no cravings from quitting and all in all it was so easy. I use 3mg nicotine with a flavor base of vanilla, as I have lost the desire for anything that tastes like tobacco. I was able to quit after 6 months of vaping, using different modes such as e-cigarettes that were terrible, until I found the right device and the right flavor. I have helped many of my friends quit as well. The thought of not being able to use my vaping device or having to use the ones that are put out by the tobacco company worries me. I never in a moment thought I would be free of those horrible cigarettes. I ask that you please take action to ensure that those of us who have quit and feel better, never lose the option of vaping from our preferred vendors.

11/25/2015 12:25:09 AM - D.L.J.

I started smoking at the age of 17. I started at just a few cigarettes a day when I was at work and within a year I was smoking a pack a day. Within a few years I was up to about a pack and a half a day. After about 6-7 years, I tried to quit cold turkey, I tried the patches, I tried the nicotine gums, etc. The patches broke me out in hives and I still wanted to smoke, so this was not an option. The gums were absolutely pointless for me because I just wanted to smoke. My employer advised to me to try medication such as Chantix, but I have heard that it causes all kinds of issues and I am not one to medicate myself. I didn't see that medication was the answer, plus the success rate overtime is less than stellar in my research. So, that was not an option I was willing to try.

At the age of 31, 14 years after smoking, I tried vaping, and I have been smoke free for two years now. I started out at 18mg nicotine and am now at 3mg. I am debating dropping down to 1.5 in the near future, and hopefully to 0 further down the road. Eventually I plan to quit vaping and finally escape from my nicotine addiction. I know I can do it with vaping. It has helped me out tremendously. I quit smoking bc I had a daughter and I live for her. I want to be around as long as possible for her.

Thank you for your time.

11/25/2015 12:24:43 AM - Lynn Carpenter

I have smoked since I was 12 years old, I had been smoking for 40 years,last year i quit using e-cigarettes, I have been smoke free since 11/28/14...I use 0 to 3 nicotine...i am now able to walk up and down the stairs without being winded,my food tastes so much better,both my children are so happy that i quit smoking.I enjoy fruit and cereal flavors,also keeps me from late night snacking. Thank you for your time reading this.

11/23/2015 4:07:10 PM - Perry W Munger IV

I have smoked off and on, mostly pipes and cigars, never cigarettes, so vaping hasn't really been about reducing my risk of cancer. What it is about, to me, is using CBD oil, which lowers my blood sugar and blood pressure, and, more importantly, keeps my mind clear, as I am a software engineer, so the fuzz-brain brought on by diabetes is a serious problem for me, something diabetes drugs do not address. Also, I have noticed feeling returning to my extremities.

I believe the use of CBD combined with nicotine has led to this improvement, as none of the drugs I've taken have ever really worked to improve my life, although they may work to move a reading closer to a target.

11/25/2015 12:23:40 AM - Todd Garvin

On August 15 2015 my wife, son and I all stopped smoking thanks to vaping.

I started smoking when I was 13 yrs old, I was smoking 1 to 2 packs a day so was my wife and my son was smoking a pack a day.

Thanks to vaping none of us has smoked a cigarette in 3 months. My wife and I have tried on several occasions to quit smoking and have failed Everytime until we found vaping.

Oh we tried the cig a like products purchased in gas stations but the didn't work and the flavors where bad.

Then we visited a local vape shop had them set us up with good quality vaping equipment and we have not smoked a cigarette since.

We are all beginning to feel better, we don't wake up coughing our heads off for the first hour of the day. My since of taste and smell ls slowly returning.

Vaping has saved or lives, I also got my older brother who was a 50 yr smoker to give up cigarettes and start vaping.

Vaping has saved our lives. Without the products we have available now I fear we will all return to cigarettes.

We all use mods and kanger tanks or aspire products to stop smoking. We tried the gum and patches nothing worked until we where able to purchase good quality vaping products. These products need to stay on the market.

11/25/2015 12:22:28 AM - Mario Cumba

WELL I STARTED SMOKING WHEN I WAS IN THE MILITARY AT AGE 19, I AM NOW 50, AND A LITTLE LESS THAN A YEAR AGO A FRIEND OF MY WIFE INTRODUCED US TO VAPING. I WILL ALWAYS BE THANKFUL TO HER BECAUSE SINCE THEN ME, MY WIFE AND ALSO MY SON HAVE NOT SMOKED CIGARETTES SINCE THEN. TO SAY THAT IT HAS MADE A DIFFERENCE IN OUR LIVES AND HOW WE FEEL WOULD BE AN UNDERSTATEMENT. WE FEEL BETTER, TASTE BETTER, BREATH BETTER, AND CAN SMELL BETTER. OVERALL IT WAS THE BEST THING TO HAPPEN TO US. WE TRIED TO QUITE IN OTHER WAYS BUT NOTHING WORKED, AND WE WERE NOT GOING ON A PILL WITH SO MANY SIDE EFFECTS THAT WE SAW AS BEING WORSE THAN SMOKING. VAPING WORKS IN HELPING THOSE WHO WANT TO STOP SMOKING.

11/25/2015 12:22:14 AM - Wayneman

I am a ex-smoker. Who has smoked a pack to two packs of ciggarettes day for 20 years. I tried every possible way to quit smoking, including the use of perscription meds, patches and the gum without success. I had a friend who was quiting smoking. I seen him with a device which he called a E-cig. I thought that I would give it a shot. So I got online did a little research on how they worked and how safe they are. I was on a mission to get off of tobacco for good. Fast forward three years and a couple of weeks. I have been smoke free. I have successfully dropped my nicotine level down from a 24 mg (Full flavor ciggarets) to 3 mg of nicotine. I am proud of myself and I feel better that I have for years. I wish that this product could have been around years eariler.

11/25/2015 12:21:58 AM - Sadie from Bloomsburg PA

I smoked at least a pack a week and I would go though chewing tobacco a can every 2 days. I did this for 4 years. I tried cutting back on smoking but I just chewed more. As of 8 months ago I started using vaping as a smoke and chew free alternative. Since then I've noticed my lungs feeling like I have much more breathing compasity and my mouth is no longer sore all the time. My teeth are not near as yellow as they were, and I also smell 100% better. I never noticed how bad cigarettes and chew smelled or looked till I stopped, Man am I ever glad I did. The only down side is how much things cost, but that's everything these days. I currently use a smok cube 2 mod and I couldn't be happier. I use a 3 nicotine strength juice currently. I started with 12 and I am hoping to go to zero nicotine within time. I have tried to use other things to stop my horrible smoking and chewing habits but I just couldn't break free from the constant want. I used the patch, the gum, and just straight up cold turkey. Vaping is the only way quiting worked for me. Honestly if I didn't start vaping I would probably have mouth cancer by now, it runs in my family and from what my dentist said that's the way my mouth was going if I didn't find a way to stop. Vaping saved my life. And not to mention endless friendships. How you ask? Well because I smoked I smelled so bad that my nonsmoking friends just didn't want to be around me. I felt controlled by my constant want and need for a cigarette and/or chew. I've never been happier with my life in till I made the choice to switch to vaping. I feel much more healthier and look better many people say! Once again, vaping saved my life. I've never been so thankful for something like this in my life.

11/25/2015 12:20:40 AM - A.M. Edmonds

My story is in my Call to action that I posted today...

My name is A.M Edmonds I am a proud CASAA member which is an organized consumer voice and I am the voice you should be listening to as I am a former smoker of 33 years I had tried time and again to stop smoking and was never able to and started at the very young age of 13 before we really even knew how bad they were for you but by the time all that came to light I was already hooked. I tried the gum the patches and cold turkey never was I able to stop. When they came out with the electronic cigarettes years ago back in 2007 I tried with those still not able and with each newer one that came out after and finally 3 years ago I was able to smoke my last cigarette and not look back.

Over the course of my smoking years, I had developed COPD and emphysema and a host of other health issues and still unable to stop smoking. I was slowly losing my grip on life and my health was bottoming out. I was on breathing treatments with a nebulizer 3 times a day when I wasn't ill and I would get sick with the slightest cold and it would turn to pneumonia fast. As a result of the constant lung illness and chronic antibiotic use due to those illnesses, I had developed MRSA and was down to two antibiotics that would work this is almost to the point of one now.

3 years ago I was able to finally put down the what we vapers call analog cigarettes and stop smoking for good. I knew I was in for a long road to keep on that path and with the improved vapor supplies I finally was able to start getting some of my life back. I slowly got off my breathing nebulizer except when I was sick which over time became less and less instead of being chronically sick it was once twice or really bad years 3 times a year. I still go quickly into pneumonia but not as fast as I once had and I can now get a cold on occasions and still head it off before it reaches that point, which I could never do before. I use my nebulizer when it is needed but not every day and after a year of vaping I was able to put it in the closet because it was used less and less frequently.

Three years ago when I was finally able to reach the point of even starting to succeed in my journey of becoming cigarette and tobacco free it start with the 801 pen vapers and those helped then I moved into the ego and with these I was able to get off the cig but the lower intake of vapor made the milligram strength of nicotine high and I was a heavy smoker so I started out vaping 36 mg nic and with the better more improved vaping supplies I have been able to drop my nicotine level to 3 - 1.5 depending on the day. I know without the flavors, flavors which I might add you can find in water booze or soda and sweets which we do not regulate against but with these flavors provided and the improved vaping supplies I would still be smoking cigarettes if I were not already dead. My healthcare cost slimmed down and I do not require the trips to the DR or medications I had previously while smoking.

I know that so many people think it doesn't work, but it does help you stop smoking. I know there are debates about the health issues, but I am here to tell you that it does improve your health. I know there is a fight going on over the safety it is still safer than the thousands of chemicals entering your system from traditional cigarettes. I can not for the life of me understand why the FDA and the government would even consider taking away this much-needed avenue for people to improve their health get off of cigarettes and have a better life. I urge to please reconsider your grandfather date and at least include the products up till the current time that legislation passes. This does not begin to cover the lost jobs and the lost revenue to the states and the government from the sales taxes. I know also that there are safety issues with packaging and let me tell you MOST of this industry are for safer packaging we are for children and young teens not getting them. The truth is it is not a gateway drug for cigarettes more the other way around. Kids will smoke whether we tell them to or not mine did I begged mine not to pick up the habit they too have struggled with getting off cigarettes two have successfully and one is trying to and they were able to accomplish this with the newer vapor supplies that you are wanting to ban. I urge you to reconsider this deeming legislation and to change that grandfather date to something more current. It is time for it to become about our health and not our pocketbooks because essentially if you ban these or keep the grandfather date of 2007 you will be hurting both.

Thank you

11/25/2015 12:19:48 AM - Pen

I started smoking when I was a teenager. Back in the 60s, this was not a big deal because everybody smoked, including my doctor. When I decided to stop, many years later, I used everything available in the effort, including all the things the nicotine replacement pathways available today; but none of them were at all successful and each time, I went back to cigarettes. Then, a friend suggested I try e-cigarettes. I was skeptical, but thought, "What have I got to lose?". So, try them I did. I found the e-cigarette community and learned about reliable products and the differences in all the products available to me. For several years now (I've actually lost track, but it's been more than five!), I've used the same products with great success to not only stop smoking, but to stay stopped. The improvement in my health and well-being was apparent within weeks of the changeover from cigarettes to vaping; even my doctors were impressed. They are very supportive of my use of e-cigarettes and applaud the benefits I've received from them.

11/25/2015 12:19:35 AM - Johna Kraft

I smoked regular cigarettes for 28 years, escalating to a two pack a day habit and ending after discovering e-cigarettes. After whole heartedly going for a complete switch in May of 2011, I went from two packs to ten cigarettes a day; a substantial decrease in my cigarette consumption. I have been cig free since October 24, 2011.

Since my official quit date, the process of reducing my nicotine level occurred naturally over a 4 year period. I began with an 18mg nicotine level within my eliquid flavor of preference. I quickly reduced to 14mg, and again to 12mg. When more advanced devices came into being, I found 6mg was sufficient. Currently, I use 0mg nicotine with a few drops of 24mg nicotine if desired. If I desire more, I add a drop of 24mg; conversely, I add 0mg when the desire for higher level of nicotine has passed. This works for me.

I am forever grateful to a family friend who explained all he knew about electronic cigarettes and suggested I at least take a puff. This occurred in November of 2010. The first glimmer of hope came to fruition. Cigarettes would have eventually claimed my life had he not been there to share his discovery. Electronic cigarettes are, without any doubt, a lifesaver. My heart and lungs say so.

As for devices, I am now using a 60w temp control box mod with a sub-ohm tank. It has the power capability I need when I need it and the flexibility to power smaller tanks as well. Sometimes I switch to smaller devices given the occasion. It depends on what I'm doing and where I'm going.

Electronic cigarettes have vastly improved quality of life and outlook for life. The benefits I have experienced because of vapor devices are numerous; here I will name a few. I can jog on a tread mill and enjoy the benefits of exercise now; before, I could not walk up the stairs without becoming seriously out of breath. Additionally, my sense of smell has improved; my sense of taste better; no stinky clothes, hair, car, and house. No more tar stains anywhere either.

Thank you so much, CASAA.org, for being here.

11/25/2015 12:18:58 AM - JP Hinds

I tried my first cigarette on my 18th birthday, instantly I was hooked. Since I was young I would often justify my habit with statements such as, "I can quit" and "I'm only going to smoke for a little while." Eight years went by and I was still a smoker and enjoying all that entails (i.e. Cronic cough, mucus discharge,shortness of breath, list goes on) the difference now was I knew I couldn't quit and it was glamorous. For two years strait I tried everything to quit gum, patch, cold turkey and nothing was helping. One day a friend told me he just grabbed an e cig and was two weeks without a cigarette. So I made the decision that I had to quit and I would try this e cig thing. I purchase a starter kit and that's all she wrote, instantly I fell in love. The flavors were wonderful and didn't leave me smelling disgusting after use. After about a month vaping something interesting happened my body started to purge the effects of the awful chemicals found in cigarettes. I was coughing up flem constantly but strangely never felt better. After my body had cleaned it's self I decided I couldn't go back to the stinkies. Now a few months short of two years I can say I feel better than I have since I started smoking and can never imagine going back to that nasty habit. I truly believe I could not have done this without vaping.

11/25/2015 12:18:47 AM - Bonnie Blackburn

I am 55 and my husband 58. We both started smoking around 14 yrs of age. I was pack a day and he was pack and half. Tried everything from patches to prescription medication and nothing worked until E-Cig. Have been using 7mos and he is on 0 nicotine and I am at 3. I mix a 6 and 0. Quality of life much better, no coughing or stinking! He never smoked once he started. I did cheat for about a month.

11/25/2015 12:18:39 AM - Erin Smith

So I'll begin this in saying that I was a smoker for 10 years I've tried the patch, the gum, and everything else in between nothing worked to help me quit. So when I heard about vaping and how people were quitting I thought let me try well that was 3 years ago I haven't had a cigarette since I tried my nicotine level has dropped I started at 24mg nicotine I'm now at 6mg. Please don't take away something that is helping us get and stay off of cigarettes.

11/25/2015 12:18:30 AM - patti heller

I have been smoke free for 4 months now after smoking for 37 years, I started by using V2 e-cigarettes but they tasted nasty, then I purchase a refillable tank for my V2 e-cigarettes and that was a little better because it tasted better but still was not getting enough vapor, so I purchase an Eleaf I-stick and a Coolfire V where I can control the watt and volt of my vape and I'm really happy, I'm also happy that there are so many kinds of e-liquid out there to choose from and I get to choose the amount of nicotine in the liquid. I like the fact that I have control of what I'm putting in my body. I wake up in the morning no more cough, my heartburn is gone, my skin looks better, my nails are no longer yellow from smoke, I don't smell like smoke, my allergy are better. In 4 month time I've gone from a Nicotine level of 12mg to a Nicotine level of 3mg I'm hoping to get to 1mg or 0mg I really enjoy vaping. People at work have seen the change in me and have started vaping hoping to get off cigarette but if you take away there freedom to choose what work for them and me they will not quit smoking. thank you Patti Heller

11/25/2015 12:18:18 AM - Sharon Teal

Honestly I can not believe our Government is taking the side of the big Tobacco companies who as we all know are funding everything that the FDA is putting out there, trying to regulate something that is actually helping people get away from there product. Why? I was a long time smoker (a Pack a day) and have quit for three years now, not because of the patches or the gum and not even because of the so called blue cigarettes which by the way I tried and went right back to smoking, not until I started Vaping did I actual stop smoking and I am proud to say that it has been almost 3 years. I am also Proud to say that because of Vaping my oldest son and his wife stopped smoking and they were a 2 carton a week smoker, my youngest son and his wife have also stopped smoking.

My partner and I now own a Vapor Store, because we know how much better we feel, how much better vaping is for you and the pleasure we get when we have customers come in and tell us it has been 1 year since I stopped smoking or the new customers who come into our shop telling us how much better they feel with out cigarettes. Or how they were around someone who was smoking and could not believe they themselves actually used to smelled like that. Every product in the Vaping Industry that the FDA is trying to ban or stop is helping people get back on track with their lives instead having a chain around their neck. Unlike Cigarettes with vaping you can cut down your nicotine level and still vape. I started at a 30 nic and now I am at 0 nic. Honestly I don't miss having yellow nails, a horrible morning after cough that I would have to silence with another cigarette or the pain in my lungs and the smell on my clothes.

So please reconsider this proposal that the FDA wants passed and let the vaping industry continue to help save customers lives. After all these people whose lives are being saved by this industry are voters also.

11/25/2015 12:17:58 AM - Dasan

I was a cigarette smoker for over 12 years. I tried e cigs originally and was able to completely hive up smoking because of them. To me it appears that this campaign to limit or remove them is purely financially driven. I can breathe better now. My clothes don't stink anymore and i personally don't believe that flavors are targeting kids. Adults have a broader palette and would like flavors that appeal to that. Companies who are pushing this legislation through have a financial gain from either the tax collected from cigarette sales or the treatment of diseases caused by them. These lies need to stop about vaping. Before entertaining these unfair practices you should look into deaths related to cigarettes vs vaping. Scientific proof of ill effects should be considered before regulation should be allowed.

11/25/2015 12:17:49 AM - G Smith

I urge you to take into consideration that my choice to quit smoking and switch to vapor products has literally saved my life. I have suffered from several medical conditions since 2007 and suffered the painful loss of my mother a year ago due to COPD. I quit smoking less than a week after her passing. My doctors noticed my lung improvement within the first two weeks. The benefits to my health and to my family members has been nothing less than amazing. At 53 years of age I can honestly say this has been the best lifestyle change I have ever made.

11/25/2015 12:17:40 AM - Isaiah

I was smoking 2 packs a day and smoked cigars daily. I have now been Vaping for 2 1/2 years and love how much better I feel, no wheezing, no coughing, no mucus, my lungs are clear, and I have much better lung capacity. If it were not for a watermelon flavor that really tasted great, I would still be smoking. I started Vaping at 18 mg of nicotine (like a normal cigarette) and now I only use 3mg - 6mg.

11/24/2015 7:06:14 PM - AarchAngel

I started smoking cigarettes when I was 18 I'm now 43 I quit smoking 2 years ago and started vaping with the freedom of being able to choose my nicotine level as able to win myself down to 0 nicotine and I am now totally and completely tobacco-free thanks to these products. Even before dropping down to 0 nicotine level I started feeling better have more energy able to breathe better thanks to e-cigarettes.

11/24/2015 7:06:05 PM - Tash

I used to be a smoker for 18 years. Until I met a lady at a water park. She introduced me to world of vaping. I did my research and discovered that e-cigarettes had come a long way; years prior to this encounter I tried the same e-cigarettes and it DID NOT WORK. I can now say I've been smoke free for 6 months and decreased my nicotine level from 18mg to 12mg and on my way to 6mg. If you take away our right to vape through this bill you will be feeding back into decline of millions of people's health and well-being. Second-hand smoke kills millions every year but vaping does not. I've tried just to quit using programs, patches, & pills and they didn't work. I tried regulated mods and I had great success! For the first time I'd actually remain smoke free. I use a set up that has a rechargeable batteries and tank with prebuilt coils. It's Not the government place to take away our right to vape; you haven't taken away right for deadly cigarettes to be sold!

Furthermore, since I've began vaping my energy level has improved, my kids say I smell better and look better. Not to mention I have spent less to vape than I did to support my smoking habit. I have faith that you will do the right thing!

11/24/2015 7:05:56 PM - Ricky galindo jr

Smoked for about 10 years,smoked a pack and a half a day,last year my wife asked me what I wanted for Christmas,I told her I wanted to quit smoking and that I wanted to try vaping,so I got my first Vape pen and never went back to smoking again,started off with the recommended nicotine level and worked my way down to 6mg then to 3 and plan on going to 0mg,vaping has saved my life,I don't get sick like I use to or cough very bad like I did when I smoked,have more energy to play with my kids and just to enjoy life,please ask that you don't ban vaping products,a lot of my friends also Vape now instead of smoking,it is a very successful way of quoting smoking,thank you for your time

11/24/2015 7:05:50 PM - Brittney Cordero

I started smoking Cigarettes when I was 12 years old. I quit smoking Cigarettes two years ago using electronic Cigarettes. I didn't have plans to quit using tobacco. My grandma and mother had medical issues in the same year that were smoking tobacco related. It scared me into quitting. When I picked a method to quit smoking. I immediately remembered the Blu Commercial with actor Steven Doff. I felt that the blu would help me quit and it did. Since then I slowly moved from cig likes to mechanical mods. I was able to cut down my nicotine down to 3mg. Next month I will be dropping my Nicotine level to zero. Vaping has helped me. I want it stay on the market so it can help others. The same way Vaping has helped me.

11/24/2015 7:05:42 PM - Robert Collazo

Hi everyone, I was a cigarette smoker for over 20yrs and smoked 2 packs of menthol cigarettes daily. I found that my health was going in downward spiral but I just couldn't put the cigarettes down, I tried the over the counter stop smoking gums and patches but was not able to stick with it for very long, so I had been seeing people vaping or what I thought smoking this fancy looking gizmo and I asked a couple of those people what we're they smoking and they said that they were vaping not smoking and asked me if I wanted a hit and i declined cause I thought that this was some sort or way of getting high, lol. So some months passed but still see people vaping and I'm still very curious, so I start looking in the Internet and found out lots of positive info as week as some negative ones, so what the heck I ordered product on line don't remember exactly which one but it had 28mgs of nicotine and I said hell yes, so to make a long story short, this was 4 years ago and since then I have gone down to only 3mgs of nicotine and I don't smell like an ashtray anymore and neither my car or home, truth of the matter I can't stand the smell of cigarettes anymore, this is my story, LONG LIVE THE VAPE AND IT COMMUNITY! !!!

11/24/2015 7:05:33 PM - Mr.William j. Sullivan

I am a 40 year old ex-smoker. I have been trying to quit smoking for 15 years. I had tried everything to stop smoking. My doctor attempted to help me quit; with several different devices and medication available to clinicians, thru the years.I became very depressed ,because of my failures. Eventually I stop trying. Not to long ago,about 3years . I was made aware of a new product that mimics smoking with less harmful side effects. My first e-cig was a duplicate cigarette made out of metal,that produced a small amount of vapor. Needless to say I failed to quit. Once again I was smoking cigarettes. I decided to give it one more chance 2years ago. I bought something that looked less like a cigarette and more like a phone.also I purchased e-juice ,which was not available with my first e-cig. I took these home and started using it. I haven't smoked since that day. My favorite part about being cigarette free is,my ability to belly laugh now. I couldn't belly laugh before without having a coughing fit. I thank God that these products were available to me.Please,Please,Please if you respect life and if you understand how difficult it is to quit .don't let the FDA do this thing.Thank you

11/24/2015 7:05:27 PM - Mike Quinn

E-Cigs SAVED MY LIFE!

I was a 2 pack a day smoker for 25 years. I had tried to quit many times, but could never quite kick the habbit until I tried a E-Cig. I am proud to report that I have been tobacco free for 7 years and counting. I LOVE my electronic cigarette and use it every day to keep me smoke free. I use products that have been lab tested and remain at 3 ml of nicotine. I have helped countless numbers of my friends quit tobacco by using e-cigs. I hope and pray that this valuable tool for smokers will remain available to help them to become tobacco free. My health has greatly improved by being tobacco free for over 7 years!

Mike

11/24/2015 7:05:20 PM - Mr. Gail Crady

I have been smoking for 50 years, started to have trouble breathing ,shortness of breath. I saw ads for ecig so I tried one it was kind of nit I did not stop real cig. right away but a couple of months, I got down to 2 cig. a day plus my ecig I was vaping at 20mg of nicotine , now I am down to 9 mg of nicotine a day. I am on my 4th year vaping and could not be happier. I have not touch a cig for over 4 years and I breath like I never smoked. Clothes do not smell food taste better, and I have not gained any weight.

11/24/2015 7:05:14 PM - shaunna

I started smoking cigarettes 25 years ago. Tried to quit. Never worked. Did not want to try stuff with side effects like the patch or chantix. I was always getting sick. Lungs hurt. Got winded fast. But most importantly my boys begging me to quit. I tried vaping to quit. Didn't think it would work. But it did. I haven't had a cigarette since. It's been 5 months since I had one. I feel so much better. Haven't got sick. My boys are happy about it.I started at 12mg of nicotine now I'm down to 3mg.I use a box mod with a tank. I'm glad I did the switch.

11/24/2015 7:05:04 PM - Frank Mote

August 18, 2014 I was involved in a car accident. While at the hospital being checked out I was diagnosed with enphazema. I had been smoking for nearly 30 years. I began looking for ways to stop smoking. I had previously tried patches, gum and prescripton medications. Knowing that what damage that was done was done, I didn't want it to get worse. A friend suggested that I try vaping as a way to quit. My wife and I visited a locally owned vape shop the following weeks and purchased a starter vape pen kit. We set a quit date of September 8, 2014 and we haven't look back. We were able to taper our selves off of nicotine. A year later I can breath much better and can take a flight of stairs without being out of breath.

11/24/2015 7:04:56 PM - Catherine

I'd been a smoker for almost 15 years. The only time I'd been able to quit was when u was pregnant with my children. Then I discovered vaping. I never thought I'd be able to quit but I am cigarette free for 65 days now. The longest period of time for over 10 years. My children are so proud of me and I can smell things now that I haven't been able to smell for years. the smell of cigarette smoke on my friends makes me nauseous. Please consider all the testimony from all the people that vaping and e cigarettes have helped.

11/24/2015 7:04:45 PM - Angelique Simons

I have been vaping for the last five months. I had started working out in a gym for the first time in my life in March. It wasn't until I started using an e-cigarette that I really noticed a difference. I started smoking when I was 13. After three months of smoking, I couldn't run up and down the basketball court. Cigarettes change my whole way of breathing. I used to love to run and after I started smoking, I couldn't anymore without hurting myself. Coughing and wheezing. I was coughing up icky stuff in the morning after a couple years. Since I've stopped and starting using a e-cigarette, I can breathe. I have endurance, I can talk non stop much to my husband's dismay. But it has been liberating to not have to spend outrageous amounts of money just to get my nicotine fix. And the wonderful flavors make it delicious! I have a friend who owns a Vape shop in downtown concord nh. She could lose her business. I am so much more healthier now then I've ever been. I can dream of running again.

11/24/2015 7:04:38 PM - Melissa B

I started smoking when I was 14. Yep you read that correctly 14!!! My mom smoked, my grandma smoked, my oldest sister smoked, so it wasn't a huge leap to take that first drag.

This was back before the health effects of smoking were widely accepted by the mainstream.

I smoked through 4 out of 5 of my pregnancies. Yep you read that right too :) We have 5 children.

I smoked to be cool, I smoked when stressed, I smoked, when I drank, I smoked with coffee, I smoked after a meal, I smoked about 1.5 packs a day.

TODAY November 23, 2015 I have been cigarette free for a year!

I walked into a vaping store with a friend and she bought me my Christmas present early.

I got a coffee flavored e-juice to start with. Then I tried the sweet flavors because adults candy too :)

I feel so much better! I can play longer with the grandkids, I can hold notes longer when singing in the car. I don't stink anymore...man as a smoker I really didn't know I smelled like that. Now when I am in a store and a smoker walks by me I KNOW they smoke cigarettes and I want to reach out and let them know there is a better way.

I had tried hypnosis, nicotine patches, cold turkey, gum, mints, everything to quit before. I have not had a cigarette since I walked into that vape store a year ago.

I am now 43. I am a non smoker thanks to vaping. I love the sweet e-juice flavors and I would appreciate if I am allowed to keep vaping!

11/24/2015 7:04:25 PM - Amber Gemmill

I would like to tell my journey of being a non smoker to all. I am 40 years old, recently diagnosed with remitting relapsing multiple sclerosis. I woke up one morning and had no feeling in either leg or foot, numbness in other areas. I was in fear that I had had a stroke. I was a 2 pack a day smoker for 20 odd years. Over the years I have tried unsuccessfully to quit smoking. I have been prescribed prescription tablets, and a nicotine inhaler that was all FDA approved. I have also purchased over the counter products such as patches, lozenges and gum. None of these methods, prescribed or over the counter helped to ease my desire to smoke. I would end up bumming one of a friend and would eventually go and buy another pack swearing I would only smoke a couple. Of course, that put me right back where I started. I have a son who is almost 21 years old, that being said, most of his life he witnessed my cigarette usuage. At the age of 14, I found out he had begun to smoke on and off secretly. I did what I could to warn him of the dangers of cigarettes and how hard I struggled to kick the habit. Like most kids his age, they find a way to get the cigarettes. At 18, he could buy his own. How could I tell him not to smoke, when I myself was doing it? I go back to that morning when I awoke to the numbness and the fear I had experienced a stroke. I had purchased a cig - a - like vaping product produced by a cigarette company. It was a crutch I used until I educated myself on devices and products that made me have no cigarette craving at all. My entire life has changed since I quit smoking two years ago, 11/13/13. I don't cough in the morning, I'm not out of breathe easily and I no longer get chronic bronchitis since. I know that I am free of these afflictions as a direct result of my quitting cigarettes. I would also like to share that my son is now smoke free as well with the help of vaping. Not only am I 2 years smoke free, my influence that started his smoking has now been to save him from many years of smoking. I am proud of being the one to help him and so many others to make the switch. I can't say that it is 100% safe, but I don't know of any activity that is. I do know that my body has changed over these past two years, for the good. I can say that vaping has helped a tremendous amount of people to quit once and for all. I know that this has been felt in the pockets of tobacco companies, pharmaceutical companies, and insurance. It's as if you are telling us that the money is more important than the health of the citizens of our country. I am in complete agreement that regulations, age restrictions and more research done, but don't take this life saving product away, or tax it ridiculously high, I will use Cook County in Illinois, 95% taxis absurd. All I seem to hear from those who oppose vaping, e cigarette usage is the same thing over and over again. The flavors, the children, it's the same regurgitated speech every time from them. I don't see the flavors attack used for alcoholic products, and the last time I checked, adults enjoy candy, fruit and dessert flavors. Vaping will not go away and we all go back to smoking combustible cigarettes. Please, do not take this useful tool that so many have found to end our smoking habit. If you want to protect the children, then let's work together to stop the smoking cycle from the older generations to the younger ones. I vape and I vote, and I, along with numerous other

voters will be watching those representatives who refuse to be educated and informed on current information. Thank you for your time and I hope my story along with my son's and the many friends I have who have made the switch will find you and open your eyes to this life changing tool. one of many testimonies of how vaping changed my life and the long term effects it will have on the public health as a whole.

11/24/2015 7:04:08 PM - Angela Siedell

Prior to finding vaping, I smoked for nearly 30 years. Over the years I tried nearly everything I could to quit smoking - cold turkey, nicotine gum, patches, lozenges, inhaler, pills and even hypnotism. I managed to quit cold turkey when I was pregnant, but went back to smoking when my son was a year old. I even smoked cigarettes while I was being treated for cancer - it had THAT much of a hold over me. The first smoke-free alternative I tried were the disposable cigalikes in convenience stores - NJoy, Vuse, Blu and Mark10. The only one of those I managed to stick with for a while was Mark10, but it became very expensive and I still craved cigarettes and still smoked now and then. Finally, I went to a local vape shop and picked up my first open system - an Emow. I started with 12mg eliquid and gradually stepped down every two weeks until I got to 3mg. From the 1st day with my Emow, I stopped smoking completely and haven't smoked since - approx. a year and a half smoke-free. I became an hobbyist and began using rebuildable atomizers after a couple months. One of the best side effects of quitting smoking with vaping is the lack of weight gain. The variety in flavors satisfied my sweets cravings and prevented me from replacing smoking with constantly eating like I had in the past. My respiratory doctor feels that vaping as IMPROVED the condition of my lungs. He said he has never seen someone's lungs improve this rapidly after quitting smoking with any other method and he feels that it has to do with moisture and propylene glycol - I am very prone to pleurisy and have overly dry lungs. In the year and a half that I have vaped, the occurrence and severity of pleurisy in my lungs has been diminished by more than half! I continue to vape because I enjoy it, I find it relaxing and it tastes delicious. I don't always vape eliquid containing nicotine, but when I have a craving for a cigarette, I keep it on hand so that I never go back to smoking again. I have helped a few dozen other people, including cancer patients, disabled people, elderly people to make the switch as well and they have all successfully given up cigarettes in favor of vaping and are very glad that the did. I have several chronic illnesses that smoking made a negative impact upon, but since becoming a vaper, I breathe better, my sinuses have improved, I don't snore as much, I haven't gotten colds/flu/pleurisy as often and when I do those illnesses aren't nearly as severe as they have been in the past and don't last near as long. Vaping saved my life and can save millions more!

11/24/2015 7:03:41 PM - John wolf

Ive smoked traditional cigarettes since i was 15-19 years old. For the year i have been combustion free, and living a healthier and cleaner lifestyle because of vaping. It saved me my life. I found myself not getting sick nearly as much as i did with smoking cigarettes. I dont get heart burn, or sore throats. I can run longer. I vape on regulated and unregulated mods. I satrted on .06 nic level, and after a year, im down to no nicotine at all. Vapor products are life saving, and better for the environment.

11/24/2015 7:03:34 PM - James Wright

I smoked for 36 years I have been cigarette FREE over a year now. I chose vaping to quit smoking cigarettes because I was diagnosed with C.O.P.D. my uncle who was just 11 years older than I am had C.O.P.D. and I watched him die from it. I am a very proud parent and grandfather to some awesome children and grandchildren. I started vaping. So I can spend more time with my family! Plus I got my kids who smoked into vaping So they would quit smoking also!

11/24/2015 7:03:28 PM - Robert Carr

I smoked over a pack a day for 20years. The day I started vaping(2 years ago) was the day I had my last tobacco cigarette. My health has improved dramatically. I no longer cough or get sick multiple time per year and I now jog for fun. I no longer smell bad and my son is proud of me. I am a firm believer that e cigs saved my life.

11/24/2015 7:03:18 PM - Robert Miracle

My story most likely starts the same as so many other vapers out there. I started vapeing as a way to quit smoking cigarettes. I started smoking cigarettes when i was around 14 or 15 years old. Right around when i started in my culinary career, I'm 43 years old now so smoking cigarettes was a 26 year at least a pack a day addiction for me. A few years ago I decided that enough was enough, it was time to quit. I was tired of coughing, feeling like crap, smelling like smoke and having people constantly tell me the dangers of smoking cigarettes. I tried a lot of different types of things to help me quit. Pills, patches, gum and so on... Nothing could help me make it stick. Then about two years ago I started seeing ecigs showing up in stores. Still really wanting to kick the smoking habit... I gave them a try. In the begining it was working or at least helping i should say. While i was getting my nicotine fix, that craving for a cigarette was still there. I started vapeing using BluEz... And I noticed that two of the biggest hurtles i was facing was the fact that they tasted and looked like cigarettes. Even came in a pack that looked like a cigarette pack.

I had seen people and met a few who vaped, so I started asking about there experience with vapeing. And everyone of them said the samething I do now... Its the only thing that has worked. So I started doing some research on my own, found a couple local vape shops near me. I didnt really think much more of it till a few months later.

I went out to get a pack of cigarettes which i did. And can remember exactly where i was and what time it was... The date slips my mind but I had just walked out of a CVS on 11th & South St. in Philly... right around 10:30 in the morning. I packed my new pack, opened it and light up a cigarette... Usually, that first drag of a fresh cigarette was awesome... But for some reason... This one wasn't, not sure why. I remembered that I had saved some info to my phone.... Looked it up and was right down the street from a shop. So i went to this shop, talked with the owner about vaping and what i needed to do to get started. A little bit later i walked out of the shop with a ProTank2, EVOD battery and a couple bottles of juice. And i havent looked back since... Ive now been tobacco free for two years.

Do I feel that vaping helped me quit smoking... Yes... 100% YES!!! Do I feel that vapimg can help other people to do the same... YES... 100%. Please FDA dont take way something that can help save hundreds of thousands of lives. Please FDA, stop protectimg a industry that kills

11/24/2015 7:03:10 PM - Alex

I remember the days when I used to wake up with that nasty dry mouth and gross taste. The days when food wasn't tasteful are long gone. The days of feeling sick all year are gone. The days of breathing difficulties and a nasty cough are gone. The days of smelling like an ash tray are gone. What do I owe this too? Not a magic pill or patch or even gum. My own will power, sure. I'll give myself some credit. I truly owe this to vaping. It has both saved and improved my life.

Without vaping I would probably still be harbor in all those bad habits of the past. My life would not be as full without vaping. To top it off I have gained so many great relationships as a result of vaping.

Thank you

11/24/2015 7:03:00 PM - NativeNiner

So I started smoking at the age of 11 years old, I began smoking heavily by the age of 12. How was I able to do this you wonder? Easy, I had older friends who had no issue providing me with cigarettes. From there I smoked for a solid 10 years. I tried to quit many times, but had difficulty doing so with the obvious thousands of documented addictive chemicals/toxins within cigarettes. So like many other human beings, I began searching for a safer alternative that would suppress my smoking habit without smoking. So began my vaping experiment. I figured what did I have to lose, if their was a possible safer alternative I'm more than willing to give it a shot. Anything to get me to stop smoking. So like many other people the first alternative I tried was the "e cigarette" more specifically the brand Blu. After giving it about 3 days, I was not satisfied with what the blu brand was offering. At this point I had given up and went back to smoking cigarettes, for roughly another month or so. Then I met someone who had a vaporizer who suggested I try one out. So I did. It took a little experimenting at first but I stuck with it. I'm glad I did so, because once I found the the right set up I instantly had gratification. I had finally found an alternative that was built in a way that I no longer had the urge to smoke a cigarette. I have not smoked a cigarette since that day. I'm going on 19 months cigarette free, with no intention on ever smoking again. Since then I have felt much better health wise. I'm an active human being I like to do physical activities, and my breathing is significantly better since switching from cigarettes to a vaporizer. That's my story of how vaping saved me from a potential shorter death. I support vaporizers and I will continue to help any smokers I can make the switch to vaping. Each and every person I influence to make the switch is a potential life I save, and who wouldn't want that.

11/24/2015 7:02:51 PM - Me

I was a pack and a half daily smoker for 18 years. I had a couple doctors talked about vaping and I ignored them. A few months went by and I had to do blood work for my family doctor my blood pressure was high, cholesterol was high, was showing signs of liver failure, couldn't breath, heart racing and just that overall feeling I'm going to die at a young age. My family doctor wanted me to be put on medication which I didn't want I knew once I got on medication I would stay on it for the rest of my life so I asked for time to get healthier before starting medication. I have 3 small children and I thought I have to try something to better my health. Not having to much faith in vaping I got online and got a cheap twist ego (the spinner) and knew I was going to have to do this wholeheartedly, once it arrived I went to my local vapor store and asked questions and in my mind I'm thinking a cigarettes has 4000+ chemicals in it so it has to better than what I've been doing. So I started at 18 mg of nicotine with the occasional cigarette, After 2 weeks, I completely stopped smoking, now 6 months later I'm at 3mg of nicotine and I can breath, my heart don't race, just got my new bloodwork results back yesterday and all my levels are back to normal and at great levels even blood pressure. My doctor said whatever you are doing is working, I know it's because I stopped the cigarettes it's the only change I've made and I used vaping to help me, it really does work.

11/24/2015 7:02:41 PM - Edward Patronick

To whom it may concern,

I wrote a book last night ,but being so agitated I forgot the most important people in my life and why they are no longer here. One word Tobacco.

My Dad being the oldest of four children is the only non smoker in regards to his siblings. He's in his early 70 s and in very good shape, as I said he never smoked not one. His mom ,my grandmother passed age 53 she had countless trips the local hospitals, I think just about everyone knew her by name, wonderful lady who treated me the oldest of her grandkids like her own. Dad had two brothers his middle was an 18 year old marine that signed to go twice to nam, heavy smoker age 50 his heart exploded the coroner said nothing was left, he looked to be in great shape but that was on the outside, dad also has a sister that's still alive but she's had a pacemaker for years she must be around 70, Dads youngest brother again gone lung cancer age 52., My grandfather lasted the longest but died a horrible death 70 s not sure exact but early 70s.oh and pop was a WW2 Army vet.they all have,had one thing in common burning tobacco. It disgusts me that I carried on even when I watched how those I loved suffered so much.

My wife s dad, a cold war Vet another tobacco burner had a Trac tube lung cancer ,he lived and worked like that for many years, no one told him your sick and qualify for benefits, you don't need to work in that dusty silk mill. He worked till retirement 62, and passed shortly after.

Are any of the FDA and others that want to run our lives are aware that pretty much everyone has a certain amount of nicotine in there bodies? Check Eggplant, and most root veggies such as carrots,onions, the list goes on. those plants produce nicotine to protect there roots from bugs., Aside from infants, we all have a certain amount of nicotine in us by default. Burning tobacco or vaping, now your comparing apples to oranges.

Before those in charge of us tell us what's good and what's bad. I would suggest some studies based on science, not hocus pocus and what ending you want..

As I said if big tobacco is so interested there is no one standing in there way to develope new products that are known to be at least safer and make money. Not just sit back and buy how they want things, that's not fair to any of us. Myself personally can't go back to any tobacco product, (40 years of 1 to 2 plus a day is quite enough.)

I will repeat it one more time let the free market work!!!, u want yo make money, invest it or produce something ,anything- from mods, attomizers,accessories, maybe even a line of E Liquid , nothing is standing in your way. The blue fakes won't work. they have

been tried over and over. (don't work,) so in that case what's left to do, go buy cigarettes . I can't speak for everyone but me personally will never go back , just can't do it.

Think about an entire industry that's thriving, and those that make it work, it's not just the vape shops, or second hand vapor outside? Seriously? Well we may just van gasoline and oil products, the list will get bigger and bigger. We are not hurting anyone, and it's not written anywhere that it's fact that vapor is even close to burning tobacco. From that first drag, it starts heart rate to speed up and making your veins smaller. Tobacco and the 300 to 400 chemicals are the real problem. You can say it over and over, it won't ever be the truth, please do the right thing and dont dig a bigger hole that future generations will be paying for.

Thank you for listening

Ed.

11/24/2015 7:02:18 PM - Doran Hegge

Hi my name is Doran Hegge and I am 20 years old. I started smoking when I was about 14 and then heavily when I was 16. I started vaping about 6 months ago and have not only quit smoking, but lost about 100 pounds because I am actively outside and hiking and walking now since my lungs have improved about 100%. Vaping has changed my life for the better. I use a Snow Wolf Mod and buy locally made juice (WA state represent) and also save a lot of money now that I don't smoke

11/24/2015 5:16:02 PM - David Wade

I had smoked a pack and a half of cigarettes a week, especially when i was working or working on vehicles. Most of the time i would have dizzy spells if i smoked too fast and sometimes stomach aches. After learning about vapor products i decided to try it and was amazed that it satified the craving i had for cigarettes also didnt smell bad, my mouth didnt taste bad and i didnt have any of those symptoms of dizziness or stomach aches. After doing futher research and seen infromation on cigarettes having 4000 - 6000 different chemicals in them it was no surprise that the tobacco was making me feel sick. Also learning that the liquid used in vapor products only had four ingedients it wasnt hard to recongnize that it was a safer alternative. It has been three years since i smoked a cigarette, i dont cough at all anymore and there is no lingering stench. Over all i think that its a great alternative and the options of different flavoring to choose from make it very enjoyable and dont see myself going back to tobacco at all.

Information like this should be given to people so that they themselves can make the choice.

Im hearing alot about regulation of flavorings and information that can and cannot be used or advetised or told and it scares me. I think people need to know that its a safer alternative also that it could possibly help you stop smoking and as a consumer have the right to contiue to puchase a flavor of liquid of my choice knowing that there is virtually no dangers like there is with conventional tobacco with over 4000 chemicals in it. Regulation and or taxation isnt necessary, the products are already expensive enough for the cosumer that wants to continue using these products. Im writing this letter in hopes that my voice may make a difference making sure that these products remain available to me and everyone else who chooses to use them instead of tobacco that has proven to betoxic, cause disease, and kill countless people for almost a century.

11/24/2015 5:15:46 PM - Kim Jones

I am a vaper, cigarette free for over a year now. All thanks to ecigs. In the past I had tried many alternatives to try and kick the habit. Such as Chantix, the patch, Nicorette gun, hypnosis, quitting cold turkey, etc. All had their own set of side effects and did not work for me. The first time I smoked a cigarette I was 8 yrs old and stole s couple from my parents. At age 12 I found ways to get packs of cigarettes on my own and it was over from there. I was a smoker for 14 years.

Without ecigs I would still be failing and smoking cigarettes. Harming not only myself with all of the chemicals and carcinogenics, but also my children with second hand smoke. While a smoker I had horrible breathing problems, needed inhalers, breathing treatments and had bronchitis 2-3x a year. My kids had breathing problems also.

Now we have no problems. I have not touched an inhaler since I started vaping, I haven't gotten sick as often as I would, no bronchitis, no issues. In fact I can breathe much better, I can run around with my kids and not be out of breath. I can smell and taste things much better also. Now when I can smell a cigarette a mile away and it makes me extremely nauseous and if around it too long I get a horrible headache. I don't smell like an ashtray and my kids are extremely happy I don't stink anymore.

I want to keep ecigs & ejuice on the market without a ton of regulations & huge taxes on it..because I want the younger generations when they become 18 yrs old to have an option to not pick up a cigarette full of chemicals & carcinogenics. Have the option to use something less harmful, with no side effects that wasn't put on the market by big tobacco or big pharmaceutical companies.

Also it should be up to companies and business owners if ecigs are allowed in their establishment or not. As far as taxing ecigs...we as vapers got away from cigarettes not just for our health but also to save money. Cigarettes are extremely expensive just as they are extremely dangerous.

We need all the help supporting HR 2058. There are thousands of people like me, vapers who need to keep the industry alive, fight for our rights to obtain a healthier lifestyle. There are a ton of other harmful things out there than ecigs. Please let me know where you stand on this matter.

Thank you for your time and consideration!!

Kim Jones

#proudtovape #IAMPROOF #SUPPORTEROFHR2058, #STORYFORCHANGE #blowcloudsnotsmoke #notblowingsmoke

11/24/2015 4:57:17 PM - MissManners

HARM REDUCTION. The reigning watchword in the recovery milieu for this past 20 years. Having worked as a drug & HIV Counselor, and in behavior therapy, I am very familiar with it. Essentially, it is an approach to destructive behavior modification/eradication wherein small steps are taken to eventually achieve the goal, and has proven to be largely successful. So, when my goal to quit smoking (after 25 years on & only three years abstinence) was repeatedly met with total failure, the universe intervened by sending an avid vaper to my house. I had EVERY intention of quitting, couldn't stop even when I had achieved my life long goal of getting pregnant (deplorable!); I simply could not (and I don't say those words often or lightly) remain a non-smoker for any length if time. But I had tried "ecigs" with zero success, and had never heard if vaping. With my baby asleep, I ashamedly asked her if she'd join me in the curtained off kitchen so I could smoke, and she asked if she could Vape. Before I lit my cig, she urged me to try her method, and the juice in her tank was so delicious that I couldn't stop thinking of it, hating the smell & taste of my cig. habit. I began doing research online, and all except for a few "shock rocking" anti-Tabacco sites, everything I read-extensively a German study- touted vaping as being 80%-90% safer & healthier across the board, save for a few unknown variables that only time will expose the answers to. Life is rife with 'unknown variables' dependent on time. Craving that sweet flavor in my mouth over the dirty, smelly ashtray one from cig., I bought my 1st tank, an eGo battery, and started my journey in the world of vaping. Let me tell you, I an extremely happy and grateful that I did. I started at 24 strength, and inevitably, as I learned and got better equipment, I became unable to even tolerate that high- I am now happily at 6 strength, and have about 18mnths off cigarettes. I didn't plan to go down in nicotine, it's just part of the process. Marketing to children?? Pfst. I have never, ever, seen any shop or site I've visited market in any way to children. I'm well over 30, and gravitate towards the candy unicorn fun flavours as well as the rich vanilla caramel ones. Especially as I can no longer eat those types of 'foods'. Plenty of my generation of adult live the kitschy, bubble gum marketing. As for convenience stores marketing their ore packaged ecigs near the candy aisle, I'd take it up with them, move to ban THAT, NOT the vaping industry. Just because something unknown is scary doesn't mean it need be shut down. Look: I/my home/ my clothes & hair no longer taste or smell like cigs., my fingers are no longer yellow from the smoke, my sense of taste has returned, I don't cough up loogies constantly, I can go hours at a time without vaping (couldn't go a couple hours without cigs.), and I could go on. Vaping has been a 'HARM REDUCING' step for mr in my attempts to quit smoking, and I'm closer to being stopped than ever before. Without all the shame. While it's true that I get a lot of grief from mis-informed friends/family, I get a lot less than I did as a smoker (my mother died from smoking cigarettes RIP mom). And my craving for cigs didn't go away overnight, but the difference in taste was such a wake up call that I have not gone back to cigarettes, cravings or no. I'm thankful that this harm reducing step was available to me. Because

nothing else was working- not gum or patches, cold turkey, medicine, not even desperate desire to quit. Vaping Ejuice just gently led me away from cigs, and now, a year and a half later, I Vape like I wish I could've smoked, occasionally, for fun, as a treat. I try not to do it in front of my son, and go to great lengths to keep an hand all gear/Ejuice well out of his reach, and am sure to share safety tips with any body I know that uses Ejuice. If you take that away fro me, to be honest, I don't have a whole lot else to fall back on, having serious joint & back problems, unable to afford to indulge in even eating the way I like to, vaping gives me something to look forward to as I single handedly raise my son while attempting to rebuild my career to the point that it will afford us a life away from crowded, roach infested, crime riddled neighbourhoods. It's a personal thing I get to have that is FAR less harmful than smoking cigarettes or any number of the choices available to me. Please don't let your unfounded fears & self righteous opinions (we all have them) limit MY right to choose how I quit smoking. Nothing else has worked for me so far. I need this, as do many others. It should be up to US to decide if we want to use it. You've sold cigarettes for two decades knowing the brutal, blatant and unequivocal damages. I do not feel it is just to deny addicted users the right to a healthier choice. Try reading some of the studies from Europe: much different than the shock propaganda I've read from here, almost All of it based on pre-made ecigs, NOT the premium juices and heat controlled equipment most of us use. This is American. Please allow me the respect to make my own choices. Thank you.

11/24/2015 4:23:09 PM - Janet Ellis

I quit smoking in April of 2014. I had tried patches and "cold turkey". A friend and I were going to buyour cigarettes and decided to stop in the vape shop. We both bought mods and haven't smoked since. I enjoy the fact that you don't smell anymore and the choices of flavones.

11/24/2015 4:22:28 PM - Mr. Charles Henry

My name is Charles L Henry Jr I smoke cigarettes or 40 years I was up to four packs a day. I was diagnosed with COPD the first year of vaping I regained taste my energy increased and better yet all symptoms of COPD have all but disappeared. If it weren't for vaping who knows where I would be now. I tried all other forms approved by the FDA to stop smoking nothing ever helped. Vaping I truly believe has saved my life. I understand somewhat of what the FDA is trying to do but in the end it's always about the big money coming from the big tobacco corporations. We all know how the game works don't we. Vaping e cigs has helped more people stop smoking cigarettes, dipping snuff, and chewing tobacco. More than any other product on the market. After just one year my doctors could not believe the improvement in my lung capacity and started sending there hardcore smokers their patients to my vapor shop. I run a vapor shop with my wife at 604 Park Avenue Northwest Norton Virginia. I have seen people that smoked 4 years decades even my cigarettes down laid tobacco products down. All because of vaping. It works and why would you try to fix something that is not broken. Once again big tobacco and their billions of dollars are definitely a player in this game. I could give you countless emails of countless people that have been helped by vaping. It is truly a godsend truly is remarkable. I see hundreds even thousands of people each week changing from tobacco products to vaping products. And to put vaping into the same category as cigarettes is just a convenient move for the FDA . the only thing that even comes close would be that you can use nicotine or not with vaping just because some vaping liquids re juices Or liquids whatever you prefer to call them contain nicotine does not mean you can conveniently lump them in the same category as a tobacco product. Could not be any further from the truth. Vaping is its own category vaping does not have 4000 to 7000 poisonous carcinogens. All I can say yes I have seen all the positives and 0 negatives about vaping. I smoked for 40 years and now I'm smoke free thanks to vaping. Do what you will with this information I truly hope it helps because vaping truly has helped change my life for the better. Thank you very much sincerely Charles L Henry Jr owner operator of the vapor shop inÂ Norton Virginia.

11/24/2015 4:22:15 PM - Noah Laughton

The vaping industry has saved my life by quitting smoking 2 years ago. These beneficial products are a testament to those that are not a slave to big tobacco anymore. Recently I have reduced my level to 6 mg and on my way to 0.

11/24/2015 4:22:08 PM - J.R. Cristo

I smoked heavily for around ten years. I tried using the nicotine patch to quite, but couldn't stop smoking on top of it. I tried the nicotine gum, with no luck. Then the louzenges. I couldn't get rid of the urge to smoke something. So a friend told me about trying a vaporizer. He said he had cut back drastically in the first week. So I gave it a shot. It was kind of weird at first. But, once I got the hang of it (only a couple days), I started to love the flavor. I immediately cut back on my cigarettes. I had 6 cigarettes in a pack that I had when I bought my vaporizer. The first week I smoked 5 of the 6 that I had, growing more tired of them each time. That last cigarette I never smoked. It sat in a pack under my sun visor in my car for six months. When I realized that it was there i threw it out. Right around the same time, I noticed that my sense of smell started coming back. Along with my taste. Food started tasting better. I didn't smell like "butts" anymore. I started out on 18 mg of nicotine. Over that first year I slowly cut down on the nicotine. Now I'm on 3mg. I don't crave the nicotine anymore. I've noticed that I don't get upset at the littlest things anymore. I don't think about running outside to have a "butt" anymore. I feel better. I have more energy. I owe it all to vaping. Why are we trying to ban something that has had such a powerful impact on so many lives? We should be fighting to save vaping not trying to get rid of it. Thank you.

11/23/2015 8:02:30 AM - Sophia1560

Started smoking at age 18, ecigaretts has allowed me to finally get away from traditional ecigaretts, I have first stage COPD....a blessing that this product is available.

11/24/2015 4:21:43 PM - Sophia1560

Started smoking at age 18, ecigaretts has allowed me to finally get away from traditional ecigaretts, I have first stage COPD....a blessing that this product is available.

11/24/2015 4:21:27 PM - lilbit from southern indiana

I smoked for 25 years I quit smoking cigarettes a few years ago and developed ulcerative colitis now i vape because the nicotine in the juice helps with my flare ups and they are not as bad now that i am vaping along with my meds. I am not getting all the harsh chemicals that is in cigarettes. I dont smell like a ashtray. Im not worried about coming into my home and smelling cigarette smoke. now i can visit with my mother and not worry about her allergies actting up.

11/24/2015 4:21:19 PM - Jared M

I smoked for over15 years and at the end was at about 2 packs of menthols a day. One day i saw a friend of mine vaping and asked him about it. The same day i went out and bought myself a iTaste starter kit and a few flavors of ejuice. I NEVER turned back. I literally put down cigarettes and havent had one since. Its been almost 3 years now that ive been off cigarettes completely and i feel 100 times better, my kids dont have to smell me smelling like an ash tray, i dont get sick as often, and i feel alot better about myself. If you were to take away the amazing selection of premium ejuice flavors, and vape related products, it would be the downfall of alot of people. Think of all the lives vaping has saved. Mine included.

11/24/2015 4:21:10 PM - jtfe

I was a smoker for 20+ years . I tried everything and nothing was working for me until some of the guys from work started vapeing. I was skeptical at first. Then I took the plunge i was a pack a day smoker and a can a day chewer. I say i went into it half heartedly then one day I just quit buying cigarettes and chew and continued to use my vape. Now i can breathe better and feel a better during my day to day activities. I am currently in the process of trying to get my father a 2 to 3 pack a day smoker into it

11/24/2015 4:20:45 PM - The wrong one

Another letter is coming this time the topic will be how many people in my family that have died as a direct result of burning tobacco.. A good rest maybe I can put something meaningful in thus box. On the damage you big tobacco have done to both mine and my wife's family. Let's not talk a gateway to tobacco for teens, ir how many 5 year old were poisoned by DIY makers. How many drank cleaning oroducts,how many drank clorox? I have yet to hear one good argument on killing an industry that has helped so many people sND also provides jobs we desperately need.

Think please.

11/24/2015 4:20:31 PM - Marilyn

I smoked my first cigarette when I was five years old.

I had to sneak into my mother\'s Pontiac when I was playing outside and get into her ashtray. I used the car lighter to light the cigarette butts I found there. I have no clue how often I did this but the memory of it is quite vivid. My parents would tell you that I was otherwise a very honest and well behaved child.

My babysitter at that time was in junior high and she was a smoker. One day I asked her if I could have a cigarette. She shared hers with me whenever I asked, but she never let me smoke one on my own as she said it would make me sick.

My Mom finally caught me in her car a year or so later and she made me smoke a whole cigarette thinking it would make me sick and discourage me. I happily smoked it and my Mom was at a loss. It hadn\'t made me sick as she hoped. After that she pretty much just let it go. She didn\'t condone the behavior but rather decided to ignore it as far as I could tell.

I continued to steal and smoke butts from ashtrays off and on for the rest of my childhood. As I got older my friends would steal packs of cigarettes from their parents cartons and they shared them with me. As a teenager I gave my older than 18 year old friends money to buy cigarettes for me. When I was 15 my Mom basically realized there was no stopping me and finally started buying packs for me.

The only times in my life that I wasn\'t a smoker were during my pregnancies and while breastfeeding. I honestly had no desire to quit for myself, not once, not EVER, but I did quit for the sake of my children during those times. I\'ve also never smoked indoors or in the car because I\'m fairly certain that second hand smoke was how I became addicted in the first place as a child.

I discovered vaping about two years ago and I haven\'t smoked a cigarette since. I started out with 24 mg strength nicotine and now use 18 mg strength. I vape just one 18 mg strength 18 ml bottle of vaping liquid a month as opposed to the half pack of cigarettes or more a day I smoked for all those years.

I don\'t crave cigarettes at all any more and I have no desire to go back to them.

I don\'t stink of cigarettes any more. I don\'t wake up in the middle of the night from coughing fits any more. I can sing again without my voice cracking. I can exercise without losing my breath. I save so much money. Vaping has been a totally positive change to my life. I am 100% positive that vaping is the best thing that ever happened to me.

Obviously it would be better for my health to be completely nicotine free, but for people like me that sadly just isn\'t a reality. I am absolutely positive that if I was unable to vape, I would be right back to smoking cigarettes again.

11/24/2015 4:20:03 PM - Duane Stout

I started smoking when I was 14 years old. I was a freshman in high school. At that time, I was living in a house hold where the adults did not care and were purchasing cigarettes for me. I am now 36 years old. In November 2014, I purchased a cheap gas station brand pen style ecig and a bottle of 24mg nicotine ejuice. I had intentions of using it while away at family's during the holidays. It did not satisfy me or reduce my urge/cravings to smoke. I was truly disappointed. I really wanted to quit smoking.

In January 2015, I decided to try again. This time, I spent several days researching online to find the perfect device. Something that would satisfy me and allow me to put the cigarettes down for good. On January 23, 2015, I received my variable watt vaping device. It was exactly what I needed. It was powerful enough and advanced enough to satisfy me and my desire to smoke! I did it! I knew from that point on, I would not smoke again. I have not touched a cigarette since that day! I had received a bottle of ejuice for Christmas from a relative that heard I was vaping. It was 18mg of nicotine. I am now down to 3mg/1.5mg nicotine. I plan to purchase some 0mg nicotine to start the process to being off of nicotine completely!

I have tried a couple of different methods to quit smoking. I have used Wellbutrin, which made me feel funny and quite that before the bottle was close to being gone. I have also tried using the patches. Both were unsuccessful.

One of the many reasons I wanted to quit smoking was due to my health. In November 2014, I had come down with a serious case of bronchitis. It lasted for a couple of months and even into the start of me vaping. It actually scared me. I thought I had got COPD. I would wake up in the middle of the night in a panic because I couldn't breathe. I knew smoking was bad, but it had such a hold on me that I couldn't quit. I was freaking out. Within a month of vaping, my symptoms were gone. I no longer laid in bed at night gasping for breath. I could breath normally again! I started sleeping better and felt better.

Another reason I started vaping to quit smoking was because of my wife and children. Smoking was such a burden on my family. My kids hated that I smoked. (I did not smoke in the house or around my kids). I felt so bad when they would ask why I smoked and tell me that I was stinky. I felt bad and guilty. I didn't want them to see me smoke and told them on a regular basis that smoking is bad and to never ever start smoking, no matter what. I remember my parents telling me the same thing when I was a kid and I thought it was nonsense. They know that vaping is not 100% healthy, but they also don't need anyone to tell them that vaping is 95%+ better than smoking cigarettes. This alone has been one of the greatest parts about vaping. Knowing that I am bettering my health and also setting a better example for my kids. I don't want them to vape either. I want

them to be smoke and vapor free. But they know that smoking is bad and vaping has helped me quit smoking and helping me become healthier.

Another reason I am glad that I started vaping to quit smoking is due to the smell. Even as a smoker I noticed how terrible I smelled. I am sure my wife and kids loved giving kisses to an ash tray every night I got home from work. Or smelling like an ash tray at work and in meetings. This had a huge impact in my life. I knew that I smelled disgusting to all non-smokers. I felt terrible when we would all go to lunch and it was my turn to drive. My co-workers are kind people but I knew they were not liking how my car smelled. My jackets, clothes, skin, hair, breathe wreaked of cigarettes. I am so glad that I no longer have to deal with that. The relief of stress and worrying about it has been weight-lifting. No more worries!!

My decision to start vaping to quit smoking has been one of the best decisions I have ever made. Not just health wise, but mentally. I have felt so good about making the decision to start vaping. I am so much happier and no longer feel ashamed. I have accomplished something that billions of people have not been able to do and something millions are starting to do. The world as a whole needs to wake up and realize that vaping is so much safer than smoking cigarettes. That vaping does work and will help people quit smoking. That it does change lives. That it does save lives. Vaping has saved my life! Lets help save more lives!

11/24/2015 4:18:59 PM - Lisa J Mills (aka Thunder.Smallfrye)

I was a 2 pack a day smoker for over 30 years until Feb 2014. I wanted very much to quit, but no amount of will power, over the counter or prescribed medication, acupuncture, etc. would keep the desire for yet another cigarette away. Some say it's all of the added and/or unknown chemicals added during the growing of tobacco and manufacturing of cigarettes that kept me going back.

Because of this, a good friend of mine let me try her vape device (ecigarette). I did a ton of doing research into the devices, and what little is used to make the fluid (typically 4-5 food safe ingredients). I came across an online website that mentioned a vape shop that was close to where i was living at the time. It was very informative, more so than some of the independent research i had done.

So I called my friend up and we went to this shop. We walked in, spent over 2 hours talking to the owners and the customers that came in while we were there. From 25 year olds that had been smoking for 10 years) to an older lady that had to be 70 plus.

We left with a starter kit and several different flavors (NONE of them were a tobacco flavor). We both put our cigarettes down the next day and haven't smoked since!

If I had not received so much helpful guidance with my choices i would have stumbled around on my own, wasting money and time, and probably gotten frustrated with it all and go back to smoking.

For years i wanted to quit smoking, but after trying all of the cessation items on the market nothing worked. Some of them even made me sick (the chantix pills put me in the hospital for over a week, I'm allergic to adhesive so i walked around with a rash on my arm from The Patch, the gum sucked, etc.).

My doctor told me during my last checkup that I was 1000% healthier compared to 2 years ago. During the winter months I had chronic bronchitis, colds one after the other, headaches, and other smoking related issues. I haven't been sick since that Feb day when I switched to vaping!

A gateway to smoking some say... Nobody who vapes would ever go back to smoking! All you need is the right setup and the right level of nicotine (or not... Quite a few people drop their "nic" to zero within months). Only the vaper knows what that "right" level is.

I'm all for childproof caps, warning labels, and no underage sales (18), but the BS of saying flavors are marketed to kids is just that. Have you been down the alcohol row lately? I hadn't in years, but now there's cinnamon whiskey, pineapple vodka, fruit punch wine coolers, etc, etc. Seems to me all that is geared towards luring young people

into drinking by making it more appealing to their taste buds. But there are laws in place to prohibit underage drinking, and the purchase of liquor.

Thank you for reading this. Maybe it will spark additional discussion... Like ensuring the devices are solid, safe, not shoddy, build with safeguards to ensure they don't fail right out of the box. Juice needs to be regulated too, but only to ensure the ingredients are safe, food grade, and created in food grade facilities/clean rooms. And to have laws put in place to ensure underage kids cannot buy these products.

Sincerely,

Lisa J Mills

11/24/2015 4:18:23 PM - Alison Lambert

I started smoking tobacco products at age eleven. It has taken me 35 years to get off of nicotine. I thoroughly enjoy vaping purely for the act itself. I have been vaping for 6 months and i have never felt better. Please do not shut down this industry. It is very useful to those of us who do not want to stink like ash trays. Thank you. Alison.

11/24/2015 4:18:09 PM - alexis Nacario

Been a smoker for about 8yrs., after discovering ecigs.... It changed my life, the way I think, the way I feel. Now jus smelling regular cigarettes makes me sick, I start to cough and sneeze. Ecigs, do the opposite, they make me smell better, I don't feel sick, and I'm not putting over hundreds of toxics chemicals in my body, as to where ecigs onlys have nicotine and flavoring in it and not one death from ecigs from health issues

11/24/2015 4:17:59 PM - C. J. (Rhinelander, Wisconsin)

I started smoking at the age of 19 and tried many different ways to quit. The patches and the gum were useless. Then I tried Chantix. It seemed to be working but then I started puking and puking and puking. I thought I would be smoking until I died.

Then I saw an advertisement for e-cig. I tried a Blu first and hated it. The I saw the other e-cig that you could use different flavors of juice with. My husband bought one for me and I was on my way.

It's been 3 weeks now without a cigarette and I don't really miss it. These things are a virtual life saver! Already I can walk longer and farther with the dogs. We're all happy.

11/24/2015 4:17:45 PM - Molly C.

Like many smokers, I started smoking at an early age, probably around 10. I would steal a cigar from my dad and smoke a few puffs before getting dizzy and nauseated. In middle school, some of my friends taught me how to inhale cigarettes as we sat in a circle all taking turns passing one around. In high school, we had a smoking section and occasionally Iâ€™d go out there and smoke a whole cigarette.

While I never got addicted then, only a few years passed before iâ€™d go back to it. In my early 20â€™s I started to stop and buy packs of cigarettes, smoking about five or six a day. I moved from Indiana to Colorado a year after getting married at 22 and became a widow the following year. It was then that I started smoking with gusto. Over the course of the next few years Iâ€™d sometimes smoke 2 or 3 packs a day and kept up a brisk smoking pace for 29 years.

About 5 ago my husband and I were getting estimates from roofers and, upon meeting one named Jack, I knew he was going to be our roofer. We got along great and he also got along great with my contractor husband. Jack was a heavy smoker as well. Often he would tell me, â€œMolly, we need to look into those electronic cigarette things.â€ I just nodded and sometimes expressed concern over trading one addiction for another.

A couple years later Jack died from a smoking related illness. That got me to thinking and starting to investigate the whole electronic cigarette thing of which he had spoken. Like many vapers, I started out with the disposable â€˜cigalikes.â€™ I wanted to see if theyâ€™d work, if Iâ€™d like them, and what the whole electronic cigarette thing was about.

Starting out with the highest nicotine offered, Iâ€™d vape and vape until my mouth literally went numb. Slowly over the next few months I learned more, and switched to a rechargeable cigalike, then later to the ego type devices. At some point I started lowering my nicotine levels too.

Today, Iâ€™m over 2 years smoke free and proud of it. Not only that, Iâ€™ve lowered my nicotine levels with simple equipment down from 54 mg to 6mg nicotine. My lungs thank me as they are totally clear. My husband thanks me as I donâ€™t always have to stop and smoke. My son thanks me as there is no smell, no tar, no ash. Itâ€™s the best thing I ever did for myself.

11/24/2015 4:17:20 PM - Mr J Sherlock Sr

I haven't smoked a cigarette nor used any other tobacco product since 1975.

I must give my son much of the credit for my quitting a 60-40 cirgarette habit I'd had since age 5. Such were conditions for the poor in WWII NYC that children smoked to cure hunger pangs that often accompanied families abandoned by wage earners swallowed up in the war.

In 1975 my precocious son James harassed me day and night since I'd gotten him a used set of medical texts with photos of lungs ravaged by Emphysema and Lung Cancer.

His true passion though was in Marvel Comics and learning how to render similar artistic abilities. I had always feared that he would choose a violent solution, and feared that embracing this art would cause aggression. The point is he was so adamant that I quit smoking he was willing to put away all his artistic dreams and aspirations if I were to simply quit my almost 4 pack a day habit.

Through means I still can not believe actually kept me from craving nicotine, I was able to quit that summer of 1975 and my son, James Jr, focused his energies on other studies having given up Marvel Comics.

40 years later even tobacco free all those decades, I was diagnosed with emphysema as well as my wife who grew up around second hand smoke.

My son, unfortunately picked up the habit of smoking in college (possibly before we never talked about the exact time), he has been unable to quit smoking despite using medications, patches, weaning, cold turkey, gum etc . A friend of his had been into " vaping" several years when my son picked it up as a smoking alternative. He has shown not interest in tobacco products since his focus was on making a better system of vapor delivery etc. He's 12 or 13 months later vaping at 3mgs and has weaned himself off nicotine almost completely for an entire year. I wish his option had been open to me at 35, my son, also a heavy smoker wasn't expected to ever quit since we'd seen him try and fail so many times in the past. I can only attest to what I've observed, in the span of a year, my son has effectively quit using tobacco without drugs meds patches etc.

Any legislation that would deny persons under the physical and mental yoke of nicotine addiction in favor of chemicals that would favor the pharmaceutical companies is most certainly suspect.

My son seems to enjoy not only the lowered nicotine devices but has championed their legitimacy amongst his peer group of 35-50 year old persons.

Thank You for reading my observations,

Not every person can employ self hypnosis to end cravings and must find another alternative. Why give pharmaceutical industries with an allegedly, I would say vested interest in the other smoking cessation practices put in practice today.

Respectfully Submitted

James J Sherlock Sr, ESQ.

11/23/2015 6:04:08 PM - Jacki Warren

I am female, 64 years of age and a "never going to quit" smoker. I began smoking fifty years ago. I never thought that I could quit because I loved to smoke. I called myself a "Hope To Die" smoker. I went to see Dr Philips (my personal doctor at Kaiser) about six years ago and he let me know I was showing signs of COPD. That truly concerned me. I do not want to be on oxygen and having trouble breathing etc. I had been sort of looking at the Ecigs that were around and thought maybe I should try one. I tried a few but they did not give me that cigarette feeling I was so in love with. But then in about eight months I came across an Ecig that really made me feel like I was actually smoking a real cigarette. After finding this particular Ecig I quit smoking and that was five years ago and I have not smoked or purchased a cigarette since that day. I brought my Ecigs in to my Dr Philips and he was very pleased that I was no longer smoking and that I was now using the Ecigs that are doing such great things for people like myself who thought that I would never quit smoking. I even began to go down on my nicotine content every month or so. Now I barely use any nicotine and do not have a problem getting up in the middle of the night craving nicotine. I never believed this was possible for me. But I am one happy individual now that I found the greatness of the Ecigs I ended up using. Thanks so much for those who invented the Ecig and God bless everyone. Hope no one takes vaping away from us who truly benefit by them. The Ecig is a lifesavor. Sincerely Jacki Warren

11/23/2015 6:03:35 PM - Carlos Rivera

My name is Carlos Rivera (vapeindoorz413) I've smoked that cigarette poison for 14 years hurting my self with that smoke.. I remember seeing comercial on TV advertising packs of cigarettes.. that's where the main focus should really be on.. Since e cigs came out I haven't touched a cigarette for 11 months. Vaping saved my life. And they are trying to take a product that saves life away I can't understand vaping is my life my hobby and the variety of flavors are remarkable these businesses that sell this life Saving products taught me everything played a role on my rehab and I commence them all.. thank you .. (vapers edge in Holyoke, Vertigo vapes in Springfield, Voltage vape shop in Springfield, Maxx vapors in Chicopee and more thank you all.. today I use the sigelei tc mod with the smok tfv4 tank amazing products i vape 3ml of nic And so many flavors that I love to choose from. In conclusion in my opinion and speaking for others any product pertaining to vaping should stay in the market and not be taken off the shelves due to the fact that it helps a lot of people. I know for a fact that it helps a lot of lives including myself it has given me more energy to do activities and I don't have the urge to smoke anymore. Vaping has become not only a hobby of mine but it has helped me set goals for myself. I appreciate you taking the time to hear my story and I everyday I will have hope that the fda doesn't disappoint us and will continue to let us vape on.

11/23/2015 6:03:11 PM - Jennifer Anderson

I am 41 years old and started smoking at 16. My first attempt to quit smoking was when I was 25 to no avail I always started again within days of quitting 'cold turkey'. I have attempted to quit smoking longer then I smoked and liked it, 9 years liking it and 16 years trying to stop. Along with the many many cold turkey attempts to quit I have tried chantex, Wellbutrin, the gum and patch all with failure in the end. Approximately 15 years ago I was diagnosed with asthma 5 years later COPD and yet as hard as I would try I could not stop and needed to start taking perscription medicine to be able to breathe pill form, inhaled steroids and a rescue inhaler I used multiple times a day, but yet still trying to quit smoking cigarettes I could not. 1 1/2 years ago desperate to quit still I bought my first ecig in the highest nicotine available it helped me cut down smoking but I did not quit. I then found the vaping community online and in my local vape shop I purchased my very first mod, tank and juice at 18 mg nicotine and started to vape. Within 3 months I had dropped down to 3mg nicotine juice stopped taking my pill medicine and the steroid inhaler to help me breathe because I felt fantastic. I still snuck a cigarette once a week but when I did, I hated it, it hurt my chest and lungs and I could immediately feel the need for my rescue inhaler. I then bought a stronger mod and tank about 10 months ago and since then I have not smoked a single cigarette I am off my breathing medication the pills and steroid inhaler I feel incredible I can breathe freely with no problems I have more energy and I have not needed my rescue inhaler in almost a year!

I can very truthfully say that vaping has saved my life and has helped me finally overcome my 25 year addiction to cigarettes. I have since helped family, friends and strangers to start vaping and quit smoking.

11/23/2015 5:40:13 PM - Jamie

After smoking for 30+ years, I am 51, and all the doctors methods did not work, I tried a joytech e-cig that a friend recommended and was using at the time and I quit tobacco in 2 days with a grape flavor, I moved on to a mechanical mod and a regulated box mod for my vaping now and am down to 3mg nicotine and now breathing better, my taste have come back and all around feel better being away from tobacco products. I am over 3 years tobacco free now. I believe this is the best and safest form of quitting tobacco for a lot of people.

11/23/2015 5:39:46 PM - Suzan Masoud

Suzan Masoud

My Suzan Masoud I smoke over 20 years and try a lot to stop but unfortunately i could not get succeeded and i have three kids with all that i still smoke, but what happens specially after what the Government they put some chemical in the cigarette couple years ago i start to have a lot of pine from the chemicals they put it inside the cigarette, and thatâ€™s the most crazy decision because this chemical the one they put it on cigarette to make it stop while we are smoking itâ€™s the same chemical they use it as glue for the carpet, seriously it does not make no sense to me, from one side the Congress and the Government they said they care about our Health but from the other side they give us more dangerous to kill us more then the from the regular cigarette , and they said thatâ€™s more protection for us seriously give me a break .

However now i still smoke but i smoke vaping free from any chemicals and actually it take me way down on smoking even i smoke in side my house and there is no any bad smelling even around my kids is still more save, and at least they will not be a second smoker, and now you want take thatâ€™s from us i think you need think twice before to do that and you what i think enough is enough to make decision for our live and at least we smoke free clean from all kind of chemicals you guys put it inside our cigarette so stop to make a decision for us and we gone fight for our right we want smoke vaping because is clean free from all the nasty things you given us . but you know what the problem is not about us because the government they donâ€™t care about our health they care about the big company they give them a lot a lot of money and they donâ€™t want them to lose there nasty business thatâ€™s what happening and thatâ€™s the right story, our fight is going and we will win because for the first time we going to say no stop thatâ€™s our live and we will make this decision this time you not taken that from us we are the people .thank you

11/23/2015 5:39:32 PM - Josh long

I started smoking at a very young age 15 years old. By the time I was 25 years old I had a chronic coughing problem sometimes I would cough so hard I would throw up. My grandfather passed away from lung cancer four years ago. At that moment I decided to try to quit smoking. I tried the patch I tried the gum I tried almost everything. Then someone showed me the vape pen I started off with a nice starter kit and I'm now more advanced in my mods but I haven't touched a ciggerette in three years!!! Vaping saved my life ! I don't have that horible cough anymore I don't have to worry so much about the cancers that smoking can cause. By taking vaping away and not giving Americans the choice to vape what they want in whatever mod they want is against the American rights. This is supposed to be the land of the free so let us be free of ciggeretts.

11/21/2015 10:50:34 PM - Brett Riverside, CA

I smoked for 6 years starting at 14. Cigarettes were easy to access and use, and helped me fit in with my group of friends and fulfill that youthful urge to rebel. I found out about personal vaporizers on YouTube. There were thousands of testimonials of ex-smokers and tobacco chewers talking about how this product or that product let them quit smoking cigarettes for the less damaging healthier alternative of e-cigarettes. I myself then purchased an e-cigarette from my local smoke shop and found that after months of not smoking cigarettes I have more energy , breathe better, and have an overall better feeling of health and wellness. E-cigarettes has grown into a fast pace in demand niche USA dominant market. An industry filled with hard working dedicated entrepreneurs whose goals are too reduce the number of smokers and ultimately reduce the numberof those with cancer. My father has smoked for longer than I've been alive and has since seen me and my ability to move on from burning tobacco and has decided to join me. I urge our politicians to stand up for the free market and the values it represents in capitalism. American progress has never been slowed because of risk. The USA has been prevelent in pushing the boundaries, becoming the great metronome and setting the tempo for foreign industries models of success. Let's continue this patriotic tradition. Thank you.

11/23/2015 3:00:35 PM - Brett Riverside, CA

I smoked for 6 years starting at 14. Cigarettes were easy to access and use, and helped me fit in with my group of friends and fulfill that youthful urge to rebel. I found out about personal vaporizers on YouTube. There were thousands of testimonials of ex-smokers and tobacco chewers talking about how this product or that product let them quit smoking cigarettes for the less damaging healthier alternative of e-cigarettes. I myself then purchased an e-cigarette from my local smoke shop and found that after months of not smoking cigarettes I have more energy , breathe better, and have an overall better feeling of health and wellness. E-cigarettes has grown into a fast pace in demand niche USA dominant market. An industry filled with hard working dedicated entrepreneurs whose goals are too reduce the number of smokers and ultimately reduce the numberof those with cancer. My father has smoked for longer than I've been alive and has since seen me and my ability to move on from burning tobacco and has decided to join me. I urge our politicians to stand up for the free market and the values it represents in capitalism. American progress has never been slowed because of risk. The USA has been prevelent in pushing the boundaries, becoming the great metronome and setting the tempo for foreign industries models of success. Let's continue this patriotic tradition. Thank you.

11/21/2015 10:10:16 PM - Danny

Flashlights and Cookies:

I was a smoker for 30 years and tried all kinds of ways to quit without success.

A few years ago I tried an ecigarette and it helped me quit for a few months. When I lost the battery I went back to smoking. A couple years went by and I discovered that for the same amount of money to buy a new battery for my ecigarette I could purchase a box mod with a great tank. The technology is so much better, creating a vapor that is flavorful, dense and satisfying. The ability to make my own coils and make my own juice adds a hobby factor that smoking cigarettes will never have. The incredible amount of different types of tanks and mods -- as well as juice flavors, keeps and holds my interest because there is always something new to learn and experiment with. Compared to vaping, smoking is boring.

But the real benefit for me, besides not putting all that tar in my lungs and saving all that money, is the feeling of empowerment I have because I know I am choosing to vape rather than feeling like a slave to a specific corporate brand. When I was a smoker I felt like a robot, compelled by forces beyond my control. I littered butts, flicked ashes, stained things, made everything stink, burned holes in my clothes, burned holes in my car, I even accidentally burned other people! I was a hazard to myself, others and the environment. I angered and sickened people with my second-hand smoke.

The worst thing about it was that I didn't want to be that person. Every pack I finished I swore would be my last, and then I would go buy another pack. I felt defeated and humiliated. It was very depressing psychologically, not to mention the physical and social drawbacks. I was embarrassed to smoke in public because I knew everyone could see me and smell me and know how weak I was, and how my addiction controlled me to the point where I didn't care about the damage I was doing. It was awful! But I don't feel bad anymore and I have the vaping industry to thank.

There are not enough words to describe what it means to be free of cigarettes.

If you are a non-smoker be happy that a person is vaping rather than smoking because second-hand smoke is intolerable in closed spaces but vapor is pleasant (if even detectable). If you are a person thinking about smoking, now you have an option that can give you the pleasure of smoking without the smoke, and without nicotine. If you are a smoker and you want to quit there is nothing more effective than vaping.

If you are a legislator influenced by lobbyists with vested interests in the tobacco industry and are trying to use the FDA to protect profit at the expense of the public -- shame on you! Safety and regulation is important but compared to what -- the death toll of cigarettes?

The rapidly growing community of vapers are smart and politically active. The vaping industry is innovative and creating jobs. As long as there are flashlights and cookies, there is no way to stop me from vaping. And there is no way I will ever go back to being a stinky, cigarette slave.

DK

11/21/2015 10:09:54 PM - Steven Bachuss

I was a pack and a half daily smoker. The first time I tried an e cigarette was approximately ten months ago. I have not smoked a cigarette since that time I smoked for over 35 years. I have two grandchildren and one to be here in January. This is the most important thing in my life today. I am currently working on putting a vaping lounge here in Little Rock, Arkansas. I truly believe this method is the best and healthiest way to quit smoking.

11/21/2015 10:06:37 PM - Griz

I smoked for 40 years and thanks to vaping ,smoke free 11 months.

11/21/2015 10:06:26 PM - BOBBY

I HAVE BEEN SMOKING FOR 15 YRS, FINALLY AFTER BEING URGED BY FAMILY AND FRIENDS I GAVE VAPING A SHOT, FOUND AND BOUGHT A GOOD SET UP I THOUGHT I WOULD LIKE, TOOK ME A FEW DAYS TO FIND A SET UP TO MEET MY NEEDS TO GET ME OFF SMOKING. COMING FROM A PACK A DAY, I NEEDED SOMETHING TO OF COURSE TAKE THE EDGE OFF MY ATTITUDE, AND ENTERTAIN ME ENOUGH FOR ME NOT TO WANT TO GO BACK TO SMOKING. FINAILLY FOUND A SET UP I LIKED, FINISHED THE PACK OF CAMEL WIDE BLUES I CURRENLY HAD. THREW AWAY MY LIGHTER, AND THE REST IS HISTORY, BEEN VAPING OFF A VELOCITY RDA, WITH A STANDARD MECHANICAL MOD. IT HAS ALSO BECOME A HOBBY, SEEING HOW MUCH CLOUD I CAN PUT OUT, WHICH IS A BIG PART OF KEEPING ME ENTERTAINED. I STARTED WITH 6 NIC STRENTH, AND AM NOW DROPPING TO 4 NIC STRENTH. NO SIGNS OF GOING BACK TO SMOKING. I CAN BREATH AGAIN, FOOD TASTE BETTER, DONT SMELL LIKE AN ASH TRAY ANYMORE. I CAN PLAY WITH ME KIDS AND NOT BE OUT OF BREATHE SUPER QUICK. HONESTLY MY QUALITY OF LIFE HAS GOTTEN BETTER SINCE QUICKING SMOKING. MAKE MORE MONEY AT WORK SINCE IM NOT CONSTANTLY LEAVING MY DESK TO SMOKE, NOW I GET MORE WORK DONE, MEANING MORE MONEY.

ALSO SAVING MOVEY BY NOT SPENDING $6.00 PLUS ON A PACK OF SMOKES A DAY. I KNOW IM HAPPY WITH VAPING AND SO IS MY WIFE AND KIDS. AND THATS WHAT REALLY MATTERS TO ME, IS MY FAMILY. SO I'LL STICK TO VAPING.

11/21/2015 10:06:13 PM - Turbovegas

I started smoking when I was 12 years old stealing cigarettes from my mother because I thought it was cool at the time then it took me by surprise when I wanted cigarettes more than I wanted candy cakes and stuff like that and I smoked all the way until I then it took me by surprise when I wanted cigarettes more than I wanted candy cakes and stuff like that and I smoked all the way until I was 34 I tried the patch I tried the gum I even tried the little inhalers but nothing could kick that terrible habit I started getting shortness of breath and not being able to hang out and play with my kids as much as I wanted to then a friend told me about electronic cigarettes and I was skeptical but I tried it and and wow did it save my life I have not picked up another cigarette and wow did it save my life I have not picked up another cigarette and I am down to 1% nicotine and sometimes 0% so what accomplishment this has been Thank you to all of the people that invented this product it worked my health is better and I have gotten a lot of my friends to stop smoking cigarettes as well and I have went from a little electric cigarette or two now I'm buildin and I have went from a little electric cigarette and now it is more like a hobby I buy all sorts of mods RDAs and tanks I build a lot of coils Keeps me busy and out of trouble Thank you for taking the time and listening to my story

11/21/2015 10:06:00 PM - Denise Moon

I started smoking at 21 while in college. Thirty years later, as the price of tobacco was steadily increasing and it became illegal to purchase cigarettes through the mail, I made the decision to try an e-cig. In January 2016, it will be six years since I have lit a cigarette. The financial savings alone are worth the change. More important are the health benefits I have realized since I stopped using tobacco. I can breath deeply. I rarely get respiratory infections. I got my senses of taste and smell back. My home and I no longer smell like ashtrays. I have used the pen-style e-cig until this month when I started using a mod at home. Initially, my e-juice was at 18 mg of nicotine. I am now using 3 mg nicotine strength. I believe the improvements in the production of the e-juice have helped me wean down the nicotine strength. You still have to be careful whom you purchase from, making sure they are using clean rooms and quality ingredients. For anyone who needs or wants to break the cigarette habit, this is a viable alternative. Patches and gum do not satisfy the hand-to-mouth habit that is so much a part of smoking. Anyone with even a mild case of OCD can tell you there is something about the paraphernalia that smoking requires that is also satisfied by vaping. While it will take some experimenting to find the right combination of hardware and juice, it is well worth the effort. I believe the government should butt out of my business!

11/21/2015 10:05:49 PM - Mick

i was a 25 year smoker started very very young , i have been smoke free for 2 years in august 2015, i was smoking 2 packs a day+ ive tried everything to quit and i mean everything, then one day a friend of mine had a vape pen, i ask what is that thing he handed it to me an said to try it, it was just what i needed , went that night an bought one , i kept upgrading through the months and downsizing my nic intake as of right now im at a 1.5mg nic level about to go to 0mg all because of vaping. i wanted a healthier life after seeing my mother an father suffer through cancer due to smoking. i hope an pray that all new people looking to quit will have the same chance i did and not have their rights stripped away by a communist government we live in.. this is America not Russia.. this is our right to vape and the government has no right to take this away.

11/21/2015 10:05:40 PM - Donald Ford

Well I was a smoker for about 10 years I started at a very stressful time in my life, needless to say I was hooked and couldn't stop I tryed the gum I tryed the lozenges and neither of those worked for me I even tryed to quit cold turkey about 8 times and every time it would last about 2-3 days and I would be right back to cigarettes again. I have to say it's very alarming at how uneducated a lot of people are about e-cigarettes, I mean one of the main ingredients in e-juice is used inside inhalers and has been for over 50 years. I don't understand why all these representatives and people of congress keep referring vaping and e-cig products as tobacco also because there is ABOSOLUTELY no tobacco in them AT ALL!!! So with all that being said I have been vaping for over a year I have not picked up a cigarette since I started vaping, I purchased your traditional vaping pen from a corner store one day because those e-cig look alikes that the gas stations sell you know the ones that big tobacco makes, yeah those do not work they bring you back to cigarettes. (that's the whole purpose of them making them to put you back on there main product....) So I purchased my first vaping pen and that same day was the last day I ever picked up a cigarette, it took about a month befits my wife started to notice that this was really working for me and I purchased her first vaping pen for her also and she never looked back. To be brutally honest this was the best decision we have ever made health wise! We couldn't be happier with this switch that we've made we can breath again I don't run out of breath running up the stairs anymore, my wife can actually go the gym and run on a treadmill for Christ sake! I mean these products are saving people's lives and congress wants to shut this down because tobacco taxes aren't coming in! (Let's think about people's lives before we think about money.) So with all that being said I'm very proud to say I am a "vaper" and I will never go back to smoking cigarettes no matter how this turns out but just to be clear! I will be extremely disappointed in our government if you let the FDA take this away from us thank you for the time!

A proud Vaper,

Donald Ford

11/21/2015 10:05:27 PM - Jason

I smoked for 15 years and it made it hard to breath and my son hated it and the smell well I tried vaping and within 1 week I stopped smoking cigs and it made my son so happy and he doesn't mind the vaping cuz it doesn't stink and I have been vaping for 5 years now and I'm so happy I can breath again no more constant congestion my blood pressure has went down and my dr said that my lungs sound 100 persist better it has made my life better but people want to stop it why nicotine is not the bad thing you get that from coffee and tomatoes it's all the bad stuff in cigarettes and the smoke so what our government gets paid off by cigarette companies to stop vaping so the get our business back if they stop vaping we will go back to smoking and my son will be so hurt it's like people in office want to hurt there people and not help us it's ok to drink that kills thousands of people but who has died from vaping no but a couple that did not follow directions and miss used there device and caused it to blow up this is so much better than letting our citizens smoke cigarettes that cuz more hurt spend more time going after them and alcohol and leave our vaping alone if u don't like it don't do it but don't stop us from it thanks

11/21/2015 8:15:54 AM - Colby

i used to smoke close to two packs a day, smoked for 3 years or so. i first tried vaping because alot of my friends switched to vaping so, so did i. i immeidatly swicthed like 2 years ago i started with an ego and a cartomizer tank. i liked that i got to choose from unlimited ammount of flavors, and strengths. now i vape on a 150w box mod and an RDA. its great. if you take this from me i will definately go back to smoking those coffin fusez. my family is a lot happier with my truck not smelling like smoke.

11/21/2015 10:05:05 PM - Colby

i used to smoke close to two packs a day, smoked for 3 years or so. i first tried vaping because alot of my friends switched to vaping so, so did i. i immeidatly swicthed like 2 years ago i started with an ego and a cartomizer tank. i liked that i got to choose from unlimited ammount of flavors, and strengths. now i vape on a 150w box mod and an RDA. its great. if you take this from me i will definately go back to smoking those coffin fusez. my family is a lot happier with my truck not smelling like smoke.

11/21/2015 10:04:57 PM - Toni Mitchell

I was a 2-3 pack a day smoker for 38 years. I developed a chronic, hacking cough that was exacerbated by even mild activity and I would often have coughing spells in the middle of the night. Any exertion, such as bending, lifting, walking up stairs left me winded. I would get at least one upper respiratory infection a year, bronchitis and a few times pneumonia. My Mom died of cancer, but I continued to smoke. I took over the care of my Dad who had end-stage COPD (emphysema), but I kept smoking. I had a heart attack at 40, and kept on smoking. I was told by Doctors that I had dodged a bullet, and that I must stop smoking. I tried the gum and the patch, and at one point both at the same time AND smoking. They didn't work individually or combined. I tried auricular treatment, hypnosis, aversion therapy, lozenges and Wellbutrin. Nothing worked and I eventually gave up trying to quit smoking. In April of 2014 a friend and I stopped into a vape shop on our way to buy cigarettes, just out of curiosity. We both left with mods, tanks and e-liquid and we both had our last cigarette that day. I haven't smoked a cigarette since! We have decreased the nicotine level and have gone from 18mg to 3mg. The ease of use and variety of flavors available has made the transition a wonderful experience. I no longer cough at all and can sleep fully prone instead of propped up to ease my breathing! I am no longer winded when active and have lost over 40 pounds. I haven't been sick in over a year and a half and my Doctor is immensely pleased with the change to my lungs and my overall health. I was amazed at how effective vaping was and how easy it was for me to stop smoking using this method when ALL other methods had failed miserably. My Doctor told me after my heart attack that the next "event" would be a stroke or another heart attack, both possibly fatal. I truly believe that by vaping I was able to stop smoking, and save my life and I am forever grateful.

11/21/2015 10:04:43 PM - Amy G

Hi, my name is Amy Garces, I'm currently enlisted in the US Army. Vaping has become a daily part of most of our lives here because of it being safer then normal tobacco and cigarettes. I just recently made the change about a month ago and I've noticed a lot of changes in my health, like my ability to run more, unlike the hindering of cigarettes. I've been using 0mg nicotine on vapor mods. Haven't increased because I'm cutting down my nicotine usage. I'm hoping you consider the fact that vaping is helping many of the military members ability to run better, without coughing or wheezing. Thank you for your time to read my testimony.

11/21/2015 10:04:21 PM - Rob

Huge dipper. Loved Copenhagen. Picked up awful habit in high school. Now, I'm 48. Almost 1 year dip free. No more standing in line at gas stations to squander money. No more driving out of my way to find fresh Cope. No more falling asleep with chew in mouth. Wife begged me to quit. Could not have done it without vaping. Reduced nicotine level to 3 mg. Embarrassing how easily I dropped a 30 year habit with aid of vape. Saved my teeth and gums. Saved my life. The end in sight.

11/21/2015 10:04:09 PM - Lauren Alli

I was a 10 year smoker of menthol cigarettes! My boyfriend vaped when I met him and I was always against it for some stupid reason. We went through some rough times and I wasn't feeling healthy and I decided it was time I quit cigarettes. I bought an IPV mini 2 and a Doge V2 right away because I was already vaping off my boyfriends IPV 3. It was hard at first and I always craved cigarettes at the begining, but I never smoked and vaped at the same time. I made that decision when I quit that it wasn't worth picking up again. Vaping has literally saved my life. I can breathe again!

I'm back and forth between Omg nic and 3mg nicotine so soon I'll be nicotine free too!

I owe it all to vaping

11/21/2015 10:03:59 PM - Rozzlyn Pierce from VA aka PinnStripe_OVcrew

Hello, my name is Rozzlyn Pierce from Woodbridge, VA.

These smoke free alternatives have influenced my life in such a positive way. It actually brings joy to me when I can get another one of my friends to put down their cigarette of 15 years. It brings joy to me when a person sees me vaping.. And comes over to ask information about it . Mostly ones that have smoked for 20+ years and have tried to stop numerous times.

Unfortunately, many whom I've encountered have been given the wrong information and have heard about the negativity.

I break it down for them. I explain what is in the e-juice that we use.

Which is 3 ingredients that have all seen approved by the FDA in other forms.. Such as food you've eaten and medications you've taken.

1. Vegetable Glycerin (VG)

Clear odorless liquid produced from plant oils, typically palm oil, soy or coconut.

2. Proplyene Glycol

Approved by the FDA in various item forms that are injected, applied topically, and inhaled. Many products can be found around your house.

3 Natural/ Artificial Flavoeinf

All flavors meet FDA safe standards.

Natural favors contain no artificial ingredients, additives, colors, or sweeteners. No natural sweeteners such as Stevia.

4 Nicotine OPTIONAL

Naturally occurs in liquid alkaloid which is a organic compound made out of carbon, hydrogen, nitrogen and sometimes oxygen.

These ingredients are nothing in comparison to the manly deadly chemicals found in Traditional cigarettes.

So far I have 3 smokers I sponsor. I provide them with any extra juices I receive from sponsors and I am proud to say all but one is now using 0 NICOTINE!

One has even gone 2 days without having to use her vape at all. That is huge compared to her almost full pack of cigarettes she used to smoke.

I was a smoker for 3 years. I tried the gum, I tried therapy. I could not try the patch due to depression issues and the patch has been found to raise suicidal tendencies. I quit in 2009 by being put on a drug called wellbutrin. I plan on having babies in my future and I do not want to be on a daily medication.

Now almost 6 years later I am now addicted to wellbutrin and it was very hard to ween myself off.

Unfortunately, I have been through some hard times in December 2014 and I looked to cigarettes again .

A friend of mine came to me that has been smoking since he was 14, now he is 27 and hasn't touched a cigarette in almost a year.

He offered his device to try and urged me to try it instead of lighting up my next cigarette.

Within 3 weeks I completely stopped smoking and only used the the smokeless option. I went from almost a half a pack to 3 a day/rotated with vaping. Then by week 3 threw away my last pack and I haven't touched it since.

I am also proud to say I have been able to cut my wellbutrin dose in half after consulting my doctor. I'm weening off slowly!

I currently vape 3mg and rotate with 0. For now this has been working. My goal is to be using only 0 by March, my birthday.

I have gone from a smaller device to a bigger SnowWolf regulated box. I have found that many men refused to use such a little device because it looked feminine. Which then hindered them trying it.

Last thing to take in mind. Imagine a mother of two coming to you crying and thanking you for adding years to her life to spend with her children. She breathes better.. She can taste more and her youngest doesn't complain of Mommy smelling like smoke.

It's a rewarding feeling. Please, do not take these products away from us completely. We are fine with some regulations being put into effect, but please don't take away these life saving opportunities..

Thank you,

Rozzlyn Pierce

11/21/2015 10:03:30 PM - Big Al

I've smoked from 16 to 28. I've started vaping after the birth of my second child. Not only can I breath better but I also have a better outlook to the future with my children. I'm not concerned about cancer from using the normal tobacco cigarettes. If vaping does leave I'll most likely move back to them, and probably cut my time on this Earth with them down.

Please don't remove these products from the public.

Thanks,

11/21/2015 10:03:20 PM - @j.vapes

I was a smoker since I was 14 years old. I smoked closed to 2 packs a day near the end. I never thought I'd be able to kick cigarettes. My girlfriends cousin came over about 2 years ago with a 30w ELeaf. About 6 months later he came back around and let me try it. The next week I bought an evic VT 60 Watt. I put down the cigarettes THAT DAY! and have been vaping ever since! I feel like I can finally breathe again and get full breathes. I feel healthier and in a better mood. It's changed my life. We don't blow smoke. We blow clouds.

11/21/2015 10:02:59 PM - thomas gray

i somked for 25 plus years of my 53 years here on earth. 1\2 my life wasted on smokes ! Not good! so about 3 years ago i tried this thing called "vaping" it has changed my life forever i will never go back to smoking as long as i can vape ! my health has gotten better 10 fold blood pressure down to near normal, im much more active these days because i can breath without coughing or being short of breath! im now using mods have my nic. level down to 3 i even have several with none at all!!! i hope they let us keep vaping because i believe its a life changer have even converted several friends from smoking to vaping and they cant believe how much better they are feeling. I tried all the methods of giving up smoking to no avail but vaping has done it smoke free 3 years and counting !!!

11/21/2015 10:01:30 PM - Vaper in Oneonta, NY

For over 20 years I was a cigarette smoker picking the habit up from weekly visits to a bingo hall and bars my mother attended. Breathing in all the second hand and seeing so many others doing it. It inspired me to smoke why Because I felt if ok for them then ok for me. At the end of my 20 years I got the bright idea to switch to a pipe. Loved the tobaccos I and aromas I experienced from it. For 3 more years I was a slave to to Tobacco industry. Then it hit me the last 6 months wondering why my stomach was growing but no changes to diet. Why I was running around with a constant feeling of a softball or golf ball feeling in my throat. Switched coffees and cut out the other acidic additives in my life. Finally after no luck and no stomach size loss after great effort to loose it. I went to the doctor for some testing. Bad news is what she said keep smoking in you will be in the chemo dept. From years of smoking and added damage from past 3 years pipe smoking I damaged my vocal cords and changed the chemistry level in my stomach so much I was no longer digesting food properly. It was a long ride home that day let me tell you. I took the info for the quit smoking options home and made a long debate while smoking a pipe. First up was the patch and with no success was the gum then the candy and finally Chantix. Well after one too many crazy dreams and sleep walking episodes I had enough. Went to see the doctor again and she suggested a vaping devise. So I went and picked up about a $200 starter kit I found online. Boy that sucked and barely worked most of the time. After struggling to find the right setup for me I took to vaping full time. That was 4 years ago and have not looked back since. In fact I was so impressed I started selling starter kits from my home. Helping as many in my neighborhood quit smoking. I spent countless hours doing research on products and juice companies. So much my neighbor suggested I get my own shop and hmmm that was a good idea I said. So after a 2hr interview I was hired as the shop manager at a vape store in Oneonta, NY, and remain ever since. With the same daily goal of helping as many as I can quit smoking and break the chains of slavery to the Tobacco Industry. So vaping not only helped me regain my life in a healthier manner. It also gave me an education a career and as well as my employee here at the shop. My hats off and a huge thanks to the industry.

11/21/2015 9:55:37 PM - Brady

I'm 21 years old. I first started smoking when I was 17 (yeah I know underage tobacco use is a no-no) and I got addicted pretty quickly. I had major anger issues before I discovered nicotine. I knew I was destroying my body by smoking, but it kept me calm and that's all I really cared about. I noticed how much smoking really effected me about 3 months after I started. I couldn't run as long and I started having trouble breathing. About a year ago I heard about Blu e-cigarettes and decided to try them out. They helped me cut down on my actual cigarette intake, but I couldn't quit. One of my coworkers suggested I try out something a little bit bigger. I got my first mechanical mod (a nemesis with a tug boat rda) and couldn't have loved it more. I stopped smoking all together. I craved cigarettes, sure, but I felt like I didn't NEED them. It's been over a year since I've touched one now, and my body is showing a difference. I can breathe easier, I can actually run a mile again! Vapes changed my life, and that of the people around me too.

11/21/2015 9:55:28 PM - Conor Ryan

I smoked for 22 years starting at the age of 15. I smoked whatever cigarettes were available. A pack to 1 and 1/2 per day. Marlboro Reds, Newport, Camel, Lucky Strikes...eventually moving to menthol, then lights. I was always in a state of "smoker's sickness". Headaches, phlegm, coughing....needing salt on EVERYTHING. Well, I finally got fed up in January of 2015 and decided to try vaping. Luckily, I had a coach of sorts. My girlfriend's sister's boyfriend had been vaping for over a year and occasionally works at his local vape shop. Since I've started vaping, I can actually taste even hospital food. No extra salt/sodium in my diet. No more feeling like garbage when I wake up. I can actually breathe now. Try not to think of it as a passing fashion. This is about your health and the health of people around you. Yes, second hand smoke is bad, as well.

11/21/2015 9:55:11 PM - Daniel JDL Hall (VapinDemon) Flatwoods,KY

I am originally from the UK and I started smoking at the age of 13. While it was only intermittently at first, it quickly became a full-time habit. Over the course of 20 years, which included a stint in the military, I tried everything to quit but for some reason I always ended up with another cigarette in my hand after a short time. I tried gum, patches, hypnotherapy and cold turkey. Every time I thought I was free of the grasp of tobacco it came creeping back into my life. When my mother died of lung cancer in 2012 I decided the enough was enough, I wasn't going down the same path. Once again I tried the suggested methods, but as I had already heard horror stories regarding the drugs available to help you quit, I decided that as a borderline manic-depressive they were not an option. I had tried the gas station cigalikes and they were almost as useless as the gum. A couple who my wife works with successfully quit using tank based electronic nicotine delivery devices, my wife and I decided to give them a go. With in 3 weeks we were both totally cigarette free, as of right now we are at 19 months in to our journey. The longest I had ever lasted before was 3 weeks. We started at 24 mg/ml nicotine strength and have been able to work our way down to 3 mg/ml using sub ohm tanks and atomizers along side high-powered devices. We now regularly help to convert people from smoking to vaping as it is a much safer alternative. We went from being unable to work out for prolonged periods of time to being able to run for miles. We are saving money every week as we are planning a vacation in March, something we weren't able to do when we were spending all of our disposable income on cigarettes: even though looking back on it, that wasn't disposable income as I would have spent money on cigarettes instead of food. There are so many positive aspects to using electronic nicotine delivery devices instead of cigarettes, not only financially and medically, but also quality of life. Being able to taste food properly for the first time in 22 years was probably the best and worst part of it.. the food tasted so good that the weight piled on for the first 3 months. Another point I would like to make is that I always seemed to have a cough before, or a cold ,allergies, bronchitis all sorts of ailments with my lungs. For the last year and a half, I have had none of those. I have been cigarette free for so long that I know for a fact they are not something I need in my life, but i would like to see the technology that helped me break free of the chains and continue on my journey remain available as it is right now. Rolling back the clock to 2007 will remove so many great innovations that work from the market place and make it so that the only people who can afford to do business in the vaping community are the very people who have held us hostage for over a century. I have a vested interest in the electronic nicotine device industry as an industry writer and broadcast entertainer / educator, I have made it my business to help as many people as is humanly possible switch to the safer alternative,despite efforts from other entities, be they corporate or governmental who feel that it is ok to place the almighty dollar ahead of human life.

11/21/2015 9:54:48 PM - Kieren

Hello, I am a vaper. I started smoking when I was 15 and this lasted until I was 19. It got to be about 4 packs a week at one point, I tried the gum and patches and they both made me I'll; but then I tried vaping, sure there have been some days where I need a cigarette but overall I have completely made the switch and improved my life. The vaping industry is self sustaining and I understand that it needs regulations but those that have been proposed are ludicris and would kill the industry. Via online forums people decided what connections would be used (510, 808, 901), ways to build your ecig to be more satisfying, the majority of the community on its own chastizes and exiles the companies that infringe on copyrights and labels that appeal to children. This industry and community has saved hundreds of thousands of lives. Help us help you save even more, because with the current regulations these life saving devices will cause business owners to go out of business due to high taxes, people will be unable to use the devices that work in exchange for something much worse that only large careless companies could afford to produce. So please I urge you to reconsider the proposed regulations. Also, as a whole the community agrees on 18+ vaping ONLY. Have a great day and thank you for you time. May democracy reign on.

11/21/2015 9:54:35 PM - Will

First started smoking at around the age of 17. At first it was just parties and social event and would smoke a few cancer sticks a day. It then went to a a pack every few days to 3 or 4 packs a week for the next 4 years. Qutting didnt work but ever since i started vaping i quickly lost the urge to smoke cigarettes! Now that i am 23 i have completely stopped smoking cigarettes and only vape! I feel much better in the moring when i wake up no more nasty cough and i can actually breath in the morning! I have been cigarette free for the past 2 years i hope to keep it that way. I am urging the fda to rethink their regulations because it will not only hurt vape shops and products but also vapers who have switched the the much much healthier alternativr. If the fda doesnt go back to the drawing board myself along with thousands of other vaper will have to resort to smoking cigarettes again. Please dont let this happen!!!!

11/21/2015 9:54:23 PM - Matthew Small

I smoked a pack a day of Newport (very harsh brand) menthol cigarettes per day until a local store opened that sold vaporizing devices. I started out with a basic package that cost me around 40 dollars and I have not had a single cigarette in over 3 years. I noticed I was able to breathe better, I didn't have shortage of breath when doing cardio activities. I also noticed a vast improvement in my skin as well as my teeth. I stopped coughing and my abilities to smell and taste were greatly improved. Over this 3 year period I have become and advanced vapor and enjoy the different flavors of juice I use. I personally prefer custard flavored juices as they not only taste good but they also smell good. I am down to the lowest nicotine level (3mg) and my doctor has indicated my blood pressure is back to almost perfect and I have greatly decreased my chances of having any form of cancer. As we all know there are no 20 year studies of "vaporizing" but the bottom line is quite simple. It is a healthier alternative to smoking and the only reason this law is passing is due to pressure from "Big Tobacco" because they are losing a large market share to these vaping companies. It is sad that we would pass a law that is helping people because of pressure from companies that are known to kill people.

All I know is I am 10x healthier than I was when I was smoking. If in 15 years there is some study that shows there is a small chance "vaping" can cause cancer in small percentages of people I still would not change my lifestyle. We all know smoking DEFINITELY causes cancer. We all know smoking is DEFINITELY unhealthy. Rather than passing these ridiculous jobs due to pressure from lobbyists, why don't you spend some money on performing studies like Dr. Farsalinos.

http://vapeaboutit.com/study-finds-vaping-is-95-safer-than-smoking/

Read this article. 95% safer than smoking. That is an immense improvement. It makes absolutely no sense to pass this law and take away my ability to vape the flavors with the devices I want. I understand there are underage children getting there hands on devices and juices but that is a law enforcement issue. Every local shop I have been to is very adamant about the age of their patrons and if someone even *looks* underage they immediately ask them to leave. This is a parent's responsibility to make sure their children aren't vaping. Just as it is a parent's responsibility to make sure their children aren't drinking. But they still do, and no one is making any laws to change the liquor or alcoholic beverage market.

It is almost pathetic to see this law and read that the government would prohibit items that are HEALTHIER for you. Do you want me to be forced to smoke cigarettes again? So big tobacco can get my 10 dollars a day for a pack of cigarettes that will give me cancer? I am saving so much money by vaping and am able to use this money to afford a better and healthier lifestyle. Why would you want to take that away from me?

Make the right decision and leave things as they are. I don't have the answers for dissuading underage children from vaping but getting rid of 99% of the products that I use is not the answer. Where there is a will there is a way. Children always do things they shouldn't, don't punish responsible people looking to improve their lives because of lobbyist pressure.

Please. My life has changed so much for the better in these past 3 years. My clothes don't smell like smoke, my car, my house. People don't have that "grossed out" look they used to have when I walked into a meeting and my suits smelled like an ashtray. I can breathe, I can play sports, I can taste food, I can smell things again. I tried Chantix, I tried the patch, I tried EVERYTHING and always went back to cigarettes. Once I started vaping I have not had a A SINGLE cigarette since. Please do not take this away from me. I don't want to smoke a cigarette EVER AGAIN.

DO NOT PASS THIS LAW IN IT'S CURRENT FORM. IT IS ABSURD.

11/21/2015 9:54:02 PM - Tim Rumford

I smoked for over 30 years. I tried everything to quit to no avail. Vaping helped me give up tobacco for good when prescription meds, nic gum, etc failed. I have been smoke free for 3 years. My health has improved dramatically. My blood pressure went down. I no longer cough. I can smell and taste better. I am more active. It has also dramatically improved my dental health which has saved me a ton of money. Harm reduction works.

I should point out that it wasn't until better personal vaping devices came out that I quit smoking completely. The cig a likes, despite their higher nic content did not work for me. But with better hardware I have been able to lower my nic to 1.5 mg and quit for good.

11/21/2015 9:53:51 PM - Codee Condelario

I smoked since I was 9, I used to steal my mother's cigarettes. Then as my I grew into my teenage years, I found people to buy them for me. My mother even bought them for my friends when they were actually mine.

I smoked my whole life, until I found Vaping, I had tried everything. Patches, gum, mints. You name it, I had it. I started Vaping and smoking for a year until Vaping became more developed and finally gave me the satisfaction I needed to finally put down the cigarettes. I was 3 months in when my mother died of congestive heart failure. She fought her addiction to smoking her whole life too. Eventually it took her life.

To go into her home and pack her belongings, when everything smelled of stale smoke was hard. It was so bad, we had to wear breathing masks to go in there. Being freshly smoke free, being in there burned my lungs. It physically hurt me. All I could think about, is what had I done to my own children? Is this their life, if I kept smoking? Would they have to do the same thing?

I couldn't continue living that way, knowing my kids.....were suffering the same way I was and that as a mother I had to do the right thing. So here we are almost 2 years smoke free, and I hate the smell. I can't breath around, it disgusts me and I now know how others felt around me.

I won't go back, and I will continue to fight to keep Vaping as a safer alternative and harm reduction for future smokers who wish to quit and can because of Vaping like I did. Vaping saves lives. It saved mine. Gave me a chance to live and love my kids longer, that's all I could hope for.

11/21/2015 9:53:38 PM - Wayne Mitchell

I began smoking tobacco cigarettes when I was 13 and continued to do so for 46 years. This nasty habit grew to over 2 packs per day. I felt bad, coughed, wheezed, short of breath and more. I was very worried but regardless of what I tried, I could not quit. I tried gum, patches and Chantix (horrible dreams), but nothing worked! My son, worried that he was going to loose his father approaced me about vaping (e-cigarettes) and asked that I at least try. Being older,(59 at the time) I was skeptical... but being scared, I knew I had to try. I QUIT smoking tobacco cigarettes in 9 days! And not only that, it was EASY! I have now neen cigarette free for 15 months. Further, I began using 24mg nicotine and happy to cay I am now down to 3mg. I am so thankful for this safer alternative to traditional tobacco cigarettes which contain so many harmful chemicals. I no longerr cough, wheeze and I am no longer short winded. I feel much better! I can also smell things better, food tastes better and I no longer stink from burnt tobacco smoke. In fact, my my chest xrays were better which pleased my doctor. I have chosen to use a "mod" and a "tank" which holds about 3ml's of e-liquid. As I write this I remain dismayed at the opposition my Government has to this healthier lifestyle choice and the misinformation they are giving to the American people. I just don't understand. I have heard that the device and e-liquid I use may no longer be available/legal.. why? Something about Deeming Regulations which would ban every product introduced since 2007. Please don't take away my right to choose a safer alternative to tobacco. I have heard thete is something called HB 2058 that could prevent that from happening. I sure hope it works because I don't know what I would do! Returning to tobacco cigarettes and other ineffective alternatives is just not an option for me.

11/21/2015 9:53:26 PM - kitty595 from Greensboro NC

I have been smoking since I was 18, so for 18 years. My boyfriend has been smoking since he was 12, so for 29 years. My sister has been smoking since she was 16, for 12 years. My sister's husband has been smoking since he was 16, for 24 years. Together, we have been smoking for 83 combined years. We have all attempted to quit smoking in various ways: the patch, Wellbutrin, cold turkey.

Last year I bought my sister, my boyfriend, and myself vaporizers for Christmas. Nothing fancy, just basic pen vaporizers with small refillable tanks. My boyfriend and I barely used ours but my sister quit smoking within 3 months and has not smoked another cigarette to this day. Her husband was so impressed, he bought himself a fancy box mod and quit smoking within a month and has not smoked since. I finally decided to use my vaporizer regularly and stopped smoking cold turkey, vaping whenever the lack of nicotine got to me. I have not touched a cigarette in 3 months. My boyfriend followed suit a month after I did, and after 24 years of smoking cigarettes, he is smoke-free. All four of us are using vape liquid at 3mg, which is very low. Although I now only use my vaporizer a few times a day, my boyfriend is very dependent on his to stop him from smoking cigarettes. The worst thing about quitting smoking is how bad my smoker friends smell now to me. I do not miss my kids coughing every time they're around me, my breath stinking, my clothes smelling like an ashtray, coughing my lungs out every morning. I can smell and taste food again. I can breath. My chronic sinusitis is no longer chronic. I am sure my heath insurance company is also breathing better since they won't have to pay for sick visits and antibiotics just because I smoke cigarettes. I know not everyone will have the same success I did. I bought a vaporizer for my best friend and she is still smoking cigarettes. But of the 5 of us who gave it a shot, 4 have been successful. I personally know over a dozen people who have smoked in excess of a decade each and no longer do because they started vaping instead. It eludes me how anyone can think this is not a powerful smoke cessation device.

11/21/2015 9:53:14 PM - Cindy

Smoked 3 packs a day.Tried all available products for kicking the habit.Only thing that got me off the cigarettes, Vaping products! Been a proud owner of a Vape Shop for over a year and a half--selling the products that helped me quit to others wanting to get rid of the stinking habit!!That is my mission to help people off cigarettes.

Smoke free for over 2 years!!!!!!!!!!

Chose a standard ego setup for my introduction to vaping,went headfirst into the variable voltage/wattage setup!

Smoked and vaped my first year at 2.4 mg nicotine strength,my smoking immediately was cut in half.

Success with the patch I did manage to be smokefree for a month 1 time.That was unbearable-started up with an extremely stressful event.Tried the Chantix for 3 days -- no can do-it made me feel strange.The cigalikes just choked me out they were gross.

11/21/2015 9:51:09 PM - J Johnson

I smoked from the time I was fifteen until I was 35 years old. One day I saw an ad for Blu and said well I don't want to quit but I can't afford to keep smoking.

And I showed my family and friends.

Five of us chipped in and bought kits.

They weren't super satisfying but I went online to a place called e cigarette forum and joined it.

The people there were wonderful and supportive and showed me where to buy things that would work.

I was able to stop smoking cold turkey,so was my husband,my dad and my mom.

And then stories started to appear in the news,vaping was dangerous,vaping released formaldehyde.

These stories were on the local news and in the newspaper.

And because they were my parents stopped vaping and went back to smoking cigarettes.

It is unforgivable in my mind that my parents and other people in their age group were swayed away from something less harmful to you that worked for large masses of people.

The one thing I firmly believe is that vaping has the ability to save so many lives but lying about it and dishonest or misrepresented science will cost us many lives.

My biggest regret in this whole thing is I was never able to convince my parents that what they heard on the news wasn't representative of what I knew the truth to be.

11/21/2015 9:50:36 PM - wendy sanders

I have been a smoker on and off for the past 20 years. In fact my friend would sneak them out of her house and we'd smoke at the park down the road. It was fun then but very unhealthy. After a while i wished that i hadn't picked them up. However i couldn't put them down. Every time i tried it wouldn't last and i'd find myself in the line to get more smokes. That was then. Now i vape. I have been vaping now for about a month and a half.And have laid down the smokes completely. I feel better,cleaner,and i'm not weezing like i used to. I feel much better. Its like i have a new me.Vaping is better for us all then those chemickley induced nasties that make you smell and feel aweful. I now like to get up and walk or work out in the yard.

11/21/2015 9:50:27 PM - Chief (vape_o_five)

Towards the end of 2013, I was getting ready to deploy to Afghanistan. Typically, one of my sea bags would be packed with enough cigarettes to last me a couple of months just in case the camp I was heading didn't carry the brand I smoked or postal services to receive care packages from home wasn't available. With the cost of cigarettes going up coupled with expenses incurred getting ready to deploy, this routine wasn't going to be feasible. A buddy of mine had given me an Ego-T pen style vape, but I never thought of/had a desire to use it until I started packing. I had no desire to quit smoking, but figured vaping could be a "cheaper" alternative and help offset the cost for the amount of cigarettes I would normally buy. As I started vaping more, my desire to light up diminished. Soon I started to notice more vape shops opening up and better equipment becoming more affordable. As a Chritmas gift to myself, I figured I was going to need a setup that could withstand the rigors of an austere environment and last during the entire (anticipated)12 month deployment. Having very little knowledge about vaping, I looked to online reviews about different vape shops in the area that could help me select a setup to best suit my needs and my situation. I found the shop, got the latest equipment and was ready to elevate my vape experience with the hope of not having to buy as many cigarettes I normally would for deployment. I was a pack/day smoker for 20 years. Soon that pack would last a week. On January 17th, my first night in Afghanistan, I smoked my last cigarette! I have been smoke free for almost 2 years! Vaping has helped and I STRONGLY believe vaping can help others become smoke free and quit smoking cigarettes.

11/21/2015 9:50:11 PM - JD Owens

To whom it may concern,

I smoked on average 1.5 packs of Cigarettes for 19 years. I tried an electronic cigarette, and I could immediately see the potential for me transitioning from combustion tobacco based products to electronic based products. I have, since 2013 only been using "vaping" equipment such as atomizers I have gone from 24mg to 6mg of nicotine, and I have smoked ZERO cigarettes since then.

I previously attempted to quit smoking 6 times in 19 years, using gum, patches and even counseling, all without success. I believe that as I am now level at 6mg nicotine the chances that I could quit entirely are considerably higher than if I were to try and quit tobacco based products again. However I maintain it because I enjoy it more than I need it. I am part of a small community of friends and colleagues who have all followed this same path and we are now friends because of it.

The benefits to me have been vast, my health & my respiratory system have improved, ten fold. Also my teeth are now stable whereas when I was smoking they were rotting and causing major digestive problems because I wasn't able to chew properly, so I am now eating better food, I can run for the bus, and I can ride a bicycle further than I ever thought possible.

This summer I walked approximately 1153 miles around Europe, from money I saved by using e-cigarette vaping and, was healthy enough to do it.

I urge you strongly, to hear my testimony, and understand the vast benefits I have accrued by being facilitated to quit smoking tobacco products. In many respects, I owe my life to this considerably beneficial advancement in technology.

JD Owens

Seattle, Washington. 11.19.2015

11/21/2015 9:49:53 PM - Cindy Stockton (SheRedhed) from Bakersfield, CA

Losing my Mom to COPD was horrible, holding her hand while she struggled to take her last breath is something I will never get over. My Mom always smoked, she was living with me & passed away at my house 9/6/14 she was 79. That's when & why I started vaping . I'm 53 I started smoking at 10 & was up to almost 2 packs aday . I enjoyed smoking, I didn't want to quit. I had tried in the past mainly for my kids but always failed. My son encouraged me to give vaping a try. It took about a month smoking & vaping to get completely off cigarettes, nearly a year since I touched one. The variety of flavors was & is definitely key for me, I have my favorite but I also have several different ones. Since getting off cigarettes I haven't any of the upper respiratory issues I had in the past i.e. Bronchitis, sinusitis, cough, weezing, which is amazing I had always thought it was caused from the air quality in Kern County. Vaping has changed/saved my life âœŒ🏻ï¸â¤ï¸

11/20/2015 2:59:21 AM - Henry Liu

I smoked cigarettes for over 7 years. While this may not be that long, it was brutal. I lost friends, made enemies, and ruined my own life. I reeked of a ashtray and brought nothing but disappointment to my family.

I tried quitting smoking maybe 5 times each year. I used patches and the nicotine gum and it did nothing. It made me want to smoke even more.

I switched to vaping over a year ago and never looked back. I made friends because I didn't smell bad anymore. I breathe better and became much happier. I feel healthier than ever and have energy I never knew I had.

11/21/2015 9:49:28 PM - Henry Liu

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11/21/2015 9:49:11 PM - irene

Been smoking for 50 years,have COPD etc.my BP was high when smoking cigarettes. tried nicotine gum,patches,nothing worked.I was told I had to quit smoking.three years ago a friend told me to try E CIG .my BP is fine,did not gain weight,can breath better.what I really like is I don't smell like smoke,my grand kids get no second hand smoke or my dog :-) one thing I did notice in the three years I did not have any colds!! I heard some where the Vape which is a mist kills germs in the air! makes sense if you thank about it. Bonus my kids will let me ride in their car.:-)

11/21/2015 9:48:53 PM - Ben Dolin

I started smoking when I was 16. At the height of my smoking career I was up to a pack a day. Started on Marlboro Reds, moved to Camel's. Tried clove cigarettes too.

My wife smoked until she found out she was pregnant. Her will power allowed her to quit easily. Mine, not so much. I had to sneak around to hide the smell. I started chewing tobacco after that and again would have to sneak around and hide the tins or spit cups. When I finally decided to quit cold turkey, I had a heck of a time but succeeded. Shortly after the baby was born, I was at a party, had a beer and of course a smoke.

From then on, 16 years, I either smoked or chewed or both.

Then I found a vape pen at a gas station. Just a cheap 10 dollar throw away but I liked it. It didnt take long for me to upgrade to something a bit bigger after seeing ads online. I shopped around a little bit and found a better e-cig to use. It's been almost a year now and I haven't had a cigarette, haven't had a craving for a cigarette, in fact now even smelling the smoke second hand makes me feel qweezy.

Long story short I truly believe that without vaping I would still be smoking or chewing. My kids would be complaining about how much I stink. I feel so much better, I don't smell bad and my kids like the fact that I'm not smoking.

11/21/2015 9:48:15 PM - Frederick McKim

I loved to smoke (notice I said loved).Now I love to vape.I smoked cigarettes for 23 years,2 packs a day and it was part of my lifestyle.I decided in 2006 to stop for my heath since I was beginning a new career in trucking.I used the patch.It worked.For 3 months.Driving a truck is stressful at times.So out came the ball and chain again.Then one day in 2010 I was at a truck stop and after fueling and grabbing food to go,I realized after I had left I forgot thee most important item I just absolutely had to have.I said to myself I'M DONE!!And I was.Tired of being controlled by something that was killing me.I did however start smoking a pipe.I really enjoyed the pipe and it was a much cheaper habit.I didn't inhale the pipe,of course but still felt awful at times and coughed a lot.I still felt that ball and chain with me.I couldn't be away from it very long.Then about a year ago my wife bought her mother a little 900 MaH device since her mother uses a cig-alike device.She didn't like filling the tank,bulkiness,etc.So I tried it and stopped the pipe from that point on.I thought WOW! this tastes more like a real cig.That was the flavor of the juice and I didn't know anything else about juices.I thought I still wanted that tobacco flavor.So I purchased a nicer Kanger EMOW Mega device.Still looking for that perfect tobacco flavor.Then I did a lot more research and have continued to add to my collection with actual mods,all of which are regulated like the Kanger K Box/Subtank Mini,Eleaf 20 and 100 watt mod with Svoemesto Kayfun 4 or an Aspire Triton tank.All the while using 24 mg strength.THEN,I tried some of the fruity and bakery type flavors and have finally found what I really like.Its not tpbacco flavor at all.That is just sickening (literally) to me now.I have reduced mg.of nicotine from 24 to 12 and I feel GREAT!!!.I also believe that the sub-ohm tanks have contributed to the lower nic levels.They just work better with more flavor and vapor.I don't blow clouds.I just vape.And I know its heathier for everyone!. Smoke bothers my wife and gives her allergies.E-Juice vapor absolutely does not!.No more getting up in morning and for an extended period hacking up something that shouldn't be in my lungs and no more feeling horrible all the time with what felt like cold settling in my lungs.And no more having a habit control me.I enjoy vaping now.And my blood pressre is lower.No more chest pains.Dont need a doctor or anyone else to tell me I'm healthier.My body has told me that. But if I have to go for long periods without it,like inside a loading dock waiting to get unloaded,Im absolutely fine.And its not the first thing I have to do when I get up in the morning.The world wont end if I'm not using it! Yep,it has saved my life and no harmful side effects pharmaceutical drugs to do it!

11/21/2015 9:47:58 PM - Ambrielle Ensell-Ansbro

After smoking at least a pack a day for nearly 10 years and trying everything under the sun to quit, pill, patches, gum, habit replacement, group support etc. I was finally able to with the help of electronic cigarettes. I started vaping at 24 mg nicotine and have since gone down to 3mg nicotine! My overall health has improved and I just feel better now! I don't wake up coughing or wheezing and I can walk further. The biggest blessing has been being able to play with my children and dogs and not get out of breath before we've even begun!

11/21/2015 9:47:46 PM - Jacob Abbott

When I was in college I began smoking cigarettes for the first time. I quickly became addicted and was smoking a pack a day, sometimes more. Flash forward another 5 years and I am still smoking a pack of cigarettes a day. I started to get into working out and fitness at this time and decided that I wanted to quit smoking and live a healthier lifestyle. My life was very social at the time and between all of my friends, wife, etc smoking cigarettes as well, it was difficult for me to kick the habit. I finally decided enough was enough and bought some nicotine lozenges from the store. They didn't help much, but I was able to cut back a little bit using them. I finally made the decision in my head that I was going to stop completely and just use the lozenges. What I experienced next was 72 hours of complete and utter misery. The lozenges barely did a thing so I just stopped using those as well and essentially quit cold turkey from there on. It was still rough for a couple of weeks to keep myself from smoking, but I ended up persevering without using cigarettes for another 2 years. After those 2 years, stress reared it's ugly head during a move and buying a house and I picked up smoking again. I decided about 6 months later that I wanted to quit again and had remembered that many of my friends had recently quit smoking using personal vaporizer pens. They were big proponents of them and seemed to really enjoy their use. I decided that I was going to try vaping to quit smoking this time. I went down to the store and picked up a really cheap pen vape and some cherry cola flavored liquid. I got home, charged it, filled it up, and started using it. That first full day I was using it I only smoked 2 cigarettes. The next day, none. No withdrawals, no misery, nothing like it was last time I quit. I couldn't believe how easy the transition was. I had just quit smoking and found something new that I really enjoyed. Flash forward and I am upgrading my vape pen to a better one and lowering my nicotine every week. My sense of smell and taste were quickly back and my cardiovascular health and stamina quickly improved once again. I am at the point now where I use the lowest amount of nicotine available and can relatively easy go without using it for much longer than I could go without smoking a cigarette. About 6 months ago, I started making my own liquid for vaping as a hobby. I quickly came to enjoy the hobby and it also helped save me money. I ended up finding myself to be quite proficient at it and others were wanting me to make liquid for them as well. I decided to start my own e-liquid company and make it as professional as possible. Got a LLC, business banking accounts, website, etc. I also upgraded my mixing facilities to the highest standards of cleanliness to ensure the products I was producing were of great quality. I have only been selling in stores for a couple of months now, but having something that I enjoy and love to do has really helped me. I still have a full time job and do the e-liquid business on the side currently and I plan to keep it that way. Right now, with the impending regulations that the FDA is considering with a grandfather date in 2007 it will put almost every company, including the biggest and most profitable, out of business. I will be left with debt that I will be unable to pay off and products that I am not allowed to sell. My hobby, my passion, will be ruined. As a industry business owner,

I completely encourage laws and regulations for the industry such as, minimum purchase age of 18, child proof closures, tamper evident packaging, warning labels, etc. What I do not support are laws that will completely devastate the industry and put people back to smoking cigarettes. Please change the grandfather date of the deeming regulations to the effective date and not to years ago before life saving vapor devices even existed. Thank you.

11/21/2015 9:47:08 PM - Don Zebrowski

I started smoking when I was 16 camel non filters I progressed by the time I was 20 to Newport 100's 2 packs a day that continued till I was 41 years old at that time I had just lost my 14 years old son one night I thought I was having a heart attack luckily it wasn't.", but every morning I was coughing up a lung feeling like crap I decide it was time for a change so I started to vape I bought a vision spinner pen and a kanger tech tank on 24 MG of nicotine I stayed in that for a year and slowly dropped nicotine level with no cigarettes than I purchased a box mod and a mech mod and a sub ohm tank and an RDA and by that time I was down to 6mg of nicotine 2 years later I am vaping 3mg-0mg of eliquid. I have started advocating for vaping and turning my smoking friends on to vaping 10 so far I feel amazing I can breath I work out regularly something I haven't done since high school I run 2 miles a day I haven't felt this good since before I started smoking I believe in vaping and I will stand behind it and advocate for it there is nothing I won't do to save it!! Vaping saved my life!!!

11/21/2015 9:46:53 PM - i.ron lung perrone

I am an EX smoker of 231/2 years nothing ever came close to helping me quit smoking

Until I found vaping

I stand a 6.2 200 lbs

2 years ago I was a heavy heavy smoker

And stood at 137 pounds I can honestly say that after 2 years of vaping I now feel healthier than I have ever felt in my entire time of smoking the benefits that vaping has given me are astronomical compare to the demise that cigarettes were causing me I have lost teeth had teeth removed all because of cigarette smoking ever since I found vaping I have never returned to an analog cigarette ever again vaping has continued to keep me off of cigarettes keep me smelling clean and fresh vaping has also found a way into my lifestyle where I don't sit at home and smoke cigarette after cigarette after cigarette anymore I join my vaping community as a social outreach to be able to help other heavy cigarette smokers and convert them to vaping also take vaping away from me that means you don't care for my health as much as I do and understand my addiction as much as I do I will continue to say #improve

11/21/2015 9:46:25 PM - J.D. Lewis

Along with Roy Braunstein, I too quit for 2 years today. I'm celebrating my actual birthday smoke free. I smoked cigarettes along with chewing since I was 13, im 27 today, Nocember, 19th 2015. I started using e cigarettes in 2007 when they first hit, somewhere around March, 2007. I used Disposable E-cigarette and moved up to a single 18650 mechanical mod called chi-yu, it was two peas gummy bear I believe and the strength was 18nic, I've tried everything from chewing to snus to medication. I cut down over time to a 3nic and currently only vape 0 or 3nic depending on my day. When I started vaping the change was immediate and nothing but good came out of it. I found that within the community and fighting for a better cause against nicotine products, The Pink Lung Brigade (Pink Lung Brigade) has been by our side in fighting together as a community and to be 100% honest, there's no better outlook than this one. Since I have kicked the habit, I've managed to turn 86% of all Serta Simmons employees in fife to vaping as a healthier alternative. I've been more active in giving back and have ran the 5K for the annual Heart and Stroke Walk at Cheney Stadium and still to this day will never consider anything but the best. I've saved $26,467 to date from my transition and I am proud to be apart of a community that helps one another out in the time of need!

11/19/2015 11:21:23 PM - tavis

Let us vape!!

11/21/2015 9:45:34 PM - Frank Sparks

I started smoking at an early age. Tried quitting several times using all the methods endorsed, never could. Four years ago I was introduced to ecigs as an alternative to smoking the Winstons I had smoked for over fifty years. Got a starter kit and never touched another cigarette since. No jonesing for the cigarettes, the ecig completely satisfied my smoking urges. My taste of food, drink and breathing improved drastically. If any elected representatives vote on this issue in their areas of representing voters, vote to allow ecig anywhere at anytime. Vapers are not exposing anyone to anything that will harm others. Voting against ecig use puts every one at risk for no reason at all, other than satisfying the ignorant ramblings of the uninformed.

11/21/2015 9:45:20 PM - Matt Reynolds

I was once a pack to two pack a day smoker. I started smoking at the age of 13 due to the cool factor haha. Little did i know that it was a bad habbit that was almost impossible to truly break. I have completely quit multiple times but no matter what i always seem to find a reason to start back up. Big tobacco has had a negative effect on me in multiple ways. Never the less i finally found a sutible alternative to help me cut down to a maximum of 3 stinkies per day. I use a box mod produced in china. I also enjoy rebuildable dripping atomizers the most. Not only has this alternative helped me cut down greatly on my tobacco consumption but it has truly saved me money and help my heath as well. I love to vape and truly greatful for the habbit. I enjoy everything about it.

Sincerely,

Matthew reynolds

11/21/2015 9:45:06 PM - Erik DeAngelis

I was a very heavy smoker from the ripe young age of 16. My tobacco consumption stayed consistently heavy for twenty years. I started with mentholated cigarettes and after four years switched to Camel lights. At times I would "treat" myself to a pack of Chesterfield King unfiltered cigarettes. I tried at the encouragement of many to quit. I tried cold turkey, gum, patches etc. to no avail. I had a son in 2010 I guiltily continued to smoke after his birth. Shortly after his second birthday I decided my life needed some changes. I was also a heavy drinker most of my adult life to the point where I recognized it had become a problem and with a little help quit alcohol all together. But the tobacco was a comfort AND an addiction as well. I held on to that.

As part of my attempt to live a healthier life for myself and my son I incorporated exercise into my dally routine and became very active. Especially enjoying cycling and running. Even still the tobacco was there. I would run a few labored and winded miles and light a cigarette before the sweat dried. After a few months of this behavior I realized the absurdity of it all. I picked up a cig-a-like from a convenience store. I began using them regularly. I found a brand I liked and spent a lot of money replacing the cartridges. I was no longer buying cigarettes or smoking regularly. But the ecigs were not necessarily scratching the itch. I would still bum a smoke off of a co-worker from time to time.

I began to notice the emergence of these little vape shops around where I live. And was confused. "How can you devote a store to e-cigs?" I wondered. Thinking only in the terms of the devices I had been using. I went into one on a weekday and spoke to some helpful and willing employees I left with a tank and an ego style battery. That changed everything. I believe that was the last time I smoked a cigarette. After that I began researching devices, I moved up to a 20 watt device and a sub-tank and I was truly satisfied. The success I had with vaping was astounding and I began to immerse myself in the culture and research of this miracle.

But the most astounding part was the physical improvement. My mileage increased in my runs and rides. My lung capacity was better than before I had even started smoking and within a year I had completed a triathlon and several long distance races all while continuing to vape fairly heavily. I haven't had a cigarette in over two years and am still an enthusiastic vapor.

I am an educated man with a post graduate degree and a pretty good head on his shoulders. The success of vaping for myself was a miracle and I've since taken up the cause to help keep this an accessible and encouraged option for quitting tobacco products. I was so pleased with my experience with vaping I've successfully helped several people quit tobacco by giving products, sharing my story and helping them understand the best method of cessation through vaping for them. I am truly grateful

that I have had the opportunity to use this method freely and find the most successful way of using to help me quit and I hope that will be the case for smokers in the future who would like to quit.

11/21/2015 9:43:23 PM - J.W. Hyde

Vaping Saves Lives, the proof is undeniable the CDC just released their report on it, there are endless testimonials from consumers, its created jobs for our struggling economy , even a lot of medical professionals acknowledge the positive aspects what more proof do you need?

11/21/2015 9:43:13 PM - Nancy Dailey-Fedell

I smoked cigarettes starting at the age of 15 years old, I quit a handful of times including while pregnant with my Son (thank goodness the chemicals and poisons made me sick!)... I spent the next 40 years smoking and hating the disgusting habit, smell, looks from people, but mostly disappointing my Son, Husband and my Father. I had tried everything to quit but nothing worked what so ever and Don't even try Chantrix I almost had to go to the emergency room because my brain went crazy the Doctor told me to stop taking it! For Christmas my Son bought me a vape starting kit with some delightful apple pie ejuice in hopes I would just try to stop AGAIN! Well I quit!! YES! took me 3 days at the most . My Son and Husband are so proud of me and my only regret is that my Dad passed away from lung and heart related problems from being a smoker half his life.... he begged me to stop and he passed away 2 months before I started vaping so he never got to know I quit... I know he is proud of me because when I pray every night he is right there smiling for me! Thanks to Vaping I am happy to say I am a non smoker for 11 months now and will never touch a nasty cig again! after quitting smoking I stopped coughing and allergies type feelings, I can taste food again (((yeah!) my clothing smells fresh and clean along with my body and hair, bedding, the house, my car you name it all fresh and clean! Nancy

11/21/2015 9:42:20 PM - Debbie Gilliland

Hello, I am a grandmother as well as a Vapor , I smoked cig's for 45 years never wanted to stop, Thought I enjoyed it , My Doctor stayed on me to quit. I tried a e-cig and found the right juice and I am almost 2 years NO cig's . I feel so much better, Plus my Doctor said please stay on the vaping , Do not go back , I told him I got this, I never wanted another cig, Now my lungs are so much better, I smell and taste so many things, I had no idea so many foods tasted so good,,, Not to mention I no longer stink, I am a grandmother and I like flavors as well, Flavors weren't meant to bring children in to vape, they were made to give us what flavor takes the place of cig's our choice,, After much research and steady learning about Vaping, because I wanted to know. I wanted knowledge of the Vaping. I became a advocate after 6 months of vaping, I sign every thing, I send emails, as well as phone calls,, I will stand strong for our rights, Like I said ,, You wanted us to quit and we did . Now you wanna take it from us , I say NO WAY!!! Stop putting Vape in with tobacco,,, #VapingIsNotTobacco I can breath no coughing up a lung every morning ,,,, I feel great !!!! Thanks to Vaping,

11/19/2015 6:25:26 PM - Phil Pellew

My vaping journey.

At the age of 61, I was a hard core smoker of 43 years, with no intention to quit ... ever. Tried a Tob.co cig-a-like out of simple curiosity - yuk!!! Later became aware of 2nd generation devices, decided to give them a try ... and they worked! I had found something BETTER than smoking, and as time went on I refined the experience.

Nearly 3 years on now, and both my wife & I have been smoke free all that time. I followed the research & read all the studies ; both genuine & junk, learning how to discern Science from ideological bias (Lies!). I also learnt to make my own e-liquid; the house now looks like a Chemist & smells like a sweet shop.

When I heard that the EU was trying to ban e-cigs I just could not believe it. I followed the EU TPD process from beginning to end; what a totally corrupt, undemocratic institution ... how on earth did we get mixed up with this mob? The TPD was "steamrollered" through on the back of hypothetical hysteria , ignoring genuine research scientists.

I know how I intend to vote in a referendum; I suspect I am not alone. Passionate vapers who also followed the progress of TPD Article 20, have had their eyes opened as to how the EU operates! Welcome to the fourth Reich.

I vape, I vote.

11/21/2015 9:41:40 PM - Phil Pellew

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11/21/2015 9:29:41 PM - Edward Patronick

I am a 40 year smoker, that now vapes 100 percent. I use no tobacco.The experts in the know, in other words have done studies based on science find no link between burning tobacco and getting our nicotine through harmless vapor.

California second hand vapor,out door ban? Exactly what are they smoking? It's not vapor. I would like to see what other countries are doing and how they regulate vapor. I can see proper inspections on eliquid makers and that they are following clean guidelines. But second hand vapor,where it's vapor leaves you mouth it's gone. What about the silica you spray over and over on us and those we love the un still has no idea what if anything it's doing to us. I can't go outside many days it's do heavy,I walk 30 feet iam done. Since putting down cigs I have felt much better. You as in big tobacco taxed themselves so much that a person with a brain invented PVP...nicotine is in the same class as caffine that's a fact, can we expect a ban on coffee as well? That's it how can you compare 3000 known chemicals, to 3 or 4. Even a teenager knows that makes no sense. Why not gather all counties and talk about this 2 billion a year industry. You talk about jobs,the economy, do you or have you thought the damage would do to a crippled economy? I can only speak for me, after burning tobacco of all kinds for 40 years after quitting I feel much better, actually not only has it stopped me from tobacco use, it's become a hobby to me, very interesting one at that. Big tobacco needs to try another angle, maybe work instead of stealing,and making up lies. I've heard the experts and it's not congress or the senate, it's heart and lung surgeons thst had enough interest to do studies some lasting 9 months, comparing smokers to non smokers, comparing smokers who now vape to none smokers. They have found vapors and non smokers are very close as far as internal organs. Land of the free home of the brave,the American dream? What happened to that? It's not just vape shops your going to close it's many other buisness s your going to criple.Can I make up my own mind on what's good for me and what's not? Just one time.I've heard the paid off shills in both congress and the senate, they make no sense,they have no clue what they are talking about. Let's get the real experts involved those that have no dog in the fight, that see damage from years of tobacco use. Vaper we don't know the long term effects, 20 years from now we might. I started smoking at 12 and kept at it until 50, I feel better, my fingers are not yellow, my hair is not yellow, the rotten stink is gone for me it's a win win, for our country it's many many jobs ,don't tell me how much better it's gotten, they tell me there's 100 jobs in my state I can do, what 2 per county, yes iam disabled but it was way before vaping, technically I should have never worked because I was hurt early on in life, before the legal age of working. As I said I see no problem with The FDA doing inspections on juice makers and the equipment they are using,chemicals they use we can count on one hand and it's everyday components that are used in many industries. Get it straight caffine and nicotine are in the same class, how we get nicotine into our bodies is our choice, I would rather vapor, than burning tobacco. No one is stopping big tobacco from getting

into the vape industry, let them work at it, those blue throw away junk is not for me, and another chemical dripped onto a filter is not for me. I don't smoke that's the main thing not one, I feel better and I look better,and God know I smell better. Your not only hurting the people that vape your hurting an entire industry that provides jobs and more inovation, every day that passes. All that's talked about is Healthcare abd sky rocketing costs, if you can say in 20 or 30 years vaping saved a ton of money and helped so many hopeless people who could just not quit nicotine. We have gone from 24 percent down to 12 percent and plan on dropping down to 6 percent very soon, who knows another few years it might not contain that nasty nicotine at all. We can not say what long term is going to do, we can't say what tomorrow will bring so where is your argument on long term vaping? Big tobacco wants that 1.5 to 2 billion dollar a year ibdustry, it's too late but they can join in and do some work, blue is not an option, it's pathetic junk that may do more harm than good . What s the long term effects of mister blue fake cig???

Anyone figure that out ? No I didn't think so,I've seen people use them it seems very hard to puff, looks like it may cause windpipe trouble long term.

Really let's be honest it comes down to the worthless dollar, let's put that on the side for now and let the free market work as it was intended, u want to ban nicotine I suggest you start with the letter A and work your way down, don't forget C for caffine were talking about the same class here. It's not just the vapor it's all the buisness and people that depend on it, maybe for a job, or maybe it's to put down the pipe or cigar or snuff,or cigarettes. Again if you care so much I don't see a problem with FDA inspections on e juice and it's makers, but that's about all I can think of. Vapor can never be included in the burning of tobacco products. It's not common sense, at this point it's uncommon sense. This attack on an entire industry and those that depend on it makes no sense. We are 19 trillion dollars in the hole and counting, so please explain to me what's working do well? The middle class is gone,now we are called the working poor. People today are working more abd harder for less pay, the working poor,earning less than the national poverty level. And you smart people that work for us are going yo destroy a viable 2 billion dollar industry .I sure hope you look at this and see its harmless compared to burning tobacco.

Perhaps listen to the surgeons that see this stuff everyday, Canada s top heart surgeon and what his thoughts are based on a 9 month study on pure science not words or greed. I feel better,I look better,I smell better, and your going to tell me about long term effects let's get down that road first, 15 to 20 years from now.

Senators and Congress and all those that work for us, not big tobacco,not big pharma, but we the people think about us that voted you into your cushy jobs.

I am very sorry for repeating myself,and making this letter into a book but these facts have to be known. Sick of this pay to play land of the free ..Let's stop all these wars, bring our men and ladies home where they belong, you can't fight a person that's willing to strap a bomb to themselves to kill innocent people. Soon the crusades will return these throw backs need to be put in there place, no lies no nonsense just facts. And please stop congress and the senate from opening there mouths on vaping, it's very embarrassing to the voters, we can,see they have been paid to make an argument or point they have no clue about. Let's hear what the surgeons have to say, yeah those guys that are way under paid and leave it at that. Thank you for your time and me repeating myself, iam no writer that you can clearly see. All I can do is convey how I feel since I stopped burning tobacco. To make an argument that vaping and burning tobacco ate the same, I suggest all you elected officials think about what's coming out of your mouths. We voted you in we can easily vote you out.

Show me the science that says it's the same, I vape my mustache gets wet, never happened with tobacco, that in a way spells vapor. All o can do is ask, please do the right thing. Don't tell me about 5 year Olds being poisoned,don't tell me about its a gateway drug for young teens, it's just the opposite, the best one came from California second hand vapor,12 chemicals we omit, so 3 or 4 go in and 12 come out? That math does not add up. Your talking about chemicals that big pharma make and doctors prescribe for asthma and other upper respitory problems. Once piped into hospital rooms for therapy. This is serious business,what some are proposing is insane. 40 to 70 percent tax on business? You should help them not sink the ship, we need jobs real jobs not made up numbers. You kill vaping you kill millions of jobs of all kinds. Please don't act in haste and what your being paid to say, most really have no clue unless your vaping. Thanks for listening.

11/19/2015 6:06:43 PM - David Alan Lee Shearer

I used to smoke roughly a pack and a half if Newports daily. I work in the environmental field and I am primarily in smoke free zones. Because of this I used chewing tobacco all day in between smoke breaks where I'd usually fit 2 cigarettes in my 5-10 minute break. After smoking for 14 years I was dead set on quitting tobacco altogether and so I tried nicotine patches, gum and lozenges. Nothing worked. Then I found the Blu ecigs and I was able to quit...but only for a week maybe. It wasn't satisfying. So after months of smoking again my friend let me try his mod and upon the first inhale I knew this is what I have been looking for. I smoked my last cigarette that day. I've been tobacco free for 6 months now and I will never use tobacco again as long as these life saving devices are available to me. I've even dropped from my initial 6mg juice to 3mg after the first 2 months. I truly feel that vaping has saved my life.

11/19/2015 5:37:50 PM - Rob

Guess you could say i was one of the younger generation of tobacco users i am 35 years old i started using Snuff/skoal smokeless tobacco at early age around 18/19 that long i was 2 can a day user from the time i woke up till i went to bed.For years i tried quitting my nasty habit but skoal/smokeless tobacco had its grip on me.Not many understand unless you've use smokeless tobacco it gives alot more nicotine as-well as other components upfront more then normal smoking does.Which made it even more harder to quit.One Monday morning about couple months ago i woke up with swollen throat and cough up blood in my spit.I knew was time for change.My body was telling it was time.Knowing years back the struggle to repeatedly try to quit and fail at doing so there had to be alternative means.I asked my friend who quit smoking by using vaping and he recommend vaping to me.I have been vaping for couple months now.I dont wake up anymore with Swollen throat, my taste buds have came back ,Food that i use too eat taste alot different now.I am not plague with sinus problems and acid reflux problems anymore.I use to have to take prescription meds prescribe by doctor because i had so many sinus problems and acid reflux problems ,I dont get sick everytime i eat anymore because my throat is so irritated.NOT anymore.Since vaping i havent touch a can of snuff in 2 months .i started at 12mg nicotine and have cut myself back to 3 mg of nicotine in 2 months i hope in the future i can be nicotine free.Vaping has help me to do this .Vaping has change my life for the better.At first it was hard to switch over because i was only use to one flavor which was wintergreen from skoal ,i tried many different ones couldnt find what i like because i was tryin to match wintergreen from skoal.I went into local vape shop and was ID carded at the door they show me couple flavors that i could tolerate and now i use on daily basis, grape being one of them.Werid going from wintergreen to grape or blueberry custard but it has help me not touch skoal .That is my story

11/19/2015 5:37:37 PM - Travis

I smoked cigarettes for about 10 years pack and half a day smoker and as soon as I picked up a vape I quit immediatly not only did I feel better after a couple of weeks but my doctor had been extremely surprised that my lungs have cleared up 2 years later I'm an avid vaper and use it everyday I have dropped down nicotine levels from 18 to 3 to now 1.5 this industry has saved my life and a ton of my loved ones family members and friends. I am grateful for everyone that I have met thru this industry people I consider family. I tried using the logics and the gum and it didn't seem to help the gum made me dizzy and the logic just wasn't enough and didn't taste good at all. I now use box mods and mechanical mods and love it. And everytime I go to the doctor he tells me how impressed he is. Again this stuff saved my life can't thank it enough

11/19/2015 5:37:29 PM - Frankie B

I started smoking cigarettes at the early age of 15, and continued to smoke up until right before my birthday, so roughly 3 years. I used to smoke tons of cigarettes, sometimes up to over a pack per day. I eventually took the initiative to stop smoking, and I was able to slowly eliminate the number of cigarettes I was smoking, but not to a very low number; somewhere between 7-10 cigarettes per day. Not happy with the results, I decided that I would buy myself a smoke-free product; my best friend has one, and on the days I would use his, I wouldn't smoke any cigarettes. It has been almost 6 months since I have purchased my first smoke-free product and I have not smoked a single cigarette. I eventually brought myself down from the 6-4mg nicotine range to the 3mg, and now I am currently in the 0mg range. The use of smoke-free products has helped me immensely and has changed my life. I started out using an iPV 4S box mod with an Arctic V2 Sub-Ohm tank by Horizon Tech. I eventually moved onto a Sigelei 150w TC box mod with a Herakles Sub-Ohm tank, and just recently I upgraded to a Royal LE SnowWolf 200w TC box mod with a Mutation X V5plus RDA.

11/19/2015 5:37:18 PM - Cory San Antonio

I remember why I started smoking. She said it made me look cool, I wanted to look cool. I lived in a small town with nothing better to do anyway. So I smoked it eased the boredom, gave me regular breaks at work I wouldn't have gotten otherwise, and evidently made me look cool. Well as all good things come and go so did she but still I continued to smoke. I stopped getting that rush fairly quick, 2 years passed and I struggled to breathe, taste, smell, feel human. I am 25 now and fairly fit that's a bad joke that I felt like I was 80. My brother often expressed concern for my bad habits. I felt bad but I continued smoking until I saw it. The clouds. They grew in me and amazed me. I wanted to do what he along with my room mate were doing. So I tried a pen vape. Flavors sucked, I had 0 desire to stop smoking. I started at 12 then went up to 18 then 24, nothing worked. But as luck would have it, my room mate who I should mention worked at a local and growing shop, realised why. I wasn't in need of nicotine, I needed to visually see the vape, feel the density of the large production of a rda. My brother and him teamed up bought me my first mod, a black nemesis clone, and a stellar v1 clone (back then we didn't make enough to go after the quality of an authentic) 1 week passed and I felt great, they had been right. It's been almost a year and a half since I stopped smoking. All I ever needed was to see the vapor production of my device as I exhaled. Not the strength, I can use any I feel like and it doesn't matter, I don't want to smoke anymore. 4 packs a day. For 2 years. Now that I vap3 I feel better, I don't stink or struggle to breathe, I don't get headaches or cranky like I used too from smoking. I dont know why our country makes being healthy as expensive as possible, vaping CAN save lives.

11/19/2015 5:32:28 PM - Ikaika

I used to be a pack and a half a day smoker. I was also a swimmer and a surfer. Smoking was destroying my love for the sea. When I had heard of vaping, I did lots of research. Once I found out it was healthy, I got a vape to try it out. After about a week, I noticed I had slowed down my smoking from a pack and a half to 3 -4 cigarettes a day. Now thanks to vaping, I have not picked up or lit a cigarette in that past year. My lungs have gotten much better and now I'm back out there carving those waves like I used to before i started smoking. Vaping has Changed my life, and it has also changed the lives of the people and friends who I have shared vaping with for the better. I like to make my own vape e-liquid and I'm going to be starting my own fluid line soon. I like using the Regulated box mods with dripping RDAs.

11/19/2015 3:51:45 PM - Deborah Mason

I am a former smoker. I smoked cigarettes for 21 years. And had many problems throughout that time with sinus infections , ear infections, pleurisy, and even cysts in my lungs. I tried every product imaginable to quit smoking. The patch, the gum, chantix, nothing worked until I tried Vaping ...I owe my life to this industry. Vaping saved my life. I proceeded to open a shop to help save other people from the hands and addiction of cigarettes. To offer people an alternative to stopping smoking. And we have had much success in doing so. I am now very healthy, my lungs are clear.. I have very happy doctors who approved of Vaping and said it was a safe way to quit cigarettes . Improof

9/6/2013 9:52:00 PM - Kathy Linberg

I started smoking when I was just 13 years old.

I smoked Marlboro's for almost 40 years.

Over the years, I tried quitting cold-turkey and through hypnosis, taken smoking cessation programs, and used Nicorette gum.

After all the attempts to quit, I remained a smoker.

In the US they introduced FSC (fire safe) cigarettes in January 2010 and with that change I started rolling my own cigarettes with pipe tobacco but I was tired of coughing all the time.

I had seen a comparison between the smoke of a cigarette compared to the smoke of an e-cig, that suggested smoke from an e-cig was not as hazardous as smoke from a cigarette.

They blew the smoke from a cigarette into a handkerchief and it left behind a dirty mess.

Next, they blew the smoke from an e-cig into a handkerchief and it left behind NOTHING.

After seeing that, I decided I would try an e-cig.

I went to the mall and an e-cig vendor let me try one.

One hit and I knew I had to find a way to switch but the startup costs were prohibitive which delayed my switch for several months.

I found a good deal and ordered a refillable e-cig that looks like a cigarette (510).

I didn

11/19/2015 3:50:44 PM - Kathy Linberg (Mauldin, SC)

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I had seen a comparison between the smoke of a cigarette compared to the smoke of an e-cig, that suggested smoke from an e-cig was not as hazardous as smoke from a cigarette. They blew the smoke from a cigarette into a handkerchief and it left behind a dirty mess. Next, they blew the smoke from an e-cig into a handkerchief and it left behind NOTHING. After seeing that, I decided I would try an e-cig.

I went to the mall and an e-cig vendor let me try one. One hit and I knew I had to find a way to switch but the startup costs were prohibitive which delayed my switch for several months. I found a good deal and ordered a refillable e-cig that looks like a cigarette (510). I didnâ€™t like the tobacco flavors that I first received so I ordered a collection of liquid in different flavors and settled on Wintergreen. On September 3, 2010, I smoked my very last cigarette but I quickly learned that I would have to find a battery that lasted longer which meant my e-cig would no longer look like a cigarette and I was okay with that. Almost immediately my smokerâ€™s cough disappeared and my breathing improved. Next, my sense of smell and taste improved. My house smells better, my car smells better and I donâ€™t stink nor do my clothes. Whatâ€™s not to like? Today I smoke an eGo e-cig with a cartomizer filled with 24mg Wintergreen flavored liquid.

I live with a smoker so if I wanted a cigarette they are readily available but I donâ€™t want one. A few months after I quit, I wanted to know what a cigarette tasted like. I took one hit and understood just how bad they taste and smell. I donâ€™t like peas; have never ever liked peas; my parents always served (pushed) them with dinner and I would not / could not eat them. Why on earth if I didnâ€™t like the taste of a cigarette (now) did I ever get started smoking? This was a major turning point for me. How many of you refuse to eat something you donâ€™t like? Iâ€™ll bet lots of you!

I used to spend almost $300 a month to smoke cigarettes. When I first started smoking an e-cig I was spending about $60 a month. In the last month I have found a new vendor and have cut the cost to smoke an e-cig to under $25 a month!

Since this was written in 2013, my smoker husband died of kidney and lung cancer in July 2015. I wish he would have listened to me but since he didn't I'm going to enjoy the rest of my life without having to smell stinky cigarettes.

11/19/2015 3:30:10 PM - Terri Rae

I smoked cigarettes for over 40 years. By 2008 I was smoking 2 packs a day sometimes more. I had chronic bronchitis, constant cough and had developed asthma by 1998. Smokers headaches were common. December 2008 I had a heart attack. The heart specialist said it was a miracle I was still alive. I was told to stop smoking. For the next five years I tried cutting back, prescription medications, the patch and gum to no avail. Early one morning in 2013 I woke up having a bronchial asthma attack. Struggling to inhale scared me so bad I swore right then and there I was going to quit smoking. I went to my primary doctor and he suggested I try an e-cig. He said he had a number of patients who quit smoking by using the e-cig. I went to the gas station and bought a disposable e-cig. I was excited at the thought I just might be able to quit cigarettes with this new device. I read the instructions and gave it a try. The taste and smell was absolutely horrible but I was determined to stop smoking and I kept trying to use the e-cig. My son also bought an e-cig and gave it try. A month later my son took me to a "Vape Shop". He said if I really wanted to quit cigarettes give vaping a try. That was over two years ago. I have not smoked a cigarette since. It took a little bit of tweaking the nicotine level to find the strength I needed. For two weeks I used 18mg nicotine. From there I went down to 16mg, a month later 12mg and today I am down to 3mg and at times 0mg.

Since I took up vaping I have not had another bronchial asthma attack. My constant cough is gone. I rarely have issues with asthma. My primary doctor and my heart specialist are both very happy. I also noticed I can go hiking, climb hills, etc. and I have no issues with breathing.

In September 2014 my son suddenly passed away. I never once felt the urge to light up a cigarette. My son gave me the gift of life when he took me to the vape shop that day. I want to keep this gift.

11/19/2015 3:29:34 PM - blu l.

let vaping go on and become something to help people not get cancer and have the oppertunity to see their kids.

11/19/2015 3:06:47 PM - Roger Price

I am a Vietnam Veteran who has had a Cigarette addiction for over 50 years. Yes, I had triple bypass surgery in oct 2011 and had used this snus as a replacement for a while and like many gave in to my cigarettes again. Just recently and after researching this new Vaping Thing, Decided as a last chance effort to put them down gave it a try. I am reporting to you that I am now 3 months cigarette free and was able to work my nicotine level down to zero and will soon be giving up vaping as well, I was most grateful to have been able to quit after all these years. There are over 9 million of us who are pleading with the FDA to not kill an opportunity to save lives. Cigarette smoking has dropped significantly the last 2 years and Vaping is the reason.

11/19/2015 3:06:22 PM - Timothy Stivers

Hello, my name is Timothy J Stivers and I have used vape products to quit chewing tobacco products as well as smoking. I used snuff and smoked cigarettes since I was 14 years old. I have tried to quit by the use the prescription Chantix 3 times and every time I went to using tobacco products. I have the sense of taste again, which is a good thing since I am a cook. I am able to work more consistently without having to go smoke a cigarette. My health has improved tremendously. I chose this to stop all tobacco products cause bother of my grandparents on my father's side passed away from cancer.

11/19/2015 3:06:12 PM - Chad Roger

I started smoking when I was 10 because everyone else was doing it. By the age of 13 I had a 2 pack a day habit - a mighty feat to accomplish when you consider I was not old enough to purchase cigarettes and I supported my habit by mowing lawns and doing other odd jobs around the neighborhood.

My first attempt at quitting was at the age of 14 and it lasted almost 4 years. There were other attempts; my average being a couple weeks with 8 months being my 2nd longest break. Believe me when I say that I wanted to stop - there is no doubt in my mind that smoking cigarettes was a bad choice, both physically and financially but there was always something that brought me back. That is until I began vaping.

I had co-workers who where vaping and after a little bit of research instead of buying my usual carton I bought my first battery, a couple tanks and a few bottles of e-juice. The clerk tried to talk me into making a smaller purchase in case I did not like the switch but I wanted to give it an honest try my intentions were to vape for the next 8 days (about how long a carton would last me) and decide at that point if it was the way to go.

I started with an 18 mg nicotine content, which I had read was about what the average pack a day smoker was in-taking. I was feeling the cravings that first couple days and went back and bought a 24 mg bottle to take the edge off. It did help but I never actually finished the bottle, I ended up passing it along to my neighbor who I turned onto vaping (which he is still doing to this day after 2 years). At this time I am using 3 mg strength with the intention of no longer vaping at the start of the year or using 0 mg juice.

It has been over 2 years since my journey started. I will admit I have backslid a couple times - once for a week, once for 3 months and a smoke here and there at the start. I can say at this time that I have no desire to smoke. In the past I had tried the patch, nicotine gum, cold turkey and chewing regular gum when ever the craving hit. I even tried brushing my teeth whenever I wanted a cigarette once because someone had told me that worked for them. Had some pearly whites and minty fresh breath for a week but still went back to smoking.

I will admit I am not a doctor or a scientist but what I can attest to is that since I have stopped smoking and vape instead my breathing is less labored, my sense of smell is stronger, my breathe and all around physical order is vastly more enjoyable, my blood pressure has dropped drastically. I will admit there may be unknown side effects to vaping but the way I see it the small handful of chemicals I inhale when vaping pale in comparison to the chemicals I was inhaling when puffing of a Marlboro. And of course I have more money to spread around the local economy because the cost of vaping is vastly lower than smoking.

Vaping is not smoking. E-juice is not a tobacco product. The age of the consumer does not matter - if it did there would not be 16 year old kids smoking on their lunch break at McDonald's. Yes, this nation was built on tobacco and cotton but that was a long time ago and as the protector of the public the government should be looking for ways to support breaking away from the addiction of tobacco and support any and all options that offer even the slightest increase in value of life for the public for whom you serve. Do not make access to e-juice and vaping in general restricted, controlled or subjected to restrictions that hinder the pursuit of this wonderful alternative to tobacco smoke.

Thank you for your time and I hope that you have a wonderful day.

11/19/2015 6:01:18 AM - ghost rider

I have tried many time to quit smoking Iâ€™ve used patches,wellabutrin,biu (useless),chantix and cold turkey but allways went back to cigarettes (stinkies) the wellabutrin had a bad side effect that made me ill,hatefull and unable to sleep. awhen my Mother was diagnosised with Bladder cancer and was caused by smoking I made up my mind I was going to quit and I tried the normal, patches etcâ€¦ and then I tried an e-cig and that was the last day I smoked a cigarette and I never want to taste another one again. I started at 12mg of nicotine I now use a regulated mod and I am at 0 nicotine and have been at 0 for over a year and I quite smoking 19 months ago. I vape for the flavors I am diabetic and canâ€™t eat sweets and vaping realy hits my sweet tooth and I am now a pre diabetic and tobacco free and I feel the best I have felt in years. I owe my great health to the best alternative ever vaping (e-cig) sincerely Iâ€™m living Healthy

11/19/2015 3:05:42 PM - ghost rider

I have tried many time to quit smoking Iâ€™ve used patches,wellabutrin,biu (useless),chantix and cold turkey but allways went back to cigarettes (stinkies) the wellabutrin had a bad side effect that made me ill,hatefull and unable to sleep. awhen my Mother was diagnosised with Bladder cancer and was caused by smoking I made up my mind I was going to quit and I tried the normal, patches etcâ€¦ and then I tried an e-cig and that was the last day I smoked a cigarette and I never want to taste another one again. I started at 12mg of nicotine I now use a regulated mod and I am at 0 nicotine and have been at 0 for over a year and I quite smoking 19 months ago. I vape for the flavors I am diabetic and canâ€™t eat sweets and vaping realy hits my sweet tooth and I am now a pre diabetic and tobacco free and I feel the best I have felt in years. I owe my great health to the best alternative ever vaping (e-cig) sincerely Iâ€™m living Healthy

11/19/2015 3:05:32 PM - Michael yavorshak

I've been a nonsmokers/vaper for 2 years now I use a variety of flavors which I feel is essential to the cessation of tobacco use its easier to quit when using non tobacco flavored eliquid I was able to quit cold turkey with my ecig but it wasn't just the ecig that helped it was the whole vaping community that have me support that really helped put the final nail in the coffin it made me feel amazing about myself I continue to use very little nicotine as substitute to smoking bc I enjoy it the deeming regulations as they stand will destroy people's chances of living longer lives I myself Will never go back to tobacco but I fear for everyone that's life is in danger of cancer and a number of other life altering disease I hope there is something able to keep these products on the market

11/19/2015 4:02:42 AM - hendro

Vaping is da bomb rite now. If the government shuts down vape i will be mad. Im from Malaysia and they are trying to ban vapes here. Whatvis wrong with vaping. If they allow ciggarettes why not vape? Am I right?

11/19/2015 3:05:06 PM - Mike

Vaping has changed my life for the better. I haven't wanted a cigarette or chewing tabbaco for three months. I feel better, breathe better and have a better outlook on life. I like the fact that there are so many different choices for wattage and flavors. It makes it so each individual person can customize to his or her liking. I started at a level 10 on nicotine and now I'm at 7 . My next goal is 5 and then maybe 0. I will be extremely disappointed if the fda decides to ban vaping. I've tried the nicotine patch. It made my skin rash, nicotine gum was too expensive and I went back to cigarettes. I tried chewing tabbaco and it made my gums hurt. I'm so glad I found vaping. I was a ten year smoker and now I can say that this is the longest I've gone without inhaling smoke. The technology just gets better and safer. It would be a crying shame if all that went away.

11/19/2015 3:04:55 PM - Cory

I've started smoking at the age of 13. I wanted to look cool in front of my friends. Immediately i got addicted. At the age of 21, i felt like i was 60. Couldn't run without losing my breath, smelt like an ashtray , and had really bad coughs. I had a daughter and needed to quit. You name it i tried it. I saw e ciggs online and was very skeptical. A friend recommended i try it to quit. I tried the e-pens first. At first i didn't like it. Didn't feel right it my hand, had to charge it blaaah. It was until i was introduced to mechanical mods that i was true satisfied. I liked the feel in my hand. Eventually i got down to 0mg. I quit. I still have my Mods On my desk. Now i can run and play with my daughter at the park. I support the Vape community 100% =)

11/19/2015 3:04:39 PM - teresa griffin

I smoked my last cigarette in September of 2013. My husband's family have been tobacco growers in South Carolina for generations. They know the e-cig threatens their livelihood, and they also know smoking was not harmful until the big tobacco companies started adding all the additives. It is the large tobacco lobbyists that are trying to prevent an open market. We are losing our American rights due to this administration, we area capitalist society, it's called free market; That is unless you have enough money to buy legislators. Obviously America has larger problems than this one, however it is just another way of chipping away our rights.

I have used Blu ecigs for over two years, and not breathed smoke into my lungs since.

I feel better, I don't stink, I'm not a fire risk, I don't litter my butts. I live in Abilene Kansas, right smack in the middle of America. I am an American.

Keep e-cigs on the market! Go Blu

11/19/2015 3:02:09 PM - Jo Nathan from Northern Virginia

I remember working at a fast food restaurant at the age of 16, and thatâ€™s when I tried my first Newport cigarette. I actually stole one from my supervisorâ€™s pack that he left lying around. After my shift, I walked out to my car in an empty parking lot, cracked the windows, and lit my first cigarette. Sure, I gagged and immediately became sick with that first drag, but the â€œbuzzâ€ that followed was like nothing Iâ€™ve experienced before. So, I came back for more, and before you knew it, I was a â€œproâ€ at smoking!

I joined the Air Force at 17 years of age, and anyone in the military knows that smoking cigarettes was almost a given if you wanted to be social during your off time. Little did I know (or care) that this combustible stick of death, would ensnare me into a world where I wouldnâ€™t even be able to function until I had my morning cigarette. After only a year of smoking, those heady buzzes and feelings of euphoria when lighting up, all but disappeared. I was now smoking, only just to maintain my sanity!

Fast forwarding to 21 years of age, if I went too long (an hour or less) without lighting up, I would become anxious. I would start becoming fidgety. Sometimes I would binge eat if I didnâ€™t have a cigarette to curb my appetite. And sometimes, I would just become so bad-tempered, people would let me have one of their cigarettes so they wouldnâ€™t have to experience my wrath! I would get stressed out at work, and I thought a cigarette would help, but all the cigarette did was pacify my addiction, giving the illusion of calming me down. When enough time had gone by, I would be back at square one, stressing out, in â€œneedâ€ of a cigarette. It was a vicious cycle.

And this vicious cycle, led to my declining health. I was once an avid basketball player, I loved runnin and gunnin down the field, playing paintball with my friends, I was into anything physically active. But thanks to the cumulative effects of cigarette use, I couldnâ€™t run more than a half mile, without gasping for breath.

But my reality check moment was when I was visiting my parents while on leave, and I snuck around to the side of the house to get my â€œfixâ€. My parents knew I smoked, but that didnâ€™t mean that they approved. And truth be told, I was ashamed of being hooked on cigarettes, and looking like a disappointment in my parentsâ€™ eyes. But the addiction was too strong, I HAD to have a cigarette. So, I would smoke, out of their sight, so they wouldnâ€™t have to see me destroying my life, one smoke at a time.

So I was smoking outside, around the side the house, and I could hear kids playing in the backyard. My youngest sister, who was no older than 7 years of age, came running around the corner, and saw me smoking. Even at this young age, she was already taught by her teachers about how bad cigarettes are and how theyâ€™re killing people. She immediately started bawling, and screaming, urging me to put out the cigarette. Saying I was going to die because of cigarettes and she wouldnâ€™t have a brother anymore.

She basically made me look like the scum of the earth in front of her friends and all the parents that had come to the house that day.

It was because of that public humiliation, I said to myself, that I need to break the chain, and get off these cigarettes. I wish I could say that this was when I found vaping, but this was back in 2002, the modern e-cigarette wasnâ€™t invented until 2003 and not introduced to the market until 2004. And truth be told, I didnâ€™t seriously consider vaping until about 3 years ago. Nevertheless, I said that I need to quit smoking now. This is when my long list of failures and re-lapses occurred.

I tried the nicotine gum, FAIL. I tried the patch, FAIL. I got a prescription for Zybanâ€¦..It gave me messed up vivid dreams, made my heart beat fast, I was even less physically active because of the increased heart rate. So, that too was a huge FAIL. I even attended smoking cessation classes. And the most ridiculous advice that was ever given to me, was administered during one of those smoking cessation classes! The â€œteacherâ€ said, in order to be more successful at quitting smoking, you need to stay away/refrain from engaging in activities that trigger your need to have a cigarette! I immediately raised my hand and said, â€œSo, you want me to give up eating food, watching football, playing video games, having a BBQ with my friends, going out with my friends on weekends, SEX, coffee, waking up in the morning, basically having a life????â€ And she said, â€œWell, if thatâ€™s what will keep you off cigarettes, YES.â€ It was at that moment, I stood up and left the class, never to return.

Before vaping, the closest I have come to quitting cigarettes, was just quitting cold turkey. The first 3 months were excruciating, but as time went on, it was easier to live a life without cigarettes. For almost 2 years straight, I havenâ€™t had one cigarette or tobacco replacement product. But you know what was weird? There wasnâ€™t ONE DAY during my complete abstinence from tobacco, when I wasnâ€™t thinking, â€œMan, it would be great to have a cigarette right now!â€ Even when I was doing my best, I was still hooked, and wanted a cigarette so badly! Until one day, I had a very horrible day at work and going through some tough personal issues, and I broke down and bought a pack of smokes. And just like that, my almost two years of cigarette sobriety, was gone in a puff.

Flash forward to 2012, Iâ€™m still smoking cigarettes, not as much as I used to, but still addicted. Iâ€™m dating my, now wife, whose parents lived in upstate New York and we lived in Northern Virginia. To drive up there was about a 9-10.5 hour drive, only stopping for gas and food. As much as I wanted to, I never lit a cigarette in my 2012 VW GTI. I wanted to keep that baby looking and smelling as new as possible for as long as possible. But this long road trip, was gonna kill me! Thatâ€™s when I bought my first BLU e-cig. Long story short, the BLUs held me over, until I got to NY, but I needed a cigarette so bad by the time I got there! So, in a pinch, I guess these cig-a-likes were ok, but I still needed cigarettes in my life.

The year 2013 comes around, and I hear about VUSE e-cigarettes, another cig-a-like, and honestly, these did a much better job than the BLU e-cigs. But even as good as they were, I was spending A LOT of money on those disposable cartridges! The company that owns VUSE, says that one cartridge is equivalent to one pack of traditional cigarettes. If thatâ€™s the truth, that meant I was smoking close to TWO packs a day! And I still found myself going back to traditional cigarettes.

My very first vaping setup was an Ego C-Twist with a CE2 Clearomizer. I have to be honest with you, at first I could not accept that vaping was going to replace my need for cigarettes. And in the beginning I was right, I still smoked cigarettes on occasion. It wasnâ€™t until I visited my local vape shop, and asked if there was something better out there to help keep me off of cigarettes. Thatâ€™s when I was setup with my first Kangertech Aerotank! The flavor and the vapor that came off of that atomizer was nothing like Iâ€™ve experienced before! I was an avid hookah smoker too, so my experience with this atomizer was very similar, and so I took to liking to it very quickly!

A very important factor in vaping that I believe was successful in me quitting cigarettes for good, is all the plentiful choices in flavors! Even when I was a smoker, I hated the way I smelled, the way my clothes smelled, the way my breath and fingers smelled after I was done smoking one! And to be truthfully honest, I can say that I wasnâ€™t such a big fan of the taste either, but because cigarettes are so highly addictive, even knowing how it was going to taste and knowing how it was going to ruin the way I smelled, I still smoked! But going back to the flavors that vaping currently has to offer. As the saying goes, â€œVariety is the spice of lifeâ€, and vaping is no exception to the rule. Why are there literally hundreds, if not thousands, of restaurants for people to choose from for their next meal? Why does every car come in different models, colors, engine sizes, and additional options? Why is there a never ending array of different houses one can buy? Iâ€™ll tell you why: Because ADULTS crave variety. ADULTS want items, food, cars, etc. to suit their individual unique wants and needs. I find it absolutely ridiculous that there are those that believe and even accuse the vaping industry of targeting kids. I wonder if we grouped all of these accusers in the same room, if theyâ€™ll all look like Children of the Corn, all wearing the same exact clothes, same hairdos, same shoes, etc.? My bet is that theyâ€™ll all look different. But wait, theyâ€™re all wearing a variety of different clothes?! That must mean the fashion industry is targeting kids! They need to be shut down! Oh no! Different hairstyles??!! All hair salons and barber shops need to be put out of business, to protect our children! Can you see how ridiculous this is sounding right now?

When I made the complete switch to vaping exclusively, things started changing! I was breathing better! I was no longer coughing up foreign substances in the morning! Food tasted better! My clothes no longer wreaked of dirty ashtray! Quality of life was definitely improved!

I am going on my 38th birthday at the end of this month and it has been nearly 3 years since my last cigarette! My only regret is that I wish I had switched to vaping much sooner! I only wish vaping had been around when my grandfather was still alive. He died due to complications from smoking. He did manage to quit a few years before he passed, but the damage was already done. I was deployed to Afghanistan when I found out he was living out his last days, and the military did not recognize grandparents as immediate family. So I never got to say my final goodbyes to someone very important in my life. If vaping had been around much earlier, thereâ€™s no doubt in my mind that he would still be around today. I sincerely hope that this is the last Quitting Story I will ever have to write, because I hope vaping will be here to stay. To take away vaping from the millions of us who have successfully quit smoking combustible tobacco products, is to re-sentence us to an earlier death.

11/19/2015 3:00:52 PM - Brandon M Stedman, FL(850)

I started smoking cigarettes when I was 18 years old. A group of friends that were smokers kinda merged with my group of friends and I became more interested in smoking socially. I began by smoking Djarium black clove cigarettes under the impression that they werent really cigarettes (and they tasted great before they were outlawed) After about 3 months of smoking those I became interested in other normal cigarettes such as new ports, l&ms, and camels which I stuck with for years to come. Every time I smoked a cigarette I felt kinda sick but enjoyed it nonetheless. 8 months after I began smoking I went to Florida State University and kept smoking. I met a bunch of great people who also happened to be smokers in my dorm and we formed a bond and even named our group the smoking tits. Over the next 4 years of college I continued to smoke. I was able to "quit" about 3 times for durations up to 6 months. I wanted to quit the whole time but I was already addicted. I noticed my breathing had become slightly impaired and I could no longer run like I could before I was smoking. Near the end of my college career I had been 6 months smoke free and I stumbled upon a girl smoking a cigarette on a bench...I asked her for one and we smoked her whole pack that night and bought another. We began dating and for 2 and a half years since then we were nearly pack a day smokers. For 3 months at one point during this time we bought the tiny stick vaporizors and were determined to quit smoking. It didnt work and we went back to smoking cogarettes and noticed our health declining, our skin and teeth yellowing but we were addicted and could not stop. This year on my birthday September 2, 2015 I decided enough was enough and used some of the money I got for my birthday to buy a "box mod" vaporizer. I spent 120$ for my first "sub-ohm" set up. I had no idea what I was getting in to but I knew we needed to quit smoking cigarettes. The local brick and mortar vape shop in Tallahassee that I went to was full of very knowledgable people both young(18+) and old. They taught me a lot about vaping and how to be safe with batteries. Once the guy filled up my tank and set it up for me he handed it to me and let me hit it for the first time I did and I was very suprised at how tasty and clean it felt. I have had one cigarette since then (today is November 18th, 2015) I didnt like it. My girlfriend bought her vaporizer a few days after me and we are proud to say we are smoke free and do not plan on going back to smoking cigarettes ever again. I love how friendly and supportive the whole vaping community is. If I walk in to any vape shop they greet me with kinlike open arms and are ready to sit with me and teach me anything I want to know about vaping and vaping safety. The vaping movement is a beautiful thing and I would be completely baffled, saddened and upset over any serious restrictions on vaping as it is right now. Sure you can tax it but I wont stand for huge taxes per ml of juice that would double the price of juice which would decimate small vape businesses across the US. This is a strong movement and it deserves to thrive. It provides people with a means to quit smoking and a huge support group to back it. Please dont let this be taken away from the people. We are educated and keep ourselves informed about vaping safety and none of us want to fall back on

being addicted to something as horrible as cigarette smoke. Thank you for your time ,
Brandon Michael Stedman

11/19/2015 2:59:08 PM - Edward

My name is Edward. I am 60 years old. I started smoking tobacco when I was 12. Quit a 3 pack a day habit for good at 54 with the help from an e-cigarette. So yes, they do work when other over the counter smoking cessation aids failed.

11/19/2015 2:58:56 PM - Brandon Moore

I have only been quit smoking real cigarettes now for three months and already I can tale a major difference I went from smoking two packs a day to none thanks to the use of my mod vape device I used 6mg nic at first but have since went to 3mg I am now in a gym working out and jogging something I never done thanks to cigarettes.and not only that I can finally taste the food I eat the only real issue I have is that I can also now smell things I never was able to smell before all in all they wanna ban something or put a super imposed tax do it to real cigarettes not the one thing that actually works I mean I don't see them super imposing taxes on the Nicorette chewing gum wich also has nicotine in it

11/19/2015 2:58:46 PM - Dylan B

Vaping is a healthy way of my life it has made my brother, mother, many of my friends, and I stop smoking. It's a better way of life then smoking cigarettes. Vaping gets rid of the awful smell, taste that you get from cigarettes. Vaping gets rid of the harmful chemicals that cigarettes have. It saves money for people that spend $100+ a week in cigarettes. Vaping has changed many lifes and keeps changing many more. It has changed mine. I have been using alternative smoking (Vaping) for almost year now and I have been a more positive person and have meet people that started the way I have and tell me there story of how they changed. It's comfortable community and relaxing. I first started off with disposable starter kits and now have my self mods that I enjoy very much. I now use 0mg of nicotine and love it. I no longer smoke cigarettes and I am glad I have Made the change.

11/19/2015 2:58:34 PM - Daniel Curry

I smoked 1 1/2 - 2 packs of cigarettes a day for 35 years. Like most people i tried all the known and approved methods like gum , the patch, cold turkey, I even went to a smoking cessation class to quit. none of these things worked not even what has become known as cigalikes the e-cigs that look like traditional cigarettes. they helped to cut down for a while but I went back to smoking after they didn't help me quit. I heard about refillable e-cigs on the radio and how people were able to quit in just a few days or weeks.

This got me interested in trying open tank refillable e-cigs. I went to my local vape shop and bought my first ego battery and tank. with this new starter kit I was able to quit smoking in 6 days after 35 years of smoking. I started out with 24mg nicotine in my e liquid and after over 21months tobacco free I'm down to 3mg nicotine soon to eliminate the nicotine completely.

My health has improved greatly in many ways since quitting and the the fact that I can walk up stairs without being out of breath or walk sny amount of distance without being winded is a great felling. one of the things that helped me quit was the variety of flavors to chose from like fruit flavors, dessert and candy flavors in the e-liquids this very important to me because if all I had to choose from were tobacco flavors I would probably still be smoking.

Vaping has helped me to become an ex-smoker and I feel that everyone that wants to quit should have the same choice to quit smoking as well.

Sincerely

Daniel Curry

11/19/2015 2:58:21 PM - sandra

Me and my husband have both swapped to vaping mods using e juice myself I do not prefer any of the Ecigs I have tried. But in a very short time we both left cigarettes behind after both being heavy smokers for around 25 years. It has only been a few months since our Change over but we can already feel a difference in how we do not get winded as easily and my husband's blood pressure has begun to lower. I am very bothered at the thought of losing this new product it has been a life saver. I do not believe we could have quit otherwise. And from what I have read on vaping it is a much better alternative to tobacco. The amount of harmful chemicals is drastically lower than tobacco, we all must fight to keep this choice available to all others in need of a better choice than tobacco.

11/19/2015 2:57:44 PM - I vape I vote

I smoked for over 26 years with an average of 2 packs a day. Once I hit 40 the pressure was on to quit smoking cigarettes as I was really starting to feel it, I couldnâ€™t go up 13 steps (yeah I counted them) without being out of breath, I couldnâ€™t play with my children without being out of breath. I would lay awake at night and think about all the damage and how cigarettes were going to kill me and take me away from my children and family but still couldnâ€™t quit, I attempt many times with the help of patches, gum and suicidal drugs (cantix) and they all failed. Finally a friend of mine had switch to vaping and I tried his, it wasnâ€™t a perfect solution but it worked only because I found something that was close enough to the habit and I was committed to it to save my life.

The device I started on is the exact same device everyone would now be limited to if these FDA regulations pass, I only made it by a force of will and I sometimes cheated. The devices that are made today are far superior, safer and easy to use as those all the way back in the day. I could argue the health benefits of vaping but will not, you should know about them as 100 of studies and 10â€™s of thousands of testimonials can tell you. Vaping might not have saved my life but it gave me a life worth living, it has given me a chance to live longer and watch my children grow up, it has allowed me to feel better and run around and play with them. Passing the FDA regulations the way they are written will kill this industry, it will doom millions of smokers to a horrible fate and cause a black market for products that has been seen since prohibition.

I am often told by people that it still harmful to me and it is but if given the choice of standing where a nuclear bomb is going to go off or walking out in the sunshine I think I will take the sunshine, it has radiation too but will take 1,000,000 longer to kill me. In closing I believe this industry needs regulation but not the one proposed by the FDA. Their regulations as written are meant for one thing and one thing only to insure vaping will not survive.

11/19/2015 2:56:57 PM - Joey

I was a two pack a day smoker for 8 years. I started smoking when I was 16. I am now 2 years analog free. I started vaping with an ego battery and a cartomizer with 6mg nicotine eliquid. I now use an advanced vaporizer and tanks and am down to 0mg nicotine eliquid. This has definitely saved my life and I even gained a new hobby to enjoy with my wife. We both feel 100% better health wise. We both can breathe better and feel better. We have gained a whole new group of friends from this community. Vaping has saved our lives and has made us 100% anti smoking and we will teach our future kids not to smoke. I agree with regulations regarding sales to 18+ and child proof bottles. We also support HR2058 100% and we hope our leaders of this great country do as well.

11/19/2015 2:56:42 PM - Aaron V

I started using an E-cigarette about two months ago. I used to smoke nearly a pack an a half of cigarettes a day for just over ten years. Since I switched I haven't smoked or even wanted to smoke. Since the switch I have noticed my lung capacity has improved, as well as my sense of smell and taste. I have more energy, and all around feel better. I am not a scientist, so I can't say it is completely harmless, but, I can say it having he option of vaping has made my life better. I tried quitting multiple times before, with patches, gum, and prescription stop smoking AIDS. Vaping is the only thing that has actually helped me stop smoking cigarettes. If the vaping products are use were to be inaccessible, I'm fairly certain that I would eventually return to smoking, which harms me significantly more the vaping will.

11/19/2015 2:56:22 PM - Darren Bartoli

Vaping saved my life ... I was smoking for 30 years and was up to 3 packs a day ... I've bin smoke free for almost 4 years and I feel amazing ,blood pressure is back to normal ... I seep good now ,can walk up steps with out loosing my breath . With out Vaping I would have died by the age of 55 according to my Dr ... My last Dr visit he gave me a 100% clean bill of health ..

Thank You For Yoir Time

Darren Bartoli

11/19/2015 2:56:07 PM - Kris Howard

I smoked from the age of 18 until 3 years ago. That was 35 years, I smoked a pack of menthol cigarettes every day for all those years, My father had been a smoker, same as my mother. I knew smoking was bad, my father died from it. But that didn't stop my smoking. I tried everything to quit over the course of many years of failure, I had used Chantix(it had side effects that were not good for me), Nicorette Gum, Nicotine Patches, "cold turkey", even hypnosis. I had been through counseling with the Navy 2 times and nothing worked.

My gums and bone in my lower jaw had deteriorated to the point I had to have all of my lower teeth removed I needed dentures and the dentist tried to do implants,.They failed to hold. The dentist said they had failed due to my smoking. He informed me that the implants would continue to fail unless I quit smoking. I was introduced to an e-cigarette and I continued to use it. As I continued to use it and quit smoking, I found that it satisfied both my nicotine addiction and also psychological need to puff on something. I was able to eliminate cigarettes completely and only use the e cigarette. I went back in after quitting cigarettes and using the e-cigarette for 6 months and the dentist said my gum tissue had greatly improved. He did my implants again and they were a success. Not only did my mouth feel better, but my overall health has greatly improved.

I found that using certain flavors were beneficial to me. I also tried different equipment and found certain e cigarettes to deliver a better feeling of nicotine satisfaction than others.

But no matter the level of nicotine in my e liquid, I still feel much better than I ever did while smoking. I have been smoke free for 3 years and really have no desire to go back to smoking cigarettes

11/19/2015 2:55:01 PM - Nick Stivers (TomJKaboom_) from Rochester, NY

I tried my first cigarette when I was 12 years old and unfortunately, I was hooked. For the next 15 years, I smoked regularly, eventually reaching a pack a day habit. Since I started so early, I became seriously addicted to nicotine and the thousands of chemicals in cigarettes. If I wasn't able to smoke roughly every hour, It felt like my blood was on fire. I explored many of the smoking cessation options out there-free of cost, thanks to Tricare and the United States military. Everything from nicotine patches, gum, medication, and even hypnosis. Nothing worked for me. I was told the cravings would lesson after a week or so and here I was, three months later, still desperately craving a cigarette. I honestly thought I would be smoking until it eventually, and inevitably, killed me.

In October of 2013 my son was born and I knew that I could not continue smoking. I finally made the decision to quit in Janurary of 2014 and bought my first e-cig, a simple e-go style battery and a Kangertech Protank, using the highest concentration nicotine ejuice that was available to me. There was something missing though. When I used my e-cig, I didn't get that full lung feeling that I had grown so accustom to while smoking. Thankfully, the vaping industry is full of custom Advanced Personal Vaporizers and I was able to find a device and atomizer that worked for me. I was also able to drop the level of nicotine in the ejuice I used from 24mg to 6mg in about 2 months time.

Since taking my last puff at the end of Janurary 2014, I haven't even considered lighting another cigarette. Within weeks of quitting, my senses of taste and smell were back to normal and the very scent of a burning cigarette made me want to vomit. I no longer wake up with a death-rattling cough or feel my sinuses clogged with thick mucus. I am also able to keep up with my very active two year old son without gasping for breath. Using a vaporizer has seriously and profoundly changed my life, in the most positive way possible.

11/19/2015 2:54:32 PM - Anthony Dellett

I smoked two packs a day of full-flavor cigarettes for over 30 years. I tried everything I could do to quit on multiple occasions. Gum, patches, prescription medications, nothing seemed to help me quit the habit.

In April of 2013 I accepted a job that let me use an e-cigarette at my desk to keep me from having to go outside for a "smoke break". I purchased my first electronic cigarette online and used that during the day while I still smoked cigarettes at work.

One day I was speaking with a friend about refillable tanks and how much better they were than the cigarette looking device that I was currently using. He recommended a good starter setup and I immediately ordered one onine.

When it first arrived and I took my first drag, I had my "vape epiphany". With this setup, I didn't need cigarettes anymore. It had all the satisfaction that I got from cigarettes without the hacking, coughing, and constant pains in the chest whenever I took a deep breath.

This day was October 21, 2014. Since then I have not smoked a single cigarette and I feel much better. I was able to discontinue my blood pressure medication, I no longer get winded climbing the stairs to my office, and I haven't had a single case of bronchitis.

11/19/2015 2:53:38 PM - Deb Iten

As a 20 year smoker I had tried Nicorette gum and NicoDerm. Neither kept me from smoking for more than a month. A very long, agonizing month. I tried this several times as I did not want to smoke anymore, but could not go through the withdrawals. 4 1/2 years ago I smoked my last cigarette and started vaping. I have not had a cigarette since. I still vape today at the lowest nicotine level and yes, I do enjoy flavors that don't taste like cigarettes. That would be like an alcoholic drinking beer flavored soda. It only makes sense that you don't want to be reminded of tobacco. The flavors are what made it possible to quit and stay quit. I had no withdrawals whatsoever. Quitting smoking went from something that was almost impossible to as easy as inhaling vapor with nicotine in it. My health is as good as if I had never smoked. Thanks to vaping, I can look forward to a longer, healthier and more productive life.

11/19/2015 2:53:28 PM - Michael Viergutz

I started smoking when I was 7 years old. My parents would throw their cigarette butts outside behind a bush next to our porch. Me and my sister would sneak out and sneak behind the bush and smoke them. We did that for about 8 months, and then we moved. I stared smoking again when i was 16 years old. I tried time and time again to quit smoking and nothing was successful (Nicotine gum, Patches, I even tried Snuff. I always went back to traditional cigarettes). In October 2013, I bought my first smoke free cigarette (it was an ego twist). I was suggested to start out at at 18 mg of nicotine in my e-liquid because of how often I smoked (a pack and a half a day). It was hard to quit traditional cigarettes at first, but vaping helped with my cravings. In February 2014, I bought my first mechanical mod, and a better, more reliable tank and dropped my nicotine level to 12 mg. Since October of 2013, I have not touched a cigarette, and since February of 2014, I have not even thought about touching one. My lungs are cleared up now, they are not always full of phlegm, I can breath better, I no longer have to deal with my "smokers cough", I can taste and smell everything much better. Vaping saved my life.

11/19/2015 2:53:16 PM - Robin

I quit smoking analogs, 3 packs a day 2 years ago, after smoking over 40 years. I am in Kentucky which is pretty much a tobacco state. A friend of mine encouraged me to try vaping. I started with a ce4 ego type cig, generic..and switched up to a regulated box mod. The E cigs helped for the first year but I decided to try the box mod for more variation. I went from 24 mg nicotine and have dropped down to 12 mg. Being a diabetic and smoking is a deadly combo. I urge anyone to give this a shot. You wont be sorry. Even the president of the United States knows how hard it is to quit smoking. I have used everything from medication to patches lozenges to cold turkey, nothing worked until now. Please leave vaping open to everyone that wants to try it.

11/19/2015 2:53:00 PM - ldaniels

I smoked a pack a day for 37 years and thought quitting was hopeless, having tried patches, gum, Wellbutrin, Chantix, hypnosis, and many other methods. ECigarettes came along and in July 2014, I picked one up, not expecting it to really work. Within 2 days of using it, I quit cigarettes completely without ever looking back. I am now smoke free for over a year and a half thanks to eCigarettes. When I started I used 18 mg and have moved down to 6 mg without any withdrawal or trouble at all. The variety of flavors of eliquid have been an important part of keeping me off the cigarettes since I can enjoy many flavors instead of nasty tobacco flavor. If I had to use unflavored or tobacco flavored I would probably have to go back to smoking cigarettes. Since quitting tobacco, my house and clothes smell better. It will increase the value of my home and vehicle. My health has greatly improved as has my breathing. My skin has regained it's color. My husband and family are thrilled. The only negative is the cost. It has cost more already than RYO cigarettes did in the past. If taxes are increased on the vaping products, cost will become prohibitive and I will need to revert to smoking tobacco - as vaping is already more expensive than smoking. I was also able to successfully get 3 other members of my family to quit smoking by introducing them to e-cigarettes and flavored e-juice.

11/19/2015 2:52:17 PM - Anthony Dea

Hello guys im not going to bore you with a long essay. Im gonna try to cut straight to the point at the moment i am an 19 year old man.

Who struggled since the age of 14 with addiction on ciggarettes at the age of 17 i doscovered electronic ciggarretes (vaporizers)

At first i was quite skeptical of the whole quit ciggarretes thing, but after i actually went out of my way to buy myself some vape products i now find myself addiction free. i dont need any nicotine in my system at all anymore i can even let the vape go as of right now i havent smoked for a whole year and 4 months. I urge the FDA to please keep vaporizer products on the market BIG TOBACCO NEEDS TO GO. THEY CANT KEEP ON FETTING AWAY WITH FEEDING CHILDREN THEIR POISON. I ONCE WAS THAT CHILD. ADDICTION IS NO JOKE IT WAS HELL FOR ME AT THE AGE OF ONLY 17 QUITTING AN ADDICTION THAT HAD BUILD UP FOR 4 YEARS. PLEASE I URGE THE FDA RATHER THAN TAKING VAPORIZERS OFF THE MARKET TAKE OUT THOSE POISON STICKS LABELLED AS CIGARRETES.

11/19/2015 2:51:57 PM - Shaun Bradley

I quit smoking over 6 months ago using vaporizers and e liquids as an alternative after smoking cigarettes for nearly 20 years. I first cut my tobacco cigarette habit in half by vaping half the time, only after a month later I was able to completely switch from cigarettes to just vaping. Now I am smoke free and feeling the benefits of not coughing every morning as well as my energy throughout the day has been increasing. I tried using the patch and nicotine gum in the past with no luck but vaping has made it much easier to quit cigarettes. I feel like they have saved my health from future problems that tobacco would have caused me. Please don't make it impossible or even any more difficult for people to vape as an alternative to smoking cigarettes! Thanks

11/19/2015 2:51:41 PM - Stephanie Snodgrass

Hi my testimonial is because if it wasn't for Vaping I would have never quit the nasty disgusting cancer loving cigarettes!!! If it wasn't for vapor thing I would end up giving my dogs my mother or my brother cancer from secondhand smoke. I really think that people don't understand how harmful cigarettes really are and when I researched how to switch to babying I learned that if it wasn't for vapor thing I would end up giving my dogs my mother or my brother cancer from secondhand smoke. I really think that people don't understand how harmful cigarettes really are and when I researched how to switch to Vaping I learned that there was only 4 ingredients! So I knew what I was putting in my body! I breath better, I taste food better and I feel like a different person!!! I tried everything to quit smoking and it didn't work Chantix put me in the hospital, the patches gave me hives ended me back in the hospital! This is the greatest alternative than those nasty ass cigarettes!!!

11/19/2015 2:50:56 PM - David H.

I grew up in a home for both of my parents smoked, father smoked 3 packs a day and my mother smoked 1 pack a day. At age 15 I begin smoking 1 pack a day also and I continued to do so for 19 year's! During those 19 years my life was dedicated two cigarettes I couldn't function in the morning without one I couldn't function in the day with one because I was always winded, tired and out of breath I tried to quit I wanted to quit I used gum, patches and prescriptions and nothing worked. My mother and father quit smoking but it was too late for my dad the damage was already done he was diagnosed with cancer and died years later even after that I still couldn't quit no matter how hard I tried until December 7th 2013 when my daughter who at the time was 4 looked up at me and said "daddy when I get older I'm going to smoke just like you." That was it that was the day I knew I had to do something to quit and I went to my closest vape shop and bought my very first set up and I have never looked back, I have never touched a cigarette, I have never heard my daughter say those words again! I have my life back I am able to play with my daughter, I am able to work run and play without getting tired and when did or out of breath. Vaping has saved my life and I know it has saved my daughters also because she is no longer interested in the cigarette. I started vaping with a very simple eGo at 18mg now I used more advanced mod with a stripper at 3mg nicotine, I've cut down my nicotine strength by 15mg very easily and had no problem moving down.

11/19/2015 2:50:27 PM - ToInfinityAndBeOhmed

My testimony is quite short, but, it's mine and its the reason I can type this out today. I started smoking chemical sticks (cigarettes) at the age of 15, there were droves of kids my age smoking in my town so attaining them were EASY! Was a stressful time in my life so it was a quick fix...sadly I had NO CLUE as to what I was doing to my health. That fix quickly grew to two packs a day, after spending a fortune on death for over 10 years, I decided I needed to take my health seriously, tried the gum...nadda, tried the patch, ended up with night terrors and massive diarrhea(too much I know) haha bit it's the truth, I needed something different. My fiance at the time bought me a mechanical vape mod, and it seemed too good to be true, no longer did I need a cig, no longer did I need to kill myself. Now I've been vaping for 3 years and I can breath easier(actually coughed up a ton of tar), was able to run again, my bones no longer feel the morning ache. At 1/8 the the amount of spending vaping saved my life, not only did it save it, but it started repairing the damage of what tobacco products caused. My life is much more livable, and all to the help of vaping. Will I ever go back to cigarettes? Never.

-Elijah (@ToInfinityAndBeOhmed"instagram")

11/19/2015 2:50:08 PM - Julian Khoury

Been smoking pack a day for 4 months thanks to work and school stress. Started back to vaping and got off cigarettes for about 3 weeks and am finally clean of those disgusting cancer sticks. Vaping has been helpful and is now letting me breath more and work out without difficulty.

11/19/2015 2:49:13 PM - Tom Scrivner Osceola, Arkansas

I was a smoker for 27 years. I am a law enforcement officer and single father of 4 kids whom I have custody of. I grew up despising smoking, both parents were smokers as well as extended family. I remember giving my parents a rough time about quitting. In my college years I end up as a smoker myself. Never gave it much of a thought until I had kids who urged me to quit. I tried cold turkey, patches, lozenges, gum, and two medications a number of times. I ceased for a short period of time, but couldn't shake it. 14 months ago I decided to give vaping a serious try. Oh I'd done it before with the cig a likes. They offered little satisfaction and I smoked an vaped. To make a long story short, 14 months later I'm smoke free. My nicotine intake started at 24mg. I'm down to 1.5mg now. The fact that I feel better and am healthier go without saying. I've converted several to this alternative to smoking. Wouldn't you know, it works for them too!! I'm proud to be free of cigarettes, extremely proud!! Vaping saved my life. Not only am I healthier physically, but mentally as well. Please, lets afford others the same opportunity!

11/19/2015 2:48:38 PM - Jeremy

I turn 35 in two months, up until 2 years ago (almost 3 technically) i was a pack and a half a day smoker. I started when i was 15. Everyone around me smoked. My Grandmother who would have two lit at a time, my mother, my uncle, step father and all my friends parents all smoked. So it was a given that eventually i would start, and i did.

I tried to quit multiple times, Once i used the patch... that didn't last long. Made my skin itch like crazy and left red marks all over me. The gum is just gross. And due to all the story's of people killing them selves, the pills were not for me. I was able to quit once, cold turkey for a year, until my grandfather fell ill. Then right back to cigs i went.

Then in 2009 i was about to have my first child. i did not want to be smoking when she was born. I didn't want that stench on my clothes when holding her. I had heard of these electronic cigs, so i sought one out and bought one. it was a cig-a-like style, can't recall the brand. Wasn't many out in 2009. It didn't work, did not satisfy me at all. I went back to smoking.

Then in Febuary of 2013 i was at a paintball field and saw these people smoking on something. It was crazy, a tube with this tank filled with liquid, i was intrigued. I inquired about it, tried it and LOVED it. Two days later i found a shop, and went and bought an Ego starter kit, an extra tank, a few cartomizer's and some juice. i had a half a pack of cigs left in my pocket that night. I never even touched them. i ended up throwing them away. i did relapse about 6 months later, went back to cigs for 3 months then did a reality check, deceided that i needed to really quit and went back to vaping. My last cig was January 1st 12:01am. I am almost 2 years smoke free now and have never felt better in my life!

Vaping saved my life.

11/19/2015 2:48:21 PM - Marty Manic

I smoked cigarettes for over 40 years. During that time, I quit a few times for up to a year, but always went back to the smokes. I tried a few of the 'cig-alike' ecigs, and found them terrible, so I was pretty much resigned to being a smoker, even though I hated the way it smelled and affected my health and the people around me. In June of 2014, I was given a starter e-cig kit, along with a bottle of juice. It was strange at first, but within a week I realized that I could rely on that little tank and set up to alleviate the feeling of need for a smoke. It took me a while and a fair amount of research and experimentation with both equipment and 'e-juice' to find what works for me, tastes good, and most importantly, keeps me from smoking. If I didn't have a lot of flavors to choose from, I doubt I would have been able to transition to non-smoking. I still use the ecig regularly, and still with nicotine, but I have reduced the level of nicotine from 24 mg/ml down to 6 and sometimes 4 mg. No longer smoking has had a profound influence on my health and my quality of life. I strongly urge keeping 'open-tank' systems, and a wide choice of flavors, available to current smokers who are looking to quit, as well as to those of us who already have. My personal preference is for fruit flavors, that are not overly sweet. This is not typically the most popular flavor profile, and it took me a while to find a vendor whose product matched my palate. I'm concerned that if flavors are overly restricted, the ability to find the ejuice that works for an individual would be much more difficult. Please allow this life-saving technology the ability to mature in a rational, market-driven way.

11/19/2015 2:48:07 PM - Patrick kokke

Hello, I have been a chronic chewer for 9 years. I started young and was hooked. I recently moved and went to a vape shop and my friend introduced me to vaping. I liked it a lot. It have me the nicotine craving I was fixing for without the harmful chemicals and tobacco. I have now been vaping for 4 months and haven't thought about chewing or even picking up another can. I can honestly say I have been successfull through vaping. Thank you for reading my story.

11/19/2015 2:47:56 PM - Nic Whittey

i started smoking cigarettes when i was about 15 almost 16 and not regularly until i turned 18..from then on until i quit finally, i was 23 almost 24 and since then ive felt more than better..i can breathe again, i can taste certain foods again, and i love it..

ALL because of Vaping.

i picked up my first pen and was like, man this is good, i dont even feel like i need a cig for a while..then my mind got really curious and i started going to my local Vape shop and picked myself up a better setup..ever since then ive been hooked on something that has LITERALLY saved my life.

at the current moment i use a Box mod called a Sigelei 150 watt Temp Control with an RDA called the Buddha, and to be completely honest, building on an RDA and making new coils is the main thing that got me to quit or aided in my quitting process.

mind over matter is what helps the most.

since ive quit smoking, ive had numerous friends come to see me at the shop i will be working at soon and they also have either quit completely or are in the process of quitting and i love it because it makes me feel like a really good friend to be a part of their success story to them quitting.

thank you, KCVO.

Nic (DJCrypto on ADV)

11/19/2015 2:46:49 PM - Samuel Shrider (Lexington, KY)

I started smoking at the age of 16. Two packs a day. I had accepted by the time I was 18 that I would most likely die a very early death.

In early 2013, I tried a Blu disposable e-cigarette and I was unable to quit smoking. Then, in March of 2014, I stumbled across open system vaping, i.e. refillable tank systems. Within a month of using these advanced vaping products, I was completely off of cigarettes and have remained smoke free since then.

I went on to work for a year in a retail vapor store and helped to convert hundreds of smokers to vaping. All the while, I noticed my own health improving. My lung capacity has increased to pre-smoking levels (as noted by my doctor), my sense of smell and taste returned quickly. I can exert cardiovascular effort with ease. I have been given my freedom back through vaping.

While working in a retail vapor store, I met a lot of people who quit smoking successfully with vaping. But one story sticks out in my mind.

An elderly woman brought her entire family to the store one time to get them all starter kits so they could begin vaping. She had recently been diagnosed with stage 4 lung cancer and had less than a year to live. At the time of me writing this, I am sure she has passed on.

But, in her last months of life she was able to make peace knowing that thanks to the most beneficial public health revolution since the invention of penicillin, her family doesn't have to suffer slowly and painfully as she did.

My great-uncle, great-grandmother, and great-grandfather all died due to smoking related illnesses. They all suffered. We have the power to eradicate one of the greatest scourges of human existence. Vaping has ultimately changed my life forever, and I have seen it do the same for others. That is my testimonial.

11/19/2015 2:45:30 PM - CLIFFORD BEATTY

I started smoking when I was sixteen,because it was the cool thing to do at the time all my friends were doing it, so I did too. I smokes for forty plus years, on Sept 15th 2013

I picked up a cig alike and that was all it took for me to switch to vaping, I havn't touched a analog in over two years now and I can't even stand the smell of them.

I use mech mods mostly, and temp control vv/vw mods.

no I don't smoke anymore.

I can taste my food better, smell better, breath better,over all I feel great.

2/21/2014 9:09:00 PM - Clifford Beatty

I started smoking when I was sixteen I smoked for over forty plus years, My sisters little brother nephew phil wanted me to stop smoking after our father died from lung cancer. It took along time but I picked up a disposable then I started using the high end vape gear sept, 15th 2013 I'm five and half months smoke free that's my story.

11/19/2015 2:44:38 PM - steaminsput

4 1/2 years ago I started with the vaping, after so many years of using tobacco products. It has changed my life. so much, I began trying to help others, I must veep !!! I dont want to stop. I feel so much better now, and i have my life back, post tobacco. this testimonial could go on & on for hours, so dont hesitate to call or email me . I started smoking at 13 years old, Iam 58 now. now i used 3% nicotine & getting ready to start 0 nicotine. I used a mod, & rba, drips, and tanks, I have been setting up to start my own business, YES , VAPING. Oyea, I havent gone back to tobacco. I did this on my own no patches, or pills, or counseling.or doctors.

11/19/2015 2:43:33 PM - TheCloudAssassin

I have worked at a vape shop for almost a year now, and the amount of people that come in and share their quitting stories with me will never cease to amaze me.

The first story I was ever told was by an older couple that came in regularly. Having been 2 pack a day smokers, they had tried everything to quit smoking for their grandson's sake. Eventually they came upon the original e-cig pens, but found it couldn't give them the same feeling a cigarette could so they went back to smoking. About 3 months later, they came upon a vape shop and got their very first set up; a simple tank and pen set up. Since that first ego twist, they have never picked up another cigarette. They could breathe again without having to cough, woke up without needing to spit out all the mucous build up, could excerise and play with their grandson without getting winded as easily. Hearing these stories always makes me grateful for the vaping industry because it has saved and extended countless lives. If these testimonials aren't proof of the amount of people that vaping has helped, the numerous petitions, charities, and communities sure are.

11/19/2015 2:43:13 PM - *Youssef

I was kinda in a wierd place in my life when i was 19 years old. Life wasn't really going well, work was dredge full, my social life consisted of me in my room looking at my phone waiting for someone to call. To top it all off, i was back and forth between cigarettes and chewing tobacco. I found vaping through a friend who worked at the gym i went to. I've been vaping for almost a year and i feel so much better. It relaxed me knowing that i can smoke and take the days load off without repercussions or guilt for smoking or chewing. I hated the headaches it gave as well.

When i heard that vaping was being questioned to be illegal, i was heartbroken. To take something away that helped me with a dark point in my life be ripped away through accusations and opinions goes against the first amendment, our freedom to speak through clouds we produce and the personalization of our mods is being pride from our hands.

We choose not to be like anyone else. We choose our lifestyles. Our world is full of color, flavor, and wierd names.

Please save vaping, for we have have the right to be individuals.

Thank you

11/19/2015 2:41:05 PM - Chelsea Caudill

I started smoking when I was 17 years old. When I was 15 I tried my first cigarette. I have a cousin who is 2 years older than me. She was the one who gave me my first cigarette. Of course I tried it, I didnâ€™t want to seem like I couldnâ€™t fit in with my cousinâ€™s cool High School friends. Thatâ€™s where it all started. When I would hang out with my cousin we would smoke cigarettes and act way cooler than we really were. When I was 16, I quit smoking for a little while. Soon after I started smoking again. When I was 18, I started smoking about half a pack a day. I smoked on and off again for the next 2 years. After a really horrible breakup I started smoking all the time. And I havenâ€™t quit again since. That was 7 years ago. I had given up on ever quitting after several failed attempts. I felt I had tried everything, the patches and the gum didnâ€™t work at all. I would always just go back to smoking cigarettes. My husband was also a heavy smoker. When we met 5 years ago, we both smoked. My husband was able to quit for short periods of time, but would never stick with it. I know this is because I was still smoking in the house. After getting married we decided that we wanted to start a family. I always knew that I couldnâ€™t smoke and be pregnant, and I think that was one reason why we waited so long to start trying. I was so addicted to smoking that I put off having a family so I didnâ€™t have to quit! Well my husband decided it was time to quit, for both of us. So on October 26th he went out and purchased 2 Aspire Odyssey kits from our local Cheap Tobacco store. He had his last cigarette on that day, and hasnâ€™t had one in 23 days. I had my last cigarette October 28th, and havenâ€™t had one in 21 days. The first week I smoked and used the mod he had purchased for me. After the first 2 days cigarettes made me feel sick. I hated the way they made me feel and the way they tasted. So I threw out the last few that I had in the pack and havenâ€™t smoked since. I know for certain that I would not have been able to stop smoking if it had not been for vaping. I would be another person who would be certain to have some kind of health problems related to smoking. I am currently smoking at a 3mg Nicotine, and I hope to go to zero nicotine in the future. Please donâ€™t take this away from people who need this to quit smoking cigarettes. Please Keep vaping alive!!

11/19/2015 2:40:14 PM - JW

I smoked for 38 years. I tried quitting in a variety of ways , all unsuccessful. I bought an iTaste VV ecig kit and juice with 24mg of nicotine. It cut down on the cigarettes but did not stop them . I bought liquid nicotine and raised the level to 36mg . Bingo!!

I have now quit the cigarettes for 20 months and on top of that I have slowly lowered the nicotine level from 36mg to 29.5mg.

Nicotine stains on the fingers are gone , congestion and breathlessness are gone. Coughing is also gone

Imagine if the free market did not offer the variety of hardware and juices that allowed me to quit.

When I see the govt support pot smoking , but punishing ecig users , I have to wonder how much they are really concerned about peoples health.

Putting severe restrictions on the innovators of Ecig products may take away the opportunity for some people to get off cigarettes.

11/19/2015 2:39:59 PM - Lambertcsk

I started smoking at 13. Smoked a pack to two packs a day for 25 years. I tried quiting a few times with no success. I tried chantix which made me crazy, and gum, the patch, and hypnosis. All to no avail. None of these things helped with the real addiction, the suck and puff. The act of smoking is what I was so hooked on. Car ride? Smoke. Phone call? Smoke. Eat something? Smoke. This is something I did 20 to 40 times a day! Not having that was like loosing my best friend. I tried a cig alike and it helped a lot but bothered my throat. So when my friend started vaping I said if you go a month smoke free I will consider it. She upgraded her device after a month and gave her starter kit to me. I did not want to quit. I told her I would try, so I did. After three days I stopped smoking for good. It has been 9 months! As long as I can keep vaping my skittles flavored goodness I will never go back! I started at 18 mlg of nicotine and am now down to 3 mlg. This is the only product that could have helped me quit. I owe my life to it. I no longer have problems breathing, I no longer cough up horrible gunk in the mornings, I no longer stink, and my kids and husband are thrilled! Oh, and my friend quit 10 months ago and is now nicotine free! She still vapes for enjoyment.

11/19/2015 2:39:47 PM - Nick Mckenzie

I am a 35 year old male and I started smoking, full time, between ages 12-14. To be honest I never thought that I'd be sitting here today as a non smoker! I wasn't only addicted to cigarettes for the nicotine, I had a genuine love for cigarettes and the flavor, just the whole act altogether. I purchased a couple disposable e cigarettes a couple years ago at the suggestion of my girlfriend. Needless to say it was a flop for both of us. They were nasty and made me cough. So those went in the trash. One faithful day, seven months ago I was browsing the net and came across some interesting "vaporizers" and "tanks" and of course some awesome juice flavors. I placed my order immediately! The first time I tried it I knew I was on to something great. That was the day I quit. Along with my girlfriend and my best friend. Since quitting smoking I feel so much better. I don't get winded at all anymore so I've taken up hiking therefore losing thirty pounds and was able to get off the cholesterol medication! For me vaping has saved my life. It's added precious years for me to spend with my sweet baby boy.

11/19/2015 2:39:35 PM - Joy Michelle Workman

I have been smoking since I was 16 years old and I will turn 25 in May 2016. Thatâ€™s almost 10 years I have been smoking. I have tried to quit on my own over the years but always failed. I come from a low income family. Both parents disabled, and me a struggling college student who is also disabled. Therefore, being on a fixed income doesnâ€™t leave us very much spending money. I wanted to try things like nicotine gum, lozenges, patches, and was even considering the drug called Chantix. Sadly, as a result of no income, my parents fixed income, and Alabamaâ€™s terrible economy, we could not afford the nicotine merchandise I desperately needed to stop smoking. I felt like I had no way out of this predicament. I was doomed by our government to continue to use a commodity that is not only highly addictive but extremely harmful to my health. I was destroying my body toke by toke and there was nothing I could do about it.

Thankfully, I heard stories from friends and peers about the success they had through this innovative technology called the e-cig or electronic cigarettes. Now, all of them were tobacco free and had not picked up a cigarette since. I was extremely excited and full of hope, but there was one thing that I was worried about and that was of course the cost. My friends and peers all reassured me that the products were affordable. I did some research and had several conversations with my parents, we decided this was the perfect way to quit my detrimental habit.

I found a local vaporizer shop and within about 45 minutes in the store listening to the shop employeesâ€™ stories on how they had not picked up a cigarette since starting their vaping regimen, I was sold. I bought a starter kit and they even threw in a free bottle of e-liquid. I started out with 9mg of nicotine. Now I am down to 6mg and plan to continue tapering down eventually ending my addition to nicotine. I have not picked up a cigarette since. Now instead of spending $5.00-6.00 on a pack a day I spend about $3.00-4.00 a week on coils and at the most $50.00 a month on e-juice.

I mean my grandfather, great aunt, and several other members of my family have all died from some kind of tobacco related disease or illness. I don't want to end up like them. I was only a kid when I saw my grandfather gasping for air in his bedroom with my whole family around him. He could not stop even though it was killing him. I am not sure why I ever started smoking but I regret it and want to quit more than anything. I have full confidence that with the continued use of my e-cig that I will kick this deadly habit and hopefully I haven't done to much damage to my lungs/body.

When I first bought my mod I still had about 1/2 a pack left and 3 emergency cigs hid away. I smoked up all of those within that week and I just didn't buy anymore cigarettes. One I didn't have the money and two I didn't want to now that I had my vape. Its only been about 3 or 4 weeks since I started using my Subox Mini, but it works great and I love how it satisfies my cravings.

I was never able to use a patch, they just did not work. I would smoke while wearing them and then just get mad then rip it off and throw it away.

I can all ready tell that my quality of life is much better.

I can actually breath deeply without coughing up nasty stuff. My sense of smell and taste is all ready becoming more sensitive in a good way.

The only negative thing is I cant be around anyone that smokes menthol cigs. If so I would want one and I would ask. Of course they would give it to me, so I try not to go around people when they are smoking...at least until I get more time under my belt. It sucks because I miss those people. However, I know I will get stronger and hopefully soon I can go around those smokers and not want to ask for a cig.

Thank you for letting me tell my story,

Joy.

11/19/2015 2:38:17 PM - Hollie Jaranowski

I recently went to a weekend seminar at a smoke free hotel for 3 days, and was dreading the fact that I would have to make many trips out into the cold to enjoy my beloved cigarettes. So, I picked up a vaporizer at my local shop just hoping to get me through the late hours of the night where going outside would be a pain. I've been a smoker for 19 years, and have been a pack a day smoker for 15 of those, with no intentions of stopping. In fact, I've never had any desire to quit. Little did I know that attending that seminar was one of the best things I ever could have done for my health! I found myself using the vaporizer even on my trips outside among all the smokers. By the time I came home, I had little desire for cigarettes anymore, and had grown to quite dislike the taste of them. I've only been home from that seminar for three days and in that time I've smoked two cigarettes. Two! Out of the 40-50 I would have normally smoked by now. I think I'll give the half a pack I've had sitting in my purse the last few days to a friend and then tell them all about the wonders of vaping!

11/19/2015 2:37:37 PM - Ballard

I was an on and off smoker with my friends who used to smoke from habit for a little while. I started noticing my addiction for smoking coming on and then I got hooked on them. Around the same time that I started smoking more frequently, little ego pens starting popping up around my area. I grabbed myself one and ever since then I haven't been able to look at smoking the same. Now I'm a certified vaper. I've been vaping since before I was of age but for myself I knew ahead of time from research that vaping is much healthier for me. I feel a lot healthier from when I was smoking cigarettes, along with using chewing tobacco as well. I started getting into higher-end mods when I turned 18, and I now use a Ipv3Li with a Twisted Messes RDA. Since i've started vaping ive met a lot of cool people and actually gained an equal interest with some of my friends and even made some amazing new friends. I now work at a vape shop and I love my life. I love advising people of how much safer vaping is for them and explaining what it is, how it works, etc. It's just really changed my life for the better and I've even gotten my parents (both over 15 year smokers) using vaping and smoking. Now my mother smokes 1 cigarette a day with her ego twist and my father does about the same. They've even spread the vaping trend to their friends and our other family members as well. Vaping has changed my life and #IMPROOF that it does save lives and helps people get off of tobacco products.

11/19/2015 2:37:21 PM - Suzan Masoud

My Suzan Masoud I smoke over 20 years and try a lot to stop but unfortunately i could not get succeeded and i have three kids with all that i still smoke, but what happens specially after what the Government they put some chemical in the cigarette couple years ago i start to have a lot of pine from the chemicals they put it inside the cigarette, and that's the most crazy decision because this chemical the one they put it on cigarette to make it stop while we are smoking it's the same chemical they use it as glue for the carpet, seriously it does not make no sense to me, from one side the Congress and the Government they said they care about our Health but from the other side they give us more dangerous to kill us more then the from the regular cigarette , and they said that's more protection for us seriously give me a break .

However now i still smoke but i smoke vaping free from any chemicals and actually it take me way down on smoking even i smoke in side my house and there is no any bad smelling even around my kids is still more save, and at least they will not be a second smoker, and now you want take that's from us i think you need think twice before to do that and you what i think enough is enough to make decision for our live and at least we smoke free clean from all kind of chemicals you guys put it inside our cigarette so stop to make a decision for us and we gone fight for our right we want smoke vaping because is clean free from all the nasty things you given us . but you know what the problem is not about us because the government they don't care about our health they care about the big company they give them a lot a lot of money and they don't want them to lose there nasty business that's what happening and that's the right story, our fight is going and we will win because for the first time we going to say no stop that's our live and we will make this decision this time you not taken that from us we are the people .

11/19/2015 2:32:17 PM - Robb Simpson

I am not in the USofA. I am an American by birth, tho'. When I heard of the draconian measures the government is attempting to take to effectively ban vaping from the public, I had to say something.

I live in Ottawa Ontario Canada. In 2001, this city banned indoor smoking at any public place. Bars, restaurants, bingo halls, nursing homes, veterans establishments, etc. My job, at the time, dealt with air cleaning and purification. That career went bust. I've come (over time) to deal with that.

I now live in what can be deemed as social housing. Rent to income. I am on a disability program. I moved last year in April. The municipal conglomeration that has helped me to survive today had me sign, as part of my rental lease, a promise to not smoke (as in any combustible material) in my apartment, in my building, or on the property where my building is. I signed. And began my amazing journey into vaping!

I have been smoke-free for the past 16+ months. This is from a 45 year veteran of cigarettes. I can walk the stairs to my apartment, ride my bike, hike MILES thru local trails... all because I was forced to give up smoking due to a new 'bylaw' implemented by my landlord (the municipal government). And I am thankful not only for the opportunity to live today because of subsidized housing, but because -for the 1st time in 40+ years- I can actually BREATHE easier.

This past week, I received a notice that I am NOT allowed to vape in my apartment. Let alone in the building or property, which I have no issue with. I am told that my local city government has banned vaping from ALL the places that they banned smoking. Restaurants, bars, public buildings or places where the public has access to, community centers and the sidewalks outside, public parks, and so on and so forth.

As an example, the law states that no one "smoke" within 30 feet of any entrance available to the public. So, if I was walking down the street of a commercial district, smoking, and I passed a doorway to a store... Yadda... Vaping is now included in that bylaw.

OK. Today, I am in a disagreement, a fight, with my landlord (the city) about a form I signed and agreed to, over 17 months ago. That agreement stated nothing about vaporizing. In fact, it mentioned "combustible" materials. And now, they want me to cease and desist in my vaping. Even tho' (as I told them) that the tenants who were here before the new rule are "grandfathered" in and can smoke to their hearts content. And I have to smell their habits daily. Both inside and just outside the door of my building.

But, I... *I* ... have to stop doing something that does NO damage to the interior of me apartment, leaves NO odor at all, absolutely does NOT bother anyone in my building... I

must stop. Not the other tenants who smoke, god bless them, no. But, me. Me. Because I signed a form that makde NO mentioned of vaporizing.

These folks may just find a way to evict me from my home. Good for them. If, however, YOU allow the US government to pass any type of restrictive law upon vaping and itâ€™s productsâ€¦. well, good luck. Because if a municipal government can attempt to force me out of my HOMEâ€¦ well, yeahâ€¦..

11/19/2015 2:31:52 PM - Lisa Wolford

I started smoking when I was 12 I am now 43. At first it was just a few a day that progressed over time too 2 packs a day. I tried patches, gum, lozenges and meds. Unfortunately I had an allergic reactions to the meds and by my doctors orders had to stop taking them. All the others just made me want a cigarette more. Due to smoking breathing became hard, dealt with chronic bronchitis often, low energy levels, smokers cough and not that I realized it then I stunk badly of cigarettes. Now to the present! I started Vaping at the end of December 2014. First it was my son to start Vaping then my husband decided he needed to quit smoking also since it was making him physically ill. I in turn followed suite seeing it working for them. I start at 16 mgs nicotine and now down to 6 mgs nicotine flirting with 3 mgs nicotine. Since I've switched to Vaping I now have my sense of smell back, I can taste my foods, breathing back to normal, energy levels up, I no longer stink of cigarettes. The smell of cigarettes now make me sick to my stomach. To restrict Vaping means a lot of us ex-smokers will go back to the worst thing for our health. I'm extremely happy that I switched to Vaping for not only my health that has improved tremendously but, for my family also.

11/19/2015 2:24:48 PM - Tj shaver

My name is Thomas Shaver (Tj) I smoked for almost 10 years about a pack and a half a day. I quit for 4 years, and started back. I found vaping online. Been vaping for 2 years I got a little blister starter pack. I upgraded to a bunch of different devices. and i have started my nic level from 6 down to 0 in no time. I feel better then i ever have. I started working at a vape shop a little a year and a half ago, and its amazing to see how much vaping has changed people lives. People come in and tell me their stories, how vaping helps the feel way better. They like how they dont have the nasty smokey smell on them, and the dont have the nasty smokers cough, their can breath better and their lungs feel better. Its the best part of working at the vape shop i work at. Vaping has changed my life for the best, by helping me quit smoking, and helping others by working in the field of vaping.

11/19/2015 2:24:31 PM - Robert Caddell

I start vaping in 2013 to help me quite smoking I smoked for over 10 years. With a few hiccups I jumped back and forth between smoking And vaping but finally just recently I finally started vaping full time and I haven't had a cigarette since. What helped me was being able to choose I wanted to vape instead of just vaping tobacco flavors it kept me away from tobacco as a whole. Being able to have that freedom to choose what flavor or flavors I wanted helped me stay away from smoking and led me to a healthier life style I can now run a mile with out stopping I can work out without felling tired and it's all because of vaping a better life style.

11/19/2015 2:24:21 PM - Richard Clinger

I was a smoker for 9 years and I started vaping with mechanical mods 2 years ago I no longer smoke anymore because of it I feel a lot better my health has increased I have a enlarged heart so smoking was not working for me I tried baby and it was the best thing I\'ve ever done I feel great I no longer for all sluggish out of breath no longer smell my taste buds are better now I know baby and is going to help because without it I would just go back to cigarettes and cigarettes causes more harm than good and there is studies for that on how bad cigarettes are for you my level of nicotine in my a liquid juice is only 3 milligrams and that is very less superior then one cigarette not even one puff from a cigarette equal the level of nicotine would equal what I vape if vaping is taken away it will do more harm than good I see no sense on taking away something that is actually helping people compare to you nobody taking cigarettes away who\'s actually causing cancer lung cancer there\'s a lot more causes some cigarettes then baby please keep waiting around I would rather go down in history with a positive story about how we saved vaping and stopped cigarettes then go down in history knowing that more people die each year from cigarettes than vaping Its been 2 years since I\'ve had a cigarette not one crazy and not wanting to smoke cigarettes thank you for reading my story I hope this makes a difference keep vaping

11/19/2015 1:55:27 PM - Nick

Hello,

My name is Nick, and I was a smoker for over 25 years. 2 packs a day. I finally was able to quit with the help of vaping products. I had tried the gum, the pills (Zyban), patches, and even once tried laser therapy. The only thing that worked for me was vaping. I have been an ex-smoker for almost 2 years now.

Within 2 weeks my smokers cough was gone. I was able to smell things better. My fingers were no longer yellow. My hair, breath, clothes, car, no longer stunk.

I do wish vaping had been around to save, or perhaps help my mom, who died of cancer at 47 years young.

I do hope that vaping will remain unaffected by the government, so that it will stay as an affordable means to help smokers quit cigarettes once and for all. It's saving lives, and improving the health of many everyday. Let it continue.

I hope this story doesn't fall on deaf ears.

Thank you,

Nick

11/19/2015 1:55:04 PM - JCMAC

I had been a smoker for 21 years back in 2013 when I bought my first disposable e-cig. I tried the gum, the Chantix and cold turkey with no luck. Although I wasn't committed to quitting I figured maybe I could reduce my pack a day habit by supplementing with it. I really didn't like the disposable so after visiting our ONLY (at the time) vape shop, I purchased a 20watt battery and a Natilus tank. That setup was a life saver. Over the course of 3-4 months I didn't just reduce my pack a day habit - I QUIT. My story is almost the same for my father in law who smoked for 50+ years! He quit after 5 months with a similar setup. I still use my Nautilus and neither of us has started smoking again. Im no conspiracy theorist but I really feel big tobacco is behind these proposed legislation. It's sad, it has very little to with our health and much more to do with profits. Thank you for everything you guys do on this site.

11/19/2015 1:53:47 PM - Ian Cloney

I quit smoking underage because of vaping

11/19/2015 1:53:36 PM - Angela Downs

I started smoking cigarettes when I was 15 years old in 1988. I grew up in a home (and a society) that was filled with second-hand smoke -- my parents smoked, my grandparents smoked, and most of my friends smoked. When I picked cigarettes up, my parents weren't thrilled, but neither were they surprised; within just a few months, my mom was even buying my smokes for me occasionally.

Fast-forward to 2015....I had a pack-a-day habit, a persistent smoker's cough, and I was intermittently losing my voice. I couldn't even sing along with a whole song on the radio because of the voice issue. I had a constant wheeze and I was sick to death of the nasty cigarette smell that hovered in my car, on my clothes, and in my hair. I was ready to quit, but two unsuccessful attempts since 2012 had convinced me that there was little hope of being able to kick this long-term habit of mine. (The first attempt was cold-turkey and lasted about 4 months; the second attempt was with nicotine gum and lasted about a day and a half.)

Then my bestie called and told me that he had just picked up a vape device and that he was loving it. He said that within two weeks he had dropped his nearly 2-pack-a-day habit down to less than 5 cigarettes per day and he was very nearly ready to drop the analogs altogether. I was intrigued. In retrospect, I feel like I can honestly say that my best friend saved my life that day.

I asked him to accompany me to his local vape shop (shout out to Xhale City in Marietta, GA!) so that I could get my own vape experience started. My first device was a pen - the Vision Spinner 2 with 12mg nicotine. With it, I QUIT CIGARETTES COMPLETELY within about 3 weeks. My cough lessened to almost nothing within that time and my voice came back entirely. I can sing a whole *album* now, if I want to!

At that point, the pen was no longer enough to satisfy me - I had learned more and tried other devices and I knew I wanted a little more - I like clouds! I purchased an eGo One, which I used for all of about 2 weeks before it stopped working (yes, ok, I know NOW!) and then I got my current device - an eLeaf iStick 30W with a Kanger SubTank Mini. I discovered my new favorite juice site (can I say? Vape Wild forever!) and gradually dropped my nic level down to 1.5mg (where I am currently). I tell everyone I see how vaping changed my life (and more importantly, my health!) and my goal now is to convince my mom to start vaping and get off her nearly 40-year habit!

It is annoying to no end that the â€œpowers that beâ€ want to regulate vaping out of existence. There are so many HUGE differences between vaping and smoking â€“ itâ€™s completely disingenuous for them to be compared as apples to apples. I will add my voice wherever possible to tell my story and to stand on the side of vaping and personal freedom.

11/19/2015 1:53:06 PM - Don Kummer

I am a type1 Diabetic, who had previously quit smoking for 4 years, but when a high stress situation of my shop at work being closed and the possible relocation to an area that may do 12 hour shifts and swing shift occurring weekly, I started smoking again. After getting involved with the use of E cigarettes I found it very easy to quit this unhealthy disgusting habit. I have become very involved with every aspect of vaping, including the making of coils, rebuilding of atomizers, producing my own recipe e-juices, and the use of the latest technology temperature control devices. This involvement is what has made it so easy for me to stay off cigarettes, please don't take this away from me. I have even been instrumental in helping others to quit smoking and transition to vaping. Don't give this availability of access to just Big Tobacco. I have been cigarette free for over 9 months now with no intention of going back; and was able to immediately quit from the time I picked up my e-cig. The nicotine level has been reduced from my initial 18mg/ml to 4-6 mg/ml for me and people I make my ejuice for.

11/19/2015 1:52:40 PM - James Kelley, Alvin Texas

I had my first cigarette at the age of 12. I smoked more and more as I got older. By the time I was 18, I was averaging a pack a day. Today I'm 27 years old. The effects of tobacco have caused me a substantial amount of health problems including but not limited to breathing problems, gum and tooth issues, sever headaches and extreme anxiety when I could not have a cigarette. It got to the point to where I could not climb a few flights of stairs without my heart racing and being out of breath. 5 1/2 months ago I decided that it would paramount that I quit using tobacco products. I invested in a vape device and I truly believe it's one of the best decisions I've ever made about my health. Almost immediately I noticed a change in my breathing. After quitting smoking and using gingivitis toothpaste my gum problems are not a factor anymore. I've been able to go to the gym and not be out of breath. Thanks to vapor products ability to let me step down nicotine levels in increments I'm nearly nicotine free. I started at 12 mg nicotine, I'm now down to 3 and expect to be free of it completely shortly. I have not touched a cigarette since I started vaping, and it's the only thing that has helped me quit. I've tried all smoking cessation products available to me. I absolutely believe vapor products have helped significantly in my journey to living a healthier lifestyle. Not only that, but the vapor industry has greatly increased the economy. PLEASE do not cut these flourishing companies off at the knees! They are helping people change their lives for the better and helping fuel our economy that is in dire need of small business! Thank you.

-James Kelley, Age 27 Alvin Texas

11/19/2015 1:52:26 PM - BSquared30

I smoked for 22 years. I tried gums, patches, inhalers, you name it. A year ago I tried vaping. I started at 18mg nictine and havebweaned my way down to 3mg. I have gone from smoking 2packs of cigarettes a day to 5 cigrettes max. I enjoy being able to get out and go biking again. I truly enjoyed bicycling and had missed it greatly. It fee is good to have that little piece of freedom back.

11/19/2015 1:52:15 PM - Kprice

I'm 16 years old, and I used to be a pack a day cigarette smoker, then my friends introduced me to vaping, and within a month i was off cigarettes. if you mess up the vape world, I promise you that everybody will switch back to cigarettes, me included. these things are safe, id be dead by now if they weren't I use mine every day almost all day, this vape keeps me healthy, and happy, why are you trying to take away our hobby? Thats bullshit, but its all about money, cause you evil sadistic fucks running the country have no soul.

11/19/2015 1:52:06 PM - Jason Piwnicki

I'm 41 years old. I have been smoke free for 1 year and 4 months after 24 years of smoking close to 2 packs a day. Aside from no longer wanting to be a slave to tobacco for health reason's, I simply wanted to change my lifestyle. Constantly watch the reviews at TasteYourJuice.com helped keep me motivated to make the switch to vaping. Naturally as any smoker, they want their initial experience to be as close as possible. However, even though I still have a vape juice that is tobacco flavored, I have others that I enjoy as well. To say that just because a fruity or candy flavored ejuice is marketing towards kids is a rather close minded way of thinking. As a grown adult, I too enjoy certain candy flavors or fruit flavors. There are certain adults that for whatever reason cannot take a regular multi-vitamin like most others, so to ensure that they still get their vitamins, thee are actually adult multi-vitamin gummies! If a child took that, they could get too much of a particular vitamin that would make them sick. When you go into a liquor store, there are so many different flavors of rum and vodka that are fruity and even candy type flavors but they are not under the gun like vaping. Just because something is new and there are a lot of unknowns doesn't warrant removal of those products until "you get around to testing them". Just because there are "old" reports of certain juices containing harmful chemicals 10 years ago from China doesn't mean that we have that problem still. Just because a lab test showed elevated levels of chemicals in an e-cig that were higher than in a cigarette, should be looked at to ensure that the test was done in a way that a person who vapes would actually do. I agree that vaping should be under the same rule that no one should be allowed to buy or use if under the age of 18, however just throwing out random regulation so you can increase tax dollars on it or make the selection for us ex-smokers that much more limited would be a travesty! You talk about wanting to prevent any damage to all the hard work you have made in the health sector in regards to smoking. Well, you're just going to have to accept that all of you approved methods to date simply don't work for a majority of smokers! I believe that most smokers, despite knowing it's bad for them actually enjoy smoking. Now we have a way to do what we enjoy without the mental and physical drawbacks. Since I have switched, by breathing is better, my blood pressure is down, my clothes no longer stink and at work I have gotten close to 10 people to quit smoking as well! The exciting part about vaping is the choice of flavors we have to choose from. All the flavors and marketing in the world cannot replace the one thing that is not even the Federal Governments business....proper parenting! If it's for the children, that is the parents responsibility. Address your concern's to the "parents" and let them make the decisions that they feel are best suited for their child and let us adults make the best decision for ourselves. Test all you want, do it honestly and report your findings! We want the data too! As a former U.S. Army soldier I know one thing for certain, freedom isn't something your government allows you to do! You should embrace the new technology. You should be applauding all the lives that are being saved and want to find

a way to help and assist...NOT CONTROL. I hope you can make a decision that is selfless and for the better of the people and not someone's pocketbook.

11/19/2015 1:51:45 PM - Dan

Hi my name for here will be Dan not my really name but hi I'm Dan and I wanted to tell u that I vape and I've been vaping for about 2 years now and it helps me so much when I wake up and to keep going threw my day cause here and their threw out my day I'll have a couple of panick attacks and if I vape a couple times it helps and calms me down and if I loose vaping cause of the tobacco comapany is being a dick and all this shit then idk what I'll do my doctor said if I had a big enough attack I could die or have a heart attack and it'll be because of the tobacco company's fault cause they made the White House and presedant ban vaping and they are many people like me who vape to help threw like me so plz don't ban vaping I use a sigelei 75W TC mod and I just wanted to let sigelei know that they're products are amazing. Thankyou for reading

11/19/2015 1:51:35 PM - Timothy Smith

I live in Tampa, FL. I smoked a pack of cigarettes a day from the age of 18 right up until two years ago Sept 1, 2013 when I switched full-time to electronic vapor devices. I had been given my first electronic vapor device about 6 months prior and had been using it off an on when it was convenient, just to get familiar with the device and the experience to see if it was something i could count on to quit. Since that time my health has improved, sense of smell returned, lung capacity roughly doubled. The wife went away about 13 months into quitting and I thought I'd be a rebel and smoke a real cig with the boys just to remember how great it was. I got through less than half the cigarette and threw it away. Couldn't stand the smell or taste. I smoke a pack a day for roughly 20 years and i couldn't stand the smell? Since then that pack has been sitting on top of my microwave in my full view every day. Never once have I even considered smoking one since then. I tried all the other alternatives. I prefer electronic vapor devices for a multitude of reasons. Anyone with a clear and unbiased agenda at improving health can agree that electronic vapor devices are a vast step in right direction in getting people off tobacco use and improving overall health. As far as nicotine, when I switched to vapor I was at 32mg/mL of nicotine to equal my cravings smoking about a pack a day. I am now down to 3mg/mL and have done so painlessly and naturally.

11/19/2015 1:46:21 PM - Lynette Sweet

Two years ago, after trying every product on the market, my son introduced me to electronic cigerettes. I was skeptical at first but tried his ego style battery and tank. This was the answer to quitting smoking that I had been hoping for! I smoked two packs of cigerettes a day for 45 years which resulted in chronic COPD. The results are confirmed by my medical records that my lungs have become more clear, wheezing and coughing has ceased and my oxygen level has risen from 75% to 97%. I have also decreased my intake of nicotine from 2.4 mg to 1.2mg and my goal is to be nicotine free in one year. With other alternatives I missed the hand to mouth action, exhaling smoke and the nicotine and now I have it all without all the chemicals in cigerettes, but with no doubt if the vaping industry is penalized by unreasonable regulations and high tax burdens I will begin to smoke cigerettes again. However, this statement will , I'm sure, make the tobacco and Pharma industry clap for joy. Life is good!

11/19/2015 1:46:08 PM - Frank Gould

Hello there . It has been proven for years that smoking cigarettes is vary bad for you as vaping as be proven to be 95% saferÂ so why ban it ? Please leave vaping alone.

11/19/2015 1:45:20 PM - Danielle Vintschger

I smoked at least a pack a day since I was 23 years old. This past April (this testimonial is being written in November 2015) I vaped for the first time. Because of vaping, I quit cigarettes in one week. One. I have not touched a cigarette in 7 months and 17 days. The benefits are myriad. I can breathe easily. I don't get heart palpitations. I don't smell. I don't cough. I save an incredible amount of money. I could easily go on and on.

I have several health problems, and smoking obviously wasn't helping. With vaping, I have eliminated hundreds of toxins in my body and the dangers of spreading secondhand smoke to others. Vaping has quite possibly saved my life. I am currently using 3mg nicotine strength and plan on going down to 0mg as a New Year's resolution.

My life has been so positively impacted by vaping, however since it is such a misunderstood method to eliminate smoking, I have been met with mocking and rude comments, possibly more so than when I was smoking cigarettes. Now the government wants to shut down this life-saving alternative. My mind is boggled.

11/19/2015 1:44:39 PM - Larry H

38 year smoker, up to 3 packs a day by the end...yeah I have a highly addictive personality. Tried disposable ecigs for about a week but they weren't working for me, then a friend let me try his vape setup, an atlantis tank with ipv mini mod. and I never looked back, that was over the Thanksgiving holiday 1 year ago now and I haven't touched a cigarette since. I look better and god knows I feel better (no more waking up coughing in the night) and the wife is infinitely happier without the smell of smoke on everything :)

11/19/2015 1:44:27 PM - Rich M.

I would like to take a second to say how vaping saved my life. I am a 42 y/o male that was smoking about 2 packs a day for about 15 + years. Physically struggling to do everyday things except work. Couldn't go outside and throw the football with my kids or play basketball with them because I couldn't breathe. I would immediately become out of breath and would have to stop. Vaping has changed that! I have been smoke free now for 2 years.No hacking up a lung in the morning. Now I can do the aforementioned things I couldn't before!! Vaping has saved my life! Thank you

11/19/2015 1:44:16 PM - Shane S

I have been smoking for 32 years, a pack and a half a day, and have tried every method of quitting with some success but nothing ever really stuck and i always wanted a cigarette. I took up vaping 8 weeks ago and have not touched a cigarette since. The most amazing thing is i don't even have the urge to smoke anymore. I am even down to 3 mg nicotine juice and plan on going down to zero soon. I know vaping is not a method to quit smoking but let me tell you it should be. Nothing, and that cannot be emphasized enough, NOTHING has worked for me as well as vaping has. My wife is dual using and i expect she will be off of cigarettes before long also. Even being around her smoking has no affect on me. As long as i have my vape i am good to go!

11/19/2015 4:05:26 AM - Alex

I have been using vape products for the last two years. They have not only helped me kick a twenty year smoking habit but have let me enjoy a legal drug, nicotine in the process. To ban vaping would be a crime unless you banned smoking of tobacco products outright. I believe regulation is needed but to ban them due to the influence of big tobacco in the USA is a crime. This is a new industry and for sure it will make some mistakes but it will also help keep Americans not only healthier but richer as they will be able to export this business to the world. Do not ban vaping as it is the future. Just as smoking cigarettes, cigars and pipes it the past. USA must lead the way through technology and innovation as it will not through protectionism and cabals made by scared businesses who have forgotten to innovate. US government must do the homework needed before it bans something it doesn't understand. Keep vaping alive.

11/19/2015 4:05:15 AM - Kristian Katona

Hello dear vapers and US congressmen!

I would like to start by apologizing for my english, though I hope I make myself clear.

The vaping comunity has been growing steadily for the last decade. And we might wonder why? I will not answer that question, because it is for the the people who are against all of this. IÂ´ve been smoking ever since I turned eighteen. First I thought it was cool like many others, but then it became a habit.

The people around me saw me with a different set of eyes. I began to feel sick to my stomach because of that and yet I kept on smoking cigarettes. I used to go trough a pack a day. During high school I tried to attend a few meetings concerning cigarett smoking but I felt that they were futile.

I wanted to stop when I was working in childcare, but the urge was still there. Nicotine gum, nicotione bandaid, and snus didnÂ´t help. Well it helpt for nearly a week.

One of my best friends introduced me to the new scene of electronic cigarettes. The experience was out of this world and my urge was finally satisfied. I have managed to cut the tobacco cigarettes completly and I have been vaping ever since.

The only side effect IÂ´ve been noticing was the thick mukus building up in my lung/thoat, but only in the beginning. Apparently itÂ´s common because youÂ´re coughing all ressidue from tobacco ciggarete smoke. It has since been more than good for me. My activity level has been improved and I feel more socially active/accepted.

I do agree on one point. And that is that we donÂ´t really now the side effects. But even so we should not ban 99% of the e-cigarette market. We all should take this a day at a time and help us and the US congresse to further study the long term effects of vaping. LetÂ´s help each other!

11/19/2015 4:05:01 AM - dervishast

Electronic cigarettes save lifes! I have been using e cigarette to stop smoking and it works! No pain on my chest and my life feels so much better and easyer. Nobodey can tell us that e-cigarette is poison its life saver!

11/19/2015 4:01:57 AM - PTC39120

I am a former 2 to 3 pack a day smoker for 24 years and thanks to vaping I have been cigarette free for 11 months! It was a transition phase of about 3 weeks to convert solely to vaping. Vaping is my lifestyle choice and as an American I would hate for this freedom to be taken from me. My personal everyday vape is a box mod and subtank. I can choose from a wide array of flavors and nicotine levels I can breathe again! Taste food, I am no longer nose blind to how disgusting cigarettes actually do smell! It would severely cripple my opinion of this country to have this life changing experience taken away simply because of people to ignorant to educate themselves!

Before vaping I tried several different times to quit (from cold turkey to the patch and gum to chantix) and was a complete failure each time! And the guilt that would follow was the worst! I would feel like I let down my daughter who has begged me for years to quit smoking! With vaping I feel like a winner! I have gone from 18mg of nicotine down to 3mg of nicotine!

11/19/2015 4:02:04 AM - Danielstang

I was a heavy smoker i smoke for 9 years and i try everything to quit and then 1year ago i find the vaping alternative, and it was great,safer and smokeless compared to smoking tobaco ,now i cant believe that its going to disappear, because i find a hobby that has passion, vaping its fun and safe too and its going to disappear i cant let this happen please help us we need vaping in this world.

11/19/2015 4:02:11 AM - Scott Robert

To Whom it May Concern:

I was a former smoker for 25 years. The last year I unfortunately smoked 2 1/2 packs a day. I have previously tried the patch, gum, Chantix, etc. to no avail. Nothing worked. I have since decided to try the e-cig route via a blu e-cigarette, and that was not enough to satisfy my bad habit. I was later introduced to the more advanced e-cig vaporizer and wow, something actually worked. Fast forward 1year and I am cigarette free and feel great! I have since converted many family and friends to the advanced e-cig market, and they are cigarette free as well. It's unfortunate what the proposed regulations may due to this industry. I just hope 'Big Tobacco' doesn't have its way. I support this cause as it has helped me along with others I know dearly.

Sincerely,

Scott Robert

11/19/2015 4:02:19 AM - Jeremy Kisner

I have been vaping for a little over a year, i can honestly say it would be detrimental if vaping went away. So far I have had three of my close friends switch from tobacco products to vaping, and I am not stopping there! Vaping IS the Safest Alternative in my opinion And I use my vapes and assorted products to get people to switch.

11/19/2015 4:02:58 AM - baldo_4

I'm a certified DOT licensed driver, every year I take a physical to remain valid. Last year during my physical, I took the breathing test...they said I had the lungs of a 78 year old man, I was 44. This year, after vaping for almost 10 months without tobacco, I was told I had the lungs of a 34 year old man!!! Getting my lungs back from the chains of smoking has made me an absolute believer that stopping smoking and switching to vaping is undoubtedly a life saver! I smoked two packs of Marlboro lights every day for 24 years, after switching to vaping, it took me less than a month to go from 18mg to \0\" mg nic. Now

11/19/2015 4:02:26 AM - gary thompson

vaping changed my life for the better, keeps me from getting stressed and depressed.

i have never smoked before vaping, but i vape because it has no major health downfalls.

11/19/2015 4:01:48 AM - William Sisco

I tried quitting smoking many times with prescription medication as well as otc nicotine replacement therapy and none of which worked. I tried vaping on novemeber 14 of 2014 and I never touched a cigarette again. I owe my better health and clearer lungs to vaping to be able to play and live life with my wife and two children. I urge you to not do away with vaping and the flavors of eliquid. I started vaping with a tobacco flavor and then switched to other flavors not because they tasted better but because as an American we are suppose to be able to live in a free world with options. Vaping ha changed my life in more ways than better health, it has improved my job performance as well because I no longer take smoke breaks. Not to mention when I originally started vaping I was at 24mg and I stepped myself down to currently 6mg.

I was a 22year smoker, Vaping worked for me when no other option did.

William

Alabama USA

11/19/2015 3:16:28 AM - James Allen Goold

I started smoking when i was 14 years of age. I smoked for five years habitually and did not seek to stop. When i was just about to turn 15 years old my mother died of harsh cancer and smoked until she couldnt anymore. Growing up with this left some what of a sentimental memory with ciggerates, along with the addiction. So after she passed i still smoked a pack every two days. Then before i knew my first child was born and im only about to be 19. I needed to quit for my daughter so I could be a good role model. I tried cold turkey and it never worked and left me irritated, then I tried nicotine gum and didnt like it. Nothing could help me shake ciggerates until one day my friends showed me vapor devices (E Cigs). The little gas station didnt do it but I have a box mod that has left me satisfied and never wanting to go back. I have not even thought of a ciggerate for almost 9 months now. I am absolutely happy with my vape and so is my wonderful family. Nobody is caught in the deadly second hand smoke and no more dirty ash trays for the eye to see. I havent had a bad cough for aslong as I know and the vaping community is amazing aswell as if i am at home. I almost forgot to mention i have saved an incredible amount of money compared to ciggerates. That is my testimonial and vaping must stay alive so that we can stay alive aswell, it has changed millions of lives and more.

11/18/2015 10:32:48 PM - Dillanger Kane

I quit smoking with a vaporizer, vaping saved my life!

11/18/2015 10:24:36 PM - cody dubrosky

Vaping has helped my life in so many ways i don't know how to type it, but here goes. vaping has helped me quit smoking and it has also helped me breath better smell foods and being able to exercise with out hurting my lungs. Vaping has also had a big impact on my loved ones who are starting to get off the cancer sticks and starting to enjoy life smoke free. Vaping has helped my father a two pack a day smoker to only a half a pack a day and it's nice to see him not coughing up in the morning. please support HR.2058 and keep the dream of quiting the cancer sticks alive.

11/18/2015 10:24:23 PM - Isaiah J

Hi I'm 32 and I started smoking cigarettes at age 16. I've wanted to quit multiple times but never found anything that took the edge away. Three years ago I tried vaping and it helped a lot! I was doing great, not smoking any cigarettes then had a bad experience at the local vape shop. My vape pen broke within a few days and they didn't do anything about it and were really rude to me so I went back to smoking cigarettes because I didn't know of any other vape shop in town. It was new to my area back then. Well now as of Nov 16 2015 I'm 4 months clean of cigarettes because I've gone back to vaping! There's plenty of vape shops in my area now. I've tried all kinds of stuff before I went back to vaping. I tried e cigs like vuse and blu. None of those worked. I tried medication from my doctor and that didn't do anything either. I'm not talking about Chantix, to many bad stories from personal friends and family about that drug. The one great thing about vaping is the flavors! When I started back vaping I started at a 18nic level cause I knew I needed that rush of nicotine like I would get from a cigarette. But within a month I was at a 12nic then within that 3rd month I was at a 6nic now I'm at a 3nic! Now if I try the higher nics they are to harsh for me and makes the juice taste bad. Soon I think I'll be at a 0nic and will only vape when I want something good to taste. The bad thing is that there are a lot of flavors I still want to try! :). I believe that vaping helps you quit smoking cigarettes. Not only that since I've quit cigarettes my health has improved greatly! I can smell and taste things alot better. I don't get winded easily anymore. So far after 4 months of vaping I don't see any bad side effects of it. Thank you for reading my story hope it helps out!

11/18/2015 10:24:01 PM - Hebu

i use to smoke 2 packs a day for 12 years and i have been smoke free for 5 months thx to e-cig's also its a lot cheaper to vape than smoke, i use mod and i vape 18mg juice mixed with zero nicotine VG base and planning to move completely zero nicotine juice. sorry for the short testimonial my english aint so good

11/18/2015 10:23:33 PM - Military Veteran

In the last 15 years that I've smoked it was hard enough to quit the habit. In those years I was in the military and I've tried many cessation products but none of those were effective. I've tried Chantix but it gave me nightmares because of my PTSD. The gum and mouth lozenges cause me to have uncontrollable bowel movements. I even tried the patches but it as well made terrible rashes. I went from smoking to dipping tobacco and back. It caused a major decline to my health. I was diagnosed with emphysema and bronchitis. I wanted to quit cold turkey but it's not that simple especially when you have an addiction to nicotine. About 3 years ago, my friend introduced me to an alternative and it changed my life. I didn't realise that vaping was helpful for people like myself. I started at 24mg of nicotine which is about 2 packs of cigarettes a day. I did that for two months in which I lowered to half that amount because my need for the daily vape helped me. I checked in with the VA for my annual checkup and told of my recovery. He noticed a better improvement of my breathing and my lowered heart rate. I'm able to complete tasks my body couldn't do before because vaping did save my life. I'm at 3mg of nicotine which is like smoking an ultra light cigarette but without the consequences. I haven't picked up a cigarette but once and I almost threw up because it was disgusting. I use my ecigarette half the day I normally would with analogs. It's been 3 years since I've started vaping and I can laugh hard, breathe without coughing, and not call out from work because I'm sick from smoking. If vaping never made it into my life I may never shared with you my story.

11/17/2015 3:12:20 AM - Clinton Hoag

Hello Everyone,

At the age of 14 years old I began smoking. For 30 years I continued to smoke with no end in site. I have seen up close the effects of cigarette smoking Close up

when Both of my parents as soon as they retired witch were supposed to be their best years were imediately diagnosed with varying types of cancer "My Mother" Lung cancer, "My Father"

Bladder cancer. With all the normal avenues tried chemo, radiation they both did go into remission. My father had organs removed and now urinates into a bag on his side, and my mother still gets chemo

every 2 weeks and Is permanently on Oxygen. I finally started trying through 1-800-NO BUTTS and with the help of my doctor to find a cessation product to stop

smoking. Firstly I tried patches and all they did was help me smoke right along with them on, oh and by the way I was living in a smoke free house. Then "Chantix" My insurance wouldn't pay for so $900.00 at the time

kind of helped me cut back but I had horrible side effects, I was alergic to the chemicals in the medication. All hope was lost, the general self loathing and depression that followed was shall I say taking me down a road I couldn't return from.

Then I found a website that claimed vapor was a cessation for quitting and healthier. That site was crap but It did get me started down a healthier road That would lead to finally quitting.

I seriously began vaping 21/2 years plus ago and to this day have never looked back It got me off cigarettes In "2" yes 2 days starting at 24 mg of nicotine. Flavoring did help To make the swap easier.I still vape on a daily basis, However,

My current nicotine level is either 12 mg or as low as 6mg depending on my day. My doctor and I did a full workup after 1 year of only vaping and to our surprise, from the verge of heart disaese

and possibly heart atack had changed to lower cholesterol,Loss of weight, and No more high blood pressure. To top It off no more coughing and asthyma. Most I atribute to vaping. In a nutshell after my long and involved story The Message Is clear.

Regardless of how I got here and if there are health issues down the road we don't know about at this time, "NOTHING IS WORSE THAN SMOKING CIGARETTES"!!!! and VAPING SAVED MY LIFE. Any Queastions feel free to e mail me and I will be happy to talk to you.

Clinton

11/18/2015 10:19:53 PM - lc

I'm 56 & have been vaping happily for 3 yrs. I truly, love this choice as does my whole family and friends when around me.

I smoked for 40 yrs. 2 packs a day and had all sorts of health problems - I was diagnosed with asthma, whooping cough,high blood pressure, super high heart beat, essential tremors, huge lymp node and taking a whole mess of rx meds-from hydrocodone syrup, xanax, mysoline, 2 hbp meds, 1 to slow heart beat, symbicort, advair. Had tried everything in the market to stop smoking and nothing helped at all. Sometimes, I'd chew the gum, put the patch,chantix and still smoke cigarettes. With vaping it was the total opposite, I stopped the cigarettes from the 1st try!...and never looked back, nor missed smoking at all. It was love at 1st sight. I didn't see it as another "stop smoking" gadgetl but saw it as a "smoking alternative". Wish I would have had this choice at drug stores when I was 14, but all we had was the poisonous chemically induced cigarettes.

Now, with vaping my blood pressure is about 114/72, my heart beat is about 68 and I take no more rx meds and all my ailments magically disappeared within 1 week only, including my poor lymph node - that seemed to be in overdrive fighting off the over 4000 chemicals in legal Tobacco.

Vaping is vapor,.there is no combustion nor tar/smoke/smells. I'd like to add that nicotine is not a carcinogen, and it's odorless and colorless like caffeine...and from my experience it does not affect heart beats. As a matter of fact, I don't think it's thaaat addictive as I have successfully gone down to 0mg and my blood pressure and heart beat is still very low. Also, I'm now afraid I might get alzheimers as it's proven to help with that disease.

Well, I could go on & on about this marvel & one little added thing...my mother whose 77 now, starting vaping as some of her friends to help them with circulation, emphysema, hbp, infinite etc's and are afraid that the majority of senior adults are going to be punished and cannot understand why and are truly concerned. Add all the tons of rx$$$, hospitalizations, doc/med care costs, visits, infinite etc's worldwide that would be saved! The money saved could insure our nation for sure.

To think the FDA wants to even think about taking this wonderful healthy choice away from us, is totally inhumane - as most of us, will probably end up smoking again and back to going to docs, taking meds, etc..is that what the world wants? Pleeeease people, support vaping!

Thanks for reading,

Mrs. C

Coral Gables, FL

11/18/2015 10:19:09 PM - Vaping Saves Lives

I smoked cigarettes for 22 years. I tried multiple methods to quit tobacco: the patch (made me violently ill), nicotine gum, wellbutrin (made me feel jittery and light headed), and sheer will power. None of those worked. I started using Logic ecigs which reduced the number of cigarettes I smoked but they weren't enough. A friend introduced me to refillable vaporizers two years ago. I started with 18mg eliquid. I stopped using tobacco. I am now down to 6mg eliquid and almost ready to drop to 3mg. Vaping is the only way you can immediately stop using tobacco while gradually weaning yourself off the nicotine. Without harmful side effects like all the other methods can have. Multiple studies show that vaping is harmless to your health as long as you know what kind of ingredients are in the eliquid you're buying, and most eliquid producers make sure to avoid ingredients that can be harmful because unlike tobacco company executives, the eliquid producers have morals, ethics, and care about our health. To tax and force retroactive testing on vape products in the way you're trying to do would most likely cause me to pick up cigarettes again because I haven't reached the point where I am completely free of my addiction to nicotine. How about you tax cigarettes and tobacco products more? If you actually care about our health that's what you would do.

11/18/2015 10:18:51 PM - Melissa Adams

I first tried vaping because a friend of mine opened a vape shop, and mentioned that vaping opened his sinuses. One night I felt I was getting a cold , so I went in and tried a vape , and was able to sleep through the night with a clear head. The next day when I went in to buy the vape pen and juice, they were out of the juice in no nicotine (I am a non-smoker). So I got the 3mg nicotine juice and used it. One day I was getting a bad migraine, and had lost a part of my field of vision. I took 2 puffs of the vape, and not only did my field of. Vision return, but my migraine left! Now understand, I am on disability for hemiplegic type migraines, and have to go to the treatment center for iv treatments every 2 weeks. Since starting to vape, I only have to go every 3 weeks, and am in less pain in between visits! For me, vaping has been nothing short of miraculous, and is very enjoyable as well! I am praying it is not taken off the market!

11/18/2015 10:18:41 PM - Jeanine W.

I started smoking at the age of 16 and have quit multiple times over the years and have returned many times. I started vaping in 2013 and within a week my cough stopped. The newer batteries and flavors have improved my quality of life and decreased my cost substantially. I started with 12 mg of nicotine and now use 0-3mg. Having found the flavor that is best for me. The newer equipment provides total satisfaction. I am very pleased to say that I can now vape and not have offensive breath or the odor on my clothing. When I vape around others no one complains of the smell of the vapor produced. I truly hope the vaper industry continues to grow and provide a healthier life stile for all who wish to use this product. I have read much of the research that has been done and hope that it continues as well. Should products be forced to go back to the originals I fear many will return to cigarette smoking again. I am a RN and I have made an educated decision to be an ecig /vape smoker. Without this freedom of choice I fear I would return to smoking cigarettes again.

11/18/2015 10:18:32 PM - John Crowe

I was a smoker for close to 25 years, and then I found "e-cigs" in the time of my smoking, I got all the way up to 2 packs a day, and every day I woke up feeling sick, coughing, and I knew that my smoking habit was the cause, I wanted to quit, and I tried more than once, I did the gum, I did the patch, I even tried cold turkey, nothing seemed to work, then, when I first heard about "e-cigs" I looked into it, at this time there were not many products out there, I had the option of cigalikes, which are the products that look like a cigarette and are limited to the flavors of the disposable tips they provide, and then there was the pen or ego-t style, that you filled your own liquid into and puffed till empty and then refilled, I tried both, and they both did not work, I was disappointed, mainly because these products made me want to smoke and not quit smoking, then about a year later, a friend of mine showed me a mod, which was the eleaf Istick, you could change the amount of a puff and there was more flavors to choose, I was a step towards quitting that I am glad I took. since then I started out on A box mod myself, I purchased an IPV mini 2, and then with all the flavors that started coming in, I found that dessert and cereal flavors really helped me to put down the cigarettes for good, now I wake up feeling good, I no longer have coughing spells, I feel rested when I wake up, my breathing has improved, and I owe it all to vaping, I can not even stand the smell of a cigarette burning, and I am embarrassed that I know I smelled like that, I can taste foods now too. with everything that has changed for the good in my life, I know vaping saved me from cigarettes and that I am alot healthier now because of vaping

11/18/2015 10:18:19 PM - Ben

I smoked for 12 years starting at age of 15. It's been about 6 1/2 months since I started vaping. I started out using the basic cigalike like most people do and worked my way up to an ego style pen and now am using a a couple different mods and sub ohm tanks. I started out using 24 mg nic but have been able to get myself down to 6mg as of writing this. I do not smoke at all anymore and I was one of the lucky ones to be able to make the switch immediately. I had tried using the disposable cigalikes a few times before but was never able to really give up smoking. The changes in my life have been substantial. I really decided to make the decision to quit when I started to think about how in a few years I would be saying that I had smoked for more than half my life. Since I switched to vaping I have been able to start exercising more since it is now easier because I can breathe normally again and have more energy. In the end I just have to say that without the help of vaping I truly do not believe that I would have been able to quit smoking.

11/18/2015 10:18:10 PM - Rolando

I come from a back ground of smokers. Both my parents smoke cigarettes and I can notice the toll it's taking in them smoke for a third of their life now. I was going through a pack every other day. Sometimes a pack a day. Vamping has really made it easy to put those cigarettes down for good. I haven't bought a pack of cigarettes in 9 months. I started smoking when I was 18. I did try going cold turkey but could stop the urge every time I saw someone smoke a cigarette. I started looking at disposable e cigarettes but they just didn't satisfy my urge to smoke so I started shopping around for a vape pin. After smoking for 10 years I've finally quit smoking cigarettes for good. And I feel such a dramatic change with my stamina. I was doing some research on mods and found out about ristricting vape products in the US. Please approve vape products to be sold in the states. I've never felt this healthy in my adult life. Thank You

11/18/2015 10:18:02 PM - Craig from Chicago, IL

Until recently I had been smoking for 22 years. Ever since I had my first child 11 years ago I have tried to quit smoking. I knew it was an awful habit and I hated it. I have tried every smoking cessation product that I knew about. Including the patch, gum and Chiantix. None of them worked for me. I tried to quit about 1 and a half ago but using disposable e-cigarettes. That did not last long either. First the cravings didn't really go away so I tried to pair the disposable ecig with the patch. That helped but I never really quit. I would still cheat and half one or 2 really cigarettes per day. Those one or two cigarettes slowly started to be 2-4, then 10 and before I knew it I was back to smoking a pack and a half a day.

That was until 3 weeks ago. I purchased an Innokin MVP 3 and an iSub tank along with an assortment of ejuices. I did not understand at first why a lot of the disposables came in regular tobacco flavor but the refillables came in an assortment of fruit, dessert and food type flavors. Once I tried them I understood why. It is because they taste delicious and tobacco, for the most part, tastes horrible.

I have been completely smoke free now for 3 weeks and I have not had even a drag off of a really cigarette. My lungs feel great and my endurance has started to improve.

Switching to an vaporizer has allowed to do something that I haven't been able to do in over 10 years, quit cigarettes. I am glad that I tried this alternative and I hope that the vaporizer market can stay open and competitive.

11/18/2015 10:17:52 PM - Jacob Beal

I started smoking tobacco cigarettes at the age of 18, and continued smoking close to, sometimes more than, a pack a day until the age of 23 when I first discovered electronic cigarettes. I'm now 26 and have not had a traditional tobacco cigarette in close to three and a half years.

Prior to finding out about electronic cigarettes, I had tried nearly all other avenues to quit smoking and none of them worked for me. From the first puff on an e-cig, however, I set my pack of combustible cigarettes down for good. It's been three years and I feel better than I did before I started smoking. I've gotten sick less often, once every 8-12 months, as opposed to every 2-3 months when I was still smoking. My blood pressure has improved significantly, no more lingering smell of an ashtray on my clothing, and my taste and smell have come back tenfold.

I think what has attributed to my success of no longer smoking is a combination of all the things associated with electronic cigarettes. The wide variety and selection of new devices, each with fantastic safety features, including temperature limiting to help protect me from potential burning of wicks and e-liquid. The massive selection of flavors that have helped me not go back to cigarettes. This is very important to me because after tasting something so good, how could you ever go back to something that smells and tastes horrible?

I understand that there have been many things reported to hold e-cigarettes in a negative light, but most of those things were human error. That should not mean that it's the creators of the products that should be held responsible because the devices were used incorrectly. As for flavors being targeted toward youth, adults like sweet flavors just as much as the children. If that does hold up, then why not go after the companies making sweet flavored alcoholic beverages for the same reason? Try to look past all the negative and see the good that these devices are doing.

11/18/2015 10:17:33 PM - Paul W.

I was a 10 year smoker and was up to two packs a day before I tried to quit. I had tried patches, gum and quitting cold turkey. I've never had any problems with wheezing, shortness of breath or smoker's cough due to the fact that I excercised regularly and most of the years I smoked were spent in the military. One morning as I was walking out to warm up my truck before work, I lit my first cigarette of the day. Immediately after the exhale on the first puff I experienced a sharp pain on the left side of my chest. I figured it was a fluke and continued on. This happened for the next three days. On that fourth day I decided I had enough. I crushed the pack, threw the carton away and grabbed some patches, but they didn't last long.

I tried disposable e-cigs almost a year and a half ago but didn't deliver the same satisfying effect as a cigarette. I ended up going to my local vape shop to look for something that could deliver the effect that I wanted. I ended up with regulated mod/tank combo. After a week I stepped up to a dripper and it provided the feeling that I missed. That was the moment that solidified my decision to never smoke again.

This month marks one year that I have been tobacco free. Within a month of quitting tobacco, my sense of smell and taste had increased, I had more energy and my wife said that my skin and teeth were looking much better. I owe my life and health to this industry and banning these smoke-free alternatives would damage the U.S. economy, general public health as well as being a contradiction to the officials that are "concerned about the health and well being of our citizens.

Wake up "politicians!" Since when are your little kickbacks more important than the lives of the people who parked you in office? Where would you be if they weren't there to help you?

Reconsider the prohibition of vaping products for those of use who have freed ourselves from our deadly vices so that we can live longer and enjoy our extended stay.

11/18/2015 10:17:19 PM - Domanick Davoli

Vaping is rising in the world. Every day we grow stronger and stronger in the world if vaping. We all, including myself gain a hobby. Although we are mist importantly, not smoking tobacco. The FDA wants to stop us from vaping because big tobacco company's want their money back. They enjoy killing us off one by one with all the harmful chemicals, cancer, disease, but vapimg has turned that around. We are safe, healthy, enjoying our worlds best creation. If the FDA can't stop us, the plan to tax us. We as a vape community can not let this happen. support HR 2058. And do it today

11/18/2015 10:16:59 PM - JenniferG

I was tired of smelling like an ash tray and spending ridiculous amounts of money....to (proven) give myself cancer. Vaping was still fairly new in 2013, but I was very excited at the new opportunity. I had smoked for 25 years and tried, patches, losenges, hypnotherapy, acupuncture, gum, and cold-turkey. None of them worked, but I was willing to try again....then there was vaping! I began using a pen-styled vape device with a very high nicotine strength and now am vaping the lowest . I have not smoked since AND have turned my love for this industry into a business, as many others have also. This business helps supplement my family income and survive from our stagnant economy.

I am proud to say that much of this industry has self-regulated because we are very serious about our passion for this industry. We have researched GMP (Good Manufacturing Practices), Clean room requirements and practices (per I.S.O.), and even O.S.H.A. requirements. We are striving to make our businesses and our industry professional and respected.

I would encourage every person who vapes, is thinking about vaping or even just browsing, to check out all of the organizations (CASAA, SFATA, AVA, AEMSA) that have been established to educate and inform the public on the truth about vaping. These organizations are also setting guidelines AND advocating for our right to keep vapinf so please support their efforts. Vape On!!

11/18/2015 10:16:52 PM - Mildred crawford

I am 47 and was diagnosed with asthma and allergies two years ago. 4 months ago I started vaping.. Today November 16 2015. My peak flow test registered 96. 6 months ago my peak flow was 65. I told my doctor I was vaping. We went over everything from the ingredients to what metals in my coils because I also have allergies. We are now reducing my meds and hopefully coming off my inhalers. Also she felt none of the ingredients would cause me harm. I told her if there is a study for vaping put me in it #VAPINGSAVEDMYLIFE

I use a ipvd2 with a crown coil and have smoked sine I was 14

11/18/2015 10:16:20 PM - SmokingSinceAge9

I started smoking when I was 9. I stole my parents cigarettes and their unmoved leftovers. I did this for almost 8 years, moving to cloves, bidis, snus, and cigars when I was old enough to drive to a tobacco store that didn't card me. My parents both smoked two packs a day each, so they never smelled it on me, or noticed their cigarettes missing when I stole theirs. They found a pack on me once and treated it as something to mock me about, but they didn't address the topic directly.

When I was 17, they found an ashtray in my room, and instead of punishing me, they started buying my smokes for me, right along with theirs, so I wouldn't have to sneak around. This was in the 90s. Smoking laws were just starting to get put on the books, and both of my parents felt persecuted. They had tried to quit smoking and failed many times. My father had been a smoker from around the age of 6. My mother started smoking in her teens. That was part of growing up in the south. People smoked. Teachers and principals at school allowed us to smoke in our cars, in the parking lot, in shaded areas around campus. Sometimes they smoked with us. We carried our cigarettes into school tucked behind our ears, took breaks between classes...we were allowed more freedom and maturity to make decisions about how we managed our lives - and yes, we knew that smoking was unhealthy - but with literally everyone doing it, we didn't care what the risks were.

When anti-smoking laws started popping up, we only dug our heals in more. Anti-smoking laws probably kept us smoking longer.

I didn't stop trying to smoke until I was 23 - and only because I had gone to college and gotten a job in the health food industry, become a "hippie" and then switched to additive free tobacco (later, organically grown American Spirit). Without nicotine, my ADD, PTAD, and depression were worse. Smoking calmed panic attacks I developed after being attacked on several occasions. It calmed my brain while stimulating it at the same time - something psychotropic drugs and CBT never were able to do. It focused me for studying. It kept me from jumping, literally, on a number of occasions.

But by this time, I had developed a cough, and chronic sinusitis - a side effect of my own smoking and also being raised in a house for 18 years where two to three packs of cigarettes were smoked daily (and I won't even get into what it's like riding in a car with two smokers in the winter as a small child). I had seen my uncle, a truck driver, lose his larynx and a significant amount of weight, to throat cancer from smoking. My grandmother died a slow death from emphysema. My grandfather developed emphysema as well, and beat stomach cancer twice (associated with the cigarettes, cigars, and snuff he smoked and chewed) - a horrible form of cancer that required him to swollow caustic chemotherapy drugs.

But quitting smoking after almost 15 years of doing it - formative years - was terrifying. What would I do about my panic attacks? How could I satisfy the cravings?

My father gave me his nicotine gum he had been prescribed years earlier. He said it tasted like crap and didn't work for him, so I could have it.

He was right. It tasted like crap, burned my mouth, gave me diarrhea, and I still craved cigarettes. So I went back to.my organic, filterless, roll your own American Spirit or Drum.

After a year of that, I tried again, this time with the patch. I got the highest dose the box said I needed for a pack a day smoker.

By the third day, I was smoking my organic, hand rolled, filterless cigarettes while wearing the patch. Sometimes I forgot to take a patch off before putting one on. Even with two patches, I was still smoking my organic, filterless tobacco. So after a month, I considered it a waste of money, and I stopped wearing the patch.

Eventually I moved out to the West Coast. People smoked there too, but they ONLY smoked organic additive free tobacco. The community I lived in was very progressive, very, very health concious, and very relaxed. My anxiety remained, as did my ptsd and ADD, but the change in environment didn't trigger me as much. Cigarettes cost alot. Having little money, I chose to spend it on good food, organic supplements, vitamins, and a gym membership. Eventually, after two years of slow attrition, I just....stopped...smoking. EXCEPT when severely stressed. Then I would smoke an entire pack, or two, in a day.

Once your brain finds nicotine to regulate it's neurotransmitters, it realizes all other drugs fail in comparison. And I tried so many. Zoloft, xanax, Buspar and Wellbutrin for my anxiety and depression (both would also help me quit smoking for good, said the Doctors - but what a joke), trazadone for my ptsd induced insomnia and sleep phase disorder. When I was stressed, nothing worked but cigarettes. No other form of NRT gave me the immediate satiation that inhaling nicotine did. And as I matured into my professional field providing mental health services to trauma survivors, my stress only increased. Sure I got counseling - boatloads of it - for my own issues and the secondary trauma I was exposed to. And yes, I knew CBT and other forms of treatment modalities from both inside and out, but when I was struggling to BREATHE while my body was dodging invisible attackers, I felt, without cigarettes, like I was NOT GETTING AIR.

I believe many trauma survivors who smoke will tell you the same thing. My clients have certainly said as much over the years.

So the off and on smoking continued until my late 20s. Then I met the live of my life. She was an on-all-the-time smoker, and my off-again/on-again smoking became more

regular. First it was a cigarette after a fight. Then it was a drag off her cigarette on the way to the store, or after a concert. Then I was back to bumming smokes because everytime she and her friends were around, the nicotine buttons got pushed, pushed, pushed. And after a few years, I saw what we were becoming, what I was becoming AGAIN - a full-time smoker.

And my partner had serious health concerns aside and apart from smoking. And I didn't like how it made either of us smell or feel. I resented to cost, even with buying bulk tobacco and rolling our own.

By this time, the cigalikes were rolling out. Since we had both tried the gum, patches, snus (I was a regular, high end cigar smoker by this time) unsuccessfully, neither of us wanted to try that route again. I had also worked with, and known, more than a couple individuals who had attempted to stop smoking using CHANTIX, and had developed long lasting psychosis as a result.

So I bought us a couple of Blu cigalikes.

They were weak disposables, supposedly 18mg. They tasted much, much better than cigarettes. Even though we used each of ours up that night (they were supposed to last the equivalent of a pack of cigarettes), we felt like we were on to some different, healthier. They certainly helped mitigate the cravings, but they didn't stop them immediatly.

The next day we bought more, and smoked those also in the same day.

We tried that process for abut two weeks.

Every day or so we would have a regular cigarette or two because the cigalikes didn't really give us the full dose of nicotine we needed. It was like trying to chew food through a straw.

I, being the research nut that I was, got on the Internet and started googling options, research studies, safety, products. My partner left this up to me because she didn't care for the learning curve, so long as she didn't have to smoke.

Eventually I came upon the standard 510 battery and refillable tank system. I research the liquids, the PG/VG factor, inhalation of flavorings, how they worked, and also preliminary results on their efficacy available at the time (2012). We decided this may be a superior method because we could try a higher nicotine level and taper down as needed. We liked the cost, and we loved getting nicotine without the known harms. The ability to try enjoyable flavors was a huge selling point for me, because I am a foodie and I've always hated both the flavor of tobacco and menthol. As an allied health professional who also used to be a cook, and someone with a strong family history of diabetes - I cannot stress ENOUGH how important it was for me to be able to vape

something that tasted good. What a way to build a better habit! Classical conditioning at its finest!

NRT gum manufacturers know this, the health food industry knows this, and scientists and health professionals who study the dopamine system know it. If you want people to have a healthier habit, it should be PLEASING. Otherwise you're creating a HEALTH ADVERSE product. It was common sense to me then, and it is now - but thankfully, I can read and interpret the research too!

ANYWAY....my partner and I made a VERY WELL INFORMED decision to give this a real shot with the higher powered devices. And it worked. It took some tweaking, but after two months, she stopped smoking entirely. I stopped smoking a little before her because I moved quicker into higher wattage systems and continually expanded my flavor profiles to try new eliquids. This helped me avoid taste bud burnout.

Neither she now I have had a cigarette in over two and half years. We have both tapered our nicotine down considerably. She, being a chain vaper (as she was a chain smoker), vapes 3 milligram liquids. I am not a chain vaper. I vape intermittently throughout the day. I vape 6 milligram liquid. I drip my liquids. I attribute our different styles to our unique taste buds as well as our nicotine "requirements". She is a classic overtaster, and using a dripper is too much for her. I am an undertaster. I put hot sauce and spices on everything. If I can't taste something bold, citrusy, or fruity, I can't tolerate it. I dislike overly sweet flavors. I HATE MENTHOL AND TOBACCO. I also hate banana but that's it's own book.

There are afternoons, days sometimes, when I no longer desire to vape. That's ok. I feel no pressure to do something when it isn't enjoyable.

The positives vaping has made in my life are considerable and complex: I don't get PVCs anymore from too many cigarettes, my insomnia has calmed down considerably, I still can use nicotine when I need to to help with my anxiety or panic attacks without feeling like I am poisoning myself. Nicotine helps me focus when my ADD meds aren't working so well that day. I don't stink, smell, or worry about the stigma of smelling like an ashtray. I'm not running to the store spending $7 on a pack of cigarettes a day. I can put it down without feeling guilty that I "wasted" an expensive cigarette. My house doesn't stink. My nails aren't stained. My sinuses are clear. My lungs are clear. I don't get bronchitis or ear infections anymore. I don't get nose bleeds. I don't have tar in my mucous. My throat doesn't hurt anymore. My gingivitis has resolved. My TMJ doesn't act up from chewing gum. I can take other prescription meds as I need to without fear they will interact with a scary drug like Chantix. I can kiss my wife without either of us tasting like an ashtray. I have NOT developed diabetes - or any of the smoking related complications associated with diabetes. I don't feel the need to eat when really I want nicotine. My IBD has calmed WAAAAY down (it developed suddenly after I first

attempted to stop smoking in my early 20s). Most importantly, based off of how I feel (which is pretty great) and the research I've studied (all of it, not just what's been run in the news or JAMA), I believe the most important change to my quality of life is knowing that I will likely not die like my grandmother did - drowning in open air. I will not have to worry about a smoking induced heart attack or arterial disease, which faces both of my diabetic parents who can't stop smoking. I will, most likely, be able to keep my lovely laugh, because my larynx won't grow cancer. I anticipate not having to carry around an oxygen tank, and I really hope that I will have given my lungs the opportunity to regrow their alveoli so I don't later develop COPD. The most important change, though, is knowing that my sweet wife, who was really on a scary road to developing serious lung disease, will be with me - god willing - for a very long time, but at the least - not lost to me due to an entirely avoidable health care issue.

If you love someone, you want them to live without pain and suffering. I want that for my wife. I want her to be as healthy as possible, and I want to avoid being a burden to her because of my health. Vaping is giving us that, everyday.

11/18/2015 10:14:38 PM - Janet Wallace

My sister, a non-smoker, has very serious lung issues. She cannot be around cigarette smoke. It causes her to lose her breath, and can make her ill with bronchitis for up to 2 weeks after being exposed. I can sit right beside her, and vape, AND SHE IS FINE. No ill effects. What does that say????

11/18/2015 10:14:27 PM - Shelley

I was a smoker for 20 years. I didn't think I could ever quit. I tried everything. i was a fire fighter and I had developed copd and asthma. I was using my inhaler two to three times a day. Still smoking. My oldest son told me about this new e ciigg he purchased to help him quit. I had tried the little blue ciggs. with no help. I ordered one. It has been a year since I had a cigarette. I don't use my inhaler anymore. My chest xray looks better then it has ever. I can breath again. The ecigg saved my life. I truly believe it has given me more time on this earth.

11/18/2015 10:14:18 PM - J. Dycus

Approximately two years ago I came to the conclusion that I needed to stop dipping. Different from smoking, dipping still had a major cancer risk, plus dipping gave the chance for my unborn child (due six months after my decision) to find any trash bottles or cans and possible consume anything inside.

My first act to quit was to try a mixture of sunflower seeds and the fake dip/fake tobacco. I chewed sunflower seeds until my tongue bled and the fake dip tasted as if I was chewing garbage so I ended up giving it up. Next was cold turkey. Just out right putting it down. It takes the resolve of someone who doesn't enjoy the blind ignorance to the malicious effects tobacco has on your body to quit like this. I, for one, had plenty of excuses as to why I didn't look at the horror pictures.

Finally, I came across a friend of mine at work who was using an electric cigarette. It had a long, wand-like battery and a bulbous tank and smelled amazing. That was my first real contact with the world of e-cigs. I invested quickly. I started with a small e-pen that did just enough to fight the urge to dip. Even the oral fixation was gone due to the newness of the e-cig. It wasn't long before I wasn't even checking out the dip at gas stations anymore. Instead I was looking up new products, new flavors, new ways to produce more vapor.

The changes in my mood was drastic as well. I'm not sure if it was the chemicals mixed into the smokeless tobacco that did it or what, but my mood drastically changed. I was in a much better mood. My dental hygiene also improved. There was a lot less trash around the house (Excess bottles, cans, etc.) All-in-all everything improved.

In the end it became a hobby, though. I find myself researching juices to try, lowering my nicotine level a little at a time. I try new hardware, as well. I started with the pen, I went to a tube mod, then to a segeli 150 w, and now I'm on an x-cube 2, 180w with a twisted messes rda. This has become a hobby, a community, something to be a part of.

Also, something else I've noticed. As a new parent I was told by smokers to expect more infections out of my newborn because I smoked. I constantly corrected them. I vaped. And it's been a year and a half and my son has had less ear infections/health issues than even a normal child. Not to say that it's contributed to vaping, but vaping sure hasn't hurt anything - obviously.

11/18/2015 10:13:38 PM - Rachel from KY

I started smoking cigarettes when I was 15 years old. I smoked heavily until I became pregnant with my children at 27. Thankfully I didn't pick it up until AFTER they were born. Unfortunately, I did pick cigarettes back up just a few months after. I went back to smoking a pack a day from age 29-36. I had tried quitting using the patch, lozenges, and just going cold turkey. It never worked. I was tired of hurting my body, tired of going outside in inclement weather and tired of the smell. I assumed it would never work out for me to quit. I bought a vape pen in the fall of 2013. I started out on the highest level of nicotine liquid. To my surprise, I made it a week without a cigarette. A week became 2, then 3, etc. I have gradually reduced the strength of e-liquid that I use from 24mg/ml to 3 mg/ml over the last two years. I plan on getting to 0 within 6 months. If vaping had not come along as an option, I know I would still be smoking cigarettes. I smell better and I feel better. My husband has also quit smoking by doing the same thing. It's so frustrating when people want to eliminate electronic vaping devices. So many people could be free of cigarettes.

11/18/2015 10:13:29 PM - breanne hook McDaniel

Vaping has changed my life havent smoke a cig since feb1 2014... I will never smoke another cig again... Dont take vaping away...

I quit smoking for kids..

I was a smoking from 12- 27

11/18/2015 10:13:11 PM - Beth Thompson from Georgia

I am 54 years old and smoked cigarettes for over 30 years. I had gotten up to 2 1/2 packs a day! I have asthma/COPD. I used my prescription inhaler at least 3-4 times a day, every day and could not even walk short distances without gasping. I had tried everything on the market from over the counter products to prescription products to quit smoking with no success and too many side affects. In May of 2014 I switched completely to 12mg nicotine vape cigarettes and threw away all cigarettes in my house. I had no withdrawal symptoms at all!! Within 2 weeks of switching I no longer needed my inhaler and my smokers cough had completely cleared up! I have gradually decreased the nicotine level and am currently at 3mg in a dripper and a tank model. My blood pressure has decreased and I feel good again. I no longer run out of breath walking through the store when I go grocery shopping!! My house, clothes and hair no longer stink! My new car does not smell like an ashtray and I no longer worry about bad breath from smoking. In fact, friends and family like the smell of my caramel custard vaping juice! My oldest granddaughter says I smell like a MawMaw should smell like.....like cookies!

I am convinced vaping has saved my life and given back the quality of life I should have for my age. I enjoy playing with my grandchildren again!!

I WILL vote against anything or anyone who tries to take this away from me!

11/18/2015 10:12:59 PM - Trevor Campbell

I smoke two and a half packs of cigarettes a day and now I'm done! My pulse ox when I smoked with 94, my pulse ox now on vapor is now 99! I'm not when did I feel great I feel healthy I can't do it without a cigarette

11/18/2015 10:12:38 PM - Samuel Kehr

I have smoked since the age of 13. I got to the point of where I was smoking two packs a day, and could feel the negative side effects it was taking on my health. I had always said I would never go to e-cigarettes/vaping, my brother was visiting a month ago and had a mod so I asked him to try it. I thought I was gonna have every other experience I had with e-cigarettes, and cough my lungs out. But I did not I enjoyed the flavor and continued to vape. After he had left I went outside for a cigarette and it was the most disgusting thing I had tasted. So I went out and bought a mod and haven\\\'t smoked a cigarette in over a month. I used to toss and turn at night with heartburn and my chest filling up with mucus. I no longer have that problem. I also enjoy the fact that I don\'twake up tired anymore, I can vape in my house without my wife getting mad no more going outside in the cold, but the biggest thing is my sense of smell is back and food has never tasted so good. That\\\'s why I never attempted to quit smoking because I knew I would of gained weight. I\\\'m not gonna write a book here. I just wish that our government would actually address our true problems within our so called land of the free, home of the brave. If we\\\'re the land of the free let us taxpayers be and vape.

11/18/2015 10:12:28 PM - Jose ramos

Vaping has saved my life! I am a former 2 pack a day smoker. Since the switch my blood pressure has dropped. I am no longer considered border lined hyper tensive. I no longer cough in the mornings. I can breathe. My kids love that I don\'t smell like an ashtray. Most of all they are happy I\'m no longer increasing the chances of lung cancer. I smoked for 23 years. I\'ve been vaping for 1 year and I don\'t miss the cigarettes. Thankyoi

11/18/2015 10:12:20 PM - Eric Dieguez

I had my first cigarette when i was 15 years old and i smoked for five years after that. I was smoking about a pack and a half a day when i first found out about vaping. I went out and picked up a starter kit just a basic evod battery, evod tank , and some 24mg juice. I cut down on smoking almost immediately, going from a pack and a half to none at all . I know this is not how it goes for most people but vaping really just did it for me and i did not miss the taste or the smell of cigarettes. When i woke up after maybe 2 days of vaping i no longer felt the same pressure on my chest when i was smoking or feel the wheezing pain from smoking either. I have since upgraded to a full mech set up and am very well known in the local community of vaping because i have been working in vape shops for a while now even though i started vaping a long time before i ever worked at a shop. I have made some of the best friends on my life through vaping and to think that something so wonderful is trying to be ripped away from the community kills me a little inside, so here we are up in arms banding together as a community so we do not have to give up something that will help me see my daughter get even older than i would have before while smoking cigarettes. I VOTE VAPE.

11/15/2015 8:01:07 PM - Hervantes

Hello, on the beginning i apologize my lack of English speech . Im 25 years old, male and i send this to you as a Polish citizen. My story is as for many simple i started to smoke when i was on my collage years then i smoked like whole big pack of ciggarets a day (24 in a pack), as i smoked for about 8 years it was realy hard to quit smoking when i entered the adulthood becouse of work i did and i do now too. Im builder, plus i do my studies in the same time. In work there are like 85% of smokers so it was hard to get "kick punch" for boosting morale to quit smoking. Then one of my friends at studies showed me his way to quit smoking. He gave me a simple e-cigarette and than the journey began. After about 2 weeks i didnt even think about going for normal "stinky" cigarette, even the smell of it was disturbing to me, after some time passed by i tryed to smoke normal ciggarete...

It was so bad i gave it back with whole pack to someone else that was smoking in that place.

So i started at 12mg nicotine now i go with 0 mg of nicotine and its fine. I wish to quit totaly after new year and it gets realy simple, i just dont charge the batteries and i dont feel i need to use it.

My vaping devices are mechanical mod for outdoor vape and electronical mod indoor, so i can vape it as i like it (ofc i dont smoke indoor but when im at home i just go for the balcony as its the only place i feel like its good for it)/

I tryed many things capsules "desmoxan" nicorete plasters and such but it just was not handling well.

After i got my first vape device my parents noticed that my voice is getting more clean, i do care of body and i go to the gym so i can be more efficient in work and it just made my form got way better breath was stable after hard workouds in about 1 month it was amazing for me as after 25 km run i never could get a normal stable breath as i do now.

But nothing comes free handed, i noticed that i was allergic to NI200 coils so now i use titanium coils with temperature control and its all good.

Thank You for reading my response.

Kind Regards

Krystian B.

11/18/2015 9:47:18 PM - Chris

I've been a light smoker for years. I transitioned into chewing tobacco because it was more discrete and because it didn't appear to harm anyone else. After five years of regular use, my gums began to suffer. I do enjoy tobacco, but it serves a side purpose for me. I have great difficulty staying away. I have Lupus and RA, a form of arthritis. Tobacco helps alleviate some of the side effects of the drugs I take to treat autoimmune disorder. I know how that sounds, it sounds ridiculous, but it's true. Would my doctor agree? Not likely. She'd have a fit if she knew. I'm an adult. Tobacco works for me and I choose to use tobacco products at my own risk. The risks for regular smokers and people who chew tobacco are high. I don't personally like to take risks that involve that kind of exposure. I like to mitigate my risk as much as possible.

About a year ago, I walked into my local market to buy my usual five or six cans of chewing tobacco. I saw a few electronic cigarettes for sale. I was looking for a change, but I didn't want to go back to regular cigarettes. For those of you who don't already know, chewing tobacco is a disgusting habit. I felt ashamed every time I went to buy more. I hide my habit from family. Instead of buying my usual, I picked up one of these e-cigarettes or electronic cigarettes. I was very curious about them. I'd read they were a safer alternative to the more conventional tobacco products I was using.

After trying the e-cigarette I became an instant convert. I've never felt the need to chew or smoke again. I get the same benefits I received with regular tobacco, without a lot of the same risks. Now, I do know, inhaling e-cigarette vapor is not, inherently, a healthy thing to do. It's not for me to say e-cigarettes are perfectly safe. I doubt they are, perfectly safe. Coffee, sugar, soda, lard and red meat, these products could not be said to be perfectly safe, either. These products, when consumed carry, what most of consider to be an acceptable risk. I believe e-cigarettes fall into that same category. The pleasure some people gain from e-cigarette consumption is greater, I think, than the risks. Why? The risks are small, so small, no one has been able to really say, whether e-cigarette consumption is dangerous. What studies there are, don't evidence damage to lung tissue or decreased lung capacity. If you ingest too much, you get sick. If you have a heart condition, you may even die, but the same can be said for too much coffee or too much butter.

I do understand the concerns people have with regard to children. Under no circumstances should children be allowed to use e-cigarettes. I see no reason not to continue legislative efforts to close the door on minors. Furthermore, I see no reason why manufacturers of e-cigarettes should not be required to label their products as potentially dangerous. The people who use these products need to be aware of the risks. We need to store these products away from children. And under no circumstances should children be targeted as a marketing group or as a pool of new recruits. With that being said, I want to maintain my rights to choose what sorts of risks I feel fall within an

acceptable range. I would like to preserve my freedom to choose, the same way I do in the kitchen. If I bake a batch of cookies, am I putting all of my family members at risk? Technically, yes, but it's a risk most of us are willing to accept. Cookies are good. People eat them for a reason.

Like the CEO of Zamplebox, a distributor of e-liquids, says, inhaling e-cigarette vapor is not like taking a vitamin. No one is claiming e-cigarettes are good for you. What every current study on e-cigarettes does conclude, without exception, is the fact that e-cigarettes pose significantly fewer risks than more traditional tobacco products do. How much safer? Nobody really knows. But I can tell you based on numerous anecdotal stories that peoples lives are being changed. Switching to e-cigarettes is currently the best route to quit smoking. E-cigarettes are the most effective smoking sessation devices ever conceived. Nothing comes close. Not nicotine gum, not the patch, not abstinence, nothing works so well or for so long as e-cigarettes do.

I have a long standing relationship with big tobacco. I despise big tobacco. Over the years I've handed enough money to these people to buy a very nice German sedan. These folks are liars, cheats and the scum of the earth and that's the good news, although it's hardly news, everyone knows who and what these people are, but this new legislation is geared to put these folks right back into the drivers seat. Right now, the e-cigarette industry has utterly bypassed big tobacco. Big tobacco has tried their hand in this market and they have lost. Small, independent businesses have thrived as a result. New legislation will crush this industry. Tens of thousands of small manufacturers will simply cease to exist, because they can't afford the millions of dollars it will take to jump through the hoops at the FDA. Who can? Who will? Big tobacco. They have all resources in the world at their disposal. Big tobacco can't wait for you to end my rights to choose for myself. They are chomping at the bit, praying this gets passed.

One of the biggest incentives e-cigarettes offer, as an alternative to big tobacco, is cost savings. I was spending some $75.00 a week on Copenhagen tobacco products. With e-cigarettes, I can choose to spend as little as $10.00 a week. That's a powerful difference and I promise you, big tobacco feels the difference. They want to be in control here. They want to be the ones who set the price and right now, they are not. If this legislation gets passed, you're handing over the reigns to the same people who gave you, "Cigarettes are not addictive." Do you really want to put these people back in charge of this market? Maybe you do. Maybe they help fund your campaign. I hope you'll consider where those dollars have been, before you accept them. I like supporting small business here in the United States. I buy all of my e-cigarette products from locally sourced manufacturers. I make a point of avoiding, even indirectly, providing support for big tobacco and so should you. I've written the FDA directly. I've written my representatives. I've signed the petition and contacted the White House. I haven't voted in years. I've spent a lot of time being sick, but I'm voting this year. Count on it.

My gums have turned from a bluish grey to a light colored pink, since I quit chewing tobacco. My breath doesn't stink, either. I'm not embarrassed to smile for a picture. Best of all, I don't have to find someway to spit out what shouldn't be in my mouth in the first place. I'm not going to lose my teeth. My risk for oral cancer is now close to that of a normal, non-chewing person. Over the course of a year, I've incrementally reduced the amount of nicotine I consume each month. Eventually, I expect to reach a point where I don't need nicotine at all. I enjoy vaping tremendously. I doubt I will ever give it up. I doubt I will ever give up cookies, either.

I have a relationship with the people I buy my e-cigarette products from. There is an entire online community involved in the production and distribution of e-cigarette goods. Over the course of a year, I've grown to trust these people. The good businesses learn to self regulate. The bad ones go out of business. Most of the people who run these businesses are ex-smokers. They are passionate about the potential of e-cigarettes to wipe out smoking. I've read their blogs. I know their stories and they're all the same. They all boil down to one thing, e-cigarettes saved me from smoking.

Please don't put us back into the hands of big tobacco. I have never begged anything from a law maker, never once. I've never held up a sign in protest. I've never camped out on the capital steps. I'm begging now. Please do not put this industry back into the hands of big tobacco. Legislate with children in mind, not adults.

I used to hide my tobacco products. I don't hide my e-cigarette products. I'm not ashamed of them. They are a step in the right direction. It's working for me and for millions of others, world wide. The United States is one of the very new countries in the world that refuses to acknowledge what has become an accepted fact throughout the rest of the world, namely that e-cigarettes are a far safer alternative to smoking. Why is that? Look to the corporate headquarters of Phillip Morris and Co. They are the only party, here, that stands to gain from this legislation. I don't gain a thing from legislation, I lose. I lose my rights, my freedom to choose and I lose the benefit of a market driven economy, one that keeps my prices low and the quality of my goods, high. This legislation will eliminate an entire community of U.S. businesses. A handful of corporate giants will sweep in, long accustomed to dealing with the FDA, and once again, they will dominate the market. Right now, big tobacco is running scared and they should be, e-cigarettes work. They work better than anything that's ever been conceived of and what's worse, big tobacco doesn't yet control the industry. But with one sweep of your pens, they will again. My prices will go up and one of the best incentives for quitting and staying quit will vanish.

How do I know e-cigarettes are the best thing ever conceived to quit smoking? Because I've tried all the others. The patch, hypnotherapy, abstinence, Chantix (Very bad dreams with that one), chewing herbs and mint leaves, I've done it all. Nothing comes remotely close. Nothing. For me, e-cigarettes were painless and side-effect free. They offered all

the supposed benefits of smoking without many of the risks. My personal feeling is, there are very few risks associated with inhaling e-cigarettes. In my personal experience, I have suffered nothing unpleasant as a result of using these products. The vast majority of people who use these products will tell you the same thing. If you use these products responsibly and you follow directions, these products are, in my humble opinion, quite safe. Like a cup of coffee, the risks are negligible. I'm not making a medical proclamation here, I'm just sharing my experience.

Please, let me beg again. Please. Preserve my right to choose.

Thank you.

Chris Kirsch

11/18/2015 9:46:46 PM - Jen

Hi I am Jen, and I am here to share my story with you. I started smoking at the age of 12 and was a heavy smoker by the time I was 16. I am now 32 years old, and started vaping about 6 months ago. Since then I have been able to breath better, I can smell and taste better, and I am not short of breath when walking or running, or climbing stairs. I smell better, and I have seen a lot of improvement in my chronic migraines. I went from having 3-4 migraines a month with each one lasting 5 or more days at a time to only having a migraine every few months now, and was able to eliminate some medications. I am using a Snow Wolf 200w box mod, I am totally smoke free now, and when I started vaping is the day that I quit smoking cigarettes all together. Previously I have tried the patches, gum, and counseling. Nothing was working for me, until I found vaping. My children are happier that I am no longer smoking. At my last Dr visit I was informed that my lungs sound clearer than before, I am no longer coughing all the time. I feel better all the way around. I just ask that you take this into consideration for all of us vapers, and other potential vapers. Cigarettes are lethal, vaping IS NOT.. Why should big tobacco companies get paid for killing us? It doesnt make sense to me, does it you?

11/18/2015 9:46:35 PM - GunPowder in the Morning

My name is Joshua Campbell, I was a smoker for eight years. At the height of my smoking, I smoked two packs per day. I started vaping using an Akuma mod in February of 2015 to help me wean myself off of cigarettes because my wife was pregnant with our first child, (a magnificent little warrior that will grow up to do great things for this outstanding nation). My Weaning process took a lot less time than I ever would have imagined! I am allotted one cigarette per day but rarely have more than one per week, they make me sick! Vaping has given me the chance to be with my son for all of the major events of his life, unlike my father who died of lung cancer after smoking two packs of unfiltered cigarettes per day for thirty-eight years... he died three days before I turned twelve. Furthermore, there should be no regulations as to what flavor we can use, that is a direct infringement on FREEDOM! There is no marketing to children, just adults that have chosen to make their lives better.

11/18/2015 9:46:26 PM - Dustin Fitzpatrick

I smoked cigarettes for four years and had attempted to quit dozens of times within that time period. I tried nicotine gum, the patch, and even gave cheap disposable e-cigarettes from convenience stores a shot. I only found success after walking into an actual Vape Shop and getting a starter kit that included atomizers made with organic materials, and USA made eliquid that was available in flavors other than tobacco. As a smoker, I was tired of tobacco, and wanted nothing to do with the flavor of it, so I went towards the sweeter, fruitier variety. After using my vaping device for about a month, having a couple of cigarettes here and there, I finally had my last one. It has been over two years now that I have been vaping on a daily basis and the benefits are more than obvious. My sense of taste and smell returned, I can run long distances without getting winded, and my blood pressure actually decreased over time. Vaping is one of the best things that has happened to me and surely has saved my life.

11/18/2015 9:46:18 PM - Leonard Milanesi

Thanks to e-cigs, I completly quit my 8 year habbit of smoking a pack a day of tobacco cigarettes in a couple days and I've been smoke free for over 3 years now, at first using the standard e-cig at 24mg of nicotine and in the last 1 years using a MOD e-cig allowing me to cut my nicotine level down to 3mg of nicotine. I also have been around the vaping (e-cig) industry for over 2 years and without question e-Cigs are by far the best way to quit smoking harmful tobacco cigarettes compared to the patch or gum. I will never smoke tobacco cigarettes again as long as e-Cigs are here. I have personally heard hundreds of testimonials from people who have smoked for years and switched over to vapor from traditional tobacco cigarettes. There are so many amazing and positive benefits as well as stories that the e-Cig was and still is able to provide for smokers who have quit using e-cigarettes. One young lady told me she was coughing up blood at night every week and only a few days after she switched to the e-Cig she stopped coughing up blood and told me her overall breathing had improved and she felt better than ever before. We are in a technological era that has good and bad repercussions, but I assure you the e-cig is far from negative or ineffective, since I personally know it does help people to quit smoking tobacco cigarettes. If they didn't help than I would not be writing this testimonial.

11/18/2015 9:46:04 PM - William Thornley, Martin Tn.

I'm 60 years old. I smoked 2 packs of cigarettes for 41 years. I tried all the cessation methods available, nothing worked, at all. I tried the cigarette style devices but just couldn't stick with them either. A friend recommended I try a vaping device from a local shop. This was on 2/14/15. I have not had one single drag from a cigarette since that day. I realize my story my not be typical but this has been the most wonderful experience aside from quitting alchol and drugs. Vaping is now a lifestyle and a hobby of sorts that actually has been instrumental in my recovery. I feel better than I've felt in years. I need this and so do many others. I never thought I'd like flavors when I first considered doing this. I still had a tobacco smokers mentality. I now only use one tobacco flavor juice and it's only on a rare occasion and becoming less all the time. Please don't let big money or lack of deeply looking at the true science and benefits of vaping take away the only thing tens of thousands of us have found to save us from deadly tobacco. This is NOT TOBACCO! I can't plead with you enough to please take the time to put yourselves in our place and try to imagine what vaping has done for us and how much it has improved our quality of life. Don't take away the ONLY hope we as former cigarette smokers have found to free ourselves from this deadly product. A product our government allows to kill millions of us, and yet turns away the very salvation we have found in vaping. PLEASE don't help the tobacco continue to enslave millions when you hold the power to help free us all.

11/18/2015 9:45:31 PM - AndyH

I am 38 years old. I started smoking at age 12. I never really attempted to stop smoking until I discovered vaping (or to the uneducated, â€œe-cigarettesâ€). In 2012 I had reached the point at age 35, as the majority of smokers do after years of poisoning themselves with the vile chemicals that tobacco companies lace their products with, after a 23 year smoking habit of wanting to quit and more importantly NEEDING to quit. Vapor products provided me with the cessation from tobacco that I needed and these products have helped me to stay tobacco free for the past 3 years.

I am the store manager for a very small vapor products retail store in Missoula, MT. This is the best job that I have ever had. Every day for the past nearly 3 years I have been excited and thrilled to go to work, Monday through Saturday, and help the customers that frequent our business make better choices for their both their financial and physical health. With any luck a large portion of our 3,000-plus customer base will be submitting similar testimonies as the one you are reading now as we have been informing our customer base about the uninformed and senseless regulations being proposed by the FDA. I, along with them, will be saying similar to same things: these products work, have saved our lives, the FDAâ€™s attempts to regulate them out of existence is unwarranted, we are informed consenting adults that truly realize how horrid tobacco is and itsâ€™ peddlers are, these regulations would strip us of our access to safer and cleaner alternatives â€“ all of those points are truth and fact. I will add to that that the proposed FDA regulations would personally strip me of my job and livelihood. Nationwide that would be the story as thousands of vapor stores similar to the one I work for would be forced to close down almost immediately, putting thousands of Americans out of work and destroying the livelihoods of them and their families. How anyone in our government can justify destroying small business and Americanâ€™s livelihoods and not take serious notice of the outcry of outrage and opposition would be reprehensible. My job is important to me. The product I educate with and help our customers understand and transition to is important. These products on their fundamental level are harm reduction alternatives that work and they save lives. It is my hope that the individuals in the position of power to thwart the negative consequences of the FDAâ€™s proposed regulations will listen to that outcry of outrage and opposition and will choose to educate and inform themselves on our industry and products and do the right and just thing by denying the FDA of their uninformed and senseless attempt to destroy American small business and lives.

One of the most senseless aspects of the FDAâ€™s proposed regulations is the possible ban of flavored vapor liquids. The tired argument that flavors such as cotton candy, grape, bubble-gum et al are marketed towards children is baseless and false. Just because I am an informed consenting adult doesnâ€™t mean that I donâ€™t enjoy things that taste like cotton candy, grape, bubble-gum. Here at my shopÂ we adhere to a strict policy of not selling our products to anyone seeming under the age of eighteen.

We ask for identification of anyone that we perceive to be under the age of eighteen attempting to purchase vapor products and signage is posted in our store warning that we will check for proof of legal age. In fact, we have been requesting proof of legal age since day one of our business opening in 2012. Another argument that is baseless and false is that vapor products are a gateway to tobacco use. Every one of our 3,000-plus customer base was a tobacco user prior to transitioning to vapor products.

My health has improved beyond measure having switched to vapor products. Breathing, smell, taste â€“ all of those things have benefitted. I presently use a low milligram of nicotine and am not inhaling the poisons from burning tobacco. Financially I have benefitted from the three to four-hundred dollars a month in savings that I no longer spend on tobacco/cigarettes.

The informed consenting choice for millions of American adults is at stake if the FDA succeeds in destroying our industry. Therefore, I am against the uninformed and senseless regulations being proposed by the FDA to deprive me of a product that worked and continues to work for me. I am an informed consenting adult and I should continue to have the right to exercise as such with my life. Vapor products have saved my life, of that I am wholly convinced.

11/18/2015 9:36:38 PM - Clancy miller

I started smoking when I was 14, I dropped out of athletics, and began spending my lunch with a cigarette stuck to my lips. I smoked a pack and a half a day. I had my first child at 16, then my second at 18. My youngest child (son) began needing breathing treatments although I never smoked in the same room as my kids. I was good friends with a YouTube guy now known as (vapingwithtwisted) he introduced me to vaping shortly after he started. As soon as I began vaping I finally had the energy to play outdoors with my kids without losing breathe and sitting down before I passed out. I started out with a tank and a variable voltage device. I now have moved up to much more advanced devices to control the amount of vapor and nicotine I inhale. I have now been smoke free since June 10th, 2013 and it is now Nov. 13, 2015. I have never felt better in my life. Now that I'm not a smoker I can smell things I never could before which could possibly save my life. In my line of work having a good nose is very important I can now smell natural gas leaks that before I wouldn't be able to smell and could walk by to light up and end up blowing up the old folks home I work at. Which could be catastrophic. I love to vape. I love to be healthy. I love to live happy.

11/18/2015 9:36:02 PM - Jerry Mc Cormick

I smoked for 40 yrs. and tried every thing possible to try and quit. I did the patch, the gum, medication, and even getting hypnotize. Nothing worked long term I always went back to smoking. Then a friend introduced me to vaping. I started with disposable cigs and went threw the progression to a regulated mod and rta tanks. I even make some of my own juices. I went from 18% to 6% nic. and make some flavored juices with no nic. I'm smoke free for 3 years now. I feel 100% better with no wheezing or shortness of breath. I'm more conscious of my health and don't smell like an ash tray. I've made it into a hobby. Making e-liquids, building wicks, and looking for the next best mod or tank. If these products where not available to me I would say I would still be smoking if not worst. I wish vaping was available to me at a younger age I would have had an alternative choice to cigarettes. as long as I can vape I don't ever see me smoking again or even eliminating nicotine from my juices completely.

11/18/2015 9:33:05 PM - HL

I smoked for 23 years. I tried quitting many times, but wasn't able to, even with gum, the nicotine patch or medication.

I had surgery on one lung in 2004. But I continued to smoke.

I switched to vaping in January 2015, and haven't had a cigarette since.

Within 3 days, the crackling in my lungs was gone. Within a week, i was less short of breath when walking.

5 months after quitting smoking and switching to vaping, I had a visit with my pulmonary doctor. She actually asked me why I was there!!

11/18/2015 9:32:54 PM - Robert

I just wanted to begin my testimonial by stating that the use of e-cigarettes has been highly beneficial to not only myself but many of my friends and family members as well. I picked up my first cigarette at 13. But I had started chewing a year prior. I only started because it seemed to be the cool thing to do. At first I thought I would have no problem stopping if I wanted to, but then my first attempt to quit at age 17 back-fired and I became more and more dependent on tobacco products. When I turned 20 years old, I started hearing about e-cigarettes and decided I would read up on them. I read every article and study I could get my hands on. When I was satisfied with my research, I then purchased my first e-cigarette which was a disposable model. I threw out what cigarettes and chew I still had laying around and made the switch. I then purchased a recharble e-cigarette that I used to for a few months. Then I again upgraded to a sub-ohm mod. I haven't touched a cigarette in 3 full years. I can honestly say that I haven't felt this good in a while. When I was smoking I would get short of breath walking from class to class in my highschool. Now that I have been vaping for 3 years, I have the ability to actually get out and be active again. I can walk for miles without running out of breath. I have less mood swings, my friends no longer complain that I smell like an ashtray, and I can complete tasks without a cigarette between my lips. I was tired of not being able to breathe. It was time for a change. 3 years later, I feel great about my decision and about the improvements in my health.

11/18/2015 9:32:32 PM - Eileen Minkoff

Greetings,

I smoked from 1978 until 2010, about a pack a day. I started with Winston and moved to Newport 100's. While abroad in Indonesia I switched to Sampoerna Lights. In the 2009 Pac Act that banned clove cigarettes, I was forced to resort to the sanctioned clove cigars. That legislation about killed me because it forced me to switch from the newly illegal 1.0 Mg Nicotine 14 Mg Tar cigarette to the legally sold cigars at 3.39 MG Nicotine and 76 Mg Tar... the US Government ban effectively forced clove smokers into inhaling the legal clove cigars at more than three times damage.. I hated the harsh strong legal cigars so in my attempts to find an alternative, tried vaping. I never meant to quit smoking; personal vaporizers filled with my own no nicotine juice resulted in me becoming the ex-smoker I remain today. I no longer use cigarettes or vaporizers at all; and I never even meant to quit! Ecigs made it easy, it took a few years, but used no pharmaceuticals or withdrawals, and it was a pleasure that should be made available to all Americans. Please find England has its facts correct here: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/311887/Ecigarettes_report.pdf

Thank you for reading; please keep vaping freely available to anyone considering it over burning unhealthy cigarettes.

11/18/2015 9:32:22 PM - Jon

Smoking wise, i have an incredibly addictive personality, I mean i did drugs in high school and on like speed, oxys, MDMA, but one thing I was truly always doing was smokin cigs, I graduated to those roll up cigarettes, after smoking since 15 years old, I was at this point 19, I smoked so much that there were orange stains on my fingertips, I smoked to bump up a high, I smoked to make drinking better, I smoked when I was sober just to taste that sweet tobacco. I remember my friends would ask me if I was eating cheetos and tellingme i need to wash my hands "No, thats not ...food, that is tobacco tar" Anyway I tried my first cigalike sometime later, interesting experience, but it didnt cure my nicotine itch, i stayed smoking. Afterwards, I tried one of those eGo twist vape pens, and that did me somethin better, i buy a pack of cigarettes now and then, but I was breathing MUCH better,that was also the first year i didnt get my annual bronchitis spell, go figure! My vape pens would break, and I just gave up on them, went back to smoking, this time just the typical analogs,camel crush bold and marlboro were my choices. Then on a whim i got an MVP, and that sucker lasted me and did me a lot of good, i sometimes would have a cigarette every now and then. Finally after much research I got me one of those mech mods..... with a dripper.... and BOOOM I started dripping 21mg, worked my way down to 3 mg, dont even care to look at a cigarette. I still loves my nicotine like I loves my caffeine and alchohol, but to know anytime I feel like I can drip 0mg liquid and survive on that for hours is quite empowering, there are those pristine moments in my life where I want to feel the nicotine in my head, but I dont need it, and cigarettes make me want to puke. I started vaping 2013, my cigalike was somewhere around 2012, 2011 when they started selling them at walgreens. I love vaping so much, the culture, the people, the creativity, we are all adults here with our civil liberties, I dont even think the FDA should be "regulating" big tobacco, I dont think these fuckers should be telling me what I can or cant have, FUCKING the little guy by making them pay $60,000+, The only fucking thing these assholes should do, is either buy theproducts themselves do their little study and submit a report, or just simply do surveys. If they regulate our businesses I dont even know what I'd do, that would be such an injustice, and it would just piss me off to the point i might just shit in a box and mail it to these pricks and cunts. Yeah motherfucker undermine my right to choose from an excellent market , because kids will be kids, and you hate anyone and everyone because your balls and tits are now droopy and covered with grey little hairs and you've marathoned puckering up your assholes since childhood like champs affecting your professional and personal decisions in life.

Nicotine gum is worthless by the way, did not help me to not smoke, I found myself smoking and chewing that god awful bullshit, the patch doesnt work either.

11/18/2015 9:32:07 PM - Leslie Warren Wall

I started vaping July 17 2014. I smoked 2 packs of cigarettes a day since my early 20's. In my forties I starts developing a constant cough and always having to clear my throat. I was horrified to go to a doctor because I knew I would be told to quit smoking,and I knew I couldn't. I had tried nicotine gum before and it did not work. I tried the patch and it gave me horrible heart palpitations. In July of 2014 I was outside my workplace taking a smoke break and an elderly woman saw me and confronted me. This woman had a vapor with her. She said her doctor told her to go get one and continued to tell me how good it was working for her. I didn't really believe her because I had tried one ecig called in life."like blu" and it didn't work. A couple of months later I had to go to the dentist because my gum was swollen and hurting. I was told I had developed gum disease and it was most likely from smoking. I was horrified. I had deep gum pockets and a tooth was loose. My dentist advised stop smoking and then told me what he would do to help me keep my teeth. I left the dentist and went straight to a vapor store. After using my vapor for less than a week...my cough started going away and I was not having to constantly clear my throat. I felt great! My skin started glowing and my co-workers told me how clear my eyes looked. When I went back to the dentist 3 months later..there was improvement in my gums. I just had another appt a few days ago and was told my gums are much improved..also the loose tooth is no longer loose! I told my dentist what big tobacco companies and FDA are trying to do and he was disgusted. This is insane what the FDA is trying to do. Why are they not more worried about banning cigarettes which are known killers. Big tobacco companies are losing to much money..pharmaceutical companies will lose too much because there are less smoking related disease...i know what's going on. If this BAN is approved..the FDA is nothing but killers..just like big tobacco companies. This situation reminds me of all the supposed studies about the Atkins diet. People stopped eating bread,potatoes and other unhealthy starches and lost weight.lowered blood pressure. But when so many people started getting healthier and type 2 diabetes was slowing...we were told..No don't do it..it will kill you. Well...i have followed Atkins since 1997 and I'm still here. If vaping is banned I want cigarettes banned. Unbelievable what this country is coming to. Controlled by a bunch of barbarians. Shame on you FDA.

11/18/2015 9:31:55 PM - Kabir

I started smoking when i was 13 years old, all my friends did it so I thought it would have been cool...ye...it was not, I began to have breathing problems after 2 years of chain smoking, but I couldn't stop, I tried everything, nothing was helping. Then after 5 years of smoking a pack of cigarettes a day I came across vaping, I'm not talking about vaping pens tho, not even about big tobacco disposable cigarettes, I'm talking about high wattage vaporizers, i immediately stopped smoking cigarettes and took ''vaping'' as a hobby, 0 nicotine e-juices after a week, it was so satisfying for me that I talked with all my friends that used to smoke and now we all vape (at 0 nicotine). I stopped having breathing problems after like 1 year of vaping, now I feel like I saved mine and every of my friends life...well, I didn't, vaping did! I don't stink anymore and I can ''smoke'' without hurting my health, my life improved a lot since then, i even converted my parents into vapers and they are so happy about it! So please, I'm talking to every vaper, do whatever to save the thing that saved so many people from smoking cigarettes, do whatever to save vaping!!

11/18/2015 9:23:08 PM - Mike f

Let me start out by saying thank God for vaping. I started smoking cigarettes at the age of 16 I continued on smoking to the age of 50 . Couldn't walk a flight of stairs without having shortness of breath. Waking up every morning with smokers cough. l tried every way possible to quitting smoking patches ,gums ,etc. I was unsuccessful. A good friend of mine told me about vaping. I went and purchase my first box mod the MPV by itaste. I started out with a e liquid at a nicotine level of 12 now to this day I'm at a nicotine level 3 fantastic. I have not smoked since that day . Now I can walk 3 flights of stairs without having shortness of breath.I dont wake up every morning coughing my brains out . My health has improved tremendously since quitting smoking. My hope is that the FDA will not touch the vaping industry any negative way. I'll never touch a cancer stick again. Thank god for vaping it save my life.

11/18/2015 9:23:00 PM - Jim Briggs

I started vaping in 2010 after 20+ years of using tobacco, both smoking and chewing. I received my first ecig on 29 Oct 2010 and decided to use it exclusively over the course of the weekend just to give it a fair shot. I'd tried stopping to smoke a couple of times but it never stuck. On election night 2 Nov 2010 I tried my last cigarette and my taste buds had recovered enough from not smoking during the intervening time that it tasted like smoking again for the first time so I put it out and have never smoked again. Since then I've used a variety of vaping products and have never had the same breathing problems, I can now smell when someone around me has been smoking because my sense of both taste and smell have recovered from the many years I smoked.

I was not as successful with my father. He used an ecig for the last couple of years of his life and cut his 50+ year smoking habit in half but was never successful in stopping completely. It did help him but ultimately he passed away suffering from COPD and the effects of his years of smoking.

It would be a shame for the government to regulate out of existence or reduce to a mockery the freedom of people to use a product as an ecigarette. I have seen friends try the patches and gums to try to stop smoking, it rarely works because the nicotine addiction is just one facet of smoking. With ecigarettes I have been able to reduce my intake of nicotine from a starting point of 18mg/ml to 3 mg/ml and I can adjust the amount as I see and feel fit to do so. The ecig industry has made many advances in their technology making it easier for people to find the solution that works for them. No longer are we constrained by the stick style of ecig or only using patches and gums which are artificially expensive and constrained.

11/18/2015 9:22:47 PM - Joel pereira

I smoked since I was about 15 years old I am now 35 I have tried to quit so many times with paches gum everything I can get. I always went back to smokeing my first ecig was a reguler cig a like them an ego style ecig but I only cut down to about 10 cigarettes a day. Then I started using the big mods instently I never picked up another cigarette. It has been

About 2 1/2 years cigarette free.in my opinion I think vapeing saved my live I can breath better I feal healthy. I cant figure out why anyone would want to getrid of this product if us vapors have to go back to cigarette it would be devastating. Thank you for reading.

11/18/2015 9:22:38 PM - Michael Capra

My exposure to tobacco use began early in my life, as my mother was a cigarette smoker. I stole my first cigarette from her when I was 13. By the time I graduated high school, I was a "pack-a-day" cigarette smoker. My life situation changed dramatically when I was 27, and I found myself back at home living with my mother. In October of last year, my mother was diagnosed with lung cancer that was directly attributed to her life-long cigarette smoking. I knew that if my mother was to have any chance at all of getting well, she would have to quit smoking cigarettes. I also knew if she was going to successfully quit smoking, I would have to quit as well. How could I encourage her to quit when I was still a smoker? While at work one day, a co-worker of mine who was trying to quit smoking pulled what looked like a pen out of his pocket and began to puff on it.

Every time he took a puff, the end of it would light up blue and he would exhale what looked just like smoke. There was no smell to it, and he never used a lighter. I asked him what it was, and he explained everything he could about that little device and how it helped him to stop smoking traditional tobacco cigarettes. I told him about my mother, and he suggested I give this "electronic cigarette" thing a try. After a few days of internet research, the term "Tobacco harm reduction" kept showing up in most everything I read. Enough of what I read made sense, so I bought an e-cig. I can say without any hesitation, the decision to use an e-cig to help me quit smoking was a decision I will never regret. I am 35 years old now, and I smoked a pack of cigarettes every day from the time I was 16 years old until October of last year. Unfortunately, it was too late for my mother to quit smoking. On the sixth of January, I held my mother's hand when she took her last breath. I can't help but wonder what a safer alternative like an e-cig could have done to help my mother quit smoking cigarettes. How much more time could I have had with my mother if an e-cigarette was available to her sooner? I'll never know; but I do know I never would have been able to stop smoking cigarettes if I didn't try an e-cigarette. M. Capra

11/18/2015 9:22:27 PM - Gregory Bahr Vapes Anaheim Ca

During the military I went thru a lot and could not get help from the VA so I continued on a path of self destructive behavior...drinking and smoking cigarettes were in fact killing me.

Both of my parents smoked cigarettes my Mom is on oxygen therapy today my Father died from lung cancer as a direct result of his smoking cigarettes.

Thankfully new legislation and funding began and I'm receiving PTSD counseling..no longer drink and found that vaping relieves stress it smells good to people and I can taste food or exercise better now. I tried to quit drinking in the past but I'm allergic to cigarette smoke...I would smoke to fit in not bcuz I enjoyed it.

Vaping served as a way I could attend AA my life and health improved...taking away flavors and taxing this industry beyond it's present rate would cripple this VETERAN'S recovery.

Costs for us disabled Veteran's is already at that point my check barely covers food...I'm volunteering at a shelter and cannot afford having an automobile...increased cost of the Vaping juice or eliminating flavors will make this VETERAN suffer...please consider this as I've risked my life for FREEDOM and taking away something that helps me relax really is not fair to us who served. I voted for you to make reasonable laws and it fails to make sense as an adult that the FDA seeks to ban something that saves lives.

I did the patch...Wellbutrin...suns...chew and gum...none of those worked.I've been smoke free nearly 2 years...sober for 3 and in PTSD counseling for a year...

After counseling I used to smoke a lot...now instead I'll walk the park and relax using the Vape device that a friend made in Virginia.

If you ban Vaping everyone will smoke and people will die...please don't thank you

11/18/2015 9:20:58 PM - Stephen Daniel - Texas

I started smoking 50 years ago at the age of 9 because I thought it made me look big. By the time I was 15, I was smoking 1 pack a day. I have smoked as high as 3 packs a day, but I smoked at least 2 packs every day (on average) for 30+ years (prior to November, 4, 2013).

I had 5 bypass open heart surgery in May, 2000. 6 weeks after that (when the surgeon released me), he told me if I did not quit smoking I was going to die. That should have been enough incentive to quit.....and I did for 2 1/2 months

at which time my wife of 39 years told me to go get me some cigarettes. The problem was..... I was so irritable she could not deal with me.

The doctors, my family, and friends had bugged me about smoking but I think they had concluded I was going to smoke until the day I died. I was still smoking mid-October, 2013 and it was about that time my cardiologist told me I had the lung capacity of a 2 year old child. Now, part of the problem with my lung capacity was my failure to do the required deep breathing exercises after having my sternum split and opened for the first open-heart surgery (too painful and no incentive). My sternum was concave afterwards and physically restricted my lungs from expanding fully.

I had tried the gum, patches, medications, and even a computer program which was designed to break (or alter) habit only to start back smoking. After seeing all of my struggles (with trying to quit smoking), my CARDIOLOGIST actually suggested electronic cigarettes (not that he endorses them), but being aware of my struggles, and knowing I was killing myself (by smoking), he merely suggested them. At that time I still considered Electronic Cigarettes a joke and did NOT take his advice.

During the 3rd week of October, 2013, I had a mild heart attack and angioplasty.

Upon returning home from the hospital, I had several spells of shortness of breath and just feeling like I was smothering during the first 2 days. While that was very terrifying (to say the least) I still managed to smoke 2 tobacco cigarettes during that 48 hour period a few puffs at a time.

I was sitting in my living room November, 4, 2013 when two of my granddaughters and daughter-in-law showed up at my front door with an Ego starter kit my son had purchased for me. I looked at it, thanked them, and laid it on the coffee table thinking (as I had for years) WHAT A JOKE! They left and I went to my garage and lit a cigarette.

I

A couple hours went by and I had a smothering spell that lasted for approx. 1.5 hours. The symptoms were a good indication of another heart attack, but I was home alone and did not want to call 911.

For that 1.5 hrs. I prayed if I was fortunate enough to surviveâ€¦â€¦â€¦.Iâ€™d give Electronic Cigarettes a try.

My daughter-in-law said that the E-liquid she brought me was the closest thing the local store had to a Marlboro Red (my choice for most of the years) and I was totally shocked by the first throat hit. By the time I had vaped approx. 1 or 2ml. of Red Label E-liquid (18 mg) I was impressed and could see hope. After 2 weeks or so using \tobacco flavored\" e-li

12:00:00 AM - 2014 (they bypassed 1 more artery at that time as well). After my 2nd open-heart June

2014 I could not wait to get home and vape. I had been down to zero on my nicotine level for 2 months prior to my second open-heart surgery and was in the hospital 5 days without a vape. I was already doing direct lung-hits and now had good incentive to work through the pain of the deep-breathing exercises to expand my lungs and sternum. My lung capacity today is as good if not better than my 36 and 38 year old kids that NEVER smoked. I still deal with angina pain on a daily basis (eat NITROSTAT and deal with it) as I still have 1 artery that already has a stent and a lot of disease

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11/18/2015 7:41:52 PM - Vicki Lynne

I began smoking at the age of 15!

Over the years I had tried to stop numerous times. Not even the expensive "patches" could keep me from lighting up.... again. The one thing you would have thought would have "rattled my cage" was that I lost my Mother to COPD in 1999. Without hesitation I dedicated my life to her. During the two years I witnessed such a change in my Mother. She went from being a very self sufficient, strong independent lady to being very afraid....yes, afraid because so much of the time she could not breathe!

Cigarette smoking had completely drained my Mom of her life and everything she had been in her life was painfully squeezed dry. She cried one morning and laid her head on my shoulder as I sat beside her.... my heart broke..... I loved her so.

Her passing was not even enough to make me put down the cigarettes... I kept saying them that "I needed them" to help me through the rough times!

I am now 60 years old.... I lost my Mom when I was 44.

Three years ago I tried vapor cigarettes.

That was the END of my cigarette smoking.

No that's not completely true.... I tried one last time to light up....the taste.... ugh....it was horrible. I threw it away after just two draws! That.....was the end!

Thanks to vapor cigarettes my lungs are clear, I only cough if I'm choking on food..... lol....and my home smells good and the walls aren't yellow anymore!

E-cigarettes are saving lives everyday.

I am very thankful for the wonderful change they have made in my life!

I only wish .....vapor cigarettes could have saved my Momma. They came along just a few years to late.

11/18/2015 7:41:35 PM - Amber Herrod from Northern Iowa

Hello,

I started smoking when I was 13 years old. A group of my friends at school would hang out in a park and smoke. It became addictive to the point that I started sneaking my parents cigarette butts out of the ash tray. I smoked ever since and eventually was a two pack a day smoker. I tried patches, gum, and pills to quit smoking. The patches and pills gave me horrible nightmares! The gum just didn't do the trick and tasted horrible. I decided January 7th, 2015 I was going to try vaping after a co-worker introduced me to it and stated that he had quit smoking. I started on an Aspire Premium Starter Kit and 24 mg juice. I quickly found out that 24 mg was just too much and stepped down to 3 mg within four months. Once I started vaping I never went back!! I am still cigarette free. I have noticed many things since I was able to quit. Holy cow do smokers stink!! I cannot believe I smelt like that and apologize to anyone that had to deal with it. I can taste food again. I no longer utilize my asthma inhaler. I can't run a mile yet, but I am getting better at being active outdoors. Vaping saved my life!!!

11/18/2015 7:41:21 PM - Michael W

I was a smoker for 10 years. I tried many methods such as nicotine gum, lozenges, and cold turkey. Nothing would work for me to quit. I finally tried vaping disposable e-cigs that helped but after the technology advanced I found a set up that I was able to quit smoking all together and have been smoke free for about a year.

11/18/2015 7:40:35 PM - Debby

My mother died of lung cancer after smoking for over 55 years. My step-father passed with complications of COPD. I was fortunate to stop smoking without any known health problems, however my middle sister continues to smoke even after being diagnosed with lung cancer. My youngest sister and her husband, smokers for over 30 years, struggled every year with bronchitis and other respiratory ailments until they began using vapors. They haven't smoked in over a couple of years now. They continue in much better health and now own their own vapors store. I hope they will be allowed to continue to help by providing their products to those who want to use them.

11/18/2015 7:05:21 PM - kevin marlin

I had been smoking for 10yrs, and my mom had been smoking for over 30. We both started vaping and feel so much better. She doesn't have breathing issues and hasnt had a heart attack in 2yrs. Vaping has literally saved her. It has also saved mine cause I never had the energy to get up and do anything. I'm 100 times more active than I use to be.

11/18/2015 7:05:05 PM - Brettshelton24

My name is Brett Shelton and this is my story. I started smoking when I was 17 years old I thought that I would just be able to quit one day whenever I wanted to boy was I wrong as the years have passed I've come to realize that this isn't an easy thing to kick. As I got older I thought that I'd never be able to quit, this addiction had me in its grips and was never going to let go. My grandmother died about a year ago from throat cancer and even that wasn't enough to get me to quit. A lot of people say that smoking is a choice and in the beginning it is but once it's formed into a habit it's not so much a choice as it is a need. I felt that the inevitable would come eventually and that I too would be struck down by this terrible addiction. That's when I started to hear about vaping and that people were having success with it and I started to think we'll maybe this can work for me too. I was amazed that I was able to go a week without a cigarette and then a month and it's now been over a year since I've smoked. This alternative really works and it wasn't hard to switch I will however admit that I still had a small craving for a smoke when I first started but all of that has changed. My health is now better than ever before I started smoking I ran and worked out a lot as my health has improved I've gotten back in the gym and have lost a good amount of weight the benefits of vaping are REAL. This technology and the diversity of flavors keeps it interesting and I feel that it has made a massive improvement in my life.

11/18/2015 7:04:43 PM - Pete Beverage

Hi, my name is Pete Beverage. I was born and raised in central Maine and when I began smoking cigarettes in my very early teens in the 1960s there was no public info alerting us as to the danger of smoking and convenience stores sold cigarettes to anyone who had the cash to pay for them. I preferred Marlboro Reds and enjoyed several packs daily for many decades. However, my family history of cardiovascular issues began to call my practice of smoking into question more and more often.

After relocating to Florida I am pleased to report that due to diligent research on my primary care MD's part at UF Health and my own desperate, exhaustive internet searches I located Blu - E electronic, smokeless cigarette substitutes which my doctor ultimately approved and continues to approve as my nicotine replacement therapy. As my Doc has explained its the smoke that was killing me - however- the nicotine replacement needs to meet quality and purity standards that also doesn't cause me harm. Blu meets those standards with pure, USA made flavors, a consistent/reliable delivery system and no harmful additives. My body has been smoke-free since 2009 thanks to Blu. My health improvements have been measureable and improved!

It would be unforgiveable for the Feds to take away my access to something so positive as Blu-E!

Respectfully,

Pete Beverage

Gainesville, Florida USA

11/18/2015 7:03:49 PM - Jack

I was introduced to smoking at the age of 12 maybe 13. I was having extream home issues i hated where i was and my friend was like hey wanna try this. And i smoked my first ciggerete. It was by far the worst decision of my life. I smoked them for 6 and a half years now i know that dont seem like a long time but im just now 19 so i smoked most of my life still. Now ive been vaping for the past two and a half years and it has changed my life when i smoked ciggeretes it was harder for me to run i gained weight and got sick very often and being asthmatic didnt help at all. Then i started vaping it it changed everything i was able to run again i lost weight and my asthma wasnt bothering me anymore. It changed and probally saved my life. I started using a little vapin plus thing, then a box, then a mech mod, and i love my box its my faviorte i have a evic mini. Before i found these devices i tried cold terky always went back some times even stronger than before. This is my story whats yours.

11/18/2015 7:03:38 PM - Greg Oliverlll

I was a smoker for thirty years. I tried quitting with nicotine gum a few times . I knew I should quit smoking , I never really thought I would. My first try at an alternative smoking device was a blu e cigarette. This was disappointing, I continued smoking as this was not a satisfying alternative. Started using more advanced devices, this enabled me to cut the number of cigarettes I smoked . Finally I smoked my last cigarette holoween night a

little over a year ago. I have helped friends quit smoking. Local vape shops have provided the advice and help to enable smokers to quit. This is working for people any efforts to regulate this,industry will only discourage people in their efforts to quit and remaine tobacco free. I now vape 3 milligram nicotine e juice, I started with 18 milligram e juice. I plan to eliminate nicotine altogether in the near future. I feel much better having quit smoking.

11/18/2015 7:03:27 PM - Bailey Downs

I smoked pretty continuously for three years, about half a pack a day if I was working, or a whole pack a day if it was an off day. Growing up, both my parents were smokers and I had watched them both fail at quitting, so I honestly never even tried the different gums or patches to quit smoking. I didn't even want to quit, but once vaping became a hobby for my dad, he got me pretty interested in it too. (My dad, was a three pack a day smoker with incredibly high blood pressure, BUT once he started vaping, he was FINALLY able to quit smoking and his blood pressure dropped significantly.) However, I never WANTED another cigarette once I got my own vaping setup. I'm on a level 3 nicotine..

I've only felt positive change in my quality of life. I can TASTE better, I can BREATHE better, I just FEEL better since I laid the cigarettes down. I don't smell like a stinky ash-tray either! :)

11/18/2015 7:03:20 PM - George

I stop smoking for about a month now I just want to say thank you for the invention of vapor liquid 3mg and ego one xl that's the one I use and help me quit smoking I tried everything patches cold turkey nothing work .Vapor work for me again thank you .I was a smoker for twenty years and I feel a lot better thank god .

11/18/2015 7:03:06 PM - Fayetteville, NC vape shop owner

My husband and I bought a Vape starter kit to cut down on smoking (we were 2 packs a day and smoked for 35 years) I had no intentions of quitting, I had tried before. I tried the pills, the patch, acupuncture, hypnosis and cold turkey, nothing worked! The day we bought our vape pen was last day we smoked a cigarette!! I was using an Advair inhaler along with a rescue inhaler, I no longer use either!. My breathing has became so much better, I can walk a flight of steps without gasping for air,When I get a cold, it does not turn into bronchitis, its just a regular cold!!

We became such believers, we opened a Vape Shop! I told my husband "This really works, we need to open a shop and help others quit smoking!!" and so we did!

We started vaping March 8, 2014 we started at 18mg of nicotine, I am down to 3mg and my husband is down to ZERO mg.

There is no doubt in my mind, that if we didn't have vaping in our lives, I would be on oxygen and my quality of life would suffer!

11/18/2015 7:01:41 PM - Melissa D

First off I would like to say " #VAPINGSAVEDMYLIFE!!"

I smoked the nasties for well over 30 years, and hated it. I tried many, many times to quit. The patches, gum, cold turkey I even tried the blu ! They all failed! Or should I say big tobacco had a hold on me and was winning. I use to have major headaches and sinus problems. Taking bottles of Tylenol, Ibuprofen, Excedrin and sinus medications... Nothing worked for that either. My lungs felt heavy all the time. Every winter the Bronchitis would kick in. Do you know what it feels like when your lungs hurt so bad it feels like someone is sitting on your chest and you can't breath? Wanting to smoke anyway.

Then February 20, 2014 I decided to try this vape thing people were talking about.

At first all I wanted was the tobacco flavors, no candies or fruit. I started out using 24mg of nicotine. For some reason I still craved the cigs. So I decided to try other flavors. Low and behold that craving went away. Wow, I was so happy!! After a month I went down to 18mg @ 6 months I was down to 12mg and 6mg. No tobacco flavors in my mix at all! Lungs started to clear up, No more coughing and I hadn't needed to buy the excessive headache pills anymore.

Today November 14, 2015 I am down to 3mg and 0! February 20, 2016 will be 2 years smoke free and I feel amazing and it is all because of the wonderful people that stared this industry!! I am so very thankful for them.

They say the FDA wants to put a stop to this!! How can they claim to be about the safety and health of the people and mostly children if they continue on this insane mission to destroy this amazing product.

I value my newfound health and Support HR 2058. I truly hope they will as well.

I guess we will see if it really is just all about the money.

11/18/2015 7:01:29 PM - nyabzns

I smoked for years, starting when I was around 18 years old until I was around 37. When I my first kid was born I was determined to quit. Cold turkey didn't work, even though I tried. Nicotine gum didn't work, Wellbutrin didn't work and I was out of ideas and will power to try. After hearing about e cigs and doing some research I ordered a small device. In the first week I smoked one cig in the morning and used the e cig the rest of the day, by week 2 I carried a pack of smokes around as insurance , in case I needed one but that pack was never opened.

I've been free of cigarettes for 8 years now. My blood pressure is normal, my heart rate is fine, my smokers cough is gone, my clothes smell better, my car and my house don't smell like an ashtray.

Vaping is an alternative that works,

11/18/2015 7:01:19 PM - Timothy Ellis

I smoked for 20 years, i actually picked up the habit while in the Marine Corp serving my country. I started using gums, and patches about 4 years ago after my grandfather died of lung cancer but nothing worked. In fact i started using e-cigs, however it was a tobacco flavor it wasn't very effective.

A year ago i was introduced to a mod and a cherry flavor e-juice. It was so amazing within 4 months i was totally off cigarettes. I was so excited i introduced it to my dad who have been smoking for 40 years, he is now smoke free.

We now both work out together at the gym, it's amazing our relationship actually got better after we quit smoking. Sometimes we ask the question, "What if we had mods and e-juice before my grandfather died?" "Would he still be alive?"

11/18/2015 7:01:10 PM - Julian Espinosa

I've smoked on and off for close to 40+ years. I kept trying to quit and finally tried vaping because it was starting to affect my health. Before I tried vaping I had been smoking daily for 5 years. I was having trouble running because of shortness of breath. Once I started vaping, my chest cleared up and I could breathe easier. I was able to run again unencumbered by my lack of air. My health improved tremendously. I started at 18mg of nicotine and have reduced it to 3mg of nicotine. I am grateful that there is an effective way of quitting and my quality of life has improved tremendously because of it. I use mods and also enjoy building my own coils as a hobby since I like working with my hands. Vaping has been a Godsend and I thank the companies and support in quitting smoking cigarettes. Now when I try to smoke a tobacco cigarette I take one puff and gag. I am amazed that I used to enjoy smoking... no more!!!

Regards,

Julian Espinosa

Ex-smoker!

11/18/2015 7:00:59 PM - Donald Glidden

I smoked for two years at a pack and a half a day after about a year I tried to quit I tried nicotine gum and the patch but nothing seemed to work. Until a friend of mine suggested e-cigs (vaping). I bought a tube device with an atomizer and some e-liquid at 12 mg of nicotine, and was finally able to quit. After 3 months I dropped in nicotine levels to 6 mg and 6 months later down to 3 mg. when I smoked cigarettes I was unable to climb stairs and I was constantly coughing. Now more than a year later the cough is gone and I have never had the urge to smoke another cigarette.

11/18/2015 7:00:38 PM - Clyde

I started smoking at the age of 11, being what I thought was cool, I continued for 12 more years. I've been vaping now for about 2 years. I've completely stopped smoking, and I feel much better. I stopped smoking for roughly a year and went back to it when my wife bought my first vape pen. I tried everything to quit initially, Chantix made me irritable and gave me horrible dreans, the gum made me sick to my stomach and gave me heartburn, the patches gave me a rash and made it hard to breathe... nothing worked, I could go small amounts of time without, but not completely until my vape pen. My quality of life improved greatly, I'm no longer short of breath, my supposed asthma has went away, and from what the VA has told me, my lungs have cleared up. I'm no longer short of breath, exhausted, or getting sick quite as often.

11/18/2015 7:00:28 PM - James Walsh

I started smoking tobacco at age 15. By the time I reached by mid 50â€™s I was hopelessly addicted. I hacked and sputtered, I had tried all of the â€œquit smokingâ€ devices out there like gum and patches to no avail. I had resigned myself to a lifetime of tobacco smoking until I left this planet. Then I stumbled across something about vapor products,â€¦.vapor instead of tobacco smoke, why not give this a try. I began vaping along with the tobacco smoking both at the same time gradually increasing the vaping and reducing the tobacco, my hack was disappearing, my stamina when running and biking was improving and I was feeling like a new man. Finally 4 years ago I smoked my last tobacco cigarette. I now vape only. The health benefits continue to be dramatic, my hack is gone, I no longer get colds, my capacity for physical activity has never been better. At the age of 63 I feel better overall than I did at 43 when I was smoking a pack and a half a day.

Like I say I am an addict. If these vapor products are removed from the market I will be smoking tobacco again in short order. Donâ€™t tell me about quitting, I have been down that road, Itâ€™s a fail for me. Smoking tobacco cigarettes again will destroy me physically and mentally. I can only ask that you find a way to make these vapor products available to people like me who have successfully used them to beat tobacco.. And oh, keep the menthol and flavors available. I am a 60 plus year old male who lives in the Southern U.S. and I prefer the flavors, they arenâ€™t just a marketing gimmick to attract kids.

11/18/2015 7:00:18 PM - Phillip

Vaping is saving my life every day!

11/18/2015 6:55:57 PM - Casey Jones

I was a smoker for 14 years, and finally decided to quit smoking after I saw a loved one in the hospital not being able to take care of themselves due to smoking. I keep seeing the pain, upset, and hassle it is for them to carry oxygen around, and always need help with everything at an age where they shouldn't. The hospital visit made me realize that I didn't want to become like that. I've been smoke free for 2 and a half years due to Vaping. I encourage others to Vape rather than smoke also. The last thing we need to do is make it harder to Vape by taxing it more and putting ridiculous Vaping regulations in place. Let's make it easier for those to quit smoking. What part of Vaping is not smoking don't people understand? It's that simple. If Vaping were banned it would definitely do more harm than good. It took me a year of Vaping/smoking together to finally give up smoking. I tried Chantix, and Wellbutrin but neither worked for me. Vaping is the future for tobacco users.

11/18/2015 6:55:24 PM - Doug Day

I smoked Camels, a pack a day for 8 years and I never thought I would quit because I didn't have the patience to go turkey. Gum tastes horrible, patches, don't work, and I refused to take pills because the side affects are usually worse than the initial problem. Ecigs were the only thing that actually worked! I Started off with a simple pen style ecig at 18mg nicotine over a year ago, and since have upgraded to a box mod with a more superior tank to accompany it. I'm now down to 3mg nicotine. I havent touched a cigarette since. It amazes me how well it works. I currently work in a vape shop in Bellows Falls VT, and not a day goes by where I don't encounter a new comer who wants to quit smoking and feel better in life. I get older women and men who have been smoking for 40+ years come in a week after they've bought their first ecig And tell me how much better they feel, and how greatfull they are for my help, and the help of the other guys that I work with. Not only is this product a safer and better alternative to keep around, it provides jobs for Americans such as myself. This bill is going to kill all of that if it passes. So maybe instead of worrying about this useless bill, maybe we should at what's important here. People are feeling healthier and jobs are being built in every state thanks to this product...my father had two heart attacks, and during the second one he was pronounced dead for one minute. The man's not even 50 years old yet and the doctor said smoking played a huge part in both of these instances. I don't need to lose my father at a young age, and my nephews don't need to lose their grandfather at such a young age. I'll be damned if I'm gonna let this helpful product disappear due to what I can see to be nothing more than heartless greed

11/18/2015 6:54:02 PM - bruscifer

My Wife and I quit smoking 1-1/2 packs a day over 7 (SEVEN) years ago!

No I didn't do it for health reasons. I did it for COST!

We smoked for over twenty years...we both at different times quit cold Turkey, or used some kind of nic replacement method. Always went back at one point or another.

We tried the first e cigs that came out. The kind that mimic a cigarette. We thought they were great, but they just didn't replace the urge to smoke.

Later we found out about the REOMOD. Saved the money, and bought one for each of us. IT WORKED! The REO doesn't look like a cigarette at all, but it was powerful enough to replace the experience of smoking. In addition we searched for and found a juice we both enjoyed.

Today we still have those same REOs and a couple of more. Today we make OUR OWN JUICE, and I make our own Atomizers.

None of this would have been possible if the FDA or any other GOVERNMENT agency had stepped in to "....protect us.."

We have been responsible for a number of people to follow our example and quit smoking cigarettes by Vaping. When we started....NOBODY in our area had ever heard of Vaping. Since then we have watched the whole industry explode! It is amazing, and would not be possible with the interference of GOVERNMENT.

Just last night, playing pool, we had a young couple next to us Vaping. This is no longer unusual to see. We see people of all ages Vaping now.

Fears of Vaping are foolish...there is no way Vaping could be as bad for your health as cigarettes. My body reacted EXACTLY the way it did when I quit smoking in the past...I don't consider myself a smoker...I am not a smoker, and i DON'T FEEL LIKE A SMOKER.

I said earlier that I personally didn't start Vaping for health, I did it because it was cheaper. If the FDA has it's way, not only will the prices go up, but it might make it impossible for us to continue. All the reasons I started will be gone.

Leave the industry ALONE! Let it regulate ITSELF. Give people this option!

11/18/2015 6:53:43 PM - Brian T.

I was a pack-a-day smoker for 10 years. I started in college, and just kept going. One day I realized that I could barely walk up a flight of stairs without wheezing, but was in otherwise good shape. I tried nicotine patches and gum, but would always relapse.

One day I was told about e-cigarettes, and I figured I would give it a shot. I ordered one online, and waited for it to arrive in the mail. Once it arrived, I set it up, gave it a whirl, and I haven't touched a single cigarette since. I literally quit smoking overnight, and thanks to e-cigarettes, I've never relapsed.

I showed it to my mother, a 40 year smoker, and she was interested in trying one for herself. I bought her the same setup I had, and she also quit overnight.

E-cigarettes literally saved my life and my mothers life. They simply work as a smoking cessation device, and any changes to what's currently available introduces the risk of both me and my mother relapsing.

11/18/2015 6:53:33 PM - Karen

My boyfriend and I were both heavy smokers for 30+ years, and try ed everything on the market available to break the habit will little or no sucess. Hypnosis, pills,gum,patches,acupuncture.

Four years ago we purchased electronic cigarettes and we're finally able to find a substitute, that not only has been proven to be 95% safer, but got us off cigarettes. We are both proud to be cigarette free and healthier.

11/18/2015 6:53:21 PM - Leora Campbell

I had pneumonia in January of 2013 with a collapsed lung. I had smoked from the time I was 17, had quit for 6 and 1/2 years and then started back up again. The doctors in the hospital told me I had to quit or die. Well, I tried the patch, but it made me sick. A friend of mine showed me their e-cigarette, and I immediately went to the smoke shop and bought one. I have never had another cigarette, and don't miss them. I still have "COPD" but breathing better and able to live my life. When I came from the hospital in 2013, I had to use oxygen 24/7. Not using oxygen any more, and was able to get my husband off the dreaded cigarettes. We are both using a box mod and juice with flavors, 12 mg of nicotine. Neither one of us want to give it up, we enjoy using them. We are both living well and doing regular things. I am 79, he is 81. Don't know what we'll do if they take the e-cigarette away. Let us live the rest of our lives in peace, what little we have.

11/18/2015 6:53:10 PM - Crystal Lee

Just wanted to throw my own story out there. I started vaping almost two uears ago. I tried 7 different times and 7 different ways to quit smoking...notjing worked. Including prescribed medication. Its a serious addiction and a nasty habit. I still cant believe what i put my kids through. The smell is HORRIBLE! It was May and i handed a local vape shop the rest of my cigarettes while the owner informed me and helped me with a new set up to fit my needs. I must say IT WORKED! Vaping has saved my life in so many ways! I can breathe better! I can run! My migraines cease to exsist. This is just a handful of issues and yes theres many more! Vape ON!

oh amd p.s. i DONT smoke analogs anymore. I havent touched them in almost 2 years!

11/18/2015 6:53:02 PM - Jane Moore

I smoked 2 packs of cigarettes per day for 40 years. I had tried every method of quitting that was available over the years. I really do mean EVERY method. Nothing worked for me. I was completely addicted to cigarettes. I was short of breath, had a chronic cough and chest pain.

About 2 years ago I was given an Ego vaping device to try. I never had another cigarette. I can now climb hills without becoming short of breath, my chronic cough is gone and I never have chest pain anymore. I have reduced my nicotine levels in my e-juice by half. I really believe that vaping saved my life.

11/18/2015 6:52:53 PM - Warmonster

I have tried everything to quit smoking cigarettes i smoked for 28 years. From the patch, candy, and other recommendations all to fail. I tried my friends mod and went and bought one I am now cigarette free for 3 months. The juice already has the same cost as buying cigarettes but has been healthy fore from clearing up my lungs to even having more energy in my day to day life. Please leave the alternate smoking alone it's not aarket for money or rules it's a way for people to be healthier and happier.

11/18/2015 6:52:40 PM - Jeremy

My name is Jeremy Veugeler. Iâ€™m 41 years old, a husband, and a dad. I deal everyday with multiple sclerosis. I started smoking when I was 13. I quit smoking a little over 2 years ago. After trying various methods of quitting smoking, I found the perfect tool that worked for me, and that was the use of an electronic cigarette, what most call vaping. I first use an "ecig" in 2010, but wasn't able to quit until the vaping industry came up with better hardware, that mimicks how it feels to smoke a tobacco cigarette. Vaping helps me to continue to be smoke free. I can not stand the taste of tobacco flavored liquids and prefer to vape fruit flavored liquids with a small amount of nicotine in it. Since quitting smoking, I have noticed improvements in my health and the health of my family. Being an ex-smoker has also improved the finances of my family. After much research, I am convinced that vaping is a much safer alternative to smoking, not only for myself but for everyone around me.

11/18/2015 6:52:28 PM - Andrew

I first was introduced to cigarettes when I was just 11 years old although I didn't get hooked until I was 14. I remember my friends mother always lighting up in the car and thinking to myself that it didn't seem that bad and with it always around me, I wanted to try. Between that and other people I looked up smoking, I started. By age 14 I was hooked and by 16 I was a pack a day smoker. I bummed cigarettes when I had none and used what little money I had to buy packs. Even with my fathers plead for me to stop, I kept smoking. (He was a long term ex smoker and cancer survivor) even still, I lit up. I wanted to quit so bad knowing the health risk invoked and just couldn't. I tried to substitute my addiction with those little e cigarettes you get at the store next to all the packs with no success. One, they taste terrible, two they do nothing to satisfy a craving and three, they are directly beside the pack of smokes you really want. Only until the new vaporizers came into the picture was I able to finally quit, within one month time. I was free from that nasty habit. I no longer smelled, I no longer had to step outside every 30 minutes, I no longer saw the disappointment on my fathers face. It's been 8 months without a cigarette and I have never felt better physically and mentally. I truly believe vaping has saved my life and is a great great great and healthier alternative to smoking or to quit smoking period. I'll never look back. I could go on for paragraphs upon paragraphs about how I feel and the amazing things I've seen that have came from vaping. We all deserve to live the way we choose and more importantly we all deserve to flat out live!

I will now live a longer healthier life due to vaping. That is my story.

Thank you,

Andrew

11/18/2015 4:43:17 AM - Kimberly Miller

I started smoking cigarettes when I was 15 years old. Both of my parents were smokers and so were two of my brothers. It was the cool thing to do especially if we were trying to put out a certain image. Call it immature to think that way but it was how we thought at that age. I continued to smoke for many years. After I had my second child I noticed some issues and was kept in the hospital because I had what they called reactive airway disease. I wasn't sure what it meant at the time but I was told it was caused by the years of smoking. Again, I continued to smoke because that didn't sink into my mind that I should quit. It was already so hard to quit while I was pregnant. I was shocked that I would have these problems when I didn't smoke during my pregnancy. Because my children saw me smoke they became smokers. I still feel guilty to this day. June 22, 2013 I discovered vaping and took quitting smoking seriously. I haven't touched cigarettes since that day and as long as I have vaping I will continue to stay away from cigarettes. My Mother who is in her late 70's is an ex smoker. I say ex, because she was forced to quit smoking because she had a heart attack that nearly took her from us. My Mother also has to use oxygen 24 hours a day every day for the rest of her life because of cigarettes. If she wants to go somewhere its such a chore for her because she has to pull her oxygen tank along with her and can only be out for so long before she has to go back to hook up another tank so that she can breath. It breaks my heart to see such a wonderful Mother being so limited. Seeing that I knew that I needed to break the cycle and find my way and that was vaping. My son and my daughter both were smokers and because I found vaping and encouraged them to try it they have quit smoking and have better health then when they smoked. Please don't take this away from people who need this to stay away from cigarettes and want to live a better life. Please keep vaping alive!!

Kim Miller

11/18/2015 4:43:00 AM - Seth renaudette

I have been smoking hookah for about a year but then I noticed it not only was hazardous to my health my emotion it was making me depressed and down. So I wanted a safe alternative witch was vaping I do vape no and no longer smoke hookah and as well I have gotten my mother a smoker of 40 years to almost quit cigs and vape for the safer alternative although it's a struggle for her she knows that this will prolong her life and help her..so no we have noticed the helpfulness that vaping has. And resort to it instead of hazardous smoke I will be a vaper and won't stop I enjoy this and it helps protect you from the dangers of. Cigarettes I am very happy to say I sponsor VAPERS WORLD WIDE!!

11/18/2015 4:42:48 AM - Markus Brown

To whom it may concern;

I am a 36 year old disabled Army Vet who has smoked since the addressee of 12. I was raised by my smoking grandparents so it was quite easy to get ahold of a cigarette. My grandmother found out I was a smoker at the age of 15 and to keep me from getting into trouble she would buy my cigarettes for me with money I earned from working. Back then it was illegal to sell to a minor but if the minor had cigarettes and was not on school property then 99% of the time nothing was done about it as long as you didn't get caught with them on school property. By the time those laws had changed I was old enough to smoke legally and had been a traditional i.e "cigarettes" smoker for 6 years. Started getting the urge to quit once I joined the Army. Made sense due to all the physical training but a combat MOS 19K is not a job to quit something that will raise your stress level 100 fold. Then 11SEPT2001 happened shortly thereafter we got our deployment order's for Iraq. I thought here is my chance to quit won't be able to buy cigarettes over there so have no choice I took 10 cartons with me just to have. Well that plan changed once I learned that cigarettes over in Iraq were 2$ a carton, I came back more dependant on traditional cigarettes than when I left. The V.A physiatrist did try to help by prescribing the gum and the patch neither of which worked. When you suffer from/with PTSD quiting something like cigarettes can and is dangerous. Then almost 2 years ago I started trying the Marlboro version of an e-cig. That was worthless in evey sence of the word. First issue is it did not help me with the urge of wanting a cigarette at all " I tried everything from the expensive Blu to the generic cheapy at the corner store" all the while still smoking traditional tobacco products. Secondly as a family of 5 it was not cost effective due to the poor performance of those product's, the amount of time each cartridge last's, even if I would have given up traditional tobacco and solely used those e-cig's soley my children would have had to starve to provide for those product's. Then almost 2 years ago my best friend of 25 years and a smoker since 13 found vaping and made me try it. I could not believe it I did not even want another cigarette after but being in between VA checks I had to wait 2 weeks before I could start. The day my Vet check hit my bank I was at our local brick and mortar store saying good buy to traditional cigarettes. Not only was this 100% effective in getting me off traditional tobacco with ZERO side effects, it was cost efficient to meaning easy to work into our budget and still provide for our family. I also started feeling better within 2 months I was breathing 100 times better. The day I went for the first time to buy my initial setup I had 2 cigarettes left in the pack I was smoking and I am thrilled to say they are still there haven't even been tempted a little by their presence in fact quite the opposite. Now I am to the point where I do not want to be around individuals who use traditional cigarettes not because I feel I would have the urge to smoke one but can't stand the smell of being around a traditional smoker whether they are smoking or not. I have gradually progressed into more complex vaping products like box mod's and building my

own coils it has become a real passion and hobby. My wife has even got involved with me and we make our own eliquid for our own personal use. The good thing about that is I know exactly what I am putting into my body. No one can say that about traditional cigarettes or even these big tobacco backed e-cig's. I have also noticed little things since I have started vaping. I have become more considerate of others around me. My best friend that I mentioned earlier has quit completely vaping and traditional tobacco use and when I am with him I don't vape in his house even knowing he doesn't care and if we are in his truck I roll the window down and blow the Vapor out. Can't remember ever careing about those around me when I smoked cigarettes. The bottom line is this that for the last w years I have been able to proudly say I quit smoking what I believe to be one of my greatest accomplishment's. I cannot believe that a government by the people for the people a country that I gave so much to like many other's did would even consider using theese deeming regulations that would force us to use product's from cooperation's that don't care. How even after one of our greatest allies Great Brittan board of health came out in support of vaping all vaping not just those product's being put forth by the billion dollar giants from the traditional tobacco companies. How many American lives are going to be lost to please the 1% in the big tobacco companies so they get their way? I beg you please reconsider this before it is to late. I beg you to please stop and ask yourself if it was your loved one that this affected would the money these lobbyists are given you worth the life of your closets and dearest loved one's would you be so willing to roll the dice with their lives in the balance.

Sincerely,

Mark Brown

U.S Army Vet

11/18/2015 4:40:34 AM - Vladimir

I have been smoking since I was 13 and when I first saw a vape shop I was interested but everything was so much different from what it is now grateful for what capon has done for me it made me use my talents for working with my hands. Vaping also saved my life when I was 19 by building my own coils so please read this and don't judge our fellow vapors for what we do

11/18/2015 4:40:24 AM - Tiffany Griswold

I have been a Vaper for almost three years. I was a smoker for around 20 years. Since I started vaping, I have more energy, and I can breathe better. I started with a Blu cigalike kit, and I used it along with cigarettes for a while. I was given an eGo kit by a friend of mine, and I have been vaping ever since. My job requires me to move at a brisk pace at times, and if I were to still smoke, I'd have a hard time catching my breath. I enjoy the wide variety of flavors as well as the ability to customize my device to suit my needs. Since vaping, I have also lost around 60lbs, making moving around a lot easier.

11/18/2015 4:39:31 AM - Charles Shores

I have been smoke free for many years now. I watched cigarettes kill my grandmother and she left this world in such a painful agonizing way. If vaping would have been around back then I would have had the chance to save her life.

Since I quit I have noticed an improvement in my health. I noticed I could smell better, taste things better and I didn't get winded doing things. I started smoking at the age of 10 working on farms. I even farmed tobacco. I smoked for 12 years until I finally found vaping. I got into vaping when it finally hit the scene. I haven't smoked since.

There is legislation trying to be passed right now saying that these flavors are targeting the youth. Are we too old as adults to enjoy the flavors we loved so much as kids? That's why those flavors exist. Not to attract the young ones but to satisfy what we like and to keep us off cigarettes.

If we didn't have all these variety of flavors then most would go back to smoking. I know I won't because I can still obtain flavorings and make my own juice as I have done from the beginning.

There is many that will if the flavors allowed to be marketed gets severely limited.

They are not trying to market towards the youth they are marketing to adults who just happen to like these flavors.

The people rallying to get rid of vaping want this so people will go back to smoking.

Since vaping has came to be there is less smokers and more vapers which is taking it's toll on what I call cancer merchants and cancer profiteers. Which would be the tobacco companies and the cancer treatment medical sector.

it is nonsense to want to keep citizens in poor health and addicted to things that will kill them.

I know exactly the ingredients in my ecig juice. And there is no more than 5 ingredients. Usually Vegetable glycerin, propylene glycol, nicotine, and some flavors contain Ethyl Alcohol.

Nicotine is no worse than caffeine. For me caffeine is worse since I make my ecig juice to be only 1mg for each 30ml bottle I make. That's not much nicotine at all.

Many juice companies won't ever sell juice over 8mg.

This is all just a ploy to get people hooked back on cigarettes and we don't want anymore grandmothers, sons, daughters, or loved ones dying in agony so we are taking a stand and asking that vaping not go away cause it helps save lives.

11/18/2015 4:39:19 AM - Mike Arst

After having my first cigarette at about age 14, I smoked for more than 40 years. Even after seeing two close family members die of smoking-related illnesses, I kept on. At worst I chain-smoked as many as three packs a day. Eventually I reduced it to one and a half packs, but no matter -- I never got rid of the nagging, hacking cough and never had clear lungs.

Some time in 2007 I finally "got" it. I would have to quit because yes, it _could_ happen to me. The cold-turkey approach didn't work, and I hated the patch. (A quit-smoking program I'd tried some years before then didn't work either -- but I fault myself for the failure. I went into the program to please my first wife and not because I really wanted to quit. You have to want the change for yourself. Doing it to please someone else is not the best possible motivation, as I found out the hard way.)

I discovered electronic cigarettes in 2008 and began trying to use them to wean myself off tobacco. Even with the help of e-cigs it took me something like a year to kick the habit. I back-slid once and then it took a few more months to get off tobacco again. But finally I did and haven't had a cigarette since September of 2009.

Smoking is a weird business. I continue to have dreams about smoking cigarettes, and I don't have a clue why. I succumb to temptation within the dreams, but the temptation doesn't last after I wake up. I can stand next to someone who's smoking a cigarette without being tempted to ask him to let me have one.

Benefits of quitting: I no longer have that endless nagging cough. People tell me that my complexion is no longer "ashen" all the time. Most of the time when I get a cold, I'm over it within a week. (When I smoked, my colds often lasted a full month.)

As beneficial as this has all been, I'm still using pretty strong (nicotine-wise) e-liquid. The next challenge has to be cutting down on the nicotine concentration. I don't know if I'll ever get my "wind" back. Even though the human lung is amazingly resilient, 40+ years of smoking might take a toll from which you can't ever fully recover. That aside, I am extremely grateful to e-cig products for having helped get me off tobacco. I don't think I could have done it without them.

11/18/2015 4:38:48 AM - Kathleen Callanan

I smoked cigarettes for 22 years. Honestly I tryed many times to quit and was unable to. I would be out of breath walking upstairs hated the smell on me and actually hated the smell period. I finally decided about 2 years or so to try smoking ecigs for part of the day while still smoking the other part. In the beginning it was a little getting use to but an amazing thing started to happen. The more I used my Blu e cig instead of my reg cigs I was feeling better physically. I was able to go up and down stairs so much better without being as winded as before. So I decided to stop smoking my reg cigs and only smoke my electric Blu. In a short time I could go up and down stairs without having to stop half way to catch my breath and that was only the beginning. Would it be better if I just didn't smoke anything at all, of course but honestly I'm a single mom of triplets and stress is my middle name. I'm just not ready to put it down completely and I have found this is an extremely healthier way to manage my urge to smoke. The ecigs have been a blessing in disguise for me, I feel so much healthier and did I mention I also stopped using an inhaler and am no longer taking Zertec D anymore. Hopefully some day I will quit all together but for now the Blu e cig has made my life so much better.

11/18/2015 4:34:40 AM - Lysa B

My name is Lysa, I am 53 years old and I started smoking when I was fourteen years old. Everyone I knew smoked, and I continued until I was pregnant with my first child at 20. I managed to quit, and only smoked again after giving birth. I quit again, for my next pregnancy, and again for the third. However, the desire to smoke was always lurking in the background. I 'bummed smokes' when at parties or with friends. Then my middle child was diagnosed with Autism. This is a byword today, but then no one knew or even had a clue about how insidious and completely overwhelming having a child with Autism can be. My life changed forever. My stress levels went through the roof, and the anxiety issues I had since childhood flared into monstrous proportions. I finally gave in and began to smoke again, more and more often until it became such an ingrained part of my life that I could never contemplate quitting. I knew I needed to quit. My health had begun to decline dramatically. 12 years ago, my doctor told me that my lungs showed early stage emphysema. He told me that I would be dragging along an oxygen tank by the time I was 50. I believed him, but couldn't quit. Since then,I was diagnosed with several chronic conditions that were life-altering. I couldn't digest food, and had to have multiple surgeries. I suffer with chronic pain, anxiety, and daily panic attacks. Through all of this, cigarettes were my constant companion. I was thoroughly addicted, and I could not even conceive of quitting. By then, my husband had begun to smoke, and became as addicted as I was myself. My husband also started to develop severe throat issues, due to smoking. He tried to quit, over and over again, using patches, gum, pills and gritted teeth. This would make life even more stressful and intolerable, and yet he always fell back to smoking. We spent a fortune on Blu Cigs when they came out, bought expensive kits with all the flavors, and tried as hard as we could. It didn't work. A few years ago, I heard of smoke shops where you could get dried tobacco, no additives, and they would dump it into a big machine and it would spit out perfectly rolled, non chemical cigarettes. We started using those exclusively. At least we weren't getting all of those toxic chemicals (we told ourselves). Then our state shut that down, banning those rolling machines, and putting hundreds of people out of work, closing mom and pop shops all over the state and forcing people to either roll their own or go back to 'traditional' chemically enhanced cigarettes. We bought a rolling machine and rolled our own. This was difficult and frustrating, and still we were pulling toxic tar into our lungs every day. Finally, as my husband's throat was killing him (again) and I was having trouble getting a deep breath (as usual) , he said let's go to a vape shop. I didn't know what he was talking about. We got in the car, and he explained that he had heard that this was so much better than Blu ecigs, and that it could work. I was skeptical, but desperate. We got starter set-ups (which were still by far better than the cigalites that the gas stations carry or Blu ecigs) and I started with a mint flavor, 18 mg. since I wanted it to be as close to my menthol cigarettes as possible, to give this a better chance of working. It worked so well, that by the first night, I tried to light a cigarette while my vapor pen was charging and it made me sick. Within a week, we got better equipment

and and began using sweeter flavors because by then the mint was sickening to me, tasting too much like cigarettes. We had also gone down to 12 mg. I started educating myself about vaping, and this became an obsession for me, a welcome distraction from my chronic illness and constant anxiety. My husband's friend at work bought a set up, and quit cigarettes within 2 weeks of our beginning vaping. My grown son came home from caring for his Grandma, we gave him a starter kit, and he quit smoking almost immediately. He became as involved as I am, and started getting better equipment, more flavors. Since then, two more of my husband's co-workers, and 6 or more of my son's friends have all quit smoking and are now vaping. This would have NEVER happened without good vaping equipment and the variety of flavors on the market. We are now down to 3mg and this has changed my life in the most positive way. I know that I NEVER would have quit smoking cigarettes without the vaping products that are available now, I went from smoking apx. 2 packs a day to vaping 3 mg. Before vaping, I couldn't go 30 minutes without lighting up a cigarette, and once you light one, you usually finish it. Now, I find that hours have gone by without my picking up a vape. That was impossible with cigarettes. When I shared all of this with my doctor, he researched the issue thoroughly, and then began to recommend this to his many patients who had been unable to quit smoking using other available methods.

One thing I think people who don't smoke can't understand is that smoking is more than just lighting up and inhaling toxic tar and carcinogens. It is something to do with your hands, you crave it, suffer without it. It is as addictive as the worst drug, and harder to quit. It is disgusting, life threatening and expensive. People look down on you, it's nasty in every conceivable way. But you don't care, the cigarettes call to you and you can't deny the pull they have on you. Vaping is saving lives. Vaping is helping hard core smokers finally quit. Vaping is changing people's lives, bringing people from every age, race and background together in our desire to help other people quit smoking. This is the most supportive community of people I have ever seen. Not one person I have ever communicated with would ever condone the use of vaping by children. We are trying to keep cigarettes away from children. They will not have to grow up with second hand smoke, or learning to smoke cigarettes by watching parents. The legal restrictions should be to require people to show their I.D. at the local vape shop, just as they would have to do to buy cigarettes. And it is absurd to think that e-juice manufacturers are trying to lure children with sweet flavors. If you hold with this argument, why are there no restrictions regarding sweet alcoholic beverages, much more enticing to young people? Adults love sweet flavors, and most of us do not want anything remotely tasting of tobacco. And as to taxing these products unduly, it would only make it harder for people to quit smoking cigarettes. And also, one glaring problem with all of this, is classifying vaping in the category of 'tobacco products'. There is to tobacco in vape juice. The only similarity is that they both contain nicotine. This is a long term healthcare issue. People die every day due to smoking related illness. The cost of caring for people

who are suffering from smoking related diseases are shocking, both financially and emotionally. Please do not take this life saving alternative away from us.

11/18/2015 4:34:04 AM - minskim

Vaping made it possible to get my life on track. Have been a smoker for 17 years, I was heavily dependent on cigarettes. I read books like "The Easy Way to Quit Smoking," tried patches, gums, pills, etc... Know my family had a history of cancer, I knew that if I didn't stop smoking my probability of getting cancer was high. Using the methods mentioned, I was only able to quit for short periods of time. Adding to my cigarette addiction, I started using methamphetamine. My life was spiraling downwards fast. I knew I had to stop using, especially the meth. However, the more pressure I put on myself to stop, the more I used. Vaping made it possible for me to quit both drugs! I've been free of meth and cigarettes 4 years come this Christmas. Initially, I started to Vape at a high nicotine level (18mg) and managed to lower the nicotine dosages to 0mg. As far my meth usage, how vaping helped me was because the exhaling of vape smoke replicated exhaling the drug's chemicals. Seeing the big cloud of smoke being exhaled satisfied my habitual side of my meth dependency. The physical dependency was just a matter of detoxing the body long enough for the drugs to leave my system. Thank you for hearing my story. Please keep vaping legal.

11/18/2015 4:33:39 AM - Kayte

To whom it may concern,

I cannot state strongly enough how important vaping is to me, as well as to my family. I have no doubt that vaping has literally saved and changed the course of my life.

I smoked cigarettes for 35 years and had developed such a bad cough that I could barely speak. I had to keep a constant supply of cough drops on hand and often had to excuse myself from conversations. Almost four years ago I decided to try a vapor product, just to see if I could cut down on smoking. The most unexpected thing happened. I started using the vapor product and never put another cigarette to my lips. I am completely smoke free and could not be more thrilled.

I began with an e-cigarette because I wanted something that felt like and resembled a cigarette. I got over that quickly enough and wanted something that did NOT resemble a cigarette. I wanted to move entirely away from the habit that I had pursued for 35 years and I wanted something that worked better. I switched to a mod and tank system, which I still use. The mods I use the most were manufactured in the U.S.A. The quality and safety is unsurpassed. Both mods and tanks are far superior to the e-cigarettes I began with. I find this system quite sufficient to keep me satisfied with vaping and not smoking. With the equipment I use today, it is not comparable to smoking in any way. They are completely different things.

When I began vaping, I used 24mg nicotine. Today, I use 12mg and sometimes less. I have suffered no ill effects from vaping. On the contrary, I feel better than I've felt in years. I can breath again. The horrible cough was completely gone within two weeks. I can take a deep breath and hold it. I can exercise. I can dance. I can live. My health has improved drastically.

I use a large array of flavors. You see, I have an allergy to sugar (and most chemical sweeteners) and haven't been able to have desserts in 28 years and suddenly, I can enjoy all those wonderful flavors again! Imagine my pleasure at being able to taste Strawberry Shortcake, chocolate, key lime pie, graham crackers, etc.! This was a wonderful bonus and frankly, it's maddening to keep reading that the flavors are geared toward children... as though adults tongues lose the ability to enjoy desserts. That's just silly. Having been deprived of those flavors for so many years, it is sheer pleasure to be able to enjoy them again.

I had attempted to quit smoking many times before and repeatedly failed. I didn't like failure and finally 'quit quitting'. I knew I was going to die a smoker. Until I tried this amazing invention. My family is thrilled. My husband has also switched to vaping. It took him longer to quit smoking. He continued to have one or two cigarettes a day until we

got him good equipment... a mod and tank system. He is now a non-smoker. Our friends that smoked, all switched to vaping. Every single one of them. That is astounding.

People need access to quality vapor products. I need access to them! They are the greatest invention of any harm reduction products... including seat belts, knee pads and helmets.

Thank you for your time.

Kayte

11/18/2015 4:33:22 AM - Daniel Sinsley

Hello. I would like to say that I am a vapor enthusiasts. I love the DIY aspects. I stopped smoking "blue" Camel cigarettes on February 9. That day I strolled into my local vape shop; nervous, and invested in a vape pen kit. I quit cold turkey with my new vape kit. From there I moved to a small "mechanical mod". It wasn't long till I began to subohm. From there I took many advances. Making my own coils, building my own unregulated box mod, and now making my own ejuice. I have even got my wife hooked. As a whole, vaping is a much greater experience. Plus with vaping, I not only know what is in my juice, I know I won't get cancer of any kind. People choose to smoke cigarettes. Why can't I choose to vape? States are legalizing Marijuana, but taking away vaping. Is ejuice a drug?! That is all. Thank you. (p.s. I now use 3mg of nicotine, and haven't had a cigarette of any kind since.)

11/18/2015 4:33:08 AM - Jason

I smoked cigarettes for over 20 years. In March will be 3 years since I have smoked a cigarette. I feel better. I do not have to gasp for air after doing a strenuous activity. I don't get sick as often. I am more productive because I don't have to go outside to smoke. I smell better. Food taste better. Smoking ruins your taste buds. I drink water more than sodas now because the vapor taste so good. I don't want to cover the flavor with soda. Before vaping or ecigarettes I tried candy, gum, herbal supplements and a prescription given to me by my doctor. Chantix I believe. Nothing worked. Some made me sick. I started with a pen style ecig with a cheap tank. I have moved on to a variable wattage mod with temperature control and better tanks. I started with18 strength nicotine now I am at 4. I do not have the urge to smoke even when I am around a smoker. Cigarettes stink to me now. I cannot stand the smell. If ecigs get banned I do not know what I will do. I hate to say it but I will probably buy a packs so cigarettes.

11/18/2015 4:32:37 AM - Mark Watson

Im 52 yrs old,i smoked for 34 yrs,started vaping in April 2013 and have not smoked a cigerette since.And just has good i dont miss smoking at all,before when i tried to quit using the patch i was still craving ,i use 3 or 4 flavors that i really enjoy and rotate the flavors every few days.I was afraid i would smoke the rest of my life,im grateful every day now being able to breath so much better,have even taken up mild jogging.

11/18/2015 4:32:18 AM - Jeannie Herbert

I began smoking at the age of 17 and smoked up until 3 years ago when I heard about ecigs. Before this time I had tried hypnotism, nicotine patches, nicotine gum to no avail.

I began smoking e-cigs in 2012 and haven't smoked a cigarette since that time. I weaned myself off of the 12 mg that I originally started with and worked myself down to a 3 mg of nicotine. I have talked several friends and relatives into trying it and they themselves have either quit or don't smoke cigarettes as often. I have noticed that I no longer smell of tobacco and have a harder time tolerating the odor of individuals who continue to smoke tobacco.

From everything that I have read these e-cigs have not been scientifically proven to be harmful and worry about what our freedom in this country is coming too.

Sincerely,

Jeannie Herbert

11/18/2015 4:32:03 AM - Patricia York

I considered myself a "light" smoker, 5-8 cigs per day, on and off for 40+ years. Tried some of the early "cig-alike" products a few years ago without success. Went into a local vape shop (run by former smokers) - purchased a vape pen device and a few interesting flavors of e-liquids and had my last cigarette that day (6 weeks ago). I am very grateful for discovering vaping as I am already feeling tremendous health benefits from stopping tobacco. I can't see myself going back to cigarettes and have encouraged others to make the switch to this much healthier and more enjoyable way.

11/18/2015 4:31:53 AM - Drew (DarthVaper)

I was a pack to two packs a day smoker for 32 years. My health was deteriorating and my doctor told me I HAD to quit smoking. Give up a habit I loved? Well, thanks to vaping I did! I tried the nicotine gum, the patch, and chantix, but I still craved my cigarettes. Every time I saw someone light up in real life or on tv, I wanted one. It was unbearable. Then I found a new vape shop that had opened up locally. OMG! They kindly let me sample a variety of juices and introduced me to electronic pens, mods and box mods. I went home and did my research. The more I researched vaping, the more I got excited. I ended up buying a refillable eGo pen and a fried ice cream ejuice. I had found the answer to my craving! Oh joy! After a month, I went back and bought an Eleaf iStick 50 and a subtank mini. I haven't regretted it and I haven't craved a cigarette since. As long as I can vape, I will never touch another cigarette! My health has improved drastically and my doctor is pleased. She says my breathing is normal again and my lungs are no longer black with tar. No more shortness of breath. No more asthma or inhalers! I went from 3.2 mg. nicotine to no nicotine within two months! Wow! Never thought that would happen. I was spending over $100 a month on cigarettes. Now I spend $20 to $30 a month on mod coils and ejuices. BTW, I don't care for the smell or taste of tobacco anymore. All the different flavors of ejuice available taste so much better than tobacco. I can also actually smell and taste my food again! I never realized what I had been missing. I was becoming a hermit because my friends and family didn't want to visit with me and smell stale tobacco or breathe in my deadly cigarette smoke. Now they visit with me regularly.

And now it may all be disappear due to insane FDA regulations, our elected politicians who are swayed by lobbyists, and the big Tobacco companies who are afraid of losing their piece of the pie. Really?

As for nicotine, it can be addictive but it is not the harmful chemicals and tar that is deadly in cigarettes. Nicotine is found in all kinds of plants and vegetables to repel bugs from eating them. The nicotine found in vape juices is made from tomatoes and zucchini, NOT tobacco. Should we ban vegetables too? If it is ok in cigarettes, why are they panicking about nicotine in vape juices? At least e liquids allow us to choose the level of nicotine we use and progressively reduce our levels. Not so of cigarettes.

As for e liquids being sweet and fruity flavors that attract minors, that is a ridiculous argument. Alcoholic drinks have fruity flavors. Cigarettes can have fruity flavors. E liquids cannot have fruity flavors? Again... really? We would rather our minors be enticed by smoking and drinking then vaping? Both of which are proven to have dangerous and deadly health effects while vaping e juices has not yet been proven to have any? God forbid! BTW, I personally have not met a single seller who promotes or has tried to induce minors to take up vaping. In fact, most go out of their way to protect minors with warning labels and child-resistant packaging.

There is one definite negative aspect about vaping and that is the panic and negative reactions by the public, caused by rumors, innuendos and outright lies about vaping. Its beginning to feel like the Salem witch hunts! It appears to me, and many others, the bottom line is that it all comes down to money. Who has it and who will get to keep it. Its not about public health or safety. That excuse is just the crutch. Vaping is not smoking! There is nothing related to tobacco in vaping products. There are only two things vaping has in common with cigarette smoking. 1.) The vaping juices may contain nicotine. and so do the vegetables we eat. 2.) It is inhaled, and so are asthma and other medicinal inhalers.

Please support HR 2058 to change the "grandfather date" for e cigarette regulation. Do not take away the vaping products that have changed so many lives for the better. Do not put our local, small businesses and shops out of business. Do not force us to accept the inferior, nasty tasting, expensive and already antiquated e-cigarettes being offered by the tobacco manufacturers who could care less if we quit smoking or not, as long as they are the ones making the profit from it. Our current vaping products work! They are saving lives! They are saving money! They are providing incomes for American families. They are what American capitalism and democracy are all about! I beg you, please do not pronounce a death sentence on the millions of people who already have benefited. and those who will benefit, from our current vaping products.

Thank you,

Drew

11/18/2015 4:31:17 AM - peter ouellette

I was a two pack a day smoker when my friend helped me into the vapeing world I tried all the other products out there nothing worked but vapeing if the usa cant help the people by giving them the choice to vape then there not helping the people .and if they want to hep people get off reg smokes they will chose vapeing butit seems that the gov. wants people to die from smokeing and the money they get from BIG pharma and tabacco willhelp ther burden love to all that vape fu to big tabacco and all phara you have it licked you have the fda in your pocket so all I say is fu I thought I was free I guess im not they fda would rather have me inhale smoke then vape FUCK OFF VAPE ON Smokeing Is DEAD and id rather vape then suck in SMOKE

11/18/2015 4:31:08 AM - Jonathan Goyette

I smoked cigarettes for over 15 years starting at age 20. In may of 2013 I purchased my first vaporizer and some basic e-liquids to go with it. The thought of quitting smoking wasn't on my mind at the time but I did so without even planning it. The first time I used my vaporizer was the last time I smoked a cigarette. From that point on my health improved, my clothes and car smelled cleaner, and I saved money. The main benefit of vaping lies in how easily it removes dependence on tobacco. There's a natural tendency for the user to want to reduce nicotine content in their e-liquid. After two years, most of my e-liquids contain little or no nicotine and I no longer worry about leaving the house with some way to get my nicotine fix.

This not only happened to me, but some family members and friends followed the exact same path. In my opinion, this is one of the greatest health benefits of our time.

11/18/2015 4:30:58 AM - William stoops

Hi my name is Will,

I started smoking when I was 18 I figured hey why not, it's what's cool right ? Well i started smoking about 3 - 4 cigarette cigars a day , about 6 months later I was up to smoking half a pack a day. Another couple Months later I found myself smoking a full pack if not more in a single day. Then one morning I woke up in tremendous pain. My sister had to rush me to the hospital I could barely manage to hold myself up. Arrived at the hospital to conclude I had acute pancreatitis. And I didn't drink I didn't do drugs. So it had to be from the cigars. I was there for a week with only liquid To fill me. When I was released I tried to go without one but it was hard so I broke and picked it back up. Next thing I know I'm feeling the same pain again so I stopped smoking those and no switched to Marlboro menthol for quite awhile. Seemed to help I thought. But before long I was smoking a pack and half a day so I told myself there's gotta be a better solution. I tried toothpicks every time I wanted a smoke. It managed for a few days then I broke again. Tried to stop with candy next. Did nothing. Tried to start hitting the gym to break the habit and that's when I realized I couldn't breath as well as I could before I started smoking. Then my buddy who had been vaping for a few months and managed to cut back dramatically on cigarettes to where he can go without a cigarette for days without getting mood swings or a craving for one. So I asked him how he does it and he told me about vaping. So I tried it and boy it blew my in at the plethora of flavors I could choose from and about 3 weeks after I started vaping I started being able to breath better again. I don't wreak of tobacco every time I walk into a store or into a friends house anymore. In fact I've often been complimented on how I smell because the smell my vapor puts out. I've been vaping for over a year and half now and I've been inside shops where cloud competitions were going on and even children inside and I'm talking it was really vaped out like phew you would think you wouldn't be able to breath in there. Well your wrong. No child or adult included is breathing in second hand smoke because most vapers prefer zero nicotine juices and also the vapor that's being breathed out into the air isn't harmful even the littlest bit. And honestly the thought of going back to cigarettes if you guys ban e-cigarettes. Well that thought terrifies me.

11/18/2015 4:30:41 AM - Alysha Allen

I tried a cigarette for the first time when I was 13 years old behind my parents garage. My mom caught me and quit, cold turkey that day. I wish I could say that was the end of my tobacco use, but it was not. When I was in college at 17 one of my friends had a hookah, and I tried it and loved it. When I turned 18 I got my own and fell into the habit of using it every day, sometimes multiple times. I found myself buying cigarettes at work because I wanted to smoke hookah and the rest follows...

I was never a terribly heavy smoker. A pack every two days. Vaping for me was an easy way to stop a habit before it became something I did for 30 years. The fruity flavors appealed to me as a 20 year old who was heavily into hookah and used smoking cigarettes to quench a nicotine addiction which began with a tobacco product being marketed as "water filtered purity". Smoke is what it is and the carcinogens are still present, for the whole hour you spend smoking hookah.

3 years of vaping later it has turned into my life. I now work for a Vape shop, and am able to help people with the transition into vaping. I feel great every day knowing that I help people to improve their life and better their health.

11/18/2015 2:59:55 AM - Malik Hassan

I was a smoker for 25 years and tried numerous times to quit with no success until I found e-cigarettes (I tried nicotine gum, patches, and cold turkey methods). I have been tobacco free for almost 7 years now and have absolutely no desire for a cigarette. My health has improved greatly (I used to get severe colds, bronchitis, or pneumonia every year while I was smoking and was diagnosed with COPD), and my family life has as well. I no longer have to lie and hide from my family to smoke. PLEASE do not put in place any legislation that will effect my current quality of life, and please do not limit us as vapers to only tobacco flavored liquids as I can't even stand the smell of tobacco anymore much less the taste. I use mods and menthol or fruit flavored liquids now. I never went back to smoking or used cigarettes and e-cigarettes at the same time, there was no need to as I no longer had the desire to smoke.

I feel better, smell better, am saving money, and my family is happier... I'd say that's a pretty positive outcome.

11/18/2015 2:59:06 AM - Alan Struck

I am a 62 year old male who has been smoking since the age of 12. I have tried every stop smoking aid available many times in a failed attempt to stop smoking. About a year ago I reluctantly tried an e cigarette. What a new beginning!! Since this time I have completely kicked cigarettes out of my life.My health is greatly improved. I feel better,my smokers cough is a thing of the past and I know that e cigarettes have added time to my life.!!!

11/18/2015 2:58:56 AM - jody

I starded smoking when i turned 18 and i am now nearly 35. I was smoking a pack a day (somewhat of a light smoker you could say). I had quit for a little over a year almost 9 years ago, but picked it back up.

I tried the blue e-pens but were unsuccessful with those. Recently my brother in law told me i should try vaping, since i was flirting around about quiting again. Soo i went with him to our local shop and got set up. I started with a pen style with a tank. I haven had a cigarette or a chew evere since. It has been almost 4 months and i have no desire what so ever to smoke. Case in point my wife asked ifbi wanted on to see what id do, so i did. Literally 2 drags and i told her these taste like crap and threw it, then grabbed my box.

I am now using a box mod with rda and a 3mg nicotine. Soo yeah the stuff really works, its not smoking its vaping there is a clear difference. I urge every smoker to at least try.

11/18/2015 2:58:39 AM - Joe B

I started smoking in middle school. Buying packs of cigarettes during lunch. It was until I was 26 that I started seeing TV ads for e-cigs. I was a 2 pack a day smoker for 6 years at that point and I thought it might be nice to save some money if I could. Before trying e-cigs I had tried using the patch several times and it never helped all that much. So after seeing some TV ads for e-cigs I went online to find all the information I could. I quickly got a cig-a-like e-cig with candy, fruit, and tobacco flavors. I found out very quickly that the candy and fruit flavors were much more appealing and helped me switch to e-cigs. I also found out quickly that the cig-a-like e-cigs didn't give me satisfactory. So I got a ego type e-cig that had a better battery and more power. After I got that and more candy and fruit flavors I never had another cigarette. So I've been smoke free for 3 years now thanks to open vapor products. Without them I would still be smoking. Now when I wake up I am no longer reaching for cigarettes first thing. Also I no longer have a smokers cough. Every morning when I would wake up Id cough up alot of flem and it wasn't pretty. After all this time of being smoke free I can smell ,taste and breath far better then when I was smoking. Not only am I happy I no longer smoke but my family is happy as well. Which brings with it a peace of mind.

11/18/2015 2:38:27 AM - Christine Harvey (laacesa) from Hickory, NC

I was a smoker for 40 yearsâ€¦. starting at age 16. I actually liked smoking although I tried to quit several times over the years. I tried it allâ€¦cold turkey, counseling, hypnosis, nicotine gum, nicotine patches, etc. Nothing ever worked for very long. I would make it a few days, a few weeks, and maybe even a month but the cravings were too much and I would get cranky, depressed, over-eat and gain a ton of weight. In other words, I was miserable! In the end, I would just give up, much to the disappointment of my doctor and even the anger of my family. I couldnâ€™t do it! If I had known about vaping then, I never would have started smoking again. The last time I had attempted to quit was about six years ago.

A year ago, on September 18th, a friend told me about vaping. He showed me his vaporizer pens and box mods, the different juices he had, and how it all worked. He gave me articles to read and video links to watch on the effects, benefits, and concerns of vaping. Before I invested in vaping equipment, I decided to try the electronic cigarettes at the local gas station first. I am sorry to say, they tasted nasty and while advertising that one e-cig would last 2-3 days, it didnâ€™t even last half a day! That was $10 wasted for just one e-cig! I would rather continue smoking my regular cigarettes before I turn to smoking those!

So my friend set me up with a refillable, rechargeable, electronic vaping pen and some juice. At the time, I still had 2 and a half packs of analog cigarettes left. I decided that I would finish them before I tried vaping exclusively. I did finish the half pack, but I actually found myself often sneaking hits from my vaping pen! So on September 22nd, I smoked my last cigarette and I havenâ€™t looked back since. A year later, I still have the remaining two packs of cigarettes sitting in my freezer. I never bothered to smoke them. Why didnâ€™t I get rid of them? Because every time I see them, it is a reminder to me and it makes me smile that I donâ€™t miss them and I am not tempted one bit!

(Thank you Mike for introducing me to vaping!!!! I now try to do the same for others.)

Before I began vaping, I did not realize how muted my sense of taste was. Nor did I realize how shallow my breathing had become. When I bought my first box mod, I was only able to hit between 5 to 10 watts and even that would make me choke and gasp for air. After a few weeks, my comfort level rose to 30 watts and now I usually go between 30 to 50 watts depending on the mod. What a difference! Within a month of vaping, I noticed that my need for nicotine was steadily dropping and I was using less and less of my nicotine juices or diluting them down to almost nothing. Within three months, I stopped using any nicotine at all! I have found that many of my fellow vapers have also significantly cut down or eliminated the need for nicotine altogether. Because cancer runs in my family, my doctor is ecstatic that I have quit smoking and in the improvement in my health. My lungs are clear again. I breathe easier and I donâ€™t get sick nearly as

often. My family is happy that they no longer have to tolerate breathing second-hand smoke, burn-holes in the furniture, the house always smelling like a nasty burnt ashtray, or the tons of money wasted on cigarettes each month. I truly believe vaping has drastically changed my life for the better.

Additional and unexpected benefits from vaping: Because of all the fantastic juice flavors currently available, I have finally begun to get control of my diabetes and lose weight too! Being able to vape on my favorite flavors of desserts, candies, cereals, and fruits has lessened my sweet tooth. Since I began vaping, my blood sugar has remained stable and my weight have gone down because I am vaping my favorite foods instead of eating them. I once weighed 333 lbs. I now weigh 210 lbs! Again, my doctor is thrilled and so am I. Vaping has become invaluable and life-saving tool for my health in more ways than one!!!

I have not found or read about any actual ill effects from vaping yet. However, I can list a whole slew of benefits from vaping for me: less monthly expenses, improvement in general health, improved breathing, cleared lungs, reduced risk of lung and throat cancer, stabilized blood sugar, reduction in weight, no second-hand smoke, and a much happier relationship with my family overall, just to name a few. Any possible negative effect that might be discovered in the future cannot compare to the benefits of vaping and the negative effects it has eliminated from my life. PLEASE DO NOT DENY US THIS ALTERNATIVE TO SMOKING! Analog cigarettes are proven dangerous, with no benefits, and yet they remain legal. They contain not only nicotine but tar and up to four thousand other chemicals that we donâ€™t even know about. Nor are we able to regulate the amount of nicotine in those cigarettes. They cause cancer and death to thousands of people every day but they remain on the market and perfectly legal everywhere you turn. WHY?!!! Why is there such a furor over eliminating vaping, which has not been proven to be harmful and has actually helped save thousands of lives by providing an alternative to harmful and deadly cigarettes? It just doesnâ€™t make any sense. Or is it that the FDA, politicians, lobbyists, and the tobacco companies do not care about our health at all but instead care about the almighty dollar only? I personally will not be voting for or supporting any politician or company that doesnâ€™t support electronic vaping as an alternative to smoking, and proves it not just in words but their actions.

Cigarettes were destroying my life. Vaping helped save it again!

11/18/2015 2:37:52 AM - janie simmang

10 years ago Ihad smoked for45 yearsand could not stop. with the invention of e cigarettes I stopped smoking in one day. when I smoked a cigarette, itcaused my heartto hurt thinking a heart attack was immenant. because of e cigarettes I feel my life was saved and I no longer have problems with my heart. I had previously tried chantix,patches multiple times and they didn't work for me. thank you for listening.

11/18/2015 2:37:31 AM - Robert Duncan

I have been a pack & half a smoker for 20 years and i discovered vaping through a friend at work. That was back in summertime of last year. I started off with a small pen vape and it was working,i couldnt believe it. Finally, i have found something that truly was satisfying that craving. I moved up to a box mod and into sub-ohming in May of this year and it is the best i have dropped my nicotine level down to 3mg. I havent had or craved a cigarette in over a year and it would break my heart if i wasnt able to vape.

11/18/2015 2:37:21 AM - Anne

I smoked 3 packs of cigarettes for 40 years. I have COPD from smoking. I was not smarter than a cigarette. My Lung DR. told me to try to quit with an e-cig, after failing at every stop smoking device, as Wellbrutron, Chantix, Counseling, Support Groups etc. I had no will power.

I smoked less and less every day having a e-cig. I started on a small pen style, and today have a mod. I totally quit cigarettes 4 months after getting my first e-cig. It took awhile to get over the habits you form with cigarettes. Today I am 5 1/2 years stopped smoking, and vape zero nicotine with an e-cig.

My entire family were smokers. 4 brothers and sisters and all of our kids. We decided to open a shop to help other people. We had them sign the wall when they were tobacco free. We have helped hundreds of people in our 5 years in business with 5 stores. We have signatures to prove it. Most of our customers we know by name, and have formed relationships with. Most of our Dr.'s send people here. It has been a godsend for this community.

At a time when we were in a bad housing crunch and high unemployment, I feel we were a big help to our small town communities. We employ 19 people, and helped countless customers save enough money to spend in other stores locally. Our restaurants don't mind the considerate vaper. We spend time in our community and educate the high school leaders.

We card, and no one under 18 purchases. We have employees, (over 18) who never smoked, and their passion to sell this comes from having a parent stop smoking. Despite all the fruity flavors in our store, and the availability to purchase, they have not started smoking or done more than sample a vape.

Families and friend get together's has everyone who smoked now vape. It's a proud thing to know these people will not have to go through their golden years with COPD from smoking as I have done.

I have seen every age group be able to quit, I have seen every scenario who needs to quit, from surgery to just wanting to quit. I have seen people go back to smoking and come in to try a e-cig again and succeed the second time. I have seen a PG intolerance, succeed on VG mixture. I have seen cheap knock off products turn into quality products on the e-cig market. In 5 years, I have seen it all.

It is so important to not let Big tobacco win this fight. They had control of my life for so long. I am helping people get their freedom from cigarettes. I have children come in a thank me that mama doesn't smell bad anymore.

It's important to know that this can't just go away or regulated from people who never smoked. Spend time in a store, listen to these people. We are real people who beat the biggest elephant in our lives (an addiction).

11/18/2015 2:36:21 AM - John Scafidi, Freehold,NJ

I was smoking Newports for over 17 years. I was smoking over 2 packs a day and in terms of money that's $20 a day. I tried everything to quit smoking, from pills to patches, even that nasty gum. the pills made me have the horrific dreams and feeling of depression, the patches didn't even work for me at all, and the gum was just nasty. when I came across E-cigs it was 2009, they were really new and cost a small fortune but I needed to try them. So I ordered one from a company called Smoke 51. it looked just like a real cig and it cost $149.99. it was ok and it made me cut down on cigs but it wasn't enough and the price of the cartridges was almost as bad as the real thing so I stopped using it. about 2 years later I saw someone with a vape pen and the amount of vapor coming out was 10 times what that little ciggalike I bought produced, and the real kicker was the price $30. you could buy a bottle of juice and fill up your tank when it was empty instead of going to the company that you purchased it from website to buy refills. we were no longer stuck with one company to get what we needed, and stuff was really cheaper. Now where I was paying over $140 a week for real cigs, I was paying maybe $40 a week for my vape pen. After using that for awhile I saw new products coming out and I bought an IPV 3 and a tank that I could build the coils for. Now, after buying enough wire and cotton to last a year, I get a 240ml bottle Texas Rebel for $45 every month. So from $600 a month to $50 a month. Since I started using E-cigs I have noticed I can breathe a lot better, I'm not waking up in the middle of the night choking and I don't always smell like smoke where ever I go. E-cigs have not only saved my life but have made it possible for me to save a lot of money. I know that people that are against E-cigs are always talking about how kids are using them, and I don't know about you but I started smoking real cigs when I was 13 and a lot of people I know started when they were not old enough to buy them as well. if kids want something they find a way to get it. it doesn't matter if its E-cigs or real cigs or alcohol. ask yourself what the healthier option is and if (god forbid) your kids started smoking, wouldn't you hop[e there was a better option out there.

11/18/2015 2:35:57 AM - Rob Gibson

I started smoking when I was 18 a few smokes a day, joined the military and when I was deployed to Iraq from 2007-2009 I was upto two packs of cigarettes a day. When I was deployed I tried Wellbutrin prescribed by the army to quit smoking. Came back to the US and smoked 1 pack a day. I did the patches thru work and they worked for a little bit then I went back to a pack a day. I Found out about vaping from a coworker in 2011 and have been cigarette free since 2011. I started at 16 mg of nicotine in my juices now I'm down to about 3mg and hoping to be nicotine free by January 2016. I have less coughing much less stains and gunk on my teeth according to my dentist and myself. My primary care physician states I am in much better health overall lung capacity has risen significantly since I have started vaping.

11/18/2015 2:35:44 AM - Salazar

I have been smoking ecigs for the past 6 months and before that i was smoking regular cigarettes everyday for 2 years, and waking up everyday with a sore throat, and no sense of smell drove me to ecigs. A cleaner, tastier, and better smelling BY FAR way to enjoy cigarettes. If you get rid of ecigs, you're getting rid of alternatives, and the future of smokeless tobacco. VAPING.

11/17/2015 1:16:04 PM - Kathy Linday

I started smoking through peer pressure at 13 years old. I continued until 2+ years ago and I am 68 years old, that was 55 years of poisoning myself. I have tried the patch, gum, medication and cold turkey. To no avail. I was given ecigs by my son in law who has tried valiantly to help friends and family to quit smoking. I had a serious surgery done and made a promise to God if I could walk, I'd never smoke again. I had my last cigarette October 12, 2013. I struggled 4 hellish months cold turkey. I had given away my vape kit to a friend, who had successfully quit. I was desperate and bought another kit. After I started vaping, I still had cravings. Some days were tougher than others but the vaping with nicotine helped quell those cravings. I now vape occassionally at 0 nicotine. I haven't had the need to pick up a cigarette after 21 months. I'm so grateful to my son in law for introducing me to ecigarettes. I believe I would have started back with tobacco had I not had this alterative at a cost I could afford. A starter kit with one bottle of eliquid cost me less than a carton of cigarettes. That lasted a week, which is what I usually spent on tobacco cigarettes already. After the initial expense, I vaped for about $8 a week. That is less than any other form of alternatives. Please don't make it too expensive or difficult for people to quit smoking through this product. I trust the producer of the liquid I use. It's made and packaged in a clean inviroment, always put in new containers and has saftey caps on the bottles. He knows what kind of things can harm us from vaping the liquid. He stays abreast with the trends without putting anything harmful in his juices. Two years and one month isn't a very long time. But it is lobg enough to say...I'm tobacco free for that time. That is something I never thought i could or would say. Thanks to electronic cigarettes.

11/17/2015 1:15:47 PM - Dave and shannon

My wife and were celebrating New Year's Eve 2015 at the casino, for the 3rd year in a row it was supposed to be our last night smoking cigarettes. This time was different. A guy next to us was vaping and actually owned a vape shop. We talked for a while and went to see him the following Monday. His goal was not just to make money off us. He spent time making sure he got us set up with devices and juices that would keep us off cigarettes and my wife and I have not had a cigarette since. Vaping was the only alternative that worked for us. We had tried patches, gum and failed every time. If it weren't for the vape industry we would still be smoking. I am happy to say I can't stand the smell of cigarettes, I have never felt better and that one night definitely prolonged our lives.

We have slowly upgraded our devices and have gone down in nicotine levels.

11/17/2015 1:15:37 PM - Jonathan Matthews

I thought I would never quit smoking. I had smoked 2 packs of cigarettes a day for nearly 23 years when I decided to try vaping. I had tried gums, patches, lozenges, cold turkey...nothing worked for me. I was at a point where I was using an albuterol inhaler several times a day in addition to a steroid inhaler at night to help with my constant cough as a result of chronic bronchitis. On February 13th, 2015 I purchased my first vaping device. I had a half of a pack of cigarettes still in my pocket. I first took a drag off of my vape at 2:30pm. At the end of that day, I still had my half pack of cigarettes. I started off at 24mg of nicotine and as of this writing, (November) I am down to 0-3mg of nicotine and haven't touched a cigarette since that day in February. I am able to be around smokers and have absolutely no desire to smoke thanks to vaping. I am off of both of my inhalers and can BREATHE AGAIN! My quality of life has greatly improved and I have vaping to thank for it. In addition, my wife (who also quit smoking through vaping) and I have met some of the kindest people through the vaping industry. Shop owners, juice makers, and just vapers, a great community of people that I would hate to see torn apart as a result of the looming "regulations". At 40 years old, my quality of life is better than it has been in many many years. To top it off, my blood pressure is normal for the first time in many years as well! Thank you vaping!

11/17/2015 1:15:23 PM - TheMadModder

Well, I started smoking cigarettes when I was 14. I knew that it wasn't healthy for me yet I did it to assist with my stress. I started using a disposable E-Hookah, then I moved to a variable wattage ecig. I used 15 MG of nicotine for the juice in the ecig. Then I moved to a mod. I use 3mg of nicotine in it and have completely stopped smoking.

11/17/2015 1:15:10 PM - DerpDerpDoo

I don't smoke but I love the vape community and everyone in it vape helps so much people and let's people make new friends I just think it's awesome vape on!

11/13/2015 9:43:51 PM - DerpDerpDoo

I don't smoke but I love the vape community and everyone in it vape helps so much people and let's people make new friends I just think it's awesome vape on!

11/17/2015 1:14:50 PM - Connor Schell

Hello im connor Schell from spokane, Washington. Let me tell you a story about a little boy who was very, very sick. His parents both used cigarettes and other tabacco products, and it almost killed him. They smoked in the house because everyone did at this time, put that little boy in the hospital and nearly tore a fesh new life from this world. That little boy is me, i picked up smoking like all the other kids did, wrong crowd at the wrong time. Smoked for 5 year, gave me hiuge breathing problems and not to mention the days id go hungry so i could have a cigarette. But then i tried a thing, i saved up my money and my brother helped me a little too! Bought my first E-cigarette! It helped me quit, i cut my nicotine down to almost nothing, not to mention noney waa no longer an issue because of hoe cheap the vape is! I breath, i run, i work out and dont feel like im dying inside. So please, dont so this. It saved my life .

11/17/2015 1:14:24 PM - Ronald David Sadler

I David Sadler live in Ashland Ky. I started smoking when I was 50 years old. My sons both of age to smoke between the 3 of us we was smoking 5 to 6 packs a day . But with them smoking that first smell of a cigarette got me smoking all so . After a little longer than a year we found out about Ecigs. So we went and bought 3 tube mods and was using 18mg nicotine as time past we are now using 3mg nicotine. Thank goodness we started using Ecigs along with some other family members and friends. After getting my smell back I had to paint the ceilings and scrub the walls and wash all of our clothes. We now use box mods at about 38 watts 0.7ohms . I come to you today to support and co-sponsor the HR2058 Bill . Done to vaping now we my family can breathe better can taste things. Now thanks to vaping it has got us away from cigarettes which we all know the dangers of cigarettes. I look forward to your response on this issue along with all fellow members of CASAA . Sincerely. David Sadler

11/17/2015 1:14:10 PM - Clinton Hoag

Hello Everyone,

At the age of 14 years old I began smoking. For 30 years I continued to smoke with no end in site. I have seen up close the effects of cigarette smoking Close up

when Both of my parents as soon as they retired witch were supposed to be their best years were imediately diagnosed with varying types of cancer "My Mother" Lung cancer, "My Father"

Bladder cancer. With all the normal avenues tried chemo, radiation they both did go into remission. My father had organs removed and now urinates into a bag on his side, and my mother still gets chemo

every 2 weeks and Is permanently on Oxygen. I finally started trying through 1-800-NO BUTTS and with the help of my doctor to find a cessation product to stop

smoking. Firstly I tried patches and all they did was help me smoke right along with them on, oh and by the way I was living in a smoke free house. Then "Chantix" My insurance wouldn't pay for so $900.00 at the time

kind of helped me cut back but I had horrible side effects, I was alergic to the chemicals in the medication. All hope was lost, the general self loathing and depression that followed was shall I say taking me down a road I couldn't return from.

Then I found a website that claimed vapor was a cessation for quitting and healthier. That site was crap but It did get me started down a healthier road That would lead to finally quitting.

I seriously began vaping 21/2 years plus ago and to this day have never looked back It got me off cigarettes In "2" yes 2 days starting at 24 mg of nicotine. Flavoring did help To make the swap easier.I still vape on a daily basis, However,

My current nicotine level is either 12 mg or as low as 6mg depending on my day. My doctor and I did a full workup after 1 year of only vaping and to our surprise, from the verge of heart disaese

and possibly heart atack had changed to lower cholesterol,Loss of weight, and No more high blood pressure. To top It off no more coughing and asthyma. Most I atribute to vaping. In a nutshell after my long and involved story The Message Is clear.

Regardless of how I got here and if there are health issues down the road we don't know about at this time, "NOTHING IS WORSE THAN SMOKING CIGARETTES"!!!! and VAPING SAVED MY LIFE. Any Queastions feel free to e mail me and I will be happy to talk to you.

Clinton

11/17/2015 1:13:42 PM - Brian Goble

I have smoked for 20 years. I have as you may call an addictive personality. I've Been addicted from drugs and alcohol right up to smoking. The first part was a hell of a fight, as you could probably tell. Once that fight was over the only thing left hindering my life was smoking. I've tried gum, the lozenges, and even patches. You name it. I've tried it. I then tried the e-cig, that you would purchase in any local gas station with little to no success. It wasn't until about 3 months ago when I visited a local Vape Shop. Where I learned soo much more about it. I purchased a regulated device with a sub-ohm tank. (Fairly newest technology.) It was about two weeks at 6mg nicotine before I quit entirely. It was I'd say a month before the 6mg nicotine was too heavy and had no choice but to reduce to 3mg of nicotine. I can't speak for the future. However I see myself already getting ready to drop to a lower nicotine. I hear how it may not be safer and that the flavors target children. I don't get that. It's Like saying that adults don't like flavor? I also have a daughter, and if she was going to pick up some kind of tobacco product and I could do absolutely nothing about it. I would absolutely want her to have a choice in the matter and I would hope she made the right the decision based on how I feel today completely smoke free, and choose vaping. I no longer have extreme shortness of breath, I don't wheeze at night while laying down, I snore less while sleeping, and most importantly I don't smell Like an ASHTRAY. I can't speak for everybody, but for me I feel I made the best choice. I hope that you guys strongly consider these letters and think about life not our pockets. Thank you for your time in this matter, I know you'll do the right thing.

11/17/2015 1:13:31 PM - Rhonda Dorshimer

I started smoking when I was 15 yes old and my doctor told me that I needed to stop smoking cigarettes a year ago because my white blood cells were high in my lungs and if I didn't stop it would turn into cancer so I gave up cigarettes and started using a vapor. I tried to quit several time with chantix 3 different times. didn't happen I used the ecig when they first came out anyway it's been 1year an not one cigarette .I started at 6mg nicotine and now I am 3mg . Was at my doctor appointment today and told me he would rather have me using a vapor then smoke cigarettes he said vapors only have nicotine and not all of that other garbage.

11/17/2015 1:13:21 PM - kenny

I quit tobacco cigarettes 5 years ago by switching to e-cigs. I had smoked for 50 years and had tried to quit numerous times with very little success. I tried to quit using nicotine patches and gum--- these are sold over the counter everywhere and do not give any satisfaction-- the gum tastes like an old cigarette butt and causes your throat to feel like it is going to close off and choke you-- I have tried sunflower seeds-- some say it is a good method-- this only made me want to smoke more-- COLD TURKEY ??? Good luck!! . when I started using e-cigs it was a smooth transition because it is so similar to smoking. e-cigs don't have a hot glowing coal on the end just waiting to burn anything that it touches-- forest fires are started every year from accidental dropping or intentional discarding of the super hot coal from a tobacco cigarette, not to mention burn holes in your new clothes, or your expensive car seats, even ashes EVERYWHERE!!. there is no second hand smoke stinking up where ever you are, even outdoors. people who ride in my car with me can't even smell e-cigs when I take a puff, impossible to say that about tobacco cigarettes. when you take a single puff off of a tobacco cigarette and exhale into a napkin there is an alarming amount of tar that is left on the napkin--- just 1 single puff! when you take a puff from an e-cig there is not a sign of tar residue even if you blow every puff you take ALL DAY LONG into the napkin-- not one sign of the tar after 20-30-or100 puffs!!!! THAT SHOULD BE THE BIGGEST REASON for using them, no cancer causing tar!! They always say make a better mouse trap (e-cigs) and people will beat a path to your door, true, no one said it would be all the people from the FDA doing the path beating! finally find a way to quit the tobacco cigarettes and the FDA tries to ban them-- WHAT IS WRONG WITH THIS PICTURE????? Probably getting big money from tobacco companies to cause problems for e-cig users and companies-- no doubt!!!!!!!!!! ********** Kenny, from Northern California

11/17/2015 1:13:06 PM - Chris

I've been smoking for 36 years.I tried many times to quit and I failed.I picked up a nice tank some e-juice and a small mod...I havent touched a cigarette in 7 months.Since i have quit x-rays have shown my lungs are clearing up and my health is improving.I started at 24 mg. nicotine and im steadily lowering it...Im now at 12mg. with 1 tank and 3 mg with my other tank.Vaping has been one of my best choices I made.

11/17/2015 1:12:47 PM - Rochelle

I have been vaping for 4 months. With the help of E ciggs I have quit smoking cigarettes. With the different flavors and levels of nicotine I was able to lower my nicotine level to that of less than a cigarette a day and am still lowering my level, I also no longer have the taste for tabacco and am not putting a quarter of the harmful toxins in my body that I was with normal cigarettes. Using a mod allows me to adjust the vapor level and find the level that works for me. I was a smoker for 18 years and have tried other methods to quit like patches, nicotine gum, lozenges and couseling with no success, E ciggs have helped me immensely.

11/17/2015 1:12:03 PM - Alex Nettles

I never thought that I would be a smoker. I hated the way that they made people smell, and it just seemed so unnecessary. After 17 years of not having a cigarette, I tried them as a high-school senior because almost all of my friends were smokers. I was instantly hooked. In small town Mississippi, though I was underage it was easy to purchase them myself. So began a long-time addiction. When I attended college, drinking and smoking cigarettes were the things to do. Alcoholism took hold of me for several years, but I was able to overcome that with help from others. Cigarettes; however, continued into my late twenties. I tried numerous times, and all different methods to quit, and was never successful. I tried Chantix, nicotine gum, and I even went cold turkey for the better part of a day. It baffled me how I was able still go to bars, parties, and football games, and resist the urge drink, and yet I couldn't go more than thirty minutes or an hour without a cigarette.

I had been introduced to electronic cigarettes by a coworker, and at the time they were very expensive. As soon as the price dropped, and they were available in local gas stations, I finally had one. I loved it, as I was able to go longer between cigarettes, but I was still unable to quit them completely.

After an AA meeting one fateful day, a woman who had seen me with my e-cigs, but still smoking cigarettes as well, came up to me and introduced herself. Then she introduced me to her "mod", as she called it. This silver tube was very intriguing. I was in awe. I flew home, and after watching YouTube, and scanning eBay for literally about 8 hours, I had my first real "vape" on the way. I wasn't able to quit cold turkey, but after a few days, I had one cigarette left. Thanks to vaping, almost three years later I still have that same single cigarette.

No longer do I have to worry about having to quit, deal with the anxiety of "Will I have enough money for cigarettes this month?", or hear about my bad health from my doctor. He and my dentist both praise the fact that I was able to stop, and I'm so thankful that after more than ten years of smoking, I'm 30 years old and tobacco-free. I use a mod with a rebuildable atomizer, and due to the vast selection of great flavors that are available, today I get complimented on how good I smell, rather than hating how awful my own car, my own apartment, and my own person smells. I am an avid runner, once again. I can enjoy skateboarding again, and I can live again.

11/17/2015 1:11:31 PM - Dylan Arndt

I started smoking when I was 18. I was young and stupid and it was purely an attempt on my part to seem 'more cool' to the guys I worked with. I, like everyone else, thought I knew everything at that point in my life and I was absolutely convinced that I could quit whenever I wanted to. Well, 10 years later I was still smoking.

The first time I tried to quit using e-cigarettes was in 2008, shortly after the industry had been born. I bought a starter kit from a company called 21 Century Smoking. It was a cigalike and after using it for 2 weeks (along with still smoking traditional cigarettes), I put it down. I felt that it was a good idea, but the technology at that point just couldn't provide enough of a satisfying experience to get me off of cigarettes. The thing I didn't realize however was how fast the industry was moving until last year, when I decided to try it again.

The week of thanksgiving 2014 I decided I had to do something. My smoker's cough had reached an all time high, my stamina was at an all time low, at times it was becoming difficult to breathe, and my lungs were beginning to ache more than just periodically. I remembered that old e-cig that I had but it had long since been lost, so I went online and started researching. A day or two later I had decided to give it another shot and ordered a Triton starter kit from a company called Halo.

December 1st, 2014 I received my Halo Triton kit in the mail right before I left for work. I was amazed at how far the experience had come. I took my cigarettes to work with me just in case, but the experience was close enough to smoking that I didn't have a single one. The next day I felt confidant enough that this was going to work that I threw away the rest of the pack.

I haven't had a single traditional cigarette since, and have continued lowering the amount of nicotine I vape from 18mg/ml when I started all the way down to 3 mg/ml now. I feel better than I have in 10 years. My cough is completely gone, the aching lungs are completely gone, my stamina is up, I don't get tired as fast, my life is completely changed. Vaping saved my life and I believe it is the single most important health related technological discovery of our time. Vaping IS the way to save hundreds of millions of lives, and my hope is that every single smoker out there discovers it.

Thank you CASAA and thank you vaping community and industry for all that you do!

11/17/2015 1:10:58 PM - Amanda Baker

My name is Amanda Baker and I was a cigarette smoker for 6 years. I started at the age of 14, and if I'm being perfectly honest, I started smoking to fit in. I always felt like an outcast and smoking cigarettes gave me something to relate with a crowd of people about. All of my family smokes cigarettes as well, so its something that seemed normal to me. I found my lung capacity going down, I hated the stench, but I was completely hooked and couldn't put them down. I tried quitting a few times, I couldn't use alternate methods because I was underage. I met my current boyfriend, a vaper, when I was 20, and in a matter of months he converted me to using mods. I started with using mods and smoking cigarretes, and I slowly cut the cigarettes out of my daily routine. I found vaping to be a less expensive and healthier alternative to smoking cigarettes. It took a little while, but I found my lung capacity coming back. Little things like walking up flights of stairs and running short distances no longer left me winded. Mods taste better, smelled better, and even still gave me an entire community of other mod users to associate with. Its been a little over a year since I quit smoking cigarettes and I will NEVER smoke another cigarette again.

11/17/2015 1:10:47 PM - Mason Olds

I smoked for 5 years, was starting to get some negative side effects like coughing and having poor cardio. Decided to try out vaping. At first it helped just a little but I would still smoke a cigarette hear and their. Once the technology for vaporizers improved I bought my very first mod, and provari v2.5. Since that purchase I no longer touch tobacco and have been tobacco free for 3 years all Tha KS to vaping. If it weren't for mods (personal vaporizer) ide still my choking along on cigarettes. Vsoing has not only improved my health and well-being but the health and well-being of my loved ones around me. Banning mods/personal vaporizers would only be hurting the health of the American people. Please help us stand for our right for personal vaporizers and the option to not use tobacco and it's horrid side effects. I

11/17/2015 1:10:35 PM - Christina Gann

I started using ecigarettes in 2009 back before shops were even around in the states. I had tried everything to quit before trying e cigarettes; nothing worked. I would still have cravings and would ALWAYS go back to smoking. In 2009 You had to buy everything online and all that was available were the one's that looked like traditional cigarettes with cartridges that you could refill. There was only chinese made liquid. It was a difficult time in vaping. If you ran out of anything or if your package got lost you are out of luck. So I gave it a try for about 9 months however I became unsuccessful because the products we're not powerful enough to satisfy our craving. The first generation ecigarettes we're just not enough to get me to quit smoking. Fast forward 6 months later It is 2010 and ego style devices had just become available and vape shops are starting to open up in the states. I decided to give it one last try. So I went to a Vape shop (not to be confused with a smoke shop they ARE NOT THE SAME) and purchased this new second generation of e-cigarettes. This new generation offered a better alternative than the previous generation. US made eliquid was becoming available and they tasted better and had more flavor options than ever before. Flavor options are a huge reason why smokers are able to be successful with switching over soley to the safer alternative of e ciggarettes. With the variety of flavors and the power of these new devices I was able to finally quit smoking for good. I have never looked back since and I have never felt better health wise. I started off vaping 18 milligram of nicotine and have now gone down to 6 milligrams of nicotine. I have advanced on the devices that I use. I no longer use the ego style devices, instead I used even higher powered devices and have been on these higher powered devices since they became available about 2 years ago. That is why product variety is very important to a e-cigarette users journey of quitting, device variety and choice gives an e-cigarette user the ability to choose which device works best for them. Before I quit smoking using e-cigarettes I had a smoker's cough and I could not laugh without coughing. I had trouble taking the stairs because I would get winded. I am certain that if I would have continued to smoke I would have ended up with severe lung disease. Since I have been using e-cigarette my lungs feel better, I can breathe easier and I don't get sick as often if at all from lung infections. I used to get bronchitis at least 3x a year and now I have not had bronchitis in at least four years. These products are life changing and should be allowed to be on the market. For people that cannot quit smoking they are life saving. I know for a fact that if I had never switched to e cigarettes I would have never quit smoking. Now to move on to a more financial gain of this industry. There are over 9 million people who vape in the United States. This product unlike cigarettes is a safer alternative and will not kill its consumer. This new industry has generated billions of dollars for our economy it would be a bad financial decision to eliminate this market. Why would you choose to allow a product to stay on the market that kills people like cigarettes but get rid of a product that does not kill its consumer but generates a good amount of money for the economy. I urge the US government to look at this from a from a financial standpoint as well as a

public health standpoint. On both of those subjects e-cigarettes are the clear winning product. These products have helped so many people quit, have helped generate jobs, and stimulated our economic growth in this country. It is clear that these products ecigarettes need to remain in the US.

11/17/2015 1:10:15 PM - Lukas

I smoke for about 3 years on and off. In order to get off of the cigarettes I dripped 12 mg nicotine, which was quite intense. It worked though! I have recently gone done to 3 mg nic and will continue to do so until there is no more.

The most important change for me going from smoking to vaping was how my lungs felt walking up and down stairs. I can now do so breathing all the way in and out, while

smoking cigarettes my breaths would be cut short.

Oh, and don't forget that no one can taste anything when they smoke cigarettes. It completely kills your sense of taste. I actually put on a few pounds but it is certainly healthier than the long term negatively side effects of smoking cigarettes.

-Lukas

11/17/2015 1:10:05 PM - Makayla Latham

Hi...my name is Makayla Latham...I dont remember when the first time i had a drag of a cigarette...however i do remember my brother and i was in our Mother's cigarettes and she made us both smoke an entire pack back to back...my brother gagged and threw up...i was a trooper and smoked them all...I began smoking cigarettes full time at the age of 11...I had smoked cigarettes for 41 years i was at 2 packs of full flavor 100's per day...and i smoked everyone of them down to the filter....My service dog Gizmo Bailey absolutely hated cigarettes...I would pick up the pack and he immediately left my lap...however i was dabling with e-cigs here and there and when i vaped he loved it...he would remain in my lap...however September 13,2014 i took him to be groomed and long story short he passed September 14,2014...I picked up my cigarette smoking horrendously...when he took his last breath i died inside...then May 10,2015 ...I since have gotten 2 more service dogs...Nevaeh Gabriella Faith and Preston Bailey Chance...i was sitting here thinking of Gizmo...as he never leaves my mind and i looked at Nevaeh and Preston and thought what am i doing....so at 8:58 pm i decided I no longer wanted to be a cigarette smoker...i have used patches...tried nicorrette gum...chantix ...vuse...blue ecig...all to fail...May 11,2015 i began vaping...yes i did have few setbacks but am now full time vaper....NOT CIGARETTE SMOKER!! VAPING HAS SAVED MY LIFE AND THE LIFE OF OTHERS AROUND ME AND MY TWO FURBABES!!!!!!!! my lungs have been damaged from cigarettes...i have COPD...emphysemia...as well as asthma....i am on oxygen at night when i sleep...since becoming a vaper...i can breathe better...can walk little further...can taste...can smell now again and its not that horrid cigarette smoke....my blood pressure was high and i was on medications for that as well....my blood pressure has now lowered and my blood pressure meds have been cut in half...my coloring appears better.....my Dr is 100% behind my vaping...and told me he doesnt care how many times i use my vape as long as i dont light up one more cigarette....and I WONT...i have also lost weight...i now can vape and vape different flavors other than the flavor of the killer sticks i was inhaling most of my life...were it not for the options of the flavors i do not know what would have happened...CIGARETTES no longer control and destroy my life...VAPING HAS SAVED MY LIFE and i am grateful

11/17/2015 1:08:39 PM - Karen Keefe

I have been vaping for over 2 years now. I am a former smoker with COPD. It's the only way I was able to put down cigarettes after many attempts with patches and pharmaceutical medicine.

Please protect our right to Vape!

11/17/2015 1:08:28 PM - Erik

I am 43 and started smoking at the age of 13. I loved smoking because it relieved the stress of the day. I have tried everything to quit traditional cigarettes. Chantix, Wellbutrin, the patch, gum, snus and some nicotine delivery systems prescribed from a doctor. Nothing worked.

One day a buddy suggested I try and electronic cigarette and I immediately knew this would be my way out. I have successfully been off traditional tobacco cigarettes for more then 3+ years now and I have never felt better. I have more energy, can taste foods better and can keep up with my 2 little boys that have endless energy.

My doctor told me about 6-7 years ago that I was on a path to COPD. I am happy to say that I don't have it and tests have shown normal clear lung activity. I would be heartbroken if I didn't one have an option to choose how I get my nicotine and 2 not be able to practice a hobby I have grown to love.

11/17/2015 1:08:15 PM - Ruth Keys

I started smoking when I was 19 years old the only time I didn't smoke is when I was pregnant ,tried acupuncture but you have to be ready to stop smoking and I was not.My dad has emphysema from smoking for years(he smoked 2 packs a day for 40 years) and I don't want to put my body thru that so I was lookingp for a way to get away from smoking. My sister starting vaping and she told me about it plus I did some research on it, them I found out we had a vape store that just opened how perfect was that. I went to our vape store and they got me started on the level of nicotine I needed and as of March 2013 I have been cigarette free and as of December 2014 like have been nicotine free. Never felt better, I sleep better,smell better,breath and taste buPRAY: God, thank you for being present in my life. Help me to open up my eyes to see that you are the source of all good things and that you bring favor into my life everyday. In Jesusâ€™ Name. Amen.ds a hole lot better. The vaping was easier because they have so many amazing variety flavors and several levels of nicotine to fit anyone plus it is cheaper and healthier. And I like the fact it had 4 ingredients in it and I knew what they were. So yes I am all for the vaping it did make me a non smoker. Thank you and I personally will keep being a advocate for vaping because I believe it works....

11/17/2015 1:08:05 PM - Garnett Gerlt

I have been vaping for 2 years straight now and it is the only thing that could get me off cigarettes. I use various mechanical and V/W devices including rda's and rta's. I started vapaing with ego style devices and 24mg tobacco flavored juices, and i have lowered my nicotine levels gradually and now I prefer 6mg fruit and dessert flavored juices as i now have gained my ability to smell and taste again. I've tried to quit various times with several products including chantix to no avail. I smoked 2 packs a day for 28 years. I personally feel better physically, mentally and have twice the energy and endurance than before with cigarettes. I fully believe my lungs have tripled in my ability to breath. My doctor stated that my breathing has improved drastically! I personally feel the attack on the vaping community to be a monetary (not health) issue with greed at its basis. If a product helps me to quit smoking and makes me feel better, what is the problem with that. I believe my health has improved so much that I have finally convinced my wife to switch and she is reporting the same findings. Science is also stating that its a healthier alternative. So why should I have to defend a healthier life style against anyone much less my own government. Maybe its time for a change fda, big tobacco, pharmaceutical and medical industries! I'll be the judge of what is right for me. I choose not to smoke cigarettes!

11/17/2015 1:07:52 PM - Kevin Cinar

I started smoking when I was 16 years old. I used to make about a pack and a half of Marlboro lights. I smoked till i was 33 years old and had already seen the negative effects of smoking. I tried to quit with gums and patches and after a month or two I would relapse. None of those nicotine replacements worked so i went back to smoking. I was introduced an electronic cigarettes (cigarette like) about 4 years ago. In the beginning I was very skeptical because of few hardware options in the market and with limited flavors it made it very hard to let go off of the cigarettes first but once I was able to find the right flavor i was able to quit. I really believe that having had varieties of flavors helped me more than just few that was introduced to me in the beginning and of course once i had gained my taste buds i was able enjoy them more and never had to think about that nasty cigarette taste. i like that now we are being offered different flavors. I like that i have the freedom to chose and pick. If I had only few to chose from I know for fact it would eventually fall back again which i wouldn't want that in a million years. I like that now we have newly innovated devices out that that actually fits perfectly to our vaping needs. Those ego style batteries or cigarette like e-cigs were not only horrible, they were also useless in my opinion. They never worked properly or were not able to give me the satisfaction i was looking for. Yes we are addicted to nicotine but we also are addicted to the visual affect of smoking. Without these two combination, i don't i would be able to quit smoking. 4 years ago, i started to with 2.4mg of nicotine and now I m at at 0.3mg, even looking to lowering to 0.15 mg soon. The weird thing is that once you lower your nicotine, you ll never want to go back up because your body simply doesn't need it anymore. Finally, my health has gotten so much better, i couldn't even describe how great i feel now. I can breath, taste the food, never get sick anymore, last t time i checked my lungs, they were clear as if i had never smoked before. I'm not cranky anymore, Im always in a great mood, and most importantly i don't smell like an ashtray anymore. I can comfortable get closer to people and not worry about getting that look as if I m a second class person. Last, Im a much better man than i was before because i was actually killing myself with those harmful cigarettes and i believe I ve made the best choice by switching to vaping.

11/16/2015 8:28:30 PM - Kenneth Wolf from Wind Lake WI.

I am about to celebrate the beginning of my sixth cigarette free year. From 1967 to 2010 I smoked approximately 1 pack of cigarettes per day. Despite my own common sense and multiple quit attempts with nicotine patches and gum, I just could not kick the cig habit. By the end of 2009 I had the shortness of breath that one might expect from smoking for over 40 years. I can not overstate how thankful I am that I discovered vaping almost 6 years ago. I have not touched a cigarette since the first day I vaped. The variety of devices and flavors have been instrumental in preventing my return to burning tobacco and my lungs thank me for it every day. I am able to exercise vigorously without shortness of breath and no longer smell like a used ashtray.

11/16/2015 8:28:21 PM - Phil

I started smoking when I was 15 years old I've tried everything to quit but the vaping the only thing that ever help me

11/16/2015 8:28:10 PM - John DeFalco

I smoked Marlboro cigarettes for 40 years 2 packs a day. I tried to quit using patches, gum, Chantix, Hypnosis, Wel Butrin. Nothing worked. I always found myself with a cigarette in my hand. In March of 2013 a friend of mine had a vape pen I asked about it, tried it. I really didn't think it would work. But I figured what did I have to lose. So I went to a local vape shop and bought one. I haven't had a cigarette since that day. I tried the equiptment and juices sold in the gas stations and convenience stores. The mass produced stuff just doesn't cut it. The boutique shops and vendors are the only place I would purchase Vapor supplies. The other option would be to go back to cigarettes. I hope it doesn't come to that my life is so much better since I quit. I no longer suffer from sleep apnea, I can go up and down steps without getting winded. I am a much better person since quitting smoking and I began vaping

11/16/2015 8:28:00 PM - Eric S.

I started vaping 5 years ago, but wasn't successful in completely quitting traditional tobacco products until 2 years ago. I was a 3 pack a day smoker. I woke up every morning feeling horrible. My lungs hurt. I coughed up nasty mucus and smelled foul. I would wheeze when I took deep breaths. I was always congested.

Since switching to vaping, I can say that every single one of these symptoms went away. I even quit my size-figure job to start not one but two Vape shops in hopes of helping others like me understand that there is an alternative. When I started vaping, I was using 24mg nicotine but now I am down to 0-3mg. Vaping is purely recreational to me now.

If the deeming regulations pass, not only will it destroy my business that I've given everything to start, but it will prevent others to find this as a cigarette alternative. I urge the lawmakers to think less with their wallets and more with what's right for people.

11/16/2015 5:56:44 PM - Heather Wright

I smoked cigarettes for 20 years and now am 100% vaping e-cigarettes. My blood pressure is down to what it was in my 20's (now 44). My asthma has completely gone away and I have never felt better.

I use the latest models of batteries and tanks as they are of MUCH better quality than what they used to be even just a few years back. The technology on these products just keeps getting better and better, safer and safer.

Please do NOT let this technology go to waste. It has saved so many lives thus far.

I enjoy the fruity flavors that my local shops offer as well. These flavors do not entice children. They entice US (people of the legal age) to vape instead of smoking dangerous cigarettes! And what about all those yummy fruity flavors of vodkas, etc?? Are you going to also ban those?

Parents have to teach their children not to use products that they are not supposed to until they are of legal age. Don't discipline adults. We can handle these decisions on our own.

Sincerely,

Heather Wright

11/16/2015 5:56:32 PM - Debra Jean Morrill

I started smoking as a young teen, my father smoked 3 packs a day his whole life, I smoked for 45+. As a young mother I tried quitting but the habit had a strong hold on me. Over the years I have tried every aid out there presented for quitting with the exception of the gums (I've never chewed gum). My successes were all short lived (they averaged 5 weeks before I would start up again).

Then the e-cig came out. On July 27, 2013 I finally purchased my first e-cig and joined the vaping world. Three months later a friend started making his own e-juices and I found I could enjoy my vaping with zero nicotine. I have been nicotine free for over 2 years now and I don't even notice anything missing. I haven't completely quit vaping but my vaping might equal 1 or 2 cigarettes per day and many days not at all.

I haven't had the desire to return to tobacco since I started vaping and find that I don't like being near others who smoke tobacco (they stink! I apologize to the world for ever being a smelly smoker as I now realize how unpleasant it is).

My smokers cough disappeared within a month, my voice lost most of its gravelly quality, my chronic bronchitis has not been such a problem and my cholesterol levels dropped to a normal level. Once I quit the nicotine my Dr. considered me a non-smoker.

I don't ever want to be tempted back into the tobacco world and with the vaping world available I am assured that will never happen.

I hope that this testimonial will give pause to the lawmakers who want to make it difficult to acquire vaping supplies before all the statistics are known. Don't be in such a rush to demonize something that's been such an asset for many in quitting the tobacco habit. After all isn't health what we are all after and there's no doubting that vaping products are better than tobacco products.

Sincerely,

Debra J. Morrill

11/16/2015 5:56:16 PM - Kelle Fleehearty

I started smoking when I was 14. And quickly developed a pack a day habit. In my mid twenties I quit cold turkey for less than a year, always longing for a cigarette, always on the precipice of picking one up. Until one day I did, and it was straight back to a pack a day. At other times I have tried nicotine gum and snus. Despite my hefty nicotine intake, both of these products made me violently ill and were unusable.

A year ago, almost to the day, I decided to get a vaping device. Not to quit, but to allow for an alternate way to get the nicotine I needed at times when smoking was impossible or unacceptable. By the next day I was uncertain if I needed to smoke cigarettes anymore. I smoked a few more over the next few days and quickly decided that not only did I not need them anymore, I absolutely did not want them anymore. They suddenly tasted the way they smelled to everyone else.

Without intending to, I quit a 15 year pack a day habit in less than 48 hours. I did it with no misery, no depression, and no lingering desire to smoke. Over the year I have been a nonsmoker I have reduced the level of nicotine in my liquid from 18mg to 6mg, and have no doubt that I can continue to decrease my use.

Vaping has undoubtedly increased the quality of my life, and I'm confident it will also increase the quantity.

11/16/2015 5:56:07 PM - Krystal

I had been a smoker since I was 12 and I am now 28. I wanted to quit for a few years, but had not been successful. One of my friends suggested that I look into vaping because I was upset over yet another failed attempt to quit smoking. I tpoker a look into it and decided to try it, but honestly didn't expect much. I have two daughters and my oldest keept begging me to quit smoking because she learned in school how bad it was. So I went and picked up vaping supplies and began vaping. This was 6 months ago and since I started vaping I have not smoked a cigarette once. I started out at 6 mg of nicotine and am currently at 3 mg of nicotine. Vaping honestly saved my life, because since I have stopped vaping my health has greatly improved. I had chest pains a lot and they have all but stopped when I gave up smoking. I honestly never thought that I would be able to quit smoking and even thought that it would kill me one day.

11/16/2015 5:54:46 PM - Chris P.

I started smoking at the age of 16, and have been a pack -1.5 a day smoker ever since. I am 44 years old I have tried just about everything over the years to try & quit except for medication (I have used patches, gum, cold Turkey, natural products) Nothing worked for more than a few weeks. One August 29th of this year (2015) I purchased my first E- Cigarette & bottle of 3mg nic juice & have been smoke free since that day. This is the first product I have used that I have not cheated by smoking even one cigarette. To this day I still have a pack of cigarettes in my truck with the last 2 cigarettes in it as a reminder not to ever go back to them. I did not even have the urge for a cigarette since day 2. I am an avid hunter & outdoorsman & am proud that I can now hike mountains, run with my kids & dogs & not be out of breath. I lost my smokers cough in about a week. My sense of smell & taste are coming back. I can not thank the people who turned me on to electronic cigarettes enough & the vaping community that continues to support each other. I am in the process of convincing family & friends to join the smoke free world. I currently have upgraded to the use of box mods & sub ohm tanks. I have joined electronic cigarette / Vaping forums so now I can give support to those who choose a healthier lifestyle.

11/16/2015 5:54:31 PM - curtiss harvey

2 pack a day smoker. Started when I was 12 years old. Started vaping when I was 35. It has been 2years smoke free. I can get around better now. I can breath easier. I can keep up with my three children. Vaping HAS saved my life.

11/16/2015 5:54:22 PM - Thomas

I tried vaping for the first time 2 years ago. The first day I vaped was the last day I smoked a cigarette. I wanted an alternative to cigarettes due to the increasing health problems and concerns with smoking. I feel so much better than I have in years. I truly believe vaping is saving lives and it would be a travesty for anything to happen to this industry that has helped so many people. I had smoked a pack a day for 23 years. I am currently using a regulated mod and started out with 18mg of nic and now I am at 6mg. I have tried chantix and the usual cold turkey and the only thing that has worked for me is vaping. Please don't take our freedom of choice.

11/16/2015 5:54:10 PM - Blaine Erickson

About seven years ago I was at one of the lowest points in my life, I was in JR. High school and I was in class, that's where I received the news that my father has passed away. I was young, stupid, and angry so I started doing stupid things and I picked up smokeing, like my father did. I kept going and didn't think anything of smoked for about 6 years. Last October I got a call from my aunt and she told the my mother had passed away, after that I told myself I should do something better with my life, when both parents pass way before either of them where 45 makes you think. I tryied many different way and techniques or quitting but in failed attempt I was looking around on the internet and stumbled and a GrimmGreen video and just kept watching them. On January 30 It will be one year with out a cigarette, I couldn't be happier with the switch. I feel better I have switched so many people over to it and without vaping I don't know what I would do.

11/13/2015 4:16:06 PM - Blaine Erickson

About seven years ago I was at one of the lowest points in my life, I was in JR. High school and I was in class, that's where I received the news that my father has passed away. I was young, stupid, and angry so I started doing stupid things and I picked up smokeing, like my father did. I kept going and didn't think anything of smoked for about 6 years. Last October I got a call from my aunt and she told the my mother had passed away, after that I told myself I should do something better with my life, when both parents pass way before either of them where 45 makes you think. I tryied many different way and techniques or quitting but in failed attempt I was looking around on the internet and stumbled and a GrimmGreen video and just kept watching them. On January 30 It will be one year with out a cigarette, I couldn't be happier with the switch. I feel better I have switched so many people over to it and without vaping I don't know what I would do.

11/16/2015 5:53:48 PM - Brooklyn Long

I started smoking cigarettes when I was 17 years old. I smoked for over 6 years and with multiple attempts to quit, was exceedingly unsuccessful. I was coming down with more and more health problems because of it but still couldn't manage to quit smoking. Even with patches, gum and numerous prescription pills, I failed miserably. I was a bit hesitant to start vaping, as I was very uneducated about it. After doing months of research and speaking with numerous friends about it, I decided to give it a try. It was the best decision I have ever made! It has been 10 months since I quit smoking and I am down to 3MG of nicotine. I haven't touched a cigarette since the day I bought my mod. I use a 150 watt Sigelei box mod and a herakles tank. I never in a million years thought I would be able to quit this awful and unhealthy habit. I thank God every day that I gave vaping a chance. It has given me my health back and as given me many more years to spend with my wonderfully amazing children. I pray to God that the FDA doesn't ban vapor products. If anything, they should change regulations on cigarettes. They're one of the many things wrong with this world. It would be a MUCH better place if everyone quit smoking cigarettes and started vaping. I've been convincing all of my friends to start vaping as a MUCH better, safer, cleaner and better smelling alternative to cigarettes.

11/16/2015 5:53:37 PM - Bruce Ferguson

I smoked for 28 years, at times upwards of 2.5 packs a day. I was finally able to kick the habit with the help of an electronic cigarette. I quit smoking almost a year ago. Since then I've had less health issues. I don't catch a cold as easily, my senses of taste and smell have improved, I can breathe better, and I even sleep better. There is no doubt that vaping is a much safer alternative to smoking. I'd tried Chantix and patches, neither of which worked for me. Chantix actually caused sleepwalking and nightmares. I haven't had either of those issues since I switched to vaping. I've also saved a lot of money. I used to spend $3.55 per pack of cigarettes, and smoke up to 2.5 packs a day, now I spend less than $60 a month on e-liquid.

11/16/2015 5:53:25 PM - Glen

I began my nasty habit at the age of 9, I was an off and on smoker (basically only when I was around my grandpa) until I was 16 when I became a pack a day Marlboro stink box until I was 28 and they were no longer strong enough and moved to Camel wides, still about a pack a day until I was 31 and I some how moved to the two pack a day rank of stench. By the age of 33 I had tried nicotine patches 4 times, the gum twice, those nasty cough drop type things once, and been on chantix 3 times. Nothing could curb the constant desire for a stink stick. Recently (8-26-15) I met some awesome people at Electric Cloud Vapors in Lubbock Tx who sat down with me and talked for about 2 hours about their wide range of flavors and extensive options in hardware. I left with an iStick 100w mod, an atlantis tank, and a 30ml 6mg bottle of unicorn milk (strawberry and cream), and proceeded to shove a cigarette in my mouth as I pulled out of the driveway. So I left there and drove to work looking at this contraption sitting on the passenger seat wondering why in the world I just spent so much money on something that I knew was only going to slow my smoking down for a few weeks at best, I didn't want to quit smoking, I loved to smoke I simply hated paying for it! Well I got to work and left it charging and pretty much forgot about it. In returning from lunch I went to grab a smoke from the truck and decided what the hell I'd give it a shot, so for the next 5 hours I vaped, clocked out sat down in the truck to go home, lit a cigarette, and almost puked! It was disgusting! So I vaped the rest of the day, got up the next morning, and as a creature of habit lit another cigarette as soon as i got up and literally couldn't get to the coffee fast enough to get the taste out of my mouth. I haven't had a cigarette since 5 pm August 26th, I now own 6 different mods, a handful of tanks and RDA's, about 30 different flavors of juice that I cycle though and am down to 3mg planning on stepping down to 1.5mg in Dec. My wife no longer hates me driving her car (she's never smoked) and my kids seem to be wanting to be around me more often, my 7 yr old actually asked me yesterday "why doesn't your truck stink anymore?", my whole quality of life has improved since I've quit smoking I feel better, breathe better, my senses of smell and taste have massively increased all in just 2 and a half months! The only negative thing that I could possibly come up with to say about vaping is you may gain some new friends that could take time out of your normal routine, well unless you really like coughing up chunks of cigarette butts in the morning cause your gonna lose that too.....

11/16/2015 5:53:01 PM - Alaine Miller

My name is Alaine Miller,I started smoking when I was 9 years old. I am 43 now. That means I have smoked cigarettes for 34 years! A year and a half ago I was smoking over a pack of cigarettes a day. I use the vape pen that takes e-liquid, and I have cut my nicotine from 24mg to 6mg.All on m y own and with no harmful side effects like most or all prescribed medications! I had tried using the e-cig that looks like a real cigarette, But still wasn't able to stop smoking. I had also tried using prescription drugs like; Wellbutrin, Chantix, The Nicoderm patch. But to avail did I stop. Then a friend suggested that I give e-liquid and vape pens a try. So I did skeptically, And to my amazement I stopped smoking! I have been tobacco free for a year and a half now thanks to e-liquid and vape pens.

I feel so much better now, I breathe better and I am more active. No running out of breathe when I play with my grand children, or go walking, hiking, ect. This is doing good for people like me. So my question is this (if something as beneficial as the e-liquid and variations of vape pens can help people to stop smoking, then why take it away from us? This really is helping smokers to stop!

11/16/2015 5:52:50 PM - Cheryl Stone

I am 50 years old. I began smoking at 13. I started using an electronic cigarette about a year ago. In the beginning I used menthol tobacco liquid. I assumed since that's the kind of cigarettes I smoked that I should use and enjoy tobacco liquid. WRONG! I still continued to crave cigarettes and even still smoked the cigarettes with the tobacco liquid. I switched to other flavors like cinnamon, tropical fruit, vanilla cake etc. and found them much more enjoyable in flavor and I have not smoked a regular cigarette in 6 months. As long as I have these type flavors I will never smoke again. I need these flavors to continue to be available to keep going on my journey to better health. These e-cigs and flavored juices are an absolute life saver to me, my husband and my 2 sons. We are allergic to glue on nicotine patches and chantix caused bad sleep disturbances. The e cig and flavored juice has been our ONLY method of success in quitting smoking. We can all breath better, no more coughing, our house smells cleaner. PLEASE don't take these away. Think about these 4 lives they have saved. That is priceless.

11/16/2015 5:52:39 PM - Baratta

I first picked up a cigarette when I was 12 in the 6th grade. My buddies and I thought it'd be the cool thing to do, seeing movies always have to cool guy smoking. I smoked all through my teenage years of middle school, high school, and what little of college I attended.

When I went off to basic training, that was the longest amount of time I went without smoking, and I still had people sneaking me in a pack or two a week. After I got to my first duty station it went down hill from there. I realized how affordable smoking had become as a habit, even at low enlisted pay. My habit increased to having deployment training I smoked 2 cartons within a six day field test. Even during my physical therapy when I was allowed 4 smoke breaks a day at the facility I would manage to go through a pack chain smoking while I was out doors. I figured I'd be the guy who has a lit cigarette hanging out of my mouth the day I died. I'm a very angry individual that needed his nicotine to calm my nerves. So my reasoning was, I can quit and possibly hurt others in a rage, or keep smoking an only cause myself harm.

After my discharge a friend of mine turned me to vaping. He made a deal if I stopped that day he would set me up. And sure enough he held his end so I held mine. I started off with a 26650 tube mod with a little boy; rebuildable atomizer.

I stopped smoking October 30th 2014. The biggest help to me quitting was the wide array of flavors. Don't get me wrong it's nice to have a tobacco flavor from time to time to bring back the old times, but I'm a huge cheesecake and custard guy. Without any of these options I probably would be back to smoking.

I was able to run or breath since I left the military and I've wanted to go back for sometime now. Cutting smoking out of my daily routine I've been able to get back into the shape I want to be in the serve this country once again. And it's all because of vaping. Not the patch, not the gum, and most definitely not those terrify medications.

I now work for a vape shop spreading my story and helping others fight their addiction. To me a win is getting them away from smoking. If they vape for a week or ten years doesn't make a difference to me. As long as we get them to stop smoking.

11/16/2015 5:51:57 PM - Xeryus

I smoked for a year and a half. About a pack and a half a day since the first day, then later switched over to putting the cigarette tobacco into a pipe, I smoked the pipe for about six months. IT WAS SO PAINFUL, not being in control, waking up with my chest on fire, and getting sick so very often. It wasn't until April or may I pleaded to my friend to allow me to use his device(mod) with him so that I no longer felt as if I was killing myself a hundred times each smoke session. I had know about e-cigs for a while, but I was afraid it wouldn't help me in anyway, and I couldn't have been so wrong! He normally didn't use thst much nicotine, around 1-3. So for a while I stuck to that and seven months later I have yet to think about a cigarette or smoke one. My lung function has increased, I don't wake up feeling as if I inhaled the back end of a car. I can taste my food much better, I don't get sick often either. I now use one or no nicotine. I have nothing negative to say about such a life saving industry vaping has grown to be. I'll put it to you this way. Within six months of alcohol being released, we found it was bad for you and could kill you. Within a years time of tobacco being released, we found it was bad for you and could kill you. E-cigs, vaping, has been around for fourteen years, and I haven't heard of anyone dying from the inhalation of the vapor. People misusing their devices and getting hurt, yes, but they aren't very much informed. Never have I heard of such accidents happening to a professional, tech.

11/16/2015 5:51:09 PM - Melanie Sullivan

I had smoked cigarettes for 30 years. I smoked 2 packs a day, often more - despite contracting COPD. I was hospitalized for heart problems and my family held an "intervention" with my Grandsons sitting on my hospital bed. They bought me a vape pen and I have used it since then. That vape pen helped someone who swore she'd never quit smoking to save herself.

I'm astounded that now the "powers that be" are trying to make vaping illegal. Dont they realize how many people are able to be smoke free using their vape pens? I think they should mind their own business.

11/16/2015 5:50:58 PM - David Palmer

I pray they do not ban e-cigarettes.

I started smoking cigarettes when I was 15 smoked 2 packs a day for 15 years now that I have been using vapor products for the past 2 years I feel better and have saved a ton of $ I have went from 2 packs a day to less then a 1/2 pack a day. E-cigarettes & vapor products have saved me

11/16/2015 5:50:44 PM - Doc LaShoe

I am 71 years old and have smoked at least a pack a day since my late teens.I have triedseveral times to quit,cold turkey (lasted 2 weeks),Chantix,(bad physical and mental reaction)Nicorete gum(a joke)I was chewing and smoking at the same time.

A friend told me about E-Cigs and I tried them.I

tried several brands before finding the one I use now.(Regular tobacco flavor,Low nicotine)

It has been 2 years since i have had a cigarette no longer stink like an ashtray.I can enjoy my sense of taste again and my cloths don't smell like cigarettes anymore.

It feels good to be with and talk to people without feeling self conscious about that repulsive oder.I have had no ill effects from E-cigs.

P.S I haven't ruined any clothing with ash burns since I've Quit.

11/16/2015 5:50:33 PM - Pam

My name is Pam, I smoked 2 packs a day of menthol cigarettes for over 20 years. I had tried to quit with gum, patches and even chantix (which made me suicidal) and could not quit. In 2010, I tried my first electronic cigarette and it was one that looked like a cigarette and I was able to stop for 10 days, but the nicotine was too strong and they flavor wasn't really satisfying so I went back to smoking. In Feb. 2011 I had a blood clot go through my heart and brain, so I tried Chantix to quit, but it made me suicidial, so I went back to smoking. I continued to smoke until I saw an ad about the open vaping systems that a local shop carried. I went in on August 5, 2014 and bought my first open vaping system and I smoked my last cigarette on the way to the shop. As of today 11-13-15 I have been cigarette free for 465 days and thanks to being able to find a flavor that satisfied me I have not even thought of going back to smoking. I no longer have to use my inhalers to breath, I can now clear the water from a snorkle (which I couldn't do before) and I can swim 2 miles a day. VAPING HAS SAVED MY LIFE.

Pamela Robbins

11/16/2015 5:29:53 PM - Rachel Becker

Hello I am 49 years old and I started smoking at age 13. About 3 years ago I met the owners of dc vapor and started talking to them about the products. I started with one of the throw away sticks and immediately got a kangerteck stick which I used for a few months as I was still smoking and vaping at the same time. It all changed for me as I would vape at work and on my ride home i would smoke a cigarette. As time went on the more vaping i did the less i enjoyed my cigarette which Mt choice was marlboro red. As of march 3rd 2014 I have quit smoking and no longer crave or want a cigarette. I still vape and I do use 6mg but im not adduced to the nicotine. I actually could take it or leave it. That was not the same for cigarettes as those you crave but I truly believe its not the nicotine you crave it's all the unknown chemicals they add to them. I currently use an ipv3 with a kangertech subtank. The flavors or e juice is what made me quit smoking cigarettes. I vape because of the wonder flavors that have been made available. One of the things I love the most by not smoking is that my child loves to hug me because I don't stink from cigarette smoke anymore. Please don't take are right to vape away just because big tobacco companies are loosing more money everyday. I don't ever want to go back to that again. I love to vape and it should be.my right to smoke something that is not harmful as there are only 4-5 ingredients vs over 1200 chemicals. #vapedontsmoke

Thank You

11/16/2015 4:56:12 PM - Heath Gober

My name is Heath and I am 26 years old and was a smoker for over 12 of those years. I smoked because I enjoyed it, and had no real reason to want to quite until I saw how it was affecting my body during college. I was no longer able to run or do the vigorous exercises I was able to do in Elementary and High School. Even though I was already smoking by High School, I was on the Basketball team so I worked out everyday to kind of balance out the damage I was doing, and it wasn't until I stopped working out and then tried to start back a couple years later that I noticed how much the smoking was hurting my lung capacity and overall health. Once I saw these effects, i tried to switch to smoke free products such as dip, but my father had dipped my whole life so I knew that this wasn't the route I wanted to take for the rest of my life and eventually went back to smoking. I then tried to use the patch, and the gum with zero success. I would still smoke cigarettes as I chewed the gum or wore the patch. The first thing i tried that almost allowed me to quite was cig-a-likes. I was able to quite for a few months with those, but eventually went right back to smoking. It wasn't until i learned more about vaping and got my first open tank system, where I could refill my own juice and choose from more than just the standard tobacco flavors that I was able to successfully kick my smoking habit. I used a pretty basic set up for my first year of not smoking, and it allowed me to quite smoking but i still had a few here and there. Then I became interested in the hobby side of vaping and found out that there was many much better products out there. Once I got my first real mod and tank that actually produced a sufficient amount of vapor, I have not had a cigarette since. I've been vaping for almost 3 years straight now, 5 years on and off if you count my attempt with the cig-a-likes, but I have not had a single cigarette for the last 1 year and 9 months, as my 3 year anniversary is coming up in February. The other cessation methods had no effect on my habit, and I was too scared of all the horror stories I had heard about Chantix to even give it a try. I've seen first hand the effects it had on people so I wanted no part of it. Non of these methods even made a dent in my cigarette smoking, i continued dual using while on the gum and patches, but once I started Vaping, I immediately went full time vape within the first day. I would still have a few cigarettes when i would drink when i still had my beginner set up, but once I stepped up and got a real vaporizer, and a tank, and learned about all the options that were out there and learned the skills i needed to tailor the experience to myself, I was able to kick my smoking habit completely. Not to mention, I have learned so much about electricity, batteries, and how to safely use them. Skills I would have never learned had I continued smoking. Now I can't even believe I ever started using cigarettes in the first place, because the reek I can smell off of smokers now that my nose has recovered is awful. Even the smell almost makes me sick. I love that i can choose the flavors I want, and completely customize my experience to make it as enjoyable as possible. Flavors are not just for kids, I enjoy dessert flavors and would never have stuck to vaping if tobacco flavor was my only choice. Adults like the taste of good foods and drinks as much if not more than children. I do agree that the

liquid should be in childproof bottles and the labels should not be marketed towards children, but once again adults also enjoy cartoons so thats a hard line to draw in the sand. If the FDA sticks with the grandfather date it has right now, it will effectively discontinue all the products that helped me stopped smoking, because they were all innovated after 2007. If the FDA really cares about the health of the American people then it will separate Vaporizers from tobacco products and regulate them so that children don't have access, but not do away with them. All you have to do is look at the numbers to see that cigarette use is at the lowest point its been in decades, and that the chances of someone vaping who has never used a nicotine product before is very slim. Plus the fact that even if they have never smoked, and decide they would like to vape, they can do so with liquid with zero nicotine in it. Vaporizers have no association with cigarettes aside from the nicotine and it helping people to kick the habit of smoking. Nicotine comes from many places besides tobacco and there have been many studies that show that nicotine on its own can actually be beneficial to the health. Its only when combined with all the chemicals and carcinogens that Big Tobacco adds to there products that it becomes dangerous. So that tells me that they are just using nicotine as the scapegoat when its really the other ingredients combined that make smoking so addictive, not the nicotine alone. They added these chemicals so that they would have customers for life, even if that life was shortened. Since I've switched to vaping, I have been able to lower my nicotine intake by leaps and bounds. Im now down to the lowest nicotine level available and am working my way to zero nicotine, which I will achieve very soon. I make my own liquid so I know exactly what goes into my juice, and am an avid reader so I know all the benefits, and potential dangers of the chemicals I put in it which is a big relief after using whatever the tobacco company decided to put into their products for so many years. By the way all the ingredients used in e juice are all ok by the FDA for ingestion in food. Vegetable Glycerine, Flavoring in a Propylene Glycol base, and Nicotine in a Vegetable Glycerine Base are the only three ingredients I use, and they are all Pharmaceutical grade and completely safe for ingestion, at least by mouth. Yes, they are inhaled in vaping, but vaping has been around for quite a few years and we haven't seen any major problems as of yet, and there has been plenty of research to show that it at the very least is a much safer than smoking, as well as there being practically no "second hand vapor". Vaping has made me feel so much healthier, and has honestly saved my life, so I beg you to differentiate it from tobacco, and change the grandfather date, so that the products that are actually effective will not be made illegal. Along with the fact that you will put 100s if not 1000s of local and national business out of work, and force them to close there doors. Essentially destroying a very lucrative market, on both a national and local level and hurting the economy, all to line the pockets of Big Tobacco, who have taken advantage of the American people for long enough. They create the sick for Big Pharmacy to treat, and it is a sickening cycle of greed. They have made their money and now its time for them to step aside because the future is here, and that future is vaping. Why would you want to kill something that is healthier, and the best smoking cessation tool ever introduced? Even the American

Cancer Society feels that vaping is much better. If you continue down the road you are going you will basically be sentencing a great percentage of the U.S. population to death by some form of Tobacco related illness, and that I can not just stand by and watch. I want my daughter to grow up in a smoke free home, and not have to endure the clouds of putrid smoke that I did as a child, and its up to you the FDA to make that a reality. Its in your hands now, and know that this is a decision that will affect millions of people. Not only the vapors, and smokers, but the people that are exposed to the cigarette smoke as well. Please don't make this decision lightly as it is a huge deal to a lot of people, and is something that I have dedicated a lot of my free time to support because vaping has truly saved my life, and I hope that you will allow it to continue saving more lives.

11/16/2015 4:54:49 PM - Kathleen Miller

I own and operate a small Vape Shop in Kansas and have helped at least 2000+ people quit smoking. I see people everyday who want to break free from the evil clutches of tobacco! I have known Vaping is the answer to getting away from tobacco and it's harmful and healthy ingredients for quite some time. I can't even imagine why our government, including the FDA would want to ban a product that has no harmful ingredients and has helped so many people suffering from the horrible side effects of smoking.

I have personally watched my own sister die a horrible death from smoking related cancer.

I was a pack and a half a day smoker for 40+ years and knew I had to quit! So I did 6 years ago and have never felt better in my life. I used Chantix for 3 weeks and did the rest on my own.

I have been Vaping for 3 years and have loved the fact that it is the healthier choice for everyone!

11/16/2015 4:42:03 PM - Michael Donza

My Name is Michael Donza, I am 27 years old and a New York City Resident on January 1, 2015 I made a resolution to quick smoking tobacco cigarettes. I was never a smoker growing up, I played sports my whole life, in highschool I was the captain of my footbacll team who had previously been to the state championship the year prior. I lived an active healthy life style. I picked up smoking traditional cigarrettes when I went to college. It started as casual use and then about a year or so in I started to become dependant on traditional cigarettes. Ity got to the point that after 4 years I was smoking a pack and a half a day. On January 1, 2015 my sister who had previously quit smoking by using vaping products has introduced me to this intriguing new world of possibilities. I had tried to start vaping with tobacco tasting e-liquid, to be honest for my preference it tasted terrible and I stopped using after just one day. I went back to smoking traditional cigarretts for about a week, until meeting with my sister who was vaping a creme flavored eliquid. I had tried it and thought this is delicious, it was truly much better tasting then the tobacco flavored eliquid I had tried in the previous week. Since discovering more palatable flavors I have been tobacco free since Januray of this year. I have no urge to buy traditional cigarrettes ever again. Also when I started vaping I was using a 6mg nicotine eliquid and now I only vape 1.5 mg nicotine and hope to be down to 0 nicotine by the end of the year. To whom it may concern I know you are only trying to do whats right for the public but you may wind up hurting more people then helping them if you were to ban certain aspects of vaping. Please make your choices knowing all sides of the story .

Best Regards,

Michael Donza

11/16/2015 4:41:19 PM - Mike Hogan

I smoked 1 pack of cigarettes every day for 30 years, and tried everything to quit. Patches, gum, hypnosis, wellbutrin, and chantix (3 times). I was finally able to quit 20 months ago when I began vaping with a 2.4 mg/ml nicotine solution. I am now smoke free for nearly two years and vape a 0.3 mg/ml solution - nearly down to Zero.

Please don't take away the only tobacco harm reduction tool that has worked for hundreds of thousands of Americans. I will either return to smoking or find products on the black market to remain smoke free, but why you would ban such a powerful harm reduction tool is incomprehensible to me! The UK is going to be giving away e-cigarettes in 2016 as a cessation tool, while we look like the Soviet Union. Please think a little more deeply about this.

Mike Hogan

11/16/2015 4:41:11 PM - Jeff Eldred

I was a pack of cigarette a day smoker for 20 years. I was introduced to vaping 18 months ago. Since that time I have not had a cigarette since. I breathe easier, feel better and have a sense of security knowing that I am a healthier person and have diminished my risk of getting cancers associated with smoking. I lost my father and grandfather due to lung cancer. E-cigarettes are changing lives and I know this bc they definetly changed mine.

11/16/2015 4:37:43 PM - Marc

Iâ€™m a 55 year old active male that smoked for approximately 38 years, around a two pack a day habit. I attempted to quit smoking many times using virtually every over the counter and prescription option available to me. I am finally free for one year and nine months using electronic cigarettes, this is the longest I have beat the smoking habit. I started at 18mg of nicotine and I am currently at 3mg using my electronic cigarette only occasionally these days. My health is vastly improved and I can run without shortness of breath.

Two things assisted in finally moving away from conventional cigarettes. Being smoke free was achieved by finding something other than tobacco flavors that appealed to me which I still use today. Fruits and bakery are my favorite flavors. During this smoke free period there was an added bonus, I lost 35 pounds. I contribute the weight loss to the flavors which reduced snacking and the urge to eat as a substitute to smoking.

The technology also had a considerable impact, the cig-like products were not a good or reliable delivery system. And quite honestly they were like a conventional cigarette. My first attempt using these products failed, they do not have the delivery system to suppress the cravings and often reminded me of conventional cigarettes. I attempted to use them for two months and returned to cigarettes. Now I use a superior device with adjustable wattage allowing me to achieve the desired results. The open tank system allows me to change flavors and most importantly I save significant amount of money. The cig-like version was as expensive if not more than conventional cigarettes. I vape around 3mls a day, that is less than a which is about $0.50 a day, I was spending approximately sixteen dollars a day smoking conventional cigarettes.

I did prior to quitting and continue to do significant research based on published â€œtrueâ€ scientific studies which all indicate a 95% to 99% reduction in health risk. I use the word â€œtrueâ€ as these studies are published from medical professionals with no ties to pharmaceutical, tobacco or electronic cigarette corporations.

I was not a dual user, there was no desire to smoke conventional cigarettes once I found the flavors I enjoyed and a delivery system that worked.

With all the newly released research indicating that the use of e-cigarettes significantly reduces the risk to the public it is difficult to understand why The FDA would want to put the deeming regulations in place. Why would they want to impede a product that continues to have such positive results? If the health of the American public is truly important the FDA should use common sense and the scientific data showing product safety when deciding on the fate of electronic cigarettes and the health of the American public.

11/16/2015 4:35:33 PM - Kent Clark

I smoked for 20 years and if it wasn't for vaping I would probably still be smoking and probably end up with cancer and died! If this is taken away from the general public because of Big Tobacco then our government is not doing any kind of service for its citizens. This is a safe alternative To tobacco any form smoking dipping and this is something that will save many many lives. I hope that the government and the FDA do the right thing and continue to give us our freedom of allowing us to choose a safe alternative to cigarettes!

11/16/2015 4:34:11 PM - Claire Rentz

I started smoking as a teenager, and continued smoking for the next 25 years. I was very addicted, and smoked a pack a day, despite multiple efforts to quit. In my early thirties, I began to experience breathing issues, and I was told by my doctor that I would likely be on oxygen in 10 years if I did not quit smoking. I tried cold turkey, Zyban, Chantix, Nicorette- you name it, I tried it. Nothing worked. I kept returning to my disgusting, expensive, deadly habit. About a year and a half ago, I was introduced to vaping. At first I used the common gas station Blu e-cig variety, but quickly discovered and switched to the higher quality, customizable vaping juices and equipment that are available online and in local vape/tobacco shops. Because of the quality and obvious effectiveness of vaping, I can now finally say that I am a successful ex-smoker. A non-smoker! At last! Vaping has provided me a real alternative to the horrible habit that was ruining my life. Today I am a healthy adult who vapes. Vaping has opened the door to so many other healthy lifestyle choices too. Since quitting smoking, I have become a runner. A couple years ago I couldn't handle a flight of stairs, and now I can run in 10 mile stretches. Whether or not the medical studies have caught up, my lungs tell their own story. I can breathe, I can run, and I can say with confidence that as long as I can vape, there is no risk that I will ever smoke a cigarette again. Lawmakers, please please take note. Maybe some don't see vaping as a good enough solution, but tell that to the thousands of adult ex-smokers who now lead a healthy quality of life as a result of vaping. My husband has quit smoking with vaping as well. He prefers different flavors from different juice suppliers than me, and different vaping devices as well. We also prefer different pg/vg ratios and nicotine content. Just as everyone's food choices differ, so do their vaping choices. Variety and options are the key to one's personal success with this. This entire cause is near and dear to us, and to those who love us and watched us struggle and fail with quitting so many times before. I don't know how we would have quit (and stay quit) without vaping. If this smoke free alternative is taken away from the general public, or unfairly regulated, or unfairly taxed, so many ex-smokers will return to cigarettes. There is no doubt. We all know smoking kills, please please please don't take away the one thing that has saved our lives.

11/16/2015 3:36:25 PM - Emil konferowicz

I smoked cigarettes for 15yrs.It wasn't until I tried e ciggs that I managed to quit and eventually weaned down to nicotine free e liquid.This has been the only product work for me and banning it would do more harm than good.

11/16/2015 3:20:32 PM - Michael Lione

I'm 32 years old and was a smoker for 12 years. I smoked just shy of 2 packs a day. Although I tried for years to quit using chantix, nicotine patches, gum etc I was unable to kick the habit. I found vaping a little over 2 years ago. My smoking rate went down very fast when I started vaping and I was completely smoke free within 2 months and now have been tobacco free for almost 2 years. I use a mod rather than a disposable ecig because I've found that that is what works best for me. I started with 24mg nicotine juice and have worked my way down to 6mg nicotine so far. Since switching to a safer alternative to smoking I can fun around and play with my children for longer ammounts of time without being out of breath, I don't wake up coughing anymore, my sense of smell and taste have increased and I feel healthier overall. My doctor has even notice that my health is better and attributes it to no longer smoking.

11/16/2015 3:20:22 PM - Jennifer williams

I started smoking at 12 yrs old! I have tried everything to quit...patches...gum....even Chantix (horrible side effects) 19 yrs later I started vaping and in 6 months I dropped my nicotine from 12 to 3mg! I have helped several friends get started on vaping and succeed! Vaping saves lives! !!!

11/16/2015 3:20:12 PM - Roy

I am a 41 yr old man who smoked heavily since the age of 14, I had been advised with the health problems I have and the family history it was wise to quit smoking, I tried everything on the market, even cold turkey just couldnt quit, I decided 4mos ago/ almost 5 now to go and try vaping, Some of my family switched and never looked back, I am happy to say that I have not picked up a cig in this entire time, I have even dropped nic level from 14mg to 8mg in this time and I dont have the urge to grab that cig and im very positive I never will again.....I use an Ipv 75w t/c mod with a Herakles tank funning about 65- 70w all the time, I use bomb tobbaco, vannila x, van hazen liquid from my local cravin vapes and love it.

11/16/2015 3:20:00 PM - Dave Hauser

I smoked cigarettes, pipes and cigars for over 40 years. As my health started deteriorating I realized that I had to do something. I initially tried nicotine patches (did not work) then to medications (did not work) and finally discovered e-cigarettes. I started with disposable e-cigarettes and found that it helped somewhat but I still smoked tobacco products as well. It was not until a couple of years a go that I found the newer products on the market (higher end battery systems and tanks) that I finally quit tobacco products all together. I started with 32 mg nicotine (high I know) but it helped me quit tobacco products entirely. I shifted down from 32 to 24 to 18 to 12 and now I am at 6mg nicotine and starting to lower that to 3mg. Since utilizing e-cigarette products and completely quitting tobacco I no longer cough, have better air flow to my lungs and more energy. I live in Boone, NC which is 1 km above sea level (thin air) and now have no difficulty with manual labor. The newer products that have arrived on the market over the past 2 years not only saved my life but helped me find the love of my life, my girlfriend Robin. Without e-cigarette products I would not have her, nor my health. It is critically important that our federal government not destroy an industry that has helped so many people quit tobacco products.

11/16/2015 2:16:36 PM - Matt Stuart

I started smoking at 15 by 18 I was a pack a day smoker and then became a pack to 2 pack every day smoker I tried everything cold turkey, gum, patch, reducing and chantix and the longest any of these worked was a week. I am proud to say I started vaping 6 months ago and haven't had a cigarette or the urge since. I have noticed that I can talk louder I breath better I can taste food. The best change is that I became part of a community I am out of my shell and talking to people at vape shops I am talking to other vapers I have always been a person that stuck to himself and now it complete opposite. I feel the main reason why vaping worked for me and so many others is the fact that there are so many Doug devices you can find what works for you and there are so many different flavors you can mix it up and not get bored and go right back to smoking. I have dropped down to 6 and even 3 ml of nic and can go longer periods or even all day without vaping that never happened smoking. After 19 years Vaping Saved my life.

11/16/2015 2:16:23 PM - Kevin

I started smoking 20 years ago, first just socially then progressed over the years up until I was smoking 2 packs a day. In the past I tried different things to attempt to quit smoking such as patches, gum, pills amongst many other things to no avail. Now I don't smoke at all even if I try I simply don't want it or don't like the smell or taste. I started vaping about 2 years ago with an ego-t and a clearomizer and after that I moved on to much better devices and lower nicotine levels. I started out at 36mg and from there am now down to 9mg in a tank. I feel better, look better, smell better and my wallet and family thank vaping for that!

11/16/2015 2:15:52 PM - Kevin

I started smoking some time back in the '70's in grade school. Probably the 4th grade when I smoked my first cigarette. From then on it was the "cool" thing to do. Now that I think back on it, I even did some illegal things as a child to get my hands on cigarettes as I was already then addicted to them. When I joined the military, I could have quit then, because in boot camp they made you go cold turkey for about 2-3 weeks before they would even give you the option of having a cigarette. This was back in the 80's so smoking really hadn't been poo poo'd in the military yet. I was young and stupid, so when the first opportunity to smoke was given to us, I smoked 5 cigarettes in about 15 minutes, which was all the time they gave us. I spent almost 9 years in the military and was discharged for not being able to pass the PRT. I basically couldn't run because I couldn't breathe, so they discharged me. Fast forward, another 20 years of smoking. During this time, I tried several times, unsuccessfully to quit smoking. Patches, gum, pills, hypnosis, nothing worked. I did quit for about 6 months using the nicotine patches, but the step down was so hard for me. By the end of the 6 months, I was starting to smoke while wearing the patch, very dangerous, so I gave up on the patch. Some friends at work started using e-cigs to quit smoking and at the beginning of this year, my wife and I bought starter sets and started vaping. We have moved on to sub-ohm mods and tanks as we have found that these give us the best flavor of the e-juice we are using. After about a month or so, we weaned ourselves off of cigarettes and have been smoke free since. We don't smell like smoke anymore. Breathe easier, don't get winded walking up stairs anymore. My wifes cough has all but disappeared. Starting from 18 mg nicotine in the liquid down to 3-6 mg nicotine has been a large milestone for me. I enjoy vaping and the freedom it gives me. I no longer wake up in the morning having the first thought in my head being a cigarette. I believe vaping has saved mine and my wifes life.

11/16/2015 2:15:36 PM - Mike Oram

I smoked cigarettes for 40 years, 2 packs a day. I finally quit 3 years ago, at age 62, by taking up vaping. I had tried quitting several times before using patches, Chantrix, hypnosis, therapy and cold turkey but these never worked for more than a couple months. Vaping worked because it satisfied my psychological/habit needs as well as nicotine addiction. Since quitting burning tobacco my health has recovered remarkably in many ways eg: breathing, energy, stamina, colds, headaches, sinuses, skin, gums, muscle mass, moles, moods, digestion, nail discoloration etc. My doctor and dentist are astounded by the improvements, as am I and my wife and 5 adult kids. At first we were all worried that I was giving up one bad habit just to take up another. Now we can all plainly see that this new habit is nowhere near as bad. We have learned that vaping is pretty much harmless to me and those around me... the worst side effect seems to be that it still 'wastes' a little money! Well, I'm happy to spend that money.... it is improving my life quality dramatically.

Governments and their media need to support vaping in every way they can. Worldwide, vaping is prolonging millions of lives (mine included) and trillions of dollars. And that's DESPITE ridiculous government roadblocks at every turn! Perhaps there are a small number of teens trying vaping then switching to burning tobacco. Well, if there are then isn't it highly probable that they would have gone to cigarettes anyway? The answer is yes.

I have degrees... Elec Eng, Math and Education. High IQ. I retired having attained a corporate President job title, and considerable wealth. I am still a logical, considerate and knowledgeable man. Well, I'm no dummy anyhow :) Yet I smoked cigarettes for 40 years without ever knowing that nicotine is no more harmful than caffeine! How can that be? I just didn't know that it was the toxic combustion byproducts that were really harmful!! NOT the nicotine. Nicotine is addictive, sure, but harmful?.... not really! Turns out there is zero data linking nicotine to any disease. This little piece of information was just not available. Well, having served my time as a vaping lab-rat, I now know the truth and I have my own realistic path to breaking nicotine addiction that I can choose to follow as and when I see fit. I am following that path by reducing my vaping nicotine content gradually, and am on track to quit vaping by mid 2016. No thanks to government, media, big tobacco or the medical professions! These entities are responsible for obscuring the truth, with their 'high horse' BS, about exactly what is harmful about inhaling burned tobacco fumes. But they had it all wrong. They told me for 40 years that big bad scary N word was the problem. The one addictive by-product was the problem, they said. Hmmm. Turns out N is not so bad...its all the other toxic shit that destroys people's health! Well if they'd told me that, guess what? Chantrix would have worked fine for me 20 years ago when I first tried it but the fact that it still contained big bad N did not sit well with me at the time. Think about it!

Do us all a favor... don't legislate vaping! At all. You (FDA especially) are not qualified to do so! If you want expert advise about vaping.... give me a call on 607 769 6094. I'll tell you whats best to do. No charge.

Mike Oram (real name, real person)

11/16/2015 2:14:05 PM - Joanna

I started stealing my moms cigarettes at 15 and smoking, im now 23 and since i started vaping i can breathe so much better. My flavor is NOT tobacco flavored and it is a beautiful thing. Ive attended a couple shops and met other vapers, always nice individuals and they never push people to do anything. Vaping is a better alternative for those people, like me, who are addicted to nicotine but dont want to literally poison everyone around us. Im not sure how everyone else feels after switching but i know im so glad i dont smell like an ashtray anymore.

I do hope everyone starts to realize that vaping is not tobacco use. Dont ban something so wonderful it helps people get off tobacco and even creates a hobby. I use a mod a mini box mod and an rda, i started vaping two years ago with a pen ecig and smoking cigarettes its HIGHLY rare that i want a cigarette now, i use .3 nicotine juice and ill say i love my juice so much that i buy in bulk. Believe me when i say everyday i dont smoke cigarettes and i vape instead, i feel better. Everyday a little more functionality comes back to my lungs and i dont wheeze nor do i wake up choking and coughing phlem up. Its been 8 months since ive been full vapor and its tough yes but vaping tastes better and its fun

11/16/2015 2:13:52 PM - Bitsiep

I started smoking when I was 12. By the time I was 30, I could barely walk a mile without having to stop and catch my breath. By the time I was 45, I could barely walk 100 feet without having to stop and catch my breath. I had developed asthma and would wheeze constantly. My best friend, Katherine, died at age 54 from COPD as a direct result of smoking. I was only a few years younger than that, and I smoked like she did, at least one pack per day, often more.

A friend of mine stopped smoking using vapor products, and he insisted that I try one. He bought me my first eGO battery and Vision ce4 clearomizer. I was using it hahaphazardly at first. I had not stopped smoking. I was using the eGO along with my cigarettes. I was smoking only about two cigarettes a day. One day I ran out of cigarettes, and I jumped up to ged to the store to get some more when it dawned on me that I didn't need to. I said to myself I will just try this and see how it works. If I feel like I need a cigarette, I will go get one. That was in February of 2013. I have not had a cigarette since. It still amazes me that I'm not smoking.

I thoroughly enjoy vaping. I now own, several sub-ohm tanks, and TC units, along with my trusty VR/VW mods and glass tanks, which I still use. Suffice it to say, I have embraced vaping whole heartedly. At this point, I can't imagine not being able to vape or have to vape with older products that are not very efficient. I would hope I wouldn't go back to smoking, but I couldn't quit smoking without vaping, so whose to say that I will not be able to quit vaping without smoking.

Oh by the wsy, I no longer have asthma. I can breathe freely. I just wish Katherine could have found vaping. She would probably be alive today.

11/13/2015 8:06:05 AM - Italian48Vaper

I am 67 yeas old. I have been round smokers since the day my parents brought me home in 1948. I started using electronic cigarettes on Feb. 22, 2012. This has saved my lungs greatly. My breathing is much better. I am down to using about 3% nicotine in my liquids. Soon I expect to use NO nicotine. The vaping is a real help with my anxiety. I have been able to greatly reduce the drugs I need for the anxiety. I have taken part in the study that was done in Geneva, Switzerland. My device is the e-leaf "I-stick". I use the "tanks" from Johnson Creek (Cool). I started with a cig-alike from Smokeless Image. Chantix was a failure, as was Wellbutrin. The patch helped some, but I went back to smoking. I have been free for two years nowm last August 1st. My health seems better, I cough lots less.

11/16/2015 2:10:35 PM - Jake

Hello I'm Jacob. I've been smoking about a pack and a half a day of menthol cigarettes. I hate myself for even picking up the wretched habit. But, that's the price of hanging with the wrong crowd. I wake up, light me up a cigarette, and get my day going. Well that's what I used to do. Now, I wake up, and take a puff of my vape pen. Now the reason I say that, is this: cigarettes have played a huge role in my life and I strongly dislike that. Now that I vape, I feel healthier. I don't wake up coughing up a lung, my eating habits are the way they're supposed to be, and now that I've been vaping for only 2 months, I can actually run without feeling like I'm about to die. At first, I was coughing up all kinda tar and gunk from cigarettes. Now I barely cough at all. I believe vaping could be a game changer for the world. It's not like you would lose money. The tobacco companys could sell vape juice instead. Farmers could grow the material needed to make the juice instead of tobacco. Jobs would be created. Cancerand other terminally ill patients could vape thc oil/juice to aid in chemo and pharmaceutical medications side effects. People who suffer from seizures and epilepsy can vape cbd oil so that they could drastically decrease the amount of seizures they have to practically non a day. I have many friends who have quite tobacco products by vaping, including smoking and chew tobacco. It's just a healthier alternative to a deadly vice many people have. The government can make money from it, and the people could florish from it. Just please consider keeping vaping legal.

11/16/2015 2:10:17 PM - Rose Crandal

I smoked cigarettes for 38 years. I have been vaping for 2 years and feel so much better !! I am thankful for vape. I tried the gum and patches and they didn't work.

11/16/2015 2:10:05 PM - Alan Newby

I am choosing to write this to those that should hear how my choice to use a product that has given me a new lease on life is probably the most amazing way to help traditional tobacco users turn to a tobacco less alternative. This product I so want to tout is e-cigarette's. I was a smoker of 25 years, I started very young due to life changes among other outside influence's. I had tried numerous other "quit smoking aids" , such as gums,patches and even cold turkey at one point. All of these led back to the same long and painful road to death that has enslaved millions upon millions of people from all parts of the globe, smoking! About two and a half years ago, I had a friend approach me and ask me if I had tried to use an e-cigarette to help me quit. I was intrigued by this option as a way to still feel the sensation that I had with smoking,while not ingesting the more than 7,000 chemicals that are known to be in traditional cigarettes. The options alone of the multitude of flavors to choose from was more than enough to lead me to the path that I have been on for this last few years. My health in general has improved immensely, I have more energy, I'm no longer out of breath on a regular basis, and an overall improved quality of life. I have had many things in my life that I would consider life changing events, mostly the birth of my children. I am thankful and believe that this product has been another one of those life changing things in my life and hope that my story has given you a glimpse as to how these tools, for those who have tried everything to quit traditional cigarettes and failed actually works. Thank you, Alan Newby.

11/16/2015 2:09:53 PM - Kevin jakey

I was coughing 30min.every morning I woke up my son was worried about me and said dad you should switch to vaping you can have nicotine without all the other chemicals that are in cancer sticks so I said let\'s go see and he took me to a Vape shop and I tried it and that day changed my life I Quit smoking September 18th 2014 and never went back not one CIG since and I\'m happy to say it saved my life I don\'t cough at all anymore and I can breath and I have started jogging me jogging a year ago I couldn\'t go up and down stairs without taking a break and coughing up a lung so please don\'t make vaping in the same category as big tobacco it\'s not the same by far

11/16/2015 2:09:39 PM - Tony Emery

I started smoking when I was around 23, and was a smoker both intensely and on and off until the age of 33. 10 years of tobacco!

I switched last year to a Mod (Regulated Mod/Vaporizer, first with a tank and then moved into "dripping") and E-juice (nicotine strength: 18mg, then 12mg, then 6mg, then now down to 3mg juices).

I had tried to quit cigarettes before, and was moderately successful, but always ended up slipping back into it during stressful times, like difficult days at work or times when I was upset. I would quit for a few weeks or months, and then boom, I'd be buying a black and mild at the store to 'unwind' after a bad day. With the inclusion of ecigs into my routine, I was able to basically immediately stop smoking and haven't smoked a cigarette since I began Vaping. It's been wonderful!

Since starting vaping, I feel better. I don't cough or choke and I can breathe easier. I really enjoy it as a hobby as well, building coils and trying new flavors of juice. My partner and I both vape now, it's a daily part of our lives. She says I don't stink of cigarette smoke anymore and that's a positive between us in our relationship as well!

If vaping is removed as an option, and the equipment and juice removed from the market, I will invariably end up going back to cigarettes. I hate to say that, but I feel it to be true. I don't want that to be my future.

11/16/2015 2:09:26 PM - 5cardstud

I started using electronic cigarettes on 08/01/2009 to get away from smoking. I smoked over 40 yrs and tried everything to stop. This is the only thing that worked. I went to see me lung doctor about a month after starting e-cigarettes and he ask me, "what have you been doing?" I ask him why and he explained it was the first time since I've been seeing him that my lungs and bronchial tubes were completely clear. They have been clear ever since.

11/16/2015 2:09:16 PM - Dennis Stevens

Greetings. I started smoking at a very young age. Younger than most. My first cigarette I smoked was when I was only nine years old. Yes nine years old. I woukd steal then from family members and smoke them every now and then up until I was of legal age to buy them. I smoke and was a chewing tobacco user. I would smoke Marlboro reds and use red man or grizzly chewing tobacco, these being some of the strongest tobacco products out. I turned to using electronic cigarettes when I was 19 or so. I tried every other product and way to quit before vaping, nicotine gum, blue e-cigarettes, cold turkey, therapy, etc. but nothing worked besides vaping. It was three best choice for my health I have made. I even convinced many family members and friends, including my mother who smoked for 35 years to switch to vaping and they don't regret it one bit. It saved my life and career since I am an law enforcement officer and it saved my family members lives. I feel better, taste things better, breath better, run longer and faster without getting tired, and so on and so forth. All of family members and friends don't regret switching to vaping one bit. It one of the most effective ways to quit smoking or using chewing tobacco. I have not touched any cigarettes or chewing tobacco since I switched to vaping. I urge you to not ban vaping. Regulate it to a certain degree like making ejuice manufacturers follow certain regulations in the labs that they use to make the ejuice. Banning vaping or regulating it way to rough would put a lot of people's health, lives, and jobs at risk. Thank you for your time.

11/16/2015 2:08:58 PM - Sara N.

I sincerely feel that vaping has saved my life and the lives of countless others. I was a 14 year pack a day smoker and at age 31 was beginning to have a hard time clinbing the stairs. I thought I was a lifetime smoker and didn't think there was any way I could ever quit.

A week after my first vape I was officially smoke free. I couldn't have done it any other way. I am three months smoke free and have no desire to smoke a cigarette. My health has improved as have many other aspects of my life. I cannot imagine what my life would have become had I not discovered vaping!

11/16/2015 2:08:49 PM - Arvid Sollom from Tucson AZ

I smoked on a weekly basis starting at the age of 11, by 16 I was a daily smoker approaching a pack a day. Most of my life I rolled or stuffed cigarettes for use as I learned over time how chemical tasting normal prepackaged smokes were. In 2009 I stumbled upon an early ecig and fought with the low power and volume of the device. By 2012 the technology had changed and rebuildable atomizers finally appeared. At this point I entirely quit smoking and have been cigarette free ever since. Newer devices and time passed have allowed me to decrease and decrease my nicotine use down to .3% currently where I am very comfortable and hope to stay for a long time to come. By 2012 while I was still doing dual use, my lungs had notably weakened to the point that I was needing an inhaler available for daily breathing issues. Since the end of 2012, I have used one single inhaler (30 day supply) total. Years of damage have slowly reversed themselves in the way I feel and I am confident that my life will be significantly prolonged thanks to vape products. I NEVER wanted to stop smoking. I did want to stop feeling the actual death I was delivering with every cigarette. I fully enjoy nicotine and will never leave it. Please FDA do not make me start smoking again, I'd love to see my grand kids one day.

11/16/2015 2:08:39 PM - Craig Fortin

I am a 32 year old male. I live in the state of Maine, I smoked cigarettes since I was 12 years old. I was diagnosed with copd and asthma when I was 22 years old. Years of smoking and growing up in a house hold that had smokers is what brought me to this point. I tried everything I could to quit. Pacthes. Gum. Hypnosis. Acupuncture. Nothing worked. I continued to smoke feeling helpless. Withering away at such a young age. 5 inhalers and trips to the emergency room on a monthly basis. I was slowly dying. During this time my grandmother was diagnosed with breast cancer. My grandmother, a smoker of 55+ years was dying. Even during her chemotherapy and radiation she could not cease to smoke cigarettes. We were helpless. I was introduced to vaping by a friend at work. I tried this outlet with no optimism. After a week of vaping smoking cigarettes started to taste gross. After one full month I quit cigarettes all together. It was a cookie flavored eliquid that had given me this satisfaction. Starting at a higher milligram to curb my cravings and slowly dropping to the lowest nicotine level in less than a year. Now two years later I do not use any inhalers or have been to the emergency room in that time span. My grandmother who now has been vaping for over a year is now smoke free for a year now as well. My grandmothers doctor was astonished as to how and why her X-rays showed so much improvement in this span of time. She than explained what outlet she had chosen that had helped her make this drastic change In her health. Vaping has saved my life. Vaping has saved my grandmothers life. It has given me precious time back with my family and the ability to enjoy life again. Please to whom it may concern. I implore you, I please with you, I beg you, please do not take this away from my family and the other 9 million Vapers who depend on this product to stay off smoking. I need this. If I don't I'll smoke cigarettes again. I know I will. Not cause I want to but cause I'll need to. I'm currently using a mechanically modified device and build my own coils. I purchase premium eliquid from reputable responsible companies that are proactive in their business practices. This is the only thing that worked for me. Chantix pacthes gum, it all failed. This worked and continues to keep me off smoking. Don't put millions of people out of work, don't indirectly be the cause of people reverting back to combustible smoking. Thank you for your time.

Regards,

Craig Fortin

11/16/2015 2:05:27 PM - brandon

I was truly able to quit smoking because of vaping granted I only smoked for 6 years but when I discover the community in vaping it really got me to come out of my shell and make new friends I even landed a job at a vape shop that pays decent enough to support me if this law were to go through my job would be lost and our communities would crash a lot ofpeople would lose jobs to not only me but people who have made a good living building a business from the Gground up based around Ecig and their business would also crash I just don't want to see such a good thing go away it's not like potit really is ssomething g that is saving lives and not even smokers one of my regular customers has never smoked a cigarette in his life but when he got home from Afghanistan he noticed a ton of crud and dust coming up when he coughed so his doctor recommended vaping since a nebulizer is the same thing the doctor though it would be easier for him to enjoy since there's all the flavors and the other accessories you can buy since then he's been 100% better another group of gentlemen vape zero nicotine but use the flavor to lose weight when ever they have the urge to snack or have a large meal they vape and just enjoy the flavors instead there's a lot of good potential to vaping you just have to hear it from real people.

11/16/2015 2:03:26 PM - Barb Cordell

I started smoking cigarettes when I was 18. When I was 54, I was a 2 pack a day smoker. That year, I had a heart attack. My cardiologist kept telling me to quit smoking. I couldn't. I had tried patches before but it didn't do anything for me. I kept smoking after my heart attack. I was put on blood pressure medication. My cardiologist and pulmonologist kept telling me to quit....both doctors even SUGGESTED me to use e-cigarettes. One day my son came over and handed me an e-cig mod and told me I was not allowed to smoke another cigarette. Surprisingly, the e-cig did the trick....I haven't lit up a cigarette since....2 1/2 years ago. I saw my cardiologist 2 months after I started the e-cig, and he , THAT DAY, took me off the blood pressure medication ...saying I no longer needed it as I wasn't smoking cigarettes filled with all the chemicals and things that are bad for your heart. When I started, I used 3.6% nicotine. I have now cut down to 1.1%to 1.8%. I turned a friend/co-worker on to the same mod I use and she has been smoke free for over a year now. I am now so much healthier.....not to mention I no longer smell like the bottom of an ash tray.....

11/16/2015 2:03:10 PM - Victor Shin

I have been a smoker for about 17 years. I have used Chantix, the patch and Nicorette gum to try to kick the habit of smoking in the past to no avail. I began trying electronic cigarettes in 2009 when cartomizers were the cutting edge technology in vaping. I must say, the experience was not very satisfying and ultimately, I did go back to smoking cigarettes. It wasn't until 2013 when vapor technology really began to improve did I realize that I could make the switch. I haven't touched another cigarette since then. Since I have made the switch to vaping from smoking, I have noticed that I no longer have a pain in my chest. I can climb stairs without breathing heavily and I am definitely more active. I've also noticed that I no longer get extremely tired in the afternoons and can stay awake an entire day without the need for coffee or other stimulant. Also, I have noticed that my sense of taste has improved and can actually taste foods. When someone who had just smoked a cigarette walks into the room, I can immediately notice their stench which surprises me as I did not realize that I myself had once brought in the same smell. Vaping has improved my quality of life overall. Thank you for your time

11/16/2015 2:02:57 PM - Robert

I smoked between a half a pack to a pack a day for 18 years until 2013 when I found out I was born with what's know as pulmonary aplaisa, basically I was born with one large lung instead of two individual lungs.... I fond this out when I was 31, so I desided I absolutely had to quit smoking. I tried everything from the patch to the gum and even tried quiting cold turkey... none of it worked until a friend of mine interduced me to vapeing. Now I haven't had a single cigarette in the last year and I'm loving it. I don't cough in the morning. I don't feel like I have issues breathing at all. So after 18 years of smoking I can say I have officially and completely quit with no chance of ever going back.

11/16/2015 2:02:48 PM - Heidi from Utah

I began smoking at the early age of 13 always wanting to fit in with my friends, this habit quickly grew to 2-3 packs a day consistently for over 28 years. It began to affect my health. I had trouble breathing deeply and had a nasty smokers cough. I began to notice my voice was changing, harsh and raspy. I didnt care. The only thing that made me WANT to quit was when i noticed my granddaughter would begin coughing and sneezing after i held her :(I was devestated to think that my smoking was causing this! I went to the doctor & My doctor was concerned with my lungs and recommended Chantix. The cost was crazy as my insurance didnt cover it but i ponied u and paid for it. It didnt help the cravings. I tried the patch the gum the lozenges Sometimes combining all 3 but still would sneak out for a cigarette. For 2 years NOTHING WORKED! Then a friend brought me a starter kit with some liquid. I researched it. ALL the ingredients had been approved by the FDA! There was a wide variety of nicotine available and I could chose when I was ready to step down! I started vaping 24 nic. and had NO cravings for cigarettes! Now, 13 months later I vape 6 nic and plan to be nic free in the next 6 months! And guess what? I can hold the grandbabies for HOURS now without them sneezing or coughing and my clothes no longer smell horrible! OH and i went in for my check up and things look great!

So PLEASE do some research! Fight to keep this cigarette alternative available! It helps! Its safe! and IT WORKS!!!

11/16/2015 2:02:35 PM - Jeremy Newman

I started vaping using mods and 18 nicotine 8 months ago and am currently at 3 nicotine. After 20 years of smoking and a 2 1/2 pack a day habit(full strength cigarettes) I was introduced to vaping . I've not touched a cigarette since I took up vaping and have noticed a marked improvement in my overall health. No longer do I get winded trying to exert myself and my desire to smoke is gone! The smell of a cigarette makes me sick!! I tried almost every medication available to stop smoking , alas all that did is create unwanted side effects and weight gain. I could not imagine anyone wanting to stop the availability of such a wonderful alternative to a known health hazard unless it was because they were bowing to the financial pressure exerted by big tobacco lobbyists! Serve the people not the money!!

11/16/2015 2:02:25 PM - jason thomas

I smoked for 26 yrs prior to trying vaping and this has been the only way I have been able to quit smoking. I tried everything out there gum,patch,etc. Nothing helped I always went back to tobacco until I found out about vaping I never felt better. I see campaign after campaign how there is a need for snooker's to quit and yet there is still no one with a backbone to say vaping is not tobacco. I strongly agree with vaping and anyone who has struggled to find a way off cigarette's to Vape instead it has saved my life.

11/16/2015 1:22:13 PM - Christopher Duncan

I started smoking regularly when I joined the Army. Most soldiers at the time smoked because it was a good way to pass the time. I smoked for many years pretty heavy (about a pack to pack and half a day). After many years I started go notice my breathing becoming more difficult and simply things such as climbing stairs, playing basketball with my son and just walking in general was starting to become a daunting task. About two years ago I was at a family members wedding when my wife's aunt approached myself and my wife about e-cigs. Unknown to us that they existed outside of the gas station disposable types, we decided to educate ourselves on the pros and cons. Later the next day we visited my aunts shop (she owned a vapor shop) to see what sorts of setups were available. Instantly we were attracted to the idea that we could Vape flavors that we enjoyed and wouldn't smell anymore. We started off with two e-go battery and tank setups to get us going at roughly 12mg nicotine. From the day we purchased our first vapes, we never looked back. To this day my wife and I are 2 years smoke free and feeling 100% better than ever. My lungs are back to normal, I can breath, taste and do any activity that I wanted. My PT test (army) run times have increased to roughly the same times I had when I was much younger and just joining the Army.

Vaping has helped me stop smoking, save money and avoid the nasty toxic after effects that come with cigarettes such as second hand smoke, tar covered walls and smokers cough.

Vaping saved my life.

I use an IPV 3Li box MoD with a StarrrPro FreeMax subohm tank vaping with 3MG nicotine (purely choice, I often switch to 0)

11/16/2015 1:21:44 PM - Matt Pimentel

I was a cigarette smoker for well over 15 years. I started smoking at the age of 16, purchasing cigarettes illegally from local convenience stores that we're know to sell to minors. I smoked my last Marlboro Light in April of 2014. Since then I have been able to breathe easier even though i had asthma since a child, and haven't had an asthma attack or taken a control drug since June 2014. My sense of smell and taste have returned and I enjoy eating food more being able to enjoy the flavors. I've made a mess of new friends through the local vapor product stores, and I've helped many friends also quit smoking cigarettes.

I will openly admit: if the FDA does ban the sale of products made after 2007, I will purchase my own e-liquid making supplies and produce my own for myself and my friends. I tried the tobacco flavored liquids available on the market and they did not appeal to me. I have a sweet tooth and enjoy the sweeter flavors.

Please, consider the people like me who couldn't quit smoking until I was introduced to e-cigarettes. The cig-a-likes didn't work for me, nor did the patches or the medicines. I made the attmpt at least four times before going back to cigarettes until I started using my e-cigs.

Also remember by banning the liquids, you will effectively close down hundreds upon thousands of local small businesses who bring jobs and tax revenue to towns and cities across the country.

11/16/2015 1:21:21 PM - Taryn A.

My story begins in 2005 when I turned 18 and purchased my first cigarette. I had never smoked before my 18th birthday. I had no desire to smoke. But at 18 I was allowed to purchase tobacco products, I was adult. I did not begin the habit of smoking until several months later, trying it with friends, smoking on weekends, and eventually using cigarettes as a coping mechanism for stress and anxiety. For 9 years I smoked cloves, cigarettes, and menthol cigarettes. I was careful to quit during my two pregnancies and while I was breastfeeding. But I picked up the habit again, convinced that it was helping me cope with anxiety. Nothing was helping me quit smoking cigarettes. I found effective ways to cope with the stress in my life, but smoking had become a major habit for me. In addition to the habit and routine of smoking I was also addicted to nicotine. When I started vaping, I found a product that met my needs: nicotine reduction and satisfaction for the habit of smoking. I started at 12mg strength, which is common for those who are trying to quit smoking. I moved down to 6mg within two weeks and now use 3mg. My goal is to move down to 0mg and quit completely. I continue to vape because I see the benefit of using a substitute product that helps me continue not smoking cigarettes.

Seeing how vapor products can help people reduce smoking, quit smoking, and quit using nicotine products entirely has been enlightening. My story continues as my partner and I work toward opening and running our own vape shop. We formed a company and have been saving toward opening the shop. We hope to secure a small business loan to help us secure a retail space. Vaping is not just something we do, this has become an opportunity for our family to own and operate a small business. We can create a future for our family through running our own business. As business owners, we realize that regulation of the industry can impact how we run the shop. I would like to see regulations that protect vapers and strengthen the industry, helping small business owners and the greater community, not put us out of business and limit our opportunities as entrepreneurs.

11/16/2015 1:20:30 PM - Melinda Leady

I smoked two and a half packs of cigarettes a day for 37 yrs. Three years ago I was told that I had the onset of lung disease, if I were to stop smoking my lungs would heal themselves but if I were to continue smoking I would die with in 10 years. I had tried over the years to quit to no avail. I was introduced to vaping and within a week I wasn\'t craving cigarettes. I now vape no nicotine juice and haven\'t had a cigarette in two and a half years. My lungs are clear and my doctor ok\'d me to continue vaping. I breathe easier and food tastes better. My blood pressure is lower and that nasty smokers cough is gone. I\'m feeling 100% better!!!

11/16/2015 1:20:19 PM - eezel4801

I am a 55 year old male who has been smoking 3 packs plus..a day for the last 35 years. I have tried every means possible trying to quit or at least cut down. NOTHING worked!! Several times over the years I had enough money to get a meal or cigarettes, I choose cigarettes every time! About two years ago I started experiencing shortness of breath I could not get a deep satisfying breath. I started getting scared and trying to quit smoking again. As usual I could not. I couldn't even cut down. My breathing problems started occurring much more frequently,but still I needed to smoke.It is an addiction NOT a habit. 6 months or so ago I read about a study done in Japan that had to do with vaping. It wasn't a positive study..It said that vaping isnt a good way to quit smoking . I posted this on Facebook and friends of mine saw it and commented which made me do more research on the subject..Lots more research..I then decided to give vaping a chance as I tried several other ways that were supposed to help...Im glad I did!! I can breathe again without having to worry about getting a satisfying deep breath, or passing out , or seeing spots in front of my eyes..All gone..Cigarettes are all gone too..I feel 100% better. I also feel more research needs to be done not banning something that could probably help more people than it hurts. As an adult in a free country I am the one who should decide what I want or don't want to take into my own body as long as I am not infringing on the rights of others to do so. I feel vaping has helped me tremendously to overcome an unhealthy addiction that will probably end up killing me if I can no longer vape..I started vaping at 18 mgs of nicotine now at 6mgs next to go down to 3mgs...

11/16/2015 1:20:03 PM - Phil Solomon Prarie Dawg Vapes

Well I was a smoker for 35+years my son called me one day and was telling me he had bought him and his wife vapors at first I didn't know what he was talking about but when he came over and showed me it was one of the pin type with a tank I think he had pinacola flavor I tried it and was kinda amazed it tasted really good, so needless to say I thought I would give it a try my mom was happy that I was going to try to quit,well she had a heart attack,it was a very hard time for me I'm a only child and my dad passed away with a massive heart attack at the age of 28 I was only 22months old,well I lost mom in April of 2014,man that was hard summer,me and my wife only lived one house down from so I was every day I'm retired early do health,well I keep up with the vaping and started cutting back on the smoking,father's day 2016will be my year anniversary, I feel better breathe better food taste better,I've long moved up from the pin I started with I still have it and have offered to give to a friend but he's not ready, I still have my istick 20watt me and both of my son's vape my youngest one got me started his wife can't give up the cigarettes so he hasn't quit yet but he's cut from two packs a day,we both said when dripping started getting to be the new way of vaping we said that looks like a lot to do well needless to say we both build our own coils he got his box mod then mine now we both have two we both enjoy it my oldest son he tried dripping, I guess we're he had a lot throat problems when he was young he just can't handle that throat hit so I bought me a mod with a tank for driving so he is using it and still trying to quit snuff,well I guess that more maybe should have put out here but it's my story of quitting smoking :-) :-) :-)

11/16/2015 1:18:52 PM - Danielle Elizabeth Kennedy

Ever since I was 17 I started smoking and I felt like shit but I kept on smoking and I thought that I wasn't going to quit smoking, so many years of smoking and hacking up a lung I found vaping, yeah it was hard to do the switch but I did it and I am grateful for vaping like people say "vaping saved my life" it truly did, I can walk without taking breaks, wake up in the morning and not feel like plastic bags are shoved in my lungs, go up my stairs and actually feel normal, run and not feel like my lungs and heart are going explode, why anyone would keep smoking is beyond me, I keep telling smokers vaping is the way to go and I actually have converted a few to vaping, so all and all that is my story.

11/16/2015 1:18:38 PM - Theresa Swarny

I have been tobacco-free for two years using e-cigarettes. I have smoked heavily for thirty years and this is the only thing that has worked for me. Without e-cigarettes I would be using tobacco. It isn\'t any different from taking away healthier choices from an individual with weight issues or condoms from someone who is sexually active. I also know other individuals (including someone with COPD) who have also quit using e-cigarettes which is why I tried it in the first place. I also know that e-cigarettes are NOT a gateway to tobacco -it\'s the exact opposite.(I\'ve been smoking tobacco since I was a teenager and KNOW that I would not have used it if the \naughty\" alternative was \"vaping\" just like \"drinking\"- both illegal to minors FYI).

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12:00:00 AM - theresa-swarny

casaa_testmo

11/16/2015 1:18:28 PM - Justin Bechtold

When I got my first vaporizer (vape) I stopped smoking that very day and never looked back. I have many e-cigs that I bought before any vape product. They are designed for and by the tobacco companies to keep people smoking because they have very low nicotine content and they look like a cigarette. I still smoked a lot even while using those e-cigs.

The vape community is moving away from smoking entirely. I mean the instant I got mine I gave all of my cigarettes to my friend who smokes and I'm saving money to buy him a vape of his own because he can't afford anything but cheap rolling tobacco. I just didn't need them anymore. So, go figure, right? What's the larger of the two evils? Sure the big tobacco's "scientific researchers" can say vaping is just as bad or worse, but I'm telling you the truth and I was a pack a day smoker since I was 16. I am now 35.

The first thing I used was a Chinese disposable e-cig. I have no idea what the name was, but it was pretty worthless. Then I started using RJ Reynolds' Vuse which also did not help me stop smoking. Then a friend I was working with at the time told me to go to a vape shop and get a Tessla Sidewinder battery and use a Kanger Tech atomizer and get some 18 mg juice. I did that and stopped smoking that day. I kept vaping on those Kanger Tech 1.8 ohm coil atomizers for a while. One day I was ordering some juice when I saw a discounted iHybrid Pure online. I decided to see if I could find one for cheaper and bought it. Now I use an IPV3 Li battery with a Tobecco Velocity RDA clone.

In summary, we need to stop calling vapes e-cigs and vapor smoke because they're not at all alike. Also, the name e-cig makes people think "oh that's an electronic cigarette and it's probably just as bad as smoking". Well, I have news; I used to get chronic bronchitis when I smoked now I haven't been sick since I started vaping last year. If e-cigs are the only thing available I'll just have to start smoking again and I've been working really hard to stop completely with vaping too. I'm now down to 6 mg nicotine in my vape while cigarettes are a whopping 24 mg. I've tried patches; they didn't work; I've tried gum; it didn't work. Vaping is the future and the future is now, so are you really going to take our vape products away from us? Really I'd like to know, I realize the government sees how fast it's growing and I'm fine with a small tax (not like the tax on cigarettes). Why not put cigarette taxes even more through the roof than they are now and keep vape tax relatively low? Now that would be the wise move.

11/16/2015 1:18:06 PM - Greg L. (Clean xMISFITSx) from Aurora CO.

I smoked about half a pack a day for almost a year while I was a sophomore in high school last year I wanted to get rid of the oder of cigarettes on me mainly because of my job. So i looked into electronic cigarettes at first I tried those disgusting vuse and mark 10 e-cigarettes and those didn't seem to help. Then a friend of mine showed me his mod and I tried it and it was a lot more satisfying of a nicotine fix then anything iv used before it tasted better it didn't leave me with an obnoxious oder of cigarettes, so i bought my first mod about a week later and i haven't been happier or feel healthier since before i started smoking and now I've been vaping for a little over a year now and it has seemed to help me a lot i started at a 18mg nicotine to a 3mg nicotine juice and iv notice my health improve i feel less sluggish at school and work and have noticed my personality has changed too i feel happier now then i did when i smoked cigarettes.

11/16/2015 1:17:22 PM - Tiny vapor

My husband and I have both quit traditional cigarettes and switched to vaping approximately two years ago. Doing so has greatly affected our lives in so many positive ways. Our health alone speaks volumes to the impacts that this change has made possible. I can now climb stairs without fatigue. My blood pressure is lower. I'm not a doctor, but I'm convinced quitting cigarettes has helped me in more than these ways. Also for my daughter who I would never want to grow up with a mom that constantly smells like an ashtray. I remember my mom smoking while I was growing up, and I feel horrible that I too picked up the habit. But I am so glad that I quit. And it's so important to me that others have this freedom. Vaping something that taste like a cigarette is not helpful when you're trying to break the habit completely. I quit with a coffee flavor. Because those were my vices; coffee and cigarettes. Not anymore.

11/16/2015 1:17:13 PM - CJ

When I was 18 I had been smoking for 4 years. I had asthma and had to use my Inhaler every day multiple times as well as having a terrible cough, black or dark colored flex, I got sick quite often, and at 8$ a day it was expensive. Our government says their Interest is for the people.... not for money (although I can't deny it would motivate me as well) however think of the big scheme of things. The budget cut you may receive is more than likely more than the average persons Income. Is greed worth keeping America unhealthy? Is it worth hundreds of thousands of people dying due to cancer directly caused by cigarettes? The litter cigarettes cause. I could keep going but I will get to the point. 3 years ago I began vaping. I no longer have a terrible cough. I use my Inhaler maybe once a week. I am no longer on any asthma or lung related medication. I feel healthier I breath better and to be honest I spend about the same amount of money because it has turned I to a hobby and I use mechanical mods as well as box mods with rda's and tanks interchangeably. I beg of you not to go forth with these regulations. Vaping saved my life and we need to continue to look into more research which we discover more and more everyday. THANK YOU for your time and consideration

11/16/2015 1:17:01 PM - Tony Quintanilla

I started smoking cigarettes at the age of 15 or 16 and continued to smoke until I was 39 about a pack and a half a day. I tried to quit several times unsuccessfully. I began using a mod on June 1st 2014 and have not had a single cigarette since. I started at 24 mg of nicotine I am currently at 3mg of nicotine. I recently had my respirator physical as required for my job. My lung capacity and the treadmill test checking my heart improved greatly as well. I'm proud to say that my wife who has smoked longer than I have quit smoking as well.

11/16/2015 1:16:29 PM - Anthony

I was a smoker since the age of 17 years old. As I grew up I tried many times to quit my pack a day habit. I used all the current treatments on the market the patch, gum, prescription drugs etc. nothing ever worked. When I purchased my first electronic cigarette device I was able to stop the real cigarettes almost instantly. Since I switched three years ago I have more energy, and my health has improved dramatically. I am no longer out of breath and am able to do thinks like hiking our great state of Colorado.

Without vaping products I feel this would not have been possible. Since the three years I am only consuming 3mg of nicotine and plan to be completely free of this drug within the next year. It's no wonder big tobacco hates the vaping industry, this is the only thing that works to break the cigarettes successfully.

11/16/2015 12:59:20 PM - Eric J. Johnson

I was a pack a day smoker for 10 years. I started using e-cigs approximately 3 years ago. The diverse selection of flavors, strengths and hardware options allowed me to successfully transition from cigarettes to e-cigs. Without finding eliquid flavors that I actually preferred to the my existing addiction of Camel Light 100's; I am confident that I could not have successfully transitioned. In the last 3 years using e-cigs I feel, look and sound significantly healthier. 3.5 years ago I was told by a Dr. that I was in the early stage of emphysema. This has all subsided, and a recent Dr. visit confirmed that I am no longer at risk of developing emphysema. I entirely attribute this to my transition to e-cigs.

11/14/2015 3:35:53 AM - Ted Wineinger

I smoked for 6 years before I started vaping. I tried changix, nicoderm, nicorette gum, with no luck. I started vaping on an ego, and still smoked occasionally, then switched to a mod, and I've been completely smoke free for four years! I feel better than ever, the smokers cough went away, I breathe better, and I'm in better shape than I ever was while smoking. BAN SMOKING, NOT VAPING!!!

11/14/2015 3:35:44 AM - VapingValkyrieFDV

I started vaping 3 years ago when I noticed that after smoking for 15 years that I wasn't able to run and play with my sons. Within a month of vaping, I was not longer having a cigarette ever! I went to see my doctor and I had clearer lungs, my blood pressure was lower, and shocking I was no longer having half the allergies I had before. My sons now have a mother who can run and play with them and not get smokers cough and I no longer smell like an ashtray. Vaping has given me my life back and I am sure it will let me around for my sons to have children! I now use an unregulated dual 18650 box mod with a turbo rda and 3 nic juice. I started at 12....it's amazing that something this simple has done so much for me!!

11/14/2015 3:35:35 AM - Alisa Martin

I grew up breathing second hand smoke. So when I was 15 I started smoking. I quit smoking while I was pregnant, with both of my children, who are 12 years apart. After my first son was born I brought him home only to smoke in the house and car with him. He was always sick, he is now diagnosed with moderate to severe Autism, he is now 15. With my second son who is almost, 4 I also quit smoking, however this time I didn't bring him home to a smoked filled house or car. After I stopped breastfeeding him the urge to smoke was unbearable, so my husband who was able to quit dipping and smoking while I was pregnant by using disposable E-cigarettes, then a mod, let me use his and that fixed the unbearable urge to smoke.

When I first started vaping I ordered everything off the internet, because there wasn't a local vape market. When I first started vaping my milligram was 32. Now I'm down to 10.

Before I started vaping I think I tried everything on the market to stop. I tried gum, patches, chantix, welbutrin, hypnosis, cold turkey, you name it I have tried it all for it to be a huge waste of money because I would always go back to smoking.

I do feel like vaping is a much safer alternative to smoking. My kids are never sick now. My husband and I don't get sick. Food taste better, flowers smell better. I can actually exercise with out coughing up a lung.

I stand behind the entire vape Industry 100%. Please don't take vaping away or put harsh stipulations on vaping. I would much rather vape than smoke any day any time!!!!

11/14/2015 3:35:22 AM - Seth Lindsey

Hi, my name is Seth Lindsey. I'm just a old country boy from middle Georgia. Before a started vaping, I was smoking 2 to 3 packs a day. I had began noticing a severe drain on my mood and energy. I had began coughing and wheezing and had problems running or even walking long distances. I began to realize that cigarettes were the problem. I tried gum and lose he's, but then I just craved them more. One day a friend told me about vaping. I figured what the hell, let's give it a shot. Well, before Long I bought a innokin MVP 20w. And I sub tank mini. And from that point on, I had no desire for cigarettes. New evolution in vape gear is making the game more enjoyable. Overall vaping is seriously helping to boost the overall health in the us, and the evolution of vaping is drawing in more people everyday.

11/14/2015 3:35:14 AM - Richard Campbell

I smoked cigarettes for almost 20 years and was starting to feel the effects it was taking on me physically. Then one day a friend introduced me to vaping, and as of today 11-12-15 I haven't smoked a cigarette since July 4 2015. I feel better and I can breathe better and my kids actually have noticed that I have more energy and I don't smell like smoke. I can honestly say that by dropping the cigarettes and now vaping, that vaping has saved my life.

11/14/2015 3:35:00 AM - Amanda Helfer

I had smoked cigarettes for 24 years and for the past few years, my weight had been dropping without any explanation from my family physician. During the year of 2014, I had went from 150 pounds to 109 pounds. I was driving to work on the morning of December 29th, when I had to pull over because I was about to pass out. I immediately called my husband and he rushed me to the hospital. While the nurse was trying to get my IV in, I could not breathe. I looked up and my husband was standing over me with fear in his eyes. I knew at that moment that I couldn't smoke another cigarette. I could not bear to have my husband look at me and be so afraid and full of fear because I couldn't breathe.

The emergency room doctor said that I had an anxiety attack, gave me medicine and sent me home to rest. I didn't touch another cigarette. The following day, I called my new family physician and he ordered tests to be ran at the hospital. I went to the hospital for my tests and had another episode as I had the previous day while I was trying to register. I was taken to the emergency room and the on call physician ran extensive tests, finding that my potassium had dropped and that was causing my episodes. I was admitted that day to the hospital.

The following day, I had a specialist come in to talk to me. My potassium had dropped because I was no longer able to digest food. We discussed smoking, that it would only make any progress I would make be for nothing and I assured him that I had no interest in smoking. I couldn't continue to get older and have my husband watch me deteriorate with COPD, to have to be on oxygen, or even worse...cancer. I knew that cigarettes were slowly taking my life away and I had to make a change.

My stomach had closed off due to smoking and I was taken into surgery to open my stomach up. After 11 days in the hospital and 3 surgeries - I was finally able to come home. My husband had my car detailed, cleaned the house, threw away all ashtrays and disposed of all cigarettes & lighters. He wanted to support me, so he went to vaping and has not smoked since January.

I was on a liquid diet for 3 months while I was healing, graduating up to soft foods and then what felt like forever - solid food.

For 3 months, I did very well. I had no urge or craving to smoke, and then I lost my uncle. It was a stressful time and I knew that if I wasn't proactive, I'd go get a pack of cigarettes. I asked my husband for help. He got me a device to vape. Not once did I go buy cigarettes, or even touch one. While dealing with the stress that followed and the stress of being the only caregiver for my mother, I continued to vape.

We have tried medicines, patches and nothing kicked the habit.

I am on a very low dose of e-liquid. I have not had any issues with my stomach and firmly believe that vaping has been a blessing to my husband and myself. We will get to live longer, see our daughter grow up into the extraordinary young woman she is becoming and to be with each other making memories.

I firmly believe that vaping is a good thing. Taking this option away would be horrible!

11/14/2015 3:34:40 AM - Troy Ruppel

I smoked for 15 years, I tried multiple ways to quit smoking cigarettes. Gums, patches, chews, cold turkey, lozenges, chantix, classes, and more. Vaping was the only thing that actually got me to kick the habit and stay off of it. I feel healthier, I breathe better, I don't smell horrible, my teeth aren't as horribly stained anymore, my breath doesn't smell like an ash tray, I can taste food again.

11/14/2015 3:34:28 AM - Bryant Thomas

After finding my local small business vape shop and learning about vaping I bought my own starter kit to try and quit smoking cigarets. I was a two pack a day menthol smoker. After starting vaping i started not wanting cigarets they became nasty and even the smell of one became gross. Two weeks passed and i was not smoking and cigarets at all! Four weeks passed and i started to breath better my wheezing went away. Six weeks passed cigaret free from vaping i was able to ride my bike again long distance. When i was smoking cigarets i would get out of my complex on my bike and be out of breath. Now i can go hours and be comfortable. I have to admit i doubted vaping from the start but after trying it and learning that it was all local small business behind the product. I feel like i saved my life from a early grave with vaping by not smoking cigarets anymore. If they ban my current products i will not be able to get my life saving products and will be forced to go back to big tobacco. I plead with the FDA and Government to please throw out this crazy bill and allow us to keep out local small business vape shops going so we can continue to be free from the death grip of big tobacco.

11/14/2015 3:34:13 AM - Brik

I started smoking around age 9, I would steal my father cigarettes for my cousin who also smoked. I turned 30 this year, so almost 20 years of smoking. I have never tried any means of cessation (chantix, gum, etc.) so I never tried to quit. In January of 2014 I contracted a bad bout of pneumonia and for about 5 months couldn't shake it. I went to my doctor who told me I need to quit. I started vaping because I couldn't smoke. As soon as I stopped smoking, the cough and associated symptoms of the pneumonia went away almost overnight. I started vaping to substitute and almost a year later I am smoke and nicotine free. I still vape because I still like the satisfaction of being able to smoke without the side effects. I could just quit altogether but vaping helped me become a healthier individual by no longer smoking. The products that are offered commercially (Blu, Njoy, etc) do not offer nicotine free products nor do they appeal to me in any way except to remind me of a cigarette that could make me sick. I am grateful I found vaping because now i can taste my food and smell my wifes perfume and I no longer am ashamed of stinking like a dirty ashtray.

11/14/2015 3:33:14 AM - Jay Croteau

I started vaping back in 2011 because i was tired of smoking cigarettes. At the time I started I was almost 34 years old and i was smoking approxiamately 3 pks of menthols a day. I started smoking when i was 12 yrs old! Thats 26 yrs of smoking cigarettes. I was determined to wuit but i had failed at least a dozen times before using everything from hypnosis to prescription medicationpatches and gum. A friend had recommended that i give vaping a try. At this point i was desperate and willing to go to any lengths to achieve success over cigarettes. It took a little getting used to but i stuck with it and im proud to say i celebrated 4yrs smoke free on November the 5th i chose that day bc it was the anniversary date of my mothers death. She was 42 yrs old and died of cancer she was also a lifelong smoker. I owe my life today to vaping. Its a safer smoke free alternative that allows me to get the nicotine i crave without having to smoke cigarettes and carve even more years off my life! I started off using a disposable unit and i now own several different styles and types of mods. I also started using 24mg eliquid and gradually worked my way down to 3mg where im at today. It gives me just enough nicotine when i have a craving. I attend as many "vape related trade shows" that i can as well as going to different vape shops around my state and the surrounding to check out the latest mods and juices. I enjoy the subculture and the fellowship that goes along with it. I have met some fantastic folks over these last 4 years that i would not have had it not been for Vaping. I cant stress enough how much i appreciate all the freedom i have now that im smokefree. Thank you for allowing me to share my story.

Sincerely Yours

Jason P Croteau

11/14/2015 3:33:03 AM - Jace

I'm a 32 year male that was plagued by the habit of smoking cigarettes for 16 years or so. I enjoyed smoking up until I had my first child, a little angel I call Layla. After in which the urge for me to quit this atrocious habit became very important and all lengths of quit smoking aids were used from the gum, patch, and just about all that are available with absolutely zero success. One day I visited a local e-cig shop and purchased a starter kit and vegan Vaping, since that day I have been smoke free and have had a ton of support from my vape family to keep up the good work when it would have been very easy to grab a pack of cigarettes. Since quitting I have noticed a change in mood, breathing and energy. Please help pass my success story on because without Vaping I would still be second hand harming my daughter and folks around me!

11/14/2015 3:32:49 AM - Megan Obermeyer

With the help of electronic cigarettes, i was able to go from a two-pack a day smoker to not smoking a single cigarette for over two years now. In the fall of 2013, a friend of mine showed me the new and evolving market of electronic cigarettes. I quickly looked into them and new that it was time for a change. Since that say in November of 2013, I have not smoked a single cigarette. My love for vaping and sharing the message of alternatives to the tobacco industry has continued to grow. With the help of an electronic cigarette, I was able to go from using 18mg nicotine e liquid to 0mg e liquid in a little over 6 months. I am now nicotine and tobacco free thanks to this industry. My overall health has improved, as noted by my doctor and dentist. Over the years of being a smoker, i tried so many alternatives to cigarettes with no success. I am so thankful everyday that i was given the opportunity to use electronic cigarettes and finally say no to tobacco for good! I hope that every consumer is offered the same opportunity as i have been blessed with.

11/14/2015 3:32:38 AM - Stacia

I smoked for 13 years before I began vaping as a means to quit cigarettes. During my time as a smoker, at the age of 24, I was diagnosed with Multiple Sclerosis. Despite research strongly indicating that smoking cigarettes accelerates disease progression in MS, I struggled to quit. Chantix and Zyban were both ineffective in long-term success. Let's face it, if cold turkey worked for everyone, a lot less people would smoke. My primary care physician suggested vaping as a method to try because of the sheer number of patients he has who've quit smoking with an "e-cig."

The first day I had a personal vaping device was the last day that I had a pack-a-day habit. That was 5 months ago, and I no longer feel urged to consume nicotine. My energy has improved, my endurance has increased, my balance is even much better. Beyond that, I am taking control of my life and health. I can now take a full, deep breath both literally and figuratively. I'm not chained to something that WILL make my chronic illness worse. The products manufactured by tobacco companies (commonly found in convenience stores) did not aid in my success the way that the devices currently subject to possible restrictions have. To limit the availability of those products is to undermine countless Americans who want to beat their cigarette addiction and reclaim their health.

Do I wish I'd never started smoking? Yes. Would I go back if vaping products were banned? Absolutely not. I've found a community in vaping and I have found freedom in not being a smoker. I went kayaking for 5 hours. Never could've done that as a cigarette smoking MS patient. Now I get to live out the life I still have with the health I should have. Thanks to tobacco-free so-called e-cigarettes. Don't destroy such a beautiful thing.

11/14/2015 3:32:04 AM - Michelle Dial

I had been smoking cigarettes for almost 26 years when i started vaping. I started vaping a little over a month ago using a mechanical mod with 12mg nic. From day one of vaping i stopped wanting a cigarette. I am now down to only 3mg of nicotine after only vaping for a month. I had tried to stop smoking cigarettes many times buy using the gims and patches which both made me sick so i ended up going back to cigarettes but i have not even wanted one since i started vaping. Now i feel better and just the smell of cigarettes makes me sick.

11/14/2015 3:31:55 AM - Terri Lindgren

My name is Terri Lindgren, I smoked cigarettes for 40 years. I tried every method available to quit smoking, many on numerous occasions, and failed every single time. When electronic cigarettes first became available I tried them and wasn't impressed, I went right back to smoking. I didn't like the flavor of the tobacco liquid for the e-cigs, the battery life was far too short, it was over all a bad experience. A couple of years later, the next generation batteries were available and new flavors had evolved. I decided to give it another try, I could barely breath and needed help to quit smoking.

Using a battery that lasted all day and some fruit and bakery goods flavors, getting as far away from the tobacco flavors, it worked. I smoked my last cigarette in June of 2012. I then slowly reduced the amount of nicotine I used, I mean slowly. Over the next 2 years I finally got down to zero nicotine. 3 months later I stopped vaping as well. Yes, it was slow but after 40 years I had finally stopped smoking, something I really thought I would do until it killed me.

I noticed a difference in my lung capacity within about 4 months of stopping smoking. After about 6 months my smokers hack was completely gone. My most recent lung capacity test with my doctor showed me to be at 98%. Something I never thought I would see again. My health is so much better today.

I am saddened to know that my government is looking at taking a path of removing the possibility of any other smoker having readily available to them the possibility of using the only method that worked for me and so may others.

11/14/2015 3:30:26 AM - Chuck Fink

I was a smoker for many more years than I care to admit (over 25). I have attempted, unsuccessfully, to quit using every other means available many times and honestly sir, this was the only method which has worked for me.

I currently use open tank systems with replaceable battery mods and have not touched a 'conventional' cigarette in over two years and cannot remember a point in my adult life when I have felt better than I do now as a result.

It would be a shame if others, who had the desire to quit, but were not adequately assisted by current NRT products, were denied the opportunity for a chance at a longer, more quality life for themselves as well as their families. I certainly believe in regulation, compliance, and most importantly child safety laws. The current plans being considered would set the industry back nearly a decade and eliminate further technological advancement which continues to make this industry safer and more effective.

11/14/2015 3:26:56 AM - JoAnna

I smoked for 25 years..I found my self coughing and feeling old..I lost both my parents 5 years ago 6 mths apart..both heavy smokers and died from medical issues due to smoking..I hve tried many times to quit..the gum patches cold turkey with no success.. One evening a friend showed me her mod and told me about what it is and how great she was doing to quit..so 3 days later I went to see G at his shop and he set me up..that's was October 28th 2014..over a year now and I hvnt had on cigarette!!! I no longer cough..I've run a 5k..played an alumni field hockey game..my life has changed so much to the better..my family is blessed because I found vaping and having me be successful.. I never would hve been with out this.. I use to get colds easy..not at all now..my immune is stronger :) so at 52 and smoke free I'm i very happy women.. I tell all of my friends who want to quit to vape..and I'm so excited many friends also hve quit... I wish my parents had this opportunity many years ago and just mayb I wouldn't hve lost them!!! Vape on and be successful and smoke free!

11/14/2015 3:26:43 AM - Ezra Sweis

I started smoking cigarettes when I was 13 years old. I have tried many times to quite, even after a scare from being sick in the hospital. Longest stretch of three months on the patch and using the gum (gross). I slipped and picked up a pack. SMOKING WAS THE WORST THING THAT I HAVE EVER DONE. I switched to vaping and the chains are broken. My urges are gone, I don't stink and I feel so much better. I can breath. I am a better person and my kids don't smell cigarettes on me. Thanks to the new technology in the vaping industry the switch to vaping saved my life. I was a smoker for 21 years, and tried everything but Chantex only cause it cost 175 dollars for the prescription and one of the side effects is suicide. When I switched to vaping a couple of months ago it was an instant switch, and I was mentally exhausted from constantly always needing to have more than a certain amount of cigarettes, always needing to have them on me and all the negative effects that come with smoking. ie bad breath, shortness of breath, yellow fingers, clothing smell...) I bought a variable voltage mod that has 2 18650 batteries for long battery life and a uwell tank and have never been happier.

11/14/2015 3:26:31 AM - Paul Warren Snell PhD

At 60 years I was hospitalized for 4 months. I had pancreatitis, two heart attaches, systemic organ failure, was blue coded two times, and died twice, The second heart attach they gave me 48 hours to live and advised to call family. I remained in a coma for four months (Sep through Dec 2013) before I came out of it.

After all of that I thank God every day that I am alive. I went back to my various doctors and they said, and I quote, "DO YOU KNOW THAT YOU ARE A WALKING MIRACLE?"

I WAS INSTRUCTED THAT IF I DRANK OR SMOKED AGAIN I WOULD DIE. THE DRING I QUITE IMMEDIATELY. THE SMOKING WAS MORE DIFFICULT. I DISCUSSED THIS MY DOCTOR AND HE RECOMMENDED E-CIGARETES - VAPING TO HELP ME REDUCE SMOKING AND CUT BACK ON ALL THE CHEMICALS I WAS PUTTING IN MY BODY THAT ALMOST KILLED ME THE FIRST TIME AROUND. I AM HAPP TO SAY THAT I HAVE BEEN SUCESSFUL AND HAVE TO SMOKED A CIGARETE SINCE.....THAT HAS BEEN NEARLY 2 1/2 YEARS. MY DOCTOR IS THRILLED WITH MY RESULTS AND MY HEALTH IS BACK TO NORMAL.

Please consider my situation in the decisions ahead. Sincerely, Paul Warren Snell, PhD, Davenport, Iowa

11/14/2015 3:25:26 AM - Eric

I smoked my first cigarette at the age of 15, and became a regular smoker before I turned 16. I smoked about half a pack to a pack a day. At my high school, Id say about 20% of the kids were regular smokers. Over 50% of my friends smoked. I enjoyed smoking, and had no intentions to quit, even though my parents and girlfriend at the time repeatedly asked me to. I got bronchitis at 16 from smoking menthols, and had 2-3 times a year where I would get really sick and cough phlegm for a few days. I would go to sleep coughing and wake up coughing out phlegm. Even though I knew my health was deteriorating, I was too addicted to quit. 5 years after smoking daily, and without a day tobacco free, I bought a pen style e cig in December, 2012. I did not expect it to help much, but told myself I would try my best not to smoke if I vaped. I started with 18mg and eventually lowered my nicotine level to 12mg. Currently, I am between 3 and 6mg. Anyway, the first week without smoking took some getting used to since I was getting nicotine delivery in a different way. Then weeks have passed, and I stopped smoking cigarettes completely. In fact, I have not bought a pack of cigarettes since that day, which was maybe 4 years ago. I no longer cough at night or have heavy breathing. I dont get sick as often as I used to, and I am no longer addicted to nicotine, although I do enjoy using it. To the stillblowingsmoke propoganda that says vaping will create a new generation of addicts; Wake Up. I know kids who started their habit a lot younger than I did, and this is when nobody knew about electronic cigarettes. I honestly believe, that electronic cigarettes are a great alternative to a safer way of nicotine delivery.

11/14/2015 3:25:13 AM - Lisa B

I'm a 43 year old female who smoked over a pack a day for 28 years before a friend brought vaping to me as an alternative to smoking, 5 months ago. I have tried to quit many times over the years with no success. I've tried the gum, Wellbutrin, reading self help books and stopping cold turkey. The longest I went was a week before I started smoking again. I couldn't even quit while I was pregnant! The day I started vaping was the day I quit smoking. I never went back. When I say vaping, I'm not talking about those little e-cigarettes that some of the tobacco companies came out with. Those do not work. I have 5 sitting in my junk drawer. I'm talking about box mods, tanks and drippers that are sold by small, legitimate vape companies. What we vapers use doesn't come from big tobacco or have anything to do with them. I currently use a 150 watt box mod with a tank. I started with the "stick" style battery with a tank, but outgrew that. Having choices as to what types of vaping devices we can use is very important. Some of us like the stick style, while others need something more substantial to help us quit our addiction. Our needs change.

I absolutely believe vaping has saved my life. I have asthma and can breathe now. I don't go to the Dr. for bronchitis or sinus infections anymore. I feel so much better! I also strongly believe that vaping is definitely a viable way to stop smoking. It is the best and easiest way, in my opinion. I have leveled down on my nicotine from 12 mg to 3 mg, the lowest most juice companies offer. I WILL go down to ZERO nicotine in the future, breaking my nicotine addiction all together.

Why would vape products be part of the tobacco deeming regulations when nicotine gum and patches are not? Vaping juices have no tobacco in them, just like the gum and patch don't, and should not be a part of these regulations, just like the gum and patch aren't.

Why are flavored alcohols not being considered for banning? Couldn't the same argument against vaping be used on alcohol? That the alcohol companies are trying to draw children into drinking because of fruity flavors being offered? Alcohol causes more deaths around the world than any other drug, yet it is still legal. Vaping has been around for 10 years. Have there been any deaths caused by vaping? Has it been proven that vaping is dangerous to your health? That question can't be answered by the United States because no one has bothered to research it here and that's your fault. The Health Organization of England has researched vaping and they've found that it's 95% safer than smoking. 95%! Why in the world would someone want to ban something that truly helps people to stop smoking or chewing? It's asinine.

If vaping is allowed to continue, there's talk of only being able to purchase tobacco flavored juices. This would be detrimental to the vaping community! A lot of us are trying to get away from tobacco! Why would we want to go back to that flavor? Sure, I

wanted a tobacco flavor when I started vaping, but I quickly realized that I wanted nothing to do with it. I gravitated towards the sweet flavors. Myself, and others, need the variety of juices being offered so we can continue down the path of tobacco abstinence.

If these tobacco deeming regulations go into effect as they are, thousands of people will be out of a job and small vape shop businesses will be no more. That means no more tax dollars and the economy will be worse off.

Please listen the facts from our stories and take them into serious consideration. Vaping needs to be removed from these regulations because, for the first time ever, the world can finally be free of tobacco! Think about it. A world where no one smokes cigarettes or uses chewing tobacco. It's right around the corner and it'll be squashed like a bug under your foot if these regulations go into effect. Thank you.

11/14/2015 3:24:30 AM - Frank

I was a cigarette smoker (70 years old) for 58 years until 10-01-14 at 4:00 PM. I bought a starter e-cigarette kit and quit smoking and started vaping with three others on the first day. I live in Portland, OR and buy from Medford, OR. Itâ€™s a better quit than the patch, gum, or pills! Keep a open mind and do research.

Not going back to smoking cigarettes,

Frank E McKowen

11-12-15

11/14/2015 3:24:19 AM - Scott S., Sacramento, CA

I smoked cigarettes for 25 years. I was able to quit completely in under two weeks using electronic cigarettes. I found it much easier to do than I expected. I tried quitting or cutting back on cigarettes many times over the years and failed. It's been 6 months since I quit and I don't even think about cigarettes anymore.

While we don't know that vaping is 100% safe, we do know that cigarettes are definitely dangerous. People should be allowed to continue to use e-cigarettes to help them quit tobacco.

11/14/2015 3:24:06 AM - Richonda Davis

For 30 years of my life, I was chained to a pack & 1/2 of cigarette's a day. Everyone in my Family smoked, it was always all around me. Even watching my Grandfather pass from Lung Cancer had no effect on me. Maybe because I was very young when it happened? I have tried it all! Gum, (nasty stuff), patches, (burned & blistered my skin), cold turkey, (we won't go into that), & Chantix, (I was the walking poster child for every severe side effect). We bought our Vacation home in Florida, & always went out to smoke by the pool area, & one day as I sat there, my fiance called me & started telling me about an e-cig. I thought he had lost his mind, & wasted his money. I mean after all, he smoked 2-3 packs a day, for almost 40 years! He was working in another State & sent me a 2 battery kit. I must say, I did not like it at all.... Because I did not have all the knowledge I needed to understand the product. It took me a few weeks to understand it & get used to it... But when I finally found the right nicotine level & flavor for me, I was hooked! 2 & 1/2 years later, here we are! I started with a simple pen style & 18 mg of nicotine, & am now using mods & 3 mg nicotine. We are proud to say we own 4 Vape Shops, & the greatest thing in the World, is to assist someone in getting acquainted with Vaping, & watch them succeed in stopping smoking. I will never smoke an analog again! I feel better, & have so much more energy, breath easier, & my over all health has improved. Oxygen level is up, & I no longer suffer from acid reflux. Vaping saved my life!

11/14/2015 3:23:48 AM - John Helfer

I started vaping 10 months ago. I have smoked about a pack and a half a day for the better part of 20 years. I have tried patches, gums, Chantix, wellbutrin, hypnosis, and cold turkey. Nothing made getting free from tobacco as simple as vaping has for me. Without it i would have gone back to smoking like i always have. Vaping has been the only way I have been able to stay tobacco free for more than a few weeks. I started at 12mg nicotine strength and have weened myself down to 3mg for the most part and a few flavors are only 1.5mg. I began to feel better within a few weeks and gained a large part of my sense of smell. I know vaping is a safe and viable alternative to smoking and is my choice for nicotine delivery. I step down as I become ready and comfortable. I will get to 0mg and eventually quit altogether but in the meantime this gives a good handle on my addiction and a solid way to beat it

11/14/2015 3:23:35 AM - Lukijo

Hello. My name is Kelli. I started smoking cigarettes at the very early age of 11. By the time I was 15, I was up to nearly a pack per day. I began having health issues that could only be traced to smoking, such as a diagnosis of osteoporosis at age 19. Every test imaginable was done as there was no reason for me to have it. It doesn't run in my family on either side, my vitamin D and calcium levels were great...it came down to smoking. It was then that I began my journey to quit. I started with a patch which gave me horrible nightmares on top of unsightly squares anywhere I placed them due to an allergy to the adhesive. Next I tried the gum. I was popping another piece in my mouth every 30min and it was costing me a fortune. I continued to have nightmares with these as well, not a doctor but likely due to the very high nicotine content since I felt I needed it so often. I did hypnotherapy which did nothing at all except what felt like a short nap in the middle of my day before going back to my car and fighting the urge to smoke for as long as I could, which was usually around 4hrs or so. I wanted SO BAD to quit that I finally started taking Chantix. There were so many side effects from that, up to and including suicidal attempts and homicidal thoughts. I thought I was out of options. Then I found Blu's. They helped a little bit in that I was replacing about 1-2 cigs per day. The flavor was so terrible, however, I couldn't stick with it.

One day, I stopped into my regular smoke shop and found something called "vaping." It was described to me as a mix of propolene glycol, vegetable glycerin, food safe flavorings, and liquid nicotine that is vaporized, rather than combustible tobacco. WHOA, I've seen the list of what is in cigarettes and it sure as heck isn't that long! I picked up a starter kit and tasted some flavorings that actually tasted GOOD! Nothing like a smelly cigarette, nothing like those nasty Blu's, but yet it fixed my craving for a cigarette!

Vaping has since stopped me from getting pneumonia every winter like I used to, I can breathe again, I can choose the level of nicotine I need at the time and have been working on dropping it down. I started at 32mg and am down to 6mg. The flavors taste good and I have no desire at all to smoke cigarettes ever again. The problem is, if I don't have these items available to me, I won't have any choice to go back to that unhealthy lifestyle of smoking as I'm not completely down to zero yet. I expect to be soon.

In the midst of my beginning weeks of vaping, I was told I had to have a spinal fusion. My surgeon told me he couldn't do it if I was smoking as it wouldn't heal properly. He did encourage me to continue vaping so I wouldn't go back to cigarettes, however.

My husband already wrote his letter in so I'll keep his short but vaping saved his right leg after having vascular bypass done on it and it failing due to his continuing to smoke. The second one was very close to failing and he finally started vaping and quit smoking. Now he has both legs and the second bypass that was about to fail is functioning properly. He

has also dropped his nicotine levels but not quite far enough that, without these options available to us, we would both end up smoking again and compromising both of our health.

Thank you for listening.

Sincerely, Kelli Parsons

11/14/2015 3:23:13 AM - Felix

I quit a 31 year habit of smoking tobacco cigarettes the day my first quality starter kit arrived. Unlike the many failed attempts at quitting and wasting tons of money in the past using the usual over the counter quit smoking products such as the patch and gum that are in my opinion just a way to keep people hooked on smoking vaping worked for me immediately. Not only did I quit smoking immediately it made it very easy for me to do as well. I was already feeling better within the first week and things have just kept getting better and better for me. It has been over 1 year now since I started vaping and because vaping allowed me to quit smoking cigarettes it has made my life so much better in so many ways in which I am very grateful. It really enrages me to think there are groups out there that want to take away something from people that is clearly helping millions upon millions around the world to end a deadly habit and I want to do everything I can to make sure that never happens. Iâ€™m 43 years old and I love the candy flavors, the bakery flavors and all the other things supposedly only kids are suppose to like and do not care for any of the tobacco flavors at all. I really wish people in general against these types of flavors and who create such ridiculous lies and false assumptions about them using â€œThe Childrenâ€ as an aid to fight vaping would stop insulting the intelligence of the people of the world about this topic. The fact is whether you a baby or over 100 years old and can still taste age has nothng to do with what tastes good to an individual but it is a majot part of what keeps people from going back to smoking. That is why they want flavor restrictions so less people are successful when quitting smoking thast turn to vaping. Long Live Vaping! Die Tobacco Die!

11/14/2015 3:22:41 AM - Jeffery Smith

My name is Jeffery Smith, I am 57 years of age, & I was a 2-3 pack a day smoker for almost 40 years. I had tried numerous products throughout the years to assist me in stopping smoking. I have always worked construction after leaving the Military. I worked years in Power Plants & such, always having to find the "Smoking Area" on break, In 2013, while on such a job, I noticed Men with these things around their necks, "puffing" on them from time to time. I finally asked a couple of different people & they told me where to go & check out this "Vaping" product. I spent over 2 hours in a shop, & I bought a double pen style kit with a 24 mg of nicotine liquid. On my 3rd day, I was 100% Smoke Free, & Vaping 100%. I suffer with COPD, & had many different inhalers I was using multiple times a day, was unable to go up the steps of a structure, or climb a ladder with out stopping & gasping for a breath. 2 weeks after using my Vaping Devices, I was breathing easier, 4 weeks after using my devices I was down to 2 inhalers only & was able to climb a ladder to the top with out stopping to gasp for a breath. When I had been going to my Dr's appointment, my oxygen level was very low, as in 88-91%... Now 2 & 1/2 years, as of 2 days ago, when I was as my Dr's my oxygen level was 98%. I have so much faith in the Vaping Products & Industry, that I started my Company. I am using a small mod, that I keep volts low on, and use a 3 mg nicotine of liquid now. I love that I have been able to take my time, & step down when I felt ready to do so. We are 4 store's strong, & have assisted thousands of customers in their switch to Vaping. We are very proud of our customers, as they too have the same type of story's they share with us. There is no doubt to me, my Family, or even my Dr's, that Vaping helped save my life. My quality of life has improved ten fold, all thanks to Vaping.

11/14/2015 3:22:30 AM - Jennifer Benware

Hello my name is jennifer benware, i began smoking at the young age of 17 as all my friends did it and i wanted too fit in so i took my first drag and coughed my brains out, it was nasty! not sure why i continued until the age of 4o, well i was addicted that is for sure, but it really hurt and bothered me when my son would beg me too quit smoking and tell me too "just throw them out" it wasnt that easy as you all should know,nicotene is more addicting than most drugs. i also hated how i smelled like a nasty ashtray and finally one day last yr summer i walked into Gaetano's 802 Ecig Supply store in bellowsfalls vt too look around, i tried a few flavors but just wasnt ready. smoked for awhile longer and my heart breaking every time i heard my son say too me mom please stop and my mother, so my mom came too see me one day and brought me back into the 802 ecig supply store too get my firts ecig and payed for it for me. i went home and threw out all my cigs and ashtrays and washed all of my walls and everything in sight, and my car. i truly believe vaping saved my life and iwouldnt have been able too quit nasty cigs without ecigs. i truly believe they are a miracle! i couldnt do chantax as many people cant that have any sort of mental illness as it can make it worse and i am all set with that. sorry for any typos as i am not the best writer, thank you for reading!

11/13/2015 1:51:39 AM - Nathan royse

My name is Nathan royse, I smoked cigarettes from the time I was 14 until 21 when my son was born. I switched to chewing tobacco at that time to make sure my son wasn't affected. When I was 32 I turned back to cigarettes in a moment of weakness but this time continued chewing tobacco as well. About 600 days ago my wife (smoker) and I decided to give vaping a try. We were both skeptical as we had tried the little devices that the tobacco companies own (they tasted awful, and frankly just seemed like no help). Well much to our surprise we found some flavors we enjoyed (cinnamon at the time) and seemed to get enough nicotine to keep us from craving the tobacco (the nicorette cherry lozenges and cinnamon and orang nicotine gum never worked like this for us). After discovering this was working I did a ton of research (mostly from other countries) to find out not only did the vaping not stink and taste so much better, but that the harmful effects were so much less than tobacco products. Yes it's still a habit but a far better habit then traditional tobacco. I hate thinking the government would ever take away or ruin an industry that I believe will prolong the lives of former smokers. I know there's a lot of hype about all these flavors are to entice the children. Well as I stated I started when I was 14 with cigarettes and switched to mint and cherry and apple tobacco all while I was under 18 and over 18. It seems to me that even though I don't want to see kids vaping or smoking or dipping, I at least feel a little better about the effects vaping will have on their lives.

11/14/2015 3:21:25 AM - Rick Hurst East Tennessee

When I first tried an ecig I was smoking a pack and a half a day.I had never thought about quitting real cigarettes. That was in 2012.I had smoked for 45 years before that.After the ecig I never smoked a real cigarette again.I use several of the fruit flavors available at Rocky Topp Vapor.I don't really use any of the tobacco flavors.I have no intention of quiting ecigs.I do however smoke the least nicotine that is available at the shop I use.I enjoy them and feel that they are as harmless as breathing air.Also I don't have to worry about burning the house down when I smoke in bed at night.I don't think I could sleep without my ecig under my pillow.Watch out tooth fairy.

11/14/2015 3:21:15 AM - Phillip Distel

I started smoking when I was 20yrs old while in the Army. In January of 2015 I made the decision to quit smoking. Now, tthis was not the first time I had attempted to do so. I had tried numerous times over many years. Using Zyban put me in the hospital due to anaphylaxis shock to that medication. A few years later I tried using the patch. It did not go well, the adhesive would burn the first layer of my skin. To the point of bleeding. After that I tried both the gum and lozenges. Neither worked, they tasted like Black pepper and it did nothing to curb my cravings. Now, when I saw a coworker using a pen mod to quit, I became intrigued. I had heard of Vaping. Had even used the little eciggalikes before. They were useless. I asked my coworker about his pen mod and my journey into the tobacco Free life began. I smoked for 24 years. I had begun having problems breathing and was put on high blood pressure meds years ago. I no longer have breathing problems and I no longer need high blood pressure meds. Ejuice is not a tobacco product, it is made from ingredients that the FDA has already deemed safe for human consumption. My last cigarette was March 31, 2015. I now use a regulated box mod and an rda (rebuildable dripping atomizer). I enjoy the wide variety of flavors to choose from and I can tell you now, that if the FDA deeming rules go into affect, I will NOT use any Big tobacco marketed device nor will I go back to smoking. That is my story, please do not let corporate greed kill billions of lives!

11/14/2015 3:21:02 AM - JudiG

I started smoking when I was 17, I am now 69. I tried Chantix, it worked for about 2 months I was smoke free. But eventually went back to cigarettes. I started to vape about a month and a half ago. My doctor ordered a cat scan on my lungs, I have to admit that was so scarey.

The moment of truth had arrived. It turns out there was a black spot that showed up, but it wasn't cancer. But it was still my moment of truth. I read everything on the internet that I could get a hold of. In the county where I live there are about 7 vape shops. The second one I went to was so helpful. I got my first vape. I started out with a nicotine level of 14. Now I'am down to a 7. I kept on smoking cigarettes for about 2 weeks after starting to vape. Then I made a clean break off of cigarettes. I now have been smoke free for about 3 weeks, what a glorious feeling.

No negatives just positives. I hated walking into a group of people after having a cigarette, I figured they all smelled me coming. My husband always let me know how much I smelled, not to mention smoking in our car. That's all done with now.

The freedom I feel is priceless, I can't believe that I have actually quit smoking, something that I thought I'd never be able to do.

11/14/2015 3:20:46 AM - Earl

I started smoking at age 18 and now I'm 33. That's 15 years of smoking. Just to think its been 15 years is unbelievable, I would have never thought when I was 18 that I would be smoking for so long. The nicotine is just so additive. Just recently this past summer I quit smoking and when never go back thanks to gaping I just quit after my first vape. What I like about vaping versus smoking is that you know the ingredients in your vape and can choose your nicotine level. When smoking you have no basically no idea what your are putting in your body besides tobacco, tar and a high nicotine level that will have you hooked. Other than its 4000 chemicals and carcinogens. Since I have stopped smoking I have a normal blood pressure, my skin is softer, finger and toenails are clearing up. I know can breathe a lot better and not short of breathe when walking up the stairs with a rapid heartbeat to match. To be honest smoking makes me feel terrible. When I first vaped I used a $25 e cig pen to a starter kit with tank and variable wattage box mod. I recently bought a better box mod. I think these box mods are more safe because you can put a dependable battery in your mod from a trusted company such as sony and Samsung just to name a couple. These batteries are safer to use than in an e cig or pen that uses cheap Chinese batteries that are non removable. In the past year I have quit smoking twice for a month or two but went back to smoking and its because of the good sensation very high nicotine gives you. When I vape I use 3ml nicotine which is very low and I don't have the same feeling as opposed to smoking like being hooked.I just want say that I feel a lot better, I have more energy my feet doesnt hurt anymore. Vaping should be a choice and/ or alternative to smoking. People are going to do what they want to do. Some people drink, some do drugs and some people smoke. All those things kills people. The bad thing is that smoking cigarettes and drinking alcohol is legal and it kills people. All I'm trying to say is let people have choice. A life saving and life changing choice.

11/14/2015 3:20:20 AM - Billy

To whom it may concern:

For years I wrestled with a smoking addiction. I tried virtually everything to quit cigarettes to no avail. Yes, there were temporary cessations using gum, patches etc. but none kept me from eventually going back to cigarettes. After 40 plus years of smoking I was diagnosed with copd; this not only scared me but was life altering. Shortly after learning of my copd I went to a local vape shop. This was 23/4 years ago. From that day until present I have been cigarette free. You have no idea how much better I feel physically and psychologically. This, literally has saved my life and given me some quality time as I near my golden years. Do NOT take this away from me and so many like me, that have found vaping to be a SAFE and doable harm reduction alternative for those who were smokers....PLEASE, look at the reliable research to base your decisions. I know I speak for literally 10 of thousands of people just like me.

Thank you ,

William Mehring

11/14/2015 3:20:07 AM - Gaetano Putignano (Vermont)

Hello,

My name is Gaetano Putignano. I am a 44 year old male living in Vermont. I am a former member of the USMC. I first had a tobacco cigarette at age 13. It was gross. I vomited but continued to smoke a pack a day, until age 41. During the last 10 years of that time, I had tried the nicotine patch, gum, lozenge, counseling, hypnosis, all with little or no success. I always went back to smoking. I never tried chantix as that stuff freaks me out from the personal experiences I had seen. In July of 2013 I picked up a cigalike style e-cig. I saw the potential but couldn't quite get a good hit and then it would just stop working and I was also concerned about what was in it, I took it apart to find nothing showing me how exactly it was creating vapor. In early August of that year I picked up my first tank/battery set up with fluid I knew where was made, and what was in it and who made it. I used that and smoked my camels for about two more weeks. Finally on August 21st, 2013 I smoked my last cigarette. I started with a strong tobacco flavor and used 24mg for about a month, went to 18 mg for a month, then used a black honey flavored tobacco in 12mg for 6 months until I lost all desire to smoke a tobacco cigarette. I then switched to more palatable flavors (not tobacco) then went to 6mg, then 3mg, then zero. I haven't smoked a deadly combustible tobacco cigarette in over two years. I use zero nicotine. I use delicious fruity creamy flavors. I enjoy valing. I believe it saved my life. All my grandparents died from smoking. Some of my closest friends died from smoking cigarettes. I will not die from smoking cigarettes. I am healthy, I exercise. I don't poison my body with thousands of carcinogens. Vaping saved my life.

11/14/2015 3:19:51 AM - Dave Rumbaugh

I started smoking at age 15, 43 years ago. I smoked tobacco products continuously until April of 2014. On that day I received via the USPS, a vaping starter kit that consisted of two self-contained batteries and two cartomizers (electronic cigarette juice containers). I filled the containers, screwed them onto the batteries and haven't had ONE tobacco cigarette since. I had tried numerous times to quit smoking dry tobacco cigarettes. Gum, patches and prescriptions did nothing to calm my craving for nicotine. Only by using a personal vaporizer did I get the nicotine I needed with NO harmful side-effects. My smokers cough went away. My sense of smell AND taste became more normal. I recently had a medical exam and my lungs are clearer now than they have been in DECADES! I feel better, I've lost weight, and no longer am I plagued with horrible breath. All due to using electronic cigarettes. Currently I am using regulated mods with tanks to vape with. I started vaping e-juice at 24mg nicotine strength. I am now at 6mg. Hopefully, by next year, I won't need any nicotine. I'll be vaping for the pure pleasure of the wonderful tasting juices.

11/14/2015 3:19:41 AM - Katie Mitchell

To whom it may concern,

I am now proud to be called a 30 year young non smoker. I picked up smoking when I was 15 yrs old, you gotta love high school peer pressure and the need to fit in somewhere. For the 12 years I smoked, I was smoking at least 2 packs a day with no regard for my health or the health of anyone around me.

I had tried to quit before using more traditional methods such as the gum, lozenges, patches and even hypnosis, with none of these options working. Finally in the fall of 2012 my fiancÃ© woke me up to inform me that we would no longer be smoking and that he wanted to give the whole "vape thing" a chance, I of course laughed in his face, I mean seriously we just spent $50 on a carton of cigarettes the day before. We did our research and finally took the plunge, we both ordered ego style vape pens, tanks, cartomizers, atomizers and juice. About 3 days later we received our order in the mail and I am proud to say that was the last day either of us smoked a cigarette or dipped or used snus. On December 11th 2012 we both quit smoking and dipping with the help of 24mg ejuice, fuzzy naval and strawberry watermelon, and an ego Vape pen and tiny 2ml carto tank. Over the years the way I have vaped has changed with the times, upgrading from and ego to a VV tube mod to a mech mod etc. My nicotine level has dropped from 24mg to 3-0mg and I have had zero desire to go back to cigarettes. Since we have started vaping we have not only seen improvements in our own health but in the health of our son as well. Going from a constant crying toddler with ear infections and chest colds to a happy healthy child has been one of the best things about vaping. It in no way has had any negative effects on my son or pets or family members. I only wish that these devices had been around 10+ years ago so there may have been a chance to save my mother. My mother was a life long smoker who lost her battle with stage 4 lung cancer on April 30th 2015 because of smoking. I remember trying to help her make the switch to vaping before her cancer diagnosis but in all honesty she just didn't want to, she was comfortable in her ways and who wouldn't be after 40+ years? My mom, my best friend, died at the age of 64 because she didn't have these alternatives when they could have made a difference to her. So I urge you, if you feel the need to ban something, if you feel the need to destroy an industry, destroy the tobacco industry as we all know it, not the vaping industry. As far as I know vaping has yet to kill anyone, but I can tell you first hand how heart broken a 6 yr old little boy can be because his Nana is in heaven and not waiting for his after school phone calls anymore because she didn't have this alternative available to her when it could have made a difference.

Katie Mitchell

11/14/2015 3:19:26 AM - VapinArchitect

I started smoking when I was only 12 years old, I have had 2 members of my family pass due to cancer and from smoking both lives there finals days hooked to oxygen. Vaping has opened a whole new way to get off the horrible product of tobacco, not only am I healthier and noticing a huge difference in my everyday life but vaping has brought a new healthy hobby to my life. I currently am a full time student in a drafting program to because a certified drafter and love to use 3d printers and cnc machining, I started making my own safe and regulated devices to use. Please help if the whole west coast can legalize Marijuana why would they ban vaping that is proven to be healthier than smoking cancer sticks. It's mind blowing that I can walk down the street and go and buy candy that is actually Marijuana which can be deadly for kids...please think twice on what tour doing. Tax all vaping products and make some money just keep it on the market. Thank you

11/14/2015 3:19:13 AM - Michael

I smoked cigarettes and used chewing tobacco from the ages of 18 to 24, smoking approximately 7 pack years. I began using electronic cigarettes when I was 24, which included one I bought at a local convenience store. At the time, I was using 24 mg strength solution and it initially cut my smoking down in half and I chewed tobacco less frequently.

I have quit cigarettes and all tobacco for 5 years. As long as I have access to quality electronic cigarettes and e-liquid, I don't feel any need to use tobacco at all. As I had access to better hardware and better e-liquid through companies other than big tobacco, I've now been able to reduce the nicotine strength in my e-liquid to 1.5 mg/mL down from 24 mg/mL. I now use a regulated box mod with removable 18650 batteries as well RDAs (Rebuildable Dripping Atomizers) and sub ohm tanks to attach to it.

I tried medication, nicotine patches, nicotine gum, and talk therapy to try to quit and the only method that kept me completely off cigarettes for any length of time was quitting cold turkey without any aids. I was able to quit for about 6 months with that method before relapsing to cigars then cigarettes.

Since I quit smoking, I've noticed immense health benefits including clearer lungs, not getting sick as often, and more energy as time progressed. I used to have chest pains and chronic cough and they are now gone. Not only are there health benefits associated with e-cigarettes, it has become a hobby for me and I'm part of a great community of people.

I decided to start working for this industry in an e-liquid company because I'm so passionate about what electronic cigarettes have done for me and I want to help provide quality liquid and products to consumers for their enjoyment and improving our overall health. I want to add if the FDA manages to throw all these electronic cigarette hardware/e-liquid companies under the bus for their own interests, there will be a lot of people without jobs, myself included, and more people relapsing to tobacco.

Is this what they're going for?

Please speak up if you haven't already.

11/14/2015 3:18:59 AM - Mark Byrd

I started smoking at the age of 13, and after 26 years of damage had a heart attack at the age of 39. I tried the patch, the gum, the pill, and sheer willpower to no avail and still could not give up the habit. One year after my heart attack and a stent placed in my LAD, I was still a 2 pack a day smoker. Then I had a stroke, which left me in a difficult physical and mental state. Still smoking, despite every ounce of knowledge telling me it was bad for me, a Very Good friend of mine asked me if I had tried vaping. I said I had tried the little cigalikes they sold in convenience stores, but they did not satisfy me as I was a heavy smoker and they didn't work. He introduced me to a newer device and some e-juice that tasted like cola. I enjoyed the flavor and the more satisfying lung inhale from the newer device alot and within 3 months, had quit smoking cigarettes completely. The next 1.5 years I found myself in many situations where I was unable to obtain e-liquid or could not find a replacement atomizer readily and when I had no options would smoke a cigarette to curb my psychological need. Eventually, there were retail shops close by that opened and provided me convenient access to the devices and flavors that suited my needs. I have not smoked since and that has been a year. Since completely quitting the tobacco, my Cardiac Ejection Fraction has gone from 20-25 to it's current normalcy. My cardiologist told me after my heart attack, that if I did not quit smoking, my life expectancy would be 10 years maximum with the amount of damage my heart had sustained. Today, my cardiologist and doctor said that I have a normal life expectancy as long as I do not smoke and take care of my body. I owe vaping my life, and if it is banned I fear I will certainly die or be forced to move to a place where I can get the life saving vapor products.

11/14/2015 3:18:47 AM - Rodolfo

I was a heavy smoker, and I enjoyed smoking - I smoked cigarettes, cigars, and even had a pipe collection, one for each type of tobacco I used to enjoy. I use the phrase "used to" because I was able to quit smoking with the help of electronic cigarettes. I had already tried several times to quit with gum and patches, as suggested by my doctor at the time, only to fail. At that point, I resigned to the fact that I was going to continue to smoke, just like I had for 15 years, at the rhythm of a pack and a half a day. I didn't believe I was going to be able to quit and had, quietly accepted my fate.

In March 2012, I discovered electronic cigarettes. Back then, they were simple devices, similar in size to a traditional cigarette, but they caught my attention enough to give quitting one final try. My kit arrived on March 26, 2012. I began with 18mg/mL, thanks to the suggestion by other vapers that I sought out. By the 2nd of April, 2012, I was smoke free. I didn't have to make the huge effort it took to quit for 2 days with gum, or the 12 hours with the patch. It just happened. I wasn't even really motivated or trying. It simply happened.

It's been 3 years and 7 months since I had my last cigarette. I have seen improvements in many areas of my life, from sense of smell and taste, to improved lung function, a noticeable reduction in allergies, and improved general health. I used to suffer from chronic bronchitis, my last episode being a little over 4 years ago. I have continued to vape during those years, reducing my nicotine level from 18mg, to 12mg mainly, and occasionally 6mg.

At this point in my life, I am convinced that electronic cigarettes saved my life. I would have continued to smoke otherwise. The fact that these devices exist, in the variety of models, options, and flavors, kept me interested and helped my journey to quit smoking. They have maintained me smoke free, avoiding relapses, or cravings for any of the combustible tobacco products I once enjoyed.

11/14/2015 3:18:33 AM - Ben Reid

After years of being a smoker, I have been able to drop cigarettes with use of vaping products. My sense of taste, smell, and ease of breath has increased incredibly. I now work out 4 times a week and run 3 miles 3 days a week and have never felt healthier.

8 year smoker. (Yes eight years) now a 3 year vaper. I rebuild my own coils and use 3mg liquid to allow me to receive a great hit.

Thank you for your time.

11/14/2015 3:18:24 AM - Michele Gonzales

Myself and my sister both smoked cigarettes for 30 plus years and we both tried to quit before and nothing seemed to work. Myself and my sister started vaping by using mods June 1, 2015 and less than 2 weeks later we quit cigarettes and continued to vape and have been cigarette free a little over 5 months now (today's date is 11-12-15). We breath better,feel better,smell better, more energy etc. We feel so much better. Vaping has truly saved our lives and we never want to go back to cigarettes. WE SUPPORT HR 2058

11/14/2015 3:18:04 AM - Jan Uyl from Long Beach, CA (CASAA member)

The only regret I have in my life, was to innocently start smoking when I was 15 years old. I became a heavy smoker. I needed it like, air, food, and water. I started and ended every single day of 30 years with smoking. I even smoked on the occasions in my life, when I was terribly ill with chest infections or bronchitis and the like. Nothing would stop me from lighting up a smoke! I wish we had vaporizers back then. It would have saved me from decades of agony, constantly realizing that I'm slowly killing myself, day by day, smoking cigarettes, and the horrible struggles to quit smoking cigarettes, trying every cessation product on the market, or provided by prescription from the doctor (I even tried hypnoses!).

Vaping wouldn't have damaged my health so much, and prevented all the medical issues I'm dealing with now.

I started experimenting with e-cigs/vaporizers in 2010 with a Vapor King kit. The technology back then just wasn't good enough, and it was again a fail. I then won the war with myself, and quit a 30 year smoking habit in 2012 (3 years without even a single puff off of a cigarette!) with the help of more advanced e-cigs and been in awe with vaping ever since. I'm now down to vaping almost 0mg nicotine in my e-liquids that I vape. My health has improved so much, and I feel great!

I love the variety of flavors, and they are an absolute must! My daily line-up is a tobacco, a fruit, a dessert, and a candy flavor. I vape for instance a tobacco flavor for a while, and then switch to one of the other flavors. It's very pleasant, and makes you not so dependable on just 1 flavor.

It's now 2015, almost 2016, and what is astonishing to me, is that cigarettes are still legal, and available for sale on every street corner. Have we not evolved than? Is the money going to the government more important than the health and quality of life of it's citizens?? Un-be-lievable!!

Every government official involved in continuing the allowance of the legal sales and consumption of tobacco cigarettes, and every government official involved in trying to nearly annihilate the electronic cigarette/vaporizer industry with rules and regulations that leave no room for "mom and pap" stores/small business owners, should take a good look in the mirror, and be ashamed! Very ashamed!

You, government official: It is your job to look out for the well being of the citizens you serve! These are the citizens who voted for you, and handed their trust in your hands, for you to have the power to make our world a better place! Get involved, and inform yourself of the better benefits of vaping electronic cigarettes/vaporizers, compared to traditional tobacco smoking which causes SO MUCH damage and sadness.

Reasonable taxation and regulation of the electronic cigarette/vaporizer industry? Fine, we are all for that! Just DO NOT abuse your power. DO NOT be part of the annihilation of this new industry. Rather, stand up!, get involved and enhance it!, and leave a legacy behind, of which you can be proud of!

11/14/2015 2:59:06 AM - Adam G

So I guess you could say Tobbaco was an inheritance my father always dipped snuff and my mother smoked cigarettes and of course grandparents ,aunts,uncles all used Tobbaco . So when I was 12 I started dippin and by 15 I was smoking at wich point my life seemed normal all my friends smoked and it was something we had that are parents didn't know about (at least for a year or so) it was fun and looked cool we thought; so as the years passed and I became an adult working every day and my habit grew stronger before I knew it I was 24 years old and was just informed that my wife was pregnant with a blessing dressed in blue and I knew right then it was time to quit smoking (for us both) I tried everything from cold turkey to gum ,patches and on and on I never could just quite kick it and my son arrived on May 18 2013 and we tried are best to make sure he didn't come in contact with cig smoke but little did we relize it sticks to your clothing it's on your breath and just plain disgusting then about two months later I was introduced to ecigs and I admit I was skeptical at first but before I knew it I had went from ego to mech mod and with it my nic strength kept going down and my wife quit too so it saved our lives now we own several mods and rdas/tanks and it has become just as much of a hobby and it wasn't harmful on our clothing for my son we have both been cig free for almost two years and as active people we noticed we could breath hiking up mountains and my stamina raised and I could go longer up hill without falling short on breath so I beileve what the FDA is trying to do is not just unfair but completey unjust how does it make sense to ban something that is saving lives and making lives so much better so I ask you to please re consider your schedule and think about the peoples lives who have been saved and remember that even if they find vaping might be harmful 20yrs from now that Tobbaco has been proven to hurt your health so I choose what I feel is the lesser of the evils

11/14/2015 2:58:55 AM - Amy Hedrick

I started smoking cigarettes at the age of 13..started off just here and there because for some reason thought it made me look cool & more grown up. By the age of 16yrs old I had a full blown pack a day addiction! About 4 years ago I was diagnosed with a heart disease and my doctor recommended I quit smoking cigarettes. My husband and I tried just about every alternative one can think of for us to quit together. We tried to wean ourselves off, gum, patches, the cold turkey approach...failed each time.

One day a friend of ours introduced us to vaping told us how its helped him quit smoking, how he feels so much better now. The next day got everything we needed.... November 1st 2013 and can proudly say we haven't smoked since that day! I no longer have to stop to catch my breath playing with my children or going up a flight of stairs, my smokers cough completely gone, I no longer smell like an ashtray...and most importantly only take 1 heart medication now instead of 4!

Vaping truly made a difference in our lives and will recommend it to any who struggles with the addiction to traditional cigarettes!

11/14/2015 2:58:44 AM - Dana T

I was a smoker for 27 years. Started when I was 13. 3 years ago I just wanted to try to quit smoking. Gums, patches and everything else I tried failed. I went into a tobacco shop to get more cigarettes when the store worker said "hey, try this" and handed me a personal vaporizer. I still thought, it wouldn't work but, I kept at it and kept trying and liking all the flavors that were available. Each one was better than the last. FINALLY, I stopped buying cigarettes. In just a week, I noticed I wasn't having to stop at the top of a flight of stairs to catch my breath. I wasn't coughing and coughing at night before going to sleep and same thing in the morning. It has been just amazing. Not to mention the fact that in one year, I dropped my nicotine intake from 18mg to 3mg and that's where I'm at today.

I just talked to my brother today who actually said that out of the blue today he bought a pack of cigarettes but, ended up throwing them away since he felt so sick after smoking just one. I got him on a personal vaporizer 1 year ago and he hasn't looked back either.

I truly believe that this should be praised as the best invention of the 22nd century and promoted not demoted and put right out of the hands of the consumer who need this so desperately. I NEED this. My family NEEDS this.

PLEASE, PLEASE do some research and you will see the thousands and thousands of people it has helped quit cigarettes. If you REALLY care about the health of the citizens of our country, you will rethink the regulations and try to come up with something that will continue to benefit us all.

11/14/2015 2:58:33 AM - Shawn Tierney

I've been smoking since I was 16. Now I'm thirty with kids and the prospect of a long life is starting to grow more ever present. I've tried every thing under the sun to quit smoking. Nothing ever worked. Patches, gum, cold turkey. Always found me back in quick order. "Vaping" is the only thing that I've found that worked and continues to work. Im a pack and a half a day guy and e cigs actually work i can taste food. I dont smell like an ash tray all the time. I CAN BREATHE. The health factor aside,I've also got family in the business. They own a small shop in my home town. I now that they could not bear the brunt of unrealistic requlations. They would be out of business. As well as many others. It's a shame to think that a goverment entity couldnt come up with anything better then this.

11/14/2015 2:58:18 AM - Dan Binkley

My name is Dan Binkley. I am retired and live in Cumming, Georgia. I smoked for 50 years. The Veterens Administration urged I quit smoking stating I have stage 1 COPD. The VA prescribed nicotine gum, patches and a oral medication and to assist quitting. None of these methods worked for me, even though I wanted to quit. I learned of e-cigarettes through a friend. I ordered a complete kit online. I received the order on December 12, 2012 and began using immediately. I have not smoked a tobacco product since that day. I had 10 packs of cigarettes that I gave away. I began with 18mg nicotine and a tobacco flavor. I probably should have started with 24mg due to the amount of tobacco I smoked. I stayed with 18mg and just vaped alot at first. After one year I reduced the nicotine to 12mg. I tried other flavors at this stage because tobacco no longer had an appealing taste. Today, one month from three years tobacco free, I only vape dessert or fruit flavors. My nicotine level is 6mg. I have had none of the habitual bronchitous since I started vaping. My VA doctor was informed by me that I was using vape devices. The doctor encouraged me to continue to stay off tobacco. I can smell again and food tastes better. Better yet I don't smell like stale tobacco smoke. I have introduced a number of senior citizens to vaping. (I'm 68) All, without exception, have quit smoking. Vaping products have saved me from a future tied to an oxygen bottle. Thank you.

11/14/2015 2:58:06 AM - Suzanne Grundy

I smoked for 40 years, and was up to 4-packs a day - No More! Vaping has changed my life.

Am I aware I'm still nicotine dependent? Yes.

However, I started at 24mg and am now down to 12mg (and continuing to drop).

I was a menthol smoker. Now I vape bubblegum. Leave us our flavors, please.

No one minds my vapor. Everyone hated my smoking. I can climb stairs and not be out of breath. I can walk. I've lost weight because I'm able to be more active.

I started smoking at age 12. I 'm now 53. I began the process of switching to vaping in early 2010. After a lot of soul-searching as to why I kept going back to cigarettes, I finally switched completely in April of this year (2015). By the way, I've tried everything to quit smoking - cold turkey, weaning down, patches... I stopped trying when all that was left was taking pills. Vaping made more sense.

Don't make e-cigarettes and vaping go underground.

11/14/2015 2:57:52 AM - BK Sanders

I started smoking cigarettes at age 12. I smoked until age 46 when I started vaping , I was smoking 3 to 3 and a half packs of cigarettes per day. I work in the construction industry, This requires lots of physical activity, and the wearing of gas mask, this can only be done after breathing test conducted by a physician, I was to the point that my breathing was so bad I could not pass the test which limited the jobs I could go on. My most recent job required climbing 10 flights of scaffold ladders and stairs numerous times per day, This was a task that I dreaded due to my inability to breath and get oxygen. I would have to stop after 15 or 20 steps and rest to catch my breathe and have my legs and lungs stop burning, I took up vaping at this point and within 2 months I was feeling better, had more energy and could climb to the top of the stairwell(10 flights) without stopping, It has only gotten better since then. I do more and feel better than I ever have in my life, THANKS TO VAPING. I would hate to see the FDA regulate vaping , and restricting flavors, I am nearly 50 yrs old now and I like chocolate pie, skittles and fruity flavors as much as the next guy.

11/14/2015 2:57:43 AM - Debbie Feeney

I had in the past been smoking for 40 years, starting at age 16. I was diagnosed with COPD at age 61 and still smoked. I tried e cigs back in 2011 when all you could get was some look a like tobacco cig and have been hooked ever since. I'm almost 66 today and have never look back or tried a tobacco cig since. It has saved my life. If I have not discovered these 4 years ago, I would still be smoking tobacco on my way to the oxygen tank. Please do not take this away or put some stupid rules to it. Go do some good somewhere else instead of e-cigs. If you are concern about e-cig juice getting into the hands of little kids, work on gun control instead or are you too controlled by the NRA

11/14/2015 2:57:07 AM - Kenny

Like alot of naive teenagers I started smoking when I was 14. I smoked for four years. My health suffered, my lungs became weak, I couldn't even run or do physical activities without running out of breath immediately. I tried quitting with nicorette, and just plain cold turkey, and nothing worked.

When I was 18 I learned about vaping. I immediately switched, and have been vaping for almost 3 years. I've save countless dollars, and I enjoy vaping much more. I cant even stand the smell of a cigarette now.

My health has improved 100 fold (as noted by my doctor). I go to the gym 4 days a week and I'm in the best physical shape of my life. I could run a marathon now. And I vape consistently every day.

I have never had a single health issue from vaping, nor have I come across anyone who tries to market vaping to children as the fda would like us to believe, in fact quite the opposite, every store I have ever been in asks for your Id at the door.

Without vaping I would be faced with the difficult decision of going cold turkey, or smoking cigarettes (deathsticks) again. Noone should be forced into this decision.

The products that we have on the market today are thousands of times safer then cigarettes or other tobacco products. E cigarettes and e liquids are not tobacco products! Please do not allow the fda to effectively kill such an important and safe alternative to smoking.

About half of the people I know (many) who smoke cigarettes, have quit using vaping devices, and continue to use those devices on a daily basis. The amount of people smoking cigarettes decreases every year. Don't let the fda take such a giant step backwards in our fight against tobacco.

11/14/2015 2:56:04 AM - Chris Cox

I'm Chris I started smoking at 8 years old and smoked 1 to 2 packs a day until I was 37. Now I'm 38 and have been vaping for a year. I haven't smoked at all since I started and vaping is the only thing that worked. The gum,patches and pills are worthless. I love the Flavors that are available and they smell so good. The biggest mistake the vaping industry made was calling the devices electronic cigarettes, Vaping is nothing like smoking. I hope we can stop the FDA from taking vaping away from us and giving it to tobacco and pharmaceutical companies who care only about money and couldn't care less about our health. I give a BIG thank you to the vaping industry and congratulations to the millions of people who have kicked tobacco because if it.

11/14/2015 2:55:53 AM - Brian J. Martonick

I started using an e-cigarette about three years ago. I started smoking when I turned 18. I thought that I would never quit. Is up to a pack and a half a day. I started going to a doctor who checked my vitals when I got there. My blood pressure was 260/190 and my pulse was 175 bpm. My doctor was alarmed and wanted to start me on medication to get both of them under control. His fear was that I was heading to a heart attack or a stroke. Before he started the medication, I switched to e-cigarettes. In just three months time after making the transition, my bp dropped to 180/86 and my pulse is less than 90bpm. Taking away tobacco free nicotine delivery systems is NOT the answer. Taking them away will only result in putting people like me into an early grave, one that need not be there for a while longer. I personally veg of you, DON'T put my life in unnecessary risk. Taking away e-cigarettes, regardless of the cause, is wrong. I have not seen anyone in such an uproar as to remove tobacco cigarettes to remove kids from smoking, out remove alcohol to keep kids from drinking. Both of which are FAR more damaging to kids than e-cigarettes. Thank you for taking your time to read my story, and my opinion. I pray you will do the right thing for the right reasons.

11/14/2015 2:55:39 AM - Jeremy Celesky

before my start to vaping I smoked for 8-10 years, two of which I smoked nothing but filter-less. After all this time of smoking cigarettes I felt out of breath all the time, and was hacking up nasty gunk 24/7, sometimes I couldn't even talk without my throat filling with mucus and crap from my lungs. I started vaping about 2 years ago, and already I feel much better. No more being out of breathe, or caughing up gunk, I've used many e-cigarette products, I started with a simple e-go, and now I'm up to mods, both mechanical, and regulated. I also use rebuildable dripping atomizers. when first starting I immediately cut down to a half a pack a day; I was smoking a pack before hand. After a bit longer I quit cigarettes completely. The benefits don't just stop at physical health, e-cigg products are not only healthier in my experience and many others, but using e ciggs smell better, taste better, and don't leave a Nast snell or residue on anything you vape around.

11/14/2015 2:55:30 AM - S. Johnson - Texas

Several of my buddies are former smokers who now only vape e-cigs. One friend of mine smoked for 20 years every day. He quit 8 months ago - and he has used his vape e-cig to quit. He has been cigarette and tobacco free for 8 months. When he started using his vape, he used e-juice that had a little bit of nicotine to ease him off of his habit. Now he uses nicotine-free e-juice. He says it hasn't been easy, but it is the first thing that he's tried that actually works for him.

I personally have never been a smoker. However, after trying friends' e-cigs, I enjoyed the nicotine-free e-juice. So, I occasionally vape with those fruity juices without nicotine, and now I can puff with my nicotine-free friends. We vape together without being smokers. And I don't have to worry about the effects of smoke. Vaping is fun for me because it is helping me from snacking too much. Whenever I want to over-eat, I reach for my vape instead. I puff on dessert-like juices, and it curbs my desire to snack too much. It is a win-win for everyone.

11/14/2015 2:55:21 AM - Tony Glock

Thank God to using e cigs the last 3 months since quitting smoking I have seen my health improve greatly. I no longer wake up wheezing,I'm no longer out of breath all the time and for the first time in months I can taste food the way it should be tasted again. Last week my doctor listened to my lungs and told me they sounded much clearer from when I was a smoker. I enjoy the arrays of different e liquid flavors and no longer like tobacco flavored e liquids as I can't even stand the smell of cigarettes anymore. I was a smoker for 17 years and at first I had used ego style setups for a few months and then switched to mods and Sub Ohm tanks as they are much more satisfying. With the use of the more advanced setups I've also been able to reduce the amount of nicotine in my liquids tremendously down from 24mg to 6mg ml. I have not touched one cigarette in 3 months which I have never been able to accomplish with conventional NRT methods.

11/14/2015 2:53:47 AM - Andrew P. Sellers, Sr.

I was a smoker for over 50 years - cigarettes, pipe, & cigars. I tried to quit several times - cold turkey, gradual tapering off, and the patch. All for nothing. One time I quit for 6 months, but still craved a cigarette. I started vaping 5 years ago and have been nicotine free for 2 years and I no longer desire a cigarette.

11/12/2015 11:58:49 PM - David F. -Henderson Nevada

I started Smoking when I was 13 years old - my occasional habit quickly progressed to a pack a day habit, which continued for the last 30 years. I have attempted to quit several times utilizing nicotine replacement via gum and patches as well as pharmaceuticals (zyban) and cold turkey. nothing seemed to last long. even after a near fatal bout of pneumonia I returned to smoking. Then a friend suggested vaping- I had used e-cigarettes before, but only as an option in a smoke free environment (airports) and they were the ones that looked like cigarettes -they tasted terrible and did little to believe I could use them as a tool for quitting. The setup my friend provided was a box mod and a sub-ohm tank - when I tried it not only did it satisfy my nicotine craving - but the physical habit and oral fixation. And the flavors are amazing -no longer did I have to choose from menthol or straight tobacco - I was amazed. Long story short that was the last time I smoked a cigarette - and I have no desire to return. My Dr. is happy with the switch - and that is great, but my wife and kids are overjoyed - daddy no longer smells like and ashtray. I feel better, smell better and have a new hobby that is not killing me. I no longer have to separate myself from my family to smoke and that means more quality time with my family. All this and saving money too. Please do not take away the one thing that has truly been able to free me from the tobacco monkey that was on my back. Oh, I almost forgot to mention - regarding the nicotine addiction - I have over the last year reduced my nicotine intake from a 12% to 3% and even that is going down. Pretty soon I will be vaping purely for the pleasure and flavor - that's right even after I have reached a 0% nicotine level I will vape-why because I like it and the people I have met. Even if it doesn't help everyone quit like me it will definitely reduce the harm they are doing to themselves as they will certainly smoke less. For those of us still using the nicotine - don't make us vape in smoking approved areas - we switched to vaping to get away from cigarettes - and as I have been told countless times while I was a smoker - second hand smoke kills - don't let govt. regulations force me to be around something that will kill me.

11/14/2015 2:53:38 AM - Michael

I picked up vaping from a friend about 3 years ago. I smoked cigarettes since I was 14 years old, I wanted to quit for a while although nothing I tried helped and nothing was working, I tried a blue ecigg brand but it was more like a small wannabe cigarette that really didn't do hardly anything and didn't work for me at all. Then my friend showed me his vaping equipment and when took a hit off his I knew I could quit smoking with it, it was every thing I was looking for plus I got to choose from several appealing flavors like gummy bear, or a desert flavor like cheesecake so much better than tobacco flavors. If tobacco flavors and those pens were all we had I wouldn't have been able to quit. I'm entirely thankful to my friend for showing me this and for the people that have made it all possible. I'm now on 0 nicotine and haven't had a cigarette in 3 years. I can breathe better and smell better. Feel like I have more energy than I did when I smoked this has literally saved my life so I thank you all for the beautiful products and flavors.

11/14/2015 2:53:24 AM - Hayseed

Hello, I smoked cigarettes Marlboro, and Marlboro lights for 33 years sometimes 2 packs a day . I went to my local smoke shop to get some more cigarettes. My buddy was working and I saw this thing hanging around his neck . I asked him what it was he replied an E-cig, I laughed and said what is that , He said an electronic cigarette , OH ,how does it work? he explained I thought it was pretty cool I had tried quitting many times before and now my Mom has been on me to quit. He said if you're ever serious about quitting smoking let me know . I laughed and said ok. For the next few weeks I had thought about this thing and finally I thought I've tried the patches, nic-gum, Chantix and nothing worked. I thought what do I have to lose 75-100 bucks ? So I went back to see him I said set me up with everything I needed to get going, the E-cig, juice , Batteries, charger etc. I got the E-go ce and off I went about 85 bucks or so. Went home got it put together and charged up and begin to vape it. I thought to myself ,you know I think I can do this ,For the next few weeks I had a cigg every now and then until I didn't like the taste of a cigarette anymore , I wanted my E-cig. as of now 11-12-2015 I haven't had a cigarette since then . Still using the same E-cig 24 mg unflavored ,nic strength and making my own juice and coils , with help from youtube videos,,lol ,Lately I have been using Mt Baker Vapor flavoring mmmm banana creme pie and strawberry in my ejuice with very little to no nicotine as of this Jan. 2016 I have been cigarette free for 4 years . Thank You, Jesus and E-go and Mt. Baker Vapor :)

11/14/2015 2:53:12 AM - David F. -Henderson Nevada

I started Smoking when I was 13 years old - my occasional habit quickly progressed to a pack a day habit, which continued for the last 30 years. I have attempted to quit several times utilizing nicotine replacement via gum and patches as well as pharmaceuticals (zyban) and cold turkey. nothing seemed to last long. even after a near fatal bout of pneumonia I returned to smoking. Then a friend suggested vaping- I had used e-cigarettes before, but only as an option in a smoke free environment (airports) and they were the ones that looked like cigarettes -they tasted terrible and did little to believe I could use them as a tool for quitting. The setup my friend provided was a box mod and a sub-ohm tank - when I tried it not only did it satisfy my nicotine craving - but the physical habit and oral fixation. And the flavors are amazing -no longer did I have to choose from menthol or straight tobacco - I was amazed. Long story short that was the last time I smoked a cigarette - and I have no desire to return. My Dr. is happy with the switch - and that is great, but my wife and kids are overjoyed - daddy no longer smells like and ashtray. I feel better, smell better and have a new hobby that is not killing me. I no longer have to separate myself from my family to smoke and that means more quality time with my family. All this and saving money too. Please do not take away the one thing that has truly been able to free me from the tobacco monkey that was on my back. Oh, I almost forgot to mention - regarding the nicotine addiction - I have over the last year reduced my nicotine intake from a 12% to 3% and even that is going down. Pretty soon I will be vaping purely for the pleasure and flavor - that's right even after I have reached a 0% nicotine level I will vape-why because I like it and the people I have met. Even if it doesn't help everyone quit like me it will definitely reduce the harm they are doing to themselves as they will certainly smoke less. For those of us still using the nicotine - don't make us vape in smoking approved areas - we switched to vaping to get away from cigarettes - and as I have been told countless times while I was a smoker - second hand smoke kills - don't let govt. regulations force me to be around something that will kill me.

11/14/2015 2:52:59 AM - Matt Pimentel

I was a cigarette smoker for well over 15 years. I started smoking at the age of 16, purchasing cigarettes illegally from local convenience stores that we're know to sell to minors. I smoked my last Marlboro Light in April of 2014. Since then I have been able to breathe easier even though i had asthma since a child, and haven't had an asthma attack or taken a control drug since June 2014. My sense of smell and taste have returned and I enjoy eating food more being able to enjoy the flavors. I've made a mess of new friends through the local vapor product stores, and I've helped many friends also quit smoking cigarettes.

I will openly admit: if the FDA does ban the sale of products made after 2007, I will purchase my own e-liquid making supplies and produce my own for myself and my friends. I tried the tobacco flavored liquids available on the market and they did not appeal to me. I have a sweet tooth and enjoy the sweeter flavors.

Please, consider the people like me who couldn't quit smoking until I was introduced to e-cigarettes. The cig-a-likes didn't work for me, nor did the patches or the medicines. I made the attmpt at least four times before going back to cigarettes until I started using my e-cigs.

Also remember by banning the liquids, you will effectively close down hundreds upon thousands of local small businesses who bring jobs and tax revenue to towns and cities across the country.

11/14/2015 2:52:34 AM - Michael W.

I smoked for about 3 years, and even though I wasn't a heavy smoker, I did have the morning cough and I felt shortness of breath on top of having asthma and MS. I tried my moms vape and I loved the flavor, although the first time it made me cough like crazy. I waited a few weeks after trying it and went to the local vape shop and picked up a EVIC VT. I loved it. After about two weeks I no longer craved cigs anymore and I noticed my ability to breathe had gotten better. I upgraded to the sigelei 150 watt TC with the smok TFV4 and I started to notice something else happening. I have always felt depression and it started to go away! The strangest thing ever is that I had tried 10+ different types of anti-depression meds and nothing worked, but vaping did. I highly believe that this is due to the massive amount of nicotine my body was absorbing, literally making me feel day and night differences in my mood. This is incredible! I don't have to worry about smelling like cigarettes and having a morning cough now and I get to make any flavor I like myself. Vaping has become a hobby that I absolutely love now. I was able to cut my nicotine level down to 6MG and that seems to be the perfect amount, although your mileage will vary because the setup I'm using produces TONS of vapor. I never tried any other method of quitting because I did not wan't to quit as the nicotine helped with migraines. I don't notice any negatives at all while vaping. I absolutely love telling other people how great it is and if that helps someone get off the icky sticks then its time well spent. I will not stand for greedy cigarette companies greed and them trying to lobby all the vapor products off the market because if it helps me, and makes me feel any sort of better as a MS patient, than they should be the ones who are banned from the market for trying to take that away!

11/14/2015 2:52:19 AM - Rob Ryan

I started smoking in the early 90's. I went through every possible option through the years to quit smoking. Nicotine patch, gum, prescription inhaler, prescription nasal spray. I was introduced to vaping and within 2 weeks I was smoke free. I have remained smoke free without relapse for one year and six months. I am now able to do things I could not do before. Simple things like going for a run and not getting out of breath. Both my doctor and dentist are very pleased with the results. I'm so very thankful for everyones support. I will continue to help others by spreading my success story.

11/14/2015 2:52:08 AM - Jaycob A.

I was a cigarette smoker since the age of 12, that has been over 14 years of smoking. I have been vaping for almost a year now, both my father and I started at the same time and haven't smoked a cigarette since. We were also able to help my mom kick the cigarette habit for almost 3 months now. Both of my brothers and their wives have been vaping for a few years now, and they were the ones who got us to try it. We were skeptical at first, but figured we would give it a try. My reason for picking up vaping is I had my first son about a year and a half ago and I wanted to make changes in my life for the better. My father, who was a smoker for 40+ years, wanted to try vaping to quit cigarettes and get some of his health back. My mothers reason is because she wants more time in this world with her grandchildren.

I have never felt better, my breathing has gotten a million times better, getting my wind back has allowed me to be more physically active and take up exercising. Also, my father is right there with me. We both exercise, something we have never done in our lives. His doctor is extremely expressed with how his lungs sound, absolutely no more wheezing which was normal for him. Being more physically active, we have both actually lost weight, and a walk around the neighborhood is very enjoyable, its nice to do things that we couldn't do. My mother has also noticed a big difference, specifically with her breathing, she has taking up a daily exercise regimen, and does yoga as well.

Vaping has changed our lives, and saved it as well. I understand that some may feel that certain products target children because of flavor or graphics on the bottles. However, us adults enjoy candy/fruit/desert flavors, its really nice to taste something besides tobacco flavors. I haven't used a tobacco flavor for over 8 months now, neither has my father, and my mother never did the tobacco flavor thing, she enjoys her deserts.

Vaping is a life saver, a life changer, a much better alternative to cigarettes, and much safer.

11/14/2015 2:50:51 AM - Carolyn Pritchett

After smoking a pack a day for over 51 years, the last 10 were cigars, I was able to quit menthol Eve 120's then Cherry flavored cigars in one day. I found a flavor of mainly cherry mixture with watermelon, pineapple and coconut called Tigers Blood that sstisfied my need for smoking. I started vaping almost 3 years ago decreasing the level of nicotine with each purchase of my special vaping liquid. I never coughed, hacked or had any symtoms of a normal smoker but I was always sick with allergies and would actually gag when I was around a chain smoker. I watched my husband of 20 years slowly die from lung cancer. He smoked 3 packs a day from age 21. Went through two rounds of chemo a major surgery then brain cancer ended his life. He worked as a AART for a major trauma hospital for 43 years and only missed 1/2 day of work. Never sick a day but hacked, coughed and could barley breath his last ten years of life. His fight for life should have made me quit of sheer will. But i enjoyed the feel of calmness I had depended on for two thirds of my life. I am72 years young and fell half that age. I look as if I'm in my 40s or 50s. People do not believe my age even to the point of having to show an id to prove it. Thank God for vaping and the freedom of being offered an alternative to cigarettes. Once I found the flavor and correct vaping unit to satisfy my cravings I can truthfully say my home, clothes and hair all smell better. I live in a smoke free environment. My rescued dogs are grateful also as they would leave my lap when I fired up a cigarette. No more burnt holes in my clothes and yes in my sheets and pillow cases... For I would smoke in bed and did suffer from a brain tumor where I would pass out usually with a cigarette burning in my hand many times before it exploded having eaten through my skull. Usually this particular type tumor emploded, killing instantly. But that's another story, you have no idea how much money I wasted by burning holds in bedspread it's a miracle I didn't set myself on fire and I have scars on my chest to prove how many times I passed out, burning myself. But thanks to the inventive minds who designed the e cig and gave an alternative to smoking I no longer have to waste money refurbushing my home scrubbing my wall's and furniture, not to mention my health which is wonderful. I have not had a cold or flu since I started vaping. I put that money to work by buying units for others who were not able to afford the initial startup kits. That was my way to help others to have and enjoy a smokeless, hopefully longer, healthier much more enjoyable life. Please let what little freedom we have left be one to use the better alternative that has worked for so many to leave cigarettes behind.

11/14/2015 2:50:29 AM - Zach S

Hi my name is Zach S

I'm 29 years old and I live in MI

I use to smoke a pack a day for 15 years I tried the patch and gum to quit a few times and it never worked for me I would all ways go back to smoking.

i decided to try and quit Again when I had my first kid and was on deployment in Iraq I wanted to quit for my son so I looked online seen ecig and decided to give it a try. i've now been vaping since 2011 and cig free since December 2013

After a few days of vaping I could breathe better and I wasn't coughing all the time. since I quit altogether I no longer cough all the time and my breathing is so much better. I started out at 24mg nic on a cig a like battery and now I use a sub ohm tank on the sigelei 150watt and I'm down to 3mg nic and plan to move down to 0mg nic

11/14/2015 2:50:16 AM - Sean

Hello,

My name is Sean. I am a 39 year old asthmatic with degenerative joint disease and I was a 2 pack a day smoker for over 20 years. For the past couple years I was experiencing symptoms of emphysema and I found it was getting harder and harder to breathe just doing ordinary things like walking up stairs. I would wake in the middle of the night coughing and gasping for air like I was being suffocated. At this point I started using over the counter e-cigarettes like blu, the Nicotine patch and Nicorette gum which all made me horribly ill and did not help my cravings at all I was still smoking cigarettes. I stopped using the alternatives after awhile and went back to just smoking cigarettes then a few months ago my lungs started filling with mucus and I was constantly coughing up horrible brown yellow and black mucus. I was drowning from the inside and I had to do something about it. It was not until recently that a locally owned Vape Shop helped me put together a box mod set up with a sub-ohm tank (IPV3LI box / Herakles tank) and some very tasty dessert flavored e-juice (Liquid State Apple Butter / Cowboy Cobbler e-juice) that finally helped me quit cigarettes altogether in roughly 3 days. It has been over 2 months now and I am tobacco free and I feel so much better. I am no longer experiencing difficulty breathing and a lot of my joint pain has been greatly reduced along with a number of other health issues I was experiencing. I have also weened my nicotine levels down quite a bit. I started vaping at 24 mg of Nicotine and over the course of 2 months I have brought my intake level down to 3mg of nicotine. In another month or so I am hoping to be able to ween down to 0mg. I always told myself that I would quit smoking cigarettes before I turned 40 yrs old now it is a month away from my 40th birthday and I am tobacco free. I don't think this would have been possible if it were not for the vast variety of smokeless products on the market which allowed me to find a set up that worked best for me and my lifestyle not to mention the friends I have made in the Vaping community along the way that have been more than helpful and supportive.

11/14/2015 2:49:26 AM - Wendy Butzine

I am almost 50 years old. Starting smoking analogs when I was 14. I have been analog free via vaping for over 2 years now. It LITERALLY has saved my life. Before vaping I was sick all the time, on antibiotics and generally felt awful. Since starting to vape my lungs have cleared up, I feel 100% better and I can honestly say besides a couple of small colds I have been VERY healthy.

People ask why we have flavors in vaping and the answer is simple ... we like flavors just like people like flavors soda, coffee, candy and mints .. it makes vaping very enjoyable.

One of the MANY things I LOVE about the vape community is that we police ourselves .. from the beginning we have checked ID to make sure all customers are over 18 NOT because it is law but because it is the right thing to do.

Vaping changed my life for the better is so many ways, I have converted 8 of 8 people in my house from smoking analogs to vaping.

No more worries about lighters laying around, burnt clothing or furniture. No more of the nasty smells from ashtrays to clothing.

Taking away vaping is a death sentence for many people... PLEASE take into account the MANY jobs lost, the death sentence for many people who will go back to smoking if vaping becomes illegal and the many lives that will be hurt by people trying to make juice themselves. If you are FOR the PEOPLE and not the big tobacco and big pharma vote for vaping to continue as it is currently.

WE VAPE, WE VOTE

Thank You,

11/14/2015 2:48:37 AM - Justin King New Whiteland, IN (kingjustin)

My name is Justin King and I am a Father of 4 wonderful children ages 8-14. I'm 33 years old, and I vape. It's hard to believe that back when I was my oldest son's age, I had already been smoking on and off for 2 years! It wasn't strange to me at that time though. It was really all I had known as smoking was all around me. You see, not only did I live in a household where both parents smoked, but my older brother (17) did as well. Of course my parents didn't know about my brother and I smoking, but how were they going to be able to tell? They had no sense of smell and as much as they smoked, they definitely didn't notice when a few cigarettes, or even a pack out of the carton went missing. Not only did my Mom smoke, but all her sisters did as well. And yes, you guessed it, both her parents did as well. You could call it a family affair. Everywhere we went, cigarettes were there. But this was the 80's and 90's, it was en vogue to smoke and everyone it seemed was doing it. Hell, my parents were getting awesome swag from Marlboro for turning in "Marlboro Miles" from the sides of their cigarette boxes. I definitely couldn't wait to do this myself when I was "legal". It was cool after all. It got to the point that by the time I was 17, my mom had caught me smoking more times than not, but really how could she discipline me without feeling like a hypocrite? She finally relented, knowing it had been borne into me from the day I was born. That was back in '99. Fast forward to 2012 and I had been smoking cigarettes for 18 years, 13 years of which were 1-2 packs/day and I was only 30!! I had tried to quit more than a few times because my wife or kids would pester me, but nothing ever worked. I would be successful for a while, even quitting once for 9 months! But man was that craving hard to kick! It had a literal death grip on me. There was nothing I could do to kick it once and for all. By September of 2012, I was a long way from even thinking about quitting having failed so many times before. Even though these were different times and smoking was no longer en vogue, I was comfortable by now being the black sheep in public - smoking on the sidewalk outside of public buildings, taking smoke breaks at work and getting the evil eye from nonsmokers as I came back in reeking of smoke that I couldn't smell, and worst of all, experiencing the guilt trips imposed on me by my kids. But like I said, I was in the holds of a death grip after 18 years of smoking and a lifetime of living with and around cigarettes. Little did I know my life was about to change and that death grip would finally be broken once and for all! My friend who had smoked as long as I had, started hearing about these new "vaping" devices. Being an entrepreneur, he decided to open a store. I didn't think much of it because I thought it was a fad that would die out and I wasn't looking to stop smoking. His store really started to take off, but even more telling to me was the fact that HE quit smoking! He finally talked me into coming into his store to at least check it out. I drove to his store, obviously smoking a cigarette (my first cigarette out of a new pack) on the way because that was my normal. Everything I did required a cigarette, after eating, drinking, post coitus, after an adventure, during a stressful/sad/angry/happy situation etc..all required a cigarette! I was spending a fortune! When I walked into his store, he had me try a few flavors. To my surprise, I

really liked it! I ended up walking out the door with a starter kit for $60. It was the best $60 I ever spent. That was September 4th, 2012. 2 months later, I finally threw out that pack that only had 1 cigarette out of it. I had been keeping it because I just knew deep down inside that I would be going back to it, after all, I had never been successful any other time. Now fast forward another 3 years and change to today and I'm smoke free having not had a cigarette since that day and I feel fantastic. I'm living proof that using a vape can and does break the death grip that tobacco holds over you! Best of all, I got my parents, brother, and one of my mom's sisters to quit smoking by using vapes! I wish my grandparents were still alive because I know they would've stopped smoking too! Unfortunately my grandpa died of a massive heart attack after smoking for his whole life. But I know that I won't end up that way now that I've quit. My kids are happy, my wife is happy, my clothes and house don't stink, no more stink eye from coworkers because of the smell (now it's me who gives dirty looks!). In fact, I can't stand to be around cigarettes as it makes me nauseas! I don't spend half as much money as I did and I feel so much better. I've actually not been sick once since I quit smoking either! None of this would've been possible without Vaping. It has literally changed a family's future! Please rethink allowing the FDA to put a strangle hold on the industry. I will do anything I can to stop this from happening. We deserve a choice in our health and the government does not know what's best for me! BTW, I currently use a Sigeli 150w mod with a Starre Freemax tank.

11/14/2015 2:48:17 AM - Mark Kress

I know that there is a lot we don't know about the long-term health effects of vaping, but from first hand experience I have felt tremendous short-term health benefits vs smoking cigarettes.

I started smoking at age 30... went from 1 or 2 a day to a half a pack for the last 4 years of my smoking career that ended when I was 41. What stopped me from continuing the habit was a much better option Vaping and haven't smoked cigarettes since. It satisfies all of the chemical and social needs that smoking provided.

The best part was that I felt and feel much better. I had developed a smoking cough that is now gone. I was constantly fatigued as I was poisoning my myself on a daily basis and now have much more energy. As an athlete I was constantly winded when smoking cigarettes and now don't have any of those symptoms during exercise.

With that being said, long-term impacts of vaping are unclear. One proposal that I would be on board with is a 5% tax on all vaping products that funds an independent research group that studies the effects of vaping. So far all independent studies suggest that vaping is not healthy but a much healthier alternative by as much as 95%. This is consistent with my experience over the last 4 years.

I find it ironic that so much money has been poured into anti-smoking campaigns and when a healthier alternative is created through an entrepreneurial spirit, it get's squashed by the government that supports the campaigns to stop smoking.

Let's take a pause and really understand the health effects of vaping before banning it altogether. The effect of this ban is a matter of life and death. If we go down that road we will be back in the status quo that kills millions of people and costs billions of dollars of medical expense to care for illnesses related to smoking.

Thanks

Mark

11/14/2015 2:48:04 AM - Brett Michael Nicely

I smoked for almost 4 years and vaping has changed my whole perspective over smoking cigarettes. I use mod vapes with a 3 mg of nicotine. It has made me not even think about smoking another cigarette and has changed my Heath and made me feel 100% better about myself and my health. I have not smoked a cigarette in over 2 years. It has made my health and breathing 100% better without a doubt. I have had so many changes in health and feeling better about my self with confidence and my all around dimenar of my body and lung health. I can breath better and stay more active without having the need to have the tar and lung problems. I feel 100,000 more better about my self and my health. I love vaping and it has made me so much healthier. It has saved and will save so many lives just by the vape without tar and and so much nicotine within the lungs. Don't stop this life changing situation when all it's doing is helping the lives of many individuals.

11/14/2015 2:47:54 AM - Joey philhower

I smoked 2 packs for 13 years and I quit smoking 2 years ago and start vaping after my father was diagnosed with heart disease related too his 2 pack a day smoking habit I have also converting my father and many of my friends and family to vaping from smoking analog cigarettes and we all have never felt better. I have suffered from asthma since I was a child and since I've quit smoking I haven't had an asthma attack or even just a shortness of breathe I can run around with my dogs again and I can enjoy hiking and mountain biking as well. I use regulated box mods with sub ohm tanks and dripping atomizers on a daily basis now after trying the cheap cig a likes such as Blu cig, vuse, and mark ten with no luck in quiting. Since switching to the higher quality devices 2 years ago I haven't picked up another ciggarette

11/14/2015 2:47:43 AM - Roy Jobe

I was a long time smoker, smoking for over 20 yrs. I have also been a paramedic for the same time frame. Knowing the risks of smoking I did it anyway as a means of stress relief.

In recent years the department I work for has a physical agility test in place to assure that the employees can perform the physical tasks they face on a day to basis. It consists of doing CPR for 3 minutes, lifting and carrying equipment up and down stairs, lifting a gurney over obsticals with a weighted backboard on it. As well as walk a half mile wearing a 40lb backpack.

I've always been able to do the course in the allotted time although I was always one of the last to finish. February 26th of 2013 I quit smoking with the use of an e-cigarette, then vaping. I started off at 24mg of nicotine and I am currently at 0.3mg if nicotine. In that time I have become more active and able to sustain physical activity for longer and longer periods.

Recently I was able to finish the physical agility for work in the middle of the pack instead of at the end. The best part is that was able to teach my 6yrs old to ride her bike because I was able to run next to her while she learned balance. I ran a 5k mud run with my wife to support her while she trains for a half marathon. I have been able to work with my 10yr old on her softball practice without getting winded. I tried multiple times to quit smoking with no success. I tried the patch I had an allergic reaction to the adhesive. I tried counseling but it didn't work.

This is the longest I have gone without smoking, and I owe it vaping and e-cigarettes. Thank you

11/14/2015 2:47:31 AM - Alec B. from FL

I've smoked cigarettes since middle school, almost a pack a day. Being under 18 and looking like I was 12 obviously didn't matter since so many places sold to underage kids - clearly government bans don't work in my experience. But anyway, having recently discovered e-cigs, I was able to stop smoking tobacco. My lungs have cleared up, I have no more coughing, I just started taking up light jogging again and I feel great. Patches? forget about it. Those things are worse than cigs, you just end up craving to smoke "something". That's where vaping comes in. You can kick the habit instantly! and it feels like you're actually smoking something! So, don't let the big tobacco and big pharma control you, this is a voter speaking. Do the right thing - don't touch e-cigs.

11/14/2015 2:47:23 AM - Dennis

I have been a smoker since the age of 7 and at a pack and a half a day since the age of 13 I am now 34. I have tried numerous methods that are on the market to aid in quitting smoking none of which has worked. I have finally gave into the world of electronic cigarettes after I started noticing that I could not walk from my living room to the kitchen or even get down and play with my children without being winded. I bought my first good unit (non cigarette style) in June of this year (2015) and have not touched a cigarette since. Within week I was able to breathe easier and can now run around with my family for more than a couple of minutes without getting winded. Without products like the ones I had access to I don't believe I would have been able to quit. I had tried the cigarette style products without any luck (usually started smoking cigarettes within a day or two). Thank you for the time of reading this.

11/14/2015 2:46:32 AM - William sherburne

I am 30 years old I javelin been smoking for about 14 years in till this year. I tried to quit a few time I tried the e cig and it helped but being Tabbaco flavor i would just smoke again in till this year when I buddy told me abut vaping so I tried it again and only tried furit flavor after that day I have not smoked a single cig it has changed my life I now use a mod in my house or a tank when driving I smoke were soaking is allowed. It has changed my milatry service to more healthy so I can do my job a lot better

11/14/2015 2:46:21 AM - Jake Willson

First off, Thank you for this opportunity.

I would like to share my story as to how Vaping has saved my life. How variety keeps the addiction from reverting back to harmful tabacco products.

For 2 plus years I was addicted to smoking, I hated the way I smelled and the effect it had on my children and wife. I tried to quit smoking by using "stop smoking aids" such as: nicotine gums (flavored to mint). It did not work, however I chose smokeless tabacco. Thinking that it was a better option. I used smokeless tabacco for 7 plus years. I used a berry flavored smokeless tabacco, sometimes switching to mint flavor. My gum lines receded and made for a constant pain in my mouth. My inside lip is still scared to this day.

After much debate, I wanted to try vaping products. Quickly, I was no longer needing tabacco products. I was able to breathe better, my mouth was not as sore, and I felt better overall.

I have been "vaping" for just over 2 years. What keeps me able to stay off of flavored tabacco products is the variety of new flavors that vaping offers. I understand that nicotine still has a hold of me, but I no longer need the harmful chemicals associated with nicotine products of the past. I don't have to ruin my gum line of my mouth. Vaping truly has saved my life, and created a much more enjoyable way to curve my nicotine habit.

11/14/2015 2:46:11 AM - Jason hershey

I started smokeing at age 10 it definitely took its tool on me in sports and pe. Even made working at certain places hard because I wanted smoke breaks so about a year ago I decided to try vapeing it was the best decision of my life I continued smokeing and vapeing for a few moths then quit smokeing and just vaped I know can breath better and feel better.. it has definitely improved my life . I feel like I have my freedom back not tied down by the restrictions of smokeing . I know have several mods and various setups I absolutely love vapeing ...

11/14/2015 2:46:02 AM - Julie Craig

My vaping switch began in 2011. I was a smoker for 12 years and was trying to stop at the time but found it difficult. Not only was it mentally hard but socially as well. I found that I missed not only the nicotine but the actually missed the action of having a cigarette in my mouth and inhaling. During 2011 I was diagnosed with congestive heat failure and diabetes. I was strongly urged to stop smoking. It was my cardiologist at the time that suggested vaping as an alternative. I like most started with "vape pens" it was not satisfying and mildly helpful. I was able to stop within a month an progressive felt better and was able to stop the nicotine all together wit a simple 30 watt box mod and tank. Vaping also had anther side affect I was not expecting. With all the flavors out there I was able to curve my appetite for sweets and in turn lower my blood sugar and have lost 20 lbs. I don't know where I would be without vaping. I do want to add that vaping should have some regulations in my opinion. There should be no sales to minors, the advertising should not appeal to minors, also the should be some safety regulations on the ingredients and the places that e juice and vaping gear is made!

11/14/2015 2:44:16 AM - Brandy V.

I never thought I would quit smoking cigarettes. I still don't even know why I started. My mom was a smoker and I remember always giving her a hard time about it. Then, right when I turned 18, I picked up the habit myself. How stupid? I picked up my first ecig through a deal on Groupon (it was a cig-alike). I really liked it at first because I worked in a restaurant and didn't want my customers smelling the smoke on me. Eventually it just didn't do the trick anymore. I was back to smoking over a pack a day. I tried a few other ones but kept going back. Then, this past St. Patrick's Day (2015) my boyfriend went with one of our friends who has been vaping for a while to a local B&M. He picked us both up an iStick 20W and Nautilus Mini. Every day after that I would smoke less and less. I started exploring the amazing flavors and by March 31st I'd had my LAST cigarette. MY VERY LAST ONE!!! How incredible? I went from smoking a pack to a pack and half (sometimes even 2, gross!) to ZERO in half a month. What's more, I went from eliquid containing 18-24 mg nicotine down to 3 mg! VAPING SAVED ME! I am so grateful I kept trying and found what works for me. Not to mention how delicious it is!! Oh, now I use a SMPL or Sigelei 150W with RDAs :) So tasty! As far as changes, I certainly don't stink any more, my skin looks healthier, I can breathe a lot better (no more burn in the chest when I yawn), and my teeth and gums look amazing! I haven't noticed anything negative since I've made the switch.

11/14/2015 2:43:57 AM - Dimitry Klush

I have quit smoking tobacco in September 2014. Thanks to electronic cigarettes, this healthy change in my life has been painless and permanent. I have felt the positive effects of giving up smoking after 1.5 weeks of using a vaporizer (box mod). My morning coughing stopped, my snoring during sleep has subsided significantly (my wife reports), my energy level has increased and my general feeling of wellness has improved dramatically. Although I have no way to prove that the following fact is a direct consequence of using an e-cigarette device, nevertheless I have not had a cold since September 2014, which is highly unusual since I usually get sick at least a couple of times a year. Also, I have not had a cold sore breakout in over a year, when I usually get at least 3-6 a year. This could be a coincidence but I suspect that extreme hydration of my mucous membrane due to water vapor taken in during the vaping process is at least partly tesponsible for my symptom free state. I will never go back to using tobacco products, classifying electronic cigarettes as such is wrong and unethical. There is nothing tobacco-like about VAPING. From my own experience, vaping saved my life.... I have smoked cigarettes since I was 9 years old, tried to quit using nicotine gum, the patch, cold turkey, and other methods... Nothing worked. I finally became free of that deadly habit at age 46 by using a mod vaporizer. In 2 months I went from using an 18mg nicotine solution to a 3mg one. See, even my nicotine intake went down. Viva vaping!

11/14/2015 2:43:46 AM - Donna Cash

I am 51 years old and started smoking when I was 15. I cannot count how many times I tried to quit. Once, I quit for a year but I was going through a very tough time and started smoking again. That's the thing about cigarettes; it's so easy to relapse. I've done the gum, the patch, Chantix (that stuff is straight up scary and should be removed from the market), hypnosis, inhaler, I know there's more but I can't remember.

I've been off cigarettes for 3 years now all thanks to vapor products. I got to the point in my life that I never thought I'd be a non-smoker. I cannot adequately express how thankful I am that there is finally something that has helped me kick a habit that was promising a premature death for me. I'm so much happier and I feel so much better and I'm able to do things I struggled with previously. It saddens and angers me that people want to take that away from me and the millions of other who've finally found the trick that works! And, for no other reason than greed for which they skew data to meet their goals. I mean, that has to be it, right? There is no scientific proof that ecigarettes are harmful to the user or the general public.

I'm now finding that I'm being treated like a second-class citizen for sitting on a bench vaping. It's like I'm still a smoker where people think they can say nasty things to me or regurgitate the junk science that's been put out. The leaders of this county have a DUTY to protect our rights and one right is you don't get to make up your own facts.

11/14/2015 2:43:35 AM - Barb Wheeler

Once I thought I would never quit smoking tobacco. Thirty-five years of a major brand and in 3 days time, I was no longer a smoker. That was last December 3, 2014.

Now, I hate the smell of tobacco. I am still surprised that my husband, who smoked for over 40 years; now only vapes since January 2015.

Our four sons also agree with our decision and I assisted the smokers of tobacco to try something a bit different. I did quite a bit of research and was very happy to find flavors that I truly enjoyed. None smell or taste like tobacco and I am very happy. And at some point, we will lower the nicotine levels as we need less and less.

The fact is TOBACCO made this country A LOT of $$$$. Do NOT ALLOW the naysayers to convince otherwise. I know what a huge industry was created for cessation and none worked for US. Most especially the brain drugs, we could not think correctly on them. THIS worked. My grandchildren love that we don't STINK of TOBACCO. The makers of my E-Liquid have a ISO 9001 clean room and are in the top of their industry. I support the things I love. I am ordering more E-liquid every week and still spend much less than analog tobacco sticks that were lit on fire.

My husband no longer sounds like his lungs are coming out of his chest from coughing. I no longer spit nasty things that my lungs produced while smoking tobacco. We never have to worry about a burn hole in ANYTHING ever again. I know we did the right thing. My Mayo Clinic health team are very glad we quit SMOKING tobacco.

Vaping is not smoking.

This has cost us so much LESS than smoking tobacco. The math does not lie. And that is adding in all the friends/family I assisted, too.

Isn't your future good health worth a few more moments of thought?

11/14/2015 2:42:02 AM - Holly Renfroe

My name is Holly, and I was a smoker for 16 years. I tried cigarettes as an adolescent, and actually started smoking regularly when I was 15. I enjoyed it so much that I firmly said I would never quit. It just made dealing with certain parts of life easier. And when smoking bans came around to my city, even better. An easy excuse to go outside and get away from people and just chill out. And if there were other people outside, we already had something in common. My addiction/habit fluctuated through the years depending on how much money I had, but I never went a day without a cigarette. At the height, near the end of my smoking, I was up to 3 packs of cigarettes a day. It was, of course, awful for my health and I knew that. I'd lost my grandpa to emphysema when I was 5 years old. But I liked how smoking made me feel. I liked that it curbed my appetite, I enjoyed the smell and the taste, and again said I'd never quit.

Then a few of my coworkers stared vaping. I brushed it off as something silly and not worth my time. No way it could compare or be better. Then I was issued a challenge by a coworker. She had me try hers, and it tasted like fruity gum I like. She challenged me to get a starter kit, and use it for a week, without any cigarettes. She bet me that if I did that and then tried a cigarette after that one week, that it'd be disgusting and I'd never want to smoke again. Well I wanted to prove her wrong but I also thought it wouldn't be a bad thing to have access to nicotine indoors where smoking wasn't allowed, so I took her challenge.

I bought a starter kit and some e liquid. The flavors I chose were fruity and sweet and I enjoyed them. The first day I was suspicious and a little anxious but I made it, and I made it through that week. So I had beat her, or so I thought. I got a cigarette from another coworker and lit up, and it tasted awful. I tried to smoke it and I felt physically ill from the smell and taste of it. I put it out and threw it away.

That was over a year ago and I haven't smoked since. I haven't even been tempted because I have the nicotine I want, which I've stepped down the strength on 3 times. I tried various flavors and settled on one I love that tasted like a certain cinnamon sugar cereal. My sense of smell has returned in a huge way. My lungs are healthier, my body is happier, things taste better, and I don't stink. I'm also not basically trying to give myself cancer anymore, which is what smoking was.

In addition to that, what I spend on vaping is a lot less than i was spending on smoking, and the chances that I'll wind up in the hospital with lung issues is hugely reduced.

Vaping has potentially saved my life. My story isn't unique. I've spoken to many others with very similar experiences. We're all happy to be free from tobacco and all the awful things that come with smoking. As long as I can vape, I'll never smoke again. I am fearful that these new laws/restrictions/regulations/bans will go through, and then I'll be stuck and have to return to giving myself poison in the form of cigarettes.

I need the small amount of nicotine I get from vaping. I very much hope the government won't sentence me to a life doomed to end prematurely because they made me pick up cigarettes again. I don't want to die that way. I just want to vape and enjoy my life, which will hopefully be long and healthy now.

11/14/2015 2:40:58 AM - Leonard W. Corriere (YardByrd) from Macon GA

Ladies and gentlemen, distinguished scholars, speakers, scientists, and those who represent American taxpayers: Thank you so very much for the opportunity to submit my comments for your careful, intelligent, and intent scrutiny.

When I was 18 years old I worked big construction near large vats of open sulphuric acid that gave off large clouds of white fumes. This is when I started smoking. Cigarettes were thirty-five cents a pack and it was almost four decades ago. I smoked cigarettes and cigars for over three decades. I had tried the patch, nicotine gum, cold turkey, and psycho cybernetics, just to name some of the methods, but not all, that I used to try to quit smoking cigarettes. I just could not put them down. I am a cigaholic.

I smoked 2.5 packs of a well known brand of cigarettes for almost twenty years when I was diagnosed with Cancer. I immediately went cold turkey. I underwent three major surgeries and a 20 week protocol of Chemotherapy (that took 6 months to complete) and never smoked. Five months after healing from my surgeries and completing Chemotherapy I started smoking again. I was back to my 2.5, sometimes 3, packs a day. I was a Cancer survivor who still could not quit smoking. I could not afford hypnosis and periodically would try to smoke only cigars, go cold turkey, or substitue gum, nicotine gum, or hard candy to try to quit but always went back.

In 2000 I had a heart attack. I was in the ICU for ten days. I don't remember much of the first four days. I had two stents put in my heart and immediately went cold turkey. I had to have an additional angioplasty to clear blockages around my stents and then had to have a third, and then fourth, stent inserted. I did well. I was now on high blood pressure medication, a blood thinner, and heart medication. Once again, within six months of stopping smoking cold Turkey, I returned to smoking cigarettes unable to resist their power over me. In 2005 I had to have a fifth stent inserted. I was still smoking. I continued to smoke and was back to 2.5 packs a day in no time. I periodically tried the patch, nicotine gum, and cold Turkey but always returned to smoking. In 2007 I threw in the towel and assumed that I would one day succumb to my tobacco addiction.

I smoked on, continuing to gain weight, suffer shortness of breath, and see my stamina begin to wane. I often thought, wondered, and prayed for a way that I, and my spouse, who also smoked could quit. This went on for some time.

In February, 2012, I had a little extra "mad money" from my tax return. I had seen and heard of the new "electronic" cigarettes" and became intrigued. My cousin, in another town, was a Vaper and I called her up for her input and suggestions. I would have spent $60-$80 on something frivolous like a video game but thought maybe I'd try one last time to quit smoking. Her advice was excellent and I purchased a "510 Style" starter kit, one drip tip, and two 10 milliliter bottles of e-liquid. The total cost, delivered to my door, since I ordered on-line: $52.

I immediately liked vaping and vaped, while still smoking, for one month. My cigarette consumption dropped drastically. I went from 60 cigarettes a day to 10 when I started vaping. Then about a month later I decided I wanted the flavor of Vanilla Latte more than my usual 100 style cigarette and would try one day without smoking. That was March 25, 2012 and I have not smoked, or consumed tobacco in any other form, since.

I went on a diet recently and the amazing variety of flavors available in e-liquids helped me avoid sweets. I counted calories and lost 42 lbs. I have stayed at or under my target weight since 12/1/13.

Over the course of time I convinced my wife to try vaping. She was less than enthusiastic in the beginning. However, recently, she celebrated her Third anniversary tobacco free. We both still have days when we are surprised that neither of us smoke. Without my upgraded Personal Vaporizers (we call them Mods for battery modifications) I would certainly have started smoking tobacco again; as I said I am a cigaholic.

The amazing variety of hardware, other than small disposable, quickly consumed "cig-a-likes", as we Vapers call them, is what has helped me not smoke. There are so many different flavored e-liquids, in varying nicotine content all the way to zero nicotine, available, if I tire of a flavor it is easy to find another that is pleasing. I continue to have nicotine in my e-liquid and am certain that without it I would be a smoker again.

If Personal Vaporizers (Mods), e-liquids, the components to create e-liquids, and the various supply systems that they use, are severely restricted I would be extremely unhappy. I don't want to be forced into an underground, illegal, black market just so I can avoid smoking again.

Many Vapers, like myself, strive for self sufficiency by learning to rebuild their supply systems, making their own e-liquids, and some even have the skill to create their own Mods. I feel that any severe restriction of Vaping would damage the millions of Vapers who currently strive for self-sufficiency. I think our brethren, the millions who are still enslaved to tobacco, and would perhaps try a cig-a-like and fail to stop smoking, are the ones who would suffer the most. The opportunity, that I now have, and the freedom to seize it, by experiencing vaping to its fullest, tailored to my needs, may not exist. Their suffering, illness, and in many cases deaths, should outweigh restricting the options regarding vaping.

Since I started vaping I can smell again. I can breathe much better, have greater stamina, and can walk up a flight of stairs without wondering if I am going to pop a stent. My sense of taste has returned. I still go to the Cardiopulmonary specialist every six months and probably will have to the rest of my life. My blood oxygen level used to flux. The last two times it has been checked it has been at 100%. I attribute this directly to my vaping instead of smoking.

Unfortunately my Cousin, and vaping mentor, who helped me learn about vaping, could not put cigarettes down. She died from lung Cancer the year before last and I miss her.

In conclusion I would like to restate my deepest appreciation to you all for your hard work, dedication, concern, and intense scrutiny regarding vaping. I am a law abiding citizen, I vote, own property, attend church regularly, and pay my taxes. I ask you to please consider the plight of all those who currently vape, our brethren smokers who do not, and the consequences, in human terms, if vaping is indeed severely restricted or banned.

Please accept the gratitude of this one, small, humble cigaholic.

Thank you.

11/14/2015 2:40:22 AM - Samuel J Cook

I began smoking cigarettes at 10 years old and tried to quit several times but was unsuccessful each instance. I began using a personal vaporizer in March of 2014 and have not smoked a cigarette since. Over that time I have reduced my nicotine to now at 3 mg/ml and I vape 5 mils a day. Total nicotine cessation is my goal and I feel this product gives me the best chance of success. I have been taken off all of my blood pressure medications and my dental health has improved immensely. Thank you for allowing me the opportunity to share my story.

11/14/2015 2:40:12 AM - paul

MY brother and I, both the same age, quit a 40 year smoking habit in July 2015 with the help of a couple of iClear 16's and iTaste MPV's from Innokin, it was painless compared to all the failed attempts going cold turkey. Please consider the many who, like my brother and me, are finally on the road to better health.

11/14/2015 2:40:03 AM - Robert B. from NJ

I am currently 63 years old and I've been smoking cigarettes since I was 10. I have tried every thing imaginable to stop smoking for the past 30 years, from hypnosis to Chantix, and nothing worked until I purchased my first e-cig. That was March 13, 2014 and I have not touched a cigarette since. I was a heavy vaper at first, probably 5-7ml at 24mg of nicotine, and currently vape 2-3ml at 18mg of nicotine. I haven't stopped completely but at least I can imagine a time when I will. Cigarettes never offered that.

My only question is. Why regulate something that helps so many people?

11/14/2015 2:39:54 AM - Rai

I've started smoking at the age of 18 started off asking friend for cigarettes not before long ended up buying my own packs and smoking. It started with 1 pack lasting me about 3 weeks to 1 week and down to a pack every 2 to 3 days. At the age of 29 I was introduced to electronic cigarettes on a fluke a friend wanted to check out a new bar in town which happens to be an electronic cigarettes shop set up like a bar, disappointed, we still decided to sit and listen to the employees explain to us about the product and tried samples of different e-liquids at a suggested strengths of nicotine based on our smoking habbits. It's was there that I was impressed with the fact that afterwards I can still breath as though I haven't smoked at all and decided to go home and research myself. After a month of reading others testimonials online and published papers about the health benefits to switching from cigarettes to electronic cigarettes I made another trip to the shop and purchased my first starter kit. For the first 3 months I was smoking cigarettes and using the electronic cigarette during which I've noticed my craving for regular cigarettes starting to taper off by month 5 i was completely cigarette free and lowering my nicotine level from 12mg to 6mg by month 9 i was from 6mg to 3mg and after a year still using 3mg but now I can go days wig out a craving for any nicotine or wanting to use my electric cigarettes, I am able to run and play with my children with out the need to stop and take a breather or feeling any fatigue in my lungs.

11/14/2015 2:39:40 AM - Kyle M. Scaggs of Irving, Texas

I've smoked since I was 23. 2001 - not just any cigarettes mind you, but clove cigarettes. Yes, the ones that are really, really bad for you. Think menthol can hurt you overtime? Clove, I am told, lacerates your lungs. But I was addicted â€“ not only to the nicotine, but the sweet flavor of clove cigarettes. By 2012 I was smoking 2 to 3 packs a day. One day, I started coughing and coughed up blood. It would seem the stories were true. I had to change. I tried to quit several times before, but of course I kept coming back. So I tried electronic cigarettes. It gave me everything I was looking for: good flavor, some nicotine, and less damaging health side effects. I was cigarette free in a week and I can't even enjoy them anymore. Now I am down to a very small amount of nicotine â€“ 3 mg, far less than in a cigarette. I can also breathe normally and food tastes the way it did before I started smoking. I have no doubt that e-cigarettes are a healthier alternative to smoking.

Are they without risk? Probably not. Why don't I just quit altogether? Because I've always enjoyed smoking. The desire to smoke isn't just physical, it's psychological â€“ it's emotional. I *choose* to vape. Clearly with the dynamic growth of the market, I'm not the only smoker who has found they're better!

11/14/2015 2:36:42 AM - Brandon Hayes

For 10 years, I've been a tobacco user and for 6 years I've been struggling to quit. I smoked a pack a day or more depending on my stress levels and anxiety issues.

I tried nicorette gum, and all sorts of cessation techniques and all failed. I hated the taste of chewing gum, and I despised the patch.

Luckily....I found vaporizers just when I was accepting the fact that I would forever smoke cigarettes and inevitably meet my maker.

I started my vaporizer journey with a ego style vaporizer and 12mg nicotine juices. And in just over a year, I have made it to a 3mg juice and currently working on going to 0mg. I've saved hundreds of dollars and not to mention my health is drastically improving.

During a physical, I weighed over 280lbs and my blood pressure and heart rate were god awful. 147/99 and resting 112. I was only 21. Just begging for heart failure.

A little over a month ago, I had to do a routine follow up and my blood pressure was 97/75 with a resting 87. I'm 23 now and I've been smoke free for 6 months.

I can run over a mile nonstop, I'm down to 250lbs and I'm in much better shape. I feel the credit is owed to vaporizers and the lack of tar building up in my lungs.

Don't let others go on accepting the fact. Give them the chance to quit and move on. These products work and it's because of the abundance of choices. Not everyone is going to like Blu styles, not everyone likes tobacco flavors.

We as vapors love the choices, it makes it an experience that never gets old. If you take away our choices, you kill the chance of more people dropping cigarettes.

11/14/2015 2:36:20 AM - Nicholas hare

I started using a cigs about a year ago and it help me quit smoking after 23 years been very happy and proud with what I have done and its been an amazing journey and I feel much better health wise my lungs feel better and just my overall health feels so much better I'm very happy that I found the e cigarette program and I actually work for a smoke shop where I help people quit smoking and sell e cigarettes so this is a very beneficial thing to happen peoples lives and there's not all the headaches ascociated with real tobacco I'm proud of myself and so is my family and I fully support e cigarettes and our good juices and flavors and I thank all of you for supporting me

11/14/2015 2:36:11 AM - Allen vapes Springdale Ar

I started smoking regular cigarettes when I was twelve and I am 23 now. So I smoked for 11 years at a pack a day. I tried quitting multiple times using the gum, mints, and even the patch it never lasted more than three days. I switched to vapor in June 2015. I no longer smoke cigarettes at all since I bought my first regulated box. I currently use a segeli and a rage box. I use only 3mg nicotine which I will be switching to 1mg here shortly. I really do belive vaping has helped me so much. I now can breathe better so no more inhaler, I can smell and taste things much better. I can also finally exercise again since I don't get out of breathe so fast.

11/14/2015 2:36:00 AM - Che

Yes I was a 30 year smoker and quit all together thanks to electronic cigarettes I used to lie cheat and steal for cigarettes and then take the cig butts and do Rollie's. It was a very bad habit never had a desire to quit because I knew I couldn't and I wouldn't but I saw what vaping was and was curious it's been almost a year and I am very proud to say I am tobacco free and can't believe I used to suck on them stinky combustibles!

11/14/2015 2:35:23 AM - Matthew Guffey

I started smoking cigarettes when I was 16. I smoked until I was 23 and it was detrimental to my health. Continuously getting sick from pneumonia to not being able to breath. I started using vapor products at age 23, now at age 24, my health is in good standing, I use a vape mod and juice from vendors around the country at 3mg of nicotine. I can breath my lungs full of air and not be hurting and gasping for breath from the vapor. Vapor products have changed my life and gotten me away from cigarettes. I strongly believe in the future of vaping products and the continuation of smokers converting to vaping and finally being able to quit tobacco once and for all. I had tried on multiple occasions with nicotine patches as well as nicotine gum only to ultimately resort back to analog cigarettes. It wasn't until I was able to control my nicotine intake and decrease or increase my daily amount according to what I was needing that day. As I've said, I'm truly glad I switched to vaping, my life has changed for the better. I can walk more than 10 ft and still be able to breath without huffing and puffing.

11/14/2015 2:35:13 AM - cloud bouncer

Vapeing saved my life I can breath 100% better. I use to smoke three packs of cigarettes a day and I haven't smoked a cigarette since I been vapeing. So that was 2 years ago so please don't deny our right to vape. In my opinion it helps.vape on

11/14/2015 2:34:08 AM - Ryan from Fredonia NY

When I was about 16 years old, young and impressionable, I was talked into my first cigarette by a friend of mine in school. The next thing I know, I'm inhaling almost two packs of cheap cigarettes a day. As of Sept. 4th, I am cigarette free, completely tobacco free. I'm now 33 years old.

I had tried everything available to us as consumers to quit smoking, and simply nothing worked. I really wanted to be done with tobacco, because it has been affecting everything I do. Coughing relentlessly, getting winded and out of breath after performing the most paltry of physical tasks. I hated the cigarettes. But I just couldn't put them down for very long. Nicotine gum is a complete joke and a waste of money. I tried counseling, hypnosis, therapy. Nicotine patches worked for about 2 weeks, then I started smoking while wearing a patch. It's pretty ridiculous.

The early e-cigs that were available around 2004-2006 were mediocre at best, but were slightly more effective than anything else available. It wasn't until I took notice of the latest technology, I gave e-cigarettes another try. I bought an inexpensive Eleaf iJust2 kit at the suggestion of a store clerk on September 4th 2015, and I haven't touched a cigarette since. Two months later, everything is better as a result. I'm now breathing like a normal person and have started working out, running, lifting weights etc. My loved ones and friends aren't offended by the acrid cigarette smoke odor anymore. Plus it's helped my job, working as a sales manager at a retail store, customers don't need to suffer my foul cigarette breath any longer. I have experienced absolutely NOTHING negative since switching to e-cigarettes, aside from the fact that I now need to take a step back from someone who just smoked a cigarette.

This didn't merely reduce my tobacco use, it has been eliminated. I'll be personally devastated if we lose this, and I'm terrified that we will. But cigarettes will still be available? Shame. It's absurd to think that we can convince teenagers to not smoke by eliminating things we think trigger their desire to try it for the first time. My first cigarette was a cheap brand sold by our local Native American Reservation, not some "tempting" fun flavored cigarette. It was whatever my friend got his hands on without our parents knowing about it. That's how we got hooked.

11/14/2015 2:33:48 AM - Jason Lynn Coada

Vape has saved my life. I started to quit tobacco products after smoking for 20 years and now I own a business and every one I know and associate with is involved in Vaping some how some way. I could never quit before with any other alternatives. It is one of the best things that's ever happened to me. It keeps me occupied and busy and is harmless. I feel sooooo much better now that I'm almost 9 months tobacco-free. My lifestyle has changed dramatically and for the better. I love having the options to choose which flavors of Juices and color of Mods and anything I want to do. There are so many options to choose from. We have freedom to do things that mean something. We use it for weight-loss and addiction and many other purposes. We really need this to stay around. ITS MY LIFE !!!

11/14/2015 2:33:38 AM - Trex

I quit finally smoking in march of 2013 using e-cigarette of various styles and designs. I tried everything else (Nicotine patches, gum, and candy drops) and nothing worked for me. I started out with 24 mg flavored juice and have been weaning myself off of nicotine ever since. I\'m currently vaping 0mg to 1.5 mg flavored juice. I fear that without access to an E-cigarette I\'ll return to smoking regular cigarettes since I still have a craving to inhale something substantial. Vaping has allowed me to breath again and to regain stamina that I feared I\'d lost as a smoker for 45 years Thanks to vaping I am no longer a smoker.

11/14/2015 2:33:26 AM - Jake

Vape has helped me out physically and with my health if my local vape shop ill go back to smokin and die

11/14/2015 2:33:12 AM - Bradley Rees

How Vaping Saved My Life

I started smoking cigarettes at age 15. Whether it was through peer pressure, rebellion, or just wanting to "look cool", I can't really say. Probably a combination. I began with Camel and Pall Mall non-filters, at just over a pack a day. After about a year, I started bouncing back and forth between Marlboro and Camel, collecting their promotional "miles" and "bucks" and trading them in for all kinds of cool stuff. Everything was great.

Even after watching two grandparents, 3 uncles, an aunt, and even my own father all lose their battles with cancer, it was fine. I was young. I was invincible. I was in good health, and the cancer wouldn't touch me. I was different. I wasn't a statistic.

Then I started noticing, as my kids got older, that it took more effort to run around with them in the yard. Stairs were a big hurdle, and I would get winded just climbing a flight or two. The doctors noticed, too. They put me on blood pressure medicine, because it was too high. They put me on cholesterol medicine, because the good kind was too low. And the walls of my lungs were beginning to look like the inside of a Hunan chicken takeout container. They told me the best thing I could do was to quit smoking, for my own health and for the well-being of my kids.

But I never smoked around my kids. I didn't smoke in the house, or in the car with them. They would be fine. But I knew I needed to do something.

So I tried nicotine chews. They just made me miss the hand to mouth habit I had ingrained in my psyche for 15 years, at that point.

I tried using a vaporizer pen (the first generation ones, made in 2007-2008), and it got me off the cigarettes for a few months. But the nicotine delivery system was very primitive, and the e-liquid would end up in my mouth as liquid almost as much as it would as vapor. And the flavors were limited and, frankly, awful.

So I tried Chantix. It completely changed my mood and gave me very weird and very vivid dreams. I didn't feel like I wanted a cigarette, but I did feel a lot worse, and my relationship with my wife and kids suffered. Finally, after almost 2 months, my wife told me to go get a pack of cigarettes, or she was seriously considering leaving and taking the kids with her.

Then I tried one of the newer vaporizer pens, from a company called "Blu". It felt like a cigarette. It looked like a cigarette. And it had a pre-filled cartridge, so I didn't have to worry about filling it with liquid, and leaking, and all the hassle of finding flavors and paying for something that sounded good, but tasted awful. But I also had no idea what was in it, and the vapor I got from it was not satisfying. I still craved cigarettes, so I still

smoked cigarettes. And the "Blu" cartridges and battery packs were just as expensive as my old standby - the analog.

So I tried Chantix again, and promised myself and my wife that it wouldn't make me nearly impossible to live with this time. It would work, and I would get off the cigs, and we would all live happily ever after. It only took two weeks this time. The dreams and the moodiness were worse than ever. Back to the gas station for another pack of smokes.

I didn't like smoking anymore. I didn't enjoy doing it, and I hated the way it made me feel. And the taste was just nasty. But I had a 21 year habit, at this point, and a long-term relationship with this chemical called nicotine, that I had been told was just as addictive as heroin. I've never used heroin, but if the addictive qualities are similar, I can understand how people get so hooked on it and destroy their lives. Nicotine had a grip on me that I never thought I could break.

Then a co-worker came in one Monday morning and he didn't smell like cigarettes. His eyes looked a little brighter than they had the Friday before, and he seemed to be in a better mood than I had seen him in a long time. He showed me his vaporizer pen, which looked very similar to the one I had tried years ago, and proudly announced that he hadn't had a cigarette since Sunday morning. This coming from a 2-pack-a-day smoker who had picked up the habit 14 years before I was born. I had to find out more.

It turned out that two guys, who had grown up with his kids, had just opened up a vape shop in Lynchburg. It wasn't the first vape shop in town, but my personal experience with vaporizers had been the old primitive versions or the gas station cig-alikes. This thing Bob had was different. I told my wife about it that night, and said I was going to see how it worked for him before jumping into it.

The week went on and Bob didn't have a single cigarette the entire time. And not because of a lack of opportunity. He still had half a carton of cigarettes in the console of his SUV. He just didn't want them.

That Thursday, July 24th, 2014, after work, I smoked the last cigarette in my pack during the drive over to the vape shop Bob had told me about. The owners were very knowledgeable about the devices, and explained to me that the e-liquid contained only 4 ingredients, versus the thousands of chemicals and additives found in cigarettes. I bought a little bit higher quality device than Bob had, thinking that the money I had invested in it would be more of an incentive to stay away from the smokes. And if this thing didn't work out, I could always pick up a pack on the way home.

But I didn't. Not that day, or the next, or the 473 days since. I had smoked a pack-and-a-half to two packs a day for 21 years, tried several different methods to quit, and am now finally free of the habit and the addiction I wish I had never picked up to begin with.

My blood pressure has returned to normal (even "excellent", according to my doctor), and I'm off the pills for that and cholesterol. I can breathe better. Food tastes better. I have more energy. And because I'm not constantly stopping at the gas station to pick up a pack of cigarettes, I'm not grabbing the requisite sodas and snacks that had become almost as much of a habit as the cigarettes, so I've actually LOST weight after quitting smoking.

In the past year and a half, I have shared my story with at least a dozen others who have all made the switch from smoking to vaping and are amazed at how much better they feel and even how much happier they are, since vaporized nicotine doesn't have the "downer" effect on the body that it does when inhaled alongside carcinogens and smoke.

If the FDA proceeds according to their current plan with their proposed tobacco deeming regulations, over 98% of the products I and countless thousands of others relied on to successfully make the switch will be effectively removed from the market. The very thing that, quite literally, saved my life will be outlawed by the same government that claims to represent me and my best interests.

I, for one, will do everything in my power to fight against that happening. For my own health, for the sake of my kids, and for the thousands of others who have already escaped the destructive grip of tobacco by switching to vapor. And for the millions who still can, if the FDA pursues common-sense regulations based on real stories like mine, instead of knee-jerk reactionism based on fear and ignorance.

Thank you for your time.

Bradley Rees

11/14/2015 2:32:34 AM - Aron P Hughes II

Hello all, my name's Aron, and I am now 100% tobacco and smoke free! That beneficial addition to my life is ONLY due to vapor, mostly advanced vapor, products and the diversity we have had the pleasurable experience to enjoy for many years. I started smoking on my 18th birthday, only 5 years ago, but that 5 years did nothing but bad to my body. I've tried other products in the past, and none of them ever worked. I either was always sick, or still craving, which both are miserable and almost ruined my livelihood. I got in to vaping about 3-4 years ago, back then it was small, inefficient, and was doing the job while in school, or in doors, or anything along those lines, but as soon as I was back outside or in a vehicle, I went right and pulled one of those horrible "stinkies" out of my pocket and lit up. I officially quit and went entirely to vaping about a year and a half ago now, and I've never been happier or felt better in my life! I currently use only high wattage, high flow vaporizer products. A Smok X Cube II and Smok TFV4 are my daily setup at the moment. These are great! But I've been through and used very many products, supporting my local economy and small business through and through! I'll never use any other products to satiate my still slight nicotine addiction. I did smoke and use vapor products together, as I somewhat stated before, but since I got access to better, higher quality products and juices, I've never gone back. I started at a relatively high nicotine level back in the day, but since purchasing the higher quality and more efficient products, I dropped from a 6mg to a steady 3mg within a couple weeks. I'm considering dropping nicotine all together and vape just for the amazing flavor varieties available to us all now. I will never smoke again, if it's the last thing I do, the last thing I fight for. I'm tired of the corrupt government forcing its people, by which it should be standing for but doesn't, to kill themselves instead of being able to live happy lives, save money, save children, save families! I won't sit quietly on the sidelines anymore, especially for this. I will not be forced back in to smoking for some rich nobody. Thank you CASAA.

11/14/2015 2:32:13 AM - Mathew Taylor

I started using e-cigarettes for one purpose and one purpose only, to completely quit smoking cigarettes. I spent 9 years smoking and now i am tabacco free. Many people believe that because ejuice contains nicotine that it is detrimental to your health, but the truth is it has increased my health. I can run for a lot longer than ten minutes now, i can walk around without chronic coughing and fatigue. This product saved my life and that of so many others. I smoke 2 packs a day and now after a year i dont smoke at all. E-cigarettes save lives, to take them off the market would be suicide to our entire world

11/14/2015 2:32:04 AM - James

Hello,

I've been using a smoke free alternative for almost 2 years now. I've also smoke traditional cigarettes for more than 10 years. Since I have made the switch to smoke free alternatives I haven't thought about cigarettes nor have I picked one up. This smoke free alternative has helped me out a lot, considering that I love the feeling of smoking. I use a regulated box mod dripping nicotine at 3 mg and trying to stop nicotine. I've tried the patch but it didn't work that well. I still smoked with it on and felt like I was having an overdose on nicotine. People think that this smoke free alternative is bad for you because it's new, but that's it. I use it everywhere I can but still have respect for people. I try to only use it in designated smoking areas. Since the switch I've been more active. It's made me feel a whole lot better.

Thank you for hearing my story.

11/14/2015 2:31:54 AM - Angela P

I had my first cigarette when I was 12 years old. They had a huge impact on my family, friends, and lifestyle choices for 20 years. I tried several simple gas station style e-cigs from 2010-2013 (and several gums, patches, and lozenges) and was disappointed. In 2015, I tried a better atomizer ego style device and paired it which an assortment of menthol, fruit, and desert flavors. This is the longest I have gone with zero cigarettes in my whole adult life. I even smoked through my pregnancies because the addiction was too hard to quit with the added stress of prengnacy. I am pretty ashamed of my previous behavior, but have been able to move forward and change my life. My "asthma" and "allergies" and chronic bronchitis are almost completely gone. My family is so happy to be in a totally smoke free environment and I truly don't believe I could have done this without this life changing aid.

11/14/2015 2:31:29 AM - Tarra Cull

I grew up in a very pro-smoking family. My main family unit, my mother, step-father, grandfather and grandmother all smoked heavily and smoked heavily around me. Because of this I started sneaking cigarettes from them around 11. I began smoking regularly and addictivly at 13. My parents discovered I was smoking at 15 and began buying my cigarettes. I have severe asthma and smoking quickly began to take its toll. At 18 I tried to quit using the nicotine replacement patch. I actually had a nicotine overdose the first day wearing the patch and never used one again! I decided to try to quit smoking on my own. Needless to say that was not a success. At 21 I tried Chantix by prescription to quit. I had terrible nightmares which were extremely vivid and never stopping smoking while on it. Throughout the years I tried the gumsn mints, etc., and none were ever successful. I became pregnant at 26 and while I was able to cut back I never truly quit. Then in 2014 (at 27) I came across a small shop specializing in vaping gear amd eliquids. I went in amd came out with a small setup. I immediately cut back from approximately 25 cigarettes a day to 3. For approximately a year a vaped and smoked 3 cigarettes a day. For the past 7 months I have been cigarette free and only vape! I find this to be a HUGE success as my history has shown hpw very difficult it was for me to give up cigarettes. Since then my health has improved greatly. Because of smoking I have 10% scarring on my lungs. I suffered from chronic bronchitis and was constantly sick. Being on Medicaid this cost the government greatly I will assume. Since vaping alone I have not been sick once. No bronchitis, asthma attacks, sinus infections, etc. Vaping has saved my health and life! I also believe that vaping has saved my childrens lives. Not only will they never be around second hand cigarette smoke they will also never grow up in an environment where its not only accept a but expected for you to smoke. Vaping saved our lives!

11/14/2015 2:31:12 AM - Angela M.

I was exposed to cigarettes at a young age thanks to parents that both smoked. For over 10 years, I could be labeled as a heavy smoker, smoking a pack a day or more sometimes. Every physical or doctor's appointment I've ever been to, usually resulted in the question "are you a smoker" immediately after my vitals were taken. I took up vaping in early February this year, and completely stopped smoking 2 months later. At my first doctor visit, 4 months after quitting, the doctor didn't even asked if I smoked. I was noted for having healthy and clean lungs, this was the first time I had ever heard that. As time went on, I've found it easier and easier to breath, especially when sleeping and first waking up. Switching to e-cigarettes and vaping has led me towards a more active and healthy lifestyle, and I no longer put others in danger with my second hand smoke. Food tastes better, I smell better, and aside from health, it's boosted my confidence and self image knowing that people aren't disgusted when they smell me. Banning modern products for e-cigarettes is like asking the community to harm themselves for no benefit whatsoever, and if banned, it would NOT push me back to smoking cigarettes now that I have felt what living without them is like. E-cigarettes, specifically "box mods", have benefited my life and living in multiple aspects.

11/14/2015 2:30:59 AM - Joyce Matheny

Electronic cigarettes have improve my health as far as no more wheezing, no more coughing not to mention the stench of real cigarettes. I don't like the taste of tobacco so the flavored liquids are perfect. I beg you not to ban or establish high taxes. I cannot remain smoke free without them.

Also my elderly mother has copd (chronic obstructive pulmonary disease) and started over a year ago. Her symptoms have not worsened and she can breathe better and almost no coughing. If you ban them or institute high taxes, she'll go back to cigarettes. I beg of you, don't change things. It has improved my mother's quality of life and I am so thankful.

I smoked for 17 years and within 2 days I couldn't stand the taste of a cigarette. My mom smoked for 50 years and had the same result. Please do not punish us for finding an alternative to smoking. Thank you.

11/14/2015 2:30:44 AM - Nathan royse

My name is Nathan royse, I smoked cigarettes from the time I was 14 until 21 when my son was born. I switched to chewing tobacco at that time to make sure my son wasn't affected. When I was 32 I turned back to cigarettes in a moment of weakness but this time continued chewing tobacco as well. About 600 days ago my wife (smoker) and I decided to give vaping a try. We were both skeptical as we had tried the little devices that the tobacco companies own (they tasted awful, and frankly just seemed like no help). Well much to our surprise we found some flavors we enjoyed (cinnamon at the time) and seemed to get enough nicotine to keep us from craving the tobacco (the nicorette cherry lozenges and cinnamon and orang nicotine gum never worked like this for us). After discovering this was working I did a ton of research (mostly from other countries) to find out not only did the vaping not stink and taste so much better, but that the harmful effects were so much less than tobacco products. Yes it's still a habit but a far better habit then traditional tobacco. I hate thinking the government would ever take away or ruin an industry that I believe will prolong the lives of former smokers. I know there's a lot of hype about all these flavors are to entice the children. Well as I stated I started when I was 14 with cigarettes and switched to mint and cherry and apple tobacco all while I was under 18 and over 18. It seems to me that even though I don't want to see kids vaping or smoking or dipping, I at least feel a little better about the effects vaping will have on their lives.

11/14/2015 2:30:28 AM - Alexander Solomon

I was a smoker for 11 years before I found vaping. I have been vaping for 2 years now with out having had a cigarette in that time, it took me a week to make the switch in the beginning. I friend talked me into trying it because I was coughing up blood for a few weeks and could hardly breath. Now 2 years later I run a mile a day minimum and have dropped 30 lbs. This is all from electronic cigarettes and Advanced personal Vaporizers, I never thought they would work but they did and they changed my life.

11/14/2015 2:30:16 AM - Louis Freeman III

After trying pills, gums and patches I had given up on quitting cigarettes. I was unable to run around and play with my kids for long periods of time. I had chronic bronchitis for years. On a whim I bought a vape pen and that day I have not gone back and had a cigarette. That was over a year and a half ago. I now often am running and playing with my kids and am able to get over colds and I no longer have cuffing fits. E-cigs and vapor products are a great help to people wanting to quit.

11/14/2015 2:23:16 AM - Kevin Fritts

I have been cigarette free now for about 6 months. Vaping has changed my life. I love that I can choose from many flavors. I use a mod to vape. I use a 3 mg nicotine level as of right now. I am thinking about dropping to a 0 mg nicotine level really soon. I quit smoking completely when switching over to vape products. I have noticed a difference in the way i breath. Love that i don't have to smell like cigarette smoke anymore. I would recommend vaping to anyone that is trying to quit smoking.

11/14/2015 2:23:08 AM - John White

I smoked cigarettes for 30+ years. I started smoking when I was 14 years old. I was introduced to vaping two years ago and have since quit cigarettes and strictly vape now. I could tell a difference in how I felt within days. I could breathe easier and not lose my breath climbing stairs like I did with cigarettes. I am a journeyman electrician and climbing stairs and ladders are part of my daily routine. I enjoy vaping and furthermore it has saved me from certain lung cancer and heart disease.

11/14/2015 2:22:57 AM - Austin

Vaping has changed my life in an extraordinary way. When I was in high school I dipped and smoked cigarettes, but now I can not stand the smell of either. Vaping gave me the ability to taste food better, breath better, and feel better. With me feeling better, it gave me to drive to go to the gym and make a life changing decision to get in serious shape. Cigarettes are not only expensive but extremely hazardous to one's health. I feel like cigarettes should be banned and vaping and electronic cigarettes be the only option.

11/14/2015 2:22:48 AM - Kimbo

I began smoking as a teenager. I started using e-cigs in June 2014. That means I smoked for over 40 years and have been a non-cigarette smoker for almost a year and a half. At the worst, I was smoking two packs a day. I tried gradually cutting down, using online support and counseling, but it never worked. At one point I got down to 10 cigarettes a day, but then gradually crept back up to a pack a day. My original e-cig was a Kanger and from the first day I never had another cigarette. I use about four different flavors, including one cigarette type, started at 12 and 16 nicotine, and am down to zero nicotine in one and 6 in the others. The benefits are numerous. My clothes no longer stink, my breath no longer stinks, I do not struggle to get gunk out of my lungs anymore, I breathe so much better, and my doctor practically gave me a medal because I finally, finally stopped smoking. And my daughter and grandchildren no longer browbeat me to quit. Instead, they are proud of what I have been able to do because of these vapor products.

11/14/2015 2:22:39 AM - Joseph Barrett

I am one of very few people who have chosen vaping as my first and only nicotine product. I first got into it when I saw my friend with a small e-cig. I did my research cause I didn't really like the risk of cancer that comes with cigarettes and I decided to start. What I really like about valine is more the flavor than the nicotine effect. There are a countless number of options to choose from and it's really an amazing community. The benefits that come with choosing vaping over smoking astronomically outweigh the addictive effects of nicotine. Thank you for listening to my story.

11/14/2015 2:22:31 AM - Jerry matuszewski

I am 64years old smoking since I was 17 years old went to a vape shop in Lancaster pa bought a vaping mod it worked tried every thing else health wise to feel a lot better no wheezing any more no more short breath. Been 6months since I had a real cig. So yes I feel vaping is a good way to get off real cig

11/14/2015 2:22:20 AM - Ashley

I was a smoker for years I started smoking cigarettes when I was 10 years old and I am 31 years old and I ended up having to use two different types of inhalers and breathing treatments miasma was uncontrollable so I had to come across a contest to win a free vape kit on Facebook and I have to tell about you know how about my health and went down on smoking cigarettes then I won the contest they sent me two batteries to take a five pack of coils and 3 bottles of juice as of today I am 2 years cigarette free in two years now I have used my inhaler one time I have not had to have any breathing treatments I'm more active with my children my home smells better my clothes smell better my car smells better and I spend a lot less money not when it comes to me buy new equipment now that's when I get the really spending money but I will say vaping has changed my life for the better

11/14/2015 2:22:10 AM - David Bellows

I smoked cigarettes off and on (mostly on) for 20 years, from ages 15 to 35. I tried to quit cold turkey and using gums and patches, and even antidepressant medication, but I just could not do it. The only only thing that came close to working for me was snus, starting at age 31, but I still fell back into smoking from time to time for months at a time. However, since I discovered e-cigarettes at age 35 years, I have quit smoking entirely for more than one full year for the first time in my life. I can feel the health benefits already, no more shortness of breath, less problems with allergies, and I'm losing weight because I can exercise better now. I no longer need medication for high blood pressure. I have started using refillable tanks and mods and making my own e-juice and been gradually lowering my nicotine level from 12mg/ml to my current level of 3mg/ml in hopes of someday being able to eliminate it entirely. It's a fun hobby and it allows me to control exactly what goes into my e-juice. At the moment I live in fear of regulations forcing me to go back to smoking cigarettes.

11/14/2015 2:22:00 AM - Paul from New Jersey

I was a smoker since I was 14 or so until last year (2015). I've wanted to quit cigarettes for years but the idea of not having the feeling of smoking proved to be very challenging. I tried products like gum and other nicotine replacement products but they did not work for me.

In 2014 my uncle was diagnosed with stage 3 lung cancer from many years of smoking and that was enough for me.

Thankfully, e-cigarettes were invented at the right time and now available for me. I thought I would slowly move away from cigarettes but after one day of both, I was done with traditional cigarettes. After 24 years I was done with cigarettes in one day!

I tried a few devices to get the right "vape" for me. I use several different flavors to keep my interest in trying new things and enjoy these flavors.

I hope thess devices and juices remain available so that other people can break their addiction to deadly combustible tobacco products.

Please consider my story in hopes it helps others.

Paul

11/14/2015 2:21:48 AM - Patty

I smoked for over 30 years. I averaged 1 1/2 packs a day. I had tried many times to quit. Last year I got pneumonia, and was coughing up blood. I switched to an e-cig and was able to quit immediately. I still vape but have been off cigarettes for a little over a year now. I used to get bronchitis a few times a year but haven't been sick since I switched to vaping. Having flavors other than tobacco help keep me from relapsing

11/14/2015 2:21:36 AM - Keith Hampton

I no longer smoke cigarettes. I started smoking when I was 12 years old and continued until I was 50. I quit for periods of time after noticing the ill effects on my health (shortness of breath, chronic cough) but always resumed after periods ranging from days to years. I have been using electronic cigarettes now for the past 5 years, I use a "mod" to inhale flavored e-juice and no longer feel the desire to smoke cigarettes. Since I began using e-juice, I have noticed a marked improvement in my breathing and my ability to enjoy exercise and sports: I play tennis several times a week, ride a bike, and work out with free weights. In addition, my clothes and house no longer stink of smoke, my walls and windows are no longer coated with the residue of cigarette smoke, and my fingers are no longer stained from holding a cigarette. I feel that e-cigarettes have had a pronounced change for the better on my life and feel that it would represent a profound infringement upon my ability to pursue a healthy, productive life to curtail the availability of electronic cigarette products through onerous regulation.

11/14/2015 2:21:27 AM - Shelley

I began smoking cigarettes at 15 years old, and continued for the next 31 years, smoking upwards of a pack a day. I tried many times to quit, using methods such as nicotine gum, patches, attempts at cold turkey or weaning down, but I never could stop.

As of 4 months ago when I starting vaping I was finally able to quite smoking! I am now down to only 3% nicotine and will drop to zero soon.

Please don't take away this valuable tool that has helped many long time smokers finally put cigs down!

I feel so much better!

Thank you,

Shelley

11/14/2015 2:21:17 AM - Jeremy Ronio

I was a 2 pack a day ,27 year smoker . With ecigs I was able to quit cigarettes and now I can breath better ,smell ,taste , and not have to walk around smelling that way no more . I'm down to 2 MG of nicotine and almost ready to go to 0 . I have been vaping for only 2 years ad of December of this year and cannot express how much better I feel . For the government to take this away would be a huge loss . I had tried the gums , patches and other forms of nicotine replacement but this has been by far the most effective . After I am able to get off of the nicotine , it will be easier to get the wanting of something in my hand habit to go away . Everyone needs to stand up for this , the only thing that it will hurt is big tabaccos pockets .

11/14/2015 2:20:56 AM - Bobbi Ann

I am 59 years old and I smoked for 46 years. I tried every method out there to quit. Nothing worked until I tried the e cigarette. I have been smoke free for 22 months and feel better than I have for years. So much better that my husband and I now own a e cigarette store in Nicholasville, Ky. I feel great coming to work everyday knowing I can help people lay their cigarettes down. We need to stand up and fight for the e cigarette industry. I'm grateful everyday for them. Bobbi, VaporGear, Nicholasville, Ky.

11/14/2015 2:20:46 AM - Mark Berlin

I support hr 2058. I quit smoking thanks to vaping. I smoked for 20 years and then came vaping. I never smoked again.

11/14/2015 2:20:36 AM - Faith

I smoked for 13 years. I started vaping about 2 months ago. It has changed my life I feel better and a I can breathe. I'm not getting sick any more. I started at 18 nic. And I'm down to 3 nic now. Right now I'm using a 100 w. Istick and a Nixon rda.

Vamping has changed my life I'm no longer sick all the time .

11/14/2015 2:20:26 AM - Destri from New Mexico

I began smoking when I was 16. At the age of 36 I was introduced to e-cigs! Best choice I have ever made making to switch from cigarettes (pack a day). I use a regular e-cigarette (non disposable) purchased from a vapor store. I have smoked very few cigarettes in the past three years (maybe a total of 5 packs) and can really tell the difference in my breathing since switching to the e-cigs. I have reduced my nicotine lever from 22mg down to 10mg. I love vaping!! No more stink in my house, my car and most important, on ME! Vaping was the best life style and health change I could have ever made!

11/14/2015 2:20:16 AM - Human being

Was a smoker for 32 years. Suffered 2 pulmonary embolisms which left me with COPD. Had a O2 sat level of 89 to 93. I tried the patch and found it to be ineffective and it caused me to have bizarre dreams/nightmares. I tried using the gum and lozenges and both made me jittery and tasted horrible. Then I started vaping 4 years ago I started with a blue cig which was mostly frustratingly costly which made me continue to use tobacco periodically. I then started using a quality vaping device a (ego twist 510 thread 1100mah with a Kanger pro tank) My O2 sat levels came up to 96. Don't need a PHD to see that Vaping greatly improved my COPD issues.

The negative aspects of vaping for me don't stem from the products. It's the stress I have from reading all the false reports about vape products. Most of those reports made by the mass media have poor scientific methods which makes me very very angry and stressed that those reports may one day end the most effective cessation product ever created. One particular personal incident was the local smoking cessation lady Kate McNally told me I was smoking antifreeze. She was insistent that the so called research was accurate. That she got it from a reliable source. I attempted to correct her and said there is a difference between ethylene glycol (antifreeze) and propylene glycol which is used in asthma inhalers. She refused to accept my real scientific evidence even when I gave her a M.D.S material data sheet on antifreeze and on a asthma inhaler as well. That has impacted the quality of my life seeing as it has raised my stress level on many occasions.

11/14/2015 2:20:00 AM - Melynda DiSessa

I started smoking at 9 years old on a dare. A bunch of us thought at the time it was "cool" to do, and under peer pressure I did it. I became addicted, and spent the next 33 years a slave to cigarettes. Until one day, I walked into a store that had a vape pen, and e liquids. I walked out that day, with my new starter kit and a bottle of e liquid, and that is the turning point to my smoking story. I have been cigarette free for almost 3 years, and have reduced my nicotine use from 18mg e liquids, to 1.5 mg e liquids. Yes, I am almost nicotine free. I use regulated devices, and tanks to stay off cigarettes, and heal the damage I've done to my body by smoking. I no longer huff and puff while walking, nor am I sick with colds every time I turn around. Without the smoking alternative known as vaping, I'd still be smoking, ill more often, and my health would be declining. With vaping, I have reduced my health risks, and have been a successful non-smoker! I tried the patch, which made me ill and I was allergic to adhesives. I tried the gum, which put blisters all over the roof of my mouth. I even tried Chantix, which I became a suicide risk while taking. I'd tried every method possible to quit, and failed, until now. I have also saved money switching from cigarettes to vaping by the thousands of dollars. Money I can spend on other things in the local economy now, because i'm not throwing money down the toilet.

It pains me to see our government , appearing to punish those who want to find a healthier alternative to smoking. It appears that our government WANTS us to smoke. If we smoke, we have more health issues, which relates into more medical care and prescriptions. Why punish something that has documented proof that it reduces health risks, and is safer for those around us than cigarettes? I just don't get it. I truly think that our government in Pennsylvania, as well as across the USA should look more closely into the studies of the benefits of e cigarettes "vaping" if you will, and see that they money we save on cigarettes and medical visits for illnesses, is still being spent in our country, but on things that matter more than a pack of smokes do. Am I against taxes? No. I agree there should be some, but 40%? That number is outrageous. It makes it to where e cigarette vendors may be out of business, because that 40% they have to pass on to customers, who in turn won't be buying as much locally, and therefore pushing businesses out of business all together. As well as makes it not as cost efficient for those who use such products. How does that stimulate the economy? You would have shops out of business, and e cigarette users looking elsewhere (out of state more than likely), to afford the "luxury" as you all think it is, of keeping ourselves smoke-free and healthy.

I am a resident of Pennsylvania and I feel a 40% wholesale hike stinks, just as much as, if not more than, smoking cigarettes.

11/14/2015 2:19:45 AM - Annie

Do not start to tamper with people's vaping. It has improved so many people's health and is social not anti social. i'd much rather smell vanilla, or blueberries than yuckie cigarettes that cause cancer. As someone who has suffered a stroke, i can tell you, vaping has saved my life. Any nutrients people are lacking or natural good herbs and fruits etc

are a good thing. Don't let the side down by ignoring the facts. Vaping is a great thing, and no one gets harmed. Common law says where there is no loss harm or injury to anyone around you from what you do as a responsible man or woman, is nothing wrong, and no punitive measures ever fit a sane community. courtesy and manners always go a long way. If something is beneficial to all man/woman kind, don't knock it.

Respect for one and all. much love and blessings and thankyou Provari.

11/14/2015 2:19:19 AM - Alana from Washington

I started smoking when I was 15 years old and smoked on and off for 20 plus years. I quit several times over the years and sometimes it would last days or months but I would always go back. I used gum, patches and cold turkey. Quitting was absolutely terrible. I would get headaches, feel agitated, dizzy, and it would last for weeks. I always gained weight each time too. The pull of cigarettes and the easy access to them always had me coming back to them. I was raised in a family of smokers and every single one of them has died from smoking related illness. When I watched my Dad take his last breath because of smoking-related cancer, I went into the local vape shop. I got myself a little mod setup and haven't touched a cigarette since. I can finally work out at the gym without losing my breath. I smell like peach instead of an old dirty ashtray. My skin looks better, and I feel better. I'm not tired all of the time anymore. I don't catch every cold and flu known to earth. I know I'm healthier, I have never felt this healthy before. And best of all, my kids will never see Mommy smoke, and they're young enough to forget that I ever did. I have passed it on to 5 other smokers so far and I know that 4 of them are smoke-free now. Vaping saved my life.

11/14/2015 2:19:04 AM - Heidi Petrazio

I began smoking at the early age of 13 always wanting to fit in with my friends, this habit quickly grew to 2-3 packs a day consistently for over 28 years. It began to affect my health. I had trouble breathing deeply and had a nasty smokers cough. I began to notice my voice was changing, harsh and raspy. I didnt care. The only thing that made me WANT to quit was when i noticed my granddaughter would begin coughing and sneezing after i held her :(I was devestated to think that my smoking was causing this! I went to the doctor & My doctor was concerned with my lungs and recommended Chantix. The cost was crazy as my insurance didnt cover it but i ponied u and paid for it. It didnt help the cravings. I tried the patch the gum the lozenges Sometimes combining all 3 but still would sneak out for a cigarette. For 2 years NOTHING WORKED! Then a friend brought me a starter kit with some liquid. I researched it. ALL the ingredients had been approved by the FDA! There was a wide variety of nicotine available and I could chose when I was ready to step down! I started vaping 24 nic. and had NO cravings for cigarettes! Now, 13 months later I vape 6 nic and plan to be nic free in the next 6 months! And guess what? I can hold the grandbabies for HOURS now without them sneezing or coughing and my clothes no longer smell horrible! OH and i went in for my check up and things look great!

So PLEASE do some research! Fight to keep this cigarette alternative available! It helps! Its safe! and IT WORKS!!!

11/14/2015 2:18:51 AM - Zach Parsons

I was never a heavy smoker by any means. I was traditionally a pipe tobacco smoker, I would smoke a little every morning, when I ate, during work on breaks, and before bed. I eventually started noticing that when I would work I would feel light headed and even be completely exhausted everyday, along with having heart pains when I was working at a fast paced. It just felt like a hand was around my heart squeezing. I quickly switched to vaping, and have been currently tobacco free for over 3 years. I've even help my best friend who has tried quitting since he was 19, currently 23 now make the change for himself. Vaping isn't just about me or you, it's about all of the people the are going to get to be with their families longer now because that they have switched to vaping instead of using actual tobacco.

11/14/2015 2:18:41 AM - Ines Arana

I smoked cigarettes for over 30yrs. I started to vapor 5yrs. ago, and I haven't touch a cigarette since then. I've been controlling my nicotine levels on my vapor and now I can go without vaporing for hours, should I have to or want to do so. I feel healthy and my DR. says vaporing is 90% better than smoking cigarettes, my lungs are clear and I feel Great!

11/14/2015 2:18:32 AM - Terry

I am 53 years of age and have first stage copd. I picked up a V2 E Cig Starter kit with 1.8% nicotine And started Vapeing two weeks ago. Haven,t had a cigarette since. I started smoking at the age of 13. I love Vapeing I don,t have the urge for a real cigarette Vapeing is the real deal it works.

11/14/2015 2:18:24 AM - AKcamo

I personally work in the oilfield and over the past 10 years went from smoking cigarettes on and off for three years, to chewing tobacco heavily for 4 years. I used the chewing tobacco to get off cigarettes, as I was concerned with the carcinogenic damage to my lungs and disgusted by the odor of cigarettes. To avoid troubles from chewing tobacco and the disgusting habit, I have recently switched to vaping E-liquid, at very low nicotine levels (3mg) and have witnessed hundreds more in the field do the same to kick their cigarette habit. I enjoy making my own E-liquids, building my own coils, and tinkering on mod devices. This has grown into much more than a nicotine delivery system and I consider it a wonderful hobby that brings me much pleasure.

I researched vaping exhaustively before taking it up and everything I find negative about it cries of propaganda, most likely put out by Big Tobacco and special interest groups. The ongoing push to lump E-liquid in with cigarettes and chewing tobacco legislation is appalling. This style of product is Saving Lives. To pass legislation to do anything but set a minimum age for purchase, I consider harassment. Furthermore to outlaw the flavors that are sweet, fruity, desert like, or â€œappeal to childrenâ€ is ludicrous. There are pre bottled alcoholic beverages, cigarettes, cigars, and chewing tobacco that all fall into this same category and are legally sold to those meeting age requirements.

11/14/2015 2:18:13 AM - Mike Hube

I stopped smoking cigarettes 1.5 years ago and continue to use these products as part of my smoking cessation program. My recent pulmonary functions test from my doctor have shown a 30 percent improvement in my lung capicity and reduction in my COPD, since using the products to quit smoking. That is a BIG deal and my wife and four kids are so proud of me. I want to remain a functional living tax payer in Maryland as I have for the past 48 years, and I fear that if big tobacco sways our congress and the president the FDA will eventually ban these products, I will have no choice to but go back to tobacco continue a downward spiral in my health as it was before I started using vaping products. This technology and the wide variety of liquid "e-juices" and flavors has allowed hundreds of thousands of smokers to quit the smoking lifestyle. I have been a smoker since 13 and have tried to quit mant times over the years, never have I been this successful. I originally started vaping about 5 years back before there was "vaping"' it was just cart's that you put juice into. But as it evolved, so did I into being completely smoke and nicotine free!

11/11/2015 10:31:30 PM - Podge0307

Hi I'm josh, I'm 23 years old and I had a smoking habit of between 40 to 60 cigarettes per day from aged 18 to 20.

I first started trying to quit smoking with a combination of gum and patches, both were rubbish (from the uk btw) absolute crap, though I kept it up for about 3 months and didn't see a result, so I stopped trying to quit because it just seemed like too much hassle, then a friend approached me with a mechanical mod ecig and a dripper and told me to try it, from the first draw, I was hooked, all I wanted to do was get a dripper and a mod and blow clouds and have great flavours.

After a few months of having my own mod, I noticed massive improvements, I hadn't put on weight like I did when I tried patches and gum, I didn't feel weezy or short of breath anymore,

I just felt, as a person, a whole lot better.

To this day I still vape, I'm now using a snowwolf 200w regulated mod with a velocity dripper, and I honestly can't see another way forward, vaping helped me so much, don't take it away from us as a community, we need this.

11/14/2015 2:17:40 AM - michelle f.vapes

I needed to quit smoking for many health reason I have been a smoker for more than 45 years i quit 6 mos. ago a lot of health issues have improved or are gone my Dr. said vapor was better than smoking if not for vapor I would still be smoking ,please dont let the FDA stop vaporing

11/14/2015 2:17:29 AM - AFIQ CHONG

I've started smoking since i was a teenager, back when smoke-free alternative such as "vapors" or e-cigarettes hadn't been come out yet. Until now where i start vaping for almost 6 months while using a mod with a e-liquid flavored containing nicotine of 6 to 9 mg, and not a single pack of cigarettes was bought till today and hopefully will keep on going. Buying a pack a day with an unreasonable price just for the nicotine relieved isn't worth it especially if you're in Malaysia these days. Thanks to e-cigarettes, i may not only stop smoking but live life healthy without coughing phlegm in the morning and smelling like ashtray after smoking, etc (you know where i'm going) . Even for my car now smells nice when i started vaping. All i'm saying is to have a comfortable and clean environment, without seeing people throwing filter buds on the floor and ashes everywhere, i say it's time for a change. As far as i can taste, feel, and mostly see that e-cigarettes nicotine taste effects are just the same as nicotine in normal cigarettes just the differences after you're done and the side effects. So please don't lose hope on changing for the good because i wont. This is for the future of our generations. -Afiq Chong

11/14/2015 2:17:04 AM - erik powell

Hi I'm Erik, I started smoking when I was 13 years old with some friends and thought i was cool , but realized it was killing people . It's not a scare tactict I seen first handed this is real. I switched to vaping about seven months ago and haven't looked back since. I started working out and can actually breathe now. I don't bother people with the way my clothes and breath would smell . I don't feel the need for nicotine anymore and am just overall happy with vaping . I use vw and tc devices with rdas and sub ohm vaping. 80/20 vg /pg ratio e juices . Its not about not smoking to me now it's more of a hobby & I don't plan on every going back to cigarettes

11/14/2015 2:16:08 AM - Nicole Gorney - Hamburg, NY

I was a pack a day smoker for 22+ years. I had to have neck surgery in September of 2013, and in order to heal more efficiently, I had to quit smoking. My husband immediately went and bought me a kit containing disposable tanks and "spinner" type batteries.

I didn't like the tanks, so over time, I eventually got a couple of Kanger Protanks. Once I realized that this was working for me, I decided to invest more money into it, and I bought a Provari P3 along with a couple of Nautilus Aspire tanks. Recently, I decided to start dripping & I bought a Twisted Messes RDA.

I had tried Wellbutrin, nicotine patches, a Nicotrol inhaler, and nicotine gum - all of which either didn't work at all for me, or worked for 10-14 days at most! The ecig is the best thing that helped me quit smoking. I started out using 24 mg of nicotine and now I'm down to 4, working my way to 2 mg!

I haven't smoked cigarettes since I started using an ecig and even if I continue to use one with no nicotine at all, I'll be happy! I feel so much better - I can breathe, my clothes don't stink, and, if I have to have blood drawn, they have no problems with finding a vein like they did when I was a smoker.

Taking these products away would be a huge mistake. I believe that everyone who smokes should have the opportunity to quit their way, the method I used. The FDA is being greedy about it because they can't make money off of it like they do with things like Chantix, which I refused to even consider with all the negative side effects. If they want to take something away, they should take the garbage ecigs that are made by companies like RJ Reynolds and Phillip Morris.

Keep on vaping on!âœŒ🏻ï¸

11/14/2015 2:16:25 AM - Nicole Gorney - Hamburg, NY

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I didn't like the tanks, so over time, I eventually got a couple of Kanger Protanks. Once I realized that this was working for me, I decided to invest more money into it, and I bought a Provari P3 along with a couple of Nautilus Aspire tanks. Recently, I decided to start dripping & I bought a Twisted Messes RDA.

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Keep on vaping on!âœŒ🏻ï¸

11/14/2015 2:15:54 AM - Brad Hulse from PA.

I started smoking at age 13 and a became a regular smoker by 15. I'm 48 now and at my worst I was at 2 1/2 packs a day!! Over the years, I tried multiple times to quit using nic gum, patches and cold turkey, nothing worked, always went back to smoking. I first tried vaping about a year ago, mostly as a way to smoke when I travel for work(hotels/airports) so I didn't have to go outside in the cold. However the more I learned about vaping, the fact that I liked it, and the stories others have told me on how they quit smoking, I started vaping regularly 6 months ago and haven't touched a cigarette since!!!! My previous attempts to put down cigarettes never lasted more than a few days, I NEVER could have done this without vaping.

I've always been athletic and didn't think I had any issues breathing with the exception of the smokers cough occasionally in the middle of the night. But over the course of the last 6 months I've noticed a HUGH change and not just breathing, food and drinks taste so much better!!

The only down side I've experienced thus far with vaping, is being around friends/family who still smoke, they don't seem to mind me vaping but I have a real hard time dealing with the smell of the smoke. I cant believe I subjected myself and others with my smoking for over 33 yrs. I will NEVER go back to cigarettes! I'm convinced that vaping has saved my life!!

11/14/2015 2:15:44 AM - lisa

i would just like to say vaping has saved my life. I smoked tobacco cigs for almost thirty years, i tried to quit many rimes with no success. I started ro feel sick from the cigs but still could not stop. I tried vaping, and finally was able to put those nasty newports down. I have been vaping for almost a year now and feel so very much better. I will never pick up a ciggarette again. The FDA needs to keep these eciggarette ptoducts on the market so they can continue to help people quit those nasty tobacco ciggarettes.

11/14/2015 2:15:35 AM - Non-smoker in Wyo.

I am 51 years old and smoked since I was 14. Over the years I tried many times to quit smoking (Chantix, patches, chewing, anti-depressants, nicatrol inhalers) but to no avail. I started vaping a year or so ago and have been off cigarettes for 9 months now. I vaped and smoked for about 3 months then one day I was done with cigarettes and I felt like it wasn't such a big deal. I have rheumatoid arthritis and peripheral neuropathy and smoking is one of the worst things for my conditions. My health has greatly improved and my lungs are clear. I can work out without coughing up grossness and shortness of breath. The smell of cigarettes is awful to me now and I actually prefer the taste of a vape. No more headaches and my sense of taste and smell is so much better. I am sure I have a better shot at a normal life because of vaping.

11/14/2015 2:14:43 AM - Pamawoman Orlando, FL

I smoked for 34 years. I never was able to quit completely even while pregnant. I was at least a pack a day when not pregnant and 1 or 2 a day with my 2 pregnancies. That is how powerful my addiction was. I tried literally everything to quit. I paid 500.00 dollars for SmokeEnders, twice on welbutrin, once on chantix, the patches and many cold turkey attempts. I had given up hope of ever quitting. I started praying for a way out and here it was. I bought a blu and really did not like it. Then I discovered the e-cigarette forum. I bought a real e-cig and cartomizers and started by only vaping in my car no more cigs in the car. Then around 2 months in I went to buy a new car and decided no more cigs. It was so unbelievably easy to switch I still can not believe that I am a nonsmoker. It has been 8 months of joy. I no longer wheeze and cough my way through the day and I no longer have a man in my head screaming at me to take a smoke break. I don't know what specific chemical is in cigarettes that make you insane with need, but that feeling is not there with an e-cig. It is so amazing! In 8 months I have went from vaping 36 mg WTA juice to 12 mg of high VG juice with no WTA. I can not imagine smoking again, but sadly our government and big tobacco are fighting to make that so. It is so awesome to go up a flight of stairs without coughing or wheezing, go out to dinner and not worry about when I can smoke, I smell great, my car, my house and my clothes smell awesome. My doctor is on board as well as my oral surgeon. I was diagnosed with oral lichen planus shortly before I quit and since quitting my break outs have almost completely disappeared. And my Doctor says my wheeze is completely gone. Vaping is truly a life saver and no matter what the dinks in government say, a great way to quit smoking. Big pharma and big tobacco want us hooked and sick. The votes will tell us who lives in their pockets.

11/14/2015 2:14:14 AM - AEM

For 21 years, I smoked analog cigarettes. Three months ago, almost to the day, I decided to throw away my cigarettes, and try a vaporizer. I have not picked up a cigarette since. Let's look at the e-cigarette. It provides nicotine, which, as we know, is the chemical that smokers are addicted to. When comparing an e-cigarette to an analog cigarette, we can see that thousands of carcinogens have been eliminated. Nicotine gum, the nicotine patch, and nicotine lozenges all offer this exact remedy. They all contain nicotine, yet eliminate the other toxins found in cigarettes. With dangerous drugs such as Chantix on the market, it shocks me to know that vaporizers are in danger of being removed from shelves, when they are so helpful in aiding smokers in quitting.

I am urging my government, and the FDA, to see the e-cigarrete for what it truly is: a cessation aid. I feel better, I can breathe, I no longer inhale 10,000 carcinogens along with the nicotine I'd seek by smoking a cigarette. I am now satisfying my urge to smoke with something that I honestly feel is much safer than that cigarette. I feel that I have found a new freedom, and I'm excited about it!

What a person who has never smoked may not understand is that we, as smokers, are not only addicted to nicotine, but also to the rituals of smoking. For some, the gum works, for others, it may be a lozenge or patch, or even that terrifying drug, Chantix. Those of us who choose a vaporizer, choose it with good intention, and personal reasoning. Vaping emulates smoking. It satisfies not just the desire for nicotine, but also the feel of a hitting a cigarette. The vapor reaches the back of the throat, is felt, exhaled, and is as satisfying as a cigarette. I find the e-cigarette to be an incredible invention, and I'm grateful for it.

Today, I see myself as a non-smoker, and will argue that point until I'm blue in the face. I love my new choice to vape. I feel that my vaporizer has changed my life, and my loved ones agree. I no longer smoke. I vape. There is a difference between the two, and that difference is such a positive and important one. It makes absolutely no sense to me that cigarettes, with all of the danger that accompanies them, are available, while the benign vaporizer is in danger of retraction.

11/14/2015 2:13:59 AM - John hitchcock

I am 40 years old I have been smoking since I was eight I could barely breathe so I discovered vaping I have been vaping for two months I have went from two packs of ciggerettes a day to three or four ciggerettes a day my breathing has improved a lot and I feel so much healthier vaping is saving my life and I don't want to loose the right to vape tobbacco has so many harmfull chemicals in it vaping is all natural the stuff found in the juices are same things in food and if nicoteinbwas harmful why sell patches or gum or any nicoteinbwas substance to quit smoking it is all the other chemicals in tobbacco products that is harmfull and addictive please do not take my right to vape away

11/14/2015 2:13:47 AM - Lori Barcus

I smoked for 35 years and was unable to quit, I started using a E-cig Valcanio cigarette

14 Months ago and have quit smoking entirely. I now have good reports from my Doctor and from my Denist I can Breath better and My Teeth and Gums are much Healthier. I now enjoy my Home and car with no smoke odar and My Family and friends do not mind when I Vape on my E-cig Please Re-Think This and Do Not take away our Vapor Products. This is the only thing that has worked for me I no longer want to smoke a cigarette.

11/14/2015 2:13:36 AM - Kirill Gant

Having been a smoker for over 20 years, I've tried various methods (cold turkey, nicotine lozenges and gum, nicotine patches, to name a few) to quit smoking in the past. None of them worked and I was right back where I started every time I tried something new. I heard a lot about vaping/electronic cigarettes and how effective it is as a smoking cessation aid. On September 10, 2015, I went to a local vape shop and bought a beginner setup and some e-liquid. I haven't had a cigarette since that day. What's even better is that I don't even want one. Not only have I improved my health by cutting out harmful carcinogens from smoking cigarettes, I no longer smell like an ashtray. Of all the supposedly effective methods that I've tried to quit smoking, vaping is the only thing that helped me break a two decade-long habit.

11/14/2015 2:13:24 AM - Podge0307

Hi I'm josh, I'm 23 years old and I had a smoking habit of between 40 to 60 cigarettes per day from aged 18 to 20.

I first started trying to quit smoking with a combination of gum and patches, both were rubbish (from the uk btw) absolute crap, though I kept it up for about 3 months and didn't see a result, so I stopped trying to quit because it just seemed like too much hassle, then a friend approached me with a mechanical mod ecig and a dripper and told me to try it, from the first draw, I was hooked, all I wanted to do was get a dripper and a mod and blow clouds and have great flavours.

After a few months of having my own mod, I noticed massive improvements, I hadn't put on weight like I did when I tried patches and gum, I didn't feel weezy or short of breath anymore,

I just felt, as a person, a whole lot better.

To this day I still vape, I'm now using a snowwolf 200w regulated mod with a velocity dripper, and I honestly can't see another way forward, vaping helped me so much, don't take it away from us as a community, we need this.

11/13/2015 11:20:46 PM - Eric

Prior to getting my first vape I hadn't been smoking at all. A friend of mine that I worked with saw how stressed out I was getting and that I had no way of helping to relieve this stress. He recommended that I look into vaping, so I did. I started on a disposable and moved to the MVP box mods with just a standard tank. By being introduced and starting to vape it has helped me to be able to live a less stressful life and has introduced me to an awesome community of others that share a common interest.

11/13/2015 11:20:36 PM - Denise Diano

I started smoking "Marlboro's" at the age of 10, within the first six month I was up to a pack a day. i was actually allowed to smoke by my parents at the age of 12 so I wouldn't be hanging out side smoking. I have not gone 1 day without smoking in the last 43 years, i could not stop even while pregnant with my 2 children. For the first time i am smoke free my lungs have begun to heal where i am not gasping for air while walking. If this product was to disappear I am certain that would start smoking once again. PLEASE PLEASE for the thousands of us who have been able to put down the horrible habit of smoking with all the chemicals that are added to keep us addicted, don't allow this product to be pulled from the market place.

i have tried the many products that are available to help quit, like the patches and gum and "Chantix", none of these products have worked for me. I just started to use the vapor cig just 3 weeks ago and after just 3 days I have completely quit smoking, i still have my pack a smokes and i am not even tempted to lite one. I even use the vapor cig less than what i smoked on a daily basis, normally i would smoke all day long now i only use this amazing product in the morning then again around 3pm and maybe before I go to bed, at 12mg strength verses 20 + "Marlboro special blend 100 gold" cigs per day.

I was about to go on vacation and was so worried about not smoking for the duration of my flight that i nearly cancelled my trip, does that even sound crazy to you? It did not seem crazy to me i was in panic mode, but here i am 3 weeks later with out smoking.

Sitting here talking with my mom about this letter i am writing to you I realized just how much time i use to waste because i had to go outside to have a smoke. When i think of the all time over 43 years it's staggering!

PLEASE I beg you to support this product to free us from the cigarrette companies grip. To allow us to walk away instead die in its clutches.

Denise Diano

11/13/2015 11:20:24 PM - Jason from Kailua-Kona, HI

Fourteen. I was Fourteen years old when I first picked up a cigarette. Teenage curiosity and the urge to feel more mature motivated me when I first got my hands on a pack of Marlboro Reds. I enjoyed the light-headed feeling and immediately got into contact with someone who buys for underage kids. I smoked all throughout high school, and began to notice side effects after a couple of years. But when college came and I was not underage anymore, I immediately began smoking more. I reached a pack a day from five a day and this went on for two years. Until this point in my life, I had been smoking for six years straight, four years underage.

The side effects were obvious. I woke up every morning having some trouble breathing, but nothing too major. But I couldn't exercise, or even walk to school without having trouble breathing and shortness of breath. I considered trying to quit and tried chewing tobacco for some time, but could not stand it. Nicotine patches and gum were way too expensive for a college student to afford, I began to feel hopeless and trapped in my nicotine addiction. It was a subject of insecurity and I felt doomed to be another statistic of smoking related illnesses. Especially hearing that people who start underage are more likely to be addicted for life discouraged me.

I finally started to look into electronic cigarettes and bought my first one when I was 19. I was still smoking cigarettes however, but I gradually started to reduce how much I smoked. As I slowly upgraded my hardware, my desire to smoke declined and my desire to vape increased. Eventually, I got down to a couple cigarettes a day and finally, as of summer 2015, I proud to say I am done with cigarettes.

My quality of life has improved dramatically. I no longer feel the shortness of breath like I used to and I no longer have to feel self conscious of smelling like an ashtray. While I haven't quit nicotine, I can at least say I am not addicted to smoking cigarettes.

But now, my only successful attempt at quitting smoking is now being threatened by these new regulations deemed by the FDA. If these regulations do pass and all electronic cigarette products created past 2007 are taken off the market, the technology of electronic cigarettes during this time will not be viable enough for me to stay cigarette free. Instead I will be forced to go back to smoking real cigarettes as smoking cessation products like patches and gum are not even close to being as viable an option as ecigs are.

I urge to whoever read this testimony to truly think about the future of the people like me. If these regulations are passed, they will be killing me as I will be forced to go back to cigarettes. Maybe I could quit, but with prices of the smoking cessation products out there, I cannot afford them and do not believe that they are a successful way of quitting.

I beg those to think about people like me and how destoying ecigs will force underage smokers like I was to only have one option, the deadly cigarettes. And how I wish when I was younger, that I could have picked up vaping instead of smoking. I am still young, sure, but vaping saved me from becoming a habitual smoker. It saved me from going through the probable pain and sorrow that many people like my grandfather whose life was taken away from smoking and lung cancer. I'm sure if vaping was around when he was alive, he would still be here today.

I write this testimonial not out of anger towards the FDA, but out of desperation. Please, consider the possible consequences of these harsh regulations that could severely damage or even destroy the vaping industry. We the people put the FDA in charge of keeping the people of this country safe and their new regulations are doing the exact opposite of what their purpose stands for. Please, out of so much desperation, don't let me become another statistic in the tobacco death toll.

11/13/2015 11:19:58 PM - erika g.

My husband and I both smoked since we were young teenagers. We both wanted to quit, badly, it with 40 YEARS of heavy smoking between us it was truly an impossibility. We tried every conceivable method and nothing worked. Patches, gum, Welbutrin, Chantix, cold-Turkey.... nothing worked. We were terrified, especially with huge cancer risks in both of our families that smoking cigarettes was going to be what killed us. We even had talked about how were to handle treatment and the horrible eventuality of cancer. Then, through his work we were given personal vaporizers. We stopped smoking THAT DAY!!!! Since getting our original pen-vapes we've both gotten mods and wonderful tanks that keep us safe and save us money. We've not had a cigarette in over a year! We are healthier, happier, and safer. Our children no longer live in fear of us dying from cigarette smoking and we owe it to gaping and camping alone. WE COULD NOT HAVE DONE IT ANY OTHER WAY. I know if I couldn't vape I'd go back to smoking and my husband would too. So without access it's essentially a death sentence. I pray that our leaders make the right decision on this and keep these miraculous devices in the hands of people that do not want to die from cigarette smoking where they belong.

11/13/2015 11:19:47 PM - Suzanne Peirson

I smoked about a pack and a half of cigarettes a day for 32 years. 32 Years! I had tried to quit several times. Every time I failed I would tell myself that I just wasn't ready, but I really was. Standing outside, in freezing rain and wind just to smoke? Yup. Spending $30, $40, $50 or $60 a week to smoke? Yup. People spend more in other states. Justifiable. The doctor says everyone should quit, so I applied the "What if everyone jumped off a bridge" theory. Chantix? The warning label says no, not for me. Sure, an easy way to quit comes along and I'm one of those people it's not suggested for, advised against even. Then vaping became a thing. Blu? Looks like a black cigarette with a blue light on the end. I tried it. It was okay. Then I went to an actual vape shop. WOW! Finally and real answer for me! I told myself that I would vape, just for today. That worked for almost 3 days. I lit a cigarette. It was the most awful thing I had ever tasted. I wondered why I had ever done that in my life. I picked my vape back up and never looked back. I can breath easier now. I can smell things way better now. I can tasted things way better now. I have an overall better feeling now. I actually FEEL better. Now I work in a vape shop. Now I get to create non smokers! I get to help people live better, healthier lives. I get to help people make the decision to improve themselves. How cool is that?! It's awesome! I started with a pen style battery, a small tank and 1.8mg of nicotine. Not I use a larger battery/mod with a sub ohm tank and only .3mg of nicotine. There is a flavor to keep anyone satisfied. I still go back and use my pen style vape with a 1.1mg e-liquid when I am extra stressed or just get that "I need a cigarette" feeling and it passes quickly. I don't even carry a lighter in my pocket anymore. I could not be more thankful to have found vaping. I'll never go back to smoking, I'm a vaper now and probably always will be. Even if I go down to 0mg nicotine, I'll still need that hand to mouth action and vaping will let me do that with out causing health problems.

11/13/2015 11:19:35 PM - Nugget

When I was 12 years old, I took my first hit off a ciggratte. I would smoke ay least a half pack to a pack a day. Really ripped a hole in my pockets! I smelled and my teeth were already turning yellow. But then, my freinds really encouraged me to stop. They told me about patches and nicotine gum and you name it. But my best freind had suggested something to me I had never even heard about. This new wave of products. Vaporizers and drippers. You could vape those instead of smoking ciggarttes(which have 500 chemicals, and the liquids for vapes only have at the most 3, including nicotine)

11/13/2015 11:18:01 PM - Al Luciano Scrantonz

I have smoked cigarettes most of my life. A lil over a year ago I started vaping. The day I bought my first mech was the last day I had a cigarette! Now I own an E Liquid company and make it my goal to help as many people as I can quit smoking. We are in a sub culture that only we understand and only we can push to keep! Do everything you can do to change the minds of the ones trying to control us! Every bottle of juice I sell I give them a card with the info from casaa to urge them to take action along with the rest of us! Â #vapeon #vapesafe

11/13/2015 11:15:25 PM - Chucklesvapor

I have been vaping for 3 years and have went from a little own vape to a sigelei 150 watt box mod before I vaped I smoked heavily and could not run more than 40 yards and now that I vape I got back into running miles around a track like I used to in highschool and my doctor says my lungs have gotten a lot better and bigger on air capacity.

11/13/2015 11:14:26 PM - Allen Wilson

I was having major chest pains and trouble breathing over a year ago from smoking. I was praying and looking for a way out and a friend I worked with used Vaping to quit smoking successfully. So I went and bought one. That was Aug. 18th of 2014 and I haven't picked up and cigarette since. The chest pains and wheezing left after about 2 weeks of Vaping. I now am a owner of an eliquid company and have heard so many beautiful success stories like mine it almost brings tears to my eyes. To think I may have a part in providing g the same opportunity to someone as I once was. That someone may actually be able to see thier mother, father, sister, brother or child grow old. My step father has been diagnosed with throat cancer and has been eating through a tube all year. So if vaping can prevent even just one death or tragic story as my step fathers it will ALL be worth while. Beside... What's a life worth these days...? Priceless!

11/2/2015 7:35:23 PM - Happy Valley Vapors

I started smoking at the age of 17. All media and tobacco control information to help prevent teenage smoking, did not help my case. I quit while I was pregnant with my children, and started back up again. My finance introduced me to vaping. I started vaping officially May 11, 2015. After my finance bought a Sigelei 150 Watt device, I tried it and I was very impressed. I thought, "I could quit smoking with this." So, I went to my local vape shop and purchased one for myself. I have never looked back and a span of two weeks, I went from vaping 12 mg, to 3 mg. Three days after I quit smoking my asthma went away. I was smoking a pack and a half of Sanoma brand cigarettes a day. I never thought it was possible that I would enjoy vaping as much as I do today. Vaping has not only turned into a personal hobby for me, but also a business. Sept 22nd my finance and I launched our retail vape website to the community. We decided to do so, after we started a group page on Facebook, our success of our group page and the urge to help the community have alternate choices, and further access to vape related products, we created our retail website. Every single order that is placed on the website, we require a birthday to purchase.

I personally have spoken to Kerry Benninghoff, about vaping and he agreed if the Federal Government bans vaping, this will create a black market. People will still vape, the industry is too big. Vaping should be handled, possibly taxed (fairly) and to some extent regulated for further safety. The Family Smoking Prevention Bill, takes this WAY too far, and it is a easy way out. Banning all vape products made after 2007? What was around then? I don't really think the Blu E-Cigg was out at that point and I've tried one of those, and it did not make me quit smoking. What made me quit was better juice choices, better device choices, and support from an amazing community. A community that has brought people together in more ways then I would have ever expected. If vaping is banned in the United States of America, a "free" country, I will take my family and move, I will take the 10,000 I was going to invest in my business, and use to open my vape shop and leave this unfair, unfree, country. As many other people should leave as well, if you have the means to do so.

11/13/2015 8:00:17 PM - Cindy

I lost my mom to lung cancer in 1995 at age 52. If she'd had access to today's vaping products, I believe she would still be with us and would have met all of her grandchildren. I've never smoked cigarettes, but I am an avid supporter of the vaping community because I believe it is a life-saver for smokers. Live long and well.

11/13/2015 7:38:12 PM - VICI Vape Kingwood, TX

I smoked cigarettes for 30 years until 2.5 months ago. I decided to quit 6 years ago and tried everything including the horrible e-cig devices you find in the drug store. Nothing worked.

My mother stopped smoking two years ago by switching to vapor products. She has been telling me that the newer vapor products are much better than the older disposable e-cig products that I tried 5 years ago. I finally decided to stop by a vape shop that was close to my house. I told them I wanted to quit smoking and needed products that would ensure my success. the manager picked out hardware and flavors for me and I stopped smoking that night. I havent had the desire for a cigarette ever since that evening.

I like many others started with a tobacco flavored vapor. In two weeks my taste buds came back due to the changes my body was going through from stopping smoking. All of a sudden I thought the tobacco flavored liquids tasted horrible. I did some online research and went back to the vape shop. They reintroduced me to my favorite cereal, Fruit Loops. then I got some Blueberry custard, Vanilla Custard, and some cake batter. The Fruit Loops is still my favorite though. I get to have all the flavors of the foods I like but cant eat anymore without the weight gain.

The vapor industry is not targeting minors by creating these flavors. We adult consumers are driving the market because we get to have the flavors that taste good do not smell like tobacco.

11/13/2015 7:26:52 PM - Jonathan Davenport

I was born in 1983 to a mother and father who both smoked â€“ as did many of my aunts, uncles, and grandparents. Naturally I picked up the habit through the mere fact that it was always around me growing up. At 12 years old liquor stores would sell us packs of Marlboro Reds or Camel â€œLightsâ€. Fast forward through years as a United States Naval Fire Control Technician, a highly technical position maintaining and operating weapons systems aboard nuclear submarines. Smoking was/is prevalent in the military and at one point after service I was up to 1.5 packs per day.

One day I noticed a vape shop open up in town â€“ knowing nothing of the technology through friends, family, or even online I decided to stop in. As I began to ask questions and learn it all made so much sense scientifically/mechanically/electrically since that is how by brain operates. The first sensation I had of the draw/exhale from vapor was nothing short of an epiphany. After about a month I had successfully transitioned from smoking completely with the help and guidance of the vape shop who I owed it all to.

From that point forward I became one of the strongest proponents and evangelists for the technology â€“ eventually landing a job with a prominentÂ vapor company, one of the companyâ€™s out there in my mind. Millions of people have seen/experienced the transformative effects of this technology but there are still millions upon millions who have yet to switch. That, is why I do what I do everyday. Because I believe in my heart of hearts that this is not only the future but the right thing to do.

P.S. Countless members of my family and close circle have successfully transitioned to vapor from smoking. The case studies and success stories are real and undeniable.

Sincerely,

Jonathan Davenport

Facts:

Smoked for 14 years

Vaping for 4 years

Use: Open system tanks/devices

Tried: Patches, Gum, Counseling, and Chantix

Positive Effects: Improved Health

Negative Effects: Public Perception

11/13/2015 6:31:05 PM - lizzy j.

I had smoked cigarettes for 30 years and was taking three different asthma medications. My doctor would tell me my lungs sounded terrible and I would weeze and cough up loads of sputum. I have been vaping for 9 months now and am off all asthma meds and my doctor says my lungs sound great! If vaping products are taken off the market I will return to cigarettes which big tobacco is hoping will happen! I will get my nicotine somehow but I would much rather vape!!!!!!

11/13/2015 12:37:13 AM - Tammara Liberty

I am 55 years old. I started smoking combustion cigarettes at the age of 12. When I was in my 40s I really started trying to stop by using nicotine replacement as well as pills, therapy and even cold turkey. Once I managed to stop for about 6 months but never felt completely free and always desired a cigarette and consequently would pick them up again. In October of 2012 I 'discovered' e-cigarettes and researched them extensively. I bought my first e-cigarette and juice and haven't had a tobacco cigarette since. NOT ONE. I currently use a wide combination of items from cig-a-likes to mods and tanks with juice bought both online from vendors and locally.

Although I don't think that it's 100% safe due to nicotine that is still in it, I do believe that it is 98% better than smoking a tobacco cigarette with the thousands of chemicals in them. Many people think that nicotine is a tobacco product. It's not. Although it is derived from tobacco, to say that it is tobacco is like saying Mountain Dew is coffee because it has an ingredient in it that is derived from the coffee bean. This is just not the case. I also don't believe it is a 'gateway'. Personally, I don't know anyone that vapes that did not smoke cigarettes FIRST. I have never met anyone that vaped first and went to cigarettes from there. I am a much healthier individual for having stopped a pack a day 40 year habit. I can breathe easier, smell and taste again and I don't smell like I just walked out of a burning building. And guess what? The flavors are part of what helped me to step back from that habit. To be able to choose a flavor that is totally different than the tobacco I had been using but still had the nicotine that my body wanted was, in my case, the key to stopping cigarettes. I am a vaper. To deprive me of that right to be able to choose my own nicotine replacement therapy is to deprive me of a right I choose to exercise. And if the FDA continues forward on their path you will deprive me of that right as well as millions (yes millions) of people that currently use these products in the same way. It is healthier. It is safer. And that is the goal. I would hate to see the FDA totally blow people back into the dark ages and make them go back to dirty, nasty habits that they are trying desperately to get away from. Help keep America healthier and help keep America from being OVER LEGISLATED!

11/13/2015 12:35:45 AM - Glenda

I started smoking at the age of 17, and have been a pack a day smoker ever since. In my mid 40's I have been on Wellbutrin and Chantix. Neither of these have worked. About a year ago I purchased my ecig products. Over the course of about 3 months I gradually decreased my cigarette usage and was able to put the cigarettes down. I do not even want a cigarette. I started out at a level 18mg and have gradually went to a 3mg. My next goal is a 0mg nicotine level and then gradually completely quit vaping. Vaping is making this so easy for me. I am so thankful. It takes finding the right nicotine level, flavor and the right tank and battery. If I can do it I feel anyone that wants to can. Ecigs are an awesome product.

11/13/2015 12:35:37 AM - Stuart Inzinna

When I turned 20 in August of 2015, I had been smoking cigarettes for 5 years. I felt terrible. I had no energy. I was coughing up black globs of phlegm. I smelled like stale cigarettes all the time, and I was sick of it. I had tried a few vaporizers earlier in the year like the Blu electronic cigarette and some others that I could pick up at local gas stations. I found that if I switched to one of those for a day or two I would immediately feel better than if I were smoking standard tobacco, but they weren't cutting it as my sole nicotine source. I went back to cigarettes for a while. Fast forward to August, shortly after my birthday. I met my friend Greg who opened my eyes to what vaping could be, and in my opinion should be. He offered for me to try his Sigelei 100 box mod, equipped with some model RDA that's irrelevant, and it was over for me. The incredible flavor of his ejuice and the heat provided by his whole setup was exactly what I had been searching for. I spent the next few weeks researching and saving money to start buying hardware. Within a week of purchasing my Eleaf iStick 50 watt mod and Kanger Sub Tank Mini, I was able to move from around half a pack of cigarettes a day to 1 cigarette a night. I started using my vaping setup with an ejuice mix with only 3 milligrams of nicotine. Since then I've started mixing my 3mg fluid with 0mg fluid so as to taper away from the nicotine even more. Once I finished my last pack of cigarettes, I was done. Since my transition I've been exploring all of my flavor options, began building my own coils, and have really found a hobby I enjoy. I went for a physical at my doctors office a couple of months ago and met praise from the nurse and my GP for having transitioned from tobacco to an electronic vaporizer. I'm writing this testimonial on November 10, 2015 and to this day I've been without tobacco. I feel far more alive than I have in the past few years. My phlegm is no longer black, my energy and physical endurance has returned, I am my own air freshener, and I love vaping. Please consider my testimonial. Myself, and a whole community of people like me would thank you.

11/13/2015 12:35:13 AM - Eric Cannon

I have smoked a pack a day since I was 17... When I turned 46, my health started to go down hill. My doctor stated that I needed to stop smoking or die. I felt like stoping smoking was like cutting off a limb, how was i going to make it through. Well I found Vaping, and was able to quiet and not look back. I have been cigarette free for over a year thanks to vaping. Please dont take it away....It saved my life.

11/13/2015 12:35:04 AM - Tim Sullivan

I was a smoker of 19 yrs. Im 32 right now. So thats more than half my youth smoking. I used e cigs to try and quit, didnt work at first. I started just smoking both. But after a while I finally spent the money on a very nice one. This thing kept me good and now im almost 9 months off of ciggarettes and I feel amazing!!! All thanks to ecigs and all the varieties of things we can buy now thanks to VAPPING!!!!

11/13/2015 12:34:55 AM - Ben

I was a pack-a-day smoker for 20 years, and despite attempting to quit multiple times, never found a smoking alternative that worked for me. I tried cold turkey, Chantix, nicotine gum, hypnosis, pretty much everything out there to try.

In February 2015, I purchased a handheld vapor device in yet another attempt to quit smoking. I will freely admit I expected the same result as previous attempts - that I'd go back to smoking.

It is now November 2015, I've had zero cigarettes since the day I started vaping, have reduced my nicotine content of my e-liquids to the lowest levels available for the liquids I use (other than zero), and have no reason to believe I'll ever smoke again.

I feel dramatically better. I breathe better, smell better, sleep better, food tastes better, etc. etc. Vaping, instead of smoking, is absolutely the reason for this improvement in the quality of my life. The cost of my vaping "habit" is roughly half or less of what my smoking habit was.

11/13/2015 12:34:39 AM - Terri Cisco

I was a smoker of 27 years, about half pack a day during the week, a pack a day on the weekends when not working. I had seen co-workers with the e-cigs, and often thought of switching, but didn't at first due to them being so expensive. Finally, our receptionist asked me to step away from the front desk after I came in from smoking outside because of the smell on me, even after washing my hands. I then went to a Tobacco Road store that had just opened a section called Vapor Road and bought my first e-cig. That was 2 years ago this Christmas. I vape using mostly Mt Baker e-juice in 6mg. I initially was doing 26mg I think? I will never ever smoke a cigarette again, they are disgusting to me now. Previously I had tried the patches, and cold turkey, or the 'cut down' method, saying I would smoke less per day. All of those lasted MAYBE two weeks at the most. Since quitting cigarettes, I smell better to others, can smell things so much better, taste things so much better, and no longer wake up hacking. I don't have as many sinus issues as before. I love vaping and cannot imagine life without it. I am so thankful to finally get off tobacco and their effects. The products can now be purchased for so little money there is no excuse not to give it a try.

11/13/2015 12:34:28 AM - justin

I smoked cigarettes for 8 years and I started vaping about 8 months ago and haven't touched a cigarette since. For me, vaping feels like a much safer alternative to cigarettes both physically on my body, and mentally in that I don't feel the same anxious feeling I would get when I smoked cigarettes. I use Vaporizer products, and even tho I still smoke a vaporizer, I can work out and run noticeably longer than when I used cigarettes. Since i quit smoking cigarettes I have been more relaxed, and I no longer feel like a slave to tobacco. I still vape, and I intend to keep vaping because I just like to smoke, and if I get my choice, I am going to go with the option that does not produce thousands of carcinogens I would be putting in my body.

11/10/2015 4:09:25 PM - Frank

I used to smoke SO many cigarettes back when I was still smoking them, about two packs a day! Then my friend introduced me to vaping and boy it changed my life. With the help of vaping I was able to drop cigarettes in the matter of a few weeks! I have been vaping for about 2 1/2 years now and I love it. All the different kinds of vapes to get, all the different kinds of tanks, and most importantly, all the different delicious flavors. Vaping may not be so healthy but it's a hell of a lot better than cigarettes! I believe the FDA should NOT ban nor tax vaping because that can effect a lot, and I mean a LOT of people in a bad way. If everything related to vaping is taken off all shelves then that's basically forcing every of thousands and thousands of people to try to give up nicotine and that is NOT easy to do and will most likely make them go back to cigarettes which is VERY BAD. And if taxes are placed on everything related to vaping then everything will cost too much! Mods, coils, juice, etc. are already expensive as it is. And then that would force all the people who can't keep affording juice and coils and so on to stop vaping, which has a high chance of them going back to cigarettes. Again, VERY BAD. So as a message directed at the FDA, do NOT ban or tax everything vape related because vaping is the BEST way for people to quit smoking and live a healthier lifestyle. So listen FDA. PLEASE do not do anything what so ever to change anything about vaping. Thank you for listening to everyone who reads this and if you have anyway to help me get my story and ranting to the FDA so they can hear me, feel free to copy and paste this entire "essay" and send it somewhere where someone with power can get this to the FDA. Once again, thank all of you for listening.

11/13/2015 12:33:28 AM - Blank

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11/13/2015 12:33:42 AM - Frank

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11/10/2015 3:48:15 PM - David Smith

At 49, I had been smoking since age 14. When I started smoking, it wasn't if you were going to smoke, but when. 23 years in the Military, still smoking, it was a pastime. As I got older, and new the dangers, I tried to quit. I have tried patches (made me crave smokes more) I had been to classes and tried the pills, nothing seem to help much. One day when driving my daughter and her friends to Cheer-leading practice, they started giving me a hard time for smoking, saying I stunk and how bad it was.

The next day I went to my DR, I asked if there was anything new to try. She recommended Vaping. I asked if it was safe and she said, It cant be worse....she said it is what we don't know that is the bad part.

Next day I went and bought a cigalike. It worked, it wasn't great....but it worked. As I weened myself from 18 MG down to 6mg, I thought I had found a good place to settle. I had not touched another real smoke. I learned more and more about Vaping and moved to more quality products. What helped me the most, was using a Flavor other then a tobacco flavor. That was key for me. Also, the holding the device, seeing the vapor, all a must in my opinion to quitting. Almost two years now I have not smoked. I have been at Zero MG Nic for over a year now also. Even if they are just as bad, look at the benefits!!! No smell!, No fire hazard!!, No Litter, No Mess!!! and I dont STINK anymore. Well that's it for me in a nutshell, I finally find a way to be smoke free and I can't believe our Government wants to get rid of them. Look at the UK, they were going to Ban them too, until they found out their Government reps were taking money from big tobacco for their decisions. I believe strongly, the Government does not want anyone to quit. Its all about the dollar. Big Tobacco wants control for $$$$, Politicians want control for $$$$, votes, and help from big Tobacco. Its crazy they care nothing about real health, its the almighty dollar and nothing else. Feel free to contact me for a more complete story :)

I smoked over 30 years:

Started Vaping two years ago:

I currently use:

Kangor Subtank or Kfun

YiHi FX mini MOD

I use Zero Nicotine now

I do not smoke any more , for two years now.

Changes in my life are all positive, no negative...except wondering if my Vaping will get taken away by my oppressive government.

11/13/2015 12:32:52 AM - David Smith

At 49, I had been smoking since age 14. When I started smoking, it wasn't if you were going to smoke, but when. 23 years in the Military, still smoking, it was a pastime. As I got older, and new the dangers, I tried to quit. I have tried patches (made me crave smokes more) I had been to classes and tried the pills, nothing seem to help much. One day when driving my daughter and her friends to Cheer-leading practice, they started giving me a hard time for smoking, saying I stunk and how bad it was.

The next day I went to my DR, I asked if there was anything new to try. She recommended Vaping. I asked if it was safe and she said, It cant be worse....she said it is what we don't know that is the bad part.

Next day I went and bought a cigalike. It worked, it wasn't great....but it worked. As I weened myself from 18 MG down to 6mg, I thought I had found a good place to settle. I had not touched another real smoke. I learned more and more about Vaping and moved to more quality products. What helped me the most, was using a Flavor other then a tobacco flavor. That was key for me. Also, the holding the device, seeing the vapor, all a must in my opinion to quitting. Almost two years now I have not smoked. I have been at Zero MG Nic for over a year now also. Even if they are just as bad, look at the benefits!!! No smell!, No fire hazard!!, No Litter, No Mess!!! and I dont STINK anymore. Well that's it for me in a nutshell, I finally find a way to be smoke free and I can't believe our Government wants to get rid of them. Look at the UK, they were going to Ban them too, until they found out their Government reps were taking money from big tobacco for their decisions. I believe strongly, the Government does not want anyone to quit. Its all about the dollar. Big Tobacco wants control for $$$$, Politicians want control for $$$$, votes, and help from big Tobacco. Its crazy they care nothing about real health, its the almighty dollar and nothing else. Feel free to contact me for a more complete story :)

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11/13/2015 12:32:28 AM - Adam

Well I'm a father of 3 and I've smoked since I was 10 years old. I watched my grandmother die of both lung and breast cancer. I've watched my dad ignore his habit of smoking all my life. It is hard to sit by and watch the people you care about suffer from something the United States government has neglected to do anything about for decades... I however could not do it anymore so with the help of my wife I tried an electronic cigarette back in 2014. She bought me some Blus which I must note is made by big tobbaco along with the vuse and many more you commonly find at gas stations. It worked for 2 months and I was back on cigarettes. I struggled for a long time after that as I gagged with every puff I took and saw my health further deteriate. So again my wife bought me a box mod. An I taste mvp 1 and some REAL ejuice. In 3 days I quit smoking completely. That was January 23 2015. 1 month before my 3rd son was born. I promised my wife I would quit before he was born and I did! Fast forward today and I now work for a small company selling ecigs in Florida. As an advocate now for vaping and vapors my life has completely changed in all positive ways. My family is proud of me again my kids are proud of me. You wouldn't believe how beautiful it is to hear your kids tell you thank you daddy thank you for not smoking instead of pleading with you to stop smoking. Not only do I have pride again I have my health back. I can run and play and wrestle with my boys! I can taste food again I can smell everything! All the small things in life you tend to take granted for mean so much more when you earn them back. This is why I support vaping and why I advocate for vapors because it works and it has saved my life and many of my friends lives. It's not something to laugh at or complain about yes you might not like big clouds or people vaping in public but they are choosing to stand up against smoking and change their community and their lives. At 22 years old I have nothing but a long and healthy future ahead of me and it's all thanks to my wife and vaping.

11/13/2015 12:32:11 AM - Ms. Sally Jo Daniels From Florida

I am a 73 year old lifetime smoker. During this time, I have tried many routes to smoking cessation. Some worked for a few weeks of intense discomfort and constant feelings of self-denial.

Several months ago my doctor suggested that I try vaping. Almost at once I realized that these products provided not only nicotine but the puffing and 'fiddling' that I missed when not smoking. A great step forward came when I entered a local vape shop and was able to pick and choose among a large variety of products, guided by the knowledgeable staff. (Thanks to Just Vapin')

It has been over three months since I have smoked and I have no desire to do so. I am now convincing my sister to quit smoking by vaping. Notably, we have very different requirements for our vaping pleasures. It is thus important to us that choices are readily available.

11/13/2015 12:32:02 AM - smitty8dm

I smoked from the tender age of 14. Mostly bummed from other kids that were older or had a job to pay for cigarettes. Anyway, I smoked and quit off and on for the next 40 years and then about 5years ago, my wife gave me a V2 e-cig kit for Christmas. I was skeptical at first but having heard the news of the e-cig revolution on the radio I was willing to give it a try.

At first the taste was not all that good the vapor flavors were in short supply and only a few to choose from; Menthol, Regular, coffee and Strawberry were all that I could find back then. It took me a good year to make the transition from Tobacco to all vape and no smoke. But four years ago I snuffed out my last cigarette and I have not had one since.

Now I have most of my friends vaping and I make my own e-juice DIY. I have upgraded my vaping equipment to the SMOKTECH XcubeII with the TFV4 tank and I rebuild my own atomizers (RBA) with 'Wick-N-Vape' cotton Bacon for full flavor and longevity of the battery life in the Xcubell. I tend to vape flavors that I make with Nicotine but sometimes I just make the flavors without Nicotine to enjoy some flavors. I like the options and all the flavors.

Life is good, I can taste food again and I have found I do not like the taste of some things I took for granite that I thought I liked when I was smoking and could not taste things.

Please help me to preserve this past time in a legal and upstanding manor so I will not have to resort to making e-juice for my friends under the table and sell it illegally.

VOTE 'yea' on H.R.2058.

Thanks for your time.

Smitty

11/13/2015 12:31:45 AM - Tina Johnson

My name is Tina Johnson, I have smoked since I was 14. Over the years despite being an athlete, I noticed smoking taking a toll. Dealing with chronic bronchitis, allergies and sinuses I had to accept that my health was declining and at a relatively young age, I am 42 now. Over the years I had attempted to quit, using the gum, prescription drugs, and the patches, (I am allergic to adhesives, that is how I found out), nothing worked. Something stressful would happen and I would pick them back up, they were my crutch. Finally I got up to a pack a day, coughing and unable to breath, I walked into a local vape shop and decided I was done. I haven't looked back since. VAPING SAVED MY LIFE! I have not had a cigarette since and have converted several friends to do the same. I feel better, breath better, my senses of taste and smell have improved and my oxygen saturation is a steady 100%. I have slowly cut my nicotine from 24mg down to 3mg and will continue until i am off nicotine for good. Please don't let the FDA, annihilate the vape industry. Aside from the thousands of jobs and hundreds of small businesses it would cost, it would cost lives. Smoking kills it's a quantitative fact, 1 out of every 3 smokers will die of a smoking related issue. Vaping SAVES lives!

11/13/2015 12:31:35 AM - Chris

My name is Chris and I am 34 years old. I first tried smoking tobacco when I was 13 years old, which is pretty ironic because I snitched on my younger brother when he tried smoking with a mutual friend of ours when he was 9. My "punishment" when I was caught was to sit on the back porch with my mom and chain smoke a "carton" of cigarettes. I made it through a pack and a half before becoming physically ill. My parents didn't think I would smoke that many before becoming sick, but damn I showed them.

I won't lie I enjoyed smoking, perhaps it was the fact that my father hated it motivated me to get through the hacking and coughing phase, perhaps it was that night chain smoking with my mother. More likely than that was the fact that in the mid 90's cigarettes were both cheap and accessible. I mean back then a pack of Newport cost less than lunch at school ($1.50 from the bootlegger at the school). I told myself that nothing is stronger than my will and that I would quit whenever I was ready.

Days turned into weeks, and weeks into months and years. My 18th birthday came and I was a content smoker, addicted for years, but believing in my mind that I could quit at any time. My parents would ask when I was going to quit and I joked and told them I would quit when I turned 21, because "I couldn't afford to be an alcoholic and a smoker". I stuck with that line til my 21st birthday. I genuinely wanted to quit smoking at that point, before long term damage was done, but I couldn't. I would run out of cigarettes, and fight the urges for an hour or two before running to the store for more.

Later in my 20's I found myself incarcerated for months at a time, and all I wanted aside from my freedom was a cigarette, and every time I got released the first thing I did was get cigarettes.

I tried gums, and patches but nothing gave me something to do with my hands. A lot of people think I am crazy, but when you smoke a pack a day, at roughly 5 minutes at a time that's 100 minutes of the day where I have something to do with my hands. That adds up to a good percentage of my life where I have something in my hands.

Fast forward to 2013 my brother (who doesn't smoke, the same one I ratted out) asked if he bought me an e-cig for Christmas if I would use it. I was honest about it and told him that it was highly unlikely. Juice at the time wasn't as easy to find and because of a DUI I had earlier in the year I was mobility challenged. My mother took my brother up on the offer, but after a month or so she admitted that she didn't enjoy it and that she was still smoking.

Off topic, my father has struggled with his weight for 20 years. His father did as well and passed away young (65 years old). One night I expressed my concern for my fathers weight and told him that I am not prepared for him to pass away young like his father did. That night I made a deal with my father, I would quit smoking if he would do what it

took to lose weight. He agreed, and I asked about my mothers e-cig that had been collecting dust for over a year. My father told me to take it, and wished me luck. I explained that my quitting was not going to be overnight and not to give up on me quitting if I smoke. I told him that I would vape every other time I wanted a cigarette for two weeks, and after two weeks I would quit smoking cigarettes entirely.

Two weeks came and went and I held up to my end of the deal. Being realistic with myself truly helped. It gave me time to get used to vaping and the unwanted attention that may bring. It gave me the opportunity to find flavors I enjoyed more than traditional cigarettes, find a few close shops and get in the routine of keeping vaping supplies (it's not like traditional cigarettes where if you run out in the middle of the night you can just run to the store and get more.

That was February, 2015. I now have been tobacco free for 9 months...BY MY OWN CHOOSING. Nothing else worked for me, but vaping did.

I started with an eGo type pen vape, and moved on to an Aspire Nautilus Mini/iStick 50w combo. I found juices I enjoyed and stuck with them, then found more that I enjoyed better. I started with 18mg nicotine, but quickly moved down to 3mg nicotine.

I understand that my story alone is not proof that vaping can help smokers quit, but I do know that vaping helped me quit smoking. Vaping has also helped my 4 of my best friends (the same guys I used to split packs with in high school) quit smoking, but the point is if vaping has helped one person to quit smoking it should be encouraged.

I no longer walk around smelling like a campfire, I am no longer winded after walking a few flights of stairs. I feel better. I feel healthier. I feel free from addiction. I understand that big government wants to present my vaping as dangerous and that the industry is targeting children with the flavors. I also understand that the government relies on on tax revenues from tobacco to fund its waste, and they are not happy with vapers because we are no longer paying their sin tax on a daily basis. I also understand that without the vaping industry I would still be a smoker.

If the government truly cared to see people quit they would encourage smokers to try vaping. They do not. Instead they try to regulate it to the point where it is cheaper to smoke cigarettes (an addiction PROVEN to kill). If you have someone you love who is a smoker, encourage them to try vaping. Encourage them to just substitute a vape for just half of their cigarettes. Encourage them to speak up against the dynamic duo of Big tobacco and Big Government. VAPING SAVES LIVES...I am proof.

11/10/2015 7:24:38 AM - Frank The Tank

I used to smoke SO much back when I was still smoking cigarettes. Then my friend introduced me to vaping and boy it changed my life. With the help of vaping I was able to drop cigarettes in the matter of a few weeks! I have been vaping for about 2 1/2 years now and I love it. All the different kinds of vapes to get, all the different kinds of tanks, and most importantly, all the different delicious flavors. Vaping may not be so healthy but it's a hell of a lot better than cigarettes! I believe the FDA should NOT ban nor tax vaping because that can effect a lot, and I mean a LOT of people in a bad way. If everything related to vaping is taken off all shelves then that's basically forcing every of thousands and thousands of people to try to give up nicotine and that is NOT easy to do and will most likely make them go back to cigarettes with is VERY BAD. And if taxes are placed on everything related to vaping then everything will cost too much! Mods, coils, juice, etc. are already expensive as it is. And then that would force all the people who can keep affording juice and coils and so on to stop vaping, which has a high chance of them going back to cigarettes. Again, VERY BAD. So as a message directed at the FDA, do NOT ban or tax everything vape related because vaping is the BEST way for people to quit smoking and live a healthier lifestyle. So listen FDA. PLEASE do not do anything what so ever to change anything about vaping. Thank you for listening to everyone who reads this and if you have anyway to help me get my story and ranting to the FDA so they can hear me, feel free to copy and paste this entire "essay" and send it somewhere where someone with power can get this to the FDA. Once again, thank all of you for listening.

11/13/2015 12:30:54 AM - Devon

I started smoking casually at age 17. It was only just a year or so until I started smoking full time. I always knew smoking cigarettes was bad but, I gave into the pressures of everyday society. I hated it from the beginning but yet I continued to smoke until I felt I had no other choice. I smoked upwards of 2 packs a day at some periods for 6 years. Suddenly after years, I was given a choice! Vaping saved me! I went from feeling trapped by my constant urges to smoke to having a different path! I haven't picked up a cigarette in about 9 months. I hate everything about smoking cigarettes today. I hate the smell, the taste, & not only the health problems it causes those who smoke but those around people who smoke. Vaping isn't only a thing that half of America is doing these days, It is a lifestyle. It helps people everyday to do better & strive to be better individuals. People everywhere have turned their lives around because of vaping & everyday I am proud to be someone who vapes unlike when I smoked. I was ashamed & felt backed into a corner. Today, I stand proud & vape on!

11/13/2015 12:30:42 AM - Frank The Tank

I used to smoke SO much back when I was still smoking cigarettes. Then my friend introduced me to vaping and boy it changed my life. With the help of vaping I was able to drop cigarettes in the matter of a few weeks! I have been vaping for about 2 1/2 years now and I love it. All the different kinds of vapes to get, all the different kinds of tanks, and most importantly, all the different delicious flavors. Vaping may not be so healthy but it's a hell of a lot better than cigarettes! I believe the FDA should NOT ban nor tax vaping because that can effect a lot, and I mean a LOT of people in a bad way. If everything related to vaping is taken off all shelves then that's basically forcing every of thousands and thousands of people to try to give up nicotine and that is NOT easy to do and will most likely make them go back to cigarettes with is VERY BAD. And if taxes are placed on everything related to vaping then everything will cost too much! Mods, coils, juice, etc. are already expensive as it is. And then that would force all the people who can keep affording juice and coils and so on to stop vaping, which has a high chance of them going back to cigarettes. Again, VERY BAD. So as a message directed at the FDA, do NOT ban or tax everything vape related because vaping is the BEST way for people to quit smoking and live a healthier lifestyle. So listen FDA. PLEASE do not do anything what so ever to change anything about vaping. Thank you for listening to everyone who reads this and if you have anyway to help me get my story and ranting to the FDA so they can hear me, feel free to copy and paste this entire "essay" and send it somewhere where someone with power can get this to the FDA. Once again, thank all of you for listening.

11/13/2015 12:30:26 AM - Big Momma Tea in Tennessee

Hi, Big Momma Tea from Tennessee here with my story. I started smoking cigarettes when I was 11yrs. old. At that age, it was usually what we call "ducks" or partially smoked cigs that my parents had discarded. I started smoking full time when I was 14. I was diagnosed with severe asthma related to smoking when I was 25. By the time I was 26 I had already been hospitalized with respiratory failure more than a dozen times. After having two children, I thought things might be looking up with my lung condition since I had cut back significantly on smoking but due to stress, I was back up to 2 packs of cigs a day not long after that. I have been hospitalized three times this year, two times on a ventilator for several days, and this last time, I almost didn't survive. When I got out of the hospital this last time in September 2015 I decided it was time for a change. I stopped smoking and started vaping. I have now been quit from regular cigarettes for 74 days all thanks to vaping. And I don't mean vaping on those little 'ciga-like' things from the grocery store. I vape on a 50W battery with a .5 subohm coil. The ciga-like things let me down pretty quickly and I almost started smoking again. Thank God for getting into regular vaping or I might have been dead by now. I can actually breathe now! I can taste foods that I haven't tasted since I was 12. I can finally truly smell just how sweet my babies smell. I'm not exposing my husband and children to deadly secondhand smoke anymore. I smoked heavy for 21 years with several attempts at quitting using medications from the doctor, patches, gum, etc... Nothing worked until vaping. Please do not regulate vaping. I have a new lease on life thanks in part to vaping and I would hate to see that freedom taken away from those of us who are trying to stay off of the cancer sticks.

11/13/2015 12:25:03 AM - Ted

When I first started vaping some time last year, I was having trouble breathing all the time. Hacking and coughing every morning and throughout the day. Ive tried quitting cigarettes many times, but never lasted very long as my job is a bit stressful for me.

I saw everyone else vaping and all the crazy flavors they had, some smelled horrible while others were rather pleasant.

I was afraid to make the initial investment for the vape itself, but once I had enough money, I decided to go for it. I probably spent around 300 dollars till I got one that was reliable, tough, and I liked. Since that time I only spend about 60 dollars a month on the juice rather than about 190 dollars on cigarettes a month.

Since I started the first couple weeks I was hacking and coughing up all the tar lining my lungs which was kind of gross, but since then. I wake up in the morning able to take a deep breath without breaking into a coughing fit. I cant talk and yell without a coughing fit. I can run and do other physically taxing things without a coughing fit.

I smell better, my house smells better, my car smells better, my value of life is better. Now I get the nicotine I desire without all the horrible smells, burns, and health issues.

I don't see any downside in my life to vaping. I love vaping, its fun, healthier, tastier, and one of the few joys in my life. Please don't take this away from me, please don't make me go back to those nasty cigarettes that I hated but was unable to quit.

I'm already addicted to nicotine, so let me do it in a manner that doesn't make my life miserable.

11/13/2015 12:24:33 AM - Jordan

My Quitting Smoking Journey

My name is jordan, and i'm officially a non smoker and the way this was possible was through the use of a device called e-cigs or vape. I heard about this 8 months ago and decided to give it a try because the conventional methods were not working whatsoever.

Day (0 - month 3) : The first 3 days is in my opinion the hardest because even though your still getting your nicotine. I soon found out that was still getting cravings even when i was intaking nicotine so this lead me to the conclusion of their are more chemicals that we get addicted to in tobacco cigarettes than just nicotine.

The 3 month mark the tobacco withdrawal were gone and my cravings for tobacco were really faded barely noticeable. I purged out all the disgusting tar and other shit that tobacco cigarettes left in my lungs, It was so gross brown black tar mixed with phlegm and mucus so nasty.

5 months in and my cravings were gone and at this point decided to not vape or use nicotine in my e-juice to see if it would be easy to quit the nicotine and was shocked. I didn't even have cravings for nicotine it was easy to quit nicotine after all the other cravings for the other chemicals in tobacco were gone.

This lead to the conclusion that nicotine is not the thing that makes tobacco very addicting there must be something else in tobacco that make you get so addicted to it.

5+ months --- Im Offically A Non Smoker --- 5+ months

Quitting smoking has resulted in these benefits below

breath doesn't smell like an ashtray anymore

my lungs can expand more resulting in me breathing more

not hacking up tar or having a smokers cough

My clothes smell nice now

I also notice food taste different i like things that i didn't like before

Summary, I don't understand why you guys want to get rid of the only thing that actually helps people quit smoking and save people lives, you are basically condemning people

to death. I honestly hope that the president doesn't pass any bill regarding banning ecigs/vapes.

Im from canada and not sure this bill or what ever is going on will effect me, but i have a obligation to ecigs/vapes to promote it, as it saved my life and helped me change into a healthier person ecigs is honestly a miracle device..

11/13/2015 12:22:53 AM - Jack

I was a cigarette smoker for more than a decade. I had failed to quit numerous times using patches, lozenges, gum, medication, and smoking cessation coaches. After 10-12 years my teeth had yellowed, my lungs weezy, and overall energy level had dropped. I found a vaping product that fit my needs 11 months ago. My transition to vaping from smoking was immediate and successful. I have not touched a cigarette for 11 months. My teeth are now whiter, I no longer wheeze at night, and I have more energy. Vaping helped me win my war on tobacco. Honestly, it saved my life. I would hate for stories like mine to go away because vaping products dissappear. The cig-alike ecigs that are out there just do not fit the needs of many vapers like myself. These advanced products are what provided a suitable alternative to smoking for me. It would be a shame to ban life changing products such as these.

11/13/2015 12:22:45 AM - Bobby

I am grateful for vapor products, as now I am only myself smoking, instead of polluting the air for everyone else to breathe my secondhand smoke.

11/7/2015 11:41:43 PM - bogeen

Hi

Im 15 yo

about a year ago I meet a girl, she pulled me into smoking cigs

i thought it was cool, to smoke

but i started to smell really bad

i started using drugs, cause i thought*if i smoke, and nothing is wrong with me, why not use drugs*

then i started sleeping over the whole day

i started to feel bad

i started to look worse and i got zips

then i broke up with this girl, i relized that she's bad for me and my health

i bought a e-cig, everything in e-cigs looks so pure, im makeing my own juces so i know whats in there

i started e-smoking about 5 months ago, my face cleard as my selffeeling

i quit normal cigs

i feel so much better

i stoped using drugs cause my mind cleared

now i'am using Aspire CF SUB omh and Aspire Atlantis

im makeing my own juces without nicotine

even my parents accepted the fact that im vapeing

thanks to aspire and to Vapor trial for infecting me with the passion to e-cigs

11/11/2015 5:58:46 PM - Terese G.

I began smoking cigarettes at 12 years old, and continued for the next 23 years, smoking upwards of a pack a day. I tried many times to quit, using methods such as nicotine gum, patches, attempts at cold turkey or weaning down, but I never had any success. I eventually gave up on even trying to quit, concluding that I just couldn't do and that I might as well accept the fact that I'd be a smoker forever.

Then my best friend started vaping. When he told me how easy vaping made it for him to quit tobacco, I was skeptical that it would work for me. I had nothing to lose though so I decided to give it a try anyway. I purchased a basic e-cigarettes starter kit and some tobacco flavored e-liquid.

Within one week, I was able to quit cigarettes altogether. Their taste now grossed me out and Vaping helped to eliminate any cigarette cravings I may have had. That was 3 years ago and I am still smoke-free thanks to vaping.

My sense of smell is back, and I can proudly say that my house and clothes no longer smell if cigarettes. I honestly had no idea how bad it was until I stopped smoking! I no longer have to worry about cleaning up ashes or that coating of grime that cigarette smoke leaves behind on surfaces. I no longer ruin clothes by accidentally burning cigarette holes in them.

I no longer wake up coughing and for the first time in years I am able to breathe normally. I used to get colds often but I have not been sick once since I stopped smoking. The bouts of heartburn ate gone and I can walk and run further distances without losing my breath.

I've also saved thousands upon thousands of dollars in these past 3 years. Cigarettes are $10/pack in my state, so I was spending a minimum of $300 a month on smokes. Now I can get by on less than $20 worth of e-liquid per month.

I now recommend vaping to the smokers I know, and those who've tried it have also had great success in quitting tobacco. My husband began Vaping with me and is also 3 years smoke-free. My mother started vaping and although she was a pack a day smoker for years, she is now only smoking the occasional cigarette every once in a while. I've watched as many of my friends became vapers- and ex-smokers.

Vaping was one of the best decisions I ever made; without it, I most likely would still be smoking cigarettes and suffering from all of the negative consequences that comes along with them.

11/11/2015 5:58:22 PM - Jeanette from Arkansas

I quit smoking traditional cigarettes over 2 years ago by using an ecig. I am currently a 47 year old female who started smoking at age 15 so I was a 30 year smoker when I quit. During that 30 years of smoking I tried several different avenues to attempt to quit; patches, gum, Chantex (which I thought was actually going to kill me), nothing worked. I was to a point in my life that I could not walk a flight of stairs without being out of breath, doing daily tasks left me out of breath. Other than being a smoker, I am generally healthy. I am not overweight and fairly active. I smoked 1.5 packs a day, Winston Light 100"s was my brand of choice.

I started out using a pen style ecig (NicStick) as I didn't know much about them. I found a flavor juice that I could tolerate after sampling numerous flavors. It was a 32mg nicotine level, banana flavor. I put down the traditional cigarettes and have never looked back.....That was January 2013. I have since then changed to eGo tank style ecig and have dropped to a 12mg nicotine level. My breathing ability is MUCH better, my house and clothing do not reek of cigarettes. I know for a fact if ecigs had not been an option for me, I would still be a traditional smoker and my health would not be what it is today. I personally and THANKFUL that ecigs were an option for me.

11/11/2015 5:58:09 PM - U S Citizen

I smoked for 32 yrs and recently switched to mods smoke free products. I have not had a cigarette since. I have not experienced any negative affects and my quality of life is 100 times better. If they take this alternative away, sadly we will have no other choice but to go back to smoking since, the drugs that are on the market to help with quitting smoking have extreme negative affects on your body and your mind not to mention the cost for these drugs. Drugs are far more dangerous than vaping. Just listen to the side affects of these drugs. I have not met 1 person who was successful at quitting smoking accept those who vape. Raising prices on cigarettes will not help people quit smoking! Vaping, using these smoke free products, have helped many people quit smoking and are healthier now. It would be a huge mistake to get rid of this alternative. Peoples lives are more important than money which, seems like that is all they are concerned about with introducing these regulations.

11/11/2015 5:57:59 PM - Phyllis Hart

I smoked for 15 yrs. Have not smoked for 5 yrs. I started vaping 5yrs. ago, and have not smoked since then. After changing to vaping I didn't want another cigerate. I breath a lot better and hold my breath longer. I tried chantix and chewing gum with nicotine and maid me sick. it seems that if a person wants to make a change to better their lives and heath, it is their right. If tobacco is harming people why don't the government band cigerates????? It is our right to choose which one we want to do. It doesn't matter what is envented in this world, there is going to be something someone doesn't like about it. There are pros and cons on everything. Cigerates causes cancer why not band cigerates. And if liquor causes to people to get imparred, why not band liquor?????

Sincerely,

Phyllis Hart

11/11/2015 5:57:49 PM - Rick

The Truth is Vaping works. And to many Big Company's are loosing money. The Local Governments and Fed's are also loosing Money. I as of many of you have heard all the Hype about Ecigs. And I cant find any real data to support the Hype. So why so much of it. It hit me this weekend when I say an E- Cigarette Commercial on TV. Fuse I think it was. WOW how can they get away with that I thought. Well if the FDA has its way they wont ban ESIGS they will just regulate to the point. That Big Farma and Big Tobacco are the only ones making approved devices and Liquids. It will put the rest out of business.

Right Now our lovely Gov. Has no control Over these products and they have no Branch in the Government Capable of doing so. The FDA will give control to the highest Bidder. Higher Taxes and Much higher prices are the only thing on our Governments mind. They don't care about your health or what you want. Welcome to America. Home of the Brave and where People used to be Free. Now Our Freedoms are sold to the Highest Bidder. If vaping Is the same as Smoking than how can they put on Commercials with out tons of Backlash. The FDA has been paid off and they are trying to shape the future of Vaping. Through Company's like RJ Reynolds. Big Farma will join in on the E-Liquid side. Vote,Vote,Vote.

11/11/2015 5:57:36 PM - Pam Rongstad

Vapor products have allowed me to quit using tobacco products for over 5 years now. I now breathe easily, don't get sick (even in winter) and save a lot of water by not having to constantly wash my clothes & hair to get rid of the smoke stench. Win, win for all!

11/9/2015 4:09:42 PM - Rachel Alvarez (Los Angeles, CA)

I hate cigarette smoke. I am extremely allergic to it. When someone walks in from having a cigarette I can immediately smell it and I start sneezing. I do anything I can to avoid being anywhere near a person who exhales the smoke or let's an annoying cigarette burn in an ash tray.

My son and daughter both started smoking in high school and tried hiding this from me with very little success. Recently my son has completely stopped smelling like cigarettes and has been bringing over this little mechanical thing that he inhales and the white smoke that comes from it smells so good. He started telling me all about it and took me to a Vape store which also smelled really great. I talked to people at the shop and found that vaping is helping so many people to kick cigarettes that I am in full support of it. My sister has never smoked cigarettes in her life and we got her to try vaping with 0 nicotine and she is losing weight from it. She can have her cake, donuts, cereal, etc. without the extra calories. I actually enjoy a bit for dessert in the evening with no allergy issues at all. Helps with that sweet tooth.

My husband has chewed tobacco for over 35 years and was never successful at quitting. He is now vaping only a few times a day at 3 mg and has kicked the need for that nasty stuff in his mouth all day.

I am very excited to see how vaping can help others quit cigarettes and chewing tobacco not to mention lose a few pounds.

11/11/2015 5:57:11 PM - Christian Rock

My name is christian rock. I am 21 years old and have smoked cigarettes since i was young teenager. I grew up my whole life around cigarettes and tobacco products. I have now been vaping for a year straight and use a MOD. I have put the cigarettes down and stepped away from tobacco! I no longer hack up mucus or have headaches from cigarettes. It is truly an amazing feeling to step away from tobacco, and to feel the benefits of stopping. Thank you to the vaping industry!

11/11/2015 5:57:00 PM - Rachel Alvarez (Los Angeles, CA)

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11/11/2015 5:56:39 PM - mark p

I was a 40 + year smoker. I have used the patch, the drugs and support groups. The only way I was able to quit is by vaping. please don't push me back to that dark place. don't pass this bill

11/11/2015 5:55:58 PM - Debbie Brown

I smoked 1-2 packs of cigarettes a day for almost 40 years. I was so tired of coughing and smelling horrible from tobacco smoke but i had no wish to quit smoking. I heard about vaping from my daughter and decided to give it a try. I smoked a cigarette on the drive to the store on the drive home i was vaping instead. Since that day i have not had another cigarette. Vaping has made my life so much better! I will never use tobacco again EVER as long as i have the option.

I use 1.8 nicotine in an MVP mod. No more coughing, much more breathing ability and no smelling like an ashtray! I hope government rules and regulations dont ever take away my right to make my own choice about vaping.

11/11/2015 5:52:50 PM - Karen Yerecic

I had used cigarettes since I was 15 years old. I began using electronic cigarettes 6 years ago and haven't had a cigarette since. I continue to reduce my mg of nicotine. Starting at a heavy 24 mg to my present 3 mg. My daughter was having my first grandchild and for his benefit and all of my family and myself I have been cigarette free since. Countless numbers of my friends and family are eagerly utilizing the benefits of electronic cigarettes. I used to have yearly respiratory problems including bronchitis and since changing to e cigarettes haven't had even one instance. I feel better, am healthier, and the stench of cigarettes no longer lingers in the households we visit. They are truly a miracle and a healthier alternative. I continue to decrease my nicotine levels using my new mod (Cool Fire IV) and expect that I will be reducing from 3 mg to nicotine free shortly. The availability of these products have helped me immensely as well as millions of others who have tried everything from patches to antidepressant drugs such as Wellbutrin to free us from smoking. Second hand smoke is no longer an issue. One of the most important things in my case that I feel is very important to mention is that when using an e cigarette you tend to smoke LESS. The feeling of needing to completely finish your cigarette is no longer an issue. You simply utilize the e cigarette to reduce your craving and you simply put it down. Nothing to extinguish , no smelly butted cigarette... You simply STOP. It is imperative that these remarkable alternatives to smoking remain available.

You all got us addicted.... Chose to lie to us in courts of law about the products addiction and health issues, while lining the pockets of the cigarette industry. Are you now just infuriated that you can't have a piece of something that the public has found to be helpful? STOP !!!!!

11/11/2015 5:52:33 PM - James Tucker

I began smoking cigarettes when I was fourteen and continued smoking two packs a day for twelve years. I attempted to quit a few times but was never able to stop for good. When I was twenty-six a friend introduced me to vaping and I bought a device for myself. I started with a vision spinner but continued to smoke more than vape. About a year ago I got a more powerful mod and haven't smoked since. It is the best thing I could have done for myself. I can breath better. I can actually taste my food without putting a bunch of salt on it. And I can play with my son without having to stop to 'catch my breath'. Overall I believe that vaping has save my life in a few ways.

11/11/2015 5:52:22 PM - Krissy S

My name is Krissy, I'm 26 years old from Hanover, PA. I started smoking very young, around 12 years old. I thought it was cool because my older brother was smoking and I looked up to him. Over the years, my habit increased to a pack a day by high school. I started noticing the affects of smoking when I was getting out of breath doing housework! My fiance and I were getting tiered of spending the ridiculous amount of money on our habit. I was also tiered of getting sick all the time, constantly coughing, and stinking. We decided to try the nicorette gum, and well....that did not work. I tried cold turkey, I had some success for about a month, then gave in to the temptations and went back to smoking. Our friends introduced us to vaping, and we decided to get our own and try it out. We started with basic ego twist pens and basic atomizer tanks. To my surprise, it actually worked!! I never thought I would see the day my fiance would quit smoking...but he did it, and all thanks to vaping! I am happy to say it has been 2 YEARS since I smoked a cigarette! In that time I have used many different devices and currently use a mechanical mod and RDA tank. I feel 100 times better! I don't get winded doing housework, I don't get sick nearly as much, and no more constant coughing or stinky smell! I have even turned vaping into a career! I now work as store manager at S.S. Vape. I am so thankful for vaping in more ways than one, it has totally changed my life! <3 For all the non believers out there, I am living proof that vaping works!

11/11/2015 5:52:08 PM - Jim from the Jersey Shore

Vaping absolutely works! Period. After careful consideration, and having been a smoker for 20 years (starting at 31) I decided to give vaping a shot. I knew that I was going to have to invest at least $100-$200 in a good device "that worked". Not the ones you buy at 7/11 or gas stations. This wasn't a problem as I was a pack a day smoker spending close to $300 a month on the killer cigs. So I visited a vapor shop in Asbury Park, NJ (E-Vapes) and was greeted by the owners, a husband and wife team. Both of them took the time to explain to me exactly how vaping worked and recommended an Aspire mod with a Smok tank solution that came to $75. They did not try to gauge me with the most highest end starter kit. They were completely sincere and honest. In any event this was Monday. On that first day, I went from smoking a pack a day to 7 cigarettes. First day! Three Tuesday, three Wednesday and then one on Thursday..... And that was it. That was July 12th and I haven't had a cigarette since. In 4 days it will be 4 months without a cigarette. Vaping is the only way for hardcore smokers to quit. The tobacco companies are certainly concerned this will kill their established hold they have had for a long time. They should be. They are.

Wishing the best to all my vaping friends that have stopped the deadly habit.

Jim from the Jersey Shore.

11/11/2015 5:44:21 PM - Arlene Cabral/ MA

I am writing this to urge President Obama to please Support HR 2058. Please allow us adults to continue using vapor instead of smoking cigarettes.

I have been smoking for forty + years. I've tried everything from hypnosis to Chantix. I've tried the nicotine gum, I used a full strength nicotine patch while smoking 3 packs of cigarettes a day, which I made myself. None of those products or hypnosis helped me at all. I have signed myself out of hospitals because I couldn't smoke.

Then a friend told me about vapor products & I gave it a try. I chose the I stick & I have not had a cigarette since March this year. I have found an improvement in my breathing, no more constant coughing & no more exposing my family or anyone else to second hand smoke. My Doctor is very happy that I am now using vapor instead of cigarettes. Us smokers have been discriminated against for years all in the name of our health & everyone else's. So the gov't hits us with all those ridiculous tobacco taxes. Now we are vaping which is harmless to those around us & the gov't wants to stop that as well. I thought this was America? What happened to our rights & freedom of choice?

I know my vaping is a lot safer for me & the public than alcohol & weed. Please don't stop us adult smokers from having the right to choose vaping instead. Since I've been vaping, people who know me have been telling me I look much healthier. Please just leave it alone & let us use vapor.

11/11/2015 5:44:04 PM - Daniel B. Wedin

I am viewing the controversy over vaping and e-cigarettes with some amusement and not a little consternation. Once again we're getting public policy deliberation underway in advance of the science and empirical evidence. We did this monstrously with marijuana and what happened? Millions arrested and incarcerated, a major clogging of the criminal justice system and law enforcement saddled with carrying out legal sanctions that most knew were akin to putting a finger into a failing dike. We've grown and become more realistic but it's taken forever. Look, I bought an e-cig kit to help my wife quit her few cigarettes per day habit. It was instantly successful, she stopped lighting up, and began feeling better, smelling better and stopped having to partake in cigarettes out on the deck in forty degree temperatures. I quit smoking cigarettes twenty years ago but have continued to smoke cigars. Replacing them with e-cigs has had a very similar set of benefits for me. Among the benefits I noticed were elimination of the impact on my lungs even though I hardly inhaled the cigars but did experience a nicotine high nonetheless. The e-cigs don't seem to provide that big of a nicotine boost, per se, but it's there. We really enjoy them. But think about this: If you're smoking a four hundred degree tube of tobacco and sucking that into your lungs with all of the well recognized carcinogens and you stop that, isn't that a good thing? It's more than that, it's a huge thing. Your lungs as a smoker began a near instant rejuvenation following cessation of inhaling the hot smoke and all of its contents, including the major load of carbon monoxide that resides in a smoker's bloodstream. It appears, once again, that only those that don't partake are ignorant of the dramatic difference between the two nicotine delivery systems. When it's not your vice it's apparently bad-bad-bad. Especially galling are the non-smoking alcohol consumers who are against vaping. A wondrous case of cognitive dissonance at work. Let's step back and imagine for a moment if there were no smokers, only vapers. Do we really think we'd continue to see 400,000 lung cancer deaths annually? Only a fool would contend we would. I vape, I also walk and walk hills. The difference between physical exertion as a smoker and a vaper is profound. The vaper has excellent lung strength and function, unlike the cigarette smoker. Going from vaping to smoking would be like going from drinking tea to smoking tea leaves wrapped in cigarette papers. It just doesn't make sense and the vast majority of users just are not going to go that route. Vaping can help us move nicotine enjoyers from being carcinogen exposed smokers to people choosing a much healthier alternative. And those who say we must wait for the endless testing conveniently overlook the massive number of people testing the process right now. They wake up refreshed, can go hours without the device and will without a doubt not be enhancing their chance at countless cancers beyond lung that are definitely increased with every puff. Vaping may not be your thing, that's fine, it's a free country, remember? But let's let folks who choose a much healthier option for nicotine do their thing. They're part of a vanguard that is going to dramatically improve health and cancer statistics as the years go on. Need some instant proof? Smoke just one cigarette and see how you feel. Wait a

day. The vape for a few minutes and compare the feeling. Take notes, there's a profound and immediate lesson in this exercise. Let's adopt a wait-and-see attitude. There's no imminent public health threat at stake and the upside just might be the answer to getting smokers out of the carcinogenic cloud in which they're addictively trapped And don't forget, the cost to all of us, smokers and non-smokers alike, is enormous. Up to 80% of the cost of lung cancer treatment is borne by the public, not the patient. So vote for freedom, and your wallet.

11/11/2015 5:43:17 PM - Chris L from Denver, CO

My story is probably similar to many others out there. I started smoking cigarettes at the age of 14, and smoked a half a pack to a pack a day for 15 years straight, with the longest break being for a few weeks in 2001. I had tried quitting a few times in the past, both cold turkey and with smoking-cessation products (nicotine gum, patches, etc.); I was not successful in any of those attempts.

Fast forward to a few months ago. I received several coupons for Vuse products (which are manufactured by RJ Reynolds, one of the biggest tobacco companies in the world), so I decided to give them a try. After using these products for a few weeks, I decided to go back to smoking cigarettes, as the products were not very good. The vapor production was poor, the few flavors that were available weren't great, and the cartridges malfunctioned over half of the time.

(I forgot to mention that a year or so before the Vuse, I had purchased a single Blu unit (another device made by a Big Tobacco company). It was so bad that I ended up throwing it away after a few uses).

Thankfully, before going back to cigarettes, I found an article online about a new e-cigarette called Juul, which had yet to be released. This product was supposedly much better than all the other "cig-a-like" products out there, so I decided to pre-order the product. When it finally arrived, I was beyond happy, as the product actually worked well! Right around this time, I went by a local e-cigarette shop and purchased a mod device, as I wanted to be able to try the myriad of flavors available. The product I ended up getting (an eGo ONE) also worked well, particularly when compared the the Vuse and Blu I had tried in the past. It was great having all these different flavors available, made with high-quality ingredients that I could count with one hand.

In the several months since picking up e-cig devices that actually work well (and actually taste good), I have yet to smoke a cigarette. Well, that's not entirely true. A couple weeks ago, I decided to buy a pack of cigarettes and smoke one. I had thought about doing this for a few weeks, so I finally gave in to the urge. I'm actually glad I did. After lighting up the cigarette, I realized immediately how thankful I was to have found e-cigarettes, as the cigarette smoke was disgusting to me. I ended up getting rid of the pack, and I now know I will never smoke another cigarette again. That is, unless the kind of e-cigarettes I use end up being made illegal. If the only option is the products made by Big Tobacco and cigarettes, I'm guessing I'll be smoking cigarettes again. That is how bad those e-cigarettes are.

What are the benefits of using e-cigarettes? For one, I am now able to exercise for prolonged periods of time without feeling like my lungs are going to explode from my chest. My apartment and I don't smell like a cloud of smoke. Also, I now realize how inconsiderate I was when smoking in public places near non-smokers, as the second-

hand smoke I created was harmful to others. I didn't realize it until I was the bystander and people were smoking cigarettes around me. With e-cigarettes, the vapor produced is not smoke, so there is no risk to bystanders in regards to second-hand smoke, nor is there a risk of smelling like a chimney (maybe like creme brule or strawberries, although the smell of vapor seems to disperse much quicker than smoke). This allows me to get the nicotine my body needs (which Iâ€™ve since been able to wean down, thanks to the different strengths of nicotine offered in e-liquid), while not being inconsiderate of others.

I'm just thankful I had the option of trying other products besides the ones typically found in convenience stores and gas stations, i.e. the products made by Big Tobacco. I imagine if the only product you tried was Vuze or Blu, you'd probably go back to smoking cigarettes like I nearly did. Thank God I had options. Let's hope that these options aren't taken away from us.

11/11/2015 5:42:27 PM - Georgia Weston

I smoked for nearly 40 years. I LOVED smoking...but I HATED cigarettes. I tried quitting cold turkey...that was a joke. I tried the patch-they made me itch. I tried a pill-I still wanted to smoke. I tried the gum--it burned my mouth. I wanted to smoke, but I just wanted the "bad" stuff gone..the smell, the burn holes, the fire danger, the mess..the cough. A friend loaned me a stick vape for a day. I realized I COULD do this. I switched and didn't look back. That has been over two years ago, two and one-half, to be exact, with NOT ONE CIGARETTE--tobacco is GONE. I evolved from a stick, to a box and a tank, I guess they call it a mod. My grandson tells me I am now "cool." AND to add a plus, my nicotine levels are ONE-FOURTH of what they were when I STARTED vaping, I love vaping more than I ever loved smoking. The non-smokers AROUND me love my vaping! I was miserable every time I tried to quit smoking. Vaping was a happy experience from the beginning, and it just got better. AND it is LESS-EXPENSIVE than cigarettes! Vaping gives me what I want without the problems from tobacco. For me, vaping is a win-win!

11/11/2015 5:42:14 PM - Roxx

I started smoking cigarettes at 18 and called it quits at the age of 32. I lost my mother to cancer two and a half years ago. No, she wasn't a smoker but I learned cancer has taken away a lot of my family members. Some smokers and some not. I tried stopping but always went back till one day my daughter locked me outside and told me, she wanted to have a mother around when she gets to be age. She told me I was only allowed to vape. I had to promise her I wouldn't put another ciggerate in my mouth. It's been two years since that promise. She doesn't complain about our stuff in the home smelling like cigarettes. My mouth no longer has a nasty taste that never goes away. My breathing is much better and no more smokers cough. I've put down one less thing that could activate cancer in my life. Vaping is and will continue to save my life.

11/11/2015 5:41:58 PM - Dave Pinke

If it wasn't for vapor products I wouldn't have quit smoking over three years ago, without a single relapse. I have also gotten several family members to quit as well. This was after trying patches and other things which weren't effective.

I understand we need to keep these products out of the hands of minors, but have variety in this market is important to make better products and flavors that will entice people to leave their harmful cigarettes behind.

Please don't take this massive step backward towards keeping people hooked on cigarettes and a deliver a monopoly to Big Tobacco, as well as put thousands of small businesses out of business.

Sincerely,

Dave

11/9/2015 10:31:24 PM - Chem

I have only smoked for a few years. That being said, I also have asthma, which I was recently diagnosed with. Vapor products are infinitely safer for me as an individual to use. Since I have started using vapor products, I have noticed significant increases in my ability to exercise and work, and there has also been a noticeable decrease in my asthma attacks. If vapor products are removed from the market I may (either by choice or by addiction) start smoking cigarettes again, which would severely impact my health, not only as it does to everyone else, but even more so because of my asthma. I am not so naive that I think I have the worst situation possible; on the contrary, I am well aware of the issues this scenario will cause for millions of ex-smokers, the majority of which have been smoking far longer than I have.

11/9/2015 10:30:53 PM - Coach KJ

I started smoking occasionally around 12 years of age, by 16, I was smoking a pack a day(minors could buy them back then), by 21, 2-3 packs a day. I continued to smoke Marlboro reds until age 36 so 20 years. I tried several attempts at quitting, snus- I continued to smoke, my wife and I even attended a class weekly with counselingwhere we administered the Nicorette patches daily. I'd have to say that was the most horrible 6 weeks, those patches caused horrific dreams, the most crazy psychotic dreams, I would awake like I had been living in a horror film. After six weeks of the class I said I'm done I'd rather smoke. Then about 3 years ago at my wife's family reunion her cousin's wife brought her a vape/ecig kit, I laughed and said that won't work, you'll be back smoking in a few days. To my surprise she hasn't smoked a cigarette since, after about 2 weeks I said I want a vaporizer/ecig. So I ordered myself a vaporizer/ecig kit from online for about 30 bucks.

Mind you at the time I couldn't go up and down a basketball court without feeling like I was going to be unconscious because I could NOT breathe. I'm proud to say since I started vaping our kids aren't subject to second hand smoke, our house nor our clothes smell like an ashtray, I can play ball all day if I choose. When we first started vaping we vaped 24mg but have since tapered down to 12mg. We have saved a ton of money we were spending 70-80 dollars a week on cigarettes. Now we spend 70-80 dollars a year vaping. I mix all our Ejuice DIY, so I know what's in it and what we are inhaling. I went to the doc last week for a check up on a sports hernia and he said my lungs are 1000% better than they were when I was smoking, he had told me when I was smoking my lungs were like a 90 year old coal miner. He said I wish we would have done a before and after picture of your lungs.

Since we quit smoking we have become youth leaders at our church, coach peewee football, coach middle school basketball, and umpire/coach little league baseball. Our lives are a thousand times better now that we don't have to run outside every public place we go to smoke every few minutes, our children breathe clean air not nasty second hand smoke, and we have saved a ton of money.

With all that being said if I couldn't get my vape products today I'd be back smoking today. I honestly believe that vaping is harmless compared to smoking. If the FDA would spend the money to research vaping we would all know the truth. I understand the pressure from the big tobacco companies and the government, both are loosing millions in expected revenue because people are quitting smoking at a record pace. They should have known with all the laws they were passing against smoking they couldn't fund America by taxing something they were assessing so many regulations to stop. Will our American lawmakers sell our health out to the big tobacco companies?

11/9/2015 10:30:35 PM - Bboose30

I just want to say i chewed for years and i got sick of the taste and how bad it staind my teeth so i started vaping and havent chewed since would really like to keep vaping i feel its safer..thanks vape on!

11/8/2015 1:27:27 PM - Clint Kapp

Greetings, All;

I am writing to express strong support for the FDA Deeming Authority Clarification Act of 2015 (H.R. 2058) and urge you to co-sponsor this bill which would amend the Food, Drug, and Cosmetics Act to change the grandfather date for newly deemed tobacco products to the date when the deeming regulation is finalized. If left unchanged, the February 2007 grandfather date would have the effect of removing 99.9% of vapor products (otherwise known as e-cigarettes) currently on the market as soon as the restriction took effect. This would be (A) devastating to small- and medium-sized independent vapor businesses, and (B) would ban the products that millions of consumers like me use to remain smoke-free.

This is absolutely ridiculous. Cigarettes are still being sold everywhere. Nicotine patches are still an over-the-counter item, as are nicotine gum and nicotine lozenges. Cigarettes are deemed to be safe and vaporizing is not? You've got to be kidding, right? All the studies in the world prove the hazards of smoking, but it's business as usual with Philip Morris, RJ Reynolds, et al.

Certainly, you must be aware of the fact that inhaling smoke from cigarettes contains carbon monoxide; a known toxin. Cigarette smoke also contains tar, which coats the alveoli in the lungs and reduces the efficacy of the exchange of oxygen and carbon dioxide durning respiration. On top of that, smokers have no idea what other ingredients are added to cigarettes to make them even MORE addictive, because the FDA in all of its infinite wisdom, does not require either the alcohol or tobacco industries to disclose the ingredients used in their manufacturing processes, thus making alcohol and tobacco makers impervious to obvious scrutiny and very deceptive. It also discredits your offices enormously as being a truly conscientious entity. Rather, it looks like you've been bought by Big Tobacco and makes us all wonder who is really in charge... Money. That's who...

As a consumer of vapor products, it is vitally important to me that the variety of quality products currently on the market are allowed to remain on the market. Millions of Americans like me have experienced remarkable and important health benefits by switching to these low-risk, smoke-free products. It should be a public health priority that millions more have access to the same experience.

When using a personal vaporizer, there is no combustive action. Hence, no carbon monoxide, no tar and none of the "secret ingredients" that Big Tobacco uses to insure that smokers stay hooked, and your offices support this over an efficacious means to the end of lung cancer, emphysema and other cardiopulmonary catastrophes born from smoking cigarettes? Your myopic look at the larger picture is pathetic...

I was a two-pack-per-day smoker until I began using a personal vaporizer. I feel great, my inclination to smoke has effectively been supplanted with vapor and all the ingredients of the juices used in vaping are ALL FDA food-grade substances AND all the juice manufacturers list all the ingredients, nicotine levels included, in LEGIBLE print on their labeling. Anyone can choose between artificial or all-natural FDA-APPROVED ingredients. The tobacco industry doesn't allow for these choices and to me, looks and stinks like marketing fraud, supported by the US government, with President Obama leading the pack.

I look forward to your response on this issue. I, along with my fellow members of CASAA (Consumer Advocates for Smoke-free Alternatives Association), thank you for considering my comments and urge you to support H.R. 2058.

11/8/2015 1:26:14 PM - Reece Lawson

I was a 2 pack a day smoker for 8 years. Smoking was destroying my teeth and had cost me several of them already. My dentist told me I would lose them all if I didn't quit. I had tried vaping before but at this time the cigalike (gas station ecigs) were pretty much all that was available. Luckily a month later the CE4 cartomizer released and the technology improved enough that I was able to quit smoking. I have been vaping for 5 years now and my overall health and dental health has improved dramatically. After quiting I had my teeth fixed and my teeth have not degraded at all in the five years since I started vaping. Vaping has saved my smile and I believe added many many years to my life. Of course after seeing my improvement my family (all smokers) followed me into the world of vaping. Me , my fiance', brother, mother , sister in law are all proud vapers and believe vaping does save lives.

11/8/2015 1:25:56 PM - Craig woodard

I started smoking cigarettes at age 10. I smoked all the way up until I was 22 years old and it got to where I couldn't breathe and was hacking nasty gross stuff up every morning. Bad circulation I knew i had to do something if I wanted to lived past age 30. I switch to a vaping. I bought a mechanical mod it automatically help my breathing I stoped hacking nasty gross stuff up and felt better. WAY BETTER. My doctor has told me I look way better. My circulation has came back. I have no more dizziness. I started out at 24mg at age 22. Im now 26 years old and am down to 6mg.I owe my life to vaping. It really saved me. It also saved my mom dad and sister. Please please save vapor products. If anything take away big tobacco. It kills thousands upon thousands yearly. VAPING KILLS ZERO.

11/8/2015 1:25:46 PM - Rob

Just to let you know, vaping has cut my smoking of cigarettes to less than 1/2 a pack a day from at least a pack a day and I am well on my way to quitting smoking all together. I am now down to 0% nicotine strength, and love the flavors more than regular cigarettes. Please do not let the government libs get there hands on this product and ruin my liberty's as they have done with everything else they get involved with, Thanks Rob

11/8/2015 1:24:39 PM - Adam from MN

I switched to vaping a month ago. I havent had a cigarette since. Its been 15 years since I started smoking. Ive tried patches, pills, gum, and none of that worked. I tried the e cigs from marlboro and camel. They didnt work. I got help from a local vape shop here in Alexandria and they helped me taper down my nicotine level each week to almost nothing now. I dont crave vaping like i did cigarettes. And now after just a month a i feel like I am free from cigarettes and have control over quitting nicotine altogether.

11/8/2015 1:24:27 PM - Jacque from St. Louis Metro East (IL)

I began my smoking "career" at 15 for many reasons. By 18 I wanted to quit but couldn't. I tried many many times and once did for a couple days shy of a year. I coughed constantly and had trouble breathing but I realized smoking was my way of coping. I tried finding healthy coping skills but nothing could match smoking. But then, two years ago, a friend started dabbling in the world of vapor. I tried too. My first starter kit was a bust but I eventually found a battery and tank that worked for me. iTaste vv and Aspire Nautilus. Nothing too fancy with cinnamon juice. Some say it's just as bad, but I know that I feel better and you can't argue with that. I cough still but just a little. I figure it's my lungs healing from smoking over 2 packs a day for over 15 years. And I wonder if those who say it's just as bad aren't getting info from those who are trying to protect the tobacco companies. I need vaporizers to stay!!

11/8/2015 1:24:10 PM - Gerri

As an ex smoker of 2 years now after 42 years of smoking and a diagnosis of COPD, I cannot stress enough how critical vaping was to the success of me being able to quit smoking cigarettes. I received hypnosis, wellbutrin, Chantex and various other means of trying to stop to no avail. When I was diagnosed with COPD I could not get up a flight of stairs and breathing was so labor intensive for me that I got down to 99 pounds.

For the last 2 years I am back up to a normal weight, can breath much better and am vaping to keep me cigarette free. I started at a very high nicotine level and am now maintaining at 2mg. If cigarettes are on the shelves and legal to but, why for the love of God would anyone try to outlaw something that can free someone from the addictions of tobacco.

11/8/2015 1:21:12 PM - Alex Bolton

Like millions of other families my family suffers from enlarged amounts of anxiety and stress. Things that can lower the anxiety rate include: pills, marijuana, and most importantly cigarettes. So i too suffer from this anxiety problem, but when i was about 12 i had been drawn into the addicting smell of cigarettes from all the smoke my family was putting out, so i tried my first cigerette when i was 13 and that feeling of lightness and relieved feeling was there instead of anxiety. This kept happening for about 4 years, so 4 years of getting packs of cigarettes from liquor stores, but then when i was 17 i started learning more and more about vaping, how its safer then cigerttes, and 100 percent more legal then marijuana and pills, which i will not resort to, but since appsolutely every vape shop cards i had to wait until i was 18. When i had enough money i immediatly made a trip down the the local vape lougne, showed them my card and got my 1st kit. IMMEDIATLY I noticed i didnt need to smoke as many cigarrets, and my anxiety went away, i no longer had those anxiety attacks. I didnt need to burn thousnads of chemicals into my lungs to feel stress free or swallow addictive pills or smoke and illegal drug, i only had to vaporize 4 safe ingrediants to take care of my anxiety. I have had all kinds of vapes from the wide veriety and each and everysingle one has been effective and has been perfectly safe. I can also say i have began the process of changing my families lives from cigarette smoking to vaping as a safer alternative.

11/8/2015 1:20:42 PM - Erik Miller

Vaping is being demonized by Big Tobacco and Big Pharma. That being said, vaping has saved my life and continues to do so daily. Two and a half years ago I worked at an overnight camp and was surrounded by smokers; as a result of being around all of that second-hand smoke, I became addicted and stared smoking. At first, I did not have a bad craving for the death sticks as I started by smoking three cigarettes per day. As time went on, I became profusely addicted to smoking and wound up smoking two packs every day in just a short two months after I started smoking. In September of 2013 my coworker introduced me to vaping and electronic cigarettes. I knew that I should stop smoking and start vaping, but the transition was tough for me. A week after I started vaping was when I stopped smoking traditional cigarettes. Ever since then, I have been vaping and have started using zero nicotine e-juice, which was my ultimate goal. Within a month of using only my electronic cigarette I felt significantly healthier and my doctor even confirmed that my lungs and heart sounded healthier than even before I started smoking. Please do not kill vaping as it has changed my life as well as the lives of many people around me and even across the whole world.

11/8/2015 1:20:31 PM - Stephanie P

I started vaping during my divorce. At my peak, I was smoking a pack a day. My bf got me a start kit and I loved it. It helped me quit smoking and I now work at a vape shop. I can run around after my kids without running out of breath. I'm not coughing and I over all feel much better. Working at a vapor store, I've seen so many people cone in who want to quit and they succeed more times than not. Why would we want to get rid of something that is making people healthier?

11/8/2015 1:20:21 PM - Kip C

I smoked cigarettes far too long-mostly socially when I was drinking

Now I have quit drinking and had a really hard time being around alcohol and all the smoke that generally follows it

I discovered vaping from a friend and within ONE MONTH I was almost done with the nasties.

Im glad to say TODAY I am smoke free-we are TOLD that "they" dont know enough about vaping-well I would bet a beer and a grenade they KNOW all about tobacco and what it will do to you (AND all the money they get from those killers)

I dont condone vaping for anyone under 21, just like alcohol and cigarettes, but an ADULT should have the right to choose the way they want to quit smoking, OR just have a hobby they might enjoy with a something that contains FOUR PRODUCTS, not 7000+ that cigs have

I used Chantix, gum, patcches, inhalers.....EVERYTHING.....and NOTHING worked until I started vaping. My breathing is better, my clothes, house and car dont stink and my blood pressure is back to normal

THANK YOU VAPING

11/7/2015 2:18:25 PM - Jim Hill

My name is Jim Hill. I was a 35 year smoker. I started when I was 15. I put down a pack a day since about age 18. They were easy to get...most stores back then had no problem selling to someone like me who looked 18. No ID checks and even if I did get carded..I could always find someone to buy from me. Even after my Mom died from Lung Cancer, my Uncle from COPD and my grandfather from emphysema. I could not quit. I hated what I knew I was doing, but could not overcome my bodies craving for nicotine.

Thanks to some very good friends who offered me a job in the industry, I started vaping. I did do both for a while. And gradually transitioned to 0 cigarettes. I now use my my drip rda and a hex ohm box mod. Which is fairly fancy gear. I'm down to 3mg strength on nicotine. And will work to eliminate the nic altogether. I do enjoy the vape life though. I'm diabetic and have an enormous sweet tooth. So the fantastic flavors take care of that as well.

Thanks to vaping, I'm now tobacco free. I breathe better. I taste food in ways I never would have know (good and bad). And I have moved my brother, my sister, my kids (who began smoking at early ages because of my actions) and their spouses to quit as well.

In conclusion, if vaping were to banned or radically altered, I'd be ok. I can get another job. I could stay off cigarettes now. Though it would be difficult. But I worry about my kids and my grandkids. Smoking is a learned trait, passed down generation to generation in my family. If we are to protect kids in future, we have to start with the parent and grandparents NOW. The FDA's proposal to set the grandfathered timeline in 2007 is ridiculous. Limiting flavoring to tobacco is not protecting kids..it just limits an adult from making a personalized choice. NO ONE WANTS KIDS TO START VAPING>>>NO ONE. And eliminating the fantastic strides the industry has made in safe, more productive equipment is baffling. Can you imagine if we all had to go back to driving cars from the the 1950's (yeah some are pretty cool), but the damage to our environment and the safety we've spent years building into them now wiped out...just dumb thinking. Please, please let us continue on our course. We will police the negatives in the industry ourselves. Millions of lives are at stake. We get it..they are our lives. - Jim Hill

11/7/2015 6:27:55 PM - Barry

I started smoking at 13. Had to, it was cool. Unfortunately, once it was no longer cool, I was hooked. Sure, I tried quitting a couple of times, but you all know how that worked. I worked in a very high stress job in a health care facility no less. Every time I thought I kicked it, something would go wrong, and back to square zero I went. A couple of years ago, my sister in law introduced me to E-Cigs. I started with the nasty over the counter disposables, but they did little to get me off real cigs. I knew a lot of people had quit smoking by using E-Cigs, but they simply were not working for me. I looked around the internet and found some videos that pointed me in the right direction, and finally found a combination that worked for me. I have not had or wanted a cigarette in almost two years. I finally found something that that did what all the gum's, pills, and every other conceivable product could not do. I started out using 24mg strength juice, and decreased to where I am today, 3mg. I feel better than I ever have, have more energy, and sleep better. That last point is important because when I did try to quit in the past, any coffee after 10AM kept me awake. Doesn't happen anymore. I have to admit, I didn't try Chantix. I absolutely refuse to take any drug. Especially one that comes with suicide warnings. Lastly, there is no doubt that if E-Cig products were not available that I would go back to smoking.

11/7/2015 6:27:43 PM - Michael K

As a smoker for 17 years, of at least a pack and a half a day, I have now switched completely to vaping products. I owe all this to the wide selection of products available. Though I realize that vaping is not completely safe, it is still far safer than smoking cigarettes. Since switching over, I have noticed that I no longer cough as much, especially in the shower. I currently use a box mod setup, temp controlled, with a refillable tank and coils. I am always trying to get friends and family to switch over, as I have seen too many die from cancer from smoking cigarettes. If it saves just 1 person, is it not worth it? Thank you and vape on my friends.

11/7/2015 6:27:33 PM - Denise Vanoudenhaegen

I have smoked upwards of a pack a day of cigarettes since I was 13 years old. My mother smoked while she was pregnant and in the 90's everyone smoked around kids, so it wasn't surprising when my sister and I both picked up the habit. I had tried to quit many times using all the available methods and I would hold strong for about a week, but I would break down and go right back. My boyfriend and I spent asinine amounts of money on cigarettes. Between the two of us we were sometimes spending upwards of 700 dollars a month on the nasty things. Last year my sister was dating a non smoker that bought her a vaporizer pen to help her quit. I had never put too much thought into it because I thought a vape was just one of those little cigarette look alikes that you bought at the smoke shop and threw away. Well I was wrong, and after observing her incredible success I purchased my vape mod. The day I got it in the mail was the last time I ever smoked a cigarette. My boyfriend bought his a week after I got mine and also hasn't touched a cigarette since. I still can't believe how easy it was for me to make the switch. I feel better than I have in years. I don't cough anymore, I don't wake up hacking and wheezing like an 80 year old, I don't smell terrible anymore, and I'm saving a ton of money. I'm certain that without this wonderful device I would've smoked until the day I died, which most certainly would've been a lot sooner than I would've liked. I only hope that more people that are caught in the trap that the multi billion dollar tobacco companies have set take a chance and make the switch. It'll save them from poor health and an untimely death. Plus, the flavors you can get are great. You can taste anything you want all day! It would be a terrible waste of an incredible thing if the FDA is allowed to shut the industry down. Every vaper needs to fight this so that other people like me have the opportunity to finally dump the habit, and maybe one day we'll see the tobacco companies release their hold on our youth and pay for the millions of deaths they've caused for the sake of money.

11/7/2015 6:26:59 PM - Samantha Lynn

I started smoking around age 13. I smoked most of my teen/young adult years until I became pregnant with my first child. I didn't smoke throughout my 3 pregnancies but after my third was born I had postpartum depression and anxiety and I began smoking again. Around that time (2008-2009) those kiosks in the malls began popping up with those cig-a-like type vapes. I tried them and they worked. I quit smoking aided by these.

Some years later, during my very stressful divorce I found myself craving cigarettes again. I tried the cig-a-likes that were now available in stores and they didn't cut it for me. I picked up smoking cigarettes again. It made my chest feel heavy, it made my asthma flare up again, I also had multiple upper respiratory infections. Plus, I know I need to be around for my three kiddos as they grow, so I made the decision to not pick up any more cigs and I knew I needed to start vaping to help me quit. I decided to contact a friend who makes e-liquid to ask for guidance. I will forever be grateful to her, for she got me on the path to better health again. She told me what vape to start out with, she sent me her full juice line and recommended others. Before I knew it I was vaping and wasn't craving a cigarette EVER. I haven't smoked one cigarette since I began vaping early last June. My sense of taste and sense of smell returned, I didn't have that heavy feeling in my chest anymore. My asthma stopped flaring up. Without vaping, I would not have been able to quit smoking for good. My track record had not been good in the past. This is the most satisfying and least harmful way I've found to quit. I've since helped others start vaping so they could also kick the cigarette habit.
#vapingsavedmylife

11/7/2015 6:26:24 PM - jay

i had been smoking for five years then about three months ago i tired the vapor cool fire 4 i have kept track of money and found out you will spend less money on vapor and more on regular cigarettes.plus since it is nicotine and water vapor it has a less harmful effect on the ozone and on the human body also it causes less problems then regular cigarettes. when i started i was using a e go vapor pen with a 36mg nicotine level now i am using a cool fire 4 with a 3mg nicotine level.i still smoke but it went from two packs a day now i smoke about four a day with the vapor i have cut back allot. the positiveness of vapor is longer life less chance of cancer.

11/7/2015 6:26:15 PM - Roy Ellis

I was a dedicated and adamant smoker for 15 years. I have high blood pressure, a heart murmur and have watched my mother, uncle and grandfather all lose their lives as a result of tobacco products. I never thought I would be able to quit and was finding myself more and more frustrated at no only the cost of my habit but in knowing what it was doing to me. I recently changed jobs and one of my co-workers vapes. He began to tell me about the different options available when it came to vaping and how I could get the same nicotine without all the harmful chemicals. He explained how I would notice a difference almost immediately once I quit smoking. I was doubtful at first but after about two weeks I broke down and skeptically gave him the money for a vape. At first it was difficult but then I began to notice that I wasn't craving a cigarette and I was actually enjoying vaping. We went to a vape shop and I tried different flavors and blends and found one I really like. I have not had an actual cigarette in now 7 days. I am breathing better, not out of breath and my clothes and I no longer smell like a cigarette. Vaping allowed me to quit not only an expensive habit but a deadly one.

11/7/2015 6:25:57 PM - Heather

I switched to blu e cig a month ago after smoking cigarettes for 15 years! I smoked a pack a day for those 15 years. I can't begin to tell you how happy I am and how much better I feel. I don't smell anymore, I am not out of breath doing normal things and the list goes on and on. If vaping was taken away I don't know what I would do. Vaping has changed my life and my Husband and my friends are making the switch too. Vaping is such a healthier alternative to smoking and even though your still getting nicotine your not getting all of the other nasty stuff that cigarettes have in them. I quit smoking because of vaping and I couldn't be happier, I just wish I would have done this a long time ago. I have also noticed in the short time I have been using my e cig I am starting to vape less then I was in the beginning and way less then I did when I was smoking. It's amazing. I tried Chantix, wellburtrin, patches, gum and I would quit for a week and start back up. This cycle has been going on for years. Now with my blu the smell of actual cigarette smoke makes me feel sick to my stomach. I feel free I can enjoy my life and not feel judged anymore. I get so much more done because I am not always going outside to smoke and take breaks. I spend more time with my family and my friends. These vaping products and e cigs are the best thing that has ever happened to "smokers" I couldn't be happier!!

11/7/2015 6:25:35 PM - Michael Doldan

I've been smoking tobacco products since I was fifteen. That is over 30 years of addiction. I've tried everything including patches, gum, hypnotism, and pharmaceuticals. I developed COPD, and suffered a number of health consequences from my smoking tobacco. However, six months ago I began using vapor products. I haven't consumed a tobacco product since. I have reduced my nicotine input and am close to quitting completely , my health and breathing have improved, my blood pressure has gone down, and I feel better. My doctor is astonished at the improvement in my breathing and overall health. Legitimate medical studies have already shown that vaping represents a significant and substantial improvement in patient health over inhaling tobacco products. This industry is just getting off the ground. It is the most promising technology for a tobacco free generation. Please don't squash this opportunity for the American people and generations to come by enforcing regulation that is premature and encouraged by lobbyists from the tobacco industry. If you feel a need to protect the American people, the voters, and your constituents then ban tobacco products which have decades of proven severe consequences to consumers. Give this industry an opportunity to flourish, allow the American people to exercise their right to choice, and you will find they will select the products that are most health conscious, effective, and recommended by the medical community and researchers. You have an opportunity in your role in government to make a positive difference in the lives of millions of Americans and generations to come. Thank you for your attention in this matter.

11/7/2015 6:25:19 PM - Memory Pando

I smoked cigarettes for over 30 years!! I tried everything on the market to try to quit for years!! Nothing worked. Until the ECIG hit the market!!! I quit with the use of it !! Please don't let big business control any more of what is a good thing.... Do something useful like putting a stop to GMOs and making those, who can, take gluten out of all good....

I have been able to step down gradually ... I tried the patches and realised I was getting to much nicotine...I didn't smoke 24 hours a day , but had to wear the patch 24 hours a day...I would end up smoking even more!! With the e cig I chose when and how much nicotine I have!!

11/7/2015 6:25:04 PM - Courtney Shell

I am a mother of 3 children, ages 6 months-7 years. I started socially smoking in 2008 after giving birth to my 1st child. It became a way to deal with stress. As my children got older, they started to notice the smell of the cigarette smoke and would make comments about how badly it made me smell. A friend of mine introduced me to vaping and I am going on 2 years cigarette free. I really hope that changes can be made to accept vaping and not ban it. Not only would I be upset, but my children would also. My 6 month old baby girl has never been exposed to cigarette smoke and my hope is that she won't ever be. Looking back now, I see how much of an effect the cigarette smoke had on myself and everyone around me. I currently use mods and am at 3mg of nicotine. I started out with a pen like vaping device and was vaping 24mg... Now, I cannot imagine vaping that level of nicotine. I made my switch from smoking to vaping immediately and never looked back. Honestly, the smell of cigarettes or the thought of smoking one makes me nauseous. I had previously tried quitting in the past cold turkey and was unsuccessful, vaping was the only way I was able to quit. I can breathe better, I smell better, I am happier, and most of all my children are happier. All changes have been positive since transitioning to vaping.

11/7/2015 6:24:36 PM - Frank martin

My wife and I have smoked for over 30 years. Copd started setting in and we needed to stop smoking or face major health problems. We had a huge need to quit smoking, but just could not do it.

I met some friends who were vapors, and had quit smoking because of vaping. They were kind enough to show me the ropes and help me quit smoking. I haven't smoked in over 10 months.

My wife was unsure about vaping, but after seeing the change in my copd, quit smoking 3 months after I quit.

The health benefit from quiting smoking via vaping has been substantial. I wish more people had the opportunity to learn the facts and benefits about vaping instead of smoking.

11/7/2015 6:24:22 PM - josh-cook

I haven't been a huge smoker but i did use chew/dip tobacco for 8 years and realized my gums and wallet were suffering and did not have alternatives in mind until friends and the lovely friends at VapeTv helped me see what vaping can do for me.

I now use a kbox mini (mod) at a 12mg nicotine level. i have cut down old habits extremely. i love vaping there is a huge friendly community and nice shops and hangouts.

11/7/2015 6:23:06 PM - ninachris

I smoked for many years..I tried other methods to quit but it wasn't until vaping was available did I finally give up the cigarettes I no longer have a smoker's cough.

11/7/2015 6:22:38 PM - Jeanie Williams

I\'ve been smoking for 40 years. Have tried to quit numerous times with Zyban, patches, gum, and Chantix. Chantix was working except it made me very sick every time that I took it. I had to quit taking that. I had really weird nightmares and gained a ton of weight. Last year I started vaping with a vision vape product. It helped but not enough to quit cigarettes. Then I found the new vape mods. And for the first time I know that I can quit smoking. In the three months that I have vaped this time, I have bought 1 pack of cigarettes. And that was only because my batteries went dead on my mod. So that taught me to always have an extra set of batteries. Wow, I feel great. I can breathe, I don\'t cough, I don\'t stink. and no weight gain. Please don\'t take this away from us. I am using a IPV4s mod with a Uwell Crown Tank. My husband really loves this too, as he is a non-smoker. I also have several friends that vape and they feel the same way. Thanks for letting me voice this.

11/7/2015 6:22:24 PM - Janet

I smoked cigarettes for 48 years. Up until two years ago, I was a two-pack per day smoker that had tried various times to quit, using every method available to me, but was unsuccessful. My son introduced me to the electronic cigarette. I used different styles of e-cigs and smoked a cigarette occasionally for about a month until I found the one I liked best. At that point giving up cigarettes totally. I have been using a mod that heats a liquid creating a vapor and have reduced the amount of nicotine from 36mg to 6mg, the lowest available. My doctor, friends, family as well as myself are thrilled with these results. I recommend it to every cigarette or pipe smoker that gives me the slightest indication they are interested in giving up conventional tobacco products.

11/7/2015 6:19:27 PM - Rick

I would like to start off by saying 10 Months Smoke Free after 45 years of Smoking. Vaping works. Lets look at what's Really Going on.

We as free Americans can Buy all the Alcohol we want (Heavily Taxed Of Course)

We as Free Americans Can Buy all The Cigarettes We want (Heavily Taxed Of Course)

We as Free Americans Can Buy all Kinds of Prescription Drugs (Heavily Taxed as well)

We as Free Americans Can now Buy Pot Legally in Most States (Heavily Taxed of course)

Our Wonderful Government State and Federal. Get Lots on Money from the above.

All the above can Kill you and others around you and yet they are all OK and given the thumbs up by our FDA And our State Officials .

Vaping has been a Great thing helping people change there lives and go to a better alternative than Cigarettes. No one has found anything bad about Vaping Just Hype By People who are on the Take By Big Farma and Big Tobacco. You cant Regulate and Tax Harmless Goodies. And vaping is Taking away Dollars from all the above. So they are trying to Tax and regulate it to death.

Remember the Saying you will have to Pry my cold dead fingers from around my gun. Before I will give it up. Well I will have my Tank & Battery in the other. Remember everyone this is America And we can Vote out these Money Grabbing Ass Holes. Just Keep that in mind when you go to the poles. If you don't Vote Start. We need to get our country back. All this Over Vaping I cant believe it. Something so harmless & Helpful to so many. And they use the Excuses It might be a Gateway for younger people to start Smoking. I would Rather see my Kids Vaping than Smoking Any day. And once you Vape Cigarettes Taste two Bad. No Gateway there. Keep Vaping My Friends !!!!!!!!!

11/7/2015 6:19:10 PM - k cirillo

if it wasn't for the E-cigs , I would still be smoking the real ones. I quit smoking regular cigs on April 23rd 2013 one month before my husband was diagnosed with cancer, which we at that time had no idea he had cancer . Now i puff on the E-Cigs and thats enough for me . I would really hate to see them disappear. Now that my husband has been in remission, that works for both of us . He doesn't smoke only I do. SO PLEASE DO NOT GET RID OF THESE !!!!!

Thank you,

K Cirillo

11/7/2015 6:18:59 PM - Anthony Reed

I am almost 38 years old, been smoking since i was about 11 because i thought it was cool at the time, my own mom would buy me cigarettes. I was currently smoking 2 packs a day plus and always tired, out of breath, weezing, waking up coughing, and choking for air. My coworker showed me some of his vaping gear like box mods, mechanical mods, different flavor e liquids, etc. I bought different ones but at first stuck to menthol tobacco like my cigarettes, but when i moved on to the enormous amount of flavorings i was able to cut down on smoking to a half a pack a day in the first week, now a month later i only vape. My lungs are much better, my energy has sky rocketed, i am more active with my family. Vaping has saved my life and if i lose it i will probably go back to losing my life to cigarettes. Please let us keep our vaping products.

I think the FDA may not understand what they are looking at and may be afraid of this new trend, but they are willing to keep cigarettes on the shelves but not life saving devices.

I urge President Obama to help save us instead of letting the FDA to only allow cancer sticks to be sold.

Thank you, Anthony Reed.

11/7/2015 6:18:34 PM - RicK C

First of all, I have kicked a 40 year cigarette habit, and I attribute this to my use of E-cigs. I look at E-cigs as a tool to help people wean themselves off nicotine. If you don't already know, an E-cig user can slowly reduce their strength of nicotine in their E-cigs over time, until they are nicotine free. They can either quit all together or enjoy E-cigs with "a flavor" only My E-juice is made in the USA and only has 4 ingredients. Surely these are much more safe.Even my Doctor encouraged me to stop smoking Cigaretts and continue to use E-cigs. Perhaps regulate the use of E-cigs with the use of a Dr Prescription. And can you please also fast-track the FDA to approve E-cigs. and E-juice WITH THE STIPULATION, that they must be made in the USA, and ban imports from China or other unregulated sources? Just some thoughts on my behalf.

11/7/2015 6:17:22 PM - Ryan Robinson

I smoked for 10 years and 2/Packs a day. I had bronchitis 5-6 months out of the year,

and was so oxygen deprived my fingers and the tip of my nose would sometimes tingle.

3 Years ago, I switched to a refillable vaping device and haven't looked back since.

I haven't smoked a day since then .

I can run a 5K, my clothes don't smell, I can focus at work, and I haven't been sick in 3 years.

Try to tell me that e-cigs are worse (if even harmful at all) and I will tell you that you are operating out of fear, ignorance, and possibly under the thumb of Big Tobacco.

Ryan Robinson

11/7/2015 6:17:01 PM - Vicki

I'm so tired of all my rights being taken away from us. I thought that the U.S.A. was and is supposed to be the land of the free, of course within certain areas. I don't see how me using an ecig is harming anyone, especially when I am in my own home. This is completely invading my rights. First I am not allowed to smoke actual cigarettes in public (even outdoors) and now this.?. Do we have any rights anymore? Slowly they are removing them one at a time. Most of the members of my family have been in the military fighting for freedom(?). It looks like something is really wrong here. I have many more issues than the ecig where my rights have been violated but since this is the one today, I will just stick with it.

If I say God Bless America....I guess that's another freedom (of religion & speech) I am not allowed to say.

11/6/2015 7:52:19 PM - Vicki

I'm so tired of all my rights being taken away from us. I thought that the U.S.A. was and is supposed to be the land of the free, of course within certain areas. I don't see how me using an ecig is harming anyone, especially when I am in my own home. This is completely invading my rights. First I am not allowed to smoke actual cigarettes in public (even outdoors) and now this.?. Do we have any rights anymore? Slowly they are removing them one at a time. Most of the members of my family have been in the military fighting for freedom(?). It looks like something is really wrong here. I have many more issues than the ecig where my rights have been violated but since this is the one today, I will just stick with it.

If I say God Bless America....I guess that's another freedom (of religion & speech) I am not allowed to say.

11/7/2015 6:16:29 PM - Bev

I have smoked off and on since I was 15 years old. The fact is true- never start to begin with. I have managed to quit several times but always ended up going back to smoking even after 3 years. I have been vaping for 5 months. In the beginning, I did both, but immediately cut WAY back on my cigarettes. I was able to wean myself off of smoking, to where , I have now completely quit smoking as of 2 months ago. Now...I cant imagine ever wanting to "taste" a cigarette again. I LOVE the flavor of vape liquids and have settled on one particular flavor to vape all the time. I don't have to go outside in the elements anymore, and can enjoy sitting on my couch or in the company of other, without being offensive. In fact, they love the smell! I was encouraged to try vaping by a friend, and have since gotten other people to quit smoking as well. Vaping could very well save my life and others. Thank you!!

11/7/2015 6:16:14 PM - lori mueller

I would like to say keep the vape I have not had a regular cig for over two years and I have heart problems and my dr said not to every have a regular cig again but could vape and can control the nicotine

11/7/2015 6:16:01 PM - Alfred Adams

I smoked for 31 years and quit after a heart attack, unfortunately 7 years later I started smoking again. It had been 3 years and I injured myself in a fall at home. After taking a full CT Scan at the hospital, a spot on my lung was discovered. My family told me I had to stop smoking right then and there (None of them smoke, or ever did). It is not that easy to quit, let alone a second time. I tried the patch and actually smoked more while on that. I did not want to try Chantix as I have heard too many horror stories from people that have tried it and still smoke. It was suggested that I try an e-cig. I did some research and talked to my doctor about the choice of e-cigs. He told me if I'm going to smoke it is better to smoke e-cigs. They don't have the carcinogens in them that regular tobacco cigarettes do. I have been using e-cigs for several months now. I have not had a cigarette since. I still have the urge to smoke, but e-cigs are great to resolve that problem. I started with a disposable e-cig and now use a disposable cartridge e-cig. I feel better, breathe better and smell better (no one complains about the tobacco odor anymore). I can now enjoy myself and have a "puff" whenever I want and no one bothers me. Even in my car. Thanks to e-cigs my family I are happy.

11/7/2015 6:15:44 PM - Rob Evans

I was a very athletic kid, baseball, football, weight lifting, swimming, biking and martial arts. Eating healthy and extremely fit and active into my early thirties and still excersize several times per week. In high school I tried cigarettes and became a light smoker, smoking less than 1/2 a pack a day. In my early twenties I noticed that during the most intense workouts, I would get winded sooner than many of the non smokers, so I cut my cigarette habit down to a strict 4 cigarettes per day. I really enjoy smoking after meals so wasn't planning on quitting since it wasn't affecting me very much, even though I knew it was a bad habit. Eventually it grew to about 1/2 a pack per day again and after about 15 years, my lungs were definitely feeling it. In 2010 I discovered electronic Blu cigs. They were working but not consistent and expensive, so I went back to smoking close to 1/2 pack per day. My throat would get scratchy during conversation and would hack up nasty dark stuff, especially in the morning. Not to mention smelly clothes and hair. In 2012 I discovered the ego style vapes, they are bigger than the Blu cigs, about the size of a cigar and much more consistent. I started having problems with them leaking in my pocket and the amount of vape wasn't as satisfying as a real cigarette so I would still have a few real cigarettes per day. I did some research and found you could inexpensively make your own coils with larger tanks which produce a more satisfying amount of vapor. Currently I only vape with the larger tanks. I don't smoke any real cigarettes anymore but still feel satisfied. I started out with 24 milligrams of nicotine which is about double the amount of a real cigarette. I have since lowered the amount to 18, then 12, now I only get 6 milligrams of nicotine for my vaping. Without the tar or carcinogens related to cigarettes, my lungs feel light and open. I no longer get a scratchy throat when talking and in the mornings I have no more dark stuff to spit out and my clothes and hair smell good. I had a physical recently and the doctor said my lungs are very clear. I enjoy vaping and it has kept me away from all the carcinogens and tar in real cigarettes. Vaping and cigarettes are not the same, they are completely different, like night and day. It is not smoke, it is a cool to the touch vapor, not heavy on the lungs and not smelly. I feel super strong and healthy and since Sept. 2012 have not called out from work sick, not once! It is now November 2015. I have a physically demanding job as a welder and there is a ton of smoke when I weld. Still, my lungs feel so much better than when I was smoking cigarettes.

11/7/2015 6:00:36 PM - Robert from RI

I first started smoking about 15 years ago and was a full time smoker for about 10.

I attempted to quit multiple times with patches, gums, lozenges, and early vaporizers but always went back to cigarettes. More recently I tried some newer disposable vaporizers (Blu for example as well as others). They helped a bit but usually would only work for about a week and then I'd go back.

Finally about 5 months ago I got another vaporizer (Juul) the vaporizer and the juice they use was perfect. It felt more like a cigarette and the nicotine was enough to stop any cravings. I haven't had a cigarette since.

My goal is eventually to not have any nicotine but at least with vaporizers I feel healthier and don't have to deal with the other downsides of cigarettes such as the horrible smell.

Since I'm still new to vaping I know if I could no longer get vaporizers or refills I'd start smoking cigarettes again.

Vaporizers are not cigarettes and shouldn't be treated like them.

11/7/2015 6:00:16 PM - Tracey R

I was a smoker since I was 18. Three years ago I started hearing about e-cigarettes and vaping and did some research. I looked into it because I had continuous bouts of bronchitis and ended up in the hospital for four days with pneumonia. You see, over the years my cigarette addiction nearly killed me. I was smoking a pack and a half a day even when I was sick. I couldn't breathe, couldn't walk up a flight of stairs, or interact with my family because I would lose my breath quickly. I eventually was told by my dr after another X-ray that if I didn't quit smoking I would be facing some serious health issues. I started my research and purchased my first e-cig and after a month or two I realized my sense of smell was better. After about six months I was breathing better, after the first year I felt like a new person!! I went back to my Dr for an annual visit and when he listened to my lungs I was just about clear. Over the course of that first year I have not had a bronchitis attack or any upper respiratory health issues for that matter. I eventually switched over to a mod to have more control of how I vaped. When I initially started I was using 18mg of nicotine over the course of 3 years I am now down to 6mg and getting ready to step down to 1.5mg. Let me tell you, the nicotine alone is not the issue with smoking or vaping. The issue with cigarettes are all the other chemicals used combined with nicotine. Even though I vape and support it, I can go hours without touching it. I've cleansed my system of all the chemicals from cigarettes and I wondered why I don't vape as much as I smoked when both products contain nicotine? There has to be more addictive chemicals in cigarettes! If it wasn't for e-cigs and vaping mods I'd probably wouldn't be here. I quit smoking immediately after I puchased my first e-cig and I've never gone back. I'm done with cigarettes, please do not take this alternative away from us or others who could benefit from it the way that I have.

11/7/2015 5:59:49 PM - Autumn Greene

Hey everyone. My name is Autumn. I am 24 years old. I live in Oxford, Mi. I started smoking when I was 14. I thought it was cool and I thoroughly enjoyed it. I NEVER thought I would quit. And regularly told people just that. It wasn't until I realized I couldn't walk anywhere or even wake up without being out of breath or coughing for ten minutes. I'm young...this shouldn't be happening. I started hating the way I felt and knew I had to stop. So I tried nicotine gum and patches. Neither worked. Nothing worked....Not even the blu e cigs I bought...they were to close to getting like a cigarette and just made me want to smoke more. I started seeing vape "pens" in stores that had juice that you could buy separately. I bought my first one almost two years ago and have since upgraded to a bigger mod with more setting options so I could control more aspects of my journey to quit smoking.. I started with 24 mg of nicotine with a cigarette every once in a while and have since worked my way down to just 3mg of nicotine and no cigarettes. I haven't smoked a cigarette in 83 days as of now, which I NEVER thought I would say. The smell of cigarette smoke makes my head hurt and my stomach sick now. After I quit smoking I have noticed that I sleep better, can walk further and climb stairs without getting winded, I no longer cough all the time, my acid reflux has significantly decreased, I get fewer head aches and best of all, I smell better and I FEEL better. Vaping truly has improved my quality of life.

11/7/2015 5:59:27 PM - Mike cipolla

I was a smoker since the age of 14 thanks to the low government control on Indian reservations who sold cigarettes to minors I smoked 2 packs a day until I was 27 years old , I had tried nicotine gum and lozenges to no avail , the day I picked up my first e-cigarette I was able to put away the cigarettes. I have since not touched a cigarette in over a year and a half , these are life saving tools I have tried the vuse and blu and other big tobacco made e-cigarettes available and NONE of them helped me at all I continued to smoke cigarettes while using them, since I began using a mechanical mod from a local vape shop my quality of life has quickly and drastically improved, I no longer wake up coughing and hacking in the morning , I instead am able to run my dogs for 2 miles every

Morning , I can work without feeling heavy and out of breath , my dental health has drastically improved and my teeth are no longer yellow after just a year and a half , I no longer smell like cigarettes when I go to work and when around my daughter, these life saving devices need to be left as they are and they will continue to save lives , the data shows how much safer e-cigs are regardless of what big tobacco has tried to force into the public view. This invention has and will continue saving lives if they are allowed to do so, keep the health of our nation improving, don't take away the only effective way to quit smoking for long term smokers. Thank you for reading and I hope many more get to enjoy life as I can after using e-cigarettes to quit smoking cigarettes

11/7/2015 5:59:14 PM - Concha

I have tried many ways to quit cigarrettes for 30 years and was never able to until E-cigs became available and I am proud to say I have been cigarrette free for more than one year now. Please don't take that away from me because if you do I will go back to cigarrettes and that would be a crime in itself.

11/7/2015 5:58:59 PM - Joseph DiBella

My name is Joseph. I have been vaping for almost two years. Today I only had one session with a real tobacco cigarette and a mini cigar. Vaping with Blu Plus+ (Flavor: Classic Tobacco. Strength: High) eCigs have cut down my smoking real cigarettes significantly. Thank you.

Ciao :) Bella

JOeD

P/S: I did my fitness workout also :D

11/7/2015 5:58:46 PM - James H

I started smoking over 30 years ago. I've tried to quit many times using the other nicotine products available. My problem is I'm just as addicted to the act of smoking (inhaling &exhaling of the smoke) as the nicotine if not more so. Vaping made quitting smoking which seamed impossible, extremely easy for me. I bought some vaping gear and some e-juice started vaping and quit smoking in one day!!! The variety of mods, tanks and e-juice played a big part in making the transition from smoking to vaping. I use many flavors of juice, I started at 18mg. nicotine I'm now down to 3mg. I feel like a different person since quitting smoking. The health benefits for me have been huge. As a smoker I had bronchitis 3 to 4 times a year every year since quitting I haven't had bronchitis in over 2 years. I also had tightness in my chest was short of breath and felt tired most of the time. Since quitting all those symptoms are gone. My Dr said my blood oxygen level is 99% highest its ever been in the ten years I've been seeing him. Thanks for taking the time to read my story. Please allow me and my fellow vapers continue to vape. I can't believe tobacco products are legal ,knowing what we know about them and the government wants to make vaping illegal.

11/7/2015 5:58:33 PM - Micah Hartmann

I smoked for about 2 years from the age of 16 to 18. My friend's dad had a cigarette roller we would use. I smoked about 2 to 3 PACKS a day. at the age of 18 I decided to make a change. I had a friend who vaped and gave me one for free. I haven't touch a cigarette since. It is the only form that kept me from smoking. I tried snus to quit smoking and that did not work, instead I would just do them at the same time. I am now able to run without weezing since I made the switch.

Vaping Saved My Life.

11/7/2015 5:52:02 PM - Chad

I smoked 1-2 packs a day for 20 years, a couple of years ago a friend told me about vaping and suggested I try it. I was completely opposed to it, and for almost 2 years completely ignored all his encouragement to try it out. Then my wife jumped on the pester me wagon, so to get both of them off my back I decided to try it out. I went and got a decent e-cig and a few flavors and tried it out and hated it just like expected. My friend says no no you have to find a flavor you like or it doesn't work, you won't do it. Sigh fine I went out to several vape shops and started trying flavors. Now keep in mind I smoke almost 2 packs every day, but as I am bouncing from shop to shop trying out all these different flavors I realize I hadn't had a cigarette in almost 5 hours. Still I haven't found one I really liked but now I am excited at the aspect of vaping actually being able to help me quit smoking. About 3 shops later I find a flavor I absolutely LOVE and am still vaping it today. The day I started looking for a flavor I liked I smoked 3 cigarettes, only 2 the following day and have not had one since, that was 9 months ago, almost 10. Now I have tried many many things in the past at my wife's request to try to quit and nothing even came close to working, mainly I believe because I didn't want to quit. Vaping however allowed me to quit smoking cigarettes completely by accident. I didn't want to quit I only tried it out to get my friend and wife to shut up about it, the result however could not be denied, I liked this more, it tasted better, it smelled better, it was cheaper and it was a lot cleaner. Now I smell things I didn't even know had a smell, food tastes better then I ever imagined, and now I realize how much smokers stink and I feel for my wife that lived with me smelling like that for 17 years.

11/7/2015 5:51:14 PM - Mark L Fuzek

I smoked regular cigarettes for 50 years, but for the past several months, I have used vapor products (e-cigs). Within 2 weeks, my smoker's cough and constant wheezing went away! I had been diagnosed with COPD - emphysema, chronic bronchitis, and asthma in 2007. I can breathe better, and smell better. I don't burn my clothes, floors, carpet, fingers, etc. And I don't have to worry about leaving a lit cigarette in the house, esp. when I go out.

11/7/2015 5:51:01 PM - Tim

I started smoking cigarettes when I was 14 years old. I'm currently 20. Recently I switched to vaping, and since I have not touched a cigarette. I can now exercise better, breathe better, and live better in general. Vaping made quitting so much easier due to the varying nicotine levels.

11/7/2015 5:48:57 PM - Joseph Cobb

I've been smoke free 14 months after smoking for 22 years. Please don't take my options away from me!!!

11/6/2015 2:31:03 AM - Coll

I smoked for 40+ yrs. I am now a non-smoker because of Blu e-cigs. No more tar nor burnt paper nor 4K chemicals. I am THRILLED!! Are e-cigs perfect? No. But they are FAR better than cigarettes. Even my pulmonologist has told me that he doesn't care how much I 'vape' as long as I don't smoke another cigarette. My dermatologist even recommended them and told me where I could buy them. I had tried sooo many other products with no success in quitting. I did use both at 1st, but e-cigs have totally replaced cigarettes. No more tobacco odors and bad breath, too!

11/6/2015 2:30:54 AM - Coll

I smoked for 40+ yrs. I am now a non-smoker because of Blu e-cigs. No more tar nor burnt paper nor 4K chemicals. I am THRILLED!! Are e-cigs perfect? No. But they are FAR better than cigarettes. Even my pulmonologist has told me that he doesn't care how much I 'vape' as long as I don't smoke another cigarette. My dermatologist even recommended them and told me where I could buy them. I had tried sooo many other products with no success in quitting. I did use both at 1st, but e-cigs have totally replaced cigarettes. No more tobacco odors and bad breath, too!

11/7/2015 5:40:46 PM - MICHAEL ALLEN

Hello, To whom it may concern. I am writing this letter in order for the use of electronic vaping devices. I was told by my doctor that I need to give up smoking tobacco cigarettes in order to have back surgeries well i ended up having three fusions done. I told myself how am i going to quit, its impossible, i said, so i started hearing about these electronic cigs and I told my wife i said honey right after surgery you need to take me to one of these gas stations to get one of those e cigs. It was like six in the morning and i told here i need to get to the gas station fast before I smoke the ones that i had. So at the moment i took that first puff!!!! I told her I said honey this is going to work there is no real differents in the draw. I told here to put that half of pack of e cigs in the glove box and it stayed there for about a year. The year i quit was November 2011. I cam also tell you that my health has changed for the good, I've tried the chantax, gum, and patches and none of those did not work. The situation is, its not about putting a cig in your hands just to have it there or in your mouth its the nicotine back throat hit that i wanted and i reduced the nic level down to zero and after all of that it became a hobby because i love to build and see the beautiful results. These electronic e cig are a life saver and I have not smoked since. This is my story.

11/7/2015 5:40:28 PM - Coll

I smoked for 40+ yrs. I am now a non-smoker because of Blu e-cigs. No more tar nor burnt paper nor 4K chemicals. I am THRILLED!! Are e-cigs perfect? No. But they are FAR better than cigarettes. Even my pulmonologist has told me that he doesn't care how much I 'vape' as long as I don't smoke another cigarette. My dermatologist even recommended them and told me where I could buy them. I had tried sooo many other products with no success in quitting. I did use both at 1st, but e-cigs have totally replaced cigarettes. No more tobacco odors and bad breath, too!

5/16/2015 11:19:02 AM - Doug Neyens

I smoked cigarettes for 35 years, they were I believe the cause of my heart and circulation problems.

I switched to vaping almost 4 months ago and my health has drastically improved.

#vapingsavedmylife!!

11/7/2015 5:37:23 PM - Doug Neyens

I was a smoker for 35 years, had a massive heart attack in 2010. Tried Chantix, patches, gum but nothing worked to help me quit.

Had another stent put in 2014 and in March

I had 2 aneurysms repaired.

I started vaping after that and have not picked up a cigarette since

The proposed regulations will make vaping unaffordable for most and will result in more deaths due to smoking.

The regulations will also cause many vape businesses to shut down.

Vaping has literally saved my life

11/7/2015 5:32:26 PM - Gordon moe

Vaping helped me live a better life I can once again breath again and run with my little girl and I have vaping to thank for that I was a smoker for 15 years . Once I heard about vaping I tried it and never went back

11/7/2015 5:30:02 PM - Borders02

I smoked for 40 years and was able to quit tobacco with e-cigs five years ago, even my Dr. approved. I could never have accomplished this cold turkey and am grateful that I am no longer a slave to the tobacco industry. I don't cough anymore, can take deep breaths and because my husband did the same there is no more second hand smoke in my home. His COPD is manageable and despite the fact that there is some nicotine in e-cigs, we are far far healthier than we were. Leave us alone to ride out the rest of our lives in peace and keep the government out of our choices. We aren't hurting anyone, now, and if the alternative is to go back to tobacco, would you prefer that?

11/7/2015 5:29:45 PM - Michael lazarus

Vaping saves lives it is not a link for children to be addicted on nicotine it is a substitute for us adults to use to not smoke cigarettes me as an adult I enjoy candy flavors cake flavors and yogurt flavors that doesn't mean its advertising to children I was a three pack a day smoker for 15 years vaping was literally the only thing that got me to stop my mother suffers from COPD and start of emphysema from smoking vaping saves lives I have been a non-smoker now for 5 years due to vaping thank you

11/7/2015 5:29:32 PM - Luke Mayhugh

I am 22, I started chewing when I was 16 and smoking when I was 18. Up until a year ago I was smoking a pack or two a day and chewing a can a day. When I started vaping I completely quit doing all of that and haven't done it since and I can say that I feel 100% healthier. I don't wease because my lungs are clear and I don't feel sick to my stomach anymore. All of the ingredients found in the liquid that I use is stuff found in food that is eaten every day. If I could go back I would have started vaping and never touched cigarettes and chew. I am using a box mod now at 6mg of nicotine and that is plenty satisfying. I started off using a disposable vapor pen and 24mg of nicotine. I tried doing patches to get off cigarettes but it just didn't get rid of the craving, I'm thankful for my wife to turn me onto vaping, it has truly saved my life and millions of others.

11/7/2015 5:28:50 PM - David Scott

I have smoked for 25 years. 1 pack to almost 2 packs per day until almost two years ago. I found vaping through the cig alikes (Blu,Njoy)to be specific. I found the taste of these were not satisfying. I was smoking and using them until I went to a vapor shop. I started out with an ego style pen vaporizer. I was using e juice at 24 mgs. It didn't take long to reduce my level. Withing three months I was at 12 mg. 3 more months I was at 6mg . I am now at 3 mg. I have been completely cigarette free for 18 months. At my two yr anniversary I'm hoping to be at 0 mg . This method has helped myself and thousands of others . I know there is a lot of mystery as to the health repercussions as of now. In all honesty I'm happy with the chance I'm taking with vaporizers as opposed to 6000 chemicals in cigarettes which I know will kill me. I have stage 2 Emphysema. My breathing has greatly improved over the last 20 months. I am not sick nearly as much. This is my testament to what e cogs have done for me. I'm now using the advanced vaporizers. "Mods" as they're referred to. And I have not had any issues with any of my vaporizers . I implore you to please give this issue some time to research. If this bill us passed it will literally kill this industry. Candy and cereal flavored e juices help me with sugar cravings as I am diabetic. Those flavors are my guilty pleasure so to speak without the real sugar. I hope this finds you with my perspective on this issue. Sincerely David Scott

11/7/2015 5:27:29 PM - Tommy Molina

I started smoking at the age of 12 years old. Before I knew it I was smoking a pack a day. Throughout my twenties I tried everything I could to quit, but nothing worked patches gum pills didn't matter, I always ended up smoking again. Last year my addiction. A little worse than nicotine and I was up till almost three packs a day. It seemed as if nothing was going to work then I found an alternative. I was introduced to e liquid and a mechanical mod and within 15 days I was no longer smoking. I slowly drop my nicotine levels and currently I'm down to 1.5 milligrams. For the first time in my life I'm completely tobacco-free. And this is completely as a result of a liquid and the ability to find an alternative quit smoking. I was at asthmatic, I would cough in the morning everyday, and I smoked like a chimney. I am proud to say that eliquid have saved my life. Because today I no longer have asthma attacks, I'm no longer coughing in the morning, and my breathing is gotten tremendously better. After nearly 21 years of smoking how to finally able to be free of the chains of tobacco.

11/7/2015 5:26:39 PM - Chris Towns

In June of 2014 I was diagnosed with COPD due to smoking,prior I had been diagnosed with hypertension and tachycardia also caused by smoking.After many battles with trying to kick smoking using most methods available ie; gums,patches and prescription medicine all with no success I decided to give vaping a try on July 10 2014 and have been smoke free since that day.I have been to visit with my DR for regular checkups and since I have had my blood pressure medicine lowered and my COPD has improved,it will never fully go away but thanks to vaping it will also not progress.

11/7/2015 5:26:09 PM - cassandra mccoy

I started smoking in high school. All my friends was smokers and I came from a family of smokers. So my whole life i grew up where cigarettes was easy to come by. I actually lost my grandfather to lung cancer. It was till last year that I was introduce to e cigarettes. They have change my life. I feel so much healthier now. I can actually smell. I can breathe better. I don't smell like a walking ash tray anymore. I started with the e pens first now i'm vaping with a mod. I was on 6 mg nicotine at first. Now I don't even vape with any nicotine. I haven't smoke a cigarette since I started vaping. I would never smoke a cigarette again. When I try to quit smoking before it never worked gum or patches didn't work for me. Nothing worked. Wasn't till i vape that i truly don't feel the need to smoke cigarettes. I feel like since I started vaping that I feel so much better. You wouldn't believe everything I can smell now. I hope for the future everyone can switch to vaping. It's so much healthier for you than cigarettes

11/7/2015 5:25:52 PM - Cindy Cavorti

I started smoking at 18, smoked on and off for 20 years and have tried just about everything on the market to stop. I've tried hypnosis, acupuncture, patches, chantex, gum, you name it. Nothing stopped the cravings I had for cigarettes. I started vaping at 18mg 2 months ago and am now down to 3mg. I plan on being down to 0 within another month. I can honestly say that I have not had any cravings for cigarettes! Vaping has saved my life! I no longer get short of breath going up stairs, no longer constantly cough and my circulation has improved! I have an 11 year old daughter and vaping is helping ensure that I will be here to watch her grow up.

I also see vaping as a way to help save our planet from some of the disgusting habits of people throwing their cigarette butts, empty packs and whatnot all over. There is no second hand smoke so those around a Vaper are not subject to any ill effects. Vaping is by far the easiest way to quit smoking and in my opinion, the best! Please support and allow us to continue to be smoke free and healthy! Please support!!!!

11/7/2015 5:25:33 PM - Joe Palardy

October 22 2013 is my second birthday. Its the day i ended a 33 year cigarette smoking habit and started vaping. Its been like getting my life back. I no longer have to excuse myself to go outside and light up. My home, car, clothes and everything else doesnt smell like an ashtray. Im breathing better and FEEL better. ALL thanks to vaping! Botton line, VAPING SAVED MY LIFE!

11/7/2015 5:19:30 PM - tdornala

I am age 70 and you could truthfully say I have smoked for 70+ years as my mother smoked throughout her pregnancy, and she and my father both smoked until their deaths (age 77 and age 83) so I was continuously exposed throughout my young life and into adulthood. I began smoking at age 15, and smoked 1- 2 packs a day for the next 50 years. I tried many times and many methods to quit, but always without success. My problem seemed to be that I was as addicted to smoking as I was to nicotine!

I missed that heated rush of smoke to the back of my throat, the taste of the tobacco on my tongue, the satisfaction as the smoke filled my lungs. Irreplaceable with gums, patches, oral meds, etc, even after trying them all, some more than once. My doctor asked me if I didn't want to quit, knowing the dangers; I told him that I wanted to want to, but couldn't get there. Then came e-cigs, Thank God!

I bought some to try, and was able to put my cigarettes down, finally and immediately. There must be many others with the same story out there, who were finally able to put their cigarettes down, without the tortures of withdrawal. Medical trials conducted to document the addiction/withdrawal of cigarettes have repeatedly shown that withdrawal lasts for two-and-a-half YEARS on average. NO WONDER THE FAILURE RATE IS SO HIGH! You could get thru anything for two weeks, or maybe two months, but TWO YEARS? Only e-cigs can help you through that. PLEASE don't take them away.

11/7/2015 5:16:23 PM - Lynn

Hi my name is Tai Le owner of a vape shop, I would to share my story of why I open my Vape shop. It wasÂ found by a newly parents that just had a child. The father has been smoking cigarettes for 12 years and always cover with odor of cigarette smoke that could harm the new born baby, so he decided to switch to VAPING and had quit smoking for 4 years. The father decided to open a vape shop and name it after his wife. Our goal is to provide a healthier, cleaner, happier lifestyle to everyone and help other quit smoking because we know it really work.

11/7/2015 5:13:18 PM - Dustin, from Nebraska

I started smoking in high school. I smoked for a decade. When I decided to give it up, I tried cold turkey, I tried patches, then lozenges, I even tried snus. I did Chantix twice. Nothing worked for me, until I discovered vaping. That was in 2013, and within a month I went from a pack-a-day man to a vaper. I felt better than ever. I didn't wake up to a coughing fit every morning. Since then, I've cut my nicotine intake by 75%. Vaping is saving me.

11/7/2015 5:13:06 PM - Mamanyt1953

I began smoking shortly before my 17th birthday. Back then, smoking was just "a bad habit." Not a soul mentioned the word "addictive." If they had, I'd have never touched the first cigarette. Now, 45 years later, I'm paying a price for that.

I have tried hypnosis, various medications, support groups, patches, and a therapist in my many attempts to quit smoking, all to no avail, and at enormous expense.

Several months ago, I went to a specialist for a lung function study. My lungs were functioning at 48-52%, and I was on the verge of developing full-blown emphysema. Desperate, I again tried to quit, this time cold turkey. Five days in, I tried to kick my beloved cat. Then, after discussing all of this with my doctor, he suggested I try e-cigs. Although I would still be getting the nicotine, I wouldn't be inhaling the tars and chemicals released by the burning of the bleached paper.

AHA! Finally, I was successful at something! I now smoke the e-cig only, no more cigarettes. I have even cut the number of puffs back to almost nothing. I may be on my way to being tobacco free for the first time in 47 years. Last week, I repeated my lung function study, and am now at 78-80% function, a significant improvement for me.

I think that the e-cig has added years to my life, and I know that my quality of life has been vastly improved.

11/7/2015 5:12:33 PM - Joseph Berry

I was a 1-3 pack a day smoker for 22 years. I had tried to quit many times in the past but never could. I was turned on to vaping by a friend who said it helped him quit.

Before I began I researched the side effects and the hazards. The fact that many long time smokers were able to quit using vape products made the decision to get off cigarettes a lot easier.

I have been smoke free for over a year and a half now. I find I can breathe better. I don't get sick as often as I use to. I can actually taste foods. I don't smell of cigarette smoke anymore and biggest of all I have gotten away from a habit that would most assuredly killed me.

Vaping has changed my life for the better and I have also helped other friends get away from cigarettes because of it. I am glad that independent producers hold themselves to a higher standard than the big companies. I hope more people will get away from tobacco products in the future.

11/7/2015 5:12:19 PM - Kevvo2195

I smoked cigarettes for 35 years I tried the gum the patch and even cold turkey. I once went to a hypnotist without results. When I tried the blu cig I fell in love with it. There was no odor no ash no smoke. Not only that I have given up cigarettes. When using the Blu cigs they did not have all the additives that cigarettes have which is over hundreds of additives. Not only that I do not smoke as much as I would if it was a cigarette. I believe it is my right to smoke the ecigs I believe they are safer. I feel I should make that choice not the Government. Also I rarely get bronchitis I used to get bronchitis at least 4-5 times per year now maybe once a year in the winter. I don't understand why the Goverment wants to ban these personally I believe there should be a ban on regular cigarettes they are unhealthy and going a stretch further what not put a ban on alcohol this is unhealthy and can be dangerous. Again i should have the right to choose. If it was not for ecigs I would probably go back to smoking 2 packs per day. So please let us have the right to choose between ecigs or cigarettes.

11/7/2015 5:12:04 PM - Ben

Using vaping products helped me end my addiction to cigarettes and I'm incredibly grateful to it. I was a 2 pack/week smoker for 2 years. I started with disposables and realized it would be much more cost effective to invest in a simple vape-pen. I was able to make the switch to vaping and stopped smoking cold turkey after about 2 weeks. I don't feel out of breath anymore, I don't smell bad, and I don't have nearly as much of an addiction to vaping as I did cigarettes. I now ingest an extremely small amount of nicotine through vaping than I did with cigarettes.

There is absolutely no reason that cigarettes should remain legal if vaping products suffer. You know what get rid of alcohol too.

Vaping has helped me get over an addiction to one of the worst substances that is openly sold and advertised to people all over the world.

11/7/2015 5:11:45 PM - Greg Peterson

I started smoking when I was 15 years old. At first I would steal cigarettes from my parents or my uncle when he was around. At that point I only smoked 1 or 2 a day.

While in high school I would buy cigarettes from a vending machine when I had the money.

By then I was at almost half a pack a day. After discharge from the Army at 20 years old I was smoking 1 1/2 packs a day. I tried to quit cold turkey several times, I tried the patch, gum and even Chantix (that was a mistake).

I smoked for 50+ years. One day in November of 2013 I found a web site selling Ego kits for $12. I bought 2 kits and some e-liquid @ 24mg/ml. I was a duel user for about 1 month.

I smoked my last cigarette at 1AM December 26th 2013. My blood pressure went down so low I had to cut back my medication to almost zero. I can breath a lot better now. I don't cough

24/7 like before quitting. I can taste my food now and I don't smell like a ash tray. I have not been sick even 1 day in almost 1 1/2 years, my life is much improved thanks to vapor products.

11/7/2015 5:11:08 PM - Christopher Cottrell

I smoked for 30 years stopped3days later with a disposable ecig now have a mod it's helped my breathing big time I have asthma from smoking cigarettes been loving my Vape I can taste my food so much better also been vaping almost 2years off cigs about 3mgs nicotine used the patch didn't work also tried welbutrin it's been great and no after effects

11/7/2015 5:07:47 PM - Scott Schmacker

I started smoking at age 10 or 11, my grandparents both smoked, and I used to sneak around to steal them. Eventually, I started buying my own. This led to a 25yr, pack and a half a day, career with smoking. I knew I eventually needed to quit, the breathing, and other medical issues, began to mount, even to the point of having to be put on oxygen, prior to surgery, because my o2 level in my bloodstream was too low. My general practitioner, helped to get me a prescription for Chantix, and after giving it a hell of a try, and following the directions to a T, no luck. I continued smoking for quite a few years afterwards, until my daughter was born. Then, I put a lot of thought into quitting, or trying again. My daughter experienced a fit with something similar to an asthma attack, and after taking her to her pediatricians office, it was her pediatrician that suggested I seek out an electronic cigarette. I hadn't heard much about them, but I figured at first, I would go and get a "Disposable" most of which, are put out by "Big Tobacco" which didn't have much to them, they didn't hit, and ran out quickly. I sought out an actual "Vape Shop" where I bought my first setup, and I've been smoke-free from DAY 1! Here I sit, 2 and a half years later, and I actually now work in the industry, to help others find the freedom, I have. I surely hope pending regulation, does not decimate the industry, cause not only has it brought a better life to, not only me, my daughter as well, and countless others, I worked with. Not only that, but it now puts food on the table, for myself, and my family, and has helped to build tons of new companies, and been an overall "positive" impact in our recession riddled country.

11/7/2015 5:07:23 PM - Harrison Smith

I am currently 32 years old and I smoked for over a pack a day for almost 15 years (from about age 16-30). I tried many ways to quit smoking (gum, patches, hypnosis, etc.) but always went back to cigarettes. In part because I had so many friends who smoked and it was hard being around it all the time and not partaking. Peer pressure is alway prevalent even beyond your teen years. My big wake up call was when I decided to lose weight and my pre, post, and sometimes in the middle routine included a cigarette and I realized that to get myself healthy I would need to kick the stinkies as well, I had tried starter kits in the past but they just didn't do it for me. So I went to a local brick and mortar and got myself going with a slightly more advanced starter set up and I have never looked back. I started out at 18mg nicotine and am now down to 6mg. I am also 2 years fully cigarette free and feel 100 times better. I do not cough up a lung every morning, I do not smell like an ash tray, my breathe is much more pleasant, my teeth have started getting whiter, and my overall quality of life has benefited. I am now engaged to the love of my life and it would have never happened if I were still a smoker. I thoroughly enjoy vaping and the better quality of life it has brought me versus smoking cigarettes.

11/7/2015 5:06:42 PM - Pamela Hess

I have been a smoker for 50 years. After numerous attempts to unsuccessfully quit, I found out about e-cigs. Two years ago I threw out my cigarettes and have been using e-cigs. I have gone from the high level to medium and smoke fewer e-cigs weekly. I'm afraid if e-cigs are banned, I will go back to cigarettes.

11/7/2015 5:06:27 PM - xsmoker

I had been smoking since age 18 or so, and tried every option to quit Smoking. Chantix, Welbutron, Gum, (gave me Saliva gland stones), I was allergic to the adhesive in Patches, quitting cold turkey was a joke. I never quit ever for more than a few days. After Vaping using an independent company's battery and tank system for 2 Months I had Reduced my Nicotine to 3mg after 3 Months I was doing half 0mg and half 3mg. Now 10 months later I am vaping 0mg and only continue to vape to remove the physiological need of taking a break from time to time. Literally Vaping could end up saving my life, It may not be perfect, but I am no longer addicted to a chemical the Surgeon General in the 90s said was more addictive than Cocaine. I literally cried, me a grown man of 47 years old, cried when I realized that one day i went to bed and realized, I never once thought to myself "i need a cigarette." I feel like I have more energy, I can walk the dog without getting tired, I dont smell like S--T. And my kids... Don't get me started on how my kids can finally be proud of their father. Vaping may not be perfect, but my father smoked 3 packs a day for 50+ years and died of Lung cancer. I dont want to die that way! Vaping allowed me to stop smoking AND eventually Nicotine. hopefully that allow my to live a longer life with my family.

11/7/2015 5:06:11 PM - Angela H Reed

After having smoked an average of 2+ packs a day for over 29 years, I have tried to quit by every means possible. I tried cold turkey, gum, patches and prescriptions all with little to no success. My first experience with electronic cigarettes was with a blu and this too did nothing for me. When I was introduced to a vape pen my world changed. During the first 6 days I smoked a total of 17 cigarettes, when my battery would get weak or die. I bought a second device on day 7 and haven't looked back. My quit date was over 15 months ago on July 11, 2014. Within a month or so of my quitting, my brother and both of my elderly parents were also vaping to quit. I never thought I would see my parents quit voluntarily. I have also had several friends and other family members quit as well this year. Vaping, in my experience, is the single most effective smoking cessation tool available. #IMPROOF #VapingSavedMyLife #VapingSavesFamilies

11/7/2015 5:03:53 PM - Nikki Watt

I started smoking when i was 14 years old, and continued to smoke for 16 years until January of 2015 when i started vaping. I put ciggarettes down completely after 3 days of vaping. I started at 18mgs nicotine using an evod battery with a kanger genie tank, i am now down to 3mg nicotine, and sometimes 0 nicotine, using a evic vt mini mod and a UD Goliath tank. Somedays i find myself going hours without even needing to pick up my vape. I no longer craze tobacco at all, ciggarettes actually make me sick to even be around. Before vaping, i had tried the patches, and nicorette gum and neither had worked for me. I still felt the need to smoke and never actually put down ciggarettes at all with them. My life has changed tremendously due to vaping, it really has saved my life. I couldnt walk without running out of breath before, but now i can, i can even run and do stuff with the kids. My doctors have even seen a difference in my health and lungs since i quit smoking and started vaping. I hope that this alternative stays around to help the people who need it in the future. Without it, i dont know where i would be right now, i am extremely grateful to have had this to help me along on my journey.

11/7/2015 5:03:31 PM - Chad Westfall

I've smoked since I was 16 years old. My father smoked, for decades as well. A couple years ago dad had a health scare..or a rude awakening as it was. Heart attacks..multiple. Strokes...multiple. COPD, CHF, ..lung cancer. Mostly from smoking for the majority of his life. It made me stand up and take notice, I tried gum and patches and Chantix (which due to the side effect of making me crazy had to be discontinued). None of these things were working...none helped ease the with-drawl problems, and in the case of the prescription..I almost died, by my own hand. I then turned to vaping. Vaping satisfied the hand to mouth action that I missed from smoking. It contained some very simple ingredients and has been key to my journey in breaking the cig-cycle. It has taken some time to find what works for me as far as flavor and device, but it's been worth it. My father, after all this quit cigarettes and went to snus. It won't reverse the damage, but it keeps him from exacerbating his COPD. I can't imagine that I'll be able to continue my tobacco abstinence without the vape industry..the end of this product due to government/FDA regulations will surely send me back to the butts. It will almost literally kill me in the end. Save the vape...save lives.

11/7/2015 5:03:16 PM - Michael Haven

I had smoked for 25 years. I had tried quitting smoking multiple times. I tried gum and lausenges which both gave me stomach cramps so bad that I couldn't even stand up. I had tried Chantix which didn't work. I was afraid of trying the patches due to skin allergies. The only thing that worked for me was vaping. I have been smoke free for a year now. I am able to breathe better, I am able to do things without becoming short of breath. I do use multiple flavors of eliquid, none of them tobacco flavors. I have multiple devices that I use on a regular basis. I have several regulated devices and several unregulated devices. Each one has a different flavor in them. I like that I have finally found a way for me to completely kick smoking.

11/7/2015 5:02:52 PM - richard hutson

I was a smoker for 15yrs,2 packs a day.I have been wanting to stop tobacco use for a while now.As a iraq war veteran I have my fair share of anxiety issues and smoking was my crutch vs medication.after talking to several people who vape and doing my own research I decided to try vaping.best decision I have made in a long time.i have been tobacco free for a month now and love the way I feel.my wife also switched to vaping.she love it to.hell my dogs love it.doesnt irritate their sensitive noses.please don't ban vaping.it my best chance at a healthier life.i currently use the cool fire 4 with oak ridge vapors.

11/7/2015 5:02:15 PM - Ian Barber

I smoked a pack of cigarettes a day for 28 years. I tried every quit option on the market. The only thing that worked for me was vaping. This month marks 3 years without a cigarette.

I believe in vaping so much, that I opened a vape shop to help others escape the evil clutches of tobacco.

11/7/2015 5:02:00 PM - Stephen Beauchemin

I started smoking in grade school at age 11-12. My cousin and I would steal cigarettes off my grandfather. I quickly graduated to buying my own very shortly after that. The laws were much different back then. No age restrictions to purchase and I had paper route money. That was in the late '70's.

Fast forward a few years... My health started to decline. The sports I enjoyed were much more difficult to compete in. The coughing, the smell, I had had enough. Unfortunately, every method I tried to quit did not work. I couldn't stop for a single day. The patch, chantix, Wellbutrin, hypnosis, yoga studies, you name it I tried it. Nothing worked. I wanted to quit so badly but could not.

Thirty seven years after starting a friend told me he switched to vaping. I researched and decided to give it a try. I was skeptical because everything else failed. Almost immediately though I could tell this was going to be promising. Everything about it was so much like smoking. It was difficult because it was just before the boom of the devices we have today. I swallowed a lot of juice which nearly made me give up but i preserved. I've gone from 24 mg to 1.5/3 mg in 18 months.

I feel so much healthier! I'm greatful for the industry. I personally don't subscribe to the "vaping saved my life" mantra some proclaim. There's just no proof of that and im sure the 37 years of smoking cigarettes cannot be reversed. However, I do believe switching to vaping has and will prolong my life!!

Thanks for reading!!

11/7/2015 5:01:41 PM - Thad Buck

My passion for this issue was born from personal experience. I was a one (1) pack per day cigarette smoker for 20 years (age 17-37) until I discovered Vaping in 2013. I had tried and failed to quit with the aid of patches and gums several times over the years.

It was no small feat that I was finally able to quit smoking upon trying and buying my very first "e-cigarette".

However, if at that time, I was not able to quickly graduate to the newly introduced and more powerful advanced personal vaporizer options on the market, I am not convinced the relatively crude, early generation, "e-cigarette" would have sufficiently curbed my cravings during that critical first month of my cessation effort.

In fact, I believe had I only had access to the early generation e-cigarettes, and not the advanced personal vaporizer I soon adopted, I would still be smoking cigarettes today.

Over the past two years I have remained smoke free and have tapered the strength of my nicotine e-liquid from 24mg to 3mg and I plan to be at Omg within a year. This educated personalization and customization of one's vaping method is only possible because of the competition in the segment and the multitude of products that have reached market in recent years - well after the proposed "grandfather date".

My fear is that, without the benifit of the latest in Vaping technology and E-liquid options I employed to quit smoking, millions of current smokers will not enjoy the quality of life and health benefitts that my victory over big tobacco has afforded me.

I hate to think that without my current Vaping alternative of choice, I may return to smoking cigarettes. That would be devastating to myself and my family.

Regarding the Vaping industry, our government needs to use common sense... unfortunately that is a very uncommon commodity in Washington.

11/7/2015 5:01:16 PM - David S. Seibert

I am a 65 year old male that started smoking cigarettes when I was 6 years old and have used tobacco just about as long as I can remember. A couple of years ago I started experimenting with various types of disposable ecigs. Last year I started making my own juice using pharmaceutical grade components found from a variety of web based sources. Now my lungs are clear and my endurance is also greater. I no longer smoke tobacco and consider myself smoke free. I have tried to quit smoking using hypnotherapy, Chantix, chewable nicotine tablets as well as patches and was only able to stay smoke free for 8 months at a time.

Having not smoked a cigarette in about 2 years I feel and smell better. My Doctor has proclaimed my lungs to be clear.

Please do not put any regulation/law on the books that will obstruct or outlaw the availability of vape products. To me and many researchers it is equivalent to caffeine and I certainly would not to take away someone's coffee. We do not need additional government regulations to control these products as it is a waste of tax dollars. We need less government not more.

11/7/2015 5:00:48 PM - Michealcdubya

I smoked Cigarettes for 23 years. I have tried to quit so many times it was discouraging. A good friend sent me my first 20 watt device and eliquid. In 2 weeks time I stopped smoking completely, its now been 7 months. I am 7 months without cigarettes, and have no desire to go back.

This decision to quit has of course had a positive impact on my life. My lungs have cleared up, and my lung capacity has increased. My blood pressure has normalized, and I no longer have a cough.

My family, including my 6 children, are thrilled. The Vaping industry is saving lives.

11/7/2015 5:00:30 PM - George Stewart

I smoked cigarettes for over 20 years, mostly camels. Then shifted to top hand roll cigarettes. I had tried nicorette gum and it didn't help at all. I considered chantix, until I read and heard from a friend that it can affect your mentality negatively. Just over 3 years ago a friend let me try his vaporizer. That night when I got home, I ordered my first starter kit, and started researching everything I could find. I discovered little scientific research at that point, unlike today as we can find truthful studies. I noticed I wasn't smoking 30 hand rolled cigarettes a day by the second day of vaping. On Feb 1, 2013 I smoked my last cigarette and have not looked back. I know that using a vaporizer is why I no longer smoke, and why I am healthier now than I have been in years. I know this is a great and proven way to quit smoking. Thank you for reading.

11/7/2015 4:59:27 PM - Tracey Sherman (TraceyS) from Fairlawn, VA 24141

I started smoking at the age of 13 in the 'designated smoking area at my high school'. I am now 55. I first tried to stop smoking around the age of 44. I tried patches, gum, hypnosis, cold turkey. I always failed...my longest quit was 23 months. I tried vaping when I again failed after my young nephew passed away. I vaped when out and about and continued to smoke at home (outside). That was August 2012. In October 2012 I decided to chose one or the other...I chose vaping. It wasn't always easy in the beginning because of the choices we had in the ecigs. As time progressed I settled into a very satisfying ecig experience with good equipment (REO mod), knowledge, and unflavored eliquid. I have lowered my nicotine intake from 24mg when I started in 2012 to 12 now. I reached my three year mark of no TOBACCO on 10/15/2015. I am so happy and proud. the ecig gives me the oral satisfaction, which was missing in all the other ways I tried to quit. Please do not take my life away, I just found it again. Ecigs are not tobacco. Thank you.

11/7/2015 2:21:00 PM - Michelle Allgood

I have smoked for 30 years. I have tired patches,gum, and everything else. My son came home with a vapor. He started vaping. I thought it would not work. Because nothing has ever worked for me. Well a friend of mine I found out that she had been vaping for 2 yrs. Well I went and purchased a vape I am only 3 months. My husband is now vaping after 45 yrs. He has heart problems. We just went to Dr and his bp,up down to normal and Dr says keep up the vaping!

11/7/2015 2:20:49 PM - Michael W.

I smoked for nearly 19 years and was able to successfully give up tobacco products and the addictive and harmful carcinogens and tar that are associated with tobacco. I've spoken to my doctor about vapor products and read several studies about their effects and have determined that vapor is incredibly safe. It is safer than tobacco, alcohol, and numerous over the counter prescription drugs that are currently on the market. It has made tremendous changes in my life but I know that quitting tobacco is one of the single hardest things I've ever done in my life. Without the assistance of these products I would still be using tobacco products today and if these products were to disappear I would be right back on them. I have made massive changes to my health and future with the assistance of these products and the lack of vapor products would result in not only worry some issues for myself but also millions who use the same products.

I have now been tobacco free for nearly a year.

11/7/2015 2:20:38 PM - Ryan Sabol

I started smoking at 13, out of boredom really. For the next 25 years I battled this demon. I unsuccessfully tried to quit many times. I tried gum, patches, prescriptions with horrible side effects...nothing kept me away. My health began to decline. I could hardly use the stairs at work, which is a necessity. Then, I found vaping. I instantly hated the taste of cigarettes, at I had a world of flavors in front of me. After only a few days, I never wanted a cigarette again. My blood pressure is down. I can take the stairs with ease. I will be a part of the lives of my future grandchildren. All thanks to vaping. My wife's story is the same as mine. It is the only thing that worked for us!!!!! Vaping saved my life October 11, 2013.

11/7/2015 2:20:27 PM - Charles Martel

I averaged smoking a pack to a pack and a half a day of Camel cigarettes. I smoked for 38 years starting when I was about 15 years old. I enjoyed smoking even though I knew it was bad for me. If it wasn't for vaping I'm sure i'd still be smoking. In Jan. of 2013 I started vaping green smoke, the ones that look like real cigarettes, and it is now Nov. of 2015 and still vape, usually using temp control mods, quit green smoke after 6 months because those kind suck, and haven't had a cigarette since the first day I started vaping in Jan. of 2013. I still get a low amount of nicotine in my juice between 0 mg. to 6 mg., I try to us the 0 mg. indoors. That's it! I hope I'm able to vape until the day I die if I'd like to because I'm sure I'd be able to smoke cigarettes until the day I die, which would probably be much sooner with the dangers associated with tobacco products.

11/7/2015 2:20:15 PM - Connor Norvell

This was originally posted on medium, you can read it there with much better formatting:

https://medium.com/@toggle_norvell/how-vaping-saved-my-life-and-why-i-hate-vape-heads-55ae16180f9a

TL;DR I was nauseas for 7(ish) months, started vaping, not nauseas.

In light of recent events, mainly regarding the regulation of vaping, i figured now would be a good time to write this.

Part 1â€Šâ€”â€ŠThe problem

1 year ago this month, I went to sleep. When I woke up the next morning, I was very nauseated, and came very close to vomiting, which is by far one of my least favorite feelings in the world.

I had eaten a lot of sugar the night before so I figured it would pass once I ate something better (like a banana or something, that helps right?) but the nausea didnâ€™t go away that day. The next day I woke up. still nauseas. I was confused, but again, I figured it would go away in a few hours, maybe a day.

This continued for 6 1/2 months.

And I donâ€™t mean minor nausea, I mean every few days almost vomiting until I calmed down and forced myself not to.

around the 12 day mark of nausea, I went to the urgent care, because honestly I was freaking out. They took some blood, and tested me for hypothyroidism, among other things. and sent me home with some Zofran, whichâ€¦ kind of helped. but all my tests came back negative. I then set up an appointment with a doctor in my area, he took me through a slew of blood tests, testing me for tumors on my adrenal glands (primarily because I had a quick heart rate and high blood pressure when they tested me) took a comprehensive metabolic panel, a urine test, CBC, TSH, and many other things. They all came back perfectly fine, Despite my constant nausea, I had a clean bill of health. Then the doctor had an idea, he tested my heart rate again, in the middle of the appointment, and I didnâ€™t have high blood pressure or heart rate. He diagnosed me with gastritis, and sent me home with some prescription grade Zantac. He essentially chalked it up to anxiety. Which I naturally didnâ€™t listen to because that didnâ€™t make sense to me. I took the Zantac for a week, and it only made things a little worse, I then started having the idea that maybe, I didnâ€™t have too much stomach acid, I must not have enough stomach acid! Finally! I have figured it out. So i started taking holistic medication from the local whole foods to fix this little problem! andâ€¦ it got worse.

After some trial and error I figured out low stomach acid wasnâ€™t a thing (I promise, it really isnâ€™t) and started holistically medicating the Gastritis that I had most likely made worse over the last week.

My daily regiment looked like this:

30 minutes before every meal, I took 2 DGL Licorice (to coat stomach lining)

Between meals I would take Slippery Elm (also, to coat stomach lining)

I took Pepzin GI every day as well, which made things worse so i discontinued.

Alkaline water (TERRIBLE IDEA, DONâ€™T RECOMMEND)

After a few weeks of that not working, I finally decided to talk to a professional. A nutritionist. (Disclaimer: I am not bashing them, their methods might work for some people, but for me, it made everything worse)

So after my 5th blood draw (TERRIBLE IDEA, DONâ€™T RECOMMEND) I was talk that I was allergic to the following foods, in varying degrees of intensity.

The worst allergies, the ones I absolutely could not eat, were:

Garlic. Sh**.

Spelt

Mango

Hazelnut

In the medium category was, Basil, Oats, Blueberries, Capsaicin, Cherry, Crab, Dill, Blue #1, FD&C #3, FD&C #4, Green pea, Orange, Parsley, Potassium Nitrite, Sodium Sulfite, Sole, Tea, Tomato, Vanilla.

So, I couldnâ€™t eat anything because Garlic is in everything. Trust me. It. Is. In. Everything.

So to try and summarize this, I ate this diet for 3 1/2 months, and I never got better, but not I had something to blame when I was nauseas.

â€œOh! Some sneaky chef must have put garlic in my dinnerâ€¦ stupid chefsâ€

(if you ever want to experience how crappy this is, go to any restaurant, and ask for no garlic. It is really hard to find something to eat, one time I had to eat a plate of beans)

Part 2â€Šâ€”â€ŠThe Fix

It was at this point that I had a mental breakdown. I have been through some things in my life, but nothing will every be as hard as being nauseas for almost 7 months. Itâ€™s not just about me, I was ruining my wifeâ€™s life as well. I couldnâ€™t go anywhere, do anything, I was a living vegetable. and mentally, that really started to take its toll. One night sitting on my driveway, I very seriously considered running down to the creek in our backyard, and quickly drowning myself. Save my wife the grief of her life passing her by, and stop myself from experiencing never ending nausea.

Thankfully I didnâ€™t.

Cut to april/may (not sure exactly when) me and my wife went on a camping trip with our engaged friends (weâ€™ll call them desther and saniel). I wasnâ€™t feeling good at all right before we left. and I was scared, really scared. I didnâ€™t want to be sick on a camping trip. I ended up feeling better after the car ride (thankfully). We found out that Saniel vaped, I wasnâ€™t feeling too hot, So I took a drawâ€¦

BOOM

Instant relief. I wasnâ€™t nauseas. wtf.

Now I had vaped before, but never with nicotine. it was at this moment i realized, Anxiety. It was always anxiety. I never realized it but my whole life I have had it, anxiety attacks, constant worry.

The next day, we drove down to the local vape shop, and I bought my first set up. an Arctic tank, with an Istick 50w mod.

and I cheifed on it, and I suddenly wasnâ€™t nauseas anymore.

That was april/may, since then I have only been nauseas a handful of times, and the anxiety is mostly under control, though there are many things i do besides vaping, but that is for another post.

Vaping saved my life (literally). I almost killed myself because I had undiagnosed GAD. And all I needed, was nicotine.

11/7/2015 2:18:49 PM - shawnpaul noel

At 38 years old I was told I had c.o.p.d. and likely wouldn't see 40. Well after many attempts and countless dollars spent I continued to smoke .at this point I was on oxygen 24/7 and could hardly walk any distance.

On a whim one day I purchased a vape setup and with in 3 days I no longer needed cigarettes. In 2 months time I went from 12 mg of nicotine to 3mg .

Within 3 months of "vaping" I no longer required the oxygen that I wore for 2 years. Now I no longer cough up blood, or at all for that matter.

So long story short after 24 years of smoking I quit as of 8/13/15 thanks to a vape system. My health has drastically improved and basically it saved my life.

I spent lots of money on gum,patches,Chantix and even acupuncture with no lasting results.

This has been a wonderful experience and I highly urge current smokers to give it a shot.

11/7/2015 2:18:36 PM - Steven

After dipping for 10 years I finally switched to vaping and am almost on 0MG Nicotine fluids THIS SAVES LIVES lets keep local vape shops open and save this industry

11/7/2015 2:17:38 PM - Robert Jones

I was a pack and half a day smoker for 27 years. I had attempted quitting on 2 occasions using nicotine lozenges and nicotine patches. Both of these methods made me extremely nauseous and unable to function in my day to day life. I had also considered Chantix, but had a friend suffer some really nasty side effects from the use of it.

I had seen a handful of people I worked with start using electronic cigarettes instead of smoking. They had some decent success with this method, but I was still pretty skeptical about it.

In September of 2014, I purchased an e-cigarette of my own in an attempt to quit. I decided to buy one with a tank I filled myself so I could choose my own flavors, because the last thing I wanted was one that tasted like a cigarette. The first flavor I bought was cinnamon.....because it was the only one I could actually taste. Smoking for 27 years had effectively numbed my sense of taste that badly. The strength of nicotine I started with was 18mg per ml.

I regained my sense of taste after about 2 weeks of vaping, and discovered flavors other than cinnamon. The flavors helped considerably in me not going back to cigarettes. I found it much more satisfying to taste fruit, or dessert flavors in my mouth than the flavor of a cigarette gave me.

I have been cigarette free for over a year now. I never smoked another cigarette after the day I bought my device. My need for nicotine has reduced greatly, as I now use liquid with 3mg per ml in it. I can breathe, I can taste food, and I do not smell like an ashtray anymore. I can go 3-4 hours without nicotine and not want to rip someone's head off. Vaping has most certainly changed my life for the better.

Now.....if it went away tomorrow, would I go back to smoking??

No.....I am pretty much done with that. I would miss vaping, but I could go on without it being what it is today.

However.....how many people would miss out on quitting smoking the way I did? How many lives could this potentially save/change for the better?

I believe the good in electronic cigarettes far outweighs any negative in them.

11/7/2015 2:17:22 PM - Kim Jones

I am a vaper, cigarette free for over a year now. All thanks to ecigs. In the past I had tried many alternatives to try and kick the habit. Such as Chantix, the patch,Â Nicorette gun, hypnosis, quitting cold turkey, etc. All had their own set of side effects and did not work for me. The first time I smoked a cigarette I was 8 yrs old and stole s couple from my parents. At age 12 I found ways to get packs of cigarettes on my own and it was over from there. I was a smoker for 14 years.

Without ecigs I would still be failing and smoking cigarettes. Harming not only myself with all of the chemicals and carcinogenics, but also my children with second hand smoke. While a smoker I had horrible breathing problems, needed inhalers, breathing treatments and had bronchitis 2-3x a year. My kids had breathing problems also.

Now we have no problems. I have not touched an inhaler since I started vaping, I haven't gotten sick as often as I would, no bronchitis, no issues. In fact I can breathe much better, I can run around with my kids and not be out of breath. I can smell and taste things much better also. Now when I can smell a cigarette a mile away and it makes me extremely nauseous and if around it too long I get a horrible headache. I don't smell like an ashtray and my kids are extremely happy I don't stink anymore.

I want to keep ecigs & ejuice on the market without a ton of regulations & huge taxes on it..because I want the younger generations when they become 18 yrs old to have an option to not pick up a cigarette full of chemicals & carcinogenics. Have the option to use something less harmful, with no side effects that wasn't put on the market by big tobacco or big pharmaceutical companies.

Also it should be up to companies and business owners if ecigs are allowed in their establishment or not. As far as taxing ecigs...we as vapers got away from cigarettes not just for our health but also to save money. Cigarettes are extremely expensive just as they are extremely dangerous.

Kim Jones

#proudtovape #IAMPROOF #SUPPORTEROFHR2058 #STORYFORCHANGE

11/7/2015 2:17:08 PM - Robert Sands

I was a pack a day smoker since the age of 16. I quit for years then started up again. I had to sneak in my back yard so my kids would not see me. When winter came I would throw my cigarette butts in the snow, when Spring came there would be hundreds of dirty and wet cigarette butts all over my yard. The sight of this got me to try vaping. First I tried the blu e cigs, that did not work. A friend had a vape devise and told me to try it. I bought a set up and have been cigarette free for over 2 years. I would have not been able to quit without vaping. I have more energy, eat better and I am in the best shape of my life. Please do not lump vaping with tobacco products. It is the best thing to come out in a very long time. I truly feel I would go back to smoking the minute these are taken off the market.

11/7/2015 2:16:59 PM - Ian Briggs

I smoked quite regularly for many years, more than I'd like to admit. I have tried multiple alternatives, which all failed. I even went to a psychologist, which helped, but i started smoking again less than two months after quitting. Since I started using smoke-free products I haven't lit up and have no desire to do so. I can see people smoking and not want to bum a cigarette off them.

My first product that helped me quit was Vuse, which I used for about 6 weeks before buying a small refillable device. To stop the cravings early on I was using 24mg fluid. Now I am down to 3mg.

I feel less anxious now. I can go for longer without using my vape than I ever could with cigarettes. My health has increased, I can walk long distances without being winded and no longer cough.

If vaping products were made illegal I would go back to a 2 pack a day habit and shorten my life, not a rosy picture.

11/7/2015 2:16:45 PM - Daniel Koucheravy

Being a young adult with anxiety and ADD, cigarettes always seemed to help me calm down for a second and get a moment of clarity. But it soon became a problem, and for two years I was a pack a week smoker.

I tried quitting cold-turkey, I tried patches, nothing really satisfying the urge. Finally, making some friends who vaped, I realized it satisfied the hand-to-mouth sensation I loved so much, included flavors, AND made me feel better throughout the day! I've now been analog-free for two weeks, also only having had two packs since late August.

Vaping has definitely improved my quality of life, and I recommend it to anyone trying to either cut back their smoking or quitting fully.

11/7/2015 2:16:31 PM - Alec Strickfaden

In 2013 my girlfriend told me she was pregnant. At that time I smoked 2 packs a day and had been trying to quit. I tried nicotine gums , candy, patches.. But nothing helped. As her pregnancy developed she couldn't stand the smell of cigarettes that My body and clothes put off. Many times as soon as I got home I needed to change my clothes and shower be for I could even give her a kiss.

I started to watch my nephew after work to get used to watching a kid before my child arrived. After running around with him I was just tired I couldn't keep up and would have to rest and cough up come mucus. This was the final straw, I needed to do something if I wanted to be able to keep up with my child and if I want to be alive to see her live life's moments

I bought an E-cig and a bottle of cigarette flavored e juice. I jumped back a forth between e-cigs and cigarettes until my buddy suggested that maybe vapeing on a flavor that reminds you of something your trying to quit could be why I couldn't stop smoking. I bought a couple different flavors. Some fruit, some deserts, and some drink flavors. By having a variety of flavors to pick made it easy to quit cigarettes because I enjoyed the pleasurable flavors that I could switch between and not get bored of.

As time went on i continually lowered my nicotine amount and kept changing flavors.

I have been vapeing for almost 2 years now and I feel healthier. I can keep up with my daughter and not feel winded. And thanks to vapeing I am confident that I will be alive to see all her firsts and even see her start her own family.

11/7/2015 2:14:36 PM - Carrie Hopkins

I smoked for 22 years. Over those years I attempted to quit using nicotine gum and using the nicotine patch. The gum was not at all successful, and the nicotine patch made me ill. My sons were begging me to quit, my doctor was advising me to quit because I was in his office with respiratory infections every two or three months. My doctor gave me a prescription for Chantix, but before I had it filled, I bought a cigalike e-cigarette at a convenience store. I never picked up another cigarette. Ultimately I moved to a tank system for greater flavor satisfaction and cost reduction. That was nearly 3 years ago. Since I quit, I have only been to the doctor three times - none of which were for respiratory illnesses. My sons have only been to the doctor for annual checkups - they have not had anymore ear or sinus infections. In the year I quit smoking, I spent just shy of $2,000 in health care costs for myself and my sons. In the 3 years since, I have spent less than $500.00. I no longer cough and wheeze in the mornings and my senses of taste and smell have returned. I firmly believe vaping has drastically improved my quality of life and the quality of life of my family.

11/7/2015 2:14:27 PM - Douglas Estes

I smoked 2 packs of Marlboro reds for 21years. I tried quitting several times. I tried the patch, gum, Zyban, and Chantix with no luck. I even started chewing to stop smoking. December 30, 2013 I started vaping and have not had a cigarette or tobacco since. I started out with 24mg-32mg of nicotine. I am currently at 3mg and considering going to 0mg. I can breathe better. I feel better. I haven't been sick since then.

11/7/2015 2:14:17 PM - Gina Sassi

I smoked ciggarettes from the age of 14! After 15 years they really started taking thier toll on my health, constant coughing, asthma, upper respiratory infections. I tried quiting with all traditional methods, cold turkey, patches, gum, antidepressants. Nothing worked. I still smoked and suffered. Then in 2012 I found vaping. I started with the Blu style and dual used cigs and vapor. Even just doing half and half I felt better. Then devices and liquids on the Market improved I was able to switch fully to vapor. I no longer need breathing medications, I don't cough and my blood pressure has also come down to normal levels.

To the powers that be, this technology is life saving, please do not take it from us or make it so hard to obtain that everyone goes back to smoking.

The benefits are real!

Vape on!

Thank you for your consideration !

11/7/2015 2:14:07 PM - Siron Creswell

I started smoking late in life. I smoked 2 packs a day for about 10 years. I noticed aches and pains, problems breathing, and ALWAYS having a cold or sinus issues. One day a friend of mine had this thing that looked like a pen. I noticed she'd puff on it and exhale the most delicious smelling vapor. I asked with extreme interest, "What is that?". She replied, "It's an e-cig." She asked if I'd like a puff. Heck yeah I did! At first it was a little harsh. I thought to myself that cigs were much smoother. But, after a couple more puffs, it mellowed out. I think the flavor was a strawberry/pineapple mixture. I was intrigued now. We headed to what she called a "Vape Shop". Upon entering there were several people testing different liquids. The place smelled like a bakery and fruit stand all in one. I bought my first e-cig. Known as an Ego Twist. And this plastic tank that I later learned was an atomizer. I bought some of the same "juice" that she has been using. At the time I still had about a half pack of cigs left. On the drive home, I decided I just had to have a real cig. The first puff of the real cig choked me up. My mouth was filled with the most horrible taste! I immediately tossed it out the window. In fact, once I got home, I tried another cig and ended up throwing the rest of the pack away. I never looked back after that. My very first day with an e-cig and I was DONE smoking! Done smelling like an ashtray! Done getting breathless after the slightest exertion! My family was happy for me. Now, after 3 years, I'm still vaping. But, I've diminished my nicotine level from 24mg down to 3mg. My "gear" is so not like that little ego set up I had bought that first day. Like everything else, vaping has evolved. I am product to say that I am "Smoke-free!" Vaping helped me get to this place of better health. I had tried the gum! I tried the patch! I tried the pills! But to no avail. I ALWAYS went back to the cigs. Seeing friends and strangers puffing away would remind me of that warm drag. That exhale. Now, that it's all disgusting to me. I can't stand the smell of someone that smokes. I encourage everyone that I know to try vaping. My physicals and check ups have made a complete 180Â° turnaround. My vitals are in the normal range. My lung functions are much better. My chest x rays are clear. I'm on the path to healing. Vaping saved my life!

Sincerely,

Siron Creswell

11/7/2015 2:13:47 PM - Stephanie MacDonald

I started smoking when I was 12, I am 30 now. In the past I had tried quitting cold turkey, used chantix, and the nicotine gum, none of which worked to replace my urge to smoke (the actual act of giving my hands something to do and blowing out smoke), using these methods the longest I ever went without a cigarette was a week.

I tried my first e-cig in about 2012, the "primitive" straight "e-cig" style when I first took an interest in vaping to put down the cigarettes that were making me at this point hack phlegm all day and of course stink like an ashtray. However I did not care for these as there were problems with getting a good hit, didn't taste right, and was just a hassle to use... I again went back to smoking cigarettes.

In the last couple years there has been a BIG boom in the vaping industry with all the different flavors and mods that I decided to give vaping a try again several months ago. I now have a Lotus Jellyfish and LOVE experimenting with all the flavors and labels out there. I haven't had or even wanted a cigarette in 3 months now! This is STRICTLY because of the NEW products on the market today, especially there being so many NON-tobacco flavors, now I don't even like the taste of anything tobacco! Not only that but my husband also quit smoking this same way recently, he's even gotten 4 people at work to quit cigarettes and now also vape. I no longer have smoker's cough, I smell better both with my nose and as a person, our house and car smell GOOD, and we are setting a WAY better example for our kids. VAPING IS A LIFE SAVER!

11/7/2015 2:13:34 PM - Ryan Burch

I am 30 years old and had smoked since I was around 18 years old. I was a pack and a half smoker a day. I have previously used chantix With no avail. I was still smoking 1 pack a day on chantix. After about 1 week on chantix I was changing as a person I was grumpy and was getting horrible night mares. When I got off chantix they all stopped within 3 days. I tried nicotine patches that left marks and irritated my skin and also made me sick to my stomach.

I had gave up hope about quiting smoking until my dad had a heartatache. When he got out of the hospital we decided we were going to quit smoking together.

That weekend I started doing a ton of research. I really liked the vaping community and how much support and help they were giving to a non vapor. That weekend I went and picked up my mod and a sub ohm tank.

I have not touched a single cigarette since that day. I have been vaping almost 2 months now and feel absolutely wonderful. I wake up in the morning with no headaches no chest congestion and a whole new aspect on life. If it wasn't for vaping I kniw I would still be smoking cigarettes and killing myself.

Sincerely Ryan K. Burch.

11/7/2015 2:13:25 PM - Karen Zopfi Ladue

I was a 20 plus year smoker, I tried everything to quit nothing worked until vapeing. I have not smoked a cigarette in almost 2 yrs. I tried chantix, wellburtin, gum, patch.All to no advail. Oh I quit for a week then I would tell myself that a couple aren't bad. I was a 2 1/2 pack day heavy smoker. With vaping I have not cheated. I'm proud to say! Also I'm down to 3mg of nic. Thank you

11/7/2015 2:13:11 PM - Lin Boyd

I was a smoker and at the time I was going through a pack a day. When I got pregnant with my daughter I knew that it was time for My Husband and I to quit smoking. We both started vaping and our lives have gotten better. We no longer reek of an ashtray, and our health has definitely improved. We don't find ourselves getting short of breath, and our sense of smell has grown exponentially. He was smoking about two packs a day and he had tried quitting previously with no avail. We had both tried quitting cold turkey, with Nicorette, & I believe he tried to patch. Nothing worked until we started vaping and we've been cigarette free and tobacco free for two years now.

11/7/2015 2:13:02 PM - Bernie

Hello, I am here to add my 2 cents. I was a smoker and dipper for 20 years give or take a year. I tried gums, patches, and pills nothing worked. I was just smoking and dipping while using these other methods. Then in Jan. 2014 I had a friend give me a first hand look at 'vaping'. By the end of Jan. I was buying a kit I was able to quit dipping and smoking that same day. I started out on a high nicotine to match my previous habits, but have since weened myself down to a 3mg. Since Jan. 2014 using the vapor products I have had several allergies symptoms go away. With in a week my taste buds recovered from the smoking and dipping, things had more flavor. By the time a month hit i noticed my breathing was much deeper and easier. 6 months later my receeded gumswere slightly back to normal, cuts in my mouth were gone, feelings of my mouth being raw were gone, and my dentist told me my overall dental health since my last visit was 200% better than last time. Now since i have switched to vaping i have saved thousands. if you want exact figures you do the math. 2 packs a day and 1.5 cans a day with vapor i use 1 bottle for 22 dollars a month, and spent 130 on my hardware. personally vaping is one of the best choices for me to make.

Sincerely,

E Bernat

11/7/2015 2:12:45 PM - Danny

I am 46 and have been smoking since 14. I was up to 3 packs a day. My mother had lung cancer and all the males from from my great grandfather up passed away from emphysema and now my uncle has it. I tried everything from pills, patches, gum nothing worked to try and quit this ugly habit of smoking and I knew I was next in line to get sick and didn't want to leave my children without a father. Along came this thing called " vaping" and I looked into. Well it's been 3 years since I've had a cigarette and I can breathe again my children are happy. I wouldn't know what I'd do or where I'd be if it weren't for this vaping creation. I'm asking the FDA and politicians alike to please open your eyes and realize this is a better, safer alternative. Stop creating a witch hunt for all vaping products. It's almost 2016 we shouldn't be scared of new things and then by being scared attack it. Of course the tobacco industry is afraid for the many years they've been in business nothing ever threatened them until now. I'm telling all that if the vaping industry is destroyed many people can be hurt.

11/5/2015 2:30:00 AM - Cindy K. Ehrlich

I smoked for 41 years. I coughed every morning, when I went to bed and in the middle of the night. I tried to quite many times. Even when I was diagnosed with cancer, I couldn't quite. The conventional methods don't work. I was given a starter kit and ask to just give vaping a try, It worked! It worked so well I haven't picked up a cigarette since. It's been 2 yrs. now, smoke free. I don't cough, or wheeze anymore. I don't need my rescue inhaler and I don't have the COPD that Dr.'s told me I had. Vaping has saved my life. I feel physically better. Have more energy and stamina. The grandfather date needs to be changed so more people can vape. Vaping is the answer to not smoking. We all have the right to choose this option. Yes I think some regulations need to be in place. But not to the point that it puts most Vape Shops out of business. What a shame that would be to our health. The flavoring is important too. I don't want something that tastes like tobacco. I stared at a 24 nic level 2 yrs. ago and now am at a 3 nic. Next is 0, then I quit vaping. It works. The diversity of equipment is also important for delivery of the nicotine, We also have a right to choose that. Many studies have been done, that are being ignored. Vaping is safe. I choose vaping and will continue to be an advocate for vaping. It saves lives.

11/5/2015 2:01:31 PM - Cindy K. Ehrlich

I smoked for 41 years. I coughed every morning, when I went to bed and in the middle of the night. I tried to quite many times. Even when I was diagnosed with cancer, I couldn't quite. The conventional methods don't work. I was given a starter kit and ask to just give vaping a try, It worked! It worked so well I haven't picked up a cigarette since. It's been 2 yrs. now, smoke free. I don't cough, or wheeze anymore. I don't need my rescue inhaler and I don't have the COPD that Dr.'s told me I had. Vaping has saved my life. I feel physically better. Have more energy and stamina. The grandfather date needs to be changed so more people can vape. Vaping is the answer to not smoking. We all have the right to choose this option. Yes I think some regulations need to be in place. But not to the point that it puts most Vape Shops out of business. What a shame that would be to our health. The flavoring is important too. I don't want something that tastes like tobacco. I stared at a 24 nic level 2 yrs. ago and now am at a 3 nic. Next is 0, then I quit vaping. It works. The diversity of equipment is also important for delivery of the nicotine, We also have a right to choose that. Many studies have been done, that are being ignored. Vaping is safe. I choose vaping and will continue to be an advocate for vaping. It saves lives.

11/5/2015 2:01:09 PM - Karl Mcbride

I smoked for 13 years had high blood pressure would get bronchitis twice a year could barely walk without getting out of breath my health was bad tried quit smoking cold turkey didn't work used meds and gum nothing worked then friend talked me into vaping as an alternative and it's been 2 years without a cigarette and my health is good I don't have high blood pressure I can run and play with my daughter without being out of breath witch is the greatest thing I could ask for. I really hope they don't ban vaping there are a lot more that could be saved!

11/5/2015 2:00:57 PM - Jon McPherson

To All Concerned,

I am a former smoker, THANKFULLY because of vaping and vapor products. I was a 15 year slave to tobacco and have only been released due to these life saving products. My habit was well over two packs a day and with my asthma, my lungs were dying more and more everyday. i couldn't exercise, walk long distances, or even play with my kids without feeling winded. My life revolved around cigarettes day in and day out. I had tried to quit smoking several times with no success, both cold turkey and with hypnosis. I also tried several replacement methods as in nicotine patches, gum, lozenges and still was unable to kick those stubborn cigarettes. It's only when vaping was introduced to me several years ago that i was able to make the switch and never look back. I started off with a strong nicotine level and have been working my down ever since. I am now 100% tobacco free and haven't had a cigarette in almost 3 years. I am also down on the nicotine level to almost zero. I cant describe to you strongly enough how much better my lungs and body feel since i put down the cigarettes and took up vaping. My lungs are almost back to feeling like they did when i wasn't a smoker. I can play sports with my kids without leaning over gasping for air, I'm not coughing up hunks of brown phlegm and constantly wheezing. I have more energy and just a more positive attitude knowing i finally have that toxic addiction behind me. I feel with out these products being available and the wide variety of nicotine levels and flavors i still would be smoking cigarettes and would not feel as healthy as i do today. I advocate vaping to as many people as i can because i know how much it has helped me. Several of my family members have made the switch and are reaping the rewards of a tobacco free life. I cant stress enough to the powers that be, that these products are saving lives and helping people curb a life long addiction. My eighty year old grandfather has made the switch to vaping from cigarettes when all else had failed. If switching to vaping gives him an extra day of life than all my efforts to get him to kick the cigarettes was well worth it.

Thank you for reading my testimonial and i can only hope that lawmakers see the good that these products are doing, and continue to let people have a safer alternative to smoking cigarettes, when they have no other option. I urge everyone that has a similar story to get online and let your voice be heard!

Warm Regards,

Jonathan

11/5/2015 2:00:41 PM - Sadie Miller

Vaping has changed my life. I smoked 1 - 2 packs of newports a day when I went to vaping. I had been smoking up to two packs a day for many years. I started smoking at age 12 and was almost immediately addicted, even getting expelled from school in the 6th and 7th grades because I couldn't go the entire day without smoking. So needless to say I was extremely addicted. I am now 30 years old and started vaping in Feb. I was able to put the cigs down and completely switch in one day. Yes it was hard for a while but I did it. Previously I had tried everything, gum, patched, nicotine inhaler, quitting cold, tapering down even Chantex. Nothing worked and I struggled for years. I felt in poor health and always felt like it was pointless to exercise or eat very healthy because of it. But since I started vaping all the normal effects of quitting smoking has happened, the better breathing, sense of smell, stopped being sick all the time. But it's also gone far beyond that too because I actually feel healthy. I've started exercising and I've lost 15 lbs, just the other week I decided to become vegan. Starting vaping was literally a chain reaction for me because I physically felt so much better I started putting worth into having a healthy lifestyle because I don't feel like it's pointless. There's no way something so horrible could have so many positive effects. No way....

11/5/2015 2:00:27 PM - CruiserDog

I was a pack and a half a day smoker for 35 years. I tried the nicotine gums, patches and even pharmaceutical drugs, Chantix, to quit smoking. Nothing worked.

2 years ago, while working as a truck driver, I bought my first e-cigarette at a truck stop. From that day, I haven't had a cigarette. It was that fast, that easy.

Now I own a vape store in Lafayette, TN. and I have people everyday telling me how grateful they are that they started using an e-cigarette.

Within 3 days I noticed my breathing was better. Within a week, I could smell and taste things that I'd been missing since before I started smoking. My quality of life has increased dramatically.

Vaping saved my life.

Vaping are saves lives.

11/5/2015 2:00:02 PM - Paul Dalkiewicz

I started cigarette smoking cigarettes when I was 13 years old and was quickly hooked. Over the years I have tried everything to quit but failed each time. At first I tried just quitting and techniques to strengthen mental resolve but that didn't work out. Since then I've tried lower nicotine cigarettes, fake cigarettes, filters to gradually reduce the nicotine, computer programs and electronic devices, support groups, prescription medicines, patches, gums, hypnotism, acupuncture, over the counter electronic cigarettes, etc. In 38 years the longest I had gone without smoking was 2 months. My health was failing and my family was getting worried. Each morning I woke up with my lungs wheezing and gurgling. I'd have coughing fits and always needed to clear my throat. At times I had trouble breathing and often had shortness of breath.

About 2 years ago I tried a vaporizing electronic system. It's a system where I use flavored liquid nicotine. Within 2 weeks I completely quick smoking and never went back. I had been smoking for almost 40 years and quit with very little trouble. At first I started with a 24 mg/ml nicotine solution. Now I am down to a At first I started with a 6 mg/ml nicotine solution and plan to reduce to 3 mg very soon.

Since then, my health has improved, my breathing is much better, and my quality of life is greatly improved. Life is not only better for me but for those around me. My family, friends, and business associates no longer have to put up with my odor, the built up tar, and the second hand smoke. Please help fight to allow me to continue my fight to stay smoke free.

11/5/2015 1:59:47 PM - Chelsea Blankenship

I may not know rhe since behind it all, all i know is how i feel and after switching from cigarettes to vape I feel so much better. I have tried a cigarette after switching to vaping, and after smoking that one cigarette I felt sluggish and weak , I was short of breath and just all around sick. However, I can sit and vape for 4 hrs straight if I wanted to with no side affects. Also when i started vaping, i had to vape on 12 nicotine to balance out how much i was smoking, now i am proud to say that i am down to 3 nicotine. Everyone is so concerned ad to what vaping could do, but. All I know is that it has to be better than cigarettes. And we need to focus on what vaping is doing now, which is stopping people from smoking cigarettes. If vaping was illegal, I would be forced to go back to actual smoking and I know I would feel sick and sluggish all over again. Once again I may not know any of the science behind it, but I know my body and I feel healthier when vaping vs. cigarettes. Thank you for your time.

11/5/2015 1:59:30 PM - Bledzepplin

I would like to start off my story with that I started smoking cigarettes when I was 9 years old and I continued until the age of 52. I tried hundreds of times to quit smoking and could never get over the hump. So one day I seen a friend smoking a vape pen and ask him what that was. So to make a long story short the next day I went and purchased hey electronic cigarette and have not smoked a cigarette in 5 months. It is totally unbelievable how vaping has helped me quit smoking because again I thought that I would never be able to accomplish that. I have turned to making my own juice with 3 milligrams of nicotine per milliliter which is a very low dose of nicotine. I still support my local vape shop and occasionally buy different products from them to help them stay in business. So facing has definitely changed my life for the better and I'm not sure what I would do without my ability to purchase vaporÂ products other than to build my own and I hope that it does not come to that. Sincerely. Dr Kenneth Bledsoe. WDE

11/5/2015 1:58:55 PM - Paul Upshaw (Ozark Hillbilly Vapor)

Hey y'all,

I started smoking when I was 13 years old. I am 54 now and was a 2+ pack a day smoker.

I had tried to quit several times over the years and the only thing that almost worked was hypnotist, I was able to quit for about 9 months. Let me tell you a 40 year habit is hard to break.

My doctor told me that I had to quit when I had my first spinal surgery, so I quit 2 day before surgery and started right back up 6 weeks later. this about how it went for the next two surgeries which really did not make my doctor very happy. I had my last surgery #4 in May 2015 and while in the hospital a friend of my wife gave her a vape pen for me to try and with the use of this I went from the 2 pack plus a day habit to 4 cigarettes a day in a matter of 2 weeks.

Now I have a Vapors website to help people wanting to quit learn all about vaping.

Vaping has truly changed my life.

11/5/2015 1:56:22 PM - James L

I as a smoker of 13 years and it ruined my day. Breathing was tough, high blood pressure, the list goes on. As you know cigarettes contain over 4,000 chemicals. I thought about that pretty well and tried to quit on the patch. No help, it formed a rash. The gum was a joke. I know I couldn't do it cold turkey. A friend showed me vaping. I did my research and saw all the control I can have over it. I then bought my first vape starter kit. I saw my breathing improve, and my BP was slowly going normal. I then over the year I've been vaping, I LOWERED my nicotine level. From 18mg to a 6. Yes, it's helped me quit smoking, yes it helped me lower my dependency on nicotine. Vapor is not tobacco.

11/4/2015 10:35:16 AM - ZllwUhwfx9

Shopping online offers convenience Chanel Bags that is very valuable in this day and age. Not only does it allow you to avoid crowds, http://www.cocohandbags-chanel.com/ it also saves you gas money and frees up your time so you can do something you actually enjoy. Louis Vuitton Outlet Stores It is not without its nuances, however. Louis Vuitton Bags Keep reading to find out the ins and outs of online shopping.Do not spend too much money on shipping. Coach Factory Outlet Shipping charges can really add up.Jordan 11 Many sites offer free shipping, free shipping once you spend a certain amount, http://www.cheaplebronjames12shoes.com/ or have a coupon code that allows you to get free shipping. Instead of paying your hard earned money on shipping, Burberry Handbags look for a store that ships for free.Sign-up for any identity http://www.louisvuittonoutlet-foryou.com/ theft protection your credit card company offers,Michael Kors Handbags especially if you shop online often. No matter how safe you are or how Nike Air Max diligently you believe you can protect your information, it's never one hundred percent guaranteed.http://www.guccihandbags-outlet.com/ Take full advantage of automatic ID protection and know you will have back-up, should the worst occur.Louis Vuitton Outlet Many online stores start sales as soon as Wednesday, so keep an eye out. http://www.pradahandbagsoutlet.com/ A lot of offline shops run sales on weekends, and that's why online stores have opted for different sale days.Gucci Outlet You'll be able to find great deals in the middle of the week if you do your research online.Louis Vuitton A reputable online seller should have a history that is recorded with the Better Business Bureau.Celine Handbags Check with the BBB before you part with your hard earned money to see if there have been Louis Vuitton any major or continual complaints lodged against them. You don't want to be spending Nike Air Max your money with a company that fails to deliver.Now that you know more about online

shopping,Louis Vuitton Outlet Storesyou can see how easy it is. You can also see how it can benefit you.

11/5/2015 1:55:59 PM - Julia L CarlsonVogel

I am very happy to tell about how I started using vaping products. I was at the races with my family when I met a man I consider a friend now. He was vaping and I asked him about what it was that he was doing. He just happened to be the District Manager of a local Vape Store. He was very kind and explained about the products that he sold and we talked about the benefits to switching from smoking tobacco to using vaping products. I went to his store and bought the items needed to begin vaping. I have been vaping for about a month and I have been able to cut smoking tobacco by more than half of what I used to smoke. I still have up to five cigarettes a day compared to almost a pack a day habit. I find vaping a much more pleasurable habit knowing that vaping is much less harmful to my body. I use e-liquids that have 3 mg\ml of nicotine in them with the plan to eventually stop nicotine altogether. I love the flavors available and I really like vaping. It is less harsh on my throat and lungs than cigarettes. I know exactly what I am inhaling into my body compared to the 7000 chemicals inhaled from cigarette smoke. I definitely want this option to be available for a long time to come. It's much better than using patches or gum to try to quit smoking tobacco. The best part is that I made a new friend that knows a lot about vaping and the benefits vs the harmful effects of smoking tobacco.

11/5/2015 1:55:32 PM - Summer

I smoked for 20 years tried to quit tried everything I mean everything.Nothing helped but vAping have not smoked a cigarette in 2 years now never will again .It saved my health my arthritis is better my pain in better I can walk and ride a bike now without issues also my heart beat per min is up my dr is so proud of me .I really hope they don't take this away or ban it it saved my life

11/5/2015 1:55:22 PM - Warren Tolbert

Just a short one. I was a smoker for over 30 years tried to quit several times nothing worked until I found Vaping. I have been smoke free for almost 1 year 12/26/2015 will be my Vapaversary . I love vaping and have many different devices. I don't think I could have ever stopped smoking with out vaping in my life. I started with a 12nic level and am now down to a 3 nic level. My doctor says I have cut my risk of heart attack in half by stopping smoking. I recently had a pulmonary function test and have almost no deficiency of lung function and I think that is a result of vaping also. So that is my story in short form thanks for the opportunity to tell it.

11/5/2015 1:55:08 PM - pete

i was a smoker for 15 years, was told by my doctor to stop, i looked into vaping and it saved my life, have been smoke free for 4 years now and still going strong thanks to vaping. please dont take away vaping cause it will save many lives, and also people will so much more happy and smoke free. thank you MR PRESIDENT

11/5/2015 1:54:54 PM - Byron Simmons

I was a 1 pack a day smoker for 11-12 years, it started in my sophomore year of college. I think it was due to the stress of going to class and expectations of making good grades. While also facing the reality that whatever I did from that point forward was going to be my life. But also, as many can probably agree upon is that when you have a few drinks, there's nothing like pulling a few drags off a cigarette. That's basically how my addiction to cancer sticks started, if I would have known about all the damage it was doing to my body I would have never started. But thanks to vaping, my future looks pretty awesome. I remember when I use to visit the doctors at least 4-5 times a year due to some respiratory infection (ie. pneumonia, bronchitis, etc.) but that is no longer the case. I tried to cold go "cold turkey", but I would always end up back at square one. Thanks to vaping I'm going on 2 yrs without cigarettes and don't miss those stinky things. My health is better, more energy for daily activities, I breathe better, smell better and many of my friends can attest to that. So I want to encourage those who are still struggling to give vaping a chance, its decision you won't regret. You get all the benefits of cigarette without the 4000+ chemicals that will eventually lead to an early death. I would like to thank whomever created this life saving invention, because you have saved mine and appreciate it from the bottom of my heart. Thanks for your time and hope this message is a inspiration to those who are still in the struggle. Remember quit the stinkies and keep on vaping.

11/5/2015 1:54:34 PM - Marlene

E-cigs helped me quit smoking about 2 years ago. I smoked for about 25 years. I quit smoking I quit once before about 9 years ago. I quit then by using the patch for a few days then cold turkey. I went back to smoking 4 years ago while going through a monsterously difficult time in my life. The hits kept coming and I was under tremendous stress but I was experiencing extreme bres thing problems. I could not go without nicotine but I could not keep smoking. I switched without using cigarettes. It absolutely worked for me. It wasn't hard to adjust and it was a much better alternative for me. I eventually switched to vaping and I find it very satisfying. I enjoy trying new juices and find vaping just as relaxing as cigarettes ever were. I find that I can go longer without vaping than I did smoking. Another plus for me is that I have reduced the level of nicotine over time. I have juice without and I like it as well as my juices with nicotine. I like having multiple options for vaping. Cigarettes never gave me that. But cigarettes did give me asthma. I don't suffer from asthma like I did when smoking, though certain other allergens do. Not vaping.

11/4/2015 1:42:31 AM - amy klinebough

2 1/2 yrs ago i had my son 7 wks early his lungs were underdeveloped and had a hard time and still does and i have asthma and it was getting worse with my smoking i smoked off and on for 26 yrs and ive only been vaping for 4 months now i use a mod and juice i dont smoke at all anymore and me and my son have been healthier then we were when i smoked we arent in and out of the hospital for breathing issues any longer im so proud to have done this for my son

11/5/2015 1:54:07 PM - amy klinebough

2 1/2 yrs ago i had my son 7 wks early his lungs were underdeveloped and had a hard time and still does and i have asthma and it was getting worse with my smoking i smoked off and on for 26 yrs and ive only been vaping for 4 months now i use a mod and juice i dont smoke at all anymore and me and my son have been healthier then we were when i smoked we arent in and out of the hospital for breathing issues any longer im so proud to have done this for my son

11/5/2015 1:53:50 PM - Ashley Dodson

So before i started vaping i smoked two packs a day. two packs! when i met my soulmate the second hand smoke caused her to get pneumonia and put her in the hospital for a week. I decided well i want to keep her so i started my journey to quit. first i got those lovely cig a likes..the blu..yea that didn't work..so i got myself an actual ecig. it was one of those basic ego starters. since i bought one i have not touched a cigarette in three years. I'm happy because it has helped not just my life but the life of my soulmate's too. I've met so many people along the way that i consider family on my journey, i work for a vape shop, i am very active with the vapers.tv community, and have met many people along the way. one of my customers actually has a nervous system problem from active duty. he couldn't move at all because of the amount of pain it had caused him. He has never smoked in his life but vaping has saved his as well. Ever since he started vaping the pain has almost completely gone away. He can walk around with ease and even drives his motorcycle everywhere again. Vaping is important not only to those of us who used it to stopped smoking.

11/5/2015 1:53:20 PM - Taylor Hahn

I have been a smoker since 15 and smoked for 8 years, 2 packs a day on an average day 3-4 on particular days. I really started to notice my health deteriorating over the years. I tried counseling and was scared to try the other cessation products because of the side effects. I was introduced to an e cigarette by a friend liked that it wasnt smoke, and bought my own. I enjoyed it for a while but it did not get me off cigarettes, it wasn't until the e-cigarettes advanced did I find a device(mod and rda) that worked for me in the way i wanted and it gave me the satisfaction to quit cigarettes. This is a life saving device every cigarette that is not smoked because of this is huge in impact to peoples health. I wish people would not say these are marketed to children as all the flavors are also flavors that vodka has. Why is alcohol not being vilified like this? There are so many more alcohol related deaths than the nonexistant e-cigarette deaths. Please anybody who reads this support e-cigarettes it could have saved somebodys grandparents or parents or at least extended their lives by years.

11/5/2015 1:53:09 PM - Anne Maynard

up until two years ago, i was a chronic 2 pack a day smoker for 35 years. I had exhausted all avenues of quitting. I tried Chantix, wellbutrin, nicotine patches and losenges. 2 and a half years ago I was required to be on oxygen. My pulse ox was always in the 80's. After switching from combustible tobacco to " vaping " I am no longer required oxygen and a small nodule in my lungs has disappeared. I was a hopeless chronic smoker. It wasn't a cake walk, in the beginning I smoked and vaped. After about 3 months of that, I threw the cigarettes away. The first two weeks were difficult but possible only because of my electronic cigarette or vape mod. At this time I use a strength of 6 mg nicotine and will be switching to 0 next month. I am a non smoker!! Something I never dreamed I would be able to say. My five children and two grandchildren feel blessed to still have gramma around! Without being able to transition slowly quitting never would have happened! Thank God for vaping!

11/3/2015 4:19:25 AM - Richard Castucci

Sveiki, taigi norÄ—Ä iau pasidalinti savo istorija. Jos tema bÅ«tÅ³ (Kaip iÅ¡keiÄ iau cigaretÄ™s Ä¯ elektronines cigaretes)

Viskas prasidÄ—jo maÅ¾daug prieÅ¡ metus, iki to laiko rÅ«kiau cigaretes apie 3 metus. Å½odÅ¾iu atÄ—jau Ä¯ mokyklÄ…, ir tuo paÄiu atÄ—jo mano klasiokas. PamaÄiau kad jis turi tÄ… elektroninÄ™ cigaretÄ™. Å½inoma papraÅ¡iau jo duot pabandyt kas Äia per daiktas. Na pabandÅ¾iau aÅ¡ jÄ…, pirmas Ä¯spÅ«dis buvo gan geras. Tai po savaitÄ—s sumaÅ¡iÄiau ir aÅ¡ jÄ… Ä¯sigyti, taupiau pinigus apie 2-2.5sav. Taigi nusipirkau aÅ¡ jÄ… (kainÄ… buvo 20eu naudotos). IÅ¡ pradÅ¾iÅ³ nebuvo taip lengva atsikratyti cigareÄiÅ³ kaip gali pasirodyti. PraÄ—jo savaitÄ—, dvi, trys. Bet aÅ¡ vistiek parÅ«kydavau tÅ³ tikrÅ³jÅ³ cigareÄiÅ³. Taigi tada pagalvojau kad nieko neiÅ¡eis. NumeÄiau Ä¯ stalÄiÅ³ tÄ… e-cigaretÄ™, tada rÅ«kiau apie mÄ—nesÄ¯ ar daugiau. Kol galiausiai uÅ¾sispyriau nusipirkti baterijos modifikacijÄ… (modÄ…). Taupiau jam apie mÄ—n. MaÅ¾daug po mÄ—n nusipirkau aÅ¡ tÄ… modÄ…, Å¾inoma jis buvo naudotas kaina kiek pamenu buvo 45eu. Ir nuo tos dienos aÅ¡ jÄ¯ naudoju iki Å¡iol, ir neÅ¾adu nustot. O cigareÄiÅ³ nerÅ«kau apie 1.5mÄ—n. :)

11/5/2015 1:52:33 PM - Oguz karademir

Unfortunately i started smoking when i was 18. During that time i had a lot of stress. After i got diagnosed with a type of cancer i was releaved that it did not spread. I am healthy and free from that hazzard. I tried to stop smoking 3 times and i failed. The reason for failure is clear for me.. My mind is programmed to get some type of fix. It is not the nicotine that cause the real addiction. It is the wires in your mind.

When i started with e-cigarette i could not believe how easy it was. I started vaping and as of now i am still healthy. I get ct-scan and thorax scan every month cause of the cancer i had 2/3 years ago.

In the netherlands and europe they will try to stop the vaping after USA if succesfully changes the legislation. So sad to see that politician dont care about my health. This is revolution. My testimony makes it clear that e-cigarette is something that must be embraced. Because at the end.. It is the best kind of substitute to the old fashion cigarette. It also creates new jobs. The latter is a very good sign for growth of economy.

Vaping saved my life of stress not having some kind of oral fixation. How can someone neclect without scientific research the benefits of ecigs.

Eventhough i am living in the Netherlands i will try to support every country who tries to prevent ecigs growing. It is our right to do things we want. It is our right to let them know. Because or else there will be war. And i want to prevent that. Vaping is the future! Thank you!

11/5/2015 9:17:09 AM - Shannon

I am a male in my 40's that started smoking cigerets when I was 12 years old. I have tried every way possible in that time to quit. About 4 years ago, I stopped and haven't smoked since I have been on vapor products. My lungs are way better and I don't caugh any more, especially at night or in the morning since I have been using vapor products. I am not as tired and I can breath better since I have used vapor products. I don't stink period . My head isn't foggy and I have better breathing . I am a type 1 diabetic and I have been very successful in not getting sick with the colds or flues since I have been vaping. It has helped me out in more ways than one.

I am a vapor and I am proud of what it has done in my life and the friends that I have helped quite smoking cigerets. The list goes on. I'm done with this testimony. Thank you vapor industry for all your help in saving my life.

Sincerely ,

Shannon (yeah man) for realzeez ;)

11/5/2015 1:52:14 PM - Shannon

I am a male in my 40's that started smoking cigerets when I was 12 years old. I have tried every way possible in that time to quit. About 4 years ago, I stopped and haven't smoked since I have been on vapor products. My lungs are way better and I don't caugh any more, especially at night or in the morning since I have been using vapor products. I am not as tired and I can breath better since I have used vapor products. I don't stink period . My head isn't foggy and I have better breathing . I am a type 1 diabetic and I have been very successful in not getting sick with the colds or flues since I have been vaping. It has helped me out in more ways than one.

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Sincerely ,

Shannon (yeah man) for realzeez ;)

11/4/2015 12:41:14 AM - Linda Fralish

I come from an entire family of smokers, so it's not surprising that i also became a smoker. I smoked 2 or more packs of cigarettes per day everyday for roughly 22 years. I tried to quite multiple times using many different aides. Cold turkey, gum and patches just flat out did not work. Not even almost.

I got to the point where i couldnt walk very far without running out of breath. I had the dreaded and most times painful "smokers cough" that reared its ugly head every morning as well as anytime i tried to run or walk short distances. Even a simple laugh would set off the cough. It was painful and it was disgusting!

A friend of mine who vaped finally convinced me to give it a try. I found out i could get started for very little money so what could it hurt?

That day changed my life! Here i am a little over 1 year and 8 months later still smoke free and I owe it all to vaping! The disgusting cough is gone, i can run and walk without losing my breath, my skin and hair shine again ,I smell better, my food tastes better and most importantly my kids are so proud of me!!

I believe the reason that vaping worked for me was because i was able to duplicate the motions of smoking without all of the harmful chemicals that are in cigarettes. This along with the different e-juice flavors and the ability to lower my nicotine levels at my own pace helped me to feel like i was finally in control again!!

And that means the world to me!!

11/4/2015 12:41:05 AM - Jaime Gonzales

I smoked cigarettes for only two years, I started at 16. I wasn't a heavy smoker to begin with. I smoked a pack a week. But I have family that smoked far more and for much longer that I knew the dangers and the information about smoking. When I was 18 my mom had gotten a small cheap vaping pen that you would throw out once done, to try it out, plus she liked the flavor. It was blueberry flavored. I tried it to see what it was like. It tasted okay, since it was those cheap gas station kind. But I liked the feeling of how smooth it tasted as I inhaled. Well a day or so later I had gotten a small X2O vape pen. This was about 3 years ago. It helped me ween myself away from cigs over the course of 4 months. I enjoyed the flavors, how much it didn't eat into my pockets and how much safer it was. After a month or so of no cigarettes at all I tried one to see if I still liked them. It was the worst decision of my life. I coughed for over an hour, felt like I was going to throw up. I haven't touched a cigarette since. Then a year of using the X2O I saw that mods had become a thing. My first mod was an Anarchist clone with a doge RDA, used that for about a year, then I got my two Tesla box mods the year I was turning 21, which is 2015. I got the Tesla invader 2 and the Tesla sub box mod. I have a dark horse RDA and two tanks and I love the change so much. Costs less over time, the flavors last so much longer. I can change them whenever and for the most part vape where ever I please. So vaping is by far the best alternative to smoking cigarettes. And its not that I quit smoking, it's just this is what I smoke now. I am now 21 and love vaping. I even got my mom to get a small vape pen to help. She likes it a lot, and has cut down on her smoking which she has smoked cigarettes since way before I was born.

11/4/2015 12:40:51 AM - Chris Fanning

I am 47. I smoked on and off until 3 years ago, when I found vaping. January, 2013 was the last time I smoked a cigarette.

In my previous attempts to quit, I tried the patch, zyban, chantix, gum, and hypnotists. Nothing worked. Today, I am truly free from cigarettes as a direct result of vaping.

I respectfully request the FDA and elected officials to really drill down into the details of the chemical composition of each - vaping versus smoking a cigarette - before grouping the two as one. There really is no comparison. They should be reviewed and treated as mutually exclusive.

I owe my life to vaping. My quality of life is exponentially better as a result.

11/4/2015 12:40:05 AM - Corey Hi

I began smoking in High School and continued to do so for 20 years. My father was always a heavy smoker and developed lung cancer last Spring. He had part of one of his lungs removed and is cancer free for now, but continues to smoke. Having gone through that with him, I was so glad I quit. My fiance picked up vaping and quit smoking a few months before I did. I was not impressed at first, but it slowly wore on me. I decided to stop smoking cigarettes on October 31, 2014 and picked up vaping instead. I bought a Provari vape pen and started out with 12 mg juice. It was tough, I went through withdraws and the morning coffee was hard at first without a smoke, but the weeks passed and I didn't have the urge anymore. It worked, I am cigarette free and will never go back. I feel healthier and smell better! I still use my Provari and 12 mg juice, but I have also been using an IVP box mod and using a 6 mg juice too. I tell every smoker I see to give it a shot as an alternative to supporting big tobacco.

11/4/2015 12:39:55 AM - Joe c

Vaping had possibly saved my life. I have switched to Vaping over cigarettes and in doing so have increased my ability to live longer and healthier. I have lost family members do to cancer from cigarettes and I had been trying to quit and Vaping gave me the ability to do so. I have also had my mother, my wife and my father in law switch to Vaping to save there lives as well I hope that Vaping will continue to grow and help save millions of more lives each year.

11/4/2015 12:39:46 AM - Fire Fighter Letts

I started smoking at 13 years old in a old beat up town that had nothing in it. A Local Vapor Shop opened up last year, (2014) ; i went in at 19 years old and bought my very first Vapor on 4th of July 2014. It is now 11/3/2015 and i have yet to smoke a cigarette.

11/4/2015 12:39:37 AM - @tazmometal

So let's start by saying I was a smoker for 24 years

I had tried everything to stop smoking and I could not my health and breathing was so bad I could hardly breath. In October of 2011 I tried something New (vaping) I started out at the nicotine level 0f 18

now i'm at 1.5 nic. level , my breathing has improved 100% and I HAVE NOT SMOKED ANOTHER CIGARETTE SINCE

VAPING SAVED MY LIFE!!!

11/4/2015 12:38:13 AM - Jadodd

I started smoking when i was 14 years old and was finally able to quite with the use of the very products the FDA are trying to do away with. Since I started to use these smoke free products I have noticed i can breath better and my blood presser has gone done to a health rate.

11/4/2015 12:37:53 AM - Yvonne Hawkins

I was a smoker for 14 years (started at 15, and I'm now 29 so most of my adult life) and thought I would be a smoker forever. I tried the gum, patches, chantix and then the "cig-a-likes" (ecigs that look like a cigarette, which may work for some) and nothing worked for more than a month. A good friend of mine who was a pack a day smoker like myself told me he started "vaping" (using a device that typically includes a tank and battery, and e-liquid with nicotine) and hadn't smoked a single cigarette in over a year which was pretty shocking considering he too had been smoking since he was a teen, and it almost becomes a part of one's identity when you grow up with a habit, regardless of how unsavory or dangerous. He offered to send me one of his vaping kits he was no longer using, and I haven't smoked any tobacco since!! It's truly a miracle. It's actually been so so easy, I haven't wanted a cigarette since day 1 and find them disgusting now, only 6 weeks in!!! VAPING SAVES LIVES and I know if others out there just give it a try they will be so grateful they did. To quote the one and only Rip Trippers... "Smoking is dead, Vaping is the future, and the future is NOW!"

11/4/2015 12:37:36 AM - Efe

I was born and raised in Turkey where smoking is a big part of almost everyones lives. Even though there is a 18 year age restriction to buy tobacco products almost anyone can get their hands on a pack of cigarettes. I had been introduced to cigarettes at the age of 15, I could easily buy myself a pack and smoke as much as I wanted. The fact that 90% of my friends smoked cigarettes did not make it easy for me to realise how bad it would affect me at an older age. I've recently moved to the United States to go to college and since I've been here I've seen people vaping. I was curious about it and went online to read more about it. I have always been sceptical and actually talked a couple friends out of e-cigarettes when I had still been living in Turkey. I did not know that it was 95% safer than analogue cigarettes. I did not know how the vaping system worked. I got my hands on my first electronic cigarette two months ago, and in two days I hated the smell and taste of analogue cigarettes. The cigalikes turned into more advanced vaporisers and even though I had an occasional cigarette once in a while for a month I kept going. Two weeks ago I've stopped smoking for good. I hate the taste and I definitely am disgusted by the smell right now. I've talked to many people about electronic cigarettes and convinced them to stop smoking analogues. After I've stopped smoking, I've realised that I don't have to catch my breath that often. I can run longer distances without stopping. I don't have to clear my throat anymore. I am not getting sick that quickly anymore. My body feels stronger both physically and mentally.

11/4/2015 12:37:20 AM - Steven Mathis

I discovered vaping (tanks, batteries, and coils, etc) in February 2014. Since that time, I have only smoked about 5 cigarettes. I have been high and low in my nicotine lentils and am currently vaping at 0 nicotine. I feel better than I have in years since I have gone from a pack and a half a day to less than half a pack in an entire year and a half. And I smoked for 18 years before finally realizing I didn't have to feel the way I felt after smoking for so long. For anyone who is fighting the battle with quitting smoking, vaping is a safe and often very very much cheaper way to quit than most other alternatives. Good luck to all who wish to quit smoking!

11/4/2015 12:36:52 AM - Sean Cold

I have been a slightly over a pack a day smoker for almost nineteen years. I have never gone more than a day or two without a cigarette since I started smoking. I truly do not recall a time in my life when I haven't smoked. That all changed just last week for me.

I just moved across the country and drove for 24 hours. I refused to smoke in my new car, so, I started vaping on and off a few months ago. I promised my wife over and over again that I would quit. And every time, i concocted a reason not to. But, I do hate the smell of smoke in confined places. I am quirky like that. So, I took up vaping and was trying to ween myself off of cigarettes. I probably dropped 2 packs a week since I began dabbling. I tried a few years ago to use nicotine gum but that just didn't really take.

So, I began my drive last week. I have four sealed packs of cigarettes and my vape kit. The drive gets going and i am vaping the whole time. I stop for food and gas, and, I contemplate having a smoke or two before I hit the road. I forgo the smoke and get back on the road, smoke free for the day at that point. I pull over and get a hotel room. I am asked if I want a smoking room, and, out of habit, I say yes. I get to the room, and, I just vape instead.

I get a few hours of shut eye and I skip my morning smoke for the first time in over a decade for a few minutes of vaping. I then decide let's see if I can make the whole trip without opening a pack that I already have. Hours go by, and still, no smoking for me. I am amazed that I haven't given in to the urge that has been so ingrained in me for so long. I am staring at the pack on the dash, and, no need to open it overwhelms me at all. I just keep using my vapes and keep driving. I stop for dinner, and, afterwards, I get in the car and leave without even noticing I didn't stand in the rain smoking my brains out. I make it the full 24 hours of the trip smoke free.

That was almost five days ago. I know I am a rookie quitter, but, I am proud of myself. I know relying on another product, a low nicotine blend of cereal flavored juice, wasn't the absolute ideal way to quit. I had to do something, because, it seems I am more addicted to the act of smoking. I am starting to feel better all the time. I feel like I have more energy. Oh, and I also don't smell like a dirty ash tray that was left in the rain for a month. There is still four packs of cigarettes on my counter and they are all still sealed. I may keep them for a while, just as a reminder.

11/4/2015 12:36:23 AM - Jackie Messetler

My mother died 6 years ago from Emphysema which she has suffered with for several years before it took her life, or should I say, before cigarettes took her life. It was so very hard watching my mom, the strong brave, resilient woman that she had always been, be broken because she was unable to breath on her own anymore. But I didn't stop smoking then, even though I had been told I was in the beginning stages of C.O.P.D. It took me another 2 years before I quit and that was only because I found vaping. I have now been cigarette free for over four years. I had quite before but, always went back to smoking. I am 59 years old and had smoked since I was age 13 and for the first time in many years, my lungs are free of tar and all the chemicals added to cigarettes. I do NOT snore or cough at all, as I did before I started vaping. I was also diagnosed with sleep apnea a couple of years back but, also have no signs of this anymore, anymore. I have even finally convinced my 22 year old son to vape instead of smoking cigarettes. He has now been smoke free for 5 months and vaping is the only product which has worked for my son. Vaping is not only much healthier, but much more affordable for those of us living on such small incomes. Vaping is the best thing to happen to this country in....well, forever. It's just a shame that when the consumers finds something to make us better and our quality of life better, not to mention again, AFFORDABLE, someone tries to take it away. It makes a majority of us begin to think, "Is it possible the government doesn't want us to be healthy?"

I stopped smoking cigarettes in Sept of 2011 and I have no desire at all for a cigarette. There was a time about 10 years ago when I had quit smoking for about a year and a half but, always had that nagging desire for the cigarette, and one day I gave in to the desire and that was it, I slowly picked smoking back up and within a month was right back to smoking 1 to 1 1/2 packs a day. When I found vaping it was great and I of course started telling everyone I knew that smoked about vaping. I did at some point about a year ago, take one drag off of a cigarette, to see if the vaping was really working. I didn't do it because I had the desire for a cigarette, like I did previously, I did it to see if the desire for a cigarette was still in me but, I'm happy, to say," I didn't and I still don't have the desire for a cigarette anymore!"

I started out with level 18mg nicotine, (because I smoked light 100s) and I vape now with 6 and 0mg, which I have been doing for almost 3 years.

I use a VVVW with sub ohm tank and I am now getting into rebuilds to save even more money.

I would advice anyone wanting to stop smoking to give vaping a chance. I can do so much more and feel amazingly better and I have the energy to play with my grandson and keep up with him. He thinks I'm his big play toy and I love it. Without Vaping I am

sure I would not have been able to spend so much time having fun with him. Thank you Vaping World for giving me life again.

11/4/2015 12:30:47 AM - Matthew

I was a smoker for eleven years. I attempted to quit several times... cold turkey, patches, gum etc.... And I never managed to quit. Two months ago I started vaping and haven't touched a cigarette since. I use an ego. I feel better, I breathe better and my health is better.

11/4/2015 12:30:24 AM - torey

I suffer from bipolar disorder and have panic and anxiety attacks. i started vaping when i was introduced to vaping by my best friend. over the time of me dealing with the ups and downs of my disorder. vaping has been a big part in helping me deal with it. if i'm feeling nervous or anything close to the sorts of that, i always start vaping on one of my tanks, or my rda. it helps calm me, and helps it from becoming a full blown panic attack. coming from a family of smokers and growing up around them. my fathers health went down really bad because of smoking. after seeing what smoking does to not only my family but my other loved ones i don't want any part of that. i work retail and sell many many packs of cigarettes to people. with my knowledge in vaping i've successfully helped 6 people quick smoking just by vaping. one person was even told by her doctor that since she started vaping her health improved, her oxygen levels are becoming more normal and she can breath a lot easier. vaping for me isn't just something to do, its a tool i personally use to help deal with bipolar disorder. i know quite a few who suffer from bipolar and depression just as i do, and they also have found vaping not only helps calm them but also gives them something else to focus on. there are many reasons why people vape, this is personally my story. removing products like these would such a blow to myself and other that depend on them for more then one reason. i hope this helps who ever reads it, wish you all well and god bless.

11/4/2015 12:29:58 AM - Liu vapes

I am 32 years old and I have been a smoker 18 year tell I tried vaping and it change my life for the better I got to the point smoking that i always was sleepy it was like i had no energy i would get winded all the time people didn't want to be around me because I of the cigarette I have 3 mouth vaping and everything is different i have more energy i feel better in almost every way I can think of people don't mind being around me I can taste food really taste food i feel like i have a dog sense of smell that just the way non-smoker sense think and I for the first time in a long time feel free of cigarette thank to my mod

11/4/2015 12:29:47 AM - Axton

I have been smoking cigarettes since the bright age of 15. I thought I was doing the cool thing. I am now almost 24. I tried to stopp smoking multiple times and failed. That is until I discovered vaping. I haven't have a cigarette in 6 months. I went from 18mg nicotine to 3 in under 4 months. I also haven't had any asthmatic problems since I made the switch. I use vape mods. Ihave a pen, a kanger box, and a ivp3 li box mod. It has become a hobby.

11/4/2015 12:29:33 AM - Swimmin'

I smoked Marlboro's for 26 years and was having ongoing respiratory problems. I tried to quit smoking about a dozen times over about a dozen years by using nicotine patch, or gum, or lozenges, and nothing worked. I started using e-cigarettes on 6/27/2014 and have not smoked any tobacco, or desired to do so since! My respiratory problems have disappeared. I cannot stress enough how my whole life and well being has vastly improved due to e-cigarettes.

11/4/2015 12:29:24 AM - RowdyLowdy

A VAPING STORY: SUCCESS!

I was a confirmed smoker for over 25 years. I loved smoking and everything about it. The social aspect, the hand to mouth routine, the nicotine rush, packing a pack of smokes, with coffee, after a meal, after sex â€¦ you name it, I loved it. My cigarettes never complained, never judged me, never got me down, they were ALWAYS there for me through thick and thin. Smoking was a crutch for my broken willpower. I was a HUGE FAN of smoking.

JANUARY 13, 2014 @ 7:33pm

Then on January 13, 2014 @ 7:33pm my son max was born and my entire life changed forever. It was time to make some changes. I didnâ€™t want to smoke around him or have second hand smoke anywhere near him. I'd never tried to quit, not even once but I didn't want to leave my son fatherless because I was too selfish to at least give quitting a try. But, the problem was I loved smoking way to much to give up this beautiful relationship. I needed something to spur my interest in quitting while delivering some nicotine relief through the hardest of times.

"SMOKING IS DEAD, VAPING IS THE FUTURE!"

I'm cruising through YouTube one evening, while smoking of course, and I come across this crazy bearded dude with an absolute passion for something called "VAPINGâ€. I mumbled sarcastically, "â€œVaping? What the F' is that and why is this dude so frigginâ€™ passionate about it?â€ I had of course heard of vaping and laughed at the dudes blowing the huge clouds and talking about vaping, mods, etc. I had watched the hilarious videos on YouTube about "Vapers be like ..." and "Modders be like ..." but I still wasn't willing to give up my crutch. NO WAY, NO HOW!!! But like I said I start watching the Rip Trippers vids and this dude is having SO MUCH FUN vaping. There are so many ways to vape and so many flavors ... how could I pass this up â€¦ how could I NOT give this at least one try.

KNOWLEDGE IS POWER

I watched every video I could find and gained as much knowledge as possible so I was fully schooled when buying my first mod, etc. I started with the IPV mini V2 and the trusty Kanger Subtank with .5 coils. I picked out a couple flavors I thought sounded good and voila ... I was off and vaping.

I HATE THIS!!

My first night vaping my throat hurt like heck. I couldn't get any satisfaction out of it because I couldn't take a big hit. I wanted to blow #CloudBro clouds like the guys on the

videos. :) All in good time. By the end of my first 24 hours my throat had calmed down, I was taking good size hits, I had found a couple flavors I just LOVED (Duke by Gonzo Vapors, Frozen Strawberry by Ballistic Vapes, Blu Smurf by Coil Sauce) and I was really enjoying it. But I was still smoking. This isnâ€™t helping.

WHEN ALL ELSE FAILS, MAKE A PLAN

I gave myself a max amount of analogs to smoke each day, cutting myself down by one each day. I started at 10. By the time I got to 4 a day (about a week into vaping) I went to pick up an analog one night a said, "That's it! I will NEVER smoke another cigarette!â€ I broke it, threw it in the trash and never looked back. That was 5 months ago and I love vaping more than anything Iâ€™ve ever gotten into. Iâ€™m down to 6mg nic and moving to 3mg within the next month or so. My plan is to hit 0mg â€¦ I will never smoke another cigarette! THANK YOU VAPING! I LOVE YOU! YOU SAVED MY LIFE!

11/4/2015 12:28:58 AM - Kari Holley

I have smoked on and off for over 18 years. I tried to quit after smoking for 10 years straight. I tried chantix twice and quit but only for a few months. I would get stressed out and start again. So I bought a cheap vape pen at a gas station and tried it for a bit but it was horrible but then I found a really cool vape shop with very helpful people and gave it a try again. I haven't smoked in over 2 months. My doctor was afraid smoking was gonna lead me to lung disease or heart disease. My O 2 was 94 and now thanks to vaping it is 98. I used to get winded walking up my stairs and now I have no problem. Vaping has saved my life. I no longer feel the need to smoke even tho I work at a store that sells cigarettes I always reach for my mod. People ask me about it all of the time and I have helped at least 3 people quit smoking and start vaping. Please don't take our vaping away. Some of us need it to help us quit smoking. It helped me imagine how many others that it can help in the future.

11/4/2015 12:28:49 AM - Emily Shea, Chicago, Illinois

I started smoking when I was 12 years old in order to impress the "bad boys" and the smoking stuck with me until I was 27. I tried chantix and wellbutrin and neither worked. They made me feel depressed and crummy. I finally quit thanks to vaping. I started on the pen at 18mg nicotine and I went to 6mg, then 3mg, then 1.5mg and I am now at 0 nicotine. It took me about 3 months of titrating to get to 0mg. I feel much better, my lungs don't wheeze, I don't cough like crazy, I can actually jog without being out of breath all the time and I don't stink like a cig anymore!! Also, vaping has become an awesome hobby! :D I build my own coils and make my own juice!

11/3/2015 1:15:18 PM - Chad Henry

I was a 20+ year 1-2 pack a day smoker of roll your own non filter cigarettes (the most addictive & hazardous cigarettes on the market). I tried various methods to quit smoking off & on over the last 10 or so years but nothing even came close to getting me off cigarettes. I was exposed to ecigarettes around 4 or so years ago in a smoking section at ATL international airport. These were the cigalike style ecigarettes that look like real cigarettes & honestly didn't do the trick any better than gum or the patch. About a year later (3 years ago) I found a real vape store in my city. Here I found what would finally be the vaping equipment that would really and truly get me to stop smoking cigarettes forever!!! These "mods" & "tanks" (clearomizers) combined with ejuice had all the physical & psychological components that I needed to break my dependency on combustible cigarettes & all the hundreds chemicals & carcinogens that go along with them.. the day I bought my first bottle of ejuice instead of a pack of cigarettes was 1 of the best days of my life & because of the health benefits it has only been getting better as time goes on. I know that without the ability to continue satisfying my urges and dependence on nicotine with ecigarettes I would be back smoking cigarettes instantly. it's a constant battle that thanks to the availability of all the latest advancements in vaping I and thousands of people just like me have been winning. The health benefits alone should be enough to keep these vaping supplies on the market & available for any smoker wanting to quit. Anything else is inhumane. Cigarettes kill & ecigarettes are the best weapon us smokers have against death and disease brought on my smoking cigarettes. I could go on & on about the ways ecigarettes have improved my well being both physically & mentally bit suffice it to say I am as happy & healthy as I've been since I started smoking those 20+years ago.

11/3/2015 4:18:30 AM - Christi

I had been smoking on and off since I was the age of 14. In high school, it was a social habit. In college, it was a social and stress relief habit. After college and starting a new career, it was strictly a bad habit. Fast forward 2 years later, I found the e-cig alternative and quit smoking for about a 1 year.... that is until the love of my life broke my heart. The e-cigs weren't enough. Fast forward again another 2 years, my friend introduced me to the new vaporizer mods. They did just the trick! I am now using a Sigelei 160 with a Delta II tank and couldn't be happier. The best part about my new setup is that I can increase and decrease the nicotine as needed, especially when I have a stressful work day.

11/3/2015 4:17:58 AM - Vape loving respiratory therapist

I am 53 years old, I have smoked since I was 13 years old. I tried all different things to quit smoking, but I kept going back to it. I really liked smoking. As a respiratory therapist I told myself smoking made me able to relate to my patients, what a joke. I was killing myself one cigarette at a time. I watched my dad and my uncle die of lung cancer and I still would not stops smoking. Then I wanted to get a good job, but the only problem was , they didn't allow smoking, let Alone nicotine consumption. So I decided to quit smoking, again. I tried before, but, I always ended up smoking again. Not this time. I started to vape. I started with nicotine and got down to zero nicotine. I took the test for the job and I passed. Afterward I tried a cigarette, I couldn't stand it. I threw it out, and have not smoked cigarettes since. I'm glad that gaping came along and I feel it saved my life.

11/3/2015 4:17:45 AM - Martin Alderson

I was a cigarette smoker since I was 12 years old (Yeah, I started very young). I finally quit when I turned 24 when I found vaping. I tried quitting many times, but vaping is the only thing that helped me at all. What attracted me was the flavors and the whole mentality of it. With tobacco, you know you are just purchasing death. The vaping industry is geared towards saving lives and helping people out of tobacco addiction. When I first bought an ecig, I never went back. I'm 2+ years free of cigarettes right now.

I currently use a mod with an open tank system and use flavors quite a lot because that is what I enjoy, flavors. I always hated the smell and taste of tobacco but I was hopelessly addicted and now I am not, which is great!

I tried counseling, hypnotism, and the gums and patches many times and they never ever worked. In fact, I ended up still smoking while using them.

I have never felt healthier. I can run and work out again. I don't feel winded or out of breath ever. I hardly ever get sick anymore, which is a blessing since I used to be sick all the time. It's such an incredible feeling!

11/3/2015 4:17:32 AM - Anthony Bell

After smoking cigarettes for about 20 years, I've found myself smoking about a half a pack a day for almost 4 years. I wanted to cut down, so I turned to vaping. The corner store e-cigs didn't do it for me (blue, mystic, etc...). Only after discovering mods and sub-ohm vaping did my smoking drop from around a half a pack a day to about 5 cigarettes a day in only a week and change. BIG DEAL!! Now, I dont smoke at all. My heart beats are more normal again, my breathing has gotten better and clearer, I don't feel sluggish and I don't stink like I use to. I blood pressure better making me less light headed from time to time (and not at all in the past 5 months, which is when I actually quit smoking). Vaping has undoubtedly saved my life. I felt myself going down hill, and vaping picked me up again. We NEED these things to say off KILLER CIGS. Please keep us alive and enjoying our families longer by keeping what we need to do that available.

11/3/2015 4:17:22 AM - Lana Bradstream

I struggled for 13 years to permanently quit smoking. I would quit for seven months and then begin again after getting hit with a huge trigger (most of the time stress). It wasn't until 2012 that I discovered e-cigs and decided to give them a try because I was tired of being a slave to cigarettes and losing my battle against them.

I went into a store and bought a mod and different flavors of fluids. I started with a 18 nicotine level and gradually went down to a 12. I have found that I no longer run out of breath when I walk up stairs. I used to get bronchitis every year and I have not had it since I began vaping. Also, people are no longer offended by the smell that cigarettes would attach to my hair and clothes. I can freely kiss my husband without him telling me to brush my teeth first. My cholesterol has improved, as well as my blood sugar levels.

I vaped throughout my second pregnancy with a doctor's permission. She had no problem with it. My son was born with a healthy birth weight and has had no medical issues.

I am happy to say that I have not even craved a cigarette. Not once since I started vaping. I even took a puff off a friend's cigarette about a year ago and found it to be repugnant - the smell, the taste.

I have no doubt in my mind that vaping has improved my overall health and life.

11/2/2015 8:56:16 PM - dpeletski

6 years ago, the cost of cigarettes were more than we could afford. So my husband and I switched to vaping to combat our nicotine habit because it was cheaper. We didn't expect what happened.

Over the 6 years, we have slowly been able to lower our dependency on nicotine by lowering the amount of nicotine we use in our vaping liquid. We are now down to 3 mg. We no longer have bronchitis every winter. We don't get the colds and sore throats that we used to get. In the past we would be sick all winter, but not anymore. Our breathing has improved tremendously.

What started as a cost saving option to smoking, has improved our quality of life and actually become a hobby we both enjoy.

Our home smells better, We smell better and we are healthier. I couldn't ask for more.

11/2/2015 8:56:06 PM - Chris Megatron

I smoked over a pack a day for 16 years, trying to quit multiple times with patches cold turkey and gums with no luck. I moved to a nicotine e-cig to continue the feel of smoking while i detoxed my body from all the chemicals in cigarettes. I then reduced the nicotine content in my vapes over a couple months until i was completely free from tobacco. After a year of vaping ecigs, i decided to quit vaping cold turkey and have been successfully smoke and vape free for about 4 years now.

11/2/2015 8:55:10 PM - VFG Org

I had started smoking when I was only 12 years old, big tobacco had me at first sight. I enjoyed cigarettes and nothing anyone said to me could change my mind. Fast forward 7years afterwards my brother had been vaping for about 2 years and had told me about an ecig. Tried it and went back to smoking. I thought to myself I would have never been able to break this horrible habit of mine. Finally all of a sudden I decieded to pick up a more expensive ecig, IT WORKED! I've been smoke free for about a year and a half and feel great. You can feel great too, fight local government and federal to ensure our freedom of ecigs and tell the government not to tell us that we can or can't vape. Vape on my friends!

11/2/2015 8:54:39 PM - Antonio Centonze

Vaping is an alternative to smoking and small shops should be able to sell supplies to the public.

11/2/2015 8:54:29 PM - PW

Smoked 33 years, spent about $70,000 on tobacco taxes, tried to quit 100 times, never worked. Until now, vaping. Smoking vs. vaping is like working in a cole mine vs. living in NYC with some fine dust, within 2 weeks, you feel way better in all aspects of life.

If you consider quitting: DO IT! Spent some money on a decent device (not the cheap Chinese pens) and you'll be the next vaping advocate, NO doubts!

11/2/2015 8:54:13 PM - Steve

I have been tobacco free for almost a year thanks to vaping organic e-juice. My health has improved as well as my family life. My clothes no longer smell like cigarette smoke and there is no second hand smoke around my wife and children. Vaping has changed my life in such a good way it's just great I no longer depend on cigarettes.

11/2/2015 8:54:02 PM - Deanna Thompson

in 2006 I became Ill. I did not know what was wrong with me, but I was vomiting every day, several times per day; usually at night. I am terrified of the doctor so I let it slide for too long.

In 2007 I finally went to the doctor. They didnt know what was wrong me initially; but told me to quit smoking. Since the doctor ALWAYS says that I ignored it and continued to live my life, albeit miserable from the vomiting.

Mid 2007 I was finally diagnosed after several visits to the doctor. He said I had Gastro Espohageal Reflux Disease (GERD) and that my Lower Esophageal Spcinter (LES) was weak. His first reaction was: Quit smoking, eat better and excersize more. He also gave me a prescription for Nexium.

So, I started to eat better and excersized more. Although it was difficult because I was *always* tired because I would be up all night throwing up.

By 2009 my teeth had started to break down on me. They were soft, and weak. My dentist suspects its from the acid and the vomiting.

By 2010 I had had enough. I felt depressed, weak, and extremely tired. I finally started to talk to my doctor about plans to quit smoking. He prescribed me Chantix; and I happily filled the prescription and looked forward to a future. The Chantix did not do well for me. I had always had a depressive personality, but I had never thought of suicide or had sucidal thoughts. While on the Chantix, I was still smoking and often thought of suicide so my doctor told me to stop taking it immediately.

So, now I had to explore other options. I tried Hypnotherapy, Gum, and Patches; all of which failed. After becomming exhausted with my case, my doctor finally sugessted that I try an "Electronic Cigarette". I didnt do much reasearch and bought the first one I could find online.

It came in the mail and I excitedly started to "Vape". Within a month or two I had quit smoking completely and saw IMMEDIATE releif from GERD. I havent had a single episode of GERD since 2010 when I started to Vape.

I started smoking when I was 16, and quit when I was 37. I smoked a pack to two packs per day for 22 years and nothing else worked for me. Vaping is what helped me to finally quit; when all others failed.

I feel better today than I did at 30 years old. I can climb a staircase and not be out of breath or winded. I play my saxaphone again without the need to take a lot of braeks. I am not hindered by my smoking, i am FREE of it.

11/2/2015 7:36:08 PM - Scott (Arkansas)

I was a heavy Smoker for over 30 years, then my youngest son was diagnosed with a rare Terminal Illness known as Batten Disease specifically (LINCL) and I was afraid of even the second hand smoke even off of my clothes bothering his breathing so I started looking for help to quit smoking and I have a friend who uses Vapor products and due to what originally I thought was a high cost investment if Vaping didn't work for me I was afraid to spend the money to buy the Mod and Atomizer to use, so for my first setup my friend Built me a Altoids Mod so I could see if Vaping would work for me after Smoking 3 packs a day for over 30 years and thank goodness Vaping worked after 2 months I Bought A Sigeli and I Use a Uwell Crown Tank the Juices I started with Were 24mg nicotine and in the course of over a year I Am Down To 3mg Nicotine So yes Vaping Works and Everyone Should Support Congress House Of Representatives HR 2058 Vaping Saves Lives I Have Been Smoke Free For Over A Year :)

11/2/2015 7:35:51 PM - Dmallen350

I was a 2 pack a day smoker now to the new ecigs I have all most quit smoking I'm so glad that they came out I am not coughing like I was on cigarettes I smoked for 10 years or more I have only been using it for about 6 months and feel 10 times better I use a mod with an atomizer I am down to 4 cigs a day I tried to quit cold turkey and cut back but was unable to

11/2/2015 7:35:40 PM - Robert

I have finally been able to stop smoking two packs of cigarettes a day by switching to my electronic cig. I feel better, my lungs feel better, I taste food better.

11/2/2015 7:32:11 PM - B. Lantrip from Orlando, FL

After over 30 years of smoking, I have been cigarette free for two months now. I would not have been able to achieve this milestone were it not for the smoke-free alternative that vapes provide. In the beginning, I was only using the tobacco flavored liquids, but now I am venturing into many of the other flavors that are available. Also, as a veteran, my VA practitioner is very happy with my being smoke free.

11/2/2015 3:02:18 PM - Dave Henderson

I had been a cigarette smoker since 1980 and quit smoking around 2011 or so. it was harder to breathe and I tried and failed at quitting smoking several times.

by the time I managed to quit and took up Vaping I was smoking roughly 1.5 to 2 packs a day.

since then I was vaping and my breathing improved dramatically and I still vape today.

other things is vaping does not stink up the house or my cars and there is no film of nicotine on any of the windows in the cars or inside the house where I spend a majority of the time.

my electronic equipment I have such as computers and the parts of them such as the motherboard and other parts.

the device I use is a ProVari which is a mod that is made here in the United States. supporting American Companies ensures employment for American workers.

Vaping for me has been all positive and no negative side affects at all.

I can now breath better than I had before smoking and pretty much better than I could have for most of my life.

11/2/2015 3:01:57 PM - Anne Allen

I was a heavy smoker for 15+ years. I have tried everything from gum and patches to prescriptions and lozenges to try to help me quit with none working. When I decided to try vaping (using a mod) I was not optimistic about it since nothing has ever worked for me before. I started vaping on Aug. 1st and have not had nor wanted one cigarette since! I noticed a big difference in my breathing (I'm asthmatic),and am able to do 100 times more physically than I ever could as a cigarette smoker. I have went down on nicotine from 12mg to 3mg in the 3 short months since starting and am confident I will be able to go to 0% in the future. I don't ever want to go back to smoking and hope I am able to continue this awesome path that doesn't include cigarettes :)

11/2/2015 3:01:44 PM - Jason Porpora

I started smoking at a very young age. For many years I thought quiting would never happen. I tried patches,gums, and will power but nothing seemed to help long term. Then I decided to try an ecig. I started at 24mg(currently I'm at 3mg) and I have not had a cigarette in almost 2 years. Many will say that vaping saved their life, and its very true in my case but, it also saved my relationship. My fiance was tired of me smelling like an ashtray or trying to hide in the bathroom on cold rainy days.

11/2/2015 3:01:34 PM - Robbie Williams

I was a smoker for 20+ years. I have been vaping for 3 to 4 months and have almost kicked the nicotine completely. I fervently enjoy vaping. I was using chewing tobacco for the last few years due to respiratory problems. I then started chewing and that led to mouth sores and acid reflux problems. With vaping I have been able to remove the majority of the toxic chemicals found in tobacco products and only use nicotine at a 3 MG dosage now. 2 months ago I was at 24mg. I am begging you to be very cautious on how you handle the regulations for vaping. The possibility of individuals like myself going back to more harmful nicotine methods is very possible if vaping is over regulated.

Thank you

Robbie Williams

11/2/2015 11:50:55 AM - Zach Tambeezy

Before I was an avid user of vaping products, I was an addict of chewing tobacco. Because of my baseball career, I have been chewing since age 15 and am 21 now. I chewed since I was 20 years old. While in college I discovered vaping and how much of a safe alternative it is. I am a huge supporter of HR 2058 because I would hate to see my local vape shop close up doors because of something that is safer than cigarettes. We need to realize that big tobacco companies are only wanting to hurt and cripple the vaping community. With all of our support we can work the kinks out of the problem. We need to stand up and show our support everyone. Keep strong and vape on.

11/2/2015 11:50:43 AM - Paul Kanel

Vaping saced my life. I was smoking a pack of cigarettes a day for over a year straight, and have been smoking on and off since 2004. I felt my health degrade over the course of my smoking and lost my athletic endurance , which I always had even when overweight. I started Vaping over a year ago and have been completely smoke free(besides my first and last dry hit of cotton from my RDA)

Like anything new and revolutionary, to move from smoke to vapor means that you have to understand the process and the ddangers if used incorrectly. To the average adult, and ever some with not much sense, using smoke free devices is safe and harmless. If used incorrectly, you could hurt yourself but there\'s no real danger. You are more likely to burn your house down from smoking a cigatette, than injuring yourself with smoke free device.

My lung capacity has recovered and advanced. I am becoming more active. I ever eat healthier from the inspiration from quoting smoking. My life is better and I will love longer. Vaping saved my life .

11/2/2015 11:50:31 AM - Jerry Clay (Facebook)

I'm 51 years old and started smoking when I was 16. I had my first heart attack at the age of 36. At that time my cardiologist told me only 10% of males that have heart attacks before the age of 40 survive. He also told me I had to quit smoking immediately. I tried everything and couldn't shake the addiction and continued my 3 pack a day habit. Two years later at the age of 38 I suffered my fourth heart attack and ended up having emergency open heart surgery, a six way bypass. My boss of 13 years fired me because he couldn't stand to watch me kill myself with smoking. My bill that i was unable to pay was over a half a million dollars. At that time my doctors told me to quit smoking or be dead by the age of fifty. I made it about a month smoke free and then resumed my 3 pack a day addiction. As it turns out, my doctors were close in the estimate of age fifty. Three months after my 51st birthday, in March of this year, I suffered cardiac arrest twice in one week and ended up in the hospital for 9 days and ended up leaving with a pacemaker / Defibrillator that is the only thing keeping my left ventricle working. My ejection fraction is 10 to 15% meaning, I will need a heart transplant sometime in the next 12 to 24 months or I won't survive. My doctors are telling me I am lucky to be alive as only 7% of males in my age bracket survive cardiac arrest outside the hospital. My bill this time is a little over a quarter of a million dollars. All of these medical issues can be traced back to my cigarette addiction. Two weeks after I got out of the hospital, still smoking, a friend suggested I try vaping. Got a ego one and some grape flavored juice with 9mg of nicotine. The next week I picked up a M80 box mod and a Kanger sub tank and more juice, this time with 6mg of nicotine. And quit buying cigarettes. By the time April was over I was still cigarette free and vaping juice with 0 or 3mg of nicotine. I have now been cigarette free for 7 months, the longest I have been without cigarettes in 35 years. Without vaping it would not have been possible. If the FDA gets their way, I'm sure I will return to cigarettes.

11/2/2015 11:50:00 AM - Jim Caruso

Follow this link for my video testimonial.

https://youtu.be/7tkcJi0RaJc

11/2/2015 11:49:01 AM - Joshua

I am a 24 year old male who began smoking cigarettes at 16 because I thought it was the cool thing to do. Little did I know how my life would go on from there. I became highly addicted to them and smoke anywhere from a pack to a pack and a half a day. I watch as my uncle was slowly taken from my family because of what cigarettes did to him. He passed away from lung cancer when I was only 17. You would think seeing someone go through that would help you quit but instead it only made me increase. Eventually smoking controlled my life. In college I would leave classes to go smoke. I would take multiple smoke breaks at work cause many of my bosses to get mad at me. Finally I had a miracle happen to me. I found out I was going to be a father. The week I found out was the week I completely stopped smoking cigarettes. It was all thanks to a local vapor shop in my town. The employees really showed me they cared for their customers and our health. I bought my first e-liquid based e-cig from them and never picked up a cigarette again. I have never felt healthier in my life. I have plenty of energy to play with my daughter and I enjoy my life to its fullest. The most positive thing that has come out of vaping for me is that my daughter won't have to watch me kill myself slowly. I can say that without vaping who knows how long it would be before I was diagnosed with something serious. Instead of attacking small businesses that bring jobs and happiness to a community you should be going after the corporate world of big tobbacco. They don't care about our health they care about the money they make. Allow us to vape in peace and help us save lives!

11/2/2015 11:48:45 AM - Steve M

To me, vaping is a lot more special than it may be to some. I don't mean to be full of myself either. I did not smoke. I dipped, you know, the gross stuff that's in a circular can you shove in between your gums and lips and suck on it then spit the juice out. I don't know why, someone let me smell their dip at work one day and I fell in love with the idea of getting a nicotine buzz to relax on break or even put a tiny bit in on work and hide it while spitting in something I can hide. I even hid it at school, I would dip in my study period before lunch. Even in gym. A tin a day is actually bad for dipping, unlike smoking. I don't know about smoking but it seems common to smoke a pack a day and it seems 2 or more packs a day is bad. But, obviously any tobacco is bad. I picked up vaping one day at a hookah bar. No idea what in the world the vape was I got, it just said ego on it, came in some little carrying case. I broke it eventually, got some rhino thingy at a smoke shop, kept upgrading and now i'm at an ego one mega on an istick 50w. Vaping is my passion. I love it. I have helped 5 friends get off smoking and switch to it. I've shown them how you can save money because typically the juice bottles will last longer than a pack. I never used any other products to try and quit. I had quit cold turkey before for about 3 months, but a break up with a girlfriend changed that. A friends visited me at a job and she worked with me there and broke up with me there while I was working with her in her department (it was a walmart and my manager told me to go there and help her out) and I went on break, he pulled out his can of dip and asked me if I wanted a lip. I hesitated, but took one after maybe 2 minutes of hesitation. After 6 months, I switched to vaping. Nicotine is nicotine, that's all there is to it. Dippers need more than smokers do, but that's just something you'll get over eventually.

11/2/2015 11:47:55 AM - Jolene

I started smoking cigarettes when I was 18. I smoked a pack a day from 18 - 38. I never wanted to stop smoking so I never tried to stop. The only time I stopped was when I was pregnant. I didn't breastfeed so I was able to start back up within a month or so after I had my babies. As my kids got older they begged me to stop smoking. They said I would die at an early age and that they weren't ready to lose me yet.

Unfortunately, my husband (who also smoked) had several small strokes. Our daughter begged him to stop smoking cigarettes. He started looking into electronic cigarettes. He bought a starter pen kit (Blue Pen). He stopped smoking. I tried it but I just wanted my cigarettes. He then went from the Blue Pen to the Ego Twist. He tried to get me to quit smoking as well. I refused to quit. Finally, after he and the kids kept begging me to quit or at least try an ecig, I finally tried the Ego Twist. I quit cigarettes at that point. I went from the Ego Twist to the V-Torch to the Mini Provari and now the Hexohm box mod. I haven't smoked a cigarette since August 2012. Since I have stopped smoking cigarettes I have not needed my inhaler, my face doesn't feel like it has saw dust on it from the film cigarette smoke leaves behind plus my eyes don't feel like it has a film over them either. I don't cough up phlegm like I used to and it's easier to walk up stairs.

I HONESTLY BELIEVE THAT VAPING HAS SAVED MY LIFE, MY HEALTH AND MY FAMILY!

It may be saving other family's lives as well because I am no longer endangering innocent people around me with secondhand smoke. ALL LIVES MATTER!

11/2/2015 11:47:42 AM - Dylan welch

I just made it one week smoke free when I heard about the proposed ban. I was heartbroken. I'm now 1.5 weeks without a cigarette and I was a pack a day smoker. Vaping is the only thing I could find to help me quit. I can finally breath. My first kid is due in January (its a boy) and if I go back to the cancer sticks I won't be able to give my son everything a father should. Please share casaa and their fight for me, my wife and my unborn son. Vape on my friends. Don't let this roadblock kill your dreams and goals!

11/2/2015 11:47:32 AM - Scott Baker

Well I started smoking in high school around age 16. I had no idea what a hard habit it would be to break. I quit when I joined the military at 19 but months later during a 9 month deployment to the middle east in support of operation enduring freedom I started smoking again during a really hard time in my life. Everyone on the entire ship was smoking or chewing tobacco. Such a sad sight to see America's hero's hooked on cancer causing products. It was the only way to cope with the time away from our families, stress, and war. From that point on my life became different in many ways. I developed an addictive personality. From that point on I smoked at least a pack a day continuously. That's all I did throughout my twenties. My productivity in all aspects of my life suffered tremendously.

Then about 2 and a half years ago I discovered vaping. My step mom was doing it and swore that it was the answer we needed to put down the smokes once and for all. I was very skeptical, but realizing I didn't have much to lose I decided to give it a try. I bought my first vape and after three days of using it I never again smoked conventional cigarettes. It really works for me! I am now healthier, happier, and a better person for it. I breathe better, see the doctor less, and my quality of life has improved. I love the mods, tanks, etc because it gives you so many options to personalize your experience. I have recommended it to a bunch of my friends and family witnessing the same results from their experience vaping. This product is truly a miracle. The most important thing is that my unborn son arrives in February and he will never see me smoke cigarettes. I learned to smoke from my parents,who learned from their parents and I will be able to break that cycle. That's amazing if you ask me!

11/2/2015 11:47:07 AM - Leslie

I was a smoker for 18years. I've been vaping off and on for two years.finally quit smoking two months ago vaping saved my life i have bad asthma and cigarettes where killing me.i decided to try e Cigarettes.didn't really care for them at first but then i found vape pens a godsend for me ever since i started vaping full-time i can breathe.and i noticed my lungs aren't hurting any more no more coughing 24/7

11/2/2015 11:46:49 AM - Patricia M. Jacklin

My first cigarette was at the age of twelve. I was addicted immediately. At eighteen I joined the US Army. "Smoke'em if you've got'em," was said every time we had a break. Fast forward. My young friend had a child. I heard about vaping and thought it would make it easier for her to not smoke around her son. I tried vaping in the store with her and haven't had a cigarette since that day. After forty-five years of a pack-and-a-half a day addiction, Iâ€™ve been cigarette free for two years as of November 2015 due to vaping. My teeth, hair, skin, clothes, home, and car all look and smell great!

11/2/2015 11:46:40 AM - JAMIE from Olive branch, MS

Shamefully, I started smoking at a tender age of ten years old. My parents were chain smokers (3 packs a day), and all my family members smoked so I perceived this was "what we do". I quit smoking cold turkey twice in my early twenties, and since then I have attempted four times with no success. Two times attempted cold turkey; the third with wellbutrin, and fourth with nicotine gum and patches. All attempts failed after about three weeks in.

A friend of mine finally convinced me to give vaping a shot after several months of me weighing the pros and cons. I went to the nearest tobacco shop where they carry a few twenty dollar starter kits. A major deciding factor for me to try this was affordability. I simply can't afford to fork out two hundred dollars on chantix on the large chance it won't work for me. I also wouldn't try something that cost more than the cigarette habit I already overpaid for.

I am 29 years old and have been using a vaping mod for three months now. I also realized my addiction was a physical one, not so much to nicotine. I vape with 3mg and sometimes 0mg nicotine with absolutely no side effects or jonesing for a Marlboro light. I just need the hand to mouth motion and inhale, which is why I feel the other cessation alternatives didn't work for me.

I love that I am saving money. My clothes and skin smell better. When I vape in general public, I no longer worry about the offensive odor. My energy level is improved and I no longer get smokers fatigue affecting my blood pressure after a cigarette. There are no nasty ashes or butts littering my patio (or the highway side). My fingers no longer have burns from fallen hot embers off the new fire reduction adhesive in today's cigarettes. Thanks to the variety of flavors and price ranges in this open and competitive industry, I have had zero desire for a regular cigarette. I am currently trying to convince my parents to try this. I keep reminding them of all the benefits which far outweigh the potential risks (I say potential because research is in its earliest stages now, but at best is estimated to be 1% of the health risk compared to a traditional cigarette.)

The embarrassing odor, the nagging cough, the fear of certain death by cigarettes... It's all gone. I am ever grateful to the vaping industry for pioneering such an innovative affordable alternative.

I would like to add, I do not believe that people should start vaping if they haven't got a worse habit needing kicked. But for cigarette smokers, this is the tool that can save their lives. It did mine.

If the fda would like to take appropriate action that would benefit Americans the most, the first order of business should be shutting down the big tobacco companies. Never in my life have I seen an industry with such toxic products continue to operate and even

thrive as big tobacco. They are literally hammering nails into my family's coffins. I am hopeful that by my example, they can soon switch to vapor ecigs.

11/2/2015 11:46:01 AM - chris

I have been smoking since i was twelve i have in the past year wen to 3.5 pks cigs. I started vaping this year less than two mnths ago im not smoking at all. I love it,. And feel so much better. Thanks for letting me share.

11/2/2015 11:45:49 AM - Patrick Gray

I myself have lost many loved ones due to cancer from tobacco products. I used to be hooked on those cigarettes and chewing tobacco. I was introduced to vaping from a colleague of mine. I became fairly interested in the vaping world and I myself loved it. I believe that since switching to vaping my life has taken a turn for the better. I love having B&M shops around to buy amazing products and flavors. But with the FDA trying to regulate our vaping products. We will be forced to keep giving money to big tobacco.

11/2/2015 11:45:41 AM - Paul Hibbard

My name is Paul Hibbard and I live in Montgomery, Alabama. I'm 45 and smoked cigarettes for 30 years. That was until vapor shops started popping up around town. My kids have begged me to quit smoking for a long time. I researched the vapor industry and what they had to offer. I paid good money for a tank and mod and took the plunge. Once I found the right juice, I immediately stopped smoking cigarettes and have not looked back. That was 2 months ago (August) and I have not smoked ONE cigarette!!! I am healthier than I have ever been. I feel great and can smell and taste better. My family is overjoyed and it has been an incredibly positive change in my life. I never thought I would be able to quit and I did in a matter of days. I'm spending less money and more quality time with my children. What more can be said ? Taking this off the market would be devastating. Absolutely devastating. Thank you.

11/2/2015 11:45:32 AM - Steve Svndsn

I was a smoker for over 30 yrs and had tried quitting many, many times with no success. I am currently cigarette for 1 yr 10 mos and have no desire to ever pick up a cigarette again! Using the E-cig let me phase out smoking, 2 weeks was all it took for me to be completely off cigarettes. After 2 months I noticed I could breathe again and I felt better! The other plus is the money I have saved not buying 2 packs of cigarettes a day, I'm not ever going back!!! It would be complete STUPIDITY to ban something that works so well!!! THANKS

11/2/2015 11:45:19 AM - Jason McMullan

Hello, I smoked 2 packs of cigarettes for over 16 years. I started when I was in my teens and really tried for many years to quit. When my first child was born I decided to seek medical help to stop. Doc prescribed Chantix. What a huge mistake that was. I went from a mild mannered person to a extremely angered man. After stopping Chantix I tried nicotine patches and still that was not enough to stop. A few years went by without and help to stop smoking. In 2012 I was toldby my doctor to checkout e-cigarettes. I did as he stated and found some online. After many years of trying to stop, electronic vaporizers was the ticket. Since early 2012 I have been tobacco free. After many trip to my doctor he even noticed a huge difference the e-cigs made in my health. Without electronic cigarettes I would have NOT been able to stop smoking. Now I can enjoy my children and lead a much healthier lifestyle. Thanks

11/2/2015 11:45:05 AM - Anna

I made the decision to stop my decade long pack a day habit just over two years ago by making the switch to e-cigarettes. The decision was based off the sudden and unknown cause passing of my mother, who was a heavier smoker than I was. I'm still not sure if it was the smoking that caused it, but I didn't want to take the chance and knew I had to get healthier. I had tried to quit numerous times before, but only until I tried the more user friendly e-cigarette (compared to a cig-a-like) was I able to fully kick the habit. My attempts with a cig-a-like merely let me go from smoking every hour to smoking every hour and a half, while somewhat of an improvement it was not at all the desired result. I started out at an 18mg/ml and since then have reduced to either a 3mg/ml or 6mg/ml but primarily use the 3mg/ml and haven't had a traditional cigarette in nearly two years. It was a tough transition at first and I will admit that although I've had an e-cigarette for just over two years now, I did break from it occasionally in the beginning due to convenience, and although I don't know the exact day I had my very last cigarette, I can say that I have not had one cigarette in all of 2014 and 2015 so far, and I don't intend to have another one again.

Not only do I think this saved my life, but since quitting I have been working at a vape shop, and one of the best parts of the job is knowing I am potentially helping to save others lives on a daily basis by being able to offer them an obviously much healthier alternative to cigarettes. If regulations are too strict that forces companies to close, imagine how many lives that could have been saved that will now be lost to cigarettes. While I do believe some regulations are important, the proposed regulations are entirely too strict and will close down businesses and not only cost many people their jobs, the worst of it is how it will limit the access for adults to receive such a life changing product.

11/2/2015 11:44:51 AM - Steven C.

I used to be a heavy smoker for years until I was introduced to vaping from a friend after I had my second stroke which happened during December of 2009. I have been vaping ever since then because it has helped me greatly. I currently use an iStick mod and a Kayfun rta. I haven't smoked a cigarette since I stated vaping and am glad. I've tried nicotine patches and gum before I started vaping. I was more successful with vaping to quit smoking. Since I started vaping my sense of smell and taste has improved. Also I've been able to breathe much better which has helped me take longer walks.

11/2/2015 11:44:40 AM - Jonathan Pye

I began smoking when I was 12 years old. Living in a small town, and looking much older than I was made cigarettes accessible. At the age of 16 I smoked heavily, around 2 packs a day. My cigarette of choice was a non-filtered brand that I smoked up until I was 18 years old. At 18, I could already feel the negative effect smoking was having on my health and decided to switch to a filtered brand. I continued to smoke 2 packs a day until I was 22 years old, when my first child was born. That's when I made my first attempt to quit. I stayed smoke free for only a month. I did reduce the amount I was smoking to a pack a day. This cycle of quitting and restarting continued until I was 34 years old. By that time, I hated smoking. I hated how it made me feel, I hated how much money it cost me, I hated knowing that it would cut my life short, I hated it for a hundred reasons. I wanted badly to quit, but every method I had tried failed. On a whim one day, I bought a disposable electronic cigarette while I was buying my usual pack of smokes. It was ok, not great, but I felt it had potential. I purchased my first "real" electronic cigarette kit a month later. I started with 24mg e-liquid, vaping it out of a cartomizer. After 2 weeks of dedicated vaping, I finished my last pack of cigarettes that I will ever purchase. That was November 3, 2013. In two years, I have gone through many different electronic cigarette set-ups. I went from 24mg e-liquid, all the way down to 3mg. I currently use several different variations of rebuildable atomizers, and I prefer regulated (variable voltage/wattage) mods. I feel that vaping has saved me from my addiction to cigarettes, but also has given me more time on this earth to be with my three children. I know the health benefits are real, because I feel them everyday. My food tastes better, my sense of smell (previously nonexistent) had returned, I breathe better, I sleep better, and I don't wake up every morning coughing. Vaping saved my life.

11/2/2015 11:44:26 AM - Dan Dixon

My name is Dan, I started smoking cigarettes at 14 years old. By the time I was 16 I smoked a pack per day. At one point I went to a doctor trying to get a prescription for Chantix. The first night I took it, I had horrible nightmares. I continued to take it for about a month, but still smoked cigarettes because it did nothing to suppress my cravings. I quit taking Chantix and started chewing Nicorette, it kept me from smoking as much, but the gum was too expensive and I would just buy cigarettes if I didn't have $50+ for more gum.

It wasn't until my girlfriend surprised me with my first real e-cig that I went my first day without smoking. It was a cheap 15 wat device with a tank that leaked and 24mg mountain dew flavored juice. But it worked, and it tasted surprisingly good. After my first week of vaping, I went to some local brick and mortar business to buy more liquid. I found out that alot of people treated vaping, not only as a way to quit smoking, but a hobby. People made higher quality, hand made user rebuildable devices that functions much better than the device I was using.

I now collect hand made stabilized wood mods that are as much a joy to look at, as they are to use. I've even started designing my own mods that I may be able to build a business out of. I have met many life long friends from this hobby and I would feel lost without it.

11/2/2015 11:44:12 AM - Christian Proctor

I was a 25 yr smoker who attempted for 11 years to quit smoking. I tried nic replacement - lozenges & gum. I tried Wellbutrin & Chantix (2x). I tried hypnosis, acupuncture & diet changes. None of the measures I attempted worked. I tried my first ecig after A saw a friend quit smoking using this new technology. That was March of 2013 and after 6 weeks II smoked my last cigarette. I was able to quit using eliquid (18mg) strength. I was able to step down my nic strength over the next few months and I am currently at 3 mg. My overall health has improved dramatically and my wife was able to quit smoking using the same methods

11/2/2015 11:44:02 AM - Ayman

I smoked on and off for nearly 19 years... when smoking I was a regular 20 cigs a day smoker. After my father died, my smoking increased significantly, and I started to worry seriously about my health. I went to 30 cigs a day and was getting worse. I tried a disposable cig-a-like out of curiosity one day, and I haven't smoked a single cigarette since. That was nearly 5 years ago. I had tried nicotine patches and other pharmaceutical alternatives before, but they gave me rashes and didn't work at all. Vaping was the only thing that helped me kick the habit for good.

I started with disposables, and then graduated to mods and tanks. I went from 18mg juice down to 12, then 6 and now 3mg.

Since I started vaping, my health has improved considerably. I used to have regular recurring illnesses and low energy levels. I am now in good health, I rarely get sick, and I'm able to exercise regularly without being short of breath or feeling weak. Whilst I found pg based cheap liquids to be an irritant, I have had no problems since switching to high-quality, vg-based liquids.

Overall, I'm so grateful to have switched to vaping. I couldn't quit smoking cold-turkey, and other alternatives simply didn't work. The benefits to my health and my life overall are simply immeasurable.

11/2/2015 11:43:48 AM - Kelsey shafer

I've smoke cigarettes for 4 years, after I started with the blu e-cig I cut down but after getting my snowwolf 200w I quit smoking cigs completely. I love my box mod and I would be lost without it. I vote to keep e-cigs a thing so all smokers who wish to quit can quit with this.

11/2/2015 11:43:35 AM - Pistol Pete from Las Vegas

Hey everyone just a bit about me. I am 22 years old from Las Vegas Nevada I've been Vaping now about 2 years prior to that I was smoking for over 7 years, yes that means I was a minor when I began smoking. My first experience with vapor products was the disposable ecigs with a high nicotine level from a local convent store but I found it just wasn't enough so I began to use mechanical mods after doing extensive research on batteries, builds and devices. I found myself drastically reducing the amount of nicotine in my e-juice as I began using mechanical devices and enjoying the endless flavor combinations. I had tried to quit in the past with no avail, the only thing that really helped me break the habit was the vast selection of vapor devices and flavors on the open consumer market everything else would just slow down my smoking not completely stop it. Not long after quitting smoking and switching to mods I found myself entering into the vape community. Which was like a support system to stay off cigarettes and almost became a second family. As the events became larger and more in-depth I found my self getting more and more involved. Now almost two years after becoming smoke free I couldn't be happier, through Vaping I have made countless life long friendships, had a chance to meet the woman I plan to marry and have lived a much healthier lifestyle. With out these life saving products being readily available to adults I would have just been another rung in the big tobacco wheel. I thank you for giving me the opportunity to share my story with you.

-Pistol Pete Mills

11/2/2015 11:43:16 AM - Liz Charon

I started smoking at a very young age and watched my grandmother die of smoking related illness. I did everything to quit- the patch, the gum, and even smoking cessation pills. I even tried gas station cigalikes. It wasn't until the beginning of 2015 that I was able to quit by vaping with a higher wattage device that I was able to quit. Vaping saved my life!

11/2/2015 11:43:02 AM - Kyle Noall

I am 49 now and smoked a pack a day sometimes even a pack and a half for 25 years. I tried to quite smoking on numerous

occasions only to fail every time I wanted to stop so bad and just could not do it. Me and my wife who was also a 20+ year smoker decided to visit a local vape shop and bought are first vape pens,

I continued to smoke for a little while even though I was vaping and then one day I just stopped smoking cigarettes and never went back, that was about three years ago and I have never felt better I can breath again I have more energy and just feel better. Please think about what you are about to do many people will loose there jobs, people that want to quite smoking and can't will have no where to turn for help and will continue to smoke and die from it. Vaping has helped so many people stop smoking and saved thousands and thousands of lives thank you.

11/2/2015 11:41:23 AM - Vincent Mattia

First a little background. When I had stopped smoking cigarettes, I had smoked for 32 years & was up to smoking 2 packs a day. I had tried cold turkey a could of times in my life, but always was back to smoking within a month. I knew that they are bad for me, but I could not quite. In 2003 I tried Logics, a ciga-like electronic cigarette. They just didn't do the trick & back to smoking I went.

April 12, 2013 - Went into my first Vape Shop! Purchased a beginner set of Vape Pens. After my purchase the guy behind the counter told me, vape this for a week & don't smoke any cigarettes. I was like, "Yeah, yeah". But I drove off doing just that. The rest of that day I vaped & liked it. The next day, I still had a full, sealed pack & an opened pack of cigs with 5 butts left in it. So I did a comparison. I vaped & smoked those last 5, side by side, puff for puff. That was it. I was done smoking & haven't picked up a cigarette since. The full pack I still have, sitting on a shelf as a little trophy to myself.

November 1, 2015 - I am very happy & proud to say that after 2 and 1/2 years I am still tobacco free! All thanks to Vaping Devices! I have, over time, lowered my nicotine level down to almost 1/2 of what I started at. I feel better, I smell better & friends of mine have even commented on how I look better.

11/2/2015 11:40:56 AM - Jordan Edwards

I have worked in construction for most of my my life. It has always been the norm to chew or smoke or both. When i was 17 I started smoking it wad cheap and everyone else was I enjoyed it I suppose. For 10 years I smoked 2 packs a day or 1 can of chew and a pack a day.

I started working in the oilfield about 5 years ago. The line if work was out of my normal experience well part of it at least. So I'm now working asbestos as well as my strength sheetmetal. If you know anything about asbestos its I'll effects are compounded by smoking and risk of contracting mesothelioma, asbestos and other lung cancers is exponentially greater.

I made the decision to try to quit. I tried patches. They were unsuccessful. wound up chewing while on patches then back to chewing and smoking. I tried the gum several times it never worked and just made me I'll I tried generic and brand name types both I wound up chewing like normal gum and just made me I'll or didn't work at all. I went back to smoking again. I tried the prescription route. This is where things got scary. It altered me I had odd violent dreams and odd emotional reactions. My daughter was young at the time and I had some odd dreams of me injuring her. That was the end of that the prescription was far more dangerous than anything else mind altering drugs not for me.

Finally I started to do some research in 2011 on e cigarettes. I first looked into "cigalikes" and determined those were primarily created by brand name tobacco companies. This led me to believe they were not actually attempting to help. I wound up making the decision to try a "clearomizer" with "Itaste" and "vision" batteries. I used a juice line that I would never suggest again that was carried by the tobacco shop in the small town I'm from. I started at 36 mg because it was strong and managed to curb my urge to nearly nothing. Later I went on to find the device and "ejuice" I was using was fake and not consistent and therefore not as effective. At this time I entered my first vape shop and it was night and day. The owner did everything in her power to keep me from smoking also pushed me in the right direction of lab made juices and consist, well crafted, safer devices. I dropped to 18 milligram liquid. I stayed there for about 6 months. I then moved to a dripper style device and began building my own coils so it was a hobby to create my type of vape. I also started using other flavors and juices to give me the desired throat hit and feel smoking gave, without cigarettes. I found I liked some different more dessert style rich flavors. Since then I have been a strong believer that those different flavors and the hobby side made me actually stay away from combustible cigarettes.

Near the end of my first year vaping I had my first chest x-ray and lung capacity test since my baseline when I was hired. My baseline chest cray showed my lungs were not

totally healthy and I was definetly a smoker. I was relatively healthy for a smoker so my lung elasticity was "ok". My baseline "lung age" using elasticity and capacity tests was 26 my age so that was ok. However, my second chest xray and lung capacity tests were far more supprising. My chest looked far more clear and the dr was amazed at my progress. We continued on to the lung age test.

During this year at about 6 months I had started feeling I was breathing better and decided to start a diet and exercise program. I had started at 230ish lbs an I was able to do about 3 miles on an eliptical a day. At 5-6 months on the program meaning about a year vaping I was doing an hour straight and 8 to 9 miles on the eliptical in that hour. I had also lost about 50 lbs I was down to 180 and about 11% body fat (according to a fancy glass scale from sports authority). I felt fantastic and knew that I would never go back to smoking or chewing.

I went in to do my lung capacity test I was a little under the weather allergies in the fall in Alaska it's mold season. I still managed to get a good test result. My lung age had went from 26 to 8... what that equates to is roughly double capacity and double elasticity... from what I was told... Either way since that day I have been a huge believer in vaping.

I have since dropped to 3mg liquid and some newer devices that work very well and consistently. They have all increased safety and reliability. I have also noticed I have had nearly no sinus and ear infections in years. While I was smoking I would get sinus infections every month or every other month in the winter time. For all these reasons I believe vaping has DRASTICALLY improved my quality of life and also saved my life and I thank the small companies and friends in the vaping community who have helped me on this path.

I hope that the government as well as the fda can take into account personal testimony and current medical research on this matter. Malaysia as well as England have made well informed logical decisions based on medical studies. If the vaping industry is impacted, because they are not Philip Morris and other tobbaco companies, they will sink it will not rebound. That will be a terrible day. In this day and age a life saving product, leaps and bounds safer than tobacco cigarettes, squashed for financial gain rather than embraced for public health...

11/2/2015 11:40:06 AM - B.J Nguyen

Hello! My name is B.J Nguyen and vaping has saved my life.

I was an ex-smoker for 7 years and I used to smoke about 1-2 packs a day. My cigarette brand of choice was Marlboro Smooths (Menthol). I used to wheeze, had shortness of breath, and would stink around everyone else. My girlfriend was also pregnant with our first child and I just had to quit for the sake of my son.

I've tried the nicotine gums, the small disposable e-cigarettes that you can find at 7-11 and gas stations but they weren't satisfying and enough to help the urges. November of 2011 was when I found my first actually personal vaping device called the EGO C-Twist. Since then I have NOT touched or smoked any cigarettes and have now been smoke free for 4 years!

Thanks to vaping my quality of life is so much better. I don't smell like an ash tray anymore, no more wheezing, and no more shortness of breath.

11/2/2015 11:39:52 AM - Gabriel

I am 21 years old and have never smoked a cigarette in my life. I have used hookah before but I still found it harmful since it was still tobacco. I recently turned to vaping because a friend of mine explained to me how healthy it was, and that there was no tobacco contained in the juices. I was also excited to learn that there were juice options that contained no nicotine whatsoever. This was great for me since I was never addicted to nicotine but I could still vape with the mindset that it is safe. I recently started vaping on a box mod sub-tank and I have noticed no negative change in my health at all, which is great. I am proud to be utilizing a product that saves lives, and I hope it does for many years to come.

11/2/2015 11:39:39 AM - Bonnie J Ward

I have tried for over 30 years to successfully quit smoking with no luck. The alternatives didn't work and were not satisfying like smoking. Vaping is a very similar substitue. Since I have started vaping, I have successfully quit smoking. I haven't smoked for over 6 months and don't miss smoking at all! The flavors are what keeps it interesting and enjoyable. Now thinking of smoking makes me think of licking an ashtray. I feel so much better, have better lung capacity and do more things with my job and family without being short of breath. It's nice to be able to breath better and take a full breath without coughing. I also no longer wheeze when I lay down to sleep. I also have more energy, and I can actually afford vaping as cigarette prices were getting out of control. It has changed my life for the better. Please do not taking away vaping for people.

11/2/2015 11:39:28 AM - Toby Jordon

Well , I am a 34 year old male with Very Bad Asthma , i was a 2 pack a day smoker for 20 years some times more because i worked most of my life in the Bar and restaurant industry so smoking went hand in hand, after about 10-15 attempts to quit smoking and never accomplished it , my cousin showed me vaping so i said heck with it i will give it a shot. 2 day later i went and bought a ego battery and a Evod tank and bought a 18mg juice . From that Day forward i have not smoked a cigarette and i am now currently using a 3mg juice . I went from using my Inhaler 15 times a day to using my inhaler once a day i can smell and taste now , i no longer smell like cigarettes, and i can enjoy my life with my 10 month old daughter chasing her around. #vapingsavedmylife #iamproof

11/2/2015 11:39:19 AM - Rebecca Horan, Andterdam, NY

I started smoking in high school. I was able to quit several times, when I was pregnant with my children and shortly afterwards, but always went back. I didn't smoke as much as sole, but still about half a pack a day. It was a lot and it wore on my health. I had constant sinus infections which eventually resulted in sinus surgery. I had asthma and bronchitis as least once a year, sometimes more. I lost teeth. I had so many surgeries on my ears from constant infections I lost count.

I tried chantix, patches, and nicotine lozenges and gum. Nothing ever worked.

Three years ago, I found some online disposable cigarettes. They helped me to cut back on smoking regular cigarettes but I didn't quit. I eventually upgraded to a Vision spinner battery and a kanger tank. At this point I was able to completely quit smoking. I started at 24 mg nicotine, and that's only because I was unable to find anything higher.

I upgraded to better equipment - currently a tesla 200w mod and a vt200 running smok tfv4 tanks and rda drippers. With this upgrade I've been able to work myself down to 3 or 6 mg nicotine.

I haven't had a bronchitis, sinus infections or ear infections in about 18 months. I've been able to stop my asthma medication that I was on in one form or another for over 20 years.

I can smell a smoker now and tell immediately if a smoker has been in elevator at work - did I smell like this? Sure, I bet I did.

Vaping isn't just the products. It's the community of ex smokers that care about each other. What gets left out a lot is the online vaping community - if anyone ever feels the need to smoke again - come to the friends you make here and we can talk about it and help you. It's not just a lifesaving movement, it's a bonus support group where there's always someone willing to help you up if you fall. I've been blessed to find this and my hope is that I can help others do the same.

11/2/2015 11:39:06 AM - Darren Barwick

I started smoking at age 15. In 2010 I tried using an ecig. A small cigarette looking kind. I had tried everything else available to try to quit smoking to no avail. So I figured I would give it a shot. At first I thought it was going well. Began to cut down on smoking. I gave it a solid effort. In the end it just didnt work for me. I may not have had the will to make it suceeed. It wasnt until a few years later in 2013 that I began to look into vapor products again. They had advanced quite a bit and after long hours of research i decided to give it a shot again. On 2/27/2013 I went to a local Vape shop and bought the device I had decided would be best for me after looking into many for a month or so. I have not smoked since. It was actually very easy to quit with the unit I had purchased. The performance was staggering over the original one I had tried. This made all the difference.

At first I vaped on tobacco like flavors. Soon though I switched to the wide variety of fruity flavors, desserts types and candys. Soon after quiting combustable tobacco i began to taste things and the tobacco flavors where gross once Ii began to get my sense of taste back. I credit all the different flavors for keeping me off cigarettes. To this day I am alwys trying new and different flavors. Never again to I want to vape on anything that reminds me of the old stinky habit I once had.

Going on 3 years now smoke free. II am so much healthier. I dont get winded walking up stairs or doing yard work. I can taste food. I dont stink. I dont wake up in the morning needing an instant nicotine fix like I did when I smoked. I just vape on and off during the day. I dont really have any "Must have" craving like I did with cigarettes My wifes alergies and asthma are light years better, and she never smoked before. So not only has it had benefits for me but for my loved ones also. I have went from my original 24mg strength nicotine liquid down to 3mg. I even ocassionally vape on 0 nicotine liquids.

Vapor products have changed my life.

11/2/2015 11:38:35 AM - melissa

Hi, I'm Melissa.

I am currently 28 years old. When I was born, my mother was told I was healthy. But low and behold, when I was 6 months old, I got really sick. The doctors had no idea what was going on. My first year of life, I had died once and was in the hospital multiple times with pneumonia. Test after test were run. I was eventually diagnosed via an echocardiogram (an ultrasound of the heart) with an Atrioventricular Septal defect when I was 4 years old. This means there is a hole in both the atrial septum and the ventricular septum. In other words, I have 1 chamber in my heart. There was no medication that would make me better.

Between that day and a few days before my 8th birthday, I died 3 more times. When I was 7, my mother came to tell me her final goodbyes. By what I can only call a miracle, I woke up.

I was then Diagnosed with something called Pulmonary Hypertension. Basically, I have high blood pressure in my lungs. My heart overworked itself so much, that my lungs took over some of the work.

That day, and days leading up to me leaving the hospital, I was told I wouldn't live to be 16. I would need a heart and double lung transplant before then.

Well... Here I am, 12 years past that age. No transplant. Still alive. And I've gotten better.I owe a lot of my thanks to vaping and my vaping community. My oxygen levels used to be in the low 60's. Since I started vaping, my oxygen levels have gone into the high 80's to low 90's. I haven't needed a breathing treatment or my inhalers.

Normally, I was in the hospital up to 3 times a year with pneumonia. Since I've began vaping, I've been in the hospital a total of 3 times. And that's only with Bronchitis.

Next time you hear someone complain about how bad vaping is, Show them this story. I hope I can save at least one life because of it.

11/2/2015 11:38:21 AM - Charles Morgan

I was a pack a day smoker. High blood pressure always coughing. Started vaping a couple years ago and all that changed. Vaping saved my life.period. It just saves lives. Tried chantix but that had horrible side effects. Vaping was the key to my success!

11/2/2015 11:38:09 AM - Skylar Deaton

I was 8 years old when I smoked my first cigarette. I grew up thinking it was the "cool" thing to do because I seen everybody else around me and on television doing it. As years passed I was up to smoking a pack a day since around the age of 17. Seeing family members die from lung cancer and hearing of friends and their family members dying also I knew that it couldn't be healthy, but still continued to smoke. I tried off and on for years to quit, but it always turned into a casual thing to do when in crowds so I never really could stop. A year ago my wife's grandmother died from lung cancer that had spread to her brain. She smoked 2 packs a day. Being a father of 3 at the time I knew I couldn't fall victim to the same as so many other because my children need me around. While my wife was pregnant with our fourth child I made up my mind and decided I had to kick the habit completely. The very next day I went and bought a VUSE starter kit. At first I thought the VUSE was great, but then I was introduced by a friend to a way better setup and different flavor juices. I started off at 16mgs and quickly worked my way down to 6mgs and now I'm content at 3mgs. Since I started vaping I feel alot more healthier then I've ever been. I can take deep breaths without coughing and as a child I grew up with bronchidal asthma. I can run and play with my kids without feeling fatigued or the least bit tired. I know for a fact that vaping has helped save my life. I did it for myself, but I mainly did it for my children. I've become very involved into the entire lifestyle of vaping and I try to be as active as possible by spreading advocacy. I often have to explain and educate people who don't understand the whole "safer alternative way of life". I enjoy every bit of vaping and what it has done for me physically and mentally. Vaping has truly saved my life in my honest opinion.

11/2/2015 11:37:54 AM - Matthew Leahey

I was a 16yr smoker and at the point I chose vaping to quit I was smoking almost 2 packs a day. In the past I had tried almost everything around to quit to no avail. Chantix, patch, gum nothing worked. Since my first try vaping 4 yrs ago I haven't once smoked a cigarette. I use mods with tanks and dripping atomizer and the choices available most definitely are the reason I am cigarette free. I am able to run, workout, and just live a better life due to vaping. Without vaping I am positive I would still be smoking and dying slowly because of it

11/2/2015 11:37:41 AM - Pirate Twinkie

I quit smoking cigarettes about four years ago and took up vaping. I use a mechanical mod and rda that cost be about 46.00. I only need to buy about 20.00 worth of ejuice a month and rebuild my rda about once or twice a week with inexpensive cotton and wire. The money I save is CRAZY

11/2/2015 11:37:20 AM - Bill G.

Hi,

I started smoking cigarettes when I was 15 years old. I am now 50.

I started using an e-cig 2 years and 8 months ago. I have not had a cigarette since, not even one.

During that time I have frequented my local brick & mortar business for products, advice, how-to's, have joined a couple of online communities, purchased products online, all helping business, promotion, and most of all, improving my health. Not long after quitting traditional tobacco cigarettes my heath improved significantly. Breathing is significantly improved, I no longer have the "smokers cough", I don't stink of smoke, I don't annoy others in public with the smoke smell, and my family is very proud of my accomplishment.

I tried every other alternative prior to using an e-cig to no avail. I tried nicotine gum, Wellbutrin, and Chantix. I have a brother and sister who both quit numerous times, and always go back to it. I have not, and will no go back to traditional cigarettes as long as I have access to e-cig's nicotine juice, and an active marketplace to purchase products.

Please, lawmakers, congressmen/women, senators, Mr. President, don't take away my choice to use a cigarette alternative. I believe that it has saved my life, and every day numerous people discover that is will for them as well.

Sincerely,

Bill G.

11/2/2015 11:37:07 AM - Kari Hess

I smoked for 21 years. I always hated it and tried several times on my own to quit but always went back to Smoking. I tried the patch and it gave me welts at the application site as well as nightmares. I tried the gum but it made me nauseous and tasted awful. I was prescribed Welbutrin and it caused me to have a manic psychotic episode (note I have never been diagnosed with a mental health illness). I thought I was resigned to Smoking for the rest of my life. When I first tried Vaping, I had no intention of quitting cigarettes but figured I'd give it a try. I immediately cut my cigarette intake by half. It took a few months to give up my morning cigarette but now I have been cigarette free for over two years. I am so grateful for the opportunity to finally break the bondage of tobacco!!!

11/2/2015 11:36:57 AM - T.J.

I was a tobacco user for 20 years. Like most tobacco users we will at some point decide to quit and start a battle that is impossible to win. Nothing out there is really designed to help you quit just give you a false sense of hope. I was at a local gas station three years ago while I was waiting in line when I seen a vape pen with flavored juices. I picked one up with my normal tobacco purchase thinking that I'd just be wasting my money. I noticed that with the pen I wasn't smoking nearly as much, but with most people the ego style pen just isn't enough to get you away from the vice tobacco has on you. I searched my local city and found two vape shops. I picked up a vv/vw box and a nautilus tank. Keep in mind I was a very heavy smoker. Not even the new device could pull me away. It wasn't until I found the sub ohm world of Vaping that I could stay completely away from tobacco. I was finally getting a full lung hit and the nicotine was hitting home. I was using the 24mg of nicotine then found out really quick that a 6mg was more than enough. I have been tobacco free for two years now. I don't even have the urge, desire nor do I ever get a craving. I have energy now and I actually sleep at night and get rest. My moods are 100% better. I am now using 1.5mg of nicotine and can go a full day without using my set up. I'm so glad I took a chance on that cheap pen 3 years ago. It's a struggle to quit any tobacco but this made it so much easier to do. I have confidence that I'll watch my kids grow up now. Don't let big tobacco take our lives away from us for a dollar. If you are Vaping, keep Vaping and be smart. Most people think it's just as bad as cigarettes. Respect people around you and remember, if you didn't smoke in a restaurant or anywhere else don't vape there. People around you aren't educated about it yet. Thanks for reading and good luck on your path.

11/2/2015 11:36:46 AM - David Emanuel

With the Deeming Regulations regarding E-Cigarettes and Vapor products being sent to the White House for review by FDA this past week, I wanted to write my own testimony regarding these products and how they have impacted me.

I am an e-cigarette (or vaping device) user and have been since December 2010. I am a 55 year old school psychologist who works with emotionally disturbed (and other) children in the public schools. I smoked for 32 years and was up to 2 packs a day. No matter how many times I quit (a dozen at least), very quickly I would smoked again and I was back to 2 packs within days- this seemed to be my sweet spot. while I was still 50 I was determined to quit somehow and that was when I found e-cigs. I had 2 reasons to quit- first was for my health. I was hacking every morning and my doctors were concerned, despite no signs of cancer. The other was the cost of smoking- at $5 back then for a pack, I was spending $10 a day...that's close to $4000 a year on this habit that I could have been putting away for retirement or my son's college. When I smoked I was highly addicted. I could not smoke in my schools but before and on my way to work, I would smoke at least 4 cigs, then mid-morning I would take a break and drive around the block and smoke 3. I would do the same at lunch and then again mid-afternoon. I had already smoked 1/2 a pack before work was over for the day. I'm sure I reeked of smoke. If I awoke in the middle of the night I had to smoke. First thing in the morning, before my shower- another smoke. When I tried an e-cig in Dec. 2010, I had no idea that I would stop smoking so quickly. I couldn't believe that it worked! Within a few days I had no desire for cigarettes anymore. Granted, this was back when the devices were not so good and the vapor delivery was weak. I started with 36mg/ml solution and sucked so hard my gums and teeth hurt. I pretty much used it all the time when I was able. I would try to draw the vapor in as deep as possible to get what I could of the nicotine. Then I discovered that there were better products. I was sold on the idea of vaping but wanted something that worked better. In January 2011 I purchased an e-cig mod. It worked better and I found I did not have to suck on it as hard or as often and. I still drew it in my lungs as deep as possible but even then the vapor production from a Chinese manufactured atomizer (that's all they had then) did not give you that much vapor. I still used it pretty much most of the day when I was able. At that starting point in my life I could not vape any tobacco flavors- they tasted terrible and if that was all that was available, I know I would have gone back to cigarettes. Instead, I was vaping some orange/vanilla creme or even a honey bun flavored liquid. These satisfied me and kept me off cigarettes. I am so thankful that there were flavors out there that I liked instead of something trying to duplicate tobacco. Once again, if tobacco flavor were all that were available, I am sure that I would have gone back to smoking combustible cigarettes- the desire to smoke was still very very strong.

Within the first few months, I discovered a few things that may be of interest. First off, my hacking cough in the morning went away. Second, I had more energy and could

climb flights of stairs or even go running if I wanted without getting winded- something I had not experienced since my 20's. Third, I found that I did not have to take any of those trips during the day (outside of the school building) and I could work for hours without needing nicotine. My work was getting a more efficient worker! If I woke up at night I didn't reach for the vaporizer- I even left it downstairs without thinking about it. I didn't vape before my shower but I did maybe half-an-hour after awakening with my coffee. Last of all, the smell of a burning cigarette bothered me immensely and I could not be around others who were smoking- it made me gag! (So, having vapers go outside to use their device around smokers hits a nerve with me). I concluded that I was probably addicted to more than just the nicotine in the cigarettes that I had left behind. Another thing that happened was that when I vaped more than 5ml of liquid a day (I was using 5-6 typically), I would start to itch and there were a few flavors that I was using that I really liked, but the inside of my mouth would get irritated. I did a lot of searching and finally discovered that I was allergic to the PG (propylene glycol) in the liquid (which by the way my allergies to it has increased over time). I searched for companies that made the liquid without the PG but found only a few. So, I started buying nicotine liquid in bulk and flavors that didn't have PG, and instead VG (vegetable glycerin) and started making my own liquids. This was much less expensive and I knew exactly what was in them- it was simple. Nicotine, VG and food-grade (alcohol based) flavors. I only used (and still do) a drop per every 2ml or so of the flavor to the liquid that I mixed up and it works great. Vaping 6ml a day is costing me about 25 ~ 30 cents to make compared to the $10 I was spending on combustible cigarettes.

In March or April I had my bi-annual dental check-up. I had not thought anything about it but when my dentist looked in my mouth he commented that I had very little plaque and staining and that my time in his chair would be over quickly that day! He then looked in my chart and gave me a puzzled look and talked about my (previous) horrible plaque and gum issues. He told me that my gums and teeth looked really good and wanted to know what I was doing differently. I pulled my vaping device out of my pocket, showed it to him and told him that about 4 months earlier I had quit smoking and switched to vaping. He was astounded and wanted to know all about what I was doing so he could tell his other smoking patients who had not been able to stop smoking. Every time I have gone to the dentist since that first appointment, I have had good checkups- something that never happened while I was smoking. Later on that year, during the summer, I had to go see my doctor over a referral for a hernia. He is a G.P. and checks out more than just my presenting problem. This doctor was one who was on me about my smoking for years and always wanted new x-rays of my lungs. At this visit my doctor commented on how much better my respiration was and when I told him that I had quit smoking and switched to vaping, he was very pleased. He told me that although he was skeptical about vaping, it appeared to have made a huge impact on my health. Every doctor's appointment since then has been the same, and my doctor is convinced now of the positive impact of switching to vaping from smoking. I was a

patient who was quickly headed towards emphysema and/or COPD and I had averted it by stopping smoking, which I could never have done if it wasn't for this new smoking alternative that I found. About the same time, another interesting thing was happening. I had been using a CPAP machine at night for about 5 years with no problems, but I was starting to wake up some as the adjustment wasn't quite right- it seemed that too much air was going into me and it was over-flowing into my stomach and giving me stomach cramps and bloating. So, I made an appointment with my Sleep Doctor. His office sent me an 02 reader ahead of time and when I saw him, he told me the good news! They needed to lower my positive pressure because I was getting too much now. The doctor said that because my lungs were breathing better, it appeared that I did not need as much from the CPAP machine and that I was very close to not needing it at all! Wow! All of this happened after I quit smoking and switched to vaping.

During the first summer after switching (June 2011), I noticed that I was a little edgy, but I was off for the summer (from the schools) and probably had more time to vape, so I decided for the first time to lower my nicotine. I felt my body was telling me that I didn't need as much anymore. So, I lowered it from 36mg/ml to 24. I went through most of the summer but before school started back, I once again felt my body saying that 24 was to much and I so I lowered it again, this time to 18mg/ml. What I was finding was that the vaping devices were getting better- I was getting better delivery per puff and I wasn't having to use my device as often or as long. I was still going through about 6ml of liquid per day of my home-made liquid.

As summer came to an end something else started to happen. The flavors I had been vaping began to lose their appeal. They just didn't taste so good anymore. I had not smoked in over 8 months but suddenly the whiff of cigarette smoke (which I had detested up until then) suddenly seemed appealing and I came very close to buying a pack of cigarettes. Somehow what I was vaping wasn't satisfying me so much anymore. But I knew that I really didn't want to get back on the smoking bandwagon. I had smoked for 32 years, had damaged my health and wasted tons of money. I realized then that it was the flavors and so I needed to find something that was more appealing to me, or maybe I should have a few flavors that I could switch back and forth from to keep it interesting- anything to keep me off of the cigarettes! For a month or so I was vaping a liquorice flavor (still making my own), then it was pina colada. I even tried bubble gum and cotton candy. Now, I do understand where someone might say that these flavors are for kids, but honestly, adults like flavors too! With vaping, you just have to find what you like enough to keep you off of the combustible cigarettes. So, the flavors worked. I was able to sustain myself and get through my first year of vaping and on into 2012 by switching out my flavors! I was still inhaling deeply, using my vaporizer when watching TV or when on the computer, or when relaxing in the evening with some wine, or out with friends when I was having a beer or with coffee in the mornings. When at work, I could not vape but I really didn't miss the nicotine so much- I stayed busy and could go

hours without vaping. This was very different than smoking when my body would start to get on edge and I would go through a "nic-fit." Not with vaping- it is very different. My body doesn't react the same way. But, if someone asked me if I needed it- oh yeah! Without it, I would be right back on the cigarettes. I know, I have had dozens of failed attempts before using every method that the FDA approves of and then some (including hypnosis).

So, I kept vaping, but in early 2012 I had another discovery. Switching the flavors around worked for my first year but somehow food/candy flavors which were very necessary for me to start off with were not as appealing. So, for the first time I bought some concentrated tobacco flavors. This was a first for me. A Virginia flue cured was one of them as was a Turkish blend. These tasted very different than smoking them in cigarette form but were satisfying- but they wouldn't have been if I had tried them when I first started. Since that time, I have stayed away from vaping anything that I would eat or drink. This seems to work best for me and I have what I call my "all day vape" now. Currently I use 3 flavors that I go back and forth with and both are tobacco flavors, sometimes mixed with a hint of buttered rum- and recently I've added back pina colada.

To this day, I still go through about 6ml of liquid a day. That has not changed. I also breath in the vapor deeply- as deep as I can and I like to see that the vapor is exhaled. I'm not a "cloud" guy but if there is no vapor exhaled, it is not satisfying at all- I suppose it's a mental thing- something left over from smoking. The hand-to-mouth thing is huge too. That and the vapor is probably why the gums and patches never worked for me (oh, plus they gave me heart-burn). I vape pretty much when I'm sitting alone for any period of time. I'm not constantly on it, but I may take a puff every few minutes. If I'm frustrated with something or if get excited about something, I might take 2-3 consecutive puffs- all full-pulls, all deep in my lungs and then all exhaled quickly. The biggest difference is that my nicotine levels have changed over time. At about 8 months of vaping I went down to 18mg/ml. shortly after that whenever I tried to go lower, I just ended up vaping more and would use more liquid- so that seemed to be my sweet spot. I never really would look at the end of the day to see if I had met "my quotaâ€- it's just the amount that I was using pretty much each day (and I kept a mental note when I refilled my vaporizers)- sort of like 2 packs of cigarettes was my "sweet spot" (lack of a better term) when I was smoking. However, over the past year (3+ years into vaping) my body started telling me again that I was probably getting too much nicotine and I didn't like the edgy feeling. What had changed? At least 2 things. For one, the devices had gotten better. Also, rebuild-able atomizers came about. All of my devices now have atomizers on them that I rebuild myself. The ohms are lower and I now use between 1.2 and 1.4 ohms.... So, the hits I get are much better than when I first started vaping. So, how does this add up for a vaper like me? I just don't need as much. My latest change therefore has been to lower my nicotine level yet again which happened between Thanksgiving and December 2014. I am at between 8 and 12 mg/ml now but I still vape

about 6ml a day. So, upping the voltage, lowering the ohms, using different atomizers and even wicking material- it all has gotten better and continues to get better. Some are saying that the higher temps are not safe. Well, I'll assure you that if it was too hot, I would not/could not vape it- if it tastes burnt, in the trash goes the wick and the atomizer is rebuilt again. Nothing tastes worse than cooking your liquid or your wick- yuck! I could not vape unless it was comfortable and easy. Anything that's not is probably not going to be a good thing anyway.

So, common sense prevails in terms of my journey through vaping. Like I said, I'm 55, I work in schools with disturbed kids and have a vast array of interests and hobbies (which I didn't even get into here), am a good, law abiding, taxpaying and giving citizen, and I hapeen to vape. I quit smoking 2 packs of cigarettes after 32 years and I switched to this alternative 5 years ago. Vaping products have gotten better and safer (I've never had a mishap but I also keep close tabs on charging equipment, battery life, etc.). I figure I'm fairly smart but maybe not as smart as a lot of people. I started with a lot of different fruity/bakery type flavors- I needed those to get off of cigarettes (and realize sweet flavors are enjoyed by adults too and most still enjoy and use them!). As time went on, I returned to tobacco flavored liquids myself, that I mix myself (mainly because I have a PG allergy) and this works well for me and keeps me satisfied enough not to return to combustible tobacco. Due to the better products with better vapor production, I have not had to stay at a high nicotine level. Where I started at 36mg/ml, I am now down to 8-12mg/ml but I still go through about 6ml of this liquid a day. The most amazing thing is that both my dental and physical health have greatly improved which includes my gums and teeth, my respiration and endurance. Vaping has worked for me and to me it's a no-brainer. So, I hope that this submission is helpful to anyone who reads it. I just can't imagine that there is a possibility of vaping and vapor products being restricted or even banned. It boggles my mind. Certainly, quality control could be an issue and this should be monitored. To me, that's what the FDA is for regarding these products. Warning labels? Yes! Certainly they need to say that they are an adult product and there should be a warning about the dangers to children and pets and the tops of containers should be child-proof. But in reality, there have been very incidents attributed to nicotine poisoning and youth smoking rates have gone down to their lowest levels and I attribute that to vaping. Even so we don't want youth smoking or even vaping. This is the responsibility of parents....and the â€œgatewayâ€ theory regarding vaping leading to smoking is a concocted lie. Who in their right mind would want to go to smoking combustible cigarettes from vaping when they taste so wretched? So required warnings need to be accurate but also honest..

An over-zealous mindset against vapor products, just because they remind people of smoking, is not the approach to take. That approach is based on a predetermined ideology, ignorance and fear. Please listen to those of us who know what works and have improved our lives because we were lucky enough to have been shown or find an

alternative to smoking in vapor products. We are the ones who would be suffering from disease and death if we had kept smoking instead of being healthier now. I know that if I were to be kept from these products while cigarettes remained unencumbered, I would be back to smoking within a few days, and knowing my own history, I would be back to 2 packs a day in no time. In all likelihood I would face many of the smoking-related diseases and possibly even death as so many of my friends who did not have this opportunity already have, not to mention the close to half-a-million lives in the US each year who die from combusted tobacco and related diseases.

Thank you for this opportunity to give you my testimony in regards to how vapor products have been a positive life-changing force in my life. I sincerely hope that you will take mine and the many other real similar stories to heart. This should not be about ideology, politics or money. We are talking about lives here...saving lives.

-Best regards,

-David Emanuel

11/2/2015 11:36:12 AM - Jim

I had been a smoker for the last 15 years and tried to quit and always went back until I tried the vapor products now I have been a year smoke free I am able to live a healthier life not smoke around my child or any other people I use a mod apv which is a rebuildable vaporizer I am able to save thousands a year by making my

vapor coils and my low tobacco e juice it's not only helped me to stop its a fun little hobby to build new coils I was SHOCKED to hear about the FDA'S BANN. And if I was not able to buy the vapor products I and millions of Americans would start smoking unhealthy cigarettes again and that's the last thing I want to do I hope this helps sway you in the direction to help co support HR 2058 thanks for your time and I hope you can help

Sincerely JIM MALONEY

NORTH READING MASS 01864

11/1/2015 1:41:05 PM - Russ Vapes (Facebook)

I am 46 years old I smoked a pack a day for more than 20 years, I had heard of this thing called vaping and seen some of the ego twist that people were using. After looking on the internet and reading what little was out there at the time, I stopped in my local vape shop just to see what it was all about. I ask an employee at the shop, so what is this and what does it take to get started? He showed me an ego twist starter kit, explained how it worked and that I could choice any flavor I liked. After deciding on a flavor, he helped me set it up for the first time and I walked out with my first set up.

After awhile the battery went bad and I set it aside thinking I get another one when I can, I turned back to tobacco for about 4 months. I thought hmm I did not get what I was looking for out of that ego twist so never went back for a new battery. This is when reality stepped in and slapped me right in the face. I had gone to the doctor with a bad chest cold, he decided to send me for a chest x ray, when he came back into the room he said well your lungs look clear. But we did see a spot on you right lung that needs to be checked, Can you say bunch in the gut? I went to the doctor that I was revered too , he set me up to have a scope put down my throat and in to my lungs to get a better look at the spot and get a sample for testing. A week go's by and I get a can from his office, it was not cancer and they were not sure what it was. The nurse said that the doctor wanted me to start taking chantix, to help me quite smoking.

The side affects and the price both kept me from starting it, but I knew I had to quite. I went back to the vape shop explain that the ego twist set up did not do much for me, was there something else I could try? They showed me variable wattage device, explained how it worked and set me up with my first tank the naturalist mini. I have since moved on to more power a better tank and now I am a full time dripper, using my tank at work and when I driver. My job requires me to be on my feet for 10 hour shifts, I can walk up to 15 mile in a day. This use to be a challenge for me, finding my self out of breath a lot. Since switch to vaping that is no longer and issue. I feel 100% better, I can not stand the taste of a real cigarette now and would not go back to them for all the money in the world.

When I started with the ego twist I was using 24mg nicotine, I have dropped down to 3mg now and have recently tested my self and survived a week on 0 nicotine. So they can say what they will about vaping, but I know and I am living the truth. You can quite smoking, and vaping has saved my life and many others and I know it can do the same for billions more.

11/1/2015 9:17:54 AM - Adam Smith

I am a 28 year old male and have been addicted to cigarettes since I was 15. Since I graduated college at the age of 22 I have tried varies methods to quit but nothing seemed to work. At 25 I started vaping big tobacco corporate cartridge e-cigarette's and that barely helped reduce my intake. It wasn't until I found a local vape shop and found a e-liquid tank system that I was able to make a transition to get off cigs. I currently have been smoke free for 2 weeks thanks to a current setup I found that currently my government is trying to put regulations and or outlaw. Vaping is the only cessation product that has worked for me and I have seen noticeable improvements in my health. Thank you, and keep on vaping! A much better alternative to smoking.

11/1/2015 9:17:43 AM - shane

Thanks to vapor my mother, my cousin, myself, and many more people that's close to me have quit smoking. It has improved our health drastically! Please don't ban vapor!

11/1/2015 9:17:33 AM - The Vapor Ninja

Tobacco had me in it's grip for 30 years. I tried numerous times to quit, with patches, lozenges, gum.. nothing worked... I eventually developed the beginning stages of COPD...a chronic lung disease caused solely by smoking tobacco.

Vaping was the answer. It's the only thing that can keep me off cigs.

So of course I am very concerned and urge everyone to support H.R. 2058. Make the call. Send the email. You'll feel good after you do , I promise.

A big thanks goes out to CASAA and all its members and staff, for organizing the support for HR 2058 and all the things they've done to protect vaping.

11/1/2015 9:17:15 AM - CIndy Leneave

Vaping saved my life!! I am an ex-smoker. I am an adult. I smoked a pack a day for over 25 years. I tried almost everything to stop smoking, patches, gum, and cold turkey, nothing worked for me, until I tried vaping. Today I am NOT a smoker, I am grateful for that.

One day I walked into a Vape Shop to see what it was all about. I walked out with a vape pen, tank and e-liquid. To be honest I really didnâ€™t think it would work at all, but I had to try it as nothing else had worked. I kept a pack of cigarettes around, just in case. On day 3 of vaping I picked up a cigarette, took 2 puffs, put it outâ€¦ it was the most foul thing I had ever tasted. But just to be sure a week later I tried to smoke a cigarette again, why well I just couldnâ€™t believe I was done smokingâ€¦and again it was the most foul thing I had ever tasted. That was it I was done with cigarettes!!!

Vaping tobacco flavors was not what worked for me, what worked was flavors like root beer, watermelon, vanilla, strawberry, maple just to name a few. Adults like flavors not just children. When I started using an e-cig I was using 24 mg nicotine, almost 2 years later I am at 6 mg nicotine. Today I can breathe, I am able to take long walks without feeling like and am out of breath. My health has ever so improved! I do not smell like an ashtray. Vaping (E-cigs) does work to get off tobacco!

11/1/2015 9:17:03 AM - Laura P.

I started smoking when I was 9yrs old. I smoked for 30 yrs.For the last year or so that I smoked I was up to almost 3packs a day.that is until my mom was diagnosed with COPD and emphysema. She could not walk 10 feet to the bathroom without oxygen. She could play with or hold her great grand children. I didn't want to be like that so my husband bought me a cheap e cig from the corner store. Yes..I started out with a very high level of nicotine but I am very very proud to say 2 yrs later I am nicotine free. now I just gape for enjoyment. But to be perfectly honest I had tried the patch chantix and even cold turkey. The only thing that worked for me was vaping. I love my rda. It has given me my life back. I no longer struggle with constant bronchitis. But the most important thing is I will be able to watch my 5 beautiful grandbabies grow up. I will never ever smoke a bother cigarette.

11/1/2015 9:16:51 AM - Angel in Arizona

Hi Iâ€™m Angel in Phoenix, Arizona and vaping saved my life.

I began smoking when I was in the 6th grade. My friends and I would sneak cigarettes after school; I guess it made us feel grown up â€“ â€œcoolâ€. But then of course, it became an addiction. An expensive, smelly, life threatening addiction.

Through the years, I smoked consistently (quitting only when I was pregnant, and later breastfeeding my daughter). There were times when I smoked a pack a day; in more recent years, I had reduced my habit to about 5-7 cigarettes a day. I lived in fear of the horrific repercussions of smoking, but found it hard to stop. My daughter was pressuring me to quit and this turned the key. I will never forget her walking outside and looking at me sadly with those big, bright, swirling eyes as I lit a cigarette. She was seven years old, and in her precocious way, she cut me to the quick with her words. â€œMom, why? WHY are you doing this? Donâ€™t you want to be around to see me grow up, go to college, get married, and have kids of my own?â€ In that moment, though Iâ€™d had those same thoughts many times, it had never felt so real... and so inescapable.

And so I turned the page, and started vaping. Vaping enabled me to stop smoking completely and never look backâ€¦ that was well over three years ago. I ceremonially threw away my last pack of cigarettes in the waste basket at the store when I bought my first vaping device, and have never touched a cigarette since, nor wanted to. This is miraculous when you consider how addictive cigarettes are.

Vaping is the only cessation method that provides nicotine to quell the cravings while also satisfying the mechanical, or physical act of inhaling and exhaling something. This is why it works better as a cessation strategy than pills, patches, lozenges, or gum. Most smokers are as addicted to the mechanical act as they are to the chemicals. I have spoken to hundreds of people who have successfully quit smoking using 'e-cigs,' or vapor products, and they have all confirmed this to be true.

Over time, vaping became less about getting a dose of nicotine, and more about an enjoyable hobby. I love collecting beautiful high end vape gear, rebuilding atomizers with intricate craft coils, perfecting the vape experience, and pairing flavors with food and beverages. It's more of a boutique, or gourmet pastime now. The nicotine level came down; I began at 12mg, moved quickly down to 6 mg, and once I started dripping and building my own coils, went to 3 mg. Days go by now that I don't think about vaping or have any desire for nicotine... This says something very profound about the addictive nature of nicotine outside of a combustible tobacco, chemical-laden environment.

Since I quit smoking, I feel a million times better - healthier, happier, more confident. I can fully taste food again and have no problem running up a flight of stairs! I spend more time with my daughter and our two beautiful dogs, and feel a deep sense of

accomplishment. Today I stand proud, healthy, and tobacco free, and I today I can say with absolute certainty that vaping is the definitive solution to a debilitating global health problem.

Vaping is going to revolutionize health and healthcare, save millions of lives, and billions upon billions of healthcare dollars. But first we have to stop classifying it as a tobacco product, start sponsoring and acknowledging legitimate research, and start legislating based on FACT, not misinformation.

Itâ€™s time to stop demonizing the most effective harm reduction strategy we have; itâ€™s time to start saving lives.

11/1/2015 9:15:58 AM - Pete Jackson

I started smoking in my teens and for many, many years I tried everything under the sun to quit. I found vapor products a few years ago and from DAY ONE, I haven't smoked Tobacco AT ALL. I underwent Pulmonary Function testing 7 years ago, at the time I was smoking a pack to two packs a day and had LESS than 30% Lung Capacity, I was constantly ill, had high blood pressure, spending time in hospitals more often than not, I couldn't walk more than 50 feet without needing a rest, I was very close to being put on supplemental oxygen. I had very high cancer risk and was unable to work a full time job.

Now, nearly five years after converting to vapor Products, it has been found that through another round of Pulmonary Function testing that I have 91+% Lung capacity. I have a full time job, walk 10-16 miles everyday and stay OUT of Hospitals. My risk of Lung cancer is now that of a non-smoker. My blood pressure is now normal and I am living a healthier lifestyle because of vapor products.

Vaping has saved my life in all aspects.

11/1/2015 9:15:43 AM - Alex from Florida

I had been a heavy smoker (1-2 packs/day) from the time I was 18 years old until just recently at the age of 41. I had tried to quit more times than I care to remember using the laughably ineffective traditional cessation products. I tried them all, multiple times; none worked for me, not at all. Several months ago I decided to try using a vaporizer and I have not had a cigarette since!

All I need do is take a deep breath and a run around the block to know that it is a damn sight better than smoking. I can breathe, taste my food, smell the roses, and my energy level has improved! I started with a 1.8% and will be going down to the 1.2% the next time I buy some liquid.

The only downside is when you run out when you're not expecting to. Finding juice or a place to charge a battery is not as easy as running into any corner store for a pack o' smokes. However, a little pre-planning solves that no problem. Also, I'm starting to see more places sell the liquid.

11/1/2015 9:15:30 AM - Lynn Huck

I am 54 years old and smoked a pack and a half of cigarettes for 36 years. My mother died at the early age of 58; she was a smoker and died of congestive heart failure. I was 33 years old. Since my mother's death, I had tried 22 times to quit smoking and every time the effort didn't work, I became more discouraged. I knew, based on the history between me and my mom, that if I didn't do something or find something to enable me to quit, I would be dead at the age of 58 - just like my mom. Everything that had happened to my mom in her life had also happened to me so I was destined to follow in her footsteps and that thought had me scared. But I simply did not have the will-power to be able to quit. When I discovered e-cigarettes at the age of 50, I had to give it a shot. My husband bought me an e-cigarette kit and brought it home. I had 3 cigarettes left in my pack. I went outside and smoked all 3 cigarettes, one after the other. I then went inside and filled my e-cig tank with juice and that was the last 3 cigarettes I've smoked ever since that day. I haven't smoked in almost 4 years now and I couldn't be more thankful. I'm so afraid that if e-cigarettes go off the market or become to expensive, I will end up going back to cigarettes and end up dead in 4 more years - at the age of 58 - just like my mom. I have 3 children, 2 in college and one in high school. I'd like to be there when they get married and I want to become a grandmother. I have a lot to live for and the e-cigarette is saving my life.

11/1/2015 9:15:03 AM - Billy Bob

I been smoking cigarettes since I was just a little boy at the age of 12 and I'am dang on 64 now and was smoking about 4-5 packs of Marlboro Reds a day but my dang on Doctor told me I need to quit for health reasons. When she told me that I said the hell with that I aint quitting so I guess I'am just gonna die soon, One of my dang on kids got me one of these dang on electronic cigs and I quit..I love this dang on thing and my doctor said I can smoke this dang on thing as much as I want and it won't kill me so you better believe that this dang on thing stays in my dang on mouth..I just wanna say I love you to who ever invented these dang on electronic cigarettes cause this dang on thing is great..I think all smokers should get them one of these dang on things.

11/1/2015 9:14:51 AM - Johnny845_ (Instagram)

I was a Newport 100 smoker for 15 years and about 5 months ago a small Vaporizer/E-Cig store opened up in the city that live in so I stopped in their just to see what they sell and one of the workers was Vaping and he let me try it out, I really liked it so I went all out and bought one of the best setup's they had for about $160, When I first bought my Vaporizer/E-Cig I had no plans to quit smoking my Newport cigs I just bought it to vape on from time to time but after just one week of vaping I noticed I was hardly smoking real cigs anymore and as everyday went by I started to not even like the taste of Newports anymore and I completely quite smoking cigs after 2 weeks of vaping and haven't bought a pack or wanted one since, I was smoking at least a pack a day sometimes more and In New York Newports are $10-Up a pack so just in the 3 months since I quite I already saved over $900 and the $160 that I spent on my vaporizer already paid for its self, I spend about $20 a week on my e-juice that I vape on from www.Nuports.com and I love the fact that I don't smell like cigarette smoke anymore lol And know one around me ever complains about the smell of my vaporizer cause its odorless and they don't have to worry about breathing in second hand smoke so me and everyone around me wins with me smoking my vaporizer/E-Cig and not smoking real cigs lol #VapeLife

11/1/2015 9:14:29 AM - Kyle

Hey, my name is Kyle. im going to keep it short here but i'm just your average U.S. citizen that enjoys his right to vape. I was between half to a full pack a day, now none at all. I do go through at 30 ml bottle of eliquid every week or so but I would rather have that then go back to smoking. After a month being off of cigarettes and vape, I could breath better! I dont cough and "hack" every other 20 mins anymore and i'm thankful for that. Please don't take my away my right to make adult decisions.

Let us vape,

Kyle

11/1/2015 9:14:14 AM - Amy Stevens

I am a 37 yearold mother of 5 amazing children. I started smoking when I was 9 yrs old and quit completely 17 months ago. I grew up with a mother and father who both smoked. Each going through a carton every couple of days. My mother had MS and diabetes. At the time of her death 2 and 1/2 years ago she also had emphesyma and the onset of COPD. She was only 65. She had smoked since she was 12 yrs. old and continually reminded me that it was her only vice and it made her happy. The doctors told her that the smoking complicated her symptoms from her MS and diabetes but she told them she had a terminal disease and that something was going to kill her. I watched my mother slip further and further away through the years. She was there to see her grandchildren born but couldn't play with them or go places with them. She was wheelchair bound and just getting from the chair to her bed caused her to need breathing treatments. Watching all of this didn't help me quit smoking. I wanted to more than anything. After her death I spiraled into depression. I had lost my best friend and yes it was the complications from smoking that did it not the MS or the diabetes. It took me a year to come out of my depression. My children were begging me to quit and I actually put some effort into it. I could make it a whole 12 hrs without a cigarette. My husband came to me one day and said I have found this thing on you tube I want to try. He said he was going to quit smoking he just couldn't handle the smell and the way it made him feel. My husband is also a type 1 diabetic. He said he wanted me to try it with him but if I couldn't follow through he wouldn't be mad there was no pressure but please just try. He showed me the videos he had been watching on you tube about Vaping. The next payday we went to a local Vape shop and he helped me pick out a small ego set up with a simple tank. Then it was time to try juices. Oh My there were so many flavors and I liked most of them, I settled on a peanut butter, A banana, and a chocolate mint. They were a 12 mg nicotine level and the lady at the shop showed me how to fill the tank, change the coils, and care for my small device. We went home and sat on the front porch and smoked our last cigarette together.I haven't picked up a cigarette since. My children are ecstatic. They know I'm healthier, and happier. I don't smell like an old ashtray and niether does my husband. I can't help but think that if there had been more education about Vaping my mother may have lived a few more years, May have seen her grandchildren graduate high school or even her first grandchild get married, that is an unknown. I will say this though, because of Vaping I will see my children graduate high school and college, I will see them get married.

11/1/2015 9:13:32 AM - john burns

Until vaping I tried everything to quit cigarettes. Almost 3packs a day for years. My doctor was always pushing me to quit. 17 months now cig free with no desire to smoke and almost zero nicotine so yes vaping has had such a positive impact mind body and soul

11/1/2015 9:13:20 AM - David M Rollyson Jr.

After smoking for 20 years, i have now quit. i do vape. I started three years ago and I used 24mgs of nicotine. I have slowly lowered my nicotine level to 3mgs. I'm well on my way to quitting vaping. Vaping has been the only way I have been able to quit smoking.

The UK recently came out with a report saying it's 95% safer than smoking. That beimg said, buy trying to eliminate vaping, you will be forcing people to go back to smoking. And the teens and kids will still be trying smoking instead.

So buy getting behind vaping, you would be having the up and coming generations trying something 95% safer. And something that has yet to be found anywhere near the level of traditional cigarettes.....and the chemicals that is allowed in our food.

Also nicotine is not even the most harmful substance in a cigarette. Nicotine actually has some helpful properties.

Also, by trying to eliminate vaping is truly showing the voters that small and growing businesses do not matter to you and the rest of the surrounding crew.

So I ask of you, please take a look at the facts. Maybe talk to a group like CASA. Also realise that adults enjoy tasty things also.

11/1/2015 9:13:07 AM - James Couchman Jr.

I was a smoker for almost 30 years. I purchased the ever smoke electronic cigarette and began using it to help me quit smoking. I found after about 1 month that I wasn't satisfied with it as it did not completely curb my cravings. I then bought the ego battery and from there I bought an eleaf istick. The istick is what I currently use and it completely satisfies me. The cigalikes do not have enough power for most people to quit smoking. I have been smoke free since January 27, 2012 and do not plan on ever smoking again. It took about 2 months before I was able to quit smoking. I do not cough when I go to bed at night, I have way more energy, I do not smell like an ashtray and my family is happy that I will be here on earth with them longer. I personally save about $140 a month by vaping compared to smoking as well. There are 4 main ingredients in eliquid. PG, VG, nicotine and flavoring. Smoking cigarettes gives you over 7000 chemicals. Please do not take vaping away as I know it will save many lives. I will not go back to smoking no matter what.

11/1/2015 9:12:48 AM - Marc Savarese

I have been smoking for 1 1/2 years i switched to vaping because i have been a heavy chain smoker i do not want to go back again. vaping is where i belong. I have been vaping for a coupe of months and i love it. its been proven to be healthier then smoking so please don't take away this right. socially i have made friends just vaping. my dream is to join a vaping team and do cloud chasing competitions. why take that away from vaping community? if anything ban cigarettes and I.D. when you purchase anything vape material. please for the sake of health and people keep the vape. #keepthevape

11/1/2015 9:12:36 AM - Mike Graham

I tried to quit smoking cigarettes four times and each time I failed. I had seen ads on e-cigs for at least 2 years and I had decided I wouldn\'t be able to that either. I had smokers cough real bad and decided I didn\'t have anything to lose. I did try vapor products and after using vapor e-cigs for the first weekend the cough disappeared. I decided that if they could do that it had to be a safer way to enjoy my right to live the American way. I ask that you take this testimonial under consideration and do not take this away from me.

11/1/2015 9:12:24 AM - mrbehavan2

I started smoking cigs.when I was 8 and I am now 70.i have been vaping for 7 months,and I have never felt as good as I do now. I have much more energy and I love tasting everything I eat and drink.my doctor even agreed that this was the best thing I ever did. I can`t stand the smell of cigs anymore.i use an aspire with the herkalise tank.i love using honey and black cherry.

I have not touched a cig.since I quit.

I also tried everything that was available to me to quit cigs.but I could not quit the habit till I started vaping.

10/31/2015 10:00:13 PM - Danny

I will do this on behalf of two people, myself and my father. For me, I started smoking when I was 18 and I was in the Army. However, I started dipping when I was 14. At the time I made the switch to vaping,I was 23 and I was smoking two packs a day and dipping 3 cans a day. I quit tobacco all together a year and a half ago, Nicotine patches and gum, chantix, all of that failed. Vaping saved my life. A year and a half ago, was the last time I packed my lip with dip and light up a cigarette. It took about a week to completely get rid of tobacco, but I have been tobacco free since. I can taste and smell everything better, I can walk up stairs and around the store, now I am able to do this perfectly.

Now on to my father, two packs a day for 40 years. Also, tried chantix, patches, gum, and even cold turkey. All of these methods failed him. Over time I suggested vaping to him. It wasn't an easy task, but once I found a setup and e-juice that he liked, his journey to being smoke free for the first time in 40 years has begun. He has been smoke free for 8 months now and I feel I get more time with my father because of vaping. He smoked for about 3 days after beginning to vape. Mornings were the hardest for him, but when he got over that obstacle he was good from there. Like myself, my dad can smell and taste better. He isn't coughing up a ton of junk like he used to because of smoking cigarettes. He looks happier and healthier, also his doctor says he is healthier now than when he was smoking.

10/31/2015 10:00:05 PM - jon

It has help me to stop smoking cigaretteswhich I have done since I was 16 years old and im now 26

10/31/2015 9:59:58 PM - Josh

Vaping has helped me reduce my regular tobacco intake and I prefer it over cigarettes. I use a kangertank mod with an Itaze battery and I love the combo I've been vaping for about three years now. I don't plan to go back to cigarettes.

10/31/2015 9:59:49 PM - Bill

I am a veteran and it helps relieve my stress

10/31/2015 9:59:40 PM - Dan rivard

I have smoked cigarettes for most of my adult life. I started vaping as a way to help me through the day when I am not able to smoke. I also noticed that it helps ease stress so I believe that vaping should be a persons choice and not big business or governments choice.

10/31/2015 9:59:31 PM - Gershidze

I started smoking at 15. I will not lie. I enjoy smoking, i love the feeling of smoke, i love blowing it out. Cigarettes are cheap and easy to get in my country (Uzbekistan), and smoking is still considered "cool" among my peers. By cheap i mean very cheap. A pack of Marlboro costs around 4$

My friends and i would make bets as to how many cigarettes one could smoke at once, and since i have the biggest lung capacity of them all, i won. In fact, i once put four cigarettes in my mouth and smoked them at once. Needless to say, my tolerance to cigs grew rapidly, and by the age of 16 i was smoking two packs a day.

I experienced minor shortages of breath (i.e i needed to catch it after going up the stairs), and developed arithmea, a failure of the heart where it beats at irregular intervals.

When i was halfway through my 16th year of life, I was exposed to vaping when I saw a 12th grader stealth-vape in school. I asked him about what he was using (an ego-t and an iclear16). In his particular case, he was using them to smoke in class without the smell, and thus without disciplinary consequences. I got his vendor's number, and bought myself a cheap setup.

The very first puff of my e-cig was the border where i quit smoking. It took me no effort. This might be since i only smoked for 2 years, but nonetheless i would never have quit without e-cigarettes. Within a few months my arithmea stopped progressing, and now it seems to have regressed. I no longer have breath issues, and my mouth does not smell like an ashtray.

I am vaping for 1.5 years, and in this time not only did my health improve, and my smoking habit died, but i also experienced the warm, welcoming community which we as vapers have the privilege to enjoy.

I have no doubt in my mind, that if it was not for electronic cigarettes, I would keep on smoking, as I enjoyed not the chemicals, but the act itself. If i didn't switch to vaping, i would have kept on living as a smoker, and i would have died as a smoker.

Vaping saved my life.

10/31/2015 9:59:00 PM - Shay Childress

I started smoking before I was 10 years old, when it was as simple as putting a quarter in machine to purchase them at your local laundry mat. I smoked for over 40 years at 3 packs of cigarettes a day. I was at the point that I could hardly climb stairs or walk for any amount of distance because of the pain I was having in my legs and would be completely out of breath. I started vaping 3 years ago, within the first 4 months the pain in my legs was gone and within 8 months was a noticeable difference in my breathing. I grew up with my parents being heavy smokers, so the cigarette odor was always there and I never knew what it was like to smell that odor until after I was 50 years old and got my smell senses back and I hugged the neck of a smoker and realized how offensive it was. For the first time since I was in my early 20s, I now take 16 mile bike trips and take long walks in the state parks and walk to our mailbox without being out of breath. Before vaping, I had a constant problem with dangerously low blood pressure and since I started vaping, I no longer have any issues with my blood pressure. Vaping has definitely changed my life for the better and most likely has saved my life. I lost my Dad to lung cancer caused from years of smoking when I was 16 years old and it wasn't enough to make me quit smoking. I watched my Mom suffer from a massive stroke caused from years of smoking, and it wasn't enough to make me quit smoking. I tried the gums, the patches, the chantix, pretty much everything on the market at the time to try to quit smoking with no success. Vaping has been the only thing on the market that has worked, I believe mainly because of whats on the market today in vaping, has allowed me to be successful because of the types of systems and the flavors has kept me going strong to not even consider going back to a traditional cigarette. I started vaping with a simple ego style battery and a cheap ce4 tank, one month later I upgraded to a variable volt style battery to give more satisfaction of the desired hit because I was such a heavy previous smoker, today I use a 200w regulated variable box mod with a sub tank and I am completely satisfied with the hit that simulates more of a traditional cigarette. When I first started vaping, I started with a tobacco flavor because I thought why would anyone want to vape a pina colada or fruit but very shortly after, that changed and I have been on flavored e liquids since because the tobacco flavorings were just too nasty tasting, without the flavors I probably would have started back to the traditional cigarettes. From the time I started vaping, I have not touched or considered smoking another cigarette. I have witnessed thousands of people successfully get off of cigarettes all together or dramatically decrease the amount, all through vaping. It would be a tragedy for vaping not to exist.

10/31/2015 9:58:50 PM - Lisa House

I began smoking before being a teenager. For many years I smoked without concern. After my third child was born I was diagnosed with Asthma and recommended by my doctor to quit. I had a 27 year struggle with this. Sometimes abstinent for up to 2 years but ultimately turned back to smoking, usually as a relief and an alternative to something more tragic. When the first e-cigarettes were marketed I tried them but always went back to regular cigarettes. I didn't care for the flavor and it felt as if I was smoking a fake cigarette. Vapor smoking started becoming popular with a select few people in my direct community. I was skeptical for some time, always asking questions. This was prior to all the proof there is out today. I was so tired of sneaking a smoke, smoking behind my families back, smelling like an ashtray and always trying to cover it up, I was TIRED OF LIVING A LIE. I bought a starter kit from a tobacco store. I liked the taste. However, the attendant didn't have any knowledge about how to use the product. It was just in a display on their counter. I finally went to a reputable Vape store and talked extensively with the owner. He was very knowledgeable about the products and introduced me to the proper vaping products and the way to use it. I was cigarette free for 7 months after that day. I landed in the ER resulting in 2 open heart surgeries in one week. However, the problem had nothing to do with my years of smoking. I had a defective valve that needed to be replaced. When the surgeon and the cardiologist asked if I was a smoker I told them I was cigarette free for 7 months by vaping. They both shrugged and it didn't raise any concern about it. After being hospitalized for over a month I thought I didn't need vaping anymore. Besides, I had been cutting down the nicotine levels and was down to 1.5 which is bare minimum. My husband is an anti-vapor person, believing there is harm using the product. Therefore he threw all my vaping products in the trash before I got home. (Smh) my surgeries were in July 2014. Some months passed and I began the craving again finding myself starting the same pattern of bumming a cigarette, lying, buying a pack and leaving it on the counter after taking one or two out, to eventually keeping the pack. I knew I had to get back to my vaping which I did quickly. At first I had to be secretive about it. Now I only Vape by myself against my husbands wishes. I haven't wanted a nasty cigarette now for almost a year, I guess. (I stopped counting.) I do have a cough daily which I think may be caused by the flavor I use (has sinnestor in it), extra mucus secretions, etc. I can't prove this is directly correlated to vaping. I will continue vaping anyway because I would be in worse shape without it. Yes vaping is saving my life from cigarette usage. I am a high risk patient for liver cancer if I was to continue smoking cigarettes. One thing I wish could be specified in all the literature, e-cigs and vapors are different. By the way, I did try all the medical and over the counter methods to quit smoking during my 27 year struggle without any success. Thank you for taking the time to read my testimony.

10/31/2015 9:58:02 PM - steve

I've tried everything - patches, prescriptions, cold turkey, etc. and cigarettes continue to haunt me. Thankfully, vaporizers and e-liquids have turned the page in my life. My car, clothes and other personal items no longer reek of ash. My teeth have whitened and I no longer hack up a storm after waking up.

These alternative products have bettered my life as well as my family's. I am now on the low dosage (3 mg.) of juice and plan to wind up at zero mg. by New Year's Day.

10/31/2015 9:57:52 PM - Stacie Ford

Vaping has helped me quit smoking. It is the healthy alternative to cigarettes. I have been vaping for over a year now and my health has significantly improved. I have smoked cigarettes for about 20 years and I quit thanks to the help of the vape shops and the people that run them. Vaping helps save lives.

10/31/2015 9:57:42 PM - Brianna opdyke

Hi my name is Brianna, I'm 20 years old and I started smoking when I was 15. Did I care it was illegal for someone under 18 to smoke? No I didn't I still ha ways of doing it. I have been cigerette free for a year and a half. I would like to give you a little bit of background about myself. I have asthma and still smoked. I had to use my rescue inhaler 5-10 times a day, I also had to use a nebulizer and do breathing treatments 3-4 times a week. Now that I am an e-cig user I have to use my rescue inhaler 1-2 times a month maybe. I can not only breath freely but I can taste food and smell things like I was able to before I started smoking. I now use a smoke free device Called a mod. I went from smoking 2 packs of marbolo reds a day. I now use an e juice at a 6 mg nicotine. I also never want to smoke a cigarette ever again. The last time I tried a cigarette (March 2014) I vomited, because the taste of all the chemicals and the smoke was so harsh. This is just my story. There are several others similar and vastly different from my own. If the fda an government pass hr 2058 not only will it stop others from helping themselves get healthy and happy but it will put thousands of people out of employment. If you don't care about vaping and stopping big Tobaco think about the people that would loose there jobs, think about their families, their kids. Not only could they be without a home but cigarettes could take away their parents or spouse. Would you want that to happen to you? Or would you want a healthy happy life with the person you love? If you don't support the cause please I'm begging you think about the people support the people!!

10/31/2015 7:46:43 PM - Kyle Kutach

I am 58 years old and smoked most of my adult life, starting as many did during my time in the US Army. Over the years, I tried many times to stop smoking using all the usual methods: cold turkey, patches, nicotine gum, nicotine lozenges, and prescriptions. Nothing worked. Even after a heart attack at age 43, I eventually began smoking cigars again. I felt horrible and my health was declining but I felt enslaved by tobacco â€“ that is, until my wife urged me to go to a local vapor shop and try vaping. I bought a vaping starter kit and while this may seem hard to believe, the day I started vaping was my last day of smoking. That was nearly two years ago now and my health has improved dramatically to the extent that my doctors say my lungs and breathing capacity are basically the same as a non-smoker. Tens of thousands of vapers can tell you similar stories. Vaping is truly saving and extending lives, mine among them.

Current legislation and regulations seek to demonize vaping and vaping supplies by lumping them into the same category as cigarettes and smoking tobacco. This is simply false. The 4 ingredients in â€œe-liquidsâ€ do not have the same effect biologically or chemically as the 4000+ dangerous chemicals found in burning tobacco. There is ample research to back this up, but Big Tobacco companies would have you believe otherwise as they are losing millions of dollars in revenues because people like me have stopped smoking, and they are desperate to make â€œe-cigarettesâ€ and vaping look as bad as possible and control it themselves.

The opponents of vaping try to hide behind claims of â€œsafetyâ€ and â€œhealthâ€ and assert that itâ€™s â€œall about the childrenâ€ (sound familiar?) but in reality, this is about control. Big Tobacco companies want to make vaping as inaccessible to those smokers trying to quit as they can, because they know it works. Vaping helps smokers quit. Tobacco companies donâ€™t want that. Period.

10/31/2015 7:46:35 PM - Bryan Newheart

Over a period of two years, I smoked nothing but Marlboro Red 100's. About 3 months ago a friend introduced me to vapor products and I have used them since. Not only do I not spend tons of money for cigarettes, my breathing has been a lot better, I don't smell like an ash tray, and I've been able to lower my intake of nicotine because of variable nicotine amounts in vapor shops for every bottle of oil. Big tobacco is trying to influence our government reps because they are afraid of how much better vapor is compared to their nasty cigarettes. We shouldn't let them take our right to vape away simply because they don't wanna lose money. They are better than cigarettes in many ways, and that scares big Tabacco. Don't fall into their fear. We shouldn't have our rights taken away because some companies want to force their nasty, additive ridden, cigarettes on us.

10/31/2015 7:46:28 PM - lsdchronic

I have been smoking a pack a day for about fourteen years and completely switched to electronic cigs for about three and a half years I had bad health when I smoked I had chronic bronchitis and it cleared up now I feel much better because I am vaping and not smoking vaping has literally saved my life I urge everyone who is smoking to give vaping try it's also much cheaper vape on!

10/31/2015 7:46:19 PM - Psyman

I was smoking at age 15, back when the legal age limit was 16, been that long, over 35 years ago, tried quiting using Chantix, patches, gum, everything the doctors had to offer over the years but nothing worked. 8 weeks ago I learned about vaping and a new door opened in my life, the day I started vaping, I stopped smoking, haven't looked back since. Started on 6 MG of nic, down to 3 now, working towards 0 in the future. This is the only thing that has worked for me . Still not smoking, don't wake coughing anymore and have alot more energy, my clothes don't have the cig stink anymore either, and the house smells great (never noticed before, people tell me this) any negative effects? Not 1. Also know have a whole new social network of friends who understand the fight I had with smoking. Better support and help than anything in the past.

10/31/2015 7:46:13 PM - Ryan Howe

I have been using vapor products for a year now. Since then I have quit smoking cigarettes and I really feel like vaping will will have extreme positive health effects in my future. I used to smoke two packs a day and stopped completely the very day I began using vaping products. Outlawing vapor products is ignorant and a product of corporate greed. If the real concern is public safety, it shouldn't be. The real concern should be outlandish greed by entity's that have their fingers in the cigarette racket. Outlawing these products will be a travesty and a big step backwards in the overall health of an incredible number of american people. Everybody pushing for this nonsense should took a deep look at what the real issues here are. It is absurd and ridiculous. Thank you for reading this letter.

- concerned citizen

10/31/2015 7:46:04 PM - John 915

As a former smoker of over 25 + years who switched to vaping as a way to ease myself away from my cigarette addiction, I can personally state that I have tried several other means of stopping prior to vaping and all without any success whatsoever. Within two days of purchasing an e-cigarette kit from a local retail kiosk I have not gone back to smoking for over 4 years now and I do not even consider myself a smoker an longer. My health has been fantastic since I stopped smoking. I have not had a chest cold in over 3 years and I do not have to take allergy medication at all. I would ask that you please put more thought and research into investigating vaping prior to regulation. As a citizen who vapes I am comfortable with being made to vape in designated 'smoking' areas and respectfully do not vape in areas where large numbers of people are. My story is not unique. Thank you for reading this.

10/31/2015 7:45:57 PM - Kikishrimp

I am a former 3 pack a day smoker. I have tried everything possible to quit smoking . I was unsuccessful and finally gave up.My husband died at a young age from lung cancer (smoking). I tried the e cigarette . I put my cigarettes in the trash and followed the advice of the representative.After time I dropped the amount of nicotine I was smoking. I tried a e cig from a reputable cigarette maker, it came in reeking of cigarettes It was a very bad aide for a smoker trying to break the habit. My children , who have families of their own , also tried the e cigarette. I have seen other former smokers chew coffee straws, chew gum, pick up nervous habits and like me wish we never picked up the habit. E cigs have given me the tools to break away from smoking. My lungs are now very happy. My clothes smell good. I can really smell cigarettes . I I am so sad it wasn\'t around years ago. Lung cancer is hard . Any cancer is hard. Breathing difficulties are hard . Please leave the e cigs alone. What is the difference between our vapor cig and my ex friend the cigarette. I am very happy my family is free of our crutch. If you in government have ever had this habit , try the e cig. You will understand. I am 56, widow, grandmother, mother . aunt . Sister and best friend. I began smoking at 12 years old. I had smoked almost 40 years. E cigs have helped me to live again My children and their spouses have also had success . Please keep our e cigs and vapors. Thank you

10/31/2015 7:45:48 PM - Ryan Howe

I have been using vapor products for a year now. Since then I have quit smoking cigarettes and I really feel like vaping will will have extreme positive health effects in my future. I used to smoke two packs a day and stopped completely the very day I began using vaping products. Outlawing vapor products is ignorant and a product of corporate greed. If the real concern is public safety, it shouldn't be. The real concern should be outlandish greed by entity's that have their fingers in the cigarette racket. Outlawing these products will be a travesty and a big step backwards in the overall health of an incredible number of american people. Everybody pushing for this nonsense should took a deep look at what the real issues here are. It is absurd and ridiculous. Thank you for reading this letter.

- concerned citizen

10/31/2015 7:45:34 PM - Lynn Oliver

I started smoking at 11 years old. I have chronic bronchitis and was treated several times a year for it. I've had pneumonia 3 times. Over the past 5 years or so, I developed a chronic cough, high blood pressure, and "allergies" that caused multiple sinus infections requiring antibiotic treatment. Those also became chronic. I tried quitting using Wellbutrin, but over the course of a month I was right back to cigarettes. I started using a vapor pen about 6 months ago. I am off of blood pressure meds, I don't cough and my "allergies" and the attendant sinus infections have ceased. My doctor is impressed. My husband who smoked about 2 packs a day for over 20 years has also switched with very similar results. We no longer smoke at all. I believe that this change has improved the quality of and lengthened both of our lives.

10/31/2015 7:45:23 PM - Sandra Plante

I have smoked 2-3 packs of cigarettes a day since I was 16. Now that is actually smoking, not letting it burn in the ashtray. I've tried hypnosis, patches, gum, pills, Chantix many many times, nothing worked. I coughed and coughed. Was sick all the time. Had serious problems breathing. Lost my voice. Couldn't talk for weeks at a time. Used a breathing apparatus because I couldn't breath. All because of smoking.

One night about 3 years ago I was bleeding pretty bad. Got scared and went to emergency. Ended up being admitted and staying several days. What happened was my colon had a heart attack of sorts. What was suppose to be pink tissue was pure black now. That section had died. Fortunately I still had blood flowing in the veins to the area so I did not require surgery. This "heart attack" can only be caused from smoking. Nothing else can cause this. It was God's warning to be to get off the cigarettes.

When I got out of the hospital I went to the local vape store and have never looked back. I have vaped since. Now I don't do all that fancy stuff of buying better, fancy batteries, dripping,etc. I buy the basic Kanger setup and flavors I enjoy. NOT TOBACCO FLAVOR or MENTHOL. Am vaping 18%. And with that I have remained smoke free since.

I now have a voice, can sing a song (which I hadn't been able to do for years), am off all those breathing meds and inhalers I was on, can breath and laugh without coughing and hacking all the time. Not coughing up garbage out of my lungs. Nothing. My Doctors are absolutely thrilled. I am very happy with my health now. Quite possible had I continued smoking cigarettes, I might be dead right now. I was in pretty bad shape back then. I couldn't walk 100 feet without being short of breath or coughing.

I owe my life to vaping. I will never touch another cigarette as long as I live. As long as I am able to vape. You take my vaping away and I guarantee I will smoke and guarantee I wouldn't live 10 years. My body and lungs are still healing I'm sure from the damage I did smoking all those years.

10/31/2015 7:44:41 PM - Adam J. Moll

I am a former smoker who has been smoke free since October 2010. 5 years smoke free as of today, October 31, 2015

I began experimenting with combustible tobacco cigarettes at around age 12 stealing smokes from my dad. By my high school years I was a fully addicted pack a day smoker who was not looking to quit until I had my first child at age 29. When my son was born, I tried cold turkey several times, and the nicorette gum a couple times, but neither method worked and I gave up on quitting, knowing full well I would face imminent disease and death. Coronary artery disease led my father to an early death at age 69 (I miss my dad) 7 years ago, if only e-cigarettes would have been popular a few years before his passing.

I had Given up on quitting when my daughter was born in 2010, the same time my local city bar in O'fallon, Missouri was required by ordinance to become smoke free. I enjoyed having a couple drinks after work and smoking, but if I could no longer smoke I decided I would just stay at home. At around the same time a co-worker introduced me to e-cigs and I asked "do those really work?" After trying a puff, I considered experimentation and use to get around the smoke-free ordinance. The e-cig calmed by craving at the pub, so much so I just started using the device everywhere and I became an accidental quitter. It took about a month to transition from being a duel user to fully smoke free, and although I did not have nicotine cravings, I did go through withdrawal from the 4000-7,000 chemicals created from the combustion of tobacco.

I remain smoke free and I use 24mg nicotine e-liquid in a nautilus open tank system with a regulated 20 watt e-leaf regulated battery device. I have used an MVP, EGO, and kr808d-1 in the past.

I no longer have intense cravings for nicotine even though I use a high strength nicotine e-liquid, I am dependent but not addicted. I can now breathe better, and have not had to see a physician except for yearly checkups, my bi annual battles of sinusitis are gone. Vaping saved my health and my life.

10/31/2015 7:43:55 PM - Chantile in Maine

I was a pack a day smoker who picked up the habit at a young age. I was 12 when I smoked my first cigarette. I stole it from the nightstand next to my mom's bed. It tasted gross and I got light headed and sick to my stomach. The next one wasn't so bad. The one after that even less bad. I was hooked.

In my teen years there was a lot of pressure to quit. My 11th grade math teacher had a tearful breakdown in front of the class and she shared with us that her friend from college who had smoked for 5 years then quit had just died from smoking related illness. She pleaded with anyone who smokes to stop. For our health and for our friends and family.

I wasn't old enough to buy my own but living in a city there was always a stranger around to ask to do it for me. I wanted to quit but not as much as I wanted to smoke. Anti smoking ads played on tv. Old folks with breathing equipment and throat holes warned that "it could happen to you." I kept smoking.

My fingers smelled of nicotine and smoke. I had a chronic cough. Some people didn't want to date a smoker. My friends parents and my grandparents told me I smelled. I could smell it on me all the time.

In my early twenties I tried patches to quit. They irritated my skin and gave me weird dreams. I still wanted to smoke. I got off patches and was smoke free for a month. I started smoking again. I refused to buy my own cigarettes. I was embarrassed. I know they are poisonous, cancerous, deadly.

My aunt died of pneumonia from smoking. She found out she had advanced lung cancer from smoking when she was in the hospital and if she lived through the pneumonia she would die of cancer. She didn't make it longer than a week in the hospital. She just didn't have enough strength.

I kept smoking.

I hated myself for not being able to quit.

I smoked for another decade. Trying to stop. Wanting to stop. I just couldn't.

I heard about electronic cigarettes and I bought one at a gas station. A Blu. It tasted terrible. The nicotine level was very high and the vapor hurt my throat and mouth from such a high nicotine strength. The device burnt out quickly and I didn't buy another. I quit e-cigs and didn't buy anymore cigarettes.

For a while.

Then I really wanted a cigarette. I went to a pharmacy and they had a few pen style vape kits. It was sort of expensive and the nicotine level was high. It was slightly better than the previous cigalike style. I started doing research. What is all this Vape stuff? What's happening in this pen? What is this liquid? Where can I get something better?

A few days later I went to a new store in town. They had only been open for a few months. It was a vape shop. They had better tanks that worked with my pen. They had liquid that tasted so much better than the prefilled pen I bought at the pharmacy. They could answer my questions.

I became an avid vaper. I could breath. I could taste. I felt better. In a few weeks my chronic smokers cough went away. I was able to step down my nicotine level.

Vaping saved my life.

It didn't just save it; vaping transformed my life. I was no longer ashamed to smoke, I was proud to tell anyone who would listen that vaping is a safeR alternative to combustible tobacco and I am proof.

I believed so much that vaping is better that I opened my own vape shop. I live in a state that has a very small and spread out population. People drive for an hour or more to come to my shop. I do not advertise that vaping helps you quit combustible tobacco but hundreds of people have come to my shop and said to me "I want to quit smoking and start vaping." I have been open for less than a year and have helped hundreds of people quit. Help people step down their nicotine levels. Help them choose gear that suits their needs and lifestyles so they can free themselves the same way I did. When they come back and tell me they have been smoke free for a week or a month or two I tear up. There's usually high fives and congratulations and smiles and I wipe the mistiness away.

I am proud to vape and truth be told, if I didn't own a vape shop I would probably have quit vaping by now. I vape 3mg nicotine and sometimes zero. I enjoy trying new flavors and try to bring the best selection of liquid and newest gear in to offer my customers.

If vaping were to go away today I would probably be ok. I would probably not go back to smoking. But the idea that other people won't get a chance to share that freedom is maddening. Infuriating even. I have been to my state house and have spoken on behalf of vaping in my state. Spoken out so other people could have the same options I did. Another shop owner was there speaking out. He testified that if everyone quit smoking by vaping and then quit vaping and he had no more customers he would die happy. That really struck me as an amazing future. I'd love to do my part to make that happen.

I had a preconceived notion of who would be shopping at my store. We are right down the road from a college so I thought it would be people in their early twenties. The average age of our customers is 35. Parents and grandparents shop here. People that

have smoked for a decade longer than I've even been alive shop at my vape shop an have successfully switched to vaping from smoking. It's nothing short of amazing.

10/31/2015 7:41:30 PM - John Wyatt

I began smoking when I was 13 yrs. old,by the time I was 42 I was smoking 3pks per day. At 42 I ended up on Life support due to lung failure due primarily to smoking. By the grace of God I made it off the machines and many Dr's told me if I started back smoking I would DIE, cigarettes had such an hold on me I could not quit knowing I was dying slowly. Fear, chantix, everything quit smoking aid on the market failed me. March 03, 2010 I was playing with my first grandchild and after only a few minutes I was out of breath, as I thought to myself "my first angel and I do not have the breath to enjoy this angel". My heart broke as I began crying in despair' then I saw for the first time a commercial about something called electronic cigarette. I order it had it shipped overnight and today 10-31-2015 I am smoke free , have not had a cigarette "or any cravings" and enjoying life with 2 wonderful grandkids that I can run, jump, endless hours of fun and never get short winded. Had I not found the Vaping method I would not be writing my story today. Please support any bill that will allow people like me to freely choose and have the option to continue this life saving method of Vaping.

10/31/2015 7:41:14 PM - Richy Holt from Clinton, Mo

I wad a 30 year smoker and was smoking 2 packs a day of "EXTREME" menthol little cigars.

I started at age 14. I had tried several times to quit over the years. I tried the patch 2x, lozenges, gum, Chantix, hypnotism, support/quit smoking group "Breathe Free" 3x and Cold turkey. None of these worked longer than 1 month before I was back to smoking.

The summer of 2013 at age 43 I was diagnosed with COPD with lung capacity at 57%. My brother was using an e-cig from a convenience store. I tried them for several months but they didn't work.

In Feb 14' I bought an Open tank system with menthol eliquid. Four days later, Feb 12 2015 was the last time I put a cigarette to my lips.

I was totally off cigarettes in 4 days!!!!!!!!!!!!!!! FOUR DAYS!!!!!!

That was 21 months ago. I am still off of cigarettes and I still Vape. When I first started vaping I was at 25mg of nicotine. I now vape 3mg.

I breathe better, feel better, smell better, taste buds came back. This past weekend I blew up over 100 balloons for a birthday party. Without ANY breathing problems.

Vaping has turned into a hobby now. I diy my e-liquid and coils for my wife and I.....

Yes, after my wife saw how easy it was for me to quit smoking, i ordered her an open tank system. It took her about a week to smoke her last cig. And has been a vaper ever since.

We both vape sweet flavors and neither of us have EVER vaped tobacco flavor.

There is the savings after switching. Since I Diy juice and coils, I went from $140. A month to about 30-40 every couple months. That is for both of us. After an initial investment on gear it is Much, Much cheaper to vape.

I am so happy now to get extra years on my life to enjoy my Grandbabies.

#vapingsavedmylife

#improof

10/31/2015 7:41:01 PM - peetje

Smoked 30 years,

one day a girl walked to me saying.. you know you can stop smoking ...and showed me her vaper, me and my husband went into the nearest mall and bought our first vapers, (started with ejuice with 18% nicotine in it ,after 6 months down to 3 %

using mods)

from that day on we never touched a cigaret, this now is 2 years ago, we breath better, we smell better we taste everything better, and have not have been sick(colds/flue) since we vape, and my doctor registerd me as a non smoker on my

medical file!!!! living a healthier life.

Gratefull that vaping possible ,we are happy vapers

10/31/2015 7:40:43 PM - Timothy Langford

I strongly support the vape industry and feel that this legislation is an attempt by the tobacco industry to eliminate competition in the marketplace. The Vaping industry has created thousands of new job opportunities and has help

thousands more stop smoking cigarettes. This is clearly an attempt by big tobacco to maximize their profits and spread propaganda to a healthier alternative to smoking cigarettes. The Vaping industry is a healthy thriving community of entrepreneurs with fresh ideas and small business owners. Enough with the tobacco lobbiest attempt to control the market place and shut down these innovative business owners!!

Sincerely, Timothy Langford

10/31/2015 7:40:28 PM - Fig Ramsey

I am writing today to relate my story & to ask you to OPPOSE SB140.

I became a smoker during Desert Shield/Desert Storm. After four tours of duty to the Middle East, I returned to the states with PTSD & a full-fledged heavy smoker.

Two packs per day over the next twenty years really took a toll on my health.

Not only did I develop a â€œsmokerâ€™s coughâ€ but also had difficulty doing simple things like taking the stairs, without wheezing and stopping to take a breath. The cough was to the point that I was waking my wife in the middle of the night.

I tried the Blu e-cig a couple of years ago. It was mostly in an effort to get through a tough week in a situation that I couldnâ€™t smoke regular cigarettes. While Blu did â€œtake the edge offâ€, it was not fully satisfying. I found myself still wanting to smoke.

A friend introduced me to a premium e-liquid tank system.

What was amazing is that it so closely resembled smoking that my brain actually thought I was smoking! The reality was, however, that I wasnâ€™t. I was vapingâ€¦NOT smoking!

The primary difference, I think, is that the device was able to produce vapor at a rate that was more similar to the amount of smoke that was produced with a cigarette.

Note: The Blu â€“ aka â€œcig-a-likeâ€ was quite a bit less vapor than an actual cigarette.

Moving forward, I visited a vape store the very next dayâ€¦where I spent more than two hours tasting what seemed like every flavor in the store. I must have tried fifty flavors that day!

I left the store with a couple of different devices, a variety of tank options, and more than a dozen flavors.

My favorite flavor was (and still is) a Snicker doodle cookie!

This was my beginning of a new lifestyle! I almost immediately found myself doing things that were far from my normal routine.

I found myself being more outgoing and engaged with friends and family. More importantly, I found my friends and family being more engaged with me.

Many of them noted that it was a more pleasurable experience to be around me because I no longer smelled like an ashtray!

The most shocking part of being a non-smoker wasnâ€™t anything related to physical health, even though I did â€“ in fact â€“ begin to lose my smokerâ€™s cough and feel more energetic than before.

The most shocking part was that my self esteem began to improve. As a smoker, I encountered a lot of degradation as a result of being a smoker. It was a common & near constant experience that people would treat me as a second-class citizen. And even though I continued to smoke, I also joined the ranks of those that would say how terrible I was for being a smoker.

The worst thing that anyone would say to me is â€œdonâ€™t you care about your son?!?â€ This was often used as a way to shame me for being a smoker.

But I tried to quit. I tried many times!

Not only did I attempt â€œcold turkeyâ€, patches, and gumsâ€¦I also went through the Veteranâ€™s Hospital Smoking Cessation Program.

I was prescribed Zyban to quit. While taking the Zyban drug, I began having horribly vivid thoughts and dreams that took me right back to the war. That was not a good place for a combat vet. I could not handle the mental stress of using Zyban.

Iâ€™ve since learned that Zyban was black labeled by the FDA due to mental health risks â€“ same as Chantix.

As noted, vaping was a salvation for me & my family.

I have not had a cigarette for more than two years. I am grateful for vaping. I no longer smoke.

I no longer smell like smoke. My family no longer has to smell smoke on me.

Russell "Fig" Ramsey

10/31/2015 7:39:59 PM - linda rousell

I am a 52 year old female that has smoked since I was 16 years old and tried to quit many times without succeeding. Last year (2014) I bought an e-cig and have not smoked since. I tried chantix, nicotine patches, and nicotine gum which none of them worked. I love smoking the e-cig because I know it is better for me with no tar or chemicals!

10/31/2015 7:39:50 PM - Erik Baldwin

I smoked my first cigarette when I was 13 and I was hooked. I smoked then on. Only a few a week at first but by the time I was in my late teens I was almost a pack a day smoker, by my mid twenties it was a pack a day and by 30 it was just over a pack. At 32 I had a heart attack which the Dr attributed almost entirely to smoking. I tried to quit before but never stuck to it. After my heart attack I tried again. Using drugs, patches, lozenges. It all worked temporally but I kept going back to cigarettes. I tried using cig-a-likes, specially Blu it didn't work either. A friend recommended vaping and I didn't have high hopes. That was just over two years ago and while it took a few months to go completely smoke free, I haven't had a cigarette I two years and I'm only using 1.5-3mg nicotine. I feel better and my Dr is very happy with the results

10/31/2015 7:39:19 PM - Melissa S,

I am 49 years old. At age 20 I was a regular smoker, I smoked at least a pack a day. I tried to stop smoking with every available means, but inevitably, I would always go back to cigarettes. 4 years ago, while I was still smoking, I bought an ecig. It only took a few days before I was vaping exclusively. Right now I could smoke a cigarette if I didn't have a vape, but I actually PREFER vaping. I can't say that I think vaping is totally harmless. I still catch colds, and I still get the physical warnings when my throat and lungs have had enough, but I can say these things are much less severe and happen much less often than when I smoked. Abstinence is best, but since I obviously will need a pacifier (probably for the rest of my life) I chose to vape.

10/31/2015 4:31:06 PM - Adam Talley

Smoked since I was 16 years old stopped smoking started vaping at 31 I am dieabtic vaping has helped my blood sugar because I can get different flavors like cake and cookie I don't eat as much sweets. Vaping saved my life

10/31/2015 4:30:55 PM - Julie Bass

I began smoking cigarettes at age 13, I am now 43. I quit smoking 3 years ago by using a Vapor device. While smoking regular cigarettes I would get bronchitis everytime I got a cold, normally 4 times a year. Once I began vaping I reduced the times I got bronchitis it has been once in 3 years. I couldn't hardly walk up the stairs without getting short of breath, my sense of smell and taste was off, and I smelled like an ashtray. All of those things are gone now. My doctor bills have decreased. #vapingsavedmylife. I quit smoking the day I got my first mod. I started at 12 nic strength and have reduced to 3nic. Without vaping I would not have the quality of life that I have now.

10/31/2015 4:30:48 PM - Daniel T.

I started smoking my senior year of high school in 1989. I was smoking 2+ packs a day. I have tried patches. pills, inhalers, gum, and pills. None of them work. The only thing those products do is line the pockets of the pharmaceutical companies.

Then, I tried vaping. The first three days, I had four cigarettes each day, then on the fourth day I did not have any, and have not had one since.

10/31/2015 4:30:29 PM - Nancy Seats

I'm 80 year old. I began smoking when I was 16. By the end of my 30's I was having a problem with bronchitis and it became chronic bronchitis in the next couple of decades. Finally six or seven years ago I began using electronic cigarettes. I slowly quit using the real thing and one day realized I hadn't had a real cigarette in over a year. My bronchitis was GONE. I NEVER had another bout of it. I had tried many other methods of quitting and nothing worked but the e-cig. I have slowly lowered my nicotine level to just 4 mg. I'm so blessed to have been introduced to e-cigs -- I'm not sure I would be alive and healthy today if I had continued to smoke. My daughters and grandchildren are thrilled that I quit. No more smell, ashes, or second hand smoke, and no more horrible coughing!

10/31/2015 4:25:23 PM - Mantas Tuma

Spaudoje galime rasti daug straipsniÅ³, kokios blogos ir kaip kenkia E-cigaretÄ—s.

Taigi Å¡iame straipsnyje norÄ—Ä iau jums paaiÅ¡kinti tai , ko spaudoje neraÅ¡oma ir koks yra elektroninÄ—s cigaretÄ—s veikimo principas.

E-CigaretÄ— â€“ Ä¯ cigaretÄ™ panaÅ¡us elektroninis prietaisas (NE VISADA PANAÅ Åªs), kuris iÅ¡garina :

1.ProlenglikolÄ¯ (maisto priedas E1520 , kuris daÅ¾niausiai naudojamas astmos inhaliatoriuose).

2.GlicerolÄ¯ (Glicerinas, maisto priedas E422, Å¡is ingredientas naudojamas maiste).

3.Vanduo.

4.Sintetinis nikotinas, kad pajustÅ³ â€žparÅ«kymo jausmÄ…â€œ.

Visos Å¡ios medÅ¾iagos natÅ«raliu bÅ«du pasiÅ¡alina iÅ¡ organizmo.

Taigi iÅ¡ ko susideda E.cigaretÄ—?

1.Pati E.cigaretÄ—, su Ä¯montuojama, arba keiÄ iama baterija. (MODAS) kuri turi kaitinimo mygtukÄ….

(Naujausios reguliuojamos galios, E.cigaretÄ—s turi kaitinimo mygtukÄ…, + ir â€“ mygtukus reguliuoti galiÄ…)

2.Kaitiklis, dabar yra platus kaitikliÅ³ pasirinkimas , nuo keiÄiamÅ³ galvuÄiÅ³ iki perrenkamÅ³ kaitikliÅ³ (RTA,RDA)

Kaitiklyje naudojamos medÅ¾iagos yra

1.100% organinÄ— vata.

2.VarÅ¾inÄ— viela, susukti spiralÄ—ms.

Spausdami mygtukÄ… elektroninÄ—s cigaretÄ—s kaitinimo mygtukÄ… , jÅ«s kaitinate metalinÄ™ spiralÄ™, kurios viduje yra perkiÅ¡ita vata, vatoje susigÄ—rusÄ¯ skystÄ¯, spiralÄ— kaitindama vatoje susigÄ—rusÄ¯ skystÄ¯ , kaitina glicerino ar propilenglikolio bazÄ—s pagrindo skystÄ¯ iki garavimo temperatÅ«ros ir skystis pradeda garuoti, kuriuos galime Ä¯kvÄ—pti/Ä¯traukti.

Taigi jokio degimo proceso nevyksta, tai ir negalite teigti , kad jÅ«s rÅ«kote elektroninÄ™ cigarÄ—tÄ™, jÅ«s jÄ… garinate.

NelogiÅ¡ka tai, kad E-cigareÄ iÅ³ , nespÄ—jÄ™ iki galo iÅ¡tirti , bando uÅ¾drausti, o cigaretÄ—s jau nuo seno iÅ¡tirtos kaip turinÄios tÅ«kstanÄius kancerogeniniu chemikalu, taÄiau apie jÅ³ uÅ¾draudimÄ… kalbos nÄ—ra.

Taip pat, kaip nÄ—ra ir faktÅ³ Ä¯rodanÄiÅ³ kad E-cigaretÄ—s kenkia ir kokios jos blogos.

Dauguma rÅ«kanÄiÅ³ Å¾moniÅ³ , keiÄia tikras cigaretes Ä¯ elektronines, kaip Ä¯ daug sveikesnÄ™ alternatyvÄ….

Ar tai nÄ—ra valstybÄ—s prioritetas numeris 1 iÅ¡saugoti visuomenÄ—s sveikatÄ…?

Ar tai nÄ—ra jÅ³ darbas?

Problema Nr.1 â€“ kuo daugiau pinigÅ³ tabako kompanijos uÅ¾dirba, tuo daugiau pinigÅ³ valstybÄ— gauna.

Problema Nr.2 â€“ElektroninÄ—ms cigaretÄ—ms tampant vis populiaresnÄ—m, cigareÄiÅ³ naudojimas krenta vis labiau , taigi to pasekoje , dÄ—l E.cigareÄiÅ³ nukenÄia ir tabako kompanijos ir valstybÄ—s. Taigi, kÄ… jie dabar daro ir kokia jÅ³ logika :

A. UÅ¾draudÅ¾ia E- cigaretes. RÅªKYMAS = PINIGAI !!

B. E- cigaretÄ—s = Tabakas gaminys = daugiau pinigÅ³. PadarÄ™ E- cigaretÄ—s tabako gaminiu , jie jas apmokestins ir to pasekoje gaus daugiau pinigÅ³.

Taigi atrodo, kad visuomenÄ—s pagrindinis prioritetas nÄ—ra sveikata.

Jei elektroninÄ—s cigaretÄ—s yra saugesne alternatyva rÅ«kymui ir tikrai padeda, kodÄ—l gi jas bando uÅ¾drausti?

Kad bent kiek suprasti koks skirtumas tarp E-cigareÄiÅ³ ir paprastÅ³ cigareÄiÅ³ uÅ¾tenka paÅ¾iÅ«rÄ—ti statistikÄ…. Nuo cigareÄiÅ³ kiekvienais metais mirÅ¡ta 100 tÅ«kstanÄiÅ³ Å¾moniÅ³, tuo tarpu nuo E-cigareÄiÅ³ nemirÄ— dar nei vienas.

10/31/2015 4:03:58 PM - Brock

I started smoking at the age of 13. I am now 37 and have been smoke free for 3 years now thanks to vaping on a mod. I tried Chantix and that didn't work. I am a military member and my physical fitness has improved substantially. My father, who was a smoker for 40+ years also quit thanks to e-cigs. These products are helpful and should remain on the market.

10/31/2015 4:03:50 PM - Victor richetti

Why would you want to take these products of the market? This stuff helped me quit cigarettes let alone keep me from smoking marijuana... I used to smoke 2 packs a day and fight a hard battle against drugs... it's no one other than myself who got me hooked but after I realized my mistake the struggle became clear. It's tough and possible but without help it's only a 50/50 ratio. With vapor products that ratio turned to 70/30... I've converted so many people from deadly poisonous Tobacco users to vapers and I feel I saved them from a path of destruction. There are no long term effects to this product. No short term either. Look at the big picture... you argue that cigarettes cause 2nd hand effects and smell terrible let alone kill people... vaporizers and eliquid do not kill anyone, have no 2nd hand effects and smell exactly like food or drinks... what are you afraid of? Do you just not like the clouds? Are you against it cause you are afraid of change? I urge you to not go through with this plan of action... this community of vapers have been a 2nd family for those who can't quit cold turkey. It's a transition in lifestyle. It will save many lives. But only if you leave it around to do so... thank you for your time. I hope my voice gets heard.

10/31/2015 4:03:41 PM - Kim Guy

I started smoking in nursing school (I know...it was stressful) and after 27 yrs, I was a 1ppd smoker. I had tried cold turkey, gum, lozenges, patches, Effexor, Zyban, Chantix...to no avail. I could last about a week. Vivid dreams, restless sleep. I thought vaping sounded dangerous, putting a battery up to your mouth with liquid surrounding it. Then I heard Greg Gutfeld's support of it and researched it thoroughly. I bought my Vision Spinner, 18mg NiQuid Daybreak (it's even Kosher!) and even with a 1/2 pack of cigarettes remaining...never craved another cigarette. That was 19 months ago. The 1/2 pack is still sitting on the arm of a chair in my living room...as a reminder. 27 yrs and freedom. I don't get winded with exercise, I don't cough, I now have my singing voice back, and I know I am much healthier. If you have a chance, Google Greg Gutfeld about vaping. When people fuss at me, because they might "smell something" I tell them it's food grade, and safer than inhaling their Yankee Candle or Glade plug ins. Thank you for reading! Oh! I was recently hospitalized for back surgery. I vape when no one was in the room. The nurses thought my room smelled sooooooooo wonderful! (I blamed it on my hand lotion)

10/31/2015 4:03:24 PM - Happy Ex-Smoker

After smoking traditional cigarettes for 25 years, I stood up from my recliner one day and felt a little dizzy so, I went to the restroom and by the time I got back I was out of breath. It is only about a 30 foot walk round-trip from my recliner to restroom and back. That was when I really got serious about quitting cigarettes. I bought the little lookalikes(MarkTEN,BLU,Vuse) from the service stations and drug stores and they did not work. Then I watched a video on a "box mod and tank" set up(Innokin iTaste VTR), went out and bought it with the right strength nicotine e-liquid 18mg and the rest is history! I am cigarette free for 280 days and feel 100% better. If HR 2058 is not passed I will start smoking again regular cigarettes and I know millions of other recently attained ex-smokers will start back as well. I sure hope the law makers in this country wake up and do the right thing. Do not let millions of us go back to a habit that is sure to kill us early in life and cause damage and suffering to the loved ones around us.

10/31/2015 4:03:16 PM - Michael Leibrock

I was smoking a pack a day if not more for 2 years...Now imagine in 20 years 2 maybe 3 packs if i lived that long vaping as a whole has bettered my life. First off i can breath again, I ran a mile for the first time without being overly exhausted 2 weeks after starting to vape overall my senses were just better. At first id get overwhelming smells from stuff like cleaners and soap but that was just my body getting used to not having tar and who knows what else in cigarettes.

There are also many other health benefits to it i have lost about 40 pounds since i started vaping the sweet flavors settle any cravings i might have and guess what there is probably just about every flavor you can imagine from tobacco flavors to one of the most popular flavors muffin man which the name speaks for its self.

Last but not least the Community it grows daily and i have never met a kinder group of people from huge giveaways weekly to competitions where people can compete for fun and prizes. These past few months alone i have met people i would probably have never had a conversation with ranging from just out of high school to just retired.

All in all vaping has significantly increased the quality of my life i am in better shape i have made great new friends who i probably would have never met. and i just feel better overall. I encourage smokers, anyone who uses other tobacco products, or anyone who just wants to blow massive clouds to try it for just one day.

10/31/2015 4:02:56 PM - Robert William Cheatle

I smoked since I was 15 and I'm 28 now I just started using vaping products to have a healthier smoking experience instead of getting all the tar and other cancer causing stuff in cigs I love the freedom of vaping. I use blu and criss cross vaporizer and they r great.

10/31/2015 4:02:46 PM - Bill Kinney

I smoked for over forty years, and had reached a point where the costs to my health and wallet were greater than any perceived pleasure I was getting. Someone showed me a "cig-a-like", and it seemed like a possible alternative. This was over a year and a half ago.

The following week, I stopped in a local vape shop and bought a starter kit. As I came to prefer the pleasures of an e-cigarette over analogs, I also found that I no longer experienced some of the negative effects of tobacco, such as occasional shortness of breath or that stale tobacco smell on my breath and clothes. The "morning mucus" was gone within a week.

As I read about the different types of devices on the market, I became more interested in mechanical mods, which I still prefer to use. And I've started mixing my own juices; a cost of $20 to buy some VG base liquid, flavors and liquid nicotine will far out last the daily $80 cost of a carton of smokes by several weeks. And the range of flavors available out there only add to the pleasure. Plus, I have the option of controlling the strength of the nicotine. I've read where an analogue contains roughly 15mg of nicotine; I'm now down to 3mg in my e-juice, and hope to get it down to zero soon. It's become more about pleasure than addiction. And I don't stink of tobacco like I did before.

I have no desire to go back to regular cigarettes. I just wish this alternative was around twenty years ago. The technology keeps improving, and there are better products on the market; most of the vendors I've heard of seem to know what they're doing, and they take pride in the products they develop.

The only concern I have is the pending legislation at the various levels of government, whether it's the infamous FDA regulations or a large state wholesale tax on e-cigarettes and related products. As I see it, this is an industry made up of small to midsize companies, and their financial resources, unlike those of Big Tobacco of Big Pharma, are limited at best. Legislation as it exists today would only serve to drive these small companies out of business or underground, as well as limit the products available to individuals like myself, who are looking for safer alternatives to smoking. So these pending laws affect us all on several fronts - health, finance and economics, PLUS they would kill innovation in the development of new products. Of course, that's no skin off the backs of big companies like R J Reynolds; indeed, because their pockets are so deep, they would most likely benefit from such legislation as the last ones standing.

With that in mind, I routinely answer calls to action from groups like CASAA to voice my opposition to proposed state and Federal laws that do more harm than good to the vaping community. I urge everyone who might see this testimonial to do the same.

Anyway, that's my story. Hope you haven't fallen asleep in reading this.

10/31/2015 4:02:22 PM - Timothy

I have been smoking for over 14 years. I recently quit smoking with using ecig products. I feel amazing I don't even feel the need to smoke.I have really bad self inflicted asthma from smoking. I have to say been on the ecig for 2 weeks now. I don't even need my inhaler.really all my life I needed to have this inhaler in my pocket at all times. Point is there's a lot of bad stuff in this world that's bad for you. Why banned this! Is is more appealing to children cause of all the crazy flavors and what not maybe so. You see a obse individual eating a cheese burger.what are your first thoughts? They don't need that.they are over weight that's not good for them. Who are you or me to say it's not good for them. This world we live in is getting so tough and challenging to live in. If we can't have things to give us pleasure. What are we suppose to do? You have to go to work. You have to pay taxes. You have to be a good citizen. Or you will be punished. We are not hurting anyone or anything vaping. I'd lather see anyone and I mean anyone vape then smoke cigarettes. Almost over 4000 chemicals in a cigarette. How many in ejuice. Three! Which are water, propylene glycol,vegetable glycerin and nicotine. These chemicals are found in food and cigarettes. Which are also approved by the FDA. Not as one but individual they are. If you wanna put more tax on it fine. You don't want it more available for children I get it. Tell me this you. All these tobacco company's have nothing but flavor products in there products. Chew, cigars and snuff. Selling a product like cigarettes that is proven to kill people or have health issues is okay. But something with a few ingredients that's in are everyday food is bad. I'd lather have my children smoke an ecig over a cigarette , alcohol or recreation weed. Going from smoke 2 packs a day to a couple puffs of in e cig a day.with no bad side effects. I have tryed many medications to quite. Nothing works they all have side effects. Ecig didn't. Not one bit. I smoke the lowest nicotine possible 3 mg. Then after said and done I would like to take the nicotine completely.My point is don't take this away.People all around the world smoke but don't know how to quite. This is a great alternative and way better for your health as we know it. As we know thou hasn't been around long enough to know the all the facts yet. Thank you for reading this. Please give this a chance you could save lives. We all struggle with everything in are lives. Everybody needs something to help coupe with there life some how.

10/31/2015 4:02:09 PM - cliff

On thing I can say is this. I was a smoker from 15 yrs old and if I would have known now I would have quit a long time ago. My daughter was born in Feb 2013, I quit smoking 4 days after she was born. I tried to quit for many years using the gums, patches, or combination of both. NoNE of those worked. I began researching ecigs in December of 2012 and decided to give it a try. I am now 2 yrs smoke free and haven't smoked a cigarette since, actually can't even stand the smell of one burning. Since switching I know have upgraded to a regulated mod, gone from usING e lÃ-quids with 12mg of nicotine down to 3mg. My breathing has since improved, blood pressure is down and I can run and play with my daughter without being short of breath. All of this thanks to ecigs.

10/31/2015 4:02:01 PM - Tala

I've been a two packs+ a day smoker from a young age, about 14. I tried to quit smoking when I was around 17. Needless to day it didn't go very well. I struggled terribly to quit and honestly hated myself for smoking. I met a good friend about 2 years or so later. He told me his dad had been "vaping" for years and he had started about a year before we met. He had plenty of extra mods and such and let me borrow one for about a month. The whole time I had no urge to smoke. So I looked into it and talked to him about getting my own. He taught me how to build, about wattage and how to safely use devices such as mechs. I finally got my own setup a few weeks later (sigelei zmax v3 + aspire nautilus) and fell in love with it. That was about two years ago and I vape to this day and I have no craving for cigarettes whatsoever. I feel healthier than I've ever been. My skin looks better, I can run again and work out. Vaping has truly changed my life and made me a much healthier person. I am forever grateful for that And hope to see it impact others in the way it has impacted me.

10/31/2015 4:01:55 PM - Quinn

I am 37 years old and started smoking when I was 14. I had never gone more than two or three days without a cigarette since the day I started. I swapped to vaping three months ago, and I have not even wanted a cigarette. I'll never smoke again as long as I have my e-cig. I use a rechargeable EVOD. There's no doubt that I would've never quit smoking if not for my e-cig. I've already dosed down on my nicotine level to 1.8 and I don't have to worry about smelling like smoke anymore. Over the years I had tried Chantix, nicotine gum, and nicotine patches with absolutely no success. Vaping is THE BEST stop smoking product ever made. I am saving around $160 a month, I feel better, and I don't have gross ashtrays anywhere. Vaping has changed my life.

10/31/2015 4:01:45 PM - Priscilla

I was a smoker of 10 years until one day I decided enough was enough and I bought my first Starter Kit from Aspire. Since then, I haven't even craved a cigarette. I have been cigarette free for a little over 2 months and there is no end in sight; it could not have been possible without the e-cigarette market. I began using simple starter kits and have since then graduated to using regulated mods, and the occasional mechanical mod. I have noticed dramatic changes in my health. When I was still smoking, I constantly wheezed at night before going to bed, off-and-on again cough attacks, diminished taste and smell, and tooth decay. Since then, I have not had a single cough attack, I can smell and taste things with ferocity and the tooth decay/plaque build-up has decreased/slowed down. One big change: I noticed that smoking no longer controls my life. I can spend time with family and friends in restaurants, bars, homes, without having to go out for a cigarette. I don't smell like cigarettes and the many people who surround me are grateful for that. Vaping saved my life and I gained freedom, health, and a better quality of life.

10/31/2015 4:01:38 PM - Jay Wiseman

Vaping has helped me quit smoking for the last two years. I feel better about myself and I feel better all around. I had been a smoker for 15 years and this was the easiest way to help me quit. Once I started vaping, I no longer had the urge to smoke a cigarette. I know several people that has quit smoking by using this method and they are happier and healthier now.

10/31/2015 4:01:31 PM - BlakeMcC1990

I originally started smoking cigarettes at the age of 13. After 10 years of smoking, I developed a constant cough and had to regularly use an inhaler to control asthma symptoms. After witnessing the use of E-Cigarettes at the age of 23, I decided to give it a go. It took a short while to get use to it, but after a week I started to enjoy it more and more! After 2 months of not smoking Tobacco, I noticed my asthma became a lot worse, and I had quite a severe break out of Acne. From the research I done, I came to the conclusion that my body was going through a cleansing period after all those years of Tobacco use. 3 months into using E-Cigs those symptoms started to clear and day by day I felt healthier and more active! I have been Vaping for 21 months and not touched any other Tobacco products since! I have not had to use an inhaler for asthma symptoms for 18 months, and this is why I think Vaping saved mine and many others lives! Thanks for reading!

10/31/2015 4:01:23 PM - Meghan

I quit smoking for 8 months by switching to vaping and have NEVER felt better. Taking these products off the market would be a terrible idea. I see vape shops pop up in my area all the time (I come from a small area in ohio that needs new jobs) It creates jobs and promotes healthy living.

10/31/2015 4:01:15 PM - michaelwbarnette1984

hello I am a taxpaying American citizen father I am a son I am A role model to many struggling teens I do not think I'm special but I do think that my wife is important I believe that paper products and vapor juices have saved my life in a way that I wouldn't have had a chance to save myself if they were not available I had smoked for many many years s I had never started vaping I would still be smoking cigarettes because just like half or more of America we all have our vices and cigarettes are very addictive very bad for you and very easy to die from also they affect others in a negative way second hand smoke is it very serious to not pollute R fellow Americans lungs if they choose not to smoke because it is important to have your freedom and be able to do what you choose as long as it's not harming someone else but cigarettes do harm others and they put restrictions on your life also a limit of time you will spend on this earth or in this country contributing or helping us push forward in all the ways that Americans are proud of and are known for also raising our children raising children and don't have a family I am a youth director and not one of the children that I Council smoke cigarettes at all for the same reasons I'm standing here only a few of the teenagers choose to vape candy come from homes that were smokers and they have tried to get their parents to switch to save there and spend time with them I have tried the different varieties of cheap disposables and small starter kits that our ego style cigarettesand I could not stop smoking using them but now I'm almost 2 years off of cigarettes and I have vaped happily this whole time I now do not make any nicotineand simply right now for the enjoyment and the variety of flavors that are available I don't feel the need to stink up any place that I go or make anybody else smell them I do not feel like I am an outcast are not welcome in places because I smoke and they are banned in just about every establishment these days have met hundreds if not more happy healthier people we have done tons of research and are completely happy and satisfied with the technologies that are availableÂ such as sub ohm rda and tanks and that the market is changing everyday and bringing new and revolutionary products which are changing people's lives and making all of us hobbyist or devoted vapors that much closer to giving up cigarettes I understand that the cigarette companies are probably trying to fight in every way for this not to happen but they need to be happy about what's going on and get out of those factories many of them down as they can and get their money invested in all paper and paper products because it would do the world a lot more good and it would make their pockets just as fat all the money that I have not spent on cigarettes have done me well I have saved a lot and that money goes for other things it is not like we hold our cash we still spend it we just the other things like going out to restaurant and events so we are still putting money in the pockets of other American companies I believe that if the cigarette companies liquidated the factories that are not going to be use for cigarette anymore that they could open some of the largest vaping suppliers instead of the small shops and get the money that they're fighting not to lose it would be tougher for small businesses to struggle with that but it would carry the technology

into the next era I believe that they should completely shut out the small businesses but there is rules of money to be made and enough to go around since most people that have already switched over will be in the years to come yes and more available more affordable and more knowledge was spread about them three times as many people that are vaping now would be on board with us anyway I'm not here to talk business I'm here to tell you that I am a proud vapor I am even prouder that I gave up cigarettes I am planning on being here many years more because of this and I will see even more of my children's lives before my own eyes thank you to the companies that have struggled to bring it this far and thank you for your time understanding and the right to freedom sincerely Michael w Barnette

10/31/2015 4:00:43 PM - Al

I grew up a child of two smokers. I despised cigarettes and how the smoke always seemed to go directly into my eyes.. Years later however, during finals in college, I found that a cigarette helped me focus and get the job done. I thought I would stop the following week and never look back. Twenty six years later I had tried everything under the sun to quit my pack a day habit. I used the patches, the cartriges, Budeprion and Chantix. Nothing worked. I even decided to move back to New York City, thinking the high price of smoking would make it impossible to support my addiction. Alas the roll ups are much cheaper, and I started rolling my own. Shortly thereafter, my doctor gave me the option of going on daily statin drugs, or quitting smoking. My mom had just bought an ecig in preparation for an operation, and to my amazement it was working for her, a smoker of 50+ years. Within a week of receiving my first ecig, I had completely lost interest in smoking. My subsequent labs showed a marked decrease in triglycerides, and my blood pressure went down a solid 20-30 points, and stayed low. In addition, I have saved roughly seven thousand dollars a year, times 5 years. That\'s a nice vacation!

According to my psychiatrist, nicotine is the most widely used antidepressant on earth, with more proven clinical benefit than any known prescribed psychotropic drug. Many alarms have been raised with regards to protecting our children. But if we really care about our children, we should all get behind a safer method of delivering nicotine, which is a non-carcinogenic element of tobacco that is here to stay. It would be a travesty for millions like me should ecigs be taxed like cigarettes. Millions would go back to smoking. Millions would die. Doctors call it \risk-reduction\". Ex smokers like me call it a life saver. The only losers are oxygen companies

10/31/2015 4:00:34 PM - Bear

I started smoking at the age of 12. For 23 years I was a smoker. Once I quit smoking, I started chewing the gum, but that didn't always help. I also have asthma . I've been vapeing for about a year now. In that time I've been able to breath without haveing to depend on my inhaler. I have not used my inhaler or had to go to the emergency room for a breathing treatment, and I no longer smell like am ash tray. But one of the greatest things is, I don't have to worry about falling asleep with a lit cigarette that can burn me, or set the house on fire ...

I suggest vapeing to other smokers to help them get away from cigarettes and all the garbage that's in them !!

10/31/2015 4:00:28 PM - Mariah Moutria

I smoked for 19 years. I was a heavy smoker and smoked easily 1-2 packs a day and sometimes more. I tried many different things to quit smoking. Patches, gum, pills, pressure points, counseling, cold turkey, even the earlier ecigs It wasn't until a friend introduced me to an ego type vape pen that everything changed! Its been 3 years Nov 1, 2012 since I had a cigarette. I say it took 2 weeks of not smoking and just vaping and I was done with cigarettes. They were just gross. I don't miss smoking at all. I love vaping. I do choose juice with nicotine. I have tons of flavors and I really enjoy it. I have converted many family and friends over from cigarettes to vapor. I share it with anyone and everyone I can. I feel so much better not smoking cigarettes. I don't smell like a walking ashtray and I can breathe! I don't wake up with a heavy chest and coughing up phlegm. I have friends that never smoked cigarettes but enjoy vaping.

10/31/2015 4:00:21 PM - Crystal Moon

After numerous failed attempts, I was finally able to break a 40+-year, 2-3 pack per day smoking habit the very first time I tried vaping (the use of so-called e-cigarettes which are the same as replacing sugar with a sugar-substitute such as Stevia, etc. - hugely beneficial even if the substitute is not perfect). I have not smoked in over three years, now, and have stepped down the nicotine content of my e-juice to none. I now enjoy the hand-to-mouth and inhale/exhale of flavored, nice-smelling vapors without sticky, smelly, cigarette smoke. I don't miss the fire/holes in clothing, ashes everywhere or cigarette butts and ashtrays, either. I faithfully recycle every part of my vaping supplies when they are no longer usable.

I have no doubt that vaping instead of smoking has added years to my life, and also no doubt, as a result of experience, that I never would have been able to quit using only nicotine patches, gum, cold turkey or drugs that are supposed to help you not want to smoke. None of these aids had any effect whatsoever on me, other than making me a nervous wreck and promoting un-naturally aggressive behavior and thoughts. I feel incredibly fortunate that vaping products were and are available to me; the blessing of this technology has helped me live healthier and happier.

10/31/2015 3:59:09 PM - Pier

I smoked 2 packs of cigs a day for 43 years. I tried vaping and it has helped me quit smoking. I occasionally still have a cig but not more than 1 per week. I started with a 24 milligram juice and am now down to 3 milligram juice. Their is a need for regulation of anything but not to the exclusion of personal responsibility. They sell bleach at the store but one is required to use it responsibly. You do not give it to children in their baby bottles. Because something has a pleasant taste does not mean it targets children. Tobacco companies would love to get rid of vaping products so that there are no alternatives to their products. I see many young people smoking so the idea that we have done away with the appeal to the young is strictly a fantasy. Cigarettes never did have a flavor that appealed to the young. I started smoking when I was 13 and the first one I had made me sick. It was an "image" thing. I was not addicted at first but it snuck up on me.

10/31/2015 3:58:53 PM - threerivers

Vaping has been a godsend. I grew up in a two smoker family and began smoking on a regular basis at age 14. I am now 56 yrs old. First time I tried to quit was at age 18, that lasted 3 months. I never tried again until I was at 27 when I became pregnant with my daughter, that lasted maybe a month. I didn't try again until I was in my 30's, again didn't last. In 2013 my daughter bought me a unit to vape (I'd never heard of it) out of concern for my health. I tried it once and dismissed it. Six months later I decided to give it a try after having smoked 2 cigarettes out of a newly opened pack. This was May 21st of 2014. Let me tell you, that pack of cigarettes with the two missing that I smoked that morning is sitting in my kitchen drawer untouched to this day (almost 1.5 years later). I was prone to bronchitis twice a year and since switching to vaping (which I have downgraded on my nicotine level) I have not even contracted a cold since switching. My blood pressure is excellent, heart and lungs sound excellent, blood circulation is excellent, oxygen level excellent. People can say what they want about vaping (government and tobacco companies) but I'm hear to say it has been a wonderful change for me and my health. I enjoyed smoking but not the side effects of it. Vaping allows me to feel like I am still smoking but I don't get the downside that comes with it. I am definitely an advocate of vaping.

10/31/2015 3:58:46 PM - Danno

I was a cigarette smoker for 35 years plus.I quit cigarettes 11 months ago, (Dec 2014). I started vaping with My-start products using a tobacco flavored 18 nicotine level. I have continuously lowered my nicotine levels and I am currently using 6. I will be cutting 6 in half with a zero so I am vaping 3. I will do this for a couple months and will vape a 0 for 2 weeks and then I will be done. I tried quitting cigarettes cold turkey, and I could not do it....this vape product has helped me to slowly ween my self from nicotine. I have NOT used tobacco products, nor any assistance from prescription drugs to help me quit. Just the Vape..... I am glad it was there.

10/31/2015 3:58:38 PM - Jeff noble

I cannot express how great these products truly are these are the first REAL alternatives to smoking and absolutely work. Not only have they improved my lifestyle and my health but also that of those around me and many others, the fda cannot take these products off the market it would be an absolute tragedy and would do nothing but damage the health of people in the country and nothing good would come out of it at all. These products NEED to stay on the market not only for those of us who have already made the switch but for those who WILL make the switch. Vamping Is the future for the good of everyone. I smoked for 10 years and literally stopped all together the day I picked one up, I started out with disposables, but for me that just didn't do it so I found out able higher power box mods, RDAs, sub-ohm tanks etc and after that there was no going back I absolutely love these products and love having the choice to pick and choose what you please because as I stated what works for me may not for someone whitch is why having such a wide selection is so vital because that way everyone can find something that works for them and that's the beauty of personal vaping. Not only have I noticed a huge impact and improvement to my health but my Dr has also ex-rays taking of my chest a few years prior to before I started vaping to now are dramatically better, these products are the greatest way to get away from cigarettes and other tobacco products. THEY WORK!

10/31/2015 3:58:28 PM - Cory timlin

I was a smoker for six years I haven't had a craving since I started using e cig I feel much better now great way to quit smoking the harmful chemicals in a cigarette I have cut down , completely off cigarettes I can breath better

10/31/2015 3:58:21 PM - S Collins

I smoked for over 40 years. I really wanted to quit smoking. I started vaping because it was a safer alternative to cigarettes. I haven't had a cigarette in 10 months.

10/31/2015 3:58:14 PM - Wandalas

To start off I've been vaping for past 3 years. By so far I stopped smoking regular cigarettes which are just discusting. I am using smok x cube 2 box mod with ud zephyrus tank and in kinda still want to keep on vaping because it's better than regular old cigs. I used to smoke 20 cigarettes a day and that just took too much investment. For example now I buy 15-30ml in a week and still save a lot and I dropped from 18mg liquid to 3mg and if they ban ecigs in Lithuania or UK that will suck alot because I dont think that anyone would want to smoke old regular cigs after they got hyped on ecigs. Govorment cant make us choose tabacco products over what the like. I say no to banning ecigs because it's a safer alternatives and i hardly prefer it rather than tabacco. Ecig even made me feel better I used to cough every single day and I used to get light-headed. And now it's gone.

10/31/2015 3:58:07 PM - UNICORNSITHANGEL

This is something I wish was around as I was younger or when my mother was still alive. I use to wheeze every night when I would lay down in the mornings I was always coughing and hacking since the change which has been two years this Black Friday if I just used the store bought it was not and inform as it is now but I also stayed sick alot since I have changed my taste is so much better I also had my lungs sounded and looked like I was a non smoker please keep it in mind that there are people this really helping all it truly is like an inhaler that some one would use to help with breathing troubles. I used a basic ecig at first with a very high level of nicotine like 24 mg or higher at first I smoked a pack and a half at this time. Over time I have acquired several mods and different rda's but I am on 3 to 6 mg of nicotine which is awesome. My son is very happy cause he said I don't stink any more

10/31/2015 3:57:55 PM - Kelly West

I started smoking when I was 17, and couldn't tell you the number of times I quit and started smoking again. I tried the nicotine gum first, and it tastes terrible, the patches did help cravings, and Chantix made me feel crazy. I was a smoker for 20 years, and when I started coughing, I knew there needed to be a change. My husband suggested an e-cig so I tried one and never went back to regular cigarettes. I influenced my uncle, sister, and niece to try the alternative and now they use an e-cig. They smoked cigarettes for 20 years. You have no smell, no ashes, and no tar. I can't stand the taste of a cigarette anymore. Of course, putting something in your lungs has it's risks, but I have smoked vapor from a 24 mg down to a 14 mg, and it's helping me break the habit. It is afterall benefit vs. risk even for the FDA. If people are worried about kids smoking e-cigs with vapor...guess what, kids are still smoking regular cigarettes. If they want to smoke, they will find a way to get there hands on cigarettes. If you take away these products then everyone will go back to regular smoking. I guess I'm wondering...are these alternatives a threat or are big tobacco companies afraid of losing money? It is cheaper to vape than smoke!

I have smoked an e-cig for 5 years, and I will continue to tell my friends how much better it is than smoking a regular cigarette.

10/31/2015 3:57:46 PM - Drew

I started smoking at age 18, and since then, had smoked at least four to five single cigs per day, more if I was off from work. One year and a half ago, march 2014 (as of writing this), I have completely quit smoking for vaping, and since then, have not gone back to the alternative. I started with a spinner battery and a Kanger T3D, and quickly graduated to RDAs. Since then, I have experimented with tanks and RDA alike, and found my current RDTA, which I have stuck with since purchase. I had tried to quit smoking not by gum, not by patch, but cold turkey, since I heard horror stories about both, and never really talked to my doctor about quitting, until the day I stepped foot into my local vape shop near my home. After being a vaper and smoke-free since I started vaping, I have noticed that I can breathe much better now, and can run much longer, and will continue vaping for quite a long time!

10/31/2015 3:57:39 PM - Robert Elias

I was a smoker from 17 to 53, I tried quitting with the patches , gum and Wellbutrin. None of them worked for me over a period of several years. I finally felt so bad I had to try something different. I went to a vapor store near me and with their knowledge of the vaping products and e liquids with the right amount nicotine I Was able to stop smoking cigarettes. I now have been vaping for 20 months without going back to cigarettes. I feel better, I use a Aspire Triton tank with a 1.8 ohms coil at 13 watts with a nicotine level of 6 milligrams. Without this new product the vaping industry I would still be on cigarettes.

10/31/2015 3:57:31 PM - R. Drennan

Without the ability to vape I would have never been able to quit smoking. Now I make my own e juice using only pure vegetable glycerin and pure extracts. I feel so much better and am living a much more healthier existence.

GOD BLESS AMERICA AND OUR FREEDOM OF CHOICE. MAY IT NEVER BE TAKEN AWAY!!

10/31/2015 3:57:23 PM - JDG3K9

I have been vaping for over 3years now. It was the only thing that allowed me to quit using chewing tobacco. The snuff was causing tooth rot, foul breath and was disgusting to many. My wife was also able to quit smoking cigarettes and now vapes also. Her health has improved dramatically: No more coughing or weezing and the frequency of which her colds has been drastically reduced.

10/31/2015 3:57:14 PM - Patrick

Hello,

I had smoked since I was legal to until now. That was over six years now. I constantly had lung and nasal problems from all the chemicals in cigarettes. I didn't make the switch to e-cigarettes or vaping until about two weeks ago. I know it's not entirely safe but it has already had its profound affect on me. My nose has cleared up, so has my reactive airway asthma. I just got my first mod and i absolutely love it since of these positive things that have already happened to me. I get store bought juice, and run a low watt mod. I'm currently at 6mg or 6% nicotine and am hoping to slowly make the stop of using nicotine all together. Since i quit i dont smoke cigarettes. Vaping has saved me from the health problems i have had for years...all the adults I know have made the switch because we want to stop smoking. Ive tried everything from patches to gum to quit smoking and this is the only way that seems to be working...I'm really proud of myself and am sad to hear that it might get banned. This is the best alternative to smoking and i urge anyone to give it a shot. I really hope you consider what I have said because this all does mean a lot to me...I would be crushed to have my freedom taken away. Please consider setting regulations but not a complete ban. Were free people, shouldnt we be able to embrace that?

10/31/2015 3:57:07 PM - Arunas

I'm vaping e-cigs for 5 years, and I stopped smoking cigarettes, in these years I don't have any health problems. I don't get illness, I think I feel better than smoking cigarettes. So quit smoking, start vaping.

10/31/2015 3:56:58 PM - Teresa Rinaldi

I began smoking at the age of 15 and smoked up until 9 months ago when I was introduced to the vapor e-cigs. Before then, I had tried to quit many times using the patches, gum, lozenges and the "cold turkey" methods but was unable to quit smoking. I was convinced that I would never be able to quit and would die a smoker. I had developed COPD, and would wake up coughing every morning. I couldn't even laugh without coughing. Then I tried the e-cig from Vaporfi. Within 4 days, I stopped smoking cigarettes completely. Within 2 weeks my smokers cough was gone and within 3 months I was able to reduce my inhaler use to once a day. Now, I have no desire to smoke cigarettes and cannot tolerate the smell of them. The thought that I may not be able to continue using a product that has worked so well for me is unconscionable and I feel that it is imperative that these newer e-cig products be grandfathered in!

10/31/2015 3:56:39 PM - Dani

I started smoking cigarettes when i was 13 and smoked for 12 years. I tried (and failed) to quit a number of times during that time and came to believe that the products made to help smokers quit would never work for me. Then i discovered ecigs. I first started vaping occasionally about 16 months ago while gradually cutting down on the number of cigarettes i smoked. I started vaping more and smoking less and eventually i quit smoking completely. I havent smoked a cigarette in nearly a year and this is thanks to my ecig. I believe i would never of quit without my ecig. It has changed my life for the better and i couldnt imagine smoking a cigarette again! Vaping products have helped so many people like me and i strongly believe they will continue to do so in the future if given the chance.

10/31/2015 3:56:32 PM - James W Neathery Jr

I love Vaping e cig s and it's has Changed my life helping me Quithing Smoking Cigarettes

10/31/2015 3:56:20 PM - deanrt

I was a cigarette smoker for more than 45 years. I knew smoking was dangerous because of the carcinogens in the by-products of tobacco combustion. I have tried to kick the habit many times but without success. A recent CAT scan of my lungs showed more the 50 nodules in my lungs which could indicate lung cancer. I was fortunate: a biopsy of the nodules showed them to be "infections" - not lung cancer. I dodged a bullet, so I decided to give extra effort to quitting smoking for good. Then I discovered "vaping", previously known as "e-cigarettes". Originally, e-cigs were cheap pieces of garbage sold at gas stations: you use them once and throw away. I tried those years ago and found them to be totally worthless. Vaping is quite a bit different, it is far more sophisticated than e-cigs and is now mainstreamed.

Vaping is probably the best method to get off the tobacco cigarette habit. It is working for me now for more than 4-months â€“ far better than other methods Iâ€™ve tried including: will-power, Nicorette gum, dangerous neurologic drugs, and especially the stupid trans-dermal â€œpatchesâ€ which are nothing more than ultra-high-cost worthless placebo.

With vaping, you will reduce exposure to carcinogens by 95% compared to tobacco cigs, according to a British Royal Medical Society study (Note: the USA has not done any large-scale worthwhile studies). Of course as a â€œvaperâ€ you will still be an addicted to nicotine, possibly forever. This is not necessarily bad as nicotine is not carcinogenic (except in the opinion of the rogue state of California), it is not a depressant, nor is it a hallucinogenic drug, and it is relatively inexpensive (so far). In fact, nicotine has been known to enhance cognitive functions, fine motor skills, and alertness.

This is a great way to get smokers to quite - don't kill it's potential by taxing it into oblivion.

Sincerely,

10/31/2015 3:55:03 PM - Mantas

Hey. I smok about two year. And that was my baddest years of my life.

I start using e cigs about one year ago, but i heard about them a long time ago. And my father smoke about 20 years and she try to quit with nicotine gum, and other stuff but nobody helps him. SO i give him my e cig and he quit in one week. And e cig save him life. I use everyday my mods , because disposable cigarrets its so bad like real smoking. Only mods can help you quit that real cancer smokes. My nicote strength is 6mg, but afcorse for beginners is 18mg nicotine so they can feel that same like smoking real cigarretes. When i take my first vape i dont smoke real cigarretes because they are so bad for my that is insane and they stink . I love my vape and hate that real cigarrets because they are so bad , and have all that bad stuff in them. I use just vaping for my switch from real smokes. I changes everything when i start vaping , i can run much more , i can walk with my dog miles and miles. Its better for my heart and for my friends who been around my when i vape because vape is not harlmess. So i love vaping because its osum and save my life , but just not my life. Its save a lots of people life , include my father.

10/31/2015 3:54:57 PM - Ricky Huskey

I was a 2 pack a day cigarette smoker then I had a friend show me the e cigg I started in October of last year o am now down to zero level nicotine and breath better it is proved to me with myself that vaping is a real way to stop smoking the problem is we have found a way and because we not buying y'all's and the governments products it ain't working well instead of seeing the big picture all yall thinking about is that yall are losing money so keep in mind vaping has stopped all of cigarette smoking so keep that in mind when yall try to take a safe and effective way out of smoking away I am one year to date without a single cigarette I use a 150 watt box mod made by Sigell

10/31/2015 3:54:51 PM - Rosemary

I have been using the vaporizer to smoke cbd oil. It has benefited me with the inflammatory problems that I have. I hope to be able to continue so that I don't have to take harmful pharmaceutical drugs.

10/31/2015 3:54:44 PM - xstreem72

I smoked for 20 years... quit in a week with my 30 watt box mod tank and some tasty E liquid. I have tried before to quit a bunch of times nothing else works!!!!! Vaping is now a hobby i have numerous mods and attys build my own coils and make my own e liquid. Vaping probably has saved my life and is also a really fun hobby, tobacco is a known killer if its about the money just put a tax on it like everything else please dont ban vaping. I csnt believe i said tax it bud id rather pay another tax and live Ty for listening

10/31/2015 3:54:28 PM - Jason Harvey

I started using vapor products on January 19, 2013 after smoking cigarettes for 20 years. I smoked 15-20 cigarettes per day during those 20 years. Vapor products have changed my life, and they have allowed me to quit smoking cigarettes completely and immediately â€“ once I started using vapor products I never picked up another cigarette after January 19, 2013. Vapor products have been an effective method of cigarette smoking cessation for me, even when almost all other available methods â€“ nicotine gum, nicotine lozenges, nicotine patch, Zyban (Bupropion) â€“ did not help me quit smoking cigarettes. My family is no longer subjected to second hand cigarette smoke, and when I use vapor products I donâ€™t use them inside or around my family or friends, so theyâ€™re not subjected to the vapor, either. My clothes and car no longer smell like cigarette smoke. I can smell and taste things I was unable to when I smoked cigarettes, and my breathing is so much better â€“ I no longer get winded as easily as I used to when I smoked cigarettes. My wife and young daughter are able to enjoy the benefits of my not smoking, and I ultimately look forward to a longer, healthier life with my family since I quit smoking cigarettes. Additionally, I was spending about $5-6 per day on cigarettes, which came out to about $35-40 per week. I only spend about $10-12 per week on vapor products. The savings has also improved my familyâ€™s life. If vapor products become regulated or banned, I understand that many vapor products may become difficult or impossible obtain. Bans and taxation of vapor products will stifle innovation in this field and prevent others like me who want a chance at a life free from cigarettes, because they won't be manufactured, current or new users won't be able to afford them, or they won't be available at any price. Regardless, the regulation by the FDA of vapor products may not make this effective method for quitting smoking that I currently practice available to me, or the method with which I choose to use may become unavailable, which has been the only method of smoking cessation that has ever worked for me. Please donâ€™t allow the FDA to take away the only method of smoking cessation that has worked for me â€“ vapor products â€“ and force me to return to smoking cigarettes again. FDA regulation of vapor products would only benefit Big Tobacco, which Iâ€™ve worked so hard to get away from, and which could have killed me and affected my family and my community adversely. My father paid for his 30 year cigarette smoking habit with emphysema. It's too late for him, but not for me or future cigarette smokers who really want to quit. I wish my father had the viable, safe and effective method of quitting cigarette smoking that I've been able to enjoy in vapor products. The impact on the vapor product community as a whole, of which I am a part, my family, friends, community, and ultimately my health, longevity and financial well-being may be seriously damaged by FDA regulation of personal vaporizing devices and consumables. The FDA and many other regulating bodies have already stated that vapor products are safer than smoking cigarettes. Please donâ€™t let the FDA or any other regulatory agency ban or tax my, and so many others, safe and effective method of

cigarette smoking cessation out of existence. Thank you for hearing my story and for opposing FDA taxation, regulation or banning of vapor products.

10/31/2015 3:54:17 PM - Thomas

I smoked a pack a day for three years straight and offer switching to vaping I noticed a better lung capacity, a increase in my overall health, and a drastic drop in my craving for nicotine after slowly dropping my nicotine levels. I began vaping roughly 6 months ago. I have managed to completely quit smoking. I vape a 150w segelei mod with a Goliath RDA.

10/31/2015 3:53:17 PM - VapinJenn

HEY I am VapinJenn I am a former 2.5 pack a day Menthol 100's smoker and I sucked each and every one of those down. Dec 3, 2013 I was diagnosed with metastatic brain cancer, 3 tumors all not operable one on my motor skills, one on memory, and the one they are constantly concerned about is on my brain stem. I was floored when I got the news. I asked all the why me, I'm too young questions and decided I had to make a change in my life. My husband drove me to a local brick and mortar store and I picked up my first ego/evod set up and my 22mg of eliquid and as they say the rest is history.

I spent day after day researching e-cigs, getting new equipment as my knowledge advanced and all the while taking the chance and lowering my nicotine levels. I even began making my own coils and found a new hobby along with a life saving system. Something that actually worked. No medications, no patches a simple device that helped me to quit the combustible tobacco roller coaster.

Today I am 100% tobacco free and am loving life. I can breathe again. I made my first 8 mile round trip hike with my husband and didn't feel the harsh breathing, shoot I haven't use my asthma inhaler for almost 6 months now. January this year (2015) I entered chemotherapy and found I couldn't afford to pay for my e-liquid and coils for my tanks so I decided to start doing e-liquid reviews. I couldn't believe that people would want to see me on YouTube and take my advice on e-liquids and mods, but they did. I am honest either I am sent sample or if I buy them no one gets anything other than a fair and honest review. I do it not for the vape shops or e-liquid manufacturers I do this for my viewers. So hopefully you don't make some of the mistakes I've made over the years and a half I've made. AND I love it, I love reviewing new lines and mods coming on the market. the vape scene is changing so fast I am constantly learning.

NOW I am honored to be apart of something other than myself. I am apart of a fantastic team with Essence_of_Bespin. Now I have a show teaching and educating new vapers and I LOVE IT!! Having fun doing juice reviews, mod reviews, and horsin around with my friends and family!

Jenn~~

10/31/2015 3:53:09 PM - Amanda

I am not a smoker now, but I have seen numerous friends switch over to e-cigarettes and mods, and this has truly changed their life, and most importantly their health. One friend in particular has smoked for over 20 years. She had a bad cough, reduced lung capacity, and it was very difficult for her to walk long distances without losing her breath and coughing. After a year of talking to her about e-cigarettes, and the benefits it has had on other friends, she decided to give it a try. She is now a one year non smoker. I am so proud of her. Her health has changed dramatically in the last year. She no longer has her cough. She can enjoy long shopping trips, without losing her breath. It is just amazing to watch what has taken place. She was a pack a day smoker, and now she only uses her mod twice a day. Wow! Let me say that again. She was once a pack a day smoker. That is 365 packs of cigarettes a year. Do you understand the health risks that she was taking ever day she opened a new pack of cigarettes. She now uses her mod twice a day. She is on her way to be a non smoker. I am so proud of her, and all of the friends that has made the switch. The health benefits of this are astounding. Please do whatever you can to make sure this option, this health benefit, is made available to everyone who needs it. It will save a live. Maybe even yours.

10/31/2015 3:53:03 PM - Corey

Ecigs have saved my life! I was a pack a day smoker for many years, and now that Ecigs have come out, I have been smoke free for over 3 years and feel so much better!

Please dont make it difficult for us to continue our smoke free success!!

I started with the regular disposable ecigs, now have graduated to bigger and better setups. I also have lowered my nicotine levels from 24% to 6%.

Iam so happy my little girls doesnt have to see her daddy smoking nasty cigarettes.

10/31/2015 3:52:52 PM - M. RODRIGUEZ

I would like to take some time today I express my feelings on how I came from a long time smoker (cigs) to cigars and chewing tobacco (dip) , and now as of today 30, oct 2015 for the last four years a vapor, and proud and more healthy for it. my wife and family have appreciated the transition the change of smelling like cigs to the pleasant scent of candy , fruits , and sweet blends of cherries or whatever smells like cigs smoke.my take on HR 2058 is that who ever reads this story of mine sees that and I'm sure it does mirror any and all ex smokers out there , VAPING has saved my life and those around me who also use to smoke . we " the vaping community" might be small in fight to protect our rite to a healthier lifestyle but united stand with a loud voice asking that our reps and congress take another look at regulation out there trying to ban a healthier lifestyle . I'm one of thousands and thousands of people can not go back to a smokers lifestyle and will not , for all the lessons I've talked about and taught to my kids about making right choices and standing by the decisions you make in life I'm not gonna show them that daddy stop smoking to start vaping to stop that just to go back to something bad for your health . so I'm standing up for my rite and the rite of all who believe this is happier ,healthier, and cleaner lifestyle. thank you for taking the time to read this small intro of my life and how vaping has changed my life for the better.

10/31/2015 3:52:42 PM - Gary W Edwards

I smoked cigarettes since I was 22. My doctor told me if I didn't quit now I wouldn't see 40. So I decided I was tired of smelling like cigarettes and my wife said I tasted like cigarettes when she gave me a kiss and I was tired of coughing up mucous all the time so I went on a journey to quit and nothing worked. A friend of mine turned me toward vaping so I tried it and that was it the alternative I was looking for. You can get multiple flavors and a nicotine level that gives you your fix but with out the harmful side effects. This is NOT A TOBACCO PRODUCT. This is pure healthy alternative and is NOT DIRECTED TOWARD CHILDREN.

10/31/2015 3:52:34 PM - Vann Mcdonald

Vaping has saved my life, i started smoking at the age of 10 ,much too young. i tried everything to quit, cold turkey, patches, and gum but nothing worked until i found vaping it fulfills the need to physically do something as opposed to a patch i have a nice and a nephew that i take care of a lot of the week and now that I've started vaping i have the energy and the lung power to actually take them to the park and playgrounds. vaping has increased my quality of life ten fold i am now 19 and i am glad i was able to quit before smoking destroyed my body any further please contact your elected officials and urge them to support H.R. 2058 so that vaping can save more lives than it already has

10/31/2015 3:52:28 PM - John Little

I smoked from 16 until I was 45. I tried several times to quit but never did, that is until I switched to E-cigs. At first I was not a fan but then things started to change. My cough and sinus infections went away, my feet stopped sweating and the smell when away. My sense of smell and taste buds also changed. I could now smell and taste things like never before. My surroundings changed too. From smoke filled rooms that stunk to fresh air. My cloths no longer stunk, or my car and the windows actually stayed clean along with the ashtray. The cigarette butts and fire hazard went away too. The change has been huge, it has improved my health and the health of friends along the way too. My family is thankful that I am off cigarettes. I still vape but not like I used to and my nicotine level is close to zero now. I have friends that have finally quit all together and thank me every time they see me. It's made a huge change in my life and all for the positive.

10/31/2015 3:52:21 PM - Bonnie M Bowman Pittsburgh,PA

I turned 35 on October the 1st 2015. It was the first birthday in 19 years that i did not SMOKE a cigarette! I got my first little Ego E-cig in August of 2015 as a "Lets see if these things have improved any since 2007 when I tried my first, and (only lol,) ecig". As soon as I figured it out and inhaled, I thought to myself ' I can do this!! I can totally quit smoking if I have a device like this!!" You see , I made a promise to my husband and my 6 (YES I said 6 (SIX) lol) children that I would quit before my 35th bday. I could NEVER have kept that promise without the products that are available throughout the vaping community.

I was IN LOVE with smoking. I wasn't really having any terrible side effects (that I knew of) no smokers cough etc. I loved it. i didn't want to quit. But I did want to be healthy. I did want to be a good example for my kids. I did want to live into old age with my awesome husband...and I was sacrificing all of those.

Now I am in LOVE with VAPING!!! I love the flavors and the community. I love telling other smokers about vaping and helping them find products that might work for them. I love the smell free- guilt free environment for my family! I'm still a newbie... and I haven't been off stinky sticks for very long, but I can tell you that I will NEVER pick up another reg cig again as long as vaping is around! I'm to the point now that I JUST CAN"T BELIEVE THAT PEOPLE STILL SMOKE CIGS!! LOL. I started out at 18 mgs of Nic and am now vaping at 3! Eventually I might even go to zero but I'm not really worried about it. Its not the Nicotine that's the problem in reg cigs anyway. I like the stress relief of vaping and I think the Nic has a part in that.

Also a huge shout out to the small businesses that have opened bc vaping is becoming more and more popular. I wish there was a vape shop in my area but I've no doubt it won't be too long. I can get a few things at the local smoke/tobacco shop but the prices are pretty high and the options aren't great. I urge everyone to help out and let their state reps and legislators know that we want the right AS ADULTS to keep on vaping! I know that my husband and I have and will continue to react and move on CASAA's Call to Actions!!

If you are a smoker and thinking of trying vaping as an alternative, I strongly strongly advise you to go ahead and give it a shot. It is not exactly the same as smoking. It will feel different because it IS different but in this case different is not bad. Make the commitment to give it a 2 -3 week try. Even if you smoke AND vape for a while... In my opinion the first 2-3 weeks is the testing period...where your either gonna love it or quit it. Please commit to at least a couple of weeks. Ill bet by the end you will be very pleased with the results.

As a last note...

- My stepdad has been a smoker for 40 plus years and has picked up vaping now bc he's seen what it has done for me and my family. The last I knew (they are on vacation now so I haven't talked to him in a couple of weeks) he was smoking a pack and a half to two packs a day before he got his ecig. After he started using the ecig he cut back to 2 packs in one week!! Thats awesome! I know it won't be long before he quits the "ICKY STICKIES" for good!! And that's great for him!!! But its even better for my 6 kids who think he is the Bees Knees and want their grandpap to be around forever! Plus they aren't gonna be around his cigarette smoke and the bad influence of smoking!

Overall I couldn't be happier! I'm saving money. I have things to show for my money too! Not just an ashtray full of cig butts! TRY IT FOR YOURSELF :)

10/31/2015 3:52:01 PM - LYN Tryja

I need you to support vamping smoking and all products involved. I am 51 years old and smoked cigarettes for 39 years. I started vaping April 2015 and since, never picked up another tobacco cigarette. Not only does cancer play a large part of my family deaths, but also save my health further with my diabetes and rheumatoid arthritis. I am so excited to finally tell my nagging Doctors I haven't smoked in the last 8 months after hearing my whole life, "LYN..you need to quit due to your health complications". I have continued to not smoke for over 7 months now, and also enjoy vaping and flavors of ejuice with vaping. It's also a social boost, to socialize with people while enjoying a good vaping flavor. Nothing else helped me quit. Chantix, Wellbutrin, patches, gum, cold turkey. It made me crave and smoke more, making me feel horrible day after day. I feel awesome now! I can breath again, have energy and feel like a person since being 11 years old when nasty cigarettes took my life. Thank you for your support.

AMERICA THE FREE!

10/31/2015 3:51:51 PM - Matt Marshall

My name is Matthew Marshall and I am 25 year old male from the UK I have been using an electronic cigarette for almost a year now. I had smoked 25-30 cigarettes a day since I was around 13 years of age. In my late teens and early twenties I had tried, nicotine patches, inhalator, gum, lozenges and even as far as champix which had adverse affects on my health none of which helped me too quit smoking longer than a few weeks. In December 2014 my father showed me where to purchase ce4 type ego electronic cigarettes, it helped me to reduce the amount I was smoking but it wasn't until my partner bought me my first vv/vw that I stopped smoking completely within seven days of it arriving I had cut cigarettes from my life completely. Since then I have cut my nicotine intake from 24mg juice to 3mg gradually as the months progressed giving me the first stable therapy to reduce my nicotine in a manner subjective to my individual needs with total freedom over my progress. I am now preparing to take the final step and cut nicotine out completely which will then allow me to stop vaping. If it had not been for e cigarettes I would not have been able to stop and while vaping my lung performance far exceeded it's prior condition as a smoker confirmed to myself by a general practitioner. To restrict something that is helping to save so many life's could only be viewed as a most haenious crime.....

10/31/2015 3:51:41 PM - Gage Stepek

Hey there!

I have quit smoking and quit chewing tobacco because of vaping. I will be forever grateful to them for this. I probably would've lost my jaw or gotten lung cancer if I hadn't quit when I did. Vaping helped tremendously. I've also tried patches and nicotine gum to try quiting with no luck. I don't want to deprive fellow Americans the privilege of quitting! You shouldn't either! At least give them the option for themselves.

10/31/2015 3:51:12 PM - Sauceman

Smoked cigarettes since I was 14. Tried quitting many times only thing that did the trick for me was vaping. Been vaping for almost a year now. Tried the disposable e-cigs which only helped me cut back on the damned Marlboros. Once I went sub-ohm I threw them away and never looked back. Didn't even finish the pack I had. Diy e-juice let's me know exactly what I'm inhaling. And not giving away a large piece of my paycheck is nice.

10/31/2015 3:51:00 PM - MR from MA

In November of 2014 I realized I was smoking one and a half pack of Marlboroâ€™s every day. Habit that started as one cigarettes a day have reached 20~30 cigarettes a day. I had to do something to change that. Question was what I can do to help me quit cigarettes for once and for all. I all available alternatives I possibly could to quit using nicotine gums, lozenge and patches. I had talked to my doctor in the past and he had advised me to try prescription medications to help me quit.

I went back to see my doctor ready to get a prescription and give quitting death sticks one more try. I was excited about starting a hopefully new smoke free life.

While at doctorâ€™s office, my doctor told me I cannot use any of available quit smoking prescription drugs.

I asked doctor why not and he reminded me I have developed Stevensâ€“Johnson syndrome, a rare and possibly fatal reactions to some drugs 3 years prior. Last and first time I had SJS I was in Mass. General Hospital for one and half month and out of work for another three months.

Since, all available quit smoking drugs could 100% trigger SJS again. I was not prescribed any of those medications.

I had to try something different now as one last try. I told myself if I fail at this try I will never try quitting again and accept smoking in my life. One day I learn about Vaporizer from a mechanic at a gas station where I went to get my weekly 10 packs of Marlboros.

I went home and ordered one myself. I received my Vaporizer a week before New Yearsâ€™ eve and started using it right away. Since first time I used Vaporizer till today I have had Cigarettes only two times. Once when I forget to order more vape and one time when my Vaporizer battery died. I did have cigarettes at that time however taste of cigarettes was disgusting to me. I make sure to have my Vaporizer ready so I donâ€™t have to get my nicotine cravings satisfied by using disgusting cigarettes.

Vaporizer helped me be smoke free in last twenty years for longest time.

10/31/2015 3:50:39 PM - Sonya Cauley

I have smoked cigarettes since I was 14 . When I was introduced to vaping verses smoking I was skeptical but I tried it loved it . Matter of fact I moved from Wilmington NC back to my home town and brought the industry here . I'm a single mom of 10 year old twins and I now have 6 stores since 2012 . All of our customers that come in want to quit smoking or a safer alternative. I have some customers that have COPD from smoking and was on oxygen some are telling me they don't have to Carry that tank around anymore they can actually breathe better more energy and the list goes on. I just want to say this would be devastating to all of us if we have to close our doors. Please fight for us!!!!!!!

10/31/2015 3:50:31 PM - Stephanie Leming

After watching my best friend go through chemotherapy and her husband, both of them 20+ year smokers, have 3 heart attacks, my morning smoker's cough became a bit more worrisome. After years of unsuccessful attempts to quit, I decided to try a personal vaporizer. That was a month ago, and I haven't looked back at cancer causing cigarettes. The morning cough is gone, I can breathe freely again, and my fears of disease from smoking have subsided. I'm now an advocate, urging smokers to try alternatives. It's the best decision to make, and I truly hope the option is not taken from us!

10/31/2015 3:50:23 PM - Paul Howard

Started vapping in May 2015 and quit smoking ciggarettes IMMEDIATELY!. Had so much success switching to vapping that I told ALL my friends, family, co-workers about it and about 95% if them (that were smokers) switched to vapping and e-ciggs too. It has CHANGED MY LIFE! I can breath better, I feel better and Im no only saving BIG MONEY I\'m also SAVING MY HEALTH AND MY LIFE! Please help us save vapping and make these TOBACCO FREE products legal and available for all to enjoy and especially for those WHO CAN\'T QUIT SMOKING WITHOUT THEM. Thanks and GOD BLESS!!

-Paul Howard (Jacksonville Fl)

10/31/2015 3:50:12 PM - Jeramiah

Hello my name is Jeramiah,

I had my first cigarette a month before my 18th birthday and smoked everyday for the next 5 years battling my addiction. Waking up angry for no reason until I had that cigarette to start my day. People standing next to me glaring at me because they hate the smell of cigarettes, or asking my friends if its okay if I smoke in their car. I cant even count how many times I've tried to quit cold turkey only lasting 2-3 days before i cracked.

I am 23 years old and for the 5-6 months I have been vaping I haven't thought, touched, or inhailed a cigeratte. I have even noticed a huge increase in my health, and attitude, especially when waking up. My friends don't care if I vape in their cars or even their houses because it smells great, and doesn't stain anything to smell like a stale cigarette.

I use a sigellei 150w box mod and vape usually keeping it around 40w with a twisted messes rda on top, and in that rda is 28 gauge kanthal 8 wrap dual coils, using 0 to 3 mg of nicotine strength.

Thats my story, thanks!

10/31/2015 3:50:00 PM - David Garino

In may of 2010, as a 28 year smoker, I was diagnosed with cancer.

On August 5th of that year, I walked out of the hospital. The first thing I did when I shut the door on the car was light a cigarette.

I knew it wasn't the right thing to do, but I was an addict. So I started trying to use chew to help curb my smoking desires. Now I'm doubling down on my tobacco use.

My wife is a smoker also, and a college student. She started telling me about the students on campus that were using this thing called vape. I was confused, think that it was an electronic ciga-like. They were nasty. Tasted horrible. And neither of us liked them. And we tried MANY.

We stumbled upon a booth at the local flea market, and I stopped to talk to the guy about the products he was selling.

I purchased a starter kit for my wife and myself.

I am glad to say that in just 2 short weeks in october of 2010, I set down the pack of cigarettes and the can of chew, and have never looked back.

I started out with a small tank on a variable watt unit and a 12 MG nicotine strength. In that time, with the advancement of the market, I have improved the quality of my mods while dropping my nicotine strength down to just a 3 MG level.

Prior to vaping, I tried using the patch and wellabutrin, (spelling) with little to no results. The longest I quit was 10 days. And after some research, I refused to use Chantix because of the side effects.

I am 5 years in remission now. A non smoker. And a vaper for life. Vape LITERALLY SAVED MY LIFE.

My wife's mother died from cancer from smoking. She is now a non smoker thanks to vape. But that is her story.

Vape took the 1 single thing in my life that I regretted, and gave me a second chance. Taking this miracle from people would be the single most worst thing that could happen. Taking vape from America would truly be a death sentence to tens of thousands of people.

Giving myself the gift of vape was the single most important thing I've ever done in my life.

Thank you, David Garino

10/31/2015 3:49:46 PM - Nathanael Fabisiak

I used to smoke almost 2 packs of cigarettes a day. I tried several times to quit, but relapsed quickly. I heard about L & L Vapes' e-cigarettes from a friend and decided to give them a shot. I have been smoke-free for almost 2 years now. I use my e-cigarette as an alternative to smoking and I'm healthier than ever thanks to L & L Vapes. I've also saved a TON of money because e-cigarette fluid's inexpensiveness. I use a tank mod with a fluid amount of 24mg nicotine. Strong, I know, but it's kept me smoke-free and happy. I beg the FDA to not put regulations on vaping. I've benefited from vaping in soo many ways.

Sincerely,

Nathanael Fabisiak of Omaha Nebraska

10/31/2015 3:49:32 PM - John Shields

I am 34 years old. I started smoking cigarettes in Junior High. I smoked off and on throughout Junior High and High School. When I turned 18 all bets were off. I quickly became a pack a day smoker. When I was 30 I was smoking 2 packs a day. I realized I needed to do something, but I still loved tobacco so I fooled myself into thinking that smoking a pipe and the occasional cigar was "better for me". A couple years later my girlfriend decided to quit smoking and picked up a little ego style vape pen and soon was no longer smoking any tobacco products. I thought it was a neat little thing to try. I liked the smells it gave off and how it tasted and best of all I could vape inside! I started out with a similar setup and the rest is history! I no longer use or even desire to use any kind of tobacco products. I started out vaping liquids with a 12mg strength and now I vape at a 3mg strength. (Ok, full disclosure, I do have the very occasional cigar. I think I've had one in the last six months) I now realize that this is not just a "neat little thing to try" but a legitimate way to save my life and my health. I breathe easier, I am more active because I can breathe easier, I don't stink all the time, my teeth are whiter, my fingernails aren't gross and yellow; so many positive results have occurred since I started vaping! I have a few friends left that smoke and am trying very hard to get them to try vaping. I believe that vaping is the absolute best way to quit smoking and the best way to fight things like lung cancer and Big Tobacco.

10/31/2015 3:36:22 PM - Gary Riddle

I smoked a pack and a half a day up until 2010 when I took the leap to try a new alternative to cigarettes. Since quitting smoking my life has changed dramatically with embracing the vaping lifestyle. Not only am I healthier then when I was smoking, but the vape industry became the way I feed my family. With a small investment of $2500 I turned an idea into my company, an eliquid manufacturer. I have seen so many success stories with vaping, people coming up to me and thanking me for changing their lives by providing the only way that they were able to find an alternative to cigarettes. My companyÂ is now an international business and supports many families who were barely getting by before my company was founded, including my own family. Not only is vaping a way for people to break the chains of big tobacco it's 1,000s of peoples paychecks, money our economy so desperately needs. The vape community is my life, vaping is my life, vaping is my families life blood.

10/31/2015 3:36:14 PM - Will Vieira

Good evening. I came here to share my story. I have been a smoker of cigarettes since I was 15 years old I am 28 years old at the moment. I've been noticing that from me smoking cigarettes for such a long time my health has been deteriorating and I now fear that I might have Emphysema. I'm a father of 2 baby girls. With that being said I tried to quit many times but was unsuccessful. I finally decided to try an ecig. So after 12-13 years of smoking I was finally able to kick this destructive habit of smoking cigarettes with the help of ecig. I finally feel better about my overall health. I'm truly great full for this little device and I'm urging you not to remove ecigs. If you do it will hurt a lot of people and businesses. I haven't smoked cigarettes in over 3 months now and I plan to keep it going

10/31/2015 3:36:06 PM - dylan rzonca

My name is dylan Rzonca and i want to reach how important it is that we do not let anyone get in the way of banning 99.9% of vaping products that are on the market today from the various types of mods and different flavor of ejuice. I smoked for a year and a half and about a pack a day if not more, while i was smoking cigarettes i enjoyed playing hockey which was very hard to do because of what the cigarette was doing to my lungs and not letting me breathe. After a year and a half my wife and found out we were going to have a baby boy and that was the time I decided to put down a cigarette and pick up a vaping device, i was skeptical about it at first but i found it was the best alternative to get my nicotine rather then getting it from a cigarette. Ever since i started vaping i found myself that i can breathe better and i dont catch myself smelling disgusting and smelling like a ash tray. i started at a high nicotine level and now im down to the lowest you can go with the ejuice having any nicotine in it at all and I've been vaping for about 2 years now and i enjoy it and enjoy seeing other people doing the switch also! So please do your best with this fight and win the war because the smokers that want to quit and want to try vaping but cant then who knows what the best alternative option there will be besides sticking to smoking cigarettes! Thank you in advanced for fighting for us vapers and the people that want to try to vape in the future!!!!

THANK YOU !!!!!

10/31/2015 3:35:58 PM - John Harden

After smoking cigarettes for 6 years i all but quit except for the ocassional analog every now and then. I have been using electronic cigarettes for over a year now and since then I have experienced much greater lung capacity, I have been able to walk longer without getting winded and less tired. Since quitting tobacco I can taste my food better and enjoy eating supper again. With the many different flavors out there it's always a blast trying them all also the sweet flavors satisfy my sweet tooth so I have cut back on my sugar consumption and lost a significant amount of weight as a result. When I was smoking I was a pack a day smoker and when I started with e- cigs I was at an 18 mg liquid and I have since dropped to 12mg and will be dropping again soon. Before trying electronic cigarettes I tried quitting cold turkey and succeeded but only for a short period of time I tried the gum and also dip to no avail but with ecigs the craving for tobacco is virtually gone. As far as what types of equipment I use I enjoy building coils and so I use kayfun tanks and any RDA I can get and I use a dual battery regulated box to safely use all my gadgets.

10/31/2015 3:11:34 PM - matthew kosier

Hi, my name is matt and I'm here to say that I quit dipping with my ecig. I dipped since I was in 9th grade because I grew up in a rural southern town and everyone was doing it. Well quickly I got addicted and it got to the point several months ago that I couldn't go at all without a dip. I always had to have a dip in no matter what. Well my dentist told me that my gums are receding at an alarming rate and that I needed to stop immediately. So I tried to go a few days. Couldn't do it. Went and bought a can and it burned my jaw so bad I couldnt stand it so I threw it away. I tried to quit a few times using ecigs but never could but I thought I might give a mod a try. The clouds looked cool and so I got my first mod and I haven't touched a can of snuff in almost 7 months. I've gone from 12mg nic strength to 6 and I'm vaping a bottle of 3mg right now. Do I think it's a safer alternative? Yes 100%. Go to a reputable dealer not the gas station. Vaping saved my jaw for sure.

10/31/2015 3:11:19 PM - Joshua L Morgan

I am posting this because I was informed today that our national government is in the process of banning all vaporizers made after 2008.

I come from a family of smokers, in fact, my generation of my family are the only ones that either don't smoke or like me, quit. I am 31 years old now, I started smoking between 16 and 17 years old. At 20 years old I buried my mother due to cancer, at 24 I buried my father due to a massive heart attack, last year I buried one of my two uncles due to the same thing. I now have two little boys which my parents never got to really meet. I struggled with quitting smoking for many years starting when my mom died but I was never successful until my ex-wife wanted me to quit to be supportive of her quitting. Her and I both chose to go different routes, she chose the patches and I chose to start vapeing instead, since I had already tried the patches and they didn't work. That has been around two years now and other than for a short while during my divorce I haven't smoked since, and have 0 interest in starting up again. While my ex still smokes to this day.

I know this is not a remarkable tale and I am sure means nothing to most, but it will mean the world to my boys. Thanks to my decision to vape and a few dietary changes I will most likely live long enough to see my boys graduate, which my mother never did. I will live long enough to see both my boys get married, god willing, which neither of my parents did. I may even be blessed enough to get to play with my grand kids, which has been so rare in my family.

For those of you who say vapeing isn't a proven method of quitting you are either ignorant of the evidence or willfully ignoring it because I see it every day in my home town of Bowling Green Kentucky. More and more I see people putting down the cancer sticks and picking up a vaporizer and that is just driving down the road. Best of all it isn't young people but people my age or older who are making the switch. If only the technology had been out like it is now, when my parents were alive, they might actually have been the ones telling you this instead of me.

So in short, banning the advancements in vapeing made over the last 7 years will most certainly kill the industry, and kill even more people by denying them the most effective smoke-free alternative that money can buy. I can only hope that those who read this see the truth of my words, live long, vape on.

Joshua L. Morgan

10/31/2015 3:10:56 PM - Fatboy31789

I am 40 years old and have smoked since the age of 18. I've tried time and time again to quit but have failed epically. I found out about vaping and watched and researched all that I could about it. A month ago I bought a vaping mod and tank and have not picked up a cigarette since. This is the only thing that has ever worked for me. I can breathe and smell and taste like never before. My entire family is proud and impressed from what I'm doing. This is very dear to my heart and to my family.

10/31/2015 3:10:49 PM - Christian

Because of Vaping, and using E cigarettes I quit smoking after almost 8 years. Please help me stay on track.

10/31/2015 3:10:40 PM - Caleb Roberts, of Bullhead City, AZ

Fourteen months ago, my brother, roommate and I were all pack+ a day smokers. We had all been smoking for years, with several failed attempts to quit. I personally tried cold-turkey, reducing my number of cigarettes per day, and smokeless tobacco such as SNUS.

The gas station I was working in at the time began selling ecigarettes and personal vaporizers, so I figured I'd try that as well. At the time, I was spending $180 a month on cigarettes. That is, by the way, a rather conservative estimate. I frequently bought packs for friends, as funds permitted. In fact, we measured our personal debts in how many packs of cigarettes were owed to whom. Any available money was spent on more wretched cigarettes.

So, initially, I was limited to supplementing my smoking with disposables and cartomizers like Blu, NJoy, etc. I eventually started cutting down my cigarette intake and bought VX/Vapin pens for my brother and I. We were, at that point, smoking only half a pack a day between us, and ecstatic about it. So, we decided to up the ante; he with an Innokin SVD and I with an Innokin VTR. It still wasn't cutting it, so in lieu of using stronger juices, (we were both using a local vape shop's 12mg/ml) we decided to buy better mods and resolve to quit altogether. So we bought sub ohm tanks and high-powered mods, and on our respective days of getting them, quit altogether.

It has been six months since then, and in that short time, we've both experienced huge increases in stamina, ease of breathing, and generally overall better health. Better yet, our immune systems are no longer so compromised, so we rarely get respiratory infections. I'm down to a 6mg/ml, he's down to 3. My diabetic sister-in-law got into it with 0mg juice, and is using hers as an appetite suppressant, thanks to the vast assortment of favorable flavors available online. About five months ago, she sold an older mod to our roommate, (the other pack+ a day smoker I mentioned) and he quit smoking on the spot.

In the last six months, not a single cigarette has been lit in our home. We all vape both inside the home and out, thanks to a lack of dangerous secondhand smoke and disgusting lingering smell.

We are all happier and healthier for it, and not a one of us is comfortable with the idea of losing this life-saving innovation, most especially after just so recently learning how amazing they are.

Best of all, each of us is spending under $60 a month on juice and coils. Compare that to over $150/mo each, and prepare to cringe.

I urge anyone reading this to consider the effects of removing these systems from the open market. I urge them to think of the effects of strangling a growing industry. I urge you to consider negating the vast gains we've all made in health and personal finances.

Please, know our stories, know our plight, and share our hope.

- Caleb Roberts, a happy, healthy vaper.

10/31/2015 3:10:27 PM - ben

I started smoking cigarettes 26 years ago. At the age of 13 I had no idea that I was starting an addiction that would haunt me my entire adult life! I have tried hypnosis, patches, lozenges, and even prescription medications to try to quit smoking cigarettes. All to absolutely no avail! I was introduced to vaping 2 years ago and I am proud to say that I have been smoke free for 1 year and 3 months! Something that I was unable to accomplish on my own previously. I listen to opponents of this type of smoking alternative say they want to protect us by regulating the industry, but under current design the laws would surely drive me and likely a vast majority of other new non-smokers right back to the gas station for another pack of cigarettes. These regulatory agencies cannot be allowed to derail the hard work of recent non-smokers while claiming to be promoting a tobacco free future for families.

10/31/2015 3:10:16 PM - Joe Va

my story is not much different from others here. started smoking at age 15 along with drinking. they just go hand in hand. I did have asthma, which did not affect me until i tried to quit smoking. i spoke with my doctor and he said as long as i was active it was ok but he didn't like the fact that traditional cigs had tar and other chemicals, so he advised me to slow down. i was a pack a day smoker and at times was hard to buy when the prices just kept going higher. i looked into all the pills that helped you quit the habit...the side effects looked worse. i tried the gum..tasted really bad and still had the urge to smoke. patches just gave me a rash or fell off. so a little over 2 years ago i tried my first ecig on aug 18th 2013. like most ppl, i thought it tasted funny and not like a cig but more like burnt peanut shells. you know the ones that look like a cig but light up when you take a draw. a few days later i found myself walking around in my local mall, where i saw a kiosk with ecigs. the owner showed me there was more to ecigs than what i knew. he showed me the many different flavors and nicotine levels. I had choices. i bought 2 bottles and learned how to hack my ecig so i could refill them. i would switch from analog to vape. in one week i noticed i had only bought 2 packs of cigs all week. i kept doing this for a month. on Sept 27th 2013 i was off the traditional cigs. after 28 yrs of smoking i had stopped. i looked at forums and learned more about ecigs. i bought my first mod and tank. later i returned to the kiosk at the mall to find that it was no longer there. where would i get my flavor and nicotine? i found some sites and ordered my PG/VG nicotine and flavors. after a few months of mixing, i became good at it. not only did I quit smoking...i dropped my nicotine level down too. I felt good. i became active again. the smell of the air and i noticed i was breathing better and had no allergies, no asthma attacks and i haven't even been sick. People still look at me funny when they see a big cloud, i have moved on from the ecig and use a bigger mod and dripper. I tell them it's really no different than walking into a hot shower and breathing in the steam...it's just smells better. people always have questions about vapor. i try to explain to them it's safer because i know what i make and what goes into my eliquids. many of my friends, family and co-workers have made the switch since then. For me it was better health, i now have money in the bank, since i'm not wasting it on cigs. me making my own juice helps too. i figured i spend maybe $100 last year just on ecig supplies. i used to spend that in just 1 month on cartons of cigs. i was able to stop smoking because i was informed and i had choices. after 2 years i still like some nicotine but my level now is 3Mg. that's lower than an ultra light and i don't have the tar and 1,000's of other chemicals that are known to be cancerous. Ecigs are not 100% safe but i do feel better knowing that those other chemicals are not in me. If you are still smoking and reading this...please check the web. The information is out there and yes, there is alot of bogus research too, but anyone that vapes will tell you the difference and those negative results are in now way...in a way that someone that vapes would use in real life situation.

Thank you for reading my story and safe vaping!

JM

10/31/2015 3:10:00 PM - Daemonsadi83

I was a 1.5 pack a day smoker until recently. I was smoking for the better part of 23 years. 2 months ago I picked up an Evod started kit and slowly pulled myself away from cigarettes. Today I am one week cigarette free, and upgrading from my Evod to an innokin disrupter with an aspire Atlantis v2 subtank. I am not wheezing anymore, I have more energy and no more headaches. I tried many times to quit smoking but nothing worked until I discovered vaping. I will continue to vape and spread the word to my loved ones that there is an alternative to smoking that actually works.

10/31/2015 3:09:44 PM - Mark Watson

Im 51 yrs old,started smoking at age 16,in recent yrs i have tried the patch,lozenges to try and quit smoking,couldnt go longer than 3 weeks smoke free and the cravings were intense.2 and a half yrs ago i discovered vaping and havent smoked a cig since.And the best part is i dont crave or miss them,my girlfriend started vaping 2 yrs ago and has been completely smoke free also.I go on 3 or 4 mile walks now and even incorporate a little mild jogging in with it,i guarentee that wouldnt happen when i was was smoking because my breathing was getting worse and worse,i use a couple sub tanks and also a mini Naultilus ,vaping works its not just a theory for me.

10/31/2015 3:09:34 PM - broke logging company owner

I have lived and lost everyone that is close to me, do to lung cancer specifically caused from smoking or chewing tobacco I wish vaping could have been here a long time ago, and maybe my mom, all my uncles aunts brothers could be here and maybe pat me on the back for learning about Vape and using a safe nicotine alternative, I just want to say to the big tobacco companies we are sorry but we no longer need your smoke, and to the government yes we know you will tax our new nicotine alternative but to try to take away the right to live a healthier life is not your choice. thank you for reading this Keith H Mason and Amanda Mason

10/31/2015 3:09:21 PM - Jenny

Hello,

My name is Jennifer Strom.

I live in Wausau, Wisconsin and I Vape.

I used to smoke cigarettes. All the time.. I'm only 22 years old and I started smoking when I was 16-17 years old. I went to the doctor about 7 months ago and asked him why my breathing was so bad and obviously it knew smoking had some thing to do with it but I didn't realize that it was solely because of smoking alone..

I quit smoking about a year ago and suddenly within 3 weeks.. I was walking up 10 flights of stairs without problems.

When I was in the doctors office, they had me to this test where I had to breathe into a machine to see how well my lung production was.. and what they said shocked me. I had the lungs of a 60 year old. And I'm 22! I turn 23 on the 29th of november and I am nothing if not grateful for Vape products being sold within my town of Wausau because if Vape products weren't around here, I could be dead. I love life. Period.

My mother is 47 years old. She is down from 3 packs of cigarettes a day to only 1 every two days, because of Vape products. If you people ban the sale and production of Vape products, you're not only pushing the sale of tobacco products to consumers who have quit, but you're essentially making the world a sicker place because more people will smoke causing more pollution.

In a single cig, there are over 4,000 chemicals including 43 carcinogens. Some of these (and there are more) include:\

Hydrogen Cyanide

Carbon Monoxide

Formaldehyde

Ammonia: household cleaner

Angelica root extract: casuses cancer in animals

Arsenic: rat poisons

Benzene: used in making dyes and synthetic rubbers. Also linked to leukemia

Butane: gas; lighter fluid

Carbon Monoxide: poisonous gas

Cyanide: Deadly poison

DDT: banned insecticide

Ethyl Furoate: causes liver damage in animals

Lead: Poisonous in high doses

Formaldehyde: Used to preserve dead specimens. Also linked to lung cancer

Methoprene: Insecticide

Megastigmatrienone: Chemical found in grapefruit juice

Maltitol: Sweetener for Diabetics

Naphthalene: Ingredient in mothballs

Fungicides and pesticides: cause many types of cancers and birth defects.

Cadmium: linked to lung and prostate cancer

Nickel: lung infections

Methyl Isocyanate: Its accidental relese killed 2,000 people in India.

Polonium: Cancer-causing radioactive element also used in the "Fat Man" implosion type nuclear warhead used in Nagasaki

And the list does go on.

And for Vape do you ask?

vegetable glycerin

&

propylene glycol

That's it.. plus natural and artificial flavors.

Compared to cigarettes, I'm afraid you guys won't be able to influence people to ban cigarettes.

Cigarette companies are just afraid of vape because they know that vape saves lives.

Thank you for your consideration.

10/31/2015 3:08:58 PM - Julian

I started smoking at 14, pretty young right? By the time I was 20, I was already feeling the negative side effects of cigarettes starting to hit me. Since I have started vaping and completely quit cigarettes, these negative side effects have completely disappeared and I was reminded what it feels like to breathe again. I now remember what it was like to not have to worry about smelling like an ashtray, or putting someone off by bad cigarette breath. I can sleep better and wake up feeling more energetic. I can now taste food better, and smell things I couldn't smell before. Vaping has truly liberated me from the restraints of cigarettes, and even though my time with vaping will be short before I completely quit, I will always look back and remember how vaping has saved my life.

10/31/2015 3:08:50 PM - Amanda Boynton-Blythe

I smoked regular combustible cigarettes for 20plus years. I started when I was 13 years old. I tried many many times with many different methods to quit smoking. The first time I ever succeeded for more than 24 hours was with a little Ego brand pen-style vaporizer. I tried the ciga-likes, they were not effective, but nothing compares to the freedom I felt for the first week of not having to plan my life around trips to the store every day for cigarettes. I am 2 years free of cigarettes and I have moved from that Ego pen and 24mg nicotine juice to an Eleaf Istick and 3mg nicotine juice. I am not giving myself a time limit but I expect to be down to 0 nicotine within 6 more months. Every smoker deserves the chance to discover vaping and the changes it can make in your life. It has made me healthier, I am more active and there are so many other benefits that there would never be enough space to list them all. Without the vaping industry as it exists today, so many people's lives could be devestated. Please do the right thing and stop with the extreme regulations that would crush this new industry that has helped so many find a new, more healthy way to live. Thank you for taking the time to read my story.

10/31/2015 3:07:55 PM - Felipe Chouette

I smoked for about 12 years and i quit smoking two years ago and i've kept myself clean from cigarettes eversince. All of that was possible through e-cigarette products. The changes in my helath and well-being are tremendous! I feel like that is something worth mentioning as well as spreading because USA are still at the top of the world at this matter so if you succumb to the cigarette industry and banish e-cigarettes products from the market i know that it would be the biggest step back in modern days. Save lives saving vaping...

10/31/2015 3:07:48 PM - Vape never stops

Please support vaping. I stopped smoking 2 years ago and I am much healthier now then I have ever been smoking. Don't shut vape stores down.

10/31/2015 3:07:42 PM - Richard Stine

I was a pack a day smoker for almost 10 years. It was getting to the point where I could not breath comfortably most the day. Constant coughing and hacking were only the obvious symptoms but I was also very lethargic and overweight. I had tried many smoking cessation products including the patch, gums and lozenges. All of these only seemed to partially work and within a month of starting them I found myself smoking again. Then, just under three years ago, I smoked my last cigarette before I purchased my first e-cigarette. I have yet to purchase another pack of cigarettes to date. Not only did vaping immediately work as a smoking cessation tool, in the three years I have been vaping the quality of the devices and liquids have increased greatly. These improvements have made vaping even more effective and accessible to people wanting to quit cigarettes. Since quitting smoking cigarettes my lung function have increased dramatically, I have much more energy daily and I get sick maybe once a year compared to four or five times a year (usually an upper respiratory illness, go figure).

10/31/2015 3:07:33 PM - Austin

I began social smoking with friends in high school when we would all go out and i played sports so i didn't affect me horribly at first. I could definitely tell it was slowing me down in my sports but it didn't really bother me. My senior year in high school, I could definitely tell my body was suffering after about 2-3 years of regular smoking. Occasionally smoking excessively, I started hacking stuff up in the showers when id wake up and be breathing hard. I finally switched to vaping on 3mg and have felt great ever since i continued to workout after high school and a couple months after no cigarettes I could tell my workouts could last longer and i wasn't fatigued after nearly as bad I used to be. Please don't discontinue vaping, Its saving lives every day. There is also hundreds of thousands that haven't even had a chance to try it. My teeth are white, I don't die going up a flight of stairs and Im not the only person that is happy to be a part of the vaping community.

10/31/2015 3:07:25 PM - Hans Olav Lindahl

I used to smoke before, at the worst i was up to 6-7 smokes per day and it was really affecting my health, I countinued that way for almost two years to take the stress from my grades away, it also had a major affect on my school work.

i have been vaping for about three years now and I have much better health and grades,

I started vaping right off from smokes with a ego twist battery with a ce4 tank and 18 mg nicotin stenght on my juice, now im using the smok pro m 65 mod with the vct-x1 tank and juice without nicotin.

I dont smoke at all longer and just using vaping now, there was a period where i was both vaping and smoking, and vaping made it a lot easier. I did not have any type of couselning. I have only gotten positive sideeffects from quiting smoking and starting vaping both for my health and my school work

10/31/2015 3:07:18 PM - Kristopher W

I was a tobacco smoker for 10 years. My lung function was at 89% of what it should be for a person my age. I quit cold turkey when I started using an electronic vaporizer. I've had it for 8 months now and it has changed my life. I no longer get winded, no longer suffer from coughing fits. My lung function is already back to 93% according to my doctor. My vape is a blessing. Truly. Keep calm and vape on! Be sure to contact your local representative and congressman and support HR 2058.

10/31/2015 3:07:07 PM - Charlie

I was a smoker and started smoking at the age fifteen. I had been smoking ever since about two months ago. Two months ago, I stopped smoking and went to vaping. I've never felt better. I urged my mother, my father, and my grandfather to all stop smoking and switch to vaping. My grandfather has been smoking for 63 years, was diagnosed with COPD, and also lost his strength to walk due to the pain being caused from his continuous smoking. He has been vaping for a month now, and is starting to experience less pain, and has been able to take more steps than usual. Vaping has changed many people's lives. Who is the FDA to decide how we make our lives healthier? They allow us to be served enhanced and processed foods! Why are we not allowed to better our lives?

10/31/2015 3:06:57 PM - Nick Jenkins

I smoked for 15 years, starting when I was 12, prior to vaping. I successfully quit once in 2007 for 6 months. I started again while working at a call center because it afforded more breaks. Anyone who's ever worked at a call center can probably empathize.

I tried using vapes to quit smoking before, but found I hated them. I hated them because they couldn't capture the menthol flavor like a cigarette could and because I had to go to shops that were too far away from my apartment to be convenient for one that I liked. I used to use the Square brand menthols in 2013 or so, but it was only on-and-off and I still smoked because the experience wasn't satisfying. I gave vaping another, more realistic try 2 months ago. I was even more hooked than smoking after I realized I could smoke in my apartment and there would be no negative consequences other than the relative cloudiness that was to be expected anyway.

I've used many products in the past 2 months while searching for my perfect setup. I'd say I've spent over $2000 and many, many hours reading and toying around with things. I currently use a Smok XCube II mod with a Vaperz Cloud Glacier II RDA and I vape 3mg juice. For those who have no idea what those things mean, it's a great setup and only costs around $100 for the mod and tank (the RDA).

I smoked around a pack a day (usually more) until I started vaping. Since I took the first hit off of my first "real" vaporizer (a V2 Series 3), I've only smoked 1 or 2 cigarettes. And that's with the mindset that it probably wouldn't help me and I didn't care if I went back to smoking!

Even now, I won't be disappointed if I have another cigarette. Why? Because vaping is just too good to switch back from, especially from cigarettes. Because cigarettes don't have innovative technology and design ingrained in their culture. But mostly because it doesn't cause everything I own to turn yellow and smell like shit or get burns.

I'm not a religious person and I find myself eventually becoming disappointed with things that I enjoy. So naturally, I don't proselytize about much. Vaping is the only thing I can comfortably proselytize about like a southern Baptist preacher. It didn't make my life perfect, but it's definitely had a huge, positive impact.

Before vaping, I didn't try too many things to quit smoking because I know myself well enough to know I have to be committed to alternative forms of treatment for them to work. The only method other than cold turkey I tried included patches. Those didn't work because I didn't have something to attend to my oral fixation that I've developed and the blasts of nicotine I was used to weren't there. The try with patches lasted about 1 box before I knew it wouldn't work. I never tried pills or counseling and definitely not hypnotherapy because the pills came with insane side effects or had dubious efficacy

and counseling/therapy couldn't always help with dealing with depression and anxiety, how could it possibly help with a physical addiction?

Other than gaining my sense of smell back, vaping itself enables me to: ingest nicotine whenever, for however long I want; throw away my ashtrays and not worry about burning holes in things I own; receive compliments on my cologne because it can actually be detected now; make friends with others that vape; and choose what flavor I want to inhale. My blood pressure is also back to normal, healthy levels. It was never high enough to remark on, but the fact that it's gone down is a good thing.

The only negatives I've perceived include: it's an expensive hobby if you're just starting out and continually find yourself pursuing a "perfect" setup; blowing big clouds may make people a bit uncomfortable even if you keep your vapor out of people's personal space; and juice prices are expensive for no particular reason.

10/31/2015 3:06:25 PM - Michael James Sendelbach

My wife started vaping October 1, 2012 and she has asthma. She was taking four breathing treatments everyday and two inhalers and because of vaping her doctor stopped the breathing treatments and the inhalers. She started with 18mg of nicotine and is now using 3mg of nicotine. She is so much better today because of vaping. She was a three pack a day smoker and when she started vaping she has never touched a cigarette.

10/31/2015 3:06:18 PM - Teddy G

On August 21st 2013 I decided to quit smoking cigarettes and bought my first rinkadink vapor stick. I used to smoke American Sprits so when I started off on 12mg, it didn't work. I bounced back and forth smoking cigarettes and vaping for about a week. Thats when I realized I needed to bump my juice to the highest 32mg to satisfy my nicotine cravings. I stayed there for about 3 months, then dropped down to 24mg. Another 3 months pasted and noticed I was ready to drop my milligrams down again to 12mg. I stayed there for about a year. After that year I went to 8mg. Another 6 months pass and now Im at 6mg but its almost time to drop down to 3mg.

I can run again, I dont stink, I can smell. Vaping has done wonders for me. Its really unbelievable. Ive tried to quit 5x plus. Patches, pills, nothing worked. Vaping has changed my life. Ive become so much more healthier because of it. At the beginning of quitting smoking and starting to vape I downloaded an app on the iPhone called "Since iQuit" Using this app was kinda like a game I was playing. Seeing the numbers of the amount of cigarettes I wasn't smoking and how much money I was saving going up kinda played a roll in not picking up that cigarette continuing the numbers going up.

I am at this very moment 2 years, 9 weeks, 6 days, 3 hours, 34 minutes and 50 seconds free of cigarettes.

By not smoking in these 2 years time I would have smoked 10,388.4 cigarettes. 10 thousand cigarettes! And I would have spent $5,561.78

Vaping has changed my life for the better for myself and others also by not subjecting them to my poisonous second hand smoke.

10/31/2015 3:06:03 PM - Gary Love

I started smoking at the young age of 15 when everybody thought it was cool . smoked for 38 yrs and didn't get that cool factor i was looking for . Now at age 52 and smoke free because of vaping i can enjoy life again. Lost two grandfathers from COPD and the harm from tobacco smoking. I wish they could have vaped Thanks to the E-cigs and to the people that sell them in this Free United States of Amercia.

I have used vaping for two years . i use a mod with a drip tank. 0 mg of nicotine

I feel great have no health issues.

10/31/2015 3:05:57 PM - Smeffrey79

I have smoked for 20 years, wife has for 18 years. Both have been tobacco free for 3 week now thanks to Vaping. Patch... made me sick.. still smoked with on. Gum.. made me twitch... still smoked. First two days on vape was tough... but didn't smoke. We have tested 80% of what is in our juice and have been ingesting it for decades. The flavors and nicotine are what really need to be tested for inhalation hazards. Just feels like BIG tobacco is in bed with FDA on getting rid of the small fish. Wasn't it their E-Cigs that had the most harmful ingredients.? Gotta keep them hooked. On another note Adults like muti-flavor choice, why is always used as the gateway to our children play. A certain Vodka maker has 18 diffrent flavors but don't hear about it making more kids drink. Save the Vape, It's our bodies and our choice. Keep it out of the kids and non-smokers hands with information not fear and Laws.

10/31/2015 3:05:38 PM - Veto Void

I had been a pack-a-day-plus smoker for over 30 years. I say "Plus" because there were times when I smoked as much as 3-4 packs a day as a teen and young adult.

When e-cigarettes first came onto my radar ca. 2010, I picked up the Blu starter kit. While I liked it as an alternative to cigarettes in situations where smoking was not an option, it was not sufficient on its own to wean me off of cigarettes. Eventually the batteries died and I never replaced them.

Fast-forward to early August 2015, and I picked up a an Evod Blister kit while on vacation in order to have an easy cigarette alternative while interacting with non-smoking friends and family.

I was moderately aware that vaping technology and product availability had been advancing over the previous five or so years, but was astounded by just how much. I picked up some e-juice and started on an unexpected journey.

I continued to smoke while supplementing with vaping for two weeks while away. I did not consciously intend to "Quit Smoking", however upon my return home I decided, almost on a whim, to not buy any more cigarettes--as much as anything to "See if I could do it."

I purchased another eGo style battery locally, and a couple additional clearomizers to support my efforts. I also subscribed to Zamplebox in order to both ensure a regular supply of e-juice and also to save additional money.

End result; I effectively quit smoking during the two weeks away on vacation, and have since been smoke-free, with NO RELAPSES ever since. I started with 12mg e-juice, and have gone down to 6mg per my subscription, and have been purchasing 3mg when I buy locally. I will be changing my subscription from 6mg to 3mg shortly.

Since Vaping in earnest, that is, not counting my flirtations with the Blu e-cig some years back, I have not purchased nor smoked any cigarettes. None.

An interesting bit of trivia; A few weeks after returning from my trip, while putting luggage into storage, I found a lone pack of cigarettes that had been tucked away in a side pouch of one of my bags. My heart skipped a beat as I wondered if I'd have the willpower to leave it alone and stay the course.

So far I have. I keep that "Last Pack" of cigarettes on a shelf above my desk as a reminder that I could have a cigarette any time I want to, but every single day I can choose to not smoke. It's right there within easy reach but I don't need to open it.

As of today, that pack of cigarettes is not really a temptation anymore, it's a reminder that I am actively choosing not to smoke. Vaping is helping me do that. But for those that would caution that I have substituted one vehicle of addiction for another, let me say simply, that I truly Vape for pleasure at this point. I have gone a whole day (24+ hours), without Vaping several times now and with far fewer of the unpleasant side-effects I have historically endured when deprived of cigarettes. That speaks volumes to me about the level of control I have gained over my addiction.

Could I have quit without Vaping? Probably, after all so many have, and I have always said that I would quit smoking when I decided to do it. Did Vaping facilitate that choice and give me some additional tools to work with? Absolutely yes!

In my opinion, gum, patches, and nasal sprays (not to mention mood altering oral drugs), are lack-luster when compared to Vaping. They are a legitimate option for those looking to quit smoking, and they can be effective for those who use them properly and under medical supervision. However, they all lack one compelling thing that smoking has provided me for years--a sense of ritual.

From packing my cigarettes, to holding something in my hand while socializing, reading, or watching a movie (at home), there has always been an interactive component to smoking that is simply not there in most smoking-cessation products.

I really feel that the dynamic element here, for me, and a huge piece of the puzzle of how quickly and easily I quit smoking is quite simply that Vaping provides that otherwise missing part of the equation; the ritual.

Selecting an e-juice flavor appropriate to my mood, filling the tank, and yes, having something that I can hold in my hand and gesture with as I interact with the world, even battery charging to some degree or another, are all rituals that I have embraced in place of those I enjoyed while smoking.

So, here I sit, a wee few months smoke-free, composing a testimonial for CASAA. I know that I am still at the beginning of this new phase of my life, that the journey is just barely getting started, and I am in awe of those who have continued to be smoke-free far longer than I have to date. I also applaud those who have become nicotine-free through other means, I do not for a moment believe that Vaping is the only method that works.

For myself, however, 30+ years of smoking, two-weeks to quit, and a surprisingly smooth transition to Vaping that has kept me smoke-free and significantly reduced my nicotine dependence over the last few months is a huge personal victory.

Thanks for reading, and let me close by saying this; whatever means people use to quit smoking or any form of nicotine dependence, power to you!

10/31/2015 3:05:10 PM - mvm

vaping give me freedom from from tabaco is 3year when i started vaping very big difference no morning sickness and my sex life is definitely much better i feel great more energy every day . so it is no brainerd vaping it is Heather then tabaco don't band vaping yes you can regulate over 18 just like tabaco give vaping the same regulation make event for both no Winer let's us decide which one is better at the end it is are choice thanks....

10/31/2015 3:05:02 PM - Sheena Coffey

I have been smoking since the age of 15, I mainly started because I was so eager to look older, and it did (or so I thought haha) I smoked up until the age of 18 and I quit. Well over time I gained weight and wasn't happy so i told myself i was thinner when i smoked so i started to smoke again and granted i lost weight but it was unhealthy the way i did it. Well i continued to smoke and kept telling myself that ill eventually quit years later around the age of 27 i really started to notice how i was winded when i did anything i was continuesly getting sick my clothes smelled awful (and i love smelling good) and i eventually ended up getting so sick i was in the hospital for over a month, it slowed down my smoking but not enough to want to quit. Well last year my husband and I decided that we were gonna get healthy so we tried the ecigs first didn't work so we switched to pens and gradually we started to quit then we started getting more into vaping, cloud chasing things like that and the more we did the less we craved and eventually quit now i have been smoke free for a year now and i have actually cut nicotine out completly. Im happier, im healthier, and i love smelling my perfume lol.

10/31/2015 3:04:55 PM - Amanda O

I smoked a pack a day for almost 19 years. I tried quitting about 8 or 9 times, and I tried every method out there-- the patch, Zyban, Chantix, gum, hypnotism--and nothing worked. Finally a little over 2 years ago, I found vaping, and it stuck! I have been successfully smoke-free for two years and two months, and I owe it all to vaping.

10/31/2015 3:04:48 PM - Karen Stack Wyoming, MI

About me. I am a stage 3 breast cancer survivor, and part of my treatment was to quit smoking as soon as possible. I was diagnosed in late 2010, and tried many of the "new" ecigarettes before I even had my mastectomy. They were junk, and I soon gave up and started smoking again, even while on Wellbutrin, which is supposed to help you quit smoking. As I went through treatment, I continued my search for a usable ecigarette and finally found what I was looking for in 2012. I have not had a cigarette since Oct 2014, and between 2012 and that date, I had maybe one or two a month. Compare this to pre-e-cigarette use of over a pack a day (for 35 years!). I do not wish to go back to smoking, but if e-cigarettes were no longer accessible, I would be smoking within a day. My lungs are clear, I no longer get bronchitis or sinus infections on a regular basis (actually, not at all) and I feel like I've done something monumental to help keep the cancer from returning. Please do not do this to me or so many others like me who have an addiction but recognize the dangers and do not want to smoke anymore.

10/31/2015 3:04:25 PM - Baps

Smoking ssince I was 16. Now 25 and longest time with out cigarettes since I started smoking. went from 3 packs a day(600$ a month) to not smoking tobacco at all and on the lowest nnicotine level you can get in vape juice. (100 $a month tops) .i tried the nic patch.going cold Turkey and always went back to smoking. This is the longest I've gone since starting smoking in the first place(11months) they need to retest what is out today and not jjust picking out the ccheap eciggs in gas stations that first came out in 2008. The technology is completely different then it was back then. I'm not arguing it could be bad for you.but if vapping becomes illegal before ciggerettes. That doesn't make ANY sense. I can phyically tell the differece since I quit smoking cigarettes in how well I can breath now and how better things taste. Please do full research before banning something that is helping people world wide.

10/31/2015 3:04:13 PM - Julie Waechter

In December of 2011 a miracle happened. I smoked my last cigarette. For me this was unbelievable. I was a heavy smoker, about 2.5 packs of cigarettes a day. I had been smoking since the age of 15. That was 35 years of smoking give or take a month or two.

Over the years I had tried several methods to quit. I went to the Red Cross Quit smoking class, I tried hypnosis. I tried the gum, patch, N-haler and Zyban (which made me break out in hives for over a month). I had given up at this point and decided, I would never be able to quit smoking, and gave up the will to quit. I enjoyed my cigarettes. I was getting upset about all these no smoking areas, and thought well maybe I could try one of those e-cigarette things for in places I couldn't smoke. It was most irritating that there were all these No Smoking signs everywhere, which reminded me that I was a smoker and now you can't smoke here any more. Besides the signs, there were announcements. Further reminding me that I couldn't smoke. Also reminding me that I am a smoker and wanting to smoke more. My whole life everyone smoked. There were commercials on TV telling me it was a normal way of life. Now society wanted to make me an outcast.

Before I bought one I did some research on ECF and other sources of information on the internet. At that time, the e-cigarette, was improving to tanks with cartomizers in it, and this was the way to go. Put that on an ego, would last you a good 8 hours vs the cigalikes with cartridges. I ordered one of these kits. There was much to learn, but eventually I got this method working good and was down to 3 cigarettes on the first day. The next day I got a new cartomizer in the mail from another online vape shop. This was even better yet. That day I only smoked 1.5 cigarettes. This was a record for me. The next day I smoked only a half a cigarette, and then each day after that was no cigarettes. My family was in shock. They would have never believed I could quit.

From this point on each day I felt better and better. My horrible cough went away with 2 weeks. (I would never admit this cough was from smoking). My taste and smell returned little by little. Colds that would have put me out of commission for a month, now only hung out for a few days, and I have only had one sinus infection since quitting. I don't have shortness of breath anymore either. It was like layer by layer my body was healing. It has been over 3.5 years now since I last smoked.

Right now I still use an Ego battery with an I-clear 16 tank. It's all I need. I also have many more fancy e-cigs, but my main go-to is still the ego with the tank. I use 6mg strength e-liquid. My main flavors are hazelnut and menthol. I can go down to 0mg without much problem. I can go long periods of time without vaping also. I still fear going back to cigarettes, but not as bad as the first two years.

Looking back if there were only ciga-likes, I am not sure I would have been successful at first. It would have cost more and probably not worked because they are not as

satisfying to a heavy smoker. I am happy there are different choices of e-cigarettes because everyone needs a bit different set up to successfully quit.

Since quitting my husband and I open an online vape shop in 2012. We wanted to open a store and create jobs and actually invest more money, but with the FDA threatening to shut it down or make it cost too much we didn't want to risk our investment. We still have an online vape shop, that has helped many quit smoking. We are hoping to continue running our business online. BTW we have never sold an e-cigarette to a minor.

10/31/2015 3:03:27 PM - Pat M from Missouri

I was a smoker for over 36 years I had chronic bronchitis. I had a problem quitting I tried everything finally I tried ecig in 2010 and was easily able to quit cigarettes my doctor says my lungs are in great shape now. I would recommend electronic cigarettes to anyone who can't quit smoking. My health is greatly improved

Please don't make them hard to buy or you might be putting a death sentence on a lot of Americans

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10/31/2015 3:03:19 PM - Sarah Kirk

I smoked a pack/pack and a half daily for roughly 35 years. I attempted to quit many, many times using: nicotine gum, nicotine patch, prescriptions from my doctor, hypnosis, homeopathic remedies. Basically anything and everything I came across that promised assistance with smoking cessation. Nothing worked. I could never stay 'smoke-free' longer than a few months. In May of 2013 I decided to try vaping. I purchased my first battery/tank kit and a couple bottles of e-juice. Within a few days, I threw out my last pack of cigarettes and have not smoked one since. I have no desire for cigarettes. I can't stand to be around cigarette smoke. Pretty quickly I started to notice physical changes/benefits: my complexion cleared up, my blood pressure lowered, my voice improved, I slept better, and obviously breathing easier. I also spend much less money on vaping vs. smoking cigarettes. I REALLY enjoy all the flavor options! I love trying new flavors and mixing flavors together. If I had not discovered vaping, there is not doubt in my mind that I would still be smoking cigarettes.

10/31/2015 3:03:05 PM - Robert

From reddit.com

https://www.reddit.com/r/electronic_cigarette/comments/3qc3l7/went_to_the_pulmonologist_great_news/

I wanted to share something with you guys and gals about my recent trip to a pulmonologist.

But first...I really don't have the words to express my gratitude to this sub. I'm two years analog free. My first day vaping was the last day I had a cigarette, and I've never gone back. I really and honestly wish I could give everyone who has posted something new or helped me personally a big brohug and thank you.

Thank you ECR for...saving my life. And with the good fight, we can save many others.

But, back to my story.

So, I have to have my gallbladder removed because I'm a big fat grease eatin' dufus. I've done all the preliminary lab work and a chest x-ray. Everything has come back catholic and kosher (clean) except for the clinical report on my x-ray. It's basically written in a way that kinda suggests I'm going to die withing 24 hours from an alien parasitic cyst that might or might not be in my lungs somewhere.

Yeah...

My primary said that the report is basically a lot of "cover my ass" language, but that the way it's written, he can't OK my for surgery until this is cleared up. So off to the pulmonologist I go for an exam and new x-ray.

First thing is first, and I do a set of PFT (pulmonary function tests) and apparently I did stellar. The guy running the tests says I'm above and beyond normal and totally in the healthy zone.

KILLER! I think to myself. Thank you vaping! But then comes my X-Ray, and I'm actually kind of worried. I might have damage from when I did smoke and that might be why I'm here. The doc first listens to my lungs, pretty thoroughly I might add. I tell him I quit two years ago with vaping, and he tells me I did a great job. My doc is vape friendly and was totally knowledgeable on the subject.

Then he checks my X-RAYs. First thing he says is that radiologists interprets x-rays from all over the body, and are EXPERTS at writing reports that covers their liability. He says he looks at 20 to 30 chest x-rays a day, cause that's his job, and what we a looking at are pictures from a COMPLETELY HEALTHY AND CLEAR SET OF LUNGS. He says that what the

radiologist was seeing was what radiologist typically see when they look at big fat guys like me, larger tissue than normal people.

I was about to cry (6' 1" - I'll cry when I want to) and begged the doctor to please say this plainly.

After 2 Years of vaping, there is NO evidence of any damage to my lungs, and no damage that has remained from my 30 years of smoking. Basically, a non-smokers lungs, Clean and Healthy.

I was always happy that I quit smoking, but I was terrified that I already screwed myself or hurt my lungs permanently in a way I would have to deal with later in life. Doc says that from what he sees, that's a big fat NOPE. I'm going to be here for my wife and baby girl.

I lost my dad to smoking. I was not going leave this one alone.
https://i.imgur.com/BPax4HO.jpg

Thanks ECR. Next month I've got some big news for you guys as well. But for now, thank you.

10/31/2015 3:01:53 PM - Mark johnston

Since using ecigs a year ago i quit smoking after being a smoker for 15 years now I have no lung symptoms of a smoker I never get winded simply from walking.

I love the fruit flavors and use a box mod with an rda. Before using this combonation i was still smoking I feel like this has changed my life for the better I save money by buying my liquid online from USA companies. If this industry is over regulated I will be forced back to smoking.

10/31/2015 3:01:46 PM - Claire

Without e-cigs (Vap) I'd still be smoking nasty cigarettes, poisoning my body with THOUSANDS OF CHEMICALS! I'm two years cigarette free because of my Vap! I'm a RN, I knew smoking was killing me, I could feel its effects every single day. Not vapping! I can breath, run, exercise and I feel great. I also smell better, look better and am socially acceptable. I smoked for 20 plus years, tried every gimmick, medicine, patches, gum, etc. NOTHING worked... Until I stopped and bought a Vap. I haven't had a cigarette since! I started at 22mg of nicotine... I am now down to 12 mg. I do know though, if I didn't have my Vap, I would most likely revert back to smoking. DON'T TAKE AWAY MY VAP!!

10/31/2015 3:01:36 PM - Tina Benartzi

I'm a 57 year old woman who started smoking when I was 14 years old. I have tried at least 50 times (not exaggerating) to quit smoking with no success, I tried nicotine gum, patches, and therapy to no avail. 2 1/2 years ago when my son bought me my first vapor pen. I have now been free of cigarettes for over 2 years.

I started out on a high mg of nicotine, now I vape 3mg.My blood pressure has went down tremendously, I don't wake up hacking out my lungs, my clothes and house don't stink, I just feel over all much better.

I'm afraid if they take vaping products off the market I will go back to smoking cigarettes and that will be a sad day.

10/31/2015 3:01:29 PM - matthias

i have started vaping because i feld that mu lungs where dieing and everybody who smokes shout do this because it is much better for your health i feld myself so dont support smoking support vaping!

10/31/2015 3:01:18 PM - Kevin

Vaping could possible safe my life. After being a pack a day smoker for 15 years I decide to try quitting again. I say again because like most smokers I've tried quitting several times in the past and have failed. One of my coworkers turned me on to vaping. I honestly thought it was a hipster fad. I did my research and found some studies that showed it was less harmful than smoking tobacco. For my health and for my son I decide to give it a try. After all we all know the proven dangers of tobacco smoke both first and second hand. I know it's not 100% safe. Nothing you put into your body is. If it's just a small amount safer why try to stop it. After vamping now for about 6 months I feel so much better. First my sense of smell came back. Then my sense of taste and lung capacity. I started cutting my nicotine levels down from 12mg to 3mg and in some instances 1.5. My ultimate goal is to remove nicotine all together and vape 0mg as outlet for oral fixation. I believe vaping has help make me healthier and inrecommend it to anyone trying to kick a smoking habit.

10/31/2015 3:00:58 PM - Linda Monell

I began using my vapor device in June of 2012. I had been a pack a day smoker for 38 years, since the age of 16. Of course, I have tried many times over the years to quit to smoking using patches, chantix, cold turkey and once even being hypnotized, all to no avail. One month after beginning with my e-cig I put down the cigarettes for good. I had been suffering with a chronic cough and bronchitis, dry gaunt skin, bags under my eyes and wrinkles. Over the past 3 years all of these conditions have dramatically improved. The cough is completely gone and I haven't had a bout of bronchitis in over a year. My doctor agrees that my decision to quit smoking and use the e-cig is the reason for my improved health. I hope my option to use the vapor will still be available for years to come.

10/31/2015 3:00:51 PM - jodie

I started smoking 9 years ago. I would smoke a half of pack a day I got my vape 4 month ago and I have not had ago cigarette since. I never want to go back to smoking again. Nothing else has worked to help us stop but the vape.we tried stopping with meds, cigarette, and gum. I feel like I can breath better after stopping smoking and I can taste agony smell food better. I love my vape a gonna I don't want to ever go back know to smoking

10/31/2015 3:00:44 PM - Nadine Forlizzi

I started smoking cigarettes when I was 13 years old. Smoking had such a grip on me, i wasnt even able to quit while I was pregnant. I've had 3 kids, and 1 pass away from SIDS. Whether or not cigarettes contribute to SIDS is still being determined in SIDS research. I started vaping and within 2 weeks I stopped smoking cigarettes altogether. After 20 years of not being able to stop trying the conventional methods such as the patch, and nicotine gum, I was able to easily stop within weeks by vaping. Within a month, i noticed I could breathe better. No longer was I out of breath by walking up one flight of steps. My taste buds also came back. I no longer smell like an ash tray. I no longer am putting my children at risk by smoking cigarettes around them. I am very careful to keep all eliquid locked up and away from little hands. I dont want to go back to smoking cigarettes. I feel better and healthier without them. Please dont take this away from us....

10/31/2015 3:00:06 PM - Nathan

I smoked cigarettes for 23 years. After years of trying to quit, I tried out vaping. At first it was hard to not want a smoke but now i haven't had a cigarette in a little more than a year. I'm happy to have started vaping instead. My breathing, sense of smell, and taste are all much better than they were. I think the best thing about vaping is that i don't smell like an ashtray all the time. When i smoked i didn't notice it but now, wow.

10/31/2015 2:59:56 PM - Trisha Ellis

Do NOT ban the use of electronic cigarettes!!!!!! I quit smoking actual cigarettes over a year ago after starting since the age of about 16 and started vaping and It has done wonders for me! I myself chose not to use medication, counseling or other means to quit. I went right from an actual cigarette to vaping and it was by far the best decision I made in this situation. I quit smoking because I was getting headaches on a very frequent basis. I certainly don't get them now. I love vaping!!!!!!!!!!!!!!!! I enjoy it MUCH more than a cigarette because I don't smell disgusting while using it and I know I'm not harming myself or others around me.

10/31/2015 2:59:49 PM - Rob Waltemyer

I had only been a smoker for two years when I was introduced to vaping and even in that short amount of time I could feel the negative effects of smoking such as limited lung capacity, the dingy after stink in my hair and on my clothing, stuffy nose and late night coughing spells. Like many others I struggled with quitting but inside my head I didn't want to quit I wanted an alternative to smoking something that could give me more variety that wasn't limited to regular or menthol, something that had flavors avaiable and devices I could customize to my liking if I choose. I started out with an ego style vape pen and within a few months stepped up to rebuilables and to this day I don't regret my decision for switching to vaping because it gives me what I'm looking for without the late night coughing spells without the smelly clothes and hair without the sneezing fits and most importantly I feel like I can breath again without hacking up stuff. So after a stressful day I can come home and have a vape without endangering my life or those around me.

10/31/2015 2:59:42 PM - garrocha_1

i was a social cigarette smoker (only on the weekends) and i have been playing basketball for 2 years every Monday, after the weekend in diners, party's,clubs, etc i smoked maybe 1 pack per night and on Monday's playing i had no air in my lungs. After 3 to 5min in the game that i started at 100% then started slowing down until the 5th or 7th min a had to go out because i was extremely exhausted... I started vaping around 1 year ago after my baby was born mainly because i didn't wanted to hold her with me smelling horrible because cigarette smoke smell...I tried vaping...and found out that it is the best alternative,now i do not smoke cigarettes at all, i really feel healthier and i have more air in my lungs because now i can play 15 to 20min at a 100%..!!

SIMPLE; grab a cigarette and a napkin, use the napkin as a filter between mouth and cigarette "take a drag" and see the napkin...horrible tar/smoke and who knows how many ugly things going in to your body and lungs, OK now do the same with an e-cig....CLEAR vapor in to your lungs, and you get the same felling, taste than cigarettes...

hope this helps you do the healthier choice..

Thanks for your time

garrocha_1

10/31/2015 2:59:31 PM - Trevor

I started smoking while working at a restaurant when I was 17 years old. After smoking I decided to start chewing tobacco as well. I always had sore gums from dipping and my throat hurt too. Then I heard of vaping and decided to give it a shot. It was magical. For one, I was no longer giving money to big tobacco, and two, I was supporting small businesses and letting them flourish, stimulating the economy. Hearing that most vaping products would be banned and the only ones available would be big tobacco's made me sick. Vaping has saved hundreds of thousands of lives and helps the economy. Lets stand up and not let big tobacco make the profit, lets stand up for whats right.

10/31/2015 2:59:24 PM - Jeannie C

Dear Sir:

I was a very heavy smoker I tried everything to quit but nothing worked. I started vaping and slowly I have decreased the nicotine and I can breathe much better. Please let me know if I can do anything to keep vaping.

Thank you

Jeannie C

10/31/2015 2:59:17 PM - Chris

I smoked cigarettes for 25 years. I made the switch to e-cigarettes three years ago and can perceive a dramatic difference in my lungs. I feel better than I had for years. I don't wake up in the morning coughing up phlegm. My wife even says I smell better! When I switched, I made a clean break. About a month after quitting I was out with friends and bummed a smoke- it tasted horrible, like the smokestack at a chemical factory! I could not believe I had been sucking on something so foul for so many years.

I started with "convenience store" style little e-cigs, and have gradually increased my tech... currently use a 150-W TC box mod and a gorgeous sub-ohm tank. I'm not nicotine-free, but I'm tobacco free, and plan to stay that way as long as alternative products are available.

10/31/2015 2:59:06 PM - MORG

THIS IS A CRIMINAL ACT ALLOWING MANUFACTURED CIGARETTES TO BE EASIER TO OBTAIN AND USE RATHER THAN THE ALTERNATIVE E-CIGS SOLELY FOR THE PURPOSE OF INCREASING PROFITS FOR THE TOBACCO COMPANIES. AMERICA SHOULD BE ASHAMED. BLATANT CRIMINAL PUSH

10/31/2015 2:58:59 PM - thecqw

My Wife and I have been smokers for 20 years. We smoked Menthol cigarettes mostly Newports however the last 2 years of our smoking addiction we rolled our own cigarettes using bulk tobacco and filtered tubes because the taxes where we live in Cook County, IL are so high. Over $10 a pack and we were both easily pack a day smokers. About 3 years ago my wife began to have trouble breathing. Our main living area is upstairs so we are going up and down stairs all day long several times a day. Every time she used the stairs she would cough, get flush, dizzy, sweat, and so out of breath she would feel faint. It became so much a chore just to come up the flight of stairs she would only do it when necessary. She began forgetting things and this is a Woman with excellent memory. Finally she began to spit up blood when she coughed and set up a Doctors appointment. She went to see her Doctor and was immediately admitted into the Hospital at LaGrange Memorial. She was diagnosed with Pulminary Embolism which is blood clots in the Lungs and placed in the Intensive Care Unit. After a Week in the Hospital (4 Days in ICU) she was discharged, placed on blood thinners and was told to quit smoking. After all of that and being unable to breathe she could not quit smoking the addiction was that strong. Then in January 2015 after learning about Vaping we decided to give it a try. I purchased a regulated Mod and a sub ohm tank with a bottle of 12mg nicotine E-juice. The first day we Vaped we smoked maybe 5 cigarettes each, the second day we each had only 2 cigarettes each. The third day we were done with cigarettes and threw all of our tobacco away along with the tubes and the rolling machine. And never looked back we have no desire to smoke cigarettes in fact we are disgusted by them now. My wife has made a full recovery, she zips up and down the stairs all day long with no problem. Vaping saved the life of my Wife, if not in the short term definitely in the long term. Cigarettes were going to kill her. I also breathe much better, lost the hack and the cough, our kids are healthier and are missing far less school due to sick days. Thank GOD for Vaping,

TheCqw

10/31/2015 2:57:56 PM - Sandra Bokish

I picked up smoking when I was 14 years old. Within my first 8 months of cigarette smoking, my social habit quickly morphed into an addicting pack to two packs a day. This lasted for years. When I was 21 I decided to try and quit. I did cold turkey which was awful, but lasted for 7 months until I had a bad day, bought a pack and started right back up at a pack and a half a day. The next couple of years I kept trying to quit - nicotine patches, gum, chantix/welbutrin, accupuncture, ear pressure-point magnets, and the like. None of them worked, and most of them left me with unwanted side-affect. At around 22 years old I bought a Blu E-Cig "Kit". It cost almost $100, had replaceable cartridges, and rechargeable batteries. I gave it my best, but still couldn't quit smoking. A few months later a friend told me about a local store that sold e-cigarettes that had tanks you could fill with nicotine liquid that was available in a variety of flavors. In May of 2012 I bought a Joyetech Ego-C starter kit, and I haven't smoked a single cigarette since that day. I've progressed into the more "hobby-esque" side of vaping (rebuildable coils, variable power box mods, and the like) and I vape a wide variety of flavors ranging from lemon pound cake, to fruit medley's and now and then some non-menthol tobacco flavors. Since making the switch, I've gotten my sense of taste and smell back, I can breathe more easily, and no longer have a smoker's cough. Vaping saved my life, and maybe if it had been available of sooner it would have saved the life of my grandfather, and uncle.

10/31/2015 2:57:49 PM - cindy98989

I quit smoking tobacco cigarettes 6 years ago as of Sept. 1st. My health has improved, I can breathe better without coughing constantly. In fact I never cough at all anymore. It only took me a week to ween myself off of tobacco using an ecig. The benefits of using them will save lives. I can't imagine what my health would be like if I had continued to smoke cigarettes after already smoking them for almost 30 years. They have added years to my life and I have never felt better. No more headaches, waking up coughing or feeling exhausted. I will never go back to smoking cigarettes again.

10/31/2015 2:57:43 PM - mike

isnt vaping better then ciggs for the envoirment? isnt vaping better for your health then ciggerettes? ridicilous to even consider illegalize vaping. only good reason would be for the dam tab companies benefit. i thought this was a free country.

10/31/2015 2:57:34 PM - vapequeen

I have smoked since I was 16 years old. I have tried the e-cigs but that never worked for me it didn't create the vape like a real cigarette did. When I was introduced to vape I quite smoking with in 1 week. I haven't lite up for 3 years. Vaping helped me feel way better. I could breath better and I didn't smell gross. My kids were excited I had stopped smoking as well. Vape was a great blessing to me and my family without it I would be still smoking to this day.

Thank You

10/31/2015 2:57:27 PM - Alesha S

I was a smoker for many years, vaping helped my quit smoking. Since I quit smoking, I've gotten my energy back, I don't reek of cigarette smoke. I'm spending more quality time with my kids. Smoking was my way of coping with stress but with vaping, I don't have the need to have a cigarette. Vaping has honestly saved my life. I started vaping using an e-go stick mod and now I'm using a regulated mod with a tank. Before I found vaping, I tried the patch, nicotine gum and prescription medication, all with temporary results. I haven't had an urge for a cigarette since I found vaping. I'm slowly dropping my nicotine levels and eventually Vape with zero nicotine.

10/31/2015 2:57:19 PM - Gina DeBiasi

I have been vaping for over 3 yrs. Prior to that I was a 2 pack a day smoker for 25 yrs. I tried many disposable devices like Blu . I was never successful quiting cigarettes. Cigarettes have been proven to pocess 1000 of toxic and cancinogenic chemicals. Yet, they are still sold and have not been removed from the market. When I purchased a better mod and vaping device called Kangertech. With a 40 watt battery. It took only 1 week to quit using 1000s of chemicals in cigarettes. I began at 24 MG of nicotine. And have tapered down to only 2 MG of nicotine. My breathing has improved. I have less fatigue . And my overall stamina on walks and stairs have improved dramatically . I urge Congress to reconsider this bill regarding regulations that would destroy my chance at staying cigarette free. I hardly can understand why this is happening. I feel that the Big Tobacco companies are finding it difficult to keep a lot of people addicted to there cigarettes. And I find it astonishing that Vaping has become under scrutiny . This is a detrimental mistake on regulating vaping to the point that everyday people like me would be effected. Please reconsider this huge mistake!

10/31/2015 2:57:11 PM - Daniel Mederos

I was a smoker for 6 years, the only thing that made me stop was vaping. Tried many different alternatives and nothing else has worked. Furthermore I\'ve felt 100 percent more healthy and can breathe so much easier since quitting cigarettes.

10/31/2015 2:57:04 PM - Ray

Started smoking Marlboro menthol 100's at the age of 16 years old. I smoked a pack per day for 7 years. 3 years ago I purchased a cigalike e-cigarettes about 3 years ago. I quit smoking the day I started using the e-cigarette. I started with 18mg of nicotine, but within these past 3 years, I've gradually lower my nicotine level. Today, I now vape at 3mg of nicotine. Luckily, I was still young when I started Vaping, and had not been smoking for 20+ years. It has saved my life. I was young enough that my lungs could still repair themselves. I can walk up to the second floor of my house without feeling out of breath. I even have more energy than I once did, which has helped me to lose 30 pounds over these 3 years of Vaping. I'm grateful for e-cigarettes, and how far our e-liquids and devices are advanced over these last 3 years.

10/31/2015 2:56:55 PM - Jim B

February 2010 - My wife and I had been addicted to cigarettes for over 30 years. Ya we started back when smokes were .65 cents a pack. One day we saw a kiosk in the local mall selling cigarettes, that's weird. As we walked by we could not believe that people were allowed to smoke in the mall? But wait, we didnâ€™t smell anything and we did not see smoke rising from the cigarettes. These people were using what are electronic cigarettes, news to us, never heard of them. Other people were walking by paying no attention to what was going on as they were not affected whatsoever. Then a woman walked up with her child in a stroller and started complaining about the smoking she saw and that it was rude and illegal. Acting on ignorance and what she thought she saw she notified security who pointed out that these people are not smoking and there was nothing that security could do but make note of her complaint. Well she just walked away shaking her head as she most likely could not understand the lack of action. And she certainly did not realize what was actually happening.

My wife and I tried these devices at the kiosk and immediately purchased a â€œstarter kitâ€. Having failed miserably many, many times with patches, abstinence and gums, this device replaced a horrible product that kills. We were very excited at the possibility that our smoking cigarettes days may be behind us. Months of research on the internet and 5 years later we are still cigarette free with no desire to go back. No more coughing, no more offending smell, no more bronchitis with every cold, no more sinus infections. No more second hand effects to anyone, anytime.

The products we use now are sourced by piece, we don't use what you can buy at a drug store. Like many this has become somewhat of a hobby and are nic levels are between 0-6.

Congratulations to all others who have found success using e-cigs.

Sincerely yours,

Jim B

Ex-smoker of cigarettes for 5 years and counting.

2/5/2015 8:11:56 PM - Jim B. from Greenville

I had smoked since I was 16 years old. I managed to quit a few times with Chantix, the patch and cold turkey but, never made it more than 8 months.

I started vaping a few years ago with the hope of quitting cigarettes but quickly found myself just smoking more.

I finally found some ecig flavors that took and was able quit the cigarettes completely after 6 months getting my feet wet.

It was the candy and fruit flavors that did it for me. I stopped chasing after the tobacco flavor and retrained my mind that it could get the same nicotine joy without it. Over time, I even learned how horrible tobacco really tastes.

I began cutting down the nicotine content down from 16 to 12, then fudged my way to 6. Going from 6mg to 3mg was a real hurdle. It seemed like I could not vape enough to get my little fix. However, when I finally went from 3mg to 0mg it was incredibly easy!

I still vape 0mg occasionally. I find the act of "smoking" is enough to keep me from picking the real thing back up.

Currently, I'm 15 months without a cigarette and nearly 5 months without nicotine.

I used to get sinus infections constantly, even after surgery. I haven't had any issues since I started vaping exclusively. The really cool part...i can breathe deeply and fill my upper lobes again without pain!

I'm very thankful for this technology and the ability for me to make custom juices to suit my pallet. The idea of that choice being made illegal seems destined to only stifle ecig users.

10/31/2015 2:54:45 PM - Charles Henry

My name is Chuck Henry I smoked for 40 years. Tried everything that was on the market patches pills gum Ect. That the FDA approved and none of the products help me to stop smoking. I've had COPD for the last 6 years. Started vaping about 3 years ago my doctors cannot believe how much my lungs have cleared up how much more energy I have how my mobility has improved and my breathing has improved incredibly. You used to be able to hear me coming from any direction cuz I wheezed as loud as I,walked. Vaping is a lifesaver no lie if I continue to smoke highly feel like I would not be here for this testimonial. On some parts I do agree about regulating some juices some of the juice companies and some of the little low rent vape shop owners that are basically stealing from the public. Meaning they order the cheapest product from China and sell it for a retail price which is just wrong. That being said there are reputable vapor shops that are very knowledgeable and only want the best for their customers. Selling authentic products and organic juices. So beware of the bad shops that are just trying to get that quick buck. Find you a nice brick and mortar vape shop and do your homework see if they sell authentic products and healthy juices. Without vaping I will go back to cigarettes and if I go back to cigarettes I will die. Thank you for your time + 4 letting me get this testimonial. Support this vaping bill. And make the FDA put us in a different category from cigarettes and tobacco because we are anything but that. We are a whole new category. So let's support this bill to save vaping. Thank you have a nice day

10/31/2015 2:54:35 PM - elijah watkins

Because of vapors i quit smoking. Nw im able to run like ive always wanted also my fingers or teeth are not yellow yeah im not taking in all the carcinagens, fiber glass abd all the other crap that kills people that is in cigarattes

10/31/2015 2:54:29 PM - Bill

Vaping is a better alternative than smoking cigarettes because you have 500 chemicals in cigarettes compared to 3-5 in e-juice. i have not heard of any one having any health problems from smoking vape. To have a choice of how many milligrams you want is a great way to stop smoking as well. i know if i do not want a buzz i would get 0 milligrams of nicotine and just blow clouds because it looks cool. it is a nice hobby to have. lets keep this product alive

10/31/2015 2:54:11 PM - Tony W

With the use of e-cigarettes I have been able to stop smoking cigarettes, cigars and dipping tobacco. I feel better and the wife lets me use the e-cigs in the house. Win-Win.

10/31/2015 2:54:04 PM - Robert Burford

Just want to know, who exactly is this hurting. I smoked for seven years, while in the military. The ramifications of cigarettes are far vast than that of a vapor. Would you rather that of cancer than someone who chooses vaping, and saves their life. You do not have second hand vaping. That's not a thing! Now you want to take us all back to the stone age. This isn't a "fad" It's a lifestyle. This was the best choice. Its not for everyone but vaping isn't forced on society. It's our choice that you're trying to take away from us. When you take this away from people who vape in peace, you create chaos. That's not what you want in this already chaotic America we reside in. It's about freedom of choice. How about going after drug dealers than harmless vape. If you take this away from us, meth still exist, heroin still exist, but you come after vape cause it scares you. We're not a gang, we aren't a hate group, we are a society. A society of people who don't want to smoke what you manufacture. Thank you for your time.

10/31/2015 2:53:57 PM - Hunter Hanchett

My name is Hunter Hanchett. I am 23 years old and live in the beautiful state of Oregon. I grew up with my parents telling me not to smoke, then they would go to the garage and light one up. I always said I wouldn't smoke, but as I got a little older it became something I wanted to try. I've been smoking cigarettes since I was 11 years old. Finding cigarettes as a young teen was one of the easiest part of being young. I smoked from 5th grade all the way through my highscho years. The first time I saw someone using an e cig was when I was 17. It was a family friend that was starting an e cig business, that I now work at. Since the first time I saw that e cig I have seen them become much more prevalent. My parents who smoked for 30+ years have now quit with the help of electronic cigarettes. All of my friends have stopped smoking and switched to the smarter and healthier form of vapor. I still smoke, but have gone from a pack a day to a pack a week. Let's put that in perspective, 140+ smokes a week to less than 20. Tell me that hasn't had a positive effect on my health. I can see how vaping has put a huge dent in the amount of money that rj Reynolds and Phillip Morris brings in, just with me alone! Big tobacco is upset that people are vapong, that's why they're pushing so hard on cutting down the amazing new ways to quit or slow down smoking. Being limited to only a crappy 510 battery with an atomizer that can't even give you a realistic puff would be spitting in the face of the thousands of people who rely on newer and more efficient ways of getting their nicotine. Let's all stand up and remind the government and big tobacco that even though they hide their money driven intentions behind the shade of health and children, this is America. We're not all mindless drones. We vape because we know the health benefits. We don't sell to minors because it is wrong. We keep our vaping products away from children in our home because we wouldn't just leave out our alcohol or pills either. We are responsible intelligent Americans that want to choose our nicotine delivery system. Keep that in mind.

10/31/2015 2:53:44 PM - Christopher LeBlanc of Arizona

I technically started smoking before I had a choice. Both of my parents were heavy smokers(two packs a day), and we lived in a one bedroom apartment. I actually never understood that the trouble I had running; my throat hurting, my lungs burning, and my heart pounding, were actually because I was technically a smoker.

I also never realized that I smelled awful until one day I was pulled into a classroom early and forced to explain in great detail that I did not have any cigarettes while my backpack was turned inside out.

Imagine the confusion of a child having to explain again and again that he didn't smoke, while he hacked up a lung at the same time and grown adults screamed at him that he was an idiot and that he would die if he smoked. In short, a lot of my school years were a nightmare because of this.

I dropped out of school in the seventh grade. Because of cigarettes. Because of smoking. I. Dropped. Out. Of. School.

It also looked to everyone like I had rage issues, but it was simply being around a large amount of nicotine from my parents and then not having any. My rage issues mysteriously only seemed to manifest when I wasn't in the house.

So of course, it was inevitable that I would start smoking myself, and the moment I did, I realized a lot of things very quickly; that the calming affect of being at home was not from me being anti-social, it was from the cigarette smoke, that my rage issues immediately faded when I smoked, and also that without the severely fluctuating nicotine levels, I seemed to be a stable, happier person. And so began an extremely long love/hate relationship with being a smoker myself.

I tried to quit six separate times, twice with medical assistance(Chantix, patches and counseling), the entire time watching my health decline further and further, worrying that I would not be around for my family, or that I would get cancer. I was so terrified I began having regular chest x-rays done, at great personal expense.

It seemed impossible, and on more than one occasion, I, a grown man, broke down in sobbing, hopeless tears before lighting up once again after a promising week without smoking.

After years of trying to kick the habit, my friend brought home a strange curiosity. It was a borderline useless, disgusting tasting e-cigarette made by some tobacco company or another, but it opened a gateway. In extremely short order, I had gone from an E-Go vape pen to an Innokin SVD and Nautilus tanks to a Sigelli 100w with an Atlantis V2. My juice selection grew exponentially, and then dropped exponentially as I found better

and better juices and flavors. I finally settled on Whit E. Octopus' chocolate hazelnut and I haven't smoked anything else since.

I haven't had a cigarette in four and a half months now, and just made the drop from 6 milligram nicotine to 3 milligram nicotine and I feel absolutely fine. I had no irritation, no rage issues, nothing. I decreased my nicotine intake and NOTHING BAD HAPPENED.

On top of that, my lungs have stopped hurting. I can breathe again, and for the first time in what feels like my entire life, I can breathe and be a sane person at the same time. I don't stink, my possessions and walls aren't covered in yellowing, disgusting stains, and I owe it all to vaping. I am the happiest I have been in close to my entire life because of vaping.

That is not hyperbolic, and I am not exaggerating. I'm quite serious. Vaping improved my quality of life and gave me a chance to be happy for the first time in 18 years. Take that as you will.

10/31/2015 2:53:01 PM - Macchiavelli Spielberg

After starting smoking cigarettes at age 11, I tried many times to quit. I tried the available methods for years with no success. The thing is, I have never been addicted to nicotine, my addiction is to the act of smoking, rather than the substance. So nicotine supplements gave me a "buzz" or "high" which was undesired, and I went back to traditional cigarettes. After smoking for 17 years, I found an electronic cigarette, Blu was the brand (this is owned by Lorillard, in case you didn't know). The nicotine in these was INCREDIBLY strong, irritated the throat and provided the same effects of the smoking cessation products because they have no interest in people quitting smoking. Their business is for us to continue. They purchased these companies because they were losing profit so they wanted to get all their lost customers back. The truth is their products don't work well, and if it wasn't for the newer more advanced products and flavors I would never have been able to quit. Giving tobacco companies the ability to keep operating without any expense and forcing small businesses who can gross under 100K per year to endure 300K expense for each product they want to release is insane. These products contain NO TOBACCO. Nor are they food or drugs. Where does the FDA claim it even has authority? Please reconsider the actions you may be taking because if public health and small business is of any interest you will reject the FDA regulations as written and allow all products currently available to remain, unless there becomes a reason to remove them. To retroactively ban products hundreds of companies have spent countless money developing and producing is ridiculous and unfair.

10/31/2015 2:52:49 PM - Chris K

After 22 years of smoking, I was finally able to quit by switching to vaping. I am now perfectly healthy. Vaping is a life saver. All other methods to stop smoking did not work. I tried Chantix for a week. It was the worst experience of my life. That drug is awful. Vaping is the best way for me to stay away from tobacco. I fear that once these products are taken from us, I will end up smoking again. I don't understand the opposition to e-cigs. Its saving peoples lives. I just don't get it.

10/31/2015 2:51:51 PM - Peter Grave5

I started smoking at age 15, to fit in and be cool. I smoked a pack a day until i was 35, this year actually. I tried to quit smoking many times, i had developed COPD and was using a rescue inhaler almost daily to help me catch my breathe, i tried chantix, i tried the gum, i tried cold turkey, i tried hypnosis, but nothing worked, but this year my 5 year old daughter demanded that i quit. For her i began trying vaping, or using e-cigarettes.

i started with cheap older products but quickly realized the level of vapor was sub par, soon i moved up to new products they developed this year called sub ohm clearomizers, and mods. these new technologies were so superior they eclipsed cigarettes in nicotine delivery. i found my self quickly reducing the amount of nicotine in my e-juice (the stuff that vaporizes) and now switch between no nicotine and the lowest amount available by a given producer of ejuice...in a period of 10 months i went from a die hard smoker who made fun of vapers, to a person with no craving for nicotine, and who never wants to pick up another cigarette.

this is all 100% due to the vast amount of flavors available, the huge growth of the industry causing fast paced technological development and the generally better practices that come with vaping over cigarettes.

at this stage i no longer use a rescue inhaler or take medication for COPD daily, my energy levels have grown, i can chase my daughter and son around the parks near us, i am exercising again for the first time in over a decade.

the reprecussions of my decision to vape and quit smoking has saved my life.

10/31/2015 2:51:29 PM - Carlos

I USE TO SMOKE CIGGS. I USE TO BUY SINGLE CIGG. FOR 50 CENTS IN MY NEIGHBOR. I FOUND E-CIGG AND I BEGAN TO VAPE. I WAS ABLE TO QUIT SMOKING CIGGS AND BEGAN TO VAPE.

vAPING SAVED MY LIFE. i WANT FOR EVERYONE TO SHARE THEIR STORIES AND TELL OBAMA NOT TO BAN E-CIGGS (AKA vape)

10/31/2015 2:51:10 PM - ed

e ciggs are saving peoples lives everyday. i am a ex smoker and i used to smoke 3 packs a day. i have tried every method to quit nothing had helped. I tried chant-ix, the patch, and cold turkey. after purchasing my e cigg i quit the following day and have Ben off for 2 years now. considering that the study was passed that vaping is actually 95% safer then ciggs, i believe its ridiculous to try to ban vaping just to save the tobacco industry. if alcohol and cigarettes aren't illegal then there IS NO reason to ban vaping. i started vaping at 24 mg nicotine wit one of the logic kits. they barely helped but after purchasing my kanger sub box mini kit i was able to go down to the 3 mg nicotine and haven't had a cigg in 2 years!.

10/31/2015 2:50:46 PM - Susie

Please allow vape products they have made me quite smoking and made a family that is dear to my heart at my local shop.

10/31/2015 2:50:34 PM - Evelyn Lowery

I'm a 66 yr old woman who started smoking at the age of 13. In 2013 I was diagnosed with Emphysema, and had lost 40% of my lung capacity. Nothing has more of an impact than looking at a picture of your own lungs with large gaping holes in them.

I had tried to quit smoking multiple times in my life using every product on the market, both prescription and non-prescription. Every attempt resulted in failure. I re-visited the option of e-cigarettes, and learned that by 2013 the products had improved vastly. I used a very simple battery and cartridge model, and was amazed that after 7 days I had not once reached for my pack of cigarettes. After 3 months I threw that pack of cigarettes away. Even in the presence of smokers, the smell and availability of cigarettes did not tempt me to light one up or try a puff.

As of this date, 10/29/2015 I am still tobacco free. I will never regain my lung capacity, but I am not losing what I have left. Because I'm not loading my lungs with burnt chemicals and plant matter, I use my remaining lungs more efficiently and have more stamina. Instead of having 2 bouts of bronchitis a year, I have had none at all. My Pulmonologist is a smoking cessation counselor and a strong advocate for e-cigarettes now.

I whole heartedly agree that e-cigarettes should be regulated for quality, safety and purity, with age restrictions for purchase/possession, but banning the use and accessibility to adults would be denying a life saving smoking alternative to adults like me.

Evelyn Lowery

10/31/2015 2:50:26 PM - Matt Gallant

After 24 years of 1-2 pack a day smoking(I know... I started early) I went to a vape shop and purchased my first mod and tank with some e-juice. That very night, I gave away my last pack of Marlboro blacks (unopened) and haven't looked back. I'm going on three months without a single cigarette. I'm already breathing, tasting food and smelling stuff so much better! Switching to vaping has been a major life changer for me. I've heard the misinformed masses say that vaping doesn't help you quit smoking... What?! I beg to differ! I've tried everything to quit. Patches, gum, pills and many other (sometimes creative) ways to quit smoking. They never worked for me. But in less Tha a day, I went from a heavy smoker to a non smoker. ...and I've never felt better. So, thank you vaping industry/community. My 5 children are a ton more likely to have their father around for a long time.

10/31/2015 2:50:11 PM - Honeybadger

The honeybadger story starts years ago when I was 13. I decided to smoke like an idiot and I got up to smoking 2 packs a day until I was 34 then I came across a cigalike vape. Well that lasted 1 day then I went and bought a proper setup which back then vape gear wasn't the best lol. And quit smoking on the spot. There were a couple time in like 4 month periods where I would have a smoke just because I kinda missed it but other then that I pretty much jumped straight to vaping. One day I was playing soccer with my daughter and noticed I could breath better when doing exercise which I now do more of then I did when I was smoking. Jump to today I started a vape group on Facebook almost 3 years ago and it grew like crazy and I have met alot of cool ppl. Vaping has Givin me a few years back of my life i think so I'm thankful for that.

10/31/2015 2:50:02 PM - Lisa Cohee

I began smoking as a teenager. I eventually got up to almost 2 packs a day. In 2014, I was introduced to vaping. I tried it, although skeptical it wouldn't work, I slowly couldn't stand the smell of cigarettes. It has been 13 months now and I am still vaping. I have smoked a hand full of times and the taste and smell of cigarettes is awful. I can taste foods again, things smell better, my clothes do not stink. My doctor says my lungs are clearer and she has no problem with vaping. I recommend this to any one is a daily smoker. The amount of flavors gives a variety. I also suffer from obesity. I can pick a sweeter flavor and feel like I am getting dessert after my meal without all the calories.

10/31/2015 2:49:54 PM - tyler ehlert

currently now I am 21 and I had started up smoking cigars (1993 rocky patel, ghost ghurka, fuente, and romeo y juliet) at the age of 18. By the time I had reached 20 I would smoke 4-6 cigars a day with an outstanding price of about 80$ a day, but then I started to realize that I had better things to spend money on then just wasting a paycheck on cigars. I ended up switching to cigarettes (marlboro black menthol 100's) even so that was coming to 3 packs a day. I had heard from my dad around christmas about vape and I have to admit I was skeptical about it, but when he quit smoking to the point of no nictotine when he had smoked 4-5 packs a day (marlboro light 100's) I had figured it is worth a shot. Now at the age 21 I occasionally vape with no nicotine. Contrary to many other methods I have not gained any weight or picked up other habits to fill the need to smoke, and neither has my dad. I have been happily vaping for about 8 months.

10/31/2015 2:49:46 PM - Felicia Hamilton Gilbert, AZ

I was a heavy smoker for 30 years. I have tried many smoking cessation products i.e. nicotine gum, nicotine patches, medications and hypnosis. None of these products/methods helped me to quit and stay quit. Until I discovered vaping. I have been vaping now for 2 1/2 years and have not touched a cigarette in over 1 year. I started out using 24mg of nicotine in a cartomizer. I continued to smoke while using the cartomizer but over time the amount I smoked decreased. I am now on 6mg of nicotine in a desert flavor using a provari mod and kayfun tank.

The effects of not smoking have greatly improved my life. I can now walk a small flight of stairs and not become winded, I can run and play with my grandchildren and not be tired. I do not wake up coughing and choking. It is rare now for me to cough whereas before vaping, I coughed constantly. I suffered from bronchitis at least twice a year and there were many occasions when bronchitis turned into pneumonia. I smell better, my skin is clearer and my family is happier that I no longer smoke. I am so grateful for vaping products and I know that I will be a vaper for the rest of my life. The alternative is smoking and I do not want to smoke...ever!! Hopefully our government (for once) will see the benefits of vaping products and NOT ban them! I believe vaping products are essential to people who smoked, to live longer, fuller lives.

10/31/2015 2:49:39 PM - Jeff Weyand

Quite simply: since purchasing a vaporizer one year ago, I have not had a single cigarette, nor do I have any desire to smoke a cigarette. And that is from the first puff on the mod vaporizer.

As a 60+ male with an on and off forty year cigarette habit, I am ecstatic that these vapor products exist, as my health has improved dramatically. No more coughing, chest congestion, shortness of breath, cigarette stench. The activity of â€œsmokingâ€ has now become enjoyable and benign.

Is it any wonder the tobacco lobby feels threatened, and is attempting to squash vapor products? Shame on them. Again.

10/31/2015 2:49:31 PM - necrose99

I used to smoke clove cigarettes from time to time. (now banned) more or less socially or for nerves...

Anyhow with blends , some of them low or no nicotine , can alleviate stress as well as therapeutic oils , Cinnamon for type 2 diabetes , and a few others like mint or clove similar for asthma.

also can be therapeutic for allergies if one picks the right oils or blends them oneself.

not that my vaping habit is extreme , but can alleviate asthma symptoms somewhat , and Cinnamon oils can help keep blood-sugar a bit more normal, as a vapor i can ingest the active substance more quickly . Since I am a Service connected Vet this keeps me from having to order more insulin/asthma medication , at taxpayer expense, of which VA sens more more than I often have to use.

(with asthma my weight kinda ...got up , now have type 2)

some of the oils used in moderation have eased symptoms.

honestly having mix kits on the market for more therapeutic/homeopathic applications would also be of use, for alternative health applications.

10/31/2015 2:49:20 PM - Nick LaBella

I recently changed over from smoking cigarettes to vaping. I have smoked cigarettes since I was 14 years old, and have tried everything to quit since I was 20. I used the gum, cold turkey, the patch, everything. I had a success for about 4 months but I gained almost 30 pounds, I inevitably went back, and right back to the excessive amount I was smoking. At the time I started using the vapor products I was smoking 1.5 packs of Marlboro menthol a day. I would wheeze and cough and be out of breath very often throughout the day. I work a construction based job and am driving a lot throughout the day and would find myself smoking even more because of it. I finally had enough of not being able to breathe and smelling like cigarettes and wheezing and coughing all day. I stopped by my local vape shop and talked to the guys in there and bought a vape and kicked my cigarette habit to the curb. I'm pleased to say that I am cigarette free for a month now and feel great. I already notice I am no longer wheezing and I notice that I am not so short on breathe anymore and am sleeping better and coughing is no longer a painful thing every 15 minutes. I contribute it all to the vapor and helping me breathe better. I find that the difference in flavor has helped tremendously in keeping my interest and I don't substitute smoking for food and am not gaining any weight this time while quitting and do not have any urges to smoke because I have the vapor. The guys at my local shop started me out at a 6% nicotine and then within two weeks I am already down to 3%. I do plan on going to the 0% in the future but just getting that little bit of nicotine does make a difference for me. I love the fact that I can get the 0% nicotine though because whEn I am with my workers, or out at night with friends and they do to outside to smoke, I can still join and have the social aspect of it but slowly and surely many of them are starting to switch over too. I 100% feel if this is taken away, I will be right back to smoking cigarettes and right back to coughing, wheezing and short of breath which effects my day to day like and also my sleep. To ban these products, in the nation that was founded on freedom and the rights to make our own decisions is absolutely ridiculous in my eyes. I'm a 26 year old citizen that should be able to choose my smoking product, wether it be cigarettes, a vape, or pipe. It shouldn't be up to anyone else but me, and to take that right away is unamerican in my eyes.

10/31/2015 2:49:08 PM - Terry

I was a pack a day smoker for 25 years. I've tried multiple methods to try to quit smoking in the past. I've watched family and friends experience the health problems that smoking had caused but was never able to stop until my doctor told me I had to. She suggested an electronic cigarette as a less harmful alternative. Today I have been smoke free for nearly two years. I switched from an electronic cigarette to vaping because I wasn't able to lower my nicotine level as effectively with the "cigalike" style e cigarettes. Also vaping is less expensive and much more enjoyable. For the last year, I've been mixing my own e liquid so I can control what ingredients I choose to vape. Please don't let the FDA and Big Tobacco continue to monopolize this industry. This is a less harmful and more economic alternative to tobacco and this is sounding too much like the tobacco industry doesn't like it's competition and is using it's influence to squash an up and coming industry that is challenging them.

10/31/2015 2:48:33 PM - Elaine T

I am not a smoker, but last year, I watched as a loved one died from tobacco caused lung cancer. It was ugly. I am for anything that gives deliverance from the clutch of killer tobacco. Another family I am related to began to use e-cigs when they first came out. At least 6 members of that family have switched from being lifelong smokers to e-cigs. Six people now have a chance at longevity. I have seen the struggle to stop smoking over and over, including my loved one that died. I am amazed and overjoyed that there is an alternative to what amounts to a death sentence. PLEASE, PLEASE, PLEASE do not remove or limit this option for smokers. E-Cigs SAVE LIVES!

10/31/2015 2:48:27 PM - Dan Jones

I am a 61 year old man, that started smoking when I was 14. I smoked 2 packs of cigarettes a day for most of my live.

I've tried to quit smoking, literally dozens of times, using every method on the market, at least once.

I decided to try vaping, to get off cigarettes.

That was 2 1/2 years ago and I have not had a cigarette since the first day I started vaping.

Not once have I had a desire for a cigarette, since then.

No more morning cough, burned clothing, nasty ashtrays and clothing smelling like smoke!

I feel my health has improved. My taste buds have come alive!!

My sense of smell has heightened and my breathing has improved dramatically.

I since starting vaping I have slowly reduced the nicotine content to the lowest level available. The next step will be to go to ZERO.

I couldn't be more pleased with my vaping experience!

Dan

10/31/2015 2:48:20 PM - Ian Scoviak

I smoked cigarettes and used chewing tobacco for 17 years and vaping was the only thing effective enough to get me to quit. I tried patches, gum, pharmaceuticals, quitting cold turkey and nothing worked until I got my 1st pen style vaporizer. I didn't quit smoking right away but that vaporizer gave me the will and determination to finally stop for good. Now I have been cigarette and chew free for 3 months and haven't felt better in years. I can breathe better, taste better, have lost weight and live a healthier life altogether because of vaping. I feel like vaping has literally saved my life.

10/31/2015 2:48:12 PM - Stacy foresee

I began smoking at age 12 to be "cool". I then became addicted in a months time. Continued to smoke until I became pregnant with my son. A few months after he was born I started smoking again. Menthols a were my smoke of choice. Even more harmful. In 2010 I was introduced to vaping. I was able to stop smoking and now it has been 5 years that I have been smoke free. Vaping saved me from those terrible things. I now vape 0mg of nicotine for the most part.

I smoked for almost 20 years and was able to quit that habit due to electronic vaping devices.

I feel it has saved me and I will never go back to smoking!!!! I no longer cough or wheeze!! I can go long periods without having to vape as well.

10/31/2015 2:48:02 PM - QRiedelVapes003

I have been vaping for 7 years already, before vaping hit the scene here on the Gulf Coast of South West Florida in late 2009, early 2010, as an safer, and healthier way to escape the egregious, disgusting habit of smoking analog cigarettes.

Before I discovered Vaping, I was a 2 and a half-pack a day smoker and with every drag off of those death sticks, I could feel deep in my core that smoking was slowly but surely killing myself by continuing to use tobacco. I was constantly racked with all sorts of respiratory illnesses. Any time that I was sick in the 10 years that I did smoke, I could link the dry, phlegm riddled coughing, and respiratory issues all to my smoking. I would get bronchitis at least 5 times a year, I coughed up colors of phlegm that aren't meant to come from a healthy young person's body. If it wasn't bronchitis or pneumonia, it was some form of upper respiratory infection and I could genuinely feel with each puff I would take off of a cigarette, the time it was taking off of my life. I could feel the effects; mentally, physically, and spiritually of what smoking was doing to my life, by affecting my health. It was leading me closer than I wanted to be to either an early death, or a lifetime of ailments I couldn't bare to deal with.

I discovered Vaping when one of the first vape shops in the US opened up in the cityear I'm from, Cape Coral, FL, they offered amazing discounts to any legitimate cigarette smoker who was coming in their for a healthier alternative to smoking cigarettes. In fact when they had just opened, if you brought in a pack of cigarettes, as your "last cigarettes," they would give you an eGo set with a case and charger because there weren't any fancy mods back then. When vaping came to be when the industry first hit the market, a "mod" was when a new clearomizer or different color clearomizer came out and you attached it to your eGo vapor pen.

That store is still open today and is now a chainew of stores all over my state with 11 locations, as they were truly at the forefront of everything to do with the market on e-cigarettes. They had tons of house blended e-liquid that they use to mix up for you right on the shop floor before they expanded rapidly and devoted a section of their warehouse into an e-liquid mixology lab. For a branded juice that's not premium, they still make a darn good e-liquid and their Reduced PG juices are awesome too, but their house blend is already a 60VG/40 PG as they have never been a fan of PG.

When Mechanical Mods came on the scene they of course had everything you could ever dream of for your mods, the little baby dripper's of the day back then. Not only that but they remained so friendly and helpful that they would sit down and teach you everything that you wanted to know, needed to know about what you were buying, or anything. They always treated customers right and had a rewards program from VERY early on.

I was always one who wanted the largest cloud possible so with the times I have always aimed towards the vape-gear that could produce a nice dense, flavorful hit! A cloud chaser from the beginning and I still am today, I build nice low resistance twisted NiChrome Coils by hand with different diameter screwdrivers as it's easier to control, trim them all up with my toolkit of nail trimmers, tweezers, and a pair of curved needle nose pliers with a flat set of jaws so it doesn't crimp or gouge the coil.

Vaping has gone from a hobby to a lifestyle for me very quickly and borderlines on obsessive but I know there's vaper's out there that understand the need to acquire every mod and atomizer out there simply to get a larger and larger cloud of flavorful vaper. I crave a nice fruity or dessert vape, or fruity dessert vape, whichever my taste buds are craving that day. Lately I have found myself very fond of the multitude of strawberries and cream, strawberry milk, or strawberry pastry and milk/cream, 'Milk Man' e-liquid flavors.

I have been lucky enough to receive endorsements from advertising my favorite vape brands on social media, mainly on my vape picture blog on instagram. I have also been privileged enough to be able to beta-test for a few premium e-liquid lines out of Los Angeles and California which is always fun to help any up and coming or big name company with their research and development. That's why I say Vaping is really more if a lifestyle for me, I went from being a 2 and a half-pack a day smoker for a decade, to tapered down to the lowest nicotine option juice companies offer. I have honestly felt the change in my respiratory from the moment I never picked up a cigarette again. It was honestly the best decision I've ever made in my entire life as there is constantly new things to save up and buy for including devices and atomizers, for a Cloud Chaser like me it's genuinely never ending as I crave that larger and larger plume of vapor and with the Advanced Personal Vaping devices came to be, Temperature Control came around so you can have that same giant, dense Plume of vapor at a temperature that is very comfortable and safer for your lungs. I vape mainly on an unregulated or mechanical mod but I do so safely, following Ohm's Law to the tee and I have had not even one dangerous incident in the time I have been an Advanced Vaper, I prefer a dual 18650 or 26650 box mod in series so I can get the biggest cloud possible, I love MAX VG juice, 80VG/20PG+ 90VG/10PG juices are delicious too if the creator has talent in e-liquid mixology and can make competition juice that doesn't have a muted flavor upon the exhale. I love flavor through and through those 8-10 foot clouds of tastiness!

I've watched the market blossom into something beautiful from the beginning and it truly is a wonderful thing. I would kindly advise anyone with even the slightest thought of quitting to take a trip down to your local Brick and Mortar vape shops and try some flavors and see what you like, don't buy the first device they put in your hands because it won't give you that deep hit, with a thick lung-full of vapor that you want to closely imitate your cig habit you're wanting to kick. It may just change your life the way it did mine. There are tons of premium e-liquid lines out there to try so the flavor profiles for

endless so no one person is gonna like the exact same thing, sometimes they do but it's rarer because there are genuinely SOO many options of flavors to choose from. Also people beginning to vape, you don't have to pay $20+ dollars for 1 Fl. Oz./30mL of juice to have a mind-bogglingly amazing vape experience. There are many affordable options that are just as good, if not better that some off the Premium 'Artisan' e-liquids on the market.

There's literally something out there for everybody and it's truly a wonderful experience to have been able to watch this market grow and develop into what it is today. I don't see myself ever quitting vaping really as I credit it in truly saving my life! Vape tricks are fun; just blowing a cloud if vapor that turns many heads is fun in it's own rights. A lot of people don't understand vaping but that's because they've never paid it any mind, it's been out there for quite a few years. I do believe all bottles should be child proof and that responsible adults should do their part and keep their e-liquid containing nicotine, even in small amounts, up in a safe place where their pets or animals cannot reach it. You have to be responsible with vaping do, don't pull out your vaporizer in a restaurant and start chucking clouds as I said, there's still a lot of people out there, especially the older crowd that doesn't understand vaping and that the byproduct is literally and genuinely just water vapor and a minuet amount of residual nicotine as the majority of it is absorbed into the lungs when you inhale it deeply. The older folks think it is some kind of smoke and may get fussy about it so just be discreet if you're vaping in public, just walk a few feet away and puff away if someone near you is offended by it. There are easy steps us vaper's could take that would keep a majority of people from complaining or being opposed to vaping, I think noone under the legal age to use tobacco/nicotine products should not have access to e-cigarettes in any form.

The majority simply needs to be educated about vaping and e-cigarettes and the benefits of vaping compared to smoking analog cigarettes, lung cancer has been a huge killer for years and that number could be reduced if enough people took action and proved that vaping is the safer, healthier option to tobacco. Tobacco has been killing people since the dawn of time and the only thing a smoker is getting from the cigarettes that they crave is nicotine and the sickness that comes along with it. The only time you hear something negative about vaping are from 100% user error and people being naive to the rules of electricity that play a huge role in Advanced Vaping, Vape Safely, and Vape On!! Spread the word that smoking is dead and vaping is the future as RiPTrippers would say, that bearded man speaks the truth!

I've been without a cigarette since I started vaping, I don't smoke at all unless a friend or family member needs help lighting a cigarette, even then I don't inhale tobacco smoke because psychologically and biochemically, I know exactly what it's doing to my body, so I'd only ever be seen with a Mod in my hand, always chasing that bigger cloud of vapor!

Vape On, and Vape Safe!!

Q. Riedel of Cape Coral, FL

10/31/2015 2:47:31 PM - TJ McGhee

I had COPD and Sarcoidosis and a long time smoker from when it wasn't deemed bad. I had numerous breathing problems and after I switched to vaping I am so much better. Confirmed by my doctors who said I have greatly improved. It has saved me. I am so discouraged that people don't educate themselves. I view this as a way for extremely addicted people to help themselves. It's a medicinal thing for me. It is sad that big tobacco is trying to ruin it. They have killed so many of us who smoked analog cigarettes. But the proof can be found by medical records which I will be happy to provide. My doctors are pleased that I am better and am having no issues. At one point I was on my way with a diagnosis of emphysema. NO MORE I am not.. I love my vaping it has taken me off cigarettes.

10/31/2015 2:47:25 PM - Buster McMahan

After smoking for 40 years my sister got me started vaping. I wasn't sure about it at first but after a week I noticed that I didn't smoke as much and my morning "smoker's hack" was becoming shorter. After 1 month I lit up a cig and almost immediately put it out as it tasted terrible, I never lit another cig after that. I tried all kinds of treatments to quit smoking in the past, gum, the patches, cold turkey, a program that you timed the intervals between cigs, none of it worked. Vaping let me quit without fuss in one month and I am now over 2 years smoke free. My cough has gone away completely, and I can walk much further than I could while on cigs. Vaping has done so much for me, to regulate it into virtual non-existence would be a crime for all those that want to quit smoking but haven't tried vaping yet.

10/31/2015 2:47:19 PM - Aaron MC

I have been a pack a day for 32 years and have tried numerous times to quit but wasn't able to. Started vaping 3 months ago and till today, haven't touch a cigarette.

I'm very happy of that achievement and I've started to reduce the nicotine content in my

e liquid. I'm also feeling much better, lungs are not congested anymore and I felt good

every morning.

I will not let anyone take that away.

We need a solution eg. better regulation, create safety awareness etc...it can help people

quit and stay away from smoking. Why ban it???

I'm gonna vape on.

Thanks.

10/31/2015 2:47:11 PM - Shirldene Tydings

I smoked up to a pack and a half a day, since the cage of 16. I am 44 now and decided to try vaping back in March of this year. I wasn't sure it would work but had to try. I was sick of coughing, constantly whitening my teeth, and smelling like stale cigarette smoke, let alone feeling like I was killing myself. So, I tried vaping. I went to a small local business and asked a million and one questions and left with a vape device. I haven't smoked a cigarette since. I don't cough anymore, I feel healthy again, and I will live longer to spend time with my grandson. You would think that our government would want us to be healthier instead of polluting the air with the harmful smoke of cigarettes. I know I am thankful for the small business owner that guided me in the right direction. I have also gone down on my nicotine. I started out a 12, now at 3. I have an eleaf 30w with a herakles tank.. My sons also started vaping to stop dipping and are also successful. Just thought I would share how vaping has helped myself and my family. Not only am I saving a ton of money, I'm saving my life.

10/31/2015 2:47:03 PM - Angi B

I smoked cigarettes for 18 years and wanted to quit badly. I watched numerous family members die from lung cancer and I knew I would be next.

I tried cold turkey, the patch, nicotine gum, hypnosis, prescription medications and other products. I tried Blu disposables Ecigs and lasted 3 days. I was giving up hope that I was doomed to become like my other family members.

I then tried Halo Ecigs and then a regulated mod and the rest is history. I have been totally cigarette FREE for 2 years and 3 months today. I feel great, my breathing, smell and energy has returned and I've dropped my nicotine level.

I owe my success to a higher power ecig and the juices I am able to buy to help me quit this horrible habit. NOTHING else worked and I'm saddened that vaping can potentially be taken away from all the other people who have yet to find it and quit themselves.

I feel as though our government should stop taking drastic actions against something they obviously do not have full information about. It is time that our government listens to the people that put them in office. Ecigs are SAVING lives and maybe the better focus would be towards more regulations on cigarettes that are killing people. Seems pretty backwards to me.

10/31/2015 2:46:32 PM - Debbie

Hello. I had started smoking at a very young age. For years i have tried to quit but had been unsuccessful due to, i.e, nicotine gum sticking to dentures, medication to help quit causing side effects, the patches causing pain, and so on. Those ''aides'' to quit along with trying to quit ''cold turkey'' just didnt work for me. I value well health with well being. Since using the vapor products, i have not only felt healthier, and know i am, but this is the way i need, have to, and want to live, as there was no other ways for me to quit, and believe me, i have tried so hard to quit smoking those lousy smelly unhealthy cigarettes that have become sooo expensive it can put a huge hole in one's pocket and financial situation, all thanks to the government and those who thoughtlessly as well as foolishly raised the prices on a pack/carton of cigarettes. Smoking was not a choice but a habit that, as many know, is addictive; something that some of us have been unable for a variety of reasons, have been unable to quit but instead have had to pay the higher prices for cigarettes, which most if all of us who do smoke, know the hazards of smoking. I enjoy the facts that there has been the alternative to regular or pipe tobacco, that i was forced to buy and had to make my own cigarettes because the prices of premade cig.s where too expensive for me. The other downside to making your own cigarettes was that it was difficult for me to make them and it made a mess. The upsides to the vapor ecigs have been better health, no second hand smoke as well, and i have been enjoying the variety of flavors as well. Please please, i am begging you to help me to keep being able to purchase the vapor for my ecig as a right as an American born citizen, to live a longer healthier life (which should be my right as well). Please think of me and the other people who use these products and all the lives you will be saving as well as the lower costs for health care expenses. This is an American right to be able to purchase what has already been on the market and should, in my opinion, continue to be made available for those who want to purchase it. Thank you for taking the time to read this, if you have, as my story is true, so help us, God. I want to live, and live as well as possible, as healthy as possible; please help me to have this and allow me to keep purchasing vapor products. sincerely, Debbie You will be saving my life, and i owe my thanks to you for this as long as i can continue to buy these products

10/31/2015 2:46:20 PM - Genia Holloway

I had smoked cigarettes and cigars off and on for nearly 20 years...a pack a day. I was skeptical of all smoking alternatives because I had tried so many that didn't work for me. After some research and tons of questions at my local vape shop, I chose a refillable tank and battery device. Taking the advice of the salesperson, who was a vape user, I started my nicotine level at 24.

Within the first month of using vape products, I quit smoking cigarettes completely. I have been lowering my nicotine level periodically and am working toward no nicotine.

My family is no longer being subjected to the harmful effects of second-hand and third-hand smoke. They are also very happy that I no longer have to miss out on anything at family gatherings because I went out to smoke.

It is my personal opinion that vape products and systems are far superior to nicotine gum and patches in dealing with nicotine withdrawal. I have used these other options for months at a time, and still returned to smoking cigarettes. Recently I explained my position to a hospital nurse this way: "If I have nicotine withdrawal, you will use a patch to relieve those symptoms. My vape system contains nicotine the same as a patch. Therefore, my vape system is not a tobacco product...it is a product that contains nicotine." Classified in this way, he agreed that it was no different than a patch or gum, and also agreed that it satisfied the urge to draw and inhale which are psychological factors of smoking.

All my doctors are thrilled with my switch from smoking to vaping!! One had warned that he would no longer treat me if I continued to smoke. When I quit smoking by using a vape system, I asked him if he wanted to know my nicotine level. He said that he didn't because the nicotine wouldn't affect my treatment, but the chemicals in cigarettes would.

Thank you for this opportunity to share my experiences with using a vape system. Using it has saved me so much more than the money..and the money savings is substantial!!!

10/31/2015 2:46:05 PM - Cory

I have been smoke free for almost 2 years in February. I couldn't have done this without vaping. I am a stronger person, healthier person, whose quality of life has improved beyond what I could have ever imaged. Others have quit by my example.

I smoked for 15 years before quitting. Started smoking at 13 years old. So it wasn't as though anyone cared so much back then to keep cigarettes away from kids.

I tried the patch, nice gum, candy...everything and nothing helped me.

I got a basic plain vapor, with a battery & chamber. I stopped smoking cigs that day. I now use a better vapor. I don't even go through 3 small bottles of juice in a month.

I am proud to be smoke free. I am proud that my friends became smoke free vaping as well.

I want to live to see my great grandkids.

10/31/2015 2:45:00 PM - glointhedark

I never marked the exact dates that we quit smoking or started vaping. I never realized that this information would be important to anyone other than my daughter and myself. I have arbitrarily set January 1 as our quit smoking/started vaping date.

My adult daughter and I quit smoking cigarettes almost 10 years ago, not because we wanted to - we did not, we both enjoyed the physical act of smoking, and cigarettes seemed to help us deal with the stress in our lives - but because we could not afford for both of us to continue smoking due to price increases. We share housing and living expenses, and neither of us wanted to be the one to continue to smoke and tempt the other, so we both quit, cold turkey. It was not easy, or pleasant, for anyone concerned.

The cravings never left us, but we managed to work through them. There were days when I literally made a deliberate effort to stand downwind of a smoker at the bus stop, just to get a whiff of their smoke.

Almost 4 years ago, things started coming to a head. We still had cravings. The stress in our lives ramped up when we realized that we would have to move our small family - including my grandson, who has autism - across the country in order for my daughter to get her externship and complete the requirements for her Doctorate in Audiology.

I literally started begging my daughter to pick up some cigarettes for me. I was having a really hard time coping with the thought of moving to the west coast, further away from friends and family, with a young adult with autism. My daughter did not say anything to me at the time, but she was having similar problems and desires to start smoking again. She did tell me that she had heard somewhere about ecigarettes. We did some research. We hemmed and hawed for a few months. Personally, I did not see how these ecigarettes could replace the desire for and satisfaction that I got from a cigarette.

My daughter finally cracked. She called me when she was out shopping one day to say that she had gotten herself a cigalike disposable, just to see if it would help with cravings. I told her to bring one for me to try.

Well, I'll be darned! The silly things worked. We bought a couple of cigalike starter kits, started refilling the cartomizers with eliquids that we thought sounded tasty - no tobacco or menthol flavors - and continued to be ex-smokers. We have graduated to Kanger Evod setups. We have several eliquid vendors that we use on a regular basis. We enjoy many different flavors (all non-tobacco flavored).

Ecigarettes are a major factor in our continuing to be ex-smokers. If my daughter had not heard something about ecigs online, and if we had not pursued researching ecigs, we would certainly have gone back to smoking with the resultant health consequences.

Thanks to vaping and ecigarettes, we are still ex-smokers, and proud of it. We fully intend to continue using ecigs to keep away from cigarettes.

Many, many Blessings be upon the inventor of the ecigarette and those who continue to work on improving the products, including those who are making and working on flavors that convince smokers to get away, and keep away, from cigarettes with all their harmful and cancer-causing chemicals.

My daughter and I are not interested in "cloud chasing". We only want to continue to be ex-smokers. We have been successful in this endeavor thanks to ecigrettes.

10/31/2015 2:42:55 PM - Billy O.

I smoked for 22 years and have tried many, many different methods to quit, but nothing ever seemed to work. I would always start back smoking cigarettes. I tried the patch, nicotine gum, chewing tobacco, anything to quit inhaling cigarette smoke. My wife was the first one of us that started vaping (ecig). She bought a pen ecig and was always telling me that it really worked. Having failed at every other attempt, I was reluctant to waste my time an another fruitless venture to quit smoking only to fail once again. But she wasn't going to take "No" for an answer and she kept trying to get me to just give it a shot. So after seeing her success last for 6 months, I gave in and tried.

That's the best decision I've made concerning my health yet.

At first it took some getting used to. It's not in any way like smoking regular cigarettes. But after two weeks, I loved it. I didn't crave a cigarette. I was actually feeling better and saving money! I was shocked to say the least.

Now I've been vaping for over two years and have actual proof that my lungs have improved over the period I've been vaping electronic cigarettes.

I work offshore and have annual physicals that entail checking the capacity of my lungs. The first year after I quit smoking and stated vaping I gained 2% of my lung capacity and function back. The second year I had my physical I was up to 8% improvement over the baseline when I was a regular cigarette smoker.

Last week I went and I'm proud to say I'm at 10% improvement!

I haven't told the DR that I vape, but they're telling me how great it is I quit smoking and look at how good my lungs are now....

So with this in mind I've gotten 4 of my coworkers started vaping over the years and they have the same results.

Why would anyone want to limit my ability to choose for myself a way of quitting smoking and being healthy? It makes no sense.

In closing I can say vaping has improved the quality of my and my wife's life, by untold amounts of extra playtime with my children, being able to work harder and longer, giving me more minutes to live and be with the ones I Love.

Billy O.

10/31/2015 2:41:06 PM - Jonathan Dempsey

Hi everyone, I, like so many others out there started smoking at an early age. I was only 8 years old, yes you read that correctly, EIGHT years old. I am 34 now and have been smoke free for about 4 months now. Since i started vaping, I've felt better and I don't get winded as bad as I did when I smoked. I have more energy because I finally quit the nasty habit of smoking. I am just like so many other people that vape, I feel that I have made a healthier life choice. I tried all of the gums and patches, I even paid for chantix, which has caused people to become suicidal and depressed. Now if the idiots of the FDA will approve something like that, then why can't they leave us alone? I smoked 2 packs a day and took a risk of getting cancer and dying, the only risk that I know about with vaping is the PG allergy. VG can be found in some liquid medicines that may be in your medicine cabinet. Sorry, I kinda took a different direction for a minute. Back to my vaping, I am currently on a 6 or 3 mg, depending on if I'm dripping or using a tank. I use a regulated mod for my tanks and unregulated for my drippers. So far I have no cons with vaping, except when I start getting low on my e-liquids, or get that dry hit lol. I have only great things to say about the vaping industry and being a vapeaholic. Big thank you to everyone in the vaping industry and everyone that has joined CASAA, Every vaper needs to tell others about CASAA, even if they don't vape or are still smoking. Tell them to join and help us fight for our right to be Americans and vape on. the more people that will support us and be heard, the better off we will be.

10/31/2015 2:40:50 PM - Jamie F

Sorry to say dude E-cigs don't have all the chemicals a real cig has and it does not cloud or congest your lungs up like a real cig does either !! so the FDA is stupid and retard for wanting to ban vapor products. and if people don't keep their e-cigs out of reach of their kids and their e-juice too then its their fault not the products fault !! I been smoking E-cigs for 5 years now and I feel more healthier and better then I did smoking a real Cig ! my lungs are cleared up and my asthma does not act up from it at all. unlike smoking a real cig my lungs are congested all the time and I can't even run around the block with out being out breath ! or even walk up stairs without being out of breath from a real cig. when I use E-cigs I can now run 5 miles a day and I can walk up and down stairs without getting out breath !! the chemical water that is in the E-juice is the same as you get from other products you drink or eat these days !!! and use in some medications !!! your more bound to get cancer from a real cig then a E-cig !!! and you don't smell like a ashtray or smoke all the time from a E-cig, like you would from a real cig ! and theres No rat poison in a E-cig like there is in a real cig ! I AM AGAINST THE FDA BANING VAPOR PRODUCTS !!! 110% ALL THE WAY !!!

10/31/2015 2:40:41 PM - Chris Kaskie

My name is Chris and vaping saved my life. I was a smoker for almost 20 years. I tried quiting a few times using the patch and just going cold turkey but it never lasted more than a month or two. I found Vaping 1 1/2 years ago and never looked back. I have not picked up a cig since the first day I tried Vaping. I started using an ego and now I use an ipv4 with a few different sub ohm tanks and I love it. I started at 12mg nicotine and now I'm down to 6mg and going to soon drop to 3 mg. Before I started Vaping I was coughing all the time, most of witch I was coughing nasty things up and I could keep up with my kids with disabilities. . Now no more coughing and I play with my kids all day without getting tired. Thanks to vapor products I have my life back and my kids have their dad back. Thank you

10/31/2015 2:40:32 PM - Cheryl

I smoked 2 1/2 packs a day for 30 years I was always sick with a cough or a cold or sinus infections. 2 1/2 years ago I started using a Istick vapor e cig I started with 10mg nicotine now I don't use any I prefer the tobacco and rum flavors and I have not been sick once with a cold or cough I am breathing better and feel great I pick up the vapor smoke and never wanted another cigarette not only has my health improved I have save a lot of money that has helped me buy my own home. Because I have been doing so well with this I have converted 5 other people from cigarettes to vapor and they are also doing wonderful. I personally watched 20 employees that smoked at a company in Renton Washington stop smoking cigarettes and switch to e cigs everyone of them felt better and are doing great they got me started. I really believe that in 10 years cigarettes will be no more e-cig or vapor smokes are cleaner, smells better and healthier

10/31/2015 2:40:21 PM - DesertDweller

My right to vape using whatever alternatives that I choose is very important to me. I started smoking at the age of 13 and became a regular habit at 16, I am now 30 years old and very thankful that I am no longer smoking cigarettes. I quit only two short years ago when the vaping market opened up expanding to many available methods and choices. When i began trying to quit i was using a big brand cigalike and i couldn't completely stop with the cigarettes. It was once I found and endeavoured into rebuildable products that i could control and maintain that I was able to completely separate myself from cigarettes and what a relief it is. My smell and taste is better, my breathing has cleared out and improved, and I just plain feel better. I havent had any desire to to return to smoking since. It is because of the brick and mortar as well as online venders that I have been able to accomplish this goal and for that I am greatful.

10/31/2015 2:40:14 PM - Nicholas Sanchez

After smoking for 16 years and trying everything from the patch, gums and medications I finally found vaping this year of 2015. I have to thank my truly beloved vaping community, local shops , my wonderful girlfriend who also vapes and vaping itself for of it wasn't for them all my life wouldn't mean so much to me. Vaping saved my life, I have never felt better in my life, I have had no side effects and even my doctors are very pleased with my health as of current. Once again, thank you all and thank you vaping! !!!!!, I am forever grateful.

I started vaping 6 months ago, I quit smoking as soon as I tried my first set up, a Smok xpro m80 plus with a starre magnus sub ohm tank and have collected many fine pieces to this day. I am very happy with my life, and honestly have never been happier, I hope vaping stays forever!!!! Thank you.

10/31/2015 2:40:05 PM - Steven

My lung efficiency according to my Dr. was at 25% before I started using e-Cigs. Now I am at 95% efficiency. I was a 3 pack a day smoker, and I had no interest in quitting smoking. I started vaping because I could vape in places that I could not smoke: stores, restaurants etc., but by the first month unknowingly I had cut back to half of what I was previously smoking. After a few months the only reason I was still smoking was because they cost too much to throw away. It took me a long time to finish those last few packs. However, I saved one pack just in case I did not get the satisfaction from my e-Cig that I was getting from my cigarettes. About 6 months later I through it away. I have never wanted to go back. I fear that if the proposed regulations are put into place I will have to go back to my old habits, and I don't want to do that. I slowly dropped in nicotine levels from 36mg all the way down to 12mg. I doubt I will go lower and I am glad I was able to start at 36mg. or I may well have never quit smoking. Nevertheless, I never thought I would quit smoking either, so I may one day go to 0 nic. I know the pharmacies and tobacco companies are loosing money with the invention of the e-Cig., but progress should not be halted just to line their pockets. I am living proof that even someone who has no desire to quit smoking 3 packs a day and smoking since I was 12 years old (I'm in my 50's now) can and will quit if given a better alternative. Since e-Cig juice is mostly made from the same flavorings that are use for candy making the entire idea of regulation is absurd to me. I tried Chantix, but that was a joke and did not help at all.

10/31/2015 2:39:58 PM - Lane urban

I started smoking at a young age about 13-14 I am now a vapor I feel better then I have ever been when I was smoking I have been vaping for about a year now and I will probably never go back to cigarettes unless vaping is not around any more.

10/31/2015 2:39:49 PM - Andy from Los Angeles CA

i smoked for 2 years and I've been using vaping products for 1 year and counting and ive been feeling better and loving my box mod and favorite e-juice flavors and i have gone down from using 16 mg of nicotine down to 0 mg of nicotine. to say the least, vaping has saved my life from addiction and provided me with a healthier alternative to kill that crave or urge to pick up or even look at a cigarette. ever since iv'e been vaping, i feel happier and more energetic. i tell my friends about it who smoke heavily and it has really turned my life around and saved me from anymore potential harm that could have developed had i continued smoking cigarettes.

10/31/2015 2:39:41 PM - Mickey from Toronto, ON.

My name is Mickey, and I'm 24 years old from Toronto, ON. I had my first cigarette when I was 13 years old, although I wasn't a steady smoker until I was roughly 18. For the last 6 year's, I was a steady pack-a-day smoker, sometimes more.

When I first heard of e-cigarettes about 2 years ago, I gave it a try with disposable e-cigarettes, but couldn't make the switch. It wasn't until about 8 months ago that I found myself buying a mod and a tank, and with that, I slowly started to learn towards vaping. It wasn't really until little over a month ago, that I purchased a RDA instead, and almost overnight, stopped smoking cigarettes.

Personally, I found it was all the delicious flavors that managed to get me away from the cigarettes. Within little over a month, I already feel that I can breathe easier when I wake up in the morning, and my sense of smell and taste have started to come back after years of being muted. I've gone from 6mg of nicotine, to 3mg, now down to 1.5 mg of nicotine in the last 8 months. Soon I'll be ready to cut the nicotine all together. Again, for me its all about the flavors.

All I can say, is PLEASE don't take away our right to vape. It can save so many lives. Those of smokers, and those of the ones surrounded by smokers. The vaping community is one that I've never witnessed in my life. We're all just trying to kick the cigarettes together. Sharing and teaching to our fellow vapers, in hopes that we can all better ourselves.

There's been nicotine, amongst countless other amounts of toxins in cigarettes for decades, and there's never been an issue smoking. Why the issue with vaping? Treat it like cigarettes if you must. Make us "smoke" in restricted areas in public, keep it outdoors, and keep it out of the hands of the minors. Just don't take away our RIGHT to vape!

10/31/2015 2:39:26 PM - Joseph Benjamin Uy

Along with these vapor products, I have felt better than I have been in 10 years. I started smoking cigarettes when I was 11. And had quit at 21 to use vapor products. It has been almost 3 years since. This has become an outlet for me to stop smoking cigarettes altogether and as a result I feel better for it. If I was to convert the amount of nicotine intake I have at a daily basis it would be around the area of about 1.5 cigarettes. Which is a dramatic decrease for me from when I used to have 3 packs of Marlboro Red 100's. Also on top of that it has become a hobby for me in my spare time to continue to expand my vaping experience. All these different flavors that are out and available to the market has also helped me with ceasing to use cigarettes.

There are different and many fruity, creamy, and savory flavors available to the consumers to help reduce the urge to have a cigarette. So along with the hardware for the vaping community the flavors and "e-juice" available greatly impacts the direction in which this goes. That does not go to say that all "e-juice" are necessarily good. I believe some containing chemicals and other additives like caffeine and the like should not be included. I believe vaping has to be as pure as it can to help clear out the body of the person.

There are typically 4 to 5 ingredients to an "e-juice." PG which is propelyne glycol, which can be found in an abundance of products out to date already. These things include ice cream, soda, and other edible and safe to eat things. Vegetable Glycerin is another which again is found in a lot of edible and safe things to eat. Nicotine is added to help create the sensation of cigarettes and help reduce intake. As it goes an individual starting vaping would start at a higher nicotine level and gradually go down as time goes on to help rid the body of unnecessary nicotine intake. When I first started I was at one of the highest points of nicotine and again I gradually went down and not end up taking in less than 2 cigarettes worth of nicotine. The flavoring is another ingredient added and helps the taste of the "e-juice" to further help quitting cigarettes. And the last thing that is generally added is sweetener which helps the flavors. The sweeteners is usually sucralose which is basically an elevated form of sucrose and is safe to ingest.

I work at a vapor shop myself, and sell these vapor products to consumers trying to quit smoking cigarettes because we were sick of how we were feeling. One such customer I have is a cancer patient which her doctor said to stop having cigarettes. So we turned to vaping and together we have helped her get over her craving for cigarettes.

With this bill it will also condemn a large amount of small businesses throughout the country. And each one of us in the vaping community does our best to continually support these small businesses and in turn continue to help the state we live in. These small businesses create jobs for people and create opportunities for people to have a hobby.

10/31/2015 2:39:09 PM - Richard Prescott

My name is Richard Prescott. My last tobacco cigarette was in early 2012. I started smoking when I was 13 mainly because of peer pressure and tobacco companies made it look like the "cool" thing to do. I was very addicted and at a young age had to try to get cigarettes by any means to support my extremely addictive and expensive habit. In my early twenties I tried everything to quit. I tried gum, patches, chantex, and cold turkey. I always ended up smoking another cigarette. At about the end of 2012 I was introduced to E-cigs. I tried the ones that look like cigarettes that they sell at gas stations but ended up smoking again. A few weeks later I saw my friend with a device that didn't look like your typical e-cigarette. I was very interested so I tried it and really liked how similar this device was to a cigarette. Best part was it was so much safer than a cigarette. I immediately purchased a "mod" and about 3 years later to this day I'm still going strong without a cigarette. I went from 24 mg nicotine and now I'm doing 3mg nicotine and about to make the switch to 0mg nicotine. I truly believe that vaping saved my life. I've noticed such a positive difference since I quit the cigarettes. I can breathe now! I can taste food! I don't feel tired or out of breathe and I don't smell bad. Now everytime I smell a cigarette it makes me sick. I don't know what I would do without vaping. I don't want to say i would go back to smoking but it's a scary reality and possibility. I want to share this story so others can realize the benefits of vaping. I actually exercise now, something I wouldn't of dreamed of doing when I was smoking. Vaping saved my life! It can save yours too!

10/31/2015 2:38:55 PM - WAYNE & PAMELS WILKIE

yes my wife & i both tried everything to get off of the over 7000 chemicalls that the cigarette companies made them so addicting, making billions upon billions and no one stopped them. they among who knows how many more & no one bothered to stop them. then when the stores opened roll your own cigarrette with no chemicals only tobbaco everyone jumped to shut them down & succeeded in no time. the roll your own helped my wife & I cut down to under 10 per day, no chemicals only tobacco yet were forced to close down, leaving us our family & friends & everyony else to as well.now vaping is under attack!!!!!!!! this typical, however this is the UNITED STATES OF AMERICA WHERE IS OUR RIGHTS!!!!!!!! MY WIFE & I HAVE GOT OFF OF CIGARRETES BY VAPING. WE HAVE BEEN VAPING SINCE JULY 2014 & THE CIGARRET PEOPLE ARE SELLING VAPORS CALLED VUSE SO PLEASE DO NOT DENIGH WHAT SIMPLY WORKS FOR SO MANY OF US THIS IS AMERICA AFTER ALL. WE SUPPORT CASAA .ORG P.S WE HAVE SMOKED CIGARRETES FOR 43 YEARS.

10/31/2015 2:38:37 PM - Walter clark

When I started vaping it was just a way to get by when I could not smoke at work in the company cars and what not now it has became more of a hobby and I am 1 year and 1 month smoke free. In the last year I have bought a bicycle and I ride it to work when the weather allows me to riding a bike something I haven't done since I was in high school which is about when I started smoking I believe the vaping has helped improve my quality of life. Now i don't know all there is to know about vape products but what I do know is that it works

10/31/2015 2:38:31 PM - Max

My dad was a heavy smoker and he wanted to quit. He smoked for over 20 years and tried to quit many times, but unfortunately it was unsuccessful. He tried a lot of nicotine gum, medications, nicotine gum and electronic cigarettes that you could purchase on gas stations and other stores (he tried Blu electronic cigarette). Nothing worked and he lost faith in trying and just continued smoking cigarettes, until I bought a more high quality electronic cigarette. It was a high quality mod. He started to use 26mg and was going down in strength really quickly. Within 2 month he quit smoking completely, only using the electronic cigarette. I am a strong supporter on electronic cigarettes. It does, in fact, help people and this is just one out of thousands examples.

10/31/2015 2:19:46 PM - Steve Wilkes

I am a consumer of electronic cigarettes, or as they are more correctly known, personal vaping devices. I literally feel that these devices have prolonged my life and have the potential to save the lives of millions of smokers.

I started smoking in 1991 at the age of 23. I smoked between half a pack and a pack a day. Over the period of 21 years I tried numerous times to quit. I tried â€˜cold turkeyâ€™, nicotine patches and gum. However, I would always resume smoking.

I first tried e-cigarettes a several ago, but didnâ€™t much care for them. However, in August 2012 I decided to try again. After doing quite a lot of Internet research, I purchased a cig-alike kit (an e-cigarette that looks and feels like a cigarette, usually with a tobacco flavor).

I was converted on the day the kit arrived; I gave my remaining cigarettes to a smoker friend and havenâ€™t smoked another cigarette since.

I was so amazed by the experience that I suggested my smoker friends also try. In the last year or so five of my friends and colleagues that used to smoke quite heavily have also converted to e-cigarettes. Our office of 50+ people now does not contain one single smoker, but 10 of us vape.

Aside from the immediate benefits of no second hand smoke and no smoke smell on hands, clothes or breath, I have found that I no longer cough, can breath more easily and deeply, and have more energy. I have suffered none of the headaches, depression, anxiety or skittishness that accompanied my previous attempts to quit.

Since then I have moved to using a battery / tank / e-liquid system that provides me with endless variety of choices and flavors. This move has been essential to me continuing to vape, since I found I really did not like the flavor of tobacco.

Without the availability of modern vaping products, I am terrified I would have no option but to resort to smoking again.

10/31/2015 2:19:36 PM - Beth

Much More IMPORTANTLY this is why I choose to Vape. My lung function has improved dramatically since I've started using Vaporizers. I've been Vaping for almost 4 years now. My physicians are very happy that I ended up quitting smoking and now vape! I didn't even plan on quitting it just happened. I was at least a 3 pack a day smoker and within 1 week I was down to less 1/2 pack a day. Vaping is the best thing that happened to me and my health!

10/31/2015 2:19:23 PM - Kevin Anderson

I smoked for 7 years until I discovered vaping. I started with a starter pen with 24mg juice and slowly went down to 3mg which I still use. It took me a while to stop smoking cigarettes, but after about 4 months of both smoking tobacco products and vaping. Now, I am only vaping and it has been probably 5 months since I've smoked a cigarette. I can now jog with my dogs without coughing up a lung after half a mile, I can taste and smell things again that I could not with all the cigarettes I was smoking, I feel like a happier, healthier person because of electronic cigarettes.

10/31/2015 2:19:16 PM - Michelle

I have smoked for 10 years due to a stressful situation with my family. I started smoking for the first time at 37 yrs old. I turned to cigarettes to cope with the stress. I thought "oh, I can quite anytime. I'm a strong person. I won't let myself get addicted."

My sons and husband decided to start making their own vape juice in January 2015. They were trying real hard to not revert back to smoking "stinkies." I decided then after trying their vapor juice to try to lay down the cigarettes. I struggled for a bit till I found the device that worked for me, Snow Wolf with a Velocity RDA dripper. This did it for me, smoke-free life at last, February 2015. I found out I could smell things I couldn't before, both good and bad. I can finally enjoy the taste of food again, which I didn't know I couldn't taste. I can walk without huffing and puffing. My energy level has increased. I am no longer having weird joint pains or muscle aches. As of February 2015 my sons and husband's little juice making venture turned into a full on business. We know manufacture vape juice for all the other people that have been delivered from cigarettes. We get to hear about all of their testimonies of their success in turning to the smoke-free alternative of vaping. Which in turn helps motivate myself and family to stay smoke free. I am pleased to say we as a family have been smoke free for almost 10 months. Vaping has changed our lives for the good.

10/31/2015 2:18:42 PM - Hatake

It has saved lives and if they really wanna ban ecigs... there will be a riot from me. I was a pack and half a day cigarette smoker for 8 fucking years. Ever since I started vaping my doctors have told me that my lungs are a lot better and same with my heart. I've only been vaping for a year with out cigarettes and I can tell you right now, vaping is a life saver. Get that through there heads and keep pushing to keep ecigs around! And face it the gum doesn't work and the nicotine patches don't work, #BRINGTHEBIGTABACCOCOMPANIESDOWN

10/31/2015 2:18:30 PM - Tristan

I quit smoking legal known to cause cancer and have 7000 chemicals in them cigarettes about one year ago. I have tried everything and the one thing that finally got me to quit was a regulated Snow Wolf box mod. I learned how to make coils and to know what the resistance of those coils are. Without reading directions or knowing what youre doing they can sometimes be dangerous. However the pvs and regulated mods that I use with the overheat protection, the resistance protection, and the other saftey features they have make them absolutly unable to blow up. Did you know tobacoo companies actually know their product kills people and it just doesnt care. It doesnt care about my Papaw who died of cancer because he really did not know those cigarettes caused cancer until it was to late. The tobacco company actually pays to kill innocent people every single day. Did you know the tobacco company actually sells ecigs like vuse and others and I bet they wont be banned but guess what. They dont blow out enough smoke to make a smoker want to quit and thats what they want too.. They dont want a person to stop buying cancer and start living longer. They want to "KILL" you period..Please let the newest kinds of temp control and regulated mods remain. Dont take away a future of people that safely outside and responsably vape and DO NOT SMOKE lol. Please let the vape competitions and tricks remain. SMOKING IS DEAD. VAPING IS THE FUTURE AND THE FUTURE IS NOW written by - Rip Tripper. Please let the amount of teens smoking fall and fall and fall more every year, something that has never ever happened. Please help make this planet killer cigarette free and more healthy.

Sincerely - Tristan Zips

10/31/2015 2:18:21 PM - Nikki Gilday

In the last 35 years I smoked at least one pack per day, and at times even as many as three packs per day. Over the years I made several attempts to stop smoking. Nicotine patches did not work for me, due to an allergy to adhesives (including Band-Aids), the nicotine gum bothered my fillings, and the nicotine lozenges caused stomach distress. I also tried prescription Zyban in the hopes it would help me to give up cigarettes, but that did not even reduce my cravings. Late last year I started vaping in addition to my smoking. I tried a wide variety of devices (disposable e-cigs, pen style refillable tank e-cigs, etc.) and "juices" until this past March, when I finally discovered the device (and juices) that made all the difference in the world for me! I currently am using the "Eleaf iStick 50W" box mod, and I primarily alternate between my "Kanger Subtank Nano" and "Aspire Triton" tanks. Although I started with 24 MG nicotine, over the last several months I have reduced this to 18 MG and am now down to 12 MG. I had been smoking Menthol cigarettes for years, so I started out using Menthol flavored juice. Since that time, I have also found several other flavors that I enjoy just as much as my beloved Menthol, but my current favorite is a Frosty Peach flavor. Since Menthol is its own addiction in addition to the nicotine (and all the other nasty chemicals in real cigarettes) my switching to Frosty Peach has been helping me to break the Menthol addiction. I have also discovered several other flavors that I enjoy, so I use one tank for my Frosty Peach, and the other tank is used for whatever flavor I feel like having at the time. For the first week after I purchased my current set-up, I still allowed myself 2 cigarettes per day - one in the morning, and one after supper. Near the end of that first week, I found I no longer enjoyed my cigarette, and have not lit even one cigarette. I have finally obtained the satisfaction that previous devices (and juices) failed to provide. Now that I am vaping full time instead of smoking, I have regained my sense of smell, of taste, am no longer burning holes in my clothes (or anything else), and no longer reek of smoke. The variety of vaping devices AND juices have been instrumental in allowing me to finally stop smoking. My experiences are not unique, and have in fact been experienced by many other FORMER smokers. Allowing vaping (including existing devices and the wide variety of juice flavors and strengths) to remain legal will continue to help others stop smoking. Even many European countries have seen effectiveness of these devices and some have gone so far as to provide such devices to their citizens free of charge in order to encourage them to stop smoking. Please help to ensure our continued access to these safer, more effective devices.

10/31/2015 2:18:14 PM - Cory Troutman

I started smoking when I was 18, I am now only 20 so I didn't smoke long. After a year of smoking I ordered my first vape pen and did a mix of both. After about a month I quit cigarettes completely. Within 2 months of vaping I went from a beginner setup to an advanced setup and have loved it all.

I have now been vaping for about a year and a half. I started with 18mg and am now at 1.5 to 3mg, I could cut it down to 0mg but I have too many amazing bottles of liquid in 3mg to make the switch yet. Through vaping I have made so many friends and people I call family. I am from dayton ohio so our vape community here is amazing. I work in a shop called Vapor Haus, it's the best job I could ask for. My closest friends and the ones I call family all owe their lives to vaping. A lot of them even make their income from the vaping industry.

I love that my job is to help people make a change for the better in their life and to help them kick cigarettes to the curb. I used to play music, I used to work everyday at it to hopefully be able to play music for a living, once I started vaping I soon gave that up to one day join this industry. I honestly couldn't ask for a better job.

Vaping has saved my life, it has saved my friends and families lives. Vaping is the future and I will stand behind it 110% until I die.

10/31/2015 2:18:04 PM - Stephen Stocker

After smoking for 52 years, and tried all of the patches, gums, Chantix and nothing worked then I found about vaping, visited a local vape shop, purchased a starter kit.

That was a year ago.

I have not smoked a cigarette since that time. I started out with 18mg nicotine juice, now I am at 3mg nicotine, and most of the time, 0mg nicotine. What helped me get off cigarettes was the wide variety of flavors. If the only flavor was a cigarette flavor, then I don't think I would have been able to give up cigarettes. I wish everyone on cigarettes would just try vaping once and probably would not go back.

10/31/2015 2:17:57 PM - Rhonda Guzman

Hi my name is Rhonda Guzman, I been smoking for 20 year, I quit smoking. I have been using a e-cigarette for a year and 9 months. It's been helping stay off of cigarettes. I can breath better, I don't stink. I'm using a leaf battery, and the tank is super tank, and the nicotine is 6. I would like for you guys to keep smoke free products at the vape store. Please do the right things. I really enjoyed vaping and all the good juices. Thank You..

10/31/2015 2:17:51 PM - Star0236

I stand behind this industry to get people off carcinous cigarettes which is deadly to everyone - even to non-smokers. Electronic vape is safe and non pollutant to the air/ earth. Its better for humans and perhaps safer than pharmaceutical cessation therapies. It works- my husband was a smoker for 30+ years. He feels better than he has since he can remember and his blood pressure is normal now. Please do not take that away from him!!

10/31/2015 2:16:45 PM - Clayton Lindley

I am a professional athlete, with more that 500,000 followers combined on social media.

I used to use Tobbaco products since the age of 11. I smoked and dipped till I was 18. I had horrible health problems, along with dental and nasal problems. After my friend showed me the vaping world, I soon quit and used vaping as a help. I've now been off Tobbaco products for almost 2 years. My respitory system is at its best. I'm able to hold my breath for longer before I even started smoking ciggeretes. VAPING SAVED MY LIFE and made me a better athlete, I can travel the world again with out my breathing bothering me in different altitudes and climates. I still use vape products and I am able to train harder and last longer will competing. So banning vaperizers will start a global outrage along with many people loosing their lives. Along with people being unemployed. People use vaping to feed their children and help their kids get to see their parents until they are at an old age. No need to ban something that is helping people relive their lives again. So FUCK THE FDA and maybe you should be so hypercytical over something like this. I have yet to see one logical ad for vaping, but I've seen 1000s on 1000s of ads for people to quit and showing how bad cigarretes are.

Be smart and help save lives. Not only for users, but for children and future generations

10/31/2015 2:16:39 PM - Jon in Georgia

I was a smoker for 30 years. From 19-49, I was a pack a day or more smoker. My wife met someone over 2 years ago that had just started vaping. We decided to go check out a local Vape shop. We bought a 2-person starter kit and some tobacco flavored juice and some root beer flavored juice. I had tried to quit smoking a few times with no success. With the starter kit, I was able to quit overnight! I haven't had a cigarette in 2 years and 5 months. I started at 12 mg of nicotine and am now down to 3 mg in my vaping juice. I breathe easier and food has a better taste. I truly believe that vaping will add years to my life that I would have lost if I still smoked cigarettes. Also, I don't smell like an ashtray and my clothes don't stink anymore. If you want to stop smoking, give vaping a try. It absolutely worked for me!

10/31/2015 2:14:41 PM - A. Heffner

I used vapes to quit, and continue to decrease my consumption of vaping by lowering my nicotine content. I vape fruit flavors and mint.

I feel that big pharma and big tobacco have bought out the oversight people on this, and that we don't matter because they would rather see Nicorette in our pocket instead of vapes, and big tobacco would like to see only their brands sold, because they can pay for the changes that will come. I hope not.

Nicotine in a cig or vape doesn't kill you, the TAR in the cigarette kills you. There are thousands of stores nationwide that you'll put right out of business, and nobody wants to see that. We vapers are confident that it's doing us good. Please make sure that we go on unencumbered by regulations meant to satisfy the big corporations and not us. We've had it. We are quitting smoking in our own way, not in unsatisfying ways. The "throat hit" and the hand to mouth, in my opinion is what vapes satisfies. Especially for me, a 40 yr smoker. Its the only way to quit, and you should have known this by now. You're listening to the wrong people if you don't.

10/31/2015 2:14:34 PM - Scott

I started smoking right after high school. I smoked for regularly for 5+ years. I tried to quit smoking but always went back to it due to habits that were formed while smoking. I switched 2 years ago to vaping. Over those 2 years I've lowered the nicotine content of my e-juice drastically. I can see myself in the next year or so completely cutting out the nicotine in my vape and just vaping 0mg e-juice. I happy that nothing smells like tobacco. I'm currently trying to get my mom to switch for health reasons.

10/31/2015 2:12:49 PM - Vaping 4 life 2025

I pick up my first cig at 13. I have tried everything the patches the gun the pill everything. I pick up my first e cig 2 years ago and have never go back to cig since. I started at 24 today I have gone down to 3 mg nic. I fell better and can breath and do stuff that I was not able to do before.

10/31/2015 2:12:42 PM - Fred ruchti jr

I smoked for 20 years and never thought I would be able to quit until a friend vaping it worked and I have been smoke free for 1 year 4 months

10/31/2015 2:12:37 PM - Stuart Soulek

I smoked for about 2 years. I felt so many negative affects once I was about 1 year and 6 months in to my bad habbit. I am a strong believer in vaping, because it helped me quit. I love vaping and I want people to know I have a visual impairment but it does not allow me to stop and not stand up for my right to be smoke free. I hope you can read this post and realize I love vaping and it saved my life. It makes me smile knowing I am not giving in to tobacco's silly lies. I want people to realize I am not going out with out a fight. Once again vaping has allowed me to improve my health. I personally want to strongly say you all have the power to fight for your rights as americans. We lose many lives each day and we don't need death from smoking cigs. So please know I will vape until I die.

10/31/2015 2:11:01 PM - Bo Licious

I have been smoking and become social smoker since I was 15 years of age and have stopped smoking in 2012 after attempting to vape.

while smoking my experience shortness of breath, halitosis and money always runs out. In Malaysia cigarettes are taxable and very expensive. even more so with today. our currency to fall.

with interchangeable vape restore my addiction to smoking because I can choose how many mg of nicotine that I can take. Now I just vape at 0mg only. as time went on I was hooked and I've been less than healthy. No shortness of breath and halitosis problems caused by smoking're done! I smell the flavor of e liquid My next place I vape also fragrant!

this issue is not only America or any other country this face. malaysia not excluded.

Vapers great hope we citizens of the world to allow vape with joyful hearts in order to protect our health and also the people we love.

vape on everybody!

love.

bo d licious licious

kuala lumpur.

wefallfromheaven@yahoo.com

10/31/2015 2:10:43 PM - Bonnie Zornes

I was a 50+year smoker. I tried everything to quit thru the years. Chantix, patches, gum even cold turkey, but nothing worked for very long. My son introduced me to vaping, that was the ticket!! Haven't smoked a cigarette since! Thats been 2 years ago next month (November). I feel better. My house & clothes dont smell like an ashtray. I use a simple devise, Kangertech Evod 2 tank. The juice l use is a 12 mg. I order my juice from a store in Brandon FL. Also my son, his girlfried, my sister & a lot of people l know are vaping. I am thankful l was introduced to it. I dont even want a cigarette anymore & haven't since l started vaping!!

10/31/2015 2:10:33 PM - Paul Braud

I started smoking 15 years ago while in college. I tried quitting several times for my own health, but a few weeks into quitting I would succumb to temptation and tell myself I would just smoke one, and before long I would be smoking just as much as before.

Then five years ago, when my wife was pregnant for out first child, I switched to snus, thinking that if I couldn't quite tobacco altogether for my own health I could at least keep my wife and child safe from second-hand smoke. This worked for while to keep me off cigarettes. I did occasionally smoke one when I was around a smoker, but I didn't fall back into the full-time habit.

Snus is safer than cigarettes in theory, and it is even supposed to be safer than other type of oral tobacco, but I knew there was still a risk of mouth cancer.

Then I heard about Blu cigs, and i bought a starter pack. I can say that they are by far better than any other disposable cigarette-look-a-like ecig I tried, but they were not very effective at keeping me away from snus. The hits themselves were not very satisfying, and the battery never lasted very long. I even purchased another started pack after I hear they had redesigned their products (apparently the batteries were exploding in people's pockets) but I was still not satisfied with it.

About a year ago, I found out there were other types of vaping products. I was skeptical of them because of my experience with Blu Cigs, but I bought an eGo type starter kit, and aside from a short weaning period off of snus, I haven't touched a tobacco product for 8 months now and haven't been tempted.

I find vaping to be more satisfying, cleaner and cheaper than smoking or snus ever was. I am also impressed with how knowledgeable people who vape are about the products they use, both the people who sell it and the consumers, about the mods they use, the atomizers and liquids. Vaping may not be a 100% safe alternative to smoking, but at least we know exactly what is going into our vape liquid.

10/31/2015 2:10:12 PM - brandon

i was about to start smoking becases of the stress of rhaving 2 fulltime jobs and going to school. iwas almost hooked on cigarets. but the i discoverd vaping and it was a alternitive safer way to releve stress then smoking cigarets i have multible vapes and flavers i also have alot of tools to mantain my vapes and coils. i hvae also discoverd trikes to do with the vaper.

10/31/2015 2:10:05 PM - John

After a triple bypass surgery and a 2nd caroitid artery surgery I had to find a way to quit smoking. So I gave vaping a shot and have been smoke free for over three years. This is the only thing that has ever worked and I feel so much better. No more gasping for air at the slightest strenuous activity.I see my cardiologist regularly and to sonagrams yearly to check for blockage. And for 3 years after my last surgery I have been 100% free of any blockage and I have been vaping ever since I quit the terrible habit. I not afraid to say that vaping has probably saved my life and I feel so much better in so many ways. I was a smoker for over 40yrs. I use a mod and eliquid and find it very satisfying.

10/31/2015 2:09:42 PM - James R

I quit smoking June 8th 2015 thanks to vaping. I was a smoker for 23 years. Since then I've lowered my nicotine to almost zero in 4 months. I've had to cut my diabetic medicines in half, my doctor was astounded. My cholesterol meds are cut in half. All thanks to vaping. My pulse ox of 98 and I don't cough up a lung every morning. I truly believe it has helped my quality of life.

10/31/2015 2:08:19 PM - Chris

I am an active duty service member who went from smoking a pack and a half a day for the past six years while at work at my duty station to using ecig products. In the community I am in tobacco use is extremely common and effects all active duty service members in some way shape or form. I would like to see vape products seen in a different light than smoking. It is not the same and helps tobacco users quit. It might not be the best thing in the world for you. But I know for a fact it is less harmful to my body than cigarettes and smokeless tobacco. I can tell by the improvements to my teeth, gums, and my cardio. Ecigs should be an accepted alternative and should be seen in a better light. The vapor (not smoke) does not leave a foul smell that sticks to your clothes and from what I know does not cause any second hand issues. I know that as a service member ecig users are bundled in with smokers and smokeless tobacco users. To me this makes it harder for us to quit, the require us to use ecigs in the same area as cigarette smokers and ecigs help curb your want for tobacco. Being around cigarette smokers when you are first trying to get away from it does not help. I have been using ecig products for the past year and I have completely made the switch from cigarettes. I feel amazing and am very happy to have quit. I want others to be able to follow me over to ecig products without fear.

10/31/2015 2:08:12 PM - Mike Hayed

Hi,

I started smoking cigarettes at 16, by the time I quit at age 43, I was smoking a pack and a half a day. I was slowly killing myself, still smoked after having a femoral artery bypass, tried the gas station e-cigarette with no luck. Went to a cape shop and bought a regulated mod and a good tank, found a juice flavor I liked, quit that day, I am 46 now going to be 47. I no longer breathe heavy, I snore less according to my wife...lol...but most importantly I feel so much better, and the #1 factor is I will be alive to see my kids grow older. I owe it all to vapor box mods.

Sincerely,

Mike Hayes

10/31/2015 2:08:05 PM - Sandra L Clements

My daughter March 1 of 2013 set me up with my first e-cigg kit. I use vaping liquid in refillable tank & coil system. I was a chain smoker over 25 years. Smoked for total of 38years. My pulmonary Doctor is very happy with my lungs compared to two years ago. I don't know if I'll ever be able stop the e-cigg and yes I use max nicotine mg safe to use. But verses going back to chain smoking yes for me vapeing is the answer for my lungs health. At times unfortunately still do smoke time to time but not even close to how it was before starting vaping.

I am unable to take any kind of antidepressants most stop smoking meds have it in them threw me into full mania. Patches gum exctera were not strong enough in the nicotine to cut my cravings. I sure do not wish vapeing to be classedfied as a tobacco product but I do realize we need a label on the liquid especially from overseas to know what it is made of. For this alone I only go to my local vapeing store they do label what they make to your order specifications!

10/31/2015 2:07:58 PM - Luke M.

I smoked for 14 years and tried to quit several times with very little success (cold turkey, gum). I started to see several people at my local bar using vaping "pens" and decided to try one. Although I liked the flavor of juice I had, it still wasn't giving me enough to quit smoking. A friend of mine introduced me to variable wattage box mods and sub ohm tanks. I found a sub ohm tank and box mod that I really liked and started vaping; and that was it for me! The day I started vaping my box mod was the day I quit smoking cigarettes. I have not touched even one cigarette for almost 6 months now! I don't even vape every day, but I tend to vape heavily when I drink. I'm using a 6mg nicotine juice and it gives me the fix that I need, and I love the cloud hits I get from using a sub ohm coil at around 50 watts. But add me to the list of another smoking quitters due to vaping! And I feel so much better already, especially being able to breathe.

10/31/2015 2:07:52 PM - Chris Talbot

I was a consistent smoker for 5+ years. Being a type one diabetic, my doctor constantly urged me to quit smoking, but I could not kick the habit with traditional smoking cessation products (I tried snus, counseling, nicotine patches, and nicotine gum). I got sick one day, and a friend recommended trying vaping. I did and I haven't gone back to smoking for two years! I feel substantially better, and my doctor has been very supportive of the switch. Vaping has improved my quality of life greatly, and I'll be forever indebted to those who helped make the transition possible!

I started with an Ego Twist, at a 24MG/ML nicotine content, I now use a variety of sub ohm tanks temperature control devices, and I use a 6MG/ML nicotine content!

10/31/2015 2:07:09 PM - Ed Horan

I've been smoking cigarettes since before high school, well over 30 years. They were 55 cents a pack back then, and my friends and I used to chip in to come up with that kind of money. I've tried patches, hypnotism, the wonderful Alan Carr program, the works, and nothing stuck. My nephew, who gave up his cigs for a vapor alternative, recommended that I bypass the local bodega/gas station variety of e-cigs and get something from a reliable company. He was spot on. Am I allowed to use brand names here? I got a vaporfi Rocket, and immediately cut my smoking in half. After a battery went dead unexpectedly, I bought a second one. Dead batteries, empty tanks, no longer a potential issue. Cut smoking in half again. I haven't given up the cig's completely yet, but I'm well on my way. Switching to vaping has challenged me to change my way of thinking, and is seriously helping me get out of the tobacco world completely. Easily. Yes, easily.

10/31/2015 2:06:58 PM - Tim Lee

My name is Tim Lee. I started smoking cigarettes about 15 years ago. I had attempted to quit on numerous occasions but seemed to always pick them back up. My wife (Jamie) and I started using e-cigatettes about two months ago. We are using mods. I currently have a C-Fiber 100 w/ Facetank, a Segelei 75 watt temp control w/ Sense Herakales Hydra tank, and an Americlone FU mod w/ Tobecco Super Tank. My wife uses a E-leaf 30 watt istick w/ a Sense Herakales tank. Since starting with the sub ohm mods, neither of us has purchased a pack of cigarettes. I am currently using 5 mg of nicotine and my wife is using 8 mg of nicotine. Just in the two months of e-cigatette usage, I have noticed my breathing has improved greatly. Overall, I feel that my general health has greatly improved. If, it wasn't for the vaping option of a smoke-free alternative I would probably still be lining the pockets of the big tobacco companies by smoking a pack and a half a day. I am thankful for my opportunity to be able to vape and better my health and way of life.

10/31/2015 2:06:51 PM - Christina D. in Columbus, OH

I started smoking at 12 years old. Every year I was sick twice and always the same things, Bronchitis, sinus infection and double ear infection. This continued for 24 years. Then in January 2014 a doctor at an urgent care suggested I switch to an electronic cigarette. I had been sick for over 2 months and this was my third trip to urgent care. My boyfriend was in the room with me and he had just made the switch a few weeks earlier and had an Ego Twist. When we left I did not have a prescription. I heard the doctor say copd, emphysema and switch. We headed to the vape store and I bought my starter kit. Almost two years later and I have not been sick once! I feel (and smell) so much better now. I immediately stopped my pack and a half day habit and replaced it with vaping. I started at 18mg nicotine but but was down to 6mg in a few short months. For the past year I have mostly been at 3mg or 1.5mg nicotine. I have upgraded to a regulated box mod and a tube mod. Out of curiosity I vaped only nicotine free liquid for a couple weeks. It did not bother me at all but I did still vape just as much. This showed me my addiction isn't the nicotine, it's the habit. I tried gum, patches, counseling and hypnosis to stop smoking. Those methods did not even last a day because they did not replace the habit. Vaping has given me a much safer and healthier alternative habit. I know without a doubt if I was unable to vape I would start smoking again. Horribly sad but true. I spend just as much, if not more, on vaping as compared to smoking. That is only for the purchase of the products. When you throw in time off work and medical costs vaping becomes much cheaper.

Besides the health and financial benefits there are social ones as well. Most of the people I am close to (including family) are non-smokers. When you are a smoker you don't realize how disgusting they make you and everything around you smell. A smokers hack (cough) can be bad enough to make other people gag. Teeth don't get stained with vaping like they do with cigarettes. I don't have burns in my clothes and my hair isn't being singed.

All of that and I know if this habit was taken away, I would end up a stinky, sick smoker again. Switching to vaping is the best alternative to smoking a doctor has ever given and I am very glad I listened!

10/31/2015 2:06:42 PM - stacy belec

My name is Stacy Wolfe Belec. I smoked for 32 years. I had tried other ways to quit smoking. I hated the way it smelled and taste. I also hated that it was aging me so fast. Some of my family , grandfather and grandmother on my dads side died from smoking. There are many other family members that died as well. I am now 47 years old. A couple of years ago I started to look at quitting, patches, smokless gums and other little e-cig pens. I was afraid I would become morbidly obese like my mom if I quit. My mother died of type 2 diabetes and obesity. My sister when she died was 347 pounds. Her death was not due to smoking but being over weight. My point is I felt trapped. Either quit and maybe eat myself to death or try another method. Cancer and morbidity were scary to me! I was at a friends house and she asked me if I wanted to try her vape? It looked very strange and I didnt quite get it. I tried it. I reserched what it was made of and decided it was safer to me than the nasty cigs I had been smoking. Its really simple. I went to a knowledgeable vape store and bought the exact set up. It took a little getting used to . I stuck to it. I have not smoked a cig in 17 months not even one. I can breath. My allergies have gotten less. I can breath out of the right side of my nose! Im not coughing up green phlem every morning in the shower. My clothing doesn't smell. I feel much better now that I have quit smoking. I have brought the technology to other smokers and they have chosen to quit. My son is one but I wont mention his name.He is 23 years old. He smoked because he watched mom smoke. I cannot release the names of the people who quit. One of which has posted her story! Please dont smoke! I believe if we had vaping we could have saved lives from cancer. Please do more research. It would be more beneficial to research than to just ban what is not understood. Im sorry. The people who dont smoke or vape cannot have it all their way! We now have a safe alternative to stopping smoking! I did! Again after 32 years? I never dreamed I could! I never want to smoke another cig again! The set up I use now is the Sigelei 50 watt , Aspire Nautilus with adjustable air flow tank for work with a 12 mg nicotine. I use the same mod with an Nautilus Atlantis sub ohm tank for home. I use 6mg of nic with that one. I started with the Sid, not sure the model, and the Aspire Nautilus tank at 18 mg of nicotine. My body dropped down all by itself to the current 12 mg im at now. That's the story as of today. Im a real person and my doctor, who is 74 years old, could not be happier!

10/31/2015 2:06:31 PM - Michael

I made a mistake ten years ago by smoking cigarettes. My health declined quite a bit through the last decade. I became tired and was not able to do most physical things that I enjoyed. Hiking and sports are a few outlets to stress relief for me, and cigarettes made these activities very difficult to enjoy. I knew I needed to stop smoking cigarettes and have tried so many times.

I've tried cold turkey, nicotine gum, and patches to help me quit a habit that dominated my life. None of the solutions worked for me to remove smoking from my life.

About five months ago my girlfriend gave me a starter kit, a simple vape kit and a bottle of e-liquid. On the same day, a drive to never want to touch cigarettes again occurred. To this day, I never looked back. My health has improved, my smell, my lungs, my energy has returned thanks to vape products--I have my life back.

10/31/2015 2:06:25 PM - Frances Branham

I smoked a pack, pack and a half a day, for over 50 years. I had chronic bronchitis, costly doctor bills and medicines. I made the decision to stop smoking (my mother died from health issues due to smoking) on October 8, 2013. Since that day, I have not smoked a single cigarette. I do, however, use e-cigarettes and my health has dramatically improved, verified by lab work, CT scans, chest x-rays and oxygen levels. I use refillable tanks with 18mg of nicotine (down from 18). I had used every method known to man to help me quit smoking and nothing worked - until I started using e-cigs. I will never smoke cigarettes again. E-cigs should NOT be lumped into the tobacco industry. That would be like lumping beer with water - complete nonsense.

10/31/2015 2:06:17 PM - charles abbe

My name is Charles abbe and the purpose for this letter is to share personal experience with e cigarettes, and how they have helped me. I used to smoke a pack and a half a day for 5 years and never thought I would be able to quit. I tried an e cigarette doubting that it would work, the same day I bought one I stopped smoking cigarettes and began my journey. It has been a long road with many different flavors of e liquid but I am today using no nicotine and have achieved gainful employment in the e cigarette industry. The most rewarding part of my journey is that I now get to help other people understand the health benefits and the products on the market. After a few weeks breathing becomes easier. After a month energy levels rise and over all happiness increases and people can go through the day with out coughing fits or asthma attacks. i first used an e cigarette two+ years ago and i use mechanical mods and variable wattage mods with rebuildable dripping atomizers and sub ohm tanks.

10/31/2015 2:06:11 PM - Wyatt s

I smoked for 8 years, and I had tried the cigarette look a likes from the gas station, the gum. The gum always made me sick to my stomach no matter what nicotine strength I used and left a horrid taste in my mouth. But a coworker started vaping in January 2015 then in February 2015 I started vaping. I started on a aspire nautilus on a visor spinner 2 battery and now it's October 2015. And I currently use a sigelei 150w with a free ax Starr and troll rda. I'm at 3 MG nicotine from 16, and I can say I've never could breathe this easy smoking cigarettes. And I can now play with my 4 year old and 2 year old twins without my lungs burning from all the chemicals I enhalled while smoking. So vaping has changed my life and will extend it so I can live longer to watch my children grow into amazing people.

10/31/2015 2:06:02 PM - Shane Mcneal

I started smoking cigarettes my sophmore year in highschool and continued to do so till a year and a half after graduating high school. I started vaping a little over a month ago and i love it! Cigarettes disgust me now days the smell taste everything just horrible. Ive had 3 family members die due to lung cancer, and another 3 that stopped smoking due to the use of electronic cigarettes. I think it would be a real shame for something that is improving the quality of peoples lives to be condemned just because it isnt fully understood. Wake up this is saving lives.

10/31/2015 2:05:54 PM - Jay D

I smoked and used smokeless tobacco for almost 20 years, that was until 5/5/2015. I tried nicotine gum and that didn't work at all. I decided to try vaping as I didn't need any more problems with my health, I have few already. I have been tobacco free for almost 6 months now! Without refillable tanks, e-juice, and battery packs to run them I'd still be smoking and chewing.

I started out at 24 mg per ml of nicotine, and have steadily decreased my level down to 3mg per ml. I will be decreasing again soon. Having the option of different flavors has helped greatly, without flavor options I would have went back to tobacco products.

My lungs have cleared and I haven't breathed this easy since before I started smoking. I used to get colds, pneumonia, and sinus infections on a regular basis. Usually by the end of October I'd have had one of the three at least twice. I'm still not sick!

If my Vaping gear was taken away today I'd be right back on Skoal and Camels. But maybe that's what some people want. I know Big Tobacco is losing money and so are the people they bribe. I'm not surprised to see legislation aimed at destroying the Vaping industry but I am disappointed. Shame on those that are trying to destroy the only way many have been able to quit.

10/31/2015 2:05:45 PM - Ivan

I started smoking at age 14. Became addicted by age 15. Because of my youth I was able to play sports. It wasn't until I was in my 30k's, I noticed my health was not up to par. My breathing became shallow. I tried to quit smoking off and on for years. Nothing really seemed to work to get me of smoking. It wasn't until I was introduced to vaping that was able quit smoking. Not only did I quit smoking, I quite nicotine all together. I only vape for flavor. I've been vaping for 2 years and nicotine free for about a year. At age 40 I have clean bill of health. I smell better. My skin is more youthful looking. My taste buds are enhanced. I eat better. I even sleep better. I have a long list of pros. Thank God for vaping and I mean that sincerely.

10/31/2015 2:05:38 PM - Terry

I am 20 years young and have been smoking for five years I wanted to quit for a long time but was to stressed and addicted I ended up going into a smoke shop to save money but I thought I would give vaping a try so I bought a little box mod and now I haven't smoke in 5 months my teeth feel better look whiter I can basketball with my brother without needing to stop after every play I also started having a pain in my chest it's gone and my fear of having a hole in my throat is over

10/31/2015 2:05:31 PM - Spencer Smith

While I am a little newer to vaping, the positive effects that it has had on both my health and lifestyle have been dramatic. For over three years, I was a heavy user of chewing tobacco, often consuming a tin or more each day. While my habit first started out as a way to relieve stress, or just for enjoyment, the effects of the tobacco soon took control of me. I was constantly craving a dip, needing to use at work, social events, and in my freetime. It wasn't until three months ago that I decided that I needed to make a change. From the first day I had purchased my kit, I haven't had one single urge to chew. Since then, I have had more confidence at social events, as I didn't need to have an ugly bulge in my lip. My gum and oral health has improved dramatically, and I have been able to stave off the urge to use nicotine on a daily basis. Without the ability to vape, I don't believe that my quitting story could have happened. I owe all of my success to this little device, please don't take the opportunity for others to share similar stories by taking away a safe alternative to tobacco.

10/31/2015 2:05:25 PM - Restlessone

I smoked a pack plus per day for over 30 years. I experimented with the Blu electronic cigarettes when they came to market...I put my cigs in a drawer for 7 days and used e-cigs for the entire 7 days...I never went back to that drawer except to throw the pack away!

Thank you for helping me to quit smoking and improve my health, and strengthening my relationship with my wife and giving me an alternative product to the unhealthy Habit I used to have...Please keep these alternative products available!

10/31/2015 2:05:19 PM - Kayla

My mother has been smoking cigarettes for 20 years, I smoked them for about 5 years. We both decided on switching to vaping. She has completely stopped smoking (even vaping). She does not get winded walking up stairs and she xan breathe 100x better. Same with me but I chose to still vape. E cigarettes have helped us so much!

I use the artic tank and cool fire battery, I love all types of different flavors that my local vape shop offers. They do an excellent job with mixing!

I love that I can vape and my clothes don't smell like an ash tray, growing up I would have much rather my mother vape!

Vaping saves lives and so much money!

10/31/2015 2:04:48 PM - Phillip & Deborah Evans

We were more than 40 year smokers. I(Debi), have tried hypnosis, lasted 2 weeks, nicotine patches, lasted 1year, chantix, Phil and I, nearly drove me crazy, nightmares, mood swings, hostile to each other, and didn't help us quit. Two and a half years ago, we were going to visit Phil's mom, who lives in an assisted living community, where no smoking was allowed inside or outside the home. We went to a cigar store and bought the ones that look like a cigarette, that last only so many puffs. About 30 minutes after trying those, we knew that was not going to work. The man at the cigar store had mentioned an electronic cigarette store, we researched online and found it. We liked them instantly and felt like this is what we needed. Three times that afternoon we tried to smoke a cigarette, only being able to take one puff and had to put it out. That was the last time we even tried to smoke again. That was the beginng of our new life. We knew this works, we knew people needed to be informed of this wonderful alternative to smoking, and we wanted to help people quit smoking cigarettes. Phil was retiring from 37 years as a union iron worker, and we decided to open our own electronic cigarette shop. We researched day and night for the next few months, and with God's help and guidance we opened our shop Â in our hometown of North Augusta, South Carolina. We see these e- cigs working every day. We do not regret one day of it.

Two weeks after quiting smoking, we felt better, breathed better, didn't have that nasty smokers cough anymore, could taste food again. Your body will tell you if e-cigs are good for you. We were doomed smoking cigarettes, knowing they will kill us, yet nothing was there to help get off of them, until now. Don't let the government take this right away from us. The only real and lasting alternative that we can enjoy as much, maybe more, than the nasty, cancer causing, stinking cigarettes. We have seen numerous people stop smoking, with electronic cigarettes. The whole world needs to know about the good benefits of using vaporizers.

10/31/2015 2:04:41 PM - Jessica Pressgrove

I have been smoke free since January 8th 2013. The reason I have been able to stay smoke free is due to the vaping products I have able purchase freely and affordable. I, as a 25 year smoker had tried most quit smoking products and drugs on the market and I was not successful in quiting, until I found vaping. My health has improved greatly due to these products. I have better lung function, my blood pressure has been lowered, etc. If the government were to take this freedom and right away they would do me and millions of others a very great disservice.

10/31/2015 2:04:34 PM - Samantha

Where to begin.. Cigarettes had control of me for most of my life. I started smoking young at age ten. Almost every adult in my life was a chain smoker. I think I was addicted to nicotine before I was even born. Sadly I grew up in a cloud of smoke. It seemed natural to pick up a pack of Marlboro reds at age ten. I developed asthma. Bronchitis and breathing treatments were a normal way of life. I'd get pneumonia at least twice a year. At age 19 I had a emergency room doctor tell me my lungs looked like I was 90 years old. I was admitted for pneumonia, my oxygen level was so low they wondered how I hadn't passed out.. You'd think that would have made me quit.. Nope!! At 21 I got pregnant with my first daughter. I was able to cut down to 4-5 cigarettes a day. Thinking about it now kills me. I thought I was doing so good.. I smoked with all three of my pregnancys. I was so addicted I'd go into panic attacks or worse rage!! The doctors told me it was better I allowed myself to smoke some!? My 2nd daughter was born with multiple holes in her heart. (She is a happy healthy 9 year old today! By the grace of God!) After a lot of research I've read that those holes in her heart could have been caused by ME, her mother.. ;(I still smoked with my next pregnancy tho. Cigarettes had such a hold on me, it was worse than any drug I could imagine. This was easy.. This was at almost every store in a 5 mile radius. Every where I went I could always find the smokers. If anything I think we smelled each other. Haha. I couldn't go 1 hour without a cigarette. Even if I was at my child's sporting event or school event I'd find a way to sneak out. My life revolved around getting my cigarette when I wanted! It was so sad. My husband of ten years smoked as well. So if you caught us when we were out of smokes or couldn't have one "good luck"! So all in all I've smoked for 22 years of my life! We'd tried everything to quit. Gum.. Patches, chantex! All three at the same time lol. We even tried cold turkey, and I don't know how we are both still alive. In February of 2015 I had the worst case of pneumonia ever. I knew I had to quit or die. With three kids under 10 years old, I knew death wasn't my option. One of my husbands army buddy's told us we should try vaping. I laughed. I had tried the cigarette look a likes in the gas stations. They never satisfied my cigarette habit. I tried to cut back on my Marlboro special blend red 100's. I had went from a pack n a half a day, to just smoking a pack. I still felt terrible. I couldn't breathe, couldn't play with my kids, could barely walk through the grocery store without having to use an inhaler. I turned 32 years old on August 28th, for some reason I was ready to try a vape pen!! I went to my local smoke shop and picked up a small ego battery and tank. After years and years of being a slave to Marlboro I found something that worked! I never picked up a cigarette again! My husband eventually got me a istick 30w with a nice tank. We are always trying new tanks and juices. I live in a small town in Arkansas, so sometimes it's hard to get our vaping supplies locally. We order on line. Vaping has saved my life!! In just 10 weeks I can feel my health getting better. I use my inhaler less, I can BREATH at night! I can enjoy my children again! I started off with a 30 mg ejuice. 😁 proud to say we are now down to 3 mg!! Vaping has changed my life! I never in a million years thought

I'd be 10 weeks cigarette free!! For the first time in my life I'm almost positive my kids will NEVER pick up a cigarette. Even my mom has quit the stinkys! She was smoking over 40 years!!

10/31/2015 2:04:24 PM - charles shiveley

I was a 35 year 3 pack a day smoker, had broncitist more than i didn't , was always sick, had high blood pressure , tried to quit all the time.I researched ecigs for a year before trying them . that was 5 years ago , i haven't had a real cig since,and i haven't had broncitist since, and my blood pressure is now on average 109 over 60. As far as i'm concerned ecigs have added years to my life and saved me loads of money.they need to get rid of cigs and leave ecigs alone , why mess with something that works for people to quit smoking! REAL CIGARETS KILL YOU NO QUESTION!!!!!!

10/31/2015 2:03:53 PM - Chase

I started smoking at a very young age. I went through a lot of trials in my childhood that ended up with me going down the bad road of drug addiction. Several years later I was able to pull my life together and get back on the right path, however smoking still remained. I quit on and off several times in my attempt to get away from cigarettes, but it just was not working for me. Then one day I was at my buddies house and it was fathers day, his kids brought him out a gift. He opened it and it was an ego starter kit for vaping. He used it for several weeks and was doing really good, so I went out and purchased one. It changed everything for me, I went from smoking 2 packs a day down to a pack a day and so on so forth until I was only smoking a few cigarettes a day. One day I came home from work and went to kiss my girlfriend, she refused. She told me the smell and taste of the cigarette made me so unappealing to her. That was when I picked up vaping full time, and I am so glad I did. I feel so much better than I ever did before in all those years of smoking, and I can come home to her and shes excited to kiss me and welcome me home. She has been incredibly supportive of my choice to vape, and now I'm hooked on it. To anyone who smokes, I encourage you just to give it a try. There are so many options of different products that I promise you can find the one for you!

10/31/2015 2:03:43 PM - Spencer

I smoked cigarettes for 2 years 16-18 years old once finding out about these electronic cigarettes I tried them and liked it, it got me off of tobacco and made me healthier I now

Run every day I smell good instead of smoke and my family is happier if this bill passes I will be forced to go back to tobacco which in all will kill me

10/31/2015 2:03:14 PM - Bonnie

Hello my name is Bonnie and my doctors told me i had lung disease in 2006 i have tried every thing to stop smoking and nothing worked about 2 years ago my doctor told me i was going to die and they needed to put me on 24 hour oxigen if i had one more low oxigen reading. It seem to me that everywhere i went that week i heard or seen some type of ad s about e cigarettes i had bought a new tv and was checking out you tube when i ran across a video of a man calling hisself indoorsmoker and he had a message about e cigarette s and what they had done for him so to make a long story short i bought one almost 2 years ago with in the first few months my oxigen levels went up 10 points and i only use it at night for now

10/31/2015 2:03:07 PM - Shari Blackburn

I have struggled with an addiction to cigarettes from a very young age. I have attempted to stop smoking numerous times and was so unsuccessful I became very afraid I would never be able to stop. I started using an ecig in June of 2014 and have been cigarette free since that first day! I tried nicotine gum and patches, Chantix and Wellbutrin. I had significant side effects from each and they didn't work. I started with 18 mg nicotine ejuice and am now using 9 mg! I'm tapering slowly and am so truly grateful for being cigarette free. I can breathe easier, my heart palpitations have greatly lessened and I'm not in constant fear of cancer or emphysema. Please don't take away my hope and health. I'm sure I would start smoking again if you take away this freedom. I currently use a 30 wat eleaf istick. The earlier "e- cigarettes" were harsh and not at all helpful in quitting. Shari Blackburn

10/31/2015 2:02:24 PM - Anthony Peterdozzi

I smoked roughly a pack a day for about 13 years. In 2010, my son was born. I started using products to help me quit smoking like the patch, gum, etc. They not only didn't work, but made me crave and smoke even more. After 4 years of this and another child later I was still smoking. I never smoked around or near my kids but the smell from my clothes, hair and breath began to effect them.

Last October, a friend of mine introduced me to quality vapor products. I learned a lot from him about the industry. He helped me get started with my first setup. On November 7, I will be smoke free for one year!

I could not be happier with myself for this and I know it would not have happened if not for vapor products. The health of my children has improved and been commented on by their doctor on numerous occasions. It makes me so happy that I am no longer causing unintended harm to their health. Needless to say, my health has drastically improved. My wife and I are even running 5k's and long distance runs. This is something I haven't done in over 12 years.

Vaping saved my life, or at least greatly extended it. I am greatly looking forward to all the years I got back in my life.

Thank you

10/31/2015 2:02:17 PM - sherriestouch

In February of 2010 I was rushed to the hospital in total respiratory failure after smoking analog cigarettes for close to 40 years. I had COPD and I smoked a pack a day and sometimes more. I spent 8 painful days in the hospital wishing I would die because I was in so much pain. I coughed until I thought my insides were coming loose and was hooked up to oxygen 24 hours a day. I had breathing treatments every 4 hours to just be able to breathe without coughing for a few minutes. About 5 days in to my stay my doctor told me that if I ever smoked an analog cigarette again I would die. I was not ready to die but didnâ€™t honestly think I would be able to quit.

I was in a private room until my last few days when I got a roommate with COPD and emphysema. She was about 70 years old and smoked all of her life. She said that she prayed every day that she would die and not wake up because the urge to smoke was so great. The day before I checked out of the hospital she was going home to hospice to die.

While I was preparing to go home I was looking at the prospect of having to be on oxygen for the rest of my life but when I was released from the hospital my oxygen count was just high enough that my insurance would not cover the portable treatment. I was given a prescription for breathing treatments at home and also an inhaler. When I checked out of the hospital I wanted to smoke but didnâ€™t because I was thinking about my ex roommate. The urge to smoke was still very strong but fortunately I read an article online about vaping. This is when I purchased my first electronic cigarette and have never looked back. I can honestly say today that even the smell of cigarette smoke makes me nauseous but do not notice any odor when I am with my fellow vapers.

Within 6 months I no longer had to do breathing treatments but still had the inhaler for the times when it was difficult to breathe. After about a year I no longer needed the inhaler as my oxygen count was 96%.

I have used 20 different varieties of e-cigarette liquid over the last year. I have used 12 different pieces of e-cigarette hardware. In addition, I have used 2 different products that combine liquid and hardware. I would estimate that my favorite vendor sells over 500 different products.

I FEEL VAPING SAVED MY LIFE. I was able to quit smoking and not return to it because of the variety of products available. If I had been limited to just a few products, I would have probably returned to smoking. I tried cold turkey, hypnosis, the patch and gum and nothing else worked for me.

10/31/2015 2:02:07 PM - kitkat

I smoked for over 25 years. I tried the initial e cigs that looked like cigarettes, and it did nothing for me. After technology advanced I gave it another shot, and this time I was amazed at how closely it simulated smoking without all the carcinogens and smell. I have been cigarette free for OVER 2 years now. The only thing that made this possible for me, was vaping. I can breathe now, I can taste food, I don't smell like a stale cigarette, and my general practitioner was SHOCKED, when I told her I was cigarette free. She tried for YEARS to get me to quit. Vaping saved my life!

10/31/2015 2:01:54 PM - Scott newcome

I Was a smoker for many years. I smoked around two packs a day everyday . thanks to vaping 4 years ago I have stopped smoking. in that time I have seen shops offer jobs to good people in need of a job and the people you meet in and around my area all have things to talk about its not just the new mods or the best juice out. That I very much enjoy my mods and rda . But It's the way vaping saved them the same way it did for me an I enjoy vaping don't take that away cause I have in the past before vaping I tried all other ways to stop smoking (gum,patch,pills) that made me sick or did nothing for me. vaping it works and saved me

Thanks.

Real vapor.

Clinton S. Newcome

10/31/2015 2:01:47 PM - Lloyd Murphy

I am a long term smoker of about 8 years and here as of about a year ago I bought my first e-cigarette . I was so surprised to find out that I can breathe and smell again. No longer coughing I can run outside and play with my kids. Life is so much better i feel healthier. I am asking you please to support this. This has saved so many lives and will continue to save lives as long as it is available to the public. This has saved my life and I am so thankful for that and i pray that this healthier alternative wont become a thing of the past.

Smoked for 8 years

Quit smoking about a year ago using a ecig started at 24mg now I am down to 3g nic

I am now Smoke free haven't touched a cigarette since then.

I can finally breathe, smell and run and play with my kids without bending over out of breathe and coughing up mucus.

10/31/2015 2:01:40 PM - Zachary Odum

Vaping has helped me move away from tobacco products and my breathing is a lot better. If it was not for vaping I believe my health wpuld be much worse. I am glad I chose to switch to Vaping. It very well may have saved my life and some money. Before vaping I was smoking 2 packs a day now I rarely smoke. The patches and medications are nothing but a joke. Vaping has been the only successful smoking alternative I have found.

10/31/2015 2:01:34 PM - Lyle Wood

After 20+ years I quit smoking tobacco cigarettes back in April (almost 7 months ago) and have been vaping ever since. I use 3mg of nicotine in my e-juice, which is the equivalent of the amount of nicotine in a serving of potato's (which DO have nicotine in them, by the way). The nicotine stains on my fingers (which are really tar stains) are gone, I can breath now, and actually taste my food. Fun fact, a co-worker of mine asked for a light in the smoking area and noticed my vaping device and said "Oh, you smoke FAKE cigarettes". In the past I tried nicotine gum, patches and also tried to quit "cold turkey", however there was no success, and the gum an patches were more expensive then cigarettes! Many of those I know who vape eventually drop to 0mg of nicotine and only vape for the flavor, and always vape in the designated smoking areas, as do I. Unfortunately, in these designated smoking areas we are exposed to second-hand tobacco smoke when we are, in fact, not using tobacco; a case of "if it looks like smoke, it IS smoke." Is a glass of water also a glass of vodka? Thank you.

10/31/2015 2:01:25 PM - Donald

I was a two pack a day smoker for 20 years. Once I found the ecig I was able to stop smoking and have now been smoke free for 3 years!!! I started with a high nicotine level (24mg.) to help make the beginning switch easier. I have gradually reduced my nicotine level over the past 3 years to (18mg.), then to (12mg.), then to (6mg.) and now I only use 3mg. of nicotine!!! Now I am in the best shape of my life thanks to actually being able to exercise without feeling like I can't catch my breath. My respiratory health is better than it ever has been. My doctor has even told me that he can no longer tell that I had EVER smoked. I recommend e-cigs to everyone I know who wants to quit smoking! I have MANY friends and family who have finally been able to kick the NASTY habit of cigarettes. (And if you smoke and don't think it's a nasty habit) try quitting and being around someone who smokes. I can't believe I use to have a smell like that around me and radiating from me. GROSS!!! Sure buying e-cigs or e-juice still cost money, But NOWHERE near the money cigarettes stole from my life. I had tried SO many times to quit smoking and never thought I'd be able to until I found e-cigs. Outlawing something like this that helps save the health and lives of SO many should be illegal! I've lost many loved ones to lung cancer. If only they had had this option maybe they'd still be here. People who haven't yet had a chance to try e-cigs to stopped smoking, should have the same opportunity to quit smoking and live a happier and healthier life the same way thousands of people like myself already have! But in-order for them to have that chance WE ALL NEED YOUR HELP!!!! PLEASE don't let your vote be one to stop people from having that chance!

Thank you for your time.

Sincerely,

Donald H. from NW Arkansas

10/31/2015 2:01:16 PM - Krista Wamhoff

I am a Vaperâ€¦ Why?

I am a 45 year old woman who has been married for 20 years, 2 children and 1 grandson I considered myself living the dream except for 1 thing. I started smoking cigarettes when I was 16. It started out so innocent, peer-pressured smoking to wanting to smoke. The first time I tried to quit was when I was pregnant with my son. I had only had 1 cigarette in the morning and then went to a 2:00 Doctors appointment. He asked me how I was doing, I was not exactly calm. I told him why and he asked me to go outside and smoke then come back. His reasoningâ€¦ He knew what cigarettes would do to me and the baby, however, not the stress. I continued to smoke. When my son was born, my husband and I chose to only smoke outside.

10 years laterâ€¦I have now been a smoker for 20 years. I smoke in my car, outside at home, and at work I smoke outside. Laws have changed considerably, I feel like an outcast.We live in Oregon and smoking outside is in the winter is harsh. I have consistently thought about quitting every time I go outside to smoke when its 35 degrees. Kids, family, job, stress in general it's just not a good mix. I try Wellbutrin, the patch, carrots, toothpicks, counseling you name it. When it came right down to it I would drive to the 7-11 and buy a pack of smokes.

5 years laterâ€¦ We move to Florida so our winters are nothing like Oregon. I can smoke outside all year long and they even have screen porches so I can smoke outside and reading a book. I think about quitting, but then I think again. My husband gets me and him an NJoy for Christmas, we tried them, but then went outside to go and smoke a cigarette.

2 years laterâ€¦ Guess what! Iâ€™m still smoking 27 years now. Every time I get sick its in my lungs and now my husband has bronchitis. One of his co-workers gives him an ego style electronic cigarette at work and says try this. He does and is amazed at the difference, at lunch, he goes to the nearest E-Cig store an buys his own. He comes home at the end of the day and hands me the one his co-worker did and explains he broke it trying to charge it so if I want one we can go to the store. I say YES so we run off to the nearest store. I get a cute pink one and a pink tank and a bottle of blueberry juice 18mg. I have 1 more cigarette that day. The next day I had 3 cigarettes and then asked myself why? That was November 16, 2013. I havenâ€™t had a cigarette since.

3 months after my last cigarette. I CAN SMELL! Its amazing what I was missing. I am not having a wheezing contest with my husband when we lay down at night. My smokers cough is gone and I have started trying to convert smokers to Vaping.

2 years after my last cigarette. I have still not had a cigarette since November 16, 2013. I can run, breathe and understand why non-smokers canâ€™t stand smokers. I donâ€™t

forsee my use of my device and nicotine to last much longer. I am vaping 3mg nicotine. Yes I have upgraded devices because honestly the ego stle broke after 6 months. I use a regulated device that has built in protection. Do I feel concerned that the batteries could explode? No I have had my cell phone battery and computer battery replaced due to recalls from possible exploding. All devices need supervision and aren't dummy proof.

I wonder why my government wants to eliminate something that has helped so people. People I know directly. I can count hundreds that have been able to kick the cigarette habit. I find it odd that states are legalizing marijuana and yet products that are already currently approved by the USDA and USP are going to be eliminated.

Why do I Vape, because I havenâ€™t found anything else in my life including Chantix (Never quit), Wellbutrin (Never quit), Hypnosis(Never quit), counseling (Never quit), cold-turkey (Lasted 2 hours), being pregnant with my children and watching my mother-in-law die of smoking related COPD that made me give up my beloved cigarette.

10/31/2015 2:01:03 PM - Richard spencer

When i was 10 i picked up my first cigarette i started on Marlboro reds also known as "cowboy killers" then about 2 or 3 months later i found a way to start buying packs of cigarettes resulting in me smoking 1-2 packs a day i was smoking up until i was 18 and it progressed worse and worse up to 2-3 packs a day i tried everything to quit, nicotine gum, the little vape cigalikes they sell at gas stations nothing worked. Then i finally started using a real vape. The vape the FDA is trying to ban. And it has gotton me to quit smoking! It has made me healthier. I can breathe and taste food again, i dont have to use my inhaler anymore, im not haveing near as many asthma attacks. I can run and actually work now. And i wound up giving one to my dad who has been smoking since he was 14 around there and he is 58 now he smoked about 4-5 packs a day ever since i was born at least. And now he is down to a pack a day and slowly but steadily quitting and feeling better. He has also tried the cigalikes and they did not work but i gave him one of my vapes that helped me quit and it is helping him. So i urge and push the fact. please reconsider and rework the laws. Its saving lifes.

10/31/2015 2:00:55 PM - Marshal Ferguson

My name is Marshal F, I am 24 years old, currently live in Massachusetts and spend a lot of time in Rhode island. I Support vaping as much as possible. Using electronic cigarettes began for me about 3 years ago. I tried it and feel in love. The better part of 2 1/2 years i have not touched a cigarette (let alone, haven't even thought about traditional cigarettes). I started out simple not knowing to much about vaping but quickly learned that using E cigs and vaping is the way to go. Physically i feel a lot better Not Smoking. I don't stink like a stale cigarette and im not polluting other people's lungs or the air outside and my own lungs. I find myself having a lot more energy as well while vaping and NOT Smoking. I found out that I really enjoy Vaping rather than smoking. Whenever i get the chance and see someone I know smoking I encourage them to try vaping and give it a chance because I know it works if you're open to it.

Today I Vape using a regulated box mod which is more safe than any traditional cigarette. I actually have a few different box mods, mechanical mods, and tanks that i use. There are a lot of options for me with vape products. I can make my own coils, customize my set-ups (mods/tanks) and try all sorts of different tasty e liquids. There are even organic liquids and liquids with natural extract for flavoring. I try all sorts of e liquids today. In doing so I have enjoyed vaping a lot more then using the patch or chewing because vaping actually worked for me. I believe Vaping is the most effective way to quit smoking.

Vaping is a huge part of my life today. I have worked in the industry, met so many vapors like me, and found a new way to live. Finding e cigarettes is making me have and enjoy a much cleaner healthier way of life. It definitely helps me stay out of trouble and doing the next right thing. I don't know what I'd do without Vaping and the lifestyle. I enjoy it way to much to lose it. I have gained my life back while vaping so I will do whatever I need to in order to help keep vaping around for years and years to come. I am proud to say that I AM A VAPOR.

10/31/2015 2:00:45 PM - Disabled Minister

I'm a 53 year old man,who's disabled and lives on SSI. I don't even collect enough money to pay 1 months rent which is $ 1100.00 a month. The State of New Jersey claims I make to much money and I don't qualify for assistance. As a Minister, devoted to helping those even less fortunate then myself, I thank god for my daughter who purchases my vapor supplies. I fore fathers must be rolling in their graves seeing our rights to choose, under OUR CONSTITUTIONAl RIGHTS get disgraced by ANY POLITICAl PARTY who DISHONORS ITS CITIZENS FOR GREED! I use to smoke 2 packs a day@$9.87 a pack Now I spend $16.50 a month to purchase 1 bottle of juice. Had a physical done and the doctor told me my lungs show no sign of smoke or damage. I've been a vapor for 3 years now, lost 85 pounds,no more breathing problems caused by smoking Cigerettes for 30 years. Now I can't even be around a person who smokes cause their smell of smoke makes me sick. I enjoy the many different flavors of juice available and those specifically made for my liking. I want to shout out to all at 9 South Vapor in Tuckerton NJ 08087 for saving my life by quitting smoking 2 packs a day🇺🇸1

10/31/2015 2:00:32 PM - Tazm35

I would like to let you know Vaping has helped saved my life, I was a smoker 3 years ago and had a light stroke and I was on med's, when I started vaping my health started to get better and getting off of med's. I have also lost weight and feels great about myself, I don't smell like cig at all. Keep the vaping community ALIVE and STRONG!! if anything shut down the tobacco use and get those off of smoking and onto Vaping :)

People will feel better about themselves in a long run :) VAPE STRONG AND LIVE LONG!!!!

I started Smoking at 15 and quit at the age of 37. If I can make a Difference SO CAN YOU by VAPING!!!!!

10/31/2015 2:00:24 PM - JAMES MCKEWEN

In November 2014 I was introduced to the idea of electronic vapor as an alternative to smoking. It took me about a week to realize that I didn't need to smoke cigarettes anymore. I wanted to improve my health and stop spending so much money on such a terrible habit in cigarettes. After a week I was 100% free of cigarettes and already feeling so much better. I could breath better. My stamina increased. I could run around a soccer field with my children without feeling overwhelmed. I didn't smell like an ashtray anymore which was my family's first noticeable difference!

I have embraced the world of alternatives to smoking cigarettes and I love the health and life I live as a result of these products and their availability. There is a vapor shop in every town around where I live. Vapor products are sold in gas stations everywhere. If I forget my device I can always pick up a smoking substitute instead of picking up a pack of cigarettes!!!!

Ridding the nation of vapor is the last thing law makers should even be considering. Vapor products have changed my life.

Please treat "vaping" as a healthy alternative rather than a "tobacco product".

10/31/2015 2:00:17 PM - Todd Scott

I smoked two packs of cigarettes for 32 years. I quit THE VERY

INSTANT I got my first atomizer! I know no fewer that 50 people who have quit smoking cigarettes with them as well. Any attempt to limit affordable access to adults of these devices would be irresponsible, and due to no other reason than propaganda, paranoia, or big government profit! I love my vapor. I love the flavors & im not hurting ANYBODY but big tobacco, big pharma, and the greedy federal government. Stop putting your money, above our health!

10/31/2015 2:00:09 PM - Chris S

As someone who as switched over to e-cigarettes I feel that using these products have saved my life. I started smoking at the age of 16 and quickly became a heavy user of tobacco products by the time I was 18 years old. I was consistently smoking over a pack a day and probably would doing so still, or more, to this day if it were not for e-cigarettes. I tried using e-cigarettes in 2009 when the industry was just beginning and successfully converted in 2010. It only took me 3 days of dual usage before I completely quit. I had tried the patch and cold turkey but that never worked for more than a week. I have now been a vaper longer than I was a smoker. I'm healthier, don't smell like an ashtray, and am living a happy life that I may not had had the chance to do if it were for the e-cigarettes!

10/31/2015 1:59:58 PM - No Tobacco

I quit smoking on 7/11/14. I began vaping the same day. I had tried hypnosis, the patch, Chantix, quitting with a friend, cold turkey, and cutting back all to no avail. My Urologist asked me to talk to one of his nurses to learn about vaping. My girlfriend had already shared her vaping success story and recommended that I give it a try. I purchased a starter kit and took it to my next GP Doctor appointment to learn his opinion. He stated that he would, 1000 percent, rather see me use a vaporizer than inhale burning tobacco and associated chemicals. I am tobacco free for the first time since I was 20 and I'm now 64. I started vaping at the 12 nicotine level and now Vape 3 or 0 nicotine. I am less breathless, recovered from a recent cold in 2 weeks rather 4 to 8 weeks, and I don't smell like an ashtray. My employer is more than pleased. My goal is to Vape 0 nicotine and to perhaps quit vaping. If I don't quit entirely, I won't badger myself because I know I'm on the right track. I'm proud to say that I have been a power of example for tobacco smokers who would like to quit. I persuade them to not use e-cigarettes, to use quality juices made in lab facilities and to purchase good equipment. I currently use an IVP and an eVic temperature control device.

10/31/2015 1:59:47 PM - Kyle Gray

I smoked for 10 years.I haven't has more than a handful of cigarettes in over 22 months. I also quit dipping. This all started when I started vaping. I enjoy the wide variety of flavors and my health has increased tremendously, no more smokers cough! I support HR2058. I have tons of friends who work in vape shops and if the FDA regulations are not revised they'll be out of a job. This FDA thing will destroy a community of Americans

10/31/2015 1:59:34 PM - rossettarecovered415

Hello, my name is Rossetta and I am a person in long term recovery, which for me means that I have been free from all mind/mood altering substances for 18.5 months. I used to be a meth addict. I lost everything, including custody of my son to the state. I was homeless. I had nothing to my name. I was able to get clean and get my son back. With all the positive changes in my life, I wanted to quit smoking cigarettes too. I had a 2 pack a day habit for many years. I was short of breath all the time and my chest hurts when I climbed stairs. Several of my recovery friends had quit smoking using electronic cigarettes. I decided to give it a try. I started with a little ego vape pen with a nic level of 24 mg. I continued to smoke cigarettes and alternate with the ecig for about 8 months. Nov 28, 2015 I will have a year free from cigarettes. Over time I have gotten more into the hobby of vaping. I now use a Sigelei box mod and a rebuildable atomizer with a nic level of only 3mg. My health is better. My recovery is stronger as well. You see, many addicts have a ritual around their drug use. For me, cleaning my glass pipe and preparing my meth to be smoked was part of my ritual. By choosing vaping as my hobby, I have replaced that ritual with something that does not involve drug use. I greatly enjoy building coils for my e-cig. The many different sweet flavors of e-juice also cut down on my sugar intake. Having the ability to blow out water vapor replaced my blowing out of meth smoke. I have friends in recovery who feel that vaping helps them stay clean too. I also have made friends at my local vape shops and even the vape shop in a nearby city. These small business owners are so friendly and helpful. Everyone I've met in the vape community (in person and on social media) has been friendly and helpful. And lastly, I love that my home and our clothes no longer smell of nasty cigarette smoke. When people come to my home they often ask me if I've been taking, becausey house smells like the tasty flavors that I vape. I pray the FDA does not destroy these businesses by passing laws that regulate them out of existence. Much love, vape community! You made the choice, stand up for it! #yoduhislife

10/31/2015 1:59:23 PM - Kyra Rose

Not only was I able to quit smoking and manage my anxiety/depression by vaping, but I also work at a local vape shop and have seen some great benefits from vaping. I've seen everything from vaping helping people get organ transplants to diabetics being able to better regulate their blood sugar levels and even people losing weight thanks to replacing cakes and candies with sweeter flavor e-liquids. There are so many more health benefits to vaping then just being able to breathe easier that non-vapers fail to see. But, to answer all your questions, I smoked 2.5 packs a day, I started vaping about 2 years ago. I tried everything from pills to patches and even counseling and nothing worked until I started vaping. I do not smoke at all anymore, just vape and have been able to cut my nicotine levels down from 18 mg to 3mg and that only took me a year to do. Ever since I started vaping I've felt less anxious, I've been able to breathe better, I've been happier and way more active then I was while I was smoking cigarettes.

10/31/2015 1:59:12 PM - Devin

i used to dip two to three cans a week not to bad some would think but having that ever so hatefull burden of having to have it was not the best feeling.

i started vaping when i hit 19 i completely got off all of it thanks to vaping since then my moods better and im way more proactive then i used to be.vaping is saving peoples health left and right and its a shame that there are people neglecting the reason vapors vape just because they see profit i really really hope and pray that people open there eyes.

just words from a concerned citizen god bless

10/31/2015 1:59:03 PM - Renee Hurteau

I was a smoker for 10 years, and went through nearly a pack a day. Even though I wanted to quit, it was too hard, because my husband smoked as well, and I quite frankly enjoyed the act of smoking. I liked the relaxation it promised, the breaking up of the day. When I discovered vaping, I cut down, this was back in 2007 with a first generation "cig-alike" type device. Once I upgraded to a newer box mod device, I quit with ease and never looked back. My husband quit too, in a single day. Then my mother in law followed suit. Then my sister in law and her husband, then our other sister, and now my grandmother who has smoked for many decades has decided to give it a chance! Vaping has saved a lot of lives in this family. I am so grateful for the vape community and everything it has done for us! We feel better and we love everything about vaping. If there weren't so many awesome flavors to try, it would have been very hard to quit. But the vibrancy and diversity of the products available became what made the switch so easy. Taking that away would be devestating to a lot of people! I truly hope vaping is here to stay. I never want to go back to tobacco.

10/31/2015 1:07:54 PM - Kyle Kelm

I was a pack a day or more smoker for 16 years, I tried to quit many times with no success. A friend started a vape shop in my town and I decided to go in and check it out. I walked out with a starter kit and a bottle of juice and my vaping journey began. I was still smoking cigarettes but I started smoking less and less until I bought my last pack in April of 2014. Since then vaping has become a hobby for me, buying new mods and tanks til I found my ideal set up. Right after I started vaping I found out I was diabetic, so the sweet juices help with my cravings of sugar and have helped me lose weight. I'm now down to 3mg nicotine and close to 0, I feel wonderful. I breath better, sleep better and don't miss the morning hack sessions I had as a smoker. I can officially say that gaping saved my life!

10/31/2015 1:07:43 PM - Chris Thigpen

I just want to say that vaping has changed my life. I feel so much younger and healthier now. I used to be real short of breath and now I breathe normally and smell things a whole lot better now. I smoked for about 14 years and I have been vaping for 9 months now. It is amazing with the things I can taste and smell now that I couldn't before when I was smoking. Please don't take away our vapes. They are very important to me and a lot of people because it is cleaner and a way healthier lifestyle. My mother in law and father in law both smoke and have very bad hacking coughs. With the vapor it has cleared my lungs tremendously and I would love to keep my healthy and clearer lungs now with vaping. Thank you for your time and I hope this message encourages you not to pass this law so that we can still vape.

10/31/2015 1:07:37 PM - Melissa

I smoked cigarettes for 28 years and tried to quit many times. The only thing that helped me was the ecig. I tried the ones that you can buy at the gas stations and they did not work. I also tried nicotine patches and my husband tried chantex, which made him kind of mean, and he went back to smoking. I now use a mini nautilus with an Eleaf battery with fruit flavored juice that taste much better than killer cigarettes. I have now been cigarette free for 13 months! My husband has also now been cigarette free for 4 months now using the ecig. Nasty cigarettes now gross me out..

10/31/2015 1:07:30 PM - JP

My name is JP Wagers Jr

I have been smoking Cigarettes for the past 28 years of my life. I've tried to quit many time before but on on July 03 2015 I walked into a vape shop and the people there helped me quickly give up cigarettes as of today October 28 2015 I'm still Cigarette free November 03 2015 will be 4 months not a single cigarette no more harmful chemicals thanks to vaping . I Support HR 2058

10/31/2015 1:07:13 PM - Robert j Ronk

I smoked cigarettes for almost 45 years, had attempted to quit numerous times and graduated to cigars, started inhaling those just as cigarettes, I\'m sure there are issues with the ecig oils and devices but it gave me an alternative for which I have not inhaled any lighted smoke in 2 years. Lungs have cleared and can actually push trash can up driveway without being winded. Feeling great and am slowing utilizing this device less, IT HELPS!

10/31/2015 1:07:07 PM - Jan Lane

When I was growing up in the 70 s and 80s in the south, cigarettes and smoking was everywhere. In 1987 my dad had a heart attack and quit smoking 4 packs a day cold turkey while in icu. I was 12, I started smoking within a couple days. By 16 I smoked a pack a day, by 21 I smoked 2 packs a day. At 23 my dad died of coranary artery disease. He was 50! I started realizing how stupid it was for me to smoke. I tried cold turkey, Wellbutrin, chantix, patches and gum. I found myself at the age my dad had been when he had his heart attack still smoking. A friend of mine was using a ego style e cigarette at a get together. A few days later I went to a leadership conference and saw someone else with one. On the way home I stopped at a shop and bought an ego ecig and some juice. I haven't had a cigarette since. That was April of 2013. I started at 18 mg nicotine and am currently at 3mg. I prefer chocolate flavored e juice but varying flavors is one main reason I was able to quit smoking. When I got bored or tempted to smoke I could research and learn and grow with my "vape". This device has freed 8 of my closest friends from cigarettes. It has the ability to allow people to REDUCE the harm they are addicted in a metered way. These devices SAVE LIVES.

10/31/2015 1:06:24 PM - Justin A

My names Justin. I'm 30 years old. I have been smoking the cancer sticks since I was 15. I was smoking a pack and a half when I was talked in to trying the vapor pen. I haven't had a cig in a year. I do construction work and was getting to were I couldn't breath or work as hard as the none smokers but for the last year I can out work some of the none smokers. I can breath so much better. I continue to work when the smokers have to take a break. What I'm trying to say is the vapor has saved my life. Thank you for the vaping community

10/31/2015 1:06:15 PM - gloria westerly

I've smoked cigarettes for 40 yrs. I've tried quitting w/patches, gum, lozenges, cold-turkey, anti-depressant (Wellbutrin?), Chantrix, hypnotized (twice), govt. sponsored support groups, inhaler, & early e-cigs, 12-step group principles, meditation & prayer. I've watched my mother & grandmother die of COPD & promised them w/all the good intentions, that I would quit smoking! But I can't! I've tried to many times & fall into a deep depression that becomes untreatable w/any of the anti-depressants I've tried (many). I've finally gave up & accepted my probable fate.....until 3 of my friends told me they stopped using cigs w/vaping. I tried & I was very satisfied!!!! I no longer smoke tobacco!!!! I have no desire to! I tried to smoke one after a mo. & was no longer satisfied & it made my chest feel heavy. I'm still a non-smoker today due to vaping. I use a chemical-free brand that only has some nicotine in it (no tar or dangerous chemicals. I feel so much better. I have asthma & I feel so much better now. I have much more energy & stamina. I have no cough or phelm in my throat & chest. Please, please support this bill! It breaks my heart to think that I would probably go back to tobacco if vaping where restricted. PLEASE HELP!!!! Thank you for your time & consideration in advance.

10/31/2015 1:06:07 PM - Mike

Working at a vape store has changed my life drastically I went from smoking cigs to vaping feels so much better health wise and Idk what I'd do and where I'd be without vaping

10/31/2015 1:05:58 PM - Z

After being a heavy smoker for over 20 years, started when I was 12. After many failed attempts to quit using patches, gum and the lot, I have been smoke free for over 4 months with no intentions of ever going back. Vaping has proven to be the easiest way to quit. I have also been able to get almost all of my smoker friends and even my father who has been smoking non-filtered cigarettes sense the Vietnam war to switch over to vaping. I can breath again, no more lung pain and coughing, my lungs have started to heal themselves. I have been able to go from 18 mg of nicotine down to 4 mg in under 4 months.

10/31/2015 1:05:49 PM - Barbara Leger

To Whom it may concern, I suffer from a neurological disorder and tobacco eases the pain. Vaping is a low risk alternative that I have counted on to help me function. Please allow me the freedom of choice. I am pleading with my President and elected officials to protect this industry with HR2058.

Thank You

Barbara Leger

10/31/2015 1:05:41 PM - Jim Adams

Good evening. My name is Jim Adams. I began smoking on a regular basis at the age of 15 in 1979. With the exception of 5 years in the 1990's, I smoked exclusively until one year ago at which time I began to test the waters where vaping is concerned. Then a few months ago, I made the switch to vaping exclusively, and I must tell you in all candor, honesty and truth that not only do I prefer vaping to smoking cigarettes, my health and overall outlook is superior as well. Admittedly, I do still enjoy an occasional cigarette or cigar, but that is a rarity. I believe that vaping is superior to the point that I'd like to take this opportunity to thank my God, IEHOVAH Rapha, the Great Physician, in His Son Jesus Christ for the entirety of the advent of vaping, and not only that, I believe in it to the point that I ask other Christian believers to join me in praying to our Father in heaven that the advent of vaping not only endure, but grow and be augmented by and even greater variety of products. God be praised and thanked in the Name of Jesus Christ for this wonderful thing we have been given. Amen .

10/31/2015 1:05:33 PM - Tina Blankenship

I was a smoker. Now I'm a Vape. I hear the bull all the time. Let me say its better for you. I feel so much better. I can smell things taste things. I've been vaping for 2months. I use a mod. Which is very safe. If it's not my device will not work. My charger same. So these ones who are having trouble. Have they taken steps to do the same.?

I've tried everything to quit. Within a week I was back smoking. 2packs a day

Now I may smoke a cigarette I'm mornings. But haven't in month

Ty.

Tina

10/31/2015 1:05:24 PM - Felix Sanchez

I was a smoker for 30 years I almost had a. Pulmonary embolism and if it wasn't for vaping I dont think i could give up smoking the fda is trying to take our choices away so im writing to ask for your help otherwise i will be forced to go back to smoking. The blue ecig is not a good device the tobacco industry wants to sell ecigs that are in my opinion garbage i will not waste my money on.I use a device that will be band as well as my many flavors of e liquid these devices have given me better health my doctor my lungs are much better please dont let the FDA take my choices away or people will will be buying e liquid on street corners not knowing how it is made these devices save lives thanks for reading.

10/31/2015 1:05:18 PM - nanasuzy from Corpus Christi TX

I smoked cigarettes for over 40 years. Yes, I had tried to quit. I tried the nicotine patch, Chantix and also the gum. None worked for me for very long. I had an allergic reaction to the Chantix the gum made me dizzy, the patch just didn't satisfy the cravings. Again I tried to quit, but this time I tried an e cig. It was a little odd for me at first but was better than the alternatives. I started with 18 mg of nicotine juice and a "starter kit". That was over 4 years ago. I have not smoked tobacco at all since using a vapor system. I feel so much better. I breath so much better, I have no "smokers cough" anymore, I can walk my dog without getting winded at all, in fact, he wears out before me! I am currently down to 12mg and the next time I order am going down to 9mg of nicotine. Having something to hold and use similar to what I was used to has made a world of difference. I truly believe I wouldn't have quit tobacco without e cigs.

10/31/2015 1:05:11 PM - David

Due to recent information about deeming regulations on tabacoo pertaining to e cigs, I felt the urge to share my story.. I had been a smoker for 7 years, tried every "solution" to quit... Patches, gum, prescriptions, all were able to help me cut back but I couldn't kick cigarettes all together. That is until I found vaping. It started with a simple ego style vape pen and with 18mg e-juice. Right from the start I was able to stop smoking all together without any side effect. I.e. headaches, nausea, the shakes etc. That was 2012 I've been smoke free for 3, going on 4 years now and I couldn't be happy. I've since upgraded from pens to mods and have only had an absolute positive experience. I used to be out of breathe walking up a flight of staors. Or even just walking down the street it would feel as if I was breathing thru a straw. Since making the switch to vaping I've become a proud participant of Spartan races. Vaping has 100% changed and saved my life. Also the vaping community in a whole is such a welcoming group of people who really care about what they do. As they should regardless of what anybody says vaping saves lives one person at a time. We as consumers should have to right to make our decision on what we buy and use to better our lives. Remember smoking is dead, camping is the future and the future is NOW! We can not stand for these regulations to go thru. The vape community with no longer exist and we can fight this together!!

10/31/2015 1:04:36 PM - Kenny from Torrance, CA

At age 50 after smoking a pack and a half a day for 35 years I've finally quit and I am 4 months tobacco free. I tried for 6 months to switch to vaping. It was not until I bought a more advanced device and premium e-liquid that I was able to make a permanent and complete switch. My coughing has stopped. I have more energy and no longer wake myself up at night wheezing with every breath I take.

10/31/2015 1:04:29 PM - james mcinnis

I smoked two and a half packs of cigs a day until i started vaping. Vaping is the greatest thing ever i have been smoke free now for almost a year. Vaping is the way to go i love all the diferent flavors and the fact that my house doesnt smell like cigerettes. I tried chantix tbe patch and the gum none of it worked my son got me to give vaping a try and in just under five weeks i was off cigerettes totaly. Oh yea did i mention i had been smoking for about 32 years. Idnt understand why we cnt just be left alone to vape its safe and fun. So everyone keep your head up and vape vape vape

10/31/2015 1:03:23 PM - Helen Baker

Before I was an ecig vapor I smoked cigarettes for over 30 years , for the last 2 years I have been Vaping, I can now breath, smell and tast , I hadn't realized what tobacco was doing to my body until I stopped smoking! My clothes, house ,car smelled horrible,I had a black film on everything I owned, now after being a vapor for over two years all that is gone, I spent months washing everything, recently I had a bag of old clothes I found when I opened it the tobacco smell was horrible, I rewashed everything it took about three times to get the smell out . Now I can smell nothing but good stuff my clothes smell fresh my home ,car everything taste some much better I can walk to my mail box without being out of breath , without the Ecigs and flavors of ejuice I would most likely be on oxygen now, please don't take away my rights to choose to stay tobacco free , all the other products on the market to help stop smoking did not work for me , now my hole family are x-smokers and we are all Vapors. I use mod now have gone from 24mg nicotine to 6 mg nicotine

10/31/2015 1:03:18 PM - Nicholas Cantley

I started smoking when I was 15. When I turned 18 I started Vaping. Vaping has got me off of tobacco and has greatly improved my health. I can finally taste the food that I am eating and I can finally go out and not worry about basic tasks of my every day life winding me. I use mods and my nicotine strength is 3mg which is down from the 12mg that I started with.

10/31/2015 1:03:11 PM - Mike Morell

34 years as a Malboro red smoker. I purchased and started to use a IPV D2 mod with a triton tank, (.15ohm Ni200 coil, 12mg nicotine)

I am happy to say 40 days cigarette free. I feel better, I am getting my taste buds back and I don't smell like an ashtray anymore. This was the smartest move I have made to improve my health in a long time. Don't give up, you can do it.

10/31/2015 1:03:05 PM - Jennifer Blades

My life changed on October 1, 2014 when I was diagnosed with multi-focal triple negative breast cancer, a particularly aggressive sub-type, at age 37. I was scheduled to begin a grueling 5 1/2 month chemotherapy regimen on October 24th, followed by a double mastectomy, and 25 radiation treatments.

As a 20 year pack-a-day smoker, I had to quit, and fast! Vaping helped me do it. I cut back my smoking gradually over the following 3 weeks, while vaping. By the time I started chemo, I was off cigarettes entirely, and began gradually lowering my nicotine level.

Today, I am proud to say that I am cancer-free AND smoke-free! I made it through chemo with no complications, and no delays in treatment, in large part due to not smoking. Vaping is an important quitting option for smokers, and MUST be protected!

10/31/2015 1:02:54 PM - brian blint

I smoked for 30 plus years and vaping is the only way I quit smoking, been 6 months now smoke free. Please keep vaping available to the public in the U,S. thank you Brian Blint

10/31/2015 1:02:48 PM - Mohamed sadek

I've been currently vaping for roughly 3 year now and I have to say it has had a huge impact on my life. Before switching I had been so ming for about 6 years and was smoking upwards of a pack and a half a day if not more. After an old roommate convinced me to give it a try I was hooked and haven't looked back since. I feel better, and don't wake up feeling like death ever morning. I also have vaping to thank for my current day Job in which I run a vape shop. On top of this it has also granted me the opportunity to pursue a dream of mine which is owning my own business which I have just recently launched. Needless to say vaping, the industry, and the community have had a huge impact on my life for the better.

10/31/2015 1:02:41 PM - Kayla Wakabayashi

I had picked up the habit of smoking at the age 16 and now I am 21 I had been smoking for a little over 3 years. At that time I could smoke two whole packs in a week, that is 40 cigarettes in just one week alone, but of course that all depends on the type of week I was having the more stressful a week felt meant the more cigarettes to I smoked. I started using a smoke-free alternative about a year ago, I started off with a simple volcano e cigarette and my e juice was at the strength of 12 nicotine level but still smoking some cigarettes here and there, until I had found a mod that produced more vape and satisfied my craving. As months went on using the same mod I saw that 12 strength of nicotine was far too much for me and went down to a 6, and as a couple months more had gone by I bought myself a new mod and atomizer and my nicotine level dropped to a 3 and that is still where I am today. Although my nicotine level is at a 3 I find myself not smoking any cigarettes and using my mod only occasionally, meaning maybe once a or twice a week. I did indeed try different methods to quit smoking such as quitting cold turkey which of course didn't work and then tried the nicotine patches which only lasted a week and even tried the gum which honestly lasted only a couple days before switching right back to smoking. My quality of life has changed dramatically, I no longer have that nasty smokers cough, I can breath much better, I noticed such a difference at the gym, my cardio has gone way up I am no longer struggling to breathe or trying not to cough. I believe the best part of all this would have to be the fact that I do not smell like smoke, I don't have nasty smokers breathe which is so critical for someone like me working in the medical field where some patience smell smoke and automatically cough or choke this is definitely a healthier alternative.

10/31/2015 1:02:32 PM - james haws

I have a different story to tell. I have been fighting obesity my whole life. I decided to try NO nicotine % ejuice in a mod and tank setup. I buy the sweet flavors and it curbs my sweet tooth. I have lost 30 lbs in 2 months and am no longer type 2 diabetic. My #'s are great and I'm off all medication.

Please support vaping. I also have a friend that is type 1 diabetic and has taken the same road as me. It really helps him with cravings and he has been able to decrease his medication with his doctor as well. These products help a lot of people, and it would be a shame for ignorance to win over this as it does so many things these days.

Thanks for reading.

10/31/2015 1:02:26 PM - Jeff

My name is Jeff and I am 54 years old.I live in Greeneville Tennessee. I quit smoking Jan. 5, 2014, almost 2 years now. I have not taken one hit of a cigarette, period, sense i started vaping. My current nicotine mg level is zero and 3. Two weeks ago I participated in a one mile race for mental illness awareness, NIMH. THERE IS NO Way I COULD HAVE DONE THIS WHILE SMOKING! Vaping has changed my life as it has countless others. Please do NOT take away my/our freedom of choice.

10/31/2015 1:01:48 PM - Brandon hickey

Well the reason I vape is becuase it dose work when it is being used properly I have a family and when I did smoke I couldn't do any outdoor activities with none of them and now I'm a bird in the wind I can do whatever and to see my family smile has help me pull through but the main issue is all the kids getting into it well honestly that's not my problem that these parents that don't care at all I'm I firm believer in tough love I'm a wonderful person becuase of my parents for doing that same thing now yall are trying to punish us VAPORS for have stupid careless parents in this country parents that leave there juice on a table so that babies can reach it and drink it look put there butt in Jail and be done with it don't punish me for there actions

10/31/2015 1:01:42 PM - Mark

I was a former somker (20+ years). I have been smoke free for 3 years. This is due specifically to Vaping. I had tried alternitive cessation techniques including gum, patches and willpower. Vaping worked and worked fantastic! Thanks !

10/31/2015 1:01:36 PM - Jelias999

I was a smoker for 6+ years I started when I was 15 years of age, it was the cool thing to do when I was that age many of my friends were smokers, and I decided to give it a try. I had tried to quit many times before I found vaping, I was introduced to vaping by a coworker who had quit smoking using an e-cig. After telling his story and how long he had stayed away from traditional cigarettes i was inclined to try it. So I got my first kit an ego set-up and within 4 days I had my last cigarette and never looked back. For me a coffee flavor was the one that really seemed to work and within a couple weeks I upgraded to an rda and a regulated tube mod. This setup was what really changed my mind on how good vaping could be and also that there is a variety of options out for people who want to quit smoking, no matter who you are and what your needs are the vaping industry has a device for you. After a month of vaping I finally hacked everything up that smoking had done to me since I started my taste had come back sense of smell was better than ever and I could actually breathe rather than constantly feel congested. I knew at that point in time that regardless of there being limited studies or long term effects of vaping that it was definitely better than smoking and since have converted many of my friends over to vaping and all of them say the same. I believe that these products should be kept free of taxes and that all devices on the market currently should always be available to adults who want to get away from smoking.

10/31/2015 1:01:10 PM - LUCKY PERRY

Here's my story - 260 days ago I became tobacco free after years of being addicted to tobacco products. Here's how it all started - At first I had quit smoking cigarettes in my car for my commute to and from work. This went on for just over six months. I was inspired by a Facebook friend who started posting on her wall how many days since she quit smoking. She was at about 20 days and I was doing my best to support her and offer encouragement. Then - a light bulb went off and I was like - why don't I try this too. Once I found a good vape option/set up and one day in February I ran out of cigarettes - I just never bought any more. I am a vaper who uses a mod and have weened myself down to 0-3 mgs of nicotine. I haven't touched a cigarette or an urge to have one.

Thanks to vaping products available to me, I am proud to say I haven't regretted my decision to create a healthy life for myself, my daughter, and my grandson. Recently I had a horrible dream where I smoked a cigarette - I woke up crying and so disappointed in myself and then VOILA realized it was just a dream. This was the first time since quitting that this happened and it scared me. I have no desire to return to tobacco products and all the thousands of chemicals I can't pronounce and know they are killers.

Had it not been for vaping products readily available to me I would still be killing myself with legal tobacco products (which are the real killers here!). I am healthier, happier, and a proud American who supports H.R. 2058.

10/31/2015 1:01:02 PM - Chris H.

I spent 26 years enslaved to tobacco. I got introduced to the vaping community who had been doing it a long time. From there, I studied any and every article, video, and testimonial on the ins-and-outs of vaping. The community is AMAZING. Any time there was any suspicion of a product being unsafe, they spread the word like a plague. The community for vaping is probably one of the most helpful and knowledgeable communities I have EVER come across. They helped me get a nicotine strength I was comfortable with and I've slowly come off the strength on my own. Down to 3mg, which is the lowest you can go. My quality of life has improved immensely. I don't have the heavy weighted lungs and difficulty breathing I used to. This is hand's down one of the best things that has happened to me. I'm grateful for all my friends, the community, and Mt. Baker Vapor has done to make coming off cigarettes come true.

THANK YOU!

10/31/2015 1:00:20 PM - Shayn

I started smoking at the age of 10. I have been a smoker for nearly 16 years. I have also successfully used E-cig products and juices to quit smoking cigarettes. I have lost SO MANY people I held dear to cancer, and I feel that I deserve the right to say, that isn't going to be me if I have a choice in the matter. My health has definitely suffered from all the years of tobacco use, and my health has been starting to get much better since I made the decision to quit. I spent 4 years trying different methods, nicotine gum which gave me horrible heartburn and kept me from being able to eat enough food, nicotine patches which made me pass out and faint and lose all motor control, and after my run in with the drug called Chantix, I got violent and it deeply scarred my mental health. E-cigs should not be taken from the consumer, as they have provided a safer alternative with little to no side effects. They card me in order for me to buy these products, they are not just readily sold to highschool kids. This product has saved my life, big pharma and big money need to stay the heck out of it. The only negative side effect I have incurred by using my itaste mod, has been the stigma of those surrounding me and being forced to stand with the cigarette smokers to use my e-cig mod. It is unfair to force us to stand with people using the very products we are trying to abstain from. It's like sitting a chocolate cake in front of someone trying their hardest to lose weight for their diabetes.

10/31/2015 12:58:39 PM - Jamie S.

I've smoked for 36 years and thought I'd never be able to quit even though I wanted to for so many years . I've tried cold turkey in the past and just couldn't do it , I've tried Chantix and it didn't work either. In May I thought I'd give the E-cigs a try. I started out with the disposable cigarette type and they weren't helping me to cut down. So a friend told me to try Vaping like he had done , which got him to stop smoking . After 3 weeks of Vaping and finding all of the great flavors out there , I QUIT smoking nasty cigarettes completely and me and my family couldn't be happier (or believe that I could quit) . My doctor was amazed that I stopped smoking and my normal blood pressure of 150ish over 98 on medication is now down to 118 over 78 !!!! and my lung sounds are normal now . Vaping has quite possibly saved my life as I'm now in that age at risk for strokes and heart attacks. I just wish it would have been around a lot sooner . I now urge all of my friends and loved ones to try these methods . " True Believer Jamie "

10/31/2015 12:58:32 PM - FRANK

I smoked for over 40 years and tried quiting many times. I tried everything available. I was going on a hunting trip for white tail DEER and decided to try to vaping instead of smoking in the woods. Deer could smell the smoke for miles so i gave it a SHOT. I got a 7 point buck that came rite to me. This was 2 years ago and I have not had another cigarette since. I love vaping and i will never go back.

10/31/2015 12:57:40 PM - Eliana Glazer

I had been smoking for almost 20 years. I was out one day to buy cigarettes and I ran into someone that was vaping and I asked them "Hey, what's that you got there?" He proceeded to tell me about what it was and how it helped him quit so I took a chance and got one. It's now been 2 years with out cigarettes and I feel better. I use a small box mod and started on 18mg of nicotine...I'm down to 3mg of nicotine. I can breath better, my taste has returned to normal. Vaping save my life and it will go on saving others.

10/31/2015 12:57:34 PM - Calvin

I have been on e-cigs for about 2 years now. I never smoked a day in my life but got into e-cigs so that I would not be pressured into smoking since I knew a lot of people around me that smoked. so far I have made a fun hobby out of it and in general it has kept me away from other drugs and harmful substances.

10/31/2015 12:57:26 PM - Chelsea Bontz from East Moline Il

I had been smoking cigarettes since i was 13 years old.. i have 3 lil girls and 4 years ago when i had my first i switched to vapeing it has saved my life im so much healthier can actually breathe i dont get sick my kids dont have to smell nasty cigarettes on me i think you guys are makin a horrible decision

10/31/2015 12:57:20 PM - Celeste Devall

My husband and I were both cigarette smokers for decades. When we first discovered vaping it changed our lives forever. We've been smoke free for over a year and a half. We haven't even had the urge to pick up a cigarette since that first day! Vaping has also been beneficial to our whole family. We've introduced it to multiple family members that had previously tried to quit smoking before and failed. It is such a shame that any time people start to better themselves the government tries to regulate the means by which they do it.

10/31/2015 12:57:13 PM - Louweezie

I was diagnosed with Ulcerative Colitis when I quit smoking, many years ago. My Great Grandfather was very instrumental in the growing of tobacco, and helped establish tobacco in Australia, as well in other areas. I remember watching him on TV in commercials for tobacco...I was so proud. He smoked his own rolled cigarettes until he died , at the age of 98. I am from THE SOUTH, and proud of that as well. Everyone smoked. It was like a coming of age event. I smoked, and quit, repeat, for many years. One day, I had had enough. I Quit, cold turkey, but was always drawn back in, and later, was diagnosed with Ulcerative Colitis, which is well known to be a reaction from smoking cessation. Bother! Soon, I was trying cigarettes again to help with my symptoms, but luckily, I was introduced to E cigs. This changed my life!!! Although, E cigs don't really help with UC., it gave me the power to quit cigarettes for good. I am very concerned about the lobbying against E cigs, and I find it a very politically, and money based action. I have been in hair salons where E cigs are banned, but Formaldehyde is not. How can this be? One is a known carcinogen, the other is just a visceral gut kick by the anti- smoking agenda. I realize this is just Governmental Control. Marijuana is becoming "legal", but all of the fuss is about E cigarettes is manipulated by those Holier Than Thou. If I had not committed my past, to the future E cigs has given me, I would still be buying my Capri Menthol Longs, and I think this is a remarkable achievement. Please stop battering the real help this product supplies, stop looking for how you can control and/ or exclude this product. Embrace it for what it can do. Embrace it for not causing harm to those nearby. Embrace it for offering help to those who never knew there was any. Embrace it for being a " Clean Smoke", which has no impact on the environment, and isn't a mind-altering substance. If you can't , then you are doing harm, and you are harming people and choice in that process. I thank you, if you read this.

10/31/2015 12:56:33 PM - Mr. Arron Sondrini

Thirty year smoker, two packs a day, tried and failed quitting more times than I can count, today it's been all most one year since I smoked a cigarette, I am happy, my family is happy, my doctor is happy, truly a success story and I believe that there are many people just like me who can have the same success. If the proposed rules are allowed to take effect you will be handing big tobacco a victory and I don't believe that is what any of us want. I tried the cigarette look alike a that the big tobacco company's produce and they did not work, went right on smoking until a friend gave me a starter kit for vaping, what was called an ego setup, just a small clearomizer and 3.5 volt battery, it worked better than any cigarette look alike, enough so that I looked for and found a thriving community of vapors who where eager to share their knowledge and success, I eventually moved on to more advanced and reliable equipment and was able to ween off of the cigarettes within two weeks of regularly vaping, I sincerely hope you will take into account all of us who have freed ourselves of big Tobaccos death grip and will allow us consenting adults the freedom to make our own informed decisions on what kind of equipment and ingredients we choose to use for vaping. Thank you

10/31/2015 12:56:26 PM - Davis Dang

I've been using tobacco products for a while. I smoked hookah for 8 years, chewed tobacco for 3 years, and smoked cigarettes for 2 years. One day my cousin told me i should try vaping to quit before i end up getting cancer, so i listened and started vaping instead. After i started vaping i didn't feel like I had to use tobacco products anymore. i ended up quitting all three(hookah, dip, cigarettes) in a month. I haven't used any of them since then!

10/31/2015 12:56:20 PM - Roger Hale-Becker

I started vaping about five months ago in order to quit smoking and it has been one of the best decisions of my life. My overall health and wellbeing have improved significantly. My work performance has improved substantially and I feel absolutely amazing since I made the switch. I had been smoking for 16 years when I finally started vaping on a regular basic. I use a vape pen and two different mods. My nicotine strength has stayed consistent since I started vaping. I went straight from smoking to vaping.

10/31/2015 12:56:13 PM - Alexis Sowell

I have been smoking heavily for the past few years after going through a stressful time in my life. I thought I could divide out my cigarette smoking so I wasn't as bad as "them"...basically anyone smoking more than me. The horror store. Before long I was on almost a pack a day habit and I was losing control. Being 25 that's pretty scary because I knew I would have issues quitting and that meant I was looking at a life of being a smoker.

The changes physically were obvious. It hurt to take a deep breath, my blood pressure was going up steadily, I smelled like cigarette smoke almost constantly and I felt shitty. The changes outside of the physical were there too. I had cigarette burns in my car, on a favorite coat, my cat was feeling the effects because I was smoking in the house and I was spending so much money on this horrible habit.

Then I found vaping. I found vaping after trying to go cold turkey which did not work. Since I picked up a vape pen I have not smoked in almost 2 months and I feel amazing. It would be a shame if these products were taken off the market because I can think it can change the life of millions of people who are well aware that just going cold-turkey is not a good method to rid your life of cancer sticks.

10/31/2015 12:56:06 PM - Shane McPartland

Hi. I have been a smoker of tobacco products for more than 21 years. I have tried every alternative to quitting such as a nicotine inhaler, the "patch", and Nicorette gum. I've been unsuccessful with these products due to the lack of sufficient substitute they provide to smoking. I have also tried to quit "cold turkey" as well and can only be successful for a very short time. I even tried vapor cigarettes when they first came out, but they weren't enough either. So I continued to smoke over a pack a day. It was only after the improvements to the vapor technology was advanced (by the Vapers themselves) was I able to cut down to only a few cigarettes a day with quitting entirely on the near horizon. These advanced vapor products have been the only tools in 20 years to help me successfully cut down to where I am now. If you take these products off the market, you will be taking the opportunity for someone else to have a chance to utilize this safe to smoking alternative.

10/31/2015 12:55:58 PM - Nick

I smoked 2 packs of cigarettes and 2 packs of cigars a day. I woke up every morning coughing and sick. I couldn't breath. I started vaping and I can breath great. I stopped smoking and am feeling a lot healthier. My doctor told me I had one of the best heart rate he has seen. He also commented that my breathing was perfect and didn't believe that I had smoked. Vaping saved my life. I smoked for years and I've been vaping for about 8 months. I was vaping for about 3 when the doctor checked me. I no longer feel the urge to smoke and I did smoke when I started vaping, but after about 2 weeks I quit entirely. I used mods, Rdas, and tanks. I considering everything in my life had become more positive since I started vaping. My family didn't care to be around cigarettes but they don't care about the vaping. A lot of my friends were smokers but now they vape because I introduced then to it and they can breath better now.

10/31/2015 12:55:22 PM - Bedmonds

I smoked cigarettes for 25 years,i had problems breathing,smell was muted coughed all the time until i started using e- cigs and then eventually vaping with modded boxes. I have been cigarette free for over a year now. I now breath, smell much better, i no longer caugh or spit up tar in the mornings. My quality of life is so much better thanks to these no smoke alternitives.

10/31/2015 12:55:16 PM - maria martinez

I told my my oldest son when he truned 18 i would stop smoking will the day came when he turned 18 and so i started trying to stop. I went to those gas station e-cigs and found my self spending more on them then cigarette so of course I went back to smoking them then one day I was on my way to work when I heard about a Vape shop and remember telling my son I need to go there. Will after work I went. And have to say it was the best then I every did. It's be a year and three months now and have to say I haven,t felt better. I wake up and can breath without the cough or feeling the need to have a cigarette. I go to work and not feel out of breath from doing my job. I find it easier to do all the things I want to do with my youngest son who is know 3 years. And I find myself not use my e-cig as much but its there if I do need it. And it only take a couple of puffs and I'm good to go. After 20 years of smoking cigarette I can know say I don't smoke to my doctor and his even say my stress leave is low and bloodpresser have come down a lot. Yeap its been good year for me and I was able to keep a promise to my son.

10/31/2015 12:54:40 PM - Tom Helley

I started smoking when I was 12 and smoked for the majority of the next 20 years.

I quit several times, to the point were I got very good at quitting, I just couldn't stay quit. I also have known people who've quit for 15 years and still went back to smoking, so that was very disheartening.

When I decided to switch to vaping, I was unaware of all of the products on the market, so I bought a starter kit from V2. They are the small "cig-a-like" kind. I was able to quit, but I still kept going back to smoking. I was using a very high nicotine content, 24mg per ml, but it still did not completely keep me off of cigarettes.

It wasn't until I bought a Vamo 2 and a Protank that I was really able to be completely free of cigarettes. With that I was able to go down to 12mg.

I now use 6 mg on higher powered, temperature limiting devices and I could not be happier with it. I plan to go down to 3mg soon. I have been cigarette free for 2 years.

This is a fairly new technology, but they have been well studied and everything seems to point to them being much safer than traditional cigarettes.

Another good thing about it is that more studies are still being done, and if something turns out to be less safe than we though, we can change it. You don't stop driving cars because one of them has a safety issue, you engineer them better.

10/31/2015 12:54:31 PM - Sarah Casnellie

I was a smoker for about 3 years I started when I was freshly 17. I was hired as a sales associate at Lizard Juice when I was 19. For my first year at LJ I was using both cigarettes and the e-cigs. I cut back on cigarettes little by little but not all the way. I started at 18mg of nicotine for I was a pack a day smoker and I was using basic ecigs. In February of 2015 I finally kicked the cigarettes completely and haven't had one since. I've lowered my nicotine to about a six and I use a variety of ecigs to mods. I've seen and helped so many people quit and I couldn't be happier with my line of work. Now I'm about to be 21 and I'm the manager of the store I was hired at. Since I've quit, I feel so much better. I've saved so much money. And I've been able to help other people do the same. I used to think I'd never be able to quit and it scared me. And now if I even smell a cigarette my stomach turns. I honestly have had nothing negative come from adopting the smoke-free alternative. I don't smell like it. My clothes don't smell like it. I can take a deep breath without coughing and hacking. Nothing but positive outcomes come to mind when it comes down to it. I'm forever grateful for the smoking alternative.

10/31/2015 12:54:24 PM - Scott Dunn

I was a two pack a day smoker for 35 years. Also I was one of those people that actually enjoyed it. Even though I had high blood pressure, and smoking was effecting the healing of a particularly significant wound, I kept on smoking. I had tried everything from gum, patches, to chantix and nothing worked. Not even the nearly 6 dollars a pack. I decided to give vaping a try after some research and finding that the solutions used were substantially less dangerous than tobacco, and that my nicotine level was adjustable. Within a week of switching my blood pressure was down, my sense of smell was back, and my smokers hack was gone. I personally apologized to family and friends for making them put up with the cigarette smell also. Now I use a vape with maximum vegetable glycol and my nicotine level is down to six. I have been vaping for a year and when I tried a regular cigarette it was the most disgusting thing. I haven't had a real cigarette in 11 months and have no interest in going back.

10/31/2015 12:54:17 PM - Jaclyn Casey

I'm 23 years old. I started smoking at 14 "to look cool." I started with a pack lasting me three days, in the last years years I smoked, it was two packs a day. Now imagine a beautiful woman smoking that many cigarettes a day. I started noticing the chances in my teeth. How gross and yellow they were. I could not believe my eyes. One day I just had enough.

I've quit smoking for two years. I started off smoking those logic cigarettes, but then realized they weren't regulated. My mom had cancer and my step dad had cancer. Many people in my family had cancer, so as you can see, I'm prone to cancer. I found the vape store called Fluid, and every since then I've been vaping. My teeth are back to being white because I don't smoke AT ALL. I'm not choking or I don't feel like I'm dying all the time due to a horrible smokers cough. I have more energy and I feel more vibrant. My mom, my step dad, myself, and so many of my family members have moved on to vaping. Even if the big babies at the cigarette complies get their way, I'll never touch another another cigarette in my life.

10/31/2015 12:53:16 PM - Sherry Duncan

I am 50 yrs old, i started smoking when I was 14, I loved my cigs, I loved to smoke, until I decided to try vaping, ecig stores were opening up everywhere in my city, I stopped in one one day and purchased my first ego start and it did not work well for me, but I didn't give up I kept going back and getting something a little bit bigger and finally one day, boom I found the perfect fit and the perfect ejuice, I don't like flavors (just yet), but I got just the right throat hit and bam, it worked, I have been cig free for almost a month now, and I never never thought it would work because I LOVED to smoke, but I LOVE to vape more and it DOES work, I promise!!!! I will move to a larger mod soon, I'm using an Eleaf istick now with a my start smooth, but I'm feeling something larger soon, very soon.

10/31/2015 12:53:10 PM - Amy- NEPA

I have been a cigarette smoker for 27 years. I have unsuccessfully tried to quit countless times. Welbutrin, chantix, patches, lozenges...you name it, I have tried it. I never lasted more than a couple days. I started vaping a couple weeks ago- and I haven't touched a cigarette since day 1. If vape juice is made unavailable to me, I know for a fact that I will return to smoking. Please don't take away the one thing that keeps me from smoking!!!! I don't want to let myself, or my 4 children down!

10/31/2015 12:53:03 PM - Ron Madnick

To whom it may concern I was a ciggarette smoker for over 15 years. E cigarettes help me quit and I no longer have breathing issues. I am able to exorcize more often,less flem and do not smell horrible to my partner. The flavores are great and I enjoy it at little or no nicotine. I have been smoke free for three years and enjoy a much healthier lifestyle.

10/31/2015 12:52:56 PM - Daniel

I have been a smoker since the age of 20. I am now 32 years old and have tried everything to quit smoking. The patches, gum, or alternatives like snus just never worked completely. Three months ago i began vaping. Within 1 week i went from 1 pack of cigarettes a day down to 2 cigarettes a day. I feel SO much better with breathing, energy level, and overall happiness. I still occasionally need a cigarette but the overall effectiveness of vaping is without a doubt the best alternative to smoking i have ever found. I have dropped down to a .3% nicotine level in my juices and feel great about it. I plan to vape for as long as possible, and NEVER go back to smoking regularly.

10/31/2015 12:52:48 PM - caleb

I smoked cigarettes for two years now that may not be as long as others. But to me even that was two long once I found the girl of my dreams she hated cigarettes ,the way they smell, the stench left on my breath everything. So she introduced me to vaping now at first I knew nothing about it but soon learned everything and fast it was the alternative for smoking to me I stopped almost instantly and now i do believe its only fair to have some regulations as far as it goes like what is really being used to make the liquid. Like taking harmful things out that china pumps in 50 gallon drums to mass produce large amounts. I believe companies should have to have quality control that's a good standard for any company. Also regulating to make sure this is not sold or enticed to little kids or anyone under the age of 18 but other then that its a better alternative tastes, smells, just all around better then cigarettes. Big tabbaco should keep there nose out of a industry that doesn't need any of their help with it. We as Americans should have a choice what we want to use or do to our bodies. This doesn't mean the whole world has to stop smoking cigarettes just those who want to and those who this helps.

10/31/2015 12:52:41 PM - Jeremy

I started smoking at 16 and smoked a pack a day for 10 years. I first tried an e cig in 2009, but didn't purchase one until 2011. It was small, like a cigarette and didn't get me to quit. In 2014 I bought my first tube mod and dripping atomizer and after a couple months finally quit. I would have never quit and never thought I would.

10/31/2015 12:52:33 PM - Sally

I was smoking a pack a day for 23 years. Numerous times I tried to stop smoking but nothing helped. I would last a week and bam, straight back to the analogues. I was nearly about to give up on even trying. Then, I started vaping after an ex-smoker recommended it to me...never touched a cigarette after the first day of vaping!! Not...one...single...cigarette!!! I also started at 12mg of nicotine and went down to 3mg in a month's time! That was fantastic and I still can't believe how an e-cig helped me to accomplish that so soon where no nicotine patch or other "medical" aid could! Yes, vaping has been a real lifesaver for me as I was starting to get serious issues with my upper airways: bronchitis, pneumonia...the lot. Things have improved so much now: I can breathe so much better and my energy levels are rising every day amongst other. To see that they are now trying to eradicate vaping is simply frightening on many levels.

10/31/2015 12:52:26 PM - Matt Krueger

Hello and thank you for reading this. At this time, I am standing behind a counter in a vape shop in Effingham Illinois. Today I have had many customers come in and out, along with countless others in the past, who all share one common love, vaping. Vaping has saved my life, and many others who were just like me. After starting smoking at 16, I became hopelessly addicted. smoking over a pack and a half of cigarettes a day is insanely harmful and at such a young age, only harms you worse. Vaping is what stopped me from my habit. When I look in the mirror today, I see a individual who Is no longer chained constantly with a cigarette in my hand. I no longer smell like an ashtray, and my health has benefited wildly from quitting. Using electronic cigarettes with a wide variety of products and flavors I was able to dramatically improve my health, life, and future. please do not ban these devices. in doing so you will be forcing cigarettes into the hands of millions, giving hundreds of thousands of people lung cancer, and completely destroying an industry that employs millions.

10/31/2015 12:52:14 PM - Madison Cody

I started smoking at a very young age. I thought it was cool to smoke in high school. I always thought I could stop when I wanted to with no problem. I would have upper class men in my school go to the store and buy the cigarettes for me. After because legal age to smoke, I began to smoke more and more. I was up to at least a pack a day or more. As time went on, I noticed my health getting worse. At only 19 years of age I could barely breath with out hacking up nasty gunk from smoking. Every morning j would wake up and before starting my day I would have to sit on the side of the bed and cough until all the gunk was clear. At the age of 20, I found out I was pregnant with my first child. I knew it was time to change my lifestyle habits. I know that my precious child could not live in a world of smoke. I didnt want him to have to smell or breath the horrible toxins that I was putting into my body. I stopped smoking while I was pregnant. July of 2014 my healthy baby boy came into this world. It was the happiest day of my life. I couldn't believe that I had just brought the most perfect thing into this world. Shortly after giving birth to a healthy baby boy, we were discharged from the hospital. After arriving home, I began to have the cravings for a cigarette. I made the mistake of buying a pack. I returned back to smoking as much as I did not want to. I tried fighting the urge to smoke and it just wasnt working. 3 months pass and I am just smitten with my little boy! So much love and joy filled my house all because of my little love! We were just getting into the swing of a good routine and I was finally feeling confident enough to try to stop smoking again. So back on my journey again. My sons father and I had already had a rough marriage and it seemed when my son came into the picture it made it worse. The lying, drug use and abusiveness had gotten way worse. So kicking my smoking habit was put in hold again because of a terrible divorce. After all that was said and done, I was back on the "dating market" and found my current boyfriend, Rodney. He was a smoker at the time so it didnt help my situation of quitting. We both decided that we wanted to quit but didnt want to quit cold turkey. We went to our local vape shop and bought our first set up. We were excited about vaping and thought it will make such a difference. Rodney and I have been together for almost 9 months and have been smoke free since getting together. Of course we have upgraded our vaping hardware and decreased in nicotine strength. We are at the lowest nicotine level available. We both have box mods that have helped us on our journey. We are happy and healthy and do not have smokers cough any more. Vaping has most deffinatly helped me and my family kick horrible cigarrettes.

10/31/2015 12:50:35 PM - Nadine Sabulsky

American is about Freedom Of Choice.

At least, that's what we're told growing up, and I always believed it until my first trip to the voting booth. But I digress...

I've been a smoker since age 13. By the time I was 22 I was a 1.5 pack a day smoker, by the time I was 25 it was a solid 2 packs a day. I've always enjoyed smoking, so when e-cigarettes first came out in late 2007 I was an avid and early adopter.

I must confess, I never wanted to quit smoking. I got an e-cigarette so I could enjoy my habit in places where smoking is banned (pretty much anywhere indoors in my state), but using the smokeless alternative has reduced my tobacco consumption to around Â½ pack to 1 pack per day. I'm sure other users have had similar results. Maybe that's why the tobacco companies are strongly campaigning, in government and the media, striving to scare consumers and eliminate e-cigarettes.

Before purchasing an e-cigarette I did my research. I discovered that nicotine, by itself, has an effect on the body quite similar to caffeine, which substance is unregulated. So if you want to ban my ecig, maybe we should ban your coffee? You know, the vapors or steam released by both has a similar effect on the non-user. We detect a slight odor. Yet people are so brainwashed by fear-mongering media about smoking that they think ecig vapors are toxic, or somehow can infect others with addiction. I've been smelling coffee here and there all my life, but I rarely have ever drank any.

I also discovered that propylene glycol (part of many e-liquids) is one of the most hypoallergenic substances, having an effect of irritation on a mere 2% of the population, which is why I was disgusted when news outlets scare-tactics started reporting that it was "antifreeze" in 2008. Yeah, it's a substance used in antifreeze because unlike the humectant it replaced, it's totally NON-TOXIC!

Like I said, I never wanted to quit smoking. I enjoy smoking. I don't need a government nanny to dictate what's best for me. And I'm sick of the hypocrisy practiced by anti-smokers who drive combustion engine vehicles complaining about smoke, while they release more pollution into the air in ONE MINUTE than I smoke in a YEAR.

10/31/2015 12:50:24 PM - jimmy rayne

I started vaping a year ago like many others I battled with smoking going back and fourth between smoking and vaping until June of 2015 when I had found out my mother died that's when I new I needed to take a serious step up and start vaping cause it helps me out alot I've been vaping every day seriously since July 1 2015 and over the course of the last four months I've noticed that I can breath alot better I can run easier and not get so winded and I can even (as a musician) I can sing and hold octaves alot longer I'm a big advocate for vaping as a personal means to be healthier since I've been vaping (I prefer the desert flavored e-juices) I don't eat as much sweets as I used to either so not only has it helped me quit smoking its helped me cut back in the junk food I eat as well. I was a smoker for twenty years from the age if ten to the age of thirty (my current age is thirty)so over the course of four months I've noticed alot of health improvments so please as well many others I hope I can continue vaping and looking forward to a healthier life

10/31/2015 12:50:17 PM - chris Leonard (chrisl32656) from Keystone height,

My name is chris i am 44 years old i started smoking cigarettes at 15..and have now been cigarette free for 6 months COMPLETELY. ...AND HAVE NEVER FELT BETTER... i started using a vapor mod 6 months ago at a nicotine strength of 24ml i i have been and 0 nicotine for 1 month now after dropping from 24 to 12 to 6 then to 3 then 0 for the last month..this was not my 1st attempt at quitting smoking ive used literally everything on the market from prescription medications to patches, gum, lozenges heck i was even hypnotized once nothing worked never stopped for more than 2 days. But something about the vapor and the ability to change flavors of anything u can imagine changed all that.. i know longer wake up coughing up things of a color i cant describe to always being outta breath. I FEEL AMAZING I NOW COACH MY SON'S SOCCER TEAM AND AM SO MUCH MORE ACTIVE BECAUSE I CAN BREATH NOW ITS ABSOLUTELY AMAZING. I tell everyone i know about vaping now my oldest son (24) who is in the US ARMY as i was also (I'm a disabled desert storm veteran)...started vaping 30 days ago and is now 10 days without a cigarette at all...i started vapor almost as a joke knowing it wouldn't work funny thing i javent picked up a cigarette since the day i got my mod and 1st bottle of e liquid.....i onow longer have headaches or heartburn lile i used to almost daily.. I can now walk my younger kids 11 and 12 yrs old to school..its unbelievable how much better and healthier i feel and at the risk of sounding stupid I THANK GOD FOR VAPING. ... i may actually live long enough to see my newest son 1 year old graduate college and he thank god maybe now they wont have to watch me die from lung cancer....oh and 1 more thing we have a swimming pool last summer i could barely hold my breath long enough to swim half a lap underwater yesterday i did 4 full laps underwater and probably could have done 1 more but som decide daddy had been underwater long enough and jumped on my back lol..... ill sum up with this thank god i will never smoke another cigarette as long as i live which thanks to vaping will be alot longer than the path i was on 6 months ago SO THANK U SO MUCH TO WHOM EVER INVENTED VAPING YOU ARE MY HERO.....STAY CALM AND VAPE ON....

10/31/2015 12:50:10 PM - LoveMyPartner

My partner smoked for about 15 years and was able to quit 10 years ago. However, during a time of stress two years ago, she started smoking again, thinking she would have "just one". She was, despite multiple attempts, unable to quit after that.

This summer she was diagnosed with cancer and resolved, again, to quit. She still couldn't, even facing chemotherapy, radiation and surgery.

In desperation, I researched vapor cigarettes and learned they were thought to be less harmful, due to being smokeless, than regular cigarettes. I brought home several brands and called several companies to find out what vapor juices might be most like her brand of smokes. I bought these options with various levels of nicotine.

She initially eschewed my idea as ridiculous, so I bought some sweet flavored vapors for myself (I've never smoked). After watching me puff on these (and, I admit, enjoy them) for a few weeks, still unable to quit her own habit, she warmed to the idea of trying something new. This was 2 months ago and she has not smoked a regular cigarette since. She started and stayed with 6 mg strength V2 Sahara juice. And, while I enjoyed the sweet nicotine-free flavors, I stopped using the e-cigarettes after a month. I recognize they are not as bad as smoking, but, as a friend pointed out, they are not broccoli.

She is breathing better and is fighting her cancer without being weighed down by the fear and guilt of being a smoker.

I hope that new regulations will not take this option away from others who really need to stop smoking. It's a matter of life and death.

10/31/2015 12:50:04 PM - Jose Burghardt

I started smoking at a young age and got up too all most two packs a day. I found vapeing threw a few friends that had just started. At first it didn't seem like much of a change. But I started to notice I could breath easier and didn't have a bad cough every morning. Then I got hooked on the mods and all the building and trick. I even left my job of 4 years to start managing a Vape shop in southern Arizona. Now we are big into helping people quit and teaching how to use the devices safe and working properly. Killing this industry would harm more people then it would help.

10/31/2015 12:49:57 PM - Arnold Rodriguez

I (Arnold Rodriguez) have been a smoker for 4 years as of December-January 2014 I had already been a buyer of over 7 ecig products. The "smokeless tobacco" ecig area was somewhat appealing to me and my younger brother, he and I were both trying to quit to continue with the sports we played at the time.. It was a struggle at first with not receiving the amount a cigarette would easily provide compared to the Blu products etc. . It took more will power above all to finally start letting cigarettes go and when I found this it removed what others in my family have gone through to no longer be at risk of lung cancer. After 4 years of vaping now I've become a juice mixiologist in the industry to better others with the same goals as I had in this industry only providing people with not an alternative but a lead off of cigarettes. Electronic Cigarettes are not at all one bit related to vaping. This provides the same influence but is a lot different, just like every blue pen you write with, it is not the same as a red pen, same intention, same process, and no matter how much you write with that blue pen it will never be red. It's a safer experience to get you out of those stressful moments without all the risks of certain death. Risks may be a process of thousands of repetition to put you there but a healthier alternative should never be conquested and made to be named the same substance. I hope that this will continue to help you fight for the right things, and help you to understand that supporting the wrongs will never help anybody.

Signed

Arnaldo Rodriguez Jr

10/31/2015 12:49:51 PM - Aileen Holland

I was able to quit smoking easily after 40 years . Took 2 days only to quit completely. I had tried many other times over the years without success. I'm much more healthy now. There are many less toxins in vape and all nicotine strengths starting at none whatsoever. Many people are already riled by perceived government overreach. Allow us a pleasure safer then driving or eating meat.No one wants to start smoking again. But we will. No one has been hurt by this habit Even the world health organization says it's much safer then cigs.. Leave us alone. Many of us are fellow liberals but you are turning us into less government libertarians Sincerely, Aileen Holland

10/31/2015 12:49:43 PM - Brian L.

I have been a smoker now for over a decade. I have always wante to quit because I could see how dependent I was to it and how it was degrading my life. It's been nothing but tough hurdles in the attempts to eradicate cigarettes from my lifestyle until vaping came along. After switching to vaping I have not even thought about picking up or a buyin another pack again. I know there's probably loss in revenue and maybe cigarettes are some sort of sick way to reduce the population but you would have to be truly sick and evil to ban vaping just to get people to smoke again. I'll never go back to a cigarette no matter what happens.

10/31/2015 12:49:35 PM - DJ Blas

I have been smoking since I was 12. Thankfully though, nothing happened to me on the process of smoking cigarettes. I did not have any lung problems, I was only addicted to it. I realized that before anything detrimental to my well-being occurs because of smoking cigarettes that I should permanently stop smoking. So my friend introduced me to vaping, which helped me get off the hook, 100% with no BS. Now that I stopped smoking cigarettes, I have found myself a hobby, to vape and to tell people how much it helped me quit smoking. I am currently 90 days free of cigarettes and have not even thought about getting my hands on them. I started vaping at 6mg nicotine level, but now I controlled myself vaping between 0 and 3mg nicotine level. Vaping is the best option for smoking-addicts out there to stop their habits, and ultimately to save their lives by switching to a better alternative. I don't want vaping to end because it didn't only save my life from cigarettes, but it saves lives of others who are in so much more danger than I am. Vaping saves lives.

10/31/2015 12:23:47 PM - Hugh hutchinson

Vaping has helped me and my family in more ways than one. Me and my wife have quit now for almost 2 years smoking that is. Saving money my kids are a lot happier because they know it's bad for us. im just glad I was able to put cigarettes down so easy with vaping. A lot of friends of mine have quit with vaping. Food taste better I breathe better and I feel better. That means the most. I smoked for 26 years before I started vaping. The first day I bought my vapor I put them down. I tried the gum and the patch and neither would work for me. Vaping did. They can say what they want to but it is a lot better than smoking. I know that just by the way I feel.

10/31/2015 12:23:39 PM - Joey

I Joey V has found that vaping is very useful.

I started smoking ciggaretes at a very early age roughly around 13 years old. At the time of use I didn't find no harm being done to my body. As years go on I stay stuck with the habit. The corner store use to sell me a pack they didn't really care. It went from smoking 1 cigarette every 3 days to 2 than I found my self smoking every day multiple times a day. High School came around and the habit was worse than its ever been. It got to the point where doing simple task as push ups or walking across the school to get to class a very tough task. My health was poor. Now at 19 years old I picked up a ego one starter kit that were sold at a corner store thought to myself of these things actually worked so I bought it. At first I thought it was stupid but you can't give up so simple right? A year ago I tried to quit by using a nicotine patch but that wasn't worth it. So I kept on trying to put the pack down but I couldn't. So the ego one I was going to give up actually gave me a boost of confidence. I had the tank filled up with a cherry flavor juice that was at 24 mg nicotine and it was very throat and light headed satisfying for me. So now I could not put my little vape pen down and I kept on vaping and vaping. Well that little pen wasn't cutting it due to the fact I wanted something bigger and better. Well now I had purchased a iTaste VV with a Aspire tank. Wow! I was blown away by the variable voltage and how big the tank was. Well now this is a better alternative but that 24 mg was way to strong for me. So I purchase 18 mg nicotine juice and man it was bomb!! So I started reading more into the hybrid mods and mechanical mods box mods etc... I was very impressed with what people can build on there RDAs and how low of an ohm you can build and the mad vapor cloud a such product can produce!! So I order a Sigeli box mod and started getting into vaping more and more. As my vape addiction grew my health improved. I was able to run, walk for a distance, talk and breathe right without having to catch my breath. Now to this day I've been on my vape game strong. I'm currently running my daily ipv2 with a royal Hunter and I'm vaping 3 mg nicotine compared to 24 mg. Don't stop the vape please let it be.

10/31/2015 12:23:32 PM - Gigi Doubleya

I smoked for most of my adult life, except when I was pregnant or nursing. But I always went back to cigarettes. I found vaping in 2012 and totally quit smoking the "cancer sticks" during the Spring of 2013. I have NOT smoked a traditional cigarette since then! I now walk 10 to 12 miles a week, smell better and feel better. I will NEVER go back to analogs and will continue to occasionally vape! My husband also quit smoking and we will continue to support vaping as the best way to quit tobacco products!

10/31/2015 12:23:22 PM - Reba Black

When I hear that our electronic cigarettes are in danger of being taken off the market, I am certain that reasons do not include being for the good of the people. Certainly many smokers are reporting very real, often urgent health benefits with their switch to electronic vapor products. My own personal experience with use of these products resulted in my smoking cessation and amazing health improvements also and I am just one out of millions, I'm sure. Our lives, our stories voice our very real need of legally purchasing our safer smoking alternatives. Our quality of life, our longevity depends on it!!! Will lawmakers please, please, please support us in continuing the legal sale of electronic/vapor products?

10/31/2015 12:23:15 PM - Professor of English, Illinois

After years of frustration, agony, and disappointment, it was only through the use of vaporizer products that I was able to give up tobacco products. Make no mistake, I urge you, vaping is not smoking. The by product is identical to that which is harmlessly used in theatrical productions to produce bursts of fog. Without vaping, I would never have been able to give up a habit that daily infected me with tar and numerous carcinogens. After 30 years I am finally tobacco free.

10/31/2015 12:23:09 PM - Carissa

I've smoked for years. Knowing obviously that is was harmful, I wanted to quit. I knew "cold turkey" wouldn't cut it. I got introduced to a guy who had a vape shop, he helped me pick the right things to use and I couldn't be happier! This is the only thing I could do to get me to stop! I know I'm not the only one put thete that this has helped. I love my vaping and that I can say I'm smoke free, stink free and happy with myself!

10/31/2015 12:23:03 PM - Erin Smalley

I have been smoking for over 20 years, i started using a vaporizer for 3 weeks ago. I have tried patches, prescriptions and mints/gum to try and quit, never mad it past 48 hours. I have not had an actual cigarette in 3 weeks, never been able to accomplish that before, so yeah vaping is helping me, as far as improvements they are listed below:

1. I smelled cigarette smoke for the first time in over 15 years two days ago. I assume this means I am getting my sense of smell back. (I guess this means i actually stunk all those years... wow never knew ...)

2. I realized i use way to much salt and sugar, (I assume i am also getting some ability to truly taste back)

3. I am still coughing up grey/dark phlegm, but i seem to be able to take a deeper breath so i would assume that's an improvement.

4. I am actually sleeping better, not sure why but hey i will take it!

That being said please do not take away the one product out of all that i have tried that i can actually accomplish my non-cigarette smoking goals with. I am currently using Vegetable glycerin liquid with 24 mils nicotine, I tried 12 mil nicotine however craved cigarettes really bad so moved up after one day of 12 mil. Right now my goal is to continue 24mil until I feel ready to lower my level to 18 mil nicotine and i am shooting for that goal in 3 months. I can actually quit this with the help of vaping, the proof is in the vaping so to speak, 3 weeks in and no cigarettes.

10/31/2015 12:22:54 PM - Eloisa Kelly

I do not think it is wise for the government to start regulating the vape stores, putting regulations on vape juices and vapes.

The government should stay out of it.

10/31/2015 12:22:47 PM - Howard Schuele

I was a 15 year plus smoker at least one pack a day. I have many friends who tried ecigs and quit smoking. I was skeptical and blew off there successes for at least a year. About 4 months ago I was at breakfast with one of these friends and agreed to go with him and buy my first ecig mod. I have not smoked since that morning and it's been over 4 months I should have done this years ago I can say with confidence that as long as I have access to ecigs I will never smoke again. I feel great taste has returned and my kids are so thankful. Thank you to the YouTube vaping community there are so many great channels there to keep you motivated.

10/31/2015 12:22:41 PM - Doug Cox

Plan and simple...Vaping has saved my life...My doctor said he wasn't hopeful vaping would help after smoking over a pack a day for 35 years! Now he says my lungs sound great. I have been vaping for 27 months and I feel great, I can breathe again...and I can actually run up a flight of stairs!

Tobacco took my mother in 2011 and my brother in 2012....

Please don't take vaping away from the American People! It should be our choice as American's to decide on this matter...not have a government official with NO facts decide for me!

Thank you for reading and caring....Vape On!

Doug Cox

10/31/2015 12:22:33 PM - Gary

I have been using smokeless tobacco for almost 35 years. Although I've tried quitting many times, it has never worked for long. After learning about vaping, and trying it myself, I was able to quit the habit in no time. The flexibility offered by vaping has allowed me to meter both my usage and my intake of nicotine gradually, to the point that I will soon be nicotine free.

10/31/2015 12:22:22 PM - Tracy

I'm a 45 year old ex smoker. I smoked for 22 years. Was having alot of health issues due to smoking. A friend told me to try vaping. So I went online and looked and researched. I thought it was worth a try. So now being October I am free of all the.chemicals in smoking. I am an avid vapor. I have a few vape shops near me but I buy alot online. I use a mod and atomizer with 6 MG of nictone. I did not try any other methods to stop smoking. The e cig done the trick. I can't stand the.smell of.smoke now. My senses are.back. I feel great!!!

10/31/2015 12:22:11 PM - jonathan perez

i was a smoker for about six to seven years and i have been vaping for nearly a year and the way i feel that is exceptional most of all to my health i feel alot better yhan when i was smoking cigarretes i went from 1 pack a day to no cigarretes at all from one day to another i had already tried to QUIT unsuccessfull like three different times gum, and patches

thats my story at the end i have no negatives to share everything had been positive for me on my quitting journey

sincerely jonathan perez

from brownsville texas

10/31/2015 12:21:49 PM - Michael Reed

I started Vaping in August 2014 It saved my life and my families too. I started to quit a 23 year smoking habit it has now been 15 months and im down to almost no nicotine because of the products that are offered my health has improved immensely I feel I can breath better feel better everyday I wake up now and im not polluting the air my two daughters are breathing my 8 year old was showing signs of asthma now she is symptom free once again I STRESS VAPING SAVED THE LIVES OF ME AND MY FAMILY. Please help us make the FDA rework the bill trying to ban 99.9% of all vaping products big tobacco should not win this fight they just get rich off of other peoples pain and death.

10/31/2015 12:21:42 PM - MST

Vaping has gotten me off cigarettes, please don't take this great safe alternative away. Thank you.

10/31/2015 12:21:29 PM - Erica

I smoked for over ten years when my aunt was diagnosed with cancer - due to smoking. I promised myself and family that I would quit. I tried the gum, patches, and Blu ecigs. Nothing changed. I still wanted a cigarette. I tried vaping and it changed my life. I have been tobacco free for over a year and a half now. The smell of cigarettes literally makes me sick! Vaping has also helped with snacking urges. Please don't take this away from us!

I use a box mod and sub ohm tank now. I started with the basic pen set up. I have gone from a 2.4mg strength of nicotine down to a 0.3. Vaping literally has made me feel better. My smell and taste are keener and I can breath. I can go to the gym and workout without feeling like I am going to pop a lung.

10/31/2015 12:21:19 PM - Vapor_93

I own a small business that sells these items to consumers. I have been open for almost 2 and 1/2 years. Locally, my shop has helped over 400 people quit smoking. My little Mom and Pop shop is making my city healthier everyday. The only reason I opened this business in the first place was because my wife finally quit smoking and I realized that the technology works. She used a very high end device to quit smoking. These higher end devices weren't around a few years ago. The devices on the market nowadays are much more effective in helping people quit.

10/31/2015 12:21:12 PM - Unii YPC

I started vaping a year and a half ago with no education on the actual hobby, now I love it all I can do is thank god for allowing me to discover this transition that has helped me quit smoking one of the worst brands of cigarettes out there.. "newport" I just wanna thank all those who create, inovate and impact us everyday with new safer brands of things to use.. I currently dropped down to a 3mg nicotine and feel fuckin awesome!!!

Thanks Vape I Love You

10/31/2015 12:21:06 PM - Steven Krause

For 20 years I smoked a pack of cigarettes a day. There were countless attempts and commitments to my loved ones and myself to quit smoking - the result was failure.

Like most of us, using the "Traditional" methods of Stopping Smoking did not work. Gum, Patches, Doctors, Hypnotists and Pills never provided a long term solution. Each failure made the next attempt seem more futile.

My health decline seemed to be accelerating. It included increasing shortness of breath, painful coughing in the morning and difficulty smoking that 1st cigarette in the morning. The insanity continued with a trip to the market in the afternoon to make sure I had another pack for the evening! Long term I feared cancer was around the corner.

Electronic Cigarettes saved my life. Finally I tried Vaping/ Electronic Cigarettes. I didn't even bother to try to Stop Smoking, because I felt that it was not possible. I simply started using an eCig along with cigarettes. Then the miracle happened. My cigarette usage went down to almost nothing, cigarettes started to smell and taste disgusting. I couldn't stand the smell on me anymore and Smoking Stopped itself.

I could almost immediately smell again, I could even smell the person smoking in the car in front of me as I drove down the road. I could feel dramatic improvement in my lung function in just a couple of months.

Five years later, I feel great, I almost never have a desire to smoke and even then, I don't care, I can just pick up my Vape Pen and have all the satisfaction of a cigarette without the terrible smell and taste. The craving is gone just as fast as it came.

I will never say that I will never have another cigarette, but the truth is that I don't crave one. I know I will never have to be that same person I was 5 years ago because I am free from the cigarette bondage now and enjoying a clean, tasty, satisfying alternative.

Let us help you. I know it sounds unreachable for many, but it really is EASY to stop today. For little more than the cost of a carton, we can provide you with all the needed product for 2 weeks of "Vaping". Just give vaping a chance, you won't be sorry.

10/31/2015 12:20:53 PM - Nathan Catton

I used to be on drugs, smoking a 20 pack of fags a day. Then I saw a vape pen in a shop, I now have an aspire triton tank on a aspire cf mod battery. The pen stopped my smoking and helped me to quit drugs, now I am free to do what I want with my life, rather than have drugs take it over, I live in the UK, and this is in the U.S. , but every caper has their story.

Vapers rule! Respect.

10/31/2015 12:20:46 PM - Lisa W.

I have smoked since I was 15 years old And I am now 45. Trying to quit unsuccessfully for many years. Tried patches,pills and cold turkey and none had worked for me. When I heard of e-cigs I went to a local store and asked questions about them and was given information but was still skeptical on how that could possibly work. Long story shorter...I bought one. I started out with 18mg juice. After a couple weeks I noticed I didn't stink like smoke and my hair actually smelled nice. Soon I was noticing other smokers and their smells and it was gross. I'm glad I chose to quit this way. I'm now down to 0mg of nicotine and keep my ecig with me in case of stress that may try to make me smoke again. I actually forget about it most days but it's there if I need it. I feel healthier and my kids are happy I accomplished my goal.

10/31/2015 12:20:39 PM - Donna W. Burgamy

I am an US citizen VERY concerned and upset about the proposed bill concerning electronic cigarettes and products. I personally have one son who owns a business and this is a means to provide income for my family as my husband is terminally ill and has been taking experimental chemo since 2009 provided by the drug company Novartis. We would be drastically impacted by this reduction in our overall income. My husband is on Social Security Disability income. I personally am a Professional Registered Nurse and have seen the deadly impact that cigarettes have has on our population. l have successfully used the vapor cigarette to stop smoking as well as my husband and children. I realize that the tobacco companies are upset about the impact on their profits as people no longer spend their hard earned money on cigarettes, which kill people, and they don't seem to even care. This is a no brainer, Vapor Cigarettes are a safe alternative to smoking cessation, no matter what propaganda the medical community and tobacco companies have put out there. i have watched may people suffer and die as a result of cigarettes. My health improve immediately with the use of Vapor Cigarettes and my medical Provider was pleased as well. I don't see the difference in Nicotene patches, Nicotene gum, or other Nicotene related products in relation to the use of Vapor Products to aid in smoking cessation. This bill is outrageous and absurd and only benefits the tobacco industry, medical professionals (who will no longer have as many ill clients to care for), also impacting their profits. I would like for the President to prayerfully and intelligently consider the voice of the American Voters who have and will be impacted by this bill, HR2058.

10/31/2015 12:20:28 PM - Brian Aicher

I was a pack-a-day smoker for about 12 years before I discovered vaping. Within 2 weeks I was completely done with smoking and haven't had the urge to smoke since. I immediately started to feel the positive effects of switching over to vapor as my lungs started to clear out and heal themselves of the damage done by my long-time smoking habit. I recommend it to all of my friends as it not only provides a healthier alternative to smoking but also has become an enjoyable hobby/interest of mine due to the many combinations and choices in terms of flavors, methods, and devices. I think that there are many problems with today's laws and regulations but I would find the demolition of this industry to be a very personally felt injustice. Vaping has changed my life as well of the lives of many others for the better. Please do everything that you can to ensure that it remains a thriving industry, if not only to help combat the horrible effects of smoking that plague our people.

10/31/2015 12:20:20 PM - Diann Willis

I am 67 Years old. I started smoking in my early twenties. I have been smoke free for 29 months, thanks e-cigarettes. My health has greatly improved. I had been on inhalers most of my life. Since I started on e-cigarettes, I no longer have to to depend on inhalers. I have not smoked a cigraette, since I started vaping. Smoking was the cause of my asthma.

10/31/2015 12:20:13 PM - Nicole Palermo

I started smoking 25 years ago. I had no intention of quitting, until my father was diagnosed from lung cancer due to many years of smoking. I was not doing it for me, only for him, and therefore, I was leary of attempting to quit because honestly, I loved to smoke. I had previously tried Nicorette, the patch, and smoking cessation. Sunday marks 8 weeks since I've had a cigarette. I tried vaping on the second day and I haven't touched a cigarette since. I haven't coughed up flem in a month, something that has been happening for 10 or more years. My hair, clothes, car, and house smell better. My skin feels better. My kids are happier because they know the effects that smoking have had on my father. Best of all, my father does not seem so worried about me. Vaping has changed my life.

10/31/2015 12:20:05 PM - Kayla beasley

I started smoking cigarettes when I was only 13 years old I am now 26. Over a decade of addiction and I am finally free! Like many ciggarette smokers I've attempted to quit in the past many times but failed miserably, the OTC smoking cessation gums, patches, lozenges didn't help. At maximum a month after with the Otc Nicotine products i was back to smoking.

I thought I would be a smoker for the rest of my life. Have my kids not want to hug me for very long cause I always smelled like an ashtray. Irritating my spouse with the pricey addiction and the urgent anxiety I had when I didn't smoke often enough to feed the addiction. I could tell my family was getting tired of it all.. My life changed one day when I went into a local smoke shop to buy cigarettes, I saw the kangertech vapor mod products and decided why not, so instead of buying cigarettes I bought a kangertech sub box mini. I started with 3mg of nicotine ejuice and still use 3mg, I never had an urge for anymore nicotine or to use my vapor more frequently. By day two I didn't crave cigarettes anymore, and by day 7 I couldn't even attempt to smoke a cigarette with out coughing and finding them unbearable. How simply amazing it has been using my vapor products, I still can't believe it's been 6 months since I've smoked a cigarette. Even more amazing I've had no persistent cough, no episodes of bronchitis or pneumonia since, no more ear aches or shortness of breath or countless doctors visits to treat the many symptoms of damage being done to my body by cigarettes. I never thought that something so simple as a cigarette would consume my life.

Now I can run around the playground with my kids without the shortness of breath, I'm not irritable or revolving my every action around being able to smoke, my spouse doesn't wince when I kiss him! (No More Ashtray Breath!!)

I will never go back to smoking cigarettes EVER! my vapor mod has freed me to truly live my life.

I will never be able to express the gratitude I have for this marvelous invention. I feel confident now I will have a future with my children without cigarettes shortening my life!

10/31/2015 12:19:58 PM - Chino

I was smoking for 20 yrs 2 packs of Newport cigarettes and one day I try a electronic cig and it really change my life cus m from NYC I work as a bike messenger and u kno I need my lungs to ride for 8hrs to 12hrs a day so since I change to the vapors products it really help me out a lot is a life changing experience and I being vaping for 3 yrs already and I don't like cigarrettes no more if I could eliminate the cigarettes I'll do it so no body could smoke ever again and in my opinion vapor products are really helpful and because vapor alternatives help am not smoking no more and I use a unregulated mod the stacked copper by scottua with 3mg of nicotine but I started as 18mg of nic and so far I went down and down that right now m on 3mg and I don't need no tobacco for my needs I just want my mod and that's it so I hope the FDA don't banned smoke-free alternatives cus I don't want to smoke no more please heard me out I don't like cigarettes no more

10/31/2015 12:19:52 PM - David

I have been using vaping products since December 2014. I was a smoker for 18 years before then. I worked with children, sang in multiple groups, and have had health issues, but never was able to quit. But the second that I tried an apple strawberry e liquid in an Aspire Atlantis tank with an IPV Mini, I quit from that time on.

From what I understand about the FDA's impending regulations, is that these products will not be available. That would be a complete and utter travesty. I can't imagine staying off cigarettes without these products, and can't imagine the number of people who won't get a chance to have this as an option for quitting smoking.

Since vaping, I can go upstairs without wheezing, I no longer wake up with coughing fits, I no longer cough blood in the mornings, I have not had any heart issues that I had since I was 25 years of age, and I don't smell like an ashtray. I feel better and less guilty when I am in the presence of children and families, and my singing has never been better. I've even increased my range by a few steps!

10/31/2015 12:19:44 PM - Dustin

It had helped me get away from smoking all together. And I can finally breath better and enjoy life alot more cause of ecigs and they have helped all of my friends that smoke to. I have been smoking since I was 19 now I am 29 and been smoke free for almost a year. I use a mod for my set up and it had helped out more than anything else it there I tried the gum and patches and they didn't do nothing.

10/31/2015 12:18:59 PM - William Spurlin

I have been smoking for 10 years up until I discovered vaping. Vaping has saved my life. My lungs were beginning to turn black from tar I coughed all the time it was hard to breath. I tried the old cigalikes but those didn't do the trick.Then I found the new vapor products on the market today and within one week I had quit smoking. Needless to say now my lungs are perfectly clear proven by my doctor. He even said it was like I haven't smoked a day in my life. Please don't take these products away from us it would ruin countless people lives and many would return to cigarettes and sooner or later get cancer and die. Do you really want that on you conscious I know I wouldn't. Do the right thing guys please.

10/31/2015 3:45:22 AM - Angela J

I started smoking when I was 24. Never in my life did I have the desire to smoke, but when I became pregnant with my first child I started craving cigarettes. I don't know how I craved something I had never experienced but I did. Well needless to say my baby was 3 months premature, born at home in the bathroom weighing 1lb. 13oz.

I was young and had no idea the cigarettes would cause premature birth. She stayed in the Neonatal Unit for 3 months. She is now a beautiful healthy 29 year old woman. I was blessed but I couldn't shake the habit. I gave birth to my second daughter 2 months premature. Both my daughters begged me to quit throughout their childhood, into their teens, and adulthood. I could never find anything to aid in cessation. I heard about this amazing new product called an e-cig in 2010 and I thought this will be the end of this nasty habit. Well my first attempt lasted about 3 months before I went back to smoking. I realize now that it didn't work because I wasn't educated on the proper use of ecigs. I decided to research and tried again in December 2013. I have been cigarette free since March 2014. I have COPD, which I'm sure developed from cigarette smoking. My doctors were also urging me to quit. I can now breath better and I no longer need a rescue inhaler. I'm not saying that vaping is the best alternative for everyone, and I know there are some who vape that don't educate themselves before using an ecig, but vaping has saved my life and the lives of thousands. We are a community of caring people and we only want to continue living and breathing. Vaping is the answer for us. Please don't take away the opportunity for us to live longer lives, to be able to see our children grow, graduate, get married, and have families.

10/31/2015 3:20:04 AM - JacquesLove homeport Mayport, FL

I've been a smoker for the past nine years, and a e-cig smoker for about two years. The only time that I quit smoking was for Bootcamp, and went right back to smoking. After starting to use the safer alternative which is vaping, I was able to go from 1-1 1/2 packs a day to 2-3 packs a week. On deployment, I was able to go almost whole days without smoking a cigarette. If e-cigarettes were to be basically banned, I would most likely go back to my old intake amount. I don't even know why cigarettes are still perfectly legal when everyone knows how harmful they are as opposed to others that are either illegal or just up to such scrutiny, and close to being not a viable option.

10/31/2015 3:19:54 AM - Kevin Harley

My name is Kevin and I smoked cigarettes for just over 17 years. In July of 2015, I decided to put down the cigarettes and start vaping. It took me less than 48 hours to kick that nasty habit. No cravings, no anger/nic fits and no more nasty smell! I've now been smoke free for almost 4 months and I've never felt better. I don't get winded waking up flights of stairs anymore. I don't smell like an ashtray anymore. And I don't throw away thousands of dollars a year anymore. I am on my way to a healthier life thanks to vaping. These tobacco companies can kick rocks. I can't believe I used to put that garbage into my lungs.

10/31/2015 3:19:01 AM - Lynda

I smoked fir over 30 years. I have asthma, coughed all the time, had bronchitis, and trouble breathing. Some people at work introduced me to vaping. So, I went and got a mod. I have been cigarette free for over 2 years and haven't felt better. I don't cough, never use my inhaler. My doctor said she has never heard m6 lungs sound so good. I am so thankful for vaping. I lost my mom 6 years ago to lung cancer from smoking so I knew I needed to stop. If it wasn't for vaping I would be in really bad health

10/31/2015 3:18:41 AM - Chris

I started smoking when at the age of 21. At the time I considered myself a social smoker, one pack would last me at least a week. Over the years that one pack would last almost a week, a couple of days, then a pack a day. I started buying cartons and was smoking a cigarette every hour if possible. Years later i started noticing the problems. High blood pressure, shortness of breath, decreased physical performance. So i started trying to quit. I tried quitting cold turkey, i tried the gums, the patches, and juat about every trick people would tell me. At 30 i bought my first vapor device. It didnt work. Batteries didnt last, flavor was non existing, public places wouldnt let you vape, but would let you smoke. Then I started noticing people using the more current vaping devices and bought one myself. And over the past 2 years my cigarette use became less and less finally stopped buying them. Then my nicotine in the vapor fluids themselves has dropped from 18 mg to 3. Even now, 1 out of every 3 bottles I buy has no nicotine. I know I cant fully undo the last 11 years of damage tobacco products have done to my body. But I have improved drastically. I still cant run a full mile, but thats because of bad knees, not bad lungs. The same goes for my mother. A smoker for most of her adult life who developed COPD and asthma, she was too stubborn to quit smoking. She did try, but any former smoker can tell you how hard it is to not give in to the addiction. My brother (also a former smoker) and I bought my mother her first vaping setup. She never did fully quit, but she did cut down from two and a half cartons a month to about half. Vaping has improved my health and by default my quality of life. Its also sort of a hobby. I enjoy having different devices and flavors to choose from. I feel in a small way its helping local economy as most of my purchases are local mom and pop shops. It also helps with food cravings. I hope that these testomonials, emails, and phonecalls keep vaping alive. That people on this country still have a voice.

10/31/2015 3:18:24 AM - Josh

Like many individuals I started smoking at a much younger age than I should have and by the time I was old enough to know I was hurting myself to the degree that I was, I was hooked. As someone that was a pack a day smoker for over ten years I can safely say that vaping has changed my life for the better and I would hate to see the damage that smoking would have done to me over the next few years had I not quit. I immediately quit smoking cigarettes the moment a friend of mine gave me a birthday present of a bottle of 12mg ejuice and an ecigarette mod, I have quickly gone down in nicotene dosage and I\'m almost off of the nicotine all together. None of the other alternatives worked for me be it the patches or the gum that I tried on multiple occasions. The improvements that have been made to my overall quality of life are beyond what I would have imagined them to be. I can taste again, breathe much much better, I\'m sleeping better, my appetite is back to a normal healthy level, and I no longer feel as though I\'m killing myself slowly. Vaping saved my life and I know I can save others.

10/31/2015 3:18:16 AM - Carly Stinchcomb

I work for a small local vape shop in my home state of maryland. Each day I deal with countless customers who have come to us for a method to stop their smoking habit. My dad being one of them. He quit using an itaste mvp 2 and a half years ago, gradually stepping his nicotine down from 24. After 40 some years of smoking 2+ packs a day of Salem lights, he no longer has a desire or craving for cigarettes thanks to the vaping products he has bought. I see this occurring day in and day out. People come in and tell me how they've tried everything to quit -cold turkey; patches; gum; slowly cutting back; ect... and nothing has worked for them. We carry a wide variety of devices to help every customer find what they need to truly kick the habbit, the wide variety of flavors we carry is an added bonus. It's just amazing to sit down and listen to everyone's stories and hear how much better they are doing now they have kicked their habit. I love my job but when you get down to it I really love helping people.

10/31/2015 3:17:43 AM - Monique H

I smoked for 17 and a half years. My doctors always found cancer in my urine I had two or three surgeries one where they remove tumors from the inside of my bladder. Since I stopped smoking and started Vaping my health has improved. Not only are they not finding cancer cells in my urine, but a sinus polyp that was starting is now gone, I don't have to use my inhaler for my asthma, my anxiety levels have gone down and I suffer from anxiety disorder. My lung capacity has grown again, no no no longer have second-hand carcinogens passed on to those I love or people around me. Every one of my doctors have told me how good Vaping is. I started last year in July and I was using 26 milligrams of nicotine. I am now down to three. Contrary to popular belief it does not lead to someone wanting to smoke in fact the smell of smoke nauseates me at this point it also quite quickly actually. Nicotine is not carcinogen and in actuality its not even dangerous. Doctors have proven that it helps with mood, of which I'm bipolar and I cannot be on any medications for my bipolar so being able to vape keeps me grounded. Taking it away I'm afraid I would go back to smoking again I'm trying to find Supply and I don't understand any of this is even happening. England just passed an act saying that vaping is used in smoking cessation. Why does the US always have to be so far behind when it comes to things like this. Naps are going to want to start making any kind of nightshade plant into the tobacco industry's pocket because nicotine is not only found on a tobacco bush.

10/31/2015 3:17:14 AM - Andrew Messick

I was a smoker for 15 years at a minimum of a pack a day. I have 3 children and two of them have astma. Still not very concerned about the effects of smoking since I wasn't doing it around them I continued to smoke. Then one day my non astmatic child came to me crying asking me to stop smoking because she didn't want her brother and sister to die. This really hit me hard to see one of my children that worried and concerned so I agreed to quit. I tried really hard just to do it cold turkey but was finding it impossible to kill the craving. I turned to the gums, pills, patches, tobacco ecigs everything out there. To no behold that just wasn't doing the trick. One day I was driving and saw a b&m vape shop not knowing what it was I went inside and THAT CHANGED MY LIFE. Walking into that very shop has made a drastic change for both my family and myself. I walked out with a basic vape pen, a 24mg nicotine e liquid and no craving for a cigarette. I have now been vaping for one year and am down to 3mg of nicotine. My children are very happy with my success in not smoking and even more excited that when I come home from work they can run up and give me a hug without smelling cigarettes on me. As for myself I am now able to play with them for longer periods of time with out needing to smoke or being winded. Vaping has become a topic of conversation in my house hold and these bans and regulations are not sitting well with them in fear of me returning to cigarettes. Like I previously stated VAPING HAS CHANGED MY LIFE AND MY CHILDRENS.

10/31/2015 3:17:02 AM - Christine From Atlanta

I tried a hundred ways to quit. I was at a pack and a half a day. Vaping may have literally saved my life and spared the lungs of my asthmatic five year old. It is critical that this resource be available for others trying to quit. Please do all you can to keep the industry alive.

10/31/2015 3:16:53 AM - Bobby "buchea" long

My name is Robert Long and I had smoked for 24 years and I just turned 35 in June of this year. I grew up in tobacco country North Carolina. I had tried it all when it came to quitting smoking and at no success with any of the methods I have tried. I have used patches, gum, medications and counseling; my doctor even had on the patch and for the really bad nicotine cravings had me chew the gum at the same time till the bad craving was gone. None of these things worked. The longest I had gone on these methods was maybe a week before I went back to smoking. It just never felt like I was getting any nicotine into my system. I had to come off of the medication because of mood swings as a side affect and being a veteran and already having to deal with my PTSD this didn't help. So I went back to smoking for several more years till I found out that I was becoming a father for the first time and once again wanted to quit smoking. Once again I had tried all these other methods to quit and once again nothing worked. One day I saw a neighbor in front of my apartment with a vaping device and decided to ask him some questions about it. He proceeded to tell me how it has changed his life; how it has improved his life. In lack of better words, how it saved his life. I asked, so this really works huh? He answers by saying he has not touched a cigarette in over two years and his breathing is 100% better. In February of 2015 I decided to try it out; I woke up in the morning, got dressed and proceeded to smoke my last cigarette on my way to a local vape shop. To this day, that has still been my last cigarette. I started vaping with a sigelei 30 watt mod with an Aspire Atlantis tank. However I now use the Sigelei 150 watt Temp Control mod with an RDA. When I first started to vape I started with 12mg of nicotine; which is what the sales rep had suggested for me to start with based off the amount of cigarettes I smoked in a day (which was just at a pack a day). I am now only vaping with 3mg of nicotine and just now starting to switch to 0mg of nicotine. The transition from a higher nicotine level down to a lower level was easy for me. I could tell a difference for the first few days after switching to a lower level, then it was fine. Before I started vaping I would wake up in the mornings coughing and hacking so bad that I would get sick and throw-up. This would happen almost every morning for me. Just after a week of vaping that had stopped. Several weeks later I had started to notice a difference in my breathing; which use to be all wheezing and crackling. I would try to play with my children and would have to stop because I would give out of breath. Now I can run circles around them. At the age of 34 I was put on blood pressure medications for high blood pressure. I turned 35 back in June and decided to stop taking my meds without telling anybody. I wanted to see if smoking played a big role in my high blood pressure. Well, my blood pressure is still good; my doctors do not know that I stopped taking the meds and every time I go in and they check it, they say that it is still good. I have not changed anything but stopped smoking tobacco products and started using E-cigarettes. I feel healthier now than I have in several years and this is from just the 244 days of being smoke free and all thanks to E-cigarettes. Vaping really has saved my life; if it was

not for this product I would still be smoking tobacco cigarettes and coughing and hacking till I get sick.

10/31/2015 3:16:20 AM - Jerod Carpenter

I was a pack a day cigarette smoker for roughly four years. It was one of the worst decisions I had ever made but I was hooked it was over from the get go. My health started to decline most notably my breathing, I never had any problems before cigarettes so I knew exactly what the cause was. For the next year and a half after that started I battled quitting, I just could never do it. There was something calming about being able to go have a smoke. As you could probably tell every time I tried quitting I found myself in a losing battle. Until I found vaping, I was able to have the freedom to have my own set up, get juice that was specific to me and that's important to keep me driven from going back to cigarettes. The process was intriguing, and worked brilliantly. I picked up my vape roughly 6 months ago and I can honestly say I haven't had a cigarette since, and that is amazing. I personally use a sigelei box mod because i tried countless gas station e-cigs and all it ever did was make me crave the real thing. I have never once felt like that while using my box mod. I can honestly without a doubt say that vaping with a box mod has helped turn me into a healthier person because in the midst of my smoking battle I decided to battle my weight problem. I attribute vaping to that in a big way because it's allowed mento still get the very low nicotine I want, but I am able to perform at the gym without feeling like I'm dying. All in all, vaping is meant to be there to give people the right to choose a healthier consumption of nicotine and our freedom to do so should be left alone.

10/31/2015 3:16:08 AM - Eddie

I smoked cigarettes for 19 years, I tried everything from Snus, Dip, Gum, and doctor prescribed medications but all only lead me back to smoking. I have been vaping now for about 7 months and have not had the disre what so ever to return to cigarettes. It has truly been a life saver, my kids tell me all the time that they are so happy that I started vaping and quit smoking so I can live to see them graduate and get married. I started with a halo starter kit and have since moved into a VW/VV regulated box mod with RDA's and Sub Tanks. I am also now down to 1.5mg of nicotine, which is amazing. I have been on blood pressure medications and water pills for over 8 years now, but recently my doctor has taking me off of all my meds and now I only take one 81mg aspirin a day. She told me personally in her professional opinion it is due to quoting smoking. I could not have done it without vaping products available to me as a safe alternative, that is for certain.

10/31/2015 3:15:34 AM - Ronnie

Vaping has changed my life so drastically and I believe saved my life from harmful cigarettes. Packs after packs of chain smoking, lost of breath health issues being sick. Until I finally said no more I WANT TO QUIT! I have tried everything and couldn't quit until I started Vaping! Vaping has delivered me and now I'm doing just fine. I can breathe better, I smell better I have a appetite to eat, I can actually taste my food! So please I strongly urge you not to ban Vaping! PLEASE!!! Thank you!

10/31/2015 3:14:56 AM - Daniel Fitzgerald (DJ SpinMaster)

I've been a smoker for 10 years of my life. I started vaping at the end of September 2015 and decided that I was going to quit cigarettes all together on my birthday October 1st 2015 because I was reaching for my e-cig more than my real cigs. I was able to quit smoking within a week of receiving my e-cigarette. By the third week of vaping I cut my nic levels in half. I now use the lowest level offered. Soon I plan on going to a zero nic level. Vaping has made quitting cigarettes enjoyable for me. I've quit cigarettes before but always ended up back on them. Thanks to vaping I can say this is the last time I quit cigarettes. They are gone for good!

10/31/2015 3:14:45 AM - Rudy

First of all I am a non smoker at this point .I smoked for over 38 years averaging 3 packs daily.I picked up 2 ego e-ciggs at a flea market just before thanksgiving 2013,i had my last cigarette on that day.I did as most do I tried to find the same taste as my reds.Shortly afterwards I stopped in a local b&m they had p-nut butter flavor,as a kid I loved it .So after adjusting my nic up .i gave up smoking all together.Being a disabled vet at the Va the Drs there gave me patches and pills,that landed me in hospital from the(chantex & patches put me in panic attack felt like heart attack...Now they say my health has greatly improved from non -smoking I also know I have better stamina at work.Very happy to say now 2 yrs later zero nic,.... and still vaping because i still like the flavors and the fellow vapers. So i can say I am proof . Anyone can do it . The only down side to vaping is collecting bigger and better mods!!!!!!!

10/31/2015 3:14:18 AM - Pedro Augusto Cueto

I started smoking cigarettes when i was about 13 and stop 4 years later at 17 and i recently bought a smoke-free alternative a few weeks ago. I am currently use a vape pen with 6ml nicotine strength sometimes lower nicotine and i do not smoke at all anymore, vaping has saved my life and is also saving more years of my life if i haven't had stopped smoking cigarettes. I switched immediately because i learned i can get the nicotine strength to be lower or higher and also the nicotine is not what causes caner, its the other chemicals in the cigarettes. I didn't use any of the methods listed but in health class i learned that it gave all these diseases and cancer and after still learning that i decided continue. My life has changed in many positive ways for me when i changed to a smoke-free alternative because i can run for a longer period of time, i can breath easier so overall using a Vapor changed my life.

10/31/2015 12:42:00 AM - Azierlina

I was a smoker since 12. I'm now 55. I started vaping about 3 years ago because I have the beginnings of emphysema. Since I switched to vaping, I no longer have the coughing/hacking that comes with smoking, and, I don't smell like an ashtray. My breathing has improved and I no longer have to use my inhaler on a daily basis. I've lowered my nicotine levels a little at a time and believe that this is the only way to quit entirely. I've tried the gum, and the patches so many times to no avail. I would actually still smoke while using them. If they are given out by the government free of charge, vaping should at least be available to anyone who wants to vape, because everyone that has tried gum and patches, say the same thing, they don't work, and Chantix has such scary side effects, nobody wants to use that. But vaping does work... immediately! I use an iStick, nic level started at 24, down to a 16, and keep going down.

10/31/2015 12:41:51 AM - Dakota forth

Vaping has helped so many people I know finally quit smoking.

10/31/2015 12:41:41 AM - PFlow

I cant Believe that anyone would want to regulate any sort of vape product. I mean considering how many people it has helped, the jobs provided, and most important to me the people it help quit smoking like myself. I started smoking cigarettes when i was about 14 I am now almost 20 years old and have been smoke free for just over a year. Amazing right and my story cant compare to how many others vape has helped please here our call and stop these regulations because vape is good not evil or bad just helpful . vape fam united we wont give up because we cant turn our backs on the only thing able to help with our addiction to nicotine that you the government caused to begin with... thanks for reading

10/31/2015 12:41:31 AM - Billiejean

I myself would be devastated if I could no longer Vape. Honestly, just the thought brings tears to my eyes. Vaping has changed my life! And saved my life! I was a 3 pack a day smoker, for 13 + years, and in extreme poor health. Myself and my 2 small children where always sick, even tho I didn't smoke directly around them. I suffer from severe depression and anxiety, and had tried everything to try to quit smoking cigarettes and failed every time no matter how much I really wanted to stop.. And because of this, my health and depression became severely worse, sometimes unbearable to live with.. Until I bought my first Vape set up. I instantly fell in love with vaping. I still struggled at first to completely give up cigarettes, but for the first time in my life, I had hope that I was going to finally successfully quit smoking! And I DID!! Once I found the right flavor, and set up, I was amazed! The taste of cigarettes became so disgusting, I couldn't even bare it. So I made the FULL switch to vaping! That was a year and a half ago! Now I am a proud vaper! And an even prouder non smoker! Vaping has saved me, and bettered myself and my children's lives! I went from being sick all the time, pneumonia several times a year, to not even having the absolute slightest chest cold or cough in over a year! My depression, anxiety and self confidence are the best they have ever been in my entire life! I could have never done it without vaping, and the variety of flavors and devises. And I have hundreds of friends and family that feel the same way! My 8 year old son literally came to tears when I told him, (in small detail of course) about this bill and what could happened with it, because he was there for me thru it all, and knows how much the vaping industry means to me, and them too! I understand not everyone understands or agrees with vaping, but the loss of products and businesses would be devastating to millions of lives that have been saved, due to vaping! And would take away the chance of possibly millions more to do the same with their lives... I am a vaper for life!! As it has SAVED my life

10/31/2015 12:33:25 AM - Roy boy

I smoked for 38 year's vaping is the most safe and unbelievable way to quit smoking I now vape no nicotine. If I leave my vape pen in my vehicle all day it doesn't bother me as with cigarettes I could have committed a crime to get a cigarette. Everyone I know has quit with vaping and if the fda shuts this down the greed and power of the tobacco company's would be obvious. I would ask every American to arm themselves and stop it by force I believe in it that much!

10/31/2015 12:33:16 AM - Michael E

I smoked a pack and a half to 2 packs of cigs a day for over 20 years . Through using my vaporizer I now have no urge to smoke , and actually find it a bit distasteful . I think vaping is a wonderful alternative. And I can only hope we can all maintain our personal freedoms in this country and continue to vape or use it as a crutch to aid us to stop smoking

10/31/2015 12:32:47 AM - Krista L. Johnson- Ironton, Ohio

Hello, I am Krista L. Johnson from the small town of Ironton, Ohio. I vape. I use electronic cigarettes with flavored liquid every single day. I firmly believe that vaping has changed my life for the better. I feel as I am finally free from something that took part of my life away (cigarettes). I can now run and chase my preschooler without loosing my breath, I no longer have to worry about exposing my two young children to second hand smoke, from residue left on my clothes and fingers. Experts say that vaping has not been proven to help smokers quit using tobacco, but I can say first handed that it has not helped me. Yes, you read that right. It didn't help me, it made me! Once I started using a e-cig, I honestly had no cravings or impulses to even pick up a cigarette. Since the day I started vaping, I have not touched any tobacco products. The smell from cigarettes make me gag. I have went from a 24 nicotine level, to a 3! I am finally free from my harmful addiction!!!

10/31/2015 12:32:37 AM - Kaycee Allen

I started vaping after I began to notice some effects of smoking, being out of breath, losing breath from talking too much, I was constantly dehydrated and I couldn't recover from colds and flus anymore, mostly small stuff but it helped me stop and I've never felt better 💕

I smoked for 5 years, I never tried or wanted to stop, nothing made me want to quit, so vaping actually just made me not want to smoke cigarettes. I didn't have to try, great alternative

10/31/2015 12:32:27 AM - Emma in SoCal

I am an identical twin.

I and my twin sister started smoking in our early twenties.

I tried to quit in my forties using the nicotine patch. I was unsuccessful as the patch irritated my skin and when I stopped using the patch I gained 20 pounds. So after about 6 months, I started smoking again.

About 10 years ago, in my early fifties, I was introduced to e-cigarettes by my twin sister, who had received a e-cigarette kit from her daughter (who never smoked).

I loved the e-cigarette and have used it ever since, in various forms. Unfortunately, my twin sister switched back to cigarettes within 6 months.

Today, I am very healthy, my lungs are clear, I have lots of energy and great wind so I walk almost everywhere within reason. My twin sister has asthma, uses an inhaler, and coughs horribly quite frequently.

This may be the best testimonial to switching from cigarettes to e-cigarettes.

10/31/2015 12:28:35 AM - Olivia Miller

As a manager at a vapor store, we have helped so many people choose a better alternative to smoking cigarettes. The owner of the vape shop smoked for 25 years and he was able to quit smoking using a electronic vapor device. He also helped his parents who smoked cigarettes for 45 years. They have lowered their blood pressure, their stress level and so much more. Every customer that I have helped stop smoking cigarettes say they feel so much better. Food taste better to them, they are not coughing constantly, and just in general feel much healthier. I believe without this industry, there would be so many health problems. Also, many people who work for a vapor store would lose their jobs and would have to depend on the government for financial support. I will stand and support vapors wherever I go and I know many others will follow me.

10/31/2015 12:28:25 AM - N.Valentino(nice_girls_wear_pearls) East Haven, CT

I have been using and supporting vape products for the past two years. I smoked for twelve years and tried to quit on several occasions, unsuccessfully.

Every person who uses vape products has a story and a list of benefits for our health and well being, I do as well. I feel better, I can breathe without coughing, go on a walk without getting winded, and the list could go on.

I want my story to be about the benefits of vaping that get lost in all of the politics, our vape communities and all of the small businesses that will be massively affected, if not destroyed, by preditory legislation.

Our vape communities are not just gatherings of friends but an entire network of support and information that have helped so many people, myself included, stop smoking. We support all of the small businesses that have been created. Without them most of us would still be putting our health in severe jeopardy. We all try to educate and show smokers, many that have failed to quit time and again with traditional methods, that there is hope, there is a way to stop smoking, and there are whole communities to help them through it.

The lawmakers have access to all of the same research that we do. Other countries and nations not only support but champion the vape industry, passing laws not to limit but expand what we already know to be a lifesaving effort. Our vape communities and the American small businesses that are apart of this greater industry need to be given the chance to thrive.

Unnecessary legislation to appease some will become destructive legislation for all.

10/31/2015 12:28:10 AM - Melinda

I smoked for over 20 years and tried everything to quit from chantix to patches and gum to other drugs, The only thing that got me to stop was vaping I started with a regular set up like most ppl at 18mg nicotine and got a better setup now and down to 1.5 nicotine and plan to drop to zero soon. The reason vaping seemed to work is it is like smoking you still get the hand to mouth sensation that is missing for alot of other alternatives. I don't even plan to stop when I hit zero nicotine I still am fighting that habit but can proudly say i have not had a cigarette in over 16 months I feel so much better and not out of breath all the time like I was when i smoked. I do have asthma and copd but those have drastically improved over the last year because of quitting smoking.

10/31/2015 12:28:02 AM - Joshua Trahan

I started smoking cigarettes at the legal age of 18. I smoked for 5 1/2 years. I was driving down to the city and my friend asked to stop at a vape shop to get some juice (he used to smoke/dip). I went in and saw a setup that I could use and it would be fairly easy to learn. That was this past February and to this day I have yet to smoke a cigarette. I have noticed a drastic improvement in my lungs and sense of smell as well as my taste buds.

I never thought I would be able to kick the cigarettes away. Vaping helped me more than any other alternative.

10/31/2015 12:27:50 AM - Devyn

Hello, my name is Devyn. I took up vaping several months ago when I quit smoking. I had smoked for nine years. I tried everything else to quit; patches, e-cigarettes, and even cold turkey. Nothing worked, because nothing helped give me my nicotine fix like cigarettes, and I smoked a pack and a half off them a day. That was when I discovered vaping. I now only vape with 6 mg of nicotine, compared to the 32 mg of nicotine when I first started. If the FDA passes this bill, I will be forced to go back to cigarettes, and putting my health back at risk of sickness when I inhale all the chemicals of a cigarette.

I have also opened up a vape shop on the side, and if this bill gets passes, I will lose all the investments I have put into it, and other shops that have been established will lose their livelihood. Please, don't put millions of American's health back in danger. I am healthier since I took up vaping, and I have been happier knowing so.

10/31/2015 12:27:41 AM - Ryan McCall

I'm Ryan, I'm 20 years old and I have been vaping for two years now.Vaping is not just a hobby, it is how I quit using tobacco products, my hobby,and a way of life. I started smoking at around 15 years old,knowing my grandmother passed away from lung cancer and emphysema and I had witnessed it, I didn't think that would happen to me. I smoked a few cigarettes a day at the start which then increased to a half a pack.I was fine with my addiction to cigarettes, I loved smoking.once I got up to a pack a day it was an expensive habit but I was fine with it,it was relaxing . Soon enough I was driving across long Island to get cigarettes at the Indian reservation for only 25 dollars a carton, my cigarette of choice was Marlboro reds, so I had switched to brave reds it was way cheaper than Marlboro reds, and tasted the same.after going to the reservation every week I didn't care how much I smoked,I was a chain smoker, everyday was then 2 packs a day of full flavor brave reds.I started to have chronic sinus infections and alot of coughing when I woke up every morning. I thought about using e-cigarettes so I decided to try them to atleast cut down. The logics did the job but wasn't enough. I decided to get an evod battery and tank with 12mg nicotine. It still was not strong enough to get me completely off, I was at about a half a pack a day, a few weeks later I woke up and smoked my last cigarette and then drove over to the local vape shop and bought an itaste svd with a nautilus tank. It worked great, From there on I had not craved or wanted a cigarette. now everyday I wake up in the morning without sinus headaches and without coughing. I love my life alot more now than when i smoked I feel like a nonsmoker now and that is all due to vaping. Now vaping is a hobby, a way of life,a bussiness and the way I ended my tobacco habit for good.I am currently vaping anywhere from 1.5 to 3mg nicotine and I am completely satisfied.Fight for you right to vape!

10/31/2015 12:27:29 AM - Clint Wolff

I smoked from the day i started my second year of high school. I was way too young to smoke, but it had already taken over my life by the time i knew what happened. My breath smelled like an ash tray, and my clothes always wreaked of from the stale smoke i was always around. I didn't discover the massive variety of vaping products until a friend of mine made the switch from tobacco to vapor. He took me to his local vaping shop and showed me all of the flavors i could choose from. He told me i didn't have to stink up a room every time i walked in. Now, i have been without a cigarette for almost 2 years (Nov 1, 2013). I wasn't able to run a mile, but after i started to us vaping products i now can almost run a 5:30 mile (something i wasn't able to achieve before i started smoking cigarettes). I had tried many alternatives to quit smoking; gum, patches, tobacco flavored Blu E-Cig. Nothing kept me away from cigarettes until my friend showed me the assortment of flavors that were readily available. Over the past 2 years i have grown to love and support vaping as an amazing alternative to smoking. If you love this community like i do, take the small moment out of your day, and let people know.

10/31/2015 12:27:20 AM - lukas hill

E cigs have helped me cut down smoking cigs down to 1 to 3 cigs a day from smoking a pack of cigarettes. Vaping is important and should not need this regulation.

10/31/2015 12:27:07 AM - Vaping saved my.life

I started smoking when I was 6. Yes 6. I had a teenage babysitter who would do nothing but sit and smoke by my bedroom window. She offered me one and the rest they say is history. I started vaping right after the birth of my son in 2013. I thought it can't be worse than smoking. I at first vaped in the house and smoked outside. I was using a cheap ego pen style mod. And vaping an 18mg nic level. It was helping more and more. Slowly I moved to more advanced mods. An ego twist, an mvp, nemesis, vapor shark and so forth. Currently use an Athena mod. I switched from using small disposable tanks to using drippers and then back to more advanced tanks such as the Atlantic and kanger tanks. My nic levels dropped from 18 to 16 to 12 to 6 to now at a 3 with most juices and even less than that with some. It took me about a year to drop down to this leave of nicotine. For the first few months maybe 5 I both smoked and used vapor products. My tobacco (cigarette) use went from a pack and a half a day to less than 1 a day after 5 months of vaping. My lungs don't feel heavy anymore. I can run without feeling winded after a block. I can play with my son. I don't stink like tobacco. I can breath again. I had tried the nicotine gum, quitting cold turkey, limiting myself to 10smokes a day for 5 days then 5 smokes a day for 7 days and then 3 for 10 days and then 1 for a week and didn't work. I love vaping. My son had pneumonia, strep throat and croup while I smoked. We both had horrible allergies. He had ear infections to the point they wanted to put tubes in his ears. After I started vaping our health improved. He hasn't had an ear infection in a long time. He hasn't had pneumonia or strep or croup. Vaping saved my life and my son's life.

10/31/2015 12:26:52 AM - E. Robison

I started vaping several years ago after my wife wanted to quit smoking. Unlike her, I could not go cold turkey. I was getting my with older generation devices until I actually went to a vape shop while on vacation. Vaping has made me healthier. I no longer smoke or dip. I am free from shortness of breath and a morning cough. I have not been sick since I quit smoking. Previously I had pneumonia 8 times resulting in hospital stays. I have been a Respiratory Therapist for almost 20 years. I own two vape shops now and I am still helping people. I help them quit smoking. I have been able to see the dramatic changes in people who have COPD after they stop smoking and start vaping.

I had previously tried the patch, the gum, wellbutrin, chantix, cold turkey. None of these worked. I have not smoked in over 5 years now.

10/31/2015 12:26:36 AM - Evan Richardson

Let me start off by saying almost every child's unfortunate event, trying cigarettes. I was young with nothing but time when I got offered my first cigarette at the age of 15, when I picked up smoking. I know I was under age but that the point. It wasn't until about half way through the age of 16 where I tried a vape. This moment was honestly life changing because I was on my path to being addicted to cigarettes. I have now been vaping for 2 and half years and work at a vape shop for the soul purpose of saving lives. My whole family smoked cigarettes and I have converted them all to vapes. They have all had extremely noticeable health changes as well as me too. The first month of vaping everything changed, I could be active for a long period of time versus when I was smoking cigarettes. Now let's look at the obvious factor. The shop I work at and many other have juice ingredients that are created with 100% natural Vegetable Glycerin,100% natural food grade Propylene glycol. And 100% natural artificial flavoring Let's put those iingredients up against what's in a cigarette.. They don't even compare for obvious reasons, cigarette's carry rat poison. That's all I need to have a valid argument in this situation, unless you'd like to hear the other 1400 chemicals in a cigarette then I believe this is already settled. I love vaping, it has completely changed my life and many others. The number of people I help daily that say they can actually be happy and active playing with their kids is so satisfying to know I'm here for a reason, not only to quit smoking all together for healthier lifestyle, but also doing it in style with box mods and mods ect. This is great hobby when you get in it to keep busy, to quit smoking, to learn tricks. Vaping has endless possibilities for a better lifestyle. I really hope you take the time to consider how many lives are being saved daily because of vaping. Let me add that there's no better feeling then to have parents come in and thank me for "giving my life back"... Those words are powerful words to be told just making a simple switch to a vape. Thank you for the time and the opportunity for my opinion.

10/31/2015 12:26:20 AM - Sean Coursey (sean56live) New Hudson, MI

My name is Sean Coursey and I was a smoker for 16 years. I am currently 33 years old and I have been vaping for 1 and 1/2 years. Right now I use a regulated snow wolf box mod and an arctic sub ohm tank as my daily vape. I have tried other methods in the past like nicotine gum and patches to try and quit but those were just ridiculous methods that were making me sick because of the fact that I was also smoking while using those products. The fact that I was using all three at one time probably meant that I was consuming way too much nicotine. I understand that the biggest concern is that they do not want children using these products, and I would agree that no one should be using these unless you are 18 and above. However these products have helped me to be smoke free for a full year and a half which means I can smell things that I have not smelled in years and the breathing aspect of it is phenomenal, being able to run and not be out of breath for 10 minutes afterwards is great. The vaping industry is a life saving alternative that can and has helped a lot of people and should be allowed to continue to do so. If this actually does happen where you take away these products from myself and the probably 100's of thousands of people that are living a healthier life this way, then I would like to take the time to say you are damning the majority of us who will go back to cigarettes and essentially take our lives with cancer.

10/31/2015 12:26:11 AM - Amanda Stelk

Hello, my name is Amanda. I am 19 years old. My boyfriend and I have recently begun to sell vape juices as a way to make money to get by and pay bills, and he himself actually turned to vaping as an alternative to smoking so he could be healthy for our future and our family. If the FDA passes this law, and we don\\\'t stand up to it, many many people will turn back to smoking and cigarettes and increase their likelihood of getting cancer or another disease that can harm their future and their families, and ultimately take a toll on the health of the general public. Please, please take a stand against this harmful action and help our families and friends live healthier and longer lives.

10/31/2015 12:26:03 AM - Jeannette

I smoked tobacco for almost 20 years. I tried many times to quit. I used the patch, gum, Chantix.. Cold turkey... But the only thing that allowed me to quit and not look back was Vaping. I was able to switch straight to Vaping from tobacco. A local vape store sold me a siegeli box mod and a crown sub ohm tank. .. Now I have been tobacco free for a year and my grandkids and kids are happy they have a healthier and great smelling grandmother.

10/31/2015 12:25:34 AM - Matthew Hendrix

I have been vaping for 3 plus years. My health has turned around. I no longer wake up coughing and gagging. Vaping allows me to get my nicotine and not the harmful side effects from cigarettes. My lungs would not be able to handle cigarettes again, please allow vaping and products. When I started vaping I put down cigarettes altogether haven't touched one since.

10/31/2015 12:25:24 AM - Kelley Lively

I am an ex-smoker. It has been 2 years 2months and 28 days since my last cigarette. I didnâ€™t think it was possible to quit after smoking for 27 years but I did and the only reason I was able to quit is vapor products or e-cigs. I had really only tried to quit 2 other times. The first because I was in nursing school and couldnâ€™t go to clinical smelling like smoke. I lasted 2 weeks then started back and bought a can of Febreeze. The second time, I tried vaping. This was in the early days of vaping when all there was to choose from was the cig-a-like. I didnâ€™t succeed that time either I believe it was because I had no choice in flavor, there was only tobacco, menthol or non-menthol and there wasnâ€™t any vapor shops to help educate me and support me in my journey, like there are now.

What finally made me successful was the 2nd generation of devices, flavors and shops. My first purchase this time was an Ego battery and disposable tank. This industry is making technological strides by the day and continues to improve and make safe, effective devices. Another important reason I am successful is the flavor choice I have now. Hey folks cigarettes do not taste good to me, I never knew because to smoke you had to taste the cigarettes, no choice and never even thought about it. The fix for smoking also came with the bonus of it giving me something to do with myself. I really dove into building coils and making my own e-juice. This kept me out of the kitchen and kept me from gaining a lot of weight, another reason I never even wanted to try and quit smoking. Weight gain alone keeps a lot of women smoking because we know if we quit we will automatically gain 50 pounds.

Walking up steps is no problem after I quit smoking. It is a miracle that I can walk my dog without a coughing fit or laugh without wheezing. It pains me to see the vapor community at risk. I believe this is the answer to so many peopleâ€™s prayers who never dreamed they could quit smoking. I have continued to improve myself by cutting my nicotine down to just 3 mg and working toward 0 mg. I do not crave vaping like I did smoking and I do not believe nicotine is nearly as addictive as everything else that we take into our system when we smoke cigarettes.

If you are trying to decide whether to try vaping I encourage you to just try. Such a small investment for possibly saving your life. My husband and step son have also been able to quit and I know you can too.

10/31/2015 12:25:13 AM - Steve.K

Been a smoker for 20 plus years,

Since I took up vaping, I don\'t wake up in the morning

Hacking, or coffing,

I don\'t smell terrible, and I breath easier.

I quite smoking 9 months ago . I\'ve tried other options

It did not work, I always thought about smoking,

With vaping I don\'t think about it anymore.

Worst option was chantix , counseling was a joke.

I went back to smoking.

Since I started vaping I don\'t think about smoking and I Injoy

My life more.

10/31/2015 12:25:00 AM - D. Boyce

I smoked my first cigarette at 10 years old.Â At 15 years old I was buying a carton of cigarettes a week and by the age of 25 I was smoking almost 3 packs a day.Â My health declined.Â I woke everyday with a gross phlegm in my throat and my immune system was suffering.Â A cold would last for a month.Â Cigarettes were running my life,Â ruining my home,Â making me sick,Â causing my blood pressure to rise to dangerous levels.Â I could not quit.Â I tried several avenues to attempt to end this addiction.Â I started with the cold turkey and counseling.Â It did nothing.Â I was prescribed welbutrin from my physician and it did not work.Â I tried the patch,Â the gum,Â Chantix and even went to a hypnotist all to no avail.Â I had also tried the Ecigarettes that they first came out with that cartridges and they did nothing for me either.Â I ended up needing a heart procedure in 2013 and decided then that I had to find some way to stop.Â I found the newer type of Ecigarette where you could buy liquid and put it into a tank and bought the ego type batteries.Â I believe people are calling them the pen like Ecigarette.

Within a week I started breathing better.Â I could have conversations uninterrupted by clearing the nasty phlegm from my throat and coughing constantly.Â I no longer litter the street and offend people by the horrendous smell from cigarettes.Â Ecigarettes have changed my life but I am scared to death that the prices or availability are going to send me back to that life I had before.Â Scrounging change to get that next pack.Â I have had no problems with Ecigarettes at all.Â I do still have nicotine in my eliquid.Â I need it like others need their coffee.Â Â These stories and studies that big tobacco are funding are ridiculous and false.Â My sister and father both quit smoking as well and are using Ecigarettes.Â We can breathe now.Â Please don't take that away from us.

10/31/2015 12:24:46 AM - Bombita

Vaping saved my life a year ago come this January. The crazy thing is I agreed to meet a friend at this new vape shop in my area and I had just bought a new pack of cigarettes and smoked 1 out the pack, I went in and loved the environment and the people and I tried many different e-juices and then created a new flavor watermelon and snozzleberry pixie and we called it snot pixie. That juice till this day is one of my favorite juices and since that moment I quit smoking cold after over 15 yrs of smoking at least a pack a day, and helped many others stop including family members that I care about. I have a 9 yr old son that wants to vape and I've helped him learn all about vaping and will not allow him to until he's a adult and helped him understand the risk and safety factors. I think their should be an age limit on vape products and education for people to understand we are a community and we have to be adults and responsible to spread the word. Also I don't feel the government and people with the power understand the vast differences of the vape world, all I've ever seen is the test of a e-cig from the convenient store compared to a cig, but their is so much more,, has anyone ever seen a Sigelei 150W with a tank or rda, a bottle of juice with 0 Nicotine compared to a cigarette? I haven't and I think that's all the difference in the world that says this is in no way comparable, and should be left alone.

10/31/2015 12:24:33 AM - Jon

Started socially smoking Sophomore year of high school. I became addicted very quickly to cigarettes, and nicotine and it progressed to where I started getting caught smoking by my parents, and it really hurt them because so many of my relatives are smokers, and they are all in very poor health. Cancer has also been an issue in my family, as many of my relatives have/had cancer. My smoking had led to heartbreak and disappointment in my family, so I tried to quit. Nothing worked. I tried cutting down, as I had been smoking about a half to a pack a day, but it didn't help. The less I smoked, the worse i felt so i looked into vaping, which was fairly new at the time. I purchased my last pack of cigarettes in December of last year, and moved to vaping. I have been vaping for nearly a year, and i can safely say it is the best alternative to smoking that i have ever seen. I have no difficulties catching my breath anymore, and am much more healthy than i was when I smoked.

10/31/2015 12:24:23 AM - Jose Caban

How long did you smoke?

10 years

How long ago did you start using a smoke-free alternative?

2 years ago

Exactly what smoke-free product(s) do you use mods

Do you still smoke at all

no

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely?

apx 10 days

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative?

Chantix twice, nicorette, cold turkey a ton of times

How long were you able to go without smoking using these other methods before starting again?

A few days

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

I breathe easier and don't constantly feel winded. I still get a small amount of nicotine but without the horrible taste and smell of tobacco.

10/31/2015 12:23:57 AM - Leigh Wendt-James

I began using smoke-free vapors in May. I enjoy the flavor of the variety of vape products and the environment of the shops that allow us to sit, mingle, vape and discuss our stories openly.

Vaping has changed many lives. I have a friend that smoked for 33 years and 9 months ago gave it up and has been vaping since. That is an AMAZING transition for his health.

My age group traditionally vapes to overcome the smoking addiction. We are low/middle class wage makers and enjoy the freedom of not smoking. I feel my life has become much healthier since vaping.

I attribute some of my weight loss to vaping. I've lost 60 pounds in the last year due to exercise and less eating. My cravings have subsided due to a variety of vape flavors.

I strongly hope and encourage your office to keep vaping available to the citizens of Illinois without an additional tax to the citizens that can't afford that.

We are not hurting anyone by vaping.....don't hurt us by taxing things we want in our lives to a point we can't enjoy them any longer.

Thank you for your time and assistance.

10/31/2015 12:23:42 AM - Trisha Ann Donato

I quit smoking 4 years ago. I smoked for 26 years and I tried every other method of quitting. I had severe asthma and was frequently in the hospital for breathing treatments , I used medications and inhalers for 15 years. My boyfriend introduced me to vaping and I was extremely skeptical but for him I decided to try it so I did. I was amazed at how quickly I took to it...I loved it , the flavors are a huge factor in getting people off cigarettes...the flavors are what helped me kick the smoking habit and once I started , I never picked up a cigarette again after that. It has changed my life , it has literally saved my life. I NO LONGER suffer from any of the symptoms of asthma , I no longer take medications or use an inhaler...I haven't had bronchitis once either since I quit. I am happy and thankful every day that this technology came into my life. I will live longer , no longer suffer from the ailments that come along with smoking and I can smell things now...almost as if I have never smelled things before and I can taste my food like I have never before.

10/31/2015 12:23:32 AM - David

I was smoking for about 3 years by the time I switched to smoke free alternatives. I started out with disposable cigarettes and switched over to mods because I found I didn't like what the disposables had to offer and were very similar to smoking a real cigarette, which I didn't like due to the fact that the flavors were similar and just made me want the real thing even more. Mods offer a selection of different flavors and nicotine levels that make it easier to stay away from actual tobacco products. I started with a 6mg of nicotine and now am in the range of 3-0mg.

Not only have smoke free alternatives helped me stay smoke free, but they have also helped me on my journey to stay alcohol free, offering a new hobby in which to spend my time. I have been sober now for six months, and I owe most of that time to my new found hobby using smoke free alternatives.

10/31/2015 12:23:17 AM - Vape_a_Meal

I started smoking at 17. I had tried to quit many times & always fell right back in to the same old habit. 21 years later, I found Rocky Top Vapor in Elizabethton. My husband bought me a pen in March 2015 & I picked out my first bottle of juice - 18mg nicotine. 7 months later I am down to a 3mg nicotine & have graduated from a pen to a mod. My health has improved tremendously & my doctor is ecstatic. I went from border line Diabetes w/ high blood pressure, to normal levels within a month time - even better, I'm losing weight because I am able to satiate my horrible cravings for a sweet flavor eJuice. After the initial nicotine detox from the cigarettes - I breath easier, I am not sick as often, I no longer hack up gunky nastiness in the morning, & my house no longer smells like a giant ash tray. My kids no longer have to go to school smelling like they are the ones who smoke, nor do I have to worry about them dealing with the side effects of second hand smoke. Best of all, a week after I started vaping, I no longer wanoed or needed to ever smoke a cigarette again. I feel great!!

10/31/2015 12:22:54 AM - Jennifer (Thane) Buddy

I wanted to reach out in hopes that you would support HR 2058 concerning the grandfather date for newly deemed tobacco products. My husband has reached out to your office before as a veteran and we really appreciated your help. I have been vaping for over 2 years now and I feel my experience has been a much healthier experience than regular tobacco; I have no needed inhalers or antibiotics anymore which I was using frequently because I was unable to give up regular tobacco cigarettes. The ingredients in the liquid nicotine juice like PG (used in inhalers) VG and flavorings (food) and nicotine (used in smoking cessation) the FDA has already deemed fit for human consumption. I am able to exercise again and participate in activities I was previously unable to. Vaping has given me and many thousands of other Americans a healthier alternative and I know I would not be remiss in saying that most would go back to regular tobacco cigarettes including myself if it was taken away, and we have 100 percent conclusive evidence that regular cigarettes do cause cancer and other terrible diseases.

Most people do support safety regulations such as warning labels and tamper evident caps. I am just hoping you would support this to at least allow us and other businesses to be able to meet FDA guidelines and try to make them better and safer for everyone.

Thank you so much for your time,

Mrs. Jennifer Marie Buddy

10/31/2015 12:22:40 AM - Dee Steeby

I am 67 years old and started smoking at age 20. After several unsuccessful attempts to quit smoking, I tried vaping. I have been a non smoker for 7 months now and have steadily reduced nicotine levels. I was influenced by my daughters success as she is a non smoker after 20 years of smoking, due to vaping. If she vapes now it is 0 nicotine. I began this process by vaping part time about 12 months ago. I am very excited and proud that vaping is helping me meet a goal.

10/31/2015 12:22:29 AM - Melissa H

I have been smoking cigarettes from the time I was 15 years old. I am now 39. I have psoriasis, had a heart attack at age 35 and have chronic pneumonia were being hospitalized for weeks at a time and my lungs were not healthy due to the damage from a prior pneumonia illness. Since I have stopped smoking cigarettes and switched to vapor I use the Kbox mod my lungs are clearing and the crackling sound is subsiding. I do not get chest pains anymore and I feel better and am able to breath without struggle. I have more energy and my psoriasis flare ups have calmed down. I have 87 percent coverage of my body from the psoriasis and unable to walk at times. I have not had a massive flare since I started smoking vapor. Due to all my medical conditions any other alternative to quiting was not an option for me this was my only way to stop with no side effects and it worked and has continued to work. This can not come to an end.

10/31/2015 12:22:19 AM - bingobug

This is a copy of the letter sent to my senators and representatives . .

I need to tell you about my own experience with electronic cigarettes!! I certainly agree with the need for putting restrictions on them for minors. HOWEVER, I would like to see the research that demonstrates harm for either the adult vaper or anyone exposed to the exhaled vapor. Please send me a link.

After smoking at least a pack a day for more than 50 years, I successfully switched to vaping almost five years ago. My health has significantly improved and the improvement was noticeable after only a couple of weeks. I have 'converted' nearly all of my friends . . who seem to have had the same experience. Even inside a closed vehicle my passengers can't detect any offensive odor. In fact, my husband, a militant non-smoker, says what little aroma there is smells like "fruit loops". I'm am far more offended and likely to suffer allergy type symptoms from the many who overuse perfumes and aftershaves. The vapor exhaled leaves no residue at all. I've even blown it through a filter and nothing appears. In my opinion, and backed by research, e-cigs are an important alternative for people trying to give up cigarettes and all the nasty smell and health issues of smoking.

These new regulations force those of us that gave up smoking to be associated outdoors with smokers and the second-hand smoke that we were successfully avoiding!! It makes NO SENSE.

the number of us using electronic cigarettes is rapidly growing. We are adults, we are pleased to have given up cigarettes, and by the way .. WE VOTE.

10/31/2015 12:21:59 AM - Alec

I personally started using electronic cigarettes as soon as I turned 18. Before that I had smoked cigarettes for 2 years. If I hadn't started using e-cigs, I'm sure I would have been addicted to an unhealthy lifestyle. I have been a user of electronic ciggarettes for 4 years now and since can now breathe much better, smell more, and taste more than I could while smoking traditional cigarettes without smelling like an ash tray. I now currently work for the biggest retail shop in the U.S. , Madvapes. If this bill were to not pass I would be forced to return to my unhealthy lifestyle and would also be out of a career. If you do not consider this accordingly you will be losing tax money as well as jobs in the U.S.

10/31/2015 12:21:46 AM - gary mc

Just felt i had to say something on such an important issue. I had been a smoker since my mid twenties, and after 24 years, smoking a pack a day, i had to see a doctor due to breathlessness. To be truthful i feared the worst after the examination, and thought i was in a bit of trouble due to smoking, but i was lucky it was asthma i had and was prescribed 3 different inhalers to help me catch a breath, thats when i knew i had to stop smoking but i had been a smoker that long i was failing,and failing badly. So a friend said i should try vaping it had helped him stop and was smoke free for 18 months, so i decided to give it a go because my condition was getting worse by the day. That was just over 4 months ago and i have never looked back, my health improved far more than i could have imagined, where i was using inhalers 5 or 6 times a day i only use my preventer inhaler,when i need it. All that was down to starting on a starter kit, after a long chat with the local vape shop owner, on 12mg nicotine which i was on for a while and have since dropped my nicotine level down to 3mg. I am now at the stage that i have various mods and tanks and am getting healthier by the day. If the proposed changes do come into place i would like to think by this stage i should stay off the cigs, but the newer vapers and people who are thinking of quitting cigs and trying vaping, they don't stand a chance they will be back on cigs for sure. With the help from the vaping community i am enjoying life again, and without them i would still be breathless and still smoking cigs. Just hope others get the same chance that i did for a healthier life

10/31/2015 12:15:56 AM - Kenp2507

As a Child that was curious about many adult behaviors I found myself smoking tobacco at age 12. This lead me to try other, stronger Addictions. At age 16 I began recovery form smoking crack cocaine and many other drugs. All Addictions I quit but one. Smoking Cigarettes never let me go. Big tobacco never let me go. Cigarettes are everywhere and no matter how I tried to quite everything failed. I would put three Nicotine patches on and crew Nicorette gun while I smoked a cigarette at the thought of Quitting. However 5 years ago my bother showed me his E-Cig and I have never looked back. I can say now I Jog everyday and it feels good. I play with my kids and swim and I can really say life feels good to breath in. My life is forever changed, Please don't stop others from finding out what it really means to not light up again.

10/31/2015 12:15:45 AM - April Steward

I smoked for 11 years and found electronic cigarettes about 3 years ago. I had tried cold turkey, gum, patches, even wellbutrin before. Nothing worked until I found vaping. I started out with the cigalikes but they weren't at all satisfying and didn't really help much. Not long after, a vapor shop opened in my home town and I went and got a starter kit. That was it. That was what I needed. Since then, I've moved up to rebuilables and dripping. I'm now nearly 3 years smoke free and I know I would still be bound by the chains of tobacco if it weren't for vaping. I used to keep bronchitis for months and just cough and cough endlessly. Now that I've quit smoking, I haven't been sick. My kids used to keep colds and sinus issues even though I didn't smoke around them. They breathe much better now, too. I would get ostracized at work for smelling like cigarettes and that's over now as well. My entire quality of life has improved. I have more energy and stamina. I breathe better. I smell better. I don't miss out on moments with my children because I'm stuck outside with a cigarette. Even my food tastes better now!

10/31/2015 12:15:35 AM - Justin Krzemien

I recently Started Vaping. Was a smoker for about 2 years. I felt horrible on Cigarettes. Short of breath, taste buds not working right, coughing. When I discovered vaping it has become a miracle for me. I feel so much better, I can breathe better, no coughing and I can taste normally now. I really would like to continue to vape, and would like to see the call to action of vaping be resolved. I have been vaping for a month now. I no longer smoke cigs.

10/31/2015 12:15:21 AM - Koldo

Since I am vaper my health improved a lot , not cough , breathe better , I have more lung capacity and everything is better . If they are forbid commit a serious error.

10/31/2015 12:15:11 AM - Thomas Spahn

I am 29 years old I smoked for 13 years and I haven't had a stink stick for over a year now. When I smoked i smelled nasty felt horrible and had a horrible cough, and i tried all the different things to quite smoking but they didn't work for me till I found vaping. I had control of my nicotine not like those cig-a-like products where its just like here thats it. And they taste horrid, my life has changed in over a year I can breath better I don't stink and I just feel like i got a new lease on life.

10/31/2015 12:15:02 AM - Rosalyn W.

After starting smoking at age 12, I smoked for 44 years, vaping helped me quit on my quit date. Couldn't have done it without getting the feeling of smoking without the thousands of harmful chemicals in regular cigs. Not allowing people to vape is a huge mistake for thousands of people. I do not believe it leads people to smoke regular cigs any more than eating a piece of candy makes you gain 100 lbs. Tried the patches - allergic. Gum and lozenges help some too, but these items are so expensive, compared to vaping. My sense of smell returned, and most importantly, I could breathe much better.

10/31/2015 12:14:42 AM - Chris

I can say that Vapor products have successfully helped me quit smoking. I was a 1-2 pack a day smoker for about 10 years. I had tried different ways of quitting and failed every time. When I first began using Vapor products I didn't have much faith in the product but to my surprise I was quickly convinced otherwise. The sensation that I was still smoking along with a more desirable taste made the experience enjoyable. By being able to start off using a nicotine level higher than what I would get out of a normal cigarette I was able to curb the urge to smoke. As time went on I lowered the nicotine more and more. Now I no longer wake up hacking and coughing, I don't struggle to breath the way I used to, and I don't have a constant horrible dry taste in my mouth. All around I feel great compared to the way I used to, and I enjoy being more active than I was before! Vaping helped me tremendously, and It can do the same for others.

10/31/2015 12:14:32 AM - Chris

I had smoked for 11 years until a friend got me involved with vaping. I had been smoking a pack and a half to two packs a day for the previous two years and since I got onto the right setup I haven't smoked since. Vaping helped me set down tobacco and I'm noticing the changes in less than a year. Breathing feels normal and not wheezy or congested. I can taste food again!

10/31/2015 12:14:22 AM - Elmoelreytuy0

I been smoking since I was about 17 I'm 24 now I would party a lot and I would drink, let me just start off by saying that for every bottle I would smoke at least half a pack of cigarettes so do No this for a long period of time messed would the me bad my breathing was horrible I was in and out of smoking try so hard to quit one I was introduced to vaping everything changed I use mods I use level 0 nic so no nicotine at all and that's to vaping my son will have his father for many years to come my chest x-Ray look better than ever 10 months clean and now when I think or smell a cigarette I get sick to my stomach

10/31/2015 12:14:09 AM - Allison- Cranberry Twp., PA

So basically, I work at a vape shop in Cranberry Twp, PA. I see the benefits everyday of Vaping. We have RN's, DR's, Lawyers, Construction workers, waitresses, even the retired (as well as many more professions- It doesn't discriminate) that come into our store on the daily to get their Juices and Vaping accessories/pens/mods. I have these ppl tell me all the time how amazing it has been not smoking, but vaping. It has saved so many ppl from the effects of smoking it's insane.

The fact that its ONE THING you can regulate for yourself and go to any vape store to shop, is a free feeling -Govt/legislation is just trying to get that money- "control" , its all about control and money.

In fact - its a shame that most of the ppl won't even read these testimonials- they just base it all on money, period....while ppl die from smoking.

Lets BE SMART here and think about the PEOPLE for once instead of the money.

WE CAN DO THIS!!! PLEASE!!

10/31/2015 12:10:46 AM - kapalcz2

I started smoking at 18 casually while drinking and then it turned into two packs a week. When vaping started to become a thing I was interested. I started vaping two years ago and would still smoke occasionally. Eventually I thought why the he'll am I still smoking and quit smoking all together. I haven't smoked a cigarette in about a year now while I continue to vape. I can breathe better. I can smell better. I can taste my food again. When you smoke you don't notice what senses your loosing then you quit and it's like OMG. Vaping helped me kick big tobacco and I am thankful for that, and so is my wife since I no longer smell like an ashtray. We need to keep vaping alive!

10/30/2015 11:46:35 PM - Judy Meyer 70 years old

I started smoking cigarettes at age 13. I smoked up to 3 packs a day until I retired. My son let me try his e-cigarette. I went on-line and looked at all the studies I could find, and this looked like a great thing for me to try. After only 2 weeks of using my e-cigarette, I gave up smoking cigarettes. It took me over a week to clean my walls, light fixtures, etc, to remove all traces of tobacco from my home. I use a DSE901 e-cigarette, with Kiwi flavored liquid nicotine (light and airy) at strength 18. My health is awesome, no more heaviness in my chest within the first 2 weeks. I truly believe these products saved my life. My much younger sister wasn't so lucky. I gave her and her husband an e-cigarette, but they didn't stay with them and went back to cigarettes. A sad ending to that. There is no danger from second hand smoke...it's water vapor. There are 1000's of carcinogens in cigarettes, none in e-liquid. I recommend these products all the time. Cigarettes kil;l, e-cigarettes don't...it's as plain as that.

10/30/2015 11:36:20 PM - Felicia Beauvais

To whom it may concern,

Vaping should not be banned, it helps a lot of people quit smoking after years of the bad habit. It should not be banned just because tobacco companies are losing money. That's a joke, vaping was created to help people quit and that is what it is doing, congress can't take that away now that the hobby is achieving its goals. A lot of people vape for more than struggle with quitting, its a habit and a lifestyle. For it to be removed would hurt a lot of people. Tobacco companies are just gonna have to deal with citizens finay making better choices with their lives.

10/30/2015 11:36:10 PM - Robert

Smoked for 5 years. And decided to slow down or quit. Started vaping and haven't smoked in 9 months. Saved thousands of dollars

10/30/2015 11:36:01 PM - miles sanders

My name is miles i used to smoke 1 pack of cigarettes a day for atleast 3 years ive been using electronic cigarettes for 2 years havent smoked since. In these 2 years i feel better run better with out caughing and weezing. Overal using ecigs has changed my life for the better. This is a knowned fact that it saved peoples lifes. Why would you all wanna ban this?

10/30/2015 11:35:25 PM - Alinette Priest

I have been cigarette free for 3 years due to vaping products which have saved my life

10/30/2015 11:35:18 PM - Martin zamora

I was an under age smoking starting at the age of 15 and it was only when I turned 18 was I able to buy vaping products at my own will.staring a with an ego stick I slowly moved to a mod with 18 mg of nicotine but I've been able to bring that down to 6 mg with the last two months.with cigarettes I hardly smoke cigarettes and if I do it one drag and back to my mod because I resent the taste of cigarettes now. I no longer spend the 30 or 40 dollars I used to and now I have better senses of taste and smell as well

10/30/2015 11:35:10 PM - Joe Rupp

I was a smoke for almost 20 years and the only thing that got me away from it, was vaping. I have no been completely smoke free for over 6 months. I feel better, my blood pressure has dropped and I couldn't express in words how pleased my family is.

To take this away from people would be a tremendous mistake.

10/30/2015 7:52:08 PM - JD Langley

I smoked cigarettes for 12 years, and always figured I would die while holding one. After discovering the freedom that vaping provided, and the ease in which I could wean myself off nicotine, I felt freedom for the first time. I no longer smelled like an ashtray, I no longer felt embarrassed at not being able to hold babies because of my fear of second or third hand smoke. I felt that freedom that comes with not having to worry about the next time I could get my fix. My work productivity increased, as I no longer had to walk all the way to the smoke section at work, but could either vape in my private office, or walk just outside into the patio and vape there. I watched my addiction become less and less as I routinely lowered my nicotine level. I was blessed with finding new friends and support through and in the vaping community. It has changed my life in so many ways, and I will never look back.

I wish more people would make the switch. I have watched countless people puffing away their years and their health, all for a nicotine fix.

10/30/2015 7:52:00 PM - Joel

I started smoking when I was 12 years old. Once I got past the first few it started to taste good to me. For years I tried to quit for school sports and personal gain and could not do it. Cold turkey was not an option with me, I was addicted to the hand to mouth gestures and blowing the smoke out. I am now 22 (10 years of physical damage) and I have successfully quit smoking cigarettes as of 9/11/2015. I purchased a joyetech evic vtc mini subohm box mod. When I purchased this item, the shop owner went into great detail on how to use it safely and how to take care of it and the batteries that go with it. It has been almost two months and I do not crave a cigarette. I use between 3mg and 6mg nicotine. Having different flavor options is great. I now have three mods and have begun building my own coils for my twisted messes rda, I was so excited about being able to make the vape experience a part of my lifestyle and now they want to take it away from us? I really hope we get to keep our shops, so many people will be out of business and even more people will be back on cigarettes. The e-cigarettes made by big tobacco do not work, they make them how they do so people don't like them and don't get a satisfying hit so that they go back to cigarettes. Having different flavor options is key as well, many of realize we don't like the flavor of tobacco and prefer fruits, creamy fruits, desserts. Proper labeling is a must and parents need to keep out of reach of children. Anyways these products saved my life.

10/30/2015 7:49:15 PM - Andre

This is my story of how me and my GROUP OF FRIENDS all quit smoking and chewing tobacco. We had all started smoking and chew around the age of 15. Some of us had become addicted and probably still would be if it was not for vaping. We have been going on using tobacco products for 3 years, all of us have tried to quit at least once. Any attempts we made were unsuccessful and we would just go back to our terrible habits. Then when I was around the age of 17 I bought a vape. Not knowing that lots of people have used them to quit tobacco products, I just used it like a toy to do tricks. When I had finally run out of juice I went into a vape shop to buy more. That's when I learned that there are many more different mods than just a little vape pen, AND that you can actually use it to quit tobacco. I immediately bought myself a sigelei 150w with a dark horse atomizer with a nicotine juice level of 6mg. As soon as I saw all my friends I told them about how you can you use it to quit. Within the next few weeks we all had vapes. But it wasn't that easy we still had urges to smoke and chew and some times we would. Eventually though after a couple of months had passed by most of have completely cuz out tobacco products out of our life. We started vaping before we were 18, and I'm glad that we did because if it wasn't for that first vape we could still have been addicts.

The other night a somr one I was telling this story to offered me some dip. I was honing to do it, but I got a wiff of that shit and started gagging. It made me wonder how in the world did I ever put that disgusting crap in my mouth and like it.

10/30/2015 7:49:07 PM - Kimberly. Morano

I was an avid smoker since I was 15. I was smoking 2 1/2 packs a day and never thought I would quit. I wanted to quit, since since I have two small children. Smoking cigarettes is so bad for health with the thousands of chemicals that are put in them besides tobacco. I was hooked and never thought I'd be able to quit. A friend introduced me to a vaporizer I began using that instead of smoking. Amazingly I was able to quit smokinso quit smoking cigarettes. I startes with a high nicotine level in my fluidand and slowly titrated down to a 6 my nicotine level. Vaporizer has changed my life. I'm able to climb a flight of stairs without being winded. I don't smell like that nasty cigarette smell all the time. The chains have been broken I now control my life not the cigarettes. Please don't outlaw these vaporizers they are a much healthy choice and smoking. There was nothing harmful in them. They are made up from three or four ingredient. Unlike cigarettes they have over 2000 and gredients that are all geared to making you addicted. Please support our choice in America the choice to choose to smoke or the choice to choose to vape. Don't let big tobacco make the choice for us.

I had tried to quit multiple times I even tried chantix I turn to a prescription to help it was the worst mistake I ever made. The side effects were worse than smoking. Over the years I have used the patch and nicorette gum and none of them have helped. They do not supply the actual feel a smoking which is part of the addiction. I started using e cigarettes and they didn't quite didn't quite do it for me. They did not quench the urge to smoke. Ivan was introduced to an atomizer in a mod. Now I use this on a daily basis and still plan to reduce my nicotine level - 3 milligrams then to 0 milligrams and then to stop altogether. I would never have been able to quit smoking without this atomizer and mod. I have now been smoke free for almost a year my breath doesn't stink, I don't smell like an ashtray anymore, I can run without gasping for breath, and I feel overall more healthy. I really do not know what I will do if my mod and atomizer are outlawed. Please help in any way possible I don't want to have to go back to smoking. I wish more people have the chance to experience a vaporizer in a mod and try and quit smoking. Since visiting different vape shops I have met probably over hundred people that have quit smoking using this method. And this is a method that is not advertised on TV product. But alas it is taking money away from Big Tobacco. And big tobacco puts a lot of money into our political system in the United States. Please show that you cannot be bought and that you vote for the health of Americans. Do some research the stories that you hear that talk about negative effects of vaping are not true. It is a smoke screen to stop people from trying the vaporizer. Please I beg you keep my vaporizer Legal and keep it legal so others can learn that they don't have to smoke anymore.

10/30/2015 7:48:36 PM - Nick vW

I started smoking when I was 13 years old and in middle school. It seemed the cool thing to do, and it didn't take long to get hooked. By the time I was 16, my widowed mom had caught and punished me so many times that she gave up and allowed me to smoke to avoid hiding it from her. As an ex-smoker herself, she knew how difficult it was to get off of them.

Over the next couple of decades, I tried all of the typical stop-smoking aids. The gum was disgusting and made my stomach queasy. Didn't work. The patch is absolutely horrendous and shouldnt even be on the market. Local pain where the patch is, irregular heart beats that would keep me up at night and the most intense NIGHTMARES. Didn't work. Lastly, I tried chantix. Success!, until I stopped taking the pills at the end of the regimen and went back to smoking. Tried again, and I was able to ween off completely for 2 full months. Back to smoking cigarettes due to the strong urge to smoke.

At this point, I looked for an alternative method and stumbled into electronic cigarettes. I researched, researched and researched some more. A month later, I picked up a new "e-cig" from a seemingly reputable online store and started this new journey. That was 3 and a half years ago. I cant stand cigarettes anymore. The smell makes it hard for me to breath, and the smell of people that have recently smoked is terrible to me now.... a 20 year smoker cant stand the smell of smoke anymore.

I started vaping with eGo batteries and disposable atomizers. Now, I use box mods and rebuildable tanks so that I am in control of every aspect of vaping, from how many volts, what ohms for the atomizer, what battery is safe to use etc.. I make my own liquid so that I can tailor it to what I like and what I feel is safe.

After quitting smoking, the terrible constant cough, insane amount of mucus and difficulty breathing are GONE. I no longer smell like a forest fire and my kids can be in my presence without saying I stink!

10/30/2015 7:48:28 PM - Drew

I was a teen smoker for 3 years. My health and the amount of cigarettes I smoked was only getting worse.

I had tried quitting cold turkey and through nicotine patches and gum as well. I started vaping at high levels of nicotine. This allowed me to completely stop using cigarettes almost instantaneously. Since then, through the use of various e-cig setups, including mods, atomizers, and RDA's, I have since cut down on my nicotine intake to almost nothing.

Since I made the switch to vaping, I no longer stink and I am healthier overall.

10/30/2015 7:48:21 PM - sean thomas

Thanks to my eleaf I stick vaporizer I have been cigarette free for going on six weeks. I smoked cigarettes for 22 years. This is the longest I have went without a cigarette and I feel great! I am able to use my vaporizer while at work which is very helpful and cuts down on breaks. My clothes no longer smell like cigarettes which is nice. All in all I am very pleased with my progress and my vaporizer. There are a variety of e- juices to choose from with different amounts of nicotine my particular nic content is 6 ml. I used both cigs and vapor for a period it helped my taper down as I was beginning to try to quit.

10/30/2015 7:48:14 PM - Bobby

I am 26 years old, & will be turning 27 on November 25th. Vaping has saved my life. I started smoking when I was 14 because my brother was in a bad drinking & driving accident on his 23rd birthday in October of 2001, & he was paralyzed & is now a quadripalegic. Smoking helped with the stress I was going through. Before I knew it, I was smoking a little over 2 packs a day. On July 1st, I went & bought my first sub-ohm box mod at a local vape shop. Since then, I have smoked 2 cigarettes, & have not smoked any since July 4th. I started with 6 mg of nicotine, & am now down to 3mg. Vaping saved my life, & I feel a billion times better each & every day. It is also saving me money, which me & my family don't have a lot of. Both my mother, & father are disabled, & we live with my brother. I need to get a job, but I also have to help out with my brother daily. Please don't pass this bill, I really don't want to go back to smoking, & have all the ill health affects that go along with that.

10/30/2015 7:48:02 PM - kiekie613

2 months ago I had smoked for 30 year I choose to try the ecig. After researching the information on tobacco tar build up . In power me of knowing my health options with Organics vegetable glycerin I was impressed and started to I now I daily vap organic VG which is vegetable glycerin. I've saw a tremendous change in my energy my breathing. I'm saving $1

10/30/2015 7:47:52 PM - cam lathlean

I found out about e-ciggs about 6 years ago . i Went to work for the shop i bought it from, long enough to learn the product then went and opened my own shop. my shop has been operating for over 5 years . i cannot tell you how many people i have helped quit smoking but its in the thousands. personally I have taste buds i never new were there , I don't cough like i used to, I have better breathing. I tried chantrix,well butrin, i even went to a hypnotherapist none of it worked. no matter what studies come out I know it makes smokers, non-smokers and does not contain all the crap in cigarrettes

10/30/2015 7:47:36 PM - Robby Mcacy

At a young age I started to smoke cigarettes due to the abundance and accessibility to them. Now that I am older I've realized what chemicals are in cigarettes that are deadly. I knew I needed to stop, but I was already introduced to nicotine and addicted to it. Ecigs have givin me the opportunity to stop smoking cigarettes in totality. Although the FDA doesn't know exactly what makes up and ecig and its juice they do know that it is better than cigarettes. I'm going to leave it at this. I could either smoke cigarettes and end up with lung cancer dying at an early age or some ecigs and only have nicotine in my system.

10/30/2015 7:47:28 PM - Joseph Secord

Hello I would like to share my story. I honestly don't do these types of things but I wanted to be part of something that saved me. I have smoked for 10 years two packs a day. Up till June 2012 when my son was born. I couldn't bare to smell like smoke and hold my son and not only that what it would be like to get cancer or other medical problems from smoking. I was introduced to vaping June 2012 and have since never looked back. My current set up is a joyetech evic mini might I add my third joyetech (great products). I also have anxiety and certain smells can help that. So when I'm vaping maybe vanilla blend not only is it easy on me but the smell helps me also. I only smoke 3mg as when I started it was way higher. Do not take such a great thing and a great community and crush it because vaping is new. If there is any harm to vaping then why is vaping the only target how about the cig companies also!

10/30/2015 2:58:59 PM - Adonis Messick

My name is Adonis Messick. I was a smoker for thirteen years, and my health wasn't in good shape. I was wheezing and coughing up stuff all day every day. I was very fatigued, and got short of breath with simple tasks. My doctor told me that I needed to stop smoking, but it was hard. I am on certain medications that would not allow me to take any prescriptions to help me quit. I felt as though my life was not worth it anymore. I often thought of suicide, because the cigarettes controlled my life. Someone suggested that I try vaping, and I was hesitant. I honestly didn't think anything could help me. I gave in and tried it. At first I tried an ego pen. That wasn't enough for me though. Then I tried sub tanks and bigger mods. Perfection is all I can say! Once I tried that, there was no turning back! Now after ten months I am tobacco free. My health has greatly increased for the better. I no longer cough, wheeze, or get shortness of breath. I have one-thousand times the energy then I use to have. I thank vaping every day for saving my life. It why I'm still here!

10/30/2015 2:58:51 PM - Erinne carey

To whom it may my concern:

Here's my story.

I've been smoke free since 5.30.14. The day after my mom had a heart attack. Incidentally no one found out until the Monday. I'd already made it 3 and a half days without a single nasty butt that I realized I could never do it again. I learned all I could about vaping. A little over a year ago I even ended up working in a vape shop so as to help other people have the same experience I had. I've since been able to help hundreds of people in real life and reached thousands of others via instagram and facebook.

Why was it successful for me?? Because I found my flavor. Simple. Watermelon. No success until I paired that flavor with my vision spinner 2 and kanger aero tank v2. Mimi and Armond at Maja-FlavaVape Den made me feel like family the moment I walked in the doors at their first location. Since we've helped so many people we had to expand and the town we were in strongly desired our presence to remain as did we due to the sheer benefit for its residents and the economy. Not only have we helped smokers become healthier via vaping but we've also helped to reduce litter and enhance an entire towns economy! From pizza shops to corner store to the dollar stores and nail salons they've all seen an increase in business.

Other methods I've tried: logic, blues, no name brands of e-cigarettes,. Couldn't afford to be hypnotized. My doctor wouldn't put me on Chantix due to pre existing medical conditions and I did not want to try a pill that would cause weight gain as I recall he briefly discussed an additional medication. so for years until I found vape in the form it so stands today I was unsuccessful at taking my life back from cigarettes and tobacco.

Some things I've noticed since I've begun vaping in my health: easier to breathe, can run, more energy, strange desire to eat better, when I wake up my arms aren't numb!! Plus I don't smell anymore!

I have better relationships with people. I'm overall happier mainly because I feel better!! And how could you be angry vaping a cherry cheesecake flavor! Or your old favorite menthol? Or skittles!? I feel better mentally.

Just to mention briefly: I have literally have had no negative side effects!!!! Nope! None!

I notice less litter in my community which was once a strong cigarette ridden wasteland I'd say 60% of people here vape and vape successfully to stay off cigarettes. Their attitudes change over time for the better. They come out of a haze once they commit to vaping. And they have a community right there for them to lean on. People make friends they never thought through. The support system makes everyone feel like family and it's just simply glorious.

I've seen the gracious tears in people's eyes as I've helped them find their first flavor that resonates with them.. or the sister who was able to watch her brother kick the nasty habit by finding the right device for him that was satisfying.. or the newly weds that took their wedding money and came in and each got free lessons in vaping correctly and safely as well as devices that fit each ones personality and vaping needs!

No. It's not about the money here its about helping people. Yup I said it. It ain't about the money folks. Come on wake up and snap out of it...it's time to care about your citizens health as well as their rights! If this bill passes without being amended you're dooming peoole to misery and godforsaken lives in hospitals or to swallowing pills that may cause suicidal tendencies and thoughts to sticking nicotine to their arms. That's not what it's about. You can see it. Take the wool off of your eyes and let the sun shine bright. Just as everyone learns differently in the classroom, everyone quits differently. Just throwing that out there folks.

Flavors make a difference. Devices make a difference. Community makes a difference. Affordability helps. Desire for better health can conquer all!! Stand united and stay strong vape fam!

Thank you for your time.

Yours truly,

ERINNE C. CAREY

10/30/2015 2:58:15 PM - Kory Meyr

Before I started vaping I was smoking 2 packs a day. I had tried a bunch of things. Patches, chantix, and even tried going cold turkey but everytime I couldn't get rid of the cravings. Then I tried e-cigs. About 2 weeks after I started vaping I had a physical fitness test at my National Guard unit. I hadn't done much training to improve so I figured I'd get a 15 minute 2 mile run again. To my surprise I got a 13 minute 42 second 2 mile. That Monday I went to the doctor for a physical and the last time I had been there the doctor said that my lungs looked like I had been smoking for 20 years. This time he was in shock. All the tar from the cigarettes I had smoked was virtually gone. He asked me what I was doing and I showed him my vape. He asked what chemicals were in it and the PG and VG had actually helped my lungs clean out.

If you take away vaping there won't be anymore of these miracle stories. There will just be more and more cases of lung cancer due to cigarettes.

10/30/2015 2:58:08 PM - Erik

I smoked for just over 20 years, nonfilter RYO for the last 10... I've never had any success quitting using cessation products, including gum, patches, and Chantix... not even for a few days. Tried vaping, been off cigarettes for 2.5 yrs now. Went straight to 0 nicotine juice. Staying quit was easy, because it makes you realize, at your own pace, how disgusting and harmful the tobacco habit is. Within 3 weeks, my lung function had improved, my apnea disappeared, and BP better than ever! I'm in the best health Iâ€™ve ever been. Recently got my dad started, who smoked for 40 years.

10/30/2015 2:57:59 PM - Chelsi S

I smoked cigarettes for 6 years. My grandma (who never smoked a cigarette in her life) died from lung cancer about 3 years ago. When she passed, I made the decision to quit smoking cigarettes. Like most people, it was more of the hand-to-mouth notion I was addicted to, and less about nicotine. I started vaping in 2013, and quickly got a job in the industry at Mad Vapes. I wanted to help others quit smoking with a safer alternative. I genuinely love vaping and the family and friends I have made because of it. Vaping has given me a job that I look forward to every single day. Vaping has brought together a huge community, or more accurately, a family. Vaping saved my life.

10/30/2015 2:57:48 PM - Joe

About 15 of my family members were smokers, and now it's down to 3. Out of the 12 who quit, 2 quit cold turkey, but the rest switched to electric cigarettes. The cheap ecigs don't work. We tried those and continued smoking. My dad who was a smoker for 30 years quit cigarettes 3 years ago. He smoked 1.5 packs a day, he decided to join after I quit smoking and switched. He started with a high nicotine amount and slowly worked his way down to 3mg of nicotine. My dad's plan is to go to 0 nicotine by the end of this year, then drop it. Do not take away this safer alternative to smoking away from us. It helps people give up a nasty habit.

10/30/2015 2:57:41 PM - Hagop

I was a lifetime smoker, I started to smoke in the year 1975. Thanks to the tobacco companies since then I have not been able to give up the habit, I tried everything from the patch to drugs like Chantix to quit and nothing worked. I thank god for Vaping technology because if it wasn't for vaping I would still be smoking and certain by now my lungs would have given up on me. Vaping gave me the sensation of smoking without the smoke coupled with delicious flavors without all of the bad chemicals to continue to harm my body. Vaping also gave me control over the amount of nicotine I deliver to my body. I started vaping almost 4 months ago with 12 mg of nicotine per ml and now I'm down to 1.5 mg of nicotine per ml and soon I'll be down to 0 mg of nicotine, I feel healthier than I've ever felt in my life, I'm able to breath normal, taste foods like I've never before and smell scents that I never knew existed. I feel like I've started a whole new life and enjoying every bit of it. Thank you to the Vaping Industry, without you I'm not sure what I would have done!

10/30/2015 2:57:34 PM - Bonnie

My husband went into hospital April 10, 2015 with cellulitis. He got out of nursing home June 2, 2015. He has not had a cigarette since. I didn't quit for about 2 months. The Vapor cig saved me. I have not coughed since I quit and I don't stink anymore. I am down to 3ml of nicotine. I mix a 6 and 0. He now smokes a 0 nicotine. I feel it has saved my life.

I am 55 and started smoking when I was 14. Pack and a half a day. The E-Cig has saved us so much money.

I tried medicine and patches, but neither worked.

It took me about 3 weeks to completely quit with the E-Cig.

10/30/2015 2:57:25 PM - Charles Shackelford

I was a smoker for 38 years but changed to e-cigarettes two years ago. I can now breathe better , have no cough or spitting up nasty cigarette by-products. It has made pleasant change in my life. Please leave the laws as they are. Concerned citizen, Charles Shackelford

10/30/2015 2:57:18 PM - Robert King

I was a 2 1/2 pack a day smoker since 2005. I have been cigarette free and vaping since 2011. I had tried to stop smoking before using gum, patches, and group counseling and vaping was the only alternative I found that worked. I feel healthier in general. I can run and play with my kids, taste my food for the first time in years, and I don't stink everyday. I used disposable e-cigs for a short time and soon found that mods and rebuildables were better for me because the hobby of building helps to calm me when I'm stressed and in turn I don't vape as high of a nicotine level. I have weened myself from 24mg nicotine to 3mg and I am on my way to using 0 nicotine. Vaping has changed my life for the better not only in the case of my health but also in the people I have meet through vaping. I now have an amazing group of friends who understand the struggles of trying to quit smoking and are some of the best people I have ever meet.

10/30/2015 2:57:03 PM - Kenneth LaBorde

I had given up... Completely resigned to the fact that I would be a cigarette smoker for the rest of my life. By God's grace I was introduced to vaping and I had hope for the first time since I realized I was addicted to tobacco cigarettes. The flavors gave me variety so when I became stressed and close to giving up, I was able to try something new again and renew my focus to stay tobacco free. I know the argument, I hear it all the time... "well, you're still ingesting nicotine." Yes, but more importantly than what I'm still ingesting... Is what I'm not ingesting... No smoke and no tar, I can breathe better, my wife and daughter can breathe better. My clothes, car and house smell like they're supposed to rather than a giant ashtray. The president was a smoker if I remember correctly. He, of all people, should understand how hard this battle is. We're not asking you to avoid taxing electronic cigarettes. We're not asking you to avoid regulating electronic cigarettes either. We're BEGGING you to do it in a way that promotes small family owned business rather than forces them to shut down. We're asking for the freedom for adults to choose the flavors that work best for them, the freedom to have access to an assortment of options of life saving technology rather than banning 99% of what's available and WORKING TO SAVE LIVES ON THE MARKET TODAY! This is not the same United States of America that allowed the Salem Witch Trials! So, why are we burning the electronic cigarette industry at the stake before we've actually researched it's efficacy? We should not rush to judgement without research. Moreover we should not have taxation without representation. Not only do we pay taxes just like every other industry, many of our States have enacted "sin" taxes of their own. Take Louisiana for example, who recently approved a 5Â¢ per ml tax on all e-liquids sold. How can my state government expect to tax me more than the average industry yet not stand up and fight for me when it counts? Seems like taxation without representation is alive and well! I've always prided myself on being from the great state of Louisiana and the glorious United States of America. A place where freedoms were cherished and protected. I'm begging you to stand up and fight for our rights today... When it counts... Not just when the cameras are watching for elections. I'm begging you to save many of our livelihoods... But, more importantly, I'm begging you TO SAVE OUR LIVES.

10/30/2015 2:56:55 PM - Asiak Young

Vaping saved my life! I was a smoker from the age of 16 to 40. After numerous attempts from 2001 to quit smoking using medication(Chantix and Wellbutrin), patches, determination, hope and even hypnosis, I stumbled across this strange new device called a personal vaporizer. After about a week of vaping I could tell and feel a difference in how I felt. My smell, breathing and taste started to come back. I started feeling so much better that I took up running and ran my first event last month! Nothing worked EXCEPT for vaping. I was in the law field for 18 years and had a great career. I decided after finding that vaping works and not a gimmick to open a shop. I was so passionate and excited that if I could get one person to quit smoking regardless if I was successful or flopped I did my job. I look forward every day hearing my customers tell me how long it's been since they last had a cigarette because of vaping. It is a life changer!!!

10/30/2015 2:56:48 PM - Michele and Darrell

My husband and I have been vaping for almost 7 years, when it was first starting and have not smoked a cigarette since. We had tried the Chantix with no success-the side effects were too bad. Between the 2 of us, we used to smoke about 3-4 packs per day(smoking cigarettes for over 10 years). He had a terrible cough and would get short of breath very easily. Since vaping, he has not had the "smoker's cough" and we both have increased stamina in regards to our breathing. We have advanced the products we have used as the industry advanced its products from the disposable e-cigs to the mods. His cardiologist and family doctor knows that he vapes and supports it. We both have reduced the nicotine levels. I am now down to 6mg.

10/30/2015 2:56:38 PM - Miranda

I have been vaping since may 2014, being able to quit in about a month, after being addicted to thousands of harmful chemicals for about 3 years.I\'ve gone through every type of vape known. Vaping helped me shed thousands of chemicals that I didnt even realize were in cigarettes and other tobacco products. I didn\'t realize how much vaping was helping me, until I could start to feel it. I could taste more, smell more, breathe more, and in the long run It would allow me to -live- more. Vape is made up of a minimum of 5 ingredients, we wont even get started with those stinky cancer sticks. So pretty much what I am saying is vaping saved me, and I see it save someone else\'s live on a daily basis. Working at a vape shop has allowed me to hear stories of miacles. Don\'t take this away from us. Please.

10/30/2015 2:56:28 PM - Jules

My name is Julie & I have smoked on & off since I was 13. I am now 46 & have been smoke-free for 4 years. I immediately stopped analog cigarettes & went directly to vaping, w/no issues, whatsoever. When I tried the patch in the past, it gave me horrendous nightmares, & a horrible skin reaction wherever I put the patch. Vaping saved my life. I have never been healthier, I can breathe! I have amazing health & energy. My teeth are whiter, my skin's awesome, & when I got life insurance, they lowered my quote after the blood/urine test to preferred member prices, originally quoting me a higher price when I told them I vape. I have seen countless lives saved from quitting analog cigarettes, myself included. The thought of the government taking our rights away because the vaping industry is finally making a fraction of a dent into Big Tobaccos' profits makes me sick. This is America, the best place in the world to live, & we need our voices heard. I have never been happier since quitting analog cigarettes & I also know if the government takes away my right to vape, guess what happens? We'll end up going back to smoking, something that is absolutely out of the question for me, but, it would be one or the other, this is my truth. This is my story.

10/30/2015 2:56:20 PM - Shawn

I was a smoker for over twenty years. During that time I was a pack a day smoker. 5 months ago i decided that I needed a change and actually quit smoking. Now I am smoke free and feeling so much better. How you may ask, by vaping. I started learning about it and have been lowering the nicotine mg gradually as I have been vaping. Vaping has been a God's sent.

10/30/2015 2:56:11 PM - Ron

Being the oldest sibling of a divorced mother, I witnessed first-hand her struggle with tobacco addiction. She tried gum, "the patch", counseling and medication with no success. At 52, she died a horrible death due to the lung cancer developed by this addiction.

My mother never had the chance to know her grandkids. Worse yet, my kids never got to know this beautiful, caring person.

When I learned of the success of Vaping to help people stop smoking, I sold everything I had and took a substantial income reduction to open a first-rate Vape shop just so other kids don't have to grow up without their grandparents!

10/30/2015 2:54:00 PM - Kyah Flores

Everyone in my family has smoked cigarette for years. In the past year my mother and step dad switched to vaping. Not only does it have 90% less harmful chemicals, it smells better and there's no second hand smoke. Personally I feel as if the government feels that it's a threat to tobacco industries, which means a loss of billion dollar business. It's ridiculous that the government puts money over the health of the people, considering the huge amount of people that die every day from lung cancer. Vaping should be encouraged to all people that smoke to help them quit! Not banned.

10/30/2015 2:53:51 PM - Greg Toolan

I smoked for 35 years and never wanted to quit. My family is all non-smokers. I was aked to try vaping. I've smoked one (1) cigarette in 2 years thanks to Vaping!!!! I feel better have more energy and I can vape in the house my family doesn't mind. I enjoy many flavors and I have tryed a lot of them. I want to continue to enjoy my vaping, It's my right! If you mess with this industry you will effect thousands of lives and creat yet another monster. Underground sales black market stuff, please let me Vape in peace!!!!! Taxes are being paid on products and it's all legal, don't screw this up too!

10/30/2015 2:53:44 PM - Rebecca

I have been smoking since I was in high school. I tried many different methods to quit and always found myself right back at smoking cigarettes. My boyfriend and I both found vaping and it has been a proud 3 years cigarette free. Without vaping, I don't think I would have been able to quit. The flavors are much better than tasting nasty ash tray in my mouth and the levels of nicotine are nice to be able to help step myself down.

10/30/2015 2:41:06 PM - Lisa

Ibstarted smikng at age 21, My daughter's and son-in-law bought my husband and our our first starter e-cigs in December 2013...we upgraded a wile ago and use regulated box mods and tanks. Neither has bought a pack of cigarettes since. Doctor want to orescrib Chantix, but it was too costly, wasnt covered by my insurance company. I also heard bad thins about it sobeas reluctant to try it. I've dropped from 18mg to 6mg of nicotine, at work I wasn't able to climb the stairs without felling like in was going to pass out (3 flight), and before I retired I no longer had an issue doing so. Food tastes better, we both feel better and we no longer smell like an ashtray and our house no longer smells bad...I have 3 grandchildren and I feel much better when they visit that they don't go home smelling like an ashtray. I find that I vape less than when i used to smoke besides the cost of vaping is less than smoking! I'm thankful for the right as a United States citizen to make my legally given right to purchase the products I have...

10/30/2015 2:40:53 PM - Dallas

To whom it may concern:

As someone who was feeling the impact of smoking and unable to quit as Nicotine and the other addictive chemicals seem to be of the most powerful addicting drugs in the country (my mother quit 35 years ago and still wants one to this day), I needed an alternative from inhaling 7,000 Chemicals that I know was killing me. After finding the Vape industry or Smoke free technology, it has changed my life in many ways. I know own a Vapor Lounge and we have helped hundreds of people quit smoking and receive gratitude everyday from people we have helped because they feel so much better. studies have actually shown the chemicals we use in our product for vapor production are actually used in Hospitals to cleanse the air. It is a "no-brainer" that Smoking cigarettes is so much more harmful and actually Lethal because the gov/medical stat basically says you have a 50/50 change of dying from cigarettes if you don't quit.

Last, alcohol is PROMOTED and kills MILLIONS!! I don't understand how this is acceptable and my industry is the focus?? We help people live longer. PERIOD!

Thank you,

Dallas Gordon

10/30/2015 2:40:10 PM - Ashley Allen Auliye

I was a smoker for 20 years. Smoked my first cigarette at age 8. I have tried to quit many different ways. All otc products...many at the same time. To no avail. Then I tried a vape. It was great. I have been smoke free from then.

10/30/2015 2:40:04 PM - Dan Wiznewski

I was a smoker for roughly 23 years. On average I was smoking 2 packs of menthol cigarettes each day. It was beginning to take its toll on me as I started having breathing issues. I desperately wanted to quit and started seeking my options. I tried the nicotine gum. I tried the nicotine patch. Nothing worked. One day I was introduced to an e-cigarette. This was it. This is what has gotten me free from cigarettes. It has been over a year since I quit smoking cigarettes! All thanks to the e-cigarette! My breathing is pretty much back to normal. My lungs do not hurt anymore! I am proof that vaping/e-cigarettes have saved my life! Do not take away this amazing opportunity for smokers to once and for all kick the nasty habit of smoking cigarettes!

10/30/2015 2:39:55 PM - Debra Turpin

I am not a smoker, but my mother, brother, and husband were. I lost my mother to lung cancer due to her smoking. I swore I'd never bury another loved one due to lung cancer. I married my husband knowing he was a smoker, but hoped, against all odds, that he'd quit. He has. My brother has. Both have taken up vaping and I could not be any happier. Their lives have improved. My desire to be around them has increased. Before, the sheer smell of cigarette would drive me to other rooms/areas. I am asthmatic and couldn't be around the smoke for long. I have absolutely no issues being around vapers. My husband works in a vape shop and I can hang out around the vapers with no problem whatsoever. Vaping has potentially saved the lives of two of the most important men in my life and I am a solid supporter!

10/30/2015 2:39:47 PM - C.S.

On practically all accounts, I am an average male, between 25-35yrs of age, living in Orange County. I use electronic "vaping" gear on a daily basis, and it is the ONLY method that was successful in helping me to quit traditional tobacco cigarettes. I had a 2-3 pack per day habit, which is not healthy by any stretch of the imagination. I had no hope of quitting, and had tried several methods, including those provided to me by my physician. Counseling, hypnosis, Chantix, nicotine gums and patches, and even quitting cold turkey all failed.

A friend introduced me to vaping, and the process of quitting was almost immediate. When I told my doctor that I had made the switch, he told me he was proud of me and happy for me. It was at this moment, that I knew I was doing the right thing, the right way.

I have now been nicotine free for almost 2 years, and cigarette free for 5 years.

I support all legislation that would restrict the sale of any "vape" related products to minors (under 18yrs of age). I also support the efforts to use tamper proof/evident packaging, where applicable on these products. I would also like to draw your attention to a few key factors in my own use of these products.

I use electronic devices that are indepentently produced in another state, and done so with the utmost safety of the end user in mind. The "e-liquids" I use are from two small businesses, one here in California, and one in another state. The "atomizer" I fill with the "e-liquids", and attach to the electronic device that fires it, was produced by a small company in Germany, that produces many fine products of this nature. All of these small companies are individual and entrepreneurial in nature, design, and origin. They are in no way funded by "Big Tobacco". They have nothing to hide, and are upstanding members in a growing community that has fought the hardest for the safety legislation being discussed.

There is no need to impose outlandish taxes, restrictions, or bans on this new industry, and growing community.

Thank you very much for your time, and your support. Every vote FOR vaping helps to save another life, whereas every vote AGAINST vaping forces a cigarette back into someone's hand...which may as well be another nail in their coffin.

10/30/2015 2:39:38 PM - Kyle Bryant

I'm a 29 year old gay man living in Brooklyn who has been struggling with cigarettes for the better part of 15 years. Until I really was introduced to vapor products, I was constantly going from brief cold turkey stints to 1.5 pack-a-day smoking. What's worse is my family on both sides has a history of lung problems, cancer, and genetic predispositions to respiratory cancers that I carry with me. My maternal grandmother is suffering from emphysema, and will likely soon leave us.

I've been cigarette-free ever since switching to vapor mods about one month ago (the longest I've ever quit!) and rarely have an urge to smoke. I hope I'm able to stay quit with the assistance of these products. Since I switched, I can work out at the gym and begin the second phase of my personal fitness journey (lost 68lbs last year!). I'm very thankful to vapor and electronic smoking alternatives for giving me this back.

10/30/2015 2:39:31 PM - Brett Simmon

I personally, along with countless others, started smoking cigarettes at a young age. I smoked all throughout high school until I was able to get a Kanger Tech Subox Mini and could quick cigarettes with ease. My story is no different than most people's storys, but life changing none the less.

10/30/2015 2:39:23 PM - Mike Eshragh

I smoked for 11 years and could not quit. It was the hardest thing in my life. After having my first child almost 3 years ago I had to do something. I tried ecig and then Eliquid for my vaporizer. My oh my did this save my life. Doctors told me that my lungs are back to 100% health!!! I could not decribe the emotion I had. Makes me tear up just writing this. I don't know what I would have done without vaping. I ask you from the bottom of my heart and behalf of my family to keep vaping the way it is. Thank you

10/30/2015 2:39:16 PM - Bryan kolinsky

I used to smoke 3 packs of Newport box a day, spent 600 $ a month on them and was spitting up black and blood. Within a year of using my vape responsibly, unlike the people that burn themselves, I quit smoking cigarettes... Oh and not to mention, it's a tool, not a toy. I only spend 225 a month on juice, I breathe better, I don't spit up anything but residual vegetable glycerin, which is made naturally fyi and the amount of nicotine is a small fraction of what's in cigarettes. DO YOUR RESEARCH ON AMERICAN PRODUCTS, NOT BLUE ECIGS OR CHINESE JUICE... 5 chemicals in real vape shops juices & no carcinogens... Hmm how many do cigs have? OOO YEAH - 4000+ chemicals, 1000+ carcinogens, tar, allot more nicotine, fiberglass filter and if it's menthol even more fiberglass, paper and butane from the lighter.... COME ON GOVERNMENT TAKE THE TOBACCO COMPANIES MONEY OUT OF YOUR POCKETS AND SEE WHAT'S REALLY MORE SAFE! I've used patches and gum and all the other bull... I now have 2 boxes a dripper and a tank, SO I DON'T DRIP AND DRIVE.... THEY NEVER BLOWN UP FOR ME A YEAR LATER... Vapor's knoll is where I get my juice if ya wanna know

10/30/2015 2:38:50 PM - Chandler Gibson

I am writing to you all today to express my concerns. I am proud to say as of today I am 2 months smoke free. Vaping has changed my life for the better. My taste, smell, and endurance have all went back to normal and I feel so much better without all of the chemicals and carcinogens in tobacco products. After I started using vapor products to stop smoking my wife, her sister, 4 of my best friends and my boss have switched over to vaping. Vaping IS changing life's, and the impact I have seen of life's changed is tremendous in my town. Please people support the proposed H.R. 2058, don't you want to live in a world where we are free to do as we please? There are several things this country needs to be focused on instead of trying to take our right to use vapor products away. I smoked 2 packs of Marlboro a day for 6 years. You don't really notice how bad it's makes you feel and how expensive it is until you really stop and think about it and notice how your body has changed. I started vaping with a vapor pen made by vapin plus, and I used it with cigarettes but I couldn't quit using the cigarettes all together and I eventually stopped vaping all together. Then I sat down and added up how much money I was spending smoking and it blew my mind I was spending anywhere from 250 to 310 dollars a month! That is a vehicle payment right there!! And I said enough is enough and I went to my local vape shop here in Pikeville, Ky called Mountain Vapors and bought the Kangertech Subbox mini and I stopped smoking that day. It felt more natural to me than the small pen, I got a better hit off of it and it produced more vapor and that was it. Now 2 months later I am still smoke free and I will NEVER go back to smoking analog cigarettes again. I love vaping. And now I read that the FDA is trying to ban it?? Why would they want to ban something that is changing people's lives for the better, I urge everyone to contact your local representative and call the White House and urge them to support the proposed H.R. 2058, which will allow vaping and vapor products to be sold and to be left u changed. Please people do it before it is too late!!!!

10/30/2015 2:38:37 PM - Zach

I started smoking cigarettes when I was 15 years old. For 5 years I was smoking a pack a day and by the time I was 20 i was almost smoking 2 packs. I recently tried out ecigs because I was having trouble breathing and just living day to day. Having to rely on cigarettes. I started out with greensmokes and ever since then I've been off cigarettes. For 2 years now. So many people have gotten off cigarettes with ecigs and vapes. By banning them you will be essentially killing people. I'm Fortunate enough to be completely off cigarettes but for the thousands of people that smoke them this will ruin there oppurtunity for an easy way to get off. Since I've got off cigarettes I can breath normal. Excercise and go to work without feeling extremely fatigued or in need of a constant nicotine buzz. I've been so much healthier.

10/30/2015 2:37:50 PM - Landon Wiens

I smoked for 2 years before switching to a vaporizer, but with in those 2 years I starting feeling the effects of smoking early on I went from being able to do sports to hardly being able to run without getting winded. When I switched to a vaporizer it was like a burden being lifted I could enjoy the same things I use to again now I never have to worry about the burden of smoke and the fear of my health that came with smoking. Now I work for a vape shop just for the fact that i can help others make the same step i did and escape the burden and fear of smoking, because it really works.

10/30/2015 2:37:42 PM - Jacob McAfee

Hello, I'm here to give you my story about vaping. I started smoking when I was 15 years old and went on until this past summer. I have always thought about quitting but never thought I'd be strong enough to do it. So I bought my first vape back in August and I've slowly slowed down from a pack of cigarettes a day to 3-4 a day. Then I eventually stopped and I have been cigarette free for over a week. Never in my life have I been more proud of myself than I am right now. My family is proud of me. I always wanted to quit because my mother lost her father to smoking and she couldn't bare to see me do the same. Please do not take this away from us. People are quitting smoking everyday because of vaping, and if this passes, everything that we have worked for will be gone. Just please think about it one last time.

10/30/2015 2:37:35 PM - Katie Kean

I started smoking at age 20 in college. I set repeated "quit dates" over the years, but never could quit. Until last year, when I tried vaping. It was like a miracle - nicotine without smoke and tar, but unlike patches and gum (and Chantix, which made me suicidal) this actually worked for me. I've been happily vaping ever since. I've also seen the number of respiratory infections and allergy problems I experience dramatically decline since switching from smoking to vaping. Vaping has definitely improved my life. I feel and am healthier.

10/30/2015 2:37:28 PM - Patricia Walsh

I have been a cigarette smoker for 40 years. When Ecigs came about it was a God send. I started vaping and quit smoking totally within a 2-week time period. I never missed a thing. It was the ONLY way I could quit cigarettes!!! The BENEFITS are tremendous!! I consider myself a non-smoker because I run the treadmill daily and can run 2-3 miles without getting out of breathe at all!!! I started out with 11mg of vapor and am now down to 6mg. I have tried every stop smoking device known to man. Chantix, patch, hypnosis, you name it I've tried it. THE ONLY METHOD I would recommend to ANYONE and everyone is e-cig vaping!! It is a FANTASTIC product!!! I cannot imagine banning something that actually works for hardcore smokers to use to quit horrible cigarettes!! Ecigs do not bother the public air!!!

10/30/2015 2:37:20 PM - Nicholas Martin

Stopped smoking 60 a week cigarettes for two years now and am so much healthier than i ever was.

Doctor has notice it , family and Friends also.

Helps with diff kinds and strength flavor i choose whats more its worked . Its a life saver , and never looked back on cigarettes.

Am able to run swim underwater for longer periods of time , happier and positive outlook on things which i have also notice

10/30/2015 2:37:11 PM - Andy McGraw

I HAD been a 30 year smoker. I am very proud of the that statement, HAD been. I know that all studies and reports at this time cannot completely confirm or condemn the benefits of e-cigarettes or the use of traditional tobacco. I can tell you that using a vaporizer made quitting traditional smoking much easier and successful. I am an adult, I have the right to make my own choices. I chose to use traditional tobacco fully knowing the dangers. I deserve the same right to chose my nicotine replacement therapy. Because that is what these vaporizers are; an acceptable form to replace the devastating effects of traditional tobacco for me. I make my decision knowing that possibly something in these products could later be found to cause some long term health side effects. But I also believe that none would out way the already known health effects of my choice for the last 30 years. Even in the short term that I have be vaping versus smoking, I know that I feel much better.

10/30/2015 2:34:10 PM - Chris

Vaping has changed my lifestyle. I used to smoke about a pack a day. Not only do I feel healthier, but I've lost weight. I research it and make sure that I am using up to date equipment to avoid any accidents.

10/30/2015 2:34:00 PM - Lori L Robinson

I have been smoking since I was 10 years old, I used to steal packs of cigarettes from my Mom, aunts & uncles. I smoked for 42 years (32 years of smoking on a regular basis!!!!), 2 packs a day starting at the age of 20. I tried numerous ways of quitting due to my mother being diagnosed with COPD, she is on a nebulizer and still smokes 4 packs a day, I was also having health issues related to smoking. I tried Nicorette Gum, Patches, Lozenges, Cold Turkey, Chantix (this was a nightmare, literally), hypnosis..... you name it I tried it all with no success (many of the products I tried many times). I had heard of vaping but had never tried it before. On April 2nd, 2014 I went to Knoxville Vapor located in Knoxville, TN, I had many questions and they were patient enough to answer them all. I figured I would give it a try. I held on to a pack of unopened cigarettes for 2 months, just in case it also failed (I threw that pack away after 2 months and never looked back).I started out with a starter kit, went up to an E-grip, tried an E-LVT, I am currently using an MP 20, but also use an IVP and an I-stick for back ups when my battery dies and I have forgotten to charge it. Guess what, Vaping has been the ONLY thing that has worked. I started out at 27 mg of nicotine, I am now down to 6 mg of nicotine. I just had my physical done, my Dr stated that my lungs sounded better than they have in the past 5 years. I can honestly say that Vaping has saved my life. I am so glad I gave it a try and have stuck with it. I have been "smoke" free (no cigarettes) since the day I walked into Knoxville Vapor on April 2nd, 2014. My life has changed so much for the better, my sense of smell has improved, I don't cough constantly, my taste buds have changed I can actually taste my food without using tons of salt, my overall health has improved, my endurance has even increased, I can exercise longer without being out of breath. The only negative thing I can think of is on occasion, depending on what flavor I am using, my mouth gets dry, but that's not really a bad thing because it makes me drink the water I need to drink on a daily basis.

10/30/2015 2:33:45 PM - Jason Ray

Nearly 2 years ago my wife and I decided it was time for a change in our life. We both smoked easily a pack a day for over 15 years, full well knowing the consequences of our actions. Both of us having lost loved ones to cancer related to smoking, both of us experienced the ill effects of smoking yet it maintained it's grip on both of us. We had tried to quit on several occasions unsuccessfully, failing within a month or two and going back to smoking. Then just about two years ago my wife accidentally stumbled on vaping, this new thing that is supposed to really help quit smoking. She wanted to give it a try, I reluctantly agreed to support her and we both ventured into the world of vaping.

Now here we are cigarette free for nearly 2 years, I have zero desire to smoke and neither does my wife. We no long stink of cigarettes, we can breath, and smell, and taste again! My blood pressure has gone down significantly, and I generally feel better. Every fall my wife would get a cough so bad she would not go in public, it was so terrible for her. It has been 2 years since she has had that cough. Funny thing is she has had that cough her entire life, right up to the point where we started vaping. In the nearly two years we have been vaping we have dove further and further into vaping. We started vaping with ego style e cigs using 24mg nicotine strength. We now use regulated mods and our juice is less than 1mg nicotine and soon we intend to be completely nicotine free! We have been slowly stepping our nicotine strength down every week so we can be nicotine free.

We both often discuss how much better we feel now that we are vaping, not only that but we don't have to be self conscious about smelling like an ash tray. Vaping has changed both of our lives in so many positive ways it is difficult to cover them all, and I truly believe loosing vaping would be a huge loss to us at this point in our lives.

Thank you for your time

Sincerely

Jason M. Ray

10/30/2015 2:33:34 PM - Adrian E. Irizarry

I am a 47year old proffessional FireFighter/Paramedic. I had my first cigarette when I was 9. I began smoking regularly when I was 17. I smoked for 25 years total. I began to notice detrimental health effects when I was in my late 20's. I tried nicotine patches, nicotine gum and finally Chantix in various attempts to quit. I had the most success with Chantix however after not smoking for almost a year I began to feel the urge again. I remember it like it was yesterday. I had just finished mowing my lawn and doing a days worth of home upkeep. This would normally have been the time when I'd sit and enjoy an adult beverage and a few well earned smokes. I sat at my picnic table and said to myself "Wow, I'd really love a smoke right now." Knowing how powerful that feeling was I decided I was going to look for an alternative that would allow me the "feeling" of smoking while not slowly killing me as we all know cigarettes do. I bought my first e-cig, a generic disposable device and I can remember saying to my self "This could actually work". It was far from perfect however it allowed me to hold something in my hand and puff on it AND it created a cloud of vapor (however meek that cloud was). My journey had begun. It's now three years later. I am the proud owner of a few tube mods, a few box mods and I have become a "Hobbyist" if you will. I have spread the word and helped many of my smoking friends get off the tobacco as well. As part of my employment requirement I undergo an extensive physical each year. Well...I am happy to say that my pulmonary function tests have improved each year and I feel soooo much stronger! I used to have to sit and rest after using one bottle of air at a fire. Today I'm 3 years older and the last fire I was at I used 3 bottles and had the fourth on my back with no need for rest. E-cigs have saved my life, improved my health and helped me be a better FireFighter for my little City. I haven't had a cigarette in 3 years and I am proud to be a non-smoking E-Cig advocate. Thank you for reading my story. I hope it helps someone else do the same.

10/30/2015 2:33:13 PM - Kelly

I had been an on and off smoker for the better part of 15 years, I experimented with smoking at a young age and started smoking full time at the age of 17. Last July I decided to try an e-cig pen from a local vape shop and I haven't had a cigarette since. In just a few days I noticed a big difference in how I felt, I could breathe easier, I wasn't wheezing, and I just felt better all around. I started on 12 mg of Bliss e-liquid and swiftly moved to a variable watt/volt pen and then to a mod, I am now down to 3mg nicotine from Boosted e-juice (strawberry and cream flavor, among others) and have been since January 2015. I have helped many friends and family members to quit smoking by using this method and every single one of them has said it saved their life. I only wish this option was available to my late father. He smoked from the age of 14 until he passed away in 2011 from small cell lung cancer. I hope this message reaches someone and helps them decide to quit smoking for good and I really hope that it reaches the senators and the President because outlawing something that is so beneficial to so many people would be the wrong thing to do.

10/30/2015 2:33:04 PM - Kamerystka Harmata

I used cigarettes for 7 years! I started vaping 2 years ago and have never went back to a cigarette, infact i stopped using cigarettes 2 weeks after i began vaping. Since i have stoppped smoking I have no migranes, i am not constantly ill, I am not tired anymore. I feel fresh and conpletely renewed.

10/30/2015 2:32:53 PM - Anthony Ramos

Well here's my story. I did hookah for a good 2 years straight. I used to do 5-7 sessions a DAY. I didn't know the risks of it. I was honestly doing it just for fun until one day I started to cough like I was a man that smoked 2 packs a day. I knew I needed to change. I picked up a E-GO pen off of eBay and after that, I stopped doing hookah. I've been hookah and cigarette free for TWO YEARS now. I can breathe. I can play sports. I don't feel like complete sh*t. I want everyone to see that Vaping is the best way to go. If it stopped my habit in less than two weeks, imagine what it can do for others. I'm thankful that I picked up vaping because if not, I most likely wouldn't be here now. VAPE ON!

10/30/2015 2:32:11 PM - Mike C.

With vaping, I have gotten my Brother (a smoker of 10 years, my Sister-in-Law (15 years) and my Mother-in-Law (28 years) and my own Father (30+ years) off of smoking completely. If vaping hadn't changed their lives for the better, I would not care as much, but to see them living healthier and (more importantly) HAPPIER lives, means the world to me. These FDA regulations must be changed. If this goes through, then my family will only suffer for it. They have found a new way to live and I would hate to see that taken from them.

10/30/2015 1:24:41 PM - Alex Lester

Having been a smoker for 4 years, and trying to quit multiple times, I became frustrated. I was frustrated at myself for ever starting to smoke, and at the fact that I couldn't bring myself to quit. I started vaping on September 15th, 2015, and within 2 weeks of starting to vape, I had quit smoking entirely. I don't get cravings or anything. I use a mod, and a tank, which set me back about $95. I spend about $10-$15 per WEEK on e-juices, as opposed to $8 every other day for a pack of cigarettes. Sure, the money saving is nice, but what I really enjoy about vaping is how much better I feel. When I wake up in the morning, I don't crave a cigarette and have to go outside into the cold just to have one. I don't get a headache when I wake up. I don't get cranky after a few hours without vaping. Most importantly, my chest feels so much better. When I rode my bike as a smoker, my chest would hurt after just a few miles. Now my legs can't keep up with my chest! I've tried to quit before using Nicorette gum, and that lasted about a week both times I tried it. Quitting cold turkey allowed me to go, at most, 3 days without smoking.

Overall, vaping has improved the quality of my life, and I can confidently say that I will not return to tobacco products.

10/30/2015 1:24:31 PM - Angela

I am 36 years old who has smoked Camel menthol for the last fifteen years. I have tried the nicotine patch 3 times, chantix- twice, cold turkey several times without success. I tried vapeing three months ago and SUCCEED!! I have not craved cigarettes since. I have never been so happy. I have my sense of smell, taste back and wake up not having smokers cough anymore. Please approve this bill for my family and I are afraid that they know I'll go back to smoking cigarettes!! For the first time in fifteen years I'm able to smell my laundry detergent all day long. Feels good not to smell like am ashtray. Please reconsider.

10/30/2015 1:24:22 PM - Raymond Hoth

My name is Ray Hoth and I was a smoker for almost 20years. I work with Asbestos for a living and because of this I have annual pulmonary tests to monitor my health. The month before I quit smoking my pulmonary test said I had the lungs of a 105 year old man. Fourteen months later I received another pulmonary test that reported I had the lungs of a 73year old man.

I no longer smoke cigarettes at all. I maybe used both for a week until I realized I enjoyed the ecigs far better. No more nasty tobacco taste. No more smelling like an ashtray when I walk into peoples homes or businesses when I go to work. And no more embarrassment when sitting in the car of friends who don't smoke.

I feel healthier than I have in years. The flavors have helped me curve my eating habits. Also as someone who spends I have also reduced my nicotine from an 18mg when I started to a 1.5mg now. I strongly Support HR2058 to save the vapeing community which Iâ€™ve come to love so much.

Working with advanced vapor related products has become a try passion of mine and my first ever hobby. The community of fellow vapor enthusiasts has truly become close friends and like family to me.

Thank you for reading my story.

10/30/2015 1:24:10 PM - Austin Moore

Hello I'm Austin Moore and I smoked for 2 years and I felt really bad those 2 years and I seen a vape shop in Russellville ar and they are the best in in here everyday vaping having a blast cause I haven't touched a cigarette in a year and a half cause of vaping the flavor is so much better and I can breathe I bought a Apollo for my first mod and now I have a limitless mod and a twisted messes rda and I love it so much.

10/30/2015 1:24:01 PM - Twynsmom

I started smoking as a teenager stealing my dads cigarettes. I smoked 2 packs a day for almost 30 years. I tried everything available to quit smoking after I had my twins, nothing worked! I discovered vaping several years ago and it's working. I started out at 24 mg of nicotine and have been able to cut that down to 9 mg of nicotine. I no longer have a smokers cough and my doctors say my lungs sound healthy as I now don't smoke tar and other unknown things. Why take success away? Plus kids can't steal my vape like they do cigarettes!

10/30/2015 1:23:53 PM - Jason

I smoked cigarettes for 18 years and I've Quit now for 2 years! because of vaping I noticed I can breathe better, smell better, and taste better and I feel 100% better. I use a mod. please don't take the only healthy alternative to smoking away from us

10/30/2015 1:23:42 PM - Jason

Vaping has helped me improve my health dramatically in two ways. First of all, it's helped me stop smoking cigarettes, and second, I am a type two diabetic, and some of the sweeter tasting juices help me curb my appetite for sugary, unhealthy snacks that would have a negative impact on glucose control. If this is regulated into the ground, I fear that not only would myself and other vapers who have kicked the smoking habit end up back on the tobacco wagon, but I would lose an important tool to help me keep my A1C levels in check.

10/30/2015 1:23:35 PM - James Munshower

I smoked cigarettes for 30 years, February of last year I tried an ego e-cigarette for the first time.

I have tried many things to quit over the years, from cold turkey to patches, none of them worked.

I am now able to breath much better and my sense of smell and taste is back to normal. My clothes and my apartment does not stink anymore.

I now have not been smoking for almost two years, and I will never go back to "analogs".

10/30/2015 1:22:33 PM - Bobby "buchea" Long

Hello my name is Robert Long and I would like to share my story of cigarettes and vaping with you. I grew up in tobacco country North Carolina and had my first cigarette at age 10; started smoking on a regular basis at age 11. When I found out that I was to become a father for the first time I decided that it was time to quit smoking. I tried everything; patches, gum, even medications. Nothing worked for me. My doctor even told me to try the patch and when I had a big nicotine craving to chew the gum at the same time till the craving went away. This didn't work either. Then a year later we had our second child. A few years go by and I have not been able to quit smoking and I was starting to really feel the effects of what smoking was doing to me. As I would play with my children I would have to stop and try to catch my breath and even after doing so I would feel drained for the rest of the day. I noticed that I would give out of breath real fast. Along with the breathing issues, my morning routine consisted of me coughing and weezing to the point that I get sick (I would cough and hack till I threw up every morning) . Then I heard about vaping and decided that I have tried everything else I might as well try this too. I started vaping in February of 2015 and from day one of vaping I haven't had not one drag of a cigarette. Within the first week of vaping that coughing and hacking till I got sick every morning went away. I now run circles around my children and pretty much everyone else in my family. I started vaping using a Sigelie 30 watt mod with the Aspire Atlantis tank using 12mg of nicotine and just from February of 2015 to now which is October of 2015 I vape with 0mg of nicotine; with the occasional 3mg of nicotine for when i need that ltitle kick. I have moved up to a bigger mod (a sigelie 150w TC) and now use an RDA. I have noticed a drop in my blood pressure (which I had to take medication for and no longer have to) . I have even noticed a difference in my sense of smell and taste. I truly feel all around better health wise, now that I have been vaping and have been able to stop smoking tobacco cigarettes. Before I started vaping I would ask others that already was vaping how they feel about it; everyone answered by saying "it saved my life" and I would like to end this by saying it saved my life as well.

10/30/2015 1:22:14 PM - Bobby "buchea" Long

Hello my name is Robert Long and I would like to share my story of cigarettes and vaping with you. I grew up in tobacco country North Carolina and had my first cigarette at age 10; started smoking on a regular basis at age 11. When I found out that I was to become a father for the first time I decided that it was time to quit smoking. I tried everything; patches, gum, even medications. Nothing worked for me. My doctor even told me to try the patch and when I had a big nicotine craving to chew the gum at the same time till the craving went away. This didn't work either. Then a year later we had our second child. A few years go by and I have not been able to quit smoking and I was starting to really feel the effects of what smoking was doing to me. As I would play with my children I would have to stop and try to catch my breath and even after doing so I would feel drained for the rest of the day. I noticed that I would give out of breath real fast. Along with the breathing issues, my morning routine consisted of me coughing and weezing to the point that I get sick (I would cough and hack till I threw up every morning) . Then I heard about vaping and decided that I have tried everything else I might as well try this too. I started vaping in February of 2015 and from day one of vaping I haven't had not one drag of a cigarette. Within the first week of vaping that coughing and hacking till I got sick every morning went away. I now run circles around my children and pretty much everyone else in my family. I started vaping using a Sigelie 30 watt mod with the Aspire Atlantis tank using 12mg of nicotine and just from February of 2015 to now which is October of 2015 I vape with 0mg of nicotine; with the occasional 3mg of nicotine for when i need that ltitle kick. I have moved up to a bigger mod (a sigelie 150w TC) and now use an RDA. I have noticed a drop in my blood pressure (which I had to take medication for and no longer have to) . I have even noticed a difference in my sense of smell and taste. I truly feel all around better health wise, now that I have been vaping and have been able to stop smoking tobacco cigarettes. Before I started vaping I would ask others that already was vaping how they feel about it; everyone answered by saying "it saved my life" and I would like to end this by saying it saved my life as well.

10/30/2015 1:22:01 PM - Charlie

I was a pack to a pack and a half a day smoker. I smoked for 10 years .Every day I would get up coughing and could barely breathe. To walk walk next door seemed like a marathon . then I found vaping I can breathe again, my food tastes better. vaping has saved my life . I haven't touched a cigarette in a year

10/30/2015 1:21:53 PM - gary dickerhoof

I started smoking at age 13 regularly. Since 13 I smoked a pack of cigarettes a day or more. I tried to quit smoking so many times using patches gum cinnamon. I contacted the Florida quit line used a coach and bought lossenges . At one point I quit for 2 months . I lost my job and the stress had me back smoking again . After trying all these I decided to buy an email cig at a convenient store not the same then a e pen they kept breaking so I spent the money on a high quality box mod (advanced e cig) since then I quit all together it's been over a year . I feel better smell better and save money. Please do your research e cigs are for the better not worse . So many people I know have quit smoking since e cigs come out. It's millions of lives you are destroying if you ban them. Health system is priority so save the country by helping us stay off the cigarettes. Sincerely gary dickerhoof

10/30/2015 1:21:44 PM - Riley Miller

My name is Riley Miller. I started smoking cigarettes as soon as I turned 18. I started to get shortness of breath and it was hard to breath, especially during my hockey games, but my friend had suggested using a smoke free ecig alternative so I figured, why not try it? Once I started using eicg's my breathing went back to normal and it amazed me! I think that smoke free ecig's are such a better alternative to cigarettes. I am now back to my full health and its all because of my ecig. Without it I would still be smoking cigarettes, I'm so thankful that I switched to a healthier smoke free alternative.

10/30/2015 1:21:36 PM - Terry

I have watched my husband of 40 years struggle to stop smoking. It was a nightmare with chantex and the patches. All having terrible side effects until the electronic cigarette came on the market. He doesn't cough anymore, food taste better, clothes doesn't smell, sleeps better and his doctor stated his lungs were clear. Why would anyone that has switched to vaping and have it be so successful for you not get angry that here another govenment enitity is trying to regulate. This has changed our whole familys life for the good. He has not smoked a cigarette in 4 years.

Now, as usual, the FDA is trying to get their hands into making this something that has to be regulated.

I pray the vaping community will stay strong and stand up to this craziness.

Terry

10/30/2015 1:21:19 PM - Henry Roeters

I smoked cigarettes from age 16 - 30, when I finally decided to give vaping a try. I was surprised just how similar it felt to smoking, which basically "tricked" Mr I to thinking I still was.

My last cigarette was smoked on 3/7/2014. I never went back.

Early this year, I signed up to volunteer as a camp leader for my church, and realized I wasn't going to be able to vape for 4 days.

On 3/7/2015, one year after quitting smoking, I went nicotine free with my vaporizer. I never went back.

Electronic cigs work, period. I tell people my story all the time and am so proud to have quit smoking. Vaping made it easy.

10/30/2015 1:21:08 PM - Mike Crotsley

I have remained smoke free for over a year now for the first time in over a decade and have gained multiple health benefits because of this. Including lower blood pressure, no longer waking to a cough, and have not had an asthma episode since. Without access to current vaping products, I would most likely be forced to return to my prior unhealthy habit which would end costing me years off my lifetime.

10/30/2015 1:20:56 PM - Ginger Lane

I had been a cigarette smoker since 1995, I have tried a few years ago to stop smoking, until I found out about vaping February 23rd 2015. EVERYTHING about my health has GREATLY IMPROVED. I breathe way much better, my senses have improved, I no longer wheeze, I don't have pressure anymore on my chest when I wake up each morning. My hair, clothes, and home no longer smells of cigarette smoke. I sleep next to my vape mod even. I DO NOT want to smoke cigs ANYMORE, the vaping is the answer to my prayers. Please, please, please don't destroy something that has allowed me to be there for my 2 kids when they have their own children, thank you.... Ginger Lane

10/30/2015 1:20:45 PM - Willie Falcon

I was a smoker since I was 14 year old. I found that because cigarettes were easier to get had of that they were the best thing to do AT THE TIME. when I turned 20 I picked up my first vaporizer and a bottle of ejuice. Within the first week I was breathing better, my taste buds started getting more lively, my sense of smell and of course my enrgy returned. I'm here a year later advocating for the health benefits of vaping because my personal testimony as well as my medical records can prove there are benefits.

10/30/2015 1:20:37 PM - Cherie Holmes

I smoked for 28 years. In the last 10 I attempted to quit using the various FDA approved methods : gum, patches, Chantix, cold turkey. Not one of these methods were successful some harmful (patches and Chantix). When I found out about vaping, I did some research decided to give Blu a try. Not a good decision. Then my husband learned about vaping shops. We decided what do we have to lose. Our first experience with a vapor shop was " not too bad" not successful either. On February 9, 2014, we were recommended to a delightful little mom & pop store. I went down tried their juice and was so happy and relieved. Within 2 weeks I was no longer coughing. I could walk up and down my driveway without panting for breath. The shop owners worked closely to adjust our juice specifically to our needs. I have not had a tobacco cigarette since and I am happier and healthier than I have ever been. Vaping works with good quality products.

10/30/2015 1:08:43 PM - Marla W

I am at 38 -year-old female that grew up in a house of smokers my mother smoke while pregnant with me and I started smoking at 14. I smoked a pack to a pack and a half a day. I developed asthma and chronic migraines frequent long infections and shortness of breath.

Other than a failed attempt at the patch I never tried to quit smoking.

On December 17, 2014 I smoke my last cigarette. And bought a vape pen. I started with 12 mg nicotine. And have reduced down to 3 mg sometimes zero nicotine. Since Stopping analog cigarettes I have not had a lung infection or an asthma attack or severe allergies. My migraines are no longer migraines just occasional headaches my shortness of breath is gone my cough is gone and my taste buds have returned to normal not to mention my car my house my clothes my animals no longer stink

10/30/2015 1:08:30 PM - Rosemary Reichelt

I have smoked cigarettes for over 40 years. My doctor had me try everything under the sun to help me quit smoking...NOTHING helped. I have COPD and was using a nebulizer and rescue inhalers 5 - 8 times a day until I turned to vaping. It was my absolute last resort to help me quit. I've been without a cigarette for 9 months now using my vape products! I feel great and my doctor is thrilled with the outcome! I use my nebulizer maybe once a day if at all, and the rescue inhaler once a day. It's amazing what these products did for me. I use the menthol juice for my vape and it gives me the satisfaction as would a menthol cigarette would but without the awful coughing and wheezing caused by tar build up in my lungs. I can breathe once again without stopping every five minutes to catch my breath. This product is truly a LIFE SAVER. Please, keep vape shops and their products open to us adults who depend on them for every day living, LIVING a normal tar free life. I thank you sincerely and of course support HR2058.

10/30/2015 1:07:59 PM - Dylan Christians

Hello, my name is Dylan. I live in wichita ks, i smoked "cancer sticks" for 10 years. It led to lots of other things, such as marijuana, meth, and other tobbaco products like cigars, and smoking hookah, all of these things gunked up my lungs and made me feel terrible every morning and all day. From the day i started using ecigs 7 years ago in december, not only donj not feel like crap every morning and all day i quite all of my other crutches. I am no docter or anything but it doesnt take one to realize how important something like this is. And it would be completely irresposible and dangerous to take away ecigs and evig products. This bill is clearly made by people w. Pockets lined with big tobaccos pockets and its time that the people you claim to serve and protect to mean more then money! Do the right thing!!!

Sincerly,

Dylan Christians

10/30/2015 1:07:50 PM - Edward Simmons

When I was 17 I started smoking just because it was a fun social thing to do. it started out being one cigarette every other day or so and eventually went up to 4-5 every day. despite the fact that I had a hard time breathing whenever I smoked because of my asthma I did it anyways, it was cool and it gave me something to do on my way to places or when I was just bored. About a 18 months ago I bought my first E-cig and within 4 weeks I had no craving for cigarettes. When I use any of my E-cigs I feel no fatigue on my lungs, I could use my E-cig for 10 minutes straight and then run a mile with no problems. On a rare occasion I will still buy a pack of cigarettes but i end up giving them away or throwing them away after half of a smoke! There is no comparison for me, vaping is just better in every way. I still get to do something with my hands, I can still relax after work, and I can feel healthy and smell better every day of my life!

10/30/2015 1:07:42 PM - William D. Candelaria

After smoking for 39 years on March 4th 2012 I smoked my last one I then picked up the E-cig there is a learning curve with the E-cig and the products are getting better ,to this day I have no cravings for traditional cigarettes .

Since I quit cigarettes my breathing has improved according to my ENT specialist who monitors my allergies and regularly checks my lung function she knows I smoke an E-cig

10/30/2015 5:11:44 AM - Deryk Dustin

My grandmother, who raised me, died of lung cancer while I was in high school from being a 40+ year smoker. I had started chewing tobacco when I was a freshman in high school but after she died I tried quitting. My friend took me to a local Vape store and ever since then I have been completely against big tobacco. I have never felt better about my choice to give up chewing and it is now 3 years later tobacco free.

10/30/2015 5:11:33 AM - Billy

I have been a smoker since the age of 14. I have not picked up a cigarette since the day I was introduced to vaping.

10/30/2015 5:11:21 AM - Tipper

Hi, my name is tipper. Before I started valing, I was smoking 3 packs of cigarettes a day if not more. I had a small stroke because of all the smoking. When I started Vaping my health took a fabulous 180. My chest doesn't hurt anymore and I can do things I enjoy now. My breathing habits have gotten better and aside from all that I have saved a lot of money thanks to Vaping. It's safe and friendly. DONT TRED ON ME VAPE ON!

10/30/2015 5:11:11 AM - SMF

My family uses vapor products. We have not had any respiratory prob l ems at all in fact I think vaping is good for my lungs they've stopped wheezing completely and we have not contracted and respiratory flu s or such since we started vaping over a year ago. Please leave us alone. It is our right to vape and not the Fed govt s decision to stop us. I feel however it will find a way to tax us as badly as they do the rest of our lives.

10/30/2015 5:10:57 AM - Chris Reedy

I have smoked since I was 18. I really enjoyed smoking but it was starting to effect my breathing and everyday life. I couldn't sleep at night cause I wasn't able to breath. I felt horrible all the time but couldn't put cogs down. A friend turned me on to vaping over a month ago and I haven't have a cig since. I'm sleeping better, feeling better and no longer stink of cigarette smoke. Vaping has changed my life for the better and the lives around me. I now own 2 mods and a few different addys. I also vape many different flavors and I think that multiple different flavors are important. That allows everyone to find a flavor they love or multiple flavors. Being able to change flavors keeps us vaping instead of the alternative which is smoking. I can't stress how much vaping has done for me and a lot of other people. I have also cut back on my nicotine and have the option to go to 0 nicotine. It would be an injustice to stop these life saving products.

10/30/2015 5:10:47 AM - Socrates kritikos

My name is Socrates kritikos and I would like to support the H,.R 2058. ...I was a heavy smoker for 20 year I smoked 2 packs a day and e-cigarettes helped me and my wife quit smoking. We have been smoke free for 3 1/2 years. I use a mod and liquid with

Level 3 nicotine ... And I can tell you we feel great and healthier .. It's feels so great to have been able to get rid of this horrible habit. We have tried everything and nothing worked... When we tried e-cigarette the urge to pick up a regular cigarette decreased.. And we are happy and healthy... Please don't ban e-cigarette and vapor product.... There are way more thing that are worse than vaping products ... Thank you

10/30/2015 5:10:34 AM - Chris Watkins Stuart, Fl

I started vapeing about three years ago and have never looked back. I tried to quit smoking cigarettes many of times with no success. I was then introduced to vapeing and it was the best thing that ever happened to me. When I started vapeing I used the pen style devise and a I was never satisfied which resulted in me smoking also. I now use a Mod/RDA devise and I am totally satisfied by the quality of vapor. Since I switched to the newer devise I haven\'t had a cigarette. Vapeing has saved my life in many ways. First my health has improved dramatically. My breathing is back to the way it was before I started the smoking cigarettes. Second, My truck and clothes don\'t smell like a ashtray all the time. And lastly my relationship with my wife has improved considerably. She hated being around me when I was smoking.

I beg you to re-work the tobacco deeming regulations and support H.R.2058.

Thank you for your time,

Chris Watkins

Stuart, FL

10/30/2015 5:10:24 AM - S. Garland

I smoked one or more packs a day for 14 years. I tried several times to quit but failed over and over again. I started using electronic cigarettes in 2010 and haven't looked back since. As soon as I tried electronic cigarettes, it was easier than I could have ever imagined to drop the harmful, expensive, disgusting 'analog' cigarettes I had been a slave to for so many years.

For 5 years now, I have been tobacco free, and am nearing 6 months without nicotine. Since switching to vaping, my entire life and well being has vastly improved. Being able to breathe properly, I rediscovered my love for physical fitness which has led to a total weight loss of 60 pounds. (On a 5'5" petite frame, that's pretty significant.) This also led to me changing my eating and sleeping habits. I now lead a healthy lifestyle and feel more positive, confident, and generally happier than ever before. Were it not for electronic cigarettes, I can't say that any of these wonderful changes would have been possible.

10/30/2015 5:10:12 AM - BigKahunaJF

If it weren't for vaping I wouldn't have been able to quit cigarettes. I was a pack a day smoker since my teens. I've tried quitting cold turkey, cutting back, gum, patches, smokeless tobacco, you name it. I kept returning to cigarettes. My wife (smoked since her teens as well) started vaping because of the smell and finally had enough of smoking. She started vaping and liked it, which led to her quitting cigarettes. She told me to try it because it was enjoying it. I started at a high nicotine level (18%) for about a month and have been able to ween myself down to 1% nicotine in less than a year.

I started with a 1000mAh VaporZone Pro eStick for the longest and gradually moved up to a 60W box mod with an Aspire Atlantis sub ohm tank.

The only nicotine I get is from my current tank/mod only 5-10 hits a day total.

Health wise, I now am able to run around and play with my child and not sound like a dying animal. I can ride my bicycle longer, harder, and faster than in the past years. I now don't 'stink' when I walk into a room or place of business, which always causes a look of disgust.

Without a doubt, vaping has saved me from smoking and I will never look back to cigarettes ever.

10/30/2015 5:09:48 AM - Spencer Strait

My name is Spencer, I am 23 years old and before vaping I smoked for 12 years. I began smoking when I was 9 and by the time I was 18 I was having shortness of breath and coughing up tar. I switched to vaping when I was 21 years old and haven't looked back since. I started vaping on a ego with an evods tank and now use RDAs and RTAs. Vaping is my hobby, my health, and my livelyhood. I work at a Vape shop and I try my best to do my part and help further vaping.

10/30/2015 5:09:36 AM - Anne Turner

I was a smoker 37 yrs , I never ever thought I would ever be able to quit .

I was introduced to Vaping 2 yrs ago , I'm so happy to say Vaping has saved my life.

I breath soo much better , feel soo much better !! I Vape a Carmel cookie flavor and

I am 55 yrs old . It also saves me a lot of money I use to waste on cigarettes .

If I would have know about Vaping sooner , I'm sure I would have quit cigs a lot longer ago. Vaping is the ONLY WAY I could have ever quit cigarettes . I'm so thankful for

all the Vaping favors and products we adults have to choose from . It's 2 yrs now and I'm never going back to filthy cigarettes !!! Woo hooo !!! Sincerely, Anne Turner

Beloit, Ohio

10/30/2015 5:09:14 AM - xAnarchist_Possum13x

Hello there my name is John Carballido and I am here to tell about how vaping saved my life. I have smoked cigarettes before when I didn't know about vaping. I used to smoke half a pack in a week unless I was very stressed the. I would finish a pack in a few hours. Before I couldn't even run a mile when I was on cigarettes. I would come home smelling terrible, my hands would smell worst. When I found out about vaping I was about 19 and I was interested in it. At first I would not know how to use it and how to take care of it. I thought it was dumb. When I got introduced into mods, I ran out to go buy one and see how it goes. At first I thought it was broken but it was just a lot of water vapor. Ever since picking up a mod at 19, I have not smoked a cigarette in 2 years. My lungs are so much better, I can actually run like how I used to before. My fiancÃ©e loves that I can vape anywhere. I thank vaping for saving my life everyday it has taught me so much and it helped me so much.

10/30/2015 5:08:34 AM - Tonia M.

I am not a smoker and never have been. But my husband was. He has smoked for 25 years. He enjoys smoking and has never been very motivated to quit. We would often have disagreements about second hand smoke, smoke smell in my clothing and in the bathroom. I was concerned for his health and the health of my own and those who love us. Then he discovered vaping. It has been well over a year and I can count on one hand how many times my husband has smoked a cigarette. I no longer fear second hand smoke inhalation. The smell of the vapor is pleasant and actually makes our home smell like we use air fresheners. My husband had some spots on his lungs that have already cleared since using vaping products and his Drs say his health has improved as a result. Also, our family who have allergies to cigarettes can visit and I no longer have to be concerned that my husband smoked in the bathroom and caused particles to be stuck to walls, curtains, shower curtains, carpet or any other surface that could cause a contact allergic reaction. The best part is we no longer argue about his smoking in the car, house or anywhere. He can lay in bed right next to me and vape away without disturbing me one bit. I have no worry of fire or second hand smoke. Please make vaping to be recognized as a cessation product and not a tobacco product. There is nicotine in the juice, but no tobacco. It isnt tobacco at all. Let those who struggle with smoking addiction have a product that is safe to use and allows them the mental relief as well as continued social connections associated with the smoking lifestyle, but without the smoke. Taxation could cause a life saving product to become too expensive for most to afford and send them back to using dangerous cigarettes. Its my opinion that big tobacco companies should have to fund vaping as a smoking cessation product instead of penalizing it because its affecting their products. Do we want more money as a society or healthier people? Please consider before voting. I will be following up to find out which representative voted in what way on this issue and will consider that when i vote in the future.

Thank you,

Tonia M.

10/30/2015 4:10:20 AM - Anthony gonzalez

Smoking vapor pens has helped me quit the awful use of cigarettes banning good pen will lead me back to smoking which is something I do not want please help use and keep them in the market

10/30/2015 4:10:10 AM - Zachary willetts

Ever since the age of 16 I smoked two packs of cigarettes a day I found vaping the best way to kick the habit of tobacco and the other chemicals that are included in cigarettes. I can breathe everyday 100 times better. I don't suffer from bronchitis every year. I don't get winded when exercising and truthfully all my senses have Improved since switching. Banning vaporizers or e-cigarettes will only give the people that have stopped or are trying to stop will only limit the choices they have and continue to put their lives in danger.

Thanks,

Zachary willetts

10/30/2015 4:10:00 AM - Amanda Corbett

I was a smoker for little over 5 years, if anything cigarettes are more tempting for children or youth to get their hands on. I would start by stealing cigarettes from my parents and it went on from there. If adults keep their vapes always on them by their side and put e juice or anything to do with it up and away it will be easier to prevent an underaged person to get ahold of them. Vaping is safe and effective, I know this first hand. I feel healthier and stronger than ever. I can finally make it to that top step and not feel like I'm carrying an elephant with me. Vapes do NOT make anyone sick. The first week of transitioning from cigarettes to a vape is hard because you are coughing up all of the gunk and tar from your lungs. The pg and VG help break it down and get it out. So not only is it stopping smoking but it is also reversing the damage that was done from carcinogenic cigarettes! There is two main ingredients in e juice and both are NON TOXIC! At the shop I work at we ALWAYS explain that vapes CAN be dangerous if not handled correctly! Same thing goes for guns,heavy machinery, power chords, knives, vehicles, or even a simple hair dryer is dangerous is not used properly! It is not fair that the government wants to take away our right to quit smoking and have a better alternative that actually saves the environment! I personally can't even smoke again if I tried to because how good the flavors for ejuice is. It makes cigarettes taste repulsive. Kind of like when you put a bitter natural oil on your fingernails to prevent nail biting. Please don't let this right be taken away! We used this saying for the right to bear arms, now I'm using it for the right to bear vapes! DONT TREAD ON ME!

10/30/2015 4:09:45 AM - Rochelle Burbacher

I have been smoking for 35 years. I have tried everything on the market to quit smoking without success. I pick up an ecig a little over 3 months ago and haven't had a cigarette since. I have lowered my nicotine intake to a third of what it was and will continue until it is zero. You simply can't take this option away from me. They American consumer is not as stupid as some people think. We don't need legislation telling us not to by black market crap, to buy from reputable companies. To support big tobacco all these years and then try to stop a successful business helping us quit is unconscionable.

10/30/2015 4:09:34 AM - Mike C

I am 31 and I started smoking cigarettes around 15 years old. I smoked a pack a day for years, I tried many different methods of quitting smoking (patch, gum, Chantix, etc.) and then discovered vaping. I have been cigarette free for about a year and feel AMAZING! If it wasn't for vaping I would still be smoking cigarettes. Vaping has had such a positive impact on my life. I smell better, feel better, have more energy, breathe better, and its all thanks to vaping helping me to not smoke cigarettes. I started out with a basic e-cigarette and have since moved on to more advanced mods and rebuild able tanks. I started with an 18mg nicotine juice and have moved down to 12mg juice. I have so many things to thanks vaping for, it is the sole reason I no longer smoke cigarettes and will live a healthier, happier life because of it!

10/30/2015 4:08:50 AM - Parley Faller

I was a 2 pack a day person from the moment I turned 14, it is needless to say that smoking had me on a short leash. I started young, and that made quitting impossible as an adult. I tried everything that was deemed "safe alternative to help smokers quit", from nicotine gum to patches, and none of it worked.

I smoked from 14 to 21, and it was killing me slowly. My health was in shambles and I could hardly breath, I was convinced that it was going to kill me. Around July of 2013 a frind of mine had introduced me to the crude nicotine vaporizers that were on the market at the time, and it was love at first sight. With the advancements that have been made in the vaping world it is only getting better, and I hope can only continue to get better. I am proud to say that picking up vaping has given me a new hobby, and more importantly that I haven't touched a cigarette in over two years now. I can't begin to stress how amazing it feels to be able to breath again, or to work without running out of breath. My life has changed for the better, and as long as we can vape I know I'm never going back.

10/30/2015 4:08:39 AM - Tristan Taliesin

My name is Tristan, in 20013 I was severally injured in a car accident. After 22 yrs of smoking I was forced to quite smoking because of injuries to my lungs. Four years later I found a wife that was a wonderful women but smoked. I began smoking and was unable to quite. Forward six years later with very poor health unable to walk through the park with my children for more than 10 minutes without sitting down I new I had to find a way to quite smoking cigarettes for good. I was given a personal vaporizing device and some ejuice that at the time was 26mg nic per ml. I was able to stop smoking cigarettes and have not looked back. I am now using a 3mg per ml ejuice and vaping less often the quality of vaping ha only improved since I started making it even easier to quite smoking and even reduce the amount I vape as well. I live in a remote part of Alaska and tobacco products are so expensive that I couldn't really afford then but like any addiction I found a way. this year I took my kids to Disney World instead because I saved enough money that I could afford it. Moreover, I was able to walk through the Disney Parks with my kids without having to stop to Vape, smoke cigarettes, or because I was out of breathe! Vaping has made my life so much better and I am thankful for it. My close don't stink my house doesn't smell my kids don't smell like they smoke a pack a day. lol its good!

10/30/2015 4:08:29 AM - misty vaper

I started vaping may, 23 2013 I'm 35 and I started smoking at 11 my reason for quoting was cause my kids asked me to quit smoking and I tried cold turkey but I just couldn't do it. I didn't want to go take the chantix but was considering it but with all the research I did I was more terrified then my aunt called me and told me about vaping cause she was doing it so I started researching ecigs and said OK I'll give it a try she mailed me 9 5ml bottles of juice, ciga-likes and G5 clearos I started vaping that day and proud to say never touch another cancer stick again. Now here we are fighting for the right to vape! Vaping has helped me so much I smell better, I can breathe way better, and I don't sick all the time anymore. I've gotten family, friends, neighbors, random ppl that I run into off the stinky sticks and they are now vapers. I use a series box mod and I drip my drippers are .35ohms but I schooled my self on battery safety and teach other as well. Thank you xoxo Misty Vaper

10/30/2015 4:07:06 AM - Brandon

I have vaped for 3 years now, I feel like you are taking over my rights to live a healthier life style!!! For one I smell better i feel better.. I can now make love to my wife without having to hit my inhaler.. For you to take this away is telling me you dont care about helping America live a better life style.. why?? Thats my question to you.. Look at the facts you know that analog cig has over 4,000 chemicals why the hell have you not shut that down?? So you want us to die from tar?? Vaping has saved my life and many others, help us to stay a better country a healthier place to live..

10/30/2015 4:06:56 AM - Hatake

It has saved lives and if they really wanna ban ecigs... there will be a riot from me. I was a pack and half a day cigarette smoker for 8 fucking years. Ever since I started vaping my doctors have told me that my lungs are a lot better and same with my heart. I've only been vaping for a year with out cigarettes and I can tell you right now, vaping is a life saver. Get that through there heads and keep pushing to keep ecigs around! And face it the gum doesn't work and the nicotine patches don't work, #BRINGTHEBIGTABACCOCOMPANIESDOWN

10/30/2015 4:06:42 AM - Tyfaney Talley

My opinion on this is, so many people are trying to quit smoking and so many people have by doing the vaping and its so much more cheaper! Please don't take that away from the ones who continue to Vape! It will make a lot of people upset, and I for one and my husband vape as well. I haven't smoked in 7 years and when I had an urged to pick up a cigg I turn to the Vape oil to not smoke. Thank you for your time!!

10/30/2015 4:06:32 AM - michelle smith

i smoke for 25 years

2 year ago smoke free

it has change alot but for the better

i have complete given up smoke all togeather

i try the patchs and gum but it didnt work for me

it improved my breathing and heath all togeather i feel much better for quitting smoking and i would never go back too it

10/30/2015 4:04:19 AM - Christian Bowen

I want to emphasize that smoke-free vapor is a gift to me and my family. I am 52 years old, and a husband, father, brother, and son. It allowed me to completely cease smoking tobacco, and it offers me a nicotine cessation path if I decide to give that up too. My entire family is very happy that I stopped smoking, and so am I. My lungs have recovered from their abuse, and I work out regularly now. I hope we can find some middle ground between the benefits of regulation and accessibility as we consider bills.

10/30/2015 4:03:50 AM - Jordon Berkley

In the years before being diagnosed with depressive bi-polar disorder, I had turned to narcotics to self medicate (Weed, K2, Shrooms), which led me to a rock bottom that led me to turn myself in on 2 class A felony narcotics charges, and chose to voluntarilly admit myself to the state mental hospital. Now that I am properly medicated by my psychiatrist at MHMR, and thankfully on 10 years probation for 1 class B felony rather than 2 counts of 20 to life, the desires for narcotics are completely gone with the exeption of weed. If it wasn't for the fact that my vaporisor curbs the physiological effects completely, I cannot say for sure that I wouldn't turn to weed again.

The use of a vaporisor has also been a huge boon for my uncle who has colon cancer, and has to stay on an oxygen machine 24/7. Over 2 years ago his doctor told him he had 6 months to live. Ever since he stopped chain smoking menthols in exchange for a vaporisor, the desire for nicotine can still be sated while using a much safer method of delivery.

Vaporisors do not burn anything, as the name states, they create water vapor, and that vapor is delivered at a much lower and mild tempurature than ciggarets. Another reason to show just how much safer a vaporisor is is that in the average ciggaret only 1/3 of the smoked material is tobbacco, the other 2/3 are combinations of pestisides and preservatives that while bad enough on their own, when burnt they go through chemical reactions that create even more toxic chemicals. In addition to these reasons, since vaporisors only create water vapor, there is no second hand smoke to worry about, which prevents non smokers nearby from having to inhale toxic chemicals. The vapor also dissapates much faster than smoke does.

10/30/2015 4:02:59 AM - Eric volpe AKA woody

I had smoked from the age of 17 till I was 39 . Smoking was slowly killing me and taking away from the quality of my family's lives much less being a boilermaker most of my work is welding. So in 2009 I decided to switch to e-cig well within a yrs time my health improved allowing me to spend more quality time with my family paticularly my grandsons who like me to take them fishing and playing outside. So by removing my healthier choice of hobby /vice would be far more damaging to my health and financial well being if I went back to regular cigarettes. Feel free to contact me after 5pm m-f or 9 to 5 weekends .

PS I also use one of the lowest amount t of nicotine in my wage liquid 1.5 MG

10/30/2015 4:02:41 AM - Drip_vape_drip

I've been a full time vaper for just over a year now, I feel free from tobaccos grip and could not imagine my life without vaping. My physical health has been improved, I've lost weight do to being able to be more physically active, and overall feel the best that I have in years. I would urge every vaper to be as active as possible to protect our rights. I smoked for over 30 years and tried over and over again to quit, I've used everything from pills, patches, cold turkey, but always went back to smoking, but after buying my first vaporizer (ego twist and a pro tank mini) I have been smoke free since my first puff. I'm sure that vaping has saved my life and will save many more.

10/30/2015 4:02:30 AM - Laur

I used to smoke a pack to a pack + 1/2 cigarettes per day thanks to vaping I've been able to get off the cancer causing stick vapes have not caused me any harm and I did do lots fo research before I became involved in using them if one knows what they are getting and does his or her research I do not find any harm with Vapor Ecigs. My Dr was even happy that I started vaping instead of smoking, si please stop labling ecigs like tobacco because they are not tobacco and it's a crime to classify them so.

10/30/2015 4:02:19 AM - Andy

I am 32yrs. old i was a smoker for 15yrs i smoked on average 2 packs a day 3 yrs. ago i switched to vaping and my breathing functions have returned to normal i have not touched a cig in 3 yrs. my health was on the decline and my innabillity to stop smoking was very pronunced i tryed gums,patches, and chantix (which should be illegal btw). i feel better than ever and the fda imposing these regulations on this industry is criminal.

10/30/2015 4:02:06 AM - Jessica

I have been smoke free for seven months now. It was rough at first. Whenever I craved a cigarette I would reach for my vapor device and puff away. It wouldn't totally eliminate the craving, but it would calm me down. After a few days, vapor did the trick and I no longer craved cigarettes. From 18mg nicotine I went down to 6mg in a matter of 3 months. Each step down was tough for a couple days, but it was amazingly easier than any smoking cessation tool I've used in the past, and believe me I have used them all during my 16 years of smoking. After initial adjustments, I no longer wheezed when I layed in bed at night. I could read out loud to my children longer, I could excersize longer. My sense of smell and taste finally came back. I looked forward to trying new ejuice flavors, which has kept this new habit going. I know the goal is to become smoke free, but for now I still need a vice and vaping has proved to me so much better for my health and my family than cigarettes. I don't have to read any articles to know that, I am living proof. I believe using vapor as a smoking cessation tool has given me years of my life back. I am so thankful for the technology and I hope and pray that more people chose it as an alternative to tobacco.

10/30/2015 4:01:53 AM - Marki Funk

I smoked for 3 years from the age of 15-18, and I smoked AT LEAST 1 pack of Marlboro Reds 100s a day. I am a singer, and as you can guess, smoking caused great damage to my lungs and vocal chords. I could not even breathe like I used to be able to, let alone sing. Then I found out about vaping. Unlike what the fda claims, vaping helped me stop smoking immediately, I have not touched a cigarette since the day I bought a vape. Vaping saved me years and years of my life that I surely would have lost if I had continued to smoke into adulthood. There is no doubt in my mind that I couldn't have stopped smoking if it weren't for vaping. My lungs and vocal chords have gone back to a normal healthy state and I have no trouble breathing and no smokers cough. I am terrified that if the new ruling gets passed without hr 2058, I will resort back to smoking. PLEASE, SAVE MY LIFE, and pass HR 2058

10/30/2015 4:01:42 AM - nick barolli

Before I started using a smoke free alternative I was smoking for about 5 years. I've been now using a smoke free alternative for 1 year now and I haven't smoked since then . I use a mod with 0.3mg of nicotine that I've cut down from 1.8mg of nicotine. I haven't smoked since I started using a smoke free alternative . I've only used this method to quit never tried any of the others . Well I'm very active in sports and since I've started using a smoke free alternative I've been able to be more active and actually be able to go out and ride my bike for hours and not feel exhausted right away . So far I haven't seen any negative affects to my body I feel better then I ever did smoking .

10/30/2015 4:01:30 AM - steven

For years I struggled with my addiction to cigarettes and chewing tobacco. I could hardly breathe and had warning signs of mouth cancer. I smoked two packs a day for years. I tried just about every thing I could to stop smoking. Cold turkey. Switching my brands. Nothing worked. Until I tried vaping. It took a while to kick cigarettes completely but I got help from local stores and friends. I spearfish and free dive and I have noticed longer breathe holds and overall stamina and conditioning since I quit smoking and started vaping. I no longer feel sickly and breathe easier. Also no more cancer scare.

10/30/2015 4:01:19 AM - Susan

I'd been a smoker for over 40 years. In the past ten years I'd begun experiencing terrible health issues mostly related to spinal stenosis. It took me a long time before I was able to make the connection between smoking and the damages it was doing to my spine, since you normally only relate smoking to being dangerous for your lungs. After I was put on pain pills I also started experiencing chronic stomach problems due to the pills. Quitting smoking was nearly impossible, especially because of the anxiety I was under because of the pain. Because of those health problems, my doctor was reluctant to try me on Chantix, and the gum/patch method never worked as they didn't have the same, comforting, cigarette-to-mouth-to-lungs feeling.

So about a year ago I switched to smoke-free vaporizers. At first, I alternated them with cigarettes, but slowly I was able to switch to vaporizers almost permanently. I was shocked at how much better I felt. My husband and I were both able to breathe better, my back pain was lessened so much I was able to drastically reduce my pain pill dosage and intake, and I wasn't constantly under stress/anxiety anymore. My stress/anxiety stopped, my stomach problems stopped, and I was able to get back to living normally.

As far as I can tell, there's been zero downsides in terms of health for myself or anyone because of the vaporizers. In fact, my husband is constantly commenting on how much better the house smells and how much better he can breathe. He hasn't experienced any coughing fits from second-hand smoke since I switched, and even my son is now willing to visit more often. I can't stress how much better my life has been since switching to vaporizers and getting off regular cigarettes, and it would be a travesty in any bill was passed that made it difficult/impossible to get such products.

10/30/2015 4:01:04 AM - tyler

Started vaping 1 month ago and has completely cut out chewing tobacco from my life i went from 2 cans of dip a day to zero in 3 weeks which helps my family tremendously on my health risk being i have a new daughter that was born 4 months ago e cig and vape products should stay on the market after all this is a free country correct? If im workin my ass of for the tax dollar why cant i choose my own nicotine habbit?

10/30/2015 4:00:48 AM - Swift Action 361

I started smoking when I was 14 years old, I am now 34. In my twenties, I was smoking a pack and a half a day. I wanted to quit smoking, so I tried the gum. It made me sick. I tried the patches, they wouldn't stick. I tried the cigalike e-cigarettes, they tasted awful. Then, I discovered vaping. Two weeks after I started vaping, I noticed that I could breathe better. I didn't have the heavy feeling in my chest associated with all the tar and other chemicals one receives from a real cigarette. My clothes no longer smelled like smoke. My wife and kids were happier, hell, I was happier. Vaping has also given me a way to stand out from the crowd. I can customize my own juice, from the amount of nicotine, to the flavor of the juice itself. Not to mention all of the mods, tanks, RDA's and options available. I absolutely love vaping, and I am so thankful to be rid of real cigarettes once and for all. My Grandmother (86) was a long time smoker. She has COPD, so I introduced her to e-cigarettes and vaping. Now she can breathe easier and better. She no longer wheezes and coughs as she would from a real cigarette. She now has a better, higher, stronger quality of life.

10/30/2015 4:00:32 AM - christine kobetic

My name is Christine kobetic

I live in bay city Michigan

I have been smoking since I was 15

I am 44 years old will be turning 45 in December. I have tried the patches they would burn my skin did the gum that did not work for me . Was given a script for the pills but even with insurance it is very expensive and I could not afford it. I got into vaping when my son come home on leave from Texas he had the pen style and it sparked my interest. He left me his which ended up not working after a few months and at the time vaping was not big in my town and I could not find anything to replace it . Two years later he came home for a visit and we got talking about it and it sparked my interest again. So in June I went to a local vape shop and bought a new one and started out at 12 nic. I have now been smoke free since June and my heath has in proved so much my sense of smell and taste have returned my blood pressure has went down and I don't have that nasty smokes cough. In just 4 months I have managed to bring my nic level down to 3 and I now use a mod and have just started to try and make my own coils which is a wonderful new Hobbie for me. My huband never liked the smell when I smoked. I would have to go outside or in the garage. Now that I am vaping he likes the different smells and now allows me to vape in the house and in his car which now gives me more time with him and my kids seeing how I dont have to go elsewhere to vape . I also love how I dont smell like smoke out in public . Vaping has changed my life for the good in so many ways .

10/30/2015 3:59:58 AM - Corey Ecton

My name is Corey. I was a typical pack and a half a day smoker up until nearly 2 1/2 years ago when I discovered what will inevitably be the life-safing practice of vaping. Like many others, when I discovered this with the help of a close friend, I had some questions to which I needed answers. Upon doing my fair share of research, I found those answers and proceeded to make the migration from the typical cigarette to a personal vaporizer. This was a 'cold-turkey' type of transition...smoking was what I did yesterday and vaping is what I did the day of the change. The date of my conversion was July 14, 2013. Through this cessation process, I have not faltered once and have attained a better health status as a result. My wife did the very same on the very same day, both with the same degree of success. I have noticed through the past 2+ years that my breathing has become normal, I'm able to interact with my children the way I always wanted to, my blood oxygen levels have returned to normal, and accounting for 'damage done' from smoking for two decades and two years, I'm now of normal, average adult health.

Over the years, I have watched several family members suffer from complications to the development of lung cancer, courtesy of cigarettes. Most recently, my father succumbed to stage 4 lung cancer on December 9, 2014. I'm not sure if you have had the displeasure of witnessing the deterioration of someone suffering from this condition, but it's disturbing and in some ways, sadly, it's motivating. It also spurs questions such as how the United States Federal Government, who 'promises' to protect us from all enemies, foreign and domestic, can permit and actively enhance a premise that is proven to have a great many health detriments. Is it tax dollars? After all, healthcare is grossly over-taxed, Big Pharm has a leg in the game, and the lack of a proactive stance to encourage cessation (non government-sponsored) is proficient silent testimony that there's money in continuity of a harmful premise rather than a cure or prevention and that's all that matters in the grand scheme.

To the United States Government:

I have news for you. I'm not a number. I'm not a dollar. I'm a human being. I'm a human being with feelings, children, a wife, a job, and most importantly but perhaps unrealized, a voice. Here's the one that should concern you, though. I VOTE. I have the right of freedom of choice. I choose to vape...I'm living proof that it works...and I will be living proof far longer than I would be by continuing on the path of carcinogenic intake. I've seen your efforts in over-exaggerated form to fight vaping. I've seen your scare tactics, I've seen your misinformation. Half truths are not truths. It's a play on people who aren't the wiser to ask probing questions. We are in an age where the philosophy 'If it's on the internet, it must be true' holds weight and substance.

I'm a member of a life-saving premise and I'm all too happy to get to share that experience and the beneficial values of vaping with most everybody I encounter. Through polite, non-forceful exchange of information, I change lives. As my representatives in the United States Federal Government, you claim to speak on my behalf. Do just that. Plagiarize me if you need to! I will not hold you accountable. After all, nobody can speak better for me than me, right? Now, down to business after much elaboration...

I urge the United States Government to act and speak in a manner consistent with our best interests regarding the life-saving premise of vaping. Products contained herein include, but aren't limited to; e-cigarettes, e-juice/e-fluid, PVs (Personal Vaporizers), tanks for vaporization of e-juices, batteries, and replacement heads for these tanks. I agree that regulation is needed in order to ensure the safety of the users of these products, but prohibition is not the answer. These are indeed life-saving utilities engineered to smooth the cessation process and they have many health benefits. I am aware that long-term health impacts, positive or negative, may not be realized at this time as sufficient time has not elapsed from the advent of these devices to current day to allow for the proper studies, but perhaps a cohesive panel of non government-sponsored cardiologists, respiratory therapists, physicians, and the like would be of benefit. I urge you to view the information supplied from these sources upon completion of said studies in unbiased fashion and report those findings to the public-at-large in the same unbiased fashion.

My intention is not to be bull-headed about the aforementioned premise, but more as a strongly-worded request for my elected representatives to not act in direct or indirect contravention of my rights as a United States citizen. Regulation can be attained, but my urging on this matter is to be realistic. Abolition is not the answer.

I eagerly await your response to this unjustified parcel of legislation and hope to see a fair representation from all members of government. After all, voters such as myself are who empower you.

-Corey D. Ecton

10/30/2015 3:59:31 AM - Ivan Saragosa (BrutalRush) from Oahu,HI

My name is Ivan Saragosa,

When I see a adult vaping, I smile with support. When I see a adult smoker, I recommended them vaping for an alternative tool. I for one don't like seeing kids and teens smoking or vaping. Vaping is a efficient alternative for Adult smokers, not made for the youth. It may seem hypocritical to most people, but for people that had suffer the long abuse of cigarettes and moved on with vaping would understand. So please hear us out.

I was 13 when I had my first cigarette, after that I started to take some for my mom's pack each day. It was hard for her to keep track, since she was a frequent smoker. She usually had more then one pack. Then after awhile I buy some around places that didn't check ID's. In a couple of months after my first couple of cigarette, I've seem to smoke 3 packs a week. The worst part is it only slowed down after year's later to 2 packs a week. Horrible!

I have started Smoking since age of 13 through age 20.

I've stopped smoking because my mom wanted to try out vaping, so I've started to try out vaping with her. It just smells and tastes good! Started Vaping since the age of 20, now I am 24. It seems that it isn't a big difference but starting on 14 mg of nicotine, after a couple of months the change of nicotine level, was huge. Started at 14 mg of nicotine, now at 3 mg of nicotine. I even stopped vaping for a few weeks. That's CRAZY! Even if I wanted to vape at higher mg of nicotine level, my body would reject it, in a harmless way. Would a different box of cigarettes with the same blends and taste have that effect on a daily smoker? NO!

My point is vaping works efficiently as a alternative. I've tried going cold turkey, patches (Which made me sick), never tried chew... Because that's even worst than cigarettes. Is vaping so bad of a alternative that we have to ban it or endure an extreme amount of taxing? I think the FDA should raise the age to vape to 21 just like all tobacco products,for they are just a better alternative for adult smokers and ex-smokers.

Thank you for your time to hear me out, Aloha!

10/30/2015 3:58:48 AM - Deryk Dustin

My grandmother, who raised me, died of lung cancer while I was in high school from being a 40+ year smoker. I had started chewing tobacco when I was a freshman in high school but after she died I tried quitting. My friend took me to a local Vape store and ever since then I have been completely against big tobacco. I have never felt better about my choice to give up chewing and it is now 3 years later tobacco free.

10/30/2015 3:58:25 AM - Ardeth Bay

I may not have been a serious smoker until three years ago but I have smoked cigars on a regular basis since I turned 18. Now 30 I felt it was high time to do something about it. My girlfriend and I picked up some ego c-twist kits about two years ago. Shortly after I was fortunate enough to land a job at a local Vape shop in Toledo, Ohio. My girl and I have upgraded since then and now we both drip. We started out using 24mg nic and when I was working for the vape shop we dropped down and have been happy with 3mg and 6mg(her 3, my 6). My girl has been a smoker since she was 9 (her sister got her into it) and now 20 years later she is cigarette free thanks to vaping. This is the issue with tobacco. A 9 year old getting addicted to it. I shook my head at it when she told me and big tobacco was happy for the money. They don't care about our welfare just the money they make. We as a vaping community care for all vapers equally and have to stick together. We don't care about the money shops make but that we are helping each other quit and have a grand old time chucking clouds at one another. Keep calm and Vape On.

10/30/2015 3:58:01 AM - Clint little

I have been vapeing for about 1 1/2 years before that I smoked cigarettes for about 8 years I tryed stopping but couldn't then one of my friends I work with showed me what vape was and from there on I have been smoke free and feel 100% better and everthing even taste better, I then showed my dad and brother that smoked for many years and they also quit smoking and now vape

10/30/2015 3:57:49 AM - Robert Shields

Hello my name is Robert Shields and last year my Father was murdered on February 3rd 2015, as a reaction to that shock in my life my ciggerate and drug use took a massive turn for the worse. I lost my job, my house, and my car. However thanks to great friends in my life that introduced me into the world of Vaping I was able to completely quit not only my heavy ciggerate usage but also completely quit drugs. I now haven't had a ciggerate or any drugs in 5 months and am now on my way to becoming a Police Officer and am in my second College Semester where I continue to hold a 3.0 average. This is my story and all I ask is that when you decide on whether to take away our vaping from us is that you remember this story and know that if it was not for vaping I would not have been able to turn my life around.

10/30/2015 3:57:35 AM - Robert C

I first began smoking as a freshman in college, and continued to do so for about 10 year years. During the last 2 years of smoking, I tried all different manners of quitting; Chantix, patches, gums, cold turkey, family support. Each attempt failed in it's own way. Chantix gave me deep depression and horrible nightmares (I tried the pill on two separate occasions). The patches left me feeling sick. The gum tasted horrendous. Cold turkey left me feeling anxious and edgy. Family support worked for a while, but what I found myself doing was sneaking out to smoke and lying to my family. A close friend of mine suggested vaping back in June of 2014 and since starting, I can honestly say I have not once touched a cigarette since. My clothes smell better, my friends enjoy being around me and I'm not leaving in the middle of a gathering to go smoke. In actuality, my friends are always asking me when I'm going to vape because they enjoy the wonderful smells the vapor produces. As far as my quality of life is concerned, it's greatly improved. I can walk/jog without losing my breath after a few minutes. I'm not anxious or jittery anymore either.

10/30/2015 3:56:57 AM - Chance Horn

My name is Chance Horn and I live in Bedford, Tx of the U.S. I previously smoked cigarettes for several years. I found myself buying up to two packs per day. I felt weak. My lung capacity was very slim.

Coming close to a year ago, I had switched to vaping products as an alternative and was pleased that I immediately got off of the nasty cigarettes. Over time, I felt my lungs become healthier and cleaner. I could ACTUALLY run down the street and not be gasping for air.

I was so intrigued and impressed by the benefits of vaping I actually began working at a Vapor store in Watauga, Tx. I wanted everybody to get off of the cancer sticks. Over time, I've learned so much. I do agree that vaping CAN be dangerous, but can't anything when used improperly?

Yes, we've all heard the stories of vaping products blowing up and injuring consumers. I've done research on many stories, they were ALL being unsafe with their batteries. They weren't using the proper voltage and amperage protection for their devices. It's just like a gun, or a knife. When used improperly, it becomes dangerous. I am aware that many gas stations in the area do sell E-juice that might be unsafe and I would be grateful if there were more restrictions on E-juice and vaping in general. However, it should not be banned.

Vaping is a safe alternative to Tobacco products. Proper E-juices are contained with all sanitation regulations in mind, and made out of only three "ingredients" if you will. You have Vegetable Glycorin, Propylene Glycol, and niccotine. The flavors are all natural and non-toxic. Vegetable Glycorine is, as we all know, safe. Propylene Glycol, is actually a disinfectant (this is actually what cleans the tar from your lungs). It actually is pumped through hospital and airport ventilators to keep the air clean and fresh.

I am a firm believer in vaping as not only a fun Hobby, but a safe alternative to cigarettes and have the facts to reassure it. I really do not want to relapse on what will eventually cut my life span in half, seeing as the niccotine does reduce my stress alot. Vape On!

10/30/2015 3:56:37 AM - Travis

To whom it may concern,

So money is king? Yes it is we all know this. However how about peoples lives and safety and health? By letting Big Tobacco pay there way to diminish the vaping community is outright wrong! You can deny they are a part of this but it is obvious we know who is funding this act. I feel for all of us ex-smokers who have found a safe alternative and you taking this away from us you are asking us all to pretty much have unhealthy lives. Do you even care about our safety? Who knows, but with the way this is going I do not think you people care. Do you want your friends family and children to pick up a cigarette and smoke? I bet you don't so why allow for the only option out there to be Big Tobacco? Because they put extra money in your wallets? I am against the move towards what you have planned to do with the vape community and I stand strong behind vaping and I smoked for 6 years and since I started vaping I have noticed a huge difference in my breathing and my overall positive feeling. I have not touched a cigarette in 2 years. Vaping is the only thing on the market that truly works to quit smoking and satisfy your cravings. I have gone down to now 3mg nicotine from 24mg. Vaping has allowed me to properly lower my nicotine level and when I get to no nicotine I plan to still vape as the motion of hand to mouth is something that I am used to and will continue to do. Vaping tastes good, it does not smell or leave an ordor, it evaporates. There is no long term studies done, but how about you invest some of that money into studies to prove it is safe. The whole Anti-Freeze deal found in propylene glycol is wrong it is a completely different chemical compound called Phenyl-Propelyn that is what is used in Anti Freeze. Get your facts straight first with what you hear Congress. Only then will you prove us wrong. I support vaping and will continue to vape. Vape on my fellow vapors vape on. Take it in nice and deep and let the biggest cloud out in the faces of congress who say it is bad.

10/30/2015 3:56:22 AM - All Lives Matter

Close to 20 year smoker here honestly could feel my health deteriorating,thought I would never be able to quit these harmful cigs until I found vaping,after vaping for about two years I feel my health is far better then it used to be,I can breathe more clear and have regained numerous senses since I have quick smoking cigs,please keep hope alive and don't subject everyone to smoking cigs,it's basically taking lives and I feel us as Americans/consumers have a right to be able to quit smoking if we choose.Vaping is the future and it is saving lives.

10/30/2015 3:56:12 AM - Ismael R.

As a vapor product user, I can claim, with full honesty, the merits of vaping products. As just 12:36am, on June 21, 2015, I am an ex-smoker who smoked cigarettes for 18 years. I was a pack a day smoker, but since vaping I can proudly claim to be a non-smoker again. I have not picked up a cigarette since, nor do I have any urge to. As a matter of fact, after my breathing and sense of smell returned to normal, I can honestly say I see why so many people think smoking is gross and distasteful. Vaping has helped restore my breathing, sense of taste, and my sense of smell. I could not be happier.

10/30/2015 3:55:17 AM - Jonathon Yardog Dodson

I am a 31 year old man who within 2 weeks of deciding to go to the newer more reliable non leaking versions of ecigs, was diagnosed with Multiple sclerosis. The decision I was left with was smoke and roll in a wheel chair or vape and walk. I chose Vape and walk and today I am doing just that and have helped many people drop tobacco with little to no stress, by using the after 2007 model that the FDA is tryi g to ban. All previous models that are sold in gas stations most are owned by major cigarette makers, are not worth the money trying and often lead back to smokimg again. Most of the newer devices are made well and help you quit. And the crappy lets make a news story about kids using ecigs more than cigarettes.... well if they are gonna try stuff they just are. But I would rather it be a better option than cigarettes. Same arguement could be used for marijuana or crack. If your child was going to try one and you couldn't stop them then which would you choose.

Not blowing smoke it's Vapor

10/30/2015 3:55:02 AM - PENNY WALTERS

MY MOTHER SMOKED FOR 41 YEARS AND AFTER A HEART ATTACK SHE STOPPED SMOKING USING A VAPOR PRODUCT . HER OVER ALL HEALTH HAS IMPROVED . HELP OTHER PEOPLE STOP SMOKING .

10/30/2015 3:54:49 AM - Lydia "Vape City Mom"

I spent 20 years smoking. I'm 32. Yes, those numbers are right. I tried and tried quitting. Cold turkey is better as a sandwich. Gum and snus made me nauseous. Patches made me rash out. I wouldn't try prescription meds because I had a friend try to commit suicide while on Chantix. I justified smoking as a preventative of the inevitable alzheimer's that runs in my family, that smoking would take me out before anything else could. Gotta die of something, right? It was a screen. It hid the deep down feeling that I was weak and couldn't quit this nasty habit on my own, that stong independent me couldn't just give it up. Then I saw a tank and battery in my tobacco shop. I was interested as I'm a tech geek to begin with. I tried it out. It was ok but still hadn't quit. The flavor wasn't great but luckily I saw the sign of an amazing B&M. I walked in and asked the manager questions for about an hour or so. He was incredibly patient with me and all of my questions. I ended up buying one bottle of juice and an EVOD tank. Two weeks later, I couldn't stand cigarettes anymore. They tasted awful, smelled awful and I realized I didn't want them anymore. Fast forward 11 months, I am smoke free. (12/8/2014) My resting heart rate has dropped from 110 to 65. I haven't had all the sinus and ear infections I normally have. My heart melted and I cried when my 13 year old son told me he was so proud I quit. It makes me tear up just typing that. Since I quit, I have converted my husband (smoked for 25 years,) my sister (smoked 20 years,) her husband (smoked 18 years,) and four friends (smoked for 15-40 years.) In a year, my entire view on life has changed all because a saw a sign while I was driving.

10/30/2015 3:51:34 AM - Chris Barker

My name is Chris Barker and I vape. Vaping is the only thing that has helped me to stop smoking. I smoked for 15 years, 2 years ago I started vaping and haven't smoked cigarettes since December 2013. I now vape with several different mods and use a 1.5 mg nicotine. When I started I was using a 24 mg and have been able to cut back to a 1.5 mg. Before Vaping I was smoking 2 packs of cigarettes a day and dipping half a can of snuff a day. Vaping helped me to quit tobacco products, I had asked my doctor a couple times to prescribe Chantix to me. He would not prescribe the medicine to me because I take seizure medication and he said he was scared to the side effects and how the medicines might interact with when both are taken. I can't take several medicines because of the medication I take, aspirin if taken by me can cause me to have internal bleeding. I no longer wake up in the mornings coughing up mucus caused by smoking. I have more energy to play with my kids and can run in my back yard with them and not be out of breath after a few minutes. I use various flavors from fruits, creams, cereals etc. these are my everyday flavors to use. I stopped using the juice that taste like tobacco because I didn't want to like the tobacco flavor. Please don't do away with vaping or send us back to the products used that look like cigarettes because they don't work. I have tried those and quickly went back to smoking until I was put on a good product like a mod that actually helped get me to stop using tobacco. Thank you for your time.

10/30/2015 3:51:21 AM - Maryann Freid

Ok here is my story.....I have been cigarette free for over a year! I had been smoking for 10 years! I started out with a cheap started kit and still smoked, had a issues with it so I upgraded, and still smoked less than the starter, then I broke my mod and upgraded to a istick and smoking cigarettes was done! I tried a cigarette recently to see what it would do to me since I was vaping! Two puffs ripped my lungs apart, I felt like I had a elephant sitting on my chest and that proves to me that vaping will be life saving! The changes in my life was amazing, I can go to the gym and get a hour plus of cardio in and not have a issues with my lungs! I don't stick, my teeth are whiter, I can play with my kids and not be out of breath! The only negative is see about vaping is my batteries running low and what juice to vape next!!!!! I love vaping not only for my quality of life for myself, my kids and my husband! My husband, mother in law and my father all vape! My dad just started and he does have copd from smoking cigarettes!

10/30/2015 3:50:05 AM - Tony DellaValle

I have smoked since the age of 18, I am now 34. I tried to quite multiple times wether the patch, prescription drugs, the gum you name it I probably tried it to quit. I was up to pack and a half a day until I found vaping. About 2 years ago I made the switch from analog cigarettes to vaping and I haven't looked back. I can proudly say I am smoke free. I started off with one off those1600 mah ecigarettes and am now using a mechanical mod. People say vaping is not healthy, but I can tell you from the way I feel now versus when I smoked, vaping is by far a safer alternative. I can breathe again. I no longer have a smokers cough. And have found overall I feel alot better. I can smell and taste. better too. It has done wonders for my health and I'm sure you'll hear similar stories from anyone who has made the switch.

10/30/2015 3:49:35 AM - Paul Dumigan

Working in the restaurant industry, you naturally gravitate toward smoking in order to catch some free time at work. I was smoking 1-2 packs a day of heavy menthols. I stunk. My clothes stunk. My breath stunk. It was all around not ideal. My new girlfriend at the time was very against smoking as well, so I was constantly hiding my dirty addiction. During a trip to the beach for the 4th of July, we stumbled into a local Vape shop and i grabbed my first setup. Within a few weeks I was upgrading devices, sampling new juices and becoming a part of the community.

Finally, in the beginning of November 2014, I smoked my final Cancer Stick. I had intentions of proposing to my girlfriend so I needed to be Smoke Free before then. She said yes right after Thanksgiving and we were married on Oct. 9. I have not touched a cigarette since Nov. 3rd, 2014. It is not limited to the Smoke Free lifestyle, however. I have gained countless friends from the tight knit community. My daily happenings are easier as a result of my cleaner lungs. I don't get winded making love now. The list goes on and on.

I had not tried anything but cold turkey prior to vaping... and it had failed miserably. I cannot express the positive vibes that vaping and smoke free alternatives have brought to me. My life is forever better.

10/30/2015 3:49:22 AM - Shannon Razorblade

Being a single mother of 3 I couldn't afford to smoke, nor did I want to smoke, my addiction was bad. For the sake of my children I finally had enough of stinky butts and wasting $$$. I called out on social media for anyone to help me get a vape setup and finally kick the smokes to the curb. A major juice distributor in Michigan reached out to me and generously provided me with a mod some juice and introduced me to his distributor. I'am now an employee at DIY vapor supply and cigarette free since April. I couldn't be happier, healthier and my children are proud of me.

A blessing

10/30/2015 3:49:12 AM - Colton

I have been vaping for 3 years now and it has been the best thing for me. I love the huge selection of flavors because without them I would not enjoy it. I know many family members who have switched from cigarettes to e cigs and they no longer use cigarettes.

10/30/2015 3:49:03 AM - Bob Boyer

After smoking for over 30.years I had a heart atack and now have heart disease. The dr told me it was from smoking. I had a few drs and 3 cardiologists tell me to start vaping . I did just that.

I don't understand why my government wants to ban ecigs and force people to smoke tobacco. It makes absolutely no sence.

Over the years I tried medicine, acupuncture, patches, and just will power to quit smoking. Because of vaping I've been tobacco free for 2 years.

10/30/2015 3:48:33 AM - Clayton Womack

I started smoking when I was young with my father. I was about 6 maybe 7 when I started to have the tail ends of his cigars. When I was in high school I would have a full cigar after every football game. It was when I got out into the world and I started to get so stressed between getting in college looking for a job and eventual try to keep my grades up. At first it was like a pack every two days but the summer after my first year in college I got a job working at an amusement park close to home. I worked there for two years and with in that two years I went from a pack every two days to a carton every three days. I could barely walk or even do my job, I had to have a cigarette every 25 minutes. It was killing me. After a about 6 months of that I found a vape shop and I bought my first pen. I started on 18mg and after a year and a half I am down to 3mg. When I smoked I could barely walk let alone run, but after a year and half of vaping I was able to run and finish a spartan race in Asheville North Carolina. I was an 8+ mile run with 20+ obstacles in the mountains of North Carolina. I never want to go back to smoking again.

10/30/2015 3:47:55 AM - Amanda

Vaping has helped me almost completely quit smoking and for this i am thankful also it has given the young adults something to do besides get in trouble and for that i am thankful there is no proof yet that vaping is harmful to your body the main ingredients are in children Tylenol and butter that most people use everyday. Vaping helps people. And i am one of them.

10/30/2015 3:46:28 AM - Jake(AfroSGT1994) of South Dakota

I started vaping a little over a year ago as a way to avoid smoking due to stress at work and in life. Pretty much everyone in my family smoked my whole life. Every holiday was spent in a haze of smoke. I always thought it was a normal thing adults did. On my tenth birthday, I was hospitalized with severe bronchitis, which the doctors said was almost certainly due to second-hand smoke. I spent a week in a climate control tent, struggling to breath in the medicine-saturated air, only to walk away with permanent tracheal scarring. It wasn't even two years later that I lost my grandmother to lung and bone cancer. I've hated cigarettes ever since, and I swore I'd never touch one. But as an adult on my own, working full time at retail just to get by, the stress was so great. I didnt wabt to smoke, or abuse drink like my father, so my friend let me try his mech mod. I had found it, the thing that would keep me from smoking. A few months after I found that it had the wonderful side effect of taming my chronic bronchitis. I could breath properly again, I didnt feel the racking pain of those coughing fits. I soon started working for my local vapor shop, and in the past year I've personally helped hundreds of people quit smoking, including my own father, a three pack a day smoker. Vaping for me niw is a hobby and a passion, one that helps both myself and others.

10/30/2015 3:46:00 AM - Bruce Brown

I'm being you to not allow the FDA to ban these life saving products. I mean life saving because for 40 years I smoked cigarettes and tried everything imaginable to quit. Nothing I did ever worked and I was in the early stages of emphysema. I was smoking 2.5 packs per day and resigned myself to dying from a smoking related disease. 3 years ago a friend who had been able to quit smoking told me how he had done it. I remember telling him it would never work for me because up until then nothing had. He asked me if he bought me a vaping device would I at least try it and I wanting to quit of course said yes. So after smoking the last cigarette of the pack that I had left I began vaping. Today 3 years later I have not smoked a cigarette from the day I started vaping. I began with 24mg of nicotine and today I still vape but with no nicotine. Not only has my family Dr encouraged me to vape to quit and stay off of cigarettes, he now recommends it to all his patients that smoke and tells them of my story. He has personally investigated vaping and has found nothing that indicates it's anything less then 100% a better alternative then continuing smoking cigarettes. Do not let the tobacco industry trick you into believing there is any comparison in vaping to the harm cigarettes are causing Americans. I can't believe we are even having to fight to keep this industry as a viable quit smoking method that for millions of people have changed their lives completely. I pray the FDA doesn't get away with this.

10/30/2015 3:45:34 AM - Christian Rivera

My name is Christian Rivera. I am 18 years old and I used to smoke cigarettes on a daily basis for at least 2 years. I always coughed and was out of breath whenever I ran or even went up the stairs. 2 years ago my best friend ask me if I knew what vaping was and I told him "no". He explained all the details to me and convinced me to switch from tobacco to vapor. Ever sin then I don't cough or lose my breath whenever I go up the stairs. Also you do not have the stench of cigarettes on you and the health difference is beyond what you expect considering that e-juice only has 4 chemicals while cigarettes have more then 1000 chemicals. I hope you take my story into consideration and support the vaping community. Thank you and have a good day.

10/30/2015 3:43:53 AM - Stephanie G.

My personal story is as follows:

I battled with an addiction to cigarettes for most of my adult life (age 17 to 30). I attempted multiple times to quit; nicotine patches irritated my skin, nicotine gum didn't help at all, and quitting cold turkey always ended in failure.

March 21, 2015, I began using an e-cigarette in place of cigarettes. Forgive my all-caps faux pax, but I HAVE NOT TOUCHED A CIGARETTE SINCE. It has been over 7 months, and in that time, I have become an avid runner, competed in an 8K endurance obstacle course race, and in addition to feeling healthier than I have since I was a child, I no longer smell like an ash tray.

E-cigarettes have changed my life for the better, and I can say with certainty that the switch has improved my health and has likely increased my longevity.

These products are not to be feared, but to be celebrated! Please support this lifesaving issue and help the rest of our population drastically reduce medical costs and live longer lives!

10/30/2015 3:43:42 AM - Brandon

Using electronic cigarettes single handedly helped me quit smoking cigarettes completely. I used to smoke a pack and a half a day for six years and my lungs and air quality were awful. Walking up steps, hills, or even trying to jog for a little I would be gasping for breath, but after I switched to using electronic cigarettes I could within a day feel my sense of smell changing, as I noticed how awful my friends cigarettes started smelling to me when normally I would not have even given a second glance to. Within a few months I could notice I could take significantly larger breaths and walking up steps and running no longer burden me. Also now when I wake up in the morning I no longer cough up green mucus and do not cough constantly throughout the day as I had in the past. Without electronic cigarettes I would have a much more poor quality of health, I just hope the right person reads this....

10/30/2015 3:43:30 AM - Shane vaporium724

Hello my name is Shane , Im not going to make this long , but at the age of 12 I had ran my way into the most horrible thing on this earth. Cigarettes, so I'm now 19 and vaping with eciggs has changed my life completely. Not only did it wake up with a ton of tar in my lungs and I felt depressed from the chemicals in the cigarettes. When I found vaping I literally could start breathing without weasing , that and it had distracted and helpedy addiction. Not only is it a hobby but a life benefit that can help millions. It helped me before I ruined my life. Think about our people before your money. Without us you don't have it.

10/30/2015 3:42:50 AM - Wes Norfolk

First off, I am going to state that I.had 2 afflictions affecting me. 1) COPD, and 2) PTSD. As I am a veteran of the US Army. How these two are a part of this testimonial will fall into place on their own.

While in training for the military, I gave up smoking for a year. My health was grwat, no problems that were known. Until the day I got shot at. My nerves were done. I picked up smoking again, and wasn't able to put it down again. I had been diagnosed with PYSD due to my actions and service in the military overseas.

I smoked about 2 to 3 packs a day. I was having issues with my breathing, sick.all the time, and my last visit to the doctor before I quit and started vaping, I was diagnosed with COPD after having walking pneumonia. I have tried everything from the patch to Chantix (which I almost comitted suicide).

Vaping is the one thing that has not only weaned me off of cigarettes, but kept my wife away from them as well.

My wife also smoked a lot. She has muscular dystrophy and a tracheostemy. Her health was deterorating as well. She was hospitalized for the 4th time in 5 years. Doctors said she would be on a ventilator for the remainder of her life. She has also picked up vaping instead of cigarettes.

Both of our health issues have improved significantly and we both have an easier time breathing. We have more energy and do more now than when we smoke cigarettes.

I use several things to vape. From box mods and re buildable atomizers to tube mods. My wife uses vape pens and is now on a variable voltage mod wih a tank for her juice.

My COPD is all but gone almost. My doctor said I am a walking miracle because my lung capacity has improve to nearly triple of what it was. My coughing is to a minimum now, than when I was smoking. I started off on e juice that was 24mg of nicotie per bottle, and am now down to 3mg of nicotine per bottle. Within 6 months.

My wife started off on 24mg of nicotine and is working down slower, but making progress and is currently at 11mg of nicotine per bottle. Her health has improved, and her being able to maintain her oxygen levels in her body are stwady at 92 to 99% when checked on a regular basis. Her doctors have commented that her condition has taken a total 180 from when she used to smoke.

So, all I am saying is that switching to vaping has not only saved my life, it saved my wife as well. I urge that the government re study vaping, and not allow the fda to get what they want. It will do more harm than good, as a lot of people won't have an option but

to go back to smoking cigarettes. This is sonething I don't want to do, nor see my wife do again either.

10/30/2015 3:42:32 AM - Grandma Beth from Lake City, Florida

I was a pack a day smoker for 43 years. I started smoking cigarettes in 1971 at the age of 17. Three years later I was married and expecting my first child so I decided to quit smoking. I was not successful and my first child was born premature.

I have continued attempting to rid myself of the addiction to nicotine over the decades since. I have utilized almost every approved method: Aqua filters, nicotine filters, cold turkey, a support group, nicotine patches and gum, and hypnotism, most of them several times, and never stopped for more than 30 days. I once asked a doctor for Chantix, he said "no". I know many people who tried to quit with Chantix and ultimately failed, so maybe that wasn't a bad thing.

Four months ago my adult daughter was up to three packs of cigarettes a day. In order for her to try to cut down we both started using e-cigarettes with the help of my adult son. I haven't used tobacco since. I have acquiesced to my addiction to the chemical nicotine (a highly addictive but mild stimulant like caffeine), but the delivery system is what is imperative to my health. E-cigarette "smoke" is, in fact, just liquid vapor. It contains none of the carcinogens tobacco does. It hurts no one.

I mix 12 mg and 18 mg nicotine strength ejuices. Early in the day I need lower strengths and lighter vapor, late at night I need higher. The need for higher strengths might lessen, it might not. I'm okay with it either way. I still look for the cigarette pack now and then, but that is just a matter of habit that is fading fast. I'm quickly adjusting to reaching for the Halo G6 and Tritons, or the Kanga sub mini box and the Tesla my son sent. I tend to chain vape later in the day so having many different apparatus' works very well for me as they get hot with constant use.

My car, my room, my hair, my clothes and my breath don't stink anymore. My cats don't jump up and leave like they did when I lit a cigarette in the past. The post nasal drip is gone. I don't wake up in the middle of the night in the throes and agony of a coughing fit. I have discovered a couple of ejuices whose taste is extremely pleasant, though my taste buds seem to have been permanently damaged with the long term menthol tobacco use. The cost has been a little more than when I used tobacco, but that will change once I have all of the equipment I need. It will then cost less.

And best of all, this alternative to tobacco has very likely saved me from lung cancer.

It was at times frustrating until I figured out what nicotine strength I needed, but all in all a splendid learning experience. I am so happy I decided to try vaping and look forward to using this method ad infinitum. I'm part of a growing number of vapers for life!

10/30/2015 3:42:14 AM - Ashley Betterton

Vaping Has Changed My Mother's Life For The Better. She Was A Smoker For 16 Years And One Day I Asked Her "Mom Why Choose A Cigarette When You Have A Healthier Alternative?" We Went That Day And Bought Her A 0mg e-liquid With A Vape Pen She Says She Feels So Much Better She Doesn't Cough Up The Nasty Stuff Like You Would From A Cigarette! She Absolutely Loves The Awesome Flavors She Can Vape!

#wedontblowsmoke #Vapersrights

10/30/2015 3:41:58 AM - Rodger_calico

I am just one supporter to this whole community of vapers I call my family. I quit smoking and took onto vaping only to find out that there's more to it then I began to think. I soon began to realize that I was being accepted into a community of people wanting to help and encourage others. Yes, vaping has now become a 5 billion dollar industry. But the real point is it's helping people and from what I have encountered, I have made more friends from the vaping community than I ever thought.

10/30/2015 3:41:49 AM - Natalie Frost

I have been vaping for a few months and I absolutely love it! It is a much healthier way than smoking cigarettes that are filled with several dangerous chemicals. There are several vapor flavors and several different vapor pens. I honestly don't understand why they would take these away. I urge you to please keep the vapor smoking on the shelves. It is a much safer way to help get off cigarettes. I have tried everything out there to quit smoking and vaping has worked very well for me. And it is natural!!

10/30/2015 3:41:41 AM - Chris Breedlove

I was a former 2+ pack/day smoker for more than 10 years. I never thought about the drastic affects it would have on my life. I lost my ability to play football when I was in highschool, go running with my girlfriend and most of my friends could not stand the smell. I started vaping because if my mom's health as she had develioped COPD and I was still smoming around her. The week I started vaping, I went from 2+ packs/day to 5 cigarettes that whole week. Vaping has also become my reason for employment and I am taking the gift that this community gave me & sharing it with new comers. Please take this a life lesson that vaping truly does change your life and anyone can do this.

10/30/2015 3:41:31 AM - Travis Bartges

I had been a smoker since the age of 12 I am 37 now and have had serious success being smoke free with vapor product not saying that i don't fall off the wagon from time to time and have an occasional cigarette or cigar but i will go weeks or months in between and usually afterward I ask myself how I ever smoked them the way I did everyday. I was a 2 1/2 pack a day smoker for years and when that got to be too expensive I went to smoking hand rolled filterless cigarettes my health was in decline I had problems walking up a flight of stairs with out being winded at the top I enjoy hunting and walking out in the woods became to be a chore . I snored every night keeping my wife awake and she feared for me because i would stop breathing then gasp for air she told me that she had feared losing me to smoking and i had told her that i had tried everything I could think of to quit smoking before I had even tried vaping using the gas station e-cigarettes they didn't do it for me . A friend of mine turned me on to vaping as I now know it first with a small variable voltage setup and a cartomizer then i progressed to a tube mod and dripper attomizer that is a self built coil and wicking I started vaping at 24 mg nicotine and am now down shifting between 3 and 6 mg nicotine. I have been vaping for 2 years now and I have to say that my health has improved I no longer choke on my own lungs in the middle of the night I breathe easier I don't get winded walking up stair or tire easily while walking the woods while hunting . I have to say it and it is clichÃ© but it is truth VAPING SAVED MY LIFE.

10/30/2015 3:41:13 AM - Seim

Vaping has helped me in so many way I'm tobacco free for 2 years and almost completely off of nicotine and it has also provided me with the support to maintain the smoke free and also gave me a income and more friends that will be with me for life well beyond vape

Thanks for the support

Seim

10/30/2015 3:41:01 AM - Rodney Bush

We added Vaping supplies and juice to our store 2 years ago. We have over 1750 families that have registered as buyers at our store. Hundreds or Thousands have stopped or reduced using cigarettes. I for one quit smoking and vaping. I had smoked for most of my life and I am 55 years old. I was coughing so bad I was vomiting.

I feel much better and know my lungs are healing. Local doctors actually send us their patients!

10/30/2015 3:40:48 AM - Austin Peppers

Ever since i was 13, i smoked cigarettes. Started off with marlboro red 100's, and ended up smoking newports. I had tried countles e cig that you buy from the gas station such as blu, njoy, infiniti and so many others. Not only did they fail horrbily but they tasted awful. That was until almost 2 years ago i bought my first vape. It wasnt really anything special and compared to what we have now i dont think id ever go back. But its what started it all and to be honest it was such a relief to have that kind of choice. Within weeks i could run without losing my breath and i never woke up coughing out whatever that was. Ive also converted most my smoking friends to vaping and they have all enjoyed it way more than smoking. I dont want to go back so im hoping our government can see how much better it is for us instead of big tobacco. Thanks for reading!

10/30/2015 3:40:38 AM - Jake

Vapeing helped me quit smoking I have asthma I no longer use my inhaler every day as I was when I was smoking I no longer hack and cough up nasty chunks I no longer stink or have bad breath every other method of quitting smoking has failed except for this this is a beneficial product to human health and should not be regulated because big tobacco is pissed and is loosing customers

10/30/2015 3:40:15 AM - Pamela Preston

My Husband and I were both heavy smokers for over 30 years, 2 packs a day.

I started when I was 14.

In my 40's and early 50's I could really feel the damage to my body from all the years of smoking. I couldn't get up a flight of stairs without huffing and puffing, my heart would be pounding in my chest, my chest hurt and I had morning cough so bad that it would make me gag. I was scared and knew I had to do something.

I tried just about every smoking cessation product out there: Chantix, gum, patches. Nothing worked for me.

I had heard about electronic cigarettes a few years before and decided to try them.

I bought a kit at the local convenience store. They were the small rechargeable batteries with the disposable cartridges. The second day using them was the last day I ever had a cigarette again and it will be 3 years this November that I've been smoke free. I'm currently using a GS Ego II and a 3 ml vivi nova tank with 18 mg juice.

I can breath. My chest no longer hurts. I can taste and smell things again. I no longer hack my lungs up when I wake in the morning.

My Husband was amazed and a year after I switched to vaping, he joined me. He has been smoke free for 2 years and his early signs of COPD have vanished.

To us it's a miracle and we fear that if the FDA has it's way, thousands will go back to smoking tobacco burning cigarettes. It makes no sense.

10/30/2015 3:40:01 AM - Gerry Edwards

I was a 2 pack a day smoker. I felt horrible. Walking anymore then 10 fit made me winded and with my asthma it made it all that much worse. I had tried to quit smoking many many times and never succeeded.

A friend of mine suggested switching to vaping and brought me to a local tobacco shop. I switched to a basic pen and have not touched a cig sense. I feel better, breath better, enjoy the vast flavor options. I am healthier, able to go to the gym every morning and night and am living a better lifestyle.

I have more self confidence which has led to a better job with a lot more stability and i can honestly say that without vaping and its flavor options i would not be where i am today.

10/30/2015 3:39:51 AM - Keenon

It has been 2 years and 2 months that i have not smoked a cigarette and vaping is the reason. I Smoked for 9 years and in that time I tried to quit several times all with no luck. The moment i found the right mod and flavor, i knew i could finally give it a worthy shot. Now i'm here and i cannot believe the progress i have made with the assistance of vaporizers. As the health benefits have been amazing for me, the friendships i have made along the way will stay with me through my life and have made me a better person.

I have tried patches and gum multiple times before and they never worked. As soon as i got the right set up, i never looked back and i quit the day i got my vaporizer.

I have been able to taste and smell things that were so bland before and i didnt know what things truly tasted like when i smoked.

Long story short, vaping has to stay in my life, as the quality of it has improved greatly since i quit smoking cigarettes.

Thank you for your time, please save vaping, many people really need it in their lives.

10/30/2015 3:39:41 AM - Tom Harmon

Smoke for 46 years and wasn't even looking to quit. I'd given up on the idea after patches, gums, and cold turkey failed. At a party in 2009 I was outside with the rest of the lepers having a smoke and a friend offered me a cigarette like steel tube that glowed on the end and asked if I'd ever tried an electronic cigarette. I took a hit and said "Wow! Close enough!"

Went home and googled it and then bought my first kit from him. Two weeks later I was a non smoker!! Haven't had a cigarette since 10/09/2009 and I feel great. My doctor says he wishes he was as healthy as me. I'm now a IFA Certified Fitness Trainer and Nutritionist and no longer wheeze, cough, or suffer from endless sinus infections.

I use an IPV mini with an Arctic sub ohm tank and vape at 24mg. After reading all the good things about nicotine and it's positive effects on the brain I continue to enjoy my nicotine with out worrying about my health anymore....it's awesome!!

10/30/2015 3:39:28 AM - Teri

My husband and I switched to vapor products after 30+ years of smoking cigarettes. We were able to quit smoking cigarettes thanks to the vapor products.

We both tried many different methods including nicotine gum, the patch, & Chantix to quit smoking over the years, none of which worked. The only way we were able to quit smoking and stay smoke free was with vapor products. We have been smoke free for 2 1/2 years now.

10/30/2015 3:39:19 AM - Carli G

I started smoking when I was 18 years old. I had recently broken up with my high school sweetheart and was going through some rough stuff. I bummed a smoke and then I was hooked.....for 13 years!! It wasn't until last year my mom (who started smoking when she was 15 and is 53 now) was diagnosed with COPD. After two scary stays at the hospital my dad said "enough is enough" and went out and bought us all vape mods. Started with an istick 20W and local shop ejuice. I was still smoking on occasion but I saw a big decrease in my cigarette consumption. It was mid June 2015 when I completely stopped smoking cigarettes. It's been over 100 days and haven't had the DESIRE to smoke one. Before I would just try to quit cold turkey or chew gum but it never worked. Even when I wake up I don't feel the urge for nicotine like I use too when I smoked. I've gone a few HOURS before I pick up my mod and take a puff. I don't cough up crap anymore, no wheezing, and I can keep up with my daughter. My husband says I don't stink anymore either! The smell of cigarette smoke makes me nauseous and gives me a horrible headache now. Vaping saved my life. Plain and simple!

10/30/2015 3:39:10 AM - Mike P.

Twenty seven years ago, at the ripe old age of 19, I began smoking cigarettes. There were, of course, many factors to my choice then. I've spent most of my adult life smoking, trying a few different times to stop, which never really worked. Patches, gum, you name it, nothing seemed to last very long, and I was right back to buying another pack of cigarettes.

Then, in 2013, a friend of mine talked to me about 'vaping'. He took the time to explain what it was, how it worked, as well as many aspects to it. So, I tried it. Over the course of the next year, it helped me cut the amount I smoked by more than 70%. I went from a pack and a half (30 cigarettes) a day to less than 8 a day.

In the last six months, I have been able to reduce (and more importantly) maintain a 3 cigarette per day habit. (I did not stop completely because, at times, I do still enjoy the unique taste and flavor of a normal cigarette. There's an honest answer for you.) I credit this accomplishment in part due to the variety of e-liquid flavors, and the various nicotine strength availability. In short, it becomes my choice how much nicotine I consume. On an estimate, I use e-liquid products that contain 3mg about 50% of my time. The other 50% of my vaping is using zero mg of nicotine, just a flavored vapor. Again, the availability of choice in both my purchase and consumption are key items to the reduction of my cigarette smoking habit.

Since I began using vapor products, I've noticed that I have a much less difficult time deep breathing. That health benefit alone is worth its weight in gold to me. Couple that with an empowering understanding of being in control of my nicotine consumption, and it makes me want to take the time to ask: why would anyone (government body or private company) want to take away something that has helped me so much?

I'm passionate about using e-liquid and vapor products. It helped me to vastly reduce, and control, a habit that lasted more than 25 years. Try and beat that with a stick.

10/30/2015 3:38:53 AM - stunter781981

i want to let everyone know that 2 yrs ago i was smoking 2 packs a day . i have tried quiting smokeing mulitable times failed . i smoked since the age of 12 . since i have started vaping no more coughing my head off in the morning . i feel better than i ever have . We need vaping around because it is saving so many lives . tobacco companys need to be put out of bussiness for killing so many people . but drinking driving is bad , also achochial products kill to but . no crack down on that is never on the news. ps keep vaping around

10/30/2015 3:38:44 AM - Albert

I smoked for 25 years and tried many times to stop. My father smoked his entire life and eventually died from a stroke. I tried e- cigarettes and was able to substitute an occasional cigarette. About 3 months later I obtained a more advanced vaporizer and began experimenting with different flavors until I found one that I liked. Within 30 days I had completely stopped smoking cigarettes. My wife had the exact same experience. Once she found a flavor she liked, she was able to completely quit cigarettes.

Please allow the vapor industry to continue to grow as it is a healthier alternative to smoking.

10/30/2015 3:38:34 AM - Zach L.

When I was 17 I started smoking cigars and cigarettes, When I was 19 I discovered vaping and managed to quit both of them with ease. I also starting working at a vape shop in Springfield, Mo and it as well changed my life for the better. This company has gave me the opportunity to excel more than I could have anywhere else. I am not only tobacco free but I am now a lot more responsible, Hard working, and more successful than I could have imagined and all of this is thanks to the Vaping Community.

10/30/2015 3:38:20 AM - Michael Lazarus

Vaping has saved my life it also has saved numerous other Americans lives as well old technology like the blue views and enjoy do not work I have tried them all I have grown with the new technology of vaping I'm a vapor of 5 years and smoke free why take away something that actually saves lives yes I do like to blow big clouds of a with the newer machinery tanks and RDAs with proper education these devices are no more dangerous then using your TV remote with its batteries we need to look at the bigger picture here FDA are only doing this because of their friends in the tobacco companies how could the FDA approve of pain killing drugs and nicotine pills that can cause suicide murder when people have homicidal thoughts and also there pain pills that are extremely addictive I will destroy your liver and eliquid itself two main ingredients are on the FDA approved list all this is for is to help people still buy cigarettes this is absurd the last time I checked I live in the country of the free and the home of the brave it should be my choice what I choose to use instead of smoking cigarettes

10/30/2015 3:38:07 AM - Viv Rodriguez

So I was a smoker of 10+ years. I began in high school, like most smokers, and could never shake the habit. I'm in my 20s and couldnt walk up a flight of stairs without being winded. This is sad. Ever since I was introduced to vaping, I couldn't understand why more people weren't joining in on the movement. There are some studies out there in the universe showing that vaping is a much safer alternative. Yes, vaping is relatively new so more studies will be coming out as the years go on. My question is, why are people trying to stop us from making better life choices ? Why are people trying to take away our hopes of quitting smoking and improving our health? Now, I started with a simple ego stick with the premade coils. It was a good start and I soon bumped up to a box mod with a dripper atty. I love it and there's so many ways to customize your mod and have fun with it. It's not just quitting smoking, it's actually a life style.. a happier and healthier life style. It's rediculous that all of this is trying to be taken away from us. What kind of America is this? It's in shambles, it's pathetic. Let the people be! Let them make better choices! All the negative energy being put towards vapers can be better used elsewhere for more SERIOUS issues....come on America.

10/30/2015 3:37:56 AM - Ryan

I started smoking cigarettes in high school around 1992. By 1996 I was smoking at least a pack per day and more over the weekends. From 1996 to 2005 I smoked continuously and attempted to quit many times, while battling a persistent cough, severe bronchitis multiple times per year, and dental problems. Most of those attempts lasted less than a month, as the urge to smoke was so great. In 2010 I purchased my first e-cig and a bottle of juice. Once I charged it up and put the juice in it, I was done smoking. Completely. Many iterations of vaping devices came and went, but I always stuck with it, while lowering my nicotine amount to near zero. Fast forward to today, I still don't smoke cigarettes, and the vaping technology has improved 1000%. I've seen this business grow from nothing, to a wonderful self-regulated market where people who want to quit, can quit, easily, by switching to a safer alternative. There are a wide variety of flavors, so that anyone can find something they like that they can stick with. My health over the last 5 years has improved dramatically. My doctor is happy with me, my dentist is happy, and I'm happy. I have a hard time understanding why anyone would want to take this techology away or make it harder to acquire. Vaping saved my life, but if it weren't for the options and variety, it would have been much harder. Thank you for listening.

10/30/2015 3:37:47 AM - Rafael Lopez

Vaping helped me quit a 20 year smoking habit. I had reached a point where I was smoking a pack and a half of cigarettes. Needless to say I was not feeling well. Sluggish, out of breath, wheezing, coughing, smelly, and hurting others around me.

Being a sort of a tech nerd, the gadgetry of vaping caught my attention. I bought a cigalike starter kit almost five years ago. Within a week after started to vape, I quit cigarettes altogether. I now breath better, feel better, don't smell, wheezing and coughing went away.

Vaping has changed my life and the loved ones around me for the better!

10/30/2015 3:37:35 AM - Shannon Evans

I started smoking around 13yrs of age and continued off and on for years. My fiance' uses a mod and told me one day "let's see if this will help you quit" I was skeptical but gave it a shot. I now absolutely love my mod! I have quit smoking cigarettes completely now. Its been 6months and I have dropped my nic level. I currently use 3mg and plain on going down to zero. I don't know what I would do if I couldn't use my mod. I think most people just assume and automatically think bad. There is no nasty cigarette smell just my waterberry or cookiesNcream that is in my tank

10/29/2015 10:36:25 PM - Karl

I started smoking during my younger years, now that I've started vaping it is very nice. The vape taste better, smells better and is way more safer than cigarettes

10/29/2015 10:35:40 PM - Christopher

Vaping has saved my life. I can breathe better and do the things I love to do with my family without falling behind just because I smoked. Vaping has given me the chance to make new friends and family. I support vaping 100% I use regulated mods and am currently on 3mg. I made the switch from smoking to vaping instantly I didn't smoke a single cigaret afterwards. Thank you

10/29/2015 10:35:26 PM - Tabitha Winton

I smoked for over 20 years. I have heart problems now, and my Dr begged me to stop smoking. She suggested switching to an electronic cigarette (ecig). After debating with my brain for some time, I decided to give it a try. It's now been a year and a half (April 18, 2014) since I have had a real cigarette and I feel so much better. I can finally walk up stairs without getting out of breath. I don't cough all day and night anymore. I wish I could go back and tell the old me to switch sooner.

10/29/2015 10:35:14 PM - Tyler Twohig

Hello, I am a former smoker and vaping has helped me to say that. I started smoking when I was 13 years old. I smoked for 20 years and tried to quit several times. All of them failed. Eventually electronic cigarettes entered the market, and at that time I was one of the first of my friends to ever try one. I started on Blu e-cigs at a 24mg nicotine strength. I gradually got more powerful devices and lowered my nicotine level. As I continued to use them I smoked less and less cigarettes, I eventually went to only vaping. I now use a liquid only containing a 3mg nicotine level maximum. I have watched this industry bloom into what it is now and I have been smoke free for 3 years and counting. I can breath better, and my kids aren't growing up in a cloud of cigarette smoke like my friends and myself did when we were young. I have helped others to switch to vaping and they never looked back. This helped to save our lives. We didn't want to smoke cigarettes anymore, now we don't.

10/29/2015 10:35:00 PM - Chad Berens

My girlfriend and I were both smokers for 15 years, smoking 2 packs per day. Halloween of 2013 we decided to start vaping and have done so since. As products keep getting better, more lives like ours are getting better.

We've been able to do so things like exercise and go for trail walks and even climb the stairs without getting out of breath.

In short, life is so much better than it was before we had an alternative to smoking.

10/29/2015 10:34:43 PM - Tunderlee

I was a cigarette smoker since the age of 11. That was a total of 40 years. I am proud to say I have been tobacco Free for 3 years! I have saved so much money from Vaping compared to Cigarette's that I can afford to eat healthier foods. I feel better, breathe better, smell better and I never want to smoke a cigarette again! Please don't take my smoke free life away from me and others.

10/29/2015 10:33:37 PM - BRENDA JOHNSON KOPCZAK

Stating vital information regarding saving lives. My Mother just turned 87 years old and prior to 2013 she had been battling very severe COPD and Emphysema her lungs were bad through breathing and X-rays. She could not sit herself up she needed assistance and was on Oxygen 24 hours a day.

I heard about vaping (not to be confused with e-cig), found and went to a local brick and mortar store. Once, I was there I was introduced and educated about the benefits of vaping over smoking cigarettes (I forgot to tell you that my mother WAS a very heavy smoker 2 packs a day for 50 + years). I decided after listening and doing research on the web that I was going to purchase the products for her.

After 3 months she went to her Pulmonologist and her lungs sounded better. After 6 months the Pulmonologist sent her for X-Ray and a return visit we found out that comparing her X-ray from 8 months ago to the current X-ray, that her lungs appeared to be clearing. Then the next visit the same results ONLY BETTER!

My Mother is now as of this date October 28, 2015, is totally off of all her oxygen and ONLY see's her Pulmonologist when needed. Her Pulmonologist is NOW recommending and promoting to her Patient's that currently Smoke Cigarettes to change over to VAPING!

Now if this is not a testimate to how great vaping is for your health, I do not know what is!

P.S. The Oxygen company and the Pharmaceutical companies are very upset as they are not receiving tons of money each month from my mother's insurance companies and from her personally.

Please remember that this was a very fast progression to better health and NEVER had to go with drugs to help cut down on smoking - SHE IS SMOKE FREE and BETTER HEALTH and is still with us to this DAY!

10/29/2015 10:33:20 PM - Jason

I had smoked since i was 14 years old, i have tried everything from acupuncture, hypnosis, over the counter patches and gums to prescription cessation. I have been cigarette free for almost a year now only because of vaping products. Vaping has allowed me to remove carcinogens and nicotine from my life completely. I feel better, my doctor says my lungs look 65% better than they had 2 years ago. My wife has now started using vapor products and is also well on her way to being tobacco free. I urge my elected officials to ask the FDA to rework their proposals.

Best regards,

Jason Huggins

10/29/2015 10:33:11 PM - Michael Dervic

Ive smoked and dipped for about 8 years, my friend told me about another healthier option. So i went out bought and istick and a tank, and also some e juice. Since that day ive never looked back.. my health has changed so much from all the weezing and coughing. I feel like i can now breathe. My lungs have opened up and i can breathe better just running around playing with my kids. These vape products have done a 180 on my life and ill never go back to those nasty cigarettes. Ive tried quitting with counseling, patches, everything and anything but i always found myself lighting one up the next day. Not anymore

10/29/2015 10:30:34 PM - Michael Woltmann

I smoked since I was 14 years old and I tried and failed to quit using the patch, lozenges, gum, nicotine inhalers, and cold turkey. I was 30 years old had smoked for half my life and my wife was pregnant and she told me either you quit or you're not going near me while I'm pregnant and you damn sure aren't going near our child. I panicked, I didn't know what to do, nothing had ever worked. Well, I was in the commercial printing business and just by chance a new customer came to me saying he needed boxes for his product. I put on my salesman hat and said well show me the product and it was AN ELECTRONIC CIGARETTE or as he referred to it a vaporizer, but not one of the small things you see in gas stations it was a usb rechargeable battery and a tank that you filled with e-juice he said. I said that I could fulfill his order and have him estimates and he gave me his website which was dropsmoke.com and he let me keep the sample he brought and gave me some juice. Well I tried it and short story is I have not smoke in 4 plus years and I feel better than ever! This encounter and product SAVED MY LIFE, I was doomed like my mother and father who both passed from cancer until this came along. I thank God for this invention everyday and encourage smokers to try making the switch.

Thank you,

Michael Woltmann

10/29/2015 10:30:25 PM - Allison Vandeveld

After working several years in the vaping industry, I have personally witness thousands of people quit smoking traditional, deadly cigarettes and are always happy to tell their story of how vaping helped them quit. This would be horrible for millions of americans who do not want to die like the 500,000 each year from cigarette smoking. It has been long proven and well known that cigarettes are unhealthy, deadly, cancer causing addictions. Why let the big tobacco win when they are causing the deaths of more americans than war, firearms, alcohol, and homicide combined!

Back in 1965, a similar device which vaporized propylene glycol, the main ingredient in e-liquids, was going to be set up in every hospital around the country because it disinfects the air. This technology is not new and should not be feared or dismissed because of the unknown. Banning things that help people every day across the country is ignorant and will only take the country years back in helping the health of all citizens.

Not to mention the economic harm it will do to thousands of small businesses across the country who support their local economy and growth. That is what this country was founded on, the idea that a single person with drive and ambition can succeed and prevail in the business world and grow the country as a strong powerful force of individuals and not just a select few companies with monopolies.

It's time to give the power back to the people and let them decide if products like these will help their health and longevity.

Personally I started using a small ego style set up to help me quit smoking, I smoked for several years on and off, and have not touched a cigarette in over three years. I lowered my nicotine level from 12mg per milliliter to 3mg. I currently use a dripping system with a RDA and regulated box mod. I love to share the safety, health effects, and solidarity that vaping brings. Since I quit smoking, I've noticed a great change in my perception of life, health, activity increase, smell and taste, as well as the impact it has made on my lifestyle choices and daily energy.

Vape on and vape strong and don't let the ignorance prevail!

10/29/2015 10:30:12 PM - N. Amos

I had tried quitting smoking for years, nothing worked. A friend sent me the information on an e-cigarette. So I decided to give it a try, that was 7 years ago. Within 2 weeks I was off tobacco cigarettes, within 6 months I was nicotine free. I still use the vaporizer, it now just has flavoring in it. After 24 years as a smoker, I finally quit.

The impact healthwise was wonderful. I quit coughing, I can breathe better. I have more stamina.

10/29/2015 10:30:03 PM - Ariel R.

My whole life I grew up around smokers. My mother, biological father, grandmother, uncle, and stepmother all smoked cigarettes. My mother quit after having my younger sister, but that didn't mean that everyone around me quit. When I asked my family members why they did it, they said because they liked it and it helped them relax. When I turned sixteen, I went through a rough school year being bullied and such. I picked up my first cigarette from my best friend's mom. And then on I smoked until I turned 19 and developed a NASTY cough. By this time I was smoking almost a pack and a half a day. My best friend, Sam, she introduced me to ecigarettes. I got my first ecig at the age of 18 and used it regularly while cutting down smoking cigs. I have been completely cigarette free for a year and have been using ecigarettes for two years. I know it doesn't sound like much, but a man came into the vape shop I work at and told me ecigarettes saved his life and I strongly believe by the age of 30 I would've contracted some sort of lung disease like COPD or cancer. Vaping has saved my life and I plan on introducing it to my grandmother who has had a stroke and continues to smoke. This new era of vaping is saving people. And I strongly believe taking this away will result in the growth of tobacco use by teens and young adults into their later years or what little years they will have left after smoking. Vaping is the future and it's helping so many people. Please do not take this away.

10/29/2015 10:29:54 PM - Heather Johnston

I smoked for 11 years and suffered from bronchitis regularly. I decided to try vaping when I saw it at my local cigarette shop, and was able to quit smoking after less than a month. I am now 10 months into vaping and at a low level of nicotine. I am healthier now. I don't cough all the time or get bronchitis. I also do not worry about getting lung cancer the way my mother did, and she died at the age of 50 after smoking for 34 years. I had to see her suffer, and I don't want my loved ones to go through that with me.

10/29/2015 10:29:45 PM - Laura Turner

I started smoking when I was 15yrs old...I am now 44yrs old and due to health reasons I needed to quit ....I talked with my doctors and they were all for me changing to vaping.... I could not use the patches nor any other drug to interacting with my meds,they are checking me regularly and state that my lungs are cleaner than they were before.....I'm so thankful for the vaping community for helping me.....I breath better ,smell better and can taste my food.....got to keep this vaping around,I don't trash the earth with cig butts or smell like an ash tray....my vehicle doesn't either.

10/29/2015 10:28:49 PM - David Rose

I smoked traditional cigarettes for 40+ years. Through the years I tried all the approved methods to quit smoking, all were short lived. Then a friend introduced me to e-cigarettes. I tried several different types for a couple of years while still using tobacco products. Then I found an e-cigarette that made it possible to stop tobacco use permanently. I have been tobacco free for 3 years now. I feel better, do not wake up in the mornings coughing and I do not go to the doctor with smoke related illnesses. In all taking my vaping rights away would be sending me back to the store to get a pack of cigarettes. Sizing it up in the most part is I am healthier now than when I smoked. Another good point is the money I save vaping compared to traditional cigarettes.

10/29/2015 10:28:37 PM - David Sprung

I was a smoker for 33 years. I tried patchs, lozenges, gum, hypnosis and a doctor prescribed drug called Welbutrin. The Welbutrin worked but gave me suicidal thoughts. I stopped taking the FDA approved drug because I decided I would rather die later on from cancer than I would by killing myself now from the drug that again was prescribed by a doctor and is FDA approved. I decided to try an e cigarette to try to stop smoking. Well, that was 1 1/2 years ago. I can proudly say that I have been tobacco free for 1 1/2 years. If it weren't for vape products, I would still be smoking. My sister-in-law passed away last month from stage 4 lung cancer. She was only 49. I began vaping with an e liquid that had 18 mg of nicotine in it. I am down to 1.5 mg of nicotine and I hope to be nicotine free by years end. For those that say vaping does not help to quit, I strongly disagree and would argue that point with you till my last breath. If it weren't for vaping, I would still be smoking and possibly joining my sister-in-law. Vaping saves lives. I can breathe better. I can taste food and my sense of smell has come back. My children get a lot more enjoyment from my company because I can now join them in sports. My overall quality of life has improved immensely. And I don't stink from smoke.

10/29/2015 10:28:26 PM - William

I quit smoking after trying everything out nthere from gum(nicorette),pills(Chantix),pages(nicoderm) and a few others and nothing worked. I finally started trying electronic cigarettes and the ones that big tobacco are making like MarkTEN and Blu did NOT work for me. The ones that did work are the mods like the Innokin VTR I am using now. For me vaping has saved my life and stopped me from continuing a 25 year habit of smoking cigarettes. It seems crazy to me that the government is trying to impose laws on something that is 100% safer for me then smoking. I am affraid that now after kicking a 25 year habit I will be forced to take up smoking again and put myself back at rick for all the terrible things that will (not can) happen to me from smoking. I am in a very happy place right now after being cigarette free for so long from vaping. Please do not take away my rights.

10/29/2015 10:28:16 PM - Anthony Weston (from NJ)

I smoked a little less than a pack a day for 4 years. I've tried to quit numerous times with medication, nicotine gum, and patches. No matter what, I always picked the habit up again. I finally got myself a e-cigarette style vaporizer in 2007, but it didn't help too much. The battery wouldn't last, and the vapor amount was minuscule. When the newer forms of vaporizers hit the market, I decided to try it again. This time was so much different, and the day I bought my vaporizer was the last day I smoked a real cigarette. It's been almost 5 years without touching a cigarette. I can't recommend these highly enough. I finally can breathe again, and I don't smell like smoke. There's no benefit to smoking real cigarettes over using a vaporizer. I wish more people would give them a try.

10/29/2015 10:24:42 PM - Chrisy

I am a 52 year old Woman that started smoking at age 16. By no means am I a Scientist , but what I will offer is an honest testimonial of how my body and health have reacted.

Two years ago, I switched from smoking Cigarettes to Vaping. I started off at 24mg of Nicotine and have tapered down to 6mg. My next step down would be 0% Nicotine. I look forward to the day very soon in which I no longer have a physiological dependency on Nicotine. This is hands down the best Smoking Cessation mechanism that I have experienced and trust me, I have paid a fortune and tried them all.

Prior to this, I had a TERRIBLE morning Smokers cough. I would get Bronchitis every two-three months like clockwork. If I worked out, I would struggle to breath, to the point of having to stop exercising. I had no smell and very little taste. I snored and struggled to breathe when sleeping. NOT TO MENTION HOW BAD THAT I SMELLED.

Again, I am not a Scientist, but here is an honest testimonial on how my body reacted to the change from Smoking Cigarettes to Vaping.

1. My wicked morning Smokers cough that I had for years was gone in under a week.

2. I have not had one single incident of my regular Bronchitis since I started Vaping. I donâ€™t miss my quarterly Doctors visits.

3. My lungs slowly started to bring up the Tar from my Lungs and my breathing has improved drastically. My Lungs are on the major mend these days.

4. The Oxygen levels in my body have increased from 90% most of the time to 100% most of the time.

5. For the first time in many years, when I exercise, my Muscles give out before my Lungs do. Itâ€™s amazing.

6. I no longer snore when sleeping.

7. My smell and taste buds returned after a few months (I did not realize how much I was missing out on).

8. I no longer smell like Tar and Cigarette smoke.

9. Iâ€™m SAVING A FORTUNE not purchasing Cigarettes.

Thank you.

Chrisy M.

Indianapolis, IN

10/29/2015 10:24:29 PM - Eman candelaria

Vaping has changed my life in a way I'm at a loss for words. I've been smoking cigarets and hookah for the past 5 years of my life. I found out about the vape community a year and a half ago and I've completely dropped cigarets and haven't touched a hookah since. Vaping has not only help me better my life but also opened a lot of opportunities for me personally and emotionally. I've made new great friends and my family is not disgusted at my scent or worried I'm cutting my life short. Vaping has changed my point of view on life and has helped change other people's view on their health as well. I love this community it's safe for my health and keeps me out of trouble while giving me something to put my all to.

10/29/2015 10:24:21 PM - Ed

I had smoked for 30 years when I found vaping. I had tried multiple times to quit smoking and nothing worked. I had tried quitting with gum, patches, cold turkey with no luck. When a friend introduced me to vaping I was skeptical but it really worked. I have been smoke free since December 8, 2015. I started on a pen style batter at an 18MG of Nicotine. I now use an electronic box mod and rda and use a 3mg of nicotine. I truly feel better vaping then I did smoking.

10/29/2015 10:24:12 PM - Ryan

I have been smoking for 10 years and finally was able to quit with vaping, I've been vaping for 2 and half years and never looked back to smoking cigarettes, vaping saved my life, I no long smell like tar and no longer short of breath and also I don't have smokers caugh. I can breath better and enjoy the time I have with my daughter, who's mother had passed away just last year in July. So I have to stay strong and healthy for my daughter also I had gotten my dad and mother to convert to vaping and hopefully a more healthy lifestyle. I support the vaping community and want to pass this bill. I do not smoke any more and would love to keep it that way

10/29/2015 10:24:03 PM - Sara

I smoked since I was 16 and have now been vaping for about a year and have completely quit smoking cigarettes. I love the fact that I can vape and don't have to worry about smelling like an ash tray. I also love the fact that I can run again because I can BREATHE! I feel so much healthier. Vaping is the only way I was able to quit. I also have turned all my smoker friends onto vaping and they have all cut down if not quit completely. I love vaping and I will never go back to nasty cigarettes!

10/29/2015 10:22:46 PM - Misty R

I'm Misty and in 2013 my life took a tragic turn. I was working in my field with my degree in pharmacy 2yrs after college. One morning I was waiting for my manager to open the pharmacy. As I was early I decided to walk across the street for coffee and cigarettes.

I never made it to work. While legally and rightfully in the crosswalk, someone hit me with their car and drive away leaving me in a four lane road, alone, and for dead. Luckily I survived and I fought for my life, after immediate care I made a vow to myself and those I loved I would do anything to be here for them. As an asthmatic and family history of various lung disease, this ment my 10 year smoking habit had to go. While in recovery, my sister in law came to visit and brought her ego style vape pen. I was curious because it was working for her. After she let me try her birthday cake flavored vape, I was ecstatic I quit cigarettes for good within 3days. Now as an avid experienced vaper (which I've poured quite a lot of cash into) I have not had a cigarette in over 2yrs. I can breathe again and my rescue inhaler is only used in rare occasions from allergies instead of daily. My doctor could not be happier and neither could I.

10/29/2015 10:22:38 PM - Pamela Moeller

My husband and I went through 3 packs a day when we smoked. We both started vaping 9-1-14 and never bought a pack of cigarettes again. Our son has asthma and used to be at the doctor at least 2 times a month. Well no more. He's not had a problem in over a year. I have high blood pressure. Now my blood pressure is normal. My house, clothes, car and hair no longer smell of cigarettes. We all feel better. Food taste better. I believe in my heart vaping will help me live a longer healthier life. Thank you

10/29/2015 10:22:27 PM - Nickie Enochs

My 25 year addiction to cigarettes ended on June 12, 2014. I started with 36mg of nicotine and now am down to 3mg. The benefits to my health are amazing. I can exercise without being winded after 15-20 minutes. I sleep more soundly due to no longer coughing all night long. I don't wake up hacking up nastiness anymore either. I can taste food again, and no longer have the urge or need to use tobacco when out socially. Myself, house and car no longer reek of tobacco. With all the benefits I've incurred by vaping has made me a walking testimony to my family and friends. To date I've converted 9 people from cigarettes to vaping. It has also afforded me a job in a vape shop. I'm able to talk with hundreds of people who are just switching over and their excitement to being able to quit tobacco is proof to me that vaping is a credible way to quit that nasty addiction to cigarettes.

10/29/2015 10:22:14 PM - Steve

I owe not smoking to vaping, period! It all started with a brand names vapor 4 life. Some may now this company as they were very popular some years back, but the one individual and shop whom really stopped me from smoking and into vaping was Mr. Phil Busardo and juicy vapor out in Illinois. Since then I have been ciggarette free for almost 2 1/2 years, found a new hobby that I am extremely passionate about and also a new field of work that makes me Soo greatful everyday I am able to be a part of. Thank you casaa, thank you Vapescene, thank you Phil Busardo, thank you vaping!

10/29/2015 10:22:03 PM - Joanne Williams

I was a heavy smoker for 45 years. As time went on, I noticed different health problems that I could contribute to cigarette smoking. Thus I tried to quit. I tried every method known, sometimes several times to no avail. When I became aware of the vape method, and researched it, I tried it also. At the same time, I had to have a procedure done to my throat. I have not smoked since that operation and am doing quite well.

I believe that half the problem with other methods is " the habit". Non-smoker's don't realize the huge part that plays in quitting. The vape allows me to maintain the habit. I have weaned myself down to very little nicotine, but I still struggle with the habit.

My health is a lot better, as well as my outlook on life. I will not say that it doesn't have any long-term effects that I am not experiencing or aware of yet. All I can say is I feel better, I breathe better. I laugh more and I exercise longer.

If the Government decides to take this method away from the millions of people that have been helped it will be tragic. I think they need to decide....they wanted everyone to quit. We have found a method that works. Why mess??????

10/29/2015 10:21:16 PM - Joshua Michael Bedingfield

I started smoking when i was 17. Originally i started as a social smoker but within a year I was smoking a pack of cigarettes per day. By the time I was 22 I was smoking a pack of cigarettes per day and i also had started dipping. The combination of the two was destroying my gumline and causing me to have a terrible cough. I wanted to try Chantix to quit but scared because I already have major depressive disorder and the side effects were terrifying. In May of 2014 i started using vapor products and within two months i quit tobacco all together. I have now been tobacco free for a little over 2 years.

10/29/2015 10:21:06 PM - Chris from NC

Vaping has changed my life for the better. I was a smoker since the age of 15. I thought it was a "cool" thing to do so I could fit in with others around me. Little did I know how bad it actually was to be addicted to something and how hard it truely is to quit. I started vaping almost 2 years ago and as time progressed I learned more and more about it. I started off with a pen and have graduated up to a regulated mod. At first I was using 24mg liquid but over time I was able to cut down little by little. I currently drip 3mg. I have noticed a huge difference in my health after switching. No longer am I waking up with a sore throat. "Smokers cough" is a thing of the past. I would get sinus infections annually while I was smoking cigarettes. Guess what, those are gone too. Not once have I had a sinus infection since the transition. Not to mention my house, my car, my clothes, and myself no longer reek of tobacco smoke. I have been smoke free for almost 2 years and I will never go back.

10/29/2015 10:20:55 PM - Hope Gallo

Hello, my name is Hope. About 3 years ago I had a really bad case of pneumonia. The Dr said that if I didn't quit smoking my lung would collapse and I'd be on an oxygen tank for the rest of my life. I couldn't quit smoking cigarettes and I've had bronchitis for almost 4 years. Every morning I'd wake up cooking on phlegm and struggling to breathe. I even started coughing up blood. I finally decided to try vaping. After only a week I woke up breathing fine and barely coughing. After 2 weeks I was breathing normal again. Vaping had me quit smoking cigarettes as soon as I stated thanks to the amazing flavors. The next time I tried too smoke a cigarette I immediately threw it and the taste was so awful I was so grateful to have found the alternative, vaping. I found a flavor vanilla custard that's Ssoooooo good that I've even stopped eating candy! If it weren't for vaping I'd be using oxygen at only 24 years old. Please, don't take this away from us. I'm a singer for a band and smoking cigarettes would've ended my dream. I'm beyond grateful for all that the switch to using vape has done for me. I can sing like I did when I was 18 and am finally starting too workout again. Let us vape and don't change our amazing selection of flavors!

10/29/2015 10:20:36 PM - Nicole ray

i tried for years to quit smoking with medication such as wellbutren, chantix, ext. Nothing worked.I have a strongly addictive personality and have had long battles with drugs. I can honestly say smoking was way harder to quit. It is the one BAD habit that has stayed with me for 20 years. I found out about Vaping from a friend and I will admit, it took some time to find the right setup and eliquid to work for me, but when I did, I was able to make the transition. i used a little 30w Istick and a nautilus tank. That was after trying pen style devices that most people start with. My entire family hated the fact that I smoked. It smells, you have to stop what you're doing to go outside, it's messy. How about the fires it causes every year by careless people not putting them out properly? Vaping is all around better for everyone, not just those who vape. I know my daughter would prefer I was around for a long long time, and not dead at an early age from smoking. I hope everyone stops and thinks about how better off the world as a whole would be with out poisonous cigarettes.

10/29/2015 10:09:24 PM - Matthew

As a father of two children, I had smoked for well over 15 years at over a pack a day. Smoking began having a serious impact on being active, and having tried every smoking cessation available, I turned to electronic cigarettes. My first purchase was 4 months ago... and that was the last day I smoked. In the matter of one day, my entire life improved.

After 4 months of using a minimal nicotine level (6%) I haven't even thought of smoking again. I can breathe infinitely better, my stamina is better, I can smell things I could not before, EVERYTHING has changed for the better. My work outs are now more productive and I have less issues running out of breath. I have no issues running laps with my kids while I coach their softball team.

It is absolutely outrageous to me that e-cigarette products will be under the same scrutiny tobacco products are, especially given the fact that medications with serious side effects (such as Chantix) are pushed on the public WITH FDA approval. Smoking cessation products, in my opinion, are mostly a sham and do not address what the root causes are. Even working for a healthcare system, our own smoking cessation programs are severely lacking, with success rates under 20%.

I just don't understand why efforts would be made at the taxpayer's expense to regulate a product that helps people, in favor of products with dangerous side effects. This has helped more than a few people I know.

Thanks,

Matthew

10/29/2015 10:09:04 PM - Lisa Sullivan

I smoked for 38 years and could never quit. I started vaping in Feb. 2015 and have never touched a cigarette again. Over the course of my use, I have lowered the nicotine level and now am on zero. I feel better and breathe better. I am so glad that this method was available to me.

10/29/2015 10:06:29 PM - pheng yang

Since I started vaping I have not touched a regular ciggerett for the pass 4 years. I have also become more active, because I can breath better from not smoking! Thank you

10/29/2015 10:06:19 PM - Meg

I started smoking cigarettes when I was 15. At age 33, I had attempted to quit probably 20 times, using a variety of methods. I was introduced to vaping and quit smoking within 2 weeks. It was the best thing that ever happened to me and I can't believe how much better I feel.

10/29/2015 9:50:49 PM - Barbara Sluppick

I started smoking when I was 16 years old and smoked 2 to 3 packs of cigarettes a day. I often thought I would smoke the rest of my life because I liked to smoke and quitting was difficult to do. Several years ago I started to wheeze, especially at night. Coughing had become a part of my morning routine. I also noticed that when I walked any distance I was gasping for air and my heart was pounding. I realized that in order to improve my health I needed to stop smoking. I bought some e cigarettes with the intentions of using them to help me quit. As fate would have it, in April of 2012 I got a bad case of the flu. I was ill to the point that I did not smoke for 10 days. As I started feeling better I made the decision to use the e cigarettes instead of smoking. It was one of the best decisions that I ever made in my life.

I have not had a cigarette since then. My decision changed my life. The wheezing is gone, I no longer wake up coughing my lungs out and I can walk without feeling like my heart is going to beat out of my chest. When I first made the change e cigarettes with prefilled cartridges were the only options that were available. As time went on vaping equipment and liquid nicotine started to become available and I started to use those instead of the prefilled. It was a more economical option and also gave me a lot more options.

I am so happy and grateful that vaping is now an alternative to smoking. It has helped to improve my health. My sense of smell and taste has returned. I no longer have a smoke filled house with residue covering every surface. I do not have to worry about subjecting my grandchildren to second hand smoke. For 38 years my smoking had been a hassle because I was the only one in my family that did smoke. My sister has asthma and it no longer bothers her to be in my home. Vaping has been the answer and solution to so many problems I previously faced. I highly recommend it to everyone that is currently a smoker.

10/29/2015 9:50:36 PM - Lylehilljr

I started vapeing a year and a half ago and absolutely love these products I used to smoke 3 packs of cigarettes a day and my health was definitely showing results from doing so since I started vapeing I'm off nicotine completely and feel a hundred times better in my opinion cigarettes should be eliminated and vapeing should be left alone these products have definitely helped me and my family and friends and should remain available to any adults that choose to use them as a healthy alternative to smoking thanks for your time and please keep these products available to people like me

10/29/2015 9:50:27 PM - Gary

E cigarettes have helped me to quit smoking I have been smoke free for a year and 3 months thanks to these products. I smoked for nearly a decade and thanks to these devices I no longer smoke and I look and feel much better than I did before.

10/29/2015 9:49:22 PM - Bob James

After smoking cigarettes for over 60 years, I have finally quit thru vaping.

Over the years I tried everything and could not quit.

Now I have quit for about two years and notice a big difference.

I have seen young people give up smoking thru vaping. I only wish this was

available 50 years ago, my medical problems may not exist.

10/29/2015 9:37:42 PM - Jacob

I started smoking cigarettes at the age of 15... I understand I was young but there will always be underage kids trying alcohol cigarettes or illegal drugs... its just the way people are and we have to accept that... I smoked until the age of 19... walking up the stairs made my heart beat fast and i ran out of breath because of my alveoli being damaged... I was constantly getting sick from bronchitis.. i had a lot of phlegm and tar buildup which prevented me from running and exercising.. yes i lifted weights but my cardiovascular health was terrible.. one time I passed out in the gym and got rid of 10 rounds of phlegm... at this point i had to quit. My lungs and heart were getting really bad.. my teeth were feeling weak even though i brushed them after every meal and flossed everyday... i switched to vaping products 11/25/2014 and after getting rid of the tar that built up from nearly 4 years... i can run a mile without feeling like i'm about to pass out.. i can lift harder.. walking up the stairs doesn't effect me at all... my doctor said that my lung capacity has increased and they sound a lot better... i don't get headaches.. on top of that I don't smell bad... i'm not going to sit here and say i know everything there is to know about the homogeneous mixture of e liquid but i know one thing... I am healthier feel better have more confidence because I don't smell bad and I can preform activities just as efficient as a non smoker... Vaping has saved my life.. everyone has a risk of getting cancer even drinking some sodas cause cancer(Carmel color)... however i would love to continue to have the opportunity to reduce my risk of getting cancer...

10/29/2015 9:37:31 PM - Vapemayer

I have been suffering from high blood pressure two years ago, for two years I now consume the e-cigarette and my hypertension is gone, so I do not need any more medicine. If that's not a relief of the health care system and a very good result for me and my doctor is, by the way, supporting the e-cigarette to 100%, then I do not know it well, what can man do more.

10/29/2015 9:37:00 PM - Michael

I started smoking in 1986 as a high school senior because - you guessed it - I wanted to be "cool." At the time, it was primarily an occasional social habit, but once I went to college it accelerated into a full-blown addiction. Soon, I was smoking 1-2 packs per day. Flash forward to when I had a daughter and she became old enough to understand the dangers of smoking: that was when I first thought about quitting. I tried cutting down on my own, but to no avail. Next came the nicotine patch, which also failed. I had some success with Chantix: I was able to quit for six months, but then fell off the wagon and went back to the previous level of smoking. I even tried hypnosis at one point, but that was an abject waste of time.

Sometime around 2007 I briefly dabbled with the first generation of e-cigs, but had disappointing results due to what I felt was their limited ability to simulate the experience of real smoking. However, in late 2012 I made a promise to my daughter that I would really try hard to quit again, and I took another look at e-cigarettes. So as a New Year's resolution for 2013, I purchased a more modern, battery-operated device with a refillable tank and replaceable coil system, and I haven't looked back since.

The e-liquid I started with was 24 mg strength nicotine, which I was told would be analogous to the full-flavored cigarettes to which I was addicted. Over the years, I have gradually reduced the nicotine strength down to my current level of 3mg. But even at the higher strength, I noticed immediate health improvement. Within the first month, my morning ritual of waking up and coughing several time to clear my lungs disappeared altogether. I found I could hold my breath longer when swimming, run or bike farther and harder before becoming winded, and generally just felt much better. I have also noticed that my propensity to develop respiratory infections two or three times a year also went away.

At the risk of sounding dramatic, I believe that e-cigarettes have improved my health and significantly extended my life. Do I think they are 100% safe and free from any ill effects whatsoever? Of course not. But neither is getting in my car and driving to the market. However, I am convinced through my own experience that the use of e-cigarettes is immensely safer than igniting thousands of sticks of rolled tobacco and inhaling the products of their combustion deeply into my lungs. And the prospect of the government's efforts to severely regulate or outright ban e-cigarettes in the American marketplace frustrates me to no end - especially since traditional cigarettes, which have actually been SHOWN to have severely deleterious health effects, will still be widely available nearly everywhere.

If anyone has actually read this story to this point, whether you are a smoker, ex-smoker, or simply curious about e-cigarettes, I urge you to contact your government representatives and let them know that you join us in our desire to keep this potentially

life-saving smoking cessation device available and affordable to those who need it. Or to any free citizen who wants it, for that matter. After all, this is the Land of the Free, right?

10/29/2015 9:35:55 PM - Eric Terry

I am 39 years old and I have smoked 2 packs a day since i was around 15 never had any luck quiting. I even had a very serious car wreak when i was 21, that but me in a comma for 4 months. I puntured both my lungs, at that time i held the world record for living on a jet ventalator for the longest and lived to talk about it. I was in a comma and still had the mental addiction even though my lungs were again pink. I was younge a made a bad choice to fall back into smoking and i never looked back. I turned 39 in August of this year and i took a look at my self. I always told myself i would give up smoking when i had children like my father did. That being said I am not married and have no children. If i don't give up soon, well what the piont in stoping at all? My father died a few years ago and he hated me smoking. I saw a friend of mine on facebook vaping and talking about vaping and he gave up smoking for vaping so i figured i would give it a try. I bought all the stuff and got started with his help. I put down the smokes that day and have not touched them once in going on a month now. That easy 24 years of a 2pack a day habbit. I just turned it off like a switch. I have never been bothered by smoke. I always thought people were being babies about it but i get it now. the other day i was vaping talking to a friend that still smokes outside and i leaned past her face for some reason and the smoke hit me full in the face. I finally got it! Me? The guy that was like a freight train for all these years, was offended by the smoke!! I could not believe it. My blood pressure has gotten better, I don't smell like smoke, my house does not smell like smoke, my teeth are getting less and less stained, my breath is better. I ask you, why would you want to take that away from people like me? If you do want to take it away from me and my fellow vapers. I would like to know why, not some bull crap reason but really why?

10/29/2015 9:35:42 PM - Desorah

I was smoking after my baby was born and for his sake and mine I switched to e-cigarettes. They don't have the nasty smoke smell so my clothes don't stink when I hold him. I can't step outside all the time for a cigarette and with electronic cigarettes I don't have to. On a day to day basis I feel better without cigarettes. I can breathe better and with vaping there is all sorts of flavors to try and no nasty flavor like cigarettes. I also believe vaping helps with eating as well, with all the unhealthy snacks out there, e-juice has pretty much a flavor for all of them so when you feel like snacking you just vape instead for that flavor your craving and it helps keep you away from those fattening snacks. I think it is beneficial in many ways. You kids don't have to deal with you smelling like an ashtray, you still can enjoy nicotine in your life with a better flavor to help with those extremely stressful days, helps you snack less to keep you healthier, and of course to a lot of people it's a hobby. They love collecting mods, tanks, juices. They love building all sorts of coils, making and watching reviews on the different stuff. Getting together to talk about vaping while vaping their faces off and seeing who can get it the foggiest. Vaping is beneficial to your health and it is fun at the same time. Like I said it's turned into a hobby for most, don't take away a big percentage of what the people love to do!

10/29/2015 9:30:46 PM - Debra

My husband has been smoking for about 60 years and I been smoking for 50 years between the two us we went thru at least 4 packs a day if not more we smoke maybe 1 pack a day now trying to completely quit smoking we been using mod for about year now and I sure have noticed the difference in my and my husband health we can breath lots better have more energy we can walk for about 5 miles now without getting tired reason we have a hard time of quiting the cigarette is my husband is a truck driver for 48 states and we have a hard time finding a place to park and getting to a Vapor store and we are down to 3 MG of nicotine and we live in state of washington

10/29/2015 6:30:55 PM - Anthony Winters

Well I am one that hates Cigarettes and has never smoked. I do own a vape shop and have helped many people quite smoking including my Father and many family members. It works and will continue to work. My dad can finally run around because he has the oxygen in his lungs now. People usually only vape for about a year and a half. IT WORKS. You want to put your money into making people quit smoking? INVEST into promoting E-Cigs. IMO.

Thanks for taking the time to read this. Sending much LOVE from Michigan.

Anthony Winters

10/29/2015 6:30:34 PM - Aaron

I smoked a pack and a half to two pack a day for ten years. I started smoking an I just 2 about 2 months ago with 6 MG of nicotine. And within a month I have dropped to 3 MG of nicotine. I still use my I just 2 but it's more of a flavor thing than any format of cigarettes. I work in a casino surrounded by cigarette smoke all day and since I started with my vaporizer I haven't had a craving for a cigarette. To be honest cigarette smoke makes me question now. I feel better I'm happier more energy and I can run and breath easier now. I firmly support the e cigarette and will be outraged if I can no longer use it. Please take this account into consideration.

10/29/2015 6:30:22 PM - Justin Kealanahele

Aloha,

My name is Justin Kealanahele. I served in the united states Marine Corps for four years. during December of 2011 I started smoking. About a year later ,on my first deployment, my health got really bad i was severely lacking in my physical fitness, i was prescribed an inhaler and i had my first asthma attack (according to the medical officer) so i stopped for about a month. As soon as that month was over i had a bad craving. At first i was really skeptical about vaping and thought it was just another way to show how much money you really had. so, I stayed away from it. Then on my second deployment, a friend of mine gave me a mod and started me off with a whole set (rda, cotton coil and tools) and the rest is history. I havenâ€™t touched a smoke in 3 years. My physical fitness and well being sky rocketed, my fiancÃ© didnâ€™t leave me, and my younger brothers followed in suit. Not to mention i started my own e-juice company Â and Iâ€™m making a little more money on the side to support myself and my fiancÃ©.

10/29/2015 6:30:00 PM - Tbone

This is from the letter I submitted to President Obama, my congressmen, and representatives. It includes my testimonial as well as my plea for action.

I started smoking when I was 12 and smoked regularly from around age 16 to 38. I was never a heavy smoker, maybe a half pack a day, but I was still putting that toxic crap in my body every day. I tried to quit but I don't think I ever really wanted to quit. Addiction lies to your brain. It makes you think you want something and need it. You will defend it even though you know it's harmful. I tried patches and gum but they don't work. Cigarette addiction is far more complex than just nicotine addiction. If it were only the nicotine that is addictive, many more people would quit with the help of gum or patches. Then one day, I discovered vaping. I tried the devices from gas stations that look like cigarettes but they are crap and I have no way of knowing what is in them. What do I expect though, it's a gas station. They were not a good replacement to cigarettes and didn't work. I'm guessing these companies are affiliated with big tobacco in some way. Then I started going to vape shops and my eyes were opened. Suddenly I was introduced to a vape culture that prides itself in education and full disclosure of ingredients. I bought a very reasonably priced device and a variety of e-liquid flavors (having that variety of flavor choices is key to success, you have to switch it up). At first I was just cutting down on my smoking. I would have a cigarette in the morning and one at night but the rest of the day, I vaped. I noticed a difference in my energy levels within a week. After a few months of that, I started skipping those morning or evening cigarettes from time to time, then more often. Then I would go a few weeks without a cigarette. I told myself that if I ever wanted a cigarette really bad, I would just smoke one. I never tried to quit, just replace. Quite frankly, the cigarettes started to seem really nasty and made me feel weak when I smoked one. Vaping didn't make me feel that way at all. It was enjoyable just like smoking had been but without the negative side effects. I never allowed myself to feel guilty about smoking because every cigarette not smoked counts and I was "not smoking" a lot of cigarettes. After a few more months I realized that I had not purchased a pack of cigarettes in a very long time. I still get the craving to smoke from time to time, usually when I haven't vaped for 5 or 6 hours or when I'm stressed and my brain remembers smoking as a learned response to stress. It's not hard for me to say no to cigarettes any more though. I hate the smell. I hate the way it makes me feel. I don't ever want to return to smoking. That being said, I am still addicted to smoking. Whether that addiction is chemical or psychological or both, I don't know. But it's real and I fear that if I no longer was able to legally purchase quality vaping products, I would have to make a moral choice. I would either have to become an outlaw or risk returning to smoking cigarettes. Please don't make me make that choice. Please see this for what it really is. Big Tobacco is taking a beating to their profits because of the vaping industry. I don't know one person that has quit smoking by using the patch or gum. Not one! I know of 2 people that quit smoking cold turkey on their

own. I personally know 26 people that have quit smoking for a year or more by replacing it with vaping. I have read hundreds of testimonies, in facebook groups, from people who claim to have quit smoking or greatly reduced their smoking with the help of vaping. Please see that this is saving people's lives here. It's more than a hobby or a fad. It's a lifeline. If you let this privilege be taken away from us, you are cutting out our legs. Please don't let lobbyists and false data persuade you to buy in to the lies about vaping. There is research that shows vaping is at least 95% safer than smoking. Processed food can't even make that claim and you can buy them at most high schools in America. Thank you for reading my story. I hope you will help us.

10/29/2015 6:29:42 PM - Charles Olson

I was a pack and a half smoker for 10 years. I started vaping a year ago and it saved my life. I instantly noticed that I did not get short of breath easily and I feel better and healthier in general. I started out using nicotine in my vape but have gradually stepped down to Zero, I REPEAT ZERO NICOTINE in my ejuice. I am no longer dependent on nicotine or tobacco but I still in fact vape. I now use vaping as a way to help me lose weight and become healthier. If I want something sweet without the calories, I will vape a strawberry cheesecake with zero nic to satisfy that craving. Vaping has saved my life and many others. Why our government wants to deny us of these things is devastating. All of the small vapor shops and businesses will close up and people will be force back into big tobacco. Please #letadultsvape.

10/29/2015 6:29:33 PM - John cochran

I was a smoker for more than 30 years i started when i was 10 years old i tried every thing to quit with no luck. i was in the hospital and i had seen the vapor cigs in one of our local stores so i had my wife to go get me one. that was more than 2 years ago today i feel better i breath better and in general a happier person vapor products are life changing and life saving devices. I would be a shame to lose these products

10/29/2015 6:29:25 PM - Melinda P

Thanks to vapor products, I have been cigarette-free for 2 years - after 30 years of smoking! My 27 year old son has also quit smoking, thanks to the safe alternative of vaping! That is such a huge blessing to me as a parent. The health benefits of giving up cigarettes are countless, but I was never able to fully quit until I started vaping in January 2014. I haven't picked up a cigarette even once since, and never will again!

10/29/2015 6:29:11 PM - Marna

Simply put: I quit cigarettes by using a vape 2 1/2 years ago. I have never picked up a cigarette since using a vape. It's been a life-saver!!!

10/29/2015 6:29:00 PM - Jennifer Jones

In Sept of 2014 my dad was receiving hospice care for COPD. He was unable to walk due to low oxygen levels and was constantly on a breathing machine. He was not expected to live long. But he and my mom were still smoking cigarettes. They could not stop. Suddenly, my mom became sick. What was first thought to be pneumonia turned out to be full on lung cancer. She was given about six months. She died two weeks later. So, at the age of 32 I was left without a mom and loosing my dad at the same time. Unable to work and care for my dad alone, he was placed in a VA hospital in their hospice wing. Being unable to smoke there he slowly began to get better. Eventually, he was released from hospice and moved into a general nursing home. He had broken his hip trying to walk, so he was still not mobile, and Alzheimer's disease was taking over, so he still needed constant care I could not provide alone at home with two young children. He is now no longer on oxygen and doing well for a man in his condition and age. I was still stuck to the death sticks though. I was terrified of my kids having to deal with what I had gone through. Loosing mom tore me apart. I saw a grief counselor for over seven months. I'm crying as I think about it all and type this. On the anniversary of her death this year, after encouragement from a friend who had quit using a vaporizer, I went to a locally owned store. Two days later, cigarettes were no longer a part of my life. It has been only two months but my quality of life has improved so much already. My four year old told her teacher that mommy quit smoking and won't die like grandma did. Seeing my success, her dad has quit too. And our best friend. Vaporizing has saved us and I am so grateful. I had been a smoker for 16 years. Almost two packs a day. And now I am free of their death sentence. Medication did not work. Patches, gums, even hypnotizing me did not work. Vaporizing did.

10/29/2015 6:28:44 PM - Zack Carpenter

I am a father of 3 beautiful girls and a happily married husband of 14 years. I started smoking around the age 8 years old. I began by hanging around older family members. Around 10 I was able to buy them at the store just saying they were for my parents. By the age of 12 I was a regular smoker and this continued until I was 29 years old. I tried so many times to quit using everything on the market and just could not stop. One of the items I used was a drug called Chantix around the age of 26/27 which is FDA approved, during the 3 weeks I used Chantix I was told to continue smoking. Within 3 days I was having major vivid dreams about my wife having an affair which is something that had never happened but I would wake up accusing her of it. I also was sitting on my couch and I had this urge and vivid idea to go to my kitchen and cut my wrist with a steak knife! I have never considered suicide before this or since. But yet this product is still accepted by the FDA.

I was so tired of smoking and trying to quit that I started doing some research on these electronic cigarettes I had heard about and bought my first on from a gas station. It was nasty but it helped with the craving so I started looking online and found a better setup with flavors. I started out with a cherry flavor. This happened 7 years ago and I have not smoked a single cigarette since that day in May. Having the ability to vape vape a flavor I enjoy is what helped make this possible. What I also experienced in this process is instead of wanting more nicotine like I did when smoking I immediately started lowering the amount of nicotine I was using. I started with 1.8mg (18mg) and within a month I was down to 1.2mg (12mg) another 2 months later and I was down to .6mg. I can also go to a ball game and not have to go outside and leave my family because I have to vape which was not the case when I was smoking. I work out and run, I do not smell like an ashtray anymore. I am now down to .3mg because I enjoy it.

I worked so hard to move away from my addiction to big tobacco and have done this successfully only due to vaping. Vaping is not big tobacco it is small businesses and if these regulations are passed with the grandfather date of 2007 all that will be left is the same companies controlling it that have been doing all this time. Please consider this in your decision.

As a business owner who employs 20 hard working citizens we deserve to have this chance.

Before this decision is made I urge every congressman to look at the health impact of what vaping has done instead of the financial part. The facts are there.

Thank you for your time,

Zack Carpenter

Ex-smoker

10/29/2015 6:28:24 PM - Dan Beard

Started smoking when i was just 13. Yes 13. Had a lot of parental issues growing up. Moved all over. Parenta divorces when I was 4. Anyways picked up smoking at 13 and chewing tobacco around 15. By the time I was 17 years old I was up to 2 packs a day, and a can of smokeless tobacco. When i turned 18 I decided I would try one of these vaporizers. I am now almost a year smoke and tobacco free! I use a mechanical mod with a Rebuildable Drip atomizer with 3 nicotene. Went all the way down from 32 which is the highest you could get. Started with the little ones and worked my way up in size and down in nicotene. I can finally exercise without getting to winded. Play with my niece. Interact with everyone without having to worry about my next smole break. And my house smells better!! Vaping saved my life!! Smoking is dead, vaping is the future. The future is NOW!

10/29/2015 6:27:30 PM - Chad

I personally started smoking when I was 16 years old. I have tried using the stop smoking pill, and tried to quit smoking cold turkey. Both of these methods, worked for a couple of weeks but didn't give me the long term results that I was looking for.

Just over 2 years ago, I was introduced to e-cig/vapor products. I picked up my first device and e-liquid in August of 2013 and by that first day I didn't want another cigarette. Now 2 years later I have been cigarette free.

I was diagnosed with Chronic Bronchitis 5 years ago. Also, I would catch colds 2-3 times per year every year. Since I have been using e-cigarettes, I have only had a cold once and the last time I went to the doctor I was told I no longer have the Chronic Bronchitis and that my lungs sounded as clear as someone who has never smoked.

In the years, I have been using vapor products and I have successfully helped 9 people quit smoking using vapor products. They have also had similar stories to mine including the improved health.

Without Vapor products, I have no doubt, I would still be smoking and be a much more sickly person. My family and I are so thankful to have an alternative that has helped me get away from that stinky killer, cigarettes.

10/29/2015 6:27:18 PM - Greg Howard

Vaping has done several things for me including the following:

- Given me a hobby. By allowing me to learn to vape safely and build my own setup, I have learned so much, and have a sense of pride.

- Given me a community. I am a member of Chicago Vape Nation, a community of vapers who have come together with common interests. This community includes the owners, vendors, and associates of the vape shops in the area. It is the goal to move newcomers away from harmful tobacco in a manner of support, not competition with each other. I have made lifelong friends through this community and I care deeply for their future businesses and well-being.

-Vaping has saved my life. I have been cigarette free for nearly two years now. I do not wish to falter simply because smoking has become more available.

10/29/2015 6:27:02 PM - Tammie Dale

It is of utmost importance to keep e-cigarettes and products accessible to those who choose to use them. As we all know, cigarettes kill people every year and removing e-cigarettes will only exeserbate continued insurmountable deaths as people have only one choice (back to cigarette use) when trying to quit smoking.

Lawmakers should not be allowed to remove alternative products from consumers thus causing more deaths. We, as taxpayers should have choices and alternatives to smoking. It is obvious the underlying cause of removal of e-cigaretts is the marriage of tobacco and taxes.

Please know, when educated men and women have choices, it empowers each one to choose a safer method of consumption.

The contents of an e-cigarette lend no threat to death. Nobody should have the right to take my right of choice into their hands considering I do not have a right to take theirs. Leave vapor products alone and take care of more pressing matters like the dangers of our poor military street people. Get on the right track and choose your battles more wisely.

I changed from cigarettes to vapor products due to an aneurysm. Without e-cigarette products, my chances of my per suit of happiness would be compromised.

Stop the stupid laws against petty things and concentrate on major issues. Do homework on this subject please. Nicotine is not a killer like mentioned in commercials. Nicotine is being used in the treatment of Parkinson's disease and other fatal diseases. Be informed before making laws for tax purposes only.

Represent the American people in a way that will enhance our lives and not constrict choices.

Take care and stand up. Leave e-cigarettes alone. After smoking 50 years, I changed to vaping and have been on an uphill ride since 9-09-2013.

Thank You or not!

10/29/2015 6:26:13 PM - JamieNiccole

I come to you as an ex-smoker. I smoked for 18 years. It may not seem long to some, however I started at 13. I truly believed I would be a smoker for life. I have no other vices. I'm drug free, rarely ever partake in alcohol, and don't have a shopping addiction. I smoked, and that was A-Ok for me.

I had no intentions of quitting. As fate would have it, however, I was given an opportunity. A very nice establishment was brought into our community 2 years ago. I walked in with a proposal for a website to get their online business off the ground, but I walked away with so much more.

Within 2 days the taste of a cigarette was repulsive. I never picked them up again. It was the action, not the tobacco for me. That is what vaping has fulfilled. I have been able to slowly and safely decrease my nicotine intake, and know my liquids come from an amazing local lab.

My child no longer tells me "You stink", I have fantastic lung capacity, I'm no longer taking smoke breaks costing my employer money, and my physical came back last month better than my doctor and I have ever seen. "Damn near perfect" is how he put it. Vaping has given me hope and a new lease on life. With the money I've saved we've already paid off 2 credit cards!

I have countless friends and family who have made the switch. They've tried countless ways to kick the habit. I don't need medical studies to tell me statistics. The proof is in the pudding, and my life has greatly evolved thanks to this invention.

10/29/2015 6:25:54 PM - Timothy

I smoked cigarettes for 30+ years. Tried many times to quit with no luck. I had seen and read about e-cigs for a few years but the first products I looked at did Appel to me. Then a friend showed me what has changed in the industry and I looked into it. I started with a starter kit and haven't smoked a cigarette for over a year now. I feel a lot better. My sense of smell and taste are better. I can breath a lot better. I feel that electronic cigarettes have made me a better person. Thank you

10/29/2015 6:25:41 PM - Shaunte Moore

I had been smoking for over 12 years. I started at 16 and I am not 27 years old. I had a friend that vapes and he got me on to the vape stick about 2 years ago. I have never felt so good. I have been off of cigarettes for 2 years now and I can finally breathe again. I can run miles again. I can be a better romadel for my 4 year old child! I can be a good role model for my husband who still smokes cigarettes to this day. I do not understand why you guys want to get rid of something that is saving the lives of the people in this country! For the people who are not already too far gone, they deserve to be able to live a life free of carcinogens and poisons! To take away our right to LIVE is disgusting! If you are to take away our electronic cigarettes that are saving our lives and let us keep puffing the poisonous venomous cigarettes.... Then all that shows is that you do not give a shit about our lives! You are in this for yourselves and the tobacco companies who are killing us and have been for many generations! Do not take away the one thing that makes me feel like I can actually quit smoking cigarettes! I have quit them and I thank this electronic cig for that! I have tried every other pill, patch and gum for this! They do NOT work! What works for me is the vapor and to take that away would be killing our population of quitters!

DO NOT TAKE AWAY OUR VAPOR! SAVE MILLIONS OF LIVES!

10/29/2015 6:25:30 PM - Jason Robert Ward

I tried smoking at 7 because I wanted to be like my dad and James Dean which looking back I know was dumb. By the time I was 12 I was smoking half a pack a day and by 14 it was a pack a day. Smoking became my identity and I never though I would be able to quit. When I deployed on my first tour over seas my dad had a triple bypass because of years of smoking even though he had quit the effects had stayed with him. About 2 weeks before my second deployment I received a phone call on New Years Day from my parents informing me that dad had stage one lung cancer and was going into surgery soon to have 1/3 of his lung removed. Over the next 7 years I saw him go in and out of the hospital with with heart lung and kidney problems all because of smoking. All the while I am steadily smoking a pack and a half a day. My dad died 05-Nov-2013 from cardiac arrest on our family's home right in front of his chair in from of my mom and me. We later found out from the autopsy that it was conclusive smoking was a big part of his passing even though he had not smoked in decades. After all this and pleading from family and friends I still did not quit smoking. About four months ago I walked into a local vape shop and decided to give it a try after reading about vaping and all the testimonials people were sharing I also read about what made up e-juice I have not smoked a analog cigarette in over four months. Vaping has changed my life I can breath better, I have more energy, I can taste food better and also feel a lot healthier. Vaping has truly been the only thing that worked for me. I tried the patches in high school when I was 18. I tried quitting twice in the Navy with medical help and it never worked. Thanks to vaping I can thankful say I quit smoking. Please do not take something away from people that can honestly help them quit.

10/29/2015 6:25:16 PM - Ernie Murray

Thanks to vaping I have been cigarette free for over 700 days. I can also say that since I started vaping I have not had a lower respatory infection, which I used to get twice a year when smoking cigarettes. I stared smoking at a young age and i have tried many different things to attempt to quit smoking cigarettes, nicotine patch,chantix, nicotine gum and cold turkey. None of which were successful.

Since switching to an electronic vaping device I have found that I can breathe so much better. I also have regained enough stamina that I can go for long strolls(over 2 miles) with no loss of breath or struggling to breathe.

So since the government and big tobacco decided to step on the original design of the e-cigarette in the early 60's I am certain that we need to change the way we look at this life saving device and allof the people that have benefited from its conception.

Thank you

Ernie Murray

Avid Vaper and healthier person

10/29/2015 6:25:03 PM - Michael hinds

I have always been a heavy smoker , I would say about 2 packs a day easily . I have been smoking since I was 14 and now I am 29 so you do the math. I have tried everything to quit or at least cut down , nothing seemed to work. I have tried everything from nicotine gum, patches to hypnosis with no success. I even tried e ciggerettes and they were neat but still no success they were to weak, I tried the little ones like blu, joy, and other more ciggerette sized ones. Then I tried the more power mods and I loved them I could go days without smokes and I eventually started feeling healthier too. I have been vaping for 5 years and I love it . Me and all my family and friends vape and we all hate ciggerettes . Most people who try to smoke the little weak e cigs like blu or things like that can't quit smoking or don't like it . Once I show these people mine they love it and they quit smoking. But there is plenty who would revert to smoking again if they took them away . I love vaping and it actually works I started at 1.2% nicotine then went to .8% then to .6% and now down to .03% and my father in law did the same , he's now on zero nicotine . So he's proof this works . Please don't ruin so many life's because you don't understand it or like it. If teens are getting it , do a better job at stopping it don't just ban it. I don't see you getting rid of tobacco?!! How many teens do that? I started at 14 and my brother at 12 ? And that one will actually kill you ?! I think you need to prioritize the real threat .

10/29/2015 6:24:50 PM - J.W. Hyde

the vaping industry creates jobs and helps our struggling economy, most importantly it undeniably saves lives, and will in the long run, save our healthcare system billions in healthcare cost,it provides highly effective alternative for people who are seriously addicted to tobacco , this is a no brainier guys,come on

10/29/2015 6:24:41 PM - Jonathan Ponder

My name is Jonathan and I'm a former smoker. I started smoking cigarettes back when I was 12 years old and smoked 1-2 packs a day until I discovered vaping. I've been vaping since January 1, 2015 and I'm glad that I found vaping. The method of vaping I use is e-cigarettes at a nicotine level of 18 mg and I've now lowered that level to 3 mg for the last 7 months. Now that I've stopped smoking I feel better don't run out of breath as easy feel healthier and also don't smell like an ashtray all day. Also I know that because I've stopped smoking that I will be here longer for my two boys and my wife.

10/29/2015 6:24:27 PM - James Davis

I started smoking when I was only 18 when I went to college. It started out a social thing but I got hooked and was up to a pack a day for about 2 years. I knew coming home I needed to find something that didn't smell terrible so but I couldn't find a substitute for the nicotine till my friend suggested buying a vape. Now I'm smoke free for 3 years and couldn't be happier. I can't breath fine and my clothes don't offend anyone from the smell.

10/29/2015 6:21:53 PM - Vincent

I had been aa smoker since I was 16 so I was going on 10 years. This past April I switched to "vaping". I was unsure at first but here I am over 6 months later and I haven't touched a cigarette since. Electronic cigarettes have saved my life. My lung capacity and all function have improved dramatically not only according to me but to my doctor as well. I'm healthier and happier. I feel as if life is better thanks to "vaping".

10/29/2015 6:21:42 PM - Peter Freedman

I smoked cools for 20 years I was up to two packs a day and then I started they paying in 2008 Tonna went back-and-forth between fading and smoking and then when these new liquids came out and I stopped and the e-cigarette stoplooking like actual cigarettes and I got some really good liquid that's what's really kept me away from cigarettes and my biggest fear is if vaping goes away I'll be right back to cigarettes I know that vaping needs to stay because I need to stay off cigarettes and it would be really nice if the products that I'm currently using like the liquids would be able to stay on the market i've used patches that Chantix stuff just made me crazy they paying is the only thing that has kept me away from cigarettes and I currently am using the aspire triton and I absolutely love it and I get to stay indoors and I found out no matter where I am whenever I start vaporing well I'm inside the store nobody says anything to me ever soon as they see it's not a cigarette nobody says a word to me no more standing outside in the cold and the rain but before I started they paying I tried unsuccessfully to quit smoking for years when I started with a bang I started at an 18 mg nicotine level now I'm down to 3 mg nicotine level and as far as life changes I can breathe better I don't get winded as easily and I don't cough up tar in the shower anymore

10/29/2015 6:21:32 PM - Eric Haven

I first started smoking cigarettes at the age of 13, and I fought a long battle with tobacco off-and-on for the next 36 years (I will be 50 next June). I lost nearly all of my relatives to smoking-related illnesses, but this wasn't enough to stop me from smoking. My father passed in 2002 at the age of 62 after his third heart attack. Even with a pacemaker, a defibrillator, two prior heart attacks, and a mini stroke, he still smoked a pack of cigarettes a day until it killed him. Even this wasn't enough to stop me. It wasn't until November of 2013 when my young son asked me "if Grandpa died from a heart attack related to his smoking, then why do you smoke?" That was the initial motivator, but I still wrestled with how to do it. If only there were some way to get all of the satisfaction from smoking, without the harm. If only....WAIT! What's this?!? VAPING??? YAY!!!! Two years later, both my wife and I are cigarette-free! Our doctors have both confirmed how much healthier we are as a result. We tried every method to quit that you can name, and failed every single time. It was not until this incredible gift of vaping that we were able to finally walk away from smoking. We breathe so much better, have more energy, food tastes better, and we don't smell like an ashtray anymore. My wife and I both currently use Kanger Subtank Mini's with our own handmade coils, and we power them with our sets of iStick batteries. We are so incredibly blessed and grateful for vaping. It continues to be our only hope of staying off cigarettes.

10/29/2015 6:21:22 PM - Kaity Berry

I have asthma, have had it my whole life. The best my lungs had ever preformed was at 74%. I started smoking in 2013 and increased from a few a day to 2 1/2 packs a day. I smoked for 2 years until I started vaping. Is started with a typical tank and a small battery with an 18 for my nicotine level, and after only 3 months, I was able to go down to 1.5 for my nicotine level. Not only have my lungs improved, but they are preforming at 97%, the highest they have every been in my life! I am proud to say my last cigarette was in January of this year! I also have a digestive problem due to having my gallbladder removed. Due to the surgery, I am unable to digest my food at a normal rate, however, nicotine has helped with this. I have tried everything else, from diet changes, to home remedies, to prescription medication, but nothing has worked other than the nicotine in my e cigarette. This is helping me! Don't let it go away!

10/29/2015 6:21:09 PM - Christine

I began smoking when I was 15 years old. I smoked for 28 years at least 1-2 packs a day until July 2013 when my son bought me an e-cig. He simply asked that I try it. Within 2 weeks of vaping I was completely off cigarettes and have remained smoke free for 2 1/2 years now. Without vaping, I have no doubt I would still be smoking. I had prevously tried Wellbutrin and Chantix to quit without any success.

My health has improved tremendously. No more nasty smokers cough embarrassing me during meetings and keeping me up all night. With my newfound health, it has encouraged me to eat healthy and exercise. I can actually do exercise now without my lungs burning. No one can tell me that vaping is not healthy because I am healthier than I've ever been. I use an Ego mod at 12-18 mg nicotine strength.

10/29/2015 6:20:13 PM - Alyssa McMaster

I started smoking when I was 16. I smoked for years about a pack a day! One day I realized when I went for my morning smoke I couldn't inhale. I coughed horribly and it was painful. I pushed it off thinking no big deal my body isn't awake yet. but the truth couldn't be anymore different. I ended up in the hospital from my lungs collapsing! thanks to smoking I was put on a horrible breathing machine that hurt so bad! the pain in my chest was fist clinching and I actually started to cry which made it worse. I was afraid I was going to do this for the rest of my life. Picture this, looking at the branches in your lungs you see at the end of them look like little balloons right? now picture them looking like raisins. you are now picturing what my lungs looked like. I knew it was time for a change but quitting smoking seemed so far with everything I had going on. Divorce family issues and raising 2 boys on my own. that's when I decided to get my very first vape pen. I loved it! I could feel like I was getting my nicotine fix without the harmful side of smoking a cigarette. my lungs are in better shape I can even jog now a little bit. I am slowly getting healthier and my kids are seeing it to. I can keep up with them a bit more playing tag running around the yard with the dogs. I have been vaping for over a year. Smoke free since April 29th 2014. I can really say I feel fantastic! I have more energy, I can breathe clearly, but most of all I am still here for my kids. Smoking would have killed me if I continued. Vaping helped my life in so many ways there is no way I could even be close to the person I am now for my kids If I continued to smoke. I am a real example of vaping saved my life. I started vaping with a 12 nic level. now I am at a 0 to 3 on some stressful days. I couldn't be happier.

10/29/2015 6:20:02 PM - Chad

I chewed for five years and smoked for 2 years. When I started to smoke after about a 3 weeks of starting smoking I started to have a bad cough from it. When I found out about the smoke-free devices. I tried it I injoyed it. I been using a mod for about 4 months now and I can say I can breathe better I don't have the bad cough no more I can taste what I eat now I started with a 12 nicotine and now I'm down to a 1.5 nicotine level. Overall I feel alot better switching to a smoke-free devices

10/29/2015 6:19:37 PM - Alley Weatherman

I started smoking at 13 years old, my cousin had a cigarette with him one day while we were walking and asked if I would like to split it with him, I said YES! That day I made a decision to ruin my health further that it was already, I made the decision to have people break the law to buy an underage person tobacco products, I made the decision to commit my life to a harmful product.

I smoked for 6 years anywhere from a pack a day to two packs a day during those six years and was dependent on nicotine.

I was born with asthma, and I spent he first year of my life maybe longer, in and out of the hospital because my doctor stated that "she is simply to young to have asthma, she just has bronchitis." After seven years of seeing a specialist it was stated that I had out grown the asthma and that I was healthy, but to always keep an inhaler on hand. In 5th grade I decided I wanted to play sports, and learned I had not outgrown my asthma but it simply changed forms. In practice, I had an attack and had no inhaler, it was the scariest time of my life...that I can remember. Yet, I still chose to smoke another cigarette.

I started vaping around November, 2014 and it helped but I never quit smoking, and was quite skeptical of the whole industry. Then in January, I went to the doctor and when they took my vitals they asked me if there was any specific reason at 19 years old why my resting heart rate would be 122, I was horrified, and made the official decision to give up cigarettes, and move strictly to vaping. I spent my last 100 dollars from my paycheck and bought my first mechanical mod and this new shop that opened in my area, and that shop quickly became like a home to me. I found the more I spent time there the less I would smoke.

Now I have been smoke free for 10 months, my breathing and lung functions has increased tremendously and I am so much happier! I now work full time at the shop selling the products that have saved my life and many others, and yes I am in the hobby side of vaping and my daily carry is a custom hydro-dipped series box by a company called Drako Modz and I wouldn't have it any other way, it has and will save lives and I couldn't be happier to Vape everyday instead of smelling like an ashtray, everyday of my life.

10/29/2015 6:19:20 PM - John

I was a 3 pack a day smoker. With the aid of my wife friends and vapor products I was able to stop the never ending cycle of smoking. The first couple of weeks my lungs cleaned out and I started to feel better. I started to breathe better and food started to taste better all the signs of quitting smoking. Then I noticed how much things stunk from the smoke. Vapor products changed my life and I may be able to last a little longer because of my life choice. On top of everything else my wife also started using Vapor products to changer her life as well. So we will be able to have that extra time together

10/29/2015 6:19:08 PM - Justin Michael

I dipped grizzly tobacco for years. When one side of my gym would receed, I would just change to the other side. My guns started to bleed pretty regularly. When I finally decided to quit I tried nicotine gum and mints. They did absolutely nothing for me. There wasn't enough nicotine. I started vaping with 28 mgs of nicotine. From there I worked down to 24, to 16, to 12, to 10, to 6, to now 2. Vaping has changed my life and I absolutely love it. It needs to be made available to help as many people as it can.

10/29/2015 6:18:56 PM - kevin caronis

Hello im here to say that vaping saved my life I have been vapingsince July 5th 2013 my health was not very good after 43 yrs of smoking my shortness of breath was very bad my doctor said if I didnt quit I would be on be lucky to see 55 im 53 now but since vaping my lungs have improved greatly my sinuses are clearer my ears arent clogged shortness of breath keeps getting better and better i truly believe vaping saved my life

10/29/2015 6:18:47 PM - Vincent Panettier

I have been smoking new ports since I was 19 years old! Sometime two packs a day!! Now that I'm writing this it is almost crazy that you can legally buy more then one pack because it actualy kills you slowly. I am now 27 years old. I switched to vaping two years ago and man oh man a world of a difference. Every single part of my body and my life improved. I was able to taste food. Breathe. Anything. I tried the gum, patches, everything ! Once I started vaping it was over. It was extremely affordabl, it bit the urge for another cigarette, and most importantly it saved my life. I no longer smelt. No one was breathing in second hand smoke around me. My teeth are healthier then ever. I can actually breathe again. I even had my doctor run consecutive exams on me the first week I realized I actualy quit smoking and the results are just there in black and white in front of me. I understand big tobacco has all these political people in there pockets and probably pay half there salaries but hopefully there is a fighting chance. I hope this helps

10/29/2015 6:18:23 PM - Brandon Cashen

I was smoking just about a pack of cigarettes a day it was affecting my job, my home life, I always smelled like smoke and I couldn't take it anymore. Since I started vaping with regulated mods and tanks 2 months ago I have not had a cigarette and I've already step down to 12 milligram nicotine and about to make the step down to 9 milligram. I feel that these products have saved my life and actually improved the quality of my life. I agree with regulations on products but putting a ban on any of these products would be setting up other people to fail at bettering them selves.

10/29/2015 6:18:13 PM - Lee

I started smoking socially when I was 15, then at 17 I was up to about a pack a week. I tried to quit when I when I first turned 18 denying myself from legally buying my first pack, but by the time I was 18 I was smoking a pack every few days or more when especially when I was stressed. Therefore my attempt at quitting lasted me about a day after my pack ran out and I was buying cigarettes. I tried to quit with those gas station "vapor products" when I was about 18 1/2 and it did not help, I went straight back to those cigarettes. I can honestly say that those gas station e-cigs fall so short from the smoking effect. For me extremely long drags, having to deal with charging the battery every hour, not enough nicotine fix. Shortly after I found a local vape shop and purchased their starter kit which was a simple ego battery and a clearomizer and I stopped smoking completely within the 2-3 weeks. I started with 24mg-18mg of nicotine and slowly went down to 6mg within the first year. I'm 20 now, down to 3mg (sometimes 0mg) and I own 6 different mods, 2 tanks and a bunch of RDA's. I love rebuilding and I find it more of a hobby now and a way to keep me off cigarettes. I can't stand the smell of cigarettes anymore. No more smelly clothes, no stink breath, just a nice relaxing vape. This really has saved me a lifetime of smoking I can breathe much, much, much easier now. There's no wheeze in my breath if I run or even jog. Thank you to vaping!

10/29/2015 6:18:04 PM - Ryan

I was a smoker of more than 20 years, starting when I was 16 with the occasional "stolen" cigarette from my mom to often more than a pack a day as of 3 years ago. I had tried various methods over the years to quit, but vaping was the only method that was painless and easy. After starting, I never once craved a cigarette again. I have now been off tobacco for over four years and owe the vaping industry my life and current new found health and overall feeling of well-being!

In May of 2015, I opened up a vape shop in Canfield Ohio, it is now my pride and pleasure to help other current smokers on their path to becoming smoke free. Through a "Sponsor a Smoker" program I started at the shop, I give access to good quality starter kits and several months worth of juice to current smokers, at wholesale cost...asking only that they leave me their current pack of cigarettes. I've found that by removing their temptation from them, one which cost them money, they are more likely to stay with the program, and not fall back into smoking if/when their battery needs recharged or the like. The boxes of cigarettes I collect, then become trophies I keep mounted on a shelf on the wall of the vape shop.

Vaping is now so much more than just a way to stay off cigarettes to me...it's a passion, a job, a way of life, and a community full of others who have similar stories.

10/29/2015 6:17:39 PM - Todd

I was a smoker for over 20 years and have tried the nicotine gum the patches and even tried to quit with the help of nothing. It did not work. Had a very hard time doing my job without stopping and trying to catch my breath. I found electronic ciggeratte and the store owner showed me how to use the product and with in a month of using it I was completely off regular cigarettes. With in 3 months I noticed that I did not have to stop to catch my breath and was feeling better and was also able to smell and taste things better. It has been 2 years without a Marlboro cigarette .

10/29/2015 6:17:28 PM - Ronnie McDaniel

I smoked for almost 21 years 2 packs a day. Then about 2 years ago I found e cigerettes which were introduced to me to quit smoking. I try them and believe it or not they worked. I completely stopped smoking cigerettes and then began to ween off if vaping by dropping the nicest amount each month. Now I don't do either one. So ecigs Definitley saved my life when it come to being tobacco free. Nothing else worked. But this did so whatever thay means but I am taboo free now. My kids are happy and my wife aswell.

10/29/2015 6:17:16 PM - Calvin A.

i had been a pack a day to a pack and a half smoker for the last 7 years. Decided i wanted to stop, and chose vaping as my avenue to quit smoking. i have already tried all other options, gums, cold turkey, patches and anything else you can think of. i went to the local vape store and got my new set up, an Innoken MVP v3 and Kangertank mini. i have been using it now for the last 6 months, and have never even craved another cigarette. i started at 12 mg nicotine level and i am now down to 0 mg nicotine level and have never felt any better. i have tried the over priced and horribly designed mini cigolikes that you can buy at any drug store, and honestly they are such a headache to use and taste so bad it instantly made me go back to smoking real cigarettes again. Vaping has worked for me, i have no desire to smoke a cigarettes anymore. if this freedom of being able to choose this option was taken away, many other smokers, would be stuck in the same vicious cycle of using badly designed products, that eventually make you go back to smoking normal cigarettes. the government shouldn't regulate something non harmful like this, that a person can use and put into their body. If vaping is regulated so harshly, because it puts nicotine into your body, whats next the soda industry with caffeine? let the adults make the choices that they want in their life, and let them do what they want in their homes. Vaping saved me from the health hazards that are tobacco cigarettes.

10/29/2015 6:16:51 PM - Jesse white

I was a heavy chain smoker and only smoked filter less cigarettes and I no longer some at all because of my vaporizer, I've haven't felt this healthy since I started smoking when I was 13.

10/29/2015 6:16:36 PM - Chelsea-Nicole Warren

I used to smoke heavily especially when stressed out. I also have severe anxiety and asthma. Since I have switched to vaping, I have been breathing so much better, my anxiety has been improving, and vaping has done the same thing for me when I'm stressed as cigarettes did (calms me down). I honestly, don't know where I'd be without vaping and I really hope we can save the vaping industry so that other people like me can have a chance to be able to be free from cigarettes and actually be able to live a long and happy life without the risk of cancer!

10/29/2015 6:16:26 PM - james orlando boldrey III

id like to start off with saying that i am glad i found vaping. it got me to stop smoking. i have been a smoker for 10 years. two packs a day. i made the switch for 2 reasons one it was a healthier option. and second my fiance thought it would be worth trying to get of cigarettes. thank you for letting me share my story

10/29/2015 6:16:16 PM - Will

I smokes tobacco cigarettes for over 6 years, at about a pack a day. I would wake up in the morning coughing, and the first thing I would do is reach for a cigarette. Eventually, it go to the point where I was even out of breath going up or down a small flight of stairs in my house. I tried a lot to quit. Cold turkey, patch, gum, Chantix. None of that stuff worked and it all came with serious side affects. About 8 months ago, I decided to try an eGo electronic cigarette. I was able to cut back to about a half pack a day of tobacco cigarettes. About a month or so after getting an eGo, I bought an eLeaf iStick 20W mod, and was able to quit smoking tobacco cigarettes entirely! I have been smoke free ever since, and I no longer feel short of breath! I don't wake up in the morning "hacking up a lung" either. I am able to do more because my body now allows it, and so does my wallet! I still vape because it gives me all of the "perks" of smoking (especially socially), but none of the bad stuff that can kill me. Electronic cigarette and vaping products have changed my life for the better, and they are one of the best things on earth for smokers to use to help them quit!

10/29/2015 6:16:04 PM - Chris

Hi i want to start by saying that vaping saved my life!!! I started smoking ciggarets very young and nothing helped me quit but vaping its kept me out of trouble its my favorite hobby besides hunting its a lifestyle and i love it please dont take something the vaping communtity loves thanks and god bless

10/29/2015 6:15:54 PM - Samuel Parsley,

I have to tobacco and smoked for 30 years. I have tried many methods to quit nicotine gum and patches nothing worked. I received an e cigarette from a friend of mine and within two weeks I was able to stop smoking and chewing. The nicotine level I started off with was 12 milligrams and within 3 weeks I was able to cut it down to 3 and now I'm on zero milligrams of nicotine after 6 weeks. I am able to breathe much easier now I'm not waking up in the morning packing up brown long matter in my mouth don't hurt anymore thank God for you cigarettes

10/29/2015 6:15:43 PM - Bri R

I started smoking when I was 18. I was always surrounded by smokers, friends, boyfriends and my stepfather. In August (2015), I decided that I wanted to live long and not have further health issues like my friends and my grandmother who had passed from lung cancer. I began vaping just to quit and absolutely fell in love with all of the options of flavors and options of the vapes. I was so proud of my newly found life that I wanted to share it with whoever would listen. I gave my boyfriend and my stepfather their first vape and after seven years of smoking my boyfriend quit. My step father who smoked for over thirty years also kicked the habit. My mother no longer has to worry about losing her husband and daughter to these harmful, addicting cancer sticks. I loved the feeling of helping others by sharing my passion so I began working at a vape shop. The remarkable life changes i see on a day to day basis are incredible. Longterm and shortterm smokers come in looking for a new lease on life and always walk out enthusiastic about their life change. Myself and all of the other vapers i have met have all cutdown their nicotine drastically. I dont know where i would be without vaping and all of the vape shops in my area that have helped me quit. Im never looking back!!!

10/29/2015 6:15:27 PM - BeateFoH

My Name is Beate and i`m from germany. I have lived in the US for about 7 years.

I smoked for almost 25 years regular cigarettes as i found out about e-cigarettes.

I had some health issues at that time and to reduce any further i decided to quit smoking. 7 unseccsessfull times, nothing worked.

One day i decidet to just take a try and bought a regular ego set. My intention was, to stop smoking in my apartment, because i hated the smell and to keep on smoking

when i was on the road.

As my e-cigarette arived, i plugged it in to load and went on my way to buy a couple packs of regular cigarettes as usual.

I startetd vaping that very night, through the next day and so on...I hab no more urge to smoke normal cigarettes and instead of cigarettes, i packed my e-cig when i left the house.

6 Month later i gave away my ragular cigarettes, which i hab bought the day the e-cig arrived, i hab not opened one of them.

That was 3,5 years ago and i am still a proud vaper. My health has improved, my senses of smell and taste have become very intensive and i am overall very happy and active.

My live has become more livable, i feel great and i recommend everyone to at least try it out. It has changed my live to the better.

10/29/2015 6:15:10 PM - Ryan

For ten years, I was a pack and a half to two packs a day smoker. Benson and Hedges black were my poison. I had a hard time keeping up with my child, ascending (or descending) stairs, coughed up lord-knows what constantly, this list could go on for days. Let's leave it at I was killing myself, slowly with Tobacco.

I tried everything imaginable to quit. From gums and patches, to pills and home remedies. Yet non of these worked so naturally I kept on smoking.

Until November 1, 2013. My wife had ordered a set of ecigarettes online (eGo pens) and they had finally arrived. I was beyond skeptical as I had lost hope on ever being able to quit, however I tried anyway.

From that moment forward, my life was changed forever. For the first time in a decade, I felt as if I didn't need that cigarette.

I started like your average Vaper, using around 18mg/ml (1.8%) nicotine and weaned myself down to 0mg/ml (0%) over the following months. Typically I would need to drop the level when I upgraded my equipment and now I vape simply out of the love of the hobby.

There has been a lot of bad press and fear propaganda surrounding electronic cigarettes and Vaping since it surged in popularity, a lot of people trying to blur the truth. However speaking from personal experience and from the results I've seen in my wife, colleagues and friends...Vaping truly saves lives. Personally I can actually breathe and play with my son again, I have energy and I no longer have tobacco's death grip slowly getting tighter.

I urge you not to take Vaping away from all those who have experienced it and seen it's benefit...from everyone who has yet to embrace it. Don't strip from us the ability to save ourselves from Tobacco.

Vaping Saves Lives

Thank you!

10/29/2015 6:14:58 PM - Elena Kadyk

I was a smoker since I was 13 years old and I'm 27 now. I was never a pack a day smoke but I thought in my mind I smoker a lot. In 2011 I got pneumonia and I almost died. I have always been a sick kid and sick adult. When I get sick everything goes to my lungs I end up on a nebulizer and all that. Well mix that with smoking and having fluid all in your lungs equals pneumonia. I got so sick I went to the ER 3 times every time they sent me home turning me away until my mother refused to leave the hospital. I went into a coma for two weeks,my lungs were filled with fluid I was drowning and I wasn't e even in the water. they shoved a tube down my throat and after that I got better. Continued to smoke then in 2013 it happened again. I got so scared I had a 7 year old daughter to be here for who needed me. That's when I bought my first ego battery with a iclear. Now I vape a istick 100watt with a wotofo RDA.....Don't get me wrong it's been hard a long hard journey. We as human beings know right from wrong, even though some people might not want to quit today or tomorrow but they still have that option to quit and I believe if you restrict the good thing that is going on here it will make it even harder. Don't take away the one thing we smokers can turn to if we want to quit. I'm so happy and proud of myself for making the change and so can millions of other people. I hope my story can change someone's mind and try just a little try to quit smoking. I could of died that first time but I'm still here, my daughter will have her mother to be there for her.

10/29/2015 6:14:46 PM - Joseph

smoked about 2.5 packs a day for about 2.5 years, my friend introduced me to vaping about 3 years ago and within a week i quit smoking cold turkey and vaping very well saved my life, as well as my soccer career. started at 18mg of nicotine, now i am down to 1.5! no other methods have ever even budged me from cigarettes, vaping was the only thing that would have ever worked. Vaping changed my life forever, and i am extremely greatful for it

10/29/2015 6:14:36 PM - Reed

I started smoking at the age of 12 yeah I was pretty young when I was about 16 years old starting to drive I started getting a cough well after that I found out about vaping so I got my hands on a starter kit and a juice that I liked butter rum tobbaco my first week I only smoked half a pack this was down from two packs a day this is a noticeable decrease in my cigarette consumption then I just kept going kept getting new upgrades once I understood them then when i turned 18 i moved up into modding it became fun and I was down to maybe two cigarettes a month then I got my ecig stolen from me I was OK for a while but I started smoking again and went back up to almost almost pack and a half a daythen a friend of mine sold me his old set up since he had completely quit and he was done now that I'm back in the baking I'm back down to 2 cigarettes a week all because of vaping i'm on track to quit soon then I'll just set everything down or maybe keep it as a hobby but either way I have noticeable health increases I can run again I can ride a bike I can breathe I taste things better I smell better I just feel better in general all because of vaping

10/29/2015 6:14:25 PM - Jack Bryant

My friend in high school smoked cigarettes. One day he finally got me to try it, I hated it instantly. As I got older, I began to discover my love for art and photography. One thing I noticed about everyone on the art scene is that they all smoked cigarettes. So I began to do so and smoke 3-4 packs a week. My friend worked in a vape shop I found out so tried it and loved it much more than smoking. I now vape

10/29/2015 6:14:15 PM - Toni M. Johnson

Vaping has changed my life. Vaping for me has stopped me from smoking Cigarettes i have been 9 month's clean from them! Im just so proud to say that, For me i know if i have not found the Art of Vaping i would still be smoking them! My heart is so upset knowing that people can just get rid of this wonderful product! Ia'm not happy at all it's ok for the Cigarette company to keep on selling those cancer stick's. No one says nothing bad about them, When they are killing people everyday!!!! I also want to say that Vaping is so much more healthier for you and your body,Heart, Lung's. I also want to add if i have not found this wonderful world of Vaping i would be in serious DEPT, Smoking Cigarettes is so expensive. Thats one more thing Vaping can get expensive if you are not careful. But let me tell you it's so worth all the money that i would spend on them gross Butt's! Thank you for letting me share my story on Vaping! It's a great thing to VAPE!!!!!!!! Toni M. Johnson

10/29/2015 6:13:57 PM - Stephany from Colorado

Hi, I've been an on again and off again smoker since I was 18. I have struggled with the temptation and the desire to smoke everyday since I picked up my first cigarette all them years ago. My parents had smoke around me since birth and both of them have developed Emphysema from smoking. They have finally quit but their lungs will be forever damaged. I don't want this fate for me and so in seeing this happen to them I have tried to quit many times. Trying all kinds of different methods to quit (Nicorette gum which aggravated my TMJ, patch which made my arm break out in a rash, and the good old cold turkey) and none of them worked in the long run. Then I was introduced to Vaping. I have been vaping for 4 months now and am gradually decreasing the nicotine mg, I am currently on 13mg from 20mg and using a small pen size vapor. My hope is to be free of the need of nicotine all together and if I should have a desire it would be nice to know I can squash the craving with a low dose nicotine option. I feel, breath, and smell better since I've made the switch. This is a helpful tool for anyone who wants to quit and a better alternative to those who enjoy smoking. It would be a sad day to take away this option for those of us who desire a healthier alternative to quitting or just enjoying our flavor of choice. I urge the support for our freedom of choice to a better way of living.

10/29/2015 6:13:34 PM - Nicole T. (Saratoga, NY)

Let's start with how I began smoking...

I was working at St. Peter's hospital in 2007 already after it had become a smoke free grounds (you see how mute a point these restrictions are to stop smoking all together). So how did I get hooked working at the most unlikely of places? Because smoking meant taking a break whenever you needed it, and when you see doctors doing it part of you never thinks how bad it truly is for you. The few clove cigarettes I might have at a party turned into bumming cigarettes from coworkers for breaks, and before I knew it my addiction was sealed without realizing it. A series of stressful jobs saw me turn to this crutch more and more. NY Quits patch program was a bust, gum and lozenges were three times as expensive, cold turkey would only last a few weeks, and there was no alternative in sight.

Fast forward to last winter when I got my first "real" vape (not a cigarette shaped replacement to pretend). Immediately I knew this was my solution. There was no more burning throat and coughing from cheap cigarette alternatives, and I could actually feel and see all the disgusting results of smoking cigarettes coming up out of my airways. Instead of struggling to breathe right at the gym I was breathing more clearly than I could remember was possible. Immediately I could tell this was my answer. There is no way for me to explain how much better I feel, but that's enough evidence for me to continue.

In just a year I have dropped down from 6mg nicotine levels to 1.5mg of nicotine in each vape juice. This is more progress than I made in six years trying to quit smoking. I don't live on a smoking schedule that dictates my life anymore. Quitting is something that is a very real possibility now, and I have my vape to thank for it. I should mention in the mean time I've made new friends because of our vaping habit or hobby, and even worked at getting other smokers at my current job to switch to vaping from cigarettes. None of us have relapsed and given up to go back to cigarettes, because for the first time in as long as most of us can remember we don't feel awful every day.

Seeing vapes banned would give me no option than to start smoking cigarettes again - so I have to ask, what is the real agenda in preventing something that has been so beneficial to so many?

10/29/2015 6:01:21 PM - KW

Vaping has helped my mom, a smoker of 25 years, successfully quit cigarettes. I can see the change it has made in her life in a dramatic way. No more loud coughing in the morning. And no more nasty cigarette smell in my house anymore. Vaping has also gotten me to quit smoking and i notice it in my health as well. Those Blu Cigs are horrible. They have no benefits of getting off of cigarettes. Its just big tobacco trying to make more profit off of anything they can.

10/29/2015 6:01:11 PM - Jude Palermo, 42, vaping has helped me live.

Vaping has helped me quit smoking. After 20 years of smoking. 25 years of smoking to be more specific. I tried everything. Literally, every pill, pharmacy stuff, doctor stuff, independent stuff. Nothing worked. Nothing. I always ended back to smoking. And dying. 2 out of 3 people die from that, that's a fact. Ban that. Make That illegal. Why isn't that being touched. Kids smoke those like crazy. It's messed up. Vape? That is saving people. Saving me. Saving my wife. Her father has lung cancer from smoking cigarettes. The doctors told me, hey jude, have you stopped smoking? I can tell. He says to me. Well guess what. Yes I did Stop smoking. But I vape now. And all body areas are clearing up and getting better. Noticeably. Vape needs to be right where it is. It is saving lives. No it isn't geared or aimed at kids. No way shape or form. And not for nothing. If my three kids growing up, we're to reach for a cigarette to start, when they thought to themselves to start. Id hate that. Those cigarettes have over 7000 chemicals in them. Poisons. In every drag. Vape, has 3, plus the nicotine if that's how youre weening yourself off cigarettes. Support us please. Support our quest for a healthy lifestyle. Healthcare can clear up. Cancers clear up, so many things can be good from this. Don't take it from us. I will call to action and ask you all to please stand with us. Try it out. Read about it. Big tobacco and the medical field stand to lose millions from us not smoking. Can't you see that?! Why else would they fight this. They don't want to lose that money. It is no small amount. They are doing this and fighting this to keep us smoking. And unhealthy. Vape has saved my life. I feel better, I breathe better. Smell better, taste better, all positive. I can live longer to see my children grow up to be men and be married. Please fight against Bill 2058. Please help us. Please.. Please. My vote makes a difference and I know due to the groups I belong to on social media, that 10s of thousands of people also stand with me. Our votes matter. One vote, once voice. Please.

Needles are used to inject heroine... Should we ban those? Spoons are used for crack. Should we get rid of those? Cigarettes DEFINITELY 100% kill people, why have they not been banned? They are proven in hundreds of ways to kill. To have over 7000 poisons in every inhale. Not vaping. But that's an issue right... Makes no sense. Why. Why why. The fight should be to make cigarettes illegal. To ban those. But nooooo and why not? Money? Bribes? Cash for a trip? Tuition for Med school? What is it. How much money do our government make off cigarettes taxed? Ha ha. Billions. Ohhhh that's why. Right. I know that you see what's wrong. I know it. You're a person. Please help us change this. Vape has helped me feel better. Please help. I have been vaping for 3 months and it has gotten me off cigarettes immediatly. I have not smoked since. I use the lowest amount of nicotine. I was in a vape store the other day. 3 kids walked in. The employees said hello do you have an ID, the kids said no, and the employees said, sorry you'll have to leave the store. It is not being sold to children. Not that I have seen once. I'm sure people can get it. You can get everything. Anything you can get. If I want a child. I can

get one. Drugs, alcohol, whatever. But the market is being treated properly and respectfully. Please help us change what is happening..

10/29/2015 6:00:56 PM - Vanessa

I support electronic cigarettes. I work in this industry and help people quit smoking daily. It's products that works. I am vapor strong!

10/29/2015 6:00:47 PM - Michael W.

I was a smoker since the age of 16 which is about 34 yrs. After trying several times and several avenues to quit and being unsuccessful even when my wife was told by the Dr she was allergic to cigarette smoke. I tried vaping in Dec 2012 and can honestly say I have not bought a pack nor smoked a cigarette since. It is safe for my wife and my grand-children who live with us and has saved my life.

10/29/2015 6:00:29 PM - Scuba steve

I started vaping because regular cigarettes was littlerally wearing me down. I started having trouble walking upstairs, playing with my son, walking my dog etc. These normal activities would leave me so winded i would have to take constant breaks. I also would end up with a ton more common colds while i was a smoker. Ever since i started vaping a year ago i have more energy less colds . My shortness of breath is gone. Everything had improved vastly for me . After smoking for 13 years i would never go back to smoking. The vaping lifestyle i live now not only makes me happy but my family happy as well. No more constant breaks outside or smelly breath and clothes

10/29/2015 5:59:47 PM - Haven

After smoking for 18 years I thought I was never going to quit. I had tried everything! Medication, gum, patches, you name it I had tried it. The first time I tried using a vapor pen I was pregnant and the sweet flavor of the juice I picked made me sick. I had cut back to a couple drags a day, if that. But as soon as baby was born I went back to smoking. I felt like nothing would ever change. I'm so grateful for trying vapor pens again. I'm on the lowest mg of nicotine and have found some flavors I really like (and would smoke even if there was no nicotine in it) I'm not sure what I would do without vapor pens.. possibly go back to smoking the stinkies! Please don't put restrictions on this, it isn't actually a "tobacco" product its a nicotine product. You will be discouraging hundreds of thousands of people to quit smoking.

10/29/2015 5:59:33 PM - Roberta Speaks

I smoked for 30 years. I started when I was 10 years old. I tried everything, gum, patches, Chantix. My ex-husband was diagnosed with stage three lung cancer in March of this year. That prompted me to really want to quit for good. His 28 year old niece got in contact with me and set me up with a mod and tank she had as a spare. I started vaping and I was still smoking cigarettes as well. I noticed I wasn't smoking as much as I normally had been. Almost two months after I started vaping, I quit smoking all together. I have been smoke free for four months and have never felt better. I can hike in my woods to my tree stands and not feel like I am going to pass out from not being able to breath. I also have asthma and have not had to use my inhaler for 6 months since I started vaping. I haven't had the sinus infections I normally have when the seasons change. I started on 12 mg of nicotine when I first started vaping, I am down to a 3 mg now.

10/29/2015 5:51:30 PM - BobatFlores

I am from the island of Guam in the southern marianas islands. At the age if 8 i started smoking. This was normal around the time i grew up for kids to try out cigarettes. My parents both smoked and they usually smoked in the house at this time. It was easy for me to have access to a pack of cigs because they were in the freezer and I was tall enough to reach it. They didnt really notice as they smoked a lot and didnt really care to count how many packs were left in the carton. I would have a pack of cigarettes to share with my friends as we walked to school. We usually took the trails going through the trees so we wouldnt be seen. 22 years later and now 30 years old I have been cigarette free or tobacco free for a year and a half. My wife is very happy I quit smoking and so am I. Vaping saved my life and maybe even my marriage. I first started out vaping 24 nic after a year and a half i'm finally down to 3. My health has vastly improved since starting vaping and I hope I can continue vaping because after 22 years i still need have a need to smoke something.

10/29/2015 5:51:20 PM - Ian

If it was wasn't for vaping, I among a few of my friends would still smoke. I even got more of my friends to quit smoking. I am a sober 31 year old veteran that likes to go to his local vape shop, chat about products vape and be happy. Putting stricter regulations on e-cigs/e-liquids would cause further harm to small business owners and the communities. I had smoked for 15 years. I haven't had a cigarette in 4 months. I feel ten times better and don't wake up coughing until I almost throw up.

10/29/2015 5:51:09 PM - Zackary Blevins

Since making the switch to vapor products from cigarettes just 4 months ago I have noticed a marked increase in my overall health. At 26 years old I smoked cigarettes for 6 years and although I knew the terrible affect it was having on my body and those around me I continued to do so. I tried, unsuccessfully, to quit smoking dozens of time times over the course of 4 or 5 years with the aid of gum, patches and various other methods suggested by current quit smoking initiatives. The access to vapor products os what finally gave me the outlet I needed to finally put down the butts for good. Since making the switch not only have I not been tempted at all to smoke, I am now more disgusted by the smell of secondhand smoke in the air and on a smokers clothes or in their vehicle than I was even BEFORE I smoked myself. I have no doubt though that if these safe vapor products are removed from the market or the choice in e-liquid flavors reduced to plain tobacco and menthol that I would pick up the disgusting habit once more. Vaping and the vaping community finally gave me the outlet I needed to fully quit using tobacco products and since I no longer run out of breath from walking up a flight of stairs, my hands don't shake all day, I no longer hack up disgusting black tar every morning and all day, and the scent of my clothes doesn't disgust my loved ones every time I walk into a room. Please do not allow the FDA to take away my health, the health of those around and the freedom from tobacco that vapor products have given back to me.

10/29/2015 5:50:59 PM - kyle

i started smoking at 14 because of my parents. i smoked up to two packs of regular cigarettes a day. i smoked for up to five years before i was introduced to vapor products. ive tried various types prior but never had used the ones made now. after i bought a starter kit i had quit cigarettes fast. nothing has ever worked so easily! the price is affordable, theres tons of health benefits an the community is like no other. me like many others have also quit minor drug addiction due to the benefits of vaping. it would be a tragic thing to watch this wonderful alternative go away. ive been clean for over a year and everything feels better! all my senses an immune system are strong again as i continue to get healthy!

10/29/2015 5:50:50 PM - Tiffany

I had a rough childhood. I didn't grow up in the best part of town, nor did I have the best of parents. This resulted in me smoking at the very young age of 10 years old. I am now 20. I struggled with asthma, I never got into sports because of not being able to breathe, and I would constantly get in trouble or have bad nicotine fits. I smoked for 9 years. I started vaping about a year ago, and it has already started to change my life. I don't have the nicotine fits anymore, I can breathe properly, my asthma has definitely calmed down, and I've cut down to 3mg of nicotine in my juice. I haven't had an asthma attack since I quit smoking cigarettes. I do not currently smoke any cigarettes. I tried Nicorette, Chantix, and any over the counter medication that's supposed to help you quit. Nothing worked for me. I would always start right back up within a week's time. I've noticed that people are responding to me better, job interviews are going smoother, I'm not self conscious about smelling like cigarettes all the time... Quitting cigarettes and picking up vaping was the best decision of my life. It isn't just an alternative to smoking, either. Certain flavors and smells can reduce my chance of having an anxiety attack, or can even help calm them. Vaping saved my life.

10/29/2015 5:50:38 PM - Mr and Mrs Neely

Both my wife and I were heavy smokers. I personally had so much problems breathing i was put on an inhaler. I smoked for 15 years. I had tried the patches the gum and the pills to quit nothing seemed to work for me. Then i heard about vaporizers and e juice and how it was helping people quit. I originally started vaping almost a year ago i believe. I continued smoking but as of 3 months ago my wife and both quit smoking granted i do cheat maybe once a day if that. Every since i started using my vaping products more and smoking less my breathing has gotten 100 times better. I no longer use my inhaler as often as i used to. I feel more energetic as well as just feeling all around happier. I love my regulated box mod and all the different flavors of juice there is to choose from. I originally started on 12mg of nicotine in a vape pen then i moved on to a mech mod with 6mg nicotine juice. Now i am currently on my sigelei 150 watt tc and using 0 to 3mg nicotine juice. I pray they dont take away vaping products i truly do.

10/29/2015 5:50:29 PM - Chris Morrison

I was a young teenager when I first tried tobacco products, I began using chewing tobacco and cigarettes, after doing it for a few months I was addicted. I had tried to stop smoking but ended up getting caught at 17. After a while of using chewing tobacco to try and quit, I began smoking again. At 22, I tried the patches, the gum, and I tried just switching to light cigarettes. Nothing seemed to work. Finally, at 24 (February 16 2014) I was able to quit, by using an electronic cigarette, I started vaping and have since stopped nicotine completely.

My life has changed for the better and it's all thanks to vaping. I pray that the government does not take this from those who need it, it was the more powerful and flavorful options that helped me kick my habit and become a more healthy and happy person!

10/29/2015 5:50:19 PM - Mike

After 27 years of smoking and several failed attempts to quit cold turkey and several attempts to quit with help of medications switching to using vape related products I have been able to be smoke free for 6 months. If this bill is allowed to pass it will be doing a grave injustice to an industry that has helped so many kick the cigarettes. Since I have quit smoking I feel more energetic my sense of taste and smell have improved and the beat part is the money that I am saving. I use a mod and started with level 18 nicotine and am now down to a level 3.

10/29/2015 5:43:22 PM - Bill Gasser

I have now been smoke free for two years. This is the best I have felt since I have switched over to vaping. I no longer get winded, smell, or offend anybody around me. Another thing that is a huge plus for me is the litter that is cut down, so I leave a softer foot print for my kids. If electronic cigarettes get shut down do the realize how many people might go back to smoking? If the supposedly care so much about the people why would they not allow us to have an alternative?

10/29/2015 5:43:14 PM - Josette

I smoked for 20 plus years. I have been able to quit smoking with e-cigarettes. I have not smoked it 2 years. I tried every other quit smoking method and this is the only thing that helped me.

Please do not take this away from me or the others that can benefit from this.

10/29/2015 5:42:55 PM - Joseph Orosco

Seeing is believing and I've seen it for my self, I've helped many people quit smoking from family members to friends to totally random strangers. I worked at a Vape shop in Southern California and had many people come in long time smokers of up to 4 packs a day . We would give them some knowledge about vaping they would buy a set up and start the journey and I've had customers come back and tell me that I helped save their life .

10/29/2015 5:42:43 PM - Zackery Tolentino from Provo, Utah

In the year 2010, I started smoking. I was 18, and very lost in life. Since then, I was a heavy smoker, buying pack after pack every week. It took a huge toll on my personal health, as I would wake up terribly every morning. My lungs would hurt, my throat was lined in mucus, and I would have a terrible cough. I tried quitting several times, though it never lasted longer than a week. I tried using disposable e-cigs, but they never lasted longer than 2-3 days and ended up costing too much. I tried doing quit.org, but it was ineffective. I thought I would never be able to quit smoking. Then one day I decided to pick up an e-cig mod. I used it along with my regular smoking, preferring to use the mod more. This lasted about 2 weeks, and one night I went outside to have a cigarette. I smoked about a third of it, and couldn't handle it anymore. I said, "enough is enough" and put it out and threw it in the trash. The next morning was August 19, 2015. August 19, 2015 was my official first day cigarette free, and I haven't been happier. I feel healthier, I can smell better, and I don't feel terrible in the mornings. I can go into work without smelling like an ashtray and have the same people who once treated me poorly for being a smoker treat me with respect, and even commend me, and are more than willing to accept me and my vaporizer. I can run again without being winded! Breathing doesn't hurt! The best decision I have ever made was the decision to buy an e-cig box mod. Nobody will ever know just how grateful I am to the company Aspire for creating the tank I use, and the company Asmodus for creating the box mod I use. I owe them my life, because without their products, my life would still be taken by tobacco. Words cannot express my joy that since August 19, 2015 I haven't even wanted to pick up a cigarette. My life was saved by an e-cig.

10/29/2015 5:42:32 PM - Kim

I smoked for 30 years until my daughter introduced me to vaping, I have been smoke free for over 390 days, the first year was easy and I hope to continue, please support this bill it is a life changing bill!!!!!!!!

10/29/2015 5:42:20 PM - Keith Ellis

About a year and a half ago I was a smoker that weighed around 300-315 lbs. I was diagnosed with diabetes and was taking insulin about 5 times a day. My daughter who was 10 at the time convinced me to try ecigarettes and quit smoking. I started using them and cutting down on cigarettes with the highest nicotine level you could get. I was able to change my eating habits and after got rid of cigarettes, started walking everyday. It was slow at first because I had smoked for over 20 years and was up to 2 packs a day, but after a couple of weeks of only vaping was able to walk 2-3 miles a day without getting short of breath. I ended up losing around 70 lbs and I am now down to almost no nicotine and still working on it. I was also able to stop taking insulin and A1C levels are back to normal. I have tried every kind of stop smoking aids over the years with no success and this was the only way I was able to stop smoking and I smell better and breath better. It is sad to believe that these things are going to be regulated out of existence and cigarettes are still going to be sold. It's hard for me to understand how people are so closed minded that they refuse to be educated about these things but still support big tobacco.

Thanks for reading,

Keith Ellis

10/29/2015 5:42:09 PM - Dylan Underwood

Smoked for 12 years and nothing helped me quit like vaping has.

10/29/2015 5:41:58 PM - Michael

I smoked a pack and a half of cigarettes a day for almost 18 years my body was always worn down, my work production was never at it highest, not to mention my health.My girlfriend and I have been vaping for 18 months and have stepped down from a 24 ml nic to 3 in that time. My plan is to be free of both within two years, vaping has Saved me over 3500.00 dollars a year not to mention the years of my life I'm going to have with my children from quiting. These products have given people like me a healthier alternative to step away from tabbaco products and the ball and chain of smoking. If it can help someone like me who was skeptical today I saw e cigarettes, it can help a lot more people to quit as well. I use a MOD IPV mini with a kanger tech sub tank. I tried going cold turkey, the patch, gum, acupuncture, hypnosis. I was desperate for a change and now I have one.

10/29/2015 5:41:45 PM - Josh from bartlett il.

I smoked from 14 to 33. I never thought I would get out from beneath the

Addiction to cigarettes. Then one day I tried vaping and have not looked back since. Three years later I feel 100 percent better, I can run, enjoy playing with my kids, and most if all I am not putting 6000 plus chemicals into my body. This industry needs to continue the government is overstepping their boundaries trying to wipe it from exsistence! I hope as a community we can stand strong together to make our voice loud so we cannot be ignored!

10/29/2015 5:41:34 PM - Jarred Korecky

My name is Jarrd Korecky. I am a 23 year old information systems technican residing in Findlay, OH. Vaping has saved my life. I began smoking shortly before I turned 16 years old. Socially and seldom at that. At first it was wine flavored black and milds, and grape swisher sweets. But, shortly before I turned 18 I began smoking cigarettes. And that was a social thing at first as well. But, before I knew it I became hooked and was quickly smoking a pack or more daily. It wasn't long after I became addicted that I decided I wanted to kick that habit. I hated having to go outside to smoke, and it was entirely too expensive of a habit. So I made the decision that I was going to quit. And it would be easy; after all I had only been smoking for a little over a year at that point, or so I thought it was going to be easy. At first I thought I would just quit cold turkey. Well that never even lasted an entire 24 hours. So I thought I would try the nicotine gum, the gum tasted so horrible I threw the entire box out after one piece. So that was two methods tried and failed. I decided to try the "cigalike" electronic cigarette sold commercially in most gas stations and convienane stores, such as the "blu" and "vuse" brands. Vaping on those did little more than make me want to smoke even more. The flavor was like a stale disgusting cigarette, and the "throat hit" was so harsh I really couldn't see why I would use these rather than just smoke a cigarette. I thought all was lost. I had made a terrible decision as a stupid child that was going to control and ruin my entire existence. It wasn't until a local brick and mortar vape shop opened up, that I saw even the slightest bit of hope to quit smoking. I stumbled upon the shop whilst driving around town, that was the beginning of the end of my life as a smoker. I purchased a basic starter "ego" style battery with a nice bottom fill tank clearomizer and some killer delicious watermelon e-juice. I knew that very day that I could see myself finally quitting. Although it wasn't with the basic starter kit that I was actually able to achieve quitting. A month later I purchased my first mechanical mod, and rebuilable atomizer. I haven't smoked a cigarette since that day. And as time went on I have stepped down my nicotine level all the way to zero. At this point in time vaping is no longer habitual, and I am not addicted to nicotine. I can go entire weeks at a time without vaping now, with zero withdrawal symptoms. I can finally play basketball with my friends outside in the summer without having to stop to catch my breath. But most importantly I have ceased putting harmful, cancerous, deadly chemicals into my body on a daily basis. I am now able to live a happy healthy life without the fear of it being cut short from smoking. And I have vaping to thank for it all.

10/29/2015 5:41:17 PM - Josh

10-10-15. This is the day I purchased my mod and bottle of juice. This is also the last day that I smoked a cigarette. Something that hasen't happened since i was 15. I do not crave cigs anymore. I have tried numerous times with nicotine patches, ecigs, cold turkey, chantex, ect. to quit with little to no success. Vaping has been a blessing to me. I breath much easier even after just 2 weeks smoke free. My goal is to be nicotine free soon. Breaking the smoking habit is the first step. Then bring down my nicotine addiction.

10/29/2015 5:41:07 PM - Michael Snyder

My Story -

I've been vaping for 2 yrs come 11-5-15 and with out vaping, e-cigarettes and the entire industry involved with trying to keep this helping individuals like me; I would still be causing terrible amounts of harm to my health by smoking. I was a smoker of 17 yrs, I tried the patch, the gum and everything else and still couldn't lay down cigarettes. I couldn't even walk up a flight of steps without feeling winded. And this is at 35 years of age. When I found that vaping worked when nothing else did, I was so relived that it would no longer be a struggle to fight lighting up a cigarette. And by the second day (within 36 hours) the smokers cough that I had dealt with every morning for years was gone! Slowly and steadily my lung capacity was increasing. Within about a month and a half I could jog across my complex to the mailbox and barely be breathing heavy. I decided then that I was going to tell every smoker that was friend or stranger about how much vaping had helped me be able to do more and feel so much better on a daily basis. We still don't know if vaping is completely safe. But we as former smokers ,and current vapers do know, that beyond the shadow of a doubt that we are getting healthier and feeling better than we have in a long time! It is harm reduction! Regulation is good for the industry as far as health codes that guarantee production of e-liquids in a good clean environment and proper safty regulations on devices. But, Please don't create regulations that destroy this gift that has been given to us!

10/29/2015 5:40:56 PM - K. Martinez

On November 10,2014 i began my quit smoking. I was always coughing and getting sick.i knew i need to quit smoking. Vaping was my last resort. I had tried everything and nothing worked for me. So i tried vaping and it has helped me so much.i no longer cough .i haven't gotten sick in almost a year. I can breath better i i dont get short of breath. I started out vaping at 18 mg of nicotine and i am down to almost zero nicotine. I know vaping has helped me quit smoking the nasty cigarettes that the big tobacco companies want us all to go back to.i think that you all as our government should help us people that no longer want to fill our bodies with over 7000 chemicals and help support our quit .with out vaping i would probably still be smoking 2 1\2 packs a day .i smoked since i was 15 years old i am now 39 years old. So i asked you all to help us .i had tried the nicotine gum ,patches lozenges, help quit books nothing but vaping helped. Thank you again for taking the time to read my testimony.

10/29/2015 5:40:46 PM - Malia

I'm a single mother of two. Ages 3 and 2 years old. I smoked between a half to a full pack of cigarettes a day at my worst. Vaping has changed and SAVED my life prolonging it for my babies. I no longer feel sluggish and sickly. While smoking regular cigarettes I would barely eat. Giving me no energy to do anything with my babies. How horrible for a mother to do this!! Discovering vaping I now feel better from the inside out!! I have been cigarette free for 6 months and will NEVER pick it up again. I no longer smell and no longer do I have to worry about my kids being affected by this smell either. I started out at 6mg and am now down to 3 and 0MG. I can't stress enough how vaping is a tool to help others out there to do the same no matter what situation it may be. Vaping is changing lives!! It has definitely changed mine!! Thank you to this industry for giving me a second chance on life.

10/29/2015 5:40:13 PM - Lacee

In summer 2013, I had already been a pack a day smoker for four years. My daughter, then age 6, was diagnosed with asthma. I never smoked around my child, I always smoked outside, never in the car, and if she was outside while I was smoking I promptly put my cigarette out. Smoking wasn't a cause of her asthma, but even the smell of the smoke on my clothes would trigger it. I tried nicotine gum, patches, cold turkey, you name it, even acupuncture to quit smoking with no success, results never lasted more than a week or two. I hated that I wanted to quit so badly and just couldn't. Sobbing, crying, and depressed one night I called my boyfriend feeling out of options. He had begged me to try a personal vaporizer for months. Being extremely susceptible to respiratory infections (another reason I wanted to quit smoking) I had been terrified to try them. He finally convinced me to take his vaporizer and bottle of juice to try out as this very set up had gotten him to quot smoking. Almost two months later I now have multiple vaporizers of all kinds, (box mods mostly with tanks and RDAs) some for traveling, at work, or at home. I have been cigarette free since the day I started vaping, September 19, 2015. I'm even already down to nicotine free juice. Thanks to this I have not been the cause or trigger for one of my daughters asthma attacks. I feel healthier than I've ever been and even ran a mile for the first time since high school without feeling like I needed an ambulance after. Vaporizers have literally saved my life and has improved my relationships both with friends and family. I owe my health and, in part, the health of my daughter to vaping.

10/29/2015 5:39:57 PM - Renee

I have smoked cigarettes since I was 16. I was able to quit while I was pregnant. Started back shortly after my son was born. I am one of those people who smoked because I liked it. Since January 1st 2015 I have not had a cigarette. I started vaping due to a cancer scare. My doctor said I was fine vaping. I never thought I would enjoy something more than cigarettes but I do. VAPING!!! Please I feel so much better since I quit smoking. We need vaping for better health for us and those around us.

10/29/2015 5:39:48 PM - McKenzie

I started smoking cigarettes when I was 12 years old, because if this I got strep throat 17 times in the several years I smoked. I tried the patch, I was allergic to the adhesive and I got nicotine poisoning. I tried the gum which also did not work, then I tried blu e cigarettes (disposable) and they did not last long enough for me they died within 3 days. I tried all of those methods, when I was 16 my brother showed me a few vape shops, I have now been cigarette free for 3 years and have not had strep throat since.

10/29/2015 5:39:37 PM - Tim S.

I began vaping three and a half years ago after recovering from a bad upper respiratory tract infection. Previously, I had smoked a pack a day for ~32 years and suffered seasonal sinusitis brought on by allergies.

My doctor and I noticed a change in my health patterns over the past 2 years. Pulmonary functions are much better and my blood pressure is lower. I no longer have the seasonal issues with sinusitis which may have been linked more to smoking than allergies. I have no more need for inhalers as well.

Smoking is no longer a way of life for me and my family. Vaping was the first step to a healthier and better me.

10/29/2015 5:39:28 PM - Christopher Norton

I have been vaping for 3 years. I have fully quit smoking, because of it. I can run again, I can play with my dog and not get winded, I feel better than I have in the 7 years since I started smoking. Vaping has saved my life and money. I used disposable vapor cigarettes, and they didn't do much for me. I switched to RDAS and mods shortly after that. I smoked and used my RDAS at the same time. But eventually I managed to drop them completely. 5th time's the charm. I tried quitting cold turkey the first 4 times.

10/29/2015 5:39:17 PM - CLIVE THOMAS HAU

For the health of our future children. Stop smoking and vape on. I stop smoking for 4 month since vaping so it is good for me to try quit smoking.

10/29/2015 5:39:06 PM - Daryl manzenberger

Quit smoking use a vape mod feel so much better I am able to work my job now with out running out of breath and am now losing weight and just feel so much better as a person really hate to see Vaping become no more so many people will end up going back to cigerates and I feel that this is so its really about being I smoked for 10 years I hate to go back let use have the option of how we get ate nicotine

10/29/2015 5:38:55 PM - Tim Bryant

I started smoking cigarettes at 12 years old. By the time was 19 I was up to 2 packs a day. I started vaping because a family friend opened a vape shop and I told him I wanted to quit smoking. I started vaping using an ego starter kit then shortly after switched to an innokin vtr starter kit and now today I use a lmc limitless with a alliance rda. I've been vaping for just about 3 years. Since I started vaping I can actually breath good again and I'm always getting complements on how good I smell.

10/29/2015 5:38:44 PM - Marina Brown (ohmminacup) from Abilene, TX

I was a pack a day smoker since I was a sophomore in high school. Both of my parents & most of my friends smoked so I didn't see the real issue. Once I got older I started to realize the toll it was taking on my health. Feeling grogging (or as I like to say hungover) in the morning, not eating as much & also not being able to do the normal exercises I once could do. I tried to quit on my own by cutting a few cigarettes out of my day, but I would end up playing catch up the next day. I also had a soon to be 1 year old daughter that I wanted to be a good role model for, so I decided I was going to try to vape. Since I began vaping, I have gained weight, got my sense of smell & taste back, I feel great in the mornings, & I can actually breathe!! I no longer am coughing through the night or coughing up black tar from my lungs. I feel healthier than ever! I couldn't have done it without vaping. I now use a mechanical mod at 3mg of nicotine (shooting for 0!) I have been smoke free due to vaping since December of 2012!

10/29/2015 5:38:34 PM - KC Bri

Just over two years ago my parents started their own shop so that we could make high quality vapor products available to our area. Since then it has exploded and still amazes me everyday at the success stories I see personally. My Dad has completely quit and has been smoke free and feeling better than ever for over two years. My grandmother has not thought about touching a cigarette and now does not even vape. My aunt, a 40+ year smoker, has been completely cigarette free for over a year and has completely transformed! She can climb stairs and smell and taste and has an extreme amount of energy. I have several other friends and family members who have very similar results and praise vaping for giving them their life back. Go into the vape community and ask about the success! Ask about the difference of vaping vs pharmaceutical solutions. The lack of side-effects that leave you with no sleep and hallucinations. These products are amazing and have been life changing to many people. Go see for yourself.

10/29/2015 5:38:24 PM - Gregory Bearden

I smoked for 7 years, about a pack and a half a day. I started using the disposable e-cigarettes with did not help at all, but when the high end mods come out (what we have today) I cut back a lot, I am not now a year and a half smoke free (dip free too) and have no desire to go back tobacco, but if it comes down to going back to disposable e-cigs or cigarettes it'll probably be cigarettes I've just got my mother who has smoked for 30 years to make the switch to vaping and I want to keep it that way

10/29/2015 5:37:49 PM - Billy McClellan

I started smoking cigarillos when I was 18, and I eventually moved onto cigarettes. At first I didn't think it would get as bad as it did, almost 5 years. About 3 years ago a friend of mine who has an ejuice company introduced me to vaping. At first it began to help, but didn't totally stop me till recently when I threw myself fully into vaping. Making more of a hobby rather than a crutch is what truly changed everything for me. I started out with the typical disposables, then slowly climbed my way up the latter to mechanical mods and regulated box mods. I still use 3mg of nicotine, because I didn't quit very long ago. I feel better than I have in years, I've gotten back into the gym, and my girl doesn't want to kick me out anymore. I'm so thankful for her and all of those out in the community that have helped me to make this change and have been just totally awesome. I can't wait to see what the future holds for vaping and I will be more than happy to be a part of it.

10/29/2015 5:37:38 PM - Ralph Molina

I started smoking at the age of 13. I tried many times to quit. Nothing ever worked until I found out about vaping. The first vape I bought was the original ego. I used both my vape and cigarettes for a while.Until I was finally able to put the cigaretree down for good.

I feel so much better about myself. I'm able to breath better now. No more waking up coughing or bring out of breath for no reason. Vaping has improved my health.

Grateful vaper here.

10/29/2015 5:37:21 PM - Nick A

Since I have started vaping I have come to realize that my health has actually increased substantially from when I had substituted cigarettes for this. And also during the time I was smoking I was also training in the art of Muay Thai... And my cardio is even better than before. You also cannot deny the claims of millions of other people that have successfully stopped smoking since e-cigarettes have come around. I urge you not to take away the alternative that has helped me as well as millions of others towards a healthier lifestyle... If you do take this away you will most likely have an abundance of people going back to cigarettes which is KNOWN kill of many of people in the past. The main claims of anti-vaping ads is that we don't know what we are putting into our bodies. We however DO know what is in e-juice and we also know that it is a whole lot less than a cigarette. It burdens me to say this, but no matter what there will be kids that get their hands on an e-cig/vape. Kids have been known to acquire cigarettes/alcohol/drugs through others whether it be their very own parents or friends. This is something that we cannot avoid no matter how hard we try. Another claim is that we (the users) are guinea pigs. If that is the actual case, then most people I know have been guinea pigs for 4+ years with benefits towards their health since quitting cigarettes. My last point will be that if everyone that has successfully gotten off smoking cigarettes through vaping and say that they feel healthier, why would you take it away? If you take away this from us you might as well ban the REAL killer, cigarettes. Thank you for your time. And please don't take away something that frees us from the chains of big tobacco companies.

10/29/2015 5:27:09 PM - Johnathan "thirty" Williams

I watched my family die one by one from a form of cancer from smoking and I was smoking for 16years and I'm only 30 yrs old I choose to let my friend help me help myself get off tobacco the only real reason I see any reason for this to happen is due to the cuts that big tobacco will take i.e. The cost of cancer treatment will drop but I digress I stopped smoking due to the use of my vape mods yea I still blow clouds difference is these clouds couldn't hurt a fly and there is no sickness to cure from usage but again I digress I won't go like my family I watched suffering for years I need vaping in my life to remind me of what not to let happen I use sigelei box mods mechanical mods and I started all from a vape pen

10/29/2015 5:26:59 PM - Thomas Crow

Was a 2 pack a day smoker for 18 years I was unable to quit smoking even after trying patches,chantix,hypnosis, counseling and gum i tryed everything. but vaping is what saved my life. I started with an evod starter kit with 24 nic now six months later I am at 3 nic. I can go to the park with my kids and keep up with them now.

10/29/2015 5:26:49 PM - Garrett D.

I started smoking at a young age. I smoked for 8 years pretty heavily I never thought that I was addicted. I just thought I liked them and that if I ever so choose to i could drop them just like that. I was sadly mistaken. I had many unsuccessful attempts at trying to quit smoking but to do suprize I found myself picking them back up. Until my friend introduced me to vaping and I decided to research the topic the more I looked I found nothing but positive outcomes. So I decided to try it I use a mechanical mod with the best batteries best tube. With vents for more protection. I Vaped and smoked at first but eventually I found myself starting to dislike the taste of cigarettes and within 2 to 3 weeks I dropped them completely. I've Been cigarette free for 4 months now with no slip ups and I feel so much healthier. Vaping changed me from someone destend to need oxygen tanks by the time I'm 50 to a young male with his whole life to look up to. I got to say if all this stuff happens to where we can't vape I'm going to be upset with our society I mean they would be better off getting rid of cigs and alcohol not vaping. This would severely impact my life in a negative way because it's something that helped me change my life for the better and our law makers are more focused on banning vaping rather than things that kill thousands a year instead of something that's helping thousands quit something that kills thousands.

10/29/2015 5:26:39 PM - Sara

I had smoked since I was 25. Within 4 weeks I am now smoke free due to vaping. My son also who recently ended up getting an inhaler. Witch have drivin me to find a way to quit after tryimg patches, chanix, and gum before learning of vaping. Now thanks to vaping my son no longer has to use it in my home. And I can truley breathe so much better.

10/29/2015 5:26:31 PM - Andrew Bryant

I have smoked cigarettes for 10 years, I was a pack and a half a day smoker. I have tried everything to quit, I always seemed to go back to cigarettes.Last year I picked up a mod and I put the cigarettes down and have not touched them since. I started at 6mg nicotine now I am now down to 3 mg nicotine. I feel better physically, no coughing or hacking anymore, my since of smell and taste are back. I feel great. Vaping has changed my life for the better. I appreciate the time taken to read my personal testimony.

10/29/2015 5:25:56 PM - Joseph Fazzolari

Hello, my name is Joseph, I have smoked cigarettes from age 15-18.

When I found out about vaping, I thought it was really cool, and later on found out it was also a lot less harmfull. Much less harmfull.

I have asthma, and I am a very active person. After a month of vaping, my lungs felt so much more clean. A lot of traditional cigarette smokers think vaping is a gimmick or that its worse. Straight nicotine is a whole lot safer than a cigarette, which is nicotine plus tons of other harmful ingredients. Ive firsthand experienced vaping, and can honestly say its not cheaper, its a little more pricey, but my lungs are healthy again. I spent over $2,000 in e-liquid and I do not regret it. I vape to this day and plan to for the rest of my life.

10/29/2015 5:25:47 PM - matt miller

I smoked cigarettes doe 30 years. Was diagnosed with copd. Was informed I had to quit smoking. I tried many different methods, patches, gum, niotrol inhaler ect... Finally I discovered e-cigarettes and have not smoked a cigarette since 8-11-15. Vaping has saved my life! We must continue to seperate tobacco from vaping. They are not the same thing. I need to vape for health and enjoyment reasons. Please don't take that away from us. It saves lives!!!!

10/29/2015 5:25:37 PM - Samuel Dixson

Hello.

My name is Samuel D. Dixson. I have been an avid consumer of vape products for over a year now as has my wife. My family from next of ken even to longer in relations all have had the great pleasure of enjoying the many unique and amazing things and health benefits vaping has brought to our lives. I believe wholeheartedly that changing from tobacco products to the world of vaping products has truly saved my life!!!!!! If the many options from flavors to all the different forms of vape products are regulated so strictly that I will truly lose a piece a happiness in my life that makes me the healthy and happy man I am today. Knowing that I can wake up with no negative effects on my health, unlike the days when I used cigarettes. I feel better 100 percent and my primary doctor has noticed a positive change in my health since as well. My wife has had more than excellent results as well. Please stand behind us consumers and small business and do what is right for us in this fight. The big tobacco will lobby and do anything necessary to get back the sale revenue they lost since vaping has went more mainstream but you can help us to get our lives back. I appreciate any help you can give us in support of our cause.

Thank You and God bless,

Samuel Dixson

This is a copy of the message i sent to my state reps on behalf of vapers everywhere. Thank you CASAA for the work and dedication you all put in for our fight!!!

10/29/2015 5:25:23 PM - Britney Louise [Peters]; Philly, PA

October 15th, 2014 of last year is when I was hospitalized for five days; a direct result of smoking 2 packs of cigarettes daily in combination with taking oral contraceptives that contain hormones. This deadly combination landed me in the hospital for five days, a diagnosis of 30+ pulmonary emboli in my left lung. That's more than a lot of blood clots for a young, otherwise healthy female. I was only 24 years old and it was difficult and painful to breathe. After learning I'd have to be on blood thinning medication for approximately 6 to 9 months after my diagnosis was embarrassing. I saw no other option, and went out and purchased my first vaping starter kit, because smoking wasn't an option for Britney any longer. Slowly killing myself (while putting money directly into Big Tobacco's pocket) wasn't an option for Britney any longer.

I've been vaping ever since I was released from the hospital, and it has turned into the only hobby I've ever been passionate about. I'm currently getting over a case of walking pneumonia I had caught from the office where I'm employed. I went to the ER for medical attention, and because of my pulmonary history the doctor ordered me to get a CAT scan done on my lungs. The clots were there no longer, and for once my illness wasn't directly correlated with smoking cigarettes. Prior to vaping, I had a history of asthma, and chronic bronchitis that would strike relentlessly every winter.

If people refuse to recognize how many lives vaping has saved, and the gigantic positive impact that it's had on millions of people's health and lives, they are blatantly ignorant. Please quit the power struggle full of money and greed, and hear our stories. The community will not go down without our stories being heard and our efforts put forth. WE ARE PROOF!

If you took the time to read this, thank you. It is fantastically appreciated!

10/29/2015 5:25:09 PM - Dee Zee

In August of 2013, on the 17th, I quit smoking combustible tobacco products. I had smoked cigarettes for 41 years. I got lazy and didn't want to go to the store for cigarettes and also the price was killing me. I had, a few months earlier picked up a Lotus e-cig and it had been sitting in my desk drawer waiting for the time when I felt I would like to try it. I charged the battery and put on the cigarette flavored cartridge. It was working, I was purchasing the cartridges and realized that though I was not spending as much money, it was still expensive. So I started to search the internet and found some different places that sold what are called ego batteries and also sold the ecig juice that came in many sized bottles with different levels of nicotine in the juice and with a wide variety of flavors. So began a healthier way to receive the nicotine that my body craved. I had tried to quit in the past and nothing worked. Hypnosis, counseling, nicotine gum, nicotine patches, Chantix (which was working better than the other methods I tried but which one of my doctors told me to stop taking when the suicide stories started to come out in the news), the buddy system, National quit day, etc... the list goes on and on. I tried almost every method that came out. Nothing stuck for me. I think the longest time I was able to quit for was about 6 months. Imagine my surprise when I hit the major milestones, 1 month, 3 months, 6 months, 1 year, 2 years. I have never smoked another cigarette since August of 2013. No relapses, no fighting cravings, just my vapor products. I started out with the Lotus ecig, then moved on to ego batteries and clearomizers, then to larger ego batteries, (more mahs), and larger atomizers, At this time I am using a IPV 3 Li with a Sense Herakles and also have a SMY Kung Fu, and a Tesla Two which I use with an Aspire Nautilus mini and an Aspire Nautilus and I also have a Kangertech. I used to use BCC plastic tanks and have pretty much now switched out to all glass tanks. I am at 18 mg for almost all of my ejuice. I am doing a 50/50 vg/pg. I am going to start going with a higher vg soon. First I will use up most of the juice I have here now. One thing I really noticed after I quit smoking was the smell of cigarettes. I can't believe how nose blind I was to the smell while I was still smoking. So onward to new vaping experiences. I hope it never grows old.

When I went to one of my doctor appointments this fall, she said to me, "I have to say something and I hope you won't be offended by this. I never thought you would quit smoking. You are one of my patients who I believed would never be able to quit smoking but look at you! You have not smoked in over two years. I am proud of you." This was something I had already heard from friends and also relatives. I agreed with them. I never pictured myself without cigarettes. When I bought my cigarettes, I always bought them by the carton. When I started smoking, I was paying 2.00 a carton. I always had goals of quitting each time the price went up. I said I will quit when they hit 50 cents per pack, 1.00, 2.00, 3.00 and on and on, but every time the prices went up, I raised my expense bar. Needless to say, it didn't happen. I wasn't able to quit and the price was now close to $50.00 per carton. In October of 2014 I had a CT Scan (I choked on a piece

of Chocolate and the doc thought I might have Respiration Pneumonia) which it turned out, I didn't have, BUT... there was an inflamed nodule in my right lung. 6 months later, they did a repeat CT Scan and it had gotten slightly larger. Then I had a PET Scan and it was confirmed that I had cancer. My surgeon told me that he was glad that I was vaping and not smoking. My chances of recovering were much greater than if I hadn't quit smoking cigarettes. I also have other health problems, some of which are cigarette smoking related: two of which are COPD and sleep apnea. I have other health problems that are not directly related to smoking but which have been exacerbated by smoking. So, on April 16th of this year I had the surgery and the worst pain I have ever felt in my life. My surgeon assured me that it would have been way, way worse if I had still been a smoker. The tumor was only as big as a thumbnail and he was able to remove it by taking a pie shaped chunk out of my lung. No chemo, no radiation. I am cancer free. All for the love of chocolate, which I will never give up, as it saved my life. It was such a fluke that it was found so early and that I had quit smoking a year and a half prior to them finding my cancer. So ultimately, I would probably have had a much harder recovery if I had still been smoking or I might not have made it through the surgery due to the fact that my breathing was so bad before I quit smoking. I attribute my ability to bounce back from this surgery directly to vaping. I have also been able to smell and to taste things again. It is a whole new world out there for me. I am glad that the younger people out there have a much safer and more effective way to quit smoking. I wish this option would have been around for me when I was much younger but it wasn't so for now I will just Keep Calm and Vape On! I tell a lot of people about vaping and have talked one of my friends into vaping. She had surpassed me and was on to bigger mods and a better vaping experience. She is the one who turned me on to the mods I have and use now.

10/29/2015 5:24:49 PM - Fred srour

I have struggled with smoking cigarettes for many years. Vaping was the only ways that helped me quit smoking cigarettes. Now I have been cigarette free for two years. I believe Vaping definitely saved my life. I breath better, smell better, and overall better health physically and emotionally.

Thanks

Fred srour

10/29/2015 5:24:38 PM - Tiffanie

I was a social smoker. My ex boyfriend smoked a pack to 2 packs a day. When he got an e cigarette, I got one too. I started at 16mg of nicotine. I've been vaping for 3 years. I'm now at 1.5mg of nicotine. I have not touched a cigarette since I started vaping. Since vaping I have not been sick, I feel better, I can spot every smoker by the smell of cigarette smoke. When you stop smoking and start vaping, you're adopted into this unique family that takes you in and helps you from your first ego set up to your newest box mod or tube mod. And every question in between. I have brought some many friends from smoking to vaping, which saves their lives. Once breaking the smoking habit, cutting nicotine down, and learning everything, vaping not only is a smoking cessation, but a hobby. I support this healthy way of quitting smoking. Vaping only has 4 ingredients in the liquid, cigarettes have tons of carcinogens. I will always support vaping.

10/29/2015 5:24:28 PM - Lomen Keoparamy

Hi my name is Lomen and my first taste of a cigarette was when I was 7, one of my friends at the time stole a carton of cigarettes from his dad and we smoked the whole carton till we were sick. When I was 12 I started smoking cigarettes full time and I have been smoking ever since I am now 28 and I have tried quitting cigarettes every way imaginable from the patch to the nicoret gum. I was smoking up to two packs a day, I would still smoke while using the patch and all the other non smoking aids. I recently just started using vapor products and I have notice a huge diffence in my health and stamina. My cravings for cigarettes have completely gone away and I have never been happier. Please do not take these rights away from us.

10/29/2015 5:24:18 PM - Jessica Kennedy

heavy smoker for 7 years, nothing helped me quit, tried everything. ive been cigarette free for 2 years now, feel amazing and healthy. i continue to vape with no nicotine and feel nothing but great.

10/29/2015 5:24:08 PM - backyardblades

Well i have COPD and smoked since i was 14 and i never thought id stop smoking. I had used the patches the pill gum everything but nothing worked until i first hit a tank and vaped my first time. I was so overtaken by how the vapor felt and worked it was awesome. I reasearched youtube and learned about RDAs mods tanks building coils and battery safty. I now have been cigarette free for 8 months and my life has gotten much better i have gained more of my lung use and its been a true blessing having a healthy prolonged life because of vaping its now a lifestyle for my i love it so much. So thats why we need to save vaping it awesome. #Votetovape #vapingsavedmylife 💨😤💨

10/29/2015 5:23:56 PM - Cassandra

The vaping industry, or e-cigarettes have save not only my life, but my husband, and our family's lives. My husband and I were both smokers, and obviously did not like the side effects, so we decided to give vaping a shot. We fell in love with vaping, and soon stopped buying cigarettes. After going to the same store for our vaping supplies for many months, my husband applied, and was hired to work at that same shop. Please note that before he receive his job here, he was working odd jobs here and there; some seasonal jobs at best, and I was in school, unable to really work. This job made it so we no longer had to make $100 last for two weeks. The job market that vaping has created is fantastic. Many people now don't have to worry about money like my husband and I used to. If vaping were to be banned, the government would just be encouraging people to go back to smoking cigarettes, and killing themselves.

I recently emailed my state senator telling him of my concerns for the ban on vaping, and all I received back was an email about how tobacco products need to be regulated so that Americans are no longer actively killing themselves. However, vaping does not contain tobacco, only nicotine, so his email back to me did not give a valid answer. Why have the products that are saving Americans banned, but not the products killing us?

10/29/2015 5:06:56 PM - Logan Watson

Previous smoker for 7 years. Vaping has changed my life tremendously. My doctors tell me I'm healthier than I was when smoking. I feel better everyday, I feel like I will be able to run ar o under with my kids without getting winded, I don't depend on that cigarette in the morning and all 10-15 the rest of the day. If vaping didn't exist, I'd still be going down a terrible path of destruction and bad health. I'm proud to be a vaper, and love the way it makes me feel. I use a series box with a sub ohm tank, .5 coil of course, with 3 nicotine. This is the way I quit completely and I love it. I tried chantix, gave me night terrors every night. Tried chewing gum and patches, didn't do anything for me. Vaping is what saved my life.

10/29/2015 5:06:44 PM - Vape Like A Lady

Growing up, I constantly hounded my parents and family for smoking. I begged them to quit and spouted every hateful "statistic" I was taught in school at anyone who smoked, but when I was 17 I picked the nasty little habit up myself. There's no reason that I started smoking, but it continued for well over ten years.

I smoked Marlboro (lights) Gold every single day, eventually up to 2+ packs per day. I have had asthma since I was a baby, and used asthma/allergy (I'm also allergic to cigarette smoke) tablet DAILY, a rescue inhaler, a steroid inhaler and was prescribed a personal nebulizer machine with Albuterol for my compromised breathing. My significant other said that I used to wake him up from wheezing and breathing so hard while I slept. I hated the smell, taste and everything that went with smoking, but it was too late...or so I thought.

I noticed a guy in a bar who appeared to be smoking but I couldn't smell anything in 2008, when I asked him what it was I was astounded to learn of "e-cigarettes" that produced a vapor and had little to no smell. I joined an ecigarette forum and in March of 2008 I was the proud owner of a M408 "cigalike" that was black and lit up on the end with a blue LED. There was no on/off switch, you had to change the cartridge a few times a day but it was something. Unfortunately, it wasn't enough to get me to give up the real cigarettes. So, that device gathered dust at the bottom of a drawer while I continued to poison myself with everything that is in traditional cigarettes.

In 2012 I gave vaping another shot. The technologies had come along and I thought it would help me get off the stinkies. I ordered the top of the line Apollo ego battery with the on/off feature, a few tanks and juice 12-24mg. This was better than the previous attempt but still not the device I needed to be able to quit. Ecigs were gaining popularity around this time, but I thought I had tried everything there was to offer and vaping was going to be like every other tobacco cessation method I had tried (patch, Chantix, Wellbutrin, etc) so I picked up the traditional cigarettes once again. They had become an old friend at this point.

In the interim from 2012-2015, I watched my mother struggle to quit smoking as she battled breast cancer and vowed that I would quit sooner than later. I purchased the disposable convenience store cigarettes a handful of times and those had a lot lacking for me to be able to quit. I decided that I would give it one more try in January of 2015. My boyfriend and I went to a local vape store, from which I knew the owner and knew he was a heavy smoker as well, and my life was forever changed. The owner, Bill, had swapped completely to vaping and I was intrigued. We purchased a 1600mAh battery with a kanger tank, picked out some eliquid in 18mg (I went with a menthol Big Red gum flavor because it was so pronounced and I couldn't taste anything much anyway) and we left. I still smoked for a few weeks when I was beginning to vape. I found that eventually

I was reaching for my vape instead of going for my cigarettes. I wanted more and graduated to a VV/VW device and that was the device in which I realized one day that I had not had an actual cigarette in 3 days - and the pack of cigarettes I had stashed had gone stale.

I currently use either a tube mechanical based device with a dripping atomizer, in which I build my own coils or a Sigelei regulated 150w box with an atomizer. In February I will be 1 year tobacco free. This also comes with the added benefit of not irritating my asthma - at all. I sleep better, breathe better, smell better, can taste food and am not on any prescription asthma medication. I WAS ABLE TO QUIT TAKING MEDICATION because I started vaping.

10/29/2015 5:06:29 PM - Nicholas Tene

I was a smoker for 17 years, started when I was 15 years old. I started vaping when I was 36 years old. I never looked back. I strongly believe that vaping said my life. It took just one week for me to quit after countless times int hose 17 years, wasting money on nicotine patches (which made me sick) nicorette gum and trying to go cold turkey left me hopeless. Recently, my doctor took did some test and revealed my lungs are so clear, its as if i never smoked at all. I am living proof, vaping is a safe, healthy solution.

10/29/2015 5:06:16 PM - Tyrone Lawhorn II

Being thirty-two and having seventeen years of smoking behind me, finally saying that I've been smoke free for two years almost seemed impossible after failing so many times. Nothing seemed to work (even a hundred dollar group bet to quit, lol).

Before I started using e-cigarettes I only smoked three packs a week, but when I made the switch I was completely done with smoking after a month and haven't felt better. I think the reasons the other methods failed me was the oral fixation, the visual and social interaction.

I've tried the gum to no prevail. I ended up smoking while chewing the nic gum because it never felt like I was getting what I needed from the gum alone.

My thing with the social interaction stems from talking with random people outside while smoking. Most of the conversations were about how we wish we never started smoking and our failed attempts at quitting. Since I've turned to e-juice and the support from fellow users our conversations have turned to more joyful things. I don't mind having to go outside to vape, it's nice getting into a talk with a smoker looking to quit.

I've always been a person to accept both sides of every story before making my mind up and I understand some of the issues brought up by those that oppose this method of nicotine replacement therapy, but is there some sort of middle ground we could all agree on?

10/29/2015 5:06:03 PM - Drew h

I started smoking at 13. 15 years later i would still be amoking if were not for the wide variety of vaping mods available. I tried quitting several times with zero success. I got a $25 setup on the Monday following Memorial Day and haven't looked back. If you so choose to kill countless Americans by denying them the option to vape, I politely request you retire as you clearly no longer value pubic interests nor human life itself.

10/29/2015 5:05:47 PM - Sharron

Sharron of south Georgia

I have been a smoker since I was 15. For 39 years I smoked as many as 2 packs of cigarettes a day. The first 8 years I smoked full flavor and it was a struggle to go to a "light then to the Ultra light cigarettes. Thanks to my son who is (was) also a smoker, introduced me to the e-cigarette. It wakes hard for me to believe that I could, after years of trying to quit, stop smoking.

December 1, 2014 I visited a local vapor shop. That was the day I stopped smoking my ultra light cigarettes. Every time I thought I had to have a cigarette I would grab my e-cigarette. After seven days I gave 9 packs of cigarettes away, and knew right then I didn't need them anymore. I started with 18mg and I am down to 8mg today. My next purchase will be 6 mg. my goal is 0mg by my next birthday.

I use a mod and different fruit flavored e-juice plus control how much nicotine, not the tobacco companies. The GUM didn't work, it only made me sick and gave me bad breath and a nasty taste in my mouth. Total waste of money. I have tried many times to stop, it would only be a few days and then right back to the nearest store for another pack of cigarettes.

Thanks to vapor, (smoke free alternative), I can taste and smell again! I can walk over 3 miles on a treadmill and still breathe! Haven't felt this good In a long time!

It is hard to believe the FDA wants to ban 99%+ vapor products and legalize weed. Makes no sense to me.

Are they for us or against us? (Tobacco products sales must be dropping!)

10/29/2015 5:05:31 PM - Denis Trudel

As a cigarette smoker for 50+ years I developed a minor heart condition as well as COPD, after trying many forms of alternatives on the market which failed I was fortunate to be introduced to e cigs as an alternative 14 months ago, I am now smoke free and truly believe if it were not for e cigs I would not be here today, please, please do not I urge you, do not take away the only substitude to becoming smoke free for me and all those looking to quit.

Help us save our lives.

10/29/2015 5:05:21 PM - Jagdesh

I have been smoking for 15 years, unable to quit tobacco. I have switched to electronic cigarettes. Now i sleep better, breathe better, Also feel more energy in my body. I swear on my life. Electronic cigarettes has changed my life for better. PLEASE ALLOW US TO USE ELECTRONIC CIGARETTES.

10/29/2015 5:05:12 PM - Nathan

I have been vaping exclusively for almost three years. As a smoker, I began to fear for my health. Panic even. I could no longer do physical activities at the level I was accustomed to and it scared me beyond belief. My chest was getting tight and I couldn't breathe that well. I dealt with a horrible cough from sun up to sun down. These symptoms forced me to look into affordable alternatives that would successfully keep me away from cigarettes, but still be enjoyable and safe to consume. I happened to see an e-cigarette store while out driving and decided to drag my buddy there with me to take the plunge. I started on a ego twist with an iclear 16. I have never looked back. My lung capacity has returned and I don't get any of the horrible effects from smoking. Without the people and advanced devices available for me to keep moving forward along my journey, I have no doubt I would still be smoking.

10/29/2015 5:05:01 PM - Austin Graham

I currently work in a family owned shop that my father started here in Missouri. Vaping has changed my family's life for the better! I grow up watching my father, who had smoked since he was 14 years old, quite smoking. It never happened until he found vaping. He picked one up and now that he has stopped smoking for four years he has been so much better. As i said before i work in my Fathers shop, every night we close you walk out of the shop just thinking how many lives have been changed. Vape shops employees dont stop to think about it but every time some comes in and say i wanna stop smoking they came to you for you to make a difference in their life. More and more people stop smoking every day because of vaping adding years to their life that would have been taken away from tobacco. Then they come in the next week for a bottle of juice and you just smile be cause you made a difference and thats what its all about changing peoples life for the better! Thank you for taking your time to read this story!

10/29/2015 5:04:48 PM - Melissa Harris, Columbus Mississippi

As a 30 year plus pack to pack and a half a day smoker I started Vaping just to try it with a friend of mine. (had no intention of stopping smoking) I would just do both in spite of smokers asthma and chronic bronchitis..... So the way this worked for me was the more I vaped the worse the cigarettes tasted and the less I wanted them so after a couple of months I was able to put them down for good, been well over a year now. My voice is now back to sounding like a female voice. My coughing has been reduced to almost nothing. I am able to hold my energy levels during activities. Can't recall the last time I used my inhaler for my asthma. I feel so blessed and happy that I was able to kick the smoking habit and I know with every fiber in me the only way I was able to do it was through vaping. I use a mod, my nic level is currently 18.

10/29/2015 5:04:36 PM - Jeremy Williams

Through trial and error, I have found what works for me and look forward to hopefully opening up my own store soon. Prior to vaping i was pack+ a day. After about six months of vaping, I dropped the habit for good

10/29/2015 5:04:27 PM - james

I was a 2 pack a day smoker for 13 years. I stumbled upon vaping from a co worker at my job. Gave it a try and let me tell you! It works! I have now been vaping for a year and cig/tobacco free for 10 months now. I feel so much better. I cant breath better. Run longer...ect. The regulations set in place willl ruin the community of ex smokers and future tobacco users to encourage them to quit smoking. Vaping saved my life and several others. If its banned you will be doing major harm to everyone! Please....i beg of you. Leave vaping alone.

10/29/2015 5:04:13 PM - tizor

I was a smoker for almost 10 years. I tried to quit using all the traditional methods, patch, gum, \cold turkey\"

10/29/2015 5:03:52 PM - Freya Ward

I started smoking at 14. Peer pressure and the desire to rebel forced me into a disgusting habit that I found unable to break. It only took six years for smoked tobacco to ruin my health and many aspects of my life. I was suffering sleep apnea, elevated blood pressure and heart rate, constant shortness of breath and had lost almost all sense of taste and smell. I would become irritable at work due to long hours with few breaks. I had to quit, but nothing I knew of at the time helped. I bought patches, gum, got a prescription to chantix. They were all expensive, ineffective but most importantly, they couldn't replicate that feeling of having a nice smoke to relax. After confiding to a longtime friend about how hard I was struggling to quit, he ordered a simple cartomizer style e-cig for me as a gift. At first I was skeptical, yet the first day using the device I realized I had only smoked three cigarettes. I was a two pack a day smoker! Within a week my sense of taste and smell had returned. I realized how much I had been salting my food so it wouldn't all taste like the same bland mush. Two and a half years later, I've lost over 40 lbs because I'm able to exercise and eat better, and I've gained a new hobby that caters to my desire to tinker and modify. I'm saving money and I no longer smell like an ashtray, and I would without a doubt that vaping has saved my life, at the very least made a positive improvement.

10/29/2015 5:03:42 PM - Ernest Watson

I start smoking when I was 15, unfortunately being around a family of smokers I ended being one myself. I smoked anywhere from a pack every 2 days, to a pack a day. I had tried quitting on quite a few occasions all with massive failure. This past May, after 20 years of smoking, I decided to once again attempt to quit, this time I tried vaping. My first purchase was a vape stick and using 18mg nicotine juice, after a few weeks I went down to 6mg nicotine. And nnoticed I did not get winded as easily when I walked or rode my bike. I am now using a Smok Cube 2 with a Smok tvf4 tank and my juice is now 0mg, I have been completely tobacco Free for over 2 months and have not had a cigarette in 5 months. I enjoy vaping, my wife is happy I quit as are my kids. I especially love the fact there are so many different flavors and that vaping is way safer and healthier than any tobacco product out there. So please, don't take this away from us, it has been such a well embraced alternative.

10/29/2015 5:03:32 PM - Robin

I was a smoker for 30 years, never being able to quit completely until I began vaping. What a horrible shame it would be to have this option taken away. I would like to add that I believe I am far more informed in the vaping community than I ever was as a smoker. For instance, I know that I vape 3mg of nicotine, but have absolutely no idea exactly how much nicotine I was smoking for all those years. Nor was I ever informed of the specific toxins and carcinogens in each cigarette.

10/29/2015 5:03:12 PM - Caleb "Cuttwood" Cochran, Atlanta Ga.

To whom it may concern,

I have been a 2 and a half pack a day for 2 years...Now Let's rewind it about 7 years, I am 18 years old and I smoke maybe about a pack a day if that. I slowly increased the amount I smoked the more stresses I encountered in my life.

While my health decreased my smoking habit increased. I tried quitting 3 or 4 times, one of wich lasted 2 months. That was the longest I could last without cigarettes. Now let's fast far ward to the present. For the last 6 going on 7 months I have been an avid vaper, and I have been without cigarettes for 6 months! My health is starting to improve and I feel great. I used everything from cigarette loom a likes and now use ecig box mods, and it has helped me immensely. Please don't ban this irreplaceable tool to help people quit smoking, dipping, drinking or whatever vice this replaces.

Thank you very much.

Caleb Cochran

10/29/2015 1:34:52 PM - Cristopher

I apologize in advance for making this so long but i appreciate it the time it took you to read what i have went through in order to live a better life. I first started smoking cigarettes when I was 14 going out with a girl older then I was. She was a smoker who was 16 years old. I was going out with her for about 9 months till me and her broke up but the only thing that is stuck with me was the habit of smoking cigarretes. In the city where I live there is a store that they don't care about your age when it comes to tobacco products. I was buying from four to eight ciggs a day and smoked them on the regular. I staye like that on the regular basis till I was about 17 years old. I tried the nicotine patch, I tried to go cold turkey but it didn't work and worst of all I smoked even more ciggs. I was 17 years old smoke about anywhere from 14 ciggs to a pack. I couldn't breathe as well as I used to and worse off all I smelled like a cigarette when I walked pass somebody or when I talked to somebody. It was horrible the way I felt about my self. Once I turned 18 I had gotten my first job which made me cut down only for those 8 hours. Once I got out of my shift it was just back to back cigarettes. I smoked one cigg on the way to the bus, smoked one while waiting for the bus, chewed gum throughout the whole bus ride for I can get off and smoke another cigarette. My mother cried so much for the simple fact that I was going to end up like my father smoking 40 years. He started smoking back in 1967 when he was 13 years old, a year before my age. I hated just the thought of how much money I spent in a month. I started to regulate my smoke and counted my cigarretes and came up with a a sum of how much I spent in a month and then in a year. I spent $8.50 in a pack every two days, in two week I spent $59.50 and in a month it was $120 and in a whole year if I kept at this pace it would be around $1,440 I spent. I hated seeing my father cough so horribly and just by thinking it only takes me another 5 years for my cough can get that bad. I had to self evaluated and see a better picture in mind of a family I will one day have and me growing old with my other half and seeing my children have a child of their own one day. With that I dug into some research and some people who had success in quiting cigarretes and the answer was e ciggs. I tried the one in 711 and it wasnt helping. I came across a blogger by the name of GRIMMGREEN who has really opened my eyes to vaping. With such information and details about the product and how he has changed many lives by just talking about them. I bought my first vape which was an istick 50 watts. I started to watch him in December and made a promise to my mother and father that I will not continue on the path my father is currently on. I made my father a seperate deal if I continue to vape and not smoke that he will try vaping by the time it's my birthday. My birthday was September 6 and guess who won the bet. I am about to make a year vaping and I now am proud to say I haven't smoked a cigarretes since December 31 at 11:59 pm before the crystal ball in NYC made its touchdown, declaring the start of a new year and with new goals set in mind. I use to have trouble running a mile or play a single 3 vs 3 in basketball. Playing or excersicing gave me the feeling of coughing a lung literally. I had a hard time catching my breathe or even going up a hile. Now I proud to

say I play basketball all throughout the summer and still vape and have lost 30 pounds. I weighed at 280lbs and now 250lbs. I will continue to lose weight cause now I have lungs that are better then a year ago. Since grimmgreen has changed my life for the best so I did my part in the community and helped anybody that needed it when it comes to smoking cigarrettes. I have changed all my friends who used to smoke and now vape, my professors from my college, my uncles and aunts, and my nieghbors. I see young kids going to the same spot I used to go to get my cigarrettes and when I see them outside I show them my vape and talk to them about it. I explain to them what I underwent in order for to quit smoking those cancer sticks and to pick up something enjoyable and more of a healthier choice. I have changed countless of lives and I will continue to do so. Thank you so much for taking you time in reading this long testimony. I now own a snowwolf 200 watt box mod with a twisted messes RDA. I also have a tank which is the triforce from cloudy collabs. These products I have in my possession were talking about in grimmgreen's review or in VLOg Thursdays. If this ever gets to be read my grimmgreen, THANK YOU SO MUCH FOR CHANGING MY LIFE! YOU ROCK BRO. Its all to you now that I quit for almost a year and my father is getting into the new vaping lifestyle.

10/29/2015 1:34:30 PM - Tashyanna Skiles

I am a 22 year old mother. I grew up in a home with two parents who smoked and I was ill constantly. I swore I would never EVER do that to my child(ren). It was miserable. Due to peer pressure I began smoking in high school and did so on an off from age 14 to age 19. I met my husband who was a pack a day smoker and began smoking regularly about a half pack to a full pack of cigarettes a day. When I became pregnant I stopped smoking immediately knowing that my smoking days were over. I had a child to think about. I urged my husband to quit smoking and he was unsuccessful for a long time. Time and again he failed to quit. The only thing that allowed him to quit was the use of vapor products. He smoked his very last cigarette the day before our son was born and hasn't turned back. I also began to vape to keep myself from returning to cigarettes about a month after our son was born. Neither of us has smoked a cigarette since beginning to vape. We have saved hundreds of hundreds of dollars, and our health has improved. My husband no longer has recurring bronchitis, and we can both breath easier. Vaping has saved our lives and quite possibly our son's life because we can teach him the dangers of cigarettes and he will have an alternative to the poison filled cigarettes if he chooses that is what he wants to do. If anything should be banned on any level, I wholeheartedly believe it should be cigarettes and tobacco; not Vapor products.

To touch on the questions posted that were not addressed in this testimonial:

I have been using Vapor products regularly since August 2015

I first used vapor pens and am now using regulated mods with a subtank at 4.5mg e-liquid

I have not noticed ANY negative affects from vaping.

10/29/2015 1:34:18 PM - Tara

I was a smoker for over 20 years. I also have asthma. Before I switched to a vaporizer I had to take daily asthma medication, a rescue inhaler at least twice a day & also 3 breathing treatments a week. I made the switch in 2011 & now I do not have to take daily medication or breathing treatments & I only ever need my rescue inhaler for allergies. In the beginning of the switch to the e-cig, I was vaping 36 milligrams of nicotine & now I am down to 12. Vaping has changed my life! I wasnt able to quit without using an e-cig. Now I can breathe & I also rarely get sick. Before I used to get sick quite a bit & it seemed as if every cold I got, I would get Bronchitis. Thank God for vaporizers(e-cigs)!

10/29/2015 1:34:08 PM - G Smith

I would like to say that vaping has literally saved my life! I was a former smoker of 34 years and my lungs were in terrible shape. The slightest cold or injury took weeks and often months for my body to heal. I quit smoking and switched to vaping in September of 2014. My doctors have been amazed at how clear my lungs are and how quickly my body now heals. My grandchildren used to cough every time they came into my home even though I never smoked around them. Now that I use a vaporizer my house smells clean and my grandchildren no longer cough when they stay the night with me. In closing, it has been wonderful to know that I have reduced my nicotine strength from 12 to between 6 to 3 mgs of nicotine with no side effects or withdrawals. It's a miracle cure and one that I thank God for every day.

10/29/2015 1:33:32 PM - Katharine plogger

I have smoke since I was 14 years old and I am now 31 back in October 2013 I was offered a vapor aka e-cig and thanks to this little awesome device I have not smoked a nasty stinky cigarette since that very day October 3rd 2013 that very day I chose a new journey in live a healthier lifestyle a healthier me and since making that decision for myself and my children I feel amazing I can breathe again my clothes no longer stink I feel healthier my kids don't get sick with funny noses and hacking coughs like they did when I smoked cigs my whole over all health is better thanks to vaping I am a healthy happy 31 year old with much more energy and air to enjoy my life....I feel amazing!!! I started out with a ego twist and a little hanging wick tank and 12mg nic I now am down to 3mg nic and I have a smooth cube 2 mod and a arctic tank that I love vaping and the option of flavors are endless I don't feel stuck to one taste I have a variety of choices and taste it's been a blessing to me and my health and my children's health vaping changed my life for the better....

10/29/2015 1:33:22 PM - Mariann

Was a smoker for more than 35 years. I quit 4 years ago thanks to e~cigarettes. My health is much better, my Dr. is very happy with my lung improvement. I know lots of folks have quit smoking this way. I think it would be sad to see something that could make us all smoke free is being undermined by the FDA and fear. Just cause it looks like smoke does not mean it is smoke. I have not seen anyone young or old use vaping to start smoking ALL have turned to vape rather than nasty analog cigarettes. I believe with vaping this world would see the benefit from not smoking. Please do not make me go back to them cigarettes that were killing me, making me cough, making me stink. Please look at as a good thing to help people stop smoking for good.

Thank you

Mariann

10/29/2015 1:30:09 PM - Tory S age 23 of MO Instagram tory9211

I smoked for nearly 10 years. About 6 months ago I woke up one day and decided I didn't want to smoke cigarettes anymore. I went to my local vape shop and got my first device, an istick 20watt with an aspire nautilus mini tank. I picked out the juice that tasted best to me and started out with 12 MG nicotine as was recommended since I was a pack a day smoker.

That very same night I attempted to smoke a cigarette and already it tasted horrible to me. This made me excited and hopeful that I would succeed at quitting this time. I had only ever made it a week when trying to quit (always cold turkey), before I knew it it had been a month, then two months.

I am now 6 months cigarette free. I have cravings every once in a while for a cigarette but they pass. Before I quit, I couldn't walk up small flights of stairs without losing my breath. When laying down for bed it felt as though someone was sitting on my chest choking me.

Now that I don't smoke I literally breathe better. My mother is a respiratory therapist, and has a spirometer (this checks the lung capacity). Before I was lucky to get the meter to the halfway mark and now I'm nearly to the max point.

I have gotten many family members to make the switch and they are so happy that I introduced them to vaping as well.

Please, if you are reading these testimonials trying to decide if you would want to try vaping, just give it a try. Vaping has been one of the best life decisions I have made. Not only has my health improved, but I've met so many people that I never would have if I hadn't made the switch to vaping.

10/29/2015 1:29:31 PM - Omar

I was a smoker for about 14 years and failed at quitting multiple times. I used NRT: patches and the gums, but even with those methods, I still smoked. But thanks to vaping, I was able to quit immediately and I haven't touched cigarettes in over 6 months. I am very happy to be finally smoke free, while still being able to enjoy nicotine in a less harmful method. I would not have been able to do it without with the great variety in products and ejuice flavors. I feel better, I smell better, and I will hopefully live longer now that I am a new parent.

10/29/2015 1:28:49 PM - Tyler Strauss

I had been a smoker since High School for about 23 years total - averaging a pack a day. I had tried to stop smoking for years with no luck. Gums, patches, prescriptions and even weaning - all to no avail.

I originally tried store-bought e-cigs without much luck as well - mainly due to weak nicotene delivery and that I'm one of the few allergic to the propolyne glycol common additive.

Hearing about the newer trend, vaping, with control over the actual ingredients, I decided to drive out-of-town to a larger custom Vape store. So on black-friday, a long Thanksgiving weekend in 2013, I drove to another city to a large vape shop I found online.

The knowlegeable staff provided the resources and custom 100% vegetable glycerine nicotine liquid and

I ended up being able to make the transition from cigarettes that weekend and haven't smoked cigarettes since.

My morning coughing and constant flem cleared up and I feel I can breathe easier. The staining, smell and other inconveniences of smoking are gone as well - and the amount of money saved is priceless!

I weaned down from 18 mg nicotene to 12 and have reduced the amount vaped as well.

My next goal is 6mg nicotene and to eventually stop altogether.

Hope that sharing this may help another.

Finally getting custom

10/29/2015 1:28:36 PM - Christine Gourley

I am 69 years old. I was able to quit smoking cigarettes after smoking for 50 yrs by using electronic cigarettes. I have been tobacco free for 5 years now.

Vaping is an affordable and effective way for long term tobacco users to kick the tobacco habit. This is a valuable tool to improve the health of long-time smokers by enabling us to become ex-smokers. Please don't take this option away from those of us who given their lungs a second chance and in some cases have been able to wean off nicotine entirely.

The current low-cost of these devices and the "juice" to use in them is dependent on the current situation of online purchases being very affordable to the low-income user such as myself.

Remember us old time smokers when you are considering legislation. Our health care costs matter!

10/29/2015 1:28:21 PM - CHAD H

I smoked for 18 years .Tried Chantix ,nicotine patch both made me fill funny. One day at work a friend of mine gave me an Ego starter kit and some e juice . Well I used it for about 2 weeks off and on while I still used cigarettes. Well I started using it all the time. About a month later I got a VW mod and a sub tank.I have been cigarette free for over a year now . I can breath better, my blood pressure has dropped , and I just fell better in general . Vaping has changed my life for the best my wife is allergic to cigarette smoke. I vape around her and she is fine so it has changed her life also.

10/29/2015 1:28:09 PM - Sheryl Agro

I am 45yrs old, a reformed 2 pack a day smoker for 26 yrs. I developed Chronic Bronchitis and broncial asthma due to smoking. I contacted pneumonia approx twice a year, I was always sick. Colds, respiratory infections and such. I could not walk short distances without having to stop and catch my breath. I was on singulair, inhalers and even promethezine to battle the respiratory issues I had. My brother convinced me to tey quitting smoking with a cigalike (Optima was the brand). The Optima cigalike could only be purchased online as well as the replacement nicotine cartridges. I dived right in and spent approx $400 on the Optima cigalike, spare batteries, and 4 months supply of replacement cartridges (afraid of running out). Long story short, I tried and tried but within 2 weeks I was back smoking, the Cigalike just wasn't cutting it. In March of 2014 a coworker convinced me to give a personal Vaping device a shot. She sent me to Columbus market to get one. It was an ego starter kit I purchased with some ry4 tobacco flavored eliquid. Well since that day in march of 2014 I have been tobacco free! Over time I upgraded vaping devices and decreased in nicotine mg. With the vast designs and evolution of personal vaping devices and flavored eliquids available I have been able to stay cigarette free. I am proud to say vaping saved my life! I have regained my lung capacity, I can breath!! No more inhalers or pills or liquid medications. The very thing I am most grateful for besides being able to breath deep ,long breaths, is the fact that I have not so much as had a common cold or a snifle since I quit smoking traditional cigarettes. It would be devastating for legislators and the FDA to deny these products to smokers!

10/29/2015 1:27:56 PM - chris

i smoked cigarettes from the ages of 15-21 then i discovered the world of vaping. Since then i have had more energy and don't get winded as easily as i use to when i smoked cigs. With the help of my vape i have left my need for nicotine behind and have been able to function without it. i use my vape daily with 0 nic juices and i don't know what id do without them. My vape is what has kept me from smoking and i can say i have never felt better.

10/29/2015 1:27:45 PM - John ponder

I've been using vapor for almost 2 years now,before that I was dipping atleast 2 cans of snuff a day,in has help me quit dipping therefore my mouth is cleaner than it has ever been and so is my stomach...before I had bleeding ulcers from the chewing tobacco and now thanks to vaping I have none of those problems anymore....I'm asking for you to please make the right decision and let is use our vapor,it has improved my health drastically....I don't want to go back to that dirty chewing tobacco in my mouth.....Thankyou

Sincerely John Ponder.

10/29/2015 1:27:33 PM - Pat

I was a smoker for 38 years 2 packs a day, I loved smoking never planed to quit though I had tried over the years, figured I would die with a cigarette in my hand until I was walking downtown and seen a vapor shop being curious I want in and talked to the people working there and they explained how vaping worked and after a hour I walked out with my first mod and some juice. the next day I smoke one cigarette and on the second day I had quit smoking. Vaping does help you quit smoking. I have not lit up in 73 days and the thought of smoke is just nasty now. My health has improved so much no more coughing every morning I can walk down the street and not be out of breath and it was so weird I was getting all my winter clothes out of the storage room and I had to go wash everything the smelled like cigarette smoke so bad it was awful. I never knew how bad it was. I had not smelled smoke since I was 16 and now 53. Needless to say Vaping has changed my life I hope the government and the tobacco company's do not take this us and people how want to quit smoking.

10/29/2015 1:27:19 PM - Addyrae

So I started smoking when I was about 15. I was a very rebellious child, my dad was an alcoholic who beat my brothers, sister, mom, and myself every chance he got and my mom was a very scared quiet person so I was the loud full of hate kid. I was your average bratty teen who thought I could do whatever whenever. I got pregnant when I was 16 and had my daughter a few months after my 17th birthday. She honestly changed my life! I got married and everything was great but I of course smoked but when I was 23 I got pregnant with my fourth child, I found out I was pregnant with twins but one didn't have a heartbeat and she couldn't find the other baby's stomach or kidneys, she told me that the baby obviously wouldn't make it but a few hours after birth and I needed to decide if I wanted to abort or have him and let him pass after birth. To me I had to give him a fighting chance and hope that he would develop a stomach and kidneys by the time he was born. Well he did and was born healthy, or so we thought. A few hours after birth he started turning blue and would gasp for air quite a bit so after some tests they found he was born with a birth defect in his throat that usually kids grow out of and never really have issues with but he did, he kept loosing weight, turning blue, had to have feeding tubes, he developed jaundice because his kidneys and he wasn't eating right so he was in the nicu for two weeks before his first surgery. He was hooked up to oxygen and life support because his throat and lungs and here I was smoking and taking advantage of what he barely had so I promised myself I would quit smoking once and for all. I tried quitting cold turkey, the patches, gum, pills etc but nothing worked! But then I found out about vaping and I got me the little starter ego pens.they were amazing! I wanted to start out with the lowest Nic level I could do so it wouldn't take me so long to actually stop taking in nicotine so I started with a 12, within a few weeks I was at 3! Honestly vaping not only helped me, it helped my son. Everytime I would go outside and smoke and then hold him he would still be breathing in the smoke on my clothes and now I don't have to worry about that. I don't have to feel guilty about smoking! I know its so over said that vaping saved my life but I'm not going to say that, I'm going to say that vaping Helped save my son! I now have been vaping for about a year and have two set ups, my cherry Bomber and hell boy and then my iStick 100w and Herakles tank which I love! I am also a model/rep for three different juice lines and I absolutely love it!!

10/29/2015 1:26:41 PM - Derrick

I've been vaping for the past 2 years and I wish I learned about vaping so much sooner! I smoked cigarettes for 12 years and spent thousands of dollars to smell awful, ruin my lungs, burn holes in my clothes and vehicles, and never ending hand washing and teeth brushing. I love the vaping community and the fact we all are quitting those damn "stinky sticks"! I wish congress would quit trying to ban our rights to get healthy and listen to all the positive feedback and stories we all share about vaping. I feel honored and feel it's necessary that I inform all smokers and that there is a great alternative. Finally people can still have nicotine and not breathe in so many carcinogens. I've lowered my nic level to just 3-6mg while I used to smoke 20-30 cigarettes a day. Please hear our stories and continue giving us the right to vape!

10/29/2015 1:26:16 PM - P Beasley

I am 31 years and I gained my life back with the use on an E-cig, I was a pack a day smoker for 13 years and cigarettes truly did run my life. I would avoid activities and places where I couldn't smoke, I was the definition of a person addicted to nicotine. I tried to quit smoking many times, but I was never able to stay away, It was always in the back of my mind, the addition always won, and with the help of the ecig I was able to get away from tobacco products for good!

I have been using non tobacco products for 5 years this October and what a great feeling it is to be free from the addiction. My mood has changed for the better, I'm now a incredibly positive person. My breathing has also changed for the better and I find myself taking the stairs just because I can now. I couldn't imagine going back to the life I was living!

There are alot of people that suffer from the same addiction that I suffered from and they deserve the ability to break the addiction as well and E-cigs products are an effective tool for them to accomplish that!

10/29/2015 1:26:05 PM - Emily

I have been able to support a local small business within my community through vaping. As well I have not had the urge to smoke cigarettes and I no longer have to be ashamed or the awful smell cigarette leave on my clothes when I return to work from my brake. I along with my others have helped others quick smoking cigarettes and even though vaping is not for everyone I see it as a great tool to help citizens quick the cigarette smoking and live a healthier alternative way.

10/29/2015 1:25:56 PM - Aaron Skees

Vaping has saved me life. It's plain and simple that the positive affects that vaping has had on my life. I was a pack-a-day smoker for 9 years and I know for a fact that through vaping I will live a much longer, healthier life. It means the world to me that this regulation is decided on with the communities wishes in mind. It means our lives. Thank you

10/29/2015 1:25:42 PM - Crystal

I used vape to help me stop smoking 2 yrs ago. I have lowered my nicotine since quiting and I breath a 100 x better since then as well. Taking a safe alternative to smoking away from the public is irresponsible of the government. Which only means you want people's money to stay with the tabocco companys, and that you prefer people to continue to get a number of lung diseases. There are two sometimes 3 total ingredients in vaper juice. How many chemicals are in one cigarette? Use your brain on this one and make a good decision.

10/29/2015 1:25:29 PM - aaron

Hello, to all who read this, I was a smoker for 8 years started at 16 because of some bad times, within 2 weeks of starting cigarettes I was smoking a pack and a half a day of menthol camels, with in the first 6 months my chest was heavy feeling most of the time but I got used to that because the cigarette helped mentally, but then started with one of my biggest issues not wanting to walk or exercise due to it causing chest pains and short heavy breaths this got worse when I was 19 as I had my first daughter that I could barely play with sure I could push her on the swing but not a whole lot else I could. Fast fed to a year ago when I first got into vaping with in the first 6 months I noticed I could breath much better, so I started jogging again wich I hadn't in a very long while , and today I vape only 3 mg of nicotine on a 294watt mod be it 4-5 times aday normally, but there are quite a few days I vape non stop and I function as tho I never touched a cigarette in my life .#vaping saved my life.

10/29/2015 1:25:19 PM - Lonnie Joraskie

Hello, I was a 35 year smoker until a friend introduced me to vaping about 3 months ago. I had been wanting to quit smoking for years ,and had tried gums, patches , and even the disposable e-cig . Gums were just disgusting, and the patches made me sick! The disposables were nasty Trying to quit on my own made life very frustrating. Then I saw a friend of mine vaping , and I asked him what he was doing. He said "he was quitting smoking," I laughed ,and said "yeah it looks like it", but he was patient ,and explained to me how much better vaping was. I was intrigued , so I went home ,and started my own research on the matter. After learning about the lack of all the tars ,and harmful chemicals that were in vape liquids I decided to give it a shot. With in 2 weeks I was completely cigarette free, as a matter of fact cigarettes tasted like.. well that's hard to explain , but it was very foul I will just put it that way. I jogged the other day ,just up to the mail box ,and back (I don't even know why) just because I felt better. No burning in my chest , food tastes better. and I can BREATH!! I am feeling better all the time , and every day I get a little better.

When i started Vaping I was at 12%/ML nicotine , and am now down to 3%/ML. I love that I have the choice to control my nicotine level for myself, and lower it when I see fit to, and feel like I can handle the change. All I know is vaping is saving my life!!

I now use a Sigeiei 150w with a RDA that I coil ,and wick myself which is also great cause it is now like a hobby. Not to mention the flavors that I DIY are just very , very delicious. There are truly no words that can express how much better I feel. I just know that I would (and have) recommend this as a viable quit smoking tool,

10/29/2015 1:25:01 PM - Michael Boling

Vaping helped me quit smoking a habit I picked up at 18 when I was in the USMC.

It has changed my way of life and has also given me an employment opportunity.

I smoked for 21 years 2 packs a day. I quit smoking 6 months ago and have not smoked since. I quit smoking with a snow wolf mod and I Vape Elquid.i tried chantix and many other drugs to quote quit smoking. I tried laser therapy, acupuncture, and nicotine injection and still could not quit smoking. The vapor industry has helped completely quit.

10/29/2015 1:24:50 PM - Mrs Dawn

I had tried over the counter patches and gums over past years but because of switching to ecigs after 35+ years I have lost all my severe wheezing and coughing. My family Doctor said after 8/10 months it sounded like I had new set of lungs and my Allergist agreed also. I got my voice back and being an entertainer that was really a blessing and now after 4 yrs. of being smoke free from the nasty cigarettes I can breath, taste, and smell things I had lost connection with and I haven't had a cold in 4 years. Enjoying my activities and feeling blessed now that I can look forward to a healthier life style. :)

10/29/2015 1:24:42 PM - VapinChevy

I used to be a 2+ Pack a day smoker for 13 years, I quit smoking and turned to vaping on May 11th 2010 and still vaping along! Being that I am a diabetic, many doctors kept telling me that I had to quit smoking. I first tried patches (they didn't work, they only gave me a rash lol), tried the lozenges (they worked for only a few days). I was about to give up and go back to smoking, until I was researching online for smoking alternatives. I read information and watched a few videos on youtube (as many have) about "vaping"!! I was intrigued so I went online and purchased my first e-cig kit. When I received it and put it together, my last pack of cigs went straight to the trash. I have saved a ton of money and my health, which is very important. My doctors/family/friends are happy that I vape!! I Smell Better/Taste Food/More Energetic/Breathe Easier!

10/29/2015 1:24:19 PM - Tex A Nugent

I'm a 47 year old male with 5 children I started smoking at 12 years old so I smoked for 30 years. I tried everything on the market to help me quit smoking gums, patches even pills, none of which worked. one day my 22 year old son came in asking me to try again, and said he had something that he thought would actually help me succeed this time and handed me an e-cig. I was really amazed, it got my feet wet with e-cigs but I found it wasn't quite doing the trick. So I went online to do some research and finally decided on an ego with a small tank that worked much better, after a month or so I moved up to a vv\vw box mod and a larger tank and that did it, that was the last time i touched a tobacco product. I now use the vapor shark vv\vw tc box mod with a sub ohm tank Since then i lowered my nicotine levels from 24 mg\ml down to 3 mg\ml and my next order will be nic free i have now been smoke free for 5 years and will never go back to tobacco. Vaping saved my life ! I no longer wake up coughing up a lung, I can taste, and smell things again, I was amazed at the rapid change in my health for the better. My youngest of 5 is turning 16 this March and I know feel I will be around to walk her down the aisle, and see my grandkids. I was having issues with high blood pressure, and heart issues, since switching my pressure has dropped and I have been feeling great ! I also got my wife to switch and she has been smoke free for 4 years !

10/29/2015 1:24:04 PM - DEB

I had been smoking for 43 years, had quit and went back to smoking several times. I started vaping and within 2 weeks had quit cigarettes. I have not had a cigarette in 3 months and have no desire for a cigarette. My doctor agrees vaping is way healthier then smoking. I can breath better and smell better. No longer do I half to cough up phlegm. I also do not have to worry about burn holes in clothing or carpeting.

Vaping is the best way to quit cigarettes.

10/29/2015 1:23:52 PM - Zack Mcallister

I started smoking at 15, I stopped smoking many times only to start again. Patches, pills, programs, nothing worked. I smoked my last cigarette September 22nd of 2014. I owe that 100% to vape. I now no longer use nicotine and vape because of the community and friendships that I have gained. I use a sigelei 150w temperature control device. I strongly support H.R. 2058 because with out it I would lose something me and many other Americans have come to love. I owe my heath to vaping, please don't be blind! Vaping is a good thing!

10/29/2015 1:23:21 PM - Eddie Machado

I had smoked since I was 17 years old I have tried everything that there is in the market vaping was the only thing that kept me from smoking another cigarette it has been two years since I've smoked a cigarette this is one of the best decisions I've ever made vaping has done well for me

10/29/2015 1:23:11 PM - Chris Idiom

I smoked for almost 20 years and decided with a new positive life style change I needed to quit smoking, Ive been using my vaporizer for a year and I don't smoke cigarettes at all I stopped supporting big tobacco and all their products, and Im just about off the nicotine for good, I tried therapy, medication should not as many side effects as they do and medication supports big pharmacy too. I am able to breathe amazingly now, I haven't been sick once since I quit smoking and this news of the FDA shutting down small businesses and handing over supreme control to the tobacco companies is upsetting

10/29/2015 1:23:01 PM - chazspeedymiller

I smoked for 9 years. Started at the age of 17. I also picked up hookah for three years. Ever since I turned to Vape I haven't touched a cigarette or hookah. I've been vaping for 8 months and every time I smell a cigarette or taste hookah I want to throw up. I Vape on a snow wolf box mod with a velocity rda. My brother turned me to Vape after my issue. Vaping I can say saved my life. I'm sure if I didn't turn to it I probably would be coughing up a lung somewhere but I enjoy the.flavors I enjoy building coils etc.

10/29/2015 1:22:52 PM - Chris

I was smoker for 9 years! I have been off the analogs for a year now and I feel great!!! Vaping has saved my life! I am 25 with a pacemaker/defibrillator and if it wasn't for Vaping I would be in the grave or in a hospital hooked up to monitors because of the harmful chemicals that are in cigarettes! I can breath better and sleep better and I can be more active with out getting so winded from smoking!

10/29/2015 1:19:18 PM - Kris

I had started smoking at the age of 20 because of the fast food joint I was working at only allowed smoke breaks to those who worked under 6 hrs. I felt as though I toobdeserved a break and started smoking just one cigarette a day while at work. I slowly progressed over time smoking more cigarettes, 6-10 a day over just a short span of time and a few jobs later. I quit smoking about 3 yrs ago. My son who is 6 yrs of age doesn't remember seeing me with a real cigarette and I hope he doesn't take up the nasty habit. I'm more accepted by my family and peers because I don't smell like some animals feeckle matter anymore. Vaping is cleaner and I feel better for switching. Started with Blu ciga-likes and graduated to the bigger batteries and tank systems when I found out I could vape my snack foods v.s. eating and gaining 1000lbs. And yes I smoked while converting to vaping. It was safer that way.

10/29/2015 1:18:59 PM - Norma Johnson

dont ban e cigs

10/29/2015 1:18:49 PM - Jarred Korecky

My name is Jarrd Korecky. I am a 23 year old information systems technican residing in Findlay, OH. Vaping has saved my life. I began smoking shortly before I turned 16 years old. Socially and seldom at that. At first it was wine flavored black and milds, and grape swisher sweets. But, shortly before I turned 18 I began smoking cigarettes. And that was a social thing at first as well. But, before I knew it I became hooked and was quickly smoking a pack or more daily. It wasn't long after I became addicted that I decided I wanted to kick that habit. I hated having to go outside to smoke, and it was entirely too expensive of a habit. So I made the decision that I was going to quit. And it would be easy; after all I had only been smoking for a little over a year at that point, or so I thought it was going to be easy. At first I thought I would just quit cold turkey. Well that never even lasted an entire 24 hours. So I thought I would try the nicotine gum, the gum tasted so horrible I threw the entire box out after one piece. So that was two methods tried and failed. I decided to try the "cigalike" electronic cigarette sold commercially in most gas stations and convienane stores, such as the "blu" and "vuse" brands. Vaping on those did little more than make me want to smoke even more. The flavor was like a stale disgusting cigarette, and the "throat hit" was so harsh I really couldn't see why I would use these rather than just smoke a cigarette. I thought all was lost. I had made a terrible decision as a stupid child that was going to control and ruin my entire existence. It wasn't until a local brick and mortar vape shop opened up, that I saw even the slightest bit of hope to quit smoking. I stumbled upon the shop whilst driving around town, that was the beginning of the end of my life as a smoker. I purchased a basic starter "ego" style battery with a nice bottom fill tank clearomizer and some killer delicious watermelon e-juice. I knew that very day that I could see myself finally quitting. Although it wasn't with the basic starter kit that I was actually able to achieve quitting. A month later I purchased my first mechanical mod, and rebuilable atomizer. I haven't smoked a cigarette since that day. And as time went on I have stepped down my nicotine level all the way to zero. At this point in time vaping is no longer habitual, and I am not addicted to nicotine. I can go entire weeks at a time without vaping now, with zero withdrawal symptoms. I can finally play basketball with my friends outside in the summer without having to stop to catch my breath. But most importantly I have ceased putting harmful, cancerous, deadly chemicals into my body on a daily basis. I am now able to live a happy healthy life without the fear of it being cut short from smoking. And I have vaping to thank for it all.

10/29/2015 1:18:34 PM - mountaingal

My health was starting to be compromised after 35+ years of smoking cigarettes. I saw I was killing myself. So, I decided to really quit. I had tried chantix, nicotine gum, cold turkey and stepping down methods. Nothing worked. I saw an e-cig kiosk at the mall and talked to the representitive. The method appealed to me as I tried so many times to quit. I bought a kit (cig-a-like) and set a quit date. That was over three years ago. I have not had a cancer stick since. My health has improved, and I am healthier now then in a lot of years. The newer and more sophisticated equipment (larger batteries and better atomizers) have made vaping more enjoyable. I have cut my nicotine percentage in half. And one day hope to give up the nicotine totally. I will however, probably always use a vaporizer because I like the vapor and the experience of it.

10/29/2015 1:18:08 PM - Chris

I was a 3 pack a day smoker for the last 20 years. I had tried in the past medication, patches, gum, and even hypnosis. I came across personal vaporizing products after my wife purchased a new car and would not allow me to smoke in it. At first I tried the garden variety vaping pen from a local gas station. It was all-right but I new that if I was going to kick the habit, I needed to find something that would be more satisfying. That's when I found a full service vapor shop in Kansas City. I was able to try different flavor profiles and found I found one that was a fit. My last cigarette was on August 2, 2014, and currently I have cut my nicotine level to half of what it was when I started vaping. Here in a month I plan on cutting down to the next level of 8-6 depending on the brand of liquid I use. Another wonderful experience that has come out of my transformation is that with my change in life style many people who knew me noticed the change, and have asked me about vaping instead of smoking. Currently there are close to 50 people in my community that have switch to vaping instead of smoking and close to dozen have quit smoking and vaping completely.

I hope we can keep the government from taking this from people, because there are many of us that have found this is the only cure for our cigarette addiction.

Thank you for reading this,

Chris

10/29/2015 1:17:54 PM - Tony Fortney

I was a smoker since I was 18. It started before that through my cousins friends etc. But it wasn't until I was 18 that the access to them that I really became addicted. Back in 2013 I tried quitting but it didn't work tried cold turkey 5 days later I gave in and started again then I tried the blu ecig package it didn't help at all it still made me crave the real thing. Then finally in February of this year 2015 I finally decided I wanted to quit again but I tried a kamry vape pen with a protank 2 setup this time while I was still smoking I found that this setup was somewhat different than the blu the vapor production was better and more satisfying and the juice used was by far better than that used in the blu over the next month I cut back my smoking habit by half but it still wasn't enough to make me stop so I got a subohm tank setup and that was the ticket the vapor production satisfied the feeling cig smoke gave me it wasn't about the act of smoking it was the feeling of it how it felt and vapor hit that niche so to speak. Now almost 9 months later I haven't had a cig in 7 months and I feel better I can breathe smell exercise without getting winded I still vape but I'm down to a 3mg nic level sometimes 0mg and most of the times I don't vape just when I feel an urge. Without the products on the market as they are I feel I would still be smoking and my health would be paying for it because of these products not being available to me and everyone else that has made the choice I have. Thank you for your time.

10/29/2015 1:17:37 PM - Nodar Tsereteli

i've been a smoker for 7 years and i wasn't able to stop smoking.

i started to use e-cigs 3 years ago and i feel great and because of my suggestion 10 of my friends also seized smoking so it's a lifesaver

10/29/2015 1:17:25 PM - Jhan Elliott

I WAS a smoker of over 30 years. Just destroyed my body. Last spring I started coughing alot, and made the switch to vaping. I had tried many, many times to quit smoking. I always came back. But with vaping I finally can say I AM smoke free....for over 6 monthes! When the lawns in our neighborhood are cut, I can smell it! I can smell the falling leaves!

It is wonderful. Please don"t take this choice away, it could help so many others. Its the right thing to do.

Resp, Jhan Elliott

10/29/2015 1:16:59 PM - Dahok

i did smoke for 14 years.. Vaping saved my life. I don't care about clouds and I don't care about chucking 6000 watts, I just want a device capable of satisfying my desires. Vaping has made me a better father as I can be around my daughter without exposing her to deadly second hand smoke. Don't anderstand why they can ban eciggs, PLEASE DONT! Love for Norway

10/29/2015 1:16:45 PM - Sheila Cormier

I started smoking cigarettes at the age of 13. I started vaping about 7 years ago and it has helped me to quit smoking. I still vape because I love it and I feel healthier. I cannot even stand the smell of cigarettes anymore. I started at 24 mg and now Im down to 18 mg. i love vaping so much and know it is a healthier alternative that I have opened my own vape store online and in my town to help others quit smoking and be healthier. Please do not let the F DA mess things up for vaoers and vapor stores. We play an important role in helping others quit smoking and be healthier.

10/29/2015 1:16:32 PM - Maria Scott

Hi my name is Maria, I am 32 years old and started smoking at 12!! Yes, 12.. Well 3 years ago I tried the e-cigarettes and honestly I didn't think it would work. I bought one of those ones that looks like a cigarette, well it I cut back but didn't quit then I found a vape store call liquid lizard and they started me off with a starter kit and 12mg juice. And I quit that day it actually worked I couldn't believe it. No more coughing, getting winded when I walked just down the street. After about a month I really noticed the difference, food tasted better, I felt better all together. Then I went down to 6mg and that's what I am on now. I understand not smoking them inside stores, but to just ban them completely. Everyone that has quit will go back to smoking. So let me just be blunt, if they ban e-cigarettes. More people smoking cigarettes means more deaths, I'm sorry but I know that e-cigarettes don't have 7000 chemicals like cigarettes do. Thanks to e-cigarettes, I live a healthier life style and so do my kids because they don't have to smell smoke on me when I would smoke a cigarette. So please please don't ban e-cigarettes, you need to ban cigarettes not vapor.

Thanks Maria Scott

10/29/2015 1:16:21 PM - Lopez

Because of electronic cigarettes, my parents, grandparents, and my self have completely left smoking cigarettes. This is an amazing accomplishment. And now after two years my grandparents no longer even use the devices and my parents and I are on our way there as well. Many will disagree and say these products do not work and or are dangerous but this couldn't be farther from the truth. They truly are a helpful device and I fear that without out it, we would all still be smoking cigarettes. I don't feel out of breath anymore or have a nasty cough. I feel so much healthier ever since I made the switch. Thanks to these devices, my family and I are on track to a healthier life.

10/29/2015 2:21:01 AM - Lynette Carrow

I started smoking at 16 and smoked for 36 years before I started vaping. I tried Chantix, Wellbutrin, Nicorette gum and patches. I also tried other things that didn't work. I went to my first vape shop on December 31, 2013 and bought my first vape set which was an Ego starter kit. I started vaping at 24mg nicotine and have reduced the nicotine over time and am currently at 1 1/2mg nicotine.

I have avoided using tobacco flavored juice from the start because I felt it would just remind me of smoking (cigarette smoke still smells good to me). I used to smoke a carton of Virginia Slim 120's every week. I quit smoking when I started vaping. I live in Lometa, TX which is about an hour away from any vape shop and I drive a lot with my work. I have had a few set backs with vaping, such as mechanical failure type issues and did smoke until I could get them resolved. However, going back to vaping was an easy process. It is not always feasible to get replacement equipment when you live so far away.

I realized that you have to upgrade your equipment periodically and also try different flavors of juice. My favorite flavor has changed over time. I think the different flavors have been a tremendous help in sticking with it. I always have four different set ups with four different flavors because I like the variety. It also helps when you drive a lot like I do, to not have to refill as often.

I feel better than I have in a long time and do not catch as many colds or other illnesses as I used to. Vaping has been good for me and I will probably be nicotine free by 2016. I did not gain weight when I quit, probably because I replaced smoking with vaping instead of eating.

My biggest fear is that our lawmakers will pass laws prohibiting vaping products without even knowing if there are negative effects from this product. I think it would be terrible to outlaw the best alternative that I have found just because big tobacco and pharma companies have more money.

10/29/2015 2:20:45 AM - Ellie Sensney

I smoked cigarettes for 17 years. I quit the day I started vaping. I have successfully weaned myself down to several levels of nicotine to 0mg in less than 100 days. I feel so much healthier.

10/29/2015 2:20:30 AM - Carla Long

I smoked for 31 years and had always wanted to quit smoking. I finally got the nerve to stop into a vape shop and was greeted enthusiastically by the owner because I wanted to quit. That was a year ago. I still use the store and now have been smoke free since July 1st. I had to step down the cigarettes while vaping in order to truly kick the habit. The store I go to regularly gave me the emotional support I needed to help me quit the habit while reducing my nicotine in my E-liquid as well. If this passes and the vape shops end up closing, I will probably end up back smoking and reducing my life span. I don't know about you, but I would like to be alive and healthy to play with my grandchildren when my sons have them. As for me not utilizing any other method, I have tried other methods. I have tried the patches, didn't work and I broke out where the patch was. Cold turkey isn't an option with me as I get very cranky. And I would not be able to take Chantix since I have been diagnosed with depression and this could possibly make it worse. And since I have stopped the cigarettes completely, my allergies aren't as bad as they were when I was smoking. I am thankful that I took that step in the direction of vaping because I don't smell like an ashtray and being a new person in a new town, I have become friends with fellow vapors.

10/29/2015 2:20:19 AM - Kathy Herdman

I smoked cigarettes for 50 years! I agreed to try vaping to support my son who was determined to quit smoking, I was dubious- nothing had ever worked before, patches, Welbutrin, and I had given up even wanting to stop smoking anymore. After all, how much time did I really have left and why shouldn't I 'enjoy' that time doing what I liked..... I bought my first starter kit, a bottle of tobacco flavored juice and was a dual user for about 6 months, eliminating one cigarette at a time and feeling pretty good about less harm. That first cigarette in the morning was the hardest one to believe I could do without and then one day I smoked the last one in the pack. Haven't bought another pack in more than a year now and I could never have done it without vaping. I couldn't believe what a painless transition it really was!!! I made some new friends online, learned a lot about vaping and vaping products and as long as those products are available I'm pretty confident I won't pick up another cigarette.

10/29/2015 2:20:10 AM - Shanynn, Philadelphia, PA.

I started smoking steadily at the age of 14 and I am now 30. I was smoking anywhere from 1 to 1 1/2 packs of Newport 100s per day. I tried quitting cold turkey then tried the patches and gum, all to no avail. I started noticing changes in my breathing. I would be out of breath just from going up one flight of stairs. If I walked anywhere too fast, I would become winded and have to slow down. I could no longer hold my breath for more than a few short seconds nor could I hold a note while singing. I couldn't even use a stationary bike at the gym without losing my breath. It was becoming ridiculous and above all, scary. There was no reason for a person so young, in great physical health otherwise to become this way. I do not have asthma, sleep apnea or any other medical conditions. Quite obviously, my breathing issues can only be attributed to my smoking. I finally decided to try using a rechargeable e-cigarette that a friend gave me. I liked it and saw the potential it had. I decided to get a nicer vape pen (The Kangertech EMOW) since it was more cost efficient than buying cartridges for the e-cig. When I first got the vape pen, I bought e-liquid that had 24mg of nicotine. I went from smoking 1 1/2 packs a day to just 3 cigarettes per day. The hardest part was putting down the morning, after dinner and before bed cigarettes, so at first, I allowed myself to have them. Baby steps were better than no steps at all. I then decided to cut down the level of nicotine. I went from 24 to 18 to 12 in one month. In addition, I have also completely cut out cigarettes altogether. So, in ONE MONTH I went from smoking 1 to 1 1/2 pack per day to NONE and from 24mg nicotine eliquid to 12mg. I made more progress in one month of vaping than I ever had from trying gum, patches and cold turkey. I have already noticed a change in my breathing. I am taking longer, fuller inhales of air and I'm not getting winded easily from doing normal, non-strenuous things. I have also noticed a change in my sense of smell and taste. If this is how good I feel in just a month, I can only imagine how good I'll feel in six. There is nothing wrong with vaping. What it boils down to is the tobacco companies are losing money, therefore states are getting as much money from tobacco sales tax. Until I see solid concrete proof from a non-biased source that vaping is worse than cigarettes, I don't believe the negative "hype" surrounding it. I have seen firsthand the positive impact vaping has had on me and many of my friends/family who made the switch and that's good enough for me. Seeing is believing where I come from. I KNOW I wouldn't have made it this far through any other outlet because I've tried time and time again. Vaping works. It has saved lives and continues to save lives. The FDA claims to want to help people quit smoking. Now more than ever you see ads for quitting smoking rallies/classes, most insurance covers the gum/patches, yet the FDA continues to ignore and dispute the evidence right in front of them. COUNTLESS testimonials from people just like me who know UNDOUBTEDLY that vaping works. If you truly want to help people quit and stay off of cigarettes, acknowledge that this method has worked for many people. Let people see what experienced vapers have to say so they can decide for themselves. These products DO work. Vaping has saved my life.

10/29/2015 2:19:52 AM - Jonas VanLandingham

I started dipping at an early age (freshman year in high school) and was up to about a can and a half a day before I found vaporizers. It took a couple months but I eventually made the switch completely. I feel much better, my gums are no longer sore and they have grown back from where they receded. I know it's not cigarettes but it just goes to show you that it can even help with people who use smokeless tobacco. I am one year, five months clean of smokeless tobacco and I couldn't be happier. Recently I have started working at one of the local vape shops in my area and I make it my goal to help as many smokers as I can who walk in that door to my shop.

10/29/2015 2:19:43 AM - Essa Ghanayem

To whom it may concern

My name is Essa and I vape. I have been smoking cigarettes since I was 10 years old. I smoked untill I was 22 years old and for the past 3 years I have been exclusively vaping. Vaping saved my life. Before I started vaping I could barley get up a flight of stairs, my stamina was very low and I was on my way to some kind of cancer. After a few weeks of vaping I could already feel my self healing. My lungs are healthier my love life is better and I can be more active. I love my new life and it's all from vaping. Please keeping vaping an option for all that want a new way of life.

10/29/2015 2:13:46 AM - Felipe

Hi,

My name is Felipe Ramos, i am 18 years old. Although vaping hasn't been around very much, and is still called "Smoking" i am here to state that vaping is definitely not "Smoking" . First of all, for me there was no in between "Cigarette Smoking", after i turned 18 there was a huge movement happening when i came about the world of Lounge Intake, needless to say there was no reason for me to turn into the "Stinky's". There was however a moment where i believed that coming into the Vaping world without first stepping foot in the world of smokers, that most commonly other vapers would look at me oddly and that i'd be an instant reject. However the more i came about vaping and the way i walked into the community i started to realize that vaping wasn't at all like the smoking community.

The smoking community is more verbal and much more less diverse, you walk in and that's really it.. no way to walk out of it if you are tied in. Which in essence is where most "quitters" walk into vaping and where they are welcomed with open hands by other vapers! Which is where i had most of my built up doubt pointed at.. I assumed that if you hadn't been in the stone before the next that you simply wouldn't be welcomed. and to be quite honest wasn't an issue until rather recently. When i joined there was no advocacy and now were all here trying to save vaping from a treat that was non-existent. What does that matter you may be asking? well before the advocacy came in, the whole vaping community was welcoming just about anyone and in essence it still is. Just not as vastly as it used to be, now we cant experiment as much as we used to be able to because the government wanting to tie in and make a buck out of it, back a while i joined and ill keep on vaping! but i don't think we should treat the new comers (AKA 15 year old's) badly, or attack them, but rather encourage them into something extremely much more healthy than smoking. or simply guide them till they are old enough so they don't have to step into a stone that simply can be by-passed now! simply encourage the next generations to move with us rather than against us, that means not attacking them for watching a YouTube video, or following on Instagram, they are interested and i believe if we are raising awareness about vaping being 95% healthier than smoking and it being a huge improvement for years to come. that we have to some how encourage the next generation into something that doesn't , stink, stain Odor, and can cause cancer. i believe that we should rather work in a way, where Vaping doesn't seem like smoking anymore! but rather something revolutionary.

Coming from a person that didn't have to walk into smoking and that lived with a smoker for most part of his life, i believe that the younger generations are what will make a change in this world and that the way we Veteran Vapers, should commute to working into better, safer, and Tastier devices. And that we should welcome anyone that walks into the vaping community, no matter if they're 18 to 70 or if they choose

0mg to 24mg, we should treat as we want to be treated and we definitely have to work into getting the community back into shape!

keep on Vaping!

10/28/2015 3:16:32 AM - Chris Butler

Vaping is not only safer but cleaner as a whole. I stopped smoking cigarettes about four months ago and i have not looked back. I was tired of the weezing cough the taste of blood when i did cough i notice im more winded now. Not to mention that ive saved alot of money by not buting cigs. No mo of my house or car smelling of cigarette smoke n my kids complaining that i stink because of it. Plus with vaping i have a variety of pleasant flavors to choose from with vaping which cigarettes do not offer... I find it idiotic to ban vaping which isnt harmful at all to anybody but they choose to keep cigarettes which kill people everyday. I was a smoker for ten years n im 28 now n i refuse to go back. Ill stick to vaping !!!!

10/28/2015 3:16:30 AM - Jessica Dobbins Renfrow

I smoked for 22+ years and have caped for 4 1/2. My overall health improved including my breathing and allergies. I'm also a respiratory therapist who has converted MANY patients to vaping from smoking and have seen MAJOR improvements! I've seen asthmatics no longer use inhalers. Do NOT support bug tobacco and allow them to kill and harm more people by shutting down vaping or your hands are as dirty as theirs.

10/28/2015 3:15:10 AM - carlos lo.as

I am 41 years old and have been smoking for 30 yearswhatttempting to quit smoking time and time again only to fail again and again and once vaping came into my life everything chven my outlook on life. and finally I am free of cancer causing cigarettes Healthwise I feel much better I believe even my skin condition is better as well as taste has returned to its former state all thanks to vaping so I am a full supporter of HR2058 and hope that the FDA will realize that vaping is not only better for the person trying to break free from a cancer causing habit that it is better then cigarette pollution in the air for the public as well thank you for your consideration of my testimony sincerely Carlos Lomas. as well I would like to add if I might that simple E cigarettes was not enough to successfully quit smoking I found that with a mod whether it be mechanical or a box we're both very efficient involving the quitting smoking.I use a 3 milligram nicotine level which I'm sure is a lot less harmful then the nicotine mixed with burning paper in cigarettes as well as additive cigarettes. soon I will be able to drop to zero nicotine which I could not on my own without vaping I am very grateful for the vaping industry 4 though it may be only a few to a good few years lived longer it does mean a lot to me.

10/28/2015 3:14:00 AM - Ashton

I smoked a pack to two packs a day from the age of 15-22. I tried everything from the patch to the gum and cold turkey a million times.. But once I started vaping I lost the stinky habit in a matter of a week, I also am only vaping 3mg juice. It's been 3 years now that I haven't had a cigarette, and I was also not getting sick anymore, my health has improved so much from it as well. Vaping has truly saved my life and I'll be around much longer for my 3 year old son.

10/28/2015 3:11:43 AM - Ronnie jones

I started smoking 3 years ago. Thanks to vaping I quite smoking cigarettes 3 months ago and still going strong. When I first started vaping I was using 12 MG of nicotine on a aspire nautilus mini. I completely fell in the love with it. I have recently started sub ohm vaping on a sigellei 150 watt temperature control box mod with a kanguer tech tank vaping at 6 MG of nicotine. I feel great after quiting smoking ciggeretes. I've lost weight I eat healthier I just feel so much better about myself. Not only that but u don't realize how bad ciggeretes smell. I've been able to breath better and exercise without feeling like I'm gonna die.

10/28/2015 3:09:57 AM - Vape Boss

Vaping changed my life! I was a chain smoker for 8 years, smoking a pack to pack and a half a day! I smelled, shortness of breath, other were bothered by it and spent too much money and time on something that was going to kill me inevitably.

When I found Vaping as a smoking alternative, I gave it an honest chance and it worked! After 8+ years of smoking, I completely quit and turned to a healthier more enjoyable life. The Vape industry to me is not only doing an incredible thing to allow people to live a better lifestyle but providing jobs to small business owners and employees as well as to manufacturers and vendors. It has given some an opportunity to clean their lives up completely, meet new groups of friends and if your someone like me, quit my job that I hated and become an entrepreneur and start a Vape app that will help people learn and become more resourceful within the community and its products. Please consider this large and amazing community and industry of people making a living and changing their lives for the better and do not ban something that is Harming no one. There are bigger fish to fry in this country and Vaping is not one...thank you!

10/28/2015 3:08:33 AM - kraze

I have been smoking pack a day for almost 19 years. I've tried everything under the sun. Gum , patches , even chantax . The gum and the patches did nothing. Chantax made me so depressed I couldn't continue to use it.

4 months ago I found ecigs and I finally quit. I have smoked a single cigarette since I started vaping. If u take it away I'm afraid in could end up back on cigarettes and I already know that will kill me. Please reconsider you're plans .

10/28/2015 3:04:10 AM - Naomi Garcia

I am a 51 year old mother of 6, and have smoked for 30+ years. I was introduced to vaping from my 27 year old son, a veteran of the war in Afghanistan. I have tried to quit smoking for twenty years never getting past the first couple of weeks. I have now been vaping for 2 months and have gone from 2 + packs a day to 5 or 6 cigs a day. I have found the more I like the flavors I'm vaping, the worse cigarettes taste. I do wish the general public didn't associate vaping to tobacco. While I know there is much research to be done, the vaping industry needs to stay! It has finally got me away from the death sticks. No anxious feelings, no panic attacks, just don't really care about having a cigarette anymore. I use a kangertech mini with a 12 nicotine level.

10/28/2015 3:02:42 AM - Derick

I started smoking tobacco products when I was about 15 (smoker for 20 years)For the last ten years have been trying to quit,tried the patches,gums(disgusting),etc,,received a g-pen hookah from my girlfriend,had various flavors come with it,I was skeptical,one night charged the battery,filled the tank,I think it was cherry-vanilla,,awesomeness.A couple nights later went to bed with a couple cigarettes in the pack,did not bother running to the store to grab a pack for the next day,instead I used the hookah pen.It has been a little over a year now without tobacco products.Feel great ,the coughing hack is gone,I can run with my kids,smell better.I am now using the Kanger subox and Joytech VT,they are awesome ,bit I will probably upgrading to something bigger soon.Later people ,good luck.

10/28/2015 3:01:49 AM - Summier smokefree after 25years Cruse

Finally after25 years and countless attempts to quit, I am finally smokefree even after being diagnosed with COPD nearly 10 years ago I still could not put down the cigarettes until February15th 2014 when my brother introduced me to vaping and that was the last day I smoked a cigarette, I went from having to use oxygen and breathing treatments and inhalers on a daily basis not being able to breath coughing and choking to not even needing to use my inhalers daily! I can breath on my own things smell better,taste better and I feel so much better! Vaping saved my life!😀

10/28/2015 2:56:47 AM - Skeeter

I chewed and smoked tabacco for 7 years. After I finally got a mod I was able to quite smoking and chewing. I'm currently 1.5 years tabacco free

10/28/2015 2:54:47 AM - Amber

I smoked a pack and a half a day for 25 years and tried everything to quit - gum, chantix, the patch and cold turkey - nothing worked for me for more than a week or so. Took up vaping 2 years ago and haven't looked back since the first day I vaped - haven't smoke since the day I purchased vaping supplies. I feel so much better, smell better and can actually breath now. I don't get headaches or snore anymore. I can taste food and my sense of smell has improved greatly. I started with mod and a tank at 24 nicotine level, I am now down 3mg now. People in the vaping community have been a big help - sharing new equipment and trouble shooting if there ever was an issue. I enjoy trying different favors and this aspect has been a big help in sticking with vaping.

10/28/2015 2:52:05 AM - mattant19

Vaping has saved my life, before I was smoking 2 or more packs a day and numerous cigars. My blood pressure was sky high I had trouble breathing and overall poor health. I started vaping and within 2 weeks everything changed better health and overall improvements. I now work at a brick and motar vape shop in Albany NY, I love the opportunity to help people quit smoking and improve their health.

10/28/2015 2:51:23 AM - Jim Gleason

I was a pack and a half to two pack a day smoker for 17 years. I tried quitting many times using the gum, patch, herbal, and Chantix. Nothing worked. Then I tried an ecig. I have been smoke free for 16 months. I can breath easier. The cough is gone. I have no chest pains of irregular heart beat like I did when smoking. Also, I would get headaches and had serious concerns of having a heart attack or stroke. Since switching to vaping all of those problems and symptoms are gone. I started vaping with 12mg of nicotine then went down to 6mg and now am down to 3mg. My hope is that vaping and all of the great devices remain available. I tried 3 or 4 ecigs before finding a style that worked for me. People are different and not any one style of ecig works for all.

10/28/2015 2:49:22 AM - Seth(FlickinDaLights)

I was a smoker for six years, tried many ways to quit. I tried nicotine gum, medicines, and patches. Not to mention trying cold turkey. Once I started vaping, I did not want even one cigarette. The flavor along with the community of people and fun you have doing it has helped me quit smoking. I got sick many times while smoking cigarettes but not with vaping. If there are any health risks they are minor in comparison to tobacco. With 7,000 plus chemicals big tobacco companies feed into our bodies compared to the three in ejuice? Vegetable glycerine, propylene glycol and nicotine, it can hardly compare danger. I won't get cancer now! I can breathe better! I'm healthier! Big tobacco companies want to either shut it down or claim it so they can make their money from killing us. So thank you for taking the time to read my testimony.

10/28/2015 2:45:36 AM - Dave East

I smoked cigarettes for close to 30 years. The first few years it was cool, but after a while it was no longer something that I really enjoyed but rather something that I had to do. I needed the cigarette and I didn't want it. This is something only someone with a smoking addiction would understand. I tried to quit many, many times and failed. I tried many, many methods. Cold turkey, didn't work. Gum, didn't work. Patches, didn't work. Chantix, not only didn't work, it left me with depression and anxiety attacks long after I had finished the medication. Then I tried vaping. I will admit that at the very beginning, it did not satisfy my cravings, so I can only assume that nicotine is not the only addictive substance found in cigarette smoke. After about a week, I was able to go without cigarettes and I have been cigarette-free for over 6 months. Over the last 6 months I have gradually noticed that the tiredness that I used to feel is not as bad as it used to be. I am not short of breath after climbing a flight of stairs. I can smell again. I can breathe again. I used to get sinus infections fairly often. I haven't had a sinus infection in the last 6 months. These products have been beneficial to my health. I have reduced the level of my nicotine intake from 24 mg when I started, to 3 mg today. How can anyone say that this is not a benefit?

10/28/2015 2:43:50 AM - Melinda

I was a long time smoker a pack and a half a day for 18 years. I had a doctor mention to me about vaping since I addressed I've tried everything to quit and nothing worked so I figured why not, I was at the point my blood pressure was high, I couldn't breath and I knew I was going to die a young death at the rate I was going and I have 3 small children. So I started. Vaping June 2015 and haven't had a cigarette since. I'm thankful for the ecigerettes because they actually work my blood pressure is back to normal, food taste great, I can breath and I don't have that feeling of letting something else control me, I now control it.

10/28/2015 2:40:38 AM - Jordan c. Goldstein

I am 38 years old,a former 20 year smoker and in the beginning I didnt know about e-cigarettes and doomed them bad. O boy I WAS WRONG. I am not a person who just goes with a fad and does not do his homework. I did numerous research: including using Doctors, Pulmonologists, General Practioners, as well as documented research online as well as youtube:

E- cigarettes just have bad hype because its related to cigarettes. But it is not smoking. Its Vaping. I have been off cigarettes 5.5 months with absolutly no temptation to go back. Vaping could have possibly saved my life and ended my long term fear of Lung Cancer or any cancer. Thumbs up for my E-cigs. " a newer outcome to an old disasterous end.

No more: cough, weeze, bronchitis, pneumonia, mess, smell, aging hands and no carcinogens. Best thing ever invented. :)

10/28/2015 2:39:49 AM - Rickyarred

I am 23 and started smoking cigarettes since I was 17. I would smoke about a pack a day of camel crush which is what I started with. Since I have started vaping it has changed my life. I stopped smoking completely and I feel great about it. Yes I know smoking anything is bad for you but come on. Vaping is 1 tenth as dangerous as cigarettes and to stop smoking a pack a day not only has it improved my health but my economical point. I would spend anywhere from 35 to 50 dollars a week on cigarettes. Now I use about 10$ every two weeks. That makes a huge impact on my life in more ways then you could imagine. I have been vaping 3 months and don't plan on stopping or going back to cigarettes

10/28/2015 2:37:00 AM - Michael Nance

51 days without a cigarette. No withdrawal issues whatsoever. I sleep better because i can breath better. I eat better cause now I can actually taste what Im eating My sense of smell has gotten better for the good and bad smells. I used to smell like a pack of smokes and now when i smell someone still smoking cigarettes I was ashamed that I used to smell like that cause the smell was horendous. I can say I will always be a fan of vaping.

10/28/2015 2:36:07 AM - Diana Kriehn

I smoked cigarettes for 35 years. Then, I had great grandchildren, and decided to try vaping to help get off the cigarettes. I haven't bought a pack of cigarettes in over FIVE years! I've never felt better--no morning cough, no stinky smells on myself or in my house, no cigarette burns on my furniture or my clothes! Started off vaping with 18mg nicotine, and have gone down to 3mg. Soon, going down to 0mg. Started off with an e-cig, and now using a box mod. LOVE vaping!

10/28/2015 2:35:23 AM - Devon Lisenby

Vaping has not only changed my smoking habits.. But it has given much more to life than I ever thought an alternative could give.

Vaping has not only kept me away from the toxins in cigarettes, but has given my life structure and meaning. I have never been able to better regulate my juvenile diabetes. I can now taste things I've always wanted to without having to take extra insulin for it!!!

More than that I have a purpose in this world for this moment and I want to aid in the progression of it. For the people.

I am passionate about the culture and the amazing opportunities I have that come with it. I have been blessed because of the people I have met through Vaping.

How many more there are to meet excites me enough to drive me to work everyday happy and content. There is reason for me. That lifelong question every child wonders is who they will be when they are older.

I have not suffered from this wonderment since I started Vaping.

Please do not take this from me.

Please do not take this alternative away from other cigarette smokers.

Please research further and try to support the better health of your cigarette hung civilians.

Thank you for the read,

Devon Lisenby

Vaper in Orlando, Fl.

10/28/2015 10:36:33 PM - Johnathan sorrow

Yes I would love to say that e-cigs have stopped me from smoking them nasty ass cancer sticks/cigarettes .. I know hundreds and hundreds of people who have stopped smoking cigarettes from using e-cigs and box mods .. Cigarettes are the most nastiest things on this earth and are killing people they honestly disgust me and stink so bad they make people stink and kill hundreds of people but e-cigs have not killed a single person e-cigs are so much safer and a lot more less harmful then cigarettes. Vaping should not be banned at all it is more safer then cigarettes #Vape on everyone #F*** cigarettes and also I have been vaping for 1 year and love it and will never touch another cigarette again and also I use a snow wolf 200 watt and mech mod and love them and I Vape 3 nicotine

10/28/2015 2:35:05 AM - Bill Cason

I'm known in the Upstate of South Carolina as "The Old Dude".I smoked for 40+ years. After trying many times to quit without success,even after 3 heat attacks,my son bought me an e-cig stater kit. I must say that was the best thing he has ever done for me.In 3 weeks time I was completely off cigs/tobacco of any kind and have never felt better.My doctor told me that my lungs sounded much better after only 6 mos. Sept.22,2015 marked my 1 year tobacco free,the first of the rest of life.

10/28/2015 2:34:26 AM - Giocannie Lopez

My name is Gio ive started smoking cigarettes at the age of 13. I offically stoped at the age of 20 due to the fact that i have a 1 year old daughter and a good buddy of mine introduced me to vaping my first setup was a aspire battery and a kangertech nano tank. I really enjoyed it i completely stop smoking cigarettes. Vaping changed my health i can actually go on a run and not feel like im dieing 5 seconds into it and its gona help my daughter in the future knowing that her dad started vaping instead of choosing to smoke cigarettes his whole life

10/28/2015 2:31:34 AM - Jordan

I'm 19 years old and started chewing tobacco when I played baseball in high school when I was 15. i chewed at least 6-7 times a day. my life revolved around tobacco pretty much. if I didn't have it I would have withdrawal. last year some friends told me that there's this new trend called vaping. at first I thought it was dumb and didn't look at it very much. I started getting sore gums and I tried nicotine gum and that didn't work for me. so I tried the alternative. A SAFE ALTERNATIVE. I did my research and found out there was only a few ingredients in this liquid that you inhaled and it sounded a hell of a lot better then all of the carcinogens in the tobacco I was putting in my mouth. I bought a little e cigarette and had 8 mg of nicotine in the e liquid. this took away my craving for chewing, and I quit. that little e cigarette could've possibly saved my life. I still use it to this day with only 3 mg of nicotine. with there only being VEGETABLE GLYCERIN, PROPYLENE GLYCOL, NICOTINE(which is about as harmful as caffeine) AND ARTIFICIAL FLAVORING , it was like heaven sent. I'll choose that any day over carcinogens.. wouldn't you? if you take away my right to vape, I WILL MOST LIKELY revert back to chewing tobacco. you could say I'm a weak guy, but hey if there's an easier way to quit.. I'll take it. how come there's millions of people dying everyday because they are smoking nasty cigarettes and no one really makes a hard effort to stop this, but once there's a SAFER ALTERNATIVE TO SMOKING, everyone tries their hardest to get rid of it. that sounds like pure ignorance to me. people don't know what vaping is and what's in them.. so they want to ban them. I get that you shouldn't vape everywhere you go.. like there's plenty of places you shouldn't be able to vape. my way of thinking: if you can't smoke there.. don't vape there. but anyway that's my story of how E CIGARETTES SAVED MY LIFE and I would recommend them to anyone who smokes cigarettes.

10/28/2015 2:30:46 AM - Richard

To whom it may concern,

I am a former smoker. I had smoked cigarettes for over 20 years and thanks to vaping I no longer have the need for cigarettes. I have been vaping for the past two years and I have noticed that I don't get sick as I did when I did smoke. And the flavors of the ejuices are very good. Please don't let the fda ruin what is a life saving product.

Thank you

Richard Rhoads

10/28/2015 2:29:11 AM - Terrence Pounds

I have been cigarette free for 2.5 years thanks to the electronic cigarette. I had smoke traditional tobacco cigarettes for over 20 years. My health has improved greatly, I can breath again! I lost my job in March of 2013 and opened an electronic cigarette store in November of 2013 because I believed in the products. Not only have ecigs added years to my life, they are my lively hood. Not only are they my livelihood we are helping to save people's lives in the process. This is not a fad, this is something that needs to stay. Many life's have been changed and they will continue as long as the market remains available without over taxation or elimination. I thank God for ecigs because of all of what it has done for me physically and financially.

I use mechanical mods and rda's and controlled wattage box mods. I started with a simple ego style battery and ce4 clearomizer but evolved and I am satisfied now. I tried ecigs with a friend of mine at work who was told by his doctor that he had to stop smoking so I did it with him. The rest is history.

10/28/2015 2:28:11 AM - Chad Switzer

I smoked since I was 14 regulary I have wanted to quit smoking for years nothing worked the gum,the patches, etc etc then I found vaping and it turned my life around I can breath again smell again taste food again I started at 24mg nicotine and dropped to 6 mg in 2 months I now vape 6 to 3 mg I will never pick up smoking again thanks to vaping

10/28/2015 2:21:30 AM - Jim

I started smoking cigarettes when I was 16, a vape shop opened up locally and I stopped in. Without vaping I would be smoking my way 6 ft. under. Vaping has extended my life

10/28/2015 2:20:09 AM - Jeremy alford

Hi, I'm Jeremy Alford. I'm a small business owner. I do interior design work. I'm 39 years old. I started smoking cigarettes at age 16. My health was falling fast. On 2-21-15 I started vaping. Within one week I had completly stopped smoking. Vaping has saved my life. I can actually take my kids hunting now and walk as far as I want to. This has turned my life around. Please don't take this away from me and my family. We all fear that I would only resort back to cigarettes.

10/28/2015 2:20:01 AM - Trevor Labelle

Hi my name is Trevor Labelle and I have to say vaping saved my life. I know you guys have heard this many times but I mean it for real. I have been in recovery for 5 years now and I started smoking the day I turned 18 and I wanted to quit smoking but couldn't stop just like my drinking. I tried the patches,gum, and everything else spent 5000 grand on everything trying to quit. I then found vaping by a suggestion from a friend and I tried it and with in 6 months I was using 3mg nicotine and after 8 months I started using zero and then I was off nicotine.. I got interested in the industry and started hanging out at my local vape shop and found a great group of people that had the same interests and I felt like I was home just like the first time I walked into a 12step program and I wouldn't quit vaping for anything please don't take it away from people because it's saving people's life like mine.

10/28/2015 2:20:00 AM - Connie S.

I smoked a pack and half for 30 years, THANKS TO VAPING NOT SMOKED IN 18 MONTHS! I feel so much better!

10/28/2015 2:19:55 AM - Zachary Hartman

I quit smoking because of vaping. Vaping replaced smoking a pack of cigarettes a day for me and not over a long period of time but in one week. The only way I could have done this is through vaping as I've tried many times to quit using every method available to me locally and online. I've been cigarette free for almost 6 months after 4 years of smoking. Since I quit I've had more energy, better breathing, and I smell 1000% better.

10/28/2015 2:19:50 AM - Sissy Meade

Good Evening,

I am writing to basically beg of you to not just read my story but put yourself in my shoes for a moment and really feel what I have felt. I started smoking when I was about 16 years old, It was the biggest mistake of my life! I am now 34 years old and I have a 9 year old son, 2 years ago on his 7th birthday I went to the store to finish getting things together for his birthday party when I started feeling a sharp pain in my upper body I grabbed my chest and fell to the stores floor. The next thing I remember is waking up in the hospital, being told that I had suffered a heart attack. I had no idea how long I had been there or what was really going on, one of the nurses came in and asked if there were any family members that I needed to call I asked them to call my mom to tell her where I was and what was going on. Little did I know I had been in the hospital for several hours and no one had notified anyone, my family thought I was in a car accident. So when I got in touch with her I told her where I was and what had happened and all I can hear is my son crying asking if I was okay, I talked to him over the phone and he was scared but also sad because I missed his entire birthday. I missed my sons 7th birthday because I smoked, I missed my sons birthday because I was selfish and didn't think that because I was smoking I could lose my life JUST LIKE THAT! In an instant, that could have been the last day I ever seen my son, my mother, my brother, and my friends. I had already lost my dad to stage 4 non small cell lung cancer because he smoked cigarettes, and even the loss of my father I continued to smoke cigarettes UNTIL I realized that I was not ready to DIE! While at my doctors after being released from the hospital after the heart attack my doctor was going to put me on Chantix, but was unable to do so because of the heart condition I now had. So she suggested Vaping, I went around to a few shops asking questions about ''what vaping was'' I was told the same thing by ALL the shops I visited ''Vaping is a safer alternative to smoking'' Vaping allows me to get the nicotine that I craved, The benefits aside from taking MY LIFE BACK is the fact that I can choose flavors of e-liquids I started at 24mg of nicotine and now I am down to 6mg I am almost at 0mg- That's a choice cigarettes don't offer you light up you suck in the same amount of whatever is mixed in that cigarette. I wasn't stuck with a tobacco flavored E-liquid that made me feel like I was still smoking. The selection of VapeOholic E-liquid made it so much easier to quit smoking all together, I took my mom who has smoked for over 40+ years and also got her Vaping because of the selection of flavors. We are a large commUNITY (vapers) We have chosen to take our lives back by Vaping and NOT SMOKING! Sharing my story with friends who were smokers have gotten so many of them to stop smoking and start Vaping because they see a dramatic change in my health, and after they have quit smoking and started Vaping they also seen changes in their health as well. We all share stories of being able to run around more with our children without running out of breath, being able to hug

and cuddle with our children more because we no longer STINK and smell like Cigarettes. Vaping has more PROS than CONS! Vapers are willing to deal with and work with REGULATIONS that could be placed on the Vaping industry BUT Vapers SHOULD NOT BE FORCED to go back to something that IS GOING TO KILL US, we aren't going to go back because we aren't willing to quit smoking WE AREN'T WILLING TO GIVE UP ON THE SAFER SMOKING ALTERNATIVE. With all the things happening in this world VAPING IS NOT THE ISSUE YOU SHOULD BE TRYING TO FIGHT AND STOP. We are not hurting anyone we are saving our lives, sharing our stories save others lives. PLEASE DON'T TAKE VAPING AWAY. Thank you a non-smoking mother,daughter and sister!

10/28/2015 2:17:24 AM - Debbie

I smoked for over 25 years. Vaping is the only thing that got me to stop. This is the first year i don't have bronchitis. I can breathe! I can take my dig for a walk farther than half a block. My doctor no linger has to give me inhalers. All other methods to help me quit did not work and chantex made me suicidal.

10/28/2015 2:16:09 AM - Myles briggs

My name Myles briggs I am a 36 year old single father to an amazing 11 year old boy. I myself have been smoking since I was 14 years old and through the years I have smoked at least a pack - 2 packs of cigarettes a day. Because of electronic cigarettes I was able to quit smoking tobacco over three and a half years ago now. Because of electronic cigarettes I am able to play outside with my son and enjoy the outdoors with him. When I was smoking I made it a point not to smoke near him for two reasons one and most important he has asthma and I did not want it to affect him. I also did not want to smoke around him because I did not want him to see me smoke because I was embarrassed. When I started using electronic cigarettes my son started to see the change in me as I was becoming more active then I was before. Today my son supports me in my lifestyle change but he also supports me in my choice to be a store owner selling electronic cigarettes. I left a very well paying job working for someone else. I open my own store called Rhode Island vapes so I can educate and provide quality products to not only my friends and family but was many people as I could. When I wake up in the morning I feel refreshed and ready to go. 3 years ago you practically had to drag me out of bed. Like many people there are many mistakes each of us have made in our lives and many of us will agree picking up cigarettes is one of the worst decisions anyone of us could have made. For me it was like a good idea, bad idea. It was a bad idea because if I never smoked I would never have to deal with all of the things associated with smoking. But because I am a former smoker I am the owner of a growing and prosperous business that I otherwise would never have done. I submitted my email to support HR 2058 because not only would that allow me the freedom to choose for my own health but it also allows me to continue to operate my business. I hope this made some sense. If you read this far thank you very much for reading and I hope you share you are testimony as well thank you

10/28/2015 2:15:12 AM - brian hernandez

Hello I have been a long time smoker ever since I was 14 years old. I have been vaping for 2 years now using my mods & I can say I am living a healthier lifestyle than when I was a smoker. I can now breath well, smell & taste foods, & actually exercise without having difficulty breathing. Not only did I do it for myself but also for my family & friends. I have tried patches before but they didn't work as well as vaping did. I went from vaping 8mg e-juice to going down to 3mg e-juice. I want to keep vaping that is why I am writing this letter as well as other fellow members who have quit smoking because of vaping. Vaping saved my life as well as millions of others. I have meet very great people in the vaping community & want to continue my journey as a non-smoker.

10/28/2015 2:13:28 AM - Dodie Bishop

I smoked for 37 years and on March 30, 2014 I started with my vape kit and never looked back. I have vaped and not touched a cigarette since, and both of my girls told me they never knew a time when I didn't smoke. My husband also smoked and he quit the same time I did and we both now enjoy vaping. I have tried to quit many times and always started smoking again till now. I have more energy and smell lots better. I can breathe easier and not had the sinus problems I had before. We both started out with 12 mg of nicotine but both are currently down to 0 mg. Sad to say I will miss my vape flavors if this is not passed, but be assured I will never buy another analog cigarette ever!!!! I have kicked the nicotine habit and just love the vaping tastes! I will miss it but the BIG cigarette companies will not get any more of my money! Thank you and I urge anyone out there to try vaping and you may be surprised at how easy and how quick you will become a nonsmoker too without the harsh chemicals and 7000 + additives in cigarettes.

10/28/2015 2:12:40 AM - James sroka

I smoked for years and then I met a beautiful woman who is now my fiancÃ© and she stopped smoking with vapor products. So I tried it and ever since I have not picked up a cigarette and I feel so much better, I can breath now and I helped lots of others with quoting cigarettes with vapor products and they all feel the same, great!

10/28/2015 2:11:44 AM - Reese smith

I smoked for over 17 years, and thought I would never stop until I found electronic cigertaes or vaper. I have noticed more enegery and able to do more thing with my kids.

10/28/2015 2:10:38 AM - The Bathing Vape

You've heard it before and you'll hear it again.... It's the only way people know how to tell the truth. "I USE TO SOME CIGARETTES" It sounds as if one has started a conversation at a rehab center..... Well, that's because it it's. This is our rehabilitation from cigarettes. It's called e cigarettes, or vapor as I prefer to call it.

I was a 1pk-1 1/2pk day smoker for nearly 20 yrs. I tried everything in the book to stop smoking tobacco cigarettes. (patches, gum, etc.) Vaping has been the ONLY thing that has me nearly 600 days tobacco free. I stated with 24 level nicotine and a ego twist style device that was variable voltage. I used a T3S Kanger tank for my atomizer. As better devices were developing, it allowed me to bring my nicotine level down to a 3 level nicotine. I like all different flavor e liquids now even though I started with a tobacco flavor. I currently vape fruit flavors, custards, bakery and cereal flavors.

Since vaping, I've been able to taste and smell better. Foods I didn't like when I smoked tobacco, I know find myself eating or being able to tolerate it. I don't cough up nasty stuff in the morning.

I have successfully got my parents, friends and other family as well to stop traditional tobacco products. The idea to even think vaping should be put into the same sentence, category, or phrase as tobacco is an oxymoron.

P.S.S. I currently own a brick and mortar vapor store that has successfully provided a healthier alternative to tobacco. One side is the media and the other is science..... And science never lies.

One kills, the rest is just steam.

10/28/2015 2:08:03 AM - nathaniel Kennington

I have been vapeing for 4 months and I feel a lot better and I get my liquid's from the USA and would be pisst if I can't get them and would have to go back to smoking thanks for your time

10/28/2015 2:04:48 AM - Corey

I grew up watching many family members sit around smoking cigarettes. I thought I would never be the one to pick one up after watching them cough up nasty crap everyday. But sure enough I did at the age of 15 and smoked for 6 years. When I would get sick it felt like it was never ending for weeks at a time. Until I decided to try something new, vaping and when I first started it took some getting used to. I tried to easing away from cigarettes but found that I couldn't even finish one after a week of vaping. I used 12mg of nicotine for the first couple of months until I dropped to a 6mg then to a 3mg which is what I have been at for 4 months and I'm proud to say I've helped several friends quit smoking cigarettes just by allowing them to use my mod and helping them pick one out and supplying information and help with whatever they needed to quit! Vaping has helped my health significantly I can be active without getting winded, I don't wake up coughing in the middle of the night and I don't get migraines from the menthol either. It's been a year ago this month since I bought my first mod and a year in November since I picked up my last cigarette

10/28/2015 2:04:46 AM - Josh Wheatley

To whom it may concern,

I smoked almost 2 packs a day for roughly 20+ years! I watched my father and grandfather and god father and plenty of other family members struggle with cancer and eventually pass away from the disease. Yet the addiction to the "cancer sticks" stayed with me throughout life knowing that they were going to take my life too. Until one day I decided to try to quite and attempted to use the gum, patch, pills even thought about the hypnosis methods. It wasn't until someone "payed it forward" and gave me a Vape pen! IT WORKED! I finally had a tool to help me quite the cigs that were killing me! After about a few weeks my lungs started to rejuvenate and I could breath better and my allergies lessened and I could smell better and taste better! It was infectious and I started learning more and more about vaping. I realized that there wasn't anywhere to go locally to purchase anything I needed and I was tired of waiting on things from China and receiving poor quality items for good hard earned money. When I found a Vape shop locally and received horrible service I decided that I could offer something better to the people that wanted to better their lives and quite smoking like me! I opened a Vape shop and started helping people learn and experience a better way of living...a HEALTHIER way of life! The storefront is named Vapers Retreat (vapersretreat.com) I walked away from a career and put everything on the line to help people stop a horrible deadly habit and start experiencing the freedom from the big tobacco strangle hold that they have had on society for almost a century! I hope that my story helps someone realize that you can quite and vaping can help you do it! Right now we have a responsibility to help fight for our rights to Vape and live a healthy lifestyle! Go to casaa.org and share your story and write to your officials to stop these terrible laws that will make it impossible to keep bettering yourselves!

10/28/2015 2:02:03 AM - Eric Briles

I started smoking at 12 years of age and smoke a pack and 1/2 a day. I have tried patches, gum, and perception drugs to quit smoking. I am very active and play volleyball 3 times a week. I knew smoking was slowing me down and making me run out of steam earlier then other people. 30 years of smoking can do that!

2 months ago I went to my local vape shop on a friend's recommendation. I left the store with my new advanced mod and haven't had or CRAVED a cigarette since.

I have already noticed an amazing improvement in my breathing and energy level. I have sent all my friends that smoke to do the same thing. Five of the six people I have sent have also quit smoking!

Vaping is a life saver! Literally! I am no longer controlled by something that hurts me. I no longer smell like an ashtray!

10/28/2015 2:01:02 AM - paul gaudreau

I smoked for 30 yrs on and off. After quitting for short periods of time I would always end up going back to cigs. I started vaping 2 yrs ago and have not had a combustible cig since. This is a god send of a device and could help save millions of lives. Please do the right thing for our country and its citizens health.

10/28/2015 2:00:49 AM - Daniel Asher Hodgenville, KY

I smoked for 20 years quit smoking using medicine but started having cravings again. I started vaping about 8 months ago to relieve some serious cravings I was fighting. I almost went back to cigarettes then my brother and sister in law loaned me one of their vape aperatus to use. It was a life saver and since then I have been able to breathe better and not smell like nasty smoke. My wife enjoys the aroma of my different flavors and I like the fact that vaping takes care of several of my addictions at once. I use a 150 watt mod and shop locally to support not only my community but small businesses as well. I love vaping and do not want to see it banned or outrageously taxed due to big tobacco companies feeling threatened and having their hands in the pockets of our government officials. Thank you for your efforts and for allowing me to voice my opinion!!!

10/28/2015 2:00:38 AM - Jeff Patzius

I'm a former smoker who started smoking back when a pack costed only .65... And told myself that when they hit a dollar I'd quit. Well that didn't happen and over the years, I tried the patch, the gum, even the prescription. They worked for awhile but I would end up smoking again. Then I tried vaping and I haven't had a cigarette in18 months. Thank God for vaping

10/28/2015 1:56:46 AM - Michael

Vaping is such a great product. The technology is saving lives. It's not without flaws is nothing man made is without flaws. My step son was going through three packs of cigarettes a day and he was hacking and coughing and he was able to put the cigarettes down permanently when he transferred to vaping and his coughing went away overnight and he is sleeping better. I have never been a smoker but I've never been able to tolerate cigarette smoke. I'm perfectly fine with people being in a closed environment I have no problem with that at all.

10/28/2015 1:53:19 AM - Terry Farran

My wife and I recently started vaping as a way to stop smoking cigarettes. My wife has smoked for 27 years, and tried to quit many times. None were successful. I had quit for over 4 years but due to alot of stress, I started again. Just over a month ago we started vaping. We haven't had a cigarette since. We don't miss them. We don't crave them, thanks to vaping. My wife doesn't wheeze anymore and she feels much better. E-juice doesn't have all the added chemicals that tobacco does. I just cringe at the thought that our government would ban a healthier choice to smoking cigarettes. I know it's not the same as quitting altogether, but it's a step in the right direction.

10/28/2015 1:51:59 AM - Brady wilson from Farwell Michigan

I'm not much for writing but I had to let 8t be known...I bought my first vape mod about 3 months ago...at that time I had been smoking 2 to 2 and a half packs of cigarettes a day for 25 years.After about a month of vaping I decided it was time to attempt to quit smoking yet again...This time was different it seemed to be so much easier..the day I decided to try to quit again was the last bit I took off of a cigarette been off of them for 68 days and counting...So If it wasn't for my mod and the great juice I have I never would have stopped smoking and would have less time to spend with my kids...good luck to everyone who has it in there heart to stop smoking any way you can...

10/28/2015 1:48:44 AM - Cory

I just want to say first off that I love what the vape community has become. Everyone in the community is like one BIG HAPPY FAMILY and in this day and age that is exactly what we need. A bunch of different people from a variety of different backgrounds coming together to help each other out and I am PROUD to be a part of this family. I was a smoker for 12 years and never thought there would be a end to my smoking. Waking up every day not being able to breath and caughing up some of the worst stuff I have ever seen. I came across vaping from my brother. He was a smoker for 16 years and he was the one who turned me to vaping. Ever since that day I have not turned back to those stinkes. So now 2 years later I am still vaping and have not felt this good in many many years. I can breath better my sense of smell and sense of taste has come back. The biggest thing is my health. I lost my grandmother to the worst case of lung cancer I have ever seen. Every time I would go visit her she looked smaller and smaller. It was the hardest thing to sit and see happen to someone that special in my family. She was the only grandmother I ever met in my life. I want to be around for a very long time and do not ever want any of my loved ones or close friends see me in the way I had to see my grandmother. Vaping has changed my life in many ways and has also SAVED my life. I have successfully got 7 of my closest friends to switch to vaping and they are doing so much better. So in closing I want to encourage anyone who is thinking about giving vaping a chance I say go for it. You will not regret it. Thanks you to all the people in the vape community. Let's continue to grow as a family and always remember to stand as one and always back your FAMILY!!!

SINCERELY

CORY YOUNG

10/28/2015 1:45:36 AM - Brandon McDaniel

I started smoking at the age of 16, I tried to quit several times over the years and was unsuccessful. Finally at the age of 36 I discovered vaping. I have been off cigs for a year now. I started at the 24mg of nicotine and I'm currently at 3mg. Not only do I fell better and am able to run and play with my kids but I have a lot more money. I was spending $10 dollars a day on cigarettes and no I'm spending about $15 a week on e juice. Vaping has been a life saver!

10/28/2015 1:45:16 AM - Todd Alejandro Meiners (TallClouds)

Vaping Saved My Life...

10/28/2015 1:45:00 AM - Patti Robinson Tamm

After 40+years of smoking Feb 17 2015 I quit smoking with a ecigg buying 0 nitotine flavor of cinnamon and I am a non smoking American to this day just past 250 days a week or so actually I think it was Oct 13th my daughter 26th birthday told her that was the best present I could give her and her 6 year old daughter. I am so proud of myself and I know I would not have been able to without of my ecigg. I tried Chantix and side effects were horrible that stuff is more dangerous than any ecigg on the market .

10/28/2015 1:44:57 AM - Chris Jones

I started smoking when I was 12 years old. For many years I attempted to quit, but always ended up falling back into the habit. About 5 years ago a buddy of mine had started vaping due to a doctor's suggestion to him and his wife who has really bad asthma. I tried and tried to no avail mainly cause I wasn't ready. Now I've always been a big guy, but I was also active. I went to see a basketball game and had to park a good distance away. Halfway to the stadium I was severely winded and realized I really needed to quit smoking. So I went to a local B&M picked up a little starter kit and put down the cigarettes for good. Thant's been almost 2 years ago and now I getting out playing with the kids, walking, or breathing in general is so much eaiser.

10/28/2015 1:40:46 AM - Jen alexander

I smoked for 30 years. I was diagnosed with COPD and was on ceveral medications but still had a ciggerette in my mouth. I had back surgery and was told no smoking. The bone graphs would not take. Not to mention watching both my grandparents die from lung cancer and emphazima. I still smoked i didnt care the addiction was so strong. Even thouhg I knew what it was doing to me i still smoked. Vaping saved my life. Vaping gave me my life back. I can now walk without being out of breath. I dont have to run outside during faimly dinners. I just hope we dont loose what is saving lives.

10/28/2015 1:37:12 AM - Jon Bolen from Piqua, Ohio

I smoked cigarettes since I was 16 and started using a vaporizer this year. I can honestly say I've noticed so many health improvements from breathing to exercising. I thank God that this is an alternative to smoking! Not to mention I don't smell like a walking ashtray anymore :)

10/28/2015 1:33:32 AM - Kent Adams

I could feel the damage that 51 years of smoking had done, & I had tried to quit many times. The problem was that I couldn't stay quit. I would go through the withdrawal, & a month later I'd be smoking again.

Vaping changed that pattern. For a year now I have had no desire for cigarettes. I am healthier. I get clean nicotine without the harmful smoke.

It has changed my life, & the life of those around me, for the better.

10/28/2015 1:33:22 AM - Babish68

I was a smoker for over 30 years and then me and my husband were able to QUIT smoking since January 1, 2015. We both tried to QUIT smoking with several remedies and never successful until we learned about VAPING. This is because WE discovered the vaping community and have been smoke free ever since and VAPING is NOT hazardous to your health like smoking is. If cigarettes are legal and FDA approved then VAPING should be too. E juice only has 3 ingredients and cigarettes are loaded with over 7,000 chemicals and carcinogens. Please find it in your hearts to HELP the millions of people who QUIT SMOKING all because of choosing to VAPE instead. You all will be SAVING millions of LIVES! What happened to our RIGHT to FREEDOM!!!! Thank you, Tammy Weidner

10/28/2015 1:33:16 AM - Chad C. US Army Soldier

I smoked for 20+ years. Health deteriorated. Served 15 years US Army and was medically retired due to injuries sustained while deployed to Afghanistan during combat and it was harder to stop smoking than it is dealing with a permanent disability. I tried every way possible. I had no luck until vaping found me! It gave me the habit forming inhalation as smoking and levels of nicotine to gradually get myself to 0 without all the chemicals and tar found in smoking. Thousands of tests have been ran on cigarettes and found them to be lethal and while very few scientific tests have been ran on vaping it has been found that vaping is around 95% safer! No one in the government or big tobacco companies had issues until we finally found a TOBACCO FREE way to stop smoking. Vaping is not and never has been advertised as a smoking cessation product! The loss of money to TOBACCO companies and taxation by the government is what stemmed the "war on vaping"!! Come on, this is blatantly obvious!!! By removing flavors other than tobacco flavors that is the government pushing tobacco products on us!! We should have the right to pick a flavor. Those who chew tobacco do oh but they are being taxed so that's ok? NO This country is going in the wrong direction! You put warnings on cigarette packs stating stopping smoking greatly reduces you risk of cancer! So we stopped and now you want your money back?? It don't work that way. My doctors and family are very proud to hear I had stopped and so am I ! If you regulate the flavorings and/or tax a NON-TOBACCO product we will protest and take legal action. It's bad enough that our president is pushing this country to be a Muslim country and now we quit for our health and you push it back onto us?? That don't seem to be a democracy to me! Not to mention the jobs and city revenue that will be lost by closing the doors to vape shops! Taking money and jobs/businesses from the people, add taxation, regulate what can and can't be flavored is not the American way of life. What is happening to our freedom? I didn't serve 15 years in the military and go to combat to have my freedoms taken away from me. If this pushes through "We the people...." Will do our duty and not let a government acting against the people stand! Go read the Constitution and the Bill of Rights! We are taking our freedom back!!!!!!

10/28/2015 1:31:13 AM - Luis Limones Jr.

I was a heavy smoker, going through 3 packs of cigarettes a week if not more I was constantly out of breath and had a real hard time catching my breath and getting a good night's sleep, I was always trying to clear my throat and coughing from what my doctor said was all the building up from the cigarettes. I've been smoking since I was 13 years old and never thought I'd be able to stop. I even lied to my wife a few times when she asked me to stop. When we decided we wanted to start a family I knew I needed to do something different since nothing had worked for me in the past. A coworker of mine had been vaping for awhile and after a conversation and a few questions I decided it couldn't hurt. I did some more research and finally bought my first box I am proud to say that I haven't touched a cigarette in over 4 months, now I know that doesn't sound like much but for someone who woke up in the middle of the night for a smoke, it's a major win!!

10/28/2015 1:29:28 AM - Charlie

I smoked for nearly 30 years. Like many when I was young I thought it was cool and people would like me. I had no idea how quickly I would become addicted to cigarettes and more importantly how difficult it would be to quit. I spent the last 10 years of smoking trying anything and everything to quit, expensive drugs, therapies and many other alternatives including the hundreds of times to try and go cold turkey. I tried vaping with little to no enthusiasm as I expected it would be more wasted time and money. Much to my disbelief I am writing this now truly smoke free for 19 months thanks to vaping. Vaping gave back my life. It taught me nothing is impossible and I try to do everything I can to make the most of life now and help those who are just like me. My name is Charlie and I am just another guy, only I am no longer a statistic in a cigarette study.

10/28/2015 1:29:10 AM - Michael_NVD

I dont remember the year I started vaping but I remember I was 11 when I started smoking. I never truly wanted to quit because I enjoyed it. When ecigs first came out I picked one up because I new I should quit. It was an Njoy gas station cigalike and once I realized that the cartridges were just as expensive as cigaretted I switched back to Camels. Later on when the egos came out I was on it again but the vape was weak and I once I got stressed out it couldn't calm my nerves like a cigarette so I fell off the wagon again. A couple years went by and I heard about rebuilding and mech mods so I picked me up a TOBH clone and a copper 26650 tube mode. It was way better and I stuck with it for some time but got tired of the bulkyness and quit carrying it. When I found out I was going to be a dad though I put my foot down and picked that mod back up. I decided to update my rda and picked up a Dark Horse clone and fell in love. The airflow and vapor production was amazing and I'm never going back to cancer sticks. I really got into the community now and have learned a lot. I'm now an advanced vaper with regulated mods and temp control. I can build some pretty nice advanced coils and best of all I can breath. I have a chance to see my child grow up and it's thanks to vaping. I've been vaping since the beginning but smoke free for three months. Discovering the community is what has made vaping really enjoyable along with more powerful devices and innovative ways of vaping. I now longer want to smoke or imitate it. I want to sub-ohm vape and have some badass devices to do it with.

10/28/2015 1:26:45 AM - Topher Evans

I started smoking in high school, and at the age of 30 I was able to finally quit cigarettes with the use of a personal vaporizer, commonly mislabeled 'e-cigarettes'. I tried every other method of stop-smoking aid, including Chantix, Nicorette, Nicoderm, and others, but nothing worked until I tried 'vaping', and after 1 week I couldn't even stand the taste of my once physically addictive and positively deadly cigarettes. I have now been completely smoke free for 4 months, and have stepped down my nicotine level from 12 mg to 3 mg. I can actually run around with my 4 year old, and not need to stop for a breath or a smoke. Vaping has saved my life, and allow me to be more a part of my family's life.

10/28/2015 1:25:34 AM - Jacob Pritchard

when i was in 5th grade i started smoking by the time i was 18 i was smoking 3-4 packs a day . last time i smoked was dec 25 th 2014 december 26th i took up vaping. i crushed my cigarettes and went to the local vape shop and picked up a setup and well im now turning 29 in december. i havent looked back at smoking sense i was diagnosed with sleep apnea and used to have to sleep with a full face mask cpap. i looked like bane from the dark knight rises well now i can sleep without a cpap. ive gotten an increase in my blood flow and energy level. i have been vaping now for almost 11 months and i can honestly say #vapingsavedmylife i can honestly to say overall im healthier having autism ,

ptsd, depression , anxiety and fibromyalgia. im able to do more things than i used to i rarely am depressed anymore or have anxiety and my pain level has decreased a bit but its not completely gone but i rarely have anxiety attacks anymore. i would not like to see any regulations coming into play for vaping. i personally would like to say hey big tobacco created me young but im finally free and i love it and well i would also like to say that i dont appreciate the goverment telling me how to live my life when this is not combustable smoke this is vapor but at the same time yes it contains a little bit of nicotine for right now ... but i plan to be off nicotine permanently even though doctors can tell you on their own that caffine and nicotine are just as addictive as each other.

i would like to say i support the vaping militia and i support casaa completely this is not to be deemed as a tobacco product it does not contain tobacco or the other 77000 known chemicals in cigarettes and well to go back on nicotine and caffine they activate the same reciptors in your brain but ill let doctors state that.. i would love to see vaping put big tobacco down but at the same time im not forcing my vaping habits on anyone but it is healthier to me to vape than to smoke i am 100 % better off vaping than to have to go back to smoking

10/28/2015 1:23:14 AM - Holly

I've been smoking for the past 4 years and recently switched to vaping the variety of flavors and hardware devices gives everyone a personalized choice to fit there style and what they like, within the first week I began to cough up all the tar and gunk in my lungs and after that I could breathe normal and feel 100% better.

10/28/2015 1:19:32 AM - Roxanne Denman

I was a 13.5 year smoker who smoked a half to a full pack of cigarettes a day. I tried to quit many times either by the patch, the gum, or even cold turkey. I tried the Blu, but it wasn't enough. On September 3rd, 2014 my mother actually bought my starter kit to get me off the cigarettes. I quit smoking cigs after I had the starter kit. After I started to vape, my husband started also. We wanted to be healthier because we have a 5 year old child and our cigarette second hand smoke was showing up in her blood stream. Ever since then, I've noticed a better breathing, and now I am not struggling to breathe because I smoked so much. I couldn't walk around Wal-Mart because I couldn't breathe. Now I can walk laps around Wal-Mart and not lose my breath. I'm not sick as often, and I've noticed that I am not waking up hacking up a lung because I'm not smoking. Since I started to vape I've noticed that my nicotine intake is now very minimal since vaping and now I don't stink. Vaping has literally saved my life.

10/28/2015 1:19:28 AM - Jeffrey DemoniacalVaper Maines

I was a pack a day smoker for over half my life, started smoking at 14 years old, until I started vaping on an EGO pen last year. On July 26, 2014 I smoked my last cigarette and have not looked back. Vaping has made my life much better, I no longer wake up out of breath, can keep up with walking my dog, and have alot more energy than I had as a smoker. I currently Use high powered regulated mods with RDAs mostly, and enjoy vaping more for the flavors than nicotine. Since starting to vape at 18mg I have cut my nicotine down to 3mg, and sometimes 0mg nicotine. The vaping community at large is the reason I continue to vape, everyone wants the same thing, to stay off of cigarettes.

10/28/2015 1:18:53 AM - tiffniff

Before I started vaping I was smoking at least a pack a day even more when I was stressed I smoked 8 years near the end of my smoking I would have extreme coughing fits waking up in the middle of the night coughing being embarrassed to go out because of it. Vaping has changed my life i can breath again i don't get out of breath as I used to and I did it for myself and also because my family wanted me to quit esp my Grandfather whom passed in 2012 I know he would be proud I made a change that will extend my life and improve the quality of life. It would be a shame to remove something that has changed soo many people's lives I myself tried to quit smoking on my own before vaping and i couldn't quit so vaping allowed me to quit tobacco on my own terms I use a regulated box mod and i like all flavors of juice and its been an awesome product!!

10/28/2015 1:18:51 AM - Holly Draur

I started smoking traditional cigarettes when I was 18. I have asthma, and I knew cigarettes were bad for me but once I started I couldn't quit. I smoked a pack to a pack and a half a day for close to 4 years; my health was terrible. I would cough and hack, couldn't go up a flight of stairs without wheezing and being out of breath; my doctor was concerned with my lung x-rays, and my oxygen levels were pretty low. I tried to quit a few times, with a support group and with nicotine gum but it didn't work.

I switched to e-cigarettes 2 years ago. Started with an ego and a few months later a box mod (which I still use). I started with a high nicotine juice (12mg, went through a 10-20mls a week) and am down to 6mg now-and 20mls will last me 2 weeks. My asthma has improved so much that I was able to train for a 5k race last year, and have done several since (am currently training for a half marathon!). I can also run up multiple flights of stairs!! My doctor has been much happier with my lungs and my oxygen is back up to 99%.

I love that my clothes and I no longer smell like old cigarette smoke, and that I am free to live an active lifestyle. I couldn't do that before, and it's been so amazing to run.

E-cigarettes really have saved me-I don't want to think about where I would be if I hadn't decided to give them a try.

10/28/2015 1:18:08 AM - Keith Holbrook

vapes have helped my journey to quit smoking it's a hobby that creates jobs and an industry behind it it should stay I smoked for 5 years and have Quito started five months ago smoking vapes

10/28/2015 1:18:03 AM - tjvaping

My doctor said i needed to stop smoking , I couldn't breathe well , and was sick all the time, I started vaping and within 2 weeks I wasn't smoking at all I was just vaping.

Not a month later I could breathe better , and I've been vaping 1 year and 7 months now and I havn't been sick or had any prob breathing at all !!

10/28/2015 1:08:51 AM - John Adrian

I have been vaping for about a year. My life and ability to participate in it have have been improved dye to vaping. My lungs feel healthier and lighter. I tried gum and patches to no avail. I was a 1-2 pack a day smoker. This device (Mod and dripper) has helped me, and the culture/community has welcomed me with open arms. It has enriched my life physically and socially. I wouldn't trade it for the world.

10/28/2015 1:08:43 AM - Robin M.

I started smoking when I was 13 yrs old and thought that it was the "thing" to do. My friends were doing it, my family smoked, so I thought I should too. At first it was just a cigarette or two a day. Then it became more and more and soon I couldn't quit. I was smoking at least 2 packs a day for a few years then I knew I had to cut back. It wasn't like I didn't know the risks of smoking or how bad they were for me. As the years went on I was watching my dad cough...and by God it was bad. All of the hacking and trying to breath had me worried for the longest time. I did tell him all the time that he needed to go to the doc and get that looked at but with that big shit eating grin of his he always told me that he was fine and he didn't need to go (he hated doctors and hospitals). One day he had to go the doc and found out he prostate cancer. During that 10 months from the time we found out he had cancer till the day he died, we also learned he had emphysema and a few other things as well. This scared me particularly since my mom died of lung cancer when I was three....she smoked too. Then one day I was having breathing issues. It started out when I was getting sick it was noticeable and I would get treated with an inhaler and anitbiotics. After awhile it wasn't helping. Then one night my chest hurt...like really hurt. It hurt to breath, hurt to cough, I was wheezing at night. It finally got to the point I had to start sleeping in almost in sitting position. My husband had enough and ordered me to see the doctor....yes, ordered (mind you he never orders me around). So I went. She did a few Q&A's with me and family history. Then she decided to do a breathing test. I thought I was going to puke after that was done. The test result came back and she diagnosed me with COPD. and I had the lungs of a 71 yrs old woman...I'm 40. That was March of this year. I cried like a baby that day. From the time I left the doctors that day I made a choice....I didn't and couldn't smoke anymore. On payday my husband and I went our local vape shop and got a starter kit. We started out with a nic level of 18 and now we're down to a 6...I can always tell when we need to drop down. And we've upgraded from the started kit to a 40 watt mod with temputure control and got into the sub-ohm worl. With the right medicattion and some tips. I went back 8 weeks later and my lungs were at my cronological age. My doc was really impressed with what I had accomplished in just a short time. She credited my will and vaping to my success and hasn't said a bad thing abou it either. I still have days where I still want to light one up and feel that sensation again. It's tough....really tough. I push through one day at a time and breath at a time.

10/28/2015 1:06:00 AM - Tim Macklin

I began using an electronic cigarette back in 2007 and quit smoking by October of 2008. I still like to use my devices and a variety of different flavors. I no longer desire the taste of traditional tobacco. Through my use of electronic cigarettes my health has Greatly increased such as my sense of smell, taste and I no longer have a "smokers cough". If these devices were available to some of my family members who died from smoking related illnesses, they would be alive today...

Please support this bill.

Thank you!

10/28/2015 1:03:40 AM - Steve

I was a smoker for over 40 years and tried many times to quit with no success until one tragic day in March of 2015 my younger brother of 51 years of age suddenly died of hypertension and he never smoked a day in his life and I assumed that my lungs were in horrible shape from smoking and I would be next so it was time and thankfully my kids got me my first ecig for my birthday and it's been 8 months cigarette free,I'm feeling much better and my doctor said my lungs have cleared up and the days are looking a whole lot brighter,if they take away my right to vape that could be devastating for me so please leave well enough alone.

10/28/2015 1:02:51 AM - Thomas Wall

I will now share a story with you on why I believe it is so important. My father smoked for 48 year before he got on vapor products. He has been through over 3 years of not smoking. Before he quite smoking he would run out of breath walking any distance. He would cough if he over exerted himself. Since he no longer smokes he is able to walk without having trouble breathing. He no longer coughs. His energy level is up and most importantly he can actually go outside and play with his grandkids. See this is just one person and I have more people I could tell you about as I encounter them everyday. So we hope we can count on your support for HR2058.

Thanks

Thomas Wall

10/28/2015 1:01:31 AM - Ken Rooks

I smoked for 14 years. I got up to 2 packs a day. I switched to Vaping because I began to get sick from cigarettes. I started to get nauseated, and was suffering from a cough and sinus problems. Today I am a year and a half cigarette free and my health has improved greatly. I started with a itaste vv 3 and clearomizer. Now I use sub tanks and rebuildible dripping atomizers. It's a a hobby now, but I owe my life to vaping.

10/28/2015 1:01:07 AM - Erik E (Hey Erik) from Florida

I started smoking as pre teen because I thought it was cool. I come from a long line of smokers. Parents, grandparents, great grandparents, aunts, uncles I believe you get the picture. I stopped smoking after 13 years thanks to vaping. I quit smoking February 14th of the this year and haven't picked up a cigarette since. I never believed in the patch, shots or pills. To me it was just another way for big pharmaceutical companies to make a quick buck and honestly I feel they don't believe in their own products. My quality of life now tabacco free has improved tremendously. Here's just a few examples I ran 5 miles yesterday, my skin is clearer, teeth are whiter, my fingers no longer stained from tar and nicotine, sex drive increased, I don't smell, mind and thought process is more clear and I'm not stressed looking for a cigarette. I quit and I'm proud of it. Cheers to anyone's smoke free lifestyle.

10/28/2015 1:00:36 AM - Geck0Jeep

My wife is the Vaping person of our household, but I just want to say I love Vaping Smells way better then Cig...I just came back from a weekend in Vegas and I actually thanked a random person for Vaping instead of smoking a regular cigarette.

My wife Loves her Vaping setup, She can breathe a lot better her Oxygen intake level is way better than when she was smoking before. The Vapor product make me breathe a lot better around her because my lungs and throat can not handle Cigarette smoke at all.

10/28/2015 12:58:50 AM - Gavin B Johnson

I smoked for 15years, and have completely quit smoking since I started using an e-cig. I currently use a istick 30w with a kanger nano tank. I feel like the fruit flavor of the juices I use is what helped me quit smoking. I started out on 12mg nicotine and have worked my way down to 3mg nicotine now. I actually can't stand the smell cigarette smoke anymore. Before when I was smoking cigarettes, I wouldn't even notice the smell of the smoke, but now I can tell if someone is smoking even if they are not close and it makes me nauseous. Since I started using e-cigs I don't wake up in the morning with a cough, my clothes don't stink with smoke, I can taste food much better and I don't get tired and winded when I'm at work. I also got my parents to quit smoking by using e-cigs and they were smokers for around 30years. My father say's he can breath much better since using his e-cig and my mother the same and she hasn't had bronchitis since she started using her e-cig. I really think e-cigs are a blessing and wish all others cigarette smokers could understand how great an e-cig can be in their lives as I have.

10/28/2015 12:57:27 AM - Matthew Richards

Thanks to vaping, both me and my girlfriend are going on 5 months Cigarette free. I am so very thankful to have this healthy alternative to smoking. After 20+ years of smoking, this is the best I have felt in a long time. I have no desire to ever go back to nasty cigarettes.

10/28/2015 12:55:13 AM - madpinger

I started smoking as a youth very early, around 12 if I recall correctly. Since they switched to fire safe cigs in my area, My sinuses and breathing took a tole. I even had mucus coming out of my tear ducts. Switching over to vaping with ecigs allowed my to deal with the nicotine addiction with a less harmful nicotine source. Since my breathing has improved and my sinuses even cleared up. Certainly, I'd be better off with no nicotine, but it's a big step towards that end I feel, in time.

10/28/2015 12:53:19 AM - Wayne Dupre

Hi. I smoked for 10+ years. Started when I was 11 and didn't stop/ switch to vaping until I was 24. As I smoked my health got worse. When I was introduced to vaping, I almost immediately felt my health improving. I could breath when I woke up. I wasn't throwing up in the mornings, as I would when I was using traditional cigarettes. I could finally do outdoor activities without becoming short of breath. Now that I have a 2 year old son, that I can actually play with and not worry about fainting, or being winded. I don't have to worrie about the dangers of second hand smoke effecting his health. VAPING HAS CHANGED MY LIFE! SAVED MY LIFE, AND CONTINUES TO SAVED AND CHANGE EVERYONES LIFE WHO SWITCHES!! please See Vaping!

10/28/2015 12:51:17 AM - MIsion

Hello i smoked off and on since i was about 16 (im 25 now) although i was a social smoker i still smoked.Then one day i discovered e cigs at a gas station and tried it and i liked it but i wanted something more. Years later I found a vape shop and discovered that there was more than just disposable and i also found out that it was far less harmful than cigs and been smoke free ever since. I have a i stick 20w with a aspire tank on it btw.

10/28/2015 12:49:10 AM - Jeffrey Bowland

Hello all, i am a 26 year old man. I began smoking cigarettes at age 13 because I had an older brother who smoked. Stealing his cigarettes turned into a habit, that habit turned into addiction. By 16 I was smoking a pack of camel Turkish royals a day. When I was 18 back in 2007 my parents heard about e cigarettes and bought me one. Due to the poor quality batteries and cartridges at the time, Vaping did not satisfy me and in turn I reverted back to smoking. Fast forward 5 years. I decided to kick my now 2 pack a day habit at 23 and gave Vaping another shot. The technology had improved and eventually I was able to ween myself off of cigarettes and to this day I am smoke free. The technology has continued to advance and is keeping me off cigarettes. I am 26 now with a child that is 2 years old and if Vaping ceases to exist I will have no choice but to step backwards into an unhealthy life style again. I love Vaping and it has truly saved my life. Sure, it may appear to outsiders that companies are advertising to kids, but adults like candy, fruit, and desert flavors as well. No one wants to walk around smelling like an ashtray and puffing on the taste of death. I have my health back. I can breathe better, my fingernails have returned to a normal color, my sense of taste has returned, and I'm not exposing my family to 2nd and 3rd hand smoke. Please I beg you, do not submit to big tobacco and stand up for the freedom for people to choose how to live their lives. Last time I checked we live in America, the country that prides its self of innovation, free markets, and personal choice. Please read consider and let people who are trying to better their lives have a voice.

10/28/2015 12:46:48 AM - Austin Costlow

I started smoking cigarettes my 9th grade year in 2009, and menthol cigarettes at that. about 2 years ago I started vaping to cut down on cigarettes. Ultimately that didn't work. But 2 months ago, I quit cigarettes cold turkey. Since then, I love noticed a significant change in my breathing, mucus build up, and I've lost my nasty smokers cough. Vaping has improved my life, and I want to make sure more people are able to witness such a change in as little as a month of quitting cigarettes.

10/28/2015 12:45:37 AM - Jerry mcmackin

I started smoking at the age of 17. I had tried various options to quit such as the patch, gum, and medication all of which failed. I started vaping at the beginning of February 2015 at which time I was smoking a pack to a pack and a half a day for almost 20 years. I started with the ego style pens which got my foot in the door but still wasn't quite enough for me(everyone having they're own personal experiences of course). Within I week I switched to mods giving me me flavor and more vapor and instantly knew that that was the sensation I needed to stay away from smoking. It's been 8 months now cigarette free. Not only do I feel dramatically better in health. I have more energy to keep up with my 3 kids and no longer have to subject them to the foul smell of cigarette smoke or worry how much I'm shortening my life with the. Along the way I've made many friends I know consider family through the vaping community. The stories of everyones personal experiences is intriguing to here. And now here we stand with the threat of our LIFE SAVING DEVICES being taken away from us. I for one will not back down and be bullied by our government or by big tobacco. You tried to take my health and life from my family once. YOU WILL NOT DO IT AGAIN!!!!!!

10/28/2015 12:45:35 AM - Cale Holley

Started smoking cigarettes in the year 1996 never thought about quitting until it was way too late. I was addicted upset when I was out looking for cigarette butts to puff. My chest would feel like I had a brick on it most of the time. Wheezing into the night trying to go to bed. Coughing up flem every morning. Then I was introduced to vapeing from a old friend that came to visit. Vapeing changed my life. I started to like the root beer flavored e-juice with the correct amount of nicotine to kill my urges to light up a cigarette. It was EASY compared to the prior years with almost guaranteed failure every time. Even vapeing isn't considered good for you but compared to cigarettes well there's no comparison. I can smell stuff better , taste better , breathing has become so much easier and NO wheezing. My house my car all smell smoke free. My family isn't at risk of dangerous second hand exposure. Vapeing saved my life thank you

Cale Holley

10/28/2015 12:44:45 AM - Christian

I spent years smoking from a young age, year after year I would end up with awful chest infections and debilitating bronchitis. After switching to vaping my doctor instantly recognized that I am not getting sick like I used to. He said my breathing has improved amazingly. With out vaping in my life I would still be getting chronic chest infections. Vaping has saved lives and if the FDA bans vaping there will be dire consequences to the health of thousands of Americans including my self. Thank you

10/28/2015 12:43:36 AM - Greg

I was given my first E-cig (a ego style tank and battery) back on Christmas of 2014 by my best friend. I told him weeks before I wanted to try one so I could stop smoking. So after a few weeks of smoking and vaping together, I was outside shoveling snow in my driveway and I was smoking a Cigarette, I decided it was my last. I was tired of the taste and the smell. So I focused on switching to E-cigs. For me it wasn't to hard to switch, and it because so much better in March around my birthday when my girl friend got my my first box mod and I bough my first sub-ohm tank. It's been a dream come true ever since. I love vaping so much that I made it a goal to help everyone I know switch to vaping. everyone I know that smoked now vapes. Some because of me, some because of are local shop. Smoking never did anything for me in the 15 years I smoked. I never wanted to help people get on cigarettes. I've only been vaping since January and all I want to do is get people off cancer sticks.

10/28/2015 12:43:30 AM - Barbara E.

PLEASE read:

I am writing to express strong support for the FDA Deeming Authority Clarification Act of 2015 (H.R. 2058) and urge you to co-sponsor this bill which would amend the Food, Drug, and Cosmetics Act to change the grandfather date for newly deemed tobacco products to the date when the deeming regulation is finalized. If left unchanged, the February 2007 grandfather date would have the effect of removing 99.9% of vapor products (otherwise known as e-cigarettes) currently on the market as soon as the restriction took effect. This would be (i) devastating to small- and medium-sized independent vapor businesses, and (ii) would ban the products that millions of consumers like me use to remain smoke-free.

Both my PCP/Doctor and myself feel that my general health has improved greatly with NO side effects. I was unable to hold my breath in the shower while rinsing the shampoo out of my hair, and now I can hold my breath plenty long enough.

I smoked at least 1 1/2 packs a day from the time I was 18, now 61 (43 years) until I quit on 06/23/2012 after. I tried everything, gum, patches & drugs. Zyban/Welburtin had me in the hospital for 4 days due to a horrible allergic reaction. Needless to say, I smoked outside w/my IV pole while in the hospital.

THE ONLY THING THAT HAS SAVE ME IS VAPING !!!

Only a handful of early generation (not very effective) vapor products were on the market in 2007. The advances made in the industry since that time have produced safer and more effective products and no one currently sells such primitive products. H.R. 2058 makes a reasonable accommodation for newly deemed products to be grandfathered based on the date they are brought under FDAâ€™s jurisdiction. Such a simple clarification of FDAâ€™s authority will allow millions of consumers continued access to a less harmful alternative to combustible tobacco and ensure that thousands of small businesses across the country will be able to continue to contribute to the economy.

As a consumer of vapor products, it is vitally important to me that the variety of quality products currently on the market are allowed to remain on the market. Millions of Americans like me have experienced remarkable and important health benefits by switching to these low-risk, smoke-free products. It should be a public health priority that millions more have access to the same experience.

I look forward to your response on this issue. I, along with my fellow members of CASAA (Consumer Advocates for Smoke-free Alternatives Association), thank you for considering my comments and urge you to support H.R. 2058.

10/28/2015 12:40:37 AM - kyle grainger

After over 6 years of smoking I finally wanted to quit, tried cold turkey and cutting back and it didn't work, then as a last option I tried vaping. At first I didn't think it would work and I kept at it and I noticed I didn't want or crave cigarettes. I kept at it and my health began to improve greatly, I am now 2 years tobacco Free and loving it, I work in this industry and try every day to help others, I do not want to see it vanish and want it to still be around, the friends and people I have met through every walk of life is worth more than anything to me, why bring something down that does nothing but help the health of the public, I support this industry 100% and will not stand by and let it fall. I use more of the hobby side of the industry mainly the higher end devices and rebuildables, gennys and few rdas that use cotton, my health is better, no more smokers cough, no more sleepless nights, no more trouble breathing.

10/28/2015 12:38:51 AM - Josh Smith from Valparaiso, IN

I started smoking when I was 15 just shy of my 16th birthday and continued for the next 12 years (I'm about to be 28 as I write this). I smoked roughly a pack a day usually a little more of full flavor menthol for at least 9 of those years. I got into e-cigarettes mostly so I could sneak a few puffs at work between smoke breaks. I tried diposable e-cigarettes before and actually enjoyed them but this time I bought a small pen style battery and tanks from njoy and within a week of receiving them was down to between one and five cigarettes a day. About a week after that I decided I needed a true mod and subtank and continued using all three for another few weeks. Then I woke up one day for work, smoked my last cigarette and haven't had or bought any since. That was a month and a half ago and I have no plans to go back to smoking ever. I had tried quitting before but it never stuck and now I'm completely tobacco free without even intending to be. Even after such a short time I do feel much better, I'm less tired, I can taste and smell again and I don't reek of smoke all the time and I know it's only going to get better from here. If I can quit then anyone can I just got my girlfriend to quit by buying her a mod and she loves it! Quitting now has hopefully saved both our lives and I really hope it can save a lot more.

10/28/2015 12:36:30 AM - JJ

I started vaping about 2-3 years ago now about three years ago I was smoking a pack a day at the age of 16 and smoking tons of pot every day. I remember when my dad furst got his little electronic cigarette, the ones that look like cigarettes, I was fascinated. I then started using his and asked him to get me one of my own and he one of my own and I started vaping. After a little while about a year later I finally got into cloud chasing and let me tell you it changed my life for the better. I had freinds who would vape with me and we would talk about mods and atties and build voils together and give each other advice and I soon found myself with a hobbie, and I quit smoking weed and pot all together, I got better grades in school I was home and spending time with family more and my health became better I recently start jogging when I wake up and then after I finish with some yoga and after thats all done I sit down vape eat and do school work and I guess its a habbit yes but its one of those habbits you love and toy dont ask yourself everyday why do I even vape anymore. It's because I love it I love vaping extraordinary flavors and hanging out with my vape buddies and blowing huge clouds. Whats so bad about that, I think its a great healthy life.... please dont take that away from me

10/28/2015 12:36:20 AM - joshua Eric bandy

I wanna start off saying since the age of 17 I was a pack a day ciggarette smoker spending countless money on tobacco I myself was introduced to vaping in February of 2015 since then I've never felt better in my life health wise I can breathe alot better I'm able to jog and run without huffing and puffing I just feel all around 100% better I would like you to consider not putting a ban on vaping the vape community is made up of strong willed determined individuals who are saving people's live with the new technology coming forth everyday in our vape community the world will be a better place so please consider from your hearts and all that vaping has truly done to improve the health of American citizens VAPING HAS SINCERELY SAVED MY LIFE!

10/28/2015 12:36:08 AM - Robin Dangelo

October 27, 2015

Thanks to vaping, I can confidently say I will never smoke another cigarette again. I started my smoking journey in 1980, with a coupon for a free pack of cigarettes. My father chain smoked for most of his life, and I followed suit. After 30 years, and many failed attempts to quit, I bought an electronic nicotine device (ego with a CE4), and one week later put the smokes away for good. That was over 2 years ago, and since then my health has improved dramatically. I don't get bronchitis anymore. I don't have a constant cough anymore. I can smell and taste things. And I no longer expose the ones I love to harmful, poisonous smoke anymore.

10/28/2015 12:33:55 AM - Michael Quinn

After smoking traditional cigarettes for 30+ years, I decided I wanted to try to quit. I had tried a few times before using pharmacuetical help (Chantix , which made cigs actually taste better) as well as trying to quit cold turkey. Failure ensued. Bad side effects were also a problem from the pharmaceutical "help". Last year, Dec 3, 2014 to be exact, I decided to try vaping as a means to quit. I went to a local vape shop and spoke at length to the owner about their products, and vaping in general. She set me up with a basic kit, a simple 1100mah eGo battery with an Aspire clearomizer and some 16mg nicotine e-liqiud, and as I took my first vape, I was quite impressed. It felt natural and I thought maybe this was my ticket to freedom from smoking. Fact of the matter - it was. I have not touched a traditional cigarette since my very first vape, nor do I want to. Over the next several days, I began to feel the changes in my breathing and feeling better overall. Before I started vaping, I would wheeze when breathing and it was worse when I lay down to go to sleep. That soon stopped completely. I have better stamina and don't get winded so easily anymore. Since I began vaping I have gradually lowered the level of nicotine from 16 down to my current 3mg, with the goal of being at 0mg. I consider vaping to *the* method to quit smoking and I believe - scratch that - I know vaping as changed my life and health for the better. I feel better, my house, car and clothes smell better, and I would and have suggested vaping to my friends and family that smoke. When all is said and done, I have to say that dropping the stinkies and picking up vaping is one of the best decisions I've ever made.

10/28/2015 12:31:32 AM - jemell

After smoking for about 15 years and numerous failed attempts at quitting I began to feel I would never win my battle to be smoke free. A friend gave me my first vaporizer about two years ago and from that day I have been cigarette free and done with a dirty habit that has long been a thorn in my side. Vaping has changed my life and I know it has for millions of other people, just do a quick Google search.

10/28/2015 12:30:15 AM - Lizgiz37

I started using my little vape pen a few months ago after being a smoker for 28 years. I went from appx 18-25 cigs/day,(RYO), to about 2-4/day -somedays NONE- by vaping. I am currently alternating niquid/non-nicotine juice to finally break the chains of nicotine once and for all! I'm pleased with the variety of options in my area as well as online. The juices being flavored really has helped make my cravings for "analogs" much, much less. (I'm also told my kisses are better)! 😽

10/28/2015 12:28:17 AM - Evan B. -- Pennsylvania

I was a pack per day smoker for 7+ years. When introduced to vaping November 2014 it truly changed my life, I immediatly quit smoking cigarettes, I had finally found a way after so many attempts before. Over the past year I have noticed a difference in my health, no loss of breath, better taste and smell ability, my "smokers" cough has disappeared, I'm even much less dependent on nicotine. Not only have I found a much healthier alternative but I have a very enjoyable hobby now as well. I went from using a basic vape pen with 18mg nicotine liquid to an advanced mod and atomizer with 3mg liquid.

10/28/2015 12:27:17 AM - Thowell

My family and close circle of friends is full of smokers and they have been smoking for years before i came into this world. Within the past two years me and many of them have quite smoking and switched to using either vaping or e-cigs. It has saved them alot of money and many have weaned themselves off of the nicotine. You can see how more calm they are and when we are all together for activities they have more energy and can breathe eaiser. I really do not want them back on smoking it took me years to find a good alternative and now there are others who want to take that away. I would rather not lose anymore members of this family to be killed by cigarettes.

10/28/2015 12:25:45 AM - k.Major

Smoked for 7 yrs.. my husband started vaping and has decreased his nicotine and then proceeded to get me to vape I started and now have quite both vaping and cigarettes. Vaping have improved my breathing and my activities with our children.

10/28/2015 12:25:27 AM - Dennis W. Fritz

To whom this may concern im tobacco free for over 2.5 yrs due to vaping .. I was a (1) pack per day kinda person , my health was somewhat poor . Needed a change in my life after losing family to cancer let it be from Tobacco or Chew etc . I cannot express how you could take a positive creation for those who stop smoking nasty cigs for a better way out period , I haven't had #1 cig in 2.5 yrs and don't matter if fact won't be going back to big tobacco products. My family Dr. , Cancer Dr's agree this may not be the best way to go BUT it's way better , smarter then a cigarette... My health has improved over all and may I add some of the meds I was on .... I'm off of , so in fairness is the FDA , Big Tobacco really wanting that money OR to kill us off slowly is the question ! Hell half the people can't even afford their own pills vs food and you're making this out to be the end of the world for vapers !? I do understand however there are bad apples (teens) who vape / smoke don't see YOU going after their parents ! So please take into consideration factors , the positives that people really do change and I owe it all to the vaping industry.. If a smoker today I think rite along with this so called great healthcare system we have I would be way worse like 2.5 yrs ago .. Don't punish those who have changed for the best.. I'm sure you're ganna overlook my story and you know that's fine but let it be known you ban vaping it will go underground IN MY OPINION.. Thank you for opportunity for me to tell you my view ..

Dennis W. Fritz

10/28/2015 12:23:56 AM - Lynne D. Donovan

I have been a pack 1/2 -2 pack a day full flavor menthol smoker all of my adult life. Until 6 months ago, when the Vice President of the company I work for gave me an e-cigarette to try and help me quit. IT WORKED! I had tried cold turkey, gum, patches, and chantix (3x). Nothing helped me quit completely. I used both products in the beginning for approx. 2 weeks. Since then I have become a full time vapor and have already experience positive health benefits. I can breathe! No more inhalers, medications, up all night or morning vomiting from coughing! I can taste and smell food, not to mention smell good!

Today, i use a 50w istick with different tanks, my favorite being the Mini Nautilus. I am vaping 80/20 or 100% VG e-juice at 6%-12%, mostly fruit flavors. My doctor told me my lungs now have 99% oxygen compared to 4% when I was still smoking combustible cigarettes. I THANK GOD for these products! The best part? My REPUBLICAN PARENTS are PROUD of me for being a NON-SMOKER!! They SUPPORT VAPING and YOU SHOULD TOO!

10/28/2015 12:19:13 AM - S.Major

I used to play basketball everyday then I picked up smoking. After smoking I didn't play that often and hardly at all.. I then found vaping.. vaping has helped me run more, feel better, and breathe better. I picked up vaping and started on 18mg of nicotine. After 1 1/2 yrs I'm down to 3mg nicotine. I play basketball and am able to run and play with my kids. To me vaping has saved my life not only for me but my kids. I plan on stopping vaping or going to 0mg nicotine in near future. Save vaping for everyone

10/28/2015 12:04:17 AM - Karl Schafer

When I was 16 I started smoking. I did so until I was 17. I was smoking 1 pack a week and it was doing me no good. Later when I was 17 I looked into vaping and fell in love. I quit cigarettes pretty much immediately and changed to vaping full time. Im 18 now and Ive never felt better and been happier. I made friends with other vapers and made some meaningful friendships. Especially at my favorite store Visable Vapors. Vaping has not only saved me from cigarretes but from other harmful substances too. It has also given me a true answer to cigarettes instead of the failed "Just say NO" campaigns modo. "Do you want a smoke?" "No, I vape", "Do you want a drink?" "No thanks, Im good vaping", "Want some pot?" "Na, Im fine with just vaping". Saying that has kept me clean in all those situations (When I want to stay away from them, Im human afterall). But it has truly worked for me and hopefully saying it can keep you cleaner too. Smoking is dead, and vaping is the future.

10/28/2015 12:19:11 AM - Jonathon ballard

I love ecigs use them to stop smoking cigerettes and many people i know have done the same. It is what america needs to finally break the chains of slavery big tobbacco has on us fellow american. Please dont ban this from us.

10/28/2015 12:16:53 AM - Dan LaPiana

I smoked for many years on and off and still have a cigarette here and there. Ecigs have helped me stay away from them though. I know longer have cravings like I use to and feel much better. Not only do I breathe better, taste food, and just feel better all around, but I enjoy not smoking like I use to. I feel like a new person!

10/28/2015 12:15:25 AM - Chris from Kokomo, IN

Before I chose to give vaping a try Itry, was a two pack a day smoker. My lungs hurt, I had frequent headaches and I couldn't escape the ever-present stink of cigarette smoke. In February of 2015, I decided to quit smoking and give vaping a try. After buying a starter kit at a local vape shop, I quickly weekend myself off of cigarettes. Within three days of buying that starter kit and discovering the wonderful world of vaping, I had become a non-smoker. I have never felt healthier than I do now! I'm so glad I finally decided to take that step! That decision was probably a life saving one.

10/28/2015 12:15:04 AM - patrick lovenstein

I have been smoking for 35yrs

i have quit many times but it didn't work for long

since I've been vaping

I went from a very high nicotine level to a very low level

my breathing is so much better, im smelling things better, not to mention taste ,food is so much better

i was introduced to vaping by a friend and it has changed my life

10/28/2015 12:13:50 AM - John adkins

Vaping has saved my life. 6 months ago I put down my cigarettes after smoking for 45 yrs. I know feel so much better now. My coughing has stopped, I am able to walk without breathing hard and can taste food again. Nothing else over the years got me to quit until e cigs came into my life. Since starting vaping, I haven't picked up or even wanted a cig. Please please dont put any bans on theses products. They are a lifesaver for those that choose to use them to quit. Thank you

10/28/2015 12:12:58 AM - Samantha

My husband is the one who had me make the switch to vaping. We were pretty heavy smokers for most of our lifes and it was starting to get very costly. One day he just decided to go get himself a basic setup at our local vape store. I was sceptical about it but after I tried his eleaf I wanted one of my own. Now weve been vaping for about 4 months and I can already feel the health improvements. Our home or cars no longer have a funky smell. Lung cancer runs in my family so if this is one thing I can do to help reduce my risk than why not.

10/28/2015 12:12:10 AM - Dustin Hoffman

As a young child, I went through a very sad moment. My father lost his 5 year battle with cancer when I was 11 years-old. I always looking for a way to escape the pain of his death. I then starting hanging out with the wrong crowd. Finally, i found something that calmed me down and that was cigarettes. I started smoking two pack a day until the age of 19 when i discovered vaping. It did take a while to get use to the change, but i stuck with it. After I made the full commitment to vaping, i started gaining my stamina back. I couldn't even go up the stairs without being winded and now i was running miles at a time. Most importantly, once i quit cigarettes, i started to cough up black mucus. Seeing that, i knew i made the right decision to quit and stick with vaping. Vaping has improved my life and health tremendously. I cannot thank GrimmGreen, RIPTRIPPERS, and Suck my mod enough for informing me about the health benefits and keeping me interested in vaping. I am now almost 21 years old and I have been cigarette free for about a year and 9 months and I couldn't be happier. Vaping has truly saved my life.

10/28/2015 12:09:55 AM - Bob

I was a smoker from age 16 to age 29. Thirteen Years. About 2 months ago I started vaping and it really did change the way I live and greatly improve my health.

Vaping for me started as a method to just reduce how much I smoke but within 1 week of purchasing a proper vaping setup, I was done smoking for good. I had tried disposable e-cigarettes to no avail and I had also tried quitting many other ways (gum, patch, and cold-turkey), but never for more than a few days. Unlike most, my main addiction is not nicotine, it's the act of smoking and enjoying it and the older versions of electronic cigarettes were not enjoyable, it was all about how fast and how much nicotine can we get into your system. In fact, I am already drastically lowering the amount of nicotine in my Eliquid (the liquid that gets turned into vapor). I started at 18mg/mL of nicotine. As of the writing of this I am down to 3mg/mL of nicotine. I also am not against trying to go nicotine free even though that was never my original goal.

So here we are 2 months after quitting smoking and just after 2 months I already notice a difference in my health. I don't get short-winded during periods of exercise, I don't cough in the morning after waking up, and I seem to sleep better. On top of all of that, I also seem to have a more acute sense of taste and smell.

I am trying to get everyone I know who still smokes to try vaping and not the disposable E-Cigarettes, but real vaping. It makes a world of difference.

10/28/2015 12:08:13 AM - Matt Rachlin

I was a 3 pack a day smoker for 15 year's, I tried everything to quit! I developed Thyroid Cancer 3 years ago..... My doctor would NOT perform surgery unless I stopped smoking. Vaping saved my life! I started vaping and never looked back. I told my doctors I finally quit. Within 2 weeks my blood oxygen level was at 100% my lungs completely clear. My doctor couldn't believe I finally quit. Most of all they couldn't believe how healthy my body had gotten in just 2 weeks. I did not tell him how I quit until the day of surgery. I was freaking out so I said "doc listen, I vape, that's how I quit smoking cigarettes is this going to be a problem? " puzzled my doctor replied "not at all" 2 days after surgery I was cancer free. My doctor came in to check on me after he evaluated me he asked me to educate him on vaping to this day he uses me as an example to his patients. He truly stands behind this safer alternative to smoking. VAPING SAVED MY LIFE! TOBACCO ALMOST TOOK MY LIFE... I HAVE 2 KIDS ANDROID A FAMILY. VAPING SAVED MY FAMILY!

10/28/2015 12:04:31 AM - Toni Thomas

I started smoking at age 16. Through my later years of life my doctors began warning me of the dangers of smoking. I was told to stop. No matter how many ways I tried, using gum or patches or hypnosis or medication I could not stop. I started having upper respiratory infections, bronchitis, emphysema, COPD,then finally a heart attack. I was put on so many medications, just trying to breathe was incredibly hard. I was also given an inhaler which I faithfully always had on my person at all times. Then I was issued a nebulizer to use several times a day. I found myself only able to be on one floor of the house, I could not go up or down the stairs, I could not talk without loosing my breathe, after a while I was not able to go out of the house to shop, get groceries or visit my family. I was becoming an invalid.....

Then on October 1, 2014 my younger sister asked if I wanted to take a ride. I jumped at the chance. As we were driving I noticed my sister was talking without coughing or choking. She wheezed a bit but nothing like she did. She told me she stopped smoking and started vaping..she also told me both her Daughter and Husband also started vaping and stopped smoking. I couldn't believe it, not my brother-in-law..he smoked 2-3 packs per day for over 45 years and he was very adament about anyone telling him to quit smoking. So, my sister was going to buy some e-juice and I tagged along with her. While there I thought what do I have to loose, I'll give this a try. From that day

10/01/14 I NEVER lit up another cigarette again!!!! I NO LONGER USE MY NEBULIZER, INHALER, or MEDICATION. I dont suffer from COPD or any other smoke related health problems!!! My clothes, hair, breath and car DO NOT SMELL LIKE CIGARETTES ANY MORE.. I am retired now and travel frequently. I take the steps now and I'm not out of breathe. No upper respiratory infections for me... my nicotine levels continue to drop down and in fact I have bought several vape products (mods) and have given them to my adult (41 and 44 yr. old)children. Please, smoking has taken so much time and joy out of my life, let me enjoy being able to live the rest of my life smoke free, healthy and VAPING!!!!!

Toni

age: 66

10/28/2015 12:04:28 AM - Jocelyn Baez

On June 29 2015, my husband and I made the decision to quit smoking with the help of vaping. Of coarse we were skeptical at first, but after years of failed attempts and always resorting back to cigarettes in times of stress, we were desperate. We felt trapped, we couldn\'t seem to find a way to accomplish it. At 31 years old I felt I couldn\'t even take a deep breath. I really started to feel horrible but I needed an extra nudge, something to make my commitment to quitting more plausible and realistic. After all, I was trying to break a 10 year habit that I slowly began to see take a toll on my health and I still for the life of me couldn\'t quit. On my first few days of vaping I started to feel so much better.It wasn\'t an easy process, as anyone who vapes after smoking cigarettes will tell you, they are nothing alike. However, because of vaping I was able to stick to my will power this time and finally quit. I can take a deep breath and my health over all has improved drastically. The best part is my husband and I both quit smoking the same day and havent picked up a cigarette since. I feel healthy and happy and its because of vaping. I never thought I could feel this great and I never did smoking cigarettes and no that I\'m vaping I have no intentions to smoke again.

10/28/2015 12:09:29 AM - Matt Urbatsch

Ive been smoking for about 6 years, i was smoking upwards of two packs a day. I started vaping about six months ago, and i havent had a cigarette in about 6 weeks. I feel like i can actually breathe, i get up in the mornings without chest pains, sore throat and that terrible smokers breath. If you ask me if you ban vaping, people are still going to vape, just like anything else that the government has made illegal. Why not just make every tobacco product illegal if were getting rid of one of the safer ways to quit smoking: sarcasm intended

10/28/2015 12:03:20 AM - Tracy R. from Phillipsburg NJ

I began smoking at the tender age of 12. As an addicted adult who desperately wanted to quit, I tried every method available. With each attempt, I failed.

In August of 2011 I smoked my very last cigarette. The credit of my success (finally!) was finding a variable voltage electronic cigarette (PV). I use my vape (PV) daily, yes, for the past four years plus. I started vaping at 24 mgs and weaned down to 3 mgs currently. Vaping saved my life and has given my young daughter added years to spend with her parents.

Vaping SAVES LIVES.

10/28/2015 12:02:35 AM - John McClain (diehard)

Being a smoker from age 15 until age 38 When I quit with the help of E Cigarettes. I tried many other methods the patch the gums the chantix everything even cold turkey nothing stuck I have been Ciggarette free for 3 years and with vapor products available nicotine levels I have been gradually reducing my nicotine dependance I now smoke 1.5mg nicotine vs 18mg when I started My health is better I can taste smell and breathe. My clothes dont stink.. And I have started a thriving vapor business.

Thanks to Electronic Cigarettes

10/28/2015 12:01:23 AM - Anthony

As a smoker and a user of chewing tobacco, my health and stamina were depleting daily. I was a 2 pack smoker and a one can dipper daily. I smoked for 8 years. I know to some people that's not a long time but we all know as former smokers that even one year seems like an eternity and also throwing chewing tobacco into the mix it just seemed like a never ending black hole.

Finding out that my grandfather and my great grandfather smoked I knew I needed to quict as addiction runs in my family. The final straw was finding out that my great grandfather died from lung cancer due to smoking. I tried many ways to quit but nothing worked. The nicorette gum made me want to smoke more and the pills just made me jittery. My parents bacame worried about me and tried to help but I just became an angry person if I could not smoke or dip.

One day at work, one of my coworkers was vaping. I asked what it was and he told me how it helped him stop smoking and you can choose flavors. At this point I was desperate for anything because I knew I did not want smoking and dipping to control my life anymore. I went the day and bought a battery and a tank and got a flavor. I liked that I got to choose a nicotine flavor as well.

Since that day smoking and dipping has not even crossed my mind. My stamina is back and I am not fearful of getting any form of cancer. Thank you vaping for saving my life and in the long run my relationship with my parents. I don't know what I would do or where I would be health wise if it were not for vaping.

10/28/2015 12:01:16 AM - Kevin Hall

I was a pack and a half to two packs daily smoker for about 15 years. I tried many things to quit including patches, gum, lozenges, and medications. About 4 1/2 years ago I started vaping and haven't smoked since. Well there was one time a few weeks after switching when I tried to smoke a cigarette at a concert when my ecig died. It literally made me sick and I threw it down after about 3 puffs. I no longer get out of breath when I do things. The number of sinus infections and duration of colds has lessened dramatically. My home, car, and clothes no longer smell of ash. I can taste food again, something I didn't realize I was missing. Vaping has changed my life and possibly saved it as well.

10/28/2015 12:00:20 AM - Todd

Hello I've been vaping now for around 6 years. Before this I tried multiple methods to get off of cigarettes. None of them would work. After trying a e CIG I was impressed on how well they worked. I started a business with e cigs which now puts food on the table for my family. We also get to help so many people get off of cigarettes. This is now our life and if you take this away it will completely destroy my families way of life. Please do not take this away from us.

Thank you,

Todd Baker

10/27/2015 11:57:13 PM - Robert James

Electronic cigarettes have saved my life. Don't let them kill me. I've tried everything for the last 20+ years and NOTHING else has worked. I feel better, and don't cough my brains out every morning. Been vaping for over 2 yrs now. Thank You

10/27/2015 11:56:27 PM - Roy Yeo

Vapeing has stopped me smoking and with a family history of cancer I wanted to stop smoking tailer made nicotine feeled cigarettes.

I smoked for twenty five years and I was determined to stop smoking cigarettes and what with a family history of cancer I started Vaping and I have not smoked for to year half+. I totally agree with Vaping as a pose to smoking cigarettes. Vaping is here to stay and I will not stop as my doctors reports have all been a plus as a pose to a negative.

10/27/2015 11:54:20 PM - Art

I started smoking when I was 7. That's before I moved to the 50th state of the United States. It was a come-and-go thing until I reached the age of 17. I've smoked packs after packs every week to every day and all my money just slips off my hands. Basically killing myself through tobacco smoke consumption knowing it could cause me a whole lot of health problems. Then I got introduced to vaping back in July of 2013. My parents decided to get me one of those e-cigarette carto-tanks that held about a couple ml. Of e-juice that could get me throughout the day without picking up a cigarette. After that, I rehabilitated myself and just continue off with vaping instead of smoking. I feel much healthier than ever! About 2 years later, I've switched over to what we call "mods" and made it more fun and healthy for me. I've picked up a cigarette once or twice after getting into vaping but never have I smoked a whole stick ever again. Cigarettes are a social drug basically. Vaping is a choice, a healthy alternative, and save lives like mine. I have asthma since I was very young and I would always have my nebulizer on stand by loaded with medicine to recover from heavy breathing and coughing out tars. I've never had those ever since I've vaped. It only consist of glycol and glycerin which are found in our daily consumption which are found in everyone's refrigerators, medicine cabinets and I bet your kids are consuming it as well. Nicotine is added by choice. I personally like nicotine and its my right to consume it through vapor and not through tobacco products. So please, stop classifying "vaping" or "vapor" to "smoking" and stop classifying the vape products as "tobacco products". Thank you.

10/27/2015 11:52:24 PM - Shane from CA

I had smoked since I was 18 years old. I was smoking 2 packs a day or more! I had tried various methods to quit (cold turkey, pills and even hypnotism). They all had their drawbacks and were not effective! Now ,as I approach the 2 year anniversary of quitting smoking by switching to vaping, I look back extremely pleased. In the past 2 years I have recovered my sense of smell,as well as taste, can breath easier and no longer have the dreaded smokers cough. In addition to feeling better I have also been able to lower my nicotine level; from 24mg to 12mg with practically no effort at all.

10/27/2015 11:50:37 PM - Margeaux Taylor

I started smoking at age 13. Over the years I've tried to quit more times than I can count. I tried first generation vaping products back in 2009 and while I did quit for a short period of time, they were not satisfying enough for the long term. Fast forward to late 2013 and after trying advanced vaping products I have been cigarette free for well over a year with no interest or desire in returning to cigarettes. It took me only 2 weeks of combining vaping and analog cigarettes to completely give up analog cigarettes. I use bakery and fruit flavored juice and with those flavors and the satisfying vape that advanced technology vaping products provide I will never return to smoking cigarettes.

My health has improved in ways I never would have imagined. For example my oral health was in very bad shape and one of the reasons I had tried to quit so many times. My gums are now healthy and no longer receding and the pain I felt before has almost completely disappeared. I can hike and take long walks again and I have more energy than ever before. After quitting smoking I've adopted healthier habits in my food and excercise choices. My children no longer see me smoking and are no longer exposed to my second hand smoke. I owe all of these changes in my life to vaping, not gum, not patches, not Chantix, not therapy.

Vaping is what changed my life and every adult should have the same options available to quit smoking as I did, including flavors and the most technologically advanced vaping products possible.

10/27/2015 11:50:17 PM - Martha K.

I needed surgery which the doctor refused to do as long as I smoked. Desperately needing the surgery and many failed attempts at giving up cigarettes, I turned to vaping and haven't had a cigarette since. That was February 2014. I ended up on a cardiac floor due to my doctor's mistake, and the hospital told me they would much rather patients vape because it was so much safer than the patch, gum, etc. Chantix made me terribly ill. I feel better, breathe better, and have more energy!

10/27/2015 11:48:42 PM - Scott Cullen

Almost a year ago l was a 2 to 3 pack a day smoker and had been smoking virtually non-stop for better than 30 years! A friend of mine started vaping in July 2014 and l became interested in how it was helping him wean off cigarettes so in December 2014 l took the plunge and got a e-pen and some juice at a local vape store and l put down cigarettes and haven't touched them since! My Vaping has progressed from that pen to now l use nothing but box and stick mods both regulated and non and l almost exclusively drip, l make my own coils and some of my own Juices. Without Vaping and the unfettered access to these products l may end up back on cigarettes and that is unconscionable in my way of thinking!The biggest change in my life without cigarettes is that l can breathe, l can now do physical activity without hacking and trying to cough up my lungs and the other added benefit is l no longer smell like a dirty ash tray neither do my home or my cars!

10/27/2015 11:41:14 PM - gregory turner

was a long time smoker, then transitioned to smokeless tobacco. did that for nearly 20 yrs. just recently researched benefits of e-cigarettes. decide to give it a try. immediately curbed my need of nicotine. i used to go thru 1 1/2 to 2 cans a day. from the first day i began vaping, i have not even needed or wanted to chew tobacco. i am new to e-cigarettes, but truly feel they are a blessing. plus you have so many to flavors to choose. A++ if you ask me. no more smelly smoke or second hand smoke. plus my mouth is feeling better since i quit chewing tobacco.

10/27/2015 11:47:05 PM - Chris McCoy

I was a pack a day smoker for 21 years ...with the help of vaping I was able to successfully quit smoking...I have enjoyed substantial health benefits since...I am also currently a licensed business owner in the vape industry which income my family now counts on...it is very important to myself and thousands of others for these and many other reasons, that this law not be passed with such ignorance and disregard towards our rights as adults to make choices that benefit our health & well being !

10/27/2015 11:39:18 PM - Mark Vest

I was able to quit smoking cigarettes after 35 years due to electronic cigarettes (Vaping)
It has been 2 years without a cigarette and I have no desire to smoke

10/27/2015 11:38:37 PM - Aron Strassburger

I've been smoking for like 16 years. I've tried many quit smoking products including the gum the patch and other over the counter products. Non of them ever really seemed to work. I was having problems breathing and found myself getting chest pains. Then my dad pasted away from stage 4 lung cancer and i decided to cut down on my smoking. Then a coworker of mine gave my roommate a pen style vape and i tried it. I was kind of skeptical at first but went out and bought a cheap pen mod vape for my fiance and I and gave it a try. It did take awhile we were smoking and vaping but we did cut down on are cigarette intake. Then i upgraded to a box mod and a subohm tank. Cause it was working but not the way i wanted it to. Once I did it was such a big change. And then my fiance ugraded to the same and we have been vaping for 6 months. And just recently hit 3 months cigarette free. Vaping has changed are life. Both are healthes were looking bleak. She is disabled and with the health problems i was having and that run in my family i was worried. I have 3 kids and would like to be around for as long as possible. Since we have started vaping both of us can breath better We are not coughing all the time we don't stink like ashtrays and are health has improved.Its not a cure all but it's a darn good start. My kids are happy i don't smoke anymore. And i feel like i have accomplished something i have been trying to do for years.Quitting smoking was one of the hardest things I have ever done. And my fiance is proud of both of us.And so is her family and mine.But i don't know if it would of been possible with out the introduction of vaping into are lives.It truly has been a blessing.I can run and play with my kids and not get winded or experience tightness in my chest. It has given us kind of a new lease on life and a new found sense of enjoyment and confidence in are lives.we are non smokers which i never thought i would be able to say.Thank you for your time.I appreciate the change to have my story and voice heard.

10/27/2015 11:36:16 PM - James Norfolk,VA

Hello my name is James and I smoked for 20 years about a year ago I made a change and started using electronic cigarettes. I have three kids in a loving Wife that supports me in the decision I've made. I have to say in making this change in my life it was probably one of the best things that I could have ever done. I feel better, I feel less inconvenient to my family, my overall life in general feels better. I especially enjoy talking to people about it when they asked me and helping them make the switch to.

10/27/2015 11:33:02 PM - Tabitha Scharenborg

I have Anxiety. I started smoking because the pills i was prescribed with gave me more problems then i already had and the nicotine in them was more effective than the pills. I started smoking when I was 15 and I smoked between 4 and 6 packs per day. When i was introduced to vaping, i was skeptical and after i found out that i could choose the flavor and even tinker with my devices, i was extremely excited. I love to build mods and coils, choose flavors and blow vapor clouds. It has been 2 years since I started vaping and I would never go back to tobacco. I am allowed to vape in my non-smoking families homes and they love the way it smells too. Alot of people are proud of me for kicking cigarettes and switching to vapor. Vaping has changed my life and if i am prevented from being able to vape and tinker with mods, i will lose a big part of my psychological recovery. I love vaping. Simpley and honestly. I love vaping.

10/27/2015 11:30:43 PM - Teri J

I had smoked tobacco cigarettes for 40 years! I picked up an e cigarette almost 4 years ago & have NEVER smoked another one since then! My health is so much better now...cigarettes or what was added in them were getting worse with making me feel sick. Now I breathe much better....I don't feel a tightness or pain any longer in my lungs and I no longer worry about getting lung cancer or other cancer due to cigarette smoke...I wish I could post 2 driver's license pics that I have of myself...one was taken in 2005 and a new one which was taken a year after I started e-cigs. You would not believe the difference in the pictures! I look younger now than I did 10 years ago! People find it amazing when I show them both licenses. The dates on them tell the truth! E cigs are lifesavers when u can't quit cigarettes!

10/27/2015 11:30:01 PM - Jason

I started vaping three months ago and have since quit smoking smoked from 1992 until earlier this year and use my kanger mod and a variety of different flavor , as far as over all I feel better physically and health wise I am a full supporter of the vape movement

10/27/2015 11:26:58 PM - Val

I started smoking at 15 years old. Dumb, I know, but I didn't know any better and I thought I was going to look cool and grown up. Little did I know that I would become profoundly addicted and 30 years later I would be crying myself to sleep because no matter what I tried I could not quit. I watched both my parents die because of cigarettes. My father suffered from emphysema and had a drawn out horrible death at 65 years old. At 60 years old, my mother died from a massive heart attack due to her smoking. And just like me, they both tried and tried to quit but just did not have it in them. I was sure that my days were also numbered if i did not quit soon. Then one day someone suggested a gas station e-cig so I said what the heck, what do I have to lose? I've tried everything else. Chantix, Wellbutrin, the patch, Nicorette gum and lozenges. I even went as far as getting hypnotized! Again dumb, I know, but I was desperate! I started vaping on April fools day 2012, I told myself if that did not work it would just prove what a fool I was for starting smoking in the first place. Well to my surprise they absolutely helped with my cravings! After a couple of weeks, and about 10 throwaways later, I ran into someone (again at the gas station) with a funky looking device and I could not help myself so I asked what it was. He explained to me it was a Mod and it had helped him quit. At that point I got on the net every chance I could to read up and research, I ordered my own and now have been cigarette free for three and a half years! It truly feels like a miracle. I feel 100% percent better. I have hope for the future now that someday I'll be a grandma & be alive & healthy to see my grand children grow up. I am absolutely positive that vaping has saved me from an early death. I have convinced all the smokers I know to switch to vaping. As long as I live I will never smoke a nasty cigarette again. A very big shout out to the man who invented vaping. Thank you from the bottom of my heart, you saved my life! I hope you are now a very rich man, you deserve it.

10/27/2015 11:17:02 PM - aaron

I just want to let you know, I've been vaping for two years. I started smoking when I was 14. I was able to go into a gas station and buy my own cigarettes at that age. And for 7 years I wasted my health, time, and money on smoking cigarettes. I didn't want to quit. I wanted to keep smoking. But I wanted to be able to smoke inside of places and be around my family. So, I picked up a vape pen from a local shop, I noticed that I was cutting back on smoking as much and that I was feeling a lot better and able to do a lot more and not be so "blah". I finally got away from the cigarettes, and I can't stress enough about how I feel like acompletely different person. I feel better and look better. Smoking takes a lot out of you. It's disgusting how you truly become a slave to it. Now that I've been vaping, I've completely gotten off nicotine, and I truly do it to try new flavors. I have a son now, and if I were to go back two years ago, I wouldn't want to be around my son, due to the fact that I was covered in all of those disgusting chemicals. I hope that someone will read this, and understand, vaping can save you and change you to become a better person. No one wants to be that family member that sits away from the family because they smoke. No one wants that nasty stain and smell on them. The yellow walls. No thank you.

10/27/2015 11:11:41 PM - Enrique Pineda

Vaping has helped me so much I have quit smoking coming back from doing 2 tours in Iraq & serving an estimated 5 years in the US Army and I have been cigarette free for almost a 2 Years and feel so healthy now. The vaping community is full of great people & I can't see myself smoking any type of cigarettes ever again and NEVER will.

Thank You VAPING, YOU saved MY Life!

10/27/2015 11:10:00 PM - Mike Robillard

Smoked cigarettes for 40 years. Picked up a basic ecig when staying at a hotel that didn't allow cigarettes. I had no intentions of quitting regular smokes. I am now 6 weeks without a cigarette and have no intentions of ever having one again! I feel sooo much better!

10/27/2015 11:07:50 PM - Christian Bartolome

I am an avid member of the vaping community and have been tobacco free for over 8 months. As someone who has smoke cigarettes for 9 years I wanted out. I hated how I smelled, how I felt. I didn't like who I was anymore. I have attempted to quit the use of tobacco several time through use of prescription medication to quitting cold turkey and everything in between. Nothing had worked for more that a month or so. Until I picked up my first vaporizer. It is now not about quitting smoking but a hobby. A hobby that lets me be who I want to be. I am now able to do my archery hunts that require me to hike miles on end and be at the top of my game. Without vaping I don't know where I would be now or where I will be in the future. VAPE ON!

10/27/2015 11:06:00 PM - joel harris

I started vaping 3 years ago. With the help of vaping I have been able to significantly reduce my tobacco consumption to a point where I am no longer reliant on cigarettes. I use a low dose of nicotine and plan on going zero nicotine soon. Vaping has made my life better. I breathe better, smell better, and enjoy life more.

10/27/2015 11:05:28 PM - Thomas

I was 14 when I first started to smoke. I stopped when I was 20. When i stopped i was at 2 packs a day. Couldn't breathe that well and couldnt exert to much energy. Im 22 now, ive been using electronic cigarettes for 2 years now. Im able to run for distances and exert as much energy as I please. The medical aspect of vaping. It has saved my life. And the community side of it. I have met some of the greatest people in my life from it too.

10/27/2015 11:04:56 PM - Brandon Albright

I first want to start by saying, \"thanks to vaping products I\'ve been cigarette free for 447 days! Im 31 years old now and was a cigarette smoker from age 18 to 29. Eleven years of my life I wasted time, money, and most importantly my health. It only took one week (7 days) to completely stop smoking cigarettes after I started vaping. I personally know five other people that has quit smoking tobacco and switched to vaping. I feel vaping is a safer alternative to cigarettes. I can breathe a lot better since quitting and feel a lot better about myself. No nicotine smell or yellow junk on the walls and everything in the house. I started out vaping on a 18mg nicotine e-juice. Since then im now on a 3mg nicotine e-juice. Not much longer i feel I\'ll be completely nicotine free thanks to the vaping industry. Vaping products is the first and only smoking alternative that has actually helped. I\'ve tried several smoking cessations to help me quit and they were a waste of money and time. (Patches, gum, chantix) They definitely did not work.

Thanks for all the vaping products that can actually help people make the switch to a healthier alternative and live a better life. Smoking is dead, vaping is the present!

10/27/2015 11:03:26 PM - Kelky

I had been a smoker since 17. I tried everything to stop because I knew what health problems smoking would cause. I seen many patients with health problems from years of smoking while I was working for a pulmonary dotor. I tried medication to stop, hypnosis, and going color turkey. NOTHING worked. Within 3 days of Vaping I put cigarettes down and I have now been smoke free for 4 years. I can now run 3 miles a day without feeling like I'm going to cough up a lung. The best thing that has ever happened to me!!!

10/27/2015 11:02:47 PM - Howard D Johnson

I am so thankful that I found vaping! It saved my life!

This is a no brainer that vaping is saving life's and is going to save millions more in the future. It has been a huge boost to the economy that we really need!

Vaping is a win for everyone!

Thank You

Howard Johnson

10/27/2015 11:00:11 PM - Will madden

I smoked for 25 years .my breathing was so impaired i could hardly walk up a flight of stairs. i found out about vaping from a friend. i went to the local vape shop .smoked one last cigarette. threw away the pack went inside bought a basic vaping kit .that was a year ago. my breathing has improved my overall health and outlook is much improved .my wife stoped smoking the same day with similar results .banning vaping and all the devices used in vaping would be a crime .and yet another gleaming example of big business making law by way of foregoing the public health in favor of profit .the tobacco Industry has taken a huge hit due to vaping and they are fighting back with manipulation of politicians and throwing piles of money at it.we the people can make a difference vote with your heart and mind.sign the petitions send the emails .support your local vape shops as much as you can. Thanks for taking the time to read this .

Will madden

10/27/2015 10:59:59 PM - M. J. Adair

I began smoking when I was 17 (56 years ago). I did quit for a number of years but I gained over 50 pounds so I finally started to smoke again. I was diagnosed with macular degeneration in both eyes recently. I was told that I had to stop smoking or risk my disease escalating. If not for vaping I fear I couldn't have quit my 50+ year tobacco habit. As it is, thanks to vapor products I am now cigarette free, but I vape on a daily basis. I have more energy, a better sense of smell and taste, plus I don't smell like an ashtray. It has been about a year now and my eyesight is status quo. Also, I was able to take off the 50 pounds I gained. I am so grateful that these vape products are available. They have helped me on several different levels.

10/27/2015 10:58:25 PM - Kristen Smith

So last September I found out I had ovarian cancer! A month later I had to have a total abdominal hysterectomy. At the age of 23 years old I had to deal with the fact of not being able to have children, not only was that fact devastating to me, but to my husband(who I just married 7 months before) and my parents, and the rest of our friends and family.

After dealing with healing and dealing with depression I was smoking more than ever. At one of my doctor appointments my doctor told me that smoking would make me more susceptible to other types of cancer. Not just lung, but colon, liver, breast, etc.... So I knew I needed to quit asap. I tried quitting cold turkey, I tried to cut back then eventually quit all together. Nothing was working. I even talked to my doctors about it and they wrote me a prescription for nicotine patches, needless to say that didn't work either.

Soooo my husband went out and got me this little pink vape pen and tank with some nicotine e liquid. IT WORKED! SOMETHING FINALLY WORKED!!!! Eventually my husband got me a box mod and a better tank. An amazing friend hooked me up with an awesome company that makes delicious liquid and I haven't looked back since! Not only am I proud of myself, I feel so much better!

There were many many times I just wanted to give up on trying to quit because it NOTHING was working I would get so beyond frustrated and that would make me want another cigarette....But I didn't! I knew my body couldn't take possibly dealing with cancer again. Yes, I know, just because I quit cigarettes doesn't mean that I definitely won't get cancer again. But I know it definitely lessened my chances of getting cancer again.

VAPING SAVED ME! Not only did it get me off cigarettes and lessen my chances of me getting cancer again, it helped me feel better! I don't wake up with a ton of phlegm in my throat. I don't have so much shortness of breath, I can go out and do things and keep up with everyone, my clothes don't reek of smoke anymore, my fingers and finger nails are not disgustingly yellow anymore. The list goes on and on. But I am beyond proud of myself! I have been cigarette free for almost 7 months!

Please don't let them take away my life saver! I really really do not want to go back to being a smoker. With all this stress going on with being a cancer survivor and having chrons disease and other stomach issues, I desperately need my stress reliever!!

10/27/2015 10:57:57 PM - Rachel M. Taylor

I smoked from age 18-28 At about a pack a day! All I ever thought about was smoking and I found myself chain smoking just because. I couldn't run anymore, working out was too much for me and I essentially feel like I became lazy from it.

A friend introduced me to an e cig last year. I was intrigued so I bought a starter kit. Didn't do much for me so I went back to smoking. About 2 months later I went back and bought a different e cig and new flavor and I haven't looked back. It's amazing the amount of energy that I have! I can now work out without huffing and puffing, I can run without losing my breath and I can keep up with my toddler. I feel amazing and just feel healthier :) And I enjoy not smelling like an ashtray everywhere I go 😘

10/27/2015 10:57:53 PM - Dave D

After many failed attempts to quit smoking I finally found one that worked. Vaping. I started smoking at 16 and by my late thirties knew it was taking it's toll on me. I need to quit. Problem is I liked smoking. Tried everything I could with no luck. I always went back. Even dipped tobacco with no success. (really just as bad) I finally tried some "crappy" drive thru e cigs and thought not too bad but I'd need more than that to get me off the real things. So I took the plunge and after some research bought some decent starter e cig kits. The rest would be history. That was feb 2014 and I've be totally tobacco free since. Now a year and a half later (I'm 49) I feel better and breath better than I have in years. Vaping did it for me since I was going through the motions of smoking that no other forms of quitting could. I truthfully don't think I would ever have quit without vaping as an option.

I'm happier, my wife's happier and so is my daughter. (both tobacco free) I also don't stink like nasty cigarette smoke. I sure hope this option is not taken away for anyone else as I know several friends that have the exact same story for them as well.

10/27/2015 10:57:27 PM - Steve Stempel

I am a 54 year old male. I smoked from 1979 until 2014. Thanks to vapor products I have not smoked a cigarette since May 15, 2014.

10/27/2015 10:53:37 PM - Melissa Deaton

I was a pack a day smoker for twenty years and I switched to vaping on July 16 2015. I am currently using the Innokin IsubG tank with the eleaf istick TC40w and it has changed my life for the better in just a few short months. I have tried several different methods to quit smoking from the patch to chantex and nothing worked. I was always thinking about a cigarette but since I've been vaping I don't have any cravings for cigarettes period and I have already started noticing an improvement in my health. I can breath better and my energy level has started to increase. Vaping has also helped with cravings for sweets, so since I have such a variety of options in e-liquid I have been able to satisfy my cravings for sugary foods which has helped me stay away from foods that are not good for me. Vaping has saved my life and now I am happy that I can be around for my daughter. Thanks to vaping I have a second chance in life.

10/27/2015 10:51:54 PM - Willard

Hello to everyone, I was a smoker since the age of 21, that's 16 years of smoking cigarettes. I am happy to say that I am no longer a smoker and I could not have done it without VAPING, on June 29th I bought my first mod set to start VAPING and quite smoking and I have not touched a cigarette ever since. I have been VAPING every day since then and boy I feel so healthy now then I ever did smoking. While VAPING I can breathe with no issues, run, be active and not feel like I'm a heart attack away, and not to mention that my chance of getting cancer was increasing by the day. However with VAPING on a daily basis I feel healthy and honestly it has kept me from picking up a single cigarette. Please don't let our choice be taken from us. Thank you.

10/27/2015 10:50:49 PM - lukas hill

Using a ecig has made me drastically reduce me cigarette intake from a pack a day to only 2 to 3 a day.

10/27/2015 10:49:50 PM - Christine Luther

After 30 years of smoking, I tried everything, gum, patches, prescriptions(Chantix, welbutrin) I was never able to actually quit. I started vaping to not smell like smoke when on break at work (we can't smoke tobacco while on the property or in parking lot). I found after 2 weeks I barely smoked tobacco due to the strawberry eliquid tasted way better. For the next 2 weeks I smoked 3 cigs a day and then decided I might as well quit. It's been 1 year since I have had a cigarette. I rarely even vape anymore and when I do I am using 0 nicotine ejuice. I feel amazing. I have always been prone to being sick and having upper respitory issues. I have not had a single cold or been to the doctor once. Except to tell her she can change me to a non smoker and I did it with my ecig mod. She said she knew tons of people who quit with ecigs and they had been very sucessful.

I can now go running with my dog, go to the gym without being out of breath.

My dentist says I was in on my way to gingivitis but now my teeth and mouth are so much better.

10/27/2015 10:43:52 PM - Charles Drennan

Thanks to vaping I'm going on a year without smoking so please stop the fda

10/27/2015 10:39:36 PM - Clementine

I'd smoked for 42 years and finally successfully quit for good after vaping for about 6 months!

10/27/2015 10:38:18 PM - Danny Boy

I was smoking for close to 11 years. I started when i was a kid, around 12 years old. Everyone in my family smoked, why shouldn't i. A habit that i was taught and had a horrible time trying to break. By the age of 20 i was smoking close to two packs a day of Camel Non-Filters.

I finally started vaping late 2013 because of my brother. He started me on a small disposable pen with 3.6% mg nicotine (really high). Not much longer after that he was showing me his "big toys" His big mods and RDA's. Shortly after showing me how to build my first coil, i was hooked. it was GREAT to me. After about 2 weeks of building his coils i was able to get my first 18650 mod. And i must say, i was extremely proud of myself. As soon as i got my own 18650 mod, i crushed my pack of cigarettes and cut my nicotine use all the way down to .3%mg. i was DONE smoking. Not only could i smell different things, my tastebuds changed as well. I liked the way different foods tasted now. Not only that, i could ACTUALLY taste them!

Vaping to me- like most people I know- is more than just a safer alternative to smoke. It is a community for us. A hobby for us all. The main reason I started vaping is simple. I wanted to quit smoking. I grew up with a family of smokes and now, i can thankfully say that almost my entire family vapes. My brother was the first of us to get started, as time went on he kept encouraging all of us to stop smoking, we had to many family members die from smoking and he didn't want anyone else to go because of a nasty and extremely dangerous habit. The main thing that finally got me to fully quit smoking wasn't just vaping. it was the COMMUNITY, and the encouragement from the community. If it wasn't for the local vape shop and my brother, i probably would still be smoking. Now, i can say wholeheartedly that i have been over a year cigarette free. LIke most vapers, i can breathe easy, i can sleep without coughing up a lung, i can smell and taste so much more, and the best thing for me; my teeth arent yellow anymore.

Not only has vaping gotten me to quit smoking, but it helped me find a job, great friends, and my own little therapy that i desperately needed. From my extreme anxiety to my PTSD, i have a easy and safe outlet that lets my mind relax and gives my hands something productive to do. Building coils for my vape, is a lot more than just that for me. Trying to find a new build, doing old builds that others have done and shared, no matter what the build may be, it is a safe way for me to relax and use my hands to calm down. If i lose vaping, not only do i lose that, i will lose a job. and i know a lot of us do.

Vaping hasn't just help millions of people to quit smoking, it also gave others jobs. Something the U.S desperately needed, as well as it people. Please, don't take vaping away from the people that it saved. Some of us.... vaping is all we have.

10/27/2015 10:37:02 PM - gerilynn samuel

My parents were smokers, so at 15 when I started smoking it wasno big suprise. Cigarettes have reaked havoc on my body. Last year almost to the week, I was diagnosed with chronic pancreatitus. I had to quit smoking, it had to done. I started vaping. I immediately was able for my first time successfully QUIT. I have been smoke free for a year. My health has dramaticly improved. People I have met in the vaping community have 100s of similar stories. For once an alternative has worked! Changing the law would prevent happy ending stories, I urge you all reading please protect our rights to continue vaping and ensuring success for smokers to quit with a enjoyable healthy alternative.

Sincerely,

Gerilynn Samuel

10/27/2015 10:31:39 PM - Chris

I was a pack a day cigarette smoker, for about 13 years. After just a few short weeks of using both cigarettes and my morbox vaporizer unit, I was able to switch to using only vapor products, and it has drastically changed my life. I feel better, I breathe quite a bit better, And I am saving a fair amount of money. Enough money saved, to make larger payments on my credit cards, and cut down my debt load. I tried quitting cold turkey, weening myself off, patches, and the gum, and vaporizing is the only thing that has really eased the symptoms in a way that I enjoy, and find effective..

10/27/2015 10:24:43 PM - Brittney

I have smoked camel menthols since I was 13 years old. I was finally able to quit when I started vaping 2 years ago. I am able to breathe better, taste better and also smell better. Not to mention I don't cough up blood from the menthol anymore. I believe that this was the best alternative for me. Vaping has changed my life.

10/27/2015 10:21:15 PM - Chet Perkins

I had been a smoker from age 12 to age 45. I had tried everything to quit: cold turkey, the patch, nicotine gum, nicotine lozenges, Chantix, and even hypnotism. NOTHING worked until I tried vaping. Actually that didn't even help at first until I found more powerful Vape rigs (regulated moods). The little ecigs you get at the gas station don't cut it. But when I found something that I could vary power and nicotine level, I dropped smoking like a hot rock. It has been 4 months since I quit. It wasn't difficult, and I haven't had a cigarette since. Since I can vary power and nicotine level, I have been able to steadily reduce the nicotine I use to the point that I am using 0 mg nicotine and only keep 3 mg around as a backup. I know I couldn't have done this without vaping. I no longer feel out of breath, no longer stink of smoke, and my quality of life is greatly improved. Please do not take the only successful smoking cessation method I have found away!

10/27/2015 10:20:48 PM - James M Autry

I was a 2 pack a day smoker 2 1/2 years ago. I have been vapping for 2 1/2 now and will never go back

10/27/2015 10:10:50 PM - Kevin Brown

I've smoked for 30yrs and this is the first time I've been able to quit and I've tryed many times but vaping has helped me in so many ways and I feel like a new man . Plz save the Vape

10/27/2015 10:10:42 PM - Kyle Geyer

My name is Kyle and I am an ex-smoker. Vaping has helped save my life by allowing me to quit smoking cigarettes. I started smoking when I was 16 and tried several times to quit and always failed. I discovered vaping when I was 21 and I have been cigarette free ever since! The escape from the deadly grip of cigarettes was still extremely difficult, but vaping helped to keep the cravings down and eventually I was able to quit smoking for good! Vaping has allowed me to be healthier, breathe easier, and probably live a longer, better life!

10/27/2015 10:08:31 PM - Victoria Thackrah

I switched to e-cigarettes and I np longer have bronchitis. Vapor has saved my life. It helps me every day to not smoke a cigarette around my 1 month old daughter.

I started smoking at 16 and I have had bronchitis 3 times. I started using my Vapor at 19 and I love it. I started out at a 16mg and I am now down to a 3mg.

10/27/2015 10:01:16 PM - Steve Ciangetti

I was a smoker for 20 years. I'm only 30 years old! I was 10 when I started! Being short of breath, having a high heart rate and a bad back I knew could all be attributed to smoking. After a doctors appointment my wife, who is also a long time smoker, and I went straight to a local vape store. We were well informed by the shop owner on how to get started, so we bought our stuff and headed home. I bought a mod, she got a starter kit. That was the last time I smoked a cigarette and she completely quit a few days later! It was only 4 weeks ago to the day but I consider it a great accomplishment. I already feel a lot better, less shortness of breath, I can taste and smell things better now, I don't smell like cigarettes and I can look forward to enjoying a longer life with my wife, who's sinuses are clearing up as well! I'm looking forward to us continuing to feel better and be more active without cigarettes in our lives!

10/28/2015 9:30:44 PM - Brian F

I smoked a pack plus per day for over 28 years. I experimented with the early electronic cigarettes as they hit the market. All of them resembled cigarettes in appearance and they were interesting, but not enough for me to completely stop smoking. On January 3, 2013 I visited a cigar store that carried newer vapor products in Santa Fe, New Mexico. I bought a "vape pen" that is now considered a simple starter type device and several bottles of e-liquid. One was a tobacco flavor with vanilla and the other was just a vanilla flavor. From that day on, I never smoked again.

The device I purchased in 2013 was much more expensive than similar products sold today. Now, I purchase new devices that are reasonably priced that come on the market, seem to fit my individual preferences and satisfy me. I also no longer use tobacco flavors and do buy a lot of different flavors from a lot of different (and reputable) e-liquid manufacturers. My nicotine level has been reduced from 36 or 24 mg down to 4 or 6 mg. But I use them in sub-ohm devices that produce more vapor, so lower levels of nicotine work best for me. I also recognize that nicotine itself doesn't come with particular health risks for most people and does have some beneficial qualities. I am not a caffeine addict, but I do drink coffee and find caffeine to help when working and writing. I find the same to be the case for nicotine, so absent changes, I don't expect to remove nicotine from my e-liquids in the near future.

I use open systems products that allow me to personalize the experience to meet my individual needs. I use dozens of flavors, have probably used hundreds in the last 2.5 years. I get flavor fatigue. Just like most people don't want to eat the same thing for breakfast, lunch and dinner every day or eat the same dessert every evening, I like variety. I enjoy a flavor and when it gets tiresome, I try another. I generally have 2-3 devices that I use at the same time. I like to always ensure that batteries are charged and I have 2-3 different liquids available to suit my mood/tastes at the time.

I've also noticed considerable improvements to my health and my life as a result of vaping instead of smoking. First of all, I don't smell like a cigarette. When you smoke, you don't realize it as much as others, but your hair, your clothes, your breath, your fingers, your car, your home ... all smell like stinky, stale cigarettes and smoke. They smell a lot like an ashtray. So a huge difference is eliminating that nuisance from my life. I've also noticed that I breathe better. I would sometimes wheeze when I was a smoker or woke up in the morning. No more. My taste buds have begun working better. Eating food and tasting beverages is enhanced because my mouth doesn't just reek of and taste of cigarettes. Lastly, I also used to regularly get ear infections once or twice a year every year. I'd be tired and worn down from work and probably have some sinus issues that my smoking exacerbated and since quitting smoking for good 2.5 years ago and switching only to e-cigarettes (and occasional snus

on an airplane) I can breathe, my sinuses are clearer and I haven't had one ear infection.

It is critically important that the market for these products continue to evolve. There are over 40 million smokers in the U.S. alone and the CDC believes nearly half a million will die prematurely every year as a result of smoking. That's after a 50-year campaign from all levels of government using a variety of tactics to get people to quit. Nicotine replacement therapy and other pharmaceutical approaches are fine when they work, but unfortunately, they fail 93 percent of the time when used as directed. They simply are very unappealing, unsatisfying products. They aren't enjoyable, they don't provide nicotine like smokers need and those are a few reasons they fail.

The current e-cigarette and vapor products market offers much more appealing options. Different people like different things. Too many people (even people in the e-cigarette industry) think of vapor products like cigarettes and vapers like smokers. Neither is an accurate perception. These products are not cigarettes and are not used like cigarettes and vapers don't behave in the same manner as smokers do. Products are getting better all the time. People have different preferences. People are able to pick different products to combine to safely and effectively meet their needs. Think about it like this, while you might enjoy Ralph Lauren clothes or a Ralph Lauren sport coat, you might like other things too. Maybe you where GoldenToe socks because you like the way they fit on feet, Calvin Klein underwear because it fits well and looks better under your clothes, Levi's jeans (one of dozens of styles that fit you well), a Ralph Lauren shirt in a color that complements your complexion, a Tommy Hilfiger tie and a Brooks Brothers blazer. You wouldn't expect every person to like only the same things made by on manufacturer.

Consumers are driving this revolution. Consumers are individuals with unique, individual tastes. People prefer all different types of products and combinations of products. They all like different flavors and that may change over time or at different times of the day. And the consumers in this instance are a community. They help one another. They enjoy the activity and finding new products that might be more enjoyable and satisfying for them. They enjoy helping and learning from others. And they especially love, myself included, helping smokers find alternative, non-tobacco vapor products that might work better for them. I've helped dozens of smokers switch away from tobacco to non-tobacco, non-combustible vapor products, many of whom who have now been off cigarettes for years, some who had suffered heart attacks and other significant health complications directly attributable to their smoking and continued to smoke.

There are no people more interested and concerned about the health impact of vapor products that vapers themselves. And they are, as a whole, the most informed about such health consequences. They understand the science at a much higher level than those who have worked in tobacco control their entire adult lives, than many in public

health and even many health professionals. It's a shame that this remarkable development has been so demonized by people who should know better but sadly don't. It would be nice if the scientific community, especially that funded by tobacco control, pharmaceutical companies or government were focused on truth and improving products rather than silly propaganda and misleading attacks designed to tarnish an entire market and millions of people who have quit smoking by using vapor products.

Believe me, most of us have used the gum, the patch, self-help books and tried quitting cold turkey - many times over many years and it didn't work. And this does help a lot of inveterate smokers where other options have failed. It's why so many like me are so passionate about giving current and recent smokers to experience what we have - not smoking and the benefits that go along with it or the premature death that might result if those demonizing the products or using government to tax and restrict them succeed. We all know cigarettes aren't good for one's health. Tobacco companies bear some responsibility and have paid for obscuring that fact in the past. But on some level, it's actually even worse when the CDC, tobacco control groups and public health officials misrepresent facts and seek not to find truth, but to destroy these products and the marketplace for them. That causes people to keep smoking and keep dying and it's a sad statement on those who we trust to help us optimize health.

10/28/2015 9:28:36 PM - Rebekah Houpt from Warner Robins, GA

I quit smoking January 6, 2015. I had experimented with first generation e-cigs back in 2009 but was not able to quit smoking using them. I started smoking in 2003. Over the years I have tried many different available products on the market to quit smoking such as the patch and chantix. None of these products worked for me. I had come to believe that I would die a smoker. I am currently using an eleaf istick and a kanger sub-ohm tank. By using these products I have been able to reduce my nicotine dependence. I started vaping at 15 mg and now I'm down to 6mg of nicotine. That is a huge achievement for me. Before I quit smoking I was at a pack a day. Now I can breathe deeply again. I don't have a cough anymore. I don't smell of stinky cigarettes. These devices are a life-saver. They saved my life. I now have the opportunity to watch my children grow up and not die young like so many smokers in my family.

10/28/2015 9:11:08 PM - Gina Baker

I personally never thought i would be able to stop smoking cigarettes. I started smoking when I was 12 years old . Back in the early 1970\'s when I was young we could buy cigarettes at 8 years old. I started trying it on for size at 10 years old. Everyone made smoking look cool. My daughter was the one to help me break the habit when she purchased me a e-cigarette on mother\'s day 2013. It took a few weeks but I stopped smoking regular cigarettes and stayed with the e-cigarette. It has saved my life and many other people I know has stopped with the help of vaping/ e-cigarettes.

I went from 3 packs of camel wides a day to 1 regular size small bottle of e-cigarette liquid every two weeks. Some days I hardly even smoke at all. I wasn\'t even trying to stop smoking because I knew I couldn\'t but thanks to my daughter buying me e-cigarettes and all vaping products I am much healthier now and looking forward to living a long time and breath so much better. I am 47 years old and I never could go a day without a cigarette . I have smoked non stop since I was 12 years old. I never really realized how bad the smell of smoke was on me and everything I owned until I stopped smoking. The smell was the first thing I noticed. I started getting my smell back and taste and boy does cigarettes stink. I am now embarrassed at the fact I didn\'t think anyone could tell I was a smoker back then when in fact I reeked of cigarette smoke.

It is amazing that I can actually smell and taste so much better now that i\'m not smoking cigarettes now. I\'m going on 3 years now of being away from cigarettes.

I use the mod and tank vaping products.

Whats so great about my story is now my whole family has stopped smoking . We have broke the family habit chain. My two daughters, husband and I all have stopped smoking thanks to vaping.

10/28/2015 8:50:33 PM - Manda s

I smoked for 24 years and I never would've quit without vapor products. They made it easy. Still had to fight through small cravings all the way down to 0 nicotine but I did it! I don't even remember life without a cigarette in my hand but I can do it, anyone can!!! Vape on America 👍🏻👍🏻👏👏

10/28/2015 8:50:23 PM - Gerald Pettingill

As a smoker of 25 plus years I thought it would be impossible to stop. I lost my mom to cancer 5 years ago, and I really didn't want my son to lose me the same way.

I bought my first Vape and stopped smoking. I have my lungs back. I can taste food better and smell things better. My house no longer has a brown tinge to it. (Yes I cleaned everything when I quit smoking.) My energy lever has increased.

People are afraid of things they don't understand. Vamping has changed my life, my girlfriends life & of course my sons life. He has his dad back.

The vaping community has been detrimental to my stopping smoking. The tobacco industry has already taken too many lives and I don't want them to take mine. Please don't take away my right to Vape.

10/28/2015 8:28:44 PM - Louise

I was 17 when I began smoking. Now at 60 I have quit smoking cigarettes due to vaping being available to me. It was an easy change and can bring our country great additional revenue if we take advantage of this wonderful new way of getting our nic fix. I have lowered my nic level now to 6ml and will eventually quit vaping but always will feel grateful that it was available to me.

I feel like I can breath again. Allergies are lower now and I'm tasting my food and smelling smells I didn't or couldn't before.

Vaping, I am sure, has saved my life.

Please help others by saving vaping for our future generations.

10/28/2015 8:28:20 PM - Indy Sunshine

After 40+ yrs of smoking I have now been smoke-free for over 3 yrs thanks to e-cigs and have not looked back. Various other methods failed to help me quit. I use a Nautilus tank and an iStick and have gone from 18 mg to 3 and 0 nicotine in these 3 yrs. It only took me one week to be completely analog free and I can honestly say I haven't missed them. It's so nice to not have my clothes or house smell nasty!

10/28/2015 8:27:58 PM - cuttman

Dipped snuff for 30 years and smoked for 20..In 2011 I was diagnosed with an immune disease

And by 2013 was desperate to quit tobacco products.. by 2013 I had tried cold turkey again and blue also tried the patch and gum but none worked.. I then found the new breed of ecig and I haven't looked back not one cigarette or dip of snuff has touched my mouth since!!! I am on chemo for my immune disease and the nicotine I get from my ecig helps with nausea and it's a life savor.... if they take our e liquids we will be doomed to go back to tobacco and the high taxes the US government wants !! That's all this is about is tax dollars period!!!!

10/28/2015 8:26:24 PM - Kyla Oeder - Ohio

i was a smoker from ages 14-26. i tried all the patches and gum and none of that helped. i refused to try chantix due to the horrifying side effects.

then i discovered vaping. i admit it took me a bit to quit smoking with vaping but i did it. vaping works, it definately helps smokers to quit. had it not been for vaping, i would still be a smoker today.

10/28/2015 8:25:19 PM - ken wood

I smoked 5 cigars a day when I bought my first Vape pen. I had tried the nicotine gum and other aids with no success. I stopped smoking the day I bought my first Vape device. After 30 years I was finally free. I work as a sales rep for a e- liquid company currently and If these regs are put into play I along with thousands of others will be unemployed. Also millions others will die unnecessarily. Please rethink this

10/28/2015 8:25:00 PM - Matt

I started smoking when I was just 13 years old and it became a habit very quickly. I tried to quit probably about a dozen times over the last 30 years and kick my pack and a half a day habit. I tried patches, but they itched and drove me nuts, I tried the gum, but it tasted nasty and I even tried chantix but it was very hard on my stomach. I tried going cold turkey even, but it was so hard and I would get angry over stupid little things and was no fun to be around.

About 2 years ago I ran into a guy at work that had a vape mod and started talking to him about it. I gave it some time and thought and 3 months later I had purchased a ego style vaporizer. It took a little getting used to but after a month I just stopped buying cigarettes and have been cigarette free now for a year and a half. When I first started using the vapor products I started at 18 mg of nicotine. I have now lowered it down to only 6 mg, I feel better, my lungs feel better and I don't get winded so easy. Even my kids are happy that I switched and tell me I don't stink any more and can play with them longer than I used to.

I would encourage anyone that smokes to give vapor a try. It might not be healthy, but it is a healthier alternative to cigarettes without a doubt.

10/28/2015 8:24:51 PM - Jeff Witwer

20 year smoker who tried to quit unsuccessfully trying every product out there. I tried vaping and was smoke free within one week. I feel better, I don't smell like a dirty ashtray and both my wife and kids love that I am no longer a smoker. Vaping changed my life...for the better!

10/28/2015 8:24:39 PM - Paula L.

I was a 35+ year smoker when I stomped on my pack of cigarettes and picked up vaping May 31, 2014, never taking even 1 puff off a cigarette since. It has literally saved my health in a myriad of ways, not the least of which are better control of recently diagnosed Type II diabetes and less added damage where I was also recently diagnosed with small fiber neuropathy (from pre-diabetes). I no longer get upper respiratory infections and have to go to Ear, Nose and Throat doctor every other month for shots and antibiotics, sometimes a second round of antibiotics. My blood pressure is once again under control without medication, stress level normal, my life has been changed dramatically by switching to vaping. So many are relying on the benefits of vaping to put down cigarettes where no other smoking cessation aids were effective. I tried Chantix (neuro adverse side effects) and Blu ECigs but only quit a few days on both those. I use a mod and with getting ample clouds and battery power I don't have a desire for more of anything (flavor, etc.), went from 18mg to 12mg nicotine where I've stayed the last 6-8 months, plan on going to 6mg in the near future.

10/28/2015 8:24:27 PM - Jessica N. Krzemien

I was a smoker for about 5 years off and on in between having children. When I came upon vaping which has been the last 3 weeks I have quit cigarettes completely. Only vape. It has saved my life from cigs. I would like to continue to vape. I really hope that vaping products are not taken off the market. I use a Kangertech Nano box mod. Sub ohm. I feel so much better I can breathe deep again and I am no longer short of breath. I don't stink like a cigarette and I love it.

10/28/2015 8:22:36 PM - Jonathan McGillis

I started smoking when I was 15 years old, I stopped smoking on 09/23/15 and I couldn't be more glad that i've stopped. I enjoyed smoking cigarettes, a lot, but i gotta say that I do not regret quitting. I truly feel better then I ever did smoking cigarettes. I am more active than I was before, I can workout without having to stop to catch my breath every 20 seconds, I feel "lighter" .. it's like i'm not weighed down by shit in my lungs if that makes any sense to anyone, hah. c: When I made my transfer over to vaping I picked up some 12mg nicotine juices and those were great to start, but now I mostly enjoy 3mg and 6mg juices because now i'm more into the flavor of juices. Sometimes even 0mg! So, to me, vaping has been a godsend because I can "smoke", VAPE, without ingesting as much nicotine. That's beautiful. Paint me grateful

10/28/2015 8:22:25 PM - Triston 'Joker' Lee

For A while, I smoked cigarettes, cigars, a pipe, and I inhaled these products, as a once was athlete, I was demoralized terribly by my inability to enjoy simple pleasures as I once could. I couldn't run, I couldn't lift, I couldn't play with my dogs, without feeling myself wheezing at the thought of exercise, then I found vaping. Vaping started for me with a little stick and some nice creamy flavors, and it spread, I eventually moved on to a mechanical mod, then a box mod, and so forth. Noticeably I would cough a lot at first and I even started coughing up black gunk, after a year of vaping I went to go get checked out, my lungs at the time of their screening were more clear than when I was a freshman in high school, as a man, as an asthmatic, as a vapor, I thank vaping for saving my quality of life. ive been vaping now for a year and a half, i can run... I CAN RUN, ive lost 50 pounds, I dont smell like an ash tray,and im never going back to tobacco vaping has changed my life for the better.

10/28/2015 8:22:17 PM - Trevor Perez

Hello i have been smoking analog cigs since i was 7 yo i thought it was kool because i grew up in a household where everyone smoked i started with stealing cigs from my mom she caught me and made me smoke an entire carton in the hopes it would make me sick and all it did was make me want more sadly since then i smoked 2 packs a day until about a year ago when i got sick of waking up with cotton mouth and my chest hurting so i switched to an ecig i immediately felt quite a bit better and since then I've been progressively getting better I don't wake up with a pain in my chest anymore and I don't have the craving is bad anymore thanks to e cigs I finally feel like I can keep moving towards a healthy future.

10/28/2015 8:11:42 PM - Ian

I was a smoker for 5 years, starting when I was 15. Starting at a pack a day, I quickly began going through multiple packs a day, usually going through a pack in a half hour and chain smoking whenever I had the chance. Starting at 17 I started on my journey on quitting by trying cold turkey. I had tried the gum a few times also but it didn't seem to work. After tying to quit countless times it seemed like I would never quit smoking and I began to accept that I would be a smoker for life.

Shortly after turning 18 my uncle introduced me to electronic cigarettes. I was interested and ended up picking up a cigalike kit. Although it helped me cut down a little bit I was still smoking at least a pack a day. Through friends and online sources I started to find better set ups and eliquids and eventually found one that helped me quit completely. I had my last cigarette when I was 20 years old in 2013 on the rooftop of my apartment in the middle of the winter in Toledo Ohio and it was that moment where I finally realized that I no longer enjoyed smoking and that vaping was much more enjoyable.

Since quitting smoking my quality of life has improved drastically. I no longer have coughing fits that lasted at least a minute. I can breathe easier as well. I can now exercise and run/walk for a greater amount of time due to not smoking anymore. Most of my day to day life has improved since quitting cigarettes and adopting electronic cigarettes.

10/28/2015 8:11:05 PM - Tom Guio

I have successfully quit a 32 year smoking habit with the help of vaping. I would NOT have been able to quit without the use of vaping products. I tried numerous times to quit in the past with no luck. Always started smoking again. I have been tobacco free for 1 1/2 years now and AM A VAPER AND A VOTER! I feel great and have drastically improved the way I feel, breathe, taste food and enjoy life in general.

THANK YOU VAPING!

VAPING DEFINATELY SAVED MY LIFE!

10/28/2015 8:10:51 PM - Malia Yapp

I am 39 years old and have been smoking since I was 15. After trying everything I could to stop smoking I tried vaping. I have been smoke free for almost 3 months.

My fiance was also a smoker who started smoking very young. He finally tried vaping, and has been smoke free for over 2 months.

We stopped smoking for ourselves as well as our 4 year old son. We both breathe easier, and dont cough in the mornings anymore.

Our son constantly had ear infections and colds. He would cough at night and not be able to sleep. He is not coughing anymore. It made us realise how much our smoking was affecting his health.

Without the help of the vaping community we would most likely still be smoking. Vaping has changed our lives and the life of our son.

I use a Ipv4 with a Herakles tank and 3 mg nic. It keeps the urges down, and I use it less then I actually smoked.

I can taste and smell better now. Our cars and house don't stink anymore. Vaping is a life changer.

10/28/2015 8:10:40 PM - ArkIce

Been a pack a day smoker for about 15 years no desire to quit until I had a life changing situation happen and realized I need to stop cigarettes. That next week I went to a local vape shop got set up with a vape mod and have not had a cigarette for 14 weeks with no desire to have one even though my wife and co workers smoke in front of me.

10/28/2015 8:03:30 PM - ProudToVAPE

I became addicted to cigarettes in 2004 and was a very heavy smoker for 5 years. 5 years is relatively a short period of time in considering the number of people that have struggled with their addiction for a lifetime. Regardless, I had an addiction. This addiction created complications in the pregnancy and birth of my beautiful daughter. She, however, was born healthy and a breathtaking 6 lb 2 oz bundle of love. I tried several of the earlier electronic cigarettes from but unfortunately was unsuccessful with my endeavor to quick as the E-cigs they had at that time did not give me what I needed to achieve my goal. Fortunately, with the progression of the Vapor technology, I was able to successfully quick smoking cigarettes and move to Vapor in 2009. I no longer need to lower my head knowing that my clothes smell like an ash tray or because doctors, friends and family warn me of the possibilities of negatively effecting my health and the health of my children. It's a dream come true, a dream I wasn't sure would ever be possible.

In addition to myself, vaping has encouraged and assisted in delivering many of my loved ones out for the dark cloud of smoke and into the beauty of health and happiness.

It saddens me to know that there is someone out there trying to stop this life saver. Children, young adults, may have found that it is trendy and as that is not its purpose, for decades the traditional cigarette was the "trendy" thing to do for kids. Parents, doctors, teachers and so many more people ought to be thankful for this achievement in technology! Vaping has my 150% approval and backing!

10/28/2015 8:03:11 PM - Phil

I started smoking when I was 17 and and I had my last cigarette on January 5 2015. I have been using mods since then I started out at 14 MG of nicotine and now I am down to 1mg of nicotine. And have felt so much better. Since that last cigarette I had on January 5th with in a week I could tell a big difference and how I felt and and it feels good not to be smoking and be able to cut down the nicotine level so much in the past 10 months and I am planning on be at 0mg of nicotine by the end of the year.

10/28/2015 8:03:01 PM - Douglas A Crockett

I feel the need for my own health and many others to urge the HR 2058 bill to be supported..I've smoked most of my life and thankfully for the ecig industry I've been smoke free for 2 years..I currently use 18 mg nicotine in nautilus..I'm reducing down to a lower mg of nicotine..I do not smoke cigarettes at all now and I have more energy and I feel better than I have in years..my doctor was so pleased I quit smoking..even my late wife of 30 years whom passed away from ALS in may 2014 switched to ecigs her last few years of life because she could enjoy what she got from ecigs her failing lungs couldn't get from cigarettes any longer..simply put I feel banishing ecig manufacturers and vendors is saying we're not concerned with your health..please support and co-sponsor the HR 2058 bill..for over all better health for current smokers to make the switch to ecigs and ex smokers to continue being ex smokers...Thank you very much!

10/28/2015 8:02:45 PM - Rob Robinson

Hi My name is Robbie Robinson , I currently live in southwest Florida. I would like to share my story with you. I started smoking a the very young age of 9 . My older brother and I who was 11 at the time would steal my mothers cigarettes and go into the woods to smoke them. We thought we were cool at the time. I never knew how addictive smoking was until i was about 14 years old, by that age i was completely addicted. I am currently 31 years old so that makes it a 21 1/2 year habit. 21 1/2 years out of 31 is 3/4 of my life. I had tried every method to quit smoking with no success. Until 6 months ago when a friend introduced me to electronic cigarette (cig a like). I quickly moved from that to a Ego style pen, and was using 24mg E-juice. At that time I was still smoking cigarette's but had cut down from 2 packs a day , to 5-10 cigarettes a day. From there my interest in Vaping grew very quickly. I then started researching and studying electronic cigarettes. Since then I have acquired multiple box mods, tanks and RDA's. Currently I am using a K-Box Mini 50watt with a Zephyrus tank in RTA mode as my daily driver, I also use a Vape connexx 150watt with a velocity RDA, and many others when I'm home relaxing. I am currently on 6mg E-juice and for the last 2 months I have completely stopped using analog cigarettes. Vaping has changed my life for the better in the following ways. I can breathe better. Taste and smell things better. My home, vehicle, and clothing no longer smell of cigarette smoke. I can already feel my overall health improving in this short amount of time. I would encourage any smokers to make the switch to Vaping the benefits are endless. I am currently a product production manager for anÂ e-cigarette company. And i am loving it!!!

10/28/2015 8:02:01 PM - Cheryl Taylor

I would just like to state that I and one of my son's smoked cigarettes for years. I switched to Vaping 2 years ago and so did my son. Both of us feel so much better. Speaking for myself, I have more energy, I can breathe much better. There is no second hand smoke for others to breathe in plus Vaping actually has a nice fragrant, even if you are like me, I never smoked indoors out of respect to others and because I couldn't stand the way a house not to mention all of your clothes would smell from cigarettes. Vaping is just vapor made of the same ingredients you have in foods you eat. It is a great way to stop smoking nasty cigarettes without causing health issues.

I hope you will not try and ban Vaping. We should be allowed to have some rights don't you think? It's not harmful and actually becomes a hobby, all the different flavors and mods are fun! Thank you for your time and consideration. Sincerely, Cheryl- Texas

10/28/2015 7:58:13 PM - Shawn "Kaethorin" Teal

Hello world, I was a smoker from 10-13yrs of age, then tried to quit cold turkey and did so for 3 years, and I picked the nasty habit up again from the ages of 16-21 totaling 8 years of smoking. In the remaining few days of August of 2014 I found out about vaping and it has saved my lungs and my heart from racing all the time to provide oxygen to my body. I'm an asthmatic and in the winter of 2013 before I quit smoking I had a severe asthma attack induced by pneumonia, today I feel the extra oxygen in some ways, the winters are less harsh on my lungs, my heart races less and I feel more alive than I did as a smoker.

It's been a total of 1 year and 2 months that I've been vaping, I had tried the cigalikes and felt worse from them and kept using analogs rather tham them. I later started on a little pen tank thing that I forget the name of and it pushed me to fully quit without using analogs at all. I upgraded quickly to a eGo Twist with a Aspire Nautilus clearomizer, I eventually then upgraded to box mods and mechanical mods with rebuildable atomizers and Sub-Ohm tanks. I'm now an enthusiast, a hobbyist, a builder and an avid supporter of this life changing smoke free alternative. I can't claim vaping is perfectly safe but I can say I would have been worse off had I not found vaping when I did. It's your body, do what you feel is right.

10/28/2015 7:57:16 PM - Arlene Cabral/ MA

I have been a smoker for 46 years. I smoke menthol cigarettes& for quite a while now have been making my own. (Because the price of my preferred Brand is ridiculously priced.

I have tried all the smoking cessation programs & products out there with no success at all. I have been using vapor since March 2015 & I have not had a coughing fit since. My grandchildren come to the house now & don't have a problem any longer with the left over smoke in my house. (Obviously, I can't smoke when they are in the house) They tell me my house doesn't smell like smoke any longer & I am no longer falling asleep & burning myself, my furniture or my rugs. People I know are telling me how much better I look since I've stopped using tobacco.

In the past I've tried the Blu cigarettes, they are junk. I've also tried other electronic cigarettes all junk. With the vapor, I am doing great.

I am pleading for once for our gov't to NOT think of money, but instead to think of us smokers who are now vaping instead of smoking & please allow us to continue.

I have not had a cigarette since using the vapor and I want to keep it that way. However, if the gov't stops this or raises the prices & adds all kinds of regulations I will be forced to go back & make cigarettes again.

I agree children should not have access & I have no problem if they say we can't smoke in stores or restaurants either. Just let us who are using the vapor to continue without all kinds of gov't regulations. They've been telling us for years about the harmful effects of second hand smoke, so everyone should be pleased that there is no second hand smoke with the vapor.

Thank you,

Arlene

10/28/2015 7:57:00 PM - Johnc352

I smoked for over 30 yrs. If it hadn't been for vaporizers I would still be smoking today. On November 17 I will be tobacco free for two years and I'm still going strong. Vaporizers where a God send to finally get away from cigarettes. I finally got my since of taste and smell back. I couldn't believe how bad cigarettes really smelled. My house doesn't smell like a ashtray anymore. Since I started using a vaporizer I cut my nicotine level to almost zero and generally I'm not treated like a out cast anymore. It truly was the best way to stop smoking.

10/28/2015 7:56:47 PM - William S.

My testimonial can be found on
http://www.tasteyourjuice.com/wordpress/category/recent_news/

Here is the article w/o pictures, it's worth checking out my journey!

Phil, Thank you, for all you do for the vape community/family! I had my last Camel Bold Crush on November 14 2014. This November 14 2015 will be my first year cigarette free in 22 years.

Yes that is right! I smoked for 22 years and the day I started vaping I never touched another cigarette. My very first set up was a Vamo V5 with an aspire nautilus and 18mg juice. Since then I've moved on to dripping and sub ohm tanks and even lower nic level to 6mg and on 11-14-15 I'm going to drop again to 3mg!

The reason I quit smoking cigarettes was due to my youngest son Sam. He was born premature at 27 weeks weighing 2lb 1oz and 21inches long he fought for his life for 3 1/2 months in the local hospital NICU. When he finally got to come home he was on oxygen periodically because his lungs were still not fully developed. I started thinking one day while outside lighting a cig that if Sam can fight for his life being so small that I can fight for my life and give up these damn cigs so I can be around for him.

DD5F88C6-A5BE-4FB2-92C1-0122E9C483F1

(Literally seconds after being born he almost died)

0770ACCE-E123-4BAF-8F8A-18BFBB9AECC2

(Look close on his arm that's mine and my wife's wedding band that's how small Sam was)

7610F4B9-4516-42DB-89C9-9E02E4BE71C8

I tried numerous things for 3 yrs to give up smoking, patches, gum, prescription medication blah blah blah, nothing worked Phil. I googled vaping, started reading, watched some of your YouTube videos and the next day I was vaping and never touched another cig. So MY SHOUT OUT IS FOR MY SON SAM!!! I owe my new release on free breathing to him and you for your videos and advocacy for the vape family.

Thank you for your time I really hope you get time to read this, because vaping saved my LIFE and my son Sam saved my LIFE.

F2A63A11-8F2E-4207-8913-B5CC72F3A8FB

He is a perfectly healthy and smart 4yr old boy with no defects and for everything he went through with brain bleeds and the NICU he is truly what a miracle baby is. He is my HERO. #preemiepower

VapeOn

William Sisco

Sent from my iPhone

10/28/2015 7:56:23 PM - Gerardo The Software Dev

My mother died of cancer at the young age of 60 years old. She smoked most of her life, since she was 18. When she was diagnosed with cancer, I had been trying to quit smoking for some time. Probably longer than I smoked not trying to quit. I tried the gum, the patch, and over-the-counter electronic cigarettes. None of the methods worked for me until I got into vaping mods.

The way that I see it, is I would rather die from having quit smoking by vaping and THEN after trying to quit vaping (I am already using only 3mg juice), than die from smoking in the next 20 years GUARANTEED.

Vaping has changed my life! I don't smell stinky in elevators. I smoked for exactly 20 years and I quit about 3-4 years ago, vaping, 100%. I was to the point where I could not take a deep breath anymore! When I was young, I was athletic, I played soccer and ran track in high school. I started using tobacco "dipping" Copenhagen. When I was turning 36/37 I could not take deep breaths anymore because I would break out into coughing from it. NOW, today, I can take deep breaths again. Thanks and ONLY thanks to vaping.

I hope that my story encourages more people to quit smoking. One day, you will notice that you woke up, and did not reach to smoke that morning cigarette, or after a meal, and feel great and won't miss it.

10/28/2015 7:56:03 PM - Virginia Kowalski

Just like many before me I smoked for many years. For me it was at least 40+ years. I attempted to stop for many years and have tried hypnosis, the gums and the lozenges. Chantix was not an option. Both the gums and lozenges caused me significant stomach problems. Finally, I tried vaping and it was a miracle! I immediately went from 3-4 cigarettes a day to 1-2 a week. After about two months I was done; I stopped smoking and started vaping.

I have no desire to smoke and I am breathing better and working out. It's been almost 2 1/2 years now. I began at 6 mg of nicotine and then went down to 3 mg. I've now been at 0 mg for several months.

I lost a dear friend to lung cancer and I don't want anyone to have to suffer the way she did. Please ensure that vaping is protected for many of us it has literally been a life saver!

10/28/2015 7:55:54 PM - David Norwood

I was a smoker of cigarettes for some 40+ years. Diagnosed with several bronchitis. Vaping using the devices available to me today have given me the ability to quit. My health has improved tremendously, and am now able to do many of the things I had given up on. Please consider others in my past deleama as to their needs to Improve their health.

Sincerly David J Norwood of Nevada City CA.

10/28/2015 7:55:46 PM - Darian DePasquale

Hello, my name is Darian DePasquale and this is my story. I've struggled with smoking for about six years now, going on seven. I first started when I was fourteen and not a day goes by that I completely regret it. Telling my aunt that I was different when I would tell her I was just a casual smoker, that I won't get addicted. Well here I am now, 6 years later, and almost one third of my life gone, trying to tell myself I don't NEED to be addicted. Through vaping I have been able to ween myself off of cigarettes and almost off of nicotine as well. Typically I vape three mg, but I have no problem with one and a half mg of nicotine. I know it's only been a short time, but I have been cigarette free since october 10th, 2015 at 2 A.M. and personally I didn't think I could quit. In vaping we trust!

10/28/2015 7:55:33 PM - Michael Mayhem

I grew up in a house of smokers, everyone always had a cigarette in their mouth. By the time I turned 14, I started smoking. It began with just friends, but as time grew on, I would smoke more and more. As I go into college when I turn 19, one of my friends tells me to try vaping. Yeah, at first I was sceptic, but after giving it a try, it tasted a lot better, and I didn'the smell like smoke coming home. I feel so much healthier and like I can sing better for my music because I can breath so much better. I am 21 now and I sing a lot better then I did when I smoked because I can take in air better, thanks to vaping.

10/28/2015 7:55:24 PM - josph dellagatta

Vaping has taking away my smokers cough and congestion out of my chest no more coughing up blood and mucus i also love the different flavors that are avavulable to me i used all different kinds of vaping equipment blu, fuse, box mods, and mech mods

10/28/2015 7:55:13 PM - Mark fm Texas

Have smoked cigarettes and cigars for over 32 years. Have tried to quit with patches, gum and Chantix several times over the years and quite after a week of being grumpy. Picked up a vaping device on the recommendation of a friend, filled it up, and have not looked back for 3 months now. Now grumpy Mark around. If I had not done this myself I would not have believed it was that easy. I've lost weight, blood pressure has gone down so much my doctor has advised they may pull my medication if it maintains and my lung capacity has doubled in three months. It would be a shame for these products to be pulled as there are many people that could benefit from them. I started with a Halo Titan and have gone to a mod since. I started with 18mg nicotine and 6 weeks later dropped to 12. I will cut this in another month, or that is my plan. I have not touched a cigar or cigarette since the day I started using the Halo three months ago.

10/28/2015 7:55:02 PM - Jerry henry

I quit smoking analogs around 2 years ago. I started vaping and will never look back. Vaporizers have in my opinion saved my life. I breathe much easier now. Don't feel sick all the time. I am very confident I will be around for my children for a long time. While smoking I felt the opposite.

10/28/2015 7:54:50 PM - John Franz from Orange VA

I started smoking at the tender age of 17, bought them myself since I looked older no one ever questioned me about my age. I smoked 2-packs, sometimes more, for 41 years until 11/9/14 one month before turning 59.

I tried everything, at least a hundred times to quit tobacco. Before leaving for work, I had a patch on or two, a strip of Nicorette gum and a pack of smokes in my pocket. Before break time, I'd chew some gum and then while I was on break, lit up a smoke. I could get 2 or maybe 3 in before I had to get back in. I was literally committing suicide. I would not smoke in the house or in my car, I took better care of my stuff than my body.....I hated myself!

I use to wonder with all the technology out, there had to be something better. Yippee, I discovered e-cigarettes. Since I had so much nic in me already, I thought 24mg ecigs would do the trick and they did! Now almost 1 year later, I'm already buying ejuice at 12mg's or less and happy to be an indoor vaper.

I honestly believe that if I didn't find ecigs I would be in the ground by now. I could NOT walk up a hill without stopping for air, I don't have that problem now!

10/28/2015 7:54:34 PM - Butch from Mize, Mississippi

I smoked Kool filter kings for 45 years and tried everything that came on the market for stop smoking with no success. But when I found vaping and the right ejuice, from that day I have not picked up a cigarette and I have been smoke free for the last 9 months.

I went from 18 mg, to 12mg to 6mg to 3mg of nicotine and now mix 3mg and 0mg and I am satisfied. I have thrown at least $200.00 of 18, 12 and even 6mg away because it was to strong. So I am sure I will be nicotine free by Christmas with out one moment of quite smoking anxiety.

I would recommend vaping as the best way to get off cigarettes and nicotine without any of the stress ,pain or anxiety at all.

By the way did I mention I am a Registered Nurse.

Butch

10/28/2015 7:54:24 PM - Ken Anderson

I started smoking in the 1980s when I joined the Army. Smokers got two extra breaks back then.

After Basic Training, I switched to a pipe because I liked the flavor better.

Then after 25 years, I was waking myself up with that wheezing sound you get lying on your side and had to sit up and cough really hard to clear it out.

I started looking to quit or switch to something else. Heard about vaping, but e-pipes were expensive and didnâ€™t work well. The Government and many organizations funded by large companies confused the issue by trying to tell me that vaping was worse than smoking.

In October 2012, I started finding ones I could try without breaking the bank or the device so I got a one in the mail on Friday November 2.

Iâ€™m one of the lucky ones. I immediately replaced smoking with vaping.

I have more energy now, and do not lose my breath walking down the street.

I noticed a large reduction in muscle stiffness and no longer sound like a breakfast cereal when I get up in the morning.

My sense of smell and taste are like they were when I was a boy. My skin is no longer ashy, and my blood pressure is now normal.

10/28/2015 7:54:12 PM - Mark Van Tilburg

Like millions, I had been a smoker for nearly 35 years and had struggled to quit. I had tried every method available, from gums to patches to cold turkey and had been unsuccessful with all of them. When vaping products became available, I decided to give them a chance, but did not expect success. I could not have been more wrong; I was able to stop smoking immediately and have been tobacco free for 13 months! Although my Doctor was initially skeptical about my use of vaping products to replace cigarettes, even he would admit that my overall health has improved greatly, not to mention the fact that I have eliminated a terrible carcinogen from my life.

10/28/2015 7:53:50 PM - Low Notes Henry

I have Parkinson's disease, Idiopathic Peripheral Neuropathy, SjÃ¶gren's Syndrome, among other conditions. I gave up smoking. I found that the Michael J. Fox for helping to stop Parkinson's found that nicotine binds parallel to the sites for dopamine uptake. There is proof done I believe in Sweden that proves this. I would never go back to smoking cigarettes,due to the chemicals that are in them. This vaping is the only thing that seems to help. I'm not ambulatory and it gives me a hobby as well as helping with my conditions. The hobby part, which may sound strange, is ordering different Flavors from different manufactures and hoping that you find one you really like. I also enjoy putting together different tanks, batteries, etc. look, it's not a lot, but it's all I have. Please help!

10/28/2015 7:53:40 PM - Thomas Patterson

I have smoked regular cigaretts for 60+ years and lost my most beautifulest wife of 38 years to cancer three years ago. I have tried everything available to quit smoking inculding the pill, all to no avail. Vapor has been the only thing that has gotten me smoke frÃ¨e. We need the vapor industry to keep helping people like me stay smoke free. You too can help by writing your congressmen and Women and in courage them to vote in favor of H.B. 2058.

10/28/2015 7:53:29 PM - William Thornley

I'm 60/yrs old. Smoked 2 to 3 pks of cigarettes a day for 42 years. I tried every smoking cessation method available. Even the cigarette style vaping products. The "cigalikes" products were OK, but far too expensive and couldn't stay with them. On 2/14/15 I got my first vaping setup and was shocked. You see, since I found this particular method, I'm proud/ thankful to say from that day forward I've not had not even one single drag from a cigarette. I am also a former addict in recovery. Learning self discipline has been part of that recovery. If me; a recovering addict can have these results, being able to stop an addiction to a substance arguably the most addictive know to man, it seems rediclous to not support the vaping industry. President Obama himself smoked. If only he would take a moment to closely look at what vaping is. This has the potential to literally save millions of lives. When you consider the possibility of saving that many lives shouldn't our commander and chief care enough about his people, or ANY people to work to aleveat this suffering. He would be saving more lives than ANY president we've ever had.Now that is a legacy that would never be matched. The saving of countless millions? How does anyone top that! I've never felt better and the hobby helps me stay sober. It's a win on so many levels. True, it is not 100% harmless but is the most effective risk reduction method there is. Please save vaping, save lives!

10/28/2015 7:53:20 PM - Mrs.Glad

I have been a smoker for about 8 years, pack a day, sometimes more sometimes less. Now, I'm smoke free, have been since January 27th 2015.

I was thinking about quitting but cigarettes were my addiction. My friend tried to quit, she used some medication that doc told her will help with craving, but it gave her nightmares, pretty bad ones. One of them she described: she woke up in a cold sweat trying to get the giant spider out of her ear. I personally have tried a patch, which made me feel like crap: I was having a headaches, weakness and shortness of breath. My husband's friend started to vape, he really wanted me to try it. I agreed, I DID NOT LIKE VAPING that time, It didn't hit me as cigarette would. So I gave up on it. Then we started to hang out with more ppl who vape...for fun or who actually quit smoking thanks to vaping. I've tried a different vape devise which had more power and more smoke, it kinda gave me a good feel, just like a cig. I was cutting my smoking by vaping 50% of the time.Still wasn't the same. I was doing 12 mg, and some popular fruity and crazy mix juices, still wasn't in to it 100%. Then I've decided to mix it up and added some menthol flavor to the cocktail and...I LOVED IT, I FOUND MY PERFECT COMBINATION. The menthol gave me that rush/tingling in a throat that I was craving for. Never smoked menthol, always Marlboro lights, but it worked for me, it gave me hope that i can quit. And i did. I know that i'm not "cured", vaping can be "addictive", but im down to 6 mg, on a good day 3 mg. First of all, I'm not poisoning anyone around me with second hand smoke, I don't smell/STINK like cigarettes, I FEEL BETTER and IT IS CHEAPER to vape than to smoke. I support vaping 100%. If u really want to quit cigarettes, please try...and keep trying. Do it for yourself and for others.

10/28/2015 7:53:07 PM - caitlin hanks

I used to smoke about two packs of cigarettes a day for about ten years but then I switched to vaping a couple years ago.

To quit smoking I tried the gum,the patch, cold turkey. None worked I need up restarting within a couple weeks.

No more cigarettes and over time have even decreased the nicotine levels in the ecig juice I use from 28 to 6 mg and vape less often.

I use mechanical mods and box mods for as my ecig.

I can breathe better my o2 stats have gotten better and I certainly smell better.

It's also cheaper than cigarettes by far.

I like the variety of flavors I can get. No just tobacco or menthol flavors.

The variety of flavors have helped me stick to vaping.

I have even gotten other smokers to convert to vaping and they have said they feel better and spend far less money on vaping then they ever did with smoking.

10/28/2015 7:52:57 PM - Laura Ross

I have been a long time smoker of 34 yrs. I stopped smoking cigarettes 2 months ago but only after many tries to quit smoking and only with the help of vaping. I can breath better, smell better and taste better. I am in poor health and believe this is definitely helping me with the smoking. Feeling better is a big goal in my life and vaping is helping me make a big change. Please don't tie up a smokers big chance and cheaper way to quit smoking. Thank you for your consideration.

10/28/2015 7:52:33 PM - Ernie Watson from Howell, MI

I start smoking when I was 15, I am now 36. I was never a heavy smoker but I did go thru a pack every two days. In May of 2015 I decided to attempt to quit, I had tried using e-cigs such as those Mark10 ecigs and a few others, which unfortunately didn't end well for me, I finally bought my first vape stick in July and I am proud to say that I have not purchased another pack of cigarettes since, nor have I smoked a single cigarette either. I am now using a mod purchased from my local vape shop and I am using 0mg nicotine vape juice. Since my 2nd week of not smoking and only vaping I have noticed that I can ride my mountain bike as well as walk thru the woods without getting winded. Please.... PLEASE do not take this away from us, I really wished this kind of stuff was available years ago, I would have quit using cigarettes back then instead of smoking for 20yrs.

10/28/2015 7:52:24 PM - Scott Franklin

I was i smoker from the age of 15 up to a few years ago when i discovered the alternative to vaping. My health has taken a turn for the good since then. I can breathe better my blood pressure is normal and that nasty lingering smell of cigarette smoke is gone. If more people vaped instead of smoking just think about how much cleaner it would be. No more nasty ash trays are cigarette butts littering the streets. Smoking is a killer. Vaping is saving your life. I had tried everything from the nicotine gum the patch and counseling and nothing worked because of the powerful additives they add to cigarettes. Vaping has saved my life.

10/28/2015 7:52:14 PM - Josh

I was a pack a day smoker for almost 23 years. Frequently I would run out and wonder where my next pack will be coming from. I smoked almost a pack a day and could become a monster without them. Last summer I miscalculated how many packs are needed during a camping trip. Without my cigarettes I was considering going home and calling it quits for the camping trip. A friend of mine happened to have a vape pen. His ejuice contains nicotine. He allowed me to vape on it for the final day and a half of the trip. It wasn't easy but it was far easier than any other time I had tried to quit. I tried to quit using nicotine gum, the patch, cold turkey, and none of them ever succeeded. I was always back to cigarettes. It has now been 3 months, and I still smoke one or two cigarettes a day. I attribute that to my wife continuing to smoke and refusing to use the vape products. It's hard to quit when you're still around cigarettes, but hitting my pen really really helps. 1 in 20 times I can say no thank you. I see a day coming when I will continue to vape, but with No nicotine. I do enjoy the pleasure I get when I vape. I encourage all smokers to at least try to vape with nicotine, and see if there's a chance they could stop smoking combustible cigarettes

10/28/2015 7:52:02 PM - Elizabeth Knowland

I have been cigarette free for two and a half years thanks to vaping products. I no longer need daily breathing treatments and am in much better health. My quality of life has dramatically improved. I had tried everything to quit cigarettes and nothing had worked. I had tried the gum, the patch, and Chantix without success. I am writing to plead with the powers that be to not destroy this wonderful alternative to smoking. Before vaping, I made regular trips to the doctor for breathing problems. Please help me to stay cigarette free. If huge tax increases go into effect, I will not be able to continue vaping. This is a sincere testimonial. I urge everyone against vaping to see the benefits of vaping and realize that cigarettes have killed so many people. Vaping is a safe alternative to smoking and has helped me so much. I am 62 and cigarette free. This is the first time I have been cigarette free in my entire life. Two and a half years. I think that is really noteworthy. Please do not impede my progress.

10/28/2015 7:51:50 PM - Steve Secord

A year ago I had colon cancer. My doctor told me I had to quit smoking and if I could not to go to the vape. She further stated if I never got off of the vape it would be the same thing as quitting. I smoked over 50 years two plus packs a day. I have not had a cigarette in over a year and love using my vape. I vape tobacco flavors so other than a flame from a match it is just like smoking. It has been a very easy conversion for me and I am healthier for it.

10/28/2015 7:44:52 PM - Lucas

I was a pack and a half smoker for over 9 years and had tried gum, patches, pills, and even chewing tobacco to stop smoking... in the end i always went back to the cigs... one night i tried a buddy's vape and i instantly knew that was what i needed.. the next day i went and grabbed a starter kit from a local shop and have not smoked a cigarette in almost two years... i've also dropped from a 1.8 nicotine to .3 nicotine over the two years and will eventually quit all together.... as someone who loves physical fitness(i train mixed martial arts), i KNOW that vaping is the thing keeping my lungs in check.. i wouldn't be able to do half of what i can now if i still smoked the Newports like I used to. i breath better, don't cough up junk all the time, my immune system seems to be better, and i'm not constantly running to the gas station to buy smokes... KEEP VAPING ALIVE! THE QUALITY OF LIFE VAPING INSTEAD OF SMOKING IS SO MUCH BETTER!

10/28/2015 7:44:41 PM - Theresa Gerace

My first experience with vaping was at the top of a huge hill where I found myself out of breath and panting a bit. By huge hill, I mean there was a slight incline in the path to the park. The fellow smoker I was with and who's children we were trying to keep up with, happened to be overweight and clearly not out of breath at all. When I asked him how he was handling the fast pace so well he said he had quit smoking and switched to vaping. I decided to give it a try. The day I got my tank, I smoked 3 cigarettes instead of the 20 I normally would have smoked that day. I can go up and down stairs now carrying laundry, groceries, or anything I feel like carrying without running out of breath. My hair doesn't smell, my clothes don't smell and I never get cotton mouth after a day at work. I had no idea that smoking had anything to do with that. More importantly, the few times I've caught colds, I've managed to get through them without an ear infection, sinus infection, or some other URI. I actually preferred the taste of my favorite strawberry flavored juice to a cigarette. After a few days, I was so excited about it, I told several family members about it and several of them have been able to quit smoking by replacing it with vaping.

10/28/2015 7:44:28 PM - Semper Army

Retired Army Officer who smoked tobacco cigarettes for 25 years and was a pack / day Marlboro Light smoker. Tried to quit multiple times (cold turkey, Nicorette gum, smokeless tobacco) with very little success. Finally quit smoking 7 years ago by using E-cigarettes. I really enjoy the ability to vape without all of the harmful effects of tobacco cigarettes (horrible smell on me, my clothes, my car and the second hand smoke around my family). I started with Premium and Blue disposable e-cigs and then moved to Volcano inferno E-cig. I am now a sub ohm vapor and really enjoy the options in both type of equipment and flavors. Haven't had a tobacco cigarette in 7 years and I have not missed or yearned for one since!!

10/28/2015 7:44:18 PM - Paul Roland

I was a tobacco smoker for over 55 years and tried many ways to quit all unsuccessful The gum,lozenge,prescription pills,and just on my own but nothing worked. So in 2009 I came across the e cigarette in October of that year and for 6 years I have not touched a cigarette. To me this is the best way to quit. My doctors are proud of me and my health has improved leaps and bounds since. I use a mod with 3% nicotine with a single coil tank.

10/28/2015 7:44:08 PM - Shelby Gordon

Whenever I was in high school, I started smoking because of how stressful my job was. Fast forward to my freshman year of college. As a nursing major, life is incredibly difficult. I started smoking cigars, and eventually started smoking weed. I wasted two years of my life smoking weed and cigarettes and destroying my lungs. Now, in my junior year of nursing school, I've been clean for 6 months. All because of vaping. Vaping satisfied my cravings and helped me get off weed by giving me something to inhale and savor, without any negative health affects. As a nursing student and a future nurse next year, I can tell you with 100% certainty I've researched gaping to death. And so far? There are no negative side effects. Absolutely none. I'm also enlisting with the United States Armed Forces soon, which I would never have been able to do if I hadn't gotten off drugs. Vaping was the only thing that saved me. Not counseling, not nicotine gum or patches, just vaping.

10/28/2015 7:43:34 PM - Grant K

I smoked from the ages of 16 to 43, and tried many times to stop (using gum, patches, Chantix). I started using electronic cigarettes in 2009. The early models were novelties and did not help me stop, but within a year new models became available with longer-lasting batteries and refillable tanks making them much more effective. I have not had a cigarette or other tobacco product in over 5 years.

I have gone through a succession of vaping devices, improving battery life and overall experience over time. I mix my own juice, so that I can vary strength and flavor, and have gradually reduced the amount of nicotine present (though I still keep some in there).

Vaping has improved my breathing, gotten rid of the persistent cough, and kept my car and clothing smoke-free (which is a benefit to my family as well).

10/28/2015 7:29:12 PM - Becki Dunkes (panteramack) from Scranton, PA

I smoked for 11 years. After a while, I started to notice I was getting out of breath more than normal. Then I started with the coughing fits. Every morning, I woke up to sludge in my throat and had to hack it out. I started to hate cigarettes but I couldn't seem to stop smoking them. I tried Nicorette gum. That lasted two days. I tried cold turkey. After only 12 hours without a cig, my (ex)husband said something I didn't like and I threw a ceramic potpourri burner at his head. I was a wreck. I went to counseling, hoping that would help me to stop smoking. Nope.

Then about three years ago, a friend introduced me to vaping. I was skeptical at first, but I figured I'd give it a shot. I'm proud to say that today, I have been smoke free for 38 months! Since the first day I tried vaping, I've not had even a puff of a real cig.

I use the Eleaf iStick mod, with 16mg nic strength. I use a variety of tanks.

I feel great, I'm breathing normally again, I don't get winded anymore, my senses of taste and smell have improved drastically, and I don't stink anymore!!

Vaping saved my lungs, and quite possibly, my life.

10/28/2015 7:27:59 PM - Danny L. Cox

My wife had been smoking for 40+ eras and I finally got her off the things back around Nov. 2014. She is feeling much better now and we don;t have to worry about the house burning down now since there are no ashes when Vaping. If it hadn't been for vaping or e-cigarettes she wouldn't have gotten better with her COPD !! I hope everyone in the Whitehouse understands that vaping saves lifes and cigarettes will not !! Sincerely, Danny L. Cox

10/28/2015 7:27:48 PM - SamuelE

I use to smoke pack upon pack a day of cigarettes I was dying. For 3 years I smoked. The government will put up with tobacco companies, propaganda, when knowing the ailments. I quit smoking cigarettes it was expensive and deteriating to my health. My lungs and spit tasted of ash and in the morning I began to build flem. I couldn't run, I couldn't even walk up a hill.

I switched to vapor about 4 years ago.

I've never felt better, I run I'm thinking of joining the United States Navy and I'm in perfect shape. All due to the fact that I quit cigarettes and switched to vapor/ I use sub ohm tanks, I use to build my own but got tired of it. I use a box mod with temp control. My ejuice is not a cheap product I only buy what I think is safe and great flavor.

If there's a problem it's because we haven't even had the FDA take a serious look into the ejuice being distributed. I believe some companies can be harmful but not all.

The ones you see in circle k's yes. The company I order from MBV have only been to the best quality to my and my peers.

I would never slander or discourage the use of ecigarette and you're all liberal prissy fools who do. Be free to have your opinion. I'll just blow my cigarette smoke in your faces and see if you like that rather than a custard.

Investigate. If it's harmful, then find a non harmful way of water vapor.

Take notice to how many people are writing these stories and saying otherwise.

This is my right and freedom. Even if it is banned I will still continue on my own, and ecig companies like camels, or Newports will never cease.

All I gotta say is, I use to smoke for 3 years about a pack a day, Especially drinking took it up to about pack and a half a day for 3 years. Till I got my first build I have not touched cigarettes for about 2 years now. Can't stand the lingering taste nor the chemicals inside it.

Thank you for your time.

10/28/2015 7:27:34 PM - Gay R

I began smoking at 18. I smoked a pack a day for 40 years. I tried every way to quit but none worked until vaping. I have been cigarette free for 2 years with the help of vaping. I no longer cough at night. I sleep better, breath better, smell better and taste better. All in all I feel better. My doctor is very happy with my progress. My oral health has improved greatly.

10/28/2015 7:19:54 PM - Joey

I have 🚬 for 32 years and 5 months ago I was explained about vapeing it has saved my life I have not smoked since then I was at the 911 world trade center bombing in ny city I thought that was a bad day for me even after that devastating day in my life I still continued to smoke cigarettes at 1 1/2 packs a day but because of vapeing I feel healthier my family is greatfull and I now can be around my kids without harming them with second hand smoke !!!

10/28/2015 7:19:44 PM - Kyle VanDewart

I was a smoker for around the past ten years, and my wife has been a smoker since she was in middle school. Her whole family smokes, and we have seen first-hand the horrible effects of smoking. We have two kids of our own now, and have tried unsuccessfully in the past to quit using various methods. We recently started vaping, quit smoking immediately, and am proud to say that we have been completely tobacco free for almost a month now! I am happy with the decision to live healthier lives to ensure we will be around to watch our children grow up, and meet our grandchildren some day.

10/28/2015 7:19:28 PM - Samantha Whitley

I was a 1-2 pack/day smoker for 24 years. I tried everything I could to quit but nothing worked. Then, over 2 1/2 years ago, I tried vaping. And it worked! On may 3rd, 2013, I had my last cigarette and have not once had a craving for another. Vaping saved my life! I use a box mod and I feel so much better now that I no longer smoke. The irregularities in my heart rate/beat have improved, I no longer wheeze nor have a smoker's cough, I'm not constantly out of breath, my sleep apnea has improved, my sense of taste and smell...everything! My only regret is not trying it sooner because I could have saved years of damaging my health. I just wish that those whom I've lost to lung cancer and emphysema had access to the one thing that would have saved their life, vaping. I am truly thankful on a daily basis that I have access to something that is nothing short of a miracle. I really hope that other smokers out there make the decision to save their life by using vapor to help them quit smoking. It is a decision they will not regret. I know I don't!

10/28/2015 7:17:40 PM - Thomas O of Lancaster County PA, father of 4

I was in my early 40's and had smoked since I was 16. My health was getting bad and a brisk walk up stairs would make me breathe heavily. I get bronchitis twice a year, had a 365 day a year cough, and many other negative health effects caused by my pack a day habit. I tried to quit dozens of times using the gum, patch, cold turkey, etc, but always went back. I saw an ad for a personal vaporizer and decided to give it a shot. That was 5 years ago....and I've been cigarette free since. My health improved so much in the first few months I began to get more active and eventually trained and competed in several 5K and 10K obstacle races. I completed the Warrior Dash in the top 20% in the event of around 5000 runners. I conquered the Savage Race in a very respectful time as well. I would NEVER have been able to do that when I smoked. My doctor says my lungs sound great, and my blood pressure has fallen to 115/65. As a smoker I was usually 140/80.

I use a Sub-Ohm tank on a regulated Box Mod. I enjoy fruit flavors, nutty flavors, and cereal flavors mostly. I began on a pen style with 24MG eliquid. I currently use 3MG eliquid.

Vaping saved my life. And that is NOT an exaggeration.

Tom O.

10/28/2015 7:16:03 PM - Justin C

I smoked heavily for 25 years. At the end of my time as a smoker I woke up daily with chronic chest pain and had difficulty breathing. I have been vaping now for two years. For the 1st week I was nervous to quit fully, smoking several cigarettes a day. After that week I decided not to buy another pack one day and was amazed that I experienced no anxiety or cravings. I had no insomnia; a problem that plagued me when trying to quit previously.

In the time since I have not touched a single cigarette and have not once had the urge to do so. Since quitting smoking and switching to vaping I feel like myself again. I can breathe normally, my health has improved greatly and I have experienced no chest pain or issues at all. Doctors visits confirm my health has improved and I can taste and smell like I did as a teenager.

I use a mechanical mod with a rebuildable atomizer and have cut my nicotine strength down by a factor of three, from 36 mg when I started to 12mg, and hope to make it down to 6mg by the end of the year.

After trying for years to quit with no success I feel that electronic cigarettes are the single most effective product to quit smoking. Previously I had tried Nicorette, Zyban, hypnosis and cold turkey. No other product or method I've tried has allowed me to quit without experiencing cravings or the desire to smoke again.

The tobacco industry robbed me of two and a half decades of healthy living and I am overjoyed that the burgeoning vaping industry has provided me with a new lease on my health.

10/28/2015 7:15:51 PM - bcherie80

I was smoking 2 packs a day, when vaping was introduced in was able to drop the cigarettes, I also went from 18mg of nicotine to only 3mg. I also feel good about knowing what all the ingredients are and that I'm putting in my body. I'm also glad that I'm not sharing second hand smoke to any one around me.

The other day I was exposed to second hand smoke, it made my eyes burn and to tear up, I also started coughing and the smell was awful. It pleases me that I don't put out any danger to others with vaping.

I'm able to control the amount of nicotine I take in, my vaping doesn't hurt anyone, it's a win, win situation for everyone. So let us consumers continue to make these choices.

10/28/2015 7:15:42 PM - Vaperbee

2 months ago today I quit smoking and switched to using electronic e-cigarettes. I've seen a huge improvement in my breathing and my over all health. Prior to quiting my breathing was very rough and I was put on an inhaler. I would get winded going up and down stairs or even walking short distances because I was up to two packs of cigarettes a day. My cousin had mention he had switched and maybe it would help. He was right switching was the best thing for me now I can breath. I can run and play with my daughter and not have to worrie if I had my inhaler to help me breath. Looking back smoking was killing me slowly and now I feel as if I have been given a new chance in life. To enjoy the simple things. Vaping has changed my life and I really think for those of you who smoke should try the best alternative that worked for me and I know would work for you. I had been smoking for 15 years and the switch was easy. I never thought I would have the willpower to do it. If it wasn't for these wonderful inventions I may have been dead years before my time. I currently am using a kangertech tank that hold 4.5 mls of 6 mg nicotine ejuice in my favorite flavor, strawbana. I'm running a 100watt box mod made by sigelei. I love vaping, not only for health reasons but knowing it saved my life. I hope this helps anyone who has or is going threw what I did.

10/28/2015 7:15:32 PM - Anna Diliberto

I started smoking cigarettes at a young age and had been smoking over 30 years. I have tried countless times to quit using hypnotherapy, patches, gum, Chantix (which by the way was a horrible nightmare and did nothing to help me quit). When I first heard of e-cigarettes, I was very excited and actually felt there was hope for me that I wouldn't have to die of lung or throat cancer, having the horrible smell of burning tobacco all over me and feeling like a leper smoking outside at work. I bought a kit, started vaping and immediately felt a huge change. In the first week I stopped wheezing at night, stopped coughing in the morning and was able to take long fast walks on the beach without feeling out of breath. It has been a MIRACLE for me and I feel I have so much more energy and better mood. I have introduced e-cigarettes to many other cigarette smokers and they also have been able to stop smoking. Please do not take away our right to vape, or make it difficult to vape, it would be like a death sentence for us all.....

10/28/2015 7:03:20 PM - John L.

I have tried many different ways to quit tobacco. Patches, gum, hypnosis, etc. The only thing that worked is ecigs. I noticed a change for the better in my breathing within the first month. I have now been using ecigs for almost 3 years and have nto gone back to tobacco. This is the best thing that has ever been invented for helping people get off tobacco cigs.I can't understand why anyone would want to ban ecigs and leave people stuck on tobacco cigs.

10/28/2015 7:03:10 PM - Judy Jenkins

I started smoking cigarettes at age 16. Over the years I had worked my way up to 2 packs per day, sometimes 3. I couldn't breathe. I had ear infections and throat infections. I stunk. My clothes stunk. I tried cold turkey. Made it 4 days. I tried patches but would itch and pull them off in my sleep. I tried stop smoking gum but it made me nauseous. I tried Chantax and it did not faze me. In 2012 my smoke store started telling me about vaping. January 2012 I bought a kit and some vape instead of a carton of cigarettes. My daughter, a non smoker was with me and we were going shopping. Usually stressful for me. I vaped all day and did not want a cigarette!!! Since January 2012 I can breathe, no ear infections, no sore throats. I smell good. I CANNOT STAND THE SMELL OF CIGARETTES NOW!!! The smell of them gives me a headache and makes me nauseous. I've had a lot of people who are smokers ask me about vaping. I share my story and a lot of them I've given up smoking and started vape. They say the same thing, they feel better. I knew the FDA would eventually try to get in on this because the big cigarette companies are losing millions of dollars. My thoughts are if we feel better vaping then leave us alone. Go after the drug manufacturers that are breaking sick people's bank with the extreme price of medications!!!!

10/28/2015 7:02:58 PM - Eddie

My Personal Reflection: To further more relate to this product...and yes I am a small business owner, and was a 40 year smoker up until August 20, 2014. After having a stroke 3 years prior and last August during a lab-work follow-up with my doctor...he was persistence in my quit-smoking effort. Just like the patch, gum, pill, etc...that did and still contain nicotine for quitting smoking and with these products approved by the FDA, nothing was working for me. That is when my own doctor order me to start-up the vaping process. With my doctors orders, not only it changed up my entire health and life...it solely inspire me to retired from my 42 year career in the construction field and moved forward towards the withdraw of my entire retirement funds, to design and open up my first store.This product is my life that saved my life. I have a sign slogan attached to a wall here in my store that states "LIVE ANOTHER DAY ANOTHER WAY". and I have been doing this since August 20, 2014. Words are only written for people to read. Actions are taken when true results is looking you straight in the face. I am an 62 year old man and would like to watch all of my grand kids grow up to enjoy life outside of smoking a cigarette.

10/28/2015 7:02:27 PM - Tammy Moran

At 55 years old and smoking since I was 18, I had tried everything to shed to use of tobacco products from my life including medications. Then along came e-cigs. I have been tobacco free for nearly 3 years now and quit immediately with the use of this wonderful cessation aid. There is no way I could have quit without them. I have since convinced my 73 year old mother who has smoked since she was 18, and now has emphysema and COPD, and possible lung cancer, to smoke e-cigs as well. She and I have weaned ourselves to nearly no nicotene in our smoking. Her lungs have rebounded and she is much better because of the e-cigs. I also feel incredibly better. I have found no residue inside of my e-cig units when cleaning them, which tells me that truly I am not inhaling a residue. My family (including my grandbabies) and close friends have not been affected by the vapor that I expel in any manner. It would be of incredibly irresponsible and a great disservice to the entire world to start hindering the possibility of a smoke free world, a healthier world. However, It has long been known that the politicians don't pay too much attention to what is best for this world. Perhaps this campaign will kindle a surprise action from them.

10/28/2015 7:02:14 PM - DawnyD

I work in a Vape Shop and have seen first hand how vaping saves lives. We have had countless success stories from long term smokers making the switch. Please let\\\'s not pass up this opportunity to help people quit smoking.

10/28/2015 7:01:58 PM - mostlyclassics

I smoked tobacco cigarettes for 42 years, three packs per day, and had tried numerous times to quit using several different ways. Nothing worked. Then I discovered e-cigarettes. I ceased smoking tobacco cigarettes almost immediately. And I have stayed off tobacco cigarettes for almost five years (it's 2015 now).

The health benefits for me have been tremendous. No longer am I on the path to COPD; my lung function has returned to that of a 30-year-old non-smoker. My blood pressure has dropped 10 points, both systolic and diastolic. My gums have recovered from years of tobacco-cigarette usage: my dentist is amazed. I used to have a bout with bronchitis every other year; since I started vaping, I no longer even get colds (the propylene glycol in the e-liquid is a powerful virucide).

10/28/2015 7:01:46 PM - Tami, IN

From the age of 12 I was an on again off again smoker. At the age of 18 I became a full time smoker. I started out smoking full flavored, to lights, to ultra lights. Over time my half a pack a day increased to 3+ packs a day as my health decreased. I had tried to quit through hypnosis, Chantix, patches, gum and cold turkey . Nothing could help me or make me put cigarettes down, not even pregnancy or the birth of my children.

Fast forward to December 31st 2014 11:45pm

With my box mod charged, 18mg nicotine juice in my tank and scared to death of another failed attempt, I smoked my last nasty, smelly unhealthy cigarette!!!! I have not smoked nor even wanted to smoke a cigarette since then.

I currently still use a vape. I am down to 3mg nicotine. Will I ever quit vaping? I dont know, maybe. What I do know, I feel good I smell good and could not imagine where I would be without vaping.

10/28/2015 7:01:22 PM - Lola

Vaping probably saved my life. I had smoked for over 50 years and could not quit. I was always short of breath and coughed constantly besides spending 300 dollars a month to support my habit. I was able to quit cold turkey with e-cigarettes. My health has improved, my stable, which is my business, is safe from burning down, and I have $300 to put back into the economy instead of to the Tabacco industry. I havenâ€™t bought a pack of cigarettes in 4 years.

10/28/2015 6:58:54 PM - 15to50

STARTED AT AGE 15, STOPPED A 1.5-2 PACK/DAY HABIT THE DAY MY JOYE EGO ARRIVED. AFTER SMOKING FOR 35 YEARS, LAST SMOKE WAS SEPT. 2, 2010. AFTER SEEING ME QUIT, MY DAUGHTER-IN-LAW ASKED ME TO HELP HER ORDER HERS. I STILL HAVE 2 WEEKS ON HER, BUT ARE BOTH SMOKE-FREE.

MY PHYSICIAN ASKED FOR INFO SHE COULD PASS ONTO HER SON.

BEST OF LUCK,

15to50

10/28/2015 6:55:54 PM - Tyler Bias

I was a pack a day smoker for about ten years. I repeatedly tried to quit and failed. I got an electronic cigarette and have not had a cigarette since. I literally was able to stop smoking immediately thanks to this product.

I bought a kangertech nano and have settled on a nicotine level of 3 for my juices. And I have begun alternating and using no nicotine juice at points throughout the day. My sense of smell came back within a week and I can breathe so much more easily. It has been phenomenal.

10/28/2015 6:55:44 PM - Ian Devine

As a smoker of 17 years I smoked just under 2 packs a day. I tried the patch, the gum, the lozenge, I even went to the hypnotist. None of those worked for me. I tried an electronic cigarette in 2009 and with the will to get off cigarettes and the selection of flavors I was able to finally put down the cigarettes. I started off with 18mg nicotine liquid in a verity of fruit flavors. Over time the electronic cigarette evolved in to something more. The innovation behind the product made it so I could personalize my vaping experience. I could now change settings to what I needed to stay off the cigarettes. As of 10/27/15 I have not had a cigarette since April of 2009 and I currently vape 3mg liquid! I'm just one success story when it comes to vaping. There are millions of others just like me, people who have been smoking longer and more than I did that are now free of cigarettes thanks to innovation and flavors.

Vaping has also given more than better health (My Dr. tells me I'm much healthier now that I vape). I work in the vape industry. I own 3 e liquid companies and manage a vape shop. We won't even let you in the shop if you are under the age of 18 (soon to be 21 I think). And I do not market the liquid I make to anyone under the legal smoking age. I have incorporated Proposition 65, warnings and ingredients on my labels. I use tamper proof child safety caps (USA made and the only FDA approved child safety caps in the USA) and all liquid is produced in an ISO5 lab.

I go above and beyond to offer the highest quality product on the market and to keep ahead of safety regulations that haven't even been put into effect yet. There are thousands of business owners that are just as responsible as I am when it comes to safety and the deeming regulations will decimate out businesses that we have all put everything we have into.

And let me say this to all of you that are reading this.

The Big tobacco companies have been given a chance to right their wrongs. Their products kill millions of people every year. Why would we give them another chance? They clearly have no regard for human life. Just ponder that for a while.

10/28/2015 6:52:51 PM - Eric

I use to smoke 3 packs a day for 20+ years. I started vaping because my son asked me to quit smoking several times over the last 6 years. I tried everything out there to help me quit and nothing worked but I still tried them. The medications made me sick and sent me I to a depression. The patches burned my skin to the point that it was a constant burning pain even after I took the patch off and left a huge red swollen area around the area where the patch was placed. I tried cold turkey and that was a miserable failure. I was feeling like a failure that I could not quit smoking, felt like I was letting go my son down and I hated it. I seen someone using a vaporizer one day and I decided I was going to ask her what it was. I decided maybe this was the answer I was looking good for after talking to her for a little while so I went out and bought my first vape set up. I was so astounded when I realized that while I had been using my vaporizer for only a few days that I had not smoked a single cigarette. I had not even thought about smoking a cigarette. I have been vaping now for almost 2 years. I can breath, my sinus infections have gone away almost completely. I can taste the food is eat. I don't smell like an ash tray. I cannot believe how much better I feel since I quit smoking and started vaping.

10/28/2015 6:52:40 PM - Ken Potter

After having smoked for about 60 years and trying almost every known quit smoking device with no success, Even prescription from my doctor. I am now 79 yrs old and I was introduced to e-cigarettes about 3 and a half yrs ago and after a couple months I have now been smoke FREE for 3 yrs and 5 months. My doctor was very happy to find out I had got away from smoking, I started with about 18 mg nicotine and have gradually cut down to about 6 mg. Most of the things like the gum or the patch worked for about a week and then I still missed the habit of puffing on something and went back to smoking. I now still have the habit, but a much safer alternative with the e-cigs.

10/28/2015 6:52:32 PM - Marisa

I smoked for over 20 years. I tried so many different ways to quit, only to find one road block after another. Nicotine patches? Nope, I'm allergic to adhesives. Gums/lozenges? Nope, severe reflux prevents me from using those. Medications? Nope, too many interactions with my other medications.

I tried several cold turkey quitting methods, to no avail. I finally decided to give electronic cigarettes a try. Within 2 weeks of using one, I was completely cigarette free without really trying. Within 6 weeks, my lung function had improved and I began losing weight. My senses of smell and taste had improved, and I had a lot more energy.

Now, 6 months later, I'm in the best health I've been in for most of my adult life. I no longer use an inhaler and my sleep apnea is almost gone. I've lost 40 lbs, and my A1C is down a full point. Vamping has changed my life in so many ways; it truly has saved me.

10/28/2015 6:52:23 PM - Diane Hamerling from Las Vegas

I smoked cigarettes for over 35 years, was up to almost 2 packs a day. I tried over 30 times to quit, tried nicotine gum, Chantix, NOTHING worked. Then two years ago I tried the vape and have never gone back to cigarettes. I do not even have the desire to try a cigarette, they smell disgusting to me now. I use 6mg nicotine vape juice and am trying to wean down to zero nicotine juice. I no longer cough my lungs up every morning. I TRULY BELIEVE VAPING HAS SAVED MY LIFE. Please do not take this away from me. Thank you.

10/28/2015 6:52:11 PM - Shirley

I smoked cigarettes for 40 yrs. and tried everything on the market to quit! I used the patch 3 times, chantix twice, nicorette gum, disposable ecigs you name it and couldn't stop the cigarettes. I found vapes 3 yrs ago in Jan. and have not smoked a cigarette since. (much to the dismay of tobacco companies!) My lungs are clear now and am down to 2mg of nicotine. My house and car have no smell and people don't even notice smell from my vape. Best thing that ever happened to me and many of my friends!! People should be promoting vaping and not trying to ban it!

10/28/2015 6:52:00 PM - Vickytoriia

Hi, I've been cigarette free since I started vaping in October of 2013!

I smoked from the age of 14years old to 20 years old. My parents where smokers so I used to steal their cigarettes because I thought it was so cool to smoke. What I thought was cool lead to an addiction which I've put a rest to with vaping.

Vaping has given me the opportunity to live a healthy lifestyle! It's helped with my asthma, I haven't had to use an inhaler as often as I did when I smoked, I don't smell like an ash tray, I can workout without dying running out of breath my spO2 levels have increased from 75% to 100%. Vaping is so amazing we even have a vape community that is wonderful. Most people in the vape community that I have met I consider them family. I use mechanical mods, unregulated box mods, rdas, sub tanks and nicotine free eliquid. I'm a vape model and #improof â¤

10/28/2015 6:51:49 PM - smitty9306

Hello

My story is I have been smoking since I was 12 years old. I am now 48 years old. I smoked between 2 and 3 packs a day. I like everyone else tried everything to quit. Patches,Lozenges, Welbutrin, Chantex you name it. Nothing worked I smoked while taking most of them. Welbutrin and Chantex had terrible side effects for mo so I did not stick with them very long. I started vaping 3 years ago,however I never got completely of the cigarettes. 3 months ago I got into sub ohm and dripping . I have not had a cigarette since. I started at 36 mg in an ego, now dripping between 3mg and 0mg.

10/28/2015 6:51:39 PM - James Fralish

February 16, 2014 is my vape date. That day I went from 2 packs of analogs and a can of Copenhagen to vaping. I dropped a 20yr habit. Since then I can breath, I haven't had a cold or flu, and my clothes don't smell like a used ashtray. I feel better than I have in years. I truly believe that vaping has saved my life.

10/28/2015 6:50:15 PM - Stuart Campbell Armor

I smoked cigarettes since I was 13. I tried everything with no luck. I mean everything, I tried hypnosis, patches, acupuncture, gum, toothpick, well, like I said everything. I was really hoping the chantix would work, but the depression, on top of my chronic depression, after a week. I couldn't take it. I was 51, and luckily my x-ray of my lungs came out very clear minimal scaring, the doctors said I hardly looked like a smoker! I tried the cheap lookalike cigarettes, made by R.J Renolds. Nothing even close to a substitute cigarette. And that's the direction I was going.I bought a beginner ego brand twist ecigarette.it was great but I didn't want the 24mg, so I went down to 12mg, that felt no different! So I was set, I thought, until I walked into a real vapor shop, and they said, you are taking in more nicotine than you need to, and set me up with a cloupor mini boxmod, with a kangertech subtank, and I tried my ejuice and they warned me to go to a 6mg ejuice, and then go down from there, back to my ejuice, I took a small puff, and coughed it b out! They all laughed, but patted me on the back, and set me up with my flavor, at 6 mg, and I was amazed. It's a brotherhood when you vape. Everytime I visited the vape shop, we all, including customers made eye contact, and it was like, yeah! We did it! If a new vape customer came in all the hangarounds, customers, would help the new guy about to quit smoking, for something that worked! I can speak for anyone that I know that chose vaping, wouldn't go back to tobacco. It's changed my life.I use no nicotine, and it's even smoother. Stu Armor

10/28/2015 6:50:02 PM - Jesse Smith

Vaping has helped me stop smoking and to get off of the deadly chemicals big tobacco is using in there products, as a truck driver I was smoking 3 packs a day just 2 1/2 years ago, when I started it I was at 24mg now I'm down to 3mg of nicotine I'm almost managed to completely get off nicotine altogether, with out vapor I would have been dead less than 15 years from now or at least that's what my doctor said I most certainly wouldn't be able to drive a truck and support my family, this has helped me more than I can explain and I know there are thousands if not millions just like me, so I ask you to please note make this illegal just to please big tobacco and all of the money they are probably paying you under the table, thanks and God Bless You.

P.S. I started with a simple vapor pen now I have invested 250 dollars on a mod with a top of the line tank that's a dripper type rda.

10/28/2015 6:49:54 PM - William

I started using vape products oct 2014. Ive been on and off for the first six months. Mainly because being around other smokers was difficult because I would still crave an actual cigarette. I have managed to cut down to only two a day. One in the morning and one in the evening. Vaping the rest of the day. Vaping has saved my life. I was starting to have sharp chest pains while smoking a pack a day. I breath so much better now. And the chest pains are gone.

10/28/2015 6:49:38 PM - Elizabeth

I had been a smoker for 22 years. I've made many unsuccessful attempts to quit smoking. I was finally able to put cigarettes down on May 15, 2015. This was 13 days before I went into surgery. I have used several systems in the past with no positive results. I put my mind to it and continued using my VTR but my cravings were still there. On June 2, 2015 I went into a local vape shop and got an Aspire ESP 30w and an Aspire Atlantis v2 tank. That along with the liquid or juice I got has kept me tobacco free since May 15th. Big tobacco industries who produce the Vuse and the Blu were unsuccessful. They are also very high in nicotine. No thank you. Today I have several systems and I use them all daily. Aspire, Innokin, JoyTech, Kanger, these companies helped pave the way towards my healthier lifestyle. Phillip Morris, Winston Salem, whoever manufacturs Camel, these companies didn't help me at all, and yes, they too have "vaping" products. I say "no" to big name tobacco.

10/28/2015 6:49:23 PM - Maggie Williams

I was a smoker for 40 years and had tried every conceivable method to stop. It wasn't until I began to use an e-cigarette that I was able to put conventional cigarettes 'in my rear view mirror'! Since I switched three years ago, my complete blood count (CBC) has improved significantly (I had polycythemia). Also, my bone health has improved dramatically (I was borderline osteporoctic). And the plaque in my arteries and lungs has begun to dissipate. I am down to zero nicotine in my e-juice now, and find I use my vape pen less and less frequently.

And oh - by the way - I save so much money that I can finally afford to buy a home of my own!!!

FREE AT LAST, FREE AT LAST, THANK GOD ALMIGHTY I AM FREE AT LAST!!!

10/28/2015 6:49:09 PM - @Jessica62578

I smoked 1 to 1.5 packs a day for 15 years before discovering e-cigarettes. I have tried numerous times in the past to quit using every NRT method (patches, gum, lozenges, etc) and even tried Chantix. None of the above worked. I always returned to smoking. I bought a starter pack that was recommended to me, but I only used it a couple times. It didn't provide the immediate relief I was used to with cigarettes, so I kept smoking. I was beginning to show early signs of COPD. After a major surgery, I was without cigarettes while in the hospital, and smoked one when returning home. I felt sick and dizzy, so I decided to use nothing but the e-cigarettes that I had. It was an adjustment that I had to go through, since e-cigarettes don't deliver the nicotine the same as tobacco cigarettes, but eventually I made it. I have since bought and used other products, some more advanced, but still use what I started out with on occasion. Mods are not suitable for all occasions, after all. After 3 years being tobacco-free, my lungs are clear, I no longer have that chronic cough, and I feel younger than I have felt for years.

10/28/2015 6:48:50 PM - CBP

I started vaping almost 4 years ago after heavily smoking since my early 20's. I had began to cough a dry cough. I didn't notice the cough but others had stated that I was really doing this a lot. We all know that to give up cigarettes is a feat in itself but I set my mind to it, changed every daily habit and I had success for about a week. I started getting the cravings again but refused to pick up a cigarette then luckily I ran into a lady that had quit cigarettes with vaping. I immediately got my first vapor cigarette and have successfully not smoked a real cigarette in 4 years. The thought of a real tobacco cigarette grosses me out! I do not stink, my wallet is fatter now and no more coughing.

I love vaping and my non smoking friends are so very thankful that they no longer smell like stank anymore!

10/28/2015 6:48:39 PM - Alexandrea mullins

Hello I'm Alex, I started smoking cigarettes when I was ten years old I continued to smoke for nine years. When I came upon my first electronic cigarette store (Vaporcast) I was around 19. When I went in I had no intentions of quitting traditional cigarettes I just did not want to go out in the snow to smoke anymore. I enjoyed the smokeless alternative so much more that I finished the rest of my pack and have not smoked since then. When I started vaping I was using a vision spinner with an kanger evod tank at 24 mg of nicotine. Now that I have progressed I now use a variety of box mods like hexohm's, ipv's, and unregulated series box's with rda's and have dropped my nicotine strength down to 3mg December 27th this year that makes me 2 years cigarette free. I now work in the industry and have for over a year now. I love teaching people about the benefits of electronic cigarettes and how quitting is possible. I enjoy my job and really hope that these insane regulations do not go into play so I can keep my job.

10/28/2015 6:48:27 PM - Christian

Smoked since the age of 15! till 22! i recently got introduced too e-cigs and have now completely given up tobacco products! i can honestly say fitness wise i find myself breathing easier when on runs and the constant wheezing after a late night of smoking has gone! I feel tonnes better now and hope too be able too have vaping around for much longer!

10/28/2015 6:45:39 PM - chadwick

I love vaping and have been vaping for several months. It gave me the ability to fully quit smoking God awful cigarettes and the occasional cigar too. I was a smoker for over half of my life, and was able to fully put cigarettes down because of vaping. If the vaping community were to be shut down there would be a lot of people that would be truly devastated by this, including myself.

I started smoking when I was 14 years old, and deeply regret ever picking up that atrocious habit. I lost my ability to run cross country, smelled of horrible cigarettes all the time, have dealt with breathing issues because of cigarettes, especially menthol cigarettes, which I smoked for a long time.

Since I started vaping, I found that I can enjoy eating again. As in I can actually taste all the wonderful flavors of food again, without having a nasty cigarette aftertaste in my mouth 24/7.

10/28/2015 6:45:27 PM - Ryan Re

I am a 21 year old college student who quit smoking cigarettes with the help of vaping. I smoked about 2 packs of cigarettes a day for 4 years before I quit. I tried Wellbutrin and various Nicotine replacement therapies without any success. After seeing someone with a e-cigarette, I decided to try one. At a gas station, I picked up a cigalike e-cigarette for around $10. While it worked, it died very quick and I figured a pack of cigarettes still lasted me longer, so I kept smoking. About a week after, I got a rechargeable cigalike which I could buy disposable cartridges for. Again, it worked, but the cartridges were still expensive and the rechargable battery broke after 5 days. I later found out this brand was owned by a big tobacco company. About a month later, I went into a new vape store that opened near a tobacco shop in town. I bought an eGo unit with a clearomizer, and finally I could vape on reliable equipment without paying huge amounts for cartridges. The availability of flavors definitely helped me quit smoking. I smoked about 2 or 3 cigarettes in the pack i had before giving it to a random smoker and going full speed ahead into vaping. 2 years later, I have switched from 18mg nicotine e-liquid to 1.5mg. I smoked one cigarette a year ago to see what it would be like, and it tasted disgusting, gave me a headache and strong nausea. I've saved thousands by vaping. While I've spent a few hundred dollars on mods and RDA's, etc. what I paid in a day for cigarettes lasts me almost 2 weeks in e-juice. Furthermore, I lead a very unhealthy lifestyle while smoking. I thought it impossible to quit so I didn't worry about a healthy lifestyle in other aspects of life. I spent a lot of my free time sitting around, I couldn't run without breathing problems so I never exercised , I was overweight and I had a very poor diet. After vaping a few months and getting my lung functions back, I got a gym membership and started doing cardio and eating better. I've lost and kept off 25 lbs and my body feels great. I sleep better, have more energy, and climbing stairs or playing basketball doesn't leave me wheezing like an asthmatic 80 year old man. Overall vaping has improved my life and health a huge amount. My tips to anyone trying is to get a good setup and skip the big tobacco cigalikes. If I could do it over I'd start with a Kanger Subox and get into rebuilding as fast as possible.

10/28/2015 6:45:13 PM - Jody

I smoked for 10 years and I knew I shouldn\'t have I seen what it does to people but I just couldn\'t stop. Well about 3 years ago I tired to quit cold turkey it worked for about 2 months until I lost my mom. Then I started again plus I had other things stressing me. Well watching the people around me I knew I had to quit. I started with those nasty blue ciglike eww. That didn\'t go well. One year or so ago my and me both decied enough is enough and found vaping. I stared off on the Ego stick pen and yes I did still smoke. That quit after about 2 weeks. So since July 2014 I have been fully cigarette free and so has my father who has smoked for 40 years all thanks to vaping and determination.

10/28/2015 6:45:03 PM - Jon

The community that e-cigarettes have brought is crazy they have stop a lot of people from smoking. My father a smoker for more than 30 years has recently quit smoking because he has a e-cigarette. It needs to be an active thing for the many people who are still trying to quit

10/27/2015 12:27:30 AM - Joyce Taylor

I have smoked since the age of 16. I have tried many methods to stop and all failed. Last year I decided to try the alternative of vaping. So in August of 2014, I smoked my last cigarette and found a substitute which really worked for me. I have not purchased a pack of cigarettes since July of 2014. My parents were smokers and it seems to me that based on "government speak" I should be very sick or dead for being exposed to "second-hand" smoke. My mother, who smoked, died at 90 from complications of diabetes. I don't think smoking causes diabetes. Vaping is the only stop-smoking method that has worked for me. There are medications that have as harmful effect or worse effect on a persons health. All one need do is watch TV commercials and see the side effects of various drugs; some end by saying "could cause death." Many states are legalizing marijuana which is a mind altering drug. People can go to bars and drink themselves into oblivion, but there is not one bar in the country where the bartenders are asked to monitor how much people drink before they get in their cars and drive. Personally, I would rather smoke than drink and in the process get a liver disease. Government seems to be in the business of hurting, not helping people.

10/26/2015 9:24:26 PM - Shane

Long Time Smoker. Smoked From The Time I Was 15 Until I Found Out About Vaping. I Can Say It Has Changed My Life. I Feel Way Better Physically Than I Did When I Smoked Cigarettes. I Can Breath Better And Have A Better Sense Of Taste And Smell. I Tried For Years To Quit Smoking Cigarettes And Always Ended Up Smoking Again. Nothing Worked Until I Was Introduced To Vaping. I Started Out Using 20MG Nicotine And Now I'm Down To 3MG If Not Most Of My Juice Has 0MG Of Nicotine.

I Just Want To Say Thank You To The Whole Vaping Community. Without You I Would Still Be Smoking Cigarettes. Live Long And Vape On.!

10/26/2015 11:58:21 AM - Patricia Williams from Minnesota

Smoke free since November 2013, after nearly 40 years of smoking. I was tried of after trying so many times over the years of stopping and going back to smoking. Saw an ad for a Cigalike product, tried it and after trying various other Vape devices found the one that keep me off the cigarettes..eventually introduced my husband to Vaping, now we are both smoke free.

10/26/2015 11:57:24 AM - Anthony Reed

I am 37 years old and have been smoking since I was 12 years old, yes 12 years old because my mom didn't care. I was up to 2 to 3 packs a day until my co worker started showing me his vaping products. I have bought a few vaping tanks and juices. I have gone from 24mg of nicotine to 6mg in a little over a month, and now smoke less than a half a pack of tobacco cigarettes a day. My lungs are feeling better, my energy has sky rocketed, i'm more productive in life, I feel better, and soon will be just a vaper non smoker. Thanks to the vaping market and inventers. If I cannot vape then guess what? Back to cancer sticks. I have a right to vape to save my health. God bless all.

10/26/2015 11:57:16 AM - Ryan C

I have been a cigarette smoker since I was 15, now 31. When ecig first came out I laughed and thought it'd never work and it's just someone trying to make a buck, plus I figured the liquid would be just as bad as cigarettes. Well I did research and the juice is not harmful at all, even second hand! I've been vaping and cigarette free for over a year now! I've saved so much money and plus my health and health of others around me (kids) these tobacco companies are loosing money because of the ecig and of course they got a lot of money to throw at politicians to make laws that veto ecigs, please don't do it!! You might as well pull the trigger on us to take away our vaping rights and making us go back to the stinkies!!

10/26/2015 11:57:07 AM - Thomas Williams

I had smoked for38 years. Always tired out of breath and seemed to get sick often. I've tried to stop smoking many times but failure was my middle name. I've tried every possible way imaginable, patches, gum, pills, inhailers and even thought (since I hated chewing tobacco) if I started dipping I'd stop smoking but wound up being addicted to both. For the next 10 years I gave up. Lost most of my teeth and and sick and tired of being sick an tired. Then the CIG alikes came into the scene. I went for it, and not to my surprise I was still smoking. Of course I gave up. Till the day came when I ran into guy on the street blowing clouds of smoke from this strange device. Talking to home I found out that he had the same story as I until he started to vape. Getting a quick education I went and bought my first mod and been smoke free now going on a year. I no longer am I tired all the time or feeling sick, now able to do Ithings without running out of breath. The first time in years do I feel alive. Now I can even taste my ufood. I would of wound up dead if it had not met that guy on the streets. God has changed my life and for that I'm grateful.....

10/26/2015 11:56:56 AM - Rene Luna Sr.

I want to start off by saying VAPING SAVED MY LIFE. I am a 44 year old man that smoked cigarettes most my life about 30 years. I had to make a Change when I went to the Dr. For having troubles breathing. They did a ultra sound on my lungs and the doc told me one lung was flat and the other one was slightly round.I was introduced to vaping from a friend at work so I gave it a try and I haven't touched a cigarette since then that was 3 years ago.Now I breath clearly absolutely no problems with my lungs not to mention my teeth are white again.Vaping is a blessing and if the government,FDA takes that right from me they might as well kill me because that's exactly what they will be doing. Cigarettes Kill Vaping Doesn't.. Please don't take this from me..

10/26/2015 11:56:36 AM - Sara Skeens

December 20th I will be 2 years smoke-free with the help of my vape mod. I smoked for 8 years. I tried to quit smoking tobacco for 4 years before I found vaping. I tried Chantix, Welbutrin, Nicorett gum, Nicorett patches, Nicorett lozenges, Accupuncture, Snus, gas station cig-a-likes like Blu none of which worked. I even tried to quit cold turkey. My longest run was 3 weeks without smoking. Even some of the devices that will be grandfathered in didn't help me at first. My first pen style device was an ego Evod & Evod tank. I started out using 24mg nicotine, it helped but I still had cravings for cigarettes while using it. I then bought an itaste mvp 2.0 and a protank 3 and that really made a difference, I haven't had a cigarette since. I downgraded to 18mg nicotine after about a week but after a month or two I found it wasn't satisfyingly me any longer. I then bought a Nemesis mod and a nautilus tank, I was finally satisfied. I dropped to 12MG nicotine and felt great. I could walk up the 2 flights of stairs to my condo and not get winded, I could taste my food again and smell everything. I didn't get sick in the spring from my allergies like I had all the years before. I didn't wake up coughing my head off every morning. It didn't hurt to take that first deep breath every morning. I had a ton of energy and started walking and working out. I had never felt so good. About a year after I started vaping I came to the point again that I wasn't satisfied. I didn't crave cigarettes but I just wasn't happy with my vape and felt like I needed more but I didn't want to go back up in nicotine. I bought the Sigelei 150 watt mod, a tugboat dripping atomizer and a subtank mini tank. After buying them I knew I'd never go back to smoking tobacco again. Now I vape 3mg nicotine and even buy 0mg (nicotine free) liquids and vape. Devices have came a long way in just the 2 years since I started using them. They've came leaps and bounds further since 2007. I truly hope they extend the grandfather date for these devices. My mother was diagnosed with stage 4 lung cancer 2 months ago. It has metastasized to her brain and she's currently undergoing radiation & Chemotherapy to her lung and Radiation to her brain. She smoked for 45 years and is also using vaping to stay smoke-free. Her doctors (all 4 of them) can't believe the difference in her lungs, breathing and overall health since she has switched to vaping. The mods we use weren't even on the market in 2007, so some of the best and most helpful products will be excluded if the grandfather date is left as it is proposed now. She uses 2 devices 1)the egrip and 2) the Hexohm v3 with a smok tfv4 tank. I use several different devices as well, all of which came out in 2014 or 2015. 1) the snow wolf with temperature control and a tfv4 tank, 2) Hexohm v2 and a aeolus atomizer, 3)TID mini box mod with a suntan mini, 4)sx mini m class with temperature control and a tfv4 tank with titanium or nickel coils. My husband smoked for 24 years and he Vapes as well. He is also 2 years smoke-free and uses alot of these same devices. My brother and sister in law are 1.5 years smoke-free and use newer devices as well like the evic vtc mini with temp control. Please help us and future vapers continue to stay smoke free by changing the grandfather date. Most of the best devices will be excluded if the date isn't changed, and that will hurt far more than it will help. The FDA says they want to help us... well

prove it. Help smokers quit and stay smoke free by listing to what experienced vapers are telling you. These products work.... and they are getting better everyday!!!

10/26/2015 11:56:12 AM - Kymberli

I smoked for 34 years. I had tried everything on the market to quit including prescription chanticleer, but nothing helped. Then I tried a friends EGO ecigarette, and went and bought one myself with cinnamon ejuice. I haven't had a cigarette since then. That was 19 months ago. I currently have several different types of caper products with a wide variety of different ejuices none of which are tobacco flavored. Since then I have stepped down my nicotine from 24 mg to 6 mg. Without the options out there that are currently available I would be unable to continue my success as a non smoker. I love not smelling like cigarettes!!!

10/26/2015 11:56:04 AM - Michaela

Vaping has helped me so much I have quit smoking and have been cigarette free for almost a year and feel so healthy now.

10/26/2015 11:55:53 AM - Sebastian Rajala

My father smoked for 35 years, I smoked for 9. We both quit with vaping and have been over a year without a cigarette, my father believes its nothing short of a god send, he never believed he would ever be able to stop smoking, hes now down to 0 nic and getting ready to quit vaping altogether. Vaping may have added several years to his life and that means a lot to me that I get to spend more time with him on this earth.

10/26/2015 11:55:39 AM - Jason Jackson

I'll try to make this short and sweet.

I started smoking at 21. Hanging out in pool halls etc. I smoked for 15 years. Sometimes a few a day, sometimes a pack in 5-6 hours. I really did enjoy it as much as a cup of coffee.

The same kind of weird non pushy peep pressure got me into vaping... my friends were doing it lol. I bought an MVP 2.0 and never smoked another cigarette after. I started on a tank obviously at 18 mg and quickly moved down to 6. Not long after I switched to dripping and go between 3 and 0 on a Sig 150TC. I currently diy my own juices and have a pretty nice local following.

I never meant to quit smoking, it just kind of happened. Just like I never meant to become a smoker. I always knew smoking was bad for me... like REALLY bad... but I did it anyway. As I was getting older I did think about my health more, especially after I became a father twice over. I thought about quitting all the time but never tried. I kept saying, "Maybe after this birthday I'll try to quit." Or Christmas, anniversary, etc.

Pros are the usual. No more stinky clothes, shortness of breath, even an occasional chest pain. The absolute worst was day smoking. The stinky hands. Had to wash them after every smoke break and still the smell lingered on me and in my mouth. Energy and endurance are up. I switched to vaping 2 weeks before we moved. I was amazed at how much I was able to do physically. We hired movers and I kept up with them loading and unloading Uhaul trucks. I was running back and forth with a dolly, sweating my ass off, and it was great!!

One pro that not many people probably talk about is their sex life. Some women are more "active" that others in the bedroom. But usually the man does quite a bit of the "work" haha. Well, without the shortness of breath and fatigue, I can go longer or get more physical without trying to rush before I tire out. The wife definitely appreciates that!!

As for cons, I guess maybe a little weight gain. Then again I'm in my later 30s so that might just be the beer and brisket catching up to me!

I will probably quit all together one day. I still enjoy the nicotine as much as caffeine. It seems to sharpen my mind... that little rush. For now it's almost as fun of a hobby as it is a habit. Making a little extra money on the side isn't bad either. I've helped so many other smokers to switch over with my story and debunking the bad info out there... shedding light on the good.

I wouldn't say that vaping has saved my life, but there's no doubt it's prolonged it and increased the quality of the time I will have here. Not only mine, but the others I've

helped to switch. Not something that I talk about, but in the back of my mind, it makes me feel a bit like a superhero.

10/26/2015 11:55:29 AM - Vince

I stupidly started smoking in my early 20's when I should have known better. I was up to a pack a day quickly. Tapered up to 1-1/2 per day for most of my smoking years.

I tried quitting several times and a couple of those lasted a few months, but not having a better alternative I eventually fell back to smoking every time. I tried cold turkey, patches, gum, prescriptions but none were permanent. Prescriptions caused much more problems than it solved. Also tried gas station ecigs but they weren't satisfying enough to replace tobacco either.

So I recently walked into a new vape shop near me and bought a mod setup. The performance and taste is far superior to tobacco cigs so it was effortless to quit and not look back this time for me. I'm so glad that the technology has been developed to this point. I just use 6mg nicotene in my juice and it is ample.

Unfortunately, close family and friends I have tried to get to quit smoking through vaping haven't taken to it as readily as I did. They have cut their smoking down though and are still working on it. But once factual information and negative misinformation reach their respective proper place in the world, that should prove to support the eventual extinction of the tobacco market.

I haven't smoked for three months now except for one puff I tried after a couple weeks, which was just AWFUL. It tastes and smells so rank that I will never smoke again now that I have vaping as an alternative to fall back to. To me, this is the huge thing about vaping - that once off tobacco, if the urge hits and you just can't get past it, we can vape instead of smoke and at worst, stay away from that terribly unhealthy, suicidal smoking habit forever.

I simply have no desire for inhaling burned tobacco whatsoever anymore, and vaping made this effortless, at least for me. Of course my breathing has become much easier, but I just feel better overall now in several ways. I am a very improved version of my former self.

10/26/2015 11:55:09 AM - Rick

Great Testimonial's Everyone. The one's I don't get are the ones that Lean towards the FDA Regulating or believing what the FDA says. The FDA is only a Cash cow for the Fed's it will approve any product it gets cash for. Look at the bad drugs out there that are approved by the FDA. Drugs that are Banned in other countries. But still approved by the FDA. I Smoked for 45 Years and I have been smoke free for 10 months Thanks to Vaping. Taxing a devise or product that is Harmless other than Sales Tax is against the Law. The FDA and our state Governments cant find any thing wrong with Vaping or its products. So they want to Classify it as a smoking product. When there is no smoke involved. They are trying to replace lost revenue. And Big Farma along with the Tobacco Company's are giving them cash to put a kink in Vaping.

The FDA and our State Governments have the ability to Test and come up with real findings on Vaping in just a few days It don't take years. Plus all the ingredients in Vaping has been approved for years as harmless. So don't believe the Hype. Its all about control and Revenue. Vaping is taking over the smoking industry and lots of big cash donors don't like it.

Go Back in History Remember the Boston Tea Party. All about Taxing a harmless product that people wanted and the Government wanted a bigger share. We are a country where too many large Company's make Money off of people being sick. Those company's give tons of cash to our Government Agency's to keep them sick. Bad Drugs, Smoking, Drinking, Vaping has nothing in Common with the approved ones. And not the Cash give away either. That's what our government don't like no cash in there pockets. And they didn't come up with the idea. How sad you country has become !!!!

10/26/2015 11:54:50 AM - Peter Arnold

Currently i am 22, and I started dipping at 13, within two years I was on cigarettes and soon became a pack a day smoker, and man it really hurts me to think about where I was compared to where I am now. I think about it everyday, and I really can't pinpoint when and where my addiction to cigarettes really started but it picked up quick, and I was hooked. I've tried quitting many times before with no success whatsoever. I even tried those blu ecigs back when they first came out, but it wasn't enough for me, and cigarettes controlled my life. It's almost scary now that I think back on it and how hooked I was to that junk. I only just started really vaping a few months ago, I decided to give the ecigs another go and instead of buying those blu ecigs I decided to go for something a little more powerful and got an eleaf 30w box with an aspire tank. I instantly fell in love with it because it was just what I needed. The combination of getting a decent size hit and still getting my nicotine fix was enough to keep me from going back to cigarettes ever again. Over the next week I fell in love with it and had already bought a more powerful box and started building my own coils. Besides vaping itself, building and taking the time to make a lot of my own stuff really helped me keep my mind off cigarettes too. Over the next couple of months vaping has turned into something greater than just an alternative to cigarettes for me. I recently moved to Florida and it was really difficult to make friends at first, because where I live the only thing to do really is go to a bar. It wasn't until I started going to my local vape shop (old town vapor lounge in st Augustine check it out if you're ever in the area haha) that I started meeting cool new people and making new friends. Vaping saved my life and help improve the quality of it as well. I remember thinking I would never be able to quit cigarettes, but here I am haven't had a cigarette since I started vaping and I feel absolutely amazing. All the chest pains, coughing, and other problems cigarettes caused me are non existing at this point. I find it so ignorant that we even have to defend vaping when it has been clearly helping people improve their lives in so many ways, this isn't a battle were going to lose because the community is strong and I see new people everyday making the switch. Heck, I've even helped some of my friends from back home quit cigarettes. Like why the heck would you make this illegal? It makes no sense, what does it scare you that a few ecigs have blown up? Now compare that to the millions of people who've lost their lives from cigarettes. Litterally the gap is so big between the two that if you put it on a bar graph of how many people have died from it ever you probably wouldn't even be able to see ecigs bar without a microscope because the cigarette bar will be so high. I really hope that this ignorance passes and we can vape in the future with this kind of stuff in the past. I hope that this story helps make a difference and helps prevent any changes to the industry because it really saves lives.

10/26/2015 11:54:30 AM - Kyle

I smoke for 12 years, smoking around a pack a day. My teeth were stained, lungs sore. I tried vaping for the first time with a gas station ecig and it helped a little but wasn't a complete replacement. Then I got my first APV and that was the answer. No more cigarettes! Haven't even looked back. Now I no longer wake up in the morning hacking up brownish green stuff. My teeth are whiter and my clothes don't stink!

10/26/2015 11:54:21 AM - Sarah (Gaia Rain) Robison

I was an avid smoker (2 packs a day) for 15 years. I was actually one of the first people in my area (a small little town in southeast Missouri) to discover electronic vaporizers/e-cigs. I'm a vocalist and after so many years of smoking, I noticed that my voice was starting to change. I also had that nasty smokers' cough that wracked my lungs every morning. After these issues arose, I began trying to quit smoking. I tried for a few years with no success. I just couldn't put them down... Until I found e-cigs. These little miracles literally saved my voice and my lungs. Within a couple of weeks of use, I noticed my voice smoothing out and the coughing diminished until it was finally gone! No more painful morning cough! At first, I was supplementing the cigarettes with the e-cig, but I still smoked. I cut down dramatically, right away.

I started out using 24mg nicotine e-liquid and gradually reduced the amount of nicotine to the present time. I am now at 3mg! I've been completely free from cigarettes for almost a year, now, and have no desire to pick them up again. E-cig are a great alternative to smoking and have helped me to adopt a more healthy lifestyle and have saved me money! I shared the good news and many of my friends and family have either completely switched to e-cigs, or, with the help of e-cigs, have completely stopped using any nicotine delivery products at all! E-cig are helping people all over the world to be healthier, have more energy, and best of all? Smell better!!

10/26/2015 11:53:54 AM - Clair Hall, Washington, DC

I smoked for over 30 years. I tried to quit many times. I tried nicotine gum (made me gag), patches (nightmares and extremely edgy), Chantix (threw-up every morning and rumors were flying that I was anorexic) and hypnotism (paid $250 and worked for two days). I quit for four years when I was pregnant with my first child but the desire to smoke never left and as soon as I had my next baby, I started smoking again. A year and a half ago I bought a few e-cigs when I had to take care of my mother for an extended period of time. I thought I would use them during the visit and go back to smoking as soon as I left because by this time I had given up trying to quit. After using them for a few days, I had no desire to smoke again. I love not smelling like an ash tray! I use the disposable VUSE e-cigs because they are convenient to purchase and use.

10/26/2015 11:53:45 AM - Wayne Davis

I purchased a new car in May of 2014 and promised my wife I wouldn't smoke in it. I purchased a starter kit specifically so I could keep that promise, and accidentally stopped smoking completely within 2 weeks. I was a smoker for almost 40 years, attempted to quit multiple times without success-cold turkey, the patch, hypnotism, and other methods never worked, and had given up trying to stop. Now I am proud to tell everyone I meet or talk to that I am an ex-smoker.

I started with 18mg nicotine strength, and now am at 3mg. I use regulated mods and dripping atomizers. I would consider myself to be an advanced user with the disposable income to try many new products which enter the marketplace.

The benefits that I've experienced from becoming cigarette free include increased lung capacity, increased sensitivity to taste and odors (good and bad), and most important to me, the admiration of my friends and family. I've also lost a couple pounds because I can now (after all these years) taste my wife's cooking!

10/23/2015 2:27:17 AM - Mark Anthony Johnson

My name is Mark Anthony Johnson. I was a smoker since age 12. There was a time we called cigarettes cancer sticks all the while smoking black and mild cigars. I tried my first cigarette around that time and was hooked. I'd quit once when I was 18 and was able to stay away up until I joined the Air Force. A wingman of mine was smoking a Newport, my favorite brand. Once again I was hooked because I couldn't shake the cravings. I would quit again in 08 under pressure from my then girlfriend only to start up again when my brother came out to my new hometown with a pack he had. I wouldn't quit again until 2014. That year I bought a vapor pan called the Ego C Twist. I found myself still smoking cigerettes, to them smoking less, and less, and less. All of a sudden I could breath again. I could do intensive workouts without struggling to breath. I'm not as tired and I don't smell like an ashtray. I woke up one day not wanting a cigarette at all. I've gone from vape pens to MODs which work better for me. I found my nicotine level that suits me. From 24mg down to 6mg sometime 0mg. I love the flavors, I hate the taste of tabacoo, I like that I can try a flavor for free at vape shops. I love the fact that my kids aren't in me all the time for smoking. They know smoking is bad, and that simply don't care about vapors. I'm responsible. I keep it away from them, even though they know what it's for and know that daddy will likely live long enough to see them grow up because I took control of my life knowing that gum and patches were never going to help me. I found something that will likely save my life. So please, don't destroy what will possibly save millions of lives, and tax payer dollars, and a lot of families from heartach. Thank you

10/23/2015 2:27:03 AM - ghost rider

I have tried many time to quit smoking I've used patches,wellabutrin,biu (useless),chantix and cold turkey but allways went back to cigarettes (stinkies) the wellabutrin had a bad side effect that made me ill,hatefull and unable to sleep. awhen my Mother was diagnosised with Bladder cancer and was caused by smoking I made up my mind I was going to quit and I tried the normal, patches etc... and then I tried an e-cig and that was the last day I smoked a cigarette and I never want to taste another one again. I started at 12mg of nicotine I now use a regulated mod and I am at 0 nicotine and have been at 0 for over a year and I quite smoking 19 months ago. I vape for the flavors I am diabetic and can't eat sweets and vaping realy hits my sweet tooth and I am now a pre diabetic and tobacco free and I feel the best I have felt in years. I owe my great health to the best alternative ever vaping (e-cig) sincerely I'm living Healthy

10/23/2015 2:26:49 AM - Maxime

3 years without smoking even one cigs. It first begun when my dad come out with it at first i laugjt than i try it. Not same thing but helped me when i got a rush of smoking. Since then never smoke again.

Thanks progress

10/23/2015 2:26:35 AM - Becky

I smoked for 34 yrs, started when I was 12(now soon to be 47), both my parents smoked. My dad quit when I was a kid but my mom smoked up until her late 60's(tried many times to quit) she has vascular disease, had a heart attack when I was a kid, she now has afib and a fast heart rate she needs to take meds for and this is all from smoking. I didn't want to have her "life". I used to suffer from chronic Bronchitis and asthma like attacks, coughed with every step I took. I had tried patches but still used analogs while on them, I tried Welbutrin, same thing.Than I started using e cigs just over 2 yrs ago, hadn't touched an analog from day one .I started with a pen vape at 18mg nicotine with a 50/50 pg-vg, I gradually have lowered my nicotine over these 2 yrs. I now use a mod with high vg at 3-6 mg nicotine. I no longer cough, have not had Bronchitis and I can actually breath and walk long distances without any struggle.My Family Physician even approves and is proud of me. Lawmakers are complaining about the "flavors" of e juices and saying they're geared towards children, NOTHING could be further from the truth. Fruit and dessert flavored e juice kept me off of analogs. Most adults prefer the pleasant taste of a fruity or dessert flavored e juice. We don't want to be reminded of nasty tobacco. Since quitting, the smell and taste of an analog makes me ill. I guess in a nutshell, e cigs have probably saved my life.

10/23/2015 2:26:23 AM - Michael Metcalf

I quit smoking 5 years ago, after starting vaping. Vaping has changed my life for the better. I feel better, have much more energy than I had when I smoked. I honestly think that vaping has extended my life now. I feel much better now that im not puting thousands of harmful chemicals in my body, like I did when I smoked. Vaping has forever changed my life for the better. I will never smoke again, thanks to having vaping as an option.

Mike Metcalf

10/23/2015 2:26:12 AM - Traves

My name is Traves, and i smoked for 9 years i started when i was 14 years old. i tried to quit many time and found myself bound by anxiety, i tried the patch and gum with no success and found myself smoking a pack a day, truthfully i had no intention of quitting until i lost a very special person in my life to cancer and i had to stop the cycle, i didn't even finish the pack of smokes, and although occasionally i do have a smoke i would say once maybe twice a month when i go for drinks, when i started vaping i stated at 18mg amazingly today i only vape 3mg Max and i'm on the way to 0mg, vaping may have very well saved my life today and i have no interest in smoking every again. Vape on Brother & Sisters it our duty to following generation lets set an example and make a stand!.

10/23/2015 2:25:57 AM - Bridget L

Back in Feb of 2015 I smoked my last cigarette, my husband and I decided to quit together. However I was having issues quitting cold turkey and the medicine my doctor prescribed wasn\'t helping, so I remembered there was a vape store not far. From that point on I have been smoke free and never been happier. I smoked for 16 years, coughed every morning and night. Watching my mother battle copd and other lung issues after almost dying I knew I needed to change not just for myself but for my children as well. I feel healthier, smell better, and thank vaping for potentially saving my life.

10/23/2015 2:25:46 AM - J Felicetti

Was smoking cigarettes for 20 years. Towards the end it was a two+ pack a day habit. Started vaping over a year ago now and as of today it has been exactly one year since I last smoked a cigarette. What helped me quit? Vaping. I started vaping 12 MG. I am now at 3mg or less. I feel like a new person and I couldn't have done it without vaping. I can breathe and can do my physical job without huffing and puffing. Thank you casaa for trying to keep vaping going. A lot of people need this and all these crazy regulations and taxes will destroy a good thing.

10/23/2015 2:25:25 AM - Kim Jones

Hi, I'm Kim Possible.

I am 27 yrs young.

I live in Appleton, WI

I smoked stinkies for 14 yrs.

I tried Chantix, Patches, hypnosis, gum, cold turkey. Did they work? And none of them worked. I quit while pregnant w my kids bc I had to and managed though.

My new boyfriend at the time (now my fiancÃ©) introduced vaping to me...lil ego style.

I have now been vaping for 1 yr and some lil change. This is no cigs at all. Before hand I don't count bc I was still smoking stinkies.

I noticed right away there wasn't any phlegm and horrible coughing every morning. I noticed my smell and taste was stronger than ever before. I was able to run around w/out being winded & out of breath. And I can smell stinkies a mile away and they now make me extremely nauseous & give me headaches if around them too long.

I use to get bronchitis 2-3x a year. Horrible sinus problems. And now I haven't had any problems at all. No bronchitis.

I started at 18mg using a tank. Got a mech mod & rda went to 6mg. And now 3mg. Ready to cut down and make 1.5mg and then eventually 0mg.

#IamProof #IVapeIVote #IVC4Life #vapingsavedmylife #blowcloudsnotsmoke #vapelyfe #girlswhovape #storyforchange

10/23/2015 2:20:44 AM - scott

Been vaping for over a year and smoke free do not tax something that is good go after ciggs and alcohol if need be also chewing tobacco need a bigger tax it\'s diet cheap leave healthier people alone it saves everyone alot of money especially when the state needs to pay for people\'s treatment for cancer thereby due to chew or ciggs thanks and looking forward to keep vaping cheap

10/23/2015 2:21:48 AM - Brandon

Since switching to vaping, I have not had an analog cigarette in over 2 years! It's the only thing that has worked for me. Vaping saved my life!

10/23/2015 2:20:58 AM - Jordan (Exo Vapes)

I smoked for 10 years and felt like garbage every day because of it. I quit smoking and started Vaping and my life has changed dramatically. I receive support from the Vaping community, I've made tons of new friends, I feel exponentially healthier, I can finally play with my kids and play with my wife too.

Vaping has changed my life for the better and I believe that we as a community can keep Vaping going strong and fight the good fight against Big Tobacco.

Vape on brothers and sisters!

10/23/2015 2:20:16 AM - Bear Hawley

Hi my name is David Hawley I started smoking 23 years ago at a young age. At that point in the 80's there wasn't much saying smoking was bad. your parents smoked in the hospital, the malls, restaurants ect. as sneaking in to there room to snag cigs from my mother and grand mother you wanted to become part of the group. a cool thing became a addictive habit that 23 years later I struggled to quit. in 1996 my grandmother passed of sickle cell cancer. 1st attempt to quit did not work, stress drove me to smoke more. 2nd attempt in 2000 my mother was diagnosed with metatasised breast cancer. another failed attempt. drove me to smoke harder. it was easier to quit drinking and doing anything else then to quit smoking. almost 15 years later looking at my life in a different aspect I tried one more time on Chantix and others patch gum nothing worked. almost 6 months later I found a facebook group independent vapor company that helped me out. the driver for a better life smoke free. I was interested. I vaped about 4 months with smoking and in couple months went from 2 packs a day to one pack to 4 cigs a day to now just vaping. I started vaping 24 mg juice and now am down to 3mg ..... I feel better , breathe better ect. its not to fight for our right to vape its to fight for our right to stay alive. its your choice and our voice to help assist us in making the right decision but no matter what you look at or how you treat folks is we want to quit smoking. we all have done that or have tried. but I can personally say I have done it and am done with smoking. I also converted my father, my wife, my mother in law my father in law , and some friends I try to show the way away from the cigarette. and that's a way of stink free living. God bless America! but don't put vape products in line with big tobacco. because that's like saying Chantix and the patch are related the same. its all different and if we fight for the right to be smoke free then please listen to the voices out there.! Thank you

10/23/2015 2:19:55 AM - Lisa Hatch

I have been a smoker since I was at least 15. I am 51 now. Most of the time I was at least a pack a day smoker sometimes 2 packs a day. I tried to quit while I was pregnant with my son with no success. I even smoked when I breast fed my child. I tried many times over the years to quit only to go back within a few months. The cravings were horrible. I tried patches and gum. It did not help at all. I wanted to smoke. I watched COPD slowly kill my Father. Then 13 short years later I watched my Mother die from COPD and congestive heart failure. Still I smoked. I tried to quit using chantix prescribed by my Doctor. On the 9th day of taking the drug I started hallucinating. I called my Dr.s office and was informed I was having a severe reaction to the drug. It caused me to have a condition known as serotonin syndrome. This could have caused seizures and death. After that I gave up on trying to quit.

One day my son came to my house and told me about the e-cigs his friend were using at work when his company went smoke free. He said the whole place smelled delicious from all the vapor. He asked me if I had one would I try it? I reluctantly said no. The next day he showed up at my house with 2 starter kits. 2 battery's and 2 tanks. Plus some very good smelling liquid to use. He followed up a few days later with even more wonderful smelling e liquid to try. I thought wow, my son has spent well over $100 on me. Apparently he really wanted me to stop smoking. That was in February 2013. By May 19th 2013 I was no longer smoking. This time I know I will never go back to cigarettes. YAY!! I started out at 18mg nicotine I am down to 6mg now and I will eventually be nicotine free.

If the government get involved and lumps e-cigs into the same category as tobacco products it will kill the vaping industry because of regulations and excessive taxation. Although regulating the company's that make the liquids and devices is fine. To lump it in the category as tobacco should be illegal. There is no tobacco in it. Nicotine is an extract. If e liquid is taxed as a tobacco product because it contains nicotine then the patches and gum that contain it should be lumped in too. As well as tomatoes, cauliflower, eggplant and so on. Please don't put an end to something so good as vaping. Big tobacco has killed enough people.

Sincerely, Lisa Hatch

10/23/2015 2:19:46 AM - Brian R.

I began smoking when I was 12 years old. I had a lot of anger and stress in my life due to my parent's divorce, and smoking greatly helped me during this time. I began smoking a pack a day within a year or so after that, and continued my pack a day habit until just before my 32nd birthday, nearly 20 yrs. I initially tried vaping as a way to save money, and got a blu e cig from a friend. I quickly found this wasn't enough, and continued to smoke. A month or so later, the same friend told me about an upgraded device that he'd tried and had luck with, so I bought one, and gave it a go. Much to my surprise, I found that it held my cravings to smoke, and from that day in June 2013 til now, I've not bought one pack of cigarettes, and only smoked if I absolutely had to (dead battery, ran out of juice or coils, etc.). This from someone who tried desperately many times to quit smoking using traditional methods like nicotine gum, patches, chantix, cold turkey, etc. within a year or so, I moved into the variable wattage/voltage mod scene, and now this is all I use, including wicking and wrapping my own RBA coils. I haven't started making my own juice but plan on doing so sometime soon. If I'm able to quit smoking vaping, then anyone can do so. I can breathe again, no more wheezing or snoring, no more funky smell on my clothes, and the money I've saved!

10/23/2015 2:19:35 AM - Mindy Darlene(Grove Hill,Al)

I have been smoking for 17 years before I started vaping. I had tried Chantix several years ago and had a terrible emotional issue on it I don't recommend it to anyone, I also tried just quitting cold turkey or by "cutting down" nothing worked. In September 2014 I decided to try vaping, I bought an ego starter kit and eliquid at 18mg. Within 2 weeks I had put cigs down completely and now a year later I have not had any cigs since then I also moved down to only 3mg of nicotine. I am loving vaping and could never imagine going back to cigs they smell so nasty and I can't believe I never noticed it before. Besides smelling better I feel a lot healthier. I got my husband to start at the same time it took him a couple more weeks to put cigs down completely but he did and has been without any cigs for just under a year, I have also got my father to cut back by vaping and my step bother has put cigs down completely after just a week of vaping, I'm working on getting my mother to quit smoking and start vaping and any and every other person I can to start vaping and put down the cigs.

10/23/2015 2:19:22 AM - Mindaugas

I smoked about 3 years since i was 14 years old and about 1 and a half year later i noticed im getting out of breath i started coughing feeled bad most of the time except when i was smoking. One day a friend of mine bought ce4 with 18mg juice and i thought this is very nice,before i had tried to e health ciga-likes but they were awful no taste no vape only terrible feeling on my tongue. So anyway i started vaping myself after i bought one too and i saw that week by week i started smoking a lot less. Couple months after i was of cigarettes for good. Im now vaping about 1 year i have an istick 50w with velocity rda and its awesome probably gonna buy dna 200 after my birthday. Anyway im feeling very good now im playing basketball in highschool i dont get out of breath i stopped coughing and overall i feel much better thanks to ecig. Oh by the way i only vape 3mg and sometimes 6mg but not more and it's satisfying and enough for me. Now i can't even handle the smell of cigarettes they smell terrible. So yeah i don't know how my health would be now if i still would be smoking. Vaping changed my life is a very much.

10/23/2015 2:19:10 AM - Richard Thomas

I smoked cigarettes for 19 years. Eventually consuming two packs per day. My health was declining because of it. I tried every pharmacy quit smoking thing on the market. I even tried switching my addiction to snus and chewing tobacco. But none of this worked for me. Despite watching my mother go through two open heart operations. And watching elder smokers in my family pass away. I couldn't quit. Then along came the electronic cigarette. The first time I tried one it was not that great. But I would revisit it when the CIG a like gat a little better. And to me. The second time around. The electronic cigarette was so powerful. That I did not even finish a pack of stinkies. Eventually giving it to my roommate. That was four years ago. As a vaper. Started out with 18 mg liquid and progressed down to zero nic. In a year. Then after two years of zero nicotine. I found an opportunity to quit vapor as well. And went with it. As I write this. Its been 10 months since I passed through the fog. To this day. I do not forget how weak and powerless I was against tobacco. I realize that in society. I don't think that tobacco addiction is taken as seriously as other vices. And to be honest. Some of the anti vaping propaganda. And junk science. Gives me the encouragement to stay breathing easy. It would be a shame if the FDA ruined this.

10/23/2015 2:17:11 AM - Shannon Taylor

Vaping has saved mine and my husbands life. We have 4 children struggled for years to try to quit smoking! We tried Chantix, patches and gum and never succeeded. When we heard of vaping we figured we would give it a try. We got tired of not being able to play with our children because we would end up out of breath! We have been vaping for 3 years and have not touched a cigarette in 2.5 years. We have the breath to play with our children and my husband uses his asthma inhaler 1/4 of the amount he used too!

10/23/2015 2:16:58 AM - Jennifer l

One year smoke free thanks to vaping! I started at 18 mg nicotine and am now at 1.5mg. Yes.. It does work! I started smoking at 15 and spent my life trying to quit. I tried patches, gum, chantix, cold turkey. Nothing worked but vaping using a box mod and subohm tank using premium juice bought from small businesses, vape stores. I have not touched a cigarette since.

10/23/2015 2:16:47 AM - Sara.IA

I am a 38 yo healthcare professional. I started smoking at 15 to impress a boy I wanted to date, and the fact that both my parents smoked made it pretty easy to continue the habit until I was old enough to buy my own. As an adult smoking a pack a day, I increasingly found myself despairing that I would never be able to quit...I'd gain a little weight each time I tried to quit, and that would send me right back to the store for cigarettes! I tried every stop smoking product out there and none worked. And the damage I was doing to my lungs made it harder and harder to excercise.

One day, struggling to climb a single flight of stairs, overweight, and facing a very stressful time in my life, I guess I just hit my breaking point. I joined a gym and started Chantix. This was towards the end of 2011. I was lucky - Chantix worked and I stayed cigarette free for 6 months...but when I filed for divorce in 2012, well, I knew I was going to buy a pack of cigarettes because the stress was overwhelming. I remember those cigarrettes as the best and worst tasting things I'd ever had! And I remember thinking, "NOT AGAIN!". So instead of buying another pack, I went to the vape store and bought an ecig device. This was mid-2012 and I've never looked back.

Since quitting smoking, I've lost about 80 pounds that I've kept off, I can now exercise easily every day, and I'm not ashamed of how I smell at work (healthcare!) or at school functions with my kids. I do still plan to give up nicotine someday - I think it is the right thing to do. But my ecig was the one thing that worked to permanently break that cigarette addiction.

I understand the fears surrounding these products, especially keeping them away from children...of course there should be age restrictions and such. But I would be devastated if this alternative were to be taken away. And I know it would put so many people back into the pocket of big tobacco companies. If ecigs are going to be outlawed, our government should outlaw tobacco too, or they are hypocritical as far as I'm concerned.

10/23/2015 2:16:34 AM - LindsayW

I have smoked for nearly 30 years. I have tried everything to quit. Nothing and I mean nothing worked. I tired patches , Hypnotherapy , Nic Gum , Acupuncture and Acupressure . And lastly I tried counseling and prescription medication and a support group. Nothing worked until I tried E-Cigs. That is when my life as a smoker changed for the better. It took a little bit to get used to the E- Cig. But right away I would say within 1 week , I started to notice significant changes. I no longer smelled like a dirty ash tray. My clothes did not stink either. But the biggest changes came within a months time. I noticed when I woke up I wasn't coughing and hacking up a lung. My skin and eyes looked brighter and healthier. And to my surprise food was tasting a whole lot better.

You see I am disabled , with a major spinal cord injury. I live everyday in constant pain. Smoking for me helps me to cope with my pain. And for someone like me who is not capable of moving around very much. And one who cannot due much to my injury. I knew if I wanted to be healthier and live a good life , I had to quit smoking regular cigs.

I use Innokin Coolfire IV iSub 40W , this model and Brand has safety factors at the forefront. It is easy to use and quality made. I started with 24 mg and am currently between 16 to 6 mg. I prefer sweet e-juices then menthol I used to smoke with regular cigs , mostly because I smoke less with the sweet juices . For me if i smoke menthol e-juice I would feel more inclined to want to pick up a regular smoke. One of the biggest perks , is (COST) . Using a E-Cig with E- Jusice has saved me thousands of dollars. A cartoon of cigs cost anywhere from $ 80 dollars a carton or more. And I used to smoke a carton a week. The cost is outrageous.

Because I have smoked for so many years and because I honestly enjoy smoking I feel I will never completely quit. And I do not consider that a bad thing. I do not drink. Maybe once a year if that. And to me there are so many good things being a e- cig smoker. Many I mentioned . But one thing I love most . Is that my family and friends and even strangers are not afraid or bothered anymore since I am no an e-cig smoker. I stinky smells. No second hand smoke. Since the vapor is H2O2 , basically we are talking about (Water Vapor) . And if you really stop and think about it all in the grand landscape of life. Our food has preservatives and chemicals. The air we breath is polluted. So for me making the change to be a e-cig smoker is a healthier choice. And one that I do not believe should be taken away as a consumer.

So in closing I hope my testimony helps .

God Bless

10/23/2015 2:16:19 AM - Christopher crossett

I was a smoker from age 16-30. I had my dad quit when I was 13-15 just to turn around and smoke myself. When I got my wife pregnant we decided to stop smoking. I manged were my wife still struggles. First ecig we tried was Blue. It helped me stop. Then I moved up to a vape pen. Then I moved up to a box mod. Now I still use my box mod with a rda tank. I vape from 3-6mg of nicotine and since switching to vaping I have felt a lot better able to breath good and taste food better.

10/23/2015 2:16:05 AM - Cris

Vaping has changed my life for the better, and I will continue to support it and advertise it to smokers as a healthy (MUCH healthier), cheaper alternative to smoking. I'm 27 and started smoking at age 15 - throughout this career I quit smoking for a maximum of 2 or 3 months within a span of 12 years. I tried patches, and gum which were expensive and useless alternatives until a friend suggested vaping - From that first vape I have not yet picked up a cigarette and in a very short time my health and breathing has improved dramatically. I come from a family of smokers, I also managed to convert my mother to vaping who has at least 40 years of smoking under her belt and she also has not picked up a smoke since. I am working on converting my father as well, slowly but surely I am confident he will also put down the smokes completely.

I do not understand why people would want to restrict or even go so far as to ban vaping as an alternative to people who want to stop smoking - Especially since it's proven to be one of the most successful methods of quitting. I think this will always be the case as you will not find a better replacement for a smoker. Period. Smoking is known to cause all types of diseases and cancers yet it is still readily available and no threats to cease production and distribution. Vaping is smoke free, it does not put people around at risk of second hand smoke, it does not leave a smell and it really is not bothering anybody. We still abide by the same rules to not vape in public places and we treat it like a cigarette and respect non smokers/ vapers space so please allow us to enjoy our healthier alternative so we are not pushed back to smoking cigarettes.

10/23/2015 2:15:54 AM - Mr Method

I started smoking tobacco early on in life cause my friends did. I moved from regular to unfiltered and eventually to menthols. I used to love the burn, the minty flavor, and half of my friends smoked em which meant the other half didn't bother because they didn't smoke or didn't like menthols. I had smoked for 12 years and 3 months prior to quitting.

About a year ago I decided that a pack a day was too much and started looking for an alternative. I had heard of electronic cigarettes before but didn't find the right one until about 12 months ago.

I started with a relic of a tank and an eGo battery and worked my way quickly up to vv/vw regulated mods and tanks/RDAs. I started using 18mg nicotine (1 week), 12 mg (1 month), 9mg (2 months), 6mg (3 months), 3mg (1 month). I would advise taking your time on the taper down but once I hit 3mg it was a race to the finish line and second place was not an option.

I have since fully transitioned into vaping, effectively quit smoking, AND have made my way down to 0 nicotine in my flavor. Vaping has become more of a hobby with all the new gear and gadgets that I geek out on as well as perfecting the art of coil wrapping and flavor mixing. I no longer crave cigarettes/nicotine. Vaping helped me FULLY QUIT smoking and I will be forever in debt to vaping. Thank you

10/18/2015 4:39:29 PM - v@p3r

I started smoking at the age of 15. Stupidest decision of my life. I joined the military at 18, right out of school. I have never been a strong runner, and it was only compounded by the fact that I smoked at least half a pack a day (10 or more, especially when drinking with friends). I tried Chantix when I was 23 as prescribed by a military doctor, and it made me crazy. Absolutely a nightmare to live with. My (now ex-) wife threatened divorce barely a week into it! She said she'd rather me smoke than be the mean, depressed jerk I was on Chantix.

I continued smoking until I was 27, when a colleague of mine brought his vape (a small mod box and tank) gear into work and showed me the setup. I'd wanted to quit smoking for some time, but decided against it as I had been under a great deal of stress. He encouraged me to go to the shop with him that weekend, which I did. July 11th, 2015, I visited the store with him and purchased my first basic box mod and .3% nicotine juice.

Since then, I've had maybe eight cigarettes. Today is the 18th of October. I don't crave cigarettes (though from time to time when a smoker is nearby and lights up, the smell is quite pleasant for just a moment). When I've been at the pubs and bummed one due to running out of juice, they tasted foul, left the most disgusting feeling in my mouth, and my throat felt itchy for days afterwards.

I've switched back and forth from .6% nicotine and .3% a couple of times, but am now only using .3%. I find that the nicotine makes my head hurt, and makes me nauseous. I plan to continue reducing the amount of nicotine until I'm ready to quit consumption entirely.

Since I've quit smoking and started vaping (which was a near immediate switch), I find I get fewer headaches, I'm able to taste food properly, I drink more water, and overall feel healthier. I don't get flak from my buddies when we're out for our runs (which I usually bailed on halfway through due to coughing and being unable to catch my breath), my PT scores have increased, blood circulation is much better. Overall, my endurance has increased dramatically.

Not to mention, my work-mates and friends don't turn their noses when I return from a "vape-break", as I don't stink anymore! My home smells better, my clothes don't reek, and my girlfriend loves that my kisses don't taste like an ashtray anymore!

I'll never go back to smoking. Vaping is the best thing I've done after making the stupid decision to smoke when I was a kid.

10/18/2015 4:39:13 PM - Morten T

I have been smoking cigarettes for over 25 years prior.

Up to 2 packs a day.

E-cigarettes (vaping) helped me stop smoking 3 years ago.

I really doubt I would've ever been able to stop without it.

Nothing else helped me stop smoking.

And, according to several recent studies, vaping is far far far far from being as unhealthy as regular cigarettes are.

It's the best modern invention in a long time.

My life is so much better now, and I feel healthy and more happy.

10/18/2015 4:39:03 PM - Frode Dyrseth

In april 2015 I got the interest in vaping. After 31 year's as a smoker I was looking for a way to reduce my use of cigarettes. I did try to quit by using snus, nicotine plaster (stickers on body), chewing gum with nicotine and so. But nothing worked. Then I read about Vaping. After some weeks of reading about it I decided to buy a mod and a tank. I went to a store that sells this, and got excellent help in choosing what I needed. Got my equipment and some juice. Was told that with this mod and tank I should use 6 mg of nicotine in my juice. Went out of the store happy to get something that could help me reduce smoking. Vaped, and drove home. And the good thing, I haven't touched any cigarettes since that day, two months ago! And the best thing, my kids are so proud of me! They have a father that has stopped smoking. They actually talk about it among friends. And my health has been better, walking in mountains is way easier! I love it!

Frode Dyrseth, Norway

10/18/2015 4:38:52 PM - Kristi

Hi y'all my name is Kristi I'm 34 and recently started vaping but I was smoking e cigs for 4 years just like everyone I started smoking at a young age sadly, an I tried quitting cold turkey and the patches but I just smoked with them on. I am so happy with vaping now I don't stink anymore my children are very happy they actually like the smell of my juice haha but I can tell my breathing and activities have changed in a good way since switching to vape!!!! If your reading this and your not sure if ya wanna switch just give it a try but make sure ya do your research about switching there's so much out there!! HAPPY VAPING YALL

10/18/2015 4:38:04 PM - Evan

2 years cigarette free after thinking I could never quit, thanks to e-cigs. Never a craving for a cigarette, can't ever imagine smoking cigarettes ever again. (25 years smoker) Real E-Cig is my brand of choice.

10/18/2015 4:37:54 PM - Cheryl from Louisiana

I smoked 2 packs of cigarettes a day for over 40 years. I started as a teenager and smoked until 4 years ago when I found personal vapor equipment. I don't refer to them as e-cigarettes because they are NOT cigarettes in any fashion and do NOT have tobacco products in them. When I started vaping, I loved the way it smelled and tasted and that it provided me with the nicotine without all the poisons in cigarettes. I went back and forth for about a week alternating vaping and cigarettes. After about a week the cigarettes tasted and smelled so bad that I just put them down. I could vape in my house and car without endangering anyone or making my house and possessions smell bad. No more stinky clothes, hair or nasty ash trays. I had tried the lozenges, the gum and the patches, all of which tasted nasty and didn't work. None of them satisfied the hand to mouth habit that smokers develop. They also didn't satisfy that exhale of smoke that most smokers like. I was diagnosed with diabetes and I noticed a difference in my eyes and I had started to have a nagging cough. I thought it was the diabetes. My doctor told me that smoking and diabetes was very dangerous and that no matter how hard it was, I needed to quit smoking. So I started looking for alternatives. And then a friend, who had started vaping, told me about it. I started out using a pole type battery (round and tall, generally referred to as a starter kit) with cartomizers and vaping e-juice with 12mg of nicotine. I started with 12 because I smoked light cigarettes. From there I went to using the same batteries but changing to clearomizers (a clear tank with wicks vs a cartomizer filled with what is equivalent to a filter on a cigarette) and vaping the same e-juice. Currently I vape on a Coolfire IV or iStick 40W box mod with Nautilus and GS Air tanks. My nicotine ratio has dropped from 12mg to 6 mg. I get great taste, the throat hit I want, the vapor is much smoother and not harsh like cigarette smoke, and I get the satisfaction of the hand to mouth habit and a nice cloud of vapor. I also have more money because it is MUCH less expensive to vape than to smoke. I have not picked up a cigarette in over 4 years and would not have been able to quit without my smoke-free alternative personal vaping equipment. My cough has completely disappeared, my eyes are no longer giving me any problems and I didn't suffer any of the anxiety of withdrawals from the cigarettes. Vaping does NOT affect my sugar levels in any way, even the sweet juices. Vaping has helped me with my diabetes because I can vape flavors that take away craving for sweet foods that I am not supposed to eat. I can vape my favorite cinnamon roll flavor after dinner and it's just like eating dessert. Vaping saved my life and has improved my quality of life immeasurably. My doctor approves and has noted the positive effects. I'm a proud non-smoker and a proud vaper. You can find LOTS of information about vaping on the internet at forums like https://www.e-cigarette-forum.com/forum/ where you can ask your own questions and learn the best way to get started. If you or someone you love smokes, please introduce them to this smoke free alternative and support organizations like CASAA who are working hard to keep these alternatives available to everyone. Vaping saves lives!

10/18/2015 4:37:41 PM - Ishy4Shizzy

I'm 36 years old and I've been smoking cigarettes since I was 18. I've tried several times to quit, but failed each time. By the time I made the decision to start vaping, i was smoking about a pack a day and had been doing so far a few years at the rate. I had already researched vaping and had an idea of what to expect in terms of the initial product purchase. Coincidentally, a Vape shop opened in town, so I found myself visiting them to confirm my expectations and to price out my first starter's kit. A few days later, I made my purchase. A 1000 mah Kanger EVOD battery (standard, no variables) with a disposable plastic evod-style tank with a 30ml bottle of Cherry Frost ejuice with 12mg nicotine. I forget the amount I paid, but I made it back in less than two weeks.

When the disposable tank was ready to be replaced, I upgraded with a Kanger EVOD 2 and thier 1.5ohm dual-coiled heads. I've been very happy with the result, though I did want some more air flow. I wasn't ready to pay for another upgrade. After a little bit of research, I learned how to widen the air holes just a bit and now it's perfect.

In celebration of my 3rd month without a cigarette, I upgraded the battery to an Innokin Coolfire IV. It took some trial and error to get the settings the way I like them, but it's been a joy to use and I'm excited to try it out with my upcoming tank upgrade to an Innokin iSub Apex. I was going to wait until 6 months to upgrade the tank, but I found a sale price that I just couldn't miss. ;-)

With each order of ejuice that I make, I'm slowing weaning myself off of nicotine as well. I started with 12mg nicotine and am now down to 3 to 6, depending on the availability in the flavor I'm trying. I tend to stick to fruit flavors, but I think I'm going to try something new, soon.

It's only been four months, but the difference has been fantastic. I noticed the savings right away and these days I'm noticing the improvement in my overall health and breathing. I think I'm ready to add some regular exercise to my routine and am looking forward to continuing to vape in the future.

10/18/2015 4:37:24 PM - Ray PG Yeates

September 01, 2015 was my two year anniversary out of the ash pit of smoking cigarettes. No big deal to most, but I personally know it is a huge feat to About 1.1 billion people who still smoke.....wishing they didn't. Many of you I know have already resigned yourselves to the fact smoking may be the death of you eventually. I was one of you. So many times I tried to quit. So many times I tried; but failed. That feeling of being a failure remained with me right up to September 01, 2013. On that day I picked up my newly purchased fake cigarette emitting fake smoke with no cigarette tobacco whatsoever. Crazy Right?

Well, crazy or not I have not had to have a cigarette since. I quit smoking using an electronic cigarette (or personal vaporizer as they are more favorably called). I quit smoking because my fake cigarette with fake smoke worked for me. And get this...." there is no smoke"!

Janurary 04, 2013 (the day before my youngest daughters birthday) I was taken by ambulance to the hospital because I had fallen ill over the previous two days and ended up immobilized and suffering deliriums. I'm a single parent and my teenage children called their older siblings for help and got me looked after. After five days in the hospital I had been diagnosed with advanced Emphysema complicated by the pneumonia I somehow caught. I could have just as

easily have died as I managed to pull through; gratefully. I was also smoke free for my five day stay. My gratitude was elated by this and I went home with my kids believing I had also beaten another vice I acquired over the years. (note: I am also a recovering alcoholic/addict who has been clean and sober since May 20, 1980) One Day At A Time thanks to AA and it's miraculous fellowship. Sadly however my elated feelings lasted only another five days when I again needed a cigarette. Stress is a major issue in my life and ability to function. Don't ask me why.....I can give a million reasons. Some are valid that only those experiencing hem would understand, along side a few other caring professionals and family.

June 05, 2013 I was called to book an appointment with Nova Scotia's only lung specilist which I attended one week later. I was informed that back in February a spot was detected on one of my lungs via scans the hospital had done and told by him it is to be assumed to be cancerous. In a nutshell, do Chemo or radiation and the drugs or end of story, end of life in 3-6 months. Doing all of the above might....that was might give me up words of 2 years and I would be assessed from there. One thing is clear to me since then..... I'm still alive and I did neither of the above. I seen enough of the damage and poor quality of life patients taking this route have endured plus knowing how it affected their families I could not allow my kids to take on the unnecessary agony of my self inflected poor health. I didn't see it as being fair to them and I also was very aware my

youngest child (daughter) was not ready or capable of taking care of herself let alone me on top of all the social anxieties she already has over my marriage breakup and abandonment. For me and my family our beliefs and God plays a key role in decisions. This decision was mine to make and I chose the best possible options available for my kids and myself.

As we all now know; smoking kills vs vaping (a highly proven safer alternative) There is no smoke. Vaping is here to stay. Vaping was founded by the smoker, for the smoker, as a means to help people quit smoking. The minute a smoker picks up vaping is the moment the smoker has ceased smoking.

Smoking kills.

I was a smoker. I could not quit even after being diagnosed with advanced emphysema then given 3-6 months to live. It has been just over 25 months now since I picked up vaping as a final choice to stop smoking. I'm still here to talk about it. My family, my friends, my doctor are quite amazed how vaping extended my life thus far. The damage from years of smoking, work related chemicals and poor health are irreparable of course but my quality of life is not comparable to if I had not found vaping which helped me quit smoking. Again; there is no smoke.

I would think any civilized caring educated (based on science and facts) people would easily understand the difference. From a health perspective it is clear and announced world wide as a means of THR along with backing from those professionals in both health care and Tobacco Control. Now I ask ; Is it really that hard to figure out how to fairly regulate and promote vaping over smoking while at the same time regulate proper safety standards to protect children?

Tobacco control and the Tobacco Industry would just as soon ignore this while lobbying to have sanctions that keeps cigarettes readily available ....and legal.

It is the responsibility of the FDA and other regulatory groups to listen to those stakeholders who have no invested interest in any product other than it simply helps them live a better quality of life. They MUST do the right thing here. Nobody wants another black market created as a result of industry lobbying interests. Don't fail those who will die if we fail to face the truth about societies failure to consider smokers are in need of help. Smokers are real people!

Thank you Ray PG Yeates aka : Anecdotal Evidence

No more STIGMA! No more SIN Taxe$

Note - For interested health care professionals : www.canada.moveorganization.ca

10/18/2015 4:37:04 PM - Spoonful of Miracles

I'm 52 and I've been smoking since I was 13. Since I started vaping, I've been off cigarettes for 3 months. I can't imagine that I can stop smoking even for a day let alone 3 months. I'm so happy that I can give up that nasty habit. I even vape 0 nicotine now. I found out that the ritual of blowing smoke (or in this case vapor) is what I enjoy the most. So for the smokers out there, give it a shot. You might be a vaper and a non-smoker.

10/18/2015 4:36:48 PM - Shawn

I am 41 years old and I started smoking when I was 12 because I would snatch them from people around me who did. I quit in may of 2014. I was a moderate smoker until I lost my wife in sept. of 2014 to suicide and after that was smoking heavily. By heavy I mean 3 to 4 packs a day most days. I already had tried to quit several times in the years before because I would get short of breathe, sometimes I would cough so much and so heavy that I would run out of breathe and my head would start pounding to the point where I was in pain and would nearly pass out. In my attempts to quit before I tried patches, cold turkey, slow reduction and none of these ever worked. In may I started doing research after my daughter begged me to stop and decided to try vaping. I chose the day that I would run out of my pack of menthol cigarettes and made the 80 dollar investment on a device, tank and juice. I have not touched a single cigarette since I made this switch and I will never go back. I can breathe without feeling a rattle in my chest. I don't have a heavy feeling there anymore like I am going to cough either. Food tastes better, I am not short of breathe like I used to be. I do not cough all day or have to clear my throat all the time and my kids also noticed the changes. Since then I have managed to get my sister, brother in law, nephew to all quit smoking and use devices and they are all doing so much better. My x-wife from a previous marriage even quit when she saw how much better I was doing. DO NOT restrict or hamper this option to quit smoking. DO NOT let the corrupt big tobacco companies buy you off to stop this option. This has the potential to save millions of lives.

10/18/2015 4:36:37 PM - Kenny

I started smoking cigarettes when I was 12 years old. After 9 years of smoking I finally decided to try vaping. The day I started vaping I also had a pack of cigarettes and I am happy to say I gave that pack away and I am now 14 months cigarette free. Vaping has changed my life. I feel better. I have more stamina and I don't wake up every morning coughing up a lung. There are so many flavors you can vape it is absolutely amazing. For anyone who is starting out vaping stick with it. You might not get the right juice to help u quit or maybe you don't have the right mod but if you keep trying everyone has their preference and so do you. Vaping will change your life for the better. It costs much less then cigarettes. You feel better about yourself. You don't stink horribly like cigarettes and I promise you your lungs will feel so much better. Vaping is the future. Cigarettes are the past and soon enough hopefully everyone who suffers from the addiction to cigarettes will be able to switch to a much healthier alternative.

10/18/2015 4:36:28 PM - Travis Meeks

Hello, my name is Travis Meeks, I'm currently 23 years old, and I vape. I started smoking traditional cigarettes at the age of 14 and officially quit smoking them about 3 years ago. On average I would say I smoked about 1.5 to 2.0 packs of cigarettes a day. I started out with a pretty standard set-up at 24 mg of nicotine and stayed there for a few months. Once I completely sat cigarettes down, which took about a month, I used nothing but my vapor. I'm currently in college and have been since the age of 18, so needless to say traditional cigarettes were eating my wallet alive. 15 dollars a day for cigarettes adds up very quickly. So when I found vaping and learned that I could spend 12 bucks and it would supply me with enough e-liquid for almost an entire month, I jumped on that immediately. Over the years I have gradually upgraded my hardware, to where now I'm using rebuildable dripping atomizers and sub-ohm tanks. I've been a student in the STEM field since I've started college, so once I started learning how these things actually worked I really did enjoy "tinkering" and learning more about these devices. I also started working at a local vape store while I went to school. I have an associates degree in Chemistry so the idea of actually mixing and making the e-liquid was right up my alley. It started as a healthier alternative to smoking traditional cigarettes and now it is something that I really do enjoy and love. I started at 24 mg of nicotine in my juice to where I'm at now, at 3 mg of nicotine. 3 years ago I couldn't jog without feeling like I was going to pass out in the middle of a road. Since I've started vaping and no longer smoking traditional cigarettes I can definitely tell that there is a difference in my own personal health. Aside from the health benefits of vaping, vaping has saved me thousands of dollars, introduced me to some of my greatest friends, and given me a hobby that I can pursue and thoroughly enjoy outside of work and school. I truly do think that vaping has altered my path in life for the better, if I didn't find vaping I would still be smoking traditional cigarettes, causing me to miss out on a lot of things in life and eventually killing me. With all the regulations coming into the picture, I don't understand why people would want to hurt a good thing. Everyone that I've talked to about vaping that disagreed with me on its health benefits didn't know anything about it. They've only seen stories about how it's "bad" and "research" pages that are sponsored by big tobacco companies. Lack of knowledge and information is the main cause of disagreement, if you don't know about it then you can't form a structurally sound conclusive opinion. I disagree with the government coming in and meddling with things that doesn't affect anything more than their pocket books. People are becoming healthier and enjoying life more with vaping. Why mess up a good thing?

10/18/2015 4:36:14 PM - Caleb B.

I have been vaping for around a year. I started smoking at age 14 and in less than a year I noticed the awful effects of smoking. I continued smoking until I was 18 and then I decided to buy a vaporizer. My dad and his girlfriend both vaped and praised the positive effects. I gave it a shot with a crappy little thing from a convenience store. Even with that I felt better. Eventually I found a local vape shop and over time bought better products. Now I never even consider lighting up a cigarette. My health has improved and I don't smell like an ashtray. I thank vaping for a longer healthier life and I hope that anyone who smokes has that oppritunity.

10/18/2015 4:35:59 PM - Anthony Bray

After 30 years of smoking and several failed attempts to quit smoking using every method, vaping is the only thing that worked for me. I have tried everything. Patches to lozenges and nothing seem to work. Out of frustration I felt like I was going to be a slave to smoking. And then I tried vaping. Immediately I was off cigarettes. I'm now 8 months smoke free thanks to vaping. Vaping saved my life.

10/18/2015 4:35:46 PM - TwoFootGiant

i smoked from the time i was 17 till about 2 and a half years ago. I first found the vaping experience at a workplace. Someone was vaping, and i HAD to know what was going on there. I had been wanting/trying to quit smoking for a number of years through just dropping them cold and gum, to no avail. I would only make it about 3-4 days before i was ready to strangle someone for a smoke. I first purchased a basic little ego CE4 setup and juices that were chocolate fudge, and a candied berries. that helped cut down my smoking, but i still bounced back and forth for a while because when i vaped it didn't feel as if i was getting enough into my lungs. Then one day, i ordered a VAMO V2 and a kanger protank 2, even less cigarettes smoked due to more vapor being produced. after around another 2 months, i began researching dripping, and was given my first IGO-W. i've been cigarette free since then. the ability to create more vapor, kept me from even WANTING a smoke. at this point, i do not know if i would want to go back to smoking if there was a ban, but i know the amount of people that keep smoking would never be reduced. Vaping has made it easier to breath and play with my children. how many more people have to stop breathing before we allow vaping to feel free again?

10/18/2015 4:35:02 PM - DRKII

Well I Started smoking full time when I was 15 years old around summer of 92. I have tried to quit a few times in my life but nothing was effective. Gum tasted nasty, dips and chew well the of course had their downfall so back to smoking I went. A job that I had in 2008 offered me a cig-a-like "smoking everywhere" e-cig" to smoke at work in hopes I would quit. Well after a few week of using it at work i went back to outside smoke breaks. Again was not effective. Then eariler this year one of my co-workers switch to vaping and quit smoking. After 6 months of not smoking and hearing how effective it was for him, I started to ask for information as my wife really did want to quit smoking and I still didn't want to quit. Well my wife and I went to the local vapor shop and got a good pen style setups using pen batteries and Kangers tanks. My wife quit smoking that day as she was using nic juice 14mg and I a no nic to vape with her and try to keep from smoking around her. She quit smoking on 09/02/2015. The next week I found an e-juice I like and got a 18mg mix. On 09/16/2015 a week later that i started vaping with 18mg juice I smoking my last cigarette. The taste was nasty now and I got to where I was vaping the favors more and a cigarette less that I finally threw away my open pack of cigarettes. Now almost a month later still only vape without the need or want for a cigarette. When I tossed my open pack I still had 8 full unopen packs. I gave them away over the weekend. I feel better now, I have more energy, taste and smell better, and I cough alot less now. The first 10 days or so after my last cigarette I did have a few coughing fits and coughed up the nastiest sh*t from my lungs then what I have ever seen myself cough up, but now thats is even over. If it wasnt for these new style vaporizers out there I would still be smoking and cough all the time. I would still smell like a ash tray and of course inhaling the smoke of GOD ONLY KNOW the true story LOL but still for those who think vaping is just as bad as smoking then I havent seen it yet cause in my almost month of not smoking I FEEL MUST BETTER. I will NOT say that VAPING IS 100% safe cause we dont know yet BUT IT IS DAMN WELL SAFER than..... SMOKING CIGARETTES.

Thank You vaporizers of the world as my well being feel better now than in years.

10/18/2015 4:31:19 PM - Damien Perri

We are a family of 4 which included 3 smokers 17, 40 and 40. I personally smoked for 30 years. We used vapor ego to quit smoking. We started with nicotine in it and weaned our way down. We now have been smoke free for 1 month thanks to vaping. Go vapers and stay smoke free. I have used lozenges, gum, patches, chantix, welbutrin and the inhalers. All to no avail. I am happy to say I am and will remain smoke free. Thanks to quitting smoking my blood pressure has gone down and I can breathe again. My 3 year old no longer smells like an ashtray. And I have a much higher quality of life. My mother died due to cancer which was brought on by smoking and my sister is still fighting it. Thanks for hearing my story.

10/18/2015 4:31:04 PM - Marius

I use to smoke every day of last 25 years. Three packs a day. Wake up in the middle of night, light a cigarette or two and go back to sleep.

I tried to quit. Patches, gum...nit works. Get sick chewing the gum and smoking right after. The only two light time days in my last 25 years when I not smoked were living memories. In evening I catch-up to my dose! Two packs in first two hours. Burning the sticks, not smoking!

Two months ago I get an eGo-T ecig. From first day I not even need to think to cigarettes! Not like the smoke of others, not have any desire to smoke.. I VAP! Is kind of funny to get cautgh in this American silly abreviations and nicknaming of everything but is real thing. I enjoy to inhale the vapours and I still need the nicotine (start with 12mg and dropped to 6mg two days ago). I use classic flavours, tobbaco like.

I share with you my experience because it may help the former smokers community to fight against the tobbaco industry and its employee, FDA who try to regulate this new born freedom movement. I stand for order, I stand for standards, I stand for quality control. I do not tolerate intervention of economical "vampires" in the process of developing in this industry without us, the consumers oppinions. FDA or any other organisation should use the funds from tobacco commerce to proceed to scientific tests in order to upgrade the knowledges of academic comunity about this vaping process first. Then should impise, free of charge, mandatory application for uniformization of this industry. We paid enough smoking to deserve this fair treatment.

Safety is not real motive if FDA concern, is obvious! Vaping IS safer than breating in most cities of this world! If FDA succeed in its obviously discriminative "regulation" it will be a chain reaction and in this moment any attempt to make me quit vapping is an aggression and I may respond proportionally.

10/12/2015 4:27:18 AM - Chris from Palm Bay, Florida

I started as a teenager at 14 years old as a result of both my parents smoking because cigarettes were so easily accessible. I had been smoking for about 18 years and attempted to quit cold turkey and tried using the gums, and the patches, but I always ended up going back to smoking cigarettes. When I discovered and I switched over to vaping, It was probably the best decision I ever made because I've quit smoking completely and have been smoke free for about 2 years now. I can tell that my breathing has gotten better, food tastes better, and my overall health has improved. I never realized how much cigarettes stink and how bad they taste until I switched to vaping mods. When I started vaping I was using 18mg nicotine eliquid, now I'm down to 6 mg and continue to taper with time.

Since I quit smoking, I've actually started running and going to the gym. Before I could barely run few hundred feet before I would keel over from being out of breath. Now I'm running at least a mile a few times a week with no issue. I have to say that if I hadn't quit smoking cigarettes and switching to vaping, that I would probably end up dying from cigarette-related health issues. Now I'll hopefully live many years longer than i would have otherwise. I really feel like vaping may have potentially saved my life.

10/12/2015 4:26:55 AM - zac

My name is Zac, from the United Kingdom, Shropshire and I am 20 years old and Vaping has been a big part of my life for the past year, from smoking 30 + cigarettes a day to now being on 0.3mg nicotine e liquid I am for one proud of my self as should everyone else who has taken to vaping well done to all.

Another thing personally for my self I have found I really enjoy vaping, trying new juices, trying new mods and different devices meeting some great people through the vaping community that you can really connect with and just hang out and have some great vaping times.

I personally really enjoy vaping and everything about it appeals to me all the way from iinhaling the vapour to walking to my local vape shop buying the latest mod or tank or rda and hanging out with local vapes and sharing story's and making memories, but we should also remember this is to stop people from smoking cigarettes which we all know are very bad for you.

So that's my story and experience of vaping and again well done to all the vapesters out there and in the words of Grimmgreen (let's keep on vaping!!!)

10/12/2015 4:26:41 AM - Bill S. from Syracuse NY

I, unfortunately, started smoking at a young age. I tried my first cigarette when I was 14, chewing tobacco when I was 15, and this continued to progress over the next few years. At 17 I was smoking a pack every few days and chewing quite a bit too. I tried quitting a lot, but I just couldn't kick it. Last year, at 19, I noticed a co-worker had a vape pen. He let me try it out, and i enjoyed it quite a lot. I did some research and found that the legitimate manufacturers have safe alternatives to cigarettes. So I went and got my first vape setup, an aspire nautilus on an iTaste SVD 2.0. I am now 20, almost 21, and have never even thought of switching back to cigarettes or chew. I have since gotten a few sub tanks, some better mods, and some RDA's. My lungs are back to normal, my mouth is a hell of a lot better, and I feel great that I've finally quit. From what I've seen on the Internet, there is no formal regulation on these products. I am not only surprised, but also appalled, that something that has been around for so long and is so popular hasn't seen any formal regulation as of yet. Luckily the pros in the vaping community have taken it upon themselves to regulate themselves, and prepare for the regulations that will hopefully come soon. I have enough sense to research before I buy, but I know that others aren't as meticulous with this as I am. The bottom line is this stuff works, and it needs to be regulated so that everyone across the entire vaping community can continue to enjoy vaping safely without fear of bootleggers and cheapskate companies making unsafe products to save a buck.

10/12/2015 4:26:19 AM - William P Gerrettie Jr.

I started using nicotine in high school chewing tobacco. In my early twenties I switched to cigars. Nobody ever told me you're not supposed to inhale a cigar so I smoked them like they were cigarettes.

Over the decades I changed brands until I settled on a favorite which was a two hour plus smoke. I'd typically have three in a day whenever i could afford to. I tried to avoid the domestic tobacco with all the additives but any time you burn leaves, you're inhaling tar.

About a month ago, I was introduced to vaping. I started with a rechargeable mod and a simple tank. I still smoked cigars on the weekend. Within a couple of weeks I was a full convert! I haven't smoked a cigar in over two weeks and I don't want to go back to smoking. I will always enjoy nicotine usage but now I can do it the smart and safer way!

I really hope our government isn't so lost in corruption that they allow big tobacco, pharmaceutical companies, and small but loud special interest groups to take this wonderful alternative to smoking away from me and force me back into cancer causing leaf burning!

49 and breathing better than ever! Bill.

10/12/2015 4:26:03 AM - Shawn O

Hi everyone

My name is ShawnO

I smoked for about15 years and smoked 1-2 packs a day.I have tried all the methods to quit smoking the stinky sticks. The gum, the patches, hypnotist, disposable ecigs, and even the FDA approved pill that gave me suicidal thoughts (how can a pill that does this be approved) and guess what I just kept going back to the stinky sticks. About 6monthes ago I started vaping. (not to be confused with ecigs THEY ARE NOT THE SAME). And I have been smoke free since the day I bought my first set up. I even threw out the pack of cigs with in an hour of vaping I started off with an eleaf istick and a atomizer tank.I now use a Aspire Pegasus and a Aspire triton atomizer . I vape all day everyday. I started at 18mg and now I am down to 3mg and myself and family are happier now that I am smoke free. I am now feeling healthier and I can go out and chase my little girl and play with her and not WHEEZE my brains out and cough up my lung. Vaping is a new lifestyle for me. Vaping Is my choice not anyone else. Lets keep this tobacco free/smoke free way of life a free choice. And keep the big tobacco death dealers off of us, THE VAPER AND SMOKE FREE POEPLE!!!! VAPE FREE OR DIE!

10/12/2015 4:25:52 AM - trever webb

I have stopped smoking in early febuary 2015 i had been smoking since i was about school age for severaly years i had tried most of the nrt avalible none worked i whent back to smoking again,then i found vaping wow no cigarettes since not even a craving for them. It's my personal amazing not one cigarette VAPING HAS SAVED MY LIFE my lung health is so much inproved if it was not for my knee i could run all day long amazing ,i feel great again no cough no short of breath ,I know how i feel and it so much better vaping then smoking , THEY SHOULD BAN SMOKING NOT VAPING ,vaping will save your life smoking will kill you, since starting to vape i have two mod's vw coolfire iv and aspire pegasus tc and also a aspire nautallis vv i use them all at some point in the day i have also decreassed nicotin strength from 18 to 6mg with vaping i don't need to smoke I hope for us all vaping as we know it will survive.

10/12/2015 4:25:30 AM - Levi Spaceman

I have been a 3 pack a day smoker for 30 years. My doctor told me that at this rate I would not live to see my grandchildren grow up; this was a huge revelation for me and I decided to make a change. I tried it all, patches, gum, hell even hypnotism and at the end of the day I always went back to the cigs. Vaping has saved my life and allowed me to adopt a much more healthy lifestyle. My grandkids are 3 and 5 now and to think that without vaping I might not be here right now is truly unreal. My quality of life has been on the uprise since I discovered electronic cigarettes and it would be a shame to think that another person might not be able to get that kind of second chance due to regulations or laws, another person that might not live to see their legacy due to ecig laws. I believe that these alternatives should not only be accepted, but encouraged as I can see this saving many more lives.

10/12/2015 4:25:16 AM - Justin Paul Anderson

I Attended A Vaping Convention Here In San Antonio, Texas. Knew Little To Absolutely Nothing About Vaping, Just Took A Vaping Friend. I Started To Try N Was Very N Enjoyable. I purchased A Evo 1 From My Pal, That Day. People Had Said You Can Stop Smoking, Using Vaporizes, I Scoffed. Been Smoking For 28 Years, 3 Pack A Day In My 20's, Pre-Vapor Pack N A Half A Day, Few Wees Into Serious Vaping, Down To 7 Cigs A Day, N Less Interesting, Each Day, What A Blessing Vaping Is! I Never Thought I Could Quit Smoking, But Here It Actually IS, PLEASE SUPPORT LIFE SAVING, HARMLESS VAPING,

Thanks Ever So Much,

God Bless

Justin

10/12/2015 4:25:05 AM - Bill Gunner

after smoking 1 pack or more of cigarettes per day for 40 years I decided to quit, bought a vaporizer, and have not had another cigarette in 18 months; I have been cutting down on my nicotine level and plan to eventually stop vaping also

10/9/2015 1:11:14 PM - Rick Hacker

Started Vaping in January 2015, After 45 years of Smoking. My wife, Daughter, Mother in Law, Sister are all Vaping No More Stinky Sticks. I cant believe all the hype about vaping and the bad press it gets. Just read the stories on this site not to mention all the other ones out there.

I also believe if the Tanks, Electrical devices where controlled by Big Farma or Big Tobacco They would be considered Stop smoking devices already and approved by the FDA. But they would cost 10 times more of course.

I have worked my whole life Started at age 11 I have always paid my Taxes and voted for who I thought was the best to Serve us. I said Serve us not control us.

What the Vaping Community needs to do is Give all the Politicians Suit Cases full of Cash Like the Big Farma & Tobacco Company's Do. They would leave us alone. We where once the home of the free, Now we are sold out By our Government agency's. To the highest bidder. If our government really cared about our health They would Ban Cigarettes all together. And Fund Vaping technology . Hay what an idea Political Hacks Do what's best for the People and what they want.

Sorry about the rant but the more I Vape the more I am convinced it is the best way to fight smoking the number killer of Men and Women everywhere. Keep vaping and Keep Fighting our Fore Fathers fought for this. (Freedom)

10/9/2015 1:11:00 PM - Jonathan Ettinger

Was a 3 pack a day smoker for over 20 years. Got married to a lovely woman in 2011 that was also a long time chronic smoker. We happily spent over half one of our checks each month to smoke. Thought we couldn't live without them. Then about a year and a half ago we stumbled upon a friend who had an extra e CIG. We tried the fruity flavor he had and kinda blew it off. The next month we decided to try other flavors and get our own. Took several times going to the vapor shop adjusting the nicotine levels for each of us. Over time we backed off the nic and moved the more vapor production. Now we are nicotine free with giant vapor clouds for fun and flavor. Haven't touched a cigarette in over a year. Wasn't an immediate thing. Not for us. But it was a drastic change. Within the first month we were down to less than a pack a week and by the third month we didn't want em no more. Each persons journey is different. The money we save now we use to go camping and fishing one weekend a month. We do a lot more walking together and feel better.

10/7/2015 10:00:28 PM - Delbert

I was diagnosed with COPD several years ago, at the time my lungs were so bad that I had to go on disability. My lung capacity was at 28% when tested. I was a daily smoker of about 3 packs a day. I have had to be on breathing medication since that time. I continued to smoke. I quit smoking and went to vaping at last check from my pulmonologist my lung capacity has increased from 28% to almost 50%. He asked me if I had quit smoking and I told him yes, but I pulled my e-cig out of my pocket and said except this and he told me that there was nothing wrong with that to keep it up. I was actually so bad that my oxygen was being monitored at night. I could not walk from my front door out to my truck without almost being on my knees trying to breathe. I had to have someone do my yard work, which I could no longer do. Now I actually mowed my yard for the first time in years. I was a high stage 4 COPD while I was a smoker and now I am a low stage 3. My doctor actually told me that next time I am tested I have a chance of being stage 2. Thank God for the e-cig to help me get off of cigarettes without all the added chemicals that a cigarette has in it. I smoked for over 40 years and now with the e-cig I am smoke free. I quit smoking when I started using the e-cig and am now down to 6% nicotine , when I first started the e-cig I was at 24% nicotine.

10/7/2015 4:47:33 AM - Wilkie Adams

I have been a smoker for many year, have tried to stop many times, vamping has proven to be my last best hope, so far two years non smoker, I feel better and much healthier according to my doctor, so please don\'t take this away from me, big Tabacco company would like to see this go away, and you would like to regulate it to death , but don\'t , 4 ingreants compared to the 4000 in cigs..let me be healthy...

10/7/2015 4:47:19 AM - Cindy

I started smoking cigs when i was 12 years old. I am now 21 and its been 2 months since I've quit smoking cigs. I smoked newports and I've always heard horror storys about people coughing up blood from them but even that couldnt get me to quit. The first month it was hard when I would be around smokers I would bum one off them. But now most of my friends vape so it made it easier. I have always attempted to quit but it would only be for about 2 days the most. I've finally found something that is not nearly as harmful as smoking cigs and keeps me off of them.

10/7/2015 4:47:04 AM - John Francis

I smoked 1-2 packs of cigarettes a day for over 50 years. My son introduced me to vaping about a year ago and I haven't smoked since. I know that vaping is not risk free, but I am convinced that it is an order of magnitude safer than smoking. Please don't take this away from us.

10/7/2015 4:45:18 AM - chris

My name is Chris Hynek Im 29 years old and a single father of 1 little boy. I started smoking at age 16 until 28. I always worried about if I was going to be around long enough to see my son grow into adulthood. I found out about vaping a year ago and ever since it has changed my life! I can run better, breath better, and most importantly be around for my son longer! If vaping dies, so do millions of people!

10/7/2015 4:45:04 AM - Kevin Silva

Hi Everyone,

I live in Va. in warren county, its some beautiful country living.

I started smoking cigarettes when I was 11 and am now 56. Having had a heart attack 5 years ago my doctor gave me all the typical warnings about not smoking. I have tried several different methods to stop smoking. Including the nicotine patch, nicotine gum and chantix, all of which did not work for a variety of reasons,least of which was the extreme side effects of chantix. It seemed to me that what my doctor offered did not work for me, I've tried quitting cold turkey and that did not work at all. I've tried diversion techniques with tips and tricks from friends and professionals with no success.

I was introduced to vaping thru a good friend four years ago but resisted it until this year. What finally changed my mind was this. I travel from place to place in my job and there was a week when I ran into four people in different locations that were all vaping. Being curious I asked how they started and why and what i found were compelling stories of heavy smokers putting their habit behind them. That was enough for me to make my first attempt at vaping. I started using a 50watt mod and a Nautilus tank which the good people at my local vape shop helped me with.

My transition period was very short,It did not take long for me to feel that vaping felt better to my body than picking up a cigarette. I have been off cigarettes for three months and for the first time in my life , I don't miss it a bit. No cravings, or ill side effects like using the cessation products I had tried in the past.

After a few weeks of vaping the smokers wheeze was gone. At one month I could breathe thru my nose for the first time in years. I don't get winded going up stairs , my profession requires a good deal of physical activity and it has made each day easier to perform my job. My clothes and skin dont stink and I am regaining taste and the sense of smell again. I come from a family of smokers and it seems to me that if vaping had come along 30 years ago i may still have most of my family. This has been the easiest transition i have ever experienced hands down. Ive taken my nicotine level down to .3 and am progressing towards 0 nicotine.

The more important thing is that my health is steadily improving and I may get to see my grandchildren grow up instead of following along the line of the family I've lost thru issues with cancer. Its a bit of hope. I'm grateful to have vaping tools in my corner and for the friends who pointed me in this direction.

Another good thing is that there have been several of my friends who have started vaping also, and some of our customers on the job have seen a positive personal change in me and have either shown interest in or have begun their own vaping adventure. This

is such a positive step, I hope the small shops and good people in them ,are able to continue to provide this service to everyone like me who felt as though they didn't have a way out of cigarettes until they stumbled upon vaping.

10/7/2015 4:44:43 AM - Pierre S

Hello!

I've been smoking since i was 12 years old, now i'm almost 24 years old.

One day my brother told me about vaping and how good it was, not just about the taste from it, he told me it so that i could try it to stop smoke.

Well, now it has gone a month almost since i started vaping, and im down from 1 package of ciggarettes Ã¡ day, to like 5 Ã¡ day.

Thats really good!

Especially for me, cause my will to stop smoke is bad.

But, with vaping it shouldn't be as hard.

Lovely taste, lovely clouds and you can inspire alot of other people to start vaping instead of smoking.

So right now i'm using mod with 12 mg nicotine.

And since i've cut down on the ciggs i feel much wealthier in my body and much happier in some kind of way.

Well, this is my "story" in my opinion there is no need to make mods illegal. It has helped so many people out of their bad habits.

Kind Regards

Pierre Sandberg

Sweden

10/7/2015 4:44:29 AM - emmytheduck

Greetings from the Midwest! I am a 31 year old female, and I started smoking cigarettes when I was 22. I had been smoking between 1-2 packs a day for nearly 10 years when I decided to try an e-cigarette.

About four weeks ago I made the decision to get a simple e-cigarette the uses liquid flavors and heats with an atomizer. As a heavy smoker, I figured I would need the most nicotine possible. I was surprised that I really only enjoyed 12mg and lower. I currently smoke 6mg.

Over the past four weeks I have had three cigarettes - each one of them more disgusting than the last. I've heard it's not common for cigarette smokers to make the switch so easily, so I consider myself lucky.

I am saving over $200 a month on cigarettes, and most importantly, I'm saving my own life. I feel amazing! I don't struggle as much when I work out, my anxiety levels are down (I have Panic Disorder and cigarettes spiked my heart rate, increasing my anxiety), and I don't smell like or taste like cigarettes anymore. It's such a fantastic feeling.

Before all of this, I had tried to quit a few times. I used the Nicorette Gum with very little success. I knew that I would have to quit someday, but had no idea how or when.

I am so grateful for the e-cigarette. I realize that I'm still addicted to nicotine, but I also know that the pure nicotine itself isn't going to harm me even remotely as bad as all of the other chemicals inside of a cigarette. I hope that over the next few years, scientists and the FDA can rule that e-cigarettes are much safer and do little harm to the body in comparison to cigarettes.

10/7/2015 4:43:57 AM - MommyRiddle

I was a social smoker from 17-18. Then I was legal to buy cigarettes. It was easier to quit during my first pregnancy cause cigarettes made me physically ill. I thought I had quit. The day after I had my baby, I was smoking again. The cycle continued for a couple of years until my next pregnancy. Quitting was almost impossible. I craved cigarettes through the entirety and not even a week after my baby was born, I was smoking again. This continued for years again. Until I was up to a pack a day. I was trying to quit, nothing worked. I thought my anxiety fed into it, so I got on anti-anxiety pills and anti-depressants but still was smoking nearly a pack a day. Then I got pregnant again. I couldnt quit. So I tried vaping. I stopped smoking cigarettes immediately. My doctor let me vape! I vaped throughout my pregnancy and my son had to be induced at 39 weeks and 6 days. I didnt go into preterm labor from it like I would have if I had been smoking. In labor, I vaped, it kept me calmer. Almost 2 years later, I still vape. I will have a cigarette on occasion but I would rather vape than smoke. I can do it around my kids without worrying about 2nd hand crap affecting them (not that I ever really smoked around my kids but that worry isnt there). Vaping helped me drop my bad habit of smoking. I've been healthier, I dont catch colds or have lung issues like I used to. My allergies havent been as bad. I love the variety of flavors so I'm not stuck with one thing like I was with smoking. Vaping has been an actual life saver as cancer is so rampant in my family. AND I've not had to get back on my anti-anxiety medicine!

10/7/2015 4:43:44 AM - SMOKE FREE

I been for 15 years on daily basis. vapor is the ONLY thing that help me quit.

10/7/2015 4:43:29 AM - Stephen Miller

I am a 39 year old male from Houston, Texas. I began smoking cigarettes when I was 13 years old. I have been smoking for 26 years. I made a promise not only to myself, but to my 7 year old daughter to quit smoking cigarettes before my 40th birthday.

My best friend had been urging me for years to switch to vaping, as it helped him quit as well. I was always kind of turned off by the idea. That is until I said I had enough!!!! 1day I smoked what was to be my LAST CIGARETTE!!! And then went to my local vape shop. The staff was highly knowledgeable of the products and helped me get started up with a starter kit. A month later not so much as a single cigarette, not even the urge to smoke. I already have regained my smell and taste and feel better than I have in a long time. I can go out and run around with my daughter and not get winded anymore!!!! You know great that makes me feel?!?!

Anyway that is my testimonial. Vaping has positively changed my life.

10/7/2015 4:43:13 AM - Kip Tate

I've come from a family where everyone is smoking cigarettes. I refused to use cigarettes but of course I have to urge to smoke. The only way I can express this urge is by using these smoke free products / Mods. I can still be social smoke with all my friends but it wont damage my body as much as cigarettes I don't want to be addicted to nicotine so I use nicotine free juices. I just like how I don't have to deal with all the chemicals and health problems that cigarettes have and if these smoke free products start getting taxed how am I suppose to express my smoking? I would have to use cigarettes and that's just wrong. I don't want to have to deal with all the problems that cigarettes have, if there is a safe healthy alternative. This would ruin the quality of my life which i really enjoy. Taxes these products is going to have a huge negative impact on not only America but the whole world.

10/7/2015 4:42:48 AM - Eric Wayne smith

Vaping has saved my life. Please don't make it so I can't afford this life saving product that has kept me away from the all so more

Hazardous cigarettes. Thank you for your time.

10/7/2015 4:42:35 AM - Michael Gann

i smoked for 5 year and ecigs have completely changed my life! i havent touched a cigarette is almost a year now! at first i was a little skeptical about it because it was not what i was used to i tried it and i loved it! now its been over a year and im doing amazing i can breathe better my taste buds have increased and i just feel much better about myself, now i have gotten my mom into vaping and my boyfriend into vaping its amazing what you can do with a little trust and alot of tools!

10/7/2015 4:42:20 AM - Jessica Fischer

I was a smoker for 10 years and switched to vaping at the beginning of 2014. I still vape with nicotine and I don't ever want to go back to cigarettes! Leave my vape alone! I have a box mod Pegasus/triton setup. My transition from smoking to vaping took about two weeks. After I got my first ego I bought about 5 more packs of cigarettes and never looked back! I tried the blu in 2012 but couldn't get below two cigs in a day and eventually gave up. The patch didn't help me. I definitely noticed since I've switched that I can breathe easier, I can smell better and I feel healthier!

10/3/2015 1:24:35 PM - VapeNÃ¼bs

Whats up party people? I live in California and I'm a part of a family that smokes heavily and so do my friends, so by nature I became a smoker. Sure I had a chance to steer away from it but when you are constantly seeing your parents smoking cigarette after cigarette, you get curious and before you know it, you're smoking your first cigarette. The reason I started smoking was because I wanted to try it, and I also liked the light headed feeling it gave. Soon, one cigarette wasn't enough so i had to keep smoking to achieve that head high. I started smoking when I was about 17. I would steal cigarettes from my mom. Long story short, I'm 27 and have recently started vaping and I'm glad I did. I use to smoke about almost a pack a day due to being a college student but ever since I started vaping, I've cut down drastically. I'm down to 4 cigarettes max a day. I'm hoping one day to be down to 0. Also, I use to vape on 6mg of nicotine and now I've dropped down to a 3mg. The best part of not smoking is that I don't smell like cigarettes or have that cigarette breathe or even wake up coughing my lungs out in the middle of the night. Vaping sure is a great alternative to smoking and I would encourage any one and everyone who smokes, to switch.

10/3/2015 1:27:08 AM - Jonathan W.

I've finally, after 3 years of trying, quit smoking cigarettes. I started smoking when I was about 16, nearly 20 years ago. My profession has been saturated with cigarette smokers for my entire career. Everyone smoked, it's the social norm, they taste good, and it's the only way to get a 5 minute break during hectic work hours. At age 34 I had, a major back surgery, and was hospitalized for about a week. I could barely walk to the restroom, sit up, or lay back on my own, but I managed to walk 500 yards to the sidewalk of the hospital to smoke cigarettes every hour and a half. That's insane, painful, and as reference illustrates my desire to smoke cigarettes.

About a month ago I decided to try a vaporizer. I was tired of being out of breath at the gym. Upset that my children had to wait to give me a hug because I was smoking and the cigarette smoke caused irritation. I wasn't forced, I didn't necessarily want to quit, but I wanted to try. I've smoked more than a pack of cigarettes per day for a very long time. The day I walked out of the vape shop with a box mod and a tank was the last day I've smoked cigarettes. I don't need a cigarette, I don't want one, I'm happy that I can "vape" and enjoy free breathing. I'll elaborate; I feel like I can breathe free, I don't wheeze, cough excessively or feel out of breath.

Having the ability to "vape" has provided a healthier life for me and my family. I tried gum, and cold turkey, and patches in the hospital, none of which I found useful, tolerable or like it worked for me. Here's my two cents on why vaping worked. With vaping I feel like I'm still in control, I can choose to vape, when to vape, and how to vape - I'm in control. As a cigarette smoker I was well aware of the inherent risks and chose to smoke in lieu of reason.

Cigarette smokers need this available as a cessation tool. Vaping truly, after 20 years is the only thing that worked, and I didn't need it to, it just did. I hope individuals with similar habits are able to utilize e- cigarettes as an alternative and have similar success'.

Thank CASAA for going to bat for me and the air around me.

10/2/2015 5:47:56 PM - djack16

I was a 25 year very heavy smoker. I tried every possible way to quit from the patch, to medication, nicotine inhaler , nothing worked. Its now been 3 years since i touched a cigarette thanks to vaping. I feel so much better, can breathe easy and smell again. Vaping saved my life i feel. Had i kept going at the rate i was with analog cigarettes i feel i wouldve been very sick at a early age. At least now i feel like i bought myself some time. Vaping saves lives, PERIOD.

I use a box mod and sub ohm tank with preimum e juices and i never crave a cigarette at all. actually i have worked my nicotine down in my vape to almost none.

10/2/2015 5:47:43 PM - JohnMichael Chakri

Hello. My name is JohnMichael Chakri. I'm 20 years old and for all my life I have been around smoking, smokers, cigarettes, etc. I, myself, have also smoked cigarettes and from young age due to extreme stress, peer pressure, and admiration of family members who either were or currently smoking cigarettes. I was always concerned for my loved ones well being and I always consulted them and encouraged them to give up smoking cigarettes. It came to a point where my uncle passed away from the harmful chemicals found in cigarettes and only then did our family realized that they had quite enough. It wasn't easy. In fact, because of their heavy addiction to nicotine, our family has found, yet again, with cigarettes among us. I took it upon myself to research better alternatives to cigarettes and came across nothing but useless patches, chewing gum, and electronic cigarettes. Knowing my family's habits I knew that the patches and chewing gum wouldn't help. I purchased said products anyways and it didn't help as I had thought it wouldn't. Then I began research on electronic cigarettes and found that there is a huge difference in ingredients and chemicals in both cigarettes and electronic cigarettes. There's also an option to not even have nicotine put in the equation. Going into a tobacco shop there was a large variety of electronic cigarettes. I chose the cheapest option and tested it with my father. He was skeptical at first, of course, but when I told him that he can have his nicotine without the harmful effects of cigarettes he was happily willing to try something new. My father and most of my smoker family members are now no longer smoking cigarettes and are now using electronic cigarettes. Their performance in life has improved dramatically in a month. My grandfather no longer coughs and can breathe normally. My aunt doesn't reek of cigarette smells. My father plays with his daughters as a normal father should. I can say, without a doubt, that our lives are changed; improved

10/2/2015 5:47:31 PM - SRJ

I'm 51 years old and I've smoked at least a pack a day since I was 15 years old. My son, who was also a smoker, got into vaping and tried repeatedly to get me interested but I resisted the change. Last year for Christmas he sent me one of his old vaporizers and some e-juice to go with it. A couple of days after receiving it I gave in and had him coach me on the proper usage of the device. The e-juice he sent was a level 18ml of nicotine.

I had about a half pack of cigarettes on my little end table, and once I started vaping I never looked back and those cigs sat there until I simply tossed them in the trash.

Since then I've lowered my nicotine level down to 2ml, which isn't even the equivalent of an ultra, ultra, ultra light cigarette.

Before vaping I had tried countless times to quit cigarettes and failed miserably.

I feel much healthier.

My friends and family tell me I look much healthier, and no longer have that ashen color to my skin caused from a lifelong addiction to cigarettes.

My house no longer reeks of stale smoke.

I'm a diabetic and the cardio-vascular health concerns with smoking were great, and even my own doctor was happy for the switch to vaping.

I have no doubt whatsoever that switching to vaping has greatly improved my overall health condition, and probably even saved my life.

From all the research I've done there are no health risks associated with vaping, or from being around someone who vapes, and this whole ploy by the State of California seems to be nothing more than them trying protect the big tobacco industry from losing revenue, which in turn would cause the state to lose taxable income from cigarettes.

What a shame this is even an issue, but I guess it's not a shock living in such a nanny state like California

10/2/2015 5:47:17 PM - Thomas Morrow

I was a cigarette smoker for 35 years. I tried to quit many times over the years and never succeeded. Gums, patches, cutting back and cold turkey. All failures. Part of the problem was that I actually enjoyed smoking to some degree. But I hated what it was doing to my health. I also disliked the smell on my breath, in my car and in my clothes. I had already banished myself to smoking indoors out of concern for, and complaints from, my family.

Finally I decided to investigate so-called â€œe-cigarettesâ€. Everything I read said , although they might not be completely safe, they are probably 99% safer than smoking. Like many others I started with a â€œcig-alikeâ€. I bought a â€œBluâ€ starter kit and gave them a try. Although I did manage to cut down on smoking I found them expensive and overall unsatisfactory.

One day I had run out of the disposable â€œBluâ€ cartridges and the local drug store where I had been buying them did not have any. I went into a nearby vape shop to see if they had them. They didnâ€™t and a helpful young man patiently explained why they didnâ€™t carry them. He told me they were expensive and could not deliver consistent satisfying vapes. I had already discovered this much for myself. He then went on to show me other â€œopenâ€ vaping devices (non-proprietary devices that can use juices or other components from other manufacturers) along with the designs and features of various types of atomizers and vaporizers and why they were capable of delivering a much better vaping experience customized to my personal preferences. They could deliver a consistent vapor with each puff unlike the Blu cartridges which started out good and then gradually declined in quality with each puff. He also told me that there were literally hundreds of flavors to choose from and that I could select from a variety of nicotine strengths. The Blu system, and similar â€œcig-alikeâ€ products from the big tobacco companies only offer a handful of different flavors, mainly tobacco/cigarette/cigar like flavors. Then this fellow loaned me a full featured vaporizer and invited me to sample some of the flavors they had in the shop. The first thing I noticed was that this device delivered a much more satisfying puff, or draw, that more closely resembled the smoking experience. I tried several of the tobacco flavors but found that I actually liked a caramel candy flavor much better. I was sold. He helped me to select a variable power vaporizer and an atomizer that I could refill with juice flavors of my choice.

That day changed my life and I have not smoked in the eight months since. My new vaping kit delivers an experience that rivals smoking and it is completely satisfying. I now find the thought and smell of smoking unpleasant and I cannot even imagine going back to smoking. My wife, a non-smoker, even lets me vape in the house and actually enjoys the smell of my caramel candy and chocolate flavored vapes. She is actually sort of jealous that I get to enjoy those yummy flavors without calories!

Some vaping opponents criticize the availability of candy and other flavors but in my experience I have found them to be a vital part of my effort to quit smoking. By providing satisfying alternatives to tobacco flavors they have helped me to place even more psychological distance between myself and smoking. The last thing I wanted as I was trying to quit smoking tobacco was to be constantly reminded of tobacco.

As I have done more research and interacted more with other ex-smoker vapers I have discovered that my experience, rather than being unique, is quite common. Even though vaping is not yet an officially recognized smoking cessation method the testimonies and anecdotal evidence is overwhelming. It is an effective means of quitting smoking than can succeed where other methods/technologies have failed.

Another common element of my story is that many start their vaping journey with one of the â€œcig-likeâ€ products from the big tobacco companies. The almost unanimous testimony is that these are vastly inferior in almost all respects when compared to more robust open vaping technologies. Most report that if they had not discovered and adopted these better technologies they would not have been successful in quitting smoking with vaping. They not only deliver vastly superior consistent performance and experience but they are considerably cheaper to operate over time. Using an open vaping system can be significantly cheaper than smoking itself and other smoking cessation technologies.

Vaping has been a huge blessing to me and has allowed me to finally be free of a deadly and disgusting habit. It should be recognized and widely supported as a valuable smoking cessation technology. Efforts to equate vaping with smoking and regulate it like smoking are usually ill-informed and have unintended consequences. It is no coincidence that many efforts to increase regulation and reduce availability of open vaping products are sponsored by the big tobacco companies. They would like nothing better than for millions of tobacco addicts who want to try vaping to be restricted to their expensive vaping products only to find them unsatisfactory and resume smoking. If society and governments are genuinely interested in public safety and ending the scourge of tobacco smoking they will only enact common-sense safety regulations that do not inhibit the wide availability of all (hardware and juice) open/non-proprietary vaping products.

10/2/2015 5:47:02 PM - Arlene Cabral/ MA

I started vaping in May 2015 after smoking 3 packs of Menthol cigarettes a day for more than 45 years. I actually had to start making my own cigarettes because I couldn\'t afford to buy my preferred brand of Kool 100\'s. Since I started gaping, I no longer cough, I haven\'t fell asleep sitting on the couch & burn my rug or myself. My children & grandchildren can come to visit without leaving like they\'ve smoked. I use 12 mg menthol e juice, no other flavors. I also do not need to wear the nicotine patch that I used to wear while smoking 3 packs of cigarettes a day. I agree with an age requiremen& I believe it\'s a healthier alternative to cigarettes. If higher prices & regulations are put into place I will be forced to going back & making my cigarettes with the pipe tobacco & wearing my nicotine patch.

I also recently converted my cousin who know uses vapor instead of smoking. She has emphysema & has not had a coughing fit yet in the 2 months she\'s been vaping. For the record, my physician was so happy that I switched to the vapor. Yes it has nicotine, but it does not have the smoke or all the other toxins that cigarettes have. It really does the trick for me. I have tried the nicotine gums, the patches & Chantix none of them worked. The Chantix made me so sick I stopped using it & kept smoking. I have not smoked a cigarette at all since May when I started using the vapor.

Thank you!

A. Cabral

10/2/2015 5:46:13 PM - VapinJenn

I am VapinJenn I am a former 2.5 pack a day Menthol 100's smoker and I sucked each and every one of those down for about 30 years. Dec 3, 2013 I was diagnosed with metastatic brain cancer, 3 tumors all not operable one on my motor skills, one on memory, and the one they are constantly concerned about is on my brain stem. I was floored when I got the news. I asked all the why me, I'm too young questions and decided I had to make a change in my life. My husband drove me to a local brick and mortar store and I picked up my first ego/evod set up and my 22mg of eliquid and as they say the rest is history.

I spent day after day researching e-cigs, getting new equipment as my knowledge advanced and all the while taking the chance and lowering my nicotine levels. I even began making my own coils and found a new hobby along with a life saving system. Something that actually worked. No medications, no patches a simple device that helped me to quit the combustible tobacco roller coaster.

Today I am 100% tobacco free and am loving life. I can breathe again. I made my first 8 mile round trip hike with my husband and didn't feel the harsh breathing, shoot I haven't use my asthma inhaler for almost 6 months now. January this year (2015) I entered chemotherapy and found I couldn't afford to pay for my e-liquid and coils for my tanks so I decided to start doing e-liquid reviews. I couldn't believe that people would want to see me on YouTube and take my advice on e-liquids and mods, but they did. I am honest either I am sent sample or if I buy them no one gets anything other than a fair and honest review. I do it not for the vape shops or e-liquid manufacturers I do this for my viewers. So hopefully you don't make some of the mistakes I've made over the years and a half I've made. AND I love it, I love reviewing new lines and mods coming on the market. the vape scene is changing so fast I am constantly learning.

As many vapers do, I have a TON of different equipment, however I like to keep current and my older equipment I pass on to new vapers in need of upgrades. I love fruits, desserts, custards, well just about anything even flavored tobaccos! I use many devices in my line up: the Herakles and the Sigelei 150w with Temp control, the new SMOK X Cube II with the SMOK TFV4, and a freaskhow dripper. I have loved the versatility the TFV4 gives us all so if I am having a bad day I can throw in a coil or I build my own depending on the day and how I feel, on the Freakshow, the TFV4 and the Kanger Subtank Plus. I have MS and also been fighting cancer so some days I would rather just throw in a coil, especially with my brain tumor that causes seizures and migraines. I vape 3-4mg and 80/20 VG/PG.

NOW I am honored to be apart of something other than myself. I am apart of a fantastic team with Essence_of_Bespin. Now I have a show teaching and educating new vapers

and I LOVE IT!! Having fun doing juice reviews, mod reviews, and horsin around with my friends and family!

Jenn~~

10/2/2015 5:46:03 PM - Nathan Landers

I started smoking when I was 17 years old. Smoked about a half pack a day for a few years. As I got older and the stresses of everyday life took hold, I began smoking a pack to a pack and a half per day. I never tried to quit because, in my mind, I believed that since I was young I had plenty of time to quit down the road. I didn't really want to quit, therefore I paid no attention any smoking cessation products or alternatives. I am now 28 and was smoking 2 packs a day until about a month ago. My good friend had went out and bought an electronic cigarette and talked about how awesome it was and how it had helped him quit smoking. He did not smoke as much as I did so I paid no mind to it and continued with my regular cigarettes. I knew it was unhealthy and was pretty much a death sentence. Then one night it hit me, I had to quit. I was eating dinner and realized that I couldn't taste anything. I had made my favorite hamburger helper, but it just tasted like goop. So I called my friend up, asked him about his e-cig and where he got it, did some research online, and decided that the next day I was going to a local shop to talk to somebody about getting started. Went in after work the next day, the guys there recommended a nice starter that was fairly inexpensive and sent me on my way. I haven't touched a cigarette since the day I bought my e-cig. I can't begin to describe the increase in my quality of life. I can smell and taste again, I don't wake up hacking my lungs up, I sleep better and just generally feel better throughout the day. All I can say is don't believe the propaganda out there warning that e-cigs are worse than regular cigarettes. It's just simply not true. In the time that I have quit, I have convinced several of my other friends to also quit and start using e-cigs. I promise it works, even if you don't want to quit or think that you can't, I urge you to give it a shot.

10/2/2015 5:45:10 PM - David legray

Hello,

First thank you for giving me the opportunity to help here.

My story must be pretty classic: I smoked for 25 years, brown first then blond cigarettes, about 1 pack a day.

I never really planned to stop until recently.

Lost few members of my family, and I guess it made me realize y life could be shorten too...

The trigger was a friend who started to vape few months ago.

I tried, and was really impressed byt the effect, much more flavor, and still the nicotine effect.

Then bought my first device 1 month ago, have now 4 of them.

I didn't think to stop directly cigarette, just thought to give it a try and maybe reduce cigarette slowly.

But I have to say, i smoked maybe 4/5 cigarette the first week, and none the last 3 weeks!

And it's not a effort by any mean, it's just that I DON'T WANT it anymore!

Vape allows me to control my nicotine need, it's even easier to manage since you can control the levels.

And I have access to so many flavors.

Also as a runner I can clearly feel the difference already.

Well on all plans it's a win.

My plan now is to reduce nicotine level to the minimum, and stick to vape for long term. Goal is to avoid cigarette.

And maybe stop the nicotine addiction later, but it's too soon honestly.

Second step: convince all my friends and family members that are still smoking. In a soft way, just showing them all the benefits.

It was easy for me to make the jump. A lot of informations around, good guys in nearest shop, great community online and affordable cost.

I really hope this will be the same for the next smoker who will decide to stop smoking.

Cheers,

And thanks everybody, for the few years I saved by going into vape!

10/2/2015 5:44:58 PM - Carlos

Well I've been using all sorts of vaporizers for ages, and to be quite honest I find it to be a relief. I smoked from the ages of 12-18 every single day, throughout that time period I became addicted to skateboarding, money, and ciggiez. Eventually I started observing some friends and family use the new-age vaporizers, or (e-cigarettes). It had been fascinating enough for me to dig in and see if they helped with nicotine cravings. If you could figure out the rest of this story, I'm most certain that you could relate.

South Florida as a whole needs as many powerful members as we could have.

Just recently they made this college campus a "smoke free/ tobacco free/ nicotine free campus"

-PS, this upsets me. I would love to be able to vape in peace wherever I go.

namaste, Carlos. [IG : Carlos_VaporLife / 954Subohms]

10/2/2015 5:44:39 PM - Dave Bellware (bigbells) from Whitakers NC

I'm 64 and have been retired for 4 years, since my 60th birthday in 2011. I smoked 50 to 60 cigarettes per day for 44 years. I had accepted that smoking was going to kill me. I've been diagnosed with COPD since 2005.

I tried vaping for the first time in early February 2013 after my little brother mentioned it to me and inspired me to check into it. Prior to that I knew absolutely nothing about vaping; I had never even seen an e-cigarette.

My first vaping gear was a pair of fixed voltage 650 mah Ego batteries, 1.2 ml disposable 2.4 ohm clearos and store-bought 24 mg/ml nicotine e-liquid. I ordered everything online from a single source after learning as much as I could about vaping by searching the Internet intensely for a day or two.

My initial vaping effort was short-lived and I went back to smoking in less than 24 hours. For the next two weeks, I contemplated the differences between smoking and vaping as I continued to smoke. I realized that there were things I could do to improve my vaping experience; things such as drawing more slowly, pressing the fire button a moment before I started drawing, releasing the power button before I'd completed my draw, and exhaling through my nose.

I tried vaping again on Feb 16 2013, and I have not smoked even one cigarette since then. I did not put a lot of pressure on myself to switch entirely to vaping. No one is more surprised than me that I have never had another cigarette. After about a month of vaping, I wasn't positive that I had kicked the habit but I was pretty sure.

My health, especially my lung function, has improved dramatically. My doctor is thrilled that I quit smoking.

For 5 weeks in 1988 I had stopped smoking using Nicorette nicotine gum. I was broody, moody and pretty agitated during that time and it was therefore quite a mental relief to resume smoking. Other than that, the only times since 1969 that I did not smoke were during two three-day hospital stays. One of those was for a smoking-related spontaneous right lung collapse in 2011. I resumed smoking as soon as I was discharged.

I've had the same primary care doctor for 27 years. He had become accustomed to me saying "when I'm dead" when he would ask "when are you going to quit smoking?"

Although COPD is a forever diagnosis, I no longer use Symbicort (or any other medication) for it, and it is SO much easier to breathe. My energy level has improved quite a bit too.

Within a few weeks I discovered the e-cigarette forum. I bought a couple of variable voltage Spinners and starting mixing my own e-liquid.

I continued at 22 to 24 mg/ml nicotine level for a year and half. Within 6 months of starting I was using larger capacity bottom coil clearos and variable voltage mods that used 18650 batteries.

Currently I use a variety of mods and the largest Aspire Nautilus and Kanger Subtank clearos. I build my own coils and use a variety of variable power box mods. I've been experimenting with various temperature control mods and temperature control coil wires but still (at the moment) tend to prefer a 0.3 to 1.0 ohm single Kanthal wire coil in the RBA head of my Kanger Subtank Plus. I use a CoilMaster to make 3.0 mm diameter coils and I use KGD or Muji cotton wicks. I had given up on coil building until I got the CoilMaster, at which point coil building became easy.

Even at low ohms, I am happy using just 10 to 14 watts of power except with temperature control mods and coils, with which I use 25 to 60 watts.

The idea of temperature control really appeals to me. I think it's the future of vaping, but I haven't yet found the right setup to make it as good a vape as I get with variable wattage and Kanthal coils.

I now mix my juice at 18 mg/ml nicotine level and feel no urgency whatsoever to reduce my nicotine level. Neither my doctor nor me feels that nicotine is in any way harmful to me. In my opinion, the fact that I started with 24 mg and now use 18 mg reflects greater vapor production from more sophisticated gear rather than an actual reduction in my nicotine intake. I average 5.0 ml per day of e-liquid consumption.

Four months ago my 50 year old next door neighbor quit his one pack per day smoking habit with gear that I gave to him eight months ago. Now, he neither smokes nor vapes. He feels like he has a new lease on life and he's excited about putting in new carpets and drapes now that he lives in a smoke-free house. The increase in his stamina and energy is obvious both to him and to everyone who knows him.

A geographically distant 55 year old friend in search of vaping knowledge contacted me through Facebook about 2 years ago. She has now been smoke free for over a year and a half, giving up a 35 year 2 pack per day habit thanks to vaping.

Through online groups, primarily the "e-cigarette forum", I've run into thousands of people who were able to successfully quit smoking by vaping. I sacrificed nothing when I replaced smoking with vaping. Rather, I found something better than smoking.

10/2/2015 5:44:12 PM - sharon and marc

My husband and I both smoked cigarettes for 10 years . As of March 2013 we bought a ego e cigarette and we both quit smoking cigarettes .E cigarettes is a great alternative to quit smoking cigarettes I know cause my husband and I quit smoking thanks to a e cigarette. We feel so much better we breath better we sleep better,we have so much more energy thank you e cigarette for giving our life back.

10/2/2015 5:44:02 PM - Seth Hamilton

Was a 1 pack a day smoker for about 10 years. I woke up one morning and decided that instead of buying another carton, I would buy an ecig and give it a try. The last cigarette I smoked was on my way to the vape shop. I am now a month in and have not smoked since and feel great. I would not have been able to do it without the large variety of options in devices and juices.

10/2/2015 5:43:47 PM - Cody

I only smoked for about a year before switching to vaping. However, I could feel that cigarettes really had a hold on me that I couldn't let go. At the end of that year I would chain smoke every chance I got. Then I switched to vaping 18mg nicotine ejuice with Halo Triton tanks. That helped, but I would still occasionally bum and smoke cigarettes when around other smokers. Then I found that a friend had stepped up his vape game and upgraded his gear. Needless to say, I was interested and followed suit. Since then, I haven't had a cigarette in about a year. I can really imagine myself smoking two packs a day at this moment if I hadn't found vaping. I loved smoking, but I love vaping more.

10/2/2015 5:43:28 PM - Homer Davis

I smoked for 42 years. I was a 2 pack a day smoker I started vaping June 17, 2013

I haven't had a cigarette since that day. I breath and feel better than I have in years. E-cigarettes have changed my life for the better.

10/2/2015 5:43:18 PM - Shawna Davis

Hello my name is Shawna and I've been smoke free for 3 months thanks to vaping! I smoked for over 20 years. I've tried quitting with the patch, nicorette gum & lozenges, chantix & wellbutrin. It never stuck! I feel great being smoke free! My children are so happy that their Mom doesn't smoke anymore! I use a 100 watt regulated mod to Vape with. I started at 6 mg nicotine and now I am down to 3mg! I enjoyed the menthol flavored liquid when I first quit smoking but now I mostly just Vape dessert types. I love the flavor selection. I can breath better already and run around with my children longer than I could before! I absolutely love vaping! I really hope and pray I can continue to Vape for as long as I'd like! Thanks for listening to my story..

10/2/2015 5:43:06 PM - Chris Kalfa

Vaping helped free me from smoking when every other option I tried failed. I smoked almost 3 packs a day for about 28 years when I quit. I tried the gun the patch cold turkey you name it, but nothing worked. Every time I tried and failed it seemed like I began to smoke more and more, to a point where I was chain smoking up to 3 at a time.

My wife had always wanted me to try and quit, especially knowing how it effected my dad. My teenage boys early last year also mentioned to my wife that they'd really like to see me quit as well. I'm still surprised they didn't ask me myself or even venture to talk about it with me. My wife suggested I try vaping, as it's changed and improved alot.

My wife had done her homework, and did much research looking into vaping. I had decided to go ahead and look into it as well. It was a Friday, the day we both went into a local shop and looked into starter type kits. The person who helped me was great and assisted answering every possible question we had. I left the shop with a starter kit and a bottle of 24mg. Coffee flavored juice.

Yes, it was different at first, but it helped. That Saturday night, I finished the pack of smokes I had in between working on the vaping kit and never went after my other cigarettes. When I had the urge, I used my Vape pan and the urge subsided. I continued using the 24mg for the next month and a half. I than stepped down to 18mg for about the next month to month and a half before again bumping down to 12mg.

I have been vaping now over a year and a half, and have been at 3mg. I lost my smokers cough after about a month of quitting. I began tasting food again after a week or so of quitting. I no longer get winded anywhere as easy as I used to, and have been able to do alot more. I have followed alot of the news pertaining to the FDA and Big Tobacco. Its upsetting that something that's working and helping people quit is under the stress it is...all because of someone else's monetary gain.

10/2/2015 5:42:53 PM - TGamache

Hello,

My name is Thomas and I'm here to tell you a little bit of my background and how I got into vaping. I started chewing tobacco when I was in high school at about the age of 15. It wasn't an every day habit but gradually developed into one. As soon as I was old enough to get a job and afford chewing tobacco, it almost instantly became a very bad habit. At the very young age of 16 I was chewing almost any minute I could. As I got older the habit got worse. I was going through a tin of chew a day. That eventually increased to 2 tins a day. It was becoming a problem but my mentality was "I will chew till my jaw falls off". Tobacco had taken over my life, my body and my soul. It was a demon that I couldn't shake. I soon moved out on my own after tech school at the age of 20 and through a little bit of maturing decided I needed to quit my nasty habit of chewing but I still craved the nicotine. I tried gums, patches, cold turkey and nothing was really effective. My gums were literally deteriorating and the only other option I had was cigarettes. I began smoking and although it I knew it wasn't a healthy alternative, it was better than watching my teeth fall out. Luckily, I was only a smoker for about 6 months as I soon found out about e-cigs and vaping. I am now 23 and have been vaping for almost 2 years now. I have been smoke and chew free that entire time! It literally has saved my health and I've noticed drastic changes to my overall health. I don't smell, my teeth are white again, I can breath and my asthma is gone. With e-cigs I have also been able to gradually ween my way off nicotine. I started at a high dose of 24mg and am now at 3mg! My goal is to eventually get too 0mg. I have also made a lot of new friends do to vaping. Some of my best friends to this day I wouldn't have met without having this community to surround myself with! Vaping has literally changed and saved my life. I thought others should know that there are people out there that have been in their shoes. They know what the struggle is like. We are willing to help them do the same and kick tobacco out of their lives for good!

-Thomas

10/2/2015 5:42:36 PM - Michael Chartier

well I wanna say that vaping has saved my life in so many ways I can breathe again I can taste never once did I think I would stop smoking I wanted to but just couldn't I was a smoker 8 years 2 packs a day and notw I been gaping familyr about year and a half and I love it it's a passion and I love it it's a hobby it's really a WAY OF LIFE I LOVE IT MORE AND MORE EVERY DAY IF I CAN STOP YOU CAN TO THANKS CASSA FOR BEING HERE TO HELP AND THANKS FOR STICKING AND STAYING!!!! ITS TIME TO TAKE CONTROL OF OUR LIVES

9/29/2015 12:17:11 PM - Matt Roach-Havre de Grace, MD

I started vaping (using electronic cigarettes) at the begining of 2015 as my new year resolution after being a pack a day smoker for over 5 years Marlboro Menthol Full Flavor. I started out using the small ego style pen vapes, that was more like an actual cigarette and i used 18mg/ml eliquid. Soon after i was introduced to "sub-ohm" vaping. At that point i was able to lower my nicotine from the then 12mg/ml eliquid down to 6mg/ml eliquid. Now only 9 months later Im down to 3mg/ml ejuice and thinking of soon dropping to 0mg/ml nicotine and then tricking my brain into thinking nicotine is there when really it isnt, untill of course i no longer have any types of cravings. Vaping saved my life honestly, I now can jog/sprint father than I was ever able to do as a smoker of "Analogs". My food taste better and i no longer have a smoker cough or wake up in the morning with flim build up in my lungs.

9/29/2015 12:17:02 PM - Herman Vymislicky (HermanV0929) from Endicott, NY

I've been smoking since I was about 16 and I'm now 38 almost 39. My last attempt to quit smoking cold turkey & cutting down to quit have failed. I started vaping approximately 6 month ago . I vaped as an alternative to smoking and it has helped tremendously. I quit smoking the day I picked up vaping and haven't looked back. I started on a vape pen and now use a mod. I made this life choice because I got sick and tired of being out of breath and coughing my lungs out. Vaping has changed to my life for the better. There has been no negative effects from vaping only positive. I wish I would've known about it sooner. That's how much of a positive change in my life it has been. I no longer get out of breath, stuffed up nor cough and I can now taste things. I started at 18mg nicotine and am now down to 3mg and a lot of 0mg vaping.

9/29/2015 12:16:52 PM - Jared Rivera

Dear CASAA,

My name is Jared Rivera from Colorado Springs, Colorado. I was 11 years old the first time I smoked a cigarette. Sometimes I look back and can't believe how young I was when i got introduced to tobacco. I didn't smoke everyday when I was younger, but I would when I was around friends to appear like I was cool. This habit eventually formed into me trying smokeless tobacco, and persisted throughout my years in middle school and high school. The effects of tobacco on my gums and on my lungs was unbearable at some points. Exercise was near impossible from the shortness of breath I would have. Not to mention the cost I had to pay to feel this way, I always looked for an alternative. Trying nicotine gum and patches never worked, they only seemed like a mind trick. It wasn't until my senior year of high school when I really began to hear about vaping and electronic cigarettes. I first picked up an E-Go pen mod with a cheap plastic tank, at the time i thought it was rather advanced compared to the cheap cigarette looking vaporizers sold at gas stations. I used it for about 2 months before I made the assumption that vaping wouldn't ever be for me. As I began going to college, I would always see people with more advanced devices, and they would blow massive vapor clouds. It always interested me, but I never took it too seriously. It wasn't until about a year ago that a couple of my close friends got vaporizers themselves and i really started trying out some of the more advanced stuff. The flavors they had were amazing, and you could easily get your nicotine without harsh chemicals or bad smells. After seeing my friends using their mods for a couple of months I really started doing some research to try and start vaping again. Around June of this year I bought an Innokin Itazte MVP 3.0 Pro, and a Horizon Tech Arctic tank. I bought my first real setup from a local shop called JVapes. They had a wide variety of flavors to choose from, as well as a friendly staff that was willing to answer all the questions I had developed. I used that setup for 2 months until I tried my first dripping atomizer. The amount of flavor you would get blew my mind and was I instantly sold. I bought a Royal Hunter RDA for my first dripper from another local shop called Extreme Vape Shop. They had a huge amount of premium liquids to chose from with flavors that were better than anything I'd had to date. After a few months vaping I started to learn about Ohms, Watts, Volts, Amps, Joules and other sorts of scientific measurements that I would never have taken the time to learn otherwise. Vaping has overall made me a smarter, healthier and a better consumer. I now know what to look for when going to buy, and am not in the dark when being explained something. It has been 5 months straight that I have been vaping and haven't has any tobacco since. The amount of peoples lives that have been changed due to vaporizing is incredible. In the time I've been smoke free, I have had the chance to meet so many new and interesting people with tons of stories to share, that I couldn't have heard anywhere else. So many jobs and opportunities have arisen thanks to this

community, and is putting people all around the world in a better place. I'm proud to be a part of it, and there's no way I'll ever go back. Thankyou

9/29/2015 12:16:38 PM - Anthony

I had been a smoker for 27 years , and had tried numerous times to quit, each time without success. I tried going "Cold Turkey" , the "Patch", "Nicotine Gum", and "Chantix".....None of which had worked. I have watched family members and friends die from smoking related diseases and I had pretty much resigned myself to the fact that I would suffer a similar fate....that is until a friend of mine introduced me to vaping. Finally I had found a way to get my health and life back! Now I am proud to say that I have been smoke-free for 2 years and I look forward to a long healthy life thanks to vaping . Vaping has saved my life !

9/29/2015 12:16:26 PM - Brian L

I was at about a pack a day, but I wasn't really keeping track of it. I had tried a "safe cig" cigalike, but the battery life was poor and it would run out of juice entirely too quickly. I picked up a tesla VV at the local vape shop about 2 years ago and I haven't had a cigarette since. I have also reduced my current nic level from 24mg/ml in the begining to 3mg/ml now. I have been switching between 3mg and 0mg for the last couple of weeks. The smell of cigarettes is disgusting, I notice that now. I am glad that I am out of the clutches of the tobacco industry.

9/29/2015 12:16:16 PM - Sarah Foster

My brother died of cancer at the age of 60 in 2001. I smoked for 24 years before I quit at the age of 60 in 2012. Over a period of 15 years, I tried to quit smoking. I had participated in the American Lung Association's quit smoking program, the American Cancer Association stop smoking program and I would stop smoking for a few months then start again. I resorted to hypnotism, nicotine patches and nicotine gum and I tried quitting cold turkey. None of these methods worked for me. I really worked at quitting. I purchased an e-cigarette kit as a last resort in December, 2012. I was skeptical because of my previous failures but I was desperate. The first kit I bought was an Ego battery kit that was about as big as a magic marker. It worked for me and within 3 months I had stopped smoking cigarettes. Next I purchased a Provari vaping device and used clearomizers using 18 mg strength nicotine. Today I use a Provari 3 and use a Kabuki tank with 6mg nicotine juice. I have never felt better. Although at the age of 63 I have other health problems like osteoarthritis, no problems with my lungs or heart. The e-cigarette saved my life by providing me with a tool that actually worked. The devices and nicotine juice industry offers me choices and I am so grateful for the improvements that have been made in the technology and quality products available to me. The small dose of nicotine I now vape is like a grain of sand on the beach compared to the 4000 carcinogins I was inhaling as a smoker. I am now 63 years old so I have lived longer than my oldest brother. People like me should not be denied vaping products. There is something different about vaping that helped me quit analog cigarettes and I believe it is important and not present in patches and gums and that is the psychological comfort of holding the cigarette that I found so hard to get over. My life is healthier and I expect to live to a ripe old age in part thanks to vaping. I no longer expose my husband, daughter, family and friends to second hand tobacco smoke. My mother smoked while pregnant wth me and I am convinced that is why I have hypothyroidism and did not grow as tall as my two older brothers. . Please do not take these products away from me or any adult over 18 years of age. These devices and juice products should be hailed as lifesaving just as patches and gums help but vaping really work. I was a hard case and tried over 7 times to quit but only vaping worked. Thank God for vaping products and the companies who make them!

9/29/2015 12:16:06 PM - kyle aldrich

My names kyle im 20 years old and I used a vape to stop smoking. I started smoking at 13/14 years old. Both my mom and step dad smoked so it was a easy habbit to pick up. At first I tried quitting using e-cigs. It didnt do anything honestly. So I kept smoking. A few months back a friend to me a a actual vape store and helped me pick out what to get to stop smoking. After I bought it I didnt really like the one I got and had buyers remorse. So I went back and got a lotus box and a starre tank. After that I was set. I went from 1-2 packs a day of newport 100s down to about 5 a day in about 2 weeks. Then cigarettes started smelling horrible to me. It went from 5 a day down to none at all in about 1-2 months. And now when ever im with my mom or dad and they smoke im not tempted to smoke one with them. It only took so long because I had to figure out what I liked and I added more time because I would still think or want a cigarette.

Anyone looking to stop dont waste money at the smoke shop. Itll most likely do nothing for you.

Go to a actual vape store. I the vape I have costes me about 160 for the box the tank and 2 batteries with a double charger. The juice varies on prices where you go. But your honestly looking at spending about 200$ your first time. But 200$ is a great price to pay to stop smoking and become healthier. My nicotine level started at 10 and is now at a 5.

9/28/2015 12:15:06 PM - Mike

I started smoking at age 14. I was a pack a day smoker for the next 16 years. For all the non smokers, this was disgusting. When I switched to chewing tobacco. I was ok with chew but for everyone around me it was disgusting. I started vaping about 6 months ago. I soon realized that no one was telling me that my vape smelled gross. In fact people associate it to "pancakes" or "vanilla". I started at 8mg nicotine and very rapidly reduced it down to 3mg. I am confident that in the next few months I will be at a 0mg. I have tried the usual suspects to quit in the past, gum, lozenges and even chantex. Nothing helped until a coworker introduced me to e-cigs. Since I gave up tobacco my health has improved. I no longer cough up phlegm, I can smell thing again, I can taste my food and most importantly....I can breath!!!! Vaping has been a godsend. I have turned my wife onto vaping as well as my mother, who both have also quit using tobacco. I currently vape with a regulated device (IPv4) with a sub ohm tank. I also have a few mechanical mods with rebuildable atomizers. Even when I no longer need the nicotine I will still be vaping. It sounds funny but vaping has accually helped me lose weight. Instead of snacking when I crave something sweet, I grab my mod with strawberry custard juice instead and its accually satisfying my cravings!!!

9/28/2015 12:14:57 PM - Jake Vargas

Hello To Whom This May Concern,

My name is Jake Vargas and I am a resident of a small town in the state of New Mexico. I am pretty young being 19 at this time but began smoking as I left high school a year and a half ago. I have lived with Asthma since I was a toddler but used smoking as a stress reliever which relieved me of my daily anxiety, but I could no longer do daily activities that I had began doing since I was younger. I am a participator of many musical arts such as singing and dancing but the more I smoked cigarettes, the less harder it was to do those exact things. As e-cigs were introduced into the market, of course my curiosity, like everyone else, got the best of me and I purchased an e-cig pen from my local smoke shop. I was still smoking cigarettes but I noticed , after some time passed, that I was using my e-cigarette more than actually smoking cigarettes. I felt healthier lowering my cigarette intake. I could breathe and started to slowly regain the ability to dance and sing like i have been able to before. As e-liquid started expanding in flavors and e-cigarettes were advancing, i started to become disgusted by cigarettes. It made life less difficult. Me nor my breath smelled horrible, i stopped feeling horrible with the constant headaches and asthma attacks I had from smoking, and my relationships with family,friends and love interests were restored. Also as a plus, I have began saving money on packs of cigarettes. :) I have been 6 months free so far from cigarettes and feel healthier than I have in a long time. I have done my research and broken down everything I could to learn about the effects, ingredients, and works of e-cigarettes or "vaping" and found it to be the best thing I ever could have found for myself. I now suggest e-cigarettes to many of my friends and family members who are avid smokers and looking to quit the horrible habit of taking in tobacco products with something I know is healthy and safe. I have now made friends and have met many people who share similar stories, leaving cigarettes and improving their lives by quitting smoking and it puts a smile on my face to hear how e-cig users feel healthier and feel happier than they have been in such a long time. I feel if everyone were to take the time to learn thoroughly about e-cigarettes, they can see that it is not as bad as perceived. it has changed my life and I believe and hope it changes many others' lives.

Thank you to whom ever reads this and god bless.

9/28/2015 12:14:44 PM - Nancy Bout

I smoked at age 12 putting 50 cents into a machine going to the movie theater!

I went on to smoke for 30 years!

I had chronic COPD (bronchitis and pNemonia) every 3-4 months for a few years.

Prior to vaping my blood pressure was high and I was coughing every single morning until I had that morning cigarette w my coffee.I was always out of breathe and I had pain in my chest as well.

I knew I was not going to live much longer unless I quit.

i went and tried vaping when my 50c cigarettes now costed me 7$ a pack on NJ! i had enough and started w a small ego and mint juice and here I am going on THREE years of vaping.

i have NOT NOt had one more episode of Bronchitis and my blood pressure went to normal.

I feel much better and I KNOW vaping is the most positive health move I made in my life.

vAping is NOT smoking.

Thank you and I implore you to leave vapors alone..

Sincerely

Nancy Bout

9/28/2015 12:14:20 PM - Mr 5150

I started smoking at 15, I enjoyed smoking but it got more and more expensive, becoming more of a hazard to my health. Being a hazard to my health and my families, at 20 I tried quitting using patches which burned squares into my arm, chantrix only made it worse, having horrible nightmares and night terrors. Growing up asthmatic it just kept getting worse. I have continuously tried to quit smoking. A little over a year ago I got my first pen mod, I then got into box mods. I smoked 2 packs of cigarettes a day and now using a box mod with 3 MG of nicotine. I go through a .5 ml tank in a day and I feel perfectly fine. It smells good, it expands my lungs, I haven't used an inhaler in over a year. I went from smoking 2 packs of cigarettes a day and could barely run a half of a mile, now I'm running 3 miles a day. I have met so many people vaping, vaping isn't just a cigarette alternative, it's a movement. It's a society. It's here to stay.

9/28/2015 12:13:40 PM - Kristy

My name is Kristy. My husband Jeff, (who is 60), had smoked for over 40 years. He smoked almost 2 packs daily. He tried MANY times (Cold turkey, medication, the patch) to quit. Two years ago, he went for a physical. His doctor told him he had the lungs of an 80 year old (he was 58 at the time). This was very frightening to him. He started vaping and it worked! He quit smoking AND his health significantly improved. He has gone for another physical and his doctor was very pleased with his improved health and has endorsed his continued vaping. He (Jeff) became very passionate about vaping. So passionate, he opened up a Vape Shop so he could help others to quit. EVERYONE who comes in have quit smoking and want to quit. All who have quit, share that their health has improved. I can confidently say that vaping is beneficial to those who want to stop smoking. I have yet to read any credible studies that claim otherwise. Big tobacco companies have too much power. Time for them to move over or go away!

9/28/2015 12:13:30 PM - James Hoffman

I stopped smoking over five years ago when I switched to vaping! Best decision I have made in a long time needless to say it was a great benefit to be allowed to vape indoors as to not feel like a leper vaping in sub zero temperatures during the winter months! Needless to say I am disgusted with the shortsighted politicians and propaganda being spread in the media by tobacco lobbyists! I vape max vg juice so if people continue to ban vaping then our government also needs to pass laws making it illegal to cook indoors,use nebulizers, air purifiers, etc all of which extract water vapor as a byproduct! When will people realize just because vaping looks like cigarette smoke it is nothing at all like smoke it is just water vapor and has zero side effects for people in contact with water vapor. Additionally, I can run ten miles a day since vaping and have lost a great deal of weight due to an increased ability to exercise! Therefore statistically I should be around to enjoy my grandkids in the future! God bless the vaping movement let's hope our politicians see the light of day and give us our freedom back!

9/27/2015 3:56:14 PM - Walter K Smith from St. Louis, MO

I was a two pack a day smoker for most of my life. Sneaking out back of the gym or the area along the street just off my high school campus. In those days you could pick up soda bottles to take to the store to buy a pack. There were no laws at that time restricting the age to purchase. After forty plus years smoking I dreaded walking in the hot humid summer and losing my breath, or going outside and smoking my lunch at work.

When the 2008 recession hit I switched to the least expensive brands to get my fix. Still each time I lit up and ultimately stomped out another butt I would think to myself there goes another 25Â¢ I tossed away, not to mention the smell a cigarette smoker gets on their clothing and hair. I had tried quitting cold-turkey, patches, Zyban (Wellbutrin) and Auricular therapy without any long lasting effect. Nothing could replace the nicotine or the sensation of holding a cigarette. Smoking is a habit. A habit of holding something in your hand, drawing in the warm smoke and exhaling. A nervous habit when feeling stressed; an appetite suppressant or a social thing while sitting with friends having a cold one.

Why do I vape? Vaping replaces ALL of the sensations of smoking for me. Vaping provides enables me to hold, inhale (or draw in the vapor), and exhale a cloud that no other smoking cessation method provides. My personal preference of flavor leans strongly to the sweet desert side. When vaping on the street I have had many times a passerby will ask what is in that; referring to the flavoring. Iâ€™ll advise the different ingredients and theyâ€™d replay â€œI thought thatâ€™s what I was smellingâ€.

When I started vaping I was using 18 mgs of nicotine over two years ago. I have since lowered the level to 4 mgs and eventually will get to zero. Will I keep vaping, more than likely. I still enjoy the habit part. I enjoy not smelling like an ashtray or having to go outside for a quick drag when needing my fix. I enjoy the hobby of creating my own juice flavored to my tastes.

Why do I vape? I feel better, donâ€™t smell of cigarettes, food tastes better, I can smell things I was oblivious to before; which is not always a good thing and am not tossing money away every time I would light up. -Walter K. Smith

P.S. No cigarette butts littering the ground is a big plus for the environment also.

9/27/2015 3:56:00 PM - Ryan

I smoked for 21 years. Tried to quit a few times and nothing worked for me. I had a friend that vaped that told me to come check out the vape shop that he worked at. I had been having chest pains and was sick of smoking so I thought I would go look into it. That day I got set up with a starter kit and I haven't wanted a cigg since. No more chest pains, I can breath, and I just feel all around better! I'm so happy I started vaping. And I'm shocked, I didn't think anything could get me freed from ciggs!

9/26/2015 9:46:39 PM - Travis McGuire

I started smoking when I was 20 years old and smoked for 12 years. I tried to quit smoking, unsuccessfully, using gum and patches. Finally, 3 years and 1 month ago I found electronic cigarettes and havenâ€™t had a cigarette since. I started out with the disposables from the gas station but realized I needed something a bit more. I moved to a two-piece set up with a stick battery and cartomizer from a Chicago-based online vendor. After a while, I moved to a cartomizer tank with mechanical mod. Then finally I picked up a few clearomizers, a sub-ohm clearo tank, some eGo batteries and a sub-ohm battery. The higher quality, more powerful equipment allowed me to lower my nicotine to 3-6 mg and I feel like Iâ€™m nearly ready to take it down to 0 mg. I donâ€™t think quitting would have been possible without my vaping products. Aside from the nicotine, the hand-to-mouth habit was, I feel, an integral part of the whole process. Iâ€™m thankful every day that I found them. When I was smoking, I would get several cases of bronchitis every year and have trouble breathing year round. Since switching to vaping, I havenâ€™t had bronchitis once and no longer have trouble breathing. My blood pressure is also lower. I say all of this to say, I truly believe electronic cigarettes, the innovative people creating new, better, safer products, and the fantastic vaping community (more like a family) saved my life. Thereâ€™s no guarantee of anything in this world, but I feel Iâ€™ve taken a huge step in tipping the odds further in my favor.

9/26/2015 9:46:17 PM - felicia ranck

Hello!! My name is Felicia. I have been a smoker since I was about 16. I am 26 now. I had a baby October4th 2014. And she'll a year next week. A month an two weeks ago I started vaping and put down my cigarettes. And I will continue to not smoke. My daughter (Layla) and i live with my mother. She also quit smoking the same day as me. She had 45 years as a smoker. She also vapes. The first two weeks we used patches also but me I only patched every other day if that. But we smoked a pack n a half a day. Any way. I just wanted to share my story. Once you fall in love with vaping it definitely will help you quit smoking. I started on a panzer mech mod and a kangertech mini. N now I have an istick100 watt with my kangertech mini. I build my own coils. So thanks for letting me tell my story. I enter 10-15 contests a day n hope to get some help with juice one day. It's been tough affording it. But thanks vape on!!

9/26/2015 9:46:09 PM - vr6lowrider

For me i was a pack a day smoker for 13 years. started when i was 18. I met my wife when i was in the military. we got married in 2006 we were both smokers and after we had are second child she quit smoking. i tried to quit but it just didn't work and picked it back up after a month, then we had are third child I was more determined then ever to quit after my daughter came home from school and asked if i knew that smoking was bad for you. My wife told me about a new way to quit smoking called vaping she heard about it from her sister. and after she got her ego pen i tried it and went and got my own. since that day i have not touched or even thought about touching a analog cigarette since may 20 2013. since i have started vaping my asthma has improved dramatically. and i am not using as many medications as i was when i was smoking. I thank my wife every chance i get for introducing me to vaping. and i have advanced from my ego to a sigelei 30w 18650 stick and now i am exclusivly using my sigelei 150 oni edition.

9/26/2015 9:46:00 PM - Vwls

I began smoking when I was in 7th grade. My friends and I would sneak cigarettes after school; I guess it made us feel grown up. And then it just became an addiction. An expensive, life threatening addiction.

Through the years, I smoked fairly consistently (quitting only when I was pregnant and later breastfeeding my daughter). There were times when I smoked as much as a pack a day, and in more recent years, had reduced my habit to about 5-7 cigarettes a day. I lived in fear of the horrible repercussions of smoking, and my daughter also was pressuring me to quit. I will never forget her walking outside and looking at me sadly with those big, bright, swirling eyes as I lit a cigarette. She was 7, and in her wise precocious way, she cut me to the quick with her words. â€œMom, why? Why are you doing this? Donâ€™t you want to be around to see me grow up, go to college, get married, and have kids of my own?â€ In that moment, though Iâ€™d had those very thoughts many times, it had never felt so real... and so inescapable.

And so I turned the page, and I have a beautiful success story to share. Vaping saved my life, and likely the health of around me as well. It enabled me to stop smoking completely and never look backâ€¦ that was three years ago. I ceremonially threw away my last pack of cigarettes in the waste basket at the store when I bought my first vaping device, and have never touched a cigarette since, nor wanted to!

Vaping is is the only cessation method that provides nicotine to quell the cravings while also satisfying the mechanical, or physical act of inhaling and exhaling vapor. This is why it works better as a cessation strategy than pills, patches, lozenges, or gum. Most smokers are as addicted to that mechanical act as they are to the chemicals. I have spoken to hundreds of people who have successfully quit smoking using 'e-cigs,' and they have all confirmed this to be true.

Early on in the quitting process, I did have moments of thinking about cigarettes, but I would take a vape and my cravings were immediately satisfied. I did not experience any mood swings or physical symptoms associated with smoking cessation, and as mentioned, I never once relapsed.

Over time, vaping became less about getting a dose of nicotine, and more about an enjoyable hobby. I love collecting beautiful high end gear, rebuilding atomizers with intricate craft coils, perfecting the vape experience, and pairing flavors with food and beverages. It's more of a boutique, or gourmet pastime now than anything else. Even the nicotine levels came down; I began at 12mg, moved quickly down to 6 mg, and once I started dripping and building my own coils, went to 3 mg. Days go by now that I don't think about vaping or have any desire for nicotine... this says something very profound about the addictive nature of nicotine outside of a combustible tobacco, chemical-laden environment.

Since I quit smoking, I feel a million times better - healthier, happier, more confident. I can fully taste food again and have no problem running up a flight of stairs! I spend more time with my daughter and our two beautiful dogs, and feel a great sense of accomplishment. Today I stand proud, healthy, and tobacco free, and I today I can say with absolute certainty that vaping is the definitive solution to a debilitating global health problem. Vaping is going to revolutionize health and healthcare, save millions of lives, and billions upon billions of healthcare dollars. But first we have to stop classifying it as a tobacco product, start sponsoring and acknowledging legitimate research, and start legislating based on FACT, not misinformation.

Itâ€™s time to stop demonizing the most effective harm reduction strategy we have; itâ€™s time to start saving lives. Help someone make the switch to vaping today. EDUCATE someone today. And vape on.

9/26/2015 3:48:01 PM - Larry Jeffrey

Smoked for 30 years 1 to 1 1/2 packs a day. I tried everything possible too quit.

, patch, gum, Chantix , cold turkey, acupuncture. The longest I stayed smoke free was 30 days until I found vaping and I've been smoke free for 2 years ! I started with a disposable using 24mg nicotine and currently vaping 3mg with regulated box mods. I feel healthier now than I have in a very long time. I encourage all smokers I know to give it a try, it does work ! My family thanks all responsible for creating this life saving alternative we call "Vaping".

Sincerely

LJ,

9/26/2015 3:47:49 PM - keith whalley

I have been a smoker for 25 years and have been off the cigarettes for 9 month because of vaping.I find it really enjoyable and is definitely a better alternative to smoking cigarettes.I tried other products patches and tablets but for me vaping has truly broke my habit.I am currently using 0 nicotine but still enjoy vaping

9/26/2015 3:47:40 PM - Taylor Fleming

Hi, Im a 23 year old female who began smoking cigarettes on and off at the age of 12. I would say at about 15 years old I picked up and was smoking everyday. By the age of 18 I was smoking a pack a day. I had tried quitting at least six times with the help of patches, nicotine gum and even phone counseling, but was always unsuccessful, even with those I was very lucky to go one day without a cigarette. I felt like I was never going to be able to quit. Even after only smoking for what a lot of people would say a short time, I had a severe smokers cough, honestly to the point of throwing up. I was getting colds quite often, about once a month, and I didn't know this at the time but my sense of smell was seriously lacking. Well one day I was introduced to a personal Vaporizer, or what most people know them by; an e cigarette. Immediately I had hope. Not only did this curve my intense cravings but it smelled so much better. Yay! I no longer smelled like an ashtray, I was no longer giving my 1.5 year old son third hand smoke. In addition to that I was spending about 25% of what I normally would spend on my cigarettes. Fast forward it is now almost five months, completely 100% tobacco free, I haven't had one cigarette, not one puff. The best thing for me though is, I haven't had one cold in this entire time, I don't have a smokers cough at all anymore, my lungs don't hurt and I can actually walk and not be winded. I just did a 5k walk last weekend and I was able to successfully with no problems. I didn't have to take a break to catch my breath, I didn't have to stop for a smoke break. It was amazing. I can also smell again! Its so nice to be able to smell the rain, to smell fresh cut grass, or even to realize how stinky cigarettes really ARE! When I started using my personal vaporizer, about five months ago I was using 36 mg of nicotine in my e liquid, now I am down to 2 mg! That is close to nothing! I feel so happy that I have finally been able to quit, and It is all because of vaping.

9/26/2015 3:47:27 PM - Stephanie

Please listen!!! This is a story from a parents perspective!! My husband and I are non-smokers and always have been. Our son is now 18 year old. He started smoking cigarettes when he was 14 years old. We were horrified and tried everything we could to get him to stop but he was truly addicted to the nicotine. He smoked about a pack a day. Two years ago, he came to us and was truly worried about his own health with all the negative publicity around tobacco. He switched to vaping and completely quit smoking cigarettes. At first, he vaped with nicotine levels at 36. Within a month, he came to us saying he felt better and was able to be more physically active without getting winded. His health is much better than it was before he started vaping. The best news is that he has now weened himself down to 3 % nicotine in his e liquids and hasn't smoked cigarettes since he started vaping. He has an aversion for cigarettes now and can't even be in the same room with his friends that still smoke cigarettes because he hates the smell. This is a true success story!! I feel relieved and more hopeful for my son's future health when I read the studies that we have reviewed from the UK and other countries, which research and studies supports that vaping is 95% or more safer than conventional tobacco products. Please read the facts, studies and research that has been done by countries without political interests in the tobacco market. These vaping products could be improving the health and saving the lives of thousands of Americans that have sadly become dependent on conventional tobacco products. Please think about this before you vote!!

9/26/2015 3:22:17 PM - Marie Mariney

I started smoking when I was 14, it was cool, everyone did it...my home was filled with smokers playing cards every weekend. My whole family, Aunts Uncles Etc...we didn't even smoke outside then. I cam to a point in my life when I knew if I didn't quit it was going to kill me. My mother passed from COPD at 52 years old! My youngest brother passed from lung cancer, he was 43. I tied the patch, smoked with it on, that was a failure. I tried lozenges, gum, medication, And even hypnosis, I was getting old and out of breath, nothing was working. Then one day a cousin of mine had a small 30W box mod with e-juice. He explained how you can wean yourself by lowering the nicotine levels of your juice gradually. He allowed me to taste it, mmmmm not I thought. We went to the store and I bought one. HAVE NOT TOUCHED A CIGARETTE SINCE THAT DAY! That was almost a year ago and I am down to very low nicotine levels. I have no desire to smoke, the thought sickens me, and the best part? It does make me crave one to see someone else smoke. NO DESIRE. I have my son vaping now...try to get most of my friends with success. The small electronic cigarettes really did not work for me, I still wanted to smoke, but picking flavors, with e-juice you like that is tasteful, nothing beats it. If I could find the person or persons that came up with this I would hug them, they saved my life..I can breathe again, I am off high blood pressure mess and stopped using my inhaler, no need for it. Thank you with all my heart to this person or persons.

Marie.

9/25/2015 8:08:07 AM - Carissa Thacker

My husband and I feel so much better after we quit cigs, I wouldnt have quit without it. It replaces cigs and you can step nicotine down to get off that completely. So many things are said about ecigs. I know bad things can happen from malfunction or user error but thats with anything electronic you buy. people need to be educated so their family can quit and be healthier. We've been cig free for over a year now, we've converted atleast 20 people by helping them start cheap and easy and teaching them dos and donts. My husband is down to almost 0nic, and i still use about 6, we both started at 12nic. When we got our vapes we had half a carton of cigs, we had trouble finishing the pack we were on, the clean taste, it makes ya cough up all that cig junk. And I know we both breathe better, husbands high bp is no longer an issue at all. No bad taste no cig butts, life is good.

9/25/2015 8:07:57 AM - Walt Nickell

My name is Walt Nickell and I have been using electronic cigarettes for more than seven years now. Prior to that time, I smoked in excess of a pack of cigarettes each day for more than 20 years. I tried again and again to quit smoking, using every method from cold turkey to hypnosis to nicotine gum and patches and everything in between. Nothing worked. No matter what I did, I couldn't seem to leave traditional cigarettes behind. Even after I had suffered a heart attack, I continued to crave cigarettes, even though I knew they were severely harming my health.

When I discovered electronic cigarettes, all of that changed for me. From the first day I tried electronic cigarettes, I suddenly believed I could succeed where I had failed so many times previously. I was able to leave tobacco cigarettes behind from the very first day and have not had a single traditional tobacco cigarette since that time.

In addition to allowing me to quit smoking traditional cigarettes, electronic cigarettes have helped me in other ways as well. I have lost nearly 100 pounds, which is all of the weight I put on while trying to quit tobacco cigarettes plus an additional 25 pounds. Both my primary care physician and my cardiologist have told me that my overall health now is better than it has been in years and years. My blood pressure numbers are better. My heart rate is lower. I feel better.

I attribute many of these positive changes in my life to the removal of traditional tobacco cigarettes via the inclusion of vaping, i.e. electronic cigarettes.

And in addition to my own positive experience with electronic cigarettes, my sister - who was a 2+ pack a day smoker for 30 years or more - has also completely quit tobacco cigarettes using the less harmful electronic cigarettes. She has not had a traditional tobacco cigarette in nearly 5 years; this after trying again and again to quit smoking on her own using many of the same methods that I, myself, used. She believes that electronic cigarettes actually saved her life and I am inclined to agree.

I think it is unfortunate that the original write-up in Consumer Reports seems to have dismissed those of us who have successfully quit traditional cigarettes using vaping products, and I am hopeful in the future both the science in support of electronic cigarettes and personal success stories will be given the weight and attention they deserve.

For me and many other people like me, electronic cigarettes have had a significantly positive impact on our lives.

Thank you for your time.

Walt Nickell

9/25/2015 8:07:42 AM - Richard Feldman

I have seen 4 of my friends stop smoking entirely using the e-cigarette, I know that one stopped all smoking after 4 months, another after 1 month. These two were 20+ year cigarette smokers. All 4 have stopped smoking (including e-cigarettes) for at least 3 years.

9/25/2015 8:07:27 AM - Chris

Not much to say except without "Vaping" coming about I would most definitely still be smoking 10-15+ Marlboro 100's a day. I am saving money and no longer smell like burnt tobacco and people around me don't have to smell that stink. I noticed after about 3-4 weeks I could actually Breath BETTER! I used to ride my bike around the block and get winded. I am in average shape 6' 1" 235 lbs. Now I can ride a bike all I want and even can jog without getting cramps and having to stop every 5 or so minutes to catch my breath and hold my side because it hurts! I have been tobacco free for coming up on 1 year now. The better breathing and not smelling bad is the best part for me. One thing that worries me "due to lack of studies, DONE CORRECTLY" is people who are new to vaping and also people who know the "in's and out's" and get "Sub-ohm-Starter Kits or Only Sub-Ohm Vape." I don't know for sure but I started with 18mg Nic. level in my juice in a Kangertech Aerotank and before that and Evod and did fine for the most part. I would believe inhaling massive clouds of vapor with less nicotine might be "worse" than less vapor with higher nicotine. I now use a 6 and 12mg Nic. level. I bring this up because I see new "Vapers" using .5, .3, and lower ohm tanks and RDA's and that is all they use with a 3-6mg Nic. juice ALL DAY. I also see a lot of people vaping 3mg Nic. and 0mg Nic. juice just for the fun of it and the taste I guess. I to am guilty of indulging in the great taste the RDA's and the flavor "Sub-Ohm tanks" give off, because it's GREAT! However the whole point for me and I think other people should note is I/we started to "Vape" to stop smoking not just switch to vaping full-time... I see a lot of people that don't even smoke or ever used tobacco product's starting to "Vape" also but strictly just because they think they look cool blowing big clouds. My whole reason of starting to "Vape" was to stop smoking and try to better my life and "it WORKED" then step down in Nic. levels and STOP vaping for good eventually. Unfortunately I don't see that to much. People seem to just keep vaping not wanting to stop ever or anytime soon and the companies seem to be condoning that choice. Do what you wish but I believe "Vaping" should be a means to quit tobacco and eventually quit "Vaping" all together... What do you guy's THINK...?

9/25/2015 12:06:14 AM - Querra

I have started smoking at the tender age of 15. I have been a smoker until I have been introduced to vaping in May 2013. After that, I have not bought a single pack of cigarettes and what's more important, I feel great. No more morning hackling stuff up, better breathing, better sense of smell and taste and saving $$ too. Since then I have intoduced some friends of mine to vaping and they are not even thinking about smking.. Better yet: cigarette smoke and odor bothers them as much it is bothering me. I used to smoke 1-1 1/2 pack of cigrettes a day! Feeling great now and have more energy, sleeping better and my breath is not as bad as it used to(so I am told)...

9/25/2015 12:06:00 AM - Carol Robinson

I smoked for 34 years and had tried every smoking cessation product available (gums, patches, chantex, hypnosis, acupuncture) and had no luck with quitting, I never managed to go smoke free using these methods. In March of 2012 my son asked me to try the new electronic cigarette with him and I agreed. I had no intentions of quitting but I went outside to smoke and the heat in Alabama was awful and I thought it would lesson my time outside. Much to my amazement 4 days later I realized I wasn't going outside to smoke, I decided to see how long I could without smoking. On the 8th day I went to Club Lavela for Spring Break to watch my sons band play. You could have cut the cigarette smoke with a knife, I did not smoke that night I vaped and I threw my last 4 cigarettes away at Club Lavela that will be 4 years now in March. I have NEVER touched a cigarette since, and I have countless family members and friends who have quit with me as well and had the same success. I am very active in the vape community and the studies they are supposedly doing do not represent what my experience has been. My health has improved dramatically, it's wonderful being smoke free, and I have cut my nicotine level down to under 1 mg/ml. I no longer have all the congestion and coughing I went from having multiple infections of my sinuses every year to having only 2 in the last 3 and half years. The difference in energy and circulation is amazing. I swear by this product and see the results in the community on a daily basis. Thankful to have E-Cigs in my life! Carol

9/25/2015 12:05:49 AM - Scott

I am 58 years old and smoked cigarettes for 38 years, about a pack a day at the end along with Skoal. I switched to e-cigarettes 2 1/2 years ago and haven't looked back. Over the years, tried to quit using nicotine gum and sheer willpower with no success. I had seen references to e-cigarettes on the internet for several years, and did a little research on them. It was interesting but it seemed too confusing and I never took any action. I didn't know anyone who vaped, and I had never even seen anybody vaping.

I noticed a vape shop one day, and finally after a few months passing by it I decided to stop in and see what it was all about. The owner asked me a few questions and recommended I try a "starter kit", which included 2 ego batteries, 2 clearomizers, a charger, and a bottle of tobacco flavored e-liquid. She explained how it all worked and sent me on my way.

I remember my first puff very well. I just sat there smiling and thought that this could actually work for me. I basically stopped smoking that day. After a week or so, I was curious and decided to smoke a cigarette, and was surprised that it tasted bad, hurt my lungs, and made me feel dizzy, so I put it out after smoking about 1/2 of it. After another week, I again took a few puffs of a real cigarette and I just couldn't stand it. I finally threw out the last of my cigarettes and I have had no desire to ever smoke again.

I was not in bad health, but I am confident I am now in better health than I was. I have stopped coughing, I feel better, and I don't get winded as easily as I did. I often see studies that claim vaping is not an effective smoking cessation product, but I can only say it was completely successful for me.

9/25/2015 12:05:36 AM - James Wilson (buck steadyvapin raw) Pittsburgh,pa

I have tried patches and gum to quit smoking. I have even tried wellbutrin. None of those methods have ever worked for me. E- cigarettes not only help me quit, but they helped me quit very fast! there was a time in my life when i felt i could not quit. And did not want to quit cigarettes even though i knew how harmful they were. E-cigarettes saved my life! I havent touched a cancer stick in over a year. They stink and i can't believe i once smoked them. I can now breath a whole heck of a lot better than i used to. I owe all of my success to e- cigarettes. They are the future and the future is now. I can not understand how anyone could be against them. #I AM PROOF.

9/24/2015 7:34:46 PM - Kris

I was a smoker of 25 years. Unfortunately (and now embarrassingly enough) , I liked smoking. However, I grew tired of the morning smoker's cough, wheezing after exertion, and the ever present phlegmy irritation in the back of my throat that I couldn't cough out or swallow to get rid of. Not to mention difficulty running around with my kids due to shortness of breath was maddening at 36 years old! So I bought a Blu brand e-cigarette kit high nicotine (16mg). It is cigarette sized/shaped, but a little heavier. So it immediately broke the cigarette hanging from my mouth habit because of the weight. They broke the hand to mouth habit for the same reason, I held it differently due to weight. The quality of the cartridges seemed to be dropping as I noticed they weren't lasting as long as they used to (with the same usage) and I started noticing a burnt taste. It almost made me go back to tobacco cigs. But then a friend showed me his refillable liquid ego style e-cig, I was impressed. I bought on for myself that night on my way home from work. I am now 38 years old and 28 months tobacco free! I make my own e-juice, & rebuild my own atomizers which takes the place of rolling my cigarettes. My nicotine level is down to 7mg per 10mL. I don't stink anymore, my clothes dont stink anymore, food tastes better, I don't cough in the morning anymore, no more phlegmy annoyance in the back of my throat, and I can chase my kids around without gasping for air. Last I knew tobacco cigarettes have something like 700 plus chemicals in each one, e-juice has 5: propylene glycol (PG), vegetable glycerin (VG), PG or VG based liquid nicotine, flavoring, and sweetener. Also e-cigs directly substitute tobacco cigs in that the sensation of inhaling/exhaling the vapor is just as satisfying, and now for me more satisfying. I don't miss tobacco cigarettes one bit! I love my Kanger subtank mini (k-box mini) and am proud to be a vaper because I took charge of my health and that of my family in that my wife now sees how much I enjoy vaping so she is now transitioning to it as well. FYI, she took Chantix to quit tobacco smoking for both pregnancies...and fell off the wagon as soon as the kids switched to bottles...both times. It's just a matter of time to find the "magic flavor" that seals the deal as I've finally found a device she likes from the multitudes. E-cigs are the only reason I am tobacco free for over 2 years now. Their statement is FALSE! E-cigs DO help people quit smoking and I am living, clear breathing proof! They need to stick to the science of improving vaping (if possible) to be as absolutely as safe as possible. As it is, 700+ chemicals versus 5 is quite an improvement! They should also stop letting themselves be compelled by greed to find new ways to regulate it. People's health is more important than padding thier pockets and those of the doctors and phamecutical companies that keep shoveling crap that doesn't work down the populous' throat! They may not be the end all beat all cure for smoking, but because of e-cigarettes I'll never pick up another tobacco cigarette again...except to throw one in the trash! Big pharma makes plenty of money elsewhere. As for the tobacco companies...

should slowly killing people really be profitable!?

9/24/2015 7:34:28 PM - That_1_Ghoul

I'm 35 and I started smoking when I was 19. I started with non filters 2 packs a day for a year then moved on to filters 2 packs a day. My father died of lung cancer about 2 years after I started smoking and by then it was just difficult to quit so I just kept smoking knowing what could happen to me. I did try to quit, gum did not work, patch did not work, aside from the nicotine it's also the mental addiction of the act of smoking, just like my addiction to biting my nails since I was a kid. I did go on for 9 months but fell back into it again. I tried vaping when it was still a new thing but the pens just didn't do it and I could not stand the constant leaking and I would still smoke but then went back to fully smoking again after 2 months. over the years technology in vaping got better and bigger, I get the nicotine, I get a throat hit, it keeps me calm, all the things that kept me smoking over the years. I am now vaping on a Sigelei 150w TC box mod and eVic VT, with a handfull of sub ohm tanks for different flavors. With the new technology in vaping I have not had one cigarette in 6 months and I have not thought about going back it at all. I was at a bar recently, when I stepped outside to vape the smell of the cigarettes from the other goers outside was awful, at that point I could not believe I smoked for 16 years. Ever since I stopped smoking I no longer wake up with chest pains, I no longer have to cut my deep breathes or yawns short to prevent myself from coughing, I no longer cough at all (until Winter comes where I may get sick and cough but at least it is not cause by smoking), I can taste things better, and most importantly I can FINALLY read my comic books without having to wash my hands each time before doing so (Comic Books is what prevented me from ever smoking inside the house lol). I am overweight, but at least now with my breathing being way better I can try a shot at some walking for some exercise, before walking uphill to the store to buy a pack of smokes left me beat with wheezing sounds, it was bad yet hilarious. The only health problems I have now is weight and a bad back from not sleeping correctly. I vape at 6mg of nicotine and have started to use lower nicotine levels as well and eventually will drop to Zero, but honestly I will keep on vaping. I love the tech, I love the flavors, and the only addiction that will be left will be the mental addiction of doing the act inhaling and exhaling, but instead of harmful smoke it'll be vapor.

Aside from how vaping has helped me, I have converted 2 friends to vaping. One of em bought himself a starter kit not even 10 hours after talking to him about it, got himself a bunch of flavors, he was loving it. He did an experiment and tried smoking a cigarette 2 weeks after, he was only able to take a couple of drags before throwing it away. His wife is happy with this new change, his spending went from $400 a month to $86, he is now doing research and planning on making his own e-liquid since he is a trained cook and working with flavor is what his life is all about. But that is not the end of it, the same week he started vaping he was able to convince some co workers in the kitchen to switch to vaping. They went out and bought their own kits and he is extremely happy because they no longer have to take long smoke breaks. To know that he was able to

get others off of smoking means a lot to me because I had a part in that by getting him to quit smoking and start vaping int he first place.

I just wish vaping existed sooner...decades sooner.

9/24/2015 7:34:04 PM - TravTech

After smoking for 35 years and trying to quit many times with approved methods and cold turkey, vaping helped me quit in 2 weeks. I've been cig free for almost 4 years now.

The Key to quitting is fooling the body to think it's not missing out on anything. Smoking is not just about the nicotine. Vaping covers all of the the mental and physical needs of a smoker. It covers the oral fixation, the flavor, gives you something to do with your hands, etc, while giving your body the nicotine it craves.

With vaping, the only thing missing is the fire, and about 4000 carcinogenic chemicals.

Some methods like Chantix may address psychological needs, others only supply nicotine like the patch. Gum may help with the oral fixation, while cold turkey addresses none.

No "approved methods" address all of the physical an psychological needs of a smoker, which is why they are so prone to failure.

With vaping you are in control, not some mega corporation who's goal it is to keep you hooked.

You can, quite easily in my experience, lower your nicotine level over time until such time that you are no longer nicotine dependent if that is your goal.

Those who've never smoked or with a financial interest in tobacco or pharmaceuticals most likely won't be able to or won't want to grasp the above. But anyone who's ever raced for that first cigarette of the day can surely relate.

9/24/2015 7:33:51 PM - Jason simmons

Hello I would like to give you my story about how vaping helped me quit smoking and lose some weight.I started smoking at 13 and was not an every day smoker but by the time I was 16 I smoked a pack a day.I would try to quit alot because I was very active playing sports and lifting weights alot.smoking never slowed me down as a younger man but by the time I was 28 I started noticing it made me feel like crap after a cigarette.by the time I was 39 I had tried to quit 13 times with some success of months without sometimes. The problem was I always returned.I bought my first e cig and was impressed. I used a small stick battery and a small tank for the first 3 weeks.I was so happy that I was getting my nicotine fix without feeling like crap after.when I started I was using juices that only had tobacco flavors and a 24 nic level.I then started to drop my nicotine level slow and within 2 months I had got down to 3 ml nic in a bottle and was still getting my nic fix.by then i bought a subtank and 50 watt battery becsuse i wanted to get more vapor snd flavor.after a couple more weeks I started trying different flavors and was very surprised on how much I enjoyed it and it then started to help me not snack every time I wanted to.not only did vaping help me quit smoking but it then began to help me lose weight.every time I would get a sweet tooth I would Vape something in the flavor I would have bought as a snack and it was very satisfying. I have been vaping for over a year now and have never smoked in that time.also I have lost 30 pounds in that time by substituting snaks and dessert with a Vape.I still think when I get to no nicotine level in my juice I will continue to Vape because I enjoy it very much and I am able to relax in the evenings with my e cig.I know vaping has helped me so much in my life that I find it so great to know how many others it has helped.what I find hard to believe is that certain people can think it is worse or just as bad as smoking.it is so obvious that is not the real issue it is of course money.something that is helping so many people and not offensive to be around like cigarettes you would think it would be welcomed.for those people who would believe that vaping is worse than smoking clearly have other agendas.

9/24/2015 7:33:39 PM - David Assanowicz

I am 38 and smoked cigarettes for 18 years. Near the end I was a pack or more a day. I wanted to quit for the last ten years. I tried to quit in 2006 with the first generation E-cigarettes, the "cigalikes". The device was undependable and flawed and I went right back to smoking and didn't look at E-cigarettes again for a while.

In February of 2013 someone turned me on to the new technology. In two days and four cigarettes in my pack I was able to quit smoking cigarettes!

It's been a little over a year and a half since I switched to vaping and I can breath much better! I'm jogging, exercising and doing calisthenics. I stopped drinking soda and started eating smarter!

Vaping has started a catalyst of major life choices in a healthier and happier direction.

I started with Kangertech T3S on an EVOD with menthol flavor at 12mg of nicotine. I now vape mostly with a Tobh Atty RDA on the Tesla Invader II. I am now down 3 mg of nicotine and my favorite flavors are Vanilla Ice Cream, Chocolate Mint and Peanut Butter Cup.

9/24/2015 3:02:31 PM - Bugzme

I used to be a Two pack a day Smoker @ $21 a packet it wasn't a cheap habit. I had started at only 8 years old.

I had been constantly sick for the last 10 years of my smoking career, as a single parent of Two loving daughters I realised I had not only wasted Tons of money but also Time.

Multiple times I had tried to quit via Doctor prescriptions to Champix (Thats one Scary Rollercoaster) and also via Nicotine Gum and Patches. As most of you have probably also tried know they failed miserably.

About 5 years ago I got even sicker and desperate to spend more time with my Children, I started teaching them and preparing them to be able to go on without my help and guidance. Out at the local markets one day letting them enjoy our time and purchase shiny trinkets, I noticed a tall guy smoking a blue tipped cigarette, he was surrounded by gawkers and he was hailing this new life saver.

He blew smoke out of a plastic cigarette....I moved on in amongst the gawkers.

i read the box, examined the product and pushed the button it crackled but no smoke. Its a trick I thought, but he did it again puff puff, puff puff, he said something to me, I could not hear over the blood pounding in my ears, I walked away found my daughters and left.

Google was awash with E-cig adds and threads, Youtube too. I watched people smoking fake cigarettes until the early hours of the morning.

I checked out various Australian E-cig sellers, Prices varied from $20 to $100 for this magical plastic smoke,

I picked out a unit at $80 it must be one of the good ones, it looks better than the cheaper ones. Ha Maryjane flavour E-juice yeah ok throw that in the cart as well as a few Cigarette brand flavours.

Checkout.....Sweet,

Worth a try I suppose, test the product and try the juice if I feel like it will work I will buy that Provari those guys on the forum are raving about and get Nicotine from America.

Delivered, Package ripped open and dropped at my feet. Click Click nothing happening.

WTF is it broken, read the instructions idiot.

Ok I need to charge it, remove the atomiser and screw it in, yep light turned red, Wait two hours light will turn green. You're kidding!!

Pacing back and forth I smell the juice, kinda rancid, taste a drop yuck hope it won't taste like that in the E-cig.

Atomiser filled and primed 45 minutes to go, fuck it I can't wait any longer.

E-cig assembled and ready, Click - crackle, click - crackle Ok :)

Click _ crackle - Inhale - WTF that feels real - exhale, repeat, repeat, ok this is good, it tastes smokey and I can feel it, it's getting hotter, repeat, repeat - oh shit thats nasty,

My first Dry Hit :D

Drip drip into the atomiser, Puff Puff, Puff Puff ..... YEAH

So it was a Cig-alike and No Nicotine, the battery lasted only 10 minutes, but it worked!!

Open the Browser Search Provari,

Here I am Today....

Over Three years Vaping, I now have a One year old Son, He lives with his mother, I get to see him one day every weekend for 4 hours. My daughters aged 21 and 20 continued on the path I set for them and Live with my Mother. It will be easier this way, I live at work now, and starting to get sick again, but not chesty sick like before, this is my Brain and Spine. I pushed too hard those last Thirteen years trying to make up Time with my Children.

I think I did alright....

9/24/2015 3:01:24 PM - Felix

Im 17 and i smoked for 8 years. My life was never the greatest, and i picked up the habit from my mom. She has smoked for 40+ years, and decided to quit using a little ecig pen from VapeDudes or something like that. She loved it, as she got like 5 different coffee and cookie flavors. I cant tell you that she officially quit yet, but from 3 packs a day to half a pack a day in less than 2 years, it was amazing. I decided to try it myself and i loved it too. Which that brings up my boyfriend, did every drug i could ever think of. I helped him get out of that, but cigarettes still stayed. I suggested to vape and he went and got a rebuildable dripper mod. I cant even begin to tell you how much he loved that thing. As of now, from smoking for 10 years and every other drug, hes now just blowing clouds off a box mod in less than a year. I now have a rebuildable mod of my own, and everything is beautiful. Hes so so much better, his attitude, how he works, our relationship.. its amazing. If vaping gets taken away from us.. we will definately go down hill again. I will do anything to keep that from happening, from letting a plant control everything we do. We finally have our freedom.

9/24/2015 2:09:06 PM - kris frank

1 year ago today (aug. 14, 2015) I started on my vaping journey. The day before I was lucky enough to have time to stop into a vape shop that I had been delivering to Manhattan Vapors. They took the time to answer all of my questions, to help me figure out a nicotine level and let me try all sorts of different flavors smile emoticon I walked out of that shop with my very first set up which was 2 vision spinners, 2 kanger pro tanks, a tobacco and a cheesecake flavor. I left the shop happy as can be proud that I took yet another step to try to quit smoking. By the time I got home I was anxious, because every other attempt failed, the patches, the gum, the lozenges, cold turkey, I even tried Wellbutrin... all those attempts

failed. I even contemplated trying Chantix but quite frankly the side effects the commercials said just scared the living hell out of me.

I went home put my spinners on the chargers, put coils in my tanks and filled one with the tobacco flavor and one with the cheesecake flavor. the next morning I grabbed my new setups, the last of my cigarettes and went to work. 1 year ago today was my 'late day' - my turn to take the out going packages to KC. After meeting with three other drivers and collecting their outbound I made my way up to KC, during

that time I smoked my last cigarette and then picked up one of my setups. The rest of the night went quite well, but I was extremely worried about the next morning, as that is the hardest for me - the mornings!! I am extremely extremely proud to say that I have yet to pick up a cigarette since that drive. I had almost given up until I discovered Nautilus tanks, the kanger tanks were frustrating me after a couple of days. I asked my long time friend (since junior high!!) Kimberly Young who is now a respiratory therapist, if vaping was safe/better...she gave me the 'green light' by saying yes! My FB friend MaryJane Belt Richards added me to my very first FB group (vape group) and has been my cheerleader heart emoticon, even threatened to come kick my ass when I posted I really wanted a smoke! LOL.

After a couple weeks I told my mom and she was so shocked that I had gone that long without a cigarette... Before this I could not go longer than 3 days... She had me go get her, her very first set up. I started at a nicotine level of 18... And am currently down to 6-3, I still have some 6 but all my new orders are 3. I started smoking when I was 10,

stealing cigarettes from my parents, and when caught, back then in the 70's, some parents, like my dad, but the way to discourage children from smoking was to make them sick by forcing them to smoke a whole bunch at once. Unfortunately I was smoking long before I was caught so it didn't really phase me. When I smoked I would sometimes be up to 3 packs a day but no less than 2. I smoked for 35 years. My dad died of lung cancer when he was just 45 yrs old. When they discovered his cancer it had already traveled into his brain, the last time I saw him he

did not recognize me - called me by my mom's name and his hand kept going up to his mouth exactly like he was still smoking. Yet that did not make me quit. If they had vaping back then - 20 yrs ago - I do

not know if he would have tried, but I do know if he would have he MIGHT still be here. When I turned 45 I was scared, my daughter was still in high school and did not know if my fate would be the same as my dad's. I am now 46, alive, feeling better than I have in many many years and hope to continue to do so. I never ever thought I would be able to say 'I quit smoking 1 year ago today!!'

9/24/2015 2:08:46 PM - William Pepper from Roanoke Texas

I was a heavy smoker for 41 years. Three years ago I was hospitalized because I could not breathe. Today I feel great,and take no breathing treatments anymore. I'm smoke free for Three years this month. E-Cigarettes have saved my life.

9/24/2015 1:40:32 PM - Jack Z

I started smoking in my freshman year of high school, 1958. I must have "quit" hundreds of times over the years and finally got to the point of surrender. I was introduced to cigarettes by an office friend who saw it on the internet three years ago. She too was always looking for something to assist her in quitting, but always returned to the tobacco cigarettes. So, as it were a Vape shop opened in our area two years ago and she went, bought a starter kit and started using E liquids at 18mg nicotine. She never finished her packs of cigarettes she had (and still has) in her desk. I saw the remarkable happen and also tried, as she did. I too was successful and to this day I still use my e cigarettes and try different flavors of liquid. I have dropped my nicotine levels to 3mg and can climb stairs without labored breathing. I was only a pack a day smoker, but what a relief. I get hasseled about the stick e cigarette sometimes but after I explain how it improved my life, it stops. I'm 70 and enjoy Vaping. I believe it has and will help me see my great grandchildren go up.

9/24/2015 1:40:22 PM - D. Schenk

My name is Dale Schenk and I'm from Washington state. At 39 yrs old I had been smoking for 26 years. I have asthma that had progressed to constant breathing difficulty. Started smoking at 13, pack a day by 15.

I was able to quit once, for a month or so, when the Nicoderm patch first came out.Unfortunately stress and other factors drove me back to smoking. I tried a few times after that with no success(Nicoderm, Chantex, cold turkey). I tried an ecig a few years before and was far from impressed and didn't even consider trying it.

Boy ecigs have come a LONG was since then.

My son was quitting using an ecig (Halo G6), and showed it to me. Was I ever impressed. Way better than the first one I tried years ago. I immediately decided to jump in and ordered the Halo Triton system. Probably one of the best decisions of my life. Everything I liked about my sons G6 was way better on the Triton. So I started doing more research found out about mods, different battery types and connectors. I had all sorts of cool stuff like coil resistance, volts, amps and watts to play with. I not only had a replacement for smoking but an outlet for my obsessive tendencies. Anyway I received my Triton in the mail 11/04/13. I think I had five smokes the next day (was a pack a day) and two to three a day for a week or so, then maybe one day for a couple weeks then every one every couple days. At this point I haven't smoked any real cigarettes in over a week. The last two times I tried, sometime in December, I realized that I really don't like the taste that much anymore and it left a horrible aftertaste. So, I guess, at this point I was completely quit.

I have since moved up to more advanced and higher powered devices and am enjoying vaping as a hobby. I am running .5mg-1mg juice. I will probably continue to vape even after I have reduced my nicotine to zero. My only real problem is finding juices I like, I seem to have a picky pallet. As my senses of smell and taste came back I found that the tobacco flavors were less and less appealing to me and just reminded me of cigarettes. Using other flavors helped me to lose the urge for a cigarettes all together. I needed to look into other flavors to keep me interested. My regular flavor now is butterscotch and caramel candy mixed. I found that candy flavors were a better replacement for me than the tobaccos. As a plus, I smell like candy instead of an ashtray. I also keep peppermint in one for a nice refreshing taste and often run one with bubblegum just for something different.

I did gain 30-40 lbs but overall feel better, have more energy, better moods and better breathing.

I guess that's my life story related to cigarettes and vaping(edited for a PG rating). Really didn't expect to write this much but it's done now so you're stuck with it.

9/24/2015 1:40:12 PM - John Combs Pelham NC

I smoked for 22 years, 2+ packs a day at the end. I discovered I had brain cancer in 2010. Oncologist had me try everything to help me quit; chantix(horrible), patches, and gum. None helped very much so didn't work. Finally she mentioned vaping. Went home, researched on net and ended up getting a small box mod with a good tank and didn't smoke for a week. Tried one of my wife's cigarettes and it was HORRIBLE! 3 weeks later my wife got a mod and we have been cigarette free for over a year.

9/24/2015 1:16:33 PM - Ann Marie Farr

I was a 35+ pack a day smoker. I knew smoking was bad for me and tried to quit multiple time. I tried several of the smoking cessation products available, such as the nicotine patch, gum and lozenges. I was not successful in quitting smoking with any of these products. I was extremely dissapointed as I thought I would be a smoker for the rest of my life. In January 2014 I heard about people being successful in their quest to quit smoking by using a vaping device. I did some research and decided to give quitting one more try. I purchased everything I need and on January 10, 2014 I used my first vaping device. I am so happy to say that was the day I quit smoking. I have been smoke free ever since. In the 18 months since I quit, I am happier, healthier and am just so grateful I was able to find a product to assist me in stopping something that was literally killing me.

9/24/2015 1:16:21 PM - Nese Hull

I'm a young mother of 3 and I had a very nasty habit of smoking cigarettes, Newports to be exact. Every cessation method that I tried didn't work, if left me with a habit much worse than before trying to quit. My cigarette habit got so bad that my children were begging me to quit. My husband habit was just as bad if not worse than mine but he was able to quit using a vapor pen. For a month I tried to figure out how he was able to successfully quit smoking cigarettes without any of the withdrawal symptoms. It wasn't until I finally got me a vapor MOD that I was able to successfully quit. Everyone around me was relieved and my health issues improve dramatically even my doctor was happy for the change to a vapor pen /mod. The smell of a cigarette makes me very sick. It's been 17months for me and 20 months for my husband but we are tobacco free thanks to the vapor MOD. No more respiratory problems, no more smoke smell and most importantly, no more cigarettes. Ive was a smoker for over 19 years. Now that I vape I have more energy and no complaints from those around me. Vaping has saved me and is definitely the best option for quitters. It's nothing like smoking and shouldn't be confused with smoking.

9/24/2015 2:50:00 AM - K. Jacobson from Sacramento, Ca

I am a 35 year old male who began smoking at age 12 and by the time I was 16 had become a pack-a-day smoker. Like many habitual smokers I knew all the risks and that I should quit, but I loved smoking and failed every attempt to do so. I tried cold turkey and the patch many times. When that didn't work I tried a switch to snus as a less harmful tobacco product. It helped me cut down on smoking but I never went a day without at least a few cigarettes and eventually went back to my pack-a-day habit. By the time I was 34 I had given up and accepted my smoker for life status. As it happened that was about to change. I stumbled across a YouTube video discussing e-cigarette products and how they worked. Interesting as it was, vaping didn't seem like the solution to my problem. Despite my skepticism I had some money to burn so I bought a cheap starter kit with an open tank system online. When I received my first e-cigarette it seemed like just a novelty and the thought of quitting smoking for good had never even crossed my mind. That day I smoked my last cigarette, it was March 1st, 2014.

As of today I am down to 6 mg. nicotine and still have no desire to smoke. My clothes and car don't stink, I can run up a flight of stairs without collapsing, and I don't wheeze and cough when I laugh. If vaping were banned tomorrow I'm not sure if I would go back to smoking. I do know that if I had been discouraged and told that it wouldn't work or that it was just as bad as tobacco I would have never tried it in the first place. Vaping does work and is far less harmfull than smoking tobacco and I would strongly recommend it to anyone who is addicted to cigarettes.

9/24/2015 2:49:27 AM - Pendragon

I began smoking in my early 20's and except for brief periods of trying to quit and failing, continued smoking for 40 years. Two years ago my daughter was given disposable vape e-cigs then shared them with me. She said, "try this and see what you think".

I was at the computer at the time, e-cig within reach so I vaped for several hours. Low and behold,

three hours later I hadn't smoked any of my Marlboroughs (also within reach).

This was shocking to me... hadn't happened in decades. So I decided to see if I could make it the rest if the day and evening just vaping. I did. Next morning when I reached for my usual first cigarette, instead reached for the e-cig. I wasn't exactly 'satisfied' but the vape allowed me to make it through another day. On the third day I bought two vape Vision Spinner batteries, two Kanger tanks and e-juice. That was two years ago and I haven't had a tobacco cigarette since. I now use an Aspire CF Mod and Eleaf Mod with an Aspire tank. I find heavy vapor satisfies better than high nicotine.

When I began vaping I was using 18-24mg nicotine juice. Once I was convinced that I had truly quit tobacco/cigarettes (about 6-8 months), I started slowly stepping down the nicotine. After two years I am at 3mg. I do not plan to stop vaping but cutting nicotine.

I do not use tobacco flavored juices but dessert flavors. Most of the adults I know who quit cigarettes began with high nic tobacco flavors then moved to sweets.... fruit, candy, and/or favorite food/ drink flavors.. 'comfort' food flavors, and eventually, lower nicotine.

I couldn't quit smoking with available methods. I tried hypnosis, counseling, nic gums and lozenges and gutting it out. I was miserable, beyond 'cranky'.... most of the time I felt downright *hateful* until I resumed smoking.

The government method of targeting smokers for humiliation and public shaming didn't help me quit cigarettes either, only engendered resentment against both the government and the holier-than-thou public. I wondered why alcoholism wasn't 'addressed' as equally unhealthy and attacked with equal venom.

Even drug addicts today are treated with sympathy, as though their drug addiction isn't

a personal fault. After all, tobacco smokers, even after smoking a whole pack in an evening, don't drive crazy and kill other people, and they don't rob and kill to get money for cigarettes. Are our elected officials exempt from using common sense?

They project opinion (and lobbyists efforts) as 'fact' rather than wait for facts from real scientific studies.

After quitting smoking and vaping instead, I have no smoker's cough, can do more aerobic exercise without being winded, and my ability to smell subtle scents has returned. I like not being surrounded by a cloud of stinky tobacco, I enjoy my hair, clothes, car and house not smelling of burnt stale tobacco and not having brown tobacco residue coating furniture, windows and curtains. When I was a smoker I didn't care about any of the above because smoking was most important.

I was a two pack a day smoker which was a very expensive habit. I am no longer a smoker and no longer inhale those extra 4000 chemicals (addictive) that Big Tobacco puts in cigarettes. After years of state and federal government campaigns to convince U. S. citizens to quit smoking, finally, we have a effective cheaper alternative to smoking and billions of smokers have quit and vape instead. Yet surprisingly, our administrating bodies are actively attacking vaping while attempting to squeeze more money out of us, the buyers so the Gov. can make up lost revenues from cigarettes. (Are they afraid that ex-smokers will not die as predicted/ live longer/ use up more SS, that Big Tobacco will go under, that Big Pharma and Big Medical (both heavily invested in smoker's long expensive decline with diseases) will loose patients and profits?) Was the health of smokers never really the issue but economic growth for tobacco related companies, health care institutions and higher government taxes? Really? (And I thought Uncle Sam had my best interests at heart!)

Vaping costs much less and I expect it to remain so. If restrictions and taxes are placed on retailers, e-juice, flavors, tanks, vaporizers and the other necessary equipment we vapers use, and drive independent vape stores out of business, I will learn to make my own juice, and batteries. and/or buy needed things in alleys from guys in raincoats and grow a few tobacco plants in my back yard or sunroom. There will be an underground vape business like nothing seen even during prohibition, and it will be done by every age and station, including grandmothers, grandfathers, great grannies, etc down to college students. If the Feds make vaping untenable commercially for little stores and for vapers, I'll be fighting back... if they pick us oldies up for selling e-juice in alleys, I hope the Federal Vaping Police are prepared to cover our housing, hip surgeries, Alzheimers and medical bills into extreme old age. Guantanamo could be redesigned for Elder vape 'criminals'...it's warm with beach access.

Am I angry? After being made a pariah and a bulls-eye for abuse for being a smoker and now seeing vapers and vaping coming under fire.... the government that ordered me to quit is trying to limit and tax the only method of doing so, you betcha. I am glad that I quit smoking but I defend personal right to vape or smoke or not...i.e. freedom...something that used to be in the Constitution.

Pendragon

9/24/2015 2:48:39 AM - chris_vapes

I smoked obsessively for over 15 years. I mostly smoked a pack and a half a day. I tried everything under the sun to stop smoking, nothing worked. Nothing until vaping. From the moment I started vaping I completely quit smoking on my first try! I've been cig free for months and can go long periods without smoking anything at all. I feel healthier than ever. If it hadn't been for vaping I would still be smoking and likely dead from smoking related illness down the road.

9/24/2015 2:48:30 AM - Pat

I started smoking around the age of 16, I'm 53 now, I started vaping last year in July 2014 and I have been cigarette free ever since, when I first started vaping using those kanger tanks the nicotine was at 18 percent, I'm down to 3 percent now, and loving these sub ohm tanks.

9/24/2015 2:48:19 AM - Armen Makart

I have been a smoker since I was in high school in Moscow, Russia and came to USA in 1993. I smoke most of my life and by December of 2012 was smoking 2-3 packs of American Spirits Organic Blend per day. That same month I started vaping, reducing my cigarette consumption to a pack per week. In June of 2013 I have completely stopped smoking and have been smoke FREE until this date. I have truly not felt better in my 44 years than I do today. In my case, vaping has saved my life giving me better chance at raising my 2 daughters and be a stronger husband to my beautiful wife.

Here is how it all started...

My wife and I had a funny argument about who snores harder at night, so we downloaded a sleep recorder phone application to have some hard evidence. When we started listening to the night recording it was not the snoring that got my attention, but rather my breathing, I literally sounded like a old, rusted harmonica, that was as real as it could have gotten for me....those were my lungs hazing thru the night.

My first try was quitting cold turkey, but with 2-3 packs a day it was tougher than I thought, Next I tried Nicorette gum, but gave that up as I felt noxious and had bad migraine, basically overdosing on nicotine as I was chewing it throughout the day. So there I was back to the old habit. In December of 2012, buddy of mine had a disposable e-cig in his hand and explained to me what it was upon my inquiry. I came home that day and Google here I was, researching something that could have the potential to save me. 2 days later I purchased my first disposable e-cigarette.

Although dissatisfying to my habit, it did have an interesting effect as I noticed that I did smoke less tobacco cigarette and was more drawn to e-cig, It was right after New Year, January 2013 I made my first visit to "The Vapor Spot" in Sherman Oaks, CA. My first device was a Vision Spinner battery with a Kangertech MT3S tank. Was perfect, although I did smoke tobacco cigarettes as well, but have dropped consumption from 2-3 packs per day to 1 pack per week. In June of 2013 I was completely tobacco free. I have not smoke since that day until today. I also helped 3 of my friends to kick their habit and switch to vaping.

As of today, I have over 27 different devices, among which are mechanical mods, regulated PVs as well as Kayfun, Sub-Ohm RTAs and rebuildable RDAs. I like them all and use them all depending on the mood I am in. Vaping did not only make me healthier and prolonged my life, but it gave me a nice hobby and became a passion.

9/24/2015 2:47:27 AM - Italian48Vaper

For 40 years doctors have had me try patches, gums, pills, etc. No lasting help. I have been using electronic devices since Feb. 6, 2013. I HAD to find a way to get off cigarettes. I was having way too much trouble breathing. That was three and a half, nearly four years ago. My cough is better, food tastes better, I am better.

I was part of a study that was conducted by doctors in Geneva, Switzerland. This is the ONLY thing that has really worked for me! Many others have been 2 or 3-pack a day smokers, but they quit! I am down to about, at most, 6%/ML nicotine. I mix my own liquid, so it can be less, especially since my nicotine is over a year old and not kept cold.

I started by using cig-alikes, quickly changed to a battery that holds a charge longer, like the MVP. I have never looked back.

9/24/2015 2:47:16 AM - SteveGofast

I was a 3 pack a day smoker for several years.

I began trying to quit 5 years ago. Having tried the gum, patches, acupuncture, hypnosis, and wellbutrin pill, I thought I would be a smoker until I died of cancer like my mother (65 years old) and father (52 years old) did.

I started on a cheap cigalike vape that did not work well enough to keep me off tobacco, but I smoked less.

I purchased a better battery and tank and smoked less.

I was able to gradually smoke fewer and fewer cigarettes over 2 or 3 months until I did not smoke at all one day..

That was 2 years ago.. I have gradually reduces my nicotine strength and am now vaping 6mg..

Thank God for choices.

My wife says I quit snoring when I sleep about a year ago.. (nice)

My breathing and ability to be active has also improved greatly..

I feel 20 years younger.

Steve Mapes

9/24/2015 2:47:06 AM - K. Jacobson from Sacramento, Ca

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9/24/2015 2:46:56 AM - VapinChevy

My real name is Rodney, but many of you know me by VapinChevy - I used to be a 2+ Pack a day smoker for 12 1/2yrs, I quit smoking and turned to vaping on May 11th 2010 and still vaping along! Being that I am a diabetic, many doctors kept telling me that I had to quit smoking. I first tried patches (they didn't work, they only gave me a rash lol), tried the lozenges (they worked for only a few days). I was about to give up and go back to smoking, until I was researching online for smoking alternatives. I read information and watched a few videos on youtube (as many of you have) about "vaping"!! I was intrigued so I went online and purchased my first e-cig kit. It was a V2Cigs Kit (cig-a-like), I was excited and couldn't wait to receive it. When I received it and put it together, my last pack of cigs went straight to the freezer. For a few days I was satisfied, then I noticed I wasn't getting enough enjoyment! I sold my kit and bought my first mod and tank. A sweet Blue-Silver Bullet w/6ml Pyrex Cartomizer Tank (AltSmoke), I still have it to this day & works like it's new! Since then sure I have collected many mods/mechs/attys/batts/juice etc... I have saved a ton of money and my health, which is very important. My doctors/family/friends are happy that I vape!! I Smell Better/Taste Food/More Energetic/Breathe Easier...

9/24/2015 2:46:45 AM - Debbie

Up until 1 1/2 years ago I was a pack a day smoker, I had smoked for 30 years...enjoyed smoking and never really intended to quit... until I was diagnosed with C.O.P.D. I tried to quit, but I was so addicted to cigarettes ,I kept going back to smoking. Until a friend introduced me to the ecig. I thought ok, I'll try it, My breathing issues were getting worse as the months went on, every visit to my Dr, my oxygen level was really low, and I was struggling. My Dr, told me my next step was an oxygen tank and I wasn't about to do that. So I thought ok, now is the time to try it. I started out at 24mg nicotine juice, but always kept a pk of cigarettes in my purse just in case I needed them. As the months went on I reduced the nicotine level to 6mg, I don't carry a cig with me any longer, my oxygen level is up to 95% and I thank the ecig industry everyday. My intention is to be at 0 nicotine by Nov. This is really a life saver for me. to tax this industry is absolutely wrong in everyway. It's all about the big tobacco company's loosing money, and not about anyone's health...it's wrong and they should be ashamed for putting peoples life's at risk

9/24/2015 2:45:53 AM - Walter Short

Started smoking when I was 12, I am 68 now, I've been vaping steadily for 2 years now and haven't smoked a cigarette in over a year and a half. Prior to that I was smoking 3 packs of cigarettes a day and the expense and hacking up gunk were getting to me. I tried the first generation "cig alikes" and they didn't do the trick but two years ago I bought an "eGo" style kit at a vape shop and only bought one carton after that. I was amazed that I could give up cigarettes as before this I was convinced I would be the last person on Earth still smoking. I have since bought several improved tanks and mods and make my own e-juice.

The rush by mindless idiots to catergorize these devices with cigarettes is absurd.

Since quitting smoking and taking up vaping I no longer hack up gunk nor have that smoker's cough and save hundreds of dollars per month plus can vape in bars and not be subjected to most of the draconian rules applied to smokers.

I had tried the nicotine gum and being hypnotised before and couldn't even quit for a day, the fact that I have been cigarette free this long is a miracle.

9/24/2015 2:45:37 AM - Becky Zenner

I was Smoking cigarettes since I was 15 years old, because my Mom was too busy working since my Dad Divorced her to give a shit! I never thought I could quit. My heart surgery in 2009, was very tough on my family and I was told I had to quit smoking or I was likey to have another heart attack and die. I tried patches, for 3 months, they have me horrible night terrors that was affecting my daily life. I tried just cold turkey, for 6 weeks and my hands started having horrible tremors so bad I could not drive, nothing worked! E-Cigarettes worked for me, from day one, when nothing else would!! I have never had a cigarette since! Vaping gives my family hope that I will be there when my Grandchildren are born.

I have now been off analogs for a year and a half and my health, as far as heart health goes, it's better than it was in 2005. I know now that I will see my children get married and have children of there own. In my year and a half of Vaping, I have gone from 18mg. of nicotine to 3mg. of nicotine, that may not seem like much to some people but to me it is the most significant battle of my life. I owe every minute of every day to E-Cigarettes and Vaping.

9/24/2015 2:45:27 AM - Ranger

I smoked since age 15, now 63, tried to quit multiple times and failed do to work related stress. Started vaping 3 years ago, no cravings or withdrawals or any of the horror stories related to quitting smoking. Started at a higher percentage of nicotine and am down to the lowest offered, slowly weening myself off of it and will be at zero percent by years end. I was never without a cigar and didn't want to quit but knew I had to. When I tried e smokes I noticed I didn't light my cigar as often so I put them down and never pick them up again with no problems what so ever. I can be around smokers and it doesn't bother me at all. Will never go back and as soon as I get to zero percent for a while these will be easy to quit. If anyone thinks this doesn't work they have no clue!!

9/24/2015 2:45:19 AM - Jeremy Bleeckert

Ive smoked cigarettes since i was sixteen and now im 12 months smoke free since vaping i was one pack a day smoker. I've tried every fda approved method nothing worked I almost gave up until I was introduced to vaping. I did not use a cigalike product I started with a protank and a vv/vw device started at 24 mg of nic and since im now down to 3 mg and im strictly vaping dessert flavors no more tobacco

9/24/2015 2:45:06 AM - Janice Beckett

yes I am proof that Vaping helped me to finally quit smoking have been smoke free since February 2015.I have been put on Chantex twice and did not quit smoking the stinky's.I had my first cigarette at the age of 9.smoked off and on till I was 12 then was smoking daily until Feb 2015 that's 48 years of smoking.I have been vaping for awhile with the first E-cig i acquired from on the internet site for free just had to purchase the filter replacement part but it just wasn't satisfying so when I saw a eGo-T I got excited about this bought it and some Juice vaped on that for about three months then purchased an aspire cf vv and a nautilus tank love this that is what keeps me off cigarettes.Vaping is not tobacco you do not smoke it .

9/24/2015 2:44:57 AM - Janet Sykes

I started using electronic cigarettes 5 years ago. I have emphysema and my Pulmonary Dr, referred me to them because I was unable to quit smoking. I had tried the patches and gum but that didn't work for me. Every time I tried to smoke I would end up in the hospital because I literally couldn't breath. Since I quite smoking my health has done a 180 turn around. I still have emphysema from the damage caused by 30 yrs.of smoking, I will never get rid of that but I can now breath, walk a distance, ride a bike and exercise!!! I couldn't do that before I have not been in the hospital since I quit smoking cigarettes and I only see my pulmonary Dr once a year for a check up. So Thank you to my Dr. for suggesting the electronic cigarettes!

9/24/2015 2:44:47 AM - Andrew (Los Angeles)

UPDATE: I was a pack-a-day smoker for 50 years. Now I vape. How long has it been since I smoked a cigarette? It has now been 4 years and 9 months since I smoked a cigarette!

Yes, prior to e-cigs, I tried the patch, the gum, and Wellbutrin, they didn't work well for me. I refused to try Chantix as it has potentially dangerous side effects. The e-cigs worked - I quit smoking in one day!

And, yes, thanks to the wonderful, miraculous electronic cigarette, I feel much healthier - and I don't stink!

9/24/2015 2:44:39 AM - EROC

i smoked for about 15 years, and i tried EVERYTHING to stop smoking.

nothing ever worked. until Ecigs.....smoke free for a little over 2 years now thanks to vaping. i also no longer cough or smell bad :)

9/24/2015 2:44:30 AM - Tamara Lanford

I was a heavy smoker for 30 years. The last 10 of which I had, literally, tried every sanctioned cessation method- gum, patches, drugs. None of them worked. I began trying various vaping hardware and liquids in the spring of 2014. I eventually found a set up and brand of liquid that I really liked. My last cigarette was June 13, 2014. I am much happier and healthier now! I love the fact that I no longer reek of ashtray!! Since giving up smoking, I use a excel spreadsheet to track all my expenditures for vaping supplies and the weekly average is $11. That is what I spent on cigarettes per DAY.... Vape on people!

9/24/2015 2:44:12 AM - Mike Morgan

Mike Morgan Â·

I smoked for over 25 years and over that span I tried all of the conventional methods for quitting. Typically, I would start smoking again after a few months. I switched to the e-cig 21 months ago and I did not relapse. E-cigs worked wonderfully for me to stop smoking and I would recommend that anyone who wants to quit smoking to try this method of cessation. The thought of going back to regular cigarettes does not even cross my mind anymore. I am so thankful that I quit smoking!

9/24/2015 2:43:59 AM - jerovo61

Iâ€™ve been a Smoker and Iâ€™ve been a Vaper and vaping is the way for me.

I came late to cigarette smoking in my 20â€™s and on and off in my 30â€™s until I quit in 2005.

It wasnâ€™t so much that I thought smoking cigarettes was cool or whatever the latest psychological reasoning is, I just liked it. I liked the sound or tearing the cellophane wrapper off the pack and tapping it on my hand to pack the pack, I liked the smell of the tobacco-like substance, I liked the feel of the cigarette in my hand, between my fingers, I liked that first drag and exhale . . .

I just liked it.

I knew it was bad for my health, but it calmed me down at the end of the day. I knew I had to quit when it began to feel like there was a heavy weight on my chest in the morning. It was a hard thing to quit, but I did it cold-turkey and went about 6 years until I started thinking about it again.

I would find myself in a convenience store or a supermarket staring up at the cigarette rack and daydreaming about what it would be like to , â€œsmoke just one . . . â€œ. I started watching movies just to see the actors light up and the scenes where they were smoking, and I knew I was in trouble.

At this point I started to do research about the e-cigarette options. At that time there was a ton of info about vaping on line, all of it quite confusing, so I went down to the local vape shop to give it a try.

Within 45 minutes I knew everything I wanted to know and I was vaping and Iâ€™ve never looked back.

The ability to vape as an alternative to smoking has kept me from returning to cigarettes.

As far as benefits for me;

I vape far less that I ever smoked.

I donâ€™t have the heavy chest feeling after I vape.

I use what is considered the safer e-juice, all Vegetable glycerin base (VG is a carbohydrate derived from plant oils.), no coloring, no artificial sweeteners, no weird, gummy bear flavors.

I am not intimating that vaping is healthy, but I believe it is a healthier alternative.

9/24/2015 2:43:34 AM - Rick Smith

With e-cigarettes, my 22 year long 2-pack-a day habit was kicked in less than a week. That was more than 2 years ago! Now I can't even stand the smell of regular cigarettes let alone think of smoking one. The traditional methods, and even hypnosis and some non-traditional methods failed me. Thanks to e-cigs, I am smoke free.

9/24/2015 2:43:26 AM - Heidi M

I, too, have tried and failed using the "approved" methods, even under doctor's care. Two and a half years ago I finally stopped smoking cigarettes by vaping. It was a surprisingly easy and painless quit. I now have no desire to go back to a terrible cough, smelly clothing and an expensive habit.

9/24/2015 2:43:14 AM - Sam (cloudchuckin66) Morehead City, NC

I started smoking on and off at age 12 and daily at age 16. I smoked 1 pack of cigarettes a day until I was about 32. I quit for 5 years and at a stressful time in my life I started up again. I was back to a pack a day. After a year or so I started to feel the affects of smoking. After a cigarette I felt drained of energy, I couldn't walk far or up a flight of stairs without having to stop and rest, and the taste of the cigarettes started to bother me but I found it difficult to quit again. Someone suggested I try ecigs as a means to quit. The first 4 months I continued to smoke but cut back quite a bit. I went from a pack a day (20 cigarettes) to 10 cigarettes a month. 13 months ago I quit entirely. I started vaping at 24 mgs of nicotine, the equivalent to a strong cigarette and I'm now down to 6 mgs which is the equivalent to ultalight cigarettes. I feel fantastic! I have lots of energy, I walk up and down stairs with no need for rest, walk several miles without rest etc. If vaping is worse than cigarettes as some are now claiming? Why do I feel so good since I quit tobacco and started vaping? As a last note, I wanted to say I started vaping with a standard ecig (900 MaH battery/CE4 type tank) and I'm now using a mod (one mod is 30watt the other 160watts) and I'm using sub ohm tanks, RDAs and RTAs. I vape at wattages between 30-60 watts on average and vape high VG to 100% VG ejuice.

9/24/2015 2:43:03 AM - Sally B

I was a smoker for 36 years and was unable to quit using your \proven methods\". I endured chemotherapy and radiation and was still not able to kick the habit

9/24/2015 2:42:53 AM - Gary

I had been a 2 to 4 pack a day smoker for over 30 years until I discovered vaping. I am now proud to say I have been cigarette free for a little over 2 full years now. And I have stepped down my nicotine level from 32 to 12 in just 2 short years. All thanks to the electronic cigarette. I had tried nicotine gum, Chantix, the patches, and even hypnosis. All without any noticeable result. My doctors (plural) are even glad I made the switch. With a little over 5 chemicals in the liquid, it is FAR superior to normal cigarettes which put out over 4000 chemicals 69 of which are known carcinogens. Including carbon monoxide, Propionic Acid, Ammonia, Ammonium Hydroxide, Ammonium Sulfide, Benzaldehyde, Sodium Hydroxide, tar, and hundreds of other killer chemicals simply not found when vaping. I highly recommend you read a document titled Peering through the Mist. It was done by a group of scientists all with PHDs and it found there is next to no 2nd hand vapor that could be dangerous in the workplace. Each and every chemical in the e-liquid was studied and the resolution was there was no risk to anyone but the person vaping. Using the "Approved" methods simply do not work for the majority of smokers and some of them like Chantix are downright dangerous. It caused a good friend of mine to think her husband was trying to kill her and her doctor "Put a baby in her butt". Needless to say, she went to the psych ward for several months. She was never right afterward. And to think it is one of the "Approved" alternatives. Consumer Reports USED to be my go to source for an unbiased report, but no longer if you continue publishing such tripe. I am now a lot healthier and no longer have asthma, chronic bronchitis, smokers cough, and our house no longer reeks of cigarette smoke.

9/24/2015 2:42:32 AM - LisaJustlisa

I began smoking in high school, and became addicted for the next 30 years or so. I was up to about a pack+- a day smoking. I tried unsuccessfully for many years to quit, using a variety of methods, patch, gum, lozenges, cold turkey, and never could I succeed. I was tied to cigarettes for over 30 years. I constantly went back to smoking cigarettes with every attempt to quit.

Fast forward to May of this year, 2015. I found a vapor device that I could use to get the nicotine into my system without lighting up a cigarette. I used this vapor device with a high amount of nicotine for a week, then slowly reduced my nicotine level to what it is today (September 23, 2015), a very low amount (3- 0 mg). I enjoy the privilege of vaping and am happy to have found this alternative to cigarettes. I donâ€™t like the smell of cigarettes anymore and the taste is a complete horror. I find it hard to believe that I was so addicted for so many years to that smell and taste. I am feeling healthier than I have in many years. Without vaping, I would assuredly still be slowly killing myself with cigarettes. I want to continue vaping.

9/24/2015 2:42:23 AM - Debra L

40 years smoking (age 58), 2 pack-a-day smoker. I've quit smoking plenty of times. Problem was that it usually only lasted from a few days to a few weeks. I've tried patches, gum, Chantix, even hypnosis. Met a great guy who was a non-smoker. I tried to quit for him, but even that didn't last and he broke it off with me. I realize now that if/when I quit smoking, it HAD to be for ME. Not my kids, not my friends, not my boyfriend. Fast forward to 2013, I went to a tobacco store to buy my usual 2 cartons of cigarettes. I noticed that they now sold e-cig and e-liquid. I said, what the heck, I'll give it a try. So instead of two cartons of cigarettes, I bought only one, plus a beginner e-cig setup. In the coming days, weeks I ended up giving away 8 of the 10 packs that were in that carton. That's how awesome e-cig worked for me. That was 2 years ago. I have not had a single tobacco cigarette in all that time. I absolutely love being smoke free!! I have more energy, I don't stink, food tastes better, my lungs sound completely clear every time I visit my doctor. I used to get bronchitis several times a year. I've not had a single occurrence of that nasty sickness since I started using e-cig. I've had nothing worse then a common cold in two years. That is a GREAT feeling. I've learned to make my own e-liquid. Mostly unflavored, or just a hint of flavor. I've dropped my nicotine consumption from 24 mg/ml down to 1 mg/ml. I'm sure I could go to zero nic, but why should I? Nicotine isn't the killer. It's SMOKE. Not just smoke, but cigarette smoke! It contains thousands of cancer causing chemicals. I'll be surprised if I don't wind up sick from all the years of smoking. Wish I had discovered e-cig 20 years or 30 years ago. But they weren't around back then. If a teen were to tell me that they wanted to try smoking, I would council strongly against it. If the teen then suggested e-cig, I would still council against introducing anything but clean fresh air into their lungs. But if they were dead set on using one or the other, I would have to concede with e-cig being the one. If I could have been lucky enough to have a choice back when I was a teen and started smoking, I could have avoided so many health issues I suffered through out the years. Not to mention my mother dying at such a young age due to smoking. It's crazy the way big pharmacy, big tobacco, big government is so anti e-cig. All I can do is shake my head. It's insane.

Happy to be vaping !

9/24/2015 2:42:06 AM - Lisa Torres from Georgia

I smoked for over 30 years. I tried nicorette and the patch and both were unsuccessful. One day, I ran across an article about the benefits of ecigarettes and how they can help you quit smoking. I researched as much as i could about ecigs. I bought a small battery and cartomizer. Although it was harsh I believe it was due to that brand, I gave it up for 1 month. I decided to buy a different one. I'm glad that I did because that was the start of my desire to quit smoking. After a year, I went to a mechanical mod with a stainless steal atomizer. Wow! What a difference in the flavor. I learned how to rebuild them and use a mesh wick. I haven't put it down since. I have a few others, but this one is the best. I even learned how to make my own ejuice. Here's the best part in making your own juice, you can control how much nicotine is in it. It's important to have that option even if you buy premade ejuice. When you first start to quit smoking, since I smoked Marlboro reds, I needed at least 36mg of nicotine just to feel normal, although 42mg was better. I didn't have any withdraws from ecigarettes like I did when I used the patch or the gum. Certainly the ingredients in ejuice way, way out weigh the ingredients that the FDA has approved with other cessation products on the market that can cause heart attacks and most of time do not work anyway. Amd its certainly way better for you than the 4000 deadly chemicals in cigarettes. I've never experienced any of my batteries exploding nor have I had any other problems with ecigs or ejuice. That's not to say that I haven't had a few cigarettes within the last 4 years. However I've been able to not go back to smoking cigarettes habitually like I did on nicorette gum and the patch. Having the variety of ecigs such as mechanical mods, smaller or bigger batteries, cartomizers, atomizers whether they are plastic, glass or stainless steel is vital for everyone's taste and the amount of money you can spend on these to help you quit smoking. Most important, the current ejuice that is sold right now isn't harmful to your health. There's plenty of websites and retailers that are more than happy to tell you what's really in their ejuice. The ingredients are no more harmful than the extracts that you buy to cook with. So far, with every store or website that I've bought ejuice from has been very informative regarding their products... I'm very healthy now. No more do I worry about if I get a cold or flu will it erupt to an upper respiratory infection or bronchitis like when I was smoking cigarettes. Ecigs work! I have had the fortune to encourage others to quit smoking by using ecigs with much success. It's vital that Congress and the FDA keep their claws off of ecigs and ejuice. Every time the government meddles in something, they make it worse, more expensive and add poisons to the mix. For once, something that does actually work needs to be left alone. For anyone out there that does read this, whether you vape or not, please support the stores and companies that make and sell vapor products. If your skeptical at all about using vaping products to help you quit smoking, don't be. It's the best decision you can ever make. Don't listen to the mainstream media either. They don't have the facts. Cigarette and pharmaceutical companies are huge monopolies with tentacles that are lining the pockets within washington and the fda. Listen to those that have successfully quit smoking by using

vaping products. Ask yourself this, are you going to believe the FDA that is bought out by pharmaceutical and tobacco companies or real people that have quit smoking using vaping products that are healthier for you and have really quit smoking. Do your own ethical research online or visit a few of your local vape shops and talk to customers, the owners and employees. This is what i did. In the end it's your body and your right to know the real truth about what's in FDA approved cessation products vs vaping products.

9/24/2015 2:41:52 AM - WoahVapes

I started smoking when I was a little over 15 I used to take a few of moms thinking that it would never get that bad, then by the time I was 17 it was about a pack a day. One of my friends had one of the old 510 1100mah batteries with one of the CE4 clearomizers on it, those were like 10-15$ at the gas station and they never seemed to do anything so I went to a smoke a shop and spent around 40$ on an EVOD VV and that started to make a difference then me and that friend got into the bigger mods and rebuilding and I'm almost 4 months smoke free. Vaping helped me stop smoking before it got even worse than it already was (smokers cough, and shortness of breathe) I now vape 6mg nic and haven't had a craving in that 4 months and the smell makes me sick now. I always wonder how long I smelled like that

9/24/2015 2:41:38 AM - Jeff Vapes

Been smoking cigarettes since I was 15. I loved it it all the way up until around 32. Smoking was effecting me more, I would wake up with sore throat and feel sick. I starter using the small cig-a-like ecigs because I was fascinated with the technology. At the time I was also still smoking cigarettes. All of this changed when I got a larger refillable tank and found exotic e-liquid flavors including fruit and candy flavors. I completely quit smoking cigarettes soon after that. I still vape and I love it. I use fancier hardware now but I still use the same strength nicotine which is 18mg. I do not wake up feeling sick anymore from smoke. The best part is that I don't stink like cigarettes in front of my children. I also do not waste time outside smoking anymore. I've become so passionate about vaping that I started my own vape shop to continue helping others make the switch. - jeff@vapes.com

9/24/2015 2:41:30 AM - Rod Johnsen

I smoked for 58 years, I started using smoke free alternative. (Vaping) April 12, 2013.

as of today I feel great , please don't tell me that vaping is not good for me. I play Golf and I walk not ride like some of my younger player's that smoke. The hills are not as high as they where when I smoked. My Doctor is very happy with my health sent I stopped smoking and started Vaping, and so am I. My blood tested shows how good I'm doing. I will never stop Vaping. please note: I Vape Nicotine free. Its my pass afire, and much better then smoking Tobacco.

Rod

9/24/2015 2:41:16 AM - Jason

Hello my name is Jason. I have been 2 years and 3 months without smoking a traditional cigarette and I have to admit it was one of the best choices I have ever made in life. Since I started to vape I feel much better and healthier. My doctor says my lungs sound much better than they used to. I smoked from the age of 14 and have tried to quit before with no good results until I started vaping.

9/24/2015 2:41:06 AM - Paula Principino

I have been tobacco free for almost 2 years! YAY me; but I would have never been able to make such a claim if I hadn't found E-cigarettes/vaping. I tried every FDA approved method out there to quit smoking, including prescription meds and even hypnosis. Nothing worked. I had smoked for 35+ years and was a smoking 2 and 1/2 packs per day when, on a whim, I bought an e-cig. From the first vape, I knew that finally I would have a fighting chance to rid myself of the ball and chain of combustable tobacco! Within 11 days I successfully quit smoking forEVER! No withdrawls, no weight gain. What I did lose was smokers cough, labored breathing and smelling like an ashtray! Don't let anyone tell you that vaping and e-cigs don't help Vaping and ecigs literally saved my life! My blood oxygen levels are consistant at 95% and above. My blood pressure is lower. My resting heartrate is lower. I can walk a flight of stairs without feeling like my heart is going to leap out of my chest. Best of all I "lost" (smile) over 4000 toxins that combutable tobacco emits when lit.

9/24/2015 2:40:54 AM - Chris Graziano

I began vaping to quit a 30 year smoking habit, and to reduce the harm I was doing to my body. Over the past 3 years, I have been able to reduce my nicotine levels from 24 mg at the outset, to 3 mg presently. I view this as a great accomplishment, and I feel I am close to that original goal. I have never felt better, I can breathe well, and as an added benefit, I have not been sick once since vaping, not even a head cold. Vaping has done for me what nothing else could, given me back my life. I tried Chanitx, patches, gums, all to no avail, doomed to keep smoking each and every time. Vaping has been my salvation, the one product that has allowed me to finally break free of traditional tobacco cigarettes. As I began this journey, I had tempered hopes due to past failures, but vaping has erased them all.

My story is probably the same as most. I began smoking at the young age of 14, quickly becoming addicted to nicotine. I was fine as most people are through my twenties, and early thirties, but it soon became apparent the damage that was occurring. I started to get bronchitis more and more frequently, sinus infections attacked me with a vengeance, as the effects of tobacco ravaged my body. I would get bronchitis 5 to 6 times a year, and usually progressed at least one into pneumonia. I saw this happening, but still cold not break the hold these cancer sticks had on me. I felt I was doomed to a short life, and began to lose hope.

What happened next was a godsend, something wonderful, yet sad at the same time. It was my son, and what the schools were educating him on. While we may disparage the teachings of modern day schools, they do a damn good job teaching our children about the dangers of smoking. He came home one day and said something I will never forget; "Dad, are you going to die soon?". As he looked at me with those sad blue eyes, I asked him "why would you ask me such a thing?" He paused as thoughtfully as a 8 year old can, and said "because you smoke, and that is going to make you die. I don't want you to die daddy." So I responded as any overconfident adult would, and said "don't worry, I will be fine." But truthfully, I was not fine, I had begun to see the toll it was taking on me. Yet I ignored the signs and continued to smoke for a bit, much to my son's chagrin. Every time I would go outside to light up a cigarette, he would be standing at the door staring at me, tears welling up in his eyes, and say "please don't die daddy." This went on for about a month until I finally gave in and said I would try yet again to quit. We had walked past a mall kiosk the day before that was selling cig-a-likes, and asked some questions. As fortune would have it, the next week I went back to that same kiosk and plunked down $275 of my hard earned money on a "Gold" kit. My new lease on life had begun.

While that kit was probably the biggest waste of money I have ever spent, it was priceless for what it made me do next. Not satisfied with the performance of this e cigarette, and suffering mightily from withdrawal, I began my quest to research

everything I could find on the subject. I Searched Internet forums, greedily reading and digesting every word. That was the real start of my journey that I am still on today. I found e-liquid, and thought it was heaven at the time. I could refill cartos and CE4 tanks with the flavor of my choice, and it was off to the races from there. While it has been a long, and quite expensive journey, the destination has been so worth it. I am cigarette free for about 3 years now, and have never looked back. I have purchased and used thousands of dollars in hardware, and tasted almost as much in juice. Each and every step of this journey was like it's own adventure, all culminating to where I am today.

So when people ask me why I defend vaping so passionately, the answer is now apparent. I truly believe vaping has saved and extended my life, and given me years back to enjoy with my family. For that I will be ever grateful, and for that I will always fight for others to have the same opportunity. THR, or Tobacco Harm Reduction, is no myth, no mistake, no smoke and mirror misdirection. It is as real as it gets, and it works, plain and simple. This is a product that has the potential to save millions of lives, eradicate smoking related disease, and to ease the suffering of millions of families. Don't you think this is something we all should be shouting from the mountaintop about? So everyone please get involved, please do research and help educate others. Please contact your local politicians and let them know how wonderful this miracle can be, and let them know in uncertain terms, I VAPE, I VOTE. Get involved before it is too late. We need to help others continue to have access to what we have had, and to continue to push for improvements in the safety of both hardware, and e-liquid. Only together can we do this, we need to speak in one voice, with a single message, VAPING IS NOT SMOKING.

What is next for me and my journey? Right now I do not know. Will I keep vaping after I finally break free of nicotine completely, that is a question for another day. Until then, keep fighting, keep education, and most of all, keep vaping.....

9/24/2015 2:40:19 AM - Kenneth R. Carney

I had been a smoker for nearly 35 years before switching to E-cigarettes in 2010. My doctor advised me many times to quit, but I knew it would be almost impossible. I like to smoke, but the damage it does to your body is indeed tremendous. I have an irregular heart beat and was developing breathing problems when I switched in 2010. Since then, my breathing has improved greatly as my lungs have cleared out, and my stamina has also returned. And besides, have you ever heard of an E-smoker ever killing someone because they took Chantix?

9/24/2015 2:40:10 AM - Warren M Hammer

After smoking for almost 30 years, and trying many 'approved' methods, and failing each time, I tried an ecig. I haven't had a tobacco product in 23 months. Also, i have brought my nicotine intake down to 3-6mg, from 24mg in that amount of time. Seems to me that ecigs work.

9/24/2015 2:40:01 AM - Gary Christensen

I had been a smoker for over 44 years. My son asked my wife and I if we would consider getting E-cigarettes for Christmas in 2013. We agreed stating that if nothing else maybe we could at least cut down the amount of cigarettes we smoked. We started vaping and smoking By the middle of the first month of vaping we had cut our smoking in half. On Feb. 26, 2014 I got out of bed had my morning coffee with a vape. I stopped smoking at that point. My wife followed suit 2 weeks later. We have both been cig free from our respective quit day on. I think it was more important for me to quit as I have already had 2 heart attacks and 2 surgeries for them. Since that day I feel better every single day of my life. We now go to the gym and our lives are so much better. We are not infesting our home or kids and grandkids with the nastiness of cigarettes. It has saved my life for sure. I know in the long run my wife's as well.

9/24/2015 2:39:37 AM - Rachelle Lewis

I have been smoking for 37 years had tried the gum, the patch, welbutrin chantix nothing worked was introduced to my first e cigarette 2 years ago and I have officially been off cigarettes in January two years this was the only thing that works for me.

9/24/2015 2:39:23 AM - Joshua Parnell

I smoked for almost 14 years, and at my worst was smoking 6 packs a day. I tried quitting at 10 times in the past 5 years, and it never worked. I tried every so-called FDA approved method... patches gave me nightmares and didn't satisfy my cravings at all, the gum didn't work, two different medications didn't work, and cold-turkey turned me into an absolute ass. I had wasted hundreds of dollars on FDA approved methods that plain DIDN'T WORK.

About a year ago, I decided to buy a cheapo mod and clearo, one of the $20 kits at the gas station. I had tried the "cigalikes" before, but they just didn't cut it, but with this kit, even though I wasn't satisfied with my experience, I knew that it was viable. I figured "You get what you pay for". Boy was I right. I went out and spent about $250 on a decent setup, including enough juice to last me a month. I had 2 packs remaining (I was a 2 pack a day smoker at the time) and just from using the mod, my smoking went down to half a pack a day. Once I ran out, I didn't buy any more. I haven't touched them since. A lot of smokers think $250 is a lot up front, and it is (I got the best on the market at the time). $250 will buy you roughly 5 cartons of cigarettes, but after that initial investment, your cost is roughly $50 / month in juice to get a nicotine fix. It pays for itself after about a month (I was going through 4-5 cartons a month).

Don't believe the propaganda; there's money lost in people not smoking anymore. These devices actually WORK. I have gotten 8 smokers in the past year to quit by simply encouraging them to vape.

9/24/2015 2:39:12 AM - James

I began smoking the day I turned 18 (almost ten years ago). A mere three years later I attempted to quit using traditional FDA approved methods (patches, lozenges, etc). None of these methods worked for me. After I discovered vapor â€œe-cigarettesâ€ I went from a pack and a half a day to around 15 cigarettes a day. As I purchased better mods (the device that delivers the vapor), I began to smoke even less. Now, I have been cigarette free for over a year and cannot imagine any reason to ever go back. After quitting tobacco, my sense of smell has returned (not to mention I smell better) and my wallet is much happier. I currently use the iTazte MVP mod with an Aspire Nautilus tank and it works wonders. Furthermore, I have been able to reduce my nicotine intake from 24mg when I started vaping, down to 6mg currently. I will continue to lower my dose until Iâ€™m at 0mg and have none of the anxiety that I previously had when trying to quit cigarettes.

9/24/2015 2:38:56 AM - David Holmes

I smoked for 40+ years. I tried very hard for over a year to stop using nicotine patches, gum and chantix. After buying an ecig 5 years ago I smoked my last cigarette and have been vaping ever since thanks to the VV/VW mod ecig. I feel better, breathe better and can now smell tobacco on people that smoke. It's horrible smell of death. I had to wash my curtains, bedding and clothing. Ecigs REALLY did help me quit smoking 5 years ago, and I know of many others who have quit smoking. How anyone can say there's no proof that ecigs help people quit smoking while hundred of thousands have used the ecig to stop smoking is Orwellian to say the least.

9/24/2015 2:38:47 AM - Megan Mullins

I have been smoking cigarettes since I was 17. I am now 41. After 24 years of cigarettes, I discovered vaping. Once I started vaping, it took about 4 months, but I am now completely tobacco free. If I could not vape due to the FDA's erroneous belief that e-juice is the same as tobacco, I would probably have to go back to cigarettes. I say this, not because I want to keep smoking, but because vaping is the only thing I have found that has actually gotten me off of smokes. My goal is to ween myself off of nicotine. I can do this buy lowering the nicotine level in the juice that I get. When I started, I was juicing a 12mg nicotine level. I am now, just 4 months later at a 6, sometimes even a 3. I have never had success with the patches or the gum. I have not tried Chantix, but that is my choice because the side effects were too grim for me to want to try it. I do not want to go back to smoking. I want to have as much time with my 2 year old daughter as I can and I know that smoking will reduce my life span.

9/24/2015 2:38:37 AM - Matthew Scott

I started smoking when I was 15 years old. I smoked a pack a day until I was 32. My mother had lung cancer, and underwent a lobectomy. I watched her suffer from the effects of smoking for the last 8 to 9 years. It's rough for me to watch her struggle to breathe, and I want something better for myself. I started vaping about four months ago, and haven't looked back. I can breathe when I wake up, I can taste foods a whole lot better, I can run uninhibited for as long as I want, and I don't smell like shit. This community has been nothing but good to me. I love to vape, and probably will for some time to come. I started with the njoy line at seven eleven, and I am currently vaping on a sigelei 150w with TC, and a 13 heavens 9 hells RDA...

9/23/2015 8:55:04 AM - Nic Watson

I started smoking cigarettes at 12yrs old, never really felt the damage they were doing to me until I hit 30. Then the walks with the wife stopped, keeping up with the kids was impossible, sneaking off at work for a smoke was more and more frequent- and the fear of losing my job for it. Gaining weight on food i couldnt taste and being out of breath from standing... Rolling myown because i couldnt afford full packs any longer. Quitting cigarettes once a month just to go back in a day or two was tiresome.

I jumped into vaping with both feet; my taste and smell are back, im losing weight, the wife loves that i dont smell like an ashtray, and today I took my kid out this morning before work and I ran beside him on his new bike.

Life is good.

9/23/2015 8:54:53 AM - John smith (johnvapes) from Philadelphia, Pa.)

So i used to be addicted to something called a popper. A popper is when you mix tobbacco and marijuana in a bong and smoke it. the resulting smoke is being unfiltered and it is a large amount of tabbocco. ciggarets wouldnt event fix my cravings. My friend then recomended that i bought a vape. at first i was very skeptical about it, but eventually i bought a kangertech subbox mini just to try out vaping and it was the smartest thing that i have ever done. i started at 6 ml. nic and would hit it and it would fix my craving. i then went out and bought a rebuild-able dripping atomizer and i now cloud chase. i have since upgraded to the smok x-cube 2 and it was a great purchase. i would recomend vaping to any of my friends.

9/22/2015 10:45:38 PM - Claire

I had smoked a pack a day since the age of 13. I am now 24 and haven't touched a cigarette in almost 4 months.

I loved smoking. I made it a habit in the car, after eating, smoking out of boredom, socializing....the list goes on. However for quite some time I would feel guilty about smoking. I knew what it was doing to me. I started hating the smell, the taste... I would always make jokes "I'm going outside to smoke my cancer!" I simply just got tired of smoking. My older brother introduced vaping to me and educated me on it. I was quite the skeptic, but I figured if he could quit and if he makes this big of a deal over it, I'll give it a try. I bought myself a kanger tech set up and it sat and collected dust for about 3 months while I mentally prepared myself to quit. I finally kicked the habit and I feel better than I have ever felt in my entire life. I now use a sigelei 100w box mod and a Smok tfv4 tank. I had never tried any of the alternatives (chantix, gum, patches) I simply knew what I wanted to do and refused to buy cigarettes. Food tastes so amazing and I can't even stand to be around someone else smoking a cigarette. Tobacco is flexing is big muscle because of the impact the vaping movement has made, I guess it makes sense that they're not going to be making money to keep people sick with fatal diseases if vaping is a great alternative to smoking. Money is power and no one gives a crap about your health. Vaping is the future. And the future is now. If quitting smoking makes me a criminal, than so be it. But taking the rights to vape from us who have chose a better lifestyle change won't make us buy your cigarettes! Vape on!

9/22/2015 10:45:24 PM - Jamie from St. Louis Missouri

I was a pack a day smoker for 11 years and I could feel it negatively affecting my life. After many attempts to quit smoking cigarettes and failing I stopped at a local vape shop where they gave me a lot of information. I will say I was skeptical at first to spend as much money as I was about to and have this be another story of failure in my life. I bought a box mod with a sub ohm tank and started vaping with 6mg of nicotine. After about 3 months I moved down to no nicotine at all as my reason for not being able to quit smoking cigarettes was purely the hand to mouth habit I had to have. I have noticed since switching that I feel healthy, I don't get winded when I'm out doing something active like I previously would. It was miserable and embarrassing. I also feel better having the relief of knowing I won't be criticized for smoking cigarettes anymore. If this alternative were banned from my life I do not know what I would do as I am repulsed by cigarettes now but have that habit that must be fulfilled.

9/22/2015 10:45:10 PM - Kristopher Baskett

My name is Kristopher Baskett from Ottumwa, IA. I have smoked since I was fourteen. I would go through anywhere between one to four packs a day.

I bought my first e-cig, an old ego pen, when I was 22. With it, I was able to quit until it got stolen. But then I went back to smoking. Luckily only at half a pack a day.

I got to the point where I couldn't get out of a chair without losing my breath. So I decided to give it another go. My mom brought me an Innokin SVD and all I have smoked since was finishing the last pack I had bought. It took me three days to smoke five cigarettes, and haven't had one since.

That date is August 10, 2015. Been over a month, and I don't want to go back to smoking. Over the past month and twelve days I have noticed that I'm not short of breath all the time.

I no longer need to keep my window down when I am in the car, no longer smell like an ashtray, and can now stay inside when the cold weather comes.

I started out at an 18 mg nicotine juice, but have dropped it down to 12 mg. I plan to keep dropping it over time.

If I were not able to Vape I would most likely end up smoking again. As we all know, that would not be good. I like being able to breath and taste my food.

Most of all I love being able to go out and play with my son. I can finally go out and chase him through the yard. I would hate to lose that.

One of my favorite benefits is how much money I have saved. I was spending $6 every day or two,which would be $24+ a week. Now for less than that I can Vape for a month. My only problem is that I have become a collector.

Instead of attacking vaping, I think people need to rise up against big tobacco. If you are reading this and still smoke, switch over. You will not regret it.

9/21/2015 9:11:07 AM - CYRINTHIA212

Three years ago. I made a huge lifestyle change. I decided to get healthy. Two years ago I decided to have weight loss surgery. Before my surgery my surgeon told me I had to stop smoking cigarettes if I wanted to proceed with the surgery.

I knew this was going to difficult,because I was addicted to cigarettes for well over twenty years. I started out with e-cigs; you know the ones you get in the stores. Well that helped me a lot to finally kick the habit. I am living a healthier life because to decided to put my health first. I've been freed from the harmful habit of smoking two packs of cigarettes a week. I feel great and look great. My children are proud of me. I want to be around for them as long as possible.

There is absolutely no downside to quitting smoking cigarettes. Vaping has helped me to extend my life here on earth with my four beautiful children and my two granddaughters.

thank you for allowing me to share my journey

cyrinthia212

9/21/2015 9:10:57 AM - joshua k. moore

I smoked roll your own cigarettes for twenty years. I quit smoking the day i got a vaping set up. (regulated mod device).

i had heard of, seen and even tried the "blu" style e cigs that starting popping up around 07' and initially i was interested but the experience and quality of the options available at the time were not satisfactory and didnt come close to emulating let alone recreating the "smoking" experience.

fast forward to 15' and i, for whatever reason, decided to check out some of the things i was seeing around and realized it was worth giving a go. after considerable research i made the trip to a shop and bought a more powerful mod device that could reproduce the smoking experience we so love.

I havent had a cigarette since. And it has not been difficult at all. In fact, almost immediately i found i preferred the vaping experience to smoking all together.

the fact is, these devices and alternatives should be given away to smokers.

If someone really wants to quit, they have an analog to replace it with, that gives them more control of their nicotine consumption and facilitates the transition to cessation.

Im 35, and have a 3 yo daughter. Thanks to "vaping" she wont grow up with all the attendant negatives of having a father who smokes.

Any legislation being merely proposed, let alone signed into law, to curb or thwart in any way the public's rightful access to such beneficial alternatives, and business' freedom to innovate and purvey said alternatives, is punitive and flat out irrational. Are they going to make criminals out of people trying to quit smoking? More likely they will just limit options and make cost prohibitive on the behalf of "big tobacco". Its a shame. But then again one in four americans believe Obama is a Kenyan born muslim. still. in 2015. yea. go team.

anyway, at least i dont smoke anymore!

9/21/2015 9:10:46 AM - maebelle

I have been a smoker since I was 17. I had developed what they called smokers cough and had trouble breathing. I stopped smoking the first sunday in september. My cough went away within days. And I can breathe so much better. I can't use any stop smoking aid due to lucid dreaming, which is an experience I never want to go through again! I am trying to get as healthy as I can. I know my doctor will be pleased. Oh, I recently found out I have an inherited heart disease. I personally know people who have quit smoking by using ecigs.

9/21/2015 9:10:32 AM - Cameron Drake

I was a smoker from the age of 17-21, never enjoyed the way tobacco tasted or made me smell. After quitting smoking cold turkey, which is never easy, I was nicotine free for 1 month before I was gifted an e-go starter pack. I fell in love with vaping. The smell, taste, and the feel of the hardware all meshed perfectly to form not only a less-harmful alternative to tobacco, but a fun and interesting hobby. I have been smoke free for 3 years now and haven't looked back. Currently I only use 3mg of nicotine and would eventually like to switch to zer0! I have enlightend friends and family about vaping, many of them, making the switch themselves. Even if vaping gets destroyed by government regulation, I will never go back to smoking and will be forced to quit vaping.

Sincerely,

Cameron Drake

9/21/2015 9:10:16 AM - Michael Reynolds from Newcastle upon Tyne, UK

I started smoking as many seem to do, while I was at school, aged 15.

I continued smoking right through to my adult life, although I tried on a few occasions to quit. I used the NHS Stop Smoking Service, and was prescribed the usual patches, gum, inhalators, and Champix. None of these methods worked for me. I'd end up back on the cigarettes.

Fast forward to March 2013. I was out walking, and was becoming increasingly breathless. Walking became more difficult, and later that evening, I had an excruciating pain in my left arm. It got much worse as the night went on. I kind of knew there was something really wrong. I suspected my heart. I called for an ambulance. They gave me an ECG, which they said was normal. They actually said it was a panic attack due to how I was breathing and sweating.

To reassure me, they sprayed some GTN spray under my tongue and put an aspirin in my mouth. They then took me to hospital. I was seen fairly quickly. Another ECG was carried out which they said was normal. However, a locum doctor just happened to come in and looked the result. I was having a heart attack. Apparently the type of heart attack I had was easy to miss unless specially trained.

I was put on oxygen and given morphine and then transferred as an emergency to another local hospital that specialises in cardiac medicine. On arrival, I was taken directly to the cath lab where I was given an angioplasty and had a stent fitted.

I was told I was extremely lucky and if I hadn't gone to hospital when I did, I'd be dead.

The cardiologist told me it was due to smoking. I was told to quit smoking or I'd be dead within a year. I was given patches again which I used while in hospital (3 days).

After I was discharged, I decided to try an electronic cigarette. Even though I've tried many different brands and types since then, I finally settled on a box mod with a 7ml refillablrefillable tank. I now make-liquid my own e-liquids too.

Since I started using e-cigs, I've never touched a tobacco cigarette. My breathing has improved and I can now walk further without gasping for breathbreath.

9/21/2015 9:10:06 AM - josh

I had smoked cigarettes from the age of 12 through 20 almost a pack a day, sometimes more than that. I converted to ecigs about 3 1/2 years ago, switching to vaping I can say changed my life in a way I wasn't expecting. I can run now for a mile straight; while smoking cigarettes I would get winded walking to the mailbox given its a pretty long trek where I live. iI cant even think of going back to combustible nicotine, not only is the thought of it repulsive it makes me scared for the future of vaping with all the test coming out because big tobacco writes an even bigger check just to get the type of answers they want to hear. we need true vapers to do the research and development of ecig info to back up our lifestyle and rights to vape. If we cant vape, smokers cant smoke. tats the way it should be in my eyes.

9/21/2015 9:09:56 AM - justin from mississippi

I smoked for 6 years and put down cigarettes because my daughter was very sickly and it got hard to breath at work as I work in a factory in a fast paced environment and I knew then I needed to change that so u got myself a starter vaporizer and it has completely changed my life. I have not had a problem breathing anymore I don't get sick as much and most importantly my daughter's health has skyrocketed to the point of hardly being sick anymore besides common kid sickness. Vaping has changed my life and my families life for the better. I have been off cigarettes for over 2 years now and feel better than ever!!

9/21/2015 9:09:33 AM - Jesakh

I smoked a pack of cigarettes a day for three years and tried many methods to quit smoking (patches, gum, quitting cold turkey, exercising instead, replacing it with candy ect). I started vaping using a high resistance tank on a MVP 2.0 mod and have not wanted to go back to smoking since. At the beginning I used juices containing higher levels of nicotine (6mg-12mg) and had little success, but after switching to 3mg of nicotine everything clicked for me. I then changed to a more powerful mod/sub-ohm tank and love every minute of it. Since I stopped smoking I've generally felt better, breathing seems to have become a lot easier and I can do more physical activity without feeling wheezy and terrible. The only downside to vaping I have experienced is falling in love with it and spending all my money on cool new parts and juices!

9/21/2015 9:09:12 AM - Austin davis

I first got into Vaping when my friend still had a pen and it was the bomb because I used to smoke and so did my parents. So Vaping was a less expensive way to feel good. Vaping helped me bond with people that I have never met, this has been a definite life change for and I recommend it to everybody I meet in this world.

9/21/2015 9:09:04 AM - Jennifer Whitehead

I started smoking at age 11 or 12, and by age 14, I was smoking daily. For a long time, I had no desire to quit. When I finally did want to stop smoking, in my 20s, it was just too difficult. I tried the nicotine replacements, but I could never stay away from cigarettes. A few years ago, I tried e-cigs. At first I still smoked tobacco here and there, but there was immediately a huge reduction in my smoking. Then about a year or so ago, I switched to a box style vaporizer. Since using it, I have not smoked cigarettes at all. I feel healthier. I'm able to workout without losing my breath! I rarely use my inhaler anymore, and I no longer get chronic upper respiratory infections like I used to. I love vaping; it saved me from smoking!

9/21/2015 9:08:49 AM - Blake Crawford

I began smoking cigarettes at 14. Like most I was trying to fit in with the groups I spent my time around. The addiction cost me thousands of dollars throughout my life. It also destroyed my teeth and damaged my lungs. I'm 30 now. The transition from the dozens of addictive carcinogens in Cigarettes to the smooth vegetable extracts of a vapor device is not an easy one. I fought the battle for a year until finally last year I put down the pack for good and became a dedicated vaper.

My first and biggest claim is this;

If you do not smoke cigarettes, DONT VAPE NICOTINE!!! It is an addictive compound with health risks such as high blood pressure and many other possible side effects. It can intensify stress and anxiety and trigger mental disorders in some.

Don't vape to fit in. It most certainly does not make you cool, and vape "culture" is as lame as stoner lifestyles that make people look like nameless tools following a crowd.

If you hookah, switch to nicotine free vape. If you smoke cigarettes, switch to low nicotine vape.

If you don't inhale anything, DONT START.

I personally use this device to continue to treat my obsessive compulsive disorder. The nicotine paccifies my mental illness and helps me function in society.

Flavor only vapes can help curb eating disorders in some. But this is not a "hobby" to embrace for the sake of having one.

It's an alternative to an expensive lifelong addiction for those unable to fully quit because of surroundings and stress disorders.

I believe it can also help to treat those with serious drug addictions such as heroin cocaine or abuse of marijuana.

My vape box saves me money. It keeps me away from stinky horrible dangerous Cigarettes. And it's a welcoming warm friend in a cold loveless world for a lonely man no one cherishes.

Kids; say no to drugs of any kind. If your friends want you to do it, they aren't your friends. They are addicts who crave acceptance and need enablers.

Addicts; do yourself a favor and change your life for the better. Keep dropping your nic level until you hit 0 if you have the will power. I fear I do not. But I have faith in those who are not as sad and lonely as I am. If people love you, quit for them.

9/21/2015 9:08:40 AM - Travis

I started smoking at age 13 and tried to stop ever sense I have been off cigarettes now for 9 months sence I was introduced to vaping my health has gotten better for me to be with my family longer I don't stink and I have meet some of the greatest people in the vaping community everyone here is always willing to help others I will continue to help others in getting off cigarettes as I have put my own money out to get 5 people into vaping and off cigarettes

9/21/2015 9:08:31 AM - Judd Tattershall

I started smoking cigarettes when I was 17, and as I write this a am 68. I continued to smoke up until I was 64. I quit for about a year and a half in my late 30s. Then I started jogging/running and completed a marathon, but when the marathon was over, so were my non-smoking days. Like most smokers, I did not have very good wind and had lost much of my sense of smell.taste, but that was about all until I reached 64. I had tried to quit many times with all sorts of methods, patches or gum for example, that just didn't work for me. Once I tried a pack of filter tips that were supposed to reduce the smoke. The first one was the 90% tip and the idea was to use them for two weeks and move to the next lower tip. When I got to the 50% tip i realized I was smoking twice as many cigarettes. Probably not what the method designers had in mind.

At 64, I started a period where whenever I got a minor cold or flu, it turned int pneumonia or some kind of bronchitis. I was going to my local Kaiser so often for breathing treatments that my regular doctor was considering proscribing a nebulizer for my use at home. Then, one day, I got another cold/flu. This time when ever I had a cigarette I would hack and cough for 15 to 20 minutes. This was new, I realized that after more than 40 years smoking I was finally starting some of those bad health consequences quoted so often. So, I quit smoking "cold turkey". All was well for about a month, then I started to get serious cravings, stronger than hunger, thirst, or sex. I thought. "Well, I have just as much will power as the next guy, but the next guy has almost none". I knew that the chemical part of quitting was over, and that what I was feeling was psychology/habit. Just because you know you're crazy does not mean you are not crazy, however. I started e cigarettes as a way to manage those cravings. I have been vaping over 4 years now. When I started, what you could buy were those e cigarettes that looked like a regular king sized tobacco cigarette (only on steroids since they were slightly larger). As the e cigarette technology moved on, so have I. I've used drippers with mech mods (sill use them occasionally), tanks with prebuilt coils and regulated mods, and, recently, temperature controlled set ups. Since my newer devices produce so much more vapor, I'm down to 3 mg/ml nicotine juices.

So after more than 4 years using e cigarettes, my breath/wind is better, most, but not all of my sense of taste and smell came back (I figure I burned out some of it permanently with 4 decades of smoking), and I haven't had a single case of pneumonia or bronchitis. I have many fewer colds/flu than before. I'm not a doctor or medical researcher, but my own opinion is that e cigarettes may have saved my life and I know they improved its quality.

9/21/2015 9:08:19 AM - Roland Arisso

I would to start by saying that I started smoking at a very young age of 11 and smoked for over 50 years. Before I started using ecigs I was smoking up to 2 packs daily. I must state that I attempted to stop smoking over the years even though I enjoyed smoking, I tried the patch, gum, Chantix and nothing helped. My first experience with ecigs occurred about 5 years ago when a tenant in one of our office buildings sold the kits that looked like cigarettes and used cartridges gave me 2 kits which I tried but did not work for me. A few years later my son gave me an ecig starter kit which was a cheap brand and only lasted 2 weeks. I finally purchased a quality starter kit which help me ti start reducing the amount ir cigarettes I was smoking on a daily basis. I started at 30 mg juice and after 3 months y gave up cigarettes all together and I am down to 12 mg. I also recently purchased the Sub OHM kit which are great and would have made the process of getting off cigarettes a lot easier. I never thought that I would be cigarette free but after all those years I finally made it happen. I had to go through a lot of negative feedback from everyone telling me that ecigs where not safe and that I would be better off smoking cigarettes, but I stuck it out and I am cigarette free and hopefully one day free of all nicotine, I'm just taking it slow because the way I see it I had a lot of years smoking and do not expect the end result to happen overnight. I took the time to give my story so that hopefully I can help some one who is looking for a way out of that nasty and deadly habit.

9/17/2015 7:43:46 AM - Caitlin Ruppert

Vaping has changed my life in so many positive ways. I haven't smoked cigarettes since January 2013. I've been smoking cigarettes since the age of 19 and have struggled for many years trying to quit. I was introduced to Vaping in 2013 and I haven't gotten sick or had any health related issues or illnesses since then. I currently vape at 3 mg and I absolutely love it. I don't smell like cigarettes and I can vape practically anywhere.

9/17/2015 7:43:34 AM - Dan C

After starting smoking at age 11, and trying to quit on and off for the next 25 years, last decemeber I finally made it off the stinky sticks. Vaping is the only reason I was able to quit smoking. I quit once for 6 months on the patch but as soon as I stopped taking the patch, I relapsed and started smoking again. I have been a skateboarder for my entire life. When I hit 30 I had to stop due to being a 2 pack a day smoker and not being able to breath and having troubles healing from injuries. Since I have started vaping and put the cigarettes down, I now have the breathe to skate!!!! Been skating all summer this year and havent found any problems like i have had in the past!!!

I use drippers with low builds and love the heat. Without the hot builds I wouldnt have been able to stop smoking. The aero tank style vape pens I tried for a year or more and never found the right fit for me. Starting dripping and quit smoking in a week!!!

Love vaping and want everyone to be able to have the choice to vape or not!! It should not be taken away from us.

9/17/2015 7:42:52 AM - jessicaaa131

I started smoking when I was 16, it was just two months ago that I finally quit smoking. I bought a mod and haven't even considered picking up another cigarette. For the last year I had tried many different methods to quit smoking. I tried slowly cutting back, gum, e-cigarettes; but after a few weeks I always went back to smoking cigarettes. Since I started vaping I feel a lot healthier. Its easier for me to breath, and my blood pressure has dropped considerably. Two things that I feel are more important than anything.

9/17/2015 7:42:39 AM - Brad

My name is Brad I am 35 years old and smoked for 18 years and for the last 10 years I smoked a pack a day. Three weeks ago I decided to quit cold turkey and threw my last three packs away and started back the next day I had also tried nicotine gum and patches other times with no success either.

Fast forward to a week and a half ago I stopped by my local vape shop and bought a 30w mod and a aspire tank I smoked 2 cigarettes a day until I had no more so I went from a pack a day to only 2 a day the first full day I had the mod using 6mg e juice and my cigarette brand was Marlboro Lights.

I have been cigarette free for four days now and I am loving it!!! the first day i was smoke free I was around people smoking and I couldn't believe how bad it stinks when you don't smoke,my breathing has gotten better my taste has returned and I just feel better and sleep better also.

I have now bought a new 75w mod and some new tanks and I have started sub oHm gaping and I really like it you get a lot of air because the coils have mor air going through them so you don't have to pull as hard to get good flavor and good vapor production (max vg liquid helps with more vapor production) I hope this helps anyone wanting to quit you have to just want to and I feel a good e cigarette is the way to go as you still feel like your smoking but your not taking in all of the 7000 chemicals in cigarettes.

Everyone should fight to the end for vaping rights as I am about 99% sure this is much safer than smoking cigarettes just do some research on the ingredients in e juice they are all in things we use or eat daily!!!!!

9/17/2015 7:42:24 AM - Zenkel

My name is Jamie. I smoked for 6 years and started at the age of 15. After about 2 years of smoking I could barely keep up with everyone on gym class or even my griends and family at home. I tried quitting many times in the 6 years I smoked and it never worked out for me. After about 3 years I was getting really bad coughs and spitting up a lot of crap. Not only that but I was also getting sore throats that always progressed to strep throat. After 6 years my buddy showed me a ecig. And ever since then I have not gone back to smoking cigarettes. I have been vaping for about a year now and enjoy every second of it. Not only am I doing it but I also got my friends and family who smoke to use Vape products. It has changed my life dramatically. I can run, go to the gym, keep up with everything. I'm never gasping for air and every since I quit smoking and started vaping I have yet to get strep throat. I support vaping 100% and I says yes to VAPE

9/17/2015 7:42:13 AM - Larry L.

After 33 years of regular smoking I had gotten to a two and a half pack a day habit which was rapidly destroying my health. I had tried many times and many ways to quit smoking, from cold turkey, to gum, to prescriptions. Nothing worked for me before. Now I consider myself a smart consumer and I do not jump into things on a whim. It took three separate visits to my local vape shop, and many hours of internet research, before I even decided to give Vaping a chance. I had to make sure that I was not trading one destructive habit for another.

I purchased my first vapor pen on Sep. 11 2014, it was an itazte vv pen, and I have not taken a single puff on a regular cigarette since. This is not the end of the story though, this is only the beginning.

On the day I bought my first pen, I was fascinated by the huge clouds that the people in the shop were blowing. I asked how they did that and was informed that I would need a "mech mod" if I wanted to do the same. I made them a deal, " if I am able to stay smoke free for one month, I will buy one of those mods from you guys." Needless to say, one month later I was still smoke free and had actually already stepped down from 24mg of nicotine to 18mg, so I bought a mod, a charger, and some batteries. I also was told that I would need much lower nicotine if I was going to be using such a powerful Vaping device, and that I would need to learn some things about coils, wicks, and ohms law. Being an aircraft mechanic, I was already very familiar with ohms law, so I had them show me coils and wicks. I picked this up pretty quickly and ran with it. At Christmas, my wife got me a 180watt regulated mod which I have been Vaping on since. Along the way I have picked up a few things like tanks and rdas, some simply because of the hype and some for looks only, which I switch back and forth between. I am currently Vaping my own homemade juice at 6mg of nicotine and will never go back to cigarettes again.

Switching to Vaping has been nothing but positive for me so I will only mention the highlights. I have saved several thousand dollars in the last year (yes, several), which allowed me to buy myself a new truck for the first time in my life. I feel so much better, no morning hacking, no wheezing going up my stairs. I do not stink anymore, neither does my house or truck.

These vape devices may say that they are not for smoking cessation, but if you want to stop smoking, try it. They work.

9/15/2015 7:54:26 AM - Zach Cross

I was a 2 pack a day smoker my fiancÃ© was pack a day smoker. She started vaping first talked me into it and haven't smoked since.

9/15/2015 7:54:17 AM - Sam Haddad

Smoker for 2 years. Vaping was very easy to switch to because I enjoy smoking, but don't enjoy the taste of cigarettes. I no longer smoke cigarettes at all, because I can't enjoy it after trying Vaping.

9/15/2015 7:54:05 AM - B. Werley

44 years. Both of my parents smoked cigarettes. At age 10, I thought it looked cool, I wanted to be like my dad. Stealing a few from him or my mom was easy. Eventually, stealing them from the neighborhood store was easy too. Then once you reached 14 or 15 buying them was no problem, you just told the cashier they were for your dad...if they even asked. By the time I was in high school, it was a done deal. There would be no turning back. Cigarettes were as much a way of life for me as was eating. In fact, I surely smoked way more than I ate.

I tried to quit so many times, when I reached my 30's and 40's. It was no use, after a day or so, I'd buy another pack, always thinking, "This is going to be the last pack I buy". I bum for a few days, then feel guilty for being a "moocher" and go out and buy some more. I tried "cold turkey", I tried "the patch", I tried nicotine gum...nothing seemed to satisfy me for more than a few hours.

Then I found an electronic cigarette, or as some people called them, a cigalike. This worked for a short time, but I never really felt like I was getting what I really needed. Everybody said that it was just that "feel of something in your hand" that would get me to quit. It was more than that. The e-cig was not enough. Back to the store to pick up some cigarettes.

One day I saw a guy at work who had this "box" looking device with a little tank of liquid on top and he was blowing out "clouds". Intrigued, I asked him what it was. He told me all about his "box mod" and how he had given up smoking by using this "thing". My initial thought was, "sure", you'll be back on cigarettes in no time. Been there, done that. But, he explained, this was something more. Something better. He said he felt satisfied like never before. He told me about his story, it sounded alot like mine.

A few weeks went by before I finally walked into a vape shop. I explained to the guys who worked there what my story was and they showed me several options. A few were much like the e-cig I had tried before so the employee showed me a "box mod". He explained how it worked and even let me try one out. At the first draw, I knew this could be it, the answer I had been looking for. Something that could satisfy that craving that up until then, for 44 years, only cigarettes could.

On June 1st, 2015, I bought a vaporizer kit from the store. Today, 3 1/2 months later, the smell of a cigarette disgusts me. I have no desire to smoke cigarettes. At first, for about a month, I kept 2 packs of cigarettes in my office drawer, sure I would need them. One of the best days of my life was handing them over to a coworker who was still hanging on to the habit. I am free. At long, long last. I feel better, I smell better and quite honestly, I think I look better holding my "setup" than I ever did holding a cigarette. I have encouraged others to join me and they too have given up cigarettes successfully.

It would certainly be a shame if for some reason this industry were to be regulated out of business. I can tell you one thing for sure. I won't go back to cigarettes. If vaping becomes criminal, then I will be breaking the law because I have no intention of quitting. Maybe someday I'll even give up vaping on my own. The nicotine level I am using now is almost nothing, in fact, many of the "juices" I enjoy are nicotine free. Reducing the amount of nicotine has been the easiest part of this journey.

I am a hard working American. I am a great dad. I am an outstanding husband to my wife of 22 years. I pay my taxes and don't "cheat the system". Please don't make me into a criminal for making the most healthy choice I have ever made in my life. Please don't cave to the extraordinary power and money of big tobacco companies.

Thank you for listening to my story. There are many more like it, and with a few right choices, there will be many more.

B.Werley

9/15/2015 7:53:51 AM - Elin Derfler

Like many before me, I began smoking in high school. I wasn't worried about becoming a long term smoker and although I knew the risks and dangers, at 16, I thought I was immortal: typical teenager. Well, fast forward 20 years, and I was still smoking, and had given up on trying to quit. Oh, I'd quit before. Somehow, I was able to stay away from cigarettes while I carried my two children, but was they were born, I slowly started smoking again. I hated the fact that I exposed my children to the smell, and even though I tried to smoke away from them, we all know we expose them to the harmful benefits at some point. The cost was another factor, I smoked a pack and a half a day, and the mess involved was another problem, ash, cigarette butts, but I accepted this as my fate. I really did. Life was hard, and harder without my cigarettes. In 2014, I had met a woman online named Victoria Ordin. She was always posing with her vaping device and talking about the benefits of vaping over smoking. At this point, I didn't know any vapers in real life and Victoria was the only Facebook friend that I knew who vaped. Well, smoking in public, or in my car with the kids,or my house was just not feasible, anymore. The kids complained that everything smelled like smoke and I'd get dirty looks from other family members and I knew I smelled like smoke. Finally, after reading Victoria's latest pro vaping update, I figured I'd just try it, vape indoors or the car, and smoke when no one was around. I was skeptical, at best. I bought a starter kit and some juice, and I loved it from day one. Within days, I found myself choosing to vape when I could smoke a cigarette, I just preferred the taste and convenience. Within two weeks, I was basically cigarette free. I just passed my one year mark of not smoking. I wasn't even trying to quit, but I did. I'm very grateful to Victoria, for her activism about the positives of vaping on her Facebook wall, and to other vapers for leading the way, and now, I myself try to advocate as much as I can, because I have no doubt that I've added years to my life, while feeling and smelling better, everything smells better:) and my children are safer as a result. :)

9/15/2015 7:53:39 AM - Brittani from Warner Robins, GA

I started smoking when I was just 15. I met my now husband when I was 15 & we both smoked. We met each other being labeled as "The Smokers" in school. We all met outside at lunch in High School. We both enjoyed smoking.

After about 3 years of smoking, my whole family & husband decided to try to start using the lozenges to quit smoking as we had just found out that my grandmother was diagnosed with lung cancer. That didnt last. My dad went a whole week without a cigarette & I couldnt go a whole day. We all started smoking again.

A year later, my husband & I were having financial issues as we just had our baby boy. Diapers & formula gets expensive & as parents, your smoking habits come last. My husband, instead of buying 2 packs of cigarettes, bought a cig-a-like. The ones that you change the cartridges. We had 4 cartridges. We didnt last but 2-3 days. We both shared the cig-a-like. Back to smoking we went, again.

Around July of last year, my brother, my husband & myself were talking about vaping. Vaping was starting to become pretty big in our city. The local gas stations were selling the set up's & e-juice. My brother, then goes on to say that he had gotten a vape pen & didnt use it. He let us use it to try it out & see how we liked it. We went that day to get the juice for it from the local gas station. It helped & we both cut back on our smoking. After a month or so, we found our local vape shop my parents had recommended. We were hardheaded & didnt want to change the juice that we liked, & it took a bit for us to go. I am so glad we did though. We found The Tiki Hut Vapes, & never looked back. 9/9/2014 was our last cigarette.

The Tiki Hut has helped us tremendously & we have grew to have a wonderful relationship with all of them at the store. I absolutely love them all. Kind people, great juice & amazing talent at it, great customer service! I would recommend them to anyone that vapes!! They have everything as far as flavors.

My brother ended up vaping & I gave him a set up for letting us use his. Now almost all of my family vapes. He now has a coolfire & innokin smok tank. My parents have an Evic & a Kanger Subtank, my husband has an IPV4 & I have the IPV3LI. Its amazing how far vaping has came!

Through vaping, I have started hosting an online show on vapers.tv now & love it! I am honored to meet all of these amazing vapers & be apart of the vaping community. To get to know all of these vapers & talk about vaping & get new juice from different juice vendors into the vaping communities hands all while promoting these companies, is just a great feeling, & even greater, my local vape show The Tiki Hut Vapes, by my side!

I did this for my grandmother who eventually died from lung cancer. I did this for my son, who needs his mother & father in his life for as long as they can without health complications influenced by smoking down the road.

9/15/2015 7:53:23 AM - David H Lieberman

After 33 years of smoking I have stopped using a Mod and tank with Nicotine in much smaller doses than i recieved from traditional cigarettes. At the time i switched to smoke free i was using two and a half packs of cigarettes a day . It was the only alternative that worked for me after trying all of the traditional medical devices,i.e. the patch, the gum, and chantix as well as the smoke free prescription nicotine delievery short ciggs.

I am amazed at the easy of use these devices provide and the immediate success I have enjoyed. I am a registered voter and Will not vote for any representative that encourages Big tobacco to attempt to ban the sale by Independent vendors !

9/13/2015 8:41:54 AM - Ian Boudreau

I started smoking around the age of 19, when I was in college. Lots of my friends smoked and I wound up trying a cigarette now and again, and within a couple weeks I was hooked. After school I joined the Army, and despite not being allowed to smoke in basic training, I picked it up almost immediately after. So I wound up being a pack-a-day smoker for around 15 years.

I knew it was horrible for me, and eventually I tried to quit. Cold turkey didn't work. I tried nicotine patches and gum, and while they'd work for a couple weeks at a time, I always wound up breaking down and buying cigarettes again.

Then a couple Christmases ago, my family bought me an E-cig starter kit. I think I had a few cigarettes left in the pack I had at the time, but I don't think I even bothered finishing them. Vaping wound up working like a charm for me. When I started out I had a high level of nicotine - 24 mg, I think. In the 20 months since I started, though, I've gone down to the 3 mg level and will probably be buying nicotine-free E-juice before too long, with an eye to eliminating my dependence on it completely.

I couldn't have done it without vaping, and I hope others who have tried and failed to quit in the past give this a try. I feel so much better than I did before -- I can run without coughing, my blood pressure has gone down a ton, and my friends and family don't have to deal with my clothes smelling like second-hand cigarette smoke any more. It's great.

9/13/2015 8:41:43 AM - Keith Morris

To whom it may concern,

First I would like to start out by saying thank you to my local vaping shop for giving me this life changing opportunity. I had been smoking tobacco cigarettes for 12 years. I was smoking one pack per day on average. Some of the brands I had been smoking were maverick marlboro newport salem camel and parliament. Today is day six without a cigarette, I am so happy and relieved. I decided it was time to no longer be a victim of an organization that is legally aloud to poison me with their products. It is obvious and extremely frustrating to even have to type this letter to defend a healthy means of using tobacco like the vaping industry against corporations who make money off of killing people. Yes these are extremely harsh words but it is the truth and many dead peoples families will attest to this. I have enough problems in my daily life than to worry about something that is slowly killing me. I am trying to get my life back together to eventually make something out of myself. Quitting smoking and starting vaping is the first step in the right direction for me. Now I sincerely ask you to please not take this away from me, all the people vaping and future vapers. This is going to save peoples lives these people are you and me and both of our families. We are in this life together as much as you chose to ignore it we all have to make better changes and this has to be the next step for everyone.

sincerely,

Keith Howard Morris

9/13/2015 8:41:27 AM - Daniel C.

I started smoking cigs back when I was a dumb teen. Over the years smoking I started noticing drastic health changes. My sense of smell left me I had hard time tasting food and drinks. Later I started having major problems with my lungs to the point I was put in the hospital to assist my breathing. I was told that my lungs couldn't handle smoking and I had 2 choices to quit or die. In the days following I came across some videos on YouTube by Grimm Green and it opened my eyes to the world of vaping. I picked up my first starter kit and within 2 weeks I was off cigs and vaping 0-3 MG nicotine. I now can breath perfectly, I can smell and taste and my life has truely been turned around. Vaping saved my life and I attribute that to Grimm Green and his videos. I now have been smoke free for 2 years vaping on a smok xpro m65 with mutation x v1 dripper. I will fight for vaping rights 100% because I know that it is a life changing product. Thank you vape community!

9/13/2015 8:41:15 AM - Sally Louise Crystal

My name is Sally Louise and I am an ex-smoker! I quit 39 years later. I am 51 years of age, been cancer stick free almost 2 yrs. (20 Months).

I started smoking in my teen years, thought it was cool to do. Little did I realize it would be a lifelong progression of trying to quit.

I had tried everything patches, gum, Chantix, Hypnosis, chewing on straws and popsicle sticks, Acupuncture and you can add infinitum, I could obtain small matters of time quitting, but eventually I would be right back to smoking. Even though I had conquered other demons, cigarettes just had a hold on me. Along the journey I acquired adult Asthma. I used to have to carry an inhaler with me just in case.

I had first tried vaping in 2013, but went back to cigarettes, I know what just one does.

The night of January 14th, 2014, is when it got real for me I was having a breathing issue, gave it much thought and the next morning made the pact I was done with smoking cigarettes, I hated them, I smelled like an ashtray. I would have to use an inhaler just to be able to breathe and smoke.

I started vaping on an ego twist on high level 24mg did that for about a week, switched to 18mg for 2 weeks, then 12 mg for 6 months, 6 mg for 4 months, have been on 3mg for the past 9 months & transitioning to 1.5mg presently, I switched to a mechanical mod & box mods at the 6mg mark which actually helped me drop the nic level, I love fruit, candy, light creams flavors.

I no longer have the need to carry an inhaler with me wherever I go, just as I do not have to use one daily either. I no longer smell like an ashtray, my whole house doesn't smell like an ashtray, I can breathe better, I can smell, my teeth are white, and my lungs feel better!

If you are a smoker just try this and be a 100% into it, you we be amazed it WORKS!

I hope my testimony helps someone out there, that no matter what age you are you too can stop!

9/12/2015 2:58:20 PM - Michael Adamec

Vaping literally saved my life.Dont smoke for over 2 years now.

9/12/2015 2:58:09 PM - Steven Pinder

I am a 45 year old man who smoked tobacco for 28 years. I tried all manner of smoking cessation products including patches, gum, lozenges and inhalers without any lasting success.

I started vaping on 13 June 2015 using an Aspire Mini Nautilus tank and variable voltage battery. I have been 100% tobacco free ever since. I am convinced my success is entirely due to the variety of flavours of e-liquid available which has meant I can tailor my vaping to suit my individual requirements. In addition to this, the variety of hardware I have subsequently tried has enhanced my vaping experience and means I am far less likely to ever return to using harmful tobacco products. Any misguided attempts to introduce unnecessarily draconian regulation of the vaping industry will undoubtedly make vaping less varied and less able help others abandon tobacco. Effectively, such regulation would be tantamount to imposing a death sentence on countless thousands (or millions) of smokers wherever such regulations are so thoughtlessly imposed. I consider my freedom to vape is a fundemental freedom. Attempts to curtail such basic freedom could easily be considered not only ill-advised but also illegal and immoral.

9/12/2015 2:57:14 PM - Tim B

As a former smoker of 5 years, at a pack to a pack and a half a day, I realized that it was a time for a change.

I am active duty in the US Navy and smoking was affecting my career. I was having difficulty doing menial tasks, running out of breath and just feeling physically horrible overall.

I had tried weening off cigarettes, as well as cold turkey, but neither worked for me. I was constantly craving cigarettes, but I knew that it was killing me.

During my first deployment on the USS Peleliu, my supervisor got me into vaping. My first mod was a ProVari Mini, and a simple Vivi Nova tank. I later upgraded to a ProVari 2.5 with a Kanger SubTank Mini. My current mod is the Kangertech Subox Mini, with a Vulcan Vector RDA, as well as the Mutation X V4. I now have the VaporShark DNA200 on preorder waiting for the coveted "your order has shipped" email.

I vape mostly 3mg juices, with the occasional 6mg, but not any higher than that, and I am always eager to try new coil builds and new juices. Since starting to vape in 2012, I have seen significant increases in my health. I no longer wake up coughing, I can run and do any of the physical activity that the Navy throws at me. I have gained my sense of smell again, and I don't smell like an ashtray anymore.

I strongly oppose ABX2-6, ABX2-16, and ABX2-13. San Diego is a major hub for the US Military, and the number of military members kicking cigarettes and switching to vaping is growing every day, and I have personally changed a handful of traditional smokers into vapers. Vaping is helping our US Armed Forces be in better physical shape to be able to keep the American public safe, and to perform our duties to the best of our ability day in and day out. Smoking and the military almost go hand in hand (as sad as that is), and it is my vision to see that change to a smoke free environment, whether that means more vaping, or more cessation in general. I feel that vaping should be safeguarded for the health of the servicemen and women throughout California, and nation wide.

The moral of the story, is that throttling the vape market as outlined in these bills, will kill the motivation that it gives people to be healthier and more successful in their every day lives. It will make it almost impossible for people to take that next step into getting off the life sucking force that Big Tobacco is pushing.

That is just my story, and there are plenty of other servicemen and women across the country that have similar stories.

Thank you for your time and consideration.

Tim B.

Born and raised in Northern California

Active Duty United States Navy

Stationed in San Diego, CA

9/12/2015 2:56:43 PM - Robert French

Where do I start...

After 19 years of smoking RYO tobacco, 8 weeks ago I made the decision to try vaping after my wife successfully gave up smoking using a ego type shisha pen. I never looked back. From the point I started vaping, the tobacco was 'no more' in my life! I never expected the extent it would go to in such a short time. I love the flavour and it only got better over the past few weeks as my taste buds were revived. Some people see vaping as a means to an end, and it works, I did not, it became a hobby I love! After 8 weeks I am now using high powered mods and sub ohming, building my own coils in safety and loving it all. My nic level has decreased and I am feeling guuuud. My sleep has returned to being normal instead of excessive, the only thing I can contribute this to is the lack of carbon monoxide in my blood stream. Fantastic!!! I can only recommend this to anyone of all ages that currently smoke, give it a go, it may change your life😀

9/12/2015 2:56:04 PM - Brenda Bettencourt

I have been smoking for over 20yrs & have tried quitting (unsuccessfully) numerous times before, using many different methods & products (prescription & non alike). I am not a heavy drinker but do fancy one every once in a while & the two go hand in hand & it is always my downfall to starting again. The habit is an addiction as much as the nicotine is.

40 days ago I met a couple at a friend's bbq who introduced me to the world of vaping. The very next day I couldn't get to a shop fast enough to try this. 39 days cigarette free & stunned at how utterly simple & easy it was. I still have 3 packs of cigarettes in my freezer that I have absolutely NO urge to smoke!

I purchased an eGo ONE & started with 6mg. After 2 weeks, I cut it done to 3mg & am doing fine. From the onset, I decided on non tobacco flavours, thinking it would make the transition easier (not sure if there is any basis in fact to the validity of this or not). I just LOVE the multitude of flavours of juice that are available. My co workers often comment on how good my "juice of the day" smells.

My sense of taste & smell has changed, my mouth no longer feels gross, my clothes & fingers don't smell, I don't get winded nearly as easily. I just overall feel better.

Nicotine may be addictive but isn't (as far as I know) generally more harmful than caffeine. I can get my "fix" so to speak minus the 8 million other toxic chemicals that are killing me & not feel guilty about it. Limiting access to these products makes absolutely no sense to me.

9/12/2015 2:55:22 PM - John

I am a former cigarette smoker and cigar smoker of eleven years. Tobacco use is a deadly addiction that has claimed the lives of family members and friends in my life. Close and immediate friends and family are losing their lives to tobacco to this day. I've attend tobacco control programs with the use of nicotine patches and gum as have many others. Products like chantix are dangerous and included terrible side effects. I want to add that the regulation of electronic cigarette products and nicotine juice imported from outside the USA should be tested and regulated more. Products made in the USA are of great quality , especially nicotine juice. It has helped me quit smoking for almost three years now. I have better breathing, eye site, my sense of taste and smell has returned. I can exercise now without feeling completely over taken by muscle cramps and heavy breathing. I currently am working with a great man who runs a electronic cigarette business in California. I've met people from all ages who also share their great story of success in not smoking tobacco. This really helps everyone. Please do not add regulations our classify electronic cigarettes as a tobacco product.

9/12/2015 2:54:50 PM - William

Lets just start by saying i was very skeptical about vaping had tried just about every alternative to quit smoking cigarettes. Gum, Patches, the hard candy things, just about everything except rx drugs (not a big fan of Rx anything), a few buddies of mine tried Chantix one was successful but the others had horror stories about not being and to sleep and mood swings one even had fits of rage.

I started vaping almost two months ago, my first day vaping i smoked 3 cigarettes, that's down from a pack and a half to almost 2 packs a day. after that first day i haven't had a single cigarette since, I started with and still using the Halo Triton Tank system with Halo tobacco flavor e-liquids, Tastes way better than a cigarette, i started on 24mg nicotine and have just dropped to 12mg, at 24mg i haven't had an urge for a cigarette at all. I'm cutting down to the 12mg, and dropping to lower ohm coils to get more vapor out of the device i have. in the next week or 2 i will probably be switching to sub ohm vaping and different premium liquids, Once i switch to sub ohm i plan on dropping the nicotine level again to .6mg i figured i would start high and cut it in half each time i stepped down. But with sub ohm you get much bigger hits and much more vapor so you don't need as strong of a nicotine level in the juice.

I was a smoker for over 20 years none of my friends expected vaping to work for me, but boy were they wrong, my own mother was shocked because i had been smoking for almost 20 years and I'm just over 30, as she said "you have been smoking longer than you haven't" witch is true i was around 11 or 12 when i started smoking. I myself have been extremely surprised i was expecting to have nic fits and mood swings for the lack of nicotine but in reality i think I'm getting more than i would from a cigarette and there is no bad aftertaste like when u smoke a cigarette. I haven't tried the fruity and dessert flavors but that will be my next venture.

For anyone thinking about quitting smoking and switching to vaping, STOP THINKING AND DO IT!!!, best choice i have made in my life, only after a month of no cigs, i could breathe again i can keep up with my kids, actually now they have a hard time keeping up with me, i have so much more energy and don't feel sluggish and out of breath all the time.

For just starting to quit i would go with a small tank system, rather than the little cigarette look alike things, the tanks have much better flavor are refillable with any liquid and give a good mouth to lung hit like you would get when you hit a cigarette. the bigger tanks and mods start to get crazy and you can take huge direct to lung hits.

Honestly i have spent $80 to get started and have been smoke free for almost 2 months...I just ordered more liquid another $80 purchase (anything over $75 is free shipping on most sites lol) and this will last me another 2 months easy. That's 4 months of vaping for $160 including my device. I spent more than that in one month of

cigarettes and that doesn't include having to buy lighters when they run out or you loose them.

Well i hope this was useful, and have a great day!

Vape On!

9/12/2015 2:54:31 PM - Eddie Liebel III

I have been tobacco free now for the past four years. I had been hooked on tobacco for at least 15 years of my life. I was addicted to cigarettes, and chewing tobacco. I tried quitting with the patch, the gum, and cold turkey. None of those had good effects on my body. The gum was horrible and did not do the trick, the patch made me sick everyday. My body was starting to see the effects of using tobacco, I had tooth decay, was out of breath, and coughing up grey mucus daily.

Four years ago, my wife bought me my first e cigarette. Vaping, has saved my life. I was smoking a pack a day or chewing a can a day. I was able to satisfy the nicotine craving my body had come to rely on. It also gave me something to do with my hands, similar to a cigarette. In the four years I have been tobacco free, my lungs have vastly improved, I do not cough up phlegm, I do not smell like smoke, my taste buds seemed to have come back to life, I do not get winded from being out of breath from unhealthy lungs, and I do not worry that what I am inhaling is killing me.

Quitting smoking was one of the best decisions I have ever made in my life, for the health of me and my family. Vaping, has been the only substitute for a product that was slowly killing me. I have an addictive personality type, it is very hard to break an addiction, not to mention one that has been with you for 15+ years. I could not have broken free from these habits, if were not for the electronic cigarette.

9/12/2015 2:51:59 PM - Thomas "VapeMat" Soffiantini

My name is Thomas, I'm italian so I apologize in advance for my bad english. I'm 38 by now and I've been smoking since I was about 14. I first tried e-cigs (cigarette look-like) about 6 years ago, but the thing was flimsy and shallow - so I got back to tobacco again. Then EGOs came in, and I was able to quit for some months more - almost a year, but that didn't work as I supposed - even if I didn't smoke that many cigarettes as before: I was able to cut it down to 2, 3 or 4 cigarettes a day. Some days I didn't smoke at all. Then the mods came... and that was my keystone: I've always been in computers, videogames, modding and fixing things, and those little boxes gave me all that I needed: more power, rich flavor, satisfaction - and bustling around! Being diabethic from the age of 5, I understood quicky the value of living a healty life, and quitting with cigarettes was a major step to absolutely take. Now as I try to convince my friends to quit I find so irritating and nasty their lack of willpower in kicking that filthy habit, mainly because they are lazy and nothing "serious" has yet happened to them... We only have one life, and it's a gliding flight... let's try not to burst useless holes in our wings!

9/12/2015 2:51:44 PM - Vaperz101

Vaping has helped me stop smoking what I consider to be a life destroyer, the thing that made my active life slowed down by shortness of breath and lack of energy. But Vaping has helped make me even more active, no more shortness of breath or having to stop doing what I love because I couldn't breath,thank you Vaping for saving my life!

9/12/2015 2:51:29 PM - Mel Rafferty

Vaping saved my marriage! I watched my husband deteriorate emotionally, physically and spiritually from cigerettes. I couldnt help but nag him ALL the time. He was wrecked I knew he wasn't happy with himself. It disrupted our relationship, we couldn't go anywhere without daddy needing to "go to the bathroom". It was extremely hard and frustrating to live with a smoker. But now after many years of smoking, trying gums and patches , vaping has given him more energy, appetite, time (he can go hours with out a puff) and has more self respect and he continuously dropped his nicotine intake and is now ABSOLUTELY NICOTINE FREE. we now have started our own build business because of it and are doing something that we absolutely enjoy! I am thankful! SO very thankful to have my husband back and better then ever! Vaping is saving lives AND relationships!

9/12/2015 2:51:06 PM - Jenn

Prior to Vaping, I had been a pack a day (sometimes more) smoker from the time I was 13 years old. I would smoke constantly; to wake myself up, after eating meals, during times of stress, on my breaks from work, during social in counters, and to wind down before bed. There was almost never a time I didn't have a cigarette in my hand. I had tried other types of electronic cigarette in the past, but I always came back to cigarettes shortly afterwards. Patches left rashes, the gum was nasty, nothing stuck with me. Then I found my local vape shop, South Coast Vapor Co and they set me up with a mod and flavors that worked for me. I stopped smoking cigarettes and am proud to say that I haven't bought a pack for myself since October of 2014 (that's almost a full year ago!!!). Since I have made the switch to Vaping, I have gone down to the lowest level of nicotine, I have more energy to exercise and be active, my cough has stopped and I smell better (like, way better). I can hug my parents without receiving a disappointed look, I can be around my niece without worrying that she is breathing in my smoke, and my friends can ride with me in the car without making notice of the ashtray. Vaping as absolutely changed my life for the better as well as my partners, my brothers, and a multitude of my friends. I hope that others who are looking to quite smoking have this resource available to them when they make the decision to start living a more healthy active life and quit smoking.

9/12/2015 2:50:39 PM - James Strain

I smoked for 25 yrs an my son an told me all he wanted for his birthday was for his dad to stop smoking so I started vaping an quit smoking cigarettes an I feel great now that I quit!

9/12/2015 2:50:10 PM - Jon Munroe

Hello, Jon Munroe here and I would just Like to say a few words on how Vaping has had such a significant impact on my life. 1st off I am a former smoker of 11 years been smoke free for over 1 year. I'm employed in the industry and all my friends and family are a part of this community as well. Not only did electronic cigarettes get me off tobacco its given me a hobby. I'm a recovering opiate addict and if it weren't for the people I've met and the places I've gone in this industry I can honestly s it here and say there's a good chance I would nit still be clean. All my friend's and family and everyone in the vape community are highly supportive if my decision to better my life today and this is what I need to be happy. Thanks guys.

9/10/2015 1:44:06 PM - onemore vaper

i love vaping and i hate smoking.i feel better since i started vaping not coughing no headaches and i breathe easier.

9/10/2015 2:33:50 AM - Lori Sostock, M.D.

I am a physician who quit smoking with vapor products 2 YEARS ago, and am almost off nicotine completely. I smoked for 18 years! I have been able to educate my patients, and see them also quit tobacco in same fashion. Not only have I been able to make this WORK, but I have witnessed and documented at least 100 cases of patients who see their illnesses improve to RESOLVE. My heaviest smoker quit tobacco with e-cigs. He was also my worst asthmatic, needing steroids every 6-8 weeks. Off of cigarettes, and vaping, he has not smoked NOR needed steroids in 2 years! He and I quit the same day! My COPD patients are spending less time in the hospital, to no time at all. My cardiac patients have had less angina, fewer heart attacks, and all of these people FEEL BETTER. Is our goal here health? It is my goal, and I am helping people left and right. If these bills are passed, our state's health will decline, and hospital rates will rise, increasing the cost of healthcare to all. I IMPLORE you to reconsider these actions. They are not sensible, will destroy what I have worked towards for years, and put our citizens in jeopardy. Think first. Please.

The process was simple. I started with a 18mg nicotine to get closer to my needs a 2 pack a day smoker. I reduced my nicotine use down to 6 mgs in 1 month, never smoking a cigarette from my vape start date. I got down to 6mg and switched from a pen style to a Mod, or box enabling me to limit how much I use the vape product. I have used this since, and now alternate between 3mg and 0mg to the point that my body feels no difference. I have set a NIC QUIT Date and will follow my rule. I have helped many patients stop smoking with this process, very easily in fact. I had previously tried everything, meds, patches, gum- to no avail. Since I started vaping, I have NO URGE to smoke. I am almost free of nicotine completely, and have many patients and friends who are using this same process with success.

I used to wheeze, cough, have shortness of breath....Now I can hike hills with no issue. At altitude! Most importantly, I look better, feel better, and can breathe like a normal person! Vaping has saved my life. It is that simple. We cannot condemn others to a deadly fate by limiting access to these products. It is just NOT a wise decision for public health. As a doctor, my health was my first reward, but seeing those around me get healthier makes vapor products an essential part of real healthcare in the future, and I for one will ALWAYS support its cost effective and simple access to all those over 18 years of age!!!!!!!!!!!!!!

Sincerely,

Lori Sostock, M.D.

9/10/2015 2:32:58 AM - Fatima

Hello how are you my name is Fatima and I've been vaping for about 8 months I was new to vaping because I was a smoker I used to smoke packs of cigarette a day ever since I started vaping I never wanted a cigarette again and what I like about vaping is that it help me quit smoking and I love the flavors juices that I get I have a sub box mini white edition buy kangertech so I wanted to share my story Thanks for vaping and the community of vapors I would say this was the best choice I ever made so so put my voice on things I wanted to speak out and I wanted to share my story with you all I never want to cigarette ever again so for those who take vaping is wrong or it's not healthy in my opinion I never had a problem since I never had chest pains that I will get if I was to smoke a cigarette so vaping helped me a lot and I will continue vaping no matter what cuz it help me quit smoking.

9/10/2015 2:32:38 AM - Js

I started vaping when it first came out. I been cigarette free for years now. I like to say since I don't smoke cigarette my breath don't sink. I don't have to wash my clothes multiple times cause when I smoke cigarette that smell gets on your clothes.

9/10/2015 2:32:28 AM - Silicon valley John

Smoked for 17years tried to quit numerous times. Started vaping 3.5 years ago. Haven't smoked and I haven't had any health issues since. When I found out how much easier this was than quitting cold turkey I just knew vaping would be a huge success. Also knew back then that it would take away a lot of tax money from the government and that they and the anti smoking crowd would go after it due to the funding loss from tobacco taxes. I dont advise anyone to start vaping unless they want to stop smoking. Vaping is a SAFER alternative to smoking, Please don't equate Vaping with Smoking!! Don't demonize vaping without facts and dont take away the ability for so many people to quit smoking.

9/10/2015 2:32:18 AM - Lane Carman

I started smoking in high school at the age of 15 or 16 years old. The addiction consumed me and before I knew it I was hooked on cigarettes smoking a pack a day if not more. I have a very addictive personality so for me, this addiction was not going to end anytime soon. On top of that all my friends smoked and i often went out drinking and would light up with almost every drink I had. For someone that has has asthma for the majority of their life, this was quickly destroying my lungs. I continued smoking all the way up until I was about 22 years old. That's when I had heard about vaping and how it could be a safer alternative to cigarettes. I decided not give it a try and I absolutely fell in love. I could get my nicotine without all the thousands of harmful chemicals that cigarettes contain. Over time vaping allowed me to finally put down the cancer sticks and turn to something that was going to be a game changer for me. Vaping was so smooth and I loved all the different e-juice flavors and the ability to select different nicotine levels. It was perfect. I vaped all day long without the thought of having a cigarette. It has been a little over a year since I have touched a cigarette and I have been vaping ever since I had bought my first e-cigarette. It has helped me to finally kick smoking cigarettes for good. My lungs have healed and I can not even describe how much healthier I feel since turning to vaping. My asthma has improved significantly and I can breathe like never before. I no longer feel like i am dying after having found this new habit and I love it because it's more of a hobby to me. I love everything about vaping! I really don't want to lose my right to vape and I hope this will help open the eyes of those of you pushing to take that away from me. #vaping4life

9/10/2015 2:32:06 AM - Mickey Graham

I had been a tobacco user for 37 years, either cigarettes or smokeless, until I learned about vaping. I tried to quit smoking with the patch and gum however neither of these were a long term substitute as I always went back. I was able to quit smoking by using snuff however I was trading one bad habit for another.

I was consuming almost 2 cans of Skoal or Copenhagen per day when I started vaping. I started vaping using the primitive vaping devices however those only allowed me to reduce the amount of product I consumed. Not until I started using more advanced products (dripping and sub-ohm tanks) was I able to completely stop. I have been tobacco free now since December 8, 2014. I have also reduced the nicotine content in my e-liquid from 12mg to 1.5mg and will soon be able to stop altogether.

Both of my parents are suffering the affects of long-term cigarette use. My Mother carries around an oxygen tank and my Father just had his 2nd Carotid Artery surgery. Because I have been able to stop using tobacco, I believe I have significantly decreased the chances of winding up like either of my parents. I can feel a difference in my lung capacity, have increased energy, can taste better and don't smell like smoke anymore.

State and Federal Governments need to recognize the benefits of using vaping products, specifically the more advanced products. While not completely safe, they are a better alternative to smoking cigarettes as well as the best cessation method available today. Unreasonable taxes and regulations will push this community underground and will make vaping less safe than it is today. It will force people to manufacture their own products with the possibility of dangerous outcomes.

9/10/2015 2:31:56 AM - Alexander Kever

After 35 years of smoking I tried to quit 1 1/2 years ago. First everything seemed to be allright but after 4 months I was really down emotionaly, so one morning I bought cigarettes again. But I knew that cigarettes would kill me. A few days later I started vaping. For about 9 months I was smoking cigarettes during the day and in the morning and evening I was vaping. On 6th February this year I smoked the last cigarette and now I am a happy vaper. I feel very good, my wife is happy, I can do sports very much better than before,I am not missing anything! E-cigarettes are one of the best inventions ever made. They have saved my life! A few days ago I tried a cigarette but I donÂ´t like them anymore.

9/10/2015 2:31:45 AM - Malik Ly

I was a one pack a day smoker until a friend got me into vaping. I love this stuff, and it's a great hobby of mine now. the industry is always coming out with new ideas and products to keep me interested. vaping help me quit smoking and I'm sure it will help any smoker who is willing to call it quits.

9/10/2015 2:31:26 AM - Lynette Rea

I am 56 years old. I started smoking at the age of 16 which means I smoked for 40 years. I smoked more than 1 pack a day. After smoking for about 20 years I developed a chronic cough and was always out of breath when doing activities. I tried hypnosis and I tried the nicotine patches (they gave me heart palputations) but they didn't work. On 10/10/14 I began vaping. I haven't had a cigarette since then. I enjoy vaping. After vaping for 3 months I noticed I could taste and smell things better. My cough was gone and I felt better in general. After vaping 5 months I was back to playing chase and swimming with my grandkids and I didn't get short of breath. I was very excited to be able to play with them and know that I could keep up. It has been 11 months since I quit smoking and I feel GREAT! I will never go back to cigarettes and it is all because someone invented an alternative. I don't have any negative things to say about vaping. No one I have been around complains about the smell when I vape. In fact, the juice I use they can smell it and it makes them want a jolly rancher candy rofl. My clothes don't stink anymore. My house definitely smells better. I think vaping is WONDERFUL! I am grateful that now I am ALOT healther and I will live longer because I am not putting all that poison from cigarettes in my body. Thank you!

9/10/2015 2:31:15 AM - Brianna

I started smoking cigarettes at age 14 and was smoking 1+ packs per day by age 18. About a year ago at age 23, I found out about vaping. I was hesitant at first, but bought a little vape pen starter kit. My first nicotine level was an 18 and I was still smoking. However, as I started using the vape I cut back drastically. After about 2 months, I was only smoking one cigarette per day and had dropped down to a 6mg nicotine level juice. I continued smoking one cigarette per day for about 8 months. Mainly because I was stubborn. However, I am officially cigarette free for 2 weeks now. One day, I woke up and the cigarette tasted so gross to me I almost puked. The nasty smell in my car is gone. My clothes don't stink. The on-going cough I have had for what seemed like forever went away. It is all due to this vape. As of a week ago, I am down to 3mg of nicotine and on my way to being nicotine free. I love these products. They have changed my life. Even while I am at work. The urge to smoke used to come every 2 hours on the dot while I was at work. It was so strong. Most days, I don't even vape while I am at work. I don't feel the need to get up and go outside "RIGHT THIS SECOND" anymore. I have my life back.

9/10/2015 2:31:07 AM - Melinda Krych

I smoked a pack to a pack and a half a day for 16 years. I quit when I was pregnant with my kids but picked it right back up afterwards. I tried quitting many times, but I could never do it. I tried quitting cold turkey, the patch, and the pill with no luck. Then I found vaping. I picked up a starter kit and an e-juice that would be similar to the cigarettes I smoked and quit that day. I figured I would finish the pack I had as I didn't want to waste money, but I couldn't stand the taste of them. They went in the trash and I haven't even craved another. I love my vaporizer. I don't smell like an ashtray, I will live longer for my kids, and I CAN BREATHE.

9/10/2015 2:30:57 AM - JohnZena

I smoked for 39 years. I tried every possible way known to man to quit smoking. None of them worked. I decided to try ecigs and bam. I haven't touched a cigarette since. I feel better, breathe better and my sense of smell is better. They are miracles.

9/8/2015 3:05:26 PM - Dylan from KY

Started smoking a pack a day and was pretty addicted to cigarettes randomly wound up in a vape shop one day and decided to stop cigarettes completely to purchase a vaporizer. Picked up a evic vt and delerium juice and went a week or more without doing or craving a cigarette once, as it seems to completely replace all cravings and additionally tunes your tolerance for cigarettes to the point where you taste them as the vile chemically altered poison they are. I still very occasionaly smoke one cigarette but they grow weaker and more of a waist of time every time. This is by far the best method of quitting unless you have the mental capacity to go cold turkey and is completely safe except for poor made juices and sub ohming with improper batteries but all thats needed is a little research and common sense. Stopping this would be worse than prohibition pertaining to the fact that its a cure to a habit that kills maliciously for a select few to profit and isnt a dangerous habit that ruins lives.

9/8/2015 3:05:17 PM - Shane B

Just could NOT kick the nasty habit of smoking. Never really felt overly addicted to the chemicals, however before you know it, you will be hooked on the habit. Being in certain places, it's a certain time, a certain situation etc.. Vaping has allowed me to continue with that physcial act of smoking (the most important and addictive part for me) but get rid of all the chemicals that come with it! I say physcial because i found that it was more the act of inhaling something and then physically breathing/blowing away the smoke which almost seems as though you are quite literally removing stress whilst exhaling, it's a strange sensation to describe. Started vaping two months ago and have not touched a single cig since, don't even have the slightest thought of doing so either! Thank you SO much VAPORIZERS everywhere!

9/8/2015 3:05:08 PM - Cheryl Turgeon

I smoked 40 years over 1 1/2 packs a day. For years I would try to quit with patches, pills and gum. Nothing worked. Two months ago today I was told I needed to quit in order for the broken bone in my leg to heal. I swore it was impossible to my doctor. I started watching YouTube on vaping. I decided to buy my first Vape the eGo one. Since that day when my cigarette pack ran out I never bought more. I have been smoke free 2 months today and could not be happier or my doctor. It was the first thing that ever worked for me.

9/8/2015 3:04:59 PM - Randy

Eciggs have not only saved my life they have saved my fathers life he can breath again and I love my father more than anyone in the world and he has smoke for 40 years or longer and for him to finally stop smoking two packs a day is a miracle. I support Eciggs till the death of me and I don't want to loose my father so I'm standing up for our right to vape I hope you would do the same.

Sincerely, randy b.

9/8/2015 3:04:43 PM - Jesse Messenger

Vaping helped me quit smoking cigarettes and provide me with an awesome pastime and stress reliever. I smoked for 4 years, I started with Blu & Logic disposables, but now happily vape clean eLiquid from Cloud Chemistry in East Stroudsburg, PA, with no harsh chemical additives. If anything needs to be regulated out of the market, it's the garbage disposables out there and pre-made boutique juice with artificial sweeteners & flavors. :)

9/8/2015 3:03:09 PM - Christopher VanZetta

Former smoker of 1+ pack a day for 10+ years who has tried every NRT out there just to go back to smoking within a week or a few months. The longest I have gone without smoking prior to discovering vaping was 7 months. I am now over a year and 1 month cigarette free with NO desire to smoke ever again due to fruit flavors such as grape and strawberry. I have also completely stopped eating candy as a result of vaping. I am also able to jog which I haven't been able to do before without feeling like my lungs were about to collapse and would get a pulsating headache for a good amount of time I also can taste thing and smell things I never have before. My car no longer is a burden to go into due to my previous smoking habit and my house smells better then ever.

9/8/2015 3:02:58 PM - Michael Soverel

My name I Mike I live in Kenmore Washington. I'm writing his because I got into vaping not even a week ago. I found an online store that I really like Mount Baker vapor. In Bellingham washington. After making a couple orders I discovered they are moving to Arizona because of proposed bans and regulations being proposed and felt I had to do something. But let me start from the beginning.

I began smoking cigarettes at fifteen years old. Tried quiting numerous ways and numerous times. I even tried vaping once about two years ago. Went to a smoke shop bought some thirty dollar kit and some juice knowing nothing about it. It wasn't for me.

But for about a month now I really wanted to quit tabacco I get frequent bronchitis and spend way to much money. So I decided to try vaping, while it might not be healthy how can it not be many times better than tabacco? Inhaling vapor as apposed to SMOKE. Vegetable oil instead of tabacco. How can it not at the very least be less bad than tabacco?

So I made up my mind. I went to a local ecig shop. When I walked in the voices were overwhelming. But the guy running the store ran me through several options with out pressuring me to buy anything or even to buy the most expensive thing. His actual recommendation was his geapest item. When I made my choice on an ecig he then made his suggestion on liquid based on my ecig. 6mg. I had no idea there was so much that goes into the vaping experience. I spent a hundred an thirty dollars. And it was worth every penny. I did however discover than I could get everything I want and need much cheaper online. So proposed regulations will drive up my costs and decrease my selection. But back to my story. I took my ecig home with my vanilla flavor. Because I love everything vanilla. Not because I'm a child but because I like the flavor of vanilla. The day after I bought my ecig last Tuesday I smoked two cigarettes and haven't smoke one since. It's only been five days. But I know that as long as no one takes my vape from me I won't be going back. Cigarettes are a disgusting offensive habit that break the bank. Ecigs are a great and enjoyable alternative. I feel great now that I haven't smoked a cigarette in almost a week. I don't have trouble breathing and I just overall feel good about my self. I don't stink like smoke. Just everything about vaping is better. And I know once more studies are done it will be proven that vaping is substantially less harmfull than tabacco. I'll be crushed if its taken away from me. Or made so difficult and expensive that I might as well just go back to tobacco. I really hope these laws don't pass in my state or I may even consider moving. One of the big arguments is that not enough is known about it. So if not enough is known why is it such a priority to make it illegal while something like alcohol which can actually change who a person is is allowed to be purchased in bulk at Costco. I don't get it. Please don't take my vape from me.

I'm using an aspire Atlantis .5ohm coils powered by the aspire cf sub ohm and am currently still trying different juices to find my everyday all day vape. I'm really excited to get my bannanas foster and cinnamon roll flavors from my Baker vapor and also ordered a similar vape set up for my girlfriend from them for about a third the cost of what I paid at my local store. If tax is increased ninety five percent and I'm only allowed to buy instore and only tabacco flavors it will destroy my vaping experience and will most definitely go back to real tabacco. Please please don't take my vape from me.

Thank you casaa for allowing me to tell my story and express my concerns.

Sincerely Michael W. Soverel

9/8/2015 3:02:31 PM - erik g.

Vaping has greatly increased my lung health.

9/8/2015 3:02:21 PM - Dane

I started vaping 2 1/2 yrs ago and the first time was a bust. I only quit smoking for 5months at the time. Now almost over a year I have put down the cigarettes entirely because of my vaping. I'm enjoying my new mod and love trying out the new flavors. And I have yet to complain about it.

9/8/2015 3:02:12 PM - Maranda

On November 22, 2014, I decided to quit smoking. I had been a smoker for 12 years. It wasn't the first time. Once, I quit smoking and was in tears in 45 minutes, my boyfriend begged me to go get a pack of smokes. There were so many reasons to quit, that list is very long. I already had a cape pen that a coworker had given me and was smoking a melon flavored juice. That was just the start. I bought lots and lots of tanks and flavors but I stuck with a 6 ml nicotine level. For Christmas I received an itazte box. I went thru quite a few different tanks but preferred the nautilus made by atlas, I think. It helped me so much though times I would have caved and bought a pack of cigarettes and been prisoner to the tobacco company again. I really enjoyed everything about it. The flavors were so good and it helped get rid of the smoke smell in my car. Some time around may the next year, I noticed that it didn't bother me to forget my vape box at home and would go weeks without touching it. I was and am no longer addicted to any form of nicotine and I have vaping to thank for that. Now, my fiance has inherited my machine and accessories and is on his way to a smoke free lifestyle as well.

9/8/2015 3:02:02 PM - April

I smoked for nearly 23 years...yeah do the math. It was hard for me to quit, I tried numerous times.I found vaping and it changed my life forever. I am now 19 months ccigarette free and feel like a new person. I started with a ego twist on 12mg and now on Itaste mod and only using 1.5mg. Save the vapors and save peoples lives! If my husband and I can both do it anyone can!

9/8/2015 3:01:49 PM - R Samuel

I started smoking at 15 and have been since for the past 11 years and never got a real chance to quit smoking completely. I had some pretty bad tooth and gun problems and was on the road to something worse.

Im finally content and completely cut my intake of cigarettes and switched to vaping in the last 5months and very happy with it. I have seen very good change in my lifestyle including actively exercising and no more peer pressure urge to light one when i don't need it. I really hope the right authorities look into vaping and make it a safe and better alternative to cigarettes and save lives.

9/8/2015 3:01:39 PM - Tristan

My friend's dad was able to kick cigarettes after smoking a pack a day for 20+ years once he switched to Vaping. It was one of the most amazing changes I've seen in their household. Her dad started becoming more active, his health improved, and everyone in the household was a lot happier.

9/8/2015 3:01:29 PM - Matt D

I was a smoker since I was 11 years old pack a day after 13 one night at work someone told me that it smelled bad and even though I've heard it a million times it hit me and that was my last cigarette, still needing nicotine I got a little vapor pen and with my extra time I started researching the whole lifestyle and made it my own. Since then haven't touched another cig, if been happier with my internal body and pretty much everything about my life.. Vaping has become an excellent part of my life.. Thank you everyone in the industry and everyone who speaks highly of this alternative. I'll have been tobacco free for a year sept 22nd 2015 and lungs teeth everything feels better I use a mod now and no tobacco whatsoever..

9/8/2015 3:00:31 PM - Sierrenity

I have been Vaping for years, I read in an Alzheimer's book that nicotine combats the formation of beta-amyloid plaques in the brain which cause lAlzheimers Disease. I find the Vaping to be relaxing. It also helps me to be more alert. I vape with 36mg flavors which I have to special order. To me the nicotine vapor is medicine. I have been Vaping 7+ years. Don't suppose I will ever stop,I don't want Alzheimer's disease.

Sincerely, Ken Jeffries (760)xxx-xxxx

9/8/2015 3:00:07 PM - Ilker

I have smoked cigarettes for almost 10 years. I have tried to quit a couple times.. Then i started vaping almost 2 and a half year ago.. I haven't smoke even a cigarette since.

Vaping industry can not be stopped by some arrogant douchebags.

Anyone with some electronic knowledge can easily build their own mechanical mod, make their own juice and keep vaping. No matter what regulations, laws, bs they put on.

Vape on!.

9/8/2015 2:59:51 PM - bloodrope

I use to spend hundreds of dollars on cigars. But with my mother having lung cancer and me having asthma I felt I needed to find a cheaper and safer alternative to smoking. That is when I found vaping. Since vaping I have smelt better, made lots of new friends, and even breath better. Vaping has saved many lives that could of been lost to the 3000 to 4500 known chemicals found in cigarettes and other tobacco products.

9/8/2015 2:59:38 PM - Brandon Radford

Vaping has changed my life for the better. I used to be a cigarette smoker for 8 years. Smoking three packs a day. But since I made the change to Vaping I was able to quit with ease and ever since I can feel my breathing getting better. Plus I've been able to excercise and return to a state where I am much healthier and happier. To say simply I am so much happier knowing that I have quit smoking cigarettes that were causing me so many medical issues. So I'm thankful for Vaping as an alternative.

9/5/2015 8:04:34 PM - Liz T.

I'll keep this short. I have smoked cigarettes for 20 years. I have tried everything to quit . Three weeks ago I started vaping. In 3 weeks I have not TOUCHED a cigarette. Vaping is my miracle! It may very well be a life saver.

9/5/2015 8:04:24 PM - Nora Trees

I smoked for 26 years which caused a brain aneurysm. Luckily the Dr was able to fix it. I had to stop smoking! I had tried many times to quit nothing worked, until I tried vaping. I have been vaping for almost 18 months. Vaping saved my life!!!! Please don't take this from me.

9/5/2015 8:04:14 PM - matt sturgeon

when i stared vaping i smoked cigs and dipped since i was 15 years old and i must say after vaping for 5 years almost 6 i fill great its has changed my life and saved my life for the better i fell healthy i can play with my son, run, never out of breath , taste food, i fill so dam good and best of all i don't smell like a nasty cig plus i vape 0mg to 3mg sub ohm i love vape i just wish it got here sooner lost way to may loved ones that smoked cigs and or dipped i make it my mission to help ppl make the switch even ppl i don't know!!! vape up and vape on

9/5/2015 8:04:06 PM - Daniel

The benefits that Vaping has brought to my life are enormous. I was a hopeless cigarette smoker for over 15 years before I found Vaping and since then I've been successfully off of them and am happier than I ever was before.

9/5/2015 8:03:57 PM - Bennet laren

I used to smoke 1 and a half packs a day. I bought an ego twist and eventually upgraded to a mod. Once I stopped smoking I lost quite a few pounds(20) because I was able to run more than 5 minutes. Vaping is awesome and vape saves lives

9/5/2015 8:03:37 PM - Emily Williams

I was a pack-a-day type smoker for 4 years. I tried relentlessly to quit for about a year and a half. Every time I failed to quit I'd snap back to smoking as if I were making up for the lost time. When I found Vaping, I was skeptical. When I started Vaping I immediately quit smoking and haven't had a single craving or nic-fit. I can smell again, my lungs have 22% more capacity as tested by my doctor. My asthma has almost completely disappeared. I use Vaping as a means to an end. I recommend it to anyone who smokes and really wants to quit. It is in no way related to tobacco. Check the UK study that was done regarding its health benefits in comparison to smoking. 95% healthier.

9/5/2015 8:03:26 PM - Wyatt

I don't know what I would do without Vaping, it has helped me out so much. It helped me stop smoking cigarettes, it helped me save money, it just makes me feel better in general compared to cigarettes. I feel healthier because I know it's better for me, it doesn't create tar which in my opinion is a huge deal. I just love Vaping and if it suddenly stopped I would prolly start smoking cigarettes again, and I definitely don't want that, that would be terrible for so many reasons I just don't wanna go back to it.

9/5/2015 8:03:17 PM - Natalie

My boyfriend and I use to smoke 2 packs a day each costing us 30-40 dollars a day. And we now have switched to Vaping witch we now our down to smoking 3 instead of 24. This has helped us in expesces and in lowering our smoking levels.

9/5/2015 8:03:07 PM - Miguel deleon

I was a smoker for 6 years. Towards the end of my run with analogs I smoked to the 3packs a day. I was 22 at the time. My was recently born. I would come home a have to take a shower before making contact with anyone. I would make up many excuses as to why I smelled like smoke. I was ashamed. But gaping saved my life. My mother was diagnosed with a tumor from smoking so many years and i followed her footsteps. I saw that and thought of my wife and child. I needed to do something. I searched for helped. Pharmaceutical drugs didn't help. Patches did not do there job. In fact I ended up smoking even more. I saw a friends with starter set and I knew I found my way. No longer smelling like smoke. After time my lung capacity grew back. The itch for nicotine lowered. Now I have offered and helped others make the same choice. From battery safety to volts. This community has reached me from across the world to my neighbor down the street. With this I can say VAPING SAVED MY LIFE! I now see a long future with my kin and friends that have helped me on this journey

9/4/2015 4:18:36 PM - Richard B

I started smoking when I was 16. I smoked 2 packs a day for 30 years. When I discovered vaping, I was unsure if it would help me. After a week I threw away my ashtray and lighter. I have been vaping for 2 1/2 years now, with not 1 single cigarette since.

I started vaping with a high nicotine content juice (about 24mg) in a cartomizer. I am currently vaping 0mg and max VG on a dripper, I feel these products have saved my life. Food tastes better, I can smell things again, and I don't smell like cigarettes, maybe cinnamon now. I also don't wake up in the middle of the night. craving a cigarette, at all anymore.

This is the first and only smoking cessation product I have ever used.

These products are not and should not be treated like tobacco. If they are, I fear any incentive to stop smoking will be lost.

Thank for reading this.

RIchard B

9/4/2015 4:18:09 PM - Jake dillon

When I finally gave up the cigarettes I was a two to two and a half pack a day smoker. I have been smoking for twenty-six years.

I started when I was thirteen. At the time it was the "cool" thing to do when i was hanging out with friends. All of my friends smoked. Many of my family members smoke(d). It was all around me and i viewed it as the thing to do.

I tried several times to just stop "cold turkey". Every time i would last a week or maybe two and I would be right back to smoking. The longest i ever quit was three months. The older i got the less i would last with cold turkey method. I gave up trying the cold turkey method.

Through out the years I tried every product on the market to quit. Gum, lozenge, and patch I went to counseling and support groups. None of it worked. None of the products suppressed or lessened to urge to smoke.

My first run in with an e-cig was a cig alike (I don't remember the brand). I bought two or three of them curious if they worked. I was not impressed with it and it did nothing to help me get off cigarettes. Over the course of five or six years i tried numerous brands of cig alikes. None of them helped. They all made me feel worse than smoking. Most were harsh and burned my throat or just tasted horrid.

When i was twenty-five my than wife and i had our first child. Once again I tried to quit smoking and yet again failed. I tried chantix and started to lose the urge to smoke. When the first month perception ran out my insurance would not cover the pills. I could not afford to buy them on my own so it was right back to smoking. When i was thirty our second child was born and i once again tried to quit. That attempt failed miserably! At that point i gave up even attempting to quit again.

I became that guy that stood outside in all weather types just to smoke. Where i live it can get to -30 (or lower) in the winter and over 100 in the summer. I would not smoke inside because of my family. I was constantly catching hell from many people around me about smoking. Many of my family members and random people felt the need to voice how bad smoking was to me (as if i didnâ€™t know). As my children began school and advanced through the grades i heard more and more about how i needed to just quit. One teacher at the school even went as far as to tell me I should be charged with child abuse because i smoke and i am killing my children!

Health wise I was in horrible shape. The things i truly enjoyed doing where getting harder and harder to do. I would get winded doing just about anything. I always had to sit down and catch my breath. My blood pressure was getting out of control. My doc was telling me I had a choice to either get healthy or they were going to start giving me

meds. Put me on pills that would just slowly kill me and get me into the never ending pharma cycle.

The cost of my addiction skyrocketed over the last few years. When i started smoking smokes were about a dollar a pack. For a long time i smoked Camels. As time passed the price of the premium cigarettes were just too costly to keep smoking them. So I started buying the cheapest smokes i could get. The last pack i bought was 5.50. The last time i looked at the price of Camels they were 6.50. Buying cigarettes was getting too expensive.

On July third of this year I was at my brother house. I noticed an NJoy starter kit (a cardo tank and 650 mah stick battery) on his table. I had seen them at our local store. I asked him how it was. Did it help kill the craving for a cigarette? He said he really didn't like it. It made him cough and gag.

So he told me to take it and try it myself. I bought my last pack of cigarette July 5th 2015. I smoked my last cigarette July 8th 2015.

For two months i have been smoke free. My blood pressure has started to drop and fall in â€œnormalâ€ range. I am out walking and go farther and farther each day. I am not having to stop as often to catch my breath. This in turn has helped me shed about 70 lbs.

I still go outside to vape and abstain from vaping around my children. I have extra cash because i am not spending all my money on cigarettes.

I have read all sides of the e-cig debate and based off what is going on with me I am for e-cigs and helping people get away from cigarettes.

9/3/2015 3:12:56 PM - James Robinson from Chicago

I smoked cigarettes where you could crush a ball to give more menthol for about 4 years. One day I heard a rumor that the crushed menthol balls were giving people red spots on their lungs. At 22, I had thought a few times before that eventually I would need to quit cigarettes, but after I heard this I knew the time was right then. I had heard of vapor products before but knew nothing about them and quickly went and found a disposable at a gas station. It was expensive and didn't last for very long, so I looked a little more into different types and soon found a setup that was good for me. I showed it to my girlfriend and she got one. She showed hers to her mother and one of her friends and they both got one. While all four of us continued to smoke traditional cigarettes while we used our vaporizers, all four of us soon completely switched to only vaporizers, I personally used both for about 4 months before I was totally off of cigarettes. It has now been a full year since I have smoked a cigarette and never plan on returning. I started at the highest nicotine strength I could find, which I believe was 24 mg, and have since moved down to 3 mg.

These devices have saved my life. Instead of a future of emphysema, lung cancer, and oxygen tanks, I have a full healthy life waiting in front of me.

9/3/2015 3:12:47 PM - Rebecca Campbell

I started smoking at the age of 13. I smoked on and off for roughly 4 years, and then became a pack a day smoker. I had tried numerous times to quit. I tried the patch 3 times, I tried cold turkey, I tried inhalers and gum, I also tried the pills, and nothing worked for more than a few months. In June of 2014 my grandmother was diagnosed with lung cancer that had spread to her brain. She was given 1-2 years even with treatment. I decided to try vaping because it had helped my mother quit smoking, and I am proud to say I have been smoke free for a little over 9 months. I have successfully quit using E-Cigs/Vaping. I started on a simple pen setup, and have now moved to mods, I also started at 18mg of nicotine, and have reduced down to 3mg of nicotine.

I feel so much healthier vaping. I had nightmares while still smoking that I would get cancer like my grandmother, and as soon as I quit, they stopped.

I don't stink like cigarettes, my breathing has improved, and I didn't gain 20 pounds quitting this time!

Vaping saved my life.

9/3/2015 3:12:39 PM - Fibs

I was a pack a day smoker for 25 years and could not kick the habit until my friend introduced me to vaping, 5 months ago. I have not touched a single cigarette since and have no plans on going back to smoking.

Why should we all be slaves to big tobacco companies and government who wants to take out hard earned money because we want to get healthy and quit smoking by vaping? They say nothing in life is fair but there isn't much life when you are a smoker and prone to getting cancer or other life crippling ailments/diseases.

9/3/2015 3:12:31 PM - vape for life

I have smoked for 30 years, I changed to vaping. it has allowed me to stop smoking and has made a huge difference in my life. I use a mod, nicotine level 6. I have tried chantex, hypnocis, patches and nothing has helped until I started vaping. I feel better, no more tired feeling, no more chest pains, no more shortness of breath..... huge difference in my life...

9/3/2015 3:12:22 PM - Peter Love

Hello, everyone -

My fiancee and I took up vaping four years ago. We started with the early e-cigarette releases, and I managed to quit smoking cigarettes cold turkey. We've worked our way up from the EGO-T and EVOD vaping systems, to the sub-ohm vaping which is very popular right now. We both want our rights, as Americans who choose to vape, to be protected. We use organically-based e-liquids, at a maximum vegetable glycerin content - to eliminate the dry throat that happens when using 50/50 propylene glycol - vegetable glycerin blends.

We are proud to be registered Democrats, and we still believe that if there are healthier alternatives to smoking tobacco products - then, people who chose to vape should have the freedom to do so. My fiancee and I both started smoking very young, as we both grew up in homes that were inundated with tobacco smoke from cigarettes, cigars, and pipes. Yes, there are many people who grew up in homes where their parents smoked, and never picked up the habit - just as there are many people out there who die from lung cancer, who are non-smokers.

Anyway, I digress. We both no longer smoke tobacco (4 years), and we use digitally-controlled box mods with sub-ohm tank atomizers. They are safe, and allow us to use low-nicotine e-liquids (between 3-6 mg). My fiancee used Nicorette gum for three years, before taking up vaping. We enjoy our vaping lives, and we only fear that the tobacco lobby is going to make things difficult (we currently live in North Carolina, soon to move to Colorado). In some locations in our state, an e-liquid tax of $1 USD per ml of e-liquid is the norm.

Cigarettes were expensive enough. We just want to be able to enjoy our vaping lives, and not have our rights trampled by lobbyists who have financial contributions coming from Big Tobacco, and related lobbies. We are also alcohol and drug-free. Thank you for reading. PL

9/3/2015 3:12:13 PM - Oscar Garcia

Hello everyone,

I just wanted to share my story as of how I started vaping. I started vaping about 3 years ago.i started with an ego pen and now i have tube mods and box mods. it was the best decision of my life. I was a pack a day guy and I'm only 24 years old. I started smoking at a young age . I saw my mother do it and saw other family members do it as well. I thought it was the cool thing to do. I was only 13 when I tried my first cigarette . at first I thought it was horrible but i wanted more. from then on i started to smoke. i was introduced to vaping by my brother he also started smoking at a young age. i was 21 at the time, i was skeptical about it at first so i did research. Vaping didn't have any of the chemicals that combustible cigarettes do so i tried it, and like i said in the beginning it was the best decision of my life. i went from vaping to help me quit and it turned into a passion of mine. i love the community this has every one has a story and why they started vaping and i can share mine as well. i started vaping to help me quit and now its my hobby. if there is an opportunity to help someone quit i will do it , even if it means to give them a set up that i have to start them up. which i have done in the past. i don't see it as a waste of money because i gave away a 150 dollar set up i see it as an investment in that persons life because i want them to quit and not harm them selves anymore.

Vape on,

Oscar Garcia

9/3/2015 3:12:04 PM - Whitaker Grossman

If not for vaping I am not sure where I would be when I smoked I was sick so often that I kept losing jobs with anything from flu to pnumonia but since I started vaping 4 years ago I have only been sick one time with a cold.

9/3/2015 3:11:56 PM - stephanie mundy

I was a heavy smoker for 20 years before I started vaping. I started out with a vape pen 3 months ago at 12 mgs. I graduated to a mod and have been smoke free for 4 days vaping 6 mgs. I am thankful that my youngest daughter introduced me to vaping. I feel much better than when I was smoking cigarettes.

9/3/2015 3:11:44 PM - John Dubose

I smoked cigarettes for about 18 years. I finally decided to try vaping two years ago. Since I have switched to vaping, my kids like to be around me more since I no longer reek out smoke, I no longer develop bronchitis each winter, and I have a better sense of just feeling better everyday. Having all the different flavors is a bonus, but I myself am never going back to smoking. I actually enjoy collecting the different tanks, mods, and drippers.

9/2/2015 10:20:58 AM - Miami Elvis

I smoked for about 15 years and have been smoke free now for about 3 years due to vaping.

I use a mod 0-3ml nicotine

Do not smoke at all

I stopped with vaping completely

Cons more time consuming Pro not smoking

Feel better

9/2/2015 10:20:32 AM - Leonard M.

I had been a smoker for many years until I began my use of electronic vapor products just a short six months ago. This decision to make the switch was brought about by support from my friends and family as well as the untimely death of my uncle due to lung cancer, caused by decades of tobacco use, that later spread to other parts of his body eventually consuming him entirely. Tobacco wrought havoc on his life as well as the lives of his loved ones, myself included. Still, during his last remaining months, I continued to smoke. Every day I agonized over my tobacco use, knowing full well that it would eventually be the cause of my own demise, yet I could not stop. It wasn't until a friend, who had recently made the switch to vaping after the birth of his daughter, suggested I give it a try, that I saw a glimmer of light at the end of a smoke filled tunnel. I had tried in the past to stop smoking cigarettes using various smoking cessation aids (Patches, gum, lozenges) to no avail. After only a short while I would always go back to using tobacco. I am proud to say that since I began vaping, I have been successful in ceasing my tobacco use entirely. As of February 1st of 2015 I have not used or had the urge to use tobacco. One of the major draws for me when I began vaping was the open system that allowed me to adjust the amount of nicotine I would receive depending on the cravings I would get to use tobacco in the early stages of my smoking cessation. I began using a fairly high nicotine concentration to satiate the initial cravings I would experience, and, over time I reduced the amount of nicotine I was consuming to only a fraction of what it was when I first began. I feel that this level of customization allowed for my success in ceasing my tobacco use as well as the success of countless others who have been able to stop using tobacco with the help of vaping products. After switching to vaping I have noticed a marked improvement in my overall health and general well-being. I feel better, I can breathe easier, and I am sleeping more soundly. I am no longer consuming nicotine by using tobacco products that bring with them more than 7,000 chemicals, 70 of which are recognized by the CDC to cause cancer. I can honestly say that vaping has helped save my life.

9/2/2015 10:20:20 AM - Karen T

I started vaping after 45 years of smoking cigarettes. I was always quitting but never could. I was always sick with respiratory illnesses such as Bronchitis, upper respiratory infections, asthma to name a few. After the 3rd set of steroids and 2 different inhalors to open up my airways in as many months, my dr stood in the doorway of the exam room and yelled at me to stop smoking or find another dr. I still couldn't let go of smoking. Then a friend introduced me to vaping. Within two weeks I was off the cigarettes completely. Within a month I was dropping the nicotine level down from 1.8 to 1.2 with vaping and so grateful to not be smoking. For me smoking was a vicious circle of not being able to breathe. Then smoking a cigarette because it made me feel better. While I was smoking I could breathe easier due to the chemicals in the cigarettes to open your airways. My answer was if you don't feel good just smoke another cigarette. It didn't work! I will never pick up cigarette smoking again and I am so thankful to have found an alternative to smoking that works for me. The chantix gave me extreme night terrors, I smoked and chewed nicotine gum everyday at work when I couldn't go outside for a cigarette and the patches burned my skin as I was allergic to them. Vaping was the 1 thing that truly helped me quit smoking. I have helped 2 friends quit smoking and just vape and have talked to many about this alternative to smoking and it's working. It has been a year this month that I quit smoking. I have not been to the doctor once for a respiratory problem in this last year. The shortness of breath is gone. The wheezing is gone. My being sick all the time is over. No more maintenance medicine. I am reducing the need for nicotine my way and in my own time. The best part is if I do need to vape there will be the ritual of vaping at 0 nicotine to finally keep me away from cigarettes forever. Amen!

9/2/2015 10:20:09 AM - p-mann

I smoked cigarettes for 42 year and have tried everything to quit. My last cigarette was 10-26-14 and the last time that I had any nicotine was 1-12-15 and it's all because I started vaping. Do not make it hard or impossible for other to quit.

9/2/2015 10:19:57 AM - Ali

I smoked from ages 13-21. I know that no matter what, a determined kid will get cigarettes, even if that means waiting outside a gas station for 4 hour at a time until some "cool" (crappy) person will finally agree to buy cigarettes for a 13 year old. I finally quit smoking by vaping. I tried everything before; chewing tobacco, patches, gum, and ciggalikes. Nothing worked because they didnt feel strong enough, except for nicotine gum which i didnt like because it felt like i was swallowing dip spit with every piece. I smoke maybe a cigarette a week now, much better than my worst of 2 packs a day. For a while i smoked and vaped and honestly it helped me transition into cutting my mental dependency off cigarettes immensely. Now that I vape instead of smoke I can actually run and exert myself without gasping for air. I no longer have to be that guy that smells like an ashtray, but the guy that smells like a fruit platter. It was hard to quit at first, but you cant do it until you want to. Once you understand that you will realize that you are making a conscious decision, and thats what it is, your decision. I might not be the guy who smoked for 30 years, hell im not even 30 yet. I'm not even the guy who smoked until he got cancer (hopefully), but I am one of the many guys that can say #vapingsavedmylife

9/2/2015 10:19:47 AM - Marco Domingos

I'm a smoker that stats smoking at 2008. I started vaping in July 2014 and until now I had put away de traditional cigarette. I have many allergic problems and since I quit smoking and started vaping those problems have finished. Now I'm a advance user of e-cigarette and I can't be happy to return to the first generation of e-cigarette. Why? Because the first e-cig that I had buy was back to 2009 and that equipment never help me to quit and the flavors that I liked and do now by my self at home is liquids custard and others that those e-cig don't gives me.

We have the opportunity to chose.

9/2/2015 10:19:36 AM - Skr1llz

I have been vapeing for about 8 months. Using 3ml nic I use a box mod and a few mech mods and I feel way better then I ever have when I smoked cigarettes witch was for about 10 years the taste is way better the effect I feel on my bodey is better when I wake up I no longer cough my lungs off it has became a hobby for me witch is awsome gives me something to do in my spare time I honestly with all my heart love vapeing and I am extremly happy with the end result of vaping and how it has changed my life thank you to all the stores in my area and in the nation

9/2/2015 10:19:26 AM - tanya butler

After 40+ years of smoking and multiple methods to quit, vaping helped me succeed. My life has changed and I hope the government sees what an asset this is for me and several thousand others.

9/2/2015 10:19:12 AM - Fred Steffen

January 2nd 2015 was the day I threw away my last pack of cigarettes. I was a 1-2 pack a day smoker. When I finally decided to try quitting again (10th time or so) I almost couldn't take it. The nicotine withdrawals are harsh. My wife was about to tell me to go pick up a pack, but instead, I picked up a little vape pen I hadn't used in months. We got it as a novelty, but it got me through. A month after using it, I quit all nicotine for 3 months.

I had to change jobs, and at my new job, most of my co-workers smoked. With the stress of moving, changing jobs and a long commute, I was soo tempted to go back to my old "stress reliever". Instead I picked up the vape pen. It got me through, when I would have gone back to cigarettes.

After a while, the guys at work wanted to know what that was all about. After a few months, all but one of them had quit cigarettes and only vaped, or quit smoking all together. That was over a year and a half ago. The guy that didn't pick up vaping is the only one that didn't quit smoking for good.

Vaping works. It gets people off of cigarettes.

9/2/2015 10:18:48 AM - johnny2419

I tried pills the patch, gum and even cold turkey many times over a 26 YEAR period. Then vaping came along and i thought why would i give up one thing for another then i tried it about six months ago and WOW. I can breath again without my chest hurting, food actually has something called flavor and i'm starting to see money in my bank. Can't wait to get rid of the yellow walls and the smell. Because you can control how much nicotine is vaped that will soon be part of the past as well. IF JOHN LENNON was still here he might say GIVE VAPE A CHANCE .

9/2/2015 10:18:39 AM - David McCormick bakersfield ca

I had been smoking since I was 18 I'm now 31. I had to have surgery unrelated to smoking. But I had to quit smokeing (nicotine) to have it, so I started vaping quickly went from 12mgs to 0mgs in a week. Started with a twist battery and an ego tank from aspire. I am now using Kanger sub tank and Kayfun v4 on a vapor shark rdna 40 temp PV. After my surgery I tried a cig and it tasted awful so I have been enjoying vaping now for one year. I'm happy I quit I noticed I can breath better and enjoy life more.

9/2/2015 10:18:29 AM - Andrew Sivard

My name is Andrew Sivard. I have been vaping for two years now. I went from being a 3 pack a day smoker since age 13 and having horrific asthma to picking up my first vape and changing practically overnight! I stated out with a cheap vape pen you can get at any smoke shop and a 24mg nicotine strength and just two years later I'm in between a 3mg and 1.5mg nicotine! I no longer have the urge to go pick up a a cigarette. Just the smell of it now just disgusts me. I no longer have issues with my breathing! I can run and exercise without struggling for a breathe of air. Vaping honestly saved my life! And I know it can save many more! I tried quitting analog cigarettes multiple times before I tried vaping mainly counseling and just cold turkey. And with no success I always went back to the analogs until vaping came along. My life has changed so much in the past couple years and I owe it all to vaping, it was the greatest decision I have made in my life thus far. And I urge anyone that is trying to quit analogs to defiantly try this! it's work for not only myself but all my friends, my family, and my girlfriend.

9/2/2015 10:18:11 AM - Sheila Renee

Vaping has been a choice that has changed my life, my family's lives and my health. I have been CIGARETTE FREE for 24 weeks!! I started smoking after my mother passed away in 1995. I quickly became hooked. I smoked for a few years, quit for a couple years, smoked for a few years, quit for a couple years and that was the cycle until March of 2015 when one of my best friends introduced me to vaping. Normally I would smoke 15-20 cigarettes a day, Pall Mall lights. For the past 7/8 years I dealt with severe, acute (ER bound) cases of bronchitis at least twice a year that lasted well over 2 weeks at time. My mother-in-law also died in 1998 from lung cancer (smoked since she was 14). Both of these things had a big affect on our 4 children and they hated that we smoked because they SAW the negative health affects it had on us, as well as hated the smell. We never smoked in the house or in the cars with them or near them when outside. I started my vaping journey with an Istick 20w, little single coil tank and 18g nic juice (which promptly went down to 12 nic) and within the first day I cut the cigarettes back by a third. Within the next 2-3 days I was down to half a pack and the amount I smoked continued to dwindle until the end of 2 weeks when I was completely done with smoking and 100% vaping! At this point, the cigarettes tasted disgusting and made me nauseous. Previously, I had been put on Wellbutrin to help with smoking cessation, lets just say that was a bad experience and also tried the Blu set-up that was not successful for me. A little over a week into my vaping journey, I bought my husband (also a smoker) an ego2200 pen and single coil tank and in just over a week he was done with the cigarettes as well!! I did a lot of research before I started vaping. When I started vaping, our kids had questions and I was happy to answer them. It was different and odd for all of us in the beginning but we all quickly saw the positive change. Both my husband and I no longer "smell like cancer" (in the words of our kids), we sleep better, breathe better, not coughing up gobs of gooey crap, I no longer have chest pains, my morning breathe doesn't smell disgusting, the dog loves the smell of vaping where as the cigarette smoke made him sneeze and my non-smoking friends don't mind it at all! In fact, one of of my closest friends, both her kids have bad asthma. I went to her house one day and was telling her I'd quit smoking and started vaping. I started to go outside to have a vape as I would normally do when I had a smoke. She says, "where are you going? You can vape in the house. My other friend has been vaping for a year, she does it in the house and it doesn't bother the kid's asthma at all". I am now using a Tesla 120W, an Evic, sub ohm tanks, and RDAs for dripping. Last but not least, we are both vaping much lower nic levels as well. Most of our ejuice is 2mg or 3mg nic, several are 1.5mg and 0 nic as well. The best feeling within this journey thus far was passing on our starter set-ups, juice and a lot of instruction/information to help someone else begin their vaping journey because they wanted to quit smoking and had "heard about vaping". When asked "do you even know what's in the stuff?" I quickly list off the 3-4 ingredients and tell them it's thousands less than what's in a cigarette AND in the smoke that's exhaled. #vapingsavedmylife

9/2/2015 10:17:56 AM - Kristi Bagwill

I was a 40 year smoker, my husband even longer. I smoked about a pack a day and my husband was about 1 1/2 packs a day. I quit on February 2, 2013 by using vapor products and never picked up a cigarette again. My husband saw how easy it was so he did as well. I have since dropped my nicotine level to almost zero. We feel better and are much healthier. We had tried all methods to quit, from hypnosis to patches and everything in between. Thanks to the e-cig industry we are non smokers. This is technology that should be embraced by all those against tobacco products, not persecuted. It is really effective and my husband and I are proof.

9/2/2015 10:17:46 AM - Daniel

My girlfriend and I have always smoked cigarettes she started at 14 i did at 17. She smoked a pack a day I smoked two packs when id work day in and day out since we both started. Currently we have been 8 months free from cigarettes using new e cigarettes on the market starting at a 18 mg nicotine level and we both are now down to a 3mg soon to be 1.5 mg. Before this we had tried just cutting back smoking which we found near impossible until i wound up in the E.R with terribly bad broncitus which drove us to find a way to quit. In the past 8 months I havent gotten broncitis again which is new considering i had spent the last two years getting it every 3 months. We now save over 400$ a month between the two of us and have never felt healthier

9/2/2015 10:17:26 AM - Aaron Murray

As I type this out, it has been over 3 years since my last cigarette. This achievement is only thanks to portable vaporizers that are so readily available today.

I started smoking at 18, legally. It was an awful habit, but you know that. Everything about me stunk. Even my hair had an unwashable stink to it.

I was a half-pack a day smoker from 18-21, when I decided that enough was enough. But nothing helped. I was allergic to the adhesive on the patches, the gum wasn't allowed in the call center floor, and the crazy Chantix nightmares nearly got me fired.

Then I moved to a gas station vape pen. As bad as it was, it got me off the smokes for a time. But instead of going back to smoking, I decided to upgrade my equipment.

In case you don't know, as you get further into upgrading, the amount of nicotine that you should use in juice decreases. So that's what I did. Just 2 months into vaping, I had dropped from 24mg, roughly the strength of a Red Full Flavor cigarette, to 18mg of nicotine, about the same as a light.

The next three years after I gradually reduced my nicotine intake to 0, and now I only use vaporizors purely for the fun of it.

As a result of using these devices, I'm much healthier. My lung capacity has increased, I can excercise for longer periods of time, I can taste and smell properly, and my heartrate has essentially returned to normal, and on top of all that my blood pressure dropped from 135/90 down to 105/55.

9/2/2015 10:17:08 AM - Darrell A. Smith

I picked up my first cigarette almost 20 years ago when i was in my junior year of high school. At my lowest I was a 2 pack a day smoker and managed after a few years to cut back to a pack every other day. I know the dangers of smoking, but every time I get stressed out about it, i began smoking again.

Then i was introduces to vaping and like hitting a light switch I went from smoker to vaper overnight. It's only been a month, but in one month I haven't even thought of having another cigarette or cigar for that matter. I can breathe again and I no longer smell like an ashtray.

I am not sure what the future may hold for vaping, but right now I enjoy a few tooks in the morning of 2.4 nic and the rest of the day I am cruising with 0, and haven't been happier.

9/2/2015 10:16:59 AM - Gloria

My name is Gloria. I smoked from when I was 16 until about 2 weeks before my 32nd birthday. I started doing it because it was cool never thinking it would be the worst thing to ever start in my life. I had bronchitis consistently for once a year for 11 years and I didn't even quit when I was sick. Fast forward to the current time. I had an upcoming surgery where I had to quit one month prior. I actually did quit smoking cold turkey and was pretty darn proud of myself. The surgery came and went and the urge to start to smoking again was overwhelming. I was ready to go out and buy a pack even though I was told I can never go back to smoking. I stayed strong and bought my first vape pen, with 0mg of nicotine, and never looked back. Vaping has saved me from retuning to smoking and I could not have been happier.

9/2/2015 10:16:49 AM - Mitch McKee

My name is Mitch McKee. I am 25 years old, and I was a pack-a-day smoker for roughly 10 years. In July of 2015, I made the choice to switch to electronic cigarettes. I had wanted to for some time, but had been let down in the past by alternatives such as gum and patches. I had also tried to quit using Chantix, and had failed miserably. I picked up my first starter kit from a local business, along with a few flavors. Within a week, I had switched completely to vaping, and I have not picked up or even wanted a tobacco cigarette since July 10th, 2015. I currently vape at 3mg of nicotine, but have recently picked up some 1.5mg liquids and I have a fairly large stock of 0mg as well. For me, vaping is about more than just the nicotine. It is a hobby, a lifestyle, and in some regards an obsession, but a far healthier one than some.

I have had nothing but positive changes in my life since I quit smoking. I live in Austin, where cigarette smoking is looked down on by the majority of the population. I no longer feel judged, and this has helped my self confidence extraordinarily. The lack of smell has also helped. I no longer have to ask my wife to wait for me while I smoke before going into a store, or getting into the car. I vape on the way up to the store, in the parking lot, and then slide my device into my pocket and I don't have to worry about it. I vape in the car, and my wife doesn't mind because it smells like a bakery or a cereal box rather than a disgusting ashtray. I'm able to vape inside my home instead of going out in the 100+ degree Texas heat to get my nicotine.

Yes, I am still an addict, and I accept that. However, I believe 100% that I have made a healthier life choice by switching to vaping. I feel it every day when I wake up feeling refreshed rather than craving my first morning cigarette. I feel it when I go to bed after a nice relaxing vape rather than needing to brush my teeth before I kiss my wife. I feel it when I'm at work, in a fast paced print shop, and I'm not worn out or constantly congested. I know that my life, and the quality of that life, has changed for the better.

I love the hobbyist side of vaping as well. I love shopping for new devices, building coils, or trying new flavors. I love all of these new experiences. I enjoy being around other people who have made a healthier choice for themselves, and just want to sit and talk about it for a while. I enjoy supporting my local, small business vapor shops, where I'm always treated with respect.

I ask that my legislators, as well as those in other states, read our stories. While it's easy to throw around phrases like "I vape, and I vote," I sometimes find those comments to be threatening. Instead, I would like to ask my officials to please understand that we don't want this taken away from us. We don't want our government, who is supposed to represent us as citizens, to tell us we have to go back to cigarettes to get our nicotine. We don't want to be told that our hobby is threatening others, when we know that it

isn't. Most importantly we don't want or need anyone telling us how to regulate this industry, when we've done such a good job of policing and regulating it ourselves.

Thank you.

9/2/2015 10:16:35 AM - Elijah Fritzlan

So growing up with two smoking parents it was too foreign to me when I started to smoke. After a year I decided enough was enough of bad lungs since I was smoking so heavily at the age of 17-18. Luckily for me, my buddy introduced me to vaping through his little Ego battery and a simple tank. Since then I have been enjoying and LOVING the new community and enjoying my current setup "Sigelei 150". Vape on!

9/2/2015 10:16:15 AM - Tammi B

After 32 years of smoking and a multitude of unsuccessful attempts to quit, gaping has been my only real success on putting down the cigarettes down for good. October19,2013 was what I call my "born on date". I stopped in a truck stop in Grand Island, Nebraska to take my 10 hour break that day. I walked inside and there was a booth set up in the lobby with a banner that said Let me save your life. I was skeptical but I listened to what the lady had to say and tested a few flavors and immediately knew I could give it an honest try. I bought my first set up and in turn gave her what was left of a pack of cigarettes I had. I started at a 24mg on the nicotine (I was basically a 2 pack a day smoker). I'm proud to say that I'm now at a 0 (zero) nicotine. Within the first month I could breathe better, I could taste food again and I was starting to lose a little weight. Today, I can't stand the sickly smell of cigarettes and so glad that I no longer smell like a rancid ashtray. I'd also like to add that I have not had one bout with bronchitis or bronchial infections and I don't have that smokers cough and my lungs don't rattle anymore.

9/2/2015 10:15:41 AM - VapinJenn

HEY I am VapinJenn I am a former 2.5 pack a day Menthol 100's smoker and I sucked each and every one of those down for over 28 years. Dec 3, 2013 I was diagnosed with metastatic brain cancer, 3 tumors all not operable one on my motor skills, one on memory, and the one they are constantly concerned about is on my brain stem. I was floored when I got the news. I asked all the why me, I'm too young questions and decided I had to make a change in my life. My husband drove me to a local brick and mortar store and I picked up my first ego/evod set up and my 22mg of eliquid and as they say the rest is history.

I spent day after day researching e-cigs, getting new equipment as my knowledge advanced and all the while taking the chance and lowering my nicotine levels. I even began making my own coils and found a new hobby along with a life saving system. Something that actually worked. No medications, no patches a simple device that helped me to quit the combustible tobacco roller coaster.

Today I am 100% tobacco free and am loving life. I can breathe again. I made my first 8 mile round trip hike with my husband and didn't feel the harsh breathing, shoot I haven't use my asthma inhaler for almost 6 months now. January this year (2015) I entered chemotherapy and found I couldn't afford to pay for my e-liquid and coils for my tanks so I decided to start doing e-liquid reviews. I couldn't believe that people would want to see me on YouTube and take my advice on e-liquids and mods, but they did. I am honest either I am sent samples or if I buy them no one gets anything other than a fair and honest review. I do it not for the vape shops or e-liquid manufacturers I do this for my viewers. So hopefully you don't make some of the mistakes I've made over the year and a half I've made. AND I love it, I love reviewing new lines and mods coming on the market. the vape scene is changing so fast I am constantly learning.

NOW I am honored to be apart of something other than myself. I am a part of a fantastic team with Sanctuary. Chopper and Lisa took me in when no one else would. Now I have a show with them teaching and educating new vapers and I LOVE IT!! I also love Lisa and Chopper for giving me a chance and it's been fun!! Having fun doing juice reviews, mod reviews, and horsin around with my friends and family!

Jenn~~

9/2/2015 10:14:53 AM - Marvin Cosper

I smoked for over 35 years .. Then one day I brought me a vape setup I was vaping and dropped to one cig a day ..after a month of doing that I finally just started vaping all the time. I haven't had a smoke for 2 years now. but I am still vaping but now I'm a cloud chaser

9/2/2015 10:14:39 AM - Justin Powell

I started smoking at 18, mainly to be cool and impress a girl (big surprise right). By 20 I tried to quit, I had a hard time so I started dipping. I successfully got off cigarettes, but I simply traded one tobacco for another. It got to the point that dipping was ruining my gums, so I tried to quit. I ended up right back on cigarettes. I tried cold turkey a number of times, and was semi-successful. The main issue I had was when I would drink or social events where smokers were. I could quit, but I would relapse when I went to a bar. Then the next morning I wake up with a pack of cigarettes and have to quit all over again.

When I was 24, about 2 years ago I started vaping. At first it didnt seem to work, it didnt diminish my urge for a cigarette. It just gave me something else to do when I had an urge. Then my taste started to change. I started to prefer the flavor of vaping. Next thing you know I am avoiding cigarettes all together. I was able to quit.

I know alot of people think trading a one habit for another isnt a good thing. But that was part of the problem. I wanted a habit. I am a scatter brained ADHD type of person. I like my "little breaks" and the habit of something to look forward too. It might not be ideal. However, I know myself, and I would've always traded one habit for another. Vaping gave me the habit I wanted, without the need for it. I am down to practically no nicotine, if I dont have my ecig I dont get cravings. But its there when I want it. I know quitting altogether is best, and maybe I will one day. But for most people that isnt realistic. At least not all at once. Vaping gives a solution to a problem. Its like nicorette for people who were just as addicted to the act of smoking as the nicotine itself.

I know vaping isnt proven safe, and at the very least I agree it isnt as healthy as breathing oxygen. However, I know its better than smoking. I can feel the difference. I can breath again. Asking someone is they feel a difference in their lung function between cigarettes and vaping is like asking someone if they can tell when they have bronchitis of not. The difference is very noticeable.

I also want to point out that cigarette companies are awful, they market to children, the try to diminish or falsify the negative effects of cigarettes. This went on for years. Give vaping a chance. And if you want it to successfully work, keep it out of the hands of big tobacco. Dont let one company profit from killing you then helping you quit. There motives are not aligned with the intention of vaping. There should be a clear difference that vaping is a solution for smokers, not an alternative to smoking.

9/2/2015 10:14:24 AM - Tanner

I smoked at a very young age like 12 years old my breathing habits and smell and taste were gone then I hit 21 and found vaping and I can tell you right now my breathing is normal same with my smell and taste I haven't touched a smoke sence vaping I'm using an ipv3 li with an atty 3 rda safely built coils and Samsung 25rs battery's vaping is very safe if used right with common sense

9/2/2015 10:14:10 AM - Adam Lambert

Vaping has saved my life. I used to smoke a pack and a half a day for about 18 months while I was in college. I got addicted to the stinkies and I felt awful. I was an athlete in college, and I found I could barely run a mile. I found vaping and immeadietly knew that it was healthier as my lungs cleared up in 2 weeks. The first time I tried a vape I went out a bought one, and never smoked another cigarette. I've now been vaping for 2 years and still haven't smoked a cigarette. I'm back to my normal every day activities, including running, swimming, and general physical activity. As I make the next step in my life (Army), I can rest easy knowing I can live through my career without having to worry about getting lung, mouth, throat, skin, heart, or brain cancer due to smoking. Vaping has saved my life and if there are restrictions implemented on the availability to them less people will be able to save themselves with vaping.

9/2/2015 10:14:00 AM - Brad S

Vaping has saved my life. I haven't smoked an analog in almost 4 years due to vaping!

9/2/2015 10:13:47 AM - Scott longeway

I started smoking when i was 13 yrs old and just recently quit (3months)wich i started on a basic pen and moved to a mech smpl(hybrid) with a mutalator rda and Ipv2mini with a sub ohm tank(for driving).started with 18mg nic now down to 6mg nic hopefully soon even lower. I have tried before with other methods like cold turkey patches gum lozenges etc... But i have always gone back to them nasty cancer sticks so in short VAPPING SAVED MY LIFE. I can now breath deeper play longer with my kids and do physical activities with my wife without feeling like im going to collapse from lack of oxygen

STOP LETTING BIG TOBACCO KILL US FOR PROFIT

9/2/2015 10:13:35 AM - John Cox from Fort Wayne Indiana

Began smoking at 18, and now I'm 42 years old. I was up to 3 1/2 packs of cigarettes a day at one point. I tried to quit smoking many times with short lived successes each time. A year and a half ago I came down with a severe case Bronchitis, my blood pressure was high and I had to begin using an inhaler four times a day just to breathe normal. I began vaping two months ago and have not only been able to stop smoking, but I have not had to use my inhaler once in the last month, and my blood pressure is nearly perfect.

9/2/2015 10:13:24 AM - Frgworth

I started smoking at age 11. I became a 1-2 pack a day by the time I was 16. My cigarette of choice was pall mall nonfilters. Plus a pack of backwoods cigars a day. I started using a "e-cig" around 2009. I still smoked cigarettes at the time just not nearly as much. At the time the technology didn't satisfy my craving. I was also using 24mg e-juice. Around the middle of 2014 I found a mechanical box mod with a rda and that hit the spot perfectly. I have been 100% smoke free for about a year now and I'm down to 6mg juice. I smoked for over 27 years. I had tried all the standard ways of quiting over the years. Gum, meds, cold turkey... nothing, I mean nothing helped. A P.V. not only helped, I QUIT! And I love it. I just hope I quit in time before to much damage was done. If you smoke, go get a good starter kit. Join a vape group. We will help you find the right combo and you will stop smoking those nasty things. Do it now!

9/2/2015 10:13:13 AM - Michael LeSage

I stared smoking when i was 13. I disnt know any of the long term effects of amoking as i was at a young age. I quit when i was 35 that was 2 years ago. Why you ask, my father passed away from smoking related illnesses. I found a shop in my town that sold e cigarettes. Not knowing much about them i figured id give them a try. My taste is back, i dont smell like wet cigarettes every time i wasg my hands, and most of all I'll be around to see my son whom is my best friend through his life.I have tried all the medical alternatives like chantex, gum, patches, none of them worked.I been vaping for almost 2 years and use a Segelie 150w with a Herakles tank, and 0 to 3mg nicotine liquid .Vaping is as far as i am concerned a better, safer, and cheaper alternative to smoking. It changed my life, and if one person reads my story and picks up a vaporizer or an e cigarette , my job is done.

9/1/2015 2:55:42 PM - Joe r

I had been smoking for since I was about 14 had been smoking till I was about 27 was sick of spending the money tryed a vaporizer loved it never picked up a cigarette after I bought my vape I also just feel better I feel I have my long capacity back I've been vapeing for about a year and I got all my friends on vapeing they absolutely loved it to and most of them never went back to a cigarette vapeing is awesome there should never be restrictions on it that just stupid

9/1/2015 2:55:31 PM - SARAH

Started vaping to quit smoking so much not neccesarily to quit all together. Smoked 1 to 1.5 packs a day for 25 years. After 3/4 days of vaping, didnt pick up another cigarette! On my 7th day of no cigarettes with no cravings so far. Started out with a small starter kit, after about a week, got a Vapros Nunchaku with a v-spot tank. Once i got that is when i could feel i could let go of my cigs. Im still using a 24% nicotine, but gave myself a 30 day timeline to decrease. My lungs feel lighter.. im not coughing up \flym balls\" anymore. I feel better all together and its only been a week! I love to be able to explore the flavors. Im excited and my kids are so proud of me!"

9/1/2015 2:55:17 PM - Roger Venne

Smoked a pack and a half for 14 years. Had a constant cough and couldn't run for longer than a minute without completely being out of breath.

Haven't smoked in a little over a year thanks to vaping. Adding nicotine to the e-liquid is even optional. No cough. Smell and taste increased just like when you aren't smoking. I can easily run a few miles now and rarely find myself out of breath. All my grandparents have passed away due to cancer. Both my parents smoke and are beginning to show signs of smoking related issues.

Thank God for vaping. It most likely has saved my life and has definitely improved the quality of what I have left

I am currently jumping between 0 and 3mg of nicotine. I use mods with drippers in the evening bit smaller easier tanks throughout the day when working.

9/1/2015 2:55:07 PM - Christopher Kallel from Fairmont, West Virginia

After almost 13 years of smoking I was introduced to Vaping and I still can't believe that I'm off of those stinky things. Not only has Vaping helped me stop smoking but it has opened my life up to a new hobby that keeps me from even thinking about doing drugs. I've always struggled with substances and it's nice to have something to focus that energy into. I've been smoke free for almost 2 years now and I've been drug free for almost 9 months now. I don't even think about using anymore and I can run and walk up stairs without wheezing. So I can honestly say, without a doubt, Vaping saved my life.

9/1/2015 2:54:56 PM - Giles

I have been smoking on and off since 12, I am now 52. August 06, 2014 both my wife and I started vaping. i have had about 6 different setups since I started. I started at 2.4 nicotine and now I am down to 1.2. I have not had a cigarette since I started vaping, however, with this stuff going on with Cuba, if I get a chance to smoke a Cuban cigar, I will be smoking it. I have tried to quit, cold turkey, patches and gum, nothing worked as well as vaping. Since vaping, I have not coughed, other than a cold, my clothes don't stink, neither does my car. I don't have to worry about cigarette butts or ashes. We can vape in the house without stinking it up. Even my nonsmoking friends let me vape in their house and car. The thing about it is that feeling you get in the back of your throat when smoking. A good vaping setup gives you that feeling. My wife says this is what she craves the most and why she starting vaping when she tried it and got that feeling. She is down to .6 nicotine now. We don't have to try to come up with $12 bucks every morning to buy cigarettes. We spend about $18 a week each for liquids, so we are saving money. A good first timers setup will run about $60 bucks. You can get them cheaper, but you get what you pay for. We started out with a $30 setup. Lasted about 2 weeks and we upgraded to a better battery and tank, it made a difference in flavor and smoke. My current setup ran me $130.

8/30/2015 1:48:19 PM - Drea H

I smoked for 20 years. Started when I was 13, I'm 33 now. I have tried and tried to quit smoking using pills, gums, eating candies, cold turkey and NOTHING AT ALL WORKED until I started vaping. Literally started vaping one day and had my last cigarette the next. I started out with a small ego style stick battery with a clearomizer but just upgraded to a sub ohm tank and box mod. Who knew it was just as simple as liking something else more? I smoked a pack or more a day for TWENTY YEARS....now I vape a tank or two with a nic level of 3! :D Hope to cut that to a 0 soon!

8/30/2015 1:48:08 PM - Jimmy Montgomery

I'm pro vaping for my health at first then it became more.I started smoking 35years ago.I started vaping to quit smoking because I was having trouble breathing and run out of air quickly at 43yrs old.My lungs were beaten up.I started vaping 8months ago and at a nicotine level of 36.In the past 7months I've been smoke free and my breathing has took an enormous turn around. Idont have a nagging cough anymore and I actually can do things and not have to fight for are in just 6mths. Cant wait for a year and longer.plus my nicotine level is down to 6now and fixing to drop to three then zero.I'll be vaping for the mear pleasure of all the great flavors thats out there. From vanilla custord to cotton candy to froot loops,the choices are limitless.To classify vaping as tobacco products is rediculiouce. The only thing they have in common is nicotine and thats a stimulant like caffeine in coffees and sodas. The government is pissed because they have no way to get rich off an healthy alternative to nasty cigarettes! Thanks for letting me give my two cents.It shouldn't be priced jack and drive people back to cigarettes. That's not logical. Also vaping juice is no different than the patch.it just makes it more enjoyable to quit and be a part of a community of people.

8/30/2015 1:47:57 PM - Dylan Rogers

I smoked cigarettes for 5 years from the age of 17 to the age of 22. I smoked a full pack of Newport short menthols in the soft packs. I bought my first e-cig online at first as a way to be able to smoke indoors as well as out. I never intended on quitting my cigs because they were cigs. I loved my newports. They made me happy. I had only been smoking 5 years I had no physical damage from smoking or so I thought at that point. That changed drastically when I began to favor my electronic cigarette over my newports. I noticed an instant healthy feeling for the next month. I began to run on the treadmill like I used to do befor smoking and I felt whole again. I hung out at the local vape shop and those guys became my best friend. Now I work at that vape shop helping people who were like me just last year. The e-cig industry has done so much for me, from keeping me healthy and alive to putting food on my families table. Please don't take away our right to chose a better life for ourselves and the ones around us.

8/30/2015 1:47:31 PM - Heather

I started " sneaking " cigarette butts out of the " butt can (a coffee tin with dirt in it) " from the back yard of childhood home when I was 7 years old . Me and my 5 other cousins would take the butts and hide and smoke them . By 11 years old my mother caught all of us . Rather than getting in trouble she decided that she'd rather buy me cigarettes than me asking strangers for one . So by age 11 I was being bought a pack a day by my mother and smoking the whole thing on one day . I quit twice during my two pregnancies but I believe that was only because the ciggarettes made me dizzy and nauseous . By 27 I was told I had asthma and COPD , I was on a rescue inhaler , a separate steroid inhaler , and a nebulizer . By 30 they took films of my lungs and told me lungs looked like a 70 year old hard smokers lungs . I tried many different ways to quit including , hard candy , exercising , gum , patches , wellbutrin , chantix , all to no avail . Than on April 14, 2015 a close friend of mine and I went out to breakfast . He showed me his vape pen . I asked how it was and if I could try it . I loved it . I liked the idea of being able to change my nicotine levels and flavors . Flavor changing was a game changer for me . The next day my friend came to breakfast with a present for me , my very own vape pen and a bottle of 12 mg menthol flavor . The menthol and 12 mg nic was a bit harsh but I really washed to put my all in this . So I went to the closet vape shop and found a vanilla custard in 6 mg nic that I absolutely loved . By April 20 , 2015 I was 100% cigarette free ! By June I was 100% tobacco free ! I now use a 50w mod with a tank and I am still cigarette and nicotine free , I am amazed and how easy it was too quit with vaping . Having the ability to choose different flavors and when you're ready and how much nicotine you want to go down to at a time was really pleasing and put the big decisions like that on me ssi I felt like I was in control of my own destiny . And it worked for me ! I'm saving thousands of dollars , learning new things , meeting a wonderful and supportive community , and steadily improving my health on my own terms . I recommend vaping to add many people I can , I advocate when needed , and I educate those who are interested or that just ask questions because they don't know about it or haven't be properly introduced to vaping . I have made many a believer (including my own husband , who didn't think it would work , but is now SO VERY PROUD OF ME !) , and I have also converted many now ex-smokers . I feel amazing health wise and privileged to be a part of the ape Movement , Vape Community , and Vape Family ! *~* Thank you *~*

8/30/2015 1:46:08 PM - Adam

I was smoking for about 6 years at about one to one and a half packs a day. My felt so drained and isolated from my family because I would choose smoking over them by "walking around". After some time I decited to try the nicotine gum and the usual sunflower seeds, mints, etc to try and help me quit smoking cigarettes but to no avail. Finally I heard about this thing called e-cigs and thought that it would work although I was a bit iffy but I got an ecig that looked like a cigarette and it worked for awhile. Something was missing. I wasn't getting the satisfaction I got from smoking a traditional cigarette. That and it tasted terrible. I went back to smoking. Again, I fell into the same routine which involved me getting away from my family to smoke and being drained and tired all the time. One day, when I started a new job, I saw that some of my Co workers were using these ecigs but they were more powerful, looked way nicer, and smelled great! Curiosity got the best of me and we talked about it for awhile. My first paycheck I got my first mech mod and dripper. The flavor was unreal, the fulfillment I got after building a coil, the knowledge I learned on electrical current and the fact that I could smell, taste, breathe and live alot better was extremely refreshing to me. I can say I have gained a good 25lbs because of my taste buds coming back. Things smelled and tasted 100%better than from when I was smoking those stinking cigarettes. That was one year ago. Now, I'm fit, healthy, energetic and happy to say the least. I am very thankful for vaping and I think it's safe to say that I owe my life to it because if I were still smoking cigarettes, I swear that I wouldn't be the way I am today. Vaping has saved my life.

8/30/2015 1:45:55 PM - Melissa

I\'m 37 years old! I\'ve been smoking since I was 15 I started feeling like I was going to die I couldn\'t breath, I couldn\'t ride bikes with my kids I was out of breath whenever I did anything! I started vaping in March nothing else worked for me but this did I\'m so thankful that this was an option I feel 100% better and now I can go play with my kids!!!

8/30/2015 1:45:45 PM - Ray

I smoked atleast a pack a day(sometimes more) since I started smoking when I was 13. Now at 24 I have been vaping for a few months. It's helped my relationship (I no longer smell like smoke and taste like an ashtray) and feel much better. I can breathe better, my sinuses have felt better. Vaping has saved my life and am proud to say I haven't had a cigarette since I started vaping. I've also significantly cut back on my nicotine use.

8/30/2015 1:32:54 PM - Joe

I started smoking in 1987 until 6 months ago when I got my first sub ohm tank and box mod and do to vaping I was able to put the cigarettes down in 4 days after trying all the doctor prescribed meds whith no luck vaping has changed my life not only can I breath my pocket got saved to

8/30/2015 1:33:08 PM - Rey Garber

Coming from a country where there werenâ€™t any age requirements for the use of tobacco, I started at an early age of 13. With no real concerns as to how easily I can be addicted to smoking cigarettes, I continued with my bad habits thinking that I could just put it down whenever I wanted to. I was on and off for 4 years, fully confident in my ability to just stop smoking. I became blind to my ever-growing addiction. It wasnâ€™t until I couldnâ€™t sleep at night without getting my nicotine fix or how I was the only one to be short of breath just by doing the warm up for track and field practice, that I noticed and fully realized how addicted I was to cigarettes and how it really affected me. At this point, I knew I had to quit. At first I tried to just completely stay from cigarettes. I became edgy and snapped at my friends for no apparent reason. The phrase: â€œDamn, I need a cigaretteâ€ became common for me. The distance that I would usually run for a simple warm up jog seemed like a workout to me. And for someone that is very passionate to reach his goal as an Olympic track and field athlete, having this addiction only meant that my chances of reaching my goal would be close to impossible. So at this point, having tried every method that I knew at the time to help me quit smoking but has never really worked for me, I was desperate for an answer. Luckily, I happened to discover e-cigarettes. Just like anybody else, I started with a vape pen; this was my first step towards quitting. As I delved deeper into the world of vaping and e-cigarettes, my main catalyst to staying away from cigarettes completely was finding out about rebuildable dripping atomizers (RDAs) and how youâ€™re able to build your own coils. Besides the obvious â€œcloud chasingâ€ phase that almost ever vaper goes through, instagram users like TwistedMesses, jonsn_builds, and other vapers that showcases their amazing ability to build beautiful and working coils inspired me to build beautiful and working coils of my own. When I started to focus more on building slowly but surely, my nic level went from 12 all the way down to 0 within two months. Building became my new form of addiction and I have been vaping nothing else but 0 nic ever since nor have I settled for a level thatâ€™s even slightly higher like 2 or 3 nic. As of right now, I am currently 19 years of age, still vaping and building, and I am currently part of our track and field national team and we have competed overseas. I am now closer than ever towards the 2016 Rio Olympics. This is all thanks to just one of the many benefits that vaping offers and this is also why I highly recommend vaping as an alternative.

Thank you for taking the time to read this.

8/30/2015 1:32:44 PM - Bill Davidson

Until two years ago I enjoyed using traditional cigarettes. I had smoked 1 to 2 packs per day for the past 48 years, and was not looking to quit. a friend is a co-owner of a vape store. We go to lunch once a week, and each week he would "bug" me to try a vape device. On July 11, 2014 at approx 12:45, I agreed to try one just to shut him up. I picked a tobacco flavor most similar to my traditional Winston cigarette, in 24 mg strength. I thought this would be the most fair way to give this electronic cigarette a test. I quickly discovered this new device satisfied the hand-to-mouth action, taste, and desire for nicotine, that had been satisfied by a traditional cigarette. I quit traditional cigarettes that very day and have not had a traditional cigarette since. Over the past two years I have lowered my nicotine to 6mg strength. I continue to enjoy "vaping", the people I meet at various vape stores, and the general interaction while sampling various juices at different vape stores in my area. After two years of vaping there is no smell of cigarettes in my home, car, or on my clothes. I breathe a lot easier, i have more energy, and feel better in general. My doctor has said I can see him every 6 months in stead of every 3 months. I fully intend to continue vaping, regulated or not. I can only hope the government doesn't regulate it out of existence. In closing, I'm reminded of an article I read about one of my local citys which had just regulated vaping the same as cigarettes. One of the decision makers stated the reason for the regulation was " it just looked so much like smoking' . Now, if our government is going to "regulate" based on the mere appearance of something, than all us ugly folk are in a whole heap of trouble!!

8/30/2015 1:32:24 PM - Anthony Storey

I started smoking cigerrates at the age of 16 and it wasn't to look cool at school no, It was for relieving stress and it worked. When i turned 18 i was smoking about 1 1/2 to 2 packs a day. A bud of mine told me about this store called Vapor Craft , and he Said " hey man shoot over to this store you just might stop smoking". I laughed not thinking it would happen but it did i bought a vape pen on July 2014, but i still smoke cigs because at first vaping didn't really work. After a few months I stop smoking cigs to be exact October 18, 2014 was the last day i ever had a cig, and that was do to vaping.

After i started to vape I noticed something with my cigs they tasted like shit after just 2 hours of vaping. I started to notice the god offal smell that cigs produce compared to vaping, and the last thing cost. Yes vaping looks expensive but what people don't notice is the first buy is expensive after that it is really cheap to vape.

And to you that say vaping is worse then cigerrates here are the symptoms i got from vaping. My morning Coughing storms from smoking tobacco went away after 2 weeks of vaping, I could breathe better after just a day of vaping, when i vape i don't get winded like some tobacco smoker get after a cig, and lastly it is still a great stress reliever.

8/30/2015 1:31:52 PM - will

Smoked for 20YEARS...vaping for 2yrs with no desire to touch tabacco again.... from 18mg down to 3mg....this is success... across the pond we read that the government endorses vaping but here in America the powers that be can not see that vaping is good for its people..

8/30/2015 1:31:42 PM - BhamVaper

I smoked for 10+ years and was slowly killing myself. I smoked 2 packs a day and could hardly breath anymore. I've been vaping for 3 months now and I haven't touched a stinky ever since! Keep it legal yall'.

8/30/2015 1:31:29 PM - Glenda

I have smoked since I was 15 years old. In the 15 years I have had 3 children that all endured what I was doing. Once my youngest daughter was told she has asthma I quit one week later. Thanks to vaping I am able to keep my self and my children safe and away from cigarettes. Please do not take this away from us! I am not as tired as I was when I smoked. I can run around with my little girls and be their assistant coach to the cheer squad. They love having me be able to do things with them. I no longer smell gross and my car smells amazing now. Thank you!

8/30/2015 1:29:05 PM - Martin Sullivan

I truly and firmly believe that using an electronic cigarette is a working way of quitting smokeable tobacco. I smoked for 7 years before switching 2 years ago to an electronic cigarette, starting at 18mg nicotine and now I am down to 3mg. I do not smoke conventional cigarettes anymore, thanks to my e-cig. The first thing I noticed after switching is that I can SMELL! It is a wonderful, wonderful thing to be able to smell all of the wonderful things in the world. I had tried using the patch, gum and lozenges all to no avail, but this has done the trick.

8/29/2015 10:40:18 PM - Albert taylor

I smoked a pack a day for 15 years. I had tried to quit many times after losing both my father a grandfather to cancer. I tried cold turkey, patches, gum, ect. Nothing i tried worked. 3 years ago my daughter was born and i knew i had to quit smoking to be in her life as long as i could. After trying all the other products again with the same results as before i was beginning to think nothing would work. About 1 year ago a friend introduced me to a simple vape pen. After my experience with the other products i was very skeptical to say the least. Well gradually i noticed i was smoking less and less until at last i was off cigarettes completely within about 1 month. I have noticed i no longer wake up each morning coughing. My stamina is much improved. And more importantly i know my chances of living a longer more enjoyable life have greatly improved. If not for vaping i would be on the path of leaving my daughter without a father far too soon and that is completely unacceptable.

8/29/2015 10:40:06 PM - Jared Austin

I started smoking when I was 15, by 17 I was at 30 cigs a day, I've been Vaping for 2 years now and average 4-5 cigs a day, but I have the power to quit, I just choose to still have a smoke or 2, but Vaping has given me the power to quit, I use a 200w box mod because it's the only way I get the same feeling as when I smoke

8/29/2015 10:39:52 PM - Annie Anderson

I started smoking at 11 years of age. By the age of 60, I had tried everything. Lozenges, gum, patches, hypnosis and cold turkey. Nothing worked for more than a few months. Over 50 years of smoking and I had gotten up to over 2 packs a day. I stunk like an ashtray and my right hand was stained yellow. My husband of 43 years had the same insane addiction and problems. He also gained COPD from smoking.

June 2014 he had to have surgery for clogged veins/arteries. Had to stop smoking. Of course I wanted to stop too to help support him. We bought our first vapes. Have graduated to mods and I make my own e-juice with 0 nicotine. It worked immediately. I started with 3mg of nicotine, hubby started with 6mg. Never needed another cigarette. I do not miss the smell, stains or coughing. One year smoke free and now the smell disgusts both of us.

Added plus, I just started with a new doctor and she supports vaping as an alternative to smoking. She agrees it's much better for all living things.

8/28/2015 11:40:52 PM - Julio Sanchez jr, new jersey

for over 30 yrs I smoked between a half to 2 packs of cigarettes a day. I began in my early teens back when tobacco companies mailed sampler packs to American homes. During a regular physical, my doctor (who is a cardiologists) made a serious suggested to quit. After prescriptions, patches, gums, cold turkey, rationing either individually and/or in combination ultimately returned to tobacco...sometimes reducing but never kicking the habit. Sometimes I would make it a few months reducing my cigarette use to a half pack or perhaps stopping for a few days until the 'need' for tobacco just overwhelmed me. So I abandoned all hope for two decades thinking that I was just too weak to quit or so addicted that I can't. Early in 2015, I took a bold step of walking into an e-cigarette shop, beginning what would be a life-changing journey. For the first few months I was not satisfied with the experience of vaping with a pen style e-cig. I jumped around nicotine levels for awhile (it was suggested To start at 18mg) and tried different flavors (although they were all tobacco flavors), ego batteries (they didn't last very long). I was unsatisfied, frustrated and still smoking but now somewhat experienced and starting to understand what I wanted from my vaping experience. The next time I went to get juice I explained what I wanted both from my device and juice so the staff at the store could REALLY help me. The switch to an ego one device both helped me be satisfied with vaping and cut my nicotine level by a third (6mg from 18mg) in one shot. So after 30 plus years of smoking, I am now completely tobacco free. No more going out in the rain or snow or in the middle of the night. No more ashtray smell or butts everywhere. No more shame when parents walk past me with their kids or wheezing when I climb stairs.

Thank you for letting me share my story.

8/28/2015 11:40:30 PM - Chantal

I started smoking cigarettes at age 14, and by the time I turned 20 I was starting to feel the effects. Both my boyfriend and myself had been long term smokers, but unlike him I had tried to quit in the past, to no avail. I always found that I was stressed or cranky, and I would keep smoking. Finally, we decided to try little "vape pens" as an alternative. While he used tobacco and the vapor for a short period I time, I switched to 100% vapor shortly after he bought his. After a month we upgraded our machines and we slowly reduced the amount of nicotine. Today we are nicotine free but we still use our vapes. I have an eleaf 50 watt box type, and he has something similar from kangertech. We love using them and the support we get from fellow vapers is awesome!!

8/28/2015 4:04:44 PM - Kelly

Well I'll keep it as short as possible...I quit smoking 12/12/2013....smoked for almost 18 years.....started vaping 12/10/2013....haven't had a cig since....I can breathe better I smell and taste again....thanks to the vaping I no longer fear the cancer from all the added chemicals in cigs....when I started vaping I used an ego device.....bow I use a ipv4 and rda when I started I used 18mg nicotine now I use 0 to 3mg nicotine....I tried the cig look alike no luck went to the vape pens and success.....this is my story.....I ask leave the vaping industry alone.....we should have the choice weather we wanna vape.....as for taxing the product I can't see putting a tobacco tax on a metal pipe and a battery...maybe the liquid nicotine but stay loyal to laws stop changing everything look where the workd is and you worry where the next tax dollar is going to put.....worry more about where you gonna live when the Mexicans take over the us.....come on guys there more in the world to worry about other than what is trending or giving people jobs.....unemployment rates dropped when vaping came along.....benifit vs lose....where's the freedom of the people if you all just keep writing the book as it goes.....fda approved cigerette they kill more people than people kill people that's the government and Congress at work....woo hoo go us....any more I'm assayed to say united states is where I'm from.....laws and rules being made daily.....live by the law of the land.....let's see who's left after 1 year

8/28/2015 4:10:06 PM - Michelle Hughes

25 years smoking and the only thing that stopped the habit was Vaping. After getting admitted to the hospital with COPD, I knew that if I wanted to see my kids grow up I had to make a change. Vaping worked! The hospital put me on the patches, and for a few days that worked, but then getting home that craving was huge! I'd tried to quit several times before with the gums, patches, or cold turkey. What worked was Vaping with Cowboy juice, I highly recommend trying that for anyone that thinks they can't quit! You can do this!!!

8/28/2015 4:09:54 PM - Brendan La Rose

I was a smoker four over thirteen years before switching to vaping two weeks ago. I switched completely from cigarettes that day, 8/14/2015, and haven't looked back.

I currently use a vaporizer comprised of a KangerTech SubTank Mini, Eleaf iStick 30W mod and the RBA atomizer section from the aforementioned tank. I use about four to five milliliters of ejuice a day on work days, and about three on my off days. As mentioned before I no longer smoke at all and have no desire to do so, as a matter of personal experience I find that, with my sense of smell quickly returning, I find the scent of tobacco cigarettes to be repulsive almost to the point of making me ill. Before this change I smoked on average half to a full pack a day of cigarettes and even dipped chewing tobacco or indulged in a packet of snus to get through the long days that I could not smoke. After trying Nicorette for a while and even using an early e-cigarette model I felt that quitting was, with my willpower and family that smoked, nearly impossible. Vaping has made it possible.

Pros to my new lifestyle include a better sense of smell, better lung capacity, not feeling winded after running up a flight of stairs, and an improved vocal range when speaking or singing.

Cons have to be that I'm still being treated as a smoker despite the number of studies proving that my choice is a better alternative to smoking and has significantly fewer risks to the general non-smoking populace. One study in particular points out that the dangerous chemicals produced in second hand vapor amount to taking a deep breath in Los Angeles are enough to get most folks to think twice, but still, being banned from vaping as though I were contributing to health problems for people around me is like being told I never really quit smoking. Another, although minor, con is that on rare occasion I will find myself unable to taste things for a while. This is commonly referred to as vaper's fatigue and, when you keep properly hydrated and fed, is something less concerning than the consistent subdued sense of taste and foul breath that most smokers put up with everyday.

At the time of writing this I have purchased two starter kits from a local vape shop (Kanger E-vod starter kit) for my father, now three days cigarette free, and my boss at work, one day cigarette free, and would happily provide one to each of my smoking co-workers if it would help them quit smoking as well. I honestly believe that vaping is the best way to break free of the addiction by allowing you, the addict, to regulate how much nicotine is in your juice by purchasing from a local vape shop that mixes their own juices, and by regulating your intake.

My final statement in this testimonial will be to quote my father, a retired master sergeant of the US Air Force and smoker for forty years after taking his first three puffs of his new vaporizer, "I'm good. Wait... I... I'm good?!" He was dumbfounded by the

ease with which he could get what his body craved without the harmful chemicals and risk to his health. If you smoke, love someone that smokes, or work with someone who smokes and want to quit or help them quit, vaping just might be the way.

8/28/2015 4:09:41 PM - Sara Kilgore

I started vaping June 26th 2014 one day after I was admitted into the hospital for liver failure! I started with the highest nic level there was I'm now down to 6mg nic level. My goal is to get to zero! Vaping has truly changed my life! I have asthma and have always suffered from chronic asthmatic bronchitis..in the year I've been vaping I have only haf bronchitis twice that's down 5x my normal occuance rate! I also have degenerative disc disease and smoking makes it even worse. I have 4 rods and a basket in my back from a lumbar spinal fusion. So because of vaping I'm not going to wind up in a wheel chair. We also have an extremely high rate of hereditary cancer in my family. I've lost my mom grandpa, 5 uncles 2 aunts to cancer and my dad was just diagnosed with cancer. He has since started vaping after 40+ yrs of smoking! Because of vaping and early detection prevention I have decreased my risk of getting cancer even more!

8/28/2015 4:09:29 PM - Andrew Edds from Johnson City, TN

I started smoking and using oral tobacco when I was 15. I quit for some brief periods over the years, but I still craved tobacco. At 31 years of age I started vaping and I haven't considered looking back. Using an electronic cigarette has satisfied my cravings and feels very familiar. Since I started vaping, my resting heart rate is lower, I don't get winded when walking up a few flights of stairs, I haven't gained any weight, and most importantly, I don't wake up with a crackle in my chest follwed by an aggresive session of coughing up tar.

I realize nicotine is still not a completely healthy drug, but I also take comfort in knowing that I'm not exposing myself to thousands of carcinogens, elevated nuclear radiation from isotopes found in tobacco, and carbon monoxide. It also helps that I'm avoiding the stigma associated with the odor and tooth staining associated with smoking. Vaping has improved my quality of life by completely replacing tobacco and I feel that it would be a failure of society and our government to squelch its existance.

8/28/2015 4:09:20 PM - William

I'm a lifeguard and I love my job. ive been smoking cigarettes for about 10 yrs, one day I happen to walk into a vape shop and was interested into a more healthier alternative than inhaling all the harmful chemicals from a cigarette, just after a few moments of learning about it from a local retailer. it's been 2 and a half successful months of switching to vapor as an alternative and I feel better and I have the stamina of when I was 10 years old again. vaping has changed my life for the better and as a very happy and healthier individual, I highly recommend vapor as an alternative.

8/28/2015 4:09:05 PM - Johnny

I was a smoker ever since college. I am 29 now so I was a smoker for roughly 10 years. I remember using an electronic cigarette in around 2009 and it helped me somewhat cut down my cigarette smoking. Last year I started with electronic cigarettes again and it saved my life. I was starting to really suffer the consequences of smoking. Lack of appetite, being out of breath and coughing up unpleasant mucous. I was also suffering from migraine headaches. Within the first month of switching to my ecig all of my issues had basically gone away. I completely quit smoking analog cigarettes. I am joining CASAA because I know if I did it others can quit as well and I don't want to see this option for smokers to go away. I can't believe that the government would not support electronic cigarettes. I understand that kids are smoking cigarettes and e cigarettes and that an age limit and some restrictions should be in place but that shouldn't force this industry into prohibition. Electronic cigarettes are saving lives. It's that simple. I can't believe big tobacco has this much influence over our government. I know if it weren't for ecigs I'd be on my way to an early grave. This option is better than patches and pills. I had tried Chantix for a week and stopped taking it from the side effects like feeling sick,being depressed and having horrible nightmares. I had no side effects from e cigs. I wouldn't be here sharing my story if I didn't believe 110% in the effectiveness of Ecigs and their ability to help people quit. I will do whatever it takes to make my voice heard on this issue because I know how many lives are at stake here. I am thankful that I am not paying to kill myself anymore and I will never touch another cigarette for the rest of my life.

John Avitable

Rincon Ga

8/28/2015 4:08:37 PM - Kat Zoch

I am a 41 year old wife and mother of two boys, ages 4 and 7. Just before my 41st birthday, 9/29/14, my husband decided he wanted to quit smoking and switch to vaping as a means of quitting. We had both been smokers for at least 25 years. We smoked a pack to a pack and a half each a day. We started to roll our own, and it saved money. However, I was ALWAYS coughing, especially when I laid down. If I started laughing, it would instantaneously turn in to a coughing attack. My mucous (gross, I know) production was awful. I was getting Bronchitis 6 or 7 times a year and because of the years of killing the cilia in my throat, I couldn't always cough it out. I was short of breath walking upstairs in our home or walking anywhere in our 3 acre yard. People started noticing how much I coughed. I knew I had to do something, if not for me, then for my kids. But....I wasn't ready to give up the cigarettes. Since I knew if he was going to give it a go, I would only hinder his chances, I thought I would try as well. On September 9, 2014, I started to Vape exclusively. Within 1 week...ONE week...I stopped coughing. Within in Two months, I only cheated one time..both batteries died on my way to work and I had forgotten my charger. I felt ashamed buying a pack of cigarettes. I bought Marlboro Shorts and had 5 that night, only hitting them a max of three times. I gave the rest of the pack to my coworker who smoked and went home to vape. I started to catch a cold in November, and I thought "Here we go....bronchitis coming on"....BUT it DIDN'T. I fact, I have not had Bronchitis or been sick with ANY respiratory illness since! I have more energy, my clothes don't stink, I don't have to freeze my tail off outside in the winter just to smoke. I can keep up with my kids, for the most part, LOL. The best part is that I can't STAND the smell of cigarettes at all anymore. There had been times before when I tried quitting and I would smell a cigarette and I wanted one so bad. Since I started vaping, I have NEVER had a craving for a cigarette. I slowly reduced my nicotine level in my ejuices from 24 to 18 to 16 to 12, stayed at 12 for several months then took the leap to 6mg. I am doing great and found a FABULOUS EJUICE company called DETROIT UNDERGROUND JUICE COLLECTIVE that only sell 6, 3 and 0mg nicotine juices. Their flavors are to die for. I am going to order their 10 pack in 3mg when I finish off with the rest of the 6mg I had ordered. Then...hopefully...I can drop to zero. I am closing in on my one year mark and I can honestly say, I am a NON-SMOKER. Now...Now I am a PROUD VAPER! I couldn't be happier.

Kat Zoch

Holly, Mi

8/28/2015 4:08:19 PM - Chandan1790

Hey vapesters, I hope you are having good vaping time.

Well, I'm wanna share my story of vaping and smoking, which kind of a funny haha...

I've started smoking from a very young age, may be when I was in high school with pack of cigarette, and I was in heaven. You know like having dam awesome smoking time with friends and enjoying smoke coming from mouth, making circles, and doing smoke tricks, which was fun by the way. Every first timers snd new smoker must have experienced the same. But, I've always restricted myself to get habitual of smoking (atleast that's what I use to believe, what an idiot I was) without even noticing that I'm already became a dope. Since then I've started smoking more and more, like 2-3 packs a day. And when I joined MNC, thinks became worst, like having smoke with colleagues and managers one by one. Like, party doesn't want to stop.

Until now like 2 month back when I came cross a video on vaping , and the tag line was "QUIT SMOKING, START VAPING". So like any other people who wants to quit smoking, I watched quit smoking smoking got to know about vaping.

At first it didn't impressed me very well, but when I did research on vaping and smoking, things got change for me suddenly. I came to know why actually people do smoke (a research done by scientists).

First reason of smoking is a style of inhauling and exhaling the smoke, and the second one is addition of nicotine(which can be eliminated with time). My roomies and I started discussing on vaping, like is it good or not? If there is any side effects? Finally we agreed to a point that if eliquids has NO TAR, NO TOBACOO, NO NICOTINE, NO CARBON-MONOXIDE, then its worth a try.

On my last birthday 2 month back they gifted me by first vaporizer JOYETECH EGO ONE with only 12mg of nicotine, as I was assured for smoking (inshot for nicotine), so that my can adjust slowly. I vape for a day and surprisingly didn't crave for cigarette at all which was a miracle for me as I couldn't pass a day without cigarette by before. So I've continued with nicotine for a while and started purchasing less nicotine level of ejuice on my next purchases.

Today while writing this story I'm vaping lemon frost without nicotine on my same old EGO ONE vaporizer. Didn't touched the cigarette from last 2 months and not even feeling to have one. Now my state is, that I can't even bear the smell of cigarette. I do vape at my home, office, street, and some places where smoking is not even allowed, because technically I'm not smoking, I'm just vaping. People who aren't aware of vaping come to me and ask, how I'm exhaling so much of white smoke, and you're not even holding cigarette, no smell, no ash, no burning stuff. And I proudly explain them what

vaping is all about and what are the benefits. I'm enjoying by encouraging people to quit smoking and start vaping. Looking forward to make some videos on vaping to spread the awareness of vaping and making it legal around the globe. Got to know about CASAA by a vaping friend. That's it. See you soon, till then happy vaping my fellow vapersters.
Bye.....

8/28/2015 4:07:58 PM - Jake wilson

Hello.

The first time I tried a cigarette I was 7 years old me and my friend snuck them out from his mom and my grandmother.

When I was 10 I was smoking regularly but only when I could hide and do so on my walk to school or riding my bike in the woods. My parents were very strick and I was seriously punished when I got caught. But I still smoked.

When I was 18 I was smoking all the time.

When I was 20 something it started to effect my life a lot to the point where if I couldn't smoke I wouldn't go. It even effected where I would work if I found a great job but wasn't allowed to smoke or take a smoke break nope I would not work there.

Now that I have a family and our son jack who just turned 6 and is autistic my wife and I have a very high stress level 24 7 .

She smokes as well.

I recently about a month and a half ago found out about vaping. And I thought ha yeah right like that's going to be the thing to help me quit to many different gadgets and what not probably stress me out more.

Now I am a full on vapor and I haven't had a cigarette for three days now it took me a while to find the right vaporizer device for me and the right e liquid flavor and the right amount of nicotine level. But with all the help and information from local vape shops from Pittsburgh to Erie to williamsport and Harrisburg they all have great knowledge and helped me to get to where I am today

At first I cut way way way back on cigarettes I went from smoking 2 and a half packs of newport 100's a day! Sometimes a little less. And in two days I was down to only smoking 1 to 3 cigarettes a day. Now if you ask ANYBODY that knows me they will tell you my success is incredible at first they didn't believe me.

And just after a week I felt so much better and healthier and could taste better breath better and we'll just about everything was better even sleep. Now I completely stopped smoking 2 days ago and haven't looked back. So I am begging you and anyone who reads this please please please do what you can to keep vaping how it should be. Affordable accessible and legal. Vaping is the future it's technology that is saving 1000's of lives.

And yes it may not be 100% safe but what is anymore heck if you drink to much orange juice you can get cancer.

And there will always be people who are scared and hate it because they are uneducated and haven't went through the horrible smoking path in life that a lot of us vapors have went through. Vaping is the future and it is saving lives it's saving mine for sure. And smoking cigarettes is killing people everyday.

Thank you very much for your time

Jacob wilson

8/28/2015 4:04:33 PM - Aj Albany NY

Hi, my name is Aj and I'm 27. i started smoking cigarettes when i was 14 (i know, dumb right) well my parents smoked and all my friends did as well. fast forward 13years and i started rolling my own cigs to save money. by then i was up to 2 packs a day so $140 a week. rolling my own cut the cost down but i still felt like crap every day. not to mention my 2year old Son brakes my heart when i hear him say "daddy is going to smoke"

i tried to quit several different ways,cold turkey,the patch,and gum. needless to say and any real smoker will tell you,they don't work! the thing is i actually enjoy smoking. i love the feeling of it in my Lungs, i like watching it pour out my mouth, blowing O's...i love it!

thats why other "quit smoking" products have failed.

a few years ago i tried one of those electric cigs that look like a cig...I'm sorry but they suck. so never thought about vaping. that was until 9weeks ago my buddy came over and had his Segeli 150w box mod. it was love at first Chuck! I went out the next day and got a 100w box mod And tank, later i bought a mec mod and rda. now I'm building my own coils and have a collection of E juice. i haven't had a cig in 8 weeks now,and i feel great! i can breath better, taste food, but the biggest thing is how much more energy i have threw the day. my vaping habit cost about $20/30 a week in juice and that is amazing!

if you think vaping is bad it's not, if your even considering vaping instead of smoking DO IT! it's so much more enjoyable,cheaper and better for you.

8/28/2015 4:00:35 PM - Patrick

Throughout my adolescence and into adulthood, I've struggled with anxiety and depression. Cigarettes, for years, were my emergency exit. If I was feeling anxious, cigarettes calmed me down. The only time I felt happy was when I was smoking. It's funny to think that the thing that kept me from wanting to kill myself was in fact killing me. At first it was just one or two black and milds with my friends and then ended up being me sitting outside alone at 2 am with a Marlboro menthal. I didn't think it was a big deal until I found myself struggling for breath after walking up a flight of stairs at the mall or taking a break every hour or so at work. It's embarrassing to think about now. I discovered vaping through my coworkers. All eight of us were smokers and they all decided one day to switch to vaping and I joined them. 2 days after Thanksgiving in 2014 I bought my first Ego battery and a generic disposable tank. 9 months later I'm smoke free and vaping has become a hobby and a passion. I can walk up a flight of stairs and breathe normally. I can taste again and I can smell again and I haven't been this happy in a long time. You see, vaping helps me deal my anxiety and depression. It's a crutch that's not going to kill me unlike cigarettes. I know that sounds ridiculous but it's the truth and that's what I have to offer. That and my gratitude to the vaping community. Thank you- deeply and without end.

8/28/2015 4:00:24 PM - Toni Pagano

I smoked for 11 years and I no longer do. I used vaping to help me quit smoking. Electronic cigarettes have changed my life in so many ways it's amazing. I am so greatful they are offered as an alternative to smoking. I no longer have health issues from smoking and the vaping community has given me so many great friendships. Vaping has truly saved my life.

8/28/2015 4:00:13 PM - johnpo

i havebeen vaping for 4 years and recently got my dad a 27 year smoker clean and vaping and he says he wakes up feeling better everyday!

8/28/2015 3:59:19 PM - Levi Crouch

Vaping help me quit smoking 2 packs of ciggerettes for 7 years a day over 3 year ago and now I feel healthier and can breathe easier I can also walk up my stairs without breathing really heavily afterwards.

8/28/2015 3:59:05 PM - Jules Michigan

I started Smoking at the age of 12 and continued for over 15 years. I smoked a pack a day sometimes two. I had tried to quit smoking several times in my life but always seemed to go back. The guy at the gym who smokes before and immediately after working out, that was me. I had tried blu e-cigs before but they did nothing to curb my cravings, either did nicotine gum or patches.

It wasn't until my Wife's cousins came to visit us and introduced me to an unregulated tube mod with a drip RDA that I felt I had a fighting chance. I enjoyed it so much I made them take me to a vape store that day and help me build something I could use. It's been six months since I smoked an actually cigarette. I don't crave them anymore. Just passing by a smoker now makes me sick as the smell is overwhelming.

I can taste and smell again. I no longer wheeze when I breath. My wife no longer complains that I smell and I have found a truly interesting hobby I really enjoy. My mother who smoked for 35+ years has also quit smoking using vapor products. My wife also enjoys Vaping and uses 0mg nicotine ejuice. It's a hobby we can share.

If it wasn't for the large assortment of ejuice flavors I don't know if I would have been able to quit. Options to vape what I want and how I want are the greatest driving factor in my success. Along with the ability to really customize my own set up.

I use unregulated devices with dripping atomizers. I Now have a better understanding of electricity and how these systems really work then I ever have.

Did vaping save my life? yes.

Has vaping changed my life? 100%

Will I ever go back to smoking cigarettes? Not in this life time

Have I noticed negative side effects from vaping? No,The only side effect Iv noticed is I spend more on vaping peripherals.

Vaping has changed my life forever in a positive way and it can help a lot of people do the same if given the chance.

8/28/2015 3:58:53 PM - Tina

Vaping saved my life! I am a 41 yo mother of 3. I have smoked cigarettes since i was 14 and have only been able to quite 2 times (both for about a year each) over the last 27 years..... That was until September of 2014 when I discovered vaping. I quite cigarettes cold turkey and switched to only vaping. As of today, August 25th 2015, I have not wanted, or needed a cigarette and i honestly believe vaping helped me quit....for good. I have smokers in my family who have cancer due to cigarettes and I want to be around for my children. If it wasn't for vaping, I would still be smoking a pack and a half of cigarretes a day. I am currently using mod's and my e-liquid nicotine strength fluctuates between a 0 and 3.

8/28/2015 3:58:44 PM - michael pottsville pa

My name is michael i started when i was in high schoo. I was a smoker for 11 years. now that I started vaping I have not touched a cigarette in about 2 months when I smoked cigarettes I smoked 2 and half packs a day. I really think that vaping can be better for smokers I have lost a lot of family member to cancer from smoking

8/28/2015 3:58:31 PM - Frank Staunton

While still smoking tobacco, I had the opportunity to try an e-cig one day. But it was a cheap and nasty cig-a-like and the vape from it was foul tasting and too hot. My reaction at the time was along the lines of, "They'll never get those things to sell!". I was working a second part-time job just to be able to afford to buy cigarettes without affecting the financial wellbeing of my wife and large family (four daughters!). Then I quit the second job and tried for the billionth time to quit the smokes as well. This was it. Without the second job I couldn't afford to smoke. I was friends with the local tobacconist, who extended me credit, and the fortnightly smokes bill sometimes reached $300.00. I was bemoaning the fact of all of this to a work colleague one day and she suggested e-cigs. Remembering my one encounter with them I responded negatively, but she was insistent, so I thought I'd have a crack at it. I bought a basic starter kit (one ego battery and a plastic tank) and some liquids in April 2014. For one week I kept it a secret from my family. I'd go to the toilet and vape away. The family were none the wiser. I revealed all after a week and the family were dumbfounded. They encouraged me to keep it up. Now I had by this time tried two different prescription drugs to quit - Zyban (two failed attempts) - Champix (five failed attempts) and also nicotine patches (I found them as expensive as smoking and far less satisfying) and a nicotine inhaler from the chemist. Nothing had worked. But from the moment I took my first satisfying vape, cigarettes lost their hold over me. I know it doesn't always work this magically for some who are trying to quit, but I can honestly say I never felt that unbelievable, unfightable NEED to have a cigarette again. Periodically in the time since, I have experimented a couple of times with tobacco cigarettes, and each and every time I have thrown it away in disgust after two drags, and returned to my beloved e-cig setup. I graduated from the Ego battery and plastic tank to two Vision Spinner II batteries and three Aspire tanks, and found out about changing coils when they wear out (something I didn't learn until my first coil was so ruined that the vape was almost worse than that first one I had on the cig-a-like!). Now I have two iStick 30W mods (only found out the other day that a "mod" is another name for a battery) and a Kanger Aerotank Mega. I also just purchased an Aspire Atlantis Mega, and now that I have found the massive online culture around vaping, and have learnt more, I'm going to look into the possibility of a mechanical mod, making my own coils, dripping and of course mixing my own e-liquids.

8/25/2015 2:35:18 AM - Kevin Hunter

I smoked for 10 years. I tried vaping first with a low quality cig-alike from my local tobacco store in probably 2011. It just didn't cut it for me. I was frustrated I gave up and went back to smoking. In April of 2012 I was starting to have really negative effects due to smoking. I was determined to believe there had to be better ecigs than the one I had previously tried. I literally stayed up all night researching everything and everyone on vaping one night. By the next day I had made my decision on a set up it was the vapor Zeus from vapor4life it was a $100 starter kit which is pennies compared to my health I was desperate as I thought I was doomed. I anxiously awaited my set up to arrive in the mail. I had taken my first drag of my new set up and that was it. I haven't bought a pack of cigarettes in over 3 years. I've had numerous set ups and juices since then that have gotten way more advanced and it only keeps getting better. I would be in such bad shape if it weren't for the vaping industry to which I am so heartfelt grateful to. Since then I have turned at least 2 dozen people (fellow smokers) on to vaping. Whether I recommended to them or they came up to me with questions I always take the time to give them the best knowledge to make the best decision for the most effective vape they can buy. I will continue to help any and everyone I come across to repay my debt of gratitude. 3 years later I am happy to say all of my negative effects from smoking have completely vanished and vaping has most definitely saved my life. Thanks

8/25/2015 2:35:08 AM - David Encore

I smoked a pack a day for almost 30 years. I tried quitting many times cold turkey and with patches & gum. I have been hypnotized to quit and I was even a Welbutrin test subject. Nothing worked until I started vaping. Specifically not until I started using the right vapor products not manufactured by big tobacco. Those are terrible and useless. After finding success with the right products and e-liquid (Variable Voltage MOD with a sub-tank) I realized that Big Tobacco's product is designed to send you right back into the deadly grip of traditional smoking. I consider myself blessed to be smoke free for over two years now. I have purposefully reduced my nicotine down to almost nothing and I am happier and healthier than I have been in more years than I can remember. Vaping Saved My Life!!

8/25/2015 2:34:58 AM - Danory

I started smoking since I was 18 years old for about 9 years. By age 27 I had tried numerous attempts to quit smoking using chewing tobacco, snus, and even very early versions of E-Cigs (disposables which were expensive and not very good back around 2008-2009). I hated that I couldn't quit, I hated how addicted I was to cigarettes. I hated how I knew something was bad for my health and I had no control over it.

I noticed around 2012 E-Cigs were making a comeback (maybe even earlier) with E-Go batteries and Kanger Tanks which was what I was introduced to. I decided to make a serious effort this time to quit smoking as I was up to 1-2 packs per week and wanted to quit before I hit 10 years of smoking. Initially with my E-Go battery and Kanger Pro Tank I started vaping at about 24-28 mg Nic. I smoked 1 or 2 cigarettes per day when I switched, but already that was an improvement. Within a week or 2 I was down to almost never smoking a single cigarette, and when I did I realized it tasted terrible! I couldn't believe I picked up such a disgusting habit. The fact that my sense of taste and smell came back within a couple weeks to the point I realized smoking was an awful tasting thing made me realize this had to be a better alternative.

I've been vaping for nearly 3 years now and I've gone from 24 mg nic to 3 mg nic. I haven't touched a cigarette for 2 years and the smell of smoke from passerby's gives me no craving whatsoever. I have a beautiful girlfriend who told me had I been a smoker when we met she probably would not have dated me. I cannot thank the revolution of vaping enough. I went and got a full physical when I was 30, I told the doctor I was a smoker of 9 years and when she checked my lungs she said everything sounded fine.

I can't imagine having quit smoking entirely without the help of vaping. I no longer wake up with terrible smoker lungs, the deep coughing, the coughing up of tar, the terrible smell. All of those are gone from my life. I feel healthier, my sense of smell and taste are better. The cost of vaping is not necessarily cheaper than smoking; however, the health benefits and social benefits make up for this 1000 fold. I would strongly encourage any addicted smoker to seriously consider vaping as a way to kick one of the worst habits you could ever pick up.

8/25/2015 2:34:43 AM - Steve Ferguson

I smoked for 18 years and quit only with the assistance from vaping. I tried quitting smoking cold turkey, with gum, and Blu e cigs, none worked. I discovered vaping when a local store opened, and I haven't looked back since. I've gone 4+ months without ONE cigarette, and I feel great! No more coughing fits, no more chest congestion, and I can taste and breathe better, its amazing! Not to mention my bike rides and hikes are FAR easier now that I dropped the cigs! Big tobacco is losing money and trying to regulate ecigs. Shame on them. I'll have you know this, big tobacco, I will NEVER give you another dollar. Ever. If you try and take my vaping rights from me, don't you dare think that I will go back to your nasty products. You will continue to lose money, just remember that. I will be your worst nightmare. Mark my words.

8/25/2015 2:34:31 AM - David M Hill Paw Paw West Virginia

I started smoking at the age of 12 and continued for 46 years. At the age of 45 I was diagnosed with COPD but still continued my 2 to 3 pack a day habit. Christmas Day 2015 my daughter that is a college student studying nursing gave me a triple e-cigarette starter kit and 2 bottles of e-juice as a present. I had been talking about trying one for several months. That was by far the best Christmas present I have ever received. Truly life changing.

Over the past 15 years or so I had tried everything that was available both over the counter and by prescription with no success in stopping smoking. Christmas day 2015 I started using my new e-cigarette and very quickly realized that if I could get accustomed to the vapor instead of the smoke that this could really work. It took me about 3 weeks to get accustomed to the vapor but what a difference this has made in my life. About a month into this I was able to cut back to less than 1 pack per day and 2 months in I was able to give up my life long addiction to cigarettes.

Now as I am writing this I am 8 months cigarette free. As for the difference in my health all I can say is I am amazed at what a difference there is. While my COPD will never go away I have managed to reduce my blood pressure medicine by 50% and my breathing medications (abuterol rescue inhaler and by nebulizer) by more than 75%. At my last doctors appointment I was told by the doctor that while he was not ready to condone the use of e-cigarettes as safe that in my case he agrees that I should continue doing what I am doing. I started at 18mg nicotine and am currently down to 3mg of nicotine. I honestly feel better than I have felt for many years.

It is my belief that the use of e-cigarettes has undoubtedly changed my life for the better.

8/25/2015 2:34:19 AM - Matthew J. Champagne

Ive been smoking since I was 12 and I am 32 now. I just started vaping 4 months ago and I was always a light smoker until a couple of years ago, when I turned into a 20 pack a day give or take. So every 10 days or so I paid $72 and change for a carton of cigarettes and that money adds up real fast, not to mention the more I smoke the higher the risk of health problems ect. I have burnt my carpet several times falling asleep with a cigarette in my hand due to the medication im on, which tend to give me the knods (opiate meds). Anyways one day I tried a disposable Ecig (analog style) from the corner store, which honestly didn't do much for me at all, maybe because there was no nicotine in it, plus didn't vape for poop, so I just kept on smoking for another few months, until I was researching online and came across some forums, with some great info ect. , that night I took the plunge and ordered a start up kit, a few days later I received it and ever since that day I never smoked cigarettes again. I cant tell you how happy I am that E cigarettes were invented, plus crazy vapour machines, which I will buy one at some point. These devices not only have saved me money but possibly saved me health problems down the road. My car, van, house, cloths do not stink anymore, which feels amazing, :) not to mention the better life insurance rate I will receive after I prove that I have quit for 1 full year. All in all E cigarettes have changed my life dramatically for the better, plus I have also read that E cigarettes are 95% better for you than real cigarettes on a UK study which I read when I was debating taking the plunge to buy one or not. Right now I am using a analog style Ecig that very much resembles a analog cigarette, but larger and the tip even lights up orange the same as an analog. Sometimes I will even pretend to light it up to trick my mind into thinking it is a real analog cigarette. Through out the entire day, I would think I take more puffs of my Ecig than a real cigarette when I smoked, and that is simply because it does not run out like an analog, therefore I just keep going and going till I feel like stopping, although I do take more time between drags than an analog cigarette. Ok I think that does it, I hope some of you enjoy my testimony as much as I enjoy some of yours :-)

Take care,

Matthew J. Champagne

8/25/2015 2:34:07 AM - Greg Blythe

I began smoking when I was 19 years old, using products like Black and Milds and clove cigarettes. It took a lot of convincing to try a cigarette, but once I began I was hooked. Through the past approximately 15 years, I have battled several cases of pneumonia, high cholesterol, poor dental health, and low testosterone. Almost every bit of this can be contributed to cigarette smoking.

I tried using the blu e-cig about 3 years ago. It helped me greatly reduce smoking, but I still couldn't put them down. After a few unsuccessful attempts and a great deal of money towards these products, I was back to smoking a pack a day once again.

About 4 months ago, I went to a local vape shop and picked up a starter kit for a pen-like vaporizer. This soon gave way to a larger battery operated mod device. Through no forced reduction on my own, I noticed I was gradually able to reduce my nicotine intake from 18 mg (1.8%) to 3mg (0.3%) in the matter of a couple of months. The impact on my lungs is greatly noticeable. I no longer have loud wheezing when I take a deep breath, my energy is slowly returning, and I feel like a normal 33 year old male should feel.

In short, despite the attempts from big tobacco to produce cigarette replicas, the vape shops and locations online have saved my life. While I still have my days where I go back to pick up a cigarette, I immediately regret the decision and go back to vaping. I feel that any attempt to ban these vape shops could end up preventing someone else from having the success to quit smoking that could end up saving their life.

8/24/2015 1:39:06 AM - Larry whitaker (penguins2387) utah

I was a heavy (1-2 packs a day) smoker for 17 years. I started smoking at 15 I wanted to quit smoking cigarettes but the addiction was just to strong. I tried cold turkey I tried patches gum various inhalers nothing worked. About a month ago I was given one of the new vaping devices (one that produces a greater volume of vapor) with in 3 days of owning and using it I was off cigarettes completely. After two weeks something incredible happened, I could taste food again. I could smell again it was incredible. After a month I could take the stairs and not wheeze or run short of breath. After a month of vaping I have dropped my nicotine content from 24mg per milliliter to 9 mg per milliliter I plan to cut back the nicotine even further after another couple weeks. I couldn't be happier with my decision yo switch to vaping. I feel healthier I feel more energetic, I sleep much better, my fingernails are starting to grow for the first time in years (I stopped biting them) my depression and anxiety have all but disappeared.

8/24/2015 1:38:54 AM - calvin schuster

I got my mom into vaping because she got emphizima n i didnt even mean to quit, in just a month i found real ciggerets gross tasting n that the vapor was smoother n tastier. Me and my mom and sister are all 2 years clean from anologue ciggs. I smoked from 16-26 thats 10 years, i honestly didnt mean to quit at all it just happened.my mom n sister had smoked fir multiple decades. We all started on ego twist style, i was the only one to go to subohm vaping. They use the same 1.6ohm 6v devices.

8/24/2015 1:38:43 AM - Orlando Pagan

I started smoking at the age of 17 during my last year of high school. At first, I was smoking on occasions just to look cool in front of my friends. However, the smoking soon became a habit once I joined the military. I smoked cigarettes from 1983 until April of 2015, a total of 32 years. Throughout my adult years as a smoker, I tried quitting; but, I failed every time.

My first time in trying to quit happened when I was diagnosed with atrial fibrillation. While I was in the hospital, my doctor told me that I could no longer smoke. While in the hospital, I was put on a nicotine patch. The patch worked for a while, but after leaving the hospital I saw myself taking off the patch and smoking. This lasted for only a week when I returned to my daily smoking habits.

Between 2005 and 2009, I tried quitting cold turkey. That did not last. I was not ready to quit smoking. I also tried medication; in this case Chantix. However, the side effects of Chantix were too much for me. The side effects such as insomnia, crankiness, and the headaches were too much for me to handle. So, I kept on smoking.

In 2009, I had a heart attack, In the end, my doctor advised me that smoking was a contributing factor for the heart attack. My doctor also told me that if I wanted to live longer I needed to quit smoking. I told my doctor that I had tried everything to quit smoking, but nothing worked. My last resort, according to my doctor, was acupuncture. I knew that I had to quit smoking. However, mentally, I was not ready.

In March of this year (2015) I was in a cruise with my wife when I saw this guy "smoking from a box" (a mod). I asked him what it was, and he explained that he was vaping. He told me his story of how vaping helped him quit smoking. His story got my attention.

Once I got back to work, I researched everything about vaping. Everything I read led me to believe that it might just work with me. So, one weekend out of nowhere I asked my wife to search for a vape shop near where we were. I went into the shop, told my story to the owner, and he recommended a startup kit. I told myself that I had nothing to lose, except to just try. This was the last week of April of 2015. Since the day I visited my vape shop I can honestly say that that I am an EX-SMOKER. VAPING has saved my life.

Ever since I started vaping, I have experienced positive changes in my quality of life. First, my taste buds have returned, and my clothes do not smell like cigarettes. Now I can better enjoy my foods, drinks, and everything in between. Second, I can breath better. When I smoked, most of the times my nose was constantly stuffed up. Therefore, I had to be using nasal spray constantly to clear my nose. Ever since I started vaping, I have never used a nasal spray again.

Lastly, ever since I started vaping I have more energy. I can walk for miles without being short winded. I remember this past May when I took my students to Washington DC. My students wanted me to take them on a walking tour. So I did. By the time we got back to our dorms, we had walked over 18 miles. My students were exhausted, but I could have gone another 20 miles easily. I had the energy, which was something I did not have when I used to smoke.

As of today, August 23, 2015, I have not touched or smoked a cigarette. I don't want them, nor do I need them. I enjoy the freedom of vaping and all the benefits it brings.

Last month, I went to my quarterly doctor's visit. To my surprise, my blood work results were better than I had experienced in years: specifically, my sugar and cholesterol levels decreased dramatically. My doctor asked me if I was still smoking. With a smile on my face I told him: "NO. I am done with smoking." I explained to him how I replaced smoking with vaping. Then, with a smile on his face my doctor told me: "KEEP ON VAPING." So, that is exactly what I am doing.

8/24/2015 1:38:17 AM - James Gundlach

I've been smoking up to two packs a day for the last 18 years. Dozens of time's I've tried to quit unsuccessfully. I've tried nearly every quit aid sold over the counter, I've even tried quitting cold turkey. Never have I gone past a few weeks before picking up a cigarette.

I learned about ecigs a year ago when gas stations started selling them in my area. I tried three different brands of one's made to look like cigarettes. These did nothing for me, so I gave up on the idea of quitting using this method. I still craved a real smoke and went back without a second thought.

Four days ago I noticed a gas station selling a different design with something called an e liquid. A friend of mine had one similar he bought online, so I decided to give it a try. For the first time EVER, I have been smoke free without craving a cigarette! I'm simply amazed at how useful these things are at helping people kick the habit of smoking big tobacco's cancer causing death sticks! Finally I have an effective means to help wean me down off of my addiction and dependency on nicotine.

Now that I've been learning more about these amazing little devices, I've been hearing about the possibility of them being banned! RIDICULOUS! You politicians and health officials know damn well these won't cause cancer, at least as not as much as big tobacco's cancer causing death sticks! These personal vapor machines do the same exact thing as vapor producing machines used DAILY in clubs around the world. If you ban these with your ridiculous concern of "safety" then you have to ban fog machines from clubs and special effects in movies.

BAN CIGARETTES! Force people to switch to vaping if they have to have nicotine.

In four days, I've DRASTICALLY cut down on how much I actually puff on my ecig. That is a HUGE success towards bettering my health, but you greedy bastards are more worried about your piggy banks and wallets than my health. You politicians disgust me. I hope you rot in hell if you pass this into law making it harder for we the people to make safer alternative choices for our health. I can't imagine going back to real cigarettes and I pray you dimwits open your eyes to reason and allow us to continue vaping. I honestly don't care if this hurts your wallets or big tobacco, GOOD IF IT DOES! That's what you deserve for trying to make money off our addictions and illness. Now we have a tool to fight back and you don't like it.

Me however, banned or not, I'll still vape. Good luck banning it, we the people have the power and we won't listen to you anymore.

8/24/2015 1:38:07 AM - Brad Schlievert

I had been a smoker since I was 13, I had tried to quit smoking on several occasions with no real success. I have tried the gum and the patch and they didn't work at all. Before I made my switch to vaping I was smoking and dipping. I had a cough, was winded when doing strenuous work and that went on for at least 25 years.

I was introduced to vaping by a friend and that was 2 years ago. I smoked my last cigarette and started vaping. I have been tobacco free for over 2 years now, and have no desire to smoke cigarettes.

I have noticed huge improvements in my personal health, I don't cough anymore. I don't get winded doing anything. I feel 100% than I did as a cigarette smoker.

I know about the propaganda that big tobacco has launched against the vaping movement I know about government loosing tax dollars from the large decline in cigarette sales. I also know about the secret back room deals with government officials getting paid off by big tobacco to fight against the vaping community.

Know this..... I VAPE and I VOTE leave my vaping alone!!!

8/24/2015 1:37:38 AM - Lake Of Vape

The long version of my story is here: http://LakeOfVape.com

There are several practical and pragmatic reasons I switched to vaping in my mid-40's in 2011. These issues are not uncommon among my peers.

* Practical: Vaping is significantly cheaper than tobacco leaf products.

One small atomizer, some e-liquid (does not have to include nicotine to work) compared to a big, stinky jar of butts and packaging per month.

* Pragmatic: Reaching middle-age, it's the time to deal with health problems. I have more than one. I like how nicotine helps to calm me, stay focused, especially when I am anxious. No more tar build-up on surfaces, the ever-present stink. Vapor dissipates w/out lingering, even in a room full of vapors- there is a fog, not noxious smoke.

* Fun! Yes, I feel great pleasure with re-building and improving my devices.

* "Big Tobacco" products are expensive and a lower quality experience with the "cig-alikes" found in convenience stores. Many vapers (myself included) have begun with one of those "cig-alikes" and found them wanting. Being able to choose what nic strength and flavors (there are thousands now) instead of a cartridge coupled with a weak battery made it possible for me to quit cigarettes. And it was easy: simply draw in on a personal vaping rig. No fussing with patches or crunching on candies, this method does not require you to be shamed into smoking in unappealing "smoke areas"

I don't want to subject myself to other people's smoke.

8/24/2015 1:37:21 AM - Andrew Levi Hill

I am 21 years old. I started smoking at age 13. I smoked all through jr. high, High School, and college. I varied from 1-2 cigs a day all the way to 1.5 packs a day. I was starting to have trouble breathing, and coughing and feeling as i was hacking up a lung everyday. I got introduced to vaping as an alternative to cigarettes. I am now 8 months cigarette free. Vaping saved my life. I have friends with similar stories. I have helped many friends kick the tobacco and go to vaping. I would really hate to see this safe alternative be done away with because "BIG TOBACCO" companies are putting out false info. Vaping is a life saver. I have went from 24mg of nicotine to now i am down to 6mg. I use an Sigelie 150 watt Box mod. I had tried to nicotine patches, and gum and they did nothing for me. With Vaping i have gotten my sense of smell and everything Taste so much better. My clothes smell better. My girlfriend and family can stand to be around me because i dont smell like cigarette smoke. Vaping saved my life.

8/24/2015 1:37:10 AM - Steve Lowry

I started vaping 3 months ago and gave up a 40= year cig habit. I use a tank/mod setup and good tasting juices at 9mg and am about to drop to 6mg. I vape and I vote. This is a positive. Do not change it as I want to live.

8/24/2015 1:36:59 AM - Mason Wolford

Hello, I'm mason. I started smoking cigarettes in high school around age 15 or 16. June 2010 by the time i was 19 I was smoking 2 packs a day. February 2013 when i was 22 i start looking into vaping (or e-cigs) and bought my first e-cig pen. The pen helped me cut back on smoking, but I just couldn't get the same satisfaction as a real cigarette. This April 2015, i bought something with more quality and that could put out more vapor then an e-cig pen. I bought a Sigelei 150 watt mod, a juice tank that can handle up to 100 watts, and also bought an RDA (rebuild-able dripping atomizer). I usually vape at 60-70 watts. This helped me a lot, cutting my smoking down to about 2-3 cigarettes a day for the first month. Since June I have not needed a cigarette everyday like before, maybe 2 a week. By the time it was July, I was completely off cigarettes and have not had one in about 2 months now. I make my own E-Juice also, this literally costs me 100 times less then 1 pack of cigarettes a day ($6). My lungs feel super clean, no more coughing from congestion due to tar. Actually for the first 2 months since i bought a quality vaporizer I would cough up the tar that had built up in my lungs, This doesn't happen anymore and it feels like my lungs are just normal again. Vaping has changed my life in many ways, cost of nicotine habit, the stink of cigarettes on me all the time, and just overall a better feeling. I hope maybe my story can change some minds if people are thinking about vaping, if you smoke and want to stop, this is the best way in my opinion. I am even starting to step down my nicotine levels in the E-Juice i make. I started at 6 mg nicotine, quickly went do to 3 mg, and now I recently started making it 2 mg. It is not expensive to start out either, maybe the cost of a carton of cigarettes for something decent to try it out. After that initial cost, it can be mind blowing how cheap it can actually be if you make your own juice. Everything you need to know about it is online. I think that about covers my story though.

Thanks for reading,

Mason

8/24/2015 1:36:41 AM - Adam

I started smoking at the age of 15 years old. It began just trying to fit in. fast forward to within the last 2 years or so at the age of 35, and I was smoking up to 2 packs a day. The thought of smoking hadn't even crossed my mind, I figured I would die with one in my mouth. When I first heard of the ecig I was like what the heck I doubt it will work, but I'll try it. I tried the blu ecigs, then the pens, and now at the age of 37 I own a mechanical mod. Since I got the mod, and the nicotine level that's right for me, instead of 56 packs a month, I'm lucky if I buy 1 or 2 packs a month. And to add to that this was an instant change, not something that took a while. Since then I smell and taste things that I haven't since childhood, I can breathe again. Im able to work and play with my family, without setting down to take a break and catch my breath. To tax and treat this great invention like a tobacco product would be a great disservice to many people trying to quit smoking. Soon I will be smoke free, and I owe it all to ecigs.

8/24/2015 1:35:31 AM - KodiacKvaPes

My name is kodiack an this is my story of how i became a slave to an how i broke free from the big tabacco co. Growing up i remember alot of people in my family smoked cigarettes i was 9 the first time i tryed a cigarette i was 11 when i started smoking on a regular basis from then to about 15 i smoked about 10 cigs a day then it progressed to about a pack to a pack an a half aday maybe even two packs im 21 now an been smoke free for a year an ahalf thanks to my mod an my fawgphule eliquid i started at 9mg nic eliquid an now i am down to 0mg nic eliquid ive try other ways to quit smoking but nothing worked besides my mod now that im smoke free i can breath better food taste better i can do stuff longer without running out of breath i love that my mod broke the chains(cigarettes) that inslaved me i feel free i hate the the ecig endrustry gets a bad name i kno so many people that ecigs have help them brake free to... why try to take something away that has helped so many its less harmful for people it does not pollute our world like big tobacco does think how many millions of cigarette butts are throwed on the ground every day cigarette butts do not decompose our mods an ecig generate no waste our plastic eliquid bottles can be recycled an used again i an many others will fight for our right to vape its safe does not hurt people or the world if u take our vape u need to take alcohol an cigarettes cause alcohol kills millions every day in many different ways an cigarettes kill millions to my mom had to have a triple bypass because of cigarettes that is why i quite smoking so if u take our vape u decide the fate of millions which is death by big tobacco co. FIGHT FOR OUR RIGHT TO VAPE come on big tobacco give millions of peoples lungs a break YOUR RIGHT TO SMOKE IS OUR RIGHT TO VAPE

8/24/2015 1:35:19 AM - Kayla R.

I smoked cigarettes. It made me feel like I was the coolest kid around. I started in high school, my junior year. All I wanted to do was skip school and go smoke with the other smokers in my class. We had learned about the major effects smoking causes. But we didn't care. That happened to other people, not us. We thought we were the coolest kids ever. At the end of my senior year, after graduation, I found out that I was pregnant. Not wanting to harm my child I immediately quit. Cold hard turkey. It was easy at the time because morning sickness and the heartburn and sensitivity to every smell just made it much easier to stop. I didn't smoke until a year after I had given birth. I went to a party and was offered a cigarette and I couldn't say no. The intoxication made it seem like it was a great idea. After that night I continued to smoke. I smoked for a total of 7 years. My teeth, hair, and skin were awful. I had always had an issue with dry skin, and while smoking it was drier than ever. My teeth started to hurt, right where I held the cigarette in my mouth those teeth were the worst. I always smelled like smoke. I didn't even notice. My best friend turned me to vaping about a year ago. I had tried to quit cold turkey again. It seemed to be working but I found myself asking other people for cigarettes while at work or out and about. I thought why not, if I want a cigarette I could use a vape pen. Ever since I bought my first mod I haven't stopped. I enjoy vaping. I now have several mods and I feel part of a family. I follow every vaper I can on instagram. It's the only community that doesn't show hate. Everyone is helpful. From coil building advice to juice reviews and the latest atomizer news, everyone helps everyone out. There is no judgment. I love it. Cigarettes will suck the life out of you. Vaping saved me and in return brought me into a community. A healthy, badass community. It's been almost a year since I started vaping and I was instantly hooked on it. Big tobacco companies don't have cloud competitions or do giveaways and they certainly do not have ECC. I love vaping! Thank you to all who read my story. I know it was pretty long. I apologize for any spelling errors. Follow me on instagram if you would like! @kayla.ginger

8/24/2015 1:34:13 AM - Randal McKim

I smoked 4-5 cigars a day, not the little ones, the full size 50+ ring size 5-7 inches long.

I heard of vaping and the ability to stop smoking. I purchased an e-cigar used it for about a month and quit those stinky cigars now I vape a year later with zero nicotine About 6 months ago I bought my son and daughter in law each a vape kit (they were smoking 2 packs a day each). They are now smoke free and enjoy vaping daily. No more smell or all those chemical from cigarettes. We all use mods I use zero nicotine and the kids (they are in their 40s) use 6 mg. per mil. It has changed our lives for the better and to include these as tobacco products would be a great injustice to all those who have quit smoking using these products.

8/24/2015 1:34:04 AM - Lance

hey,

I started smoking when I was 17. mostly due to I grew up in the south we farm tobacco and my dad worked for Phillip Morris. so I have a big history in big tobacco!!!! I heard my dad say one time he would not smoke a Marlboro due to the chemicals they added!!!! well needless to say I smoked Marlboro Menthols from the start.

I can now say I have been vaping for 6 months now and have not smoked a regular cigarette. I currently own a IPV 3 lI and vape 3mg juice. I started out using the eGo style batteries and tanks then upgraded to bigger battery and tanks. I JUST WASNT GETTING THE VAPE I WANTED! Finally I talked to a friend and he told me if I wanted to go to mods that was a good start. so I went to my local vape shop and picked one up. Now I am happy with My mod. Also my wife does no mind me smelling like strawberry granola bars either.

I work as a Paramedic and I am always picking up Patients with COPD lung cancer and so forth. all from smoking!! is vaeing 100% safe and a better alternative my answer is yes because I see the effects of smoking first hand.

Now that being said I hope that the gov will participate in good practice with Vaping companies and not regulate the hell out of them because they have big tobacco in there back pocket. who wants to be told you used to have 31 flavors now you have 4 because we don't like the way they don't do something our way. that is a load of crap.

now I am going to get off my soap box and let some one else have a turn

thanks Happy Vapeing

8/24/2015 1:33:51 AM - Matt Essex

After having smoked for over 20 years, things finally had to change for me, the cost of smoking 20 regular cigarettes a day combined with the noticeable health decline was something that I knew had to stop!., but saying was easier than doing, after trying many times to quit using the "promoted" methods (gum, lozenges, patches etc.)

all of which made no impact on my desire or will to give up smoking.if anything they were so bad that they made me crave cigarettes even more so.

So what to do?, as all else had failed.

I stumbled across ecigs and thought I've got nothing to lose so bought a regular ego style pen some e liquid and off I went.

To be honest it took a couple of attempts of on and off smoking and vaping, but something still wasn't right for me, until I researched into vaping a whole lot more (with thanks to the likes of "INDOOR SMOKERS", "TIA VAPES", "TWISTED 420", and" RIP TRIPPERS") bought a battery mod a decent tank, some good juices and found my sweet spot and I was all set.

Now 8 weeks on I'm down to 3mg nic and I haven't touched a single cigarette and have no desire to do so.

There is a noticeable change in my health I feel so much better in the morning and generally all day. I recently went to the dentist for a check up and they told me that since my last check up 4 months ago the noticeable difference to my dental health was extraordinary.

Vaping is now very much a hobby for me and something that I enjoy as apposed to smoking, I thank the vaping community and support from the above mentioned channels to give individuals the info needed to make the switch to a much healthier alternative to smoking.

Below is an important link related to vaping in my country (UK) at the moment that creates scientific fact not fiction about the positives to vaping over smoking.â¬‡â¬‡â¬‡

https://www.gov.uk/government/news/e-cigarettes-around-95-less-harmful-than-tobacco-estimates-landmark-review

8/22/2015 11:30:08 AM - Michael Owens

I started smoking my fist semester of college in 2013. It started with just one here and there and 2 years later im smoking a pack a day. My cousin decided he was going to buy a vape one day and showed it to me. I didnt really think much of it at first, but as time went on i bought my own 20 dollar start-up kit. Later that year i got a job that involved quite a bit of manual labor and on break i would go outside and smoke 2 ciggarettes, come back in light headed, couldnt catch my breath, until about an 20 minutes passed by then i would be relatively fine. After about 2 weeks of this i decided it was time to quit! So i grabbed my little vape and threw away the last of my ciggarettes. I started vaping with 18mg nicotine juice, after about 2 weeks i went down to 12mg, another 2 weeks down to 6. One day I ran out of juice, was having a hard day at work and just wanted something to calm me down, i decided to grab a ciggarette. So i lit one up, felt terrible and was worried that this was going to start smoking after that one. Then it hit me, the terrible taste of smoke, instantly got a headache, it was hard to breath again, and I thought to myself how did I used to do this to myself everyday. A few months later and you get to present day and have not touched a single ciggarette in 5 months, I feel so much better, I can breath better, Taste food! I dont get anymore headaches after i go on my break. Now i have bought a new vape , and am down to 3mg niccotine, and about to go to 0mg. Vaping has had one of the biggest and best impacts on my life! I have recently been getting a couple of coworkers to stop smoking and start vaping, while most of them havent stopped alltogether they have noticed that they have cut back on smoking quite a bit. I love my vape! And the better life it has given me!

8/22/2015 11:29:55 AM - Nathan F. Miller

I had been a pack-and-a-half a day smoker for 25 years, the majority of my life. I had tried to quit for about a third of that, using methods like the gums, but without success--I could only ever quit for a few days at most. In December of 2014 I first tried vaping, exploring a variety vaporizers and fluids. I cut my smoking down dramatically, and was a duel user for about a month and a half. On my birthday in the following January, I threw my cigarettes away by plan, and have been an EX-smoker for the many months since then.

I did this mostly just with plain old Egos and stardust tanks, which is still what I use nearly all the time. I only bought a more expensive Aspire sub-ohm system when I reached my six-month mark; I figured I should have a virtual 'cigar' to celebrate!

8/22/2015 11:29:39 AM - John C

I began smoking at 16 years old. I started by smoking at parties then it turned into a full-fledged pack a day habit by 17. When I was 18 I joined the military and after boot camp I thought I kicked the habit, but it quickly creeped back into my life. Before too long I was back to a pack a day with no end in sight. At 21 I was successful quitting cold turkey for about a year and a half . Once again smoking creeped back into my life and it was like I never quit! The first day I smoked a cigarette, the next day I bought a pack and by the fourth day I was already at a pack of cigarettes a day again. Three years later I decided it was time for me to quit smoking again. I tried to patch and it was unsuccessful, I then tried Zyban, gum, a smoking sensation class, and even therapy and was unsuccessful each and every time. On June 1, 2012 I received my first electronic cigarette in the mail. I pulled it out of the package loaded up my carto tank with fluid, threw my pack of cigarettes in the trash and never looked back! I've been cigarette free for 1176 days as of today! I vape 5 to 6 ML's of juice a day at 1.5 MG nicotine. I feel healthier than ever. I no longer hack up every moring in the shower which was F-ing gross! I can exercise without wheezing, but most of all I am proud of myself and my family is proud of me as well.

8/22/2015 11:29:22 AM - David Combs (Gudmund Forn Valdyrsson) Rhode Island

I was a smoker for 19 years and 16 of those years I smoked a pack a day of Newport 100's. I have had three heart attacks over the last three years and have had bad arithmia and high blood pressure. I had tried everything to quit smoking, medication, patches, nicotine gum and cold turkey. Nothing worked and even faced with the fact that I might not see my son grow up, I couldn't quit. About two months ago after an appointment with my cardiologist, I was walking home and stoped at the local store to pick up a pack of cigarettes. I noticed they had these small cape pens (eGo-t). I decided to try it out and bought the eGo-t a bottle of 24mg e juice and my cigarettes. I got home and charged it over night. The next morning rather than grabbing my morning cigarette with my coffee, I grabbed the eGo and tried that. A few days later I gave the rest of my pack that I had bought the same day as the eGo and I had only had one cigarette out of the pack. It is now almost two months later and I have been cigarette free the whole time. I went to my cardiologist appointment today and my blood pressure, my heart rate and my blood oxygen levels are all back to normal. nd the best news is that my arithmia that has been caused by a bad valve in my heartand was going to require a stent being implanted to correct it, is actually getting better and now I don't need the operation right now, but possibly in the future. Vaping has definitely improved my life, my health and my ability to be a more active parent. I now vape at 3mg nicotine level and use a Innokin MVP3.0 pro with a herakles atomizer. I should be nicotine free in a few weeks and it's completely thanks to Vaping.

8/22/2015 11:28:55 AM - Andrew

When I was 13 years old I started smoking cigarettes. For 9 years I smoked menthol cigarettes and averaged about a pack a day. Roughly 5 dollars a pack. On July 8th of 2014 I was introduced into vaping. I first started vaping e cig pens and gradually moved up to rebuildable e cig mod. It's been a year of vaping and I have to no disire to smoke anymore. Smoking

always gave me a couch and gave me a virus. Vaping doesn't cause that illness. Vaping has just done good things in my life. I currently vape on a SnowWolf 200watt Temperature Control Box Mod. I started vaping a 6mg nicotine and currently vape 3mg of nicotine. I sure wouldn't want to pay a lot of money for a product that doesn't kill me. Vaping has lifted me up and has changed my life in a positive way. I can honestly tell you that vaping works.

8/22/2015 11:28:25 AM - Debbie Seese

I smoked for 25 yrs. and tried to quit several times without success. That is until one day when a friend gave me a electronic cigarette and e liquid and said just try this before you go back to smoking those cancer sticks. I used 3mg nicotine for maybe 2wks and was then able to go to 0 and continue with 0 nicotine with no difficulty. To my amazement it worked and I haven't touched a cigarette since that day in June 2015. I've only recently switched from ego style to a mod battery with a small clearomizer and other such tanks. I know that if I wasn't using the vaporizers I would have picked up the cigarettes again and I suffer from hypertension crisis and am closely monitored by my nephrologist he supports my efforts and is on board with my alternative method to stay away from cigarettes.

8/22/2015 11:28:13 AM - AnthonySamoraID

So I started vaping about a year ago, I started with a E-Pen as I like to call them, my battery was a vision spinner and I think the tank was an Aspire tank, ((had a coil to screw in not any sort of string wick that I had seen before)) it was decent, but I was still missing something from my setup, I was missing flavor and oh was I missing enjoyment. I thought this was going to be 2 months total of vaping and I was done with Nicotine. I had got my first true mod at a local B&M I got a Nemesis by Hcigar with some Green Efest Batteries, (never using efest's or Imrens anylonger btw) and I got hooked, two simple macro coils 24 gauge was all I needed at least that's all I thought I needed.

I went to my first cloud comp in December of last year, with my Tobh Clone and my Nemisis and I did decent, but the entire environment of the comp, caused me to get hooked as a subohmer. I pushed my batteries to the brink hell I think to this day I am lucky I never vented one with my shit batteries, never in my mind did I think a 2600 mha battery would last more than 3 hours of chain vaping I thought that was just how it was. I never got a hot button ((unless its on my hybrid that I got later my center-post kept pushing up)) but I was hooked dual parallel 22 gauge coils was what I always built, I aimed for .08-.1 and I loved cloud chasing, I still do.

December of last year I bought my first true authentic mech, its called the Sleeper mod, its made by a small B&M set here in Idaho, and its 100% fabricated in the machine shop they have in the back. Its simple magnetic switch (although if you subohm seriously low you want to switch that for two springs), brass body, thick fucking teeth in the joints, copper pin and hybrid top cap. Its simplicity perfected, I have seen many mechs tired other friends mechs and still nothing from a mech standpoint is as satisfying as the Sleeper. I still subohmed not all the time, and after each round I was swapping batteries, my normal build is my Freakshow, where I use 22g off road wire(thats what the B&M call it) 4 wraps, dual coils that was my every day vape for ever.

I have had many tell me a tank would be aweosme for me, maybe I wouldnt drip as much, my issue is I tend to carry around anywhere between 300 ml of juice all the way up to a full liter of juice on me at any time, different bottles each time I go to drip I drip one of my other flavors, I have flavors that I could vape all day long but I enjoy too many different flavors that I have to switch up that much. I do prefer most juices to be a 70/30 or higher VG than anything.

Than I started getting smarter about vaping, back in June when the VTC5's came back, I got myself 10 VTC5's and threw out all my other batteries. ((Recycled)) I know the limits of the battery and on cloud days I like to push them, knowing full well a .06 is risky but low builds keep me in new vaping swag and juice, and its a hobby I have enjoyed I love pushing clouds to the limits and stretching my lungs. I was a 2-3 pack a day smoker for 10 years, and really damaged them, and I use how much I stress my lungs my increased

capacity for vaping, and my increased draw as a good example of where I have been in the past year.

My health is 120% better I used to always get these really bad colds that stretched on for weeks, where pneumonia was always something I dealt with standing outside in the Idaho Winters sometimes 10 below killing myself 6 inches at a time. I watched tobacco kill my mom, and in turn kill my father due to a broken heart from mom dying, I am 28 years old and my friends joke I am 40 because smoking as much as I did has really aged me.

I just got my latest x-rays back from my doctor after a year and he is shocked, he cannot tell I am a smoker from the X-rays, my lung capacity is up there for a man my age, and I feel 100% better than I have for a long time. I was able to get my mile time back to when I was in peak condition in the army ((still smoking btw but feeling great)) and I think I can do better.

I still have my mech that I use for comps, but I just upgraded to the IPV4s, and I now am enjoying the flavor I was missing with different claptons, I always built them in the Ohm range that I figured would be good on a mech, .14 ish but they just ramped too slow and I simply always preferred standard kenthal over anything fancy I tend to vape between 80 - 120 and am loving life, I am about to try my first TC build ((have to have my bm build for me my hands still shake too much to get a perfect nickle coil down)) finite dexterity is not my strong suite, careful precision I am not that great with, and getting even spacing off nickle I have not been able to master.

Vaping has truly saved my life and I wish this was in its boom 12 years ago, I think this could of saved my mom. I knew my reason for smoking as much as I did was because I thought who cares if I dye young I am going to enjoy life as much as I can. I realized after my mother passed how much of a selfish prick I was, because those who love you will care. I tried quitting many times for my dad, and ultimately it was after his death a little over a year ago that got me to consider vaping again. My first experience was with the Cigalikes you get from Tobacco stores, was not a fan and that turned me off of vaping. I always told him when he stopped chewing I would stop smoking he passed last may, and it took me 5 months to quit smoking but I have not had a single sober cigarette since.

8/21/2015 11:42:59 AM - Tomkrynock@gmail

Thanks to vaperizing I've quit smoking its been over a year feel so much better

Government please don't make it harder on people to switch

Ive smoked for 25 years and tried quiting dozens of times

8/21/2015 11:42:47 AM - Devon

I started smoking at age eleven in the seventh grade and have tried to quit on and off for the past several years. One day I decided it was time to quit (I've told myself this many times) and I had bough one of my friend's Segelei 100 watt device and some e-liquid that was 6mg in nicotine strength. That day I hadfinally found a way to quit and I haven't had a cigarette in over six months! I feel great, I don't feel out of breathe while exercising, I don't have to use my inhaler as often (I am asthmatic,) and I can finally breathe again! I've not only found a way to be healthier! But I have also found a hobby, friends, and a community through vaping. Please don't pass the bills, you're taking away our rights to do something that is completely harmless. The government is supposed to listen to the voice of the people and right now you're trying to silence us. Please do not take away or try to regulate my rights to vape.

8/21/2015 11:42:36 AM - Kory

I smoked for Two and a half years, I know that is not very long but i had to stop and wanted to but couldn't. I tried chewing, I tried the patch, the gum, and nothing helped. So one day i started watching vidoes on the internet about vaping, and decided to give it a try. So i went out and got a vape pen and I haven't had a cigarette in 5 months. Now i have more energy, I feel happy, and i just feel good.

8/21/2015 11:42:26 AM - Jeff meek

Smoked for 32 years. Found gaping and have been tobacco free for just over 2 years now. Never felt better. Have weened down to 0 nic now. So much better than stinking and coughing.

8/21/2015 11:42:15 AM - Brian Sabul

Hello, my name is Brian Sabul. I smoked cigarettes for 6 years. I started using e-cigarette products 1.5 years ago. I use a regulated mod with a dipper on it using 6mg juices. Since I started vaping the quality of my health and my life have greatly improved! When I smoked cigaretts I was always very short of breath, which haltered my physical activities and my overall health. Aside from my negative health problems I decided to start vaping because my grandfather and many other people that were close to me in my life have passed away from problems directly correlated to smoking cigarettes. If my grandfather had stopped smoking or started vaping he would be here still. It saddens me that our state legislature is so money hungry and corrupt that they would attempt to classify vaping as tobacco products. There is no tobacco in vaping products!!!! The only thing vapes and cigarettes have in common is nicotine! I'm all for enforcing more strict rules on underage vaping, but c'mon! As far as I can tell the government is ore concerned with making money than the peoples' health and well being!!! California government especially has their hands in the pockets of big tobacco companies. Vaping has blown up in the ost 5 years and apparently it is hurting the big tobacco companies that profit off of killing people everyday!!! That truly digests me!!!! I hopenandnpray that justice is held for the people and that the health and wualoty of life provided from tobacco alternative like vaping products prevails over a money hungry, greedy, illogical, murderous government in the pockets of big tobacco companies!

8/21/2015 11:41:46 AM - Gray Jones

In 2003 the Veteran's Administration told me I had emphysema. July 31, 2010, after 7 years of apathy about quitting, I ended a 55 year tobacco existence with electronic vaping. Vaping moved me from suffering to manageability. My doctors tell me, "You no longer have emphysema, what ever you're doing keep doing it." Today I'm able to walk normally the perimeter of 12 LA city blocks every evening and sleep good...Semper Fi Nam 66-67

8/21/2015 11:37:09 AM - Jonathan Tabor

I've smoked menthol cigarettes for almost 20 years. At my peak I was smoking almost 2 packs a day. I was diagnosed with congestive heart failure in 2004 and since then I have tried MANY different smoking cessation aids. Specifically I've used nicorette gum and patches, Chantix, Zyban and welbutrin. Everyone of those products failed and I gained weight rapidly while on them. At my peak weight, while i was on chantix, I weighed over 320 lbs. I was going to die smoking cigarettes and I knew it would be the cigarettes that killed me.

My life changed a year ago when a friend of mine, trying to help me save money on cigarettes, directed me to a tobacco shop in town. The young lady that ran the shop told me how she had struggled with quitting the same way I did and that the only way she quit was by using an electronic cigarette. I decided what the heck it was worth a shot and since that moment I have never picked up another cigarette again. I am now and have been smoke free for almost a year. I have lost down to 240 lbs and I feel better then I have in over 15 years. I cannot express the impact that quitting cigarettes has had on my life, there simply is not enough words to express it. I have more energy now then I ever have had in my life. I can run and play with my son, something i haven't been able to do his entire life. I no longer dread going to the doctor for check ups. I now only visit my doctor once every 6 months for checkups instead of every two months for blood work and prescriptions.

8/21/2015 11:36:50 AM - Mike

I smoked for 16 years and kept putting off quitting for far too long. I had one friend who started vaping and I ought it was just a fad. I am now 5 months smoke free yesterday and I couldn't be happier. My tastes bids are back, I don't smell anymore, I don't have to step away to avoid annoying anyone and most importantly I feel healthier already. I couldn't be happier with my decision to start vaping. I also have converted my wife to vaping who is now one mo the cigarette free. Vaping saved my life seems to be thrown around a lot but couldn't be more true. Thank you to the vaping community as well as all those who support what we do.

8/21/2015 11:36:35 AM - vapor_garage

vaping has helped me to stop smoking after 22yrs of smoking cigarettes and have a safe alternative to smoke cigarettes ...vape products is not tobacco and should not be in the same class as a tobacco product ...aloha from hawaii

8/21/2015 11:36:25 AM - Logan

I\'m currently 25 years old, I started smoking when I was 18, and was a moderate smoker for 5 years after that. I smoked and dipped, depending on what I could get on my deployments, I preferred dipping, but I knew both were exceptionally bad for you, but I needed something to take the edge off. I had tried the cigalike products a couple times, the Blu ecigs etc, and didn\'t like them very much. Then I had a buddy get really into it, and got a mod and tank, and I decided to give it one last try. I got a cheap mod and a couple cheap tanks, and I was amazed at how much better it was. I was using 12mg juice before, and now I\'m down to 3mg nic juice, I don\'t know if I\'ll ever go down to zero, but I do know that my health improved greatly afterward. The first few months after I was vaping I coughed up all the tar that was in my lungs, but I\'m in such better health now, it was worth it. I even started doing my own DIY juice now, which is even cheaper than buying them. All in all, it\'s been a great decision in my life, and taking the ability for someone to improve their quality of life away because of tobacco lobbyists is despicable.

Vape on. _\\,,/

8/21/2015 11:36:13 AM - Lonnie

I was a pack a day smoker for over 30 years. I tried to break the grip of cigarettes several times. I was introduced to vaping, put down my cigarettes 2 months ago, and have no desire to go back. In just the short 2 months, I've gone from 12mg of nicotine to 3mg down to 0mg. I am very proud of myself and thank the vaping community for all the help in staying off cigarettes. I can smell and taste again. My walls and windows aren't stained yellow from nicotine. I used to get sinus infections regularly. The warm vapor keeps my sinuses clear. I can now breathe again.

I am literally like a kid in a candy store with all the wonderful flavors. The house is filled with delicious aromas instead of nasty cigarette stink. I haven't really started to save money, YET. I kind of turned it into a hobby or obsession. I'm learning as much as I can and buying new things to try. Once that calms down, I'm sure the savings will be huge.

Vape on and thanks

8/21/2015 11:36:02 AM - Frank Carlo

I was an "on again, off again" smoker for over 20 years. I quit several times but always picked it up again for various reasons. I justified it by telling people that "it's my only vice since I rarely drink and don't do drugs". I was kinda proud that I could quit "cold turkey" whenever I wanted.

I'm not gonna say I didn't know the dangers of smoking and as a medical professional you'd think I'd know better than most but it never stopped me. As an EMS provider I'd have patients in my ambulance who suffered from respiratory or cardiac issues related to smoking and I still didn't stop.

Now at 41 I just decided that I was going to try something else so I went to a "vape" shop and purchased by first mod and e-juice (grape flavored with 12mg of nicotine). I didn't just do it either, I researched e-cigarettes and vaping before doing anything. I wanted to know the pros and cons. What was the cost factors? Are there any health implications? What are the laws in my state?

Once I was satisfied that I was well versed I made my purchased and began this new adventure. To my surprise in less than 2 days I had smoked my last cigarette and within a month went to e-juice with no nicotine added. I also noticed that my breathing had improved dramatically and the cost of vaping is much better on my wallet.

I'm not the type of person who would force my views on others, If you ask me I'll give you my honest opinion but won't beat you over the head with my mod to get you switch. I'm also proud of the fact that I'm not a "bad" ex-smoker who makes smokers lives miserable. I have friends that smoke and I don't mind if they light up around me. They smoke, I vape.

People smoke for various reasons and it's not my place or anyone else's to question their motives but I will offer this one piece of advice.....you do have alternatives. I only suggest that you do your homework to see what will work for you. Vaping is my solution but that doesn't make it yours.

8/20/2015 1:28:07 PM - Carl

Feb. 18, 2014 at 12 noon, I gave up. I became a quitter. One that everybody loves. I did some research into vaping. I, like most, got suckered in with the nJoy's and other gimmick substitute nicotine delivery systems. When I did research vaping as an alternative to smoking, I did so by asking other vapers. The ones that use the products everyday. So, on Feb. 18, even though I still had half a pack of Marlboro's, I quit. Two packs a day for almost thirty years. Kept that half a pack around for about a month or so. Never did finish it, nor did I sneak one. Vaping has been the BEST thing for me to quite smoking cigarettes. Started out at a high level of nicotine, 24mg to be exact. Now, I am happy to report, I am vaping at 12mg and sometimes even as low as 6mg of nicotine. Something that I NEVER could do smoking cigarettes. No more stinky clothes, foods have a whole new flavor. By far, the best choice I ever made. Vapers unite, and don't ever quit quitting!!!

8/20/2015 1:27:55 PM - Kelvin Lam

I got out of High School and went into Programming not knowing how stressful it would be. I took up smoking at the age of 18 and at the age of 22 I was at a pack a day smoking Malboro 27s. I was finally able to stop smoking thanks to some coworkers of mine that introduced me to vaping at 25 and I have been free of cigarettes for over 2 years. I haven't had any side effects from it and my doctor says my lungs are looking better than before. Before I tried vaping I tried Nicotine patches and let me tell you you do NOT want to experience any of those side effects. I couldn't get a good nights sleep at all the entire time I attempted them and the side effects on pills like Chantix which can give you Suicidal thoughts? No thank you.

Please take your time to consider my story and do the right thing with your vote.

Thank you for your time,

-Kelvin Lam.

8/20/2015 2:45:29 AM - andy singharat

Well i was diagnosed wid heart failure in December 2014. Soon as i was release, i walked into a local b&m and ask for help to quit smoking! They gave me a good setup that did help. Because i did try egos and ecig before and neither work! So i decided to give it one more shot. So spending the extra few bucks worked. Im 30yrs old and smoked since i was in 3rd grade, lol over 2 decades. Now its been a lil over 8mth since i started vaping. On 3mgs nic now but plan on going down to zero! I smoke maybe 2 half of regular light marblo in june bcuz life can catch u at the worst momemt. Specially after heart failure, 2 windpipes not working, lost marriage, and i can keep going but im not gonna ramhle my life story. Its still a bumpy coaster but ill manage alone. Its been rock bottom but i still havent touched a cig except the beginning of my down fall. But i feel the same while vaping as i did with cigs because of my medical conditions. No change really its jux i have to keep my arm raising up to my mouth i guess as a habit. Lol thats it for me and keep on vaping or continue to stink after the real cigs yal!

8/20/2015 2:45:15 AM - Brian Whittington

I smoked cigarettes for over 20 years, and have tried everything to quit. I've used the patch, the gum, and even the lozenges nothing worked. Then one day my wife how is a smoker came down with pneumonia and keeped smoking which made it worse and she ended up in the hospital for a week. The smoking almost killed her.

When she got back she decided she was done and started the patch, which didn't work. So i went out and got her one of the cheap e cig from the gas station. The e cig with the patch seemed to take the edge off, but it still wasn't the best. Then on day a friend of hers said go to a Vape shop and get a good mod and tank. The day she got it home i tried it and was shocked at how good it was. So i decided to do some research into it and a week later i had one myself.

The day i started using Vaper was the last day i ever touched a cigarette. I was smoking day in and day out for 20 years. I was having my own issues from smoking so many year and now 20 years latter I'm free. I can breath better, my tinnitus is starting to subside, and sens of taste is back. I have been Vaping for over a Month now and not once had a craving to pick up a cigarette. The FDA need to start thinking of the people this is saving and not the money there getting from the number one Killer in the USA (Big tobacco)

8/20/2015 2:44:58 AM - Diana Ziesel

I smoked for 41 years. Tried the e-cigs and then heard of the vapor. It has been a miracle!! Only at 4 nicotine. Never once even had a puff of a real cigarette since. My doctor said my lungs sound great. Also many people have told me my voice has came up like 5 octanes. I love having the NO SMOKE ODOR. I notice it on smoker's now and think how gross!! I could have NEVER done it without it. This should NOT be taken away from people who want to quit.

8/20/2015 2:44:48 AM - Max

I have been smoking cigs ever since i was 7 years old because i was forced into it by my family. I smoked all threw high school and it made my life hell. When i turned 18 i moved out of my house and into my friends Apartment. He showed me his vape and i thought it was so cool. Ive tried the gum and the patches before and neither of them worked for me. So i went to my local smoke shop and got my first mod. A subtank pro with a itaste mvp3. Ever since that day i havent smoked a cigarette. Its been 3 years now. Vapes have saved my life. I vape at 12 mg of nicotine and i started at 32 mg.

8/20/2015 2:44:37 AM - Brady T McDowell

I have been smoking American Spirits for over 5 years, mind you I am 21 years young.

My girlfriend had been smoking L&M's for over 4 years, mind you she is 21 years young as well.

We both started vaping, and now we've both been smoke-free for over a month.

We make our own juice at home, and we feel so much better, we've even been hitting the gym 5 days a week.

8/19/2015 3:10:24 PM - Darrell Parkhouse

I was a two pack a day smoker, my health was getting pretty bad. My brother heard me breathing and he said that I should stop smoking. He gave me a vaporizer that he was not using, I tried it for about two weeks. As a result i went out an purchased my own device, and i will never smoke another cigarette again thanks to vaping

8/19/2015 2:16:40 PM - jeremy marland

well let me start off by saying I've been a non smoker for 2 years now and loving it everyday.My mom passed away March 8, 2010 from smoking cigs. I know i sound like a dumb ass but she has breast cancer and 4 stokes i blam the cigs.They killed my mother.I did start smoking after till i started waking up feeling like crap.I seen one of my friends with a vape.I asked what is that he said a vaporizer...My thought was thats dumb and wont last long.The smells from the vaporizer caught my attention mostly and i had to buy one to see what they were really all about.I have been stuck to a vaporizer ever since.

8/19/2015 4:56:49 AM - trevor wagner

this is my short but very real story. im 22 years young and about 4 months ago i was put in the intensive care unit and was diagnosed with type 1 diabetes, smoking cigarettes would only cause even more health issues for me in the future and be alot worse being a diabetic, i took it very serious and realized its time to kick that bad habbit after many attempts to try and quite cold turkey with gum and with patches none of these things worked finally a friend introduced me to vape and it saved my life truly and after alot of research i found that cigerettes would ultimetly raise my blood sugar by 30% and cause many other health issues with all the chemicals that are added were vaping only raises my blood sugar by about 8 % after about a month and a half of vaping now i notice that my diabetes is more under controll and my blood sugar is noticably lower after my insulin and meal plan the vape industry has truly saved me and i am forever grateful.

8/19/2015 4:56:40 AM - Kurt Schryver

I smoked cigarettes for over 30 years, and the day I started vaping, I put the cigarettes down and have not picked one up since. Within a week, my sinuses cleared and my sense of smell returned. Within a month, my sense of taste returned. I have been cigarette free for 4 months and my doctor says my lung sounds are starting to return to near normal.

8/19/2015 4:56:31 AM - Mark Marchesin

I have been a smoker since the age of 19. I have tried many alternatives to smoking, such as nicotine gum, patches, lozenges, prescription medications, hypnosis, and even some unconventional "cures" like faith healing. Nothing has ever really worked, because as most smokers will attest, there is definitely an oral fixation involved.

I stumbled across lesser electronic cigarettes (like ones meant to resemble cigarettes) during their infancy, and unfortunately only found mild success. Cartridges were a new idea, and often times you weren't getting the most for your money. Atomizers were expensive and clunky, you were lucky to get a 50% yield from cartridges, and even cartomizers weren't making things any better.

I gave up on electronic cigarettes for a long time until my older sister showed me her vape pen; I became intensely interested and eventually built my first rig which was a 20W battery with a tiny clearomizer from KangerTech... I eventually went for a 50W-100W mod option with a 3 mL clearomizer, and since beginning vaping this past December, I have found much success.

While I still very seldom smoke cigarettes (went from 1.5 packs a day to maybe 1 pack a week) at work, while at home I use my vape exclusively, and I'm well on my way to phasing out cigarettes all together.

8/19/2015 4:56:16 AM - Kevin Varner

I smoked 2 plus packs a day for 7 years. I couldn't run more than 10 feet without huffing and puffing and needing another smoke. I started vamping and within a few months a completely kicked cigarettes and now after barely and month off cigarettes and on vape I can breath better I can run a much further distance and the best part is I'm not wasting 20 bucks and day on cigarettes that are killing me. Varina saved my life

8/19/2015 4:56:08 AM - Anthony Clark

My whole time growing up I honestly thought I would never smoke a cigarette let alone be a full time smoker. Things change especially when your in high school and you want to fit in or simply do things that everyone else is doing. I smoked my first cig at age 15 and I hated it, but over time I learned to love it. For years I didn't see the damage it was doing to me but after 5 to 6 years I started noticing that I ran out of breath a lot faster than I used to. I also started to constantly have a full throat of mucus especially in the morning when I would wake up. It was very uncomfortable not to mention embarrassing when I was constantly coughing or hacking it up. Not only these issues but I stunk like smoke and non smokers hated to be around me. Even with all these issues I continued to smoke a pack a day for another eight years and all these mentioned issues got worse and worse. I wanted to stop and tried many times but failed because I was simply addicted to it. Around this time electronic cigarettes were just coming out on the market and I definitely had my suspicions because it was something I had never seen before and it didn't sound like something I would like. I tried some of my friend e-cigs and it was ok but I was still skeptical because I loved cigarettes still. I knew I had to stop smoking if I wanted to have a long healthy future so I went out and bought my first simple starter kit e-cig setup. I'll be honest it wasn't a smooth transition I still smoked cigarettes sometimes but much less. Over time e-cig technology got better and better and I got more interested in it. I had a lot more options to choose from with e-liquid, tanks, batteries, etc. I was able to be completely satisfied with my new setup and honestly had no interest in regular cigarettes anymore. Over the next 3 years my vaping collection grew, my vaping knowledge grew, and my overall love for vaping grew tremendously. I am now 3 years clean of cigarettes and or any standard tobacco products. My lungs are back to how they used to be before I started smoking, my throat is mucus free, and I don't stink. I have zero regrets for making the switch. My only regret is not doing it sooner. Not only am I healthier but I honestly found a new hobby in it which I lacked before. I never had a hobby or anything I enjoyed this much on a regular basis. Switching to vaping is one of the best decisions I have ever made in my life. I know in my heart I'm going to be vaping for the rest of my life and I feel its my duty to spread my knowledge to all the cigarette smokers out there because I know it can change their life for the better. I know there are other options to quit smoking but this is one I have seen be successful more than not. I am a success story and my story isn't over and I hope it never will be. I know people are trying to take our vaping rights away which in my opinion is the same as taking our rights to be healthy away. We all have a right to be healthy and I am healthy and smoke free today thanks to electronic cigarettes.

8/19/2015 4:55:56 AM - Don Beethe

I started at 18 when I was in the Navy.. Smoked for over 40 years.. Knew friends who tried the patch and never quit so didn't want to bother.. Had a minor heart attack and tried Chantix. Failed miserably with it. Had a second heart attack and realized I had to quit. My wife also smoked and discovered cig-alikes at a drug store. After getting out of the hospital, she got me started on them. Eventually got into cartomizers and now vape equipment. Haven't touched an analog cigarette since May 2013. Have no desire to ever go back to those nasty things.

8/18/2015 12:22:54 PM - Lane

Hello, my name is Lane and I just wanted to share my small tobacco sensation story with y'all. It might be a short story, but it is mine. I am 19 now but my story with tobacco goes way back.

Just like many other young people a lot of my family smokes, from my mother and father to my grandparents and so on and so on. It seemed to be like some kind of tradition and at 16 I began carrying the torch of death my self. Being so predisposed to it that it seemed fitting even if I was hidding it from my parents. There was never a need to steal them either, most of what I managed to get was from older friends being a highschooler and all, they certainly didn't care buying then for me since that's where they where headed once the bell rang at the end of the day.

At 17 I was smoking half a pack a day, my dad would seemingly brag about how much he smoked and drinked at my age so I really didn't care. Once I turned 18 and got my first real job however my habbit got much worse, up too two packs a day but usually a pack and a half. My coworkers where shocked at times when I would talk about my problem.

Shortly after starting work, a brick and morder vape shop popped up right down the street, I walked in and low to be hold their was a good friend from highschool, like the ones I was talking about earlier, working right behind the counter. We caught up and he started telling me about all the ins and outs of the pen style vape pens which for a little while was all we knew as he was only one day ahead of me at that point, a couple days later I got my first ego. A little while later I got a variable wattage device and an rda, a basic mechanical mod and rda and before I knew it I wasn't smoking anymore.

As with any story their is a sad part, things where falling apart at home. My parents where constantly in foul moods due to a failing mairrage and any little thing they could pick on bothered them. One thing led to another and my family banned me from using my ecigs in the house, weather an rda or clearomizer I was not allowed to use it but they where allowed to smoke. Acustomed to sitting on the couch in the air conditioning all day I ended up going back to some smoking, maybe half a pack a day, and the times I was out I used my ecig. Once things finally came to a head and Litteraly I was left by both parents, I could vape in the house again and so I started again full time on January of this year.

Have I felt any different since I started vaping? Yes, massive differences in my cardiovascular health. Not being around second hand smoke and certainly staying away from first hand I have more than doubled my athletic abilities. Any negatives? Well, people look at me funny and such but that's understandable as people haven't really been exposed to the idea yet. I have had incidence of people seriously getting mad at me for vaping arguing mostly on lies. One time I had an older woman come up to me outside of a convenience store and say, "Um, don't you know those things have anti

freeze in em'?". To which I responded, "when I was mixing my liquid last night I don't remember putting that in." She was very confused, 15 minutes later of talking to the woman and she started heading to the local shop to kick her own habbit.

That's my story, thanks for the read, hope it's not that much of bore but I hope it helps future young people like me with past history with tobacco find a cure for their addiction. Thanks for your time.

Ps I have seen vape help other people psychologically, PTSD and anxiety. Personally wondering if I'm one. Oh well, back to my fruity pebbles vape. :)

8/18/2015 12:22:38 PM - Judd Tattershall

I started smoking and didn't quit until I was 64 years old. I started to develop some of those symptoms that are associated with smoking and I had been a pack a day smoker for a very long time. I finally recognized a warning when I saw it, so I quit "cold turkey". For about a month there was no problem, but after a month I started to have very intense cravings. Now I knew enough to know that the nicotine had left my body after about three days, and the chemistry for a craving is usually not present after a week or week and a half. I tell people that "Just because you know you're crazy doesn't mean you're not crazy" so while these cravings had to be habit/psychology based, they were just as real to me as anything I've ever felt. I started using e-cigarettes to fool myself. I worked. I haven't had a real cigarette in over four years now. The hardware and liquids have vastly improved since I started from the little ones that looked like a king size cigarette on steroids to drippers with "mech mods" to regulated mods and sub-ohm tanks. I got back most of my sense of smell, and better lung capacity and e-cigarettes keep me from missing the habit I burned into myself for decades.

8/18/2015 2:25:10 AM - James Dallas

After smoking cigarettes, a pack and a half per day, for nearly 30 years I felt it was time get off of them. My lungs were getting a little raspy, my fingers and toes were always tingling, and I hated smelling like a cigarette. So after exploring my options I purchased an Advanced Personal Vaporizer (APV) from my local E-cigarette store. It took me a couple of weeks to learn how to use it and, more importantly, to get used to using it. I didn't want to rush it, so during that time I smoked and vaped. Then in late March (2015) I just stopped buying cigarettes, and by the beginning of April I was exclusively vaping. I have not looked back since, I'm happy to say my lungs are clear (my doctor even said so), the tingling is gone, and I don't stink. I have even reduced the amount of nicotine that I vape, down from 12mg/ml to 3. I have say that Vaping has worked out very well for me.

James Dallas

Warner Robins, GA

8/18/2015 2:24:54 AM - Harold Hernandez

After a lifelong addiction to traditional tobacco products (ALL of them to be exact, tried them all) I was finally on my way to freedom started in 2007. Although I was only able to cut down on my tobacco usage at that time, it was a major improvement. No patch, pill, gum, enema or "reduction aid" EVER did a damn bit of good. Thanks to the FREE MARKET PLACE, the products IMPROVED resulting in what we have today and I have been free from the BONDAGE of TOBACCO PRODUCTS for several years now. Vaping Saved My Life and now it seems as their are those who seek to kill me, by these Draconian, Absurd, Non-Fact-Based Distortions. I would LOVE to be able to watch my Grandchildren grow up, and I KNOW that they would love me to also. My Grandchildren (and many others) believe that the lives that have been SAVED by VAPING are MORE important than THOSE WHO HAVE NEVER EVEN TRIED TO SMOKE OR VAPE. Please help existing Children keep THEIR Parents and Grandparents around and not CONDEMN THEM BACK TO TRADITIONAL TOBACCO. Just as a child-onset diabetic is NOT responsible for their condition but must continue a life-long regimen of supplements, so do those of us who were born with addictive-compulsive behavior (Usually Type-A Personalities) WE (not Pharma or Tobacco) have found a guiding light out of the never ending tunnel of Tobacco Addiction. Vapor Products ARE NOT Tobacco Products anymore than asthma inhalers are fog machines. Thank you.

8/18/2015 2:24:42 AM - Steve T

My parents separated when I was 10. We moved to small town to get away from him. When my mother started working full time she was unable to be home for us, so we became latchkey kids. I don't think we even had to lock the house back then. She was a smoker and left her carton in a drawer in the kitchen. I found them and started smoking. It wasn't hard to steal them from her. I found a way to steal cigarettes from stores to support my new habit. When I started high school I could walk into any gas station and buy a pack "for my dad". Kids will always find a way to do things they shouldn't.

Over the years I've tried to quit several times, never managing to last more than a few weeks before relapsing. I bought a cigalike in 2009 to see if they could get me off cigarettes. They tasted horrible and didn't provide enough vapor to get me to stop smoking. In 2014, my girlfriend bought a double Evod starter pack. One for me, the other for her. She wanted to see if they could replace her asthma inhalers. They were quite impressive and within a month I was completely tobacco free and she could enjoy vaping with me. My sense of smell and taste started to return very quickly. Since then we have moved on to advanced vaping gear and are really enjoying all the different flavors of eliquids. I am down to 3mg nic, should be at 0 soon.

Not long ago we were walking into a mall and by the entrance was a person smoking. It smelled so bad I almost threw up. I have since apologized to my girlfriend and my mother for smelling like that for the past 40 years.

I have been tobacco free since February 19, 2014 and have since then been helping others to quit smoking.

Vaping is not Smoking!

8/18/2015 2:23:45 AM - Christine May

Christine's Story

Hi there.

I live in the wilds of Western Australia. I was born in England and now I am quite peeved that I moved to a country which seems to be so corrupt in so many ways. (Actually since I wrote this I realise that many many places in the world are corrupt)

I am 62, I was a smoker for 47 years apart from the times I was pregnant, which took an enormous amount of willpower to stop but each time I landed back on the cigarettes.

I grew up in London where everybody seemed to smoke, we used to go to a tobacconist on the way to school to buy 1 or 2 cigarettes at a time. By the time I was 15 my Mum (who still smokes a few even though she is 83) started handing me a few fags here and there and we smoked together.

She smoked all the way through 3 pregnancies, but by the time I was of childbearing age it was obvious that smoking was dangerous for our babies so I quit by the time I was three months pregnant. It was so damn difficult but on reflection I think guilt tided me over. But it was a short term solution and each time I landed back on the ciggies.

Over the years I have tried everything to quit, all the usual NRT's with the exception of Champix as I have always suffered from intermittent periods of depression and constant anxiety attacks. Plus at times suicidal thoughts, so after researching it, I realised this would be a very dangerous path for me to take.

I had a friend staying with me who was using vaping equipment, Mr 40+ a day smoker and it seemed to help him to cut down at least.

By this time I was totally depleted of energy and spent most of my time in bed or on the sofa, having had to let my business go as I couldn't possibly drive the 35 mins to my office, this by the way was at a great financial loss, but I had no choice.

So 17 months ago I hit rock bottom, I had increased my smoking to 35-40 per day, I was coughing so much all night that I became incontinent, this was the final straw for me so I ordered a starter kit from an Australian Vaping Company, with tobacco flavoured cartridges with no nicotine and from day one I was able to cut down my smoking dramatically, but I still craved the nicotine.

So I joined a forum and a lovely member gave me some of her equipment which was much more satisfying and the batteries lasted almost a full day, I really haven't looked back since.

Then I found out about this hideous case against Heavenly Vapours and I fell into a state of fear, not just for my own life, but for many others. I have lost precious loved ones to smoking related diseases and I thought, oh here we go again!

So I have been trying everything in my power to support these guys, both financially and by spending many hours each day trying to drum up support for them and to discredit the hypocritical Health Dept and the Cancer Council.

Vaping is saving my life, I am a completely different person to the sad one I was a year ago, my health and energy are returning and I will do everything in my power to support HV as this is such an important case which simply must be won.

Another thought I have just had and would like to add that I can think of at least a dozen people I know, both friends and family who have given up smoking, basically by cold turkey or with NRT's but all of them have put on massive amounts of weight and are now suffering lots of other associated problems with being obese, such a shame to see.

But amazingly I lost 1.9 kilos in the first week, mostly because I gained back my zest for life and for the first time in years have started taking regular walks and made a decision to cut down dramatically on carbs and sugar, you see I have hope now rather than feeling like I was before "waiting to die".

My Doctor who was a bit cynical when I told her I was vaping is totally astounded and is now quite passionate about finding out the benefits of vaping. Additionally she is shocked and dismayed that the CCWA and the Health Dept have taken this ridiculous stance.

I am so disgusted at the corruption in regards to this marvelous new technology. Since I quit smoking, I and many others have worked our butts off trying to get the truth out and finally I feel that we are making some sort of headway.

** Update My lungs feel great, the incontinence vanished almost immediately, but I have to admit I have put on a bit of weight now?? And I have learned about all the horrible corruption in â€œThe health Industryâ€ etc and am feeling very frustrated! But I think there are so many vapers now Wordwide and we are all in this fight together. Every time these "Health advocates" come out with more lies, they are being disproved over and over again.

There will certainly be a revolution if they think we are going to be dictated to and slowly killed off in the name of their greedy wallets. Thank God for social media as the truth is being spread, day by day.

8/18/2015 2:23:28 AM - John from Applegate, Mi

After numerous attempts, using an e-cig has made it possible for me to quit smoking tobacco and I have lowered the nicotine levels in my e juice to a very small amount. Other methods of smoking cessation proved ineffective.

8/17/2015 4:04:53 PM - Dcash

I vape not because I smoked cigs but because I'm a cloud chaser. If I didn't stumble upon vaping I probably would've fell into the peer pressure of smoking. My entire middle school and high school career I've seen classmates smoking cigs or marijuana. Most of the time these kids would either steal them from their parents or pay their friends older brother to buy the cigs for them.

Over the last year I've noticed actually less teens vaping and or smoking, but if i do see people under the age of 18 vaping its usually because their parents have bought them a cheap vape pen to help them stop smoking.

The survey that was taken saying that a lot more teens are vaping now than before, didn't explain the drop of how many teens are actually smoking today compared to 2012 or whenever.

The FDA believes that the flavors may draw in the younger crowd, but wouldn't that be the same thing for flavored wraps for rolling your own cigs and joints? The different flavors aren't to attract a younger generation, its to help those switching find something that agrees to their taste buds.

With this whole ordeal I have noticed a lot more warnings on bottles even from tiny companies. Also whenever I go into buy E-liquid even from shops if been to before, they card anyone that looks under 25 years of age, whether they are regulars or not.

I've gone into a self ran smoke shop a few times to buy e-liquids and my friend has bought flavored tobacco for her hookah, and the owner always cards both of us. Some of the local Vape shops have also carded people before they even ask if they need help, they have it posted several times on the outside 18+ only.

My mom also vapes but she is trying to quit smoking cigs and vaping entirely. From what she has told me, she only got into vaping because of the wide range of different flavors. My mother has cut back from smoking almost two packs a day too only smoking a few cigs.

My mother has been smoking since she was 15 years old. She started vaping about 5 months ago when an co-worker quit and went to work for a vape shop. Me and my mom both have asthma, so smoking for her made it hard for her to breath and made her cough a lot more, but with vaping, I can breathe better, and so can she. The coughing I have noticed has decreased a lot even though she still smokes.

8/17/2015 3:57:55 PM - James Diggery

I've bounced between big tobacco (Camel) and e-ciggs. I started smoking at the tender age of 14. That was 4 years ago! (I'm looking at you big T).

Anyway... I stopped when I got to high school because my grandma had died of euphemism, which is when holes appear on the lining of you lungs. This was a short lived freedom. I turned 18 and starts all over.

Then I discovered lookalike e-cigarettes. It took me a week to buy a personal vaporizer! That's how bad they were.

Now I'm dropping away from the cancor stick and enjoying a safe alternative to my guilty pleasures (nicotine).

Apart from the occasional cough from improper vaping I've noticed that I can do the following...

Â° breath deeply

Â° run

Â° enjoy fearless living

I've not had a cold in several months, and I've not gained weight from leaving big tobacco. It's been a good breakup from a bad relationship.

A note about lookalike e-cigarettes, they are terrible!!! They use silicon around the coils and you have no control over the levels of nicotine you inhale. Also they are expensive to buy.

Personal vaporizers and Mods are monumentaly better for you in terms of consumer protection. It government cares they would let us choose. Not a lobbyist or lawyers.

8/17/2015 3:57:28 PM - Tim Turner

I started smoking at age 13, from day one i enjoyed the taste. from the very 1st cig I was addicted. The very next day i bought my 1st pack of cigs and every day since. I joined the military went into Basic training this was 1990 we were not allowed to smoke. I smoked up until the bus came picked me up, went to basic got out of basic 6 weeks later stepped off the bus went across the street picked up a carton of my favorite cigs without a second thought lit up and never looked back. Even nicotine free for 6 weeks and I was still an addict. Fast forward 24 years, 2 packs a day habit. I heard about vaping, but hadn't met anyone who had but i got a coupon for a free cig-alike, well here was the nudge i needed. I knew sitting at the computer i could go through a pack a night without even smoking 75% of the cig so i thought.. maybe i could do this and cut back while i'm on my computer. well got one from a gas station.. sai hmm this isnt too bad. i might be able to do this.. but definetly didnt have a taste i liked or could even stand. but it felt ok in my hand. so after a few days went out and bought a pen style with a clearomizer from a gas station tried this cherry liquid they had and i was like wow.. i can do this! Used it the 1st day and realized i had only smoked 5 cigs that day. The next day i woke up had my opened up a pack and had my wake up cig. That was my last cig. I never even bought the vaporizer to actually quit, it actually gave me the will to quit. So far I am at 9 months without a single cig i made it down to 0 nic and have been at 0 mic for the last 2 months that last pack with the one cig out of it.. i carried with me every day for 6 months, just in case, but i never felt the need to, and gave it away along with the rest of my unopened packs. My father passed away when he was 56. my son 1 at the time never got to know my father. The reason, Cigarettes. My grandfathered passed away when i was 7 and i barely can remember him. The reason, Cigarettes. So maybe,just maybe i have broken this cycle of addiction in our family and my son's son will get to know his grandfather one day.

8/17/2015 3:57:17 PM - Conner Clifton

I have been smoking since I was 13. During that time I have had pneumonia, and I know it wasn't smart because I kept smoking. It has been since Frida August the 14th 2015 since I have had a cigarette. I know at the moment I am only a couple of days into quitting, but any progress is better than none if you ask me. Vaporizers (or e-cigs) are probably going to save my life. No one should be anti-vaporizers if you ask me. They should open their eyes and be pro-vaporizers. I can't stress how much everyone needs to quit those nasty cigarettes even though I know people are still going to smoke them. But bottom line, vapes saved my life and they are effecting a lot more people than myself. And I had smoke cigarettes for 7 years and in the past year I was vaping and smoking, but now I am done with cigarettes using 3mg of nicotine on my Kangertech Subox Mini. So for those of you who have quit cigarettes and started vaping, keep it up and let's keep this revolution in progress!

8/17/2015 3:57:05 PM - Stuart Armor

I'm a 53 year old ex smoker.I tried everything. I wasn't interested in the cigarette lookalikes. I tried them,and they were worthless. I started with a vape stick that worked great, I started on 24mgs of nicotine, until I walked into a real vape shop,and the well trained staff ,and the customers, sighed, and said, "you don't need to be on all that nicotine to quit". The showed me a battery powered box mod, combined with a Kangertech brand sub tank, and started me on a flavored ejuice, that had 6mgs of nicotine in it.I couldn't believe how great it was, everyone laughed and gave me a feeling like I just joined a club.I haven't smoked,or wanted to smoke another cigarette from that day on. I now use a peanut butter flavored ejuice that has no nicotine in it.that club feeling, is in the eyes of every fellow vaper I've run into.I honestly wouldn't smoke cigarettes if they weren't bad for me. I'm a fellow member of the vape club, and I post deals,and my contact information for any smokers that want to quit.its changed my life.And one thing about vaping,is I don't get urges,and will not for the rest of my extended life, thanks to vaping! Almost 2 years since I've even thought about tobacco! Vaping has changed my life,I don't drink alcohol anymore, because the combination of tobacco and liqour are no longer there. Very Grateful....

8/17/2015 3:56:53 PM - Les Leung (lessifer) from California

I started smoking at age 11 and smoked for 22 years. I never had any trouble purchasing cigarettes as a minor or finding safe places to smoke. I smoked a pack a day at my highest, but by the time I found vaping I was down to half a pack a day for economic as much as health reasons. Two and a half years ago I bought my first disposable electronic cigarette. It wasn't exactly like smoking, but I could tell that it was something that had the potential to get me away from smoking, which I had previously tried to quit before both by using the patch which lasted less than a week and by cutting down which resulted in my going from a full pack to half a pack over a two year period. I had an online acquaintance that was already using electronic cigarettes and he guided me past the cig-a-like models to a pen style battery with a clearomizer. I had my last cigarette the day after I received my pen style vaporizer.

Over the next two years I used various styles of clearomizers, graduated from a pen style battery to a regulated model that used replaceable batteries, then on to rebuildable atomizers and finally settling on unregulated "mechanical" units. I chose mechanicals for two reasons, I had two regulated models that ran into issues with their electronics and stopped working, and after learning of the regulations that would be coming I wanted something that would last me a lifetime and that I could repair myself if necessary. For the past year or so I have limited myself to equipment whose only consumable parts can be fashioned from raw materials meaning my only purchases are e-liquid, wire, cotton and rechargable batteries. I plan to begin mixing my own e-liquid soon.

Since I quit smoking I no longer have coughing fits every day, and I don't cough up mucus every morning. I breathe easier at night, my obstructive sleep apnea seems less severe. I also have more energy for daily activities. I have no doubt that stopping smoking when I did has added years to my life, and for that I am eternally grateful to vaping.

8/17/2015 3:56:27 PM - Jerad

3 years vaping after 16 of smoking.

Tried everything there is from patches to inhalers

3rd generation "e-cig" aka vaporizer

When/if I do smoke - it tastes horrible and am never able to finish one before going back to vaping.

Nothing but positive things have come, breath better, taste, smell (my nose and body). I have energy to go on walks and DO things again.

I stopped smoking during a very difficult time in my life, I had just lost a new born healthy son to a faulty nurse in the Netherlands then was spit on by the country and the laws, which made it that much more difficult but I was still able to kick the habit and gain a hobby and health.

8/17/2015 3:56:11 PM - Phyllis "now the non-smoker" from Sacramento CA

I was determined to stop smoking after having the bad habit for 40 years. I tried to use the patch. It gave me a rash. I tried abstinence from smoking; that didn't work. I tried nicotine gum; that didn't work. E-Cigs were just becoming popular. I did some research online. I found a company, tried their product, and it seemed like I was smoking again, but I wasn't. E-Cigs helped me stop smoking!!!

I first started using E-cigs in 2012. I began with the nicotine level at 18 mg which was similar to the real cigarettes I had been using. When I used E-cigs, I did â€œsmokeâ€ constantly and always had the E-Cig in my hand. Over time I lowered the nicotine level.

I switched over to Vaping about 4 months ago and I use this process less than the E-cig products. The one thing that has remained constant is that I never cough anymore. My house no longer smells. My clothes no longer smell. I feel better and I can do more physically. This has stopped me from smoking real cigarettes and it prevents me from going back to real cigarettes.

I vape daily at this time. I will do this while I am watching the TV or using the computer. I have tried a variety of flavors and I enjoy that. I now vape but my nicotine level is zero. Happy Day!!! I am smoke free.

8/17/2015 3:55:56 PM - Michelle Schmitt

I was a smoker of analog cigarettes for over 30 years . I am now a non - smoker. I love vaping and have been doing it for 4 years. I feel better and my lungs sound better according to my doctor. My dental hygienist says my periodontal had subsided. I don't think i could have kept up with my grandchildren and now i do. It's a good thing listen to the people it's helped. This is the only thing that has ever gotten me to stop smoking after trying class, the patch, gum, hypnosis, wellbutrin, chantix, and cold turkey. I can never go back for the first time in my life.

8/16/2015 6:16:49 PM - HotRedGT

Started smoking at age 13...now 56..quit once for a week!!..Tried Chantix for a couple of months...did not quit...Girlfriend at work started vaping ..we had indepth conversations..i got my 1st Ecig....a vision spinner 2 with mini protank..smoked for 3 weeks....cut back every day...Had my last cig on April 8th 2014..smoke free now for 16 months...no desire at all to have a cig....I wasn't trying to quit..just cut down..the 1st thing to come back was smell..Breathing much better...no coughing..no flem..BEST THING I HAVE DONE!!!!...Took very little effort..started wit a nic level of 15-18..went to 12 for a few months...now at 6mg of nic..looks like I will stay here for awhile!!!...Good luck to all that read this!!..PS..girlfriend is still smoke free and has 3 weeks longer than I do..

8/16/2015 6:16:40 PM - James F Currie

I smoked about a pack a day for 35 years. I tried everything to quit,the patch,cold turkey and wellbutrin none worked for very long. At age 53 I was getting shortness of breath and was growing tired of being treated like a second class citizen because I smoked. I worked for a school and found it increasingly harder to smoke at work. So I decided to try the pen like vape the one that looks like a cigarette. It worked well enough that I quit regular cigarettes. Then I switched to the vape with tank and battery. I worked great I could vape at work it eliminated my cravings. As a bonus it was way cheaper then $10 a pack for cigarettes. But I worry the do gooders will put a end to this.

8/16/2015 6:16:12 PM - #Invapewetrust

I started smoking in 2010 when I realized that the law gave workers that were cigarette smokers extra breaks due to their habit. I didn't think it was fair that I was still busting my ass while my coworkers were getting rewarded for their bad habit. So I picked up smoking. Got extra breaks. Seemed like a good idea at the time as u had to pick up his slack while he was smoking I figured I'd take a smoke break instead. I just recently quit smoking cigarettes about two months ago and the cough I developed from smoking ceased, I have a lot more energy, increased stamina, and no more headaches! All in all I feel revitalized. But I'm thankful for the vape community to reach out and inform me about this change that could finally help me quit smoking for good! I had tried to quit smoking more times than I can count now before switching over to VAPING including using nicotine patches , nicotine gum, Counseling ect... And nothing was more pleasant than swapping a stinky cigarette for some good smelling and tasting juice! Don't waste your life smoking it away! Stop taking years off your life span now and enjoy life a healthier and safer way for you and those around you! Quit smoking and Start Vaping!

8/16/2015 6:14:57 PM - Ray Miller

I was a smoker (2 packs per day) for 28 years. I tried to quit via patches, pills, gum, and visits to my doctor many times but I could not shake the habit. I started vaping Two years ago and never looked back. I now vape with 3 mg nicotine and will soon start using 0 mg juice. I use the iTaste MVP 3 Pro and the Aspire Atlantis tank. I Get all of my products including juice from a local store and I know it is safe.

My health is great and I am not having any negative reactions to vaping. My wife and daughter love that I am vaping as well. Not only are they glad I am not using tobacco but they find the aroma of vaping pleasant. This is the only method of quitting tobacco that has worked for me as well as causing no issues for my family. I don't understand why anyone would attack vaping while tobacco use is still legal and over the counter at every gas station in the world. If vaping is harmful then tobacco should be abolished immediately.

Please don't let tobacco lobbyists and greed ruin a good thing. Thank You.

8/16/2015 6:14:47 PM - Taylor Collins

When I was only 14 years of age I smoked my first cigarette. My parents WERE both smokers and cigarettes were easy to come by for me. I was a curious child and before I knew it was addicted. I started smoking 4-6 cigarettes a day even though I knew it was bad for me. After about a year of sneaking it around my parents my father found out and begged me everyday to stop. He would get upset and instead of quitting I found an alternative. So I started dipping smokeless tobacco, which is just as bad as smoking. This was more convenient for me and easier to hide from my parents. After a while my Father found out about this as well and I just felt terrible. It was something that I didn't want to do and I knew was bad for me but I did it every single day anyways because I was addicted. At this point both my parents had quit smoking and started using e-cigarettes. My 18th birthday came around and my Dad bought me my first e-cigarette. I used it for a whole week and didn't smoke or dip one bit. After that I started going to Vapor shops on a regular basis and they helped me every time I visited to lower my nicotine levels. So after two years of using e-ciagrettes I now have no addiction to nicotine. The e-liquid I buy is totally nicotine free. I still use them to this day just for the fun of it. I enjoy vaping and trying to new flavors and also I enjoy helping my friends to quit using tobacco. It seems all the shops I've visited are genuinely interested in helping you get away from the nicotine part of it which is wonderful because it is the actual drug. I fully support vaping and I think that it can help even the most grizzled veterans of smokers to quit smoking and start VAPING! #VAPENATION

8/16/2015 6:14:38 PM - Jodi

I began smoking in high school. By the time I was eighteen, I was hooked. I have smoked for about twenty-five years, about a pack a day. After many failed attempts at quitting, using everything on the market from Zyban to Chantix. Patches and gum, I have finally managed to stay cigarette free for close to a month. I started with an ego style e-cig and was vaping at 24 mg of nicotine. I am now down to 12 mg of nicotine using an iStick. I honestly never thought I could quit smoking cigarettes and believed that eventually, it would kill me. Breathing easier, sense of taste and smell have improved, and I can honestly say, I have zero desire to smoke a cigarette again. Just the smell alone turns my stomach. Finally free from the chains of big tobacco.

8/16/2015 6:14:29 PM - David Woolfe

I smoked for 11 years, working up to 2 packs per day of Marlboro's. I tried to quit 8 times using a variety of methods, from cold turkey to patches to gum to Wellbutrin to Chantix. The longest I was able to go without smoking was 35 days. Most attempts ended in less than one week.

I finally tried electronic cigarettes, receiving my first kit on April 1, 2010. From that day forward, I have smoked only one cigarette, and that was on the second day, April 2. I have effectively quit now for over 5 years. Without e-cigs, there is zero doubt that I would have continued smoking for these past 5+ years, and indefinitely into the future.

8/16/2015 6:14:20 PM - G-Town Vape King

I smoked for about 21 years trying over and over to quit. Started law enforcement at the age of 21 and had a lot of trouble getting through the academy because the physical requirements had two different runs including a mile and a half run. My lungs could not keep up but after two attempts I finally made it.

I continued to smoke with many attempts to stop or at least limit myself. At the age of 37 I found vaping. I was able to quit smoking for about three months but the small starter kits or expensive and complicated mods that were available made it a hassle where smoking was an easier option and I quickly went back to smoking.

At the age of 38 my fiancÃ© and I had my last child, an amazing baby boy. Through her pregnancy I found myself smoking more and more all the way to about a pack and a half a day of full flavor cigarettes. My breathing was getting worse and I found myself sick on a daily basis. There were times I would wake up struggling to breath. My blood pressure was high and I was put on medication. I knew my future would be me dying from smoking cigarettes but I felt powerless to stop.

My fiancÃ©, son and I were in town one day and I decided that I needed to stop smoking in order to alive long enough to watch my son grow up. I went to a vape shop and spent the money for the initially investment. I had buyers remorse almost instantly and thought about all the things I could have bought for my son with that money. My fiancÃ© was very supportive and I gave myself a deadline to quit smoking and make the investment worth it.

The day came for me to stop smoking and I began vaping every time I felt the need for a cigarette. The time between cigarettes increased day by day and I recall how excited I was the first time I went 12 hours without a cigarette. In the last two months I have smoked 5 cigarettes, or attempted to. The last three I smoked I wasn't able to finish. The flavor was terrible and they gave me a headache. I have been able to lower my nicotine level several times and am now at 2 mg/ml. My blood pressure is normal and my breathing is no longer labored. I know for a fact that vaping saved my life.

My family and friends have seen such a big difference in me. I was powerless to smoking and knew it was going to kill me. It wasn't that I didn't care it was that I knew the hold cigarettes had on me wasn't going to be broken easy and I did not have the will power to stop on my own. I was so impressed with vaping and the way it saved my life I decided to help others stop smoking with a safer alternative in vaping. I opened a small vape store in my small town. I only had $500 to start with and after all the licenses and other costs involved opened with very little inventory. I've invested much of my time and what I could afford to spare from my check to make the shop work and am pleased to say that the shop is doing amazing. All the money I have made gets reinvested into the shop and my products are very affordable. I'm not attempting to get rich but I am

looking at giving a gift to those that are destined to die from smoking. I want to give them a second chance, the same one that I got. A healthier alternative to smoking. I've got several people off smoking and hope they continue. As for me, without vaping cigarettes would have killed me and now they no longer have a hold over me. As for my shop, I save lives every day by having this healthier option for people. I just hope that I am able to continue to keep the shop because in the short two months I have had it I have saved many lives.

8/16/2015 6:13:40 PM - Aaron Flovin

I smoked a pack per day from age 16 until i was 46, quitting on new years eve in 2010 at midnight (new years day 2011). I had experimented with various pen style e- cigarettes during 2010. My "resolution" to quit was sincere and I have not turned back to cigarettes with one exception. After vaping for 2 years without a single cigarette, my battery died in the middle of a 12 hour shift, so I bummed A regular cigarette from a buddy of mine. Same brand I used to smoke. I hated it , coughed like crazy, felt a little sick after, and felt like i could not wash the smell off. That experience finalized my dedication to vaping.

I have worked as a respiratory therapist for 28 years, and have converted numerous people into vape fanatics over the last four years, including the buddy (another therapist) I bummed the cigarette from; my mother; son-in law; three additional extended family members, and most recently two friends at the hospital.

Yes I am proud of this as I KNOW the dangers of smoking cigarettes, have for a long time, but now stand behind my words when I suggest my patients quit smoking and try vaping. I have even pointed interested people in the right direction by suggesting brick and morter shops in their area of town-Phoenix AZ. has a huge vaping community- all dedicated as myself to a safer alternitive to cigarettes. I personally started at 24 milligrams of nicotine, and have decreased to 3 milligrams. Slowly decreasing nicotine levels allows for an easier transition to a healthier life.

I would like to invite any smokers out there to try vaping over cigarettes, you may extend your own life as well impact others around you. You may (maybe not) save a lot of money in the process. Once you get over the initial cost-20 to how ever many dollars your willing to or can spend, all you need to spend is a few bucks on e-liquid, coils, and the occasional battery. I estimate that at a pack a day for 30 years, with a median price per pack of $4.00 USD , $43,800.00 could have been used more wisely.

Just imagine a pack of smokes at approximately 6- 8 dollars a day here in 2015- I would wager that 2190- 2920 dollars could buy a lot of vaping products and still leave you a pretty penny to put into savings. Leading to a long and healthy retirement

HAPPY VAPING FOLKS

8/16/2015 6:13:25 PM - Bill E.

I have been HIV+ for 25 years now & am a smoker, & fully realizing that smokers in my category have substantially shorter lives, I hoped for a long time that I would simply be able to quit. I have not been able to do so, but with the advent of vaping, which for a great while I avoided as a scam or a marketing strategy to get younger smokers to smoking, I avoided it & wrote it off as stated above. But after smoking for 30 years, much deliberation & on several incidents in which I came across current vapers, I decided to give it a try. Almost from the outset, I nearly quit using tobacco & cigarettes. I couldn't believe it. A 30 year smoker was able to put down cigarettes & switch to an alternative that left me breathing clearer, having more lung capacity, & actually being able to put down so many of the medications I'd been relying on to help me simply continue breathing normally. I had kind of came to terms with the fact that my smoking would most likely be the cause of my downward spiral into AIDS & probably lung problems as I got older, but I just couldn't quit no matter what or how I tried. Since turning to vaping, I no longer smoke cigarettes, have better lung capacity, hardly use my breathing medications, & have an overall better quality of life, all from switching to vaping. PLEASE, do NOT take away what has been working so well to lengthen my life & make my quality of life so much better. Take it from someone who didn't want to switch & actually liked his cigarettes as much as he loved his morning coffee, but now has the daily luxury of breathing better, being staved off from cigarettes & traditional style smoking, & is simply happier & better equipped for life as a result. Thank you for taking the time to read this & for not taking away something that is working so well for me. With cigarettes my life expectancy was shortened dramatically. With vaping, I can already tell that my life will be much longer, I have the ability to breath as I did when I was younger, & am just generally happier as a result. Please don't take this away from me, it's one of the only things I have in my life that's fulfilling. I understand that there needs to be research & that you want to find out exactly what the longstanding features of vaping will be in regards to medical evidence, but in the meantime, know that this is working & working well for me & for many like me. So with my best regards, I pray that you will leave alone something that is doing so well for so many. Do your research, figure out what you need to figure out, but don't take away what's actually helping so many to have a better quality life.

Sincerely, Bill E.

8/16/2015 6:13:11 PM - Robin Seaborn Hernandez

I started smoking at the age of 13, my parents and grandparents smoked, my friends started smoking and it looked so cool and grown up so I started too, at that age I didn't understand what nicotine was, I thought I could put them down anytime I wanted. As I got older I found that I couldn't do anything without grabbing my pack of cigarettes, a simple walk on the beach was wrapped around stopping and turning away from the wind just so I could light up my cigarette. I smoked while pregnant with 4 babies because I couldn't put down cigarettes. All 4 of my kids have learning disability's which I take full responsibility, it was so hard to quit smoking and I tried. My son had breathing problems and I woke up every morning coughing up a lung, as the years went by I felt sluggish and cleaning the house I noticed the white wall had a yellow tint to them the mirrors where yucky, the windshield of my car was gross, but I was a slave to those cigarettes, I tried quitting all the time, I used nicotine gum, patches, and Chantix, but I needed that hand to mouth, it was hopeless, so I accepted the fact that I was going to be buried with a pack of cigarettes and a lighter. My husband would have to tell me when the litter box needed changing because I had no since of smell. Then 7 years ago while out with a group of friends I saw another friend across the room with what looked like a small black pen and he was pulling on it like a cigarette and I saw smoke come out of his mouth and he would put it back in his front pocket! OMG I thought and I asked him what that was and it was a very small e-cigarette. So I had to have one and I got my very first e-cigarette. I was able to not smoke a real cigarette, a few weeks went by and my since of smell returned, the litter box was moved to the laundry room, after about 2 months my smokers cough went away! I started feeling better. I got my mother and all my friends smoking e-cigarettes. They have changed my life in a big way. 7 years ago I was on 24ml nicotine and I moved down on my own. I now only put one drop of nicotine in my 60ml bottle of juice. I do not smoke what I now call the stinky's anymore. I can smell a smoker when they are around me and I think to myself "I use to smell like that"! That smell was in my hair, skin, house, clothes, car and even my dogs smelled like cigarette smoke. Today I am a owner of a small e-cigarette shop, I love watching and talking to my customers as I help them change their life to a healthier alternative way of smoking. There is no tobacco in my products and it angers me when I hear the FDA is going to do what they have to do to stop us from improving our life. It's about the money with the gov. I have had people tell me that you can't sample juice in some states because they are not allowed to vape inside the store, That is the same as going to a restaurant and not being allowed to eat! my responds is >>> "you gotta be kidding"!

Robin

8/16/2015 6:12:58 PM - Tim Windhorst

I was an inconsistent yet frequent smoker for about 2 years. As my my habit worsened I knew I had to make a change. A local vape shop opened up and I decided to visit them. They set me up with my first Ego device and clearomizer with a tobacco menthol e-juice. Since then and over the last three years of being smoke free I have only had one 'slip up' which I brought upon myself because I forgot to bring juice to work with me and I ran my tank empty pretty early in the day. Thanks to vaping my slip up was just a bump in the road which I easily overcame within the same week. I really just wanted to vape, smoking only became a thought again because vaping was not an option at that moment. I have owned many different mods, each better quality than the last, but I have grown very fond of my Sigelei 150w over the past few months and I am also about the buy the new 150 TC they have released. I am usually on the go and don't like to carry juice in my pocket so I make use of a Kanger Subtank Mini. Sometimes at home I use a variety of drippers when I feel like taking the time to do so. The variety of products, increasing quality, the customization of coils and wicking techniques, and the many wonderful juice types have made vaping a hobby for me. Vaping will be a life long smoking replacement for me. Since I quit smoking my senses have regained function, my mood has improved, and I simply feel so much better overall. I have been successful in helping friends reduce and/or quit smoking by introducing vaping. I see nothing but improvements. Vaping for me has and will continue to replace smoking. Small business vape shops need to be enabled to stay open and expand to more area. Vaping responsibly in public should be not be something to be ashamed of. General population should be honestly and unbiasedly educated on what vaping is and how it could help them and/or loved ones. Vaping is a gift. That is all.

8/16/2015 6:12:41 PM - Michael Brangham

I smoked for 17 years. 3 yrs ago. I'm military and began to feel the effects of smoking and realized i needed to quite. I do not smoke at all, and I will never smoke again. There is nothing that will ever make me pick up another cigarette. I began vaping which allowed me to break the habit and addiction to cigarettes. I feel better as well as perform better.

8/16/2015 6:12:31 PM - Brandon from Indianapolis

I started smoking cigarettes when I was 12 years old (I switched schools and initially gravitated to the wrong crowd), and had been a full-time smoker until January 21st, 2015. After all those years, the thought of quitting smoking to me seemed like an impossibility because in my mind, I couldn't picture myself as a non-smoker; A pack of smokes and a lighter always occupied my front left pocket, and that was just engrained into my lifestyle.

It's very much a physical addiction, yes, but the toughest part for me was the mental struggle of giving up smoking. It was so difficult to internally battle all those pinnacle times of lighting up that smokers are aware of: When you wake up, before sleep, after a meal, at the bar, during halftime, in the car, walking from the car to the entrance of a Targetâ€¦the list goes on and on. The most involuntary causes of my smoking were what I like to call "emotional smokingâ€ (when you're nervous/angry/stressed/etc.).

I quit "cold-turkey" in the summer of 2007 due to my hypochondria. I started getting existential and thinking about my mortality because to be honestâ€¦the physical pain in my side was extremely troubling. Six months later and one stressful day triggered the nicotine fit and I was right back where I left off.

It was chaos. I'd need a cigarette during one of those stressful times to "calm me down," though afterward, not only did I still feel that stress, I felt physically horrible. It wasn't until this past January when I had enough. A colleague introduced me to vaporizers. She said this method had been helping her quit smoking cigarettes. I wanted in!

How do they work? Are they safe? What are the expenses? There is a lot to learn when it comes to vaping when you have no previous knowledge of the mechanics. I had no idea what I was getting into, but I was determined to find a successful alternative to smoking. I can confidently say that I've been smoke-free since I purchased my first vaporizer that 21st day in January.

Take it from me. If you want to quit smoking but need that alternative guaranteed to keep you from smoking cigarettes, dedicate time to study the science behind vaping. I started with a beginner kit that was extremely easy to use. Since January, I've upgraded and upgraded, learning more and more in the process, and I have never felt better, physically, mentally, and financially!

8/16/2015 5:50:26 PM - Barbara MacAlpine

With my Pulmonologist's approval, I began using using a vaping unit to deliver nicotine. I have been cigarette free for two years. I could only walk for five minutes at the most when I quit smoking. Yesterday I took a two mile walk (which I do at least twice a week now) and did not become Short of Breath. My COPD has been upgraded from moderate to mild, my Pulmonolgist says there has been a remarkable improvement in my chest X-ray as well.

8/16/2015 5:49:52 PM - Sue Crossen

I have witten before, but feel to encourage others, I\'m writing again. Reason? I have since cut my nicotine content down even MORE. Have ONLY 2 more levels to go, I will be down to \0\"...THIS I AM GOING TO DO!!!! Have smoked since I was 15. Am now 77. Have NOT had a cigarette in over a yr. this past May. Have NO desire to even touch a cigarette. Am WELL SATISFIED with vaping. I so enjoy the different flavors of glycerin available to me. Have learned a LOT from watching UTube videos. I\'ve tried gum & Chantix

8/16/2015 5:31:19 PM - Finally: Success

I started smoking at age 12. I quit smoking at age 60. Yes 48 years of smoking. I can't tell you how many times I "quit". None were successful. Like everyone, I used the traditional, useless, outdated methods to quit. The gum, patches, laser, cold turkey and that drug called Chantix. Using Chantix was the worst experience I have ever encountered. Very frightening. I stopped trying to quit. I resolved myself to the fact that I was weak, an addict, and didn't have the capability to quit. Then in 2008 or so I tried the first generation of e-cigs. I saw the potential but they were not quite "there". I continued to smoke for another 6 years. Everyday that passed I dreaded that constant compulsion to smoke and would tell myself that I will never quit. I can't quit. I have tried to quit. I fail. I was a failure and getting sicker by the day. I am a loser.

Then I walked into a vape shop on December 30th, 2014 and bought the second generation of e-cigarettes. Battery, bottle of juice (tobacco of course), and a tank. I told myself that this will work this time. For the first two weeks I was determined but I hated the flavor of tobacco. Something wasn't right. I pushed on and decided to get a flavor. Blueberry. Yes this is the answer. I craved cigarettes for the first two months but this wasn't my usual craving. It wasn't as thunderous as it was when I was smoking. You know that I HAVE TO HAVE A CIGARETTE OR ELSE I WILL CRAWL OUT OF MY SKIN! More subtle. I pushed on and now it has been 18 months since I smoked a combustible.

I had quit smoking to my amazement. 48 years and I quit. I quit. I hope that the anti-vaping people read these testimonials and realize that not everyone can quit their way. I don't understand why "they" would DENY a person their right to quit smoking by any means. Isn't that what they want and what we want? Your traditional methods don't work for everyone but my God give us a chance to do it our way.

They might not be proud of me but I am proud of me. I quit smoking. I haven't felt this good in years. I sleep all night, no hacking productive cough, voice doesn't sound a freight train, my skin is pink-not gray, I went off two meds, my cholesterol is normal, I can breathe again. I quit and damn proud of it.

8/16/2015 5:31:05 PM - Claudio Borzillo

I smoked for over 30 years 30 to 40 cigarettes a day. I tried over the last 10 years countless times to give up with hypnotherapy, gum, patches, sprays, tablets/chantix, doctors etc etc to the point of madness. A client came into my shop with a electronic cigarette and i asked him "What is that" and my life changed forever!! I bought a Aspire unit on the net and within 3 days i was smoke free. From 40 to 6 cigarettes in the first day and 1 on the 3rd....WOW. I now have been smoke free for 16 weeks and don't desire a cigarette at all...in fact the smell now puts me off them. I still vape with 2mg and feel incredible!! My taekwondo, ability to breath properly and physical energy has increased dramatically and i haven't felt this way since i can remember.

If it wasn't for vape i would still be spending $40 Aussie dollars a day on cigarettes as well as my health deteriorating.

Thank you creator of the Vape device! Thank you creators of e-juice! Thank you to Jimmy the customer who introduced me to Vape.... my wife and kids all Love you all.

Claudio

8/16/2015 5:05:07 PM - Ed Hurt

I fell it is good to have labeling on e juice. The bottles I purchase warn that it contains nicotine and intended to be used by persons over 18 years of age, and to keep away from children.

As an ex smoker who used electronic devices to quit smoking I never left tobacco or ejuice where a child may come into contact with it. Just as any responsible adult would not leave tide pods or other house hold cleaners where a child would have the chance to digest it.

I never thought I would be able to quit smoking. I may have traded one monkey for an other. Yet my blood pressure is down my gum disease caused by smoking has improved and I am much more active without becoming out of breath. I would like to mention that I tried every option from the gum to chantix to counciling to quit and fear that your deaming regulations will destroy jobs and put me back on tobacco. I would like to ad that I smoked for over twenty years and I did it by using a dripping atomizer and a battery powered mod. I have been smoke free for five years and feel great about it. Please don't allow vapeing to go underground and make sensible regulations that won't put my local Vape store out of business.

Sincerely

Ed Hurt

8/16/2015 5:04:58 PM - Jeannie

I began using e-cigs 2 1/2 years ago and have not smoked a cigarette in that time. I smoked for over 35 years and smoked approximately 1 1/2 packs a day. I feel that if this has helped me to kick cigarettes it is a plus. To put e-cigs in the same category as cigarettes and the same rules is ridiculous. Apparently there is no proof as to the dangers that they present to people, outside of claims that have not been substantiated, as of yet. I started with nicotine level in my e-cig of 12 mg and am now down to 6 mg and working down to 3 mg. My family is happy that I quit cigarettes and don't complain about the vaping at all. In fact, they comment on how good some of it smells. I had previously tried hypnotism, patches, and gum to no avail. I constantly suggest to many others who are trying to quit to try e-cigs.

8/16/2015 5:04:45 PM - delo

I had been smoking since the age of 15, from one to two packs a day. I had stopped for a few months, once, in my 30s, but started up again. I am 60 now and stopped smoking December 27th, 2014 - so, to this date, it's been a more than 8 months. I started vaping and, within a week, I had dropped cigarettes altogether. I haven't smoked since. I feel great and continue vaping. I have felt only positive effects on my health and my surroundings. I use an open system with a separate battery and a tank. I use sweet flavours. I started with 12mg nicotine and am now down to about 3mg. I will never go back to smoking and vaping gives a tool to fight the urge when I have it. I am cigarette-free after 45 years and very proud and happy about it.

I have to confess I am getting tired of the demonizing going on about vaping. Vaping should be received as a positive alternative, but it is turning into a battle against nay-sayers and misinformation, including the exaggerated claims about the negative effects of nicotine. Vaping is not smoking and current scientific evidence and my own experience seem to agree with my decision to vape. Also, I consider closed systems and throw-aways like "cigalikes" and inhalers not sufficient to stop smoking - I think I would still be smoking if I only had access to those devices.

I try to get friends and family that still smoke to try vaping, while respecting their freedom of choice and realizing their dependance on cigarettes.

8/16/2015 5:04:30 PM - J. E. Sigler

I smoked for 21 years and tried everything to quit. Multiple times. Patches, gum, drugs, counseling, homeopathic remedies (orange juice and cream of tartar? yeah, right!). I never lasted longer than six months. Every time, as soon as I got really stressed out, I was back on cigarettes. I was a pack-a-day smoker for the last 10 years, and sometimes 2 packs a day when really stressed. At age 33, some online friends who vape suggested I try e-cigs. I'm a bit of a Luddite, so I wasn't interested. But one day there were some cigalikes sitting next to the 7-11 cash register, so I figured, "What the heck." I bought one, and it was positively awful. I vowed never to "vape" again.

My online friends laughed at me: "Cigalikes are crap! Get this!" And they sent me a link to an open-system starter kit. It wasn't that expensive, but I was turned off by the bad cigalike experience, so I didn't do it immediately. Then one day, after getting really winded just walking to work (on 100% flat ground), I decided, "Okay. I'll try it." I ordered it, and after nearly breaking it cuz I couldn't figure out how to get the juice in (top-filler!), I finally got it. And I've never gone back.

I've gone through several upgrades since then: I now use only Pyrex tanks (Nautilus) and battery-replaceable mods (VAMO). At the same time, I've decreased my nicotine intake from 21 mg/bottle to 3 mg/bottle. I went down to 0 mg/bottle for a while, but it really changed the vaping experience for me, so I went back up to 3 mg. I'm happy with that for now, but one day, I do expect I'll quite entirely. (Although honestly, vaping is so enjoyable, and with no side effects, so maybe also not!)

I never smoked and vaped simultaneously. After vaping for a few weeks, I ran out of liquid (newby... poor online ordering planning skills!), so I bought a pack of cigarettes to tide me overâ€”and they were absolutely disgusting. After that next order arrived, I never smoked another cigarette again.

Working out for me as a smoker was hell on earth, so I'd start and then give it up. Now I work out 5â€“6 times a week. I was overweight before, but I've dropped a lot of weight now. Being able to breathe makes all the difference.

My clothes and house don't stink anymore. In fact, people often comment on how the smell of my vapor is like "room deodorizer" (I vape a lot of citrus flavors).

I don't have holes in my clothes or furniture anymore, either. And a lot of restaurants and bars let me use my vaporizer there (I always ask first), which is a heck of a lot better than trekking outside in an Indiana winter.

That is all not to mention that I can get "dessert" from my vaporizer and I have A LOT more money in my bank since quitting smoking!

All around, I thank God for my pushy friends' persistence that I switch to e-cigs (and I have "converted" several others since starting vaping myself!). My life is forever changed because of this technology. I'm healthier, better-smelling, richer, and happier. You'd think I'm making an advertisement here, and I kinda' am. But if you don't smoke, I'd say, "Don't start vaping." There's no sense in paying for something you don't need, unless you just want tasty flavors with 0 mg nicotine for fun. If you are a smoker, though, I'd say, "You need to switch!" The learning curve with e-cigs can be hard, especially since there aren't many good websites that lay out all the options simply and clearly for newbies. There are really too many options for that. But if you go slow and persist, and spend a lot of time on YouTube (LOL, srsly!), you will "convert" in the end. There's just no comparing smoking to vaping: Smoking is awful. Vaping is a God-send! :-)

8/16/2015 5:04:15 PM - Bets Best

I have been smoking since I was 13...only now at 63 do I feel the loss of breath. I was up to 3 pks per day. I started vaping in 2013. I went from 3pks per day to 1 pk per week to none. I have gone back to cig from time to time...a pack once a month..Now I am back to 100% Vaping. In short, I feel healthier then I have ever felt. I can breath 100% better. I am not short winded, so I am more active. I did my homework, found a place on line that sell pharmaceutical ingredients, they make their OWN liquids, made in the USA. I started at 48mg nicotine and am now at the lowest available, which I THINK is 18mg 10mg.

Sure inhaling anything into your lungs can be detrimental to your health like, the air we breathe, the exhaust from vehicles, chemicals released in the air by corporations, whom, no matter how many regulations you give them, they continue their behavior. Then there are the chemicals in our food we don't know about. Yet I don't hear about deaths, or causing cancer by these entities. What I hear about is how TOBACCO is responsible for all these deaths and cancer, like all the rest has no play in that. I feel the Medical industry is ASSUMING that Vaporizing is the same as Tobacco without any medical evidence that it is even close to the damage from tobacco. There many differences of opinions in the Medical industry. So why don't you all get together, discuss ALL opinions and form some type of honest consensus. But regulations on VAPOR product, in my opinion, is just another source of revenue for the government, none of which will go into actual research.

In cigarettes you have no idea how much nicotine and god knows what other "stuff" is in them, and you cannot control what is in the cigarette to meet your needs. I have done numerous searches on the net to find out how much nicotine and what else is in cigarettes and have not been able to find anything yet. With all the ingredient label requirements from the FDA...on things we eat, drink, and a gazillion other products, the only label they insisted on for Cigarette packs was a WARNING: .....has been known to cause cancer.

With Vaporizors, it is environmentally responsible, you can control how much nicotine you want in your liquid if any at all. The smell is not offensive to others, nor is the Vapor damaging to others around you. So...I'm sorry, what was the question again???I

8/16/2015 5:04:01 PM - Termitesis

I am 56 years old and was a cigarette smoker for 42 long years. Even knowing my dad died of lung cancer and I found out I had emphysema it wasn't enough to scare me into quitting. I did stop for 8 months once when I was in my twenties but the urge to smoke was so strong that by the time I gave in and bought a pack, I would have given up food or anything just for a smoke! That's just how addictive they are. I'm not quite sure why, but four years ago something told me to give electronic cigs another try (I had tried them years ago and didn't like them). Probably the fact that I couldn't do much of anything without coughing up a lung and ran out of breath just talking. I ordered a kit online, (the cigarette style) and soon as they arrived I put down the analogs and never touched them again! I have evolved to much better devices and clearomizers thanks to youtube vloggers such as PBUSARDO and Grimm Green, (love these guys) and I am happy to say that I am extremely satisfied with vaping and I can laugh, talk and do anything I want without a single cough! I would go so far as to say that vaping has given me years that I surely would have lost if I had continued to smoke tobacco cigarettes. I have done my best to, and succeed in, turning other smokers into vapers, including my daughters. I owe a lot to the vaping industry and the wonderful vendors like Vermillion River ejuice (the best juice around) and Discount Vapers. There is no question in my mind that vaping the right ejuice is safe!!

8/16/2015 5:03:39 PM - Donna

I started smoking at 16 and smoked for 38 years. I tried ecigarettes years ago but was not very impressed. I had no intentions to quit smoking -- loved my cigarettes!! But when I heard about vaping, I had to see what it was all about. On April 8, 2013, I got my first set up with an ejuice flavor of tobacco and menthol blend similar to the cigarette brand that I smoked. Immediately I had to cut down on the nicotine level but from that day on I never looked back -- I never even finished smoking the two cartons of cigarettes in my home and finally gave them to a friend. Not one more puff! Although I resisted at first, I now vape everything from fruity flavors to cappuccino and most have little to no nicotine! This might not be the case for everyone, but this product changed my life as well as the lives of many of my friends and family members. It was a ripple effect and we all put cigarettes down almost overnite. What I can't understand is those that want to restrict or ban something that offers this benefit to so many. Put the controls on teenagers and don't punish the rest of society because being a 'gateway' for teens seems to be the biggest argument or negative I have found. There may be unknown health risks, but I assure you they are miniscule compared to cigarette smoke damage and I don't need to read results of a long term medical study. I am living the results every day. My quality of life is improved and I am happier and healthier than I have ever been. I consider myself a Vapor for Life and hope that does not have to change because of legal issues or uninformed decisions.

8/16/2015 5:03:27 PM - Jim

I am 60 years old and started smoking when I was 16. After smoking for the majority of my life, I acquired all of the negative side effects. I was coughing and wheezing, short of breath. I got severe respiratory infections at least twice yearly. Like most, I was well aware of the negative effects that were directly attributable to smoking.

I had tried to quit MANY times. In my thirties,For about a three year period, I did replace smoking with snuff. I did feel some improvement over smoking but eventually, my gums rebelled and became sensitive, swollen and painful. Hence, I returned to smoking. It's all about the nicotine addiction, right?

Anyway, I discovered e cigs in October of 2009. I was fascinated by the technology and really hoped that I had found a less harmful substitute for those damned cigarettes that seemed to control my life.

It wasn't a painless switch. I started with the standard e cig of the time, the plastic cigarette-looking thing with the red led on the tip. It was quit novel in that it "looked" like a traditional cigarette. However, the "smoking" experience didn't fully replicate the "real" thing. Flavor was nasty and there was no "throat hit." I wasn't successful. I relapsed to my trusty tobacco for about three months.

However, I was very determined to make the switch so I tried again. By this time, I had discovered that there were other options regarding flavors and nicotine strength. Over the years and many experiments later, I've comfortably settled in to a tank system and mix my own juices.

The health issues I mentioned above, have totally resolved. No lingering cough, no wheezing and I haven't had one respiratory infection in five years. The results have been nothing short of amazing for me. Are there risks involved with gaping? I'm assuming there are. While the ingredients are generally considered safe for oral consumption, no long term studies have been performed regarding inhalation of them. Am I concerned about those risks? Yes, to a point. But so far, the benefits have been remarkable and the negatives have been minimal. (The negatives are that I'm still addicted to nicotine and I'm spending money on feeding that addiction).

So, six years in and there is no looking back. Im hoping that those using scare tactics and otherwise trying to exert CONTROL over others, will take a step back and tone down the rhetoric. E cigs ARE HELPING people get away from the negative effects of thousands of carcinogens and SMOKE. "Less harm" is a good thing.

8/16/2015 5:03:14 PM - Bre Cornish

I was a cigarette smoker for 10 years. After having my daughter, I decided I wanted to quit but I was struggling with it on my own. After some deliberation with my husband in January, I decided to try vaping. Started strictly vaping in February 2015. I bought a Sigelei 150 mod and use 6mg nicotine juice. Since switching to vaping and quitting cigarettes, I have lost weight, I can breathe better, I have more energy, and, probably my favorite change of all, I don't stink anymore! Vaping has my full support and I recommend vaping to all of my friends and family that want to quit smoking.

8/16/2015 5:03:02 PM - ed west

I was able to quit a 35 year 2 pack a day smoking habit with e-cigs for almost 3 years now.

8/16/2015 5:02:52 PM - Dell LeMay from Omaha, NE

I smoked cigarettes for over 45 years before I started vaping and quit smoking 2 years ago. This is the only time I have been able to quit cigarettes for longer than 3 months. I had tried medication, gum, "cold turkey", and patches, but nothing really helped me stay away from cigarettes until I found vaping. I started at 16 mg, am now using 3 mg of nicotine, and looking planning on going to 0 mg in the next few weeks. I finally know that I will not go back to smoking.

8/16/2015 5:02:42 PM - JoAnn Tigert from Staunton, VA

In October of this year, it will be 4 years since I have smoked a tobacco cigarette, thanks to electronic vaping!! I cannot begin to say how much my life has improved since quitting smoking. My doctor is very happy with me, as is my family. I don't wake up coughing, my car and clothes don't stink of tobacco, and I feel so much healthier! I hope to NEVER use tobacco again!!! I had been a smoker on and off (mostly on) since a teenager. I tried Chantix, which helped me to quit; however, after an argument with my spouse, it did NOT stop me from walking up the street to buy a pack of cigarettes! Smoker again. I began using disposable e-cigarettes while still smoking for 2-3 days. By then, I only wanted the electronic ones. After about a year, I switched to mostly 501 batteries and cartomizers. With a few slight changes, I still use these today, almost 4 years later. I consider myself quite a success!!!!

8/16/2015 5:02:28 PM - George and Kim Predmore

My wife had to quit smoking due to a stroke. Due to the stuggle she had with quitting, nothing worked. The patch failed, chatix failed, the addiction was real. She found a vapor product that did in fact help. She has been tabacco free, smoke free for 5 years. Within the 5 years she decided to help others quit with vaping. We are proud to say we are opening our second store with over 2000 quitters. I myself took the vapor plundge and I am 2 years smoke free and feel great. As I stated above we are smoke free and our lungs are cleared up. Some say vaping is not safe.....Who are these people? Haters to the vape world?

8/16/2015 5:02:17 PM - @drobertson_dv

I smoked for 8 years I switch to a smoke free alternative about a year and a half ago imidietly from 2 packs a day to non just using 6mg juice and and mod and dripping atomizer and over a 3-6 month window I found my self going from 6mg of nicotine to 3 mg then another 6 month's later I dropped to 1mg nicotine and I'm currently trying to cut that back as well I noticed my helth has improved a lot I can breath better and smell and taste food better I had tryed patches gum all other types of nicotine consumption non would work all failed with in 2-4 days I'd cave and have a smoke they wouldn't work at all and gum just hurt my jaw but now my clothes no longer smell I can exercise and nothe be out of breath my girl friend loves that I no longer smell and my daughter too over all my life has gotten nothing but better

8/16/2015 5:02:07 PM - Flavor chaser

I smoked for about 25 years and my addiction got worse the longer that I smoked. My lungs would feel heavy at night and I would wheeze a lot. I also had no energy so I would drink energy supplements throughout the day to combat the fatigue I had from the cigarettes. But I could not quit I have tried three different times with minimal success. I know that the cigarettes were killing me and making me very stinky.

I have now been off cigarettes for almost a year and I have been vaping. My lungs do not feel heavy at night, I have plenty of energy, I am not too tired to work out in the evening anymore. I don't wheeze anymore and I don't stink.

Now that the cigarette cravings are done, I can go days without taping I am not addicted to it .

I choose to do it because it relaxes me and it tastes amazing.

So I think vaping saved my life .

8/16/2015 5:01:48 PM - Jennifer Bailey

Hello to my family and friends. I am celebrating my 2 year smoke free life! !! When I started vaping I just knew it was the ticket to help me get off cigarettes. I can now say that my nicotine addiction has drastically reduced to minimal, most of the time there is no nic in my tank. I hit on a vape with nic every now and then but not often as I also noticed I would want more and more, so I slowed it down again. Since I switched to a kbox I have been more satisfied getting full deep lung pulls. Very satisfied. Since my last testimony a year ago, I have been able to open business and help many more make the switch. I love what I do. I love it because I enjoy helping others, I enjoy informing others of the benefits of vaping instead of cigarettes. So now I can help others and live my purpose finally. That is a great feeling. Now, 2 years in, I'm not dead nor have I had pneumonia and nothing has exploded in my face. I feel great, I can breathe, I can taste food without having to add salt or sugar (cigs killed my taste buds). I've seen drastic improvements on myself since I started vaping and have saved myself a ton of money (although thats reinvested into my business to help more and more). This is so right it has to stay around AND be easily accessible to other vapers. I love the consumers market and I love helping others switch to something healthier. Ya know, this should not be an issue since cigarettes are still easily available and are proven to kill but still available. Im all for free will choices and this needs to be added to the list as an easy choice. Thank you to its inventor. Thank you.

8/16/2015 5:01:38 PM - Susan Pom

After smoking for 42 years I held out little hope that I could quit. I had a drawer full of 'stop smoking' gear such as gum, patches and Wellbutrin. I was diagnosed with COPD and my DR had a stern talk with me. Stop smoking now and live quite a few more years, keep smoking and make plans for my death. I bought a little ego twist and forced myself to use it. I had hostility towards everything, my DR, the COPD, even the ecig. The first week I told myself I could still smoke but I had to go outside. I stayed busy inside and puffed on that darn ecig. After a few days my trips outside were lessening. I played a game with myself called 'lets get through 1/2 a day without going outside, then 1 whole day, then 2 days, etc' before I knew it I was not going outside. I got on the Ecig Forum and got informed. I upgraded my gear and my juice and was in heaven. Once I found the large variety of gear and juice in all the great flavors I knew Cigarettes were a thing of the past for me. I still have my last pack of Camel Crushes, 3/4 full. I keep it around to prove to myself I am above it

8/16/2015 5:01:22 PM - Nathan Gosey

I bought my first pack of cigarettes on my 18th birthday, along with a lottery ticket. While my addiction to lottery fizzled with that first scratch off, my smoking tenure began in earnest. I mainly bought them because I could, not because I wanted to smoke, or thought it looked cool to smoke. I was also rebelling against my body because it had ruined my dream of enlisting in the USAF. I had back surgery that year which killed all my dreams of being a fighter pilot. Since my body had betrayed me, I was interested in punishing it.

Stupid? Absolutely. The folly of youth. Either way, I smoked until I was 30 years old and started experiencing the negative effects of the smoking habit. I tried Chantix and even bought Nicorette once, but Chantix made me nauseous and Nicorette was too expensive to continue. Honestly, who makes a quit smoking aid twice the price of the cigarette.

When I finally got into the whole vaping thing, I started with very high nicotine - I figured since I was a heavy smoker (a pack a day) and I was older now (30), I should give my body as much nicotine as I could even if i wasn't smoking American Spirits anymore. I bought a pen vape and drove from North Carolina to Florida for a job. After 15 hours of vaping 32mg of nicotine, I wasn't interested in cigarettes anymore, though I was not interested in 32mg of nicotine either.

I stopped at a vape store in St. Petersburg (my new home) and bought 18mg juice in a spearmint flavor and vaped it for over a month. When my pen vape died, I bought another one. I used and broke about 3 pen vapes before I decided that I needed a more hardy unit to continue my habit on. A couple years ago, I picked up an unregulated box mod and an RDA from a store in NC and dropped my nicotine level from 18mg to 3mg. I have been on 3mg since, on the same box and with a variety of RDA's.

I haven't had a cigarette since that day 2 years ago when I bought my first pen vape device with the 32mg Nicotine level, though I have taken a puff here or there. I find that after so long, my body gets nauseous when I inhale smoke and I can barely stand second hand anymore.

A week after I stopped smoking Cigarettes, I noticed I could breath better. I had less heart burn and my clothes didn't have the "bowling alley" smell that had permeated the fabric before.

Two weeks after I quit smoking, I was able to start inline skating again without feeling like a potential heart-attack victim.

These days, two years after I quit smoking, I am highly active with little or no residual effects - I am not saying I am healthy, but the detrimental effects from smoking seem to have lessened considerably and I don't get "out of breath" as easily as before.

I have since bought a new regulated box mod and upgraded my RDA to something more hard wearing (Ipv3 li and Sapporo RDA) and am now building my coils manually and vaping only the most high-quality juices. I smoked for 12 years - never knowing exacly what I was putting in my body and I refuse to let that happen now that I am finally smoke free.

If the company can't tell me what exactly is in their Juice, I won't vape it - no matter how delicious their flavors are. My health is my number one concern, and I don't care if your pineappe upside-down coffee cake flavor is phenominal if you can't list the exact ingredients that create the flavor.

Thank you

8/16/2015 5:01:02 PM - Tiffany C

I started smoking when I was 14 years old and quickly got addicted to cigarettes. While in the Army I went from smoking a pack a day to smoking 2 1/2 to 3 packs a day. I tried several different times and several different methods to quit smoking but never lasted longer than 6 months cigarette free. I tried patches but I got really bad migraines from it and my skin broke out really bad as well. I tried Wellbutrin and it didn't have any effect on me. I tried Chantix several times and it worked for about 6 months but after getting off of Chantix I would go back to smoking. The last time I tried Chantix I was a very moody mean person and ended up quitting the meds. Out of curiosity I tried using the Blu ecig but it was a waste of money and time for me. Almost 11 months ago I found out about vaping totally by accident and decided to give it a try. I started out with one of the Ego pens with 18 mg nicotine strength and the first week I smoked cigarettes and vaped too. By the end of the first week I was vaping more and more and smoking less and less so I decided to just stop smoking altogether and on September 23, 2014 was the first day I didn't feel the need or want for a cigarette. At 31 years old I finally kicked the tobacco habit and have been 10 months 3 weeks tobacco free and I couldn't be happier. I feel healthier than I have in years. I don't get winded walking up and down the stairs. I can play with my children and run after my toddlers without feeling like I'm dying and I can chase my older kids around the yard without feeling like I ran a triathlon that I wasn't prepared for. I currently use a Sigelei 150 W box mod and my nicotine strength now is 3 mg. I have no craving or desire to ever pick up another cigarette and I recommend to anyone who wants to quit smoking to try vaping because it really does help.

8/16/2015 5:00:51 PM - Lynda Blair

I was a heavy smoker at 2 packs a day for 30 years. At age 68 I had extremely high blood pressure that was controlled by taking 6 blood pressure pills a day. I also have Type 2 Diabetes. I have a Nephrologist due to kidney failure and a cardiologist as well as a GP. All of them have told me repeatedly that I would die if I didn't stop smoking cigarettes. I tried everything.. Hypnosis, patches, gum, and even Wellbutrin to quit without results. Nothing worked. I just continued to smoke throughout each treatment type. Until I discovered using electronic cigarettes. From the first day, when I walked into a newly opened Vape Shop and the helpful owners showed me how to start vaping, I haven't smoked another cigarette. My blood pressure and kidney function is vastly improved and I feel much better. My doctors are very pleased with what vaping has done for me, both physically and mentally. I never, in my wildest dreams thought I could quit smoking . It has been enjoyable, not stressful in the least and I feel like a new person at 68 years of age. I have been tobacco free for 4 months. I use a few different vaping devices, for variety. I started at 12mg nicotine strength and over the past four months, I have gradually cut down to 3 mg. My life is changed since I started using e cigarettes. I can walk miles now and have much more energy. My husband has never smoked cigarettes and he is so happy that I have finally quit without having all the terrible anxiety and withdrawal symptoms. I have since met other people my age who have quit smoking cigarettes and started vaping and we all have congratulated ourselves on our achievement at this stage in our lives. None of us thought it would be possible. I.. and others are all so grateful for our e cigarettes. Our only regret is that we hadn't tried them sooner.

8/16/2015 4:59:05 PM - Ryan Kovacik

I had tried quitting smoking many times: cold-turkey, nicotine patches, nicotine gums, nicotine lozenges, Wellbutrin and even Chantix. There were admittedly a few times since I had begun smoking I my freshman year of college where I went for more than 24 hours without lighting up, but those generally coincided with being so ill in the first place from the flu or something comparable that I had not consumed any food either in the same time period. Even after trying three rounds of smoking cessation classes sponsored by my employer, nothing worked.

My hard-and-fast line in the sand of not smoking anymore after 20 years of lighting up at any convenient opportunity had already passed, and I had given up on giving up. I was not even in a mode where I was even trying to quit when my neighbor texted me early April 2014 with an interesting message...

Neighbor: "If you want to quit smoking. I have the cure. No bs let me know"

Me: "Did you quit?"

Neighbor: "Yes"

Me: "Wow! How long has it been?"

Neighbor: "2 weeks so far and I don't want a smoke ever again. Not what it may seem but better for you. Promise"

Me: "You're haven't switched to chewing, have you?"

Neighbor: "No. Lol. I explain. Stop over some time. Way better." (next text:) "If it helps you like me my mom and ****. You should do"

At this point, what started as a casual conversation turned into one of those mind-baffling puzzles that made me march right on over and get the details, because he smoked like a chimney, his mom with lung problems smoked like a chimney for way longer than I had been alive, and his wife certainly was not just a casual smoker. How in the world could this be? As I walked up his driveway, I could see him in the garage take a puff and blow out what appeared to be smoke from a silver pen-shaped device. He explained what it was and had me give it a try (while I was also standing right there puffing on my cigarette the whole time). It tasted like fruit, it made "smoke" (vapor), and I didn't find myself craving the next hit of my cigarette as much. He suggested I should go out and buy one -- try it -- I could even keep on smoking my regular cigarettes simultaneously, because it was not like the patch, gum or lozenges.

All THREE of them had stopped smoking using his device -- I figured I had spent more than $30 a pop before in an attempt to stop smoking, so why not at least give it a try.

Worst case scenario, another $30 lost in the attempt, and I suspected that I could probably sell the device to one of them as a spare and not lose all the money. Two days later, I walked up their driveway alternating smoking a cigarette and my new vape pen, sporting a flavor of buttered popcorn (seems to no longer be available).

Being the nerd I am, I had already looked into this prior to my purchase and realized the main ingredients in the "juices" that are vaporized (other than the nicotine) were commonplace in many of the foods we regularly consume.

4 non-water ingredients:

1) Nicotine. Although it is found in trace amounts in potatoes, tomatoes and even in eggplant (it would take a lot of any one of these foods to gain the neurological response comparable to smoking a cigarette), I already knew this chemical was not the best thing in the world. However, it is this particular chain molecules of that drove me to trek out at all hours of the night when my pack of cigarettes was empty -- the chemical that I learned in my college psychopharmacology class is even more addictive than heroin. Although my doctor recognized its usefulness for someone like myself with ADD, he condemned the delivery mechanism of cigarettes, cigars, pipes and snuff, as these all introduced additional chemicals and significant health risks. Anything that "burns" carbon is by nature carcinogenic. And over time, chewing tobacco has certainly demonstrated its ability to cause cancer in the mouth.

2) Propylene Glycol. We actually orally ingest this when we enjoy most ice cream that is purchased at our local stores. Next time you drink your favorite cola, beware that it is used there, as well (not on the ingredient label, but it is not required to be listed). Although it is used in antifreeze, it is not the toxic substance that used to be attributed to Fluffy the cat licking up that green puddle from your garage floor and the poor prognosis that followed -- that was ETHYLENE glycol. Admittedly it may not be the best comparison, comparing propylene glycol to ethylene glycol would be similar to comparing methane and propane. Yes, both are commonly used for heating and generating energy, but they are compounds with very different properties that you learn more about with a simple search using your favorite search engine. Amazing what another hydrogen atom can do to a molecule.

3) Vegetable Glycerin, although you may have seen it under the moniker of Glycerol, as well. Also found in many foods -- especially low carb foods.

4) Artificial Flavors. If you have never seen this listed on the ingredient list on pre-packaged foods, you are most likely eating better than I am or have never looked at the label.

Contrasting the above ingredients with just four of the many dangerous ingredients known to exist in cigarettes (formaldehyde, ammonia, hydrogen cyanide and arsenic),

this seemed like a no-brainer, and at least worth a try. I purchased it on a Friday after work, and alternated between my normal cigarettes and the new vape pen, not giving much thought to it other than thinking about the novelty of the new gizmo.

Next came Saturday, where I would go to band practice (I'm a vocalist). I decided to leave a nearly-full pack of cigarettes by my dashboard just in case this did not work, but from the moment I woke up, I was going to see how long it would take me before I needed a real cigarette. All was well until around 6:00 that evening when I ran out to the corner store for something and out of habit picked up my pack of smokes sitting by the dashboard and lit one up.

And THAT was the moment I will call the game changer. I wish I could say that it was some transcendental moment of self-awareness where my psyche battled with my inability to follow through with my intended goal. But it was much simpler than that -- much simpler. The cigarette that I had taken a puff of tasted like pure garbage. After that one puff, the remaining cigarette carcass was promptly catapulted out my driver side window never to be seen again. I reached into my pocket, pulled out my vape pen, and all was better.

Within about a week of vaping, I was no longer experiencing the daily morning nasal congestion I had gradually become acclimated to over more than two decades, and I could sing a couple of higher notes I had never been able to reach. After two weeks, when I went outside in the smoking area (even the electronic cigar/cigarette smokers needed to puff outside at work), I had an interesting encounter with a long-time smoker -- I correctly identified by smell that she had started smoking a new brand of cigarettes. I could also easily tell if someone was smoking a cigarette within about 5 cars away when stopped a stop light (and I could also smell the smoke on everyone else's clothes that other people had undoubtedly smelled on mine for so many years).

Since I started vaping (I was the second person where I work to do so), others have asked me about the contraption I inhale on and I have gladly shared my experience. I do not have any scientific proof to declare that this is chemically better or worse than cigarettes. However, I can definitely declare that not only has my quality of live health-wise improved over the smelly congested hoarse being I was over a year ago, but it actually leaves more money in my pockets, as this is not even as expensive as conventional tobacco products (I'm sure the tobacco lobbies are all over that one...).

Over a year since I started vaping, I have been influential in showing a few others the positive side of vaping versus smoking. There are now more than a handful of others who have followed my lead and no longer light up on their breaks, but rather press a button, puff and go on with their lives. They seem to be happier, as well :-)

My Personal Disclaimer: if you have not begun smoking or chewing nicotine products before, do not start. Do not start vaping just to vape, because we will not be aware of

other possible side effects of this until years of legitimate studies of significant magnitude have been performed. Let the people who have abandoned cigarettes be the guinea pigs for these studies and save your hard-earned cash for better things. Yes, it does cost less than buying a $6-$7 pack of cigarettes per day, but you will have more money in your pocket if you stay away from it altogether. These devices have helped me to enjoy a quality of life much better than the one I would be otherwise living if I were still smoking, and I still contend that starting smoking was the worst decision I have even made in my life.

8/16/2015 4:58:54 PM - Rachelle Ross

I smoked for 20 years. I quit twice for six months each time, but always went back. Towards the end of my smoking career, I tried Zyban, nicotine patches, Chantix (hell for 12 days), and nicotine gum. Nothing worked. I was finally able to quit smoking cigarettes using my e-cig 5 years ago this month. I'm fine with having a nicotine habit that doesn't rule my life the way cigarettes did - with their smell and filth. Not to mention the health benefits. I also don't need to use it as much as I did cigarettes. It has proved to be a far better option for me.

8/16/2015 4:58:43 PM - Jake

I had been smoking for over 20 years and I have tried all sorts of stuf prior to electronic cigarettes. The patch, chantix, nicotine gum... etc. Nothing worked until one day I stopped into a vape shop... Thanks to Vaping, I have been smoke free for over a year now. I no longer spend my mornings coughing up a lung, I can breathe again, food tastes better, and best of all I feel better.

8/16/2015 4:57:18 PM - Jacqueline McGee

I began sneaking cigarettes at age 11, and was smoking a pack a day by age 16. By age 26 I was a two pack a day Marlboro smoker, and so was my husband. I smoked for 39 years, only stopping breifly while pregnant. In spring of 2013 my oldest son introduced me to vaping cigalikes, and my husband was also in the hospital with pneumonia. The staff let me vape in the hospital room, and I vaped the highest nicotine ejuice (24mg) I could get for 3 weeks. I have stayed off cigarettes completely! I'm now on a tiny amount of nicotine (3mg), and my vaping has slowed down after well over two years. I enjoy buying new ecigarette gear,and great eliquid flavors. The technology has advanced, and I vape SubOhm electronic mods now; they provide great flavor. I would still be smoking if it weren't for ecigs, and they continue to keep me off of tobacco. My house and car don't smell bad anymore, and neither do I. I'm not exposing my grandchildren to second hand smoke, and save $80 a week; money I now spend on my family. My vaping costs less than $100 a month, and I vape only premium quality USA made eliquids. I had pneumonia almost every year when I was smoking, and haven't caught it since I quit smoking. I can breathe better now, and don't cough up brown, disgusting gunk anymore. I've kept up with the research, and know ecigarettes don't cause cancer, and since my grandmother died of smoking related lung cancer, that's important to me. I know don't understand why the government and FDA would threaten the best smoking cessation device ever invented. We need to keep ecigarettes around, and keep the new devices and eliquid flavors coming. I vape dessert flavors; these aren't being marketed to kids as I buy everything online since the prices and selection are better. The costs need to be kept down, too. Ecigs need to be treated like the life saving devices they are! The day I began vaping I never lit another cigarette, and have no desire to smoke.

8/16/2015 4:57:04 PM - Phil W.

I smoked for about 45 years, at the end I was smoking about 2-3 packs per day. Over the years I tried a number of approaches to quitting not limited to patches, gum, pills, even hypnosis; none of that ever worked. I recall wearing a patch, chewing some gum as I headed outside and fired up a cigarette. I was introduced to vaping and electronic cigarettes when I noticed someone inside with what looked like a lit cigarette, it was an electronic cigarette. I purchased a few disposable ones in the beginning, used them when I was inside a place I was not allowed to smoke. I eventually learned about larger versions, refillable ones with rechargeable batteries. Over time I quit smoking tobacco cigarettes entirely. I have been smoke free for over 3 years now, I feel healthier, I no longer hack and choke, I breath easier and my house no longer smells like an ashtray. When I first started vaping I was using 24% nicotine e-liquids and cartridges, over time I have lowered the number considerably. These days I mix my own e-liquid and I average about 1% nicotine. So as you can see, vaping not only helped me quit smoking, it also allowed me to taper down my nicotine addiction. My story is just one of many and we all need to be heard by the politicians, they need to understand that this is a healthier alternative, it harms nobody around it, and vaping it bar none the single most effective means to quit smoking there is or has ever been.

8/16/2015 4:56:50 PM - Scott

Smoked Marlboros for 30 years, vaping was the ONLY way I could quit. Saved my life as far as I'm concerned. Tobacco free for one year now.

8/16/2015 4:56:39 PM - Big C

I was a smoker for 20 yrs started when I was 10 yrs old went from 2-3 pack a day habit to 0 cigarettes in one day an keep dropping the nic level all the time down 6 mg now. life wasn't that great smoking Coughing stuff every morning for an hour strait couldn't hardly breath now I can breath.

8/16/2015 4:56:22 PM - George Trella

I started smoking from a very early age of 14 years old, and I smoked for 51 years and started Vaping with e-cigs, I tried everything to quit and it did not work until I started vaping or using e-cigs.

They saved my life my Doctor told me I should be dead and I was lucky not to have gotten cancer, I wish they had e-cigs or vaping 20 years ago and I wood have stop.

Within 5 days, I was breathing better, my blood pressure was down to near normal, and I have a lot more energy! As a smoker for 51 years, and 2 packs a day thank God for vaping.

thank you for your time.

8/16/2015 4:56:08 PM - Juli Ann Baker

I am 33yrs old I started smoking ciggarettes when I was 13. I have been a diabetic for 4-5years. I quit smoking ciggarettes and started vaping about 4-5 months ago. Vaping saved my life! I was vaping 18-24mgs of nicotine and today I am down to 0 (ZERO). I do not smoke at all, I only smoked for a few weeks and vvv winged myself from a pack a day to zero, I started with a pen went to a mod within 3months. I have used gum, patch and blues, to quit but am now using a tank and mod and love it.I have never been healthier in my life. My heart health has improved, I can breathe again, i'm not hacking my lungs up, and vaping is an affective way to quit smoking ciggarettes. like with anything harmful to children you must keep nicotine eliquid put up you must treat it as a medicine away from kids and explain to them how harmful it is if swallowed. VAPE SAFE, VAPE ON, KEEP VAPE AVAILABLE AND ALIVE,IT WORKS!!!!

8/16/2015 4:55:56 PM - Sammy

I switched from smoking to vaping 4 years ago. My breathing within 3 months improved. I wasn't going to quit smoking. Like I said it's been 4 years vaping and I don't plan to quit. I guess we'll be back to bootlegging and who knows what will come out of that

8/16/2015 4:51:44 PM - No Smoke No More

Please keep it possible and legal for me to order vaping supplies shipped to my home. I really, really don't want to have to rely on tobacco products to satisfy my nicotine addiction.

8/16/2015 4:51:54 PM - REP

I have tried patches, gum, sprays, you name it. None of it worked for more than a couple weeks. .. now with my vaporizer i havent touched a cigarette for. .. well i lost track. And i can say that i feel better, smell better and just all around feel healthier

8/16/2015 4:52:06 PM - Irisvane

I smoked for 7 years and quit completely the day I started vaping. I have been vaping for over a year. I use regulated and mechanical mods, as well as tanks and rebuilable dripping atomizers. I vape mostly 3-6mg eliquid that tastes like baked goods or candy. Vaping instead of smoking has improved my sense of smell and taste. Most importantly I can keep up with my 3 year old son now. It saved my life and will keep me in his longer.

8/16/2015 4:52:19 PM - chris weier

I was a two pack a day smoker, for almost 34 years. I got to were I could not sleep at night because of my constant coughing. I tried pills, the patch, the gum, but I still could not stop smoking. I'm a single parent of a 12 year old boy, and I want to see him grow up. He begged to stop smoking, he said "It was killing me," and he was right. On his birthday January 16, 2015, I walked into a vap shop near my house. A sign on the door said stop smoking. The nice man inside said that vaping made him stop smoking, and he sold me my first vaping device. On that day January 16, 2015 I started vaping and never smoked a cigarette again. It was that easy to stop smoking by vaping. I can breath again, I can taste food again, and I can sleep again, and I will see my son grow up.

Chris Weier

8/16/2015 4:52:32 PM - scott

Smoked 30 plus years and felt like crap wheezing coughing up brown discharge from my lungs I knew I had to do something tried the gum didn't work tried the patch and kept going back decided to try vaping and never went back to smokes chest cleared up no wheezing I can acually walk up steps without passing out my smell is much better food tastes better no more ashes and smelling like stale ciggs everyday do not ruin a good thing vaping saved my life and thousands of other people let us choose what we need to do

8/16/2015 4:51:34 PM - Mark Turner

After 30 years of heavy cigar and cigarette smoking and many failed attempts at quitting. I was introduced to Vaping by a friend. That day 3 years ago, it was as if a heavy burden had been lift off my chest. I was finally able to quit tobacco use. I never looked back. Vaping literally saved my life. I am a strong supporter, and a Advocate of the benefits of choicing a Healthier Alternative to Tobacco use. My wish for all Tobacco users is that they could also know what I know now. There is a proactive and positive way to rid ones self of the addiction to Tobacco products. And immensely improve your overall physical and mental health.

8/16/2015 4:51:22 PM - Cindy D.

I am a mother of Four children and have smoked for almost 20 years . I tried electronic cigarettes (Blu e-cigs) for the first time about 4 years ago. With the help of those I cut my smoking down from 1 pack a day to only a few cigs a day. Then I tried a friends E-vape (an adjustable stick battery and a simple starburst tank) and went and purchased one of my own. Within a week of my purchase I went from being a smoker to trying to smoke one of my last cigs and it actually made me gag. I threw the rest of the pack away and haven't smoked a cigarette since. I started with a 36 mg of nicotine in my e-juice .I since have purchased an MVP , and an SVD and then finally an Eleaf Istick 30 watt with a Nautilus tank. I now am down to 6 mg's of nicotine. I no longer have problems with asthma and I haven't had a single occurrence of Bronchitis since I quit cigarettes. My doctor said that my lungs sound perfect. Without e-vapes my doctor said that I would probably develop the very same condition that runs in my family,(which was the cause of death for both of my Grandparents) called Emphysema caused (according to my doctor), by a lifetime of smoking and breathing in smoke from others in the house. My entire family is now smoke-free on E-vapes. Some are even on 0 nicotine now. I am very thankful to the vaping community for all the support as I strive to improve my health as well as the ones that I love. Besides being able to smell much better and my sense of smell is much much better also not smelling like an ashtray is wonderful as well. Prior to using an Evape I was given Wellbutrin to try to quit smoking and it did nothing for me. I wasn't even able to cut back on how much I smoked while taking it.

8/16/2015 4:50:05 PM - MOM

My special needs son, age 50, was smoking up to 3-4 packs of cigarettes a day. He was constantly stuffed up and throat sore and on his limited income was being drained of money to do other things. When the e cigs came out it was a blessing. He breathes easier and has money to live his life, instead of slowly killing himself. I presently have 2 other children who have also switched from cigarettes to e cigs and are slowly tapering off smoking altogether. I know if my son looses the right to e cigs he will go back to cigarettes which would eventually kill him. On your head be it.

He smokes Vapes #11. He has come down from #16.

The doctor put him on Chantix when he was on Cigarettes and he quit but that urge is too strong because it is a DRUG (get that-a DRUG). We tried to keep him from buying cigarettes so he was picking up dead butts from the street and smoking other peoples germs. About that time the Vapes e cigs came out and his life is so much better. He also lives in a group home where no smoking is allowed but the e cigs are.

8/16/2015 4:47:10 PM - Rachel

I started sneaking cigarettes out of my mom\'s pack when I was 14 yrs old and I smoked until this passed November. I was having a rough time adjusting until a friend of mine turned me on to vaping. I haven\'t looked back and I haven\'t felt this good in AGES!! My mom smoked her whole life and died of a heart attack at 48. I was diagnosed with congestive heart failure 3 yrs ago and I\'ve been on medicine since. I breathe better, i have more energy and I\'m no longer worried about dying young. I love my vape! I smoked Marlboro Ultra light 100\'s when I quit. Now, I use an eVic Vt and 3 mg e juice. I can\'t believe i abused myself with cigarettes for so long!

8/16/2015 4:46:38 PM - Chase Pledger

I was a cigarette smoker for my 4 years in college. Like many people, I had trouble dealing with the stresses of college life and turned to cigarettes as a release. The calming effect of the cigarettes quickly faded away, and was replaced as a five minute break I had to take every hour or my body reacted negatively. I started to hate everything about cigarettes, but I enjoyed the act of smoking, and addiction had its hold on me. I could barely exercise, because any physical activity made my chest feel like it was collapsing and I would constantly cough up brown mucous. I finally got fed up with all of the effects of cigarettes and began to research alternatives. E-cigarettes clearly looked like my go to option. It had a cheap entry price of getting started and I still got to smoke/vape! So I made the switch last September and have not bought a pack since.

My first device was the box mod Itaste MVP 2.0 and I started out using a mix of 18mg and 12mg juices. I then bought a Sigelei 150 to begin using RDA's and sub-ohm tanks and went down to 6mg nicotine. I am currently using a mix of some 3mg and 0mg nicotine juices, no higher.

I still have around 5-10 cigarettes a month with my coworkers. This is down from a pack a day for 4 years. I could stop smoking those if I wanted, but I like the reminder that it gives me now of what I have left behind for a better future.

The day before I bought my first smoke-free device was the last day I bought a pack of cigarettes. I have not bought a single back close to a year now and I don't plan to. Days after only using my new smoke free device, I could already tell my body was thanking me. No more coughing up mucous for 5 minutes when I wake up, or feeling like my chest will explode from any type of physical activity. I knew I was becoming healthier and there was no turning back. I was also saving money. Not just money from cigarettes, but also from not buying a soda or some junk food at the convenience store every time I bought a pack.

I never really tried to stop smoking before I switched to e-cigs, because honestly I was scared of going through the withdrawals and thought it was a lost cause to begin with. My parents have been smoking for 30+ years and after seeing them try to quit time and time again I felt like there was no point. I finally decided to try out e-cigs because there was still nicotine and felt like it was my best hope.

The changes I experienced in the quality of my life happened very fast. After a week I was able to notice my chest and lungs clearing up. I could now take much deeper breaths and I now never cough up brown mucous. I am now back to exercising weekly and feel like I did before I ever started smoking.

Vaping has absolutely changed my life for the better and the community of vapors is outstanding.

8/16/2015 4:46:07 PM - Gar

Like many of you, I WAS a smoker for nearly 40 years. SIX YEARS ago I smoked my last cigarette when I bought one of the early e-cigs, called the 510â€¦without the button. To have the warning that e-cigs are not a smoking cessation device is hogwash! I too breathe better, smell better and feel so much more like I did years and years ago! I'm 63 now and heading for 100!

8/16/2015 4:45:55 PM - Rodney L. Johnsen

My name is: Rodney L. Johnsen, I smoked for 58 years, I have been Vaping For the past 2 1/2 years and I feel great. I have cut my med\'s in half. I play Golf when I smoked I could not walk up the hills without slowing, Now that vape and not smoke I walk the hills very EZ. I vape And I Vote,

Rodney Johnsen

8/16/2015 4:45:38 PM - Mike D

I quit smoking about 25 years ago. Then like a dummy I started smoking again about 5 years ago. I tried everything to quit. Gum, patches, cold turkey but nothing was effective this time. I wonâ€™t even mention the long list of disgusting symptoms associated with gum and patches. I remember back to the fever, sweat, disorientation associated with quitting 25 years ago. This time it was worse. I actually gave up trying. Then one day my son said to try e-cigarettes, which I did (we call it vaping). For a month or so I smoked and used vapes. But something miraculous happened; I lost my desire to smoke traditional cigarettes. I actually preferred the various great tasting fruit and candy flavors. I have not smoked a cigarette in almost 3 years. I attribute this to vaping. I have been able to titrate down nicotine to 5mg. I can breathe again, taste food and know that my body is no longer being exposed to 5,000 toxic cigarette chemicals associated with combustion. Nicotine is somewhat addictive but is not known to cause cancer.

Why would you want to effectively ban the most effective smoking cessation method the world has ever seen? My thought is that governments are hurting for money and want tax revenue. They don't care if folks like me die, or not, as long as they can generate taxes on vaping products.

8/16/2015 4:45:25 PM - Claudia Brown

Dear Lord, how do I thank the inventors of e-cigs enough?

I am a university instructor who had smoked for 37 years, upwards of two packs a day. Thanks to the Big Boys and Girls in the tobacco industry, I'd bought into the illusion that smoking was cool as a teenager, and was hooked immediately. Thirty-seven years later, I couldn't walk up a flight of stairs without gasping for breath. And still I couldn't quit.

A friend finally convinced me that I could live a better life and still feed my nicotine habit if I tried e-cigs. I'd tried everything else including medication to no avail, so I thought, "What could I lose?" I tried them. Within 24 hours, I'd transferred my addiction to e-cigs entirely and never looked back. This was on September 9, 2009.

Guess what? I can climb several flights of stairs now without even thinking about it. The incidence of colds, bronchitis and pneumonia has lessened dramatically. I am less of a burden to my insurance company and employer, have more energy than I've had since before I started smoking, and am a better health risk than many people half my age.

THEY WORK. If they are taxed so that I can not as easily afford them, I still will use them, fortunate as I am to have a good job. But I worry about my students and friends who will NOT be able to afford them. I will not hide behind my economic privilege and simply pity those whom I care for. I MUST implore you to consider their health risks and the likelihood that they will revert to the cheaper method of fulfilling their need.

A sin tax is a flat tax, and everyone knows by now that flat taxes hurt the poor far more than the wealthy. Please, please do not penalize us for having found a healthy alternative to a vicious killer. Please, please do not allow money to be more important than humanity.

Thank you,

Claudia Brown

8/16/2015 4:44:12 PM - Bill Lock

Hello,

I have been smoking for over 30 years; it's a bad habit that I could not stop. I switched to Vapor about almost 3 years ago because my wife hated the smoke smell. I tried the small cigarette looking products, but I was still smoking traditional cigarettes too. When I switched to a vaporizer I finally got the satisfaction I needed and completely quit traditional cigarettes.

I feel much healthier, no coughing up in the morning, no bad taste in my mouth, no smells in my car, home, breath, or cloths. I have started to jog and I have enough 'wind' to finish my goals now. I do not feel guilty smoking in front of non-smoking people and have never felt better.

I have seen many of my friends quit smoking on vaporizers, but that is not my goal, I enjoy smoking and feel that vaporizers are a godsend because they don't drain me the way cigarettes used to.

If you know someone that smokes tobacco, I suggest you convince them to switch to a vaporizer setup; they will thank you for years.

Thank you

Bill

8/16/2015 4:44:01 PM - michael alvarez

i smoked since i was 12 years old..tried to quit countless times;some were succesful,but relapse soon took hold.

i started vaping in 2014 and found that with vaping,i no longer craved cigarettes.i started at an 18mg nic level and now im at a 6 (could do a 3 but i like the nic buzz).

i no longer wake up with a horrible taste in my mouth...no more scrounging for extra money to buy over priced tobacco products and funding government programs i don't give a damn about (my city has a 2 dollar per pack tax to support philadelphia schools,i dont have kids and could care less (harsh i know,but whatever,its my money).

i can taste food again and have an appetite,i gained weight,and can fully breathe again.i was waking up some days with horrible lung function,now thanx to vaping i've had no incidents at all.

a damn near 2 pack a day smoker who no longer craves or wants anything to do with cigarettes....now thats proof.

vaping saved my life!

8/16/2015 4:43:50 PM - Randi R Santos

After smoking traditional cigarettes for 12 years, 2 packs a day, I successfully quit smoking with vaping. I previously tried to quit with nicotine gum, the patch and chantix all of which were unsuccessful for me. I have been cigarette free since September 17th 2013. I started vaping with 24 mg nicotine and I am very pleased to say that I am currently down to 3mg. With that being said I have gained back the ability to breath, smell, taste. My life has improved so much!! I am more active and choose a healthier diet and lifestyle thanks to vaping. I hope that everyone who uses tobacco has the chance to try vaping and to be able to afford the transition.

8/16/2015 4:43:38 PM - Beverly dull

I was a 2pack a day smoker for 22 years. I had a horrible very productive cough, I felt horrible. I stayed sick slot with upper respitory infections, bronchitis and severe sinus infections. I had tried everything to quit smoking and nothing worked not even the Chantix my doctor was certain would work. Then a year and a half ago I found vaping thanks to my brother. I started vaping with a starter kit I bought and I was completely satisfied! I didn't even want a cigarette!!! Now a year and a half later I am still smoke free! I do still vape but I am at a very low mg of nicotine. I feel so much better than I did when I smoked. I exercise every day. I can go swimming and hiking and play ball with my kids again because I can breathe again. Since I started vaping I have not been sick not one time with the respitory infections, bronchitis and sinus infections! I feel wonderful!!! I am truly thankful I found vaping it has truly saved my life and gave my children their mother back!!!

8/16/2015 4:43:19 PM - Glenda settle

My mother was diagnosed with empysima and COLD. Her Dr told her over and over to stop smoking or she would die. I to was a smoker since I was 15. Anyway my mom was in and out of the hospital four pneumonia and still never quit. Shire didn't no about gaping I don't think it was even around yet. so she had no option our will power. Three last four years of her life she was on oxogen she would even smoke while using it. I started making two years ago when I was diagnosed with three same thing. I don't stop right away I vaulted and smoked. But I cut down. Until my Dr told me he was going toput me on oxogen as well. And if I didn't stop I would die. I watched my mother suffocate to death for years while she continued to smoke I tried to introduce her to vaping but she wasn't having it. I weren't to visit my mom on jet birthday this year in icu all hooked up to breathing machines and a severe lung infection. She was on life support and they said it would be long term. They finally took the tube out and traked her. So now she is aware off what is going on. This was in march her birthday was march 9th. If only I knew testy was going to be my moms last birthday. Well done she was aware and refused to be on machines she refused three trake. The Dr guild her if they took it out she would die within 48hours. The family was notified. Just me and my baby brother was all she had. We stayed at a hotel they had four the families of three hospice patients that we're in there hospital. We're got a call at 5:50 that morning. Mom was fading. We rushed to her room hoping we're would make it before she passed. And I held her hand while she struggled to breath I made a promise to my mom right then and there I would never smoke again and I would take care off the family. She squeezed my hand as if she understood. And I told her its okay mom you can go now. We will all be okay. I love you and ill see you soon. Shire died tasty mourning at 5:58 And I haven't had a cigarette since. I know my mom watches me and is proud. My Dr has taken me off three oxogen and said my lungs are healing. I just wish it wouldn't have had to take losing my mom to stop this that was killing me. Now I'm a grandma of a precious little girl of three years old. And I don't stink Lille ciggarets.

There are times that I have a hard time getting juice because I was in an accident on the job and am on disability. They pay me 750$ a month. I buy want I feel I can make it through the month but mostly I run out. I enter contest and watch shows and do whatever it takes to make sure I wont smoke. See I have no will power. If I don't vape I will pick up a cigarette. So I pray when I enter these contest. I have an old mod that is about on its last leg and I'm praying I'll win one and songs juice. God will I will continue vaping. It saved my life. If only it could have helped my mom. God bless you and thank you for letting me share my story. If there are some misprints I got teary eyed. I miss her so much. God bless all the others that struggle month to month like I do just to be able to vape. These vendors are life savors and didn't even no it.

A greatful daughter

Glenda Settle

Rip mom (Reba Guzman)

8/16/2015 4:41:00 PM - Tasha Trinidad

I began smoking when I was 13 and only quit for a shot time when I was pregnant with my son. Over the years I had smoked everything from filtered unfiltered menthols and lights I had tried multiple times to quit smoking but never made it very far I tried patches gum lozenges but none of those made me want a cigarette any less. Just a little over 2 years ago my son told me about a friends mom who had quit smoking vaping and had told me I should look into it. The very next day I located a local vape shop and headed over I bought myself a mod a tank some could juice batteries and a charger so that I could fully jump in and quit smoking once and for all I was still skeptical that it would actually work but figured it was worth a shot. I am proud to say that from the moment I stepped into the vape shop I have not touched another cigarette at all! It has now been 2 years and the smokers cough that I didn't realize I had built up to in my 23 years of smoking is now gone, I breathe easier than ever my sense of taste and smell are great my whole body in general feels great! Vaping saved my life in so many ways!

8/16/2015 4:40:44 PM - Amber Gemmill

I smoked a pack and a half for the good part of 20 years. I have had multiple occasions of those years to try and quit. I tried, nicotine gum, nicotine patchs, and a prescription nicotine inhaler, none of these worked more than a week. I discovered vaping, I read about it and decided I had nothing to lose. I started at a 18mg nicotine liquid, I am now at a 6mg and will be cigarette free for 2 years in November of this year. This helped when everything else failed. I have also received tremendous help from the vaping community. At this point in time we cannot say it is 100% safe, but I can say I feel 100% better and my general health has improved.

8/16/2015 4:39:53 PM - Mike Shagwell

I am a 38 year old male that started smoking at the age of 12. I grew up in NOLA LOUISIANA and as a young adult I found myself smoking a pack or more of cigarettes a day depending on the many epic nightlife activities I participated in on a weekly basis. As I got into my thirties I began to notice the health effects that cigarette had began to cause on my body. I tried to quit many times using nicotine patches and other means with no permanent success. Every year I would have to miss work during the winter cold and flu season because I would get so sick from sinus infections 2 or 3 times a year. I couldn't walk up a flight of stairs without losing my breath on a good day. It has been almost a year now that I have been off of cigarettes and I actually avoid being around them at all now because I started vaping. I smoked over a pack a day for twenty five years and was able to immediately quit (same day) by purchasing and using my first vaporizer (ecig). Last year was the first year I wasn't sick during cold and flu season. I don't get shortness of breath at all no matter what I'm doing. I started at 24 mg nicotine and now I only use 3mg and I don't even vale as much as I used too. What morons can argue with the fact that ecigs are an amazing alternative to smoking and are saving lives like mine every day. You politicians are not helping anyone with your attempts to line your greedy pockets at our expense. All yall do is F things up for people trying to better themselves. I have over 1000 dollars invested in the last year on vaping equipment and probably another 1000 on e liquid. Guess what, I'm not done buying it yet either! I just bought 2 Atlantis triton tanks, I have a v1, v2, kanger sub tank mini, a delta2, an arctic, 3 aspire nautilus mini that I have given to adult friends to get them off smokes, an evic Vt with a mega tank, Eleaf 30 watt 2 Eleaf 50 watts an aspire sub ohm battery and I roll max vg on all my liquids now. I'll huff and I'll puff and I'll vape your house down. My next purchases will be a velocity RDA and whatever the baddest 200 watt temp control device on the market at that time. Got a lot of my info about vaping from indoor smokers and epic ecig reviews on you tube. Also rip trippers, twisted 420, Tia vapes, the vapor trail. Vaping is the most important life changing contribution to my life since the iPhone.

8/16/2015 4:39:42 PM - Mike T. from Canton, OH

To Whom It May Concern,

I was a smoker for 30 years during which time I smoked 2 packs a day for the majority of that time. On July 8, 2014, at the urging of my son, I bought my first vaporizer- a JoyeTech eGo-T and have not had a cigarette since! I tried to quit many, many times using Nicorette gum, lozenges, patches, cold turkey, etc. The longest these methods worked was 3 days and every time I would end up smoking while using them. I tried cold turkey numerous times and never stuck to it. For me, the addiction was not as much the nicotine as it was the mechanics of smoking - having something in my hand, the oral fixation of inhaling/exhaling and, of course, the throat hit.

Within a week, I started to notice a difference in my health. I wasn't coughing up a lung every morning, I could smell and taste things better, I had more energy, and I wasn't having headaches. Within the first month, my wheezing went away which I hadn't realized I had. Now after a year smoke-free, I feel 20 years younger and I actually look younger as well. I also did not gain weight as a result of switching to vaping. When I started vaping, I was using 24mg strength nicotine and now I am at 6mg on my way to 0mg. Once I hit 0mg, I will keep vaping for as long as I enjoy it.

I can say with 100% accuracy that I would never have quit cigarettes had I not found vaping!

8/16/2015 4:39:14 PM - Randizzle

I started smoking cigarettes at around age 15 (2005) when I switched to vaping I was 25 (2015) I was able to stop and get a full realization of the fact that I had been smoking cigarettes for 10 years straight and didn't even realize it I shocked my self like WOW those days really went by quick I can't believe I did 10 years of that! I had my times where I tried to quit but it never stuck. I was 23 (2013) when I first tried vaping it started with the "Blu" E-cigs the ones you could get from gas stations it was a OK experience it didn't last long the cost of cartridges was a bit too steep for me than at age 24 (2014) was when the vaping industry was slightly taking off and they had new things like the EVOD E-Cig sticks that stuck with me for a while until replacement coils and juice started to cost more than cigarettes so I ended up going back to smoking than at 25 (2015) the vaping industry started to grow, they began to release all types of innovative products, they started to become budget friendly the business was starting to boom I found out I didn't have to buy coils every other week anymore I could just make my own which was a godsend to me and juices cost way cheaper online than at vape stores that's when I fully switched back to vaping, stopped smoking and never looked back. I use Innokins MVP 3 Pro and Kangers Subox Mini and I use Kanger Sub tanks with them they helped me stop smoking and they will help you. I started off with 24 mg nicotine juice but am now down to 3-6 mg nicotine juice. I have tried nicotine gum and patches they never worked for me. My quality of life ever since I stopped smoking? I would cough up blood in the morning sometimes I don't do that anymore so that's always a good thing, I can exercise longer with out getting winded this will only get better with time the longer I am smoke-free, I don't bother people who hate the smell of burning cigarettes anymore, The people who always wanted to me quit smoking are happier now.

8/16/2015 4:38:35 PM - Shawn Grandinetti

Please stop the taxes, I have been vaping for a year and half now, I feel healthy in morning feel a lot better, thank you

8/16/2015 4:38:24 PM - James Tanner, CA

Hi,

I started smoking in Jr college around 1988.

It gradually increased over the years until April of 2013 when I switched to using a vaporizer.

My first attempts were with the Blu style e-cigg. These were more work and effort than they were worth and I soon gave up on them.

Then a friend introduced me to the refillable tank style vaporizer, this did the trick. From day one of using this I was done with cigarettes. It's been over two years now and I couldn't feel better.

I started with a high nicotine level and have reduced it to a very low dose over time. The only reason I continue to use nicotine at all is because of studies showing a possible positive effect on Parkinson's and other neural disorders.

Besides the improvement in my physical health, my mental health has improved with it. I no longer feel ostracized from society, as if I were a pariah.

Next to the birth of my child, the greatest change in my life has been vaping.

James Tanner

8/16/2015 4:38:13 PM - Seppo Rajala

I finally quit smoking with the help of vapor products. Tobacco free now for almost one year, nicotine free now for six months. It works, don't mess with it. I smoked for 35+ years and I had not been able to quit before I learned about vaping. Before that, I had given hope and pretty much accepted that I will never be able to quit.

8/16/2015 4:38:02 PM - Daniel Hall

I smoked traditional cigarettes regularly from the age of 13 to 34. I had tried every conceivable option to quit, patches gum hypnotherapy, you name it and every time within a few days returned to the same habit. Just before my 35th birthday, January of 2014 I picked up an electronic cigarette for the first time. At first, I didn't think that was going to work because it still tasted like tobacco and wasn't really helping. My friend took me into a vape shop and my life changed. The choice of flavors and nicotine strengths that weren't available in the gas station were unreal. I figured out my flavor profile, which is cereal flavors and strawberry/cream flavors and haven't looked back. For the first time in my adult life I am free from cigarettes and have been now for 20 months. I use box mods, rda's, sub ohm tanks and i am a cloud chaser. I believe that over regulation of this industry, removing many of devices that have already helped so many break the chains of tobacco will cost lives in the future. I am healthier now than at any time in my adult life, my blood pressure is down and my regular nicotine intake is between 1.5 and 3 mg/ml.

8/16/2015 4:36:50 PM - Big Herb

I stated smoking about 1977 and went on to smoke until 2013 I had tried so many different times to quite but I just couldnâ€™t. I tried Patches, hypnoses, cold turkey, the gum, you name it I tried It, I would have short spells of success 2days a week one time wow I thought I had it beet when I went a week no such luck. I couldnâ€™t believe it, here I am a 48 year old man who 17 years ago was able to defeat one of the hardest habits on the planet so I thought (Heroin) Yes you herd correct 17 yrs. ago I was so strung out on heroin I would have sold my Mother if I thought I could get another fix this is a habit that when I didnâ€™t have my fix would put me just on the edge of death yet I was able to conquer it. The cigarettes I just couldnâ€™t stop until October 2013 one of my friends had just opened one of these vape shops Lucky Deuces in Redondo Beach CA so I went to his shop and told him my intentions and asked if he could hook me up, I didnâ€™t have a clue what was what so he sold me a top of the line Telescoping mod with a Bad ass RDA, along with some Mothers Milk Juice. I thought if I could just slow down, smoke only a few cigarettes a day and vape the rest I would be able to maybe just maybe quite one day all together, little did I know that would be the last cigarette I would ever smoke it has been almost 2 years and I havenâ€™t even craved a ciggrete let alone smoked one. So thank you to everyone who supports this alternative to smoking called Vaping it has changed my life beyond belief, oh and thatâ€™s 2 fold My wife stoped the same day with the same set-up.

8/16/2015 4:36:36 PM - Peter Hebert

I think that we should wait before you try to banned e-cigs its helped a lot of people quit smoking cigarettes i was a smoker and i haven't touched a cigarettes for a year i ounce wasn't able to walk a single block without being out of breath now i can walk much longer i'm a big man it helped me it's helped a lot of people so i think we shouldn't banned it if anything we should banned cigarettes they are the past this is future we shouldn't think of past we should be thinking of the future for everyone we know now what cigarettes do we should give the e-cig a chance to fix what cigarettes have done to our past at least a chance.

Thank You for reading this.

8/10/2015 2:22:40 PM - xxMajorxRagerxx

I started smoking from a very early age (12) but didn't become a very heavy smoker until age of 14. I regretted it as soon as I started but as I'm sure you all know, nicotine is addictive. I just couldn't get away from it. I tried multiple times throughout the years to quit smoking, but, unfortunately did not succeed. I didn't have any special methods to try and quit, I just tried to quit "cold turkey" but was unsuccessful. The longest i went without a cigarette was 5 days. Then one day my cousin shows up with a electronic cigarette (or as I say e-cig for short) but he had a mechanical mod that uses an 18650 battery, with an r.d.a (rebuildable dripping atomizer). I then proceeded to try it which it gave me a coughing fit, but I really enjoyed the "hit" it gave me and the delicious Blueberry Vanilla Custard flavor. Well a few months later my interest in it continued to grow as I watched him wrap coils and such, and since I wanted to quit I thought "hey why not give it a shot". So November third if 2014 I purchased a Vision Spinner "mod" and a protank 2 tank along with some e-liquid and coils. So I slowly began to ease my way off cigarettes and as of November 11th of 2014 I have been cigarette free! As I continued to vape I started craving a cigarette more and more so December 26th of 2014 I bought 2 18650 batteries, a charger, a custom made mechanical box mod, and an Aspire Antlantis clearomizer, along with coils and e-liquid. Later down the road (January 31st of 2015) I purchased an R.D.A, 26g kanthal, an ohm reader, e-liquid, and organic cotton and began to build coils and learn my ohm laws. Thanks to vaping and my r.d.a I have been cigarette free and have enjoyed being cigarette free since November 11th of 2014. It amazes me how much of a change vaping has impacted on my life. I can go up multiple flights of stairs without getting winded, I can taste food again (major plus!), I don't wake up with a headache and "stopped up" with mucus, and have somewhat of a hobby rebuilding coils to keep my mind occupied for a bit. Can't tell anybody how great it feels being cigarette and tobacco Free (as I also on occasion used snus and chewing tobacco) but I can say vaping has impacted my life for the better. I cant imagine what I'd do without it and don't know what id do if they were banned as I've heard rumors, but if you are or no anyone high up, that wants to ban vaping, please tell them our story, for there are thousands of Vapors with a story. I Hope you have a wonderful day, and thank you for reading.

8/10/2015 2:22:28 PM - Brian Dates from Florida

I began vaping just over three weeks ago (7-18-2015). I put down cigarettes for good and haven't looked back! Within 2 days, I was breathing better, my blood pressure was down to near normal, and I have a lot more energy!

As a smoker for 35 years, and 2 packs a day for the last 20 years, I can say that I have tried almost every method to quit: gum, patches, Wellbutrin, Chantrix and countless attempts at cold turkey. I was never able to quit for more than a few days.

With vaping, I have not cheated in over 3 weeks.... Not even one drag! I took my last pack of Pall Malls with two cigarettes and a lighter, wrote the date on it, and they are still sitting on my bedroom dresser untouched! (photos available on request!) This would have never happened with any other method of quitting.

I believe that it is about time that people begin to wake up and realize that:

1.) Vaping is not smoking. People tend to categorize it as smoking, I suppose because the liquid can contain nicotine. But if that is true, then ponder this: when was the last time anyone had a choice of nicotine strength in their cigarette? When has there ever been a carcinogen free or nicotine free cigarette?

2.) Vaping has already been proven to be, some experts will agree up to 99% safer than smoking. Some medical experts claim that there would be a real revolution in medicine if smokers would give up cigarettes and vape instead.

3.) I know a lot of people who are more than one year cigarette free after starting vaping. I have three in my immediate family right now! I am number four. The vaping revolution is coming, and tobacco is the big loser... Humanity being the big winner!

In conclusion, vaping is a safe and viable alternative to smoking cigarettes. It needs to be recognized as such! Worrying about side effects is a moot point. Read the side effects of Chantrix or Wellbutrin! What is the success rate of these drugs versus vaping?

At this point, I cannot see EVER smoking cigarettes again, and I will continue to vape for as long as I feel I need to or want to!

PLEASE RECOGNIZE VAPING NOW!

8/10/2015 2:22:10 PM - vapeluvr1961

For the past 35 years as a smoker, i have tried everything out there to try to quit smoking, from pills, patches, hiptnotis, chewing gum, counseling,cold turkey, the one smoke an hour, it all failed within the first few days, everything possible. i could not get away from the evil addiction of tobacco. the cravings would just get the best of me, i would hide like a junkie and sneak them. i was only fooling my self. i always said why does the government allow them to be sold, might as well sell heroin or crack legally . now as a vapor for 6 months , without touching a smoke or even thinking about them, i use a mod with sub ohm tank, started with 12mg nicotine, at 2 weeks in dropped it down to 2 mg nic, now switch back and forth from 2 mg of nic juice to 0 mg of nic juice. i will never touch another analog as long as i live, its the best invention ever produced.. i feel and smell like a new person. i only wish i did this years ago. i feel it has saved my life , and my body from any further damage .

8/10/2015 2:21:59 PM - Joe Hatfield

I tried vaping last summer using the Vuze, or that style, of ecig. Because I was smoking upwards of 2 packs of cigarettes per day, and wanted to quit, I tried the alternatives like the patch and gum (sometimes together). I found vaping and thought it would be a perfect substitute for smoking, and as I found through my own research, far healthier. I hated it. The flavor was awful, it burned my throat, and it wasn't nearly as satisfying as cigarettes. And I needed satisfaction, since I am, at this point, hopelessly addicted to nicotine. So... I went back to the butt and stayed there to add another year to my already 15-year-long habit.

Then, over the weekend of Cinco De Mayo of this year, I took a road trip to see an old friend and his beautiful wife. He had recently opened Denver Vapor with a mutual friend of ours. I had NO INTENTION of ever picking that crap up again, and the point of the trip was to see my friend, not to vape. And by this point I had just resigned myself to the idea that I'm a smoker. That's what I am. I hope to quit one day, but smoking is what I do.

At any rate, he worked the days I was there, so I would hang out at the vape shop with him, and we'd talk, and I started asking questions. I saw the flavors and the hardware, and the cotton, and the tanks, and I watched him blow clouds and help customers, who would blow clouds, so I tried a few things. Not to mention that this is a man that I trust implicitly, so I said to him, "Sell me one of these fucking things." He sold me a box mod and a sub-ohm tank, a battery, and a bottle of e liquid... AND I HAVE NOT HAD CIGARETTE SINCE! It was pure magic! That was over 3 months ago. And I vape on the lowest level of nicotine available next to 0: 0.3mg nic per milliliter of ejuice. The Vuze - style ecig is 4.8 mg... No wonder it tore my throat out.

I can smell and taste again. I can take a deep breath, or 10 in a row. I don't cough up oatmeal for the first half hour of my day after I wake up. I don't stink. I don't compulsively inhale carbon monoxide, carbon dioxide, arsenic, tar, and baby Jesus knows what else. It tastes good. It satisfies me without killing me. As far as I can tell, the only consequences it has are that it dehydrates me (which only makes me pay attention to my water intake, so I don't see that as a bad thing), and it kinda freaks out the straights, because now I'm the one blowing clouds.

Vaping rules. Please leave it alone.

8/10/2015 2:21:11 PM - Rob Murphy

i started smoking at 13. I smoked for nearly 20 yrs off and on puttin em down but always picking them back up for the nicotine rush. i couldnt get away from Cigs. i tried gum and the patches and neither worked i was still smoking even while using them they were so ineffective. i was gonna try the chantix but my friend, who has the same problems as I, almost commited suicide because of it so i wasnt gonna go down that road. I tried the cig a likes and they just didnt do much for me i kept goin back to the cigs then in 20013 a friend handed me a Bulldog vape penfor the next year and a half i smoked and vaped off and on but i was smoking less and less then in december 2014 i just said im done i threw away my smokes picked up my vape pen and havent looked back. I can breath better i can actually taste what i eat and drink and i dont smell bad anymore. i can smell a smoker at 5-10 ft away and think omg i used to smell like THAT? I still get my nicotine that i crave but its getting less and less i vaped 24 mg for a long time then 3 months ago it started to sting my mouth so i dropped to 18 a month and a half later 18 was stinging my mouth and now i am at 12. i know if i continue at this pace ill will be at 0 nic in 6-8 mnths and i couldnt be happier. thanks to vaping i am no longer a smoker. i have not seen or experienced a single negitive only positives (well except the weird looks i get from time to time from people that dont understand vaping LOL).

8/10/2015 2:20:56 PM - Grant Trevathan

My name is Grant, I am a college student that works at a local vape shop. I have helped 4 of my relatives stop smoking altogether. I have seen people anywhere from 18- 96 years old purchase vapes. my personal favorite customer was a mom of two young kids who had been smoking since she was 14 years old and bought a vape from me and two days later she came into my shop in tears and hugged me thanking me. The days after I sold her the Mod were the first that she could remember that she went 24 hours without smoking in 26 years. She has since dropped her nicotine levels from the original 12mg to 3mg in 3 weeks and continues to thank me every time she comes into the shop for liquid. I couldn't stand to see big tobacco lobby and remove vaping from the people it's helping just for profit. In 1996 lead gasoline was banned after years of lobbying to keep it on the market by the fuel companies that were making millions on it. Even though it was proven that it was spewing tons of lead into our air. Its time to move our focus from profit to public health.

8/10/2015 2:20:33 PM - chris169

i was a smoker for 25yrs i started when i was 12 till 4 mo. ago i smoked 3 packs a day. a friend got me into vaping and i haven't had a cig once. my lungs are much clearer so my doctor says i also feel much healthier now and can do more stuff w/out getting winded

8/10/2015 2:20:19 PM - Carey Ware

About 5 years ago I was diagnosed with COPD and Emphysema. I was a smoker for 35 years, 3.5 packs a day. The doctors told me I had 6 months to live if I did not quit smoking.

I was put on several medications and Oxygen. I simply could not quit smoking even if it meant death. I cried, screamed and cursed myself to no end! Then two years or so later someone told me to try this Vaping thing. I tried it and I was instantly sold on it. After several different types of tanks and E-Juices I finally was very comfortable with the one I currently use now. I get my nicotine without all the carcinogenics added to it.

My Pulmonologist doctor was pleased that I quit the cigs, even though I moved on to Vaping. He said he would rather have me Vaping then smoking cigs.

That was about 3 years ago. Yes, I am still on Oxygen and have to take meds but at least I am a happy camper so to speak. I cannot and will not ever smoke cigs. again. Thank God that someone told me to check out Vaping because it literally saved my life! True story folks!

8/10/2015 2:19:31 PM - Lynne Garrison-Thomas

I am 64 years old. I started smoking when I was 15, and agonized myself into quitting one time for about 6 months. For 3 of those months I was planning when I would start smoking again! If I was honest with myself - I loved smoking! Living through the decades of the change in attitude by society for this habit, I was reacting to the negativity from the cancer groups, anti smoking campaigners, ex-smokers et al, with an insecure feeling of "not being strong enough" to quit. I still smoked because I enjoyed it - but was suddenly becoming an apologist with everyone I came in contact with that wasn't a smoker. I really didn't like the feeling. I half heartedly tried the gum, the patch, the pill (for about 1 week at a time) - but they didn't help me with the "action" of smoking, the relaxation of taking a break and the camaraderie of the smokers I did still have in my life.

Then I read some information on vaping. I had noticed I had been coughing a lot more over the last couple of years (mainly because I was "cutting down" by smoking a half cigarette at a time) - and found myself dropping in to the local Vape store. Great staff, who were sincere about their product and took the time to teach me about this new system, the history behind it and the contents of the juice I would be inhaling if I chose to give it a try.

I bought my first kit - had one more cigarette on my way home - set up my vapourizer and never had another cigarette. That was 4 months ago and I have no desire to go back. I am not worried about the nicotine - I vape as much as I used to smoke - I haven't coughed after my first 3 days of vaping - and I feel 100% better. 48 years later - I have discovered a way to keep the things I liked the most from smoking, and turned away from the harmful tobacco side effects. It feels great!

8/10/2015 2:19:13 PM - Bigfoot Willy Cannon

I was a smoker for years and years. I have had 4 strokes already, yes they were small, but strokes none the less. I still couldn't quit smoking! My Grandmother out of the blue last Christmas 2014, bought me an istick 20w and a tank to put on it, I picked out the e juice and nicotine level, 18mg was my start level. This week was my 5th month with no smoking of any cigarettes! I now have a level of between 1 and 0! I have updated my equipment to blow clouds, and I am clear of the smoking bug forever! Without the e cigarette, I would still be a slave to cigarettes and all those toxic chemicals in them!! There's only 4 in ecigarettes: pg,vg,nicotine, and flavorings. Weather artificial or organic, Im ok with it, because compared to the thousands of toxins in each cigarette it's a great trade off! Why would you even consider banning the e cigarette?? Especially since you should have the information contained in my story here, by simply going to Google and doing a simple search for the info. Then you will be informed enough to make sure you are making the right decision for us as a community of e cigarette vapesters. Not just jumping into a decision that has helped so many of us quit smoking!! Thanks for reading!!!

8/10/2015 2:19:03 PM - michu3196

Hi..I was a pack a day smoker for about 25 yrs, I know that if I would have to continue to smoke I was going to die. I have not smoked a cig in about 6 months and I feel great. I owe it all to vaping!.Tried to quit with gums and patches and even hypnosis..Nothing worked until I found out about Vapes..I smell better, I know longer get winded climbing a flight of stairs and have saved a lot of money, blood pressure is even better..no more chest pain..to all naysayers about switching to vapes..do your own research about people dying from vaping...Oh yea that's rite...there is none!

8/6/2015 1:21:12 PM - Jacyll1966

I was a smoker for 35 years and my health was fading. By the age of 47 I was on three different inhalers , using a nebulizer device four times a day and was on oxygen. My lung capacity was at 46 percent. It got to the point that I was getting really sick more often with exacerbation of my COPD with pneumonia in the mix. I tried several times to quit smoking and it was always a failure which led to great depression. With my last bout in which I was really sick; my lungs where filling up and I could just picture myself back in the hospital again which usually was several days I started to weep for I knew I was doomed and pondered how much I loved smoking cigarettes. At that moment i was crossing the Ohio River and through my smokes over the bridge. Yes I know I littered, but it just felt right and good at the moment. I was angry. Then minutes later driving in my small town I drove by one of few E-Cig stores in my town that I have drove by many times and gears started clicking. I drove around the block and back to the Vape store and went in. They let me experiment and I was in love. Needless to say I bought a product and some E-Juice. That has been a month now and I quit smoking cigarettes from that day on completely. My sinuses are clear in the morning, no more nasal drops. Now I can smell and taste better. I can now even walk to my post office which was only a three minute walk, Best of all I am already off the oxygen completely. Yes I still use my inhalers but less; maybe soon that will decrease, time will tell. Thank God for vaping as it has brought some quality of life back to me.

8/5/2015 9:43:03 PM - Steven mizcles

Ok so for about 2 years now I have been vaping back when I used to smoke I would always feel not so good with all the tar of the cigarettes so as soon as I went to vaping I felt a lot better if wake up rested not coughing my lungs up at night. I used to smoke a pack of cigarettes in 11/2 days so I had a really expensive bad habit and when there was no ciggaretts to smoke I'd get anxious and angry. Now with vaping it's more as a hobby to me I have a sigelie 150 watt box mod and a 22 mm atty I make my coils and it's honestly a lot of fun to see ur creation of coils work the first time and when you get great vape. When I first started vaping I was at 36mg of nicotine which is very high now I'm in between 6mg and 12 mg of nicotine. Every time I think I want a cigarette I reach for my box and vape the last time I tried a ciggarette was about 6 months ago and I maybe took 2 puffs of the cigarette and it taste gross and it really made me feel sick to my stomach so I don't touch them at all anymore. I've tried the nicotine gum and it worked but it was too expensive it's cheaper to just smoke then to try quiting.and for how I've been feeling is so much better about myself I'm able to run 5 miles without wheezing after 2 minutes of running so it's been nothing but good to me . I'd also like to add that some people see it as an alternative to smoking but you don't see people having contest to see who can get the biggest cigarette smoke cloud. So I'm sure for most people it's just a hobby they didn't even notice the life saving change they did when they got into the vaping life hobby. Thank you so much

8/5/2015 9:42:53 PM - vapeandcoffee

I am a former pack a day + smoker for 10 years. I love smoking. I would smoke when I woke up, and chain smoke throughout my day.

I have tried every way of quitting throughout the years. Nothing ever worked until I discovered vaping,

I am now vaping in replacement of cigarettes and have no desire to smoke again.

I am also considering going to completely zero nicotine.

Vaping offers smokers something nothing else can.

8/5/2015 9:42:39 PM - Shawn Lehner

Hello, my name is Shawn and I'd like to share with you how using a vaporizer helped me. I started smoking when I was only fifteen and almost immediately I developed a pack a day habit. I always thought there would be plenty of time to quit and thought nothing of smoking. By the time I was in my early twenties I was up to two packs a day and soon after was my first attempt to quit.

I was still in the military at the time and had access to free smoking cessation classes. Since then I have attempted to quit more times than I can remember. I have tried counseling, medication (Chantix), patches, nicotine gum, cold turkey, and weaning myself from cigarettes. Almost two years ago, I was 39 at the time, a vaporizer store opened near me and I decided to check it out. My wife, also a heavy smoker, and I went in and after they advised us of our options we both purchase a starter package. Within a week we were both completely smoke free and couldn't believe how much better we felt and our clothes and house no longer reeked of smoke.

That was nearly two years ago and we are still using our vaporizers and completely smoke free. We both started out with 24mg juice and are now down to 12mg and feel much better. The cost was a colossal incentive for us to ever step foot into that vapor shop and if places adopt these punitive taxes it is going to prevent many people like us from ever attempting this alternative.

I have been smoke free for nearly two years after smoking two plus packs a day for 24 years thanks to vaporizing. Our goal is to quit everything completely but habits developed over decades don't stop immediately. This tax will prevent many like me from using this alternative to becoming healthier, which is ironic since they say the purpose of this tax is to promote our health.

Sincerely,

Shawn Lehner

8/5/2015 9:42:16 PM - Nina Marie G.

We sell Vape Products in our store. I am actually down to a zero and my staff Vape. We have helped many customers stop smoking for many different reasons. For example I have C.O.P.D, Asthma, High Blood Pressure, Mothers, Fathers, all living a better life style because they have a better choice. There house smell better, no smoke on there clothes and some of them with children are not breathing cigarette smoke which has over 4,000 chemicals in them. So, you will keep all that stuff on the market and not want to give people a alternative that can be saving there lives, Think about that! I have a story to tell I had a customer who chewed since he was about 12 years old. I finally got him at age 65 to Vape unfortunately it was to late because he found out he had mouth and throat cancer. This alternative was not there for him but it is now so please keep this product on the market.

Rest in peace Bondo we all miss you!

8/5/2015 9:41:57 PM - Shawn Lehner

Hello, my name is Shawn and I'd like to share with you how using a vaporizer helped me. I started smoking when I was only fifteen and almost immediately I developed a pack a day habit. I always thought there would be plenty of time to quit and thought nothing of smoking. By the time I was in my early twenties I was up to two packs a day and soon after was my first attempt to quit.

I was still in the military at the time and had access to free smoking cessation classes. Since then I have attempted to quit more times than I can remember. I have tried counseling, medication (Chantix), patches, nicotine gum, cold turkey, and weaning myself from cigarettes. Almost two years ago, I was 39 at the time, a vaporizer store opened near me and I decided to check it out. My wife, also a heavy smoker, and I went in and after they advised us of our options we both purchase a starter package. Within a week we were both completely smoke free and couldn't believe how much better we felt and our clothes and house no longer reeked of smoke.

That was nearly two years ago and we are still using our vaporizers and completely smoke free. We both started out with 24mg juice and are now down to 12mg and feel much better. The cost was a colossal incentive for us to ever step foot into that vapor shop and if places adopt these punitive taxes it is going to prevent many people like us from ever attempting this alternative.

I have been smoke free for nearly two years after smoking two plus packs a day for 24 years thanks to vaporizing. Our goal is to quit everything completely but habits developed over decades don't stop immediately. This tax will prevent many like me from using this alternative to becoming healthier, which is ironic since they say the purpose of this tax is to promote our health.

Sincerely,

Shawn Lehner

8/5/2015 9:41:44 PM - pmcphailbhoy

My name is Paul McPhail, I am 29 years old and born and raised in Glasgow Scotland. Up until 5 weeks ago I had been smoking 20-30 cigarettes daily. I am also an insulin dependant diabetic and have been for the last 27 years. 5 weeks ago I decided that I was going to make cigarettes a thing of the past in my life (for all the numerous reasons health,finances etc) I was not interested in simply "cutting back" I wanted to stop 100% so decided to purchase myself a basic mod starter kit from a local Vape store. Initally before purchase I was sceptical because I had previously tried a wide spectrum of alternatives (gum,patches,stop smoking groups) etc but none worked for me. Upon purchase I bought 2 e juices both at 6mg nicotine and used both over a 2-3 week period before reducing the mg's to 3mg which I am currently using. I have not touched a cigarette in 5 weeks and have no urge to do so. I have been astounded at just how effective Vaping has been and I have never felt better for it. Upon visiting Dr Blackhurst at Hairmyres hospitals diabetic clinic in Glasgow he was also astonished to discover that the retinopathy (pin hole bleeding behind the retina) that is common in diabetics especially who smoke had not only stopped completely but began to show signs of repair. I was informed I had the haemoglobin data of a non diabetic due to reduced blood pressure and strain on my body so I believe the health benefits speak for themselves. All of this information was offered to me prior to me telling 2 seperate doctors that I had stopped smoking which made quantifying the decision all the better. My new life mantra is "you'll never meet a smoker who is glad they started but Vaping changed my life".

8/5/2015 9:41:17 PM - Sgt.Panda

I had been smoking since I was fifteen, up until I turned twenty.

I have been vaping since a friend was nice enough to give me one of his batteries and bought me a tank. He also gave me six, mostly full bottles of juice. This has been about six months ago.

Since then I had given myself the occasional cigarette. But as of last month I'm happy to say I am smoke free, and feel amazing. I have so much more energy, I have a more positive outlook, I can smell and taste! And I have found lifelong friends in the vaping community.

To me, if vaping were taken away, I know I would go back to cigarettes. I don't want to do that to my family, myself, or my pockets.

So please, take it from a girl who told herself for years that she can't quit. You can, with vaping.

8/5/2015 4:39:22 AM - Kyle Harris / Nicole Harris

Hello, this is our testimonial for the advocacy of vaping & e-cigarettes. Now I use the e-cigs term loosely. I can't stand the cig-a-likes, I think the are crap imo. Only made by big tobacco to get their hand in the pot to get money, or made crappy so people think vaping won't work and go back to smoking. But this is just my opinion. So I wouldn't want to see them banned if they can actually help people and improve public health. My wife and I use mods... Mods do the job, and have helped my wife and I stay smoke free for over 2 years now. :o)

Now here's our story... We both actually tried the blu e-cigs to start. They sucked and we went back to cigarettes. (Hence my opinion) but then one day while out at our local mall in Florida, I stopped by the tobacco store there and started asking the guys selling e-liquid about this vaping thing... Well when we left we owned an evod starter kit and 60ml of juice. Since then we never had another cigarette. About 3 months after we got our evod kit, we upgraded to a provari vv device, some better tanks and ALOT more flavors of juice! Also at about the 3 month mark we also noticed that we had been feeling ALOT better. No more coughing when I woke up... No more cigarette smell in the house and car and clothes... Taking a bike ride on the beach wasn't a task anymore, it was actually enjoyable! :o) Even our little chihuahuas were not wheezing anymore from the second hand smoke! :o)

I really can't say as to anyone else's claims, but WE DO KNOW that these products DO work to quit smoking cigarettes and they also DO improve your health as far as lung function is concerned. They have greatly improved the quality of our lives and we believe that they can save countless numbers of other lives and improve the quality of the lives of the people (even pets) around them. It would be a disgrace to all mankind if these products were made unavailable to people that use or need them. Thank you for reading our testimony and may you have a happy and healthy life! :o)

Now on with the vape!

8/4/2015 11:26:21 PM - mad cat

I have been smock free for 2 years now and used the cool fire 4 has mad it so if I small a cig it make me sick

8/4/2015 11:25:56 PM - Jeffrey B.

I grew up in The County of Los Angeles, California in the City of Carson. I started smoking at age 9 YO, although I did not become a habitual smoker until 15. The first cigarettes I smoked were Marlboro red, as that was the popular choice for the kids who, unfortunately, smoked. At 16 YO I switch to Camel non-filters and was smoking nearly a pack a day. At 18 YO I was smoking 1 1/2 pack a day of Camel shorts. I continued to smoke this way (working up to 2+ packs a day) until I was 47, although at some point I switched to Pall Mall non filters, because they were longer.

After smoking for so long I realized I had problems, to say the least. The last couple of years I smoked I switched to filter cigarettes in an attempt to stave of disaster. Needless to say, it did not work, because disaster was already upon me. At that time I was contracting acute bronchitis every year, I used an asthma inhaler frequently as well as a nebulizer. Each of the last four years I smoked I suffered from severe respiratory infections, including pneumonia, that were very hard to recover from. Every morning I would have coughing fits where I would cough up black gunk, frequently until I vomited. I continued to smoke, however, because I told myself it was 'enjoyable'. It was because I was addicted, and nothing helped me to quit. I was told that I was either in my first stage of emphysema, or very close to it.

I tried quitting. I tried Nicotine patches, gum, lozenges, and the prescription nicotine inhaler. I tried Chantix, Zyban, Clonidine, along with anxiety meds, psychotherapy, and hypnotherapy. NOTHING WORKED. The longest I ever quit was a couple of days. I enjoyed smoking too much, but even when I decided I didn't want to smoke, the addiction was too strong.

I tried chew, & snus, but I always went back to cigarettes. Everything in my home had burns on it. All my clothes had burn holes, and a thick layer of yellow to orange nicotine coated the walls of my apartment.

I tried the e-cig cartomizers (N-Joy, Blu). They are sufficient for some, but they were not sufficient for me. My introduction to vaping came when I saw a friend of mine with a CE4 Clearomizer. He told me that it was his â€˜vaporizerâ€™, and that he had just purchased his a few days before, and really liked it. After explaining what it was exactly, how it worked, and that he no longer smoked, I decided I would try it. However, I had no expectations that it would work for me any better than any other product or device ever had. We went to the vape shop where I purchase a starter kit, and some fluid. I tried it, and I never smoked again. I threw away the cigarettes I had in my refrigerator, and never went back. I started out on 24mG/mL then tapered down to 12mG /mL.

After about 10 months I changed to more advanced set-ups and the type of fluid I used. Now I use rebuild-able tanks and a dripping atomizer at home, with a total of 3 mG/mL

of nicotine in my fluid. Sometimes I don't use nicotine at all. This move toward less nicotine is something I have noticed among all of the friends I have who also vape.

I don't have the â€˜smokersâ€™ cough any more, I haven't had pneumonia since I started vaping, my nebulizer is collecting dust in my closet, and I don't need oxygen with my c.p.a.p. anymore. I breathe easier, and I easily feel over 100% better. Everything in my life is better, my sense of taste, my sense of smell, my energy levels. My health has improved DRAMATICALLY. Also my wardrobe does not have an abundance of burn holes in it like it did when I smoked. My apartment smells better too, and the walls are white again!

I get kind of upset when I hear people refer to vaping as "just an 'electronic nicotine delivery system'". It may have started out that way for me, but now it is more, much more. It saved my life, of that I am sure. It is also something I enjoy, nicotine notwithstanding. It's become a hobby that I can share with other people. It's a new industry in this country. We need new industries like this, especially one that so many different types of people can participate in.

I have been vaping for 3+ years now, and I would be dead if not for that first CE4 clearomizer. I am worried that others will not be able to experience what I have if the FDA has its way.

8/4/2015 3:40:02 PM - scott

Hello I was a smoker for 35 years and felt awful I knew I had to do something to save my health tried the gum no luck tried the sucking on candy no luck started vaping with a mod suddenly my food tasted better my blood work came back better and I could breath for the first time in 35 years without coughing up mucus and also do not get winded doing any kind of exercises vaping has saved my life please do not take my rights away to vape as in taxing it so Noone can afford to do it and bt not banning it everywhere you go thankyou in advance

8/4/2015 3:39:53 PM - Bud Knight

I smoked for 12-13 years. Before I completely quit the cigarettes, I had several issues that I quickly figured out. My biggest issue was too few batteries, money, and juice...once those were taken care of I was fully able to quit smoking 100%! This August, just two more weeks into it, will mark my first full year without a single tobacco product, and this October 20th will mark my second year vaping! Needless to say, I'm very proud and happy with myself! I currently have a few mech mods I use (The Hammer, and a Kamry100 telescoping mod) and I have 2 tanks and 2 RDA's (my tanks are the Atlantis, and a Kangertech sub-tank nano...my RDA's are the Wotofo Freakshow, and my epic little Atty3 Cube) Quitting the cigarettes has helped me in so many ways and vaping was the direct change I needed to aid me in quitting. Nothing else was working, the gums, patches, keeping busy...nothing! So, to wrap this up, I couldn't thank the vapor companies enough for being around, existing....for saving my life. Thank you for everything you vaping companies do for every one of us looking for a safer , better smelling, greatly healthier alternative and way of life, that also helps us live a longer healthier life!

8/4/2015 3:39:41 PM - Marc Soloff

Electronic cigarettes helped my wife and I both to quit smoking almost 5yrs ago. All other methods had failed us. I contracted C.O.P.D. from smoking cigarettes for so many years(almost 40yrs at 2 packs a day). There is no cure for C.O.P.D. , but at least I am no longer putting the 4,000 chemicals(many of which cause cancer and the C.O.P.D. that I have) and although I will always have a diminished lung capacity from smoking, my lungs are now clear. I ask you sincerely to NOT do anything to disrupt the publics' right to choose such a less damaging alternative to developing cancer and a host of other diseases associated with cigarette smoking. We use rechargeable battery powered pen style and box mods and I am at zero nicotine now, having started almost 5yrs ago at 24mg nicotine. Before e-cigs we both had tried Chantix, nicotine gum, and patches, but nothing worked till e-cigs came along. Neither one of us touched a cigarette again since the day we bought our first e-cig kit!!!! Our lives are a whole lot better and healthier now, and we are actually saving money. No more cigarette smell on us or in our house and we both have clear lungs and better health. I'm 61 and my wife is 54 and no one believes our ages!!!!

Sincerely, Mr. and Mrs. Marc Soloff, Winter Springs, Florida

8/4/2015 3:39:29 PM - Martin

I quit smoke 5 months ago thanks to my e cig they r great I love it

8/4/2015 3:39:17 PM - tryptonic

Hello, my name is Josh. Since the age of about 16 I was a cigarette smoker. Around the age of 20 I decided I wanted to quit and tried a slew of options including but not limited to hypnotherapy, Chantix, Wellbutrin(for depression & possibly to quit as a side effect), nicotine gum, patches and inhalers. None of these seemed to work, and I was usually using them and smoking at some point. I really felt as if I would never be able to quit the habit.

About 2 years ago I decided to give e-cigarettes a try as the next attempt to quit, and I had very little expectations but decided that trying nothing would be more destructive than giving it a try.. Couldnâ€™t hurt eh?. I purchased an ego-style (small battery, tiny tank) kit and I was able to reduce my cigarette smoking in half. I was quite impressed, although unable to quit entirely I certainly noticed the benefits with my breathing and health. I continued to reduce my cigarette smoking/increase frequency between cigarettes until about 6 months ago.

About six months ago I decided I needed an upgrade, and I purchased a sigelei 30 watt mini unit and an aspire Atlantis sub-ohm tank. I lowered my nicotine from 24mg to 3mg at the advice of my peers and I figured Iâ€™d still be in the same position as far as my smoking habit, half my normal amount. This was wrong, since that day I have not had a single cigarette. I just donâ€™t feel the need or craving for one. The vapor I get from my sub ohm device is satisfying, the flavors are better; altogether I feel no desire for a cigarette and have been cigarette free since January of 2015! My breathing is back to normal, my taste has improved drastically! I no longer cough up black tar in the morning! I donâ€™t get out of breath without a lot of exercise! I havenâ€™t felt this clear-headed in decades!

Regardless of what people say about vaping, it has most certainly affected my life in a positive way, without it I would certainly still be smoking! Iâ€™ve also met amazing people that are a part of the â€œvapingâ€ community, and thatâ€™s improved my quality of life! I am passionate about vaping and the so many different ways of doing it, RDAâ€™s, RBAâ€™s, Tanks, coil types, eliquid types, etc makes for a fun and rewarding hobby. Iâ€™ve even been able to substitute bakery/dessert flavored eliquids for the snacks, which is great for my health! Anybody who wants to keep vaping away from adults who smoke, have their own agenda and itâ€™s not in the public interest!

Now we all know that kids are kids. No matter how hard we try to regulate, preach or hound they are going to experiment. E-cigarettes arenâ€™t marketed towards minors, just as cigarettes havenâ€™t been marketed towards minors.. but yet they smoke, it has nothing to do with the marketing its just what kids do, they are curious and try all sorts of scary things! This, in my opinion is much safer than cigarettes to â€œexperimentâ€ with. Iâ€™m not condoning selling vaping supplies to minors, but come on this

regulation/banning in public/classifying as smoking thing is only going to add to the allure of smoking & vaping and will do the opposite of what itâ€™s intended, but we already know itâ€™s not intended for that anyway, as it doesnâ€™t make any sense, the only thing it could be is to further someoneâ€™s own agendas, increase their own profits, or as a favor to someone else in power.

Please use your own minds and try to think for yourself, people smoke, they probably want to quit, they probably have failed before, they see it in public and get curious, they fin d out about it and give it a try, and then they quit smoking cigarettes, it works and we see it work on a daily basis even without the FDAâ€™s stamp of approval. Letâ€™s make some changes that help the planet instead of messing with things that work. Thatâ€™s my two cents and I wish everyone good luck, I know Iâ€™ve had it!

8/4/2015 3:38:55 PM - Dre'

I pick up the bad habit of smoking when i was 22 years old while i was incarcerated. At that time because it really wasn't an addiction just something to do just to pass the time i could quit and not have the craving to smoke again. After my release in 2010 i found myself (in the midst of still being physically fit) smoking a pack every three to four days. As time wore on and the stress and pressure of fatherhood drew near i found myself smoking a pack and a half every two days. I no longer had that high energy level,endurance and stamina, it was pitiful to watch me walk a flight of eight stairs while having shortness of breathe. So i tried the Blu ecig and it was a horrible fail. So a friend of mines suggested i stop by this local B&M shop called Diamond Vapes of Atlanta. At first i was timid and i started out with 12mg nicotine level and I'm happy to say a year later I'm no longer addicted to cigarettes or nicotine,food tastes better, things smell incredible, i can run around and chase my two year old without any problems, and my clothes no longer have that nasty stench of cigarettes. Vaping pretty much improved the quality of my life and possibly saved my life. I love vaping and i absolutely love being an advocate and member of the vaping community.

8/4/2015 3:38:45 PM - Cristy

Was a smoker for over 20 years. 6 months of the vapor pen I'm tabacco free. I tried other ways ie patches & gum nothing worked. I'm thankful for the vapor pen I'm at 0 nicotine level. Happy I used the product would recommend it to any smoker who wants to be tabacco free

8/4/2015 3:38:37 PM - Michael A.

As a smoker for thirty years, I was desperate. I was always short of breath due to smoking, but suddenly, I started wheezing, especially at night. I would lay there, and with every exhale, I sounded like a harmonica. I was scared. After a visit with my Doctor, and discovering I also had high blood pressure (152/97). It was time to quit.

I started with a prescription drug called Chantix. I did quit for a month or so. My addiction, however, overcame me. Soon enough, I was back to smoking. Nicotine gum, the patch, and cold turkey all succumbed to my addiction. About a month was the longest I ever went smoke free.

The best way to explain my addiction to cigarettes. My day as a smoker was predictable. comforting. As a parent of four, predictability and routine provides security. Smoking was something I looked forward to. With a coffee, or a beer. My constant companion. Cigarettes were my best and worst friend. I didn't or couldn't plan my day without them.

A little less than a year ago, I had my first e-cigarette. It resembled a cigarette in size. gave me the nicotine, but there was something missing, most notably the smoke. I stopped by my local vape shop, and to my surprise, they were all ex smokers! They understood how I felt and were able to match me with an entry level tank and VW device.

It seems so long ago. There's the passage of time, which is completely different than the last time you had a cigarette time. Vaping has done for me what no other prescription or over the counter drug was able to do. I have not thought, bought, or touched a cigarette in eight months. I can breath again. The wheezing stopped, Now I spend $20 a week on e-juice, not $20 a day on cigarettes. I support my local vape shop, and I'm even trying to get them to hire me so I can help the current smokers the way they helped me. I started vaping at 24mg of nicotine. I'm now down to 6mg,

I think even when I reach my goal of 0mg nicotine, I'll still vape. It's the vaping community I want to be a part of. They care and understand. We have a common bond, Ex-smokers. I have spent many hours at the vape shop just talking, not buying a thing. Their like me, their like millions of us. By the way, at my last physical, my blood pressure was 125/82.

Michael A. Somerville, NJ

8/4/2015 3:38:27 PM - Vap

Since I have been vaping I have quit smoking cigarettes permanently. Vaping has only 4 chemicals versus over 7000 deadly poisonous chemicals. I feel healthier and have much more energy to play with my son. Definitely a lifestyle changer for the better.

8/4/2015 3:38:11 PM - Linda A

I smoked for 41 years and kicked the habit immediately 6 years ago. I smoked 2 packs a day. I have COPD and thought I would never be able to quit I use a SIGIELI Mod at @ 3 mg of nicotine. I am no longer breathless. My brother died from cancer of the larynx caused from smoking. R.I.P. my dear Brother.

8/4/2015 3:38:02 PM - Jeremy E. Baity

After smoking a pack or more of cigarettes a day since the age of 14, now 33, I had my fair share of failed attempts at quitting. My longest stoppage lasted only a couple weeks while the average was only a couple days following a cold or other illness. Chantix was not an option due to my depression after loosing my life at a young age. A guy I tailgated with introduced me to a vape pen a little over two years ago and my interest was instantly sparked. I still wasn't sure if vaping was a gimmick or not. Time past by and then one day at my local gas station I saw they just got in these vaporizers and a bunch of e-liquid flavors. I ended up getting the starter kit and some liquid to see if I could reduce my my smoking at all. I couldn't believe it. I cut down to half a pack a day while using the vaporizer to kill my "in-between cravings". After months of half a pack a day I was ready to take the next step. I upgraded to a dripping atomizer to get a more satisfying, warm vape. I slowly noticed that I wanted a cigarette less and less. Before you know it I didn't want to smoke anymore and so from that day forward I quit cigarettes. I have embraced vaping and it has become not just a means of staying off cigarettes, but a hobby with a great community of support. It's great to be able to breath again and not need my rescue inhaler. Also not coughing up junk all day anymore is great. Not exposing my family to the second hand smoke is priceless. Since quitting I have lowered my nicotine to 3mg/ml from 18mg/ml. I have started making my own e-liquid to save money and to achieve the flavor levels I desired. Also I can make e-liquid in a lower nicotine level than offered in stores. I plan to drop nicotine to 0 mg/ml. As a side note my mother who smoked for over 40 years is now cigarette and vapor free. She used a vaporizer to quit smoking and then stopped vaping. I am really proud of her and happy to know that I will have her in my life for more years than if she continued the cigarettes. All in all vaping has changed my life in the best possible way. I don't believe that I would have eve quit if vaping was not available. For anyone on the fence, come on over. You will be happy you did. Thanks for reading my story.

8/4/2015 3:37:51 PM - Jbrow70

I was a 32 year smoker. I started before we were told as a young boy that cigarettes kill. I have had 2 heart surgeries over the past 14 months yes Open heart surgery. I have tried kicking the habit in many ways many times over the past 13 years. Nothing worked. I have now been able to switch to the safer health Ecigarette/Vaping which has allowed me to cut back on my nicotine as well as eliminating all the other harmful chemicals. I was a 2 pack a day smoker and I started out with the highest Ecigarette nicotine level available at that time I have been able to move from 21mg of nicotine down to only 3mg. Smoking is much harder to quit than one may think. I first began trying to quit when I was first diagnosed with cancer years prior to my heart surgeries and just could not do it.

8/4/2015 3:36:50 PM - Brenda Gorski

I have been a cigarette smoker for more than 45 yrs. I tried everything available to kick the habit and nothing helped. My daughter got me a vapor and I haven't smoked tobacco in 1 and a half years and no nicotine in my e-juice. My vapor has added more years to my life!

8/4/2015 3:36:36 PM - Dawn Baker

I had smoked for over 30 years and tried EVERYTHING under the sun to stop. It wasn't until watching an episode of "The Doctors" that I learned about Vaping. Well, I'm here to say that because I started vaping I was FINALLY ABLE to kick the horrible habit of smoking that killed many of my own family members. I've been a none smoker for 14 months now & the feel better than ever. My lungs are clear, I can smell & taste better than I can remember & I've lost weight while doing so. Im also proud to say that my 10 month old granddaughter will never know her Nani as a smoker, because I'M NOT! I THANK GOD & VAPING FOR SAVING MY LIFE!!!

8/4/2015 3:36:25 PM - SSG MAXWELL E. BAIRD, US ARMY RET.

I smoked for almost twenty years. I tried quitting with and without nicotine cessation products at least eight times. I would make it a few months, but I always fell back into the dangerous habit. Both my wife and I have been smoke free for sixteen months, and I know our thirteen year old son is far better off not being the victim of second hand smoke. Vaping nicotine has drastically improved my health, my family's well being, and my overall work performance. I have not had a cigarette in almost two years, and I've not felt so great since my early teens! Being medically retired from the Army after 12 years of service and two combat deployments that left me not only physically wounded, but mentally as well caused me to chain smoke almost non-stop. Being able to vape nicotine helps alleviate some of my irritability and anxiety. My mTBI and PTSD leaves me having trouble socializeing and dealing with day to day activities. Without my personal vaporizer, I'd still be smoking three packs a day. I have found my best hardware to be a 30 Watt Eleaf iStick coupled with an Aspire Nautilus mini. We make our own ejuice and we know what goes into it and how much. I cannot imagine my life without the freedom to vape how I see fit!

8/4/2015 3:36:16 PM - Chwis garcia

I have was a dipper for 17 years (started regularly dipping when I was 9) and I would go through 2 cans a day. It took a toll on my gums teeth and stomach. But when I walked in to my first vape shop and bought my very first vape things started to change. No more sensitive teeth throat stop hurting and my stomach was handling foods I only dreamed of eating. Vaping has made my life so much better.

8/4/2015 3:36:04 PM - Allison Hatfield

I started smoking cigarettes at the age of 16. I am now 23 and was able to fully quit with the help of electronic cigarettes and or mods and subtanks. I have been working for a local vape shop for over a year now and I can't describe the feeling I get when my customers come in and tell me how much better they feel after a few weeks of no longer smoking cigarettes. Some of my customers have no choice but to quit because they're health is at risk from long term smoking and nothing has ever helped them fully quit until they started vaping. I have used both a vape pen and mods to help me quit. No other alternative like Chantix has ever helped me quit. I believe vaping is the best alternative to help quit smoking. I love the vaping community, it has introduced me to some amazing people. It's a very positive atmosphere! I have never felt like I was very good at anything such as a hobby like drawing or playing an instrument but with vaping and coil building I feel like I am finally good at something and feel accepted by the people I have met through vaping. Also since I have quit smoking cigarettes I have also cut out carbonated sugared drinks such as cokes out of my life. I feel so much better about my self and my health!

8/4/2015 3:35:53 PM - SRagnone from Gresham OR

I was a 1 1/2 a day cigarette smoker for over 30 years. I enjoyed the act of smoking, the break time away from work in a free speak area, the comraderie of like minded people. One holiday In 2007 I witnessed a family relative inhaling from a large device and it Smelled nice. This was during the infancy of the U.S. vapor industry. When finance allowed my wife and I purchased from 1 of only 3 online companies. I started cold turkey with a crude 3.7v device. It's quality was sketchy but it was a clean, enjoyable tasting, no ashes, no nasty butts, no burns, no residual smell, indoor appropriate your choice nicotine delivery system. Since then I have witnessed and experienced the growth of a cottage industry and the search for the most affordable and personalizable vape. The last 6 months of smoking analog cigarettes Oregon State jumped on the over tax tobacco band wagon. Even at 2006 discount cigarette prices we were paying an average of $450 a month. Not only expensive but health affecting also. Since improvements in positive self regulating industry we have seen device and fluid innovative design and quality rise! My average vapor budget varies between equipment restocks monthly of $40-75, liquid restocks monthly $50-100. On average I consume 4 ml daily my wife approximately 5 ml daily. At generic juice prices this is highly affordable. Since the newest sub ohm improvements we've been able to enjoy vapor using devices with twice the battery life, more efficient vapor delivery, smaller, lighter, and more ergonomic devices while being able to tailor the vapor to liquid thickness and manufacturer flavor differences. It has been a life changing decade to no longer ingest hundreds of toxic chemicals in processed tobacco. While nicotine is harmful, the percentage of "you choose" the vapor liquid nicotine % it is at least 2/3 the levels of mass produced cigs. I have since reduced from the early days of 48mg nic on 3.7v to 36 & 30mg on 5 & 6v, 24 & 18 mg on VV to 2.4 & 1.8% 50/50 PG/VG on VV & VW that fits in the palm of your hand. I haven't pursued and supported the Vapor industry with the intent to quit smoking but as an alternative clean, less expensive nicotine enjoyment system. Who knew the innovation and creativity that has evolved? I fully recommend to anyone who asks about my vapor and strive to be an Ambassador for Vaping Advocacy. I fully support CASAA and the various Manufacturers and fellow Vaping Advocates who strive to help all of us who want to give up combustible tobacco! I'm proud to consider myself a Vapor for Life and will not quit regardless of the mindless attempts to over regulate and tax our clean, safe, non polluting, recycling industry and lifestyle! Thanx to all the innovation and continued improvements!

8/4/2015 3:35:39 PM - Ange

I was a smoker for 27 years starting at the age of 8 years old. I watched both my parents, two older brothers, and older sister smoke cigarettes daily so you could say smoking was just normal in our home. At first I smoked in secret and stole cigarettes from both my parents until I started getting my brothers to buy them for me. I bounced around from full flavor to lights until I started smoking menthol because my dad had them eventually back down to full flavor and lights . Even after watching my mom become deathly ill and be informed it was either cigarettes or death and watching her struggle to breath with copd and sleep apnea I still thought that would never happen to me. EVEN AFTER watching my dads health go downhill and being prescribed a bipap unit for severe sleep apnea which could kill him and using THREE separate breathing medications, I still thought they\'ll have to pull a cigarette out of my cold dead fingers when I\'m dead. That was until one day I went to buy a carton of smokes and stopped asking myself \what the heck am I doing?\" My mom is in stage renal failure and on dialysis three days a week because of lupua/diabetes and dad is showing early signs of dementia so as their full time caregiver I needed to be around to take care of them. So I bought a vape pen instead of cigarettes and I\'ve never looked back. Since I started vaping on May 22d 2015 at precisely 5:23 p.m. not only can I breath better but I can also smell and taste everything so much better. I\'m able to walk more then a couple of blocks without losing my breath

8/4/2015 3:35:23 PM - Daniel (UnpaidProfessor) from Portsmouth, OH

I started smoking the day I turned 18. What started with cigars and cigarellos quickly ballooned into a 1/2 - 1 pack a day habit, costing me nearly $50.00USD a week. I started vaping after just under three years of smoking, due to wishing to prevent second-hand smoke, as my girlfriend was pregnant at the time. While I had used cig-a-like products before, with no intention to quit standard cigarettes, I purchased a basic eGo type E-cigarette with the intention to stop smoking completely. It worked - I did not smoke a single cigarette.

Unfortunately, after a period of a few months, I relapsed, and began smoking again for four months. I started vaping again, this time with a Hades mod and Kraken rebuildable tank, and I have not smoked a single cigarette since. I've tried other smoking-cessation products, such as lozenges, which I find to cause too much of a head-rush due to the level of nicotine, and unsatisfying due to the lack of a motor-oral behavior habits. I've decreased nicotine consumption from 18mg/ml to 1mh/ml, and find myself vaping much less than when I first started. It has now been one and a half years since I started vaping again, and I've not looked back. I can now breathe better, I don't get sick nearly as often, and I feel better. The cravings for nicotine are much more manageable. I am so happy that I started vaping.

8/4/2015 3:09:57 PM - Brandon Garrett Gibson

I am a 34 year old father of two children. I had my first cigarette at about age 9 or 10 but did not start buying packs regularly until I was 14. In no time I was smoking a solid pack a day and by 18 had topped out at a little over a pack and a half per day. I did not even consider quitting until I was in my early 20's and tried unsuccessfully to go cold turkey several times. It never worked mainly because of how anxious and angry I would get at the slightest issues. I felt quite hopeless and always bought cigarettes again to get rid of those awful feelings. I never made it more than a few days.

I did not try again until my late 20's using several different methods. Twice I tried using nicotine gum and patches but they did not cut the cravings in any meaningful way. I would just end up smoking while using those and getting sick. I then tried Chantix which made me sleep for almost a week solid. I actually did not smoke during that week, but again, I was asleep almost the whole time. I had to stop taking it because of those side effects. At that point I just resigned myself to being a life-long smoker.

A couple years back I started seeing some aquantences using e-cigs and decided to give that a try. At first I tried the cig-a-like ones from my local smoke chop, but they just did not cut it. Much like with the patches and gum I would still just smoke like normal and get sick from too much nicotine. Again I resigned myself to never quitting.

Browsing Reddit one day in early 2014 I stumbled upon /r/electronic_cigarette, a forum dedicated to all things vaping. I lurked there for a couple months trying to determine what product would be the best for me to buy. I am not a wealthy person, so the investment of $60-$100 was pretty daunting especially given my previous failures. I had pretty much settled on what I would buy but was very hesitant to pull the trigger. Again, to me that was no small investment. One day I woke up and had a 15 minute long coughing fit which left me wheezing for air and hacking up blood. I decided enough was enough.

One week before Good Friday in 2014 I ordered an Itaste MVP mod from Ebay and a bottle of e-juice from Mt Baker Vapor. I got the order on Thursday that week and set a goal to totally cut out cigarettes by the following Friday. I not only met that goal, but 5 days early. I smoked my last cigarette shortly after getting to work on Easter Sunday. It tasted terrible after mainly vaping for the previous 3 days and I made the choice to stop right there. I gave the rest of that pack to the gal who relieved me the next morning and have never looked back.

I have not had one single cigarette since that day. It was hard at times for the first few weeks, especially after eating. I fought through it though with the help of my e-cig, and it was easily the best choice I have made in my life. Now well over a year later I have actually gotten myself down to a 6mg nicotine content juice (second lowest from the vendor I order from, I started at 32mg) and will within the next year I will stop entirely.

My youngest daughter to this very day tells me at least once a week how proud she is that I am not smoking anymore and how much she hated it when I would smoke in the car. She has been keeping track of my nicotine level and is very excited for the time when I do not need anything, though she does admit she likes the smell of my menthol juice. I have recently started jogging to try and get in better shape which was absolutely off the table as a smoker. Exercise in general was just not something I wanted to do when I would end up having coughing fits and just generally being too run down with even small amounts of physical activity.

I have absolutely no doubt that without buying a quality set-up like I did I would still be smoking today. I would still be poioning my children on car trips and smelling like an ash tray all the time. I likely bought myself many more years to enjoy my children and some day grand children by stopping that horrible addiction. This year I am going to participate in a half marathon with my daughter that her school puts on every year. She has participated the last 4 years without me because I just could not physically run that far. Come October I will no doubt be able to run with her and she is absolutely ecstatic. We jog together now three times a week and I feel great when I am done. I feel like I actually have a life again. The cravings are completely gone at this point. It is hard to even imagine that I spent that much time and money slowly killing myself with such a disgusting habit. I really hope our politicians never make it more difficult for others to quit like I have. I have actually convinced my mom to give it a shot, she has been smoking since she was 14 as well and she is 56 now. Just tonight we ordered her a set-up and some juice which will be here later in the week. I am really looking forward to her potentially joining my daughter and me for runs in the near future and her being around to be a great-grandmother. I have no doubt she would not be if she does not stop smoking. I know with this she will be able to when she has failed so many times before.

8/4/2015 3:09:14 PM - Bryan Rador

I was a cigarrette smoker for 16 years. I've tried gum, patches, chantix and bug tobaccos ecigs in hopes of getting off of the combustible, chemical ridden, cancer causing carcinogens that are packed in cigarettes. Nothing worked. One day I walked into a vape shop and plead my case that these gas station products and other methods could not help me stop lighting big tobacco. I was set up with a basic 50w estick and a kanger subtank. I havent looked back since. I am 2 years smoke free! I started at 28mg and am down to 6mg. I can breathe, workout, play longer with my kids, my clothes dont stink of smoke, my vehicle isnt fullnof second hand stains like carbondioxide and I honestly cannot tell you the last time i was sick. I used to get a cold every month and couldn't it for 3 weeks. I cannot believe that anybody who claims to "care" about lives and the fullness of such lives would use political stunts to take big tobaccos silver bullet off the market. We are smarter then they think. This isnt about US quitters, its about thier pocketbook!

8/4/2015 3:09:04 PM - joshua gibson

I had smoked for over 10 years and then 4years ago I came across vaping ihad started using e-cigaretts then went to mod and have been slowly taking the nicotine out of my juices. I started at 24nic and now im down to 3nic e-juice.

I no longer smoke and hope I will be able to get down to 0nic.

the positive impact of vaping for me has been that I no longer stink of cigarettes and I can breath a lot better. no more hacking up, or coughing and the quality of my life has tripled do to me no longer smoking

8/4/2015 3:08:54 PM - BrandyWine

I smoked a pack a day for 20 years. This past year has been revolutionary. I started with an ego battery and have graduated to rebuildables. All within 11 months. I have no desire for a cigarette and can smell the chemicals in them now that I had not noticed before. Not to mention I have a lot more energy and money that big tobacco did not get their hands on because they feed on people's weaknesses and addictions. I have a temp control mod with a brand new rebuildable atty and have found my niche in the vaping lifestyle as well as some phenomenal low nicotine eliquids that taste like heaven. I have tried everything to quit smoking and all have been unsuccessful but the mod that I have has fixed that. I do get negative comments from people that don't understand. Mostly city employees of the city I am currently in. Even been questioned by police about my vaporizer. I am not put off by these reactions. People have always been afraid of what they don't understand. I am intrigued by things I don't understand. The electronic cigarette is great and physically I feel so much better. I wish big money did not think they have to control every darn thing that is not 100% beneficial to their fat wallets. The common man must survive too. If that means alternatives to expensive, stinky, unhealthy, chemically infused cigarettes then I am all in.

8/4/2015 3:08:44 PM - Amanda

I have been a pack or more a day smoker for over 20 years. I have tried so many times to quit and I just could not do it! I wanted to so bad I just did not have the willpower. My dad was a 3 pack a day smoker for over 40 years and I watched him die of lung cancer and I even work for a company that provides oxygen to patients and that still was not enough to get me to stop. I smoked my last cigarette 30 days ago the day I started vaping and I could not be more happy and proud of my self! I have been using 6mg nicotine in my juice and that has been working for me. I feel great, I don't smell like an ashtray, and my non smoking husband is so proud of me!! Vaping has been the best thing to happen to me! I am so thankful!!!

8/4/2015 3:08:34 PM - Liz May, Bear, Delaware

Hi..I have been a pack a day smoker for over 40 yrs, I also have asthma. About

2 1/2 years ago my husband no longer wanted me to smoke in the house (he is a non-smoker) so I picked up my first e-cig and cartridge at 24 mg..it was strange at first and took some time to get used to it..it didn't quit right away and still smoked a little bit here and there for the first couple months..but after about 2 months I no longer wanted a cigarette..eventually I could not stand the taste of cigarettes and the smell was horrible. After about a year and a half of the menthol cartridges I switched to a personal vaporizer and can actually vape at 0 nicotine, however I prefer to vape 3 mg. I can't believe I smelled like that for 40 yrs. I tried the gum, patch and Chantix all failed me. So if you seriously want to quit smoking you should give e-cigs a try..what have you got to lose..the smell, the taste, bad breath, loss of smell, 7000 in hailed chemicals, health risks..sounds like stuff that should be lost..so just give it a try if you really want to quit..you won't be sorry

8/4/2015 3:08:24 PM - May Stack

I started smoking when I was 13 and smoked for over 35 years, I couldn't quit, I tried patches, gum and cold turkey which all failed. I had severe breathing problems and have asthma. A friend bought me a lava tube e-cig with a viva nova tank for my birthday 4 years ago and after using it for 1 day I couldn't smoke cigarettes anymore, the taste was horrible. Who can go from chocolate flavored e-cigs to licking an ashtray taste, so I haven't smoked in 4 years. My breathing problems are gone now and haven't had to use my asthma inhaler in 4 years. It's a big difference in my health, I can exercise now and even lost a lot of weight. I would like to continue my better health, it's a lot less expensive for me and the insurance companies that have to pay for my monthly Dr. and medicine bills for my breathing problems from smoking. I didn't even want to quit smoking, but I did it for the taste and keep doing it for my health. I have

8/4/2015 3:08:10 PM - Joy Honeycutt

Hi,may name is Joy. I was a 4 pack a day smoker. I really was a chain smoker. I don't know how I could afford it. I started vaping a little bit in 2009, it really didn't seem to help me. I got throat can in , 2011. I started vaping completely that summer and haven't really smoked since I started using the eGo style smokes.

I use the AVP's with a sub ohm tank now and I only Vape. I am not going to quit. It will be like prohahition if they try to make to make us quit.

8/1/2015 2:23:26 PM - J-kul

25yrs a smoker by the grace of God I was introduced to vaping!I quit the day that I realised I no longer needed to be tethered to a store and have this killing agent on hand at all times.Bought a small ego style nautilus mini setup and lived it just great but then I needed a little more after about three four days did. little research learned about mods and attys and set off on tbe best most incredible life changing journey EVER....VAPING SAVES LIVES AND GOVT HATES THAT UNLESS IT MAKES THEM RICH SO LETS BAN TOGETHER TO KEEP VAPING IN A POSITIVE LIGHT WHERE IT BELONGS AND NOT LET GOVT TAKE ONE MORE OF OUR PERSONAL FREEDOMS AND RIGHTS FROM US HAVENT THEY TAKEN ENOUGH!!people need vaping and vaping needs people like you and I to stand up and say NO IM NOT LETTING YOU TAKE MY LIFE SAVER AWAY FROM SOMWONE WHO MAY DESPERATELY NEED IT STAND UP AND FIGHT FOR VAPING PLEASE IT SAVED YOUR LIFE AND ITS JUST GETTING STARTED

8/1/2015 2:23:16 PM - Andy A

I've been a smoker for 25+ years, 2 pack a day. I have been vaping for the past 8 years. For the first 4 i was vacillating between smoking and vaping. It's only the past 4 years i can say im truly smoke free. My doctor has seen a marked improvement in my health, and most importantly, i feel great and my lung capacity is back to normal. I bike ride, hike and take long walks, things i was never able to do when i was smoking. In the past i have tried many pharmaceutical alternatives that had some crazy side effects. I have had none with vaping. Plain and simple, it works! I still enjoy my nicotine which research has shown does not cause cancer and very well might have some redeeming qualities to it when isolated from tobacco smoke. Through out the years i have lowered my nicotine from 24mg to 9mg and sometimes i use 6mg although 9 seems to be the magic number. Although vaping products can be used as a cessation device, i see it as a much much healthier alternative for me personally and the science is there to prove it, my x-ray scans are there to prove it... I truly hope vaping will be around for a long time, i simply don't know what i would do without it...I personally see this as one of the best innovations of our decade and encourage anyone i see smoking to take a serious and sober look at the benefits it provides. In my 8yrs i have seen many people I know make the switch, many more need to be properly informed.

Vape on

~peace

8/1/2015 2:23:07 PM - jake

Hi name is jake. I was a smoker for 16 years. Vaping has saved my life and my mothers who was a smoker for 20 plus years. We both decided one day that pur family means more to us than a pack of smokes. I wanted to be around a long time for my children and wife. As did she for her children,grandchildren, and her husband my father. Love can help you get through the hardest things. Like the addiction of smoking cigarettes. We both dropped the smokes and havent touched one since. We are smoke free 5 months. And Vaping, family support, and prayers to my Lord Jesus Christ has given us the strength to stop smoking. Vaping is changing the world for the better. Let us stand up for our rights to vape and defeat cigarettes.

Vaping saves lives

8/1/2015 2:22:58 PM - Kim C.

My name is Kim. I was a heavy smoker for over 14 years. I have two daughters that begged me to stop. In April of 2013 I had a major surgery and was in the hospital for two weeks. I chose this time to stop smoking for good. Thanks to vaping, I have been smoke free since then. If not for vaping, I would probably still be a smoker today. Since quitting I no longer have breathing problems, food tastes so much better and I don't have to worry that everyone can smell smoke all over my clothing and on me. The smell of smoke now makes me feel sick. I have vaping to thank for me being smoke free for over two years now and I have no desire to ever pick up a cigarette again, not to mention that my daughters are so proud that I finally gave it up!

8/1/2015 2:22:34 PM - Ricky T

since I started using this Ecig. about five years now I never enjoyed the taste or touch thea real tobacco cigarrettes, I hate the taste and The only cons though, electronic cig. units, parts and liquid are expensive, and some models doesn't last long specially those digital one. Who controls the price of this Ecigs? And I am also confused if this is bad for your health.

8/1/2015 2:22:22 PM - tom marroni

had 2 small strokes had to quit smoking immediately e-ciggs with no nicotine worked for me, no other product had ever worked, medications, patches, hypnotist etc, the e cigg did over 2 years smoke free after 40 + years of 2 packs a day, my spouse quit 2 months ago after seeing me succeed, she is already down to a minimum of nicotine and doing well

8/1/2015 2:22:14 PM - Michael M New Jersey

I used Vapor products to quit a 22 year smoking habit. I was smoking almost 2 packs a day. My physician approved my decision to use Vapor products to quit smoking. He says my lungs sound clear and my blood pressure is normal for the first time in years. I tried patches, lozenges and prescription medications. Vaping worked for me and I am eternally grateful for it. I have been cigarette free for 14 months and without vaping that wouldn't be possible. Please don't take this valuable tool away from consenting adults.

8/1/2015 2:22:04 PM - Bash

After more than 20 years of smoking and watching my two young girls (7, and 5) observe me doing so, thanks to e-Cigarettes I quit more than two years ago and never looked back.

I tried everything from Patches to prescription medication and nothing worked. I used to get sick a lot with upper respiratory infections, coughs which never end, and a life style which was ran by the next time I can smoke.

I used to change my travel plans around airports which allowed smoking. Needless to say this is all history. I am a father, a successful technologist with a recent Masters' Degree in Economics hence I know that plenty of jobs will be lost if e-Cigarettes are banned or strictly regulated which will impede access. This will drive the industry underground, deprive the government of tax revenue which is organically growing. Besides the logic of legalizing Marijuana and banning e-Cigarettes defy all rational thought.

Thanks,

Bash

8/1/2015 2:21:55 PM - Dorothy Pauley

I was a smoker of 44 years, smoked 2-3 packs per day. I coughed a lot, couldn't hardly breath, doctor was getting close to putting me on OX. Less then 3 months of my doctor telling me this, I found out about vaping, I was so glad!! It still took me 7 months to put the final cig down but I would have never done that if I wasn't vaping. I have been cig FREE for almost 2 years now thanks to vaping, I do not cough, I can sleep at night without 3 pillows. I feel I have my life back w/vaping. I have tried everything on the market to quite smoking and nothing worked until I started vaping.

8/1/2015 2:21:45 PM - Chuck W.

I was a 20+ year smoker. I had smoked a pack or more every day for over 15 of those years. I had tried to quit numerous times using various different products and methods. I tried nicotine substitutes like the patch and/or gum. I even tried hypnosis. Nothing worked for long, until I discovered vaping. More specifically the sort of vaping that we know today, utilizing devices and liquids that allow for a customizable experience. I can choose the strength of nicotine in my e-liquids, the wattage or voltage of the device I vape with...etc. Even the variety of flavors made a huge difference for me. That's what made vaping so much more appealing that smoking another cigarette. I have been completely cigarette free for several months now and I cannot imagine going back. I understand that using nicotine in any form comes with it's own set of concerns, but I feel so much better! I breathe easier and am in the best cardiovascular condition I've been in in quite some time. I would encourage any smoker over the age of 18 to try it and stick with it. It can work. After over 20 years of smoking, I don't miss it one bit.

8/1/2015 2:21:36 PM - Pamela M of SW Florida

I smoked since I was in my 20's I am now over 60 and tried many times to quit unsuccessfully. I have not touched a cigarette since the day I switched 3+ years ago. My Drs children and grandchildren are very pleased.My clothes, hair and home no longer stink. I no longer have that annoying little cough. I do use menthol candy or peppermint type flavors. And have been successful in lowering nicotine levels as well. Best of all my husband was also able to quit. He uses the the regular tobacco type flavors as well as apple pie and others. My point is those fancy candy type flavors are what adults use. We are very careful not to leave ar vaping materials where the grandchildren can not get to them. We are so grateful for the option to vape.

8/1/2015 2:21:22 PM - scott

I had been smoking regular cigarettes for 35 years before I was introduced to vaping and my whole life changed for the best I now feel 110 percent better can breath without wheezing and can lay down without feeling like I\\\'m drowning in phlegm please do not ever take away our rights from vaping as it is a safe alternative to smoking and not only that but it changed my life thankyou and godbless

8/1/2015 2:21:12 PM - ReneJK

Hello. My name is Rene and I smoked traditional "analog" cigarettes for 27 years. I tried so many times to quit to no avail even after going through bronchitis 4 times every year from my early 20's on but nothing could get me to put them down...until I vaped. I tried Chantix, Wellbutrin, accupuncture, nicotine patches - everything I could find I tried. I quit only once after having double lung pneumonia and that only oasted two weeks when I was 16. I tried a disposable cigg like carto from a local vendor who sells them to replace our cigg vice and to my amazement it worked because I only wanted to cut down from my 3 pack per day habit. After about 3 months though I found the flavors lacking and could not step down in nicotine successfully so I tried ejuice instead. I am so proud to say that vaping saved not only my life but my husbands as well. Our daughter is so proud of us and most important of all is neither of us have had any respiratory infections since we quit in August 2014. I am working to start up my own vape business because I believe in what this can do to improve the health of adults who have had big tobacco driving our habit for years and can only hope I am successful in that venture as well. My lungs feel better than they ever have, my husband no longer wakes up from coughing fits and we are looking forward to longer lives together. This is an amazing community full of support that demands vendors provide us with safe, quality checked and tested products because we know that replacing one health hazard for another is not a solution. We also educate ourselves to vape responsibly and purchase devices that we know how to own and operate. I believe that as members of this community we understand that any inhalent carries risks, however so does breathing our air in general. We are adults who have found a safer, healthier alternative and myself and my husband are proof of this. I just wish I had before and after pics of my lungs to share! Good luck to all.

8/1/2015 2:20:58 PM - Diane P for Reno,Nv

I started vaping 3 years ago after being a smoker for 46 years. I was really starting to feel the effects of cigarettes(shortness of breath, old looking skin and loss of appetite). I still cannot get over the difference now. I encourage every smoker I work with to stop now and vape especially the younger ones . There wasn't a method I didn't try and give up on.

8/1/2015 2:20:47 PM - Erinne carey

I am writing to express strong support for the FDA Deeming Authority Clarification Act of 2015 (H.R. 2058) and urge you to co-sponsor this bill which would amend the Food, Drug, and Cosmetics Act to change the grandfather date for newly deemed tobacco products to the date when the deeming regulation is finalized. If left unchanged, the February 2007 grandfather date would have the effect of removing 99.9% of vapor products (otherwise known as e-cigarettes) currently on the market as soon as the restriction took effect. This would be (i) devastating to small- and medium-sized independent vapor businesses, and (ii) would ban the products that millions of consumers like me use to remain smoke-free.

Only a handful of early generation (not very effective) vapor products were on the market in 2007. The advances made in the industry since that time have produced safer and more effective products and no one currently sells such primitive products. H.R. 2058 makes a reasonable accommodation for newly deemed products to be grandfathered based on the date they are brought under FDAâ€™s jurisdiction. Such a simple clarification of FDAâ€™s authority will allow millions of consumers continued access to a less harmful alternative to combustible tobacco and ensure that thousands of small businesses across the country will be able to continue to contribute to the economy.

As a consumer of vapor products, it is vitally important to me that the variety of quality products currently on the market are allowed to remain on the market. Millions of Americans like me have experienced remarkable and important health benefits by switching to these low-risk, smoke-free products. It should be a public health priority that millions more have access to the same experience.

I look forward to your response on this issue. I, along with my fellow members of CASAA (Consumer Advocates for Smoke-free Alternatives Association), thank you for considering my comments and urge you to support H.R. 2058.

With that being said vaping has saved my life and the lives of friends ...the lives of people who have become family to me through vape. 🌟 I have a new lease on life and I've never felt better. Without vapor I would still be smoking those nasty cigarettes which clearly do more harm than good and are still being peddled due to the weight pushed onto the pockets of our leaders. Our leaders do not care about us as people. If they did they would be commending the vaping industry for saving loves and creating jobs in a destroyed economy. Take a second to think about if your mom or dad or daughter or best friend wanted to quit smoking but nothing else worked. Imagine the would be healthy again. Imagine how you would feel if it was taken away or silly regulations that have nothing to do with anything were passed in an effort to SHUT

DOWN AN INDUSTRY THAT WILL CRIPPLED ANDAND ALREADY CRIPPLES TOBACCO!!
have a nice day :) -erinne carey

8/1/2015 2:20:33 PM - Diana

I started smoking when I was 14, I am now 56 and stopped smoking 2 years ago because of e-cigarettes. I started with 24 mg strength nicotine and still smoking a few cigarettes a day. Today I use 6 mg strength nicotine and have not had a traditional cigarette for 2 years. I tried everything available to quit smoking: patches, Chantix, nicotine gum, counseling, Wellbutrin, cold turkey. I quit numerous times, but the longest I lasted was 6 months. E-cigarettes have been a life saver for me. I am stronger physically, I can walk for longer periods without running out of breath. I have more energy. Within the next 6 months I will be down to 0 mg nicotine.

8/1/2015 2:20:23 PM - Lawrenda

I was a 17 year pack a day (sometimes more) smoker. Then 2 years ago in March (2013) all that changed. A very good friend stopped by to visit and had an e-cigarette with him. I bombarded him with a lot more than 20 questions and still turned to the internet for information. I use a Tesla Mod with replaceable 18650 batteries and a tank system. I started with 2.4mg (24%) nicotine and have worked my way down to 1.2mg (12%). I will continue to lower that until I decide I no longer want to vape. The day I received my e-cigarette is the very day I put down the traditional cigarettes and never picked up another one. Some may say this is no big deal, but to me it is. I had tried the patch, the gum, cold turkey and zyban. The longest I was smoke free during that time was 6 very stressful weeks and the shortest amount of time was 2 days. In the end I failed and started smoking again. I started vaping without discussing this choice with my Dr, but later let him know what I was doing. I was pleased to find out that he supported my decision to vape. I have had no negative changes in the quality of my life. That being said I'll move on to the positive. I get up every morning and do not cough and hack up a lung anymore. My lung function has improved immensely. I can walk more, climb stairs, and chase grand children without being out of breath. I exercise daily now (walking 3-5 miles each day). My hair, clothing, and breath no longer stink of cigarettes. The health benefits cannot just go to me here. My husband has asthma. Even though I did not smoke around him, it still aggravated his asthma. I can smell everything so much better. That is both a good and bad thing. I now cringe at having to walk into the grocery store where the butt cans are located right by the door. People tend to hang out there and smoke. I can really taste food again. I never have to worry about accidentally burning someone (person or animal). I no longer have to deal with the ash trays stinking up everything. I also do not have to listen to family tell me how bad it is to smoke. I have become very knowledgeable about the e-cigarettes and do not mind discussing it with anyone who wants to know how they too can become a non-smoker. The last but certainly not the least quality of life is my bank account. WOW is all I can say. I have been able to save almost $3000.00 in the 2 years 4 months of not buying cigarettes.

8/1/2015 2:20:07 PM - Patrick Wyss

I was a cigarette smoker for 24 years. I tried to quit in my 20s several times with no success. I tried traditional cessation methods as well as "cold turkey". Recently when I tried to quit again I used vaping to curb the craving for a cigarette. Vaping not only helped me quit but completely replaced any desire to smoke cigarettes. I feel a hundred times better than I have in a long time and I couldn't have made such a major change in my life without vaping. Even on my most stressful days I would rather vape than even consider having a cigarette.

8/1/2015 2:19:59 PM - Justin

I smoked and chewed for 6 years until i was introduced into vaping! At first i thought they were more expensive and more complicated but after giving them a go i realized right then i was done with tobacco! Ive noticed since i quit i can breath alot better, i dont have a nasty odor of smoke on me and dont have the nasty taste in my mouth. I absolutley love the selection of flavors you can buy! Ive spent alot of money on mods,tanks,etc but it was well worth it for sure!! Ive not had the urge or even the need to pick up a cig or a can of snuff. My personal expercience is a good one and i really think vaping is the best new thing to quit tobacco. Vaping should not be hated on and i dont even see the problem with vaping inside because it smells so good and doesnt bother anybody. More people need to consider vaping!

8/1/2015 2:19:50 PM - Denise

I am a former smoker of 42 years a pack a day. On the day I purchased my Ecig set up I stopped smoking and have been smoke free for three years now vaping has saved my life. I do go to regular check ups with my doctor who is in support of my method I used to quit tobacco products all my general testing has shown no medical negative side effects of my vaping . I started at nicotine level of 18 and have trended down to three. I had thought about quitting smoking for a year before I made the change to vaping I believe my success to stop instantly literally the moment I put my Ecig to mouth was my intense desire to quit smoking I prepared myself by searching the Internet for information on vaping I study the terms, verbage, options and most of all the reviews I read encouraged me to make the change I have not turned back nor do I even think about smoking I have friends family who still smoke it doesn't bother me to be around them or remotely even put a thought in mind to light up I hit my button and vape on in hopes to inspire them as others have to me to an alternative life changing experience!

8/1/2015 2:19:31 PM - Rose

I started smoking at the age of 15. I got to where I was smoking 2 to 3 packs a day. I stopped smoking cigarettes and started on little cigars. I decided to try vaping one day and been vaping ever since. I got be an ecig and loved it. I have not touched a cigarette or cigar in a little over one year and a half. I am down to 3 mg of nic and will be doing less nic shortly. I feel better. I have my sense of smell and taste back. I no longer allow cigarettes/cigars in my home or car. I can no longer take the smell. Vaping has helped and for that I am glad. I just wish I started sooner than I did.

8/1/2015 2:19:22 PM - Eric

I started smoking when I was 15. By the time I was well into my career in the Navy I was smoking two packs a day. I tried all the smoking cessation classes and patches but I always found myself back to smoking.

In 2011 I heard about e cigs on a late night TV show from a guest that was smoking on air. I went out and purchased a starter kit from Blu and I quit smoking cigarettes that day. I stayed with the Blu ecig until the cost started to get out of hand. I learned about refillable eliquid while browsing through some online forums. I found a local business that had the knowledge and taught me about liquids and devices. Fast forward to 2015 and I have NEVER picked up another cigarette and I am the one now teaching others about vaping and helping them to quiet cigarettes.

BOTTOM LINE .. VAPING SAVE MY LIFE .. I can breath fully again. My smokers hack disappeared and I don't cough up the disgusting yucky stuff all long term smokers do.

8/1/2015 2:19:14 PM - ron collins

havent had a real cig in 10 months, THANK YOU VAPE COMPANYS.

THE ONES TRYING TO STOP THE VAPE ARE THE CIG COMPANYS BECAUSE THEY ARE LOOSEING MONEY!!!!! AND OUR POLITIONS ARE GETING PAID FROM BIG TOBACO TO NOCK DOWN THE VAPE THATS GOOD FOR YOU. DONT LET THEN!!!

THANKS RON

8/1/2015 2:18:38 PM - Charles Arthur

Hello yes I'm a 27 year old male father of four children 3 girls one boy ranging from 9 months to 9 years old on March 1st 2012 I lost my second family member and one of the most influential people in my life My Grandmother Connie to lung Cancer she I watched her first hand completely wither away to almost nothing g and deal with so much pain for four years now this was the woman I witnessed cut 5 acres by a push mower the same woman that woke up went to work for 30 years and come home to feed her animals and never once complained after her passing I wanted to put down cigarettes for 3 years I tried then I was introduced to ecigs (vaping) since that day November 10th I have not picked up a cig nor thought about it I smoked for 13 years yes that would have made me 14 and for 10 of those years a pack and half a day tried 5 times to quit and the furthest I got was a week My dad the son of my grandmother Connie chewed tobacco for 35 years and in December started vaping and has not chewed since my stepmother smoked for 25 years a pack a day and started vaping the same day as my father and has not picked up a cig we all vape 3 MG nic and our only flavor is the one from our Local shop Maja Flava vape den in Riverside NJ we have all noticed differences in the quality of our breathing are overall health and I have even noticed my children's health be better not to mention the lifestyle the culture and community of vaping has been nothing but positives in mine and ones I loves lives I ask please you realize how many people have written you stories similar to mine and please just let us try and stop smoking in the way that works for us yes more research should be done yes labels should be changed yes more guidelines should be followed but let me state this like I said I have four children all who love sweets and desserts not one time have they went anywhere near my ejuice or vaping supplies why because when I first started I sat them down and showed them you do not touch this you do not go near this is not something for children this is to help daddy get off cigarettes and they all wanted that so much they have never once even thought about touching my vape supplies so thank you for reading my testimony and please understand that vaping has dramatically changed my life for the better in so many ways and I will forever be thankful and proud to be a vapor

8/1/2015 2:18:26 PM - Christopher

Both of my parents were heavy smokers growing up. I, too, became a heavy smoker by the age of 18 having only started a few months prior. Nineteen years later, in July 2014, my mother lost her battle with lung cancer. I decided then and there to never smoke again. Of course, over the years I had tried every method to quit. From hypnotism to gums/prescriptions to cold turkey, nothing worked. After my mother's passing, I decided to try vaping. I have not had a cigarette in nearly a year. My doctor has seen improvements to my lung capacity, blood pressure, etc. I can taste and smell things properly. And I'm not spending tons of expendable income on cancer sticks. A pack a day habit costed me about 3k/year in Connecticut. I didn't even spend $600 this past year on a vape kit and juice. Everything about vaping, for me, at least, is positive.

8/1/2015 2:18:17 PM - Belle

I'm 61 year old female who smoked for 44 yrs that's right 44 yrs! I literally tried everything OTC & prescription, cold turkey you name it to quit smoking nothing worked. Also was on Chantix for 4 months that was Aug 2008. I had major side affects from it Vivid Dreams, mood swings, I couldn't even talk to my Dr about them they were so horrific! I still to this day have them several times a month. I was in the Hospital every 3 to 4 months due to COPD from smoking. My daughter bought me my first Vaping set, before is used the Ecig with cartridges about 3 yrs prior and I still smoked with them. Now the good news, since I started Vaping with E juice I've not been in the Hospital not once! That's been about 2 yrs on Mother's Day this yr. That's amazing! I was on Oxygen for over 15 yrs@ night. Since then I've not had to use it either. My lung capacity is better, my O2 stats went from low 90s even dipped in the 80s @ night to 96-97 now. I thank my daughter so much for setting me up and saying to me when I came home the day before Mother's day "Mother I don't want to lose you. She too also quit that day. I started on the 24mg due to the cigarette I was smoking and have gone down to 6mg. My next order I will go to 3mg. For once in my life I'll be nicotine free. Another thing is I'm not exposing my Grand Children to the harmful Smoke and nasty smell anymore. I've been a huge success story, anyone that knows me would say the same about me. I introduced my 6 Sisters to Vaping among many other people I care deeply about. Only regret, I wish Vaping would have come out sooner. Last but not least, I most likely would have been dead by now or on Life support if not for finding Vaping. I could go on and on about the good things I've experienced vs Vaping or Smoking. My Dr is ecstatic with my results he even had me show his staff and FNP who's Mother in-law wanted to quit also wanted info on how to order for her. He's also happy that I'm not near my death bed like many times before. Live Long, stop Smoking, Vape On! :-). Ps, I love being able to play with my Grand Children now, also I can't say enough about the money I've saved. Sincerely, Sarah.

8/1/2015 2:17:57 PM - Giuseppe

I tried everything out there for years to quit smoking! Nothing ever worked. I tried, patches , gum, hypnosis, cold turkey, junk prescribed from my doctors and nothing worked. I just smoked more because I was frustrated. Then I discovered vaping! It worked almost immediately . I love the

Flavor, I love that you don't stink like smoke. I love that it doesn't bother other people. I love that I feel better and healthy.

It has been over 5 years smoke free. I highly recommend vaping to those that want to quit smoking . It has saved my life.

8/1/2015 2:17:48 PM - Kurt walters

Three months ago I was smoking 2.5 packs a day. Thanks to friend for sharing his story and how had quit. He helped me get set up. now I am smoke free now for two months. I now breath better and feel so much better. I also feel better about vapeing around others knowing I'm not hurting them. Vapeing has changed my life.

8/1/2015 2:17:34 PM - Mary

To whom it may concern,

I am a registered nurse for 20 years and work in the emergency department. I was a smoker for 30+ Years. The only way I was able to quit smoking cigarettes was with electronic vaping. There are many studies that confirm their safety and reliability. At this time all is not understood regarding the long term use of e-cigs there has been no problems for myself or the 10 other people I know personally who have also used e-cigs the quit the tobacco habit. I have been using e-cigs for over 3 years. I have no cough or other health problems and feel great.

I must add that I feel many of these claims of a health hazard and wanting to clump e-cigs with tobacco products is a means to tax the market. The tax on tobacco has taken "a hit" due to the many persons who no longer use tobacco products. Those tobacco tax dollars have already been allocated and where can new tax revenue be found?

For a healthier option please leave e-cig and vapor markets to find new innovations that are helping so many people quit the tobacco habit!

Sincerely,

Mary

8/1/2015 2:17:23 PM - Jean from League City, TX

I started smoking Tareytons in Junior High School in the 1960's, and never really had any desire to quit. But after 50 years, my husband and I saw an item on our local 10 o'clock news about vaping and thought we'd give it a try. We had previously tried the original plastic "cig look a likes", and found them seriously lacking. But at our local vape store we were introduced to the ins and outs of vaping, and took to it like a duck to water. That was 18 months ago, still smoke free and happy vapers.

8/1/2015 2:17:14 PM - Corrin

I started smoking at the young age of 13. Nearly 20 years later I had tried everything to quit; patches, gum, wellbutrin, chantix- even those ridiculous herbal horse pills you had to take 5 times a day that were popular back in the early 2000's. All to no avail. I purchased an eGo electronic cigarette kit and started vaping in hopes of being able to at least cut back on my pack a day habit and save money, but a year later I'm proud to say I'm cigarette free. I've still had a one here and there, but have not gone back to the habit.

After a couple weeks of vaping I was so surprised at how much better I felt. I could breath much easier, and my sense of smell and taste had gone back to how it was before I started smoking. I've been able to slowly lower the amount of nicotine in the liquids I buy so that I'm now close to the lowest amount of nicotine before going completely nicotine free. I also enjoy the different flavors available, and love not smelling like cigarettes, which I now find the smell of absolutely repulsive.

In my opinion, electronic cigarettes are the best thing to happen for the smoking cessation industry. They allow the user more freedom in choosing how to wean down. and quit, without having to resort to pharmaceuticals or pay a ridiculous amount of money for patches or gum (or for people like me with bad skin sensitivity, the discomfort of skin irritation from the glue on the patches)

For people who don't wish to quit e-cigs are an even better product. You can still get your desired amount of nicotine, and you can even get tobacco flavored e-juices- or explore the many different flavors available, but without the damage to your lungs (or wallet!), and you know *exactly* what it is you're inhaling, rather than the hundreds of unnamed dangerous chemicals and toxins that tobacco is processed with.

I'm so thankful that electronic cigarettes are available for people like me, for anyone, who wants to quit smoking or just try a safer alternative. I would have never been able to quit smoking without them. I've been able to change my life for the better, and set a better example for my munchkin before she gets old enough to be influenced by my smoking.

8/1/2015 2:17:01 PM - Gregory Ivey.

Thanks to ecigettes I was able quit smoking Tobacco after 40 yrs. I had tried several times to quit smoking with no success. If I'm not able to continue the use of ecigerettes I'm certain I will turn back to tobacco. The vaping community is like a support group that help smokers kick their smoking habit. We are a tight knit group that genuinely care about each others well being. Please support us so we can continue to support others with their Tobacco addiiction.

8/1/2015 2:16:52 PM - Pammy81622222

In September of 2015, It will be 3 years that i have not had a Tobacco (cigarette) product. Vaping is the best way , I feel, to aid anyone who wants to quit.

I smoked for the last 25 years, and the longest i have gone without smoking at 1 time was about 1 year. Once i started vaping, within 1 month I quit and have never gone back. I used the e-liqiud with a 24 nic and have worked my way down to 6. I also have vaped with 0 nicotine and plan on using a 0 nic in the near future. I know many people who also have quit smoking cigarettes once they started vaping. We are all much healthier, as is everyone around us.

I had tried the chantix, gum, and cartridges and to no avail. I now not only feel better but i save about 180.00 a month. I know that the tobacco industry has taken a large loss, but our health should be more important. It saves not only us money, but insurance companies also. That alone is what should make all the difference in the world.

8/1/2015 2:16:39 PM - Wink Boyd

Started smoking at 14, until I was 41. Then, last October, I started to vape and quit cigarettes immediately without any problem. If the government causes vaping juice, atomizers, or any other component necessary to exceed my very, very limited budget, I will return to cheap tobacco and they will be morally liable for my resulting ill health and likely consequent death by cancer.

8/1/2015 2:15:48 PM - Kathleen

I was a pack a day smoker for 25 years. I tried to quit many times. I tried the patch, gum, prescription drugs, and cold turkey. None of those methods worked for me. I started using an electronic cigarette and now I''ve been smoke-free for the last 5 months. I have reduced my nicotine from 24 mg to 12 mg. My plan is keep gradually reducing until I am down to zero. This really works and I'm no longer a slave to tobacco cigarettes.

8/1/2015 2:15:38 PM - Darren J.

I was a smoker for 30 years. For a time over 2 packs a day. A coworker told me how successful she was in quitting by switching to vaping. I had tried several methods to try quitting in the past and always went back to smoking. The next day I went to the vapor shop she recommended. After spending about 2 hours with the team at FIREHOUSE in Cherry Hill NJ I left with my first vapor kit. 7 Months later and I haven't had a cigarette yet. If vaping could help me quit and become healthier then it can help anyone. I've also introduced half a dozen friends to vaping and will continue to tell anyone who asks about the benefits of vaping.

8/1/2015 2:14:41 PM - Dennis

I am 60 years old and have been a smoker since I was 15. My health started to change and I have been to multiple doctors only to find out that my blood was extremely too thick and I suffer from a disease called polysythemia. All the doctors have said that it was due to smoking. I cannot stop smoking suddenly after smoking all these years. I have since turned to trying an e- cig so that I can ease myself off of everything. I can not do this without some kind of an alternative!! I have tried Chantix in the past only to be deathly ill, have nightmares, and hallucinations. Patches don't work either. It's a habit of having something to inhale.

8/1/2015 2:14:29 PM - Charles Joiner

I smoked, dipped, and chewed tobacco products for over 40 years. I tried to quit using nicotine replacement gums, patches, and lozenges. Chantix and hypnosis didn't work either. I tried quitting cold turkey as well as gradually reducing my consumption, none of this worked for me. Then I found vaping in 2010 and have been smoke free ever since. I feel better, I breathe better, I no longer smell like smoke and I don't stink up the house anymore. I started out vaping 30 m.g. Nicotine liquid and have cut down to 12 m.g. Nicotine liquid at this time. I cannot see the logic in denying access to vaping to smokers that want to quit. Vaping is much less harmful than smoking in my experience

8/1/2015 2:14:19 PM - Anna Deeds

I began smoking cigarettes at age 14 and was smoking daily by age 17. At my worst, I smoked as much as 2 packs a day. By the time I quit smoking 27 years later, I hated it. I wasn't the type of smoker who still enjoyed it or got any pleasure out of it. I only smoked because I was addicted to it. I work in the healthcare industry and found it embarrassing as a professional woman to be seen smoking. I knew how unhealthy it was and hated that I could be setting a bad example for younger generations. As a woman, I hated that my hair, clothes and breath smelled like smoke every day. I tried everything to quit. Sometimes, I was able to stop for a while but I always went back to it. When someone introduced me to vaping, it was the best thing that could have happened to me. I have not smoked a whole cigarette since the day my e-cigarette arrived in the mail. I tried on two occasions to smoke and could only take a puff off the cigarette because I found it so repulsive. Why would I want to taste tar and ashes when I could taste green apple or orange flavored vape? I love my e-cigarette and have been free of regular cigarettes for two years next week. the best part is that I have been reducing my nicotine level over the last year. I only use 6 mg of nicotine. I know one day soon I will get to the point that I am using zero nicotine. I can breathe easier since I made the switch. I don't get out of breath climbing stairs and exercising. I'm not embarrassed that I smell like smoke. And I feel better about myself.

8/1/2015 2:14:08 PM - Joshua

I was an asthmatic smoker for ten years. I suffered from chronic bronchitis and other regular ailments that often landed me in the doctors office. Ten months ago I took the leap to vapor. I haven't had a cigarette in 6 months, I no longer find myself at the doctors office, and I haven't been sick since. At the time of quitting cigarettes I was smoking up to a pack to a pack and a half a day (within 12-14 hours) - I haven't had a cigarette in six months. I feel physically better, my skin looks and feels better, my eyes are no longer yellowed and bloodshot, and I've gotten back into the lifestyle I once loved. I'm an avid hiker and climber, I don't struggle with breathing nor do I feel stressed out when going without a cigarette (or vapor) for long periods of time. Switching to vapor saved my life, and my future from un-relentless physical destruction, death, and an financial hand-cuffing to big tobacco. Please don't take my right to be a better and healthier person away.

Sincerely,

Joshua Chase

Denver, CO

8/1/2015 2:13:59 PM - Tori

I have been vaping for a year and a half. My lungs are clear and though I don't yet want to stop vaping, I consider it a great alternative to cigarettes. I may quit the vaping one day but am thankful for having it available to me. I didn't like the nicotine patches or gum that I tried in the past. Vaping is a more cost effective for me.

8/1/2015 2:13:48 PM - Dolores

I have smoked for 64 yrs and now have COPD and am on Oxygen. I have tried everything from patches gum pills and ect. and the only thing that has helped me is the Vapor-Electronic Cigarettes.

Thank you for reading this letter

Dolores Droddy

8/1/2015 2:13:40 PM - Greg Whaley

I was a 2 pack a day smoker for51 years. I had tried several times to quit smoking trying to go cold turkey, hypnotism, Chantix, you name it I tried it and none of it worked. I ad gotten to the point where when I wold be lying in bed at night my breathing sounded like a death rattle. I knew I needed to quit but I just didn't have the desire or the will power. A friend of mine suggested I try vaping, not e cigarettes but vaping. That was January 20, 2014, and I haven't had a cigarette since. I started out with an 18 percent mixture and am now down to 6 and I'll probably just stay at that. I use a box mod with an Aspire Nautilus tank (3 such setups actually) and vape 3 different flavors, noneof them tobacco flavored. I don't have the cravinng and I can actually breath better than I have in 30 years and my house and I don't smell like an ashtray any longer.. It's great. I have convinced several of my friends to go the same route and they too are happy with the change. Hopefully the government isn't going to step in and screw this up too...just sayin.

8/1/2015 2:13:30 PM - Missy P

I made the decision to put down cigarettes after 27 years of smoking a pack and a half to two packs a day. This was a huge step for me because I had tried many times through the years to quit with everything I could think of (the patch, gums, chewing straws, chewing toothpicks) and then some and it just never worked, I would become a demon. I started vaping on August 14, 2013 and never looked back. My health has done a complete 180 and overall it's one of the best things I've ever done. I was so inspired by vaping and what it did for me that I opened a vape shop so I can help others to achieve what I have. It's one of the most awesome feelings when someone comes to me for help and I'm able to do that for them and help keep them off of cigarettes.

8/1/2015 2:12:42 PM - KP from SC

Tobacco had such a strong hold on me for 26 years. After trying to quit, unsuccessfully, with patches, pills and gum several times, I had given up the fight and decided it was my destiny to die a smoker. I had toyed with vaping for two years, buying low-quality devices and never getting the satisfaction a cigarette gave, so I passed on becoming a full-time vaper. I have always been active, an outdoorswoman who exercised frequently, I began noticing how terribly my breathing was becoming, wheezing and constantly clearing my throat, I knew something had to change. I quit smoking in my home a long time ago and didn't like to smell like smoke, so I always considered it my dirty habit. In my exasperation with tobacco, I finally stopped by, at what turned out to be, the best vape shop I have experienced. The owners were very happy to hear my story and helped me find a device and liquid that gave me an awesome alternative to the cigs. I fell in love with vaping, so many fun flavored and so cool that everyone I now vape around just loves the smell of my liquids. No more stinky clothes, no more spending $150 a month on cigs, no more embarrassing dirty habit. I breathe better, food and drinks taste so much better, and no stinky car or clothes! I admit I have tried to have a cig a few times since I quit them, but am pleased to say I can no longer stand the way they taste. I look forward to continuing my vape-journey. I have so much fun trying new flavors, equipment and making new friends through vaping. My current device is a 20 watt istick with a Kanger Emow tank. I love desert-flavored juices, especially creams and custards mixed with blueberry and lemon, am now down to 12mgs of nicotine. I am considering purchasing a higher wattage mod and a sub ohm tank, as I have tried them and they are amazing, I only fear it will make me vape more than I already do! Thanks for reading!

8/1/2015 2:12:28 PM - Zach from Ohio

I started smoking cigarettes when I was 11 years old, and I became a steady smoker when I turned 14. Sooner or later, I was smoking 2 packs a day or more, plus using smokeless tobacco. For a long time, smoking and tobacco use essentially ruled my life, dictating where my money would go and where I would go. In 2013, my dad, a 30 year smoker himself, introduced me to vaping. I had tried cig-a-likes in the past, but found them to be inadequate. But he set me up with a proper eGo battery, and a good tank system. Slowly, I stepped down from smoking. I realized that some days I went without smoking a single cigarette and never even noticed, that's how good of a replacement vaping really is. Smoking and tobacco use was something I never believed, or never even thought about, quitting. But vaping replaced it, up until the point where I was only smoking a single morning cigarette each day. Finally, I finished my last pack, and called it quits. My breathing and stamina have improved greatly since. I fully believe that vaping has saved me from many health issues, and perhaps saved my life. I know it saved my father's life, who was a 30 year smoker until he discovered vaping. It is the only smoking alternative that works. We had both tried gum, patches, lozenges, cold turkey, and many other methods that big pharma supplies for smokers to quit, but none of those had worked. Vaping finally did, however, and I am very thankful. I've stepped up to a box mod and a sub-ohm tank now, and I'm now using e-juice with 6mg of nicotine as opposed to the 24mg I originally began with. It took a year for me to fully kick smoking out of my life, but I'm now happier and I feel healthier, as I'm no longer chained to a crippling and deadly addiction. I thank all of the good folks who are advocates as well, and all of the producers/vendors of great vaping equipment and e-juice for helping so many people. I know so many people who have been helped or saved by vaping, I could fill a book with their names, and I hope more people convert to vaping.

8/1/2015 2:12:09 PM - Harold Pujol

I am 62 years old and because of vaping I have not smoked a cigarette in 4.5 months and went from 24 mg of nicotine to .6 mg of nicotine. My doctor is very supportive of my progress.

Please vote yes so I can continue my success to quit smoking.

Harold Pujol

8/1/2015 2:11:51 PM - Uncle Ralphie

Hello...

I am about to turn 72 years young. I have been vaping 2 years as of August 1st.

Prior to vaping I smoked for 52 years. I tried everything i could think of to quit. I tried those pharmaceuticals (which by the way only have a proven success rate of 7% or less.) Chantix, Nicotine Patch, Wellbutrin, Hypnotism, accupuncture.....all to no avail. I have

emphysema....and still i could not quit smoking.

On August 1st 2013, I tried my first e-cig, and I have not returned to cigarettes since.

I fail to understand why the medical community and politicians do not see this as an aid to quit smoking . I was a "die hard" smoker and i was able to quit the first day.

I do not feel special in any way....I have heard from lots of other folks that were finally able to quit. If it weren't for vaping I am quite sure I would be dead by now.

Please, Please.....before you condemn vaping ,at least please check the facts.

e-juice....4 basic chemicals....cigarettes....4000 , some of them deadly.

Seems like no brainer to me.

I could go on & on, but i realize your time is valuable and limited.

8/1/2015 2:11:39 PM - Tanya Malecki, Alpharetta Ga

I picked up my first cigarette over 30 years ago and during those years smoked about a pack a day. For the last 20 years I have tried so many times to quit, spent so much money on gum, patches, even Chantix and hypnosis! Nothing worked. It wasn't until January 4, 2015 when a friend let me try her vape pen.

I haven't had or even wanted a

cigarette since.

I started at 18mg of nicotine and I am down to 3mg. My next order for e liquid will be 0mg. If I didn't have the CHOICE to vape I would be a stinky, smelly smoker coughing and wheezing my way through life.

Please don't take this choice away from people who need it!

8/1/2015 2:11:26 PM - Linda Binger

I have tried to quit smoking for years! (I will be 49 this year) Every time I went to the doctor they gave me the "quit smoking" routine & papers. One day my son told me about Vape devices. He asked me, if not for my own health, but so that I would be around to see my grandchildren grow up, would I quit. He then ordered a vape device for me. It arrived in the mail & I was SO excited!!

Mind over matter, I was Going to do this!!! I enjoyed the many flavors I could vape. PLUS, I NO Longer reek of that stale smoke odor and I no longer cough & cough in the morning! I'm hooked! I am now TOTALLY cigarette free and enjoying my vape device. I have even decreased my nicotine levels in the liquids. I can't say that I will quit vaping as I DO enjoy it, but I know I'm on my way to better health.

8/1/2015 2:11:14 PM - Edwin Burnett

After starting and stopping cigarette smoking for some 50 years, I discovered ecigs 1 1/2 years ago. What a marvelous discovery!! Freedom from: ash trays, cig lighters, stinky clothing containing cig burn holes, yellow fingers, guilty conscious cause I was spending considerable $$$ harming my health, scornful looks fron those damn nonsmokers while I smoked outside despite the weather.....

I vowed to quit every 'next' birthday, Christmas, New Year...only to pick it up again in a few days. My wife switched to vaping at the same time, and reduced our smoking expense from about $300/month to about $50/month for vaping supplies.

Vaping is like freedom from all those problems without quitting!

I've been an avid lap swimmer for half my life, and giving up tobacco vastly improved my breathing AND my racquetball game.

I recommend vaping to everyone!

8/1/2015 2:11:01 PM - Jeremy

I started smoking at the age 18, when I went into the military in 1991. Over the years I've quit a thousand times. In 2008 I got on Chantix and was able to stop smoking altogether. Then in 2010 I thought I could smoke one socially and then it was on. I was closet smoking so my wife wouldn't find out. I was real clean with it too and remained undetected. Then I gave in and confessed. She was understanding and mentioned that a lady she worked with had a husband that switched to e-cigarettes and she suggested that I try it so I did. It was an overnight change for me. I bought the small clearomiser starter kit and vaped all day without lighting up a cigarette. The next morning, I stepped outside with my morning cup of joe to begin finishing off the last pack I had. There were only 5 cigarettes left in that blue Pall Mall box, and being one that doesn't like to waste money, I was going to finish up those 5 small cigarettes - or so I thought anyway. I lit up and the taste was awful. I tossed it in the butt can and crumpled the remainder of the pack and threw it in the trash. I've been vaping for a few years now and have moved on up to sub-ohm vaping on an IPV4 and Aspire Atlantis tank. I get my supplies and e-juice really cheap at Mt. Baker Vapor dot com and honestly only use the local stores when I forget to stock up. I can vape in the house - the wife allows that, whereas before with cigarettes she asked me to smoke outside. I plan on quitting this one day too, but for now am content to vape away and fill the house with the smell of CinnaToast Munch. After I quit smoking, I stopped coughing up my lungs all night long and waking up with sinus drainage that usually ended up in me puking. Vaping was a positive change for me and those around me.

8/1/2015 2:10:39 PM - VA Former Smoker

As a 40+ year smoker, I switched to vaping and e-cigs 14 months ago and have not had a single cigarette since. In 40+ years, I probably never went more than a few hours without one. These products are amazing. Yes, I still have a nicotine addition, but started with 18 strength, and am now at 6, and will be cutting that in half on my next purchase. Maybe I'll beat my addition soon! These products are effective in giving up cigarettes and need to remain available.

8/1/2015 2:10:27 PM - Deanno

I started smoking @ 13, and am now 59, I have tried to quit smoking dozens of times with every product I could find. Then in November of 2013 I tried the e-cig, I am still smoke free! Thanks to this wonderful product. Don't take this product off the market. Dean

8/1/2015 2:10:14 PM - Richard M.

I'm one year tobacco free. I feel better, my lungs are clear and my Dr. Lowered my blood pressure meds. Apparently since I've started vaping my BP has gone down. Vaping has been a very positive experience all around. No smell in the house, car, or on clothes. Most importantly, NO second hand smoke!!!!!!!!

8/1/2015 2:10:00 PM - Wyndrose in Florida

I smoked cigarettes for a very long time - probably 40 years, off and on. I had tried to quit several times but always went back to it within a short time. I tried some of the first ecigs that came out - the disposable filter that were used with a rechargeable battery. That really did not help much and I went back to tobacco.

Now I vape. On November 17, 2013, I went to a vape meeting. I had smoked a tobacco cigarette on my way there. I purchased my kit then and there. I have not had a tobacco cigarette since that day. I do use the nicotine juices.

I am a serious advocate of switching from tobacco to this type of 'smoking'. My husband also joined me in this switch. He switched only 2 days after I did. Aside from the substantial savings in price, we now have less breathing issues and are very happy that our use of ecigs will have absolutely no effect on anyone else in close proximity - especially our grandchildren.

8/1/2015 2:09:47 PM - Chelsea Baird

In 2006 I had quit smoking using a Nicotine patch. Suffice it to say, it didn't stick. The patches made me so jumpy and jittery. After about 6 months I went back to smoking. I smoked for another 9 years before in March 2015 I decided to try Vaping. My Aunt had quit smoking using Vaping and then my husband did. After seeing their success I decided to give it a try. I have been Vaping for nearly 5 months now. I started off on 12 mg of Nicotine and have worked down to 3 mg of Nicotine. My next step will be 0 mg. Shortly after starting I noticed a major improvement in my health. My nose was no longer stuffed, my throat wasn't sore anymore, I had more energy, and I could run around with my kids without getting winded. I have been able to set my own pace in getting off of Nicotine, which has been the biggest help of all. I had considered using other methods prior to Vaping. I didn't want to go back on the patches. The gum and lozenges both made me feel sick to my stomach. I thought about Chantix but with 3 young children, I wasn't willing to risk the side effects. With Vaping I have had no negative side effects. As a responsible adult, I keep all of my Vaping products up out of my children's reach just as I did with my tobacco products. With so many success stories, why would the FDA want to make it more difficult for people to quit smoking? They say that they want people to be healthy, they put out antismoking commercials, put out other quit aids. So why not leave the Vaping as it is? Is money from the tobacco industry so much more important than the publics health?

8/1/2015 2:09:26 PM - Jerri

I am 53 with numerous health issues. With the help of e cigs I have been able to quit tobacco cigarettes. They have saved my life and my doctor approves. I was able to quit a 2 pack a day habit. I had been smoking since I was 15. My breathing has improved and I am now able to exercise which will help my other health issues.

8/1/2015 2:09:16 PM - Rebecca

I started smoking at 15 and for the first time in 32 years I have been smoke free for 8 months. Vaping has worked while all other products and attempts to stop were unsuccessful. Being smoke free has made me healthier and given me greater confidence since I no longer have to worry about the smell being offensive. Switching to vaping is the best thing I could have done for myself and I'm proud to no longer be a smoker!

8/1/2015 2:09:02 PM - Don

I feel that if we (ecig users) are forced to follow smoking bans then we need our own smoking areas set aside as I feel cig smoke was one reason I took up vaping. I don't need to be around tobacco smoke when I'm vaping.

8/1/2015 2:08:51 PM - Power Geek Vapes

I was an analog user since i was 14. It was something I did to blend in with the people I surrounded myself with, and eventually lead to a heavy addiction. I could not go without it. If my pack was empty, i was in instant panic mode, I would leave my house at any hour to go and buy another pack. When i was having an argument, i dismissed what was going on just to spark up. That lead to more arguments because i was walking away, and was WEAK and couldn't handle life without a cancer stick. Once I was aware emotionally of what was going on, I tried to quit. It's like they all say, you will quit when you WANT to quit. All my attempts to quit failed. I was quitting for all the wrong reasons, others wanted me to stop, so I did it for them. I tried the gum, patch, candy, i actually went through laser treatment to quit. None worked, because I still wanted to inhale something. Mind you, I am not a drug user, so Marijuana wasn't something I wanted to do. I got married in 2009. I knew i was going away on my honeymoon, and being the addicted person that I was, I started to freak out knowing I would be traveling for 12 hours WITHOUT A CIG. I couldn't deal. I remembered someone telling me about Blu Cigs, the original version with the rechargeable pack. I spent the $80 on that to get me through the travels. I was blown away by the face that i was inhaling a smoke like vapor, and it tasted like Cherry. What an idea!!! I continued to use the e-cig while still smoking analogs. I would use the e-cig indoors, and when I couldn't smoke a real one. Fast forward a few years, i was in a bad car accident, one that I was the complete victim in. I was stopped at a red light, and a box truck came flying behind me, not paying any attention, and plowed into my car. The car and myself was projected into the woods. I now have back and neck pain I will have for the rest of my life. At that moment, i had a life changing epiphany. I could have died. I could have been on my motorcycle instead of my car. I could have died. My baby son could have been in the car with me. HE could have died. Why am I voluntarily killing myself with cigarettes? I got a second chance. I wanted to make it count. I quit smoking exactly one week later. July, 22nd, 2013 was the day I finally put it down. It was difficult at first yes, but I have not gone back. I didn't use anything to quit. I just put it down. After some time passing, I wanted a cigarette, BADLY. Soon after, my cousin's husband came over with this device, it looked like a pen with a bottle on top that had a liquid in it. He was vaping. I never saw a personal vaporizer before. He told me all about it, showed me how it worked, and I tried it. I knew I had to get my hands on one. I went out and got an EGo Twist with some kind of tank on top. Thats what got me started. Vaping saved me from going back to cigarettes. I've been an exclusive vaper for more than 2 years now, and never went back to analogs. I am an avid user and I now educate people in person and online on the benefits of vaping and the products they can use to get into vaping or upgrade their vaping experience. I am proud of myself. I never really was proud of myself until I actually put it down. I am proud of all my vaping family for sticking to it and not going back to cigs. It's time we let the rest of the world know, and remind them that CIGARETTES ARE DANGEROUS! VAPING IS NOT! It saved my life. I want it to save others.

8/1/2015 2:08:34 PM - Aaron Bettle

When i first heard about vapor cigarettes i had only seen the small gas station style ones. I thought of that would be cool, tried it, hated it. 2 years later my mother gave me an Ego style vape for my birthday, i loved it! Within the next two years i was on and off cigarettes and constantly trying to vapes. Currently i have about 5 box mods and so many tanks and rdas i cant count them. I make box mods, i make e juice. I am 6 months cigarette free, and i feel amazing! There are no negative side effects other than dehydration, you must drink lots of water when you vape! I have drank a bottle of e juice to show its harmless. I vape all day, 20-40ml per day and i am completely fine. I love it! I can run again, i can workout again, yes there is a small cough when you vape after physical activity but its just an itch in your throat form the heat of the vape, nothing bad!

8/1/2015 2:08:24 PM - jassen bower

i started smokeing when i was 15. and havent stoped till about a year ago... and have been smoke free for over 6 months scence i started vapeing a e pen, now i have moved up in devices and only vape a low nicotine amount,.... now feel so much better now i can breath better smell so much more and the food i eat taste so much better... it has helped me so much

8/1/2015 2:08:14 PM - popsmaw

I smoked for 44 years and was a 2-3 pack a day consumer....and frankly I loved smoking. But to placate my wife/friends/family...I tried to quit many, many times. Cold turkey at least a dozen times, which only once lasted more than a couple weeks when I was in the Navy on a nuclear submarine, I had run out of them and had no choice. When we came off patrol, the first thing I did was to hit the base exchange and buy a carton of cigarettes! I tried nicorette which helped but never got me to quit...the same can be said of various nicotine patches (I usually smoked while wearing the patch!) I tried hypnosis, and on the way home from the session stopped to buy a pack. Same with a laser treatment akin to acupuncture. The only item that really showed promise was Chantix, but I couldn't stand the waking up from VIVID nightmares every night. So up to Oct 13 2011 smoking was a permanent part of my life.

But that date was when I received by first shipment of an E-cigarette starter kit. I'll never forget the first drag...it felt just like my first drag of a cigarette at the age of 18! I choked and coughed uncontrollably. It was such a different feeling and sensation. I soon caught on to how to inhale the vapor, and was shocked at how effective they were. Mind you I still had several packs of cigarettes available to me but didn't feel the need to go back to them....the only time I did go back was when I ran out of cartridges when the shipment was delayed a week. But after receiving the shipment and by always ordering so I wouldn't run out, I maintained my smoke free environment. After only two weeks, my lungs completely cleared, and no longer had that nagging wheeze. And I have been smoke free ever since. Have not touched a cigarette...even though when I pass someone who is smoking the aroma is luscious, I don't ever feel a need or desire to go back.

Without vaping, there was no way I would have quit smoking...even with the prohibitive costs, like I mentioned before...I LOVED SMOKING. I now LOVE VAPING...and feel it has, if not saved my life, at least given me many more years to live. And it has without doubt saved me $10K!

8/1/2015 2:07:56 PM - Jade Richmond

Hello to all. I don't usually do things like this, but I almost fell obligated to defend something that has really helped me.

So I've had been smoking a very long time. I started smoking when I was 13 years old and currently I'm 25, about to be 26 in roughly about a month. When I started smoking, it was more or less about 2 cigarettes a day. That eventually led to me being a Junior in highschool and I reached about half a pack a day. By the time I reached college, I reached about a pack a day. Once I reached college, since I was already 18 I was able to buy them legally where I go. So I didn't need to make a pack last long, because I had access wherever I went. And now for the worst part. Once I hit 21, I obviously was able to drink legally. Anyone who smokes ciagrettes knows, that cigarettes and alcohol go hand in hand.

So every Friday and Saturday I would be at either a club or a bar. I'm not an alcoholic, but I really drink alot on weekends. Like I said, alcohol and cigarettes go hand in hand, so if I drank alot, I smoke alot. So at 21 years old, I started my habit of smoking almost 3 packs every Friday and Saturday night. So i reached the worst case where I smoked 1 pack a day from Sunday to Thursday, and 3 packs Friday night, then 3 packs Saturday night. 11 packs in total.

Overall, vaping may not be super healthy, but it is keeping my way away from cigarettes now. I feel way better than I did when I smoked cigarettes. My lungs don't hurt anymore when I wake up and I don't cough as much.

Last be not least, I'll add that I quit smoking because my son was born July 2014. I didn't want to stink of cigarettes when I held my son so I wanted to stop and that is what led me to my decision to start vaping. At first I would sneak one cigarette here and there, but eventually I was able to stop maybe by August or September. I'm happy with my decision to vape. It really help me. Vape on!

8/1/2015 2:07:43 PM - Stacy

I started smoking when I was 14 and after 35 years I smoked 2 packs a day. I used to brag about the fact that I smoked because I enjoyed it but in 2009 that changed, I started coughing up blood which is very scary and it happened to me more than once, I was hospitalized 3 times for Pneumonia, twice I almost died from complications of the pneumonia, each time it was directly related to smoking, the last time I was in the hospital was Christmas day 2008, I was diagnosed with COPD and the xray showed I had scarring in my lungs, it was in the early stages but I was once again warned by my physician that if I didn't want to be carrying around an oxygen bottle in a year or two and risk an early death it was time to quit...6 months later I was ready to quit for good, we were on vacation and I couldn't enjoy myself because I was terribly short of breath and miserable, I tried to quit cold turkey and next I tried the nicotine patches and gums marketed to help smoker's quit, my doctor gave me a prescription for Chantix and the side effects were horrible, and in the end none of these products worked. I had seen e-cigarettes on the internet but this was when they were a relatively new product and I wasn't sure they would work either but I thought I had nothing to lose, I remember how important it was that my first ecig looked exactly like a real cigarette, white 510 with the red glowing tip, lol...for years I haven't used anything that looks remotely like a real cigarette. I was lucky in that I quickly found a juice that I love (cinnamon red hots, yes...some adults like candy flavored juices). I smoked exactly 7 cigarettes after I received my first kit and I never looked back, I use 24 mg of nicotine in my juice and I have never had any withdrawl symptoms after quitting smoking, it took me a little longer to convert my husband but I eventually had all my cigarette smoking family members vaping instead of smoking...mother, mother-in-law, brothers, sisters and a son. My ex husband died 3 months after finding out he had non small cell lung cancer, I remember how he wouldn't smoke anything but Malboro Reds and we both smoked heavy during the 16 years that we were married, I wished he could have been able to use ecigs but he died the year before I got my first kit, I feel like it could have saved his life. I recently had my first lung Xray since I started vaping and my lung damage has totally been reversed, I haven't had a cough or been short of breath even once since I started vaping 6 years ago, honestly I have never been healthier. I am a nurse and many of my family members are also nurses or in the medical field, we are all astonded that anyone would be against a product that has and still can save so many lives. I've seen the FDA approve drugs that has harmed and even killed people but for some reason we need to prove e-cigarettes are a 100% safe? show me the first drug the FDA approved that was 100% safe. Certainly not Chantix, I tried Chantix and I had horrible side effects. Nicotine patches and gum didn't work for me either. I know for a fact that vaping saved my life and the lives of my family and friends and for that I feel truly Blessed.

8/1/2015 2:07:30 PM - Jody griggs

I have been a smoker for more then 20 years because of that when i coughed i sounded like a 80 year old i have copd and my lungs were horrid.Well were i live we have a shop called ecig source really great gruop of people i did not start out wit the vaping ciggs i got the first gen i love and i love it .because of me switching to that my lungs are clear i can breath easily now.And i just recently switched to the eleaf istick 30 w. and to be honest i can go for longer walks and jogs and play with my pug more im more energized.

8/1/2015 2:07:22 PM - Vera

I am an e-cigarette vaper. I smoked cigarettes for approximately 36 years. I enjoyed smoking and was not particularly interested in quitting even though I knew that cigarettes might cause health problems. I seriously thought about quitting after I painted the inside of my house. I did not want the cigarette smell in my house again and smoking outside was not a great option. So, about six years ago, I tried my first e-cig. In the beginning, I smoked cigarettes and vaped. I did that for about one month. After that, I was able to wean myself off cigarettes completely. Believe me; e-cigs do not taste the same as a cigarette. However, over time, I grew accustomed to them and now I actually prefer them over cigarettes. I do not think about smoking again and am perfectly content with my e-cig. I introduced e-cigs to some of my colleagues at work. Three of them have completely stopped smoking and one of them has stopped vaping as well. I exercise regularly; try to eat right and I have no weight or health issues.

E-cigs donâ€™t get you high, change your personality or impair your abilities and judgment unlike other legal products, such as marijuana and alcohol.

Under the guise of â€œsafety,â€ we are rapidly losing our freedom in this country. We realize this is all about money (taxes). But if this over-regulation continues, the people are going to revolt.

8/1/2015 2:07:08 PM - Tammy Cramer

All of my family smoked cigarettes, I smoked my first around the age of 12. I started smoking regularly at 17, smoked at least a pack a day of Marlboro 100's for over 35 yrs. I tried quitting cold turkey, tried the patches, tried the cig-a-likes, nothing worked. I even smoked while wearing patches. I have up and didn't think I would ever quit. I started getting sick all the time with bronchitis and was coughing constantly, I would even wake myself up from sleep coughing. My lungs were always making wheezing noises, my voice started getting very raspy, I still continued to smoke. I didn't know any other way. Then one day, a friend showed me a vape, I went and bought a little one and some 24mg juice. I cut down from smoking a pack a day to half a pack a day. I stuck with it and bought myself a better mod and decreased my nic level to 18, before I knew it I was no longer smoking any cigarettes and my coughing and wheezing stopped. My doctor was very impressed with the sound of my lungs as they are clear now I have now lowered my nic level down to 3mg and getting close to decreasing it even more. I truly believe that vaping saved my life! It is so nice to be able to breathe easily and not cough! I can even laugh without choking! Please do not take this away, we need to educate and get more people off the cigarettes!!! Thank You for listening.

8/1/2015 2:07:00 PM - Rhonda

I smoked cigarettes for 38 years. I started very young. I started on the e-cigarette almost two years ago and smoked cigarettes for one week with the e-cigarette and then I quit the tobacco cigarette and have not turned back. I tried several times to quit smoking cigarettes by using Chantix, Wellbutrin, nicotine gum and patches and even got hypnotized but was unsuccessful until the e-cigarette. I started on a nicotine level of 24 ML and I am down to 3 ML I plan to be totally off of nicotine in less than 30 days now which will be my two year anniversary of being smoke free. I used to be sick all the time but since starting the e-cigarette two years ago I have not been sick not one time. My smokers cough is gone. My breathing is much better. I no longer need daily medication for my asthma only a rescue inhaler (just in case) which I have not used in two years. I have more energy. My food tastes better. I have experienced so many changes for the better. E cigarettes are just what I needed for a healthier me!

8/1/2015 2:06:47 PM - Sherry Slominski

I am a mom to 4 wonderful kids. 24 yr old - about to get married next year, 20 yr old, 19 yr old and a 14 yr old. I smoked for 25 + years. Tried patch, gum, hypnosis, and cold turkey - all FAILED. 6 months ago I tried vaping, not really wanting to quit but knowing I needed to. I liked smoking. In 6 months I have felt better than ever. I don't want or even enjoy the smell of cigarettes. I honestly believe that vaping is saving my life and giving me a chance at a healthier future with my kids and future grandkids (far future). I will never go back to smoking and I am looking forward to my life - and it is ALL because of vaping. I breath better, I don't cough all the time, in fact I rarely cough at all and that is saying a great deal. My husband noticed within the first 3 days of being smoke-free, he actually slept thru the night without me waking him with my coughing. Foods taste better, and my energy is way up there. Every "side-effect" of quitting cold turkey, I have went thru and it feels amazing. With all of this, I can still enjoy blowing clouds - It is a God sent gift. I wish I could thank everyone personally that had a hand in inventing this vaping thing. May God bless them (you) all.

8/1/2015 2:06:38 PM - Billy Elm

Started using chewing tobacco at age 16 and then moved on to the cancer sticks shortly after. I mainly chewed and or dipped during the week and during my working hours. But would smoke at lest a pack of cigs a night anytime I went out to the Bar. So that's on average 80 icky sticks a month along with my tin a day chewing habit. I tried countless times quitting cold turkey but normally all it took was one night out with my Friends and I was back on the team. This all changed once I was introduced to vaping. Since I have started 4 months ago I have not had one cigarette and also have stayed away from the chew. I can completely say that vaping is the reason why I was able to quit a 7 year habit and fully suggest to anyone who is looking to quit to try vaping. I just also want to add since I have started vaping I no longer wake up in the morning with a chest full of crap and over all just feel ten times better then I did.

8/1/2015 2:06:02 PM - Ismar Sevillano

I smoked a pack a day for 27 years. Marlboro lights were my brand of choice. "Cowboy killers" we called them because the "Marlboro man" supposedly smoked the same brand before dying of lung cancer. My wife and I welcomed our daughter Alora into the world in May of 2013. That was my deciding factor in quitting smoking but couldn't kick the habit. Cold turkey, patches, nothing helped. I was introduced to vaping in November of 2013 by a coworker. It worked miracles. I have not had a cigarette since November 17,2013. I started with an Evod pen and 24mg nicotine juice. I have since upgraded to VV/VW box mod devices and lowered to 3mg nicotine juice. I can honestly say that vaping saved my life. I have much more energy and less aches since quitting smoking. The tobacco industry has killed millions while making billions in revenue. Public health is of no concern to them as long as there's money to be made, no matter how many lives are lost by the use of their product. I for one am very thankful for vape products and for the vaping community. Some of the most helpful and genuinely caring people I've ever had the pleasure of knowing.

8/1/2015 2:05:53 PM - Steven Gibson

March 16th 2011 I received my first e-cig in the mail and I have never had another real cigarette since, from the very beginning I knew this was the right thing to do my wife noticed within 2 days that I smelled better, I noticed within 10 days my food was tasting good like never before [I smoked for 50 years] now 4 years down the road and thing's are great no allergy medicines no getting a cold that turns into broncitus no stinking ashtray's no ashes on the floor or tables and I can walk for miles without getting tired. No other so called quit smoking aid has ever helped my habit in anyway but vaping broke my habit in 5 minutes I will never give up vaping even if it's outlawed and I will never vote for any politician who is against vaping , the garbage put out by big tobacco and big pharmacutical companies about vaping need to be stopped now just to let people know I am now a sub-ohmer with a couple of box mods and tanks I hope this will be OK thankyou for letting me share

8/1/2015 2:05:43 PM - Walter

Smoked for 55 years, was smoking 3 packs a day and tried the nicotine gum and

hypnotism, couldn't even quit for one day.

Stopped at a vape shop close to two years ago and bought one carton of cigarettes

after that then worked down to a pack a month or less and haven't smoked in a year and a half. Saving a ton of money, can stay inside and vape versus freezing my arse off or

sitting in sweltering heat or rain outside, with the anti smoking nazis even banning smoking outside figured this was a good move.

Don't cough up a ton of gunk in the morning anymore and smokers hack is gone, make my own juice so I save a lot of money there too plus I know what's in my juice.

Uninformed idiots trying to regulate this like regular smoking drives me insane, they should all be driven out of office immediately.

8/1/2015 2:05:33 PM - Christine Melone

I started smoking at age 20 and continued smoking until age 40, when I discovered vaping i stopped smoking and began vaping at a 24mg nicotine using a vapor pen now I am at 0mg nicotine and use an e-leaf , My breathing is better I don't smell like cigarettes and I over all feel good. I am also a register nurse and used to work on the oncology unit at Loyola Hospital. Therefore I have seen firsthand the effects of cigarrette smoking. I also was so impressed at how easy it was to stop smoking and stat vaping that I recently opened a Vape shop to assist with converting smokers to vapors instead. My goal is hopefully to assist as many smokers as I can.

8/1/2015 2:05:16 PM - Stephanie Snipes

I used to smoke a pack and a half of traditional cigarettes daily for over 20 years. I tried several times to quit using every option and method available. Including, the patch, the gum, lollipops, candy, rubber bands (aversion therapy), and prescription medication.

Every method failed. I even tried early versions of the electronic cigarette when they were limited to the tobacco flavors. When I discovered personal vaporizers I had almost given up on quitting, but I decided to try one more time. I truly didn't believe it would work. I started vaping with sweet flavors that were completely unrelated to smoking (blueberry, chocolate, melon, etc.). To my surprise, within 2 days I had cut my traditional cigarettes to a half pack a day. And on day 4 I lit my last cigarette and realized that I could no longer tolerate the taste or the smell.

That was on December 22, 2013. I have not had a traditional cigarette since that morning. I have also been able to reduce my nicotine intake from 24 mg to 10 mg currently. My eventual goal is to completely eliminate nicotine from my vaping.

I firmly believe that without the current vaping products available, I would still be smoking traditional cigarettes and damaging my health and the health of others on a daily basis. My breathing and ability to exercise and move has improved beyond recognition. I have managed to lose over 60 pounds and I haven't felt this good in literally decades.

Vaping is not something that I would encourage a non smoker to start. However, for the millions of smokers out there I believe that it is an alternative to traditional cigarettes that can and will save lives.

8/1/2015 2:05:06 PM - Natalie Gray

I have been a vapor dor 3 years before i became one i smoked cigarettes for 13 years i was told i had chronic bronchitis and chronic sinus infections which i would gwt once or twice a year. Since ive bewn vaping i havnt had either one vaping has changed my life i thought i could never quit and i did thanks to vaping and i can smell exercise and not be out of breath afterwards. I immediately was able to quit smoking because o the electronic e ciggs i started with an ego pen and as of thus year i am down to 0mg of nicotine and using a mod with a sub ohm tank. I do have to say that i did sneak 1 cigarette after 2 months and it was horrible made me sick and gave me the worst headache never have i touched another one the smell disgusting to me now. I have tried quitting cold turkey about 4 times and it never worked

8/1/2015 2:04:57 PM - pat murphy

i started smoking tobacco at 18 full-time. i attempted to quit cold turkey, nicorette gum, chantix-nothing worked for me. I started vaping over a year ago & haven't smoked tobacco since. My breathing has gotten better & my blood circulation is back to normal as i now have color back in my face. I don't spend $70 every week on two cartons of cigarettes. I spend less on vaping supplies $20/$30/$40 depending on what i need at the time. My husband isn't bothered by tobacco smoke anymore & i don't smell like an ashtray anymore-need i say more? Thank you.

8/1/2015 2:04:44 PM - Fernand

In October 2015 it will be 5 years since I quit smoking, overnight. I was having 2 packs of Marlboro a day, and had failed quitting many times in 40 years. When I discovered e-cigs I knew it was the solution. I haven't smoked anything since. I started vaping ego clearos and cartomizers w/ commercial juices at 24 mg/ml nicotine. I quickly started blending my own liquids at home. I lowered nicotine levels gradually to 4 mg/ml. I finally took nicotine out entirely because I have a genetic Raynaud's syndrome: cold feet. I now vape 0 nicotine liquids, it's a taste and blowing vapor pleasure that costs a few dollars a month. Regulators stay out of our lives.

8/1/2015 2:04:33 PM - Home Brewed Vapes

I was a two pack a day smoker for almost 15 years. I tried the ear trick, patches, gum, and just cold turkey. In December 2011, I was in a tractor trailer accident. I had to go out on workers comp, and two years later I finally received my back surgery. I had to quit smoking, no choice. I had tried the earlier e-cigs that just didn't help, until my cousin introduced me to the MVP and Iclear 30 tank system. It took me a few months to totally quit, but since that time, I have been smoke free! My two children loved not seeing their dad smoking anymore, and not smelling my car and clothes up. As well as just feeling 100% healthier. I could breathe again, smell again, and taste the things that were just bland at best. It has changed my life, and my families life. I've gotten my mother, brother, a couple friends, and other family members to quit smoking and all through vaping. The "real" studies have already proven what most of us could already feel after switching to vaping, much healthier. Smokers need this industry, as well as vapers. It would be a shame to see vaping go away and sentence a vast majority of people to their deaths because they had to keep smoking. This is a life changing and life saving industry. I will fight for my right, and spread the word when, and where I am able to.

8/1/2015 2:04:14 PM - Walter

Smoked for 55 years, was smoking 3 packs a day and tried the nicotine gum and

hypnotism, couldn't even quit for one day.

Stopped at a vape shop close to two years ago and bought one carton of cigarettes

after that then worked down to a pack a month or less and haven't smoked in a year and a half. Saving a ton of money, can stay inside and vape versus freezing my arse off or

sitting in sweltering heat or rain outside, with the anti smoking nazis even banning smoking outside figured this was a good move.

Don't cough up a ton of gunk in the morning anymore and smokers hack is gone, make my own juice so I save a lot of money there too plus I know what's in my juice.

Uninformed idiots trying to regulate this like regular smoking drives me insane, they should all be driven out of office immediately.

8/1/2015 2:04:06 PM - Liz

I started smoking at age 16, socially at first. I was raised in a smoking home where both of my parents smoked. I tried several times over the years to quit, but always went back for one reason or another. In July of 2010, on a family trip, my brother-in-law introduced me to e-cigs. At that time they were much more primitive but he showed me how to use them and refill them. As soon as I got home, I ordered my own kit and started vaping while continuing to smoke cigarettes. In October of 2010, I decided it was time to give cigarettes up for good. I have been tobacco free for almost FIVE YEARS. Vapor products have come a long way since 2010 and I am so thankful I had access to them so I could kick my 30 year tobacco habit. No more hacking cough in the morning and I can breathe again!

7/31/2015 12:54:08 PM - Ashley T

Hello my name is.ashley I have 2 little girls I started camping the last Easter an the are the reason why. I want to be around for them A long time an if I keep smoking cigarettes I probably wouldn't be. So we need to help keep the vaping going. I tell every smoker I see about camping an you should too. Stay strong an keep on vaping on everyone we can do this

7/31/2015 12:54:00 PM - Will Anderson

Hello all, I just wanted to share how vaping helped my life for the best! I was a smoker from about the age of 15-22, which really just that long compared to others I know, but I struggled everyday to try and quite and kick the habit. I tryied vaping on a vape pen from a gas station, and I know now why it didn't really help the first time. Then my wife and I got news of the arrival of our little baby girl, and this really gave me a push to strive to quit, and this is when I picked up a "legit vape." It was really working for me, but I still found myself "bumming" smoke from coworkers. It wasn't until about 2 weeks before the birth of my daughter, when I got my first mech mod. Ever since then I have't touched a cigarette. And as now I don't even use nicotine in my juices. I will continue to vape since the habit is still there but thanks to vaping I no longer need my " fix" if nicotine. I hope that everyone out there that wants to quit can make their way into a vape shop and make he first step to success in beating the nasty habit of cigarette smoking. Thank you all for your time! And I hope you all enjoy my testimony! Vape-on and live!!

7/31/2015 12:53:53 PM - mike

I was in an accident in may 2011. Stuck in the hospital unable to smoke my girlfriend bought me an ecig, I could ninja vape pretty easy. Even after two weeks I could tell the difference. I was even going through the smokers cough when lungs are clearing. I decided to stay with the ecigs after getting out of the hospital, I was a man though so I doubled up with cigarettes as well. Until I found a vape shop and a mechanical mod, nemesis. After that a 20 year habit gone once I found what I was looking for I never wanted a cigarette again. I started bicycling and now 4 years later haven't had the desire to even want to try a cigarette. My clothes are fresh and clean and I'm a happier person. With cigarettes I was ok with cancer and a horrible death. True we don't know all of the side effects of ecigs yet. What I do know is the side effects of the thousands of chemicals in a cigarette. I will always be eternally great fun that this silly little fad stuck around and was able to save my life. Thank you for all your hard work to ensure others get to have the same feeling I do casaa.

7/31/2015 12:53:43 PM - Bryant

I've been smoking for about 3 years and trying to figure out solutions to cut down. There's nothing out in the market could help me till I heard about vaping. One of my friend started his own business opening a vape store in town and i convinced myself to give it a try and got my 1st starter kit about last 3 months. I'm suprised because I've never touch a single stick of cigg since I started to vape. My body tells me that vaping is so much healthier than smoking and we know what are we actually inhaling into our body. Thanks to the vape industry I can finally got rid of those stinkies out of my life. I mean vape industry shouldn't be categorized as tobacco industry it's totally different, and we should stand up and protect this awesome industry that could've saves millions of life. I hope every vapers out there in the world voice out and don't let the gov to destroy this industry.

7/31/2015 12:53:34 PM - Ultima

well when i was 17 years old i stared to smoke heavy VERY heavy. By age 19 i was up to 3 cartons A WEEK then i got married (big mistake i know) and i quit smoking for 8 years then she cheated on me and well we all know thats a hard thing to go though.. so i went and bought my first smoke in about 8 years. oh man i relized how much i missed them but that cough and smell i did not miss i got back up to 2 cartons a week... it was one of those weeks where every thing went wrong car broke down twice in one week.. so yeah i asked my mother to buy me a pack of smokes it was 2 days until payday and i was out. ofcouse she said hell no then she handed me her e cig and in the nicatiene induced craze i was in i hit it with no problem. it was peach flavored i think so i sat there for a good 15 mins hitting that thing until it went dry it was good. so i asked her to refill it she looked at me and said "dont stand up that was 24 mg " i was like ummmk well i stood up any way and i fell right back down i was buzzed as all get out. (remember 2 cartons a week) i remember thinking i have got to get one of these.. so she went and not only got me a bottle of juice she was smoking but she told me to keep the one i already had... so i was hooked on them at that point no more ash no more smell . i did those for 2 or 3 weeks in things stared tasting better and smelling better my smokers cough went away the whole nine yards.. im now own to only 6 mg nic and ONLY 20 Ml a day :) ive gotten a bigger mod and dripper now (and my co workers hate it but eh) there are nly 2 down sides ive found thus far (been vaping for a year now) one is you do loose the taste of some e liquids if you vape it to much and the PG in the stuff PG is EVIL!!!!! but thanfuly theres a way around that so yeah im happy

7/31/2015 12:53:24 PM - LiseKristin

I started smoking as a 16 year old, and have a long history of trial&error in trying to quit smoking, using Zuban, gums, bandaids - noting worked. Got a heartattack in April 2012 - not even that could make me stop smoking! I needed the hand to mouth habit! I was desperate, and googled "healthy cigarettes" - one of the hits was e-cigarettes. I Ordered online my first cig-a-like and realized that this had potential!! Still had to smoke 2-3 ciagrettes per day though.

But only after buying my first 2nd genration e-cig and liquid with 18 mg strength nicotine could I finally declare that I had quit smoking! I have been a 100% smokefree person for 2,5 years now. I feel so much healthier, and getting rid of the nastiness of tar and carbon dioxide helps be avoid another herat attack!

Still vaping and enjoying the variation in tastes, and I find that reducing nicotine is no problem. Vaping 6-9 mg strength now.

7/31/2015 12:53:03 PM - LiseKristin

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Still vaping and enjoying the variation in tastes, and I find that reducing nicotine is no problem. Vaping 6-9 mg strength now.

7/31/2015 12:52:53 PM - Jorunn

I've been a smoker since I was 14 years old and I'm now almost 48, so I was a smoker for 34 years. I've never been a heavy smoker, but I wasn't able to quit. Last April I discovered vaping. I bought a start set and e-liquid with 18 mg nicotine. I have Asthma and chronic sinusitis. After about 2 months as a vapor I stoped taking my Asthma medicine. I did't have any problems breathing and I haven't taken any since. Normally I took antibiotics severel times a year but after becoming a vapor I haven't been to the doctor. My health is much better. I've upgraded my equipment several times and I now vape 3 mg e-liquid. In time I'll be nicotine free. Vape changed my life.

7/31/2015 12:52:44 PM - babar

Hi. I smoked about 10years. Started with vaping at easter 2014. Quited smoking that easter :)

7/31/2015 12:52:36 PM - leaded

Smoking from 17 y. old on and off. Started as a lorry driver,and excaleted my smoking habit up to top 90 cigarettes each day. When a freind decided to try stop smoking with vaping, i joined him to support...well after 2 days, cigarettes taste bad, and further vaped. Not any smoking after this day, nearly 2 years ago.

Started at 24mg, and is now regulary on 3-6mg....and not having cravings symptomes even at vaping....

The best changes is at smell and taste, and lost the regulary lungtrouble each year at winter, with coff,and sore throat.

7/31/2015 12:52:25 PM - Lisbet Supermainn Indersund

I was a tobacco smoker from the age of ten.

The first time i tried to quit smoking i was only 12, but i could not make it - not then, nor later! :(i've tried all of the NRTs available (pills (chantix and zyban), patches, inhaler, and so on and so on) and i also tried hypnosis and the carr book.. no luck.. 33 years of smoking went by..

Then, in 2103, thru a facebook friend i became a member of the Norwegian vaping community "Norsk Dampselskap" (NDS)! :-) I bought myself two starter kits of Evod1 and a bunch of different e-juices. After only about two weeks i was smoke free!! :-) Within the first week the smoker's cough was gone and so was all the mucus that earlier i had to get rid of every morning before i could breathe properly! From there all is just better and better!

and now i havent smoked since the fall of 2013, almost two years! (Y) and its sooo nice!! i really feel that alot of stress is gone in my life! cause smoking causes alot of stress! :("when can i get my next smoke?" and so on - it was i nightmare to travel ... now its just pure pleasure!

i started out with 11-14mg nicotine in the juice for three months, then continued with 6mg for three months, and then i stopped using nicotine in the vape alltogether. i vaped without nicotine for about nine months ;-) Just because i could - and it tastes so nice!

:-) i could not have done this without the vaping and the support from NDS (Y)

..and i have stopped vaping as well, so all in all i was vaping for about 15 months. (vaping dont cause addiction:))

7/31/2015 12:52:12 PM - TrailBlzr

I started smoking when 1 was around 13. That was 34yrs ago. I had tried everything to quit smoking, ie: patch,gum,acupuncture, you name it.

A friend of my son started using a e-cigarette product to try and quit smoking, my son saw how well he was doing and he too started using a e-cigarette (i am being vague intentionally), when i and a friend of mine saw how well they were doing we started reading up on them. What we found was for the most part encouraging, though we did find alot of misunderstanding and mistruths as well. So we bit the bullet so to speak and started using them ourselves. Now we were well read up on the usage of the items we were going to use, but we were not ready for just how much of a impact they made in our lives.

i was smoking 3-4 packs of cigarettes a day, weighing just under 660lbs. yes i was on the fast track to leaving this earth soon. within a year i had lost 250+ lbs, and stated that what was the use of losing all this weight just to still have no breath when i walk or wheezing or coughing all the time. so back to present day.

My last Smoke was April 10th, 2015. i had started using the e-cigarette 1 week before but i feel i need to make it shown how it effected me. that day i had my last cigarette i had 1 from my remaining 4 packs, i lit it, inhaled, and thought i was going to throw up. it disgusted me so much that i immediately put it out. later that night i tossed it and the ashtray into the garbage and gave my remaining packs away. my stats are as of this day

Three months, two weeks, three days, 12 hours, 39 minutes and 8 seconds. 7596 cigarettes not smoked, saving $4,223.87. Life saved: 3 weeks, 5 days, 9 hours, 0 minutes.

I no hear people saying that in order for me to continue on my plan to quit nicotine that they are going to force me to only use in areas allowed for open smoking?? forcing me and my habit to now inhale this 2nd hand smoke they are trying to keep everyone else from?? how dare they put my life at such risks while i am trying to get away from them?!?!!

Then i hear that they want to put into law that as with cigarettes the people selling them would not be able to help me in choosing the right setup that works for me and hiding it all behind a curtain or metal shield?? thats like handing someone a gun with 5 chambers and 4 have bullets and telling them to take a spin and see if it works for them while aiming at their heads?? as you have to find what works for you and to deny someone the chance to learn from someone that has the experience in it to help you out is unfair to say the least. sorry i have rattled on but i am all about regulating it as a industry but as a Smoking cessation product, NOT treating it as a cigarette until otherwise proven different.

yours truly

Andy Goff

P.S. i started at 12mg/ml i am now down to 3mg/ml nicotine content. subohm. I AM LIVING PROOF....

7/31/2015 12:51:48 PM - harry carll

i started smoking back in the 80s i was 11 or so was a smoker up till last oct i got hurt at work i was going to a work comp dr it was a nerve in my neck i was stressed over losing my livelihood i passed out in the drs office at the time i was smoking 10 to 15 black and mild cigars he told me i should think about quiting so i started vaping its been all most a year now with no want for a cigarette cigar i hang out with people that still smoke the smell does kind of bother me but i dont need one i am at 3nic but thats in a 30 mil bottle so anyone that does vape knews what the nic is at so yeah i myself dont see any harm in it if anything i feel better no more morning cough i breath much better so yes as far as a sub ohm tank or dripper yes great way to go those chain store throw away ecigs stay away from them but thats just my take on all this for me it works i hope what i have wrote helps a lot more turn to vaping

as far as what i use its a sigelei 150 turbo rda vaping muffinman/milkman ejiuce

7/31/2015 12:51:39 PM - Gary Miller

I was just thinking, years ago there was an aids epidemic and teenagers were having unprotected sex so they reasoned that to save lives they should give free condoms to teens. And so they gave us planned parenthood. So it seems to me that the same teenager who wants to have sex might just want to try smoking also, so the next logical step would be planned quitinghood where A teenager could come in for A free ecig!

7/31/2015 12:51:23 PM - John

Hey I would like to say that since starting my tobacco free lifestyle over 2 years ago I have not only felt better physically, but also financially. I started using electronic cigarettes because not only are they a safer alternative to tobacco, but also I feel more confident in myself because I don't have yellow teeth and smell like smoke. I also switched because now I have more money to take care of my bills and my family. I have also been more social with my community by helping them either quit cigarettes all together or at least switch to a safer alternative. I believe the 40% raise will not only deter people from trying to quit smoking, but even force the people trying to quit, to start smoking again. Please consider the health of other people.

7/31/2015 12:51:14 PM - Liana Strautins RÃ¸ynestad

I've been a heavy smoker for more than 40 years - ++20 cigarettes a day.

I tried my first e-cigarette for more than 2,5 years ago - quit smoking the very same day. Never missed smoking at all.

Never tried anyother products to quit, since I know it wouldn't works for me.

The only reason I tried the e-cig was so I wouldn't have to go outside in -15 in a snow storm to be able to smoke. But it turned out that I quit smoking all together.

I started with 18mg and am now down to 6mg.

I use the EVOD 2.

My breathing is much better -finally able to breath through my nose again, and now I can smell how awefull smokers smell. No negative effects from vaping.

My doctor changed my status in my med. journal to "Non smoker"

2,5 years since I had my last cigarett - never ever thought I'd be able to give up smoking, but it was soooo easy thanks to vaping!

7/31/2015 12:50:59 PM - Ed Delicata

I smoked cigarettes for 44 years - a pack a day for some of those years! Most of that time I wanted to stop. Since buying my first e-cig (a basic CE4 setup) in November 2014, I haven\'t smoked at all. I now have my Nic down to 6mg and will continue to reduce it. I tried everything to give up smoking (cold turkey, hypnosis, gum, patches, you name it). None of them worked. E-cigs did - instantly. If that doesn\'t make them an effective smoking cessation device, I\'d like to know what would. Since I stopped smoking, I don\'t stink (of tobacco) anymore - nor do my clothes, car, house, etc. My sense of taste and smell returned after about 2 weeks and I can breathe again.

7/27/2015 12:50:26 PM - Brittany

I started socially smoking when I was 15, and smoking full-time by age 17. I will be 33 years old this year, and for the first time in 16 years, I have been cigarette free for 3 weeks!

I have tried to quit many times in the past - the patch, the gum, I'd even tried multiple e-cigarettes (ciga-likes) but was always so disappointed in them. They tasted bad, made me choke, and were SOO expensive. Why would I give up my cigarettes to spend the same (if not more) money on cheap, disappointing cigalikes?

I had seen a Vapor store in my area of Phoenix, and kept driving by it thinking, "I want to check that place out." I knew there were other options besides the cigalikes they sell at Circle K, but I had no idea how different vaporizers are! I bought my first one, and started using it exclusively.

I couldn't believe that I didn't even have the desire to smoke a cigarette for a full week. I ended up running out of "e-juice" after a week, broke down and had a real cigarette. It tasted awful, it smelled awful, it stuck to my clothes and my hair. Since then there's been no going back. It's been 3 weeks since that last cigarette, and I'm so grateful that these e-products are available. Especially in the Phoenix heat during the summer, I'm so happy I don't have to go out in an oven to smoke a cigarette!

7/27/2015 12:50:15 PM - Blair Scott

I started smoking at 18yo while serving in the Navy. After smoking 20 years I decided it was time to quit. Nicorette failed me. Cold Turkey failed me dozens and dozens of time. Wellbutrin failed me. Nothing worked. Then I tried vaping just over three years ago. I had a few lapses now and then, but within a year, I was at 100% vaping and never looked back.

My physician is astounded at how much my general health has improved since I started vaping. He was skeptical of the vaping when I first told him about it, but now he recommends it to his other smoking patients. Since I stopped smoking and started vaping, I haven't had a single asthma attack. I no longer have the morning hack. The last x-rays taken a few months ago showed "significant clearing" (physician's words) from my previous x-rays taken while smoking. My blood pressure is stable. And for the first time in over 15 years, my bloodwork came back 100% normal. As an asthmatic, my lung capacity is checked on a regular basis and my lung capacity has improved over 300% since I quit smoking and started vaping.

But the best thing that's happened? I can actually taste food again. I can smell food. My taste buds and nose nerve endings are back to normal and I can smell the intricacies of spices without having to overload the food to compensate for numbed taste buds.

The worst thing? That rejuvenated smell and taste now means I can smell smokers. Smell the stench of cigarettes as it permeates the air around them. It makes me realize, "Wow, I used to smell like that."

The second best thing? Do you know how significantly your options go up when you list "non smoker" on an online dating site?

I am now an administrator for North Alabama Vapers and help run mini-cons, encourage member interaction, and we're building a vaping community here with the help of brick and mortar stores.

Vaping changed my life on so many significant levels.

7/27/2015 12:50:04 PM - Jeff

I started smoking at a young age, I smoked for around 5-6 years and then I discovered vaping when I moved to a bigger city for college, I bought my first vape and it helped me cut down. Around a year later I bought my first real setup and I haven't touched a cigarette in a little over 4 months, and honestly even the smell of cigarette smoke makes me sick now. My lungs have also never felt better, when I still smoked cigarettes my lungs would hurt all the time and I had a bad cough most days of the week, and now I feel much better. My lungs don't hurt, I don't run out of breath as fast, I don't smell like an ashtray, and even better I don't cough all the time. I feel like I owe a lot to vaping and the vape community, not only for helping me quit a very, very nasty habit, but also for making me healthier. I don't feel like I could have quit smoking without vaping and the support I've received from the community.

7/27/2015 12:49:54 PM - bruce b

I quit ciggs 21 months ago,and the fda,and our government never threatened to take real cigarettes away from me,as long as we were feeding their corporate existence,and they wont take vaping away from me.I simply wont allow it.

I also will vot against any politician who hurts the vaping industry,and I just registered to vote,and I normally do not.

The bottom line people.Wake up,and fight for at least our basic rights,or you will lose them.Ciggarettes kill a half million people in the usa alone,a year.Add billions in health care costs,so if the fda is so concerned about our health,why not pull cigarettes from shelves???

Its all about money people.

I feel great,and my body tells me vaping cant be that bad,and my government is not going to tell me I cant vape,when they allowed me to smoke real ciggs for 25 years.

There needs to be some regulation,but very minimal.

7/27/2015 12:49:41 PM - Mel J. Fleming II

If not for the electronic Cigarette, I might be tempted, to revert to cigars. The products is quite safe, and provide, enjoyment that is indeed beneficial, enjoyable, and promote nothing amiss. No risk of tar, ash, cancer, and in my favourite sport pub, handles with ease, especially in close proximity of other pub clientele. I am not segregated to an outside porch. I've been using the electronic cigarettes since they emerged.

7/27/2015 12:49:32 PM - Heather Gray

I am a 40 year old female who has smoked for 27 years. I have a condition called Deep Vein Thrombosis (DVT), I have been told repeatedly by my physicians that I must quit smoking. I have tried hard very hard. Especially during my 3 pregnancies, including a high risk pregnancy caring twins. As ashamed as I am I must admit that I was completely unable to stop even for the health of my babies. I had utterly given up and thought I would never quit smoking cigarettes.

I decided to try vaping 6 months ago to save money, as I was spending between $217-$250 a month. Within two weeks of purchasing a $30 vaping starter kit I had absolutely no desire for a cigarette. None. I have tried patches, gum, Chantix, using Maryland's 1-800-Quit-Now as a support network and even spent hundreds being hypnotized and was unable to quit for even 24 hours. Yet, with vaping, I have not smoked a cigarette, not one, in five and a half months. I have saved close to a thousand dollars, including the cost of my vape juice and a vape upgrade. I can taste my food better, I can smell things I haven't been able to smell in many years, and Most importantly my children are no longer around smoking at all.

I am horrified that the government's knee jerk reaction is to ban vaping in public places. This is an outrage! It bothers no one at all! If the issue is that the public doesn't understand that it is not emitting smoke only vapor then let us take the time to educate the public. I vote and I vape and I will be voting based on any upcoming elections based on a candidates position on vaping.

No one wants children or teenagers to start using tobacco or nicotine, I think everyone is in agreement on that. So parents need to educate their children and retailers need to keep these products from them. I am an adult and I have every right to buy flavored nicotine juice without it being a crime. I am unwilling to give up something that I enjoy and has allowed me to completely STOP a disgusting, deadly habit because some teens may start vaping eventually. This is a hypothetical, what is a reality is that thousands of us have quit smoking or successfully cut down solely through the use of a vape. The government should be supporting us and harm reduction through vaping instead of punishing and banning it's use. I know that the tobacco industry is going to lose thousands, just off of me and my husband (who has quit by vaping after smoking for 32 years) and that they must be frantic. How much of the government's reactions are from pressure from the tobacco lobbyists? It makes me wonder, that's for sure.

Those of us who vape have the numbers, the money (and where we do and don't spend it) and the voting power to stand up and demand our right to vape, and thus save guard our health and the health of our lived ones! I would like to be included in anything your group does that safeguards this right. I have never written a letter like this and I have never been so passionate about a product such as I am about vaping. It has truly

changed my life in nothing but positive ways! How come my own government is willing to take that away from me? Thanks for reading this, Heather Gray (Baltimore County, MD)

7/27/2015 12:49:22 PM - DBR62

Since I tried my brother's E-cigarette several years ago, I immediately switched to vaping. I cannot remember the last time I bought a pack of cigarettes (it has been at least several years) and have no desire at all to smoke a cigarette. I have gradually reduced the nicotine level from 18 mg. to 12 mg. and hope to lower it more or even go down to zero. I use a 20 watt battery and a liquid vapor refillable tank which allows me to adjust both the nicotine level and the strength of the vapor I am inhaling.

Previously, I smoked for over 30 years and and had tried and failed to quit many times: I used nicotine patches/gum; I tried quitting cold-turkey; I was hypnotized to quit smoking; I tried slowly quitting by reducing how many cigarettes per day I smoked. Nothing worked for very long, until I tried vapor smoking. The longest I ever stayed off cigarettes was four months.

I have already encouraged several friends to quit smoking cigarettes this way, and a few of them have done so. While I realize that vapor smoking is not a healthy thing to do, I cannot imagine that it could cause health problems as serious as those caused by cigarettes. Therefore, it is a safer alternative to cigarette smoking and if it is made illegal, more people will go back to smoking cigarettes, as some of us are just not able to quit.

Please consider this before taking harmful action against vaping and the people who have improved their health by switching from cigarettes to vaping.

7/27/2015 12:49:12 PM - Marianne, from England

I started smoking when I was 16, back when it was legal for 16 year olds to smoke in the UK. I wanted to quit for many years, and I'd tried nicotine gum, patches, inhalers, snus, and also just going cold turkey, nothing seemed to work for me until I discovered vaporisers at the age of 30. Finally, after 14 years of smoking I found something to free me from tobacco! I started off with simple ego style batteries and cheap plastic cartomisers, for a few months both smoking and vaping in order to transition entirely to the latter, and after a few variable voltage batteries and a cheaper mod I eventually moved onto a fancy Provari 3 with an Aspire Nautilus tank. It almost feels like I'm somehow cheating - vaping gives me the satisfaction of (something very like) smoking and the calming effects of nicotine but without the nasty toxins of real tobacco smoke. I have no intentions of quitting vaping, though I might try to lower my nicotine dose from the 24mg I currently use. I've now vaped almost exclusively for over a year, and now smoking an actual cigarette just feels incredibly nasty and harsh on my lungs so I'm personally convinced that the health benefits of switching to vaping have been huge. My breathing feels far better, my sense of smell has returned, and people who smoke suddenly smell like ashtrays to me. Also for the added cool factor, I can treat my vaporiser like a fashion accessory in a way I never could with cigarettes - my P3 is one with a celtic knot design and jewelled button and I have a variety of pretty, colourful drip tips that I can switch between depending on my mood. One of them is even made from mother of pearl, perfect for a P3 with a cubic zirconia button!

7/27/2015 12:49:02 PM - Henry Boureshrockn

I had smoked since I was 20 years old for almost (off and on) 28 years.

Then I was introduced to e-cigarettes about a year ago by a friend. Almost immediately I realized that this would be the best way to quit smoking - I had used other methods such as patches or gums to no effect.

I started with Blu e-Cigs but I was smoking real cigarettes as well and I was not happy with that situation since I was actually getting more nicotine and was spending double the amount that I used to.

Then one day I ran out of cigarettes and only vaped and the next day I felt good about myself. Then one day turned in two and a week and then a month and now it has been 6 months that I have not even touched a cigarette.

Today I vape on a 3MG nicotine level e-juice and use mods with tanks.

I love vaping because it really saved me from smoking and I am proud of it.

My wife hated the smell of smoke on me and one day she told me that she loved the fact that I did not smell anymore.

I feel great in the mornings now and I am not as tired anymore and I am proud of myself for making this change in my life.

Vaping has really saved me and I in turn I had advised to my brother in law and my best friend to do the same, who both are smoke free today now for 3 months.

Thank you for letting me tell my story.

7/27/2015 12:48:49 PM - Ashley

I started smokeing cigarette when i was 13 years old. Smoked nowport 100 a pack a day for 11 years and thought id never quit it finally took my 4 year ols son to tell me he dont want me to get cancer. I went our and bought me a kanger set up amd havent turned back since then ive bought a mod and a dripper i started with 12 mg nic amd have moved down to 3 or 6 nic. That was 5 months ago n now i can run breath better i dint have a smokers cough. Vape changed my life

7/27/2015 12:48:40 PM - Jules_burford

I have smoked since the age of twelve ,I tried all sorts Of nrt ,patches inhalers even stop smoking meetings in the local hall ect,but time and time again I'd return to smoking,at the time I was smoking two large pouches of tobacco a week,ie 50 grams, I found I was getting chest infections very often. Also shortness of breath etc.

Whilst in hospital as an impatient I was for ever leaving the ward for a fag,where upon one day I met a vapor, so after getting home I bought an e cig ,an Aspire ET and an 11mha battery. I've now been smoke free for two and a half years.

my health is much improved now.

7/24/2015 1:09:02 PM - Kenneth W. Horstkamp

I stayed smoking when I was 18, so that will be 13 years. I first tried vaping on a cigalike product called NJoy a few years ago and thought it was absolutely terrible. It didn't really emulate smoking, deliver the nicotene, taste good or produce vapor. I kept smoking. About a year ago I tried Vuse cigalikes and had the same experience. Well, my friend showed me his mod a few weeks ago and I saw that vaping had changed drastically over the years. I still didn't want to quit, mainly because I was scared. What would I do without cigarettes? I knew it was terrrible but couldn't bear to think what would happen to me without them. I needed to smoke. My wife insisted I try vaping, so when I happened to be out of cigarettes my wife pulled into the local vape store and we went inside. I asked questions and treated the guy behind the counter slightly disrespectively. I'd heard about the "dangers" of vaping. I'd tried the junky cigalikes before and knew they were awful. Clearly vaping was stupid, tasted bad, was awful for you and couldn't gelp me quit, so I was there simply to humor my wife. She bought me a Vision Spinner 2 with an Aspire et-s clearomizer and an 18 mg/mL juice that was flavored like a cinnamon roll. I planned to have her stop on the way home to get some cigarettes but in the car I vaped it for about 10 minutes and I had NO cigarette craving. It really was that fast. The amount of vapor that it produced was much better than the old fake cigarettes! The flavor was muted because I generally couldn't taste ANYTHING (thanks to the smoking). The nicotene was there, it was great. Three weeks later I've got a box mod and I'm sown to 0mg nicotene juice. I can breath so much easier that I can finally blow through my old saxophone! I alwep much better now that I'm not snoring from clogged sinuses. I can TASTE again (especially my ejuice). I quit smoking INSTANTLY by vaping. I bought my dad the same setup I started on last week and after fifty years; I'll repeat that, FIFTY YEARS, of smoking, he quit that same day. My mother has been smoking for 38 years. I bought her an inexpensive setup amd now SHE enjoys the a virginia slim flavored vape. Vaping has made it possible for my family to stop killing themselves, each one of us stopped smoking, cold turkey, thw same day we started vaping. Thank you to all the vaping pioneers for what you've done to this industry and for saving my life so I can be there for my kids.

By the way the Kanger Subox kit is amazing.

7/24/2015 1:08:49 PM - Rylan Ebarb

I smoked for since i was 12 years old! I started using a smoke-free alternative 2 years ago. it has changed my life alot. i with fight for my right to vape. FUCK THE FDA!

7/24/2015 1:08:36 PM - Stacey

I have been smoking for 41 years, and have tried numerous methods to quit smoking. My greatest success was 3 weeks, but I was miserable the entire time. I gave up on quitting smoking and actually convinced myself that if I quit it would kill me. I had tried those cheap e cigs that you get at gas stations, and that didn't cut it for me. Out of curiosity I tried a ego ecig and have been smoke free for 2 months. I have upgraded to a kanger subox kit. I love my freedom from smoking. I started on 18 mg of tobacco, and I'm already down to 3 mg. My house smells clean and I love it. I've noticed I have more energy, I don't wake up coughing, and my sense of smell and taste has improved. Vaping is awesome, I actually like to vape. I love the different flavors you can choose from. I never liked smoking, it was just an addiction that was killing me that I couldn't kick. So please vape on everyone. For those Government officials trying to regulate us vapers, think about the people you represent rather than the tobacco companies that line your pockets. I'm an honored veteran with war medals and I want to vape.

7/24/2015 1:08:26 PM - Fran Galasso

I smoked for 20yrs and tried everything I could to quit. Nothing worked until I found vaping. I wish I woulda have found vaping earlier because it may have helped my mother quit smoking and prevented her heart attack. I made my mom a promise to quit smoking I tried everything pills patches gum and even spent 700 dollars to be hypnotized. Nothing worked until one day I walked in my local Vape shop. I finally found a safer alternative to smoking. I feel hell of a lot healthier. It also helped me keep my promise to my mother. Vaping saves lives that's a fact.

7/24/2015 1:08:14 PM - Joshua Clifford

My name is josh, and I'm an ex-smoker. A little bit about my story: I started smoking at the age of 13. A friend and I went through an entire pack of Jacks (really disgusting cigs) and immediately I knew it was something I would soon have to worry about. It took me about two years to get really hooked on them; I was only smoking a cig or two a day for a long time. As soon as one of my friends turned 18, and cigarettes became more accessible, my smoking quickly grew to a pack a day habit. It pretty much went on that way for the next five years. When I moved to Florida in March of 2014, I noticed a lot of people using electronic cigarettes. I had heard of them before, but I only knew of the cig-alike types, which I had tried before and had no success with. Because of the prevelance of ego style batteries and open tank systems I saw upon my arrival in Florida, I decided to give it a try myself. I ordered my first starter kit from halo. (I was smoking Marlboro NXTs at this point.) I went with an e-liquid sample pack with a couple tobacco flavors, some menthols, and two "decadent" flavors. When I filled it up and took my first "real" vape, something incredible happened. It actually worked. I didn't have another analog cigarette for about two months. I went through a period when I would have one or two a month for a while, which I personally blame mostly on peer pressure. Anyway, I moved through the typical motions of vaping (RTAs, RDAs, Sub-Ohm Tanks) and as of today, it's been almost three months since I've had a combustable cigarette. I keep my nicotine at 6mg, and use an Aspire Triton tank with Nickel coils for temperature limiting. I keep my temperature around 400 F, and for the first time since I started vaping, I'm completely satisfied. I believe this is the end of the line for me. At this point, I see no need to upgrade further. For me, that is a very big deal. Anyway, my point is, vaping worked for me. I feel better. I'm able to breathe again, and smell again, I'm not waking up in the middle of the night to go out and smoke. Vaping has become an incredibly important part of my life, and I believe my life will go on for a few additional years thanks to vaping.

7/24/2015 1:08:02 PM - dave l

I smoked for 5 plus years but being only 20 that's kind of a big portion, my lungs used to ache all the time and I'd be weezing constantly. I switched to vaping about 4 or so months ago and it changed me life. I don't weez and I can almost run a full mile again without passing out. The true miracle of vaping is unreal. I wish I could personally thank all these company's. The fact there's even a doubt about ecigs is ridiculous, considering they have really no problems with the bright "kid friendly" colors on cancer stick box's and alcohol bottles. Like smirnoff sour, or pucker, all bright colored liquids in bright colored containers. I just don't get it. Well push the negativity aside and vape on to freedom!

7/24/2015 1:07:44 PM - Charles & Stacy Neff from Charleroi, PA

We were smokers of cigarettes for many years, 33 years and 25 years. We tried e-cigarettes the end of February 2014 and were able to quit smoking cigarettes in ONE week (as of February 28, 2015). We have been tobacco free now for 1 year 5 months. We have since gotten quite a few other people off tobacco cigarettes by advocating the use of e-cigarettes, the ONE thing that actually works! We tried numerous other methods (FDA approved gum, Chantix, patches, etc.) and NONE of those worked! Even though we smoked tobacco cigarettes outside of our house and cars, our 5 children are ECSTATIC that we were able to quit smoking tobacco cigarettes after so many years. We now have back our sense of smell/taste, no wheezing/coughing, breathing is MUCH better, no bronchitis 3+ times a year, and we have gotten rid of the odor of cigarettes that we always carried as a badge for smoking. Our only regret is that we did not try e-cigarettes sooner!

7/24/2015 1:07:31 PM - Mic Vogt

I started smoking 3 months before my 18th birthday. It was "casual", at my friends parties, concerts, etc. It developed into a pack a day habit by 19, then almost 2 packs a day by 21. I feel it came from my parents. My mum quit cold turkey when I was about 2 or 3, but my dad couldn't kick the habit no matter how hard he tried. Finally in 2014, after 8 years for myself, I watched my dad (a 47 year 2 pack a day smoker) quit successfully with vaping. I followed suit less than a month later. I haven't looked back since. I can taste things, and smell things, everything, again finally. It's wonderful. My wife is now trying to quit as well, after a few setups it seems to be grabbing her. Several of my friends have jumped on board, as well. And now I've taken it to a new level by crafting my own e-juice using high quality ingredients and offering them for sale for a wildly low price. To me it's not about making or saving money, it's about saving lives and shutting down the death house that is Big Tobacco. I'm nearing my one year date now (a hair over a month away as of the date of writing here) and I am down to 1.5 mg/ml nicotine and continuing to reduce regularly.

7/24/2015 1:07:21 PM - Tony Vanore (Tony Ve/Spyderco1116) PA age: 34

I am 34 years old and have smoked since I was in high school. I thought it was cool. It wasn't! My parents hated it and after a while I did also. The years went on, I got married, moved out and continued to smoke about a pack of cigarettes a day, more on weekends.

It was getting to the point where I was constantly weezing. Especially when I was trying to sleep. The weezing would keep me up at night until I had to stuff cotton in my ears. I also stunk of smoke all the time. There's nothing like taking a nice shower, brushing your teeth and slapping on a nice fragrance only to light up a cigarette one minute later and stink everything up.

I tried to stop about 6 times using Nicorete one time, cold turkey another; The prescription drug Wellbutrin which was supposed to help me quit didn't even work!!

I'm overweight too and the smoking didn't help it! It was time for a change. I did my research. I checked out videos on YouTube, read online and basically filled my head with as much knowledge about vaping as I could.

To shorten things up here, I am now 34 years old and smoke-free for over a year, thanks to vaping. I breath better, (no weezing) smell better, feel better and my wallet also thanks myself and the Vape Industry! I currently use a Sigelei 100 watt Plus with the Mutation X V4 RDA.

Now I am working on the weight. After that I should be in good shape!! If it wasn't for being able to vape I'd be in bad shape!

7/24/2015 1:07:07 PM - Donna J Barton

I am a consumer of electronic cigarettes aka vaper. Physically in 1998 I was diagnosed with COPD I tried every available method to quit smoking. Not one worked I still continued to smoke.

Since July 26th 2013 I have made the switch to vaping. My COPD diagnosis is GONE My Pulmonary Doctor is THRILLED - yes GONE. He even tells other patients about this great alternative! My Primary Care Physician is amazed at my results of routine blood work. My Cardiologist is thrilled, I no longer have Angina pectoris or spasms, no need to carry Nitroglycerine pills which lowered my medical prescriptions, a financial benefit. No more restriction in my lungs. I no longer get Bronchitus, sinus infections etc again less medical costs (Dr Appts and Rx's)I breathe better, feel better, smell better and can go on walks with my dog,

SCUBA Diving which I used to teach I had to give up. Now I can recreational Dive without having to come to the surface sooner due to better air consumption and so many more things that keep my active and healthy!

Financially the cost alone has major benefits!! We live on a fixed income. Almost 30% of our monthly funds were going towards tobacco cigarettes. I tried so hard to cut down, cut back etc. ironically that only made me more anxious and want more. Now we have funds available for MUCH more pleasurable things to do. I eat better because food tastes better. I smell better I'm sure you get the idea now - even my vehicle smells better.

Only one negative, I can now smell tobacco smoke from quite some distance and I am embarrassed to think I subjected family, friends and by-standers to that. I started smoked tobacco cigarettes over 44 YEARS ago (MORE THAN HALF my life!). I have tried time and time again to quit. Using everything from HRT produces patches, gum and rx meds (Buproprion, Nicotrol I had an allergic reactions. Chantix which was even worse Anaphylactic shock, which even after only 1 pill I still suffered nightmares, cold sweats and suicidal thought. If it was out there I tried it even to the extent of Acupuncture and Hypnosis. All failed !

Enter early July 2013 .. I had picked up a cig-alike at a gas station was not great but gave me enough to make me do a LOT of research. Mainly on-line sites. Abundance of educational sites for new consumers to make the right choices. I was very lucky and made friends who helped me make the right choices as far as my first kit. I will say that even though I was a Menthol Tobacco smoker. I can not stand any menthol tobacco flavored e-liquid. Ironically Coffee flavored e-liquid was my first try I said ! YES THIS WILL DO IT !!? It DID!

I will celebrate my two year tobacco free. Due to quality flavors. Yes I use a Baked Cinnamon Roll, Strawberry Milk, Blue Raspberry, Blueberry fruits, Butterscotch candy flavors I like sweets, but the e-liquids do not give me weight gain. It's wonderful to have the flavors without the calories!

Had I been left to gas station type cig-alikes I would never have been able to quit. I don't like any type of tobacco flavorings at ALL especially menthol tobacco. I use an atomizer, e-liquid and rechargeable batteries. If these products are no longer available to me. I sincerely fear I would truly have a hard time not going back to using tobacco products - which honestly I am truly afraid for my own overall health, well being and finances.

Products such as Blu, Green Smoke etc are not satisfying. Over the course of the past year I have been successful in reducing the amount of nicotine I use additionally I have also lowered the amount of e-liquid used on a daily basis. This has been a fantastic, successful year for not only myself, but my Husband. He has been able to quit tobacco entirely. Vaping exclusively.

The good that this product does. I would never have believed this could work for me. Not only has it done exactly that - but I have over 34 friends who have also entirely quit smoking tobacco and use e-liquids, atomizers and rechargeable batteries with continued success.

My e-liquids are stored in safe places even though there are no children in my house, we do have pets that are just like children to us.

Vaping Saved My Life I am 100% tobacco free using devices and flavored eliquid that provide an option where nothing else was successful.

7/24/2015 1:06:56 PM - Crumbs

I had started smoking cigarettes when I was 13 years old. We never are really 100% sure why we start, particularly at such a young age, but in my head, it had been glamorised enough in some way shape or form that made me want to smoke. I smoked till the age of 35, eventually becoming a 2 pack a day smoker. I know the damage I had been doing to myself over the course of 22 years was eventually going to kill me, but it had such a strong hold on me, I couldn't ever see myself quitting. I eventually started reading into electronic cigarettes and though well maybe this could be my way out.

I tried a few that I bought online and forced myself to give it an honest chance.

It lasted about 4 weeks until I discovered a local vape shop, where I was farther educated by staff on the various types of devices. From that point on, I have been a vaper. It's been one and a half years since, and I feel a lot better for it.

I have also converted several friends and more importantly my brother, who I also never thought quit.

It's an amazingly effecting way of getting off cigarettes, and I'm extremely grateful for it!

7/23/2015 2:25:17 PM - Lisa from DeKalb County

Representative Alderholt I write you with deepest sincerity and respect. I'm not sure if you have family members that smoke, but if you do you would much rather them Vape instead of smoke as this will cut down the poisons entering into their bodies.

Please vote NO on the bill to increased taxes on e-cigs and Vape products. Just as people have started making a healthier choice of improving their health by using a product that can lead to the end their dependency on cigarettes. Thank you very much for your consideration ! Lisa Whitmore

7/23/2015 2:25:01 PM - Eugene

I have stopped smoking tobacco since August 2014 and have never touched a cigarette again.

7/23/2015 2:24:51 PM - KishanRama

Smoked for almost 20 years and averaged a box a day. Since i started vaping my iStick boxmod about 6 months ago, I have completely quit and stopped smoking cigarettes.

I feel much better... everyday, taste and smell better too.

Since i have stopped smoking cigarettes my life has definitely improved...no doubt!!

Kishan Rama

Johannesburg, South Africa

7/23/2015 2:24:36 PM - Will from California

I started smoking in the Navy. I was raised in a Mormon family and things like alcohol and cigarettes were essentially the devil incarnate. Didn't stop me from trying them out though once I was out on my own. Unlike a lot of sailors I really didn't become an alcoholic. Didn't much care for it. But I loved smoking. Started out with the occasional celebratory cigar, then moved up to once or twice a day, then 5 a day, then switched to cigarettes for convenience. Ended up smoking a pack a day of unfiltered Luckys at my peak. I knew it was expensive. I knew it made me smell bad. I knew it would probably end up killing me. Didn't care. I enjoyed it that much.

Then I got a family. Moved in with my girlfriend (now fiancÃ©) about 4 years ago. And her daughter. That's when I knew I had to quit. I'd tried all kinds of methods before. Used to get them free from medical during my Navy years. Never worked for more than a week. Knowing this, I picked up a cheap disposable cigalike from a local quickie mart. Don't even remember the brand. Couldn't stand it. But I was determined to quit for good this time. Kept bouncing back and forth between my cigalikes and regular cigarettes for about 2 weeks. Then I got recommended to get an eGo kit by someone online. And that changed everything. After vaping on that for about a week, I realized I hadn't smoked a "real one" or even thought about it. For a solid week. A pack a day smoker and I quit cigarettes cold turkey without even realizing it. The last time I ever smoked a real cigarette was about 2 months later. I hadn't smoked any at all in that time. But after a very stressful day, and a major fight with my girlfriend (the only one we've ever had,) the old habits kicked in. Walked into an AM/PM, bought a pack of Camels and a lighter and lit up.

That was the most horrible taste I think I've ever tasted. Imagine literally eating an ashtray. I got about halfway through one, put it out, ditched the pack in the trash, and went back to the vape. Not only had vaping enabled me to quit smoking, it had made it so I would NEVER go back. Tell me if the patch or the gum can make THAT claim.

These days vaping has become a hobby for me. I've recently gotten into mods and the more advanced stuff. It's too bad you can't find more dedicated vape shops around where I live. Most of the cigarette stores have jumped in heavily, but the more advanced and high end gear and specific juices still really need to be ordered online. Kind of a shame as I could see this being a major boon to the local economy, assuming it wasn't regulated to hell and back as so many things are in this state. But I digress.

My name's Will, and I'm a Vaper. Been off cigarettes for 4 years now thanks to vaping. Oh, and it's nice being able to actually breathe again.

7/23/2015 2:24:18 PM - Christopher Chapman

I smoked for 18 years. A pack to a pack and a half a day. When i was introduced to the electronic vaping product, i purchased one. At the time i smoked and vaped for a few months at the same time. One night i decided to to give vaping a true try so i placed what i had left of my pack of cigarettes in the fridge. I set my phone calendar for 1 week. The first few days was a little rough, but the vaping helped. After those few days i kind of forgot about smoking and just continued to vape. After the week was up, my alarm on my phone went off. So i went to my fridge, grabbed the pack of cigarettes, and went out into my backyard. I took out a cigarette, sparked it up, took one big drag, and flicked the cigarette into my pool. The taste was beyond foul and i thought to myself "What the hell did i ever see in those damn things?". I then walked into my house and threw the rest of the pack away. That was 4 years ago, and i haven't touched a cigarette since that day 4 YEARS AGO!!!!!!! I tried the patch, gum, cold turkey, but to no avail. The only thing that worked was the electronic cigarette. I pretty much use rebuild-able dripping atomizers and i vape a very low strength of nicotine. Because of vaping products, i breath better, i sleep better, i can run and climb stairs without being winded, i and my house and car don't smell of cigarettes. These vaping products are a GOD SEND!!!!!! I have had no negative effects from vaping. Being a person who works in the vaping industry now, i can personally say that vaping truly does save lives, because it really did save mine.

7/23/2015 2:24:04 PM - Monique Francescon

I was a chain smoker for 21 years, one morning I woke up as I did everyday feeling like crap, wheezing, coughing and hacking up phlegm, along with smoking for so many years my health started to decline because of well smoking. I had become hoarse for about 3 months and finally broke down and went to an ENT Dr. (ear, nose and throat) who tortured me with a scope into my throat, I've endured worse, but I wouldn't make it a daily habit to get scoped...final result, very severe acid reflux, from you guessed it smoking! Still it didn't make me quit, I continued to smoke for about 3 more years which lead me to many mornings of crappy feelings, several medications for the acid reflux and MANY nagging Drs. Until that morning, I woke up and said I'm done, but I knew I couldn't do it cold turkey...I tried before and failed oh so badly...a friend suggested I started vaping, what the hell, why not! And I can tell you this, I dropped cigarettes INSTANTLY!! And guess what else? I no longer have to take 3 purple acid reflux pills a day, thanks to vaping! Vaping saved my life! I was slowly killing myself smoking 3 packs of menthol cigarettes a day. I'm thankful for this alternative, because without it I can positively say I'd still be smoking!

7/23/2015 2:23:50 PM - Wayne Trammell

Vapor is good Breyer the cig what if all the vapors stop Alabama would get no tax out of this true yes if the tax pass that is what going to happen sorry but true then it is back to the governor official whAt then?

7/23/2015 2:23:37 PM - Twan Jones

I've been smoking for about 20 years. I started with menthol cigarettes and then progressed to natural tobacco products. With my indulgence an addiction to nicotine smoking products, I've started to get chest pains and upper respiratory problems, such as dry throat and coughing phloem. I first tried ecig products, but found the experience terrible and even more harsh than my cigars. When I started vaping, first with a variable watt/volt device from VaporFi Rebel 2 device, the first day of using the device, I haven't touched a cigarette or cigar since. Vaping has changed my life, and my nicotine level addiction is sub siding. I can breathe, taste and smell like never before, and no chest pain, heavy breathing or throat irritation. I have convinced many to switch over to vaping and all have had positive results. People need to educated about vaping, in spite those who "demonize" vaping due to it's appearance being close to smoking. In short vaping saves lives, because it's saving mine.

7/23/2015 2:23:24 PM - Joseph Summers

After 16 years of smoking 2 packs a day I am currently 3 months and 5 days cigarette free!

It's an amazing feeling to have my life back. Vaping has helped me breathe better, everything tastes better and I can smell better! I'm glad to know I'm not a slave to a tobacco company any longer.

#vapingsavedme

#improof

7/23/2015 2:23:11 PM - AGT7575

I started smoking in college in October of my second year (1996). I proceeded to become a 1.5 pack a day smoker. Once I started smoking, I began to get re-occuring chest/upper resporatory infections each winter and found my self huffing and puffing for air during any physical activity. My overall health began to deteriorate.

Than in April of 2013, I decided to switch to vaping after having tried other methods of quitting (supplements, gum, patch). After 2 weeks of vaping, I was cigarette free, and continue to be. My health has gotten better each year I vape. I no longer cough and weez, and can feel my lungs being able to take in air more efficiently. My mood and overall health continue to return to what it was before I started smoking near 19 years ago.

I would be in much worse shape health wise if it were not for vaping. Vaping is the only thing I have tried that has kept me away from smoking cigarettes.

7/22/2015 5:00:55 PM - Jesse D. Willingham

I love vaping, ex-smoker.

7/22/2015 5:00:44 PM - Lynn Bowman

On May 24 this year I bought my first Vaping device. I used it all day. At 10pm May 25 I threw my cigarettes away and I will never go back. Already I feel so much better and am saving so much money that paying for Obamacare doesn\'t hurt as bad. Please don\'t take this away from me! I will never go back to cigarettes as long as I am free to vape! I smoked 2 packs a day for 30 years and this is working for me. I tried patches, gum, and Welbutrin. None of it worked. This works!!!!

7/22/2015 5:00:29 PM - Amy L. Olson

I smoked "analogs" (tobacco cigarettes) for seventeen years, both my husband and I. I developed asthma, contracted bronchitis every winter - usually multiple times each season, and have had varying degrees of periodontal disease. I've tried several methods of quitting - Chantix, Wellbutrin, other anti-depressants & anti-anxiety RX drugs, RX nicotine-delivery inhalers, patches, gums, lozenges, cold-turkey, therapy, even hypnosis. Nothing ever worked for longer than a few days. I began vaping several years ago, when the first e-cigarettes appeared on the market. These attempts didn't last long. Over these last few years, I've tried again, several times, and have failed again. It wasn't until this most recent attempt, starting in May 2015, that I was able to give up analogs permanently. Through the use of a regulated variable wattage device, subohm tanks and rebuildable drip atomizers, and non-tobacco flavored e-juices, I've remained cigarette free for the longest duration since I began smoking at the age of sixteen. Within three days of vaping, I no longer required ANY of my three inhalers that were used to control my asthma. In this time, my nicotine intake levels have dropped dramatically - going from 48 mg/day (two packs of cigarettes a day) to less than 30 mg/day (5 ml of 6mg ejuice/day). This has lowered my blood pressure from borderline-high to a perfectly healthy range of 110/70. I haven't craved a cigarette once since I began vaping this spring. The ability to vape various flavors, such as hazelnut with caramel in the morning, or raspberry cheesecake after dinner, has kept me from overeating. I've lost fifteen pounds since I started vaping. If I were limited to tobacco flavors, I wouldn't be able to fight the sweet tooth urges, such as having a donut for breakfast or cake for dessert. I'm able to eat fruits and cereals for breakfast and just my entrÃ©e for dinner without needing any sugary additions. My gums are also 100% again - any receding that once was an issue is completely healed. My teeth are no longer sensitive and I don't have to take pain medications to control it, or use topicals. Overall, I feel better than I have in nearly two decades. Even my pets - two dogs and a cat - are healthier. They no longer cough and sneeze. It never dawned on me that my smoking was affecting them until I noticed they were healthier. Vaping has changed my life, and the life of those around me. It also convinced my father to quit chewing after seeing that I was trying harder to be healthy, and decided it is "worth sticking around a while longer". I can only pray that our government doesn't take away something that has helped thousands, maybe tens or even hundreds of thousands, of Americans quit using tobacco by taking away or right to choose. We don't get to vote directly of any legislation that would affect our ability to choose this option, we can only hope that those who we have elected will vote to help us, not take away our hope.

7/22/2015 5:00:09 PM - Crago

Vaping has changed my life for the better in ways that are hard for me to explain. But my kids, wife, family, co-workers are all happy for me and also appreciate ne not coming around affecting then with 2nd hand smoke or stinking like a rotten cigarette. Vaping has also allowed me to meet new friends and I consider this a healthy hobby. The vaping community has/is accepted anybody looking for a healthier alternative then smoking. ThanK's everybody

7/22/2015 4:59:57 PM - Joshua Richard

I started smoking at the age of 16. I tried numerous times to quit, I tried using gum, cold turkey, and the cheap cig-a-likes like Blu. I was able to quit for 6 months cold turkey but was drawn right back in, the gum didn't help at all, and the Blu seemed to help, but I was still using traditional tobacco products.

In April of 2014 I picked up a CE4 and Ego battery from tobacco shop, this helped me curb smoking by about 75%, went from a pack a day to a pack every 5 days. Soon after I joined several forums and groups and started learning about the more powerful devices. Near the end of May I ended up buying a Kayfun rebuildable tank, and a variable wattage "mod". My last cigarette was July 3rd 2014.

Where other methods had failed e-cigarettes were what eventually got me to stop smoking. Now over a year later I am still smoke free, I still use my more powerful e-cigarette mods, but I use very low nicotine concentrations as well as 0 nicotine liquid. It is more of a hobby to me now, I spread the word a out how Vaping has allowed me to enjoy a healthier smoke free lifestyle, I no longer have chest pains, or wake up coughing up phlegm. Vaping has improved my life to a point in couldn't imagine.

I want to share that with the world, and hope that it can be seen that this is not the new cool thing to do. It is a way to save lives, it's a way to save billions on health care, and it is a way to help smokers leave behind the tragic lifestyle they lead, in favor of a healthier alternative.

Thank you for you time

7/22/2015 4:59:29 PM - Jeff JR

i started smoking back when i was 15 working in kitchens. as i got older i learned more about the effects of smoking but never had the will to quit. my career paths changed like what happens to many i started building cell towers smoking 2.5 packs a day, im a big guy so it was kicking my ass smoking that much. one day one of the guys i was working with turned me on to vaping so i was like hell ill give it a shot. it took a little bit to take the full plunge into vaping but 2 years later i stand cig free. i can breath better taste better and now i can sleep a full night without waking up gasping for air.

7/22/2015 4:59:10 PM - Liam

Hi! I have been vaping for 3 months after 10 years of heavy smoking. The transition has been so easy that it recently occurred to me that the major tobacco companies stand to lose a ton once this thing really takes off. They are going to be putting a lot of pressure on to get this killed. It looks like I came to the right place.

7/22/2015 4:58:50 PM - Johnny

I'm a 32 year old man from Dallas, Texas. I was into athletics of all kinds growing up. I played football, I ran track, I raced BMX bikes, I raced motocross, cross country, and arenacross. I was very healthy.. Then I started smoking cigarettes at the age of 17. All the above went away with in the next year of my life. I spent the next 15 years of my life as an out of shape smoker. I tried to quit many times over the years. I tried quitting cold turkey, I tried quitting with the gum, I tried quitting with patches, I tried quitting every way I knew and nothing worked. I tried the blu cigalikes and they didn't give any satisfaction and I gave up on those as well. I was smoking a pack and a half a day still. About 6 months later I tried an Ego vape pen and before I knew it I was smoking less and less. After just one week I was down to 3 to 4 cigarettes a day. With in a month I was down to 1 a day. I got my first regulated device at that point with a nautilus tank and haven't smoked a cigarette since. I've got my taste back, I can smell things again, I can even breath now. I also started out on 36mg nicotine levels and with in a month cut down to 12 and now I'm down to 2mg nicotine. After a 15 year battle with cigarettes, I've finally found a means to the end of my battle.

7/22/2015 4:58:23 PM - Matt Barrett

I was smoking cigarettes for the past 6 years, i quit smoking cigarettes about 2 months ago and went to vaping. Within 2 days of vaping i could feel a drastic change, i felt a lot better vaping then smoking cigs. My lungs stopped hurting, the smokers cough went away. And my chest pains went away as well. I feel ten times healthier making the change to vape! I love vaping and all my friends do as well. I went from 1 pack a day to nothing but 0mg e juice! The change to vape is probably by far one of the best decisions ive made in my life! Ive gotten so far 8 people to quit cigs and go to vaping. My friends helped me now i help my friends and new friends quit and open there eyes to the vaping world

7/22/2015 4:57:59 PM - Vapevangelist

I was an underage smoker and I've been smoking for a good 20 over years. Smoking was relatively cheap during that time and even when the prices were increased by the authorities, it never stop me from this habit. Despite that I have multiple occasion trying to kick this really bad habit but not in vain. My girlfriend then has always trying to get me to quit and end up with dispute and breakup. But today I've successfully kicked this bad habit for good and even got married with my girl back then. She used to complained about my teeth being yellow or brown and stinky breathe etc. But all these vanished and never return! I'm very thankful for my friend who recommend me this idea or preserving the "smoking feel" but yet you're aren't actually smoking. I've not smoke a single cig ever since because it was so awful with that smell for goodness sake!

Besides, I always feel that even if this vaping thing is harmful, how bad can it be as compared to conventional tobacco smoking??? A single cigarette contains nicotine, tar, carbon-monoxide, carcinogen and many other thousands of toxic which I don't know! I bet you readers have no idea too! Not to mention it for long time smokers!!! I'm not a doctor, scientist, physicist etc but the e-juice contains water, nicotine (optional), PG and VG technically from my understanding and so how bad it go i really wonder????

I've read lots of reports and articles about vaping. (I really mean a lot!) They are way to extreme in both the good and bad side. So what should we believe in? There isn't any concrete and solid scientific proof just yet from any known organization to certify that vaping is actually worse or fatal etc etc. So I will not buy those stories and I'll be just neutral about these "rumors for now. But being in a country where such product and vaping is strictly ban is really a f***king pain man! We have to go through many means to get it at high cost and spend lots of time which I deemed this very much nonsensical!!!

If you have been a smoker and you quit due to vaping.... I strongly advise that all vapers in the world to stay united and bring fairness and justice to this vaping future! I felt like a drug smuggler when I have to buy the juices during my travel and cracked my head of how to smuggle them back for my personal use. So folks enjoy vaping and kick smoking!

7/22/2015 4:44:57 PM - Jacob Torrey

I have been a smoker ever since I was 18, on my 24th birthday I decided that enough was enough and started to vape, I've gone from smoking around 25 cigarettes a day to about one or two a week. Not only that I also feel much better I have regained my sense of smell and taste to more definable levels. All and all I'm happy to say I started vaping and will continue to, we all have the right to express our personal freedoms and I'd rather vape than smoke a cigarette any day.

7/22/2015 4:44:41 PM - Curtis

I started smoking at 18. Cigarettes have been my binky for half of my life. I've tried every method to quit on the market, they are more addictive than heroin. Every time I have tried to quit, the withdrawals have been insane. I've experienced the feelings of helpless emotional rage, that ultimately led me back to tobacco and the sinking feeling that I was a failure. I've been shunned for smelling like an ashtray. About a year ago a friend found vaping and hasn't had a cigarette since. He's never pressured me to try it. One day I decided two packs a day was enough. I walked in a vape shop and asked about a device I had seen a review on. The gentleman patiently explained choices and listened to my needs and recommended a device. For the first time in 18 years I've experienced freedom from tobacco. I tried smoking a cigarette 3 days after buying my vape (itaste mvp 3.0 pro) and found it disgusting. I threw it out after 2 puffs. I no longer crave cigarettes, and have regained my sense of smell.

FREEDOM!!!!!

7/22/2015 4:44:18 PM - Garry Reid

I am currently 37 years old. I tried my first cigarette at aged 9. I tried few more throughout my early to mid-teens. I became a social smoker at aged 17. I would get through a packet every month or so. I became a regular smoker at about aged 21 or so. I was very soon a 20 a day smoker. Over the next few years it increased and settled on 30 a day. Over the years as a regular smoker I had made many attempts to quit using varying methods. I had tried cold turkey, the patches, gum, lozenges, microtabs, nasal spray and the Alan Carr book. I had varying degrees of success ranging from 20 minutes to three weeks. I believe I failed in every case because I always tried to quit feeling that I ought to rather than because I wanted to. I truly believe I loved smoking and never wanted to quit. I became aware of e-cigs at age 34 by chance through the internet. I was tempted to try them at that point but due to one reason or another I let the opportunity pass me by. I revisited them about a year later After a period of time researching ecigs I ordered my first kit, convinced by the stories I had read that this could work for me. I ordered an eGo 900mah+CE4 kit, and some blackcurrant 12 mg/ml liquid. I received the kit on the 9th of January 2013. I woke that morning with 4 cigarettes left in my pack. I had not purchased a new pack the previous day as I knew the kit was due for delivery. I had smoked two cigarettes prior to its arrival. After assembling and filling, I tried it for an hour or so and was amazed how well it worked. I placed the battery on charge and finished out the last two cigarettes. I found the experince to be satisfying enough to replace my cigarettes and have not purchased or touched any cigarettes since. After finishing out the liquid I ordered more but increased the strength to 18mg/ml. The 12 was fine but felt I was using it too much. On 18mg/ml I found I was able to put it down for much longer between uses. I have remained at 18 ever since. I have now been tobacco-free for over two and a half years and in all that time I have never yearned for a tobacco cigarette. Within a very short period of time from switching I found my sense of smell returning, sense of taste, I felt less lethargic, able to breath better, I didn't smell of smoke, my house didn't smell anymore, and I saved a significant amount of money. Also as a smoker I seemed to have a permanent cold. Since starting vaping I have had relatively few colds, and when I do are less severe.

7/22/2015 4:43:54 PM - DominantVapor

I smoked from age 16 to 41 and tried to quit many times via cold turkey, patches, chantix and even a nicotine free cigarette at one point. I quit cigarettes and started vaping 2 years ago after the loss of my brother to cancer and I have not had a tobacco cigarette since. Since quitting I no longer wake up to coughing spells and I have gained much of my lung capacity back as I was borderline COPD when I quit. I started out with a Halo Triton, then went to a MVP with Aspire Nautilus, then I went to a Cloupor T6 with a Lemo RTA and now I use a temperature control box mod with a sub-ohm tank and sometimes I still use the Lemo RTA. Shortly after I started vaping, I began making my own eLiquids.

7/22/2015 1:13:13 PM - Tom

My name is Tom and I'd like to start by stating that e cigarettes have changed and potentially saved my life. I started smoking at around 13 years old and became addicted almost immediately. I was at almost 2 packs a day when my brother in law gave my mom his old e cig, which she passed on to me. I liked it, but didn't love it. That's when I stopped in a vape shop and noticed how many flavors were available. I grabbed the most appealing flavor and within a few days I had gone from two packs of cigarettes a day, to two single cigarettes a day. Those two cigs a day were simply out of habit, one in the morning and one before bed. After a few weeks I thought to myself, " why am I smoking this cigarette? It's freezing out here and it tastes terrible compared to the e liquid that I can vape right inside". That's when I decided to stop buying packs of cigs. I bought my last pack on my 27th birthday and when it was empty, I was done with cigarettes and haven't gone back. I like to research what I'm doing, so naturally I became very active on the Internet to find out everything I could about vaping. That's when I realized how the government, or big tobacco, or whoever, is trying to demonize something that is helping people to lead healthier lives. In some states they are making it near impossible to open or maintain an e cigarette shop via unfair tax laws and many other legal loopholes I won't pretend to understand. It just isn't fair. I can buy cigarettes at nearly any place you can think of : gas stations, convenience stores, grocery stores etc. Many of these places also sell alcohol. Both of these products have been proven deadly and detrimental to society, yet vaping, a healthy alternative to smoking (which doesn't produce ANY harmful secondhand smoke) is under attack. Vaping may have saved my life, so I figure that the least I could do is try to return the favor. Getting off if cigarettes was one of the best decisions of my life. Unfortunately, I made the decision that I wanted to quit probably about 10 years ago and have tried and failed at least twenty times. Please listen to the voices of people who have changed their lives for the better, and the lives of their loved ones by removing secondhand smoke or that awful smell. Thank you for reading my story, I really hope that this country comes to its senses and sees e cigarettes for what they really are. Life savers.

7/22/2015 1:12:18 PM - Marina

I began smoking when I was 15 years old. My habit went from smoking occasionally around my group of friends to a full pack a day by the time I was 17. It's been forty years since and I've never been able to quit, not even for a week. This is not for my lack of trying. I used patches, gum, tried "cold turkey", took smoking cessation classes and still I couldn't go more than a few days without smoking. Even the death of my beloved mother when she was only 46 from lung cancer (she was a smoker) didn't make me quit smoking. People would ask me "How could you still smoke when you lost your own mother to smoking?" Still, I lit up every day. The addiction was that powerful. My health deteriorated. I couldn't do anything without becoming breathless to the point of incapacitation. My children begged me over the years to quit. One day my son bought me a Vuse e-cig starter kit and asked if I would be willing to give it a try. I told him I would but I knew it would be like all the other failed attempts. Two weeks later the kit still sat on the counter, unopened. It'd still be there to this day probably but one night I ran out of cigarettes with no way to get to the store to buy any. I ripped open the package to get my nicotine fix, something, anything to tide me over until the morning. Well, that was three months ago and, honest to God, I haven't lit up a cigarette since that night and have no intention or desire to do so ever again. I can't believe I just stopped like that. Who was it that said this is not a smoking cessation product? You'd have to be me and know how hard I've tried and failed so many times to realize how amazing this is. I've done much research on the options available to me as a vaper and have ordered new equipment to continue on this new, healthy lifestyle I accidentally fell into. These new devices are supposed to be so much better than the cig-a-likes like the Vuse that satisfied me enough that I never smoked another cigarette. I'm very excited to try out my new Istick 30 watt mod with an Aspire Nautilus mini tank that should be delivered on Monday. I wish vaping had been around many years ago, before cigarettes nearly killed me. Please, I beg the powers that be not to do anything to stand in the way of me or anyone else that want to choose vaping over the deadly habit of cigarette smoking. I can understand big tobacco's fears about this new industry. It will have a catastrophic effect on the amount of people that buy their cigarettes. It's ironic that it was R.J. Reynolds' Vuse product that made me, a die-hard smoker for 40 years, instantly quit forever.

7/22/2015 1:12:06 PM - Vapinfrog

I am now an avid vapor but I used to be an avid smoker. I started smoke when I was a teen and continued the habit through almost 20 years in the Navy. Over the years, I mostly smoked a menthol light cig and since I spent most of my career in Japan where smokes where <$3 a pack, it was easy to keep up with. I have tried, and failed, to quit a number of times in the past using various methods including gum, patch, and cold turkey. The longest I got was maybe a month or two. I did briefly experiment with smokeless tobacco for times we couldn't smoke on the ship (handling fuel/ammo, flight ops). I never tried medication, I am very cautious about medication and unneeded side effects (rightfully so seeing how bad chantax has become, cure worse than the illness?). I returned to the US in late 2007 and to $9-$12 a pack and tried the patch once again, now smoking is unsustainable. Again, I failed. In early 2009 I heard a little about E-Cigs, but there wasn't much at the time. By the summer, I got my first "kit" and it was key in helping reduce smoking. I went from 1 1/2 pack a day to maybe five cigs a weekday (only smoked at work). The rest of the time I used the ecig. They were much less expensive and seemed like a good hobby. By the time I retired in 2012, I was completely smoke free! With a young son and an active family, I wasn't loosing my breath or feeling cruddy anymore. I no longer was coughing up a lung. Best of all, I could smell and taste again! Shortly after retiring, though, I fell off of the wagon because of stress. I ended up relocating and leaving my pregnant wife up north and only saw them every other weekend. Smoking being easier coupled with tobacco prices in Virginia, it was easy to do. However, when things settled down, I was able to pick up a new vaporizer and haven't looked at a smoke since. It has been three years now, and I can chase my kids around without loosing my breath. I think if I was still smoking, what would I be missing? (And I retired from the military TO spend more time home.)

I know this is long, but this is my brief story. I know these have saved my life and can save others too. If we over regulate them or make them more expensive or harder to get than smokes, how many more people will not be saved? If tobacco wasn't so cheep, I might not have quite vaping when I did. (Not advocating increasing tobacco taxes either, though). I just wonder if the same holds true in the states that have implemented higher or tobacco like taxes, if people are shying away from a much, much healthier alternative.

7/22/2015 1:11:37 PM - Pepito

I was a regular smoker since I was 16. It had plagued me since and I was one of those individuals who needed to take smoke breaks and was tied down to this stick. I would go through at least 3 packs a week leading to a pack a day. I quit told turkey and was successful for about a year until I went through a break up which caused me to take up the smoke stick again. I tried vaping as an alternative and I have never looked back.

I immediately quit smoking for vaping and have not once touched a cigarette. In fact I keep a empty pack of Newport's in my car as a testament and a symbol. It's not going to make me relapse. Now my teeth are clean, breath smells better and I don't walk in to a room anymore smelling like a chimney. And I can vape knowing I am not affecting anyone like second hand smoke did.

7/22/2015 1:11:25 PM - Margaret

Hello, I am aged 64, and had smoked tobacco cigarettes for 47 years. Over that time, I tried every available method to help me stop, but nothing worked for longer than 3 months.

So I resigned myself to being a life-long smoker.

Then 2 years ago I was offered the opportunity to try an e-cig. From that very day, I have never smoked another tobacco cigarette.

Since that date I have moved from an ego with a CE 4 tank, to now having an Evic vt, with a kanger sub tank, and I make my own coils.

My husband is aged 73, and followed in my footsteps.

We are both enjoying better health and more energy. We are a tad late in life to enjoy the maximum benefits, but better late than never.

7/22/2015 12:46:16 PM - John Vapes

My grandfather died with emphysema, was a long time smoker. My father developed asthma which turned into emphysema. He was a smoker since his teens. My mother was a smoker since her teens, she ended up quitting due to a spot on her lung having to be cut out.

Me? I started at 15, kept smoking. Even after all of the above. I tried stopping a few times. Tried the patch, didn't work. Tried the gum, didn't work. I wasn't about to try any of the drugs on the market, the ones that have side effects of suicidal tendencies that would cost and arm and a leg to obtain. Hell no to that. I was addicted, I knew I had to quit but couldn't. I was a pack and a half a day smoker. I got to the point I was buying loose tobacco and rolling it myself thinking it wasn't as bad as normal cigarettes because it didn't have nearly half the chemicals cigarettes are bathed in.

Did it help? To be honest yes, I did cut back some but was still smoking. It wasn't enough though. I would find myself fiending if I didn't have a smoke or if I was out of tobacco.

One night I was at the bar and a local guy I knew was outside using an e-cig. It was the Vuse (the crappy ones made by tobacco companies). I thought, this guy is coked out of his mind but he was able to quit smoking using that thing. So i went to the store the next day, grabbed one, tried it out. I took it back later that day. It was so bad. Stopped working after 2 hours, really harsh, just not pleasant. I looked at the Blu, the Njoys, etc. I decided to do some research first.

That is when I found out those crappy cig-a-likes that were being sold at 7-11 and other stores were just tobacco owned companies trying to jump into the market because more and more people were quitting cigarettes. I thought people couldn't have quit with this cig-a-likes, they were horrible & why would I want to give my money to the same company that got me addicted and is slowly killing me?

Then I discovered vaping. I found some forums, I talked with people, i listened to stories, I asked questions, I found out the ingredients in ejuice (propylene glycol and vegetable glyercine) were non toxic or carcinogenic and thought why not? Best decision of my life.

I bought a cheap little evod starter kit from an online vendor. It is pretty much the bottom of the vaping totem pole for devices. A small pen like battery, with a tank to put my juice in and some spare coils. I got some ejuice, with 18mg of nicotine in it. It arrived a few days later, I think it was october 24th. October 25th was the last day I had a cigarette.

I didn't even THINK about a cigarette for the next week. I didn't go through any of the horrible withdrawls you normally go through with cigarettes. I even went a few days

without vaping. Nothing, no mood swings, no cravings nothing. That is when I decided to step down my nicotine. Did this every few weeks.

I moved on to better devices. More advanced vaporizes. Nothing you see in the 7-11s or stores like that. Those are e-cigs, tobacco owned e-cigs, those are low quality and high nicotine content. You have no way of knowing what is in those either since they are disposable.

Vaping? I know exactly what is in my juice.

How has it changed me? I can actually taste food again. I can smell things (for the bad sometimes) that I couldn't before. When smoking, everything tasted and smelt the same almost. Now? I can smell that flower I walk past, if someone had fish for lunch, sadly I can smell that on their breath. I don't wake up coughing up brown and green phlegm. I no longer STINK. I am no longer killing other people with second hand smoke. I no longer get winded walking up steps or for a long distance. I can breathe again.

Even better? I have friends and family that are proud of me.

Now when I see some of the lies being spewed about vaping, the blatant ignorance from people, those of whom have city council positions, government positions, even some in the medical field. Those backed by tobacco companies in some form. It just shows that in the overall scheme of things, its all about money.

Between cities losing tax revenue from people smoking, to tobacco & pharmaceutical backed lobbyists trying to tax anything vaping related, treating vaping the same and sometimes worse as tobacco smoking, it just really shows the full on ignorance anymore.

The amount of lives vaping can save and improve peoples lives is already amazing in itself. I never thought I would have been able to quit but I did, thanks to vaping.

FYI myself & I am sure there are many others out there in the vaping community, dislike e-cigs that are owned by tobacco companies. We don't consider them part of this and if anything, they hurt us in image. They seem to want to get vaping banned (ejuice, mods, atomizers) and have their cig-a-likes with unknown ingredients flood the market.

Thank you.

7/22/2015 12:44:37 PM - Polwindave/poldav aka Dr Dave Upton, Falmouth

After years of (unsuccessfully) trying everything my general practitioner (MD) could offer, numerous self administered OTC preparations, hypnosis, acupuncture, self-help books and cold turkey, I finally quit a 47 year, 30 a day habit in just two weeks by gradually reducing traditional cigarettes & using a tank version of an e-cigarette at 24mg. I have now been tobacco free for 3 years. I still use 24mg, 3rd generation tank system.

As a scientist and academic, I know research and the media have been abused to show e-cigs negatively. I know governments depend on tobacco revenue. I can also read and criticise research and believe e-cigs to be at least 95% safer than traditional cigarettes. I know that the truth will eventually be told.

Personally, my health has improved immeasurably - I can walk long distances without being out of breath, whereas before I might manage 50 yards. I had severe GERD and was on Lanzoprozole and Motilium but was able to cease these medications after switching to e-cigs with no further gastric problems. My dental health has improved markedly. There have been no negative effects.

I have no association with tobacco or e-cig companies and no other conflicts of interest except for a sincere desire for the truth to be finally told.

7/22/2015 12:44:04 PM - Victor Falcon

I was 6 years old when I smoked my first cigarette. At the time it seemed to me everyone in my world was smoking so I thought it was normal, if it was so wrong why does everyone do it. I ended up smoking for about 25 years,at one point I even quit for about 3 years. I ended up smoking again due to stress. I know I would have a tough time quitting again. One day I bought an ecig and since that time I have only about 2 cigarettes in 3-4 years. I feel so much betier about myself, both physically and mentally, I no longer have the guilt of smoking and I feel better than ever. We all know that smoking is the worst thing one can do to your body but the guilt of smoking is the worst part of all. Vaping is a life saving choice, I have made and what others have collectedly made.

7/22/2015 12:43:49 PM - kirk kramer

I started smoking at 13 years old, (51 now), I tried the pills, the patch, the gum, none worked for me, then 6 months ago I invite started vaping, first 18mg. Nic, then 12mg, down to 6mg, if it was not for vaping I would still but killing myself with cigarettes, I started with tobacco flavered e - juice, now I only vape desert flavors and fruity flavors, I feel great, got more breath and owe it all to vaping 👍

7/22/2015 12:43:33 PM - VaporGhost from Belchertown, MA

My family has a medical history full of Cancers and Diabetes. I used to smoke nearly a pack and a half of cigarettes socially (per day), and dip sometimes more than a can of Grizzly Straight a day at home. I am well on my way to quitting BECAUSE OF

MY VAPE EXPERIENCE. I now barely smoke or dip at all and i have only been vaping for about 2 weeks. I am using 0.6% nicotine (lower than most who just start vaping, which is usually 1.2% or more from what i have heard) and plan to dial it down to 0.3 or 0 once I am off tobacco. I now feel safer and healthier than I have in a long time. (I have been Smoking for around 4 years) I use my E-Juice in an Innokin MVP 3 (Mod) currently, with multiple tanks (I have: Aspire Nautilus mini, iClear 12D and an iClear 30B) I tried using Dip and Snus before but it never worked (personally) i just ended up dipping at home and smoking more at a friends house... I couldnt quit cold turkey so vaping is the only thing that has made any noticeable difference so far.

Thank You to All the companies out there and CASAA for for

giving me a healthier lifestyle, and a new, safer hobby,

Sincerely,

Amanda

7/22/2015 12:43:23 PM - Janice Coffey

I am 68 years old, and started smoking cigarettes when I was 16 years old. Over the years I tried all kinds of things to stop smoking. They all failed. In August of 2014 I decided to try vaping. I went into it not expecting any success, however, as of today, July 16, 2015, I have not smoked 1 cigarette since I started vaping. It took me awhile to find ejuices that I liked, and now, since I live in Indiana, I'm unable to purchase them anymore. I started out at 24mg of nicotine, and I'm now down to 6mg. My health is much better now, and my family who hated smoking, don't dread coming to my house and smelling smoke anymore. I am so frustrated now with the new Indiana bill that was passed, as it is harder for me to buy what I need, from places that I like.

7/22/2015 12:43:03 PM - Brandon

I was a 2 pack a day smoker for 16 years, from the age of 11, until I was 37. It's going on 3.5 years now that I haven't touched a stinky stick, AKA as a cigarette. I had tried, unsuccessfully, several times before my final attempt, to quit smoking. I had tried nicotine gum, nicotine patches, cold turkey (not the bird,) and Chantix, which, in it's defense, did INITIALLY work, but after the free samples had run their course, the cost was prohibitively high.

Then, one weekend at the flea market, I seen the vendor set up next to me puffing on this...thing. "What is that???," I asked my curiosity piqued. He proceeded to show me a cigarette sized Electronic Cigarette, it blew my mind! Where do I get one??

That very afternoon, I had bought my first electronic cigarette and I have NEVER touched another cigarette, EVER. And it was EASY!

I started with the cigarette size rechargeable e cigs which for me required too much charging. I now use a "mod," I build my own atomizers, and I LOVE it, it has become a hobby to me.

I actually have done the math and over the past 3.5 years, I have saved approximately $7,500. And that's accounting for the cost of the various electronic cigarettes and juice I have purchased as well (roughly $2,800.)

What I recommend is, figure out how much you spend on cigarettes in a month, take that total and use it as your budget for purchasing an electronic cigarette setup with juice and supplies. You can get a great setup, with a month's worth of juice and replacement atomizers for $180 or cheaper, and after that it's just upkeep costs, juice and atomizers, maybe $35-$55 monthly, tops.

I would recommend an MVP 3.0 or an iStick 30 watt with an Aspire Nautilus tank. This is a super beginner friendly setup, great quality and easy maintenance. I would also recommend finding it online instead of your local vape shop so you can save yourself from paying 50-75% more.

I hope this has helped motivate you, it SAVED my life!

Brandon

7/22/2015 12:42:36 PM - Christo Triantafillou

I was a 2 pack a day smoker for about 10 years, which was a terrible idea for me personally since my grandfather on my dads side and both of my dads brothers (my uncles) all died of lung cancer, I didn't know any of them very well they all lived in Greece or died before I was born, even though I knew all of that I started anyway. I hated that I was a smoker and more so my wife hated that I was smoker, I tried quitting as have so many others with gum or cold turkey, non lasted longer than a few months. Then my uncle on my moms side, her brother, one day out of the blue got diagnosed with stage 4 lung cancer, we were very close, he bought me my first car kinda close. I works at the restaurant he used to own for 8 years. I loved my uncle, the day I found out he was beyond treatment I bought my first vape pen, it's been almost a year since he passed and haven't had a cigarette since I started vaping.

7/22/2015 12:42:14 PM - Michael Hubert

I started smoking during my sophomore year in high school. At first, it was to look like the people I hung out with, that typical stuff, you know? I smoked a pack to a pack and a half, depending on my stress level at the time. I discovered vaping through my local gas station, with a brand called Blu ecigs, just the basic disposables. It was strange at first, but I kept at it because I liked the amount of vapor that was being produced(nothing compared to tanks and rdas, I know). I switched to Mark Ten ecigs so I didn't have to constantly buy new ones, since I could charge them a few times before replacing. I vaped Mark Ten for a while, then discovered a real vape shop in my town of Fulton, Missouri. Big Belly Vapors, an awesome store run by great people, talked with me during a street fair. One manager hooked me up with a cheap rda, simple, but it definitely put out. He taught me how to do a build, and I learned very quickly. He showed me a really nice cereal flavor, fruity pebbles, and I was instantly hooked. There was a struggle at first with the nicotine, because I wasn't used to the juice or the device, and I went back to cigarettes, but I visited the shop again and put in some good time, and I walked out with better juice. After I got used to the strength and all, I never touched tobacco again. I purchased the Vox II Mod from Vaporfi and paired it with the Rebel tank, and vaped 18mg for a bit, and I absolutely loved it. I then invested in the Alliance RDA, and went from 6mg nicotine to 0mg in less than a week and I have been nicotine free for around four weeks. Big jumps, but it did the trick just right. In the months I have been vaping, I can breathe 200% better and I rarely feel sick and sluggish like tobacco made me feel. I vape everywhere I go, chasing clouds and great flavor in my town, and try to get people around me to switch to it. Vaping is excellent, I absolutely love it, and I highly recommend it. Vape on!!!

7/22/2015 12:42:04 PM - spaz

I have been smoking sense the age of 14 years old ,at first i'd only puff and not inhale the smoke. But then a friend of mine showed me how to inhale ever since then I would be a pack a week to a pack a day smoker . I have been vapping for about 3 months now and I have got my sense of smell and taste back. I have lost my front teeth and the majority of my teeth are eaten away due by cigarettes. But there is nothing wrong with vapping, yes there are certain chemicals that are made with the vape juice but as long as the fda regulates what is allowed in the juice there is nothing wrong with it. it is good the more are moving forward towards longevity with is a great thing for the world. Way say that you want people to die when there is so much to live for and experience in the world today.

7/22/2015 12:41:53 PM - chase tinnermeier

I have been smoking and chewing tobacco since i was 14 years old. I tried quitting with patches and gum and nothing worked. I even used a pill to quit smoking and it didn't work. So my friend told me about vaping and i haven't smoked a cigarette for a full year and my health is better. My gums are starting to come back and i am much healthier. Vaping has helped me and many others and banning it will kill more people then help people.

7/22/2015 12:41:40 PM - Ms Dale Lee Masters

Dear CASAA,

Here is a letter I just submitted to my PA representatives. While it is a short testimony,it contains vital information that may help us in this battle.

Here is the letter I sent through your petition site:

I have been a smoker since the age of 18. I am now 56 years old, and have been vaping for 6 years.

When I began vaping, I noticed a reduction (then elimination) of the heaviness in my chest. Also, due to the lack of aromatic hydrocarbons like benzene (which are the REAL danger in cigarettes), I found that my health significantly improved.

There have been studies done on nicotine that give a clear indication that nicotine may be actually beneficial.(1). No studies have found a clear and present danger in e-cigarettes manufactured in the US; however,a study WAS done on the ingredients of e-juice coming from China, which showed a heavy usage of nitrosamines (cancer-causing chemicals) and methyl ethyl glycol (a poison---see note 2a) by Chinese manufacturers (2). This suggests that any tax on e-cigarettes be focused on overseas manufacturers.

Since the FDA was forced to change its classification from â€drug delivery devicesâ€ to â€œtobacco productsâ€(3),, and since cigarettes have been shown to contain over 4000 additives (4), I strongly suggest that e-cigarettes should not be subjected to a 40% tax. The financial risks to the State from health concerns due to e-cigarette users switching back to tobacco cigarettes are incalculable. If Gov. Wolf wants to raise money, I suggest that a tax be placed on hard liquor and snack foods containing high amounts of sugar. Having seen the damage done by those substances (and since hard core alcoholics are not likely to stop drinking and people buying candy bars are usually going to buy them no matter the price), I strongly suggest that if State finances are really the issue here, then stopping people from smoking e-cigarettes will not increase the revenue o the State.

It's simple economics, ladies and gentlemen.

Sincerely,

Miss Dale Lee Masters

(1) < http://www.hindawi.com/journals/mi/2012/103120/> [read abstract carefully...â€However, nicotine seems to...â€

(2) <http://chinamarket.sosuowang.com/products-search/hot-china-products/Wholesale_Methyl_Ethyl_Glycol.html> [A Chinese site that actively

promotes the the presence of methly ethyl glycol in their e-juices. See below for the effects of this substance:]

<https://www.cdph.ca.gov/programs/hesis/Documents/glycols.pdf>

(3) <http://www.nytimes.com/2011/04/26/business/26tobacco.html?_r=0>

(4) <http://www.nytimes.com/2011/04/26/business/26tobacco.html?_r=0>

7/22/2015 12:41:17 PM - Christian

08 was the year things in life dramatically changed after my Grandmothers death from cancer. I smoked for 5 years 1 to 1 1/2 pack a day smoker i started vaping back in 2012 went back to smoking and smoked more then i did prior i found my self 8 months later on a k100 with an igo w atty and been smoke free since after spending couple more 100 or 1000 into vaping lol

originally was at 18mg moved from that all the way down to 3mg now as we speak.

vaping has not only saved my life but my girlfriend and mothers lungs/heart/health/teeth. We are more active we actually can move freely without hacking up a lung. I started my own company this year to help others quit smoking.

currently i have been smoke free since may 7th 2013 at 8:07

To: FDA they can sit on my middle finger and twist.

I do accept credit major cards

:-) lol may i leave things on a positive note and say God Bless to all and best of luck to all your family's.

7/22/2015 12:40:48 PM - Mitch

I am a senior software engineer and have smoked cigarettes (2-3 packs per day) for 35+ years and was hopelessly addicted to tobacco, even after a bout of lip cancer that was surgically removed. Over the years I have tried every method available to quit smoking and though I could quit for a few days to a week or so, I would ALWAYS find an excuse to return to cigarettes (my job is extremely stressful at times).

Last October I needed a leg bypass for a clogged artery in my leg. I was told by the surgeon that if I didn't stop smoking I would lose my leg. After the surgery, a friend recommended "vaping" as a possible solution so I gave it a try. Currently, I have not smoked a cigarette since my surgery and have regained my lung capacity to start walking and even jogging again. In short, I feel vaping saved my leg and perhaps my life.

My nicotine usage went from 12mg down to 3mg since, in my opinion, nicotine degrades my favorite vaping flavors. I have stopped using cigarette flavored e-juices and have gone with all fruit flavored e-juices (which are delicious!). My doctor now says my lungs sound clear and I feel much healthier.

Please, DO NOT RUIN OTHER PEOPLES CHANCE TO QUIT SMOKING BY OVER TAXING OR RESTRICTING E-CIGARETTE PRODUCTS!!!!

7/22/2015 12:40:21 PM - Robert T Smith

i started smoking at age 12, within a short period of time I was smoking 1/2 to a pack a day. Over the years i only increased my use to 3 packs a day. Honestly in the past 45 years I have enjoyed smoking and did not want to quit.

i was shamed into quitting several times but nothing worked....I ended up with copd, my doc telling me every six months my breathing tests were getting worse and I had to quit or end up on oxygen.

i was told about vaping by my oldest son so disided to check into it. i went into the vape store with the idea i would try this but smoke a cigarette when ever I wanted one. I started with a small stick type device, but liking the taste of tabacco with sweetner. I quickly upgraded to a mod that gave me more power so more vape to inhale. I started with 18 mg of nicotine. I did not have a cigarette either to great surprise! Withing five months I am a zero nicotine, vaping only sweet flavors, you know... the ones targeted to "kids"

i have NOT touched a cigarette since march 143, 2015, I vape everyday ZERO NICOTINE. What is really confusing to me is how the government want to take this metal box I use with vg and sweetner, no tabacco flavor, no nicotine,could be put under the same regulations as cigarettes. My Doc is happy, my breathing test last month came back much better. Imagine what it will be like in another year!

7/22/2015 12:40:09 PM - Mariano G.

Hello,

I was a two pack smoker and I have had asthma since young. At the age of 35 my doctor said I must stop smoking due to my condition.

I found this really hard to do, tried patches, nicotine gum and even hypnosis to find none of this helped me not even to cut down my two packs a day.

I found my first e-cigarette at in 2008, so I have been vaping for more than 6 years now and have been tobacco free since then, my asthma improved substantially at the point I am almost off asthma medicine.

Whoever think e-cigarettes don't work or are same or more harmful than tobacco doesn't know a bit about it.

I thank e-cigarettes every day for saving my life and hope no one take my right to use them because that would make me go back to regular cigarettes and probably lead in my premature death.

7/22/2015 12:39:57 PM - Christopher l. Remillard

I smoked a pack to a pack and a half a day for about15 years. I was introduced to E-cigarettes in April of 2013. Since then I have gotten rid of the smokers cough i had been developing, my sense of smell and taste are back to normal. I don't have to worry about smelling like an ashtray anymore. I haven't had nicotine in just over now I just enjoy all the wonderful flavors of E-liquid

I am so glad I was introduced to the world of Vaping and I have never looked back.

7/22/2015 12:39:42 PM - Philip S.

Hello my name is phil and i wanted to let you know that I am a former smoker it feels so good to be able to say that and i owe 99% of being able to Innevape LLC in spring hill forida. I have been smoking since i was 16 years old i am now 27 years old. I cant really explain as to why i started smoking especially after seeing my nana go thru what she did RIP nana minkle, i really started feeling the effects of smoking when i was 20 years old i tried to quit so many times and failed, i seen a friend of mine this past December vaping on a box mod so i asked him about it he told me how it helped him quit cigarettes and how much better he felt so i thought i would give it a try so i went to the local smoke shop and picked up a lotus epen with a liquid with an 18mg nicotine content after about a week i was ready to give it up....so i went and seen my buddy who actually just started December 19th 2014 at Innevape LLC and talked to him about it very understanding how i felt and recommended a tube mod to be exact it was a aspire sub ohm battery with a kangertec subtank and the popular 3 mg nicotine Heisenberg "Got blue?" Created by Mr.Jeff a co owner of Innevape also the mix master him self i dropped from 18mg of nicotine all the way to a 3mg the new tube mod had a great satisfying taste and smell as well as the "throat hit" i was use to from my Marlboro red 100's, no more nasty cigarette smell no more yellowing of teeth and no more urge to smoke a cigarette i decided to go back and buy an upgrade the sigeli 150w box mod with a mudilation (sorry for poor spelling) rebuildable drip atomizer i love to vape it taste great! MY NAME IS PHILIP AND I AM A NON SMOKER THANKS TO VAPING AND THE SUPPORTIVE HELPFUL AND FAMILY FRIENDLY CREW AT INNEVAPE LLC

7/22/2015 12:39:24 PM - Matt G

Hey guys, my name is matt and I wanted to share a bit about the whole "vaping" experience for me. First off, I started smoking at age 13. I'm 34 now, and haven't had a cigarette since Jan 2015. I also have asthma. Ya I know, I'm not the sharpest crayon in the box, but it is what it is. I guess I started smoking because I thought it was cool, and it gave me what I believe was a little control over myself, and what I could out into my body. By the time I realized smoking was NOT cool, I was already addicted. I gave it an honest attempt at quiting a few times, but rarely had success. I tried the patch, the gum, cold turkey, and the Marijuana maintenance trick. I was actually able to quit for several years when I smoked pot, but as I got older I became addicted to alcohol and pain pills. That however is a different story. Whats important is that I did get sober and BAM. I began smoking again. I was up to a pack and a half to 2 packs a day habit, while being constantly hospitalized for asthmatic attacks. And that may sound silly to a lot of people, I've heard it all before. I began to notice people vaping about a year ago, and saw them 1 by 1 quit smoking. At first I thought it was stupid, but I began to see the results, checked out pricing, mods, juice, the whole deal and became a bit overwhelmed, but I made the decision to quit smoking and try vaping. I figured I didn't have anything to lose. I like the inhale/exhale feeling along with the fact that smoking kept my hands and such busy. So I asked my brother and friend jeff (also ex smokers and fellow vapists) to help me get started. Last Jan I smoked my last cigarette and walked into the vape store. I bought an istick 50 watt mod and an aspire nautilus tank. I used 18 MG juice, and quickly got interested in the whole vape scene. I haven't had a cigarette since, and I'm grateful for that. Since then, I've upgraded to the ipv4 and have 3 sub ohm tanks and vape at a 6mg level. I've landed in the hospital once since then, for pneumonia, and my doctor was surprised to hear I hadn't been smoking. My lung function and day to day breathing has improved as well. I also discussed vaping with my Doc and he was pretty cut and dry. He basically said a general rule of thumb is that I shouldn't put anything into my lungs that wasn't air, but he would much rather see me vape than smoke. I understand that, and that he's a doctor but we go off the facts I stated above. Not only am I breathing better and not smoking, but I've also found a new hobby with vaping which also helps me stay clear of my other addictions. I feel it's a safe sober hobby that I get to enjoy today. So thanks for reading this and letting me share with u guys. Keep up the good fight!

7/22/2015 12:33:37 PM - Alfio

After 25 years of smoking cigarettes there is something less harmful for me. It\'s only been about 60 days and at times I say \I don\'t want to do this at all\" or \"I could just stop\" but hours later is when the cravings hit. Luckily instead of reaching for a smoke

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12:00:00 AM -

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- casaa_testmo

7/22/2015 12:25:08 PM - Theresa Martin

I smoked cigarettes for 47 years and have tried to quit smoking many times with many different quit smoking aids...

I was diagnosed with COPD last year. The day after being diagnosed I began vaping.

It was a easy transition for me.

I began vaping with 24 mg. Nicotine strength and now vaping 3 mg. nicotine juice.

I am now free from cigarettes for 1 year and 5 months. My lungs have improved greatly over the last 17 months and I no longer need my inhalers.

I know that vaping has saved my life.

7/22/2015 12:24:56 PM - Craig Pfister

I met my wife 9 years ago. She smoked a carton of cigarettes each month. She tried everything to quit smoking. She said that she would try the E-Cigarette but she was determined not to quit cigarettes.

She started with the e-cigarette and would smoke it here and there. After the first two weeks she had ONLY smoked 1 pack of cigarettes. After 1 month she had ONLY smoked 1 1/2 packs of cigarettes. After 2 months she had Only smoked 1/2 pack of cigarettes. During the next two months we went to the Doctors because she was sick and the Doctor said it was because she was not dependent on the TAR of the cigarettes anymore. It took about 1 more month to feel good but she does not use Cigarettes at all and ONLY uses the E-Cigarette.

We found out that there have been studies that prove that the actual putting the cigarette in your hand and putting it to your mouth is the HABBIT. The TAR is the addiction. We also found out that Nicotine is a lot like caffine, the Doctor said it speeds up your system.

The average cigarette has 24 mg of Nicotine in it. that is the great thing of E-Juice. There are many levels of of Nicotine. My wife is on 3 mg of Nicotine after 1 year.

The notion that kids are buying it because of the flavors could or could not be true. This is a problem from the RETAILER. The RETAILER SHOULD NEVER EVER SELL TO ANYONE UNDER 18!

It is also the responsibility of the PARENTS! Why are parents NOT paying attention to what their children are doing??? This is an issue that goes to the schools and throughout society. DO NOT BLAME the Vaping community for their children using E-Cigarettes.

Overall E-Cigarettes are the BEST METHOD for Quit Smoking ever devised! (PERIOD) It is better than the Patch, which is being puched by the Big Tobacco Companies. Better than Nicotine gum because it does not replicate the HABBIT!

As far as the VG/PG used in E-Cigarettes, it is used in Cigarettes as well.

If the POWERS TO BE were Honestly worried about the Health of Americans and quit taking pay offs from Big Tobacco and quit using their junk Scientists. They would discover that E-Cigarettes are the BEST METHOD to get smokers to stop smoking Big Tobacco Cigarettes.

7/22/2015 12:20:18 PM - Ron - Morganton NC

My vape story

Hi I have been a smoker for over 15 solid years. Typically I smoked Marlboro Light Special Blend for the longest, about a pack a day. At $4.50 per pack that's around $135 a month to smoke cigarettes. I bought my first vaporizer starter kit from a local gas station about a year ago that came with a 650mah battery, a disposable clearomizer, a charger and an 8ml bottle of tobacco flavored eliquid for around $20. It was a learning curve for me but I figured it out and I liked it. So then I started buying eliquid in different flavors and trying them out in it because that 8ml bottle didn't last very long. I liked grape.

So I vaped a while and smoked a lot less and I couldn't seem to keep the battery charged up it wouldn't last all day so when the battery died I still wanted to smoke, so I bought cigarettes again. This went on for a while and I eventually got fed up with vaping and smoked again for about 10months until I started thinking about quitting smoking again. And I had tried to quit smoking a lot in the past nothing seemed to ever work for me. I tried the nicotine gum once, its just nasty and I didn't want to chew on a nasty gum, I tried quitting cold turkey, I don't know how many times I told myself I'm not going to buy cigarettes again but then I did anyways. Nothing helped I was a smoker and for a while I wanted to smoke but then as I've gotten older and wiser I realize how it's bad for your health and I know a lot of people who have died and are dying from smoking so I've resolved to quit again.

I recently started a job with a girl who was vaping a strawberry shortcake ejuice one day on the way to work in the car and it smelled so good. She let me try it and I liked it. About a week later she stopped at the local vape shop Carolina Vape Kings on the way home which changed my life. My friend somehow convinced me to get a new vape setup and I didn't want you run into the same problem as before so I got an upgraded battery, the Vision Spinner 2 and a bottle of ejuice. I have been vaping ever since. Well that was like 2 months ago and I actually smoked some since but I've been quit now for a few weeks and I dont even think about or smoke cigarettes completely. I am a regular at that vape shop now and I haven't smoked at all. Im done smoking cigs and I've since then upgraded to the AeroTank from Kanger and it works great on my Spinner 2 and I've even gotten a second battery so I'll always have a backup ready for when one dies. I am currently vaping a flavor called Baja Blast at 18mg nicotine and I have other flavors as well. So now I've been smoke free for two weeks and counting and its all because I have been vaping , without vaping I think I would still smoke so I am greatful for the vaping industry.

7/22/2015 12:19:59 PM - Michael Richter

I have been vaping for over half a year... I smoked for over 20 years. I never, ever, intended to quit smoking. I tried vaping because of work reasons. It worked. It got me through the day. Then I started vaping when I wasn't at work. It took less than a week. I cannot tolerate that taste, or feel, of cigarettes anymore. I've seen a few commercials on TV about vaping lately... That is such a complete disinformation campaign! None of what they say is true! Big tobacco doesn't make my e-juice... I make my e juice! Or it's made in house in one of the local vape shops here. I feel that those commercials are nothing but a attempt to make people unhealthy. There's always more money in TREATING a disease than there is in curing one. Think about it, if cancer was cured today, how many people would be out of work? Cancer keeps doctors employed, foundations operating, pharmaceutical companies in business... the list goes on. Same thing when you replace tobacco. Oh, and the campaign that they are targeting kids because they make candy flavored juice? Adults don't like candy???

Oh, and I now use a sub ohm mod with 3 mg e juice.

7/22/2015 12:19:30 PM - SorryImAPrivatePerson

Vaping saved my life! When I was 12 I started smoking this have a massive impact on my Heath I spent many, many nights in A/E

Nearly 18 now been vaping almost a year and vaping has meant that I haven't been in A/E

I legally swear this it the whole truth and nothing but the truth

7/22/2015 12:19:09 PM - Nick

7/11/15

I started smoking cigarettes everyday when I was 15, I thoroughly enjoyed smoking them. I'm about to be 21, having asthma as a child I knew it would inevitably catch up to me if I continued to smoke. I tried to quit smoking about a year ago, with an ego settup (18 Nic) from my local vape shop, in all honesty it made me smoke more cigarettes because I was never quite satisfied. Now almost a year later, my roommate at college bought an istick 30w paired with an aspire nautilus, I was almost instantly sold, it tasted so good (compared to cigs) and I could drag decent size clouds from it. I figured it was worth a try to quit again. I bought an istick 30w with an aspire atlantis (max VG and 4mg nic) and haven't had a cigarette since 4/22/15, cutting down on cigarettes for the 4 days before that, & hitting my friends cig once about a month in to compare the difference to my vape, and haven't had another once since. I now smoke a single coil on a rba deck on my 30w now with 3mg nic (prefer the denser vape, & waiting on a higher watt mod.) Coming on three months being smoke free the difference is night and day, I never get winded, I can jog now for miles at a time now and my legs don't tense up. (As a smoker I didn't like to jog because I would be short of breath in less than a mile) I think it's safe to say my blood circulation and lung capacity have been improved by far.

I used to roll my own cigarettes, so it would only cost me $10 a carton ($5 a week for me.)

After my initial vape investment ($70 with extra coils) it roughly cost me $15 a week to vape, seeing as store bought juice can be pretty expensive. So my only negative is it's a little more expensive for me, but that's only because I was a RYO cig smoker, someone who smokes name-brand is much more likely to spend about half what they would normally for smokes.

I absolutely love my vape!

7/22/2015 12:18:49 PM - Babybunny819

I was a smoker from 13-26. Trying cold turkey and the cigalikes just never cut it. I tried even medication without success. While visiting my husband's family in Sept 2012 my friend introduced me to the world of vaping. She gave me a vision spinner and an evod tank. After a month was down from a pack and a half of cigarettes to 1-3 cigs a day with assistance of 18mg juice. Fastfoward a year later down to 6mg nic, dripping and not smoking period. For those who know me and watch my YouTube channel, they know how much vaping has changed my life and have seen my collection of mods. I don't sugar coat things either. My videos are all me just talking to the viewers with real, laid back and simple reviews of juices and devices. My breathing has got significantly better also. For those who don't think vaping can change somebody's life and health, I challenge them to a pre and post xray. You will see a huge change for the better on mine. #freedomtovape #vapelyfe #bluecollarvapes #onenationunderacloud

7/22/2015 12:15:56 PM - Daniel Curran

I'm 22 years old and I've been addicted to cigarettes since I was 15. I've tried to quit smoking cigarettes numerous times. I had tried Nicorette (nicotine chewing gum) and nicotine transdermal patches. I haven't had any luck quitting cigarettes until this year (2015). This year I started using a "sub ohm" vaporizer (electronic cigarette). I like to try different flavor e-juices from our local vape shops, i find it similar to sampling different craft beers and homebrews.

Vaping provides me with enough nicotine to fulfill my cravings, and it gives me the oral fixation which I believe I am also addicted to.

I tried to use the "Blu" ecig and other disposable electronic cigarettes available at local gas stations and convenience stores, but they didnt work good enough for me to actually quit smoking cigarettes. They didnt fufill my nicotine craving.

Initally when I started using my vaporizer I was consuming 12mg/ml e-juice. I have now cut down to half the amount of nicotone, and am currently using 6mg/ml e-liquids. I generally feel healthier and I can breathe better than I used to.

I appreciate you taking the time to read this.

7/22/2015 12:15:38 PM - michael bohr

I had started smoking tobacco cigarettes in the 6th grade I am now 41 years old.i came across the electronic cigarette in a mall kiosk in 2009.the fuction/technology of the electronic cigarettes in 2009 were terrible.i went back to smoking tobacco cigarettes.but the actual act of using the electronic cigarette was very compelling but in a good way.it gave me a sense that the electronic cigarette was very close to simulating the act of smoking cigarettes without actually burning the tobacco.so I went online trying to find out more about electronic cigarettes or even other alternatives that might be out there that I did not know about.in 2010 i ordered my first electronic cigarettes online.it was actually a little better than the one i purchased from the mall kiosk.this got me intrigued and i kept looking for better technology in electronic cigarretes and still do in 2015.not long after i started using the electronic cigarette i purchased online.i had been diagnosed with kidney cancer.the doctor told me it was from smoking tobacco cigarettes.i then had surdery of partial removal of kidney and cancer tumor.the doctor allowed me to use my electronic cigarette for my stay in the hospital. it is now july,10,2015 and i am cancer free because i am able to use a better quality electronic cigarette.i feel there should more advancement in alternative products so that people have a choice.nothing like this has ever existed and now its here and the people have the right to have more products like these readily obtainable for a alternative to tobacco cigarettes.

7/22/2015 12:15:14 PM - Nicole Leger from Pittsburgh PA

Hello to whom it may concern, I was a smoker of cigarettes from the age of 17 to 30. I am 31 now. I first tried using the "Blue" e-cigarette. However it didnt stop me from smoking cigarettes. I started vaping a year ago and it has improved my health and lung function dramatically. I use a 50/50% solution of VG and PG solution. That I order from quitthatgrit.com. I saw my PCP doctor last month to refill my nasonex and I have been seeing her since I was 14. I have asthma and she said my lungs sound brand new. I also have stopped using my asthma abuterol inhaler from every day when i was smoking cigarettes and in the middle of the night to only 5 times in the last year. Total. I can breathe so much better now that I quit cigarettes and started vaping. I sure hope that in the near future vaping is no longer considered the same thing as tobacco cigarette smoking. I know my lung function has improved I can't imagine how many other people this has helped . I do plan to go down to 0% nicotine in the near future. I started at 18% and am now down to 6%. The benefits of vaping has changed my life and I hope the people that matter see to it that there are laws changed to show there is a difference between smoking cigarettes and vaping. Thank you for taking the time to read my statement.

Nicole Leger

7/22/2015 12:14:41 PM - Jessica

I started smoking cigarettes when i was a teenager in highschool because it was the cool thing to do. Well i was never able to stop, i ended up being 28 years old and still smoking, tryed nemours times to quit but it just didnt work until one day my fiancee and i decided to get vapors. I started out with the highest level liquid i could because i thought i would need it but i took myself down fast. Eventhough i love to vap now i dont even need it. I will hit my vapor now and then when i want but i have been cigarette free for 1 year because of my vapor!!!! Couldnt of done ifmt without it!!

7/22/2015 12:12:06 PM - Karen Baldassare

I smoked my first cigarette at age 10 and became very ill. This negative experience did not stop me from taking up cigarettes a few years later. I've smoked off and on my entire life and even at age 19, I managed to quit for 8 years. Still, at 27, I resumed my habit. I even tried smoking a pipe, thinking it would be less harmful, but who was I kidding? I started inhaling pipe tobacco! All in all, counting the years I managed to quit, I probably smoked a total of 30+ yrs. I tried acupuncture, cold turkey methods and patches. Nothing helped me stay smoke-free for more than a year.

I started using disposable e-cigs three years ago while I was still smoking. It wasn't until I learned about Advanced Personal Vaporizers that I was able to quit for good. I have no intention of smoking combustible cigarettes again and the nicotine content I use is next to zero (0.3%). I have been 18 months smoke-free to date and couldn't be more thrilled!

7/22/2015 12:11:50 PM - Matthew Rainear

I quit smoking 2 years ago. I decided to try an ecigarette on a whim, but never did I expect to ever quit smoking. I was just curious to see how much an ecigarette could simulate a tobacco experience and still satisfy my nicotene craving. I tried the ecigarette and never smoked a cigarette again. Now I feel better, I can breathe, I don't smell like an ash tray, and my daughter potentially has an added 20 years on this earth with her father. Vapor has changed my life and I continue to upgrade to newer technology and devices to better my Vaping experience. I can say with confidence that buying that first ecigarette was the best decision I ever made. By my view, the invention of the ecigarette is the greatest health promoting discovery in my life time. It definately has promoted a better state of health in my life.

7/22/2015 12:11:35 PM - Tobey

Vaping has improved my life significantly! I can breathe again. I can run around with my nieces and nephews. I'm much happier. I no longer smell like an ashtray and an much less irritable then when I was a cigarette smoker

7/22/2015 12:11:22 PM - Andrew Rogne

Hi I'm Andrew, a former smoker. Over time, one such as myself probably comes to a conclusion that "I need to quit this!" , which happened to me over ten times thoughout every frustrating attempt after failed attempt only to come crawling back in tears as cigarettes have been a very guilty pleasure for me for the past 8 years, which is long enough to try the major variety of most tobacco products that contained nicotine from where it started with flavored cigars that were oh so popular and fun back in middle school. The "fun" commodity progressed eventually inhaling the filtered cigars to inhaling "reds" , "turkish royals" and just about every mainstream cigarette on the filthy market of population control. All of these many wrongfully legal substances sold in every grocery store, gas staition and pit stop across the nation is killing over a thousand people a day (according to the CDC) because of its effect on neurotransmitters to cause tobacco addiction to be as, or more intense than hunger itself. The only way to stop this terrible thing from engulfing our generations of children is to maintain a effective alternative. Time has proven we cannot stand up to the conglomerate companies of death, nor the addicts of their products, Those who oppose having an effective alternative without fighting the problem itself are choosing to support the said epidemic and are responsible for doing nothing in the presence of evil. Electronic cigarettes are unquestionably the finest form of alternative to tobacco addiction. Well made certified Electronic cigarette fluid consists of Isolating pharmaceutical grade nicotine in a kosher base of propylene glycol, vegetable glycerine and flavoring. Using well made certified researched hardware to vaporize well made liquid provides an alternative second to none when smokers strive to satasfy and replace the beloved "throught hit" of burning tobacco and the pure regulated intake of nicotine to subside cravings when a smoker decides he/she needs to quit smoking. Knowing this works for me as described above, is my exact alternative that i use to replace my potentially fatal ignorance back when I started using tobacco. For the rest of my life I will testify to this story and I am thankful for every distributor making and improving this alternative so that I may overcome the mental addiction of nicotine without hundreds of toxins (contained inside tobacco cigarettes) of physical withdrawal that combined, thwart most peoples efforts to quit smoking. Thank you!

7/22/2015 12:11:11 PM - Gary Miller

Here in California SB140 was defeated, it appears that Assemblyman Adam Gray amended it to exclude ecigs as tobacco products so Mark Leno abandoned his own measure. This is A monumental 1st step, the next step must be to make ecigs cessation devices, with all these stories that we have written on this site how can they not. I am A veteran, at the VA I can get all the other nicotine replacement products, ie, patch, gum, etc for free, and I believe Medi-Cal will also cover the cost, Now is the time for vapors to be afforded the same. I think we should all call Adam Gray, Assemblyman, 21st District, Merced to thank him as well as the others who voted for the amendment, his # is ((916-319-2021 or (209) 521-2111

7/22/2015 12:10:45 PM - Melinda Blaze

I have been vaping for 5 years (started as a teen and tried to quit many times), and have quite smoking entirely, and also reduced that amount of nicotine in my vape(started at 30 nic, now at 6-12 nic) juice the longer I have been vaping, goal is to eventually vape at zero nicotine.

Once I tried vaping I did not want to go back to smoking at all, so a immediate "no cigs anymore" reaction because I loved it so much.

I previously tried to quit smoking cold turkey every time.

I currently use a coolfire iv with a nautilus aspire tank.

We all know how bad cigarettes are, and the options that vaping presents gives smokers worldwide options to quit that were never there.

I would probably still be smoking if it was not for vaping. I

love vaping so much, all the flavor choices, the smoothness.

Coincidentally I also quit all 5 of the prescription meds. I was on for anxiety/depression in the last 4 months, don't know if vaping contributed to that, but I think it decreases my anxiety at least some.

Not to mention vaping sweet flavors makes me crave less sweets and I think generally eat less, also I live on the 3rd floor, and have to climb 37 stairs one way, when I was smoking this would have been very difficult. Also I think smoking attributed to my sinus issues, which I still get, but no coughing, or icky mucus build ups.

7/22/2015 12:10:24 PM - Nick Jennings

I was a smoker for 15 years and an average ofba pack every two days. I tried several ways to quit smoking. Nothing was working. I wanted to quit very badly as my own wife and kids wouldn't come around me when I had a smoke. So, I started my journey to quitting smoking. I tried the patches with no success. I tried the gum, again with no success. I tried cold turkey. I tried one of those analogs at a gas station.....tasted like, well I can't say. So I went back to smoking. Until one day I seen a shop...a vape store. I entered and I was greeted with kindness and was setup with my first vape gear. I had the willingness to quit smoking. I left the vape shop and with a half of pack of smokes in hand I made the decision to stop smoking the very next day. Now, thus was interesting because as I left the vape shop with my gear in hand I was vaping...I took a few drags from my vape and it was awesome. I didn't want to finish the rest if my half pack that I had but I did. As time went on I started feeling better. I can run up and down the stairs and not be out of breath anymore. I can finally enjoy playing with my children and not be out of breath. Best of all, my wife is by my side all the time. I don't stink, I'm not in danger and neither is my family.

My vape gear now....Sigelei 150W, Arctic tank, Delta II tank, Haze mini RDA.

Nicotine strength is 3mg

I started on a 6mg nic..went to a 12mg nic..then to a 9mg nic..then to a 6mg nic..now on a 3mg nic.

The only negative to quitting smoking is this...

My friends call me a quitter and I am never more prouder.

My first smoke free day 10-26-2014

7/22/2015 12:10:06 PM - Austin Lowery

Vaping has helped me breath. Vaping has kept me off cigarettes for over two years now. I was going through 4 packs a day when smoking ciggarettes.I have gotten to a box mod and have learned so much about the healthy alternative of smoking. I have tried patches and gum and this is the most effective way for me to quit smoking. I would recommend this to anyone that wants or needs to quit smoking. And like I said above, I haven't smoked a ciggarette in two years, I can breathe a lot better and my performance overall has gotten better with like activities such as working, hiking, altitude change here in Colorado. And I haven't heard anything negative about vaping, obviously there are worries, but nothing hazardous has been brought to the table yet. I am comfortable to bring the alternative up to others.

7/22/2015 12:09:52 PM - A. D. W.

I've been smoking since I was 12 years old. I tried all the gums, patches, and pills to quit smoking. But nothing was helpful in my desire to quit. As a cook I am always in a stressful environment and smoking became a very heavy stress habit. About 2 years ago I decided I'd give vaping a try as I didn't see any reason in not trying. And God it blew me away. It was what I was looking for! I've been vaping since, and I can't complain. My breathing is freed up, I don't smell like smoke. My teeth are nice and white again, I don't feel so lethargic and burnt out. I haven't touched a cigarette since my 2nd week of owning a vaporizer, and I haven't looked back since. My fiance has so quit smoking, and since our drastic health improvement, we've been hiking, going camping, and being more active than we ever have. Vaping may not be the right choice for everyone trying to move away from smoking, but it's been the best step for me.

7/22/2015 12:09:36 PM - JD

I was a smoker since the age of 13, and quit once at the age of 16 only to start back up again. A year and a half ago I went to a local vape shop to see what I could do to finally kick it all. I ended up finding myself using a nice MVP and a iClear 30, both at the time were perfect and got me off of the nasty sticks within hours. I am not proud to say that I have been smoke free since February of 2014. I never thought I would be able to kick the habit, but sure glad I did.

Over a year later and I am now not only smoke free, but also have an amazing hobby that keeps my free time filled up. I currently use the IPV4 with Plume Veil V1.5 and Royal Hunter running 0.25 builds. I also was able to get my fiance into it as well, allowing her to kick her smoking habit. We both now lead healthier lives not just for ourselves but for our kids as well. In the end we really did this for them, just a plus for us as well.

All I have to say for anyone considering it is, stop! Do not just consider it anymore, JUST DO IT. Vaping is a great way to quit, and a great way to kill time! The community of vapors is amazing, everyone is helpful and we are all friends, NO we are all FAMILY.

7/22/2015 12:09:21 PM - Kathleen Hartley

I am a 55 year old female and have been smoking since I was 13. I have always loved smoking, it relaxes me and never thought about quitting until I was in my 40's. I tried everything from "cold turkey" to nicotine gum. All of them were just a temporary fix. Sometimes I only made it a few days, other times I would make it a week.

Life throws us so many curves which leads to stress and a cigarette or 2. I know we all have stress and not everyone smokes to relieve it but when you smoke for pleasure and not realize it as a crutch until 30 or 40 years later you are hooked. Even watching my mom pass from heart problems and both my dad and younger sister pass from cancer did not make me stop.

When ecigs came out I was skeptical but bought a cheap over the counter disposable one and was surprised to find I did not NEED a real cigarette for over 24 hours. So I went shopping and through many trails I have not had a REAL cigarette since November 2 2014. It did not just happen, I had many times broke and had that cigarette and had to start all over. I think the key here is finding the right unit (EVOD V V) and flavor (green apple) in my case and do everything you can not to break for that first cigarette, stay busy and do not think about it. It does get easier.

The funny thing with me is I live in a house with 4 other smokers and it did not phase me.

I have seen no negatives changes at all. The positive changes are huge. I no longer smell like cigarettes, I do not need to go outside in the cold to smoke. My extended family will now let me vape indoors, even my sister with cancer. I have more energy. I sleep better because my cough is gone. I have always been active but as I aged this stopped, now I can go on hikes with my granddaughter and family again. I also have asthma and was having issues with shortness of breath, this is also gone. I can again blow up floats and rafts for the pool.

Do I know what the long-term effects will be for vaping? No but I do know the DEADLY effects of cigarettes and if it will get me off of the deadly cigarette then I will take my changes.

This is about greed and power not anyone's safety. The tobacco company's have lost million before they realized how fast ecigs took off. The FDA and all the politicians are also seeing $$$$ lost. Now they are scrambling around trying to get their share. God forbid we have a cheap and effective way to cutback or quit a deadly habit. I have always said if they would cut the cost on patches they would sell more and maybe have more non-smokers. They cannot have that though, if the tobacco company's go out of business so will a lot of other businesses, therefore they want us smoking!

I am a vapor for now and just drop my nicotine down so I can quit altogether. This is my goal in the next year!!

7/22/2015 12:08:43 PM - Julia L.

I am someone who "accidentally quit" smoking cigarettes after I started vaping. I grew up in a cigarette smoking household and was a REGULAR smoker by the time I was 17 years old. (2003) I would smoke a pack of cigarettes a day. I tried to quit cold-turkey many times but honestly could not even get myself to stop buying cigarettes, so quitting was not possible. Ten years later, I tried vaping for the first time in May 2013 and by July 2013 I was no longer a regular smoker. I no longer cough and hack for the first 30 minutes after I wake up, my athletic endurance continues to improve as my lungs continue to improve, and it's wonderfully true that my senses of smell and taste have been greatly heightened since I quit smoking. Something also worth mentioning is how my personal space, clothing, and self no longer smell like stale cigarette smoke. Perhaps I would have ended up quitting smoking cigarettes eventually but it sure was nice quitting without really even having to try.

My least favorite argument in favor of SB140 is that e-cigarettes are marketed to minors. It is based, at least in part, on the assumption that candy flavored vape liquids do not appeal to adults. Personally, two of my favorite liquids are one that tastes like strawberries and cream and one that tastes like a cinnamon roll. There were candy-flavor tobacco products on the market when I was younger (on my way to becoming a regular cigarette smoker) yet these products never appealed to me and did not play any role in the escalation of my cigarette smoking habit. Only after I "accidentally quit" smoking cigarettes when I started vaping did I discover the variety of delicious and good-smelling liquids that are available.

7/22/2015 12:08:32 PM - Travis bowling, chillicothe ohio

My name is travis, im 23 and have smoked for 12-13 years. I smoked 2 packs of cigerettes a day. I got tired of the coughing, wheezing, trouble breathing, morning phlem build up in my throat, tired of stinking like smoke when i went into public so i decided to quit. Ive tried patches, gums, etc.. didnt work so my next attempt was to start vaping. I bought a vaporizer and purchased a bottle of ejuice at 24mg of nicotine and used that. Before i knew it my health was improving. I use it several times per day. Ive been smoke/cigerette free for 2 years now. I no longer cough, wheeze and can breathe normal again. Its like ive been given new lungs. I can hold my breath longer, i can run and jog again, i dont stink like smoke any more. I no longer get cravings for a cigerette i still use my vaporizer to this day because i love the wide variety of flavors to choose from, it tastes wonderful. I strongly believe i can stop vaping altogether. I believe it gets people off of cigerettes. In the long run it will improve universal health around the world and help our planet. And cancer deaths will dramatically decrease.

7/22/2015 12:08:18 PM - Margaret Crosby

I smoked tobacco cigarettes for approx. 50 years until November, 2013. This is when I began vaping. I had tried various methods prior to vaping in an attempt to quit smoking to no avail including Zyban, Nicoteen gum, & patches. I am now tobacco free, breathe better, and feel healthier than in prior years. I have no desire to return to smoking.

7/22/2015 12:04:44 PM - Brandie

My name is Brandie, I smoked a pack of cigarettes a day for 10 years. I started getting a cough, and constantly had flem in my throat. I started to notice that I was having chest pains, and my arms would fall asleep during the night. My boyfriend introduced me to vaping, and I quit smoking immediately. Vaping has saved my life, I no longer have any cough, chest pains, and my breathing and circulation have significantly improved. I vaped for almost 2 years. I started at 24 mg of nicotine and worked my way down. I am currently nicotine free and no longer vape because I found out I am pregnant. Vaping was much easier to quit than cigarettes as I had tried several times to quit smoking throughout the years. Luckily I was vaping when I found out I was pregnant because I quit immediately if I was smoking I know I would have had an extremely difficult time. Vaping should never be banned it saves lives, I know it saved mine.

7/22/2015 12:04:09 PM - Anise

Vaping has gotten me to quit smoking. Without it I would still be smoking and destroying my body. I no longer smoke and no longer use nicotine.

7/22/2015 12:03:59 PM - John manier

I have been smoke free for months along with my fiance and friend and his dad them longer. I watched my asthma being pretty bad. since I started vaping I can actcontent://media/external/file/28391ually do things I haven't been able to do in along time. I tried hiding my breathing problems because I was a smoker on top of the problem it self smoking two packs a day. I got tried the little electric blue and vuse smokes they worked but couldn't get completely off the ciggs until I started vaping. As soon as I started and only started at 12 mg of nicotine dripping I quit without a smoke ever since and just 4 month maybe a oil bit longer close to 5 I'm able to play basketball not a long time but before wouldn't of ran back in fourth once without wanting to fall over. And I've seen the change with my friends father with his copd he is now able to walk to the stores and get out his house. I stand strong saying I tried everything to stop smoking this works and I'm so glad it is available to others it's changed me and others around me. I smoked over 13 years now I use my box mods and either drip or use my sub ohm tanks and have gotten myself close to all my juices being zero nicotine. I've tried everything peaps the pill ,patches different e ciggs but was able to put them down completely with a dna30 with a nautalus tank or my magma drippe. now I have a lot more money able to buy better devices or mods we call them and I help others I buy starter packs when I can been laid off but spend the money out my pocket to give random people starter packs to get them off those icky sticks my friend did that for me now I do it to others

7/22/2015 12:03:46 PM - Kasey Lowery

I am 35 and I smoke cigarettes from the age of 16 until September 2014 I have tried everything to quit smoking cigarettes chantix patches gum acupuncture and several others. I can go a couple weeks or 1 month without smoking cigarettes and I would always start right back. until I went to A doctor and he told me that I was stage 1 emphysema he recommended me to go to a vape shop and try it the greatest advice I have ever received. on September 1st 2014 I have not smoked a cigarette and have been vaping every sense and there is no signs of emphysema and my overall health is at a

100 percent I use a box mod with a Kangertech sub tank my juice comes from local vendors in Tuscaloosa Alabama my juice usually contains 3 To 6 of nicotine. thank you for taking the time to read my story

7/22/2015 12:03:33 PM - esmith541

I began smoking occasionally and socially when I was 17, back in 2006. By the time I turned 18 the following year, I found myself to be a smoker. I smoked at least half a pack each day. Each year I would make an attempt to quit. (I don't make New Year's Resolutions: my quit attempts never started in January.) I tried quitting cold turkey. I used patches which made me feel sick. I tried nicotine gum. I did tons of research. My most successful attempt to quit lasted a good four months before I gave in completely.

My success was based upon will power and drive, along with educational tips, lots of advice and tons of support from those around me. I used nicotine gum for a few weeks, chewed or sucked on cinnamon sticks (cinnamon is known to help curb nicotine cravings), cinnamon gum, candy, and lots of juice. (I had read an unpopular study that showed nicotine used can spike your blood sugar levels, similarly to the way drinking real fruit juice does. This was found unimportant and irrelevant to a lot of people, but made a huge difference to me.) But I eventually fell back into the temptation and the cravings for a smoke.

I continued to smoke my half a pack a day until October, 2014, when I was introduced to Vaping. It was shown to me in a new light. Different from a "cigalike" that you can buy at the gas station, and not something pushed by Big Tobacco. I was interested. I tried it. Someone gave me an inexpensive battery, and two disposable tanks. I acquired some E-Juice from a small, local vape shop. I really liked it. I could hardly believe that friends who were non-smokers were not only vaping (zero nicotine juice), but also excited to show me.

I started to research. What's in this juice? What kind of studies have been done, and from what perspective? How do I choose an appropriate amount of nicotine in my juice? What is VG/PG and how do I choose what to try for me? What type of vaporizer is right for me? So I read. I found Mt. Baker Vapor, they allowed me to customize my juice and flavors, and they provided valuable information about the questions I had. I began e-baying tanks, batteries, coils, ordering juice and experimenting with what I thought I might like.

After some trial and error, I found what works for me. Flavors that I enjoy. A delivery system that could work consistently and fairly easy for use. I found myself reading other people's stories. I learned more about how other people made the switch. I read that it would be wise to vape immediately after a cigarette to help associate the two. That made it easy to see which tasted better! I read that it takes longer to attain the nicotine that you crave when you vape than it does to smoke a cigarette, so I decided I would start with just a little bit more nicotine in my juice than I originally had tried. Then the time had come to make a switch.

I began vaping just before the time a normal craving to smoke would start and continue to vape for a few more minutes than a smoke would have taken. I reduced the number of cigarettes I smoked each day by vaping instead. Then I found myself smoking one cigarette a day, and vaping instead. I told myself, "Well, when my tiny pocket lighter dies, I'll quit smoking." It happened. I couldn't light my cigarette. My lighter had died. I still had more than a half pack of smokes. I picked up my vaporizer and vaped away like mad. I handed my dead lighter and cigarettes over to a friend, and finally shared the plan I had made. It was November, and Thanksgiving was approaching fast.

The next day, I rolled over and began to vape before I got out of bed. I had awful separation anxiety. I looked longingly at the corner store when driving past, and told myself it would pass. The next day I found myself free of the anxiety that not having any cigarettes had caused. I was also meeting my nicotine cravings with my vape set up. I felt relieved! The rest of that week felt great! The next week I found myself choking when I passed by another person who was smoking. It made me sick. I became overly sensitive to the smell of cigarette smoke for about two months, which eventually waned. And while I still don't like it, I can vape around friends while they smoke, as long as I'm not downwind.

I started by vaping 18mg Nicotine E-Juice with a tank delivery system. I have reduced my nicotine intake to 6mg of Nicotine per milliliter of juice. I feel better! I don't cough and hack up nasty stuff anymore. I don't stink like burnt tobacco. My clothes are cleaner. My teeth are whiter. My nails and hair are healthier than they were before.

I have been so excited by my own success that I have helped get friends and family started on Vaping! While my best friend wasn't really ready to quit and gave up on vaping too soon, my Sister was ready and has been tobacco free since Christmas!

Give vaping a try! If you want to quit smoking, you have the drive to quit, get the tools and knowledge that you need together! I combined the things that were helpful to me in the past during failed quit attempts, with use of a vaporizer to still get my nicotine. I love it!

-Elisabeth S.

7/22/2015 12:03:17 PM - Quinn Wheat

I started smoking at 15 and have smoked on and off for 9 years (quitting for a few months at a time, here and there but it never stuck). Vaping has helped both myself and my girlfriend quit smoking for good after many failed attempts. Since I started vaping I've noticed a huge increase in my overall health and my physical stamina is back to where it was before I smoked/was a social smoker. I now ride my bike 100km+ per week and am training for a triathalon next year!

I make my own e-liquid at home and thoroughly enjoy it, and building my own coils for my atomizers. If I were forced to pay high taxes and use cig-a-likes I would simply not vape and likely wind up going back to regular cigarettes.

The fact that there is so much opposition to something that is obviously a much healthier alternative to smoking only goes to show how much corruption lies within the U.S. political system and it's shameful.

7/22/2015 12:03:05 PM - Paul Michael

I started smoking cigarettes when I was 12 years old and haven't been able to quit since for more than two months at a time. I've tried everything from going child turkey to the patch, gum, snuff, and even the individual sale vape cigarettes. It wasn't until i decided to buy a complete system with juice that I was able to completely quit tobacco. I started at 24mg per ml liquid and now I'm down to 4mg per ml in just a couple of months. Ionly continued to smoke cigarettes for less then a week and now I can't even put a normal cigarette in my mouth anymore, it tastes disgusting to me now. Vaping has changed my life for the better. Add a father if three I can tell you my daughters love not smelling cigarettes on my clothes and hands and I'm grateful that my four mouth old won't ever have to smell it on me. I live in Portland Oregon, a city that prides itself on "being green," and "being weird," but is still ignorant to how positive vaping is. I personally try to educate when I can but the public needs to be awoken.

7/8/2015 12:01:46 PM - Carmen

I don't think that any story I could tell, true, or otherwise, will say anything that hasn't already been said. I am a 29 year old former US Marine that has been smoking and using tobacco products since I was 17 years old. I started with cigarettes and while on my first deployment overseas, I picked up chewing tobacco. As of today (8 July 2015), I have been tobacco-free since 7 May 2015. Two months on the dot. Granted, this is not a substantial amount of time, but the change has been nothing but substantial. Through the guidance of a coworker and some friends, I purchased my first vaporizer kit, started vaping, and haven't looked back. In the beginning, I was very skeptical.

When I completed my service in the military in 2009, my girlfriend at the time worked at a very high-profile lounge and restaurant in Costa Mesa, California. This establishment was frequented by many different people in various different businesses ranging from clothing and fashion, to even film. The owner of one of the earlier electronic cigarette companies gave me a sample kit one evening at the restaurant. This was the old cigarette styled e-cigs and while it maintained somewhat of a cool factor, the idea did not stick with me. I used up all the cartridges and continued to smoke normal cigarettes.

This past experience left a bit of a bad taste in my mouth (no pun intended). When my friends and coworker exposed me to the tobacco-free options that exist today in 2015, I was a bit taken back. I truly did wish to quit smoking and chewing but frankly, I enjoyed both. I picked up my first kit (The Aspire Nautilus Vaporizer). I started with the highest level of nicotine in the e-juice and since then, I have downgraded twice and my nicotine intake isn't nearly what it was while smoking.

I smell better, I breathe better, I don't wake up feeling like I partied all night long, coughing and hacking, and overall, I just feel better. I vape quite a bit and have since upgraded to higher-end devices but I am still tobacco-free and have no intention of going back. I live with a roommate who does not smoke and even he has made a point to say that my clothes don't smell, my vehicle doesn't smell, and he has even taken up vaping nicotine-free e-juice just for the experience.

I am not a scientist or a biologist, nor do I profess to be either. That being said, with the power of the Internet, it is not difficult to research these devices and chemicals and realize that they are virtually harmless and nothing if not a truly healthy alternative to smoking. My transition from smoking to vaping was stress-free, enjoyable, and most of all a huge money saver, not to mention...healthy. There was a noticeable difference in how I felt within the first two days of not smoking. I would recommend the change from cigarettes to vaping to anyone.

7/8/2015 12:01:35 PM - Michael sweeney

Hello, I smoked cigarettes for a total of 23 years. By the time I quit smoking I was smoking 2 packs a day. My wife urged me to quit smoking for at least 15 years before I did. I tried many times using several different methods. First I tried the cold turkey method and that lasted 6 hours. Next, I tried to gradually wean myself of cigarettes and I managed to cut back some but in a week or two I would be back to my.normal smoking habits. Next, I tried the nicotine patch and that I had some success quitting for about 2 months but soon the urge to smoke again got the better of me. Next, I tried nicotine gum but that made me nasious so that was no help. Finally, I seen the doctor and tried chantex. I was very excited and had a good feeling about it this time. I quit for one month and went back.to smoking. But this time, I wound up smoking more then my normal amount and went from a pack a day to 2 packs a day. I tried hypnosis to no avail. By my mid thirties I could feel changes cigarettes were making on my body. I could no longer jog or run without gasping for air and my chest hurting. I felt shortness of.breath, my teeth looked terrible and my wife would not kiss me unless I brushes my teeth and rinsed with mouthwash. I was 31 when my son was born and vowed to myself, wife and my son u would finally quit. I tried the previous mentioned methods again and again and again and always wound up breaking my promises and grabbing a cigarette again. I started hearing things about electronic cigarettes about age 36 but did not want to try them from hearing rumors of how bad it was to smoke a battery etc. After doing research and seeing how it worked I ordered one. I did a lot of research to find the best one and ordered the pen style v2 electronic cigarette. I enjoyed the V2 but still had the urge and desire to smoke while using it. I cut down on smoking some at this time but would be vaping when i wasn't smoking. I was using 18mg of nicotine at this time. Next, I purchased the evod starter kit. It was a 3.7 volt and came with a evod cartamizer. This really.helped me cut down on the number of cigarettes I used a day. I was smoking about 5 cigarettes a day. Shortly after I purchased the innokin mvp starter kit that sane with the I clear 30 tank. As soon as I took my first vape I knew I wouldn't smoke again and it has been 3 years since I had a cigarette. even though u didn't smoke after that I still got the urge now and then. After vapingcheap for a couple months I started trying flavors that weren't tobacco. Blueberry was my favorite. After I started using non tobacco flavors the urge to smoke went away immediately and I could believe at one point I enjoyed the taste of a cigarette. vaping became a hobby for me and I love trying different equipment and flavors. I currently use the smok xpro m80 plus with kanger subtank mini and I love it. I also went from 18mg liquid to zero nicotine levels. I tried well over 30 times to quit smoking and without the vaping industry I know I would still be. Since quiting cigarettes, I have my stamina back, I can jog without feeling like I'm having a heart attack. I no longer cough up big phlegm balls every morning and I don't smell or taste awful anymore. I would highly reccomend vaping to anyone trying to quit smoking so they can experience the benefits first hand. I find the smell of a cigarette repulsive now and I.can't believe I ever smoked. To place such strict policies and

legislation on a product that helped so many people quit smoking us idiotic. In California, they want to ban people from vaping in their homes. This act is crazy and I can't believe it is drafted in a democratic nation. The home of brave and free. This legislation sounds a lot more like communism then all the rights our forefathers fought and gave their lives to gain their freedom. They would be sickened by the way our civil liberties are being treated in some aspects. So I implore you to not only try and stand up.for our right to.vape but to.also be proud we are in a country that we are supposed to have the right to do.it.

7/8/2015 11:53:42 AM - Fred Ahn

Pack a day smoker for 25 years. Started having great and lungs problems. Tried everything to quit from the patch, gum, cigalike ecigs, dip, xantex, and even hypnosis. Started vaping in February 2014. Haven't smoked one cigarette since. Vaping saved my life.

7/8/2015 11:53:31 AM - FauxStrife

I have been smoking on and off since I was 18. I managed to quit cold turkey when I joined the military but it wasn't easy. I managed to refrain from smoking for almost 3 years but after my divorce I picked up smoking again. To make matters worse I deployed to Afghanistan where cigarettes were anywhere from 6-18 dollars a carton. By the time I got home I was an average of half to 1 pack a day. I started to feel my overall health diminishing and began to hate every cigarette that I lit each time knowing it was bad for me. I had casually tried vaping at one point in 2013 but it didn't manage to catch my interest. Luckily a friend of mine from Afghanistan showed me his RDA mechanical setup and I was so interested in the results that i went to my local vape shop the same day. Ill admit that its expensive to get started but it was worth it to have a gripping hobby that was my escape from smoking. Unfortunately I don't have a concrete Vapiversity because I broke down and began smoking during my next deployment but I had my eyes opened when my Grandmother and Grandfather passed away due to complication caused by Cigarettes. From that day on I cut cigarettes out completely and have been Vaping ever since. I may get caught up in buying the newest latest MOD or ATTY every once in a while but I enjoy Vaping and I am determined to prevent it from being lumped together with the likes of Big Tobacco companies.

7/8/2015 11:53:21 AM - Christian Amigo

I had been smoking for 4 years until i found vaping / e cigarettes . vaping has helped me quit smokeing/traditional combustible tabacco products. I started out using 12 mg nic and i have slowly dropped to 3. I hope to get down to 0 and eventually quit altogether . ive tried nicotine gum before to try and quit and it never help for more than a few days. For me its seems to help with my breathing as well. When I'm around friends that don't use tabacco products they much appreciate that i switched over because there is no offensive smell.

7/8/2015 11:52:38 AM - Kelly K.

I smoked for 30 years. I was dying and the saddest part is...I did not care. When Chantix came out I used it and quit for 4 years but the desire never left. I started working out and weight lifting and running. I had never been athletic or been interested in a healthy lifestyle. I came from a long line of smokers. I really loved my active healthy lifestyle but I still craved cigarettes. Eventually, I thought I could smoke every now and then and still work out. I was wrong, cigarettes won. At first I said I didn't care but I was lying to myself. I truly felt as though I had lost a friend, not being able to run. I kept thinking if some "thing" could just be invented to satisfy the desire to smoke while not actually smoking. Never happen...right?

Wrong. Just over a year ago I started vaping and it has changed my life for the better in every way. I haven't smoked a cigarette since vaping and, needless-to-say, I am back at the gym and stronger than ever. I am SO happy! I can breathe, I don't smell bad, im not littering the ground with disgusting cigarette butts, etc. I was around to welcome my first grandchild in March and I don't have to feel guilty about holding her, afraid I will contaminate her with the smell of disgusting cigarettes.

I started vaping using a Kanger tank and an ego battery but now I have a custom built sub ohm mod clone and my tank is an Aspire Atlantis. My favorite juice is cinnamon but I also like Unicorn Milk, 18 mg.

It appears there are two kinds of people vaping. Those who used to smoke cigarettes and those who have never been addicted to them. No matter which category you are in, I hope you take the time to make sure your right to vape is not violated. I am going to be at the Capitol on July 8th in Sacramento. I'm still not real clear on how we can classify vaping as tobacco use when ITS NOT A TOBACCO PRODUCT!! I have read the proposed legislation and it's all propaganda with NO sound evidence. Just a bunch of folks who obviously have never known the nightmare of being addicted to cigarettes and who don't give a rip about those who know all to well...

7/8/2015 11:52:04 AM - Dalton

I started smoking when I was 15. At that time it was just a cig here and there. By the time I was 18 , I was closing in on a pack a day or so. By 21, I was at closer to 2 packs a day or more depending on what I was doing. There were some nnights I would be at the bar (one you could smoke in) and go through 2 packs from 9-2. My brother and some friends turned me onto vaping and its been better ever since. I've only been vaping for about 6 months now, but I've quit smoking and lowered my nic level to 3mg. I feel a lot healthier, breath better, saving money and don't smell of smoke anymore. If your wondering, I'm using a Eleaf 50 watt mod with an Aspire subtank and loving on some cereal trip juice. I would love to see a world, country, hell even a town where everyone has switched to vaping.

7/8/2015 11:51:55 AM - Chris Mallory

Hello my name is Chris Mallory and this is my testimonial on what vaping has done for me. I smoked a pack to a pack in a half a day everday for around 16 years. I decided I had enough and tried to quit on my own and with other alternatives like snus, patches, and cold turkey several times, but nothing worked. On December 26 2014 I decided to go to a local vape shop and pick up my first real vape setup. I purchased a Panzer mod with a Tesla D2 atty. That day was the last day I had a cigarette. I have not had one since. Since then I have purchased and acquired more vape equipment and supplies. I also can tell a huge difference in the way I feel health wise since that day. As far as I have more energy, I can breath better, I'm not hacking and coughing like I was when I smoked especially in the morning when I wake up, I'm not short of breath when I do simple task, and I was able to regain my senses of smell and taste back as well. Plus I'm not walking around smelling like a human ashtray anymore. I love vaping and the community of people that have grown around it. So that's my story on how vaping has helped me quit smoking and get my life and health back. I will never go back to smoking again. Thank you for your time. I hope this helps anyone thinking about switching from tobacco products to the vape life.

7/8/2015 11:51:44 AM - Jen m

I am honestly someone that never wanted to quit smoking. I loved the taste and smell of cigarettes and the fact of how it would help with my anxiety. I was smoking anywhere from a pack to two packs a day for about nine years. With drinking, it was amazing, it went hand in hand. I was a borderline alcoholic. But it was burning a hole in my pocket and slowing me down with work. I tried switching to every e cig that was made, and nothing helped. I even tried the e hookah pens to try to disassociate myself from the flavor, but I still had the cravings. I tried cold turkey with just chewing gum, and then ended up going back to smoking for six more months. I was hearing about vaping and seeing a store here and there opening up, and figured, what the hell, let me take a look. I was assuming the flavors were going to be the typical vanilla or cherry. I soon fell in love with all of the options, there was things like blueberry cheesecake and tiramasu. I told the lady i needed to think long and hard about it and thanked her for showing me all of the options and went home to tell my boyfriend everything I saw. We then decided together to quit cigarettes all together and take up vaping full time. We started at 18mgs with a tobacco flavor and a fun fruit flavor each, using the starter pens. It took two weeks for us to get used to it, and about a month to switch fully to vaping. As time went on, our flavor palattes opened up and our nicotine levels went down. Aftee a month i was able to run without getting winded, and feel more energized. Over a year later, I am at a 3mg level and have only had 2 cigarettes since i quit. My boyfriend and I share a lot of our flavors (our palettes synched up which is great!) And we both have box mods and a.collection of tanks and drippers. I even turned some friends onto it and they even quit smoking. The thought of a cigarette physically makes me sick to my stomach. And since then I haven't really drank much either, so that also eliminated a problem since I was also having a better quality of life.

7/8/2015 11:50:49 AM - Brotherbob

I was a smoker for more than 50 years. I now use (8 months use at this writing) a vapor product which enabled me to totally quit smoking. I'm currently enjoying vapor flavors exclusively with little or no tobacco /nicotine products. I feel healthier today because of vapor products use.

I'm a retired State of California Registered Professional Engineer and now have a lot of time to study and enjoy this relatively new healthful hobby.

My wife, who does not smoke, likes the vapor flavor smells. She even complimented me on a popcorn scent she liked the other day. I would estimate that 90% of the flavors I use are non tobacco. Of the tobacco flavors remaining 10%, less than <1% could be considered net (natural extracted tobacco flavor in liquid form).

The thermodynamics of vapor differs greatly when compared to direct combustion of whole organic matter. It's a fact. Any person lumps vaping with tobacco burning just dose not get it. These folks believe man walked around with dinosaurs at the same time. Global warming and carbon dating -- no understanding.

Its a shame that our legislators and government agencies are being mis lead willfully or ignorantly with unverified facts.

7/8/2015 11:50:36 AM - Ron

I am 64 years old and live in Santa Monica, CA. I smoked for 45 years. I was on 3 different medications because I couldn't breathe. I had tried to quit with every option available. I just couldn't! I had two cases of cancer, unrelated to each other. I needed to stop smoking.

A friend of mine was using a vaporizer and I tried it. The next day I bought a starter kit and have not smoked tobacco in over 3 years since that day. I can breath again and am off all medications. My Doctor said he was amazed by my breathing and told me to stick with vaping.

Today my life is different. I am active and can play ball with my Grandchildren and live a normal life. I can taste food and my ability to smell has come back.

Vaping saved my life!! I cannot express how grateful I am for the freedom of addiction to tobacco.

7/8/2015 11:50:19 AM - C Wolfe

I had smoked for 38 years and failed at every attempt to quit too many to count, even after a heart attack and stent placement the first thing I did on the way home was light up a cigarette. I really thought this was going to be an impossible task, Chantix made me nuts no meds helped at all. Three months ago I bought a aspire e-cig starter kit used it for about a week and moved on to RTA/RBA's and by the third week I was off of analog cigarettes and just vaping at 6mg nic level from a 2 pack a day Marlboro red habit. I know for a fact I could not have quit had not been for e-cigs. my sense of smell and taste is so much better shortness of breath slowly going away and most of all my wife and son are both so very happy.

7/8/2015 11:50:07 AM - DeeAnn Kitzhofer

I started smoking at age 13. We all thought we were "cool" if we smoked. I quit smoking temporarily when I became pregnant with my first child. Then I went back to smoking. 2 years later, I became pregnant again and quit for 11 months, but went back to smoking again. Over the next few years I tried Wellbutrin, the patch, and Chantix. None of them worked. Back in 2013, a friend was vaping and bought me my first kit as a Christmas present. On December 24th, 2013, I smoked my last cigarette. I use local, organic e-liquid, and I vary with the nicotine strengths. When I started I used the highest nicotine level, now I go back and forth between 18 mg and 12 mg nicotine strength. I feel SO much better now, no wheezing, no coughing, food tastes better, and I can partake in more physical activities. Also, the nasty smell is gone from my clothes, hair, and house. This is the best thing to ever happen for me to quit smoking!!

7/8/2015 11:49:53 AM - Phil

I had been smoking 1-2 packs a day for 25 years. My blood pressure was high, I lost breath all the time and I had sleep apnea. Now, almost 1 year of vaping I can say all of that is under control. I can sleep on my back for the first time in over a decade. My blood pressure is still somewhat high (Im overweight) but nowhere near what it was when I smoked. I've also saved over $2700 on cigarettes. I am no longer paying to kill myself. That alone is a huge reality.

I had in the past tried Chantix and gum, nothing worked. Inside of 30 days vaping, I was cigarette free, and still going. I am now down to a 3mg juice and just enjoying my "freedom'

7/8/2015 11:49:39 AM - Jacob collier

I started smoking when I was 13 years old by the time I was 18 i was close to 2 packs a day. I've tried using chantax but it gave me horrible dreams and crazy mood swings. I started vaping when I was 20 and haven't had a cigarette for 3 years now. I'm now on .3 nicotine I only vape up to 30 mls of juice a week. switching to vaping has drastically changed me I can do any physical activity without having to take a break every 20 minutes because I can now breathe.

7/8/2015 11:48:17 AM - BB

I had to have major spinal surgery (was a 13 hour procedure!) and at the top of my pre-surgical instructions, written in big red print, was the warning: "IF YOU ARE A SMOKER, QUIT NOW, IT WILL SLOW HEALING AND POSSIBLY CAUSE YOUR PROCEDURE TO FAIL". However, even knowing this, I smoked right up until midnight the night before surgery.

I actually quit smoking in 2006 and hadn't had a smoke in EIGHT years, and like a ding dong picked it back up in a weak moment of stress. It started out slow - a smoke here and there. And then it quickly progressed to a pack every other day, sometimes a whole pack in one day!

For the two weeks I was in the hospital I didn't smoke at all, and when I got home I managed to stay smoke free for an additional 3 weeks. And then before I knew it I was back to a pack every other day.

Now I'm facing more surgery and this time I'm determined to stay smoke free!!! So after some research online and asking around to those who I know vape, I woke up one day and went to my local vape shop and explained that I'm a smoker who wants to quit and that I just want a simple, reliable, easy to use "kit" that I can use to titrate my nicotine levels down. Did I mention, I started with a Blu e-cig system and HATED it? Anyway, I ended up with the Eleaf iStick Mini and the Nautalis Mini Clearomizer, and I LOVE it. I don't need some giant 200 what smoke machine. I just need something to replace my analogs where I can slowly cut down the nicotine.

I'm happy to say I have been smoke free for 3 weeks and have NO desire to pick up an analog cig at all. In fact, just the smell of them makes me queasy, and I have a hard time being around smokers again. No more morning phlegm hacking, my voice is returning to normal, and I'm not off gassing harmful chemicals around my 9 year old daughter. I'm also not inhaling the combustible 4000 some odd chemicals from regular cigarettes, including cancer causing tar and formaldehyde. A quality e-juice contains four, FOUR, ingredients.

Plus, I'm happy to say that in just the few short weeks I've been analog free, I've already cut back from 18mgs of nicotine to 12mgs, and in a few more weeks I'll cut back to 8 or 9. I can't wait to tell my doctor, who was always nagging me about the dangers of not healing after surgery if you are a smoker. I'm all about harm reduction, and I think I've found the magic ticket!! I love my vape, and it just may save my life if have more surgery and heal faster.

7/8/2015 11:48:00 AM - AJ

I was not a long term or heavy smoker, however vaping was the only thing that stopped both of those from becoming a reality. I smoked cigarettes for about 3 years. When i bought my first ecig, i threw my last pack away and havent touched one since. That was over 2 years ago now and i feel better than ever.

My advice to anyone trying to make the change is to think of your habbit as a long term spending habbit. In Minnesota the price for a pack of cigarettes is about $8.00. Now you may go through that a little differently than someone else, but lets say you go through about a pack a day. Thats $56 a week. Over $200 a month. Don't go into a vape shop thinking you can spend $8 to replace a hundreds of dollars per month spending habbit.

On the flip side, if you go in and spend anywhere from $80 to $150 on a good, solid e cig setup, I guarantee you will be saving money. My customers, who vape about equivalent to a pack of cigarettes a day, spend on average one dollar per day on vaping. Not to mention the health benefits that come with it.

7/8/2015 11:47:44 AM - E Risinger

I had smoked for 38+ years when I was introduced to vaping. The first few days I smoked & vaped. My cigs started tasting worse & worse during that week until I stopped smoking completely. I am cig free now. I have COPD & have seen major improvements in my breathing. Diabetes is even better since I quit! Vaping has truly saved my life & I have bought FOUR set ups for my smoking loved ones & will continue to spread the good news of vaping to anyone who will listen.

7/8/2015 11:47:30 AM - Robert Billman

Well let's see now, I'v been a 45+ year menthol smoker 2 packs a day, tried the patch, the Pills, the gum even cold turkey and nothing worked! After a friend started vaping around me and I caught the aroma of the pineapple juice he was vaping it sparked an interest within me and gave it a try. that was on a Friday and by that following Sunday I was off the cigarettes and vaping and haven't looked back since. 4/4/14 was the day I started living again.....If I can do it so can a lot of other people and I let everyone I come in contact with that expresses the desire to quit smoking know my experience!

7/7/2015 6:57:38 PM - marshall simpson

When I was only about 10 or 11 I lived in a really bad place in town, I always hung out with older kids and I would pay them to get me cigarettes. Bye the time I was 12 I was a pack and a half a day smoker. I could not go less then a hour without one. When I was 14 I started to play football and I was really good at it. But when I got to high school as at freshman I was on variety and the stress of school and football I started smoking more and more. At 16 I was a soft more I started to feel like it was hard to breath I was doing bad in school so I dropped out and got a job. And there was a vape store right next to my job so I went in got me an innokin itaste clk 1280 and a protank 2. And that was 6 months ago and I still have a half a pack sitting on my desk I left it there to let me know that I don't need them anymore. I'm 17 and feeling better than ever

7/4/2015 11:49:19 AM - Alex Nestorick

I started smoking when I was 13. * months ago I picked up a starter kit and began my journey to a healthier life. Since then i hav not touched a single cigarette. Vaping has changed my life! I now can walk up stairs and not be out of breath and enjoy doing physical activities and not feel like my lungs are going to explode. I tried the patch as well as other things that were prescribed by my family doctor. Vaping did it for me.

7/4/2015 11:49:03 AM - andy k.

I used an e CIG with 0 percent nicotine and nicoret GUm to quit smoking. I had to quit to get on a transplant list for a kidney.

7/4/2015 11:48:53 AM - Skip

I have been a smoker for 20 years. (since the age of 14) Peer pressure played no part in starting cigarettes, only my curiosity. Then I gradually became addicted! I had to have my nicotine! As cigarette prices increased, I was compelled to seek cheaper alternatives to keep my smoking experience constant. It started out with generic brands. Eventually, I found out that rolling your own was way cheaper and it became my calming companion for over 15 years. When it came down to dealing with the couching fits aggravated by smoking non filtered roll-your-own menthol cigarettes, the high blood pressure, something was evidently clear..... I need to quit this life-threatening-addiction NOW!! I tried using patches; gum; even cutting back on the number of cigarettes. Still smoking.

I have discovered the e-cig around the age of 34. The proposal of enjoying a safer alternative to nicotine got my attention quickly! Anything to get rid of those painful coughing fits from smoking. I started using the cigarette style e-cig with the disposable cartridges at the highest nicotine strength. Now I use a high end battery mod and a rebuildable tank atomizer that delivers my nicotine vapor the way I like it.

When i first started e-cigs, my e-juice nicotine levels were at 36 mg. (age 34) One year later, I stepped down the nicotine levels to 24 mg. (age 35) One year later again, (currently) I am now vaping e-juice at a nicotine level of 18 mg. soon I will be nicotine free by age 40.

When I first received my e-cig kit, i was still rolling my own menthol with no filters. I used to go through a pound and 6 oz. per month. I had a half pound of tobacco left when my e-cig kit arrived. As soon as the batteries were charged, i started vaping. Anytime I desired a smoke, I just kept on vaping. Then something miraculous happened.....

I NEVER HAD ANOTHER CIGARETTE!!!!!! As long as I had the alternative of vaping, I never needed another cigarette. That's it. No mixing a bit of both, just pure vapor. I was amazed that after a month of vaping, I still had the half pound of tobacco and some rolling papers. I gave them to my dad who will never quit. I would say that this might not be the case with anybody but it depends on how long one has been a smoker, how strong the smoke, and the willpower to seek safer alternatives.

I have been smoke free for over 2 years! That's right, not a single smoke for the period I have been vaping. As long as I step down on the nicotine levels every year, I will have quit nicotine by the time i reach the age of 40. Since about a month into my vaping, I noticed my sense of smell and taste improved a lot!!! No more coughing fits that hurt my chest, and lower blood pressure. I also had more energy due to having a better breathing experience. I strongly recommend that vaping should be an option for those who need help quitting cigarettes.

I now have a message for the FDA... DO NOT MESS WITH SOMETHING THAT IS HELPING PEOPLE LIVE BETTER LIVES. I BELIEVE THE WOULD-BE BANS ON VAPING WILL ONLY SERVE THE "BIG TOBACCO" COMPANIES WHO ARE LOOSING REVENUE DUE TO THE MASSIVE SHIFT TO A SAFER NICOTINE EXPERIENCE. THOSE COMPANIES KILL MILLIONS A YEAR TO MAKE A PROFIT AND I BELIEVE THEY ARE LOBBYING THE FDA TO GET WHAT THEY WANT!!!! BOO-FRICKITY-HOO!!!!

We must intervene. Before all our choices are made for us..... PUT THAT IN YOUR PIPE AND SMOKE IT!!!!

Thank you for your time, I hope this helps. Namaste

7/4/2015 11:48:27 AM - Chris

I have been a smoker for 20 years, and vaping made me quit.

I started vaping a year ago, and i still do it as i enjoy it.

I realised how bad smoking was a year ago, but yet i could not stop.

I tried everything, really everything.

I started with a disposable and back then, that was decent and it was pretty enjoyable, i later got an ego and that made me quit completely.

A little bit later i got into the mods and all the atomizers, right now i am using an Vamo V5 with a Aspire Nautilus Mini (Works so good)

I am a way happier and healthier person now, so i think it should stay as it's positive for the health of a smoker.

7/4/2015 11:48:17 AM - billvapes from binghamton NY

i smoked cigarettes since i was 21. i have been vaping since the end of 2014. i started off by walking into the local vape shop and asking where i should start. i ended up buying the EMOW and have since moved onto mechanical and better regulated mods primarily using a dripper. i have not touched a cigarette from the day i tried vaping, not even to see if i still liked it. i have also stepped down the nicotine level in my e-juice from 24 to 6 and no longer get fits. on top of that i have turned my family and friends who use tobacco products onto vaping. besides the health benefits i have also saved a ton of money NY cigarettes prices can be as bad as $10.00 a pack. i can't speak highly enough about this alternative. it tastes great and it's fun for me building my own coils. i'm a huge fan of making any product you can get off the shelf for yourself maybe the juice next. in the past i have tried everything, from the gum, the pill, to the patch to quit this is the only thing that has worked especially if i'm driving that was the worst time for my when i tried to quit in the past. i look forward to the day i drop the nicotine to 0 then i plan to keep on vaping for the flavor. also lets not forget the smell my wife truly loves the fact my coats and shirts don't stink and also my breath ;) now the only stains on my teeth come from coffee. i truly hope our lawmakers don't make any rash decision and i can freely do what i enjoy for years to come.

7/4/2015 11:48:07 AM - Samuel Dorrough

I was a cigarette smoker for 15 years, 2 packs a day. I have been using e cigarettes/vaping for 3 years now. When I started vaping I was using 18 mg of nicotine. I am now down to 3 mg. I can honestly say the first day I picked up a vape was the last day I smoked. I tried quitting cold turkey and the patch, both were unsuccessful attempts. With the use of vaping I can now breathe better, smell better, and have more energy. Vaping saved my life.

I am strongly apposed to any legislation written to ban vaping in the state of California.

7/4/2015 11:47:55 AM - Tory Easterwood

I've been vapeing for 8 months now. I'm much healthier,i don't cough or back up phlegm in the morning any more. I love vapeing and I will never smoke cigarettes again.

7/4/2015 11:47:43 AM - KC

So about the time I turned 16 I started smoking cigarettes; I would say I smoked about a half pack a day for two years... My mom had also been a smoker for about 17 years and when she finally decided to quit and switch to ecigs, her health improved EXPONENTIALLY. After just a month her cough went away, her nose wasn't stuffed up all the time, she wasn't coughing up mucus, she could go up the stairs without getting winded and just her general health improved. Seeing her suffer from the effects of tobacco made me want to make the switch and let me tell you, I couldn't happier that I did; I haven't had a cigarette in probably 6 or 7 months now and I feel better than I have in a long time. I don't suffer from head aches all day or any of the other awful side effects of tobacco. There are THOUSANDS of harmful chemicals in tobacco. There are only FOUR components in e liquid; propylene glycol, vegetable glycerin, nicotine and flavoring. The PG and VG metabolize into sugar and lactic acid (neither of which are harmful) and of course nicotine is addictive, but let's be honest, can it really get any worse than cigarettes? In my experience, I have had nothing but positive side effects from vaping. Smoking is dead and there's a much healthier alternative now and I think it should be embraced.

7/4/2015 11:47:13 AM - Tamera

I was a cigarette smoker for 30 years. I tried to quit several times using patches and gums. The gums didnt work because I was still reaching for a cigarette. Everyone around me smoked so they were always laying around. The patches worked only as long as my local store had silly putty in stock for me to play with (about a month). I went to the tobacco store one day and saw the blu vapor cigarettes for sale and decided what the heck. I bought one and gave it a try... And it worked... Until I lost the little bugger. They were always falling over or rolling away. That may sound like kind of a petty reason for something to fail, but that was my problem. I didnt find all of the lost ones until I had help moving all the furniture.

Then I bought my first vapor pen a few moths after first seeing them everywhere when visiting a friend in Arizona. They finally made it to Iowa. It was kind of harsh to my throat to begin with. But in Iowa, where I lived, I only had access to the liquids the local tobacco store had available. They were only available in a 50vg/ 50pg blend. Even tho they irritated my throat, I kept trying to use the different flavors. But I ended up continuing to use cigarettes as well.

When I moved to Arizona I made some life changes. I wasn't sure how much I actually smoked, how much I let burn away and how much people bummed from me. Before I quit I was going thru about 2 packs a day, however they were going. That first bottle I bought was a 24 mg. 10 ml. bottle of 70vg/ 30pg. Much better on the throat. After a couple of weeks I dropped down to 18mg. and decided I would not use more than four 10 ml. bottles a month or one every 8 days. That size bottle is supposed to be equivalent to about 8 packs so I figured if I could make it last 8 days then I was at a pack a day.

That may seem like a lot, even at that, to some people. But considering that before I started I was using 2 packs a day, that was big for me. A month later I dropped down to 12 mg. and have now dropped down from 40 ml. a month to just over 20 ml a month. I am now about to drop from 12 mg. down to 6 mg. and see how that goes. I do expect a slight increase in use due to the adjustment in nicotine level.

I smoked a cigarette when my son was in town for a week and it tasted like crap, made me cough and hurt my lungs. No more cigarettes for me. I enjoy the flavor of my nice mellow chocolate mint liquid. Ive lost more than an inch off my waist and thighs because I dont buy a lot of junk food snacks anymore. My sweets craving is usually satisfied by my vapor. I am pretty sure than when I drop to 0 nicotine in a few more months I will still use my vape pen for a while. Just because I like the flavor.

I feel like I am walking proof that vapor pens or e-cigs can be effective smoking cessation tools. They satisfy the nicotine craving as well as the hand to mouth habit that made gums useless to me and many others. I can buy flavors I like such as my chocolate mint, watermelon, cotton candy, green apple and blueberry.

7/4/2015 11:46:58 AM - Joe Gilroy

I smoked for 35 years. Tried various ways to quit. None worked including my father passing away from COPD as a result of smoking. Introduced to vaping by a friend. Tried it and did some research. I\'ll not be contributing to the big tobacco companies anymore. Smoke-free for 4 months and confident I\'ll never smoke another cigarette.

7/4/2015 11:46:46 AM - Johnathon Goodman

My name is Johnathon, but I go by J.T. I smoked for the first time when I was 12..sadly. I have been using my mod set-up for over 6 months now, and have been smoke free for 3, I have even cut out nicotine totally. Vape in my own opinion has totally helped me kick the habit, and feel better. Since I've been smoke free I have noticed a sharper sense of taste, smell, and even health. I feel I can breath better, I work better, I feel better. This device has saved my life.

7/4/2015 11:46:33 AM - James W Barron

The Vape industry helped me break a 34 year old 2 pack a day cigarette habit.

Like many others, I struggled for may years trying to quit. I had an easier time , quitting all the other unhealthy things in my life.

I was so hopelessly addicted to tobacco, that even faced with the birth of a CDH (chronic heart disease) infant, I could still not quit. Something i'm not proud of, but in an effort to illustrate how low I had sunk in the addiction, I continued to smoke in the house, around my child(re) even knowing that he was struggling for oxygen

I am celebrating my one year vapeaversary today, July 2nd, 2015. That is an amazing thing, and would have been exponentially more difficult, and likely impossible if financial based regulation continues, without the benefit of making choices without all the smoke and mirror FUD flying around in the media and in the government these days.

Please help give current and future smokers the same freedom I had to make the same choice.

The quality of life now enjoyed my myself and my family is a priceless gift that I would encourage all to be able to experience....

7/4/2015 11:46:17 AM - Gary Walworth

I started smoking at the young age of 13. That was 35 years ago. I tried to quit several times over the last 20 years using gums and patches. I could never go more than two days without smoking. They just didn't work for me.

One day last year I decided I was going to quit through vaping. A vape shop opened in my area earlier in the year. I was able to go into the shop and try different e-liquids to find a flavor that I could stick with. I purchased an ego twist-type battery and a couple of Pro tanks. That was September 6, 2014. I walked out of that shop and haven't had a cigarette since! After 3 months I started to reduce my nicotine. I started at 12mg, and today I am at 3mg.

After nearly 10 months smoke-free, I can breathe, smell and taste! I have more energy. My clothes no longer smell like an ashtray. My car still smells new.

7/4/2015 11:46:02 AM - Damon

My wife, father in law and I where 2 pack a day smokers we starting using e cigs and vaping and we all quit smoking cigarettes our vaping expieremce has been nothing but pleasant

7/4/2015 11:45:25 AM - Rob

I smoked cigarette since the age of 15 and am now 48 years old. I tried everything available on the market to try and quit smoking,but could not quit.

I was smoking a pack and a half per day of cigarettes up until 3 weeks ago when I first tried vaping with nicotine level at 21mg.

I put down my cigarettes the moment I started vaping and now 3 weeks later still have not smoked a single cigarette. I'm also currently down to a 6mg nicotine level.

If not for vaping there is no way I could have ever stopped smoking, I've tried many many times with other options and failed.

After just 3 weeks my smokers cough is gone,my taste buds are so much better now and I breathe alot better.

So many people can't quit smoking with the other options available so vaping is and should remain a viable option for those that want to quit but haven't been able to do so.

I am very confident that I will never pick up another cigarette the rest of my life and I owe it all to vaping!

7/4/2015 11:45:14 AM - Shay McKinley

I will keep it short as I am at a loss for time, but thought this was important for me to leave my 2 cents. The use of electronic cigarettes/nicotine vaporizers has allowed me to complete quit smoking, for a sustained period of time. I feel that legislation should not be allowed to take this option away from the public or make it harder for some to obtain than tobacco.

I smoked for 8 years. 4-5 years ago I tried the old style e-cig vaporizers and quit smoking for a short time but the experience was a hassle and I started smoking again after a month or 2. A little over a year ago I decided to try it again due to the advancements in technology (much more user friendly) and have been able to quit smoking completely for over one year now.

I now use a variable wattage/temp control box mod, with a variety of different tanks throughout the day, drippers, etc. and e-liquid in 6-12mg.

7/4/2015 11:44:58 AM - Pearl Dusenbery

I started smoking at age 14 which was about 22 years ago. In 2010 I bought my first e-cig which had a battery, atomizer and a cartridge which was activated by drawing on it. The cartridge was one that you dripped this gooey thick liquid on cotton and you got about 5 drags before you had to refill it and the battery lasted maybe a couple of hours. Needless to say, I gave up on it pretty quick. I had a $50 headboard decoration (that's where it wound up and is still at to this day). It wasn't until this year when my brother introduced me to mods and tanks that any of it really made a difference in my life. I started out with an iStick mini and GS air tank. It was the first vaping equipment that I was able to use consistently that actually somewhat replaced cigarettes for me. Of course when I checked the authenticity of my new equipment (after I figured out what the scratch off thing was for) I found out about bigger tanks and mods. I was hooked. I now have 6 mods 4 tanks and 4 RDA's one of which is a temp control device and I'm sure that as new technology becomes available I will upgrade but only if I can afford it. I started out at 24 mg of nicotine and am now down to 3.

I used to smoke 2 packs of cigarettes a day and after only a month of using this equipment I am down to 5 cigarettes a day and am cutting back more and more. I expect to be completely quit in a couple of weeks or less. This is amazing to me because I have tried everything in the past to try to quit. Cold turkey, nicotine gum, the patch and even hypnosis. Nothing worked until now. I have no will power and the hand to mouth addiction was my biggest hurdle and vaping has helped with both the nicotine and hand to mouth addictions.

My quality of life is so much better. I can walk from the house out to my horse barn and get a horse out and brush and saddle them and go straight to riding without having to stop for a break to catch my breath which annoyed both me and the horse which means that my horses are much happier which makes for a much easier ride.

I also no longer have asthma or bronchitis which I suffered tremendously from. X-rays and auscultation both reveal that they are completely gone and my doctor said that some of the scaring caused by having bronchitis consistently for the last 10 years is starting to heal which he believes is from the propylene glycol that is in the e-juice I now use.

My husband of 17 years who used to smoke 3 packs a day and has a very serious pneumonia that will never go away and was originally expected to kill him which kept him on 2 liters per minute at rest just to be able to breathe. He has completely quit smoking and has been able to put down his oxygen bottle and has actually coughed up things from his lungs that the doctors thought would never come out which they have credited to the e-juice as well meaning that he will be around longer than they originally expected and I owe it all to vaping. In a way you could say that vaping has saved his life

and now we have a chance to make it to 50 years of marriage instead of just hoping for 20 years.

7/4/2015 11:44:45 AM - Patrick

I started smoking cigarettes when I was 14 years old. I went to a rather big school, it was so easy for me to get a pack. I started out smoking being a "social smoker" but I fell in love with it. By the age of 18 i was almost a pack a day smoker. I attempted to stop 3 times and failed each time. I got my first vape as a 19th birthday present from a buddy of mine (who had been vaping for a few years). After my first week with my new vape I was completely off of cigarettes, this was the first time I had succeeded at my goal to quit. I kept vaping, I kept upgrading, and now here I am at the age of 22 still vaping and I love it. Right now I'm vaping on a Eleaf Istick 50w with a Kangertech suptank mini. Unfortunately, us vapers are facing this ridiculous bill to make vaping illegal. We have to fight this bill to continue our awesome hobby and to give smokers an opportunity to quit just like me.

7/4/2015 11:44:13 AM - Dale

I have been smoking since I was 17. I am 45 now. I generally went through a pack a day. When I was at work almost a pack and a half and on my days off I was at half a pack. When my wife (who smokes) became pregnant about 3 years ago, (she quit during the duration of her pregnancy but started right back up once she walked out the Hospital door). I tried to quit using the traditional e-cig (I tried the e-Blue cigarettes, didn't matter which level they were at, I still needed my regular smokes). That lasted about a week. Previously every thing I tried from the patch (which made me moody, kind of like a roller coaster) to welbutrin (which helped me with my panic attacks but not with smoking). They had all failed.

Between then and now I had been looking to quit but nothing worked. I meant to check out the local vape shop in the area, but I got lazy. This past Memorial Day 2015 I was bored and at work. I went through 2 packs of smokes and the next day I decided it was time to quit. So I went to the local vape shop and they hooked me up with an eGo One. I went down to 4 smokes a day. A couple of days later I invested into a Kanger tank and ended up going with an iStick 30. Within a week I went to 0 cigarettes. My wife handed me a cigarette a couple of days ago and I basically threw it out. She said that she was proud of me (if that didn't feel good). She is still smoking needless to say.

I am tobacco free and it is nice that all that stuff I used to put into my lungs are now gone. I still have a nicotine level of 9mg, but the nicotine has more pros than cons, (I found this out when my wife quit for the pregnancy). Do I still crave a cigarette? Sure, I wouldn't be human if I didn't,

I see all this regulation stuff going on now and it upsets me (as with anything political), a lot of people need to educate themselves, examine what the people in power are doing, and pass on what they have learned to these people of power.

7/4/2015 11:43:52 AM - Mark

I've been smoking since the age of 12, over the past few years I've been smoking more, and more.

Recently, i've been having trouble breathing, sleeping and walking. With my 30th birthday coming this year, I told my self i have to quit. This cannot go on.

I recently got a Kanger tank, and Eleaf Istick battery, and I've gone from 2 packs a day, to 1 to 2 cigarettes per day. After the first 3 days, i noticed a significant difference in my breathing and sleeping.

I was directed here from a You tube video, after hearing that, of course, the FDA and the Government is trying to step in and do their thing with Vape products.

I say this to the American Government: Instead of letting big tobacco line your pockets, listen to what the actual people want. The PEOPLE, who elected you, who put trust in you to do the right thing by them. Instead of backing big tobacco at every turn, squash them for once.

Having been a heavy smoker who has tried EVERYTHING to stop smoking, for this one thing to actually work, and now you want to hand control over to big tobacco, to let them call the shots only because they are loosing money? GOOD! Let them loose money, let them go bankrupt. It will keep the people who YOU took an oath to protect, defend, stand up for, represent, and support, healthy. It will keep them active. Most importantly, they will live, long and happy lives, without needing chemo therapy, lung transplants, heart transplants.

Mark H - North Carolina.

7/4/2015 11:43:38 AM - 5card stud

I smoked around 40 yrs. I was always having breathing issues. I tried everything over the yrs. and I do mean EVERYTHING. Back in 2009 I saw ecigs online and thought ok, I've tried everything else so I got one of the little ones that resemble a cigarette. I first thought no way am I going to quit with these. I gave them an honest try though and one day realized I hadn't had a cigarette in a week. That was something I had never been able to do. The thing that really sold me was my Otolaryngologist appt. My doc said "What have you been doing?" I figured oh oh he's going to be upset. I told him I was using ecigs and ask if they were bad for me. He said "Your lungs and bronchial tubes are completely clear". That was a first. He wanted to know all about them. That was over 5 yr.s ago since my last cigarette and it was the best move I could of made health wise.

7/4/2015 11:43:25 AM - Bonnie Pascarella

I have smoked cigarettes for over 40 years, I tried patch, Chantix, Wellbutin and may other methods to stop smoking, over 2 years ago I decided to try vaping. I have not picked up nor do I desire to smoke cigarettes again. My health has improved and feel that this method of using e-cigarettes has given me my life back.

7/4/2015 11:43:15 AM - Lisa L.

I smoked regularly for 30 years. I liked smoking; I admit that. But knowing the health concerns, I tried to quit. And failed many times. Zyban didn't work; eyes propped open all night! Patches somewhat worked for a few days until I craved so badly that I would go immediately to the store like a crazed woman and buy a pack. Gum? That seemed to make me sick to my stomach and didn't work anyway! Even tried Champix-that gave me disturbingly horrible nightmares and I still couldn't leave cigs alone.

Then, I was introduced to e-cigs with clearomizer, batteries and juice. I listened, researched and bought my own. As of May 7th (2015), I have been tobacco-free, and I shocked myself yesterday when I said to my 17 yr old son,"I never want another cigarette (analog) ever again!" And I meant it! Why anyone would want to continue smoking tobacco cigarettes when you have such a wonderful and tasty tobacco-free alternative is beyond me! I plan on slowly bringing the nicotine level down (I'm at 12 mg right now) to 0mg and then continue vaping until it just eases off. And this time, I know I can stick with it!

7/4/2015 11:42:59 AM - Jerry

Hello

I am writing this today to share my story , I have been a smoker for 10 years I smoked about a pack every day and a half, Sometimes more, My Father and Grandmother both died from smoking related causes. I have wanted to quit for a long time but couldn't find the right way or a way that works for me. I tried the patch, going cold turkey and the Gum etc. The longest I have gone without smoking up until now was like a few weeks but I would get one cigarettes every so often in that time so i really didn't quit just cut back. After learning about vaping from others I went to my local vape store "Vape Zone" they helped me understand everything about vaping and about the different systems. I have just upgraded from a stick battery to a box mod and I have not smoked a cigarettes in a little over a MONTH no one cigarettes here or there nothing Totally smoke free. Vaping has made it easy for me to quit the habit of smoking, it provides a better and healthier approach, I am taking in less Nicotine than a normal cigarettes and soon will be off Nicotine all together. I really feel like I have a good hold on quitting smoking and Vaping has Definitely made this possible for me when all other options have not worked. I feel better I can breath better and I have overall better feeling about my life now that I am not killing myself by smoking.

7/4/2015 11:42:45 AM - Jay S.F.

This is my personal story:

I have smoked off and on since I was young, I know cigarettes are horrible for your health, that is why I stop and start so often. I have been working overseas for about 10 years and sometimes the stress of being away from the family and dealing with the daily threat of attacks, can really weigh you down. I turn to cigarettes and cigars to break the monotony and lower the stress. To someone who has never smoked a tobacco product, might not understand why someone would turn to smoking to reduce stress and to "get away" from it all for even a short few minutes.

Well I discovered Vaping about a year ago and have not once felt the need to smoke a cigarette. I think this is wonderful, most of the time I use a nicotine free e-juice when I vape. It is just the act of vaping that calms me and allows me to sit back and take a moment. I just let my mind go blank and forget where I am, even if just for a few minutes. The amount of stress I feel is gone, and I can head back to the thick of it all without feeling overwhelmed. The best thing of all is I don't stink of cigarette smoke and I don't feel horrible. With vaping I get the release I need and little to no side effects. I feel better, the people around me don't have to deal with the smell of cigarettes, and I can choose to use nicotine or not when I Vape. I mix my own e-juice to save money and to know exactly how much of everything is going into what I vape. From high grade and organic base solutions, to all organic flavor concentrates, to lab made and tested high quality nicotine solutions. I add what I want and of how much I want, now can you say the same about cigarettes or cigars.

Now to answer some questions:

I have smoked off and on since I was young. At this point that would be about 19 years.

I have been using smoke-free alternatives now for over a year.

I have tried all kinds of things, from cigalikes to full on Rebuildable Atomizers. I mostly enjoy the ones in the middle. A well made battery mod, with a tank and rebuildable coil. The type of e-juice is either nicotine free or very low, around 2% to 3%.

I had tried in the past to use other methods of quitting smoking. It wasn't the cigarettes that made me come back again and again. It is the act of taking time out, and for me there is nothing like "smoking" and in my case now vaping. The gums and patches would never help, I am not in it for the nicotine. I truly just enjoy the "smoking" part of it all.

I have to say that so far in the past year there has been a major improvement in my health, I have not gotten a cold in over a year. I don't have to worry about sore throats and coughing in the morning. I don't smell like an ashtray all the time, so that is a benefit to everyone around me. Overall so many positives, and truly nothing I can

complain about. Oh and the cost over all is less for vaping then it is for smoking cigarettes. That and no more cigars, and those things are insanely more expensive. I have spent the same amount on one cigar as I have for a complete vaping starter kit and a months supply of e-juice.

In closing I feel it is my duty to report that vaping has improved my life, I can get away and relax have a "Vape" and not have to worry about all the nasty things that comes with smoking cigarettes.

7/4/2015 11:42:14 AM - VapeBill

I am an expat living in Bangkok, Thailand.

The Vaping Laws are so gray-area here,

no one really knows the vape science, and making the lawmakers understand

the goodness / badness of Vaping is like making chimps understand calculus.

So i feel, easiest way is to lobby in US for vaping rights;

and if US passes bill to legalize open tank Vaping.

I guess Thailand will also pass bill.

Till then its heyday make money for the gray-market folks selling Vaping stuff here.

and ScruYouMuch days for vapers like me who pay an arm & leg to get vaping stuff

:-(

My smoking to Vaping story is pretty much the same as everyone.

none spectacular, one could just pull any AverageJoeVaper's story and copy paste my name onto it.

:-(

7/4/2015 11:41:35 AM - Henrik from Sweden

Hi,

I've been smoking tobacco since the age of 13 till about 3,5 years ago(I'm 38).

It was then I found the first type of E-Cig.. Directly found that smoking tobacco was nasty and that the E-Cig, tasted better!

Since then, I haven't taken one draw of tobacco into my lungs!

If the politicians are that nervous about the loss of income, due to missed tobacco-taxes and so on..

Then their and the media's "motive" is that they're just greedy! ..and that they doesn't see the big picture!

"The big picture", well just one is that if more people started Vaping, instead of using tobacco products. The savings that will be done! (for the person in question, money and health!) The savings for the hospital bills! Due to major drop of cancer cases, and other nasty diseases that regular tobacco smoking produces!

Sure I'm using nicotine, but as a former chain-smoker ~2 packs every day!? Make and blends my own E-juice since a while and I'm on 3 mg/ml nicotine(!)

I have now the sense of smell & taste back, and no longer coughing up my lungs every morning!

Fight for the freedom, that made your health better! (That sentence sounds screwed up, when you think about who's wanna stop us getting better!?

The ones that should watch our backs, for our best interests!)

Best regards, to my community! The "Vapours" that works for our freedom to get better! Also the politicians, you must think about what is coming around the corner, not just what's going on now!

Bigger picture please, and read reports from labs rather then reading/following the media! That probably has shareholders who owns..?!

Again, BR from Sweden!

Henrik

7/4/2015 11:41:20 AM - Zachary MEIN

I started smoking 4 years ago and doing hookah before then , then after I started vaping I went through the different levels of vape hardware and found out rebuildables are for me to get my ciggarete needs and hookah needs taken care of and ever since a month ago I haven't been vaping nicotine that much at all and it's made me healthier and happier with my life .

6/29/2015 1:32:16 PM - Jordan Peterson

I think that this will pass I hope vaping industries won't be shut down. know I agree with the bill to change the grandfather date for the vaping products. For all those that are older then me should help out. Although people are saying vaping ain't healtheir. Will it is more better then actual tobacco products. I started gaping when I was 15 and know I'm 17 . I use a box mod with 21 or higher nicotine level. I still smoke vapor and always will. Although it is a bad habit to start smoking at a very young age vaping actually helped to keep away from aactual cigarettes. And I wish that vaping and Flabored e-juice should be not illegal in all states.

6/29/2015 1:32:00 PM - Robcig_M

I smoked since I was 13. That made 40 years of smoking. Been vaping since Dec 1st 2013. Took me just ONE day to quit tobacco totally- as soon as my first vape mail arrived. I wanted to quit for very long time. To quit I used hypnosis (which was not bad =13months abstinence) and zyban/wellbutrin (didn't work and I had suicidal thoughts+two trials).

After 31 months of vaping my physical activity is high again. Can walk very fast and run without quick fatigue. Can long play with my granchildren. My sense of smell is back. No seasonal illnesses like flu or they just last for maybe one day.

Can again concentrate on work for over 4 hours and quite often even forget to vape. Have cut the nicotine in Lq from 18 to 12mg/ml.

I am an advocate of vaping in Poland not linked to neither vape industry nor merchandise. Aware that vaping has powerful enemies, yet strongly believe We must prevail as the real science and truth is with us. So that ppl who still smoke have a real choice.

I actively promote the international M.O.V.E. initiative for medical/science professionals to support vaping as a much safer aternative to smoking.

https://sciencecig.wordpress.com/

6/29/2015 1:31:37 PM - Rick Hacker

I gave my first Testimonial on June 12, 2015 Just a couple of weeks ago. On Monday the 22nd of June I bought my mother in-law at the age of 75 and smoked for 60 Years her first Tank and Battery. She Really likes it. Her first day of use she had one Cigarette. I think she will be a non smoker with the Rest of us. Another success story in the Making. And of course she has tried every thing in the past to quit with no good results.

I have read just about all the testimonials this site has posted. allot of them say please don't take away my Juice or Vape. The FDA and our State Gov. Don't care about your health Please keep that in mind. all they care about is Taxation. in order for them to Put a Mega Tax on Juice or Vaping they need to Regulate it. and the only way to Regulate it is Make it look Bad no matter what the real Truth is. Once they figure out a way to put a $3.00 Tax per Bottle of Juice they will go away. Your Health is in your hands They don't care. So keep Vaping and getting Healthier. I am !!!

6/29/2015 1:31:18 PM - Brian

I smoked for 15 yrs and quit 2 yrs ago. I've been using smoke free alternative for 2 yrs and I can say I feel 100 percent better about my health. I started using a 6 nicotine level and now I currently use no nicotine and basically do it for flavour. I use no tobacco products this has helped me a lot. I've tried the patch, gum and chantix. And none of them have worked. My parents absolutely hate smoking but they don't mine the ecigs. I use ecigs, mods and mechanical mods. There has been no negatives about smoke free products infact my doctor approves it over smoking.

6/29/2015 1:31:08 PM - Amy Hamilton

After over 25 years a pack a day smoker, vaping is what finally helped me overcome it. For the first time in my life I'm smoke free and have been for just over 3 weeks now. I went from a pack a day down to 5 cigs then down to NONE in just under 2 weeks. Tried everything to stop, patches, gums, cutting down, and nothing worked except this. Feeling better, sleeping better. Loving the smaller cost and enjoying it immensely. Using both Ego and Kanger VV batteries with a Protank mini, Aspire Nautilus mini and a small clearomizer for a stilt of my stronger flavored juices.

6/27/2015 10:51:54 AM - Shawn Benoit

I am an ex-smoker of 4 years now and know that as soon as I cannot Vape I will be forced right back to seeking alternatives, namely tobacco. I have tried the gum, the patch, and Chantix and none of those things helped me quit. I am an educated individual and can think for myself. I did not enter vaping lightly and only after much research. Vapers are typically health conscious individuals looking for alternative methods to not only alleviate the physiological cravings for nicotine, but people who would otherwise miss the sensation of smoking. Vaping solves both those issues while giving us a safer alternative to smoking. I am a far happier individual now who has less health issues. My allergies have all but dissipated and almost never have to be seen for a doctor for sinus infections which was a very typical thing before I quit. I am adult capible of making sound decisions please support my choice to vape because without it I will surely be back to cigarettes and with my family history that would likely be a grim future.

6/26/2015 9:48:33 PM - mary bell

I just found I cannot get vaping materials anymore from my company through the mail. So now what am I supposed to do? Smoke again??? Go to the convenience store and buy some cigarettes? Because the cigarettes certainly are available! I don't get it. Who is so majorly affecting our lives and why does anyone have the power to do it? I have kind of been in the forefront of vaping because have been for almost three years now. I used to sit and cry in my home office because I was at home and could smoke all day. I was so sick and tired all the time and could not quit. I have been happily vaping for almost three years now and consider it a miracle and that I am so glad to be in the modern time that we have vaping available. I really consider it a lifesaver. I am so much healthier - I could feel it immediately the first day. I guess now "big brother" has come into my home and told me that I cannot get access to my vaping products anymore - is telling me that they are putting a big bar over my door and my state to not allow vaping anymore. What???!! These people are crazy. I guess they prefer me to smoke cigarettes. I am VERY VERY offended! Unreal! Please get real and leave well enough alone what is not being understood.

6/26/2015 9:48:08 PM - Eddie Scott

My name is Eddie. I have smoked for 23 years. I have copd and was unable to quit smoking. I used the gum and the patches and all the products they say help you quit. But now I have been smoke free for over 8 months. I vape, its more a hobby now, I like to blow clouds, I vape with no nicotine. I remember when I started smoking you could smoke any where. But now to take away something that brings help good and happiness is wrong. Some people dont like smoke in a restaurant or bar. What else needs to be taken away? I dont have kids but i dont like hearing crying kids when I go out to eat but should that be made illigel???

6/26/2015 9:47:54 PM - HeeHooHighHooHowl

I started vaping about a year and a half ago in order to quit a consistent pack and a half habit that was constant for 32 years. I tried Chantix and couldn't handle the heeby jeebies. I tried patches and both the Kung Fu kick and time release Welbutrin. At first I was skeptical about vaping, even cynical to the point of going back to the old "easy" habit. With accurate research and with the help of a local vape shop owner, I found out the truth, despite being inundated with media pablum. I found that after the huge influx of European Immigrants, PG was misted in some of the NYC Orphanages in a time when Whooping Cough and respiratory disease was rampant. Quite a significant success rate. I was also profoundly impressed to find out about Jim Oliver aka "Runner X" who ran the NYC Marathon while vaping. Pictures to prove it... y'all check it out. Impressive advocate, enough to convince old hard headed me. Sold! I must say that I don't have the stench about me nor the adverse physical side effects from smoking cigarettes and feel fantastic! Heck, I run at least one 5K a week now. No urge to relapse and life is getting better all the time!

6/26/2015 9:47:30 PM - Sina

Started smoking at the age of 10, hookah mostly. Its been near a year since ive been vaping. Went straight into VV/VW mods and learnt ohms law both in school and outside. Started with 0mg and till now I dont like nicotine. Never smoked after I started and ask my family memebers to stop smoking. In Iran there arent any ecigs apart from ego batteries which have a burnt taste. Had to order my stuff all the way to America then to Canada, after that I had a family member bring my stuff here. Took around 4 months to arrive. Mainly started smoking hookah for clouds and tricks so I could care less for nicotine. So thats my story.

6/26/2015 9:47:20 PM - davidindelhi

I have been a cigarette smoker since the age of 14 until November of 2014, making me a

two pack a day smoker for 40 years. After trying every alternative from prescriptions to quitting cold turkey for the past 15 years I have beaten a terrible addiction. I found a good vaporizer, a good e juice (with nicotine) and since that day last November I have had not 1 tobacco cigarette. Now 7 months later (June 2015) am down to the lowest level of nicotine available, feel great , and have my Doctors blessing at continuing at the level I am at. This is actually enjoyable to me and I have found it to be non invasive to others at this point.If my rights to use this were taken away I would be so angry I am not sure how I would react. I have also convinced 2 other long term smokers to follow my lead successfully. I will unite and help anyone who is in favor of enjoying themselves and becoming healthier at the same time. Even if I did not quit 100% the cigarette use would have dropped dramatically. I thank anyone and everyone who will take the time to read my plea , and accept what I am saying. Thank you.

6/26/2015 9:46:55 PM - Jeff Tjernagel

Over the last 4 years I've tried numerous time to quit smoking using all the name brand products. Nothing worked.

Two years ago and about $2,500 I found a Vaping device and juice I liked and haven't smoked since.

It was a costly journey for me but well worth every penny.

Stop the governments trying to tax eproducts for additional revenue!

6/26/2015 9:46:46 PM - Deborah Robson

I was a smoker for 30 years and had tried to quit many times. During this time I developed C.O.P.D which still didn't stop me. Then I was introduced to the e-cig, I thought I would try it....I started using 32mg of nicotine , but still kept a pack of cigarettes in my purse, just in case I needed them . After about 3 months I went down to 18mg ,,then it was 6mg. its been a year now and I have been a non-smoker for over a year. My oxygen level is 95% now, I contribute the electronic cig to literally saving my life

6/26/2015 9:46:31 PM - Jeremy Sewell

I am a U.S. Military member who smoked for 15 years. I first came across "E-Ciggs" in 2010 and thought this was quite funny."An Electric Cigarette"HA!! But after trying it out for a few months to my surprise I noticed that the transition to being a "Non-Smoker" was not as difficult as I thought it was going to be! Having no interest in quitting and after using this device I decided for myself that getting off of cigarettes was something that i wanted. As many people understand that "quitting" is difficult and many people tend to come up excuses for why they go back to smoking. IT'S NOT WITHOUT A

DEGREE OF SELF DISCIPLINE! You do have to want it and light a fire under your ass from time to time. My thoughts are nothing is going to quit for you! If you want it for your self you have to take charge. Getting my first vape gave me that enjoyment of the social interaction without smelling like an "Ass-Tray". I haven't touched a cigarette in 4 years and will never look back.

6/26/2015 9:46:23 PM - Ezwan Azizul

Been smoking since i was 14. The few final year of smoking, i was on 2 pack a day. Cant really jog or play sports as i would get exhausted easily. 2012, i was introduce to e-cigarette for the first time and been a user ever since. (Been a smoker for almost 10years) Better body odor and breathing improve tremendously. Jog is no longer an issue, On a 5km jog once a week. Hitting the gym for hours and my stamina is back. Still on e-cigarette but i have drop down to 0-3mg nicotine. Enjoy it during my leisure time mostly.

6/26/2015 9:46:08 PM - Cory

I have smoked for 11 years, and I have now quit smoking cigarettes with vapor. I decided to give vaping a try after learning of a dear friend who has recently come down with throat cancer and my grandmother has just been diagnosed with lung, liver, and colon cancer. I have not had a cigarette for a month and a half and I do not have the "want" or craving for a regular cigarette at all anymore. I love the fact that you can still get your nicotine without the abundance of chemicals / carcinogens that big tobacco has in their product and you can step down the amounts of nicotine in time, This is the best way to quit in my eyes. KEEP THE VAPE ALIVE!

I have been using a starter kit vape pen, but tomorrow my box mod will arrive and I will be using the KBOX mini with the subtank mini and am thinking about getting an RDA for it as well.

6/26/2015 9:46:00 PM - SpaghettiBeans

I went from 2 packs a day to non in a few months. My lungs have cleared, my skin has improved and I can run without coughing my guts out.

Please don't outlaw vaping.

6/26/2015 9:45:49 PM - duketx2010

Hi, I started smoking at 14 and I am now 40. My choice of cig was Marlboro red's and I never thought a device would ever measure up. So after smoking for many years and after trying the patches,chantex, and even smokeless tobacco I bought a vaping device. The thing is at that time I was not trying to quit smoking, I just wanted to try out the vaping seen, and it was something I could use at work. As time went on I found myself using the device more often and at some point I sat the pack of smokes down and never picked them up again. It has been a year and a half and I am a believer in these vaping devices. With each Doctors visit my oxygen level was going up and that is scientific proof that my health improved. So yes I will fight for my right to vape!

6/26/2015 9:45:41 PM - Brendan

I've battled with quitting smoking for the past 6 years, where I have quit for over a year and then a few months here and there. I would cough all the time, my chest consistently felt tight, it was nearly impossible for me to do any cardio exercise without feeling like I was about to keel over. Then I started working with a group of people who use them regularly. Granted, some of them still smoke, but the ones that did replace smoking with vaping swear by it and told me it was definitely worth it. I made the switch and I couldn't be happier. I don't stink when I'm around my kids (I still don't do it in the house just in case... but by the sounds of it, it's safe) my lungs are getting much deeper breaths and I have no issues with taking my dog out for a run. I've been saving a lot of money with it, after the initial buying of the battery/tank, 20 dollars worth of juice will last me 3 times as long as 20 dollars in cigarettes, which is less than 2 packs of smokes now. Until someone finds something horribly unhealthy about the e cigarettes, I'll be using them, and tobacco cigarettes are now completely dead to me. I couldn't be happier with the change I've made.

6/26/2015 9:45:31 PM - Sara walsh

It has been ten years since I started smoking cigarettes. I had quit dozens of times without success. I knew I hated the way I felt from smoking, but I hated the way I felt without them even more.

With cold turkey methods and nicotine replacement therapies I had a modicum of success. I would go a few months before inevitably returning to cigarettes in times if stress.

Finally, I had a better option. I started using a vaporizer (kangartech evod). I started off with dual use for about 8 months, cigarettes and vaporizer. With this method I slowly weaned the number of tradition cigarettes I was consuming in a day. Then I completely stopped smoking altogether.

It has been 7 months and counting since my last cigarette. The effects have been immediate and substantial. I can now breathe normally, I can take a deep breath and feel the air filling my lungs fully again. I do not get fatigued when doing regular activities anymore, and most noticeable is my skin color and circulation. I am pink instead of this gray-blue color, and my skin is warmer to the touch. And I am motivated to continue on this path in seeing these results.

Not only do I physically feel better but I have more money in my pocket because I am not spending anywhere near as much money on cigarettes. I do not panic anymore either because I know if I ever have a craving, I have a safer alternative than ever going back to cigarettes. I have weaned down from 24 mg to 18mg and now 12mg over the course of the past 6 months. People have said "why don't you just take chantix"? For people like me, psychiatric issue run rampant in the family. My brother has attempted suicide, and have parents who suffer from major depression. I myself have bipolar disorder and would not be eligible due to the risks medications like this would pose. For those like me, who have tried quitting cigarettes to no avail, I truly believe e cigarettes are a safer and more successful alternative. The hand to mouth satisfaction as well as seeing the vapor helps the mental aspect of quitting unlike a nicotine patch or gum.

6/26/2015 9:45:22 PM - Jennifer

Hi my name is Jennifer, I smoked menthol cigarettes since I was 18 years old. I am now 25 years old. I quit smoking cigarettes for about a year. I actually quit smoking cigarettes off of the 400 puff vapor ciggarettes you get at a gas station. As that became more expensive because each time I would go out I would have to buy one at about $10 it became expensive so I made an investment to get a rechargeable ego style vape. With a vaporizer pen I was able to stay away from purchasing cigarettes because cured my craving. I started vaping at 6 milligrams of nicotine. I've reduced myself down to 3 milligrams of nicotine. I currently vape 0 milligrams of nicotine. I don't crave my vape, it is of no addiction. Out about an on the town with friends who smoke I have it on me to fight the urge to maybe just want that one cigarette which leads to buying a pack which leads to smoking again. Having my vape has certainly kept me away from smoking cigarettes. I think that the invention is pure genius and far greater then any medical trial to quit smoking.

I enjoy my vape. It definitely comes in handy through these times of great stress when mentally you revert back to "man I need a ciggarette" after being a smoker for the 6.5/ 7 years I did,as a human, as a habitual creature having my vape has saved me numerous times even now at zero milligrams. Some people say "oh well they're just as bad for you, you're still inhaling something" whatever. For every argument that they are bad for you there is one argument that they are indeed not bad for you. I would have to say that they are better for you than cigarettes most certainly so therefore I do not agree with the hype. This is revolutionary in my eyes and I say I rather these few ingredients than the thousands of chemicals in a nasty cigarette that made me feel terrible. I no longer smoke cigarettes I have been cigarette free now for quite a while all thanks to vaping and which I don't use near as much as I ever smoked. So I would say the ratio in my better health is greater now than before. I can Most defienelty feel the difference. When smoking cigarettes, if I were ever to have a good hearty laugh, sometimes I would start coughing. Sometimes I would cough to the point of gagging and actually throwing up. Since I have quit smoking, I can laugh until I cry and none of that happens. It is such a rewarding feeling to know that my lungs have certainly rejuvenated themselves impressively. All thanks to vaping helping me get away from smoking. I am pro vape.

6/26/2015 9:45:11 PM - Ethan

After using smokeless tobacco from a very young teenage I recently was able to find the safest alternative to that. Snuff,dip etc was my everything until I started vaping. I noticed cleaner teeth, fresh breath, feeling better all the way around. After 6 years of dipping snuff I came to the constant thought of I need to quit and once I did I never became any happier. I began vaping with a pen. Then wanted more flavor so I got a mod a year ago and began to notice how much nicer the flavor was. I used a Manhatten copper mod with an onslaught rda as my second alternative. Recently I lowered my nicotine level from 18 to 3 and haven't felt this great in a long time. I feel better about buying ejuice then a roll/log of snuff. Yes it gets expensive because I experiment with vaping and mods but it is entirely safer then the media had proclaimed it to be. I will continue to lower my levels until I get to a 0 nicotine level but I will continue vaping

6/26/2015 9:44:26 PM - hawger03

I smoked for approximately 38 years and found that a friend of mine had quit smoking and took up vaping. I'm a divorced father and also found that my daughter did not like coming to my house because of the lingering smell of tobacco smoke. I did tons of research and determined that electronic cigarettes was a viable and far more healthy alternative to smoking. Since I did my research I started on a small box mod and a small tank rather than the cigalike e cigs that many start on. Within one month I had grown out of the starter area and upgraded to a 50 watt variable mod, rebuildable atomizers and sub-ohm tanks. I started a 12mg nic and before one 15ml bottle was gone I switched to 6mg and now, at 4 months smoke free, I'm down to 3mg nicotine. I think what kept me off cigarettes and on vaping was the fact that my senses were being satisfied. I had tried the patch and pills but got no satisfaction out of those methods. I'm not a gum chewer so I knew that wouldn't do the trick either. The fact that I can stick a device in my mouth, fill my lungs with nicotine vapor and exhale something that looks like smoke is key. Habits are had to break and only a full satisfying warm vape from a device that is similar to smoking ticked all of the boxes. I satisfied the hand to mouth thing, could inhale and exhale something that feels similar to smoke and the craving for the nicotine that I had become addicted to. I'm happy to say that I really have no cravings for lighting up a cigarette and have to credit my friend and vaping for getting me off of the combustible form of nicotine addiction. Now vaping has become a fun hobby and I enjoy device and juice reviews to keep me up to date on the latest devices and flavors. I suppose you could say that I've gone into the hobby phase of vaping while still staying off of cigarettes. I'm very happy I made the change, I feel better, breathe better and my daughter doesn't mind coming to my house now that the awful smell of tobacco is now gone. I, honestly, think I would still be smoking if not for electronic cigarettes / vaping.

6/26/2015 9:44:10 PM - Todd

I smoked, for the most part, for 27 years and 1 day. I know the length of time because I started on my 15th birthday and I quit the day after my 42nd birthday. I averaged close to a pack and a half of Newport cigarettes a day.

Over the course of those 27 years and 1 day, I tried to quit smoking more times than I can count. I tried multiple forms of quitting; "cold turkey", nicotine gum, patches, lozenges, medication and even a "big tobacco" owned e-cig brand - Blu. I was never able to successfully avoid going back to cigarettes.

The day after my 42nd birthday, I decided to try vaping in earnest and I bought myself a belated birthday gift: a KangerTech EMOW "starter kit" and a liquid at a strength recommended by the shop where I bought my setup. I threw away the half pack of cigarettes I had remaining.

That was four short months ago, but it already seems like an eternity. In those four months, I have dropped from liquids with 18mg nicotine to liquids with 6mg nicotine, and I'm rapidly approaching the point where I feel confident I can successfully drop to 3mg nicotine. I vape approximately 30ml of liquid per week; a little less than 5ml per day and far less than the pack to a pack and a half of cigarettes per day I was smoking.

In those four short months I have seen dramatic changes for the better in my health. I am already at a point where I can participate in physical activity for longer periods of time without getting winded. My sense of taste is returning and I am able to actually taste food without having to dump salt on it (a positive side effect all on its own). I'm not constantly watching the clock in anticipation of my next cigarette. In fact, I frequently go several hours at work between "vape breaks" and my "vape breaks typically consist of 5 or 6 drags, unlike my cigarette breaks which were usually about every 90 minutes two hours and typically consisted of 2 cigarettes per break. I'm less irritable because I'm finding my cravings for nicotine diminishing on a daily basis. I'm sleeping better.

The options that are available have played a key role in my success thus far. From basic batteries to mech mods to regulated devices; from liquids at different strengths, a wide selection of flavors and "PG/VG" ratios; all of these non-"Big Tobacco" options have played a key role in my success. The switch from smoking to vaping has worked for me.

6/22/2015 6:39:36 PM - dorff

i started smoking cigarettes at the age of 16-17.

at first it was good but then it got the the point where i coughed all the time. breathing was a bit heavy sometimes mostly when i was going to sleep. then at the end i got tired of that and started using swedish snus, chewing tobacco. but i didn't like that either but i still needed the nicotine so now i turned to using e cigarettes. and it is the best thing ever. i don't cough and it has gotten easier to breathe. and it tastes good and other people don't think that you smell bad. so don't take away our e ciggs.

6/22/2015 6:39:23 PM - Joseph Wheeler

I dipped a can a day for a long time. It got to the point where the only thing I cared about was when I could take a break from work and put a pinch in. I'm 19 and I was well on my way to getting mouth cancer. I started dipping when I was 16, which just goes to prove that FDA regulation doesn't work. I do think you should be 18 to buy ejuice, but kids are going to get a hold of controlled substances no matter what we do. It's just that simple. I started vaping a year ago and it has saved my life. I'm not having pain in my mouth all day long, I breathe better, and I can actually taste food again. Not to mention, my girlfriend actually likes to kiss me now. I use a Delta 2 tank with an eleaf 30watt adjustable battery. I usually vape anywhere from .6mg to 1.2mg of nicotine. That is far less than when I dipped. I feel that something like this should be regulated in a way that won't put the manufacturers out of business by charging hefty fees that only big tobacco can afford. This is a real issue and I feel that if our voice is not heard, or if it is ignored, the FDA is going to lose any support that they may have earned, and their name will be a joke.

6/22/2015 6:39:11 PM - Anjel Vaillancourt

My name is Angelena Vaillancourt and I am 25 years old. I started smoking frequently when I was 13 but consistently when I was 15 years young. I was at a pack to pack and a half per day, depended on the day. I continued on that path trying to quit cold turkey here and there until the night before Thanksgiving 2013. In the end I smoked for 8 years but over the span of 10 years.

I used the Phillip Morris's Blu and it tasted awful and died all of the time. The worst thing of all is that multi-billion dollar company is so scummy and negligent and I had no idea exactly how much nicotine was even in their products. I tried a few times cold turkey but then thing was, I liked smoking. I was young, the negative health effects didn't bother me. I didn't have a house payment or kids so the cost didn't really bother me. But since something that tasted and smelled pleasant and felt similar made me think about it. My mom and brother quitting was the thing that finally pushed me to give it a shot.

I strolled into my local e-cigarette store and they had 40+ flavors. After talking to the associate they told me a chemist who graduated from St Cloud State made the liquid and it was made in a clean room, I figured why not. Since then, I had a few slip ups due to not having higher nicotine levels for when I went out and consumed alcohol (which I smoked twice as much when I drank). All in all only took me a few weeks to get acclimated, had I agreed to multiple levels of nicotine it would have been a seamless transition.

I started at 18mg of nicotine with a tobacco flavor and weaned myself off to currently using 3mg of various fruity/candy/cereal flavors.

Since then not only has all of my immediate family quit smoking by using e-cigarettes but my boyfriend, my best friends, their parents, many other friends and their family members! My mother and father-in-law have actually almost quit their eCigs when they each smoked for 37+years!!! I can't even begin to explain how moving that is. Never in a million years did I think they would give that up.

Without being able to try the liquid I now put in my e-cigarettes I wouldn't have risked wasting money on a product I didn't know what it tasted like after the Blu e-cigarette incident. Being able to use them respectfully at live performances in bar/clubs has made the temptation to smoke disappear. Let me tell you, if these things didn't taste pleasant I would gladly just smoke tobacco. Now that I have had other things, the tobacco flavors are sweet and don't really "do it". Once you quit smoking for a few weeks you begin to taste things again and I realized the tobacco flavors were not for me.

These are intricate devices that often come with user-error. I thought I broke my device and had the sales associates not been able to â€œsampleâ€ or demo the product it

wouldâ€™ve remained what I thought was broken and I would just go back to smoking. Come to find out after 2-3minutes of trying different things, we realized that my battery wasnâ€™t making connection because of some accessory I added.

Since quitting smoking while using my e-cigarette my immune system wasn't compromised and Iâ€™ve gotten sick once in the last year. My teeth are whiter and I donâ€™t have to waste money on whitening strips. I smell better, as does my car. I can taste and smell things again! I feel like a blood hound. I can't believe I have been missing out on the flavors of complex dishes of food.

I now have endurance and stamina while working out. I always gave up because I was so winded. I am no longer spitting up phlegm in the shower!

Please don't make is difficult for smokers to quit. I struggled for 8 years, my boyfriend for 8, my brother and brother-in-law 18 and 19 years, mother and father-in-law 37 and 41 years.

All current studies indicate vaping (using e-cigarettes) pose no human health risk and I DO NOT believe the city, state or federal government should pass legislation that would create more barriers for smokers to quit. Vaping has not only changed my life but my family, friends and so many people I've spoken to in passing.

6/22/2015 6:39:02 PM - Kevin

My name is Kevin I smoked for 15 years before a good friend of mine who owns the vape depot and evolution vape in Calgary Alberta got me to try using a vape and I can honestly say it was the best choice I've made ever I've now been cigarette free for 5 months now and I couldn't be more healthier and happier

6/22/2015 6:38:51 PM - Sky

I was a smoker for over 25years and had tried everything to quit. I used champex a couple times and the side effects we're brutal. Migraine headache chest pains till I thought I was having a heart attack. I used the pach, gum, mints and the spray and I cut down but did not quit. Then one of my friends was vapeing and let me try it. I went out on a Sunday to pick up a starter kit with no intention on quiting. That Sunday was the last cigarette I had Monday I woke up and it was so cold out side I decides to just use the new vape I had got instead . That was 8 months ago and I have not had a single smoke in fact I have went from 18mg of nicotine to 6mg. I couldn't quit with the harsh medication the doctors and government seem to be okay with the same medication that is killing people... I quit with a vape pen and some juice. I don't smell like an ashtray I'm not killing my self with all the other products in a cigarette and I'm not harming my family.

I recommend Vapeing to anyone who wants to quit but can't. I even have my sister and her husband vapeing . I am 37 and smoke free after 25 years. 😄

6/22/2015 6:38:42 PM - Andre

Smoked for about 3 years then i started vaping last year but not to stop smoking but after a couple of weeks vaping with a mod with a RBA and ANML Looper E-Juice i completely lost intrest in smoking cigarrettes intirely now i am a proud vaper who has stoped smoking intirely .Since I started vaping could veel my chest clearing up within a couple of weeks and jogging and my usual excersise i did got easier for my chest did not burn and i was no longer out of breath as much as when i was smoking cigarettes and everything smelled better my car, my clothes every thing . Say yes to vaping it changed my life for the good .

6/22/2015 6:38:27 PM - Simon Clements

as a local politician and a ex-mayor and politician in the UK,i may not feel the love,but here goes

http://www.tamworthherald.co.uk/Fazeley-mayor-hopes-photo-recovering-heart/story-21053013-detail/story.html

I smoked for 32 years and at the age of 48 had a heart attack and subsequently had a double by-pass operation.my artery's were 80% blocked due to smoking,as you can see in the above picture in the local paper i was in a bad way,I decided smoking further would kill me,but had tried sprays patches gum ect in the past and none of these worked

A friend of mine who owned a vape shop,he gave me a starter kit,juice(18mg)coils ect for about Â£20,told me to use it for about 2 hrs then smoke a cigarette,it tasted horrible,there started my journey in to vaping,12 months on i have quite a few mods,but my favourite is my subtank plus and a kbox,I Am now down to 3mg and about to purchase some 0 nic,i hope my story and picture helps other people to give up smoking before it is too late,I now feel healthier,I don't smell and can vape indoors in the winter,win,win .

6/22/2015 6:38:07 PM - Susan Amsdens

I had been a 30 plus year smoker and tried every way possible to quit, through the years. I used the patches, chewed the gum, took the prescription pills, sucked on the mints, tried cold turkey, and even tried hypnosis, all to no avail. A little over 2 years ago I was given my first personal vaper, and I haven't wanted or even thought of a cigarette since that day. I am now a totally different person. I have gone from a person that would become out of breath just walking to my mail box. I use to get bronchitis a couple times a year and felt like a 70 year old lady. I now, go hiking in the mountains weekly, I walk at least 5 miles a day, and in the warmer months I swim daily. My life has completely changed for the better. I feel as if I am finally living again. We have a saying in the vamping community, it is #VAPINGSAVEDMYLIFE. That is so true in my case, even my doctor can't believe what vaping has done for my health. My story is not uncommon at all, I hear the same type of stories daily.

6/22/2015 6:37:36 PM - Matthew Blanchard

My name is Matthew Blanchard, I am 47 years old and smoked almost 2 packs a day, and have smoked since i was 11 years old, (36 years). I have tried using Nicotine Patches, Nicotine Gums, Chantix, tried quitting cold turkey and tried Hypnosis twice and i have never been able to quit smoking cigarettes.

A good friend quit smoking with Vape Products, so i tried it. One day i said this is it, bought the Vape Products and E-Juice and finally successfully quit smoking cigarettes.

The first product i bought was a Marque Personal Vaporizer, but it just didn't curve my cravings so I purchased an iTaste MVP3.0 mod with a Kanger Tech Tank, bought Cosmic Charlies Dream Cream e-juice and started Vaping. I smoked a couple cigarettes a day for about 3-4 weeks, the craving was totally getting to me. I increased my nicotine level in the e-juice to 18 mg, and i finally was able to quit entirely. I now have not had a cigarette for 3 weeks and I give the credit to the Vapor Products for helping me quit cigarettes.

I know can ride bicycles with my Son and my Grand kids without getting so winded, I now walk to the end of our road to get the Mail, and i seem to have a little more energy and enthusiasm in doing things outdoors,

I have uploaded my video on Youtube and invite everyone to share my video to help spread the word about Vaping Products that help save my life.

https://www.youtube.com/watch?v=osZuQdXTWdo

6/22/2015 6:37:01 PM - Robbie Welch

I've been smoking camel crush cigarettes since i was 12. I started using ecigs 2 months ago and now i don't have the urge to pick up a cigarette everytime i get a headache (even though smoking cigarettes caused my headaches). Now i have a mech mod with a dark horse RDA. Now i vape on 12 percent nicotine everywhere I go. Don't take electronic cigarettes away from us ex smokers. They are a safe alternative to smoking. The ejuice only consists of 4 components max. Not chemicals like cigarettes (over 7,000)

6/22/2015 6:36:37 PM - Stephanie Taylor, Ft. Lauderdale FL

I'll keep this short & simple. I smoked cigarettes for24 years (pack a day). At the beginning of 2013, I decided to try e-cigs. For many years I tried other options, Chantix, nicotine gum, patches, counseling, with no success. E-cigs worked like a charm. At first I had to keep up my smoking routines, for example, when getting home from work, I always went outside & smoked 2 cigs. So when I first switched to e cigs, I still went outside & vaped for about 10 mins. Within a week, I no longer needed to do that. I started off with a cig a like, then switched to a twist, now I use an eleaf istick w/ a nautilis mini tank. My life is so much better now, I don't stink, I don't have a smokers hack and my improved sense of taste still amazes me. I've had about 5 analog cigs since I quit, when I've been around people who smoke, & it grosses me out every time. It's been a year since I've had an analog. The only negative thing I've experiencied since I started vaping is criticism from uninformed people who think vaping is bad. I try to educate them but it's hard for people to accept that vaping is ok. I believe vaping probably saved my life, or at least gave me a few more years.

6/20/2015 1:26:03 PM - Nazz

I smoked consistently (average 1 pack to a pack and a half) for over 25 years. I have to admit, I really enjoyed it..... for a good stretch of that time. HOWEVER, the last couple of years I finally started to feel the long term effects creeping in.

I've tolerated the typical annoyances such as sinus infections, longer bouts of flu and colds and the nasty dry hacks.

But the shortness of breath and wheezing started to become a major factor and I knew my lungs were taking a beating after so many years of toxicity and inhalation of tar and chemicals.

People obviously smoke for different reasons, but for me it was that gratification from the inhaling and the sensation of the warm throat hit.

To make a long story short, I started to investigate the world of e-cigs and vaping and tried out the basic gas station brands (potential there, but not quite effective).

Then just a minor progression to a V2 cigalike with a stronger vapor actually got me off the smokes for good. After a week of those my breathing, taste and energy improved significantly and I didn't even have the urge to buy a pack of regular cigs anymore.

Since then I have moved on to more powerful mods, e-liquids and atomizers, and reduced my nicotine levels down to 3 mg and zero!

I'm still vaping and feeling 100 times better than I did while smoking!

Although I realize there may be repercussions somewhere down the road ...nobody knows what the long term has in store, but let's break this down folks:

If the Big Tobacco industry gets all the pull because cash trumps the "rights" of the common folk, then governments are obviously more concerned about greed than the welfare and HEALTH of the human species.

Guns, alcohol, drugs, gasoline, TOBACCO and countless other "lethal" things are legal commodities, but vaporized vegetable glycerine is considered a threat to humanity?

Get real!

6/20/2015 1:25:52 PM - Jennifer Berger-Coleman

I started smoking cigarettes when I was 15 years old. I tried everything to quit: Cold-turkey, patches, gum, toothpicks, medication, etc. I could never go more than a couple of days, if that. I am now 40 years old, and for the first time in 25 years I have been cigarette free for 3 weeks...because I started vaping. The best part about my last 3 weeks has been that as a healthcare worker, I don't have to feel like a hypocrite anymore when I have to ask my patients about smoking and give them the obligatory you-should-quit-smoking-speech, when I was unable to do so myself. I personally know at least a dozen people who have long-term abstinence from cigarettes because of vaping, and now I am one more working toward that goal. I am proof that vaping is saving not only my life, but the people around me as well.

6/20/2015 1:25:36 PM - tony vitale

you see, cancer is an issue in smoking tobacco, but it is not the real issue. the real issue is daily performance. you see, blood has more affinity for carbon monoxide than it does have for oxygen. thus your body is starved of oxygen and you become extremely tired. your muscle contraction strength is severely reduced. you get severe headaches from hydrogen cyanide. my dad died of a stroke (while shoveling snow) because he had been a lifelong smoker. i instinctively knew that smoking reduced your performance. i found this fact when i was 17 years old. not only that but smoking reduces your resistance to diseases. your resistance to the common cold, the flu, and other diseases is severely reduced. if you do not believe me just hold the wire tips of an ohmmeter on your fingertips and measure your body resistance. then let a non-smoker do the same thing. you will instantly see that your body resistance is far less lower than that of his or hers. to counteract this i started jogging regurarly since i was 17 years old and continued on until i was 31 yrs old. at 31 my body started to lose its resilience. i was starting to get older. i quit jogging at 31 yrs old and i gained tremendous amount of weight . nothing i had tried could make me quit smoking. after 23 years later all my family was seriously worried about my deteriorating health. they ALL urged me to try e-cigs. i was skeptical. everything i had tried never worked. but my sister kept on urging me on so i tried vaping. i never dreamed that my first vape would change my life completely. but it did. no more headaches. no more loud coughing. no more total exhaustion. no more weakness. no more complaints about the stentch of smoke. no more problems. i am going back to walking, jogging, and weight-lifting while i continue vaping. let NO-ONE take vaping away from me. if you do i swear by God Himself that i will snuff out a cigarette on your forehead. it will hurt. just as cigarettes hurt me.

6/20/2015 1:25:25 PM - Mike Donahue

Had my first cigarette at age 12. By the time I was 18, I was a 2pk a day smoker. Tried to quit at least a dozen times. Lost friends and family to cancer along the way and still couldn't make it stick. On January 9th, 2015 at 6:47pm (yes, I know the exact time) I had my last cigarette and got my first mod. I started at 1.8 and have gone to ZERO NICOTINE in a little over 5 months. People may question many things about vaping. I only know one thing for certain. It probably (hopefully anyway) saved my life. I have NO DOUBT that without the assistance of these devices I most certainly would just have continued to smoke. And that is the reality of what vaping has done for me. I'm truly grateful every single day.

6/20/2015 1:25:15 PM - Vincent Carr

I had been a smoker for 14 years and had tried almost ever method of smoking sensations out in the market. I even went as far to have a doctor prescribe me medication in an attempt to kick the habit. Nothing worked until I started seeing some of my friends go from smoking cigarettes to vaping. So I decided to try it out and see where it took me. I can proudly say I have not had a cigaret since August 2014. Since then I have been able to wake up in the morning without coughing up nastiness from my lungs. I can walk up and down steps without being out of breath. My sense of smell is returning and I don't smell like an ash tray. I never knew how bad smoking made my clothes and car smell until I smelled a smoker friend of mine. When I smoked it was up to a pack and a half a day. When I started vaping I started at 24mg's of nicotine. I have steadily stepped down to 6mg's and soon to be 3mg's. I am so grateful to have found vaping as a safer alternative to smoking.

6/20/2015 1:25:05 PM - Kayla Bowser

I had been a smoker for just over ten years. I honestly didn't think I would ever quit. I had tried a couple times (gum, patches, cold turkey) but it never lasted more than a couple of days. I resigned to thinking I was just going to be a life long smoker.

However, I had moved into a beautiful high rise loft apartment building right down town...a no smoking building. After a couple months it was apparent that I would have to find an alternative or move. I walked into Iowa E-Cigs and found great help there, I started out with just the BLU brand.

The first few days were hard but I made it, after a week I no longer wanted a cigarette, after a month the smell of them disgusted me. I have moved up to what I like to call 'big boy vapes' and am currently using a Hanna Mod with a Nautilus tank.

I have been a very happy vapor for just over a year and I couldn't be happier. Even my doctor loves the change in my health. I will never look back. Vaping saved my life.

6/20/2015 1:24:55 PM - D. Simon Ohio

I was finally able to quit smoking because of non-tobacco smokeless flavored vegetable glycerine product. I worked with my doctor tried every other product available, including prescription meditations which had terrible side effects, and nothing worked. A sin tax for folks attempting to quit using tobacco products is completely counterproductive to the health of Ohioans and Americans.

6/20/2015 1:24:36 PM - Matthew Smith

I smoked for over 20 years. Quit in 3 days thanks to vaping. Instead of taxing this modern miracle out of existence, the government should be subsidizing it. It could save us billions of dollars every year in healthcare costs. It could help save our healthcare industry overall. How many peoples lives could this phenomenon save? This shouldn't even be a debate. It's common sense. For politicians who vote against vaping it could be for political reasons only. Too much lobbying from big tobacco will keep people dying. MAKE THE RIGHT CHOICE !!!!

6/20/2015 1:24:26 PM - Robert

I have gotten completely off of cigarettes and I don't crave them any more! I started vaping and got my room mates to start vaping as well. I feel I may have saved all of our lives. I was smoking up to a pack and a half/day for a little over 20 years. So if any smokers out there are reading my testimonial and are worried they can't give up cigarettes too. If no can do it, you can too! Vaping for Life!

6/20/2015 1:24:14 PM - Debra Singleton

Vaping is a very clean way to smoke. I have many, many friends that have quit smoking regular cigarettes thanks to the electronic cigarette, and then gave up the vapor cigarette all together. I enjoy using the electronic cigarette and not smelling like a smoke bomb; unlike regular cigarette my house, car and my clothing smell good. I feel better too.

6/20/2015 1:24:03 PM - mario guerson

hi i reduced my smoking in 30% after buying an e-cigarette, which is great because that 1/3 was when smoking was starting to damage my health. im still not sure where and when i can vape, its not very clear for the public, but ill try to read this webpage to find out where it is safe to vape.

6/20/2015 1:23:46 PM - Debbie White

I breathe better, no more coughing and at the age of 67, I joined a fitness club!

My name is Debbie and I'm a former smoker. I smoked a pack to a pack and a half a day for almost 50 years and spent the last 20 of those years trying to kick the habit. I can't tell you how many times I tried the cold turkey method, nicotine patches and nicotine gum. Nothing worked. I saw friends struggling to quit using those same methods with no success, either. While searching for other solutions, I ran across discussions about e-cigarettes and was amazed at how many people were able to quit using this little battery-powered device. I stopped at my local mini mart and picked up a couple to give it a try. While they helped me cut back on cigarettes, it wasn't quite the solution I was hoping for. If these devices were working for so many others, why not me? Was I a hopeless case? I kept researching. That's when I stumbled onto "vaping." I mentioned it to a friend (also, a long time smoker) and she remembered seeing a vapor shop in her area. She wanted to give it a try, too. Long story short, we walked in, picked up a couple of personal vaping devices and quit smoking that very same day! We've both been smoke free for over a year now. I can't believe how easy quitting cigarettes was using the vape method. I started with a nicotine level of 18. After awhile I was able to decrease my level to 12 and am currently at a level of 6. My plan is to be at zero within the next year.

After 50 years, I can finally say, "I don't smoke."

6/20/2015 1:23:36 PM - Chris

I use to be a 3 pack a day smoker for 10 years I almost lost my legs due to smoking tobacco cigarettes until I discovered vaping I use mods such as regulated and unregulated mods I use e-liquids that are 100% VG (Vegitable glycerin) which is an FDA approved product I use 6mg nicotine thanks to mods and vaping I am now able to keep my legs and walk I also feel more healthy than I ever have I am now able to run a mile in under 10 minutes vaping has MAJORLY bettered my life for the best ! As soon as I picked up my first vape I gave away my analogs to other smokers now I have been vaping for 4 years strong and not 1 analog I've been strictly vaping I do firmly believe that vaping can change the world for the better and many others people's lives on top of it vaping does not rot your teeth out nor does it make you smell like an ash tray ! The many flavors and new mods always coming out keep people interested in vaping it is truly a life saving product it needs NOT TO BE BANNED IT NEEDS TO BE KEPT !!!!!! I can not stress it enough we need to keep vaping !!!!

6/20/2015 1:23:27 PM - Travis Couevas

I was a smoker. A pack and a half a day for 10+ years. I just figured that was who I was going to be. A smoker. Someone who was going to always be winded by walking up a flight of stairs. Someone who was going to die, tied to a bunch of machines as I wheezed my final goodbyes. Vaping changed all of that. After 874 days, I can say that vaping truly is a better alternative to smoking. I walked into the vapor shop I am now employed by a smoker. I left a non smoker. I feel better. About my self and about my place in life. You see, not only did vaping change my health, but I have become employed by A vapor shop here in Las Vegas. And that, in and of its self, is a reason to embrace vaping. This job afforded me the ability to finally move out and on my own. Shortly after moving into a very nice apartment, I purchased a brand new car. And then shortly after that, a brand new house. So not only is vaping creating jobs that weren't there before. It is creating more and more jobs by the trickle down effect. So, please, I urge you, don't send the thousands of newly employed to the unemployment line, Don't halt the construction of new homes, and don't suppress something that has the ability to save millions of lives!!!

6/20/2015 1:23:15 PM - Jaime Kennedy

I started smoking when I was 10 years old.

Over the last 28 years, I continued to smoke and watched those in my family die of lung cancer. It is sad to say that I watched them die, but still continued to use the product that had killed them. I had tried to quit before, using various methods such as the patch and gums, but it never was successful, sometimes only lasting days before I would go back to my devil.

One day I went to my friends house where she and her husband had started vaping. They told me that they hadn't smoked a cigarette in months and let me try their vapes. I was immediately intrigued and had them take me to their store. After trying some flavors, I walked out with a setup of my own. The first week, I used both regular cigarettes and the vape but after a week I had the courage to put the cigarettes down.

How has this changed me? It is if I am not even sure who that person was before. My clothes no longer smell, my hands don't smell, I can actually breathe better than I have in years. I won't say it wasn't (and sometimes is still) hard, but when my children look at me and tell me how proud they are that I no longer am smoking regular cigarettes I feel like I can accomplish any goal.

I was a smoker for 28 years. I can now proudly say I am smoke free and a current vaper. I 100% believe it has saved my life.

6/20/2015 1:23:05 PM - Ken Anderson

I am a former smoker. I started smoking in the 1980s when I joined the Army. Smokers got two extra breaks back then.

After Basic Training, I switched to a pipe because I liked the flavor better.

Then after 25 years, I was waking myself up with that wheezing sound you get lying on your side and had to sit up and cough really hard to clear it out.

I started looking to quit or switch to something else. Heard about vaping, but e-pipes were expensive and didnâ€™t work well. The Government and many organizations funded by large companies confused the issue by trying to tell me that vaping was worse than smoking.

In October 2012, I started finding ones I could try without breaking the bank or the device so I got a one in the mail on Friday November 2.

Iâ€™m one of the lucky ones. I immediately replaced smoking with vaping.

I have more energy now, and do not lose my breath walking down the street.

I noticed a large reduction in muscle stiffness and no longer sound like a breakfast cereal when I get up in the morning.

My sense of smell and taste are like they were when I was a boy. My skin is no longer ashy, and my blood pressure is now normal.

6/18/2015 10:27:25 AM - Daniel McKillip

I was a smoker for 30 years...Tried quitting at least a dozen times...Never successful until I went over to a neighbor's house and saw him with a vaping device. After I had seen how it worked, I decided to try and see if it really could work for me. I started out with a Vuse E-Cig and found out it actually was working for me, but still unsatisfied with the price and the flavor, I decided to try a regulated mod with atomizer, and e-juice. All I can say was "WOW!!!!"....I found something that not only worked, but taste great!!!!!!...Now....1 year later...I try to not only help with others who are looking for that "something" that can help them quit smoking, but also help them in to guiding them to find where they can actually purchase the devices and juices, plus help find what will work for them. I REALLY can't say enough about how positive my life has changed, or how I changed the life of others, but I just wish my mom was still alive to vape....Died at age of 62...lung cancer.

6/18/2015 10:26:13 AM - Susan Hopkins

I smoked my last analog cigarette on December 14, 2013, after smoking for 38 years. Thanks to vaping, I have been cigarette-free for 18 months. I began smoking at age 14. Both my parents smoked and neither one of them told me I shouldn't, so I was pretty much destined to be a smoker myself. I had started smoking so young that as an adult, I had no idea how to live a life that didn't include cigarettes. I had tried to quit a couple times but never made it more than 24 hours. I had resigned myself to dying of lung cancer or COPD, unless I got very lucky. Cigarettes OWNED ME. They controlled every aspect of my life. I estimate that I have spent about $30,000 in my lifetime on cigarettes. I first purchased an electronic cigarette more out of curiosity than anything, but found I enjoyed it very much. After a year of using both, I stopped smoking analog cigarettes completely. Vaping is such an effective and satisfying substitute that I now have no desire whatsosever for analog cigarettes. My doctor is thrilled and supports vaping wholeheartedly. I can breathe again, I don't cough unless I'm sick, my skin looks IMMENSELY better, I don't reek of cigarette smoke, and I have more money to contribute to my retirement account. Last November, I was able to convert my mother to electronic cigarettes. She has been smoking for 58 years and hasn't smoked an analog cigarette since I introduced her to electronics. Big Tobacco makes money by killing people. Vaping is NOTHING like smoking. Leave it alone and let us be.

6/18/2015 10:23:46 AM - Chris (DARKFIRE007) from Birmingham Alabama

September 5th 2014 was a day I will not soon forget. After 25 years of smoking two packs of cigarettes a day, I stopped. I started at 11, stopped at 36. Watching my father battle late stage lung cancer from the same life choice really hit me hard. At first I did it to show support, the feeling of if I can do it, so can you. Luckily for me I chose the single best method for quitting in my opinion, which is vaping. After 15 hours on nothing but vapor, my mind convinced me I would rather have a cigarette. I gave in and lit up...and next to the vapor I had been on, the taste was somewhere between a sweaty goat's testicles or a sumo wrestlers armpit. That was my very last cigarette.

As I approach my one year anniversary of being smoke free I find myself eternally grateful to the youtubers who guided me with tutorials and reviews, and the companies who put out the products I use.

To be clear, I used no other method to stop other than vaping. It was my first attempt to quit, and minus one weak moment (that wound up being my last cigarette) it worked flawlessly. I have never lit up since, nor do I have the urge to. That is nothing short of a miracle for me, I suffer from familial tremor, a nervous system disorder. Smoking always seemed to level me out somewhat and if i went to long without it I would shake like a leaf. I started on 18mg of nicotine in my juice and have stayed there. I do use 3 and 6mg, but only when I am getting a lot of vapor at once. That way no matter what I get the same nicotine level.

For me I think what actually sealed it was not the nicotine relief from vaping as much as it was the vapor itself. Feeling a nicotine inhale is the physical part, and it is important however the mental side is also potent and seeing myself blowing something out after an inhale helped tremendously in my opinion. That is the advantage over things like the patch that only target the physical need. The fact vaping has not been listed as a means to quit is frankly a joke to me. I am NOT alone, I see stories like mine all the time. Have a look on the indoorsmokers youtube for proof of this, a comment section full of real people whose lives this method has literally saved.

The health benefits for me? I no longer sound like I am drowning in mucus when I breathe. My doctor was absolutely amazed when she examined my lungs and told me they were clear. The same doctor who treated me for breathing problems during the flu and put down "COPD from tobacco abuse" on my chart barely a year ago. I have increased stamina to the point where I can walk or run for extended periods without gasping for air, my skin is clear and does not look stained from tar and nicotine (this is most common in a smokers hands) and when I wake up I am not coughing up a lung. There are other smaller benefits as well such as a clean good smelling body and home, but for me to be able to say my lungs are clear? That is a blessing. I am in better physical condition in my mid 30s than I was at 18.

The negatives? nothing is perfect, for me the main negative is it is an expensive alternative. Depending on the equipment you use, it can cost as much or even more than smoking. However it can also be less, it just depends how you vape. It also makes the throat dry, which actually led me to drink more water not soda. So in a sense a small negative led to another good life choice for my health. This method has a learning curve, it is not easy as you advance. the beginner stuff is not that hard, but as you upgrade into building them it requires a lot of knowledge. youtube is your friend for this problem.

In a world where everyone is trying to legalize pot, it is beyond me why people are trying to ban or restrict vaping. It is saving lives by the thousands and doing what people like the truth movement claim they want to do...put the tobacco industry out of business. I see people upset over lost tobacco taxes and want to tax vapor to make up for it. That is not only sad, it is shameful. I will defend my right to NOT smoke, NOT to die of cancer and to vape to achieve that goal and I will do so with my last breath. Trust me I now have plenty of breath to do it.

If I am capable of doing this, anyone is. I fought a massive battle in that one day. 25 years of habit, bad nerves, a combination of OCD and ADD that had me an absolute slave to cigarettes. You CAN do it. I am living proof.

6/18/2015 10:22:26 AM - Jose ramos

I smoked 2 packs of reds for 25 yrs. hard to breathe, perform physical activities. I have been using a e cig for 2 months and have not had a cigarette. I can breathe again, taste, smell. It is amazing! My blood pressure has gone down. Most importantly my spouse who is a non smoker is not affected by the smell of cigarettes anymore. I use regulated mech mod. I started at 2.4 nic now at .3 looking forward to zero nic

6/18/2015 10:22:00 AM - Andrew

I have seen so many smokers quit and live better lives that i decided to try vaping about a year ago. I feel much better now that i have made the transition. i use a Joyetech evic vt and it gives you whatever you need. the propylene glycol, vegetable Glycerin, flavoring, and nicotine of any strength of your choice compared to the THOUSANDS of chemicals big tobacco company cigarettes have. I am completely smoke free. The patch and gum dont really do their job as well compared to vaping.. Whenever anyone makes the transition from smoking to vaping, their senses come back to life, and they start tasting their food again! No more coughing up mucus every morning, no more losing breath! If they honestly ban vaping, I guess I will leave the country!

6/18/2015 10:21:41 AM - Mr. Meshy Man

To whomever may be listening,

I am a vaper, and I will fight for my right to vape. Before vaping I smoked a pack of cigarettes and 5-cigars daily. I never thought I would quit. My weakness while driving or being in a social setting will always be my downfall. The only thing that worked, after literally trying everything I could get my hands on, was an e cigarette.

I started vaping almost 7 years ago, and it has changed my life. My blood pressure is normal for the first time in 15 years, despite the fact that I'm heavier now than I was before I started vaping. I am no longer dependant on an asthma inhaler and even my under water time while scuba diving increased. I get 10+ more minutes now out of a full tank than I did before.

I am one who uses e cigarettes as an alternative, because I know without them I would still smoke. Taking away my ability to vape or purchase these products will definitely put money in the pockets of the state government, as I will continue too smoke. However, it will also give be a death sentence. I understand government thinks regulation needs to be in place, but many of the large reputable companies are beginning to police themselves. Over regulation will just force vaping underground and not allow you to reap the benefits of an economic boost and increased tax revenue.

I have converted countless friends, and almost my entire family to vaping. None of them has experienced the slightest negative impact from this, rather the opposite. They feel better, and their doctors all agree it's better than the alternative.

Think about the potential impact on social interactions as well. So often I'm amazed at how vaping brings people together from different walks of life. Learn, listen and seek to understand before trying to be understood.

A concerned HUMAN

6/18/2015 10:20:31 AM - Thorn Palmer

Hi, my name is Thorn.

My smoking story started when I was in 6th grade. It was the middle of Drug Awareness Week (the irony kills me too), and I was mad at my parents. A friend of mine offered me a cigarette, and thinking "Oh, this is a good way to get back at my parents," I took it and "lit up". I ended up smoking half a pack that day, and the next day I felt compelled to smoke more.

I wound up smoking 2 a day for a year, and moved up to a pack a day until my junior year in high school.

In the middle of my junior year, I learned about e-cigs, and how I could "smoke" indoors. Of course, I immediately thought "That's so cool, wow!" I almost immediately made the switch, starting at a 24 nicotine strength in a Kanger VV Evod battery, and Kanger Protank Mini 2.

Since then, I got heavily into vaping. I haven't touched a cigarette in over a year, and I've very proud to say I use a 3mg nicotine strength in my Velocity RDA/iPV4 Box mod setup.

I feel so much better than I did while I smoked. I haven't had to feel nervous/twitchy for extended periods of time while I'm indoors (although I do typically try to keep my vape outside), and I've noticed my athletic abilities have improved tremendously.

The only downfall I have noticed to my new hobby (I consider vaping a hobby), is that, because I'm a compulsive buyer, I spend a lot of money on it. I will personally never make the claim that vaping is healthy, because it isn't. Breathing anything other than oxygen isn't healthy. But I will make the claim that vaping is a much healthier alternative to smoking, because in my personal experience, it is. I feel so much better than I did while I smoked.

Thank you for taking the time to read my story.

Regards,

Thorn

6/18/2015 10:19:35 AM - Mel Werni

I began vaping with a gift of a 'set-up' from my Daughter and GRANDson, in September of 2014 after 48 YEARS of smoking, mostly two packs a day. On October 6th, 2014, I smoked my last Cheyenne Cigar (Menthol) and started with 24 mg. nicotine vapor liquid.

Around mid-November, I cut down to 18 mg. nicotine and am now, June 16th, 2015, using 12 mg. nicotine. I am going to use up all of my 12 mg. and then drop to 8 mg. as I am in no rush to get to 0 mg. I want this vaping to be the final end to tobacco products and NOT revert to tobacco products.

In the past, I've tried the patch, cold turkey and Chantix to no avail. It has been a love affair with tobacco products for a long time and at 60 years old, it is time to stop the tobacco and the foulness that comes with it. The raunchy odor was unnoticeable to me, as a smoker. Now, with vaping, I find it, the raw stench of tobacco burning, to be a real stomach turner. I hereby apologize to all my family, associates and friends for the years I smoked and for the horrible, foul odor and the way I smelled from it!

With vaping, I've had many people compliment me on the scent exuded from my alternative to smoking. I sometimes mix a few liquids together to get a rich, clean scent and have yet to be 'shunned' for vaping. I do not project my choice of vaping in a store or restaurant. I follow the same policies and procedures as posted where it states, "NO SMOKING" as I do not want vaping to become a 'bone of contention' in public. I am courteous and considerate with my vaping as to not be 'scolded' or told that vaping is unacceptable.

If you are in the tug and war game of not being able to decide if vaping is for you, let me close with this: Tobacco products have created mega-billion dollar industries. With tobacco use, we are all and I do mean ALL losers. The second hand smoke is vial and more deadly to bystanders than for the person smoking. With vaping, there is no foul odor, no deadly or caustic chemicals (chemicals that we are not even made aware of what is in the tobacco), no tar, no sticky residue, no stained walls, woodwork, curtains. furnishings, no filthy ashes, no butts laying around on the streets, sidewalks, no litter or debris. Everything is neatly contained in the atomizer and the vapor that is expelled looking like 'smoke from tobacco', vanishes completely without further ado.

My Doctor is in agreement with my vaping. We have discussed it in length and he is fine with me vaping. Speaking of Doctors, my daughter was diagnosed with 'ovarian cancer until proven otherwise', just seven weeks ago. I immediately took her to the FAT CAT VAPOR, LLC and bought her a set-up of her choosing. It cost me around $80 with the filigreed tank cover and higher mAh battery and fancier tip, with the liquid. She has not smoked a cigarette since that day.... her surgery was major. Her diagnosis was grim; she was opened from her sternum to the pelvic area and the oncologist removed a 1400 gram mass, almost double the size of a football and it was attached to the bladder,

kidney and spine. This mass was HUGE and was sent to Dr. Young at Harvard for the pathology findings.

Now the good news is THERE WAS NO CANCER AT ALL.!!! This was a blessing in itself. For another upside to this all is that she healed COMPLETELY within six weeks, with VERY LITTLE scarring! Her oncologist contributes this to her not smoking.... and, yes, he knows of her vaping at 12 mg. nicotine and is fine with it... My daughter was a 28 year smoker of tobacco products and quit the very day she got her vape.

So now I will close with this thought... for all these 48 years I spent tens of thousands of dollars on tobacco products. Today I spend about $12 a week on my liquid vapor; a far cry from what I use to spend a week on tobacco products! I smell GOOD. My cleaning time is cut to virtually nil. And, no one is complaining about the vial habit I once had.

Just one last thing: weight gain.... I gained eight pounds over the past nine months; just about a pound a month, but I attribute that to the winter months in Florida, where we ate out most everyday and although I walked a lot, I ALWAYS gain in the Winter.

SO there ya have it...my soapbox on mods and vaping.... for me it is a win-win decision.

6/18/2015 10:14:48 AM - Andrew

I started smoking cigarettes at the age of 7, thanks much in part to my older brother and cousins smoking all the time and providing me with them whenever i asked. Before i knew it i was a pack a day smoker in middle school. A little over Two years ago i picked up my first Vape at a gas station and FELL IN LOVE!! Then i read more and found out about the health benefits, and realized Id not only made a delicious, but SMART CHOICE AS WELL!! I dove in head first learning all i can, building and dripping and sharing and meeting new interesting people making great friends i still have thus far and even getting SOBER on top of quitting smoking simply because i had a hobby and positive influence ALL AROUND Me!! I started telling all my friends and having them try mine , all the while dropping nicotine strength from my initial 24mgs down to now just 3mgs and often 0mgs. I began converting as many people as i could and all of them are still happy they did but mainly my Mother with advanced COPD Emphysema and was about to go onto oxygen full time. She started vaping and right away dropped half a pack less then she was smoking, and half that, then one cigarette when she woke up and maybe before bed, splitting one morning and bed and then none at ALL. We upgraded her device and she bought an extra tank on her own she loves it too and she hasnt yet been put on oxygen which is GREAT!! Vaping really, SIGNIFICANTLY changed my ENTIRE life, I feel better, I have much more energy i can breath better run longer play with my dogs and nephews and niece, I can smell things i couldnt before everything is different, better and if it gets taken away, I cant imagine going back to cigarettes. It would not be good for ANYONE!! It shouldnt even be an option to take this away from us!! From ANYONE!!

6/18/2015 10:14:26 AM - Frank

I smoked for 8 years i thought i was cool then one day igot me a cig a like e cig and i absolutely hated it i was ganna go back to cigarettes but my friend had a vape and i tried it i loved the flavor and how much vapor i could get out it made me smile and i eventually got my own i got a i stick by eleaf and it was great then i started wanting more clouds and got me a plume veil and a pegusus mech and i can tell you i love it and i no longer smoke

6/18/2015 10:14:02 AM - Michael Nadeau

Me and my wife have been cigarette free for 2 years now thanks to vaping, we both use regulated mods and have reduced the nicotine strength from 12mg to now at 3mg, i have noticed since i quit smoking cigarettes after 17 years i can breathe better, less frequent sinus and respiratory infections, dont smell like smoke and dont like to admit that i smoked cigarettes around the kids but i did smoke in the house and car, since i have starting using a smoke free alternative my kids have also benefited i think with less asthma attacks, and they are happier for me

6/16/2015 10:50:09 PM - BigmooseIndiana

I want this clear it my opinion here, i have been vaping just under 6 years now,even though i never smoke i enjoy vaping .When i started i was using 24 mg of nicotine today i am down to 6 Mg and ready to go to 0 Nicotine. I started vaping when i ran out of a inhaler my wife had a vape pine so i took a few puff off it and was able to cough a wheeze out and breath again. i thought it to be a fluke but few weeks later i forgot my inhaler in the car and had a attack , again i used it and it work.So i went and bought me one and used it and seen it did help me. so as i keep using the vape i seen my inhalers where lasing longer, and i was not going to ER for asthma attacks , so i did research on using them and found out about them i enjoyed it more well then i keep moving up on my delivery systems and now today i not used a inhaler in 5 years no ER visit for Asthma in 5 years, and today i am almost off the Nicotine by mid summer i plan on being on 0 Nicotine, ever day i see more and more benefits from vaping . i also seen where friends and family that use them have got better and quit smoking , and maybe just live longer for there families and friends . but with what the government(Local,State and Federal) wants to do is shut down something that just might be saving lives ever day ,is this safe no is it safer i believe it is .there studies that say no but then there one that say it is so you make yur mind up for yourself ,for me i will keep vaping and if it get to the point that i have to do it illegally then so be it . i will not have a political leader tell me what i can do or can not do we all know who in there pockets and deep in them . thats my story and my opinion like it or not this is how i feel .

6/16/2015 10:47:46 PM - Miller, Jason L

I am 30 years old and have been smoking since I was 16. I was sometimes at two packs a day with smoking. After my father and his father both passed away from lung cancer from smoking their whole lives, I finally decided to try vaping. I have tried the patch, gum, and even Chantrix etc. But nothing stopped me from buying a pack of cigarettes, at the most I would last about a day. I started vaping about 2 months ago, and haven't had a single cigarette since. I started myself off at 18mg and am now at 12mg, after a few months I expect to be completely nicotine free and will eventually stop vaping.

I used to wake up in the morning with a sore throat, that with my first cigarette of the day, would cause me to start coughing and suffering through it for the first few hours of my day, everyday. Within the first week of going straight to vaping, I haven't woken up feeling like that since. I also, embarrassingly enough will admit to having a rather discolored tongue when I was a smoker, that I noticed recently is now completely normal looking!

Too add on to that, my girlfriend, a non-smoker, with mild asthma, hasn't coughed or been irritated around me while vaping yet and I wasn't even smoking in the same room as her when I was doing it, most of the time on a different floor - now I can vape around her and she doesn't have any issues or irritation around it.

6/16/2015 10:47:33 PM - Ryan Clough

I started smoking regularly while in high school. Had been at least one pack per day smoker for about 20 years when one of my associates introduced me to vaping. I was skeptical at first and teased him about just substituting one bad habit for another. This associate was persistent and would often describe how much better he felt: deep breaths without hacking and coughing, could run and play with his two kids again, and he didn't smell like a cigarette ashtray.

About three months ago my wife became pregnant with our third and I decided that I could wait no longer. I had to quit smoking. I want to be alive to raise my kids and watch my grandchildren grow up.

I took the plunge. I ordered the Halo Triton starter kit, which is a "vape pen" type device and some 12mg/ml eJuice in varying flavors. I left work early on the day that my vaping gear was to be delivered. The last cigarette I smoked was on April 30, 2015 while I waited for my ecig batteries to charge.

I have not had a cigarette since. My last order of comercial eJuice was 6mg instead of 12mg. And now I make my own eJuice at 3mg/ml. I am having lots of fun and I feel amazing. My wife, who has never smoked, tells me that I snore less and that she is sleeping better after I quit smoking.

I passed on my Halo Triton and some 12mg eJuice to my sister who had also been smoking for about 15 years and she has quit and is very happy and thankful for vaping products. She then gave the Halo Triton and some eJuice to our soon to be sister in law and she is still using it and has quit smoking. Man, I am so thankful for that little Halo kit! It has saved three lives so far and it is still going. Who knows maybe it will get passed along again and again!

I tried to quit smoking many many times. I tried gum mostly and just straight cold turkey but nothing worked for me. The transition from smoking to vaping IS a healthy choice and it was so easy for me. I am free from the shackles of tobacco and will likely continue to use nicotine and caffeine in small amounts.

6/16/2015 10:47:18 PM - Erick James

I smoked icky sticks for 18 years. I found vaping and I have not had a analog cig in 2years. Tobacco companies just mad, for the loss of money. I think they made enough off of people's death's. Thank you vapor people of the world.

6/15/2015 12:22:19 PM - H.R. David

After a 8 year love affair with smokeless tobacco and cigarettes, today marks my one month anniversary of being tobacco free.

I had tried several times to break my habits unsuccessfully in the past, and credit the defeat of the dip-lip entirely to vaping.

A huge thanks to my local b&m stores here in NY indiana for guiding me on my way, and also to Rubyroo for pointing me to Casaa and continuing my vapeducation.

6/15/2015 12:22:05 PM - Nathan Collom AKA (V8Taz1964)

I am 50 years old almost 51 I have been a smoker since I was 18 so just over 30 years. I started in the navy, smokes are cheep at sea, no taxes!! Before I new it I was smoking 1-2 packs a day. I tried quitting several times over the years sometimes for my wife and kids some times for the money always missing the real taste of food. Actually realized that after the first time i was able to go more than 30 days. I've tried cold turkey, patches, gum, hypnotism about anything I could. Around 2005 (I think) my son gave me an e-cig, one of the cigarette looking ones. I tried it for a few days. Hated it! Now 8 or 9 months ago I decided to try the e-smoke again. Green smoke was having a free trial going on they sent a nice cartomizer setup after i took my first inhale I have not had another cigarette!!~ I now have a few different mods drippers and tanks, I mix my own juice so spend very little on it. I had a chest x-ray last month and its looking a lot better than last years. I feel better and can truly enjoy my food now. My family has a history of death by cancer hopefully Vaping may have helped me improve my odds. Wish I would have made the switch years ago.

Vaping has helped me change my life for the better and quite possibly given me more time on this blue marble to spend with my children.

6/15/2015 12:21:42 PM - Zachary Johnson

Vaping is amazing. I started chewing at 17 in high school and quit after becoming a vaper. I got a new, cool tank for my little ego style pen and decided I would quit chewing. I wasn't sure if I was going to finish off the two tins I had or if I was going to just throw them out. After work, that night, I threw in a chew on the ride home and it just didn't taste good. I decided right then I was going to throw them out. I haven't had chewing tobacco in over a year (5-21-14) thanks to vaping! People can get rid of tobacco that contains thousands of awful chemicals and start vaping. The younger generation is much more accepting of this and one day, tobacco use may even be completely eliminated. Everyone already knows tobacco is bad, and that vaping is far far less harmful to your body. But we'll never know what a tobacco-free world will look like if it becomes illegal. It really shouldn't matter that there are flavors of e liquid out there that may seem enticing to children. No one should leave their cigarettes, alcohol, and prescriptions out for their kids to get into either. Besides, there are plenty of alcoholic beverages that have candy and fruity flavors as well. But you can't consume that until you're 21, just like you can't vape until you're 18. It's smarter for someone to pick up the habit of vaping when they are 18 than it is for someone to start smoking at 18. Do the math. Vaping is the future if we can help it.

6/15/2015 12:21:29 PM - koray

I'm 35 years old and used to smoke for 17 years with 2 packs of regular cigarettes for the last few years. When i heard about e-cigs i started to investigate the health stories about it at the first place, saw no problems and decided to give a shot. I started with ego type ecig, then cartomizer tanks etc. Now i use a subtank and it perfectly satisfies me. It's been almost a year and i feel great. I can run the stairways up again with no dirty smell, no ash. My girlfriend doesnt escape from me anymore after i vape because of the previous cigarette smell. I can vape in my office, i dont need to break up my work because of cigarette anymore. Im more focused to my work, so my boss is happier too. It's a win-win for everyone. Probably the best invention from chinese folks after gunpowder and printing imho :)

6/15/2015 12:21:19 PM - Matthew

I was and am diabled I have endstage hartfailure I did smoke ports till I had gotten this terminal illness I quit for 6 years allmost went back to the analog again I so I TRIED VAPING I FELT CONFORTABLE WITH THE VAPING WITH THE ANALOG WOLD FEEL OUT OF BREATH THE VAPING DOSE NOT CAUSE THAT AT ALL .Please allow vaping to be a choice for anyone just like analog smoking this is a choice just like any why not be able to choose the healththy alternative thank you all fighting for a life choice .Godbless"""

6/15/2015 12:21:01 PM - NcPrincess77

I had smoked since I was 14.. tried quitting "cold turkey" and with Chantix over the years. After losing my father to lung cancer last year and seeing several friends have success with vaping.. I decided to try it. I got a mod in January and have not had a cigarette since 3 days after I started vaping. I started at 18mg of nicotine and I'm now down to 3mg.. will soon be at 0. I can now breathe so much better.. my allergies have greatly improved.. I can exercise much easier. My sense of smell has come back and I just feel much healthier! :-)

6/15/2015 12:20:48 PM - Amphelps

I was a pack every other day smoker. I smoked since I was 14 via peer pressure. I quit smoking after finding out I was pregnant with my (now 3 year old) daughter. I tried so hard to resist the stress releasing appealing cigarette for 2 weeks after my daughter was born. It didn't work.

I became a smoker right away. I hated it. I had to change my close and wash my hand all the time. I should have known better than to start up. My dad had already had chemotherapy treatments and life altering colon cancer 2 times not to mention had thyroid cancer when I was younger. But I said no not me. I was over smelling like cigs when entering a room or having to leave my daughter in eyes watch and interact with her from a window. In Jan 2014 my daughter father and I split and I got my tax return. Went to a Vape shop not knowing a thing I was going to do and purchasing an ego pen set up and matching tank with .18mg. I was hooked. It took me a while to quit all the way but this was so much easier. I felt better and was truly thinking "I can quit" and I did I urge my dad to quit every time I see him. I want him there for me and his granddaughter.

Wether he is or not I know that thanks to vaping I have added years to my life and I am less of an example on my daughter to start smoking. I am healthier and at first I lost 50lbs. I've met so many passionate people and have became one myself. Now I have a beautiful collection of local artist work as well as some regulated devices. And even helped my boyfriend quit for Christmas. I sold my neighbor my old set up and he hasn't smoked in 4 months. Without vaping I would be smoking my life away.

6/15/2015 12:20:37 PM - bill dave

Listen, I was a 2 pack a day smoker for three years. I started vaping to go to a cheeper alternitive. Little did I know it is actualy a lot healthyer; the FDA says they don't know whats in it. Well frankly thats pure bullshit. I now run 3 miles a day. There was no way I could have done that before switching to electronic cigarettes. We deserve our vapes as american citizens

6/15/2015 12:20:24 PM - Dominic Q Johnson

i was a smoke for about 3 years i tried to quit multiple times cold turkey but it usally only lasted about a week before i saw someone smoking and the cravings to smoke a cigg came back. i tried the ego pens but they just wernt for me cause the flavor was very lackluster, but then i found the world of mech mods and RDA's and insistently fell in love. i soon picked it up as a hobby before the thought to even quit smoking came to my head and the craving for ciggerets went away naturally. no cravings no withdraw no nothing. im haply 3 months cigg free and its all thanks to the world of vaping.

6/15/2015 12:19:49 PM - dmvape

Smoking since high school, im 45 now. Do the math. Thats how long ive been putting the tar and carcinogen in my body. 30 days ago i picked up an itaste vv and aspire nautilus mini with peach flavored e juice with 12mg nicotene as a starter kit. Vaped all day. 24hrs after i never want to return to cigarette smoking. Its day 31 now and still had no urge or craving for a cancer stick. Even dropped the nic level to 3 mg and have 2 bottles of 0 nic waiting after i finished the 3mg. And they (the people who wants to ban e cig) keeps telling us it will not help smokers stop smoking?....feel awesome now, my nostrils opened up, one side was blocked for as long as i smoked, i can breath now, lungs felt great, i can chase my dogs in the park now, i use the stairs to go up 5 stories to my office for a month now without feeling like my lungs are going to explode, my skin is starting to clear now from age spots. I enjoy vaping. I dont panic when i leave the house and forgot to bring my mod because im more relaxed and calm now, even if i missed my vape. So yeah, here is the proof. I am the proof that vaping is a VERY VERY VERY EFFECTIVE WAY OF QUITTING SMOKING.

Cheers

6/15/2015 12:19:35 PM - Vincent

I haven't been vaping long, I started 3 weeks ago and have not had a cigarette since. I can already feel the positive effects of quitting cigs. I started smoking cigarettes when I was 15. Before i quit i was up to a pack a day. I'm now 20 and finally tobacco free.

How long did you smoke? 5 years

How long ago did you start using a smoke-free alternative? 3 Weeks ago

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? An Aspire Atlantis v2 with the Innokin MVP 3.0 battery. 3 sometimes 6mg nicotine liquid.

Do you still smoke at all (and if so, how much have you cut down)? I haven't had one cigarette since I started

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? I used Blu E-cigs before I knew about mods and tanks, but that only lasted 4 days before I started smoking again.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I tried a patch once. It didn't work.

6/15/2015 12:19:11 PM - Shane McBryde

I've attempted to quit smoking a number of times in my life. It was difficult and a constant temptation to have just that one cigarette which ultimately reestablished the smoking habit. Vaping changed that. From the very start, vaping replaced cigarettes and actually made quitting fun. I started at 12 mg of nicotine and in just a two month period have dropped to as little as 1.2 mg and even have bottles of ejuice that I vape regularly with zero nicotine. Cigarettes no longer have a hold on me. I don't crave them, I don't miss them, and I'm never going back to smoking them. Vaping is not smoking, it isn't tobacco related, and shouldn't be categorized and regulated as if it were.

6/15/2015 12:19:01 PM - Logan

I was a smoker for around 6 years. I had real problems with asthma as a child that I grew out of in my early teen years. About three years into smoking the asthma returned. I tried many was to quit smoking for the next three years including disposable ecigs but never won the battle. At the end of my smoking career I was constantly sick(cold, upper respiratory problems), used multiple inhalers, had trouble breathing working on any physical task, woke up every morning coughing my lungs up (every morning I felt like I was dying), had daily smokers cough, and had a lack of energy everyday.

I ordered an ego kit online and once received I stopped smoking cold turkey. After vaping for a month I had dramatic health effects; I stopped coughing in the morning, smokers cough disappeared, could breath great, quit using all my inhalers, and had a great increase in my overall energy level. Currently I have been vaping for over three years and can say that I am rarely ever sick (maybe once a year) and my problems with asthma went into remission and have stayed there.

All I can say is that vaping gave me my life back and as far as I'm concerned saved it as well. I always enjoyed smoking but the negative health effects forced me to need to quit, now I can enjoy vaping and maintain being healthy.

Current setup is a 30w Istick with a few rebuild able tank atomizers running 6mg nic and liquid purchased from a member of the American E-Liquid Manufacturing Standards Association.

6/12/2015 7:09:24 PM - Becki Childress

I started smoking when I was 15 years old. I quit smoking December 1, 2014, just prior to my 54th birthday. I attribute my success to the use of Chantax and e-cigs/vapor cigs. I used the Chantax to help me reach the point of quitting my smoking habit. I've used the e-cigs on occasions since to help me during periods when I would normally crave cigarettes. For instance, if I drink alchohol, it triggers me to want to smoke. My e-cigarette satisfies my craving without caving to smoking. Some people have asked me, "What's the difference?" The difference is that when I smoked cigarettes, when I craved a cigarette, I lit one up. Then I would smoke the whole thing...even though the actual nicotine craving had been met in a drag or two. The e-cigarette allows me to meet my craving, but I reduce the nicotine that I take in. I may have a few drags of my e-cigarette in the morning with my coffee before work, but then I typically don't use it until that night when I have a few drags in the evening. I used to smoke a pack and a half of cigarettes each day. A small bottle of nicotine can last me several months now.

I love being a non-smoker. The main reason that I quit was that I did not like the stale smell of tobacco on me, in my vehicle, or in my house. I didn't like the idea that that might be the first impression I was giving off to people who met me. I also did not like feeling like I was a slave to my cigarettes. When people would invite me somewhere, the very first thing I thought about was, where can I smoke if I go. I don't think that way anymore, so my life has actually become more social.

I am a more positive, energetic person since giving up cigarettes. I don't ever want to go back, but my e-cigarette truly helps me feel like I can make this work!

6/12/2015 7:08:53 PM - Josh

I use to be a heavy smoker 4 packs a week was a lot for me. Started vaping now I'm at 0 nicotine level and I can play with my kids without getting tired. I don't breath heavy and I can sleep well at night I've been blessed to have it in my life Vape on and keep the Vape coming.

6/12/2015 7:08:38 PM - Tater

I had smoked for 25+ years before I came across vaping. I was up two packs of cigarettes a day and felt horrible. Mind splitting headaches, crazy smokers hack, and a general lack of feeling of good health. Within 1 week of not smoking cigarettes the headaches were gone. As my lungs cleared from all the tar and other crap in my lungs the crazy hack left at about two weeks. I'm now over a month into vaping and have lowered my nicotine level to 3ml on my e-juice. If there's a down side to vaping I've not found it yet. I fell 100% better, my food taste better, the world smells better, and I'm saving money while getting more enjoyment out of vaping then smoking. I've turned my whole family of smokers into x-smokers. Every member of my family that did smoke now vapes and WE all agree we should of done this sooner!!

6/12/2015 4:22:52 AM - Shelby Paige (Bristol, TN)

I started smoking at a really young age due to many peer-pressure actions. I began having the normal coughing stuff up, shortness of breath, smelling and tasting ashtray all the time. Because of smoking my teeth became sensitive. I'm beyond happy that I found the vape (e-ciggarette) world before I ended up losing my teeth. I used to crave cigarettes ALL the time. Always had to smoke. There were no alternatives to help me. I tried gum, I chewed, and I dipped. I smoked a variety of the heaviest cigarettes around here. Marlboro blacks 100s mostly. Once I discovered e-cigarettes I absolutely quit smoking cold turkey. E-cigarettes are more satisfying. Plus, I smell amazing and I don't wake up with the ever so famous elephant on my chest or tasting the ashtray. I am in love with vapes. I recently bought a box mod (eleaf istick 50w) and red bull flavored 18mg nicotine e-juice. Vaping is much less stress and SMELLS MUCH BETTER!!! My health has tripled since the switch. My life has improved! I can run and chase my 9 month old without a single short of breath and her health is saved as well!

6/12/2015 4:22:41 AM - louie624

I smoked for 18 years from the age of 13 to the age of 31, after many attempts to quit using patches, gum, lozenges, prescription Chantix and cold turkey nothing worked for longer than 3 months at a time, each time i quit nothing helped with my cravings for actual nicotine from cigarettes or chewing tobacco. My life changed for the better one late night driving my rig up the interstate i pulled into a small gas station just off the highway for a coffee and yet another pack of cigarettes, standing in line i noticed a display for a disposable e-cigarette on the counter and being cheaper than my usual smokes, I said ah heck if I get it and don't like it anther truck stop is 40 miles up the road anyway. The first few pulls of it were kind of sweet almost like candy with a hint of tobacco finish, stopped up the road about 80 miles further and bought another e-cig liked vaping so much once my smokes and chew ran out i never bought any more tobacco, just upgraded my vape gear and after 3 years I'm able to run and climb stairs without being winded. My wife of 7 years is so happy that I gave up the stopped smoking she even buys me juice some times as a surprise, having all these wonderful flavors out there to choose from keeps me from snacking and gaining a lot of weight very hard to do being a trucker all you do is sit and smoke and drive or eat and drive, vaping has been the most positive thing that I've done for my health and my family's health, the only regret I have is not starting to vape sooner

6/12/2015 4:22:29 AM - Mark Wolking

I started smoking when I was 14 years old. I smoked more than two packs a day and had no intention of quitting. I bought my mother in law a Blu ecig and a cheap ego pen when she was diagnosed with COPD. She didn't like the ego pen so I decided I would use it to be able to smoke at work without having to go outside. The more I used the ego pen, the more I started to not like the taste of tobacco cigarettes. After a few months of vaping the ego pen and smoking, I went to a vape shop owned by a musician that I know. I bought a bigger battery, a new tank, and some awesome e liquid made by the vape shop. Now a year later, I haven't smoked a cigarette in months and my nicotine level is at 3mg. I love trying new flavors and brands of juices, and also love all of the options for mods, tanks, RDAs that are available. I never intended or even wanted to quit smoking. It just happened. And no, vaping is not smoking. I know when I'm inhaling smoke and vaping is not smoke, it's vapor. Yes I still have an addiction to nicotine. I also have an addiction to caffeine. I don't see anyone trying to ban all of the Mountain Dew that I consume every day. So in summary. I smoked for thirty years. I was smoking over two packs a day. I smoked and vaped for about seven months. I have not smoked a cigarette in seven months. I currently use a mechanical mod with a dripping atomizer and a regulated battery with a sub ohm tank. My nicotine level is at 3mg. I feel better (no more morning cough), I can breathe better, I don't give out of breath easily. I think it was a great choice to make.

6/12/2015 4:22:18 AM - Rick Hacker

My wife and have been smoking sense our Teens I am now 61 and my wife is 56. Over the years we have tried just about everything to quit Smoking Nothing worked. Our Two Kids also picked up the Nasty Habit. Last December My daughter started smoking a cheep E-Cig from a Tobacco Shop. My Wife tried it And wanted to try and Stop smoking using it. After a few days she was very unsatisfied and wanted to go back to Cigarettes. I asked her to wait one more day and I would see what I could find out about a better E-Cig. The Next day I went to my first Real E-Cig shop The owner was really helpful and informative. I went home with Two Tanks with Dual Coil's and several Juices. That was six months ago. Our Lives have changed. We now have 3 Tanks Each. And I am mixing our E-Juices.

Our Health has improved We don't stink . And our Grand kids like us better LOL. My Daughter also has 3 different Tanks and doesn't Smoke any more. E-Cigs are the Best thing to come along to help people stop smoking. We are now spending about 3 Dollars a week on Juice instead of 25.00 Dollars a day on Cigarettes Between the three of us. So far everything about E-Cigs is positive and for the better. I know the State of Calif. and the Feds Are loosing Revenue. That's just to bad learn to live with out it. Stop trying to figure out a way to Tax something that's Helping millions of people young and old. We pay enough Taxes (Remember what happened in Boston) The Tea party of course !!

6/12/2015 4:20:34 AM - Craig Headley

Short and sweet.

I smoked 1 1/2 packs of Camel Lights everyday for 19 years.

Yellow teeth, yellow nails,bad breath,smelly clothes. No endurance.No stamina.

2 years ago I took a hit off of a friend's vaporizer just after lighting up a cigarette. I never finished that cigarette and never lit one up since.

I started vaping at 24mg nicotine and within 2 months got down to 3mg. I now vape 0mg or 3mg exclusively. I feel 10,000% better and have the stamina I had in high school. I have an entire COMMUNITY OF DEAR FRIENDS I have met through vaping of all walks and ages. Smoking never gave me that.

I am a happier,healthier person all around.

#improof

Suck it big tobacco!

6/11/2015 5:32:34 PM - Makayla-Chantel Latham

....I began smoking at age 11....on May 10,2015....Mother's Day....@ 9:58pm....I decided would be the last drag of a cigarette!....I was smoking full flavor 100's 2 packs a day....I began using wellbuterin and nicotine patches...within two days I decided I no longer would use the aide of the wellbuterin....that I would use the nicotine patches and vape....my HABBIT WITH SMOKING I HAVE DISCOVERED IS THE HAND MOUTH

ACTION...after 2 days of struggling and fighting the patches to stay on....I also discontinued the aide of the nicotine patch and am only vaping....vaping is EXTREMELY satisfying to me...maybe even more so than the cigarettes because of the multitude of flavors....granted I quit smoking cigarettes ONLY THIS PAST MONTH...but I have tried many times before and only lasted a few days at most...you need to remember I smoked cigarettes for 41 YEARS....to me one second of not lighting a cigarette is a victory and I am now celebrating 31 DAYS OF BEING CIGARETTE FREE....yes I have wanted to go buy cigarettes and of this moment plan not to...no one can forsee the future but I am in control of this moment!!

6/11/2015 5:32:26 PM - Tracy B.

I was a smoker for 38 years. Average a pack and half a day. I tried quitting many times, using nicotine patches, gums, hypnotism, cold turkey. Next i tried the e-cigs, the type that looks like a cigarette with the cartridge you switch out. This produced little vapor and at 24mg of nicotine, just didn't stop my cravings. My son insisted that I try a real setup. I bought a stick battery and a tank that I fill myself with e-juice of my flavor liking and at 12mg of nicotine. I have been smoke free now for almost a year with no desire for a stinky cigarette. I have dropped my nicotine level down to 6mg.

Most importantly, I no longer have that nagging cough. My lungs feel great and I didn't get my usual twice a year case of bronchitis. I can do stairs and so much more without getting out of breath. Vaping saved my life.

6/11/2015 5:32:13 PM - Jessica Martin

I quit smoking with vaping Slowly lowering my nicotine level At the hundreds of dollars on every other product and gimmick this has been the only thing that has worked for me my house is now smoke free At zero milligrams of nicotine I'm still waiting because I enjoy the flavors and and it's relax me and kind of become a hobby I don't feel there should be an indoor ban e cigs my first reason is I met 0 nicotine so no nicotine is being.exhale to my second reason is that it does not leave a bad odor so far it hasn't been found to be unhealthy for people and I think we should have the right to use are e cigarettes it is saving lives and should lower health insurance bills when people make the switch from smoking to vaping it is my strong opinion that you do not sign the bill to stop and or vaping people who are new to this need that vape when they needed to make the full change from smoking cigarettes to smoking or vaping I was a very heavy smoker my blood pressure has gone down I'm a lot healthier I feel better I've joined the gym vaping has saved my life my kids no longer smell like cigarettes and number

three its not the same as smoking the smell agree with the ban of Endor

6/11/2015 5:32:04 PM - Larry G. Thomas

I am a 60 year old man, soon to be 61. I am disabled mainly because of my lung condition. I have what is commonly called COPD (Chronic obstructive pulmonary disease) , it does not stop there I also have Hypertension (high blood pressure), CHF (congestive heart failure) and type 2 Diabetes. I smoked cigarettes for approximately 44 years. I smoked around 1 pack a day. For about 20 of those years I rolled my own using a very strong tobacco. I got to the point that I had to use an inhaler to have a cigarette then I had to use an inhaler afterwards to breath. This went on for awhile until I realized what I was doing was insane. I tried different ways to quit, none of them were ever successful. When I tried the patch, I found that even the strongest patch (21mg) did not satisfy my nicotine craving. I tried the patch again with counseling and that failed also. Several of my friends are vapers. I started asking questions about it. After awhile of asking questions I found out that e-juice comes in different strengths of nicotine. When I found out that I could get e-Juice in 21mg. of nicotine I wanted to get into it and see if I could stop smoking. At this point I knew my life depended upon quitting smoking and I was about ready to try anything. I asked one of my friends if he would go with me to the local smoke shop and help me purchase my first vaping setup. He agreed to do so. So off we went to the local smoke shop where I used to sometimes buy cigarettes. I walked out of that shop with a KangerTech Evod tank an e-go twist battery a usb charger and two bottles of 15ml. 21mg. coffee flavored e-juices. I had no desire to get tobacco flavored e-juice I wanted to get away from cigarettes completely ! ! I have not smoked a cigarette since that day. I now embrace vaping, well why wouldn't I, the way I look at it, it saved my life ! ! That was several months ago. I wish I had marked the day but I didn't. All I know it's been over 6 months ago. As I grew in the vaping realm, meaning I upgraded my equipment as I went along, I also was able to cut back on the nicotine level of e-juice I was using. I am now down to 6mg. of nicotine. But I am also now using equipment that delivers more vapor per hit. I now am into Sub Ohm vaping and I also own 2 temperature control mods (batteries) and these put out a fair amount of vapor. I'm not a cloud chaser like some people trying to see how much vapor they can blow out of their lungs. That's not for me my lungs couldn't handle it. No I'm quite satisfied right where I am. I own several tanks by different manufacturers and several different batteries also by different manufacturers and still buying more. I can build my own coils for these tanks and I have the stuff to make my own e-juice at any nicotine level I want but I have been staying at 6mg. ! ! Vaping is now a hobby for me and I enjoy it. I do not know if I will ever get to 0mg. on the nicotine and right now I don't really care. My health has improved, my breathing is so much better. Oh I still have to medicate the COPD don't get me wrong it's not cured just better than it was. People sometimes confront me about vaping and all I can tell them is it saved my life and I breath much better now. That usually shuts them up. Those that wish to argue the point I usually wish them a nice day and walk away. I have nothing to argue besides it tends to raise my blood pressure which I don't need. I wish I could say I don't think about having another

cigarette. I would be a liar if I did. I sometimes have the thought and the urge, I just grab my vape and start puffing and it all goes away ! ! ! That's MY STORY and I'm sticking to it ! ! ! ! ! ! ! Puff..... Puff.....

6/11/2015 5:31:54 PM - Ox

52 Year old White Male, Smoked from age 13,

Been a smoker for years, Cigs, cigars, sometimes a Pipe. Love the different flavors of tobaccos from around the world, and Faught for the right to smoke for many years....

Then, After being asked by my wife (who has COPD) and my kids to stop smoking i wasn't really wanting to, So i checked out the E-Cig stuff that was coming out.....

Today its been over a year without any type of Tobacco product Thanks to Vaping!

it has become a Healthy alternative and now a hobbie ,

I can breath better, Sleep better, and the food taste so much better, All thanks to E-cig's / Vaping!

6/11/2015 3:55:47 AM - Robert M.

I was barely a teenager when I started smoking cigarettes. After nearly 50 years, I quit by using e-cigs. Sure, I had tried nicotine supplements like gum, lozenges, patches, even psychoactive drugs. Nothing worked for more than a few weeks.

Out of curiosity, I tried e-cigs. I didn't intend to quit smoking, I just wanted to see what they were all about. The first brands I tried were unimpressive, so I gave up. A year or two later I tried them again. I was amazed at how much they'd improved. I love all the different flavors I can try.

Now, I've been smoke free for eighteen months. I've gradually reduced my nicotine strength from 18mg/gram to 3mg/gram. My next purchase of e-juice will be zero nicotine. I feel great. My lungs are clear.

I haven't had a cold since quitting tobacco. I did some research on propylene glycol. It turns out that in addition to it's many other virtues, it's germicidal when vaporized. It's the same stuff as what's used in medical nebulizers. I wonder if there's a relationship between vaping and reduced colds.

Anyway, after getting down to zero nicotine, I intend to keep vaping until it isn't fun anymore.

6/11/2015 3:55:38 AM - Misty Cronin

I was a smoker for 23 years...The last 5 years of it I was smoking 2-3 packs A DAY! I was constantly coughing ...I literally would retch and hack EVERY morning and then smoke my first cigarette of the day....I couldn't even go up a flight of stairs without stopping to catch my breath...I am EXCITED to say that I went to my local brick and mortar vape shop and bought my first e-cig on 10/03/2012..:) The coughing went away after a few days and after a week...guess what?? I could do stairs with NO PROBLEM....now..nearly THREE YEARS later I am STILL cigarette FREE :) I can now go hiking, walking, and chase my kids around , better yet...I no longer need an inhaler to breath normally.....I no longer smell of smoke and neither does my home or car..:) I use a simple rechargeable e-cigarette with a tank..and best of all I can actually name ALL the ingredients in my e-liquid!!! :) I feel this is a much safer and healthier alternative to traditional smoking...If it weren't for vaping changing my life who knows what my breathing and overall health in general would be like...I can do physical activities now that I would not have even attempted 3 years ago thanks to e-cigs!!!

6/11/2015 3:55:30 AM - Kyle S

I began chewing tobacco when I was about 13 and continued chewing about a tin a day for 7 years and started smoking cigarettes when I was 19 and fluctuated between 1-2 packs a day for the next 10+ years. I tried quitting cold turkey, nicotine gum, patches, smoking cessation medications, all of which worked but for a short time before I was back to smoking (depending on the method I was using these products worked for anywhere between a week-2 months). I first got an ecigarette in 2009 when the only thing you could really get was either a "cig-alike" or an advanced mod that you had to basically build yourself, I got the cig-alike, and while it did work better than other things it just wasn't enough to keep me quit. I got another electronic cigarette on February 6th, 2014 (, and had 2 cigarettes left in my pack, I figured I'd keep them "in case of emergency" well I eventually lost the pack still with those cigarettes unsmoked. I used tobacco flavors for about a week before switching to more fruit/candy/savory flavors and have been happily doing so without missing tobacco flavor or cigarettes/chewing tobacco. Since i have been vaping my teeth/breath have improved as well as not being "winded" after a short period of exercise/activity, and as a nice bonus my clothes and house don't smell like an ashtray any longer, I also taste and smell things better than i did before. I have in a bit over a year of vaping also cut down from 24mg nicotine liquid down to 3mg and soon may drop down to 0mg liquid. I'm not sure if i will ever completely quit vaping or not but I am sure that if I vape for the rest of my life I will feel, look and smell better than if I was a smoker as well as likely live a good amount longer (probably with less trips to the doctor) than I would've had i never tried vaping.

6/11/2015 3:55:14 AM - ALLI PAYNE

i smoked kools and newports for over thirty years. it took me a month of driving down the road with a lit cigarette in one hand and the vape mod in the other hand, but finally the cigarettes tasted so nasty i was able to put them down for good. i can breathe, i don't have to keep an arsenal of breath mints and perfume in my purse any more, and i don't have to worry about non-smoking areas any more. it's very freeing. and i can breathe. that is helpful too lol. vaping is simply wonderful and anyone who wants to restrict it has only his/her pocket in mind.

6/11/2015 3:55:03 AM - Jim Thompson

I had been a smoker for a few months socially when I was 17. I smoked black and milds with friends occasionally. But we started to smoke more and more often, and none of us felt good about it. We switched to the disposable ecigs and we started to feel better. I know I felt like garbage, I stunk all the time from the smoke, and I had a persistent cough. As a singer, this grew to be a large concern. In another few months we switched to the more wallet friendly alternative, vaping (3-6mg). It has been a long while since I have smoked tobacco, and I haven't had any undo coughing or lung problems.

Vape life,

Jim

6/11/2015 3:54:52 AM - Kelsey

I have seen several of my friends switch to vaping at it has changed their life for the better. Please share your story and stop this tax.

6/11/2015 3:54:42 AM - Janice Burgdahl

I was a smoker of cigarettes for more than 40 years. I suffered with chronic bronchitis and asthma from the age of 12. as I got older I began to have serious bronchial issuesand was diagnosed with COPD about 5 years ago. I spent many two weeks stretches in the hospital with Isay antibiotic and steroid drips. the recovery from each hospital stay was harder and harder and I still could not quit cigarettes. I began trying different types of cigarettes and found one that I preferred but still could not completely quit. I started using a canister of a type system with liquid vapor. I was able to successfully stop smoking cigarettes. I have not smoked a cigarette in over 3 years and have also not been hospitalized or been sick in the same amount of years. the vapor system changed my life and I'm sure added a few more years to my life. my doctor told me that if I did not quit smoking cigarettes I would die. I can say now that I have no more issues with my lungs and no symptoms of COPD. please do not add any sin tax as I am now retired and on a fixed income. as far as I'm concerned vapor cigarettes changed my life!

6/9/2015 2:10:59 PM - AGoGo

I smoked cigarettes for 11 years and tried everything to quit finally after 11 years i was introduced to vapeing for the first time i was finally able to put down cigarettes im able to breath again taste again and smell again i dont know why anyone would want to restrict access to vapor its a healthier alternative to cigarettes i would highly HIGHLY recommend vapeing to those who want to put down the tobacco. it was the best choice i have ever made in my life

6/9/2015 2:10:50 PM - Andy M.

I first started smoking cigarettes in high school. I did it because my older brother did, and I thought it would make me cooler (lame, I know). However, shortly after beginning, I became a regular smoker. I was a pack and a half a day smoker for over 7 years. When I first started smoking regularly, I never thought about the side effects because I thought I was invincible. However, after using tobacco products for less than 4 years, I had a pre-cancerous growth removed from my lower lip. After this experience, I knew I should quit. I tried patches, gum, Wellbutrin, cold-turkey, and even snus and dip (stupid, I know) and nothing worked. I kept going back to the cigarettes. I was introduced to e-cigs by one of my roommates who had quit by switching. I gave it a try, and although I smoked for several more years after this, the seed was planted. In December of 2014, I was sick of smoking. I had a terrible cough, I would be out of breath after walking up one flight stairs, and I reeked of cigarettes 24/7. I then decided to try e-cigarettes again. December 28, 2014 was the last day I smoked a cigarette. I have not even had as much as one puff since. I am so grateful that e-cigarettes are a part of today's world. Without this tool, I know I would never have been able to stop. Today, I don't have cravings for cigarettes, and I have decreased my nicotine levels from 24 mg to 3 mg. I use a Sigelei 150w with a Little Boy RDA. My endurance is phenomenal; my cough is gone; my clothing doesn't smell; I feel amazing. I plan on kicking the nicotine entirely soon and moving into an entirely vape-free and smoke-free life. I am so incredibly grateful to vaping and the vaping community!!

Andy M.

6/8/2015 12:31:47 PM - Carmela T.

I smoked for 18 years. I was at 2 packs a day when I quit. I felt horrible, day in and day out. I had muscle aches, joint aches and breathing problems. I had enough. I went to my local vape shop and they pointed me in the right direction. That was a month and a half ago and I never looked back. I no longer have any issues breathing or mobility. Before vaping I tried quitting cigarettes by using the patch, Chantix and cold turkey. Each time I failed and ended up smoking more. Currently I'm using the invader mini 50w with kanger subtank mini and I love it. I started at 24mg nicotine and I'm currently vaping between 12mg-16mg.

6/8/2015 12:31:38 PM - Chris C

I used several "ecigs" with no success, the "ciga-likes" and a cheapo tank and battery combo with no success, I became puzzled how people had been able to quit smoking using these ecigs, as I could not stand the taste or feel I got from these.

A friend gave me their old ecig and I vaped the juice that they had left in it, and without even trying I stopped smoking my Camels, and instantly became a "vaper"

I chewed tobacco and dipped for 10 years, I used cigarettes to quit dipping, and after being a pack a day smoker for 3 years, I have been 4 weeks cigarette free.

Now instead of buckets of ash and butts, I get to vape gummy bear flavored instead of a horrific tobacco taste, I will never smoke a cigarette again, or use any tobacco again

6/8/2015 12:31:28 PM - Jonathan Lau

Have smoked 10-20 cigarettes a day for the last 20 years. 2 weeks ago I tried out vaping and have had maybe 6 cigarettes in the last two weeks (and only because the battery on my unit died and I didn't have a replacement).

I suppose the "science" is still out on whether or not this can replace smoking, but for me, it's not only a replacement, it's an improvement in overall experience. No stink, better flavor, and also a bit of an elegant hobby. Great worksmanship, interesting designs, and options to modify. All that combined make vaping a fun (and healthier) replacement for smoking.

The only thing that makes vaping difficult is that it is still a bit of a subculture. I'm used to some people getting a bit negative on me for smoking in public, but vaping in public seems to draw even more stares and misunderstanding. I'd prefer if this were mainstream and a bit better understood by the public so that I wouldn't be tempted to switch to cigarettes when I'm outside because of the stares that vaping draws.

As for the vaping, I started with 3-6 mg nicotine and now dilute 3mg with 0mg. I do vape a lot on weekends, but really I think it's the flavor. Nicotine cravings are reduced, as on weekdays I don't really need to step outside as much during work hours.

I've started coughing up dirty phlegm as most people who quit smoking will do. It's encouraging to know that while vaping and enjoying, my lungs are cleaning themselves out and restoring themselves.

It's a damn pleasant hobby and got me off a pack day smoking habit. I'm sure the science is still out on this one, but inhaling flavored moisture vapors versus burning ammonia, tar, and who knows what else, seems better, ya?

Smoking kills a lot of folks. I don't think we should wait and deliberate on providing them an acceptable alternative when it's clear that cigarettes are toxic right off that bat (without longitudinal studies to tell you that). \ There may be some downsides in particular cases, based on individual propensity for abuse, but that's true of everything, like gambling or hell, working out. In general, I'd be surprised if vaping were not a much healthier alternative to smoking.

Beyond that, I love the indie scene here. There's bustling industry growing out of this hobby and that means money going to entrepreneurs rather than large tobacco corporations who have neither the creativity nor the will to innovate in this field as quickly as individuals. That's a general plus for me and probably good for society in general as regular people take innovation and providing good products for eachother into their own hands.

6/8/2015 12:31:19 PM - Jack Faxon

Back In 1955when I was 11 years old, I was standing on the corner with some buddies. One daring the other to inhale the non-filtered Camel being passed around the group. It was cool to smoke but we had not really gotten into it. Well I took the dare. Thought I was going to die. But that was the start. Began smoking and have been smoking around a pack a day for about 59 years. Smoked all non-filtered, Camel, Luckies, Pall Mall, Philip Morris, The cheapies in bad times and English Ovals in good times. Always about a pack a day.Smoked cigars ciarillos,and a pipe.

A year ago, June 25,2014, I quit them all.

I knew I had to quit. My doctor has been after me for years, telling me I have

COPD. I kept telling myself I was fine and smoking was one of the few things I had left. I quit drinking and the funny cigarettes for my health. So what was left? Smoking!

My wife had been trying to quit also. Only she was doing something about it. We both tried the gum and the patch and the candy and this and that. Nothing seemed to work, so I kept smoking. For a couple of years she had been trying the e-cigs. Didn't really care for any of them, and was spending a whole bunch of money in the process. Finally one Saturday we were at a flea market that had a brick and morter store selling Vapes and juice. Figuring she could maybe find something she would like and put an end to her search. I wasn't going to quit but I figured for her it might work if she could taste it before she bought and quit wasteing any more money on the e-cigs.

Well after finding a juice she liked, she sugessted I try a couple too! Right, I didn't want any of that stuff. But I gave in and we both walked out with inexpensive rigs and we have been vaping ever since. That was the last day I smoked. She tried to light up a couple of days after we started vapeing. Took about 2 or 3 hits and put it out Didn't like the taste and the smell. We gave away 3 full cartons.

We were spending about $400 a month between us on cigarettes. So we figured we could spend a little on updating our equipment and better juices. We've done that and found that the better the equipment, the better the taste. We started with the tobacco flavors and now neither of us want anything to do with a tobacco taste. I started at 18nic she at 12 nic. Now I'm at 6nic she is at 3 nic or less. We are not in it to see how big a cloud or how many watts we can get to. We vape at low watts. We want flavor, and we get it. She vapes about 5 flavors and I have about 8 flavors. Our choice of tanks are the Nautilus. She likes box mods, I prefer the tube type. Both with controled watts and volts.

I know that vapeing has gotten us off of cigarettes for good, where all else failed.

Been vapeing a year, My breathing has improved to the point where I'm walking a mile or more everyday. Before I quit smoking, couldn't walk across the yard without being winded. For being 70, with COPD I think I'm doing pretty good. My Wife feels better and is extremly active,yard work and gardening and walking and bikeing. Would'nt be happening if we were still smoking.

All I can say is, Thank you, for finding Vaping.

6/8/2015 12:31:09 PM - Cody P

I smoked for 3 years, as soon as I turned 18. Looking back, I really could use that money right now. Started with Cheyenne filtered cigars because they were dirt cheap, and moved to Camel Snus packets inside of a month, a tin of snus packets would last me 3 days tops then Cheyennes when I got home from school. Then to Copenhagen long cut wintergreen until I swallowed some by accident. The smell of wintergreen dip makes me sick to this day, lol. Then to Pall Mall menthol 100s. That was highschool, I went right into a technical college for IT that works on a quarterly basis and got a job as well. Yes the quarterly thing plays into the story. I started at a pack of Camel Menthol with the crush beads a day, moved up the ladder to 1.5 then 2 packs a day inside of the 10 week quarters every quarter as finals got closer and closer.

The first time I quit was when I could not make it from the first floor to the second on the stairs hardly, I am a big guy and always have been but one flight of stairs was nothing 6 months before that in highschool. That was cold turkey and lasted 2 weeks, tops. I relapsed for another quarter and got an N-Joy menthol disposable and loved it but for how long it lasted I said screw this and went back to ciggs.

I picked it up and hated myself for it and said "im gonna die a smoker", after that I stopped by a cornerstore near work for gas last year between late summer and early fall and they had a stick battery and tank vaporizer, really chinsey looking thing but it worked. The logo is a tilted F with slanted lines ontop to make a triangle. I promptly lost it and had to buy another, but I cut down to a few ciggs a week. I still have it, too. This past holiday season a newhire co worker had a vaporizor stick type with the tank from Halo and it looked a LOT better than the "I have no idea what I am doing im just testing the waters here" vape I had, so I got one, loved it. I used that thing excessively, first with 24Mg menthol e-liquid then 18 and 12 as I got different menthol flavors from Halo. My favorite was a soul crushingly strong menthol called Sub-Zero. I used it and ciggs for a while and eventually quit smoking, before this there were a few stints of a week to two then I picked it up so hard I made up for the time I didn't smoke, and then some. Upgraded to a fabulous bright pink iTazte MVP with rhind stones. Totally worth the money for the confused looks I got from friends that knew I have a fiancee of the opposite gender. I still use it because menthol seems to be best in a vaporizer you have to drag on like a cigarette instead of a wide bore all holes open Lung hitter.

Sometime in the past year before this next part I also I picked up smoking Camel no filters and Luckey Strikes; yes they still exist, and Bugler Tobacco "roll your own"s. Not sure what you call them, I just asked for "a pouch of bugler".

Anyways, I graduated there was a vape shop nearby and for a grad. Present my grandfather who silently wished and prayed that I would give it up bought me my Sigelei setup and a Heracles tank; that was the turning point in my battle against smoking, I

went from a few necessary ciggs a week sometimes every day to near nothing. Maybe 3 in the past couple of months when my batteries were dead, and I am down to using 0 and 3 mg nicotine, I worked down from 12, and fast.

During this I didn't do the patches or gum, nor any quit smoking pills, too expensive and I was not sure of how effective they would be.

Now, I might have a pipe of Berry tobacco but since I found an e-juice that was fruity like the pipe tobacco, I do not feel the need. I am using mostly 0mg e-liquid I have some 3 when a pick-me -up is needed but plan on going to 0. Without vaporizors I would be smoking almost 2 packs of camels a day steadily by now. 100s if they had them, too.

6/8/2015 12:30:59 PM - Jessica Martin

after being a smoker since I was 15 my husband and I both decided to switch to vaping. we've been cigarette free since April 2015 are home Mouse pressure our kids don't smell like cigarettes they don't get the second hand smoke. it is in our opinion the vaping has saved us and giving us a second chance we've been working out we don't get winded or out of breath going up the steps. and we think it gives our children less chance to become smokers. after vaping i we both tried several things pills to quit smoking and none of it last

very long. it took about a month using I stick by each leaf vaporizeroto quit smoking completely

very longwillnever pick up another cigarette they smell they sti

6/8/2015 12:30:47 PM - Jack M.

My name is Jack. I am a 38 year old married father of four daughters.

I started smoking at age 15. I began using chewing tobacco at age 17. On May 17th of 2015, I marked my 2nd year anniversary of being free of cigarettes & chewing tobacco.

I was diagnosed with diabetes & decided it was time to make some lifestyle changes before it was to late. I quit cold turkey. Well, I attempted to. I knew I was going to break. This thought killed me. I thought how can anything have this much control over me?

That thought lead me to think about Kevin & Jeni. They are two regular customers at the bar I manage & had seen them using "e-cigarettes". Just in making conversation, I asked them about the devices & how they were working for them.

They had told me how after 30+ years of smoking each, they were able to transition to these without faltering. Quite honestly, my first opinion was, if your going to "smoke", why not smoke the real thing? Their reply, which has stuck with me, is that there were two things they were addicted to when it came to smoking. (1) The nicotine. (2) The habit. (Hand to mouth, situations in which they would normally smoke.) They said the hard part was convincing themselves that even though these were not traditional cigarettes, they were still getting everything they wanted from the experience. They also told me that how they had started to get back their sense of taste & smell. They were now grossed out by an actual cigarette odor & they hoped they had never offended anyone with the smell.

The devices they were using were not like the traditional "e-cigs" you can buy at a mini market. These were ego batteries with a refillable tank.

So in my moment of weakness, I called them & asked them where they had bought them because I desperately did not want to go back to traditional tobacco products. They drove to the bar I manage & met me with a brand new kit. Showed me how to use it, how to charge it, how to refill the cartridge & even gave me a 30ml bottle of the peppermint e-liquid they used. At the time, they were using a 24mg nicotine solution. Quite honestly, that's a moment that will live with me forever. After 5 minutes, I knew I had found my answer.

No longer would I live assuming that I would become another statistic that died of smoking related cancer.

Two years later, my blood pressure is down, my weight is down & my oxygen saturation levels in my blood are up over 20 percent.

I owe it all to "vaping" to be quite honest. Also, a big part of it for me is having local shops that I can sample new e-liquids & delivery devices. I am a big fan of sweet / candy / savory type flavors. I do not like straight tobacco flavors. If these options were not available to me, I probably would have went back to smoking or using chewing tobacco.

6/8/2015 12:30:36 PM - Matt Marlow

I can breathe again thanks to vapor products helping me quit smoking. Breathing and feeling healthy again are a great side affects to have. Vaping has helped me become an active father for his kids and I hope every smoker kicks the cancer sticks and uses this less harmful alternative. This is a matter of life and death that will affect my "VOTE" in future elections.

6/8/2015 12:30:23 PM - Susan King (Lakewood, WA)

I have been smoke free for 2 1/2 years! I can breath and taste much better than I did while I was smoking. I smoked for almost 38 years. My children and grandchildren begged me for years to quit; nothing helped me; until I bought my first mod and tried it. I was able to stop smoking immediately; and I haven't touched a cigarette since. I was a 2 pack a day Camel smoker, prior to e-cigarettes. This has been a God's send for me. My over all health is so much better! Who knows if I would be alive today, if I hadn't found the benefits of my e-cigarette. Besides, I smell better, my clothes smell better, and food tastes fabulous, now!

6/8/2015 12:30:14 PM - Vandevon

I started smoking black and mild cigars at the age of 14. By 18 I had added Newport menthol cigarettes and djarum cherry clove cigars to my daily regimen of tobacco products. I would smoke nearly a half a pack of each in a 24 hour period. I loved it, I loved the feel I received from smoking tobacco products. It wasn't until I would wake up every morning, attempt to yawn, but instead end up curled over coughing half of my intestines out that I decided I NEED to quit. No 23 year old should be wheezing and unable to take a deep breath without choking and coughing uncontrollably half way through it. I tried to slow down, only to fail. I tried to chew nicotine gum and eat menthol cough drops, only to fail. I tried everything, only to fail. Then I was introduced to vaping. Instantly, my life changed. I went out same day, bought a e-go variable voltage ecig and a few ejuices. I literally stopped smoking that day. Its been close to 2 years and I have not smoked a single tobacco product nor desired to. I can breath again, yawn without the slightest problem lol, everything. I now vape with a free max starre sub ohm tank on a smoke tech xpro m80 box mod with 0-3 mg nicotine ejuices. VAPING SAVED MY LIFE!!!!

6/8/2015 12:30:03 PM - christopher wight

Hi i was a ciggarette smoker for 11 yrs , i have tried numerious remedies to try and stop , from using nicotine patches ,to the nasty nicotine gum. They both didnt work at all and i was back to smoking the next day. Then one day my friend came over with a e cigarette . I tried it out and loved how much it has helped me kick my nasty habbit of cigarette smoking . I have bein cigarette free for 5 months now And loving my new life cigarette free and never plan to go back to smoking the stinkies. I can taste breathe and smell so much better its like i never smoked . cigarettes to begin with i would definetly recomend using a e cig to quit smoking over any remedy on the market. well thank u for reading my story i hope it helps

6/8/2015 12:29:52 PM - Dainton Cosentino

I have smoked since I was 16 years old. Started with Newport 100\'s. Then later down the road switched to Camel Crush bold. Yes, I still smoke them often, has vaping helped me slow down my craving? Yes. Has it given me a reason to quit? Yes. Ive been on and off with cigarettes for 4 months so far.

Hell, my wife is even getting iinto vaping to try to quit them too.

6/8/2015 12:29:43 PM - Amy

Please do not put an extreme tax on e-cigs! These have been the only way I was able to quit a 40 year habit of cigarettes. Keep them affordable so others can quit too. Not only do they save lives the state will save an enormous amount of money not having to pay for health costs associated with cigarettes.Most of my friends have quit only because of the help of e-cigs.

6/8/2015 12:29:33 PM - Alan Newby

As a previous smoker for twenty seven years, I have tried numerous products and techniques in order to quit. I have found nothing that has enabled me to quit and stay smoke free like that of vapeing products. These products have changed my life and in conjunction, my families life as well, by giving me the tools required to stay smoke free. That being said, to punish an industry that is doing so much to help those that have had no luck with the alternatives seems narrow minded. The tobacco industry kills millions of people each year and still is allowed to peddle its products through-out the globe as we stand by and watch it happen. This is a true and easy way to transition away from such a product that has its grips and kills daily. Please take every effort to consider the lives that utilize these products as a way out from under "Big Tobacco".

Thank You,

Alan Newby.

6/8/2015 12:29:20 PM - Lance Dana

I started vaping because I needed to quit smoking after 15+ years and had tried several options. The patch...gum..all did no good. The patch worked for several months but didn't curb the urge to smoke and was very expensive. Vaping has changed my life. I feel better...I breathe easier...I don't smell like an ashtray. I have alot of energy I didn't have before. Most importantly I am going to end up with alot more time with my wife and kids that cigarettes were going to rob me of.

6/8/2015 12:29:09 PM - jasper mchowl

After smoking 2 packs a day for 20 years I was able to cut back to a pack a week after my first experience with electronic cigarettes. I had zero luck with the patch and gum so the cigalikes were the first to help at all. About a month later I moved on to tanks and mods instead of "cigalikes" and I quit smoking completely. I regained senses I didn't even realize I had lost. Smell and taste returning was amazing. My health care professionals had been telling me for years I needed to quit smoking soon because my lungs looked and sounded like I had spent my life in the mines. After switching to vaping my lungs improved and breathing easily is no longer a trouble. Just over a year smoke free. Vaping can save lives. I am living proof and I've never felt better!

6/8/2015 12:28:59 PM - James Denton

I am 50 yrs old, I started smoking when I was 13 yrs old, and by my 15th birthday I was at 1/2 pack a day. When I joined the military at age 19, I was up to 1 pack a day. I smoked 1-1 1/2 packs a day until age 48. Yes 35 yrs!! I have wanted/tried to quit many times over that 35 yrs. A couple yrs ago a friend of mine showed up at the golf course with an e-cigarette. He said it was helping him cut down. I went to a local store that was selling e-cigarette merchandise, purchased my first set, went the golf course the next day and left my cigarettes in the truck. I have not smoked another cigarette since then, that has been 2 1/2 yrs ago.

6/8/2015 12:28:50 PM - Jon Alcala (mrroach89) from Rio Rancho New Mexico

I started smoking when I was only 15 years old because all of the "cool kids" did it, And I smoked roughly 1 pack every 2 weeks. But as I grew older I began to notice my pack of cigarettes didn't last mr a full 2 weeks anymore but just a day or two shy so I didn't worry. Then I realized my pack only lasted a week then half a week then only a day till I started smoking 2 packs a day, I was only 19 years old. I attempted many stop smoking aids in the following years such as gum, the patch, Chantix, and of course cold turkey with no avail. Buy the time I turned 24 I came to the assumption that I will not able to over come the cigarette vaping caught my eye. I was skeptical because I had no clue what would be putting in my lungs until the guys at my local vape shop told me the 3 ingredients in e-liquid: vegetable glycerin, propylene glycol and artificial flavorings all which are approved for human consumption by the FDA and are in many foods we consume on a daily basis. I made the switch to e-cigarettes when I was 24 and smoked regular cigarettes together but cut down considerably, cutting back to where I was when I was 15 to one pack every 2 weeks. Now I am 25 and only smoke electronic cigarettes I started from 24mg of nicotine to now 6mg of nicotine. With out the electronic cigarette I would be smoking 2 packs a day still or worse more. My daughter loves that I don't smell and how I don't get cranky when I can't get my fix. I can honestly say vaping saved my life.

6/8/2015 12:28:36 PM - Billy R. Hartley

Why I vape?

Where should I start. I started smoking cigs in 1989. Had to be like my friends. It was so cool then.(lmao) As years past, so did my ability to breath, keep white teeth and smell good. Idc what anyone says, cologne/perfume does not get rid of dirty ashtray smell. I've had a heart attack at 29.(shoulda quit then) Then one day at work I just started spitting up blood. Not just a lil but a lot. Coulda filled a 20oz bottle in 30min. Dr had no clue what it was. Ruled out cancer(thank god) but was diagnosed with emphazema and lungs of a 70yr old. I've been vaping a lil over a year and couldn't feel any better. I have seen mass improvements with my breathing. I'm not winded as fast when I'm chasing my lil man (1.5 yr old) or playing vollyball with my girls. Now if I can just get my wife to switch over. You can do it babe. Not for me, for our lil clones. Ty for all who have takin the time to read this. And I hope it helps at least 1 person to give up cigs and try vaping. It could save your life.

TY Much love!!!!

6/8/2015 12:28:15 PM - Rookie

I had my first smoke when I was 8 years old. I was actually given my first cigarette and I loved it. Every since that day I smoked off and on. Once I hit 15 I smoked continuously until 26. I was introduced to vaping by my bosses son and have been vaping every since then. I noticed the difference in my lung capacity and my sense of smell began to heighten a bit. However, the main thing I noticed the most was I regained my sense of taste and my gums stopped bleeding completely. My gums would bleed in small amounts quite frequently when I smoked. It was somewhat difficult for me to taste food and drinks when I smoked. Now after over a year and a half of vaping and e-cig use, I have totally regained those senses and I am beyond grateful. This is why I Vape and this is why I advocate locally to expand vaping.

6/8/2015 12:28:04 PM - Mr. Paul A. Sinapiades

I had been a smoker for 34+ years and was a lover of all things tobacco related. Cigarettes were a standard for me and following closely behind were pipes, cigars and (on occasion) smokeless tobacco. Study after study showed the detrimental effects of tobacco use, yet I continued to slowly destroy my health thinking myself not among those that could/would be effected.

I began to see changes in my lung function and overall health in my late 40's, manifested in terms of yearly lung infections when cold and flu season came. Any small sniffle or cold headed directly into my chest and lungs. All of this culminated in the contractin of Type B Flu in December of 2013. I realized that my addiction to tobacco products needed to come to an end for my health's sake.

I had tried repeatedly to stop smoking using many different methods: "cold turkey", "the patch", nicotene laced chewing gum, etcetera. Nothing I tried would stop my tobacco use, nothing could replace the sensation of smoking. Each time I found myself at the counter of a conveniance store saying, "I need a pack of *** Lights, please".

During October of 2014 I made the decision to try to put an end to my tobacco use by vaping. My transition wasn't immediate, as I both smoked and vaped. I continued to vape though, in hopes that I could (and needed) to switch from tobacco to vaping. Within less than a month I was able to make a full transition from tobacco product use to vaping. I base my success on using higher nicotene content e-liquid initially, which satisfied my craving for a cigarette. I have since been able to reduce nicotene contene in my prefered e-liquids to less than that of an "ultra-light" cigarette.

I have seen major improvements in my lung function and capacity, as well as overall health. I cannot begin to say enough about the benefits that vaping provide for the long time smoker. Study after study has show that vaping is 95% safer than smoking, yet big tobacco companies continue attempts to villify vaping in an effort to bolster their failing profits. I fail to see the logic of killing your customer to keep your coffers full.

I'm proud to be a vaper and tobacco free!

6/8/2015 12:27:53 PM - nikki campbell

I smoked 2 packs a day for 20 years.. I started vaping April 19th and have been smoke free .Sunday will be 9 weeks. I'm so thankful for vape products. I never thought I would quit. I have tried the pills the gum the inhaler and many other products none of wich we're any help at all.. thanks again -Nikki

6/8/2015 12:26:57 PM - Allison Curtis

Honestly, I was able to quit using drugs, as in hard street drugs, and could not stop smoking. I mean I had tried everything, cold turkey, patches, gum. I would quit for a week or two and then be stressed out and say I NEED a cigarette. I'm a hard working adult and I want one damn it! And then I would be happy and then sad when I could not breath and has no money. But then I tried vaping. I was basicly throwing everything at the wall to see what will stick. And then I tried it and I was skeptical but then I was amazed. I just didn't want cigarettes everything that I got from cigarettes was fulfilled it by vapeing. Then I was able to breathe at night I wasn't hacking and coughing and I was like "damn I feel a whole lot better after just a couple days." Then a month went by and I couldn't believe that I still wasn't smoking. Now it has been a couple months and I am so happy, I don't have people judging me about the "nasty habit" that was part of my identity. Bit really I feel free.

6/8/2015 12:26:40 PM - Patrick

I had been a smoker since i was fifteen and now being 21 quit thanks to vaping on april ,2015 and havent touched a cigarette since the day I got my first vaping starter kit an itaste clk by innokin now im up to an eleaf istick 30w and an aspire atlantis and still have no urge to smoke

i feel better not having to smoke i breathe better and have noticed i have alot more energy through the day and i enjoy the experience more than cigarettes

6/8/2015 12:26:26 PM - Joey

Been smoking cigarettes -9 yrs

been vaping-1.5 yrs

mechanical mods, regulated box device

brought my pack a day habit down to a pack a week using these devices

i can smell things now i can taste things better! its great

i can breathe better run faster and jump higher! vaping has saved my life

6/8/2015 12:26:15 PM - Brandon Barrow

My names Brandon, I'm from Hampton VA. I started smoking cigarettes when I was 16, I started smoking only a pack a week and by time I was 18 I was smoking a pack and a half a day, when I first tried vapor products I use an Njoy disposable cigarette, It didn't help any at all, the flavor was horrible and it resembles a cigarette. I had a friend that gave me a simple mechanical mod and a tank, It was irritating at first because I didn't know anything about it, but now that I've learned more and found some good flavors I've managed to get down to a pack every few day and that's only because I dont like vaping at work. Overall since I've been vaping and cutting back on cigarettes I feel much healthier and more energetic, it's easier to breathe and I feel like I fit in somewhere, my favorite thing about vaping is the community and how we're like a big family helping each other to make the switch and save lives that would otherwise be lost to the health issues caused by cigarette smoke.

6/8/2015 12:26:04 PM - Ken Golden Va. Beach.

I was tired of "tasting ashtray" all of the time.

I smoked for over 6 years. I went from a pack a week to over a pack and a half on an average day. I stank of tar and smoke. My car smelled like an ash pit. I started smoking, full aware of the risks associated with it. Various diseases and cancers, as well as medical history in my family was not enough to crush or curve my decision. One day I woke up, as I had many days before, tasting ash and tar in my mouth, and hacking black/brown stuff from my lungs. Enough was enough. I wanted to feel better.

Vaping was not enough in the beginning. I would still smoke a cigarette here and there. But I went from a pack a day to 1 or 2 cigarettes a day in the first week. Once I removed myself from an environment where smoking was prevelant, I quit altogether.

Today I use a combination of electronically devices and mechanical mods with a 0mg-6mg liquids. On average I vape the equivalent of less than 2 whole cigarettes a day.

I started vaping as an alternative to traditional tobacco products in November of 2014. After 2 months I was completely tobacco free and continue to live my life with a new standard of self worth and accomplishment.

Today I no longer have a smokers cough. My car smells normal, my skin is more clear than it has been in over half a decade and I can BREATHE.

6/8/2015 12:25:49 PM - Shelly Spangler

My husband, son and I all quit smoking. My husband smoked over 25 years myself 15 years and my son 8 years. It is known that Marlboro's have 566 chemicals which turn into over 6000 when heated to the levels that they are when smoked. They are dangerous and some are carcinogenic. The smoke also leaves behind a residue with those carcinogenic chemicals on clothes, walls and furniture etc. People are leaving these cigarettes as well as other brands because they are so unhealthy for themselves as well as those around them. 2nd hand smoke is even worse...However Vaping with nicotine and 2 other ingredients which are considered safe and non-carcinogenic are making people healthier, like my family. Asthma is almost gone, sleeping has improved, energy has improved and blood pressures are down. It is an overwhelmingly safe alternative yet law makers are so inline and for large companies such as Phillip Morris, that they want to subject us with such a large tax that vaping will go our of business leaving Americans with no alternative to the addictive unsafe, dangerous cigarettes. This tax is only about lining politicians pockets and the large companies that they stand up for. There is no excuse for this and if the government starts to regulate it the juices will again be full of dangerous chemicals and will come from large companies like the cigarette giants. Leave this alone and let people choose the healthier alternative without punishment.

6/8/2015 12:23:47 PM - Jen

In 2008 I was diagnosed with cervical cancer, my doctor told me we had caught it in time and with surgery and treatments I would beat it. He also told me that smoking more than likely caused the cancer. After smoking for 20 years I was scared to quit. I tried Chantix I suffered horrible side effects from it and had to discontinue taking it. I tried the patch, found out I was allergic to the adhesive. I felt hopeless, until a friend of mine introduced me to e-cigarettes. Within the first week of using an e-cigarette I went from 2 full packs of cigarettes a day (Yes, that's 40 cigs a day) down to 5 cigarettes a day. As the weeks went by I reduced that number to zero cigarettes a day. E-cigarettes saved my life, and probably saved my daughter's life as well, she's no longer exposed to second hand smoke. Over all I feel healthier and have more energy. I've been smoke free ever since. I owe my life to this invention!

6/8/2015 12:23:18 PM - Barbara Manier

I watched my son as he lay sleeping many nights as he would heave with every breath. His breathing was erratic and labored. Dark circles under his eyes and coughing and spitting every morning. Out of breath most of the time, and two weeks before he would be out of cigarettes, he was worried about having the money to get more!!! It isn't funny to watch that. When he would get bronchitis he couldn't breathe deep enough to cough up the mucus.

Two years ago, after 18 yrs. of smoking cigarettes, he started vaping to see if it would help him stop smoking. So thankful to say that it did! Within a few weeks i noticed that he was no longer struggling to breathe at night. His breathing was no longer labored and he wasn't heaving with every breath. He slept as peaceful as a baby. He is still using the vapor and is no longer dependent on nicotine. He has encouraged others to use vapor to help them stop smoking. He has seen what a great difference in his health the change has made.

Let's not stop an important option to change a destructive unhealthy habit to stopping smoking by having a more healthy option. I have seen the difference and I know it's a good choice. I can understand health regulations and agree with that. But please don't tax and stop this IMPORTANT LIFE CHANGING help for so many! You don't want your son or daughter or a friend or family member to suffer or come down with cancer or COPD---then help them stay off cigarettes! PLEASE A mom's cry for change

6/8/2015 12:22:46 PM - Jody Torok

To whom it may concern.

I am a vapor. I smoked for almost 40 years. Vaping got me to stop.

I am appalled that you would consider taxing E-liquids to the point we would no longer be able to VAPE. Forcing us back to cigarettes that surely kills us. All the bashing of the E-liquids was started by big tobacco because as we are trying to save our lives, they are upset because they are losing millions of dollars.

If you are going to support this ridiculous tax rate it best be put on Nicotine gums and patches. Big tobacco came out with their version of vaping and is currently being sold at gas stations in every country. Those better be taxed the same as you are taxing our E-liquids. Big tobacco also came out with a gum/ candy to chew that has nicotine in it. That better be taxed the same.

I will be keeping an eye on that and I will keep all the vaping groups apprised of the situation and I will start a huge law suit against the government for forcing our hands to kill ourselves with cigarettes.

Has anybody even look into what is in vapor juice??? It's 4 ingredients that is not harmful to humans nor animals. Regular cigarettes have over 2000 ingredients that has been proven to be harmful to us all.

I feel you really need to educate yourselves before you decide that it's best to kill off us humans. Hope you can sleep easily at night and look at yourself in the mirror knowing that you voted to force our hands to kill ourselves with all those chemicals in a regular cigarette!!!!

6/8/2015 12:22:31 PM - Joey miale

I have been vaping for about 10 months now. I was a pack and a half smoker a day for about 12 years. My wife became pregnant and her doctor urged her to quit smoking immediately. She slowed then went cold turkey. I tried patches gum lozenges and cold turkey quitting bot nothing helped me to quit. I purchased a "mod" or a nemesis tube device and an I-go w dripper.it was the last day I smoked a cigarette. I started at 18 mg of nicotine now I'm down to 3 mg. I feel more healthy than ever and I don't smell like an old ashtray.

6/8/2015 12:22:20 PM - Danny Wilson

I smoked 2 packs of Marlboro Red 100's a day for 20+ years . I started Vaping because I wanted to live longer , feel better , and not smell like an ashtray !! Vape-On

6/8/2015 12:22:09 PM - Chase Greer

I started smoking when I was 16 i am now 21. I started vaping a year ago. Although it has not been long I will never go back to analogs. I have had ear problems since I was a child. Smoking cigarettes effected this awfully because it would irritate my throat and cause a lot of flem in my throat which in turn hurt my ears. I also had a grandfather that died of smoking and I did not want to follow in his foot steps. Since I started vaping I can smell again, taste again and I genuinely feel better health wise. Vaping also opened me up to a lot of friends that are now long term friends. I now work for a vape shop and I love helping people and saving them from cigarettes. Vaping saved my life and it saves others on the daily. Vape on!

6/8/2015 12:21:59 PM - Michael Putman

I was a smoker for over 30 years, I had gotten up to 4 packs a day, nothing worked for me as far as cessation. I was diagnosed with COPD 5 years before I began vaping, I couldn't break free of cigarettes even with threat of permanent oxygen use. I was literally smoking myself to death. I tried OTC prefilled e-cigarettes but they fell short of keeping up with my smoking habit. Upon buying my first open system tank mod I smoked my last cigarette FINALLY! In the year that I have been vaping I have had NO COPD exacerbations, my lung function has improved, and Is no longer deteriorating, my sinuses are clear, and my sleep apnea is almost non-existent. The wheeze that was audible to others is now gone. I have greatly reduced my dependency on nicotine to the point I can go hours without a vape instead of minutes. Vaping has given me a new lease on life, I was able to return to my chosen profession which had become too strenuous with reduced lung function. Thank you for allowing me to tell my story.

Sincerely,

Michael Putman

6/8/2015 12:21:45 PM - Chris D

Why do I vape? I switched to vaping after seeing what the long term effects of smoking does. Lung cancer, mouth cancer, throat cancer, emphysema. I started vaping last September after my aunt was diagnosed with lung cancer. After having surgery to remove the cancerous tissue, she's had to undergo numerous chemotherapy sessions, and still does to this day. I made that decision I didn't want to go that path and started vaping. Haven't looked back since.

Have you shared why you vape? Let's get active, and stay active, to keep what we enjoy as a healthier alternative and hobby alive and free.

6/8/2015 12:21:30 PM - Austin Duty

I smoked for twenty one years, started when I was thirteen. At the end I was a pack a day smoker, but at some points in my life I smoked even more, close to two packs a day.

I had given up on quitting, after trying multiple times, about 5, and only managing to cut down on the amount I smoked. Then over time I would be right back to my typical habit. I tried gum, patches, only allowing myself a few a day, and the "most successful" cold turkey.

I tried a cig-alike a few times and just didn't like it. But at one point I had enough of smoking and decided to give it another go. I bought a disposable cig-alike from my

local grocery store, and what I was hoping to be, my last pack of cigarettes. And it did turn out to be my last. I forced myself to only smoke four cigarettes a day and calm my cravings with the e-cigg. The e-cigg wasn't amazing, but it did manage to take care of my cravings.

I had no idea there was anything available other than the cheap disposable that I had been using until I saw some videos on Youtube with people reviewing other devices. GrimmGreen was the guy who opened my eyes to the world of vaping. I moved on from the awful disposable and to an ego style. Then to a regulated box. Now I drip and I have a sub-ohm tank for on the go, and I'm loving it. Loving it to the point that I see no future where I would want or need a analog cigarette again.

I have been cigarette free for about ten months and the future is bright. I love that I have managed to spend far far less than I used to spend on cigarettes. I feel great, I no longer smell like nasty smoke and no longer a have terrible taste in my mouth, I used to smoke regular cigarettes, hated menthol, and never enjoyed the taste of cigarettes. My whole mouth feels better as a matter of fact.

I absolutely feel that e-ciggs have saved my life and I am so thankful to have quit smoking FINALLY, for good. I have no doubt in my mind that I would still be a smoker had I not had an e-cigg.

6/8/2015 12:21:19 PM - Kurtis Pagels

I was a cigarette smoker for about 8 years. It was with in 2 year ago I found out about vaping and how everyone has told me it was a healthier choice to take. My son was about 2 years of age and was getting ear infections all the time. We didn't know what the cause was but as soon as we switched over and fully gave up cigarettes. His ear infections reduce by a large mount and if he gets any it is due to the weather change or moister in the air. This is why I Vape not only becaise its healthier for me but also a lot better for him.

6/8/2015 12:21:08 PM - Todd Hayes

Why do I vape? I vape because it is an available alternative to smoking cigarettes. I vape because nothing else worked for me in my battle to stop smoking. I vape because I lost my mother and step mother early in their lives from lung cancer caused by smoking. I vape because I love my children and do not want them to experience losing a parent to lung cancer. I vape because I believe with all of my heart that it can save millions of lives. The lives of vapers and the lives of those around them. I vape because Big Tobacco's products kill 113 people from secondhand smoke every day. I vape because I care.

6/8/2015 12:20:51 PM - Brandon Cyphers

I started smoking cigarettes when I was around 14. After years of smoking I began to enjoy it. It began to be a pass-time for me. I became more and more reliant on it as a stress reliever over time. Eventually, it became the only thing I could do to calm down, or feel relaxed. It became a morning and night thing before I did anything productive. About 8 months ago I picked up my first vape, bought for me by a family friend who had also made the transition. It was really hard at first to stick to it, especially with the down hearted mindset due to numerous failures with the patches and gums. But after a couple weeks, it became easier. I began to feel better, healthier, I was able to function better. I no longer rely on nicotine to start my day, and I've managed to pick up new ways to relieve stress. Slowly but surely it's bettering me, and I now no longer look forward at a short life, ended by the possibility of cancer.

Taking this away could ruin all progress made. Everything I've strived for. Vaping has changed my life. My attitude. And my future.

6/8/2015 12:20:35 PM - Harry Stipe

Hey guys. Harry here. A lot of people don't know the following about me. I started smoking when I was 11 years old, moved to dipping at the age of 16, then when I went active duty at the age of 18, in spurts I both dipped and smoked. In 2012 I was diagnosed with keratosis in my gums. Upon biopsies they found cancer cells. I did not take it serious and it progressed. I finally decided to stop dipping and smoking and moved to vaping. Since then my most recent biopsy of 2014 I have no more cancer cells in my gums.

I met my wife through vaping and we now have a son together. Vaping has made an improvement on my health, my taste in food and has given me the opportunity for many more years with my beautiful family.

Thank you guys for taking your time to read this.

6/8/2015 12:20:24 PM - Birdfly

I started smoking cigarettes since high school due to bad influence. Up to now for about 7 years. I've been always trying to quit but I just cannot stop without losing my temper on my loved ones. It is a habit. An addiction. And I never thought I could runaway from it. Well, until now. Recently I tried 'vaping' (E-Cigarettes) and it changed my life. It is surprisingly delicious too some flavours. I now am proud to say, I have left cigarettes; forever.

I will never go back to it if I can. And I'm proud because not only I am no longer harming myself but the people close to me. I hope people see that no matter how long you've been smoking, there is a way to quit. All you have to do is find a way. Mine is vaping. If you haven't tried, please give it a try. It might just change your life like it changed mine.

6/8/2015 12:19:26 PM - Unstoppable Cuky

I am 44 years old and had a record holding title in my family for smoking since I was a teen! I am a person that you would consider to be unstoppable because when I get my heart stuck on something there's no stopping me. I have tried endless times to quit smoking death sticks but nothing seem to really grab that smoking edge for me. For instance the cigarette patch made my skin itch, the cigarette gum was just right down harsh on my taste buds, I quit cold turkey a million times and every single event was always nerve wrecking! I also tried the new electric cigarette it had vapor but no taste and still went back to smoking death sticks! Until one day, on one of my video searches about hobby crafts, I stumbled on "outdoors smokers" video and honestly I was so curious I spent the day on video watching! Who doesn't like high content on a new product? I was sold on the videos and buying my very first "vaping gadget" and e-juice!! Just from my experience I love, love, love, my vaping mod life!!! I have been smoke-free from death sticks since May 9, 2015, I have two vapors and I can breathe plus my coughing congestion is completely gone! The e-juice of nicotine I prefer was high the first week but I am now vaping off only 12mg of nicotine. Hopefully in the long run work myself off of nicotine completely and vape just flavors! Thank you for reading my story! Namaste

6/8/2015 12:18:49 PM - Alex

My strot begins when I was 15 and I took the first drag of a cigarettes. From then on i was hooked I started off smoking a half a pack all the way to two and a halph packs a day in a matter of weeks. I was wasting almost all my income on cigarettes at the time that i felt its finacial effects. then in October of 2012 I learned about vaping. I started out with a basic set up a ego with a clearomizer and fell in love with it. I tried the patch,m nicotine gum and cold turkey but always went back to smoking. As time progressed I got more into vaping and started useing gennisis attys and cut down my smoking to just a pack a week. I am comming up on 3 years of vaping and now I am offically off cigeretts completely. I can run like I used to, breath and I dont feel like I am held back by the urge to go out side and light up. I am currently in college and I can vape outside along with inside which really makes my life alot easier. In addition I spend 1/4th of the money I spent on buying cigarettes every day.

I reccomend any smoker to try vaping. It is not theat expeniseve and is becomming more scocially acceptable.

6/8/2015 12:18:35 PM - Diana Herrmann

I was a smoker since the age of 15 1/2 I am now 33 years old. As I tried numerous methods of quitting smoking that went from Cold Turkey to to the nicotine patch, Gum down to the last resort of Chantix I felt nothing would work for me I would just accept that I couldn't and wouldn't be able to quit. Last Year the E-cigarettes and Vaping started becoming more noticeable in my area I gave it a try with a starter kit in hopes it would help me quit but my mind was not there to really want to quit along with the starter stick not giving me what I really needed so I set it aside.

January 2015 After My father in law set an example and gave his I quit Date to quit Cigars to my Mother in Law I felt motivated to do this myself.

January 11th I Went to a Vapor Shop and Explained that a starter stick wasn't doing it for me and I want to kick the habit of smoking.

I went home with a Itazte MVP 2.0 - A Aspire Tank, 18 mg nicotine Juice.

January 12th 2015 Was the First Day that that I started using the MVP 2.0 at 6 am for my routine morning "cigarette break". The Hard part wasn't the craving for a cigarette it was the changing of a habit of what you used to do.

A few days had past and I am still using my MVP and no cravings for a cigarette, I am however coughing up all the things from when I smoked. My sense of smell is coming back.

I am able to smell the cigarette smoke and it's alarming to me now because my husband still smokes and I would apologize to my family because of the way I smelled.

I can Taste things better and when I say better I mean 10 x better.

Vaping now has intrigued me so I do more research about it, the do's and dont's as I see knowledge is power.

What is it in this that has finally kicked years long habit. 4 ingredients. I am so excited.

I used to be so out of breath exercising, Walking up the stairs after doing laundry or taking up the Groceries. My husband used to ask me if I was ok and to get it checked out by the doctor.

As Of today I have been smoke free for 4 months and 22 days. I have avoided 2,413 cigarettes and counting. From when I started Vaping in January I have decreased my nicotine down from 18mg to 6mg.

Maybe it's just me but I can honestly say that in my honest opinion that Vaping has Saved My Life. I feel alive again. MY Children Are Proud of Me, I am Proud of Me. I am a

Success That I beat The worst Habit I had for myself. My Husband as of today has taken the initiative and the first step to quit smoking and is using my MVP 2.0 I hope he Will Write his own success story soon to follow.

6/8/2015 12:18:13 PM - Scotty

Listen up. I was a pack and a half smoker a day or more depending. I knew I would smoke till the day i died an I knew it would get the better of me one day. But I couldn't quit. I could try methods or convince myself of a cold turkey tomorrow. It just never worked.

2 years ago i was in the basement of a crappy flea market, an my life changed! I heard this peddler talking about this alternative to smoking. I bought this cheap ego pen and a T2 tank and got this Ry4 toccaco. I still smoked, it didnt feel the same. But it did relive the nicotine. It was my neighbor who said "oh yeah? give me your cigarettes if its working" an I did! I remember the first night i was digging around for a cigarette, but once the morning came, I didn't need one. I used my ego pen an got through a night after that too...an for the first time, I saw I could do it!

Next was curing temptation. I bought the most disgusting mint brand of e-juice (any smoker will tell you, a menthol will blow you away) an I had my RY4 tobacco, if i got bored of it, I took a drag off the horrible mint.

I was cured of cigarettes for over a year and continuing. I buy new batteries and flavours at 0nic levels, I just love to vape and the vapor and the actions that simulate a cigarette. a patch or gum you can use anywhere, an so can vapor...but I treat it like a smoke, we step outside, just like a smoke. For me, this is so great.

Im sure my story wont matter, but atleast I tried. Ill never forget what e-cigs have done for me.

6/8/2015 12:17:58 PM - Jamie

I recently began vaping at the beginning of this year (2015). I had been a pack and a half of full flavor cigarettes a day for almost 16 years, but thanks to vaping I am down to half a pack a day. That's an entire pack difference. Vaping is what helped me cut back on traditional cigarettes. I hope to be cigarette free by the end of the year and I believe vaping will help me get there.

I currently use a refillable tank with a variable wattage/voltage regulated battery mod. I have had more success with this than the ecig disposable pen I started with.

I had tried using the nic patch and gum. Even attempted cold turkey. All of those attempts failed.

Just from vaping and cutting back traditional smokes I feel better and can breathe a little better. I honestly feel vaping will make me an ex smoker.

6/8/2015 12:17:41 PM - Minou Kneschke

I had to have 2 cardiac catheterization 2 years ago and the Drs told me I had to quit smoking or die. So, I quit and went to ecigs. And easily quit BIG tobacco! I no longer get short of breath with exertion, my house and everything in it no longer stinks and can't stand the smell of tobacco cigarettes. I'm so happy that finally something helped me to quit after over 30 years of smoking. And now the feds want to stop us from vaping. They should be ashamed of themselves. I mean, its definitely better for me than tobacco! And I'm sure the cost of medical care is better. So, I think they should only do light regulation like no sale to minors and product quality. Don't know what I'll do if I can't use my ecig anymore. Guess the feds would rather have me smoke tobacco and die!

6/2/2015 9:11:28 PM - Mick Blizzard

I will be 60 years of age on 6/6/2015. I smoked cigarettes for 41 years. Having been a vaper for approx 20 months I know I will never use tobacco ever again.

I tried several times to quit cigarettes over the years by going "cold turkey" or using nicotine patches, throat sprays, chewing gum, cigalikes, books, cessation clinics and minty nicotine lozenges. All failed.

One day my brother was visiting and he had an e-cig with him.

It was a small wicked clearomizer on an eGo battery. Having tried his I thought "this could be the answer"

I purchased one for myself and started vaping. At first I still used cigarettes as well as the e-cig.

After finding out that higher nicotine liquids were available I changed up from 12mg juice to 24mg juice. That day was my last day smoking tobacco cigarettes.

20 months later I am using 6mg liquids and hope to reduce this to 3mg soon.

My health has vastly improved and my bank balance is also better.

I think the vaping community should completely diss-associate itself from the term "e-cigarette". You smoke cigarettes, we vapers do not smoke, but a vast majority of people associate vaping with smoking.

Street traffic and city atmosphere is far more dangerous to breath than our vapour. This needs to be sung from the hill tops.

The more distance that can be gained away from "smoking and cigarettes" the more people will accept vaping.

Tax tobacco not nicotine products.

6/2/2015 9:11:10 PM - Casey

I have been 100% smoke free for 2 years now thanks to electronic cigarettes. I smoked half a pack a day for over 15 years and as soon as I tried an ecig I stopped smoking cigarettes and started using ecigs regularly and have been stepping down my nicotine levels from 18mg down to 6mg now. I eventually will drop to 3mg then 0mg then slowly wing myself off of them completely. I had tried quitting multiple times before using patches, gum, and cold turkey and none of them worked and this is actually working. However, liquid for ecigs currently are too costly already in my opinion so adding this tax would definitely make it way too pricey and I'll likely have to go back to using cigarettes as I'm not quite ready to give up on a dime right now. Please I urge you NOT to pass this bill, you will be driving many people back to using cigarettes if you do this! :(

6/2/2015 9:11:00 PM - Chris W from Hampton Roads VA

Hey guys/gals I'm Chris. I'm 26 years old and have been cigarette free for a full year now with the help of vape products. I started using tobacco at the age of 11 and I now use a mod as preferred. This past year has been an awesome journey as new things come to light without the worry and hassle about smoking. To me, vaping totally different! I can taste my food! I can run longer distances! I can go on non-smoking trips or visit non-smoking places and do non-smoking activities! With this being said, the fight for a healthier alternative is well worth fighting for. Why is vaping so powerful? It's a movement and not just a trend. I've gained new friends and new connections and we are able to help others in need! There is a family style atmosphere based strictly around the quitting of tobacco use! How is that not powerful? Anyway, enough about me! I'm just a regular person who has found in the past year without smoking how much enjoyment there is in life without being restricted by cigarettes. I'm not the only one and I hope we can all help the next person gain a more positive, enjoyable and healthier life!

Thank you,

Chris

6/2/2015 9:10:46 PM - Karelle Downen

Hello...I smoked cigarettes for 40 years. On Mother's Day , of this year, my son bought me a Zig Zag vapor pen. I was reluctant because in the past they had made me cough very badly, but I was willing to try again. I got past the point where I was coughing from it and I have never looked back. It's been almost a month and I have not had a cigarette. I have never been able to do this in my life. I am so grateful that this product exists. I can't say enough how much I love it. I have tried numerous times in my life to quit smoking, nothing has ever worked before this. I am feeling better everyday! I know if I can do it anyone can. Have a great day!!! VAPE ON!!!

6/2/2015 9:10:36 PM - CharTech

I was a pack a day 36 year smoker. I have tried to quit cigarettes many times without success. 6 or 7 months ago I ran into a lifelong smoking friend who had quit smoking cigarettes using an electronic cigarette. I had tried them before in 2012 but wasnâ€™t able to completely quit smoking because I couldnâ€™t get the satisfaction from them. He said the technology had improved and suggested Sub-Ohm vaping and recommended the setup he had quit with. I did some research and made my purchase and he was right, it had gotten better and was more satisfying. I havenâ€™t looked back, I smoked maybe two cigarettes after purchasing my setup. Itâ€™s been 6 months and itâ€™s been so easy. I donâ€™t even think about a cigarette. I feel so much better, itâ€™s just unbelievable! I believe vaping has saved my life! My fear is that if something happen to vaping I would go back to cigarettes.

6/2/2015 9:10:24 PM - Mary Jo Seuferling

I am a 52 year old woman who started smoking cigarettes when I was 16. All the 'cool' kids were doing it, and I wanted to fit in somewhere. Over the years, I tried to quit...I tried cold turkey several times, each attempt lasted less than 24 hours. Same with the patch, gum, Wellbutrin, Chantix, acupuncture, counseling, support groups and hypnosis. NOTHING worked! I ended up going through a carton of Marlboro Red 100's a week. Not a good place to be, with a chronic disease that leaves me tired beyond belief. Then, in January 2, 2015, my son gave me a Kangertech EVod starter kit, and filled my tank with a flavor called Butter Crunch and asked me to try e-cigs to help me cut back on smoking, because e-cigs had helped him cut back. The first day, I had a few analogs, very few. On Sunday, January 4th, I realized my Marlboros tasted vile and I butted out my last cigarette ever. I have not smoked since, have not craved a cigarette, have not even missed them. I have my original eVods, and recently purchased a longer lasting battery for convenience. I enjoy a variety of flavors, and have different nicotine strengths. I enjoy the variety I have now, I enjoy my house, car, clothes, hair not smelling like smoke. My husband and son have been so supportive, and after my son saw me quit smoking in 2 days, he quit analogs that day, too. I breathe better, have more stamina and endurance, and I feel proud of myself for walking away from cigarettes in 2 days using a method MUCH safer than cigarettes. Please, do not take this option away from us, we want to quit smoking, we do care about the health of our loved ones.

6/1/2015 11:42:21 AM - Lacey White

I have dipped tobacco since I was 16 years old. After several disappointing and exhausting efforts to quit, my last hope was vaping. Vaping has saved my life. I purchased my first vape mod 2 years ago, and I have been 100% tobacco free ever since. I started on a high nicotine (24 mg and now I am down to 3 mg nicotine.) This is saving lives! This is saving the future of the world we live in! We are the future and the future is NOW! Take a look at the countless numbers of the jobs, and the business it has created! Vaping is the future! Please, I beg of you not to take away something that is keeping people ALIVE! What kind of world would we live in to allow harmful products slowly kill off the population?! Let's get better educated and WORK TOGETHER to make even BETTER products to make the world a better place.

My best,

Lacey White -age 24

6/1/2015 11:42:11 AM - Kel

I smoked for 25 or so years...tried patches tried snout everything doctor could give me and was never a success. ..I started vaping on 12-12-13 and I haven't had a cig since. ...I have since worked for a vape store and now I am the owner of my own store. ...I could tell you so many success stories....when I started vaping I just bought the cheapest one available and I was happy then off course I decided to get more into it and now I use a sigelei 150 with a baal rda and only use 1 to 3 MG of nicotine

6/1/2015 11:41:59 AM - lisa

I have smoked for 20 years. and the only one in my family at my house. Always smoked outside and not in my car. I think vaping is the way to go I love it. People are addicted to alot more than vapping. You do not have to get nicotine from tobaco plants there's other plants containing nicotine. I have been Vaping for three years. Would be bad to go back to smoking and getting lung cancer would be lawsuits I believe. This is a free country and our body's not yours it's or choice. Why you think you can take that away is beyond me. Don't here any laws on all the caffeine people drink like Starbucks dutch brothers caffeine Is addiction. Also people buying donuts for there kids which are heavy set. Everthing we do is addicting like shopping, spending. This whole thing is about money and not a care for the ones who have quit. My doctors are glad I quit and started vaping. From family dr. Nurologist and rheumatology doctors. Yes I live in the state of Washingto. And I feel there going way overboard on the whole vaping. It's all about monet which is wrong nicotine strength 10mg. And yes I have tried other methods of quitting like patches gum chantix. Ever read the side effects there not fun

thank you

lisa

6/1/2015 11:41:45 AM - Levi Kendall

I started smoking when I was 16, got them from friends, and stole them from my parents till I turned 18 and could buy my own.....

Smoked for 14 years, at times chewed tobacco on top of smoking up to 2 packs a day....

Tried to quit several times, several different methods. The patch, gum, hypnosis, and paid ridiculous amounts of money trying this stuff.... Never worked....

Until about 7 months ago, a friend got me into vaping, started out with 18mg of nicotine with tobacco flavors, then got a better device and started lowering my nicotine, now I\'m proud to say I\'m down to 3 mg of nicotine, and my health, sense of taste and whole life has changed.

Lost weight being I\'m more active without coughing up a lung, have enjoyed much more of my life then before.

I can\'t put a price on what vaping has done for me....

All I know that if all these laws and regulations get put in place, then many of my new friends that I have made cause of vaping will be without jobs, income, and many will end up back to smoking....

This saddens me deeply as I\'ve seen it help so many to get back on a healthy lifestyle, then to watch it all come to a screaming halt....

These are just my feelings and will continue to not smoke no matter what, but if you ban vaping or implement heavy taxes and laws you will be cutting the throats of many hard working tax paying citizens nation wide, and putting thousands in the welfare abd unemployed lines....

5/31/2015 12:10:40 PM - Ashley Paddon (ticklesocks), from the UK.

I'm now in my mid-forties, and bought my first pack of cigarettes when I was seventeen. I have had a few months here and there where I haven't smoked, but mostly, I have been smoking the strong brands (Marlboro red, Lucky Strike red, Davidoff black, etc.). Earlier this year, I was suffering a really bad throat (I sing in a band, so bad throats are a nightmare for me), and had four gigs in one weekend on the horizon. I visited my local vape shop, just to try to find something less harsh on the throat, to get me through the gigs, and they set me up with a starter kit, which I ran alongside cigarettes for a month, or so (my original plan was not to quit smoking, as I have always really enjoyed it). Since then, I have enjoyed vaping more and more, and have upgraded my device accordingly.

As a result, I have not smoked a cigarette now, for three weeks, and have no plans whatsoever to go back to them. I have noticed a massive change in how I feel, and also, do not have the smell of stale tobacco lingering around me.

Twenty-seven years of cigarette smoking, now well and truly in the past.

5/31/2015 12:10:21 PM - Alicia Payton

This is my vaping story:

I started smoking when I was 13 years old (20 years ago!), and when I realized that my oldest son is coming up on his 13th birthday I couldnâ€™t imagine seeing him slowly kill himself like I have been for the last 20 years. I not only wanted to set an example for my children of NOT smoking, but also to make sure that I am still around when their children are teenagers. In the past I tried using the patch and nicotine gum, which was pretty successful for a short time, I made it 56 daysâ€¦ but in that time I gained tons of weight trying to keep my hands and mouth busy, and then one day I bought a pack of cigarettes. Three years later I was still smoking at least a pack a day.

I recently starting working in a shop that carries many kinds of vape products and I see customers all day, every day, who have be successful in quitting cigarettes so I thought Iâ€™d give it a shot. Six weeks ago I bought a vape kit, nothing too fancy, (an ecto 1300 battery and 900 tank, 12 mg Twelve brand liquid), highly recommend both!) and some e-liquids, I still had cigarettes left over so over the weekend I used both the vape and finished up my last cigarettes. That Monday I woke up, hit my vape and headed off to work and I havenâ€™t bought any cigarettes since then. I have cheated (only twice) and found that not only do cigarettes now taste and smell terrible, but my lungs felt like they were on fire! I am still around smokers often and I donâ€™t have a need to join them in lighting up. I can breath now. I donâ€™t wake up in the middle of the night and in the morning coughing so hard that I choke. I donâ€™t smell like an ashtray. I donâ€™t get winded walking a flight of stairs. But most of all I am not slowly killing myself with every inhale of a cigarette anymore. I have been able to get this far using my vape, and I won't go back. I plan on stepping down to 6mg in two weeks to see how that goes. I'm excited to try that, and for the future that I am creating by not smoking!

Because I have been so successful I share my story with my friends and family and my boyfriend who was a two and a half pack a day smoker has also quit. He of course has a much nicer mod than I have, but it serves the same purpose. After losing his grandfather and uncle within 3 months of each other to lung cancer, it was time for him to quit also.

5/31/2015 12:10:04 PM - LINDA SUE USSELTON

All of my friends were smoking and I joined in. Before I knew it, I had crossed that invisable line and was hooked. I continued to smoke through out my life, with the only exceptions being while I was pregnant and breastfeeding. As my children grew , I began again

5/31/2015 12:09:36 PM - Yvan D

My story is quite simple, I smoked a pack a day for 35 years, tried the ecig and the day

after I was done with cigarettes... It's been vaping for 4 months now and there's no looking back !!!

At first I was on 18mg nicotine and now I'm on 12mg and I love the taste of my e-liquid,

tobacco and fresh mint. I can now say that I'll never go back to tobacco cigarettes.

Thank god for ecigs, otherwise I cannot figure how I could have quited tobacco cigarettes, sorry Peter Jackson !!!!

5/31/2015 12:09:20 PM - JAMES JON USSELTON

Thanks to Vaping I am an ex-smoker of 10 years (2-pack a day), after my heart attack almost 5 years ago and triple bypass 4 1/2 years ago, I tried everything to quit (gum, patches, prescription meds) but all to no avail. Even with my doctors telling me if I wanted to live much longer, PLEASE DONT KILL US KEEP VAPING

FROM

JAMES JON USSELTON

5/31/2015 12:08:51 PM - Matt85

I have smoked since I was 11. I have tried and tried. I suppose my story is no different than so many others. I have always been mentally addicted to the hit I feel in my lungs when I inhale. I have been physically addicted to the nicotine. I also feel, and wish I had scientific evidence, that smokers also become addicted to various other chemicals in the cigarettes. I say this because when I went from tobacco to e-juice, I still had withdrawals, although the e-juice definitely helped. So I must have been addicted to more than just the nicotine, otherwise the e-juice should have eliminated them. I wanted to post here because I tried from the age of 16 to quit smoking and never succeeded. I support regulation of e-cigs. Children should not be able to purchase them. However, I beleive it is a much safer alternative to smoking. BUT, we can't make that claim successfully until there have been extensive studies on their health effects and the problem with that, is that it takes at least 20 years of data to even begin to be able to say what their effects are. And to do it completely and accurately, scientists need at least 50 years worth of data. So I want to do my part here, to support e-cigs and say that groups like this, need to promote, and become very active in the support of scientific studies on the health effects of e-cigs. They health effects won't be positive, however, in comparison with smoking I believe they will be positive. And its this harm reduction that is the glorious benefit of e-cigs. We need to study these effects and we need to promote harm reduction, AFTER promoting healthy practices like not taking up smoking or e-cigs in the first place. But for those who start smoking at an early age (how many people really start smoking once their of age? none) we need to promote this hard reduction alternative, it has less chemicals, and no burning, no actual smoke, which is better for our lungs.

Just an extra tidbit, when I was smoking tobacco, I could run for a couple hundred feet before my lungs would hurt....very badly. Now, I use e-cigs, and the first time I went running, I was able to run for a mile before my lungs hurt. Now that I've been running for some time, the e-cigs don't hurt my ability to run or exercise or exert myself like cigarettes did.

5/31/2015 12:08:36 PM - Jeff Lord

I was a 35 year cigarette smoker from 1 to 2 packs a day. I tried countless times in my life to quit with no success. I used all the quitting aids on the market and nothing worked. I would have to think what I am saying is pretty generic and there probably are a lot of us out there. I was stuck, I kept telling myself \no cigarettes

5/31/2015 12:08:20 PM - Levi W.

I started using tobacco products (cigarettes) when I worked at a summer camp at age 15. I used tobacco products off and on until I was 18. When I could legally buy them I smoked very frequently. I was lucky enough to go to college which was in Iowa. If you know anything about the great plains, the winters are terrible! I turned to chewing tobacco as a way to avoid the bitter cold. Chew became an everyday habit, for the next 5 years. during that time, I became a teacher and a coach. i had a nasty habit and knew it. I was a soccer coach and had a athlete walk by my car and notice I had chewing tobacco sitting in my passenger seat. The student made a big scene and told other students about it. I was pretty ashamed, as a teacher you are somebody that students look up to. I ended up researching alternatives to tobacco and ended up reading about electronic cigarettes and weighed the pros and cons and decided to give it a try. I have successfully been chew free for two years now thanks to mods. I started using high doses of nicotine 18mg as chew very high concentrations, however, now I am down to using just 3mg. They allow me to have nicotine, but greatly reduce the risk of various oral cancers. There is a great community out there with people of all different professions. These products have changed lives for the better!

5/31/2015 12:08:03 PM - Eva Mowry

40 years. For 40 years I was a happy smoker, blindly ignoring the increasing effects of shortness of breath, loss of taste, fatigue, and who knows what else inside :(Then, on July 22, 2014, I tried an e-cig, a disposable V2 that was 18 mg in nicotine strength. Since then, I have tapered down to 1.5 and now alternating between 1.5 and 0 nicotine!

It is a miracle. I have not smoked a cigarette in almost a year. I cannot say enough about the good changes: breathing better, smelling better (lol), no messy ashes and butts, easy to do without disturbing anyone, and so much less expensive!

I bless the day I was forced into trying this by yet another smoking ban (my favorite cruise line banned smoking on their balconies)! Never did I think I would quit cigarettes entirely, my goal was to use the vaporizer when smoking was not possible. Who knew it would assist me with quitting altogether!! A true blessing!!

5/31/2015 12:07:52 PM - Joe Dorhauer (jdorhauer17) pacific, MO

I smoked from again 13-18 and was a three pack a day smoker. After I started coughing up black stuff I figured I needed to quit (17) and I tried for a year to quit but always went back to it. eventually I stumbled upon electronic cigarettes and after some skepticism I tried them. At first I smoked and vaped but I soon realized that vaping satisfied my cravings. Vaping saved my life and I would hate for the future generations not to have the opportunity to save their own lives.

5/31/2015 12:07:40 PM - Jay Taylor

I started smoking at the age of 15 in front of my parents. I had been sneaking cigarettes for probably 2 years before that. I smoked for 30+ years and when I quit I was up to 3 packs a day. I started vaping in October of 2011 and within 48 hours I was completely done with smoking. I started on 30mg liquid and stepped myself down to 3mg over the years. Now I alternate between 3mg and 0mg.

I had tried pretty much everything on to market to quit smoking, gum, patches, medication etc. and nothing worked. Vaping got me off of 3 packs a day within 48hours.

I started vaping on a simple ego starter kit but within 2 weeks I upgraded to a Silver Bullet Mod and used tanks for better delivery. I then moved go genesis style atomizers and moved to drippers as the industry has grown. I now use sub ohm tanks or drippers and mechanical and regulated box mods. Again the reason I have done this is better delivery.

I started with a cigarette flavor e-liquid for 3 to 4 weeks and then my taste buds came back to life. Then I wanted fruit or desert flavors and have tried all kinds of flavors and constantly change flavors. This is very important to vapers. Vaping is very individualized. What works for one person doesnâ€™t work the best for another personâ€™s needs.

There are 3 main parts to making vaping successful.

1. The correct nicotine level (This varies depending on your brand, how long you smoked and how much you smoked a day)

2. The right flavor (initially it is usually a tobacco flavor but soon changes to fruit, candy or desert flavors.)

3. The right device. (This is very important; you need to proper vapor production that is going to work for your vaping needs.) Most devices prior to 2007 donâ€™t work very well and are not very affective from my personal experience.

All in all for me itâ€™s a no brainer. I quit a 3 pack a day habit in 48 hours. I donâ€™t cough, hack and wheeze anymore. I have my energy back. I feel better, breathe better and I definitely smell better.

Vaping Saved My Life!

5/31/2015 12:07:27 PM - Stephanie B

I smoked Marlboro Black Menthol 100s for years (smoked cigarettes for 15 years) and my friends tried to get me started on vapping and I am not a willing person for drastic change so I bucked it for months then finally I bought a starter kit from the gas station and found a cotton candy 12nic that I liked and after 2 days, I couldnt stand the smell or to be around cigarettes. I have been vapping only for 5 weeks now and I feel amazing!! I love my eGo One and my local vape group in Chattanooga Tn that are nothing but supportive and always willing to answer my newbie questions!!! Never going back to 🚬!!!! Always a 💨 girl now!!!! 👄💨💖💯

5/31/2015 12:07:15 PM - Daddyblc

I started smoking when I was in third year high school up to last year in March about a pack a day. I tried to quit cold turkey about five years ago but only lasted for three months. I got so grumpy and even my wife and my coworkers told me to just to go back smoking. First I did tried the cigalikes, then the clearomisers but then I still had some cigarettes. My doctor told me he will prescribe me the patch or the gum, I said no way. Early last year I bought my first mod and tank and from then on I never had a cigarrete. My sense of smell and taste are better.

5/29/2015 3:07:28 AM - Shane Crisson

Thanks to Vaping I am an ex-smoker of 10 years (1-pack a day), after my heart attack almost 5 years ago and triple bypass 4 1/2 years ago, I tried everything to quit (gum, patches, prescription meds) but all to no avail. Even with my doctors telling me if I wanted to live much longer, I had to quit, so even the possibility of death was not enough to motivate me to quit. Then something wonderful happened, I discovered the world of Vaping and I was able to quit cigarettes completely. That was all in July of 2013 and I haven't touched a cigarette since. Due to Vaping not only have I quit but my son, daughter-in-law, aunt, a couple of my cousins and a few friends have quit also. My everyday vape is a HeatVapes "Invader Mini" mod, Kanger Sub-Tank Mini and my own homemade juice that I make at 5mg (I started vaping using 30mg juice). There is a lot of misinformation out there about Vaping and how safe or unsafe it is, I have read the studies and seen the evidence, bottom line while nicotine in any form is not healthy for you (patches, gum, ect.) Vaping is a much safer alternative to smoking and it has literally saved my life. I can breathe much better, my heart is doing great and I get to be there for my family.

5/29/2015 3:07:18 AM - Alle Ennis

I started smoking young. All of my friends were smoking and I joined in. Before I knew it, I had crossed that invisable line and was hooked. I continued to smoke through out my life, with the only exceptions being while I was pregnant and breastfeeding. As my children grew , I began again to sneak off after they went to bed at night and enjoy a ciggerette, which eventually culminated in a full blown habit. When I got pregnant again, I knew I was going to need help to stop smoking completely. After my baby was born, I got a vape. I have never smoked again. My husband bought his vape on the day our daughter was born, and he never smoked again. We are now going on years of no smoking. We just stopped, completely. We never smoked again, and never wanted to. Everyone I know has a similar story. Once they started vaping..they were done smoking. That's the trick with vaping, in order to end your habit , you have to start vaping. For me and my family this is a miracle drug. I esp love that there is no " second hand " smoke factor to it. Personally I've known dozens of people who have quit smoking with Vapes. Permanently. I believe that any campaign to end or ban vaping is bought and sold by the big tobacco companies. I'm sure they have taken a huge hit since vaping has become popular .

5/29/2015 3:07:06 AM - sissy

I've smoked for 55+ years my daughter got me started on the vape & I had no problems quitting I don't have all that coughing at night or morning my quit date was Dec. 22 2014 I'm very proud of my self if they can legalize Pot why not the e-cig mods etc. I feel better with the cig. I was always sick so I don't see anything wrong with them I use the mod I will smoke a cig. about once every 2 months but its not the same I always go back to my mod love love it

5/29/2015 3:06:56 AM - Kevin Smith

I was a 2 1/2 pack a day smoker for over 32 years and had tried countless times to quit. I tried the nicotine inhaler, nicotine gum, nicotine patch, two different strengths of Wellbutrin, and Chantix to try and quit only to go right back to smoking. After losing both my parents to cancer and in a last ditch effort, I started doing research on the electronic cigarette and bought my first cig-a-like kit in February 6, 2011 not really convinced even it would get me off of cigarettes.

My kit arrived in the mail on February 9th along with a couple of bottle of 24mg e-liquid and I immediately started using it. I am pleased to say that on February 11, 2011 I smoked my last cigarette. I urge was still there but I really wanted this to work, so after a couple of weeks I upgraded to a mod and tank system and within a couple of months, the urge to smoke was completely gone. Over time, I have slowly reduced the amount of nicotine in my e-liquid from 24mg to 6mg at the current time and have a goal of eventually getting to 0mg and an overall goal of stopping vaping.

While I was a smoker, I had shortness of breath, wheezed so bad when I laid down to sleep that my wife almost couldn't sleep in the same bed, and woke up every morning with an terrible cough, and was on the verge of being put on high blood pressure medication. I would also get severe sinus infections at least 6 times a year. The worst part is that it was effecting my profession. Being a firefighter, I was finding it harder and harder to perform my duties. Within a couple of weeks after I started vaping and quit smoking, I started breathing better, no long wheezed all the time, and didn't try to cough up a lung every morning. My sense of smell and taste also started coming back. A couple of years ago at my yearly fire department physical, the departments doctor told me I had the lungs of a non-smoker and is extremely pleased with the improvements in my overall health.

Just yesterday I had to make a doctors appointment for a severe case of poison ivy and while doing so, it was brought to my attention that I had not been seen my family doctor in over three years and that I would be considered a new patient. And since he was not taking any new patients they would have to get approval. I contribute going from at least a dozen trips to the doctor per year to zero in over three years to the vaping technology and can proudly say that "VAPING SAVED MY LIFE".

5/29/2015 3:06:45 AM - Stephen

I used to smoke from the age of 15/16 and I am now 22 I given up smoking when I moved to E-cigs in 2013/14 and since I started of using the basic E-cigarette which looks like a real cigarette and since 2014 I now use a more advance E-cig from Jac Vapour and the benefits to me have been great, I am also a asthmatic and when I used to smoke I used to have 2-3 asthmatic attacks and get chest infections all the time! But since moving to E-cigs I never get these anymore and I also enjoy using the different flavours of E-liquid and I can say nothing negative about switching to E-cigs.

5/29/2015 3:06:34 AM - Shellyn Snowden

I began smoking again, after having quit for 15 years, during my divorce because I needed something I could do where I would be left alone, so I would sneak outside and puff furtively. Pretty soon I was up to a pack a day of Newports. I tried the patch, Chantix, toughing it out... Nothing worked. I hated the isolation of smoking (ironic, huh?), but I kept going back to smoking. It was 10 years of stinky isolation before I found vaping almost by accident and, as of 6 May 2015, I am smoke free and nicotine free. I'm convinced I wouldn't have been able to quit smoking if not for vaping!

5/28/2015 9:16:29 AM - Tony

I was a smoker for 15 years. I have been smoke free going on 4 years now. I use a mod when i vape and it has been great. No other smoke free alternative has helped me in the past. I stopped cigarettes from day 1 and have been vaping since. I no longer smell like an ashtray I can taste food better.

5/28/2015 3:16:14 AM - Tina Breitbarth

I was a cigarette smoker for around 35 years, I always wanted to quit but never had the will power. I started vaping using mods 2 months ago, I first tried E-Cigs but hated the taste of them. On the very first day of vaping, I smoked 1 cigarette. I might smoke maybe 3 cigarettes a day now. I feel so much better now since vaping, i can actually take a deep breathe without coughing!

The advantages for me are

1- saving so much money (spent about $50.00 a week on cigarettes before)

2- I don't smell like an ashtray :)

3- I don't get ashes everywhere

4- No smelly ashtrays!

5- I'll be around longer to enjoy my family!!!!

IF I CAN QUIT ANYONE CAN!

SO START VAPING TODAY AND SAVE YOUR LUNGS!!!

5/28/2015 3:16:03 AM - Malissa

I have a pretty simple story. I wanted to quit smoking for my heath and for my family.

In the past I tried to quite by pills, patches and cold turkey but I always went back to smoking. This time I decided to go the vapor route. I wasn't smoking a lot to begin with. Just once on my way to work and once while cooking dinner. When I started using the vapor product, I found that the vapor gave me the same feeling as a cigarette. I stopped smoking automatically and would even forget that I had a vapor alternative. I haven't had a cigarette in two years. Haven't use any type of vapor product in 1 1/2 years.

I do know that if I ever have that feeling again like I want to smoke, I will use vapor.

Thanks,

Malissa

5/28/2015 3:15:49 AM - Donna Heidger (VAPETTES CHARMS) Bay City ,MI

Hi ,I have been smoke free fir 2 1/2 yrs now ! Thanks to Vaping ,I started young 17 yrs old and smoked almost 2 packs a day and feeling the affects from it as I got older ,so I tryed at 46 yrs old to stop ,I tryed the patch which made me sick then I heard about Vaping so I bought a e cig and it still didnt help not untill i got a tank and and battery ,i went to a vape shop who helped me pick out what was best for me and e liquid (juices) once i did this ,i didnt feel the need to smoke ! I didnt crave cigs anymore ,i started at 12 mg of nic and now today im at 3 mgs of nic ,my goal is 0 ,I feel so much healther today I dont need my inhaler anymore ,I hate the smell of cigarettes now ,my health is a lot better since I stopped smoking and started vaping ,I have also helped friends and family stop by showing them vaping ,5 i have helped stop and as long as long as vaping is here , I will continue to help others thats why im hoping we can keep it around ,Vaping does change your life for the better ,im living proof ,wish my father could of Vaped ! He probably still be here today !! Thank you for taking time to read my story :-)

5/28/2015 3:15:38 AM - liced mendez I vape from Pennslyvania.

I started smoking at 15 years old till last year 2014 when they diagnoised me with copd. I didn't want to go with withdrawls so i started vaping well i don't use any inhalers and i don't have copd any more, and I'm still vaping.

5/27/2015 3:44:27 PM - Gary Miller

I am 68, I smoked 51 yrs, much of the time over 2 packs A day, as much as 6 cigarettes an hour. About 4 yrs ago I got voice box cancer and I still didn't quit. The cancer didn't scare me cuz they used the words, superficial and non-invasive. I didn't reduce my smoking, my doctor said I now have the voice box of A newborn baby, to which I replied, " then I guess that means I can smoke another 50 yrs before I have to be concerned again. However I felt I would be disappointing my doctor. I smoked just before the surgery and after, I cut down A little for A couple days. Then one day never even entertaining the thought of quitting I went into Walgreens to get my daily 2 packs of Marlboro box as I walked out I noticed they had given me A coupon along with my receipt for A dollar off A disposable ecig, I turned around, went back in and purchased the ecig. I used it the 1st day and also smoked 3 of my Marlboros, the next day I smoked 4 along with my Blu disposable, those were the last I ever touched A cigarette. In 1964 at 17 my Dad said if I quit smoking He would buy me A new car, the best I could do was cut down to 5 A day. I was and still am of the opinion even secondhand smoke is not harmful, and secondhand vapor is about the same as breathing air.I have been married 35 yrs, raised 2 kids and A grandchild always smoked in the house and none of them have ever had any symptoms. Its as plain as day why there is even a debate over ecigs, the cigarette companys and the and the pharmaceutical companys who make billions selling the 5% effective, nicotine patch, gum etc. Government borrows money on future tobacco tax revenues, If you think the depression was bad, what would happen if everyone quit smoking tomorrow, collapse! They are not allowed to call vaping A cessation device, but it clearly is, I would estimate upwards of 60% success. I think ecigs should be made available as readily as the other NRT's, such as the patch, etc and at the same tax rate. Ecigs should be covered by medical, medicare, etc for people of limited means, and for those of means they should be given A tax credit for quitting smoking via ecigs, there should be no burden on new ecig companys, only oversight. People will die that don't need to if they tax highly or make them hard to aquire. New ecig companys should be given tax incentives to develop even better ecigs. I think lawyers should start looking at people that may die in the coming years as A result of smoking because they didn't have access to ecigs because of the price or non availability, such as the proposal by the Mayor of Berkeley, Ca. who wants to ban the sale of ecigs in that city. Where I live, they don't want me to vape even outside, they want me to go to A smoking tent, I said" I don't smoke" smoke, they said they consider it the same thing. I said " that's like considering rape the same as consensual sex"

5/27/2015 3:44:09 PM - Anthony

I was a cigarette smoker for 15 years. I've tried to quit many times. Nothing has helped me. One day I found a vape shop thanks to a friend who referred me. For the first time in all these years I can proudly say I have been successful in quitting smoking due to vaping. My health is great. I feel the difference. This vape is a life saving tool for those trying to kick cigarettes. I wish I can buy one for everyone who is battling tobacco and give them a new life as someone did for me

5/27/2015 3:41:28 PM - Seth

I started smoking at the ripe age of 15. Smoked for almost 18 years. I tried to quit with every "accepted" method and never lasted more than 6 months. The best attempt I had was with Chantix. I was fortunate to not have any of the "crazy" side effects know to run with the treatment. When I started vaping my intent was not to quit, I was working a job I hated and some friends came to me and asked if I would work in the shop they were opening. I said yes in a heart beat (I HATED the prior job). The only stipulation upon hire was that I had to quit. My mind set was to "quit" in their eyes. My plan was to still smoke at home or when I went out. 6 weeks after starting work I realized I hadn't bought myself a pack of cigarettes. Its now 13 months later and I still have not smoked. I feel better, smell better and my wallet is way fatter(from saving not buying cigs, not the new job).

5/27/2015 3:56:04 AM - tyler

i was only in 7th grade when introduced to the disgusting habit of smoking tobacco, That is 13 years old! i was pressured into it by the people i hung out with as any 13 year old would be trying to fit in would be. Unfortunately this was something I took with me right up to only 6 months ago, and have been trying to kick since i was in high school. I was smoking 2 PACKS A DAY!!!!! This was greatly impacting my mental and physical health so much i tried numerous ways to quit, from patches to gum to yes even hypnosis therapy. I am 22 years old now and 100% cigarette free thanks to the vape industry. it started out with going to a 711 with a friend to try one of the disposable Ecigs, this only made me want to go back to normal cigarettes as it tasted terrible was harsh and after a little research I found they were made by the same company that made the same products i was trying so hard to stop using. About a year later i had found my way into a head shop on long island Ny where I live and was introduced to the Aspire product line of RBAs i started at 24mg nic and over about 3 months worked my way down to 6mg. One day working at a custom car shop a customer came in and saw me using my small basic tank set up and showed me his mechmod and when i took a drag it felt like the nic rating was dubble what i was using only for him to tell me it was but half. I looked around for about a week and found a vape shop called Clean Vapor in Lindenhurst Ny, they educated me on everything and anything that had to do with vaping. They started me off right at 3mg nic and after only a month i am down to 0 nic. My health since i have started vaping has dramatically increased, everything from my lung capacity to my ability to go threw out the day with out needing to stop what i am doing to go out side and sit on a curb for 10 min. currently i use a Sigele 150 and a Turbo RDA. my name is Tyler Quick i am from Long Island NY and i am cigarette free and could not be happier thanks to vaping.

5/27/2015 3:55:51 AM - Anne

In 2011 my son opened a vape shop in Oshkosh, WI. It was brand new to the area, but his passion came from watching me quit.

I smoked for 40 years, close to 3 packs a day. It got increasingly more embarrassing to smoke, I tried all the traditional methods. Counseling, hypnosis, cold turkey, gum, lozenges, chantix, wellbutrin. I got COPD. I thought I was smarter than that cigarette I guess.

A friend gave me an e-cig. It was just menthol flavor, high in nicotine, didn't taste good, but I wanted it to work. That's the trick I think. To want it to work. I slowly diminished my smoking for 3 months, and one day said tomorrow is the 1st, this time I will succeed. And I did !!! Today I am almost 4 years smoke free.

My lung Dr. is impressed, my quality of life has drastically improved. My kids are passionate about the business.

Since then we have seen hundreds succeed to stop smoking. I think the Vape shops also help the communities. By not buying more expensive cigarettes those people were able to spend more money in local business to help the local economy

The hardest thing for anyone to except is the fact that "Big Tobacco" has some how come out on top of this situations. All these new FDA rules will only benefit them? That's crazy. Your making rules based on money. Taxes, the more they can pay the more you do for them. I pay taxes also, and pretty high taxes for a small business. When do you see and hear the facts of people? Real lives being saved. Is the most important thing really money and taxes? Where is the human side of all these new rules? Don't you care about people?

I wish I could pole all the children of these ex-smokers. The ones who come in our store and thank me because Daddy doesn't smell bad anymore. Maybe that pole would help you see the human side. When has "Big Tobacco" ever tried to get us to believe they care about lives?

When will the Law makers look for the facts in front of them?

5/27/2015 3:55:32 AM - Sean donoghue

I used e cigarettes and e juice to quit smoking and my lungs and overall health feel better than they have in years. I don't crave the e cigs like I did cigarettes and they are much less obnoxious to people who don't smoke or vape than second hand cigarette smoke. Its obvious the laws and regulations being considered are for tobacco companies agendas and not to improve quality of life overall.

5/27/2015 3:55:03 AM - Jared Parrish

Vaping has made me lower my cigarette smoking I use to smoke a pack and a half in a couple of days when I didn't vape now that I'm vaping its lowered it to like like 10 cigarettes a week. Vaping is a safe thing as long as your not going overboard and doing crazy stuff your battery can't handle just be safe and it'll be fine. I'd hate to see something I love and helping me be taking away because of this so I'm encouraging everyone that does it to make a stand and help! Thanks for your time

5/26/2015 11:30:30 AM - Zoeh Bell

Hello! My Name is Zoe. I started smoking around the end of my fifteen-year-old days. I think I began because the guys I would date liked smokers, and everyone around me thought it was "Badass" and I wanted to fit in. I had learned that I have moderate athletic-induced asthma when I was around 11 or 12. Little did I know at 15 that it could get so much worse. My mom always told me it would get worse. Over the years my asthma got very bad. I was using my inhaylor every time I smoked a cigarette. The mucus build up in my lungs woke me up at night because I couldn't breathe at times. When I hit this point I decided I needed to do something. Coming from a small town all we had were the common ego pens. That was alright, and I enjoyed having a different flavor then cigarettes, but it still wasn't enough. i never fully quit using it, I only cut back on smoking, but not very much. After i started vaping I realized my throat hurt all the time then too, my voice always sounded very scratchy and I love to sing so that was a problem. At the end of January 2015 I met a man named Ryan. He vaped. Using more high-tech equipment then the ego pens. At this time he had an istick 30watt and an aspire Atlantis tank. I enjoyed jacking his vape for my personal use because it tasted sooo much better and I was getting so sick of the gross taste of tobacco. I'd say about two weeks after I met him I decided to order my own vape. The day I got my first vape was glorious. I couldn't stop using it. I only had two cigarettes the rest of the day and was using my vape non-stop. the juice I was using and still use is 3mg of nicotine and 80vg/20pg or max Vg. The next day I tried to have one cigarette. I had maybe one or two drags and I couldn't do it anymore. I put it out, and since that day, I haven't had a cigarette. And It will be 5 months without a cigarette on June 6th, 2015. Since then I use my inhaylor maybe once a day. I believe my singing and talking voice has improved. I never have the nasty hacks (the horrible, mucus filled coughs associated with cigarette smoking). It's so much easier to breathe. I believe that I can taste better. I feel more motivated to do things. I always find that it's great being able to tell people how life changing it can be. Especially for people with asthma that smoke. I now currently use an Istick 50watt and an Atlantis V2 Tank. I still use 3mg of nic and am planning on going down to 1.5 for a small while then going down to 0mg. All-in-all I'm glad I stopped smoking and glad I started vaping.

5/26/2015 1:31:40 AM - Morris Swaenepoel

this is Morris Swaenepoel i was daily smoker for 10 years and had tried several quit smoking products including the e-cigs that look like cigarettes (IE blu cig) and the only one that seemed to work for me was chantix, but i ended up in an extreamly stressful time in life so instead of going back to smoking i tried dip and other chewing tobacco products untill i saw a friend with a tank type e-cig from a local vape shop and was intrigued and desided to try it and have been using it for about 2 years and have stepped down from 18mg of nicotine all the way to 3mg of nicotine in that time period and am hoping to be nicotine free by the end of this year. I do still occasionally (once to twice a month) enjoy a nice cigar but only cause i like the way they taste and smell but i never feel like i have to have them. so far it seems like my life quality has improved as i can breath better, smell and taste better, and now dont feel the need to smoke i continue to vape mostly for the flavor which i also use to suppress urges to eat junk or sweets. so far asof yet i have not seen many if any down falls to the use of e-cigs and hope to be able to enjoy the for many years to come without outrageous taxes being levied on them and having unlimited use of my ecigs.

5/26/2015 1:31:02 AM - Simon Allen from Sunderland, UK.

Hi everyone, I'm Simon, I used to have yellow fingertips and I am quitting nicotine.

I had smoked cigarettes since I was 13 years old, started 5 - 10 L&B a day then advanced to 20 at about 15 years old. in my early twenties I was smoking 30 and also (inhaling) 2 strong, quality cigars a month.

Late twenties I smoked rolling tobacco, a bit over 50g pouch a week because of the cost of pre-rolled cigarettes.

I had tried all the quit smoking things people do, starting from only chewing gum when i had cravings to the nicorette gum and patches and even VERY horrible herbal cigarettes, I lasted only 2 days with overwhelming cravings with all. (I think it's also the view of smoke coming out of my mouth and the throat hit for me)

I started using a small pink ego T that was intended for my girlfriend from her nan but she didn't take to it so I thought i would try it.

Not really intending to quit I had an L&B in the morning when i woke and again with my coffee 10 minutes later, used the e-cig during the day (getting some stick from the lads as it is pink lol) keeping a 20 pack on me just in case.

Coming home that evening I realised that I still had my twenty pack unopened and the smell of an ashtray met me when I got home which i didn't expect (we only smoked in the bedroom and bathroom upstairs with the window open), I found that smell again on my girlfriend and her kisses after she smoked but nevertheless i love her and ignore it.

That evening vaping in the livingroom was bliss, my girlfriend even commented on how pleasant the smell was, in bed i didn't need a cigarette and because my girlfriend seen I couldn't stand the smoke in close quarters she told me that she would smoke in the bathroom instead for me.

Next morning I had my L&B and no longer enjoyed it like before so once I finished I gave up and have regained my tastebuds and smell which I never knew i'd lost.

That was 23 months ago and apart from one draw 2 months after quitting smoking (my girlfriend asked me to hold her cigarette while she tied her shoelaces, I wanted to see what i was missing and nearly vomited lol) I haven't had a cigarette again.

The strength of nicotine in my liquid at the start was 24mg, I also used a lifelike e-cig while i was out with a strength of 18.

I came down to 18mg eliquid two months later.

Another two months and I upgraded from a pink ego T to a matt black ego GT variable voltage and done away with my lookalike e-cig, with the extra voltage/wattage kicked out from the GT came more vapour (welcome) and a bigger throat hit (not welcome), my changing nicotine % to 16mg worked like a charm.

Approx eight months and a couple of different batteries later (all done the same job in my opinion) I came across a beautiful V5, Vamo that is, and also the name KangerTech.

I read online about dual coils, ohms, and that you can get more "cloud" vapour the lower ohms you use.

After doing some research I decided on the VamoV5 with a KangerTech proTank 3 with 2.0 dual coils and wow did I get more vapour, but again more throat hit too, so down to 11mg I went.

I am now sporting that same VamoV5 coupled with a KangerTech Aerotank Mega with 1.5 dual coils, currently mixing 80% of my flavoured 11mg nicotine juice with 20% pure no-nicotine VG, air hole at it's biggest for a lungHIT (suck straight into lungs) and enjoying every beautiful minute of life and tastes and of no coughing and smelling bad.

Another Note I must Point Out That I Have Learnt.

I have smoked cannabis for 4 year straight in my twenties and I had no problem quitting that BUT nicotine is such an addictive drug that people have to be weaned off, only a small % of people can stop outright so what should the rest of us do?

I wonder if maybe the tobacco companies have a finger in trying to stop us vapours because a portion of their profits are going to companies like KangerTech, Aspire and many more.

5/26/2015 1:30:52 AM - Ben Grave

I was a smoker for 8 years. I had quit a handful of times over that period, but only for a month at the longest. I could never give my self a reason to quit that seemed real enough. It's difficult to quit smoking if the reason can't be something tangible, like a relative dying or being diagnosed with cancer, or having an immediately satisfying replacement. In vaping, I found something different. It wasn't just a new way to get nicotine, it was a hobby, it was a community. I found something that I could be passionate about. Building coils, experimenting with different setups and expanding my collection, all while interacting with a new community is exciting and engaging in a way that smoking cigarettes never was. I have been smoke-free since Easter Sunday 2015 and it doesn't feel like I replaced it. It feels like I quit and started a new hobby. I have experienced all of the feelings of quitting, such as increased energy and lung capacity, enhanced senses of smell and taste and a feeling of generally better health. Vaping has been a definite improvement in many areas of my life. I feel a greater sense of acceptance and personal satisfaction than ever before. I not only feel like I belong in this community, I feel better about myself for having quit smoking and engaged in a new activity which I care about. I feel that I am a better person for having started vaping.

5/26/2015 1:30:36 AM - Steven cooke

I started smoking when I was about 15 years old seeing my parents always smoked I started picking them up as well once some of my friends did and then I smoked until I was about 21 years old. Then I found my first ecig. I started with something simple a ego battery and a kanger uni tank. But instantly I made a change for the better. After four days of vaping and no cigs my ecig battery was dead and I picked up another ciggarette. Instantly I put it out. After being use to the great taste of juices for a few days cigarettes were now nasty to me and I couldn't stand it. Back then I was vaping 18mg nicotine juice. Now I vape 3mg or lower on a mechanical mod and rebuildable atomizer. I love vaping as it has cleaned my life up and helped me get rid of a nasty and unhealthy habit I know without a doubt that vaping is healthier than smoking cigarettes and so much more healthy I don't ever plan to stop as I enjoy it. One day I will be on zero mg nicotine but I will never quit vaping!I since I've started vaping I started being able to smell things again and taste things clearly. I've also gotten sick a lot less often then when I smoked cigarettes and I can just tell and overall improvement in my breathing and health.

5/25/2015 11:23:16 AM - Stephen

been smoking for 20yrs gave up with the help of patches for 7yrs then due to stress started smoking again on the 4th may 2015 i started using ecigs and have not looked back I'm now onto vaping it is the best thing i have done totally helped me give up smoking cigarettes i don't even like to be near people who smoke cigarettes now and I wanna stand up and fight for vapeing because it can help so many other people.

To ban E cigarettes is to not only threaten the independent businesses that support and supply them, but it is taking a way a safe haven for people who have tried everything in the books to quit smoking and need vaping to help improve their life. Banning E cigarettes is trapping millions of people in the addiction of smoking. it is keeping the door open for serious health problems in the future for so many people.

5/25/2015 11:23:02 AM - NÃ³bel

It was more than one and a half years ago, on my little daughter's 3rd birthday that I bought my first ego kit, after 21 years of chain smoking, 1,1/2 - 2 packs per day. The moment I took the first puff, I quit smoking, have never lit one cigarette ever since. I have tried to quit several times, but my willpower turned out to be weak - as for other quitting methods, I haven't tried any of them. Quitting happened instantly, but it took a while until the benefic effects of turning from ciggies to e-cigarette came. Like most fellow vapers who smoked before, I started to feel better, lighter, and more fit than ever, after 2-3 weeks. It used to be a problem to walk up those more than 5o steps leading to my home with my daughter sitting on my back, but it is not a problem at all ever since :) everything smells and tastes better. I started with 18 mg, now I'm down to 6 mg, and - although I don't subohm, not a fan of direct lung inhale or cloudchase - soon I will vape nicotine free liquids. I strongly believe this is a lot less unhealthy way to get the nicotine dose I need (which hopefully I won't need at all pretty soon). Starting to vape just for fun doesn't seem a good thing to me, but if there is no other method that works, it is an excellent way to try to quit smoking.

5/25/2015 11:22:48 AM - Levi

I have been vaping on and off for around a year and have found that products made by bigger tobacco companies are not sufficient enough to stop me smoking all together being a smoker of 11 years and having tried pretty much every way of giving up.

I recently delved deeper into the vaping community and bought myself a small set-up consisting of a digital box mod (e-leaf istick mini 10w) and a kangertech genitank mini and gave up all together.

I now have been smoke free for 3 months I am now down to using 6mg nicotine liquids exclusively and have picked up a few mech mods and RDAs, different juices, drip tips and the like (I am enjoying my Aspie Sub Ohm battery with the Atlantis tank currently). I have full confidence that I never have to pick up a cigarette again using these devices, it has also become a great hobby and I feel healthier.

If we are forced to use products like the ones that are being sold in supermarkets etc then I fully believe that I will go back to smoking cigarettes and tobacco products which is horrible, this for me is the greatest way of giving up smoking tobacco products, even some my friends and family have given up smoking now that we have vaping.

I want vaping remain the way it is innovative and a fun way to quit the tobacco for good.

5/25/2015 11:22:37 AM - Dustin

Vaping in my opinion is a life saver! I have tried many things to try and kick the cigarettes over the ten or so years that I was a smoker. Everything from cold turkey to gum, inhalers and patches. Anything but medically perscribed medications. The medications all have worse side effects than smoking in my opinion. I personally can't believe our regulating entities allow such medicines to exist sometimes but that is a whole other subject. So when I was introduced to vaping, it was an instant satisfaction. The act of smoking without all of the harmful chemicals and byproducts of a combustible material. I was hooked on the idea almost immediatley. I started smoking as a social thing and then it became a thing when I would be under a lot of stress. And eventually became a daily habit. Smoking was a way or an excuse to take five minutes for myself. I enjoyed smoking. I still enjoy the act of smoking. Therefore vaping became an instant replacement for cigarettes for me. I very much enjoy vaping and still taking a five minute break to relax and gather my thoughts throughout the day. It is very gratifying to know that vaping has vastly decreased the harm I was doing to my body by smoking cigarettes. The vaping industry has grown so much and given such a wide variety of products to allow me to customize my vape to suit my personal likes or dislikes. My health has improved so much over the two years that I have used these products. I personally have convinced most of my friends and family who smoked to at least try vaping and almost all of them found a product that has helped them to quit using tobacco as well. I am so greatful for vaping and do my best to advocate for this industry and the products we use, and will continue to do so. Vaping has definatley changed my life for the better and I hope to see it change many others.

5/25/2015 11:22:27 AM - Bunny

I smoked a good solid 32 years. My son, now 32 ironically, vapes and had been trying to get me to stop smoking.

I tried without success.

But 7 weeks ago, I decided to give it another shot.....this time I tried with a fruity flavor that I really liked! And...BAM! I have been smoke free for the complete 7 weeks!

I use a mod and am down to 3mg nicotine. I started at a 6mg.

5/25/2015 11:22:10 AM - tsb

I smoked cigarettes for 8 years before I was introduced to electronic cigarettes. I smoked a pack 1/2 a day. At 23 years old after smoking for 6 years I was starting to feel worn down. As much as I hated getting up in the morning to smoke I could not find the self control to quit. They say quitting smoking tobacco is harder then quitting heroin! My friend smoked and used heroin and told me this. He passed away 4 years ago due to lung cancer and professionals say he died because of smoking not his heroin use. Makes me wonder, is the government going to legalize heroin and tax it??

It been about a year now since I have started vaping. I can taste better, everything smells better, I don't ever cough anymore! My whole body just feels great. At work I have even noticed my work ethic has improved. I have tried quitting smoking about 8 times in my years of smoking cigarettes. I tried everything from chewing gum to the patch. Study's have proven that smoking electronic cigarettes "IS" the most effective way to stop using those thousands of chemicals that are laced in cigarettes.

We all know that greedy congress is coming for us, and we the people need to stand up for are right to stop this attack. To tell you the truth if they win and decide to tax e-juice 50, 75, 100% I myself will quit vaping and never go back to cigarettes. Quitting vaping is a whole lost easier then quitting cigarettes. The chemicals that I was ingesting with cigarettes was really grabbing a hold of me and was taking over my mind. For me it was all psychological. I started at 25 mg of nicotine e-juice, and now I am down to 3 mg of nicotine and soon I will be at 0. To me just blowing vaper is enough to stay away from tobacco and keep my health.

From what I gathered from all this is, I think if the government taxes vaping as much as there saying most vapers will go back to cigarettes because of how much a 30ml bottle would be compared to a pack of cigarettes. I really hope things wont end up like there predicting.

I was thinking maybe we all can come to an agreement and at least agree to put an affordable tax on e-juice. Maybe are government will realize how many people have died because of there greed keeping cigarettes legal....."Actually you know what?" There will never be an agreement when it comes to greed. Poor people are getting more poor and the rich are getting more rich. If they want to tax something, tax the wealthy individuals in the United States that don't get taxed anyway and leave the vaping community alone. We are just trying to be healthier anyway. I feel like this is bigger then most people think. There's a bigger picture here then just vaping electronic cigarettes. This is the same damn fight we have been battling for years. Google says, Currently, the richest 1% hold about 38% of all privately held wealth in the United States. while the bottom 90% held 73% of all debt. According to the New York Times, the "richest 1

percent in the United States now own more wealth than the bottom 90 percent". So why not tax the rich?? I apologize for my rant.

I would like to thank you guys for this helpful site, and everyone on youtube getting the word out. Lets get together and fight this.

5/25/2015 11:21:56 AM - Joe

I was a Soldier in the US Army that smoked 2 packs a day and chewed. Then I felt my health slipping suffering from breath loss and such and getting sick way more regularly. I had tried all the different quit smoking methods patches, gum, medication non worked for me. Then a fellow Soldier had shown me a ecig which I though great another dumb idea to quit smoking. A few weeks later after getting bronchitis I decided why not I tried everything else. Went out got a starter kit with a bottle of 24 mg nicotine juice. It has now been 2 years and I now vape between 3mg and 0 mg and have not used tobacco products in about 2 years. I am now WAY healthier and couldn't be more happy that the technology has allowed me to more healthy. I have also gotten numerous people to switch over to include my parents which I am sure I have added many years to there life which makes me feel great.

5/25/2015 11:20:50 AM - Seth DiBenedictis

I was a smoker. I was for 16 years and smoked a pack a day. I felt trapped, confined and stuck. I felt as if there wasn't a way out. I tried quitting countless times in the past using FDA approved patches, FDA approved gum, cold turkey, hard candy and nothing worked. I even tried the BLU product, but I "relapsed" after only 3 weeks. People told me that it was my fault and didn't have the will power to want to quit. But it felt like more than that. It seemed that this was how I was going to live my life and eventually succumb to a smoking related illness. I felt like garbage. It was difficult for me to breathe at night, I smelled like smoke, and the worst part was after my daughter was born, my wife made me change my clothes and basically sanitize myself before I could hold her. Imagine not being able to hold your own child because of a cigarette.

2 years ago a co-worker introduced me to vaping. I didn't know what this thing was, how it worked or anything. But that night after trying his mechanical mod device, I went out and bought my first vape device. It was a simple ego pen style with a tank. I loved it. I wanted more. I started at 12mg/mL of nicotine and within two weeks dropped to 6 mg/mL. I was going to vape shops 3-4 times a week discovering new eliquids and flavors. A month later I got my first mechanical device and I haven't turned back since. My nic then dropped again to 3mg/mL and it has stayed there ever since. That was almost 2 years ago. Since then my sense of smell returned, I felt free...finally.

I now own my own eLiquid business creating new flavors and enjoying the community and industry that has been growing and evolving over the past couple of years. Without this industry and innovation I would still be a smoker. The friends that I have been able to convert from smoking would still be smoking. Now the FDA and government want to take our industry away from us. The community that we have grown into. If we sit by and do nothing, your fate is to become a smoker again. If you are ok with that, then continue to do nothing. But if you're fed up with the FED telling us how to live our lives and what products we can and can't use...then DO SOMETHING! Join CASAA (it's free!) sign the petitions, send the call to action notices to your representatives. It's only when we speak up we are heard.

My name is Seth DiBenedictis, and #IMPROOF

5/25/2015 11:20:04 AM - Maria

First off, I'd like to thank all the previous posters; Your stories are an inspiration to everybody who has ever stressed over their ability to quit tobacco successfully. It was stories like this that helped me make the switch to vapor.

I had my 1st cigarette, when I was 9 years old. It was a Salem menthol that a neighborhood boy had stolen from his Mother. After that, I took up steeling cigarettes from my Mom's Benson & Hedges for years. I didn't know how to inhale the smoke into my lungs, until I was 14 1/2 years old, so I count my years smoking from that age. In essence, I've been addicted to cigarettes for 38+ years!

I never do anything by half-measures and smoked, like a chimney, at least 2 packs a day. It's a family thing, as my grand-parents and parents all smoked cigarettes and pipe-tobacco. My grandpa Lynch died of Emphysema in 1982. Then, nearly 4 yeas ago, I watch my beloved Mother deteriorate from COPD. She even continued to smoke, while hooked up to an oxygen tank! My Mom died, and I swore I would not put my children through the same agony that my Mom did, but I still couldn't put the cigarettes down. In fact, the more I thought about quitting this deadly game, the more I smoked! Nicotine patches and gum didn't work for me. My morning cough and evening wheezing got soo bad that it was like having chronic bronchitis.

I'm an educational assistant in special education. In January I got hired for a permanent position at an elementary school. I love my job and couldn't be happier, but I would die of shame if any of my kids knew that I smoked cigarettes. I went through this ritual of washing my arms with scented soaps and wearing a "smoker's jacket" in the car, but I wasn't fooling anyone. One day I got called up to the Principal's office and told by my very sweet boss that she's soo sensitive to the smells, that it was making her sick! I was soo embarrassed, I could have died on the spot. My boss didn't tell me I had to quit smoking, but she did state her concerns.

On the morning of January 30, 2015, I walked into my 1st Vape store and walked out with an itaste VV 3.0, Kanger Protank 3, and e-juice 18mg. In fact, I threw away half a pack of cigarettes. I haven't felt the need for a cigarette since I started my vaping journey. This is a true blue miracle for me! Today I am 106 days without a cigarette, and I have stepped down my nicotine to 9mg.

I love that I can breathe again. Gone is my nasty morning cough and evening wheezing. I have soo much more energy. I feel like I could conquer the world! I love that I don't smell like an ashtray, and I can proudly stand next to my principal boss and not gross her out! The best feeling is being a good example to my kids, friends, and family. I thank God everyday for my ability to vape.

5/24/2015 3:16:42 PM - Valarie

I started smoking when I was 11. My husband and I have both attempted many times to quit smoking using any method available at the time. We did well and stayed smoke free for a bit but the cravings, oh those rotten nagging cravings, they never completely left me alone. I eventually caved in and bought a pack. Just like that I became a smoker again. Then, I found vaping. The vaping community. I learned so much. I have used a few tube mods,and now use a sigelei 100w box. Flavors vary depending on what I am in the mood for. I have been without a cigarette in my hand or the craving for one for over a year, after 27 years of smoking and so many attempts to quit. We started out with 12 mg of nicotine in our juices, we are down to 3 mg after a year. I feel healthier. I no longer reek of smoke. I can ride bicycles with my son and not get winded after 3 minutes. Vaping saved my life!

5/24/2015 11:11:32 AM - Coby Erickson

Vaping is something that has changed thousands and thousands of people's lives and should not be taken away in any sort of way.

5/24/2015 11:11:15 AM - Chris Marshall, Southern California

I started smoking in 1972 at the age of 18. I am now 60 and smoked for 42 years until January of 2015. In the 1980s I started rolling my own unfiltered cigarettes and smoked about 2 1/2 packs a day when I began vaping.

I began vaping in October of 2014 while driving cross country in a rental car because I could not smoke in the car. Through November and December I upgraded to more powerful hardware and my smoking rate began to fall. By the end of December, I moved to advanced personal vaporizers and tanks, and my smoking rate fell to zero.

I never had any intent to quit smoking and thought I would smoke until my dying day. I considered quitting smoking to be impossible for me. I was not even trying to quit with vaping, it actually kind of happened by accident.

Five months later, I remain smoke-free. I don't have any desire to smoke and prefer my vaping. I use 18 mg e liquid and have no desire to stop nicotine. I feel what I am doing with vaping is what the FDA calls long term nicotine replacement therapy. So what's the fuss?

My health is improving, I breathe better, I don't cough like I did before, I have better color, food tastes so much better, and the dentist says my teeth and gums are improving too. I think the biggest smoking related health risk I feel now is that my access to these life saving devices will be blocked by a government addicted to tobacco money from The Master Settlement Agreement and hefty tobacco taxes and I will have to return to smoking.

My other big smoking related health risk is that The California Department of Health's (CDPH) vicious propaganda campaign of lies really angered and radicalized me. Anger is stressful. I'm normally a chill person, but my husband says I'm obsessed with this. Its true, but I feel my life is at stake. And it's unjust. Can we chip in and buy some local station air time for those great ads I saw on notblowingsmoke.org? The CDPH air war against vaping should not be left unanswered on television. Anyway, I am writing frequent and reasonable letters to an expanding list of legislators and media. I can tell you the CDPH really hates it when you cc the media and tell them you did. That brings me joy. Ok, enough ranting, vape in peace fellow vapers.

5/24/2015 11:11:01 AM - jayme baker

I was a smoker for 9 years tried gum tried patches tried cold Turkey eating seeds chewing on straws nothing worked. I loved smoking was my problem. After I bought my first rda and mod it was game over for analogs. I've been smoke free for a year and couldn't of done it without vaping. It saved my life and so many of my friends. #notblowingsmoke it's literally amazing to wake up with no cough no flem and best part I can breathe again my physical fitness has improved due to the increase in my lungs capabilities I don't get winded as quickly. If it's made illegal it won't stop us. You'll only create another item for the black market.

5/24/2015 11:10:46 AM - ksmusselman

Why I Use Electronic Cigarettesâ€¦When I Already Quit Smoking

I started using ecigarettes in 2013, about five years after quitting smoking. I was a heavy smoker for 35 years; started smoking when I was 15, and I enjoyed it. I just enjoyed it. To me it relaxed me. It was a way to de-stress. I just enjoyed smoking.

I always liked the old saying, â€˜Oh, itâ€™s easy to quit. Iâ€™ve done it several times.â€™

So I had quit a few times. Twice I used the Waterpik filters that you stick on the end of your cigarettes and it weans the nicotine out. Iâ€™d also tried the patch, cold turkey, you name it, I tried everything.

What finally worked for me to quit smoking was Chantix, because Chantix targets a receptor in the brain that exacerbates the physical addiction, the chemical addiction to the nicotine.

But thereâ€™s a lot more involved than just that. My brother quit just by chewing a lot of gum and he was able to psychologically force himself into quitting. But that didnâ€™t work for me.

No matter what I tried or what people said or how many gross pictures they sent me or whatever, I didnâ€™t care. I liked to smoke.

So when I started having medical issues that forced me to quit â€” I had a horrendous cough; you might have thought I had tuberculosis. I couldnâ€™t even take a breath without coughing. And it was just horrible. It scared me.

Also, I was getting dental implants because smoking actually helped to ruin my teeth. So now I have really pretty teeth â€” bought, paid for and glued in.

But anyway, the dentist would not give me implants unless I quit smoking. So it was kind of like a no-brainer. Well, do I keep on smoking and go around toothless or do I quit smoking.

So I was in a position where I was literally forced to quit smoking. And I had an attitude about it. I didnâ€™t want to quit. I was just not ready.

So I went through a lot of mental crap in order to quit. I completely rearranged my routine. There were a lot of things that I automatically, psychologically associated to smoking, like talking on the phone, right after eating, etc.

The Chantix helped with the chemical addiction because it targets the brain receptors, so that part of it was not difficult initially. And then I changed my routine so different things I did werenâ€™t associated with smoking anymore.

That worked for five years, but not without consequences. The longer I went without smoking, the worse I got, as far anxiety, moodiness and just being on edge all the time.

So in 2013, my husband started bringing home disposable ecigarettes and they really helped!

A lot of former smokers will tell you that they went back to smoking a few times before quitting for good. And thatâ€™s me. I really wanted to start smoking again, but I knew that with the coughing and other medical conditions, I CANâ€™T start smoking again.

Thatâ€™s why electronic cigarettes are a major life-saving alternative to smoking again! Without them, I know I'd have to increase my anxiety medications to keep from starting to smoke tobacco cigarettes again.

As a former 35-year heavy smoker, I know how difficult it is to quit. Iâ€™ve wanted to â€œcheatâ€ so many times since I quit in 2008, and using eCigs seriously keeps me from picking up another cigarette, which would be very hazardous to my health.

And now I have a passion for helping smokers quit and for finding ways to help former smokers keep from going back - by using an ecigarette that works for them.

http://smokerslogicegics.com

5/24/2015 11:09:54 AM - candido flores

Hello my name is candido flores and vapeing has changed my life I have been smoking cigarettes seance I was 8years old and on my 20th birth day is when I bought my first vape pen and in a matter of days I could breathe much better and my body felt alive again in the past weeks I could not run around much with my 2 year old with out haveing to sit down to get a breath in now I can run around much better and I have moved up to a to an I stick 50w and I vape from 3mg nic to 0mg nig and I wanna stand up and fight for vapeing because it can help so many other people

5/24/2015 11:09:34 AM - mark e davick

I Smoked For Over 40 years. I had to quite.I tried all methods. Vaping keeps me alive. I have not smoked in 4 years.

5/24/2015 11:09:21 AM - Gord parsons

When I was a child I watched my father, his friends, and thousands of other adults smoking cigarettes. I always regarded the act of smoking as something "cool" to do. I was attracted to smoking at a very young age. As early as I can remember. Probably around five years old. As I grew up I would fantasize about smoking and when I was approximately eleven years old I stole and smoked my first cigarette. I remember coughing and thinking that it tasted terrible but I couldn't wait to do it again. I later experienced the same effect with alcohol. By about the age of sixteen I was drinking and smoking cigarettes not only because it felt "cool" to do but it also came with that sense of being a rebel, doing something my parents wouldn't want me to do. For the next ten years I drank alcohol and smoked cigarettes heavily. I developed terrible lung capacity, poor stamina, and an ugly sounding "smokers cough". During that time I tried a few times to quit with nicotine patches, nicotine gum, and the nicotine inhaler. At one point I was using all three heavily at the same time to try and reduce the cravings. Not once did I make it past three months cigarette free. At the age of twenty three I abandoned the effort to quit cigarettes. I gave into the idea that I would smoke for the rest of my life and more than likely die around forty due to lung disease or cancer. By this time I was smoking a pack and a half a day. I had a terrible cough that my family would comment on everytime they heard it. They were becoming very worried. I also couldn't exert myself physically for more than thirty seconds at a time, say running or biking, lest I keel over coughing and hacking and nearly passing out. Climbing multiple staircases was a genuine fear. My fingers and teeth were also turning yellow and brown and it was costing me a small fortune to keep up the habit. The biggest problem I faced was that I genuinely did not want to quit smoking. I loved it. The action of smoking was still so attractive to me, even though I knew it would sooner, rather than later, kill me.

At nearly twenty six years of age, I discovered and admitted that I am an alcoholic. During the beginning of my sobriety, I relied on smoking to calm my nerves so that I could work my program and keep from taking that first drink. And then I was introduced to vaping. At first, I simply wanted to keep smoking and so appeared what seemed a less harmful way to do so. I learned about the four chemicals that EJuice contains and it began to make sense to me that vaping eliquid had to be less damaging to my lungs than cigarettes. I cannot lie about the first few puffs off an eliquid vaporizer. It was a little harsh on the throat and it would make me cough. But it certainly tasted better than cigarettes. It took me a few months to get used to vaping because I would forget to charge my battery or run out of juice or leave it at home. On such a day I would be out at work say, and would need to fix my cravings. I would ultimately have to pick up a pack of cigarettes.

Eventually my cravings for cigarettes completely vanished and after only a few months of vaping, my lung capacity returned. I no longer have that horrible cough, and everyone who knows me has noticed that. I can comfortably go for a lenghty run or a bike ride. I

have opted to walk the stairs up fifteen floors in a high rise building rather than take the elevator. I enjoy the excercise but also the fact that I can breathe the entire time, and after I get to the top. Don't get me wrong, I'm not an olympian, I still run out of breath. But I no longer cough and hack for fifteen minutes while struggling to get my breath back. Also my teeth and fingers have lost the yellow brownish staining from the tar in cigarettes. Another benefit is, after purchasing my latest vaping set up, which was around 140$ (about the cost of smoking cigarettes for one week) I vape about 5 dollars worth of EJuice a day, less than half my cost of smoking cigarettes daily.

I have now been vaping for approximately two years. My lungs feel as good as they did when I was a child. My girlfriend and I go for long walks with my dog. My energy and stamina are at peak performance. Also, my immune system has greatly improved. I have regained my sense of taste and can fully enjoy the food I eat today.

When I started vaping, I required eighteen milligram nicotine strength eliquid, and am now comfortably vaping six milligram. I have a firm belief that it is the additional chemicals in cigarettes that cause the extreme addiction, not just the nicotine. Now that I have detoxed my system of the benzene, formaldehyde, and the other numerous chemicals, I can endure longer periods between nicotine intakes, and inherently, have gained the ability to periodically lower the strength of nicotine in the eliquid I vape. My goal is to eventually get down to zero nicotine and ultimately cease my need to vape.

Cigarettes were killing me. Slowly, but certainly. I have a hightened sense of well being today. Staying sober and living a healthier lifestyle is number one on my list, and vaping instead of smoking cigarettes definitely contributes to a healthier part in my life. I feel great, alive, and excited for the years to come.

5/24/2015 11:08:30 AM - Beth W

in 2009, I picked up my first pack of cigarettes. They were menthols with sort of a gum taste. I was a close to pack-a-day smoker for over 2 years. I developed a morning cough that would make my gut wrench every day. I couldn't walk up the stairs let alone run without feeling like I was going to keel over. In January of 2011 I picked up my first electronic cigarette. It was a White Cloud and it was phenomenal but not quite satisfying. in 2013, I got a recommendation from a friend to try a refillable e cigarette. These came with variable nicotine strengths and more flavors than I thought possible at the time. That following christmas, I opened up my Volt X2 E cigarette with my Kanger Protank 2, 24mg of nicotine, one container of menthol and one of peach e liquid. Starting immediately I noticed a difference. Analog Cigarettes were no longer on my mind, nor did i want one. Why smoke an analog that does so much damage when this thing in my hand is sleek, it satisfies my nicotine cravings, tastes great and makes me feel amazing? After a month of vaping this Volt X2 I noticed just how great I felt. I could start going back to the gym and actually workout without losing my breath entirely. I no longer smelled like an ash tray. My morning cough was gone. I could smell again, I could taste food properly. I started to question why these weren't thought of decades prior!

While I've had a few minor setbacks, Smoking analog cigarettes is no longer a priority. it is now May of 2015 and my health has only improved. My latest physical was met with my doctor congratulating me for quitting smoking, when in reality I had been vaping; The doctor had even approved of this in comparison to analogs. I am no longer in need of nicotine at all. I currently have a Sigelei 100w Plus with a Troll Rda, vaping frozen yogurt flavor. All of this is simply a hobby now. I have no need for nicotine, cigarettes. No addictions. Has had such an impact on my life, I will be forever grateful for whoever thought of this miracle. If Electronic cigarettes had been around sooner, maybe my grandma wouldn't have had to have a tripe bypass surgery. Maybe my good friend's grandpa wouldn't have died from emphysema.

To ban E cigarettes is to not only threaten the independent businesses that support and supply them, but it is taking a way a safe haven for people who have tried everything in the books to quit smoking and need vaping to help improve their life. Banning E cigarettes is trapping millions of people in the addiction of smoking. it is keeping the door open for serious health problems in the future for so many people.

5/24/2015 11:08:18 AM - Ann

I smoked for 30 yrs. One day last year I starting vaping and accidentally quit smoking. I am handicapped and disabled with a team of specialists that keep me alive. They are all on board with my choice to vape. They have measured my lungs, blood, everything has improved EVEN MY MEMORY since I quit smoking and started vaping. I am even losing weight. I gained 200 pounds on Lyrica and Antidepressants and vaping is helping me lose the weight. I vape flavors like Vanilla Cupcake and Monkey Juice to keep me from over eating. I am healthier happier and healing more and more each day. Vaping is an amazing thing in my life and I have helped over 20 people quit smoking. I spread the love and the word about my story and so many of the smokers I once knew are vapers now! We live in an amazing time with amazing technology. I am so thankful I found vaping. You need to learn about vaping, not just damn it for being something new or tax it into oblivion. You need to understand.

5/24/2015 11:08:09 AM - Diane

I started smoking when I was 15. A lot of people in my family smoked so I was sure to start up. Vaping helped me quit cigarettes and I feel so much better! I can breath, I don't stink, my skin looks better.. Overall I just feel great! Not only did my husband quit smoking but my sons who started smoking are now vaping and have quit smoking cigarettes. Ecigs will help save millions of lives.

Diane- Bay Area California

5/23/2015 3:48:00 PM - Declan Eastham

Hi, my name is Declan Eastham and I'm a loyal vaper. I've been vaping for over a year now and they have helped with a serious stress, depression and anger condition that I've had since I was a child. I might be feeling angry one time, for no reason and still, ill just take a vape and all of a sudden I'm sane again. Vape strong friends and never back down.

5/23/2015 3:47:51 PM - Roy Rausher

I have been smokeing for almost 30 years. i started by stealing cigs from my mom i have tried to quit for almost as many years. I smoked my last cig on 1/15/2015 @ 9:30 AM today is 5/23/2015 now i have tried the gas station e cigs like blu and mark 4 and many more. jan of this year i bought a good vape and found all the flavors. i have not even touched a cig sence that day. now i can breath still cant run to much but its getting better now i can go outside and play with my kids with out feeling like i am going to die. i now ues an ipv v4 with the Atlantis v2. i have tried patches, gums, cold turkey, lounges, I jsut want to say who ever came up with the idea of vapeing thank you you saved my life or atlest extend it so ty

5/23/2015 3:47:42 PM - Paul wagaman

I have not smoked a cigarette since May 12th, 2013. This is due to a friend introducing me to vaping. This ended a 45 year tobacco habit that was killing me one day at a time.

I look at vaping as a gift from God. My son loves the fact that I no longer smoke and I don't wake up to the sound of wheezing in my lungs.

In short it saved my life.

Paul Wagaman

Flying Dutchman Vapors

California

5/23/2015 1:32:25 PM - Brenlee S

im happy to give you my story, i am a female, i just turned 50 this year, i had been smoking for over 40 years (yes i took my first puff under the age of 10) back then, we didnt know any better, there was no research, and EVERYBODY smoked, you could smoke wherever, restaurants, stores, bars, everywhere, when i was in my teens we moved to calgary, ab, and smokes there were under 1.00 you didnt need permission to buy them, there were no rules, fast forward about 35 years, i was sick, coughing up nasty stuff in the morning, wheezing, out of breath, i tried everything, gum, patches, hypnotism, nothing worked, i was sick, my skin was turning that yellow color associated with heavy smokers, i smoked a pack a day, sometimes more, i could not shake this addiction, i had tried cold turkey and it was not a experience i wanted to repeat, it was horrible, then last year i heard about this thing called vaping, you could smoke it like a cigarette, but there was only a few ingredients not like cigarettes which have THOUSANDS of harmful chemicals, i didnt think it would work, i mean i tried everything and was losing hope, then more and more stories came out, how people who smoked more than me were quitting because of this device, so last february (2014) i went to a local vape shop, (fat panda, winnipeg) i went in not sure on what i was doing, but i knew there was a kit, they were so helpful, they helped me pick out a kit, and the "juice" i would need based on what i was smoking at the time, i walked out of there with everything i needed, which a full start up kit with the needed supplies were well under what i would have spent on a carton of cigarettes, i had one cigarette left in my package, i remember sitting outside in my vehicle behind my parents house, as i smoked that cigarette i kept thinking this is goodbye, goodbye to all the sickness, goodbye to all the wasted money i spent over the years, i said goodbye to it all, and smoked it, after that, i started to vape, at first i thought its not working! i still wanted to smoke! i thought to myself, nope! im not going back, i made the commitment to myself, as i vaped one day turned into two, two days turned into a week, and sitting here today, i can honestly say, vaping saved my life, a year a half without a cigarette, me a lifelong smoker! I DID IT, and i did it BECAUSE OF VAPING! i owe my life to vaping, i enjoy it, and to put everything into perspective, i forgot my nicotine juice at home today, i stopped in a gas station, and asked if they sold it, the person behind the counter said oh no we don't sell it, its illegal, i was stunned that they thought it was illegal, there is A LOT of work to do to educate the public on what vaping really is, its a tool to quit those DEADLY CIGARETTES, and for our government who wants to class vaping in with smoking is a insult, and a money grab to get more taxes from us, a lot of education is needed. long story short, vaping saved my life.

5/23/2015 1:32:15 PM - Stryber

Started smoking cigarettes when I was 20/21(2008/2009) and did so until I tried testing e-cigs from gas stations early 2014. Those were okay at first but didn't really help kick the habit and the taste was usually just as bad as a regular cigarette. Around April/may 2014 I got myself my first vape device (kanger stick with 16mg juice) and was actually able to quit smoking cigarettes. After learning more about vaping, I got my first mod at the end of August and haven't had a cigarette since. The only thing I still occasionally smoke are Djarum Clove Cigars for the flavor (1 pack every other month). Other than that, I'm loving the vape life. Amazing flavors out there and I LOVE to blow clouds. Currently still stuck on 3mg nicotine, slowly weaning myself down to 0 by mixing 3mg and 0mg together. Can't wait to be nicotine free!

I have definitely noticed that I have more energy and don't feel as sluggish when waking up/during the day. My girlfriend used to hate my smokers breath and that my clothes always smelled of smoke. She got herself a mech-mod too and vapes on it every once in a while with zero nic to blow clouds. Overall, having switched to vaping had improved my life and saved me a lot of money in this past year!

5/23/2015 11:29:37 AM - Jessica R.

I was a cigarette smoke since I was about 9 years old. It didn't help that everyone in my family smoked so I started smoking very young. I am 27 years old now and have tried everything you could think of to quit. My husband And I began using our mods/electronic cigarettes and we both quit cigarettes! We are 1.5 years cigarette free and cannot believe the difference in our health!!!

5/23/2015 11:29:22 AM - Will

I recently passed through customs in Singapore. They Xray all baggage for any banned items. At the time I didn't know that Singapore had banned all e cigarettes.

The customs took me into a room and not only confiscated my two eCigs with all coils but the 30 small bottles of juice I bought in Thailand. Apple Liqua Brand.

I asked them why they are confiscating everything and they said that you were not able to bring into Singapore and e-cig or products for your won use even though you don't live there.

They showed me the sign on the wall that prohibits E Cigarettes and proceeded to inform me that "The Singapore Health Authority" say it isn't safe and is prohibited.

They them went on to inform me that it is much worse than smoking. I nearly fell through the floor.

These customs officers have been brainwashed by their own government to ban a legitimate aid to prevent smoking that can KILL you. They are believing one health report conducted in Singapore regardless of all the other world reports that advise it is a legitimate alternative to smoking that will save lives.Smoking causes many health issues as we know and contains many toxic chemicals but Vaping has very few harmful chemicals that they can actually say will harm you either in the long term or short term.

One poor ladyl who was also taken to the same room where I was sitting was also subjected to this information briefing and they took her E-Cig and the juice off her. She informed me that she will now have to go out and buy a pack of cigarettes. I informed customs that they had just now turned that lady back into a smoker which is far worse than the ecig. They didn't believe me and again advised me that e-cigs are worse than smoking.

I believe when government bodies see how many cigarette sales fall in other countries like the UK they know how much revenue they will loose in taxes.Can this be the real reason they ban it as there in NO evidence to date that it will kill you and we all know one in two smokers die from cigarettes/tobacco smoking and its effects?

Has anyone else had the very same issues traveling?

5/23/2015 11:28:37 AM - Devin G

I smoked a pack a day for 21 years and had given up on the idea of quitting until I bought my first true "vape" kit. I tried both the gum and patches with relatively little success even combined with counseling. The gum caused a myriad of mouth and sleep issues and the patch irritated my skin to the point of discomfort. I must mention that I did try a cigalike once but it didn't scratch my itch. Finding my first tank system was my magic bullet, along with some behavioral changes. I have not had a cigarette since and do not miss them in the slightest. I started with 24mg juice for fear that my nicotine cravings would be uncontrollable. To my surprise I have enjoyed dropping down in nicotine content to currently 6mg. I have also enjoyed smelling better, breathing better, and just plain feeling happier. Health concerns aside, I was sick of the anxiety of constantly planning a day around where and when I could smoke cigarettes, and for me, vaping has been my liberation. Contrary to vaping opponents assertions that vaping does not help people quit, I would dare say that it helped me quit.

5/23/2015 11:28:28 AM - Catherine Raney

Vaping has honestly changed my life. Once I was able to quit smoking cigarettes, after smoking for 30 years, my entire Life literally changed. I had tried to quit with the patch and gum. Nothing worked. I always went back to cigarettes until I started cap ing.as I begin tapering off cigarettes,I began to lose pain in my joints which allowed me to exercise more, which allowed me to lose 36 pounds. My appetite changed, my skin cleared up, my ability to taste and smell returned. I can run up flights of stairs like a kid again, whereas it used to wind me after a few steps. With an improved appetite I eat healthier. I am not self-conscious any longer of the way I smell, now that I don\'t smell like cigarettes. I am no longer a social outcast at family events. I look 10 years younger and feel at least that! I haven\'t had a cigarette in over two years, and can honestly say I will never have another one again. I have also tapered my nicotine down from 18 to 3 mg. This incredible life change inspired me to open a vapor shop, which has allowed me and my staff to help over 1200 people quit smoking in the last two years. Every day we hear stories from our customers of how their lives have changed in so many ways. I hope and pray that this much healthier alternative to cigarettes is not taken away from us. We should have the right to choose to vape just like we are able to choose whether or not to smoke cigarettes. I honestly do not see the difference. Please do not take away our right to choose, our right to improve our quality of life.

5/23/2015 12:47:21 AM - Anthony

I started smoking as a teen and smoked for 15 years. I tried quitting MULTIPLE times. I was introduced to vaping last year by a friend/coworker. Since the day I purchased my first personal vaping device in November 2014, I haven't had one cigarette! I breathe better, sleep better, have more energy and so on. If vaping is successfully attacked and taxed by the greedy lawmakers in Big Tobacco's pocket, many people that rely on vaping to be tobacco free will be devastated. It will undoubtedly move to the black market much like our country's last prohibition. Please do not let this happen!

Thank you.

5/23/2015 12:47:10 AM - Jennifer Chumbley

I am a mother of four wonderful children, a wife, a business woman, and now a vaper. I smoked traditional tobacco cigarettes from the time I was fifteen, without revealing my age too much, I smoked tobacco cigarettes for over 25 year. I always told everyone that I was not addicted to cigarettes and would be able to stop smoking whenever I wished. My children and husband begged me to stop smoking tobacco cigarettes, however; I told them I enjoyed smoking cigarettes and it kept me calm. The truth is, I was truly addicted and it didn't matter that I wheezed in the mornings, had trouble sleeping, and couldnâ€™t walk without getting winded. It also didn't matter that I seemed to keep the average cold for weeks longer than non-smokers. It didn't matter that my windows, walls, clothing, and hands were stained from the tar and other chemicals in cigarettes. It didn't matter that nasty cigarette butts, ashes and ashtrays were always a constant in my life as well as keeping working lighters I didn't even realize how much smoking affected my children, and it truly didn't matter that I was spending a lot of money smoking around two packs of Marlboro Reds or 72's per day.

I did try to stop smoking cigarettes many times, I tried the normal such as â€œcold turkeyâ€, patches, gum and even Chantix and each time it didnâ€™t work, so my excuse continued that I wasnâ€™t addicted and enjoyed smoking.

My husband kept suggesting I try electronic cigarettes and even bought me one of the "cig-a-likes" which has a small rechargeable battery and cartomizer/atomizer you change, and these definitely were not my saving grace. Then he brought home a â€œvape penâ€ from a gas station which has a rechargeable battery that looked more like a pen which a disposable but refillable tank, he also purchased some e-liquid to go with it. I tried it and it wasn't that bad but the e-liquid was a PG high liquid in 12mg nicotine, and I really wasn't totally satisfied enough to stop smoking cigarettes, so vaped and smoked. At that point I had 1 carton of cigs left. He then purchased me a double pen KangerTech Evod starter kit with several flavors of USA hand crafted e-liquid in 24mg nicotine from one of our local vape shops, and that day was the last day I smoked a traditional cigarette, at this point I had 2 unopened packs of cigarettes in my pocketbook and 4 more packs in the carton. This was my saving grace, I enjoyed the flavors which were not tobacco flavors but great tasting flavors such fire & Ice (cinnamon red hot with cool exhale) and Baja Blast (Mountain Dew and berry flavor), and a coffee flavor. I couldnâ€™t believe that I didn't even crave a cigarette, but still unsure I continued to hold on to those unopened pack of cigarettes. After 6 months I threw the 2 packs out of my pocket book in the trash and my husband had to remind me there was 4 more packs in a long forgotten carton, which I also trashed easily.

Today, it has been 18 months since I smoked a traditional tobacco cigarette. I can taste and smell, my health has improved, I don't cough or wheeze, I can actually walk without getting out of breath, the vapor smells good and my children no longer go to school

smelling like cigarettes, I don't stay sick for long periods like before, in fact this past winter had a small cold and it didn't last long. I have more energy and feel better than I have in many years. I have cut my nicotine down to 3mg, which wasnâ€™t hard at all, just made steps down in the nicotine levels and I have become a true vaper. I enjoy not having the added stress of always trying to find a place to smoke or having to wait till I finish the cigarette before going into a store or restaurant. You donâ€™t have those issues with vaping. You can vape then walk right in and donâ€™t feel like you have to get that last drag from the cigarette since you paid for it. I enjoy the fact that I could visit my friend in the hospital and hours later when I was leaving, it dawned on me that I hadnâ€™t once thought about going outside to even vape, when I was a smoker, I would have been dying to get outside to smoke. I further enjoy that my employer allows me to vape at my desk and I donâ€™t have to be stuck in the designated smoking area with the other smokers.

I have enjoyed using many different flavors and type of devices including the MVP 2.0 by Innokin and I currently use mechanical mods with RDA's as well as sub-ohm tanks. Some may say vaping becomes a hobby for some, and it does in a way, but I think itâ€™s really more about community. The technology has greatly improved in the last year and vapers enjoy sitting in their local vape shop talking to other vapers about their life and even about their vape gear. Vapers are a community of people from all walks of life that enjoy the right to vape. In the wonderful world of vape, you meet new and interesting people, share stories of how you stopped smoking, and show your devices to other vapers. Mostly in the vape community you will find a group of kind, caring people who are ready to help, educate and learn all there is about vaping. When new vapers walk into most small vape shops, they receive a warm welcome and friendly advice and most of all encouragement. That is why vaping currently works so well, and it is important to keep the atmosphere as well as the vape community the way it is without adding heavy burdens on the small vape shop owners by passing crazy rules and regulations. State and federal regulations could damage our vape community and that would be devastating.

I do get very frustrated with the uneducated, negative opinions about vapor/e-cig products since there is nothing that we do in this world that is 100% safe. Driving to work is not 100% safe, sleeping is not 100% safe, and eating is not 100% safe, even watching TV is not 100% safe. I personally cannot think of anything that is 100% safe including vaping, however; when compared to smoking, in my mental and physical opinion vaping is a much safer alternative than any traditional tobacco cigarettes and I believe vapor products should not be classified with any type of tobacco product. I further think vapor products are even different than the â€œcig-a-Likeâ€ products. It would be terrible for any state or federal agency to prevent adults from choosing what vapor products and e-liquids they wish to use. Furthermore, it would be terrible to add additional taxes or make small vapor shops comply with expensive regulations. It would

also be unfair to prevent adults from vaping inside vapor stores and other businesses that allow vaping and prevent customers from sampling flavors inside vapor shops. The small vapor shops are the best and small business cannot afford crazy regulations!!

In my opinion, there are not any negatives to vaping, you do have to be patient and learn how to fill as well as maintenance your device. These are not negatives in any way compared to the very negative side effects of smoking cigarettes, not to mention the great money savings that go along with vaping. I enjoy house blended e-liquids at local vapor shops since they are usually the best quality e-liquids. I love trying new flavors, and till find it amazing that you can vape almost any flavor you wish, like custards, candies, deserts, cereals, and fruits. Vaping saved my life!!!

5/23/2015 12:46:57 AM - Jeffy

Hi, I have been smoking for about 10 years, I had big problems because I'm asthmatic. For the last year that I smoked analog cigarettes I ended tripling the medication that the doctor gave me. I also ended hospitalized 2 times during those 10 years. Anyway, I started vaping cig a likes but I did not like them because they have a lot of nicotine and produce small amounts of vapor, then I bought an ego style battery and an atomizer but ended modifying the thing to produce more vapor (I studied electronics and I knew what I was doing). I was happy with the ego after the modification and used it for about 3 months.

After a lot of research I ended mixing my own e liquid and bought an RDA and a mod using 18650 batteries. Today after one year of vaping I vape using RDAs and I take half the medication that the doctor told me because now I can breath better. If you are an asthmatic please do not play with the dosage that the doctor have given you, I am not a doctor!. An advise that I can give to asthmatics that smoke and would like to start vaping is to vape e liquids that are very low on nicotine or 0 nicotine.

Btw, batteries never vented or exploded on me but I frequently check my mod for any battery short risks. Those batteries can explode or vent if you short them. Analog cigarettes can burn down your house if you are not careful and lighters can also explode if left in the sun :)

Vaping changed my life!

5/23/2015 12:46:43 AM - Dimitrios Gazis

I am involved with vaping mostly to help others quit smoking. I barely ever touched cigarettes after college myself. I have gotten about 20 people to quit smoking using high quality devices and e-juice. Many of them have gone on to quit vaping as well, as vaping helped them reduce their nicotine intake over time, and they found themselves vaping less and less.

I am convinced that every one of these people would still be smoking if they had never had access to vaping products. Many of them had tried quitting many times, using all the popular tools available - medications, gums, patches and quitting cold turkey. I also believe the disposable products are not effective for this purpose.

Please don't destroy this evolving market. It will only force it underground, and eliminate any chance of implementing rational, reasonable safety standards, and destroy the possibility of truly eradicating widespread cigarette addiction. It will also shutter a lot of legitimate small businesses, and suppress innovation in the U.S., effectively handing over the industry to the same companies that created this epidemic, and to foreign competitors.

5/23/2015 12:46:33 AM - Janet Lentz

I smoked for 20 years, and tried many times to quit with "conventional " methods, such as nicotine gum, patches, and even two prescription medications. I was introduced to vaping on September 26, 2013, and have never picked up another cigarette. Within 3 months of vaping, I had completely eliminated nicotine from my E liquid, and had absolutely no craving for it. I occasionally use nicotine juice now, but very rarely. I don't have the urge for nicotine as I did when I smoked cigarettes. I think the multitude of other chemicals in cigarettes is what increases their addictive nature, and I have found that the nicotine "rush" from vaping e liquid is quite like the feeling you get from a strong cup of coffee.

For years, I would have at least two episodes of bronchitis every year. These episodes would result in a cough and congestion that would last week's at a time. Since I started vaping, I have had ZERO episodes of bronchitis. I have more energy and stamina. I breathe clearly, I smell better, my blood pressure is normal again, and I have had no more migraine headaches, which plagued me for years. I truly feel that electronic cigarettes are a much safer alternative to regular cigarettes, and should remain available to all adults who opt for this alternative. Taking away this option would be a travesty to those who have found better health through vaping.

5/23/2015 12:46:16 AM - Jeremy Allison

I'm 38 yrs young and I had been smoking ciggaretts and dipping tobacco for 20 yrs until a year ago when a friend of mine from work said hey try this and he handed me a mechanical mod with an rda on it and said take a drag (all this being said just befor i lit my ciggarett) as soon as I took a drag and exhaled I knew then and said to him wow where can i get one of these things and he said a vape shop ever since then i have been using a box mod with an rda and never smoked again since that day

5/23/2015 12:46:02 AM - adam reber

hello everybody my name is Adam I am 19 years old I live in Maryland and vaping has absolutely saved my life and my mother's and if her father was around it would have saved his too. he died of lung cancer and my mom would have also if we didn't find this life saving product I smoked for 7 years started when I was 11 I have been vaping for a year I'm a dripper I find it helps me keep off the smokes the most effectivelyI haven't had a cigarette for an entire year it's just Plain amazingI got my life back. my doctor told me if I didn't quit smoking I would be on oxygen by the time I was 40 I smoked a pack and a half a day I can't express enough gratitude to this industry and all the people in it and most of all to Casaa for defending our right to vape have a pleasant day everybody.

5/23/2015 12:45:50 AM - Sandra Hadley

I was a pack a day smoker for almost 35 years and never even made any attempts at quitting. My breathing was very bad and I was on three different breathing medications, Floradil, Spiriva and Albuterol. My son in law took me to Coval Vapes in San Antonio last December as he had just recently quit smoking with the assistance of vaping. They had a special for first timers where if you gave them your pack of cigarettes to crush your first bottle of juice was free. I figured what the heck, I'll try it ! Fast forward to today and i have been tobacco free since December 15th ! My breathing has improved 200% ! What breathing medications am I on now ? ZERO ! I haven't felt this good since I was a kid ! I have my son in law, Coval Vapes and vaping to thank for not only changing my life but i'm sure adding many years to it ! I am currently training for a 10k, something I never imagined i would be able to do ! Go me !

5/23/2015 12:45:36 AM - Jason Meacham

In my own words I would like to say that I was a smoker of 20 years woke up with chest pains on a daily basis I've been vaping almost 2 years I started out with the Blu moved up to ego and tanks then I stared rebuilding my RDA'S on mechanical mods now I gave a regulated device and I no longer have chest pains I can taste my food I can go for a jog if I want and this has help me not only quit smoking but has given me a new occupation where I also help people quit smoking everyday there have been many products to come out on the market that has vastly changed the vaping industry and I believe that people thoroughly enjoy a variety of flavors in different devices for different situations for instance if I'm at home and I want to just blow large clouds I have a device for that if I'm driving down the road and want to be able to pay more attention to driving I have a device for that if I am in a restaurant that allows smoking I have a device for that. Thank you for your time.

5/22/2015 11:45:56 PM - Jennifer Duty

I have never felt better, I started smoking when I was pretty young. By the time I was 18, I could barely breathe. Waking up coughing, spitting up gunk, and not to mention smelling like crap. I decided to take a step in a new direction. I picked up my first vape pen on November 5th 2013. I have not smoked since that day! After a week, I felt completely different, I could breathe! I could smell things in a whole new way. I had a new lease on life and for that I am forever grateful! Vaping has changed my life for the better and I will definitely be passing on my story to smokers everywhere!!

5/22/2015 11:45:44 PM - Andrew Gifford

I smoked cigarettes for 16 years, until the day I tried a e-cigarette in 2009. Since then I have not smoked a cigarette. Before hand I had tried the patch, nicotine gum, prescriptions and nothing ever seemed to take.

By using electronic cigarettes, I have been able to address my oral fixation that always proved to be the biggest struggle when quitting cigarettes.

After 1 month of using e-cigarettes, I stopped coughing all the time, I started exercising and feel overall so much better.

I truly feel that e-cigarettes have been a life saving invention for me and I cannot imagine having them taken away.

The debate over the safety of e-cigarettes is still raging, but I can tell you from my personal experience, I feel 100% healthier since transferring from cigarettes. Because, my lungs now work, I can exercise, which has let me lose 50 pounds and drop my blood pressure by 30 points.

5/22/2015 11:45:33 PM - Greg Miller

I have been a smoker for 35 years. On Oct. 22 2014 I had quadruple bypass surgery. Needless to say I had to quit smoking. I started vaping & it has completely taken away the urge to smoke. I really don't understand why these politicians can't see that vaping is a safer alternative to smoking. I have been smoke free ever since my surgery & I feel 100% better!

5/22/2015 11:45:21 PM - Jeremy stout

My name is Jeremy stout I was smoking two packs of cigarettes a day. I would wake up in the middle of night coughing so bad it made me sick. One day my wife told me about vaping, and I tried it and loved it! I have been getting my friends into vaping recently and now we play basketball without getting winded. If it wasn't for vaping I'm not sure what I would have done. I believe vaping saved my life. Been smoke free for a year and a half.

5/22/2015 11:45:08 PM - Becky Prince

I started smoking on my 16th birthday. My friends and I were just playing around. I had no clue what I was getting myself into. I tried to quit a few times with no success...cold turkey and with Chantix. When I turned 32 it was kinda a slap in the face...I had been smoking half my life and had accepted I probably would smoke until I died.

I stumbled on vaping just by chance. I met a couple and they had a relatively inexpensive kit. They told me where to get one. I purchased mine Dec 31, 2012 and I have not had a puff off a cigarette since. Vaping works and it can be an affordable option.

Thanks

Becky Prince

Camden, TN USA

5/22/2015 11:44:57 PM - littleangel911

Stopped smoking 4/15/15. I like nicotine & was doing the gum but ccausedan abscess tooth(very painful). The clerk said she started vaping, so I decided to purchase a disposable e-cig, just to see. The "Fin" e-cig only lasted 8 he's, so bought a "Mystic" vaping bridge, it's working fine but bought another so I'm never waiting for it to be charged. I thought about getting another kind to try but don't want to spend a lot. This has been a wonderful way to save $, a 10ml bottle last several days. So much cheaper & don't have no more worries of burning-feel in the blank- because I have done it all. I will never go back to reg cigs, it was a disgusting habit, as a RN, I always hated that I had that smell lingering on me, & telling people not to smoke, I was being a absolute hypocrite. Vaping has satisfied my urge for nicotine & not getting genetically modified ingredients in process like I did with reg cigs plus all the other chemicals they put in to keep you hooked. Vaping has been the answer I was looking for in my quest to quit. I started smoking when I was 13, laws were laced back in the 70's. Tried quitting several times, cold turkey, gum, llozenges patches & even Chantix(through that out when I read the adverse reactions. I am sensitive to medications & this stuff gave me some really bad nightmares.

5/22/2015 1:31:56 PM - Jay DiGiacomo

Having been a smoker for some 15 years, I have tried everything out there to quit. Patches...gum....pills...you name it. Then...it happened..I tried vaping and it was soooo easy! with in days I was smoke free! To this day, i am so greatful that I was able to have this come into my life!

I have a new lease on life! I feel great...look great and IM finally healthy!

Heres to a new life of being smoke free!!!! CHEERS ALL!!!

JAY

5/22/2015 1:31:48 PM - jd

I started vaping to stop chewing and smoking I feel better its easier to breath I don't feel winded as fast and it all around test better

5/22/2015 1:31:37 PM - Molly Woonsocket from Connecticut

I have smoked for 45 years...that's right FORTY FIVE! Tried quitting using, patches, gum, lozenges, you name it, even hypnotism! Nothing I tried lasted more than a few months, I could not stand to see someone else smoke. I wanted one so bad.....and I always ended up having one. I knew it was killing me..my brother died at 43 years old from lung cancer, God rest his soul..43 years young. COPD killed my mother, she was 52! Did I quit? I tried, there was no such thing as "vaping" back then. Vaping has saved my life. I don't want a cigarette, I don't care if someone smokes around me, except I want them to vape. I just got my son to start vapor now, he is 37 years old. It will save his life also. I have a pack of cigarettes in my refrigerator, been there for months..one night while my car was in the shop and my one and only tank broke I actually cried thinking I would have to smoke one of those cigarettes. Thankfully my son came and took me to an all night gas station to get a quick cheap atomizer to last a few days. Now I have three batteries and five different tanks and I build coils. I am thanking God for "vaping".

5/22/2015 1:31:29 PM - @cloud.chaser.33

I started smoking when I was about 15, I am 36 now, used to smoke a little over a pack newports a day. I tried several times to quit smoking while I was serving in the Military. Ive tried the patch, zyban, chantex, anything the military through at me...NONE of it worked, I would go a few weeks or months each time using those alternatives, but in reality, it was really because we all ran out while outside the wire with no way of getting cigs, Ive since left the military and attempted one more time to quit, it was not until a real good friend of mine introduced me to vaping. It took me 3 days of vaping to replace my cigs. At first I couldnt believe I actually quit, lots of people said "ahh youll be back to it" I asked a friend for a drag off his cig about 4 weeks into my quiting and it was confirmed. I could not stand the smell, the taste and knew then and there, that was it, NO MORE CIGS. During this time I could feel my lungs opening up more then they used to, my taste buds started to repair themselves and food started tasting better then ever, My energy muliplied, I over all feel GREAT not to mention MOTIVATED that I finally kicked it. Since then I was able to get every smoking member of my family and alot of my friends into the vape lifestyle and a healthier lifestyle. I know it all sounds cliche but as sure as your ass points to the ground, it worked for me and thousands of others. THE PROOF IS IN THE PUDDING. Ive been cig free for 14 months and still going strong and not looking back at all.

5/21/2015 10:39:57 PM - Ashley Rolo

My name is Ashley. I am a 19 goin on 20 y/o in Virginia. And i have been smokin since i was 12 or 13. I started out stealing cogarette butts from my moms ashtray that still had tobacco and such in them, even if it was only a hit. Ive taken half smoked cigarettes out of ashtrays outside of 7/11. An thinking back on it...its really sad and gross and i wish i never had.

I lost friends because of smoking. I was constantly in trouble over cigarettes and under aged smoking. Ive tried quiting. Iv tried patches, Chewing tobacco, gum, all sorts of methods. Nothing seems to work fo me until October 22, 2014. I met a man, my boyfriend, who introduced me to vaping, an alternative to smoking. I kept track of my health and progress since i started.

In november after my 19th birthday, just a month after having started vaping, i felt healthier. I started to lose weight, and having tried to lose weight for years because of being over weight, it was a big accomplishment to me. I started being more active. Walking up and down the stairs no longer made me lose my breath, and my teeth were becoming whiter. It has now been almost 8 months, and i dont think i can recall ever being as healthy as i am today. But i find out now that theyre trying to tax the juice i use to vape...so that its so expensive people wont want to buy it anymore... $11 tax on a 10 dollar bottle?

Taking away my right to vape doesnt only do that, but it takes away my right to happy, and healthy. If it wasnt for vaping, i would still be smoking cigarettes and probably end up having cancer like a lot of the people in my family have had to go through. I dont want to have to go through what they did, an i dont want to have to have other people do that either. Vaping has saved my life as well as many others.

There are over a hundred added chemicals to cigarettes, some that are deadly. There are chemicals added to make cigarettes more addicting. Most people cant even name 10 of those chemicals... In the juice that i vape there are only 4 main ingrediants.. Sometimes 5. Proplyne glycol. Vegatable glycerin. Flavoring. Nicotine. And sometimes sweeteners.

Since i started vaping, since that very same day, i havnt smoked a single cigarette. I was able to stop completely. I started vaping at 18mg of nicotine.. Or 1.8%... I am now on 3mg nicotine, or .3%. Thats less nicotine than there is in a pack of cigarettes... And thats only in a 8 month time period and over the next 4 months i could be on no nicotine at all. But its possible that these bills will be passed before then.

So please read my story and share it. Tell them its not okay to take away my rights to vape and be healthy. Love. Live. Vape.

5/21/2015 10:39:47 PM - Chris Rhodes

I was a pack a day smoker for 8 years, till i found vapeing December of 14. i always tried to just quit smoking (cold turkey) but i could not kick the habit. now that i vape i feel better and i can breath, smell and taste. in my world as a chef i am thankful that i am able to kick the bad habit of smoking cigs. so vapeing saved my life and my carrier. i use a mod and flavor e-liquid at 3mg nic. when i tried the patch or disposable cigarettes i still just wanted to smoke cigarettes.

5/21/2015 10:39:40 PM - Travis Badesheim

I was a smoker for twenty years. I smoked two to three packs a day. I had developed a persistant cough and crackle in my lungs that I tried blaming on allergies; this wasn't the case.

When the tobacco companies first offered 'cig-a-likes' (e cigarettes that look like traditional cigarettes) I tried them. I quickly find that the flavors tasted horrible and that the delivery system was problematic and unsatisfying. Needless to say they did nothing to help me quit smoking.

When I started seeing advanced personal vaporizer being used by friends I was intrigued. I spoke with an employee of a local vape shop. He explained in great detail the various flavors and strengths of e juice, the benefits of various devices and atonomizers and tips to successfully replace my use of traditional tobacco use. I bought a complete setup that Friday; the following Monday afternoon I smoked my last cigarette. In the two weeks that followed my cough and the crackle in my throat disappeared. Within two months I was able to breath and smell better than I had in fifteen years.

I have been tobacco free for nearly two years now. I have no desire to smoke.

I have lowered my nicotine intake dramatically.

Since then I've helped countless others make the switch; most are still tobacco free. I spend a great deal of time researching current studies and educating others who may be interested.

It is a lifestyle change.

It is a healthier alternative.

It is a Life Saver.

#vapingsavedmylife

5/21/2015 10:38:19 PM - David Forker

I am an ex-smoker. I tell my story not for sympathy or empathy, but for understanding.

Here it goes:

When I was a child (of seven) I was diagnosed with juvenile diabetes. As with anyone this completely changed my life and at such a young age it was very hard on me. When I was informed of all the changes that must occur I was upset but still too young to fully comprehend my condition.

As the years went I found a rhythm of life that would get me by without making me too different from others. The problem was that I still was not doing all I had to do in order to live a long and happy life. My endocrinologist decided to let me know.

He informed me that at my current state I would not likely live much past the age of fifty with the last fifteen spent in extreme care. Across the desk my thirteen year old mind was silently stating "so then what's the point". It was at this time that I decided instead of becoming better at living as a diabetic I would become better at living.

I became depressed and started to do whatever pleased me at the time. Drugs and alcohol weren't quite in my social atmosphere being so young but cigarettes were all too available. The fact that they sped up my all ready shortened time line. Yes, I was smoking to help kill myself quicker.

Now let us fast forward a bit. As I graduated from highschool I fell in love with the girl I wanted to spend my life with. She also smoked so as I saw it we would die young together. Then she got pregnant... so in one action the love of my life quit smoking and gave me a reason to want years I currently had no right too.

Since the birth of my child I have made drastic changes to the way I handle my diabetes and hopefully began to add years, but now I had an addiction to death roughly eight years in the making. I tried quitting unsuccessfully for the next five years. I attempted to stop "cold turkey" and by lessening the amount I smoked (a pack a day). I tried smokeless alternatives like gums and patches but none of these could subdue my addiction. Even the electronic cigarettes didn't work I had all but given up.

Then I got I touch with a friend who I hadn't seen in about two years and he informed me that he had been vaping without smoking for eight months and felt great. It was at this point I walked into my best decision ever.

I began to vape with a simple ego setup within my first week I was able to make a pack that could before only get me through one day last an entire week. By my third week I was no longer buying cigarettes but still smoking occasionally. With another trip to the

vape shop I upgraded to a variable wattage mod and tank. I also decided to drop the nicotine level in my juice from 18mg to 6mg.

Since that day I have not smoked a cigarette. To lay it out easily I started at 13, decided to stop at 23 and finally (thanks to vaping) quit at 28. I have been without a cigarette for almost two months and have no urge to return. My sense of taste and smell have returned and I no longer become winded when playing with my kids (two thus far with one on the way).

I thank you for your time and hope that vaping is not treated like anything less than what it is. A healthier alternative to smoking.

5/21/2015 10:38:04 PM - Sue Stanton (Sue S.)

I was a smoker for 51 years and started at the very young age of 14. Within a short period of time I went from a couple cigarettes here and there to an addiction of about 2 packs a day. Over the years I tried to quit many times on my own (cold turkey), nicotine gum (gross), patches (worthless), and had absolutely no success. I have osteoporosis now and have fractured many vertebrae and a hip. My last bone scan was the worst it could get, and my doctor kept telling me that I needed to quit smoking. After reading articles about other smokers being able to quit using vaporizers, I thought this is my last hope and I need to give this a try. Started vaping around the first week of November 2014, with a VV/VW mod, tank and some juice. For the first few days I smoked and vaped then after only a few more days to my surprise, I realized that I didn't even want a cigarette. As of November 13, 2014, I have finally been completely set free from cigarettes. I have reduced my vaping nicotine level from 18ml to a very low 3ml amount already. For the first time in 51 years, I do not smoke and the best part is I have no desire to smoke ever again! Pretty amazing I think, and I have vaping to thank for that. If it had not been for vaping, I really believe I would have never quit. I truly feel I have a new lease on life.

5/21/2015 10:37:54 PM - jose silvas

I'm not a victim I'm a survivor and its all thank to vape I was a much different person before it, it kinda sounds like bullshit but vaping literally changed/saved my life and even more than I appreciate it I know my wife and children appreciate it more because daddy isn't going anywhere and daddy is never too out of breath or tried to play, much love to those who we've lost or are loosing to lung cancer. I didn't beat cancer but I'm avoiding it

5/21/2015 10:37:41 PM - Janell Johnson

I started smoking at the age of 12 and Started Vaping at the age of 30 after trying everything on the market with NO success. After my father broke his leg and was stuck in a hospital we decided to try a Clean Cig from the gas station it was gross but we used it anyway. After my father was sent home we looked in to open system vapors where we can choose flavors, nicotine level, Battery size, tank and coil styles. We switched and that was over two years ago. I can now keep up with my Eight wonderful kids without being out of breath. I haven't gotten sick like I have in years past. Both my parents have vaping with me and I am happy to say that this was the first year my mom DIDN'T get bronchitis or phenomena. I will never go back to smoking or will I ever use any vapor that BIG Tobacco has any hand in making and the same goes for most if not all of our costumers.

5/21/2015 10:37:32 PM - Ginny Boies

I smoked a pack of cigarettes a day dor almost 30 years. After some harassment from my kids I started vapping. Over 3 years ago I started vapping and put down cigarettes all together.

I went to the doctor a while back and while doing the normal check up stuff, she listened to my lungs. She then made a comment " You never smoked did you?" I then let her know I smoked a pack a day for almost 30 years. She had a surprised look on her face. I then let her know I started vapping 3 years ago, she then said "Well you can't tell you ever smoked at all, perfect lungs."

I talk to whom ever wants to know "What is that thing?" I have converted a lot of friends to vapping and some have stopped even that.

I'm currently using the 50 watt ileaf with a aspire nautilus tank. I vape 6mg now, when I started I vapped 24 mgs. I never used anything to quit smoking, I have been able to put them down, but always returned to smoking.

Vapping has helped me in so many ways, I'm no longer ashamed, I don't stink and I'm not afraid to talk because of smokers breath. I'm no longer tied to pack of cigarettes, no longer to I have to make sure I have enough to get through the day and if I have enough money to buy cigarettes.

Vapping has been the best thing that has happened to me and my family.

5/21/2015 10:37:24 PM - Misty Laughlin

I started smoking when I was 14. With my 34th birthday coming up, I realized that would mean I had been smoking for 20 years. I had tried to quit cold turkey a few times in the past, but usually within a year I was back to 2 packs a day. My husband I decided it was time for a change. I already knew most of the smoking cessation products were of no use to me. I'm epileptic and the patch and the medication advise against use by people with seizure disorders. So, we needed to try something else. We're lucky that there are several very helpful vape shops in Akron Ohio. One day we just walked into one and bought cheap e-cigarette starter kits. We started at 24 mgs of nicotine. Today is day 66 since my last cigarette and I can't imagine going back. I feel so much better, and we've already cut down to 12 mgs of nicotine. We've since moved past the cheap kits and into more serious battery setups. I love the community we have found ourselves involved in, by accident. I'm glad I no longer wake up with a sore throat. I can smell and taste things I didn't know I couldn't before. I no longer feel bad for smelling bad, or having to step outside and away from family events. This has been an amazing game changer.

5/21/2015 10:33:37 PM - Jennifer

I was almost a 30 year smoker having started at the age of 9. I had severe asthma diagnosed as an adult. I had recurrent pneumonia's and several other illness requiring hospitalization. I found out at around 30 that I had a rare auto immune disorder called Job Syndrome or Hyper IgE. Still I had no luck quitting smoking, I tried patches, gums and all sorts of other replacement type therapy. I tried cig-a-likes, it was too close to smoking to make me break the habit from the real thing. Then I discovered a wonderful community of vapers, who led me down a path to flavors that were so drastically different from smoking. This time it stuck longer than it ever has, I am almost 2 years smoke free. My lungs thank me, my pulmonary doctor thanks me. I was on 4 inhalers before vaping, I am now on only one. I can walk the stairs with out being winded. Long story short while I would never be fully healthy even if I had quit cold turkey without vaping, I am healthier than I was or thought I could be. I am no longer dying from my auto immune issues rather I am surviving it. Vaping saved my life

5/21/2015 10:33:29 PM - Tony P

April 3rd, 2014, 9:53pm - that was the moment I stubbed out my last tobacco cigarette after a 30-a-day addiction that lasted more than 20 years. I didn't feel anxious, or stressed, and I wasn't climbing the walls with panic as every smoker does if the pack runs out half way through the evening with no more packs in the house.

I had tried to quit several times for a number of years. I tried nicotine patches, inhalers, gum and lozenges, even cold-turkey abstinence. None of them were successful, because they all left me feeling stressed and anxious, like I was missing out on something. I actually enjoyed smoking, even though I was fully aware of the established health risks associated with inhaling burning tobacco smoke. I had reluctantly concluded and accepted that I would eventually die from a smoking related illness.

Everything changed on April 2nd 2014. That's when I went out for lunch to buy another 20 cigarettes, and came back with a pack of 20 and an e-cig starter kit. It was a complete impulse buy and to this day I don't know why I bought it! My only previous encounter with an electronic kit was with a cig-alike kit that tasted awful and cost a small fortune. But the kit I purchased was rather cheap and it looked quite cool with it's shiny steel tube body and curvy glass tank. I'd also picked up a bottle of menthol e-liquid for it, as the thought of tobacco flavoured juice wasn't appealing to me.

That afternoon I put the kit together and loaded it with 18mg juice. I was still a heavy smoker, but decided to use the e-cig as much as possible when I would normally go out and smoke a cigarette. The experience for me was revelation. I was fully aware that the nicotine in tobacco cigarettes is a primary reason for lighting up, so the thought of getting the same nicotine 'fix' from a liquid vapour made total sense to me. I was using the e-cig at the same times and in the same situations that I would have smoked tobacco, and it felt just as satisfying. In fact, it was more satisfying because for the first time ever I felt like I was actually smoking but without inhaling harmful smoke. By the end of the day I still had half a pack of cigarettes left and was seriously considering binning the remainder. However, the typical smokers reasoning kicked in and I decided to smoke them until the end because I'd paid for them.

So, on April 3rd I started the day with around 6 cigarettes left in my pack and a fully charged e-cig. It took all day to burn through the tobacco cigs and actually eagerly anticipated the evening ahead when I would smoke the last one and not rush out to buy more.

Friday April 4th 2014 - the first day in over 20 years that I wasn't smoking cigarettes and didn't feel the panic of not having a pack in my pocket. It was my first full day using my electronic cigarette and the feeling for me was life changing. I had a brilliant weekend.

When I purchased the e-cig, there were three other people in the office that used them instead of tobacco products. All had quit smoking and used the e-cigs so they didn't need to start smoking again. In the 12 months since I started, other smokers started asking about our devices from time to time and, at the time of writing, there are over 20 people who completely switched from tobacco to vapour. I find that amazing!

My friends and workmates all have different tastes in hardware and liquid. Some are still using a single Ego-style starter kit that has proved to be 100% satisfactory and successful. Others have taken to next step and upgraded to a simple variable voltage battery and larger tank. A small number of people, myself included, seem to have adopted vaping as a hobby, each possessing a wide range of hardware such as regulated box mods, hand crafted mechanical tube mods, and atomizers with heating coils that we meticulously craft ourselves. The important thing is it doesn't matter what people are using, as long as it keeps them off the tobacco.

Fast forward to today, and I'm no longer a slave to tobacco. I sleep better without getting restless or wheezing whenever I lie down in bed. I can walk up the stairs without getting breathless. I can taste and smell things like I used to before I started smoking, and my family have definitely noticed that absence of smoke odour around the house and on my clothes.

Making vaping available to smokers should be a top priority for public health organisations if, as they claim, the health of the public is their primary concern.

5/21/2015 10:33:16 PM - Joshua Salles

I smoked from age 18 to 25, I had tried using cigalike e-cigarettes before and they worked temporarily until I later switched back to analogs. I finally switched back to vaping again about a year ago, I started with a cigalike with a tank system which worked great. When I was smoking, I had switched to the "natural" cigarettes but I also would try tobacco chew or snus from time to time. I had gotten down to about a pack every week, I was so sick of the whole song and dance; I wanted to spend more time inside working.

I no longer smoke anything, I even quit smoking my medicinal cannabis and switched to vaping that too. It's changed my way of living completely, I would not think I could of made the switch a year ago - or my whole life even. I did not smoke while switching either, I made it a valiant effort to quit smoking and didn't look back - it was a lot easier than I would of thought.

Other methods I tried with quitting, reducing the amount I smoked, using snus exclusively and quitting cold turkey. None of these methods worked long-term, would normally be back to smoking within a month or so. Although I felt better after quitting, I believe it's the physical acts of doing something with your hands - I don't think the nicotine is what causes the "addiction" as it is right now I feel it's more of a habit. I can definitely go a few hours, or even days without vaping it's an amazing transformation; I can understand why everyone wants to help people quit it is a very empowering feeling.

Like I mentioned, I feel my life style has changed completely for the better. I now "smoke" less, I'm on a very minimal nicotine level which also I don't believe nicotine is bad in any way, I also don't need as much of my medicinal cannabis as I once needed. It really changed the way I perceive how I do things, or the things I do in between those things (vaping).

Thanks

5/21/2015 10:33:06 PM - O The Vape

13 years of smoking damaged my future. E cigs saved my life. Ive been doing it for a year and half. Its been the most rewarding experience in my life. I feel better, I'm more active, and I smell better. I love vaping. There is no reason for all these regulations. We as a community regulate our own selves. We are not here to change our kids or the future generations We just want a safer alternative. This hobby is life. Please don't hinder this for others or current users. This is serious. We need to come together. I feel very strongly about this. Vaping is a way of life now. There is no scientific harm. I havent felt this good since my teens. Thanks for reading and taking time.

No I havent smoked a ciggy for a year. Vaping has helped me crack the addiction.

5/21/2015 4:00:30 PM - skywze1

I used to smoke pipes and strong cigars for 25+ years.. My cousin introduced me to vaping and I have been cigar and pipe free for over a year now and haven't looked back.. I very much want it to stay that way. I wish to have the right to vape regulated devices and FDA regulated approved e juices, but I want might right to choose the style of mod and E juices that I like.. I am concerned that the do good governmental tell you what to do and how to live your life folks are a bit Draconian in their approach to regulation. I am aware of my right to vote.. Rest assured I am watching what is being done and I will actively exercise my right to vote you out of office...

watching and waiting....

David Johnson

NSM

WGSA TV

Savannah GA 31406

I use a sx mini and an aspire tank and haven't touched a cigar or pipe product since.

5/21/2015 4:00:07 PM - Tammy Patton

My husband and I own two vapor stores. Our decision to open this specific type of business was very deliberate: we want to save people's lives.

Several years ago, as we were about to purchase a financially successful tobacco store, my father died very suddenly from a massive stroke, which I am absolutely convinced was due in large part to decades of smoking and failed attempts to quit. Needles to say, we did not move forward with that transaction. Instead when the opportunity presented itself, we opened a small vapor store. We did this because we wanted to prevent other people from going through this type of a loss.

Now, less than 2 years later I am witnessing my mother battle Stage 4 lung cancer- directly related to her years of smoking. In fact I'm writing this testimonial while sitting next to her as she receives her chemo infusion. In the past several months I've watched this vibrant, active woman struggle to perform common, everyday functions. I've watched her get stuck with needles and wretch from the effects of the drugs the doctors are using to try to keep this killer disease at bay. The devastation that tobacco use has brought upon my family simply cannot be measured. Yes, they chose to smoke. 40 years ago. It stopped being a choice when they became addicted. I'm convinced beyond any doubt that if vaping technology had been available to them years ago, they would both be alive and healthy right now. Nearly half a million people die annually from smoking related illness. Those people do not have to die.

It's too late for my parents to be saved from the dangers of tobacco use, but it's not too late to save others. That, above all else, is why we are in this business. And now in our second year I have heard literally hundreds of stories from customers who tell us that vaping helped them stop smoking when nothing else worked.

This product is saving lives. To impose any additional taxation which may dissuade or prevent someone from choosing a healthier alternative is unconscionable and frankly immoral.

5/21/2015 3:57:38 PM - Justin McPherson

I have been smoking since I was 16 years old and I am 35 as of a few days ago. A couple years ago I picked up a vape pen from the flea market. Over the course of a year I went back and forth between cigs and vape for over a year. After a lot of trial and error and experimenting with different types of replaceables, rebuildables and plug-n-plays, I found the devices that work best for me. 6 months ago I bought my fiancÃ© an ego and evod in her favorite color and she went from a pack and a half a day to strictly vapor and hasn't looked back. Over the last 8 months I learned and perfected my own DIY juice making and have lowered our nicotine to 0. We only chase clouds in the privacy of our own home these days and I still rock the kayfun as a daily. She is still using the same evod that I bought her 6 months ago we have become quite active in the gym that I help run and we have never felt better. Our overall health has improved dramatically and I will stand with the rest of CASAA in our fight to protect our right to vape and remain smoke free!

5/21/2015 3:57:27 PM - Stef

I started smoking when I was 17. Even though it wasn't legal, it's stupidly easy to get tobacco products and I was never even carded. I had a pack a day habit until I was 30 years old, the first time I made a real effort to quit was on my birthday. I did well for a few weeks...then I started smoking once here and there until eventually I was back to a pack a day. I quit again and started again when my job started to really get to me. In November of 2014, I bought my first ecig from a gas station and I was blown away. Finally something that curbed my cravings without the expense and God awful smell! I slowly immersed myself in the vaping culture and found myself with not only a better set up to vape with but an amazing wealth of love and support from people who had been where I was! I still vape though now I'm down to little or no nicotine and I've made it my mission to be a support to others just starting their journey. I'm more healthy, more active, and I feel better all around. Vaping saved my life and I believe it can save others too.

5/21/2015 3:57:13 PM - Tommi Leroy

At some point in life I used to go through 3Â½ packs of cigarettes on a long day. So I realized I had to stop smoking because it was just too much.

I tried with Zyban and it worked. I suffered from nicotine cravings and withdrawal symptoms every day but also felt mood swings to the point of losing my job because of it.

It worked though until 4Â½ years later when I started smoking again.

Before I went up to 2 packs a day again I found out about those cigarette like small e-cigarettes. I tried them but they weren't as advanced as they are now, so I only used them as an option to stop the craving in the plane.

I tried again to stop smoking with Chantix but it caused depression so that I had to stop taking it.

So I tried with a newer version of the e-cigarette and I could stop smoking from one day to the next without any side effects or cravings.

That's 5 years ago now and I'm a very happy vaper. I got to know a lot of helpful and friendly vapers, started mixing my own e-liquids and enjoy it so much. These days my favorite combo is a Russian 91% on a SMPL mod at 0.8Î©.

The health benefits were obvious after a few weeks already. My sensation of smell and taste came back and I felt way healthier.

I don't want to stop vaping, but I feel threatened by regulations about e-cigarettes. Those regulations seem to void any scientific reasoning but to benefit tax and the pharmaceutical and tobacco lobby.

I wish the governments would rather listen to their people and don't discriminate vapers, because I don't want to stop vaping.

5/21/2015 3:57:02 PM - Tigger

I smoked up to a pack or more a day for for over 15 years, then one day my friend was sitting next to me vaping as I was dreading going out side to smoke in the cold, so I tried it. I was satisfied, the next day I went to VapeEscapes and purchased what I needed, I haven't smoked a cigarette since! Also I no longer use my rescue inhaler or need breathing treatments, my skin looks better, I don't stink of tobacco and I don't have to leave my friends or movie or comfort of my home to have a relaxing puff. Furthermore, I love the variety of flavors I can enjoy!

5/21/2015 3:56:52 PM - Tom Riddell

Started tobacco products at age 13. I am now 62 and have been vaping for 3 years without any return to tobacco . Feel better, Look better, Smell better. Please Door Not Lump Us With Tobacco Products. I truly believe this has extended my life and has certainly improved the quality of life.

5/21/2015 3:56:37 PM - Terry H.

After 20 years as a smoker, I had tried numerous times to quit smoking to no avail. I had seen the Smoke NV pen style (non nicotine) e-cigarette and purchased those to try again, sadly still with no luck. I had seen an e-cig store in Lethbridge, Alberta, Canada and went in to talk with them to see what I could possibly be doing wrong, and to find out if they had any suggestions for someone like me. Luck had it, there was hope! Finally!

It took me a little over a month, but I got past the morning cigarette and have been a non smoker for just over 3 months! The e-leaf Istick50w has been life changing for me and I am now hoping to start weaning down the nicotine level as well, but for me, it's a slow process. I started on the24mg strength and am at an 18mg nicotine level at 3 months. Still no slip ups since my final smoke on February 14, 2015, and it's now May 20th 2015. If I can do it, anyone can!

5/21/2015 3:56:19 PM - Ernie N.

Started smoking when I was 18 and smoked on average a pack a day for 27 years. Sometimes more sometimes less. I tried quitting numerous times and time after time I failed. I would hack and cough in the mornings and at night I would wheeze like a whistle and couldn't breath so I would need to sit up in bed and hack and cough just to be able to lay back down and go back to sleep. In my mind I could deal with the wheezing and coughing...the one thing I absolutely could not deal with was the thought of prematurely leaving my children. Over the last few years it really started to depress me... I would think about my kids growing up without me and them thinking "Dad if you had just quit" or them looking at an old photo of me puffing away and thinking "Dad if you would have just quit that day you would be here with us" I truly had thoughts that I would be a life long smoker and there was not a darn thing I could do about it. I had all but given up. I had never quit longer than a week or two and I simply excepted the fact that I was indeed a smoker for life. Then I found something that has changed my life... I found exactly what I needed in order to break the spell of cigarettes, Vaping. I bought my first box mod and sub ohm tank a month ago and I have not touched a cigarette since. The wheezing is gone, the coughing is gone but most of all the depression about leaving my kids prematurely has greatly diminished. I started with a tobacco flavored e juice and the highest nicotine level they had 24mg... As of 2 weeks ago I am vaping ANYTHING other than tobacco flavors and 1.5mg nicotine. I pray its not too late for me and that I was able to find this god send in time. I want every smoker to experience what I have. When I see someone smoking cigarettes it makes me sad because a much safer and superior alternative is literally a website or storefront away.

5/21/2015 3:56:04 PM - Rob Reynolds

I stopped smoking cigarettes by accident. Four months ago I went into The E-cig Lounge in Waite park, MN. I purchased an Aspire Nautilus Mini kit and E-liquid with 18mg nicotine. The idea was to vape at home and smoke at work. I have children at home and won't smoke any where around my house even outside. I took that device home and till this day have never smoked another cigarette again. I did not intend to quit smoking. In fact there is still a carton of cigarettes in my cabinet. I have had no need or desire for a cigarette. Vaping completely replaced smoking for me. Once I realized that I had indeed stopped smoking I started dropping my nicotine content in the juice each time I purchased a new bottle. I have slowly dropped my nicotine from 18mg to 1.5mg . I have become active in the vaping world trying to help others stop smoking. Serving as an admin for the "Minnesota Vapers" group on Facebook has been a big part of spreading the word about vaping. I have also learned more about vaping and have purchased an istick 50w with a Kanger subohm mini. Now I am enjoying the flavors more. I keep hearing news that the vaping industry is trying to target children with candy flavors. That makes me a child at heart since candy flavors are my main flavors. I guess as a 50 year old man I shouldn't want the candy or fruity flavors. I will say that currently my favorite flavor to vape is one that taste like fruity pebbles cereal. If anyone wants to ask me anything about vaping you can find me in the "Minnesota Vapers" group on Facebook. I'm always happy to talk about the only thing that was able to get me off cigarettes after all of these years....VAPE ON...

5/21/2015 3:55:43 PM - stacie ortego

I have smoked since I was 15. In my family it was never a big deal but I watched my dad almost die from it and I tried everything to quit. Patch, gum, Chantix, wellbutrin. The gum and patch didnt work. Chantix and wellbutrin made me go crazy. Not in a funny haha way but a scary way. I even tried some cheap ecigs when they first came out. The juice was awful. Finally in January of this year I stumbled upon a local shop within my town and they introduced me to their line of juice and mods. I bought a starter kit and liked it, I slowed down smoking. I loved the fruity juices and the assortment. I never get bored with it. Then I got it in me that I was going to quit finally and went in and bought a very nice box mod and a sub ohm tank, it produced the perfect amount of vapor and taste. I did it, I quit! I am loving being able to breath again and exercise. I have more energy, my husband isn't complaining about me smelling like a cigarette. It's great. I am not a kid, I am 32, I work in a professional office environment. I am someone who researches and looks into both sides of an argument. I found the studies were flawed and the peoples voice is being hushed and muted by the biased media. I want to have my vape products, I don't want to go back to smoking because my healthy product is being steam rolled by big tobacco.

5/21/2015 3:55:20 PM - Rex

I am nearly 52 years old at this time. I began smoking at the age of 12 years. By the time I was about 16 or 17; I was a full pack a day smoker. By the age of 40; I heard myself wheezing when I laid down at night. Had trouble walking up stairs without running out of breath. About 9 years ago; I managed to quit smoking for a year. Then... I lit a cigarette one evening; and bought a carton the next evening. Over 6 years ago I discovered e-cigarettes. Wow! My life and health have changed drastically! I smoked my last cigarette 3 days after I bought my first e-cigarette; and have never looked back! I love the different flavor options, device options, etc. No more wheezing at night. I \walk\" 18 holes of golf about 4 days each week! My blood pressure has returned to a normal level (no medications). I cannot imagine ever wanting a nasty cigarette again; when I have the option of using something that taste good

5/21/2015 3:55:07 PM - Debbie

I started smoking as a teenager and smoked for about 40 years. I started vaping in January at a high nicotine level (24) and am now down to a much lower nicotine level (6). I haven't smoked any cigarettes since I started vaping. I feel much better - my smoker's cough is gone and I don't feel short of breath any more.

5/21/2015 3:54:53 PM - Terry

I say smoked 10 yrs I claimed it would be easy to quit it just a thought. I tried quitting cold turkey failed every time I tried patches failed. I even had e cig like before big tobacco made them attie burned out. Back to smoking I came across fin e cig like batteries kept shorting out. I did both till infinity vapor came to town on jan 2014. I had my last real cigarette I'm still smoke free to this date!

5/20/2015 11:38:21 PM - DRG197

I started smoking when i was about 15, dumbest thing I've ever done. so after a decade of occasional attempts to try and quit with little success, I felt hopeless. Patches were useless, medications weren't worth the risk of side effects, and the gum was disgusting. Then about 5 months ago I picked up a decent vape kit, and I couldn't be happier. I managed to quit in less than a few days with the aid of a decent vaporizer. I've switched to using a lower dose nic juice and started using sub ohm tanks, and the flavor you get is amazing. I used to think i'd never like most of the flavors they offer, but now i'm always looking for new ones to try. I'm currently using the eGo One XL with a 2200 mAh battery and a 2.5ml tank with .5 ohm and 1 ohm coils. The biggest difference since i quit that I've noticed, aside from my health improving, is how horrid the smell is from smoking. Quitting smoking is the best thing to happen to me since my daughter was born.

5/20/2015 11:38:09 PM - Lancelot9201

I've been using e-cigs for several months now & I've already noticed that I don't run out of breath like I use to, smell like an ashtray, which makes my family happy, or find myself coughing so badly that people look at me with concern & ask if I'm ok.

Big Tobacco e-cigs are available in only one nicotine strength & to no ones surprise it's almost double the max strength that others even offer - Blu & Vuse both are way to strong, cost to much & will only cause their users to be even more addicted to nicotine than they were previously, which is BT primary goal.!!! The e-cig system i use allows me to choice what nicotine levels I want to smoke, which currently is both 1.8mg & zero nicotine levels. I try to use the zero strength as long as I can during the day & only hit the 1.8mg to take the edge off. The fact that Big Tobacco will never ever sell an e-cig product with reduced nicotine levels says a bunch about their business model...

5/20/2015 11:37:54 PM - Shawn Becker

I had a heart attack in August of 2013. I was craving a cigarette and my girlfriend let me hit her vaporizer. I was sold! I don't even care about cigarettes anymore, as long as I have my vape. I've even been able to reduce the amount of nicotine I consume! I started on 24 nicotine and now I'm down to 6 mgs. I can breathe much better and my lungs are much clearer! I don't think I would be successful without vaping. I was a smoker for 20 years. If it weren't for vaping I would have picked up cigarettes again which are far more dangerous for my health. I use a Sigelei 150 with a Herakles or a Matrix tank and I have a Eleaf 50 watt Istick as my backup.

5/20/2015 11:37:40 PM - Jason Wheeler

I smoked 34 years, up to almost 3 packs a day. I knew that I'd die a smoker, probably from smoking. That all changed Nov 13th 2011 when I tried my first e-cigarette. I was able to quit instantly and haven't looked back. 3 1/2 years of not smoking and I feel better than I ever did as a smoker. I used to wake up coughing and hacking and wheezing. I wheezed 24/7, had a constant smokers cough. After 3 days of vaping, my wheezing went away and after one week my cough was gone. I KNOW vaping saved my life!!! I started on 24mg of nicotine and I'm now down to 3mg. I plan on going to 0mg real soon and continue vaping, because I still enjoy the " act" of smoking. I'm now at what's considered the hobby stage of vaping. I build my own coils and use high powered devices to produce massive amounts of flavor and vape.

5/20/2015 11:37:30 PM - Michelle Marie

I have smoked cigarettes from a very young age (15). And i have been a pack a day smoker since. I have tried every method known to quit. Ive tried cold turkey, tried the gums and patches, each one has made me sick and i started smoking again by the end ofbthe second day. Even tried the disposable blu and vuze ecigs i got at a gas station. Non of thise methods have worked for me to successfully quit smoking cigarettes. Then i got into vaping. Right now i have a mechanical mod personal vape and i haven't touched a cigarette since. Evem thou it has only been three days that i havent touched a cigarette i already feel a huge difference. My breathing has significantly improved, i dont feel sick every morning, i have more energy because i can breath better. Im also getting a good nights sleep because im not laying in bed wheezing. I feel i can honestly say vaping has saved me. If it wasnt for my vape mod then i would probably still be smoking based that nothing in the past has helped me sucessfully quit. Thanks to vaping i am smoke free and feel the best i have felt in years.

5/20/2015 11:37:16 PM - Moe

I fought with quitting smoking for almost 40 years and felt pretty horrible toward the end of my time smoking. After ten years into smoking, I really did not want to be a smoker anymore but I could not quit. Gum, patches, chantix, bupropion - nothing worked for longer than a couple of months. I felt hopeless for a long time that nothing would ever change until I started vaping. The last couple of years of my smoking I started doing a lot of research about what was actually in manufactured cigarettes that make them so addictive and I could not believe the evil involved. I couldn't believe what they had done to me all those years keeping me a slave to those things. I stopped beating myself up and realized I wasn't weak at all. I realized I was addicted to a very powerful and insidiously designed substance the tobacco companies had changed and made more addictive over a 100 years. It was then I knew if I was going to quit I was going to war with my own brain chemistry and it wasn't going to happen overnight. I knew I had to wean myself off the cigarettes and it was going to be as hard as changing a blood pressure medicine or an addictive pain killer if it was going to work. It took many months for me to figure out the right mix of very low nicotine and flavors to completely quit and I'm extremely grateful for vapor for helping. It will take me another year to lower my nicotine level to zero but that is my goal. To me anyone that is lobbying against e-cigs is flat out in bed with the tobacco companies (and government bodies that wants to tax vapor like the cigarettes). I know now the manufacturing of cigarettes is a legalized, regulated and criminal addictive drug empire that needs to be shut down. An ecig you can walk away from because you know whats in it. You can use natural herbs and change habits to get off them or use no nicotine at all. The tobacco companies wont tell you what your addicted to so you cant figure out how to get off of them without being sick for a month and this is why the government needs to leave the ecigs alone. They need to let us get healthy without being taxed to get healthy. I do feel better using ecigs but the thing I appreciate the most is not being a bitch anymore to a smelly, nasty, burning, disgusting thing I have to run outside to consume every hour to keep myself from chewing my knuckles off to suck into my lungs anymore to feel "normal".

5/20/2015 11:37:07 PM - Sheri O'Brien

I was a smoker for 39 years with no hope of being tobacco free. Several times I quit cold turkey while pregnant, but started smoking again after delivery.

I just couldn't see myself as a nonsmoker. For me it was a deep seeded psychological addiction.

I hated smelling like an ashtray and went to great lengths to cover it up. I often felt shame in public and social situations when needing to smoke.

Then a friend introduced me to vaping. I went down to a local vape shop and got the introduction kit. I started with 20 milligrams of nicotine in the Turkish flavor. After a rough start and needed adjustments, I have been tobacco free for over 2 years.

There is so much to learn and try with vaping..... I love the fact that I'm in control of my liquid flavor, nicotine strength and adjustable Vaping device. I'm currently using a Turkish, vanilla and Carmel blend at 16 milligrams of nicotine. Having choices of flavors is so important to me, because it moved me further away from tobacco products.

For me, Vaping is a miracle! My health is improved, my family is happy and I've been set free from the shame and guilt.

I pray that our voices can stand up to big tobacco and all the false data currently being published.

I NEVER want to pick up a cigarette or be forced to use big tobacco e-cigs, (tried and didn't like them), again. If push comes to shove, I'm shoving big time!

If big tobacco thinks they can corner me and force me to use their products, think again! I will go black market before that happens.

Yes, I get emotional around all the hype against vaping. It's given me a new freedom I never thought I would have . No one is going to take it away from me, period!!!

Thank you for your time. I can only hope that it helps.

That was

5/20/2015 11:36:53 PM - Christina K.

Hello!

I just want to let everyone know that as an ex-devoted smoker of 20 years, vaping saved my life!!! I began smoking when I was 13 years old and had a 1.5 pack/day habit for those 20 years. I have been smoke free now for 3.5 years. I feel amazing compared to how I felt using tobacco. I do have reactive airway disease/asthma and allergies. I know vaping is still not recommended for those who are afflicted with this disease but it was my ONLY alternative at the time, not to mention my regular doctor was and is thrilled. He also has seen improvement as far as lung function and all around health. I started vaping immediately after recovery of an episode (Asthma attack) I had during the winter of 2011. January 2nd 2012 was the beginning of my smoke free life. I said to myself that e-cigs were the only option left and never bought another pack of ciggs again. It was maybe a year later I had a cigg and it was absolutely disgusting so needless to say I didn't revert back! I went through a lot of different brands through the years and I am so very thankful for the newest mods and technology coming out. This has allowed me to drop my past nicotine levels from 24 down to 18 and now down to 6. I have also helped 3 co-workers kick the smoking habit during this time. Thank you for letting me share my story and I hope it can help at least one person who is struggling with their smoking addiction kick it for good like me.

5/20/2015 11:36:44 PM - Kimberly Ridenhour

I started smoking when I was 17 years old and smoked off and on for over 20 years until I was introduced to vaping. I started vaping in October 2014 and haven't smoked since. I started out vaping at 18mg nicotine and have worked my way down to 3mg and zero nicotine. I feel much better and have a much better quality of life since. I am able to play with my kids and keep up with all my activities I have as a wife,mother and caretaker.

5/20/2015 11:36:34 PM - Erik Fountain

I started smoking when I was 13 years old. I thought it was cool at the time and quickly became addicted. After seeing the damage it causes and caused my family and friends I wanted to quit. As any smoker knows easier said than done. I tried many different methods witb no success. About 2 years ago I heard about vaping from my wife. She had some friends at work who were doing it. So we both got a little kit from our local corner store and we haven't looked back since. I have moved on to more technical vape gear and it has become a hobby of mine. I am so thankful for e cigs.

5/20/2015 11:36:25 PM - Sheri Goodyear

I started smoking when I was 16 years old. I tried to quit over 5 times over the years. I turned 50 years old in February 2015. My 21 year old son had been smoking for 5 years and decided to quit and start vaping.

I tried vaping with him, and after 2 weeks was cigarette free!

I have not even cheated, or craved a cigarette since I started vaping! I am down to only 1.5 mg of nicotine, and in a few weeks I will be nicotine free!

Vaping saved my life!

5/20/2015 11:36:14 PM - PloomPup

I started smoking youbg, like a lot of people who started, at 14. My friend had a older brother who bought us cigarettes. I started vaping 2 years ago with a cigalike such as blu and njoy, these products didn't help I was still smoking cigarettes. It wasn't until 1 year later of on and off vaping did my friend who one day brought her vape pen to school, my college, we all tried it and though wow this is something way better. I switched to that got a higher nicotine strength an 18 aka 1.8 as I continued my vaping not looking back at cigarettes, because this worked, the first 2 weeks were easy then the environment started getting more and more vapers. About 3-4 weeks in I'm coughing up all this flem it's my lungs clearing up all this junk being spit out, it was a sign my lungs were starting to revive. I can walk up the stairs, run, I can walk in general! I will be officially smoke free for 1 year in 5 days. This is the only option that worked for me, the only option that the majority of the people have had worked, no gum or patch is going to help like vaping has. The switch to vaping saved my life, my girlfriend was so happy I switched to vaping because the tobacco is highly dangerous while vaping on the other hand; vaping is proven over and over from research that it isn't dangerous, lots of people are trying to make things sound bad like flavors being marketed to children like fruit and candy. That being the case why can't the fda ban alcohol, there are a lot of underage drinking happening, and "these kids love the fruity alcohol." The answer: it isn't aimed towards kids, adults actually like fruity drinks, or candy drinks, and enjoy a nice bottle of vodka that has bright colors. Everyone is just trying to help in the vape community, I must admit there are some mean and offensive people but there will always be mean and offensive people, the vape community is wonderful, always willing to talk about vaping, helping others quit.

5/20/2015 11:35:28 PM - Comp1962

I smoked for over 30 years and much of that time I spent trying to quite but was unable to. I was smoking 1-2 packs per day and on some days 3 packs.

I did try the Nicotine Gum and Patches with little to no success. In the summer of 2014 I tried a Cigalike product from Fin and in Jan 2015 I tried the ones Blu offered and they were awful.

I was frustrated and so on Jan 22, 2015 I visited a local vapor store and bought a Premium Aspire Kit. I remember I had 6 packs of cigarettes left and on Feb 9, 2015 I smoked my last cigarette and have not smoked since nor have I had the desire to smoke.

I started with 25mg of Nicotine, today I am down to 4mg or below and I do not feel I actually need that much Nicotine so I am about to reduce the level even more until there is 0mg of Nicotine.

I can tell you that once I started vaping I noticed my smokers cough went away quickly, I was breathing better, my energy level increased and so the quality of life for me has increased dramatically. I can go hours and hours without vaping and not experience any of the withdrawals I experienced when I was smoking.

While its not my story my 24 year old son was having difficulty trying to quite. Like me he tried the Gum, the Patch and even Chantix but nothing seemed effective. So I sent him the Aspire Kit I used along with some e-liquid and coils. He was able to stop smoking in 1 day and now its been a couple months for him and he reports the same results I experienced.

Today my son and I use Temperature Control Regulated Mod from Vapor Shark called the rDNA40. I use other similar temperature control mods as well. We both use tank systems that use Nickel NI200 Coils although our tanks have RBA Sections so we can build our own coils. The tanks allow us to choose from a variety of e-liquids and provide us with options to control our vaping experience. Something the Cigalikes do not do.

Unfortunately its upsetting to find those who want to end vaping as we know it. To me if this were to happen I know many will end up smoking again. While I am not against regulating the industry it should be done to make certain its safe. I feel e-cigarettes getting tied to regular cigarettes is the wrong approach because they are not the same.

Whats interesting is that those same people who are against e-cigarettes with concerns of the vapor and 2nd hand vapor will go home and spray air freshener and other toxic substances like pesticides all around their house and never give it a 2nd thought. Better to ban that stuff then e-cigarettes.

5/20/2015 11:35:16 PM - Rick Vidal

I work at a nursing and rehab hospital and I would always take smoke breaks. When I was finished I would come inside the hospital and my fellow employees would complain that I smelled like an ashtray. I grew quite tired of this so I decided to do something about it. I tried to quit smoking. I drove to the pharmacy and got myself some nicotine gum. I tried this but was still getting strong cravings for cigarettes. I then made an appointment to see my doctor and I asked him to prescribe me nicotine patches. The nicotine patches made me sick and I still had strong cravings to smoke a cigarette. So I seen someone smoking this cigarette that lite up on the end but it was not fire it was a light. I asked this person what it was and where they purchased it and I bought one at a convenient store. It was ok but I still had a strong craving to smoke. I then found a store that sold these devices that did not look like a cigarette at all. It looked more like a pen and you filled it with a solution that came in many different flavors and nicotine strengths. This was wonderful this device actually tasted good and guess what I did not crave a cigarette at all any longer. Three weeks later I noticed my seance of taste had returned and my seance of smell had returned. I was not tired at the end of my shift anymore. I now run and do not loose my breath. I no longer smell bad to my fellow workers. I no longer have to go outside to smoke cause I do not smoke. The flavors are amassing. I use my vape pen all day at the hospital and I do not bother anyone in fact people love the way the vapor smells. Been vaping 2 years now.

I use a Hades mod and an Atlantis sub tank and I have dropped my nicotine to 3mg.

Soon I will be vaping 0 nicotine simply cause I love the flavors. Vaping has changed my life completely. I have also converted my family and friends and I feel like I have saved their lives. Vaping is the greatest invention of our time. I strongly recommend this to anyone that wants to quit smoking for good. I have many friends that have copd and other respiratory problems that just could not kick the habit and vaping has been the solution for them. The best part is that their physicians have approved this for them.

5/20/2015 11:34:29 PM - Tim barron

September 2014...beautiful 2 year old daughter. It was time to put the stinkies down. After probably 30 attempts at conventional "smoking cessation products " i had decided to try vaping. Protank mini 3.. Vision spinner.. Some good juice. I finally found freedom from tobacco. I am thrilled to say i have been smoke free for 9 months and I have never felt better. I have moved on to rda's and mods and really have found a new hobby in building and am now down on 3 and 0 mg from a 2 pack a day 17 year habit saving, between my wife and I, 350$ a month.

5/20/2015 11:34:20 PM - Gunn

I started smoking cigarettes when I was 13. It escalated into a pack a day habit which I fed willingly for 22 years. I couldn't keep up with my kids , at all. I tried Chantix , which worked , until I stopped taking it and life became stressful as it does, I tried cold turkey, nicotine gum, support programs and patches to no avail. When e-cigs or vapes , whatever you wanna call them, started gaining momentum a few years ago I started with the little blu cigs from the gas station and wasn't very impressed but they were interesting. One day at work someone told me how their wife had been cig free for a year with her vape. He told me where to get one like hers and the rest is history. I am happy to say I've been cigarette free for almost two years now. The difference I feel in my body overall and health wise has been astounding. I can breathe deeply again and actually run around with my kids for more than 10 minutes at a time and actually keep up, almost. Vaping has been one of the best things to ever happen to me , costwise , health wise and as a role model for my children! I don't wanna hear anything about not enough research or faulty studies sponsored by big tobacco that say this or that. I KNOW that they are a MUCH healthier alternative to tobacco use because my body tells me. Keep your greedy fingers away from our vapes!

5/20/2015 11:34:09 PM - Kath Maytic

I smoked for 43 years. I developed Pnamonia and spent three days in the hospital, they put the patch on me and I hated it! Couldn't sleep, had bad dreams when I did sleep. When I came home I tried the gum, didn't last long, started smoking. I tried through the years to quit several times without success untill I walked into my tobacco shop to get cigarettes, looked down and saw these pen like things, the clerk explained what they were and told me they were used to help ppl. stop smoking. I bought the Ego Twist and a flavored eliquid and totally stopped smoking that night. I've been cigarettes free for 2 years now. Started with 18 mg nic and I'm down to o-3mg. Now, I keep a tank of 3 mg. but mostly vape 0mg. Vaping saved my life!

5/20/2015 11:33:56 PM - Ginger George

I am a 56yr old mom of 3 and grandmother of 3. I smoked cigarettes for 43 years. I was up to 3+ packs a day as of Jan. 2014. Jan. 10Th 2014 my son brought me a couple evod Vape pens and some caramel apple delight. I start vaping that day. I was on 18 mg of nic. I gradually stepped down over the 16 months I have been tobacco free to 6mg in the morning with my coffee and then 0mg for all day Vape. .. I had tried everything to quit cigarettes, pills,patches and gum. Nothing worked until I started vaping! Now I can't even stand the smell of cigarettes! My blood pressure is down, I don't have to use a cpap or oxygen at night and food actually tastes wonderful now! I don't cough and hack, and I have more energy! Vaping is one if the best things to happen for me. Maybe I have added a few more years to my life?!?!?!

Anyway I now use the istick 50w, my son got it for me for my birthday this year, I love it!

5/20/2015 11:33:44 PM - Michael Swan

I was a smoker for almost twenty years. I tried to quit several times. Only through vaping have I had any success.

I started vaping in August, 2014. On September, 2014 I completely gave up smoking without any desire to go back.

I have enjoyed vaping and will continue it. I feel better and know I am healthier.

5/20/2015 11:33:27 PM - Jo Middleton

Hi , I am 50 yrs old. I started smoking at 14, I suffered with asthma all these years until I started vaping 2 years ago. I have tried all NRT... had no success. Then I found e Cigs, I no longer need ventolin, having both of my smoking parents dying from lung cancer, my father was treated for asthma for the last 2 years of his life, before they X rayed and found out it was too late. So I could see clearly that my chances of lung cancer was quite likely. E Cigs are the best thing ever , after 33 years smoking , I believe it is the hand mouth habit that makes it so hard , I also now use very low amounts of nicotine.. Also find I don't vape half as much as I smoked. Thanks for the opportunity to share my story. Sincerely Joanne Middleton .

5/20/2015 11:33:17 PM - Linda Dunning

My name is Linda Dunning, I am a soon to be 68 yr. old married lady from Illinois. I smoked for 50 years but have been free from smoking since September 1, 2013. My health was failing but thanks to vaping my health has greatly improved. I went for my physical and my doctor of almost 30 years said it was the first time he hasn't heard wheezing in a long time. My blood pressure is normal, I can smell and taste things, my sinus infections and broncitis is seldom ever a problem. When smoking I was always sick with broncitis. I truly feel like vaping has saved my life. I don't even think of cigs or smoking at all

5/20/2015 11:32:36 PM - Vickie Martin

My name is Vickie Martin and I smoked for almost 40 years. I started smoking as a teenager because it was "cool" looking and quickly became addicted to tobacco. I'm ashamed to say that I smoked, although I did try to quit, during two pregnancies, one of which was unsuccessful. I remember clearly that my husband said during my pregnancy that I wouldn't quit smoking even if I knew it would kill the baby. My firstborn son did die and although the doctors said it had nothing to do with smoking I never forgot that I smoked while I was pregnant with him.

This addiction held me all through my adult life. I was sick all the time either with chronic bronchitis or sinus drainage, couldn't even laugh hard without going into a coughing spasm, and had pneumonia almost every single winter. Still I couldn't quit. I tried patches and they made me ill and shaky. I tried gum and it was just disgusting. I tried Chantix and it made me crazier than when I tried cold turkey. Nothing worked and I had given up on even trying to quit. Then I was diagnosed with COPD. My 7 year old granddaughter called me crying and said she was worried about me and didn't want me to die. That prompted me to again try something.

I tried Blu cigalikes first. Messy, expensive, leaky, and nasty tasting. They were a hassle to keep up and I was spending more money on them than I was on smoking. And they didn't satisfy the craving and I went back to cigarettes. A friend of mine runs a little store and she was using and selling Ego batteries and c4 clearos and she'd been very successful at quitting smoking that way so I decided to try it. After two weeks of vaping I threw the cigarettes away and have never looked back! I no longer use the Ego batteries and clearos as I have graduated to other methods of vaping but I never even crave a cigarette anymore. Don't even think about them.

My cardio pulmonary doctor is absolutely amazed at the difference in my lung function and oxygen levels. I no longer wheeze when I talk or laugh, no longer cough up garbage, my teeth are whiter, I smell better and feel better than I have in years.

I have a hardening in the major abdominal artery that the cardiologist was going to stent until he found out I quit smoking. He said if I never smoke again it will never get worse and to "Vape On!" in his own words. And this is a well renowned cardio-pulmonary surgeon who said this. All of my doctors are so amazed and pleased. My last doctor appointment the doctor shook his head and laughed and said "I guess I'll see you next year."

Vaping saved my life and I don't even have to read the testimonials to know how many stories there are just like mine. As a government BY the people and FOR the people, how could you even consider trying to keep us from vaping? I am alive, 60 years old, and have a better quality of life than I ever had before because vaping got me away from cigarettes. It is a true miracle.

5/20/2015 11:32:24 PM - Chris Williams

I started smoking at 15. I began smoking lucky strike straights then switched to camel filtered. I smoked about 3 packs a day for 20 years. I tried quitting multiple times, I used patches, nicotine gum, useless ecigs and chantix nothing worked. In January of 2014 a coworker showed up vaping and I had to give it a try. I went to a local vape and haven't had a cigarette in over a year

5/20/2015 11:32:03 PM - Elise Van Gundy

I started smoking when I was 12. At that time cigarettes were easily accessible being that my parents smoked. I remember on a few occasions in the following years walking into gas stations and giving a birthdate that indicated I was 18 when I wasnâ€™t and walked out with a pack. I got pregnant at 18 and tried but failed at quitting. When my son was born he was diagnosed with asthma. I tried Chantix, gum, and patches and would quit for no more than 24 hours and then would start back up again. At my worst I was smoking a pack and a half a day. I was out of breath constantly, my sonâ€™s asthma was getting worse and put on oxygen at night, and on several occasions woke up during the night coughing to the point where I couldnâ€™t catch my breath and needed a rescue inhaler although I did not have asthma.

After my second child was born I knew I had to do something. On vacation in Florida I found an electronic cigarette starter kit and decided to go for it. It helped slightly but only came with tobacco flavored cartridges and they tasted worse to me than my actual cigarettes. I went online and ordered a few different flavors of liquid, an extra battery, and a carrying case. I quit smoking the day it came. In the little more than a year that I have been cigarette free I can breathe. My sonâ€™s asthma is no longer in constant crisis. I have not woken up in the middle of the night needing a rescue inhaler to take a breath. Not only have I improved my health and the health of those around me I have been able to save money. I was spending around $2000 a year when I was smoking and now spend around half of that on my vaping gear. I am 26 now and what drew me to vaping was it so closely mimicked smoking, I heard from others it had helped them quit smoking and their health had improved as well, and the flavors. I am now happy to say I feel so much better and enjoy vaping.

5/20/2015 11:31:47 PM - Alan Ramirez (iamthepancake) from Castle Rock, CO

It's funny, I just tried smoking for the first time in a month or two and I took maybe two drags before putting the cigarette out. It just wasn't even enjoyable. Before I started vaping, I would smoke once, maybe twice a week. It was just a casual/social thing usually, and I never had a problem with it (though being a church employee, there were at times others that did haha). I was talking to my friend Derek one day and he showed me his new mod (something I'd never even heard of before) and said I could try it. I was sold immediately. The taste was insane. It was some sort of caramel thing and within a couple of weeks I'd ordered my own mod and tank. I used it quite a bit when I first got it, new toy and all, but I don't even use it all that much anymore. Every couple of days or so at this point. I really never meant to "quit" smoking, it just... sort of happened.

5/20/2015 11:31:07 PM - Huston

After being a smoker for 33 yrs i was able to be tobacco free for over 3 yrs thanks to the electronic nicotine delivery system. I still use a mod and probably will continue to use even though i only use 3mg now. Once i started on an electronic i never smoked again. I have tried almost every kind of anti-smoking product, except for chantix, with no success over 33 yrs. I have better breathing, no coughing, better skin tone and better overall health. Even my doctor supports me. Absolutely no negative changes for me since i stopped smoking unless you count the extra money we now have as a negative.

I purchased a setup for my mother who was a 57 yr smoker and in 2 months she didnt need to use it anymore and has been totally nicotine free for over 2 yrs.

5/20/2015 11:30:58 PM - vapefiend

i started smoking at age 16. qas diagnosed with bladder cancer at age 35. Since then I tried to quit by all traditional methods, patches. gum. champix, cold turkey and nothing worked! One day walking through a market I saw an Ego e cigarette and asked the salesperson about it. This was the best thing that could have happened to me and got me started on the road to vaping. Now I am in my first year without a tobacco cigarette! I feel much better, breathe better and don't smell like an ashtray anymore. Vaping helped me quit smoking and improved my health. To compare vaping to smoking is not only asinine but criminal as well!

5/20/2015 11:30:49 PM - Gagirl

I was a pack a day smoker for almost 20 yrs, I had tried the cig-a-likes when they came out, and they did nothing for me, I continued to smoke regular cigarettes. Then on January 6th of 2015 I discovered the ego style vapor pen and the rest is history. I haven't smoked a tobacco cigarette since! I have progressed through many different "mods" and "tanks" and flavors of e-liquids. I am down to 3mg of nicotine, and it's because of the new innovations and technology that has been developed and is ongoing that I was able to find what works perfectly for me. If everything goes back to 2007 products you will be keeping a lot of current smokers from trying something that may actually get them to stop smoking! I tried everything that was supposed to help you to stop smoking, and nothing worked for me except the vapor products. Please don't do anything that is going to hinder what has worked for thousands of smokers world wide. This product could potentially save lives, and to "tax", "over regulate" or "ban" vapor products would be the worst thing you could do! Please look at the science behind it, and not just listen to all of the alarmists that are putting out shady studies. My cardiologist couldn't be happier with the results of my tests! I'm so much healthier than I've been in years!!!

5/20/2015 11:30:39 PM - Kenny Peterson

I'm 59 years old. I smoked fot 46 years. I also have copd. My lung function was at 40 percent. I started vaping in January 2014. 3 months later my lungs wereclear and my lung function was up to 47 percent. I hhaven't had it checked since but my breathing is great, lungs clear, I feel better and my lungs feel stronger every day. I catch very few colds where I used to catch them quite often. I had had pnuemonia twice before vaping and haven't had it since I started vsping. VAPING SAVED MY LIFE. I had tried patches, and chantix 3 times but could not quit smoking. With vaping I no longer smoke and I don't evrn miss smoking. I only wish vaping was around 30 years ago so I wouldn't have gotten this copd. I started out vaping with the pen type battery with a tank. My nicotinr strength was 3.4 percent. I now use sub ohm tanks on high wattage mods with a nicotine strength of.6 percent. My goal Iis o percent nicotine. Thank you for your time.

5/20/2015 11:30:29 PM - Jennifer Torres

I've been a smoker for over 20 years. Both of my parents died from smoking related illnesses. When I lost my Mother to COPD, I vowed along with my husband to quit smoking. It took us an entire year from going back and forth between vaping and smoking but finally on March 27th of this year, we did it. I will never, EVER go back to smoking. Vaping saved my life. I really do believe that vaping is a safe alternative to smoking and it really does help more than any other gum, medication or patch products. I'm already down to 6 mg nicotine and plan to drop even more very soon. I can breathe going up stairs and walk long periods without losing my breath, I can taste again and more importantly, I feel HEALTHIER. All vapers need to stand together and let our government know that we will not go quietly into the night and let our rights be taken from us. We deserve the right to vape and not have laws dictate to us that we can't. If our government is going to use studies that show vaping is unsafe, they need to be 100% proven from independent sources. Otherwise, it just makes our government look bad because with each person who quits smoking and turns to vaping, big tobacco loses money, in turn making the government lose money. It is not the fault of people finally realizing that there are healthier and better alternatives to quitting smoking, than depending on pharmaceutical remedies. Find revenue elsewhere, instead of trying to KILL PEOPLE. Thank you.

5/20/2015 11:30:13 PM - Zack B

Hi, my name is Zack, I live in California, I'm 24 years old and started smoking everyday around 15 years old. I was smoking at least a pack of Camels everyday, but I never tried to quit because it never really bothered me and I absolutely loved tobacco (Camel cigarettes and high end cigars).

About 6-7 months ago, a good friend of mine came by my house and was vaping with a nice box mod. I had tried e-cigarettes before such as Blu, Njoy, and Square brand e-cigs bought at my local fasttrip, but they never really worked for me. Once I tried my friend's nice vape set-up, I really liked it; so he gave me his older set-up which was a Smok Zmax with an Aspire Nautilus tank. This worked pretty well for me and helped me cut down on my cigarette intake. After about a month of using that set-up, I bought a Tugboat mod with a Tugboat v2 RDA and then I drastically reduced my cigarette intake to maybe 4-5 cigarettes a day. I fell in love with vaping and could feel my lungs clearing up and I just felt better in general.

A few weeks ago I bought an IPV4 box mod with a Matrix sub-ohm tank, which I LOVE. I use 12mg liquid usually and I am proud to say that some days I don't even smoke anymore. I usually have 1 or 2 cigarettes a day still (half of one when I wake up and half before bed).

My lungs feel SO much better, I can actually breathe/smell/taste things that I didn't notice before when I was smoking a pack+ per day.

I wasn't even planning on quitting cigarettes, but I prefer to vape now because it doesn't screw up my lungs and there are endless amounts of flavors to choose from. I'm so glad that my friend gave me my first vape set-up and introduced me to all of this. It has now become a hobby of mine to do builds on RDAs and everything else that comes with vaping.

I have seen a lot of friends, family, and other people that I've met completely stop smoking by using vaporizers. Most of them have tried to quit before by going "cold turkey", using patches/gum, and those cheap e-cigs from gas stations, but it never worked. Once they switched to a set-up that lets you choose your own nicotine levels and flavors, it was much easier for them to quit smoking.

My friend that got me into vaping has completely stopped smoking for about a year now and I am trying to quit for good too.

Vaping truly is the best way to quit smoking and is also a great hobby that will introduce you to new like-minded friends. I wish the best of luck to anyone who is trying to quit smoking and suggest that they buy a vape set-up that is better than those cheapy e-cigs.

5/20/2015 11:30:01 PM - merlin0263

Once I started vaping I never picked up another cigarett I smoked over 35 yrs. And have been smoke free for over 2 and half yrs now and don,t have the urge for one either started at 18 mg. And now at 6mg.

5/20/2015 11:29:50 PM - Lawrence DiAntonio

Hi, my name is Lawrence, and I reside in New York. My stance on e-cigarettes in quite simple and firm. They have changed the lives of many people who have been cigarettes addicts over the years. From my own experience, vaping works and is effective at helping others quite smoking packs of cigarettes. My aunt was one to smoke at least two, maybe three packs a week. I introduced her to vaping and it has dramatically changed her life for the better. She effectively worked her way from a higher milligram of nicotine, all the way down to zero. It got her away from all the harmful chemicals and additives involved with smoking a tradition cigarette. Once I heard New York State was trying to pass bills that involved ousting ecigs/eliquid, I became quite furious. Big tobacco in Washington has no answer for this large reform towards the future of smoking. They see it as a threat to their profit and maybe even their existence going forward to future generations. Smoking cigarettes has been proved to cause cancer. They are blinded by greed, but if they would only open their eyes they would see they are the ones truly effecting the lives of people for the worse. E-cigs have exploded onto the scene over the past year. So many people, old and young, are starting to make a move towards the future of smoking. I myself have done so already. They want to stop this movement before it gets too far and they become non-existent. Their arguments are invalid and unjust due to their claims. They say smoking e-cigs releases deadly gases in the process of vaping. However, no one ever vapes at the temperatures needed to achieve this deadly gas. They need some evidence to have solid ground when they only have nothing but their ego's. It is my right to voice my opinion as a U.S citizen and thats why I am sharing my views and experiences today. Vaping is the future and it should continue to grow. I vape everyday and it has too helped me overcome my addiction to smoking cigarettes and nicotine. I do not want it to be taken away from me now.

5/20/2015 11:26:31 PM - Greg T. Paradise, CA

When I was 11 years old, I would constantly tell my parents that their cigarettes smelled bad. When I was 13, I smoked my first cigarette. I'll not bore you with the reasons or how peer pressure made me do bad things. I smoked that first cigarette, nobody else. By the age of 16, I was smoking almost a pack a day, and by 30 I was up to almost two packs per day. I started having some health issues; multiple bouts of bronchitis, sinus infections, heart palpitations, anxiety and without a doubt shortness of breath. I tried to quit at the age of 32, by sheer willpower alone. What followed the next nine years were multiple trips down failure lane as I tried every conceivable way to quit smoking. Nicotine patch? Hives, severe anxiety attacks and heart palpitations. Nicotine gum? Projectile vomiting and a lovely case of swollen tongue. Pills? Night terrors, suicidal ideation, paranoia and mood swings that would make a menopausal woman look at me with a mix of pity and fear. Acupuncture? Migraines and facial twitches. I won't even bother to mention hypnotherapy, as with all the money I threw down my trachea, three hundred dollars of my hard earned cash wound up in a snake oil salesman's wallet just seemed like a bit of a karmic 'GOTCHA!'

I gave up on giving up smoking. I was doomed to live out the rest of my days smelling like an ashtray, wheezing like an old VW going up a six percent grade, and most likely dying from self immolation while trying to smoke with my oxygen tank turned on. (Google it-it happens WAY TOO OFTEN.)

Then, I read an article in my local newspaper about a new store that had opened up that sold electronic vaporizers and nicotine juice exclusively. My wife asked me if I'd 1)read the article, and 2)had I thought about trying e-cigarettes to curtail my smoking? Curiosity got the better of my apathy and off to the shop I went. After questions, answers, taste testing and a smoke break I left with some e-juice, a cartomizer,a battery and above all else, HOPE. I could get my nicotine and satisfy the psychological cravings while getting away from traditional cigarettes? Count me in!

It took some getting used to, I will admit. There were certain cigarettes that I just couldn't seem to get past. The first smoke of the day with my coffee. The after meal smoke. The cigarette I'd light as soon as I started the car. Little by little, I worked at replacing those with my trusty pen-style e-cigarette, until one night I reached the end of a pack of cigarettes. After deciding I didn't want to walk out to the car to get a new pack, I went to bed with an idea. I would play a game of "How long can I go vaping?" After one week, I asked a friend for a drag off of his smoke. It tasted like utter garbage, like I'd taken all of the butts from a urinal, heated them to plasmic proportions and sucked the resulting mess down my windpipe. I handed him his cigarette and for the first time in TWENTY SEVEN YEARS I said; "No thank you."

It's been a year since that day, and as I'm typing this I have tears in my eyes. Let's just say that those tears are from the not-smoke that is in my eyes. They're from hope. Hope that one day soon I will be nicotine free. I started with 18 mg e-juice and I'm now down to 6 mg. I haven't had any bronchitis. My sinuses are clearing up. My cardiologist is happy, my wife is ecstatic. Best of all?

I'm free.

5/20/2015 11:26:14 PM - Jeremy

I have Asthma and Allergies and have had them my whole life. My lungs are especially bad in the winter months in upstate NY I am always in and out of the hospital and on medications/steroids. This past winter is the first time i have been vaping. I have never smoked but I wanted to try it as I have a sweet tooth and also need to lose weight. The weight loss was a success ive lost 20lbs by vaping the flavors and not eating while Im watching Tv. This is all Awesome so now back to winter this is the first winter in my whole life and Im 35yrs old I have NOT been hospitalized, on breathing treatments, on medication. The fact is Im also not on my inhalers as much and I did not once get sick or go to the doctors the past year I have been vaping. Im not sure if its the PG or Lung exercises frpm vaping but I am a ton healthier with my weight and my lungs. It has saved my thousands of dollars in medical bills i cant say enough that this has saved my life, my money and my quality of living is so much better being able to breath. ~

5/20/2015 11:26:02 PM - Mike Fox from Fred VA.

I started smoking when I was 18, and really started heavy when I was in the Marines... 8 years later I had tried quitting a number of times and many different ways (gum, patch, pill, cold turkey and even smoking sensation programs) with no luck. a friend came over one day a was vaping instead of smoking like he had for as long as I had known him. I tried it and didn't have a desire to have a cig for a few hours... I saw my first real " light at the end of the tunnel" the next day I went and found a vapor mod of my own and now I have been 100% smoke free for 6 months, I feel better since I quit smoking cigarettes and have cut my nic down to .3mg, close to quiting all together! My wife is grateful and so am I for the local vaping comunity...

5/20/2015 11:25:36 PM - Miranda

I started smoking at the tender age of 12 (older sibling influence) as I got older I started smoking around a pack a day this did not change even through my first pregnancy, it wasn't until I found out for the second time that I was pregnant that I did finily put them down long enough to get my child born and nursed for a while then I picked it right back up (shame on me I know) I went through two more pregnancy and both times I started right back up after my child quit nursing. About a year and a half ago I learned about vaping via convenient store. I bought my first ego battery and tank. It took me about two weeks of smoking and vaping before I completely made the switch to vaping and I've not looked back since. I feel so much better now, I can breath better, play with my kids better, I don't have to miss out on anything because of going outside to smoke. I am smoke free for 16 months now thanks to vaping!!

5/20/2015 11:24:42 PM - Kari Hess

I smoked for 21 years. I tried everything from cold turkey, several times, to the patch, which left a welt at application site, as well as nightmares, to wellbutrin which caused a manic psychotic episode. When I first tried a vapor product, I had no desire to quit smoking but immediately cut my cigarette intake in half. After a couple of months, I was down to just the morning cigarette. I went up in nicotine, from 18 mg to 24 mg for just two weeks and found a flavor that went with my coffee. It has been 20 months since I have smoked a combustible cigarette and have no desire to smoke. I am down to 3 mg of nicotine. The head benefits I have noticed include: no more smokers cough and I no longer end up with a lingering cough when I get sick. #vapingsavedmylife

5/20/2015 11:24:31 PM - Chris Koller

I was a pack a day smoker for over 25 years. I tried the patch once and even attempted to quit smoking cold turkey. These attempts where unsuccessful. I had heard about vaping and was curious about it just over three years ago, but I was hesitant to try it because of the unknown risk that it may have. My wife desperately wanted me to quit smoking and two years ago I decided that I would give vaping a try. The next day I smoked five cigarettes, then four, and the next day I was cigarette free. I have not had or wished to have a cigarette sense. I used to have a wheeze when I would lay down for bed, with in a week of vaping the wheeze was gone. I truly believe that vaping works as a sensation devise for those who are struggling with a smoking addiction to overcome cigarettes as I did.

5/20/2015 11:24:14 PM - Luis Bermudes

The first time I smoke a cigarette was in the 4th grade. No one in my immediate family smoked so it's always been kind of weird that I decided to pick it up. Why did I pick it up to be cool, to look like the movie stars or that cowboy on TV? Who knows I have no clue. Either way I walked right into our local convenience store in phoenix arizona and asked for a pack of Camels and the clerk handed me a box of unfiltered. I took it to a friends house and we started to smoke them. We coughed a little not even sure if I inhaled or not but we thought we were cool so we had a couple more enjoying the nicotene buzz. It didn't take long for my dad to find out. He yeld at the top of his lungs louder than I have ever heard. I was terrified. We immediately loaded up in his Ford f150 and drove over to the store where I had gotten them. He went directly to the clerk and asked him if he sold them to me and the clerk said no. Ha I turned to my dad in attempts to take the heat off of me and threw him under the bus and said " Yes he did dad, he sold them to me" My father looked at the man and told him to never sell to me again and that if he did he would kill him. We left that day and I didn't smoke again until I got into the 7th grade again I got in trouble because I was smoking cigarettes with my best friends dad in their house. Even tried to trade him some to see which I liked better. He actually traded me a couple. I jumped the fence hid the cigarettes under an old piece of plywood. A day later my dad had the pack in his hands again angry as can be. I guess my friends dad felt guilty and went and told my dad I was smoking. Anyways I got yelled at again and stopped until I was about 18 taking a pack from a carton my friend in HS had in his trunk. I continued to smoke on and off over the next 10 years then I stopped completely at the age of 28. That went on for about 3 years. But then Again, I just picked it up but this time it was for real. My lungs started to hurt and they hurt on both sides at the same time. I would breath and it was restricted it felt like my lungs were literally seperating from the inside of my chest cavity. I started to freak out I didn't tell my wife and I never went to a doctor. What I did do was choose to to try out vaping. Or at the time it was just a fake cigarette. I tried all of them the Blue the Flynn and also the Njoy disposables. The Njoys were my favorite. What I didn't like was that the mouth piece was hard. My friend came over to my house and he had one that had a soft mouth piece. I said where do I get that? he said at the local convenice store. So I went with him and lo and behold there was a vape shop that just opened up here called Butt Out electronic cigarette store. I walked in an the owner Matt showed me how to use everything. He walked me through the whole process and from then on I had become a vaper and not a smoker. I can't thank him enough. It was such a relief for my chest. It took about 3 months and the pains in my chest were gone. I no longer felt my lungs separating from my chest cavity. I no longer felt pain on both sides of my lungs. After about 6 months I decided that this product was so helpful to me I wanted to get it into everybodies hands who smoked. I have now been the owner of This old vape shop for close to 2 years and hearing the stories of people who come in and tell me that if it weren't for me and my shop they would still be smoking. I makes my heart happy to

know that my customers feel the same way about me as I did Matt. To make such an impact in someones life and at the same time make a living has been awesome!

regulating this product in a way that puts small business owners out of business could be very detrimental to the health and longevity of peoples lives in America.

5/20/2015 11:23:57 PM - Marsha A Cox

I am going to do a copy & Paste here.. Because I want everyone else to read what I am super proud of myslef for.. I want everyone else to read how successful my venture with e-cigs have been... Today is May 19, 2015... this was written almost 2 years ago.. Today.. my e-cig calculator tells that I havent smoked an analog in 820 days, not including today... that I would have smoked 16,400 real cigarettes, had I not switched to vapor, and had vapor not helped me along the way. Today.. i vape zero nicotine.. i vape because the cravings are still there.. but I make it through it, with my e-cig...

Marsha Cox

Everyone has something they are proud of, just the same, they have something they arent proud of..

Since I was 15, I have smoked. Easy to start, hard as heck to quit. In my years, I have quit 3 times.. when I was pregnant, after my mother died of cancer, and in 2002 because I wanted to change my lifestyle. As bad as I wanted to quit and stay quit.. it was HARD, and I always went back, even after I quit once using the nicotine patch, cold turkey twice. As a smoker, I hate the taste, I hate the smell, I hate they way it makes you feel, but yet I craved it. Then my bestie gave me this little electronic device â€“ a vapor cig..she totally quit smoking by using it.. it took some time, because I struggled getting the right nicotine level for me, but I managed to 100% make the switch and have not had an actual cigarette since Feb 2013 with no intention or craving to go back. (I have put on some of the quit smoking weight, but hey.. It cant all be fields of roses without a little work). I adjusted my diet and it is helping prevent the weight from piling on as it has all the other times i quit. My little e-cig calendar tells me today I have been cig free for 162 days, would have smoked 3240 real cigarettes, and it would have cost me 939.60 to buy them. I started out at 36mg of nicotine in my vapor, I am down to between 4 & 0 mg. The thought crossed my mind to go back to analogs, but only because of the weight I put on over the past 5 moâ€™s since switching.. but the thought of going back, the smell, the taste,the toxinsâ€¦ made me try a healthier diet and exercise instead. It has helped, and I never want to go back to analogs.. I am actually finding myself not using my e-cig as often, very little cravings for it.. but although I am borderline weaned from the entire

process, I will never give up 100% on my e-cig.. because I know it will be there (maybe with ZERO nicotine) but it will be there should I ever have a weak moment. I never want to put an analog to these lips again~

This entry was posted on July 30, 2013.

5/20/2015 11:23:23 PM - Abujeund

I have been a smoker for the last 36 yesrs. However, I am smoke free now for 7 months. I was introduced to to vaping by a friend. He explained the difference between smoking and vaping. I tried his mod an instantly liked the whole experience, the throat hit, the cloud, the skittles flavour, the lot. My friend encouraged me to invest into a quality mod and tank, assured me that I will not only quit smoking but also be encouraging other\'s after experiencing the health benefits.

I must admit that I can smell, taste and breathe much better. I no longer feel ,lethargic or short of breath, my chest is clearer. I will not go back to smoking, ever in a million years.

5/20/2015 11:23:10 PM - Ryan harris

I smoked since I was 16 in high School I started smoke because honestly because it was what I saw every one doing when I was younger. I started vaping mods when I was 20 and it took a couple weeks to get off the cigarettes but it has been over a year since I touched one and I haven't looked back

5/20/2015 11:22:55 PM - Terry Martin

After 30 years of smoking a pack a day and trying every available method to stop, February 4th 2012 I bought my first e-cig. Since that day I have not had one single puff of combustible tobacco. I had my first heart stent placed when I was 40, I kept smoking. I had my second stent placed at 41, I kept smoking. I had my first heart attack at 42, and another stent, I kept smoking. Third fourth and fifth stent by 44, after my second heart attack. I kept smoking. Sixth and seventh stent at 46. One week later my third heart attack and open heart surgery. I still kept smoking. During the 30 years I smoked I tried every method there was patches, guns, Chantix, Wellbutrin and cold turkey. Nothing worked not even the fear of death. But all the while I knew down deep inside I had to stop smoking, but just couldn't. Until that day I tried the e-cig. It worked immediately, no struggle, no withdrawals, no looking back. It just worked. This device has the ability to save millions of lives and save millions of dollars. Millions of dollars that tobacco companies and pharmaceutical companies don't want to loose. They work, they save lives, they saved mine and 6 of my closest friends.

5/20/2015 11:22:40 PM - Big John

Vaping has been a God send for me. I quit smoking because I have sleep apnea and the tar and other chemicals in cigarettes were causing high blood pressure also. And when I started vaping (thank you straightlinevapors) the change I could feel in my body and lifestyle was amazing. Not to mention the way I smell. Without my vapor I don't know if I could have stopped smoking cigarettes but I'm glad I had it to do so. Vaping quite literally saved my life.

5/20/2015 11:22:30 PM - Amy Rodriguez

I vape because it's a healthier option then Cigarettes. I was more of a hookah smoker but even then I choose non Tabacco. I vape cause it helps me curb my sweet tooth and prevents me from eating unhealthy foods. I think it's ridiculous how they want to make this illegal when there is nothing wrong with it. The only thing wrong is the money big Tabacco companies are loosing and their product killing millions of people a year. Alcohol is also legal has contributed to many deaths.

5/20/2015 11:22:20 PM - Regina Hughes

I was a smoker for 22 years I started when I was 15. On September 9,2013 I bought my first vape device and never looked back. I was a pack a day smoker and started at 12mg of e- liquid. I tried the patch ,the gum, I even tried switching to cigars that were flavored to get away from smoking,I joined the Wyoming Quit Program NOTHING worked!I would be able to quit for a few weeks but as soon as I got stressed or upset my first stop was a new pack of smokes . Vaping saved my life and the lives of many of my family members. I have Been completely smoke free ever since. I can run ,I can breathe, I no longer smell like an ashtray. I have gone from a 12mg of nicotine to 0!! As a smoker trying to quit with conventional methods I always had the worry that with stress I would go back to smoking with vape I don't have that on my worst days I just pick up my vape and use a 1mg for the day and then go back to the 0. My favorite flavor is a fruity concoction of watermelon and pomegranate and vanilla!

5/20/2015 11:22:11 PM - Janet Andersen

After 35 years of smoking two packs a day (70 pack years), I quit using e-cigarettes. This was just over six years ago. To be clear, I had tried to quit before using pharma products and counseling. I had no thoughts as to e-cigarettes actually being able to help me quit. I merely wanted to try them so that maybe I could once again enjoy a night out with family and friends. Almost instantly, I found I like e-cigarettes more than combustible tobacco and I haven't returned to regular cigarettes since. During times where I felt unsatisfied, I found that changing flavors help tremendously. Further, I like that I can self-titrate the nicotine levels to best suit my needs.

I acknowledge that e-cigarettes may not be without some risks. However, unless medical experts have been wildly exaggerating the effects of the most common tobacco product, e-cigarettes cannot logically come close to the harms of combustible tobacco. For thousands of years we have relied on increasing technologic advancement to improve our lives. The Precautionary principles and quit or die dogma of the established tobacco control contingent only serve to stifle true anti smoking progress and further innovation.

5/20/2015 11:21:48 PM - Barbara Hendley

As of last July 2014 I had been smoking for the past 40 years. I was smoking almost 3 packs a day...no joke. needless to say I always had a cough and wheezing when I breathed. I had headaches everyday that I feared was coming from a tumor in my head because it was one sided and the pain was real and would sometimes affect my vision on that side. Had a MRI done...no tumor. Ok no tumor so I guess it was just another weird sympton of getting older that I was just gone have to live with. Then there was the price of smoking which has gone through the roof with all the added taxes. So I decided to try vaping to see if I could cut back and save some money. Because I bought a cheapo off e-bay to start with which fell apart and I did not know anything about vaping at all batteries, liquid ,flavors or nicotine strength I was not having a lot of luck. But I keep trying and started watching info videos on you tube and I learned little by little. finally ordered a decent tank and battery from a reputable site. Found some good tasting e-juice at local tobacco shop.I began to like vaping and found out that I enjoyed it more than smoking. After less than a week I began to vape more than I was smoking. I began to think maybe I could actually quit smoking entirely on these things but my brain was saying..impossible. So I would lite up a cigarette. That cigarette would taste bitter and nasty and I did not want it. By the end of that week I took the whole unopened carton of cigarettes back to the store i bought it from and got my money back. I rewarded myself with buying another battery and more e-liquid. This Coming July I will be celebrating my 1 year Anniversary of being smoke free. My everyday headaches are gone...must have been the cigarettes. I can breath with no wheezing in my lungs and I can smell things like honeysuckles that I have not smelled in along time in the air. I have lots more energy and can do things with out giving out of breath. My grown kids are amazed and have expressed to me that they are so proud of me and have told me more than once they thought they would never see the day I would quit smoking. But I have and vaping opened the door for me to set myself free of a bad habit that was killing me. Now I get laughed at and made fun of ignorant people that have been misinformed and mislead about all the bad things about vapers and how they are a bad influence on kids and are leading them to become future smokers. Not so!

5/20/2015 11:21:20 PM - Pamela McGee

I started smoking when I was only 13, I came home from school one day and my dad ask me if I wanted to smoke, and then threw me a pack of cigarettes. At the time I wanted to be cool like my mom and dad and smoke so I said yes and lit one up....I had to hid it from my mom, she didn't want me to smoke, but my dad regularly would buy my cigarettes for me and I would just go to the park beside our house and smoke, then come home....my mom didn't find out tat I smoked until I was sixteen, and by then I was very addicted to them, and smoked almost a pack a day....we got in a huge fight, and finally she said that the only way she would let me smoke is if I got a job and started buying them myself....so I went out the very next day and got,my first job.....not to be independent, to keep smoking, I bought a carton a week. By the time I hit my 20s I was having trouble breathing, couldn't run and hat when I really wanted to quit smoking....I tried the gum and the patched but with no luck nothing worked...,I couldn't afford the pills, so I just gave up and kept smoking....I'm 30 now, and a few years ago I had one aunt pass away from COPD...then a year later my other aunt passed away from the same disease that took my other one the year before...I was literally watching cigarettes kill off my family. And there,was nothing I could do about it. My mom wet to the doctor and they told her that she had the beginning stages of COPD, so she quit smoking right then...,and that's when I knew that is she could I could too...I found a little stick vapor in a store and I bought it and it helped my not smoke as many cigarettes. So I went up to something bigger, I have a sigelei 100w+ with only 3mg of nic in my juice, now and I can proudly say that I haven't smoked areal cigarette in almost half a year. ....I can breath again, and I feel so much better....vapors worked were gum and patches didn't....it feels so great to be called a non smoker, I haven't been able to say that since I was 13.

5/20/2015 11:20:57 PM - Jason Strilecky

My testimonial is one by association. My wife smoked for over 20 years, she tried all the possibilities to quit, from patches to him, cold turkey to chantix (which made her extremely depressed) and none of them worked for more than a couple months. For Christmas of 2012 I have her an e cigarette set-up. She took until mid January of 2013 to actually ask how to use it. She decided to use up all the cigarettes she had in the house, then she picked up her device. She has not had a single cigarette since that day! She is happier, her lungs are healthier, her blood pressure has improved and she has begun losing weight! Added benefit to our house, it doesn't smell like nasty cigarette smoke anymore. She has also nearly eliminated nicotine from her usage. She started with 18mg e liquid and now uses 3mg. If this industry is closed or priced out of reasonable use it will cause many people to return to known cancer causing devices to achieve their nicotine desires.

5/20/2015 11:20:33 PM - Kevin D

Father of four I've been vaping for over three years. No cigarettes since. I've tried quitting two pack a day camels numerous times in my life and succeeded for periods of time. I always would end up fantasizing as I watched smokers until I would pick up again and be caught up in the reality of the addiction and consequences. That cycle lasted over 30 years. Gum and patches didn't stop me.

I have COPD and am extremely conscious of what goes in my lungs and how they react. Today I don't fantasize about smokers and can't imagine wanting that nasty flavor. Today I barely notice any COPD with complete freedom to hike and walk without restraint with my BoyScout son. Today I enjoy a very low nicotine level, fruity, creamy and cereal flavors, movie theaters that I don't jones through and airplane flights where I'm not waiting to land and smoke (or even vape).

5/20/2015 11:20:25 PM - Chris G

I quit conventional smoking or combustible cigarettes completely in Oct of 2013. After trying for years on different methods, I even tried e-cigarettes "the small pen size" back in 2011. At that time I didn't know what I was doing and the market had yet to grow and I didn't know where or how to educate myself, so I gave them up.

In 2013 I started to notice friends and coworkers trying out a different type of e-cigarette that was much bigger and produced more vapor, and this caught my attention. I made a deal with a coworker that if he was able to quit smoking for 90 days without a cigarette, that I would also make the same attempt as he did with one of these new devices that I was watching him use.

After the 90 days he made it so I went out purchased this "new style" which was a Ego variable voltage 1200mah battery with a Kanger Protank 2. I thought this was the best device ever on the planet "at the time". Which is where the journey started.

After trial and error with many different products for a few months after October 1st, I yet again was facing the battle with the urge to smoke a conventional cigarette. I realized that I needed to find a setup to kill these cravings and a lot of these products that I was trying were not working for me. What I realized was I was learning about an industry and it was falling into not only a hobby, but I was finding products that were finally helping diminish the cravings and eventually led to smoking my last cigarette.

I landed in the realm of regulated devices and rebuild-able atomizers that were not only fun to play with, they are challenging in the sense that you can build your own coils and this gave me something to do and eventually killed the old habit completely.

I kicked the habit, and have monitored my progress since, and today have regenerated my health back to a non smoker even after I continue to vape daily. My doctors have seen the progress and have both agreed that its a much healthier alternative. My primary care physician is a cardiologist and also a friend. I have an allergy specialist which I was referred to by my primary care physician, they both have seen the improvements in health, from blood pressure, blood oxygen levels, lung capacity, and allergy reduction. My sense of smell and taste came back and I couldn't believe it.

I came from the electronics world of product development and I saw an issue that would eventually arise so I started to research for organizations that help with regulations on these types of devices, which led to the discovery that this industry is not regulated, we were going to face a massive attack from big tobacco and other areas that would try to bring down an industry that is going to help millions of people and save lives.

I noticed that there was only a few organizations out there which formed in the recent years to help with this issue that we are facing. I was actually approached by TD of Moon Mountain after he found me in a debate on social media about ecig's and making a stand trying to educate people that were posting misinformation about these devices being harmful and actually worse for your health then conventional smoking. I was pleased that someone else was as passionate as I was about this, so I joined FSFA and I'm here now to help educate and inform people on the benefits of vaping and keep the people informed of the political hierarchy that exist due to the lack of study to support the questions asked by many about vaping and the regulation that will follow for an industry that's still in its infancy. We can not let misinformation and political powers bring down an industry that will help millions, save lives and create jobs. What more could you want from a product.

5/20/2015 11:20:15 PM - Paul Astrauskas

Vaping helped me quit smoking a year and a half ago after having been a smoker for 17+years. I have noticed significant physical changes such as being able to taste and smell better. I no longer have a lingering cough after I have a cold. I had tried to quit many times previously using products such as prescription medication, the patch, and gum. None of these worked for very long. I have cut back my nicotine consumption steadily since I began vaping and will probably make it to 0 nicotine content shortly.

5/20/2015 11:20:07 PM - Atakan Befrits

I am 44 and started smoking at 13. I practically gave up smoking entirely some 8 years ago when I started working with Swedish style smokeless tobacco, snus. Snus would have been entirely satisfactory for me had I had even a small but genuine wish to quit smoking, which i did not. However cutting from 20 a day to 20 a month gave immense and immediate health benefits in terms of fewer colds, never pneumonia, much better oxygen levels and stamina, food tastes better, practically never sick at all, basically the works in terms of better health.

A few years ago I also started looking more seriously in to vaping as well. Since then the last 20 cig a month are gone too, without ever really having any serious intent or wish to quit. It just sort of happened.

In honesty, I think I belong to the absolutely vast majority of smokers. I know I should want to quit, but just can't seem to want to in real life. Even so, thanks to snus and ecig I am now an ex smoker. Either one of the two would have done the job nicely for me with a little more "want" and the combination made me smoke-free with no "want" whatsoever.

I would think there must be at least several hundred million "me"'s running around in the world so I think there is an absolutely massive untapped quitting potential in the world that traditional tobacco control simply won't target effectively.

I know, I work with this stuff, I know pretty close to exactly how dangerous cigarettes are and how nasty and painful it would probably be to die in a cigarette related disease. Still that did not translate to a genuine wish to quit. Strange really.

5/20/2015 11:19:56 PM - Adam K (Lakeland, FL)

Vaping has saved my life. Plain and simple. I was a smoker for 22 years before I was able to give up cigarettes. Before I had tried just about every other method of quitting without any luck. I've been vaping for well over a year and feel both mentally and physically better.

5/19/2015 11:22:28 AM - Chad feigley

My name is chad feigley of signal mt. Tennessee and I want to give a a word on the e-cig. Thanks to the chattanooga vape co. I was able to obtain the e-cig to help me leave the smoking of ciggeretts. I have been a smoker for almost 30 years, my health has gone down. I have had 1 heart attack and I still smoked after. I had came to the conclusion that I needed a change. My daughter came to me one day and said "dad try this". So I did. And after reading tutorials on the e-cig I figured what could it hurt. So I had gone to the local vape store . Chattanooga vape company. And purchased a unit and gave it a try. After the first couple of days I had starting to feel better. (Health wise) I started breathing better, taste is enhanced, an my ability to keep up with the kids have improved 10 fold. I have tried hypnosis in the past and the patches and the pills. And nothing worked. And now that I have tried this and it has been such a success!! I would have to say to anyone who would ask about it.. DO IT!!! It works Thankyou for reading my story. Chad

5/19/2015 11:22:10 AM - Sandra irvin

After thirty years of smoking, yes thirty -- a friend suggested vaping to me. I had previously tried gum, patches and cold turkey; none worked. I picked up a vapor e cigarette and can now say I have been smoke free two years and three months. I don't smell, I can taste my food, my daughters don't have friends at school asking them if they smoke. I am FREE of cigarettes.

5/19/2015 11:21:51 AM - Patrick

Hi my name is Patrick, Since i was about 15 years old i smoked ciggarettes, around when i was 17 and graduating high school i averaged around a pack or so a day, my habit was fueled most likely by the fact that i always had older friends and i tried one bla bla bla got used to it than i enjoyed it, I KNEW it was horrible for me , I mean were past the point of whether its bad for you or not traditional over the counter cigarettes WILL kill you, So why do we do it? Well me personally i love the act of smoking its just something i always enjoyed i remember being a kid and buying the candy that was shaped and packaged like a box of cigarettes you would purchase in a store or gas station and I always pretended to smoke haha dumb, When i was 19 I began to have trouble breathing mind you I am a active sub 12% bodyfat fitness fanatic I started to become concerned now that you can say "I grew up", I tried the whole quit cold turkey and that was a nightmare I had all sorts of side effects almost described as withdrawals, I dont partake in any other drugs or even medicine so those feelings to me was to what a addict would say are withdrawals. I decided to try over the counter patches and gum and to be honest they made me want to smoke more than not being on them. Basically in short term brutally honest, they dont do shit for me, So i continued to smoke this time significantly lowering my intake to about 4 - 5 ciggarettes a day to make me feel better about it haha. Then one day something miraculous happened to me, being a 19 year old kid searching and sitting on youtube on freetime is a common thing and i stumbled across a guy named Riptrippers. He was using electronic cigarettes, my eyes blew up ...could this be the answer to my problem? I started to investigate to what this stuff actually is. At the time 3 years ago now their was very little to what there is now as far as products, information etc It seems to have blown up extremely and I can see why. I found that there are 4 ingredients, PG, VG, Nicotine, And flavoring. Okay so not bad i guess PG which is used in inhalers prescribed by doctors should be fine to breathe, VG a common household item used in practically every flavored product on the market, Nicotine which is proven to actually be beneficial over long term rather than harmful, also naturally occurs in a variety of foods, and food flavoring a FDA approved product. Within a month of using electronic cigarettes I no longer got heavy breathing , no longer coughed anything.. And the craziest part? I am using 0 nicotine in my ejuice, turns out i was addicted to all the crap laced into a cigarette not actual nicotine the only non harmful thing inside one.

Its been three years now I am still on 0 and vape as a pleasure with a fine wine or beer

Vaping/ Electronic cigarettes have saved my health when nothing else could from cigarettes.

5/19/2015 11:21:18 AM - Michael F. Blechschmidt

I was a smoker for 45yrs, in 2006, I was diagnosed with Ankylosing Spondylitis. I was forced into taking a disability, lost my career. Began to smoke more (1pack to 2packs a day.....in 2013 my weight was down to 109lbs, from 150lbs. I had a complete immune system collapse due to an antibiotic on top of my Remicade biologic. Spent 3 days in critical care and 4 days in the hospital. When I got home, I hadn't had a cigarette in 7 days,so i had heard about vaping so I tried it. Vaping was for me! It satisfied my need to have something in my hand. I am now working on reducing nicotine levels. Vaping has saved my life! I now have something i can use that has become a hobby. It's like smoking a pipe without lighting tobacco!

5/19/2015 11:20:54 AM - Jim Furbush

My name is Jim I am 43 years old and was a smoker for more then 25 years. Most recently I was smoking 2 packs a day for more then the past 10 years. Like many people I tried everything out there to quit including pills, patches, gums, etc etc etc even hypnosis. None of it worked for more then a couple of weeks before I was right back to smoking. In February of 2015 I decided to try vaping and went to my local vape shop one evening. I picked out a product with the help of a knowledgeable sales person who helped me decide what device would best fit my need, the amount of nicotine that I needed in my e liquid and so on. I bought that device and all of the things that I needed to go with it and started vaping on it right away, as soon as I was back in the car. I had a half a pack of stinky sticks left and when I got home I disposed of and have not touched a cig. since that day. I started at a level 15 mg nicotine and each week I was able to decrease that level without any urges or "nicotine fits". I went down to a 12 the next week, 8 the next week, 6 the next, and two weeks after that down to 3mg and now at a 0 in most of my e liquid. I have gained a new hobby in vaping, I can not stand the smell of cigs, and I will never smoke one again. To say that vaping is a life saver that is certainly true for many, many people in the vaping community. I have been vaping for 4 months and I notice a huge difference in my health already and so does my family. I use all kinds of flavors of liquid, I use tanks, rda, Mech Mods, regulated boxes. You name it I have it just for the shear fact that I enjoy it.

That is my story and I am sure there are many like mine all over the world. We are a community, but as one we are just one voice but as a group we can be loud. Stand up for your health and your rights.

5/19/2015 11:20:40 AM - Alex

I am ten months smoke-free since discovering vaping products. Before, I was smoking about a pack a day of combustible tobacco cigarettes. I knew I needed to quit; my lungs and chest felt tight when waking up, and I've had a few close calls when I failed to notice the ash on the end of my cigarette had fallen on my clothing. It was also a dangerous habit since I am blind. My grandmother who was a chain smoker died of lung cancer when I was very young. I never got to know her as an adult.

After learning about vaping, I gave it a go. I haven't touched a cigarette since. I enjoy that I don't smell like tar and smoke all the time, and I can vape in my home without aggravating anyone else. My lungs feel better, and my doctor said my bloodpressure has decreased to more normal levels as well. I am more active and enjoy long walks again. Moreover, my brother has picked up a starter kit with my guidance and is having great success.

Vaping truly saved my life.

5/19/2015 11:20:27 AM - Luv2Vape_

Iâ€™ve been an ex-smoker for 366 days & 4 hours!! I've saved $2,563.34 & avoided 7,324 cigarettes!! May 18th, 2015 (today) is my 1 year anniversary & am so very proud of myself!!

On May 18th, 2014, my fianceâ€™ & I went down to our local vape shop!! It was there that I really got educated & excited about FINALLY giving up my nasty habit!! I've been a smoker for 20+ years & was really getting tired of smelling like an ashtray (especially my hairâ€¦ewww!), the constant cough & everyone telling me how bad they were for me!

I knew how bad they were, my grandmother & father both passed away, way too young & it was cigarette related! I didn't want to die a horrible death like that!! I didn't want to be selfish anymoreâ€¦I wanted to LIVE to watch my nieces grown up to be beautiful young ladies & I wanted to live happily ever after with the love of my life!! I tried cold turkey & failed! I tried the patches & failed!! Vaping was my final hope of giving up my pack a day habit!

The guys at the vape shop were TOTALLY COOL & very down to earth. They answered my crazy questions & then let me sample whatever type of juice they had in the store!! I started off with my Menthol & thought why am I trying something I want to stay away from & thoughtâ€¦ just look at all those flavorsâ€¦WOW!! It was a bit overwhelming!! I bought a couple of bottles of juice, got me a starter kit & havenâ€™t picked up a cigarette since!! I tell everyone I can about how wonderful it is to VAPE!!

I absolutely LOVE it!!

Now I just blow clouds & enjoy life!!! I love going to the vape shop; trying new flavors & brands & sharing my story! My mom gave me this poem when I was about 21 & begged me to quit smoking. I never paid much attention to it then, but I keep it nearby now to always remind me of what my life could have been!! I want to share it with youâ€¦

I'm just a friendly cigarette - Don't be afraid of me.

Why all the advertisers say, I'm harmless as can be!

They tell you that I'm your "best friend" (I like that cunning lie):

And say "you'll walk a mile" for me, because I "Satisfy."

So come on, girly, be a sport! Why longer hesitate?

With me between your pretty lips, you'll be quite up-to-date.

You may not like me right at first, but very soon, my pet,

You'll find you just can't get along, without a cigarette.

You've smoked one pack, so I know I've nothing now to fear;

When once I get a grip on girls, they're mine for life, my dear!

Your freedom you began to lose, the very day we met,

When I convinced you it was smart to smoke a cigarette.

The color's fading from your cheeks, your finger tips are stained;

And now you'd like to give me up, but sister, you are chained!

You even took a drink last night - I thought you would ere long,

For those whom I enslave, soon lose their sense of right and wrong.

Year after year I've fettered you, and led you blindly on,

Till now you're just a bunch of nerves, with looks and health both gone.

You're pale and thin, & have a cough, the doctor says "T.B.":

He says you can't expect to live much longer - thanks to me.

But it's too late to worry now! When you became my slave,

You should have known the chances were, you'd fill an early grave.

And now that I have done my part, to send your soul to hell.

I'll leave you with my partner Death; he'll come for you,

Farewell!

I am EVER so thankful to the vape community & everyone who never gave up on me!! I apologize for getting long winded, but I love to share!! One day I hope to touch someoneâ€™s life & help them LIVE!!

Vape On my friends!!

~Kimberly aka Luv2Vape

5/19/2015 11:20:15 AM - Joseph

I was a cigarette smoker for five years. My brother is a vapor who also smoked cigarettes, longer than than I did. He's been a vapor for a year and a half now and tobaco free since the day he picked up a vapor mod. I as well have not touched a stinky stick (cigarettes) since the day my bother loaned me his spare mech mod (vaporizer). It has been a month cigarette free for me. I can breathe a whole lot easier, I don't fell lethargic, and hey I smell like a bakery or a candy/fruit store instead of an ash tray.

5/19/2015 11:20:04 AM - Jacob

I've been vapeing for 3 years now I feel much better than I use to I don't smell like smoke my house doesn't smell any more and my asma has cleared up vapeing saves lives tobacco kills why take something away that is actually helping people if yall want to take away something then tobacco is what needs to go it kills and yall don't mind that vapeing doesn't and yall want to take it away that stupid yall really need to think about what yall are doing yall would rather kill people than save lives

5/19/2015 11:19:45 AM - David Wilmot

My name is David and im from Nc. I son cigarettes for almost ten years and reached two packs a day before I started vaping. I tried many of the small cig-a-likes but continued smoking cigarettes until I began using rebuildable atomizers. Both my brothers, my parents, my wife, and both of my mothers parents have quit smoking by vaping rebuildable atomizers and sub-ohm tanks. I feel these more advanced products provide a much more satisfying experience which makes it alot easier to quit cigarettes and live a happier and healthier life.

5/19/2015 11:19:35 AM - adam schaefer

I was a almost 2 packs a day smoker for almost 20.years. vaping saved my life. Due to some crazy things that have happened to me in my life I was severely emotionally tied to cigarettes. I could barely go more than an hour without having an anxiety attack if I didn't have a smoke. But I got seriously terrified one day when I woke up and my chest was in pain and very tight and I couldn't breath and I coughed so hard I had to lean over the toilet because I was coughing and throwing up from coughing to hard. This went on for over an hour. I finally realized I needed to find a way to quit. I got into vaping and within 2 months I was able to quit cigarettes completely. Have not had a cigarette in over 8 days now and I have not looked back.

5/19/2015 11:19:20 AM - Susan Henderson

I started smoking when I was 13 years old and I smoked for 28 years. 4 years ago I was diagnosed with COPD. I was on numerous medications to treat it. My friend immediately quit smoking, when she saw me hooked up to oxygen and struggling to breath while in the hospital, and she started using electronic cigarettes. I did not. I continued to smoke but I was curious about vaping. I started vaping 3 years ago and started eliminating cigarettes from my day. I completely stopped smoking cigarettes in June of 2013. I no longer require any medicine for my COPD. And I can truly say I will never pick up a cigarette again as long as electronic cigarettes are available. I had tried the patch and the gum to help me quit smoking but nothing would work until I found vaping. It is a health and life saver as far as I am concerned.

5/19/2015 11:12:16 AM - Madeline Roney

I am a 5 time cancer survivor. In 2014, I was diagnosed with cancer in my bladder and also in my kidney. I was a smoker for 61 years and tried several times to quit smoking and each time , I failed. I promised God, if he helped me get thru my 4th and 5th bout with cancer, I would really try to stop smoking. My grand son told me about the vapor system. I tried many types and finally I picked blueberry, cotton candy in my vape pipe with 6 mg of nicotine. Two months later, I decreased it to 3 mg of nicotine and after4 months on the vape pipe, I went to zero mg of nicotine. I have been smoke free for 14 months. Without the aid of the vape pipe, I would NEVER have been able to stop smoking. I thank God and the inventor of the vape pipe every day for helping me to stop smoking and so far, I have been cancer free too.

5/19/2015 11:08:27 AM - Irishmen

When I was diagnosed with Accute Pancreatitis I was told not to drink any more it was awfull hard to do, because if I smoked I would drink those two things whent hand & hand. So I took up

Vaping and now I can say I haven't had a drink for over 2 years because of vaping. I started at 24 mg nicotine and now down to 3 mg Nic. After nearly 30 years plus of smoking I feel so much better then I have in A long time!! Keep vaping alive

Thank you

James G Patrick

5/19/2015 11:08:13 AM - Bromthebard

I smoked cigarettes for 6 years before starting e-cigarettes. I was up to a pack and a half a day before I started vaping. I've now been using them for over a year. Since then I haven't smoked a single cigarette. Before vaping, I tried nicotine gum, nicotine patches, I tried switching to dip, but nothing helped, I never lasted more than a couple of weeks before switching back to cigarettes. I started out on a cheap pen from a gas station using 24 milligrams. Since then I've moved on to an advanced box mod (a sigelei 150 W) and slowly weaned myself down to using 1.5 milligrams of nicotine, and plan on dropping down to 0 very soon. Since quitting cigarettes I've noticed a huge difference in my lung capacity, I've been able to exercise without feeling like my lungs are on fire, and because of that I've been able to lose 60 pounds. I also noticed that the cigarettes were messing with my taste buds. Everything tasted better after I had been off the cigarettes for a few weeks.

5/19/2015 11:07:59 AM - Beverly

I started smoking cigars when i was in Sophomore year of high school. My friend and i shared them when ever we could get them. later, i switched to normal cigarettes because they were easier to bum off of people. it eventually became so bad that i was searching around on the ground for halfies and forgotten cigarettes. Once i got a job, i felt a little better about myself because i was able to buy my cigarettes on my own, but i still had 3 years under my belt of bumming and searching, risking sickness just to appease a craving. After a while i started hiding smoking cigarettes from my first boyfriend because he didn't approve, i would spend ten minutes after each cigarette washing my face and hands and checking my breath, it was becoming pretty ridiculous. Then about three months ago, my new boyfriend, who has also been smoking cigarettes for a long time on his side of it suggested we try these new vapes. we ordered our started kit and it automatically made a difference for both of us, we haven't fully quit as of yet, but I'm down from one pack of cigarettes a day to one pack of cigarettes every three to four days. I love the flavors coming out and enjoy looking through the online store with my sweet, It's like walking into a candy shop, and i notice that the flavors always taste better than a cigarette. I hope they are never banned and i hope this testimony will help in some small way to keep them legal.

5/18/2015 12:45:06 PM - Sara R. F.

I VAPE and I VOTE

I have reduced my nicotine level to just 3mg and gotten off cigarettes completely. I have failed several times previously to quit, even loosing my dear friend to lung cancer. If she had access to eliquids and variable nicotine products like vapers do today she might still be with us

5/18/2015 12:44:56 PM - Zachary

My name is Zachary, I am the father of 3 beautiful children and the husband of my high school sweetheart. I am 33 years old and I was a 20yr smoker. I never thought I could quit cigarettes without a painful process, I was wrong. Vaping saved my life, I no longer even crave cigarettes. From the first vape I haven't craved a single puff. Please don't tax or restrict a "life boat", this was mine and many more peoples "life boat" away from a coughing death from smoking. We should be handing these out to smokers not making it harder for them to get started on.

5/18/2015 12:44:46 PM - Jennifer pote

I smoked for 15 years, i tried so many different options to quit smoking, the patch, gum, a prescribed drug called 'welbutrin', i even attempted cold turkey a few different times, nothing worked for me. I was a pack a day smoker, and couldn't play with me kids too much at one time because i would become short of breath due to my smoking habits. I knew i had to make a change, so one day i walked into a vaping store and bough a kangertech evod and some ejuice(strength 1.8% or 18mg) I over the course of three weeks i gradually cut back on my smoking and now i am a proud non-smoker that vapes. I feel more energized and don't get short of breath as quickly. I don't even have the urge to smoke anymore. Overall, vaping has been a great help to me.

5/18/2015 12:44:36 PM - Eddie

I was a tobacco smoker for 40 years. All I can say is that vaping, and the availability of QUALITY products at a REASONABLE cost, have SAVED MY LIFE. PERIOD!!! Going back to the earliest vaping products, or tobacco, would be like asking doctors to move from modern antibiotics back to 17th century medicines. Completely absurd!!! I know what vaping has done for me and countless others, no question about it. Lung scans tell the story!!!! Enough said.

5/18/2015 12:44:25 PM - Robin Tomczak

I was a pack a day smoker when I found vaping. I was a smoker, born from a smoker, born from a smoker. It runs deep in my family. Along with Cancer and Emphysema... However, I have not touched a cigarette in over a year's time. I have even dropped my level down to 6mg juices. However, that's not the best part. I am a recovering drug user whom has not had a job in over 5 years. I made friends with the owner of my local vape shop. After establishing a good customer relationship with her, she actually offered me a job. So, not only did vaping provide me with significant health benefits, but helped me become a working member of society for the first time in 5 years! I am eternally grateful for this industry. I love my job and I love vaping! Anything that would hinder this industry I am fully non-supportive of!

5/18/2015 12:44:05 PM - schu

Started vaping when I was 16 cause I thought it was cool. Eventually kept upgrading and then realized I hadnt smoked a cig in like a week. Completely quit when moved into college. Now I make my own juice and have a decent collection. Smoke only when drinking, and even then I prefer vaping

5/18/2015 12:43:43 PM - Joe Bryan FULGHAM, III

I quit smoking after 20 years! How could ANYONE CONSIDER making what saved my life illegal? Now THAT'S CRIMINAL!!!!

5/17/2015 5:44:52 PM - desertrat

I smoked for 45 years. I tried quitting cold turkey,failed. I did quit several times using Copenhagen but had to quit that when teeth started falling out,so went back to smoking. Then I found the e-cig and decided to try them. I have been smoke free for over a year now and know I will never go back. I feel so much better and actually breathe a lot better, also coughing and weezing have stopped. MY LUNGS ARE CLEARING OUT thanks to the e-cig. This is the ONLY thing that has worked for me. I feel they are a life saver, plus there is no second hand smoke with them.

5/17/2015 5:44:41 PM - Rev. F.W. Seebantz Sr.

This effort by big tobacco to limit or eliminate this healthy alternative to smoking is outrageous! In the last three years I've interacted with no less than 50 people able to quit smoking cigarettes and develop a healthier lifestyle through "Vaping". Since big tobacco is spending so much money trying to eliminate or limit access to Ecig products by buying lobbyists to convince legislators, that is a sure sign their losing money on their unhealthy products. Stop the madness! Stand up to big tobacco's poisoning our youth!

5/17/2015 5:44:26 PM - Fernando Arredondo from Coachella Ca

I was aware that the department of public health was making a bunch of campaigns for a tobacco free state and I was all for it. But now they're trying to ban electric cigarettes? That's just wrong, and they're misleading the public saying how dangerous it is. And with thousands of facts so is caffeine, sugar and gluten and hundreds more things that get put into our food, water, & even our air! I don't want to waste my time ranting my anger out about this, but just tell you my story on how I made a life changing decision.

I'm 21 years young and I started the worst habit at the age of 13 by smoking those nasty tobacco cigarettes. I tried my first cigarette at 13 and thought it was disgusting till I got the hang of it and saw it made me feel dizzy and lightheaded & for some odd reason I liked it. I would probably say I would smoke about 20-30 cigarettes in a year, only because I wasn't old enough to buy them. But when I turned 18 that's when my addiction really kicked in. For three years I would smoke a pack of cigarettes every other day, I couldn't drive without lighting one up. I could feel my lungs were getting really bad, I would always get winded & occasionally get a real bad cough. My body just wasn't the same anymore, I wouldn't even get lightheaded from smoking anymore it was just an addiction at the point. I've tried quitting in the past before countless of times but failed even more. The longest I ever went was only one month. In the beginning of the year I did my research on ecigs, after seeing multiple times people with them. & on Valentine's Day I gave myself the best present ever, I switched to ecigs. I promised my fiancÃ© I would never touch another one again in my life. At first I started off with 24mg of nicotine then moved to 18,12 & 6 and for the past week I've been using 00mg. As of today I have 95 days and counting without inhaling one of the leading causes of deaths in America, tobacco. Not only do you harm yourself but you harm others around you with the smoke you produce. I truly believe that this alternative way could help millions as it did for me. & I must say since I started vaping my lungs are almost to what they were before I started smoking cigarettes. I finally can run 2 miles without feeling short of breath or tired, I'm positive that in a few weeks my lungs will be back to how they were & be able too run 3 miles without stopping like my high school years. I can truly say I'm blessed to have the power of switching to a healthier lifestyle, my mind and body feel fantastic I have not been sick with even a cough since I switched. The government should not be able to take away what can reduce deaths in America!! But it's the government, they rather have tobacco industries still selling cancer sticks profiting off deaths they're causing. Stand up for our vaping rights

5/17/2015 5:44:05 PM - Travis

I started smoking when I was 16. By 18 I was smoking a pack to a pack and half a day. Now 23, it was a pack to two, depending on the day. My sister who had some friends who vaped at work, started vaping because she occasionally smoked. She convinced my fiancÃ© who was also a long term smoker to try it out. We bought our fist vapes in April in 2014. We've both noticed differences, and my fiancÃ© who has one lung due to complications at birth, feels like she's never smoked before. It's been over a year since we started vaping and we haven't looked back. Vaping really has saved our lives.

5/17/2015 5:43:53 PM - Jordan reek

I'm 17 I smoked sence I was 13 then last year my buddy who works at a vape shop wanted to help get me off smoking so he got me a vape for my 17th birthday and I got to say I was sceptical at first I still have a pack of unopened cigs in my dresser that I got in case I didn't like vaping but that pack has been ther for the past 10 months still unopened now instead of a backup plan it's a symbol of victory

5/17/2015 5:43:40 PM - Savanna Yancey

I smoked cigarettes for 30 years.... I stopped smoking tobacco products 3 years ago on my birthday. Now my kids don't have to put up with more smelling like cigarettes and I can breathe again. The difference is amazing! I enjoy vaping as an alternative to smoking cigarettes, because it's battery for me and my family.

5/17/2015 5:43:31 PM - Vdel11

I was a smoker of cigarettes for 39 years and the last time I smoked I was up to 2 packs per day. I started vaping in Sept 2014 and immediately cut my smoking cigarettes down to 4 per day. Then within one month I stopped smoking cigarettes altogether. I continued to vape and gradually reduced my nicotine intake and now I do not vape with nicotine at all.

How is this bad?

Sincerely, Vince Del Viscio

5/17/2015 5:43:10 PM - SteveB

I would like to start my story by explaining that I had smoked cigarettes since the age of 11. By the time I reached 55 I was smoking a pack and half a day. I didn't bother with lights because there was no evidence that they were any better for me than reds.

I guess I was no different to others. I would cough and wheeze my way through days and wheeze and whistle through my sleep.

In January 2015 I had a bad chest infection and I thought I would give ecigs a try. I went for the highest amount of nicotine and chose a tobacco flavor liquid. Well, I thought it was OK ish...and combined my ecig with real cigs.

Two weeks later, and I discovered that I was smoking about 10 or 15 real cigs a day. I didn't intend to quit smoking, but I had stumbled upon other non tobacco flavors and lower nicotine levels in my choice of ecig liquid. I then moved on with my knowledge about atomizers, and mastered the art of building my own vaporizer coils.

Gradually over a period of about 4 weeks I stopped smoking cigarettes. It didn't feel like I had consciously chosen to stop smoking real cigs. In fact it just happened that I no longer wished to smoke. I preferred to cape instead.

So now here I am. No chronic bronchitis, no wheezing, no smelling like an ash tray. I sleep better, am more active, my BP has fallen from 160/95 to 125/82. I can taste and smell things...

I'm not blind to the fact that 'big tobacco' has moved into the tobacco harm reduction business, and I do not believe for one second that vaping is good for your health (despite the fact that I came across some eliquid with 'added vitamin C' the other day) but I believe that I am healthier today than I would have been if O had continued to chuff my way through 30 red tops a day.....

5/16/2015 11:19:45 AM - Tracy

I was a 2+ pack a day smoker for 35 years. After spending the last 8 months of my mother in laws life taking her back and forth every two weeks to the cancer treatment center in Tulsa watching her pumped full of poison to treat her for breast cancer and secondary lung cancer (all the while still smoking) I thought about my grandchildren. Would I want to put them through this? I watched patients there go through chemo and come outside to smoke. I watched my mother in law go through chemo and come outside to smoke. After she passed on March 14, 2013 I made the decision I was going to make a change. On April 1, 2013 I quit and started vaping. I noticed almost immediately I felt better when I woke up in the mornings. My smokers cough was gone. I no longer smell like smoke. I no longer get bronchitis in the winter. I FEEL better! This has been life changing for me. I tried many different methods before with terrible side effects and this has had none. I am grateful everyday that I have finally become tobacco free!

5/16/2015 11:19:25 AM - yvonne Perkins

I started smoking when I was about 13, because it was the "cool" thing to do.When I was old enough to earn my own money I was able to smoke all the time. fast forward about 50 years...I was coughing and gaggng continually, had many illnesses due in a major way to the harm done to my lungs. For many years I desperately tried every new thing that came on the market to bet free of this terrible addiction, to absolutely no avail.I resigned my self to the knowledge that my last breath would be with a mouthful of tobacco smoke.

In Nov. of 2009 a friend introduced me to an electronic vaping unit.That was the best day of my life, because I bought my own unit and I have not had to smoke one single traditional cigarette since then.

Previously, I had tried every product as it came on the market to rid myself of this horrible life- and health threatening addiction...nothing at all freed me, till I discovered electronic vaping devices.

It would be so very detrimental to millions of smokers if they're denied the right to use an alternative to traditional cigarettes, only because the cost would be so prohibitive.

My breathing has improved immensely over the past six years and that's the most important, plus my energy and strength have also improved, not to mention that my personal spaces, my clothes and my breath no longer smell of burned tobacco and I don't suffer from almost continuous gagging /coughing fits.

Feel free to contact me if you choose.

Sincerely, Yvonne Perkins

5/16/2015 11:19:12 AM - Tom Harmon

As a smoker for 46 years I had given up on the idea of quitting smoking when, at a party, I was outside smoking and a friend offered me a thing he called an electronic cigarette. Intrigued, I took a puff and said "wow! close enough!" I bought a kit and within two weeks no longer smoked cigarettes! October 9th, 2009. Haven't had one since and, thanks to this wonderful new technology I have received all the benefits of being a non-smoker.

I am shocked and bewildered by all the negative push back by many government agencies that say that are working in the interest of public health but refuse to be truthful about their true motives and work hand in hand with big tobacco to make sure people keep smoking and provide huge tax revenues at the expense of public health. It's shameful but typical. Between Big Tobacco, Big Pharma, and Big Food, we the people are at huge risk and need to demand that our elected representatives act on our behalf and bring civil accountability to these organizations and maybe send more than a few of them to prison. Just sayin...

5/16/2015 11:18:51 AM - dale orndorff

my mom got an e-cigarette at the suggestion of a nurse to use prior to a major surgery.

she smoked for 40 years and successfully quit cigarettes using it.

that success using e-cigarettes trickled down to me and my wife who are also cigarette free now.

we all feel much better now and are down to ultra low nicotine levels.

5/16/2015 11:18:41 AM - Lisa Diana

I stopped smoking cigarettes a year ago today . I tried to quit several times but somehow always seemed to go back to smoking . My preference was Marlboro Red and I knew them Kings in box. I bought a vapor at a local vapor company that is know for safety and concerned for former smokers like me. I have been very successful on a vapor I started out at 18 MG of nicotine and now I'm down to 2 MG and I know what's in vapor juice cause company I use tells me on each bottle with lot numbers etc. So as a former smoker I am very pleased with my decision and have good company to work with me and guide me thru . I feel better food taste better and everything smells now . Life's better and my kids are happier and so am I.

5/16/2015 11:18:27 AM - Laura J. Smith

I smoked for 42 years and grew up with a family with 8 children and all smoked as well as my parents. I started vaping after several hospital visits for over 15 years with pneumonia and bronchitis. ...athsma was another lung desease as well as COPD and emphysema .. when I was going from the ER and Doctors office they told me I would probably die from my lung problems. I was only able to quit for short periods at a time and so i met someone that introduced me to the vape stores and got me to try and I was so excited that there was another way out than cold turkey because I didn't like the patch and gum. So I started vaping in 2013 and I have had lung test about 6 months that were better and then another test after a year and the test showed that it no longer looked as if I still had emphysema! Amazing and I haven't looked back since. I don't have to use as many medicines or my nebulizer machine as much either. I have been very happy that something so much better was there for me as I believe it will add more years to my life! I have no doubt that it will. I started out with a beginner kit and after some time I bought a better delivery kit and I've went from 18 nicotine down to 3 nicotine now but going to Zero on my birthday!

5/16/2015 11:18:19 AM - Jeff Ansberry

I smoked for over 40 years and I tried many different ways to stop smoking without success. Four years ago I purchased my first ecig and for the following year I went between my cigarette habit and vaping. I am proud to say as of January 9, 2012 I smoked my last cigarette and have been vaping since that time. We have a product here that will and has helped so many to stop smoking. I don't understand why this is so difficult for our government to understand. They have professed to want to help the public to kick the tobacco habit and finally we have a product that stands the best chance of success.

5/16/2015 11:18:09 AM - Tom B.

I was a 41 year smoker and tried everything under the sun to kick the habit. All it took was one day when I was going to get a pack of cigarets there happened to be a vape shop next to the 7-eleven I went in and got my first vape pen and the rest is history. I have quit once and for all and now vape because of the enjoyment of it at 0 nic. I thank vape for saving my life and now I do reviews on vape juice and gear free of charge so that others can see it will help you to quit.

5/16/2015 11:17:47 AM - Linda Thomas

I smoked two packs of cigarettes a day for 41 years. I never believed I would be able to quit even though my health was suffering and cigarettes were becoming prohibitively expensive. On January 11, 2011 I started using e-cigarettes and have not had another real cigarette since. I consider this nothing short of miraculous. E-cigarettes are a God send to those of us who would have never quit smoking otherwise. I'm all for keeping e-cigs out of the hands of minors, but I do not think doing so requires banning them or making them more expensive. My health has improved and I am not polluting my home with dirty cigarette smoke.

5/16/2015 11:17:37 AM - Debbie Kalcich

Having been a 45 year smoker, 7 1/2 months ago I tried the vapor, for 2 weeks I only dabbled in use of it. That was all it took I put the analog cigarette down, and I haven't picked one up nor have I had the desire to have one. No crabbies no withdrawals!!

I use Mister E products with 6% nicotine 33%VG in Michigan but when I winter in AZ I use 50%Vg due to the weather and the heat....

I have tried Chantix on 2 different occasions and failed, the patches over the yrs too many times to count.

I am so Happy to be analog cigarette free!!!

5/16/2015 11:17:26 AM - Brendon Murphy

I started smoking fresh out of high school and never put it down. Drinking through my twenties I smoked partying I smoked and then I had children. I still know vapor contains trase nicotine in it but I vape in my garage i feel better, breath better and I don't have to worry about my kids growing up with breathing issues or weezing. I've been off tobacco for about two years and have four children. I need to vape please don't take this away from me this is all I have anymore..... And I don't want to smoke around my children. It's so much better then dying from cancer causing tobacco.

5/16/2015 11:16:25 AM - Brandon

I smoked for about 5 years (I know, nothing compared to some) I have always been a heavy person, but I was at my healthiest between 15-18. I quit cold turkey but even after 6 months, I was still having cravings so I started smoking hookah, I loved the smoothness, flavors, and the clouds but there was still tobacco. I wanted to find a way to get the same clouds and flavors that I got from hookah so I picked up a cheap e-hookah cig-a-like and started researching more about vaping. Since starting with vaping I have slowly become more active and plan to finally do a thru-hike of the AT (something I never could have done when smoking) by 2017. Vaping has given me my life back!

5/16/2015 11:16:16 AM - William Cline

Its been over two years since I have smoked an analog cigarette and I couldn't be happier I feel better my clothes don't smell , car and my house and I have saved a lot of money along the way but the best thing other than quitting is the great people I have meet during my journey I just pray that the government stays out of vaping I'm not opposed to common sense measure like child proof caps , not selling to minors and labels clearly showing a list of ingredients ,nic level etc. keep big tobacco out of vaping VAPE ON

5/16/2015 11:16:03 AM - R1Johnny

I smoked nearly a pack a day for 12 years and, as so many others, had attempted to quit smoking countless times with no success.

I began vaping around Nov of 2013 and can honestly say that I haven't had a cigarette in well over a year. I'm very careful with the substances that I consume and am a very conscientious user of e-cigarette products. I've cut my nicotine consumption from the equivalent of a "Marlboro Red" to only 3 mg of nicotine. That's well under (approximately 1/4) what might be the equivalent of a "Marlboro Light".

I'm so convinced that, even though my wife, a smoker of over 25 years who is reluctant to switch to e-cigarettes, I've recently purchased several tobacco flavors of e-liquid in an attempt to help her switch to e-cigarettes.

If these bills are passed, it would make situations like this so much more difficult and, as a result, my wife will be destined to smoke cigarettes the rest of her life. The government's narrow sightedness will be a direct contributor to sustaining my wife's smoking habit.

Why can't they see how wrong that is?

5/16/2015 11:15:48 AM - Jill K.

I was a two pack a day smoker for 30 years. Four years ago, I bought my first e-cigarette and e-liquid...and never smoked another cigarette! I had tried numerous times to quit smoking before that time and was unsuccessful each time. I truly believe vapor products have saved my health! I no longer have that chronic, nasty cough and I am never short of breath. I'm using less nicotine than I ever did with cigarettes. My house, car, hair, and clothes don't have that filthy cigarette smoke smell any longer. And my child is certainly appreciative of the fact that he doesn't have to inhale nasty second-hand cigarette smoke anymore...and I'm sure my pets enjoy the cleaner air to breathe too!!

I currently make my own e-liquid and use an Aspire Nautilus Mini.

5/16/2015 11:15:38 AM - Brad Berberick

I was a smoker for 39 years and had tried every cessation option around. Vaping saved my life! I began @ 24 mg and only non- tobacco tasting flavors. This last January was two years smoke free and I am now vaping at 1.5 mgs nicotine. My sense of smell and taste has returned, my clothes, car and house don't stink and, I have not even had a slight cold or bronchitis (usually 2 cases every winter) since I began to vape. The frequency of my vaping use has even decreased dramatically. What a shame that a reduced risk alternative to smoking, as well as a very usefull tool for nicotine intake reduction should even be considered for such regulation as to make it impractical for us to lose a viable alternative to a healthier lifestyle. Please reconsider over regulation and control of this nicotine delivery device.

5/16/2015 11:15:27 AM - injunear

I am 59 years old have tried to quit smoking for at lease 10 to 15 years cold Turkey the patch the gum you name I have tried it. Four months ago my youngest son took me to a vapor store they helped me pick out what I needed to get started. After a couple days I knew . I had it whipped no withdraws I just vaped my pen. I know I will never go back to smoking again

5/16/2015 11:15:14 AM - kiwimom

I was a smoker for 20+ years. I had quit a few times. However, this last time was the hardest. I live in Missouri and had gotten a call that my mom was in the hospital, She had a stroke and lived in Oregon. My quite date was February 18. I got this call on February 23rd if it was not for the snow storm I would have bought cigarette that night. I flew to Oregon the next day and sat with her in the hospital for over a week till she passed from an aortic bleed. We than had to make her final arrangements and pack her belongings. We rented a uhal and drove back to Missouri. I DID NOT SMOKE. I did use e-cigarette while in Oregon. When I returned home I started vaping with ejuice and have been for over a year now. I feel like I never smoked. I could not have made it through this extraordinarily had time with out the ecig. I do feel if I had to give up my vapor now I would in time return to smoking. I started at 18mg of nicotine, however I am now at 3mg I plan on moving to 0mg in the next month. I enjoy vaping and feel much better. Please allow us to continue vaping. Than you

5/16/2015 11:14:42 AM - Donna

I started smoking when I was 11 years old. I tried everything from Chantix, to Nicorette, to patches, hypnosis, counseling, cold Turkey... everything I could think of to quit over the years and nothing worked. I wheezed, hacked, coughed and reeked like an ashtray all those years. On September 12, 2012 I tried my first Vape product and have never touched another cigarette since. My husband quit one week later after smoking for 20 years. I have helped 8 relatives and at least 20 co-workers transition to Vape products and quit smoking, just by example. I smoked almost 2 packs a day when I smoked. Now I can exercise and breathe. I don't stink or wheeze anymore and I feel like I can Live smoke free... I started with the little all in one cigarette look alikes and was at 12 mg of nicotine when i started vaping, now I use zero nicotine and LOVE my tank and battery regulated system to vape. I also really LOVE the fruity and dessert flavors. I Love all the different choices in flavors and delivery systems on the market. I love to drip and vape and use tanks. I value my right to choose the way I want to vape and how. I tell anyone that will listen how vaping has saved my life. I don't consider them "tobacco"products, because they have nothing to do with combustible tobacco whatsoever. I don't consider them "e-cigarettes" either, because I am not producing smoke, ashes, cigarette butts, or smoking. I am producing vapor, essentially steam, I am a NON SMOKER. I use an alternative product that keeps me away from smoking cigarettes.

5/16/2015 11:14:24 AM - Leo Nicholson

My wife, my sister, my niece and I ended tobacco usage some 29 months ago with the aid of e-cigarettes. We had all tried and failed numerous times with patches, gum, chantix, etc. We have all reduced our nicotine content significantly over time. Vaping does work for those of us who are fighting tobacco addiction with a less harmful alternative.

5/16/2015 11:14:14 AM - Savinia Rice

I am 58 and a Regustered Nurse. I have smoked since I was 12 years old. I have not been able to stop smoking until I started vaping. As a RN I knew what smoking was doing to my health and vaping has been the biggest blessing for me to quit. I have tried many alternatives including Wellbutrin, Clonidine, Buspar and Nicotene patches. I have never been successful until I starting vaping. I currently use a istick with a aspire tank to provide me the closest to smoking an actual ciggarette experience and that was 8 months ago that I purchased this. I have never went that long without a ciggarette in all my attempts to quit. I currently have my nicotene level down to 1.5 mg and I was a pack in a half a day smoker. My next step will be down to a 0 mg nicotene level but will continue to vape due to the hand to mouth habit that goes with the nicotene dependence so that I will never turn back to ciggarettes again. Please support the vaping community and those using vaping to stop smoking. We need this avenue and others will need this alternative in the future to become non-smokers. Thank you.

5/16/2015 11:14:02 AM - Bill Hamilton

I smoked Marlboro's for 37 years !! I...."made the switch" to vaping 2 years ago. Since then...I can honestly say that my life has changed for the better !! I currently own and use 3 vaping devices. 1 box mod, and 2 variable voltage type batteries...with a 2ml. clearomizer tank. I'm planning to purchase a sub-ohm system very soon. I started out with 24mg of nicotine. I'm now down to 6mg....with a 70VG/30PG mixture. Vaping has allowed me to continue to enjoy the pleasure of smoking in a...."MUCH-SAFER" way !!

Call me..."old-fashioned", but when I find something that works...."I stick with it", and

vaping has worked for me !! I can tell you this....I'll "NEVER" go back to cigarettes !!!

5/16/2015 11:13:52 AM - Kennith Prock

i smoked for over 35 years. i finally made the decision to quit, but the thought scared me to death. i saw a vape shop in my town and thought why not give it a try. the staff was very helpful and within 1 week i was smoke free. that was 2 and a half years ago and i have never picked up another cig. since. i feel much better and love vaping.

5/16/2015 11:13:37 AM - Stephen Berger

I started smoking late in life, at the age of 35 in 1988. I quickly became a 1/2 to 3/4 pack a day smoker. After several unsuccessful attempts at quitting, I tried a BLU e-cig in January of 2010. I figured I'd vape until I needed a tobacco cigarette. At the end of my first day, I hadn't had a single cigarette! During the next year, I probably had a total of 7 cigarettes. This was almost exclusively when I ran out of juice or power in my e-cig. Eventually, I switched to 510s and then EGOs with clearomizers. I have now been completely cigarette free for over 4 1/2 years!

The e-cig changed my life. I am a professional singer, and quitting improved my voice dramatically!!!!! Please keep e-cigs available and affordable. They have helped so many.

5/16/2015 11:13:10 AM - Betty Greene

I smoked for 55 years. I had quit but always came back to cigarettes. Two years ago I tried an ecig and liked it, I still wandered back occasionally to cigarettes.

November last year a vape shop opened nearby. I went in, tried it out and the rest is history. No cigarettes!!! I invited my sister, also a lifelong smoker, to go with me when I picked up supplies. She told me in no uncertain terms she was not interested. I just wanted her to meet the people because they were such fun.

I took care of my business, turned around to discovered she tried it and liked it. She accidentally quit smoking!!

Vaping is the best thing ever to come along for smokers!

With smokers being the target for decades for politicians, I thought they would be happy. Not so. It is astonishing to see how many are against it. Has nothing to do with health. It is purely bowing to big money tobacco, big pharma, and all the others who will lose money if we all quit.

I haven't been this active politically since the 60's. Vapers, we must work together to bury these politcians, whose salaries we pay, who now want to kill us. That is what will happen if they stop vaping.

I am healthier, so is my sister and many others I know. It is a joy and I will never go back!!

5/16/2015 11:12:58 AM - Phillip Distel

I would like to you to know that I had been a heavy smoker, (2-3 packs a day), for 24 years. I had tried everything from cold turkey to Wellbutrin to try to quit. I have not had any luck quitting until I had tried a personal vaporizer. This has been the ONLY thing that has helped me quit. It has now been 2 months since I have had a cigarette. My nicotine level is .3 mg per vol. My health has improved greatly since I stopped smoking! I have been taken off of BP meds, I'm no longer wheezing nor coughing! If laws are put in place to hinder vaping it would only steer people like myself back to cigarettes. If that is what happens then you as elected officials care nothing for your constituents health but only in big tobacco and pharmaceuticals profit margins.

5/16/2015 11:12:47 AM - GHammer

I have been cigarette free since August 2013. I smoked around 2 packs of Marlboro Red each day, starting at age 13, over 40 years.

I enjoy smoking, but tried several methods to quit over the years. There was nicotine patches, didn't work. Nicotine gum. Tastes bad and didn't work. Wellbutrin, worked while I was taking it, 2 days after the prescription was done, I was back to cigarettes. Chantix was the same, fine while taking it, overwhelming urge when it was finished. There were also structured 'stop smoking' programs along the way.

I tried packaged ecigarettes like NJoy and Blu several times. They were too harsh and didn't last very long. I quit buying them in short order.

One day, I walked into a local vape shop and told the guy working there that I smoked 2 packs of cowboy killers daily and asked for his suggestions.

He took his time and showed me various devices, then showed me his 'vape bar'. I could try the different flavors of juice and found a couple that I liked.

I left the store with my device and ejuice and have not smoked a single cigarette since.

That is simply amazing! After all I had tried, to find that store and never smoke again. Think about it.

I have went into that and other vape shops since then to see and try new devices, to buy supplies like coil heads and ejuice, and to simply visit with others, to get ideas.

I also shop online and like the different flavors of ejuice I can get there.

My wife loves that I no longer smoke and I love it too. No colds over two winters, no smell of old smoke, food tastes great, and I have greater endurance when we are out hiking.

In all, without the my device and the flavors of ejuice I use, I'd be smoking Marlboros. I'm not quitting, from past experience. Vaping is what I do and it has greatly changed my life for the better.

5/16/2015 11:12:14 AM - Paula Proctor

Peer pressure brought on my 40 year smoking habit. Thirteen years old, no real adult supervision, no mentors, no mom and a hard working dad. My friends were who I looked up to. They smoked, so I did also.

Forty years of being chained to smelly dirty cigarettes.

Into my thirtieth year, I started trying to stop. Money was tight and that was my first reason for quitting. All along I knew the dangers of smoking cigarettes. I kept the C word in the back of my mind constantly. I prayed every day that God would protect me from it.

I still couldn't quit. I managed to scrap up just enough for that next pack.

My life was changing for the better. A fresh start, new husband, grown-up kids with families of their own now. I wanted to quit for that new lease on life. I bought nicotine patches, and low nicotine cigarettes, which were awful. That went on for several months before I gave up and continued to smoke regular cigarettes again.

Continuing changes in my life, I was managing to chew a lot of nicotine gum and sucking nicotine lozenges. I was happily miserable. My new husband saw this and did his best to support my quit attempts. He did his best to appease my irritability and my tears but, I just could not put him through it any longer. So, I began smoking again but not when hubby was at home and, only during my break times at work or driving alone in my car. The other times, I chewed more gum and sucked more lozenges. It was a bit easier but all I would really do was think about when hubby would leave so I could smoke again. I hid my misery as best as I could.

One evening I was hosting a party, while friends went out for a smoke, I asked hubby how disappointed he'd be if I joined them. Of course, he wished I wouldn't but he was fine with it. So, from that point on for the next two years I was a full time smoker again.

Then, I started getting sick more often than I ever had before. Bronchitis. I had never had bronchitis in my life and now I was getting it several times a year. My lungs never healed from the last bout before I'd get it again. It finally dawned on me, that I HAD to quit.

By stopping and starting over and over again, I damaged my lungs beyond repair and just kept on smoking.

I began wheezing and my lungs rattled all night long. I wouldn't face my hubby in bed for fear he'd hear me (he's a very sound sleeper). It was gross, hearing my lungs struggle for a clear passage of air. I had to quit.

I talked to my doctor about how hard this had been and how badly I felt for being unsuccessful at quitting. We agreed to try Chantix along with Welbutrin. Of course, the Chantix was free for employees and family, on my hubby's health insurance.

Chantix does what it's supposed to do. It did reduce my cravings. I found myself going quite a long while between wanting to smoke. By then, I couldn't smoke much anyway. Just a couple of puffs, here and there.

The Welbutrin seemed to keep my anxiety level from elevating beyond a certain point.

I was slowing turning into a zombie. I dreamed awful nightmares every night. I cried all the time for no reason. Chantix also reduced my sense of pleasure. ALL pleasures. I was miserable. I wanted to die.

Welbutrin caused me to black out during the only times I was allowed to vent and have fun, while out for a couple of drinks with friends.

So.. I stopped taking the drugs and started smoking again.

One Saturday evening, while at our favorite VFW, a friend showed me an electronic cigarette. I tried it. It wasn't awful so I bought some rechargeable cigalike ecigs.

That's where my SUCCESS journey began.

I never picked up another cigarette.

I've been smoke free for over three years.

My C.O.P.C. is under control. I still have to use an inhaled medication twice a day but, no more wheezing and NO MORE bronchitis. In fact, not one common cold or virus since I began vaping and quit smoking.

I now use regulated mods and tanks that can be rebuilt by me, and refilled with delicious eliquids that taste better than ANY cigarette ever.

The ability to tailor what and how we use these devices and eliquids IS the reason for my success.

I fully support anyone that has chosen vaping over smoking.

5/16/2015 11:11:38 AM - Reese

I first began smoking cigarettes when i was a freshman in high school, i was about 14 or 13 and i continued smoking until i was about 20 until i found e cigs. now when i first started using e cigarettes i just had one of those silly 7 dollar ones from the gas station which lasted me a day or two and after that i went right back into smoking, then my friend who is an avid vaper and had been trying gto get me to quit for a long time took me to a vape store and showed me what i was missing out, i didn\'t really see the point but i went ahead and got a little evod pen for about 30 dollars and that was the beginning to the end of my cigarette use. after using the vape for about a week i knew i was never going to smoke another cigarette again and that held true since vaping i havent smoked in over 2 years and havent ever had the slightest urge to go back either vaping is THE BEST smoke free alternative the quitting cigarettes and you can see that by how many people it has worked for an exponential amount of people are quitting cigarettes and turn to vaping because it is cheaper and better for their health so why make it even more expensive than cigarettes? then people will just go back to smoking cigarettes because its more affordable than the SAFE ALTERNATIVE and that is disgusting that the federal and state governments would want more people dying because of lung or mouth cancer or lungs not functioning properly or a plethora of other problems caused by cigarettes. I am Reese and vaping not only changed the quality of life for me but my loved ones and the ones i surround my self with for the better, this shouldnt be looked upon as evil it should be more supported by the state and federal governments.

5/16/2015 11:11:26 AM - Michael Atcheson

I am currently losing my Grandfather to cigarettes. He's been smoking since he was 16 and he has been on a ventilator for the past 5 days. But they just took him off of it and he is now breathing on his own! He said he is now absolutely done with cigarettes. He's never had these kinda of reprocussions before. But atleast he is quitting. He means so much to me and I am glad he is quitting. That is my testimony. God Bless America

5/16/2015 11:11:03 AM - Curtis H. (sandinmypockets) from illinois.

Hi, I am a wanna be ex smoker who is in process of kicking the cigarette habit. I started smoking at age 15 and by 17 or so I was a pack a day smoker and increased to a pack and a half by 19. When I was 23 yrs old my gpa was diagnosed with lung cancer, I told myself that's it i don't want to smoke anymore, I mean how could i, what would that say about me I had to stop. I was very determined to quit. First thing I did was try to cut back, it worked for awhile with the new found determination, however after about a week or 2 I convinced myself that it couldn't happen to me no way. So I started smoking more until I was where I started at 1.5 packs a day. Than some time would pass and I would hear that my gpa is heading to chemo and would get fired up again and the same thing would happen, tried cold turkey, weaning off with suckers candy toothpicks, was lookinginto gum and other nicotine remedies but i reallydo notlike to chew gum (im a mint kinda guy). Then by 24 i came across the ecigs (btw in all my effortsfor an entire year i didnt smoke a cigarrette for 4 unconsecutive days, pretty pathetic i know, its freakinhard). i got my first ecig and it was ddifferent but i really wanted to try hard with it and i made it around 4 days right off the bat. But went back to cigs, why vapor wasnt camparable couldnt feel it while inhaling like when smoke is inhaled and the flavor wasnt good, so i keptlookingfor different ecigs none weregood Until i tried the vuse when it firstcame out. Ithad a whopping 48mg nicotine strength. Lets justsay i deffinatelycould feel it then. So Now im 25 and reallyexcited and the vapor was better too. Then lol i looked up vaping cheap by buying eliquid and other drvices because i didnt likethe pricepoint want to save money instead of like 5 bucks a week. So i came across mt.baker vapor and i was so confident in that i didnt want to smoke again, i bought a whole order of stuff from them to get started and boy i was off and runnin. And boom 2 solid months of 0 cigarettes flew by like nothing. Then i relapsed, i got complacent and smoked a few cigs due to the weatherwarming up and being outside my summertime cigarrette urge surfaced so i had to step up my game and i purchased my first mechanical mod and wholy moly. It is awesome i am down to 3mg nic strength and lovin every minute of the flavory goodness. Now i just have to get throughthe first year full of triggers i never knew existed because i was just always smoking. So to sum up what i am trying to say hereis that there is nothing better then finding the light at the end of the tunnel and actually seeing and feeling the progress. If it wasnt for vaping i would be following in my grandfathers shoes, i cannot let that happen and i fear that i need vaping to achieve thatgoal of being a non smoker and everyone is demonizing a wonderful thing. Please let me be a non smoker!

Side effects include, returning taste buds no ashtray smell or taste better overall health circulation yellow teeth and fingers returning to normal lung capacity much better, moremoney in wallet more money in the community aka vape shops, and countless other things, cleaner car i just feel good. Thank you! Vaping needs to grow, im sure it

can be used for countless other things aswell, medicine maybe aromatherapy stuff idk its just great and needs to stick around.

Thank you.

5/16/2015 11:09:48 AM - Sherri mauderer

I smoked since I was 16. I spent so much money on patches, gum and medication to quit smoking. I have asthma which I ended up being on an inhaled corticosteroid to help. I switched to e-cigs last year and have gone off my steroid medication and only use my rescue inhaler when exercising or during allergy season. I think the claims these are harmful and targeting kids is ridiculous and the real people behind this are the tobacco companies that back politicians. They will lose millions of dollars and potential customers if these are allowed to be sold as they are now. Kids can't go in and buy these because there is nicotine in them and they have to show ID. There I NO proof that these cause cancer but cigarettes do and they are legal for adult use. It's just one more freedom the government is trying to take away from us!. I use an istick mod with the nautilis mini tank. I am healthier and have lost a lot of weight improving my health even more because of these devices. My insurance company would be paying a lot of money for my health issues and possibly cancer later if not for e-cigs. Keep them the way they are!!!

5/16/2015 11:08:39 AM - Jesse Chunn

I am 49 years old. I started smoking cigarettes when I was 13 and smoked for more than 30 years. My mother smokes. My aunt and uncle smoke. My grandparents smoked. I started using ecigs 4 years ago. I have tried a number of setups and currently use an IPV Mini II mod and a Kanger Subtank (best setup I have found so far and I have tried a lot of different rigs). When I started vaping I used eliquid with 18mg nicotine. I am now at 5mg and I mix my own eliquid at home. I immediately stopped smoking cigarettes when I started vaping and have not smoked cigarettes since. Before I found out about ecigs, I tried to quit smoking many times using various methods over the years but could never go more than a day before I would start up again. With ecigs I have been 4 years smoke-free. I feel better, I breathe better, food tastes better, the world smells better. When I smoked cigarettes I would walk to the mailbox and back and be out of breath and have to sit down. I now walk 5 miles a day, every single day, without getting even slightly out of breath. Because I am more active, I have lost 30 pounds (from 265 to 235). I don't smell like cigarette smoke anymore, which my wife and coworkers appreciate. I believe I will live much longer thanks to ecigs. I used to spend $10 a day on cigarettes (2 packs a day). I now spend about $1 a day averaged over a year including a mod, a spare mod, several batteries, a charger, 2 tanks, and all the stuff to mix my own eliquid and rebuild my own coils. Smoking was a habit. Vaping is a hobby. My life is so much better, and I give all of the credit to ecigs.

5/16/2015 11:08:27 AM - David O.

To whom it may concern,

I was a 2 pack a day smoker for 25 years. I tried to quit many times or even cut down with no success, until I found vaping 1-19-2012. I started with 24mg nicotine in my e juice and today I use none. From the start I felt better, after 2 weeks I noticed my sense of smell returned. And after 4 weeks my sense of taste also returned. It took about 6 months for my morning cough to go away but it did. I can now breathe just fine (that took about 1 year) and do things I could not before. Yes I still vape because of the habit I learned smoking, do I need it... no, do I enjoy it... yes.

Please don't take the opportunity away from someone to quit smoking like I did, I truly believe that vaping has saved my life or at the least gave me a better way of life. One last thing adults do like fruit and candy flavors in their E juice.

David O.

Tucson AZ.

5/16/2015 11:08:16 AM - Stan

Smoked Cigarettes for 40 years, 1 pack a day smoker. Last June (June 2014), I stopped into a local E-Cig store, purchased a kangerteck Starter kit and have not smoked a cigarette since. I have also been nicotine free for 9 months now. While I will still vape, I feel good that I am not smoking cigarettes anymore...

5/16/2015 11:08:00 AM - danjm75

I smoked for probably 15 yeas or so. I got tires of smelling like a ashtray so i though i would try a e cig. Truthfully I thought they were obnoxious at first. Then I got caught up in the parts and pieces! Its fun and they are like toys for adults. I don't know if I cut down on smoking as far as the amount of nicotine intake. I don't some normal cigarettes any more., I don't stink and my teeth are not getting more and more yellow. I am a e-cig smoker now and totally enjoy it. I have heard rumors of price increases caused by special taxes. It is ridiculous, however there are special taxes on most things that are fun. It's a bother and I for one cannot afford any more increases in anything. It is however something I can see happening. I also heard something about making them illegal! That is just stupid and probably brought on by the tobacco companies if it is true. Oh well, right now I am enjoying my new iStick i just got for my birthday. Have a great day chasing clouds.

5/16/2015 11:07:41 AM - Cupnos

Well after 25 years of 1 pack a day I tried everything. A friend Put me onto Vaping as an alternative and in just a day i found my self replacing Smoking with Vaping. 5 months have passed and just will never go back to smoking . Love the the freedom of Vaping without all the bad stuff of smoking .

I fill much healthier since I stopped smoking so this Vaping must be very different to what governments a claiming.

I guess the best thing is to do nothing and not smoke or vape.

Governments do care in some way, so its our job to educate what Vaping is really about

and stop the naive thinking.

I just fill people are being lied too so much where they want people to smoke.

so governments need to be very careful not allowing promoting Alternatives that are proven to work .

I can see someone suing the government for not giving me the tools to Quit smoking sooner and not telling me about vaping being an alternative to smoking with 4000 less chemicals. The industry has being around for 10 Plus years.

What are they waiting for I am Asking!!!! You have had plenty of time to do tests now.!!!

5/16/2015 11:07:21 AM - Doug D. Honesdale PA

Hi, my name is Doug I'm 40 and I smoked from about age 13. I smoked a pack to two packs a day for over 29 years.I tried every method to quit smoking. The only time I was able to quit from any length of time was during boot came p in the USCG. This wasn't by choice it was due to a complete lack of access to tobacco. As soon as I was done I started again to my shame. I was a first responder at ground zero and tried with emmense encouragement from my wife to quit. In 2008 she thought I had, but in fact I'd only stopped smoking around the house and her and the kids. I was hiding it and lying to her about it. I was caught many times and told her I would try again... And again and again, in the beginning of March of 2015 she asked if I'd ever heard of vaping as many of the girls she worked with used it to stop smoking. I said if give it a shot and went out and got my first eGo starter kit. That was nearly three months ago, I haven't touched a cigarette since. My lungs are clearing and I am able to breathe better and play longer with my kids. As a firefighter I'm on par with the guys and girls at my firehouse for use of air pack bottles rather than the guy who ran thru them faster than normal. My sense of smell is sharper now than its been in years. I can smell a smoker from yards away and can smell smoke with from a car in front of mine at a traffic light. If you over regulate E-cigarettes or Vaping you will be doing two things forcing Vapers like me back in to cigarettes and killing a fledgling industry that provides JOBS, jobs that are hard to come by in today's economy, jobs that help people not just by taking people off of unemployment rolls or government benefits but by really helping others move to a heathlier alternative to traditional smoking which has been proven to kill.

I would say that some regulation is good in regards to safety of batteries and e-liquid production. As an industry e-liquid makers voluntarily put child proof caps on their bottles nearly all advanced vaporizers have a lock out feature so kids like my own cannot activate the device. The Vaping community and yes we are a community from brick and mortar shops to online groups help one another in ways that baffle folks outside of it a good brick and mortar shop will be one that isn't simply a store front with a fog bank in it. It's one where the staff is knowledgeable about many facets of Vaping and are able to fill in gaps in not only the customers knowledge but each other's as well. So I'll say it again smoking was killing not only me but my marriage, my kids trust in their father. Vaping really did save my life every part of it.

5/16/2015 11:07:07 AM - Chris

I started smoking when I was 12 years old. I started off with 3-4 a day, and by the time I started working at my first job at 14 years old, I was up to a pack a day. I smoked all throughout college, and I can confidently say that I was hopelessly addicted. It got so bad that I was waking up in the middle of the night with cravings for just one more cigarette. By that time, I was climbing up to 2 packs a day. I kept promising my parents and family that I would quit, but I never got around to it. When I turned 24, I read an article that it takes 25 years to negate the negative effects of smoking, and I wanted to be a healthy father, and grandfather, so I vowed to quit. I tried going with smokeless tobacco, nicotine gum, patches, and going "cold-turkey". None of it worked, and I was back to smoking in days. And then I got my first e-cigarette, and I used that to ween myself off of the nicotine. I used one a day, and immediately went from smoking 2 packs of cigarettes a day to having 6 or 7. And that number just kept going down. I got my girlfriend to try it with me: no smoking, only vaping, and it WORKED.

Today, I haven't smoked a cigarette in 6 months. I use my vape less and less as time goes on, and technology gets better. I would stake my left lung on the fact that if it wasn't for vaping, I would still be smoking today, and I would most likely not make it to see my grandkids, or at the very best, see them while I lay in a hospital bed wheezing through a tube. It changed my life.

5/16/2015 11:06:51 AM - Gavin

I started smoking cigarettes when I enlisted into the Air Force in 1984. Worst mistake of my life. Over the next 25 plus years I had quit off and on but always went back to smoking. About 3 years ago my son started working at a vape shop and told me I needed to give it a try. I had already tried products like Njoy and Blus, but those never worked for me.

I was reluctant to try vaping at first, but decided it was worth a try. For the first few months I was going back and forth between vaping and smoking. Once I ditched cigarettes altogether I noticed the effects. I was breathing easier, wasn't coughig anymore, and just felt better in general. Also, since dropping cigarettes I have not had a cold. I used to get sick a few times a year, but that has gone away since I switched to vaping.

I am thoroughly convinced that if vaping wasn't around I would still be smoking to this day.

5/16/2015 11:06:13 AM - Michael Apostol

As a 12 year old boy having a crush on a blonde haired blue eyed 12 year old girl is a powerful thing. She smoked and lived in the same apartment in Overland park KS. , as I did. All my friends had a crush on her as well. To make for a shorter story and get to the point. That is the very reason I started smoking. On top of it the price for a pack of name brand smokes was a mere 35 cents, tax included. We moved 70 miles north three months later and I continued to smoke. Fast forward 35 years later and even being a skilled Registered Respiratory therapist did not stop me from smoking. My friends and colleagues at the hospital smoked also. Nicotine is a very addictive drug. I knew first hand what health problems it causes. It has been said that the single best way to drastically improve your health if you smoke? Is to stop inhaling combustible cigarettes. In fact any exposure of any kind of tobacco is absolutely detrimental to your health. With that in mind it is in my opinion that the cost savings of completely ridding the world of tobacco. To the future health insurance industries of the world would be into the trillions of dollars.

Personally I tried everything from patches, gums, lozenges. I did not try Chantix because of the serious known side effects. When I first heard of e-cigs I was anxious to try it. I always thought that if I could somehow simulate the action of smoking without the harm it would work. I bought my first e-cig kit and it was lousy. The year was 2008. I shelved the idea knowing that future technology would make it better. In 2010 I bought a mod which is a more advanced and more powerful device. I smoked and used my mod both. Finally in October 2011 I told myself that the ecig mod was so satisfying that I threw the combustible cigarettes away. I do not smell of cigarettes my car smells good. My children do not get ear infections anymore. My doctor is proud that I do not smoke and says my cholesterol is much better. Do I recommend this product for everyone? I cannot say I do. It certainly has no business in the hands of minors! For anyone though that has tried everything to quit smoking without success. I highly suggest to give this a try. In closing why would you want to squash this less harmful alternative to smoking. The decent unbiased studies regarding this product show little no danger to the consumer of electronic cigarettes, or its bystander. Thank you.

5/16/2015 11:05:49 AM - jennifer

I would like to share my story. When I was young I started smoking. I would hide in a basement of a house they were building. I went home and I knew my mom knew cause I smelled like an ashtray. Ive smoked since, until I discovered something wonderful, Vaping, 2 years ago. I no longer wanted to smell like an ashtray or take medications to quit the stinkys. I love vaping, so much cleaner for me. I got my son vaping also. ***Please support HB 2058****. Small businesses will go under if nothing is done about this new ecig regulation. Please support our FREEDOM to vape. The cleaner, healthier alternative. Thank you for listening, oh, and I no longer smoke...

5/16/2015 11:05:29 AM - Duncan

I've been smoking since I was 13, way too young and much too excited by the idea of being a hardcore "law breaker" (the legal age to smoke is 18). I was never what you would call a "heavy smoker" because obviously I had to hide from my parents. Until I turned eighteen and could legally buy tobacco, and then all bets were off. Black and Milds were my weakness, I loved the flavor options. I had vaped a few times before on other's "e-cigs" (the kind Big Tobbaco sells that are supposed to look like cigarettes) but those just didn't do it for me. One weekend my boyfriend and I went to a concert with a full pack of cigarettes for me and for some reason, on this particular night, smoking just one gave me a massive headache, obviously being at a concert was not good for that, so we ended up leaving early. I felt horrible that I was ruining this for my boyfriend and swore off cigarettes. A few months later, he and I discovered vaping, and were absolutely amped to try it. Here we are probably 10 months later and so much more experienced. We love vaping, the community and fellowship that surrounds it and the vast array of choices in mods, juice flavors, nicotine levels, tanks, RDAs, RTAs etc. The experience of switching from tobacco to vaping has been nothing short of wonderful and this is a hobby I will keep up forever. I urge the government and everyone against vaping to stop and think. Don't let Big Tobbaco overpower you and take away our right to choose healthier alternatives.

5/16/2015 11:05:16 AM - Frank Braeutigam

I started smoking tobacco in middle school. I was smoking regularly on a day-to-day basis within about six months. Cigarettes were never that hard to get as a minor, especially in the 90's and early 2000's.

By High School I was smoking one to two packs a day. I smoked all throughout high school and for many years thereafter.

I loved smoking although I didn't love what it was doing to my health and my bank account. Many times I got sick and tired of the wheezing, coughing, shortness of breath, fatigue and forking over 65 to 130 dollars a month just to continue the insanity. So, many times I decided to quit smoking. I think the longest I lasted was about a month. I couldn't stand to be without my cigarettes and I hated them at the same time. I just couldn't quit. Even though I hated the side effects, I couldn't imagine my life without them.

I regularly smoked one to two packs a day for roughly 20 years and, after a while, had absolutely no plans on quitting.

One day in early 2014, I was scraping all the change I could find and calling friends and family to borrow enough money to get a carton. It hit me that day that it's just not worth it. I'm going broke and killing myself at the same time! I was tired. I was tired of the health problems, tired of spending so much money, tired of smelling like crap all the time, tired of little burn holes in my cloths and car, tired of it all.

That day I did buy a carton but I found enough money to get something else that I had been curious about for a while, a cigalike e-cig.

At first, I wasn't impressed. It was cool and everything but it just was NOT a cigarette and couldn't deliver that satisfaction that only a cigarette could produce. I used it for a while along side with my analogs, mainly when I didn't feel like going outside for a smoke (my wife never let me smoke in the house). After about a month I noticed that my cigarettes were lasting longer and I wasn't smoking as much.

Excited about the decrease in tobacco consumption and fully intrigued about vaping, I upgraded to an ego kit and loved it. It produced more vapor and more of a realistic â€œhitâ€. Subsequently, the tobacco use dropped even more.

After about month or two of using the ego kit, I was only smoking about 3 to 4 analogs a week and my cigarettes were going stale before reaching the end of the pack!

It wasn't too much longer and I was no longer interested in smoking at all. I had an entire half carton that collected dust, went stale and was eventually thrown away.

Over time I got really into vaping. I've upgraded many times and have ended up preferring mechanical mods and rebuildable atomizers. It's not only something that I believe saved my life, it's become a full-blown hobby. I love building different coils and creating my own ejuice. I find it relaxing and entertaining to sit down for an hour and rebuild an atomizer or to go through my collection of flavors and create a unique, great tasting ejuice.

I've been tobacco free for about a year now and have absolutely no desire to ever smoke again, thanks to vaping. I can breathe again, thanks to vaping. I can walk long distances without getting winded again, thanks to vaping. I can run again, thanks to vaping. I no longer cough and wheeze all the time, thanks to vaping. I no longer smell like a trash can, thanks to vaping. I'm saving a ton of money, thanks to vaping and I feel healthy again, thanks to vaping. I have no idea why ANYONE would want to make this unbelievable gift unavailable or difficult to acquire, other than financial greed.

5/16/2015 11:05:05 AM - Kevin Duffy

I smoked for 25 years of the last 12 I smoked three packs per day .I tried quitting with smokeless tobacco, the patches,The Gum ,and with medication none of it worked. I started vaping regularly in June of 2014 when my wife surprised me one day by taking me to a "vape store" she talked me into purchasing a beginners kit and to give it a try .I quit smoking completely by vaping on Nov 29th 2014. Before quitting I was diagnosed with COPD and Asthma and suffered from chronic bronchitis . Since I have quit I no longer have to carry a rescue inhaler and my lungs are clear.I can now walk up stairs ,across a parking lot or even in the grocery store without coughing and gasping for air. My blood pressure is now at normal levels ,(it was slightly on the high side) my headaches have gone away, my chest pain I had every night has gone away ,No more cough in the morning .I haven't been sick in almost a year where before I was sick about every three months .Not just under the weather sick but hospital ER sick . I felt like I was dying a slow miserable death now I feel like I have new revitalised shot at living again.VAPING SAVED MY LIFE!!!!!!!

5/11/2015 12:35:50 PM - XXYGuy

On the 5th of June 2014 I purchased my first ENDS device (Electronic Nicotine Delivery System) - it was a KangerTech Protank Mini 3 to be precise.

I had smoked tobacco since I was 12 and this was 44 years later. I'd tried, and still do have, Nicotine patches, gum, lozenges, none of which stopped me from wanting to smoke tobacco. I didn't really want to stop smoking, I just wanted to spend less than what smoking was costing me, so having seen a friend using a similar device I took the plunge and got one.

I had to be careful though, knowing I spent nearly $100.00 a week on tobacco, I knew if it didn't work I'd have to have enough cash left to buy tobacco. I'd hate to have to reply on any of the other Nicotine replacements, that just didn't do it. I've been registered as someone wanting to quit for 3 years, but only because of the cost.

On the 5th of June 2014 I did have a tobacco cigarette in my ashtray, and I did try it after having vaped for about 5 hours. I found the flavour to be so disgustingly awful I threw it away, and have never had another puff of a tobacco cigarette. I stopped smoking ion the 5th of June 2014.

To start I was vaping 18 - 24 mgs e-liquid. Now I'm vaping 6.0mgs or less. I can vape 3.0mgs no problem at all. I find with better quality devices I need less Nicotine, actually want less Nicotine. I think by 5th June 2015 I won't be using Nicotine at all, but I'll still be vaping.

If the cost of vaping is made the same as the cost of smoking tobacco, through taxation, I don't think many people will take it on, and they will still be addicted to tobacco smoking. The other remedies were just not effective for me, and I expect a lot of other people. Vaping is definitely a good way to stop tobacco smoking and Nicotine addiction. Todays' date is 11 May 2015.

5/11/2015 12:35:35 PM - Michael

I started smoking when i was 14. In February 2013 one of my friends showed me a e-cig. That Saturday he met me at a e-cig shop to get me one. His wife showed me how to fill it and i haven't had not 1 cig from that day. It's been over 2 years.

5/11/2015 12:35:10 PM - Andy

Well, here's my tale.

One day, at a local mall, my son and I were walking around. It was kind of chilly that day and I felt a bit bad about having my son out side with me as I smoked a cigarette. Upon reentering the mall after a half-finished cigarette I stopped by an e-cig kiosk.

The gentleman asked me if I was a smoker, which should have been apparent since I had just come back in from having one and since he was not a smoker himself.

I replied that "yes" I was indeed a smoker.

He started out by handing me a little e-cig to try. One Similar to the style of e-cig the big tobacco companies produce. I had tried them before without much luck because they try to reproduce a cigarettes flavor... but fail miserably.

Anytime I had tried one before, I would puff on it like crazy for a while but I could never get "satisfaction". They always left me vaping and then smoking directly afterwards.

Based on my previous experiences with them and so as not to waste time, I asked about one of the larger products with a refillable glass tank and also about the different flavors that could be put in them.

I explained to him that with my previous failure with "cigarette looking e-cigs" that I would like something that tasted better than a cigarette. Perhaps that way I wouldn't want to return to the stinkies.

He showed me a few options and I made a selection.

From that day forward, my life changed.

I, for 15 years, had been a smoker of Newports. I got to the point that I was smoking two to two and a half packs per day. I had tried to quit via patches, gum and cold turkey. None of those options had worked for me for more than a week. I was hesitant to try prescription drugs, due to the side effects of nightmares that some of my coworkers had experienced . Despite the drugs working for a few coworkers temporarily they all went back to smoking within a few months.

That said, on my first day of vaping with a mouth to lung style tank, my cigarette intake dropped from 50 to 10.

The next day was 7.

The day after was 3.

The next day was 1 and a half.

The next day was about half of one.

My final day smoking included about three puffs on a cigarette and I threw it out because it tasted horribly.

Since then it's been 4 months.

I haven't smoked again.

In that time spent vaping I have reduced my nicotine intake from an initial 12mg solution to a 1.5mg to 2mg solution.

I plan to drop nicotine completely in the near future.

I'm not sure if I will continue to vape for enjoyment beyond that point or not.

One thing is certain in my mind however, I will never return to cigarettes.

If ever the desire to smoke arose in a bad way again, I am fully aware of better tasting, less stinky, alternatives these days.

At this point I love fruit and dessert flavors and the argument that sweet flavors only serve the purpose of trying to hook kids angers me greatly.

Without vaping being a tasty, pleasurable alternative to smoking, I'm sure I would have returned to smoking.

If all that was available and all that I could vape was a tobacco flavor, I'd probably just keep smoking tobacco.

Now that I make my own ejuice I won't have to worry about that though :)

In the time that I haven't smoked, I've noticed my lungs work better.

I can breathe again.

I can walk up stairs without being winded at the top again.

I can run again.

My resting heart rate has dropped by 10 bpm on average.

My blood pressure has gone down.

My teeth are becoming whiter.

I don't stink.

My vehicles don't stink.

Food tastes better.

My sense of smell works better.

Also, as an aside, one of my kids has reactive airway disease and the smell of cigarettes on my clothes was sometimes enough to trigger an asthmatic reaction in him.

Vaping in his vicinity has no ill effects at all.

5/11/2015 12:35:03 PM - Alex Gilfillan

My name is Alex Gilfillan. I am 19 years old. I started smoking cigarettes at the age of 13. Yes i know, I was absolutly way to young. I had been smoking cigarettes for 5 years, up untill this past winter. Cigarettes had caused me to not even be able to breath, I was constantly coughing up disgusting dark brown mucus, and i couldnt even walk a flight of stairs without becoming absolutly winded for about 10 minutes. It was killing me, and killing my budget. I was a slave to cigarettes. I had tried quitting several times whether it be with nicotine gum, the patch, or straight up cold turkey. Nothing ever worked. The longest i ever went was two days. I was smoking about a pack and a half a day. But since i started vaping I havnt had a cigarette in about 3 months, and I havnt felt this good in... Well honestly i dont remember when i felt this healthy. I started on a basic evod, then switched to a vision spinner 2 ego, and now I use a mechanical mod. I can actually take a deep breath, i can smell, and i can actually taste food again. If this vaping ban actually takes place, i dont know what I would do. I would probably end up back on those evil cigarettes again, and I probably would never be able to quit. It has become a healthier hobby for me, it even has helped me stear clear of drugs let alone cigarettes. I started with 18mg stength nicotine, and am now on 6mg! I completly understand banning vaping in public areas such as inside a store, or any other no smoking areas, thats just common curtosy. I dont want to get lung cancer, and any other health risks that come with cigarettes, I want to live and be able to vape.

Thank you,

Alex Gilfillan

5/11/2015 12:34:55 PM - Stereo386

Hi my name is Ernad Cerimovic, and i have successfully quit smoking cigarettes after buying a KangerTech EVOD starter kit for $35 at a local Grand Rapids, MI Vape Store. (FreshWaterVapor). I am 31 years old, and i have been smoking since the age of 14. I am from Europe born in Bosnia, and I also lived in Germany for 8 years. I moved to the USA in December of 1999 at the age of 15. I was already smoking cigarettes back then, and was untill recently. About 3 weeks ago my wife and i just decided to go to a local vape shop to see what its all about. I had been using a cig alike called Vuse for about two weeks, but it just wasnt good enough to make me want to quit yet. I was still smoking cigarettes just as much as before. So after looking up a few different shops on google. We read up some reviews on some local vape shops. We walked into a store with the name FreshWater Vapor. I started telling the clerk about my smoking habit, and for how long i had been smoking, and also what kind of cigarettes i was smoking, and also how much i had been smoking. Which was about One and a half packs of Cigarettes a day. I also told the guy that i tried the cig alikes, and that it just wasn't quite the result i was expecting. The clerk was very helpful, and just simply sugested for me to try a EVOD starter kit from KangerTech with a refilable tank system. After i picked the one i liked the clerk had me try a few different tobacco flavored vapors. Already at that point i wanted to do something different. So i tried a few fruit flavors. So i decided to go for the Strawberry Ice flavor becuse i had been smoking Menthol cigarettes for so long i was used to the chill in the smoke. I very much liked how the strawberry vapor mixed with the cool ice flavor tasted. Then we moved on to nicotine levels. The clerk told me that they could go from 0 all the way up to 32ml of nicotine, but that he suggested for someone like me who smoked a pack and a half a day to start at maybe like 14 ml, or 16 ml of nicotine so that i wouldn't over dose on too much nicotine. I decided to go with 16ml of nicotine for my first bottle of juice. The clerck was very knowledgeable about the starter kit i had purchased, and he showed me how to refill it, also how to recharge the battery. I left the store feeling feeling good about taking the first step to becoming smoke free. After driving away i asked my wife to try the Vapor Ecig, and she did. So the next day she got a starter kit as well. I smoked one cigarette the first night after getting my EVOD starter kit. The second day i only smoked one cigarette all day. The third day i lit one cigarette, and to be honest it tasted weird, and kind of nasty to be honest. I haven't smoked a cigarette since that day. I have tried a few different Vapor flavors, and i have also been able to go down to only 10mg of nicotine after only vaping for two weeks. My wife has stayed at 16 mg of nicotine, but she feels very confident that she also will be able to lower her nicotine level as well. My wife and i both are very happy with the decision to start Vaping to stop smoking cigarettes. Both of us have not smoked for 3 weeks now, and we feel very much better already. Physically we both feel stonger, and healthier. We can both breathe a lot better, and we do not wake up in the morning spitting up crazy amounts of slime. Both of us have read up a lot on Vaping and the ingredients of vaping juices. Both of us agree that we should be able to have a safer

alternative to smoking, and we should be able to use refilable tanks, and not having to go back to using the cig alikes that are sold at any gas station that are made by the same company that makes the cigarettes that we had been smoking for so many years. I hope that my, and my wifes story can also convince more people to at least try to go to a Vapor Shop and talk with the people working there to see if they also could find a better, and safer solution for them as well so that they can stop smoking as well.

5/11/2015 12:34:37 PM - Roman

I am 44 years old now and I had been smoking since the age of 16 and got up to a pack and a half a day, many doctors told me my breathing problems and blood flow problems stem from smoking, everytime a Dr. Told me I needed to stop I tried but could never stop for more than 2 days, until I found vaping for the Seco d day of vaping I gave my cigarettes away and haven't picked one up since, it been 3 months now without 1 cigarette, I can see I am for sure off the stinky sticks for good . What amazed me most of all is how good coffee actually taste as well as other stuff , my breathing is nice a deep now and the morning cough is completely gone, dr. Says my blood work and the ultrasound of my veins is a big improvement my blood flow is getting back to normal. I'm so glad I started vaping and so are my wife and lil girl I can see now , that I will be around longer with them due to vaping! I currently use Vw mods ,mech mods, tanks and rda's. At this point I feel the same way about my freedom to vape as my right to bare arms!

5/11/2015 12:34:29 PM - Diana Emmons

I started smoking at the age of 10 yrs. I am 48 yrs old. I started vaping about 2 months ago. Prior to that I was smoking upwards of 3 packs a day. I have tried quitting numerous times, I tried cold turkey, medications that made me depressed, suicidal, homicidal or just sicker than I had imagined I could be, the patch and the gum. Nothing worked and I always went back to the cigarettes within a few weeks. When I started vaping they suggested I start with 18 mgs of nicotine, I said no I want 12mg and that's what I vaped for two weeks. At the end of two weeks I went down to 10 mgs, another two weeks and I went down to 8mgs. I haven't touched a cigarette in over 3 weeks, my blood pressure has come down to norm, reducing the need for medication, my blood glucose average has come down from 7.1 to 5.5 thus further reducing my need for medication. I can breathe better, I feel better than ever before, I can walk further and not have to sit down and catch my breath like before. My doctor fully supports my choice even says that this is the best thing I could be doing for myself! I will continue to vape even after I have weaned myself off the nicotine because I enjoy it that much!

5/11/2015 12:34:22 PM - martin soran

i smoked for 35 years , i tried gum , patches and cold turkey was definatley not going to work . the day i started vaping . i quit cigs, and have not turned back. i smell better i feel better and i dont vape as much as i use to smoke, i can set it down for hours at a time, unlike cigs. where i had to have one every hour or so. vaping has got me off cigs as well as many of my friends. one of wich use to have 2 cans of chew if not more a day. thank you for letting me tell my story.

5/11/2015 12:34:11 PM - Dylan

I smoked from the age of 16 to the age of 20. I purchased Marlboro, Camel, American spirits, Misty 150's as well as several big tobacco electronic devices. No matter how many I sucked down I never felt satisfied. I tried nicotine gum (2mg&4mg) as well to no avail. When I first experienced a Variable Voltage/ Variable Wattage Device I was blown away. I have been cigarette free for 2 months now and feel magnificent. The Flavor, the Aesthetics and the sheer EFFECTIVENESS of these devices is INCREDIBLY VALUABLE to the SMOKERS of the world!!! Don't let the government take away our RIGHT to VAPE by imposing sanctions and bringing costly trials to Small Business VAPING Mom & Pop Shops & Manufacturers! Don't let Big Tobacco WIN!!! #NOTBlowingSmoke #CASAA #VapeUnity

5/11/2015 12:33:46 PM - David Zimmerman

I smoked cigarettes for more than 20 years, my wife for more than 25 years. We both tried again and again to quit. We tried cold turkey, Chantix, Wellbutrin, patches, gum, hypnosis, and even homeopathic remedies without success. Nothing ever worked for more than a few days. We reluctantly decided to try electronic cigarettes. We ordered some refillable ones that looked and felt like normal cigarettes (I forgot the name brand) and they arrived on January 9, 2009. We tried them right away using 36 mg nicotine content VG liquid. We dropped to 24 mg within a week, and within six weeks we were at nicotine free VG liquid. We occasionally (rarely really, maybe once every couple of months) use CE-5 e-cigs with no nicotine with a cup of morning coffee, but it's a lifestyle choice, not a habit or a necessity. We each smoked our last cigarette on January 9, 2009. Since then, we are both so much healthier. My wife, who is more ambitious than I, started running 5K's later that same year. She now runs full marathons in her forties, and looks less winded at the end than her teenage competitors. She has her eye on Ironman competitions now. For my part, an hour at the gym is no longer a challenge. Also, I wake up easier and happier, I can spend all day walking and playing on the beach with my kids without fatigue, and I am rarely ill anymore. Without electronic cigarettes, we would surely still be struggling with nicotine addiction.

5/11/2015 12:33:33 PM - Matt Petro

I smoked for approximately 10 years and on May 8th of 2014, decided to wonder into a local vape shop to see what the big fuss was all about. I left with an Ego starter kit and returned the next day after spending a solid 6 hours on the internet researching this interesting method of quitting cigarettes. I walked out on the second day with a mechanical mod and haven't picked up a cigarette since that day. I have been cigarette free for exactly 1 year! Prior to vaping, I tried quitting cold turkey with little to no success a few dozen times. Like Mark Twain said, â€œGiving up smoking is the easiest thing in the world. I know because I've done it thousands of times.â€ I began vaping 6mg nicotine USA made e-liquid and over the course of the next 3 months, transitioned to 3mg. As of today, I am still vaping 3mg, sometimes mixing my 3mg juice with 0mg to get 1.5mg. Over the past year, I've noticed a few things about myself:

1. I feel way better physically than I did this time a year ago. It all started about a month after I quit; my energy level improved, I wasn't working nearly as hard to breathe, my constant heart burn issue is gone, my sense of smell and taste has improved greatly, and it was the first time in recent memory where I did not get sick during cold and flu season.

2. My overall appearance has changed. My teeth are visably whiter, my fingernails aren't stained yellow and smelling like an ash tray anymore, my skin is clearer, and I don't smell like a stale cigarette anymore. People have taken notice; my wife, coworkers, and family members have all made mention that I look healthier since I have put down cigarettes for good.

3. I've met some very interesting people I would have otherwise never met. Vaping has become a subculture in todays society that brings in all walks of life; from lawyers, construction workers, nurses, college kids, and grandparents. Although we may, in some cases, have nothing else in common, we are united in reaching on common goal: to quit smoking, for good. Quitting smoking is a common bond among all of us vapers and because we've been able to share our personal stories with eachother, I've made lifelong friendships because of it.

5/11/2015 12:33:23 PM - Jonathan Nelson

hello I was a smoker of mainly newports and marbolros for 25 years. I quit cold turkey once for a year and a half in that 25 years but started again. my buddy got into vaping while I was still smoking marbs a few years ago it seemed odd to me I tried it a few times when he was around. seemed really harsh and weird. a few months ago out of the blue I was driving past the local vape shop and decided t stop in and buy myself the ego starter kit. haven't smoked a cigg since, well I did try one and it tasted terrible and I took a drag and put it out.

there has been a lot of propaganda put out by the American lung association and other branches of the govt propaganda machine that this is unsafe and untested. when in fact PG was tested on rats in 1947 in a 18 month study and it was found to be completely safe.

a link to that test is here http://jpet.aspetjournals.org/content/91/1/52.abstract

TESTS FOR THE CHRONIC TOXICITY OF PROPYLEXE GLYCOL AND TRIETHYLENE GLYCOL ON MONKEYS AND RATS BY VAPOR INHALATION AND ORAL ADMINISTRATION

I have since moved up from the ego starter kit and use a box mod and a subohm tank

I started at 12 mg nicotine then went to 6 mg am currently at 3 mg and will go to 0 mg soon.

I think subconsciously the vapor part of it makes it seem so much like smoking that it is the best alternative to smoking and works the best at getting off tobacco. and the flavor options are great. I tried Nicorette gum a few years back but missed the blowing smoke part of it and would chew the gum and smoke then stopped the gum because that is dangerous.

I am for some regulations. try to keep minors off it and id even be for applying the same smoking bans to vaping as smoking no vaping in the grocery store ect must vape in smoking areas at work. we shouldn't abuse our priveleges it may be legal to vape in public for now but not everybody knows about vaping and it looks like smoking and that turns people off and we don't need any more negative press.

also I see vaping as a hobby/community thing as well there are conventions. you learn stuff when rebuilding atomizers there is a big social media scene when it comes to vaping and vaping videos on the internet.

in the end all I can say is im happy I stopped at the vape shop and tried it out and am off those nasty ciggerettes.

EJUICE IS NOT TOBACCO and shouldn't be grouped with it

5/11/2015 12:33:13 PM - LeAnne

I smoked a pack a day for 16 years.. I am 26 years old and smoke free for 3 months now, thanks to vaping.. My husband quit smoking with me and it's the best decision we ever made! I am just in awe at what we have accomplished..We feel healthier, smell better, our foods taste amazing, our house doesn't smell like an old ashtray.. and we don't have that horrific odor anymore.. Our children are happier and so proud of us. Everyday, my baby girl would beg me to quit smoking! She would say, "It's killing you Mom!" It broke my heart everytime I heard her say it, she is only 8; and now she feels like she has her Mom back, feeling better than ever! Vaping has changed our lives! We both use boxmods at 3mg of nicotine, I am currently reducing my level! I cannot begin to fathom why the FDA would want to keep killing us with those awful death sticks, but to want control over us.. or worse, for population control.. I WILL fight to keep my right to vape!

5/11/2015 12:33:04 PM - Grayson Smith

My name is Grayson Smith. I started smoking cigarettes at the age of 15, when friends of mine told me about vaping, i realized that i didn't want to be a smoker all my life. I bought my first e-cigarette off of a friend of mine when i was 17, and i haven't touched a cigarette since. It has been over a year since that day and i have gotten to be very active in my local vaping community. I have tuned vape into a hobby of mine, and in doing so it has kept me busy and has given me a reason to never pick up a pack again. So far i have gotten 5 close family members to make the switch. At my workplace i have gotten 7-12 people to quit smoking cigarettes. The health of these people has greatly increased, and in myself as well. This time last year i couldn't run for more than a mile without coughing and becoming winded. As of today my friends and I are able to run like we never even smoked a cigarette. Vape may very well have saved my life, and the lives of over a dozen of my friends. I understand that minors getting into tobacco and nicotine products is bad, however if we didn't have the option to vape we'd be slowly killing ourselves every day with every cigarette we smoked.

5/11/2015 12:32:53 PM - Dale Lalka

I was a 35-year smoker. I quit using ecigs. it took me about one month of both smoking and vaping. This July will be four years smoke free. I am a recreational biker and swimmer even when smoking. After quitting smoking, in one week I increased my average speed from 15 to 16 mph. While I was a smoker, when swimming on my back, my breathing would sound weezy. That is completely gone. The last few years while I was smoking, I was only smoking about eight cigarettes a day, but the difference between vaping and not smoking is immeasurable

5/11/2015 12:32:38 PM - Kelly Marlo

I smoked cigarettes for over 15+ years and never thought I was going to be able to quit them. When a friend introduced me to electronic cigarettes, it changes my life. I put down the cigarettes for what became my last attempt at quitting smoking and trying to save my health. I started out vaping 24mg of nicotine for about a week and I'm not going to lie and say it was easy and that the urges to buy a pack of smokes was not there. But with will power, determination, and the assistance of my electronic cigarette, week 1 was over. The first time in my entire adulthood that I had sucessfully made it that long. Week 2 came and went, and I found that I did not need as high of nicotine, therefore I lowered myself to 18mg. After 1 month of vaping I was down to 6mg nicotine and 100% smoke free. I am currently over 5 months of smoke free and down to 3mg nicotine. I can successful and confidently say that without vaping has been a life changing event for me. It has without a doubt made the difference for me and gave me alternative that I needed to smoking. Any sort of ban placed on smoke free alternatives would be cruel to anyone who has yet found the light like I have. I can now safely say, even if I go days without vaping that I do not even crave cigarettes. In fact, I cannot even stand the smell of them anymore. Vaping has become more of a hobby for me now I use a regulated box mod (Sigelei 50watt) and a sub ohm (horizon tech Arctic) tank. I hope my story can reach even one person and give them the strength to just try.

5/11/2015 12:26:55 PM - FREE2VAPE

I've smoked for about 20 years. OFF and on for about 5 when I was in my teens. about 5 years ago it was 15 years straight. I tried snus, but started reading about gum disease and it just wasn't for me.

I use regulated devices and a couple of mech. mods, mainly just regulated now. I started at 18 mg. and have now gotten all the way to 3 mg. with some zeros too.

I have honestly been 100% smoke free for about a month. I used to do both but the devices have gotten better. So I no longer have the urge for a smoke.

Users beware of the use of drugs to quit smoking, I used Chantix. SERIOUS side effects, vivid dreams/nightmares, and then the suicidal thoughts. Glad that my wife bout my first mod a e-*** and a P**tank that has changed my life.

THANK YOU HONEY!!!! I LOVE YOU!!!!!!

Negative things about adopting a smoke-free alternative? NOTHING!!!!

Positive things about adopting a smoke-free alternative? I can smell things I couldn't smell while I was smoking. I can taste the foods I eat now, that's great when you go out to eat and spend your hard earned money! I have more energy, I feel alot better, I'm not so wore out. The thing I am so glad about is, when I go to bed I DON'T WHEEZE any more.

Also my father smoked for a long time probably up 30 years. He had to quit because of emphysema, and he now has problems swallowing food.

Thanks for reading and I hope your lives are improved so much more than mine!

BUT HEY I FEEL GREAT!!!!!!

VAPE SAFE!!!!

5/11/2015 12:26:04 PM - Randall

I smoked for 26 years, since I was 14, and a PAD smoker since the age of about 18. I tried to quit a few times in that stretch, never succeeding for longer that one week. I tried gums and patches a couple times, but without the hand to mouth action I had grown accustom to from smoking, those attempts were short lived (less than a few days). I managed to quit for a week cold turkey, my longest attempt, but again, the empty hand "syndrome" was just a constant reminder that I was missing something.

I didn't try to quit for a long time after the failed cold turkey, I figuring if there wasn't anything that could replace the action of smoking, nothing was going to work for me. In late 2012 I started to here some buzz about e-cigarettes. I thought to myself, this might be something that could work for me. I did a couple weeks worth for research, wanting to see if it was actually safer than smoking. Once I had assured myself it wasn't going to do any more harm than good, I started looking to see what was available.

Cig-a-likes immediately did not appear to be a viable option, based on everything I was finding. The poor vapor, quality and taste, as well as the sustainable cost, they just didn't seem like something I would be interested in. Looking around though, I discovered there were other options, options that provided better taste, more vapor, and above all, the cost to maintain them was overall lower than smoking.

I had made up my mind I was going to give the ego battery and tank system a try and ordered everything I needed. Once I had everything, and had a basic grasp on how everything worked, I made the leap. I knew if this was going to work for me I needed to give it 100%, no smoking at all. I made the conversion on 12/13/2013, and can say with pride I have not even had a puff off a cigarette since that day.

I started out using 24mg nicotine and within 3 months, I had reduced my nicotine level to 6mg, where I stayed for some time. I kept up with the rapidly advancing market, and being the tinkerer I am, I realized that rebuildable systems would be something I might enjoy. I was not wrong in that respect, as I have been using strictly rebuildable type atomizers since early 2014. This also led me to further reduce my nicotine level to 3mg, where I have stayed to this day. Currently I am using 2 Vapor Shark rDNA40 (temperature control) devices with Sub Tank Mini's RTA's (rebuildable tank atomizer), as well as a couple other RTA and RDA's, although to a lesser extent.

People make claims they get all sorts of "miracle" benefits since switching to vaping; I always take others claims with a grain-of-salt, but I will say I have noticed subtle changes. I don't have that nasty yellow build-up on my tongue, which leads to better breath, I can smell better and of course I don't smell like an ashtray anymore. One of the main benefits I have seen in myself is my ability to get a good nights sleep. Before vaping, I felt lucky if i could get a solid 6 hours sleep, though that was a rarity, typically 4 to 5 hours was the most I could sleep before waking up "needing" a cigarette. Now I can

sleep 7 hours (average), wake up, and there is no "urge" to vape. I can do my morning routine and not even have my first vape for an hour. When I smoked, I typically had a cigarette within the first 5 minutes of waking up, with an urge that I could feel in my body.

I am not ignorant to the fact that vaping my not be 100% safe, but I am 100% sure it is multitudes safer than smoking.

5/11/2015 12:25:54 PM - Diana Lynn-CapeCoral, Florida

I was a 2 pack a day smoker for 33yrs. I felt and looked terrible, I smelled horrible and I had trouble breathing but I kept lighting those cigarettes. On August 10th 2010 I had enough, I saw a co-worker smoking an e-cig and it smelled wonderful. I inquired about it and that afternoon after work I went to my first vape store. I walked in and asked the store owner to help me and that's exactly what he did. I purchased my first e-cig and some cheesecake flavored liquid in 24mg. strength that day. When I walked out of the store with it I never looked back. I also never finished the pack of cigarettes I had that day.

Almost 5 yrs later; I am down to 3mg strength liquids and I feel great. I can take a deep breath without my chest hurting and burning. My skin and color have even improved. I smell like a human again instead of a huge cigarette butt. My Dr. is impressed with my progress and so am I. If anything; she misses me because I don't have as many reasons to see her anymore. I don't know what quality of life I would have; had I kept smoking the amount I was. My life has changed dramatically since finding the e-cig alternative to smoking. I am able to go to the gym and exercise where before I couldn't breathe well enough to exercise, I can play with my children and grandchildren, my food tastes better so I am eating better and feeding my family better as well. I can even walk my dog again and that makes us both Happy! Their is not one negative aspect in my life concerning my use of the e-cig. I truly believe finding this alternative to smoking cigarettes has been the best thing that has happened to me and everyone I come in contact with.

5/11/2015 12:25:44 PM - Ryan S.

I smoked a pack a day and went through a can of dip every couple of days. I was introduced to e cigs by a close friend. I was skeptical at first but decided to give it a try. I started at 18mg and after 4 months I am down to 3mg and haven't touched a cigarette or snuff since! This is truly a godsend for people who dont like patches or gums! Ive tried every alternative to quit smoking and this by far has been the best. I haven't felt this great since I was a child!!!!! No more coughing,chest pain, or shortness of breath.

5/11/2015 12:25:28 PM - Shawn Taft

Started smoking at 16 I'm now 36. Sporadic bouts without cigarettes and came to realize how sneaky cigarette addiction is. Quit for a year and pick up a pack like it's nothing. It's cunning! Been vaping for a year now and find it strange how I have not found this earlier. Had my relatives found this they may still be here.

When I switched to vaping and still continue to read the false "studies" that doctors or perhaps scientists proclaim, it give's me mixed information. Since I switched I have noticed my senses come back to working. Personally I know that this replacement therapy works,all the harsh chemicals in cigarettes amongst the "thousands" KILL!! Study after study show its a better alternative and I was swayed with that option which I encourage smokers to walk into a vape shop and see for yourselves and learn exactly what you are vaping as opposed to what and where is the ingredient list on a pack of cigarettes. It was clear to me that I had made the right decision.

5/7/2015 11:56:17 AM - Kelly

I SMOKED FOR 27 YEARS! I tried to quit using a lot of methods. Vaping was my last resort but it worked! It has been a year now and there are still times I can't believe I don't smoke! So happy I don't have to clear my throat every time I talk and I know it's because I don't smoke anymore. BEST DECISION I EVER MADE.

5/7/2015 11:56:03 AM - Wade Murray

In the past, I have probably tried to quit smoking numerous times .. all ending in failure. I always had a reason to light one up. Stress, hanging out with friends, after eating, driving down the road, and even more. I made excuse after excuse. I couldn't figure out why I couldn't quit, and I would get mad at myself for starting back up.

I had been smoking for 25+ years and 11 weeks ago a coworker introduced me to electronic cigarettes / vaping. We went to a shop and between him and the shop owner, I made my first purchase. For the first few days I would alternate between the e-cig and real cigarettes. There was one point where I was smoking and I just couldn't stand the taste. That was the last cigarette I smoked. I've been on road trips, I've gone out with friends, and lord knows I've been stressed. None of those have made me go back to cigarettes.

I started out with juice that contained 18mg of nicotine ... I am now at 3mg. I'm able to do my job easier, I can breathe easier, my foods taste better, my vehicle doesn't smell like cigarettes, and even better ... I DO NOT have that smell on me any more.

I've saved money and more importantly ... day by day, I've made the decision to save my life. Not just for me .. but for my family,

5/7/2015 11:55:53 AM - Karen Renfrow Opelika, al

I smoked for over 25 yrs. , about 12 packs a week. I have been vaping for almost a year. I have had a massive heart attack, 5 stints, a pacemaker and I have a host of other illnesses as well including pulmonary hypertension. When breathing is hard, the struggle is real. If I had not quit smoking I would probably not be here today. Vaping is a much safer alternative than a bunch of tobacco and additives. My cardiologist was pleased to know I was down to 3 mg nic with vaping. I have tried other ways to quit many times but to no avail. Vaping has enabled me to do so. Please look at hard facts about this before you decide you need to add more money on something that is going to make people healthier from not smoking.

#VapingSavedMyLife

5/7/2015 11:55:42 AM - April H.

I started smoking Marlboro reds and 100's when I was 14. I smoked at least a pack a day everyday. In May 2014 I started experimenting with starter vapes and wasn't having much success. I decided to upgrade to a standard mod a month later. Once I made the investment, I decided I would not go backwards. It took about 2 weeks to get over the urge to smoke a cigarette. After that, the urge was gone. About a month later I noticed that I smelled better, my food tasted better, and my breathing problems were dissipating. I also noticed when a tobacco smoker past by me, and I was appalled that I ever smelled that badly. A few months ago I switched to a sub-ohm tank and a whole new world opened up to me. I'll never go back. I'm living proof that someone who smoked every day for 38 years (and never light cigarettes) can stop, and vaping made it possible!

5/7/2015 11:55:30 AM - I've been given a second chance

My name is Kim and I've been smoking since I was 15 (I'm now 36) and usually around 2 packs a day. I have 3 children and I even smoked while I was pregnant because I could not stop. I've tried everything I possibly could, hypnosis, patches, gum, chantex and cold turkey. It was impossible for me to quit using any of those methods.

2 weeks ago, April 20th 2015, I accidentally came across a YouTube video about "vaping" and I ended up on Google searching for my nearest vaping store. I went the next day and bought a starter kit with 18mg juice. The guy at the vape store set me up and when I got to the car, I started vaping instead of lighting the usual cigarette. I smoked 2 cigarettes that day, and 2 cigarettes a day for the next 3 days. After my 4th day, I didn't smoke at all.

Within a week I decided that 18 mg nicotine was too much for me and I moved down to 12mg, and I'm thrilled with the results. I also bought an istick 30w mod and a nautilus tank to vape with. Since this will be my new best friend, I should love it right? I absolutely cannot belove that someone like me was able to quit smoking after so many years, and effortlessly at that. I can breathe in the morning, I can run around with my son, I don't cough anymore, I can taste my food and overall I feel amazing. I have also talked 4 of my friends into getting started kits, and they all have cut down to only 1 or 2 cigarettes a day now. Vaping is the best thing that could have ever happened to me. My kids are so proud of me, because they know how hard I've tried. Vaping has given me a second chance at life and hopefully many more years to spend with my children. As I'm writing this, I have tears in my eyes because I never thought I could do this.

Please don't take electronic cigarettes away from us. Not only do ecigs add years to our lives, but to our kids lives as well. The fda has been allowing us to kill ourselves with cigarettes for so long, and now it's time for them to help us live

5/7/2015 11:54:57 AM - Paul Gherardi

Hello my name is Paul. I used to be a cigarette smoker and vaping has made me stop completely. South coast Vapor Co is a has a very welcoming environment and the people that work there are really awesome and will do anything to help you out. I have been coming to south coast the day I turned 18. I really admire the team and again they are great people. What is also amazing is that before you buy a juice bottle you are allowed to try to see if it will suit you. They have a very large selection of products. Once again it is a amazing environment.

5/7/2015 11:54:46 AM - Ken Adams

I was a 30 year two pack a day smoker. After so long I could feel the damage is was doing to myself but was powerless to stop. I tried cold turkey, patches and gum to no avail. The day I picked up my first ecig I put cigarettes down forever. 3 years later I haven't had a single one. Over that time I slowly reduced my nicotine from 24mg/ml to 6mg/ml and can see myself nicotine free for the first time in my adult life by the end of the year. I truly believe vaping saved my life. I can breath again and its wonderful

5/7/2015 11:54:36 AM - brandon

i was a pack a day smoker for over 10 years, have tried all the gums and mints and all that stuff, then when ecigs came around i was trying that, did not have much luck with it till the juice's and tech started taking off, now i have been vaping on a day to day level and have quote smoking complacently and am trying to get my wife hooked on it, i love to vape and dont want them to take it from me i have been vaping and off cigs for over a year now, i started off with a high nicotine level and cut that down to where i vape zero nicotine, like it tell all my smoker friends you need to find a favor that you like and smoke that and cigs for a bit, then you will find your self wanting to vape instead of smoking and you will slowly cut down till you quit, thanks to vaping i was able to cut a 10 year habit of smoking, witch we all know is good even though big tobacco wont say smoking kills you slowly

5/7/2015 11:54:21 AM - Deborah Heinecke

I was a heavy cigarette smoker for over 20 years. I tried to quit cold turkey, with nicotine gum more times than I can put a number on. I tried my first e-cig 7 1/2 years ago and have not touched a cigarette since that first day. I was vaping before vaping was cool. About 6 months after I began vaping I had a serious adverse reaction to a prescription that I was taking which caused me to black out while riding on the back of our Harley and while driving. I was admitted to the hospital where they scanned and tested me from head to toe and determined it was a reaction to my medicine. I asked how my lungs looked because my breathing was so much better since vaping and they told me that my lungs looked great which was wonderful to hear. I began vaping 18MG strength nicotine and now with the variety of flavors I vape 3MG and 0MG. It is wonderful to ride my horse, walk on the beach, play with my grandchildren and many other activities without getting shortness of breath. I shudder to think where I would be now if I was still smoking that whole carton of cigarettes weekly. I have had no adverse effects and know without a doubt that I am a lot healthier since I began vaping. I started out using the disposable E-cigs and now use a mod.

5/7/2015 11:54:09 AM - evapecanada

Canada (Ontario) just passed a law where you can still vape in vape shops with a permit, but not allow anyone under 19 to purchase anything. Vaping is not going away in Canada but they want to ban you from vaping inside resturants, grocery stores, etc. which is fine with me, i just dont want to be put in a position where i have to smoke darts again.

I smoke for a few years of heavy smoking.

About 6 months ago.

My eLeaf 50w with an Aspire Atlantis.

Once and a while if someone offers me a smoke ill have it.

It took me about 2 weeks to fully stop.

Just my MVP and my mini Nautilus at the time.

I don't have to go outside for a dart anymore in the cold or in the hot i can just sit inside and vape.

Do not take away vaping, the health care system in both CAN and USA are going to get worse and worse, help save lives. Thanks

5/7/2015 11:53:51 AM - Ila Baker Shropshire

E cigarettes aka... VAPING, has definitely saved my life. I smoked over 25 years and had tried every single smoking cessation on the market including prescription medications and disposal e-cigarettes. Nothing had been successful until a family member introduced me to Vaping. Before, I got winded just putting the groceries in the car. I have fibromyalgia which of course smoking only aggravates the symptoms. I feel so much better since I tossed my cigarettes, and have been Vaping for 9 months. I've noticed that my pain level is improving all the time. I no longer get winded just walking to the mailbox either. I actually Feel & breath much better, without struggle. I'm very grateful that Vaping came into my life Just wish it was sooner. I believe in Vaping, and I'm proud to say... #Vapingsavedmylife

5/7/2015 11:53:41 AM - Robin From Butler, KY

I smoked for 15 years. On my third day of vaping I lit up in the morning and immediately put it out. It tasted so nasty! I haven't smoked a cigarette since. That was June 6th 2012. Every year I would get broncitus with horrible coughing that would last a month. I haven't had it once since I switched to vaping. The occasional cold lasts a normal few days instead of two weeks. Over the years I've watched many friends quit smoking (completely) in favor of vaping.

I started on the rechargeable sticks with the disposable cartridges. Shortly I moved on to the batteries, tanks, and ejuice which is where I'll stay. I've been at 12nic the whole time. I prefer fruity flavored juice, mostly orange and strawberry. I don't care for tobacco flavors.

I quit smoking to be healthier. I certainly feel healthier. Vaping has done that for me.

I will never go back to smoking. Ever.

5/7/2015 11:53:25 AM - chris stairs

I smoked cigarettes for 8 years. I've been using a pv (personal vaporizer) for the past 3 months. When I started vaping I was using 18mg nicotine levels. After two short weeks I dropped my mg dosage down to a mere 3mg. After the first month of using my pv I started waking up refreshed and not hacking and coughing up a lung. I had tried to stop smoking before but I couldn't go more than a couple weeks with a cigarette. In my opinion vaping save my life. Not just for me, but for my future children and future wife. Hopefully now I will be able to play with my kids when I'm older. I am currently using a IPV3 device and love it. It's not just a lifestyle change for me but a hobby also. I'd like to thank all the wonderful companies who have created such items as personal vaporizers and accessories to allow such people as myself and others to live a healthier, safer lifestyle.

5/7/2015 11:52:00 AM - jesifur

I smoked for almost 20 years, ending my affair with cigarettes Feb. 21, 2015. Since I started vaping I no longer cough in my sleep for up to 3 hours a night. It used to take me 22 minutes to walk the mile home from work and now it's down to 14 minutes. I no longer have to "fake" happiness it's just there. I'm more patient, and less angry all the time. My family is happier too. The most important change though, I used to get heart arrhythmia a few times a day as a smoker, since I started vaping I have had none of that. As a person with an enlarged heart this is the most telling sign that vaping is a vast improvement to my health. It has probably saved my life, as I was heading toward a heart attack quickly. I'm so happy to have a constant heartbeat now.

5/7/2015 11:51:48 AM - Matt Jersey

My name is Matt, I started smoking at the very young age of 12 (my older sister gave me cigarettes so I wouldn't tell dad) after a few months I was smoking a pack every few days. As I aged my addiction to tobacco had increased and by age 16 I was smoking about a pack a day and so on to my 20's when I was between 2 and 3 packs of cigarettes a day. In a effort to save money I switched to roll your own cigarettes and lost count of how many I was smoking. I tried several times over the years to quit on my own or by using cigalikes, nicotine gum and patches. I was unsuccessful. Even a couple months locked up un the county jail without a cigarette could break this habit, this addiction I had. Well i'm 37 years old now, and in the beginning of 2015 I bought my first real vape set up. A Orbit pen battery and a Evod cannon tank. I immediately went from 3-4 packs a day to 2 or 3 cigarettes a day! I upgraded to a sub-ohm set up and on February 14th, 2015 i quit traditional cigarettes all together. I now have been smoke free for almost 3 months. I don't have any medical tests or scientific facts to prove vaping is less harmful, only the fact my body feels so much better. I can breathe, i can walk to the corner without falling short of breath. I can sleep laying down again! Vaping is amazing. Thank you! Also I started vaping at 18mg nicotine and am currently using 3mg nicotine.

5/7/2015 11:51:36 AM - Samm

My first cigarette was given to me when I was about seven years old, at the age of 9 I began stealing them from my family members and at 11 I was smoking on a regular basis buying them at a little store close to my school with my lunch money I would save up for a couple days. I am 34 years old now and have in the past tried the gum and patches neither worked (the patch was better than the gum for me) I purchased an e-cig from a gas station I frequent on the way to work after quitting smoking had been on my mind for some time do to my lungs feeling as if they were stuffed with cotton from the many years of smoking. I still had one half pack and an unopened pack of smokes that I only smoked when I was charging the battery on the e-cig. just before I finished my last pack I bought another e-cig so I could have one charged at all times and after the last tobacco cig was smoked I never looked back. I now have three e-cigs and a MOD and I smoke them less than I did tobacco. I have been smoking so long that I never knew what it felt like to not smoke so being able to breath and have more stamina is like having a new life as if I received a new body, if this form of smoking cessation is outlawed it will be because of ignorance on the part of law makers. or money and big tobacco lobbyists.

5/7/2015 11:51:26 AM - Steve

I stopped smoking cigarettes and started vaping just a little over 1 year and three months ago. I smoked for over forty years. I haven't even so much as thought about a cigarette since that day 15 months ago. I slowly lowered my nicotine levels until my 1 year anniversary when I dropped to ZERO nicotine. Have been nicotine free for 3 months and a week. This is the only thing that helped me quit cigarettes. I was so passionate about this that I opened my own vape shop in January of 2015.

My wife has been cigarette free for almost four months now also due to vaping! I feel better, I smell better, I can taste again!

VAPING SAVES LIVES!!!!!

Steve Hale

5/7/2015 11:51:17 AM - james paul gerhart

Hi my name is james and i was a pack a day smoker for almost 15 years. I see alot of controversy about e-cigs or vaping , i just want to give my story and opinion.

I struggled with my addiction to tobaco and had to deal with the obvious draw back ..stinking hands, clothes ,breath...it was more bothersome to my loved ones then tome, i barly noticed.

I feel like my life was saved by chance one day , my girlfriend's mother came to me and said " i got thing free with a coupon...you want it ?" ..thank god i said yes . The vuse e-cigg was the first vaporizer like device i used ...IT DID NOT MAKE ME QUIT ...but i did notice that the urge to smoke my regular cigarettes was not as strong. This opend my mind and i made my was to a local vape store to see what all was involved with this vaping and found a wonderful store with very friendly and informed employees that talked with me and help me find what i would need to cut out cigarettes from my life for good ..i had a ego styled pen setup and was using 18mg of nicotine. And the rest is history ...ive been 120 days with absolutely no cigarettes and i feel like i have a new lease on life ...i have gotten to the poit where vaping is like a hobbie to me more then a escape from tobacco . I am almost completely off nicotine as well ...i hope my story helps give someone the courage and strength to quit smoking and save their own life and the people around them ... thank you

James P. Gerhart

5/4/2015 4:39:00 PM - Jr. the druid

questions:

How long did you smoke?

been smoking many kind of cigarettes for 16 years

How long o did you start using a smoke-free alternative?

3 months

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

I use itaste vv4 with aspire vivi nova mini ,12mg nicotine many kind of flavors fruits and sweets like milk and honey.

Do you still smoke at all (and if so, how much have you cut down)?

I quit smoking after 2 weeks of starting vaping

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

Nothing works to let me quit smoking , all failed special when ya next to smokers.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

The smell of my hands , mouth , breath and my clothes was stinks that my family and none smoker give me weird look, now when I started vaping all that change to smell not just normal but so better , health so better than before , when I work out before when I was smoking I get tierd so quick , now am so better with vaping.

Wish I found out vaping earlier , but at least I found it and now everything is good.

Smoking is bad cause of it stinky smells and stick everywhere , air , cloth , car , hands so on and it has many chemicals , none smokers will hate u , yes hate u , u may burn fingers and lips , burn cloth , need ashtray where ever u smoke , cant smoke in close area even if ya alone or you will be doomed and finally no more headache , headache that gets my rage , if I smoke it will get worse and if I didnt I get so nervous.

5/4/2015 4:38:08 PM - MarcB68

I started smoking when i was 17. i had tried quitting a few times. tried cold turkey and that didnt work. tried the patch and they didnt work. a little over a year ago a guy at work told me about vaping and said i should check it out. i just kinda blew him off for a little while. one day i decided to go to a vape shop and see what they had to say. i left the store with a starter kit and some juice. i smoked and vaped for about a week. in that week i only bought 3 packs of cigarettes. id have an occasional cigarette still but nowhere near as many as i had smoked in the previous 28 yrs. i gave almost a full pack of cigs away. that would be the last pack i bought. since giving that pack away i have had 1 cigarette. didnt need or want anymore. since i started vaping i gained my sense of taste back. my sense of smell back. i now see how bad i smelled while i was smoking. i can breathe better also. i no longer wheeze. i feel better overall. i wish i had started vaping sooner. #improof #vapingsavedmylife

5/3/2015 10:01:47 AM - ruth

on september 8, 2014 at 6:00 p.m. i smoked my last cigarette as i pulled up to ouzard juice vaping store in seminole, fl. It is now may 2, 2015, coming up on 8 months since i quit smoking after a 35 yr affair with it. this never wouod have been possiboe for me had it not been for me turning to vaping! I was a heavy smoker of 1 1/1 pack to 2 packs a day and one tgat bragged to friends and family to leave me alone about quitting smoking for i truly loved it and enjoyed it thoroughly. That day in september i had no idea would be my last day of smoking. I started off vaping by purchasing a starter kit and 24 and 18 mgs combination of e juice. Here it is may 2015 and I'm down to 6 mgs. A 15 ml bottle of juice is equivalent toma carton of cigarettes and presently the bottle lasts me 2 weeks. Had i still been smoking i would have been starting on my 3rd carton!!!! I thank the vaping community for this precious gift of life i now have!!!! Why take that away from me???

5/3/2015 10:01:30 AM - Samantha

I recently started working at a UPMC facility, and all of their campuses are smoke free which I think is great. However, I was a smoker for a long time and although I love that I will not be able to smoke at work, making it easier to quit but the nursing field is stressful and I'd love to be able to use a smoke free alternative on a rough day.

5/3/2015 10:01:11 AM - Amanda Oexner

I have quit cigarettes for almost 2 years now, thanks to using an e cig. I smoked almost a pack a day for 19 years, and had tried quitting smoking numerous times using different methods, including the patch, cold turkey, hypnosis, Zyban and Chantix, but I had no sustainable results. My brother had quit with an e cig, and he bought me one for my birthday 2 years ago and encouraged me to try it. I did, and it worked! I feel better and breathe better, using less asthma medication than I had before. Ecigs saved my life.

5/3/2015 10:01:02 AM - Chris Russell

Hey my fellow vaper's just wanted to take a quick moment to share my experience using vapor producing products firstly Thank You Sunshine Vape of Warwick Rhode Island for helping me take the first steps toward quitting smoking tobacco awful stuff ! As a thirty year smoker I can proudly say I haven't done so now in three months my nicotine level is down from a starting point of 18% nic to 1.5%-0% nicotine I no longer crave or have the urge to smoke cigarettes I breathe better I used to use an inhaler for asthma up to eight times a day to barely two if at all my taste buds have been restored I no longer smell like a walking ashtray ! The money I'm saving is also helping to go toward more healthy activities instead of big tobacco bank accounts I can't believe I was paying to shorten my life I would strongly reccomend vaping to any smoker looking to quit as I have tried everything else and was unsuccessful this works ! If vapor products are unfairly taxed and put in same class as tobacco it just wouldn't be right for tax payers or anyone else there's no tobacco contained therein therefore it's not the same it produces water vapor as a byproduct no harmful carcinogens like cigarettes and their 4000 plus chemicals let's be fair to the American public smokers and non smokers alike

5/3/2015 10:00:51 AM - Mike Hoy

I am 41 and smokes on and off since a kid. I smoked a pack a day for the majority of the last 10 years or so. I have tried to quit with gum, patch and cold turkey. None of those methods worked. Now that I have discovered vaping you couldn't pay me to smoke a cigarette. There is absolutely no reason in the world for me to ever smoke a cigarette again. There are no cons to vaping except sometimes you run across a flavor you don't like and wasted money on a bottle. Literally that's the only con. I love vaping, I hate smoke, and I love life again. I have a new hobby as well as the PERFECT alternative to smoking analogs.

5/3/2015 10:00:40 AM - Jake H

I have felt much better since I started vaping I stopped hacking in the morning. -j

5/3/2015 10:00:14 AM - Michael Kennedy Jr.

I was addicted to tobacco for about 16 years. Considering that I am 33 now, that means I have smoked cigarettes for half my life, this is a scary thought. My many attempts to quitting over the years were unsuccessful. I tried everything from gum, patches, prescriptions, in addition to the cheap cig a like e-cigs that became widely available a few years ago, nothing ever worked. It was with great dismay that each attempt only led me, not just back to smoking traditional cigarettes, but smoking more than I ever had before. For a while it seemed that the more I wanted to stop, the harder I smoked. I became quite frustrated with myself, and came to the conclusion that I would not only be a cigarette smoker my entire life, but that it would also literally be the death of me. It was a sad realization, not only was I aware of how difficult it was to quit, but I had also convinced myself that to would die because of the very thing I wanted to quit so bad.

The specific cig a like that I tried was the Brand BLU. I used it for a few months, all the while continuing to smoke regular cigarettes. It was just not satiysifing, and the flavors were not good at all. Not until I did more research did I find Manger Tech. After visiting a local brick and mortar store and purchased what is not an outdated Manger Aerotank, this is when I started to find products and e-liquids that starting getting me away from traditional cigarettes. Once I found brands such as Eleaf, Aspire, Sigelei, and the before mentioned Manger Tech (as well as man others), I saw that there were actually devices that could satisfy me enough to actually quit smoking cigarettes. It is only because of these brands and their products that I sit here writing this today-SIX MONTHS off of tobacco. This is truly an accomplishment that I never thought possible for myself. In just the past 6 months I can now wake up without coughing, and I am also now able to exercise much more than I ever did, because I can now catch my breath much better, ultimately it has made my life better in a short period of time. Once I found the products that worked for me, within 2 months I was completely off regular cigarettes.

This has been such a great experience for me, that the shocking news that is happening within the industry is not only dangerous, but has me truly concerned. For example in Florida, the state that I live in, there could be a bill passed that deems all of these products illegal, drug paraphernalia to be exact. This is completely shocking to me, the very devices that are saving my life and keeping me off cigarettes completly, could one day get me in trouble with the law. It does not make sense, this is not an illegal activity, the e liquid is also not illegal, yet everything we need to uae them could become illegal? horribly shocking for someone in my position. I am afraid of what the future may hold for the people who have adopted a unique and life saving habit.

I have also read about how officials are trying to ban any flavor that is not tobacco based. This would be a problem for me because i have not found any tobacco flavored e-liquids that I like or could use. Certain regulations are necessary, such as facts about

the eliquid, and deeper regulations on underage vaping, but this industry should not be turned upside down, I have seen it help people, it has helped me tremendously.

5/3/2015 10:00:04 AM - Gregory Cavanagh

I am a 24 year old who has smoked on and off for the last 7 years. I have tried cold turkey, gas station cig-a-likes such as Blu, and have always gone back to smoking. 41 days ago I purchased a cheap disposable Ecig from my local mini mart, and the very next morning purchased a "Mod". After smoking a pack a day for 5+ years, I was amazed at the success rate. I have yet to relapse and go back to tobacco, my overall health is much better, and I am filled with confidence that others can quit using this same method. For the state to impose such a large tax on our efforts to be healthier would be the wrong choice. You will limit our ability to buy from and support local shops, and force us to buy from big business over the Internet. I have bought every single product I use to vape from local shops, both located in Brattleboro VT, and if this amendment goes into effect, I'm afraid myself as well as many others will not be able to support these local business owners. Not only are you imposing on our right to live a earthier lifestyle, you will also be effecting the local business owners who offer these products. I am asking you to make the right decision, for the people which you represent.

Sincerely, Greg Cavanagh

5/3/2015 9:59:13 AM - Danny

This will be a testimonial for 2 people, myself and my father.

Myself, I dipped since I was in High School, 3 cans of day of Copenhagen until I was 23. When I was 19 after I joined the Army and was smoking a pack a day. I tried to quit cold turkey, patches and gum. None of it worked. Vaping has truly improved my health and I feel better. I can exercise without being out of breathe. I can taste and smell better now as well. Vaping is what I needed to quit.

For my father, he smoked 2 packs a day for 30 years. He tried chantix, patches, and gum. None of it worked. After 1 week he would be back to smoking. With vaping, my father is 7 weeks now smoke free, with no desire to smoke again. He feels better, he looks better, he can taste food better. He is overall happier now than he was when smoking. I know if my dad couldn't vape, he would go right back to cigarettes.

Vaping saves lives, vaping saved my father so I can spend more time with him.

4/30/2015 2:45:52 AM - Gaetano Putignano

I had smoked a pack a day since around the age 18, steady. I had tried every method available by the FDA to quit, patch, gum, lozenges (never messed with Chantix, that stuff freaks me out). Moments of smoke free periods, brief at best. After watching many family members and friends get sick and die from smoking I really, really, got scared and continued my options for quitting. I picked up a convenience store type cigalike and saw how it had potential but I couldn't quit get the relief from the hit I was receiving and was kind of concerned about what was in this little "cartridge". Picked up my first battery/tank set up where I could control the flavor and nicotine level and knew what was in it and how it worked. I haven't smoked a combustible tobacco cigarette since that day. August 21, 2013. I started on 24mg, I now use zero nicotine and made a conscious decision to continue to vape because I enjoy it. Much like I use to enjoy smoking but was scared of what would happen to my health if I continued. I am a 44 year old adult male and I love berries and cream flavor. #vapingsavedmylife

4/30/2015 2:45:43 AM - VolkerBY

I smoked 3 decades a package a day. Never found the point to quit smoking. Tried some NRT too.

I started vaping Oct 13th 2011.

Last cigarette smoked (3 puffs) Oct 20th 2011.

Fight against uniformed / lobbyistic based laws & bans.

4/30/2015 2:45:32 AM - TJ Courier

I work in a high stress job where over 50% of my coworkers smoke. I used to be included in this number. When I switched from smoking to vaping, my whole world changed. I had tried going cold turkey, and nrt patches but I would always be in an environment of smokers and that craving would keep coming back. Then I tried vaping.

Within the first month, I started being able to taste things like food and drink like I had before I started smoking. I could breathe again after about 6 months. My smokers cough died down after about the same time.

I'm convinced that vaping has saved me from an early death by tobacco related illness. I am in debt to everyone involved in the vaping community, and will fight for the rights of anyone who wants to quit smoking.

4/30/2015 2:45:20 AM - Donna J. Barton

I am a consumer of electronic cigarettes aka vaper, a primary stakeholder in this process. Regulations have advantages and then the negatives. These particular regulations will cause me actual financial, physical and personal harm. Physically in 1998 I was diagnosed with COPD I tried every available method to quit smoking. Not one worked I still continued to smoke.

Since July 26th 2013 I have made the transition to vaping. My COPD diagnosis is GONE My Pulmonary Doctor is THRILLED - yes GONE. He even tells other patients about this great alternative! My Primary Care Physician is amazed at my results of routine blood work. My Cardiologist is thrilled, I no longer have Angina pectoris or spasms, no need to carry Nitroglycerine pills which lowered my medical prescriptions, a financial benefit. No more restriction in my lungs. I no longer get Bronchitus, sinus infections etc again less medical costs (Dr Appts and Rx's)I breathe better, feel better, smell better and can go on walks with my dog, SCUBA Diving which I used to teach I had to give up. Now I can recreational Dive without having to come to the surface sooner due to better air consumption and so many more things that keep my active and healthy!

Financially the cost alone has major benefits!! We live on a fixed income. Almost 35% of our monthly funds were going towards tobacco cigarettes. I tried so hard to cut down, cut back etc. ironically that only made me more anxious and want more. Now we have funds available for MUCH more pleasurable things to do. I eat better because food tastes better. I smell better I'm sure you get the idea now - even my vehicle smells better.

Only one negative, I can now smell hand tobacco smoke from quite some distance and I am embarrassed to think I subjected family, friends and by-standers to that.I started smoked tobacco cigarettes over 45 YEARS ago (almost HALF my life!). I have tried time and time again to quit. Using everything from HRT produces patches, gum and rx meds (Buproprion, Nicotrol I had an allergic reactions. Chantix which was even worse Anaphylactic shock, which even after only 1 pill I still suffered nightmares, cold sweats and suicidal thought. If it was out there I tried it even to the extent of Acupuncture and Hypnosis. All failed for one reason or another.

Enter early July 2013 .. I had picked up a cig-alike at a gas station was not great but gave me enough to make me do a LOT of research. Mainly on-line sites. Abundance of educational sites for new consumers to make the right choices. I was very lucky and made friends who helped me make the right choices as far as my first kit. I will say that even though I was a Menthol Tobacco smoker. I can not stand any menthol tobacco flavored e-liquid. Ironically Coffee flavored e-liquid was my first try I said ! YES THIS WILL DO IT !!? It DID!

I will celebrate my two year tobacco free. Due to quality flavors. Yes I use a Baked Cinnamon Roll, Strawberry Milk, Blue Raspberry, Blueberry fruits, Butterscotch candy flavors I like sweets, but the e-liquids do not give me weight gain. It's wonderful to have the flavors without the calories!

Had I been left to gas station type cig-alikes I would never have been able to quit. I don't like any type of tobacco flavorings at ALL especially menthol tobacco. I use an atomizer, e-liquid and rechargeable batteries. If these products are no longer available to me. I sincerely fear I would truly have a hard time not going back to using tobacco products - which honestly I am truly afraid for my own overall health, well being and finances.

Products such as Blu, Green Smoke etc are not satisfying. Over the course of the past year I have been successful in reducing the amount of nicotine I use additionally I have also lowered the amount of e-liquid used on a daily basis.This has been a fantastic, successful year for not only myself, but my Husband. He has been able to quit tobacco entirely. Vaping exclusively.

The good that this product does. I would never have believed this could work for me. Not only has it done exactly that - but I have over 54 friends who have also entirely quit smoking tobacco and use e-liquids, atomizers and rechargeable batteries with continued success.

My e-liquids are stored in safe places even though there are no children in my house, we do have pets that are just like children to us.

In Summary: Had it not been for the availability devices that effectively help me STAY vaping, flavors that appealed to me and quality delivery devices I couldn't have made this transition. I know I will love longer, feel better, reduce my medical bills, there are SO many benefits. I choose to vape, it is my life, my right.

4/30/2015 2:45:05 AM - Steve Chase

Five years smoke free!

For me that is a truly remarkable achievement. Especially when I look back to March of 2010. At that time my almost fifty year struggle with smoking had caught up with me. I survived a heart attack, had been diagnosed with emphysema and I developed peripheral neuropathy. My lungs ached, were full of phlegm and wheezed whenever I took a breath. I could not even laugh without enduring a fifteen-minute coughing jag. The neuropathy progressed from the bottom of my feet up to my waist and from my fingertips up to my elbows. If a cop had wanted me to walk a straight line I would have been taken to jail because I stumbled along like I was drunk. My wife had to button my shirts for me.

Of course I understand that smoking was causing these problems. I have no one to blame but myself but itâ€™s not as if I didnâ€™t try to quit. I followed most of the advice that came from the government and the anti-smoking associations/Big Pharmasâ€¦And their advice was? If quit smoking strategies or cold turkey or hypnotism or chewing gum or 1-800-quitsmoking.com or sucking on a straw donâ€™t work try only FDA approved quit smoking medications. I tried â€¦dozens upon dozens of timesâ€¦for decades. Nothing worked for me long term.

I had arrived at the finish lineâ€¦quit smoking or die. And the government was certainly encouragingâ€¦ if you donâ€™t quit smoking we are going to make you a pariah and then squeeze you till you squeal with punitive cigarette taxes. After all they had to make up for the revenue they would lose because of my demise. And after decades of peddling nicotine gum, inhalers, pills and patches, with dismal cessation success, Big Pharmas decided that they would go in a different direction with FDA approved Chantrix (varenicline). Brilliantâ€¦lets give psychedelic a try. Suicide will definitely stop them from smokingâ€¦No thank you. I was desperate but not frantic enough to give that one a shot. I was resigned to the fact that using only FDA approved solutions I never would be able to quit smoking entirely.

In April of 2010 I learned about the Electronic Cigarette and decided to give that a try. I have not inhaled one puff of smoke since then and because of that my life has completely turned around. All of my doctors are happy now. My lungs have cleared up substantially. I can laugh again. My medical tests continue to show positive results and my neuropathy has improved considerably. My wife no longer has to button my shirts for me. My doctors are supportive of what I am doing. To be very clear they would rather I not inhale anything but air but if vapor will keep me from smoking they approve. My pulmonologist told me at the time (2006) of my diagnosis of emphysema that I would be on oxygen therapy in less than ten years if I continued smoking. On my last visit he told me that looking at my resent chest x-ray, he would never believe I was a 50-

year smoker. Oxygen therapy is not in the picture for the foreseeable future. With out a doubt switching from smoke to vapor was the best decision I have ever made to improve my health and well-being.

I feel like a kid again. I even took up golf. Not just take up golfâ€¦I am captivated by it. For health and economic reasons I walk and I push around thirty pounds of golf equipment over 18 holes with no problem at allâ€¦well almostâ€¦ #15 is a problem. Itâ€™s straight uphill and I do get winded there but walking around the rest of the coarse is manageable. For almost two years I have been golfing 5 days a week in weather conditions from 40 to 100 degrees. Five years ago even one round of golf would have been a very daunting task and certainly a miserable experience.

So where would my life be today without the Electronic Cigarette? I donâ€™t think it is farfetched to imagine that I would still be smoking off and onâ€¦ mostly on. My physical condition would have continued to deteriorate and other ailments would probably have cropped up. I would still be paying through the nose to Big Government, Big Pharma, the medical community and Big Tobacco. And instead of pushing around a golf cart I would be dragging around a tank of oxygen every time I took a step.

I am not the lone ranger here. Millions of former smokers are having the same success as I have experienced. So why do so many media reports portray this device as being risky or even dangerous and something to avoid? In my opinion the electronic cigarette has a genuine potential to end the smoking epidemic forever. That is what makes it dangerous to the powers that control the news. I have little doubt that the â€˜Big Threeâ€™â€¦government, pharmaceutical conglomerates (and their fanatical front groups) and big tobaccoâ€¦understand the effectiveness and level of safety the electronic cigarette represents and what an utter catastrophe it is to their bottom line. With unlimited budgets and over a decade to analyze the product they can only report hypothetical hazards. That is why they have become unhinged and reduced to spreading detrimental propaganda, financing witch-hunts and telling lies about it. They have gotten so desperate to find negatives that they manipulate their own studies to force menacing outcomes. Apparently for the â€˜The Big Threeâ€™ money is much more important than carnage.

Unfortunately for current smokers financial preservation, political influence, zealots and endless amounts of money are being used to try and destroy the electronic cigarette. Adding to that is a clueless media that laps up the propaganda and treats it as if its gospel. With little or no attempt to verify what they are being told they are simply a giant mouthpiece for the â€˜Big Threeâ€™ and in turn doing an appalling disservice to the public. The tragic result of this is that people who are in the same situation as I was five years ago and who are contemplating quitting smoking by using the e-cigarette are now avoiding it. They are being lead to believe that it is 10 times more dangerous than tobacco cigarettes. That is a manufactured lie that was reported as serious news

worldwide. It is absolutely absurd. This is a heinous situation and the press is directly responsible for propagating the lies without verification and not investigating and reporting on the very real and positive aspects of this life saving technology.

The bottom line is that over 40 million people in the United States are smokers. Almost half a million of them die every year from smoking related issues. By any measure those are epidemic numbers and they havenâ€™t changed with any significance for years (until the electronic cigarette showed up). Taxes, anti smoking campaigns, browbeating and drug therapies have thoroughly failed to solve the problem. Free markets and the simplicity of the idea allowed the smokers themselves to kidnap a brilliant concept and through trial and error refined it and made the second and third generation electronic cigarette a viable and substantially safer alternative to smoking. We now have a glimmer of hope to make a tremendous dent in the number of smokers and the government is hell bent to construct roadblocks to protect state coffers, and the pharmaceutical and tobacco industries. Their justification to the public for demonizing the ecigarette is based on half-truths, lies and â€˜futureâ€™ hypothetical danger. Certainly safety is a valid concern but hypothetical danger pales in comparison with the momentous aspects that the electronic cigarette represents today. So here is a novel idea for the politicians to considerâ€¦ in lieu of punitive taxation and erecting roadblocks to protect commercial interest, focus on solving the tragic epidemic that is causing a half a million deaths per year. Encourage an idea that actually works and is saving lives. Understand that getting greedy with people who are desperately trying to save their own lives is not only counterproductive it is utterly reprehensible. People might believe you are serious about solving the real problem if you take taxation out of the electronic cigarette picture and put the burden of funding on Big Tobacco companies. There is already enough money to solve the problem by putting some of that 250 billion dollars from the tobacco settlement to productive use for a change and use it to monitor the safety of the eliquid and hardware. Set an age limit and then get the hell out of the way. The smokers themselves have done a remarkable job solving their own problem by becoming Vapers. They are the real experts at smoking cessation so follow their lead and smoking could be eliminated forever.

4/29/2015 10:20:13 AM - Mekosan

I started vaping on my birthday this last March, it was a total spur of the moment thing! I was a 30+year smoker, about 1 pack a day, everyday I smoked at least 10 cigs a day! Its changed my life! Literally!!

I went into the local smoke shop and got a pack of my cigarettes and went back in and bought a little e-cig kit. I thought I'd give it try a try. I got some 12 mg e-juice and I tried it, I liked it, A LOT! Havent looked back!! I had no transition period, just went straight to vaping! I now have a sub ohm tank and variable mod box and down to 3 mg nicotine! I tried one of those cigarettes I bought that day, which are still sitting in my glove compartment of my car, and it was vile and I put it out after one puff!! I knew I was over it for good!! Still am!!

I feel that vaping could save me from potential of cancer or other tobacco smoke related disease, as my father had throat cancer from smoking. Since I started vaping, I can breathe like I did when I was a kid before I started smoking, things taste awesome!! My car and clothes don't smell!! I tried to quit many times and decided I was never going to quit! I tried gum, patches, just quitting cold turkey!! I was resigned to the fact that I was never going to quit and that I also resigned to the possibility that I was going to develop a smoking related disease!! Now, I have some hope that I can stave off that possibility!

To me, the gum and patches stuff didn't work because I missed the "smoking" part of it, the hand to mouth and ritual of smoking. Blowing out "smoke" Its mostly psychological for me, I don't think I even need the nicotine! Its the blowing out the vapor and the inhale that's most satisfying. I didn't want to mess with the Chantix type drugs as I don't feel comfortable taking a serious psychoactive drug. But, vaping has been the answer for me and I don't even crave a cigarette!! Its awesome!! Its like a miracle to me!! I hope that they do not take this option away from people trying to save their own lives or the lives of friends and family! I have already passed on my little starter kit to a friend, and she is going to try it and hopefully, quit and save her life too!!

So in closing, PLEASE do not take this option of smoking cessation away from us! I hope that they will reconsider and help this become another alternative for smokers to change their lives for the better!! I know it has for me and many others! Thank you!

4/29/2015 10:19:31 AM - Skyler Steele

My name is skyler and I smoke for like 2 years and have been using a mod and snus for over a year and a half. Using these products have almost completely eliminated me smoking. I love vaping because of the community that is built around it. Vaping has brought me new friends and a different way to live my life. I'm not coughing my lungs up after each hit off a vape like I would with a cigarette I feel more healthy than ever before. Vaping is one of the best decisions I have ever made.

4/29/2015 3:43:59 AM - Brett Archambault

I am not the usual vaper. I was introduced to chewing tobacco in high school when I was about 16 years old and proceeded to "dip" up until almost a year ago today. I walked into a local tobacco shop to purchase a roll of Copenhagen wintergreen when I saw an Ego-styled beginnerâ€™s vaping kit. It and my rare uses of Blu's ecig helped me begin to kick my damaging habit.

What really got me to stop using chewing tobacco was my first â€œmodâ€. I purchased an itaste MVP Version 2 which is manufactured by innokin from my local vape shop. I also bought the Aspire nautilus mini which was just becoming a popular tank at the time. This combo is something I steered many new vapers to as opposed to the standard blister kit.

This satisfied me for months to come and still does to this day but I have moved onto dripping and using mechanical mods and regulated mods that are steered towards more advanced vapers. Currently I vape on my unregulated mosfet protected box mod with a TOBH RDA (rebuildable dripping atomizer) and 3mg nicotine strength e-liquid from Namberjuice. I find myself going from 3-0mg of nicotine when dripping and 6-12mg when utilizing tanks.

For information about the vaping community, products, and what we can do as vapers to advocate I watch GrimmGreen, RubyRoovapes, and SuckMyMod on YouTube frequently. These popular figures in the vaping community have helped so many with their videos and I hope all vapers recommend them to people who want to learn more about vaping.

As for the â€œside effectsâ€ of vaping the only ones I have noticed were that I couldnâ€™t taste the e-liquid that I was vaping on but could taste other things just fine. For health benefits I would say I feel more clear and alert and never really have a craving for nicotine. I find that I can go more than a day without vaping and still feel cravings for nicotine.

Vaping has saved my life and thousands of others and the facts will support us. I cannot wait to see what the future will hold for us.

If you vape, please advocate

-Brett Archambault

4/29/2015 3:43:47 AM - Nick Carlino

To whom this may concern.

I smoked cigarettes since I was 16. At the age of 20 I was able to switch over to e cigarettes so easily. I would smoke cigarettes everyday. I DO NOT use my e cigarette everyday. The addiction is different. With tanks I fill myself, I CAN CONTROL MY NICOTINE intake. If these are outlawed, then big tobacco decides how much I get.

If i have the right as an American to drive to my gas station to buy cigarettes, a proven cancer causing consumer good, then why in the heck can I not vape? Outlawing flavors because kids like those flavors? So since I am an adult, I don't like flavors? E cigarettes can save the lives of millions. Sure there are risks, but how bad is smoking? I think this nation is changing for the worse. You have no right to tell me I cannot vape an ecigarette, if it is legal to smoke real cigarettes. Please help keep America the free nation that it is.

Certain regulation is fine. I like the idea of knowing the ingredients in my juice. I am all for banning vaping inside stores, building and where smoking is prohibited (except vape shops obviously). If people do not smoke or vape, then yes they should not have to deal with it. At the same time, if i chose to vape in my own property, then i should be free too. I dont ask for free range of vape where ever I want. I ask to be able to go to a vape store, purchase what I want, and using it on my own time in my own property.

I exercise daily and have the dream of graduating college this fall and being an officer for the military... If i smoked cigarettes still, I could kiss that dream goodbye.

4/29/2015 3:43:34 AM - Patricia at 60

I am 60 years old and have smoked since I was 19. About a year ago my doctor informed me that he detected COP starting in my lungs. I then cut myself down to seven cigs a day. It was very difficult to do, especially when your awake at 7:00am, and up till midnight, but I managed. Cranky and ready to pull my spouses hair out, I heard about the e-cig and decided to try it on Jan. 28th, 2015. I bought it at 10:00am, and haven't had a cig since, and never will. Told my two daughters and son in law who also smoked about it. After some hesitation, about two weeks later, they bought their own e-cigs and amazingly they have also totally quit cigs. We all find it incredible, and whoever says it doesn't work for quitting smoking, obviously doesn't have a CLUE what they are talking about. It REALLY works. I haven't craved any cigs, and I am feeling so much better. I do worry in years to come, what the health effects may be, but I definitely know it's a much better alternative. I started at 12 msg of nicotine, down to 6mgs in three months. I would say I am almost ready for 0mgs. It's like a miracle for me, wanted to quit by age 60, never even imagined I would truly manage it, but with e-cigs, it was a breeze. Thanks so much for all the information on line. Truly believe me, all you people who think you cannot accomplish quitting, you really can. Just make sure you go to a vapor shop, not a gas station for your first experience. I reall believe that if you get a half decent system to begin with, you will have a good experience.

4/29/2015 3:43:24 AM - nancy conley

After 42 years of smoking I quit with the e cig. I would never have done it without the tapering down of nicotine. I have been tobacco free for 16 months and would never go back to smoking tobacco as I now have the freedom to VAPE! I had tried the patch but never did I stop smoking with it. Now I use no nicotine and feel so much better. I use the refillable E Pen and know I will never relapse having this method to satisfy my urges.

4/28/2015 2:44:39 PM - mama reese

e-vapor has helpedone me quit smoking cigarettes. I now use 0mg nicotine vapor. I could not have quit with out it

4/28/2015 2:44:30 PM - Wendy

I'm 44 years and I've been smoking since I was 13 yrs old. About 2 months ago I started using Vapors. I starting out using a spinner and now an istick and nicotine strength is 6. I still smoke but I'm down to 3 cigarettes a day with a 8 hour intervals. I keep putting the time higher and is going to quit cigarettes. I've tried using wellbutrin with no success. Since I've cut down on cigarettes and using vapors I've notice my breathing is better and so is my smell.

4/28/2015 2:44:17 PM - James Acord

I started smoking at age 12, and I can assure you all it had nothing to do with candy flavors or cartoon camels. I started smoking because my grandfather had just passed away, I was going through a lot of emotional stress and through all my years of wanting my mother to stop smoking her one constant reason for not being able to was that it relieves stress, so I started sniping butts from her ashtray and worked my way up to stealing straight from her pack, and stealing lighters not just from her but from gas stations and dollar stores as well. So in a mere few days I went from being a good kid who just wanted to play video games to a juvenile delinquent because of cigarettes alone. This was in the year 2000 that this all began, fast-forward to 2007. I'm 19, I'm starting to realize what kind of an impact 7 years of smoking has had on my body, I haven't even been able to legally buy cigarettes for much more than a year and I already want to stop...but I can't, I'm up to a pack a day, most of my money that I'm earning is going to my cigarette budget, my health is rapidly declining and people who don't smoke don't really want to be around me because the smell follows me. I tried ecigs for the first time around this time, but they were still new and I just wasn't satisfied. I was back to cigarettes within a week. Fast-forward again to October 2014, I'm up to a pack and a half a day, more on days off. I'm spending roughly $50 a week or more on cigarettes alone, that's $200 a month, I could have paid a utility bill with the amount of money I was spending to slowly kill myself.

I can't go a day without using my asthma inhaler at least 3 times, I can't even get out of bed without lighting up and I feel like crap all the time, though I didn't yet realize it. One day I get a coupon for a free e-cig from any gas station that carried the brand. I made a decision that day to never smoke again, I told myself that even if this didn't work I wouldn't go back to cigarettes. Little did I know that vaping would change my life in a major way. I used this little cigalike device for about a week before I decided that I could make this work I just needed a better device. So I picked up a $30 eGo vape pen starter kit from a gas station, got myself a few bottles of juice and within a month of vaping I was already starting to use my inhaler less and less. I was starting to notice a significant difference in my health, I felt better, I could work harder and longer than before without getting tired, my production at work improved a lot which led to a pay raise. Fast-forward one last time to today, April 28th, 2015, I have been smoke free for half a year, I don't know where my inhaler is because I don't need it...EVER. I feel better than I can ever remember feeling in the last 10 years and I spend a total of about 20 dollars a month to support my habit due to the fact that I make my own e-juice now which I enjoy doing, also this helps me to know EXACTLY what I'm putting in my body. But the best part is that I don't vape because I feel like i HAVE to or because I need it to get through my day, I don't even use nicotine anymore when mixing my juice. The only reason I still vape today is because I enjoy it, not because I'm chemically addicted to anything, I no longer feel like I'm doing it against my will and my health has improved

tremendously. I don't care what anyone tells me about the possible harmful effects of vaping. I KNOW how I felt before and after switching to electronic cigarettes, I KNOW that what I do now is far less destructive to my body than traditional cigarettes, and as I'm no longer using any addictive chemicals I KNOW I can stop whenever I want should I decide to do so. I also no longer smell like an ashtray, which is a big bonus. All the arguments against e-cigs so far have been scientifically disproven, the only argument that still stands against it is that "We don't know the long term effects of vaping." The people who say that are absolutely right, we don't, and we won't for another 20 years or so. But even a monkey could see that this is a tremendously healthier alternative.

4/28/2015 2:44:04 PM - chris_c

For the past 12 1/2 years of my life (since I was 17) I was on an ongoing struggle with myself to stop smoking. It was like an on and off relationship and continuously telling myself this will be the last pack... this will be the last pack... but it never was.

There are times I will stop smoking for a month, most of the times doing cold turkey, this would be effective but when i feel the urge to smoke after a month, more like a "reward" to myself, the cycle goes on again...

this month i wouldn't smoke, after the next month I will go back to this dirty vice again.

Then came the cig-alikes. at first it was okay, at least an alternative to smoking, but it made me want to smoke even more, I had no choice! Either to use these horrible cig-alikes that makes my throat hurt for wanting to inhale more, not realizing the batteries were dead, I had to go back to smoking, where the draw was more satisfying, more flavorful nicotine and not worrying whether my cig-alike will run out of batteries or liquid. Bottom line, those cig alikes did nothing for me in quitting smoking and most of the time I just got a very bad sore throat.

It wasn't up until a year and a half ago my brother introduced me into using a clearomizer tank starter kit, was nothing short of AMAZING! the flavor it produced, blowing safe vapors inside my house, and the juice choices! Oh man it was amazing...

A month after that I found myself not craving for any kind of tobacco product, it was like a new life for me, my breathing was better, I sleep better, my energy was up the roof! I never knew quitting smoking felt this great!

A few moths after that, I was introduced into atomizers, RDA's, RTA's, mechanical mods. box mods, etc... As a plus to quitting the 'stinkies', it has become more of a hobby for me, I really enjoy having my own builds, doing my own stuff, it's like entering a world without limits to your creativity... This is what i really enjoy about vaping.

It has been a year and a half now since i quit and life has never been better!

I hope to share this story to anyone currently on a struggle to quit smoking and to other people that want to help them as well.

Keep on vaping!

4/28/2015 2:43:56 PM - Aaron H

Been smoking for 12 years. Tried using nicorette gum at first for about a month and then i went back to cigs. Then i tried vaping on a e cig i bought at the local gas station. I liked it but it wasn't enough so i stayed between buying my 1-2 packs a day and buying a couple blu e cigs. After some time I ended up going to a local vape shop a buddy of mine told me about. I went to see what they had and ended up buying a itaste v3.0 and an aspire ET-S tank. Got me off of cigarettes after about 3 weeks, then I bought my nautilus tank (also from aspire). I haven't smoked in about 3 years now, and i'm vaping on my Lotus Jellyfish mod and the atlantis tank. I can't stand cigarettes now and feel i never will. Vaping changed my life. I've saved so much money. I used to spend about 150-200 every 2 weeks on cigs every 2 weeks and now i spend about 20-35 every 2 weeks. I can breath now: before I quit smoking i couldn't run at all. I'd get about 10-20 yards and i'd be out of breath, now i'm running on tracks and racing buddies on the 100 yard dash. Vaping changed my life for the best!

4/28/2015 2:43:48 PM - Louis Gregroy

I was a smoker for 16 years until I discovered "vaping." It has now been almost 2 years smoke free! I gradually went up from a disposable e-cig to a MVP 3.0 with a Silo and Nautilus Mini tank. It feels so good to be smoke free. I don't cough anymore. My lung capacity is larger. I don't stink like an ashtray and best of all my chances of lung and heart disease has drastically gone down. My skin and overall health is much better. I enjoy vaping a lot and I will never have a cigarette again or give any money to the big tobacco companies. When I first started vaping, a had a few cigarettes with it a day before a week went by and I didn't smoke cigarettes at all. The quality of my life is much better! I saw a Youtube video of a surgeon talk about the chemicals in the liquid that we all vape. He said he was against it at first until after 6 months of research he became an advocate. He clarified that the chemicals in the liquids are completely harmless compared to burning tobacco. It is always good to get clarification of the compounds we inhale into our lungs. My overall health has greatly improved as well as quality of life. Please help support the vaping community.

4/27/2015 10:46:11 PM - lscorpio23

Heavy smoker for 27 years a pack a day sometimes more tried to quit many times cold turkey,gum,patches etc it only worked for a couple of days and every time i went back to smoking a friend of mine introduce me to e cigarretes I did and after two weeks i bought a mog i haven't smoke a cigarrete in 8 months i feel great i can breathe better ,my sense of smell is much better,have more energy and i feel great i think that's the best thing Ive ever done for me and my family i have no desire to smoke cigarretes at all . To me personally that's the only thing that have worked for me and Im very happy i made the decision to give it a try.

4/27/2015 10:46:03 PM - Brandon Parrish (defiantsentryv), North Carolina

I started smoking around 18 or 19. I never was a pack-a-day smoker, but I was buying at least three packs a week. The smoker's cough, the smell in my clothes and hair, not to mention my car...it was rough. I purchased my first electronic cigarette on August 9, 2014. It was just a basic pen-style, but it was loads better than the various disposables found in gas stations. I haven't had a single tobacco product since that day. I can breathe better, my sense of smell has returned, I smell better, and my car doesn't look and smell like an ashtray anymore. I started at 24mg of nicotine in my eliquids and have since moved down to between 6mg and 3mg. Hopefully I'll be at 0mg soon!

4/27/2015 10:45:54 PM - Gerry Vapor

I was a smoker for about 35 years when i reached my 40's I was feeling the effects of smoking : shortness of breath chest burning and coughing on a regular basis and colds would turn in to bronchitis almost every time..!

I been vaping now for about 4 years started with 24mg in a tank and i'm down to 12mg and 3mg in dripping mode with Rda's. I can now run marathons and climb up stairs without running out of air.. It's been an all around drastic improvement in my health and way more economical than tobacco.

I used Chantix to quit smoking, only problem was it took also my appetite and sex drive away too (not good).

Do you know what's in your tobacco cigarettes?

I know what's in my eliquid .. only 3 to 4 ingredients and I can even pronounce them too: Proplyene, Vegetable Glycerin, Flavor Concentrate and Nicotine.

It's definitely has been a Health boost for me my wife and friend's.

4/27/2015 10:45:46 PM - Daniel Miller

I've been smoking since i was 14 years old now 55 . I smoked 2 to 3 packs a day, in august 2011 I went on vacation a girl friend & her son . Her son was complaining about OUR smoking , so bought an e-cig mod at a circle K since then i weeded myself off of cigarettes with vaping, my lungs have cleared up with that. I,m not coughing my brains out . I.m breathing a 100% better In short & long vaping has saved my life !!!!!!!! I have been smoke free for three and half years, i vape with a .03 nicotine. Yes i have used the patch ; gum ;counseling ,nothing worked but vaping is !!!!!!!!!!!!!

4/27/2015 10:45:22 PM - Lena Wall

I smoked approximately a pack a day for 27 years, I bought an e-cig from a local gas station with no nicotine & didn't feel the same effect as having a real cigarette & ended up buying cigarettes again. I then bought an Innokin itaste v v 3.0 and some e-liquid with nicotine & since I started vaping that, I didn't feel the need to have a single cigarette & quit cold turkey, overnight, and haven't had even a drag from a real cigarette since then, it's been 11 months now smoke-free. ..I'm never going back to smoking cigarettes ever again! I have saved a lot of money too, I used to spend about $240 a month in cigarettes, now I spend around $40 a month, 1 bottle of ejuice lasts me 2 weeks & costs just under $20...and my health has improved dramatically, I don't cough at all, no tightness in my lungs, no poking pains in my heart anymore, I breathe much clearer, deeper & easier. Vaping has made me a non smoker overnight after depending on cigarettes for 27 years, no irritability, no withdrawals & I can still enjoy the act of smoking (which any smoker will tell you is enjoyable) without harming myself in the way that cigarettes do! Finally a successful device to help you actually kick the habit for good! No more smelling like an ashtray & added years to my life! Thank you for those who invented & improved the ecigarette to what it is today! You saved my life in an effortless way! :)

4/27/2015 10:43:51 PM - John Salsa from Iowa

If you would have told me as a child that I would eventually pick up the habit of smoking I'd have called you crazy. After all, it is no secret that cigarettes are a deadly vice. My parents were adamantly against smoking, there were numerous lessons on the dangers of tobacco in school, and I had to witness firsthand the lungs and lives of some of the people closest to me deteriorate. That should have been enough to keep me away from cigarettes. It should have been enough to keep anybody away from cigarettes. But here I am.

I started smoking at the age of 20 after trying some cigarettes at a party. One turned into two, two into a pack, and a pack into the equivalent of hundreds of cartons. The habit continued for five years, a number that makes me ache with regret. The side effects of smoking were making me feel worse and worse each day. I would get out of breath just from walking up a flight of stairs, the quality of my sleep suffered, and my mind was bogged down with the concern of when I'd be able to sneak away for another cigarette.

Perhaps the worst side effects were those that directly impacted my relationships with family members. The shame of smoking kept me from regularly visiting my parents like I had done in the past. When I would visit, I'd go through a tight ritual to reduce the stink. I would try anything possible to avoid giving people rides in my car because of the smoke smell. I eventually became very isolated from the people that I love. This had some severe consequences for my mental health.

It took five years but I finally reached the point where enough was enough. I needed to be free from the stink and I wanted to improve my health. Having made several attempts to quit cold turkey, none of which were successful for more than three or four days, I knew that I would need to take a different approach, one that would allow me to calm my nerves when the cravings hit. That's when I decided that an affordable e-cigarette would be worth a shot. I spent $30 on my starter kit and a small bottle of e-liquid to go along with it from behind the counter of a local convenience store. It was not an easy decision because that money would have covered roughly a week's worth of cigarettes at the rate I was smoking. That thought weighed on the back of my mind as I set the money on the counter but I had to give it a shot.

The first day was exciting. I loved the flavor, the simplicity, and being able to use it indoors instead of going out in the cold. For the first time since I started smoking I thought that I had a decent chance of quitting. It was liberating. I didn't smoke a single cigarette that first day because the e-cigarette was adequately satisfying my cravings and that put a big smile on my face.

I've been smoke free for just over 13 months now. I owe a great amount of credit to e-cigarettes. The vast selection of flavors, nicotine strengths, and devices makes it easy

and enjoyable to get off of burning sticks of plant matter and chemicals. Now my sleep quality has improved tremendously, my cardiovascular health is improving, and I can finally be around my family and friends without stinking like cigarettes or worrying about when I'll be able to have my next burn. The feeling is tremendous.

Maybe I could have gotten here without e-cigarettes. Maybe I could have tried some gum or patches, maybe I could have even quit cold turkey. Or maybe I would have failed with those methods, gone back to cigarettes, and would still be smoking today. All I know for certain is that I tried an e-cigarette, it worked and I haven't smoked in over a year. Everybody deserves the opportunity to try these as a replacement for cigarettes. The smoke-free life is fantastic.

4/27/2015 10:43:41 PM - Danny D

Tomorrow is a big day for me. Tomorrow will be one month since I last lit a tobacco cigarette. I am a 13 year smoker no more, This has been possible for me because of the e-cigarette alternative. I have tried quitting smoking on countless occasions in the past by using gum, patches, cold turkey etc... Nothing worked. I was young and reckless when I began smoking cigarettes and I didn't listen to everyone telling me that the longer I smoke, the harder it will be to quit. Now I am a responsible thirty year old with a beautiful wife and two wonderful sons who are seven and two years old. I've been heartbroken due to my inability to put done the cancer sticks. I'll never forget when my son and I went in to a local convenience store and I asked for a pack of cigarettes. My son looked up at me and said, "Daddy, why do you smoke those?" This stuck with me for three years and every time that I would light up I would feel awful. About a month ago I purchased an e-cigarette device, along with a tank and some e-liquids, and I haven't put a cigarette in my mouth since. All of the sudden I can breathe better, I have regained my sense of taste and smell. I no longer smell like an ash tray and my wife likes to kiss me: she even likes tasting the different flavors of e-liquid the linger on my lips! Most of all, I don't have to worry about my children being exposed to second or third hand smoke. This is a big deal for me. I never smoked in my vehicle with my children or anything but I always worried what kind of "spores" or something that they might be having some exposure to. Thank goodness for vaping technology. I honestly feel like it has saved my life.

4/27/2015 10:43:33 PM - Kim

Just a little while ago, (November 2014) I was a 2 pack a day smoker (sometimes more). I started like most do, one here or there as a teen. Fast forward to 28 years later (I'm 46), and every morning I awoke, I knew I wanted to quit. Just the smell of it alone was offensive even to me, with barely any sense of smell left. But then, after the coughing and the first cup of coffee, the cigarette would win every time. What the heck?! I could mind over matter everything else, why not this?!

Over the years I had tried nicotine gum which upset my stomach. I tried the patch which poisoned me. I tried hypnosis, acupuncture and lastly a Logic e-cigarette.

Then I heard about vaping. Was I skeptical? Sure, but my mother had been diagnosed with cancer twice, (she was a heavy smoker also), so I decided I had to at least try vaping since I couldn't quit on my own.

At first, I went to a local vape shop and he wasn't very helpful, but I muddled through and didn't give up. I went from smoking 2 packs a day to 3-4 a day right away in the first week. I did a lot of research, then I found another store that was much more helpful, so by the 2nd week on from there I've been smoke-free and haven't smoked since, (5 1/2 months and no desire for a cigarette).

I noticed in the beginning I was craving the draw/pull from a cigarette, but this was very short lived and have since tried different equipment that suited my "smoke style" much better. I dropped very quickly in my nicotine levels. I started out at 24mg, within 1-1/2 months I was down 6mg, and am now noticing, if I go without it for a long period of time, I don't have "nicotine fits" anymore. Now it's more like enjoying that afternoon cup of coffee or tea, for me it's the same with vaping.

I've noticed a definite improvement in my health. Within the 1st month, my skin was clearer and my breathing was better, and 5 months later, I sleep better as well. My family doctor doesn't hear any wheezing anymore when she listens to my breathing. And socially, I'm no longer harped upon by my non-smoking friends.

I did go through a period of about 1-2 weeks of detoxification in the beginning, where I had a rash and my skin was itching and some irritability and nervousness, but I attribute this like I said to detoxing from whatever else the nasty cigarettes had done to my body.

I'm also happy to report that my mother, who smoked for over 55 years has also used vaping to quit cigarettes and her treatment for cancer is a success so far. She had tried the gum, the patch and the first available electronic cigarettes some time ago, none of which worked. She is very happy with her vaping and has also gone from 24mg to 6mg. Her step down was a little bit longer then mine, approximately 2 1/2 months, but reports she finds she needs it less and less.

4/27/2015 10:43:25 PM - Shawn conner

I smoked for 12 years and tried everything to quit..picked up vaping and I haven't smoked for 8months now!...if Vaping is banned just think how many people will die from traditional cigarettes

4/27/2015 10:43:16 PM - Matthew J. S. Columbia, MO

I'm 26 years old and I smoked for 10 years. I started on black and mild cigars at 17 years of age and almost immediately switched to cigarettes. I started my journey with ecigarettes a good while ago. I always had quitting cigarettes in the back of my mind, but never had the want to take that step. For about two years I smoked the disposable ecigarettes available in gas stations; however, the taste and vapor production just wasn't there. The taste was weak and dull and the feel of the puff wasn't enough to emulate smoking a cigarette. I did like to smoke them every so often. It wasn't until about October of 2014 when I invested in a starter kit which included a small ego tank and matching battery (with charger, lanyard, etc.). My girlfriend used them on and off and got me curious about them. The first device I had was much better in flavor, but lacking the power necessary to emulate what I wanted from a vaping experience. Right after Christmas I purchased an Innokin MVP 2.0 with a Innokin iClear 30s. It wasn't but two weeks into January when I was sold, I didn't even make a conscious effort, I just decided to see if I could go without smoking. My vaping experience was so great, I never looked back, and to this day haven't! I was vaping 12-18mg nictoine juice at the time and it wasn't long before I discovered rebuildable atomizers and subohm tanks. After I experiened the amazing flavor and vapor production of these devices, I now vape mostly on my Kangertech Subtank Mini, Youde Goblin V2, or my Dark Horse RDA. When I began vaping on attys with lower resistance, I naturally reduced my nicotine mg consumption. First I moved only to 12 but even that was a bit harsh, so I switched to 6mg and have been there for a while. I recently tried moving down to 3mg and enjoy that as well. What that means, and I'm very proud of this, is that I've gone from about a pack a day down to a quarter pack a day (18mg being about a pack a day, 3 or 6 being about a quarter), all in about 3 or 4 months. I feel amazing. I don't wake up with a burning chest, I don't get winded at work anymore or when exercising, and my severe allergy and sinus irritations are no where near as bad now, I can breathe again!!

4/26/2015 1:51:21 PM - Joey

I've been smoking for three years and I started with a Marlboro cigarettes. Then I bought a Hammer Mod with an old school Kayfun with a royal brew flavor. This new vaping stuff have kept me away from smoking for 6 month now and I'm loving it because i can breathe better now and I'm no longer have a runny nose and also I can run further than before. there's no need for me to lie about my story because this vaping stuff really help me and i need to stop smoking because that sh*t is not for me. so yeah Vaping did safe my life.

4/26/2015 1:50:53 PM - eric rastello

i used to smoke 3 packs a day. my grandfather who was more of a father to me than anything died the day after I started vaping. with all the stress I was going through I did not have 1 craving for a cigarette . the first 4 days I went from smoking 3 packs a day to 5 cigarettes in 4 day. after the funeral I did not smoke at all. flavoring , the juice does not only smell good , but it helps stopping smoking. there is not 1 juice I prefer over any other, I switch between 20 different flavors. the morning hacking from cigarettes is gone ever since I switch to the e-cig and I can actually breath again.

tell the fda and congress they do not have a say in what we do. we the people have the right to choose what we do. as a former marine , I choose to vape and will continue to exercise my freedom and my rights to do so. their greed is sickening.

tell them before they go after a product that helps people quit smoking and inhaling the 4000+ chemicals in cigarettes. that they should go after the companies that are killing over 400k americans every year.

4/26/2015 1:50:15 PM - nathan DeFazio from Minnesota

I used to smoke real cigarettes Intel I was diagnosed with remitting relapsing 's then I should get very sick so I switched to e-cigs I do not get sick from the e-cig I love it also I watched my mother growing up trying everything to stop smoking cigarettes from the big tobacco industry and failed ever time she has now been smoke free for 6 years and it's all because of the e-cig big tobaccos time is up welcome to the future:))))

4/26/2015 1:50:07 PM - Richard Confer Lemon Grove Ca,

I was a 2 pack a day smoker for over 40 years. I picked up an ego twist about 6 months ago and haven"t touched a cigarette since. My current set up is a Sigelei 150 with a Arctic tank. My e-liquid has gone down from 12mg. to 6mg. nicotine content.

I never imagined I was going to quit smoking, Vaping replaced smoking for me so easily. People have commented on my skin color improving and I'm not constantly out of breath anymore. Its so nice to go out for a walk now.

Why this product is being treated like it is by the government is shameful.

Thank-you,

Rich

4/26/2015 2:51:52 AM - Randy from Maine

First off i would like to congratulate anyone who has ever quit using tobacco products!

I started smoking when i was 11, and was addicted by age 15. I have tried quitting multiple times since i was diagnosed with emphysema at age 30. I have tried cold turkey, pills, patches and chewing tobacco, to no avail. At age 35 (a few months ago) my brother-in-law introduced me to Mark Ten disposables which I liked but they didn't last long enough for me. Then I tried an ego vape pen which I liked but the battery just didn't last so I made my own Altoids MOD out of the ego parts (my new hobby is making mods and rebuilding ego clearomizer coils). I no longer smoke cigarettes and have noticed a big difference in lung function. I used to use my inhaler almost every day, and a nebulizer when I had a cold. I haven't needed an inhaler in over 2 months and the last cold i had i didn't need my nebulizer which made me so happy i cried. I am still using 24mg but I have started buying 18mg, hoping to step down. I have noticed the vapor dries out my throat and mouth, so i drink more water than i used to.

4/26/2015 2:51:42 AM - Lolita (Wesley Chapel, NC)

I smoked for 27 years. I was a heavy smoker - a pack to two every day. My worst time of day was first thing in the morning - 5 to 7 cigarettes with 3-4 cups of coffee. Quitting was never a possibility - even through the worst cases of bronchitis I'd finagle a way to get my nicotine in and preferred to hack over feeling withdrawal. I truly disliked anyone who gave me a dirty look smoking outside because as a smoker, you really don't realize just how strong the smell of cigarette smoke is and intrusive it is on others.

I never thought anything of the health consequences. To me, they were exaggerated. I would be fine. I am only 46 - I have family in their 90s who still smoke every day. Then one day I ended up in the hospital with 4 embolisms. I had a clot kill part of my kidney, my spleen, and one almost kill my digestive track and finally one travel down to my calf. I was given a 10% chance of living through the night.

My surgeons and hematologists in the hospital stressed that smoking had caught up with me. I have a genetic disorder that thickens blood and chugging smoke through my lungs into my blood stream created the perfect storm.

I went through heinous withdrawal at the hospital. I didn't ever want to smoke again but the pull of the nicotine is something to me that is akin to what it must feel like for a heroin addict to not get their fix. I was so ashamed of the dependency and ashamed to think that I would be willing to commit suicide, placing the need to smoke over the high probability that if I kept smoking a recurring clot (heart attack, stroke) would kill me.

I Thank God that I was able to have vaping as an alternative. The minute I was able to hold a vape and simulate inhaling and exhaling, the less painful and stronger will I had to not go buy cigarettes. Within 2 days of vaping, I could smell again. Then I could taste again. Then I could walk without being winded. Then I was walking 2 miles a day. Then I was walking 5-7 miles a day. Then I realized a month had gone by without smoking...and so on and so on.

This device helped me make choices that will very likely save my life. I can promise you that had this not been available I would be smoking again. I can assure you that vaping is not smoking. My heart rate is down to 66 beats a minute. My lungs are clear. I don't cough. I have energy I haven't felt I had in years (even after 4 blood clots and partial organ death). My mood is better. My children are so happy to not have a mom who smells like smoke, an ashtray of a garage, and to be relieved of the stress of thinking I was going to die on them.

Please do not take away this revolutionary device that changed my life for the better and has made me happy and healthy again.

BTW - I started on 24mg of nicotine and within a month I was down to 12mg strength. I am currently on 6mg and will be dropping down to zero next. A 5ml bottle lasts me a week.

4/26/2015 2:51:22 AM - Bobby Echenoz

hi my names bobby ive been smoking for 17 years now andjust started vaping box mods and drippers about 6 months ago i can brethe better have more energy and all around feel better this has made me quit all together immediatley its a good cause

4/26/2015 2:51:12 AM - Josh Gig Habor, Wa

I started smoking with I was 13. I had tried multiple times to quit but was unable to. The only time I went without cigarettes for more then a month other then when I went to BMT for the Air Force. Once I finished BMT I started smoking again. I took cessation classes that the air force provided and nothing helped. I tried the patch, the gum and chantix and none of them kept me off smoking for more then a week. Now at 23 the only thing that has kept me off smoking this long is vaping. It has made me feel and smell much better. I have slowly begun to reduce my nicotine intake and I know it does not hold as strong of a power over me as it use to.

4/26/2015 2:51:02 AM - Gary Harrison, Lafayette Indiana

After smoking a pack and a half of full-flavor menthols for over 21 years I got to the point it was hard to breathe in the morning and play with my son. I decided to try vaping. Immediately I knew I could quit smoking using this. On Valentine's day I decided to try and do something good for my heart and quit smoking cold turkey. It's been over two months without a single cigarette. I can breath better, my clothes don't stink and I've actually taken up running. I haven't been able to run more than ablock without feeling like my chest was on fire in over ten years! I'm tearing up typing this because I didn't think this would've been possible just six months ago! I had tried everything short of Chantix, and that wasn't an option for me because of medical history. Nothing, nothing at all even helped. Patched, gum and the like only fed the nicotine addiction and did nothing for the habit of hand to mouth motion or the inhale/exhale feeling. Vaping has truly changed my life. And given me a longer better quality of life.

4/26/2015 2:50:38 AM - dinko

Sitting at a bar one night i noticed i was on my last cigarette, so i tell my girlfriend i had to run across the street to the gas station. As we were walking across the street we noticed a vape shop next door, so she pointed at it and said why dont you go in there. We walked and in browsed for about a half hour and i picked up my first device [mvp2 and Protank 2]. I smoked for 12 years and that day changed my life.

4/26/2015 2:50:28 AM - Eric Gingras

I have been a smoker for 30 years, 1 pack a day, tried many many time to quit with

the regular stuff (gum, patch, etc) and never succeeded

since i use a vaping device, i have been smoke free for 6 months, and it was not very hard to quit smoking with the vapor device. (i use a regulated device with tank and dripper) i also use a mechanical device, im aware of the danger and always stay in the safe zone of the battery

started at 12mg and after 1 month i'm vaping 3 mg or 0mg

please dont ban the only thing that help millions of smoker to quit smoking

4/26/2015 2:50:04 AM - Darren H

I have been vaping for five weeks now and haven't touched a

Cigarette after 23 years of smoking .

I was feeling tired continuously, coughing quite often and didn't realise at the time, but couldn't really taste or smell much.

It wasn't just the crave but the habitual habit of holding something, going for a cigarette after an email at 10:00 in the morning.

I must be honest I feel great and wouldn't touch another

Cigarette.

I do enjoy vaping, but mainly due to the flavours. Zero

Nicotine also doesn't bother me now, I started initially with around 18mg and now down to around 3-6

Feel free if you wish to chat. You can catch me on face book at vape-man.

4/26/2015 2:49:43 AM - Michele

I was a smoker for 15 years. Since switching to vaping products I now have a *clean bill of health* and enjoy a quality of life I never had before. I'm now fulfilling my lifelong dream as a competitive dancer!! ALL cigarette smokers should make this change and start getting healthy again.

4/26/2015 2:49:31 AM - Tim M.

I started smoking when I was in the 8th grade, around the age of 14, but it was when I could get them or sneak out to smoke them away from adults, but by the time I was 16 I was a full blown smoker, everyday all day, about a pack a day is what Ive been doing ever since, Im 38 now and have been a pack a day smoker, sometimes more depending on where I was and what was going on, see Ive been in the military since I turned 18 and during my times in the field and being deployed you tend to smoke a little more then usual. During all those years of smoking Ive tried to quit several times, to many to count id say, Ive taken smoking sensations class, zyban, Chantix, the patch, gum, even cold turkey, needless to say it never worked for to long and Ive always went back to the real cigarettes , the longest Ive ever made it was about 2 months, and after putting everyone around me through hell, theyd tell me to just smoke already so id not be such a mean miserable person anymore, because I truly did enjoy smoking and it was the only thing in life that was always there for me, I cant remember what it was like to be a non smoker actually. So that continued for years until the ecigs came out, and I tried them, the blu, the ejoy ones and many others, they didn't do it for me and I just wasted money on them, and so my wife quit smoking when we found out she was pregnant, and couldn't stand the smell of me when id come in from having one, so for Christmas she bought me a new starter kit from esprie, needless to say I wasn't totally ready and was like yeah yeah this is just another waste, but I agreed to give it an honest try for her and the babies sake, I found a couple of juices from my local vape shop, talked to the guys there and watched and researched everything I could about this new found passion, and let me tell you, after the first week I was over my 20+ year habit, and from that week on Ive been very much in to vaping, Ive gotten so into it that Ive since then gone from my starter kit to my power and bigger tanks, rdas and just love everything about this industry, I cant see how Ive gone this long and not tried this earlier, its been about 5 months now that Ive been smoke free and Ive since gotten 5 other of my soldiers to quit and switch to vaping as well, its a different world now and we all love it!!! and I can honestly say that I will never go back to smoking again, I feel so much better, Ive always been a workout nut so to have my lungs clearing out is helping my run times a lot and that's always a huge plus , I don't have to be outside in the cold anymore or looked at with disgust from my wife or whoever because I smell, my fingers aren't yellow or breath isn't repulsive, just everything has changed and I couldn't be happier, so if this new found life style Ive found is under fire and sharing this might help keep this new found life Ive grown to love going then here is my story, please don't think of money, think of the happiness and health of people like me and all the others that will soon learn the ways of vaping and quit smoking too, thank you for listening.

4/26/2015 2:49:07 AM - Lee Andrew Peters

I started smoking cigarettes young I was close to 13 or 14 years old when I started steadly smoking 15 years of smoking u lost two family members to lung cancer and decided I didn't want to be another lost to it I wanted to be active and breath like I could before I started off small using low nic e cigs like blu and the mark 10 slowly I realized I was getting less and less addicted to the nic and was finding another hobby doing my own builds and chasing clouds now I can't even smell a cig with out getting sick to my stomach that's big coming from a man who smoked for 15 years because he enjoyed it to day we have healthier alternatives I don't believe anything should be forced on a person but I believe we should have the right to choose what we put in our bodies I don't under stand why here in Indiana vaping is still considered Tobacco related I personally use no nic there for as such have no affiliation with it so why is my vaping considered to people need to open there eyes why restrict a person from a healthier alternative by the way smoke free for 5 months now no desire to return to tobacco

4/26/2015 2:48:48 AM - G Marin.

Hey I'll be perfectly honest I started smoking at the age of 12 during middle school because it seemed like the cool thing that all the punk and emo kids did and I was in that scene, I was stressed, depressed, and a huge mess but cigs gave me something to relax with, something to just poison my sorry sad self and I just didn't want to keep going so every day, every hour, at least one and I just burned through them like there was no tomorrow. fast forward 5 years later life becomes a bit easier and I'm a bit more stable mentally so I start wanting to quit but I can't on my own, I tried gum, patch, and to no avail so a year passes and I'm sticking smoking my marlboro reds and constantly being short of breath. then a friend suggests vaping.. two years later I can honestly say I feel a lot healthier, I can taste food again, and I can actually run 5 feet without feeling like I'm dying for oxygen, trust me when i say that vaping can help anyone and I'd definitely suggest it to a friend if they wanted help quitting. I still vape despite no longer smoking because it's the only way I'm staying off those cancer sticks, but I wouldn't of have been able to stick with vaping if it was only for the blu, it was a fine start but it didn't cut it, it was all these other mods that really attracted me into the world of vape and I know I'm not the only one. Thank you for reading

4/26/2015 2:48:35 AM - Tammie@ Vaperz Cedar Park TX

Hi! 33+ year smoker here! That is, until a year and a half ago when a very dear friend of mine took me to a local vape shop and, with the help of the owners of that shop, literally saved my life for my birthday. October 26,2013. I will never forget it! (duh, it is my birthday! Lol) I have not had a cigarette since that day and will never have one again. I was amazed at my ability to kick the habit I had had for so long. I have 4 children, two adult boys a 15 yr old girl and a late in life 3 year old girl. I was finding it hard to keep up with the 3 year old. I had tried everything to quit. Gum, patches, sprays, hypnosis, acupuncture, Chantix, wellbutrin, cold turkey...the list goes on and on but nothing worked until I was introduced to that purple joyetech ego-c with a purple Kanger T2 tank and tobacco flavored ejuice! I could breath again, I didn't stink like smoke, nor did my car, no butts or ashtrays around that my 3 year old always managed to find no matter where I tried to hide them from her, no more snoring, my skin cleared up, my hair seemed healthier, I could walk up the stairs without being out of breath, I could actually taste the food I ate, my sense of smell was back...again, the list goes on and on. After 6 months, I realized that I wanted to be a part of the industry. I wanted to help people just like myself put

down the cigs and be healthier. I put in an application at the shop that helped me and got the job! I can not tell you how rewarding it was (and still is every day) when someone that I turned on to vaping as a way to stop the cigs comes into the shop and hugs me, crying because I helped them get their life back. It's a feeling I can't even adequately describe. In December 2014 I lost my dad to lung cancer. He didn't even tell me he had it. He knew. He was proud of me for putting my cigs down and I sure wish he had. His death as a direct result of smoking prompted me to get a full medical workup. I had a CT scan of my lungs. The radiologist asked if I was a smoker before administering the scan and I said no. He never asked if I vaped so I didn't see the need to tell him. When he gave me the results, he said my lungs looked great. Then...I dropped the bomb and he dropped his jaw! The doctor was genuinely suprised that I smoked for 33 years and was currently vaping. As far as I'm concerned, you can't get better proof than that, that vaping is a safer alternative to traditional cigs. I may not be able to say that to my customers...yet...but I can sure say it from personal experience and mean it with every fiber of my being. So, in conclusion, I'd like to thank CASAA for advocating for me, for my family, for you and for everyone so that we all can choose what we do with our nicotine habit and how we do it. Thank you from the bottom of my heart!

4/26/2015 2:48:25 AM - Elizabeth Sauls

I was a smoker for 18 years. I decided I wanted to quit, not only for myself, but for my daughter, and the rest of my family. I needed help. I smoked 1 1/2 -2 packs a day. Patches didn't help. Gum was a joke. The inhalers made me gag. I knew an online friend of mine mentioned that they were a vaper, so I started asking questions. He gave me some really good advice as what kind of starter setup he thought would suit my needs, so I ordered my stuff online and waited. I started vaping 24 mg/ml in a ce4/ego and quickly moved to the Aspire Nautilus/ iStick 20 watt. After a week of serious effort I had cut my smoking in half. Before then I couldn't remember the last time I smoked less than a pack a day. After week two I had cut in half yet again! Under 10 cigarettes a day in 2 weeks! Impressive! At week 3 I was smoking 4 a day, and week 4 just 2. Halfway through week 2 I lit up for my morning cigarette, gagged and put it out. That was my last cigarette. Vaping chocolate caramel cookies, vanilla cupcake, and strawberry shortcake made my beloved cigarettes taste terrible. My first month tobacco free I alternated vaping 24 mg/ml and 18 mg/ml (about 4-5 ml/day). My second month I switched to 12 mg/ml. Then I discovered the RTA's and hybrid tanks! I currently use a 50 watt regulated mod with an RTA and 6 mg/ml. (I am smoke free 3 months! YAY!) I love the dessert/bakery flavors so much.

At first I had some withdrawals, mostly a mild headache, and some dripping down the back of my throat for a few days. After a month smoke free, I noticed I was breathing much better! I could climb the stairs without being out of breath, I could read my daughter her bedtime stories without becoming short of breath. Switching to vaping is the best thing I have ever done for myself and my family. I AM SO GLAD I DID!

4/26/2015 2:48:13 AM - jeff jarris

The names jeff and im 28 I've smoke ciggaretts since I was 14 and so did my father ,,well my father passed away July 15 2014 ,2 days after my birthday at 58 due to LUNG CANCER CAUSED BY TOBACCO CIGGARETTS, I quit smoking ciggs as of Nov 1 2014 and haven't touched one since cause I DONT WANNA DIE A SLOW HORRIBLE PAI,FUL DEATH LIKE MY FATHER (rip) . I started vaping that day and I used a kangertech pen mod and after 16 hrs of vaping I didn't want a cig ,i didn't want to smell or see one ,,,,,, I now use a sigelei 150w box with an arctic sub ohm tank and I love it ,,,started with 18 nic down to 3 nic and going to zero ,,,, The vaping community is a brotherhood of friends and wonderful, nice, helpful , and motivational people ,, and if it goes away there's a lot of people who will be hurt mentally due to no more friends hanging at the lounge,no more comps , no more innovation ,loss of jobs , loss of businesses , loss mods ,boxes,rdas,rtas,and juices ,,,, and most of all the economy will fall that much more in unemployment and local business loss,,so PLEASE DONT RUIN THIS FOR EVERYONE IF YOU BAN VAPING THEN BAN ALCOHOL AND TOBACCO FOR GOOD ,YOU TAKE ONE TAKE ALL,

4/26/2015 2:48:01 AM - Liz

I am Liz. I am 25 years old and I was a smoker for 9 years. 9 years might not seem like a long time but I was 15 when I started. I had a family member who thought it was okay to go buy me a pack of USA Menthol lights. When I look back on it how messed up. As I started into my 20's I started finding myself winded a lot easier in activities. After I moved in with my Aunt who smoked I found myself getting sick more frequently. I always knew smoking was bad but I would always find an excuse for smoking cigarettes like "Oh something is going to kill me anyway" or "Well work has me super stressed out right now." Last year a few people I knew had tried vaping and were having luck on quitting smoking. They would start out on a high MG of Nicotine and work their way down on the level of nicotine they were using. I one day looked at my fiance and said "I want to grow old with you, not hang out for a few years and one of use potentially die from cancer or get something else from smoking." We started out on some Spinners we got from our local vape shop and went from there. We have may have had a few slip ups and had a cigarette here and there but we have been fighting this battle and neither of us have bought a pack of cigarettes since last August.

We haven't slipped up on cigarettes in quite some time. We both have seen a change in quality in our health. I have only been sick once since we stopped smoking last August and he hasn't been sick at all. I can work out at the gym and my lungs don't immediately feel like they hurt. I can walk up the steps to my apartment without feeling winded.

I understand that people don't understand vaping and half of those who don't will stay ignorant to it. I just hope that the government doesn't ban it all together. I should have every right to vape outside away from people like I did when I would smoke cigarettes, I should be able to go to a vape shop and try liquids and hangout, I should be able to vape in my own apartment if my landlord allows it and I should be treated like a human.

4/24/2015 2:56:41 AM - Angie Shannon, West Virginia

I've smoked consistently since I was 15 - almost 30 years. I was coughing everyday, had chronic sinus infections, ear infections, eye & breathing problems. I couldn't walk upast one flight of stairs without being short of breath. I had tried to quit 5 times; using patches, pills, gum and cold turkey - nothing worked. I also tried the gas station ecigs, but discovered I am P.G. sensitive. On my last birthday when I couldn't blow out the two candles on my cake, I decided to try again. I bought a good battery, tank and V.G. e-juice at a local vape shop and I've been smoke free for 4 months. My cough disappeared almost immediately, I can wear contacts without problems and I'm feeling healthier every day. With out the local and online shops enabling me to find what I get the most satisfaction from, I know I would still be smoking.

4/24/2015 2:56:31 AM - Willie T. from Abilene

To whom it may concern. I had been smoking for over 20years when I got introduced to Vaping. My doctor told me that if I didn't quit , I'd be looking at so e serious health issues. I had already started feeling the symptoms of coughing, couldn't breathe right & all the rest of the symptoms Im sure you had heard of..Then one day I was passing by this shop "Ciggy Shack" went in because I was curious & at the same time serious about quitting smoking... Oh Wow, was I in for a shock of my life... Not only did I learn about the world of Vaping , I quit & haven't smoked a cigarette since. It's been almost 2 years since I smoked a cigarette, now I tried to smoke a cigarette just to see the difference . I took one Puff & threw it away & thought to myself how the hell did I ever smoke one of these!!!! My doctor told me I have lungs are in way better shape , my health is in even better shape & most of all I can breath again...I also ended up with new friends from my cape store , who I hang out regularly with...

4/24/2015 2:56:11 AM - Amanda Clegg

After being a heavy tobacco user since 2001 (age19) have been tobacco free for almost two and a half years now. I am a firm believer that vaping is what has been the key to helping me quick this long.

Sure I had quit before only to go back in a few days. Two and a half years without a single tobacco cigarette!

I no longer smell of stale cigarettes, my hair smells of the products I use, I feel I can hold my child's hand without transferring the stale smell of tobacco smoke to his little hands or clothes. And most importantly I can breathe without coughing constantly. I can run without getting winded!

I vape primarily using mech mods and rebuildable atomizers (dripping) however if I am driving I do switch to tanks for safety purposes.

I went straight from smoking to vaping with a small "pen" style battery and plastic take with 24mg of nicotine, I am now down to 1.5mg of nicotine if any at all. I enjoy vaping for various reasons among which are the wonderful people I have met! I do wholeheartedly believe that without the accessible ability to vape many would go back to traditional cigarettes.

I am all for prohibiting sales to minors and for child proof wrapping and warnings. However it is

4/24/2015 2:56:01 AM - John Schafer II

I was a smoker for 30+ years. I've tried the patch, gum, lozenges, cold turkey, Chantix & finally gave up... until someone explained e cigs. Like everyone else

I was curious but kind of leery about it. Not a lot known about it, what about side effects if any etc... I finally took the plunge in September 2014 & I haven't

touched a cigarette since. I'm now at 0 mg nicotine & I don't even crave tobacco! I can breathe, I don't wheeze, I can smell & taste better now. I use an Eleaf iTaste 50 Watt device & swap between a Kangertech Sub Mini Tank w/ the RBA & a Mutation V3 RDA. I use DIY home made juice.

4/24/2015 2:55:50 AM - Big D Vapor

As a small, internet based provider of electronic cigarettes, this bill would almost certainly eliminate our business. We have worked very hard on developing our online business for the past couple of years and a bill like this would simply award the forty plus other states who do not have to comply with this bill. Furthermore, any type of I.D. scan, age verification on packages, etc. are simply antiquated in a time where the vast majority of Americans utilize e-commerce in order to procure goods for themselves and their families. We are 100% behind banning sales to minors, yet adamant that responsible adults should have easy access to products they deem within their right and liberty to purchase. Texas is supposed to be pro-business and progressive, not a nanny state.

4/24/2015 2:55:04 AM - David Rice

I smoked since 1991. Around 1999 (after I had been smoking about 2/3 a pack or more everyday I would begin my journey of quitting smoking with many different length to no luck at all with my objective of tobacco free living. I tried 6 years ago to quit with an ecigarette that loozed like a real cigarette. This worked for 6 months of running out of batteries and not being satisfied with flavor or nicotine levels. So back to gross regular cigarettes I went. 2 1/2 years ago I saw the improvements in the ecigarette world and thought I would give it a shot. This time there were tanks that I could buy juice for in varying strengths and flavors. Not only that, but the battery life was much longer. I would still have to change batteries throughout the day but not multiple times. After just a few days a cigarette or even the smell of one discussede me. My breathing improved and I seemed to get sick less times per year and I gained endurance with physical activities. I am still using electronic cigarettes and cut my nicotine level down a lot. I am sure if I kept smoking I would have cancer or not be alive in a decade or so. The heavy taxation or banning of e-cigarettes will demolish any progress to a tobaccoless and healthier disease free life. I know Healthcare (insurance companies) tobacco and government are in bed with each other. Cause the one causes the other business. But if the ecigarette business is growing so fast. Why not switch teams. E cigarettes are helping many get away from tons of carcinogens and health damaging tobacco. E cigarettes are saving people's lives where tobacco is claiming people's lives. Please stop this war on something that only helps those addicted to tobacco and support it to help people stay out of the hospitals and above ground. Thanks.

4/24/2015 2:54:52 AM - JulieAnne Glidewell

After 34 years of being manipulated and scammed into killing myself with over 4000 poisons in cigarettes since I was a teen, I was able to finally put down what for the last 10 years was a 3 pack a day habit with electronic vaping. I had never been able to stop for even a day before I found this replacement device that has given me my life back. Please do not do anything to hamper its ability to save so many others who have been addicted to poison that is promoted by our government and kills millions and millions of innocent addicted people by promoting any regulations of this wonder aid or its accessories that can save so many lives just like it has mine. Thank you

4/24/2015 2:54:35 AM - salsolla

I was a 2 pack a day smoker for almost 26 years. I tried all the quit smoking aids, patch, gum, Chantix, with no success. I first bought what is known as a cig-a-like around Thanksgiving 2014. I was slowly cutting back on the amount of cigarettes I was smoking. Come January, 2015, I discovered the tank and battery set ups, where you were able to fill the tanks with a juice of your choice. On January 16th, 2015, at 3:06 P.M., I smoked my last cigarette. I have been completely smoke free since, and I enjoy everyday of being cigarette free and vaping. I have now slowly cut back the level of nicotine as well. When IO 1st started, I was at the 24mg level. I am now down to the lowest level you can purchase, 3mg. I will soon start to purchase 0mg and 3mg, mix them together and get 1.5mg. I do not plan on quitting vaping, I LOVE IT. I can play with my kids, dogs and not be out of breath. I sleep soooo much better, and just simply enjoy everything better no due to not smoking cigs.

4/23/2015 11:16:24 AM - Chris Pagoaga

I was a teenage smoker, I could not wait to do the very thing that I knew I shouldn't. It took me about 10 years of smoking to say "if I only knew then what I know now I never would have started". Meaning the smokers cough, the smelly clothes, the hole in my wallet, the high blood pressure and of course the shortness of breath that created anxiety. At the time I had no choice as there was no smoking alternative. So about 10 years after that I finally heard of a Blu electronic cigarette. You could buy them in the same place I bought my cigarettes. It felt strange to me. So It wasn't until I found a product by Innokin that was backed by many positive reviews including some of the Youtube personalities we all know and love. I purchased this device and it was love at first site. It took me less then a month to be officially off tobacco cigarettes. I went from a pack a day smoker who had tried many times before to quit to being a 4 a week smoker. Using my vapor product 98% of the time. It was less then a month before I smoked my last cigarette and I have been Vaping ever since. I use all kinds of mods, tanks and RDAS, I am now down to 3mg of nicotine and I have never felt better! Blood pressure is down, breathing is clear, no more coughing, more energy and I owe it all to the entire community as well as my mods and all that. I feel as tho I made the best decision in my life. Smoking is dead to me. Yet I'm alive and it is because of Vaping. Thank you'.

4/23/2015 11:16:06 AM - Randal

I've been vaping for a year now my nicotine level is at 0mg now (plus now im dripping which made it easier) my breathing has got alot better and able to walk more without getting out of breath, my mother has copd and bronchitis, she started vaping cause she had too and she is very happy with it now, her copd isnt acting up shes able to play with my brother and sister without having much breathing problems and it is reall nice to see her be happy and have fun with her children. I like how vaping is soo much healthier and knowing what your vaping instead of cigarettes where you know bare minimum of whats going into your lunges. I feel alot better (health wise). Keep Vaping around!! I haven't touch a cigarette since I started!!

4/23/2015 11:15:54 AM - Suzann Young

I am 63 years of age and smoked cigarettes for 35 years. I tried many times to quit using various devices, I ordered patches from the City of New York 3 times and purchased myself twice, lozenges, Centrex pills and I always went back to smoking. Nothing seemed to work. I was having trouble breathing but still smoked. My family smoked and my grandmother died from cancer and smoking related diseases. I finally quit and my daughter suggested I try her e-cigarette. That was back in July 2014 and I havenâ€™t smoked a cigarette since. I started with 18 mg of nicotine and now I am vaping at 3 mg of nicotine. I wonâ€™t even vape tobacco flavored e-liquid, I am totally turned off to it. I like the fruit flavors. I am breathing so much better and I feel better too. Without vaping I would be back smoking. Please look at the facts, the scientific facts. Yes there are levels nicotine but that isnâ€™t what causes illness and millions of dollars in doctor and hospital costs. It was the additives that tobacco companies were adding that caused illness and death. Please donâ€™t make it hard or impossible to stay off cigarettes. I agree with underage children vaping but adults it has only helped. The vapor does not affect the person using or the surrounding people. Please check the statistics. Donâ€™t let lies put laws into effect. We have a right to use what is good for us.

4/23/2015 11:15:41 AM - Skullmist

I'm in the Army and deployed at the moment and being in the army, and over seas smoking is really hard to avoid as it is pretty heavily embedded in the Army lifestyle. And i'm not blaming the Army for my smoking, I've been doing it for years, but over here where there is not much to do, it's a lot harder to not do way too much. I smoked a lot like a pack and a half a day and did this for a long time. Then one day a fellow soldier gave me one of his E-cigs and some juice to try, and I immediately dropped my cigarette habit and switched to vaping, and have been enjoying my life over seas a lot more. Running farther, more friendly, and generally a more positive outlook on life. I don't see a downside to vaping and recommend it to all my fellow soldiers now. And civilians. And everyone who smokes around the world. Life is just so much more special when you wake up to G2's "Mrs. Berry" every morning rather than tar and coughing.

4/22/2015 9:55:23 PM - Angela Burns

I have been a cigarette smoker for almost 32 years. From the time I was 13 years old, I had a pack-a-day habit. My mother and her parents were smokers, as well. My mother's father survived a heart attack at the age of 55, prompting him and my grandmother to quit smoking. Twenty years later, my grandfather was pleading with my mother and I to quit smoking as he lay dying of emphysema. We couldn't quit. My mother had a benign black spot removed from her lung and I had major surgery, which my Dr's said smoking caused 50% of the problems I was having. Still, we couldn't quit. Both of our husbands quit smoking years ago and they begged us to do the same. My mother tried everything from cold turkey to hypnosis, but nothing worked for her, so I never tried. Truth was I didn't want to quit. But now, with the vape pens and juices, I have finally been able to kick the habit for good! Yes, I still had cravings for a couple months for a "real cigarette", so I cheated. I smoked a few cigarettes here and there. But they didn't have the appeal that I thought I would never find elsewhere. And don't even get me started on the ever-escalating prices of smokes. Now I use vaping exclusively and have started my mother on it, as well. I have been smoke-free for six months and am proud to advocate for Vaping! Let me repeat for emphasis: I had NO desire to quit smoking, even knowing the terrible health risks that I and my family had experienced. It had that much of a hold on me. The ONLY thing that took me away from that was Vaping.

4/22/2015 9:55:00 PM - SUSAN STEVENS

I HAVE COPD. IN2013 I ALMOST DIED. HAD TO QUIT SMOKING. VAPING IS THE ONLY WAY I CAN STSY AWAY FROM HARMFUL TOBACCO ITS ADDITIVES AND THE RESULTS OF COMBUSTION. PLEASE DON'T TAKE THIS RIGHT AWAY FROM ME.

4/22/2015 9:54:43 PM - Donna

Actually, my mother (bless her soul) got me started vaping. She was in poor health and her Dr. wanted her to quit smoking. She had smoked for 60 years and her lungs were really showing it. She was living in an assisted living place. One of the employees took Mom to a vape store and showed her how to do it. She loved it and she had it on a lanyard around her neck everywhere she went. She called to tell me about it. I had been smoking for 35 years. I also started vaping on 8/17/13 and have not picked up a cigarette since! Mom is gone now but I will never start smoking again; partly in her honor but mostly because it's so much better on so many fronts. I have rheumatoid arthritis and smoking causes it to flare up. Vaping is not dangerous to my health, cleaner, less expensive and does not cause litter or fires. Vaping is a lifestyle change that is really easy to do! Just have your e-cig on your nightstand and reach for it first thing in the morning! Happy vaping!!

4/22/2015 9:54:30 PM - Dave Morty

I quit smoking cigarettes thanks to an electronic cig. it will be two years this august since I smoked. I had my last cigarette within 24 hours of using a e-cig. tried every other method with failure. My health and breathing improved instantly and I have never felt better since I started smoking 34 years ago. I can even keep up with my kids now. E-cigs saved my life! I now have several coworkers that I've gotten to quit and turn to e-cigs.

as the T.E.A. party says.. WE ARE TAXED ENOUGH ALREADY.

4/22/2015 9:54:20 PM - Allan

Well today is 15 days since I decided to quit smoking. 13 days since I have had a cigarette aka stink stick (after 20ish years i might add) grin emoticon It was so surprisingly easy!! Only have a couple times where I wanted one and I'm 99% sure it was habit over need. It feels so much better not having them around and It smells and tastes GREAT!!! Got myself a kangertech evod (e-pen) to start and two days later went and got a Mod and Kangertech Subtank Mini. Best buy ever. I have not lite another cigarette since then. Now i got myself a Mutation X V3 RDA. To be completely honest i do not miss them one bit. This has bettered my life already. I recommend this to anyone and everyone who has ever considered quitting but just can't find it in themselves yet. I started on 18 mg Nic and now I'm already down to 6 and soon to be 3!

4/22/2015 9:54:01 PM - Zach

I am 24 years old and can't believe how easy it is to not smoke with such alternatives this great. I can't even smoke a cig anymore much less stand the taste. There is nothing better than the feeling of not smelling like smoke or hacking disgusting stuff up. I currently use an ego one and love it. I started with 24mg when I started vaping about 8 months ago and now down to 6mg! The transitions were actually very easy.

4/22/2015 9:53:33 PM - Johnson

I have been smoking for about 14 years I started at the age of 13 a packet a day my health was bad I had smokers cough every morning I could not taste food very well every half hour I would cough and even had chronic bronchus then I decided to try electronic cigarettes three years have passed and my health has improved drastically for three years I am not smoking but vaping my sense of taste has come back my smokers cough has gone my bronchitis has gone my lung compactly has improved thanks to vaping instead of smoking the health benefits are astonishing I did it by lowering the quantity of cigarettes I was smoking from 10 to 8 to 4 and finally got off smoking completely I tried the gum and cold turkey but only vaperizers (ecigs) helped me to quit entirely I now use 12mg of nicotine in my fluids and am happy to keep on vaping instead of smoking please take my account into consideration before over regulating something which has saved my life and can save millions of the lives of smokers like my own thank you for reading my story and please take into consideration the lives of many smokers who are on the journey to quit smoking and start vaping.

4/22/2015 9:53:23 PM - Baby Jesus

Hey all! So I just found out about all these wonderful vaping world and IÂ´m amazed about how vaping is so much better than smoking, it hooked me right away.

I've been smoking for about 9 years now and as soon as I bought my ego one I simply lost the urge to smoke cigarrettes. It is so much better to vape and taste the grand variety of flavors you can get that it keeps me wanting to try more and more.

Right now I'm new to vaping but from my first impressions with this device, I'm already wanting to try some more hardcore vaping options like mods, just for the pleasure of having bigger vapour clouds.

Happy to discover vaping and I recommend this to any smokers trying to quit or for anyone how finds pleasure out of blowing some smoke and want to switch to a more healthy and satisfying alternative.

4/22/2015 3:22:04 AM - Jeremy Gunnells From Clermont, FL

Hey,

My name is Jeremy and I started smoking in 2007 and continued to do so at about a pack a day until September 2nd 2014. My older brother came to visit for a week and told me that by the end of the week he could get me to stop smoking all together.

I didn't believe him for a second but I played along. On his last day here he said "OK this is your last smoke for the rest of your life" he didn't even take my pack away so I figured maybe my last until you leave. Then he took me to a vape shop down the road from my house and got me my first battery,tank, and juice. (Frozen Strawberry) after not smoking all that day I thought "you know...maybe I can do this." It has now been almost a year and though it was tough in the beginning I have not touched a ciggeret since. Even though I am forced to sit in the smoking section at work, in parks, and in the place where dreams come true (Disney World) I still stay strong and I can say that I'm sure that this change will make my life longer as it has already made it more enjoyable.

4/22/2015 3:21:53 AM - Chris swaN

E cigs save my life I have not smoked in a year now! I feel better haven't got sick like I usually do. I can smell better! It's just greed that the Government needs that much of a tax. It's not tobacco shouldn't be taxed like it!

4/22/2015 3:21:44 AM - Indy3811

I started smoking at 15years of age. In march of 2014 I still did, tryed patches, pills, ect. did not work at all. I was under going blood testing for cancer, that when I started vaping. after three months of blood test, My white and red blood count was back down to normal. I stared vaping at MG 18 now I'm at MG3. I'm woring on MG 0. After i started vaping I started seeing alot of trash on the streets, stop light, ect all had butts , lighters emyty pack just thown out.How many times have you heard of a house fire do to kids playing with lighters. people falling a sleep with cig in that started house fires. I have never head of any body getting hurt with vaping . Ower goverment should look Into this, it's more that just selling e-liquid.

4/22/2015 3:20:55 AM - Teresa

I quit smoking cigarettes on Nov 1,2014. I never have picked up one since. I put a Kangertech vape cig which you put eliquid in. I started at 6 mg and now going to 3 mg and aiming for 0 mg. I smoked a pack to pack and a half a day. I have felt much better since I quit and my breathing has much improved. Please veto this bill so I may continue on my path to better health and I know many others have quit cigarettes too. Let's continue on this positive path and veto this bill. Thank you

I just submitted my testimonial and forgot to put that I smoked for 42 years and once I started vaping Nov 1,2014, I never picked up another cigarette. Thank you

4/22/2015 3:20:20 AM - Samantha

I only smoked for about a year before I moved to a smoke-free alternative. I only smoked a couple of cigs a day but I knew I needed to stop. then I met my now fiancee, Jeremy. A pack a day smoker who had just downgraded to 305 cigars. (Aka the most disgusting things in FL) after about two months of putting up with the awful smell, taste and side effects of this, I decided that we needed to switch to vaping. I bought a 20$ kit from the 7-11 and was immediately convinced that he was going to love it and never smoke again. Wrong. Two months later his brother came to visit and told him that by the end of the trip he would be done smoking. (In my head I thought good luck). Luckily it worked! Now we've been smoke free for almost a year! While our pockets are a little thinner our lives have greatly improved, for an instance our taste has come back! We have both recently updated to mech mods and are slowly but surely decreasing our nicotine levels, he's at 3-6 and I'm 0-3! I truly am thankful for this!

4/21/2015 4:42:20 PM - hunter

I have been smoking for about 5 years and then my mom passed away and I was up to 2 packs a day then one day my friends mother gave me a vape to try out cause everyone in my family wanted me to quit ever since that day I have only had 1 cig and am down to 2% nicotine my life is so much better my clothes don't smell and I am not afraid to smile.

4/21/2015 4:42:09 PM - Marie Andrews

I smoked for 38 years. I have been vaping for 15 months. I use tanks and rda's. I have several box mods. I started out vaping 24 mg and I now use 6 and 3 mg. Vaping has improved my life 100%. I never smoked another cigarette from the moment I tried my first vape. Everything about it was so enjoyable. Smoking was a need.....vaping is a pleasure. I tried countless times to quit smoking but never was able to last longer than 6 months. I would always go back to cigarettes. I tried the nicotine gum, patches and yes....cold turkey. I smoked 2 packs of cigarettes a day. I never thought I would or could be a non-smoker until vaping found its way into my life. It's become my best friend.

4/21/2015 4:42:01 PM - Arthur Knight

I started smoking when i was 16. Both my parents smoked, my older brothers smoked, and most the people in family smoked. I smoked for a few years and when i was 20 i decided to try and quit. I used Chantix for three months before i began smoking again. About two months ago i was visiting my brother and he was using a vape pen to cut down on smoking and because he does not like to smoke in his house around his kids. I was intrigued and when i got home i looked into caping in more detail. I bought a nice vape pen online and the first week i cut down from a pack to one cigarette a day. I have been smoke free for about a month now and i feel a lot better. I started vaping at about 24 mg/ml of nicotine and down to 6 mg/ml. It has been way easier for me to not pick up a cigarette compared to the Chantix. I haven't even really thought about it much but i have almost no urges to smoke. It has only been a month but i feel confident i will not smoke again. I feel way better than i did before, I feel i can breath again, i don't wake up coughing and hacking like i used too. I can taste and smell again and my clothes do not smell like smoke. I fell my quality of life has improved and will keep on improving the longer it has been.

4/21/2015 4:41:36 PM - Randy Willis

I smoked at least two packs a day for 20+ years. I actually enjoyed smoking. It gave me a reason to take breaks during the day, I liked the taste, and no way in hell was I going to suffer through withdrawals. Over the years, I would occasionally get disgusted with it and try the cessation fad of the week, be it gum, patches, drugs, etc. None of it ever even came close to helping.

A couple of years ago an business colleague introduced me to e-cigs while we waited on a perpetually delayed flight at the Pittsburgh airport. I will readily admit that after trying one, it didn't do a damn thing for me. So I continued smoking for another year or so.

After some deliberations, my wife decided to quit her high-stress job, so in support, I said I would try to at least cut back on smoking to help save some money. So I took another stab at e-cigs.

At first, I went all macho with it and decided to just vape ecigs and not smoke at all. That lasted exactly one day before my wife told me to go buy a pack of smokes before she did something we'd both regret.

Unlike a lot of other papers who quit smoking relatively quickly, I opted for the scenic route. In fact, I really didn't intend to quit smoking at all. It just sort of... happened. Over a period of a couple of months, I found myself vaping more and more, and smoking less and less to the point that it finally occurred to me that I didn't need the smokes anymore.

The one key thing for me was moving past the cig-a-likes found in convenience stores and investing in some serious vape gear. I don't see how anyone could quit using just the cig-a-likes. To each their own, I suppose. Using better hardware resulted in a much more satisfactory experience, and weaning off the smokes over time helped ease the withdrawals significantly. The issue with cigarettes is that it isn't just the nicotine that's the problem. It's the additives tobacco companies mix in there that vastly increases the addictiveness of the nicotine.

Nicotine being highly addictive is up for debate. When is the last time you ran in to someone that was addicted to nicotine gum after 6 months? Or still wearing a patch years after they quit smoking? It's the same nicotine, but delivery method, and mixture, is what enhances its addictive nature.

Since I started vaping, I have drastically reduced the level of nicotine I use from 24mg/ml down to 6mg/ml. I'm now pushing down to just 3mg/ml. Will I ever go to zero? I doubt it, because in the big picture, I enjoy nicotine, like people enjoy coffee and caffeine.

Why am I telling you all this?

Because placing e-cigs and vaping legally equal to cigarettes would be an enormous mistake. My story isn't a one of a kind. I can introduce you to literally thousands of other vapers who, like me, quit smoking through the electronic devices. The potential impact that vaping can have on public health is something like we have never seen before. However, it is fool-hardy to regulate, restrict, and tax them as is done with traditional tobacco. Doing so would simply discourage smokers from trying e-cigs as a way to escape when all other methods have failed, and thus destroy the life-saving potential of the technology.

An enormous amount of positive evidence has been amassed regarding the safety of vaping. Obviously, not all of it has been positive. However, if one can look past the garbage printed in most media, and take a look at the real research, they will find an abundance of studies that weigh heavily in favor of vaping.

4/21/2015 4:41:27 PM - Mike

Vaping

Hi my name is Mike I once was a smoker for about 15 years and I'm now 28 years old and I could feel myself starting to deteriorate all tho I was a clean smoker meaning not in the house or cars because of my child. Wow then I found vaping over a year ago the selection on products was huge there's something for everyone out there it changed my life DRAMATICALLY the vaping community is awsome and nothing there needs changed. Mostly all of us who started vaping we all had a reason for doing so mine was this beautiful little 7 year old angel running around my life wanting to do all the the things cigarettes held me back from doing. Now a year later were riding bikes playing ball and regular visits to the park. Food is amazing again within the first 3 to 6 months my breathing came back no more coughing this is my why I vape story take it as you will vaping has changed my life in so many positive ways I would like to just say thanks and years from now when that little angel grows up her daddy is there smoke free and walking her down the aisle she will thank you to!!!

Mike Moorman

&lexi ree aka little angel

Ps

I tried Chantix it didn't work for me the nausea was just to much for me so I seen a local shop called vapors next to my wife's work went in the guy behind the counter was awsome a year later and now we're actually really good friends lol but he sold me a 30 mill bottle of juice and a spinner style batt with a nautilus tank and I never looked back now I use a ipv mini 2 with a kanger subtank and I luv it started a 16 mlgs of nic when I started now I'm down to 0 or 3

4/21/2015 4:41:18 PM - Bryan Heston

Hi, my name is Bryan. I'm 34 years old. I started smoking cigarettes when I was 15 years old, I smoked whatever I could get my hands on until I was actually old enough to smoke. For roughly 10 of those years I was a very heavy smoker, smoking up to 2 packs a day at one point. About 2 years ago I picked up my first e-cigarette, it was a disposable e-cigarette (blu e-cigarette to be exact). It didn't taste very good at all and I felt like I wasn't getting much out of it compared to real cigarettes, so I put it down and went back to the real thing. A few months later a friend of mine introduced me e-liquid and digital e-cigarette mods. I tried different flavors and strenghts until I found something I really enjoyed and from that day forward I haven't touched a real cigarette. I started with 18 milligram e-liquid and every month or so I reduced the nicotine strenght by a couple milligrams of nicotine until I eventually got down to zero nicotine. It's been almost 2 years since I touched a real cigarette, and I have no desire to go back to them as they just smell disgusting to me now. Since not smoking cigarettes, I feel way better. I can breathe better, my resting heart rate is much lower, my blood pressure use to border on high, it's now normal, I no longer have that nasty cough I use to get when I would wake up in the morning, and I just feel like I have more energy all around. I'm not sure I would have achieved this without the use of e-cigarettes as I've tried many times in the past, even with the help on nicotine gums and the patch. Keep in mind I was a very heavy smoker. I'm speaking out on behalf of e-cigarettes and their benefits based on my own personal experience with them. I only use my e-cigarette here and there now, and I use zero milligram nicotine when I do. The juices I use are a blend of VG (vegetable glycerin), PG (propylene glycol) and flavorings. That's it.

4/21/2015 4:41:02 PM - Broony Saint

I first tried e-cigarettes back in 2008 when a friend found it did not work for her and she didn't like the eJuice flavours. It was the cig-alike which just didn't quite have the nicotine level that I needed and therefore found I was never putting it down so back to smoking for me.

I discovered the new generation of ecigs in 2014, an ego 650mah battery with protank 2 clearomizer. I had the last bit of tobacco before going to bed.

When I woke in the morning I craved a smoke badly, feeling very agitated I thought what am I doing not having a pouch of tobacco, how stupid am I, what was I think trying to quit again for about the fortieth time, as I started sucking on my new ecig. It took a couple of minutes when I started feeling better, it was that lightbulb moment I realized that wow it is working, I no longer craved a cigarette, then came the smile, is this it, have I finally found a NRT that actually worked, finally after all these decades, could it really be this simple, as I relaxed watching the vaper dissipate. The flavour called Two Humps did remind me of camel cigs.

A couple of months went by when I started to find the cigarette flavours I had chosen started to become unappealing especially after I decided to try a smoke again, not because I needed it just out of curiosity because I was not missing them. I couldn't even finish it for A) It tasted terrible and B) To much nicotine (I smoked a brand called White Ox, a black tobacco) which surprised me as I was a heavy smoker and am vaping 24mg, even when I sub vape. This was when I hesitantly thought I would try a fruit flavour for I was already vaping coffee juice. I need not have hesitated, my sense of smell was a new sensation after living decades without it, which of course increases ones sense of taste as the two go together. Taking up flavours whilst dropping tobacco flavours is another step away from analogs a self gratification moment.

Footnote: Those who call themselves caring about public health while trying to have ecigs banned are lying to themselves as much as the lies they publish. If they truly had empathy they would see the tens of thousands of stories that vapers write and see that tens of thousands of smokers are quitting not dying and listen to the health benefits we ares seeing, both physical and mental as well. Well except for the fear that many of us are being put to with these supposedly caring health care workers threatening to have ecigs banned knowing if this happens to many will once again be striking a light to a cigarette. I don't know if they can not see or don't want to see or outright do not care that the fear is a great big sign ecigs work.

4/21/2015 4:40:53 PM - Nate Rager

The first time I smoked a cigarette I was 15. From that first cigarette on I was addicted. I quickly jumped up to smoking a pack a day. I continued smoking for 11 years. That comes out to 20 cigarettes a day, 140 a week, 7,300 a year, and 80,300 cigarettes over the course of 11 years.

On average it is estimated each cigarette someone smokes takes between 5 and 20 minutes off of their expected life span. So on the more optimistic end of this scale I may have shaved 401,500 minutes, or 278 days off of my life. On the scarier end of the scale I may have cost myself 1,606,000 minutes, or 1,115 days, or just over 3 years.

Those numbers scare the hell out of me. I value life. I enjoy my life. I would like to be able to enjoy it for as many seconds, minutes, hours, days, and years as possible. Smoking cigarettes has undoubtedly taken days away from me.

But, it isn't going to take any more from me. I have been vaping for close to 2 years now. I did go back to smoking for about 6 months but have returned to vaping and no longer smoke at all. My return to vaping is largely credited to the new devices that are available that allow me to achieve a warmer vape. I missed the warmth of a cigarette when using some of the older technology. Out of all of the other methods I have used to stop smoking vaping is the only one that has worked. I have tried various pills, patches, gums, and cold turkey. Nothing had the lasting relief that vaping provides.

Along with no longer smoking I have also reduced my dependence on nicotine. I have gone from 24mg nicotine to 3. This is partly due to the devices I am using now and also from just simply not being as dependent on the drug as I once was.

Not smoking any more has had a massive impact on my life. I no longer wake up coughing. I don't have a disgusting ball of phlegm in my throat every morning. I don't get winded after a short run. I can smell things I cant even remember ever having the ability to smell. (I'll admit there is one downside to this, now I can smell cigarettes on peoples clothes. I'll also admit I do still enjoy the smell of a burning cigarette, but not the smell it leaves behind on a smoker.) Foods taste better. I just overall feel healthier.

One of the largest impacts it has had on my life is the community that it has introduced me to. This is a community full of people that share one thing in common. An addiction to something that was killing us. We all support each other. We guide each other in the right direction. We spur innovation. We help current smokers convert. We are all saving lives as we have saved our own.

4/21/2015 2:28:35 PM - TJ

I am an Ex-smoker who took up the habit when in the military back in 1986. I smoked approx 2-3 pack a day and although I started smoking in 86 using filtered cigarettes by the time of 1999 I was smoking non filtered cigarettes which are even worse for you than regular filtered smokes! So from 1986-2011, I had attempted on many occasions to quit smoking. I had tried the patches, the gum, the inhaler, and antidepressants marketed as stop smoking aides. Non of those things ever worked for me. I think it has more to do with it than just the nicotine, it also has to do with taking a long drag on the cigarette and then exhaling all the smoke, so its also physically addicting. I middle 2011, I finally decided to try e-cigarettes which were still fairly a new thing within the last few years. I started with the low 120mah e-cig that was about the size of a regular analog smoke. I really enjoyed it and was amazed at how much it felt like I was still smoking. I at first started by just using my e-cig when indoors for about the first month but after that noticed that I was ready to completely switch over. The only thing that kept me from just switching over completely from day one is that back then, the batteries were so small and for a heavy 3 pack aday smoker like myself it was frustrating to have to keep charging the batteries all the time. But now with my Vamo (Larger Mod that gets me through almost 24 hours without charging battery) I can use it all day without having to constantly switch out batteries. When I first started 4 years ago, I started with the 46mg e-juice but now I am down to 12mg and am getting ready to cut that in half to 6mg. I never thought I could quit regular smokes especially after trying everything on the market. Until E-cigarettes came along. I am so thankful for this great little electric device! I honestly think it will go down as one of the Greatest inventions of the 21st century! Please if you have any family or friends that have tried smoking, get them a e-cigarette kit, you might just change their entire life for the better, I know because it changed mine. Its been 4 long years since using regular cigarettes and I will never go back.

4/21/2015 2:28:28 PM - Amanda Miller

I started smoking cigarettes at 14 years old. I realized I was actually addicted by 15 years old. I smoked through my 2nd pregnancy and my 2nd son was born full term at 5 lbs 5 oz. He was tiny and I was scared he would die of sids although he is now 16 and a smoker too. My oldest son I quit smoking when I found out I was pregnant and he is 18 years old and a non smoker. Last year when I turned 35 my husband bought me my 1st electronic cigarette. At 35 I could barely breath when walking a sort distance to check the mail. I would wake up feeling like an elephant was on my chest. I had chronic bronchitis, among other problems associated with smoking cigarettes. My husband hated kissing me or even hugging me. Now that I have been clear of cigarettes for over 1 year I can breathe better I no longer have chronic bronchitis and I smell great. Electronic cigarettes have saved my marriage and my 16 year old sons life. I am now down from 36 mgs of nicotine to now 3 mgs of nicotine and my son is now off even the electronic cigarettes as I will soon be within 3 more months. I was a smoker for 21 years and have been cancer-stick free since January 3, 2014 and today is April 20, 2015, I am so proud of myself. Oh yeah and my mom was a smoker for 55 years and has been cigarette free for 4 months. So now people can see how electronic cigarettes can and have saved lives. Thank you

4/21/2015 2:28:18 PM - Gabriel Snow

Hello!

So, to get this started I will say that I have been smoking since I was 17. I had coughing attacks begin around the age of 19 and I hated it. A friend told me about these new E-Cigs that were a healthier alternative to Cigs. I went out and bought a Blu and smoked it for a few months. I found that it didn't help and I was still sneaking a real cig everyday. I ended up just quiting the E-Cig and going back to full smoking.

When I was 24 a friend of mine at a Hookah lounge that I regularly attended told me about these Vapors. I was interested and did some research and found that Vapping was essentially Hookah just with Fluid instead of Sheesha. I went out that day and bought my first Vap. It was a non-mechanical but it was WAY better than what I was doing. I found myself indulged with the flavors and the smooth inhalation of the smoke.

Today I use a Dripper and a regular Tanked Mechanical Vap setup. Both Mechanical. I have dropped myself down to 0 MG and find myself using it less. I now use it really for Taste and puff (Because I smoked Hookah for so long) I really enjoy it and my lung function has returned to normal. I no longer get coughing fits and I can run long distances again!

4/21/2015 2:27:23 PM - Ryan from Marion ny vapes daily

Hello . I am an x smoker. Never thought I would say that. I started around (13.)Yep steady at that age . Pretty sad . Smoked till about a year ago (28). Been steady progressing through I guess the stages of vaping . From simple tanks to now atomizers and all sorts of stuff . From simple coils to sophisticated builds From 24 mg strength down now to 3 mg and 6mg or .3 &.6 not sure how make it look right lol . I tried chew long cut strait for a while but I found I kinda liked that a lot too after a while then was smoking and chewing .then of course nicotine gums patches . Even going to the gym I still wanted to smoke. Didn't work couldnt stop for more than a few weeks.vaping It's not only a pass time for the hands .but when it becomes something u really enjoy.. U can then begin to lose any want for a cig. Who needs it when u. Can have raspberry and muffins and whatever in a smooth or not so smooth depending on whatever. Whatever makes u happy that day.. 4 chemicals vs.5000 unknowns In the same stale smoke flavor . I am so so happy I have stopped smoking . I feel better ,healthier,I smell and taste .my close friends and relatives don't get bothered by smoke . Nobody seems to mind the vapor because it smells like cake batter or fruit most of the time .i most thankfully of all am not hurting my body as far as carcinogens ,tar,slag, bla bla bla . And still enjoy a nicotine puff that taste like raspberry slushy .. Lol .. Such a life saver... I switched from cigs to a vaporizer

immediately.

4/21/2015 2:27:12 PM - Noah

Before vaping came along, I was a smoker of pretty much everything harmful including cigars, cigarettes, and mainly anything that satisfied my stress. I started vaping in 2013 and has benefited me greatly and it took me away from what I used to smoke. Now I use mods, and vape pens at a nic level of 6 mg. I do not smoke anymore, I only vape. I switched immediately from harmful smoking over to vaping. I have no negative changes from vaping to impact my life. But, positively, I was affected a great deal.

4/21/2015 2:27:03 PM - Levi

I began smoking at the age of 13. I was pretty much a pack a day user from the age of 15 until I quit. I am currently 33 years old and due only to vaping I am glad to say I have been smoke free 5 months. I had grown tired of constantly hacking, coughing, and shortness of breath. I had tried to quit cold turkey multiple times, but just couldn't power through. After talking to a few friends that had successfully quit smoking through vaping I decided to give it an honest try. I could feel an almost instant improvement in the way I felt within 5 days of switching to vaping. Already I no longer cough in the mornings and can actually do physical things and don't run out of wind. I started out at 18MG per ML. level and have already lowered myself to a 3 MG level.

4/20/2015 12:10:15 AM - Dawn Olsen

I started smoking at 13 years old. I've been smoking for 25 years before I was able to put them down for good. Before that I had tried the patch but I ended up ripping it off within 24 hours. Chanticleer gave me nightmares and I stopped taking them before I was able to stop smoking even for one day. Gum tastes gross, Wellbutrin didn't help AT ALL. I was terrified to try and quit cuz I knew I wouldn't be able to. Then someone told me about vaping and showed me their setup and also told me that other people I knew stopped smoking within a week of vaping! I was so excited that I made my boyfriend take me there right away. We both bought our first vape pen and within 4 days we put down smokes and haven't lit one since! That was August 18, 2014. 8 months ago. I feel so great. Before I couldn't climb stairs without getting out of breath Now I walk ALOT. I never realized how smoking messed with your taste. I can taste things again and they taste good! I don't stink! God I never realized how bad I stunk until I smelt smokers! The highest mg of nicotine I vapes was 12 now I vape 3mg and I'm almost off of nicotine all together! Some of the nicest people I've met are vapers and they have become my little "awesome" family. Must 9 months ago I thought I'd never be able to quit and now I've been cigarette free for 8 months! Wow! #vapingsavedmylife

4/20/2015 12:10:04 AM - Matthew Anderson

I was introduced to smoking when I was born. My mother and father both smoked, and to this day continue. My friends in school also had parents to smoke and for some reason we were drawn together. Maybe through commonalities? I started smoking when I was 14 and continued to smoke until I was 21. I was able to stop smoking through the help of smokeless tobacco, Grizzly. After chewing tobacco for only a few months I began to smoke again. Depressed because I couldn't stop, I reached out to a friend; he was vaping. Just like I love, the vaping community was friendly and helpful. He GAVE me my first set up! I was scared to stop but wanted so badly to quit. The smell, the wheezing, the money, and the health risks, I had to stop. So, at 22, I decided to stop. My vaping grew from me using a cheap evod mini and a simple evod tank to RDAs and Mech Mods. From there it grew even more! I decided that with all of the negative stigmatisms around vaping and e-juice I was going to make my own. I wanted to give people good, affordable, e-juice with ingredients that supported what vaping is all about. Helping people stop smoking is my number one priority and I support everything in the vaping community Vaping is the only thing that really has worked to stop smoking cigs. I have tried Chantix, hypnosis, patches, gum, and smokeless tobacco. I was only able to make it a short period of time until smoking eventually came back. Since I've stopped smoking my life has changed. My BP has gone down and I've lost weight. I can breathe and doctors can't even tell I was a smoker/use nicotine. Since I started to vape, my family has followed in my footsteps. Though they still smoke cigs, they are making the slow transition to vaping. My father smokes occasionally, preferring to vape. My mother is vaping but still smokes. The rest of my family has stopped smoking as well and are becoming vapers. It is wonderful to see how much vaping has been able to draw my family together in trying to live a healthier life style.

4/20/2015 12:09:56 AM - Dave Hooper

Smoking killed my father and that didn't teach me a lesson. The cost of cigarettes continued to rise with ever increasing taxes justified by increasing costs to the healthcare system... and I smoked anyway... for 20 years. I tried to quit several times but was unsuccessful as many are. I finally gave up quitting and said that I enjoyed smoking and had no plans to quit in the future. Quite by accident I found electronic cigarettes... and quitting was as easy as flipping a switch. My last cigarette was over 4 years ago! Not a puff since.

Can you imagine my surprise when my government didn't celebrate with me. They wanted to continue to treat me as if I was still a smoker! They wanted so badly for me to quit and they reminded me about it all the time. When I did finally find a way to quit... I guess it wasn't the right way.

It took the government decades to finally put smokers outside where they belong and they did that by proving that cigarettes kill. Now with e-cigs it seems to only take a few years AND NO PROOF AT ALL to put them in the same category of health hazards. Outside! You can't smoke that in here!

A local city council member told me personally that his reason for voting to ban indoor vaping was because he couldn't be sure of the safety of 'e-juice'. He doesn't know what's in it and how it could harm others. I told him that was very likely not his reason because if it were he would also be for banning the co-workers perfume that sent my wife home early with an allergic reaction. The council member had no interest in that idea of course. I can only assume that's because airborne chemicals from perfumes don't look like smoke.

Vaping is a wonderful and flavorful way to quit smoking and to control, to a great degree, the level of nicotine you're receiving. Within the first year of vaping I had moved from the highest to the lowest level of nicotine and have remained there for the additional 3 years.

If states and the federal government punish me, fellow vapers, and this life saving industry then I can only assume the worst. I have to conclude that getting the public to quit smoking is NOT their first priority. Evidence of their real motives lie in their desire to tax electronic cigarette juice at levels equal to cigarettes. Tax revenue is more addictive than nicotine I guess.

4/20/2015 12:09:47 AM - BakerB

Enjoyed smoking for 25 years, but it became far too expensive to smoke in Australia with the government squeezing out excessive tax from smokers.

I'd never tried to give up, but when I got my first vape kit back in October 2011 I found i was exclusively vaping within a day.

As time went on I explored more and more flavours and hardware to suit my developing needs. Now I use an Eleaf 30w and a Subtank mini which I love and sometimes still use a dripper.

I won't go back to smoking now because I have something better and I'm pretty sick of all the false propaganda out there which has the net effect of discouraging smokers to potentially have my experience and drastically improve their health.

My 4 year anniversary is coming up this year. I do feel proud of myself, but not that proud as it was pretty damn easy to switch and perhaps many other smokers can experience the same thing.

4/20/2015 12:09:37 AM - Jeremiah Griffith

So I'm just going to use my comment to the FDA and hope you approve since it is my testimonial.

I am commenting on Electronic Cigarettes and the Public Health; Second Public Workshop; Docket No. FDA-2014-N-1936-0003.

My name is Jeremiah Griffith, I have been using e-cigarettes products for 1 year. Prior to using e-cigarettes i was a smoker for 12 years. My smoking habits ranged from 1 pack a day to 2 packs a day socially. Smoking nearly destroyed my health from sinus infections to chronic bronchitis and has left its mark as scar tissue within my left lung. Despite the health issues i could not quit till i switched to e-cigarettes. My first experience with e-cigarettes was a vapor cigalike (Blu) 2 years prior to quitting, they didnt work, the taste was horrible and did not produce enough vapor or nicotine to suit my (apparent) needs. One year ago I tried a modern e-cigarette from a local "vape shop" and with this device a was able to put tobacco cigarettes down completely. I also started at 18mg per Ml or 1.8% of nicotine, with the advancement of technology within the short span of this last year I am down to 3mg per Ml. My health has greatly improved, I have not had a sinus infection, bronchitis or other asthma like symptoms caused from tobacco cigarettes. I do believe the optional flavors have been the largest contributor to my success from my personal favorites Pineapple cream, strawberry cheesecake and french vanilla chai. Without the variety of options available on the market today I do believe my fight to quit tobacco cigarettes would have failed. There are thousands of stories like mine.

Thank you for your time.

4/20/2015 12:09:21 AM - Derek skala

I smoked since age fifteen,was unable to quit using any of the "traditional " methods. When I started using an e cig, I was able to stop smoking within a week. Haven't smoked in almost five years. Having flavors and open systems are the key to my quitting. It is hypocritical to make e cigs illegal, and the claims that we don't know what is in them is untrue. Numerous studies have been done and all the ingredients are rated "GRAS".

4/20/2015 12:09:09 AM - Kevin

Im 35 i started smoking when i was 15 smoked for about 20 years 2 packs a day. I stoped 4 months ago i feel better breath better i use a box mod with a sub ohm tank. I started with 24mg nicotine im now vaping 6mg nicotine. Some days i only use my vape 10 times thats about the same as one maybe two cigarettes. Some days i only use it when i get up. Before this i tried patches, gum and a few prescription products i continued to smoke i got my mod and put down my cigarettes that day actually threw them out the next day. Havent looked back cant stand the smell let alone the taste anymore!

4/20/2015 12:08:58 AM - Daniel A

Vaping saved my life. I used to smoke almost 2 packs a day and now I havent touched a cigarette in 6 months. I used to walk up 1 flight of stairs and be gassed now I can go up 8 or 9 before I start to get gassed. Vaping is a healthier way to get of the cigarettes and it is the BEST WAY!

4/20/2015 12:08:44 AM - Ian

Hello my name is Ian Mcalpin, I'm 28 years old I started cigarettes back in 2007 when i was deployed to Iraq and I smoked at least a good pack a day. i just recently quit cigarettes 2 weeks ago. I know that vaping played a hug part of me quitting cigarettes. I am currently a disabled vet that is dealing with PTSD, depression,memory problems, sleep apnea, back problem etc. I just recently told my doctors that i stopped smoking cigarettes and they told me that this a really good start to helping all of the things i am going through. It is really difficult to give up cigarettes for the fact of these things but it is the best thing for me and my health. I know i need to switch to a healthier life style.

The other part that helped me quit was that passing of my father Steve Mcalpin. My father was only 52 years old and he passed due to a heart surgery. He had to have a triple bypass and a hole fill. I'm not really going to go in depth with that story because it is still very difficult to except the fact that he is gone. My father smoked for a good 20 years + and smoked around 2 to 2 and half packs a day. He quite cigarettes 3 years before he passed. Before he passed he would always try to push me to switch to vaping. He did everything to get me to vap. He bought me devices, tanks, drippers, and jucies but i never switch, It toke me a year after his passing to officially switch over. I told myself that i was going to switch on the day he passed. I honestly believe if he had quite smoking cigarettes a lot sooner he could still be here with us fighting this good fight because he was the type of person that would fight for something that he believes he has the right to do. So i encourage everyone to fight for what they believe is right just like i know my father would do and as I am doing right now.

4/20/2015 12:08:33 AM - xX JDM POWER Xx

I started using e cigs in October 2014 as part of the stoptober month that happens in the UK and I have not touched a real cig since. I started on a normal ego setup but then move to the device I have today and it does it job extremely well. I had been smoking for about 7 years and after using e cigs I will never ever go back to cigarettes. The device I use is a smok xpro m65 box mod with a kangertech subtank nano which use 0.6mg of nicotine in the liquids I use. The Las time I tryed to stop smoking which was 2013 I just stopped all together and that didn\'t go well. Since using my device I feel better, I don\'t cough as much still get the occasional cough now and then but I think that is just me I could be wrong.

4/20/2015 12:08:18 AM - Joshua Miles

I smoked cigarette's for about 12 years. Started when I was around 13-14 years old to be "cool" then it slowly turned into a habit. I smoked around a pack a day sometimes more. But I eventually got to the point when I was 25 that I couldn't hardly breathe, I was wheezing non stop all day everyday. I couldn't sleep well becti would wake up through the night coughing and hacking up brown and black shit from my lungs and I just got sick of it. I knew if I didn't do something I was going to die from smoking cigarette's. So I went to my local vapor shop that had just opened up and bought a V2 starter kit and it saved my life. I have now been vaping for 6 years. I now use more advanced vaping equipment haha. But after about 2 months or so of vaping my lungs started to heal, I coughed up all that nasty tar and gunk in my lungs and I could breathe again. After about 6 months or so of nothing but vaping I actually felt great, full of energy, I could finally get a full comfortable nights sleep. I am now 31 years old and I haven't touched a cigarette since I picked up that v2 starter kit and I owe my life to it and vaping in general. I will live alot longer now because of vaping and when I do die someday I know it won't be because of cigarettes and Im so thankful for that. I would like to give all the thanks in the world to the person who created vaping and give thanks to the vaping industry. It is a wonderful community and vaping saves lives everyday and I was lucky enough to be one of those lives.

4/20/2015 12:08:09 AM - RachelVapes

I remember the first time I smoked a cigarette like it was yesterday. I was thirteen years old, and had no business smoking. I don't remember why I did, but I did. There was no reason in particular it was just because I wanted to. I turn 30 in less than a year, and I have been smoke-free for 6 months. I spent 18 years of my life smoking, and tried everything to quit. Sure some products worked for a short amount of time(3 days to a week). I tried nicotine gum, nicotine patches, chantix (which actually caused suicidal thoughts, and hallucinations) and e-cigs(cig look alikes) but none of these things worked. 6 months ago a friend took me to a vape store, and I bought my first vape. I thought the first e-liquid I would buy would be a tobacco flavor, but found myself enjoying the variety of flavors that were not. I smoked cigarettes for the first three days of vaping, and then I threw away my pack. I started on a 24mg of nicotine. Three weeks later I went to a 18mg, and over the last 6 months I am now vaping a 3mg. The changes in my life since I started vaping have been amazing. Besides the fact that my clothes no longer smell like an ashtray! I feel amazing! I can go on hikes that I wasn't able to before because of being out of breath. My skin looks amazing! And I truly do owe that all to vape working as an alternative to cigarettes! I haven't had a cigarette in 6 months, and thanks to vaping I won't ever pick up another one!

4/20/2015 12:07:47 AM - islandboivape "

I am 2 years smoke free since I started vaping in the mid year of 2013. I was a 16 year smoker from when I was 18 - 33 years of age. My Cigarettes of choice were Marlboro and Camel. I started looking for a way to quit smoking in from 2008, found the original " smoke anywhere" cig alikes. I was thinking, finally a real way to quit smoking, with out using any pharmaceutical, or over.the counter gum, or patches etc..... I bought The kit and really started trying It out, I did notice that it was starting to take my.craving away. The only thing about it was that the batteries didn't last very long. It turned out more of a hassle than help me quit. I only used it for about 3 weeks

I went on smoking still looking for other ways that were, cig alikes and tried them. I was getting fed up and thought I would never find a way to quit. I tried everything that I could I tried Njoy disposables, blu, and other various cigalikes.

Finally in the beginning of summer in 2013. I went to a local convenient store, I saw an ecig that looked different than a cig alike, it was an ego battery with a CE4 tank. So I pulled up my boot straps and decided to try again. I saw the bottles that had actual fruit flavors and decided to try one one out. Low and behold I finally found my way to quit smoking.

I fell in love with the flavor and not smelling like an ash tray. The pleasant taste of fruit flavors, and not paying for Methods that are over priced.

Slowly I started upgrading from a standard Clearomizer to bigger batteries with variable voltage and bigger tanks, then graduated to box mods that had even more power options and RDA's and now I'm still using mech mods and RDA's. I haven't touched a single cigarette since and I'm happy for that. I can now run around with my 8 year old daughter, I can breath, taste and smell better. I don't wake up coughing and feeling like I have an elephant sitting on my chest. I have more energy now.

I am thankful for the awesome invention of having a way to quit smoking. Vaping has become a way of my lifestyle. I am thankful for the wonderful flavors. I love being able to not hurt myself or anyone else anymore with vapor.

4/20/2015 12:07:36 AM - bryans world

i was a 2 pack aday smoker,and could barely breath

i have asma because of it.my wife tried getting me

the patches and also the gum and i would always go

back to my cigarettes.one of my wifes co-workers had

just started selling the joyetech ego batteries,and one day

he showed them to me.i finally got one just so he would leave me

alone about it and one day i didnt have smokes so i loaded up the ego

battery and cartomizer with some ejuice he had gave me for

purchasing the ego kit. and from that day on now 4 years later

i am smoke free and i can actually breath now plus i dont

wake up hacking my lungs out.and dr said my lungs look better.it

changed the way i live and am not a prisoner anymore.i am

so pationate about ecigs i started my own review channel now

called bryans world.all i want to do is help people to find their

way off of cigarettes.i can honestly say vaping has saved my life

i can now do the things i couldnt do with my son and for this i am

greatful and want other people who feel trapped to see my videos

and know that they to have freedom waiting for them,thank you

4/20/2015 12:07:21 AM - david foster

I watched my dad die from lung cancer. That's something i will never be able to get out of my head. For years I watched him go down hill. He stayed sick 3 weeks out of the month from chemo. I refuse to let my children watch me die from lung cancer. I've smoked for 24 years and finally tried the e-cigarette. That didn't even come close to helping so i bought a mod and a tank . started with 24 mg and I've worked my way down to 3 mg. This has been in the last month. I haven't smoked sense,I haven't even wanted a cigarette sense. Over the past month I've been getting my energy back my smell and taste have improved. I can actually get outside with my kids and play and not be out of breath. so for me i say I've made a drastic improvement and get better everyday. for someone to say that vaping doesn't help means that don't have a clue. I'm sorry the government has to choose to try and rid people of getting better. This is my story and hope it helps

4/20/2015 12:06:40 AM - William Basham

I smoked cigs for twenty years started vaping a little over 2 months ago ... Started at 18 mg nicotine and am already down to 0-3 mg I feel better already and can taste 10 times better and have a fun new hobby ...oh and just want to apologize to big tobacco that you couldn't afford to put gas in your yacht this month excuse the fuck out of me

4/20/2015 12:06:29 AM - EcoTrav

I started smoking cigarettes in August 1989, and smoked about a pack a day since 1994. I had quit several times (cold turkey once, I've used Wellbutrin, nicotine patches, and nicotine gum) but never went more than 1 to 3 months without a cigarette. I tried "cigalike" e-cigs when they were first broadly marketed , but they tasted awful and I would get juice in my mouth so I went back to cigarettes again.

In May of 2014 I went to my first Vapor store, a brick & mortar store in a strip mall. I was able to tell the staff my goals and they became my partners in breaking my addiction. They were not only invested in my success, they were *interested* in my success. They got me started with a "pen" style kit. More importantly I was able to *sample* some locally made E-juice, which made my success that much more likely! I purchased my first bottle of ejuice at 18 mg, upgraded to a variable voltage/clearomizer set up shortly after, and stepped down my nicotine every month. I have been nicotine free since September of 2014! In the last 8 months I have vaped when I felt like it but never felt like I *needed* to smoke ever again. I could not have quit smoking without my local vapor store.

4/20/2015 12:06:19 AM - Seth

I started vaping about a year ago now. I was 23 then. I started smoking when I was 19 and before vaping I used to smoke a pack to a pack and a half of american spirits everyday. So a about a year ago I went to my local vape shop called 3d vapor. When I walked in I saw that the person behind the desk was someone I had know since 1st grade. He said " Ahhh shit whats up seth? How can I help you?" I said " Tell me everything, I want what delivers the best flavor and vapor production for a decent price." So he set me up with a mechanical mod and a dripper. A nemesis clone and a little igo w to be precise. He taught me everything from the levels of nicotine in juice to how to wrap my own coils and check their ohms. He was very imformative and encouraged me to stop smoking through the next couple hours. So since that day I started vaping 6mg juice, out of a 30ml bottle which would last me about a week or week and a half. 17 bucks a week not to shaby. Also over time my lungs started to feel so much better I just felt better all around. I even started excercising more and eating better which led me to get in great shape that summer. So at the end of the day I have to admit I do smoke about one square a day. Usually with my coffee in the morning. But 1 compared to 20 or 30 is a big step and improvement for me. All in all vaping has been a great thing for me and alot of my friends, schoolmates, and coworkers. It gets better and better everyday. New and improved devices and flavors all the time. Vaping needs to keep thriving like it is and peeps need to take 10 mins of their day that they would have spent watching Rip Trippers to write their story!

4/20/2015 12:06:10 AM - Julie Leonard

I am a vaper, I am here to tell my story why i got off cigarettes

I have been on and off smoker since i was 10 years old.

I

Iam going on 50 this year.

I have had problems with respiratory from smoking and circulation problems

since i have been vaping the leg problems and breathing issues has gone away.

i went from smoking a pack aday to 0 in one day with vaping.

the cigarettes i smoked were ultra lights and i went from vaping 6mg down to 3mg and soon 0mg I no longer smoke cigarettes.it has been 4 months and no longer can stand to be around a cigarette or smell one.my home smells better as well.

my favorite flavors to vape are fruit,and desserts.To vape with i use a istick 20 with a mini nautilus tank.

since quitting smoking my taste for food has come back and smell has returned.

now i can workout without being out of breath in fact i can ride my eliptical for 5 miles!

I have also helped my family members quit smoking with vaping as well.my hair skin and clothes smell so much better and people enjoy being around a non smoker!

Thank You that is my story.

4/20/2015 12:05:56 AM - Tyler Grant

I smoked for 3 years, and I used to smoke at least half a pack of cigarettes a day, and at least once a week I would get light headed after smoking a cigarette and I would pass out. I remained unconscious on average for 1-15 minutes before waking up, confused and still light headed. In July of 2014 I was sitting in my living room of the house I rented by myself and I had just put out my cigarette and began to feel light headed, I sat on my couch then blacked out. I came to in the middle of having a seizure, and after convulsing for what felt like an eternity it stopped and I collapsed on the floor. I checked the time and had been unconscious for 30 minutes. I have never been so scared before, and I quit cigarettes that night and bought a basic open system starter kit and was able to quit smoking cigarettes cold turkey and have had no issues with being light headed or losing consciousness since I began vaping. I began at 12mg nicotine strength and within the last month I've made the switch comfortably to 0mg nicotine and I couldn't be happier that I'm smoke free.

4/17/2015 3:42:43 PM - Rachelle Williams (PitBulMom)

I have smoked for 40+ years. I tried to quit, using various methods for decades! Until January 1, 2014, I was never successful!

On Jan1, my husband and I (he smoked for 48 years) we started Vaping and have never looked back! We have both gone from 24 to 18, to 12 and are now down to 6 and 3 mg! (We are working for 0 nic!)

I am confident, that if we could no longer Vape that neither of us would go back to cigarettes!

I have various health problems that have greatly improved since I started Vaping! I am Type2 Diabetic, and my Blood Glucose stays in the good range, I no longer suffer from breathing problems that had me going for Sleep Apnea Studies, I have lost weight, my Blood Pressuer is back almost to normal!

I can say in all honesty I AM a former smoker! I love Vaping! It is my new hobby! We use Variable Voltage/Variable Wattage devices such as Vamo v7's Sigelei Zmax v5, and Kanger ProTanks, and Kanger SubTanks!

4/17/2015 12:16:32 PM - Denis

I was a tobacco smoker for 50+ years, as a result I developed heart condition, loss my teeth and developed COPD, Thank God I discovered E-Cigs, it saved my life, I\'ve tried many other ways of quitting, gums, patches etc., nothing seemed to work, if it weren\'t for e-cigs there\'s no telling where I\'d be today, I quite 2 years ago, am currently using a regulated mod with a clearomizer tank, my nicotene strenth is dowm to 6mg, down from 18mg when I started, I can now state that my breathing is much better, not to mention that I seem to regain my taste in foods, I can\'t understand why the FDA, States or even politicians are so against e-cigs when it\'s been proven it\'s the best and effective means of quitting, I think the numbers have proven to be so. Please, don\'t take away the only thing that keeps me and all us vapors away form tobacco.

4/17/2015 12:16:21 PM - Terry Owen

I quit smoking after 50 years, most of it as a chainsmoker, 3 packs a day. I was couughing and wheezing to the point of being unable to sleep at night. I have been smoke free for a year now, no more coughing and wheezing and I no longer smell like an ash tray. Please do not ruin this for us. These devices get people away from real cigarettes. Maybe someone who smokes you care abot coul stop because of these devices and you will be able to have them in your lives a lot longer. Think about it. I am now down to no nicotine at all. I trie chantix nicotine gum and patches and welbutrin. None of these alternatives worked.I joined a gym lost weight and got in the best shape I have been infor many years. My dr. is amazed at the change in me.Please donot take this away from us.

4/17/2015 12:16:01 PM - D. Hudson

I'm down onto 3 milligrams now. Started at 24.

Will be vaping 0 after that.

May take up cinnamon toothpicks later on in the game, not sure. Also making other positive changes as I go...

I'm 41, 42 soon. Started with cigarettes at age 12 ... Pack a day by age 16. Two packs a day at 19. Tried the nicorette gum. Didn't work, was back on cigarettes in no time.

Shouldn't matter what dosage I'm vaping at right now... Though I'm doing excellent!

What should really matter to strangers is that I will cost the overburdened healthcare system a lot less in the long run!

4/17/2015 12:15:45 PM - Erik Tangeros

First off, I just went to go look up my original post, and nothing comes up. I originaaly posted like a year ago. Anyway, I smoked tobacco cigarettes for about 16 years. a couple years ago, I had been wanting to quit smoking, and I heard of electronic cigarettes, and I wanted to try them. So I went into a walgreens one night and bought a disposable Blue ecig. And actually it wasn't that bad! I kept on buying them, and I prob went through about ten of them. I tried one or two other crappy ecigs, and then I bought a Blue starter kit which was complete crap for some reason. Tasted nothing like the disposable. @ this point, I had started going online and looking @ different things. Different websites and I started watching youtube videos. I ended up buying another cig a like starter kit. This one however was of high quality. I was still smoking tobacco cigarettes @ the same time. But the more I vaped, the less I smoked. And the more I vaped, the worse cigarettes started to smell and taste. Even as I was smoking like if I was walking down the street and someone was walking in front of me smoking, I had to get out of the way. And I went from about a pack a day, to half a pack, to five cigarettes, to a few a day to one or two a day and then finally my last cigarette, I smoked half of it and couldnt finish it and flicked it. I couldnt stand the smell or taste of cigarettes @ that point. So it took me probably about 2 to 3 months to quit smoking. I continued to go online and do research and watch youtube videos. So for me, like many other vapers, vaping quickly became a hobby. Vaping has changed my life and become a huge part of my life. Ive met so many awesome people and gained many friendships online or otherwise, that I never would have had it not been for vaping. Ive been tobacco cigarette free and vaping for over 2 years now!! Also what I didnt mention is that when I quit smoking, my sense of smell and taste has significantly intensified, i dont cough up mucus all the time like I used to, and I just overall feel better!!! I can actually smell fresh air now, which I really wasnt able to do before. And about the hobby part, its a huuuuuuge hobby. Lol!! I even have my own youtube channel now! I started it about 6 months ago! Vaping works! Fight the fda and vape on guys!!

4/17/2015 12:15:24 PM - Matthew Black

Vaping has saved my life plain and simple. I think the major point to make is that you are not combusting anything. Once you understand the science behind vaping, you will open your mind to it. There are a bunch of studies that prove vaping is safer than smoking by far but they aren't getting as much notice from the public because the don't have click bait titles.

4/17/2015 12:14:46 PM - paolo

Hi peaople!

i' M Paolo from Italy

I return to ecig after 3 year

I smoke cigarette 15 year

My story to the world to ecig(vaping) born in 2010 and for 6 moth

I lost the time becouse i using ALL 2 Method cigarette and ecig

This not Good and cause me the return to traditional smoke.

after 3 year finaly i decide comming back to the elettronic cigarette and this time thanks at new hardware and a liquid much Good than last year i find finaly the Good reason for tell finaly game over at the smoke cigarette for alwais! The trick is no use the cigarette with elettronic cigarette only don't smoking you can win

This shit ossession! Only changing

your trinck you can exit to the smoke and you can are Free after some week ! Today there are very much hardware and Good flavourar than 2010 and i can confirm we helping too much for find a pace inside your body and heat!

Im very happy smoke!

Health benefits at first!

Remember that nicotine is it poisonous

But not as the burning of smoking traditional

leading cancer and tumors!

So at last i hope this is future of the new era ! Only problem there is in my country is the bad politica l is doing abaut the eliquid taxed 0,34 eur for ml only here the government is Thief! So happy vaping ALL the world!!!

4/17/2015 12:14:36 PM - Nicholas Fralinger

I started smoking cigarettes at age fourteen and by the time I was eighteen I was smoking two packs a day of Marlboro reds. I felt awful a majority of the time and would get winded by just going up a short flight of stairs. Then one night shortly after my nineteenth birthday I decided to go to the grand opening of a local vape shop and check out what this whole "vaping" thing was that everyone was talking about. I tried literally every flavor of e-liquid they had on their menu and was so in love with all of the delicious flavors that I not only bought a nice starter setup that night but threw away half a pack of cigarettes as soon as I got home. I have been smoke free for over a year now and not only do I feel healthier but I have even lost some weight and can taste and smell in full color again! Naturally because I'm a competitive guy about two weeks after I bought my initial setup I learned how to rebuild my own coils and I am now what could be considered a vaping enthusiast with my many different mechanical mods and rebuildable atomizers. The gist of it all is that e-cigarettes have saved my health and given me a low risk alternative to traditional tobacco cigarettes which are quite frankly disgusting and absolutely one-hundred percent deadly and damaging to the public's well being.

4/17/2015 12:10:35 PM - Blackvelvet

I started smoking when I was 9. I was a pretty dedicated smoker too. In December 2010 my mother passed from copd and lung issues. I promised her I would quit..one thing after another happened and I would smoke more and more. In December 2013 I ended up in the hospital with broken ribs and not being able to breath from coughing so much. I ended up in the hospital being put on a ventilator, paralyzed, and put in a coma. I was in the coma for 3-4 weeks they said my body was under so much stress that it would not take the treatment to help me. At that time they thought it was pneumonia. I went to rehab and learned how to walk again and got back on my feet. Started smoking again (dumb move) went back to work. By September 2015 I was back in the hospital with what they thought was pneumonia. I was in a week and went back to work and smoking. By October of 2015 I was back in the hospital, they were ready to put me back on the vent. Instead they found that the antibiotics weren't helping me, but the steroids were. They ended up doing a lung biopsy and found I have interstitial lung disease. I have tried the blu and the mark ten but my biggest life saver was my son he took me to the vape store here in town and set me up with my first vape pen. I havent picked up a cig since and my oxygen is way better and my lungs are clear. My doctors are so excited at how well I am doing and the improvement in my lungs. I have to say the vape is awesome and I can breath. The vape was the best thing invented.

4/17/2015 12:09:56 PM - Stuart Jason VanNostrand

I smoked cigarettes for over half my life. I never saw a true answer or viable way to quitting. I tried numerous times to quit cold turkey and gum or patches didn't even come close to helping. Vamping has changed my life and the people lives close to me. I feel all the laws are being petitioned to stop one of the things I feel has added to my life expectancy and general well being so "Big Tobacco" can continue to make a dollar while pretty much destroying the best option most smokers have to get away from cigarettes. These products should be praised! Not demonized and I can't BELIEVE my government would actually try to take this away from me and the public so these large companies that have contributed in the deaths of so many Americans can make more money. I am disappointed in our country and our Government which is supposed to look out for its citizens.

4/17/2015 12:09:44 PM - seanbarngm

I was a smoker for nearly 15 years, starting in high school. I have also been touched by smoking related illness, with my father passing away from smoking related cancer, and my mother struggling with COPD and pre-emphysema. I found electronic cigarettes over 3 years ago, and though I struggled initially with the transition, have been tobacco-free for over 2 years. In that time, I left my career to join the industry, and am currently the General Manager for a successful retailer in Massachusetts. I have seen the efficacy of this product, not only personally, but professionally. My overall lung function has improved dramatically, my sense of smell and taste have also, and I talk with consumers on a daily basis, as well as their friends and family, that are beyond grateful at the amount of choices available to them. I've seen customers that struggled for decades with cessation, failing multiple times with other methods, able to quit for good seemingly overnight. I myself struggled with self-help books, gum and patches, to no avail, until I started vaping. I fully believe that had my parents been offered the same choices, that my father may very well still be here to see his grandchildren, and my mother would be enjoying a better quality of life.

4/17/2015 12:09:34 PM - Pharlophus

My story is one that needs to be heard by every legislator or regulator considering the regulation or taxation of E-cigs or personal vaporizers. I had smoked full strength tobacco cigarettes at the rate of 2 packs a day for over 42 years. I often said quitting is easy I have done it a hundred times. I had used every known method over the decades patches gum Chantix even behavior modification techniques. Through every attempt whether long lasting or just a day there was one common trait, the incredible unrelenting desire to light up a smoke. My pulmonary health has degraded in the pattern expected of a heavy smoker COPD bronchitis reduced diffusion. Several times a day I needed Albuturol NPA treatments and carried a rescue inhaler where ever I went. My respiratory health had degraded so much that simply carrying groceries from the car into the house would leave me in a panic state shortness of breath. The feeling I knew I was dying yet 20 min later I was lighting up again. A few years ago congestion had gotten so bad I broke ribs by coughing and was hospitalized. My first act out of the hospital was to light a smoke.

I had tried the minimart cigalikes a few years back but bad flavor and poor vapor had me lighting up right after petting it down. Smoking had me in its grip a combination a habit or routine referred to as hand to mouth, the satisfaction of a enjoyable flavor though an acquired taste a pleasurable one none the less, and of course the dose of nicotine. This grip was killing me and still I could not quit.

I then purchased a regulated box mod with a couple of tank atomizers and some different flavors on a Saturday afternoon. After learning the basics of using it that day on Sunday I simply stopped smoking. Note I say stopped not quit. There was no fore thought or plan I just had no desire to light up. The routine or hand to mouth is a bit more complex and can be started and stopped as desired unlike the feeling obligated to finish a cigarette. The satisfaction of a flavor is far more enjoyable with a variety of flavors and with multiple tank being able to switch up whenever I want. The nicotine dose can be precisely regulated and reduced ever so slightly over time. Vaping hits all the addiction points of smoking and does it better in a more controlled way. In the months since I have had no desire to light up and still have the now stale pack of smokes that I had that Sunday morning.

In a few day the reduction of CO levels in my blood made for a huge improvement in my breathing. I may never recover from the years of damage done by tobacco but the extra O2 capacity alone makes everyday life so much easier. I the time since my lung continue to clear and breathing better.

I use to worry every day if this was the time I would push my shortness of breath so far the my heart gave out and it finally killed me. I no longer worry about that, yet every day I worry that some reactionary regulation will take away or reduce the effectiveness

of the vaping that saved my life and keeps me of analog smokes. With that I fear I will return to the crutch of tobacco and my death sentence will be reinstated.

4/16/2015 4:06:22 AM - Tropical Vapor

I've been smoking since i was 13 year old. My father, mother, uncles, aunts all smoked cigarettes and I was exposed to cigarette smoke since Ive been born. I tried patches in the past but was exposed and tried a vaporizer on July 14, 2013 and never smoked again. After almost two years I still haven't had a cigarette. I started with 2.4 mg of nicotine and now Im down to 0%. can run, dance and jog like Im 20 years younger. I don't get out of breath and I have more energy then I've had in years. My son and wife are proud that I do not smoke. I don't smell and there is no second hand smoke being imitated. I even vape around me family and there is no smell or oder. Most of my smoker friends are quitting too using this same method and there stories are very similar to mine. My mom died of Pulmonary fibrosis in 2013 and a couple weeks before she passed said she wished they had e-cigs in the 80s & 90s and maybe she would have lived longer.

4/16/2015 4:06:11 AM - Tim Cleveland

I started vaping a little over a year ago. I was a smoker for 10 years, and had previously tried quitting cold turkey, using Chantix and even cig-a-likes, nothing worked. Then, on a whim I tried an EGO style vaping device and quit traditional cigarettes within one week. I have not had a cigarette in over a year and I vape daily. I now build my owl coils and run higher power mods, but I also have been cutting down on my nicotine levels dramatically. Vaping has improved my health, my sense of taste, my sense of smell, and, it's a super fun hobby. I encourage everyone who smokes to try vaping, or to try it again, and see if it makes a difference in their likes as it has mine.

4/16/2015 4:06:00 AM - Jeannie Inman

HELLO WORLD!

To say I want and CAN yell that at the top of my lungs makes me happier than anyone can imagine. I struggled to quit smoking after being a heavy smoker for a little over 20 years. I tried it ALL. Anytime I would hear of a new medication or gum I would try it. I went to my doctor for both Wellbutrin and Chantix. Neither of these worked for me personally. I had all the side effects while still smoking and it became pointless for me personally. A family member was extremely encouraging with helping me to quit and purchased an entire case of Nicorette gum. I still have some of it left to this dayâ€¦that was 7 years ago.

Four and half years ago I moved from Nashville to Seattle. This move was a way for me to start fresh in life. A redesign of self. I decided that moving here would also mean starting out as a nonsmoker. I purchased the Blue Ecig set. I had everything I needed. I quit 3 months before making my move.

Things QUICKLY took a turn after arriving in Seattle. On the third day in my new apartment downtown I read an article that said the City board of Health was going to vote to ban Ecigs in bars and restaurants and make ecig smokers go out to the â€œsmoking sectionâ€. REALLY!? This could not be happening. I was struggling but I did not have a cigarette for 3 months at that point! So I did what I do bestâ€¦I got on the phone and I called the woman that I was told is the big wig in charge at the Seattle City Health Board that would be hearing the debateâ€¦that very same night. I emailed her as she requested I do so. The response I got in return was ABSURD in the most ridiculous ways. Her primary reason for not wanting smokers to be in the bars was because they â€œneeded to protect the childrenâ€. My response both verbally and via email was short and to the point. â€œIf you want to protect your children why canâ€™t you try keeping them out of the barsâ€?

My plea failed as did many others and I was rendered to the â€œsmoking sectionâ€ outside once again. Standing next to the very thing I had struggled to avoid for 3 months.

Of course it happened. Once night standing in the smoking section a friend of mine lit up a real cigarette, carcinogens and all. So I reached out and said â€œcan I have some carcinogens?â€ and that is all she wrote. I was again a full on tobacco smoker. Thanks Governmentâ€¦you knew EXACTLY what to do for me there and you succeeded so completely. (You again began collecting my taxes for my cigarette purchases after all that is really what this is about. It has nothing to do with health).

For the next few years I remained a smoker, began the coughing again along with the heart palpitations and breathlessness after one flight of stairs. I would try to quit cold turkey or to chew some gum but it ALL failed. I failed.

One night leaving a restaurant my now fiance and I noticed this person smoking but was using something we had never seen before. It turned out he was using a Vapor pen. We were both curious and found ourselves the very next day in a Vape Shop. We bought it all. The mega tanks, big fancy vape kits with rechargeable batteries and juice with extra atomizers. We were set. We both still held onto our cigarettes and on Dec 31st 2013 we both went outside for our last cigarette 5 minutes before midnight. We were in this togetherâ€¦we put the cigs out when we were done. Threw away all the ashtrays and empty packs of cigs along with our lighters and the rest is history on our smoking tobacco cigarette days. Neither of us as lit up since. We both use our Vapes and we love it! We are feeling great. No more coughing, heart palpitations and even those stairs donâ€™t get to us like they used to.

To the Government. I would say this to you. You have the opportunity to tell the nation that you mean what you say. To show a bit of honesty at a time that most people do not trust the government.

You spent MILLIONS on messages about the dangers of using Tobacco. You plastered it everywhere. However you did not think ahead. Less smokers also meant less taxes collected. You can either try to force a crazy tax on vaping or you can congratulate us on finding a way to quit smoking. If my health insurance is not allowed to consider me a smoker by using a vape penâ€¦what gives you the right to take taxes as if I were using tobacco? Control your spending. Fix YOUR mistakes and congratulate ME and other Vaping tax payers on our SUCCESS with vaping.

(I wear my "Vaping Changed my Life" Bracelet proudly every day!)

4/16/2015 4:05:47 AM - Brendan Quinn

I used to smoke a pack of tobacco cigarettes a day. Since I've switched to e-cigarettes I've been able to breathe again, not cough up gross stuff all day, not have to worry about harmful second hand smoke around my 5 year old daughter. It's a lifestyle change I'm so glad I made and there is no reason to take it away from us other than greed. The government already takes 45% of my paycheck. They don't need to take any more, nor deserve it, plain and simple.

I smoked for 5 years.

I started vaping and using build able mods a year ago. It's both a hobby and something I enjoy.

I've went from 24mg ejuice all the way down to 3mg.

I do not smoke cigarettes anymore nor ever want to.

4/16/2015 4:05:37 AM - SSG(R) Fernando Algarin

I smoked for over 20+ years. I learned about e-cigs from friends at the VA hospital. I first started with a ego style e-cigarette, and never looked back. Now I'm into mods, drippers and sub ohm tanks. I also make my own e-juice and I love it. For me, this has been a smoke free alternative but also, has become a hobby as well with all the e-juice mixing and coil making and vaping as well. Now I don't wake up coughing in the morning anymore. And I go low on my nicotine percentage, 6% to be exact. If you really want to quit smoking, this is a great alternative. Its all about will people, if I could do it, so can you.

4/15/2015 10:05:18 PM - Mirza

How long did you smoke? 8 years

How long ago did you start using a smoke-free alternative? 7 weeks from 4/15/2015

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Blu Cig disposables for 2 weeks.

Do you still smoke at all (and if so, how much have you cut down)? Haven't had the urge to pick up one cigarette since I began vaping.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Stopped completely the moment I tried vaping, there was no feeling of needing to go back to cigarettes aside from social gatherings people trying to offer me cigarettes.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Aside from the initial negative of the initial investment in the high end gear I wanted to purchase, there has been no other negatives. I feel more energetic, I cough less, I can go up stairs without gasping for air as much as I used to. The health aspect of getting smoke out of your lungs from tobacco combustion is doing wonders.

4/15/2015 10:05:06 PM - Amie

I started smoking when I was 14 years old. I have not had a cigarette in 1 year 3 months and 20 days. I Vape because I enjoy it not because I need it.

I quit smoking because I had someone in my life who had smoked for 50+ years and had copd and emphysema. I watched her daily struggle to breathe, and decided I was not going to go through that.

I'm sorry to say we lost her to copd complications, but am glad to say she can finally breathe again.

4/15/2015 5:01:06 PM - Brandon

After smoking for over 20 years (over 18 of that was strictly menthol) and attempting to quit innumerable times - using virtually every method available including patches, Chantix and "cold turkey" - I was unable to completely quit cigarettes. That is, until my wife bought me my first variable voltage device for Christmas. Within 2 months I was completely off cigarettes and have not touched them since, and that was just over 26 months ago (2 years 2 months). My last cigarette was on February 11, 2013. I initially started vaping on 18 mg/ml (1.8) and am now down to between 3 and 6 mg/ml (depending on the device I am using).

Being an asthmatic (I was diagnosed while still a toddler), lung function has always been a concern, and my doctor told me that if I continued to smoke, I would soon have emphysema and COPD, however that has now completely reversed, and I only take one medication now for my asthma. My lung function has improved dramatically, and within the first 2 months after quitting, I was able to almost completely stop using my rescue inhaler and I also stopped taking one of my medications completely because I no longer needed it.

Anyone who wants to quit smoking should try vaping; it has literally saved my life and allowed me to live a healthier lifestyle as a result.

4/15/2015 4:56:45 PM - Nathanial from Bath, ME

Well I started just like most people. I just straight stopped smoking and started vaping. I started with little ego clones at 24mg. Slowly started pulling back. Down to 18, and got the MVP2 and an aerotank. Started pushing down again from 18, to 12, to six. Then I got myself my first mech, a cheap nemi clone and a patriot RDA clone. They were terrible but I don't think I've ever been more excited. Cut down to three mg and kept upgrading gear. Now I'm rocking a sigelei 100 with a dark horse RDA and am never looking back.

4/15/2015 4:56:36 PM - D.J.

If it wasn't for Ecigs (Vaping) my wife and I would still be smoking cigarettes. Ecigs has in many ways helped to improve the quality of my life. I can breathe better, less lethargic, less troubles with my allergies, and I'm no longer endangering those around me. 8 months smoke free!

4/15/2015 4:56:26 PM - Jason C

I do not agree with the fda one bit i been smoking cigs since i was around 13 i am now 22 all i got from smoking cigs is a hard time breathing asthma attacks and pain in my chest from time to time. I been smoke free for about 2 months now been vaping the derringer with the istick 30w. If the fda wants everyone to use vuse markten blu its going to be a cold day in hell before i start using one of them again vuse and markten tasted like a ashtray couldnt stop smoking till i got a box mod (istick 30w). The time when i stopped smoking i was slowing down my smoking from a cig every 30 to about 2 hours then i started to like the vape more than smoke not only for the taste for health benefits as well.

4/15/2015 4:56:09 PM - Wayne R.

My wife and I both had been smoking "regular" cigarettes for over 30yrs. When we switched to e-cigarettes, (Vaping), I was smoking 2 packs a day, my wife was at 1 to 1 1/2 packs a day. Over the years, we had both tried to quit a minimum of 12 different times using ALL the "Conventional" & "Approved" methods. Patches, Gum, Hypnotism, Quit Line Support, Cold Turkey, Chantix ... NOTHING WORKED!!

We were both at our wits end, we wanted and needed to quit ... but had run out of options. That is UNTIL we discovered Vaping. On December 6th, 2013 we both purchased a Blu â€œcigalikeâ€ e-cigarette in the hopes it would be the answer to our quitting cigarettes for good ... but we soon found out that the â€œcigalikeâ€ e-cigarettes were not effective in totally quitting cigarettes. Not giving up, we then purchased a simple evod vaping starter kit on Monday February 3rd 2014. We put aside our combustible, (regular), cigarettes and have not smoked or used ANY form of tobacco since, and have not felt the need to.

Our health, breathing, blood pressure and energy levels have improved tremendously and backed by our last physicals in March 2015! Because of the immense financial savings of vaping over cigarettes, we have been able to build up our savings and using some of that for a monthly gym pass for our health.

4/15/2015 4:55:56 PM - Kevin Fleming

About a year ago, I moved to a new apartment complex and I smoked cigarettes on the balcony as I had done in the previous location. In a couple of days, the upstairs lady neighbor called down and told me she was allergic to smoke and could I please smoke out front, which I did. But within a week, I bought my first vaping device, a disposable tank and ego battery. I had a friend who had introduced me to the concept of vaping a few months before and so I knew about it. After two or three disposable tanks, I upgraded to tanks where you could change the coil head, which I still use as my backup. Two weeks ago I graduated to a mod (kbox/Kanger tank) and it is amazing. Cigarettes can never please like a good vape! Particularly in my early period, my units would flood out or dysfunction or I would run out of battery charge and would have the random cigarette. Not near as pleasing. Next day I would run to the vape store to get my unit fixed or buy another. From vaping day one, the only time I smoked cigarettes was in these emergency situations. I have no desire to smoke again.

Since I smoked menthol cigarettes (Pall Malls) I started with menthol juice (24) and until last week had never bought other flavors except peppermint. My friend, who is now guiding through my vaping journey, introduced me to all sorts of other flavors and I finally took the plunge, buying berry and grape flavor juices. I still use 24mg juice. The lesser strengths are not strong enough for me. I guess after smoking since 1979 when I was in college I really like my nicotine!

I am so much happier vaping and knowing that I am practicing a safer and more enjoyable alternative to smoking. My taste buds have improved and the convenience of being able to vape from my easy chair instead of having to step outside is great. Gone is the feeling I had of being a pariah every time I lit up outdoors in public. It would be devastating if vaping was taken away from me now. I also have to thank my good friend who has been vaping for years and is an expert in the field on guiding me through this wonderful world we call vaping!

4/15/2015 4:53:54 PM - Sargent Saint

I use to smoke but decided to live a healthier lifestyle by quitting so I needed an alternative. I switched to vaping cause my wife is also allergic to cigarette smoke. We also have a daughter and I do not want my daughter around smoke cause it is unhealthy. Given what I know about cigarette smoke putting out 7000 carbons per square meter when vapping puts out a 10th of that around 7 carbons per square meter. And it is also a cheaper alternative to smoking and a great step down method to completely quit nicotine all together with the different nicotine strength options. This 30 cent tax increase per one milliliter is outrageous and unneeded that means I will have to pay $9 dollars in tax on one bottle of vapping fluid when I already pay $22 + tax as it is which is expensive. With this tax increase it is this punishment for trying to live a healthier lifestyle or is it just the greed of people when there is already a 3 billion dollar abundance of tax money in this state as it is so why is the need for the increase in tax on this product when there is no increase in cost for shipping or making of the product. In short I am not for the increase in taxes for this product. At any increase of the taxes on this product are not needed or wanted by the consumers and would put a lot of businesses that sell this product out of business. Costing more jobs and lay offs

4/15/2015 4:53:44 PM - Cindy Waits

I have smoked since I was a teenager, & have tried to quit smoking since then, I have not been successful after many tries !! The only way I was able to quit was by using an e-cigarette !! I have successfully quit smoking since I've been using an e-cigarette !! Please do NOT take away the only way I've been able to quit smoking by taxing me !! I will not be able to afford the liquid if you tax it, & will most likely return to smoking cigarettes. I feel that if you pass this law I will return to smoking cigarettes & it will be impossible for me to afford to smoke using the e-cigarette !! PLEASE DO NOT PASS THIS LAW !! For my sake & my health's sake, DO NOT PASS THIS LAW !! Take into consideration the many people that have quit smoking using the e-cigarettes, take into consideration their health, their being able to quit successfully as well !! These people have finally been able to find a way to quit smoking & now you are going to take that away from them !! PLEASE DO NOT PASS THIS LAW BY TAXING THEM & PUNISHING THEM just so you can tax them !! I am totally against this law & feel you, our government is just using this as a way to tax something that your citizens have finally found a way to successfully quit smoking !! CONSIDER OUR HEALTH, OUR FINANCIAL ABILITY TO QUIT SMOKING & BEING ABLE TO AFFORD TO QUIT !! DO NOT PASS THIS LAW !!

4/14/2015 10:29:55 PM - Jeff Whitworth

I smoked at least a pack of cigarettes a day for 25 years and had no intention of stopping. When I started vaping 2 years ago I did it as an alternative to smoking in my house and car. Over time, I found I enjoyed it so much more than cigarettes that I began to smoke fewer. Toward the end I smoked anywhere from a pack to Â½ pack per week. Eventually I just stopped purchasing tobacco products. I havenâ€™t bought a pack of cigarettes for in 4 months.

Vaping is a great alternative to smoking. I also use some flavors to replace dessert after a meal. There is such a large variety of flavors available, anyone should be able to find one they like. I have tried e-cig products found in convenience stores, marketed by Big Tobacco companies, but they turn out to be poor attempts to mimic tobacco products. People I have met at local vape stores provide a wide range of flavors, information and a supportive environment. They also helped turn vaping into an enjoyable hobby. I relax building mods and rebuildable atomizers.

Since I have stopped smoking I sleep better and enjoy the taste of food more. I have lowered my nicotine level from 24 to almost zero. I am more health conscious to the point of joining a gym and losing over 40 lbs.

I have read on the internet that the F.D.A. is getting involved in regulating the â€œE-Cigâ€ industry. Once this happens, the only ones with enough money to afford the research and show the health impact of devices are existing Big Tobacco companies. Please donâ€™t let this happen. Support your local vape stores. Donâ€™t let the Government and Big Tobacco take away a great thing.

4/14/2015 10:29:48 PM - J.P.

I started vaping in January 2015 to quit smoking. The flavor of the e-liquid is what sent me on a ride of success. I have not smoked at all while vaping. The joys of flavor a like fruit loops, gushers, and starburst have livened up my life. I feel like I have more energy and can keep going in the moon light. Starting out at 18 nic and now it's may and I am down to 3 nic. Vaping has improved my way of life and is a great alternative to smoking tobacco. Thanks for reading my story and hope others have just as much success as I did.

4/14/2015 10:29:40 PM - Josh

After eight years of smoking, I wanted a way out. However, I still enjoyed the feel of smoking and there wasn't really a way to do that. With my ecig now I can smoke like I desire and over the course of a year and a half, I've brought my nicotine level down to zero. I no longer smell of burnt cigarettes, my health has improved, my family, though skeptical because of multiple bad publicity, is supportive of my push for no nicotine. My friends have also followed my lead, though some still stick with nicotine as that is their reason for smoking. I've even been spending less money on smoking products which has given me more opportunities to do things I'd like to do but couldn't because cigarettes were a necessity for me before.

4/14/2015 10:29:27 PM - Scott

Let me start off by saying it is absolutely AWESOME to be rid of those NASTY KILLING CIGARETTES. I have tried several methods to stop smoking including the gum the patch and medicine and never could seem to quit for more then a few months and i was right back at again. I really believe cigarettes are one of the most worse habits to stop. Well i am here to tell you that i have been cigarette free for 665 days and counting and the only thing i can think for this is vaping. What a life saver i am almost nicotine free as well. The worse part of it all my wife is allergic to cigarette smoke, but i can vape all day in the house and it does not bother her one bit. My life today is so much better, i can taste my food i don't wake up in the morning hacking my lungs out, i do not crave that nic. fix and i can finally take a deep breathe and enjoy life as it is today.

4/14/2015 10:29:19 PM - Eric

I Eric 24 years old have been smoking since the age of sixteen, i now am married and have two children. I have successfully quit smoking toxic harmful foul odored tar ridden cancer sticks solely because of the electronic cigarette for a year now. The benefits that i have felt to my health have been substantial since my switch to vaping and believe that they will continue to improve if vaping is not banned. I no longer have to worry about second hand smoke lingering on me when i hold my one year old son. I no longer wake up with a tight chest and coughing up brown flem from my throat and lungs. We as consumers and individuals need to stand up for what is right. Our health! And the health of our loved ones. I know with vaping i will one day run around with my grandkids and enjoy a healthier smoke free life.

4/14/2015 10:29:10 PM - Nate (fireball0093)

I started smoking when I was 17 back in 2012. I started as a light smoker, took me about 3-4 days to go through a single pack, then after a little while I started to slowly go up to a pack every day to two days. It all started with the brand 777 Ecigs, small little ones after I turned 18. I still smoked while using it at first. Then I slowly got more into the different brands of non tobacco companies and smoking went back to 3 days on average for a pack. 2013 rolls around and I start delving into products such as the aerotank, still smoking though. The end of last year, 2014, when I picked up my first ever mechanical mod and got into building my own coils on my own RDAs, and from then on I just don't smoke anymore. I feel a lot better physically, mainly with my lungs because I can walk up my massive hill on my road when I go for a walk without any problems and not wanting to stop halfway through. I don't smell anymore and my parents don't mind me vaping in the house at all as long as my window's open so it doesn't get hazy since I have a mechanical mod. Where I work as well, a phone order representative, out of roughly 150 people in our one center, I was the only one who used ecigs. Here, going on about 7 months later after spreading the word around, I have gotten one of my good friends I work with to quit, he got his mom to quit, and there are now at least 6 others as well who are using ecigs (ego units with regular clearomizers or Kanger products. My friend went all out and has an ego unit and mech mod for his first units) and don't smoke at all anymore and they all notice how much it has helped them quit and they noticed a big change in their health. One thing I also use from time to time is General Snus because I do NOT trust what the creators of Camel and Marlboro snus have in it, they don't list the ingredients. I only buy US made liquids from trusted liquid makers that all use USP grade ingredients. I do not trust where the Big Tobacco liquid comes from, I'm pretty positive they do not list it anywhere. That's my story.

4/14/2015 10:28:45 PM - Xptpete

After 40+ years of being a slave to tobacco, I was introduced to the wonders of vaping.

Within 6 months I have found the following;

*Blood pressure down 8%

*General fitness improved exponentially

*Cholesterol down 10%

*Sexual activity improved dramatically

*Taste and smell is amazing

*NO COUGHING ..NONE..NIL..ZILCH

*In short, I feel fantastic and continue to notice positive effects of my health and well being as the days roll by.

I smoked at 12mg/mm nicotine and have reduced this to 3mg/mm nicotine with vaping.

Over the counter patches and inhalers were ineffective and expensive and believe me, I've tried them all with zero success.

The Pharmaceuticals and tobacco companies must be hurting along with the government coffers (sic) also feeling the pinch.

These hypocritical morons seem to want us nicotine addicts to continue to use harmful tobacco products to line their collective pockets with gold at the expense of the populations health and well being.

I love to advocate vapeing and have assisted over twenty of my friends and family to completely cease smoking through the introduction of vaping. With the correct set up, these people, whom are near and dear to me, stopped smoking within days and ALL share similar health benefits.

Miracle? I think not. It's a win win win!!!!

For the love of money is the root of all evil

Just sayin'

4/14/2015 10:27:50 PM - Devon

You might say I've smoked all my life. 18 years of my fathers 3 pack a day habit and 25 years of my own pack a day smoking. I've spent well over $3000 in the last 10 years trying to quit smoking with the patches, gums, hypnotherapy, chantix. I tried everything i could think of to quit.

Last December I decided to give electronics a try. I chose a modest ego style from eleaf. I haven't touched a cigarette since and I've dropped my nicotine intake by 80% .

I feel better than I have in years. I breath better and sleep better. My wife says i no longer snore and smell so much better. My kids are happier that im not smoking, hell I'm happier too.

I would like to thank the whole vaping community for everything they've done to keep the ball rolling and to help me gain my life back from cigarettes.

4/14/2015 10:27:37 PM - evan m truman

I smoked cigs for 12 years. Now i vape. I dont use drugs or drink all i do is vape. Please dont take that away from us! We all have a common bond now! It not just about not smokeing anymore its a hobby for me and my friends! We are not hurting anyone. If we do it and then drive a car no one gets killed like drinking! Whats the big deal? We all love it and it fun to do please dont take that from us! I dont want to go back to cigs!!!

4/14/2015 10:27:28 PM - chase boyer

Started smoking when I was 18, for 9 year I was killing myself one cig at a time. Till one day at a 7 eleven I saw a e-cig, it was 19.99 so I bought. Started vaping. My brother also quit, but he found a ego adjustable volt, clearomizer. I was in awe so then I started to open my eyes to the world of vape and I love it all never go back thank you grimm, suck my mod and twisted 420 if you don't know who they are go to youtube they have alot of info about vaping.

4/14/2015 10:27:15 PM - James Wright

Hello, I smoked cigarettes for 36 years of my life, I watched my uncle Bruce who was only 11 years older than me, for years suffer from C. O. P. D, and finally it claimed his life. I have been blessed with 3 of the most beautiful grand children in the world. I wanted to stop smoking to watch my children and my grand children grow up. I had a minor heart attack a couple years ago and was diagnosed with C.O.P.D, just starting. That brought back a flood of memories, my youngest son Justin and went to a vape shop and he purchased my first beginners kit for me. That day and since I QUIT SMOKNG, I have been cigarette free for 8 months and feel fantastic. Please Leave Vaping alone it hurts no one or at least do more research before making any decisions. Thank you

James Wright

4/14/2015 10:27:07 PM - Wes

The vapor community is growing , and tobacco companies are running around spending money on advertisements against vapor , it's funny to me, I was a cigarette smoker until I found vaping and hearing that it will be banned scares me. My health has improved so rapidly and I couldn't possibly think of a reason why

Vaping and sales/shipping would be illegal.. Oh wait yea I can think of one, because these big tobacco corporations have their foot in the door and out government is standing with them because they make money off you that way, because they have lost a lot of money to vaping , the government now wants it all to stop, because we as people are doing better and don't need the governments/corporations cancer sticks anymore. I love vaping , I wouldn't smoke again even if it ends up being illegal one day. I'm glad I at least got to

experience it . I can run like I use to now , my breathing is great and I'm not coughing up nasty stuff. I'm feeling like me again. But it seems the government doesn't want me to be me. If they can't have their hands on my life, my life can't have its hands on freedom of choice .

4/14/2015 10:26:58 PM - Darius

Hello,

I was a pack and a half/two pack a day smoker. I began smoking when I was just 14 years old. As I grew older, my health got worse. I was constantly out of breath, coughing, and was sick very often. One year ago I started vaping, and one year ago I had my last cigarette. My health has since got much better. I no longer have a constant cough nor am I always out of breath. I truly believe vaping has saved my life. I owe this to a local vape shop, If it wasn't for him I would probably be in horrible condition by now. Thank you for reading my story, and have a nice day.

4/14/2015 10:26:49 PM - Tyler

As a teenager, I was smoking cigarettes at 15 years old. I started because I thought it looked cool and I stayed with it for nearly 7 more years. I had tried gum, patches and chanticleer before I was introduced to vaping. I noticed the cigarettes helped me focus and made me feel better; they also became an outlet for difficult situations and feelings. I wasn't sure why this was until recently. These were the effects of the nicotine. Through the years my habit progressed to over 2 packs of smokes a day and I decided I needed a change. I watched my grandfather die of smoking related diseases and watched as my parents and grandmother's hearts broke with every drag they watched me take. Vaping was the only thing that worked, when I wanted to quit and now I not only have a support group at home but I have an unbelievably large support group in the vaping community.

4/14/2015 10:26:40 PM - Greg H

I started smoking when I was 15 and decided to quit at age 45 so I could be around to enjoy and watch my kids and my grandson grow up. I tried the e cigs that tabaco companies supply but those didn't work as I continued to smoke while using them. I was told about vaping from a family member and how it had helped him quit smoking so I decided to try. I started vaping in January 2015 using vape gear such as regulated box mods and tank atomizers. I continued to smoke for a week to finish the pack I had spent money on. When I finished that pack that was it. Started at 24mg of nicotine e liquid and now April 2015 I am down to 3mg of nicotine and NO urges to smoke a cigarette even as my wife continues to smoke, for now. I can tell a huge difference being cigarette free for just a short period of time. My sense of smell and taste has improved. I don't smell like smoke. My wallets fatter because I'm not spending $10 a pack. The most important thing is I know my health will only improve so I can be around for my family.

4/14/2015 10:26:30 PM - Mackenzie Renswick

I had been a smoker for six years prior to picking up an e-cigarette, and as soon as I was presented with and electronic cigarette I immediately quit at least a month later. Just the taste and smell of a regular cigarette made me nauseous. I also noticed when I had quit that my smell enhanced along with my energy. After about two weeks I also stopped coughing. Once I was eighteen I got an e-cigarette, I wanted something that could resemble smoke along with the motion and oral fixation. Any other alternatives didn't cross my mind such as nicotine patches and Nicotine gum, they are expensive and not worth the investment in my opinion. The changes that vaping has had on my life is incredible. I feel healthier, and I'm also not a walking stink bomb. People around me such as my family are proud of me not smoking, and introducing them to my older relatives they also began to use them and quit traditional cigarettes.

4/14/2015 10:26:22 PM - Rob McCarroll

Ecigarettes is the most positive product to come onto the market since I first tried stopping smoking. Although not proven to be 100% safe (like anything is) it's way ahead of it's counterpart NRT competition. I have tried most ever type of smoking cessation available during my 42 year habit but always ended up back to cigs. Included are patches, gums, Chantix (dangerous), inhalers, hypnosis, cold turkey, accupuncture. First night I inhaled vapour from my ecig I knew I was on the right track.

It seems almost inhuman to take something away from adults using excuses like flavours, visual appearance, what if's or maybe hypothetical situations. Especially when most of the NRT "nicorette" uses flavours and alcoholic beverages also contain many *child friendly* flavours. We, vape community, don't know who you're trying to convince but most of us know this is all about money/declining revenues from low tobacco sales.

Finally, this non-tobacco product; if nicotine was tobacco it would have been classed that way decades ago, is helping millions. It seems pathetic that Govt would allow something like this to be attacked out of fears or financial interests.

Ecigs are saving lives. We aren't hurting anyone so please retreat with your aggressive attitudes and let vapers live longer. Or until the day things are PROVEN; without a doubt, to be unhealthier than the alternatives or as harmful to others as say exhaust fumes from combustible gasoline engines.

Thanks;

4/14/2015 10:26:14 PM - JoJo

Hi my name is Joe. I started smoking when I was 18 and it turned into a pack a day really fast. I am 29 years old now and have only been vaping for 8 months. I was spending 35 to 50 dollars a week on marbrol reds and now I'm spending 50 dollars every 2 months for e liquid. I am vaping on the delta 2 with the lvc coils and I love it. I didn't start out with the delta but something a little smaller and it still worked well. Making the switch I had very little to no cravings for a cigarette. After a week of vaping I was hooked. Just the money savings is a reason. Money might not be saved at first with having to buy everything but in the long run it does. I am still vaping to this day and I'm not sure I want to stop vaping because I love it. It's been 8 months since I have touched a cigarette and I can breath better and smell things easier. To anyone wanting to quit or turn to vaping to save money I fully recommend it. You won't be disappointed.

4/14/2015 1:32:21 AM - Frederick E. Smith

Got a letter today from the office of Jehan Gordon-Booth, representative of the 92nd District in Illinois, and I am not happy. At the beginning of the second paragraph, Ms. Gordon-Booth states "Vapor Cigarettes and their second hand smoke can have harmful effect on our health."

Ms. Jehan Gordon-Boothâ€‹, I don't know where you are getting your information, but you need to either cite your source or make an immediate retraction. Vapor cigarettes, or e-cigs, as they are commonly called, do not create any SMOKE whatsoever. The vapor is exactly that, superheated liquid in the form of steam, which is not harmful in the least. There are no studies to show these devices, used properly, can have any effect either first or second hand.

I personally think an Illinois State Representive would research their statements before making them.

4/14/2015 1:32:00 AM - Devon

I have been a smoker for 4 years and now that I switched to a vape for the past 3 months I have felt all my senses come back to me slowly. I work in a restaurant and I love what I do especially when I experiment with the food I'm cooking for myself and as I take every bite I taste everything instead of a bland taste like when I was smoking I also put on 20 lbs in the past month when I used to weigh 124lbs as a smoker and I used to weigh 146 before I smoked so I'm obviously doing something right, time to get that beach bod now that I have the energy to do so. I hope this inspired someone, Vape strong my freinds

4/14/2015 1:31:49 AM - Roger Dreher

I smoked cigarettes for 45 years and no longer touch tobacco products. I was able to quit tobacco completely right from the start using ecig products

I started using smoke free alternatives in August 2014

I use a mod with a tank for the eliquid and have reduced my nicotine level to 0%. :)

I feel much healthier and my pocket feels so much better also. :)

Just to let you know, The ecig products you purchase at a convienient store from the tobacco companies are absolutely terrible and expensive. I don't touch them with a 10 foot pole.

4/14/2015 1:31:39 AM - danniejodie1979

the only thing i can say is i no longer smoke and i have 2 daughters that for last 2yeaers have struggled from cronic broncial sicknesses and sense my home and vehicles are now smoke free no more inhalers or sickness . youngstown,oh also i smoked for 20 plus years and tried every available option. my vaping n dripping saved my daughters.

4/14/2015 1:31:06 AM - Tracy B

I was a 2 and a half pack a day smoker for 28 years before a friend told me about vaping. I had about 6 cigarettes when I bought my first kit and that was 3 years ago. I finished those 6 cigarettes and have never looked back. I would never pick cigarettes up again. I still vape but with no nicotine just like trying new flavors. I know that vaping is not 100 percent safe but considering the alternative and the fact I can breathe again vaping is a lot better! I use a mechanical mod and also have a istick 50 with a aspire Atlantis tank and also a few other gadgets I use. My husband calls them all my 11th finger LOL.

4/14/2015 1:30:49 AM - Shewolf

I have smoked for 20 years.

I used a e-cigg for 3 months and had to stop because I can not handle the PG in the juice. However I think they are a very good alternative to reg ciggs and I would use it again if I could afford the juice without PG.

4/14/2015 1:30:23 AM - Justin

I was smoking for about 6 years when I first moved to a e cig product I couldn't breathe could barley taste my food always smelled like stale smoke. Now I've been vaping exclusively for two years my sense of smell and taste have started to return I can once again actually taste my food not just the large amount of salt I had to use for flavor I can now breathe good enough that I've started working out to further improve my health and the health of my family vaping has saved my life and I don't wanna see it get booted just because of some idiots that don't know the real stories why we do this

4/14/2015 1:30:14 AM - Paul Kanel

I was smoking almost 2 packs of cigarettes a day on and off for 10 years. I was out of breath every time i walked up stairs and especially when i walked a lot. I was a slave to the tobacco. Now i have my vape mod and i haven't looked back. My lungs feel better, i do not get out of breath as often and my clothes do not smell like smoke. Im living an all around healthier lifestyle and i even eat less than i used to because of my vape. Vape for life! - Paul Kanel of Allentown, PA

4/14/2015 1:30:04 AM - Meagan McIntosh

Hello, I started smoking cigarettes at age 13. I continued to smoke for another 16 year. I now have Cronic bronchitis, asthma, arthritis, and degenerative disk disease . I take meds and inhalers everyday just to live. I've been hospitalized with phenomenon 7 time. I recently had a lung test done and it came back bad. My doctor started my on symbicort (copd inhaler). I have tried everything to quit smoking from pills , gum to patches and everything in between. January 31 2015 I purchased a box mod and tank from my local vaper shop. It was an aspire atlantis tank, an eleaf istick battery, and a bottle of 6ml nicotine juice (i was a 2 pack a day full flavor menthol smoker) January 31 2015 is a day I will never fotget. It's the first day i starting vaping and the last day i ever smoked a cigarette. Since that time I have went back to my doctor (1week ago) she said I can't believe it Meagan your lungs sound great. I really can't hear anything. She told me to keep doing what I'm doing because it's working. I have cut my inhalers back from 1-2 times a day to maybe once every couple of weeks. I'm success story and I can't thank anyone but the vaping industry and myself. I will be cutting down to 3ml nicorette very soon and then to 0. It's so much easier than I ever thought it would be with this vaper. I couldn't have don't it without it. Thank you for letting me tell my story. I can't wait to read all the others.

4/14/2015 1:29:52 AM - Deborah Husted

I am an ex-smoker after 35 yrs., I have been on vapors for a year now with no cigarette usage. I had tried quitting before with no success, tried patches, nic gum, smoke cessation, hypnotism all failed within a couple months...

Vaping is not smoking and has no second hand effects on others so my family is also not exposed to harmful chemicals.

New jobs have been created as the vape shops opened! My health has improved tremendously and the doctors are pleased!

I strongly oppose an all out assault tax for improving my health and the environment! My votes will only go to those that support vape pens and ecigs!

thanks for your time.

4/14/2015 1:29:43 AM - Joe Kensinger

I have been vaping for a little over a year. I was smoking two packs a day and chewing a can of long cut on top of that. Not only was I hemorrhaging money I was destroying my health. My teeth were yellowing, my gums were receding and I got winded very easily.

I tried a cig-alike and hated it. Kept on smoking and chewing. Then I discovered mech mods and RDAs. Right away I was in love with the experience.

I went out and got myself a mod, RDA, juice and the materials to build coils. After the first week I quit chewing and after two I hated the taste of cigarettes and I haven't looked back. My teeth are whiter, my gums are healthier and I'm breathing so much easier.

If the FDA gets their way and outlaws flavors I don't know what I'll do. I still like having that little bit of nicotine and the flavors have actually helped me lose weight by curbing my appetite. Their reasoning is flawed. Flavors market to children? What about flavored vodkas and the like? When I started smoking I was 13 and I was smoking Jacks Lights. Flavor isn't what got me started but it did help me quit.

4/14/2015 1:29:34 AM - William H. Bakker

I started smoking at 12 years old and tried every possible way to quit. None of them worked, none of them. Patch, gum, lozenges, none of them. My friend was vaping to quit smoking, so I tried it and loved it. It was an ego tank system. I bought the same set-up and some sour apple e-liquid, and that was it. I quit smoking immediately. Its been 3 1/2 years now and I feel better than ever. I'm active and I can breathe again. What's even better -- I used to stink of cigarettes, now I smell like candy. Vapor is not smoke.

4/14/2015 1:29:25 AM - estokesnox

I grew up in a smoking household. I started smoking when I was 12. By the time I reached my 20's it had taken a toll on my quality of life. Physical activities were difficult, I coughed all the time, when I got sick it almost always turned into bronchitis and I would keep a terrible cough for months. By the time I was 30 I was waking up in the middle of the night to smoke. I was literally a slave to cigarettes. I tried to quit several times. I tried everything. Chantix was awful. My insurance wouldn't cover it but I got a sample. I couldn't eat without vomiting, my dreams were extremely strange and I was worried about side effects. I tried the patch, gum and lozenges to no avail. The only thing that did work was the nicorette inhaler, but my insurance wouldn't cover it. I felt like I'd never be able to quit. I hated smoking. My fingernails are brown, along with my clothes, hair and my house. My son has been on me for years to quit. I've wasted so much money on cigarettes! I first tried the blu ecig. I liked it but didn't care for the taste. Then my coworkers were using vape pens with batteries and tanks. And they had all these different flavors and nicotine levels! The best part, they weren't smoking! I was weary. I thought, who knows what's in that stuff. Well, after researching, buying my own vaping device and liquids I realized I could quit! My boyfriend and I have been off tobacco for 8 months now. I don't cough, I exercise every day, my teeth and nails are finally losing that horrible brown stain and I feel great. And I know what's in the liquids I vape because I make my own! And we build our own devices. I don't cough, my chest and lungs don't hurt when I vape and in the 8 months we started vaping we have went from 24mg of nicotine down to 3mg! We don't smoke at all. The smoking did cause us to have gum problems though. And my boyfriend always had circulation problems but not anymore. Vaping saved our lives. I have converted so many people. I just gave my sister her very first vape pen with a bottle of my homemade juice made from flavor concentrate, vegetable glycerin and propylene glycol. I've researched these as well, they are not harmful. I feel we are all responsible for ourselves. As long as you are safe you should absolutely consider vaping as a tobacco alternative. Tobacco kills! I've seen it kill. The only time vaping is dangerous is when someone is irresponsible or unsafe. And come on guys, face it, we do dangerous things every day. Driving a car is one of the most dangerous things you can do. We should all be able to benefit from this. People should be able to sell and trade vaping products freely without the government getting involved. The only stipulations I agree with are, no selling to persons under 18 and child proof lids on juice. Other than that, it should be left alone. It is not contraband or drugs. Also, people should vape outside and not inside stores and public buildings, that's just being respectful of possible allergies. I'm so tired of hearing that's it's a public health concern. Look at the pollution we breathe every day! The water we drink! I hope to see smoking a thing of the past. I know that the bottom line is money, greed and power. We have a choice to no longer be slaves to big tobacco. I feel that vaping is demonized when it shouldn't be. Let us live. I thought this was America?! Home of the Free! I don't feel free. Why don't people educate themselves?

4/14/2015 1:29:05 AM - Nicholas Lubrano

I am a certified medical professional. I am a former smoker of 8 years. I began vaping on the lowest nicotine levels over 3 months ago, and have yet to think about picking up another cigarette. My grandfather died from cancer and was a smoker. I fully condone the right to use vaporizers as an alternative to tobacco. E-cigs sold in delis and gas station are unsafe, and not satisfying. The components of e-liquid companies and simple. No matter what anyone says about the long-term research regarding the ingredients of e-liquids, it\'s better than the confirmed carcinogenic effects of cigarettes (which are legal). It would be unconstitutional and a governmental crime if vaporizers/accessories were to be banned in any form. Thank you for reading.

4/14/2015 1:28:23 AM - Travis

This is my story, I'm no writer, I was a Criminal Justice major so bear with me.

I started smoking at the age of 16. Being from small town West Virginia in a coal mining town, we had little in the way of entertainment, so sneaking smokes and beer from our parents was the thing to do.

By age 17 I was a pack a day smoker. By 20, juggling college and work I was a 2 pack a day smoker. Most of the males in my family smoked as well, as did a fair majority of the women. So you could say it was in my blood. My grandfather had black lung from a combination of smoking and working in the mines. He continued to smoke a pack a day till the day he passed away.

I wish with everything in my heart and soul vaping was around for my grandfather.

I started vaping nearly a year ago, I stared on a little ego battery with a Vivi Nova clearomizer. But I quickly moved up to regulated box mods, and mechnicals. Using a variety of devices to go with them from Subohm tanks, dripping atomizers, and rebuildable Clearomizers.

I started out at 24g nicotine strength, I now use 6mg and plan on cutting that to 3mg soon. And eventually 0mg, but will continue to vape 0mg because I enjoy the hobby aspect of building intricate coils (claptons, spiral, and helix are my specialties) and I love the community.

An example of how great this community is, I took a friend to buy his first vape, but he forgot to calculate that he would need a battery, and I hadn't brought any spares because I was using my dual battery box which I can vape on for 2 days before I need a charge. Well a guy who hadn't ever met him before gives him a battery. Never ever met him before but was so happy to see another person give up the stink sticks (as we call them) he gave him a battery. Not a cheap one either, a Sony VTC5. And told him to keep it and vape on. This community is like a family, from all walks of life and religions and races, we are one big family looking out for each other.

That's my story and it's a little rambling and jumbled but that's how I got into vaping and how much I love the community.

In fact my way of giving back (as I'm not to we'll off financially) is to go and chill at local vape shops and offer free builds to anyone who wants one. Wether it's in a new Rda or RTA or they just want something a little fancier. This is with the store owners permission of course :), I'm not trying to take their business, plus I do it absolutely free, and use my own wire and cotton!

Oh I almost forgot, the health changes are huge for me, I was in a bad car accident that limited my mobility, and add smoking on top of that I smoked, so a trip around the grocery store nearly had me gasping for air and sweating bullets. I now breathe normally, and can do my shopping without feeling like I'm dying. It still hurts due to my injuries but no shortness of breath , wheezing or sweating. No more morning cough, and I can taste food again. White chocolate mocha has never tasted so good lol.

Vape it forward when you can guys.

Vape hard. Vape Strong. Live hard. Live long.

4/14/2015 1:28:06 AM - Samuel Cabrera

I was at three and a half pack a day smoker I am also an over the road truck driver started vaping 9 weeks agoas of April 13th today I walked nine and a half miles for the first time in 15 years if I was still smoking there is no way on gods green earth I could have done that I started vaping with a Kanger sub-tank many and a 30 watt mod box today I feel better then I have in 15 years I no longer please call in the mornings or most of the day like I did when I was smoking I am no longer suffering from the same kind of allergies that I did when I was smoking so to be honest vaping is the best thing I have ever done for myself and I would do it all over again if I had to

4/14/2015 1:27:58 AM - Brett Turben

I smoked a pack and a half of unfiltered pall mall's a day, for 25 years. Towards the end of my smoking career I would wake up every morning feeling like I had bricks stacked on my chest. Shortly after waking I would cough up horrible wads of phlegm and tar. I had tried the patches and gum, but that never lasted for more than a week. I smoked my last cigarette on the day my e-cig starter kit came in the mail, and I never looked back. One week later, the heavy chest feeling was gone. Three weeks later, the coughing started to subside. Within a month I felt better than I had in a decade. It's now seven months later and I haven't even considered smoking cigarettes again. I started at 18mg of nicotine with an evod starter kit, and am now at 3mg with a higher power mod. The products that are available are of great quality and are keeping me going down what I firmly believe is a much better path. I know that just based on how much better I feel. My wife, children, and I have begun living the active lifestyle that we used to enjoy before. Walking, jogging, and hiking together again. I now have the energy again. My wife is happy, my children are happy, and I am happy with my choice. I would hate to see that choice taken away from me, and others who have yet to try. Thank you for your time.

Brett Turben

Milwaukee, WI

4/14/2015 1:27:44 AM - ryan

I belive that vaping is far more healthier than tobacco I don't see why there would be any discussion between the fact the people they vaping or smoking cigarettes if you want to be healthy thereshould be no reason why you can't cigarettes are disgusting and bad for other people to inhale vaping is harmlessjust let people do their thing

4/14/2015 1:27:30 AM - RyanKelly

Smoking haunted me throughout my teens and early adult hood. I had started smoking so much and so frequently working outside and late nights that i developed terrible wheezing, an extremely heavy chest pain, weakness among so much more with every day that came. I honestly thought i would die early. I smoked for about 14 years.After 2 years of being told to stop smoking i just couldn't. I started hearing about using alternatives like the patches, medicine, etc. none worked and i would smoke. I eventually made my way to a smoke shop to buy cigarettes. while i was inside i saw a vaporizer. i had only seen a few at this point. I bout both the cigs and the vaporizer. i remember taking it to my car and hooking it together and start to charge it. I thought to myself, ill never use this thing and i lit a cigarette. fast forward to a day later. all charged up i decided to give it a try, it was ok but i figured i will try to stick with it. i remember the first day without a cigarette. i was blown away by that. i felt on the top of the world. Fast forward again and i remember the day i still had a half a pack of cigarettes and crumbled them up. thats when i knew just how powerful the device i had was. It had literally changed my life. I would say saved me. this was 4 years ago. after about 2 weeks of not smoking and using my vaporizer i no longer felt sick, no more heat chest, no more being tired, no more illness. i know 100 percent that vaping has saved my life among many others. anyone that says any different is just incorrect. i believe we need to keep developing and making better and better devices and liquids. with people interested it is growing rapidly and saving millions of people. cigarettes will never change vaporizers get better and better every day. thank you for saving my life.

4/14/2015 1:27:22 AM - Austin from Gilbert, AZ

I began smoking when I was sixteen, and quickly became addicted. Soon I was seventeen smoking anywhere from half a pack to two packs a day. At the time my life was a mess, and I used many substances recreationally, and was addicted to a few. Shortly before my eighteenth birthday I decided to clean my life up and start being a productive person. After cleansing myself of all illicit drugs, I found one remained, and it was the ruler of my life. That drug was nicotine. A few months after turning eighteen I realized that I could not continue smoking or my life would be in danger in the long run, and in addition to that, I was harming the lives of others that I was around because I was smoking. I smelled like an ashtray and was not productive without it. I tried patches to quit, and they were terrible because they itched to the point I had to take them off before I got any benefit. I was disheartened because at this point I had tried to quit cold turkey, I had tried patches, I had tried weening myself off and every time i only lasted a day at the most. I had heard about electronic cigarettes before and decided to give it a try, so I did some research and found a vape shop in my area and went there to check it out. I bought a regulated box mod and a glass tank and tried it out, starting with 18mg/ml of nicotine. I quit that day. No more ash, no more guilt. I have since experimented with mechanical mods, RDAs, RBAs, regulated box mods and now high wattage tanks. The variance has kept me interested and I no longer even crave cigarettes and have been slowly weening myself down on the nicotine. When I began vaping with mechanical mods I used 6mg/ml now I am at 1.5mg/ml, and plan to take it down to 0. Soon I will not need to depend on any chemical, but even if i cant quit completely I at least know that when I am vaping I am using a healthier substitute. I dont need to cough every 5-10 minutes anymore, my sense of taste and smell have come back, and i can even go 6 hours without nicotine. I owe vaping my life. I am now 20 and smoke free for 2 years and hopefully many more to come.

4/14/2015 1:27:14 AM - H@ppy V@per

My name is Mike, and I am happy to say I'm new to Vaping. I have been smoking since for 5 years now, and still very occasionally I smoked an actual cig, but lately I've been exclusively Vaping. I've regret the decision to start smoking, since I started, but once a smoker, I found it hard to quit the really bad habit. I tried several different ways to kick the habit from patches to disposable e-cigs like Blu, Snus, even dipping, and nothing seemed to keep me away from the cigs. I had lost hope on quitting and just accepted that I would smoke for many years, because it was just too hard to quit. One day I was browsing YouTube and learned about other alternatives in the e-cig world. I learned of different kinds of liquids and all it had to offer along with tanks batteries and being able to create the perfect Vaping experience for me. I spent hours watching reviews, reading blogs, and just researching the Vaping world. After learning all this I felt I had a chance to kick this bad habit of smoking. A few days later I went to my gas station and saw a cheap starter kit for the cost of my cigs I was about to buy, at that moment I told the clerk to out the cigs back and I bought my first Vape. I had used the Vape along with smoking dueto battery dying and a lack of satisfaction, but I had cut my smoking intake in half, I then knew there was a definite chance. Now after 3 months of Vaping I can say that I am almost 100% smoke free. I have a lot of friends who are smokers and it puts pressure on me and sometimes I'll smoke one, but when I do I keep in mind the reasons to quit and their awful taste, smell, the amount of chemicals I'm inhaling, the cost, and all together how much better I'll be when I quit. Here recently after going to my local Vape store and getting some recommendations, I have finally found the satisfaction I've been looking for in Vaping. I set up everything in store and gave it a few rips and completely fell in love with Vaping. I went home and tossed my cigs in the trash and have been smoke free since, and do not plan on picking another cig up again. Smoking has hurt my life: Waking up with chest pain, breathing problems, made my teeth look bad, and costed me thousands of dollars that could have went to more important things. Now it's just a memory, and I'm enjoying the tastefully healthy choice of Vaping. I'm glad to say that I'm no longer a smoker and that I'm a Vaper. Since I quit smoking I've had less headaches, I can take a deep breath when I wake up in the morning, and I'm not spending $50Â± a week on cigs. All around I've become a happier and healthier person, and I recommend making the switch to Vaping to all smokers, and live a better life without cigarettes.

4/14/2015 1:26:46 AM - Trace Pratt

I am 27 years old and was a cigarette smoker of 10 years. I have two kids (and one on the way). I smoked about a pack per day.

Along this ten years i tried many times to quit. More than 10 attempt going "cold turkey", ending in with me being completely out of control and taking my anger out on my family.

I tried the gum for a couple of weeks, but when i would chew it, all i could think was "Man i need a smoke to get this awful taste out of my mouth." so another cigarette i would grab and puff away.

For me the short attempt with the patches was a joke. They didnt seem to do anything other than leave an annoying rash like sore wherever i had it placed on my body. Not to mention that the irritation made me want to smoke even more.

I had began the process of trying Chantix, hearing from my mom that it did work. However one day i recieved a call from my mother, a smoker of 30+ years, that she felt she no longer needed to live. With suicidal thoughts and emotions from my mother, i knew that there was no way in hell that i was going to put that garbage into my body. While i was dealing with my mom and all the stress involved with that i was smoking 2+ packs of cigs a day.

One day a close friend asked me if i had tried vaping. Oviously i had not. He let me borrow his ego pen style battery and clearomizer as a trial. Less than a week later he took me to a local B&M to purchase my first setup. Wanting more bang for my buck i purchased a Kamry K100 and a Kayfun RTA. I started with a 24mg/ml nicotine level. I went through a transition period of about two weeks, smoking cigarettes andlong side vaping. Falling in love with the multitude of flavors avalible as well as not smelling like an ashtray, i ended up giving away the last half pack of cigarettes I had remaining. I have been smoke free for 11 months now and I have stepped myself down to 6mg/ml of nicotine.I feel amazing. I can keep up with my two kids without feeling out of breath. I dont cough several times a day (from the tar and thousands of other carcinogens im sure) as i did with cigarettes. Also i am able to take deep breaths without getting light headed. My children love that i can play with them all day now, and my wife loves the.....extra endourance in the bedroom. Over the last 11 months i have noticed that my sense of smell and taste has heightened substantially as well.

Vaping has changed my life, and my family's, for the better. MUCH BETTER.

All of these wonder changes are due to this amazing reduced harm alternative, with little to no side effects.

I owe my life (and my mom's) to vaping!

4/14/2015 1:26:37 AM - A_Michail

There is absolutely NOTHING in this world that i love more than my son who recently turned 1 year old. I want to see him grow up and be able to play ball with him without sitting on the bench trying to catch my breath. So using pure statistics:

- Million people die from smoking every year.

- ZERO have died from vaping ..... so i think my odds are with Vaping.

Ps. 32years old, smoked for 15+ years 2 packs of cigs a day. Switched to vaping 1st Dec 2014 and never touched tobacco cigarette since. Converted my wife, friends , relatives. Use VW, mech mods, RDAs, RTAs. Thanks "Rip Trippers" & "Suck my Mod" for inspiration !

I am healthier, happier and feeling better then i ever did !

4/14/2015 1:26:24 AM - bruceschustz1

i smocked from the time i was 12 till i was 25 when i learned about vaping started out with the blue e cig but it wasnt working for me i wanted to get away from the tobacco flaver all together i started trying candy flavors and liked it when i got into rebuildables i found that it worked so much better and ive now been smoke free for over a year

4/14/2015 1:26:13 AM - Nathan Ramsey

My story is probably very similar to many others, but it is my own.

I smoked cigarettes for about 3 years (my cigarette of choice was the Marlboro Red 100s, I smoked 1-2 packs a day). I was introduced to the concept of vaping by a friend of mine who had successfully quit cigarettes with vaping products, he gave me an ecig starter kit (an iClear 16 on a 650mah ego battery). Now that is history, now, 3 years later I have almost completely stopped using nicotine (I started off vaping at 24+mg liquid and now I am using 3mg or less). Vaping has changed my life, I can be active now, where I could not before when I was smoking. The biggest effect in my life is the ability to be active within my family, going to gatherings and participating in events.

My life would not be the same without vaping, I truly believe that I owe my life to the vaping community and those friends that introduced me to it.

4/14/2015 1:26:05 AM - Ethan

I have been a smoker since I was in the 6th grade all the way up to a few months ago when I started vaping. I just started out on a pen vape and used it for about 5 months while still smoking cigs off and on and also trying alternatives like nic gum Eventually by the 6th or 7th month I finally quit smoking and bought a mech mod and a rda now i am close to a year smoke free and am never going back nor do I ever have cravings anymore my health is way better I can run and or walk longer with out getting winded and I'm just loving it. I now own quite a few mods/box mods and rda's as well as all the supplies and tools needed I love the hobby part of it and rebuilding coils I'm hooked for life and will never go back to the stinks!! Vaping has changed me life for good!

4/14/2015 1:25:16 AM - Cody Ives

My name is Cody, I'm 20 years old and live in Riverton, Wyoming, the hometown of the late marlboro man. Sadly, I started smoking at the age of 11, and have tried to quit more times than I can count. About 4 months ago I got the news I was going to be a father. With a baby on the way, and a non-smoking girlfriend, I gave quitting another chance. First I tried quitting cold turkey and and it lasted 2 days before I picked up another cigarette. Then I tried nicotine gum and that didn't seem to quench my need for a cigarette. About a week after, I was driving past my local vape shop and decided to pop in. Thanks to making that decision, I have been sober 3 months of cigarettes. And its all thanks to vaping! I can smell things so much better, and taste the food I'm eating. I can already feel how much better I can breathe and I also don't cough up gunk I'm the morning anymore. Vaping has changed my life for the better and I don't see going back to smoking ever again.

4/14/2015 1:25:07 AM - Joe B

I am 19. I started smoking when I was 15. At my worst point about 6 months ago, I was smoking a pack and a half everyday. I would wake up and cough up mucus for a half hour every morning and continue to cough heavily throughout the day. When I first started vaping it was around this time. I started on an ego-c twist and an evod2. I was able to reduce my smoking to about a half pack a day. About 3 months ago, I bought my first mod and RBA and have totally switched, I have been cigarette free for 3 months now and I feel great, I've reduced my nicotine intake (I use 3mg), I can walk around without being short of breath, my cough has totally gone away, and I spend a lot less money(vaping cost me about $120/month to get new e-liquid, cigarettes cost me about $150/week!). I love the variety of builds that can be achieved with mods and rebuild-able atomizers, it's definitely one of the reasons why it got me to switch over cigs entirely, it has become a fun hobby for me and it's keeping me healthier. Keep electronic cigarettes available and open for innovation.

4/14/2015 1:19:34 AM - Brett

I started smoking cigarettes when I was 16 on the weekends , by 18 I was smoking during the week and by 20 I was smoking a pack a day , by 22 I was already trying to quit at least twice a year only lasting about a week at a time before smoking again , when I was 30 I brought my first ecig from green smoke in tobacco flavour , it felt and looked like a real smoke and I really gave it my best shot so far to quit , I lasted about two months but because it was soo close to being a smoke buy the way it looked and felt before I knew it I was making excuses to go back to real smokes , they just weren't going to work in the long run , 6 months later I found on the internet ejuice glass tanks atomizers and mods they looked soo different I decided to give that a try and guess what now over a year later I am down to zero nicotine haven't had one real cig and have even cut down on how much I vape it has literally saved my life , vaping ejuice that is , the reason it has worked for me is because it doesn't taste like tobacco and doesn't look like a real smoke , thanks vaping for helping me quite smoking forever

4/14/2015 1:19:23 AM - Joshua Kaplan

I have officially been off of tobacco smoking for about 1 and a half years now - all because of the safer alternative, e cigarettes. I began smoking tobacco when I was only 13 years old, and it stuck with me till I was 17, when I found the safer alternative - e cigarettes. Ever since I began using my first E - cig, I began to breathe easier, I am now able to do sports more efficiently, and my taste buds have regained themselves. My chances of getting and heart attack and lung cancer have reduced significantly, and I feel like a cleaner person. If you guys, the FDA are looking at this, please know that if you put serious regulations on these products that would cause the market to crash in effect, you would be causing hundreds and thousands of Americans to go back to tobacco smoking.

Thanks you.

4/14/2015 1:19:01 AM - Richard Johnson

I started smoking when I was 15 years old, it started as a social thing with just the odd cigarette here and there which soon became a 20 cigarette a day addiction, as a child I had asthma which seemed to get a lot better in my teens, but as a smoker getting older in my mid 20's I started suffering with asthma again, so I tried to quit smoking, I used patches gum and spray none if which worked for long, when I was 28 I tried an ecigarrtte it wasn't quite enough to completely stop me from smoking but it certainly cut down the amount of cigarettes I smoked by maybe half, however a family member noticed me using it and gave me an ego style vapour battery and clearomizer and some ejuice, tobacco flavour and a fruit blend told me how to use it and from that moment I knew this was the tool I needed to quit smoking. And it worked I have been cigarette free for cocoming up to 3 years and my health is a lot better and my asthma symptons no longer bother me, I heavily researched into e cigs and Vaping and learned its helped a very large number of people succeed in quiting cigarette addiction and improved they're health. I myself continue to vape Low nicotine E juice and enjoy an assortment of flavours, atomisers and box mods, its a real treat like a Connoisseur would enjoy wine. I would recommend Vaping to anyone who wishes to quit smoking and improve they're health

4/14/2015 1:18:51 AM - Jonathan turner Saint Paul mn

I have not had a ciggeratte in 2 years thanks to my e-cig. I could not quit no matter what I tried before switching to an e-cig. I am shocked and extremly angry that law-makers want to now tax e-cig liquid. It seems like all they care about is how many different ways they can tax things. If they cared at all about the health and welfare of they're constituents they wouldn't be doing this. THEY MADE ENOUGH MONEY OFF ME WHEN I USE TO SMOKE. Not to mention everyone else who still smokes. Do I need my doctor to prescribe me e liquid to not be unfairly taxed? It seems so unfair to punish one group of people! Why not raise everyone's taxes to meet your budgets. Or better yet cut costs! I am very grateful to the makers of e cigs and similar devices. It is wonderful to be able to breathe again, I've been much more physically active and healthy in general since quitting smoking. I really hope the e-cig companies aren't taxed out of being able to help so many more ex-smokers cope with quitting the cancer sticks!

4/14/2015 1:18:39 AM - carolyn leech

My name is Carolyn Leech i was smoking 2 packs a day, my mother as well after taking in my nephew we needed a change. Ecigs worked first time around for us and now we can be a smoke free home for our 4 year old little man. it changed my life and his don't take that away. Ecig is a start of a smoke free younger generation.

I smoked for 3 years.

i feel better , smell better and I'm forever thankfull

4/14/2015 1:18:18 AM - Gavi808

Hi. I smoked for 15 years until I realized that my health was truly declining and that I needed to do something about it. But I knew that I had already tried a few times without any success so I simply accepted that I would have to live with the health risks and just continue to smoke. The anti-smoking ads on TV just made me confused and sad because I knew how dangerous smoking was and yet COULD NOT stop. Then I decided to give e cigs a try. It took two tries until I successfully made the switch and I have been totally tobacco smoke free for over 3 months! I had known in my heart that the gum, patch and inhaler would never work for me because I was so strongly dependant on cigarettes. Then

I found vapor! I soon discovered that e cig technology was an acceptable alternative and that eventually I would truly get used to

it. Well not only was I right about that, but now I love vaping even more than I ever loved smoking! In addition, my health has improved and I feel better. I also feel SO MUCH cleaner! So now, instead of dreading terrible health risks I instead look forward to good things and good times. So whoever first invented this thing, I Thankyou!

4/14/2015 1:18:04 AM - Bkups

Never having smoked a real cigarette in my life i have a different perspective on vaping than most. I see vaping as a new wave of inovation and freedom from the burden smoking cigarettes puts on smokes and those around them. Vaping is the best way to get the sensation you enjoy with the thousands of chemicals found in traditional cigarettes . I have never met anyone in my life be proud of being a smoker, but i will say I am a proud vaper , vaping is more than just a nicotine buzz it is a social movement that has done wonders to our peoples health and our economy. I believe with vaping we can lower our cancer percents and increase our economy all while making the world a better smelling place. This is not as much a story as the way i see the world with vapping by its side.

4/14/2015 1:17:37 AM - lorenzo

my name is Lorenzo Walker I've been smoke free for 1 year I started vaping the blue and took off from there pros I can breathe better I don't cough no more and I'm just very grateful and so glad I'm away from real smoke now that I truly know the risk of smoking cigarettes now I'm trying to help others because it helped me tremendously!!!!!!!!! Now the con's is.. Just 1 when cigarette smoke rs see my clouds they think that it's something wrong with it I've had large debates about vaping and cigarette smoking but most people don't do their research so to a lot of them I sound like Charlie Brown's teacher WAP WAP WAP WAP lol my favorite Mod..is the 100 what sigelei With the lemo on top of it my favorite juice is watermelon ice 6 gm everybody who knows me knows that :) that's my story

4/14/2015 1:17:26 AM - DEE

I was a smoker for 15 years, it got to the point were I was breathing heavy and coughing constantly. I also ended up having bronchitis for the last few years I was smoking, I tried to stop smoking on several occasions with no success. I even tried Blu-cigs for a while and that was a dead end, then a friend told me about vaping and how it completely got them off cigarettes. I decided to give it a try since all other methods failed and after 14 months of vaping I have been smoke free, I can breath much better, my sense of smell and taste have improved dramatically. After my first week of vaping I tried a cigarette and I almost ended up vomiting, the taste was like I had just taken an ashtray and placed it in my mouth. I mentioned my experience with vaping to my roommate who had been a smoker since the age of 12, she had tried some method of being zapped on several spots of her ears, which was expensive, with no luck so she tried vaping. She has been smoke free for a year now and we both thank or success to vaping.

4/14/2015 1:17:13 AM - LCpl Hammer, Erik J.

At the age of 14 I started smoking. At first, it was one a day, then after a while it bumped up to 3 or four a day. After I turned 20 it reached a pack a day. At the age of 20, I joined the Marine Corps. Once I joined, I eventually quit cold turkey, for a little while. I then started smoking more than I ever had. I would go through a carton of cigarettes in a week. I tried everything from cold turkey to traditional NRT, nothing lasted, I was extremely cranky all the time when I hadn't had a cigarette. At the age of 24, on April 29th, 2013, I found my first ego style setup. I smoked my last cigarette on that day and never looked back. For the past 23+ months, I have been tobacco free. I feel better than I ever had when I was in the Marine Corps. Now, at the age of 26, I'm working on re-enlisting because I no longer struggle with physical fitness due to my inability to breath. I have had no negative side effects, in fact, my doctor believes that this has actually improved my immune system, and when I get sick, my recovery time has been cut. Not only that, but my body is now able to fight infections WITHOUT using antibiotics. I currently use a mechanical mod and a dripper with low to no nicotine, because this has become a hobby due to my experience with electrical engineering.

I fought for this country, I fought for the rights of its citizens, and I will fight for my right to be healthy.

4/14/2015 1:16:39 AM - Dowsean

Hello,

My name is Sean from Putnam County New York. At age 13 I started abusing nicotine products, starting with cigarettes and then switching to smokeless tobacco because I was under the impression that it was "safer". Up until the age of 17 I switched back and forth between smoked and smokeless tobacco, and it had a very negative affect on my health. Cancer runs in my family and it rapidly started to make my ongoing struggle with skin cancer worsen and worsen. I tried to quit for two years with nicotine gum, the patch, and even was able to get my hand in chantix but nothing worked. I switched to electronic cigarettes one day and haven't gone back since, and due to that I haven't had to get cancerous material removed surgically in almost a year. I've become the vaping enthusiast of my town and frequent my local vape shop often. With the current legislation and FDA trying to harshly regulate vaping has given me concern. Vaping has saved my life and the life of my mother, a 20 year plus smoker. We both have been cancer free for almost a year now. If the regulations set in place to go in affect for the country do go through vaping will be viewed in as negative a way as cigarettes, meaning thousands more will die from smoking and using smokeless tobacco(most likely including me and my mother.) the thing is we don't want to support big tobacco's smokeless e cigs because knowing them, they will make them just as harmful as regular cigarettes. Look all I want to help save people from tobacco and e cigs are the way to do it. And if the bans and regulations are set in place it will be a futile effort. Please take into consideration our requests to stop these unnecessary bans and regulations. If not for us then for your family and loved ones. For the future of our nation and others. If e cigs prove dangerous to our health then be my guest and go ahead and ban them all. But until you get that information we will fight for our right to vape and be healthly. And if you concern is children getting a hold of them let me add this: as a child when I was smoking(I am of legal age now) it was ten times harder to get an e cig than it was to get a cigarette or a tin of grizzly. On a final note I thank you for you time and hope you will let us have our right to vape.

With warm regards,

- Sean

4/14/2015 1:16:27 AM - Bryson Landers

I smoked cigarettes for 5 years when i bought an ego battery in an attempt to cut down the amount i smoked. Over time i upgraded my setups and started to prefer them to smoking. I quit smoking completely a year ago and have noticed many improvements to my overall health. I took up running as a hobby and i have vaping to thank for the ability to breath again.

4/14/2015 1:16:14 AM - Adam Goodie

I started smoking when I was around 15-16 years of age. I ended up smoking around 2-3 packs a day let's just say alot. I stopped smoking last year. At first I tried quitting cold turkey that didn't work. Then the place where I worked offered chantix or whatever it's called and after hearing some of the stories from other people on how it gave them suicidal thought's and was driving people crazy and stuff, there was no way i was gonna give that stuff a go. Then some friends of mine had picked up vaping and explained to me how it got them off the smokes. I didn't trust it at first so I went and asked a friend of mine who has been in the medical field for over 40+ years and with that much experience I trust his opinion. He told me yes it is in his opinion it was the safest alternative to smoking thats out there. So I did some research myself on what type of product I should start using. I didn't trust the things being sold at the gas stations. But we had some store's here that specialize in vaping or better known as vape shops. After a very long discussion about vaping and what it was and everything with the vape shop owner. I bought myself a Itaste ep device made by Innokin. I liked it I vaped it for about a month then decided I wanted a better product. So after more research and alot of looking at products I got myself a mechanical mod or known as a mech mod and got myself some high drain rechargeable imr 18650 batteries, and a atomizer. I vape at only 3mg of nicotine or 0mg. I don't remember exactly the date I quit smoking cigerettes but it was in the middle of the year 2014, and I haven't looked back. I did eventually try one of those cigalike devices just because why the hell not its what the tobacco companies want to call vaping and it made me throw up and sick. It was by far the nastiest most disgusting thing ever devised in my opinion to vape on. I DO NOT recommend one of those things to any one who ask me about vaping to try one of those devices I send them to the closest Brick and Mortar Vape shop in my town, where the owners do a good job explaining things (as they did to me) and knows what they are talking about. Ever since I stopped smoking and started vaping I no longer cough and hack up phlegm. I can breath again. I no longer get winded doing simple things and task. I sleep better because I can breath better now. I have a ton more energy for work and family life. I feel healthier because of it. I no longer smell like cigerettes. Also it has saved me a ton of money. Vaping has saved my life and not mention my father's life who has smoked for years and years. So vaping is making things healthier for us. Thats my story.

4/14/2015 1:16:03 AM - Anthony Ramos

I started smoking when I was 16 years old with my friends and I started to notice when I turned 18 I was almost started to smoke a pack a day and that randomly my lungs would start to hurt and I had shortness of breath so I knew I already my lungs can't take it anymore so I went to my local vape shop and bought a regulated box mod and from there on I have quit smoking for 3 months now and don't miss it 1 bit at all.

4/14/2015 1:15:49 AM - sandy phillips

My story is simple. I started smoking when i was 13 and it progressed into a two pack a day habit. A coworker introduced me to vaping and i quickly left cigatettes behind me. A 32 year habit went away and vaping became a hobby. I now run regulated mods and build my own coils, quite a step up from an aerotank and a vision spinner. Now if we dont stand together and do something it will all go away. Vaping has saved many lives including mine. I breathe better i can taste my food again and ive got some energy back. A long way to come in six short months, and i want my fellow vapers to be able to do what ee enjoy. Vape.

4/14/2015 1:15:39 AM - Von Allen Messer

I was a smoker for many years. I started smoking when I was 18 years old. I was in the Navy and I needed something to help me cope with the constant stress and nonstop schedule. I didn't even try to quit until I was in my mid twenties. I had recently gotten married to my still current wife and now had 2 stepdaughters who looked to me for guidance. They were young at the ages of 2 and 3. I was still in the Navy. I was always being offered smoking cessation help when I saw my doctors. I signed up for a class, but all that was offered at the time was an experimental antidepressant. I did not want to go that route due to my own personal beliefs about such medications. I decided to use other methods. I tried nicotine gum at first. The gum did seem to help a little to curb my cravings but I still would have a cigarette every once in a while. It ultimately led to me going back to being a full time smoker. My father who is one of my biggest heros had quit smoking when I was a young boy did it (cold turkey) as they say and had told me to try it that way. While I feel that I am a very strong will individual, I can say that cigarettes had a very strong hold on me and my life. Unfortunately the constant aggression I felt and nervousness that seemed to come from this was to much. It did not seem right to make my family suffer through my bad moods when they were not the ones who made my bad decision for me to start smoking. I went back to smoking. I had heard of electronic cigarettes and my wife, who was also a smoker and had tried to quit with me in the past, had gone to a store and bought one. She did not like it and offered it to me. I tried it and it seemed to be kind of silly. The e-cig didn't have what it took to make me stop craving real cigarettes. After many attempts at quitting and failures. My life took a complete turn. The Navy in which I had served for 11 years needed to get rid of thousands of people. I was one of the unlucky who was discharged, honorably, before my current enlistment contract was over. While I was given a severance package of about one years salary and two years of medical benefits. Life had become tough. Finding a job was hard and my unemployment made it hard for us to pay bills. Smoking was now not only a health concern but also way to expensive to keep up with. My wife and I decided that we would quit no matter what we had to do. We knew that the gum didn't work for us and that cold turkey was not manageable, so we decided to take a friends advice to try more powerful electronic cigarettes. For the money that would have bought us about four packs of cigarettes we purchased some vaping starter kits. They really seemed to help. But sometimes we would revert back when someone would offer us a cigarette. This caused me to upgrade things little by little to try to find a way to make vaping kill my nicotine cravings. Finally after years of being a smoker I had found something that worked for me when I entered a cape shop I had heard about to by some e-liquid the staff sat me down and explained more to me than I even knew was possible about vaping. There was a whole community of people dedicated to getting people off of cigarettes through vaping, with innovative products and loads of experienced help. Armed with my new knowledge. I returned home to share what I had learned with my wife. I used this to help her to completely quit smoking. I have always

loved to tinker with things and build and make stuff. I think that is why vaping has helped me to stay off of cigarettes so well. While I started with high nicotine levels I am now a low to zero nicotine. I will probably still vape for a long time even without the nicotine just for the flavor and fun of it. I know for a fact that I will never want to smoke a cigarette ever again. I breath better, I have better stamina, I don't stink constantly (something people complained about when I smoked) and even though vape equipment can be expensive at times in the long run it is far cheaper than smoking. I now after being a vaper and exsmoker for about two years help friends and family to quit smoking through vaping. That is my story and I hope it helps others to make the choice to leave cigarettes behind and even if vaping isn't for them to find a way to quit smoking. It is not just better for you it is better for everyone in your life.

4/14/2015 1:15:29 AM - Reginald Castillo

I started smoking cigarettes when I was 17 years old. I smoked around a pack to two packs a day and smoked even more when I was drinking for 14 years. I remember exactly when and why I quit smoking... February 28th, 2014 is when it all happened. My wife came home that day with a worried look on her face, I gave her my customary hello kiss and she ran off to the bathroom. When she came out her facial expression changed to that of still worried but excited and happy all at the same time. After asking her "what's wrong, are you ok?" multiple times, she then blurted out: I think I'm pregnant.

Three days later after multiple pregnancy tests turning out positive and a lot of family members telling me to quit smoking, I hesitantly went out and bought a cigalike e-cigarette. After chain smoking it for 4 hours I disgustedly threw it away, in my mind it did not have the same satisfaction as the real thing.

I then started researching on other types of electronic cigarettes on the web and watched the multitude of reviews on youtube. On March 9th, 2014 I drove up to local vape shop and decided to get a regulated wattage device and a tank clearomizer with fruit flavored e-liquid in 18 milligrams of nicotine. While walking out of that vape shop I told myself that if I did not get over the three day hump with vaping, I would go back and smoke ultra ultra light cigarettes instead. It took me 2 days to throw away my last pack of cigarettes and i did not regret it.

As the months rolled by, I moved up to more advanced e-cigarettes while my nicotine level dropped. I stated earlier that when I started, I was vaping 18 milligrams, now I am down to 3 milligrams of nicotine. I currently use regulated variable wattage devices with rebuildable atomizers. I am also proud of being a responsible parent, I do not vape around my child and all of the e-liquid and mods and atomizers that I do not use I leave under lock and key in our garage (where I do my vaping).

All this transpired when I switched from cigarettes to vaping: I can now jog/exercise longer, I don't cough up a lung every other day, I no longer have cranky cravings with vaping, I have clearer skin, I have whiter teeth, I don't smell like an ashtray, I now taste all the exquisite ingredients in high end restaurant food, I no longer go up to random strangers and ask to bum a cigarette or borrow their lighter, I am able to save more money for my child's college fund (How? By not spending $18 a day on two packs of cigarettes), I don't get sick very often like I used to, I don't give spread second hand smoke, I feel happier... There are a million more ways that I cannot think of right now that vaping has helped me in a positive way. The negatives of vaping: None.

Fast forward to the present day... My son is 5 months old and is a healthy, happy, feisty little boy. My wife doesn't nag at me to quit smoking. I haven't touched a cigarette in over a year and I still proudly vape. My dentist said that my gums are healing and that my teeth are becoming whiter, which I believe is true and my doctor said that I am 80-

90 percent more healthier than I was a year and a half ago, which I believe to be wrong, I feel a hundred and ten percent more healthier!

4/14/2015 1:14:16 AM - Jeff G

I'm security guard; I walk a lot. I used to smoke a pack and a half of camel nin filter a day for over 13 years. These two things really don't go together quite as nice as I used to think. I pick up my first cigalike from 7-11 and went right back to smoking in less than a day. An awesome shop opened up near my work called Break time vape. They helped my into a k1000 an igo l and some awesome doc holiday by villain. I haven't looked back. I'm still walk around all day but now at the top of the stairs I can still breath, I can effectively work out again, and I recently ran in a tough mudder in 2013. I've upgraded to a kbox and a subtank plus and I'm in love with fawx hawk 6mg by Mt baker, so I don't drip and drive. When people get in to my car the ask my what kind of air freashener I use instead of turning there nose up at the smell. Vaping has turned my whole life around, shit can enjoy more time with my wife ;-) with out feeling like I'm gunna pass out. Just being able to breath again is an amazing feet. I can smell again I can go hiking and not feel like an ass when I need a nicotine fix which rarely happens now. Banning this better vehicle for nicotine is stupid.

4/14/2015 1:14:04 AM - David B.

I am a hopeless nicotine addict. I am 61 years old and smoked tobacco for 41 of those years. I smoked 20 to 25 cigarettes per day. Over the years I tried to stop smoking many times, the longest time was 18 months I think. I tried almost all the usual methods to quit except Chantix (which my brother tried and told me it was a bad idea). I also tried some of the first generation of e-cigarettes about 4 years ago.

On the first weekend of January this year (2015) I was at one of my favorite "bar and grill"s. I met a fellow who followed a few of us out to the smoking area. He had a machine in his hand that he puffed on and blew out a cloud of vapor the size of Texas. I was impressed. Having the experience with the old e-cigs, I had to know about this thing. He was using a large rebuildable and a giant of a box mod. I got him to tell me where he acquired such a thing and resolved to visit this "vape shop".

I did find and visit the place. As usual for me I timed a smoke so that I could finish it just before going inside. There was a nice young lady there and I told her that I wanted to stop smoking. I asked if she had any equipment that could help with that. She fixed me up with a tank and a mod, showed me how to fill it and maintain it, and gave me a complimentary 18mg/ml nicotine bottle of juice. I headed out the door with my new toy and the usual amount of skepticism. I had to drive 10 miles to home. I started vaping in the car and on the way asked myself several times if I really needed a smoke yet, I would then hit the rig again and to my actual surprise the answer every time was no. I haven't smoked tobacco since that day.

I have since sold the above mentioned rig (for much less than what I paid for it) to a friend of mine from work (he has had throat cancer and went thru chemo and radiation). I then got for myself a new and somewhat better "build", it works nicely for me. I have also reduced the nicotine level down incrementally from the 18mg to 6mg.

There are several thing that are good about vaping as compared to smoking. After this short time I have noticed that vapor does not seem to damage my lungs like smoke did. People who know me have told me that I don't cough as much as I did. Also my breath and my clothes don't smell of smoke. I don't have to always go outside in the cold, rain, or heat to vape. I can vape and know that I am doing no one else around me any harm. There is no fire hazard because there is no fire. All this and it's still less costly than tobacco.

I realize now, all too well, that I should never have tried that first cigarette in 1974, but I did, and I cannot change that now. Not only am I hooked on nicotine but one cannot smoke for that long without the health consequences that go with it. The fact still remains that I don't want to spend what is left of my life constantly tortured by nicotine withdrawal nor do I want to go back to tobacco. To replace my source of nicotine with the not so harmful vapor over the tar and cancer causing agents that come with tobacco

is a truly good thing for me. I so much wish that "e-cigs" had been developed 20 or 30 years ago. Maybe things could have been different and better for myself and many others like me.

It is very disturbing now that I hear that so many of our leaders (federal, state, and local) want to ban or overtax our new found alternative to tobacco for unsure "health" reasons or for protectionism for large tobacco companies and drug companies. It seems to me like they are committing hate crimes and/or extortion against us nonconformist. Because some of us made the mistake of getting addicted to nicotine through tobacco should not mean that we have to be forced back into the slow death of smoking.

David B.

4/14/2015 1:13:55 AM - Kirsten Sjostrom

I started smoking around the age of 15 or so. It became habit by 16. When I first started to smoke, you could smoke in stores, in your work place, and in restaurants, without the fear of judgment that these days seem to be fall us so quickly.

I decided to quit smoking when I saw how I was no longer able to take on a flight of stairs on my own.

I tried Wellbutrin when THAT was a thing, the patches as well, but neither worked for me (the Wellbutrin kept me up nights afraid to sleep because of the dreams, and the patches merely gave me a rash, with more bad dreams)

I started to vape thinking it could not be much worse than my last attempts. I didn't even notice that I HAD quit smoking until it was pointed out to me.

I have been cigarette free for over a year, and I can tackle that flight of stairs now.

I can taste my food once again, (Yes! I love the fun fruity flavors and I am proud of it!)! and I don't wake in the morning choking out one of my lungs. I feel better now at 48 than I did at 28, all because this thing you are all trying to take away from us (and by default this also means you seem to want to take away our lives too) works.

No one is saying this a censation product, only a harm reduction product, that has worked for me, when all the "approved" products only succeeded in separating my money from my wallet.

I now have 2 MVP2s and 2 iSticks with Aspire mini Nautilus' (4 of the tanks) on the tops. I vape the same way I smoked in the end, outside, 15 feet away from the door, explaing to smokers that this really does work, despite what BT and the FDA would want the public to believe

I took back my life and it's going to remain my life, now that vaping has saved it.

Thank you.

Kirsten Sjostrom

4/14/2015 1:10:14 AM - nickky0127

I was a smoker for 35 plus yrs. I have been using regulated devices and tanks for 9 months now. I have not had or wanted to have a cigarette. I can breath, my oxygen levels are so much better. Even my Dr. says that using e-cigs have been a great help. So we live in the US and we have a choice. Ok this is my choice. I want my freedom to do so. Big Tobacco is loosing money. So what!!!!! Lives are being saved by having this choice and freedom of tobacco. I am living a much happier and healthier life now.

4/14/2015 1:10:35 AM - Ryan Chan

I haven't smoked in 2 years now thanks to vaping. My lung capacity and breathing are back to normal, and I can now run like I did in high school.

4/12/2015 12:37:31 AM - Cara McGowan

When my father died of lung cancer in February of 2007 due to smoking and my mothers struggle to breathe due to emphysema from smoking I knew I had to change and stop smoking.At that time I was smoking 3 packs a day. So the first thing I tried was the patch did not work I still craved cigarettes and smoked with the patch on. I went to my Doctor and tried chantix. That was the worst experience of my life the side effects were awful and it was quite expensive. A months supply with insurance cost me 180 dollars. Well I continued smoking until May of 2010 because I happened to come upon a vendor of electronic cigarettes in a local mall. It happened to by White Cloud and their starting price kit was way more than I was willing to pay so being inquisitive I began searching on line and found different vendors with cig look alike products and I stopped smoking and started vaping. It has been quite a journey. I have met many friends with the a common goal stay off the cigarettes. I have progressed into box mods, mechanical mods building my own coils and love the options available to me today, however if things continue on the path they are going I am worried my options will be limited and that makes me angry and frustrated. I know vaping has changed my life for the better, I have medical proof backing it up. My lungs are completely healed per my last visit with my doctors review of my radiographs. My oxygen saturation is normal at 100% My lung capacity is at 100% when I was smoking it was at 60% My high blood pressure has normalized without medication. I sleep better, I have more energy and I feel younger. Thanks to vaping. That is my story May 2015 I will have been completely cigarette free for 5 years and electronic cigarettes is the only thing that worked.

4/12/2015 12:37:21 AM - SharonM

I smoked for 20+ years and quit cold turkey by switching to vaping. I was astounded by how easy it was to transition. I had attempted to quit in the past using traditional NRT therapy and Chantix but I could never sustain it for long. By using vaping though I haven't touched a cigarette for over 2 years. I am confident that as long as I have the option to vape, I will never smoke a cigarette again.

4/12/2015 12:37:08 AM - William Ji

1) Smoke for 10 years

2) 3 years ago

3) Using Vaposhark rdna 40 and taifun gt 2, 6mg nicotine e-liquid (American e-liquid), used to vape 18mg e-liquid on a dripper.

4) I have totally stop smoking.

5) Did smoke and vape for 2 weeks when i first started vaping.

6) Did tried the nicotine lozenges to quit smoking for 3 days, it really doesn't help at all.. after that i'm back to smoking.

7) I've stop coughing (smoking's cough) in just one week after using electronic cigarette 3 years ago, i'm a personal fitness trainer, vaping has increase my stamina substantially.

4/12/2015 12:36:57 AM - Julian Smith

I started smoking cigarettes when I was 15. I quit multiple times but always found myself smoking again and doing so because I liked smoking. I enjoyed lighting up and puffing those little cancer causing devils. When I turned 38 I started to notice some small annoyances health wise that were becoming more frequent and at times almost debilitating. I would have unsteady shaking of my hands and knees, blurry vision, and the worse of all sharp painful headaches. I wad always fatigued and these issues were starting to affect my ability to work and play, even spend quality time with my family. Lots of doctor visits, an MRI and a spinal tap finally revealed in October of 2012 that I have Multiple Sclerosis. My headaches were getting bad and even more when I smoked. I wanted to stop but for some reason this time was harder than others. There were a number of coworkers that I noticed in the smoking area at work that were using e-cigarettes to quit smoking and one of them being a good friend to me answered some of the questions that I asked regarding them. These were not the small cigalike devices sold at your gas station but instead were nice devices that offered plenty of options as far as compatability with others and adjustable voltage to change the "vaping" experience. My friend took me to a local Brick and Mortar that sold such devices as well as a huge selection of e-liquid that came in almost any flavor you could think of and nicotine strengths ranging from 36mg down to 0mg of nicotine per ml. It would be almost impossible for a smoker to not find something satisfying enough to help fight th urge for a cigarette. I purchased a basic starter kit that came with 2 batteries and 2 tanks along with some e-liquid that I was going to wrap up for Christmas as a gift to my wife and myself so that we could both try vaping as a safer alternative to smoking. When I got home I was so excited about my purchase that I couldn't wait and instead decided to present this chance to get away from smoking to here right away. When I started vaping instead of smoking I noticed that my headaches were not hurting as they would when smoking regular cigarettes. Less than 4 months later I smoked my last cigarette. I also stopped using an inhaler for asthma as it is now much easier to breath and i no longer get asthmatic attacks. I have been vaping now for almost a year and a half now at the lowest level of nicotine and often none at all. I honestly feel so much healthier than I did when I was a smoker. If it wasn't for vaping I am not sure how bad off I would be and I don't want to know. This has changed my life and brought in a new hobby too as I now build devices for my friends and family and also mix my own e-liquid. Vaping is in my honest opinion a much healthier alternative to smoking and in my case as well as many others, helped me to stop smoking cigarettes. We also smell a lot better because of it.

4/12/2015 12:36:46 AM - OCONN

I was never a smoker but i have rubbed snuff for the past 8 years. I saw a friend one day with a vaporizer and decided to look into it. long story short i ended up getting into rebuildables and box mods because that style was right up my alley. I havent used tobacco since and thats going on several months now. I love tinkering on electronics and I love all of the new products that are always coming out along with all of the juices that are amazing. Knowing that I am no longer using tobacco I am much happier and I get to have a lot of fun with my new safe hobby.

4/12/2015 12:36:29 AM - jake Cummings

I smoked a pack a day for about 10 years. I was able to quit in one day of using an e-cig. A year later I still use it today. I'v got more money and better lungs thanks to vape

4/12/2015 12:36:18 AM - robert marshall

My name is robert marshall i am 32 years old..i had smoked since i was 12 years old.. Two packs a day all of my adult life from 16 years old to niine months ago..9 months ago i purchased the first of my electronic ciggarettes..it was a paragon 18650 stick mod..within a week i was down to a pack a day,and within a month i was cigarette free..so for the past 7 months i havnt smoked at all. Thanks to the flavoring and satisfaction of modified electronic cigarettes.. Furthermore i suffer from generalized anxiety disorder..and when i began to vape religiously and constantly i spent more time in vape shops and on social media discussing and vaping with other vapers..which eventually eased my social anxiety enough to begin to go to vape competitions..these competions have eased my social inadequecies enough to open my life up to a social life ive never had before..traveling,open social media and forums,and new friends and experiences..all while not smoking and maintaining a healthier alternative to smoking..in conclusion i also have a three year old daughter that i no longer have to sacrafice time or attention to to step out and have a smoke because my vapor is not harmful to her second hand like traditinal cigarettes..so because of vaping i have a closer relationship with my family,im healthier,and have a normal social life and boosted self esteem,and also can compete in competition which i hadnt done in 10years or more..not to mention the $ I have saved by quitting..my vaping habbit is 1/3 as expensive as my smoking habbit allowing me to better spoil my beutiful daughter, friends and family,and better my life and environment.. Vaping has changed my life 100% please dont let the government take away my new found life and lifestyle..

4/12/2015 12:36:10 AM - Ron Johnson

my name is Ron Johnson and I'm a vapor. if i could count the things in life that am very fortunate for, I assure you vaping would be in the top four, not only for helping me quit smoking cigarettes but for the simple fact that i have been able to meet and help people that have helped me come this far in better heath and relationships.

I feel blessed to have a community of caring people around me, though local vape meets as well as very helpful online groups with the passion of helping and educating others.

Vaping is a huge part in my life!!! and with out it i would be a smelly, yellow tooth, phlegm hacking person with no cause but to keep killing my lungs and to be judged and ridiculed by others. i am smoke free now for a year and it feels great to taste food , breath!! and to have a extraordinary new found caring, loving community!!!

4/12/2015 12:36:02 AM - casey

I smoke cigs for 14 years and made not able to breath taste food or smell. Ever since vaping came i made the switch .. My breathing has return to normal as my smell and taste.. I don't understand why something that is good should be banned. Vaping is the future smoking is done killing us let us be happy and healthier . all you people care about is money tobacco company's or losing money . grow the fuck up and let us vape and be happy . I am casey harris vaping has help me off cancer sticks

4/11/2015 2:49:43 PM - Pepperfish

I was a smoker for 35+ years I have been Vaping just one month at 12% nicotine. I Removed cigarettes from my daily life and at this time remain smoke free. I started with a pen type starter kit and now using a tank with a RTA. I am so glad Vaping is a option for tobacco as I'm feeling so much better.

4/11/2015 2:49:34 PM - Pal3Rid3r

I smoked 1 1/2 packs of Cigarettes a day for almost 30 years. I tried to quit many times, nicotine patches, snus, smokeless, chanitx (that was a nightmare! Don't recommend it.) and e-cigs. Nothing worked. I was upset, I wanted to kick my habit, but at times it seemed almost hopeless. One day, I discovered an open tank system. In that, I found my salvation. I have been cigarette free since December of 2014 and am more than pleased with my RDA's, Mech Mods, Open system tanks and regulated devices. I have broken the cycle, I am no longer a slave to big tobacco. I am now a MAN WITH NO VICES!

This is a good thing people, we have to allow other people in society to have these choices, this opportunity to be smoke free, to break their cycles if they choose. Genuine Freedom of Choice. Don't let big tobacco take this away from us. Lives are literally at stake.

4/11/2015 2:49:25 PM - Lauree

I smoked for 30 years. I tried cold turkey once, when one day and refused to go through the same experience for a 2nd day. I tried the gum three different times. Managed 4 or 5 days the first time, about 10 years into my smoking life, none on the other 2 attempts. I tried the patch, zero successful days. Chantix scared the hell out of me, so I reserved that drug for, "I am going to quit smoking or die trying". Fortunately, that day never arrived.

My first experience with an e-cigarette was in 2009. It was a cheap cig-like that wasn't very satisfying. Though I wasn't able to go smoke-free at the time, I was left feeling like there was real potential here. It took 5 years more before I was ready to have another (one last?) go at quitting. What I found in 2014 was a whole lot of other devices to choose from than the crappy cig-likes. Don't get me wrong, the cig-likes will always have a special place in my heart. Without those I never would have looked any further. It wasn't until I found refillable tank systems and various flavors/strengths of e-juice that I was finally able to quit the analogs.

Now, after 30 years of smoking, I have been smoke-free for 6 months. I don't wheeze anymore. I don't wake up in the middle of the night coughing. Heck, I went all winter without a single cold. From the time I was 5, I could count on at least one chest cold every winter. It has been a remarkable experience, that I have only had because of e-cigarettes.

Why this war against e-cigarettes, and other reduced harm products, exists is beyond me. There have been zero negative consequences from these products that replace a very dangerous "Known to the state of CA to cause cancer" product. Yet here we are forced to defend saving our own lives and the lives of other current/future smokers. Of course, we know why. It really comes down to money. It is at best shameful, at worst criminal.

4/11/2015 2:49:17 PM - Brian LaPorte

I smoked cigarettes for about 7 years and I could feel it was killing me slowly, which sucked as you can imagine. I don't have any kids, but I have nephews and nieces ages ranging from ages 2-9, which in turn makes them little balls of unending energy. I started to draw the line when I couldn't even play with them for more than 20 minutes without being too winded to continue. That was a horrible feeling. I set aside that fact that cigarettes took away many of my passions from me because I just had to take the edge off. No more hockey, football, baseball, or playing any of my favorite sports anymore. What did I care? I was killing stress. No, I still wanted to play with the kids, they're learning minds, uncle Brian had hockey lessons to give. So I tried the gum, the patch, neither of which worked. I got even more frustrated. Then a vape shop opened locally. I became friends with the employees and owner and took some solid advice from all of them. I bought an ecig starter kit. Like some crazy miracle in two days I had smoked my last cigarette. No more smoke breaks at work, nothing. I started to buy upgrades ecig equipment and rebuildables as it has become a hobby of my now, not to be confused with an addiction. Seriously though, two days and no more smokes(I started with an 18mg nicotiene bottle of juice I now use 3mg or less, sometimes no nicotine)?? How does something like this not have more funding?! I am an avid vaper, and more importantly I have been without a cigarette for almost ten months and that feels great. I have noticed a massive improvement in not just my lungs, but my overall health. I can run, skates, jump, throw, wrestle and rough house with the kids again just like I did when I was their age. I'm a happy uncle. I can honestly say, and I'm not exaggerating here at all, switching to an ecig was one of the best decisions I have ever made in my life!!!! I don't feel like I'm dying slowly anymore. I feel stronger than ever. I don't know who is going to read this testimonial but I would like to take a second to thank all of my(now very close family like) friends from our local vape shop(White Lion Vapor) Traci, Big Tyler, Little Tyler, Weston, Jake, Taylor, Dawn, Dakota, Dustin and of course my dude Big Matt! I love all you guys I couldn't have done it without you!!!!

4/11/2015 2:49:07 PM - Heather

I smoked for about two years starting when I was 16, I would have my friends and stuff give me some and then I started chewing. You cant tell now but you could then. My face was breaking out all the time, my gums started to lower as well. By the time I turned 18 I knew there had to be a change, it started affecting my everyday life. So I walked into my local vape shop that everyone had suggested and I started talking, trying to learn more about what it was all about I took there card as well as CASAA's card and started looking up stuff. I started looking at grimmgreen as well as suckmymod of youtube to figure out benefits. After being about a year off, I began running again with no problem, going up stairs wasn't a problem and just my everyday life became easier. Now, smoke breaks aren't needed. I did get a job at my local vape shop and I loved it. Being able to help people out and become a family with the customers and helping them get off of smoking I was impressed. Vaping doesn't get you off cigarettes right away but I have been clean for a year now. After smoking a pack and a half a day, I'm into the mods only running at 3mg nicotine, with a certification for juice at the shop, there would be no worries. I trust and became a family with all the people that walk through that door.

4/11/2015 2:48:56 PM - Chris Watson

Hello, reader. My name is Chris Watson and I started smoking when I was 18 years old. I started just smoking with my friend who was a smoker, then I quickly became addicted and started buying my own cigarettes. Early on, I tried to keep my newly found disgusting habit a secret from my family, so I never smoked at home or around them. Eventually I was found out. From that point on, I no longer tried to hide it from them, so I ended up smoking more. Fast forward 7 years, I am still a smoker. At my peak, I was smoking a pack and a half to two packs a day.

A few years ago, when Blu e-cigarettes first hit the market, I had to try them. I spent about $100 on their starter pack, hoping it would eventually help me quit. Unfortunately, they did not satisfy my craving for cigarettes, but they made me want to smoke more. Smoking one of the "cig-a-like" e-cigs reminded me enough of smoking to make me think about smoking a real cigarette whenever I did. I quickly went back to cigarettes.

Over the years, I tried other means of quitting: cold-turkey, nicotine gum, lozenges, patches, etc.. But none of them worked. Yes, my nicotine addiction would be somewhat satisfied, but it left me only partially fulfilled. In turn, I went back to smoking, as I always did. My record was almost 3 month. Before I discovered vaping, I was purchasing my cigarettes by the carton at the Indian Reservation to avoid the outrageous NYS taxes on cigarettes ($10/pack).

Then I was at a party in June of 2014 and I noticed a girl using an electronic cigarette. It was nothing like the Blu e-cig or anything else I've seen before. I inquired about it, she let me try it. As soon as I took my first drag off of it, I felt like this could be it for my smoking habit. Sure enough, it was.

That week, I went to the local vape shop that she had recommended and left with a pretty basic vaping starter kit. I started vaping at 12 mg. of nicotine/ml. Let me tell you, this thing hit the spot. I felt to confident that I could quit using this that I gave the rest of my last pack of cigarettes away. Personally, I have pretty bad anxiety. Before when I'd "prepare" myself to quit smoking, I would agonize over the fact that, "This is going to be my last cigarette...ever." That thought made me depressed. I would crave them even more than usual. It would drive me crazy. With vaping, don't get me wrong, quitting was very difficult, but it gave me the confidence to finally feel like I can actually do this...I can actually quit smoking for good.

April 21st, 2015 will be my 9th month vaping, my 9th month without a cigarette. That is triple my last record. And I can honestly say, I don't miss smoking one bit. There is no doubt in my mind that I have kicked that habit for good. And I have never felt better.

After a few months of vaping at 12 mg., I lowered by nicotine level to 6 mg. and then to 4 mg. Now, I use anywhere between 0 and 3 mg. of nicotine in my ejuice. So not only am I off cigarettes, but I'm using substantially less nicotine.

Overall, the changes I've experienced in the past 9 months have been nothing short of amazing. I feel healthier. I'm no longer out of breath from walking up a couple flights of stairs. I don't have any more nasty phlegm in my sinuses, I can breathe easier. I sleep better since I'm not waking up in the middle of the night with a horrible, violent hacking fit. I feel significantly less anxious. I just feel great. Best part of all, I know that my family and friends are very proud and happy for me. No one in my family smokes, so naturally they hated when I started. I'm sure that above anyone else, my mom is as thrilled as anyone that she doesn't have to see her son slowly kill himself on cigarettes.

There's no other way to put this:

Vaping saved my life.

4/11/2015 2:48:48 PM - Damon Rice

24 year EX smoker.

I started Vaping just over two years ago and have been reducing my dependence on nicotine gradually. I have almost stopped using nicotine entirely. I personally use re-buildable vaping products. These items have, in my opinion saved my life. having tried smokeless tobacco, patches and nutritional therapies, nothing worked for me till I went fully customizable. I cannot even begin to explain the great increase to my health and well-being this has given me. I breath better, I have more energy. no more snoring and better diet control. My blood pressure has been reduced and I no longer suffer from heart palpitations. All anecdotal evidence, sure. but the only thing I changed was stopping cigarettes. This has been the best experience for me, why anyone would want to restrict access to such a tool to anyone, is beyond me. I am vaping and will continue to vape till I no longer need it anymore. which will be soon. after all these years of being a slave to the cigarette I am almost free. I thought that was what current societal pressures were set up to do. help stop cigarettes. and current government grabs of power and banning of vaping WILL destroy what many have worked so hard to accomplish. it saddens me to see such a disregard of the will of the people. we are all on the threshold of something great, only to lose.

4/11/2015 2:48:41 PM - Jessica

I smoked for almost 20 years and thought I would never stop since there was nothing that worked for me to quit until I found about e cigs. I have been free on cigarettes for over 2 years and I feel better then ever. I only smoked and vaped both for about month and then I was smoke free. I use a mod and love it and it's does not make my hands smell

4/11/2015 2:48:33 PM - Ryan

After switching to my istick from cigarettes (15 year smoker) I have had this new found energy. I'm happier as a person, I don't constantly feel sick. I'm out with my friends again playing basketball or whatever else we want to do that day. I quit smoking cigarettes the day I bought my mod. I started at 24 mg nic and within two weeks I was down to 3 mg nic and another week later I can vape 0 mg nic without even having a craving. By putting a ban and all these restrictions on vaping you're going to push people to just keep smoking. By doing this the FDA is then responsible for those deaths or illnesses that could've been prevented by simply switching to vaper. There are just as many studies showing that it's safer than cigarettes as there is pointing out "potential" harms. The FDA is there to help people. So help us by not taking this course of action. Thank you

4/11/2015 2:48:13 PM - Kyle griffin

I started smoking when I was 12, started trying to quit at 25 with no real success, a few months ago I attempted to quit once again using the patches after a week they weren't working for me anymore so instead of going back to cigarettes I decided to try e cigarettes, after 2 months now I know I'll never go back. I'm down to 3mg juice and soon I'll be at zero and done with all of it. After years of trying only to pick up right where I left off I only wish this option was out sooner.

4/11/2015 2:47:59 PM - Nicholas Nolan

I am 25 years old I started smoking as a kid I was 13 years old so for 12 years. I was hooked on my first cigarette. I would always tell my friends and family that cigarettes are my life I will never quit I will smoke till I die. It was later in life that I had my daughter. She would cough every time I would hold her it got to the point where she didn't want me to hold her and I didn't blame her. I started to taste that pain in every cigarette every puff tasty like licking and ash tray. So I decided to go to my local vape shop and Purchase a mechanical mod E-cig. It was that day that I can testify that I was able to quit smoking. I breath healthier I live better and I get to hold my daughter.

4/11/2015 2:47:51 PM - Terry

I smoked near 10 years I made a claim I could smoke a pack not smoke no more it turn me saying this be my last pack then sayiythis be my last carton I first used a club 57 ecig that was e cig look like in the early 2000s near 2006 2008 it died I went back to real ones again a few yrs later I found the fin e cig likes blu ecigs too smooth it died fast the fins dieded fast would short out from juice getting in the battery I did both then I discovered ego battery tanks bottles of juice I still had a pack of the real one the fin had that chance of shorting out battery going dead the ego batteries lasted longer not being an atomic it didn\'t short out my last real cig was 2014 jan 1 I don\'t even miss the real ones I did a little tinkering with fin e cigs I had juice from old club 56 they hold 1 ml of juice is about two packs of smokes

4/11/2015 2:47:38 PM - tanner

Let's see I was a heavy smoker by the age of 13 cigarettes slowed my athletics down when I hit 15. When I hit 18 I wanted to quit and start doing sports again but not enough will power but luckily I'm 22 and found vaping I feel Healthier I'm now doing sports out side of work I kicked the cigs almost a year

4/11/2015 2:47:30 PM - Michelle M

At age 41 I am considered, WAS, considered a heavy smoker, a pack and a half a day or more depending on stress of the day for the past 28 years. Within the last year, I felt the effects, shortness of breath, periodic chest pains, teeth stains, gum recession, you name it, yes even signs of wrinkles. I am only 41! I had to find a way to stop smoking because if anyone needed to quit it was me. I was heading down a bad road, but I really like to smoke- a lot. Throughout the years, I tried to quit using various products. I was unable to quit using all FDA "approved" products Chantix, the gum, basically I tried them all- they suck for lack of a better term. The patch, please I smoked while using it - do not do this, it's very dandgerous. I stopped immediately using the patch. So I did research and found the vaping alternative. I got the Mig Cig 21 Clear Fusion kit and the Phantom X1600. I also got some good quality e-juice at 2.4 mg and I have not smoked a real cigarette in 20 days. I stopped immediately and have not touched one since. I myself, being a sceptic, was amazed, still am especially after so many failed attempts. I did step down to 1.8mg of nicotine within the first week and Intend to continue till I reach 0mg. I have had all positive effects, within 24 hours my breathing was so easy and fluid I couldn't believe it. I has lost all chest pain and shortness of breath within 3 day- my skin looks so much better, and my allergies have lessened. My nasal passages have opened up so much it's amazing. I have so much energy I can run again. I am very happy and have no cigerette cravings, which for me, as my brother likes to say, is a miracle.

4/11/2015 2:47:20 PM - Ashley

I have smoked for almost 14 years. I have tried everything there is to quit smoking and have quit for no longer than a week with all of the alternatives. Gum, patches, cold turkey and medicine (chantix). I am now smoke free for a month, and for a month before that I was only smoking a couple cigarettes a day! I am now down to 6 mg of nicotine in my E-juice. If it wasn't for vapeing i would still be smoking. If they make Vapeing and e-juices regulated I will probably end up going back to smoking analogs. The small e-cigs like the blu never worked for me. I love the different juices available and all the options we have its the reason I like vapeing! I use an Istick 30 watt with a melo tank and 80 vg 20 pg 6mg nic in my juices. I will never pick up analogs again as long as I have my choices and freedom of different flavors! I can breathe better, and i don't stink, and my children and family no longer have to breathe second hand smoke!

4/11/2015 2:47:12 PM - happyvapor4life

I started smoking when I was 11 years old. When I started, not only was it peer pressure but it was very heavy in my family. I had been smoking roughly a pack and a half a day. After seeing other people quit smoking and seeing how much it bettered their lives, that's when I decided to try vaping (e-cigs). That was roughly six (6) months ago. After a month of both smoking and vaping, I decided it would be healthier to just quit smoking in general. When I first started vaping, I was using just a cheap little battery with a cheap little tank with a 24 mg nicotine level juice. Now, I am using what is called the IPV3 and a RDA (rebuild able dripping atomizer) and a 3 mg nicotine level juice. So in the last six months I have almost cut nicotine completely out of my system. Before I decided to try vaping to quit smoking, I used all kinds of other methods. I tried the patch and that just made my cravings worse. I tried chewing on the gum and it made my gums bleed and made me sick. Vaping has changed all of that. I know longer wake up coughing from all the chemicals that were put into my lungs. I feel that I can breathe better and stronger. I know longer cough up mucus in the morning when I wake up and I don't even have the urge to smoke a cigarette. Vaping has changed my life for the better. When I chase after my kids in the park, I can actually keep up with them and not have to worry about sitting down to catch my breath from smoking so much. Vaping has bettered my life!

4/11/2015 2:46:59 PM - walter a. hernandez 32 yrs old

I have smoke since i was 13yrs old , tried every single way to quit but havent been able to keep up, e cigs (the ones sold on stores such as blue,logic,vuse etc.) Make me sick so i cant keep using them, nicotine patches , they just fall while in working n so the list goes on, vaping has changed my life , replacing smoking for a healthier way of quitting, i enjoy vaping and been doing it for 2 months, might not sound that long but for me it has, i havent had craving n wishing to have that "just one cigarette" feeling, i was smoking a pack to pack 1/2 a day n i have felt the difference, breathing, my throat doesnt have that feeling i always had while smoking, vaping has really changed my life n i can say i am not going back to cigarretes as long as i keep vaping, i wish i would have known about it yrs ago, n not look at those e cigarretes as my only choice to replace smoking cigarettes

4/11/2015 2:46:38 PM - Sean C

Has started smoking when I was 13 years old and I'm 43 years old now my son-in-law turned me onto vaping and I knew this is a product that would help me quit smoking and

4/11/2015 2:43:57 PM - Joshua Woolridge

I smoked for four years. I started vaping a 900mah Ego with a ce5 and quit smoking the same day and haven't looked back since.

4/11/2015 2:43:47 PM - Adam M. (British Columbia, Canada)

Hello,

I've smoked between a pack and a pack and a half a day since I was 19. That's about $40,000 worth of cigarettes. The brand and strength was "du Maurier Light" cigarettes. I'm 40 now. My wife also smoked and some days she smoked more than I did. Quite often I'd notice she was smoking two in a row. She was definitely a pack and a half or more per day smoker.

We've both tried quitting smoking multiple times. My wife went cold turkey off and on for a while and I tried Zyban and stopped smoking for a few months. This happened twice.

We have now been smoke free for more than a year now since I heard there was a local shop that sold e-cigarette (vape) kits and supplies and made the plunge. One day while driving through town I stopped by the shop and they showed me how easy the starter kit was to use. They told me to use the vape unit a little more often than I would normally go out for a cigarette. We both started at the 18mg level of nicotine in our e-juice and now we use the 6mg level. At this point it's mostly the habit of doing something that keeps us from craving cigarettes. I sometimes wonder if I'd notice if I switched it out for 0mg e-juice. If I smell a cigarette now I think it smells absolutely terrible. I still can't believe people tolerated me smelling like that when visiting or at work but they did.

I still notice that I can smell things, taste things and since the nicotine level we use now is so low when we go without for hours and hours we don't feel the same cravings we did when smoking regular old cigarettes. We can go for a 4 hour flight and not have to light up immediately after exiting the plane.

We can breath again, get sick less often and feel better overall. Our fingers went from orange to normal colour within a week too which I still think is amazing. I thought it would take months for that to happen.

4/11/2015 2:43:38 PM - Scottie coleman

My name is scottie coleman electronic cigs have helped me get off of the cigs and since I've quit I can breath a lot better than I have in years it is a much safer alternative. I don't smell like an ashtray anymore and I can be around a lot longer for my babies I hope that they do not ban them because they fear something that they do not know i hope they reconsider banning it because it has helped so many people. I smoked for 5 years 3 packs a day and do not smoke at all now thanks to my mod I've been off cigs for over a year now and it's been tv best decision I have ever made.me and my wife quit smoking the day that we got our e cigs all the other tobacco quitting methods were garbage and didn't work. Vaping has saved me and my wife's life and I'm very thankful for the vape.

4/10/2015 11:21:56 AM - GermanVaper

Last year in November, my brother and I ran into an acquaintance of his, who had become a seasoned vaper. He told us about his experiences and we were quite impressed. We both did our online research and decided to hit an e-cig store two weeks later. On December 1st, we bought our first vaping gear and loved it. My brother had smoked for the past 30 years, I about twenty (both about a pack and a half per day). We each had tried to quit smoking before, unsuccessfully, of course, as complete withdrawal would not work and nicotine pads and gums were actually worse, both taste wise and giving headaches and sickness.

Within a week (!!!), the last cigarettes of the last pack I ever bought and which I still had, were smoked and I have never looked back and never bought another. Even the last few I had were becoming more and more awful. We have been vaping for four months now, none of us bought another cigarette. We feel better, we enjoy the flavors and experimenting with them, we have even begun making our own liquids. We have soon found what our preferences are as far as mods, vg/pg mixes, and liquids are concerned. I have begun vaping at 12 mg, have briefly stopped at 9 and am down to 3-6 now. All within four short months.

I don't miss the coughing, the breathlessness, the burn holes in clothing, the dirty car, the ashes everywhere, the looks of non-smokers or even my own cats when I would get too close. I don't miss the 4000 toxins, the few flavors available from bad to pretty darn bad. Instead, I enjoy baskets full of flavors, personalized gear, better health, a new found community of pretty cool vapers, and a hightened sense of control over a bad habit.

Down with BIG TOBACCO and lobbyism!

4/10/2015 11:21:34 AM - Jacob (xbox live) Dr. goldenshoe State: MI

I started smoking six years ago here and there nothing too serious, and that went on four a couple of years. when I was 17 I got my first real job and at 17 I started smoking a pack a day while in high school. in early 2014 my girlfriend gave birth to our little girl and I was determined to quit smoking. i tried the closed system e cigs that they had at gas stations around my house and they sucked the flavor was more like sucking on the ashes from a coal stove. but i did quit, grizzly took the place of smoking (kinda) but it also took my gums over the next 13 months.

A buddy of mines girl friend started vaping she had a little tsunami starter kit i was a little skeptic but i tried it and you know what there was no coal taste so the next day i went to the vape shop that have here in town and bought that same $25 starter kit. ive had a few upgrades along the way right now im caught between box regulated mods and mech mods. ive been tobacco free for over a month now i would say about six weeks, and i have no plans for going back.

Tobacco free for me means no more coughing every morning, no more burning gums, no smelling like an ashtray and no more 7 bucks a day for a pack of smokes 3.50 a day for a tin of grizzly. Vaping has made of the biggest positive changes in my life.

4/10/2015 11:20:19 AM - Pat

I had started smoking back in 8th grade, I was about a pack a day. I played basketball for my middle school team and my high school team, i loved the sport but the cigarettes were something i fell in love with as well. Basketball was a sport i was extremely good at, in my freshmen year my team made it to states and we won, but in my sophomore year we didn't come anywhere close because myself and 2 of my other teammates had become heavy smokers, close to the end of the season our coach found out and kicked all 3 of us off the team. We couldn't play until we had stopped smoking or found a alternative, so we went to the smoke shop where we bought our cigs from and told the owner (he is a close friend of ours) he told us about the tsunamis and we all bought one. All through out our junior year we used them and got unhooked from the cigs, and even upgraded to mods and rdas. in our senior year we got back on the team but we couldn't run as fast as we used to, yet we where still able to keep up with the team, all thanks to ecigs, now i play for my college team, and if I keep improving i will be able to get on the starting line up, i also have scholarships that pay for most of my classes i am glad i switched to vaping I'm able to play basketball, and most of my college education is paid for, i wouldn't be in the same place i am today if it wasn't for the shop owner.

4/10/2015 11:20:05 AM - kevin

I was a two pack a day smoker for 13 years and started vaping close to two years ago. It took me several years to quit smoking for good. I tried using nic gum, patches, cold turkey, an on. I found vaping two year ago and I have been cigarette clean ever since! Vaping saved my life an was the only alternative that worked for me! I use a 50 watt device an a sub ohm tank. Im also down to 3mg of nicotine an I started on 18 mg. Vaping acually made it a rather easy transition for me. Why someone would not want to offer this to a daily smoker is beyond me. I feel so much better physically and mentally its such a big difference body wise. Thank you for listening and vape on.

4/10/2015 11:18:30 AM - Ginger Morin

I was a 40 + years smoker,I have tried a few times to quit,patches I just kept smoking with them on,did not work,chantix I had a seizure,cold turkey lasted a couple hours. Then I decided I did not want to try and quit anymore,then I was introduced to a Blu ecig ,not good so kept smoking,then they raised the prices on cigarettes and I was introduced to a ecig from a vape shop but I still hung on to my cigarettes (not opened) for about a week. I never did smoke them and I have been tobacco free for 5 years April 5th 2015. The flavors are a really big reason why I keep vaping and why I did not gain 50lbs.

4/10/2015 11:17:53 AM - My Family!!

21 years ago (at the age of 12) I picked up my first cigarette. It was one of my moms. Then my second was one of my step fathers. Then later my real fathers and then my step mothers. Smoking was around me since the beginning. At around 16 i really turned it up. 2 packs a day Marlboro reds. Then at around 25 it was 2 and a half packs a day. everyday. all day. On my 3 year wedding anniversary I called for a family meeting. Me, my wife and my disabled mother were all smokers.. I was tired of being winded, smelling bad to others in public, having a house that smelled like an ash tray. After smoking for 21 years I was done. (stopped to take a vape lol) I set a goal for myself, my wife, and my mother because I wanted to live long enough to enjoy their company for many years to come. We started with the Blu ecig, it wasnt good enough.. i always wanted to go back to the store for cigarettes. Then we found a local vaping shop! SOUTH GA VAPOR. We upgraded to Ego style pens with refillable tanks. Starting at 24mg of nicotine and gradually over the next year all the way down to 3mg. All of us have been cigarette free for 1 year and 2 months. We can breath, our taste buds are back, we dont stink, the same guests now say our house doesnt stink, I feel and look younger, so does my wife. and even my moms heart doctor has told us her heart is doing so much better along with her lungs. Our lives have changed for the better. Please dont take that away from us! Taking our vaping rights away means us letting go of everything I just wrote about above. I love my life now. I love being cigarette free. I love vaping! Thank you ~William ~Heather ~Pam

4/10/2015 11:17:10 AM - michael

What vaping means to me. For starters for me the only thing that can kick my erge to smoke cigarettes. The camaraderie between vapers sharing there builds talking of e juice that they can't get enough of. Friendships being built. Please don't take these things away. I agree there is a time and place to vape and that should be respected. Let the people make the choice what we do on our spare time weather it be a hobby or a way to stop smoking. Vape for life my friends.

4/10/2015 11:16:53 AM - Joshua

First off I'll tell you when I first started smoking cigarettes. I started smoking cigarettes at the age of 11. I been vaping for 3 years, so that's about 10+ years I've smoked real cigarettes at about a pack or pack and a half a day. I can't calculate how many chemicles my body went threw a day, but obviously an insane amount. I woke up some nights gasping for air and scared not only me but my Girlfriend. Once it got so bad I had to do something, anything that will get me off these harmful cancer sticks. So I went out and spent a large amount on Nicotine gum and Nicotine patches, only to find out they wouldn't even take enough edge away for me to attempt quitting. That's where my vaping journey began. I bought myself a cigalike and vaped it. It worked wonders but just wasn't strong enough to take the place of a cigarette. I then bought a provari from a skilled US vendor from then on out I haven't touched another cigarette. I'm able to breathe again, I'm able to run with my child threw our yard. I'm able to chase my dog and my son and play with them. I have stopped them bad spells at night where I woke up gasping for air. I think vaping really saved my life. If I would of kept on smoking, I think one of them times I wouldn't of been able to wake up to get oxygen. This is why I am protecting the right to vape, this is why I'm a happy vaper. Thanks for reading this and thanks for everyone who keeps this legal.

4/10/2015 11:16:05 AM - thirdpartyman from Kentucky

I was a pack a day smoker for over 40 years, My wife Smoked 1 1/2 packs a day...

We tried everything that came along to Quit Smoking.. To No Success..

Then one day we decided to try ecig's (Vaping).

(our 30 yr old Son had recommended it to us)

And WOW.....WOW ...is all I can say...we both never picked up a cig. after that...

A little over a year ago now....I STILL Can't Believe it....

Love the wonderful Flavors of Vaping...

Steve & Debbie

4/10/2015 11:15:34 AM - Samuel Vaughn

Yes. Yes. I am a vaper. I've been cigarette free for a month now. Thanks to my friend I am very very very grateful that he refferred me to vaping. He is a very very picky person btw. He wouldn't ever get into something if he didn't feel it would be passionate about. He finally quit smoking and quickly told me about the benefits of vaping vs cigarettes and how it really helped him quit. I saved up a little to buy my first mod and tank along with some ejuices. Wow. The first week was weird because I still smoke some cigs that I didnt get rid of. But once that pack was gone. I was totally reformed. You're talking about a 20 year addict here smoking 1 pack to 2 packs a day. This is completely life changing. I quit smoking nasty bad for you disgusting cigarretes. Finally. Finally. And I really really feel grateful and a changed man. I feel like I can accomplish anything. I feel better about myself. And I am giving anyone that smokes referals to vape. I don't know why at this point in history we need to answer to anyone. As there will be skeptics and known political interference to try to get in out way of vaping. Taxing, misinformation, amd propaganda is being tried. I am hoping that people in government realize that vapers are here to stay. And that not one government will be destroy our ambition to lead happier and healthier lives. God Bless America and its children.

4/10/2015 11:15:18 AM - dan

hi my name is Daniel brace. I have bin smoking since i was 14 and now i'm 24 the reason i started was cause i thought it was cool. i did it socially for awhile the end up smoking 2 and half packs a day i was always getting sick i couldnt get away from it if i try then i drop out of high school because i kept getting sick and missed so many days of school that sad isn't it. my life suck now because one cigarette that i thought was cool. now my life is a lot better with Vaping yes started on a small tank with a big battery and i went from 2 and half packs to 2 cigarettes a day yes i still smoke 2 cigarettes a day but i can run again which i haven't done in years i can play with my dogs outside again without getting winded i can play with my little nephew with out get winded. i live in nj and there is no reason for me to post this on here but im very passion about vaping. Its made my life better ten fold plus i put weight on since i started vaping i started a 8 mg of nicotine now im at 3 mg now and im planning on go to zero soon will i have time probably not but i shouldnt have to do this i should be have to worry about other things in my life but greed people as being greed always screw with people lives that are trying to better them self why for what to make a dollar just like obama mine as well make the purge real

4/10/2015 11:15:02 AM - sheena

I started smoking at 15 i am now going on 29 I quit for five months but picked them back up due to some issues that occurred and had been smoking every since i tried to quit several times but nothing helped after 14 years of smoking and after doing research on ways to quit without using medication and those nasty nicotine replacement gums I actually started using e-cigs when I realized is was just as expensive I found that vaping was alot cheaper started with pen and now im using my dripper getting ready to purchase another one and im working slowly to get myself off of the nicotine all together I went from 18 to 2 in 3 months im hoping within another month I will be completely off of it. I have never been healthier than I am now not only that I can breath better I no longer get winded when I walk around and I enjoy the fact I can smell my clothes detergent and shampoo and it smells pretty darn good

4/10/2015 11:14:51 AM - B.Marks

I was a smoker for over 40 years and trying to quit for at least 30 of those years. I was smoking 2 packs a day for at least the last ten years.

When I started vaping in December of 2014 I quickly reduced my cig usage to under half a pack a day. On Jan 1st of 2015 I smoked my last cig. It has been 3 1/2 months now and I have no desire to go back.

Before I discovered vaping using mods, I had tried the patch, nicotine gum, and zyban to no avail. My past attempts usually didn't last more than a few days the longest being 3 weeks.

I have reduced my nicotine intake from 24 mg/ml to 4 mg/ml and am reducing that to 2 mg/ml next month. My long term goal is to be off e-cigs by the beginning of 2016

4/10/2015 11:14:36 AM - Justin

I would not consider myself a â€œsmokerâ€ but I was an occasional Cigar and Pipe tobacco smoker. I would periodically partake in a Cigarette on occasion. When I discovered e-cigarettes/vaping, I realized that there is an alternative to the stinky, harmful habit of tobacco smoking.

The real success stories are my wife and mother. My wife was a consistent smoker, off and on, for over 20 years and my mother for over 35 years. My wife used vaping to virtually eliminate her craving for cigarettes. She now enjoys vaping on occasion if she feels the craving, but very rare (1-2 uses per week).

My mother started vaping and is slowing reducing her nicotine intake while enjoying all the flavors that the current e-cigarette/vape market has to offer. She has tried all different methods to quit from gum to hypnosis and nothing seems to stick. She has been able to quit, but easily slips back into smoking. Vaping has been a great success for her and feel that if she gets to the point when she no longer needs to vape, it is safer to return to vaping if the craving returns, rather than cigarettes.

It is my option that e-cigarettes/vaping are seriously impacting the large profits of the tobacco industry. Big Tobacco is using its deep pockets and political influence to crush the e-cigarette industry to keep Americans (and the world) hooked on their tobacco product. With teen smoking at and all time low, the popularity of heath consciousness, and the extreme popularity of e-cigarettes/vaping, tobacco companies are doing everything they can to brainwash the public into thinking that e-cigarettes and tobacco are the same. This will in-effect destroy the vaping industry by regulating and taxing vaping products to death and push people back to smoking.

In a time when healthcare costs are skyrocketing, vaping is a tool in order to make people healthier in the long run and society as a whole will benefit.

Justin

4/9/2015 10:13:22 PM - amy

I smoked roughly 6.5 packs a week for 25 years. Started with BLU(got old) & bought a Vocano Inferno/24mg nic juice 2 years ago. Now have an Istick/Lemo-2mg nic. I have cut down greatly-to roughly 1 pack. Nothing else has worked. I can breathe better, I have more energy everything tastes better.

4/9/2015 10:12:51 PM - Jason

Look.. I've only been in the vaping world for almost 9 months. I don't have a mod box or anything special. I have just a standard Ecto 2200 battery and an Aspire mini nautilus. I don't vape the ecigs. I quit cigarettes cold turkey when I picked up vaping. I had been a cigarette smoker for 15 years and I have never felt more alive then I do right now being smoke free. I don't cough anymore. My smell and taste senses are heightened. My appetite has totally improved. My wife smokes and I have tried to convert...lol over to the lighter side. I don't it is very fair to have such a major proposal as the application process and fee but I really do agree with age restriction and child safety. I have 5 children and that's top priority. I just see this fair. I'm behind vaping all the way!!!

4/9/2015 10:12:43 PM - Bryce G

I smoked for six and a half years. Got a vaporizer and quit smoking after 3 days. Been smoke free since January 18th 2015. After a couple weeks, I noticed that I could breathe better, things tasted better, my blood pressure went down, and the back and joint pain that I always had was all but gone.

4/9/2015 10:12:31 PM - Christian

My name is Christian,

I started smoking at age 13, kept smoking anywhere from 2-5 packs per day til i was 39. That's 26 yrs!! I tried to quit many times with no success!! I tried chew, i used the patch, i tried cold turkey, and all were with fail!!! I went to the Doctor this last yr. because i had gotten a really bad cough and was sick. The Doctor told me that i had the onset of COPD, and that if i continued to smoke i would be on Oxygen within the year. I am turning 40 and had to quit!! The best decision i ever made was to walk into my local vape shop and start vaping!!!! VAPING SAVED MY LIFE!!! My kids hug me more (cause i don't stink of cigs), my wife is stoked because i am healthier, I can breathe again, taste again, i can even smell the rain coming a day before it arrives!!! I AM SOOOO GREATFUL FOR THE INDUSTRY OF VAPING!!! its now been 4 months since i quit smoking, and everyday i can breathe a little better!!!! I use a box mod regulated device with the Kanger Subtank mini, rebuild my own coils. And I am soooo glad i dont need oxygen. Thank you Sigelie and Kanger, and all the other companies that produce ways for people to Quit killing themselves

4/9/2015 10:11:47 PM - Shawn P. Walsh

I had smoked cigarettes for 5-6 years. Vaping alone helped me quit I've been tobbacco free for 2-3 months. It's made me realize how effective vaping is to quit the cancer sticks. I can breath a lot better than I did before that's something regular tobacco would have never done. The whole point is to save money and switching to a better lifestyle alternative. Even my father was trying chantix that the doctor prescribed him and did nothing for him. He's been smoking forever even when I was a kid. Chantix didn't improve anything at all he was still smoking packs of cigarettes a week. Recently, for the past week or so he decided to start vaping so far its been impressive. He hasn't touched a cigarette in about 1-2 weeks. Honestly, this government makes no sense would they rather us get sick and die from BIG TOBACCO's products. Doesn't every American want to better their lifestyle rather than having breathing problems. I sure well know if this technology came out sooner my grandfather would have been a live for a few years longer, he was a ex-smoker as well. The government would rather us have weaker lounges when we get older. You want to see us have to carry around a oxygen tank and not live a simple life just so the hospitals could drain our wallets. The government wants to tax everything because they know they can out-rule and ordinary fellow man. Why is it the government tries to come up with bs reasons why they need to tie down the vaping community. Why don't they try it and investigate it more rather than them trying to get a tax cut out of the community. LONG LIVE VAPING,DONT LET THEM WIN EVERYBODY FIGHT FOR YOU AND EVERYONE ELSE!

4/9/2015 10:10:15 PM - Phil D

I was a. 15 year 1to 2 pack a day smoker. I could barely walk up stairs with out getting out of breath. I decided to get back in to good shape by playing basketball and soccer. I was a serious athlete when I was younger and am naturally athletic. Needless to say I could barely play for 4 minutes before needing a break. One year ago march 20014 I ended up breaking my hand which ended basketball. I was smoking more than ever cause I could only supervise at work. The doctors grew increasingly worried because my hand was not healing at all. They told me to stop smoking or they would have to put a screw in it to bind it together. I cut back but to no avail. Meanwhile this did not discourage me from playing soccer when i brutally Broke my ankle! Needing corrective surgery 7 screws a metal plate and a metal tight rope holding everything together. I couldn\'t walk outside to smoke. I told my wife to go to the local vapor shop and she came home with an ego twist and tobacco flavored ejuice! Within 3 days I was cruching in to the vapor shop to buy better flavors. Upon 2 weeks after quoting analog cicigarettes, and vaping I had a doctors appointment for my broken hand and the xrays showed something astounding! I had had 65% bone growth and healing in those 2 weeks compared to the abysmal 12% in the prior 5 weeks while smoking cigarettes! The doctor intrigued asked what I had changed and I smiled and told him I quit smoking and started vaping! My ankle healed quickly and with no problems. Not to mention my teeth are whiter I don\'t smell like an ash tray, and I can run around with my children! Most importantly I finally kept a luming promise to my son that I would quit cigarettes! Over the past year vaping has turned into a enjoyable hobby that has given me the opportunity to meet amazing friends in the Vape community! I graduated to better mods coil rebuilding etc. and my nicotine intake dropped from 18 mg to 3 mgs in a little over a year ! I have never gone this long without a cigarette in my life! Vaping has drastically. Impacted my health for the better. We all need to do our part so We can continue to help people make positive and healthier llifestyle choices. The most wonderful thing in all of this was being able to share my story and I have helped about a dozen people make the switch from cancer sticks to vapor!

I Truley believe people are scared of the unknown and anything New! We have to share our stories and ban together to save our right to a healthier alternative to tobacco!

Thank you casaa

Phil D

4/9/2015 10:10:03 PM - Ashley Huff

I was a smoker of about 12-15 cigs a day...give or take on different days. ..for about 13 years. I started using a vapor device a few months ago and I have almost completely quit smoking cigs ..some days I dont smoke at all..and on the days I do I smokr one a day..im finally getting to the point that if I do slip up n light one up..it tastes horrible and I no longer enjoy them..i started using a pen device with 24mg nicotine..i now use a 53 watt jellyfish box mod and a 20 watt istick with an aspire tanl..delta tank..nautilus..and a i have a magma dripper and atomic dripper..and I use 3 or 6 mg nicotine level...ive stepped down that much already..and even when I do get to 0mg of nic..I will continue to vape bc I enjoy it..I can tell a significant difference in my lungs..when I work out I can actually breath without wheezing. I also dont smell like a big ashtray, nor does my family. Im also not subjecting people around me to harmful chemicals and 2nd hand smoke. To take these devices away and not give people to opportunity to try them and take that huge step to quit smoking is unjust...its not fair and I cant even believe it is being considered....i never even considered quitting smoking until i tried this option anf it is a great one...I think vapor devices are an awesome thing that is not only beneficial to our health..but also creates jobs in vape shops..money being spent within our communities and great for people to interact and be "social vapers"...

4/9/2015 10:07:33 PM - Tommy

Hi I'm tommy and I have been a smoker for 5 years. I started smoking when I was about 13-14 and have tryed every thing before to quit. Smokeless tobacco, the pach, gum, even those pills that make you suicidle. Just when I was about to give up on smoking I found the vaping comunity. We all support eachother and others to make the change because It saved our lives. I have been ciggerette free for about 6 months now. The longest I have quit before without the help of vaping was 2 weeks. So please dont get rid of vaping. It saved my god damn life.

4/9/2015 10:07:23 PM - Connor

Hi My name is Connor, I quit smoking only 2 months ago. That's not a long time but I see it as the hardest time, the initial period of waking up on that cold morning, pouring yourself a coffee, then not smoking. That was my biggest challenge and something I have never been able to get out of the routine with until I started using e cigs. Myself and my girlfriend have both quit together, in the past we have tried but failed after a day, or even a month, we always went back to them. E cigs are a great way and the only way i feel has allowed me to kick the habit and provide a real long term alternative to smoking cigarettes.

It is clear it has helped many people, my friends, family and the stories/testimonies on here & the internet. My view on the government trying to regulate this wondrous weapon of combating smoking, is because the duty they get on cigarettes is a huge cash cow for them, their original efforts of "trying to stop people smoking" has consisted of raising taxes (more money for them) and the feeble solution of making the packaging plain and hiding them behind a shutter, no smoker I know has thought oh dear I cannot see them or they are not colourful anymore - I'll have to quit.

They do not want us to quit, and if they cannot ban e cigarettes (which I'm sure they already have tried to in various ways), they will tax it to the point it is either too costly of an alternative, or we are back to square one of lining their pockets from duty.

They do not care about our health with regards to smoking, they make far more from it than they spend on treating smokers on the NHS. My salient point is, no matter what benefits and testimonies we bring to the table, no matter what research proves the safeness of these e cigs, they will always strive to regulate (tax) or ban them.

We need to prevent this from happening to the one real alternative to smoking, so that others like ourselves can achieve what we have, the right to be completely smoke free.

Thanks :)

4/9/2015 10:07:14 PM - adam scott

Hello my name is adam scott I'm 36 yrs. old. I began smoking at age 18 and smoked about a pack of cigarettes a day up until 9 weeks ago. I made a clean switch from cigarettes to vaping. I've always enjoyed smoking but due to health concerns and a coworker being diagnosed with mouth cancer from chewing tobacco. Myself and several coworkers have decided to give vapor a try. We all use a variety of different devices. I currently use a vv/vw mod and use 6MG strength nicotine. I originally started at 18 MG strength and have worked my way down to 6MG. Since quitting cigarettes I no longer have that nasty mucous cough, and no longer carry around the terrible smells that cigarettes leave behind. Even non smokers at my place of employment have been very supportive of the small group of us who began "vaping" in place of cigarettes or chew. Like I said in a short 9 weeks I already feel extremely better and have had zero cigarettes. I would like others to not only have the option to use alternatives to traditional tobacco but also continue to have the wide variety of choices in place that we currently have. America is all about freedom of choice and I do not want my choices for alternatives to traditional tobacco limited.

4/9/2015 11:45:36 AM - Andrew

Hello, My name is Andrew. I am 23. I started smoking when i turned 18. I quit smoking two years ago and started vaping. I am a weekend warrior of paintball. When i was smoking playing paintball was difficult. I was not able to run to my bunker without breathing heavily. When i was at work my chest would hurt and my heart would be beating faster then it should. Since ive been vaping i don't have those issues anymore. I am able to run without losing breath and feeling like im going to pass out on the field. Quitting cigarettes is the best thing i have ever done. Since vaping i have also helped three friends quit smoking cigarettes and better there lives. One is an ex marine and body builder. He doesn't wake up feeling like his hearts going to explode and chest hurting. My other friend had a kid and wanted to quit smoking for his kid. My last friend just wanted to kick the habit of smoking. Since we have stopped were all more productive and don't feel horrible in the morning.

My choice of vaping is mechanical mods and variable voltage mods. Nicotine strength is between 3-6 mg. I have not touched a cigarette in over two years now sine vaping. I went straight to vaping after i first discovered what it was. I tried going cold turkey and i couldn't do it. It was the hardest thing ever craving a cigarette every second. Feeling sick, annoyed, and angry at everyone. Since adopting a smoke-free alternative i feel much better in the mornings. I don't wake up feeling like my chest is compressed and lungs hurting, throat soar, or smelling like cigarettes. I have no negatives about vaping changes since vaping. My question to you all is why do you want to take away our free to vape rights. We all wanted to better ourselves and quit smoking and vaping is the future that. Because kids got there hands on devices you want to take it away from everyone. What about all the underage drinkers that get alcohol from liquor stores. Don't destroy a community that loves and only wants to help kick the habits of cigarettes. We are the future of this world and only deserve to better our lives and the next. Vaping has changed my life and i thank the community for helping me quit smoking.

4/9/2015 11:45:27 AM - Robert Brainard

Well I started smoking back in 2006 due from stress from work as well as stress living alone in an apartment. I was a pack a day guy for the longest time till maybe 2009 when i lost my job. In 2009 I was a 2 pack a day and that lasted till i started vaping in February, 2014 and i swear, I enjoy vaping for the flavor as well as high nicotine hits. I mean I tried the gum, the patches, going cold turkey but they didn't work. I used a lot more than the gum requested you to take as well as over patching because the amount of nicotine they give out is not much at all. It became so hard to quit because of that requirement to see smoke in your face that I gave a try to a electric cigarette made by Blu. I kinda liked it because it had a better feel to use but also that i could use it anywhere without getting harassed. The only problem with Blu is that it didn't give me the flavors i wanted and it wasn't giving me enough vapor. So then i went to a smoker friendly, bought my first Stick mod with the cartomizer and found my true love. But since cartomizers don't seem to lost long, i wanted something i could rebuild after so many buys i actually got what I wanted, its a IPV mini which doesn't even look like a cigarette which is fine because I'm not trying to promote people to smoke the stinkies. I can breath finally, taste food. I still follow the no smoking signs for vaping because i want to respect others who aren't vapors or smokers. I want people like myself that had problems with quitting smoking to switch and to fight these delusional politicians that think vaping is bad because its tax free. The only reason the Government wants you off vaping is to keep dying and giving them more money. I don't want to die so the Government can make money out of my death and neither should you.

4/9/2015 11:45:09 AM - Anthony

My whole family smoked cigarettes, and growing up I saw what it was doing to them. But the addiction still reached me. Senior year in high school I started buying cigarellos and it quickly got out of hand. I'm now 20 years old and 3 years vaping and it probably saved me 20 years on my life from not smoking tobacco. When my grandfather coughs I can see ash come out. It breaks my heart. Vaping keeps me away from a permanent death sentence big tobacco wants us all to buy. I've recently been using my knowledge on vaping to educate my granfsther. As of today he has a small ego style vape mod and is using it intermittently instead of his camels. If I helped put a few more years on his clock vaping is a god send. Don't allow for vaping to be outlawed when it's the only thing standing in the way of tobacco killing more. Vaping saves lives, it saved mine. Vaping is not obtrusive! The smells are great, and the second hand vape is nothing compared to cancer causing tobacco. Vaping is a way for people to rid their lives of a poison fueled addiction. I felt an immediate change when I quit tobacco. My breath started coming back and my aches and pains slowly alleviated. Vaping allows me to practice the Art of smoking with literally none of the negatives that come with it. Vaping harms one thing in this world. That's big businesses pockets. My name is anthony and vaping changed my life in very positive ways. It keeps me away from carcinogens, it gives me a safer healthier alternative to a habit that's so common and so deadly. vaping must stay .

4/9/2015 11:45:00 AM - Jerry

Yo I've been off cigs for 7 months because of vape mods please don't make us go back to tobacco or ecigs....

4/9/2015 11:44:49 AM - Freddie

I have been vaping for almost 4 months now, I have not looked back at my 7 year history of smoking once. I feel physicaly incredible, mentally better, and my self esteem is through the roof. all of it contributed to vaping.

It's an out right shame that there are people who are trying to put vapors down because they found the means to quit smoking. Is there possible health risks,yes. Are they significantly less than using tobacco products, yes. So why slander against something possibly for more people like myself and so many others to quit smoking. If the government wants to help us quit smoking and help us live healthier, leave vaping alone. I have cut down my nicotine levels from 1.8 % to 1.2%. I use my regulated box mod and my aspire nautilus tank. These methods work, they work better than the patches, better than the gums, heck I even tried hypnotherapy. This has worked the best. So please, do us all a favor and stop treating it as a big to do, and treat it as it is, a way to help.

4/9/2015 11:44:39 AM - Mark Dewalt

My name is Mark, I started smoking in the mid 90s when I was 12 or 13. Until about 16 when I became an everyday smoker. Smoked heavily (pack a day or more) for the last 10 or 12 years until 2010 when after several failed attempts to quit with patches and lozenges, I bought my first eGo kit online. I figured I would give it a try since nothing else had been successful up to that point. I'm proud to say I'm almost 5 years tobacco free. Without vaping I'm sure I'd still be smoking cigarettes. I've since moved on to more advanced devices and substantially lowered my nic level (24mg in the beginning now down to 6mg) Vaping has given me my life back! I can breath more easily and my home no longer stinks of ashtrays and cigarette smoke. Even my family remarks on how much better they like me vaping versus smoking.

4/9/2015 11:44:30 AM - Zack Ramsey

I have witnessed the health hazards of cigarettes and tobacco products first hand and even after only 2 years of smoking cigarettes I was coughing up brown stuff and having problems breathing and feeling 100%. I started vaping just to see what it was about and I realized it's potential. The cigalikes were a quick phase and I went right back to smoking. I think everyone does. When i finally got an open tank system, I believe a vision spinner 2 and some iclears, I was back on track with vaping. I cut down to 2-3 cigarettes every few days. Eventually over time, smoking just lost it's appeal compared to vaping. Still fighting the occasional cigarette, I got into rebuilding and as soon as I started that I never smoked again. A year and a half later I feel ten times better. My friends and family can see it too. I have even helped former smokers make the switch and they all have that phase of not shutting up about it because they feel that much better! Now that I vape as well, I think it is interesting to mention that I do not feel the addiction anymore either. I think many think that even when you switch to vaping, you are still addicted to a substance and many see that as a vice. To me, I can go 4-5 hours and not even care about vaping but I would admit I need to once a day. With cigarettes, as soon as I put one out I was hoping I could get one more hit off it. 30 minutes later and my thoughts were flooded with thoughts of a cigarette and I would get anxious just trying to wait another 30 minutes just because I knew I should. With vaping it isn't like that at all. I feel free. Millions of others do too. And we are healthy. Vape on

4/9/2015 11:44:21 AM - Shane

Hello. I started smoking when I was 16 and by the age of 35 (age I am now) I was a 2 pack a day smoker. I had ventured into vaping 2 years ago with the cigarette look a likes. Those made me want nothing more than a real cigarette. I went a bit further with a vaporizer a little over a year ago but still continued to smoke at the time because I wasn't fully ready to quit. I used it off and on over the course of the year but I had not had the education from the original shop I bought from at the time to be ready to quit. That all changed about 2 months when I went to a friends house and tried his. That did it for me. It was what I needed. He helped me get started on it. I went from 2 packs to 1/2 in a day. I continued to cut back over the course of 2 weeks. I made the choice that my last real cigarette would be had on March 19. I smoked my one and only cigarette I had left that morning. On March 20 I became smoke free. I have continued to be smoke free now for 19 days and my nicotine level that I use is down to 1/3 of what it was when I first started vaping. That is 6 mg when I was using 18 or even 24. It has been a great journey and accomplishment that would not have been possible without the tools now available. I can't wait to be able to say 30, 60, and 90 days smoke free.

4/9/2015 11:44:13 AM - Shane W.

I started smoking cigarettes when I was around 14 years old. I am 30 years old now. I have been smoking for around 16 years total. I have tried several times before to quit smoking! I have been on the patch (twice) and the lozenges and they never worked. I would be off of cigarettes for a few months, then right back to them. On the 15th of April of 2015 it will be 7 full months of being smoke free! My parents both smoked for over 40 years and they both luckily quit. However cigarettes took a major toll on their bodies. My father(who passed away in 2013) had many health issues which were directly related to smoking. (Heart issues, breathing issues, etc.) My mother also has health issues from smoking. (Emphysema, shortness of breath, chronic bronchitis, etc.) I am smoke free because of vaping! People on youtube such as Riptrippers, Grimmgreen, and indoorsmokers were (and still are) my inspiration for being smoke free and educating others on vaping and helping them make the switch from cigarettes. I started vaping with a simple vape pen starter kit, and now im using sub ohm tanks and rebuildables . I am way healthier now because of vaping and I can look forward to a long healthy life because of it. I vape because I Don't want to pay to kill myself with Cigarettes.

4/9/2015 11:43:59 AM - jeffmccafferty5

I started smoking at age 13 smoked for 30 years. I smoked a pack to 1.5 packs a day.

I became a career Firefighter / Medic in 1998. I smoked on the job and everywhere else. I tried everything to quit smoking. I tried the patch, Chantix, hypnosis, cold turkey. I tried everything and getting more frustrated every time.

Finally in February of 2010 I tried electronic cigarettes. The first ones were the ones that looked like cigarettes they were terrible at best I saw the potential. I then started the search and found the ego ecig and I haven't had a cigarette since. That's right for the past 5 years I haven't had a cigarette.

Being a 48 year old firefighter iI hard enough but without cigarettes I can now workout, I can run, and i can fight fire like the young guys, stairs dont look as high any more all thanks to ecigs. I still use ecigs daily. Vaping saved my life. The main reason I quit is I'm also married and the father of 4 and I want to be on this earth to love my wonderful family for as long as I can.

4/9/2015 11:43:40 AM - Amanda Vickers

I am 35 years old I smoked nasty cigarettes for 18 years. I had the early stages of c.o.p.d. and chronic bronchitis I stayed sick all the time!! I was at the doctor every other month. I tried quitting cold turkey it didn\'t work, I tried the patches and the nicotine gum none of them worked!! I have anxiety and panic attacks so I could not do the chantix and I didn\'t want to!! I was given a starter kit and some juice I started VAPING and quit the same day I haven\'t had a nasty cigarette since!! My c.o.p.d. is GONE my chronic bronchitis is GONE!!! I haven\'t been sick at all since I started VAPING!!! VAPING saved my life my health is so much better!!! I so happy I can actually take deep breaths now!! July 27 will be a year cigarette free and I WILL NEVER SMOKE AGAIN!!! I ABSOLUTELY LOVE VAPING IT SAVED MY LIFE!!! JUST AS VAPING HAS SAVED MANY LIVES!!!! I OWE EVERYTHING TO VAPING!!! I AM A VERY VERY HAPPY AND PROUD VAPER!!!!!

4/9/2015 11:42:39 AM - Cory Ashcraft

I quit smoking cigarettes within weeks of starting E-smoke products. Started with disposable and moved up to mods and such once i quit cigarettes. Had smoked for over 15 years. Over the 4 years of using an e-smoke i have dropped my nicotine level from 36mg to 12mg. I will eventually drop to 0mg but may keep using the device for the sensation and taste. It is more acceptable and smells so much better. No one complains that I use it. I suggest it to anyone trying to quit smoking.

4/9/2015 11:42:20 AM - Houston Carelock

I smoked cigarettes starting at only age 15. They ran my life. Every weekend I would steal 6-10 from my dad, and when I was 18 and was a legal age to buy them myself, I did. I am 27 as we speak and have been cig free for 1 year. Do you know what got me off the 7000+ chemicals in cigarettes? Not a "blu cig" or a "mac10". No no no, a Nautalis mini and a little i stick. Using menthol flavoring from halo. I owe them my life. And it makes me sick to think that people are so against vaping and all for cigarettes. In the end guys, vaping is heating up water and 3-4 chemicals. Cigarettes are BURNING 7000 chemicals. Please save the lives of many with vaping.

4/9/2015 11:42:10 AM - Mathew Duncan

After starting smokin at age 12 and going until I was 22, i finally started vaping 1.5 years ago and have not used tobacco cigarettes since. I feel healthier, I smell better and am all around a better person.

4/9/2015 11:42:01 AM - jon

I smoked cigs for 13yrs, I was caught smoking in school when I was 14, I received a smoking ticket, my buddy ended up getting 7, they are fines, I have always wanted to quit but never really Seemed possible, the same buddy that had gotten all those smoking tickets , came to frisbee golf course one day with an ecig, evod tank with a ego battery, I would ask him for puffs

occasionally but some flavors weren't that great , but one day he had a awesome flavor from a local store, I then purchased a ego evod setup, I now use a 50watt eleaf, with a rda, it's been 1 yr smoke free I can taste things I mean really taste, and run with my stepdaughter, I'm happier and smell better, that's it

4/9/2015 11:41:50 AM - Adam Franks

My name is Adam Franks, I'm 41 years old. I was a smoker for about 22 years, I've been cigarette free for over 7 months now.

I'd been experiencing pain in my chest, near my heart in the evenings when I would smoke more. I had already cut down to a half a pack a day at that point and was really fed up with cigarettes, getting really concerned about how they were impacting my health. Around this time a close friend of mine had started vaping and, out of curiosity, I began to question him about what it was like. He seemed to be enjoying it, said that he was also saving money and was quick to point out that it was less harmful then smoking traditional cigarettes due to the fact that, as he put it, "you're not actually burning anything when you use an e-cigarette".

I'd tried to quit smoking at least five times previously using nicotine patches and gum (as directed, not both at the same time). The longest I'd ever managed to stay off of cigarettes via the aforementioned methods was about 1 month. As of today 4/8/2015, with the help of vaping, I've been completely cigarette free for over 7 months. I've actually managed to go from 12 mg nicotine down to 6 mg... I've even started to supplement some of my vaping time with 3 mg instead of 6 mg. It's been a slow process but that's what's so wonderful about it, I can take all the time I need... come to think of it I'm not really "quitting" which is why I've been successful in cutting down my nicotine level. I know it seems like nothing more then semantics but my attitude toward "quitting" has been just as important as the fact that vapor looks like smoke... oh and the flavors! Don't even get me started on the flavor thing lol. Let me just say this; I honestly don't know if it was intended or not (if it was it was brilliant) but, unbeknownst to me, I'd actually started to get into the habit of tasting what I was inhaling, attempting to pick out the "flavor notes" like all of my favorite YouTube reviewers. So, when I went to light up a cigarette at around 2 weeks into vaping I reflexively focused on what I was tasting. I didn't even manage to inhale all of the smoke, it was disgusting. I immediately put out the cigarette and haven't looked back.

My vaping journey has been amazing, it has given me so much hope. I honestly never thought I'd be able to quite smoking. I can smell, I can taste. The pain in my chest is gone and I can breath. I was out walking the other day and went to take a puff off of my "e-cig" (hate calling it that...I seriously don't want it to be like a cigarette; only when I first started vaping was that important). I was suddenly like, " oh crap, I can't vape and walk at the same time". I was remembering how, as a smoker, I'd gotten to the point where I'd get extremely winded if I attempted to light up while I was out walking. Needless to say, I was pleasantly surprised when I got to my destination with how full of energy I still was and how deeply and easily I could breath. Huge difference!

I realize that vaping isn't perfect, for me this is about harm-reduction and being able to quit at my own pace. If I wanted a "perfect", completely harm-free existence I'd purchase a hermetically sealed bubble with no windows. But how boring would that be??!

4/9/2015 11:41:40 AM - Chris v

I smoked for 16 years until I was tired of not being able to breath and play with my children I went thru everyday coughing and not tasting food and more importantly I want to be here for my children so I looked in to vaping I have been vaping for 2 years now with no real cigarettes my breathing is 90% better my taste to foods has returned my kids and I go on bike rides and hiking trips I just feel 100% better and I feel better about myself and mine and my children's health thanks to vaping it saved my life

4/8/2015 9:59:36 PM - Bonvillian

My name is Dennis Bonvillian and I live in Cut Off Louisiana. I have currently been vaping for 8 months. I use both refillable tanks as well as RDAs. This is not my first venture into vaping. I quit smoking cigarettes for about a month using the cigarette look-a-likes but went back to smoking due to the experience not being as satisfying as a cigarette. Until 8 months ago I smoked for about 12 years. I tried to quit multiple times but found it quite hard to do so having a 12 year habit and routine. I quit using Chantix for two months but then got off of the medication due to aggressive mood swings that scared the crap out of me. 8 months ago I started with clearomizers and found the vaper and throat hit quite satisfying. I stuck with it and enjoyed the vaping more than I did cigarettes. I could smell better, taste better, and could exercise and do task more physically demanding without becoming so winded. Now I have advanced to RDAs and love the experience. Vaping has become part of my life and there is no way I would go back to smoking. It would be a drastic step down from vaping. The flavors, throat hit, vaper production, coil builds, wicking, and all other aspects involved have become a loved hobby. I let go the biggest addiction in my life to be satisfied by low nicotine dosages in vaping and a new hobby and "art" in my honest opinion. This industry is growing rapidly and has a huge community behind it. It is satisfying to see a community so involved in something they love and choose to share and relate with each other. The banning of something this great that has improved the lives of so many people is a huge step in the wrong direction in my opinion. People are so passionate about the vaping industry and it grows more everyday releasing new options and ideas to improve the "experience". Experience is a huge factor in this community. Every step we take in improving our build or equipment gets us a better vape, more flavor, more vapor, and therefore a better and healthier experience then smoking. The pros significantly outweigh the cons in terms of the vaping as well as the community. This is my testimony to be used to support our community and our vaping rights.

Sincerely,

Dennis J Bonvillian

4/8/2015 9:59:23 PM - Jeanette Jones

I was a pack a day smoker for over ten years. I had tried quitting many times. Cold turkey, nicotine patches and gum... I tried them all. Eventually I just gave up trying to quit and reconciled the fact that I was going to die a little earlier from smoking. Two years ago I started to get a cough, that was getting progressively worse. It was really embarrassing, because I couldn't last thirty minutes without breaking out into a phlegmy cough. The cough was so bad I couldn't even eat without breaking into fits of coughing. Finally my husband said I had to quit and he recommended electronic cigarettes. I tried them half-hardheartedly not really wanting to quit smoking, but after a day of vaping I realized that this could work and I didn't really need the cigarettes anymore. That was six months ago, and I haven't had a cigarette since. My cough is gone and I can breathe so much better now. Everyday I walk a mile which is something I wasn't able to do while I was smoking. When I started vaping, I was using eliquid with 18mg of nicotine, now I'm down to 12mg and I have 6mg arriving any day via vapemail. I find that I just enjoy the act of vaping so much, that I don't really need the nicotine.

4/8/2015 9:59:13 PM - Don Maxwell

I am 53. Back some time ago , I told my wife if they ever come up with an alternative to smoking (other then pills or gum), I would give it a try.

In 2009? A friend brought back from California an e.CIG. We talked a bit about it and I tried it. This is 2015 and I have not had a tobacco CIG since.

I went from 2.5 packs a day to 0, in less then a week.

I do think people have to be smart about vape though . its like anything you do. You have to research and get your fluids from people who use quality flavors and fluids.

Vape more, smoke less!

4/8/2015 9:58:58 PM - Randy Freer of POET Electronic Nectar

I started smoking at the age of 13 where I could buy single cigarettes from my local liquor store for 25 cents each. It turned into a pack a day habit of Marlboro Reds for over 30 years. Being in a situation where I could not smoke I was forced to try alternatives such as chantix which made me aggressive, nicotine gum, and patches which did not work. Trying the cig a likes was also a tough transition for me. I was missing the throat hit of an analog. It was through vaping that I was able to change my life, career, and health for the past two and a half years. Vaping was the only way I could replicate the things I enjoyed about smoking. Plus it allowed me a way to wean down on the nicotine level and feel better physically than I have felt in years!

4/8/2015 9:58:47 PM - Michael Hutto

I started smoking at age 15 and was a pack and a half a day smoker for 47 years.

My blood pressure shot up in 2000 and I began my journey of trying to quit smoking. My cardiologist started me down the path of patches, lozenge, Wellbutrin, and Chantix. None of these helped me even begin to quit.

I was completely frustrated and had resigned myself to dying as a smoker. My dad became very ill with COPD which increased my desire to quit. A vape shop was built near my house and I drove by it each day and did not consider it as a means of quitting smoking. Out of desperation, I stopped and talked with the manager about my issue. He told me his story of how he quit by starting to vape and sold me a starter kit and showed me how to use it. The kit included two variable voltage batteries and a tank atomizer and liquid. This enhanced my use of the equipment by allowing me to set the device as I needed it and provided me with choices of flavors that I wanted.

I began vaping and never smoked another cigarette. That was 5:30 pm on August 5th, 2014 which was 34 weeks ago. My success was enabled by the fact I could purchase e-liquid in different flavors and nic levels. Coffee flavored e-liquid and custards flavors kept me enjoying the experience more than smoking and I soon had no desire to use tobacco products again.

I can now breathe, sleep, taste and enjoy my life again. My lungs have cleared of any congestion and my blood pressure is on a downward swing and I continue to feel better each day.

In my opinion, e-cigarettes are the only worthwhile aid you can provide someone to help them quit smoking.

4/8/2015 9:58:34 PM - craig

After being a smoker for 12 years i started to have concerns and worry about my health as i became older. I started smoking at age 15 and became instantly addicted. I always knew smoking was obviously bad for your health but ignored all the warning signs and continued to do it anyway. I tried quitting numerous times in the past but with little success. I tried quitting cold turkey, the patch and even gum NONE of it worked. 3 1/2 years ago i received the most exciting news a person could ask for, that me and my wife were expecting our first child. I knew at that moment things had to change. A friend introduced me to an e-cigarette but since i've never tried one before or barley heard of them i was reluctant to try it at first but I'M GLAD I DID. I'm sure it was the same for me as it was for many of you how easy it was to quit smoking. I can honestly say i have not had a cigarette in almost 4 years now. I'm disappointed that our government officials can't see the positives in this and are trying so hard to ban something that has helped me and so many other people. I hope that our elected "leaders" will reconsider any laws they wish to impose that would cripple the industry because you would be making a terrible mistake.

4/8/2015 9:58:20 PM - Joel poston

I was a smoker for 15 years. About 6 months ago I decided to give vaping a try. I started with cigalikes that you can purchase from your local gas stations. Sadly it didn't work. I continued to smoke and ended up smoking more. After about 2 months I decided to get a more high end vaporizer and some eliquid from one of my local cape shops. I slowly started smoking less and less, and after about a week eventually quit all together. I still vape, however I dropped my nicotine levels down to 3 mg from 18mg.

I have been smoke free for 4 months, I have noticed I don't get out of breath as quick. I can smell/taste stuff I couldn't before. Not to mention I personally smell better, and the ones around me are not smelling the cigarette smoke anymore either. I'm happier, as well as the ones around me who don't smoke.

On a plus note, I have converted 3 close friends from smokers to vapors, and they too are on their way to a happier smoke free future.

Happy vaping

4/8/2015 9:58:07 PM - Janelle C

First and foremost, I would like to tell you how vaping has aided me in my struggles to quit smoking. I started smoking at 18 and I am now 39. I have tried to stop multiple times and was only successful twice and only because I was pregnant. My FiancÃ©e started smoking at 18 and he is 37. I started my own health and wellness company just a little over 2 years ago and felt in clear conscience that I couldnâ€™t run this business and lead an unhealthy lifestyle and wanted to quit smoking. Because of this my FiancÃ©e purchased to vapor pens so that we can quit together for the sake of our health and our children. After a week my FiancÃ©e was analog (cigarette) free. It took me about a week and a half but I never used nicotine in my e-liquids. Over time, even my FiancÃ©e has been able to minimize his nicotine levels to the lowest level. So, just about 2 years later, neither one of us has picked up another cigarette! We both feel better, sleep better, our sense of taste and smell have drastically improved. I have since went back to the gym and I can run longer without gasping for air. Vaping has saved my life and I will never buy another pack of cigarettes EVER AGAIN!!!

4/8/2015 9:57:44 PM - tellerai

I used vaping to stop smoking, after having smoked for over 40 years. It only took me about 2 weeks to be completely off the cigarettes and about 4 weeks to have no nicotine at all. It has been almost 2 years and I am still off the cigarettes. I was smoking a pack and a half a day. My husband was dipping 4 cans of snuff a day and started vaping. He has used some form of tobacco for about 40yrs. He has been tobacco free almost 2yrs also. This is a great alternative to tobacco use. I could not use the patches, they caused me to have nightmares. The gum was no help and I was not comfortable using a drug to help.

4/8/2015 9:57:32 PM - Patrick McMahon

At the age of 13 i tried my first cigarette, by the age of 18 i was smoking 15 a day. I thought i would NEVER give up smoking, especially seeing as it played a large part in my most important years of growing up and after doing some research i found that if a person starts smoking at a very young age they are less likely to give up. I gave up my favorite sport (rugby) and my first few breaths every morning were very painful.

Vaping has completely changed my life, admittedly it took a couple of months to find what i really liked, and in the first few week i was using small cheap electronic cigarettes with bad tasting cartridges which inevitably led my back to analog cigarettes!

I've now been cigarette free for 2 months, and its all thanks to the innovative products and delicious juices.

I feel as if I've replaced a depressing self-perpetuating habit with an amazing new hobby! My family are unbelievably proud of me, most of my friends are still smoking unfortunately but i'm converting them to the long and healthy life one by one!

4/8/2015 9:57:20 PM - Osirion

I was a hard-core one pack per day smoker until I started vaping at first I tried the cigalights which taste like complete trash I moved on to a king mechanical mod with a 18650 Sony VTC4 and a Kayfun lite ever since I started using this device of course.... I've graduated to make it my own liquids and using a box MOD SMY260 currently (please practice battery safety) I have not touched a cigarette in over two months thanks to guys like vapingwithtwisted420, suck my mod, grime green, and of course Phill Basardo see what people don't seem to understand is that I owe these dudes my life. You get stressed out and smoke a cigarette go through shit with the wife and kids you smoke a cigarette well not anymore now I just Vape and when I went to occupy my time I build prior to this I've been smoking since I was 15 i'm currently 37 today I can tie my shoes without wheezing walk for a half hour straight join the gym and work out cause i don't get caught out of breath. So thank you guys I owe you all my life, thank you all keep saving lives.

4/8/2015 9:56:51 PM - Tony S. Cincinnati ,OH

I was a 2 pack a day smoker for over a decade. About four years ago my oldest child began "lecturing" me about the dangers of smoking. She simply loves her Dad and it scared her that I may become sick from smoking. That began my journey with e-cigs. I struggled at first with the cheap products found in gas stations and had several relapses. Then my older sister was diagnosed with stage 4 lung cancer. Likely a direct result of smoking since she was a teenager. I will not describe the decline or what my family had to witness. At this point relapsing was no longer an option for me. I got involved online with the vaping community. I spent countless hours watching reviews and tutorials. My daily setup now includes a small variable wattage device and a refillable tank. I haven't had a cigarette in almost 2 years. My wife and my kids could not be any happier with the results I've had. I personally feel healthier, and breathe easier. I have also helped several friends quit smoking and switch to vaping. Recently I gave some of my stuff away to a close friends mother who could not afford to buy the equipment necessary for a decent vape. She is smoke free for going on 3 weeks now. No one should be made to suffer like my beloved sister had to, God rest her soul, and it's important for people addicted to cigarettes to know. There is a safe, effective alternative.

4/8/2015 9:56:30 PM - ray allen

I smoked for 30 years! I got into vaping and with the help of it have stopped smoking! I still vape all day every day!! the nic level is so low, but I love to vape!! I feel better moving to vapor.

4/8/2015 9:56:19 PM - AutomaticFailure

I used to smoke since the age of 16, started around a pack a week and moved to close to a pack a day. I recently switched to vaping about a year ago. I tried store bought cig-a-likes (Blu, VUSE, Mark10) and each one was less and less of an improvement. I went back to smoking everytime until I finally said screw it and spent $20 bucks for my first true vaping device, the Kangertech EGO. I immediately loved it and in less than 24 hours from receiving it, I bought my first tank and mod. Ever since than, I have grown to love vaping and it's not even for addiction anymore (vape 0nic juice) but it's for the hobby, the community. I have noticed a huge impact in how I breathe, my energy throughout the day, stress levels have decreased, I don't carry a smell of [not-so] fresh cigarette anymore, those moments where I felt the only way to cure it was to puff a cigarette to "cool my jets" are completely gone, and best of all my girlfriend doesn't mind anymore because it doesn't smell. Sure, do I spend more money now than I did actually smoking, possibly, but I have picked up a new hobby in life and something to keep me occupied. It doesn't feel like a burden to have to leave a social circle to go outside and have a smoke. My friends still smoke because they see the initial cost too high, though if this gets to the point where it starts getting banned, then there will be no way for price to decrease or a chance that they will ever switch.

4/8/2015 9:56:08 PM - Antonio

I started smoking cigarettes when I was 18. I was smoking for 2 years. I enjoyed smoking but the health effects were to much so I wanted to quit but all the extra chemicals added to cigarettes makes it really hard. Nicotine isn't want hooks you so strongly to them. It's the chemical the cigarette companies add. One day my friend introduces me to vaping. At first I thought it was kinda dumb. Once I heard it helped my friend quit smoking. I realized that it could help me quit too. I gave it a try and I really enjoyed it. It is a hobby to me now. I love to rebuild the coils and try all the new flavors. I have touched a cigarette since. I use a 4 mg nicotine juice but sometimes I vape zero. It really helped.

4/8/2015 9:55:52 PM - wooly

when I was 16 and stupid I would sneak a smoke with the wrong crowd, when i was 18 one of my good freinds introduced me to the cartomizer series of tanks since then i have smoked vapors i feel alot better can breathe easier have energy to do things and dont feel so weighed down now I own a svd with a aspire nautilius and I'm loving it as the e-cig market is evolving I believe its easier not only for me but for people who still smoke to find it easier to use vapors.

Vape on!!!!!!!

4/8/2015 9:55:42 PM - Swirv

Ive been a vaper for about 2 years now and I gotta say ive never felt better. yes we know there has to be more and more studies but the ones Ive read look promising and there is no question they are far better than smoking traditional cigarettes. Anybody with half a brain knows there not as bad as cigarettes. So right there they shouldn't be lumped in the same category as traditional cigarettes. I think we as vapers also agree there should be some restrictions but they should be in there own category and not taxed ridiculously to the point people can't afford it and then in return businesses can't afford to stay open. that's a bunch of bs. They don't care about our health when the fda approves drugs everyday that kill people or chemicals get approved to be in our food that kill you overtime. money money money is all its about makes me sick. I also gotta say I love me some fruity flavors and all adults do too. If it wasn't for watermelon id be still smoking probably. Sorry done ranting back to the review/testimonial well I breathe better smell better and can taste my foods again. My teeth are a lil whiter than they were before my appetite is better and for the second time of trying to quit after 13 yrs I haven't had a traditional cig since I bought my vaporizer so how am I doing? Id say a lot healthier and feel better than I was before. Special thanks to AVA and CASAA.org and the vaping militia and Matt from suck my mod from informing me and the work they put in for us to vape proudly.

4/8/2015 9:55:32 PM - Michele Y.

Im from Portland Oregon. I started smoking when I was 15. Smoking regularly by 18. In my late 20s I tried one of the prescription nicotine inhalers, but when I ran out of cartridges and the shipment was delayed due to a snow storm, I bought cigs again. I have wanted to quit smoking for a long time but was scared to death of the withdrawals, and saw in my smoking friends that the other alternatives were not working. In 1999 I literally held my beloved aunts hand when she took her last breath in the hospital due to lung cancer from smoking. As soon the nurses came in guess what I did??? Yep I went and had me a cig. Fast forward after having 2 healthy kiddos and smoking through both pregnancies I was introduced to Marlboro version e-cig by the guy that I bought my cigs from. My boyfriend tried them, then he was introduced to the e-pens. I tried his pen and thought I\'d give it a try so I bought a starter kit and some e-juice and decided I would wake up and use this instead of a cig. I\'ve now been totally tobacco free for the last 8 months and never intend on going back to those horrible things. I have control issues and when I realized that cigs were controlling my life I got mad and said NO MORE!!!! Thanks for reading.

4/8/2015 9:55:21 PM - Karen A - Brighton, MI

I was a smoker for 30 years and tried everything to quit...you name it and I've tried it. My brother-in-law has 2 vape shops in Ohio and sent supplies to me last January which included 2 Aspire Starter kits and a variety of e-liquids (sorry, no fancy mod talk here...very basic setup). I started vaping January 18th, smoked my last cigarette on the 19th, and haven't looked back. My cough is gone, stamina has improved, and I feel SO much better.

Classifying vape products with tobacco products for the purpose of taxing them is just plain ridiculous. The only commonality is nicotine, and that is NOT a tobacco product.

I know vaping is becoming more and more popular and the tobacco companies must be seeing a hit to their revenues. I just hope our government ignores their cries, stays out of this and doesn't impose new undeserved taxes on vape products. That would stink more than smoking does!!

4/8/2015 9:54:42 PM - cdawdy

I started smoking at a very young age somewhere between 9 to 11 years old until last August when I got sick. It felt like some one was crushing every bone from my waist to the bottom of my skull. A week later when I got paid I went to a Vape Shop. The people there asked me how much I smoked a day. I told them around about a pack a day. Now I couldn't afford much but they got me started on one of their small start up kits. And I kid you not within 3 weeks I was able to wing my self off cigarettes all together. In the next few months I began to smell again within a couple months later I was able to taste food and realized that without seasoning food started tasting really bland. I smoked for let's say 20 years I'm actually able to sleep better at night. My wife says that I no longer have my hands closed in a fist anymore which I don't see how that helps. But no I feel healthier since I started vaping. Now my 4 year old son is asthmatic. And every year going into winter and going into spring my son has a lot of flair ups. This last winter my son had one flair up instead of multiple. Now normally they last about a week but this one lasted 3 days at max didn't even have to take him to the hospital so it is not only helping me but my asthmatic child. Oh I forgot to mention I started with 12 mils of nicotine and now I'm down to 3 mils of nicotine per bottle of e liquid andi get the 32 mil bottles. I have tried to quit smoking in the past and failed every time. Also and foremost I use mechanical mods, rda's, tanks, and the ipv3 box mod. Now I will leave that with you so you can understand my story and why it is important to me to continue vaping it's not only helping me but my family.

4/8/2015 9:54:28 PM - Mark K. (MKX, Skia, or MKX Photography)

I smoked for about 22 (call it 20 if you string together all my failed attempts to quit and remove from the total). I tried my first smoke free alternative in fall of 2014; it was a cig-a-like device called "Blu" and it was a complete flop, it provided no help at all and after only a couple weeks I gave up and went back to real cigs. In January 2015 I purchased a pen/stick style starter kit from a local vape shop; this helped a little but was still not very satisfying and the fact that it consumed coils that barely lasted 2 days at $4-5 dollars each stressed me almost to the point of going back to cigs... BUT! I saw a post on a local swap group with someone selling/trading a mech mod and RDA. I did some research, contacted the seller and purchased it. It was what I needed, it was the first alternative I have tried (and I have tried Chantix, Patches, gum, the aforementioned low power devices, and other ideas) that actually works. For the first time ever I am off cigs and not craving them non-stop, in fact I tried one a couple weeks ago when it was offered and didn't like it anymore.

Now, for an extra twist on how vaping saved and is actively saving my life; in December of last year my company rewarded me for saving them almost $1,000,000 by laying off just 3 weeks before the holidays; I was devastated, I had not expected it at all. I am nearly 40 and 2015 was supposed to be the year I was finally going to be able to afford to start saving for retirement, it was going to be the year I got lap band surgery in hopes of losing enough wait to control my diabetes without meds, it was going to be a great year as the first year in my life I was making a decent living... But corporations (such as big tobacco and big pharma fighting against the types of vape devices they can't compete with) don't care about people; they care only about how much they can funnel up to the execs. I spiraled into severe depression and came very close to "checking out" (I went as far as planning it out, I was going to run a piece of garden hose from the exhaust of my car into the just cracked driver window and go to sleep); I am still struggling as I have still not found work but vape has given me something to focus on... Now when I get very depressed I have something I can turn to with a large and caring community to help support me. I have collected several devices from trading things, I have purchased DIY materials for making my own e-liquid and have even developed a couple flavors that I have had 20-30 people tell me I should bottle and sell commercially. Vape is giving me a much needed point to focus on so I don't have to focus on how hopeless the future currently looks.

So my message to those that have to power to either support the vape movement or damn it to failure is this... Help people quit smoking, help them get healthier, help them save hard earned money by not restricting or even worse eliminating devices people can build their own coils for and modify. Don't take away DIY juice making and force us to purchase from big tobacco who will almost certainly introduce chemicals to make their juices addictive and cheaper to produce as soon as they can get away with it.

For me every day is a struggle right now and the vape community and is one of the biggest parts of what is holding me together... Please don't take that away in the name of greed and profits. The super wealthy who are backing the anti-vape movement don't need any more, they have more than they can possibly spend in even the most luxurious of lifestyles; they are people who are and always have been so wealthy they don't even comprehend what it means to live dollar to dollar.

4/8/2015 9:54:12 PM - Camdeeman

I quit smoking September of 2012. I smoked from 1996-2012 nearly a pack a day. Smoking was killing me and my lungs thank me every day for E-Cigs. Lets change the name because it really isn't the same thing. Vaping or Cloud Chasing not-withstanding I hope to be able to continue smoking or puffing something. So this works. I know that someday quitting is in my future. But don't put cigarettes on the same level as this.

4/8/2015 9:54:03 PM - Donna Darvill aka Davi Maree

Iâ€™m in my late forties and up until 18 months ago, I had been smoking since my early teens. Mum smoked, dad didnâ€™t, older brother smoked and in the late 70â€™s early 80â€™s it seemed everyone that was cool did too.

I remember the first time I tried was at the local pool and my brother told me I looked like an idiot because I pig sucked. Like a red rag to a bull, I decided to learn how to do it properly. I coughed up a lung during practice but I eventually got it. I could do the draw back and eventually learned how to blow smoke rings. Yippee I said to myself.

I did all the typical teen things to get access to a smoke initially, I botted, I stole from my mumâ€™s pack and I used my pocket money to buy them.

By the time I was 17 I was working and bought my own. Mum had given up pleading with me to stop before I became addicted and I smoked at home and at my work. In fact I smoked everywhere, weddings, pubs, restaurants and even non smokers homes. It was just accepted. During my late teens and early 20â€™s I was smoking about 20-25 cigs a day.

I canâ€™t remember how much they were to buy at the time but I remember my first quit attempt was when they were going to reach $5.00 for a pack of 25. The years ahead saw targets of $7.50, $10.00, $12.50, $15.00 and I ended up quitting just before they reached $20.00.

I married a non smoker and even pregnant, I still smoked, not all day every day but about 10 a week. Basically I hid it from everyone except one of my best smoking buddies. The minute the babies were born I was back to a pack a day.

In my mid thirties, I started to notice my health was deteriorating. I had a constant cough and couldnâ€™t shake colds for months, I started using an asthma puffer.

When I was 41 I suffered a bout of pneumonia. I still smoked. In fact, I found that the only way to stop the coughing was to light up a durrie. By this time I was smoking between 30 and 35 cigs per day. I wasted alot of them because of the where and when I could get my fix.

By the time I was in my mid 40â€™s I was smoking closer to 45 cigs per day. The cost was really hitting hard. I was spending between $150.00 and $200.00 per week on smokes and I was feeling so unwell. I got to the stage that I never had a restful sleep because of the coughing. Every morning I would cough for ages to the point I would vomit. The spending on smokes was seriously affecting my ability to support of my children. They never went without but I certainly had to be budget conscious and we ate accordingly.

During the more than 32 years I smoked, I spent endless amounts of money on patches, gums, hypnotherapy, acupuncture, champix, zyban and the regulation calls to Quit etc. The hypnotherapy and Alan Carr method both promised money back guarantees but you had to go back for more sessions. Basically I knew it wasnâ€™t going to work for me so I never went back nor claimed the money back guarantee. I guess they see me as a success story. In fact I was a failure and that is exactly why I didnâ€™t go back.

In September 2013 I purchased my first starter kit online (there were virtually no B & M's in Australia). I had never purchased anything online before and even this was scary. I got my starter kit and dual used for about 3 days. The eliquids were Dekang, the clearos were CE4â€™s and the batteries were 600mah. Thankfully though, they sold me two of everything and a range of nicotine containing eliquids. All up with about 20 sample size eliquids it cost me $110.00.

On the third day I really thought to myself, I think I can do this. Iâ€™m starting to enjoy vaping more than smoking. So the morning of the fourth day I had 3 cigs left. I smoked them one after another and decided not to buy another packet. Turned out it wasnâ€™t even a difficult decision and nor has it been difficult to be smoke free.

In the first six months I spent about $1500.00 chasing the perfect eliquid and hardware as well as stockpiling some necessary supplies because nicotine is illegal in my country. Iâ€™m really happy now with my hardware, eliquids and backup supplies.

I have saved well over $12,000.00 on todayâ€™s ciggy prices and I feel physically so much better. Mentally I feel joy when I can spoil my kids because I have the extra money in my wallet to do so. My starter kit is honestly the best money I have ever spent. I would say it was an investment that has truly paid enormous dividends.

I truly believe the reason vaping works is because it is not a â€œone size fits allâ€ solution. I can tailor the hardware and eliquid flavours and nic strength and it is all in my control, not somebody elseâ€™s.

Mentally I no longer feel like a smelly social outcast. Vaping has truly saved my life and I feel so proud of myself.

Thanks for reading.

4/8/2015 9:53:42 PM - Richard

Hi, I was a smoker for around 12 years, from age 13 till well you do the math. I joined a really bad school, which caused my nerves to take a beating, which in turn caused me to smoke. I was smoking all kinds of different brands and even before I quit I tried to cut costs by going to roll your own types of stuff, mainly brand called "Choice" tobacco. Because of the bad school experience, I was avoiding school as much as I could and in turn ended up in 2 week lockup. My parents knew about my smoking addiction and saw that as a way to cut me off.. Which ofcourse didn't go as planned because a really nice relative helped me smuggle in 10 packs of cigarettes. After about 8 years in, I started using help to quit. First I tried the gum(cheapest) which tasted like ash tray, yeah didn't work. Next came the patches, it worked for about 1 week, after which I was getting to much nicotine in my body and caused migraine. After a while, I kinda gave up, and just kept smoking. About 2 years ago, I was getting major headaches during nights after a smoke heavy day but I was hooked. I put up with it for two years, and the last two years it was getting worse. More often then not, 1 pack of cigarettes per day was not enough, I was venturing into 2 packs a day land, and it was getting pretty bad. Really nasty cough and muckus coming up during mornings, headaches, my physical state was so bad I didn't even get accepted into the army. Then about a year ago I found vaping. I tried a cheap ego ce5 for about a week, with even cheaper juice and it was truly disgusting. I knew if I had invested more money, I could have kicked the habit, but I'm a cheap skate so yeah. I kept smoking till the start of this year, I made a new year's promise, "I would quit!" So when I got my tax refund, I went out and bought the best setup I could found and surprising even myself I've actually quit. As soon as I got it, I put in 18 mg juice and it was enough to not smoke for about 2 weeks, after which the carvings slowly went away. I could breath again, catching the bus doesn't feel like a daily feat, smell and taste are slowly regaining and I'm loving it, I've now gone down to about 4mg.

I read somewhere that there are 3 types of vapers: the first kind uses it to quit smoking and be done with it.

The second type will keep smoking but will also keep vaping

Third type, the enthusiast type. They enjoy buying new devices, coming up with new recipes and tinkering with builds, basically they just want better and more. BIgger clouds, more flavor. I consider myself the third type. Vaping has not only saved my health but also given me a hobby. I love talking about it, creating different kind of builds, mixing juices. In my opinion it's great! Don't take it away from me, now that I've just found it! Vaping has the potential to correct so many errors in the public health, if we just stand up and protect it. It has given so much to us, we all have the duty to give something back. Protect your rights, or they will be taken away.

Sorry for errors, english is not my native language.

4/8/2015 9:53:32 PM - Echamberlain

I am going to share both my wife and my story. My wife started smoking when she was working at a state prison when she was about 30. Part of her duties was to take inmates outside for their smoke breaks. So she was spending time out there watching them smoke and just started smoking herself. I was more of a casual smoker mainly smoking cigars and a pipe. With my wife smoking everyday around my kids both of my two adult kids became smokers themselves. The only time my wife was successful not smoking was while she was pregnant with our youngest child but as soon as she was born she went back to smoking. About six months ago she started using gas station cigalikes and they helped her cut down and she only rarely smoked a cigarette. She than went on to ego style devices and quit smoking altogether about 3 months ago. At about the time she switched to ego's I was actively playing a computer game at night and started thinking that it would be enjoyable to start smoking a pipe or cigar while I played. I got some pipe tobacco and smoked a couple of times but did not like the way it made the house smell or made me feel. I was about to get a cigar and then I decided to try a e cigar and later went on to buy a mech and a dripper to use while on the computer. I have avoided getting back to using tobacco products and I am confident that our two children still at home will not choose smoking like their older siblings. I have explained to them that if there friends are telling them smoking is cool that they always can choose vaping and avoid a life long addiction by vaping zero nicotine like I do . I have also lost about 15 pounds since I began vaping, I vape when I would normally be eating. I would get the munchies when I was bored or wanted something to do with my hands. Overall I know my wife feels better since quiting and I have avoided starting back up with a habit that we just do not want in our lives.

4/8/2015 9:53:20 PM - Chris Catani

I was 18 years old when I started smoking Camel Lights cigarettes. All my friends smoked, so I tried it one day and I was instantly hooked. Pack and a half a day. Instantly. To quit I tried everything, cold turkey (lasted 4 months), the gum (lasted a month), the patch (gave me a reaction and I landed in the emergency room). I continued smoking.

In 2010 a coworker of mine and I went out for our normal cigarette. She pulls out this thing that looked like a cigarette and explains to me that its a liquid mixture of a couple ingredients which I now know were PG,VG,Flavoring and Nicotine. I tried hers and right away I said "This is amazing! It's just a couple ingredients plus the nicotine?" She says Yes, as I continue to take puffs off her e-cig I think to myself, what an incredible device! I'm getting the part of the cigarette that I crave (Nicotine) without the 4,000+ additional chemicals, tar, carbon monoxide, cancer causing carcinogens, the list as we know goes on. I immediately went home, got online and ordered one from the website she told me to go to and bought an Ego.

Skip ahead to 2011. I had been vaping for a year! No cigarettes! I felt better than ever! No cough in the morning, my taste buds were back, I wasn't getting sick as often, etc... One day I ran out of e liquid and the website told me it would be a week before they had my particular flavor I had come to love. So what did I do? I went out and bought a pack of Camel Light cigarettes to get me by. This part really brings out the importance of Brick and Mortar Vape shops. If we had a shop in my town (like we do now) I could have simply gone and grabbed some e-liquid, but instead I went out and bought a pack of cigarettes. Oh my god...the taste, the dizziness, the chemicals (i felt like I could taste all 4,000 chemicals individually. I went to the bathroom cause I thought I was going to throw up. "CIGARETTES ARE POISON!!", I said to myself, and I went directly back to vaping.

Lets skip ahead to April of 2013. I found out I had a pre-existing heart condition that I was born with. Nothing caused this. I was born with a defect. Two of my heart valves, my Aortic and Mitral valves were damaged beyond repair. I was born with bicuspid valves and it was misdiagnosed as "Anxiety with slight heart palpitations" for years before they figured out it was an actual heart condition.

I underwent open heart surgery on April 25th, 2013 at the age of 28 to correct the problem, and when I awoke from surgery, they told me it was a good thing they got me in when they did, because if they hadn't discovered it I would have DROPPED DEAD within 1 month. That's how damaged my valves were. Needless to say, they fixed me right up and today I am doing great! Living life to the fullest, I have a great job, a supportive girlfriend, and I VAPE. "But Chris, you had open heart surgery!?!?!! You shouldn't be vaping!!" This is what I hear from a lot of people. People who don't know, think that vaping is the equivalent of smoking cigarettes and that I'm crazy to vape after

undergoing open heart surgery. Some people still think it's actual "Smoke" that we are inhaling and exhaling. This is not their fault, they just haven't been educated on the matter. This is why it is important to spread the good word about vaping. Use facts, find videos on YouTube of doctors that are in support of it and spread that information!!

Prior to my surgery and after my surgery I spoke with my primary care physician, my cardiologist, as well as the Heart Surgeon regarding Vaping. I told them that I really enjoy it, and if I don't have to stop I would like to continue vaping.

All 3 doctors, my cardiologist, my primary care physician, and my surgeon all told me the same exact thing! "I know their haven't been many exclusive studies done on Vaping, but from what I have researched, there is nothing about vaping that will cause any damage or effect your heart in any way." All 3 of them have researched vaping and the effects it has. They told me they'd like to see me on a low dosage 6mg, 3mg, or on 0mg nicotine if I possibly could be, because nicotine is a stimulant and its effects are about the same as a cup on coffee (high mg nicotine such as 24 mg) and after my surgery I was told a cup of coffee per day is okay but not to exceed that because I may have palpitations. Since I don't drink coffee this wasn't an issue. I've never experienced palpitations from vaping or in general after my surgery.

I remember the feeling. The feeling when all 3 doctors separately told me that it was OK for me to continue vaping. My OPEN HEART SURGERY Surgeon told me "It's OK to continue Vaping, just don't pick up the cigarettes!"

So while their is not "sufficient amounts of evidence" according to the FDA and the Government to call Vaping "Safe", it was OK'd by my doctors and that's enough for me.

Not to mention, lets all just use a little common sense for a second...4,000 chemicals in a lit cigarette along with the tar, carbon monoxide, poisons, cancer causing carcinogens, etc... V.S. 4 Ingredients in E-Liquid. You do the math. I've always gone back to this fact whenever someone tries to tell me vaping is worse than cigarettes. It doesn't matter what you tell them, they already have their minds made up from some propaganda they heard. I'm a living, breathing, walking testament that Vaping is NOT HARMFUL to your health, heart, or anything else for that matter.

#VapingSavedMyLife

Chris Catani

4/7/2015 2:03:15 PM - Arman Kardanimoghaddam

I have been a smoker since I was 18 years old. I am now 23. Both my brothers were also smokers since they were 18. The are now 29 and 40. My father was a smoker since he was 18. He is now 62. All of us bought our vaporizers together in May of 2014. We have not touched a single cigarette since. I am no longer have shortness of breath or coughing. Both of my siblings as well as my father say they can breath much easier. I cant even stand the smell of smoking. The vaporizers have saved not only my life but my family's life there is no doubt about that.

4/7/2015 4:54:32 AM - redgypsy

I was a smoker for 25 years. At the end, it was a carton a week of ultralight 100s. In February 2010, while I was there to pick up my weekly carton, I saw one of the "cig-alikes" at my local smoke shop and decided to give it a try. I wasn't looking to quit smoking at that time. I'd tried so many times and failed ... gum, patches, hypnosis, acupuncture, cold turkey ... I figured it was a lost cause. At most, I managed to stop smoking for a few weeks. I would suffer from anxiety attacks and difficulty focusing when I tried quitting in the past, but once I tried this device, I thought it might actually work. However, the battery was sorely lacking for a carton a week smoker, good for only a few hours at best. After much trial and error and adjustment in nicotine levels, it took an ego-type battery with refillable tanks with 18 mg nicotine to finally provide me with the tools I needed to quit. Throughout the time from that first cig-alike, I took it slow, allowing myself a cigarette if really I wanted it, until I was just keeping a pack in the refrigerator as a security blanket. Then in August 2012, I took a trip out of state and mistakenly left the liquid for my vaporizer at home. I was gone for a week and, without the liquid for my vaporizer and no local stores selling it at the time, smoked cigarettes until I got home. I HATED it! The flavors in my liquids are fruit and bakery and the taste of a cigarette was disgusting in comparison. I havenâ€™t touched a cigarette since. My breathing is clear without coughing or being out of breathe. As a singer, this is very evident. Everything tastes better. And my sense of smell has returned. Unfortunately, that means I now know what I used to smell like when I was a smoker. I have not had bronchitis once since 2010. In the past, I would get it every time I had a chest cold. In fact, though I did develop a lung inflammation from a virus that was making the rounds at my office, it never developed into any kind of infection.

I keep myself informed and, based on current studies and science, continue to believe that the use of a vaporizer helped me stop smoking and is MUCH safer than smoking.

4/7/2015 4:54:10 AM - Mike Chang

I started smoking when I was 10 years old, went from a pack of camel unfiltered a day to a pack and half Marlboro red a day to eventually 2 to 4 packs of Marlboro lights 100 a day depending on how stressed I was. Iâ€™ve tried the patch and gum without success. One day I was packing my cigs and I got extremely winded doing it, and decided it was time for me to quit.

I remembered it like it was yesterday, I had just gotten paid the day before and my co worker at the time told me about e cigs. My first set up was an eGo C Twist with a cartomizer tank. At first I was on 12 mg strength nicotine, a month later I was introduced to mechanical mods and a dripping atomizer. It immediately made me drop to a 6 mg. Right now Iâ€™m using a variable wattage device and I have reduced my nicotine strength to 3 mg. Iâ€™ve been smoke free since the day I picked up my first e cig, 5/6/2013.

Being smoke free is the greatest thing ever happened to me, I no longer wheeze and cough when I get up in the morning, my breath no longer smell, and I donâ€™t reek of cigs. Food tastes better significantly as well. It has definitely made my life better and I recommend everyone to try it.

#vapingsavedmylife

4/7/2015 4:54:01 AM - Brian H

hi I am a former smoker of 16 years of a pack and a half a day, in the past I've tried e cigs (cigarette size and likeness) and unfortunately those just didn't cut it, to little vapor to compare to smoking analogs. Then they were selling Vape pens (battery and disposable tank of this type . Haus by Mystic, brand) at a simple gas station. So I tried it out for a simple $30 start up kit, and that's what started it all for me. I had half a pack of full flavor menthols left (camels) and over the next couple days I maybe smoked 4 or 5 of them! The vapor production with the same milligram nicotine was 100% satisfying the urges for me so making the switch was easy And exciting, I mean for me I was spending $50 a week in cigs that s terrible for anyone, to 7 bucks for a tiny bottle a week. Do the math on saving alone besides the health factors. Now it's April 6th and I've been smoke free since Feb 5 2015. After a week my taste greatly improved, 3 weeks my breathing was improved no sinus flem, no coughing up crap in the mornings, no smelling like a dirty ashtray which now I find the smell repulsive. My first week of success my girlfriend also made the switch which is great.(former chantix user which ended up back to smoking) For me quitting smoking is probably the best decision I've made in years. For anyone who thinks they can't switch, it's most likely it's because it's something new to them, not informed about it, or haven't been exposed to someone close who uses it. I mean I've seen it and I remember being like I'm not doing that crap. Because I've smoked so long before Vaping was around. If I would reccomed anyone even slightly interested in switching go to you local Vape shop (no not a paraphernalia "head shop) and just stop in. Almost any Vape shop will take the time and explain to you how it works, top to bottom, any and all questions you have. My Vape shop is great, they have a Vape bar to try it out, and the equiptment they sell also. Its quite a relaxing environment I sit in the from time to time and meet new people and watch new vapors come in as well who have those questions, I've seen from young smokers to older people who's smoked for 50 something years and it's great! Now if you don't know where one is even go online or YouTube and do some simple research there are online reviewer that take their personal time to reveiw and educate people on this, it so simple the info is out there, no excuses lol. Now I dont believe the govt or sstate should have any involvement taxing or banning any of this JUST BECAUSE THEYRE LOSSING MONEY! I mean seriously, it's absolutely ridiculous and extortion of the people. There is enough ways the govt is ripping this country off does it really need to force some people to switch back to smoking because of the lifestyle one choses to live by? No, absolutely not.

Thank you Casaa for standing up for our rights.

Brian Hardison

4/7/2015 4:53:52 AM - Matthew Combs

My wife was a smoker of 11 years. My mother in law was a smoker of 38 years. Her husband smoked 35 years. Know what they all have in common? They quit smoking with e cigarettes.

My wife was a pack a day smoker. Using an e cigarette and her own e liquid she was able to quit in a week. Chantix made her very moody and she couldn't do it alone. Without vaping she wouldn't have quit.

Her mother and stepfather both also quit as mentioned above. None if them have started up again.

Myself? Cigar smoker. Tried quitting and used snus for three years. After hating the habit I started vaping. I vape to this day. I use some e liquid with low nicotine and some without. It has helped me enjoy a better life! I don't have breathing problems anymore and I enjoy being able to indulge in flavor.

Let's be honest. The whole "fruity flavors entice kids" yeah ok....so cigars in peach, apple, grape etc flavors are different? No. Just like real tobacco products yes maybe up the age to purchase e cigs and liquid to 18 ok. But the big tobacco companies still market fruity flavored American dip and cigars, so what's the difference?

I'm sick of being told what I can and cannot do. I'm a grown adult. I'm sick of my taxes being used for useless things like e cigarette debates. Leave it alone.

4/6/2015 2:51:59 AM - Matthew Combs

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4/6/2015 2:51:45 AM - Troy Riley

I turn 44 this June and had smoked two boxes of cigars for 30 years of my life. Two years ago I tried a cheap e-cig from a big box store, I haven\'t touch any tobacco product since that day. I have tried numerous times over the years to permanently stop smoke and failed each time. the patch, the lozenge, the pill, cold turkey more times than I can count. the pill (Chantix) I will never recommend to anyone, I fought depression as a result of using that garbage so sever I considered suicide for a long time after I stopped using that crap (that\'s just one of many side effects) i\'m now a Vapeing enthusiast and live the difference that vapeing has had on mine and my fam\'s life.

4/6/2015 2:51:26 AM - Joe Hedstrom

I have been vaping for 2 months. I enjoy it as a hobby and more importantly I have not had a single cigarette in that time frame. I am 28 and I have smoked on and off since I was 16. I successfully quite before with the patches but fell back into about a year ago. A friend of mine convinced me to give vaping a try an i am glad i listened. I am currently using a sigelei 150w box mod and alternate between aspire atlantis and a plume veil rda.

4/5/2015 4:06:50 PM - haroldS

I was a smoker for over 40 years; first having started in high school. I have tried numerous times to quit smoking and was unsuccessful. These quit smoking techniques included trials of NRT gum, NRT patches, Chantix, all with psychological support. I also tried other smoke free products such as snus. None of these worked for me. A friend introduced me to e-cigarettes over 5 months ago. I tried the prepackaged e-cigarettes available such as Vuse and Blu - none satisfied my urge to smoke and I kept smoking.

After visiting several vape shops, I found one where I could relate to the staff and which had a variety of device types available. They provided instructions on how to best use refillable e-cigs and let me try several devices. I chose one and have gotten their continued support in how to properly use and maintain it. They also have a variety of e-juice types and flavors available ranging from tobacco to fruit flavors. They will adjust the nicotine level to suit a users needs.

Since beginning e-cigarettes 5 months ago, I have not smoke a traditional cigarette. I have also been able to reduce my nicotine level from 24 mg to 18 mg to now ~12mg. While I do vape frequently, I find that I feel better- better respiratory function, less colds, no coughs, higher endurance and, have been able to avoid traditional cigarette smoking. Nothing else worked for me. Electronic cigarettes have worked for me when nothing else would. The availability of electronic cigarettes to adults and particularly those that provide refillable and adjustable formats such as sold in vape shops is an important choice to have.

Electronic cigarettes and their ready availability to the adult public in a broad variety of types/formats and appropriately made and flavored e-juices , in my view, is important to betterment of US public health.

4/5/2015 4:06:18 PM - Britni

From age 14 to right before my 20th birthday, I smoked about a pack a day. Some days more, some days less but quite a bit nonetheless.

I started dating Sam Spooner and he asked me to try his e-cigarette. I was skeptical because I liked my Marb Blacks! However, I tried it. And I loved it.

I ended up going and buying my own ecig that same week. The day I started vaping is the day I stopped smoking cigarettes completely. I gave the last half of a pack of cigarettes away to a coworker. I started feeling better. I even talked my bosses into trying an ecig instead of regular cigarettes. They no longer smoke either. I see nothing but pros with vaping.

4/5/2015 4:06:09 PM - Debbie J.

I have smoked for a total of 18 years. I quit cold turkey when I began vaping about 8 months ago. I am a health professional and vaping is just a nicotine delivery system no more dangerous than a FDA approved nicotine inhaler. Don't ignore the success rate of this wonderful affordable device. I don't support sales to minors and I do agree with responsibility to prevent child poisoning. Please keep steep regulation and taxing away from this. Don't you have bigger fish to fry? The American people get the raw end of so much. Leave us that vape alone!!!

4/5/2015 4:05:59 PM - Julie Rippon

I was able to quit nicotine ENTIRELY by using vapor cigarettes. Because of the vapor cigs I was able to slowly cut down until I no longer needed the nicotine. These cigs should be used to help peple quit, not taxed for "sin". I smoked for 33 years and these were a God send. Without these I never would have quit.

Sincerely,

Julie Rippon

4/5/2015 4:05:49 PM - Deanna

I smoked for 20 yrs tried to quit multiple times using all available methods . One week after I began using the e cig I was off cigarettes. I was a pack and a half a day smoker . I had a cough and couldn't breathe very well . That was a year ago in August . I no longer cough and my dr says he can no longer tell that I was a smoker by listening to my lungs . I have reduced my nicotine to 6mg now . I cannot begin to describe how much better I feel . This is all due to e cigs . More than likely saved my life .

4/5/2015 4:05:38 PM - Ruth Ayers

21 year smoker, overweight, high blood pressure, stroke risk. I bought my first e-cigarette 10/19/2014...smoked 3 cigarettes that day...haven't smoked one since! My blood pressure is only slightly elevated now, as opposed to uncontrollable, I have lost 15 pounds, I can breathe easier, I feel 100% better. The thought of smoking an analog cigarette disgusts me...YUCK!!!

4/4/2015 10:23:06 PM - Rick Studwell

I was chewing tobacco from age 14, and picked up an ecig one day. havent had a chew since, which makes me 1 and a half years tobacco free. Fast forward to today and i now work in a vape shop and pay my bills with vaping. Not only has vaping saved my health, but my overall wellfare.

4/4/2015 10:22:54 PM - Bob Langdon

I started smoking at 1 years old, and smoked 2+ packs a day for 45 years. I tried to quit many times using many methods (counseling, hypnotherapy, gum, patches, inhalers...), but never managed to stay smoke-free for more than 24 hours. I thought I would NEVER be able to quit.

Even as my health deteriorated more and more, I could not break tobacco's grip on me.

After my first heart attack, I knew I had to find a way to stop smoking - or die.

It was through the use of "Vaping" that I was finally able to stop smoking forever.

I've now been smoke-free for the first time in over 40 years. AND I FEEL GREAT!

The idea that anyone would want to outlaw vaping is ludicrous... and I find it personally insulting, a violation of my God-given rights to chose my own destiny.

Vaping *IS* a viable Nicotine Replacement Therapy (the *only* one as far as I'm concerned).

The idea that "fruity" flavors are aimed at recruiting children to vape is way off base.

I tried to quit smoking by vaping "tobacco flavored" juices, and found them to be unappealing and unsuitable, preferring a DIY mix of honey-peach w/wintergreen.

I occasionally even vape "tutti fruity" as a change of pace.

If vaping had been illegal/unavailable to me when I had my heart attack, I would most likely be dead today.

Vaping as an effective NRT, has been a true God-send for me.

4/4/2015 10:22:42 PM - Robert Innes Highland Scotland UK

I started smoking at 12 years old - i stopped smoking just over two years ago after buying an e cigarette - I have never smoked since.

There was no effort involved, well not that last time, and yet, before that I had tried every method available including hypnotherapy. I remember thinking as I left the centre, 'what a con,' and thought that as I lit up. Later, i came to realise that everything else suggested by my doctor was equally a con - and ultimately came to the realisation that the experts did not have a clue about what they were talking, and so I smoked, and smoked, and smoked. I tried to stop, but I still smoked, and I tried again, and again, and again, and again, and again.....

And then, after 50+ years of tobacco smoking I was diagnosed with COPD and had a lung capacity of 72% (In my medical records and you are free to check - I WILL give permission) But, on a long driving trip I spotted a disposable e cigarette for sale - I tried it and my mouth never saw a tobacco cigarette to this day.

I have graduated bit by bit to more advanced devices but that is of little importance....

What is important is the anger I feel at the ignorant, selfish, and yes, the downright evil people who would like to see an end to e cigarettes - well I have a message for you - You will find yourselves on the wrong side of history. I, and tens of thousands of other vapers will make sure of it. I will shout from the rooftops, and I now have the lungs to do it. 102%.

4/4/2015 10:59:17 AM - Becky Z

I have been a smoker since I was 15. (Awful I know) But

> my Mom never discouraged it. I am now 50 years old with heart problems and

> I now feel like I well be here to see my grandkids and watch them grow. I

> was starting to get a cough that I new was going straight to COPD. I never

> even told my Husband about it because his Mom had just been diagnosed as

> having the same (she is also a lifetime smokerand has now quit with the help of Snus.

I just started looking into E-Cigarettes. I was lucky to find a great E-Cigarette store that had a knowledgeable person there that helped me get an E-cig personal vaporizer that helped me to never pick up another cigarette. I have been on

> this new journey since May 2014, I and my family never thought that I

> could quit analogs but I did it! With the help of all the people online and places like

>Â e-cigaretteforum.com that can help you with any problems anyone might have. I learned from y'all that I didn't have to look for

> an e-liquid that tasted like Marlboro's. I love peach flavors.

> My first non- tobacco flavor was Iced Peach Tea. There is an E-cig business that

> has an option to create your own flavors and their Peachy Keen(double

> shot) & White Tea(single shot) is awesome. Anyway I just wanted you to

> know how the Vape Community has helped a family in Texas! My family now has hope that I will be there when my Grandchildren are born and get to see them grow up!

I now order most of my E-liquid and my equipment online for convenience and for more competitive pricing. Placing most of the Restrictions that Texas is proposing would make ordering online too Expensive and then getting my supplies would place an unnecessary burden on my family. We are currently putting two children through College and next year we will be putting 3 children through College. My family Cannot afford for ordering Online to become more expensive!

I have made Tons of progress since I started with E-Cigarettes. I have gone from 24mg. of Nicotine down to 18mg., then to 12 mg., Now I am down to 6mg.!! Don't take this incredible product away or hamper people from being able to aquire what has become the Best thing that had happened to the people of the World in this decade!!

Becky Z

>

4/4/2015 10:58:49 AM - aaron 1974

I began smoking at the age of 18, socially at first but that soon changed and over the course of 20+ years i progressed to smoking over 2 and a half packs a day.

I tried several times throughout those years to quit, It took a accident that nearly killed me and hospitalized me for over three months that virtually forced to me to quit. I managed to stay smoke free for almost a year after i recovered. However being married to a smoker made eliminating the presence of tobacco cigarettes and all of their associated properties nearly impossible to avoid and i eventually found my self hooked again.

Soon after nearly 20 years as a smoker i found my self tight chested every morning, I felt tired all the time I lost 1/3 of my right kidney to a tumor, and was greatly affected by the death of a close family member who collapsed in a coughing fit related to COPD and passed away from pulmonary hemorrhage on a bathroom floor as his wife watched helplessly.

I was still smoking 2+ packs a day I attempted to quit over 4 times within the last two years I tried all the usual , patches, gum, chantix, etc..

leading up to my discovery of Vapor products.

Had i not have been able to Walk in to a local vapor shop here in Delaware, try the devices, flavors and receive the necessary device training I never would have found a much healthier alternative to Smoking.

I have never looked back nor have I had a desire for an actual cigarette since.

My wife now vapes , over 10 of our family members and friends have switched to vapor products due impart from our personal yet visible improvement in health.

Our family, friends and every thing in our life is without a doubt safer than ever before.

The benefits vs Smoking analogs have been immeasurable .

It's changed our Life!

4/4/2015 10:58:39 AM - Erv (aka 'the Ervinator')

I smoked for 28 years. I tried for years to quit, using prescription medications, patches, gums, inhalers, and even hypnosis...with no long-term success. I was introduced to vaping in July of last year, and now, more than 8 months later, I am STILL smoke-free. I breathe better, I can taste again, and physical activity is no longer a problem for me. Vaping saved my life!

4/4/2015 10:58:27 AM - Catamont

I was a smoker for almost 45 years. I quit numerous times, but went back again and again. Gum, patches, cold turkey, you name it. But I was never able to quit for more than a few months. Once I discovered vaping, and found a flavor that worked for me, not only did I stop smoking entirely, but I have gone from 2 packs of cigarettes a day to less than 3mg. nicotine in my liquid. I have not had a cigarette in two years, and my life is substantially better for it. My goal is to be nicotine-free by the end of this year. I am so glad I was able to quit, and so concerned that some government idiot is going to take this away from me. I'm "stockpiling" my juice now just in case. That's a pathetic way to live. I understand how people felt at Prohibition. Can't our government officials concentrate on poverty, peace, health care, and leave my personal vaping choice alone?

4/4/2015 10:58:17 AM - Cheryl

I smoked for 35 yrs and 3 yrs ago I was introduced to the ecig. Ever since I started the ecig I never picked up or bought another pack of cigarettes. I started on the disposable egics, now I use a mod and a rba atomizer. I started out at 18 mg nicotine and now I am down to 2mg of nicotine, soon to be down to zero nic. I had 2 herat attacks in June 09 and I also used a c-pap machine and had high cholesterol . My heart doctor is so proud of my progress, I am in much better health.By quitting smoking I was able to get gastric sleeve surgery done, I have lost over 100 pounds, I no longer need the c-pap machine or the cholesterol medication and I owe it all to the ecig products. I no longer smell. I have my taste buds back in working order. I still smoke my ecig because of the wonderful flavors, my favorite are tropical honeydew and juicy peach. This also doubles as a room deodorizer. My house and car smell fabulous. PLEASE DO NOT LET THIS BILL PASS. There are so many friends I have reached out to and told them about my story, I even changed the life of a nurse that works in an emergency roomat a hospital in my city.

Thank you for reading my story

Cheryl Percival

4/4/2015 10:58:06 AM - Jeff Owens

I was a smoker for about 20 years. I smoked 2 packs a day. I finally decided to quit. It was November of 2001. In December of that same year I found out I had cancer. The doctor attributed it to smoking. I was fortunate enough that it was caught in time and with treatment and surgery I would survive. I swore to never smoke again. Nine years later while dealing with a stressful situation, a "buddy" of mine handed me a cigarette. That 1 tiny cigarette caused me to start back. I remember that everyday since quitting I still craved one. In 2012 I was introduced to e-cigs by a coworker. that was the best thing that could have happened. I haven't looked back since. I don't even crave a regular cigarette anymore. I have moved on to building my own coils and making my own juice. I know what's in what I make. I breathe better, have more energy, and enjoy life! My wife even supports my Vapes! No nasty odors! Vaping has changed my life for the better. Let people say what they will. I know the truth. If it wasn't for vaping I would probably still be smoking or worse.....

Your Fellow Vaper,

Jeff

4/4/2015 10:57:28 AM - Scotty

My story is a little different than what I believe most then-smokers-now-vapers will tell, but here it goes:

I am 26 years old, and I had smoked cigarettes on and off for about 5 years starting when I was 17. I never was a heavy smoker, the most I would smoke was usually about 5 per day. Some days I would go without any at all, and some days I would go through 8, maybe 10 if I was really in a 'don't give a care' mood. I considered myself a "social smoker", meaning I would do most of my smoking around my smoker friends as opposed to smoking by myself. During my time smoking, I never really saw it as a huge issue since I would go days without feeling the need for a cigarette. Though while I was smoking, there was a big part of me that said "I shouldn't be doing this, this could take years off of my life". However I had a bigger problem, which was smoking marijuana, and I did a LOT more of that than I had smoked cigarettes. Smoking anything is bad for your lungs because the combustion (lighting something on fire and breathing in the product that is on fire) tears up your lungs, and with the combination of marijuana and cigarettes, it was starting to affect my health, my appearance and my hygiene. I had to do something about it or it was going to catch up with me soon.

When I had discovered that there were Herbal Vaporizers meant to vaporize any herbs of choice (which is actually what a lot of doctors recommend when they write prescriptions for medicinal marijuana), I sought to find one in an attempt to quit smoking the plant. I bought an herbal vaporizer in early 2011 at a store that sold vaporizers as well as electronic cigarettes. I had only heard of electronic cigarettes before but had never seen or used one. I decided to try it out and I wound up loving it, I knew instantly "This is WAAAAAY better than smoking!" Ever since I purchased my first herbal vaporizer and my first electronic cigarette in 2011, I have not smoked since to this day. I use 0 nicotine, because I never really had a need for nicotine, I just liked the act of smoking and the oral fixation that comes with it (I just liked breathing out clouds of something along with having a great taste to it). I used the 'pen-style' (or ego style) electronic cigarettes for about a year and a half until I started using the mod devices, and i still use them today, nicotine free.

I used to see a heart doctor every year because I was born with a heart murmur and I have a bicuspid aortic valve (basically my heart pumps blood a little bit slower) so I always have to be wary of things that increase my heart rate. I have tried using nicotine in e-cigs and although prolonged use of it would increase my heartrate, it was always benign and never gave me any kind of stress, but I never used a lot of nicotine. When I went to my heart doctor after a year of vaping (and a good solid 3 months of great dieting) he told me that my heart was in such great condition that I wouldn't have to see him for another five years (before I would have had to go to him yearly). I'm writing this anecdote not to imply that vaping has improved my heart function, but to show that at

least in my case, vaping has done no damage to my heart, and I use my electronic cigarette quite frequently. It has also done no damage to my teeth, since I just had a dental checkup after two years of vaping and my dentist was amazed at how there was no tartar nor plaque buildup on my teeth at all (he explained that smokers have it really bad with those two things) and those are the only health checkups I've done since I started using vaporizers.

I believe that the quality of my life is better now than it would have been if I had never found out about electronic cigarettes. Odds are, I would still be smoking cigarettes (maybe more, maybe less) and so would many others I personally know. I've heard many testimonials from pack-a-day smokers who found an electronic cigarette, flavor and nicotine strength that's suited to their needs and have left traditional cigarettes behind, saying that it has saved their life. Not only do I believe them when they say that, I repeat after them when they do.

4/4/2015 10:56:12 AM - Gary Powell

I was a smoker for around 35 years, I started when I was 16 years old. My whole family smoked. My dad died from lung cancer back in 2001. I knew I had to quit smoking for health reasons. I tried many times to quit smoking but nothing worked for me. Two years ago I bought my first EGO kit to help me cut back on smoking. I immediately stop smoking that same day. At that time the nicotine strength I vaped was 24mg. From day one I started feeling better. Over time I stopped having shortness of breath, my senses started to come back especially my sense of taste. Since then I even cut back on the nicotine strength, I'm down to 6mg. I never believed I would ever quit smoking with the help of anything. My life is good.

4/4/2015 10:56:03 AM - Nathan H.

I WAS a 30 year smoker at a pack per day or more. 7/27/2014 I put it down, started vaping, and I haven't looked back. The irony: I didn't decide to quit. I was happy as a smoker. Yes I knew it would kill me someday, but to be honest, that does not bother me.

I started vaping because I preferred the choice in flavors. Now 9 months later I'm even down to vaping either 2 mg or 0 mg juice. For those of you that don't vape, that means I have cut my nicotine consumption down to roughly 1/9 th of what It was when I smoked, and am moving away from being addicted to it completely.

I will continue to vape because I enjoy it. Today I can breath more than I have in years. I never even realized how much I had missed. #vapingsavedmylife

4/4/2015 10:55:52 AM - James Sikes

I WAS a cigarette smoker for over 40 years. Started smoking back when I was a kid, because it was the cool thing to do way back then. I tried everything to quit cigarettes, tried the patches, tried the gum, and even tried going to a place where they teach hypnosis, by the second session I wanted a cigarette more than when I went in. My point is that the only thing that has worked for me to quit smoking is the electronic cigarette; I started vaping October 2013 and have not looked back. I started with a ego battery and a ce4 tank , now I use more advanced mods. I can breathe better; I can actually taste food again.

4/4/2015 10:55:41 AM - MR. MAXXHEW

* I officially quit (stopped entirely) smoking tobacco cigarettes as of 03-23-2015.

* I had a tobacco cigarette addiction for 20+ years.

* The device/hardware I use to help me stop smoking cigarettes is: Aspire Nautilus Mini (holds and vaporizes/atomizes E-liquid) and an Eleaf I Stick 30 Watt (power supply). This was the only method I have ever tried... it has been 100% effective.

* The E-liquid I use mainly is made by a company called NicQuid, an American company that prioritizes safe ingredients processed in sterile conditions by experts. Sometimes I mix my own e-liquid to experiment with new flavor combinations.

* Without my device, and E-liquid of choice... I would still be smoking tobacco cigarettes, and greatly harming my health.

* I can say without a doubt that ever since using my "Electronic Cigarette" I feel much healthier, and happier.

* I breathe much easier, and cough less now.

* The use of electronic cigarettes (vaping/vapers) is embraced globally as a Tobacco Harm Reduction alternative to smoking tobacco.

* Electronic cigarettes do not use tobacco and there is no combustion or smoke of any kind.

* The vapor produced by electronic cigarettes is created when a battery activates a heating coil that vaporizes the e-liquid.

* The e-liquid often includes liquid nicotine as one of its primary ingredients.

* Consumers have the freedom to choose the level of nicotine content including no nicotine content at all.

* Many choose to reduce the nicotine content in their e-liquids over time while others choose to wean themselves off nicotine completely.

* I have included a photo of the device that made it possible for me to completely stop smoking cigarettes:

http://imgur.com/VAyeEhr

* ELECTRONIC VAPORIZING DEVICES (OR "E-CIGS") AND E-LIQUID ARE NECESSARY... AND THEY ARE MUCH HEALTHIER THAN TOBACCO!

4/3/2015 10:42:47 AM - lionel38

I started smoking at 17 and was smoking about 10 a day but by the time i gave up smoking i was smoking 40 a day ,i wanted to give up but everthing i tried the gum the patches the sprays etc didnt work i always craved a cancer stick .After my uncle got throat cancer through smoking i knew i needed to quit and at that time a friend had heard about vaping so we both bought our first vaping kits ,ie Ego batteries and Ce5s i quit smoking that very day and i havent looked back never once craving a cancer stick again .I deeply believe vaping has saved my life and or atleast given me some extra years of life smoking would have taken away ,i still have health issues but none through smoking and i am pleased to say my uncle beat throat cancer and now vapes too . I have persuaded a couple of brothers ,a nephew,a aunt, some friends to give vaping a try and all have quit smoking and now vape .I don`t get out of breath anymore ,i dont stink of tobacco neither does my home stink of stale tobacco ,i am not passing on second hand smoke to anyone and i am saving money .Vaping is getting ever more popular and ofcourse testings and findings will be made but Vaping is far far far far less dangerous than smoking cigarettes that contain hundreds of poisons ,surely the billions that would be saved due to smoking related illness and death would be enough , big pharma and governments are worried about losing revenue it pays we all need treatments for smoking related illness and governments would lose revenue too if everyone was to give up smoking.

4/3/2015 10:42:35 AM - Brian Gavin

I started smoking when I was 15 years old. I tried to quit smoking numerous times over the years. Cold turkey, the patch, the gym, none of it worked for me. Well, seventeen years later I finally quit. I was at work one day outside on a smoke break and saw a co-worker with an e-cig. I started asking a bunch of questions and decided that I was going to go get one when I got off work. I did and I haven't picked up a cigarette since! I've been vaping for over 2 years now and it has changed my life tremendously. I feel better, I smell better, and it's really led to me adapting a much healthier lifestyle. I've recently gotten into competitive running and am about to run in my first 5K! There's no way I could have gotten in the shape I am now if I was still smoking cigarettes.

4/3/2015 10:42:03 AM - Sobeit

I began vaping three years ago after my physician diagnosed me with mild COPD. Since quitting cigarette smoking, my lungs have cleared and I no longer have COPD. My doctor supports me in this healthy lifestyle modification and encourages me to continue using e-cigarettes.

I started using e-cigarettes with 2.4% strength and switched to 1.8% about 6 months ago. I use the menthol e-liquid and refillable blank cartridges. I switched to 1.8%

I am now able to walk long distances without becoming short of breath. Due to limited mobility, I order my e-cigarette supplies online.

I smoked 48 years and tried many times, unsuccessfully, to quit smoking using nicotine patches and gum. The longest period I could quit was about a year. I also tried Welbrutin and Chantix unsuccessfully. I am thankful that I have found an alternative that works for me and improves my health.

4/3/2015 10:41:43 AM - Kylee Dean

After smoking for 13 years, I found vaping. I have successfully quit actual cigarettes and run 5k's 3-5 times a week. I am happier, healthier and a better role model for my child! I am passionate about my new hobby and am a strong advocate for people to make the switch. I have converted several friends who are now as passionate as I am. I currently use a mod and have brought my nicotine strength down from 24 (starting out) to 6. In the past, I tried nicotine gum (gross and it burns), patches and cold turkey (several times) to quit smoking.

The only negative effect that i've noticed is having to stay hydrated... which in turn, is also a good thing because i'm drinking more water than what I used to. I actually see an improvement in my skin!

4/3/2015 10:41:07 AM - Gus Hernandez

From the age of 13 I started smoking up until 1 1/2 years ago, since vaping I've never felt better, I can breathe, no more 2 packs a day and my diabetes is not affected, scientifically it has been proven that vape is harmless especially when all ingredients used are all FDA approved, think this thru, don't let the big tobaccos quarterly losses influence anything.Thank you.

4/3/2015 10:40:53 AM - ModshineCO

I smoked for about 12 years, about 4 years ago I started vaping, Originally I went cold turkey with just e cigs and I had a Ego style starter kit with CE4 then switched to cartos. About two years ago the stress of work and being laid off from a Vape company led me back to smoking for a couple months. Now I have been smoke free for about a year, this community has given me so much and I have met so many great people that I decide to call Family at this point. I started off with a mech and rebuildable at 6mg nic, Now I roll with my Manhattan V2 with a Praxis and on the go IPV2 with Herkales Sub OHm tank always Vaping Lung Candy Camel toe and have dropped to 3mg and 0mg on the regular. I am proud to call myself a VAPER!

4/3/2015 10:40:42 AM - Maddison

I started smoking cigarettes when I was 15, I got up to two packs a day. I started vaping right after my son was born and haven't picked up a cigarette since. It's been 2 1/2 years and my body feels 1000 times healthier. I can work out and not feel like someone is sitting on my chest as I run. I don't feel gross and smell like smoke. Everyone who is around me doesn't complain about how gross I smell and now they don't mind me vaping around them. I work for a Vape shop and I've met 100s of people that vary in age that started vaping and haven't picked up a cigarette since. People who have smoked 10, 20, 50 years and started vaping and feel healthier. Older people who get sick tell me they only are sick for a week or two instead of months since they started vaping. So far there are no harmful studies to make you question vaping. I don't understand why the department of Heath is trying to stop vaping and still allow the sells of cigarettes? Vaping is the only way that got me and a lot of the people I know to quit smoking cigarettes, the gum, patch and going cold turkey just doesn't help some people like myself. Now I'm cigarette free for 2 1/2 years and I Vape everyday using my mod and much rather taste the flavors I have the options to choose from rather than a nasty cigarette.

4/3/2015 10:40:33 AM - Michael Ballerini

I started smoking real cigarettes when I was 17 and unfortunately they have controlled me ever since. When I turned 25 I realized My lungs had become horrible. I couldnt run longer than a minute and I woke up every morning stuggling for air, I thought I was going to die soon. Untill I tried Electronic vaporizers, and my whole view changed. Not only did they substitute the physical habit of it they felt so similar I found myself not wanting a real cigarette. My clothes no longer smelled, I started to taste things witha newfound appreciation for flavors but best of all I can breathe again. I beg of you to research the benefits(I.E. Not Smoking real cigarettes) and not get rid of the only thing that can help abolish cigarettes once and for all.

4/3/2015 10:40:18 AM - Jeff Mayes

I was a cigarette smoker for 17yrs. And I got to where I couldnt breathe I would go and do the least little things and I would be completely out of breath and one day I was outside playing with my kids an realized that I couldnt because of this. So right then I decided to stop. So I began vaping and now I have been smoke free for over a year now and I feel so much better! I can actually do things that I couldnt ever do before. I enjoy life so much more! I can play with my kids now and be the type of father that they deserve! Vaping has 100% saved my life and changed my life to where I can actually enjoy it!!

4/3/2015 10:40:06 AM - Dakota

I started smoking cigarettes when I was 16 and did so until I found out about ecigs a little over a year later. I started out smoking a couple cigs a day, which quickly made its way to half a pack a day. I would literally light one up every time I went outside. I was young and didn't have much money so it sucked using what I did have on cigarettes every day. I'm glad I quit that nasty habit before it had a chance to take over and ruin my life. Now that I have started vaping I can breath better and smell better and I feel better. and I'm not wasting money everyday. Ecigs saved my life. I started off using just a simple ego battery with an ce4 tank. Once I got my ecigs I quit smoking cigarettes immediately. I no longer smell like shit everyday from cigarettes, and I don't have ashes on my clothes or in my car. I can come home to a nice smelling house and never have to worry about finding restaurants that allow you to smoke inside, or walking outside every so often. I can just vape away while I'm eating.

4/3/2015 10:39:55 AM - alexb

I was a pack and a half a day smoker for 8 years and never thought I would be able to quit I tried the gum and the patches didn't do a thing for me. I tried an e cig for the first time 2 and a 1/2 years ago and after about 2 weeks of usin the e cig and smoking very little I was able to quick smoking. I am now what you would call a hobbyist vapor and don't even use nicotine. If it wasn't for e cigs I would still be smoking and destroying my health.

please don't take it away

4/3/2015 10:39:45 AM - Maria

My name is Maria. I am 25 years old. I joined the military at the age of 19, and started smoking shortly after I got to my first duty station. I started smoking because so many others were doing it, and did not consider that I was really hurting my health, and certainly becoming addicted. After getting out of the military and moving back home, I decided to quit smoking cigarettes. I was tired of being a slave to the cigarette, and the smoke really affects my family. Even though I smoke outside, the residue makes my relatives sick- which is absolutely unfair for them to have to endure because of my smoking. I am currently quitting cigarettes by the gradual reduction method. I cannot put into words how much vaping has helped with cutting back on tobacco cigarettes. There is no offensive smell, I can vape indoors, and most importantly, the prospect of becoming a non-smoker is no longer unattainable. For the first time, I actually believe I can do this. I have tried several times in the past to quit smoking with the gum, the nicotine patch, and quitting cold turkey. After failing so many times, I started to think that I could never quit smoking cigarettes. Vaping has given me an opportunity to quit smoking in a way that will work for me- and to live my life the way I choose.

4/3/2015 10:39:33 AM - Larry Podsobinski

This was faxed to OH governor's office, my OH Rep Jack Cera and Senator Gentiile as well. The PDF corrobation from my doctor would not paste below my letter here but was all faxed to them. I plan to send this to major OH newspapers next. See my comments on the OH tax to the OH state officials below:

Constituent Comments on proposed tax on E-Cig Juice

From: Your Ohio constituent: Mr. Larry Podsobinski March 31, 2015

Barnesville, OH 43713

RE: Governorâ€™s proposed tax on E-Cig juice of I read $11.25 a 10 ml bottle and $33.75 a 30 ml bottle on nicotine juice for electronic cigarettes.

My Dear Government Officials,

I have to tell you how wrong I feel this tax are, unjust, unfair and cruel. I have been tobacco free for 5 years by and only by using the e-cigarette. I am on Medicaid for the disabled in Ohio. During these tobacco free 5 years initially after 3 weeks I was able to stop using a $300 a month inhaler and havenâ€™t had to use the other 2 inhalers I had or any breathing medicine at all in the last few years, and am saving the state about $550 a month in no longer needed Medicaid expenses directly because of using e-cigarettes.

This being said, there is no â€œsin taxâ€ justification in this exorbitant amount of tax. By making electronic cigarettes affordable there must be many and I know of others like me who have switched and are reaping major health improvements. And you, the state are already saving money on smoking related illnesses going down in smoking related Medicaid expenses. If you out price people from this option, many will out of frustration go back to, or not stop smoking at all. And you the state will only have more to payout in medical expenses in Medicaid program monies and, the responsibility of causing people to stay on and get sick as on tobacco as one does over the years as the damage occurs ever so slowly. I was 52 when I quit tobacco, am 57 now.

Today tobacco is known to have about 4,000 different chemicals in it, and 200 of them are known carcinogens! Tobacco is a very dangerous deadly substance to ingest. Nicotine on the other hand is just one of the 4,000 chemicals and is not a carcinogen. Nicotine is closely related to caffeine and quinine (found in Tonic water), since they are similar compounds, would you tax the caffeine in soda pop or chocolate next? Thatâ€™s how absurd people I talk to feel about your E-Cig tax. Compared to tobacco, E-Cigs only improve oneâ€™s health. Make out of reach something far healthier than tobacco and people will continue to smoke and get sick, and the state ultimately will pay when ones funds are used up from illness and Medicaid picks them up. These are simply the facts.

Beyond this, in this day and age of so much medical marijuana talk, nobody out side of specialists in medicine knows of the medical use of nicotine to treat and manage illnesses. This is also a fact that I feel I must elucidate on for your benefit to understand what is in the peopleâ€™s benefit with E-Cigs. Let me explain.

In 1998 the first medical study was published stating it proves there is medical use in schizophrenia. They wondered why 92% of schizophrenics are lifelong smokers compared to only 17% of the general population. They thought there might be a connection to the brain disorder schizophrenia and found there are cognitive deficits in focusing, attention, and in working spatial memory that are most noticeably are corrected by non-timed release forms of nicotine.

Since then they have learned studying the brain that derivatives will also be a wonder drug for Alzheimerâ€™s, AD/HD and other cognitive disorders, and neurological disorders such as Touretteâ€™s syndrome and Parkinsonâ€™s disease. They have been sending medicines for these up to our FDA for approval and it was heartbreaking to see the last medicine makes it to phase 3 trials only to be thrown out. I have lived with schizophrenia since 1975 and smoked like a chimney. I was freed from not being able to quit when I learned there is a medical connection. Now it is 5 years and I have a letter from my doctor specialist to corroborate my medical use and that E-Cigs for this reason should be reimbursable because of this.

One retired ODMH worker is working with me on this. She worded it as she wonders if there could be tax exclusion written into your tax bill for people using E-Cigs in coordination with medical treatment. As I am doing and others I know who are bad lung patients, and it is bad lungs from smoking the older you will get will pose you with the question of switching to E-Cigs. Or simply chose to die from tobacco.

This is why your tax is not fair or justifiable or in â€œWe The People'sâ€ best interest. Here is my specialists letter, I can only hope it will paste into you contact forms so you can see this crucial information you need to consider and chose what is right: no E-Cig juice taxes!

Discussing this with a doctor friend of mine I learned Governor Kasich is a presidential hopeful, as a CEO of a company, the State of Ohio, has balanced the budget and has a surplus in our state funds. So do you really need the money to tax this and infuriate thousands of constituents when they hear about this too late to complain themselves? Because I did not hear of this tax in the conventional media. The store I shop at was shocked to hear this morning when purchasing E-Cig juice that they certainly will notify the tobacco outlet chain store owner of this. Once people find out about this they will vehemently oppose such an exorbitant tax on such a wrong cause for taxing. Why is this not appearing in the conventional state news?

People I have met and myself have noticed nothing but improved health from an even short amount of time totally off of tobacco and on E-Cigs. We should be rewarded for our conscientiousness by the governor abandoning or made to abandon this anti-health tax bill.

His tax has nothing to do with regulating these products away from children or making them child proof more than they are and already seem adequately child proof, if responsibly used. His tax is not to make using them safer. It is â€œsin taxâ€ and there is no sin in this, Iâ€™m happy to inform you I am living healthier proof.

And I do have medical nicotine use as per my specialistâ€™s letter to follow soon below. My specialist also said about money everybody wants as much of it as they can get and so do the government. But do you really need to ruin peopleâ€™s health and well-being to do it? Since youâ€™re already saving money on less Medicaid smoking illness and will continue to save more and more over the years, I do not think or believe that you really need this particular tax money.

Besides my doctorâ€™s letter below (This PDF doesnâ€™t fit in your contact forms so I must fax this), you can have your staff Google scholar search research any of this medical use I mention as it is all true. I am also sending this to my local and every large newspapers I can find in Ohio.

This is just not ethical at all for you to continue with these plans for this tax in light of the facts.

Sincerely, Larry Podsobinski â€“ (Should appear letter below as to medical use of myself of nicotine)

I

4/1/2015 3:57:23 PM - Jerry

I smoked for 46 years, I started when I was 14. Back in 2009, I decided to try e-cigarettes, just to cut back on my smoking a bit. I never expected to quit smoking altogether and truthfully, I didn't want to quit. But I was experiencing shortness of breath and I knew that I had to slow down on my smoking.

It worked, the more I vaped, the less I smoked. Two months after I started vaping, I did something that I never thought that I would be able or want to do, I threw out the cigarettes and stopped smoking. Now, 5 + years later, I am still smoke free and will never go back to smoking. My shortness of breath is gone, and I have experienced no side effects from vaping.

4/1/2015 2:05:41 PM - Michael

I have been smoking since I was 13 and I heard about vaporizers on my 18th birthday because my friends and family were concerned I was going to die by the time I was 40 because I smoked 2 packs of camels a day and chewed at least a tin of grizzly mint. I've now been tobacco free for 6 months and I feel much healthier ever since I started vaping. It smells great and tastes great I feel better and its fun to build and work on and make my Vape mine I love making the coils and working on my mods and buying New ones all the time. This stuff saved my life!!

4/1/2015 2:05:26 PM - Jiu Chan

I was a smoker for almost 10 years for a pack - 2packs a day. About months ago, I was introduced to vaping. Did my research on it and never looked back. Now , I can walk up the stairs to my apartment when the elevators are taking too long. I don't reek of the lingering cigarette smell anymore and my friends often ask me whats that nice cologne I'm wearing, and its just my vape. I've also helped convert some of my peers to vaping since I started and I feel like I'm helping my friends live a healthier life. I know that this hasn't been around long enough to know the long-term side-effects but at least I know what I'm putting in my body instead of the hundreds of chemicals in traditional cigarettes. I'm not saying this is the method for everyone to quit smoking, but so far it has worked for me and my friends around, and through becoming a vaper, I've heard many successful stories alike.

4/1/2015 2:05:02 PM - Christina Small

I started smoking when I was 12. I have tried several different things to try and stop. Cold turkey, hypnosis, nicotine gum, Champix, and nothing worked. The longest I was ever able to quit for was 6 days. I couldn't even quit while I was pregnant! I had to just cut down as much as I could, which was about 5 or 6 cigarettes a day. I felt terrible.

I heard about electronic cigarettes about a year and a half ago, looked into it quickly but couldn't determine if it was legal in Canada or not, and so I just kept smoking. My sister told me she was using an e-cigs, sent me a picture of what hers looked like and pointed me in the right direction. I ordered a starter kit that day.

February 24th 2015, I received my e-cigarette. (ego style battery with Ce5 clearomizers) I smoked my last tobacco cigarette that day, exactly 5 weeks ago now. I can't believe how easy it was to switch! I never thought I was going to be able to quit after 20+ years! One of the biggest challenges for me personally to quit was that I really enjoyed smoking. The act of smoking. The inhaling/exhaling part of it. Just having a nicotine replacement never cut it for me. Vaping does!

I upgraded my battery to an eleaf istick 30W/Aspire clearomizers, within my first week, as I could see I was going to continue vaping and was scared that my starter kit battery might die on me spontaneously and I would end up picking up cigarettes again.

The 3 packs of cigarettes I had left of my carton are still sitting in my cupboard, unopened and unwanted.

I have been able to reduce my nicotine from 18mg to just 6mg in this short period of time. I imagine, for me, I will be able to reduce down to zero eventually because the physical act of vaping will be enough. Even if I can't cut out nicotine entirely, I will be happy to continue to vape. Having a dependence on nicotine doesn't bother me any more than my dependence on caffeine. And like coffee, I enjoy different flavours, blends, and brands to vape. I like having options! I also like that after I vape I don't smell Ike an ashtray... But instead like something delicious!

I believe that electronic cigarettes/personal vaporizers are the only reason I have been able to quit smoking cigarettes. I only wish I had done it sooner!

3/31/2015 9:34:29 PM - Ryan Adams

My name is Ryan Adams. I was born in Texas and moved to Virginia at the age of 2. Then at age 11 I moved back to Texas. At the age of 15, I had my first cigarette. I didn't like it. I tried another the next day and I liked it. It was a Marlboro Red 100. The Cowboy Killers. I smoked from there on. I'm 26 years old now. I had 11 years of smoking under my lungs. I tried the 21st Century Electronic Cigarette and quit for maybe 4 days. It didn't work. The flavor was horrible and the cartridges didn't last long. The coils burnt up easily. They would tell me I needed replacement parts. I went back to smoking. That was back in around 2013. The next 2 years I tried out a Bulldog Electronic Cigarette. The flavor was better but the burnt coils cost a lot of money and they went out constantly. And their juice was high priced for a small quantity. I used it for maybe a week and then went back to cigarettes. Recently, one month ago, I went to a vapor shop and I was introduced to the Eleaf iStick 30w. I bought it and the cashier sold me an Atlantis Aspire tank. I haven't smoked in a little over a month. I started out on 2.4% nicotine. I'm now down to 0.3%. I haven't had the craving for a cigarette since the day I started vaping. I can already breath better and I have my sense of taste back. And it's cheap and very effective if you play your cards right. I don't understand why they want to ban vaporizers so badly, besides that the Big Tobacco industry wants the competition gone. I don't think that banning it is health related. I don't think the FDA really cares about your health. Why are cigarettes legal but you want to ban vaporizers? I think they should quit worrying about the money they will lose and consider that vaping is helping people. I've also heard the excuse that they're targeting vaping to children with their wide variety of flavors. Alcohol is flavored and appealing to children. But, they still sell it. And guess what? Kids get alcohol. You'll never get complete control over it. But you try any ways. And I'm not against that. Cigars are flavored. I've seen blueberry, cherry, white grape, exotic berry, peach, etc. Kids will get them too. And those things are all far far far worse than vaporizers. California spent $75,000,000 to tell you how bad vaporizer are. But, they're far healthier than cigarettes. Please help to fight for vapor rights. We didn't do anything wrong except make a healthy choice.

3/31/2015 9:34:18 PM - Sarah

I quit smoking cigarettes through electronic cigarettes 6 months ago and I am so much more healthy. My Fiance quit smoking with electronic cigarettes over a year ago and I followed in his footsteps. One of the reasons I switched is because I was tired of not being able to smoke anywhere and for the obvious reason mine and my fiance's health. I would cough myself awake every night. I had been smoking 2 packs of cigarettes a day since 12 years old. So about 13 years. I guess i can thank Phillip Morris for his pushy advertising and sneaky business antics... anyways. Im so glad I bought that first starter kit about a year ago. I NEVERRR would've thought I would've quit smoking. I was the stupid kid who used to smoke 3 cigarettes at a time as a dumb joke. I now use mods because its like a hobby now. But I use little to no nicotine. Im just glad at im clean from all those chemicals.

3/31/2015 9:34:06 PM - AnimeKingJosh001

the names josh and i have been vaping since i was 16 (but i did it to quit smoking cigarettes immediately) and im 23 years old and ever since i started vaping i have felt much better about myself and i have enjoyed every minute of being smoke-free, i feel the world needs to quit smoking period so we all can be healthy and happy :D. i currently am using an unregisted (homemade box mod with a Dark Horse RDA with a .5 ohm build micro coil and 2x 18650 samsung rechargable batteries.

3/31/2015 9:33:46 PM - Steve Haynes

Smoked for 35 years, tried quitting (cold turkey) dozens/hundreds of times, longest break from smoking was 6 weeks, but generally 2 weeks was about the maximum before I relapsed. I just started to believe that I'd never quit, and that smoking would kill me - Not happy about it, but there seemed no way out.

But then, just over 2 years ago, a miracle, albeit in in unpleasant circumstances. I was very ill (not smoking related though) and after a few days unable to smoke I thought I'd try electronic cigarettes as an alternative to returning to tobacco, based on information from a friend that had been vaping for some time. Purchased a simple kit, and never smoked tobacco again. I did a lot (and I mean a *lot*) of research into vaping and could see no perceptible risks, so was (and am still) perfectly happy to vape.

So, two years on, I still haven't used any tobacco products, my vaping has 'evolved' and I use more advanced vape gear to tailor my experience to suit my requirements, I enjoy trying new flavours, generally 'bakery' types, and some fruit flavours; I occasionally try tobacco or menthol flavours (menthol I do sometimes enjoy, though I never liked menthol cigarettes). My health has improved (notably, not one single asthma attack since beginning vaping), and am 100% happy with the safety of the equipment and eliquids that I use. Vaping has worked for me as a safe alternative to smoking tobacco!

3/31/2015 11:51:16 AM - Russell Coleman

I smoked from age 16 to age 39. I started experimenting with cigarettes at age 13. Needless to say I was a smoker for 20+ years. I haven't smoked since February of 2014. It is 3-31-15 that I write this testimony. Vaping has been a god-send for me and millions of others looking to stop smoking. Vaping has provided a way off cigarettes without resorting to dangerous drugs like wellbutrin. It also provides a way without trading one dangerous system for another like dipping snuff or chewing tobacco. Vaping has proven to be a real harm reduction system. No carcinogens,tar,burnt glue or by products are inhaled. Is it 100% safe? Of course not, neither is drinking tap-water, eating in a restaurant or riding motorcycles. I currently use an IPV 2 device with a Freakshow RDA on top. I vape a liquid from Everyday Drippers at .6mg Banana's Foster flavor. My nicotine level has dropped considerably since I first started. I am down to .6% from a starting level of 2.4%. When I first began vaping I would smoke and vape at the same time for the first week or two. After that I let go of the cigarettes and I have never looked back. That was almost 14 months ago. I started with the cigarette looking devices. I moved on to the ego-style battery with a CE-3 tank system. My next device was an I taste SVD with an Aspire Nautilus tank. This was and still is an excellent device. I now use two devices. An aspire Atlantis sub-ohm tank with a CF-MOD or the IPV2 with an RDA instead of a tank. I highly recommend both!

3/31/2015 11:51:06 AM - Hector Sanchez

I started smoking cigarettes at fourteen years old. I smoked up to two packs a day by the time I was sixteen. My friends and family would always tell me how bad it was and how the smell would stick around. Around the age of seventeen my friends found out about e-cigarettes and urged me to try them. During the begining it was hard to stick with just vaping, it just wasn't the same, but after a few months it was easier to go longer without any traditional cigarettes. Now I'm proud to say it's been over a year since the last time I smoked a traditional cigarette, and over a year that I have been using electronic cigarettes. I truly believe that if e-cigarettes weren't around I would still be smoking cigarettes and my health would be in great danger. E-cigarettes truly give smokers a way out, an alternative to the health problems traditional cigarettes can cause, while at the same time breaking a horrible addiction and ultimately not feeling like you want to go back. Back when I started vaping selection and devices were limited, now with the amazing progress the technology has made it is nearly impossible for someone to not be able to find a device that works for them. I believe that every single smoker deserves the opportunity to a second chance. I believe in a united America that allows it's citizens a fighting chance against a product so popular yet so harmful to health that fathers are buried by sons and daughters that have yet to go to college, mothers widowed with children, parents burying children who were pressured by friends too young, and the saddest part of it all is that we as a country have allowed tobacco products to be so easily accessible and so popular.

I believe in a healthier United States of America.

3/31/2015 11:50:55 AM - Robert Jones

I was a 27 year smoker, and had just turned 50 years old in July of 2014. I had promised myself that I would not smoke past 50, and was angered that I had not kept that promise. I had tried the nicotine gums and lozenges, but they both made me feel nauseous and I stopped using them. I had friends tell me both success stories and horror stories regarding Chantix. However, at my job, I had noticed some of the employees using vaporizers, and a few of them had switched entirely over to them and were not using cigarettes anymore. I decided to give them a shot in September of 2014, and have not had a cigarette since. In addition, I have not craved a cigarette, and have reduced the nicotine level I was using down to 3mg from the 18mg I started with.

The first thing I noticed after I switched? I could breathe with no wheezing when I laid down to sleep. My sense of smell came back next (my home smelled HORRIBLE) and then my sense of taste as well. The yellow stains that were on my fingers for years also disappeared in a few weeks.

I want anyone wanting to quit smoking to have the opportunity I have had to use this method. It worked for me.

3/31/2015 11:50:23 AM - Arielle

I smoked my first cigarette at the age of 13. From that point on, smoking cigarettes became an every day part of my life. Both my parents have been smoking from young ages and lots of my family members and friends smoke as well. I smoked regularly and then heavily for about 8 years (about a pack every 2 days at my highest use of cigarettes).

About four years ago I enlisted the help of my health provider to assist me in attempting to quit smoking cigarettes. Through them, I attended classes to help me quit and attained affordable access to Nicorette Lozenges. Unfortunately, I was unable to even cut back on smoking, as the lozenges took too long to help me with my cravings and I eventually stopped using the lozenges and continued smoking as I had been.

A few years ago I started to use disposable e-cigarettes, occasionally, in an attempt to cut back on my cigarette smoking habit (once again). Eventually, I purchased a Joye eGo-C Twist vaping pen and my life, as I knew it, changed in the most positive of ways. I used the vaping pen in conjunction with smoking for about 6 months, cutting back on the amount of cigarettes I smoked more as time went on. After about a year of using my vaping pen, I purchased a mechanical mod and RDA and havenâ€™t looked back. Iâ€™m proud to say that I donâ€™t own a pack of cigarettes, something that I never thought would be possible.

I started using 24mg nicotine cartomizers with my disposable e-cigarettes. When I purchased my vaping pen, I used 18mg nicotine e-liquid initially and moved down to 12mg nicotine e-liquid. When I purchased my mod and RDA, I began using 6mg nicotine and after a couple months began using 3mg nicotine e-liquid, as I still use currently. I now have a regulated, variable wattage box mod that I use with RDAs. Using the mechanical mod and the box mod have allowed me to reduce the level of nicotine in e-liquids I vape way more quickly than I ever anticipated. In the near future, I plan on using 0mg nicotine e-liquid to fully end my addiction to nicotine forever.

Vaping has allowed me to lead a much happier and healthier lifestyle. I am asthmatic and have suffered the consequences of smoking with asthma for way too long. Never have I experienced negative health effects from vaping, despite my asthma. Furthermore, I have noticed a significant increase in my ability to breathe easier since I started vaping and therefore have become more active. I recently joined a Crossfit gym and am getting into the best shape of my life. I would never, in a million years, have been able to perform at this level of physical activity while smoking cigarettes, and never was able to due to my heavy cigarette smoking habit. In addition to better lung health and capacity, I have experienced a better sense of smell and taste from not smoking cigarettes as well.

I believe that there are two aspects in play that have allowed me to quit smoking via vaping. The first being the ability of vaping devices, such as vaping pens, mechanical mods, variable wattage/voltage box mods, etc to deliver nicotine into the blood stream more quickly than lozenges or gum that contain nicotine, in my experience. And second, the smoking sensation created by vaping devices, which satisfies what is most commonly known as the â€œoral fixationâ€ associated with quitting smoking.

As a daily, heavy use â€œvaperâ€, I have never felt or noticed any negative health benefits, only positive ones. Through vaping and vaping alone, I have effectively quit smoking cigarettes and have very significantly reduced my addiction to nicotine. Very soon I will make the leap to 0mg nicotine e-liquid and will say goodbye to nicotine addiction for good.

3/31/2015 11:50:10 AM - Joe Kubina(brwnstown) fairport harbor, ohio

I have smoked since I was 16, I'm 43 now, about 3-4 months ago I decided to try vaping. I use the 30watt eleaf Istick with a melo sub ohm tank, started with 12 mg of nicotine and have slowly come down to 9mg presently. If not for vaping I know I would still be smoking, patches and gum etc. Never seem to work, but with new vape products and the ability to lower your nicotine levels it has become easier to quit smoking for me, and I have not gained weight or mood swings. I can already feel a difference in my taste my smell, my lungs are feeling better, my clothes and car don't smell of smoke, its a win, win for everyone involved... I can't believe government and business would try and take away or over regulate and tax a product that will help millions kick the habit if they choose to try... Only in America...

3/31/2015 12:49:53 AM - Tobin

I am currently in the US Military stationed overseas in Europe, where they have a much more progressive and accepting approach to the clearly evident positive public health impact that vapor products can have on the general population. It makes me sad to see that I will be returning home to a country that seems to want to encourage smoking by taking away our right to what could be the most important development in public health in the last decade. I have smoked / chewed tobacco for going on 6 years. I tried to quit several times, some successfully, but always ended up relapsing for one reason or another. I tried gum, patches, and even behavioral modification, but the only product that was ever effective for me is vaping. I started vaping about 6 months ago, and haven't touched a tobacco product since. the mere thought or smell of cigarettes and chew are repulsive to me. the very idea that vaping is a "gateway" to smoking is absurd. no one in there right mind would switch to cigarettes once accustom to the taste of vapes. therefore, banning flavored liquids would be rather counter-intuitive to say the least. it would make more sense to ban tobacco flavors, as they would more closely resemble cigarettes, but even that argument is weak at best. I work in the medical research field, and am very well versed in my peer reviewed articles. I wish I could say the same about those who are in the position to make new laws regarding this product. While I agree continuing to research the long term effects of these products is essential, the answer in the interim is not to ban them completely. The current evidence that we have shows that vaping is no where near as dangerous to public health as smoking. so why aren't the "powers that be" trying to outlaw smoking instead? the answer is, because they make money off of it. and lets face it, smokers switching to vaping is hurting their "business". so what do they do? encourage smokers to keep smoking, and new smokers to start smoking, meanwhile taxing already expensive vape products until they are unaffordable. And the whole time they are claiming that they are doing it for "the children" so that they can win over the support of the non-smoking community. Bottom line, teens will smoke, they always have and always will. preventing this is on the parents, not the government. and is having a different, less dangerous, option for them to go to such a bad thing. I know for a fact that if vaping was available 50 years ago, we would have infinitely less smokers today, less crowded hospitals, and even less pollution; but then again, politicians wouldn't be able to profit from the friendly neighborhood big tobacco lobbyist. so for the sake of padding those pockets a little bit more, lets cut out that compitition for big tobacco, and while we're at it, we should start up a campaign to give a free carton of cigarettes to any person that turns in their vape gear to the authorities. because who wants to inhale 3 chemicals, when you could have over 4000 for half the price.. with complimentary lung cancer.

3/31/2015 12:49:43 AM - iain

started smoking in primary 7 ,yes thats right very early,I tried an ecig a year ago after my girlfriend coaxed me into trying it and i never thought for one minute it would work.

i HAD TRIED EVERY SMOKING CESSATION PRODUCT OUT AND NOTHING WOULD WORK !

just over 30 years of smoking and i was more or less cig free in a week

in the next month i had smoked three ciggies the last one nearly making me vomit i may add and since then i have not touched another nor do i want to.

before i couldnt go without a cig but i can now go without a vape i have lowered my nicotine level right down too.

I was so amazed and overjoyed with how i started to feel after a few weeks that i started researching more,and the more i researched the more i got interested in it.

now i own my own vaping shop and its great i love my job and i am so lucky i have been able to turn something i ,love into an income.

3/30/2015 1:24:19 PM - Dakota

Me and my mom started vaping together because her lung doctor told her if she didn't quit smoking she wouldn't liveuch longer so we started vaping and she's doing way better and improving everyday I feel like its a better lifestyle and we're both breathing better and healthier

3/30/2015 1:24:05 PM - Judith Walters

I am 64 years old. I began smoking when I was about 5 years old when my father got me to light his cigarettes in the car. When I was 14 years old I began to smoke regularly so I was smoking for 58 years.

I have been trying most of my life to stop. I tried cold turkey many times, hypnosis, nicotine patches, nicotine gum, nicotine lozenges and Zyban (which caused a myocardial infarction in 1997). I have had 3 attempts with toxic Chantix with increasing abdominal pain each time I used it. I had a colonoscopy after the last try with Chantix and the surgeon took 15 biopsies to check for damage from it. The longest I lasted off cigarettes was just under 3 months on the last Chantix course before I couldn't stand the pain any more. I was also stressing my son with my irrationality and irritability too.

I have COPD and had decided that I couldn't give up smoking and was prepared to die within a few years when the shop where I bought my cigarettes suggested e-cigarettes. I was smoking 50+ a day and I decided anything was worth a try. After a lot of confusing research I emailed a vendor in Australia to ask what I needed. He suggested 2 good quality spinner type batteries and 2 Evod clearomisers. Because nicotine is not allowed to be sold in Australia (except in NRT's) I had to import nicotine and mix it myself with local PG, VG and flavour. He suggested I start on 24mg liquid which I did and I began vaping in March 2014 and dual used for the next 5 months, mainly smoking during that time. It wasn't until I began to use a rebuildable atomiser, a good mod and 36mg liquid that I was able to stop smoking altogether.

I have now been tobacco free for 6 months and have no desire to smoke again. I have cut my nicotine down from 36mg to 12mg over that 6 months without even trying because the throat hit just became to strong after a while so I lowered the strength.

When I first began vaping I would have trouble getting to sleep because COPD caused me to wheeze and I had sleep apnea because I couldn't nose breathe. I would cough for at least half an hour in the morning, terrible hacking coughs which must have disturbed my neighbours. I couldn't walk up a short hill to the letter box and was virtually housebound unless I drove. My poor dog wasn't getting exercise either.

Now I sleep easily and soundly because I no longer wheeze and my nasal passages are clear, I rarely cough and it is usually because my lungs are still getting rid of tar. I eagerly walk up the hill to get my vape mail and the dog gets walks now.

The effects are not only physical either because I am no longer depressed.

I can honestly say that vaping has saved my life.

3/29/2015 7:50:39 PM - Jeff Pearl

I had been a cigarette smoker since around the age of 21. I had tried other products used to quit smoking but with no success. My brother had spoken with me about a new product on the market it was a vapor device which i was unaware of. My local vapor shop Vapor Alley had many devices and e-liquids on hand. The owner spoke to me about the product and some of my choices. He also said if that day i were to give him the rest of my pack of cigarettes he would give me a free bottle of e-liquid. I decided that day i was going to quit smoking and start vaping. All i can say is i wish i had come across this product much sooner. Right away a couple of days or so into my new adventure in vaping. I was already feeling better more energy better breathing. I can vap around my wife and in my home, where as before i couldn\'t she is allergic to cigarette smoke. I believe this product has absolutely kept me from my old and dangerous habit of smoking cigarettes. I had smoked around 20 years but i haven\'t had a cigarette now for many months. I would certainly not hesitate recommending vaping to anyone trying to quit smoking.

3/29/2015 7:50:28 PM - Psyclown76

hello friends,

Just wanted to join the group and take a moment to share my story. I'm completely tobacco free after smoking cigs for over 20 years (near a pack a day). Last September, I visited a local vape shop and got a starter set up (ITaste Clk by Innokin) and within 2 days after that, I smoked my last Marlboro and havent even considered touching an analog cigarette since then. I now use a Delta 2 tank from Joyetech on a Smok XPro BT50. Ive dropped from 16mg nicotine to 6mg nicotine. Since I quit the cigs, I feel great (Ive not noticed ANY ill effects whatsoever) and Im so happy I did.. Not only for my health, also for my wallet.

Also- in doing so.. Ive inspired 2 of my closest friends, also long time smokers of cigs, do do the same. I'll continue to urge other smokers to do the same. I honestly feel that Vaping (on whatever setup you choose) is a REAL LIFE SAVER. Thank you for being here to gather stories from others like me. We need to take a stand against all this political nonsense thats trying to ruin "vaping" for one and all.

3/29/2015 7:50:19 PM - Jamie sweat

Hello hustle want to say March 18 2015 was my anniversary smoke free I am 48 I started playing with cigarettes at the age of 9 was a full time smoker by 12 when I was 44 I started this bad weasing in my left lung however I enjoyed cigarettes so much I refused to stop.as the years progressed my breathing became worse was passing out loosing my breath finally I took action went to my Dr and she sent me to a lung Dr I had scared lungs my oxygen rate was 52 percent and if active would drop as low as 30s and that causes me to pass out my lung x-rays of corse I had smoker's lungs put on two different inhalers I was told of corse to quit smoking my Dr she recommended me to start vaping a menthol concentrate I enjoyed vaping and the solution I was vaping I went in January to get x-rays the difference was obvious the menthol ice I was vaping helps clear my lungs up and the difference was obvious I still have the scar tissue but my lungs had cleared up my breathing is slowly getting better my spells of passing out have been very few but vaping helped save my future type people say I still smoke I say no I vape them looking dumb founded I explain I'm not consuming all those toxic chemicals I can smell and taste don't have that foul oder caused by tobacco I am smoke free I am a proud vape I don't have a addiction I choose to vape it does help with my copd by helping my lungs stay clear and I can breathe

3/29/2015 7:50:09 PM - Joe

I smoked for 12 years, anywhere from 10 to 20 a day. I started vaping around 10 months ago and haven't touched a cigarette since.

Previously tried Nicotette products, such as the gum and inhulator but found these ineffective and expensive.

Since I started vaping I have lost a cough that I had, my stamina has greatly improved and I feel a lot better generally.

3/29/2015 7:49:51 PM - Hotelsutiey

I was a smoker for over 25 years. I saw a friend who quit smoking (she smoked for almost 40 years and was a very heavy smoker) by vaping. Once I saw it work for her I knew it would work for me. Oct 5 2013 was the date I quit smoking by using an ego style vapor! I have not only quit smoking I have also weened myself down to 0 mg of nicotine and have no desire to quit vaping. The way I see it I am still mentally addicted to smoking but am not getting any carbon monoxide, tar, or nicotine. I am just fulfilling my hand to mouth habit and getting a great taste with out eating! Vaping has truly been a life saving switch for me and many other people I know! I am currently using a mini 30 watt mod and a sub ohm tank and am loving the hit I get! This is th only thing I have tried that I have been successful in quitting smoking!

3/29/2015 7:49:43 PM - MorganWright

I started smoking when i was 14 years old. I had lost my interest in all sports, schoolwork, and things that should be focused on to better my future. I smelled like a huge cigarette all day. Every day. Id crave a cigarette like no other. By age 15-16 i was smoking a pack a day. I noticed my heart hurting and would occasionally beat very fast. I went to my physician to find out what was wrong and everytime i would always hear "its those cigarettes, you need to quit". Of course, im a teenager. I went on smoking. I woke up every morning gasping for oxygen. I has an embarrassing laugh and cough with a loud weesing following it. I would over eat my usual meal portions by double. I soon became depressed and started getting a short temper with everyone. I definately was not fun to be around. I was always with a headache and really tired all the time. Im 19 years old. I was in the shape of an elderly man at age 16. Ive tried the patches and the gum. But it for some reason didnt work. I ise to chew the gum while amoking a cigarette because i couldnt get the amount of nicotine i needed. Then it hit me. Im not addicted to smoking, im addicted to nicotine. Now since vaping has been around, i have officially quit smoking for 4 and a half months now. My energy level is up. My heart no longer feels as id were about to explode, and i am able to breathe with ease. I feel so much better. I went back to my physicial for a physical and to see if i was in a better shape and my results were amazingly better. I feel as if vaping saved my life.

3/29/2015 7:49:33 PM - abbey

I started smoking around the age of 13 and have been an on and off smoker since then. I mostly smoked cheap cigars but did smoke cigarettes as well. I found vaping over a year ago and have noticed a huge change in my breathing. I grew up in a smoking household so since I was young I have always had problems breathing and getting bronchitis every winter. I mostly stick to rebuildables and mechanical mods now but started out with one of the cheap gas station e cigarettes. I have helped about 5 of my friends switch from smoking to vaping and they seem to also be much happier and healthier now that they have switched. Two of my friends have a daughter also who they can Vape around and she has no problems bring around it compaired to her being around cigarettes where she would cough a lot from the smoke. I will continue to keep trying to help people to switch and inform them as much as I can.

3/29/2015 7:49:16 PM - Claresa

Please don't raise the taxes for electric cigarettes. smoking real cigarettes can cause health risks, heart issues, lung issues, cancer, and even death. In my option and many others in the united states agree that vaping is a better alterative to smoking cigarettes. My fear is if the tax is raised many people including my self will go back to smoking cigarettes fighting with the smell it leaves off and the hassle of cleaning the yellow stains it leaves on everything. Its also bad for the earth and in the air. Vaping elecronic cigarettes doesn't leave that nasy yellow everywhere so that's saying a lot about it being way better for you to smoke. I disagree with people that feel that of its not FDA approve then its apparently bad for you. They are forgetting that fact that they are obvious facts around us that clearly shows its a better alterative. For instants most people that smoke are ending up with tar in there lungs and wake up coughing and can't breath. I've been vaping for two years now and I have no cough and I can breath extremely well. I exersize and run every days and my lungs still feel amazing. Its not killing the earth unlike cigeretts that put toxins in the air. Think about it do you really want people that are trying to quit smoking or people that are trying to use at better alternative to go back to cigarettes because you decided to tax juice extremely high? Do you want people to die of cancer? Or to need there lungs transplanted? If not than please don't raise the tax for electronic juice.

3/29/2015 7:49:07 PM - Roger Schaeffer

%9 yr old male. Starting Smoking at age 16. Soon a pack a day many attempts to quit smoking in late 30's to early 40's with NRT. At age 42 I did quit smoking,I used nic gum for 2 months and did not smoke or use nicotine again till age 50. Smoked for 7 yrs then switched to Chewing Tobacco for 2 yrs. I did not know about CASAA or that Chewing tobacco was safer then smoking. If fact I worried every day for 2 years that I would get Oral Cancer. The Tobacco Control pictures or people with 1/2 a face stuck in my mind.When I was almost 58 I was smoking and chewing for 2 months until I stopped smoking and using Ecigs. It took 2 weeks. Became interested in advocacy and found Tobacco Control had lied about the danger of chewing tobacco. For the 2 yrs I lived in fear of oral cancer because of Public Health propaganda I will loathe them for life also for their Flame Thrower scorched earth attack on Vapor Products. for 10 months I have used Vapor Product and tobacco and Herbal Chew. I feel much better with more stamina and better mood without the cigarettes. I have no interest in lowering the nicotine strength of my e-liquid or stopping use of Chew products.I like nicotine as I like my caffeine. I am interested in trying snus products. I know all attention is on Vapor Products Regulations and Taxes War now and I help combat that. I feel way to little attention is given to other THR Products. IMO Vaping will be by far far the most popular way of switched nicotine delivery method. But there are hundreds,thousands maybe 10 of thousand who will never choose vaping over cigarettes but could possibly choose Chew or snus as their form of THR if they we not so over shadowed and forgotten by the Vape War. Well it is war and there is always collateral damage in war.

3/29/2015 7:48:50 PM - Smaller Mac

I have smoked for 20 years (40 years if counting parental second-hand smoke). No method of smoking aid have helped. The gum? Chewing and smoking to the point that I thought my head would explode. Chantix... *That* should be illegal! Never have I felt as sick as using that drug. Loss of sleep and horrible nightmares when finally passing out from exhaustion.

A friend of mine brought me around to vaping... and I have not touched tobacco since I started 9 months ago. Not ONE cigarette! I began at 18 mg. and I'm already down to 3 mg. I can go hours on end without... I can leave the house without... Was it easy? No, it was not but it worked. It actually worked.

My blood-pressure is down, no more nightly or morning coughs and no more loss of breath.

The only reasonable explanation for the negativity, bans and restrictions is that too many politician's hands are in the wallets of pharmaceutical and tobacco companies.

I still step outside to vape (as I did with cigarettes). No big deal. There is no reason to vape/smoke in public places. Vaping products should of course not be sold to minors. Actually, it's probably easier for an under-age kid to buy pot in school than to get anything from a Vape store.

3/29/2015 7:48:39 PM - Chris Mad

I rather vape then smoke a cig. i don't feel ok when i smoke a cig it makes me breath weird. Makes me tired more. But when I vape I don't have those problems I can breath a lot better and I love how its changing my life style. I would go crazy if they took that away from us. Because regular smokers would do the same if you took tobacco away from them. Even though its not healthy we need a cure to help smokes turn to vapers and stay healthy. I have been smoking for the past 3 years now almost 4. but now that i have this its easier and a lot cheaper. to then buying packs all the time I just have more bottles of Juice.

3/29/2015 7:48:28 PM - Daniel De La Cruz from Fresno, Ca.

For the last 15 years I used to smoke a pack and a half of cigarettes a day. I had problems breathing had headaches all the time and my wife and kids complained of the cigarette smell that i couldn't get off. I bought a blow one device and i moved up to a mechanical mod with a atty. I use 6mg v flavor liquid and since starting vaping i haven't smoked any cigarettes in three and a half months. I can now breath i don't get those headaches anymore and my wife and kids don't complain about me stinking like cigarettes anymore. Plus my wife is kissing me alot more now! ;) she likes the way the juice's smell especially the Jimmy the juice man brand. I really feel that vaping has made my quality of life better by helping me get off the cigarettes. The nicotine patches and gum didn't work for me but vaping did! I don't know what i will do if vaping is banned.I don't wat to go back to cigarettes!!!!!!!!! Thank you for those who invented vaping i owe you guys!

3/29/2015 1:31:41 AM - JayNtheBay

I was a smoker for over 15 years. I smoked 2 packs a day! Smoking was my life. I tried literally everything to quit. Nothing worked. Until i started vaping. I haven\'t had a real cigarette in a year!! My nicotine is down to 3 milligrams. I feel better than i ever have. I can breathe. I can run. My skin & hair looks better. I dont stink. Before vaping i couldn\'t picture my life without cigarettes. Now i couldn\'t imagine going back. Vaping literally saved my life.

3/29/2015 1:31:27 AM - Carolyn Kohn

I am forty-five years old and was a smoker for twenty years. I usually smoked in excess of two packs a day for the majority of that time. I tried multiple FDA approved methods to stop smoking over those years. Gums, patches, and inhaler. None worked for more than a year. My doctor recommended Chantix and even wrote a prescription for the medication. He then told me to stop taking it immediately if I had any suicidal or homicidal thoughts while taking it. At that point I decided Iâ€™d rather continue to smoke and kill myself slowly then risk killing someone else trying to stop.

In 2010 a vaperâ€™s lounge opened up a mile from my home. I drove past it for three months, at least twice a day. One day I went in to see if there was hope and what exactly vaping was about. I spent two hours asking the poor guy behind the counter all kinds of questions. What were the ingredients, any known side effects, how did they work, what was the â€œsmokeâ€ made up of. Then I found out about the flavors. Lychee, blueberry, watermelon, grape, vanilla, tobacco & menthol(of course), and many others.

I purchased a starter kit with lychee, vanilla, and menthol, and within two weeks I had completely put down traditional cigarettes. I have not smoked a single cigarette since then. I have taken a puff from my husbandâ€™s to see if the urge was still there. Short answer, No itâ€™s not.

In the five years I have been cigarette free I have had zero visits to the doctor due to colds and respiratory infections. I breathe easier and have a better sense of smell.

That first kit looked very similar to the variety which can be purchased from any gas station now. And even though I managed to make it work it due to determination. If it wasnâ€™t for the multiple flavors, the excitement and the enthusiasm to try a new taste, explore a new path, I would have begun smoking again.

Now my device provides me with a much more satisfying experience and I have lowered my nicotine level by more than fifty percent. I have approximately forty flavors available, not one tobacco or menthol, at any given time and four different devices. I will continue to decrease my nicotine over time and will most likely utilize zero nicotine liquid when I am able to break the chain of nicotine dependence

3/29/2015 1:31:19 AM - Jericho

I was a smoker for around 20 years I was smoking a pack to maybe 2 packs a day. I never tried the gum or patch or anything like that. I got a BLU e-cig and tried it for awhile it cut my smoking down, but I quickly just gave up on it. My friend who was a much bigger smoker then me started working at a vapor shop. He told me about vaping and I was hesitant, but I started watching Indoor smokers videos, Grimmgreen, ect.. and I decided If this was going to happen I needed something more then a little cig alike. So I got a Innokin SVD and some 24mg juice. I had a half pack left when I got it, and in a week I finished my cigarets and that was it. It's been 7 months now with no cigarets and I'm currently at 6mg nicotine. I got a aspire nautilus tank and loved it, then my atlantis sub ohm with a leaf Istick 50watt. Now I have just started building with a tugboat V2. It's been a challenge at times I tried a lot of different juices. Oh the best part is I gave my my freind my old Innokin SVD and he has been smokefree for a month now, and his friend has started also.

3/29/2015 1:31:10 AM - Sam jennings

I started smoking at the age of 15. I am currently 26. I was a two pack a day smoker, and am also in the military where smoking isn't frowned on per se. I began using disposable e cigarettes two years ago and have gradually stepped my nicotine levels from 24mg to where I currently am at 3mg. I have made the move into mods. Before I tries e cigs I was on chantix for 9 months. That made me quit but with it came vivid dreams and extreme nausea and weight gain. I then deployed and picked up cigarettes again and to my astonishment I could buy them on a military installation at over half the cost I was paying in the states. Long story short about two months after I started the e cigs I found I could breath better which helped on my annual fitness test I dropped over a minute off my run time within a month. So I will continue to use my e cigarettes and promote them to all I meet still smoking in the military

3/29/2015 1:31:01 AM - Richard Pyle

I began smoking at the age of 15 and continued to smoke until I was 55 years old. I was up to 1 to 1 1/2 packs per day.

I tried numerous ways to quite. Wellbutrin, Chantix, patch, gum and I even tried to switch to smokeless tobacco. Nothing worked for me. My doctor at that time said that due to my anxiety, I would probable never be able to quit. I no longer have that doctor.

I began vaping on Labor Day of 2014. I would smoke a couple of cigarettes per day and Vape the rest. Finally, I made the decision to ONLY vape beginning June 1 2014. And inhave not had a cigarette since.

This June will be my one year anniversary smoke free. I fell much better, and have more energy, and appetite too things smell and taste so much better and I can finally play with my grandson without getting winded.

Vaping has literally save my life. And made my life so much better without the cigarettes. I started out in evods and have now progressed to an iStick 30 on a Kanger subtank mini and I love it.

Best of all - no more cigarettes.

3/29/2015 1:30:52 AM - Suzann Young

Hi, I smoked cigarettes for 35 years and tried many times to quit as I am sure most of you did. Gum, losenges and patches, tried numerous times and each time went back to smoking. Last year I really started having problems breathing and said I will try again. I stopped cold turkey. I was going nuts, I was nervous, couldn't sleep right, couldn't eat right just a plain nervous wreck. A family member was vaping and told me she quit and was vaping now and to try some puffs. I tried and loved it. I calmed down and felt much better. I bought my own e-cigarette with a nicotine level of 12 milograms. That was July 2014 and I haven't touched a cigarette since. As of now March 2015, I am vaping a level of 6 milograms and plan to go down to 3 mg. I never thought I would be able to stop. I am breathing better and overall feel much better. I can honestly say they changed my life and anyone I speak with that has quit cigarettes and started vaping feels the same way. Although this sounds corny we must fight for our right to vape. It's not about money or control just let us continue to do the right thing, the healthy thing without government or state control. Thank you.

3/28/2015 8:29:28 PM - Tony Lee

My partner decided she wanted to quit smoking again and decided to try a ecig kit the local shop had started stocking, I joined her and we both quit smoking on the 19th June 2013. They were the ecigwizard kits and worked really well. I've since tried many different pieces of hardware some better than others. I'm now using a mvp20w with a aspire nautilus.

after about 5 months of quitting I tried a couple of roll ups, not because I wanted to or needed to, but I wanted to ow if I was getting what I needed off the ecig compared to the roll ups I was on before. I was, and the roll ups were very unpleasant, the Nic hit was about the same but the flavour of the roll ups was way over powering. Ecigs are better than standard cogs in literally everyway. Â£6.50 for 100ml of quality liquid when I use around 2 to 3 ml a day is far cheaper than cigs

I think I started smoking around about 1997. Now I use Hangsen eliquid, 18mg RY4 flavour mostly. My partner uses ecigwizards wizard leaf liquid which is slightly better quality but way more expensive but she's a stickler and don't like change so she's sticking with that at about Â£4.50 for 10ml and that's still way cheaper than smoking.

I am.going to cut down how much I vape in the day time and try and just vape jn an evening and when I'm drinking.

3/28/2015 8:29:15 PM - matthew bakowski

no doubt vaping has helped me stay smoke free for over two years! 7 months cold turkey, I slowly started vaping in times of weakness. Very hard to do after 30 years. Feel great, no tobacco stink, I will never go back.

3/28/2015 8:29:02 PM - Scott Jackson

I started smoking just like many others did. I was 16, hanging out with friends and doing what many of them already were doing. It didn't take long for me to get to the point of wanting a cigarette, to actually needing one. Within a very short period of time, I was hooked.

I've never been one to go at things half cocked, I go full bore. As a result of my drive to go full out, I was smoking all the time, 2+ packs a day of Marlboro Red. I did this for 32 years.

It's strange how as a smoker, I believed that everything was normal. What people around me noticed, aside from the smell, is that I had a constant "rattle" in my chest and coughed frequently. Everything I did centered around my ability to smoke. From vacations, to nights out, to amusement parks or friendly gatherings. I was always on the look out for that "place" to light up.

I had little energy. I couldn't climb a single flight of stairs without losing my breath. Any kind of a short jog or run playing with my kids was almost physical torture. Both my doctor and my dentist were on my case about stopping every time I went to see them. I wasn't having any real medical issues with it, "yet" as they would say.

When I was around 47 years old, I began to earnestly think about this addiction, and was beginning to really dislike what it was doing to me. The smell, the physical decline, the cost. With all of that, I STILL ENJOYED SMOKING. I had no desire to try any patches or gums or shots. I liked the "act" of smoking too much. I started to take notice of ecigs from the Blue commercials. When reading up on them I thought, one day I'm going to try these things. I also found that Blue used ejuice made by a company called Johnson's Creek. So I went to their website and WHAM, they had their own brand of ecigs and were getting rave reviews. I bought a starter kit and couldn't wait for it to arrive. This was December 2012. Once I received it and figured it out, I was off and running and never looked back. I did still smoke the real thing from time to time, like once a week, one cigarette, for about 4 more months, but as of April 2013, I haven't smoked since. I am a committed vaper. I have graduated from Johnson's Creek VEA, to using adjustable wattage mods and Nautilus type tanks, but will be forever grateful to Johnson's Creek for being there at just the right time for me.

Today I have the energy I was lacking. I can climb 5 flights of stairs at any time and not be all that short of breath. I can play with my kids without tiring within a couple of minutes, I don't smell like an ashtray anymore, I'm saving TONS of money and most importantly, both my doctor and dentist are absolutely thrilled. They both know I vape, and neither really has an opinion on the matter, good or bad. They're just glad I'm off the tobacco.

I started like many, with really high nicotine levels, around 24 mg's. Today I'm down to 8 and 12 mg's, it just depends on what I buy at any given time. The reality? I truly do enjoy vaping. It's cleaner, it's much tastier, and very enjoyable for me. I didn't start vaping with stopping smoking in mind. I did not use vaping devices as a cessation means, it was a switch for me. It's literally become a hobby. Unless they come out with studies that vaping can make you start glowing in the dark, or ends up being highly toxic (very unlikely) I will probably vape from now until I'm 6 feet under. I do believe in reasonable regulation, like age restrictions, safety guidelines and such. But bans and burdensome taxation needs to be avoided at all cost. I feel that vaping has literally given me a new life, and prolonged it. Why in the world anyone would want to add high taxes and bans to something like this, possibly causing others that smoke, no reason to switch is beyond me. It's total ignorance or downright hard heads that are to blame.

3/28/2015 8:28:52 PM - Johnny Wilson

My name is Johnny Wilson I started smoking cigs when I was 10 and now I am only 23 and my doctor diagnosed me with copd with chronic asthma this is when I was smoking cigs and it's hard to find that out at such a young age and it was hard I used to go to bed at night and wake up in a asthma attack or wake up and can't breath for nothin I did this 2 to 4 times a week and it was rough and then I found out about e cigs and I put it off getting one till one day I could not breath at in the 24 hour day then I said to my self this has to stop so I pick up a e cigs it was the blue ecig it didn't work so u got a ego style ecig and work and this was in 2013 and it work and I started to feel better even got better mods and everything and I went back to the doctor and ran test and they said your lungs. Have improved and the said that what I was diagnose with was gone so I'm ccapping still today and loving so here my story and I love v apping and will continue to fight for my: right and anybody's right to vape so live long and vape on

3/28/2015 8:23:15 PM - Linda

Vaping is the only method that finally got me off cigarettes after 40 years of smoking, I feel better, my sense of smell is back, my taste buds are back, my cough is gone, I've been vaping for 7 months and I feel it's my right to vape, I will say I vape with the same consideration I did when I smoked cigarettes , not in stores, out in public places etc, I hope this isn't another right taken away from people like me . I tried chantix, the nicotine patch, nicotine gum, a friend told me about how she quit smoking , I went to our local vape shop where they set me up with an ego style e cig kit, I never touched another tobacco cigarette since, I hope this isn't a decision we need to make for ourselves (the right to vape) be taken away.

3/28/2015 8:23:03 PM - Timlennert

Hi i smoked for 5 years and then I started vaping that help me quit smoking so yea thanks IndoorSmokers

3/28/2015 11:00:57 AM - Christine May

Christine's Story

Hi there.

I live in the wilds of Western Australia. I was born in England and now I am quite peeved that I moved to a country which seems to be so corrupt in so many ways.

I am 62, I have been a smoker for 47 years apart from the times I was pregnant, which took an enormous amount of willpower to stop but each time I landed back on the cigarettes.

I grew up in London where everybody seemed to smoke, we used to go to a tobacconist on the way to school to buy 1 or 2 cigarettes at a time. By the time I was 15 my Mum (who still smokes a few even though she is 83) started handing me a few fags here and there and we smoked together.

She smoked all the way through 3 pregnancies, but by the time I was of childbearing age it was obvious that smoking was dangerous for our babies so I quit by the time I was three months pregnant. It was so damn difficult but on reflection I think guilt tided me over. But it was a short term solution and each time I landed back on the ciggies.

Over the years I have tried everything to quit, all the usual NRT's with the exception of Champix as I have always suffered from intermittent periods of depression and constant anxiety attacks, plus at times suicidal thoughts, so after researching it, I realised this would be a very dangerous path for me to take.

I had a friend staying with me who was using vaping equipment, Mr 40+ a day smoker and it seemed to help him to cut down at least.

By this time I was totally depleted of energy and spent most of my time in bed or on the sofa, having had to let my business go as I couldn't possibly drive the 35 mins to my office, this by the way was at a great financial loss, but I had no choice.

So just over a year ago I hit rock bottom, I had increased my smoking to 35-40 per day, I was coughing so much all night that I became incontinent, this was the final straw for me so I ordered a starter kit from an Australian Vaping Company, with tobacco flavoured cartridges with no nicotine and from day one I was able to cut down my smoking dramatically, but I still craved the nicotine.

So I joined a forum and a lovely member gave me some of her equipment which was much more satisfying and the batteries lasted almost a full day, I really haven't looked back since.

Then I found out about this hideous case against Heavenly Vapours and I fell into a state of fear, not just for my own life, but for many others. I have lost precious loved ones to smoking related diseases and I thought, oh here we go again!

So I have been trying everything in my power to support these guys, both financially and by spending many hours each day trying to drum up support for them and to discredit the hypocritical Health Dept and the Cancer Council.

Vaping is saving my life, I am a completely different person to the sad one I was a year ago, my health and energy are returning and I will do everything in my power to support HV as this is such an important case which simply must be won.

Another thought I have just had and would like to add that I can think of at least a dozen people I know, both friends and family who have given up smoking, basically by cold turkey or with NRT's but all of them have put on massive amounts of weight and are now suffering lots of other associated problems with being obese, such a shame to see.

But amazingly I lost 1.9 kilos in the first week, mostly because I gained back my zest for life and for the first time in years have started taking regular walks and made a decision to cut down dramatically on carbs and sugar, you see I have hope now rather than feeling like I was before "waiting to die" and my Doctor who was a bit cynical when I told her I was vaping is totally astounded and is now quite passionate about finding out the benefits of vaping, additionally she is shocked and dismayed that the CCWA and the Health Dept have taken this ridiculous stance.

I am so disgusted at the corruption in regards to this marvelous new technology. For the last year I have worked my butt off trying to get the truth out and finally I feel that we are making some sort of headway.

3/28/2015 11:00:03 AM - Chris

This is my first week as a non-smoker this time around. I was smoke free for close to 2 years from a cold-turkey, but then I picked up the habit a little over a year ago. Now I am enjoying the flavors of vaping much more than what analog smoking can offer and I see no desire to go back as long as I have battery life.

3/28/2015 10:59:44 AM - Amanda 1975

I am 39 years old I smoked for 27 years I was in and out of hospital and doctors offices so much with health issues not to mention my son having asthma. I was smoking 2 packs of Marlboro red a day. I had no energy couldn't breath nothing tasted right couldn't even do things with my kids i tried the gum several different medicines patches everything on the market to try and quit chantex was the last draw I tried to commit suicide after taking that. My kids begged me to stop smoking. Finally I got an mech mod and ejuice I figured hey why not try it. I started vaping a little and still smoked then I just said I can't do this anymore so I put the cigarettes down well I call them Stinky's now because they are nasty I didn't realize how much they affected my body but now that I stopped smoking I can do everything with my kids I have loads of energy everything smells and food taste so good now. The true blessing since I started vaping is my son doesn't have to use his inhaler he is a lot better. March 6 2014 is when I quit smoking I still vape every single day I would NEVER pick up another nasty cigarette. My kids tell me everyday how proud they are of me. My heart doctor and my regular doctor said that what I was doing was much healthier and they can tell by my health. Vaping is the best thing that could of ever happened to me and this world of people who do it. Vape on and God bless.

3/28/2015 10:59:32 AM - apathymiller

hello i just want to say that i am someone who smoked for 20 years, and i have now been smoke free for over a month now due to electronic cigarettes and vaping. I started with an e-cigarette and that didnt quite work for me. so i got a mod and an atomizer and after i started with the atomizers a havent had a cigarette since. I have had and continue to use alot of different strength nicotine juice in my vaporizers. I dont smoke cigarettes at all anymore. I had tried the patch, gum, chantix, wellibutrin and everything you can think of several times over without any success to quit smoking, I would always go back to smoking cigarettes if i managed to stop at all. VAPING HAS SAVED MY LIFE!! i dont believe that ecigs should be classified as a tobacco product or even placed in the same category. This is a product that is for adults, and i believe that most companies gear it towards adults. we want candy flavors and fruity flavors so that its somewhat enjoyable. If it wasnt we wouldnt do it and quit smoking cigarettes. were able to quit smoking because the flavors they have available. I think the government is focusing on a "minor" issue, (pun intended) instead of the big picture. If smokeless products have a tax hike like cigarettes and you take away flavored products a lot of people, myself included, will probably go back to smoking. We dont want to smoke cigarettes, or get cancer, or die a horrible death due to cigarettes. we can use the smokeless products and still get the nicotine our body craves and not have to get all of the carcinogens and extra chemicals that big tobacco add to the cigarettes. What the government is trying to due is ignorant! Theyre again only looking at one minor problem and not the big picture. That hundreds of thousands of people in the USA and millions around the world have quit smoking cigarettes due to these smokeless products, and many more as well if we give people the option to choose. Thats the real issue here. We as americans have freedoms and rights. we have the right to be able to choose whether these products are available for us to use. If you pass all of these regulations and laws, youre taking our freedoms and rights from us. Dont make decisions for the people without asking the people. Get big tobacco out of your wallets and put it to a vote. You have to give people the choice and if you dont then you are acting as a dictatorship and not a democracy! I feel better, i dont have the carcinogens, and chemicals that the cigarettes have in them into my body any longer and never will again. since Eliquids have these fruity, candy, dessert and unique flavors ive been able to stick with it, and i have had no side effects except coughing all of the tar and pollutants from smoking cigarettes for 20 years out of my lungs after not smoking cigarettes for about 2 weeks. do not take smokeless products away from us. YOU WILL BE DOING AMERICA AND THE WORLD A DISSERVICE, AND DRIVE MANY OF US BACK TO SMOKING CIGARETTES!! Thank you very much. Sincerely, Joshua Miller

3/28/2015 10:59:10 AM - Shawn Hoefer

I smoked a pack a day of Pal Mall menthol 100s. Every once in a while, I would enjoy one of my dozen pipes with a special tobacco. Even the occasional cigar was not out of the question.

That all changed October 27, 2014. On that day, at about 2:30 am as I was driving frantically from home to the airport to get to my parents home, my mother called to tell me my father had died. I had spent the preceding month with my mother and father in the hospital and had returned home just the week before. He had been diagnosed with COPD and cancer. We knew it was only a matter of time, but you'll never be ready for death to come and this came quickly.

With my family gathered around, we all promised to quit smoking - that's my daughter, my mother, and my son.

When I returned home, I went to the doctor for a full examination, and asked for a prescription to stop smoking. I had tried the patch and the lozenges, but they had not worked. My doctors - one family practitioner and one specialist - prescribed Wellbutrin and Chantrix respectively.

As I was picking up the prescriptions and reading the horrendous warnings on the label, I spied an "advanced personal vaporizer kit." I had tried cigalikes in 2012 and found them to be fiddly and short-lived. This, on the other hand, looked interesting. On a whim, I bought a kit.

I haven't had a cigarette since, and I've since dropped from the 24 mg nicotine mix available at the store with the kit to 6 mg. I have my sights set on 3 mg real soon. With vaping, I was able to quit immediately!

I've also advanced from the simple eGo kit to VV/VW box mods, home built mods, and an array of tube or telescoping mech mods. I still have the original kit I bought, though, for nostalgia sake.

The second kit I bought, I gave to my stepson. The third kit I bought I gave to my stepdaughter. My stepdaughter and stepson were not at the family meeting, made no promises, and had no interest in quitting. But the taste and the lowered cost, and improved health convinced them to try it.

Vaping has helped 4 out of 7 people quit in my immediate family. The 3 that have not quit, have tried other methods and are still smoking. Those that have quit have commented on less coughing attacks, easier sleep, better sense of smell, better sense of taste, and a true dislike of the smell of cigarettes - which we now smell on people or when we pass a designated smoking area. We have also saved money while contributing

to a new industry. And, the environment is cleaner, too as there are roughly 10,000 fewer cigarette butts in the towns landfill.

Any way you slice it, this is a win!

3/28/2015 10:58:51 AM - Michelle Rasmussen

After many years of smoking and illness due to smoking with the use of electronic cigarettes I have gone 4 years now smoke free and no more broncitis, cough, loss of voice or breath. No other product that I had tried even came close to help me quit smoking until I found the electronic cigarettes.

Best Regards,

Michelle

3/28/2015 10:58:34 AM - Douglas D.

For many years, I would tell myself I was a smoker of cigarettes and cheap cigars until the end as I had tried to quit many times with 'traditional' methods such as patches, gum, and counseling support. I started smoking when I was 15 years old, I am now 53 and a month ago quit a 2 pack-a-day habit when I tried vaping on a whim and it more than satisfied my need. I did not think it would be such an easy transition but the low cost of the products as they are in today's free market and the fun of vaping made me an instant convert AND a non-smoker! I am so glad vaping is cheaper than cigarettes, if it were not so, I would probably not have gotten into it. Lower cost is a big motivator for me as I am disabled and every dollar counts. Inexpensive and reliable mods are available online as well as locally for me so I am planning an renewing my interest in DIY electronics as well as blending my own ejuices to save even more.

It took me about 10 days to transition to vapor only and I kept track of how many analogs I consumed daily. By the 10th day or so I was down to 3!! 3 cigarettes! That was the end of my carton and the last cigs I'll smoke! My taste is coming back as well as my sense of smell to the point that going to the grocery store is wonderful olfactory experience. Did I mention I smell better too? LOL

Will I vape the rest of my life? I don't know, but for now, I and my family are very happy with my progress. In the first month I have decreased my vaping nicotine down to only 6mg/ml as I enjoy the flavor more than the nicotine! I could probably stop vaping at any time at this point on that nicotine level but as I said, it is also a fun new hobby. 3mg here I come!

Thank you CASAA for your continuing efforts for ensuring our vaping liberty.

Douglas D.

Florida, USA

27Mar15

3/28/2015 10:58:24 AM - Tess Hannah

In December 2009 I had had enough of cigarettes but I knew I couldn't quit without something to alleviate the symptoms of withdrawal after 25 years of 2 packs a day. I knew I would gain a large amount of weight as well as having the jitters, cravings, anxiety and depression that come with quitting. An online friend who was already an e-cig vaper told me about them. I had tried speciality filters and nicotine gum in the past that had never worked so I was skeptical. After my package arrived (from China, at the time there weren't many options in the US in my price range) and using the e-cig for just a few days, I was able to completely stop smoking. This blew me away. It changed my life, freed me from the high cost and dramatically lowered my risk of lung disease and cancer. 5 years later and I haven't smoked since and I personally have told dozens of people who have also quit cigarettes for good. The benefits...? I can breathe without wheezing, I can go up a flight of steps without losing my breath, I can taste and smell fully again (wow what a difference!), I no longer stink of cigarettes or have to go outside in bad weather, I don't wake up in the morning hacking so hard that I strain my throat and almost throw up. E-cigs compared to cigarettes are like night and day. I've been able to slowly bring my nicotine level down to the very minimum and now I believe I would be able to quit altogether. I can't stress enough how E-cigs have changed my life for the better. Plus I have saved close to 20,000 dollars by giving up tobacco for the last 5 years. I recommend e-cigs to every smoker I know who wants to quit. It worked for me!

3/28/2015 10:53:21 AM - Jennifer D

I started smoking when I was 16, menthol Marlboros. When I was pregnant with my first child I was NOT able to quite smoking. I was so addicted to the cigs that I could not stop smoking for the sake of my baby. After she was born, she was exposed to second hand smoke in the car by the time she was 6 months old. With my second child, I quit cold turkey. But I CRAVED them, so bad. After my second was born, I started right back up. Then both of my children we exposed to second hand smoke. I knew the effects the smoke was having on their innocent little lunges. But I couldn't stop.

At the beginning of this year, I made a pledge that I would quit smoking for my children and myself. I knew it would be hard, but then I started vaping, And guess what, I didn't crave the cigs. I was able to vape in the car and the house without ruining my children's health. I haven't touch a smoke in almost 4 months and I feel great! My breathing is much better, I am more active, and I am doing more things with my kids.

I started at 12mg nicotine Jan and now, just 3 months later, I have already dropped to 3mg! I am almost nicotine free! Its such a happy feeling knowing I am so close to not being nicotine depended.

Vaping saved my life.

3/28/2015 10:53:00 AM - Roger

I quit smoking cigarettes 4 years and 7 months ago with Ecigs nothing else ever worked, I don't need the gov. to save me they kept me smoking tobacco 40 years.

3/28/2015 10:52:43 AM - Curtis T.

I am a current Vaper (aka e-cigarette user) and have been for the past 17 months to help quit smoking, of which I had been a smoker for over 15 years. This has been the only thing that has completely helped me fully quit cigarettes. I started smoking when I was 15 years old, and in the past I tried all of the so-called "approved" smoking cessations products and not one of them fully worked for as long as my e-cig has done. With the patch I smoked with it on, the gum is nasty, and while Chantix did work for about three months, I got so angry on it that my wife made me go have a cigarette.....

When I first tried a cig-a-like it worked for about a week then I went back to cigarettes, but with the customizable e-cigs that are currently available was when I was able to fully quit and I quit the same day I started using my e-cig and never looked back. Within 6 months time I was able to drop my Nicotine level from 18mg (18%) per bottle to 3mg(0.03%) per bottle and with 14 months I have gone to 1.5mg (0.015%) per bottle.

My overall health has improved completely. I do not have smokers cough anymore, nor do I cough when I wake up like I used to. I no longer get short of breath when I play with my kids or do anything strenuous. Both my sense of smell and sense of taste have improved to where I can enjoy foods again. As to flavors I stayed away from the "tobacco blends" and "menthol blends" because I did not want to be reminded of these flavors and instead when with the fruity, candy, and dessert/bakery type flavors that many government types want to ban, but these are what works for me and many, many of my fellow vaper.

3/27/2015 1:39:18 PM - Mike McCravey

I started smoking cigarettes at the age of 14. I am now 42 years old. I quit smoking several times during my life... once for about three years. I finally got tired of waking up in the mornings and feeling like an elephant was sitting on my chest. That is when I tried an e-cig for the first time. I tried the N'Joy e-cig and actually liked it a bit, but soon went back to smoking cigarettes. I later tried a Vuse e-cig and didn't like it at all. A friend that had been vaping for several months convinced me to try one of his cartomizer/battery combination units. He had some really interesting flavors that I liked, so I decided to buy one of my own. I started vaping in early October of 2014 and stopped smoking in late October, after my sister-in-law passed away from breast cancer at the age of 35. I now switch back and forth from a cartomizer and a mod/rda unit. I started with a nicotine strength of 18 in my cartomizer and now I am down to a nic strength of 12. I use a 3 mg nic level in my mod/rda (this is the one I use most of the time). I have never tried to use other methods to stop smoking - I would always just quit, but I would always come back to it later.

Since I stopped smoking, my breathing has gotten much better and I don't feel like there is an elephant on my chest anymore. I have also since started working out with a friend (the same one who turned me onto vaping). I don't smell like a dirty ashtray anymore, either. In general, I feel much better physically than I ever have, and it is partly due to the smoke-free alternative lifestyle. I can't see anything but good coming from this lifestyle, and I will probably continue vaping indefinitely.

3/27/2015 1:39:09 PM - Monique

I went from smoking a pack a day Cigars Black and Mild's to enjoying Vaping I have an Eleaf. I became concerned for my health when diagnosed with Asthma and asked to see a Cardiologist every 6 months, at the age of 45. I use to smoke Black and Mild Cigars at least 5 Cigars a day which is a box a day. As a result of heavy smoking I developed a harsh cough that would keep me awake at night. I was introduced to E-cigarettes by my 21 year old on October 24, 2014 and I have been Vaping every since. my Cough went away after the first 24 hours of Vaping. It's the ritual of smoking that is habit forming to me and not the actual tobacco and nicotine, which is why I Vape and enjoy many flavors that are fruity.

3/27/2015 1:39:01 PM - Keith

I smoked nearly a pack a day for over ten years. I have been vaping almost two years and haven't touched a real cigarette. I hate how they smell and they greatly bother me. I stockpile vaping supplies for fear of the government making it illegal. I had tried so many things to quit smoking and always failed. This works! I am healthier because of vaping and would only smoke again because of silly laws obstructing my ability to vape.

3/27/2015 1:38:52 PM - Tim Johnson

I smoke for 11 years was 2-3 packs a day smoker. At the time the only ecigs available were the cig a likes. I decided to quit cold turkey bc of the costs and health issues. I wish the vaping technology that we have today was around back in 2008. I've been vaping now for 3 years I do it for a hobby and sensation it gives me. The only complaints I've had from friends and families is that it messes with there allergies. Due to the propolyn glycol. So I switched to 100 % vegetable glycerin ejuice. Vaping can help people quit smoking. If you bann this you will not only be breaking the constitution (freedom to express ourselves) but will hurt people who are trying to make there lifestyles better by not smoking. Yea there is very little research on health issues instead of trying to ban it research it. we the people have the right to protest and have our voice heard. taking away vaping is like taking away our future.

3/27/2015 1:38:39 PM - J. Brown

I was a 1 to 2 pack a day smoker from the time I was 15, I'm almost 30 now. I promised my daughter that i would quit smoking before my 30th birthday, but after trying many times and many different methods (everything available outside of prescriptions) before and failing every time I really didn't think it would happen.

A close friend of mine in the UK started using e-cigarettes and knowing my desire to stop shared his experiences with me. On February 6th, 2015 I ran out of tobacco (I used to roll my own cigarettes) and decided I would spend the money that would have gone to that on getting the things i needed to switch to vaping. Today is March 26th and I have not had a single tobacco product since that day in February.

The "smokers cough", wheezing, and lung/chest pain was mostly gone in a week after quitting. My family and I no longer smell like a stale ash tray. Without vaping i would likely still be smoking, still be slowly killing myself with tobacco. Because of e-cigarettes, I'm not.

3/27/2015 1:38:23 PM - Rachel Mayes

I smoked 2 packs a day for 29 years. I had tried the patches and they did nothing to change my desire to smoke. The doctor gave me a prescription for Chantix, but I was afraid to take it. I tried the disposal ecigrette, but that didn't help either (because I didn't know anything about nicotine levels). Finally in July 2014 I visited a vape shop on the recommendation of a good friend. I smoked my last cigarette on the drive there on July 15, 2014. They took the time to ask me what cigarette brand I smoked. They proceeded recommending me start out at 18mg. They did an amazing job, I haven't smoked a cigarette since. I dropped down to 12 mg nicotine in November 2014 and I feel I am ready to drop down to the next level. I am so happy to be smoke free. I feel so much better! If I can quit smoking by vaping ANYONE CAN that has the desire to do so!

3/27/2015 1:38:12 PM - Theresa L

When I was 12 I tried my first cigarette and by the time I was 17 I was smoking a pack a day. I went through two pregnancies still sneaking cigarettes when I thought no one was looking and tried everything from the patch to gums to prescription drugs to hypnosis to stop. My biggest problem was that I enjoyed smoking. I made promises to myself that I would quit when I got pregnant and failed. I promised myself I'd quit by 30 and failed. My last failure was I promised I'd quit when I was 35. Three years ago when I was 37, after over 20 years of broken promises and after having a chronic case of bronchitis and being up all night I saw an ad for Green Smoke. I figured I'd give it a shot, and since it was so expensive, promised myself I'd do it a full month and if I hated it return to smoking. That was April 6, 2012 and I haven't touched a cigarette since. Within weeks of vaping I realized I hated the taste of the "tobacco flavored" ones and switched to fruit flavors. Six months later my husband decided to try it too having been a smoker for over 20 years himself, because our youngest son was having severe asthma attacks due to seasonal allergies, and our son's 14th birthday was his last day smoking.

I cannot speak for all vapers, but since I quit I've had two colds, neither of which progressed to bronchitis. My cholesterol numbers dropped from 274 before I quit, 221 a year later and now sit at 169. My blood pressure, which has always been normal, is now always around 110/70. Furthermore, my son who used to have to carry an inhaler hasn't touched one in two years. I now use an ego style pen, and even my friends who were always anti cigarettes have no problems with me vaping around them. I have one friend who told me she likes certain fruity flavors the best because I smell like blueberries instead of smoke.

I truly believe that it is because of vaping that I am so much healthier today. My son is healthier and happier too. I work very hard to encourage the few smokers who are left in my life to make the switch and to educate non-smokers on what it is that I am doing. Even my doctor, upon seeing my blood work over the last few years and the significant improvement in my numbers, is supportive of my vaping. Could I quit? At this point, probably. Would I ever return to tobacco? I have nightmares about smoking and the anger I feel at myself in those dreams makes me say no. Why do I keep doing it? For the same reason I smoked for over 20 years, I enjoy it.

3/27/2015 1:37:59 PM - Debbie

I breathe better, no more coughing and at the age of 65, I joined a fitness club!

My name is Debbie and I'm a former smoker. I smoked a pack to a pack and a half a day for almost 50 years and spent the last 20 of those years trying to kick the habit. I can't tell you how many times I tried the cold turkey method, nicotine patches and nicotine gum. Nothing worked. I saw friends struggling to quit using those same methods with no success, either. While searching for other solutions, I ran across discussions about e-cigarettes and was amazed at how many people were able to quit using this little battery-powered device. I stopped at my local mini mart and picked up a couple to give it a try. While they helped me cut back on cigarettes, it wasn't quite the solution I was hoping for. If these devices were working for so many others, why not me? Was I a hopeless case? I kept researching. That's when I stumbled onto "vaping." I mentioned it to a friend (also, a long time smoker) and she remembered seeing a vapor shop in her area. She wanted to give it a try, too. Long story short, we walked in, picked up a couple of personal vaping devices and quit smoking that very same day! We've both been smoke free for over a year now. I can't believe how easy quitting cigarettes was using the vape method. I started with a nicotine level of 18. After awhile I was able to decrease my level to 12 and am currently at a level of 6. My plan is to be at zero within the next year.

After 50 years, I can finally say, "I don't smoke."

3/26/2015 4:32:37 PM - Amy

I smoked for 25 years. I've been vaping 2 years. Went from 6.5 pack's a week to 1 in a couple months. Couldn't be happier /healthier. Nothing else worked. I have an e leaf istick & e leaf lemo.

3/26/2015 4:32:09 PM - Carol Hampton

I was a 2 pack a day smoker. I started smoking when I was 15 years old. I smoked for over 30 years. I tried everything to quit. The patch, cold turkey, and both prescription drugs. (They were the worst). I was not successful until one day 3 years ago, I walked into a vapor shop. I quit that day. I have not smoked a cigarette since then. I could never go back. I like breathing again, I like sleeping again. I like not waking up coughing and hacking. I love not smelling like an ashtray. I had high blood pressure, sleep apnea and a continual cough with congestion. All these are gone. I am healthier and getting better everyday. I started out with the highest nicotine level I could find. I am now down to 6mg of nicotine and will soon go to 0mg. I would never have done it without vaping. It is a godsend and I love the choice of flavors. I really don't like the tobacco flavors. I like that I can change the flavors after I get tired of one. My husband has also quit smoking and we have gotten others to quit too. Taking it away from us because of lost revenue on the backs of smokers is wrong. The lies and faulty studies are just a campaign to insure that tobacco companies can continue and the states continue to get their money from them.

3/26/2015 3:23:20 PM - Robd

When I came back from vacation on August 2nd 2014, I had to go to the hospital complaining of chest pain. Keep in mind that I was a pack and a half a day smoker since I was 14. At this point in my life I had been smoking longer than I haven't been. Anyway, the hospital ran blood-work, which came back negative for whatever it is they screen for when someone comes in with the same symptoms. There were X-rays done on my head neck and chest as well. The doctor came back with the news that I had lungs of a seventy year old. I Was 30 at the time. She also mentioned that if I didn't quit smoking NOW, that there was a very real possibility that I would be on a remote oxygen tank by the age of 35. Speculation, I know, but hearing that does something to you. Personally, I can tell you that while smoking cigarettes, I would wake up in the morning with a hacking cough and immense pressure on my chest. It had become a way of life, that now scared me to death. August 9th, I made the switch to electronic cigarettes. Within a month or two I was waking up feeling refreshed. No coughing whatsoever. This is no exaggeration, it completely stopped. No heaviness in my chest. No tickle in my throat. I felt and feel great still to this day. My follow up appointment 3 months later confirmed that the inflammation in my lungs had almost completely subsided. My ecig habit (it's still a habit, and most vapers know this) has evolved since then and I've really gotten into it as a hobby as well. Im aware that fresh air is the only thing our lungs are meant to process. I'm aware of the trace amounts of harmful chemicals in e cig vapor, and as far as any study has shown(as far as I know) they're minute in comparison to what's found in cigarette smoke. In my honest opinion, this seems to be the lesser of the two evils by far. I Still can't understand why so many people are against it. Almost daily I have sensationalist articles shoved in my face saying how bad ecigs are for you, but no one seems to be listening to the people who are actively using ecigs as a cessation device when they say how much better they FEEL. I haven't smoked a cigarette since August of 2014 and I have no desire to go back to them. If something conclusive and peer reviewed came out stating that ecigs were more harmful than traditional tobacco cigarettes, well I'd have to keep an open mind to the facts and make the appropriate adjustments to my approach to quitting. Until then, please, just let us feel better.

3/26/2015 2:57:24 PM - Ben A Rose

I smoked for 8 years a pack a day, camel menthols then american spirit blue packs @ 6.75+tax per pack.

I started vaping with a ego style pens while smoking and it didn't really alter the quantity I smoked. I'd do it half heartedly and just vape when I was inside and smoke outside so I was just using more nicotine. I realized the stupidity in this after a while and just stopped vaping. I grew more and more sick of smoking and smelling bad/paying money so May of last year (the seventh I believe) I stopped smoking and moved to ecigs fully. Within a week I could smell again!

This is the point I knew I would never smoke again. After you can smell everything it makes cigarettes and smokers smell like they REALLY do - awful. It makes me nauseous now to smell that stuff that I was inhaling into my lungs. I was using very high nicotine juice in the pens because vapor production was poor. I've moved on to a regulated Sigelei 150w and a parallel unregulated box mod as well as moved the nicotine in juice from 24mg all the way down to 6mg.

Last calculator I used says I've not smoked 2500 cigarettes and saved about 2300$ dollars!

Get an ecig and stop buying cigarettes today! You'll sleep better and feel better very rapidly, not to mention proud of yourself for beating the tobacco companies who have worked very hard to make sure they take your money and your health. I'm no longer giving them either I tried the gum and patches and they were unsatisfying and felt like pure placebo, the patches however gave me interesting vivid dreams!

3/26/2015 2:57:06 PM - Miranda Elizabeth from Rancho Santa Margarita, CA

I picked up smoking when I was about 13 years old. I was going through an abundance of stress at the time and I felt that smoking was the best way to relieve that stress. The habit of stress smoking followed me for 7 years, until I decided to make the switch to vaping in September of 2013. Little did I know, walking into my very first vape shop, that this decision would change every aspect of my life for the better. I started off with a simple e-Go starter kit (simple pen battery and a simple refillable tank) with some kind of Blue-Raspberry something or other ejuice in 18mg of nicotine. I currently vape off of a rebuild able atomizer (CLT by Infinite) and an unregulated box mod (Substantial Wood Mods) and have dropped my nicotine level down to 3mg (juices vary in brands and flavors, sweet and fruity flavors are my favorite). I have had maybe 2-3 cigarettes since I have started vaping and that was probably within the first month or two since I started. I have been tobacco free for over a year now and my overall health has increased dramatically. I don't wheeze when I run or walk up my stairs or laugh really hard anymore. My chest doesn't hurt anymore either and I don't have that anxiety-stricken feeling when I can't get outside to smoke. Not only did the creation of the e-cigarette help my health, it gave me new business prospects, the interest to explore other career paths, and gave me a job to where I feel completely fufilled with what I do. Before I was introduced to the vaping industry, I was in financial crisis, I was working at a job I absolutely despised, and I felt as if my life was going no where. Because of the vaping industry, I am able to go to work at a vape shop and help change lives for the better. The best part of my job is having our customers come back and thank us for helping them make the switch. I hear stories every day of our customers doctors telling them their health scans come out more positive, that they've been cured of an illness, and overall feeling better. Personally, I am no longer in a financial crisis because of the opportunities this industry has given me. I have also taken strides in finding new career paths that can be applied to this industry as well. Vaping has not only given me my health back, but has given me a new outlook on life and a sense of meaning. There have been nothing but good things that have come out of the e-cigarette market, and I hope with my testimony that we can see to it this industry continues to thrive. The main goal of the entire industry is not to make as much money as possible, but to make sure that every person on this earth lives a long and healthy life. With this ingenious invention, I hope and pray I will see the day that Big Tobacco no longer dominates the country.

3/26/2015 2:56:45 PM - Jeanne Smith

After smoking 40 years and trying to quit unsuccessfully I was able to quit using a vaporizing pen. I started using a oil with 12mg of nicotine and over a 6 week period worked down to zero nicotine. I still vape for enjoyment. My breathing has improved greatly and my blood pressure is now normal.

3/26/2015 2:16:07 AM - Delene Adams

i have smoked for over 15 years, my oldest child has asthma. i tried vaping to find a way to quit smoking for both my kids and i have been smoke free since 2014. my child is now doing so much better and not having to use her inhaler as much anymore. Vaping not only saved me but my kids as well! I started with an ego kit on 12 mlg. of nicotine and i now use a box mod on 6mlg of nicotine.

3/26/2015 2:15:58 AM - Justin Roman

Hello. I am Justin Roman, I am 24 years old, and I was a smoker for roughly two years. I decided to kick the habit by using electronic cigarettes when I was 22 due to the cost of cigarettes and due to worry about my health and the health of those around me. The technology I used to quit smoking at first was slightly crude. It was an Innokin MVP and a Protank. It didn't work all that great, but it was enough to get me off cigarettes. Mind you, these product were still considered crude and plagued with issues that put most people off and were developed after the 2007 grandfather date. The technology before that was much more hastel laden. I currently use a Pioneer4You IPV V3 and a rebuildable dripping atomizer. These vaporizing technologies are much more modern and will no longer be available on the market if this current legislature is passed.

I am now no longer smoking and haven't been a smoker since I picked up this vaporizing technology back in the middle of 2012. I make my own liquid, I know the contents of the liquid, and I am able to modify the nicotine level. This has also allowed my girlfriend to quit cigarettes since I can create flavors she enjoys rather than the artificial tasting tobaccos and menthols. The comparison would be think about eating a chocolate bar and then sucking on a dum-dum chocolate sucker. While, it certainly tastes of chocolate - it still lacks what the chocolate bar possess. This is the true nature of why this works. With patches, you only get the chemical component and no real feedback from the product. With gums, you are given an odd taste from the nicotine and the limited range of flavors. Vaping gives you full customization of your experience from the device to the flavor all the while giving you a healthier alternative to smoking.

The simulation of smoking has helped me, my girlfriend, and countless friends get of cigarettes. I have had nothing but life improvements. I used to have slightly elevated blood pressure. Now, my blood pressure is normal. I used to be short winded with little effort, now my lung function is perfectly fine.

Please, take your time before acting. The current research shows that vaping is no danger to those using the product and those in the vicinity of the user. There is no other outlet like vaping. It has saved my life, it has saved the lives of those that I hold dear to me. While I am not the story of a 70 year old female that smoked two packs a day and finally found something that worked. I am the story of someone who could have stayed on a very dangerous path. I could have been the one with COPD, emphysema, a variety of health disease, or possible even cancer. Instead, I am here today healthier that I would have been.

Thank you for this opportunity to speak,

-Justin Roman

3/26/2015 2:15:44 AM - Jayce Cordova

Hello, I want to talk bout how my first time vaping and how it has changed my life. I was a religious Smoker of my Newport 100's since I was 8 yrs old. In A short span of 1 month it has changed my life in the best of ways. i'll tell you how; I used to smoke 3 packs of cigs a day for years I tried to cut back. I was in highschool at the time when I caught the flu, bronchitis, pneumonia at at once because of smoking cigs. I nearly died is what it was like. I quit for a year but got back to the habit. I joined the service to quit it almost worked then got worst. I got injured while serving and I had quit smoking for sometime but fell back into the habit. I felt like why, Why do I do this to myself. I cant breathe or do anything I used to. After my injury for 5 years because of smoking cigs. I finally tried the patch, the gum and then tried the vapors. at first I didnt try them long enough that I failed in myself. now it not because of the vapor I had an issue with. it was wanting to quit. BUT when I committed to the e-Vap it worked like a miracle. I started with only 1 $15 bottle at 12ml nicotine then dropped 3 ml each bottle until I was at zero ml nicotine each week. I still have all the bottles and not even empty they work. I Have been able to quit the cigs. I'm thinking finally a real solution that works. I'm working out hitting the gym I feel better more energy, not as winded seeing it takes time to heal all the damage I have done to my body from smoking toxic. Now Im feeling all around better PERIOD!!! Its way cheaper than anything else. its healthier and good for you. Check this out it helps your lungs. We can't let the Tabaco Companies try to take over because they are scared they will run out of business because the future is here cigs have evolved and they want to take it over. They want to tax what is cost effective and a healthier alternative to smoking than their toxic sticks of death. Do yourself and others you love who you want to quit smoking cigs. help them fight this fight against the Tabaco Co. dont let them rise the prices so we keep losing our loved ones. Vote to deny tax on E-vaping and the E-vap cigs and juices. PS. Asking not only for myself but all the service members who use this a healthy change from old habits and the people who use this. hey fun FACT cigs owners smoke this too.

3/26/2015 2:15:34 AM - Chase Roy (corstinsephari) from Colorado Springs,

I started smoking when I was 13 years old, in Rifle Colorado. Due to a strange local law, minors, while not being allowed to purchase cigarettes, could still smoke freely in public. Many times I walked down the street as a freshman during lunch period, smoking a cigarette, police unable to do anything. This lack of oversight on the law allowed me to start smoking, consequence free, and continued until I was 27 years old. Over 50% of my life was spent sucking on death, unable to quit.

I joined the USAF late 2008, and continued to smoke. As a flightline worker, it allowed me multiple breaks (which is something near everyone did, in one way or another). I attended the Air Forces smoking cessation class three times, trying a new method each time. Chantix worked for one week, before I had to make a trip to the base clinic for my heart. Doctors told me one of the very rare side effects was heart issues, and immediately took me off the medication. And I went right back to cigarettes that day. I was so addicted, I smoked about an hour after my mandatory wisdom teeth removal, against the warnings from my doctor. They didn't understand. I NEEDED a cigarette. Nicorette patches and gum is a joke, to this day I'm convinced they're made to fail, so you go back to smoking.

I got my first vape pen in 2012, but due to the technology not being good at the time, found them to be more of a hassle than smoking. In 2014 I bought my first actual starter kit, and boy did that work! Struggling to find a juice I could vape all day, I supplemented cigarettes with my vapor. For a year and a half, I cut my cigarette intake by 75%, only smoking when I absolutely needed it. At the end of 2014, my wife and I learned we were pregnant. She received orders and moved to Colorado, where I would follow six months later as I transitioned out of the Air Force. Since we found out, I've been buying nearly exclusively from Moon Mountain Vapor, slowly lowering my nicotine levels. I'm currently at 3mg strength and will start to buy 0mg juices on my next order. My son was born 15Mar2015, and I'm smoke free just for him. After trying everything on the market to quit, only Vaping worked for me.

Vaping truly saved my life, and ensures that my son will not pick up this awful habit from me.

Finally, I think I speak for everyone here, but Vaping does NOT belong in a minors possession. I'm all for the Child Nicotine Poisoning Prevention Act, and making it harder for underage kids to obtain these methods. But saying sweet flavors is marketing straight to kids is a fallacy. It is the same thing as saying adults only like bland tasting flavors after passing the age of 18. The flavor that got me to quit smoking was a thin mint flavor, as well as a pomegranate lemonade flavor. Limiting flavors will NOT keep kids from obtaining these.

WE, as vape enthusiasts, are willing to accept all risks to ourselves while research is being done. We have done more research on properties of electricity to ensure safe operation of mechanical mods than most college students do. We're knowledgeable on the ingredients used in liquids, and we're keeping up with valid scientific reports to stay educated. Do not treat our community as if we don't know the risks we're taking, do not base us off the very few people that use these products irresponsibly.

We're intelligent. We're prepared. We're determined. #vapingsavedmylife

3/26/2015 2:15:21 AM - Anastasia

Smoking really became a habit that I couldn't get rid of. It was something I depended on in everyday life. Amazing that something so small can control you're entire life. Thanks to vaping and its wide variety of flavors and nicotine levels I have been able to boy just wuit smoking but rid myself of the temptation because I have something tastes so much better and does give me that fix. Vaping is a NECESSITY for smokers trying to quit!

3/26/2015 2:15:12 AM - mike bondi

Dont tax vapes

3/26/2015 2:14:45 AM - kirk casmer

I'm exercising my 16th amendment. I've been vaping for over 3 years smoking for over 40 years a pack a day. My mother has been smoking for 60 years and vaping for about 2years. We feel great much better then we ever have, vaping has help us an extreme amount start of by saving money and can breath way better and can taste and smell much better as well. We can under a tax to a dagree but 40% is outrages. Why tax something that helps out other and extreme amount and change people's lives and does nothing but help

3/26/2015 2:14:37 AM - N159

After smoking for over 16 years I was up to a pack and a half a day . My grandmother died of pneumonia and cancer about a year ago so 3 months ago i decide to just go for it and try vaping . I took about 3 days to get all the way off cigarettes which took a lot of will power but it was very worth it . Going on month four and it's amazing what vaping has helped me with . I started at 24mgs with a simple ego stick now I use the istick 30ww and mvp shine and buying the istick 50ww loving it .

3/26/2015 2:14:20 AM - Nubz Vape

I started smoking traditional cigarets at the age of 16 cigarets are the real gate way drug . vapeing has changed my life for the better i feel, smell, and look better now that i started vapeing iv been vaping for over 4 years an feel so much better. thank you

3/26/2015 2:14:11 AM - frank h

I have been smoking since i was 15 years old, the last 7 years i tryed quiting with gun, patches you name it. 4 years ago my wife got pregnant with our first child so i gave quiting another try by vape o started at 18mg nicotine then drop to 12mg with in 2 months then agien to 8 mg and so on all the way to Zero. The last 2 1/2 years i have not had a craving or smoked any kind of tabacco even when working with people that smoke all the time. Im free now thanks to vape and feel great! So who ever says it dose not help is not being honest. They also run ads that vape is bad and it has alot of chemicals, its not a way to quit and so on.

1. It helps alot!

2. These ads are by big tabacco due to loss of revenues.

3. Is vape harmful well nicotine is but besides that vape only has vg & pg in it plus the natural flavor of course no were near the 5,ooo that tabacco has!

4. I and a few friends are proof that it is a way safer alternative to quiting!

5. Even if its not quiting for other people but just a switch its a way safer one by 4,996 chemicals less then tabacco.

Thank you

3/26/2015 2:14:01 AM - Stacey Blagden Lorance

I am a smoker of over 25+ years and am working on my 23rd day quit. I couldnt have done this without vaping. My 18 year old daughter, who has never smoked AND hated me smoking, told me about vaping. After a few weeks she finally convinced me try it. I had no idea that after I bought my first battery, tank, and ejuice, I would get to 23 days without a cigarette. It wasnt easy ... TRUST ME!!!! I went through LOTS of withdrawals. Crying for no reason, itchy all over, constantly looking for my lighter and cigarettes. Without vaping I NEVER would be 23 days quit. I started out on 12mg of nic in my juice and am now down to 6mg. My goal is to be at 0mg of Nic and I will get there. When I say I am working on my 23rd day quit this means I have not have an ANALOG cigarette AT ALL in this amount of time. This is my definition of an ANALOG cigarette: "The common traditional cigarette, a crude, old-fashioned nicotine delivery device, consisting of processed tobacco wrapped in a paper tube, from which smoke is inhaled after being lit."

3/26/2015 2:13:53 AM - Lisa Card

I am 40 years old. I started smoking when I was 14 years old. I have been tobacco free for a year now! I said goodbye to 25 years of smoking!! I tried gum, patches, and pills. None of those worked. At the suggestion of a friend, I tried vaping. I started with disposables and now use an EVOD. I smoked and vaped for the first 2 weeks and then after the 2 weeks quit smoking permanently. Vaping is the only thing that made me quit my 2 pack a day habit. I was diagnosed with COPD before I quit. I couldn't even go up the stairs without being winded. Now I can!! I am no longer in need of an inhaler anymore, nor do I get the constant upper resperatory problems that I had when I smoked. I am so much healthier then I was before. My Dr. agrees. I hope that corruption, paranoia, and greed do not take this ingenious device away from so many struggling to quit smoking. Now I have hope that I will live to see my grandchildren some day. I finally feel healthy enough to chase my 7 year old daughter around the yard and play with her. I still enjoy vaping on a lower dose of nicotine then when I started. My life is so much better!! This is my testimony.

3/26/2015 2:13:31 AM - Dave Francis

I picked up smoking when I was 15 years old. Living in a small, rural town, it was exciting to hide from the adults and smoke with other kids my age. As I grew into my later teens I was a dedicated pack-a-day smoker with no ambition to quit.

Through my twenties I would average a pack to two packs a day, depending on if I was active at the bar scene or not. At work each break was a two-cigarette deal. I noticed some basic smoking-related health issues, such as shortness of breath when exercising. I made my first attempt to quit smoking with the aid of the patch at 30 years old.

I held to the program the patch outlined, and was able to remain smoke free for about 6 months. While on a trip to Washington DC the train I was on broke down and we were forced to wait out on the concourse. Everyone lit up, and it set off cravings which I hadn't experienced previously. Midway through my trip I gave into the cravings and bought a pack of cigarettes, and was right back where I was before starting the patch immediately.

I continued to smoke, a pack a day, though my thirties. By this point I was fully aware of the health issues they were causing and the drain on my wallet they were proving. I wanted desperately to quit, but trying cold turkey only proved to be one failure after another. When I was 38 years old I tried Chantix on the urging of my doctor.

Chantix was HELL. It did not offer me a reduction in the urge to smoke as advertised, and I began to notice I was experiencing electric-shock-like feelings at the base of my neck and through my legs which made it near impossible to sleep. My doctor told me to stop taking it immediately, and, as expected, I picked the cigarettes right back up after only cutting down to ten or so a day, shooting right back up to a pack-a-day. A second attempt at the patch lasted only a day before I gave up this time. If I was around smokers at all, I could not resist having one myself.

I continued to smoke until January of 2015. Over the months before I was seeing quite a few of my friends switched over to vaping systems, and they were having great results in tobacco cessation. I was skeptical of these units, so I began to do some studying into them. One night I decided to buy a Blu e-cigarette at a convenience store and give it a try. I was not overly enthused by it, but I noted that I did not smoke a traditional cigarette the entire time I used the Blu. I did some more homework about the options I could explore, and, on a whim, I decided to stop at a local vapor shop to talk with them and see if it was worth exploring.

On January 23rd of 2015 I purchased a pack of cigarettes on my way home from picking up my son. I smoked one on my way to the vapor shop.

At the vapor shop I went over batteries, tanks, liquids and nicotine strengths, as well as the success the gentlemen running the shop had discovered by making the switch to vapor. I purchased the unit I currently use now and liquid containing 18mg of nicotine. It was harsh and I was not used to it, but I enjoyed the flavor and decided that I would give it a shot.

That cigarette I smoked on the way to the shop was the last cigarette I've had. I really began to enjoy using my vapor system, and exploring the various flavor options I had. Within a month I stepped down to the 12mg nicotine level, and soon after the 6mg where I currently sit. I noticed improvement in my breathing and stamina at work, and, most importantly, I noticed that being around smokers was not an issue. I also began to want to shy away from the smokers as the smell was repulsive.

I discovered that I really enjoyed smoking. It was a relaxing activity for me (I suffer from GAD and panic attacks, and smoking was a way to quiet the mind for me), so when I made the switch to my vapor system I was able to simulate that experience, something I was unable to do using the patch or quitting any other method.

Eventually I plan to eliminate the nicotine from the e-liquids I use. I continue to notice improved breathing, sense of taste and smell, and a further repulsion to cigarette smoke and it's lingering odors. And I am saving money; my smoking habit cost me $70 to $90 a week. The initial cost I paid when I bought my system has been reclaimed 10 times over. I spend, on average, $10 TO $30 a week to maintain my vaping system and replenish my liquid supply. I am able to avoid situations which would trigger the urge to smoke, and use my system to help keep smoke free.

I use an eLeaf 30W box mod with a Nautilus Aspire tank with 1.6 Ohm atomizers. I enjoy custom e-liquids from vendors such as Charlie Noble and Space Jam.

I cannot express how grateful I am for the gentlemen at my local vapor store for helping me find a system that works. I look forward to many, many healthy years being smoke free.

3/26/2015 2:13:21 AM - StÃ©phane

I started smoking at the age of 14. I smoked for 20 years. On the last 5 years, both my parents died from cigarettes. My mother from hart desease and my father from lung cancer. 4 years ago I had a first pneumothorax. I then learnt I had emphysema. I tried to quit without any help but resume after 3 days. Later i tried chantix that I stopped after a week because of insomnia. A little later, I tried lozenge, without more success. Then I had my second pneumothorax. I stayed at hospital for 17 days. I was forced to quit with lozenge but when I was get out to take a breathe, I was still obsessed by smokers in front of the gate of the hospital. Soon after i left the hospital, i came back to cigarettes.

7 month ago, while searching the web for lozenges, an strikking idea came to my mind : why not try e-cigarette ? I then ordered an ego for 30 â,¬ with ananas e-juice from a french online shop. It came at my door three days laters. And by the moment I received it, i never came back to cigarette.

I soon upgraded my hardware, first for higher battery life, then for 3rd generation devices. I have collected numerous atomizers in order to find my vape. It's money consumming but it's not a necessity and a have a great preasure i didn't have with cigarettes in trying new stuffs. I'm now about to build my first box mod. I'm also trying every possible flavor.

After 7 month, my health improved greatly : no more cough, I breathe better, have a better skin, better hair, and so on, less tired and so on...

I'm living in Belgium. Here the eliquids with nicotine is forbidden as it is considered as a medication. So I have to order from France, which consider ecig as a consumer good. But not for a long time anymore.

The European Commission has voted a directive which force countries to regulate ecigarette either as a tobaco product either as a medication. It also enforce several restriction on ecigarette : maximum 10 ml bottle so no more diy ; maximum 2 ml atomizer, leak free, making illÃ©gal 95% of atomizer; tax to found studies on ecig ; and if a product is forbidden in 3 countries (on 27), this product will be automatically forbidden everywhere in europe ; a 6 month notification before a new product can be marketed ; and so on... The countries has the right to enforce thighter rules than the european rules, so, practicaly, the ecig will be just simply forbidden in some countries... In France they even want to vote a law which forbid every publication which speak about ecigarette, making illegal advertising, forums, blogs, youtube reviews, everything to achieve practicaly a complete blackout on ecig. Everything is done to mute and kill the ecigarette market...

That's the way ours gouvernments want to protect tax revenues from ecigarette.

I wanted to finish this testimonial on a optimistic review about my health. But i don't see a bright futur for ecig in europe. People on french speaking forums and blogs are talking about stockpilling. That's also what I want to do. And I suggest everybody to do the same in europe.

3/26/2015 2:12:36 AM - Betty Greene

I smoked for 55 years until I tried vaping. Fourteen months later no cigarettes. I took my sister, also a life long smoker, into a vape shop just to meet the people. She tried it and accidentally quit smoking!

Now, in Delaware we are fighting a state bill which would outlaw vaping in a vape shop. Pure politics and special interests would prevent vaping and kill people. How crazy is that?

3/26/2015 1:56:19 AM - Jonathan Wilson

I started smoking and dipping when I was twelve years old and by the time I was sixteen could easily smoke a pack a day and would dip three quarters of a can a day. Obviously this was a problem but every attempt to quit I tried failed miserably. When I turned 18 I decided to switch to vaping and it helped me tremendously. With the ability to choose my nicotine level in the juice I was able to ween myself from 24 mg's of nicotine to 3 mg's of nicotine. I am very close to moving down to no nicotine and after that I will no longer be held captive by any addictive chemicals. Vaping is a great way to quit smoking or just to use as a safer alternative. It absolutely does nothing that warrants the taxes being proposed by states or the restrictions being proposed by the FDA. Listen to the people that actually vape and think of the people that could benefit from converting from tobacco to vapor. By forcing regulations and taxes on these products you will force people to continue using tobacco, something no one wants.

3/26/2015 1:56:01 AM - Cody W.

I'm going to try and keep this short, sweet and to the point.

All throughout my young life my father smoked like a chimney. By the time I was in my teens, I was so used to the smell of cigarettes, Captain Blacks, Garcia Y Vega cigars and various other smoking products that I really never noticed how much I didn't care for the scent clinging to me. Years later I started smoking when a friend of mine told me how he used them to relax and as a visual aid for dispersing pain from migraines (a visualization envisioning the smoke that you exhale as the pain leaving your body... it did help, believe it or not.)

That was back in the mid to late 2000's (roughly 2007.) I didn't really pick up the habit fully for a few more years, but by the time I had I was beginning down a road which stripped from me something very vital to my professional skills. My breath. You see, I'm a musician and a singer by trade. Lung capacity is pretty important as is the ability to breath without coughing. Both of these had become problems.

Around 2010 a friend allowed me to take a few puffs off of an Electronic Cigarette. It was one of those cheap models you could get from a convenience store, the kind that came with a charger that looked like a pack of cigarettes. The battery itself even looked like one. Truth be told, the flavor being much like other tobaccos (though only slightly reminiscent of it) didn't do a whole lot for me and I disregarded the product all together.

However, in 2013 another friend convinced me to give them a try again, only this time she was letting me use a much better product. It was what is known as an eGo Vaporizer. While still a "lower end device" by comparison to many of the more powerful mods out there, this device changed how I looked at Vaping. With the potential for changing flavors and nicotine amounts, I was in control of the experience I was having. Down the road I had tried a few more devices (such as a cheap Fantasia e-Hookah with 0 nicotine but flavored like Washington Apples) and eventually (in 2015) was gifted with an eGo C-Twist which became my new best friend. (Thanks mom!)

I was able to continue with the visualizations I had practiced to rid myself of pain. I was able to kick the habit of smoking entirely, but still receive the nicotine that I was used to... only as time went on I started to realize I didn't need as much of it. The act of vaping was pleasant, my breathing was getting better, if I wanted something sweet I could turn to it and vape something sweet rather than reaching for candies or sweet foods. All around I was feeling better.

That was four months ago. I haven't touched tobacco since. I am now a bit further into my journey, having received aid in the form of a better device for a backup from another friend, and after my C-Twist broke, I had saved up to get myself an Eleaf iStick 30 vaporizer. After consulting with a great community of Vapers on VapeTV, I was led to

choose an Aspire Atlantis Subtank (something my girlfriend helped me to pick up) to go with it (that's the atomizer head and tank which produces the vapor.) Suddenly I was leagues ahead of where I was, enjoying more flavor whilst simultaneously reducing my intake of nicotine yet again.

I am now down to 3mg nicotine and occasionally vaping 0mg. I switch between my Atlantis Subtank and my newer Troll RDA (Rebuildable Dripping Atomizer.) I haven't looked back at smoking at all. I don't miss it. I don't crave it... and I am far healthier than I used to be. I can taste things better. I smell better. My girlfriend doesn't feel like she is kissing an ash tray. I can get out and walk without losing my breath.

There is a phrase that is used a lot in the vaping community, and it is one that I feel is appropriate.

"Vaping Saved My Life."

How long did you smoke?

- From 2010 until 2015 (5 years.)

How long ago did you start using a smoke-free alternative?

- I toyed around with them as early as 2013 but really only became serious about it this year. January of 2015.

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

- I own and use my Eleaf iStick 30, an Aspire Atlantis Subtank, a Troll RDA, and a Volcano Inferno with two batteries for backup purposes. In the past when I was still smoking, I occasionally used camel SNUS to help deliver the nicotine I was after (if for instance I was working and unable to take a smoke break.)

Do you still smoke at all (and if so, how much have you cut down)?

- I do not smoke at all. I was sent a box of cigars by my dad as a gift, and even though I feel bad about not partaking in what was a genuinely well-intended gift, I also feel better knowing that I haven't smoke them.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

- I smoked right up until I got my C-Twist, and the day I got it I quit with the cigarettes.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

- I quit cold turkey back in 2012 for a period of about a year, but as soon as I was around smokers again I took up the habit once more. The difference I notice though is that back when I did the cold turkey quit, I still had cravings for them... with Vaping, I don't. Otherwise, I've never used other smoking cessation aids, though many friends I have had have tried the patch and been unable to quit with it. Most everyone I've seen give vaping a try has quit the cigarettes all-together.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

- I think I answered this above, but I'll touch on it again. I breathe better (which is a big plus for a singer.) I smell better (no more of that foul odor clinging to me, my beard, my breath, my hair, my clothes and etc...), I don't have to put my girlfriend through the second-hand smoke treatment. She doesn't feel like she's kissing an ash tray. I have more endurance. I can taste and smell better than I used to. All in all, I feel a lot better now that I am no longer smoking... and I can say that Vaping is what helped me to kick the habit.

3/26/2015 1:55:47 AM - Char Owen

I don't smoke or vape but it saved my husband :). I got him his first kit and he has been vaping for 5 years and swore to me he would never stop smoking. Well he is smoke free and he just got his first clear lung xray. His Dr is sooooo happy with what he is doing. It is making a real difference. He no longer has that horrible cough. It took me a few months to not get mad at him every time I saw the vapor because I linked it with smoke but I'm over that and I'm truly excited about the benefits his dr has told him about cleanly delivered nicotine. He has a huge family history of early onset dementia and from what his dr says vaping could help with that. I have my husband longer and he is enjoying it lol. It was the ultimate wife phycology move lol. That being said if he had to vape on those cigarette like blue or vuse he never would. You can't get enough vapor and it tastes horrible.

3/24/2015 2:39:43 PM - Stephanie Schoppenhorst

I am 34-years-old. I had been smoking since I was 14, and was up to nearly two packs a day. I had tried many times to quit. Most of attempts were cold turkey, with no replacement, or cold turkey with regular candy or gum as replacement. At one point, I had some success with nicotine gum, but when I ran out of gum, I immediately went and purchased a pack of cigarettes. I considered Chantix, but had heard horror stories from others who had tried it about nightmares and mood swings and decided that wasn't for me. I tried patches for a couple of days, but for whatever reason, they wouldn't stay on my skin. And it didn't help with the need for something to do with my hands. Several years ago, I discovered e-cigarettes. Then, the only option was cig-a-likes. I tried one, and really loved it. It was the only thing that had worked for me. A few months after I started with my e-cig, we moved, and in the move, my e-cig disappeared, so I ended up going back to smoking. Fast forward another few years. The technology has vastly improved. There are many different types of personal vaporizers available. My husband and I have two children, and are concerned not just for our own health, but for their, as well. We decided to give vaping another shot, and purchased two basic, cig-a-like starter kits. Within a week, we were both experiencing great success with our standard models, but wanted to upgrade to something that would hold more liquid and have a longer battery life. We both upgraded to better mods with large, bottom feeder tanks, and have since upgraded again to rebuildable mods and drip tanks. He had a slightly faster success rate than I did, and didn't smoke a single cigarette after that first day vaping. It took me a little longer to make a complete switch, but after a few months, I, too was down to zero cigarettes. He started at 24 mg nicotine content. I started at 18 mg nicotine content. Within the first three months of vaping, we had both dropped our nicotine content - him to 18, me to 12. We could both tell a difference in our breathing, energy levels and ability to taste foods within those first three months. Now, roughly a year later, we are both down to 3mg nicotine strength (or less, some days). We have both experienced huge increases in lung capacity, and I don't seem to develop sinus and lung infections as often (I still have seasonal allergies, so I do have some problems, but they are not exacerbated by vaping the way they were by smoking.). My use of salt has gone down considerably, since my sense of taste has improved so much. Our six-year-old daughter has even commented that she is much happier since we started vaping. The vapor does not bother her the way smoke used to. She, at one point, was getting respiratory infections quite frequently, and our doctor told us she had a precursor to asthma. Since we have switched to vaping, she has had to use her nebulizer for a cough/upper respiratory issue far fewer times (only once or twice in the last year vs every couple of months in the year before that). Our intention is to eventually quit vaping also, but the wonderful thing about vaping is that it gives you the power to step down your nicotine levels and quit at your own pace, while still (for people like me) allowing you the feeling of smoking. For people like me, the addiction to smoking is as much about the physical act of doing it as about the chemicals in it. It also allows you to

change flavors, keeping you from getting bored with the taste and going back to analog cigarettes. Another huge benefit for me, personally. There are SO many ways that vaping has improved my life, my husband's life, and our children's lives. I am SO happy to have found vaping, because I know I would still be a smoker if I hadn't.

3/24/2015 2:39:34 PM - James S

I started dipping when I joined the Army. Everyone did it. From the Officers down it was pretty much the same picture, people with empty soda bottles and a fat lip.

I tried to quit. I dipped for 8 years and nothing worked. I would tell myself I am not going to buy another can and then sure enough my car just parked itself at the gas station and I walked out feeling as ashamed as usual. I tried the gum and it made me feel shaky. I tried the patch and had such bad nightmares that I thought dying from cancer would be more tolerable. These are the kinds of chemicals in these products.

An old Army friend reached out to me and told me about vaping. I humored him and stopped by the shop he was managing. I went home with a starter kit and the next morning had my last dip. I haven't even so much as thought about tobacco since that Saturday morning many months ago. My mouth isn't torn up, my hands don't stick, and I don't have nasty soda bottles all over my car and home. Everything tastes better. My life is just better now.

When people say that vaping saved their lives, it's not even a slight exaggeration. These products save lives and make each day easier to live a tobacco free lifestyle.

3/24/2015 2:39:23 PM - James Bryan

Greetings,

After smoking cigarettes for over thirty years and trying everything I could find to quit; I discovered E-Cigarettes. With the help of a friend in England I was able to choose a good product as my first E-Cigarette and within three days I had smoked my last tradional cigarette. That was fourteen monnths ago and today I am smoke free.

As a result I discovered I no longer needed to use my "Proair" emergency inhalor five times a day as I had for years. I soon was also able to discontinue use of two once a day resprotory treatments which was prescribed for COPD.

Within one month I was also able to reduce blood pressure medication by fifty percent.

There is no doubt in my mind E-Cigarettes are a healthier choice for me. Also giving the fact my friend who introduced me to E-Cigarettes was able to quit smoking with this product, along with her Son, her Brother, her Mother, her Dad, my Sister, and four of my friends I'd say there is a fair chance they are one of the most sucessful smoking cessation products on the market.

Please consider your regulatory duties with public health a priority..

Thank you for your consideration.

James Bryan

AD0JM

Missouri

3/24/2015 11:05:59 AM - Soobin Oh

I smoked my first cigarette when I was 12 years old. I was addicted since then, and have tried to quit a number of times. When I went to the hospital at 30 years of age with a heart issue, I knew I had to make a change, but I still smoked cigarettes. It wasn't until I tried an e-cigarette where I finally quit. Now, when I smell cigarettes or see cigarettes, I can't believe that I even smoked them. I can't believe that I couldn't quit. For me, it wasn't a process. I switched to e-cigarettes and I quit cigarettes at that moment. I can now breathe easier going up the stairs, I don't stink, and I FEEL better.

Since then, I've become a hobbyist. I love all the flavors, and enhancing vapor production. I love working on it at home, and being a part of this vibrant and friendly community.

I love vaping, and if it were taken away from me, I'd be very upset. And I don't know if I wouldn't pick up cigarettes again.

3/24/2015 11:05:45 AM - tone

I smoked about a pack a day for 11 years. I switched to 24mg of ejuice from mtbakervapor.com, after about a month started decreasing. I am now down to 1.5mg and plan on decreasing to 0. If it wasn't for this product I would still be feeding the tobacco companies and I'm very thankful I'm not. I'm all for a 40% increase on cigarettes and other tobacco products but not eliquid. As of today I did not spend $2000 on cigarettes and only spent about $300 for liquid. I would have smoked more then 6000 cigarettes since I quit and 111 grams of tar in my lungs. finally I can smell and taste again. I wake up in the morning feeling 100% better overall since ive stopped smoking.

3/24/2015 11:05:35 AM - Iram

I have been allergic to cigarette smoke for as long as I can remember. It was impossible for me to walk into a bar or out in a park without starting to wheez. My father has smoked since I was a little girl and now he can without having to make me go into an allergic reaction. Taking vapor products off the market will only benefit cigarette companies who have made a trillion dollar industry by killing individuals. How are we bNning this and not cigarettes, alcohol. I think our officials should stop getting paid off by cig companies and leave this alone.

3/24/2015 11:05:25 AM - Nathan roberts

Helped me stop smoking

3/24/2015 11:05:12 AM - Mary

I was a pack a day smoker for 7 yrs. because of vamping, I was able to quit. My son is now breathing much better not having to be around it.

3/24/2015 11:05:01 AM - Robin Robertson

Vaping is the only way I could stop smoking. I smoked for 20 years and 2 packs a day. I tried every other way to stop and vaping was the only way for me stop smoking. I feel so much better then when I smoked. I have not smoked in 3 years!!! Please don't take this a way from us!!!!

3/24/2015 11:04:50 AM - TigerLadyTX

I first picked up an e-cig as a way to have something to \smoke\" when I was with my Dad

12:00:00 AM -

12:00:00 AM -

-

12:00:00 AM - the patch

the gum

12:00:00 AM -

-

-

12:00:00 AM - I had only smoked 10 cigarettes !!!TEN!!! When normally I would have smoked the entire 2 packs and MORE. I thought it was just a fluke. But the next day.. and the next.. the SAME thing happened. The more I used that little Njoy

the less I even WANTED cigarettes. But oh my

-

-

12:00:00 AM -

12:00:00 AM -

-

12:00:00 AM - sometimes I get a bare moment of craving for a cigarette - just an instant of a craving. Gone in seconds. And I take a vape - and the craving leaves me. I can state

with complete sincerity

3/24/2015 11:04:32 AM - Steve

I am 42 years old and up February 11, 2014 I smoked 1 and a half packs of Newport 100s per day for about 23 years. During the 23 years I tried to quit smoking and failed with the nicotine patch, mouth drops, nicotine gum, and a few other methods. In January of 2014 I seen someone smoking an e cig, I asked them where they got it and thought about it for a while, I thought, just another gimmick to quit smoking. On February 10, 2014 I passed a shop that specialized in them so I went in and spent about 30 minutes discussing the use of an e cig and what to expect, needless to say I bought a kit and started using it on February 11, 2014 and guess what..... I have not smoked a cigarette since. I have been able to go from high level nicotine down to .3 and since then I feel excellent. I sleep better, My blood pressure has gone down, and I can run again without needing oxygen after a couple of steps. Since then I have introduced several friends to this wonderful device and they now have stories of there own success to tell.

3/24/2015 11:04:19 AM - Paul & Janet Curfman

My husband and I are in our 50's and have both been smoking since our teens. We completely gave up cigarettes on January 24, 2014 and have not smoked since we started vaping. Both of us feel so much better. In 2012, my doctor told me that I had too many red blood cells caused by a lack of oxygen from smoking. I endured monthly phlebotomies to reduce my red cell count to keep me from possibly having a stroke. Since I've quit smoking cigarettes, all of my blood work has been normal and I've even been taken off blood pressure medicine. We have both tried to quit smoking throughout th years - the patch, the gum and even got a prescription for Wellbutin. I was ready to start the medication but after reading all of the side effects, I opted not to. My husband started researching vaping and after much reading, he felt this was the best option for both of us. It's been the best thing ever. Not only are we saving an amazing amount of money that we used to spend on cigarettes, hopefully, by quitting, we won't be a burden on the Medicare system in our later years because of our nasty habit. If the government somehow manages to ban or regulate the e-Cigarette business, I'm sure like the rest of everyone else, we'll find a way to get our liquids.

3/24/2015 11:04:09 AM - kevin davey

I quit smoking because of e-cigs. I can breathe again. Its way more healthier than cigarettes will ever be. I've had a better life thanks to it. Vaping isnt a harm to myself.i smoked since i was 11 and tried to quit many times it was just to hard.ive tried the patches,gum, ect. But none of them worked. Because of ecigs i can play with my kids and enjoy life better. It makes me more productive at work because i dont have to stop for a breather.

3/24/2015 11:03:56 AM - Daniel Doverspike

Once i was 16 abd began smoking my life changed it sucked but i couldn't kick them i tried and tried but to no avail. At the age of 20 i started having major asthma attacks and things just kept getting worse at 22 i discovered vaping and absolutely love it. Now im fixing to turn 25 and havent had asthma attack in at least a year. I can actually run and skate again i can smell better and taste things its amazing. I love everything about vaping ive been smoke free for about 1 year now and haven't wanted to look back at those nasty things. I use a mech mod so its also become alot more fun the smoking was. I dont smell like cigarette smoke any more and its awesome.

3/24/2015 11:03:37 AM - Robert Lisenby from Fairfield Ca.

I am 45 years old, married with two teenage sons. I started smoking when I was 14 which equates to 28 years. Both my wife and I smoked and at the height of it we were smoking in the house, in the car, pretty much everywhere. Smoking was enjoyable for both of us but health issues started cropping up which led to my wife switching to e-cigs then vaporizers. I was pretty stubborn about switching myself until one day after having a mix of alcohol, medications, and a pack of cigarettes combined to elevate my heart rate and breathing to a scary level I decided to try it.

I have not picked up a cigarette since August pf 2012. Initially I tried the Green Cigs which looked just like cigarettes but used disposable cartridges. I did not like those so I switched to the vaporizer system my wife was using. Currently I use Aspire BDC and Nautilus tanks with E-go batteries and Pink Spot Vapors for my e-juice. After initially vaping with 18mg of nicotine it was determined that was too strong and I stepped down to 12mg. Eventually I might step down even further.

The amount of benefits from making the decision to switch has been enormous. Within a couple of months my sense of smell returned as if I had gone cold turkey. My sense of taste returned a few months after that. My last two blood labs have shown my blood pressure to be at normal levels. The frequency of getting a cold or flu has dramatically dropped and even my recovery time has shortened to only a few days. I have not had bronchitis that would plague me for two weeks after the symptoms of a cold dissipated in two years. More importantly my sons, respiratory problems during allergy season have dramatically improved. My youngest son no longer needs an inhalor during seasonal allergies to stem coughing fits. My eldest son does not exhibit the congestion problems he used to experience in the spring. Hygienically, we don't have to deal with filthy ashtrays, or tobacco stains on the walls and windows.

Financially we are saving money because after the initial investment of gear we are spending less money on juice than we did with cigarettes. We would spend 160 dollars a month on cigarettes and a pack would last 2 days at most. A bottle of e-juice costs about the same as a pack of cigarettes but can last on average two weeks as I don't puff on vaporizers as much as I smoked.

And then there is the freedom (for now) to vape in areas I could never smoke with the knowledge that vaping is nowhere near as harmful as cigarette smoke is. In California smokers were vilified to extreme levels with taxation and limits on where to engage a legal substance. It was to the point that discrimination was prominent towards smokers over people who smoked marijuana or drank alcohol, the latter also having negative consequences to health and safety.

In closing I'm under no delusions that vaping is as healthy as eating fruits and vegetables as more studies and tests need to be done by research companies. But based on my

personal experiences I can confidently say that I've extended my lifespan and improved my quality of life significantly over this past two and a half years. And after doing what the anti-smoking lobbyists stated they wanted us to do all along and quit it is extremely disappointing to see my healthier alternative be demonized with false propaganda and the spread of misinformation. Vaping is saving lives in multiple ways whether people who think they know better want to believe it or not. Hopefully these testimonials lead them to start believing. Thank you.

3/24/2015 11:03:22 AM - Patricia Spardella

In 2008 I smoked cigarettes and had to have a Heart stent and lower Aortic Stent placed. My Cardiovascular system was in bad shape. I was told within 6 years I would probably have to have my legs amputated. Well here it is almost 7 years later and my Vascular system is getting better. I still have my legs and may not lose them after all. I have Lung Cancer and have been advised by my doctor to stay on the Vaping. I smoked for 31 years and have tried all different methods to stop. Nothing has worked I have been vaping for 7 years now. It is not harmful to me or anyone around me. I can prove with medical documents the vast improvements in my heart health. I have convinced many to change from cigarettes to Vaping. Please don't take this life saving device away from the people that really need it. Respectfully Patricia Spardella

3/24/2015 11:03:12 AM - Alex Piccioni

I was only a pack a day smoker, I switched to vaping and for the first week or so I still smoked cigs too but then I found a device that satisfied my needs and the cigs stopped. I started at 18mg nicotine ejuice and quickly dropped to 3 or 6 mg nicotine. Since the change I feel physically and mentally healthier. My grandmother was a 3 pack a day smoker and she started vaping and since the first day she vapd she never touched another cigarette. If you can find any other method of quitting that works instantly better yet even works at all as well as vaping does please let us know. So far I feel the FDA and pharmaceutical companies have failed miserably in coming up with a good method to quitting cigs and then vaping came along and it is a savior to all of us. Even someone who vapes at a competition level is still causing way less harm to themselves and everyone around them. I would rather be in a room with 1,000+ people vaping than in a room with 1 person smoking cigarettes. Before you start doing all these bans and regulations you really need to do legitimate tests and you will find how much healthier vaping is. I would also like to add that I have tried nicotine gum and patches and both failed. I tried welbutrin and Chantix and while both slowed my smoking a little bit they were unsuccessful with helping me to quit. The only reason they even slowed me down was because they gave me terrible headaches and gave me nausea . Vaping successfully broke me from cigs and is a complete life savor. I no longer have to worry about 7,000+ chemicals poisoning my body or the bodies of my loved one from second hand smoke.

3/24/2015 11:03:02 AM - Sherry Green, Fort Worth, Texas

I began smoking at 14, when I thought it was cool. I tried to quit a hundred times, but I ALWAYS went back. I'm now almost 46. I LOOK 10 years older than I should and have definitely suffered health problems, due to smoking cigarettes! I was skeptical at first and it took a couple of DAYS to adjust to the e-cigarettes. However, I cannot stress enough, how excited I am that this came along! I am now OFFENDED by the smell of cigarettes and I am trying to get every smoker I know, convinced that it can save your life! God only knows what damage has already been done because I smoked cigarettes! But, I no longer need inhalers to breathe and I haven't had bronchitis even once since I started using vapor products!

Tell EVERYONE you know. Who knows how many lives might be changed and even saved by this!! And get involved in the politics regarding these products! They are either going to limit your access and/or information....AND THEY ARE VERY LIKELY GOING TO BEGIN OVER-TAXING everyone for a healthier lifestyle! Get involved and stay healthy!

3/24/2015 11:02:19 AM - Matthew Keever

By the time I turned 24, I was smoking a pack and a half of cigarettes every day. What had started as a minor act of rebellion in my teens had become a lifestyle choice. I knew the habit was bad for my health, but I enjoyed it. I meant to quit when college ended, but smoking was such a pleasant experience, unmatched by the patch or nicotine gum.

My family hated it, of course, but it was my only vice. I wasn't much of a drinker, and cigarettes were my refuge. On my sister's wedding day, in the summer of 2013, I decided that I wasn't going to smoke. I wanted to, of course, but I didn't want to stink up her wedding - literally.

That was nearly two years ago, and I'm proud to say that, with the aid of vaporizers, I haven't touched a single cigarette since. I now sleep sounder, generally feel better, have more energy when I go to the gym, and I no longer cough up nasty phlegm every morning. None of this would have come to be without e-cigarettes.

So I implore you to please reconsider the restriction of these devices. Of course they shouldn't be allowed in the hands of minors, but they are an invaluable resource for adults who want to make a healthy lifestyle change. And is it really so bad that we enjoy them? Yes, they're fun and flavorful but, just like alcohol, there is nothing inherently wrong with that as long as they are used responsibly and with care.

Recent analysis of my lungs shows me in good health, with no signs of damage from years of smoking. My doctor also informed me that nicotine, like caffeine, is a stimulant that is not detrimental to your health when consumed in moderation. And all the other ingredients in the â€œe-juiceâ€ used in vaporizers have been generally recognized as safe by the FDA.

Please do not succumb to the scare tactics and shoddy research peddled by the media and big tobacco. Studies should still be conducted, but please allow these devices, which at the very least are far less detrimental than cigarettes, to be an option for those who, like me, want to live longer, feel better and save money.

Thank you,

Matthew Keever

3/24/2015 11:01:55 AM - William pepper

I\\\'m was a 40 year smoker. Vaping has saved my life and families life\\\'s. Analog free for more than 2 years. Nothing else has worked till now. Thank you for your time. This is a 100% true story.

3/24/2015 11:01:41 AM - Mandi Tory

The first day I picked up an electronic cigarette was the LAST day I smoked. I have been vaping exclusively for over two years now, and could never imagine life as a smoker again. I have young children, and although I never smoked in the house, traditional cigarettes dictated my life. Like other smokers, I scheduled my daily activities around when I could go smoke. Sitting through an entire movie was torture. Even nice dinners out were rushed, because the habit dictated how long I could go between cigarettes.

Traditional tobacco cigarettes don't allow you to customize your experience. You get however much nicotine, tar, and harmful chemicals the manufacturer SAYS you can have. And these manufacturers purposely add in toxic chemicals that reel you in, trying to guarantee that you'll keep coming back because of your addiction. With vaping, I get to choose how much I need. I get to choose what will satisfy me. I get to choose which flavor will be the most enjoyable to me. With NONE of those deadly additives that put my health at risk. I get none of the benefits and all of the damaging effects with traditional analog cigarettes.

When I started vaping, I was using 18mg nicotine e-liquid. Two years later, I am down to 3mg, the lowest nicotine level which is widely available. If I wanted to lessen it even more, my only other readily accessible e-liquid would be 0mg. Vaping SAVED my life. And the lives of COUNTLESS OTHERS.

#FightBack #VapingSavedMyLife #ImProof

3/24/2015 11:01:31 AM - Dennis Moore

As a previous smoker for over 30 years, I tried hypnosis, Wellbutrin, Nicorette gum, Nicoderm patches and Chantix...all Without success.

One would think that losing a loved one to lung cancer (my mother), would be

enough incintive to quit! NOT SO!!! Trust me, it was not from lack of trying or wanting to!

Three years ago I purchased my first vaporizer (ce4 clearomizer and battery with 12mg) and have never wanted to smoke a cigarette since. Today, I prefer to use a mod with a rebuild able atomizer and 3mg. My health is better, I can breath, smell, taste, run and no longer have to use an inhaler. I dont cough or get sick anymore as well.

I was so excited to see my father who smoked for over 50 years quit also.

All members of my family that smoked, now vape and no longer smoke or have a desire to do so.

I am SO THANKFUL for this technology and the fact I will have more time to live for my children and grandchildren.

3/24/2015 10:58:07 AM - jacob wilson

To whom this may concern. My name is jacob and i live in el paso tx. I have been smoke free for 2 years now and I owe my success to availability of electronic cigarettes. I was a smoker for 12 years and never thought I would be able to stop. I mean I tried everything gum, patches an even cold turkey with no avail... it wasn't until I discovered vaping that I was able to kick the habit. I feel healthier I don't wake up with smokers cough but better yet I know I'll be around to raise my daughter and see her off to prom and college etc... My story is just one of many but not insignificant! Please take my account into consideration and don't pass a bill that would limit access to people that are just looking for an alternative to smoking. Thank you

3/24/2015 10:57:49 AM - Jake

I come here today from Texas to say that i have been smoking cigarettes since I was 13 (now 20) up to about 2 years ago when I discovered the greatness of vaping and the whole vape community. I experienced people complaining that I smelt like cigs all the time and waking up my family coughing in the middle of the night. In the past 2 years going on 3 I have not had that harsh nasty cough, have felt great waking up, I can breath better, can taste all the sweet,salty and savory flavors of food and I don't stink. I feel along with many other vapors that vaping Should NOT be banned. It has helped better my life and family and Friends around me. When i started vaping i was using an mvp and now using regulated box mods. Since starting vaping i have not touched a single cig. #FREETOVAPE

3/24/2015 10:57:25 AM - Johnny English

After smoking cigarettes for over 20 years, a friend of mine introduced me to vaping early in 2014. After I began a new job on April 21st, 2014, I had to make a choice. We were not allowed to smoke inside the company vehicles and the areas we were allowed to smoke were few and far between. I decided to try vaping more, and smoke less beginning on the 21st. By the 28th I had completely stopped the cigarettes and was on my way to a smoke free lifestyle. After a few weeks, my sense of smell and taste returned to normal (as I remember it previously) and I wasn't wheezing at night while trying to fall asleep. After a few months I was not breathing hard as before and can do more activities without the shortness of breath. On April 28th, 2015 I will officially be cigarette free for 1 year and cannot be prouder. I had tried years before to quit, but failed. I had tried every method but the drugs, which were out of the question. I recommend vaping to all my smoker friends and have successfully gotten a few of them to at least vape more than smoke. Some have completely stopped smoking like I have. Vaping saved my life. It extended my life.

3/23/2015 1:11:07 AM - Brandon

I smoked for 10+ years and tried 7+ times to quit and nothing worked. Since switching to vaping i havent had a single puff off a cigarette in over 2 years! My sense of smell and taste have returned and i no longer have smokers cough and don't reak of cigarettes!

3/23/2015 1:10:53 AM - adamgalanffy

I had been smoking for almost 15 years. I started smoking cigarettes at first, then to cigars (I did inhale the cigars too); then to vaping. I have been vaping for almost 2 years now. I also have had asthma since i was born, and going for what I was smoing to now vaping, my lungs are better. I got some family members of mine off of cigarettes to vaping and they are thanking me me for helping them out. Please don't make it hard for us to vape. I have not touched a cigarette nor a cigar since I started vaping. I even tried to use the Nicorette gum and it didn't help at all. And since i have been vaping; I am able to spend more time with my daughter and wife than before. Everytime i smoked anything but my vape stuff, my wife would keep herself and my daughter away from me due to the smell. I also don't have the smell in my clothes, my hair, my mouth and get to vape inside and not have any problems.

3/23/2015 1:10:30 AM - James C

I have been vaping for a little over a year, and feel 100 percent better than when I smoked cigarettes. I have tried hypnosis, medications, gum, lozenges, and patches to quit smoking, and none of them worked. Since vaping I have completely quit smoking, and have minimized my nicotine intake by 90 percent. Looking back I see a huge difference in my lung function as evidenced by being able to work out without getting short of breath, as well as been able to greatly reduce my health issues. I now am almost off high blood pressure medications, as well got my diabetes under control. This being a direct result of the lifestyle changes due to vaping. Vaping has also introduced me to many people that are now a big part of my support group. All in all vaping has allowed me to make a total transformation to my life and health that otherwise would have continued to deteriorate due to smoking cigarettes.

3/23/2015 1:10:08 AM - Alayah

I smoked Cigarettes since I was 13 years old, I am currently 19. I started smoking at least 3-4 cigarettes in a day and when I got older about 16 years old I started smoking a pack a day and then it lead to two packs a day. I started hanging out with my boyfriend and seen that he had a mod, so I started using his and smoking cigarettes at the same time, but I cut down to 2-3 cigarettes a day, and then got my own mod at the beginning of last year from fast tech and vicious vapors in Mansfield, Texas. I have completely stopped smoking cigarettes. I vape a 3 or 6 nicotine level in my mod. When I got pregnant I used my mod to stop smoking and I didn't pick up a cigarette, after I had my daughter I started smoking again from being stressed and sleep deprived, then about 1-2 weeks after I felt very guilty for smoking again, so I went back to using my mod and I haven't smoked a cigarette in 2-3 months now and I don't plan to anymore. Since I have stopped smoking cigarettes I can breathe better and can do more activities inside and outside without having to stop and catch my breath. I also smell better, I love that I can vape and it not leave a smell on me and that I can be around my daughter without worrying about her getting second hand smoke. I have had so many positive things happen in my life since I stopped smoking! I'm so grateful For e-cigarettes it has made my life better!

3/23/2015 1:09:35 AM - Rene Vela

Adults can make adult decisions when it comes to vaping or smoking cigarettes. We as American citizens should have the freedom and God given privilege to Vape as we are all adults here. There is no harm in vaping compared to cigarettes witch contain over 7,000 chemicals, but of course no one is concerned on why we don't ban cigarettes. Scientists and Doctors both aggree there is little to no harm in vaping and actually recommend there patients to start vaping instead of smoking cigarettes. I was a smoker for 8yrs and can honestly say vaping has changed my life for the better. Let's all be adults here, look at the facts, and let free american adults 18yrs and older vape.

Thank you,

Rene Vela

Alice, TX

3/23/2015 1:09:22 AM - Janna

I had been smoking since I was in the womb. Thoroughly addicted. Everyone smoked around me. By age 11, I was stealing to get cigarettes. I smoked until I was 50 years old. I tried every available method -pills (Wellbutrin, Chantix), gum, lozenges, patches, and hypnotism but could quit more than a few weeks -three times in my life.

My first attempt with an ecig I wouldnt stop smoking but the next attempt I allowed myself 10 days and then I put down cigarettes forever.

I feel (and smell) so much better and healthier.

I still have moments when I crave a real cigarette but I am able to control myself with memories of how bad I felt when I smoked.

I know its a better alternative -I knew almost immediately because my gums began to bleed as they did when I gave up smoking for 3 months one time. It meant oxygen was returning to my mouth and gums.

I have since been able to get denture implants for a new smile which was an added benefit because surgeon believed implants would not heal if I smoked.

I am very thankful to the inventor of ecigs as well as all those who fight diligently every day for our right to use ecigs. Prayers and blessings to all of you.

3/22/2015 2:11:07 PM - Michele

My husband and I have been tobacco free for over 2 years thanks to vaping. We can breathe, smell, taste and exercise better. Our doctor told us he was very happy we switched to vaping. He also said not to believe the bad publicity on e-cigs, that the nicotine we get from them is no worse than the caffeine from coffee or soda. He stated we could SAFELY use e-cigs the rest of our lives if we choose to do so, just to never go back to tobacco. Thatâ€™s another thing that bothers me about all the talk about e-cigs â€“ THEY ARE NOT A TOBACCO PRODUCT! There is NO tobacco at all in e-cigs. Just because it produces a vapor that resembles smoke and looks like a cigarette, donâ€™t be fooled into thinking itâ€™s a tobacco product.

My husband and I had tried to quit many times over the years and never succeeded. Vaping has improved our health and our wallets. The vape shops that we shop at have signs stating that no one under 18 can buy their products and they do card.

The pharmaceutical companies are the ones to lose the most from people switching to vaping. Their anti-smoking drugs are overpriced and have a long list of side effects. They also have deep pockets and are lobbying for all these ridiculous laws and fees to cripple the vaping community that is HELPING people quit cigarettes. Vaping, as an extremely viable choice to stop smoking, is changing the world and is changing and saving lives by both reducing and eliminating tobacco from our very lives. Some donâ€™t like that, and theyâ€™re doing anything they can to deter this change. We, as vapers, do not know everything. We know what we experience but we do know vaping is not smoking.

3/22/2015 2:10:43 PM - Rolando Maldonado Lopez

I smoked for 12. Started as soon as I turned 18. I've always been very active, working out, and even have done a couple of half marathons. I thought that my good cardio would counteract the effects of smoking till about 4 years ago. I started feeling my lungs getting heavier and heavier as time went on. On my runs, it started to take longer for my breathing to get into rhythm. Later about two years ago I started breathing heavy when I walked up stairs sometimes.

I have always given up smoking for the lent holiday but a year ago I decided to cheat a little. I bought a simple ego and a protank 2. At first it felt like my lungs were a little irritated but the urge to smoke wasn't there. By the end of my the holiday, I noticed I could breath way better. It felt like I was 20 or 25 years old again. My sense of smell came back and had no trouble running again. Haven't gone back to smoking since. Haven't smoked in a little over a year now I think I might have avoided emphysema.

3/22/2015 12:13:36 AM - Paul E Lewis

I smoked cigarettes for 40 years but switched to vaping 2 years ago. It took me about a month and a half to switch completely but now I don't cough anymore. I know I've done to much damage to my lungs to say I'm a lot better health wise but I know I've prolonged my life some. My father who i never really knew, parents divorced when i was 2, contacted me in 1990 because he was dying. I went to see him so I might get to know him. He had throat cancer and pretty much removed his ability to talk. I had planned on staying 3 days but stayed a couple of hours then went back to the hotel and changed my flight for the next day. In 1998 my mother was diagnosed with lung cancer. She went through chemo and radiation and was in remission for 3 years. Then they found a tumor in her brain and she died one month later. In 1998, her and my step-father quit smoking. In 2003, my step-father found a pack of cigarettes I had left in my car when I was on the road. I drive a truck for a living and came home one day to find him smoking again. I realized then how hard it is to quit. Two months later he had a massive heart attack and I can't forgive myself for leaving that pack in my car. I continued to smoke another 10 years before I started coughing a lot and getting headaches. That's when I tried e-cigarettes but it wasn't till I got a tank system I could fill with e-liquid that I finally stopped smoking tobacco cigarettes.

I hope you understand that if you ban vaping in any form that I can't get e-liquid that I will go back to smoking. I understand you want to protect children and there are caps available to do that. Draft whatever legislation requiring child proof caps for those who don't use them but don't take away vaping from me please.

3/22/2015 12:13:20 AM - Kim Richardson from Mckinney Texas

I smoked 2 packs of cigarettes for almost 30 years and had tried many different methods to try and stop only to fail! I could barely walk across the room without being totally out of air and coughed nonstop. On Feb,8 2012 I walked into The vapor bar and purchased a starter kit after just getting over pneumonia and I NEVER touched another cigarette and it has been 2 years. I was using 3 inhalers a day and today i use none. The doctor has seem a major improvement in my respiratory health. I started out with nicotine level of 21 mg and with in 6 months i was down to a 12 mg and kept going lower For the past 7 months i have been at 0 mg of nicotine. I have recently changed over to a MOD that i can change the battery out instead of the one with the built in battery. It is so nice to smell and taste again and have the air to go for a walk outside again and know i will be here when my grandchildren are born and i will be able to experience all the joys of being a Grandma!

3/22/2015 12:13:09 AM - ArmyRed013

I not only emailed my Texas Representative I left him a very long message urging him to visit my ELiquid shop he lives in my city and I think he should have a chance to tour their shop and local lab where all of their liquids are produced. I then explained that even I was carded to make my first purchase as is everyone. And that without this solution I would have never quit smoking after 33 years I tried the patch, gum, the nicotine inhaler, hypnotism, cold turkey everything this was the only way I was able to put them don for good. If they make them the same price as cigarettes think of how many people will go back to smoking? Think of how many small businesses will fail? This should never happen! This has been the only way for me and I'm sure many others too! I'm praying these bills don't pass!!

3/22/2015 12:12:56 AM - Joe sheets

I was able to quit smoking after 50 years with the help of vaping. Could not have done without this help. Hope I can continue vaping and stay away from tobacco cigarettes.

3/22/2015 12:12:44 AM - Julie

I started smoking when I was 16 years old. I am now about to turn 45. In December of 2013 I purchased my first e-cig. I have now been completely cigarette free since March 21, 2014. I would not have stopped smoking without vaping. I feel better, I breathe better and I smell better! To tax vaping products is a huge mistake. I am so glad I started vaping and stopped smoking and my family and friends are happy that I made the switch too. Not only did I quit smoking, but I also lowered my level of nicotine in the vape juice from a 12 to a 3 and I will likely lower it to a 1 or 2 in the next month. After that, who knows? Perhaps I will go completely nicotine free. I look forward to that day. Another point I would like to make is that while unfairly taxing these items is being promoted, there is a good chance that marijuana will become legal. I truly don't care if marijuana does become legal, but I seriously question how our government can tout being healthy by taxing to death the very things that help people put down cigarettes for good, while legalizing something that people smoke. Does that really make sense? Not in my book. And for the record, I would like to see government fix our roads and bridges, keep our military top-notch and protect our constitutional rights/laws; beyond that, I would like them to stay out of my life. Those are my two cents. Don't tax alternative nicotine choices to death, which will result in less people finding their way to a smoke-free life.

3/22/2015 12:12:32 AM - Ed.

From my perspective, as a smoker for over 40 years, I didn't think there would EVER be a way to quit. I started using vapor products and found that I was able to quit. Society has penalized me for many years as a smoker. WHY would society penalize me for quitting? This makes absolutely no sense whatsoever. The proponents of these bills have no idea how difficult it is to quit; either that or they simply don't care. Is this an issue of control? Or is this an issue of health? There is absolutely no scientific proof that vapor is harmful to others as cigarette smoke is. As one who is addicted to cigarettes, I am desperate for a way to break that habit. PLEASE! Don't make it any more difficult than it already is.

3/22/2015 12:12:16 AM - Debbie N.

One year ago this month I stopped smoking over a carton of cigarettes a week - I have smoked for over 30 years & I had tried numerous times in the past including prescription meds which had bad side effects on me. I use the E-cig. I know the ingredients in the juice is much better than the cigarettes for I was diagnosis @ 50 with copd and was using an inhaler my health had decline and was going to doctor several times a year with chronic bronchitis. I have used an inhaler ONE time in the last year and had Bronchitis one time which did not last long versus a month or longer before I used the E-cig.

I can now breath better, my house smells better, my vape does not bother people and most cannot even smell it. I am able to attend meetings and not smell like a cigarette in office. Yes the nicotine is what I crave and the habit of just smoking. I can still get the amount of nicotine which I can control and am reducing and improve my health. I just wish this would of been available years ago and a lot of my family members may still be here, no doubt to me. I like the convenience of going to local store and buying my supplies weekly if needed. I now have more money for vaping does not cost near a carton of cigarettes. My doctor was very encouraged by my stop smoking and the vape. No doubt the e-cig has saved my life and quality of life I have now. Many of my friends including my daughter & Son are usin the E-cig.

3/22/2015 12:12:06 AM - Ronnie

I started smoking when I was 17 was smoking two packs a day then went to dipping 1 can a day to 2 cans a day and now that I have been vaping for almost 2 years I am tobacco free for two years!!

3/22/2015 12:11:49 AM - ktwood

I was a cigarette smoker for over 30 years and one night my best friend gave me a vape pen to try, and I have not craved or wanted a cigarettes since, I never considered them prior to that because I "just knew" they would never replace my pack and a half of cigarettes a day, Well I was very wrong. All anyone needs to do is find the right vaping pen or mod and their favorite juice and they will never want another nasty cigarette. I do not miss the lingering smell, the constant cigarette breath, and most importantly the high cost of them. I no longer smell like a walking cigarette, in fact, I smell like waffles and syrup as does my house, and I have been told many times that I smelled like a pancake breakfast and people who come in my home say the same about it. Now, my quest is to get my husband who smokes about half a pack a day to start vaping now and we will be tobacco free in my home...I would tell anyone to switch and they would never look back once finding the right juice and mod or pen. I tried Chantix and to be honest I would not recommend it , it really messed with my head and did not help me to stop smoking. Since I started vaping over 30 days ago I have stopped waking up each morning hacking and spitting up the days before cigarette residue in my lungs, I have stopped coughing all the time and feel I breathe better. Now I find myself constantly shopping for better mods that last longer and hold more juice. I even found a site where I can "build' my own juice flavor..I couldn't ask for more...well...I could have starting vaping 2 years ago and my lungs would be in even better shape by now... All smoker should turn to vaping for their health and if they give it a chance it really works. I was in DMV for 3 hours and I vaped while in there and not one person complained , I vape in the grovery store and restaurants no one has complained. if I can switch after 30plus years of smoking and not even think of cigarettes, and my husband still smokes them, anyone can...Just give it a try...find a vape shop that will allow you to test different vaping materials and juices and I would say you won't go back you will be a Vaper for Life!!!!

3/22/2015 12:11:35 AM - Allen Potter

I started using tobacco products as a child. I was using chewing tobacco for years before I began smoking cigarettes. I have tried many things. Even while serving in the United States Marines I tried to quit unsuccessfully. The military gave me counseling as well as trying a medication. This did nothing to help me quit. For several years while on active duty deployed overseas I was smoking and using snuff. This stayed the norm until 12 years ago. I went to smoking. I could not even quit for my children or my health. I suffered from asthma, migraines, and yearly sinusitis. My allergies were a mess. My daughter has asthma and was using an inhaler. Even with the smoking being outside the house she was using her inhaler or a nebulizer several times a month. Then 16 months ago I put down cigarettes and all tobacco products for my first tank style atomizer. I was using 36 mg nicotine at the beginning. Immediately I began to notice my sense of smell and taste changed. I could smell my coworkers that smoked. I was horrified that I smelled that way and did not realize it. After a few months I changed to a rebuildable atomizer and already was lowering my nicotine levels. I now use 3mg and have not had to miss work or time with my kids due to allergy or illness. My migraines are better and neither me nor my daughter use our inhalers or her nebulizer. I even Vape inside my home as does my wife. This has saved my life. I feel better than I have in years. Now this may be taken away. I know many others who mirror my story. I am in great hopes that we can get more people off the cigarettes. I hope my story will be heard. Thank you.
Allen Potter USMC 1998-2003

3/22/2015 12:11:24 AM - Benzor59/DennisB

I started smoking at 13 years old, and I smoked till I was 49 years old. I tried to quit smoking numerous times during all those years of smoking, with out success. I was up to a steady 2 pack a day habit and I was determined not to quit smoking the more everyone pushed me to quit. Finally after a few months of people not telling me that I should stop smoking I decided it was time for me to make a change in my life for me, not for anyone else, just for me. So I quit smoking that day. I had 2 cartons of cigarettes in the cabinet and I just let them sit there, then 2 weeks later I gave them to my neighbor.

A few months later, I had a situation come up and I headed to the corner store to buy me a pack of cigarettes to help me settle down my nerves and such, instead I stopped by the mall. I found a kiosk that was selling the ecig items. I bought some of those instead of cigarettes and I have never had another urge or craving for a cigarette since.

It has been almost 4 years now. I started with 18mg nicotine juice.

Today I mix my own E-juice and I am down to 3 - 6 mg nicotine juice. I also find that the nicotine helps at times to simmer my nerves some,and assist in relieving some of my chronic pain that I am constantly in from my military service. Since Texas is not a medical marijuana state I use the nicotine to help with all the other pain medication I take, The nicotine I us in the Ecigs is not much, but in my condition it helps take some of the edge off the pain so I can tolerate it just a little better.

If I would have been exposed to electronic cigarettes earlier in my life, I know I would have stopped smoking with them. I tried to quit with the patches and gum, but they did nothing for me, so they were useless and I just went right back to smoking.

I have helped my neighbor to stop smoking with Ecigarettes. They are as good as we know they are.

3/22/2015 12:11:14 AM - Cory Keeler

I was a pack a day smoker for 20 years. Like most people I tried several times to quit but I was unsuccessful. I tried Chantix, Nicotine gum, the patch, cold turkey. Nothing worked. Then I found ecigarettes and that all changed. The first day I started vaping was the last day I ever smoked a cigarette. I have been smoke free since August 25th 2013 thanks to ecigarettes.

I feel a lot healthier now and because of that I feel a lot happier now too. I typically use mechanical mods, regulated box mods, and rebuildable atomizers and I vape 5mg eliquid. I started out using the small eGo batteries and Vivi Nova clearomizers. I use to vape 18mg strength when I first started vaping.

Through vaping I have found a fulfilling hobby and a healthier, happier lifestyle. It has been a life changing 100% positive experience for me. I couldn't have gotten here without vaping.

3/22/2015 12:00:26 AM - Patti Lovell

I was a smoker of over 40 years. I was diagnosed in 2014 with lung cancer. I was fortunate as it was found early and had surgery for removal. I am now free of the cancer but had to quit smoking or I would probably die. With the electronic cigarette and e-liquids I am proud to say I am now a non smoker - I vape. I have met with my cardiologist, pulmonoligist, oncologist and primary physicians and they have all agreed that the electronic cigarette is fine for me - I was very honest with them and they are satisfied with me using the e-cigarette. It's not the nicotine that kills; it is the carcinogens, tar and smoke that kills. My quality of life has increased so much this past year. I have COPD and the last 10 years have been terrible. But now, my O2 saturation is amazing and I feel so much better. I am more active than I have been in years and my doctors are amazed. Thank you for making this alternative available.

3/21/2015 11:58:36 PM - pat

I have smoke for 25 yrs a pack or more a day,alls those yrs i have being trying to quit smoking and all kind of alternative to quite none of those is working for me, about a year ago have came cross about e-cig store open just down street from my house,went in an purchase the ego and e-liquid (24mg,nic) try for 3days it work, took me 72 hrs to quit smoking it wonderful until now I'm down to 3mg nicotine....I feel so much energy, no morning cough..... Food taste so good.. Please do not take the vapor products away from people like my self and other want to quit smoking... Thank you

3/21/2015 11:58:20 PM - Renee Connolly (maesage) from Fort Worth, TX

I have been smoking for 30 years. I tried quitting with nicotine gum and patches. I even had cold laser treatment to try to stop smoking. I suffered from awful sinus infections, about twice a year. Since I have started vaping, I have not had a single sinus problem. I no longer smell like an ash tray. Best, and most importantly, my children no longer suffer from ear infections that they continuously suffered from, due to my cigarette smoking. Those awful chemicals stick to your clothes, skin and hair and would get picked up by my children and cause ear infections. Had I had the vapor cigarette then, my children would have not suffered. We have nicotine receptors in our brains, and some of us need this nicotine more than others. Please don't take this away from us! It will cost us all more money in the long run with illnesses. Thank you!

3/21/2015 11:58:08 PM - Bububu76

I smoked cigarettes for 25 years and loved it, but knew I would eventually have to quit. I tried about 10 times to quit; everything from Chantix (stopped when I felt my brain changing which is real) nicotine gum and cold turkey, which all resulted in failed attempts. With much hesitation, I bought a vape in October 2014 and started at an 18 nicotine level. Now, 5 months later, I am down to a 3 nicotine level and I feel great!! No weight gain and don't smell like smoke. Vaping allowed me to accomplish what I thought was impossible and support it wholeheartedly.

3/21/2015 11:57:42 PM - Ryan

I quit smoking over five years ago on Feburary 14th. I have been vaping ever since and it has been the best decision I ever made. I feel great all the time and I don't cough or wake up feeling bad ever. I wouldn't know what to do if electronic cigarettes were no longer available and would really be hindering my health as well as others around me if I started smoking those nasty toxic real tobacco cigarettes again. I use a provari mod and a nautilus tank with 5mg nicotine level now and when I started I was using 36mg nicotine. I also use an aspire CF Mod with an Atlantis tank they both work very well and I would highly recommend them to anyone who wishes to stop smoking. I guarantee you will not regret it.

3/21/2015 11:57:12 PM - L Gore

I was a 1 1/2 pack a day smoke for over 27 years. I had tried everything to quit, including acupuncture and hypnosis and nothing worked. I saw a friend vaping one day and he told me how much easier it had been for him to quit smoking with it so I decided I had tried everything else to quit, what was one more thing. I am over 2 years without smoking any type of tobacco products and owe it all to vaping. It is the only thing that ever worked. I feel better, I can breathe easier, taste and smell. I am required to do physical fitness for work and am able to run without being winded and have a general overall better health all due to vaping.

3/21/2015 11:57:02 PM - Rob C.

I have struggled with tobacco use since the age of 16, and I am proud to say to the world that "vaping" helped me overcome tobacco use and I have been smoke free for over a year now - at 33 years old. I owe this to the many advancements in the industry and open access to the retail Ecig market. I have also reduced my nicotine intake gradually and I am now at 0. I am extremely thankful for this wonderful product, and I recommend it as an alternative to anyone that is currently a smoker. I feel better, I smell better, and my family will get to enjoy my company for more years on this earth because Vaping saved me from cigarettes. Cheers!

3/21/2015 11:56:50 PM - Lawrence Fortson

I'm a 49 year old male. I smoked 1-2 packs of cigarettes a day for 32 years. I was dignosed several years back with early stage emphasema. I tried chantix (it almost cost me my life due to depression). I tried welbrutrin (which also left me depressed and didn't work). I tried the nicoderm patch (which put me in the hospital with anxiety attacks). My wife an I decided to try vaping a little over a year ago and were both off cigarettes in less than a week with no withdrawals. I have since lowered my nicotine level to the lowest level available (1/8th the level I started with). Since I started vaping, My breathing has gotten much better. My lung capacity has improved greatly.

3/21/2015 11:56:38 PM - Puff

In 41 years of heavy smoking, finally rolling my own cigarettes, and with COPD, the only thing which has begun to help me quit is ecig. Not the patch, nor the gum, nor Wellbutrin helped at all. Obviously cold turkey did not work at all. The only thing which has started working is vaping. I started vaping less than two weeks ago, and I now have been off of tobacco for over 24 hours and I think this is it. I think I am finally done with it. So, I'm very sorry, Big Tobacco. And I'm very sorry, cigarette taxes. I think I'm finally done with you. And I'm very happy.

3/21/2015 11:56:27 PM - Rich Kirby

For 22 years I was a 2-3 pack a day smoker. I tried quitting several times using patches, gums and always started smoking again. Then i dicovered vaping, And have been cigarette free since january 1, 2015, being able to quit cold turkey. Since that time my health has improved greatly. My breathing, taste and smell are improving. I have also been able to get my mother who smoked for 45 years, off of cigarettes vaping. It took her about 4 days to quit altogether. And most recently, my wife, a smoker for 19 years, has quit smoking and started vaping, quiting cold turkey.

3/21/2015 11:55:58 PM - Jessica Tryon

I am 36 and smoked since the age of 16 until Vaping. I had smoked a pack to 2 packs a day with no disire to quit until my children started to cry and worry that mom would one day die due to tobacco smoking. I meet my now husband 3 years ago who vaped and started "trying" to vape while still smoking. Didn't work so well! So I put down the cigarettes and vaped full time and my life is much better for it! No more chronic cough. I can now run and play with my children with out running out of breath. I have helped my 62 year old mother quit smoking after 40 years of smoking and a diagnosis of COPD. Vaping has helped many life's for the better. Please stop unnecessary taxation and regulation on The Vaping industry! It saves lives!!

3/20/2015 11:54:14 AM - Bryan

I quit my 20 year pack a day smoking habit entirely 3 years ago due to the use of electronic cigarettes.

I have steadily consumed less and less e-liquid with lower percentages of nicotine. I started at 24mgs and am currently at 2mg.

My blood pressure has lowered (I record it daily for my Doctor), I no longer get my yearly severe bronchitis/pneumonia, I am able to get out and exercise again and so have lost a large amount of weight. I also don't feel exhausted when I wake up in the mornings anymore.

3/20/2015 11:54:02 AM - Janet Wambold-Buraik

I had my first cigarette at age 11. By 15 I was a regular smoker. I semi-quit with each pregnancy but went right back after the delivery. I remember smoking in the hospital bed after my first child was born. I started trying to quit when I was in my 30â€™s. I tried everything from hypnosis to nicotine gum and patches, to Zyban and Chantix. The gum made me sick to my stomach. The patches gave me headaches. The Chantix made me crazy. The only thing that got me off cigarettes was the e-cigarette.

As of today I have not has a single cigarette in over 600 days. I feel better. I smell better. I breathe better. I never thought I would be able to quit. The arguments today were based on either fabricated or incomplete studies.

Any sensible person wants e-cigarettes to be regulated to some extent. People under 18 should not be allowed to purchase e-cigarettes or their liquids.

However, there are some restrictions that border on incursion of personal rights. If an adult over 18 wishes to purchase e-cigarettes they should be allowed to whenever and wherever they choose be in in a store or online.

It is also wrong, in my opinion, to prevent people from being able to try zero nicotine flavors in e-cigarette shops. It is like preventing people from trying on clothes before buying. The liquids cannot be returned if you donâ€™t like them. This is simple common sense.

As e-cigarettes are NOT tobacco products, they should not be regulated as though they are. There is NO tobacco in vaping products. There is NO combustion. There is NO smoke. Each adult needs to decide what nicotine level is right for them. I started using liquids with 18mg/ml of nicotine (1.8%). I have been able to wean myself down to 3mg/ml (0.3%) over a period of about nine months. I could not have done this with cigarettes.

3/20/2015 11:53:35 AM - Molly C.

I smoked 2 packs of cigarettes a day for 29 years. Quit smoking easily with the help of electronic cigarettes almost 2 years ago. I feel great, my lungs are clear, and absolutely no problems or side effects with vaping. Vaping has and does work, and many of us are the proof. It is wonderful to be able to smell things, to taste things again. I have gradually been reducing my nicotine level as well. I am a believer.

3/20/2015 4:34:33 AM - Brian Mcdonald

I have been smoke free for 6 months and haven't felt better in 20 years thanks to E cigs and the wonderful selection of flavors that are offered to the public. It has been a life saving choice and I have never made a better choice to switch to vaping. My wife has never been so happy and proud of me.please don't take away this life saving product as it can change and save countless lives. My mother had smoked for 50+years and I suggested e cigs as a way to quit smoking and after 50+years she is smoke free and no longer has any breathing problems. Please don't take away this life saving product.

Sencerly Brian McDonald.

3/20/2015 4:33:57 AM - Karl Kahmann

Iam a 66 year old man who started smoking when I was 15.

I smoked 50 to 60 cigarettes per day

I tried everything to quit--patches, gum, hypnotism, lasers, vernacyclene--nothing worked.

I watched my wife die of Lung cancer.

Came across vaping on the internet and was curious. Researched it.

Started Vaping in November of 2014 and immediately dropped to 5 cigarettes per day for 3 months. I have not had a cigarette at all in the last 2 months.

It was almost no effort at all to quit.

3/20/2015 4:33:46 AM - Daniel C.

I smoked between 30 and 40 cigarettes a day for 21 years until July 9, 2014. That was the day I bought my first e-cigarette. These many months later I haven't had a single cigarette and my health has improved greatly. I lost both of my parents to cancer and both smoked until they were no longer able to do so due to declining health. I tried quitting with patches and gum and always went back to smoking within a couple of months.

Without vaping I was likely going to suffer the same fate as them. Vaping may have literally saved my life. Do not over regulate this industry. Keep it inexpensive so it's accessible to as many good people as possible. Smoker's lives matter too, don't destroy the only viable method of quitting many of us have found.

Sincerely,

Someone who go their life back

3/20/2015 4:33:27 AM - Arran Morton (The Vape Box)

There needs to be education on the unregulated Box Mods, people jump straight into building their own coils and its dangerous. I have been smoke free since January, I have used starter kits from brands in the UK like KiK and VIP. I now have a regulated Mod- the MVP20w. I have not looked back once, I feel healthier, I can take deep breaths, I can run and cycle without getting tired as fast.

More education, less restrictions. We are not harming anyone at all, it's our right, our freedom. Don't take that away.

3/20/2015 4:33:15 AM - Justin

As only being 19 i have been smoking since i was 16 and i had got into a 1-2 pack a day habit and i have tried numerous time to quit with no success then i heard about the e cigarettes so i decided to try it out and what do you know it actually started to help me cut back on my cigarettes and that is not the only thing it helped me with i started saving more money because the liquid last me so much longer than a pack does plus i have been able to breathe better and my smokers cough is practically non existent anymore i can honestly say that i am happy that i never have to buy another pack of cigarettes again and i will not give up my e cig for anything period.

3/20/2015 4:32:45 AM - eddie m.

Iahave been smoking for 22 years And tried everything. I Decide to try vaping . I started vaping 1 yer ago and haven\\\'t had a cigarette sense. I feel so much better. I started with a vape pen using 25 mg. of nicotine and now I use a mechanical mod and I am down to a 3mg nicotine. I haven\\\'t had a cigarette for a year and feel 100 time better. I have more energy , my breathing is better and I don\\\'t stink like smoke. Year ago I decided to start vaping and did not touch a cigarette since then.Before I started vaping I\\\'ve tried quitting many times and never lasted more than a week without a cigarette.and then I\\\'m happy to say it\\\'s been a year since I touched one. I can\\\'t even stand the smell of a cigarette. In my point of view there is nothing negative that I can say about vaping.there is only positive things that I can say about vaping I can breathe better I feel more energetic and I also don\\\'t stink like a cigarette and most important of all my wife and kids much happier that I vape and not Smoking. I feel it is a better way for people to quit smoking. and I also think that people should be able to vape in the vape shop. It\\\'s a place where people can interact in a friendly environment.

3/20/2015 4:32:26 AM - mark

I had a two PAck a day habit, started vaping five months ago and put the cigs down I have gotten Down Too 1% . juice now and today I ran four miles and no nicotine in my juice since 10 this morning, thank god for the Vape community I can breath again!

3/20/2015 4:32:11 AM - Glen Hanley

I have smoke for over thirty years,and was never able to quit. My father was a smoker and in 2001he died of throat cancer. Just recently I tried e cigs and I have not had one cigarette in two months. Thank God for this product.

3/20/2015 4:31:58 AM - josh

I was a 2 pack a day smoker if it was not for my vape pen would still feel like something was sitting on my chest and not be able to breath who knows I might not have been able to walk my daughter down the lane when she gets older and now the government is doing everything they can to stop people from vapeing just like they took pot away when they saw they would have a hard time controlling every cent it made we need to stand up and fight

3/20/2015 4:31:48 AM - Jeff MacRae

Hi I am a 47 year old male who smoked cigarettes for almost 35 years. I have tried to quit many many times over the years using many of the smoking cessation products on the market including, Chantix, Nicorette, Nicotine patches and Nicotine lozenges. None of them have worked. The only thing that has kept me off of cigarettes for an extended period of time is ecigarettes,mods actually. I have been smoke free since October 2014 and that is a miracle considering I was smoking two packs a day!! I love the flavors including Cotton Candy, Bubblegum and an assortment of fruity ones and ones that taste like desserts. My family loves the fact that my car and my clothes don't smell like an ashtray anymore. I highly recommend ecigarettes to all my friends who smoke and have tried unsuccessfully quitting.....this works I am living proof!!

3/20/2015 4:31:39 AM - Joe R

I am 46 years old and started smoking when I was 14. I was very athletic (hiking, dirt bike for pleasure and enduro races 1 - 2 times per week, water skiing, weight lifting) through my 20's but started to back away from everything due to shortness of breath when I turned 30. I smoked 1 - 1 1/2 packs of cigarettes a day for 28 years. I smoked one popular name brand until I was 23 then switched to another popular name brand hoping it would not be as harmful due to the manufacturer's claim to have the least amount of additives than all other brands. When I turned 30, all of the activities that brought enjoyment to my life started to fade away due to the side effects of smoking cigarettes. When I turned 35, I had to give everything up completely since I could not catch my breath due to smoking. I felt like I was suffocating. I could not breath in enough air and my strength deteriorated as time went on. I tried everything possible to quit smoking but was completely unsuccessful! I tried to quit cold turkey, the patch as instructed, Chantix as instructed but suffered from SEVERE side effects, nicotine gum as instructed and acupuncture. NOTHING WORKED FOR ME!

IMPORTANT: I am 5'11" tall and weigh 175 pounds. I want to make sure it's very clear to everyone that it was not caused by weight issues. I have worn the same size jeans since I was 16 years old and still do at 46 years old. I will touch on this detail towards the end of this testimony.

SIDE NOTE: For anyone reading this that is dealing with weight problems, please do not mistake my statement above as an insult or being disrespectful. I have family members that are living with this daily struggle as well. I only included this information on myself to ensure my testimony is not manipulated or have any lacking details that could be used as an excuse on why I started having health issues from anything other than smoking. Anyone dealing with serious weight issues are in my thoughts and prayers. My family members that have this illness fight this battle every day and suffer from severe depression.

Back to my story. I live in a split level house so I have to use stairs every day when I come home. There are two stairways with a total of 24 steps. When I turned 40 I noticed a major change with my health. When my fiance and I returned from the grocery store, I carried one load upstairs and was completely out of breath. In addition, I was dizzy and felt like I was going to pass out due to lack of oxygen so I had to sit down until it passed. A 40 year old person should not have these symptoms! Keep in mind I was still trying all options to quit smoking without success. Any physical activity continued to cause the same symptoms.

Let's not forget about the wonderful scum I coughed up from my lungs EVERY morning! (I would describe the scum as oysters! Sorry for the gross detail but it is what it is!)

When I turned 42 years old I found something that changed my life completely....an e-cigarette! I figured why not give it a try since EVERYTHING ELSE FAILED! I started with the e-cigarette at 24 nicotine strength. After I got home, read the instructions and charged the unit...I took my first try. As everyone knows that are ex-smokers due to these devices.....my cigarettes went straight to the trash can and at age 46 I will NEVER go back to that sick habit! Since then e-cigarettes have dramatically improved. I now use a MOD and I'm down to 8 nicotine strength!

After 28 years I finally found something that made it so simple to stop smoking cigarettes IMMEDIATELY!

For changes in my health....where do I start. I can run up and down the stairs multiple times without any issues. After the first year of using an e-cigarette I started riding my dirt bike again and this year have completed 4 enduro races. I can taste my food now....huge difference. I can smell better as well....not that I want to smell everything better! :) I no longer cough up scum in the mornings! My lungs are clear and my blood pressure is perfect! FYI...it went up a little when I turned 40 but it's back to normal after I quit smoking cigarettes. I have never had another episode where I can't catch my breath.

Back to my weight I mentioned above. I am still wearing the same size jeans. When I tried all other methods to quit smoking, my appetite dramatically increased! It was tough to maintain control. Now that I use my e-cigarette, my appetite is as normal as ever! NO WEIGHT GAIN AFTER I QUIT SMOKING CIGARETTES!

To keep this as short as possible....not that it is short...e-cigarettes changed my life! Nothing...and I mean nothing other than this solution allowed me to quit smoking cigarettes in ONE day! After 28 years of smoking 1 - 1 1/2 packs a day.....GONE!

I hope all current tobacco users will please read everyone's experience/success and please change over to dramatically improve your overall health....and life!

PS. I am SICK AND TIRED of the news/media claiming flavored nicotine liquid is directed for kids. GOOD LORD! I'm a 46 year old man and use VANILLA, STRAWBERRY, and recently...WOOKY COOKIE which is my favorite! The media can...well...I will keep it respectful. They are completely insane and have no clue what they are talking about! Liquor has flavors so why is that industry not under fire? Sorry....had to vent!

Sincerely,

Joe R

3/20/2015 4:31:18 AM - zsmeea

My dad had just passed away and I was smoking more than usual after 40 years of smoking cigarettes..I was tired all the time, my lungs felt horrible, always trouble breathing...getting winded on stairs or walking any kind of distance...I felt horrible. I had tried quitting cigarettes many many times in the past and always ended up going back..... I was at my favorite tobacco store buying cigs and saw an inexpensive vaping rig (battery and atomizer) I was interested so I bought it and bought some e-juice....I started at about 18 mg of nicotine...,,now a year later My lungs feel clear and I can breath much easier....I have chronic Bronchitis and haven't had an episode all year ...my doctor is very pleased with my progress.....I am down to 0 nicotine using a 50 w Dovpo box mod, an aspire atlantis tank and loving life again.....I intend to continue vaping at 0 nicotine and enjoying good and safe e-juice flavors.... I always use Juice that I can verify what they put into it. ..... I can't tell you how much better I feel both physically and mentally . I have introduced all my children that smoke into this vaping thing and I am glad to say that they are all using this to cut down their nicotine.....most are already down to 3 mg nicotine and working toward 0. I am a true believer in this vaping thing and recommend it to anyone wanting to stop tobacco. please don't regulate it out of existence.....there are people that NEED a SAFE alternative.

3/17/2015 11:23:03 PM - KA Brooks

I am a 69 year old male. I have smoked cigarettes since the age of 14. I developed a 3 pack a day habit and never went a full day without cigarettes. I tried to quit on many occasions using nicotine gum, patches and sheer will power. I never had any success. I hated the the fact that I was addicted to cigarettes, but could find no way to stop. I decided to try e-cigs and although I was able to cut back on tobacco I was not successful in breaking the dependency. I gave up the e-cigarettes but tried again about 8 months later. I have been using them now for 4 months and have been tobacco free during that time.

3/17/2015 11:22:54 PM - Will

I haven't smoked a cigarette about 1 year, and everyday I go with out one I keep feeling better that I found something to help me get over them. My mech mod e-cig has changed my life and I don't spend that much for the liquid cause it lasts me longer. All my friends thinks it's great the I don't have to but another pack of cigarettes. I wouldn't give my e-cig up for anything no matter what.

3/17/2015 2:00:20 AM - Barbara Rich

I haven't smoked for 9 months since I started with the e cigarettes. I was coughing, getting up mucus, having trouble breathing at times and using inhalers. Since I started using the e cigarettes, I don't have those problems. I feel better. I didn't realize how bad real cigarettes smelled. I am also saving money. Vaping has been good for me. The best alternative to real cigarettes. I smoked for over 40 years.

3/17/2015 2:00:09 AM - Jason Gordon

I was a social smoker when I first started. It felt like everyone I worked with at my first real job (factory tech) smoked cigarettes. I noticed that every one that did smoke would get like 3-4 extra breaks off the line. The "smoke breaks" took any where between 5-10 mins, so 15-40 mins outside extra over one shift. While if you didn't smoke you were expected to keep on working. This is when I purchased my first pack of the stinkies. I never really smoked them at first so I would buy a pack for 5$ just to go outside and hang with my co-workers. So this lasted for the rest of my time at this automotive plant. I then took another job at a close by factory same extra smoke breaks. Started dating a young lady that had the bad habit of smoking as well. This triggered me into a fight with cigarettes and many other issues I don't care to think about let alone type here. For the next 5 years or so I smoked lightly off and on trying to say to my self its just a social thing I'm not really addicted to cigarettes. After the relationship ended I learned just how addicted I was, went from a half a pack a day up to 1-2 packs a day over a months time. 5 more years I struggled with giving up the caner sticks with no progress. I had tried a couple times to quit even before I really heard about the original E-cigarette. Every one remembers the ones that looked like a normal cig with a light on the end but they couldn't quite be what I was hoping for. The first gen E-cigarette while they did help me work an entire shift with out going outside I couldn't use these to kick the habit.

This part of my story is where we get excited. I went into a local vape shop just looking around to see what was new and speak to the nice guy that sold me all the vape juice I had gotten thus far. I told him how I was smoking less but still couldn't shake the habit. He just so happened to be rebuilding his personal RDA(rebuildable dripping atomizer) and had put it away when the place got a little busy. He told me that he had the same problem when he first tried to switch to vapor over smoke, and he wanted me to watch him build and then try out this new way to vape. I was skeptical thinking eh yeah it may be a little better but I doubt this will have any lasting effect. After he got the coils in his RDA, tested the ohm's of his build,& wicked it with cotton. I felt a little smarter with his short ohm explanation. Then I vaped on it and it was like the stars aligned and I had to buy an RDA and Mod right then & there. Later the next day I trashed a pack of smokes with 6 left in it still. This new way to vape set me free. That was 9 months ago and I'm here to tell you every night after the switch to vapor I've felt drastic improvement in my lung function. (I can breath, I sleep more soundly, tastes were almost doubled on my pallet) When smoking analog(real) cigarettes I would wake up and do what I did every morning for the last 4+ years coupe up black and dark green shit.(for lack of a betterword) 1-2 weeks of not smoking and using my RDA to vape I just felt better, there was no more black discharge in my morning rituals. I started being able to sleep better, wasn't mad or sad or in foul moods at all like every other time I had tried to quit, and failed. Vaporizers have extended several years of my life I am positive of this .

3/17/2015 1:59:56 AM - ed k

hey im ed,

i smoked cigarettes for 20 years. i tried quitting using the nicorette, that was horrible by the way. i threw the rest of the box away and bought a pack of cigs after a week. my first experience in vaping occurred about a year and a half ago on a blu e-cig. i bought one that was supposed to last 2 weeks but it died within 2 days and was not a good experience. so i went back to smoking again until a good friend of mine got me interested in vaping again 10 months ago. he lent me an ego with a protank 2 and 12 mg/ml ry4 e liquid. he used the setup to stop smoking completely within a few months. now he only uses a vaporizer on occasion (no cigarettes). after his success i was hooked. from then i have exclusively vaped. and will not go back. i dropped down to 6 mg/ml e liquid about 2 months into vaping, and soon will be dropping to 3 mg/ml. i use several different mods and atomizers now.

before switching to vaping i had severe allergies, couldn't run on the treadmill, tossed and turned while sleeping, and coughed up phlem and occasionally blood, which was really scary. after vaping for a few months i started noticing that i felt alot better. now i don't wake up coughing up phlegm. i can breathe through my nose now so i sleep better. everything tastes better. i can run now without wheezing. my wife says i smell better, my teeth are whiter. and the only downside i have noticed is dry mouth, which causes me to drink more water. which is good for me anyway . please any congressman, senator ,public official, or anyone proposing these new bills to group this amazing healthier alternative to tobacco products, or ban their use, please let us be healthier.

3/14/2015 8:01:38 PM - 100% vape fan

i was smoking for 9 years got into the vape scene and i love it it helped out so much now i hardley even use my vape tried everything patches and all it didnt help but vapeing did! i do not support taxes on vapes..

3/14/2015 8:00:26 PM - Rayna Jones

A Peoria lung specialist told me to use a Vape pen to help me quit smoking because I was told by a different Dr. that I have emphysema and a noncalcified nodule in my lung that needs to b watched closely

3/14/2015 8:00:12 PM - Freddie

Well, I'm 23 years old, I had smoked for 7 years. I had tried to quit many times, patches, the gums, cold turkey, hypnotherapy, nothing worked. Finally I had picked up a vape pen and have not gone back to cigarettes since that day. 2 months no smoking and I have already felt the benefits. I can walk up my steps without being winded, food tastes better, no smoke smell, no ash tray, no cough, nothing.

Vaping has changed my life. It's a fun and effective way to get way from 4000 + chemicals found in cigarettes, and you can gradually get away from your nicotine addiction completely. Truly it is something to embrace not hide away from the public.

3/14/2015 8:00:00 PM - Ashley

03/12/2015

Hello,

My name is Ashley. I am currently 21 years old. I started smoking cigarettes at the age of 15. I tried to stop smoking so many times. And all without success.

In November of 2014, I decided to try something different. I quit cold turkey and I started vaping. At first it was just the Blu ecigs. Then I got a Kangertech T3S Tank and started using ejuice. Now I have a Kangertech Subtank mini with a Box Mod. I started with 12 milligrams of nicotine ejuice.

It was hard at first. I still craved cigarettes. But within a months time, I noticed a drastic change. I didn't crave them anymore. I would smell other people smoking and would thing "goodness, that's horrible smelling! Is that what I smelled like?"

I havent had a single cigarette since and don't want to ever again. I wouldn't have been able to with out vaping.

Now I feel so much better. I can do so many things that I couldn't do before without getting winded. I smell better. Everything tastes better. My teeth are getting whiter again. I am down to a 3-6 milligrams of nicotine and working my way down to 0.

Again, this would not have been possible without vaping. So please, give us the option to keep making our lives healthier.

3/13/2015 2:33:50 AM - Bruce Whitlock

I smoked 1 to 2 packs of cigarettes per day for 45 years. About 2 years ago I bought an e-vod setup by Kangertech After I tried Blu e-cigarettes along with others. I reduced my cigarette usage a little but still could not quit. When the Aero dual coil units came out Ibought one and found I was getting enough nicotine and on July 29th 2014 I had one cigarette and have not had another since. I now have my Aero tank, Innokin Gladius and Aspiru Nautilis mini on an Itaste MVP 2, using 18mg then 12 mg nicotine. I now have purchased an Istick 50w battery with a Delta 2 sub ohm ttank and am now down to 3 mg of nicotine.

The flavors and advancement of e-liquids, tanks and batteries is keeping me off of cigarettes and I plan to keep vaping even when I finally go to 0 mg of nicotine.

My doctor has notice a great improvement in how my lungs sound and I have noticed a great improvement in how I feel.

3/13/2015 2:33:41 AM - justin schmidt

I had 16 years invested in my cigarette smoking addiction. E-cigs took me from smoking in a weeks time. I use a mod box switching from a tank to a dripper. I started using e-cigs december 2014. I do not smoke at all! Ive tried patches and could only go for 2 days without smoking.

My quality of life has changed tremendously. I can breathe easier, run longer, have more daily energy, dont stink like cigarettes, theres no cigarette ashes and butts all over the place so life is cleaner and now i have a new hobby that can preoccupie me for a couple of hours a week.

E-cigs are the only thing that has even attempted to get me away from smoking and i didnt even have to try to quit. Please dont try to ban e-cigs. Even if it doesnt help some, its helping alot. These products have turned my life and countless friends lives completly around. Please reconsider your motives.

3/13/2015 2:33:33 AM - MB Wheeler

Three years ago, I made the difficult decision to quit smoking by use of e-cigarettes. I did so for multiple reasons, both economic and health related, but my major motivation was my children. I wanted to be around for them when they grew up, got married, and had children of their own. Since my mother lives with us, I wanted her to be around that long too! Both of us smoked for years, and anticipated a difficult uphill climb when we changed to e-cigarettes. We had each tried nicotine gum and patches before, and had no success.

We were amazed at how easy the switch was to vapor. Within one month I had ZERO need for a 'real' cigarette. I no longer smelled like an ashtray. My house was cleaner, both in odor and with a reduction in dust. I could smell things! I could taste things! I wasn't coughing anymore! My mother, who smoked cigarettes for over 40 years, had put them down for good and she was able to climb a flight of stairs without stopping for the first time in years.

Now, three years later, both me and my mother still use e-cigarettes. I have regained the full use of my lungs. I'm hardly ever sick, as compared to the yearly winter hacking cough I tended to get in my smoking years. I have no intention of stopping my use of them, because truly, I do not see the harm.

Currently, we both use Vision Spinners with IClear 16 tanks. The device looks nothing like a traditional cigarette, but the ease of use and durability of the system has kept us going. My mother vapes a tobacco flavor, while I prefer caramel apple. We both mix our own flavors from concentrate and unflavored nicotine liquid, and couldn't be happier. The $50 or more each of us spent on cigarettes each month has been virtually forgotten, replaced by the occasional month when $20 must be allocated for replacement parts. It's been a lifesaver in so many ways. My budget is better. My breathing is better. And I'm happier with my ability to parent my children, and to keep them from smoking too!

3/13/2015 2:33:22 AM - Matt

In1985 at age 15 I started smoking cigarettes. Which quickly built up to a pack a day habit. By age 18 it was socially acceptable to smoke so never though much about it. At age 30 I decided I have had enough and literally tossed my cigarettes out the window of my car and quit for almost 1 year.

I dream about smoking during this time. Till finally I relapsed to being a full time smoker. Since that day of relapse I wanted to stop. I tried Nicorette gum, the patch, even being hypnotized always to find myself back to cigarettes.

January 1 2015 was a turning point. Still determined to stop this vicious circle. I bought a vaporizer pen and some liquid. It has been perfect for me in so many ways. That feeling of having something in my mouth and the smoke makes it almost real. The fact there are less chemicals. Flavors make it just that much better. I can say â€œI feel better on this penâ€.

March 12 2015 my liquid contains 2 mg of nicotine. Soon to be 0. With my mother on oxygen and she cant stop smoking I feel I can beat this.

Stopping smoking should be on every smokers mind. Its worth quitting.

3/13/2015 2:33:07 AM - Hunter Eldridge

I'm going to make this short and sweet. I've been cigarette free for almost 2 years thanks to vaping. I initially started vaping in order to quit cigarettes and ween myself off nicotine, it worked. I'm at 0mg and the occasional 3mg. I went to my dentist and he said my teeth look great. I go hiking and biking and I can breathe better than I ever had since I started smoking. The community has shown so much love and helpfulness and I have made friends and have learned so much stuff along the way that can be applied to real life out of the vape world, more than I could even put in this post. From electricity (ohms, currents, voltage, etc.), to the making of artificial flavorings, to milling stainless steel, to launching a business - it goes on. When I see a vaper we can shoot conversation back and forth that would never happen with a typical cigarette smoker. There are so many little custom pieces in the vape world that it really becomes a hobby, and hobbies are the best ways to release creative energy that is lacking in the world today. I've heard of possible flavor bans on e-liquids but have never heard the same about flavored vodkas, wines, beers, etc. If somebody quits cigarettes and goes to vaping only to be offered tobacco flavors, how does that help? It's sorta like an alcoholic just switching to odouls and prolonging that desire for alcohol rather than just drinking a coke or some kombucha. If I smoke a cigarette, it is not how I remember it. It's nasty; it burns, it kills my tastebuds and nostrils, gets smoke in my eyes, makes me smell like ass, etc. Bottom line - I can't express how important vaping and the freedom of us to carry on is. The drug war isn't working, and neither will your war on vapers, so please just stop while you're ahead. Why not instead invest money in research and truth campaigns? Those things are what pushed many of us away from cigarettes to begin with. Stop closing the walls in on everyone you can't profit from. Sincerely, Hunter.

3/13/2015 2:32:57 AM - Heath Martin

Tobacco use is not a new epidemic. Understanding nicotine use and tobacco addiction are things that should be brought to lite. I used my first tobacco product at 13 years of age. I snuck some chew out of my friends fathers pouch. I got sick, and the next time me and my friend had the chance we did it again. By the age of 16 I dipped on a daily basis. I believed the stigma of using tobacco drew me to it. A mans man used tobacco. Doesn't every young man want to grow into that. I started smoking at 25 years of age and my addiction grew stronger every year. For the next 10 years I smoked cigarettes until I was a 3 pack a day smoker. I smoked 60 menthol cigarettes a day for at least 5 years. In August of 2014 I decided I deserved better. My health was suffering, my finances were suffering, even my family suffered. A flight of stairs would take my breath away. I started down the path most people that want to quit smoking take. I tried gum, I tried patches, I even gave thought to going back to dipping. In October of 2014 I bought my first vape pen and a bottle of e-juice. By December I was smoking a pack a day and vaping 18mg e-juice to control my nicotine addiction. I smoked my last cigarette on February 14th. I will not smoke again. I vape 3mg e-juice now and I vape about 5ml a day. That's 15mg of nicotine a day. I estimate my previous use at around 54mg a day. Vaping has not only allowed me to quit smoking it has helped me regain control of an addiction to smoking that kills more people in the US than any other cause. I found that I was consumed with the act of smoking. Packing my cigarettes, striking my lighter, the hand to mouth action I repeated hundreds of times a day. Breaking this habit has been one of the greatest accomplishments of my life. I played baseball the other day with my boys. I ran the bases. I tell that to people because I want them to understand that a year ago that was not possible. Anyone that says that vaping is not a way to help you to stop smoking has an alterior motive. Vaping saved my life. All it took for me to stop smoking was desire and strawberries and cream e-juice. Please share my story. Put the cigarettes down. You don't need them any more.

3/13/2015 2:32:46 AM - BG

I was a pack a day smoker for over 40 years. Both of my parents smoked cigarettes and at the age of 11 even I started smoking. I saw smoking as a status symbol through tobacco advertisements and pear pressure. I started using vapor products about 2 years ago and haven't picked up a cigarette since. As of today, I am able to run with my Huskie Mr. Magoo without shortness of breath and coughing up discharge from my lungs. I felt so good after switching from tobacco to vapor that my wife and I opened Vapor Essentials in Farmington, Ar. Our main goal is to get others off cigarette products by promoting not only vapor hardware and a quality juice but also Young living Essential Oils to help with health problems that have been associated with tobacco use. our business model states that with alternative choices one might have a better quality of life.

3/11/2015 1:46:29 AM - Stanley Merritt

My name is Stanley Merritt and I live in Jacksonville, Florida. I started smoking at the age of 15. I am now 42 and smoked a pack and sometimes up to two packs a day for 26 years of my life!! Over the years I have tried everything available at one's disposal to try and quit. Cold turkey, acupuncture, hypnotism, Chantix, support groups, and even smoked WHILE chewing nicotine gum and wearing the patch!!!! Nothing worked for more than a few days at most! A year ago a friend who has watched me struggle over the years with this BEAST on my back, talked me into trying vaping after loaning me an extra vape pen he had in his collection. I used it for three days and low and behold I didn't smoke a single cancer stick!!! I couldn't wait to get to the vape store and buy my own!! In the past year I haven't looked back even one time. I can now breathe againwithout wheezing, my energy level is back to above normal, I can taste what I eat (and vape), and my children and wife will NEVER be subjected to second hand smoke again, not to mention my breath and clothes no longer smell like a used cigarette butt!! Vaping has LITERALLY been my saving grace!! NO MORE TOXINS AND LIFE KILLING CARCINOGENS!! I actually get nauseated when im subjected to cigarette smoke now. I now vape a v3tronix Flip mec mod w/ 18650 battery and 3 mg. e-juice and will eventually make it to 0 mg. !! GO ME!!! Thank you vaping community for offering people who had given up on ever quiting smoking, an alternative that ACTUALLY WORKS!!!!

3/11/2015 1:46:17 AM - DM

I was a smoker for over 30 years. 1 pack a day on average, sometimes more. I reached a point in my life where if I kept smoking cigarettes, it would end up killing me. Such a incredible addition that was influenced upon me by not only peer pressure but the big tobacco companies. I reached a point where I was coughing. Waking up in the morning, in the middle of the night and when I went to bed. NOT ANY MORE! I have been vaping for 15 months now and have not touched a cigarette...(not even 1 hit) I use strictly VG grade liquids. I started with using 2.4% nicotine. Went to 1.8, then 1.2 and am now all the way down to .3

The greatest thing that vaping offers is a way to reduce my dependence from this drug. The health care professionals do this even for drug addicted babies that are born into the world from drug dependent mothers and it works. Slowly reduce the amount of the drug and get to the point where it is not needed at all. Vaping has literally offered me life! I have my life back and soon will not need to vape at all..(2 more months) Hell, I could continue if I elect to without nicotine...!! Here is a message for you big tobacco.....KISS MY ASS you rat bastards! You will not have me by the *&lls anymore!

3/11/2015 1:46:07 AM - Crystal M

I started smoking at 15, after trying to kick the habit about 4 yrs ago with the toxic and dangerous drug Chantix, which made me insane, I decided to try ecigs. After 3 weeks I no longer craved cigarettes, and btw my husband still smokes to this day and now I find it disgusting. So After 3+ years of using my vaping device I no longer get bronchitis 2-3 times per year, and I am using my Asthma inhaler alot less now. Overall I can BREATHE!!!! I will never go back to cigarettes and if the government ever takes my vaping off the market I would be forced to go back to cigarettes, which I never want to happen!! Also I am using an Itaste SVD 2 mod, with the iclear 30S tank.

3/11/2015 1:45:57 AM - Sharon Barre

Hi, My name is Sharon and I began smoking when I was 15. All the 'cool" crowd thought I was ok to hang with when I started smoking. I am now 59 years old. Until 7 months ago I had smoked at least 1 1/2 packs a day and sometimes more. i was fast becoming a chain smoker, ok, I reached that as well. I coughed so much. My chest would gurgle when I laughed. I would have this intense heaviness in my chest when I laid down and it was hard or breathe. I had to have a flu shot every year to prevent any colds because it would always go into bronchitis. I knew I had to stop but not wanting to put my husband through my hatefulness of quitting, the incredible weight gain, I had it set I would die a smoker. Mind you, I have worked out since I was 24 years old consistently and always thought as long as I stayed active, I would beat the odds. Well, that's not true. It does catch up with you. I actually quit for 6 years until my dad passed away but as you can imagine that was stressful as he and I were very close. He was my adopted dad and I loved him dearly. So I smoked again and have not been able to quit since. That is until 7 months ago. My husband and I walked into a vape store just to check things out. We left there with 2 starter kits and some liquid. We have not had one single cigarette since that day. I started with 28 strength and I am down to 16. Rick is down to 12 in strength. I no longer have that hacking cough. My workouts are so much better, my skin is clearer and brighter since it can get blood flow to it and there's no more carbon monoxide in me. My breathing has never been easier. For someone who has never smoked, I can see how they would think vapers' claims to health would be far reaching. But if you're reading this, if you're concerned about your health or someone close to you, give vaping a try. At this point, what have you got to lose except your life if you continue to smoke. I wish government would keep their noses out of it though but I suppose if there were smokers who were vaping, there wouldn't be enough taxes to support the ACA and their biggest contributors, the Big Cig industry would lose their revenue and their control. There would be no more excuses to blame cigarette smoking for the higher insurance rates because illness related would GREATLY be diminished. I haven't read anyone saying that vaping is 100 % risk free but I have read where it can reduce risks by as much as 90%. All I have to judge by is the way I feel and that after all is the telling story.

3/11/2015 1:45:43 AM - Jace Zacarias

My name is Jace Zacarias. I am 35 years old and come from 2 generations of cigarettes smokers. I smoked cigarettes since I was 17. My grandfather more than 25 years which he is now passed at the age of 55. My father who has been smoking for over 35 years at the age of 62 years old. It feels great to be cigarette free for 6 months now. I never considered any other smoke-free alternatives prior to vaping which took 2 relapses over the course of 2 years with the consciousness of trying to quit. I did it! I finally kicking the addiction, and I feel great. Im breathing is far better to tackle a current lifestyle change of fulltime exercise and a vegan diet.

I am currently battling educational communication with my father who still smokes cigarettes. So this testimonial is very real when I share that my father has current health issues. I believe the prolonged exposure to cigarette smoke is the main, if not other contribution to his current health status. I am trying my best to educate him on not only changing lifestyles but to consider his health. Many people may agree with me when I say "elders are stubborn and biased" with learning lifestyle changes for the better. The denial buries the truth to succumb any addiction. In other words, "its either their way or the highway". Im trying my best to educate where even a black and white television sees the color. I may lose battles but I am confident I will win the war of breaking my fathers addiction. Its like cellphone text but texting with a rotary pay phone. If that makes any sense. So whom ever this may relate to, THE TIME TO QUIT IS NOW. It will burn much more if my father doesn't at least considering the education. Consider this testimonial, a real one because the health complications are as real as they get. Just ask yourself, what are you doing on casaa reading this testimonial? Maybe your considering finally quitting cigarettes, or your a full on supporter of e-cigarettes? or just reading the latest stories?

Well, this is mine. Ive already won the battle of the addiction to cigarettes. Thanks to the better, cleaner alternative of e-cigarettes. In time, ill quit e-cigarettes and vaping. So good luck to whom it may concern... To those who support casaa. Vape on fellow winners. This is the age of a better lifestyle.

Cheers. Sincerely,

Jace Zacarias

3/11/2015 1:45:35 AM - Andy

I quit smoking 4 years ago and have never had the urge to go back to that death trap! I don't even use nicotine in my e-juice but I still vape because I would never go back to my old nasty habit.. I can not imagine anyone taking away my right to vape it is my choice to be healthy and to vape in my own way. I chose my wattage and my cotton and my preferred devices which is my right as an american. For the love of health and that wonderful piece of mind that I will never go back to a cig!!! Don take away my rights!!

3/11/2015 1:45:23 AM - Jacob

I started smoking at an early age and continued to do so heavily for nearly 20 years. Realizing the steady decline of my health I made several vein attempts at quitting, none lasting more than a week or so.

A few years ago I bought my first e-cigarette. (Note: I no longer use the term e-cigarette. It carries a stigma that I prefer to avoid. "Vaping" which is proper, has little to nothing in common with cigarettes or smoking.) my sole reason for purchasing my first "device" was because the restaurant I was working at at the time didn't alow employees to take smoke breaks. We could however vape In the kitchen so I decided to give it a try.

I had no interest in quiting smoking what so ever and no expectations to do so. Over the next month or so, with a little bit of trouble shooting, vaping became more desirable and conveiniant than smoking. Despite all this, the idea that maybe this could be an all together replacement for smoking never entered my mind. In fact, for some time I fought to keep smoking. After cutting down significantly I hit a point where the tast of a cigarette was making me nauseous. One day I decided to concede entirely to vaping and gave up cigarettes all together.

It's been several years now and i have only had one or two cigarettes durring rare social situations. Each time it made me sick. I hate the tast and the effect. I honestly wonder how I was able to do it for so long.

Vaping has become a lifestyle to me. I love the community and have never felt healthier in my life. I can smell and tast better. I have more energy. I can exersize, let alone walk up a flight of satairs without getting winded.

Vaping saved my life!

Remember this: I didn't try to quit smoking. I didn't want to quit smoking. Vaping forced me to quit. I fought to keep smoking but the power of the vape took over my world. I am so greatfull!

3/11/2015 1:45:15 AM - Dj Stevo

I started vaping about 2 years ago and haven't gone back to cigarettes since. As a karaoke host and Dj working sometimes six nights a week in the smoky bars was literally killing me, my voice was always gone by mid week and it hurt to do what I loved. After the switch my biggest change was the range I was able to reach as well as an almost noticeable progression in long capacity. I will forever be thankful for the local shops that were able and willing to help educate me about the change I was going through and the products that I was using to break an almost 17 year old habit. Vaping has not only changed my life but also given it back.

3/8/2015 12:31:48 AM - Scott Kuhn

Hi my name is Scott Kuhn, I'm from Columbus, Ohio. I started smoking at 12 years old. At the age if 33 I had a heart attack 7 days before Christmas. I now have 5 stints. My doctor told me if I didn't stop smoking I would have another heart attack and the next one would kill me. I tried patches, gum, pills from my doctor, cold turkey any method I could find to stop smoking. Nothing worked for me before vaping. I have now not had a cigarette in a year since I vaping. My blood pressure is better, they have been able to take me off a couple of the medications I was taking for my heart. I'm doing great. I have 3 children that are proud of me and I'm setting a better example for. I'm now 38 years old. I don't get winded when I walk across the room anymore, spend a lot more time being active and playing with my kids. vaping has changed my life for the better. It has saved my life. This alternative to smoking is very important. All of my friends and family even my wife has been able to stop smoking if they did it through vaping.

3/8/2015 12:31:37 AM - Jim

My name is Jim, and I'm a vaper. As of july 29th of this year I'll have been vaping for 4 years. Before that I was an active smoker for 15 years and was up to almost 2 packs a day. I had tried to quit several times with the patches, but every time I got down to 2mg patches I would become extremely irritable and easily stressed out, which would lead to a relapse. Before I was an active smoker I spent much of my childhood exposed to 2nd hand smoke, so before I even lit my first cigarette I was a nicotine addict. When I went to college I had the classic nicotine withdraw symptoms. I became extremely irritable and was prone to burst out in anger very easily. I had problems concentrating, making subjects in school that used to be easy for me difficult. It wasn't until I started smoking my 2nd year of college that these symptoms gradually eased up.

Before I started vaping I was starting to see the early signs of smoking related health issues. I was having a hard time breathing after any physical activity, including just climbing stairs. I would get frequent sinus infections and bronchitis. I knew just from watching both my parents what I was heading towards. When I found my local gas chain started carrying a cheap e-cig kit I decided to give it a try. My last cigarette smoked was on the morning of July 29th, 2011. That day I decided not to buy another pack of cigarettes and instead use the ecig. It was hard, I still wanted a cigarette even though I was getting nicotine and the hand to mouth action. And it dawned on me I was addicted to much more than the nicotine. It was about 3 weeks until I no longer craved cigarettes and after 5 weeks the smell of cigarette smoke made me sick to my stomach.

In my early vaping days I was going to try and ween myself off nicotine. My first ecig was using 16mg/ml liquid. I bought a better kit from a new brick and mortar store that opened and dropped down to 11 mg/ml. A few months later I tried to step down again but started seeing the same withdraw symptoms start to creep up so went back to 11mg/ml. It wasn't until I got into using a dripper with a very low ohm coil that I was able to drop down to 6 mg/ml. I will probably never rid myself of my body's dependency on nicotine. However, since I started vaping I've not had one sinus infection, have only been sick twice (both were stomach viruses going around and lasted 24 hours), can breath much easier, have reduced issues with allergies, and on my last physical my doctor said my lungs sounded perfectly clear.

Even if there was found a slight risk to long term vaping, that risk is going to be significantly lower than the harm that smoking does to the body.

3/8/2015 12:31:26 AM - Donald Plitt

My name is Don, and I am 50 years old. I started smoking cigarettes at the age of 14. On January1,2015 I decided after many years of trying to give it another try to finally quit the cancer sticks. A lot of my friends and co-workers encouraged me to try vaping. I figured, what the heck. Nothing else seemed to work, and I tried lots of different methods from the patch to nicotine gum, hard candy, and even giving it up cold turkey. I even went as far as acupuncture. Nothing, and I mean absolutely nothing worked. I am so very proud to say that with the help and words of encouragement from family friends and fellow vapers I am cigarette FREE!!!!! 36 years and I never thought I could ever do it. Not only did I kick the nasty habit, but I am vaping at 0mg nicotine. How's that!!! For anyone and everyone that has ever tried or wants to try and kick the habit, then vaping is a whole lot healthier and definitely more safer than cigarettes. I currently am using both a box mod, and a standard mod. Some people say that they coughed up a lot of mucus had shortness of breath and lots of other things happen right after they quit smoking. Surprising as it may be, I had no side effects. I sleep better than before, within a few weeks, my sense of taste is stronger than ever, and even when I run out of v-liquid for my mods, I don't have a craving as I did when I ran out of cigarettes. I am so proud of myself for doing one of the best things for one's self that could ever be done. I QUIT SMOKING!!!!!!!! I have vaping to thank for that!!!!!!

3/8/2015 12:31:02 AM - John Scott

As a very heavy cigarette smoker for a few decades I've tried it all to stop my two to three pack a day habit and the only thing that has worked for me is vaping.

I have been vaping now for about 8 months and starting to feel much better with no more hacking out my lungs in the morning plus my skin color is no longer a greyish yellow also my car, home and person smell 100 % better. I started with the nasty tasting Vuse and quickly moved to Halo's g6 then to Aspires premium kit then onto a couple of regulated mods with RDA's and a few subtanks and have not looked back. My nicotine level is down to 6 mg and at this point could go even lower if I wanted to.

I hear of some states that want to impose over the top taxes on e liquid as well as gear making it crystal clear that vaping is working for many people . If taxes like this pass it will just force vaping underground making a huge loss all around. I for one never plan to smoke a cigarette again nor do I plan to quit vaping. I have no problem with paying normal sales tax on my vape supplies but will refuse to pay a sin tax for something that most likely is prolonging my life.

3/8/2015 12:30:52 AM - JayVape

I started smoking at 18. Last July I was wheezing from walking up stairs at work. I am young and I was fed up with smoking at that point. I started with an EGO pen at 18 mg and haven't touched a cigarette since. They disgust me now. I have since moved to a box mod and subohm but it has saved my life. One of the things I have yet to see addressed is the psychological disassociation of getting nicotine from smokes. Once your body gets used to receiving nicotine from another source, your craving for cigarettes drops progressively. The addiction is both mental and physical, any flavor other than tobacco, will disassociate the mental while the device itself covers the physical.

3/7/2015 1:20:43 PM - anas

I am a smoker since the age of thirteen. I want to leave smoking from the first sight in the fall and praise be to Allah, I got to know the e-cigarette, which after God saved me from regular cigarettes

3/7/2015 1:20:30 PM - Summer Waite. mountain home Arkansas

I started smoking when I was around 12 years old. It was just the thing you did. Especially where I grew up in southern California. I tried quitting smoking several times and with several types of drug, patch, gum, cold turkey, you name it, I tried it. Even pregnancy couldn't manage to make me quit completely. A fact that I am rather ashamed of. Then I found e cigs. At first they were just an alternative I used when I wasn't able to get away from the baby or was in a public place where I couldn't smoke. So for two years I puffed the e cigs as well as smoked until I tried using a non tobacco flavored liquid. Since then close to six months now., I have been completely smoke free and am now at a nicotine level of 12 from 28. Vaping works my friends! I started with the e cigs and am now using mech mod. I feel free now. I am no longer hurting my kids and family with second hand smoke. I don't have to go out in the bad weather to smoke anymore and I fully intend on dropping the nicotine completely as I lower the level every other month or so.

3/7/2015 1:19:59 PM - Charles W. Tait

After 55 years of smoking a pack a day I had trouble breathing and needed a heart stent! This required me to get married so I could get health insurance (the only good thing I got out of smoking!) I tried quitting many times. Sometimes with wet snuff once with a prescription but nothing worked. I resigned myself to an early death! Then I started Vaping and I love it! I began with the best equipment none of those "Cigna-likes" for me. I'll never smoke again unless the government over regulates vaping!

3/7/2015 1:19:48 PM - Christopher Aaron

I was a 2 pack a day smoker of camel wide filters. I smoked for 17 years at which 13 years were 2 packs a day, the others were the initial building up to my terrible addiction. After many years I grew tired of the smell and cost and chest congestion, not to mention having multiple colds throughout the year. I tried the patches, gums, medications, cold turkey and I would never make it more than a few months. I tried vaping and it has been a life saver. It's been almost two years without a cigarette and I'm down to 3% nicotine which I'm planning to reduce in the next few months. Bottom line with vaping is it worked when nothing else would. I'm so glad it made it to where I am at and hopefully others will be able to get on it as well and off the cigs.

3/6/2015 5:35:33 PM - Sean May

My name is Sean and I started vaping in 2012, before that I smoked for 8 years. Before quitting I tried cold turkey, I tried smoking less and I tried a variety of other things but none of them helped for more than a few days and sometimes only a few hours. In that time i've stepped my nicotine down to 3mg from 24mg, switched from cigalikes to 18650 tubes and haven't had a cigarette since the beginning of 2013.

There was an almost immediate change in my life when I first began, I could breathe better, I smelled better and generally felt better overall. I used to cough constantly when I smoked and within a month my cough had gone away, after two or three months I could breath better, smell better and taste things that I hadn't tasted in years. Vaping has changed my life in so many ways that i've tried to do everything in my power to share it with others so that they can experience what I have.

3/6/2015 5:35:24 PM - Bryan Moraski

I have been a smoker for over 25 years. I have quit in the past (cold turkey) but would end up smoking again. I have tried Chantix in the past but it made me a bit nuts, so i stopped taking. A year ago i decided to try an e-cig (The Blu) and at first it helped but eventually it wasnt satisfying my craving to smoke. Then about 8 months ago i watched a video on the ego twist battery setup and was encouraged by family members (wife and kids) to try it because they have been hounding me for years to quit smoking. So i went to a local vape shop that had opened up recently and started asking questions. I ended up walking out with an ego-twist and protank2 setup. The price was very reasonable (one of the reasons i purchased). Worked great for about a month but i was still smoking. So i picked up a box mod (MVP2) and it worked GREAT ! i was still smoking but i went from 2 packs a day to a half pack a day. So i continued my research on vaping and vaping products. I began to realize that the differences in nicotine levels, juice flavor's and the different mods/tanks that people were using, would make a difference. Every person is different. So i then started exploring different nicotine levels. Made a world of difference. Not to mention the different flavors. I started with 24mg strength nicotine and then went down to 18mg and then down to 12mg. Last month i bought a new box mod (MVP3) along with a new tank and i am happy to say i am cig free !!!!! No more one or two cigs at night or morning (with coffee). My family (my daughter in particular) are so happy. My daughter use to cry at night because she was scared i was going to die from smoking. This had a lot to do with the bombardment of commercials im sure. My wife just recently told me this, i was unaware of my daughters degree of fear. Over the last couple of weeks i have noticed a big difference in my energy levels (i actually dont feel tired all the time). When i wake up in the morning im not hacking for 20 minutes like i use to. Im still not use to this. At night when i lay down im not wheezing. Just to be able to take a deep breath and not have pain is incredible. Also should mention no more going out into the freezing cold to have a cig. This past month would not have been possible without vaping. Im certain that my smoking cigs days are behind me. I cant wait for the weather to get nice so i can go hiking and biking with my kids. I want to really put my lungs to the test. Im going to be trying some different flavors of juices and try to lower the nicotine levels even more. Baby steps. I dont want anything to mess up where im at. I really hope this war on vapors stops. Its very frustrating to see all these different states attacking the vaping community. Enough with the big money grab. Maybe actually show tax payers and voters that you care. My votes will go to the official that cares about our health. And so will my families votes.

3/6/2015 5:35:16 PM - Eric Lievers

My name is Eric Lievers and I've been vaping since 2009. Previous to that I had smoked for nearly 15 years. Like anybody else I had tried other methods without success. I came into work one day and was introduced to a 3 piece e-cig that looked like a cigarette. Along with it...a bottle of Dekang menthol juice. I tried it once and was sold. Finally, a method that I could enjoy the pleasure of smoking, as it's my thinking tool, and be able to live life without the aches, pains, and breathing issues that cigarettes give you. I was in love. I had to order everything from China but hey, I wasn't smoking cigarettes. After a while the EGO T's came out. I got one of those and was in love with that...except for the leaking. That device was different enough though that I would get approached on a daily basis and asked what I was doing. I was the only person vaping that I knew of anyways and I found myself in daily conversation with random people asking me bout my e-cig. It soon became a passion and I was happy to share my story with others and how the switch could help them in their lives as well. This is such a wonderful technology that has been given to us. I don't understand why someone would ever want to consider impending on another person's rights and freedoms to take away such a wonderful product that is essentially making life better for those who want to have a healthier alternative to smoking. It's our freedoms and rights. Vaping is not a sin. I'm mormon and use to struggle with smoking. Vaping is Mormon approved...by 2 bishops at least. And I still carry a temple recommend. An because it is not a sin...it should not be taxed as such. I believe it is criminal in itself for government officials to even propose any bills or amendments into play that would affect an American's right to choose for him/herself. Those people should be put on trial for these type of acts. The only reason they come about is because of the constant Lobbying going on which should be illegal as well. The constant swaying, under the table money exchanges, and inner trade secret investments that occur surrounding law swaying is sickening and so far away from the American Way. Now we see the greed popping up via laws and bills from our governing officials...it's all about money...We Americans know that. We ask that this industry be left alone and an opportunity to keep the American Dream alive...instead of stamping an entire industry into the ground all in interests of a select few with power. This industry is prolonging life...leave us alone to make our own choices.

3/6/2015 5:35:08 PM - s7r1d3r

Been vaping for about four months now. It reduced my smoking habit of about seven years with about ten icky sticks a day down to one a day, and that's on a bad point in my week. Most days I am smoke free. :) an added point to my testimony, vaping gave me my singing back. I can sing my victory from vaping. XD

3/5/2015 7:07:12 PM - Ashley W from Palo Pinto county Texas

I was an avid cigarette smoker for 10 years! Always suffering from headaches, nausea and feeling nasty and extremely moody all the time! I didn't fully understand why. So my new years resolution was to quit smoking the real thing and switch to vaping. I have a dear friend who was doing the vaping thing (has been for a year or so now) and helped me out getting me started.

I come from a family where I'm the only member that is/was a smoker out of both parents and my siblings including spouses. However, they all hated seeing me smoke "cancer sticks". Before switching to my mechanical mod, right around Christmas time, I tried cold turkey, everything in me went haywire. I was more of everything made me mad. I couldn't control myself. I went back to smoking after a couple of days. I smoked about a pack every two days or so, depending who I was around and what was going on in my life at the time. I got nicotine patches and was able to handle that for about a week to a week and a half. I decided to keep quite, (I'm the type that's always saying and jinxing myself) and embark on getting everything I needed to start vaping. So without significant being aware, Jan. 2nd, 2015, I started vaping strictly! After about a week, I wanted to test myself. I grabbed a friends cigarette and tried it, low and behold I about up chucked everywhere! I haven't touched one since that day. I am so much more happier, feeling a tons better! Not to mention, I don't have to go outside while I'm home! My family accepts this change and don't mind it at all! They don't have to smell the nasty cigarettes on me, and neither do I!!

I have already dropped the nicotine level once since starting. I started at a 6mg and by the second week I dropped to a 3mg. I'm very proud of myself and glad that this has been a much better experience for me and everyone around me. The vapor from these e-cigarettes hasn't bothered anyone I have been around.

Vaping can cost almost more than cigarettes. But it's so much nicer! Sometimes you have to pay more for the best quality in general. Honestly, I have had one headache and that was from being in a room full of people smoking real cigarettes. While in a room full of people vaping, I haven't had one!! Plus, my moods are way better. I can smell and taste so much more versus while I was a cigarette smoker. I'm happy with my set up and plan on getting a new one soon but dropping my nicotine level to a 1.5mg or a zero. Haven't decided on that yet!

Let's keep vaping anywhere! :)

3/5/2015 7:06:43 PM - Tatiana Bicknell

Hello. I started smoking 3 years ago, because I was offered a cigarette and wanted to try it out. I am 19, almost 20 and want to quit smoking. I have a relative who passed away last tuesday from cancer because of cigarettes and I want to make sure I live a long, healthy life. I started vaping a year and a half ago. I was going back and forth between vaping and smoking cigarettes for a while, until during this past fall semester of college I took a public health course which made me realize I need to commit to quitting smoking. I started at 18mg of niccotine, over the summer I went down to 12 mg and just last month I went down to 6mg. I am hoping in a few months I will go down to a 0, which means there will be no need to the vaporizer anymore and I will finally quit. A pack of cigarettes used to last me about 2 days, but for the past two months I have not been buying packs for myself. I have atleast 1-3 cigarettes a week, but everytime I smoke I taste straight chemicals, which really turns me off from the cigarette makes me not finish the whole thing. My taste bud have come back, and I am grateful that my vaporizer has helped keep me away from buying packs of cigarettes. They are just way too expensive and they were hurting my health. I really hope smoking alternatives don't get banned, because I want to be able to continue what I am doing and soon quit everything. There are other people out there trying to quit just like me, and it would be a shame to have these alternatives taken away from us who are trying to improve our health and the environment.

3/5/2015 12:46:25 AM - Amy Langston

Hi, I'm Amy and I too quit smoking with the helpful aid of an e cig. Initially I kept going back to cigarettes until last jan. 2014 the equipment that is out as of then and now is high effective in helping to stave off nicotine withdrawals in fact I've cut my nicotine usage down. I was a pack a day smoker for over 20 years. Started smoking at 13 and just stopped at 37. I am so blessed to have the opportunity to of tried these. I honestly tried the gum the patch the lozenges nothing helped but vaping. I can actually go on a jog and have no adverse actions prior to when I was a smoker I would not have been able to do this. I have only had 2 colds that were minor and was better in shorter time versus when I did smoke. I urge you to not make this product illegal and to embrace a new revolution of this thing we call and Love " vaping ". It really has changed my life. The horrible smells are gone as well as the coughing and not to mention the disgusting ashtrays with filthy littering unbiodegrable cigarette butts....don't miss them won't miss them they controlled my life for far too long in the past ! So in closing I am a happy vaper and know at least what I choose to put in my body because I have the ability to do it yourself and make my own e liquids thus limiting myself to harmful chemicals as well as controlling my costs.

3/5/2015 12:46:13 AM - chris hemenway

Vaping has saved me from continuing to smoke rotten cigarettes and inevitably getting cancer!!!!

3/4/2015 1:44:04 AM - cally

I have been a cigar smoker for many years and now switched to e cigs to kick the habit. My wife and son are happier because the smell the taste and the bad mood swings are gone. E cigs have been a blessing and i am now down to 8mg nicoteen and looking at the big 0 soon. Oregon should not ban these helpfull aids

3/4/2015 1:43:51 AM - VapingOkie

I had been smoking and using Tobacco products for about 30 years. Because of gum and dental problems that began about 5 years ago, I had stopped using mouth tobacco and smoked cigars and cigarettes exclusively. I had tried the gums, patches, and prescribed pills and none seemed to work for me to stop the cravings of smoking. A few years ago, I tried one of the disposable e-cigs and thought "this may work for me". After a few days of fighting with the junk that was the e-cig, I gave up on those too. Then a couple of months ago I wandered in to one of my local Vape Shops to check out if there were any better alternatives out there that could work for me. Happily they were able to hook me up with some of the latest equipment that is refillable and rebuild-able, with rechargeable batteries, and now I have been Cigarette Smoke free for over two months! I already am down to using 6 mg nicotine level and will go even lower soon! If you want to STOP smoking, my advice is to get some quality Vape gear and give it a try! It has changed my life!

3/3/2015 1:48:03 PM - John Kerrison

I started smoking full time when I was 14 years old and smoked for the next 37 years. I was up to 2 packs (25 cigarettes per pack) a day and then switched to smoking cigarillos about 5 years ago. The government stepped in and banned the flavoured cigarillos that I smoked, so they got rid of the filter and they became cigars. I smoked a pack and a half a day, about thirty cigars a day. I had tried quitting numerous times and had failed each time. I had resigned myself to being a life long smoker, and I knew that meant a shorter lifespan. I had a constant cough. Most nights I coughed myself to sleep and coughed when I first woke up in the morning. When my wive suggested e-cigarettes I thought that it couldn't be worse than smoking. We were almost out of cigars so I thought we could either go buy some more cigars or spend the money on getting started with e-cigarettes. We were lucky and received help from the staff at a local vape shop. We started with a second generation personal vaporizer and moved up to the third generation systems shortly there after. We quit smoking that very day, we gave away or threw out all our remaining cigars. Neither one of us has looked back since then. It has been five months and even the thought of a tobacco cigarette (or analog as vapers call them) is disgusting to me now. We both feel so much better and can breathe easier. The coughing is gone, I can smell and taste so much more. Food has become a new experience to me as I never really knew what I was eating tasted like. I enjoy vaping more than I ever liked smoking. We are both down to 6mg e-liquid and enjoy the flavour and I enjoy the hobby side of vaping as well.

3/3/2015 1:47:54 PM - Bryan

About two years ago my health was failing. I went to the doctor who diagnosed me with diabetes. The doctor told me that I had to make a change with diet, and my smoking, so I did.

In the past two years I've lost 110 lbs and reduced my smoking from 2 1/2 packs or more a day to maybe 1 pack or less a week. I don't need insulin, and I am off both blood pressure meds.

Vape has helped me so much along my journey. I can tell a big difference on the days I smoke, my workouts suffer. Vapor doesn't hurt it my workouts capacity.

Vapor doesn't make me hack in the morning. I don't get sinusitis problems as bad; pollen still hits the allergies. No bronchitis for years; smoking was twice a year.

Vapor tastes better, smells better, no fire to burn the house down, " my phobia", and I feel better.

3/3/2015 1:47:28 PM - Bryan

Hi. I'm 19 years old. I started smoking when I was 14. I was so addicted to cigarettes. I get I'm only 19 years old, but by age 17 I was smoking a pack and 1/2 a day. I was skipping school just to feed a nicotine addiction. My mom was constantly taking me to the doctor for bronchitis. Doctors told me by the looks of my lung compactly, I would for sure have emphazima by age 30 if I didn't quit smoking. I started using an e cig after I woke up 5 days straight coughing up blood and tar. I haven't had a cigarette in 10 months now. And I know I will never use one again. My lungs feel so much better. I will never pick up another cigarette. I have no inteensions. It killed my grandmother. It's a sick addiction and I found an alternative which is WAY healither, and you're going to tax it where people can't afford it????? That is ridiculous. You are pretty much punishing people for doing the right thing and moving to a so say harmless product. It's safe! It's no smell. It doesn't effect the people around you! It's a good thing and how would you ever tax something like that, that high. It just doesn't make sense.

3/3/2015 1:47:17 PM - Steve P. Connecticut shoreline

I began smoking in high school and for 25 years smoked NO LESS THAN a pack a day! On January 8, 2014 I went into a local vape shop to ask questions and see what this was all about. The owner was VERY friendly and informative without sounding like he was trying to sell me something. There was no pressure at all! I got to try different flavors and then came the device. He actually talked me down to a "starter kit" as the one I was looking at was "much more expensive and not for someone who may not even like this alternative to smoking." I picked 3 different flavors and went home to try this vaping thing out! I found myself vaping one for a little while then swapping tanks to try another flavor. Then swapping again to try my third flavor. After doing this for 6 HOURS, without realizing it, I hadn't had a single cigarette! So I walked across the street and bought a pack of the cigarettes I've smoked for 25 years and the first puff tasted disgusting! The second puff wasn't any better! Third times a charm!? NOPE! I threw out that cigarette, gave away the fresh pack, and NEVER TRIED THAT AGAIN!!! I had no desire to quit smoking! This was supposed to be something I could do in the company truck without pissing off my boss! The next morning I woke up and could breathe EASILY with my mouth closed! And within 3 weeks my sinuses were so much better my snoring was gone too! It's been over a year and can't believe how much better things have been. I don't get sick nearly as often! I can play with my 8 year old without getting winded in minutes! And every vape shop I've been in(there's been ALOT...I like to check out every shop I come across) they are always polite, sincere, and not pressuring anyone into buying something! As a matter of fact they ALL have a seating area for customers to sit and talk with others and get advice. I've met ALOT of people of ALL AGES and they all say they are healthier since making the switch. Some of them are even DOCTORS!!! Vape on and vape safe!

3/2/2015 10:23:04 PM - Kevin Bennett

I smoked nearly 2 packs a day from 15 from 45 and I tried everything, patches and gums and pills, NOTHING worked. After seeing both of my parents suffering from COPD my youngest decided to take a chance and gave me an ecig for Xmas 2 years ago.

Within the first week I had thrown away my cigarettes and within 45 days I had gone from 24mg of nicotine down to 9mg! This past Dec 17th marked my 2 year anniversary of giving up cigarettes thanks to vaping, not a single relapse and I can even stand in a room full of smokers and feel ZERO temptation whereas on every previous attempt even seeing a cigarette on TV was enough to make me go out in the middle of the night and buy a pack.

Vaping is the best thing that has ever happened to me as far as my health, I no longer spend every morning coughing my brains out, no longer do I have to keep my clothes in a separate bag just to keep the greasy film and stench from getting on everything, and for the first time in 30 years I can take actual deep breaths without coughing my brains out! Thank God for whomever invented the e-cigarette, because if it weren't for him or her I KNOW I would still be smoking 2 packs a day instead of cigarette free, of this I have no doubt!

3/2/2015 10:22:56 PM - ebdawg

My name is rob and I smoked my first cigarette when I was about 12 years old.I've been steady smoking since about the age of 15 and smoked all way up to about a year ago 2014 of January. then one day I want to a gas station to get a pack of cigarettes and notice the little vape pens and I picked one up and went back and forth from vaping and smoking untill i stop smoking it took me a month.another month went by without a cigarette and I realized that I was not dependent on them god dam cigarettes any longer. all of the s***** feelings that came with smoking cigarettes chest pains rundown exhaust ceilings were all gone within a few months. it was one of the greatest feelings that I felt in a long time, since I was 15 years old they had a hold on me. I tried to quit several times. since I've been vaping about a year now. I started off on 24 milligrams and down two 6 milligrams and it's been a great experience. I've tried chantix with no luck in the past. vaping is a blessing in disguise. and what I mean by a blessing in disguise is that a lot of people think that this is a gateway for younger people to start smoking but if it was not for vaping I would of died of cancer for sure. I honestly don't know if I ever would be able to quit is it wasn't for this method.thank you for letting me share my story.

3/2/2015 10:22:46 PM - Keith

I started smoking cigarettes when I was 12, I heavily started smoking once I began high school as cigarettes are easy to get from people/ friends. I would smoke 1 to 3 packs a day depending on which brand cigarette I was smoking. It wasn't until I moved into Minnesota that I learned about e-cigarettes, soon after learning about them I purchased my first ecig the igo 900mah with a tank. After about two or three weeks I completely stopped smoking Cigarettes, since then I have noticed I don't get sick as often, I don't have a shortness of breath, I'm not able to run around a play with my dogs and go for long walks or runs. Ecigs have benefited my life and turned it around i would say. I no longer am dishing out nearly 30 dollars a day for something that would last me from the time i woke up, until the time I went to sleep. A bottle of Juice 30Ml will last me a 4 days to a week depending on which delicious flavor I have. I no longer have to go out smelling like an ashtray which is a plus. I am currently 2 years Cigarette free and counting and have been since 3rd week of having an ecig. I am happier now that i cigarette free.

3/2/2015 10:22:33 PM - Wanda

I started smoking in 1973 at the age of 13 and was up to more than 2 packs per day. On July 22, 2014 I purchased my first Aspire E-Cig and have not wanted a real cigarette since. I still have a pack that has gone untouched. I cannot even begin to describe how much better I feel. I can breathe, I can taste, I can smell and I can walk without shortness of breath. I no longer cough nor do I wish every night that I could quit smoking. Because I have. I quit smoking without spending a fortune on drugs that can have horrible side effects or patches, both of which I used and smoked too. They simply did not work. I started the e-cig with 6 mg and have cut down to 3 mg of nicotine after 7 months. I have seen the other big brand e-cigs with their cigarette flavors and I am not interested. I do not want to be forced to use these e-cigs. There is not one bad thing I can say about using my own Aspire E-Cigarette with the e-juice that I choose from my friendly neighborhood Vapor Store. After smoking for 41 years I know well enough that everything that is put in your body has some kind of effect. There are vitamins that have worse effects than I have experienced with my e-cig.

I also think it is time that the government, including Ohio's Governor Kasich, stop throwing taxes at smokers just to make a buck. Leave the small vapor store owners to do what they do best while still making a small profit and lets spread the love around and tax everyone equally.

3/2/2015 10:22:21 PM - Chase

I was smoking for years then one of my friends let me use his vape pen. Since then i haven't touched a cigarette. I can breathe better and i am healthier overall because of it.

3/2/2015 10:22:12 PM - Joshua Yates

I was a smoker for 10 years, at about a pack and a half a day. I had trouble breathing, I would get winded going up the stairs, when I would lay down to go to bed, I could hear a wheezing in my chest, and most frightening of all, I would occasionally get a sharp pain in the left side of my chest, in the heart region. I had tried the patches, the gums, the lozenges, even the cig-a-like products with the intention of quitting smoking. None of these worked for me. Eventually I would go back. Then one day, a friend, who was a smoker of at least 20 years, introduced me to the world of vaping. This was May of 2014. My craving to go back to cigarettes was gone. Since then, I have had about one pack of cigarettes total, and every time I am reminded why I quit in the first place. A few weeks after I started, I noticed that the wheeze started to lessen. It was becoming much easier to go up stairs. I could taste and smell again. I generally felt better all around. Since then I have converted my fiancÃ©, a smoker of 15 years over, and will gush about the harm reduction to anyone who inquires about "what I'm puffing on". These products saved my life. I have 2 children, and I know now that I have a much longer life ahead of me because of vaping.

3/1/2015 11:34:07 AM - Nick

I started smoking at 16 and after waking up coughing and spitting gunk up from my lungs at age 25 I decided a month ago I had enough. I went down to the vapor shop and picked me up an electronic cigarette and it's worked fantastic. Of course it all depends on your motivation to quit but it really helped. My only question nobody can answer so far is.... Are electronic cigarettes actually safer than cigarettes? I would assume they are better, but ive been told that the ingredients found in the vapor juice when heated can potentially released harmful toxins. Does anyone have thought on this?

3/1/2015 11:33:54 AM - Andrew N. from Greenville, SC

Hi, my name is Andrew. I love vaping! I smoked 1/2 of a pack to 1 full pack of cigarettes a day, sometimes more depending on the situation. I coughed phlegm out of my lungs on a daily basis, many times per day. I got sick very easily (note, that I am quite active and go to the gym regularly and very much enjoy sports, hiking and other outdoor fun!) Even though I'm generally healthy aside from being a former smoker and liking food a little too much. But my wife works with kids and very regularly brings home all sorts of viruses and colds and sniffles. And while I was still a smoker I got sick right along with her, almost every time. Six times in 2013 I Vought whatever bug she brought home from snotty nosed kids. In 2014 after quitting smoking for good I've only been sick twice, and both times by very a contagious flu, and once strep throat which is also EXTREMELY infective. I have yet to catch any of the smaller coughs and colds and commonly brings home with her. I'm also a singer. I've noticed since moving to vaporizer devices and common e-liquids found in any brick and mortar store, that my voice is clearer, not as raspy as it used to be. I also don't get fatigued by strenuous activity such as lifting weights, hiking, throwing my wife over my shoulder, like I used to! I sleep better, get sick less, don't stink, don't waste money on cigarettes that kill me a little bit every time I light one! I generally feel better, feel less sluggish and more energized than I have in almost ten years! There's no way that vaping can be bad for me, when I feel just as good or better than I did before I when started smoking! The government needs to stay out of this life saving industry before they ruin it for the millions of people whose lives it has saved!

3/1/2015 11:33:40 AM - Tom Lagano

I started smoking meet at the age of 14 from the influence of older friend I would say. I was in a heavy smoker at first but by the age of 16 I would say I became a heavy smoker by definition of most people. I was smoking 2 to 3 pack of Camel Wides A day. I was also getting into illicit drugs at the time and that along with the much older age of all my friends, I know now, contributed not only to the fact that I smoked at all but the amounts that I smoked. I would smoke much more when on drugs and wouldn't even realize until the next day that I had smoked 3.5 packs of Newports or Camel Menthols, I had switched to Menthols around 16. I remember sometimes, actually many times, lighting one smoke with one I just finished, smoking 3-4 in a row. I remember almost being proud and/or bragging about how much I smoked. Fast forward to 29 years old, I've been a constant and serious drug addict forever, gotten sober a few times, quit smoking once or twice and while doing 2.5 years in prison quitting, something very rare in the prison system. Most guys STARTED a smoking in prison for one reason or another. I sobered up and after about a year my head began to clear and I became a machine. I loathed drugs and all un-healthy habits. I quit cold turkey after 32 days in the hole, I was already a work out fanatic but now my lungs freed up and I began to run as well and do cardio. Upon release I was in the best shape of my life and had such a hatred for drugs and smoking alike that I threatend physical harm to anyone that offered. I made my wife smoke outside, the stench disgusted me. I started a business because im an above average refrigeration technician and no one is gonna hire a Felon straight outta prison with a bank robbery and pharmacy robbery record. My business blew up and within two years I had about 7 full time employees, multiple vehicles on the road doing service, a slew of part timers and sub contracters and and another huge Heroin habit. I relapsed a year and a half out. With that came smoking again, all Opiates have always made me smoke and smoke a lot. Another year later and more successful I was arrested and then diagnosed with Multiple Sclerossis. At first it wasn't that bad, I quit drugs and got on Methadone but that stuff made me smoke just as bad or worse. My MS started to progress extremely fast and all of my Dr's insisted I quit smoking, I tried the little crappy gas station type actual cigarette looking "E-Cigaretts"' but they did nothing for me at all. One day, back into a two pack a day Camel Menthol Wides habit, I saw someone with a large vaporizer and was extremely intrigued. I inquired about it, tried it and went and bought one. I TOTALLY PUT DOWN ALL CIGARETTS IN THREE DAYS. That is not an exaggeration or lie. They fulfilled whatever need the Opiate gave me to smoke and I have been told since we're much safer. I was down to ZERO Nicotine in three weeks. It's been about 10-12 months and i vape for the pure enjoyment, this odd need it fulfills and because it's become a fun hobby. I try to convert everyone I can and lead them away from deathly cigaretts. That is my Vape story and I will never smoke again, cannot foresee a real reason to switch back. They've also helped changed my life for the better and hopefully will stay that way, what with all these talks of bans and whatnot. So if you are still a smoker try different types and get away from that crap.

3/1/2015 11:33:29 AM - Daria

I smoked for almost 25 years at just over a pack a day. I have tried to quit smoking for several years and i have tried several ways to quit. Everything from the patch, gums, the gas station e-cigs, Chantix and cold turkey. Nothing worked for me. I am very happy to say that i have found a place where they made a custom juice for me and my taste so it has been 6 months since i have had my last cigarette and i am healthier and much happier. When i smoked i would need to leave my desk every 2 hours or so just to go outside to be able to deal with the difficulties that i have at work. Now i go outside only for my lunch break.

3/1/2015 11:33:15 AM - Jennifer McKinney

So, I have had severe panic and anxiety disorder, depression for over 5 years now. ADHD from the time I was 8 and PTSD (which is a long story that I won't go into) and personality disorder. So therefore my body is in pain alot of the time from stress, my muscles are always tensed from high amounts of adrenaline. and of course work doesn't help, in-laws and general life. And everything is much different in the eyes of someone who has all these issues. I've been on multiple medications. Beta blockers, anti depressants, anti anxiety meds, clonifine, citlopram, xanax ect ect ect... Well... One would think this would be the end to a horrible nightmare... But no. Long story short, meds didn't work. So now comes the resolve!!! I found vaping WORKS!!!! I don't have the excruciating panic attacks anymore, my muscles are actually looser now and I can think straight. My heart rate has dropped from a normal of 110 to a slow easy 70-80 andy blood pressure has gone from a regular 140/90 to 118/70. I can drink tegular coffee again without having anxiety all day. The depression has gone away a lot too. So much more I could say that has changed for the better... This has been my personal experience with vaping... And it's amazing.

3/1/2015 11:32:53 AM - Deborah Finney

I smoked heavily for 45 years and nothing helped me quit. Even when trying to quit, I would get over the nicotene craving but would eventually smoke a cigarette during some stressful situation (I'll just have one LOL) and was right back to it. Vaping satisfies the "habit" part of the smoking and I haven't had a cigarette for 3 years now. My doctor is happy with my lung function even though I did manage to get COPD during my smoking years, so that has improved. I don't miss smelling like a cigarette butt and coughing up gunk every morning. I love the good flavors and the fun of having Ecigs to play with. My house is much cleaner and everything is no longer yellowish from the smoke.

Elected officials, take note! I am a voter!!!

3/1/2015 11:32:23 AM - rewall64

I began smoking at the age of 7. I smoked continually for the next 43 years. I gave up smoking and started vaping on October 17th of 2014. I must say that at first I thought it was an improbable situation. I started vaping at 24mg and I was running through bottle after bottle, and I thought I might have to go back to smoking, but I stuck to it and eventually I started to go down in mgs. I now vape at 6_12 mgs. I don\\\'t have to use either of my enhailers anymore. I\\\'m grateful that I was introduced to vaping by a family member and that I\\\'m finally free of cigarettes.

3/1/2015 11:32:10 AM - Nicholas

Hello my name is Nicholas I have smoked menthol cigarettes for 20 years. I have tried to stop countless ways (patches, pills, cold turkey) you name it nothing worked. I have been a 2 to 3 pack a day smoker and within 1 week of vaping at I have stopped. The first day I cut down to only 6 cigarettes and within 4 days 2 a day and after 2 days of that no smoking and I feel wounderful. No more coughing I can smell things again I dont stink anymore and I nolonger crave a cigarette. This has helped save me and my save money and now you want me to pay more money to do what has saved me money and made me healthier

2/28/2015 2:45:06 PM - Brandon

Hello my name is brandon I have smoked for 15 years of my life The vapor has helped me so much weather it be financial or health wise. I am not coughing up any more mucus that I was from cigarettes I have more money in my pocket and I am not going go let my kids have a chance of getting the second hand smoke that a real cigarette would. I love vaping it is like a hobby to me now I love it I am just pissed off about the big cigarette tobacco companies paying people off to say that the e-cigarettes are bad for people that is just wrong the government don't care about the health issue they care about the money in their pocket. I have been vaping for 2 years now. I use a god mod variable watts with the new kangerteck sub ohm. I am a poor person and all the money I have saved has help me and my family go places that we normally would not have got to go thanks to the vapor cigarette. I don't think the government should have any involvement in the vapor

2/28/2015 2:44:56 PM - Chelle

I smoked since I was 17 yrs old and I stopped when I was 44. I tried everything to quit. Patches. Gum. cold turkey . I always went back to cigarettes until one day I walked into a vapor shop. I never smoked another cigarette after that day. I feel so much better now . I don't smell like cigarettes anymore. I don't cough anymore. I can actually breathe better. Smell better and taste foods better. Not smoking all those chemicals in cigarettes were making me sick. Please don't take this away from us. It's helped so many people

2/28/2015 2:44:48 PM - Deborah A Schwab

I have smoked cigarettes for 47 years. It's been over a year now cigarette free . No more wheeze In my chest.I can walk up stairs without losing breath now . I'm so happy for Ecigs it's changed my life. I don't smoke anymore 1 year 4 months. I have never tried to quite before till my son bought me and my husband an ecig I told him I'd smoke it for 1 day but if I need a cigarette I would smoke it. I never needed a another puff sence. It's amazing! My husband and I are both smoke free . We and now me 61 years and husband 65. Best thing that's happened in our life to be smoke free!

2/28/2015 2:44:14 PM - joshua tucker

I've been a smoker for nine years. Smoking at least two packs a day between work and the road time between. I looked for everything to quit smoking. I've tried patches, gum and even went to smoking cigars. Nothing seemed to work until I was introduced to "vaping". I haven't smoked since. I now vape ejuice that has No nicotine!! I like to use smooth sweet flavors as a treat to myself during my breaks at work. I can wake up in the morning and take a deep breath without a cough. So for them to classify "Vaping" as a tobacco product and trying to regulate it seems ridiculous to me. I'm a proud Vaper and I stand to fight for my right to Vape!

2/28/2015 2:44:00 PM - Crystal Milcherska

Hello! I come to you today a healthier woman, wife, and mother. I got my second diagnosis of cancer in September of 2014. The first time was in 2010 when they had to remove my parotid gland (in your neck between your ear and your clavicle near your jawline). I underwent the surgery to remove the entire gland as opposed to just the tumor and cells. I smoked the day I got out of the hospital. This second time hit me hard. We have five children who are old enough now to understand that mommy was really sick. For a month we prayed and went through a lot of different emotions. It was very difficult on me and my husband and children to face what could happen since this time it was in my cervix, uterus, and ovaries. I underwent surgery on the 23rd of October and haven't picked up a cigarette since. My husband went to Ecig Works in Mishawaka before I was released and had a kit for me knowing I was hoping to be a non smoker when I left the hospital. I have tried several times to quit, never successfully until now. Today I am four months and three days tobacco free after 20 years of smoking!! If it weren't for my vapor pen, I can guarantee I would've started smoking days after surgery especially with the pain I was in and the stress I was under! I'm so glad someone came up with this idea and very thankful to Ecig Works for being so helpful over the last few months with finding amazing flavors and amounts of nicotine from start to dropping into nearly no nicotine at all! Try it. It works!

2/28/2015 2:43:48 PM - Dave

i was a smoker for 36 years and started to get sick of feeling ill and coughing up muck every morning so i decided to try out a vapourizer to see if i could quit i started with 18% nicotine and now im down to 6% nicotine i have stoped coughing in the morning and feel like i can breath a lot better to. tried all the other medical stuff from my doctor but that just made me feel ill. since using a vapourizer i have not smoked a cigarette for 8 weeks the longest i have managed to quit. i feel that using a vapourizer is a lot better for my health as it does not contain all the chemicals cigarettes do and would like to say that ifthey try to ban vaporizers they will just go underground like drugs and will stop no one from using them. i also feel that if they ban vaporizers then they should ban astma pumps also as the contain the same ingredients and also many other products that contain these including lots of phamasuitical drugs as well as lots of food products. i thought we where all free i didnt realize tha our goverments hadstarted to turn comunist

2/28/2015 2:43:38 PM - Jill Adams

After smoking menthol cigarettes for 35 years and many, many, countless failed attempts to stop smoking, thanks to the electronic cigarettes I have successfully kicked the cancer sticks because of the affordability and effectiveness of the electronic cigarettes. I originally started with the green smoke products, which helped but was not cost effective after about a month. Then I discovered a vape shop which I then moved up to a 1800mAh spinner battery with a tank and e-liquid and have not touched a cancer stick since. I have been smoke free since October 16, 2014!

2/28/2015 2:43:28 PM - Jake

I grew up in a house with smoking being a casual thing. Things were always pretty tuff in the house I lived in, and school didn't make it any easier. I had my first cigarette when I was about thirteen and was hooked. My grandfather died of lung cancer, and I knew I did want that to happen to me. Regardless though I continued to smoke 2 packs a day. With many failed atempts to quit, one day at work we were getting a new supervisor. When I first saw him I was about seventeen, he had a giant pen looking thing in his hand. He was blowing big clouds of vapor out of it. I went up to him and asked him about it. Needless to say, I've been off cigarettes fo almost two years now. It all escalated from there, and I'm all about the box mods and RDA's.

2/25/2015 4:45:41 PM - Krista E.

I came from a family of smokers so smoking was nothing unheard of in my life. Both of my parents smoked and had no problem smoking around their kids, including myself. I tried my first cigarette at the age of 14. From that point on I smoked. At about 21 I started a job at a Cigarette store and was introduced to the E-cigarettes. I used them for a little bit then went back to Tabaco cigarettes. About December of 2014 I decided I was going to try and enlist in the United States Air Force. I knew I was going to have to quit smoking. Just recently, 02/08/2015, I picked up my first Vape mod. I use a Kangertech tank and a stainless steel mod. The first week I used a 03mg of Nicotine, at first I was worried that I couldn't go without a cigarette. After using it for a few days I knew that I could do it! After that first week I went down to a 0 Nicotine juice! I haven't looked back! These have changed my life! I quit smoking for my health, kids, and my dream of joining the Air Force!

2/25/2015 4:45:30 PM - Jodi Fox

just had my 2 year vape anniversary !!! I smoked for 40 years and 2 1/2 packs of cigarettes a day. I have COPD and used several different inhalers and have my own breathing machine in the house.and gave myself breathing treatments.I tried everything from the patch, gum, the medicines, acupuncture and behavioral modification nothing worked until I found Vaping I always had chronic bronctis and pneumonia. I was on several different inhaler several times a day.

My roommate came home with a vaping set at the end of last January I went the next day and started vaping it took a couple of days of having a cigarette or two a day then as of February 6 I have not had a cigarette. I didn't realize how bad my clothes smelled and the house and we only smoked in the office and i had just had a car accident so the car when we got the new car we were already vaping. The car is smoke free. I have been taken off all the different medicines for the COPD and have only had to use one inhaler 9 time in the 2 years instead of 4 times a day.After a year of vaping my Pulmonary Specialist called and asked if I had move or did they do something since I was there so much . I told him I started vaping and had not been sick and did not use the inhalers any more .He asked me to come and take an x-ray and he could already see a difference in my lungs in just one year.

I am very involved with the vaping community. I go to the monthly meet and help. I was the administrate one of the contest site which is a very busy and time consuming I started and it had 400 people and it was closed site and when I left a year later it had 1400.I love this community I have meet some of the best people who will be lasting friendships, vendors who are now my friends. I watch some of the internet shows. Then I starting doing 2 shows a week on the vaping internet stations.I had 12 sponsors and gave away juice and starter kits and I did that for a couple of month until I had some life issues show up and had to step down for a while .I am looking to get back into broadcasting in the very near future I also have been coming into contact with a lot of people in this community that are having financial and medical and emotional problem.

Between my roommate and I we have gone from 24 nic level to my roommate is down to a 3 and I am lowering it slowly if it's a 30 ml or bigger bottle I get it in 3nic or 4 from now on. I have found myself help other in worse financial problems than I. I lost my job in March 1 week after my accident i worked for 3 year let me go. They just cut my unemployment as of Dec 28 with no more extension

I have at least once or twice a month have sent out boxes of juice or tanks to other that are in worse shape than myself. I had a friend who house burnt down and we had an auction for her I sent 60+ bottles for her auction to help them raise enough money and they did . This community helps each other out . Most are very proud and like myself would not ask for help and I just ask for their address and I have sent out boxes of juice

this is my way of PIF. I don't have to shout it from the roof tops. So if you are looking for a person to send the giveaway to I would be interested. When I send the boxes out I get the pleasure of saving someone from smoking I have also taking at least 15 people to get their first set up

I have become really close with a lot of the vendors and I have started a very small wholesale and distribution of many different juice companies It taking a little time but I get a line or 2 out there and it will grow but here again is the vaping community helping me to make some money and help feed my family.

I believe that vaping has given me my life back and I won't die from the COPD or have to be on medicines for the rest of my life for the COPD. I am so grateful love vaping it has saved and changed my life. Thank you for time.

2/25/2015 4:45:21 PM - RK

I have been smoking on and off for over 20 years, I started vaping 5 weeks ago - will never go back to tobacco products - there is no way. Vaping aka. "pretend smoking" (my personal analogy) was rough for the first couple of days but I have no doubt that this will actually be a working substitute. Smell is coming back - damn, stale tobacco smoke really does smell gross... Who knew?

Who ever votes for taxing vaping like tobacco products are in my humble opinion completely out of touch (or must be in the pockets of tobacco lobbyists). These people should NOT be allowed in any form of government. They should be voted out. It truly is inane.

2/25/2015 4:45:11 PM - John Redue

I started smoking in the military 20 years ago (when a carton of cigarettes cost $8). Since that time I have tried to quit by using the patch, the gum, the pill (Chantix) and hypnosis. I had failed twice previously with cig-a-like e-cigarettes (first generation devices that look like actual cigarettes), but in January 2015 I purchased an APV (advanced personal vaporizer) with atomizer tank, and e-juice. This did the trick for me and I have been smoke free of tobacco for 6+ weeks now. I feel better, my health has improved, and my wife is much happier about kissing me because I no longer smell of smoke. E-cigarettes helped me kick the tobacco habit. While I am still addicted to nicotine (and caffeine), I plan to lower the nicotine level of my e-juice until I am able to quit nicotine all together. My coffee addiction, well that's a different story.

2/25/2015 4:45:01 PM - Erik KuÅ¾nik

As soon as I bought my first real setup I stopped smoking. Boom... it was that easy. I've been a vaper for a month now and I don't think I'm ever going to stop. I've been enjoying it hard. Also recommended vaping to a couple of friends and all of them stopped a 3-5 year smoking habit. We all started with 18ml/mg juice. Loving it.

2/25/2015 4:44:47 PM - Melinda

I live in Utah and have lived here my entire life. (I know, I hate it too, thanks to our legislature and/or LDS church members (same thing!)).

I smoked cigarettes for 32 years, a pack a day. For years and years I tried the patch, the gum, Chantix...and all of them were horrible and NONE of them worked. The patch was ineffective, the gum made my jaws ache and Chantix made me have nighmares, made me nauseated and made me depressed.

I was given the opportunity to try using an e-cig from Vapor Mania in Riverdale, Utah. I smoked my last cigarette on June 9, 2014. I cannot believe how EASY it was to quit by vaping. I feel better, I look better, I smell better...the list goes on and on. The nicotine level that I have been vaping for over 8 months has been .6 and sometimes .3. This has been THE EASIEST way EVER to quit smoking. Once I tried it, I absolutely LOVED it!!!

I should seriously be the poster child for quitting smoking via vaping. IT WORKS!!!

2/25/2015 4:44:38 PM - Cheryl Mouncey

I have finally realized true craving and smoke free living! I am 49 years old and smoked for 35 years. Three years ago, I tried my first e-cigarette while visiting the US and was absolutely smitten. I returned home excited about my new find and was determined to never smoke another cigarette. Sadly, I learned that nicotine products were not readily available in Canada at that time. So began another three year run of smoking cigarettes.

When I recently discovered that nicotine e-juice is now accessible in Canada, I immediately set out to learn everything I could about e-cigs. I was, at first, somewhat overwhelmed by the way this market has grown and changed but, thanks to the numerous equip forums and its many advocates who have posted reviews and commentary online, I was able to figure out what I needed within a fairly short timeframe.

I am using a variable voltage and wattage mod. I started off with something a little more advanced because I wanted this to be successful and did not want to have to mess around with constant refills and recharging of batteries. I know myself well enough to realize that anything too fiddly would impede my chance of success. Since the moment I purchased my mod, I have not smoked a single puff of a tobacco cigarette. This is remarkable considering my past attempts (and failures) using nicotine chewing pieces, the patch, nicotine spray etc. While these other quitting assistance devices may have squelched my nicotine craving, they did nothing to satisfy the things I've always loved about smoking - the physical inhale and exhale of the smoke (yes, I loved smoking! bizarre as that may sound!).

Although it has been only a month since I finally freed myself from combustible cigarettes, I have had unlimited access to them anytime I wanted. I am honestly surprised to be able to report I have not craved a single puff. I am enjoying my vaping experience in its entirety and have no reason to return to regular cigarettes. I am on the lowest possible dose of nicotine (6 mg per ml) and find I vape far less frequently than I ever smoked (plus, I tend to not feel the need to "finish" as I did when I had a cigarette lit! I can take a couple tapes, satisfy my nicotine craving and walk away!).

Already, I have noticed remarkable benefits from my smoke-free life including the return of my sense of smell and taste. My breathing has noticeably improved. My tongue, which had grown geographic and dry in spots has begun to heal (much to my relief as it was beginning to really concern me!) and I feel better being around my family knowing that I don't smell from using tobacco products. I no longer worry about exposing my loved ones to the effects of second-hand smoke and its by products.

Will I always vape? It's too soon to say. For now I am enjoying it very much and, should I find that I have less and less need for nicotine, I can always cut my ejuice with non-nicotine flavoured juice. In the meantime, I am completely satisfied with my new and

healthier lifestyle. Vaping has undoubtedly changed my life for the better. I wish I could have converted years ago...

2/25/2015 4:44:29 PM - Skip Murray

I started smoking when I was a little kid. Everyone in my family smoked. There were plenty of packs of cigs laying around, so it was easy for a kid to sneak some and experiment.

That led to a life long addiction to cigarettes. It left my Grandfather dead of heart failure due to smoking. It left my mother dead due to heart failure and cancer from smoking. It left my husband with COPD from smoking.

Last year, at 4:30 in the morning I got a phone call from my 29 year old son. I could tell he was in distress and I could barely hear him. The words sent a chill to my bones, as he said "Mom, I need you". I then heard his girlfriend screaming she thought he was having a heart attack. I rushed to his home to find him in great pain. He went to the hospital and then was airlifted to a larger hospital. He had a major heart attack. He had 3 clogged arteries in his heart. He has normal cholesterol, normal blood pressure and no none heart issues. His cardiologist said that the clogged arteries and heart attack were caused by my son's 2 pack a day cigarette habit.

My son started vaping and 2 weeks later was a non-smoker. He hasn't touched a cigarette since. After his heart attack, he was on 7 meds to stay alive. He is now on 2. He has better color in his face and more energy than I have seen in him in years. Smoking almost took my son away from me, Vaping gave him back to me.

I started vaping 4 months ago. I was a 2 pack a day smoker when I started vaping. I gradually cut back on how many cigarettes I smoked until I became smoke free. My son and I are now working on cutting back on the amount of nicotine in our e-liquid and within a couple of more months, we will also be nicotine free. I am so proud of myself to now be setting a better example to my grand children and great grandchild than I set for my children. It amazes me how quickly a persons body starts to recover when they quit smoking. 3 months ago, I could not go up a flight of stairs without stopping 1/2 way to rest and catch my breath. I can already go quickly up the stairs and get to the top and not be winded!

I have tried to quit many times over the years. Patches made me break out in an allergic rash. The drug Chantix made me a psychotic mess, I wanted to kill myself and wanted to harm others. The Chantix made me vomit several times a day. The dreams I had while on that drug were awful and so vivid, I would wake up and think the dreams were real! Being on the quit smoking drug Chantix was worse than being a smoker! I also tried to quit cold turkey. I have never been able to make it more than a few days as a non-smoker, and then I'm right back to smoking again.

This time, with the help of my personal vaporizer (what some would call an e-cig) and my e-liquid, I don't even crave a cigarette. I don't think of having one, I don't want one.

The vaping community has been so supportive and have helped me choose the right equipment to help me overcome my cigarette addiction. I find the flavor of my e-liquid satisfying, and it doesn't make me want to go back to tobacco.

It would be a sad day in this country, if our government ever took away our right to use an e-cig or to fill it with a liquid in a flavor of our choosing. I no longer stink like a stale ashtray, I am no longer at risk for a cigarette starting a fire, I am no longer endangering the health of myself or my loved ones. I am finally free of cigarettes, something I never would have achieved without using an e-cig.

Proud to sign my name!

Kim "Skip" Murray

Brainerd, MN

2/23/2015 4:04:07 AM - Janet Wambold-Buraik

I had my first cigarette at age 11. By 15 I was a regular smoker. I semi-quit with each pregnancy but went right back after the delivery. I remember smoking in the hospital bed after my first child was born. I started trying to quit when I was in my 30â€™s. I tried everything from hypnosis to nicotine gum and patches, to Zyban and Chantix. The gum made me sick to my stomach. The patches gave me headaches. The Chantix made me crazy. The only thing that got me off cigarettes was the e-cigarette.

As of today I have not has a single cigarette in 585 days. I feel better. I smell better. I breathe better. I never thought I would be able to quit.

I started using liquids with 18mg/ml of nicotine (1.8%). I have been able to wean myself down to 3mg/ml (0.3%) over a period of about nine months. I could not have done this with cigarettes.

2/23/2015 4:03:58 AM - James Fischer

I smoked a pack a day for 20 years. I've tried just bout all ways to quit (gum, pills, patches, etc). I knew at some point I wanted to quit smoking cigarettes but felt defeated until I ran across vaping this last year. I tried the cheap non-adjustable ones but they didn't make me quit cigarettes either. A few months later someone showed me a mod where I could crank it up and that was like a new world. It totally changed my thoughts bout vaping and it stopped me from smoking cigarettes. I feel so much better physically & mentally know. Breathing is clearer. No more coughing while sleeping. More energy.....I LOVE IT!! This I do know.....the government needs to keep their noses outta the vaping movement. Vaping should never be even close to be classified as a tobacco product. Vaping is a good thing.....period. It helps and keeps on helping ppl to stop smoking everyday. Research also speaks for itself the benefits of vaping vs smoking. Ive nvr been the type to get involved with politics but if the government starts to regulate/restrict vaping you better believe I'm gonna speak up. Piece out and Vap on!

2/23/2015 4:03:48 AM - Bruce

Hello everyone.

On January 25 2015 I smoked my last tobacco cigarette on the way to work. I did not enjoy it at all because I had been trying re-chargeable cigalikes. Because of the harshness of the tobacco cigarette I decided not to smoke them anymore. A simple healthy decision made easy only because I had an alternative to the tobacco cigarette. The following is my life story with tobacco cigarettes.

I started playing with cigarettes circa 1958 when I was eight years old. I learned to really smoke (inhale the smoke) between sixth and seventh grade. From then on I was a confirmed smoker and eventually ended up smoking a pack and a half of cigarettes each day.

At one point (when my son was born) I went cold turkey and stopped smoking for about 8 years. I missed my cigarettes every day for that eight years. I changed to a much higher stress level career and borrowed a cigarette to try and help me relax. It took one cigarette to get me started back on smoking.

Forty nine years of pack and a half smoking and I was able to drop it with just a simple decision to change to e-cigs. I don\'t know what the future holds for me but I do know that I will never use tobacco cigarettes again. I do know that my ego style and cigalikes will be with me until I can wean myself off nicotine. The promise is there. I can take a really deep breath and my lungs don\'t hurt. If not for e-cigs I would have not known this first health benefit. I\'m just getting started folks and already it has improved the quality of my health.

If your looking for a way to get off tobacco cigarettes start vaping. It\'s the only solution that could have worked for me so painlessly.

2/23/2015 4:03:38 AM - Oscar Garcia

I had been a long time smoker, roughly around 10 years or so. Started smoking Marlboro Reds when I was 13, sneaking them out of my pop's box before I went to school. I was a 1-2 packs a week kind of guy by the age of 18. I started to slow it down a bit when I just didn't like it anymore, coughing, smelling nasty, feeling chappy the morning after a party where I smoked alot..... so I was at around 1 pack a week at age 23, at the time I met my girlfriend who introduced me to vaping. At first I did not like it because of my Stubbornness (from Texas so it's a given), but after I had seen the thousands of flavors, mods, ect. I fell in love almost immediately with this industry. I got my first starter kit around October 2014... started to see videos of mods and stuff like that, so I got my first mod and now I am just happy. I do not smell, if anything every room and my car always smells great, I don't cough, and I can vale all night and all day long without feeling groggy, and one of the best things..... I can cape inside bars and sporting arenas without a hassle. ..... I love it

2/23/2015 4:03:25 AM - Rachael

I was a smoker for 5 years. Every morning I woke up feeling horribly sick and had no energy. I started using vapor as an alternative because my husband ask me to really give it one last chance to try quitting, and I am so glad I did. I used the nautilus mini and a variable voltage battery to quit and have recently started using a istick 30 watt and the kranger mini tank. I have been smoke free for 5 months, haven't touched a single one of the cancer sticks, and have even progressively gotten my nicotine level on vapor down to 0-3 range. When I decided to quit smoking, i went out and bought a vapor and used it to help from the beginning. I had tried so many other things before to help, like the gum and the patch, nothing ever worked. Since quitting, I wake up now and feel much better and have much more energy to excersice. I am very greatful that there was this product for me to use to get myself healthy.

2/23/2015 4:03:16 AM - Amber

I was a smoker for 20+ years. I had tried everything from the pills and patches gum hypnosis lozenges. I tried a cig a like 4 years ago and it was like when you breath in the clouds of a block of cot when you making fog for Halloween so it was unappealing and i stayed smoking. Last year for my birthday my husband got me a ego and my first tank. It took him 22 days to convince me to try it. Now i can not imagine life with out it :) no more cigarettes down to 6 nic and i have much more energy i breath so much better i get sick less often my blood sugars are better and my blood pressure and cholesterol are much better with no change in the meds. E cigs are a true life saver.

2/23/2015 4:03:07 AM - Tara Slinger

I am forever indebted to e-cigs. They have completely changed my life. I am 29 years old and had been smoking since I was 13. So more than half my life I was a slave to cigarettes. I tried quitting using patches, gum and even a higher power. None of these methods ever worked for me. The grip that cigarettes had on me was so tight I even became suicidal while trying to quit. I lost so much time with my daughter because every hour or sooner I needed a smoke break. I was always stepping away for a quick fix because I didn't smoke in our home. E-cigs gave me an avenue for a healthier option that actually works! My family and friends could gave easily voted me "most likely to never quit smoking". My life revolved around cigarettes. I would accept jobs only if I could have smoke breaks, I wouldn't go to church because 3 hours was way too long without a cigarette. I'm so grateful that I found e-cigs. I haven't smoked a cigarette in 100 days. :) My life has a sense of new found freedom. I don't have to go outside every hour on the dot leaving my daughter issue waiting for mommy to finish her cigarette, I don't need nicotine all day through out the day. I haven't had a single asthma attack since I started vaping and quit smoking. I feel FREE and healthier! Almost all of my family has quit smoking thanks to vaping. Vaping is a complete game and life changer. I'm beyond grateful.

2/23/2015 4:02:56 AM - Alandis

I am a 41 year old male that smoked for about 13 years straight. But I smoked off and on from age 18 to 40. At my highest point I smoked around a pack a day. I had quit many times for up to a year at the most. However I always came back. I could not sustain any length of time away from cigarettes.

When I found out about e-cigarettes I was unsure if they would work, because I didn't think that they could match the taste and feel of a real cigarette. I started out with an E-Go pen, it was a starter kit with a battery and tank. My e-juice level was 18mg, however I had to go up to 24mg to match my pack a day habit.

I eventually bought an itaste MVP, itaste VTR and an Aspire Sub ohm. My nicotine level is back down to 18mg. I could go lower but just haven't mdropped it down yet. I don't have the urge to smoke real cigarettes anymore. The desire is gone completely.

I have been smoke free for about 8 months. I plan to lower my nicotine amounts down to zero in there next month. It should be very easy since I no longer feel the need for cigarettes or nicotine.

I plan on to keep vaping because I like it. It is clean, odor free, cancer free habit that helps me relax. It also does not disturb others around me or generate trash in the way of ash and butts. I think it is the most healthy, satisfying, easy and convenient way to stop smoking there is available.

2/23/2015 4:02:46 AM - Nate

I am a 39 year old ex-smoker of 22 years. I had tried to quit smoking several times through out my 22 years as a smoker unfortunately I was unsuccessful every time! I tried the gum, and the patch! I smoked a easy 2 packs a day. I coughed at night, and I also felt extremely tired most of the time. I would wake up my face feeling swollen my eyes red, and I would get up and have a cigarette. Insanity!! I had heard many success stories of people quitting by using a E-cig, so one morning after a night of coughing up a lung. I got up and went up to my local E-cig shop sampled some e-juice till I found a flavor that I liked (ROOTBEER) it has now been 2 years sense I have stopped at the gas station to purchase a pack of cigarettes! I no longer cough at night! I wake up refreshed! I can smell and taste again!! Switching was the best health conscious decision I have ever made! If it wasn't for E-cigs I would have died a smoker!! I have also lowered my nicotine level to a very low level!! I am also happy to say that I have gotten many other people to successfully put down the cigarettes that would have KILLED them for a E-cig, and I know it's hard for some people to believe but they feel 100 times better!!

I also have another story I want to SHARE its about a great friend of mine that was diagnosed with stage 4 lung cancer. Yes a hard core smoker!! So hard core that he would sneak out of his hospital room to smoke!! He was on his way to checking out of life!! Someone got him to make the switch to a E-cig and his flavor is bubble gum/ razzelberry. Mitch is now in remission and his lungs have made a dramatic turn around!! Mitch would be DEAD right now if he continued to sneak cigs in the hospital!! His story is touching!!

2/23/2015 4:02:11 AM - Vape-I-Land Reviews

I'm a 17 years x-smoker thanks to this miracle devices. Honestly I never tried any other method to quit smoking but cold turkey, I tried like 5 times to quit smoking and the last time was for 1 month and I started again. Once I started vaping, in the beginning the first month I was feeling the need of a cigarette but less than before, I smoked while I was vaping the first month like 3 cigarettes. I increased my nicotine to 18mgs and I wasn't feeling the need of a regular cigarette anymore but one day I say one friend of mine smoking and I asked him for one, he gave it to me and after 4 hits I had to stop ant throw it away, after that I had to go to the bathroom to throw up literally at that time I knew something great was happening to me. I was detesting the cigarettes smell and tar taste. My life is a lot better now in a lot of ways, my car, my clothes, my breath don't have that horrible smell like before, my wife and kids love it. I can do a lot of hard things with out the fatigue I had before when I was smoking, no constant coughs, getting sick a lot less than before, If I have a cold with cough I don't feel anymore that whistle inside my lungs while I was breathing and my recuperation time is incredibly faster after I get sick. My opinion, this is not a device to help you quit smoking, this device will and I say WILL make you quit smoking. Right now I'm using just 6mgs of nicotine and still smoking free. I owe my life to this incredible invention and the life of my family as second hand x-smokers. Vape changed my life.

2/23/2015 4:01:27 AM - Wayne

My wife and I both had been smoking "regular" cigarettes for over 30yrs. When we switched to e-cigarettes, I was smoking 2 packs a day, my wife was at 1 to 1 1/2 packs a day.

Over the years, we had both tried to quit a minimum of 12 different times using ALL the "Conventional" & "Approved" methods. Patches, Gum, Hypnotism, Quit Line Support, Cold Turkey, Chantix ... NOTHING worked!!

We were both at our wits end, we wanted and needed to quit ... but had run out of options. That is UNTIL we discovered e-cigarettes. On December 6th, 2013 we both purchased a Blu â€œcigalikeâ€ e-cigarette in the hopes it would be the answer to our quitting cigarettes for good ... but we soon found out that the â€œcigalikeâ€ e-cigarettes were not effective in totally quitting cigarettes.

Not giving up, we both then purchased a simple evod e-cigarette starter kit on Monday February 3rd 2014. We put aside our combustible, (regular), cigarettes and have not smoked a "Regular" cigarette since, and have not felt the need to. Our health, breathing, blood pressure and energy levels have improved tremendously which was verified at our last physicals.

Vaping saved both our lives.

2/23/2015 4:01:17 AM - Brian F

I smoked a pack plus per day for just over 28 years. I also used smokeless tobacco products during this time.

About five years ago, I experimented with different types of e-cigarettes that resembled cigarettes (cigalike products). I was intrigued by them and actually did find them fascinating. I used Blu, GreenSmoke, NJOY and other brands I found. I did stop smoking for short (a week or two) periods of time, but never really quit completely. I guess I might be classified as a dual user by some. That's okay because I was going through a period of getting accustomed to using the products, trying to find ones that I preferred. All were a little different and satisfying (or not satisfying) in their own way. It was also challenging to transition because products were not readily available when needed. I would have to order online and wait. And products were pretty expensive so the financial incentive of switching for me wasn't great. But I was still interested in the products.

On January 3, 2013 I was visiting Santa Fe, New Mexico for work. I stopped at a nice local cigar shop to see what e-cigarettes they were selling. I had learned that there were other products, what we now call a "vape pen" that people were using with flavored liquids. I talked to the gentleman at the store. I learned how the products worked. I discussed e-liquids with him. He had a small selection of e-liquids from California in his shop. I bought a "starter kit" that we put together. A battery, a charger, a couple of clearomizers and a couple bottles of e-liquid. One was a tobacco-vanilla blend, the other was a vanilla flavor. I started using the product immediately and was blown away by how much better the vape pen was than the cigalikes I tried.

I never smoked again. That was about 2 years and 2 months ago. I never will smoke again. I use open-systems products exclusively. I rely very heavily on flavors. What many people don't understand and is all-too-common is that once you stop smoking, you don't ever want ANYTHING that tastes like a cigarette again. No tobacco and no menthol. Of course there are exceptions, but I'm not one. I like flavors and I need a wide variety of flavors to keep myself engaged with the e-cigarette and not have a desire to smoke. I find a favorite flavor and I'll use it for 2-3 weeks and get tired of it. Then I'll use another. I often have several devices with different flavors depending upon time of day, environment or whether I'm at home, driving or traveling.

I like a wide variety of flavors, mostly sweet dessert and fruit flavors. I also like drink flavors like single malt scotch or coffee. My palate has evolved. Just like a premium cigar smoker may love the taste of particular cigars or a premium wine drinker may appreciate different qualities to a fine wine (that's closer to me), I've come to appreciate higher-end juices with more complex flavor combinations. Think of it like a chicken parmesan. It's not just chicken flavor. It's tart and sweet tomato, rich creamy cheese,

meat, crispy spicy breading ... a blend of flavors and sensory experiences coming together in a combination that you enjoy. That's what it's like for me.

How has it changed my life? Well, I feel a lot better. I can breathe a lot better. I don't wheeze like I did sometimes when waking up as a heavy smoker. I don't smell, my clothes don't smell, my fingers don't smell, my teeth are whiter, I haven't had my usual annual ear infection since quitting and my kids don't have a smoky, cig-stinking Dad ... who will have a much better chance to be alive and healthy to see them continue to grow, finish school, have kids ... who hopefully now will have a grandpa around to take care of them.

We'll see how all that goes, but I couldn't believe more in how important it is that all adult smokers have opportunity to have products affordable (don't tax them), attractive (don't take away flavors and personalized devices) and available (people need to buy them at specialty stores, online, convenience stores) so people can find what they like and need when they need it.

2/23/2015 4:01:01 AM - Jim Davis. Silver Spring, MD

Just a follow-up to my July 25, 2013 testimonial.

Age now 63, haven't burned tobacco for 3 years after 47 years of prior use. Still not ashamed of, or worried about using nicotine.

But I suppose I'm simply an anecdotal (albeit healthier) PV user.

2/23/2015 4:00:51 AM - Mat

I was a 2 pack a day smoker for 15 years until I discovered vaping. i had tried with no success to use the "Blu" style ecigarettes. But when I discovered true vaping, it pretty much worked instantly. I haven't smoked in about 6 months and have actually started my own line of E-juice!

2/23/2015 4:00:33 AM - Billy B. from MN

I'm 34 years old, and I smoked my first cigarette at the age of 13. I smoked for TWENTY YEARS. one day a friend showed me his new ecig and I was skeptical to say the least. After a few more talks about it with him I decided to contact a local vape shop for more info. Before I go any further, I have to say; I was the worst kind of smoker: one who didn't want to quit. I'd smoke a pack a day and sometimes more, and not care because I WANTED to smoke. A few times in the past I thought about quitting, but I was never successful. So I was very pessimistic about vaping. But we went to the vape shop and ended up buying a starter kit. I was so pessimistic about it I remember telling myself "don't forget to stop at the gas station to get another pack of smokes, because when this fails, you'll need a cigarette, and you only have one left I your pack." Ultimately I decided to not buy a pack that night, and I haven't smoked a cigarette since. Ecigs helped me quit cigarettes COLD TURKEY. that happened February 13, 2014. I've been tobacco free for one year and 7 days, as I feel great.

2/23/2015 4:00:20 AM - Jay Alexander

I play ice hockey in a semi-pro league and my habit of smoking cigarettes that I have had since college was catching up to me. I tried nicorette and chantix and both did not work. Something had to change.

Then I found out that a close relative was diagnosed with throat cancer, she was a smoker and the doctor pointed directly at her cigarette habit as a contributor to her illness. Hearing this terrified me so that was the day I walked into a vape shop for the first time. They informed me about the different product choices I had and I chose to use a tank with a battery instead of a weak e-cig. Once I gave the tank a try and committed to using the tank when I had cigarette craving, I began to literally hate the smells of cigarettes.

Now it's 2 years later. My lungs feel clear, my clothes don't stink, my life quality is far better. my relative passed away due to throat cancer and I have not smoked a cigarette and don't desire to do so. If it wasn't for vaping it would have been far more difficult to kick smoking. I now vape 0 nicotine and only vape socially or when driving alone. I feel as an adult that I vape responsibility. Since my cutting cigarettes out of my life, I have been to a few vape shops to see the eliquid options available to me. I have always noted vape shops in Chicago to be well informed, well maintained, care for safety and quality. I'm extremely impressed by this industry and the self regulating it does to insure that those of us that are consumers are pointed in the proper direction to a cigarette-free lifestyle. I cannot thank the industry enough.

2/23/2015 4:00:12 AM - Deb Iten

I have been smoke free for 4 years thanks to vaping. I smoked a pack a day or more for over 20 years. I tried all the fda approved merhods i.e., the patch, gum and lozenges with no success. I was as serious about quitting then as I was when I started vaping. Vaping has saved my life. I am now in perfect health.

2/23/2015 4:00:03 AM - Joshua

I was a smoker for 10 years before I used an e-cig. It was December 23rd 2011 and I had just gotten off work when I had my last full cigarette. After work me and wife were heading to her parents house for Christmas when I discovered that the gas station I was getting gas at had E-Cigs for sale. So I said what the hell, I had tried the patch, tried nicotine gum and just tried quitting cold turkey but nothing worked so I bought one of the first available E-Cigs to try out. The version they had was called 21st century electronic cigarettes. Lets put it this way, I wasn't a casual smoker but a smoker who went through nearly 2 packs a day for 10 years straight so I was skeptical at first. The drive to her parents in Wisconsin was close to 6 hrs and I toughed it out using the e-cig until we got about 16 miles to our destination and decided I couldn't take it anymore and that I needed that real cigarette. So I lit one up and it made me wanna vomit. I tried to light another one on Christmas evening and it gave me the same feeling. From there on I never smoked another cigarette. The point I wanna make after you just sat through my (long) and drawn out story is that the E-cig destroyed my love for the cigarette for good. I smoked the e-cig for about three months before I stopped using it altogether. I feel healthier and can breathe easier everyday now. Why put a ban on something that helps more than it can hurt?

2/23/2015 3:59:51 AM - LeAnn

I smoked cigarettes for 40 years and tried everything available to quit. Nothing was effective for very long and some came with horrible side effects. Then one day I found a kiosk at the mall that was selling e-cigs and decided why not give it a try. That was July 15th 2010. Went home and started vaping and never picked up another cigarette!. I am passionate about my vaping and will defend it to the very end. I was on the verge of COPD and emphysema and couldn't walk across the parking lot without losing my breath and now I have no problems at all. I think I would be on oxygen today if I had not found vaping,it has saved my life.

2/23/2015 3:59:41 AM - Ethan Knoebel

While it is not as compelling as the stories of people who quit after smoking for half their life, my life has been forever changed by the opportunity vaping allowed.

I was working in a depressing mail room at a local mail room, and the workers there would take smoke breaks often. It was a luring habit for a young man, because at 18 I didn't tend to think about the long term, just about the superficial - hedonistic - short term. I started smoking to fit in, and it didn't take three weeks until I was a pack a day smoker, and happy with it. I would roll my own, rip the filters off of periques, and smoke until my voice dropped three octaves. I developed more illnesses in that short period of time than any other point in my adolescence, and it didn't go unnoticed by the people who cared about me.

About a year later, my father approached me, and told me about a new invention that a lady at his work was using, and encouraged me to look into it further. I was hesitant at first, like most people, because I am a creature of habit, and smoking was easy. But, with a good amount of money saved, I figured I could take a chance on vaping... Well I got it, and was amazed with how similar it was to smoking, without all of the unwanted side effects I had come to forget... Not only did I quit in that first week, but I could taste the intricacies of food again.

I continue to vape, and although the devices have become more elaborate, the benefits have remained. Vaping has allowed me to live unabridged by the looming diseases that plague cigarette smokers. I can taste everything again, I have been sick once in the three years I have been vaping (down 20x from smoking), and I have been afforded the chance to help others quit by putting my knowledge of chemistry and cuisine to use.

2/23/2015 3:59:32 AM - Ginger Morin

I smoked for over 40+ years and was smoking over 2 packs a day.After I had my heart attack back in 2006 I realized I needed to stop. I started out using the patch and just kept smoking with the patch on.the next step was to try chantix the day I was suppose to start my taking 2 I took the second one right before work and by the time I got to work I had a full blown seizure and my doctor said it was from the pills. My next step a coworker gave me Blu and I was very not satisfied with this and stopped almost right away. Then my brother bought me an E-Go starter kit. I was very skeptical so I hung on to a pack of smokes just in case. That was 4 years ago,I never did open them smokes and have been VAPING since . I started out on 36mg and have been lowering it since as of last week I just lowered it to 12mg. I never realized how bad it smells and how bad I could not smell and I can breath again and do not cough up a lung every and all day any more. I am 59 years old and can breath,smell and am not an ashtray anymore. As for any negative impact that I am having I honestly have to say is I get heartburn when I start reading all the negative B.S. From all these people that SAY they want to save life's but are not willing to support this safer way of life.

2/23/2015 3:59:23 AM - Bryan Kempinski

Hi. My name is Bryan and I was a 10 year pack a day smoker. I have been vaping exclusively for almost a year now. I was a dual user for 6 months into my journey to switch over. What made me finally completely switch was finding out my father was diagnosed with COPD and will be on oxygen for the rest of his life. My previous attempts to quit were dismal at best. I tried gum and patches but they never satisfied the sensation urge and most of the time left me nic sick. While I was a dual user one of the things that kept me on my journey was the great support I received from my local vape shop. During my first week of vaping I had to go out of town to a very rural area of the country. I was prepared (or so I thought) with enough e-liquid and coils to last the week trip. On my second day there my ego battery snapped in my pocket while I was working. So needless to say I ended up buying a pack of cigarettes that day. When I got home I took that ego into the shop and they replaced it for me free of charge. If I had to buy another battery and didn't have this great shop to help me along I probably wouldn't be here writing this right now. That was in November of 2013. Fast forward to May of 2014 and I was down to about 2 cigarettes a day. Once I decided to make the switch on that May day and wrote them off for good a weight was lifted off my shoulders and I could breath again. In about June of 2014 I started to roll back the nicotine level from 18mg to 12mg. Then 12mg to 8mg. Then 8mg to 6mg which is where I'm at now. Along the way my hardware choices have changed in search of that perfectly satisfying vape for me. Had there only been one choice in hardware at the time, again, I probably wouldn't be here writing this right now. The first week after switching completely I got very sick for 3 days. I couldn't remember I time I was that sick. A mix of Dayquil and NyQuil was able to get me over it thought. I didn't go to the doctor to find out if this was the case, but my assumption was that my body was kicking out the left over remnants of cigarettes. I am happy to say that now almost a year later I haven't been sick enough to miss work. I can feel when I'm starting to get sick much sooner and eliminate it with vitamin C before it gets out of control. Two weeks after switching completely I could start to taste and smell things I hadn't experienced since I was 12 or younger. (I started smoking when I was 13, yea I know dumb me) I went back to the gym and found out I could run on a treadmill again without feeling like I was going to die after a few minuets. I am also enjoying the fact that my car, house, and clothes no longer smell like smoke constantly. To any smoker reading this know that you can do it too. You just have to make the choice to switch.

2/23/2015 3:59:13 AM - Holly West

<p>I started smoking at school in the eighties. It was common-and I thought it was cool. I suffered from ADHD, and nicotine helped me to slow down mentally and emotionally. I liked it.

My mother developed cancer in the 90's and it progressed into lung cancer very quickly. Before her death, I promised her I would quit-her death was a crushing blow.

I tried quitting. I first tried the nicotine replacement patches. They did not help the cravings, and the hand-to-mouth habit was a difficult type of addiction. They left (the patches) little blisters under the patch, where the skin and the patch met. My doc said-"oh no. You must stop using the patches right now!"

And so I quit using the patches and moved on to nicotine gum. Within hours of using it-I had a GI bleed. My Dr. said "oh no- we must find a different solution. You must stop using this nicotine replacement gum," and so I stopped using the gum-another $45 out the door. I was so discouraged.

I moved on to the nicotine replacement hard candy. Within 30 minutes of use, my mouth has ulcerations and boy did they hurt. I switched the candy back and forth, from side to side, but the ulceration hurt and the candy did not curb my cravings but it did leave me with mouth sores. I was so discouraged. Jump 4 years to 2011. My Dr. prescribed Chantix. I was not able to even slow down with product. One Sunday morning, about 2 weeks in to my Chantix use, I woke on the floor. I was surrounded by weeping husband and kids. My husband was just short of hysterical. My pants were wet, and every single inch of my body felt like it had been crushed. I had suffered from 3 back-to-back tonic clonic seizures. I had stopped breathing during each seizure. I stopped breathing twice more on the way to the ER via an ambulance. My children and husband had relayed they thought I was dead. I will never ever forget their faces as I came to consciousness. It was the most scared I had been in my life. Terrified- I recounted all the things I had tried. What was wrong with me? Before leaving the hospital, I was warned I might have reoccurring seizures despite putting a life/death emergency stop on Chantix. I am now epileptic, as I still suffer from uncontrolled seizures (I hit the back of my head during the first seizure set) and I cannot drive a car or do many other things I used to enjoy...until I tried vaping.

My husband's father had died of lung cancer, and his wife (my mother in law) had found a local vendor. I tried it, and I had a lightbulb moment. I said "oh my gosh-this could work!!!"

It did, it has, and it still is working. I started vaping 18mg liquid from an ego twist. It satisfied me. A few weeks later we found dripping using a variable voltage vaporizer.

I loved it, and still do. My so-called stage 3 COPD has cleared and the shadows are no longer present on my chats X-rays. I now use 3mg liquid with a variable voltage box, and switch between a tank and a drip tank.

I have not smoked cigarettes in a very long time-It has been almost 2 years I have now been smoke-free since 2013.

I have experienced very positive results while using vaping (to help me slow down my cigarette use while replacing the way I got my nicotine.)

From GI bleeds, to full-blown deadly seizures, I have TRIED everything from the gum to Chantix. I still Vape, and I enjoy it. The nicotine, although it is at tiny levels at 3mg, still helps with my symptoms of Adult ADD.

I couldn't be more pro-vaping and pro-tobacco harm reduction. It literally saved my life.</p>

2/20/2015 2:09:57 PM - Crystal Clausen

Hello Everyone! I have officially been analog free for 1 year, 4 months and 20 days. I am 50 years young and I started smoking at age 13. I tried to quit many times with nicotine patches and even tried Chantix (shudder) only to end in disappointment. Damn, this is a serious addiction! About 2 years ago, I saw a lady with this contraption hanging around her neck and was intrigued. I immediately ordered myself one. I am so thankful to have discovered personal vaporizers or ecigs(as some call it, I prefer to not Ever refer to them as nasty cigarettes). I started with 24mg nicotine and am currently only using 6mg. My goal is 0 but I will still Vape! I enjoy it! I never could have kicked this Tobacco Addiction without them! They truly saved my life!!

2/20/2015 12:53:05 PM - hyenaboy34

U.S. Navy Veteran, smoked for 20 years at the height was a 3 pack a day habit. Tried many times through the Navy Medical Cessation system to quit. Doing classes, Gum, Patch, Chantix etc. Only found short term success from quitting cold turkey a few times but never made it past a year so didn't count in their eyes. Stress of the job always brought me back to it.

My wife of 17 years left me with a few years after being medically disabled from Active Service. She took our two children with her, I used this not as a negative though. I didn't go to the bottle or increase my Cigarette use. I actually went online and purchased a starter kit of E-Cigs. Admittedly that was a mistake but it was still pretty young as far as the industry went. Especially where I live. So the ciga likes helped me cut back but wasn't the end all for me.

We finally got a local store in town as I was starting to get more serious about quitting out right. I went in and got an Ego Twist, carto tank and 12mg Liquid, two weeks later I upgraded to a Smok II and a Kanger pre Tank II. Within the week I was back for a mech mod and an atty. At that point I went down to 6mg liquid. That lasted about 2 days and I was back in to get 3mg liquid.

Fast forward three years later and I have not had an analog cigarette. I build my own regulated box mods and I alternate between 0mg and 3mg liquids. I can do with out the 3mg in most cases but since quitting three years ago I feel outstanding. I can breathe again, I have more energy, I suffer from constant airborne allergy irritations but those have lessened as well. Life in general is better for me as is my quality of life. The quality of life for my youngest daughter who lives with me now is better as well.

This has been the best and most permanent way to quit smoking for me. I try to help any others who have the desire to do the same. You have to want to quit though, if you aren't committed to your health and your loved ones, I don't anything will help you. Let us and this industry help all who have the desire. It can work if you get educated and get the right set up. Don't be afraid to ask questions or for help.

For those of us benefitting from this life style change, be sure to do your part and help them. Even if you don't know the information point them in the right directions. Also fight for our right to Vape through any means you can. They can't ignore all of us. Keep Vape my friends and be happy and healthier.

Best Regards,

Hyenaboy34

USN Vet Disabled

2/20/2015 12:52:33 PM - Tony

Howdy, I'm going to start this with saying this. I smoked Marlboro smoothes when I was 17. I began with a couple a day and even later (when I turned 20) I started smoking a pack a day. I used to blame my parents because I grew up in a house full of smokers but in the end before I made the switch it was all on me. no one put the cigarette in my hand, I picked it up, I smoked it.

the reason why I say this is because I eventually kept getting sick, bronchitis all the time, sever infections all the time. I went to a doctor because I have pneumonia and I had some tests ran. the doctor came back and said that I have on set symptoms for COPD. I was devasted and I knew that I wanted to keep smoking despite what the doc told me but I knew something had to be done.

One day I was with people that were vaping and I was the only smoking cigarettes. one of the guys reached in his pocket and asked me if he gave me a set up if I would quit smoking for good and leave that habit in the past. I accepted the gift and ever since I haven't picked up one cigarette. I went back to the doctor and my lungs are better. no more sickness and no more pain in my chest. vaping I would like to say has saved my life. if it wasn't for this then I'd be smoking cigarettes and still getting sick. instead....I'm feeling better and the vaping community is one of the best groups I have been around. thank you for your time.

2/20/2015 12:52:19 PM - Jonathan Evan Smith

I smoked for 3 years, approximately 13 years ago and since have only smoked socially or at business events. All these years I have avoided smoking as my family is extremely sensitive to carcinogens and chemicals. All the males in my family have died at an average of 55 years of cancer, whether they smoked or not. I also knew how damaging it was, despite all the pro and con studies and endless reports. The bottom line was that it was smoke inhalation and I knew that would cause serious long-term damage if I kept smoking tobacco.

My best friend got me into vaping about 2 years ago. At first I would borrow mechanical "genesis" style mods from him and play with different e-juices and blending them. I prefer coffee, sweet and/or nutty flavors and generally vape at 3 or 6% nicotine strength. When I know I will be in a social environment for say a weekend, I will stock up on 3% juice so that I can vape much more often.

Vaping has allowed me a better social freedom than I have ever had and also provides a hobby that I otherwise did not really have time for. Now my vape is never far from arms reach and I have a good reason to say no to offered cigarettes even in social settings. I also enjoy the opportunity to educate others on the simple ingredients involved in the e-juice and how these products atomize the liquid into a vapor.

2/20/2015 12:52:08 PM - ROIGAL(FL)

Till age 18 i did not smoke, I joint the army and at age 19 I start smoke in the army. The effect in my service was immediate. As athletic person I become less and less active and gain some fat.

At age 25 I got married (still smoking) and age 26 I got my first born child. When my first kids born I decided I want to quit and I did it, but it did not last for very long and after 1 yr I return to my cigarette. Then 2 yrs later my second kids born and I said I must quit because its impossible to have 2 small kids in the house changing diapers and holding them breath on them with that smell. Even my wife at one point said look you causing us to stay far from you after you smoke. I just wanted that smell and habit to go away.

So I quit smoking, but again after yr I had some pressure at work I decide to smoke again. Than 4 yrs ago my last kids was born and I said to my self there must be away quitting. Well this time I did not quit when my last kid was born. the habit of smoking and the need for nicotine did not let me do so. Than 2 yrs ago my brother that is an heavy snooker called saying he quit smoking and he said he is vapeing. At first I thought it the smoking cigarettes you see at the malls and I said well i do not really like the fact I hold plastic in my mouth and I do not believe its help. after few months I asked him if he still not smoking and for real if he is not cheating he said no and he said that he start exercise and he is able to run 30 min a day without coughing. said well this is new...I must try it. So he sent me as gift a battery and tank and liquid 6ml nicotine to match my Marlboro light strength with if recall strawberry flavor.

Well today I am vapeing, I lost 30lb and I run every morning 6 times a week 10km and my kids are happy, i do not have this smell. I do not feel the need for nicotine(I am on 0 nicotine or maybe 2-4ml if I wont to feel it a bit. I stop coughing. And the good part my wife says I stop snoring.

So if you ask me...to ban or stop or make this revolution will be a mistake that will effect all because this cigarettes (the real ones) kills my life and the vapeing saved my life.

2/20/2015 12:51:56 PM - Dieter Sellers

I pretty much smoked a pack a day from the age of 15 to 57 (42 years). I had tried to quit so many times and never even came close to successful. I tired the gum, the patches, smoking cessation groups, nothing worked for me. Then a friend told me to try e-cigs. My wife and I visited a local shop and from that day forward neither one of us has had a cigarette. Had someone told me I could quit that easily after 42 years I would have called them a liar, but that is exactly what happened. I have now been smoke free since Jan. 15, 2013, just a little over 2 years. I feel better, I breathe better, I smell better :) and according to my doctor it isn't my imagination, she can see the difference in me. I started out at 18mg of nicotine, but I'm down to 3mg now and hope to be at zero within the next 6-9 months. My wife and I aren't hard core vapors, she uses an eleaf iStick, as do I, but I also have an Aspire CF Mod with an Atlantis tank that I like using on weekends. I use an MVP 2.0 week nights, and the iStick during the day at work. All in all, my story is probably much like most peoples, but I am so glad to say I am an ex-smoker after 42 years. Keep Calm and Vape On!!!

2/20/2015 12:51:34 PM - Cheryl

I was a cigarette smoker for approximately 15 years. I quit smoking on my own once many years ago for a four year period and then picked smoking back up. My son started "vaping" or using electronic cigarettes and at first I thought it was a silly trend. However, he quit smoking. He smelled good (how can you not like blueberry cheesecake). I started using an e-cig off and on and finally just put the cigarettes down. I have not smoked a cigarette in 49 days and counting. I have no intention of picking back up cigarettes. It has not been easy. I have had cravings, but the e-cig has worked great. I have noticed the skin on my face feels softer and looks more healthy in just these few months. I physically feel better. My food tastes better and now I do not smell like tobacco. I also am losing that cough. Electronic cigarettes have truly changed my life for the better.

2/18/2015 11:50:27 AM - Jordan L from NH

I figured I'd share my story since hearing about the consideration of strict FDA regulation on e-cigs/vapes. I am a full time college student from Boston, MA, 18 years of age and am also an asthmatic. I have been smoking for 8 years, and would have been going on my 9th this May. Unlike other's testimonials, which I have been reading for the past hour or so, I have not been vaping for a significant amount of time. I just recently began vaping about 1 month ago and can already feel a difference. My lung function has improved dramatically; I no longer wheeze after walking up a flight of stairs, can breathe easier with less pain and overall have more energy. I've also gained the motivation to begin exercising and getting in shape since quitting analogs. I personally don't see any negatives to vaping. While it is still unknown what the long term effects if PG/VG and flavoring do to the lungs when inhaled, I do believe that those effects could never compare to those of the 7,000 different chemicals released when a traditional analog cigarette is smoked, as well as the approximate 70 known carcinogens found within them. 3 members of my family, 2 uncles and my grandfather were long term smokers from the 30's all had been diagnosed with different forms of cancer. They always told me that I should quit while I still can. I had tried and tried again, but to no avail I always found myself back on the analogs. Since I started vaping I have far less cravings for a cigarette, nor do I find them that appealing anymore. In my eyes vaping is definitely a safer alternative, it's pretty hard to doubt. No tar, no carcinogens, no severe problems as of now. I hope to one day see cigarettes as a part of history, for all the negative they have brought upon us as human beings. Vaping is the future, and the future is now.

Cheers,

J

2/18/2015 11:50:13 AM - Korey

I was a smoker for 10 years. I decided to start trying something new. I tried other smoking alternatives such as gum and the patch. These did not work for me. I needed something more. I decided to go with an electronic cigarette. The kind that have a recharging pack that looked like a cigarette pack. This was finally something that I could get used to.

After about 3 weeks, I picked up a personal vaporizer. This was awesome. So many choices, including nicotine levels. I have personally gone from 24mg to 3mg nicotine in just 4 months. I will be a year cigarette free in May!

In the past 9 months, I have discovered many changes happening to the way I felt and lived every day life. I was able to breath better. This is my #1 reason for sticking to it. I do not feel that I am putting other people at danger with secondhand smoke. Having a 3 year old child, this is fantastic!

Aside from all of the usual things like not smelling foul, being able to taste my food and just enjoy life; vaping has changed my life. I will never pick up another cigarette again. This I can promise myself and know I can keep it. I give thanks to the person who introduced my to vaping and I will be the first to have compassion towards someone who wants to choose vaping as their option to quite smoking. It is a journey for anyone who smokes to quite - vaping makes it an enjoyable journey worth while!

2/18/2015 11:50:00 AM - Kels

I started smoking as soon as I turned 18.. smoking Marlboro smooths and I smoked them for about 2 years and I started getting really sick all the time.. sore throat..losing my voice.. a violent cough that made my arms and legs go numb.. my best friend started vaping and talked me into it. I vaped a total of three days and really liked it.. I tried a cigarette to see if I was missing out on any of the nicotine and I almost threw up...the cigarette tasted awful and I couldn't even taste anything but the chemicals. I will never go back to smoking cigarettes again.

2/18/2015 11:49:28 AM - K Rog

I picked up my first ego kit October of 2013. A few friends of mine were using e-cigarettes so I thought I'd give it a try. I liked it when it was working but I had to do a lot of fiddle to get them to work right sometimes so I still smoked my Marlboro blue 72s as well. This went on until I no longer had the income to buy cigarettes in August of 2014. I haven't bought a pack since. Since then I found a new job upgraded among the ranks of vaping hardware and now make my own coils and juice and save a ton of money. I smoked for half my life which is 13 years and now I have no desire to spark up. Thank you vaping industry for all you do. Much love.

2/18/2015 11:49:03 AM - Jeannie Kerswill

I started smoking before I was a teenager. I did not start because my family did. They all made a point of telling us how nasty and expensive it was. I continued to smoke for 27 years. At the end, my smoking habit was over two packs a day. I didn't decide to quit and honestly I never wanted to. Over the years I had tried several times with various traditional NRT products and the results were always horrible. Patches made me dizzy and sick to my stomach. The gum had the same issues and added sores in my cheek. Chantix gave me nightmares that were so real I couldn't tell when I actually woke up. What I did want was not to die. I had been getting pneumonia or bronchitis several times a year and wrote it off to living in Pennsylvania, having four school aged children, or working in a factory. Then one day it was very difficult for me to take a deep breath. I felt like I was being stabbed from the back. I actually though I had a rib out of place and made an appointment with the chiropractor. He spent twenty minutes talking to me and then felt my back. At that point he insisted I go to the emergency room. He even called ahead so they were waiting for me. Next thing I know I am in the intensive care because what I thought was a rib out ended up being a pulmonary embolism. It was not small and very dangerous. They said over and over it was related to my smoking. I didn't really care why. All I cared about was not dying before Christmas. I didn't want my kids with that memory. Nine days later I was on my way home. Do you know what I did walking across the parking lot to our car? Yes, I lit a cigarette. Like I said, I never wanted to quit. My husband however, was much more concerned. He asked me several times over the next two weeks about quitting. Finally one day he asks if I checked out the electronic thing. So I checked it out on the internet and ordered the silly thing. Not because I thought it would work, but because it would make my husband happy. Jan. 8th, 2010 my first kit came in the mail. While it was working, I knew in a few hours that it was going to be too expensive. I spent the entire night on the internet, in several forums, finding more information. It was amazing but the thought of the cost being more than actual smoking was pretty scary. I met some really great people that explained what I needed and where to get it. One of those people owned a store and made sure I got what I needed. I have not smoked a cigarette since that day. If I am completely honest, I don't feel like I quit. I feel like I switched. That is enough for me. I get what I want in a way that is much safer than smoking. I have not been ill with a respiratory illness, at all, in the past five years. My O2 levels are 99. I am proud of what I have been able to do. Harm reduction is something I am very comfortable with.

2/16/2015 3:16:38 PM - Kacie Evans

I am 42 years old smoked cigarettes since the age of 15, my boyfriend is 38 years old and smoked since the age of 17. I have tried to quit many times over my lifetime of smoking, once with the patch(smoke free for 10 months) once with the gum(smoke free for 8-9 months) and once with the lozenges(smoke free less than 1 month). Both my boyfriend and myself are educated professional people and have been embarrassed by the ugly habit of smoking cigarettes and afraid of the health risks for years, we decided to cut back on our usage of cigarettes as low as we could go each day and then decide on a aid for helping us finish. We researched everything out there on the market and decided to try the ecig/vapor style for our assistance in quitting. We are now 3 months smoke free, and it is different this time for me other than any of my previous attempts. The cravings, withdrawals or other symptoms present at high levels before, do not exist worth mentioning with the ecig. The level is so low that it is not only able to handle it is hardly noticed. I do not feel like I want a cigarette like I did when tried before attempts, or do the crazy addiction things I used to do as well. When I tried to quit before, I would see someone smoking outside of the store I was going into and intentionally walk by them slowly, maybe even stop for a second to inhale the smoke as much as possible. Failure was inevitable when that is the extreme hold the addiction had on me and I am honestly ashamed of admitting but serious about the positive life saving effects of ecigs. I know this is it for me, I am done smoking cigarettes because of the ecig.

2/15/2015 2:51:48 AM - Sandra L Clements

I was a chain smoker for over 30 years. Tried more than once all types of cession of smoking programs. Encluding Chantex Wellbutrin type drug help, they through me into full blown Mania. How we found out could not take antidepressants. With eventually being diagnose with asthma & COPD somehow had to get off cigarettes. My daughter help set me up with a e-cigg system using liquid nicotine based juice. Within one month no longer had to use my nebulizer every 4hrs, wheez in my chest was compleatly gone, my last chest x-ray excellent. Needless to say my lung doctor is very happy with me. His only advice make sure you know what's in your "juice". I don't purchase anything made over seas. I only shop with companies who willing label or will send with liquid what's all in it. So yes I am still addicted to nicotine but within nine months @ 36mg went down to my currant 24mg nicotine strength with no tar carbon excetera from ciggs my lungs thank me, bottom line. We won't even go into the fact being on a fixed income I can truly afford this nicotine addiction from hell, that I was clueless would happen to me when I started smoking at age 21.

2/13/2015 2:39:52 PM - Chris H.

I'd like to share my story. I was a Smoker for 19+ years 1+ packs a day. I started smoking because it was the "cool" thing to do in high school. After high school I continued and tried to quit smoking at least 20 times in 19 years. I tried the Gum, Patch and even different brands of Cigarettes, Nothing worked and the longest I ever went without a cigarette was 1 week. About 10 years ago I switched from regular Lights to Menthol lights thinking I would not like the menthol and quit. Boy was I wrong I became a full time menthol smoker. I then became a Full flavor menthol smoker. I did not smoke because I had to, I smoked because I truly Enjoyed it. I am still fairly healthy but started noticing breathing problems and also MAJOR Headache problems as I got Older. I Did a LOT of research on the vaping products as I was VERY Skeptical at first. Around two months ago I had my last cigarette. I got a free voucher for a major brand e-Cigarette sold in gas stations, I went and got the product and have not smoked since. I used that for 2 days, it was WAY to strong for my taste. I then went to a local vape shop and bought an e-Go-T 650Mah starter kit with the CE5 Clearomizers. I changed my Liquid to 12Mg. and used that for a month. I am now down to 10Mg. Liquid and will reduce to 8Mg. soon. I now use Larger tanks and VV/VW mods. Now back to the health, My frequent Headaches have reduced over half. My breathing is already better and I feel so much different it AMAZING! Also I don't smell like an ashtray anymore. Honestly I have had 0 negative side affects from the vaping products besides dry mouth which was actually a good thing because I used to drink over 2 liters of Soda a day and have switched to mostly water now. I did go through about a week of my taste buds resetting and during that time I could not taste much and what I did taste was EXTREMELY Salty, but that went away. After only two months I barely crave a cigarette anymore and I do not vape constantly all day either. Hopefully I will be around a LONG Time for my children now, unlike my grandpa's who both smoked heavily. One died when I was 5 from a massive heart attack and the other when I was 15 from stage 4 lung cancer. Hopefully my story can help someone else improve their life like I did. BEST step I ever made and honestly I enjoy vaping even more than I enjoyed Cigarettes. Thanks, Chris H.

2/13/2015 2:39:42 PM - Danny M.

I am 51 years old and had been a regular smoker for 35 yrs. I started buying my own at 16 but really started earlier than that by sneaking cigs from those around me. Years later I tried to quit cold turkey with zero success. After a few days I was going nuts and was a real SOB to be around. Then I tried the patch which left chemical burns on my arms when it stayed in place. So next came the gum and yet another failure. It tasted like crap and was like chewing rubber. From there I tried hypnosis and again that too was a waste of money. I gave up on trying and figured I was stuck as as a smoker until it killed me. When the Ecig came out I was intrigued and bought a cig-a-like style but was again frustrated because of the weak battery performance, poor service of the online seller and bad tasting juice. I was resolved that nothing would help me quit. It wasn't until I picked up a basic 650 mah MT3 ego kit that I was able to actually have a satisfying experience from vaping. It was that change in technology that made the difference for me and I have not looked back since. I am now 19 months from smoking and 6 months from any nicotine at all. I simply followed the program of reducing the nicotine as I took control of my own vaping habit. The results were amazing. I could breath again. I could smell and taste things again. My sinuses cleared meaning no more nose strips or more mouth breathing while I slept. my chest cleared in less than 30 days so no more morning hacking. I was so impressed that my wife and I opened our own vape shop. It the last year we have helped hundreds kick the paper cigarette. We have heard amazing stories from our new friends about their personal successes and believe firmly that vaping is saving lives. 570 days and 11,400 cigarettes later all i can say is sorry big tobacco and big government. You won't be getting my money anymore and I feel great in spite of your deep concern for my health. I cannot see how anyone can think vaping is anywhere near equal to the absolutely known dangers associated with paper cigs. They have to be ignorant or have an agenda.

2/12/2015 1:54:03 PM - Gail L Grace

I was a hard core cigarette smoker for over 45 years. I had neither desire nor ability to quit, until I tried E-cigs about 18 months ago. I was immediately smoke free ever since. I very much enjoy smoking, and now vaping, which is the ONLY alternative which still taste and feels like smoking. The added benefits ought to be obvious using plain common sense, as nicotine is the ONLY unhealthy substance still being used, and nicotine alone is far LESS unhealthy than all the added chemicals in cigarettes. The added benefit of being cleaner and odorless and thus not an irritant to others is also obvious.

I do not know if there is any truth to e-cigs causing anyone to START smoking, but even if it might be so, some people still start smoking regular cigarettes too! Therefore what gain is there to health to severely RESTRICT them? I think by far the most e-cig users are former cigarette smokers. I also know many of us never did desire to stop smoking, we just desired a healthier alternative. I know that for myself, if e-cig vaping is made just as difficult to do, where I can no longer buy supplies at reasonable prices, I will simply go back to regular cigs. I don't want to, I have thoroughy enjoyed the benefits. I feel better, I have more wind than I did, and my habit does not irritate those around me. However I will, in a heartbeat, if foolish lawmakers leave me no other choice.

I hate this false double standard, claiming morality while it's now legal to smoke pot, and has been legal to kill babies in the womb for years. or claiming caring about health, when I suspect what is really cared about is the lost revenues faced due to smokers no longer buying regular cigarettes.

I currently use V2 Pro series batteries and e-juice although I am in transition for my hardware and have not yet determined what will be my new brand, and smoke a 1.8 to 2.4 mg nicotine strength. I have not wavered at all as for reverting back to regular cigarettes or any other tobacco product, except for one week early on in the switch period, and only because I was temporarily out of e-cig cartridges.

2/11/2015 7:42:42 AM - Jenn

I would like to start by saying I was a 2 pack a day smoker for 20 years. I have had several pulmonary problems. Asthma, chronic bronchitis, and had to use my inhaler about 5 times a day. This does not include using my nebulizer at home. I have been vaping for 2 months now. I am completely off of cigarettes and have been able to decrease my nicotine level to a 6mg. I have had to use my inhaler a total of 6 times in that 2 months. I have had to use the nebulizer 3 times in that 2 months. I feel better each and every day I am a non smoker. My physician was very skeptical of the vaping experience in the beginning, we did have a very informative conversation with a few cardiologists that explained everything to us. I will say if I wasn't open minded to an alternative to medication that could make other health concerns worse. I only hope many more people have a wonderful experience vaping. I will do everything I can to educate current smokers and do my best to help improve their lives. Thank You.

2/10/2015 12:46:57 PM - Brandy

My oldest son introduced me to vaping as an alternative to quiting smoking. I had been smoking for 25 years and have high blood pressure that I take meds for. I've never been able to quit no matter what method I chose. Then my sin can to visit and bought me a mod and tank. After a week or so I chose to put down the cigs and vape. Low and behold eight weeks later I'm still smoke free. Can't stand the smell and and have no desire to ever smoke again. I have no ill side effects to vaping what so ever. I feel great and hope to be off the meds soon. I'm at the lowest level of nicotine and plan to be nic free soon. I 100 percent am for the vaping alternative to help tobacco users become free of the addictin. As long as they keep the vaping regulated to 18 and up there should be no problems.

2/10/2015 12:46:37 PM - The Vape Knight

i started smoking at the age of 18 and smoked about 2 packs of marlboros every week. Once i started vaping i was easily able to go from a 18 nicotine juice to a whopping 0 nic. vaping has truly changed my life.

2/10/2015 12:46:22 PM - Brittany M

Vaping has helped me quit smoking and it really helped improve my health. I felt an improvement in the way I felt instantaniously. I'll never quit vaping!

2/10/2015 12:46:13 PM - C4BZ

My first introduction to e-cigarettes was several years ago, when they first started becoming commercially available here in the states. Several times, my wife and I tried unsuccessfully to quit on our own, but were too skeptical and concerned about the potential physiological and psychological risks to try other FDA approved smoking cessation products. However, we immediately recognized this product as something that might actually allow us to quit tobacco smoking. After conducting our own extensive research, we came to the conclusion that this product offered far less risk and potential side-effects than any current FDA approved products. Some benefits were apparent in a relatively short period of time. Our sense of taste and smell dramatically improved, the nagging cough experienced while smoking started going away, and our general health and well being began to improve as well. After 47 years of smoking, I was able to quit cigarettes and have been totally smoke free for over two years. Unfortunately, during this time my wife was diagnosed with lung cancer and she did not have the opportunity to wean off of cigarettes over a period of time as I did. However, with the use of e-cigarettes, she was able to quit cold turkey without any significant difficulty. It is also interesting to note that her oncologist fully supported her use of e-cigarettes and related that a great many of his patients had also successfully quit smoking with the use of e-cigarettes.

I recently heard a disturbing statistic that 60% of smokers that undergo cancer treatment continue to smoke during or resume smoking after treatment. I am absolutely convinced that my wife and I would still be smoking if e-cigarettes had not been available. Most medical authorities always refer to the addictive qualities of nicotine. But, as a long term smoker, I can tell you that the physicality and habit of smoking is far more addictive than the nicotine itself. Nicotine is not carcinogenic, and the e-liquid we currently use has a level of 5mg/ml, which is considerably lower than the lightest ultra-light cigarette on the market. At this point, the only reason we include nicotine in our e-liquid at all is because it still helps to simulate throat hit, which goes back to the physicality of smoking.

The first time we saw and experienced an e-cigarette was at a kiosk in a local shopping mall. We were so impressed and hopeful about the technology that we spent over $300, which we could ill-afford, for two kits. It didn't take long to realize that this early product was problematic and unreliable, but our optimism and hope for the technology remained. We stuck it out over the next few years, during which the industry matured and the products improved significantly. Today we both use reliable variable voltage/variable wattage (VV/VW) devices and rebuildable tank atomizers (RTA's). Unfortunately, I suspect that many people gave up on the technology in those early days. For me, I've been amazed as I've watched the technology and industry grow and develop, and particularly impressed by the self-regulation and safety concerns addressed by the industry as a whole.

My wife and I are grateful every day for the technology and the products that finally allowed us to quit smoking after so many decades.

2/9/2015 2:58:52 PM - ginnovapes

To whom it may concern

For five-six years I have been addicted to smoking tobacco cigarettes. The addiction has been a big problem for me in all aspects of my life. It has affected my performance to function efficiently in both school and work. The impulsive cravings has taken a lot from me and has also been making me sick. Vaping is the only alternative that has worked for me and true enough overnight I have quit cigarettes. I have been better ever since. The community of vapers have helped me turn my life around with the support and with a non judgemental approach in understanding my addiction..vaping has saved me and I am a living testimony that the alternative (vaping) truely works. To sum it up, addicts like me need a place to turn to, to treat me in my disorder and a positive outlook to support me. The quality of my life is better now. I too help others by introducing this alternative without financial gain or anything that would benefit me.

2/9/2015 3:20:46 AM - Robert Mrowczynski Robcig_M

I HAD smoked cigarettes for over 40 years. Tried hard to quit several times using patches, Wellbutrin, psychotherapy and strong will of no avail.

QUIT smoking in ONE DAY -(Dec 1st 2012) with the use of an ecigs starter kit. Despite the beginner issues I was sure it would work and it really DID.

Happy Vaper and proud of myself I WAS . But then I recognized there were SO MANY, so uneducated, non-professional & unscientific Big Tobacco&Big Pharma biassed ppl WHO regarded MY life experience as "anecdotal".

Right then I decided to fight for the truth, for the RIGHT to CHOOSE. Against unwise, scientifically + ethically illegitimate BANS and Way too tough regulations of e-cigs market. (Just a consumer I am not tied to e-cig industry whatsever)

I have limited my nicotine intake from 60 to 30mg/day and sometimes even forgetting the crave whatsoever... One day I may puff ZERO nicotine.

BUT even then I SHALL never STOP FIGHTING Big Pharma/Big Tobacco devious propaganda against e-cigs.

I just KNOW my life & health HAS changed for much better since I switched and want other smokers to be given the same fair chance to choose the way they QUIT TOBACCO.

2/9/2015 3:20:33 AM - Grove Mitchell

I was a smoker for over 25 years. I was up to about 2 packs a day and once again urged by my wife to quit when I stumbled onto electronic cigarettes. I used cigalikes for a brief period, but wasn't satisfied until I got a refillable tank setup on a box mod. I have not smoked since that day almost a year ago. I now build my own mods and custom coils, make my own ejuice, and have reduced my nicotine level to almost nil. I have noticed absolutely no negative health effects and can breath unobstructedly again. There isn't a doubt in my mind that if vape stores and the refillable e-cig industry did not exist, as opposed to disposable e-cigs available in convenience stores, I would still be smoking to this day.

2/9/2015 3:20:08 AM - ibendtin

Smoked for at least 40 years.

Before a surgery the doctor really hated me smoking (using nicotine). I used Chantix for several weeks and put the cigarettes away. Twelve weeks later I was really wanting to smoke. Found vaping and am slowing my nicotine use down over time. Started with 12 mg. I will never smoke again, God willing.

Have been vaping for one year, no cigarettes for a year and 12 weeks.

Am using a tank system usually 3 mg, sometimes 6 mg.

2/9/2015 3:19:57 AM - UsCoops

I have been an EX-smoker for 19 months, something I never thought I would say. I began smoking at the age of 15 and was an at least pack-a-day smoker for 37 years. I enjoyed smoking. Loved smoking. But even so I did understand the health risks and tried a number of times to quit. I tried cold turkey, patches, gum, and hypnotism with my longest success at 4 months, at the expense of an expanded waistline!

Finally, in the summer of 2013 inhaling my beloved cigarettes started to give me trouble, causing me to cough and choke. I knew it had to stop. I learned a great deal about e-cigs via the internet, then visited a local e-cig store to get some personal guidance, which made a HUGE difference. I learned that I could not inhale nicotine in any form. So off I went with a new e-cig and ejuice with no nicotine, and have never smoked a bit since!

The great thing is that because of the e-cig I never did even miss my regular cigarettes. And although I know the flavored juices are also controversial, that was my lifesaver. At first I tried menthol trying to match my usual flavor, but this wasn't helpful, as I wasn't happy unless there was an exact match, which of course there wasn't. So the flavors allow me to enjoy the smoking experience and now I just love the better-than-tobacco flavors.

I know I could never have done this without e-cigs, and am thankful they were here as an alternative.

2/9/2015 3:19:45 AM - Nancy Niedzwiecki

I started "vaping' as a way to stop smoking cigarettes (which I did for 48 years). I knew I had to have "quitting smoking" in my head before I even tried.

I tried to quit previously with patches, or no back up and it didn't work.

As soon as I saw "vaping" I knew it would work for me.

I have been tobacco free since 12/19/2014 because I am able to "vape". I guess this works for me because the vapor takes the place of smoke.

I have also decreased the milligrams of nicotine in the "juice". I started out with full strength (I think that's around 30 MG), and I am now down to 12MG. Next will be 6 MG, then 0 MG, and I will be nicotine free.....which my doctors will like. So, I don't know about others, but I don't want to see any more taxes or permissions saddled on the vaping community.

2/7/2015 10:42:48 PM - Abi Cottrill (Diche) from West Yorshire, UK

I gave up smoking by accident, I had no intention of quitting, oh I knew it was bad for me, but I enjoyed what it did for me the way it broke up my day. I had tried to give up in the past, but it never lasted for long. I found that without the reason to do so I stopped taking the little breaks through the day that smoking naturally imparts. My stress levels went through the roof and it wasn't long before I was reaching for the tobacco again. I smoked for 20 years, until I came across vaping. A friend at work had an ecig and my hairdresser told me all about hers whilst cutting my hair, but I still didn't think it was really for me. Then one Saturday morning I was in the town centre and walked past a Vape shop with a deal on starter kits. It was Â£10 (about $15) for a tank a battery and two juices. I decided to buy one for a giggle. I had no intention of quitting, but I thought it might be fun, and you never know it might help me cut down a little. I went into the shop and tried a few liquids. I expected to like the tobacco flavours but they were horrid and tasted nothing like a lit cigarette. So off I went with a basic vape pen and a bottle of cherry and another of honeydew melon. I smoked when I wanted a smoke and vaped when I wanted a vape, I wasn't trying to quit so there was no pressure. By the Monday I had cut my cigarette consumption by three quarters, all without trying, vaping definitely seemed to suit me. Fast-forward 10 days and I am sitting at home on my day off, I have been on the computer all day doing some research and as it gets to about 11o'clock at night, I think "I could really fancy a fag before bed". It was at that point I realised I hadn't had a ciggie all day, and I HADN'T NOTICED!! That was the point at which I decided to make the switch complete. If vaping could satisfy me that much it was a no brainer to drop the fags and all the toxins and health implications that came with them. The final switch still wasn't plain sailing, after all nicotine isn't the only addictive chemical in cigarettes, but with a combination of the right nicotine strength and the right flavour I ditched the fags for good. That was the 21st of May 2014 and I haven't had a ciggie since.

2/7/2015 8:54:12 PM - E. Blake

I was a smoker for a little more than 10 years. I had quite a few issues with shortness of breath and found that I was unable to do any exercises dealing with cardio. Moving over to ecigs (tank and battery, not the cig-a-likes) I quickly found that my lungs were relieved. The shortness of breath that I was having completely disappeared! Exercising became hard for the work I was doing, not the fact that I couldn't breath. Ecigs are truly the alternative to regular cigarettes. If you are a smoker...make the change! You and your loved ones will appreciate it.

2/7/2015 6:03:06 PM - https://twitter.com/Vapingit

I smoked for 30+ years. Tried to stop many times with the patch, cold turkey, and the gum. Within a day or two, once for two weeks, I was back to smoking.

Over and over, it did not work. Those products were ineffective to stop smoking. I found vaping accidentally. Started on a cig-a-like, went within a month to an ego style and it WORKS. Hands down. Took less than two days-stopped smoking with the first style, and with the second, I have no cravings to smoke. Smoke FREE since May of 2013 with 18mg nicotine level. Hasn't changed once I found the proper level, after some experimentation, I found that was what I needed to stay smoke free. I found quickly that nicotine strength, backups and taste are KEY to the success to stop vaping, the action is a "pacifier", hand to mouth.

Benefits are absolutely noted within a few days and continue:

Breathing was very much improved

No "smokers cough"

I do not get out of breath with exercise

Blood pressure had gone down

Improved taste

Colds/sickness are non-existent

In telling others about vaping, the challenge was misinformation. As recently as when I started, there were few places to readily find solid information easily. Buried by so many contrived stories, I turned to forums - and read & read some more, but no one was saying anything detrimental, and I was already doing it, I wanted to see if anyone had any bad experiences, and with forums, I found only a few minor claims like possibly being allergic to pg/vg type comments.

In my personal quest, some didn't believe it at first that it was a viable alternative. I at one time had been labeled as a professional smoker. Over the first few months and once they saw me doing it without fail, saw I was not smoking, they started to understand that vaping was truly working. Family & friends joined in, and are not smoking because of vaping.

I Joined twitter last year, and in that experience I decided to do my own survey of VAPERS in the spirit of showing others what vapers KNOW about smoking as opposed to the media / governments flurry of misinformation. 72 countries and over 7,000 people responded to this first survey.

Please, if it is helpful, use these final analysis results of those vapers with my testimony as well posted here at this link:

https://vapinglinks.wordpress.com/2015/02/01/the-vaping-truth-survey-final-analysis/

2/7/2015 6:02:55 PM - Norbert Zillatron

I was a smoker for more than 30 years. Two packs a day. I only once seriously thought about quitting. When I had a sinus operation I obviously couldnâ€™t smoke. So I decided to use the opportunity to quit. I went with the patches. That was rather insufficient straight from the beginning. But I didnâ€™t have much choice. It got worse when these patches gave me nasty itching rashes. After three weeks of misery I relished smoking again. Out of curiosity I later tried a nicotine gum and a drag from an inhaler. Both tasted worse than smoking. Chapter closed.

When I first heard of â€œelectronic cigarettesâ€ they were always mentioned in connection withâ€œgums, patches, smoking cessation.â€ So I filed that information under â€œAnother NRT gimmick, probably foul tasting and useless.â€

In fall of 2011 a local politician went on a witch hunt. Raiding ecig shops. That rampage was accompanied by a media campaign. Some â€œcessation expertsâ€ spouting very unspecific dire warnings about hypothetical unknown dangers. That raised my curiosity: Why would people like that rally against useless NRT products they usually promote?

I followed the media frenzy and was expecting some real scientists to show up with real information. In vain. So I started to do my own search for facts on the net.

I found bulletin boards where people where quite enthusiastic about them. You donâ€™t find anything like that about NRTs. Iâ€™m a natural sceptic. But Iâ€™m also curious. So I decided to give it a try. I first bought a disposable ecig as a proof of concept. It worked and tasted even better than I expected. Certainly better than any of the more expensive â€œapprovedâ€ NRT crap I had tried before. But not good enough to be a viable alternative to smoking. I already knew from my research that these are considered vasty inferior to modern devices. So I got one of those tank systems (then â€œeGo-Tâ€) with several liquids. With tobacco style and menthol liquids this was a slightly better experience than smoking. My revelation came, when I started to try non-tobacco flavors. With those the sensation of vaping can be vastly superior to smoking. Sure, there are a lot that I personally donâ€™t find very exciting. But with the available plethora everybody can find the soul mates for the individual taste buds. Right now my favorites are green tea with peppermint and a special citrus mix with menthol. I also got a dedicated ecig (tank) for various tobacco style liquids. And I still like to sample other tastes like fruits, sweets, cookies, drinks, etc. for varietyâ€™s sake.

A few months ago, out of curiosity I again smoked a cigarette. Well, other vapers report utter revulsion. I didnâ€™t find it that bad. But certainly disappointing. Very bland and rather foul tasting. Definitely inferior. No way I would chose to resume smoking.

[Originally posted in my blog: https://nzillatron.wordpress.com/my-story/ where I muse about vaping and science.]

2/7/2015 6:02:44 PM - wesley

its been two months since I had a cigarette I been using e cig for 2 months its cheaper and better for me I can breath better

2/7/2015 6:02:25 PM - Rob Kress

I smoked for almost 35 of my 47 years, i tried quitting several times, but just couldn't manage to be successful. I have had a couple heart attacks and breathing problems due to smoking. I have been vaping for 10 months, and quit smoking the night i started vaping,i started on an itaste vv with a kanger aero tank, then moved up to a mechanical mod and dripper with in a month of starting. My health has improved greatly, i havent needed my inhalers or anything since vaping became part of my life. I have introduced several people to vaping and they to have quit smoking.

2/7/2015 6:02:16 PM - OfJamaicensis

For 40 years of my 56 year life I have used lit tobacco. Sixteen months ago I was inspired to look into Vaping when on the BBC World Service, Health Check program, there was a story about E-Cigarettes in the UK. Thought I would give it a try. At much expense I did the research online and then sent off to the USA for some kit. The devices I got proved the concept but was not very satisfactory, so had to order some EGO style kits. These worked very well. Never dual used for very long, one to two days, until my cigarettes ran out. At this point I am tobacco free and have never been tempted to purchase any cigarettes. Can not imagine, if I have my vapor device, ever smoking again.

My nicotine levels started out at 24mg but have come down to 10mg, while my flavors are watermelon, apple, bubblegum, juicyfruit and guava. I mix my own e-juice to whatever nicotine levels or flavor suits me, of course this saves me a lot of money. Never use cig-a-likes but only EGO style or greater devices which gives me the amount of power required. Always use refillable devices.

Methods used before - cold turkey, gums and Chantix.

Health - no wheezing in bed, and more lung function. No phlegm in the mornings and no coughing. Less headaches, so less pills consumed.

These are wonderful products that are life changing to a smoker, and I am so thankful for the story on the BBC.

2/7/2015 6:02:04 PM - Colin T Jones

My Journey from tobacco.

Iâ€™M FREE

Well I have done it, never thought I would succeed but I started vaping with an Ecig back in June 2013 and I have not had a single tobacco cigarette since then and I am so proud of myself, but It alarms me somewhat that the EU parliament are trying their damnedest to get Ecigs banned or very heavily regulated, (medical regulation was thrown out by the courts in Oct last year because it is not a medicine) which is in fact a near enough ban, 8 other European countries have now thrown out the medical regulation as well, whilst leaving tobacco cigarettes unregulated and on general sale unhindered, that to me beggars belief that something which is 1000 times safer is being banned whist cigarettes still be available, and something that I consider to be beneficial to my health is being got at with a vengeance and being taken away from me, or so they think.

I started on 20 June 13 with a cigalookalike from E lights, I was impressed at first because they were pretty close to the real thing, that is where the problems start, because it looks like a real cigarette it attracts the anti smoking brigades in full flow kicking off, so after a week or two was not doing the job as I intended it to do, batteries didnâ€™t last very long, cartomisers were nearly as expensive as a pack of ciggies and didnâ€™t last very long, nowhere near the 200 ciggies they are supposed to replace, but it introduced me to the vaping world so Iâ€™m thankful for that.

I then moved onto stage 2 Ecigs like the ego and boy what a difference they made a lot better, I learned from u tube videos how to rewind my own coils and re-wick the atomizers instead of buying them ready made, and I have now got a new hobby to boot, I am now well into the blingy shiny stuff and very quickly moved on to stage 3 personal vapouriser which is a variable voltage, variable wattage mod that gives me all the adjustments for all the different types of kit there is out there, I am now a committed vapist (if there is such a word) and I intend to carry on vaping regardless in spite of what the EU do, I have all the gear I need and you can mark my words, I WILL NOT BE GOING BACK TO TOBACCO SMOKING you have had enough taxes and duty out of me over the past 50 years and I have ended your tobacco monopoly over me at least.

My health has got to be improving now and getting better, wheezy chest has disappeared along with the hacking cough, sinuses have unblocked and cleared my nose, my taste has returned, I donâ€™t smell of smoke any more, the house/car doesnâ€™t smell of smoke any more, and I generally feel a lot healthier now so too many positives to go back to smoking analogues, and I certainly wont be,

2/7/2015 6:01:52 PM - Beki Jane

On January 18th 2014 I wrote this whilst smoking a cigarette:

Iâ€™m smoking too much. Itâ€™s crept back up on me from where Iâ€™d smoke 3 or 4 rollies a day, to where Iâ€™m now back over 20 a day, and my health is poor enough without adding that load to my system. Iâ€™m wheezing more, I feel in myself that itâ€™s damaging me and I know full well that giving it up is a road to all sorts of self-hate, failure, weight gain, mood swings and ultimately ends with me smoking again. I stop smoking every day. More than 20 times a day. It really is about time I stopped quitting

On January 21st 2014 I switched to vaping and have never had or wanted any lit tobacco since. I've stopped quitting.

Over the last 22 years Iâ€™ve relapsed to smoking far too often. The physical addiction to nicotine was long gone, and you canâ€™t explain it away by saying that I was still â€œpsychologically addictedâ€ after a five year quit failed. Each of these quit attempts convinced me that there was something else going on, something that was dismissed as â€œnonsense!â€ when I tried to discuss it with the (never smoker) practice nurse at the GP surgery I was with at that time. I tried to suggest that Iâ€™d need to use the NRT products for longer than 12 weeks, at my 10 week interview, because I was really struggling with withdrawal stepping down levels and Iâ€™d put on a stone in weight in 4 weeks. She basically told me that it was all in my head and to eat better; I was eating no differently from when I smoked. I did have carbohydrate cravings which were making my life sheer hell, and I knew that those would only get worse. She said that the products I was using werenâ€™t designed to be used long term because nicotine was evil stuff and I needed to get it out of my body. (Guidelines for NRT use have since changed.) I ended that interview in frustrated tears as she turfed me out for her next patient, and on my way back to the bus stop I bumped into a friend who gave me twenty cigarettes and a hug and told me Illegitimi non carborundum. Five weeks later I was a stone lighter and perfectly happy again, so smoking was doing me no good? It was all in my head?

Right now I am a non-smoking vaper. Iâ€™m breathing better, my sense of taste and smell has come back, I donâ€™t smell of stale tobacco smoke. My health is a little better; but thatâ€™s affected by my long term illness, so I donâ€™t really expect to see much improvement there. Right now I have the benefits of not smoking lit tobacco and I donâ€™t have any of the problems that caused my quit attempts to fail. None of it. I can choose to reduce my nicotine levels further â€“ having already come down from 36mg to 12mg â€“ painlessly and at my own pace. Or I can choose to stick at 12mg, knowing that Iâ€™m doing myself a relatively small amount of harm with continued use.

Vaping works to replace smoking because it does not work as a medicine to relieve nicotine withdrawal. It was designed to replace smoking as a way to use nicotine recreationally. It was designed by smokers (and vapers) for smokers (and vapers) and it has come a very long way in a short time as the â€œsocial processes (the competition of the marketplace, social sorting, etc.), involving millions of peopleâ€ [Thomas Sowell, â€œVisions of the Anointed.â€ â€" P. 114] worked on the idea. If you take that elegant solution and try to turn it into NRT, it wonâ€™t work for those of us who need to use it as a direct replacement for smoking. That is â€œthe secondhand knowledge of generalities possessed by a smaller elite group.â€ [ibid] Vapers understand how to replace what we lose when we give up smoking, and we have collectively replaced it with what we gain from switching to vaping.

I have not been deceived by a Big Tobacco plot to keep me addicted to nicotine. I have simply chosen a safer way of getting the nicotine my body seems to do very badly without. I wish I could just be happy about it, and that this was a meandering tale of a woman whoâ€™d finally got her cake and was eating it. Yet the negativity that is poured at smokers and vapers from all sides is utterly horrendous. Even from the very head of the organisation which is supposed to be helping smokers stop smoking, the unchallenged and unapologetic statement that smokers should â€œjust grow a backbone.â€ Every day I see the precautionary principle being misapplied, and knee-jerk misinformation and junk science all over the media. Are public health really saying that their fears about â€œlow risk is not no riskâ€ and the lack of â€œregulationâ€ are more important than the millions of smokers who are reducing their risks of harm by switching to vaping? Are the health risks of a tiny proportion of the population taking up vaping more important than the millions of smokers who are reducing their risks of harm by switching to vaping? Because if thatâ€™s the case, then is it any wonder that smokers, and vapers, feel like weâ€™re being treated as worthless, stupid scum?

2/7/2015 6:01:39 PM - Walt

Well, My story begins like most others. Started smoking at the young age of 14, only to be hooked for the better portion of 6 years. Pack a day, pack and a half a day, whatever. At first I thought It was cool, but when I tried quitting first time, I realized that I had played with fire and gotten burnt.

Well, fast forward to 8 months ago. I had just turned 20, and had tried some methods of quitting. I kept putting it off until finally the vape thing came to my attention.

I tried it, it was OK at first, but I realized as time went on, I was having days where I just forgot to keep up on cigarettes.

The store recommended 6mg but after a month I realized, hey I could really just do this.

I switched to 18 and got my nicotine from that. Then I got a mod , dropped to 12, which gave me a crrazyyy buzz, so down to 6, and eventually now, down to 3. I haven't touched a cigarette since new years, but probably had less than a pack since 6 months ago. Me and my friend pacted on new years to quit. 6 people quit that day. And I couldn't be more happy

2/7/2015 6:01:28 PM - Diana W

I started smoking when I was 14 years old. I never got cancer or anything like that but my asthma attacks grew worse and worse every year. I was using an inhaler 2 to 3 times a day just to manage them. I smoked clove cigarettes, and when they became illegal I smoked the clove cigars, 2 1/2 packs a day. My coughing got worse and worse. When I was 33 years old, my husband, a fellow clove smoker, said he had an idea of a way for us to kick the habit for good. I wasn't very interested in the idea, honestly I liked smoking. What I didn't like was the asthma, coughing, and burn holes in my clothes not to mention the yellowish tint our walls had become. So we got the V2 ecigs, the little pen style ones. The first day I vaped was the last day I ever smoked. I now use much more sophisticated ecig alternatives such as the innokin 134 and the eleaf istick, but I am still not smoking and I will turn 37 in a few months. I no longer have asthma attacks or coughing and my lungs are clear according to my doctor. I started at 12 mg and I am still at 12 mg, but I use 6 mg at night as 12 will give me a headache. I had tried nicorette and the patch and neither worked for me. Cold turkey was living hell for me as well and never successful. I am much healthier physically and now the smell of cigarettes is disgusting to me. I would have been a life long smoker if it wasn't for ecigs, and I am very happy I made the switch.

2/6/2015 2:23:21 PM - nhvapes

I smoked since i was 13 and smokeda pack a day since i was 16, i started out getting a starter kit and i still smoked on and off. i did loads of research on mechanical mods and box mods and drippers and everything. ordered my first mod and iv never gone back to smoking. im fully on board with saving vaping and sharing knowledge about vaping instead of people seeing these BS articles on why vaping is awful and even worse than cigarettes. im so thankful for vaping for i would still be on the stinkies!

2/6/2015 2:23:10 PM - Debiponz wife and mother of smokers

I am a very thankful wife of an use to be 2 pack a day husband and a use to be 1 pack a day son. I no longer have to smell the smoke coming from the sticks of cancer. My eight year old grandson who lives with us no longer has to smell like smoke when he goes to school. He no longer has to endure his classmates and he teachers telling him that his grandfather is doing drugs because he smokes. Yes he was told that by his teachers! For the first time in a long time I am thinking about a future with my husband. Let me tell you my husband smoked for 38 years and my son smoked for 25 years. They decided to try it because of the cost. They have stayed because it works. My husband is an over the road truck driver and because he is recommending the e-cigs and vaping several other drivers have quit. No one can tell me that this is not healthier than smoking. No one can tell me that because I and my grandson do not have to be subjected to the second hand smoke we are not healthier. This is a God send and it should be treated as such.

2/5/2015 9:17:34 PM - Emily vapes

My name is Emily, I was a smoker for 15 years! I started when I was 15 and quit a few days before I turned 30. I would always set an age for when I was going to quit when I was 17 I'd say OK when I turn 20 I'm done then I'd say when I'm 25 I'm quitting for sure! Well needless to say nothing I tried ever worked. In 2011 I was at work having a normal day talking with a co worker and that is all i remember bc when i opened my eyes I was in the hospital! I had a gran mal seizure the type where you fall out and your body jerks, needless to say I was confused scared etc. That was my very first seizure! Fast forward to 2014 and I kept having to go to all kinds of specialist and I was only 29 when it hit me that I had to make some changes! It started with quitting smoking which by the way I absolutely loved to smoke so I knew it wasn't going to be easy but I knew I had to! So I set my quit date which was sept. 16th, I told all my friends and family that I was going to just cold turkey. They were concerned BC anytime in the past that I tried quitting I'd have seizures! My cousin said hey why don't you try vaping! Excuse me vaping?! What is that?! Haha little did I know how much I'd love it! He met me on sept 12th at our local vape shop and I got my first set up! I smoked on the way there and that was my last cigarette, I've not looked back and this works for me BC I can knock down my nic levels slow and steady instead of sending my brain into crazy mode and have seizures! So I'm now almost 6 months tobacco free and its all thanks to vaping! My seizures are pretty much at bay and my blood pressure has been so good! I feel better, I breath better! This is just my own personal experience and story that I wanted to share! Not intended to be medical advice ;) I was a pack a day smoker so when I got my standard set up I started at 12 mg nic. I am slowly trying to cut my nic levels slowly so I'm down to 9mg for now.

2/5/2015 9:17:26 PM - Jenn Morgan

I began smoking traditional tobacco cigarettes when I was 13 years old. My entire family smoked, and when you grow up around it, its the only thing you know. I continued smoking and when I turned 21, I decided to try and quit. I tried everything, from patches, to the nicotine gum, to the lozenges, to a pill to help you quit. I spent hundreds of dollars on all of these methods, and usually ended up smoking cigarettes again within a week or two. The pill gave me night terrors, and the other products just didn't work for me. So I went "cold turkey" and just decided to stop. This also did not work for me and helped me gain over 50 pounds fairly quickly. It was on June 11th, 2012 that I found the electronic cigarette. I began vaping that day, and I never looked back. I haven't smoked another analog cigarette since that day, and I am so thankful I haven't. The switch was easy for me. The electronic cigarette gave me everything I needed; nicotine and the hand to mouth movement. I used to not be able to climb stairs without being winded, I couldn't play with my niece as much. I would get tired so easily. I stunk all the time like an ashtray, and my nails and teeth were turning yellow. Now, after almost three years of vaping, I am more active than I used to be. I can run and play with my niece, and climbing stairs is no struggle anymore. My sense of smell has increased, food tastes better. My nails are back to normal and my teeth are whiter than ever. I also have never felt better in my life. Vaping has done more for me than not smoking, it has changed my life. Financially, vaping is much more affordable than traditional tobacco products, and I have saved so much money since making the switch. My entire family now vapes, no one smokes anymore. We are all healthier in our opinions, and happier.

2/5/2015 9:17:16 PM - Bill Robb

I'm 65,retired long distance truck driver. I've been smoking 2+ packs of marlboros for way way to many years. 16 moonths ago with no real intention of quiting butts I tried a cheap e cig "and I liked it". My tobacco use started to decline so I bought a kanger tank and a v v eGo Twist battery found a nice tobacco flavered e juice. My tobacco consumption dramaticly dropped, I put my marlboros in the closet (out of sight out of mind) it has been 16 months since had a cigarette. I no longer have a weeze no sore throat or snoring. My sense of smell and taste have returned and the extra $350 a month is nice. Please do not let the goverment and tobacco companies take my e cig away

2/5/2015 9:17:07 PM - Lake Of Vape

Like many middle aged people, I started smoking as a rite of passage at puberty.

In 2011, I started out with a fair-poor expensive cig-alikes which turned out to NOT be compatible with non-brand parts. Plus, it felt like a half measure. I still felt the need to smoke. While it curbed the "desperation" need to smoke in many cases, but not all.

So I went from crave (intrusive thoughts) to need (could withstand longer periods) and without the anxiety of worrying about where I can smoke if I go somewhere.

After doing a lot of reading (I had no one nearby to learn from) I understood much more about the 510 open systems and had the "evangelistic" experience because there was FINALLY something better AND cheaper than buying even the cheapest smokes. And it kept improving. And is constantly refining and improving every month.

The immediate benefits from switching back in 2011:

* GREATLY reduced fire hazard

* None of the stink or debris or burnholes

* My partner was very happy the house didn't smell

* My teeth weren't stained

* My gum health greatly improved

As I increased my use of e-cigarettes, the better my overall health became- breathing, snoring, tasting, reduced anxiety, money saved.

2/5/2015 9:16:58 PM - Kat Johnson-Heyitskat

Growing up in a home and family of smokers I had soon picked up the habit by the time I was 13-14 years of age. Every year I dealt with my health degenerating and always at least once a year getting bronchitis due to my smoking.

By the time 2007 rolled around my fiance and I were smoking two packs a day and he was dipping as well. I was terribly overweight and not to mention all the other health issues I undergone in my smoking journey. I was introduced to electronic cigarettes in Jun of 2007. Once I spent almost a week researching the ends and outs of them I decide that this smoking alternative could be something to try. After all I had spent countless of money and time on all things trying to cut back and quit smoking. None of them worked mind you, I also at the end of my ropes being the frustration in trying to quit. Mentally, Emotionally and Physically it took it's tole.

After I tried my first electronic cigarette I felt as if I had finally found something that helped. After my first week I noticed my sense of smell increased along with my taste. I noticed that I didn't feel the need to smoke at all using this product.

Right before I started using e-cigs. (which I wish they never would have named it that) I did visit my General physician, of course he was curious when I spoke to him about what I was going to try since at this time it wasn't really known in our area. By the end of a few months I was able to take deep breathes without coughing, by this time I had stop hacking up all this black and nasty phlegm that i had on a daily basis with smoking. It was amazing to wake up and not cough and to take that first deep breathe! by the first year I had my yearly check up and my Physician was amazed at how clear my lungs had gotten.

Not to mention I had started losing weight due to the amazing flavors we were able to get that kept me from eating all those sweet and unhealthy amazing goodies. Here I am 8 years smoke free. My lungs are amazing and almost back to normal healthy lungs. I am 50 lbs lighter and have also gotten my mother as well as my sister in law to stop smoking all together. I am now pleased to say that I am on my way to 0mg. Nicotine and will continue vaping long after as it does seem to be very relaxing for me. Electronic cigarettes saved my life and the lives around me. Please advocate guys, get the word out there, the truth about these amazing smoking alternatives. Give them a chance to understand and use our social media and networks to promote something positive instead of meaningless MEMEs and ignorant articles that are not truthful..

I will never stop fighting for my right to vape, nor will I ever stop vaping. Stand up for what you believe in. It will change you life and all those around you.

Sincerely Smoke-Free,

Kat Johnson

2/5/2015 9:16:49 PM - Capt_Donna

I am a consumer of electronic cigarettes aka vaper, a primary stakeholder in this process. Regulations have advantages and then the negatives. These particular regulations will cause me actual financial, physical and personal harm.Physically in 1998 I was diagnosed with COPD I tried every available method to quit smoking. Not one worked I still continued to smoke. Since July 26th 2013 I have made the switch to vaping. My COPD diagnosis is GONE My Pulmonary Doctor is THRILLED - yes GONE. He even tells other patients about this great alternative! My Primary Care Physician is amazed at my results of routine blood work. My Cardiologist is thrilled, I no longer have Angina pectoris or spasms, no need to carry Nitroglycerine pills which lowered my medical prescriptions ? a financial benefit. No more restriction in my lungs. I no longer get Bronchitus, sinus infections etc again less medical costs (Dr Appts and Rx's)I breathe better, feel better, smell better and can go on walks with my dog, SCUBA Diving which I used to teach I had to give up. Now I can recreational Dive without having to come to the surface sooner due to better air consumption and so many more things that keep my active and healthy!Financially the cost alone has major benefits!! We live on a fixed income. Almost 20% of our monthly funds were going towards tobacco cigarettes. I tried so hard to cut down, cut back etc. ironically that only made me more anxious and want more. Now we have funds available for MUCH more pleasurable things to do. I eat better because food tastes better. I smell better I'm sure you get the idea now - even my vehicle smells better. Only one negative, I can now smell hand tobacco smoke from quite some distance and I am embarrassed to think I subjected family, friends and by-standers to that.I started smoked tobacco cigarettes over 39 YEARS ago (almost HALF my life!). I have tried time and time again to quit. Using everything from HRT produces patches, gum and rx meds (Buproprion, Nicotrol I had an allergic reactions. Chantix which was even worse Anaphylactic shock, which even after only 1 pill I still suffered nightmares, cold sweats and suicidal thought. If it was out there I tried it even to the extent of Acupuncture and Hypnosis. All failed for one reason or another. Enter early July 2013 .. I had picked up a cig-alike at a gas station was not great but gave me enough to make me do a LOT of research. Mainly on-line sites. Abundance of educational sites for new consumers to make the right choices. I was very lucky and made friends who helped me make the right choices as far as my first kit. I will say that even though I was a Menthol Tobacco smoker. I can not stand any menthol tobacco flavored e-liquid. Ironically Coffee flavored e-liquid was my first try I said ?YES THIS WILL DO IT !!? It DID, I just celebrated my one year tobacco free. Due to quality flavors. Yes I use a Baked Cinnamon Roll, Strawberry Milk, Blue Raspberry, Blueberry fruits, Butterscotch candy flavors I like sweets, but the e-liquids do not give me weight gain. It?s wonderful to have the flavors without the calories! Had I been left to gas station type cig-alikes I would never have been able to quit. I don?t like any type of tobacco flavorings at ALL especially menthol tobacco. I use an atomizer, e-liquid and rechargeable batteries. If these products are no longer available to me. I sincerely fear I would truly have a hard time

not going back to using tobacco products - which honestly I am truly afraid for my own overall health, well being and finances.Products such as Blu, Green Smoke etc are not satisfying. Over the course of the past year I have been successful in reducing the amount of nicotine I use additionally I have also lowered the amount of e-liquid used on a daily basis.This has been a fantastic, successful year for not only myself, but my Husband. He has been able to reduce his tobacco cigarettes to only 2 a day and is on track to quitting entirely. Vaping exclusively.Please consider the good that this product does. I would never have believed this could work for me. Not only has it done exactly that - but I have over 24 friends who have also entirely quit smoking tobacco and use e-liquids, atomizers and rechargeable batteries with continued success.My sincere thanks for your time. Capt Donna

2/5/2015 9:16:34 PM - lyfetymevaper from Fletcher,NC

I started smoking when I was 18 years old. I started with menthol light cigarettes and progressed to the stronger menthols until I developed severe pneumonia at 22 and was coughing up blood, I continued to smoke but switched to regular ultra lights for a short time. I soon was back to full flavor cigarettes, but continued to have breathing issues so I quit for a short time, until marital problems pushed me back to my nicotine crutches. I escalated over the next few years to almost four packs of cigarettes a day, and kept up this pace for a couple of years until I moved to a hotter climate where breathing was even more difficult. In 2002 I was hospitalized for six weeks for an unrelated surgery where I was unable to smoke, but spent a lot of time sedated so I didn't really miss the cigarettes. I decided that when I came out of the hospital I would not start back, and even though I craved the cigarettes every day I made it for four and a half years until I took a job where the only way I could get a break was if I smoked - I could have 15 minutes for a cigarette because my boss was a smoker... this gave me the excuse I needed to pick them up again. I started with just at work, but that only lasted about a week and I was hooked again. About 3 years ago a friend at work got a vape pen for Christmas and he just raved about how it was helping him quit smoking, but I ended up losing my job before I could really find out much about it.

About 9 months ago my sister-in-law and her boyfriend were visiting and they were vaping, and it made me think back to my friend from work so I started asking questions. I went online and ordered my first evod starter kit and went to a local vape shop to try some of the flavored liquids and talk to someone more knowledgeable. My first starter only had one battery so when it came I started, but every time the battery would die I reached for a cigarette, so I got another battery. I went from smoking 2 packs of cigarettes a day to just 17 cigarettes in my first 6 days and 0 on the 7th day. I have not smoked a whole cigarette since then my first day smoke free was 7-11-14. About 2 months smoke free I really wanted a cigarette so I got one from my husband, whom I've not been able to convert YET. I lit it took 2 puffs and gagged, I immediately had to brush my teeth...I had NEVER had this reaction to a cigarette... their draw on me is gone!! I no longer crave cigarettes and being around other smokers doesn't bother me because I know that the cravings are over. I have tried other stop smoking aids in the past (patches, gum, lozenges, even prescriptions) and NOTHING has EVER worked for me the way that Vaping Has. Not only has it worked for me, but... Both my parents who have smoked longer than I've been alive have quit... My brother who has smoked for over 30 years has quit... His mother-in-law who has smoked for over 50 years has quit... And three of my good friends who have all smoked a minimum of 20+

years have All quit. They all started vaping after they saw the success that I had with quitting after I started vaping. That's 7 people and myself in about the last six and a half months that I Know personally that have quit because of vaping...I can't say that about ANYTHING else that I have EVER heard of or encountered. I believe this to be THE single

most effective tool in smoking cessation that has ever been developed. I started vaping at 18 mg nicotine, I am now at 3mg, Now I smell better, I breathe much easier, and snoring has stopped, but best of all I can now sleep through the night without waking my husband with my horrendous and excruciating coughing fits.

2/5/2015 9:16:25 PM - Brettski

I had got my dad out of the nursing home moved him in with me. He was a 42 year smoker, didn't want him smoking inside the house. He is disabled and going outside was a chore for both of us. I heard about vaping from a guy at work. I had bought a disposable from the store and had him try it. he liked it but need someything that worked better. I had went online and found a mod for hime too use while i was at work.

Got the Mod in and he loved it and so did I! I wasn't even trying to quit. I smoke for 15+ years I had went over 3 years without a cigarette. Then the stress of life i had gotten back on them.

Dad has quit smoking and vaping! That's great! I have recently got back on vaping and lowered my nic! I will continue doing what I love and I love vaping!

2/5/2015 9:16:17 PM - bugandbabydoll

Smoked for 40 yrs , Dtr started to vape and came home on leave from the Navy and I tried it and really liked it , so went to the vape store bought a starter kit some juice since Sept 18, 2014 I have been TOTALLY SMOKE FREE . NEVER EVER THOUGHT THAT WOULD HAPPEN , I feel so much better about my Life , I AM BLESSED :)

2/5/2015 9:16:03 PM - Angelo

I smoked cigars for over twenty years, and I was very concerned about my health. So I switched to vaping in January 2013, and my health has improved.

I started using nicotine e-cigars, then months later I had switched to using a mechanical mod (not an e-cigarette) to vape e-liquids without nicotine.

Today I feel great and I enjoy the wide variety of flavored e-liquids, plus I like the wide variety of vaping gear that is sold online and in stores.

Please do not take away this alternative to smoking. VAPING SAVED MY LIFE.

2/5/2015 9:15:56 PM - Amber

M6 name is Amber and I'm 22 years old. I started smoking when I was 15 and for the past 3 years I've been smoking almost 2 packs a day. I quit once for about a month and I used the patch and wellbutrin but started smoking again the second my life got too stressful. Smoking has always been my outlet and to be honest I loved it. I love the feeling of it I loved the social aspect of it and I loved that it relaxed me. But it got too expensive and my husband and I both decided we needed to quit again but couldn't. We have a very hard and stressful life. He is a vetern who was recently medically discharged and the disorder he has puts an extreme amount of stress on us every single day. We have 2 young children that I take care of while he works. We only have one income so we have very little money and are in the middle of filing bankruptcy. We decided to give vaping a chance after nothing else was working. We both started out with the vision spinner and the evod 2 and neither one of us has had a cigarette since we started vaping. It's been 25 days now and we have had no problems. Vaping has saved our lives. We no longer spends almost 20 dollars a day on something that is killing us, we feel so much healthier now and have more energy and we still can enjoy our habit, without killing oursleves.

2/5/2015 9:15:47 PM - James Tyson

I had been smoking since 17 of the year of 1989. I looked into the benifits of vaping in March of 2014 to reduce my reliance on conventional ciggerettes. Since then, I haven't had a ciggerette since April 2014 to now, February 2015. It's been almost a year and I feel much better and happier with my decision, knowing that I am no longer putting thousands of harmful chemicals in my body. With the brand of ciggerettes I smoked, I consumed about 20 to 25mg of niccotine with each cigg. Through vaping, I have no lowered my nic intake to 6mg. I feel better, breath better and taste food better. I eventually intend to go to 0mg nicotine and eventually give up the vaping as well. I can proudly say, vaping has helped me quit smoking ciggerettess, saved me alot of money and possibly extended my life.

2/5/2015 9:15:35 PM - RobC

As a pack a day smoker for 40+ years and trying to quit for the last 20 years, I had given up trying to quit. After many quit/relapse cycles with NRT and cold turkey, I became resigned to the fact the smoking would probably kill me.

2 years ago I tried a cigalike out of curiosity and immediately ordered a refillable tank kit and liquid online. I have not smoked tobacco, or had the desire to smoke since the day the postman delivered my kit.

My persistent cough soon cleared up and I have actually lost weight due to all the extra exercise I now enjoy doing.

2/5/2015 9:15:26 PM - 350ZMO

I started smoking when I graduated high school and continued for about 10 years. Smoking unfiltered as well as filtered. I was also chewing days o work plug and redman loose leaf. Then I quit all that for a couple months and started dipping skoal for about twenty years and started smoking again in the last two of those. People asked why did you stop. The answer is I could feel it trying to kill me. People asked why did you start again. The answer is I like nicotine. I have come to accept that fact. Then I heard about vaping and e-cigarettes in 2011. I immediately stopped smoking and dipping and have been happily vaping ever since. I do not feel the need whatsoever to chew, smoke or dip tobacco.

I started with a BLU disposable from the convenience store. That day I ordered firelight fusion and the strongest nic strength I could get. That quickly led to the EGO and clearo and DIY e-Liquid. While my gear has changed over the last couple years as I currently use the DNA-40 and rebuildable atomizer, DIY e-Liquid a.k.a. Open Vaping has stayed with me ever since and I do not ever see the need for it not too. It allows me to control the nic strength I want with the flavors I like with the knowledge of the ingredients in that e-Liquid and supporting scientific study data on all those ingredients.

I never considered Chantix as there are reports of it having a serious side effect - specifically suicide. That is not an option and not harm reduction.

I had tried patches but they never worked for two reasons. Smokers know there are two addictions associated with smoking. One is the chemical (nicotine) addiction and the other is behavioral addiction. Patches don't work because their nicotine content is too low for a person used to chewing tobacco and smoking. Secondly patches do nothing for the behavioral addiction.

Open Vaping solves both addictions. I mix my own liquid to the strength I am used to. The act of hand to mouth and inhale/exhale is the same. It satisfies both components of smoking addiction.

The only differences are:

I have saved $2000 in the last two years vaping vice dipping and smoking.

I immediately and still do feel better, the feeling I got that this was killing me that I had with smoking is gone. I breath easier, I don't cough, and I can smell again.

I don't smell like smoke nor am I spitting in a cup. Neither my house nor car smell like smoke (ashtray).

The windows in my car and the whole house doesn't need scrubbed down to get rid of the gunk buildup that smoking does. Smokers know this is a problem as the buildup from smoking is atrocious.

I have had zero negative affects from vaping. It all has been positive.

I feel sorry when I see people smoking or chewing or dipping. That used to be me. I hope they aren't still doing it out of ignorance of the benefits of Open Vaping. That would be tragic.

I have educated my friends and family and all that were smoking have also converted at least partially to vaping. Most all the way.

I continue to participate in vaping community forums, watch the news and read scientific studies and will be ever vigilant.

I will defend my right to vape, i.e. harm reduction from smoking, with the only means I can. And that is with continued vigilance, education to family, friends, elected officials and with my vote.

2/5/2015 9:15:16 PM - J Davis

I am a father, a husband, a son, a brother and now I can proudly say that after 13 years I am also a former smoker! E-cigarettes have been a life saving, life CHANGING part of my life that I am so thankful for. With the support of my family and even my doctors I have given up cigarettes completely and have reduced my nicotine intake with vaporizing! I feel better, smell better, and have a fatter wallet thanks to this revolutionary intervention. Vaping is now a hobby I enjoy but I aim to reach a goal of 0 nicotine use by the end of the year! As an obvious healthier alternative to carcinogenic filled cigarettes I feel that EVERYONE who smokes should be ENCOURAGED to make this life choice and be rewarded for doing so, your family, doctor, and body will thank you...mine did!

2/5/2015 9:15:08 PM - Shannon

My husband and I have each smoked for 15 years or more. We tried multiple methods of quitting, but nothing lasted for more than a few days. Sometimes we'd keep our new method along with smoking for a while in the hopes something magical would happen, but it never did. We started vaping in 2010 with the small cig-a-likes. We were intrigued, and they worked better than gum, Zyban, or patches did, but we eventually stopped those too. With all the great products on the market now, we decided to try vaping again in October of 2014. The last cigarette for both of us was on the way to the vape shop. We've made a hobby of it and couldn't be happier.

Some say that vaping doesn't count as quitting, but I feel awfully proud of myself for stopping smoking. I may still use nicotine, but the stuff I inhale is not nearly so bad as a stinky, smoky, cigarette. It is all about harm reduction for me. I am under no illusion that it is completely healthy, but it can't be worse than smoking! I don't have a phlegm-y cough in the morning, I don't stink, and I can breathe more deeply since switching to vaping. I don't feel that I would have been able to quit any other way long-term. It is a shame that there are those who would take away the only viable option there is from those who would benefit from it.

2/5/2015 9:12:52 PM - Lorrie Resop

Ecigs help me quit smoking almost two years ago I am now at a o nicotine my e cig chantix did not work or any of the other ones chantix was very bad for me I used only the ecig the nice thing was I could use juice in then fruit mint cherry ext

2/5/2015 9:12:45 PM - Cateland White

My father smoked 4+ packs back in the day and I was so ashamed of him over it. He smoked everywhere and I swore that I never would. Guess what? Peer pressure and a tween crush on a boy who smoked led me to over 40 years of addiction. From the time I opened my eyes in the morning until I closed them at night, a pack of cigarettes were never out of reach. I cannot find a photo that doesn't show my hand without a cigarette in it.

Most of my adult life I smoked over two packs a day. I was ashamed of myself and powerless to quit. I tried when I was pregnant, tried every time the flu laid me low, tried when society started treating smokers like pariahs. Pills, patches, gum, hypnosis, therapy, going cold turkey - you name it - I tried it. Dozens of times. My worst experience was with Chantix. They don't tell you that is has the potential to rewire pathways in your brain. Permanently. I will have to live with the subsequent damage the rest of my life.

After stopping the FDA approved, smoking cessation medication, a resulting brain scan showed that I was now a candidate for a stroke. The next day, July 10, 2010, my husband - a longer and heavier smoker than myself - bought an electronic cigarette at a mall kiosk. Expensive and horrible tasting, it nonetheless allowed me to do what nothing else had: I quit smoking within five minutes of leaving that mall. My husband quit on his birthday, four days later. I could not believe how easy it was, compared to the previous, agonizing attempts. Our doctor was delighted, pointing out that the main ingredients, glycerin and flavoring, were found in many consumable products and that nicotine, by itself in very small amounts, research has shown to be beneficial. She explained that the other hundreds of chemicals added to the cigarettes by the manufacturers and the tar and fiberglass in the filters were what caused the most damage to the body.

I have no idea what level nicotine was in that first liquid from the mall but I learned after a bit to buy much less expensive and better tasting 'e-juice' on-line. I even learned to make my own liquid, gradually lowering the nicotine level to a scant amount. Back then we didn't have much to choose from as far as devices and where to go for help so I had to do a lot of research on my own. Today it is much easier and there are a many different devices available. Both my husband and I still 'vape' daily and have a variety of different mods and batteries that we use.

Honestly? These devices saved our lives. What really upsets me is that after so much pressure and prejudice about smoking and second-hand smoke, why are e-cigarettes being targeted and their use threatened in the United States? I can certainly understand the furor over traditional smoking products so why aren't these new devices, which are creating more non-smokers by the day, getting much more positive attention in the US?

All I seem to see being reported on here are very overblown, isolated incidents about the "potential" for problems with batteries.

Life has the "potential" for problems...

2/5/2015 9:12:37 PM - Lee Price

At age 9 it was cool to smoke dads Salem menthol cigarettes and I was hooked by the ripe old age of 10 and smoked a pack a day. By the time I was 16 I smoked 3 packs a day, everyday. I have wanted to quit smoking since I was 14 and well I tried a lot of things; the nicotine patch, nicotine gum, cold turkey dozens of times. The longest time, and I don't think it really counts, was a year, But I used chewing tobacco that time. Now 38 years later I had a co-worker that had smoked nearly as long as I had and smoked 3 packs a day at the time suddenly quit and smoked this strange device. I asked him how and what that was and found out about Electronic Cigarettes. I watched him then for 4 or 5 months and he still didn't pick up a cigarette. Stubborn I was and leery of the next thing that cost money to quit a 10 dollar a day habit. I had cut down to 1.5 to 2 packs a day by then. Then I went to the local Vapor shop and bought an Ego kit and started Vaping and haven't bought a cigarette since, now that was 23 months ago and no craving or dreams to go back to smoking. And that's a better out come than anything else for me. I now have several mods and Rebuildibles and get a much better quality vapor not something built by others that I don't know how or what it is built with. Now to the good part. 30 dollars a month not 100 plus. My smokers cough that I have had for 20 plus years is gone within the first 6 months, even the patch did not do that. Taste and smell is better than any thing I can remember EVER! Now picture this A smoker that had given up on trying to quit for life and now I don't even have a craving for a cigarette, much less want the smell near me. Now I started out with 18 Mg per ML nicotine strength and now I am down to 6 Mg per ML part time mostly I vape 0 nicotine now and still am enjoying life and its flavors. But I can walk farther without getting winded I have clear lungs according to the doctors. My blood pressure and pulse is on the lower end of the normal range not that of a near 49 year smoker, So I say all is good with Vaping for me and I would encourage a friend to take up the Electronic Cigarette again as I have two friends that are having similar success with them now. Only one negative Vaping is not a social event like cigarettes were all through school and at work for years.

2/5/2015 9:12:29 PM - Kurt Johnson

Vaping not only has it changed the landscape of my life but the way others see me has changed as well. I look in the mirror and my skin looks cleaner, my teeth are white and I just feel better! I have been vaping for about five years now and this has allowed me to continue some of my social habits (the thing I liked most about smoking) but without the terrible after smell of cigarettes to say the least!

2/5/2015 9:12:08 PM - Robjenko

My name is Robert Jenkins I am 54 years old. I live in South Wales, United Kingdom. I was a smoker for 40 years..

I started smoking when I was 12 years old just to feel big amongst my peers . Looking back it wasnâ€™t one of the better decisions Iâ€™ve made in my life.

By the age of 14 I was smoking 10 cigarettes a day by my mid 20s I was smoking between 20-40 a day depending on what I was doing. I had tried to quit on many occasion over the years using remedies such as Nicotine Patches and Gum. The gum was of no use at all to me in my fight to quit. When I used patches I could go a few day without smoking until I went out for a drink at which point I would smoke while wearing a patch.

I had more or less given up hope of ever quitting smoking.

But then one day in October 2013 I came across a video on YouTube about Electronic Cigarettes. A week or so later my wife and I were out shopping and we walked passed an electronic cigarette vendors stand in a shopping centre. The video I had seen came to mind so we stopped and had a chat to the young lady behind the counter. The price was Â£50 for a starter pack with 2 batteries 2 clearomizers a charger and some E juice.

We walked away after chatting and went to a cafe. While sitting having a cuppa my wife said Â£50 is less than I would spend on cigarettes over the next week. We then returned to the vendor and I bought the starter pack.

At that time I had 10 cigarettes left in a pack so I decided I would finish those that night and start using the electronic cigarette the next day. At about 10am 1st November 2013 I filled the clearomizer with 24mg nicotine tobacco flavour e juice and took my first vape. That by far was the best decision I have made to date!

I now vape mainly fruit and sweet flavours with 9mg nicotine. I believe the amount of flavours and nicotine strengths available is important because it allows everybody to find what suits them.

Basically an Electronic Cigarette allowed me to quit smoking and the plus point to that is the fact that my health has improved ten fold. I can taste food properly I can run without being out of breath.

2/5/2015 9:11:19 PM - Frank

I picked up smoking when i was 12 and continued to smoke until i bought a blu ecig starter kit when i turn 21. For the next few months i was going back and forth between traditional cigarettes and electronic ones. Then when i saw my nephew (8 yreas old at the time) start pretending that hes smoking i told him not to pretend because they are bad for you. Thats when i made the switch over to vaping exclusively when i was 22. Im 25 now and have been smoke free for the last 3 years. I started out using a smok magneto mechanical with a patriot rda. Now i use a sigelei 100w and make my own eliquid.

2/5/2015 9:11:11 PM - tammy r

my storie isnt that remarkable, i feel better thats for sure i am 51 picked up smoking at age 10 im vaping now i dont wheeze at night anymore i have more engergy and just plain feel better. i have only been vaping about 4 months after 41 years of smoking i have not totally quit but have went from a pack to pack and a half each day to 4 or 5 per day cigs not packs lol. that is a huge drop from 20-30 down to 4-5 with a 40 year habit. and already i feel good, i also dont smell like an ashtray constantly. i dont have to sit in the cold outside to smoke and my teenager loves that i dont stink up the truck smoking on the way to work anymore. i have the ipv mini with 2 atlantis tanks, and love it, but as a back up (while im charging batteries) i use my atlantis subohm battery with my orchid tank for work and or travel they are so convenient, but at home its the nemesis with my dark horse atty. i started with the 1100 battery at a 26 mg. nicotene and by using these other devices i have gotten down to 3 mg. of nic. max vg. im so thankful i found out about vaping. i had tried nicoderm cq but it didnt take away my cravings totally so id cheat and smoke with them and one day i started having heart palpitations and got very sick, them patches are bad i had the hand to mouth sydrome as well as the actual inhaling of the smoke and the gum with nicotene tried it too gave up on trying to quit i got tooth aches from chewing so fiercely during the constant withdraws. with e-liquids it satisfies all parts of my addiction. and tastes great too. i know with my ipv mini i WILL BE SUCESSFUL this time at giving up cigs and all them addictive chemicals. i feel so good amazing how well you can breath after reducing the cig habit

2/5/2015 9:10:59 PM - Ivan Cisneros

My name is Ivan Cisneros I started smoking at 18 I was smoking about a pack and a half a day. I would wake up coughing and wheezing having to clear my throat of grey mucus. At 23 I should have been able to walk up a flight of stairs with out a problem due to the pack and a half a day I was smoking it was like hiking up a mountain with a 100 extra pounds of my back. I met a fellow coworker who introduced me to e-cigarettes and started on 18mg of nicotine within 2 to 3 weeks my chest no longer felt heavy and I wasn't waking up having to clear my throat. I am now 30 years old I still vape but I don't use nicotine in my e-juice. Thanks to e-cigarettes I can live my life and know that my son and wife won't be exposed to second hand smoke. Ivan Cisneros.

2/5/2015 9:10:52 PM - Strings

I started smoking at 15, eventually developing into a pack a day smoker. Switched to roll your own, which meant $30 a week for tobacco and rolling papers

I first tried vaping several years ago, and gaped off and on until roughly October of 2014. Since that time I have smoked 4 cigarettes. This has obviously saved many dollars, but has also meant drasticimprovements in my health: gone are the shortness of breath, morning coughing fits, and lack of anything like a sense of smell.

I credit gaping with all these benefits. If I hadn't had gaping to help, I would still be committing slow and painful suicide via cigarettes

2/5/2015 9:10:44 PM - Janet H, Pennsylvania

After smoking for 48 years I'd given up any hope of ever quitting. I LIKED smoking, just not that it was bad for me. Since I couldn't quit the next best thing would be at least to cut down on the number of cigarettes smoked. So, after researching quite a bit on the internet, I ordered an eCigarette that looked like a cigarette. It was so shocking that "vaping" was so similar to smoking that I didn't finish my pack of cigarettes. I accidently quit smoking! To make sure I stuck with vaping I did get much better vaping devices that were easier to use and I found much better liquid to vape because I didn't want to let frustration with the equipment or taste to end up discouraging me.

Within the first week of vaping I had no more wheezing and chest rattle when I went to bed, no more hacking cough and I haven't had my usual chest colds since starting vaping. Coincidence? Now when I go for my annual physical I can take a full deep breath for the doctor without having a coughing fit. My lungs are clear and my doctor is very happy for me. I've lived 300 ft above sea level all my life but was quite surprised to be able to easily handle hiking in the mountains at almost 7000 ft. on vacation.

Here I am, 36 months later and haven't had a single cigarette and all I wanted to do was to cut down on my smoking. From 24 mg of nic I am down to 10-12 mg nic without trying very hard because I did it at my own pace. If you do some honest research you will find that nicotine is not the horrible killer it's been advertised to be. Everyone has it in their system right now if they eat common vegetables.

My only regret is that I have 2 friends with serious smoking related medical problems and I can't get them to even try vaping. I can't guarantee that vaping would work for them, but obviously smoking cigarettes is only making them worse.

2/5/2015 9:10:30 PM - Zachary martin

I started smoking at the age of 15 and started vaping about 3 years ago. I vaped and smoked on and off for about a year and now only vape. I started off with the disposables and slowly moved to mods and rebuildable atomizers. I have been able to share vaping with family friends and co-workers I have switched several people to exclusively vaping and some vape and smoke but I believe its better than smoking exclusively.

2/5/2015 9:10:22 PM - Jody Battles

I originally started vaping because I moved in with my mother in law and she doesn't smoke or allow smoking in her home. I found myself gradually smoking cigarettes less and less. I had smoked for 27 years. Not even truly intending to quit, I have not even wanted a cigarette in about 4 months! No intention on going back. I smell it on other smokers an can't believe that's how I used to be. I can breathe, taste, and smell so much better now its unbelievable. You can't beat quitting such a bad habit without really trying.

2/5/2015 9:10:13 PM - Justin Dover

I have been working in sales since i was 18 years old. Over the years i have had to spray cover ups on and hide the habit that help eliminate the high stress i had every day.

I have tried quitting multiple times and every time i quit i would start back months later due to stress. When it finally hit the point of something having to be done was about 2 years ago while sitting in my home office. I had noticed everything in my house was starting to smell like a cigarette.

I started doing my research on e-cigs and found a lot of information out there. Multiple studies from universities stating they have only found water, nicotine and food extracts in the vapor.

Even though the long term side affects were not identified at that time, i figured how could it be worse than something with rat poison in it.

So i took the chance and ordered my first e-cig. Now i have been using one for 2 year and honestly it was one of the best decision i have ever made. My son loves the smell of the vapor and so does everyone around me. My cloths no longer smell of cigarettes ,a smell my nose had grown resistant to. I can breath better than ever before also.

After 3 weeks of vaping my family took a trip to Yellowstone. While in a field at a higher altitude than what i live in, i found my lungs clearer and spent over 30 mins playing tag with the kids.

At that point my mom looked at me and said i am now a believer. Since this day we have help a lot of people take the same path as me. Still to date there has not be one death from vaping e cigs. When we continue having thousands of cigarette related deaths a day. Even with Marlboro now saying,"It's the wave of the future". The FDA continues to try and find a way to stop them.

Legislation has been start in multiple states with underhanded practice of adding 90% tax rates and anything they can do to stop this product from saving millions of lives.

I truly believe this has became about the money and not the health. And the only way to have a fair and un-partial decision would be to let the multiple universities do a study on them. Look at the information their studies find and make a decision based off it.

If there needs to be controls on quality that is fine but to eliminate and stop them would be for who's advantage? Differently not mine or any other person in my same situation!

2/5/2015 9:10:02 PM - Catherine Hartline Kaiser

I HAD been a cigarette smoker for 46yrs. with one of those years stealing cigarettes from my Dad due to being underage to purchase them. I have wanted to quit smoking for quite a few years. I tried cold turkey, chewing the nicotine gum, using the patches, taking Chantix, switching to the lite and ultra lite cigarettes and the e-cigarettes they sold in the drug stores. None of them kept me starting back up smoking with in days of tying them.

A couple of years ago I even watched my Dad die an awful death battling lung cancer due to years of smoking and that did not even stop me from continuing to smoke.

I have wanted to quit smoking for many years because it is no secret how harmful cigarettes are for you but they had a strong hold on me. So.... 4 months ago on Ocober 7th, exactly the date my Dad died two years before I tried giving vaping a try again. I brain stormed awhile to figure out if there may be a way to allow me to stick with it this time. I came up with the perfect solution for myself. Being a person of routine I made the decision to keep the routine I had with smoking and apply it to vaping as well. I never smoked in the house so in the morning when I had my coffee I took it outside with my vaping gear and sat there in the freezing cold and drank coffee and vaped just as I had did smoking cigarettes. It worked for me after doing that for about two or three weeks. Now I can vape in the house with no issues. I will say, I feel extremely fortunate that I was one of those that started vaping and never touched, missed or thought about smoking another cigarette.

In just 4 months my physical and mental well being are greatly improved. I can breath better, taste things better and smell things better. Mentally I have freed myself from the demons in my head that knew cigarettes were harmful for me but just kept smoking them anyway. I feel very proud of myself for not smoking and have many, many family members, friends and even my Doctor on my side with vaping and not smoking, even the ones that smoke.

I also no longer have to worry about dropping a cigarette while driving and go to pick it up and risk the possibility of causing a wreck and possibly killing people.

I also have tried many e-juice flavors which also makes vaping pleasurable for me which also helps me keep my mind off of smoking. What else can I say except I am one grateful, proud and happy vaper now.

2/5/2015 9:09:52 PM - Dawn Robertson

My husband was diagnosed with emphasema 2 years ago.

After talking to his pulmonary doctor, the doc said yes, please vape, and if I find out you are smoking regular cigarettes I will yank your rx for oxygen.

He now vapes his favorite flavor WITH NO NICOTINE!! we go to Sin City on Rainbow.

shop at Sin City on Rainbow Blvd,

2/5/2015 9:09:44 PM - Debbie Dlbald

I was 10 years old when my sister and her friend offered me my first cigarette. It was â€œvery coolâ€. From that moment I was hooked. At 10 years of age I couldn't readily supply myself with cigs so I scrounged around in my dad's ashtrays looking for butts that were smokable or snuck them from his packs when he wasn't looking. I began buying my own cigarettes when I was 16 after I got a job, my drivers license and access to a car. My preferred brand was Marlboro and I smoked 1 pack per day. I started with reds and gold 100s. Eventually I switched to lights and ultralights.

Over the years I did try and stop smoking without success quite a few times. I really enjoyed smoking so my attempts may have been halfhearted but, none the less, I did try. I knew my health would likely suffer (my dad developed lung cancer) if I continued to smoke but that was not a big enough deterrent. My cold turkey attempts lasted for 4-7 days. I got very stressed and angered easily during these times. Anything that angered me called for a trip to the corner store to get more smokes.

I tried Wellbutrin for a while and it did make my urges to smoke subside but not go away completely. The problem with this medication is that it made me queasy. I could not continue taking it long enough to see if it would actually work.

Chantix, I tried also. I do not remember much about it except I paid a lot of good money for it and it did not work. Nicotine gum and lozenges were very little help also.

In May of 2010 I heard a commercial on the radio for the 2nd or 3rd time during a road trip. This commercial was an ad for electronic cigarettes as a way of quitting smoking. I decided I would do some research on them when I got home. When I got home I did do that research and decided to order a kit from an online store. The kit arrived on July 23, 2010. I had a few cigarettes left in a pack, which I finished off while trying to figure out the device. I began using my e-cig that evening and became a nonsmoker at the same time! I only cheated once, in March of 2011, during a trip to the casino. I smoked half of a pack and threw the rest away.

After 40+ years I finally found a way to quit smoking! I still get the nicotine, if I want it, but no longer worry about the carcinogens and toxins that I inhaled every time I lit up a cigarette. This may not be a perfect alternative but it is a very effective one.

Almost 5 years later I still use nicotine in my liquid. I also love using fruity flavors as well as mild tobaccos. If I was forced to quit â€œvapingâ€œ flavored liquid I would very likely go back to that corner store and buy some more smokes.

2/5/2015 9:09:14 PM - James

My wife and I gave up smoking in March 2012 just after we married. I was a smoke for more than 15 years and my wife for over 20 years. We smoked our last cigarette just after buying our first vaping system and know we could never have quit without them.

My wife would get sick many times each winter with bronchitis and pneumonia. I also suffered through the winter months. Neither of us have had more than the common cold since we quit smoking.

Also my wife had a severe back injury keeping her from working and keeping her in daily pain. A year ago we started running in 5 and 10k's every month. My wife is now virtually pain free and has stopped taking all of her pain medication. Something that would have never been possible as smokers.

We still both vape daily and have reduced our nicotine mg to almost nothing. We live happier and healthier lives than we ever could have dreamed. I am grateful every day to the person who suggested we try vaping to kick smoking.

2/5/2015 9:09:02 PM - Lynnwood Porter

So I started smoking when I was 11 years old and smoked for almost 22 years. The last 7 or 8 years I was smoking 2 packs of full flavor menthols a day. My health was getting worse and I couldn't go up or down stairs without losing my breath completely. I'm a father also and had no energy to play with my children. So in a sense my smoking was robbing them of having a father. I tried to quit several times with patches, gum and chantex without success. I even tried chewing tobacco thinking it was better but it wasn't and it started eating away at the inside of my mouth and I continued smoking so I was doing both for a bit. Then I found an ego battery and a protank 1!!! After about 3 days I cut out the cigarettes completely and that was May of 2014. Coming up on a year of being tobacco free. My energy level is back for me and for my kids, they got they're father back:) I can run now and not lose my breath. My sense of smell and taste are back. I feel amazing and owe it to the vaping community. Without this I'd still be slowly committing suicide. And if the government successfully banishes this for us they should be convicted for helping us die. Just because somethings new doesn't always mean it's bad. Thanks for your time and keep on vaping fam:)

2/5/2015 9:08:54 PM - Darin Bahnsen

I had smoked for 26 years (minimum of a pack a day) with a few attempts to stop scattered in. All attempts to quit never made it past 7 days using the gum and patches and was miserable. 1 attempt did last a little past 30 days taking Chantix. At about $250 for the month, horrible side effects (plus the chance of some deadly ones) and struggling everyday to not smoke drove me to start again. 6 months ago, I tried an e-cig and have NOT SMOKED A SINGLE CIGARETTE SINCE! No cravings, no desire what-so-ever to go back. My taste buds are again normal, I spend only 25% a month from what I used to and the greatest of all was when my grandkids said "GRANDPA, YOU DON'T STINK ANYMORE". In fact, to walk past a smoker now makes me sad to realize how offensive I was to others and makes me sick to my stomach. I had become very short of breath with very little exertion and now my lung function, blood pressure and heart rate are all back to normal. My persistent cough is gone. I don't become a pain in the butt like I did when I had to wait for a smoke. I now am using a vaporizer with juice at a 6 mg nicotine strength. I started out with the 18 mg juice and will be using the 0 mg next month. This has been THE ANSWER TO SAVE MY LIFE!!!!

2/5/2015 9:08:45 PM - shelly, Kansas

For so many years now My husband and myself have wanted to quit smoking and with the birth of our first grandson we wanted it even more. We had been smoking for 30 years. Patches never stay stuck without taping them on and you still crave a cigarette pretty bad and make my heart beat more rapidly and the gum sticks to my dentures. I was so happy when the nurse at my doctors office told me about vaping and how much it would help us and how easy it would be. She was right, we have been vaping since October 1, 2014 and we have had no cigarettes since that day and it has been wonderful. I'm not gonna say there hasn't been times we wanted a cigarette but the feeling wasn't an uncontrollable nagging feeling but more like a passing thought. I'm so happy we are not getting all those poisonous chemicals anymore like you do in cigarettes but instead only four ingredients. I don't smell bad anymore neither does my breath or my house or my car. No more filthy residue all over everything like the walls or windows I just can't rave enough. My breathing is better and when we informed our doctor we were no longer smoking but we were vaping he said although he'd like to see us not doing anything, "it's a step in the right direction". We started with 12 mg of nicotine and have now stepped down to 6mg of nicotine. We will never go back to smoking now that we have found a healthier alternative.

2/5/2015 9:08:18 PM - Richard Bennett

Let me tell you about meâ€“

FIRST: How I finally ended a life long battle with smoking. I am 71 and I smoked a 1Â½ â€“ 2Â½ quantity or more a day for 55 years. I had tried to quit numerous times using various products. I tried the patches, the gum, SmokEnders and even, several times, cold turkey. All of these methods did not work and I was back to smoking shortly after. I can honestly say that using e-cigarettes has saved my life. I have now been eCig vaping for 16 months, and I can feel the difference everyday. By 1-2 weeks I could breathe. No more coughing! Everything smells better and food tastes better. By 3 months I felt like a whole new person. Which then prompted me to make other changes. I figured if making that one change could make me feel this good, making bigger changes would make me feel even better! I changed the way I eat, the things I drink, and I started exercising. In three months I have lost 17lbs!

I couldnâ€™t/would have made these changes as a smoker. Electronic cigarettes â€œare not the be all, end allâ€ solution to nicotine addiction â€” but they are the best first step! They save lives!

Please do not take away this opportunity for the members of your community to make their lives better! You will not regret making the right decision and removing electronic cigarettes from this Bans, â€œSin Taxâ€, and future bans!

SECOND:, I will do what ever to keep vaping. Iâ€™m not going to go back to killing myself because Big Tobacco and Big Pharmacy are losing money and thatâ€™s what this FDA move is about: itâ€™s all about money. The proposed regulations in their current form would devastate the e-cigarette industry, with the paperwork burden driving more that 99% of producers out of business or into shadow markets. This will almost certainly leave only â€œCig-a-Likesâ€ produced by the largest companies available in the FDA-regulated market. It is also likely that nicotine-containing liquids for refillable devices will be unavailable except for on the black or shadow markets. While flavors are not explicitly banned by these proposed regulations, it is widely believed that the FDA will seek to eliminate flavors other than tobacco and menthol in the future.

If the proposed regulations pass, I wonâ€™t buy the Cig-a-Likes -they didnâ€™t work for me and I donâ€™t want to go back to tobacco or anything that resembles a cigarette. I also wonâ€™t go back to buying cigarettes which is obviously what the FDA wants.

I believe that if you put stringent regulations on the e-cigarette business it will only lead myself and others back to what you claim to be hazardous to our health. Cigarettes! By using different flavored products like e-juice it has kept me from wanting a cigarette. Also the multiple delivery devices, what we call mods and attyâ€™s, cannot be replaced by something as simple as a â€œCig-a-Likesâ€. This in no way can sooth the cravings

that most people have. To limit this to just a couple of Big Tobacco Companies, the same people who for years told us that smoking was safe, is like handing the keys of a prison to the inmates and asking them to keep the door locked! I also believe that restricting from whom, where, and what Adults can buy their products from will only lead to a secondary market with No Regulations! Just how safe do you think that will be?

THIRD: While e-cigarette flavors are not limited by the proposed regulations, FDA is specifically asking for information about the connection between flavors and e-cigarette use by children. The questions posed by the FDA in connection with flavors are leading and thinly-veiled. They suggest it is likely that if FDA gains regulatory control over e-cigarettes, FDA will later seek to ban all flavors other than tobacco and perhaps menthol. In fact, FDA has specifically stated that the current proposed regulations are only the first step in their attempts to regulate e-cigarettes.

A ban on flavors (other than tobacco and menthol) would directly impact me (i.e., make me less happy). Yes flavors help me distance myself away from my former smoking habit this way: I feel like I donâ€™t have that tobacco flavor in my mouth and I donâ€™t even feel like I am smoking anymore because of the flavors: fruity, beverage and bakery flavors, which is better for me as it is completely unlike tobacco. The variety in flavors keeps me away because having options available like strawberry or other flavors like that keep me interested in vaping because the flavors are delicious.

Yes I believe that it should not be sold to minors. Yes there should be some standards on the packaging labels such as nicotine levels, ingredients and the like. I also believe that childproof caps are necessary, but to completely gut an industry and give to those who lied to us for years is completely insane! To say that children are enticed by flavored nicotine juice is a complete falsehood. Where was, or is your concern for the children when it comes to flavored liquor or beers. The last time I looked you can find that anywhere! Supermarkets, Drug stores, even the local convenient stores has shelves with such products. Outrage? Right?

2/5/2015 9:08:10 PM - Kemosabe

E-cigs have changed my fiancÃ©eâ€™s and my life is such a positive manner.

Hello, my name is Ev Du, member of CASAA. I have quit smoking in September of 2011 thanks to e-cigs/vaping, and I couldnâ€™t be more grateful. I smoked for 14 years. For almost that entire time, I thought quitting would be next to impossible. Cravings hit me constantly. Finally one day my brother introduces me to an electronic cigarette. I immediately thought that this product would not work for me, but I gave it a try and I was SHOCKED at how effective it was. I immediately went online to begin research. In a short time I had my very own e-cig. It was new and exciting to REALISTICALLY envision myself as a non-smoker. The very thought of it was invigorating. The effectiveness of the e-cig gave me the confidence I needed to quit. It wasnâ€™t incredibly easy at first because my mind was trained to want hot burning tobacco smoke to keep cravings at bay; and also because I didnâ€™t have the proper dosage- my e-cig nicotine % was too low. Once I increased to the level of nicotine I craved, my body was receiving the nicotine it desired. This is all without any harmful smoke. Moreover, my body was receiving nicotine in a manner it was used to: inhalation. So the chemical dependency was met combined with the physical hand-to-mouth habit. This combination of attributes is what makes e-cigs so effective.

Another reason for their effectiveness is the different levels of customization. Different flavors, different atomizers, and different types of power sources. Everybodyâ€™s needs are different and itâ€™s the variety in devices that allows smokers to quit and quitters to stay quit. Not everyone can get by on the gas station disposable e-cigs. Most users in my experience need a more advanced device and more complex/diverse array of flavors to satisfy cravings. For me, its citrus flavors that most satisfy my cravings. Citrus is so much more effective for me than a standard tobacco flavor, for example.

It was just a matter of time before I viewed cigarettes the same way as someone who never smoked does: downright awful. Without the aid of e-cigarettes, I'd still be on a one-way train to Cancer-town. I am convinced that e-cigarettes have saved my life. And they can save yours and your loved ones' lives too if you give them the chance.

I have been proudly smoke-free for over three full years. It feels GREAT! My mind has a huge sense of accomplishment and my body never felt better. I can ride my bike 30+ miles now, without a break, in under 2 hours. I was lucky to complete 5 miles in 45 minutes while I was a smoker. Not to mention the fact that I had little motivation to ride because of how bad of shape my lungs were in. I would get severely lightheaded due to the lack of oxygen hitting my brain, and I would have to take constant breaks. Now, thereâ€™s none of that. Not even the slightest whisper of a clogged lung. Many areas of my life have improved DRAMATICALLY since e-cigs have entered my life. It could be viewed that I owe my life to e-cigs, because without them, tobacco had a death grip on

me. I was scared to try Chantix because of the horrid side effects. Not to mention there was no physical ritual associated with Chantix, nicotine patches, or any of the other readily-available non-smoking aids the way e-cigs have. The physical hand-to-mouth ritual is INSTRUMENTAL in quitting. Biting on straws and pens is not going to cut it. Smokers need nicotine, and they need it in a medium that works for them. E-cigs are the answer, plain and simple. They just WORK; and they do it in such a way that has been proven to be much less harmful, if not completely harmless.

In closing, please do not make electronic cigarettes any harder to obtain, or any more expensive than they already are. Vaporizing nicotine is so much healthier than smoking tobacco. Any experienced e-cig user can tell you that first-hand. If e-cigs become more expensive or harder to obtain, I fear, myself included, that good honest folks will be driven back to some other type of nicotine delivery system that is very harmful (cigarettes), much less effective (patches, gum), or just downright scary (prescription pills). Our society has found a solution to an immensely gripping problem- one that our world has struggled with for seemingly forever. We have watched our loved ones die from the grip of cancerous cigarettes. Please- allow e-cigs to safely facilitate the removal of tobacco from our loved ones' lives in an effective manner. Not until e-cigs were developed have tobacco users been so able to effectively remove tobacco from their lives. Please I beg, for the sake of our society, do not make e-cigs or their components more expensive or harder to obtain.

Thank you for your consideration.

Sincerely,

Ev Du

â€œKemosabeâ€ on forums

Rhode Island resident

2/5/2015 9:08:00 PM - Allen Speck

I am just a private citizen and consumer. I have absolutely no direct or indirect financial stake or interest in tobacco products, e-cigarette products, pharmaceutical products, or in any of the companies that make and sell them, nor do I have a stake in any public health organization or in any organization advocating or promoting e-cigarettes.

Iâ€™m 67. I started smoking at age 16, worked up to at least a pack of cigarettes per day, often more, and smoked almost every day for 50 years, thus exposing myself, my family and others around me to a host of carcinogens. Before going into semi-retirement, I was a fairly successful attorney. I am a former Army medic and varsity track athlete. I like to think of myself as intelligent, but I could not break the smoking habit. Incidentally, the editor-in-chief of my law school's law review, a highly intelligent person, smoked as long as I did and now suffers from severe emphysema.

My father, a wonderful, kind and brilliant man but a lifelong smoker, died a horrible death from lung cancer, left my mother a widow, and never got to meet his granddaughter. I knew what was in store for me if I continued on the same path and so I tried quitting many times: cold turkey, nicotine patches, counseling, nicotine gum, hypnotism, drugs, inspirational books, etc. None of these worked and so I continued to smoke, fully anticipating that it would probably kill me sooner or later. And then along came e-cigarettes. They proved to be the only answer for me. Others may succeed with other methods and I applaud them.

I started out with an e-liquid with a nicotine concentration of 36 mg/ml and I've been able to gradually reduce that over time. I haven't smoked a single cigarette in three years. My wife and daughter are very happy about that. My doctor says my overall health has greatly improved and he is now recommending e-cigarettes to his patients who smoke.

I don't miss smoking at all. I feel better than I have in years, energized, and I breathe freely. I no longer cough, I have better stamina, better lung capacity, I can exercise, I no longer dread emphysema, my clothes don't smell of cigarettes, there are no cigarette butts and ashtrays in my house, and I can "vape" in some public places rather than leaving my wife alone, venturing out in inclement weather, shivering in the cold, feeling like an outcast, and inhaling second hand smoke. Bans on vaping in public places threaten to force me right back outside with the smokers. I quit smoking and it seems Iâ€™m still demonized as a major threat to public health. Yet, there is no valid evidence that I pose a threat to anyone. Of course, I fully realize that evidence has little to do with it. Children might get the idea that itâ€™s â€œcool.â€ Or it might â€œre-normalizeâ€ smoking. Gosh, it might even inspire vampires to attack us in the night!

I found that the little things sold in convenience stores, gas stations and kiosks that try to look like cigarettes are unsatisfactory. These are clumsy, primitive devices. I tried

them and quickly reverted to smoking cigarettes. Most of these products are manufactured and sold by big tobacco companies. But, thanks to small, innovative manufacturers competing for business, the second and third generation products are vastly better and have made it possible for me to quit smoking for good.

I would never consider going back to smoking, but I am afraid there are powerful forces with almost limitless funding who promote junk science, as well as ill-informed knee-jerk zealots at work who would like to see these innovative products and the companies that produce and sell them regulated into oblivion. The costs of applying for approval will simply be too great. Some of the statements now being made to justify draconian regulation are astonishingly ignorant, unscientific, or outright lies. If the situation doesn't change, there will be millions of cigarette smokers who will miss out on a great opportunity to prolong their lives.

If these innovative products can no longer be sold legally, they or others like them will be sold illegally and they will be just as easy to get as alcoholic beverages during Prohibition.

2/5/2015 9:07:52 PM - Joshua

I was a smoker for 20+ years, started in my early teens. Just like many smokers, tried to quit many, many times. Sometimes lasted for a few days, weeks, and when I was on a good run I made it months but always wound up smoking again at some point. Tried everything from "cold turkey", hypnosis, the patch, gum, and even tried pharmaceutical pills and in the end all never worked. I sometimes even found myself smoking while using a cessation and wound up getting sick.

I work outside and when I smoked, I could easily smoke 1-2 packs a day. Spending $300 a month on cigarettes, driving over state lines to get cheaper cigarettes all started to hit home and made me realize this was getting ridiculous. As I stopped at the cigarette shop (in another state) I noticed the counter that had all personal vaporizers and looked at the prices and noticed how much less expensive all of the products where. So for the next month, I did a ton of research and all that I found was that making the switch to Vaping was going to save me loads of money and give me the nicotine I wanted. I was sold and set out to give this a try.

So at the very beginning, I started out with 24mg nicotine and within 1 month I was already down to 12mg. The very next month I went down to 6mg. As of this point now I use 3mg and am working towards 0mg. This has been going on for 6 months now and I couldn't even explain how much money I've saved and how much more active and healthier I feel now in this short period of time. I have not had 1 cigarette since I started vaping and have not thought about one or even had a craving for one at all. I couldn't be any happier with my experience.

I was so happy with my experience that I had also helped many other people I work with and my friends quit cigarettes by giving away some of the devices I did not use anymore. As of this point, everyone has had great success getting off of cigarettes and all are having pleasurable experiences with vaping and have not had a cigarette since the day they started vaping.

2/5/2015 9:07:39 PM - Clark "Toban" Robbins

2 packs a day, been smoking for 38 years. Saw my son vaping and asked a ton of questions. Did a month of research on chemical composition, battery safety, device functions and cost.

Started on a MVP 2.0 with a I30 tank at 1.8% Nic and the rest is history. I'm a retired Firefighter, currently employed as a Municipal Code Enforcement Officer.

I've not picked up a cigarette since August 8 of 2014. Love not being broke, covered in ashes and stinking (which i was never aware how bad is stunk).

I've helped roughly 10 others kick smoking and I am enjoying every breath I take now, no wheezing, and all the other respiratory problems with heavy smoking.

I strongly suggest to anyone to do your own research and don't fall into all the shock and scare tactics being passed around on the net or in the news. I work for Government and see it all the time, be educated, be informed, be smoke free.

2/5/2015 9:07:15 PM - Ian Ronan

I smoked for around 35 years, the last 10 years was simply an addiction as there was little enjoyment in it. I would cough heavily for up to 5 minutes every morning, suffered lung infections every 3 months on average, and would bring up flem at any time of day. I could not give up smoking. I wouldn't stay at friends places overnight due to the regular coughing fit every morning. Then I discovered e-cigarettes 15 months ago, it was relatively easy to give up cigarettes with the e-cig, and the coughing stopped overnight. I have had no lung infections, breathe easier and generally feel a lot better for it. The governments of the world should embrace e-cigs as a way to enable people to stop smoking and save human lives. I know I will never be a smoker again, I have been completely cured from smoking. I use 3rd generation devices with a wide variety of flavors , including flavorless at times, and this has been a big help. The first generation devices were just an introduction, albeit a good one, to get me headed in the right direction.

2/5/2015 9:07:08 PM - Derek Ledesma (Illinois)

I had smoked for 8 years before I started vaping. I had tried the patch, nicotine gum, various other unconventional methods, and even tried to cut the habit by adopting chewing tobacco instead. Through all of my dedication and hard work over a period of 3-4 years I was not successful. Once I tried a modified ecigarrete I knew immediately that I was finished smoking and would never go back. It has been almost a year now and I still have no reservations on my decision. I started with a 12mg nicotine ejuice. I am now fluctuating between 3mg and 0mg depending on the individual tastes of the juice. I do not have any kind of noticeable withdrawal symptoms when I do use the 0mg liquid. I feel excellent about my choice to improve my health all while enjoying my vaping experience.

2/5/2015 9:06:59 PM - Jay G. in Baltimore, MD

I started smoking at 12 and smoked about 2 packs a day into my late 40's. I quit a few times cold turkey because my doctor told me to, but it never stuck. Once I even quit for 2 years, but I wanted a cigarette the entire time and I finally surrendered.

Once I tried an e-cig, my smoking days were over. It only took about 10 weeks to reduce the nicotine level in my e-cig from 36ml to zero ml. It's been 4 years now, and I continue to vape at zero nic.

When my e-cig broke on a road trip, I borrowed a cigarette and couldn't even smoke it. Smoking has become disgusting to me after 35 years of 2 packs a day. Now, I no longer cough, I no longer pant when climbing stairs, I no longer have to make sure ashtrays are cold before emptying them, and I no longer spend hundreds a month on a habit I never thought I'd be able to overcome.

The concern that e-cigs can lead to smoking is misplaced. The two are nothing alike except in the hand-to-mouth fidget factor. Also, news articles about e-cig health concerns never take into account the fact that many vapers, like myself, do not use any nicotine.

E-cigs have been a blessing for me. I wish that legislators could separate smoking from vaping in their minds; they are not the same in any way.

2/5/2015 9:06:37 PM - Lloyd F

I was a smoker for 21 years and could never go a day without a cigarette no matter how hard I tried (and usually smoked a pack a day). Then a couple people at my work started vaping and said it helped them kick cigarettes for good so I figured what the heck, I've got nothing to lose and everything to gain so I gave it a shot. I started with V2's cig-a-likes at 18mg of nicotine and within a week was completely off traditional cigarettes and within a month was down to between 6-12mg, where I still am. I've upgraded my hardware since then and have tried and enjoyed many vender's eliquid flavors.

Switching to vaping has made me no longer stink and I feel better physically. If it wasn't for vaping I'd still be smoking and it would probably be the death of me.

2/5/2015 9:06:29 PM - Matthew Hinman

I am a 38 year old father of 3 amazing children. I was a smoker for over 20 years. I've tried every possible thing to quit tobacco cigarettes, just to go back to smoking right away. My kids hated the smoke smell on me, I was always to tired to play with them, or I'd get winded really fast. Then a friend introduced me to vaping. I tried tobacco flavors and it didn't help. So I bought some fruit and candy flavors and I fell in love. I'd carry a pack of cigarettes with me and I would vape instead of smoking. After about 3 weeks I was completely cigarette free. And I haven't touched a real cigarette since. Going on a year of being tobacco free. I love vaping and I started at 18mg nic, and now I'm vaping 3mg nic. I feel amazing! I don't get tired when playing with my kids, I don't lose my breath when playing soccer with them. And the best part is they love hugging me without me smelling like an ashtray. I'm amazed how much better I feel. And I couldn't have done it without vaping, and the variety of flavors. I will continue vaping, it's like people who enjoy wine tasting, but instead I enjoy trying new flavors of eliquids. No matter what I'll never stop vaping. I'll find a way to keep vaping. I am a strong believer in it, and living proof that it works, and is way healthier then tobacco. I enjoy using a box mod, with a RDA. I love building my own coils. It's turned into a hobby, and it relaxes me. I completely love vaping and I support the right to vape. I've tried Chantex, patches, gum, lozenges. Non of those worked. Non of them. I found vaping and within 3 weeks I was tobacco free. And I can't stand the smell of cigarettes now. I'll never go back to a real cigarette. I'll always be a vaper.

2/5/2015 9:06:22 PM - J. McCauley (Johnny Vapes)

I started smoking at 13 as a freshman in high school. The first time I tried quitting was the eve of my 45th birthday. It was not planned as I was in an accident that resulted in a punctured lung. I was up to 2 packs a day then. After 2 years of not smoking, I was dreaming that I was smoking again and would awake looking for my cigs. I next tried smoking cigars till I was videotaped inhaling the cigar smoke. I went back to cigs and was at 1 pack a day within 2 weeks. Seven years past during which I tried nicotine patches and gum to no avail. I then tried the NY Quits program and was given Chantix. I had the vivid and disturbing dreams that wrecked havoc on my sleeping and were making me crazy from over-tiredness. So I ended up back smoking. I was then found to have AFIB and AFLUTTER both (Chantix advertising counts heart problems among its long list of possible side effects - Thanks!) I was introduced to vaping by my best friend, Vapor Owl, early in 2011 and On July 4th I received my 1st Ego. I proceeded thru a Silver Bullet, ProVari, Itaste Box mod, 2 Itaste egos and I'm on my 2nd Provari. I started dripping but quickly switched to tanks. I started at 18mg of nic and worked my way down to 3mg and 0mg last Thanksgiving. The last 3 and 1/2 years I've lost my desire for cigs. I can stand next to people smoking my brand and not feel the old pull to have one myself. I'm completely satisfied with vaping and with the flavors of the juices I've avoided the 20 to 30 lbs. of weight gain I had each time I quit. I gained 2 lbs. over the last 42 months! I sleep better and longer and snore less. Finally, I no longer have to leave conversations, take breaks between meals and dessert, or have to be filled in on what happened while I was out having a smoke. I vape in the house, in the car, in the office and I'm around for everything!

2/5/2015 9:06:13 PM - Gail W.

I started smoking tobacco at age 16 and smoked for 44 years. I have tried chantix, patches, nictoine gum and cold turkey through the years with no success, In February 2013 was introduced to e-cigarettes by a friend and at the time I had just bought a carton of cigarettes and had no intention of quitting. But, this all changed after vaping!! I had one cigarette that day and 2 years later no cigarette and no desire for tobacco. Breathing now through the nose and not the mouth, no cough or phlegm, feel much better, no chest congestion and smell has returned. I started at 12 mg of nicotine and now down to 0mg nicotine. Vaping and ecigs have changed my life for the better!!! Couldn't have stopped smoking without them and feel like I would be back to tobacco without them.

2/5/2015 9:06:01 PM - Brad

I would just like to say that I knew it wouldnt take very long before big tobacco would pull on the politicians coats and make them try to outlaw e-cig's. i am a heavy smoker and have been smoking since i was around 16. I am 43 years old now,and have not been able to quit. i decided out of fear of my life being cut short, basically voluntarily taking myself out of my children's lives before it is my time to buy an e-cig. i have been using it off and on for some time now,and never was serious about quiting. I just cant seem to get those nasty cigarette's out of my head. I bought ALOT of nicotine juice hoping that i would find that magical one that would help me quit. now i have found it. i would rather puff on it because it tastes,and smells so good. it has taken me down from a pack a day, to only a couple of cigarettes a day. And i feel GREAT! I have tried all kinds of stop smoking techniques,and nothing works.. until i found the e-cig, and found a juice i love. I hear periodic stories on tv about things that they have found to be in e-cig vapor like formaldehyde . they talk as if it is the end of the world, but yet turn their heads to the 4000 dangerous traces of carcinogens found in a cigarette .why you ask? MONEY! money that they get from taxing it,and money they get from big tobacco to fund campaigns. there you have it plain and simple. when we quit smoking people lose money. from pharmaceuticals, to big tobacco companies. or as i like to call them... death businesses . but dear politician please remember that we vote you in, and we WILL vote you out! KEEP YOUR GREEDY FINGERS OUT OF OUR LIVES! AND FOCUS ON THE REAL ISSUES!

2/5/2015 9:05:53 PM - Sonya

I starting smoking as soon as I turned 18 - believe it or not, I smoked an entire pack the first day I ever smoked - I always felt like it was "natural" for me to smoke - almost my entire group of family and friends did. I watched as my mom slowly died of emphysema and COPD starting when I was only 30 years old. I had just had her first grandchild - and he meant the world to her - she tried to quit, for him, for her, for me, for my brother and sister, so she could get a new lung...she went on inhalers, then oxygen - by the time her second grandchild was born in 2005, she knew time was too short - she didn't quit and she would not be getting a new lung - she choose NOT to get close to this adorable baby girl because she couldn't stand the idea - knowing she was dying and in 2007, she died at home, we watched her die, and it was one of the two most painful moments in my life.

I tried to quit to help my mom - we went to TWO different smoking cessation classes, we tried the patch. After watching the painful way she died, I tried gum, Commit, Chantix, cold turkey, meditation, fake cigarettes, guilt over my children, patches again, another smoking class, and more - I failed and never made it more than one week. I smoked during BOTH my pregnancies, even though every puff was making me feel worthless and powerless and that I was hurting these precious lives...it broke me, but smoking controlled me, my life, and regardless who I hurt, I was like my mom...we were hopeless, and I would die before I saw my daughter turn 18.

I tried ecigs when they first came out, of course, I tried EVERYTHING. At the time, they were like the mass produced "cigalikes" weak, expensive, and NOT enough to help me (these are exactly the products that they want to allow us to use - these DO NOT work)

In early 2014, I got bronchitis - it would not leave, I coughed myself awake EVERY night for two weeks, no sleep, work and coughing so hard I could not take a breath. I finally went to the doctor - they gave me antibiotics (3 different kind), 2 different inhalers, steroids...NOTHING!! I could puff on that inhaler in the middle of a sleepless night and it DID NOT help me breathe. It was pneumonia...or asthma, or, what I dreaded - COPD...I was going to be on oxygen within a year or two and I knew it - my daughter is then 8 years old...I still smoked.

In June, I found disposable ecigs - NOPE...still smoked...there was NOTHING to them, and I could not afford to but 20 a week - by now, I was smoking at least two packs a day (I made my own cigarettes, so who knows how many - but it was a HUGE number) I was going to die, and I quit trying..I gave up on me....

Then I FINALLY found HOPE!! A vape forum - they guided me every step of the way!! I needed BETTER equipment (at first a Ego model, then as add on small mod for when I was having a nic fit) I found 24mg nic juice in a menthol flavor, I can STAND the cravings

for the first time - I am not weak, it controlled me because smoking DOES, weak or strong - I can DO this , I thought!!!

And I did! I have quit smoking since June of 2014, I exclusively vape!! I can breathe better, no cough, I can climb stairs, I can move...I do not cough and feel pain every day - no incident of any chronic bronchitis - according to my physician, my lungs are CLEAR!!!

I need the stronger equipment and higher level nic juice at 24mg, maybe ALWAYS, but I am NOT smoking - sometimes I have a craving in the morning or when I have anxiety - but VAPE HELPS ME STAY STRONG!!! I am 45, I am a non-smoker who never believed I could - my family LOVES the smell gone, the "mommy doesn't sound rattling in her sleep", the "my mom will live for longer, I need her" from both my children (my 9 year old beautiful daughter, and my 18 year old autistic son - he still needs me everyday!!) - it is good for them to NOT breathe in that smoke - my hubby is now converting to a CONSTANT tobacco chewer - he can taste again - his mouth is healing.

Vape is SAVING my life - vape in a way that WORKS!! I so often ask God why this was not there for her...could I have saved her? Could that beautiful soul still be here for me, I need her! For her grandchildren? To see my baby sister's first baby, her third grandchild? I cannot change the past...but the future NEEDS to have good, accessible, useful, customizable, affordable, and powerful enough options with flavor and strength options to help save people like me, and so many others!

This can save lives...not hurt them - thank you for reading!! ((love to all))

2/5/2015 9:05:45 PM - Christopher P. Arnett

I was a tobacco user of snuf/chew/pipe/cigarette for over 37 years. I tried to quit so many times using different cessation devices the nic-patch/nic-gum/chantix/cold turkey and failed using all. Then I came across a buddy who has been vaping for over a year and was using an intermediate type of vape set up and he let me try it out. WOW!!! I decided that day that I was going to use what I would have spent on tobacco products for a month on my very first vaping rig with my next pay check. So I got my first rig & 3 juices on May 1st 2014 and have been tobacco free ever since. Now, that is only half of the story because this is where everything stars to get better in my life. My sense of smell & taste are now off the charts, I can run/walk/climb stairs and not get winded, I no longer require a diabetic prescription drug, but the best thing of all is I have lost over 80lbs and I am still losing weight. My doctor asked me what have you done to make all of this happen and I told him I stopped using tobacco and started vaping. My goal for 2014 was to be tobacco free before my 49th birthday, and I did it 29 days before my birthday. I hope this little glimpse of my life journey helps somebody. I started with a Vamo V3 mod starter kit which included 2 18350 batteries and charger I purchased additional 2 efest 18650 batteries , a Kanger pro2 tank also purchased an additional 5 pack of replacement coils, and 3 great juices. Was it worth it? Heck yes it was! I just wish I found out about vaping a lot sooner and yes I would recommend and do it all over again! Thank you for your time.

2/5/2015 9:05:37 PM - MJVAPER

I quit smokes 4/6/2014 I'm 61 yrs of age smoked 46 years 1-2 packs a day.If it wasen't for vapping I still would be smoking.I use k-funs with box mods.I vape

mostly custards at 6mg nic.I tryed gums did not work.I put a little wait on 6lbs

thats because everything taste better and i'm not as winded as I used to be.I just bought a new car love that new car smell no smoking in my car.

2/5/2015 9:05:25 PM - Kaerie

I started smoking in college and had tried a few times to quit my pack a day habit. I had tried tapering off, cold turkey (lasted a couple of months), Zyban (I could only take the horrific nightmares for about a week), patches, and gums, all to no avail. I had resigned myself to a lifetime of smoking. I told myself it was something I enjoyed, but the fact of the matter is, I was hooked.

At age 40, during a rough financial patch, I ran the numbers and determined that if I took up vaping it would be a money saver. With no intentions to quit smoking -- simply to cut back for financial reasons -- I went to my local store and purchased a cheap disposable kit. I did successfully cut my smoking down to ten cigarettes per day and enjoyed the financial benefits immensely. I never felt the lack of burning tobacco, but continued to light up out of habit. I used some of my savings to buy a mod so I could easily refill with fruit and candy flavors, which appealed to me more than the taste of tobacco flavored pre-filled cartridges.

I found myself wanting cigarettes less and less. Without even trying to cut back further, I went from ten a day to five, and then from five to one! That coffee and a smoke habit was difficult to break, but eventually I realized how close I was to the goal that so many smokers try to reach and fail -- and the next time I ran out of cigarettes, I simply didn't replace them.

When my mother passed away, I spent some time with family who smoked and bummed one just to be social. It tasted TERRIBLE. I don't remember cigarettes ever actually tasting like a wet ashtray, but boy they do now!

I have been smoke free for two years. I've gone from full strength nicotine liquids to 6mg and anticipate dropping to 0mg soon. I haven't had even a sniffle in a year and a half, whereas when I was smoking it seemed like every little bug that came along took hold and set up shop for weeks at a time. I have no smoker's cough. I can't hear myself breathe any more. I have my wind back. I sleep better. My entire family is healthier now that I vape.

I had been resigned to eventual severe illness and prolonged suffering because I wasn't able to kick the cigarette habit. Now I take karate and plan to be around for a long, long time, all thanks to e-cigarettes and vaping!

2/5/2015 9:05:17 PM - phil

smoke bob 36 years 8 months ago switch the mods feel lot better no more asthma attacks

2/5/2015 9:05:10 PM - The1BIGPappa

Before I discovered vaping, I use to smoke just under a pack a day. I've been a smoker for over 10 years. A few years ago I started using the cig-a-likes, like blu-ecig and others like it, but like many other vapors, it didn't provide the sensation and flavor I was looking for, that I got from a cigarettes. So I battled with it back and forth for a little bit and ended up smoking again.

Then I discovered the old ego-twist batteries and the refillable atomizers, along with finding an affordable juice company, I was able to cut my smoking in half. I was then introduced to dripping and the battle for finding an alternative cigarettes was over. I finally got the sensation and flavor I've been looking for.

Now I've been vaping for over 2 years and haven't smoked a single cigarette. I feel better, healthier, I breathe better, and smell better! I can taste and enjoy food more! Vaping has given me my life back. I don't know of anything else that allows me to control the amount of nicotine I take better than vaping. I started at an 18mg nicotine level and now I'm vaping between 0mg - 3mg of nicotine. All of that done within 6 months of vaping.

One of my Air Force buddies who used to smoke and is now vaping thanks to me had a friend that killed himself because of the effects that chantix had on him. He became depressed and suicidal. My friend thanks me for helping him quit smoking and start vaping.

I have not felt depressed, or sick, or had any side effects from vaping. The only effect that vaping has caused me is HAPPINESS!

2/5/2015 9:05:02 PM - Matt Timbers

I was a smoker since the age of 18. I progressed to be a 2 pack a day smoker. I started toying with the idea of vapor a few years ago, but I was doing both. I did not understand the combination of items was needed to get me to where I could quit totally. I have been seriously Vaping for 8 months and have not smoked a cigarette since.

I liked the alternative that Vaping provided me. I loved the effect produced by smoking, I loved the calming effects and the whole ritual. I knew that it was hurting me, I was wheezing at night, and having a hard time breathing. My sense of smell was not existence, but the smell coming from my person was that of an ashtray.

I was embarrassed and unhealthy. But I LOVED it still.

I went to Vaping because I wanted to continue to do what I loved and be healthier. I still have the ritual and I still get the desired effect, but something happened. I started to feel like I had too much nicotine. I started with 24mg and immediately stepped down to 18 and then right to 12. I then cut that in half and went to 6mg where I stayed for a bit. I am now Vaping on 3 mg or zero and adding 1.5mg to those bottles.

I have never felt better in my life!

I know that there are a lot of things that are still unknown in the world of Vaping and I want to have the effects explored. I also know that banning something out of fear of the unknown is a terrible way to handle this situation.

I believe there are a lot of things in our world that are hurting us, that are free for everyone to use. Sugar is the number one killer and cause of illness that anything in the world, yet it is in everything without regulation or bans. There are a lot of products that are unsafe if exhaled or ingested that are all around my house, that would have way worse effects if anyone were to do so.

Classifying this with tobacco is wrong, it is not the same. there are drugs that are causing way more herm to people that are used for quitting smoking.

My wife is also vaping and has been smoke free for 6 months. Vaping has saved our lives and we want to make sure that it is protected and treated fairly.

I dont cape inside public places nor do I feel the need to do so. I treat people and places with the upmost respect and I think that all vapers should do so. Other than that, let us continue!

Thank you,

Matt Timebrs

2/5/2015 9:04:38 PM - Keith Keller (MarvelMyxer) from Franklin, IN

I was a 18 year smoker having started at age 14, my wife (also a past smoker) attempted quitting many times. Using everything from the cold turkey method, food alternatives like sunflower seeds, to patches and gum...nothing stuck. for one reason or another we always ended up back on the butts. We had tried e cigs once before and just found the gas station cig a likes to be gross and quickly reverted back. BUT...this time, we invested in higher quality personal vaporizors, and use the ingredients available to us to make our own juice and that has worked for us. We have completely stopped smoking completely and are working on lowering our nicotine intake as well. not being dependant on the store bought liquids has made that far simpler as we are able to decrease at whatever interval we see fit. I am 100% cerain if it were not for the availability of Advanced personal vaporizors and DIY supplies we would have reverted back to smoking but I am happy to say that with these products we are on our way to not only being cigarette free, but also nicotine free.

2/5/2015 9:03:59 PM - Massimo Cimato

I had been smoking cigarettes and chewing tobacco since I was 16 years old (23 years old currently) . I was a pack a day smoker and a tin a day dipper. I was absolutely addicted to these products. I began to see and feel the effects of my tobacco use on my functioning and appearance.

I always thought to myself that I would just have to deal with the consequences of tobacco use because I didnt believe I could quit. Honestly, i didnt want to quit. I had no knowledge about electronic cigarettes nor gave these products any attention. I walked passed a vape shop in a mall near me and my friend made a comment suggesting I should look into it. On impulse I walked in and bought an itaste vv and some 18 mg juice and that was it. Within a month I was off of cigarettes and within two months I was done chewing. I mean it was just unreal. Never would i have imagined that I would get off of tobacco. I'm working on getting off of nicotene completely and I'm nearly there. I started at 18 vaping in a protank and have graduated to 3mg.

I refered and shared products with my family and friends and empowered them to kick their nasty habits and it's helped them tremendously. I appreciate the vaping community and all vaping advocates for helping my family, friends, and myself get off of traditional harmful tobacco products. CASAA, all the YouTube fellas and ladies, and all of the local business owners I thank you and appreciate your work dearly. My life and the lives of many others have changed exponentially for the better because of all of you all.

2/5/2015 9:03:51 PM - MatthewCJ

I was back and forth between vaping and smoking, sometime dual using, until I ordered an e-liquid called WTA, or whole tobacco alkaloids. I quit smoking on the first inhale of this vapor. As of right now, I am two hours shy of being smoke-free with no desire, urge, craving, or missing smoking. I'm starting out on 12mg too. As long as WTA is available I do not fret about going back to smoking, but I am preparing my mind in the event that it does become unavailable from my favorite vendor. Thank you.

A little about me:

I smoked for 19yrs.

I use a box mod called an Innokin iTaste MVP v2.0 w/ an open system called a Protank 3 (v2 Dual Coil).

I tried to quit smoking numerous time before vaping came out; I used Wellbutrin, all the pharmaceutical NRTs, one alternative product, and going cold turkey.

2/5/2015 9:03:43 PM - jdillin

I have been smoking since I was 16. I have 2 children now and I feel like I've missed out on so much of there lives so far because I was smoking. I started right back up after both pregnancies. My child have been around 2nd hand smoke, even though we all know the risks that come along with it. I risked my childrens health just to get my nicotine fix. I was always in the garage smoking while they play in the living room. Every hour on the hour I had to go get my fix. Then I discovered vaping. I have been vaping for 7 months and havent gone back to smoking since! I feel better, I smell better, my car doesnt smell like an ashtray and my kids are no longer breathing the chemicals from cigarettes. Vaping has changed my life. I'm not missing out on anything any more just because I had to spend 10 mins outside smoking a cig. I will live a lot healthier, longer life tanks to vaping and my kids are thankful for it too.

2/5/2015 9:03:22 PM - Paul (MorphRv) UK

Like most teens of my generation, I smoked from the age of 16. It was on and off during my two years at college, mostly in social environments with a beer or three. Back then a pack of 20 would last me 2-3 weeks, often the latter.

Starting work at the age of 18 saw an increase in my smoking habit, a pack lasting a week instead of 2-3. I smoked at every opportunity, as such the number of cigarettes I smoked went up considerably to the point where I'd be smoking almost 2 packs per day.

I tried several times to give up, at the age of 21 I tried cold turkey - lasted 3 weeks. 25 I tried the inhalers, which lasted all of 2 days - the inhalers for me were worse than the smokes! At 28 I tried patches, only to end up with painful rashes within a few days.

I even went as far as trying the official NHS Quit Support in my local area - the weekly sessions were always fully booked it was difficult to actually arrange one.

I gave up giving up, and went back to my 2 pack per day habit, after all I enjoyed it. After both my parents were diagnosed with Cancer I started to think about giving up again. Dad passed away in 2008 at the age of 69, and I started giving it more thought but didn't actually try to give up. It was only when mum passed away in 2014 at 70 that I felt compelled to try again, mainly because my 2 pack per day had increased to 3 and sometimes 4.

With help from my friends, I made a concerted effort to quit using an e-cig. I started with a strength of 18mg (roughly equivalent to the cigs I'd been smoking). Over the course of a week, my cigarette intake went from a daily 30/40 to 10 then to 5 and then eventually none.

June 11th 2014 was my first day "smoke free", within a week I started to taste different flavours in my daily meals. Within two weeks, I started to feel that I had more energy.

Since the switch, I've steadily felt better in myself and can perform more energy intensive tasks (such as DIY and gardening) without having to stop for a break every 30 minutes or so, although I still have trouble sleeping which is completely unrelated to smoking/vaping!

Over the course of the following few months, I reduced the nicotine strength from 18mg, to 12 and then just before the turn of the new year I went to 6. There have been occasions where I've vaped more than I would have normally smoked (usually when writing documents and such at work!) but I've often not vaped for several hours (whereas I would have smoked at least 3 or 4 cigarettes).

I may choose to stop vaping at some point in the future or I may not - it's my choice.

2/5/2015 9:03:14 PM - Kristofor Murphy

Up until two months ago I was a pack a day or more smoker, I started smoking in high school at around 16 years old. I smoked for 18 years and tried many times to quit using the patches, gums, mints, and going cold turkey, nothing worked. The gums and mints upset my stomach and made me sick, plus they all taste terrible. The patches gave me such horrible vivid nightmares I couldn't use them, some people may see this and think "Oh he must have worn the patch to bed" but no I took it off at least an hour before going to bed and still had extremely bad nightmares Once I stopped using the patches the nightmares stopped as well, plus they did nothing to help the craving for a cigarette.

After seeing several friends quit cigarettes using vaporizers I decided to give it a try. I purchased a mod (an Eleaf iStick with an Aspire Nautilus tank) and some 24mg nicotine strength e-liquid. This was on November 28, 2014 and I haven't smoked a cigarette since, nor have I had a craving for one. For the first time in years I can take a deep breath with out wheezing or coughing, my taste buds are coming back to life making food taste better, my sense of smell has gotten better (granted sometimes an improved sense of smell isn't always a good thing..HAHA!) and I won't get into all the nasty tar and gunk I've coughed out of my lungs since I started vaping, lets just say it was both amazing and disgusting to see what my lungs were holding on to due to smoking. Another bonus for me is that the sweet flavors also help me appease my sweet tooth resulting in less snacking throughout the day and losing weight in the process.

I can say with 100% confidence that thanks to my vaporizer mod I am healthier than I have been in years. Anyone who states that e-cigarettes, and vaping mods do not help people quit smoking is flat out wrong and have either been given incorrect or misleading information or are simply lying in order to advance their own agenda.

2/5/2015 9:03:06 PM - Shane H

I was a smoker for 14 years straight. Just last August 2014 I started vaping and in October 2014 I made the full changeover to vaping. I use an istick 20 watt mod with an Aspire Nautilus tank. I started at 18mg of nicotine and am currently at 6mg of nicotine and plan to move down to 3mg of nicotine soon.

When I tried to quit smoking before, I have tried the nicotine patch, gum and quitting cold turkey and nothing had worked. Vaping is the only method to get my fully off of cigarettes and have been smoke free for 3 months and counting.

Since I have quit smoking and started vaping, my overall health has increased. I am asthmatic and cigarette smoking use to infect my breathing. Since I have started vaping full time, I have not have difficulties breathing. Also my taste buds have regained tasting foods and drinks. I also do not get complaints about my cloths smelling like cigarette smoke.

-Shane Hardgrave

#IMPROOF

2/5/2015 9:02:56 PM - dan

i was only smoking for about a year but i was always "trying to quit" so i would hold off on buying packs and smoke the shorts in my ashtray which is disgusting. i was already developing a cough i went from a 6 min mile to a 7:30 and then i bought my first vaporizer it only took a month or two for the coughing to go away and i'm now able to jog comfortably again

2/5/2015 9:02:47 PM - Terri

I started smoking when I was 13 years old. I smoked for 40 years and tried to quit for 25 of those years. I used the patch, the gum, various drugs provided by pharmaceutical companies, tooth picks, cold turkey, you name it I tried it. I felt like a failure and often fell into depression over it. My lungs ached, I still smoked. I coughed and hacked constantly.

When the first ecigs came out I tried them, excited about the possibility of quitting once again, I failed again. They didn't live up to the hype and the batteries died quickly and I went back to smoking. Then the new bigger batteries were introduced and different, more pleasant flavors were introduced. I tried them and found that using the fruit flavors, getting away from the tobacco flavors and having longer life on the batteries was just what I needed to stop smoking.

My lungs began to clear up. I stopped hacking and coughing, I slowly began to feel better and was able to breath again. I could smell again, taste food again. I began to decrease the amount of nicotine in my liquid getting down to only 6mg. I stopped smoking in June of 2012. At my last doctor visit they had me perform a lung test, I passed with flying colors. My doctor was amazed at the improvement in my lung capacity.

I am aware that after 40 years of smoking, I am very much at risk for the damage I did in that time may well affect me yet but at least I will have a few years smoke free. I can go hiking now, something my lungs couldn't handle before. I am able to work out and do many activities my lungs just couldn't handle before I switched. I do still use the ecig, I hope to put them down someday as well and have reduced its use as well. I may or may not succeed but I know it has helped me, my doctor, grudgingly admits it as well.

I can not believe my government wants to hand these products over to big tobacco or do away with them all together. I can't believe government wants to get rid of the types that actually helped me and reduce us back to the type that didn't work for me...or get rid of the flavors that helped me by getting me away from the tobacco flavors.

Thanks for allowing me to share my story.

2/5/2015 9:02:39 PM - William Nardin

I smoked for about 40 years. Most of that time at a two pack a day rate. I smoked Kool's for most of that until government figured I should fund their spending & jacked the tax to a ridicules point. I rolled my own for seven years. I had tried patches, gum, pills, different organic things. I even went to sea on a U.S. submarine with only a few packs figuring I'd run out & be forced to quite. Nothing worked. I had tried the throw away version of e-cigs a few times & it seems possible. I decided to give it a full shot & bought a starter kit Aug. 1. 2013 & I have not had a real cigarette since. My breathing has improved some, more at the start then the last year but still some improvement. I don't cough anything like I was. I can do things like cut the grass & not need to stop & catch my breath. I started with a 2.4 mix & I'm now using a 1.0 mix. I mix my own juice & use a clearomizer system. I do not use any tobacco flavorings in my mixes so it isn't like smoking a cigarette other than the motion & puffing.

They have been studying nicotine for many years & always said it was everything else in a cigarette that was the real danger. Now they want to find a way to say this needs serious control &/or taxes. They never said a word about the gum or patches. But since this can be seen they need to jump to everyone's rescue & stop the evil. I guess discrimination only applies if it is politically correct.

2/5/2015 9:02:29 PM - Casey

I'm 26 years old, and have smoked since I was 12. I got an electronic cigarette (mod) 8 months ago, and absolutely love it! I have tried, patches, gum, and chantix before and none of them stopped my cravings. After being my e cig I've been 6 months without a cigarette! I started with 18mg liquid and am now down to 12mg. I used to wake up coughing and feeling like crap, now I wake up feeling fantastic! My job is very fast paced, and I always used to get winded and "need a cigarette". This isn't the case anymore, I hit my e-cig a few times before I go in, and I'm good until after I leave! I don't know what I'll do if they ban them, probably go back to smoking. Please don't do that!

2/5/2015 9:02:20 PM - crazyjanie

I smoked cigarettes for 35 years and would still be smoking if it weren't for E-cigs! I truly believe that e-cigs have possibly saved my life. Regardless of what they try to say about the health risks involved they are still not as toxic as cigarettes! I watched my mother die a slow & agonizing death due to respiratory disease and after seeing that vowed to not be the next! I have been happily vaping for over 3 years now & cigarette free! I truly enjoyed smoking and if I could quit, anyone could do it.....as long as I have my e-cig!

2/5/2015 9:02:12 PM - Ree

I had been a smoker for 20+ years and had tried everything to quit smoking but no alternative (medication, patch, gum, cold turkey, etc) was successful in quitting long term. I had been in and out of the hospital with bronchitis and asthma the last two years I smoked. The last time I was informed I had the early stages of emphysema and that if I didn't quit smoking I would be on oxygen full time.

This was when I discovered vaping (e-cigs). I could enjoy the hand to mouth habit of smoking without inhaling 40,000 known poisons and carcinogens into my lungs. I researched the ingredients in e-liquids made in certified labs in the USA and found that Propylene Glycol and Vegetable Glycerin are FDA approved and used for years in other products that we ingest daily.

Aprroximately 1 year after quitting smoking via using a ecig divice I returned to my physician for a checkup and to his and my amazement my lung function test had improved nearly 90%! My doctor informed my to continue doing what I was doing because obviously it was successful in keeping me smoke-free and the tests showed such a drastic improvement.

Since using the e-cig device, purchased from a Vape Shop with a variety of e-liquid flavors, varying from cig flavors, to drink flavors, dessert flavors, and even chewing gum flavors; I have not been hospitalized and my quality of life has improved 100%, All without weight gain, which was another con to the other smoking alternative programs.

I have decreased my nicotine levels and now vape for enjoyment. I am very thankful to the vaping industry and feel they had a key role i saving my life.

2/5/2015 9:02:04 PM - Cordell Huntley

After 28 years of smoking of which the last 10 years, my wife has tried the patches, the gun and last the chantix pills. Of the three she had the hardest time with the pills. Then she picked up vaping and has not smoked for the last 10 months. We now own a Vaping store here in Pawleys Island SC and have helped many people with their struggle with tobacco. Vaping is a God sent cure for tobacco a addiction. She started with a E cigarette using 12 mg of nic. She now uses 6 mg of nic and has graduated to a variable mod. We are smoke free. I say we because when one person in the home smoke, everyone shares in the nasty habit that lives in the home. Thank You for this opportunity to share our story on a national level. Cordell and Julie Huntley

2/5/2015 9:01:50 PM - Kevin Wynn

I started smoking at 17. I am now 55. I had smoked for over 32 years without quitting. I tried to quit several times with no longer than an 6-8 month stretch before starting to smoke again. 2 years ago I wanted to quit again and thought e-cigs might help me do that. I can say that it has been a success. 2 years smoke free now and I have no desire to smoke cigarettes ever again. My acid-reflux completely sub-sided after about 2 months of no smoking. I can't even remember the last time I had heartburn. I also sleep much better. No wheezing, and no coughing after a laugh. I have also been able to lose weight which is the opposite of what happened when I quit previously without the assist of e-cigs.

2/5/2015 9:01:42 PM - Paul Christensen

I was a smoker for 16 years and had been trying to quit for 10 of those. nothing worked. quitting cold turkey was a joke. It was impossible. I tried a first generation electronic cigarette three years ago and found it acceptable. I gradually reduced my tobacco usage over about six moths and now I'm reducing the nicotine intake in my electronic cigarette usage and expect never to pick up any form of tobacco ever again. My breathing has greatly improved, my sense of smell has come back and my food tastes good again. My clothes don't smell like cigarettes any more. My teeth are whiter. Plus I'm saving a lot of money because I'm not buying a pack of cigarettes every day.

2/5/2015 9:01:34 PM - Cameron W from Alaska

I smoked for 12 years. I first tried e-cigs when they came out how ever many years ago and found them to too weak. They didn't satisfy my cravings. After another attempt at another improved model a few years later I had given up hope that they would be able to help me. Then I tried Chantix. Luckily for me there was no suicidal thoughts, no depression, and no major weight gain. Unlucky for my spouse, I had radical dreams. I proceeded to pummel her almost nightly, living my dreams out physically. I was able to quit for a few months however. I ended up starting back up and smoked for a couple more years.

Then I started seeing newer and higher tech looking e-cigs around. I figured I would look into them again after seeing someone use one during a smoke break at a wedding. But not knowing what to look for online I felt like all I could find was snake oil for sale. But I had seen local shops starting to pop up. If someone was able to make a living on selling this stuff it must be working for someone. So after a call out on FB on where to go and what to buy, I headed into a local shop. I walked in and started looking at the selection of these newer aged vaporizers. I ended up buying what the owner of the shop was using himself because I figured "this guy knows what he's doing".

The last cigarette I smoked was the one of the way to that local E-Cig Shop. I am beyond happy. The health benefits immediately became apparent. Food began tasting better. I don't stink, I can breathe better and my kids are happy.

All thanks to the E-Cig. I hope very much that others will be able to share in my success.

2/5/2015 9:01:10 PM - Jonathan P. Glover

I have been smoking cigarettes and ashamed to say for well over 50 years. On August 19, 2011, I purchase one of those 150mAh batteries from a kiosk at a local mall. The idea was great but it just wasnâ€™t doing it, so I purchased an ego style e-cigarette and started full time vaping on August 27, 2011.

Since that purchase and to date I have not even tried to take a drag on an analog. My primary care doctor has told me about two years ago that the e-cigarette has helped me immensely. My blood pressure, diabetes is well under control and it has helped me loose over 50 pounds. I sleep well at night and feel a lot more alert, and donâ€™t stink.

I also help clean up America; I donâ€™t throw cigarette butts out my car window or start forest fires, no ashtrays, my home smell wonderful, and no burnt holes on the carpet or on my clothing. I can even fall asleep vaping and not have my home burn down. My pets even like me.

I no longer inhale formaldehyde, rock fuel, toe nail polish removal, insecticides and all the other ingredients found in a regular cigarette.

I just donâ€™t understand the FDA, they let the LARGE cigarette companies advertise their products on TV and yet the FDA doesnâ€™t seem to have anything bad to say about themâ€¦â€¦Gee I wonder why.

It makes no sense to me that by vaping a e-cigarette that only has food grade PG and VG, water and natural or artificial food flavoring (like you could buy in a grocery store) along with nicotine if I desire (same as in the patch) that people are not supporting vaping.

I certainly agree with CASAA in their wonderful support of helping people understand e-cigs and e-liquids to help people become healthier. I respect not selling to minors and child proof caps, Iâ€™m not please with some cities and stores with vaping bands, it is not hurting anybody, no second hand smoke, itâ€™s just water vapor. I agree if a store says no smoking the smokers should abide by that, if they donâ€™t want you to vape, then put up a sign that says, NO SMOKING OR VAPING. But to put vaping on a sign it would mean it would cost more to make up new signs. So what! They just donâ€™t want people to feel healthier or too cheap to change the sign.

Over 3.5 years and no cigarettes.

CASAA, KEEP UP THE GREAT WORK.

Jonathan P. Glover

Jacksonville, Florida

2/5/2015 9:00:16 PM - brian aleman

hi my name is brian, im 29 and i had been smoking cigarettes for 13 year and wanted badly to quit because i felt my health was at a big risk!!!!! not being able to breath was one of the first sings i needed to do somthing now!!!! so i tryed the patch, nicoret and chantix and even cold turkey....nothing worked and i keeped smoking the nasty cigs!!!! until one day about 3 years ago when my best friend and showed me his electronic cigarette!! i had no clue how much that day would change my life, my friend ryan who had smoked over 15 years told me he had stoped smoking for a month and being hes a pack a day user i found this hard to believe... so i myself said ill give it a shot because i had ran out of options, so i got my first e-cig a ego style battery and tank with 18mg nicotine strength liquid and began vaping, it was a little hard at first but after my first month went by i was BLOWN AWAY how much better i felt i could breath again, taste and smell way better no smoke stinking up the house the list goes on.... and wasnt coughing up black nasty stuff, this was over 3 years ago now, not only did a have a lot more money in my pocket i had my health back witch is the best part, as time went by i got more e-cigs and lowered the nicotine liquid now im at a 6mg stength and free from the nasty cigarettes that where slowly killing me, now after the 3 years i feel great my life has changed big time!!!!!!!

2/5/2015 9:00:01 PM - Andy Morris

I smoked for 35 years, have given up once for a few weeks using patches, went back.

Tried an e-cig out of curiosity, in March 2013, with two days had stopped smoking all together and have not smoked since.

I feel much healthier, breath better, don't snore and can go faster on by bike.

I started with basic cig-a-likes, tried various mid range e-cigs, and have settled on an eRoll from Joyetech and an egrip from the same company.

2/5/2015 8:59:50 PM - Jon o

I have been addicted to nicotine for over 20 years and smoked analogs at a pack a day until I found vaping as my alternative 2 years ago. I had tried and failed to quit smoking numerous times with many, in my opinion, harmful OTC and prescription methods.

When I received my first vapor starter kit from my aunt as a gift, I put analogs down and have not smoked a cigarette since....

My experience with electronic cigarettes has been positive in many ways, including a better chest X-ray, only months after quitting, with proof from my physical exam. Also, my health in General has improved. I do not cough up dark mucous in the shower and do not get short of breath. My cough went away within weeks of quitting!!! I have gained healthy weight and generally feel better about myself. I also no longer litter the streets with cigarette butts and don't carry that awful smell on me anymore, to my wife and family's approval.

I want to attest that I do still consider this a form of smoking and I do not condone use of vapor products inside stores, and anywhere smoking is prohibited. My intent was and is still to quit smoking tobacco products, and I have achieved success! I also intend to stop all forms of nicotine, and have been able to gradually decrease my level to one mg. strength. Analogs did not have any options to help stop. I tried Nicorrete patches, Welbutrin, and Chantix, all with terrible side effects and always ended up smoking again immediately after stopping use of those products. The very day I started using my alternative smoking device was the LAST day I smoked a cigartette. I am proud of my choice and hope that we keep our rights to choose what form of nicotine we want to use. My question is why would anyone want to end alternatives to a proven killer, cigarettes?

2/5/2015 8:59:41 PM - Jacklen, MI

I am a 53 year old female, I had been smoking cigarettes since I was 17. I did smoke a pack a day. As of June, 2013 I have quite smoking cigarettes! I've tried everything from nic gum, patches, pills and nothing worked. I started using an e-cig in 2011. I started with the cigalikes, but still smoked. My fiancÃ© had bought me a Provari and I bought a tank and we use e juice, and I have been smoke free for 542 days, thats 13,800 hours, 1 year 5 months and 24 days!

I am very proud of my fiancÃ© and I (he also quite about 2 years ago). I am able to walk up and down the 4 flights of stairs at work with no problem, I never could when I was smoking, I have so much more energy and feel 10 years younger. Since quitting cigarettes I don't care for the tobacco flavors, I only use fruity, candy, and sweet flavors. I no longer like the taste of tobacco! Oh, and the Nic strength I use is (6).

2/5/2015 8:59:31 PM - RipTodd

I began smoking rather late in life, I think I was in my mid-thirties. I thought I'd just smoke in social situations and be able to call it quits when I was done. That didn't quite work out as planned. In fact, it didn't take long to realize I was addicted.

Still, I was relatively young and my health didn't seem to suffer because of my addiction. Before long, I was smoking all the time, up to a pack and a half a day. In my forties, my doctor always made it a point to talk about imminent health risks and tried many times to get me to reconsider my habit. Several times I'd try to quit, but the addiction is so strong, I was always right back to where I started.

He even prescribed Chantix on two occasions. Both were devastating...terrible dreams, depression, mood swings, anger, etc. One day this past fall, my 7 year old son asked me to quit and said, "dad I want you to be able to see me play in the NFL". That was it.

The next day I purchased what we vapers call a "cigalike". It was a terrible device but it worked! One day I was a smoker, the next day an ex-smoker.

I'm into my 4th month now. There is a huge and growing source of hardware and juices that keep me motivated and satiated. Since starting, I've even worked my nicotine dosage down from 18mg to 3. I know I have a long way to go, but the difference between "vaping" and other cessation methods is profound. In all my other attempts to quit, there was always a strong force pulling, pleading, begging me to smoke again. With vaping, there is no such force. It just works.

As I become more exposed to the vaping world, I've learned there are forces trying to quell the vaping movement. This shouldn't surprise me since there is BIG money involved. Tobacco companies are losing users, and the government is losing tax dollars. We will NOT allow these forces to stop us from doing what is right for us and for our families. We are passionate and we know how to fight.

With luck, I will be able to watch my son play in the NFL.

2/5/2015 8:59:22 PM - Laurie Bobskill

My grown son bought me my first e-cig two years ago for Christmas. He'd been after me for years to quit smoking and he did his research. For a few months I alternated smoking cigarettes with using my ecig. Eventually I was able to quit nicotine altogether. I don't think I could have done this without the help of an ecig.

By the way I had tried using Chantix. It gave me such frighteningly violent nightmares that I stopped taking it after 10 days. A coworker had a similar experience.

2/5/2015 8:59:14 PM - Dan McDermott - Chicagoland

First off, I'd like to share a quote:

â€œThe public health authorities never mention the main reason many Americans have for smoking heavily, which is that smoking is a fairly sure, fairly honorable form of suicide.â€

- Kurt Vonnegut, Welcome to the Monkey House

I'm 47, and started smoking regularly at 21 - so that's 26 years. I was a pack a day smoker the first 16 or so years, then close to 2 packs a day for the last 10 years.

I've read that it's been shown that folks with mental health issues and / or depression tend to smoke heavily. I know I did in the face of a long term, but basically undiagnosed and untreated state of depression those last 10 years. I'll spare the gory detail.

I've also read two other very important things:

- Our society has been conditioned to believe nicotine is "addictive", due the act of smoking. Nicotine in itself is not addictive, no more so than caffeine. One can possibly become dependent on either, but not "addicted" in the textbook definition of the word.

- That nicotine can potentially help those with mental health, cognitive impairment, or depression issues, and it's perhaps why they do smoke so heavily - they're self-medicating.

Just under 2 months ago as of this writing did I start investigating and using a smoke-free alternative. It was largely due to financial constraints - cigarette smoking was becoming prohibitively expensive at a two pack a day rate. But what tipped it in was self-assessment, the reasons why I was smoking - or more accurately, why I wasn't considering quitting smoking.

Upon research, reviews, and recommendation, I first purchased a pen-style PV device (personal vaporizer), a Joyetech eGo-C Twist, with a Kanger clearomizer tank (for those not familiar with PVs, the eGo is the battery with controls, the clearomizer tank is what holds the fluid and the atomizer). While I was perfectly satisfied with how vapor replaced smoke, the form factor of the pen style wasn't for me.

I then purchased a APV device (Advanced Personal Vaporizer, or mod) in the form of the very small Joyetech eGrip, a regulated, all in one APV containing the battery, controls, tank, and atomizer. I've found this device to perform well, very convenient / portable, and dare I say stylish / unoffensive.

Due to the wide range of hardware (devices) and software (fluid) on the market, I was very quickly able to find a device and a nicotine strength in a fluid to find a nicotine level

comfortable for me, now at a risk level orders of magnitude lower than cigarettes. I started at 24 mg/ml, but have already dropped to 12 ml/mg.

All of the above has, quite frankly, allowed me to not consider smoking even one cigarette in just under two months, and I really have no desire to do so again. I bought the eGo late in the afternoon, and only had two cigarettes the rest of the day - one in the car on the way home (due to habit), and one that night setting up the eGo, as a gauge of nicotine levels - and a farewell of sorts.

I did try a nicotine patch treatment for a short time around 2004, but found them less than ideal - I was constantly aware of the presence of the patch due to itching, it would fall off, my sleep was affected, and it did nothing to modify the hand-to-mouth habit. I never tried "cold turkey" as I was fearful of the mood swings and withdrawal reports, and even more fearful of Chantix and other pharmaceuticals due to the scary label warnings of side effects, and the adverse behavior associated with it.

Already in these two months, I've seen better health - light-headedness from physical activity is on the wane, breathing is much easier and phlegm much reduced (almost non-existent in fact), my skin looks better overall, senses of taste and smell are improving, and moreover, I honestly cannot find one negative health attribute from using the personal vaporizer.

Most importantly, my mental health is improving every day.

I strongly urge those in legislative positions reading this to consider my testimony above, and to consider this: the impending regulation of the smoke-free alternative industry will greatly affect smokers considering quitting - they are going to lose freedom of choice and opportunity.

Thank you for reading and warm regards,

Dan

2/5/2015 8:58:53 PM - Mickie Landers

I started smoking when I was 14. Over the years I have tried everything to stop: nicotine gum, nicotine patches, chantix and even hypnosis. Nothing worked. My friend began to use electronic cigarettes (I prefer to call them personal vaporizers), so I thought I'd give them a try (not expecting them to work at all). I started vaping on August 12, 2013 and have not smoked a cigarette since. I use a Kanger ProTank2 with a Vision Spinner battery with 18 mg of nicotine. I don't worry about modifying the amount of nicotine because it works for me and I believe it's just a stimulant no more harmful than a cup of coffee or an energy drink. My doctor is ecstatic. I introduced the personal vaporizer to my friend, who is 65, and had been a smoker for as long as I had and it has been 6 months since she smoked a cigarette. It was so very easy to stop smoking, I think it's a shame that every cigarette smoker doesn't try to stop with e-cigs. I make my own e liquid, so I know exactly what it contains. I feel better, breathe better, and smell better. I call ecigs a miracle, at least it has been for me and would be for anyone else who gives it an earnest try.

2/5/2015 8:58:44 PM - Shawn P Owens

I began smoking when I was 13. Back then it was no big deal to see teens smoking, or for teens to buy their own smokes. Everybody, it seemed, smoked. Everywhere. Nobody really believed it was as harmful as later studies have shown and we were young, stupid, and we thought we were invincible.

By the time I got old enough to understand and experience the damage I was doing to myself, I was already smoking more than a pack a day and often they were non-filtered, "straight pipes" as we called them. By my 40s I was a steady, two-pack-a-day smoker. Price didn't matter. I'd buy smokes before I'd buy groceries. I tried to quit several times. Tried over the counter products to help. Nothing worked. I even tried some of the early Electronic cigarettes to no avail. I was going to die a smoker and probably die young.

In May of 2014 I stopped into a local Vape Shop, just to look. Tried a few out. Tried some different flavors. I was impressed by what I found and bought a kit. At first I would still smoke a regular cigarette once in a while, usually while my E-cig was charging. By the time June rolled around I was off the cigarettes completely. Using the E-cig and NOT burning my taste buds away let me really taste a cigarette in a way I hadn't in almost 40 years. They were awful.

Not only had my sense of taste come back, I was -breathing- better than I had in decades. I could walk up a flight of stairs and not be as winded as before. It was a small improvement, so far, but it -was- an improvement. I noticed the old cigarette smell on some of my clothes in the closet, that I hadn't smelled since I was a child. Did I really walk around smelling like that? And this was just the first month or so of being off cigarettes.

Now it's late January of 2015. I still have the same E-cig unit. A battery that used to last me 6-8 hours of use now goes 2 days between charges. I am whittling my use down, slowly but surely. Eventually I will quite nicotine completely. This device, this electronic cigarette, has been my quit when nothing else I tried worked. I am already feeling the effects of not drowning in smoke 40+ times a day. I can breath better. I can taste the full flavor of my food again. I am no longer nose-blind to the world. I'd never want to go back to Tobacco as long as I have this simple, effective tool to help me quit. More smokers should try this. More smokers should be allowed to try this.

2/5/2015 8:58:35 PM - Pete

Smoked 40 yrs and quit cold turkey 2 yrs ago with E-cig. I have not smoked a real cig since. I do not even want one.

2/5/2015 8:58:20 PM - Jeff Tomasic

I was a smoker for about 10 years, I picked up the habit at age 15 because I had friends that did it, not just because I wanted to fit in with them, but largely because I was in a rebellious phase of my life. Both of my parents smoked as well so I felt they couldn't tell me not to without being hypocrites.

For about 2 years now, I've quit and switched to electronic cigarettes. I started with the kind that are meant to look like cigarettes. Those helped get me off of the real things because of the nicotine replacement, but after a while I switched to the more cheaper(and more reliable) tank systems that you fill up yourself after I tried one that a friend had.

I'm saving a ridiculous amount of money, not just because vaping is way cheaper than cigarettes, but because I'm no longer having the health issues I had from traditional cigarettes. I was diagnosed with COPD a few years before I had quit, and was told by my doctor that if I didn't quit, my lungs would just get worse and I would probably die an emphysema related death. This was sort of a wake up call, even though I didn't actually quit right away.

Today, my lungs are healthier than they've been in years. I no longer have a chronic cough, I don't wake up and have to hack up phlegm, I can breathe better, I can smell better, I can taste better and I have more stamina. I used to need to use an inhaler fairly regularly, but that's not the case anymore. I've also lowered the nicotine content of my liquid to 6mg/ml, which is very low. My next step will be to use nicotine free liquid.

Electronic cigarettes can help many people get off of traditional cigarettes, you just have to find a quality device and flavor that suits your needs and tastes. The tobacco industry has made enough money by causing disease, death and cancer, it's time to put an end to that. I've cut my ties from them, you can too.

2/5/2015 8:58:10 PM - Chris Benziger

52 year old trucker for Fedex and was raised on a farm where we raised tobacco for income. I was always around tobacco and it's products and I've used it since very young. 31 years of long haul and smoked everyday. I was hooked both chemically and physically. Like many others and tried it all to quit. Chantix, gum, patch to no avail. Then a friend told me about ecigs. Bottom line, in one month I was able to stop smoking. It was a miracle! It was so easy! Now I'm 6 months smoke free and smell and feel much better! Vaping has improved the quality and length of my life NO DOUBT!

2/5/2015 8:58:00 PM - robert l

I smoked cigarettes for 50 years, two packs a day. In may 2014 I bought an e-gicarette starter kit, with the hope of getting off cigarettes. Previously I had tried chantix, gum, anti-depressents, cold-turkey and many other methods of quitting many times. Well I am here to tell you the e-cigarette worked. In fact it worked so well, it is hard to recommend any other method of quitting. Yes, I still get a little nicotine, but I have gone down from 24 mg/ml to 3 mg/ml. My doctor is amazed, and my family still can not believe it ! This regulation thing you hear about is not about public health, it is really about the bigotry of the ANTZ and MONEY. They think if they make e-cigarettes tobacco products, the sin taxes they can get will make up for the losses from quitters. It is all about the money. Follow the money !!!! No smoking cigaretets since may 2014.

2/5/2015 8:47:04 PM - Alisa Kay

I smoked for 40 years. A pack per day for the last 25 or so. Over the years, I'd become more and more sickened by my own addiction. I've tried to quit may times, in many ways . I went cold turkey once and was so horrible to my family after 3 days, my husband (a non-smoker) went out and bought me a carton of cigarettes. I hated my addiction and I hated myself for being addicted. I tried the patch, wellbutrin (a prescribed pill), and even hypnotherapy.... but to no avail. I was irritable, always anxious, and even suicidal at times when trying to do without cigarettes.

Found out about vaping and e-cigarettes a couple of years ago and I was intrigued. Tried one of the pen-like ecigs and it did get me to cut down on my smoking. Recently, a vape shop opened here in my town and I went to visit. The people were very helpful, knowledgeable, and empathetic. They let me try some vaping equipment and flavorings. After that visit, I quit smoking completely within 48hrs and it was so easy compared to previous experiences! I only vape now, but I still crave the cigarette now and then. I may always have that craving now and then, but I can get through it now with my ecig. My nicotine level has gone from 18mg to 3mg in about two weeks, and I feel soooo much better. Thank you to EVERYONE that supports and defends vaping! I know I wouldn't have quit smoking cigarettes without being able to vape and I'm very sure my life would have been shortened considerably had I not quit smoking when I did. I am so much happier in general, and all of my family members are very grateful too.

Alisa

2/5/2015 8:46:55 PM - Troy Victor

I started smoking at the age of 16. I continued to smoke for the next 27 years; two and a half packs a day for at least the last 10.

In that time I tried to quit numerous times with numerous methods. Some of these methods include the patch (twice), gum (once), lozenges (twice), and cold turkey (more times then I can remember). None of these methods worked as the longest I went without a smoke was two months. I never tried the drugs because the side effects scared me more than the threat of disease from smoking.

Life as a smoker was difficult to say the least. My health had deteriorated to the point where walking up a flight of stairs would wind me. Constant cough, shortness of breath, burnt clothing, and the smell of stale smoke were constant in my life. Not to mention the cost of smoking was ridiculous in the Chicago land area. I really thought my love affair with smoking would ultimately end in my death.

However, this all changed by chance as one day I picked up a cig a like device from China in 2011. It did not work and I put it away in my desk drawer. Fast forward two years where I was working late one night and running out of smokes; did not want to go to the store for more so I charged the device in my drawer. It got me through the night which also led me to look into this "vaping" thing that I was hearing about.

By this time I found a local vape shop where I purchased my first little ego battery; bought two because I did not want to wait for the device to charge. At the same time I bought five different flavors and c-4 tanks to vape them out of. I went from smoking two and a half packs a day to under a half pack a day within a month or so. I then went out and bought a MVP2 and ordered some good flavors I found online. That is when I stopped smoking. The last smoke I had was on January 03, 2014 and have not had the desire to have another. It took about 4-5 months from the night I ran out of smokes and re-tried the cig a like untill becoming smoke free. I have since upgraded to better devices and better tanks.

Since the time of quitting I noticed some real health benefits. The one I felt immediately was my breathing. Within a month I was able to walk up a flight of stairs without feeling winded. I also was able to start exercising again. It was a beautiful feeling. Other improvements include being able to sleep through the night, improved taste, improved health in general as my immune system improved, I did not stink of stale smoke, and my clothes no longer were getting burnt. Oh, one more, was not spending $120+ a week on a smoking habit (the cost of smoking in the Chicago land area is extreme due to unjust taxation).

I have been smoke free for over a year for the first time since childhood. Would not even think of having another cigarette as that thought sickens me. Would not want to

either as I have some wonderful flavors which I vape nowadays. I am so happy I did not buy into the negative hype generated by our media and government. Instead, I bought into vaping which bought me a better quality of life. Life is good!!

2/5/2015 8:46:43 PM - Brenda Wasilewski

I have never been a smoker but have grown up with it around me and married my soul mate who has smoked since he was 15. We are from Muskegon, Michigan. I was a Dental Hygienist for over 20 years and because I was so aware of the health risks related to smoking (which now studies have confirmed a direct link between smoking cigarettes and gum disease and heart disease), I have been on a crusade to help family members, friends and patients of mine quit smoking my entire life. My husband and mother both have made numerous attempts to quit over the years. They have tried nicotine patches, nicotine gum, hypnosis, Well Butrin, Chantix, cold turkey, you name it and ALL ATTEMPTS FAILED UNTIL THE E-CIG CAME INTO OUR LIVES!!!! Not only did my husband who is 44 quit now for 3 years, my mother also quit and so did numerous more family members and friends. I am now retired as a Dental Hygienist but if still in practice, this is what I would recommend to every single smoker with no reservation!! Health professionals who are discounting E-Cigs are being completely ignorant. It is evident that vaporizing is 99% healthier than smoking as the ingredients combusting is what is the killer in cigarettes, not the damn nicotine. It is general science to not see how smoking turns tobacco into many more harmful chemicals when burned than if you were to just pass heat through it. Vaping is not any more harmful than what nicotine gum or the patch would be then also. I know from personal experience that vaping is much healthier than the drug Chantix. My step father tried Chantix, he had a 3 day breakdown from the drug and never completely recovered from it as well as many other testimonials I have listened to from family and friends, some wanting to commit suicide. Really!!!??? I am outraged that some of the public would ignore this information and slam e-cigs when 100%, there have been no deaths or health problems associated with them. In fact, I hear the opposite. "Wow, I feel so much better vaping and not smoking", "I am able to walk up the stairs", "I can taste food, I eat better", "I do not cough anymore", "Wow my carbon monoxide blood level before surgery was 27 when I smoked, now 3 weeks on an e-cig it is a 3 and I can now have surgery"!!!!! Patients of mine who vaped over smoking were able to heal their gums, improve their gum disease, get rid of unsightly stains and smells, and overall improve their health.- -Proven time and and time again. Come on, no more excuses government, other health care providers or anyone not educated on the true science, this is the real deal and cannot be overlooked. I am over joyed to not have to worry about my husband, mother and friends who have made the switch. They are all healthier, nothing magic here. They did not just cut down, they quit, all of them and ALL of the cigarettes.

And for those who think the flavors should be banned, stop it! Then the Marshmallow Vodka I just saw hit the shelves should be removed. No, the parents have to be parents here. It is up to them to keep their children out of yummy tasting vitamins, alcohol, poison, medicines and E-Liquid. Absolutely ridiculous. Especially for a tool that is clearly working for all our much loved family members and friends who used to smoke and quit

when NOTHING ELSE WOULD HELP THEM DO SO!!! E-cigs have the potential of changing the healthcare system as we know it. Will save lives which will save money, time, the economy, the world. Don't reward the drug companies and tobacco companies who have not put public health and safety first. Instead of the government handing out free Obama phones, go ahead government, I challenge you to hand out E-Cigs to those who want to quit and WOW, what a change in healthcare and the world, the economy we truly would see.

2/5/2015 8:46:29 PM - Rich

My story is simple. Smoked cigarettes for 46 years, had chronic bronchitis and difficulty breathing, tried the pharmaceutical replacement therapies, but continued to smoke ...

Had two molars extracted in 2013, couldn't smoke for several days. My dentist recommended disposable e-cigarettes ...

They worked, I quit smoking tobacco easily, that was almost two years ago ...

Have since advanced to more sophisticated personal vaporizers, much less expensive and more effective ...

Vaping may well be the most exciting and beneficial public health breakthrough of this century thus far, and has the potential to save millions of lives ...

Including mine ...

2/5/2015 8:46:19 PM - Chia

been smoking since I was 17.. 24 years! out of curiosity I got a Hana/Kanger about 3 months back. still on analogs half the time as I was not used to it. 'upgraded' to a RBA(Taifun), and hasn't look back since.. now the last pack of analogs I bought is still sitting in my cabinet, 3 months already! my wife stops nagging at me and I don't worry about 2nd hand smoke..(I have 4 children). I breathe better too. I don't go pubbing much, so I stay home working on coils and such.. its like a hobby now and it keeps me busy.. in a good way :)

to those on the fence on e-cigs.. I say try it.. you've got nothing to lose, and it can't be worse than smoking cigarettes anyway!

2/5/2015 8:46:05 PM - Chris

Born and raised around smokers, I started smoking when I was only 13 years old. For 7 years my addiction went uninhibited, increased annually, and showed no sign of stopping. By the time I was 18, I started trying all of the methods to quit. The gum did nothing, the patch only made me sleep, hypnotism did nothing, and I would rather smoke the rest of my life than try Chantix. After all of this, I explored electronic cigarettes. I picked up a couple different disposable ones from my local gas station, and all of them were ineffective in helping me quit.

October 26th, 2012, I had been released from the hospital for cancer-related surgery, and I knew I needed to quit. Several days later, I visisted a vapor retail store on my friend's referral, and I purchased my first refillable/rechargeable--or "ego" battery--e-cigarette. Within a month of owning the device, I was smoke-free, a trend that has continued to this day. Several weeks before I was finally able to quit, I had my chest scanned; the results had shown my lung capacity at 78%, which is extremely unhealthy. I regularly get chest scans, and as of one month ago, my capacity is back to 91% (marginally below the average). The positive effects of being smoke-free were noticed within the first month.

Having been smoke-free for two years, I have no desire or even the slightest urge to have a tobacco cigarette. Furthermore, I am by no means addicted to my new vaping habit. I can go hours or even several days without vaping, and while I may have a bit of craving initially, it is quickly gone and I may now function without my e-cigarette.

At this point in my life, vaping has now turned into a hobby. I now use products identified as "mods", which I use for the shear enjoyment of flavor and large amounts of vapor. My nicotine content (which I had started with 24mg/2.4%) is now 3mg/0.3%. I am active in my local vaping community, where we all make an effort to aid others in the switch to vaping. I cannot count how many people we have helped quit smoking tobacco cigarettes.

The moral of my story is, vaping saved my life from combustible cigarettes, and I am no longer anchored down by a nicotine addiction, as with many others before and after me.

2/5/2015 8:45:24 PM - Michael Dixon in Central Kentucky

I smoked for forty-eight years. In that time I tried nearly every cessation method known to man. I used hypnosis, gum, patch, pipe substitute, Cooper-whatever and cold turkey. Not only did nothing work, nothing helped. A friend's father quit using an "e-cigarette" and told me about it. I tried one brand then another and found what I liked. I did not have instant success but within six months I was a complete former smoker and have remained so for two years. I have no cravings, no weight gain and my mood has been fine; my resting pulse is fifty-eight and my blood pressure is 128/85 with minor fluctuations.

2/5/2015 8:45:13 PM - Flipmode

Smoked the cancer sticks for over 20 years. Wanted to quit and gave vaping a shot. Never looked back. It's been about six months now. I used the patch a few times before to quit and it did not work for me. Vaping works.

2/5/2015 8:42:46 PM - Steven of Colorado

I started smoking cigarettes when I was 17, right after I joined the military, as it provided a nice break for stressful times during training and numerous deployments. I began using ecigs 2 years ago (at age 23) and have been cigarette free since! I can breathe clearly now, which really helps when I need to go for a nice long jog. My wife loves the fact I no longer smell like an ash tray. I've recently gotten out of the military and started a career in the corporate world which involves speaking with clients and presenting reports and analyses. I know for a fact, that if I still smoked cigarettes, it would leave a bad first impression due to the smell alone but I am now able to live a healthier lifestyle while still enjoying my relaxing methods via ecigs. Not only do I smell better and feel better, I have saved HUNDREDS of dollars!

2/5/2015 8:42:33 PM - Jack

I was a pack a day smoker for over 18 years. I knew it was bad for you but could not quit. Tried the usual to quit (patches, gums, cold turkey) but I always came back to cigarettes within a few days.

About two and a half years ago I tried disposable e-cigs (the kind you buy at the gas station) with great hopes of quitting. These left a lot to be desired. The flavors were great but the nicotine content was very low and there was not a lot of vapor produced. I tried for several days but they could not replace cigarettes.

In March of 2014 I met someone who just started vaping and she raved about how easy it was for her to quit regular cigarettes. I wanted to give it another try and bought a entry-level APV (innokin vv 3.0 with generic clearomizer) and some 12mg e-juice.

Even with that setup, I couldn't believe how much better the experience was. The nicotine level was high enough to satisfy my craving and the vapor it produced was phenomenal. One reason I kept smoking regular cigarettes was I enjoyed the lungful of smoke; it was very satisfying to me. This small device provided that same experience without all the tar and chemicals that came with cigarettes.

I dual used to wean myself off cigarettes. Between my first vape and last butt I extinguished, I smoked a total on 9 cigarettes over a period of four days. I have not touched a regular cigarette in 10 months.

Since then my health has improved dramatically. I can breath much easier now and can exercise for extended periods of time without gasping for air. I'm no longer coughing up all the crud from regular cigarettes and the wheezing that was getting worse has vanished. My blood pressure is also down. I hated smoking and being unable to stop an addiction that I know will kill me. This took a great toll on me from a mental health perspective. This burden is no longer there and my outlook is much brighter.

If it wasn't for e-cigarettes, particularly vaping using an APV, I would be in horrible shape now. I fully believe that e-cigarettes saved my life and encourage anyone who is looking to quit to try vaping.

2/5/2015 8:42:23 PM - LisaP

I smoked for 41 years. Two years ago I lost a dear friend to emphysema. I knew I had to quit or ,at least, cut down the cigarettes I smoked. I had tried cold turkey twice in the past. It didn't last long. Finally, I bought a tank style ecig. I figured I would try to cut down my smoking. Within two weeks I had completely eliminated them! That was ten months ago. My cough is gone, I'm breathing better, and I no longer smell like an ashtray. If this is what it takes to keep me away from the cigarettes, I'll take it. I don't want to end up like my friend.

2/5/2015 8:42:13 PM - Mark Krikorian

I began smoking cigarettes when I was 13 years old, and progressed to a pack(20) a day habit around the age of 16. After completing highschool and getting a job I went further with my habit, to a pack(20) of cigarettes and a pack of cigarillos(10) a day. In 2008 when e-cigarettes first started emerging, I gave them a shot and they worked extremely well for me. I was able to cut down from a pack of cigarettes and a pack of cigarillos a day, to 1-3 cigarettes per day. Unfortunately, because of personal concerns due to false rumors, false studies, and false information in the media, I put down the electronic cigarette and fell back into my previous habit. Fast forward to 2012, I was still smoking a pack of cigarettes a day, along with a pack of cigarillos, and also using snus throughout the day. After enjoying a cigarette one evening, I had a severe pain shooting through my neck and down my right arm... needless to say, it was a very traumatizing event and I decided I would turn my life around.

A few days after that event I purchased a personal vaporizer in the form of an Ego-type battery and a cartomizer. My usage of tobacco immediately ceased, and my frequency of use was drastically reduced due directly to the personal vaporizer and nicotine liquid. Within 2 weeks I was coughing up all the nasty tar and toxins that had deposited themselves in my lungs. Within 2 months of transitioning to a vaporizer I was able to breath better and my lungs felt healthier, which was confirmed by my doctor. My asthma symptoms started to clear and I no longer have a need for an inhaler. I wake up in the mornings feeling awake and refreshed and have energy throughout the day.

I had tried quitting many times before, from going cold turkey, to using the patches(which gave me horrible nightmares, nausea, dizzyness and headaches), to chewing gum(which caused an unbearable burn in my mouth and caused acid reflux) After smoking cigarettes for 10 years, through the use of a vaporizer I was able to cut tobacco out of my life over night, as well as cut back on my nicotine intake. I initially started off vaporizing 3.6% nicotine liquid and very quickly stepped down to 2.4% nicotine. Within 6 months I was down to 1.8%. After roughly a year of using a vaporizer I cut back to 1.2%. As a person who does not drink coffee and has done his research on the safety of nicotine used responsibly, I enjoy having a little bit of nicotine throughout the day, so I have gradually cut back to 0.3% which is what I currently use. I have upgraded my devices over the years due to wearing out from use or damage. And currently use a regulated "box mod" that incorporates a temperature limiting computer chip which does not allow the heating element to heat up the juice over the temperature where juice will begin degrading, and limits it WELL BELOW the temperature at which the juice would ignite/burn/char and produce formaldehyde's and other combustion related carcinogens.

2/5/2015 8:42:04 PM - Norma

Hi I am 62 yrs old female. I had smoked since I was 13. That is a long time!! After having a heart attack with 3 stents & too many times to count that I had been in the hospital with lung "issues" I have finally given tabacco up! It was a year in October 2014. I do smoke the ecig. Vaping helps with the habit of inhaling & the hand movements relating to cigarettes. My vapor does have nicotine in it also. But I am able to breathe much better & go on with my daily activities. I have COPD so I am on oxygen but only during activities. So for me the ecigs are the answer for me to stop killing myself.

2/5/2015 8:39:04 PM - VAPORMARK

I started smoking when I was a senior in high school. 39 years later I picked up the MVP 2.0 and a Protank and started vaping 18 mg/ml flavored e-liquid. I have not had an analog (cigarette) since.

I never tried to quit smoking. I noticed the physical effects, but I enjoyed smoking so much that I never wanted to quit.

I am carefully moving up the vaping ladder with more powerful devices and rebuilding coils. I recently ordered supplies for DIY e-liquid creation, too.

I am keeping up with vaping news, politics, science and technology. I have no plans to eventually stop vaping, I will reduce the nicotine level of my e-liquids as newer technology provides satisfying experiences with lower concentrations.

2/5/2015 8:38:37 PM - Will Vivian

I started smoking cigarettes at the age of 16 years old. I smoked at least a pack a day of Marlboro Reds for 2 years until about 3 weeks ago I decided to quit why I still could. I have used the throwaway cigalikes before and a couple ego-style kits but they never worked and I was still smoking. 3 weeks ago I walked in to my local B&M and bought an Aspire Atlantis tank with the Aspire sub ohm battery. Almost instantly I quit. I had a few here and there for the next couple days then quit entirely. Ecigs have definitely helped me and many other people break the grip that cigarettes had on us. After only 3 short weeks I can say my health has improved tremendously. I can breath better, I have more stamina, and my sense of taste and smell have greatly improved also. I don't care what people say or think, ecigs are the best way to quit smoking cigarettes and they are a lifesaver for people who couldn't quit before they came along.

2/5/2015 8:38:09 PM - Carey Mcmillan

I started smoking when I was 16 years old, my high school had a smoking area, during college I picked up the pace, after that I entered the new car automotive business in fixed operations, back then everyone smoked, we smoked in meetings at General motors, we smoked on airlines, we smoked everywhere lit was a way of life, after the first 15 years I thought about quitting,i discussed with my doctor, he prescribed Chantix. No luck, tried the patch the gum and then is was painfully aware this was a problem.fast forward 38 years, a friend gave me a Cig a like, they were expensive but I didn't smoke. I saw the potential. I purchased an ego twist and began my vaping journey quickly upgrading any was happy with 24 mg tobacco eliquid. Now I use and rebuild,,nic Imax 6 mg and I cannot stand tobaccos flavors, currently favorites are strawberry pineapple and desert types, if not for my personal Vaporizer I am sure that I would still be smoking, by the way it has been 18 months since I have had a cigarette, my dr was impressed and so was I, now I have shown dozens of people that they too can quit, these truly are a miracle

2/5/2015 8:38:00 PM - Jacob Wiley

I had been smoking fairly regularly since I was 16, and occasionally before then. I enjoyed it and never thought that I was addicted because I would quit for weeks at a time to let my tolerance recede. Over the years I steadily smoked more and more until I was at about half a pack a day.

I initially decided to get an ecig and spent too much money on a crappy clearomizer. I didn't quit because of health benefits or because I felt bad about smoking. I just didn't want to smell like smoke anymore.

This is when I realized that I really had become addicted to cigarettes and found myself buying a pack whenever I couldn't vape. I then came up with a plan that would force me to quit for good. Along with buying a better vaporizer, I decided to make my cigarette habit stupid expensive. I made it a point to, without hesitation, give all my remaining cigarettes to whomever asked to bum one. This shortly forced me to quit for good.

4 months later I am still cigarette free. I feel better, I can run like I could in high school again, I can taste things better, smell things better, and every piece of clothing I own doesn't stink anymore. An unexpected benefit is that I have lost weight due to the vape satisfying my sweet tooth instead of snacking. And, even though I enjoy vaping, I am working my way down to 0 nic and will soon be nicotine free. I am so happy I started vaping and it has definitely improved my life.

2/5/2015 8:37:50 PM - Meg from Arkansas

I was a smoker for 8 years. I started out as a very light smoker, only smoking on the weekends when I would be out socially. After about 6 months of weekend smoking, I started smoking daily. I started at half a pack of light menthol cigarettes a day and eventually worked my way up to two or three packs a day. I wanted to quit for a long time, but none of the alternatives interested me. I started vaping using a small ego style vaporizer on December 5, 2014. The first time I used it, I vaped 5 puffs and then out of curiosity it lit a cigarette to see if I would still enjoy it. I immediately disliked the taste of the cigarette I had enjoyed just earlier that day. It made me cough and after 3 puffs I put it out. I haven't smoked another cigarette since that moment. The first 2 weeks I was coughing a lot since my body was trying to rid itself of all the nasty tar I had been inhaling for 8 years. After that, I've really enjoyed vaping and I feel great. I enjoy singing, and since quitting smoking and switching to vaping, my vocal range has improved as well as my lung capacity. I love that my house, car, clothing, and hair don't smell like smoke all the time, and I don't feel the need to use a lot of perfume to make sure I smell nice when out with friends and family. My mood seems to have improved also, I'm guessing because I just physically feel so much better. I don't feel the urge or need to ever go back to cigarettes. I started using 18mg nicotine strength e-liquid and have already worked down to 12mg nicotine strength. I would like to eventually go down to nicotine free e-liquid. Vaping has truly changed my life and rid me of a habit in the easiest way I could imagine.

2/5/2015 8:37:28 PM - Mjr Burn

Hello,

I was a smoker for 33 years and from the first day I brought home my variable wattage variable voltage eCig Mod, (which you need to understand is not one of the small Cig-A-Likes), and charged it up and took my first Vape I have not had an

analog cigarette. I smoked 1 and 1/2 to 2 packs a per day and had done so since I was 14, that's 33 years...I now have COPD / Emphysema and can no longer even walk down the hallway in my home without becoming so out of breath I have to sit and recover for 10 to 15 minutes if not resort to more drastic measures such as an out of schedule breathing treatment or injections of Terbutaline. Since switching to Vaping my breathing is getting better slowly and I have only been doing this for 6 months. I can't wait to see where I am at in a year or five for that matter.

I had tried everything under the sun to quit over the last 10 or so years and absolutely nothing worked. I tried: The Patch, Gum, Pills, even the Cigalike Vapers and nothing worked. Then this June I purchased an eVic Mod and some Protanks. These gave me the actual feeling of smoking with the hand to mouth habit, the nicotine delivery, just the overall sensation of actually smoking I needed without actually doing so. I have not had a cigarette in 4 months and know that as long as I can continue to Vape my way, I never will again.

Vaping offers flavors that I actually enjoy and leave a pleasant aroma in the room I am in with no side effects to anyone else around me. Unlike cigarettes that were not only hurting everyone around me but also have a very offensive aroma, and were killing me .I know this now because I can smell when someone else is smoking from across the street. I can actually taste and smell things again and it is getting better every day. I have also managed to cut my Nicotine intake way down. When I started Vaping I used 24mg liquids and I am down to 12mg and have been for about a month. I will be cutting that down to 6mg in about a week. From there it is only a matter of time before I will not even be using Nicotine.

I for one know for a fact if I could not continue to Vape using the devices and flavors available today as well as the new and innovative ways that are growing everyday and helping so many of us to quit smoking and stay quit, I would more than likely end up going back to it because nothing else has replaced that habit/sensation the way this has.

This is also a hobby that I have met so many people and new friends through, that I would truly hate to see it all go away.

My family is so happy now that I have stopped smoking and know that because of it I will be around a little longer for them. I have a 16 year old special needs son that is

always going to need his father and thanks to Vaping I may just be there a lot longer than I would had had I not found this wonderful lifestyle.

My wife has started Vaping as well for the simple reason of wanting to loose a little weight. The Candy and Desert type flavors have already helped her to drop 14 lbs. in the last 3 weeks. Now I know vaping didn't just magically make that happen, but the fact she can take a few puffs of something that tastes very good while bringing a device to her mouth in an eating type motion has helped her to seriously cut down on her sweets. She doesn't inhale and uses purely non-nicotine eJuices.

In closing I have to say that making things like VV/VW Mods, RBA/RDA's, Mechanical Mods and Flavored good tasting eJuices a thing of the past or no new ones to come, would seriously hurt a lot of people including myself.

Please don't take mine or anyone else's right to Vape our way away from us.

Thank You

DuWayne Spencer

(aka A Former Smoker)

2/5/2015 8:37:19 PM - Ryan Werth

My name is Ryan Werth, I am a 30 year old male from Hawaii and I would like to share my story.

I started smoking at age 15 as did most of my friends. After a few months I was smoking a pack a day or more of "reds ". I loved my cigarettes and never thought I would quit even though I knew I needed to.

Every morning for the last few years I smoked I would wake up and cough up disgusting cloudy black/gray phlegm for a couple hours until my lungs were clear. I couldn't gain any weight because I rarely had an apatite. I smoked outside of my house but the smoke would always end up in the house where my family would be forced to breathe it in.

One day after reporting for federal jury selection I was walking through the mall and saw a kiosk selling electronic cigarettes and the price was almost exactly what I was going to receive for showing up for jury selection! So naturally I bought it and I was a dual user for a couple weeks because the cigarettes I had previously purchased were so expensive I didn't want to waste the money. Once those 3 packs were gone I used my ecig exclusively for 2 years and could not be happier! I don't spend the first couple hours of my day coughing up dark cloudy phlegm anymore, I can gain weight regularly and I have not had an asthma attack in 2 years. In closing I would like to say this, we may not know all of the implications of using an ecig but I know I am healthier since I started using one and successfully quit smoking traditional cigarettes.

Thank you for reading and for the chance to tell my story

2/5/2015 8:37:11 PM - PJ from Mobile, Alabama

â€¢How long did you smoke? 20+ years

â€¢How long ago did you start using a smoke-free alternative? 1 year

â€¢Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? I currently use a personal vaporizer device. I am using a similar setup that I started with a year ago. On starting I had been using e-liquid with 18mg of nicotine and currently down to 3 with plans to no longer use a vaporizer device in the next few weeks.

â€¢Do you still smoke at all (and if so, how much have you cut down)? I have not smoked a cigarette since the days I started using a personal vaporizer device with e-juice. When I did smoke cigarettes I was at around 1.5 packs a day.

â€¢Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? I stopped using cigarettes the day I picked up a vaporizer from a local shop that sells hardware and e-juice.

â€¢What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? over the years I have tried to quit cold turkey (about a 2 month success), Chantix with no success, as well as nicotine patches with no success in stopping cigarettes.

â€¢What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Since I have stopped smoking I can certainly feel a difference in the way I breathe, and this was very soon after stopping cigarettes. I do no longer smell bad or feel self conscious about myself with around people. I can smell and taste food better. I sleep better and I do not feel sick in the morning. These changes were all coming about within weeks of being without cigarettes. You will also save money during the process and so much more once you decide that you no longer need it. With what we currently have available in this market, anyone who is still using tobacco would have to be crazy not to jump at the chance to make quitting cigarettes more easy than they would ever have imagined. It really is easy, I am following a schedule set when I decided to start this a year ago. I feel that I could have cut months off of this process with no more effort.

2/5/2015 8:37:00 PM - Gabe Lucas of Winter Springs, FL

I had no intention of quitting. I smoked for 38 years and liked smoking. It stunk, I stunk, people I smoked with stunk; I didn't care. I woke up coughing every night; I didn't care.

My wife, who had been smoking longer than I, got talked into trying an e-cig. When it (a Joyetech 510-T kit) came in the mail, I tasted it, and it was mine immediately. She had to order another kit for herself. (OK, well I let her share mine until her's came.)

The next day was my last cigarette. My wife took 2 days longer to quit. No problems! Three years and 8 moths smoke free for both of us. Love it!

2/5/2015 8:36:49 PM - NancyB

Hi, My name is Nancy and I'm 70 yrs old. My husband of 47 yrs and I are full-time RVers in our retirement, traveling the US and Canada in the summers and spending the winters in the lower states enjoying the sunshine and warmth.

I began smoking in high school walking to school with friends (1960). I was then a social smoker outside of 'the home'. Once out on my own after some college, I began down a road I wished I'd never started - fulltime smoker, fully addicted, and a complete repetitive failure at quitting smoking.

Although I need to give myself credit, I DID quit while we were raising our boys, for 19 years, I didn\'t smoke. As they grew up, and the youngest began smoking, and my father was diagnosed with Hep-C (and died 6 mos. later), and my appendix burst (ie, a BAD TIME), I asked our son for a smoke and that began my fulltime habit again, that continued until Jan. 2012.

In January of 2012, our youngest son visited us and shared some of his vaping devices with me, ie, let me try them out, and see if it was something I might could do. So after he left, I visited some local vaping shops and bought my first ego kit and some juice to fill the clearomisers with. I was very surprised at how easy it was to vape! (in place of smoking). It satisfied my needs, but occasionally the next couple weeks, 3 or 4 times, I\'d go back to my pack of smokes and surprisingly was repulsed by the taste! I hadn\'t told myself, once starting to vape, that I\'d never smoke again. But I was only trying the vaping devices to see if they\'d work for me. I continued vaping, but left my pack sitting in my ashtray outside and nearby.

When my taste buds began to come back, I found the cigarettes to be gross to be around! I learned too that smokers stunk! When my stamina and breath came back, well, that was the turning point - I knew I\'d never go back to smoking again. Smoking no longer had me in it\'s vise. I had come through the tunnel and was seeing some bright lights at the end of it. HOPE was becoming a reality for me - vaping was working!

This month is my 2 year anniversary of that change in my life and I\'m ever so grateful for the simple act, on my son\'s part, of letting me just try his e-cigarettes/vaping devices.

I have in the last year or 2 bought some things to carry with me, for others to try out if they\'d like to. One has taken me up on it and \'borrowed\' the batteries, tanks and juice I had mixed up in stronger nicotine strength, and I will continue to make these available for others on a one on one basis, in a quiet place. For I know, when you try them the first couple times that you\'re going to cough a lot until the smokes are out of your system. Once they are, then the flavors can be mixed less strong (because you can taste them better) and when you\'re ready, you can mix in less nicotine as well.

I found that lowering the nicotine in my juices in small degrees was hardly noticeable! So I\'d go for a couple weeks with 24mg nic, then lower it to 18-20mg for the next 2 weeks, and then 12-15 mg, etc. It was so easy and for the first day or two I\'d be aware of it, but from then on, I didn\'t even think about it! Big surprise to me.

At around 12mg, I began making some changes in my devices - changed from basic ego 650 batteries to 900 variable voltage ones (to last me most the day when out and about as well as using a higher voltage than 3.7, normally around 4.0 to 4.2 now). And I began to mix up different proportions of the PG/VG bases, and I found some clearomisers to try out as well. Basically began to change too many things at once, and messed up on my mixing juice in that period, so I felt I needed to use up my juice before I bought more (to continue lowering the nicotine). Since then I\'ve been content with 10-12mg juice and trying different flavors mixed. I\'ve given myself some time to find what I think is my \'happy place\'.

So, I\'d suggest to others reading this to not hurry yourself or put timelines in place to do such and so by. It\'s a process you go through, each of us is different, but also, it takes time to adjust when changes take place. Be patient with yourself, and kind.

What has changed besides the smoking dropped and the vaping started? Well for about 6 yrs I\'ve been dealing with a re-occurring leg ulcer around one of my ankles because my veins are not as young and healthy as they used to be. Smoking was not helping and one wound care center declined from helping it to heal because I smoked!

Now, 2 yrs later, along with the vaping, I have not had any re-occurance of that spot on my leg opening up again! Nor have I had to deal with the pain of it through the process of healing it up again! (six times was enough!) If there were no other reason to vape instead of smoke, my leg would have been enough of a reason to try vaping! It will work for you! Give it time! Find your \'happy place\' too!

And.... I wish to tell the government and the tobacco industry and the pharmaceuticals to keep your grubby fingers off these vaping devises that WORK! You\'ve got all the money from my purse you\'re going to get! I\'m standing now for preventative harm measures and loudly speaking my piece about my experiences.

Life is so much more enjoyable not smoking, breathing better, and tasting things!

I wish you success in your adventures, too!

Look up \'e-cig forum\' online and join! a wealth of information is there! and join CASA too to be informed as to how best to help e-cigs prosper and keep getting better. NB

2/5/2015 8:35:15 PM - Richard Thomas.

As a 19 year smoker. On some days consuming 2 packs of cigarettes a day. My failing health was telling me. It's time to quit. My blood pressure was out of control. And I became a type 2 diabetic. So try to quit I did. I tried the gums and lost count of how many times I chewed into the side of my mouth. I tried the patch a few times. but with patches or gum. I would get to a point where I now realized I had sinuses. And they hurt badly. Usually. That was my jumping off point. I tried cold turkey a few times. But would only sneak around the corner when no one was looking. losenges tasted like chalk. (and does it seem like losenges and gum have a funny aftertaste that actually keeps you accustomed to smoking) I remember talking to my doctor about Chantix. I got it and maybe made it 7 days on that stuff. I was not myself in a way that I was out of it. (In recent years. come to find that Chantix had been banned in my occupation and across the transportation industry. Yeah real nice). As in am going through all of this. My mother who never smoked had two open heart surgeries. You would think that would push me to quit. But I did not. I could remember hearing commercials on satellite radio about electronic cigarettes. So when I saw the first Njoys hit the Pilot truck stops. I tried them. They were nasty. And a waste of money. Back to smoking I went. It would be 2 years later that I see the one that caught me. The 21st Century smoke. I tried it and knew immediately that I could do this. And more than that. I could do this. I HAD QUIT SMOKING THAT INSTANT. EVEN GIVING AN UNFUNISHED PACK TO MY ROOMATE. So four months into it. Desperately stopping at every Rite Aid store I could to get the cartridges. I realized their claim of one cart equals 2 packs was not even close. Even though I took pride in not smoking. This was more expensive. Then one day. I stopped at the Rite Aid of Frostburg MD. The clerk asked if those work. Then she raved about her husband and his success at The Vapor Room. I bought those carts. Then in the parking lot. Looked up Vapor room. Wow. All kinds of flavors. Batteries that last 16 hours. They were even talking about volts and resistance. (something I've done as a hobby since high school) This was just getting better as it was meant to be. . (It would be their website that asked me to sign a petition and introduced me to CASAA.). But as you can imagine 3 1/2 years ago. Finding this stuff meant road trip. As I lived and worked no where near this place. It got easier as I found Volcano of WV. And Pittsburgh started getting stores. (Now ITS everywhere as I lost count in Pittsburgh.

Anyhow. I still to this day love the discussions. Emails. calls to actions and twitter bombs. I remember how the antis used to cry that they still contained nicotine. So eventually. I worked myself to zero nicotine. And would be there for 2 years. Until recently. When I passed through the fog. Actually. The toughest thing about my recent event is walking away form the people I met along the way. But who says I must? So. Vapor clubs will always be my quit smoking support groups. And CASAA and others like it shall hold a special place in keeping me going.

I picture it like this. Now that I am vapor free as well. And I used this method non approved. And it worked. I picture it just like a huge middle finger extended at big Pharma. Stan Glantz. Tobacco. ANR and most smoke free (Fill in the blank orgs)(except PA. WE like BILL) And the lies by them pointed out here. Will live to see me keep that finger extended. Thus keeping me smoke free. I think the only reason I have kept my collection of mech mods. boxes. and rebuildables is to ensure that the FDA does not do anything stupid. If they do. I'll wait it out for two or so years after. Then sell it all. Since I never really have that kind of collectors luck. I call my collection assurance that they won't

It took a little over three years since I had my last cigarette. Became a vaper. and came through the fog. I remember the vapor shops being 2 hour road trips. To as of lately losing count in my area. I remember mega carts. vivi tanks. Then stepping to the genny. Thinking why would I drip? Then it being the only way. I remember most liquid being 80/20 in favor of pg. I also think back to ditching the nicotine. Going from 6 to zero. And thinking. Nowadays. there are 3's and1.5's readily available. Wow this has come a long way. And will be easier for the next person who comes through fog.

So now I do not dread the trip to the doctor. I breathe easier. Have my numbers under control. And hold my head up much higher.

I would like to pose this question. We know that vapor is safer. Not perfect. But when our opposition thinks they found something. How bad could it really be if we vape for what seems like a short time compared to our former smoking habit?

2/5/2015 8:35:04 PM - ChristineM of Wales

I come from a family of smokers and was a smoker of over 40 years who had tried unsuccessfully to give up smoking many times, I went to 3 stop smoking clinics and I tried every single nicotine replacement product on the market but found them useless. I used to say "giving up is easy, I have done it hundreds of times!" The longest that I managed to stay off cigarettes in my past was just over 5 months, and I have to say that some of the NRT products I tried caused other health problems being my stomach, my teeth and gums and some too personal to mention.

Every time cigarettes taxes were increased I cut down on food purchase to be able to afford the extra that it was costing and switched to rolling my own to cut down on cost. My health was taking a battering from my poor diet and the obvious effects of smoking and my sense of worth was taking a battering from being looked down on as a dreaded smoker and treated like a second class citizen. I knew I had to quit but apart from my nicotine habit I actually enjoyed smoking and found it helped me cope with my strenuous, stress filled life.

In June 2013 I broke my arm badly and needed plates and pins to reconstruct. I returned to the hospital every 4 weeks for X rays and the bone was not healing at all. At the end of September my consultant advised that the bone was not making any progress and they were worried that the pins did not look stable, we spoke openly about my smoking and he gently advised me of his belief that it was severely hampering the healing process. He was totally sympathetic to my point of view and at no time lectured me or made me feel guilty, he handled the whole situation in an exceptional way and we spoke about the alternatives available. He told me about e-cigarettes, I had never heard of them before but on his advice I decided to seek them out.

First I purchased the cigarette looking kind from the local chemist (drugstore), this was not much good as they only had one strength available which never seemed to fill the gap, they were also hit and miss with regards to how long they would last, one may last 5 days then the next would not even last 2, while using these I was still smoking though far less than normal. Friends told me of a different type of e-cigarette that you put liquid in yourself so you can see when its running out, I phoned the company for advice on what to do. They spoke to me at great lengths giving me advice about strengths of liquids, what type of coil to use what to do, and what not to do, I ordered that day, received the goods the next day and I have never touched a cigarette since. The service given by the e-cig company is exceptional if I have any questions or problems I phone them and they talk me through things and gave me advice and to be honest I find them far better than the 3 stop smoking clinics I have attended in my previous attempts to give up.

So here I am 16 months down the line and still not smoking, my broken arm showed signs of improvement just 6 weeks after giving up and is now fully healed. My overall health has improved considerably, this is the first winter for as long as I can remember that I have not had chest infections and hacking coughs that keep me awake all night. Other obvious benefits are that my skin looks clearer and younger and I don't smell like an old ash tray any more' I can smell a smoker at 50 yards now and not forgetting that the cost of improving my health and my life is a fraction of what it was to smoke cigarettes.

I do not preach to smokers about e-cigarettes but when asked I sing their praises, I believe they are the only hope for many like me, my sister had a stroke and was bluntly told that if she continued to smoke she would die, she tried and tried but could not quit, I told her about e-cigarettes, she like me has totally given up and her health reports are becoming more and more positive.

I get very angry with the false reports of the dangers of e-cigarettes, they are inevitably proved incorrect but the damage they do is inexcusable but I am not going to get drawn in to that, most sensible people can see who is behind these rumours. There are millions of smokers today who may die from smoking related diseases and that upsets me because I truly believe these things save lives. Vaping is NOT smoking.

2/5/2015 8:34:55 PM - Rick Cig Free Life

I started smoking cigarettes at the age of 20 in the navy. I loved to smoke real cigarettes and i would smoke a 1/2 pack to a whole pack a day on average. Marlbros, Camel and my lastest favorite was Camel Crush. Smoking is a chemical addiction, a habbit and or a busy body behavior. I first started on disposable ecigs, which were ok but an expensive habbit. I progressed in the normal ecig progression; disposables, cartomizers, clearomizers, rebuildable tank atomizers (kay fun) and now to rebuildable dripping atomizers. I have been off real cigs for 6 months now and its great. I dont stink like an ash tray and i feel great. Ecigs really are a viable means of quiting tobacco cigs. I currently vape 3mg nicotine level. Which is pretty low. I even started making my own ejuice which signifigantly reduces the cost of vaping. I'll never go back to traditional tobacco cigarettes and i have converted friends and family members into vapers. Vaping may have some health risk but i believe and i feel in my personal physical sense/ health that ecigs are a healthy alternative to real cigarettes. :D

2/5/2015 8:34:45 PM - R. Fairchild

I had been a smoker for almost 40 years. I tried numerous times and numerous ways over the years to quit, but was unsuccessful. I tried chantrix, nicotine gum, laser treatments and cold turkey - none of them worked! My oldest daughter was getting ready to have a baby, and told me that she would not allow me to hold the baby if I had been smoking and smelled of cigarette smoke. I knew I had to do something! A friend of hers had switched to e-cigs so she sent me information. My husband and I both ordered a device. This was over 2 years ago and we have not had a cigarette since. We both feel better, and would never go back to smoking. We can now feel good and know that we have greatly increased our chances of being around much longer and enjoying our grandchildren as they grow!

2/5/2015 8:34:31 PM - Jason from Charleston, WV

I had only been smoking cigarettes for twelve years, but the feelings of doom were entering my head. Having two small kids, I felt a strong desire to stop smoking so I could be around longer for them. I had the feeling that it was too late and would be next to impossible to quit now. I was driving by a local vapor shop I hadn't seen before, so I decided to see what it was all about. After sampling some flavors, I was suprised at how satisfying the flavor and feeling of the vapor really was. I bought a kit and some liquid and have not touched a cigarette in a month. Lungs are clearing up without the constant wheezing and congestion, smell and taste are still returning. When I smell others who have just smoked, it is overwhelming. Though I never smoked in the house around my kids, I would come in and envelope them in my smoke, not realizing how horrible I smelled. My daughter loves that I don't smoke "those nasty cigarettes anymore." I feel very fortunate to have access to this technology. It may possibly have given me a longer life with the ones I love.

2/5/2015 8:34:22 PM - Scott Buckholz

I was a smoker of 30 plus years.I have been trying to quit for the last 6 years.

Mostly cold turkey. The patch a few times. Nothing worked for me. For more than A week or 2. Then My son who had quit smoking. With the help of E-cigs Helped me get stated. It took me 5 days of using both the E-cig and Cigs. On the 5th days I ran out of cigs. I stayed with the E-cig. That was 165 days ago. I started out with 24 mg and I am now on 10 mg. I have not hade a Cig in 165 days this is a record for me.

I do not wake up in the morning and hack and cough till blue in the face anymore.

I seem to have gained my taste buds back.

I can walk up and down the hill without loosing my breath.

I am happier than I have been in a long time.

Am I free of Nicotine. No

But I am free of Lighting up and coughing and a whole lot more chemicals

Thank You

Scott Buckholz

2/5/2015 8:34:13 PM - Nomore Stinkies

I wish I could say that I was one of those that quit cold turkey. I tried that 20 years ago and I lasted 17 days. A failure. I knew cold turkey wasn't going to work. The urge to smoke was crushingly, psychologically, overwhelming. Then came the patch. Another failure. Then the NRT gum. Another failure. Then Wellbutryn. Failure. Cold turkey again. Failure. Chantix made me so nauseous and the cravings were less but the nausea was too much. Failure. First generation e-cigs were very hopeful but were not yet sophisticated enough but I saw the potential. Failure. Chantix again. This time it had terrible psychological effects, anger, and once again severe nausea. Failure.

By this time (46 years since I picked up that first Pall Mall) I was diagnosed with COPD (chronic bronchitis) and asthma. My health was declining. I could no longer laugh without going into spasm, clearing my throat and coughing every 10 minutes. Unable to sleep for more than one hour due to the productive cough. Unable to walk into a grocery store without grabbing for my rescue inhaler. I was desperate. Unable to enjoy gardening, my treadmill, or walk my dogs. I was depressed and felt hopeless. What was it going to take to quit smoking? Why aren't all these "helpful" stop smoking aids and counseling not getting through to me? I felt foolish, degraded, called an idiot , weak minded and defeated.

One year and 1 month ago I walked into a Hookah smoke shop. I was introduced to the e-cig once again. This time they were different. A 2ml tank and flavors and larger batteries...HHMM this might work this time around. Fast forward: I no longer smoke combustible cigarettes. I finally found my aid to the battle of quitting smoking. I must have read 200 articles on these devices for self education. Fancier battery, glass tanks, removable tips and accredited liquids with flavors that I enjoy. AND they were safer than combustibles. I was finally FREE! I started with 24 mg and am down to 12mg.

My psychological battle was simple: hand-to-mouth! Although the damage to my lungs cannot be reversed, my overall lung health has improved. In the last 13 months I have not had an exacerbation of my COPD (I used to have them every three months), I no longer cough, I sleep through the night, I don't need my inhaler, I tossed out my Kleenex box and I am NOT insulted. An extra bonus was that my LDL and HDL cholesterol dropped and increased respectively.

Over the summer I moved 6 yards of mulch by wheelbarrow, cut down 2 dead trees, walked into the store without frantically trying to find my inhaler. So FREEING! (Sadly, I did gain 20+ pounds-but I am working on that now).

The FDA and government officials are dead wrong when they don't believe that these devices help people quit at a higher rate than NRT's. I personally don't believe that nicotine is dangerous and deadly-I would have been dead long ago if nicotine was the culprit. Sadly, they care more about revenue than our health.

I am finally free and all it took was an impostor: The e-cig. 13 months smoke free.

2/5/2015 8:34:02 PM - Tom R.

I tryed to quit smoking 7 times using many products ranging from nicotine gum all the way to chantix (twice i used chantix and both times it had little or no effect.) One day i came across a vape shop in East Stroudsburg Pa. And decided to check it out. I was sceptical on many things like will I have some sort of side effect from vaping this liquid thats heated up in this little contraption and will it actually help me quit using tobacco products all together. After a day of using a vape device instead of smokeing i set my device down and went to do some yard work. While doing yard work i decided to light up a cigarette.... worst move ever. It tasted horrible, burning hair type horrible taste. I realized just after a day of using a vapor device with a different flavor other then tobacco and smoke my body quickly no longer associated intake of nicotine with smoking tobacco. After close to a year im still vaping but im also tobacco free and smoke free, i smell better, my clothes smell better, food tastes better, i breath a whole lot better, and most of all i feel alot healthier in every way with no known side effects. I treat vaping as smoking and i understand that the person next to me may not enjoy the smell from the particular flavor im vaping. I keep all my vape equipment and vape liquid up and away from the reach of children and animals. To add to all this my girlfriend also quite smoking tobacco products by using vaping. In the list below is the devices, tanks, and vape liquid info from start to now.

Me:

Devices,

Smok e twist variable voltage/wattage.

Sigelli 2000 variable wattage.

Ti chi mechanical mod.

Smy god 180 box mod varialble wattage.

Tanks,

Evod/kanger mini protanks.

Tobeco kayfun (cant remember spacific model.)

H cigar rda (rebuildable dripping atomizer.)

Aspire atlantis

Advken rda.

Vape liquid,

Cloud chemistry 50% vg, 50% pg, 18 mg nic.

Cloud chemistry 50% vg, 50% pg, 16mg nic.

Cloud chemistry 70% vg, 30% pg, 12 mg nic.

Cloud chemistry 70% vg, 30% pg, 8mg nic.

Cloud chemistry 80% vg, 30% pg, 6mg nic.

Cloud chemistry 80% vg, 30% pg, 4mg nic.

Cloud chemistry 80% vg, 30% pg, 2mg nic.

I was a smoker for 12 years and happy to be tobacco free now.

2/5/2015 8:33:48 PM - Jeff Mannix

I smoked for around 20 years, and when I had my last one, I was smoking about a pack and a half a day. I'd tried to quit cold turkey in the past, but that never lasted more than couple of days before I was hunting down old butts in my ashtrays and then giving in, heading to the store and forking over cash for another pack of cancer. I tried the patches, but got chemical burns/blisters everywhere I put them. I tried Nicorette, but I got blisters on my gums. I tried Welbutrin and Chantix, but I couldn't sleep more than an hour at a time before I woke up in hysterics.

The first e-cig I bought was a Blu, but it barely worked to get me through a Reds game (when you could still use e-cigs in the stadium). A few months after that, I tried a slightly more advanced option (some internet special), but it was still basically a gas station starter kit. It wasn't much better - got me through a few layovers in airports that allowed it. I had pretty much accepted that I was a smoker, and would be until the day a doctor tells me that it was quit or die soon.

A few guys at work found a local shop and started using some variable-voltage batteries and replacement-atomizer tanks, with higher-quality liquid, and convinced me to try it out. I figured that, even if it helped me cut down on smoking, it'd be a good move. I went on a random Friday at lunch. Earlier that day, on a smoke break, a couple of people were talking about going, and I joked that I'd get there before them (I won). When I pulled into the lot, I finished the last cigarette in a pack, purely by coincidence. I still had three full packs, so I wasn't planning to quit - just cut down. I bought what the store called a starter kit - a Vision Spinner II and a Nautilus, which was far more advanced than anything I'd bought previously, and decided to see how long I could go without a real cigarette. It was about 4 days later that my sense of smell fixed itself. I got in my car, took a whiff, and decided I could never go back.

Three months since, I don't even remember who I gave the full packs to (I think it was some guys watching soccer at the bar with me). I've cut down from 18mg nicotine liquid to 3mg, and find that zero-nicotine is enough to calm the urge a lot of the time. I still haven't had a cigarette, even though I switched during the most stressful part of my year by far. I've become an advocate, and got a few friends and some coworkers to give it a try. We're healthier than we were, and are far less smelly than before. More importantly, we're not paying huge corporations to help us kill ourselves anymore.

2/5/2015 8:33:38 PM - Gary Jones

Was very sceptical about E - Cigs and vapeing, Since I was NOT able to quit smoking cigs. I tried one very cheap vape system with tobacco flavor 18 mg.

From day one I have never wanted to smoke again, thew away my half carton after a few days.

I now have upgraded to a very nice Vape system and hate when I smell cigs now.

IF you want to quit smoking this is the ticket, please dont waste your money on patches, gum or chantix . I used them all. (all these are only to be sold for profit any way)

Vaping Works and AND is very pleasureable. Tell the goverment to leave this alone!!!

Could go on and on about this - JUST TRY it you will be so happy you did.

Texas Man 60 yrs 0ld - so I know a few things at least...

2/5/2015 8:33:30 PM - jen t

I have been a smoker for the last 17 years, I have tried unsuccessfully to quit on several occasions. I have tried the patch, gum and even snus with no luck. In May 2014 I started using e-cigs and have not smoked a cigarette since. I have transition from 24 mg of nicotine to now 3 mg and i feel great. Shortly after my success my friends and family followed suit and quit smoking as well. Please do not take this away from us, it really is a much safer alternative and has made a world of difference in all our lives. Your consideration in this matter is greatly appreciated.

2/5/2015 8:33:17 PM - Sandy Mix

I smoked for 32 years and tried to quit many times. I tried the patch, the gum and mints and kept smoking. Welbutrin made me crazy. Chantix made me sick and neither one worke . I had a Nicitrol inhaler which was better but not close enough. I needed neck surgery 3 years ago and the doctor refused unless I quit smoking. He recommended an e-cig so I tried it. I was able to quit almost immediately. I have COPD and I was using nebulizer 4 times a day and same with an inhaler. Nowdays I rarely use either one. My blood pressure is good and I breathe easy. I also like the flavors and cleaner taste of e-liquids with or without nicotine. I like having the choice. I know they have given me a much better quality of life. I hope for a generation saved from the horrible things regular cigarettes have been proven to cause.

2/5/2015 8:33:06 PM - Daniella Navarro

Hello! I smoke for 15 years. I never thought to stop it those year. I start in E cig because of fashion, i did not planned to stop smoking. BUT I DID and i never smoke again. I feel my body great, my health great! No more combustion! When tried a normal cigarette i feel as i smoke a gas station. So i have not smoke in 2 years thanks to the ecig, they let me understand what i was doing with my body!

2/5/2015 8:32:56 PM - Joanne Stokley, Lancaster, ky

I was born into a family of smokers. My father and mother smoked everywhere they went. Sometimes as a small child I would get queasy and dizzy from the amount of smoke I was exposed to while riding in a car. I started smoking when I was 17. I briefly quit smoking for 10months in 1986 until my son was born. Then I started back. I loved the rituals involved in smoking. I loved inhaling, and exhaling, and the act of stopping what I was doing to take a break. My son developed asthma and even then I continued to smoke, I just moved it outside. I have tried almost everything to quit smoking--prescription drugs including welbutrin and chaotic, 12 step program, nicotine patches and gum. Over and over I could stop smoking for a while, then I picked it right back up. In November 2013 I was 53 years old and I had a two pack a day habit when my lifelong smoker mother was diagnosed with stage 4 small cell lung cancer and given a year to live. After I finished crying, I looked at the cigarette in my hand and actually prayed for god to help me quit. I thought about the ecigs I had heard and read about. That day, I drove to the quick stop and bought my first electronic cigarette. And to my great surprise and joy, just like that, I had smoked my last cancer stick. The last year has brought many changes for me--my mother died from smoking related lung cancer, my best friend died from smoking related lung cancer--but through it all, I have not had one puff from a cigarette. And i slowly weaned my nicotine level down so that today i am nicotine free. Wow!! From 2 packs a day to vaping 0 nicotine. Vaping works! In the coming year i plan to wean totally off my vape but for now i am just proud to say i am a nonsmoker because of ecigs. I believe in vaping so much i have bought and given away 24 ecig kits to family, friends, and complete strangers.

2/5/2015 8:32:23 PM - David Stewart, Virginia Beach

After smoking a pack of Marlboro Mediums a day for approximately 23 years, I transitioned completely to vaping in a matter of three days. I purchased the vaporizer with the intent on cutting back on cigarettes, but quickly found I could quit smoking entirely with the assistance of the vaporizer. Without vaping, I would still be smoking. I am proud to say that I have been cigarette free for 8 months and I have no desire to go back to smoking. Cigarettes are disgusting and a tremendous health risk; they are a terrible burden on society. After much research I firmly believe that vaping has the potential to to be the THR product which saves more lives than any other. Potentially one of the greatest net positive impacts on public health of modern times.

The broad diversity of the products and e-liquids available today are a big part of the experience being significantly more positive and rewarding than a cigarette. I believe a "standardized" type medical device e-cigarette, perhaps one with non refillable cartridges which looks like a cigarette and has limited flavour selections, would have little success. Well it would be successful at stimulating a huge black market. If the powers that be want to protect the various income streams stemming from the cigarette pandemic, regulations will be made that reduce vaporizer use by current and potential users. If the powers that be wish to have a positive effect on the people they governs' health and wallet, these wonderful THR products should be endorsed. Regulate with a soft hand where it makes sense, such as standards for the quality of eliquid ingredients i.e. use of pharmaceutical grade PG, VG, and nicotine.

2/5/2015 8:32:13 PM - Brian Coe

After smoking for 30 cigarettes a day for 12 years most of which were rolled tobacco cigarettes I tried to quit smoking the first time in 2010, I tried patches and gum after 4 months I went back to smoking, I had heard about Champix but was advised of there side effects and also friends that had taken them so I decided against that idea.

In 2013 I started seeing more people using E cigarettes the open type with battery and a tank (Ego batterie and Ce4 Tank) these people had quit smoking and suggested I could do the same but at the time I thought well it's just swapping one habit for another without doing my research, I contemplated the idea after that as I was always wheezing through smoking and so I bought my first E cig (Ego Ce4) made by " IBreathe " I had a bit of tobacco left over and so over the following two days I started using the E cigarette with Tobacco at the ready in case I got an urge or it just in case I wasn't going to succeed in quitting smoking, on the second day I found myself increasingly enjoying the E cig and by the end of the second day I felt I could do this, after that day Sept 16 2013 I have never gone back to smoking.

I started off on 24mg nicotine and now 16 months later down to 3mg - 6mg depending on what juice I'm vaping, soon I'll be on zero nicotine. The addiction to smoking has gone, the addiction to nicotine has reduced and I don't consider myself dependant on it no longer, I just enjoy a healthier life now with vaping.

It would be a very sad day if this was to be taken away from vapers and smokers when a huge potential for people to live longer, be with there loved ones for longer ! Have a healthier environment, this has to be probably the best success story to benefit everyone, The E -Cigarette.

Vape on !

B.coe

2/5/2015 8:31:28 PM - LynnNC

I quit smoking cold turkey back in 1998 and stayed smoke free until 2005 when unplanned stress drove me back to cigarettes. I wanted to quit many times over the next 9 years but just couldn't make that break. A friend of mine introduced me to electronic cigarettes and vaping in June of 2014. It still took me another month to actually make up my mind to just go for it! I've bern smoke free since July 14th, 2014. Vaping changed my life!! And probably saved my life! Now, I can't imagine anyone choosing nasty smelling and tasting cigarettes over the yummy flavors found with vaping and ecigs!!

2/5/2015 8:31:19 PM - Jim

I smoked for 45 years ! I tried every product on the market including prescription many times over many years nothing worked e-cigs worked the first time ! I've been smoke free for 2 years 2 months 27 days ! E-cigs has turned into more of a hobby , I have quite a few mods and atomizers , my nic. Level is 3 mg or that's what juice I order .

The only thing that makes any sense is there has to be a lot of money apposing E-Cigs , nothing else makes any sense ! I hope this changes ! We all know it is not right or fair . So I'll do all I can to help !

2/5/2015 8:31:09 PM - Hopup

I was a long time smoker (from age 18) until 4 years ago when I discovered E-Cigs. I started gradually weaning myself off Merit cigs (I was smoking up to 3 packs per day) by using e-liquid at 30 mg of nicotine. I have been able to reduce the nicotine to now at 4 mg and about 50% at 0 mg. My lungs have improved and my endurance while walking is vastly improved. I used to avoid walking up the hill to my house from the mailbox because I would get so winded I would become dizzy, with many coughing spells throughout the day. Not anymore! I have not smoked a real cig in over 3 and a half years. My wife has recently been able to quit smoking also, by using e-cigs and has been smoke free for 2 months now. No more sticky yellow residue on the walls of the house and our lungs and no more stale smoke smell in the house and on our clothes.

I had tried every method to stop smoking and this has been the miracle answer for me (and my wife).

2/5/2015 8:28:54 PM - John Wilkinson

I started smoking when I was 19. I was in the Navy and it seemed as though everybody I knew smoked, so I thought "why not". It was so easy to start since a carton of cigs aboard ship was only $1.10 . A WHOLE CARTON!!!! Little did I know the effects it would have on my health and how hard it would be to quit. I am 71 years old and after trying many times to quit I finally found a safer alternative to smoking. VAPING!! I HAVE BEEN VAPING NOW FOR 1 1/2 years and will never return to tobacco. NEVER!!!. It really urks me that there are government officials and people of power that are trying to put the vaping business out of business. This is AMERICA. Vapers shouldn't have to fight for the right to vape.

2/5/2015 8:28:46 PM - Sue B. (catlady60) from Pennsylvania

I started smoking at age 15, when I sneaked cigarettes in the school bathroom with other kids who smoked, despite my mom forbidding me from smoking. Needless to say, I was repeatedly punished for smoking, but I was already hooked. Once I turned 18, my family could no longer stop me from smoking, so I started smoking in the open, no longer sneaking cigarettes behind my family's backs.

I was smoking between a pack and 1.5 packs a day. I did try a number of times to quit smoking, but every quit attempt failed. I tried nicotine gum, but I was able to stop smoking all of 3 months before I relapsed. I tried Wellbutrin, but this quit attempt lasted a month and a half before relapsing. Numerous cold turkey quit attempts were futile.

I first discovered e-cigs in 2011; my landlord forbade smoking in my building and I didn't want to go outside to smoke constantly. When I started vaping cigalikes, I didn't completely quit smoking, but was able to reduce my cigs to about 6-8 a day. The cigalikes didn't last long, since I started coughing because of the nasty tasting carts, so I returned to smoking.

Fast forward 2 years later, October, 2013: I decided to buy an Ego setup with 24mg nic liquid. Immediately, I went from 30 cigarettes a day to 6, and gradually reduced my cigs until I smoked my last cigarette a month later. 2 months after I quit smoking, I reduced my nicotine level to 18mg. Then I decided to upgrade from Ego setups to advanced personal vaporizers, a.k.a., mods. Not only have I been smoke free for a year and 2 months, I also reduced my nicotine level to 12mg.

My breathing is better; I can climb up and down stairs without gasping for air. I no longer need to use my asthma inhaler day in and day out.

I'm living proof nicotine vaporizers can help an inveterate smoker like me quit.

2/5/2015 8:28:37 PM - Robin Garrard

I was a smoker for 35 yrs. I smoked 1 1/2 packs of cigaretts a day. I have managed to quit smoking with the

Help of vaping device. I can breath better I can smell better. I do not wake every morning with a smokers cough This method was a awesome way to get me away from all the harmful products that cigaretts have. Please help this remain a gateway to non smoking please do not make this so unaffordable that the common person can not pay the money to do this. Please do not tax the small shop owners who are dedicating their lives and money to help Americans get to a

Healthier life style. I quite smoking at thanksgiving with the help of my

Small town vape shop. Thank you for listening to

The American people on this issue.

2/5/2015 8:28:05 PM - Joann Cleavesjo

I am a 61 year old female and smoked from age 18. I attempted quitting cigarettes numerous times and was successful for 1-4 years at a time. Extreme stress led me back to my crutch of smoking. I tried gum, patches, wellbutrin, chewing on straws, cinnamon candy, etc. The only thing that has been a lasting success for me is the electronic cigarette. I quit smoking regular cigarettes 1 year and 6 months ago when I discovered the e-cigarette. I have not had a regular cigarette since. I started with the disposable e-cigarettes sold in convenience stores but they did not last for long and were very frustrating. I knew that I needed more education and longer lasting equipment. After going to forums on the web and doing much research I discovered tanks and longer powered batteries. I invested in 2 batteries and several tanks so that I would be prepared for any challenge such as not having a charged battery or not enough e-liquid or not enough wicks. With being completely prepared I embarked on my journey of "vaping". I now "vape" 0-3 mg nicotine per day. When I have had an enormous amount of stress (such as recent surgery and job loss) I have not gone back to regular cigarettes. I reach for my e-cigarette which works great for me. Once I was prepared and had all my gear I never went back to regular cigarettes again. I continue to stay prepared because this is one success I am proud of and wish to continue. On a side note, I love the smell of the e-liquids and the fact that my house, car, clothes and hair no longer smell like smoke.

2/5/2015 8:27:49 PM - Technotrucker (Paul)

I started smoking at the ripe age of 10 off and on. By the time I was 16, I was pretty much addicted. Stopped for 2 years, all the time detesting cigarettes, yet constantly craving them. At 31 I started again. 24 years later, I found vaping. I had tried the E-cig products with a modicum of success. Last year I decided to give the starter kit vape pens a try. That was the beginning of the end for me. Once I found a handful of flavors that I liked, cigarettes tasted like crap. I smoked 3 packs of stinky sticks in 2 weeks while vaping. The night I put out my last cigarette, I remember the stench of the stale cigarette odor making me nauseous. That was it. I was done.

It has been a year now since I went to vaping. I have made it a hobby as well as a deterrent to smoking. I have 2 dozen mods and atty's. I have just started making my own e juice. I have over 30 flavors in my arsenal.

I have 3 close friends that are now in the process of giving up tobacco.

I researched all of the propaganda about e juice, and found out that the vast majority was sponsored by the tobacco industry and by govt institutions attempting to sway those leaving the tobacco industry crying in their beer. The very same people claiming they are raising tobacco related product taxes to supposedly to deter smoking. Yet, the truth is, they see the smoker as a resource for revenue. NY state alone brings in around 20 BILLION a year in taxes on the sale of tobacco. Do you really think they want you to quit? Not on your life! They are currently voting on banning e juice sales for the entire state. I assure you, it has nothing to do with a fear of health related issues. It is entirely about loss of revenue to their corrupt political coffers. NJ already taxes the crap out of e juice. Washington plans to impose a 95% tax on all vaping related products.

People need to realize, it is all about revenue, not health, as to the attack on vaping. Since the vast majority of this nation are weak kneed peons, or mindless automatons, the corrupt legislators will continue to punish those that wish to stand up for liberties.

As smokers we were ostracized, now that we wish to utilize a viable healthier alternative, we are being attacked 10 fold. Someone needs to make a stand and tell the powers that be, you cannot legislate morality, and if smoking is legal, then so is vaping! PERIOD!

2/5/2015 8:27:40 PM - Maggie Acker from Midland, MI

I had been a smoker for 17 years when I quit last May. I began smoking at 14 years old, sneaking Mom's cigs or having older friends buy them. There was always a way. During those 17 years, I tried to quit a few times. I tried the gum and the patch; the longest I made it was one month, and I always missed smoking. I truly enjoyed smoking. Last May, a friend bought me a vaping device with replaceable cartridges. The nicotine level was 24 mg. The day I started vaping, I quit cigarettes. At first it was tough, and it was hard to be around my smoker friends. After about a week, the benefits kicked in and I was sold. I could smell and taste everything so clearly! I wasn't coughing every morning. The first time I went to speak and didn't need to clear my throat, I was shocked!

After two months I upgraded my device to a variable votage and refillable tank. My local shop sells juice made in-house, and I am down to 12 mg nicotine. I prefer tobacco flavors, but many of my adult friends who vape swear by dessert juices.

I have only had half of one cigarette since I began vaping, and I regretted it immediately! I couldn't even finish the thing, it hurt!

Vaping is an excellent harm-reduction strategy. I wouldn't go back to smoking for anything. I enjoy vaping, and the health improvements that have come with it.

2/5/2015 8:26:39 PM - Ron

I smoked a pack and a half to two packs of cigarettes a day for 27 years and tried to quit many times using the patch twice, the gum twice, lozenges once, prescription medications twice and even the early electronic cigarettes (2009 vintage) that came out but I found those early version electronic cigarettes to be lacking in flavor and not very effective but in February 2013 I discovered a better version of the electronic cigarette (E-Go battery and clearomizer) and on March 1, 2013 I was cigarette free and remain so to this day.

What made this successful for me was the wide variety of flavors available and the ability to tailor the level of nicotine starting high 36 MG/ML and working down to my current 6 MG/ML as well as the improved tanks, dripping atomizers, MOD's and batteries that have been steadily coming to market.

I feel better, have more stamina, breath better, my senses of smell and taste have improved and I no longer smell like an ashtray.

The only down side is that I now know that one of my co-workers of 20+ years doesn't bathe as often as he should.

Not only has the electronic cigarette worked for me but my wife, daughter and son in-law have all quit smoking in favor of vaping as well.

2/5/2015 8:26:28 PM - Steve B

I am 52 years old. I smoked over a pack a day for 30 years. Tried to quit numerous times, used gum, patches, and inhalers. Even tried Zyban but it made me freakin scary crazy so I threw it away. All useless. Started using e cig a little over 5 years ago. still smoked a cig here and there for about a month. Then I put cigarettes down and haven't had one in 5YEARS!!! I use an REO Grand mod with a 1.5 resistance cisco atomizer. My wife still smokes and they smell NASTY to me now. Yes, I'm addicted to my e cig but it beats the heck out of stinky chemical laden carcinogenic tobacco. I breathe better and feel better. When I started vaping, it was kind of an underground, internet only thing. I knew if it ever went mainstream the nanny state couldn't wait to regulate and tax it and boy was I right.

2/5/2015 8:26:13 PM - Ebates

I have not smoked a single cigarette since June 1 2013. I was a 43 year pack-a-day smoker. The cause for my no longer was trying my first e-cig. After a couple of weeks of not wanting a cig I gave away 3 1/2 cartons of cigs on hand.

No more coughing, no more shortness of breath, feel better overall

After I had been vaping for a few weeks I noticed my wife having a very bad asthema day, that her meds were not helping. I had read an article on how vaping had some positive effects on asthema sufferers. I had her try a couple of puffs off my e-cig and within a few minutes she was much better. Now she keeps a vape handy for the bad days.

I really hope that the Government folks that will suceed in killing vaping Burn In Hell for taking away the best thing that ever happened to me.

2/5/2015 8:26:04 PM - DanL

I started smoking over 40 years ago and was up to 2 or more packs a day. That is, until having a heart attack December, 1995. I immediately went smoke free, at least for a while before returning to work. Those stresses soon led to returning to smoking, albeit at under a pack a day, but smoking again. Recognizing the frustration and concern in my wife's eyes and at my cardiologist's stern admonishments, I tried again with the aid of the patch. That went fairly well until the nicotine levels approached zero, at which time the withdrawal was like going cold turkey all over again. So I logged another fail. I tried a few more time, Lord knows I tried. But over the course of that 5 year period and the trials and tribulations of attempts and failures to quit, it became apparent that it just wasn't something I could stay with. And sadly, my wife, family, and even my cardiologist came to accept.

For the next 14 years, I sometimes thought about trying to quit again, but the costs and failures of the past kept me from going through that all over again. I continued with my pack or less a day addiction. I even checked on the e-cigarette option several years ago, but at that time, the costs again scared me off.

Then last summer at a family get together, I noticed a niece discretely puffing on an e-cigarette. I took the time to chat with her and she let me take a puff or two on her e-cig. She gave me lots of information, including what was available now and how it could actually be done and save money. I came home and started my research on what might work for me. Confusing as that was, I decided to make a 100 mile trip to check out the vape shops in the city. Luckily, the first one I stopped at was extremely helpful and I walked out with what I needed to get me through the next month. I did not intend to stop smoking immediately, but managed to have my final cigarette on the third day after that purchase.

Now, seven months later, I am still smoke free. My wife and family are ecstatic and my cardiologist gave quite a smile and thumbs up when I told him. Yes, I got the reminder to try and cut back on the nicotine level, but he felt it was a great big first step in the right direction. Nicotine levels are below half of where I started and I am feeling great.

It feels really great to overcome all those failures and I can honestly say I don't miss the cigarettes at all, at any time, or any place. For the first time, life is good and the future looks brighter. As long as outside forces don't interfere, I truly believe I have it licked this time.

2/5/2015 8:25:26 PM - Travis

As a smoker of 15 years I have been smoke free over 4 years. I still vape cause I never wanted to quit smoking. I only wanted to do something that cost less and was more healthy than smoking. As a vape store owner I can say that the vape is the best way to go and I see countless lives change for the better. It can work for 95% of smokers if not more. The issue with everything else is that the user has nothing to fall back on but the cancer stick. You can not take the patch, pills, gum forever and research shows people are more likely to relapse within the first two years. The ecig, can be used whenever a person needs a cig. Once you get the correct set up then no one would ever go back. Just vape. Its not a gateway for cigs. Its a gateway to life! Here lets test that. I have some cake or a wet ash tray. U hungry? Pick.... I tried the pills, patches, and gum. Went back to smoking. Never would I think about smoking after the ecig. Who wants a wet ashtray over a cake?

2/5/2015 8:25:18 PM - Richard Legg

Richard Legg, Missouri

As a heavy smoker of 47 years I would like to take time to share my experiences with you. I started smoking at age of 10 years old stealing my fathers camel non filtered cigarettes switching over to Marlboro and smoked for 47 years. At the age of 40 years old I had a massive heart attack while using the patch. On the way to the Hospital I had to be defibrillated two times and several other times while Dr. saved my life. After getting out of the hospital about three weeks later I was back on cigarettes and continued to smoke for the next 18 years. Then I had another heart attack December 2013. After which I was headed right back to cigarettes when I was introduced to Vaping. I have not smoked a cigarette since and plan not to. I started out at 12% nicotine and have reduced down to 0% nicotine. My plans are to be nicotine free by March of 2015 and free at last. I had a heart Doctors appointment on the 14th of July 2014 and the Dr. told me that my lungs were not rattling and sounding much better. As a matter of fact I do not have to go back to him for a whole year and just so you know my first heart attack I received 2 stents then my last one I received 2 more. And yes I discussed my vaping with him, we also talked about why the NRTâ€™s did not work and what all I had tried which was hypnosis, patches, gum, lozenges all of them. He told me that he was glad vaping had gotten me away from smoking.

Well I have been smoke free for over a year my health is tremendously much better. I am going to the YMCA three days a week and working out which I would not have ever done while smoking. I just donâ€™t understand how the FDA and all the people that are against vaping can be so against something that is possibly the most life saving invention of the world and able to help smokers get off cigarettes to save their lives. Again I donâ€™t feel that I should be punished for not smoking like I was for smoking and I am talking about everyone wanting to put ridiculous taxes on Vaping products including e-juice.

2/5/2015 8:25:04 PM - Matthew G.

As a smoker of 15 years i feel as though i have a new lease on life having stopped smoking after seeing my father have quadruple bypass surgery caused by smoking and poor eating habits. Over the past few years i tried several products (gums, patches, etc...) to help me quit smoking analogs with no success. I was turned on to vaping through a friend and purchased a starter Ego style kit with 18mg juice from a local store. After a few weeks of dual using gave up on vaping because i could not get a satisfying vape to keep me away. Five months ago i got my hands on a second hand MVP and purchased a nautilus mini with 12mg juice that much to my surprise was the perfect combo to get me off the stinkies. The flavor and quality of vape was exactly what i was looking for. Since then i have moved on to various devices such mechanical mods and now regulated box mods in order to provide more safety without compromising the vape quality. My nicotine levels have gone from 18mg when i started down to 3mg and sometimes 0mg today. Thanks to vaping I feel better than i have in years and am free of smoking for almost five months with no plans of smoking ever again. Vaping has truly changed my life.

2/5/2015 8:24:55 PM - Steven Haus

I had been smoking since I was 15 years old. Over the years, I have quit, on and off, numerous times, never being more successful than two weeks. Hypnosis, acupuncture, cold turkey, Nicorette, Chantix, Wellbutrin, etc. offered hope, but did not work for me.

I started using e-cigarettes in 2008, but as at the time, the tech was new, expensive and inconvenient. As the products improved and prices came down, I tried various types, until I found one I liked.

In December of 2013, I started vaping exckusively and threw my cigarettes away for good.

It is now 13 months later and I do not have the SLIGHTEST urge to return to smoking. My blood pressure has dropped 20 points and no longer need to medicate for hypertension, my clothes don't stink, my lung capacity has increased and I am thrilled.

Without electronic cigarettes, I am sure my success would have never been possible. These products are a life-saver for smokers who want to quit!

2/5/2015 8:24:47 PM - Megan Ratchford

I was smoking from the time I came home from the hospital as a baby as my mother smoked two packs a day and my grandmother four a day. I knew the smell of smoke and the comfort it gave my family far better than anything else in the world. Smoking was peace, smoking was a hand to hold when the world fell apart or when it was in celebration. I learned how to function in life by watching my family consume cigarettes. That is something I could never let go of. When I was 18 my mother and grandmother started using nicorette gum and I was suddenly in a smoke-free home. I was detoxing and in withdrawal but had no gum to help me! I went right out and bought a pack of smokes and have used them ever since (till now.)I have tried to quit smoking many times mostly because I could not stand their taste or smell any longer. I would chew the gum but it didn't mimic the habits I had set in place. Feel impatient/worried/stressed have a smoke. Finish a meal, have a smoke. Wake up, have smoke. Going to bed, have a smoke. Because the patch, gum and medication did not allow for these habit patterns I would smoke anyway. When I chewed the gum I chewed constantly and even had smokes while chewing the gum. My nicotine usage skyrocketed. So I went back to cigarettes because I was using less nicotine just smoking than trying anything else. Many of my friends had used e-cigs to kick the habit but I blew them off. I figured I would die smoking. My boss at work sent me new information she had gotten from her nephew who had quit using an e-cig and the flavors and mechanics of the product had so improved I was intrigued. I found a local store and made the commitment to go the next day just as they opened. I was so excited I could barely sleep. I walked in the store, chose a starter kit and some e-liquids and they gave me the hands-on showing of how to use the products, what may go wrong in filling the tanks and how to fix them, everything I could think to ask. I took my first draw of an orange flavored e-liquid and I was done with cigarettes, DONE! I was thrilled with the e-cig as I could mimic my former cigarette habits perfectly. Fool with the liquids by filling tanks and choosing more exciting flavors and trying them all and learning what I do and do not like for flavors. This is so very liberating! The most exciting part for me is I can lower the nicotine content while keeping my "smoking" habits. I will continue using the e-cig even when I have no more nicotine in my e-liquid, (my eventual goal) and I will never smoke again! BECAUSE OF THE E-CIG I WILL NEVER, NEVER, NEVER SMOKE AGAIN!!! If this product had not been available to me I would be smoking right now as I write this but I am not! E-cigs are the very best thing that has ever happened to me, EVER! If I am forbidden from using these any longer I will go back to smoking, no question. Every person who votes to outlaw e-cigs will be responsible for my cigarette related illnesses. E-cigs are a blessing and should be celebrated for finally allowing many to not even want one cigarette. I smell them as others smoke and I do not crave them, just hold my e-cig closer. My doctors are thrilled, my family is shocked and thrilled, my coworkers are thrilled and blown away at how easy this was for me. Everyone is spreading the word to all of the people they know who are in serious conditions due to smoking who could never quit with anything else

before. Many of them are surprised and thrilled to NOT be smoking, at last! As for my mother and grandmother they stayed on the gum. My grandmother went through so much so fast she would steal it from my mother and swallowed the gum all the time even when it said not to. She died in 1996 of an aneurism thanks to the nicotine. My mother still chews the gum even though her dentist said the six Root Canals she has had since starting the gum is directly related to her chewing the nicorette gum, it is destroying her teeth and gums but she won't stop even after using it for 25 years as she will go back to smoking. She is now chewing more gum than the amount of nicotine she was smoking. Now if she would try an e-cig she would not be smoking and her teeth and gums could heal. She might even get off the nicotine for the first time for most of her life. If this could be possible, if my experience could be possible, if all the stories surrounding e-cigs COULD be possible WHY would anyone EVER think we should outlaw these wonderful products? Cigarettes have 4,000 known horrible things in them, E-liquid has four things in them that have no proven harm relating to any with even nicotine being related to positive effects on other diseases now that it is divorced from association with cigarettes in research. The liquid used to make the vapor is the same used for little "cloud" machines sold to kids for Halloween and used in theater productions for smoke effects. The flavors are used in foods. So what is the harm in four things verses 4,000 things we KNOW cause harm? Please, I beg you, help protect our right to finding a healthier life!!

Then I passed my vaperversary of July 13 2014 and became a member of the â€œone yearâ€ club, heading quickly towards my second year of being free from cigarettes. And so it is true, I will never smoke again. Vaping continues to be my salvation!

2/5/2015 8:24:39 PM - Connie Jean

I was a pack and a half a day smoker for 32 years. I have been a non smoker for eight years now. I used Chantix to quit and have never returned to smoking. My cloths, hair and car no longer have the nasty smell of smoke. Everyone knows that smell. After approximately a year I felt so much better. I could breath better and just had an overall boost in feeling acomplished in quiting a habit that I knew was unhealthy. The down side was that over the years, I started putting on weight. Yes, we have all heard the horror stories and reasons why some people fear quiting for this exact reason. Smoking is a hand to mouth habit, so many replace food, drink or other habits to fulfill the habit. For me it was food. I started doing research on e-cigarettes, and knew they were much healthier than cigarettes. They don't have the tar and other harmful chemicals found in cigarettes. I started about one year ago on e-cigarettes, using 6mg of nicotine. I have lost over fifty pounds and don't have the smokers cough, unpleasant smell and feel much better now that the weight is off. I would recommend to anyone attempting to quit, it works!! I have converted three of my closest friends to switch and they have been smoke free for a year now. I say try it, you might be surprised and feel much healthier doing so. Good luck. And just and added note, I am in the medical profession. Nothing worse than telling someone to quit when I smelt like a walking smoke bomb.

2/5/2015 8:24:27 PM - Jeremy Stephenson

I had been a smoker since I was 19. I will be 38 in March 2015. Back in 2010, I was rushed to the hospital, where I was diagnosed with type-2 diabetes. Smoking regular tobacco cigarettes contributed to the development of my diabetes. When I was a smoker, it, gradually, became tough to breathe. After I got out of the hospital, in 2010, I tried e-cigarettes, for the first time, I've been using them ever since. While I've been using e-cigarettes, my lung capacity has improved a lot. I am breathing easier, I can smell things better, food tastes better and e-cigarettes are not effecting my diabetes. My doctor knows that I use e-cigarettes, he has seen the improvements in my health, while I've been using them, in addition to taking my diabetic meds, and he approves of me using e-cigarettes. It's been a few years since I've had a regular cigarette. I no longer vape for the nicotine; I vape because I enjoy it. Vaping doesn't harm my health & it doesn't effect the health of those around me. Just because something contains nicotine, doesn't mean it's a tobacco product. All of those other stop-smoking aides have nicotine. Cauliflower, egg plant & potatoes are also sources of nicotine. Does that make them tobacco products? NO! If a product contains nicotine, but no tobacco, it's not a tobacco product! Tobacco is not the only source of nicotine!

2/5/2015 8:24:17 PM - Keith Q.

To start I'm 38 years old, and had been a smoker since the age of 12.

I had a spine fusion surgery in September of 2013. My wife didn't let me smoke in the house at the time and I was bedridden due to the surgery. I did some research on ecigs during that time and bought an EVOD starter kit with some different liquids (tobacco, fruit punch, and apple pie). (Yep! Fruit flavors!! Watch out kids!)

While setting it up I smoked the last cigarette I had in my last pack. Once I started using my ecig I've never picked up another cigarette since! On September 25th 2013 I quit smoking!

Ive since gotten away from tobacco flavored liquids and only vape bakery (custards, vanillas) and fruit flavors. Yes adults like these flavors too! I have no in treat in cigarettes anymore and have reduced my nicotine intake from 18mg to 6mg.

I should also add that before my surgery I had tried to quit a few times because I wanted to and my wife wanted me to also. I tried the nicotine patch and it made no difference. I still smoked with the patch on. I tried Welbutrin... nothing. The gum did nothing at all either. I still continued to smoke. I even tried cold turkey once. I lasted 2 months and I was an absolute nightmare to live with! My temper was through the roof and couldn't stop having panic attacks. My wife bought me a pack of cigs just so she could be around me.

Since I started vaping.... I have had zero problems! I can run again, I breathe better, smell better, and my doctor said my lungs sounded fantastic on my last visit (1/23/2015) I love it, and I have no intention of going back to cigs ever again!

2/5/2015 8:24:09 PM - Martin Hentges, Coon Rapids, MN

As of January 27 2015 there has been 3,168 success stories of how Ecigarettes have helped people stop smoking traditional cigarettes. I am one of those people. I remember watching the TV show Intervention and thinking to myself that there really isn't much difference between my addiction to smoking and these drugs... It's going to kill me if I don't quit smoking. I have tried Chantix and Wellbutrin, to no avail. I've tried nicotine patches, gum and lozenges with no help. The ONLY thing that has worked is a electronic cigarette. February 17 2015 will be two years smoke free. I'm afraid that if this choice was taken away from me that I would go back to smoking traditional cigarettes. Please see that this is a viable alternative to smoking and allow us as adults to make the choices WE THE PEOPLE feel are a better alternative. Thank you

2/5/2015 8:23:34 PM - Sirius

Hello, I\'m 57 years old and have been using ecigs for 17 months. For the first time in 43 years I am smoke free. I had a massive heart attack at 45 having smoked up to 2 packs of Marlboro reds a day. I had to quit, but nothing worked. Pills, patches, gum, and lozenges had no effect against the pull cigarettes had on me.

Finally as a last resort, I tried one of the cigalikes the gas station sold. I still smoked because that did nothing for me. I was resigned to just waiting on death to take me in it\'s grip.

Then I saw a guy on my knife forum with en eGo dangling from his neck. I thought it was a water purifier and asked him about it. He said that was what he used to stop smoking. More money in his pocket for knifes and survival gear. lol

I bought a started kit and some eliquid and that was what got me off the cigarettes. I\'m now using 6mg nicotine dropping from 24mg and have upgraded to a PV mod. It\'s been very satisfying and I can\'t even stand the thoughts of a nasty cig or smelling like a trash can. Hope you all have as much luck finding what get\'s you to stop smoking. You will feel so much better....Cheers.

2/5/2015 8:23:25 PM - Justin

I smoked for two years. I tried quitting after about a year and a half. This Did not work using typical methodologies including gum, patches and cold turkey. I tried vaping and it worked. No cigarettes for 4 months and more to come, it is that simple. All smokers should be aware that there is an alternative method out there that is not a patch, gum or expensive therapy/rehab. The successful quit rates for these products are low anyways. There is an alternative where the majority of the community that has tried it, has been successful. Everyone is different but it seems that no matter the type of smoker you were, vaping has a solution that yields benefits greater than sticking with the combustion of Tobacco. We all have to start somewhere and mitigating the effects of something as much as we can is better than not trying and getting stuck with the largest known cause of preventable deaths.

2/5/2015 8:23:16 PM - Amanda Vickers

I smoked cigarettes for 18 years i tried quitting several times but was not successful. I had early c.o.p.d. and chronic bronchitis!! I stayed sick all the time!! My husbands uncle gave us a starter kit and some juice. I started vaping and never looked back!! I was able to quit smoking !!! My c.o.p.d. is Gone!!! My health is amazing now!! I can breathe so much better!!! I am a very proud vaper!!! VAPING HAS SAVED MY LIFE!!! AND IT DOES WORK!!! I will never smoke cigarettes again and i am so grateful to vaping it has saved my life!!!!

2/5/2015 8:23:06 PM - don smithee

I smoked 3 packs a day for more than thirty-five years. For the last 10 to 15 years of that period I coughed and hacked every morning when I got up and every evening when I went to bed. I switched to ecigs just over a year ago. Two weeks after switching I stopped coughing in the mornings or evenings, I breath easier and feel better. While I am sure inhaling anything into your lungs is not good for you "vapeing" for me, has been the best alternative. Please leave my ecig alone. I'm sure there are much more pressing matters to be concerned with.

Don Smithee

I use an unregulated AR mod

with either a rebuildable dripping atomizer or a rebuildable tank atomizer

my nicotine strength is 3ml per. I started at 24ml per.

I have not smoked a cigarette since the 3rd week after switching.

2/5/2015 8:22:57 PM - Carole (MoonSparkle) from Greensboro, NC

2 packs a day for 20 years, started at the age of 15 in the early 90's when smoking was the 'cool' thing to do. I enjoy smoking and quit completely by accident in one day because I walked into the wrong store.

First I want to mention I had tried quitting many years ago by many different methods such as gums, patches, support groups, hypnosis, Champix (gave me side effects) and even cold turkey with no luck.

As a canadian that recently transplanted to North Carolina, my husband and I were driving around our new neighbourhood in attempts to learn it better when we came across this shop that caught our eye that we thought sold antiques. We step in and everyone inside is smoking! So we thought! But wait a minute, those are not cigarettes! The owner of this shop looks at me and says "Never seen you here before! Are you here cause you want to quit smoking?". This confused me greatly but sparked my interest. A hour long conversation about vaping occured. I was skeptical, but she let me try one and was surprise how much it felt like the real thing and I walked out of there with a start up kit and some e-juice and decided to give it a shot and see how long I would last.

I NEVER touched another cigarette again!!!! I didn't even try or had the intention of quitting in the first place!!!!! It still amazes me to this day!

I smell better, my house is cleaner. My kids and husband are happier. No more burns and ashes to deal with. Even my pets seem better. Although cost wasn't an issue for me, it's much cheaper too. Food is tasting amazing again. I feel like I can breathe again.

BUT, now I am angry. Very angry. I finally quit and now vaping is getting banned all over the place. I am being treated like I am still smoking when I am NOT!! It's completely not justified.

To summarize, I quit smoking the second I started vaping with no intention to quit at all. Pretty cool if you ask me!

2/5/2015 8:22:39 PM - Mike Miller

I have smoked cigarette from age 13 I'm now 33 years of age .I have quit smoking after 20 years of smoking with vaping ..I love the flavors they offer and that's what really made me quit...I'm 4 months without a cigarette ..I feel so much better now and love that I don't want cigarette any more ...thank you for listening and I hope this helps our vaping community. .

2/5/2015 8:22:15 PM - sbyvapes

I just want to say , when I found out I was having a second child just recently , I started thinking ...Well , I'd like to be around to see my child grow up so , smoking isn't an option anymore if I want to live ! I've been smoking cigarettes for over 20 years!! It sucks! So , whats the alternative? Vaping!! Ok so, I went to my local Vape shop to see and learn more about vaping and to see if this was a good alternative for me to quit smoking cigarettes and all of the 4000 other chemicals in them that contribute to killing human life!! It is a drug that kills and powerfully addictive!! Anyway , long story short its now been 3 months and 6 days since I started vaping and I personally feel better , my family is happier and the stench of cigarettes no longer lingers on my body! Not to mention the craving is gone although I know I am still consuming nicotine. But at a LOW dose! Eventually 0 nicotine as to mention , vaping juice comes in nicotine levels ranging from none to around 24-30 mg. Smoking is disgusting and other people who don't smoke don't deserve to have their lives polluted by smokers like my self! Its a killer !! Thanks to vaping , I might be around longer for my family and freinds!! Vape On !!!! Live Long!!! Stay Alive!! Vaping Saves Lives!

2/5/2015 8:22:04 PM - Michael (The Mr of TheCoupleThatVapes)

Hello I am a father of 4 kids and husband and have smoked for many years. I have tried the little e cigarettes sold in the gas stations, hated them, and have even tried quitting cold turkey, but was so unbearable during that time that it was either go smoke or lose my family. I bought a set up and some e liquid a few months ago. I have not wanted to touch a cigarette since and will never touch one again. I can now breathe better. I don't get winded when I run with my children to the bus stop or we run around and play in the yard. I am able to lift and care for my 11 year old disabled son so much better. The children know not to touch any of my vaping stuff and are very thankful that I quit the stinky smoking and am now doing something that isn't killing not only me but everyone around me. I don't know if I could have ever done it, wait, I couldn't have, if it wouldn't have been for vaping. I started at 18mg nicotine for my vape and in a few months am down to less than 3mg nicotine. Vaping is nothing but a great thing and should be promoted more than what it is. Surely not banned or taxed ridiculously.

2/5/2015 8:21:55 PM - Thomas Olson

In 1976, at age 18, I entered the U.S. Air Force. While in basic training, the smokers were allowed to stand in the shade and relax while they smoked. The rest of us had to stand in formation. It seemed to make sense at the time to join the young men in the shade. That's all it took. From that point on, I was hooked. Over the next 35 years, I smoked anywhere from 1 to 3 packs of cigarettes per day.

Periodically, I would try to quit using every method available, i.e,. "cold turkey", hypnosis, nicotine gum. nicotine patch,, etc. Cessation would last anywhere from a few days to several months; but the urge to smoke never left.

In the spring of 2012, I discovered e-cigarettes. These were the "ciga-likes". At first, the disposable type. and later, I bought a rechargeable kit. These helped me to cut down on my smoking but never to quit completely. I liked that I could vape indoors, I liked that they offered a few different flavors, and that there was no real second-hand smoke that would stain the walls, nor saturate the carpets and upholstery - as well, of course, to harm non-smokers. For me, though, these ciga-likes just didn't provide sufficient vapor for me to quit smoking entirety.

Then, for Christmas in 2013, a friend gave me an eGo starter kit consisting of 2 900mah batteries, 2 CE4 attomizers, a Protank 2, and 2 bottles of e-liquid. Finally, these provided the vaping performance I needed. One week later I had smoked my last cigarette! From that starter kit, I have progressed to more powerful batteries all the way to 2200mah and larger tanks with air flow control and finally on to dripping attomizers.

It has now been over a year and I have not had a single urge to smoke! The range of flavors is ever-expanding. My current favorites are peanut butter and banana, pomegranate, and blueberry custard. I do enjoy testing new flavors, so I'm sure that in a few months I'll have new favorites. I enjoy collecting new vape hardware as it continues to develop, Vaping has become a fun and satisfying hobby with the huge benefit of keeping me smoke free.

As long as e-cigarettes are allowed to continue to develop and expand, it will continue to help me and millions like me around the world to quit smoking. If, on the other hand, the government interferes with the e-cigarette industry, it would deprive us all of this powerful too1 to stay away from tobacco.

As a consumer, I have no objection to putting child-proof caps on e-liquid bottles, though I would think parents would keep them out of the reach of small children like they would with alcohol and tobacco products. (I don't recall seeing child-proof caps on whiskey bottles!) I see no reason to restrict the different flavors. I see no reason to eliminate all types of e-cigarettes other than ciga-likes. If these things did happen, tr as I

might, I seriously fear that I and millions like me would return to smoking. Please keep this from happening.

2/5/2015 8:21:38 PM - Choochoogranny

My interview with Dimitris Agrafiotis, The Vapin' Greek, in the lst quarter of 2014.

https://www.youtube.com/watch?v=vOX-ifp89jI

It is now a couple of weeks from my 18 mo. quit smoking/start vaping day; and I've continued to research vaping and all it entails including the political ramifications. All that I've viewed, read, and experienced has cemented in my mind a firm conviction that all governments, tobacco, and pharmaceutical companies with their associated "health" associations are NOT concerned about smokers health BUT only their bottom line. I am aghast and appalled at the so called "experts" who are willing to make their living by causing the deaths of millions with their misinformation, faulty testing, and downright lies. I will never again rely on the information promoted by the FDA, CDC, AHA, ACA, AMA, or any other three lettered organization again! I have learned to question and find out who is paying the "expert" the big bucks to sell his//her soul.

Otherwise, I've had a splendid, healthful, happy time enjoying my vaping journey, and plan on continuing using nicotine at the 6-9 level using my MVP's, ProVari's, VaporShark, and eLeaf iTaste. As a "senior" vapor, I'm more than happy to test the research about nicotine enhancing cognitive ability and helping with Alzheimer's.

Jeannie Cox aka Choochoogranny

Chattanooga, TN

2/5/2015 8:20:03 PM - Mike

I was a smoker since I was 13 years old. When I got into my early twenties I tried to quit, but to no avail. Tried the patch, the gum, nothing worked. Into my thirties now I found vaping. I gave it a shot when a friend introduced me to it. It was nice at first with cartomizers and ego batteries but I ended up going back to cigs. When I got to thirty one I found rebuildables and never looked back. Been going without cigarettes for 1 year and some change.

2/5/2015 8:19:54 PM - Gayla Rogers

Hi! My journey with vaping began in January 2014. My mother in law had passed in November 2013, from breast cancer that moved into the lungs and brain. She had tried to quit smoking to help elongate her life, but was unable to do so. My own mother had the beginning stages of COPD from smoking she had tried everything to quit as well, the pills, the patch the gum- nothing simulated the needs of smoking causing for failure each time. Then I heard about vaping. So I thought it's worth a shot. I started after 25 years almost 2 packs a day smoking. A week later my parents both started vaping and they were close to 3 packs a day for 40+ years. WE have not touched a cigarette since the day we bought our vapes. The battle is real with detoxing off all the chemicals in cigarettes. It was not easy we still had to battle, but having the lower level of nicotine and the visible exhale created a way to actually be rid of regular cigarettes forever. We have since opened our vape store in Belton TX. We cater and specialize in beginning vaping. We give support and explain aspects most shops don't do. We saw the need to have a vape shop for each and every style of person, because all different people smoke, they would need to vape. There's no describing the amount of energy we had after ebing off cigarettes, our lungs can take full breaths again. Our sense of smell and taste has returned. We are not hurting anyone around us, or being outcast because we smell of so many burnt chemicals. We encourage our customers to not vape where smoking isn't permitted, to always ask before they vape and not run around a store saying I'm not smoking so I can vape inside. We don't think that is being respectful of others, period. However, it should remain an alternative to smoking, Over the last 8 months of opening we have watched, cried in joy with, and encouraged 100 or more people on their journey to be rid of this terminal addiction. I pray daily that regulations are needed, but be made with common sense, and with people like us in mind. We are healthier, we are better and we are thankful to this invention.

2/5/2015 8:19:13 PM - Wayne Barber

I have been using electronic cigarettes now for a little over 8 months. In this time I have smoked only once when my grandmother died for approximately 2 weeks during which I smoked less than one pack of cigarettes then went right back to electronic cigarettes because I didnt feel good when I was smoking. I breathe better, have more energy, dont smell like smoke, and in general am happier without cigarettes. All of this would not be possible without electronic cigarettes since I tried other products which not only were expensive but did not help with the habits developed when smoking, meaning the hand to mouth action which I substituted food for while I was attempting other quitting methods. This is a very viable method for quitting smoking for many people that I know and have met while on my own journey to quit. The liquid used smells good to many non smokers I have shown my products to at work and on the street and the electronic cigarettes were well received as well since they look nice. I have personally made electronic cigarettes a hobby with perhaps 10 mods, replaceable battery electronic cigaretts, in all that I use off and on as well as rebuildable tanks and drippers. I will be using them until I can quit and being down to 3 mg/ml of nicotine now may not be too long. If you dont already know there is about 11mg of nicotine in a cigarette. In short there is no reason to regulate the devices themselves since they have and still do reduce the number of smokers, myself included, and making them more expensive will drive more people back to smoking, As far as regulations go I do support regulating the nicotine liquid as I did support age regulation on cigarettes but the devices themselves as well as non-nicotine liquids being regulated will be upsetting to many of us who use these products and cannot afford them should they become more expensive, also if they are removed many of use will most likely go back to smoking as a way of stress relief and relief of the habit that is a lifelong fight as it is for any addict. I personally hope that electronic cigarettes are left alone since they are beneficial and do, for a large percentage of us who have tried them, help people put smoking in the rear view and get us on the road to a healthier life. My last point will be I hope this is not going to be made a money issue since it is the health issue that is more important for many people, myself included, that have seen such a massive benefit.

PS- to answer the question list,

I am 45 years old

started smoking at 19

On electronic cigarettes for 8 months give or take 2 weeks

I use several mods of the non-disposeable kind

have only smoked once as stated above

I quit smoking as soon as I got the product(except as stated above)

I tried chantix, lozenges and the patch as well as a few methods on TV, none worked

as for life changes,

Better breathing

More energy

generally better mood

Less annoyed looks from non-smokers

Sinus problems gone

Sincerely hope vaping sticks around,

Wayne Barber

2/5/2015 8:19:03 PM - Tiffany (The Mrs. of TheCoupleThatVapes)

I am a mother of 4 including a child with cerebral palsy. I have smoked for more than 10 years and have tried quitting many times and never had any success with it. Quitting aids in perscription form gave me horrible side effects, and cold turkey made me crazy as it increased my anxiety and panic severly. I started vaping a e liquid with about a 6mg of nicotine content and within weeks I totally quit and havent touch one in about a month now. I am down to almost no nicotine in my e liquid now and am so thankful for this wonderful, convenient, easy way to improve my health and live longer. I think the vapor option should be offered more than perscription medications such as chantex with all the horrible side effects. What is the side effect of vaping nicotine e liquid, hmmmm... let's see, you will be much healthier and live longer. I have small children even and they know not to touch any of my vaping stuff. They are just thankful that their clothes, the house, and everything no longer stinks like smoke, and are very happy that I am not puffing on those sticks anymore. So thank God for vaping and me finding out about it. It literally is saving our lives.

2/5/2015 8:18:53 PM - Jamillia

I was a pack a day smoker for about ten years. I tried quitting many times to no avail. One day wile riding on the bus I saw a gentleman with a apparatus that looked like a pen but it had what I thought to be smoke coming from it. I asked questions and the next day I bought my very first vape pen. I thought that the initial investment was high being about 55.00 but the money I've saved long term was well worth it. I tried it for about a week then I ran out of juice so I bummed about cigarette from a friend. It was god awful and I wondered why I smoked in the first place. I've been smoke free now for a little over two years and that to me is priceless...

2/5/2015 8:17:06 PM - Brian Baron

Short and sweet...A few days after my 58th birthday I had a bad cough and didn't know what to do. I was a pack a day smoker for more years than i care to admit to. I went to roll my own few years ago since the prices here in NYC are so high.

Now, back to my cough.....I was suspicious of the dry atmosphere in my home but wasn't sure that was the problem, but I certainly could not smoke anymore cigarettes, my chest hurt and my throat was way too dry. I decided to go into the city and investigate vaporizers. I picked up the simplest vaporizer I could in the store and started using it right there. I actually felt I was getting the satisfaction of my nicotine and the feel of the vapor in my mouth but more importantly I was not coughing anymore.

The bottom line is I haven't had a cigarette since January 9th, 2015. Today is January 27th, 2015, and I know that if I vape a lot my mouth does get dry but I'm not coughing anymore. My lungs feel clearer, my breath doesn't smell, my closes are smelling better.

Vaping has saved my lungs and therefore my health.

Any questions..??

2/5/2015 8:16:56 PM - Alex Juel

I started smoking cigarettes when I was a teenager, somewhere around 14 years old (about 1996). I tried to quit many times, never with any success. I've only tried cold turkey because I couldn't afford any other options. The longest I was able to quit was about 6 months, but I relapsed.

I'm very much into health and fitness and in 2010, a friend said to me "for someone who cares so much about your health, I don't understand how you can smoke," and that comment hit me hard.

I immediately decided I wanted to quit and gave electronic cigarettes a try. I figured that if I got a cheap e-cig from the gas station, I would be disappointed and end up going back to cigarettes, so I ordered an expensive kit online. I wanted the best quality device I could get. I went with an e-cig because I felt like what I really needed to quit was something that closely resembled smoking.

I'm so happy to say that it worked.

I started with high nicotine cartridges and worked my way down to 0mg nicotine over several months and eventually quit entirely. I had no desire to smoke again and I've been tobacco free since August 2010.

I rarely use my e-cigarette anymore unless I go to a poker party or a concert with friends where I might have a temptation to smoke, but that's probably less than 4-5 times per year, so really not much at all. And even on those occasions, I sometimes still don't use my e-cig.

I've since created a blog where I try to help others - http://healthygreensmoking.com - by providing inspirational articles and tips on avoiding temptations. Quitting smoking was one of the hardest things I've ever had to do in my life and it's important to me that I do what I can to help anyone going through the same struggles.

Using an electronic cigarettes is probably the best thing thing I could have ever done for my health. I honestly believe they saved my life.

2/5/2015 8:16:46 PM - Skeeter

How long did you smoke? ------ i started smoking when i was 7, starting vaping aroun age 18-19. so around 11 years.

How long ago did you start using a smoke-free alternative? ------ 2 years ago, on august 2 of 2012 i bought my first NON cig-a-like - and it stuck, it worked better then the cigarette look alikes i was buying from the gas station at that time.

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? ------ when i bought cigalikes they were unlabled so i have no idea how much nicotine was in them, from the cigalikes to my upgraded ego i was vaping around 16-18mg - as my gear got more advanced at delivery, my nicotine levels have droped down to 10mg or lower.

Do you still smoke at all (and if so, how much have you cut down)? ------- HELL NO, i was dual using for only a month when i got my first ego kit, and soon realized how cigarettes tasted like ass and had no feeling besides feeling sick from all the unneeded chemicals/tar.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? ------ i did still smoke, but for only a month. the above question and answer should help clarify this.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? ---- i tried nicotine gum for around a month, but it caused ulcers in my mouth. also the constant "pins and needle" feeling was always pressent in my mouth, i did not like that

How long were you able to go without smoking using these other methods before starting again? ---------3 weeks max.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?---------- i can breath without an anoying wheezing sound finaly, i no longer cough up black mucus spoted loogies, i can smell better(good and bad).

only "bad" thing i can say, is depeding on your ejuice ratio - the more vegetable glycerin is pressent, il wake up with a solid chuck of clear mucus in the back of my throat. the more vg, the more present it is. -------- which can be entirely avoided if i switch to a PG dominate juice before i go to sleep.

im not one of those people who vape just for the "pure enjoyment of clouds"

i vape because it help me quit and stay off cigarettes. i do not "cloud chase" and i do not enter competitions.

2/5/2015 8:16:38 PM - Dominick - Staten Island NY

I'm 52 years old. Have been smoking cigarettes since I'm 16. 36 years. Although being athletic and a runner it didn't seem to bother me to much. Not to long ago I noticed I was waking up hacking and coughing my brains out. My chest felt like it was on fire. Lighting a cigarette while coughing and hacking having coffee. The brain finally said this is insanity it's time to do something about this. I had stopped once before for 4 months but went back to ciggarettes. I decided to get some good vaping equipment and haven't smoked for 45 days now. My chest feels a thousand percent better and no more phlegm and coughing. Can absolutely see the difference !

2/5/2015 8:15:52 PM - Mark Johnson

After smoking cigarettes for almost 40 years, up to 2 1/2 or even 3 packs a day, the thought of actually quitting wasn't even on my mind when I purchased a vaping starter kit on July 8 2014. I smoked a cigarette on the way home from the vape shop because I had one left in the pack. That was the last cigarette I have, or will ever, smoke.

2/5/2015 8:15:37 PM - Rich-Melbourne, FL

I was a two pack per day smoker from age 14 through 36. So much harm done. Until I found out about personal vaporizers, I was destined to follow in the footsteps of my grandfather, who died at the age of 69 from Lung Cancer. I have not had a cigarette in almost 4 years now since buying a vaporizer. These are a life saver, literally. I would still be killing myself slowly if not for these products. These harm reduction delivery systems MUST be kept available to all and without a ridiculous sin tax either. This is the Land of the Free so leave it that way.

2/5/2015 8:15:29 PM - Justin Baugh

I started smoking in high school, trying my first cigarette around age 16. At age 17 I was a smoker, in the proper meaning of the term. I liked smoking, the feel of the smoke filling my lungs and the exhaling afterwards filled some sort of "hole" in my life. I was introduced to cigarettes through friends and my then-girlfriend. My grandmother and grandfather smoked. My father had smoked before I was born. Some of my aunts, uncles, and friends of the family smoked as well. Smoking was not unnatural to me, in theory. In practice, smoking was a way for me to relax. The act of inhaling and exhaling was therapeutic, in a way. I enjoyed what smoking did for me; at least, for the first few years.

Ten years later, I found myself out of breath, out of shape, and out of will power to put down my near pack a day habit. I was addicted. I was no longer happy. I knew I needed to stop the destruction caused by my once-favorite activity. I had no interest in nicotine gum. I had no interest in patches that have proven ineffective for many smokers. I knew I wanted the nicotine. I knew I really did enjoy inhaling and exhaling something other than air from my lungs. No product existed which would allow me to be both healthier and happy, or so I assumed.

The year 2013 came like any other, presenting me with new hope of changing my current state of mind about what I needed to do (quit smoking). I looked long and hard for alternatives that would help me cut back at first. I bought smokeless tobacco products including wintergreen dip and snus. I had good experiences with those products in the past (great for Army combat convoys and in training). The only problem was that I missed that feeling of filling my lungs. (I would like to find studies conducted on this phenomenon: the enjoyment of filling the lungs with something other than air.) Just when I thought I would have to go back to smoking again, I found Blu. Blu was the very first e-cigarette I tried. I had heard that it was water vapor and nicotine, not smoke and tar. I was willing to give it a chance. It was somewhat fulfilling, but not quite all that I had hoped for in a tobacco cigarette alternative. The vapor tasted different. It tasted good, at the time (more about flavor later). It just lacked the thickness and warmth that I experienced through tobacco cigarettes. I gave in and bought a pack the next day.

A few months later I decided to give vapor a try again. My chest had begun to feel tight when I smoked and I felt much less in shape than ever before. I was tired just walking down stairs. DOWN stairs, for crying out loud! I went out to find a new e-cigarette. Blu just wouldnâ€™t do this time around. Luckily, the gas station I frequent had two more brands in stock. One came from a tobacco company (I didnâ€™t want that one) and the other was a NJOY King. The NJOY was much better than the Blu. Better vapor production and more of that smoking experience; warmer, more nicotine, and less fancy. That became my choice e-cigarette. I was a dual-user for about a month. Then I discovered the art of vaping a personal vaporizer (PV).

On December 10, 2013, I walked into a local hookah bar/head shop. This was the only establishment I knew of which carried personal vaporizers. I purchased an eGo battery and a Kanger Evod clearomizer, with a few replacement heads. For juice, I chose a tobacco flavor over something fruity or sweet. I wasnâ€™t against the idea of flavors. The shop was merely offering flavors I did not like.

Upon my return home, I filled the PV and let it sit for 15 minutes, letting the wick absorb the juice as I was instructed was necessary for proper flavor and performance. Never in my life had I been so nervous. I knew that if this failed to satisfy me I would be a smoker forever. The first inhale and exhale of vapor was interesting. I noticed a dramatic difference in quality and experience from the previous e-cigarettes I had tried. The flavor was better. The amount of vapor was better. The feeling I had been searching for in an alternative to tobacco cigarettes was finally in my hands. I felt power flow back into my body and my soul. I felt that I could finally be done with tobacco, once and for all. I felt happy.

To this day (January 27, 2015) I have not smoked a single cigarette. My lungs have been given life again. I can walk up stairs and down stairs and even run without becoming tired quickly. I feel healthy (other than not working out as much as I should).

I have gone through a dozen different mods and styles of atomizers (clearomizers, tube tank cartomizers, RBAs, RDAs, etc.). I have progressed to building my own coils, in both RDAs and RBAs. The process is easy, once you know Ohmâ€™s Law and elementary electronics (a 2nd grader could build a coil with instructions).

Flavor has been an issue for me. For a while, I had stuck with tobacco flavors. Those became dull and boring to my taste buds after a few months. I then switched to vanilla flavors and fruit flavors. Many different brands of e-liquid later, I, and my beautiful girlfriend, have become quite good at mixing our own flavor combinations. We have even been starting to plan our own e-liquid company. The details of that are G-14 classified, but with the current regulatory agenda in our state and the federal government, our plans are not looking good.

The point of this story is that I enjoy vaping. I like the feeling of inhaling and exhaling something other than air. I have a feeling that I am not alone. Vaping has saved my life. I would like for others to have the same gift of hope and life now and in the future. Vaping is not smoking. Vaping will never be smoking. Vaping is life after death for a smoker. Letâ€™s work hard to keep it free from obstruction.

2/5/2015 8:15:21 PM - Ryan M

All of the men and some women in my family smoked when I was growing up. So naturally I started smoking at a young age and by the time I was in high school I smoked close to a pack a day. By the time I finished high school all of the family had quit but I had just begun my journey with a tobacco addition.

My addiction didn't confine itself to just cigarettes. I would smoke cigars, use chewing tobacco, and even used snuff (the type you snort). This lead to all sorts of issues that are common to heavy tobacco use. So many times I had tried to quit but it never worked. At the age of 40 a friend inteoduced me to vaping.

The device was an ego twist with a iClear cartomizer filled with a fruity flavor with a low nicotine content. I really enjoyed it and was excited about the idea of this new vaping culture. I soon went out and bought my own setup and I have never looked back.

It has been 15 months since I last used a tobacco product and I feel so much better. I don't misss smoking at all and feel sorry for anyone who I see/know that still puts that burning, foul smelling cancer stick in their mouth.

I am aware that there are still side effects from the carcinogens in the vapor. I have read hours of studies and have come to the same conclusion as many them have concluded. The quantity and levels of these negative agents compared to tobacco products are not even in close in measurement.

Vaping has become my way of ending my journey with nicotine addiction. I hope to be free of it by the end of this year and quit vaping as well. The right to Vape should remain free for people to use as a means to break free from tobacco or just to enjoy.

Ryan

2/5/2015 8:14:16 PM - Paula Sams

I was a smoker for 35 yrs. I tried the patch,nic gum, prescriptions, and cold turkey... Nothing worked.. I was smoking 2 - 2 1/2 packs a day.. A friend told me about vaping...I went and bought me an ego 1300 twist kit.the day i bought it I smoked my last cigarette as i walked in the door.

I am happy to say i have been smoke free for 1 year and 4 months.. i started on nic level 24 and i am on nic level 6 now...soon i will be able to say i am nicotine free.. could have never done it with vaping ..it has made it so easy..I feel better and have more energy.. My family is so proud of me for finally beating the addiction that had me for 35 yrs.(cigarettes)

2/5/2015 8:14:08 PM - Vernon

I started smoking at age 12, and smoked for about 13 years. When i decided to switch to a smoke-free alternative I was smoking about a pack a day. I then started to use vaporizers with an 18mg nicotine content, I was still smoking cigarettes at first but that lasted all but 2 weeks soon I found that cigarettes were tasting worse than before and just couldn't stand smelling of cigarettes anymore. After about 6 months I lowered the nicotine levels I was vaping to 12mg. Skip forward another year to present day, now im at a 6mg nicotene content. Since I've started vaping I found that I can breath a lot easier, doing any kind of strenuous activity doesn't leave me gasping for air, my clothes and myself don't constantly smell of smoke which is a big plus in public situations. Vaping has changed my life for the better and I hope this smoke-free alternative will remain available to anyone who chooses to try and stop smoking.

2/5/2015 8:13:56 PM - Mark Turner

I am living proof that after 30 years of abuse, you can quitTobacco and Tobacco products. My issue is having a addictive type persona. Tobacco was running and ruining my life. I saw no way out of this vicious cycle of malicious abuse. I wanted a healthier lifestyle, I wanted to be free from Tobacco and all the cancerous poison it polluted my body with. I choose Vaping, I choose living a Healthier Life ! And will never look back :)

2/5/2015 8:13:46 PM - Kris Parmer

I started vaping about 5 months ago to try and kick the habit of smoking and occasionally dipping/chewing.

I went to a local vape shop in my hometown of Columbus, IN and was greeted by some very nice and knowledgeable folks. I explained I was looking to quit smoking and was immediately shown a Kangertech EVOD starter kit. I purchased that and an extra tank with a few juices. Withing 2 days of starting to vape I was no longer smoking or chewing.

Flash forward 5 months and I am still 100% tobacco free. I have lowered my nicotine level from 18mg down to 3mg of nicotine. That is a huge drop!! Heck some of my juices are ZERO nicotine and that is were I am headed with all my juices!!

I feel better!!!!!!!! I no longer wake up with a tight feeling in my chest and short of breath in the morning. I smoked for almost 20 years and I have never been able to quit this easily before. I did quit twice before, once with the help of nic gum and patches but within a few months I was back to cigarettes. The other time when my daughter was born I quit during my wifes pregnancy and shortly after my daughter was born but again I picked up the cigarettes. This time around I have ZERO desire to smoke.

I honestly enjoy vaping and hanging out with other vapers. It's become a positive hobby for me as I have moved into the hobbyist side of vaping. I enjoy trying new juices and new products as they become available. But most importantly I am not smoking and adding years to my life, time I will get to spend with my children and loving family.

Thank you from a happily tobacco free ex-smoker now avid vaper!

2/5/2015 8:13:38 PM - John Saunders

i started smoking at the age of 18. In addition to smoking i jad been heavily experimenting with drugs and alcohol. I became an alcoholic and was smoking marijuanna and using prescription pain pills in addition to using over the counter drugs to get high. After several years of this, i slowly weaned myself off of both drugs and alcohol, but as a consiquence, i began smoking ciggarettes more, eventually excalating to 2-3 packs a day. I now have been tobacco free for almost 2 years 100% due to ecigs. I feel healthier, am in much better physical shape, and get sick less often. My lung function has improved 60%. Without using ecigs, i honestly dont know if i could have done it. And im not living a better life. Thanjs casaa for helping to protect our rights. Keep it up

2/5/2015 8:13:16 PM - TattoosbyBobby

I was a hardcore smoker for 26 years. I tried all the patches and gums and pills, and none of them worked. When e-cigs came out I was skeptical and a two pack a day smoker. I tried the e-cigs but I still needed a cigarette every now and again until someone informed me of vaping. I bought my first vape pen with a high nicotine level. And over the three years since and some fancier vaping equipment I have even managed to ween the nicotine out altogether. I recently had a complete work up performed for a surgery I needed. The test results the came back were amazing. My white and red blood cell count was perfectly normal again as well my triglycerides. I have lost weight and the doc said my lungs were perfectly healthy and clear for the first time since I started smoking at age 13. I have literally saved thousands of dollars since a small bottleof my e liquid only costs $18 and last me over a month. I can breathe deep again, I can run and keep up with my child and dog and am planning on having another baby because I am now confident that I'm going to live long enough to see them grow up.

Sincerely,

Bobby Cimorelli

2/5/2015 8:13:05 PM - Mark Redsicker

I started smoking on a regular basis when I was 12. I tried quitting every way possible, to no avail. In August of 2013, a friend of a friend was selling starter kits for vaping. I began using one, and after smoking 21yrs, only smoked one cig after the first time I vaped. By now it has become a hobby, and I own my own vape business. As a recovering drug addict as well, vaping has given me something to be a little OCD about without ruining my health and life. I think the vaping community looks out for one another. I believe that FDA regulation is unnecessary, but underage use of nicotine is and should be illegal,and taken seriously.

I haven't smoked since August 2013, and my overall health has gotten much better. Also, I can do activities that were impossible when I was smoking, like play sports and work out.

2/5/2015 8:12:55 PM - ThaumaturgeRN

I am a steam-powered human.

Iâ€™ve smoked since I was 12. Started when I found I wouldnâ€™t get sick on the second-hand smoke from my parents cigarettes. After 42 years of smoking my lungs protested violently. Iâ€™ve tried every form of NRT (the gum works, sort-of as a short-term (hours) substitute), but couldnâ€™t stick with them and always ended up smoking again. Knowing I had to kick the burning leaf I researched e-cigarettes through CASAA and, using the advice of the fellowship at E-Cigarette Forum, made a committed purchase of equipment. It takes a (very) little while to learn to â€˜vape'; once some skill is acquired it becomes natural. In short order I found the burning leaf intolerable, preferring my e-cigarettes instead.

After three months, I went for a visit with my doctor. He immediately commented on how much better I looked, and after giving me the once-over how much better my chest sounded. While Iâ€™ll always have stage I COPD due to the emphysema the chronic bronchitis flares very rarely now. Heavy concentrations of cigarette smoke will set it off as will seasonal allergies. However, being in our local e-cigarette shop does NOT cause a flare up! Iâ€™m impressed as there is usually a large number of fellow â€˜vapersâ€™ gathered and the clouds, were they cigarette smoke, would certainly cause a flare.

It is now well over a year since my last tobacco cigarette, Iâ€™ve reduced the strength of nicotine from 24mg/ml to 3mg/ml and I am comfortable and much healthier. Thanks to the free availability of an electronic vapor alternative I am tobacco free for the longest I have ever been. I donâ€™t smell awful, I donâ€™t hack constantly, I can taste and smell subtleties Iâ€™ve missed while smoking and I spend a fraction of what I paid for tobacco products or prescription NRT.

My vaping equipment list has grown and changed as the technology has improved. I use several flavors from tobaccos and fruits to deserts and 'adult' beverages that please me.

I am a member of the Consumer Advocates for Smoke-free Alternatives Association (CASAA) and the Vaping Militia as an active advocate. I can be found on Twitter @ThaumaturgeRN and in the blogosphere at http://steampoweredhuman.wordpress.org.

2/5/2015 8:12:42 PM - Mike Miller

I have smoked cigarette from age 13 I'm now 33 years of age .I have quit smoking after 20 years of smoking with vaping ..I love the flavors they offer and that's what really made me quit...I'm 4 months without a cigarette ..I feel so much better now and love that I don't want cigarette any more ...thank you for listening and I hope this helps our vaping community. .

2/5/2015 8:12:34 PM - Niki

My entire family used to smoke. I began smoking at 13. By 16 I had a smoker's cough. By my late 20's, I was forced to spend a considerable part of my mornings wheezing, coughing and hacking in an attempt to rid my lungs of the phlegm and tar that had accumulated during the mere 8 hours I slept.

I smoked 3 pack of cigarettes a day for over 20 years. I would sneak nee packs of cigarettes in the carton my boyfriend and I shared because I was ashamed at how much I smoked. I tried not to laugh too hard because doing so would result in an embarrassing rattle deep in my chest. I couldn't clear my lungs effectively if someone was present; I was ashamed at how awful it sounded.

My dad bought me an electronic cigarette as a Christmas gift and I've now been free from tobacco for over 2 years. I started vaping the first day I recieved my electronic cigarette and never looked back. My family doctor told me during my yearly physical that I have the lungs of an 18 year old. When I told her I used to be a 3 pack a day smoker, she didn't believe me at first. Today, my entire family vapes: my mom, dad, brother, aunt; all of whom used to smoke tobacco cigarettes. Electronic cigarettes saved my life.

2/5/2015 8:12:25 PM - James Laudano

My name is James Laudano and I previously smoked cigarettes for almost 17 years. I have tried nicotine gum, nicotine patches and even medications meant to help quit smoking and failed every time. All of these methods are ineffective for me and so many other people i have known throughout my life.

I first tried electronic cigarettes on September 9, 2014 and have since quit tobacco cigarettes altogether. My health has steadily improved greatly since September and only continues to get better with each passing day. When I was a smoker, i had trouble sleeping, I was constantly coughing, I smelled bad and I was easily out of breathe after any decent physical activities.

My teeth were yellow, my fingers were yellow and even my clothes were stained with cigarette smoke sometimes. Even though i always smoked outdoors and never indoors, the smell of smoke bothered everyone in my family, as well as friends and co-workers.

I finally feel like I can breathe again, thanks to e cigs. I sleep so much better and I do not wake up in the morning coughing up mucus anymore. I can taste food again and I now hate sweets and do not eat them anymore, which is another added health benefit. I can run again and charge up hills in the woods without losing my breathe. Playing with my daughter, pets and family is no longer a problem either, as I seem to have more energy than I ever had. The energy that my body produces is consistent and constant, which is likely due to the fact that my circulation has returned to normal.

My teeth and overall dental health have improved greatly, according to my dentist. I have also had a chest x-ray performed by my doctor. The results were great and according to my physician, my lungs no longer looked like that of a heavy smoker.

I have said enough about my health, so now it is time to express why I believe heavy regulations on e cigs and FDA bans will be a bad idea. If you take this much healthier alternative away from us, many former smokers will go back to the nasty habit of smoking. Not only will more people become sick and die of cancer and other cigarette related diseases, but health care costs will also rise. More people will also be at risk in the public due to second hand smoke.

More cigarette smokers means more carcinogens released into the environment and more toxins released into the atmosphere, which is overall bad for our planet and bad for mankind. E cigs save so many lives and continue to save many more as times goes on. Thanks to e cigs, I will likely be around for my daughter and family for many more years than if I had continued smoking.

As a result of banning e cigs, people will die. it is that simple. There is so many studies and so many published pieces of research that point to the fact that e cigs are so much

healthier than tobacco products. Please do the research and find out the truth for your self and stop listening to studies that are funded by the tobacco and pharmaceutical industries.

I would also like to mention that i use clearomizers or tanks that can be refilled with e juice. I have tried the e cigs that mimic cigarettes and they do not satisfy me. They are way to expensive and do not provide the same satisfaction that I get from the products I use. Banning refillable cartridges will cause many people to go back to smoking. Banning flavors will also have the same negative result.

Please think twice before you take this life saving device away from us. Thank you.

2/5/2015 8:12:07 PM - Jenn (HiggyCigs) from Atlanta, GA

I was a smoker for 24 years, started when I was 14. I never even tried to quit - I LIKED smoking. I figured one day I would actually want to quit, and when that day came, I'd quit. But up to this point, I had no desire to quit. I was fortunate that I never suffered any real side effects or ailments due to my smoking, even after a quarter of a century.

I met my now-husband in November 2011. He was vaping. I had tried it once before (more for a money saver, which it didn't turn out to be, than to quit smoking) and didn't like the cartridges with the cotton that seemed to soak up so much of the juice and give weak hits. But he was vaping a JoyeTech 510-T, the cigarette sized battery with a little tank on the end. This intrigued me, since there was no cotton involved. A month after we started dating, I was at his house for the weekend, and it was cold and raining out. I didn't feel like standing outside in the rain just to smoke, so I asked him if he would share his 510-T with me. He, of course, shared with me all weekend. By Sunday night, I stopped and realized that, not only had I not had a cigarette in 2.5 days, I hadn't even MISSED it! I bought my own starter kit the very next day.

I will admit that, over the next six months, I'd have a cigarette here and there. Maybe a total of a pack of cigarettes over those six months. But in May 2012, I smoked my last cigarette, and it made me sick to my stomach. I was nauseated, my mouth tasted awful, and I said, "Well, that's enough to never have me doing THAT again!" And I never have. That year my husband bought me a JoyeTech eGo-C Starter kit. We've since upgraded several times, to Vision Spinners, ProTank II, and currently I use an iStick with a Nautilus, and he uses an iStick and an Rebuildable Drip Atomizer (RDA).

It was SO easy. It was seamless, it was painless, and I wasn't even TRYING to quit! I did it practically overnight and couldn't be more satisfied. I am now almost 3 years completely smoke-free. My immediate family (who are all non-smokers) couldn't be more thrilled about it. I started vaping at 24mg of nicotine. I am now down to 6mg. I only wish I had discovered it sooner, and maybe I could have saved my uncle who died from multiple cancers (life-long smoker) in 2013. Or my aunt who died from throat cancer in 1991 (another life-long smoker).

These things are SAVING LIVES - restricting their use is nothing short of signing death warrants to millions of people out there.

2/5/2015 8:11:45 PM - B. Jeffries

Because of Vaping, I was able to quit a two pack a day habit. I had tried for years and years to quit, but was unable to do so....i started smoking at 15 and I am 54 now....because of Vaping I am only using a 3% nicotine juice and i am continuing to reduce in a couple of months....I have been cigarette free for 10 months now!!

2/5/2015 8:11:30 PM - jsg

I've been smoking since I was about 14 years old, and now I'm 19. The day after Christmas this year I bought an electronic cigarette, and I haven't touched a real cigarette since. I still have half a pack of Marlboro Reds in my desk, but I haven't felt the slightest urge to go back to smoking. I knew that smoking was terrible from the day I started, but not long after I started I became dependent on them, smoking about half a pack a day by the time I was 16. My electronic cigarette is helping me make positive health choices in my life, but now that change is threatened by legislation in my home state of New York which would tax electronic cigarettes like regular cigarettes and make it impossibly high priced and difficult to continue using my vaporizer. In the past, I tried using nicotine gum, but it didn't work very well and I soon went back to smoking. However, unlike e-cigs, my state has shown no interest in taxing nicotine gum or lozenges so they cost as much as regular cigarettes. Why not? Simply, the answer is because my legislators are uninformed, making decisions based on fear and not out of reason. It frustrates me terribly when I read about my state trying to make it impossible for me to afford my electronic cigarettes. It seems to me like my legislators are trying to drive me back into the arms of big tobacco so they can keep cashing paychecks on cigarette tax. I won't stand for that.

2/5/2015 8:10:52 PM - dadlovsyall

I smoked for 41 years. On May 19, 2014 I picked up an e-cigarette. I have not had a cig since. My wife was also smoking. We each were smoking 1 pack per day @ $7.14. I have been trying to stop smoking for quite a while to no avail. I tried the patches but could not keep them lit. Cold turkey did not work. I was wheezing, coughing and generally going down hill fast. Since starting e-cigs my wheezing has disappeared, coughing has almost completely stopped and I am saving a ton of $$$$. I started with a Kanger T3D and am still using it. I also have an Nautilus Aspire. I began with 16 mg nicotine and recently dropped to 8. I will update again.

I am keeping up with the politics regarding e-cigs and I am mad and disappointed that they want to regulate this alternative form of nicotine delivery. Big tobacco and the government do not have their share of this pie and they are desperately trying to get in. Shocking but not really. I have signed the a few petitions and sent out form letters CASSA has provided. They are doing a great job.

2/5/2015 8:10:38 PM - McShire

I would like to share with you my story and why this is so important to me and my family to have e-cig products available for me to use and why the variety of products matters. I have been a smoker for 30

= years and I have tried quitting smoking several times over the course of those years. I tried many methods, â€œcold turkeyâ€, patches, gum, and cessation drugs. When an alternative came on the market , Blu Cig, I tried it. I used it for a couple of months. It worked at first. Then after a while, the battery was weak, the cartridges got dry fast and I went back to analog cigarettes. My family was disappointed, I was disappointed.

A few years passed and a friend at work introduced me to â€œNext Generationâ€ electronic cigarettes or â€œvapingâ€. I was skeptical at first because of my disappointing experience with the â€œcig-a-likeâ€ product. But this was different. The flavor was fantastic! (watermelon I think) The sensation was satisfying and I really enjoyed it! It still took me a few more months before I was willing to take the plunge and give it another shot. The final push was getting a brand new car and my husband being adamant that ABSOLUTELY no smoking in the new car. I lasted 2 weeks before I announced to my husband that I wanted to try a vaporizer again. He was thrilled, even if it only meant I was cutting back a little.

On the next payday he took me to a local shop that specialized in these products. We were there for over 2 hours while the owner took the time to explain to us the different products. He let me try them out until I found something I really liked. It was more expensive that I was anticipating, but in the long run it was worth it. I was allowed to taste different nicotine levels and flavors until I found the perfect fit. I left the store with excitement and knowledge. My intended use was to have something to use in the car and at home, inside when I couldnâ€™t smoke a â€œreal cigaretteâ€. Four days later I realized I was enjoying vaping so much, I hadnâ€™t touched my cigarettes. So I went outside and lit one up. It was awful. I put it out. I had quit smoking. Just like that.

Because the owner of the store had been there to walk me through the options and allow me to find what worked for me, I quit. I replaced smoking cigarettes with a much more desirable product. I have tried, bought and used every system type there is and I switch back and forth between them, having the option of change is VERY important. It has been just over a year and I am still tobacco free. My skin looks better, food tastes better, I exercise, I can breathe better and my family praises me for smelling better.

If a law passed that made these products illegal or difficult to obtain I know I would go back to analog cigarettes. I would get past the nasty taste and smell. I have done it before. I would go back to killing myself one puff at a time.

Please donâ€™t take this away from the thousands of people like me who depend on it to stay away from tobacco.

2/5/2015 8:10:28 PM - Marvin Parnell

I had been a smoker since the age of 14. My habit was a pack a day of full flavor cigarettes until about the last year in which I had moved down to ultra-lights. I had tried vaping before with the so called cigalikes, however always ended up going back to smoking. I was just like most everyone else, nothing I tried was working. I finally decided that I was going to splurge for the better ego style set up, so I purchased a variable voltage ego battery and mini protank 3. My last cigarette was September 23rd of 2014 and I have not looked back. I've since moved on to using mechanical mods and drippers/rebuildable tanks and I even DIY my own e-juice. Vaping has made it possible for me to quit smoking and not even think about it. I feel better, my taste has improved, my sense of smell has come back, and best of all, I can breathe. The money I've saved, even while buying vape gear is rather impressive as well. The people I have met in the vaping community are very supportive and amazing. I have helped two people make the switch to vaping and I am constantly working on converting even more. I started on 25mg nicotine but have since moved down to 3mg and will eventually be on 0mg. I can honestly say that I will never smoke another cigarette the rest of my life, and I owe that to vaping.

2/5/2015 8:10:18 PM - Ted Coahran

I effortlessly quit a 35 year smoking habit by switching to vape!

I had tried everything to quit over the years, and would have never quit if it werent for the vapor tech!

2 years without tobacco... vape on!

2/5/2015 8:10:06 PM - Stephen K. (Indiana)

I was a 17 year smoker and my wife was a 30 year smoker (she started at 13 or so). We had tried everything from patches, gums, lozenges, and wellbutrin. We were given prescriptions for Chantix but due to the outrageous cost and the only %6 chance of quitting we never filled them.

We tried quitting smoking together at least 5 times in 3 years but failed every time within a week (or two AT MOST). This does not include the attempts before we were together. I tried at least 6 times before being married (alone). Our failures at fighting addiction were embarrassing.

We decided to try E-cigarettes in early December of 2014 starting at 18 mg/ml and using between 5-8 ml per day each in a battery and tank style device (3.8V 1200mAh). It is currently January 27th, 2015 and I have not a cigarette since using that day.

We are currently down to 6 mg/mL and using between 3-5 mL per day each. When we both use less than 5 mL each per day, we lower our nicotine concentration in order to wean ourselves off of the terrible addiction.

I have not felt better in 10 years. My breathing is easier and I no longer get winded on stairs. My wife tells a similar story. I cannot stress the ease of using the e-cig as a quit-smoking device. We are on target to have ZERO nicotine consumption by March of 2015 and I couldn't be more proud!

I am a chemist so I understand that inhaling vaporized propylene glycol, vegtable glycol, and assorted flavorings is unstudied but it' seems to be healthier at least in the short term than inhaling combusted material like traditional cigarettes. I will not be vaping the mixture for my entire life as I see nicotine addiction as a socially unacceptable habit but this has been BY FAR the most success I've ever had while attempting to quit smoking. It also was not NEAR as difficult as the other methods. It took a few days to adjust to the new nicotine delivery method (vaping) but was overall not that bad.

If it was not for E-cigarettes, I would be smoking 2 packs a day and my wife would still be smoking 1 pack a day.

Please think about the safety of the American public and the scourge of traditional tobacco when considering regulation of these devices. DO NOT fall prey to tobacco lobbyists attempting to demonize the practice. PLEASE consider funding research to discover the potential benefits AND health risks of using a vapor device when compared to combusted material.

Thank You for Your Time and Consideration.

I do believe that E-cigarettes should be regulated and taxed but we need to perform more scientific research before labeling it as

2/5/2015 8:09:54 PM - nik dickerson

I started smoking when i was 12. An older friend was doing it so i followed suit. Smoked for 33 years. Had tried to quit many different times. Some longer than others but never for very long. I had tried the little cigalikes and none of those ever helped at all. I had to have surgery on my hand and dr said that it would need all the blood that it could get to heal. Thats when i looked into vaping. Yes i still do nicotine but its a lot less than when i smoked. Was a 2 pack a day smoker before i started vaping. Started at 12mg of nicotine and i am now down to 8mg. Happy to say that it has been a month now without smoking and i truly owe my success to vaping and the community of vapors that have helped me get started and continue this smoke free path. I feel better, breathe better, and dont stink like before. This is my story

2/5/2015 8:08:40 PM - Lisa Hill from Montana

I smoked cigarettes for nearly 30 years and started using an e-cig almost 3 years ago. I don't look at it as a way to quit smoking, but as an alternative. I started out at 24mg of nicotine and now I mix 11mg and 0mg. I haven't had a cigarette in that nearly 3 years. Soon, I will go to 0mg only. I don't stink like an ashtray anymore. My husband, who never smoked a single cigarette in his life, is much happier about the e-cig than cigarettes. So are my children and grandchildren. Both of my sons have quit smoking and use an e-cig. I am healthier than I had been in years. I don't understand how some people could drink the liquid because it tastes pretty nasty when you try to drink it. I've spilled some and wiped my finger across it and tasted it. Its pretty yucky that way, but using the e-cig, its very pleasant. I tried wellbutrin, patches, gum, herbal potions and Chantix to quit smoking. This is the only thing that allowed me to get the sensation of smoking, without smoking. To me, the key to quitting smoking cigarettes is to get the sensation of smoking. I love my e-cig and feel that it has changed my life. My doctor even told me that although I should quit all together, the e-cig is better than a cigarette.

2/5/2015 8:08:31 PM - Tyler Crawford

I have been smoking for 8 years, but taxes were getting really high - over $10 a pack where I live

I picked up an e-cigarette with the intent to cut down and save money, but in 3 days my cigarettes tasted repulsive and I couldn't even finish them. By day 4 I decided to completely quit smoking.

Effectively I quit smoking by accident, up till this point I had never had any intention of quitting even though I had tried before, I just ultimately did not want to quit.

Because of the cost savings I picked up my first e-cigarette, and have been smoke free for 30 days as of today and I haven't had the urge to pick up an analog since I made the switch.

I started at 18mg/ml and am already transitioning down to 6mg/ml

I tried a nicotine inhaler previously because I knew I needed the hand to mouth interaction but that did nothing for me.

I can already taste and smell better (Although sometimes the ability to smell better is more of a curse than a blessing) and I can definitely climb a flight of stairs much more easily.

2/5/2015 8:08:23 PM - skillcraft72

I have been in this industry for over 5 years now and have seen many of the pros and a few cons with the use of electronic cigarettes. Some pros that my customers have given me are: "Finally a device I can use to quit smoking with", "way better than those disposable thingys", "been smoking for many years and this is the only thing that works", "been vaping for 3 years and have not touched a cigarette since"...and the list goes on. Some cons: "this is just not for me", "does not feel like a real cigarette", "i just cough too much (can not vape at all as they have a reaction to the PG)", "i bought it and never got to use it since the dealer never showed me how to...(i was glad to show them how and they are enjoying vaping much better now)".

My personal experience comes from my customers. I have seen a huge positive effect that these products have on them and am hopeful that more politicians get better educated by reliable sources to make more informed decisions when it comes to this industry.

I personally vape Hemp Vape, no nicotine, but there is CBD in the vape (no THC) and this has helped me tremendously for my arthritis and disc compression in my back.

Vape on America!

2/5/2015 8:08:14 PM - AlexZ

After being a heavy smoker for over 35 years, 5 years ago I switched to vaping and did not have a cigarette since then! Vaping is as satisfying as cigarette smoking was, but is much cleaner and much more convenient! I can vape in places where smoking is not acceptable, which also adds to the level of satisfaction. At home (I have family and kids) I do not have to step out to the garage or deck to satisfy my craving.

I stopped coughing (smokers "morning cough") and overall feel better.

The only negative consequence of switching to vaping is that my sense of smell improved significantly and now I can smell some quite unpleasant things - like the smell of smokers in the elevator :)

2/5/2015 8:08:00 PM - Kelly Kiley from Pittsburgh, PA

I had been a smoker since I was 16 years old. I am now 37 (almost 38) and have been cigarette free since March, 2014. 10 Months without a cigarette now, and I will never go back. I had not had any adverse health effects from smoking except morning cough, but I knew what I was doing was extremely unhealthy.

The only methods I had used to quit smoking were cold turkey. I had quit previously each time I was pregnant, but every time after my kids were born, I'd start right back up again. I never smoked around my kids, but I was afraid that I would leave them earlier than I should due to my smoking. I wasn't interested in taking prescription meds to quit, and the idea of the patches or nicotine gum was very unappealing to me since I could get over the cravings, but not the act of smoking itself.

I had first heard of e-cigarettes and vaping back in 2007, but it seemed awfully expensive. I thought it was too big an investment if I didn't like it. I re-visited the idea of e-cigarettes last year when I saw the affordable disposables in many gas stations in my area.

In March of 2014, I was very inspired by my husband who reached his 6 month anniversary of quitting smoking. I knew that I wanted to make the change too. He was able to quit cold turkey, but it was very difficult for him. He got over the cravings, but was often depressed, and not doing the things he usually did, and missed the act of smoking He had limited his going out socially due to the fact that it was often too hard for him to be in that atmosphere and not smoke.

I told him I was going to quit smoking and try e-cigarettes, and I would buy one for him too if he would like. To see if I would ike it, I bought the BLU disposable. I got a kick out of how it was just like the act of smoking. It didn't taste like a cigarette, but since i smoked menthols, It at least had that cool menthol feeling I Was used to.

That was it for me. After that point I had no need for cigarettes, since the e-cig provided all I needed. In search of a better throat hit, and not wanting to use disposables , I did some research and got the V2 rechargeable battery kit. It was alright, but kept losing the flavors. I realized I didn't need my e-cig to look like, a real cigarette, or feel like on in my hand. So, I did further research, and I moved on to better vaping equipment after that. I don't use top of the line stuff, but I love what I do use. I now use an ego battery (900mah), a bottom fill clearomizer and bottles of liquid to fill it with. I no longer need menthol, and use a variety of flavors.

I used to be a pack a day smoker, and the money I save is amazing. I used to spend $180 a month, and now I spend less than half of that. Not counting the initial cost of my batteries and charger (I paid $30 for two batteries and $4 for my charger) I spend only about $30 a month on vaping.

I didn't think I had any breathing problems from smoking, but I can take deeper breaths now without coughing, and was able to go hiking this past autumn without getting out of breath.

I'm healthier, I don't stink anymore, I am saving money. I don't have to go outside in the cold, or extreme heat anymore either. It was all because of e-cigarettes/ vaping. I would not have been able to quit without the option of vaping being available.

2/5/2015 8:07:50 PM - PK Spence

I'd been a smoker for the last 20+ years and had tried every conceivable method of quitting tobacco products. On 08 August of 2013, I started using a conventional "cig-alike" eCig. For the first couple of weeks, I would occasionally still smoke "analog" cigarettes. I had started with 12 mg strength nicotine, approximately equivalent to that of a "light" cigarette. Within a few weeks I'd started using a more advanced personal vaporizer; non-disposable, and mixing my own eJuice. Mixing my own eJuice afforded me the opportunity to control the nicotine strength and the flavours. I only use flavours that are made here in the US. The flavours that are imported from China I do not trust. After several months, the nicotine level I'm mixing has dropped from 12, to 6, to 0 mg strength. I'm now nicotine free and only vape for the flavour and the satisfaction. I'm breathing better, don't get out of breath when walking from the car park to my office building, which is uphill, my wife says I don't snore nearly as much and I no longer cough up lung mucus or phlegm. My father was diagnosed with COPD that progressed to pneumonia, which he died from. I can confidently say that switching to to eCigs probably saved my life.

2/5/2015 8:07:40 PM - Libby Heller

I started smoking at the age of 11 yrs. At the age of 54 I had a surgery which required me to quit smoking at lest 6 weeks before surgery.Approximately 6 mos before, I began experimenting with the disposable 'cigalikes.' I really disliked them, but stuck with it anyway, as I was afraid that I would gain weight if I tried quitting without some sort of assistance. On one occasion, my 'cigalike' power died, and I went into a local grocery store to try and replace it,but they did not sell them. I struck up a conversation with the young man at the service desk who told me about a website that sold e-juices and vaping devices. I told him I had been using the disposable cigalike type, but didn't really like the taste of them. when he told me about the variety of flavors and strengths of the e-juices, I was sold! I ordered my first vaping 'pen' and e-juice, and I loved it! My original intention was to taper down the nicotine content and eventually quit vaping as well, but as i 'graduated' to bigger , more sturdy devices and a greater variety of flavors, I found I was enjoying this vaping so much that I decided NOT to quit! That was a year and a half ago. I DID taper off the nicotine content almost immediately. Within about 3 months I was down to a light content of 6 mgs, where it has remained for over a year,But that's not the exciting part! I found that with all the available flavors I could 'vape' all my 'guilty pleasures' without actually eating them! Since I started vaping just over a year and a half ago, I not only never smoked another cigarette...but I lost 60 lbs! I am so pleased with these results that as long as these products are available to me, I will keep using them! I will be very disappointed, however, if my right to vape becomes regulated and restricted to include only tobacco and menthol tobacco flavors which I found quite awful at the start of my vaping experience. I now notice IMMEDIATLEY the stench of a burning cigarette (as well as the lingering stench when it's done burning) I cringe at the odor that wafts from my neighbor's apt whenever they open the door, and even lingers outside the door in the hallway when their door is closed! I can't believe that's the way my home, car, clothes, breath, hair, etc. smelled for almost 45 years! I NEVER want to go back to traditional cigarettes, but I fear I might if my variety of e-juices becomes restricted!

2/5/2015 8:07:22 PM - Lori Arizona

I smoked 3+packs per day for over 30 years. I tried everything to quit (patches, gum, hypnosis, cold-turkey, pharmaceuticals, etc...), but quitting never lasted very long.

Now that I have been using ecigs, I have not had a real cigarette in over 3 years.

Ecigs have been a life saver for me.

Now I can smell and taste again. My house and clothes do not smell like smoke. My lungs have a expanded capacity. I can go places without worrying about how my smoking effects / offends other people.

One of the most important things about my ecig success is the availability of options such as different flavors, amount of nicotine, etc...

My ecig experience started with simple devices that looked & tasted like real cigarettes, and, just used them in public places where it was not good to smoke real cigarettes. Over the first six to nine months, I gradually went off real cigarettes completely - larger mods, tanks, and, finding right flavors were key.

I remember the day I said 'I do not need real cigs anymore' - almost 4 years ago.

2/5/2015 8:07:12 PM - Kegger

I started smoking at 12 and smoked for 20 yrs at the end I was up to a pack and a half per day that is when I bought my first starter kit it was ok but didn't really satisfy my craving I since have moved on to more advanced devices and as of February of 2015 I will be smoke free for 2 yrs I can honestly say without vaping I would have never quit smoking for me it's not just vaping its a hobby and the people it,s like a community so in ending I would just like to say vape on my freinds

2/5/2015 8:07:02 PM - Kate M

I had been smoking for about 10 years before discovering electronic cigarettes. I had been trying to quit without success. I would basically just use my willpower to quit cold turkey. And it would work for a little while but then a negative event would happen in my life and I would cave in and go back to smoking.

It was thanks to discovering electronic cigarettes which is what allowed me to finally quit smoking. I started out using Joye 510 atomizers and direct dripping. For the first week or two I did use both cigarettes and Ecigs. It only took a very small amount of self control to use only Ecigs. Once I made the full switch, I actually began to PREFER electronic cigarettes over traditional tobacco. I remember trying a cigarette after vaping for a while and I remember how much I hated the taste and how it made me feel sick. I much preferred getting my "fix" with Ecigs over traditional cigarettes.

I find it is ridiculous in how people claim that people can not quit smoking with Ecigs. It absolutely helped me and many others. This device saves lives and I hope that my story and the other stories here can be a testament to that fact.

2/5/2015 8:06:47 PM - displaazz

I had smoked for over 30 years. I tried on several occasions to quit smoking with patches, nicotine gum, Chantix (this drug is more dangerous than people think, and should be removed from the market!), acupuncture, hypnosis, and going "cold turkey" with no success. I finally decided to try "vaping", and have now been cigarette and tobacco free for almost 2 years. I started with e liquids with 24 mg of nicotine, and have now reduced that level to 12 mg and 6 mg. I no longer have a craving for tobacco or tobacco products....I no longer cough my brains out every morning when I wake up....I sleep better, breath better, have more energy, did not gain weight, my blood pressure went down.....and I no longer smell like an ashtray!

I understand that "vaping" is still in it's early stages, and there may be some negative issues with it that only research will uncover....but it is definitely a thousand times safer than smoking tobacco products....and it definitely should NOT be lumped together with cigarette smoking and "over regulated" (that's spelled "taxed to death" by the government and their deep pocket tobacco lobbyists).

2/5/2015 8:05:30 PM - David E

i smoked 2 packs of marlboro reds for 35 years.and bekieve i could feel every one of them.tried chantix with no sucess,nicotine patches,no sucess i started vaping a banana flavor and havent touched a cigarette for 2 years now.sucess,my check ups are better no more chest colds teeth better .breathe easier,i dont walk around hacking and coughing and my home and clothes smell great.i traded in my car because the smell of tobacco in the old one.vaping saved my life and my property !!

2/5/2015 8:05:02 PM - Tabby

When I was 15, I smoked my first cigarette to impressed a boy. I was instantly addicted. I stole cigarettes from my parents to satisfied my need. I went to school, smelling like smoke. It was embarrassing. By the time I graduated, my schedule was completely ran by my need for cigarette. I tried patches, gum and hypnotism. Nothing worked.

I smoked for 9 years before I discovered an e-cigarette. It took 1 week for me to completely switch from tobacco to electronic cigarettes. I have been using electronics cigarettes for 4 months now. I have dropped my nicotine from 24 mg to 6 mg. My health made a complete 180. I can smell things! I dont gasp for air in the morning anymore. No more being smelly! I don't depend on those stinky sticks anymore. Since I made the switch, I have had 0 desire to smoke a cigarette.

I have quit. Many others have quit. Electronic cigarettes have save my life.

2/5/2015 8:04:54 PM - Edward BigmooseIndiana Reidt

My story different I din not smoke, I have asthma and over five years ago i found out that vaping help it out a lot , I had run out of my inhalers on a sunday and my wife who been Vaping for a month had hers so i tryed it and with in a few min after using it i was able to breath right again well a few weeks later i left the inhaler in the car when we was a flie market and was having trouble so i used it again and it work so i bought me one and was able to keep it with me at all times even at work i could use it . well i moved up to different devices and now 5 years later,I have not used a inhaler or had to go to ER for treatment for asthma and went from 24 nic to now 6 nic i enjoy vaping and it become a hobby for me

2/5/2015 8:04:43 PM - Jeanne.CtExSmoker

More than a testimonial, my statement is more of a commendation on electronic cigarettes and how overjoyed I was to find out there was a wise alternative to smoking cigarettes that actually worked. I had been a very active smoker since the age of 16 and I am well into my 60's. Fifty years of smoking cigarettes, FIVE-O! This was an addiction of epic proportions. My son also picked up my bad habit. I didn't just 'like' to smoke cigarettes, I 'loved' smoking. There were of course many reasons that I didn't like to smoke. I didn't like that my breath, hair and clothes smelled worse than the smell of cigarette smoke, it has a particularly obnoxious aroma when it adheres to surfaces that become saturated with it. Even my own health and diagnosis of COPD didn't compel me to stop smoking. I had serious upper respiratory infections requiring antibiotics at least twice every year. I only curtailed my smoking during these infections only because I coughed so violently that I couldn't catch my breath long enough to inhale a cigarette.

It was three years ago, January 2012 that I decided to buy an e-cigarette start kit online because at that time they were not sold at my local convenience stores. It's funny now how I sometimes forget important dates in my life, but that date is one that I'll never forget because I'm convinced my life was saved in January 2012. I got the kit and charged up the little battery and screwed it onto the little white plastic cigarette that lit up red at the end. I supposed makers of these feel that we smokers really need to see that little 'lit' end on the plastic cigarette. I sort of enjoyed the vapor. It was cool and not warm, and it left no unpleasant taste in my mouth. There was no smoke to stick to the walls of my basement room where I called my 'smoker cave'. I did more research online by joining others in chat that had switched from analog cigarettes to a vapor producing e-cig. I had felt at that time that the name of this product, the 'e-cigarette' was misleading and should have been called 'e-vapor' instead. There's something in people's minds that will always make a direct connection with tobacco smoke and electronically produced vapor. The e-cig chat community helped me greatly by recommending a product called the eGo-T. I immediately ordered the starter kit which cost about $80 at that time. I also ordered a few bottles of e-juice in different strengths and flavors to test. I was still smoking cigarettes at this time despite giving the little plastic e-cig a good try. I started vaping with the eGo-T and thought it was pretty damned great in all respects. By the third day, I had picked up the electronic cigarette instead of my tobacco product to have with my morning coffee. After that, I thought "why do I even have cigarettes anymore?". I never bought another pack after that day and considering they're well over $8.00 a pack here, I've saved thousands of dollars over the past 3 years. And by the way, my son saw how successful I had been at quitting smoking cigarettes that he decided to give e-cigs a try. He absolutely loved it from the first day and hasn't gone back to smoking cigarettes.

Finally, let me speak medically since I am a nurse, and yes, a pretty bad example of what a nurse should not do. I have four different doctors. Of course I see a general

practitioner for my general health. I'm seen by a Cardiologist for atrial fibrillation. I'm routinely seen by an Oncologist for anemia. I see an Endocrinologist for once a year infusion of Reclast to replace bone loss in women with Osteoporosis. One by one as my visits were scheduled, I brought my eGo-T with me to discuss with them their feelings on my using it instead of cigarettes. I am being honest and sincere here when I state that each and every one of them had no problem at all with me using the e-cig. The one I was most anxious to get an opinion on was my Oncologist. I pass by the big room with the reclining chairs as I go to my exam room. Usually there's 3 to 5 people sitting in there receiving their chemotherapy infusions for cancer and I can assume that out of those 5 there are at least one or two ex-smokers sitting there. After quitting smoking for one year I had a total knee replacement. I needed it but was reluctant to have it because of the anesthesia and the condition of my lung function. But after one year, I felt secure enough to go ahead with the procedure. My surgery and rehabilitation went better than I expected and I owe part of that to the fact that I was now a non-smoker. I haven't had one of those debilitating respiratory infections in the past three years.

How can any non-smoker possibly question or doubt the real evidence that e-cigs work better than any gums, patches or Chantix? All of those by the way, I had tried in the past with absolutely no success at all. We ex-smokers are healthier, and there is no doubt whatsoever that we're saving many millions of dollars of State and Federal money in health care costs. We aren't polluting your air with our vapor and if you think we are, you're just dead wrong about that. Could it be that big tobacco company interests just do NOT want to see smokers quit? That sounds about right to me.

1/27/2015 5:44:34 PM - Debbie Kalcich

Having been a smoker for 45 years... long hard years, and really no desire to ever quit my heath wasn't an issue, that I was aware of anyway. But I had in my lifetime, given up many things drinking, cocaine 10 years clean then feel jumped off that wagon to try another more dangerous drug called crack.

In thinking back on that over the past 3 or 4 years and wondering how did I quit smoking crack and stuff and still smoke analog cigarettes? What is the hold it had on me? Unable to answer that question, I tried a number of disposable e cigs... rechargeable ones nothing helped. I tried hypno therapy and 3 runs with chantix with no script coverage it was costly and it did help cut back but before long I was puffing back to that 2 packer a day.

I walked into a smoke shop to buy my cartons and was pretty interested in the person who working was vaping I was in awe having tried the ecigs and no smoke coming out after inhale... But this vape was awesome and the young man working was so willing to fill me in and to educate me in vaping and supplies, and was informed how they work and why they can Help you quit smoking. I made my purchase that day cartons of cigarettes and vaping as test run thinking okay you have tried before wasted money why not give this a try.and a few weeks 2 full weeks before I wasn't buying cigarettes and almost 6 moths later, I am patting myself on the back down to 6ml nicotine and have an oral fixation to the vape!!! But the lesser of the two evils... as far as I am concerned!! I enjoy the vaping and the analog smoke stinks!! I am very picky about the products I use in hopes to one day to stop the nicotine and continue to Vape I love the "oral fixation"

1/27/2015 5:29:06 PM - Deborah Wheelock

I just feel that I would like to express my concerns to this topic. I am a long time smoker I started at the age of 16 and I am 53 years old now. I have smoked for 37 years. I have only quit one time in my life and for about 6 months and went right back to smoking due to the traditional nicotine patches gave me such nightmares it was not worth fighting this product just to quit. I do not chew gum so this was not an option for these type of products. The last option would have been taking some form of pills to quit (Chantix) and due to my deployment to Iraq in 2007-2008 this was not an option. I suffer from PTSD and Chantix has a high chance of suicide from taking this product. This was not an option for me so I felt like at this time in my life quitting was not an option for me. I began to smoke more cigarettes due to my PTSD symptoms. This continued on for the next 5 years after I got home from Iraq. I felt trapped to my cigarettes and my smoking rate (amount) kept going up. I wasn't even a one pack smoker a day and I was exceeding that amount daily. The VA was willing to help me quit but I knew that was for traditional products that are on the market today. I again felt trapped because I really had no options.

My husband a long time smoker quit in 2011 due to a open heart 6 way bypass heart operation. He never hounded me to quit smoking but he had asked me a few times over the years. I just brushed the subject off. This past Christmas he came to me and said I know this isn't much of a Christmas present but I would like to get you an electronic cigarette and see if you would try this and think about quitting.

I took 7 days to research all the information I needed to find the best product that would work for me. Fortunately I went onto youtube and found some "vaping" video's and I watched a ton of them. I checked out websites that were recommended and through the process of learning I found just what I wanted to try product wise, and I placed an order. My order came a day early and I was excited to try this new product and I had bought some great e-liquid. I had the information through prior video's how to use the product I bought and felt knowledgeable on what I needed to do.

I was a true Menthol user with my regular cigarettes so I did buy some menthol e-liquid just in case I needed to fall back into what I have always known. I used this thought as a crutch just in case. I started using my electronic cigarette on January 5th and the moment I started using it I was amazed. I felt like this was a new world for me. And it felt like I was still smoking. I immediately stopped smoking regular cigarettes (analogs). And started my journey with vaping. I have not suffered any issues with using an electronic cigarette. It tasted great with the e-liquids I had purchased and I feel I have a world of choices on flavors and I have a whole world out there to explore. I have only used my menthol flavor twice and feel I may never go back to this flavor.

Just to also state here while on my tour in Iraq we had a major issue on our base with what is called "the burn pit". The burn pit was just that it was located on a outer side of the base (but still on the base) and this was a problem for us. This burn pit roared day and night. I was on the biggest base in Iraq in Balad. Joint Base Balad formally known as Camp Anaconda. We worked night shifts due to the heat and I was in a maintenance company so my job besides other jobs was a parts runner and I had to drive through the smoke because the road I had to use ran right next to the burn pit. It was horrible to have to breath that smoke. There was no place to escape this horrid smell/smoke. I came home and had wheezing issues and was diagnosed with COPD.

I also have been diagnosed with Sleep Apnea. I even ran out of air even going up a flight of stairs. Still smoking and having these issues I felt trapped and could not see a way out of my vicious cycle. I could not walk real far meaning making healthy choices and taking walks for exercise. I went on this way for 5 years or more. I am on an inhaler for my breathing.

My story is a little different even though many of us share the same issues of how to successfully quit smoking. My issue of smoking would eventually kill me. My father died of lung cancer at the age of 49 and he had quit smoking when he was 46. So he should have lived a long life but he did not. On my 49th birthday I was shaking in my shoes because I just knew that I wasn't going to live a long life. If I followed in my dad's footsteps.

Using a electronic cigarette would be my only gateway out of smoking. Which I was never skeptical about it. It felt like I was really smoking and again this factor is important to a smoker. Mind set is another thing as well. I chose a nicotine level that was what I was used to smoking. My level is 18 mg right now. It was and is a perfect fit for what I need to not feel like I was being cheated. We all ingest some form of nicotine in our daily lives which I did not know this. Eggplant, tomatoes, and potatoes have a level of nicotine in them. Good to know.

In closing I just want to say the traditional methods do not work. It's a one fit society and it doesn't work. I do not want to induce bad nightmares or thoughts of suicide into my life. I have lived a life through my deployment that was horrible and do not wish this on my fellow man/woman. What I experienced in one year in Iraq changed the person I am today and I can't get "me" back. So please know for all those vets out there this is so important to get back to a quality of life by stop smoking. These electronic cigarettes do not cause nightmare, suicidal thoughts etc.... We have enough issues with our vets, men and women committing suicide at a high rate. Much higher than the general population.

Since I stopped smoking cigarettes and started using electronic cigarettes I can breath better. I can get back to a quality of life. I sleep better now. Which sleep was a major

issue for me since my deployment. I feel much better these days and I know I just recently quit but I know I just feel better in general. One important issue is that I remember when I quit before how edgy I was and snapping at people and just being in a over all hateful mood. With electronic cigarettes I feel that I get that level of nicotine that I do need in order to make my habit of smoking go away.

The whole process works. I don't feel deprived at all. I could not go back to smoking because it stinks and the thought just gags me. I feel that this is a new way to quit smoking and that it really does work. I also feel all the crap they sell now should be banned and people should be directed to electronic cigarettes which do work. I don't have to smell like smoke anymore and with the extremely high cost of cigarettes these days you certainly can save money with electronic cigarettes.

These electronic cigarettes they work period. End of discussion. Our government needs to understand we as ex-smokers do want a quality of life. We do want alternatives to quit smoking and we want to live. It makes no sense to try and fight an issue that works for people. Testimonies are pouring in the door and for once people need to listen. We are trying to make this issue heard and when our government keeps fighting back it makes no sense at all. I don't care what issues our government makes because our government does not work. People know what they want and they know how to solve issues. I could careless if our big Pharmacies loose money, or how the tobacco industry is going to lose out, or how much tax or revenues are lost, or how much money doctors are going to lose, or medical research on cancer which we all know there is a cure and research is robbing people. I think our government should start embracing what we the people want and or need. Fighting against something does not work and we will find a way around it. As we have always done. Our health is important and as you can see people are embracing an alternative that works for them. It's time to listen and it is time to stop the vicious cycle. Alcohol leads to death as well and we need to take a hard look at this issue.

Please take into consideration what I have said this is so important to me to stay tobacco free. I have 6 grand children and I want to dance at all their weddings. Please help us not hurt us.

Thank You for listening

Deborah Wheelock

an ex-smoker

It's important to move forward with our health and wellbeing.

2/5/2015 8:03:47 PM - Tyler Bradford

This is an update to my previous testimonial here: http://testimonials.casaa.org/testimonials/tyler-bradford/. Over 1 year later I am still vaping. My wife has come to accept it, even appreciate it, since it has done the trick for finally eliminating my smoking habit. I have even told my 5-year-old son about it, as well as my history as a smoker. I know that I am never going back. And for that I am extremely grateful.

I have also gotten to know many of the local retailers in the Portland metro area. These people are eager to have good regulation and legislation of this nascent industry. Many of them are trying to create their own safety measures, despite a lack of guidance from federal, state, and local governments. Many retailers are adopting child-proof packaging. All of them do not allow the sale to minors. And many of them are very interested in outreach and education.

But they are wary, as am I, of misguided efforts to classify vaping with smoking for regulatory purposes. The irony of this cannot be understated. It would be like treating a police officer who was required to use deadly force in the line of duty the same as a mafioso hitman, just because they both used guns. To put the two into the same category would be a mistake of unbelievable magnitude.

I sincerely hope that anyone in a position to introduce legislation reads these testimonials, and takes the sentiments to heart. All of us who are lucky enough to receive the benefits of vaping know that regulation is coming, and many of us are accepting of this fact, even eager for it. The safety of consumer products in the US marketplace is a gold standard for the entire world, and I'm 100% positive vaping products would flourish under this oversight. But we don't regulate grape juice like we regulate wine, for obvious reasons. If we apply the same common sense to vaping products, lives will be saved. If you are a person who has the ability to facilitate this outcome, I think the moral choice is clear.

Thank you for your time.

2/5/2015 8:03:37 PM - Nathan Smith (nate_ or nazznate)

I smoked full flavor menthol cigarettes for approx. 30 years, 1/2 pack to 1 pack daily. I tried quitting after about 15 years (cold turkey, patches, gum, inhaler, prescription meds). The best I did was quit for about 2 months 1 time. I also tried a "cigalike" (Njoy). Didn't help. The problem with the "accepted methods" were unpleasant side effects to the point that they were not a viable option for me. The cigalike just wasn't strong enough and WAY too expensive.

A friend gave me an EGO battery, a tank, and some e-juice. I smoked 1 more pack of smokes while I made the transition. That was in late January 2014, and it is now late January 2015 and I have had 1 cigarette since then. It is the ONLY thing that has successfully got me to quit the "stinkies". Now I can take as many deep breaths as I want, lung pain has disappeared, I spend less than 1/10th of the money I did on tobacco, and my wife is MUCH happier! Oh yeah, I currently vape 12 mgs. of nicotine mainly because I like the throat hit. I believe it would be much easier to quit e-cigs should I feel the need.

I have since given the same battery and tank to a friend who has also quit. THE ELECTRONIC CIGARETTE WORKS!

2/5/2015 8:03:26 PM - david white

I was a pack a day smoker for over 20 years and have been using e cigarettes for the last year. I have not touched a cigarette since! I feel better and smell better. It has been life changing and i am thankful for a method that works

2/5/2015 8:03:13 PM - Sweet Carolina Vapors

After 38 years of smoking and many attempts to quit I finally switched to an alternative that would allow my to control my nicotine level. I tried the patches and that lasted about 1 week because of all the side effects. I tried Zyban and that had no effect on the nicotine craving. I tried the Blue and could not wait to get back to the store to get a real cigarette.

So my girl friend introduced me to vaping. I started at 18mg level and now I am currently at 0 nic level.

I am so passionate about the vaping industry and all the people that have transitioned from analog cigarettes to ecigarettes that I have quit a 6 figure job and opened a Vapor Store.

I am on a mission to slowly transition everyone that I know and love to Vaping. So they too can kick the habit.

2/5/2015 8:03:01 PM - richard

Hi my name is richard and I'm 51 yrs old. I started smoking when I was 14 years old. I smoked a pack a day of Marlboro cigarette for approx 37 yrs and in that 37 year time span I tried many different ways to quit smoking. I used nicotine patches and found it didn't work for me. I have also tried dipping skoal and was never satisfied with the out come. And some time later on I ended up trying a drug named chantex and this drug almost caused me to commit suicide. So I gave up on trying to quit smoking. Well after a while I moved to another state and seen a advertisement for vaping to help smokers quit smoking. So I thought what the heck I have tried every thing else so I bought a box mod and a e liquid tank along with a 30 ml bottle of blue berry e juice. and it was the best decision I think I could have ever made. I have been smoke free for 2 months now and can't stand the smell of cigarettes. Nor do I crave them. So vaping has been a life saver literally. Plus my wife says my breath don't smell like a ash tray.and I'm starting to be able to breath better. And my food definitely taste better. Thank for reading my story and God bless you all...

2/5/2015 8:02:52 PM - David Cates

After trying several different methods to stop smoking I tried vaping. I was a 2 pack a day smoker for 20 years. I started vaping in Oct 2013 and within 2 weeks I had stop smoking and haven't had the urge for one since. I can say without exception that vaping was the easiest way to stop smoking I had quit before I even realized it. It was so successful I closed my car lot and opened a vape shop to help people quit smoking. I see success stories everyday if anyone doubts it they have never spoken to a vaper. I have found nothing as rewarding as helping someone to stop smoking. I understand that it cannot be advertised as a stop smoking tool which maybe the most insane thing I've ever heard. Nothing works for everyone but if it helps a few or many quit let's not prevent anyone from trying.

2/5/2015 8:02:43 PM - Tracy

I was a Tabacco smoker for 25 years till November 2013 when I became sick and was rattling in my chest . Short winded and was intruded to the electronic eciggarette my life has changed as a two pack a day smoker to none since the day I startered vaping .at 1.8 mg nicotine .My chest cleared and I am able to run and play with the grandchildren . It has changed my life I have weaned myself almost to zero nicotine . Currently between .2 and .4 and feel completely tolerant where the nicotine with drawls would cause emotion and physical upsets for me . I hope that the whole legislation recognizes the helpful product that has help millions to get off the Tabacco products . It isn't easy to just stop using something after that many years with smoking and many people like myself has used some many efforts to stop and the electronic cigs work . I sometimes use zero nicotine flavors to calm anxiety and it helps me as many others . Please don't ban this product . The product has been more effient than anything I have tried and feel at ease . As for many friends and family members we have all been successful and proud to be a vaporer. Feel good , confident , happy and successful. Thank you for all you do casaa.

2/5/2015 8:02:31 PM - Stephen Berger

I was a half a pack per day smoker for 20 years. As most smokers do, I attempted to quit several times, only to fail each time. In December of 2010, I tried an e cig and EASILY quit smoking. In the beginning, I would occasionally taste an analog cig. Now I hate them.

2/5/2015 8:02:17 PM - John v

I've spent the last fifteen years smoking. Started in college which is much later than most. I was addicted from the start. I've spent numerous dollars on different stop smoking techniques, gum, patches, prescriptions and none of them worked. I tried each time with a lot of effort but no success. I didn't even enjoy smoking. It was the biggest mistake I ever made. Last January I heard that a friend of mine was trying to quit with the use of an e cigarette and e juice. He talked to me about the product, price, risk, and his success. I gave it a shot and I haven't smoked since! Every day since then I have thanked God for this product. It did what countless other things couldn't. Within a few months I hardly used my mod and ejuice. then I started lowering the nicotine content to 0mg. I'm officially nicotine free after a year. I am not addicted anymore. I can now smell and taste things I couldn't in the past. I no longer smell like smoke. I have better lung capacity and my self esteem has gone up drastically. All due to the option of e cigarettes. I have no doubt that I would still be smoking without the e cigarette. I tell every smoker to try it because I know it will work for them too! Anyone can quit with the help of the e cig. There are a dozen or so of my friends that have also quit because of the e cigarettes. They are saving peoples lives one vape at a time. The affordability of this viable treatment option makes it an option for all regardless of income.

2/5/2015 8:02:07 PM - C.S.

To whom it may concern,

On practically all accounts, I am an average 30 year old male, in Orange County CA.

I started smoking right out of high school.

I started because everyone I knew, at the time, smoked.

Throughout the 8-8.5 years of the smoking I subjected myself to, I increased the amount of cigarettes smoked each day, simply because my habit increased.

After only two years, I hit my highest peak of smoking traditional tobacco cigarettes...

That peak was 2-2.5 packs a day.

Which means 40-50 cigarettes a day.

And that habit continued for almost 6.5 years.

I never gave a thought to how much money I was spending.

The amount of time I had cut from my lifespan, never even crossed my mind.

I was absolutely addicted, with no thought of consequence.

Four years ago, I was introduced to the first "electric cigarette" I had ever seen, or heard about.

Once I understood that I was inhaling vaporized liquid, containing nicotine, and not the smoke from a burning object, I decided to give it a try.

The switch was almost immediately complete.

Within two days, I had cut my cigarette usage in half.

By the end of the nextweek, I bought my last pack of cigarettes.

After two weeks, I could breathe better, and no longer had a cough in the morning.

A month later, I could taste food again.

Two months later, I noticed that my sense of smell was highly improved, and that everything in my life no longer smelled of cigarette smoke. That meant clothes, cars, house, and most importantly ME.

During this time, I also noticed that my tolerance for cigarette smoke had diminished greatly.

I was no longer able to be around traditional smokers, as it made me feel ill.

For the first year, I used an 18mg "e-liquid", which is generally considered to be about the same nicotine level as traditional tobacco cigarettes.

Then I stepped down to a level 12mg.

A year later, I stepped down to a 6mg.

I only used a level 6mg for about 6 months, before I stepped down to a level 0mg.

I have continued my usage of level 0mg, and I have never felt better!

Freedom from nicotine!

My step down process was my own.

It was not recommended to me, by any person, or any organization.

I took it slowly, at the pace I felt comfortable with.

I have seen some people step down much more quickly, and even quit "vaping" altogether.

I continue to "vape", as a hobby.

I am a mechanic by nature, and by trade, and I love to tinker with electronic gadgets.

The extensive industry, and community, which has been created by "vaping" has allowed me to continue this highly enjoyable hobby.

I fully support any regulations which:

1. Make "vaping" safer, regarding:

a. the regulation of producing batteries

b. the regulation of safe ingredients in "e-liquid"

2. Prevent the sale/usage involving minors

3. Child-proofing any and all packaging

4. Warning labels on all packages which contain nicotine

To place any bans, or highly restrictive legislature on this ever-expanding, new industry, would be a shame.

I have seen this industry create new jobs, as well as stir local economies.

It has produced a highly lucrative market, for many entrepreneurs to gain a foothold.

However, above all else, it has helped countless people quit smoking cigarettes, and even become nicotine free...including myself, and numerous friends and loved ones.

Please do not take this away from us.

An example of change on the horizon:

Auto-makers worldwide, have stopped putting cigarette lighters in cars...

Smoking cigarettes is now prohibited almost everywhere.

Obviously our world is ready to quit smoking.

"Vaping" is the best alternative for anyone who wishes to stop, because nicotine usage can be stepped down as gradually as the user wants.

Thank you for your time.

I hope my story helps you make your decision.

2/5/2015 8:01:55 PM - Tommy

I had been a smoker since my college days. I enjoyed the conversations it started, the late night drags after writing a paper for psychology classes, I used it as a time waster; a way for me to collect my thoughts and feelings alone or with someone else. It all began when I attended my first university. I met people who I enjoyed being around and they smoked, so I gave in and joined them. Further down the road, I saw myself change into a lazier person who didn't enjoy mornings anymore, I had a nasty cough and had dark circles under my eyes daily, my coloring went away as well; I felt like a slob when I smoked but I couldn't shake the habit. I tried quitting cold turkey, but to no avail. I went with patches, but they made me feel loopy and clouded my judgement. I then was told by a friend that vaping is a healthier alternative to smoking or any other smoking cessation aid. So just how I began smoking, I began vaping; through word of mouth. My first cape purchase was a tiny little EGO pen, and that did the trick. I used that device everyday and it helped me tremendously in releasing the hold cigarettes had on my everyday life.

Within the first week I noticed a massive change with my body. First, I could breath easier; I could feel my breathe and felt like my body was fighting against the disgusting carcinogens in tobacco. Secondly, I fell asleep easier and woke up without having an "asthma attack." I do not have asthma, but in the morning I could feel a tightness in my chest. It was like a weight that I had to shake off every morning. This alone is reason enough to quit smoking. I thought to myself: why did I put my body through this in the first place. A disgusting habit that took hold of my mental inhibition and caused myself to harm my body and others who inhaled my smoke. Thirdly, I noticed a huge change in how my body reacted to running or performing physical tasks. I could carry heavier items without feeling tired afterwards, I could run farther, I could breathe deeper than before! It's amazing what the human body can go through and still recover.

I smoked for eight years of my life, and I regret every minute of it. Now that I vape, I feel tremendously healthier and I have noticed more positive changes than negative ones since I have quit. I suggest vaping to all people I see smoking and try to explain to them the reasons why they should quit. It has been a good-positive change in my life and I wish for everyone else to do the same! It's never to late to provide your body and mind a better alternative to a happier and healthier lifestyle!

2/5/2015 8:01:42 PM - "WILD-BILL".

I started smoking....when I was 16. Marlboro Reds. A pack a day, for 36 years !! I quit about 2 years ago....and discovered vaping. I started at 24mg....and I'm now down to 6mg of nicotine !! Vaping has allowed me to continue to enjoy the relaxing pleasure of smoking...in a much safer way. My clothes don't smell like an ashtray....I'm not as congested as I was....and in general...I feel much better now, than I did before. And....it is much cheaper than traditional cigarettes as well !! But as usual, our own Government, namely the F.D.A....wants to "CONTROL" the vaping industry, and literally "DICTATE" what we can vape, and where !! If these proposed regulations go into effect, it will virtually..."WIPE-OUT", the vaping industry as we know it !! Why should we have to suffer, while our "PRESIDENT", lights up a.... "HAVANA-CIGAR", every morning when he walks into the OVAL-OFFICE ?? It's just... "NOT-FAIR", to those of us who have chosen to switch to vaping !! I can tell ya this....I'll never go back to cigarettes !! And to the...F.D.A....I say this...."I will quit vaping....when you pry my device, from my COLD...DEAD...HANDS !!!!!"

2/5/2015 8:01:31 PM - AOÂ³ (ret) Caples

My personal vape story:

As a disabled veteran that has had a brain injury (12 years ago) I had access to any and all forms of smoking cessation available. Over the years I found that none of them had any effectiveness. I am on Amantidine, a medicine for my brain, so I was unable to take Chantix. Because of my facial paralysis I was unable to use Nicorette Gum and ''the patch'' never worked.

After years 22 years of smoking & ''stop and go'' quitting, I had basically just given up and resigned myself to not caring..I was a smoker...deal with it...back in 2009 I had bought a Smoke51 starter kit BUT it BARELY worked, so I went back to my Camels...then last year I saw an e-cig commercial (Blu) and placed an order with them, but their customer service was rude and very unhelpful after I discovered my order was being held up by some extra carts that were out of stock...so after cancelling THAT order I hit the Youtubes and discovered V2...NOT with the idea of quitting cigarettes... ONLY to give me 'something else" I got a bunch of cig-a-likes from Walmart and placed my order.The disposables were good BUT not good enough for a long term solution...then only 3 days later my V2 kit arrived... That was on the 9th of May last year...haven't smoked since!!

2/5/2015 8:00:58 PM - Mike

I am 62 years old and have been a heavy smoker most of my life. I have made several attempts at quitting. Patches, pills, seminars and cold turkey all without success.

I switched to e-cigarettes over three years ago and never looked back. Within a couple of months I was off my blood pressure and choelesterol meds. I quit hacking and choking every morning and lost my smoker's cough. My doctor even said this was a cessation method he would support.

It angers me so many of you politicians can't wait to jump on the band wagon. I can assure you that if these were banned outright, I would be back on cigarettes. If you tax me to death and limit my choices, you accomplish nothing except to regulate something else.

The battle cry for the last several years has been no more taxes and less government overreach. I guess this is a way to tax me and not the 1%.

So, PLEASE, leave me alone. Move on to a real issue.

I currently use a mod unit and 6% menthol e-liquid. The little ones in the gas station that look like cigarettes are not effective for heavy smokers. They have week batteries and are poor substitutes.

2/5/2015 8:00:45 PM - Cyndi

In 2009, my son wanted to quit smoking and ordered his first ecigarette online. I was so fascinated with it I wondered if I would be able to break my 40 year, 1-2 pack per day addiction to cigarettes. I had tried so many times before - tried everything - and failed within a couple of weeks of trying to quit. That Christmas, I ordered an e-cig for myself and another for my son. When it arrived, I threw away my cigarettes and have never smoked another cigarette. Actually, I took a couple of puffs off of one and was so grossed out by the taste, I've never done it again. That was almost six years ago. I have my health back. My sense of smell is acute. I can taste my food again. I no longer have a smoker's cough. I can hike without becoming short of breath. Best of all, I don't have to expose any of my loved ones to second-hand smoke and my house, clothes, car and I no longer smell like an ashtray! I still use an electronic cigarette. I started with flavored nicotine (18 mg) e-liquid and slowly decreased the amount of nicotine I used. Now I usually vape without without any nicotine, because going through the motions of smoking is my addiction. Not the cigarettes. Without the help of an e-cigarette, I don't believe I ever would have quit. I am pretty sure of it. I like to vape. Since then my roommate and my four children and my grandson (all adults) have all kicked their cigarette habits with an e-cigarette. The bonus - I never gained weight when I quit my cigarettes - and my fruit or cinnamon-flavored e-liquid satisfies my cravings for sweets, so I've also given up the sweet treats that were packing on the pounds! This past Christmas, my nephews bought my 79 year old mother an e-cigarette to help her quit her lifelong habit of smoking!

2/5/2015 8:00:32 PM - Rob Kinley

I'm a 39 year old male. I started smoking around the age of 15. I started attempts to quit around age 31 that is over 16 years of smoking. I was a 2 pack a day smoker. When i decided to try to stop smoking i went to the local drug store got some nicotine gum now i was on my way to a smoke free life wrong worked for about 2 hours so attempt number 1 fail. Lets fast forward 6 months went back to the same drug store got me some nicotine patches now i was sure this time this would work because i would be getting the nicotine straight to my blood stream because on the box it said time released nicotine.so this time i would definitely be successful. Not so fast that lasted for about 2 months. So back to the cigarettes but i kept trying to stop even went to the doctor and he gave me some Chantix to try to help me stop all failed. Now a non smoker will say I'm weak minded and that may be but the point is after 5 years of trying i was still smoking. At the age of 36 i found something that would change my life and my families life forever. I was introduced to vaping so i went to my local vape shop they got me hooked up with a vaping system that would get me started. So i got my vaping stuff home and i was skeptical but optimistic. So i was on my way to failed attempt number 4. Not so fast it worked i couldn't believe it after 20 years of smoking i had finally found something that worked for me. I've been smoke free for over 3 years now. I'm in the best health of my life my doctor also thinks the difference is amazing. I go to the gym every day when i was smoking i could barely go up stairs now i can run up those stairs. In fact a run about 3 miles a day along with other exercises that i do everyday. You may see vaping and think its something harmful but do some research you will find differently. If you still don't believe look me up and will go to the gym together and see if you can keep up. Thanks so much for your time and God bless

2/5/2015 8:00:03 PM - Thomas A Collens

I am a 70 year old man that started smoking at 9 years of age. I smoked Pall Malls for 61 years. I now just VAPE. I started buying e-cigs about 7+ years ago, they were mostly junk. Until about a year or year & half ago. I tried and failed so many times. Have copd & a heart problem , I really needed to stop smoking. My doctors told me the alternatives. The disposables e-cigarettes on the market are a joke. I went from 30+ cigarettes a day to just Vapeing . Am now down to a 4 nicotine strength. Please please don't harm are fruit flavores just to make big tabacco happy.

thanks

Tom Collens

2/5/2015 7:59:53 PM - HMW

I started smoking at age 15. I have stopped twice and both times I started back smoking. I started smoking the E-Cigarettes back in September of 2013 and have not had the urge to smoke a real cigarette since. I can wake up in the morning without the wheezing and heavy feeling in my chest. I can now run with out being out of breath. Best of all I don\'t miss cigarettes. My clothes do not smell bad anymore. I don\'t think that I would have been able to successfully quit smoking without the help of e-cigarettes. I have not had any health problems. I am breathing a 100% better. I do not agree with all of the hype over e-cigarettes being harmful to you. I personally Vape over the e-cigarette. I know what is going into the e-liquid that I consume in my body. Just had my yearly check up and I am in better health now than I was before I started vaping.

2/5/2015 7:59:38 PM - Yeyepelelo

I wanted to share my story in regards to using electronic cigarettes. I started smoking conventional cigarettes when I was 17 years old. And smoked every single day for 17 years. I was one of those people that would go frantic if I didn't have a pack of cigarettes in my pocket. So I had about 3 in my house, 1 in my office, 1 in my car and one in my pocket - at all times. I wasn't able to go half a day without smoking. I was happy and was not even thinking of quitting. Because "all the benefits" smoking had - relaxed me when stressed out - help my digestion, etc, etc.

My wife and I wanted to get pregnant and she wanted me to quit as it wouldn't be good for the baby or her during pregnancy to be around second-hand smoke. I was still not convinced of quitting at all - I thought I could just smoke far from them and that would be the solution. But a neighbour got me a pretty basic electronic cigarette. I thought I will try it but would only continue as long "as it would calm down my cravings of smoking". I tried it for 1 day and the continue to the next day.

Its been 2 years and 3 months since my last cigarette. I stopped completely.

During that time, there have been a couple of times where I have forgotten my e-cigarette at home and I was able to survive the entire day in my office without using it - this would have never happened using regular cigarettes.

I have also diminished the level of nicotine and I am currently at the lowest level.

Since stopped smoking, have felt more energy, more stamina, smell much better and there are no second-hand smokers.

I am extremely glad I found this.

2/5/2015 7:59:26 PM - Alan Beard

Hi I started smoking at about aged 14, and smoked 40 cigs/day on average for much of my adult life. While I was very active at work or with sporting activities the negative effects from smoking were hardly noticed, however with an increasingly sedentary lifestyle the ill-effects started to show

I tried repeatedly but maybe half-heartedly to quit smoking for a 5-10 year period with the following methods hypnotherapy,NRT- patches and gum, prescription medicine(Chantix) Alan Carr's book ,none were effective over a long term and I always returned to smoking

2 years ago,purely by chance I was reading in a non-Vaping related forum a story that charted one guys conversion to Vaping over a 1 month period .This I found was the inspiration required to make me go away and do a little research on a Vaping forum and to check out a few internet vendors that were recommended via the forum

It took a week for the starter kits to arrive(persuading the wife to also give this a go) and in that time we reduced our 'stock' of available cigarettes,in fact on the day of arrival of the starter kits we were down to just 4 cigarettes between us

I cannot say it was a simple process getting started initially, as no instructions came with the kits,so the friendly forum got many questions asked of them,and I thank those for the great advice given ,meanwhile we used 1 cigarette/day for 4 days until we had none left whatsoever.

It really was a relatively quick and seamless transition that after 4 days of use no cigarettes have been used or thought of since, We both have been completely converted now for two years

Without me going through every purchase good and bad of devices and juices its simply a continual experimentation process of finding good devices and associated equipment that you can customise to suit your own tastes and in our case regularly rotating around our large collection of juice flavours . We started on a strength of 24mg/ml and have maintained that,sometimes a favourite flavour may only come at a lower strength like 18mg/ml but our useage of around 4ml/day each remains the same .I believe that we are both appreciably less dependent on nicotine,I would estimate it as possibly one third and a recent publication by JF Etter would probably confirm this anecdote

Manufacturers cannot make health claims but we as consumers can, my health is much improved in the 2 years of converting from tobacco cigarettes just to name a few ,breathing far easier,senses of taste and smell improved,lack of phlegm on the chest and constant smokers cough disappeared.

Much to my dismay,after converting I started reading about plans to very strictly regulate with draconian ill thought through proposals(the TPD in the EU), this seems to me after the years of smoking and the struggles to quit to be quite perverse from any standpoint. The last 2 years has seen as much of the time I can afford to assist in campaigning against these lunatic proposals,which of course are mirrored across the World

2/5/2015 7:57:58 PM - Nancy

My Journey into smoking cigarettes started at 14 years old. I have smoked off and on for 38 years. I would quit but always go back. Whatever they put in the cigarettes to get you addicted really plays havoc on the mind. I have tried every product that has come on the market to quit smoking. I have always know it was bad for my health. None have worked longer than a few months. I quit on my own many times but I was miserable. I felt like a prisoner to smoking. I learned about vaping nicotine and decided to try it. I got rid of the cigarettes and started vaping in November 2013. I have not smoked since and I consider this a miracle. I can breath better, feel better and no longer feel addicted to wanting to smoke cigarettes. I do not plan on smoking ever again. I do want the nicotine though as it helps me relax, and I prefer not to take prescription medication for this. I mean I think this is the ingredient we all smoke for. So I decided to help others to find there way to Vaping as a alternative to smoking cigarettes and opened a Vapor Shop in my town. I have heard so many testimonies of how this product has helped people. We no longer want all the chemicals and carcinogens from cigarettes and we all agree nicotine is the one ingredient we do want So I don't believe the government should allow some products that are not necessarily healthy and not others. Like all our GMo foods or frankly cigarettes. It is a individuals decision what they choose to add to their body. I only hope that the government gets it right this time and it does not take away what has helped so many.

2/5/2015 7:57:43 PM - Caleb

I am a college student at ohio university. I started smoking at age 15-16 and knew deep down that I was seriously harming myself with the lifestyle I lived. Smoking cigarettes seemed to be a way to socialize, relax, unwind, look cool, and cope with life. I didn't want to face the fact that half of long term smokers die from their habit. It took some reflection time and a new mindset that allowed me to realize the harm I was doing without my ego protecting me. I thought of what it would be like to die, and the struggle I would endure If I did not stop. I thought about my family, friends, and others that would be hurt by my choices. I haven't been a lifelong smoker fornately but I have noticed from smoking 5-6 years what kind of future it provides. This scared the shit out of me and after a psychadelic experience I got the motivation to live a healthy life without the toxins that I was dumping in my body. Cold turkey worked for two days until I couldn't resist. I wanted this more than anything! But Cold turkey always left me with the same results. I dismissed vaping after I tried a cig-a-like for a few days and it wasn't enough to keep me tobaccoo-free. Fast forward a year to when rdas, rtas, big batteries hit the scene and I knew that would be enough to keep me from smoking. Here I am 4 months later and am never looking back. I owe my future life to vaping because If it wasn't for this community and products I would most likely die from my addiction to cigarettes. This has become a passion that I will spread to all smokers to give them the gift that I was givin. Thank you CASAA,

Caleb Grimm

2/5/2015 7:56:53 PM - Pam R.

Hi, I smoked traditional cigarettes for over 20 yrs and the last couple of years I smoked over 2 packs a day of menthol cigarettes. I had tried to stop smoking using the gum, patches and even Chantix (on which I became suicidal) and nothing worked.

I first tried the cigalikes in 2010 and was able to stop smoking for 11 days, but I wasn't getting what I wanted from them. I knew at that time that it would be possible to quit if the devices had more options, so I began researching them.

In August of 2014 I found out that there were Vape store close to me where I could actually go and lay my hands on different type vaping devices and at that time I was using Blu. I walked into the Vape shop and said I want to stop smoking, this is want I am using and it kind of works but I need more. That was August 5, 2014 and I have not had a cigarette since.

Since stopping smoking my COPD is not as bad and my ability to expel more air has drastically improved, I can breath better, smell better and taste better than I ever thought possible.

On January 1, 2015 I became nicotine free. I continue to vape as part of the hand to mouth addiction and for the flavor and I do see myself continuing to vape for flavor and not for nicotine for a long time to come.

2/5/2015 7:56:30 PM - Nick Wong

I started smoking in High School and continued until i was 30. Tried mulitple ways to quit including patches, gum, chantix. I always fell beck into the habit. I finally went to a vapor store to try out electronics. I didn't have an urge to smoke. I started at 24mg of nicotine which i know is a bit extreme. now here i am 3 years later using mechanical mods and usually floating between 3mg and 0 mg ejuices. There's no doubt that Electronic Cigarettes saved my life. I still continue vaping for the pleasure of it, much how many people smoke cigars not because they are addicted but because they enjoy it.

My health has improved greatly. My body feels better, I no longer have the lung capacity of a squirrel, the cough is gone

2/5/2015 7:55:22 PM - Sam West

I have been smoke free since January 2011. I smoked approximately one and a half packs a day for 30 years and quit them the first day I bought my first ecig kit. I have influenced at least 10 people to convert to vapeing and possibly more. I don't intend to ever stop vaping and would never go back to cigarettes. I have tried numerous ecigs, mods, juices and atomizers and have found I like dripper pro rebuildable atomizers, high vg juice, and variable voltage mods. I have noticed I no longer suffer from allergies, my hair and fingernails grow faster, I no longer chew my nails, I rarely cough or have chest congestion or chest pain. My house and vehicles don't stink anymore. I no longer find mysterious burn holes in my furniture, clothes, or carpets. I couldn't be happier with this lifestyle change.

1/27/2015 4:38:44 PM - Diane Desper

I smoked for 35 years. I tried patches, gum, chantix and I would always return to smoking. I wanted to quit so bad especially because of multiple physical problems I was having. I finally tried ecigs. I was having some success. I found the right type of ecig and have been cigarette free for 18 months. My breathing is better. The smell of a cigarette makes me nauseous. All thanks to ecigs.

2/5/2015 7:53:31 PM - Christine Medina

Hi, my name is Christine,I have used the e-cig for almost 5 years,in the beginning I did do both,I was looking for something stronger,more battery power,and cartridges that were longer lasting,but then I had a heart attack 4 1/2 years ago,at that time,the doctors gave me chantix it helped but I like to smoke so I had the stick on order which was bigger battery and I liked it and stood with the e-cig since then no tabacco at all for almost 5 years,I tried a lot of different types once you drip and tanks and cartomizers came it was a lot easier to stay away from tabacco.as of right now I use evod mega and emow with kanger tanks and use medium to high regular or classic tabacco flavor,I took my stress test and passed with flying colors,thanks for listening and I hope to vape for a long time

1/27/2015 4:34:43 PM - Mario Escovar

I was an average smoker (13 to 15 cigs a day) who smoked for 48 years. Four years ago I decided to finally quit smoking due to health issues. I tried several of the products and methods available that help you quit, but nothing worked; until someone introduced me to e-cigs. I now have been smoking them for 3.5 years and of late I've been using several of the vaping divices available today as well.

I am proud and glad to report that I not only stopped smoking regular cigarettes, but I hate it when someone else is smoking them around me (like my wife). I am praying that she will be wise enough to switch and save her own life, although she does not really want to quit. The bottom line on this testimonial is to emphasize the fact that no health issues have manifested for me during all the years I've been "Vaping".

I am for ever so glad I've switched, not to mention that I enjoy it more than regular cigarettes and so do the people around me. Oh! it's far cleaner and less offensive to others. I do not understand the controversy and political turmoil involving Vaping when there are so many benefits and lifes being saved from the detrimental effects of regular tobacco. So far, no one has produced enough (or any) evidence of any adverse health issues in vaping compared with the many bad known issues involved with regular cigs. .....and young kids are still smoking them out there; it just makes no sense.

My say.

1/27/2015 4:33:09 PM - Bliss Doubt

I stopped smoking two years ago after I received a visit from old friends, themselves already a year off cigarettes, who introduced me to vaping. They offered to buy me a starter kit, but still clinging to my love for real cigarettes, I resisted. I told them I could only stop smoking with my own commitment and in my own good time. They let me try one of theirs, and I puffed on it all weekend. I found it so pleasant and fragrant, that the idea lingered with me once my good friends were gone.

I started reading vaping forums online. I felt envious of people who wrote about being "off the stinkies", who replied on columns such as "my best time of day to vape" or "best after dinner vape". I read about people coming back indoors after smoking outside for years. I read about tempting flavors and how to achieve big satisfying clouds of vapor. I wanted in on this. I wanted this.

A few days later I emailed my friends to find out the specs of their equipment, the exact brands, the eliquid and flavor. I was on a mission to do exactly what resulted in their success in quitting cigarettes.

Looking back, that equipment was sad and deficient, the 3.3 volt Ego T batteries, the leaky plastic Stardust clearomizers, but the premium eliquid from a brick and mortar shop in Dallas did the trick. It tasted and smelled like sweet tobacco. At 18 mg. nic, it gave me that reassuring kick against my throat. I was doing it! I was vaping.

But I was also still smoking cigarettes. I decided I couldn't afford to have both habits, and I knew which one I liked best, and which one would be the most difficult to break. On the Saturday morning after Thanksgiving just over two years ago, I quit cigarettes without planning to. I had a cigarette with my morning coffee, and when I wanted a second cigarette I grabbed that ego-t and vaped like mad. I did that all day. I'd like to say it was easy. It wasn't. The nicotine in vaping registers, but is not received the way it is in cigarette smoke. In spite of the comfort of vaping, quitting cigarettes was depressing, almost painful, like doing battle with myself, hurting myself, and continuously asking myself why.

My higher self won, and when I retired that night after a whole day of intense cigarette cravings, which finally subsided, I knew I would never go through that again, because I would never smoke another cigarette.

In the first few days off cigarettes, I vaped so much that I was overstimulated. Like many newbies, I stepped down my nic level from 18 to 12. I outgrew the need for tobacco flavors and started to discover French vanilla, clove, cinnamon roll, absinthe. I still like spicy flavors best.

It didn't take long for my lungs to clear of a wheeze I had for more than a decade. I have more energy than ever, and more joy in life. I still enjoy discovering eliquid flavors, and the equipment just gets better and better, variable voltage, variable wattage, pyrex tanks, dual coils. The most fun thing is encountering other people who are vaping, everywhere I go. They see my setup and show me theirs. "Here's my little peace pipe" said the lady at the car dealership when I was having my oil changed. "I only have one" said my new colleague after our two companies merged. She has more than one battery now, because I set her up, being a bit over-invested myself due to the temptation of new toys.

For the record, I did try to stop smoking in the past, many times, with nicotine gum, and the patch. These just didn't work, and I didn't want to try Chantix because I knew someone who died in the middle of the night while taking it. My concern now is that a government in which I have no voice will collude with big tobacco (which never loved me) to reduce vaping to expensive, wasteful convenience store cigalikes.

1/27/2015 4:30:28 PM - StÃ©phan Rubiella

I started Vaping 18 monthes ago. I vÃ© been a smoker for over 20 years. As soon as i started Vaping i gave up cigarettes. Now i use a mods and rba. Since th en i recovered taste smell and lung capacity. I don t cough anymore Like a old bus. I am happy

1/27/2015 4:29:17 PM - Heather Phillips

I've WAS a pack and a half smoker for 22 years. I started smoking in college and quit at least 6 times in those 22 years. The longest I was able to quit was 6 months by taking Chantix. Chantix worked but the side effects were awful. Sleepless, nightmare filled nights and I was miserable and cranky all the time. I've quit cold turkey, patches, and gum in the past also. I ALWAYS went back to smoking. Good day, bad day, out with friends, drinking in a bar--these are the reasons I always turned back to cigarettes.

My boyfriend and I quit smoking and started vaping in February of 2014. It took me 3 weeks to reach the point of not picking up a cigarette at all, but even by day two I was smoking half of my daily intake before vape. The only problem I had with vape was gum sensitivity in the first few weeks--shockingly because my gums were becoming healthy and not restricted by cigarettes. I have never felt better. My constant coughing stopped, my allergies decreased (no more post nasal drip), my food tastes amazing, I can breathe easily and I smell amazing. My vehicle is odor and tar free. I no longer have to freeze my ass of outside. No more burns, ashes, gross yellow teeth and fingers.

We vape an all VG blend juice at 21 mg of nicotine now. We have no intention of quitting vaping. It's a GIANT relief to have a healthy alternative to the 3000 some ingredients in tobacco cigarettes. It's a GIANT relief to believe that I will never pick up another cigarette again.

I encourage anyone smoking to vape instead. It is the single best decision I have ever made in regards to my health and the health of anyone I care about and love.

I'd like to see vaping utilized to improve lives instead of being shut down to greed and lies.

1/27/2015 4:28:25 PM - Dave H

After 41 years of smoking 1 to 2 packs a day and having tried hypnosis, gum, pills and patches with no lasting success I have finally stopped wanting a cigarette. Without my vaping device (you might call it an e-cig but there is no burning or tobacco so i don't) this would not have happened. It certainly didn't when i used the more conventional alternatives. For 4 months i have not wanted tobacco even when my wife smokes around me. Hurray!

1/27/2015 4:27:50 PM - Sally Martin

Former smoker for 15 years. My dad died of lung cancer, and my mom died of COPD. I also worked in the medical field. There was no excuse for ignorance, I knew better!

I did try to quit with nicotine patches, pills(Chantix and Wellbutrin), and cold turkey. Nothing would work. The prices of cigarettes were going up, and I started rolling my own. That was a disaster. I was dropping hot embers everywhere. Then I found the e-cigs.

I have been vaping for 5.5 years, now. It started with getting one of those cheap e-cigs off of Amazon. It did not alter my cigarette habit, but I knew there was something possible with these. I did a lot of research, and found a company that was based out of the UK. Their devices and safe e-liquid was my ultimate success. I vaped and smoked for one week total. Then I put the cigarettes down, and never smoked again.

Working in the medical field, I had access to a pulmonary function machine. While I was smoking cigarettes, I ran a test and saw my lung age as 10 years over my real age. That was so upsetting. After vaping for a year, I redid the pulmonary function test, and it showed my lung age as 5 years younger than my real age. So, I knew that my lung functions were improving. Even without the test, my smoker cough went away almost immediately. I regained a keen sense of smell.

I totally trust where I get my e-liquid. It is made in the USA, now. I am worried at all the shops opening up, and people mixing these e-liquids. Some of the ingredients need to be food grade/pharmaceutical. They are more expensive, but safe.

I am concerned that people will cut corners to save a buck, and buy the cheaper, non-safe ingredients. If our government takes this over, I am also concerned that they will do the same thing. Right now, I can buy, and mix my e-liquids. I know what is REALLY in it. I do not want this option taken away. Yes, we need some type of regulation, if these are truly going to succeed.

The scare tactics need to go away. This is proven over and over again, that these safe e-cig devices will get people off the harmful cigarettes. I am living proof!

1/27/2015 4:27:40 PM - DaveQuit

I started smoking at 18 and continued until 60. I tried everything on the market, Nicotette, Patches, Wellbutrin, Chantix, Hypnosis but all proved unsuccessful for me. I kept a "cold" for the last 25 years virtually all the time and had a constant cough. Had repeated sinus infections etc. Hated to even go up a flight of stairs knowing I would become short of breath and forget hiking. May last cigarette was before bed on August 1 2012. On August 2 of 2012., I began using various electronic vaping devices and later settled in on a specific type. I have not had a cigarette, not even one, since that date. I have had one cold in the last 2+ years and the cough stopped in a matter of 2 weeks. I seldom even think of cigarette and the smell given off but others is now repulsive. Steps are no longer a threat and hiking has become an enjoyment I was missing. Even with the electronic vaping device I have found I sometimes forget to use for several hours at a time.

Although some may say I have traded on habit for another, I'll take the trade and thank God for it!

1/27/2015 4:25:32 PM - Sue

I tried gum, lozenges and the patch and I wouldn't have been able to quit cigarettes without this. What a great invention. I am down to 0 nicotine which has to be a lot better than smoking cigarettes. The taste I like which is butter pecan and the vapor is enough to satisfy me.

1/27/2015 4:12:27 PM - Jim Hill

I was a pack-a-day smoker for almost 25 years.

I tried to quit cold-turkey multiple times.

Failed miserably.

Tried the gum, failed.

Tried the patch, failed.

I realized that I didn't want to give up smoking!

I ENJOYED smoking.

What I wanted was to stop damaging my health, and to stop smelling like an old ashtray.

I discovered e-cigs about 6 years ago.

It took some time to find the right one for me, but i did and it's now been a little more than 5 1/2 years since my last cigarette.

I am currently using a variable voltage product that allows my to dial in the taste, depending on what I want at the time.

It's the best thing I have ever done, apart from getting married & having a son!

I have my energy, my breath & my enjoyment of life back!

1/27/2015 4:11:28 PM - Jason Perkowski

I've smoked for 17 years and tried everything to quit and nothing worked. I've been vaping for 5 years now and feel great. My doctor has checked my blood every 6 months and all my tests are great! I don't understand why you would want to stop something that is changing people's lives by quiting smoking and living longer. Please read all these testimony to see how it's helping people. Thank you for your time

1/27/2015 4:09:36 PM - Dan

I started using ecigs after 15 years of smoking tobacco. I was tired of hacking all night and day, not being able to breathe, and smelling like an ashtray. I felt that I was a slave to cigarettes, with everything I did throughout the day I would have to stop and take 5 minutes to smoke a cigarette. I tried everything to quit using tobacco, gum, patches, prescriptions, cold turkey, and I could not even make it 48 hours without a cigarette. I've been using ecigs for we'll over a year now and have seen huge changes not know in my health but in my personality as well. I can breathe! I no longer have acid reflux, I smell better. I am no longer nicotine dependant. While I do still use ecigs, I use zero nicotine liquid. I use because I enjoy the flavors and vapor production. It works, I'm proof!

1/27/2015 4:09:03 PM - Scott Byrd

I was a smoker for 25 years. I have recently started vaping and have lost all urges to smoke cigarettes. I have tried prescriptions and gums with no success. I have noticed in the last three months since quitting my sense of taste and smell have increased. I am certain people around me have noticed I quit since the smell of tobacco is no longer on my clothing.

1/27/2015 4:06:29 PM - Nathan Gambill

I was a smoker of 10 years, I was being treated for high blood pressure and was terribly over weight, I couldn't exercise because I couldn't breathe due to smoking, (could hear weezing and feel tight lungs) at night when I laid down id listened to my own weezing. I tried all the popular tobacco cessation drugs/ techniques. I tried gum, patches, Chantix, hypnosis, all that big name ideas, nothing worked! One day I was in a mall and bought an e-cig from a kiosk. That was almost 3 years ago! Haven't smoked since! I am no longer taking any medications, and have been able to lose 120 lbs because I can finally breathe to exercis! And since quitting I have brought my nicotine down to 2mg a very low level when I started with 36mg, huge change. I credit e-cigs for saving my life, and making my life much more enjoyable.

1/27/2015 4:06:17 PM - Lisa Belle

I smoked for 43 years. During those years I tried every recommended method to quit such as; smoke-enders (group), cold turkey (many times), self-hypnosis (work book), chantix, nicorette gum, patches. I had some limited successes but in the end went back to smoking. I have been virtually smoke-free not one puff since August 2013 and all the credit goes to Electronic Cigarettes and the open tank style with a wide array of flavor assortments. I did dual use from 2009 until August 2013, but I was 98% Vaping and only 2% smoking, while using the E-Cigarette, but ocassionally still was experimenting with real smoking. Each time I smoked though, the taste and smell offended my senses, two puffs and I wished to wash my mouth out, the smell was over-whelmingly bad.

In August 2013, on a roadtrip by car, driving myself from New Mexico back to Michigan to accept an employment offer to be a live-in caregiver to my Ex-Husband. I made up my mind to quit all smoking. Since August 2013 not one puff or any desire to smoke, whatsoever. Wish my EX would join me, but he prefers to take the Pharmaceutical route and keeps trying to quit, without success. It's sad to watch someone fail to quit that really has their life on the line by continuing to smoke. The slogan "Don't Quit Quitting" can be applied to his situation. Still, I am so gosh dern happy that I don't smoke and for this miraculous technological advancement that makes it absolutely possible for me to avoid the diseases that I know by being a witness to it, some people suffer from emphysema and copd and are oxygen dependent, that is proven to be directly related to smoking.

I enjoy no longer wheezing when I recline. I enjoy my sense of smell and taste. I enjoy being free of the messy ashtrays or worse, accidental burns on clothing or furnishings. I enjoy being able to afford a better alternative to smoking. Everything I liked about smoking, physical sensations, hand to mouth activity, is replicated in some ways by vaping, but all the bad things about smoking are gone.

1/27/2015 4:06:07 PM - Scotty Vapor

Vaping definitely changed my life for the better. I've smoked cigs since I was 11 years old. I tried and tried to quit multiple times but never had success. I've tried medicine but one type of meds (chantix) made me have convulsions. I've been vaping for a little over a year now and haven't smoked a cig since I picked up the vaporizer. I started wit 18mg nicotine and now I am at 3mg. Sometimes I don't use nic at all. Since quiting smoking I feel like I'm younger. I have more energy and can breath. Foods taste better. And my wife tells me all the time how much better I smell.

1/27/2015 3:59:31 PM - Gracie M

I smoked for over 20 years. I kept getting bronchitis. I had a wheeze. My husband said he could my wheezing at night while I slept. When I laughed. I would start coughing.Tried to quit using patch, gum and Chantix. Chantix was definitely not a good fit. I resigned myself to never being able to quit.

More than 3 years ago my sister purchased an electronic cigarette and sent it to me. I started electronic cigarette and quit smoking cigarettes shortly after.. I cannot believe I did it. No more smoking tobacco has been such a gift. I noticed, about 3-5 months, after using the e cigarette, my health was improving. No more cough. It is so great to laugh without going into a coughing fit. No more wheezing. Now I do treadmill for 3 miles a day, 6 days a week. I feel so much more better. I have more energy. My skin even looks better. I don't smell like stale smoke.

I'm so grateful for the electronic cigarette. It has changed my life and my family's. I now can look forward to being able to see my children marry and I will enjoy having grandchildren.

1/27/2015 3:58:57 PM - Barb

I smoked for over 20yrs and quit 6yrs ago having a safe alternative to smoking is so helpful in not smoking the number of flavors and strengths is wonderful and a much lower cost is a great incentive for people to quit you must not put so many regulations and costs to this new way of enjoyment it is the only way people will be prompted to quit for good and still have a way to relax and unwind i have been vaping for 2 yrs now and if this would've been popular years ago i would've quit alot sooner i have been healthier and can breathe better since quitting smoking

1/27/2015 3:58:10 PM - Jeff

I started smoking around 16 and on a regular basis at 18 after I got out of high school. Never really thought I'd end up smoking for over 40 years, at 2 packs a day. I tried cutting down, the patch, Chantix, and cold turkey. Nothing worked. About 15 years ago I couldn't afford to buy them anymore so I bought a machine and began to roll my own. A year ago a friend of mine suggested electronic cigarettes but I thought they were just another gimmick. I tried one and was amassed. After about 2 months I quit cigarettes all together and switched to the tank types which I found are cheaper and better tasting. Regular cigarettes now taste nasty and am happy the new hobby I found also. Best invention of the 21st century so far! Thanks to vaping I haven't smoked for nearly a year now. Wow.

1/27/2015 3:55:00 PM - marewah

I am 76 years old and have smoked since 15 years old. Have tried everything -cold turkey, nicorette gum ,psychologists, chantix -and nothing has worked. Even after having suffered a by pass operation -damage to my heart , COPD and emphysema , due to smoking did not make me stop completely. It was truly a addiction that only e-cigs helped me to stop . I am now smoke free for over 2 years and feel this is such a worthwhile product to have on the market . I just cannot understand all the resistance against it .

1/27/2015 3:50:59 PM - Toni Simon

I smoked for 20+years and my husband smoked for 32 years . We have been tobacco free for one years now!! We had tried patches and everything possible but we're not successful . Then we trident vaping and it worked. I have had very high blood pressure for 20 years and now it is normal and we feel so much better . It worked for us now we cannot even stand to smell a cigarette and I know we will never smoke again . It no doubt will give us many more years together and with our children .

2/1/2015 2:25:23 AM - Bob R from York, PA

I started smoking cigarettes and cigars when I was 16. Within a year, my habit quickly escalated from a pack a week to a pack a day. About 4 years later, I started to become frustrated and wanted to quit or at least smoke less. I talked with others who quit, that recommended Chantix, nicotine gum, and counseling. I was not interested in any of those methods. A few months later (~2011), a co-worker showed me their e-cigarette. I decided to try it out myself. I was able to purchase 12mg and use it in place of smoking for a maximum of three days, before I gave up, no matter how many times I tried again. Over the next 2-3 years, I kept trying to use that same e-cigarette to quit, whenever I could not stand my nasty habbit of smoking traditional cigarettes. It was making my life unmanageable, and real cigarettes were the only thing I knew that relieved my addiction. In April of 2013, after receiving my tax refund, I decided to upgrade to a newer, updated e-cigarette. I purchased a Halo Triton starter kit and 12mg e-liquid. The vaporizer looked nothing like a cigarette, like my prior one did, so I was excited to see what it could do differently. I made a commitment, like when I tried the other times to quit, and I stuck with the Halo Triton tank for three days, without a cigarette. After that point, I knew I had made it far enough to never need to smoke again. The vapor was different than smoking, but it provided a satisfying sensation, similar to smoking, but with a clean a good taste. Not to mention, I started breathing, eating, and drinking fluids more regularly. I felt like my body was ready to give up tobacco cigarettes. I have been smoke-free for over 9 months now, and I am down to 3mg of nicotine. My workplace recently banned smoking and vaping, and I have been doing great while at work. I have not had any craving or thoughts about smoking or vaping while spending over 10 hours at work. This would not have been possible without the innovative vaporizer products, liquids, and unique marketplace of the vaping community. I hope this short summary of my experience will help ensure that vaping will be considered as an excellent hard-reduction / alternative to smoking tobacco cigarettes. I want to thank the community of vapors that have helped me and all of the suppliers who have made great products and provided outstanding customer service. There are so many to name, I will not even try.

1/31/2015 6:45:03 PM - sofarsogood

Quitting is a useless and misleading concept. Smokers quit 20 times a day. What matters is the relapse. When I believed the chance of relapse was essentially zero the discomforts of going to zero cigs were nothing more than a mild annoyance. What makes vaping a game changer is not that it helps you quit but that it protects you from relapse. One of my relases was after 10 YEARS!

I started vaping in early October 2014. The day I started my cigs declined from 25 to 4-5 and stabilized there with no will power. I decided to declare that a success, focus on learning how to vape and decide later if I wanted to progress from 80% control to 100%. The first week was on a $15 vape pen, then a nautilus mini on a spinner 2. I had various minor discomforts from reduced cigarettes and reactions to the unfamiliar vapor. I believed those discomforts would pass and they did over weeks. I let my cigarettes run out after 6 weeks haven't bought more. (I tried a cigarette after 6 weeks of zero cigs and it tasted awful.)

Looking back, I was a dual user until I was certain I'd never stop vaping. Then I knew the worst that could happen with a failed quit attempt would be regressing to 4 cigs. Going to zero cigs didn't seem very hard because I knew I wouldn't relapse. If all quit attempts had that certainty most quit attempts would succeed no mater what stratagy is used.

The end of the Tobacco Age is in sight.

1/31/2015 7:12:52 PM - Patty

I just recently started Vaping. I have horrible COPD from 30 yrs of smoking cigarettes! Started smoking cigs as a teen! I was recently hospitalized due to breathing problems and I have not touched a cigarette since leaving the hospital 2 Weeks ago! Now I vape! I have no desire for a cigarette, I'm not coughing till I bust ribs like I did when I smoked cigarettes. I'm not wheezing..so far so good! I'm totally happy and looking forward to being able to run around and breathe at the same time! I don't smell like an ashtray anymore either! WONDERFUL!! VAPE ON!

1/31/2015 10:13:57 PM - Kyle

I have been smokeing cigs for 5 years now. My buddys got me into vapeing and I haven't smoked a cig since I feel much better breath easier. And I'm only useing a 3 mg nic strength and it has helped me a lot.

1/31/2015 10:16:11 PM - Bob Kirsch

my girlfriend was sick and couldn't smoke,so she bought a vape. i saw it as an opportunity to quit and bought a vape also. i haven't smoked since and that was over a year ago! vaping has given me a healthier alternative to smoking and i feel great!my 25 year smoking career has finally ended.i use a mod and build my own coils and use only organic e-liquid.

1/31/2015 10:22:22 PM - K. Wolf

I started smoking cigarettes before age 16. For most of my adult life I was "a pack a day" smoker. There were a few periods of time where I could abstain for months, my longest stretch was almost a year, but I always went back to puffing. At the end of 2009 I had trouble doing 10 minutes on a treadmill. In January of 2010 I learned about vaping and after a couple of weeks of reading up on the process I ordered my first ecig and solution. The day my ecig arrived was the last day I touched a cigarette. I still have the same leftover five packs of smokes in my fridge today as a souvenir. It has now been five years since I puffed burning tobacco and at age 61 I am healthier than I was 10 years ago, able to strenuously exercise on a ski machine 30 minutes 3 or 4 times every week. There was no way I could have done that in 2009. Today, I enjoy my Kangor Mini Pro Tank and can't imagine going back to the use of burning cigs, unless ecigs disappeared.

1/31/2015 10:27:08 PM - Sparky Cox

I am a 56 year old ex-smoker and in the spring of 2012 I was stricken with oral cancer brought on by 40+ years of smoking approximately three packs per day. My wife and I had no insurance and it was a long hard fought battle to obtain the medical attention I needed to remove the golf ball size tumor in my tongue. We did find help through Texas Oncology and Baylor Medical Center of Dallas. I spent three days in the intensive care unit and another nine days recovering at the hospital. They removed roughly two-thirds of my tongue, approximately one-half of my lower jaw and I still feed myself through a PEG tube but I am now making remarkable progress.

After my surgery we both quit smoking and began using electronic cigarettes to help with our need/desire for nicotine. We can now breathe easier, our house and clothes no longer smell like a wet ashtray and we have more energy. One would think that after the battle that I endured during this unforeseen medical episode that I would quit anything that even resembled smoking. Well it ainâ€™t that easy but we have not smoked a combustible tobacco cigarette in over two years thanks to e-cigs! The desire for the nicotine is just part of the ordeal, the other is the physiological dependence of the smoking â€œaction.â€ My wife only uses her e-cig after work and uses zero (0) nicotine in her liquid but I like my nicotine just as does a coffee, tea or energy drink user likes their caffeine.

1/31/2015 11:35:47 PM - Steve

My family raised tobacco. I started working in tobacco when I was seven. I have set, cultivated, topped, suckered and stripped tobacco. I started smoking about age twelve rolling tobacco leaves from the barn. I have been a light to moderate smoker. My wife however was a fairly heavy smoker. We tried many times to quit but were not successful. Some people I work with had quit and were vaping so I though what the heck. I started vaping but my wife didn't so one day I told her that her hair smelled like cigarettes. She didn't like that and eventually tried vaping too. We bought the cheapest units we could find and the rest is history. We started with a 24mg of nicotine tobacco flavored juice but I soon found it distasteful. Now I use a 6mg custard flavor and after a couple of months I could smell someone smoking a block away. My wife still likes a little tobacco flavor with caramel in her juice and she's down to 12mg. The point is both of us feel much better. Both of us have lost our morning "tobacco cough". Her wheezing has stopped and she has not had an episode with pneumonia since she quit smoking cigarettes. We have upgraded and now use smart batteries since we burned a few of the cheap ones out (You have to unplug those right away when charging). There are many great units on the market but I prefer the Aspire CF VV & VV+ batteries and ET-S BVC glassomizer for traveling. For home use I like the Sigelei 150 Watt box mod with the Aspire Atlantis tank when I want a more vapor. These products have definitely improved our health.

Our daughter lives with us and is allergic to smoke. She claims vaping DOES NOT bother her at all and she has not had any reaction to the vapor. She is really glad we quit smoking.

Patches and the gum... they didn't work for us.

I read all the negative stuff online so I researched the ingredients myself. While there might be some questionable juices, most are very high quality with the same ingredients used in the food and pharmaceutical industries.

So now I'm wondering, if all these restrictive laws pass will someone's home now be condemned because they burn some food in their oven? What about charcoal grills, wood or fuel oil burning stoves? They don't mention what's in that smoke.

Guess I can't figure out the real government agenda here, improving health or BS.

2/1/2015 2:00:54 AM - luckY7

I had tried my first full cigarette when I was 17. I was working at the local Burger King at the time. It was closing time and we all stepped outside for some "fresh air". I was curious, but had never really tried a cigarette. I decided to ask for one. I was given a Marlboro Ultra Light and after a few puffs I felt a buzzing sensation and loved it. The next day at the skatepark, my friends were doing a "cigarette run". I had a few dollars in my pocket, so I had them buy me a pack of Marlboro 27 blend. This was the first pack I had ever bought. I ended up smoking half the pack and giving the rest away. I stayed away from cigarettes for 3 weeks until I was hanging out with a friend and he offered me one. After that, it was history. Throughout the years I made several attempts to quit, including cold turkey, patches, and the dreaded foul gum. I had even bought a local Smoker Friendly brand e-cigarette. It was horrible. This last year (2014) I bought a Blu e-cig starter kit. Just as the SF brand, it was no better. My mom, who was a smoker for 34 years, tried to quit countless times. She had bought the Vuse and never really tried it until one night. The night that would save us. She opened the pack and took an inhale. It was rough and harsh. So she got on the internet and looked up "best e-cigarette" and found out about vaping. We searched through sites trying to find one we would like to try. She was thinking about buying the Triton and I wanted to try the MVP 2. We ended up finding a local shop and took a trip down to it. We both decided on the MVP 2. I got a silver and she got a dark blue. Since then, we have picked out our favorite shopping sites and juice vendors. I started smoking in April of 2005 and I currently have been off cigarettes since October 15, 2014 but started vaping on September 25, 2014, and I will never go back. I have felt so much better. My hands are warm, I can breathe deeply, and my horrid cough is gone.

2/1/2015 6:14:35 AM - Jason Tolentino

Started Smoking at 14 and for the last 26 years would smoke on and off for several years; 4 years on, 7 years off, 2 years on, 2 years off etc. Tried all of the nic patch, cold turkey and other methods out there, but if I got stressed or drank with friends, I was succeptable to restarting. Vaping has allowed me to quit with ease and still slay the Nic fits. Vaping rights need to be preserved. Millions of lives are at stake.

2/1/2015 4:16:41 PM - Jim Rothenberger

I may have submitted a testimonial many years ago. So much time has past and the battle has continued. If so, this is an update because things have changed over the last 5 6 years.

I was a 43 year 2-3 PAD smoker at the end. I had tried to quit just about every Pharma product except Chantix plus hypnosis twice, gadgets and herbal remedies and cold turkey a few times. At least 2 dozen unsuccessful attempts and I gave up trying. I decided it wasn't worth the effort, I was a confirmed smoker and I didn't care anymore.

Then about six years ago my girlfriend started talking to me about these electronic cigarettes she saw news on. I laughed at her. I said it was a gimmick and I wasn't going to invest a couple hundred dollars on another wasted effort. She became very persistent and I reluctantly ordered a couple kits.

I had no positive expectations from the start but after they arrived, I found that vaping, as it's now called, was pleasurable and seriously reduced my need to smoke. The flavor was much better than tobacco and it gave you the feel of smoking. Immediately I went from around 50 cigarettes a day to six. A cough and night wheezing that I had for awhile disappeared in less than two weeks and I was now committed to continuing.

The equipment back then was pretty primitive so I kept looking for something better and a way to totally quit smoking. That search went on for about 6 months as I maintained my attempts to completely quit smoking. Month seven got rougher.

I noticed I wanted a cigarette more often and I had that horrible failure that my most successful quit attempt to date was slipping away. I started asking questions and learned that beyond the alkaloid nicotine there were a few minor alkaloids (5%) in tobacco and perhaps that was what I found missing. I learned about Swedish snus and decided I wanted to give that a go.

Within a week or so a package arrived from Sweden with my order. I opened the can and put a portion under my upper lip and knew I found the answer. It wasn't instantaneous but within 10 to 15 minutes I found a calm that I was missing. That moment also signified the last time I've taken a drag on a real cigarette. In a bit less than two weeks, I'll celebrate five years as an ex-smoker. That was something I never expected to see.

Today I vape occasionally, perhaps an ml of 6mg liquid every 2-3 days on a semi regular basis. I've gone days on end without picking my e cig up, so much so that I sometime have to hunt for where I left it last. I still use 4-5 portions of Swedish snus daily as that gives me that calm I mentioned previously. I've learned that my

smoking was really a self medicating mechanism for treating some depression in my physiology.

Once you break the hand to mouth habit, the rest becomes fairly easy. My health is fine, no issues considering the damage I was doing to my body for all those decades. I just hope I won't get a surprise via the after effects of years of smoking, but if I do, I only have myself to blame.

2/1/2015 5:44:59 PM - SongsOfKensington, Philadelphia PA

I had smoked one pack of cigarettes per day for 28 years. I tired cig-a-likes in 2013 for about a week, but these were utterly unsatisfying, and I continued to smoke the analogs. One day in February of 2014, I overheard a fellow on the bus talking about his nifty new device, which he was using before public vaping was banned. In retrospect, It appeared to be a Vamo, with a groovy tank.

Several weeks later, I went to a neighborhood vape shope, and picked up an Evod-style battery with a disposable tank and some RY4 juice. I started vaping immediately, and from that point, almost completely stopped smoking cigarettes. I went through that first container of juice, and purchased another flavor, this time chocolate / strawberry, which actually tasted pleasantly of bourbon.

In any case, my first disposable tank died. So, I went back to said vape shop, where they suggested a Kanger mini protank II. I took it home, but was unfamiliar with the thing, and my repeated attempts of putting it together failed, the result being spilled juice and no nicotine. At that point, I had to smoke a cigarette. And when I did, after a week without cigarettes, I could not smoke even half of it, it was absolutely terrible - dirty, heavy, and quite nasty. I finally figured out how the tank worked, filled it with juice, and have not had another cigarette since. This, at this writing, was over 10 months ago, and the vaping has been going great. Better than great actually, it has been a miracle.

When I smoked, I had resigned myself to the fact that I was going to be a lifelong smoker, and was counting on medical technology to come up with effective treatments for all of the associated conditions. I had not even tried to quit or cut down. It had not occurred to me that the delivery system might be the key; indeed, it was.

So now, I am a happy vaper. More than happy with it, I have gained something of incalculable value: a newly found sense of dignity. No longer to I have to duck outside, and come back indoors smelling of smoke. My smoker's hack is gone. Simply put, I am no longer a smoker.

The Electronic Nicotine Delivery Systems (ENDS) that I use are several, but relatively simple. I have an MVP 2.0, a Z-Max 5, and several EVods for emergency backup and stealth situations. I use tank systems, and have a Kanger Aerotank, a Protank II and a Protank II Mini, which are fine as-is for my purposes.

My e-juice preferences are firmly fruit: apple, blueberry, and other fruit mixtures, but no tobacco flavors. I also continue to vape at a 24mg nicotine level.

In short, vaping has been nothing short of miraculous. The health benefits are many, and include dental benefits. I have saved over 50% of what I would have spent on

cigarettes, and take pride in the additional fact that this also represents lost tax revenue, that this is money no longer available to the politicians for their use.

The only downside and trade-off is that vaping does look ridiculous; truly silly, goofy, and other similar adjectives could be applied. But that trade-off is worth it.

2/1/2015 6:19:37 PM - Steelgirl

So one day about a year and a half ago I went to my favorite tobacco store to buy my usual two cartons of cigarettes. I smoked two pks a day, and I've been smoking 40+ years. Two cartons lasted less then 2 weeks. I happened to notice the new display the store had. What were all these gadgets, I asked the owner. You see the store didn't advertise electronic cigarettes. I have quit, started back up, quit, started back up... more times then I can remember. I never quit for more then a few months. I tried patches, gum even hypnosis and Chantix! So, instead of buying two cartons of tobacco cigarettes, I bought just one. And that nice store owner explained all the gadgets and e-liquid. He set me up with a beginner set and a couple bottles of e-liquid. From there I read everything I could get my hands on regarding e-cigarettes. I was and still am a sponge to learning all I can about it. I never did smoke that last carton of tobacco cigarettes! I ended up giving 8 of the 10 packs to a co-worker. That is how effective e-cig is for me. Fast forward to 17 months, I have not smoked a single tobacco cigarette. I've lowered my nicotine content from 24 mg/ml down to 3 mg/ml. I may or may not get to zero. I'm not real concerned about small amount of nicotine. I use higher doses of caffeine then I do nicotine. If I were to quip vaoing, I may take up nicotine gum. I do not like tobacco flavors of e-liquid !!! Give me my candy or fruit! I don't like to use the term e-cig. It is a battery operated vaping device. Plain and simple. It is Vaping. I no longer wake up coughing and hacking. I no longer fall asleep listening to my chest wheeze. My doctor is very pleased with the sound of my chest (breathing) I no longer get bronchitis and sinus infections every other month. In fact I've only had one head cold in a year and a half... and it was due to fall allergies. It cleared up quickly with prescription nose spray. I can walk a mile at fast pace with out feeling like my heart is going to explode out of my chest. Vaping to quit smoking is the BEST thing I could have done for my body. I can't stand the stench of smoking. I don't like to go to bars that allow smoking. It's quite nasty smelling to me.

2/1/2015 7:31:41 PM - Matt "Vapeologist" Green

I was a smoker for 4.5 years recently, and smoked off and on since I was 18. I used snus randomly, and realized I had an addiction to the chemical inherent to cigarettes, as well as the nicotine in tobacco. I knew smoking was harmful to me, but I was definitely addicted and needed a proper option that worked for me to let go of the analog "coffin nails".

I have tried using chantix, nicotine gum, as well as a host of other possible remedies. None of these worked for me at all, & I actually had quite severe adverse side effects to the nicotine gum and chantix. I continued to look for a new option to help curb my addiction to analog "cancer sticks", but nothing on the market or in our current society was something that I felt would help me, or was something that I was interested in obtaining and trying.

I happened to talk to a person in my city that I live in(Ogden, UT, USA) that had mentioned to me a new, innovative, and fantastically exciting product that had been brought to the United States from Europe and said that it helped him get off of analog cigarettes- PERMANENTLY. I was quite intrigued, considering all the things I had tried in the past that were to no avail or remedy. This was my first experience with the electronic cigarette aka vaping.

I started off with a cig-a-like vaping device considering this was pretty much all that was available at the time in my city, and also because the overall research into more advanced products had not matured enough, options for vaping devices were limited. I found very little relief for my analog cigarette addiction from this device, however the overall notion of it was quite intriguing. Even though I had this device in my possession and was using it as often as I could stand it, I ended up going back to cigarettes for a very short time. My next device I had was an "eGo T" pen style digital vaporizer. It was a device that showed me new possibilities in the world of vaping. You were able to you put more e-liquid into the device, receive more nicotine through the vapor, and get more vapor as well. The batteries lasted longer on a charge, and were more readily available by this time. I use this device for almost a year, and then the electronic cigarette revolution has begun. The market begin to flood at an exponential rate, and wasn't extremely exciting time to be a vaping individual. I got my first advanced personal vaporizer that was a variable voltage, and had a cartomizer tank on it that I ran dual coil punched cartomizers on, removable and replaceable batteries, and the vape was absolutely astonishing. They had accelerated the ability to get more vapor, more flavor, more reliability, and overall less expensive operating cost of the device. I use this device for about another year, then once again the electronic cigarette took another leap into the future. More manufacturers, vendors, and also countries began to recognize this as a business venture, & a new way to live a healthier and more productive life. Electronic cigarette community also grew at a head spinning rate. It was

absolutely fantastic to see. Not only were people helping other people kick the habit of regular analogue cigarettes, but now they were lobbying for government to recognize electronic cigarettes and vaping as a proper smoking cessation and a possible means of quitting tobacco products.

Nowadays I have a very large collection of mechanical mods, digital APVs, rebuildable atomizers, and accessories such as batteries, chargers, e-juice, driptips, apparel, etc.

My life as a slave and victim to the destructive and deadly product of the criminals of big tobacco will now be changed dramatically in a very positive and exciting way! Vaping is now in my present, past, and future.

What has vaping done for me and how has it changed my life??

Well, to start I am healthier now, I have met and friended a TON of AMAZING vaping people, food tastes better, also I am immersed in some of the most incredible, fastest evolving technology branch in the world currently.

I am elated and proud daily that I have been able to participate and educate smokers in this evolution of snuffing out analogs- PERMANENTLY.

I am a proud vaper, a proud advocate of the abolishment of analog cigarettes, and bringing forth criminal charges to big tobacco for being responsible for 100s of millions of deaths worldwide.

Vape Strong, Vape Proud, Vape like a boss!

2/1/2015 8:33:10 PM - Michelle Wooten

Vaping saved me from my asthma!!!! I NO longer have to carry around 3 different types of inhalers just in case!!!! I no longer stink of nasty nasty cigs, I now smell sweet and yummy Hehehehe!!!!!! I have helped several co-workers get on the Vape and helped myself lower my blood pressure and help my daughter be prouder of me!!!! I was a smoker for over 25years At 3 packs a day!!!!! I've only been vaping for about 6 months.

2/1/2015 8:41:48 PM - Justin Pearrow

Hello vapers of the world! This testimonial is a 2 in 1 because my wife's story and mine are pretty much identical. Although we both were desperate to quit smoking, we never bothered trying any of the expensive gums or patches and were also both downright afraid of chantix given that both of us have history with clinical depression. We knew they would never work and that we would ultimately just end up wasting whatever money we would spend on those treatments. Then my mom was gifted a cigalike for Christmas a couple years back as she was attempting to quit. I tried it and was less than convinced that it would work for me and especially her(my mom has been smoking far longer than me). A few months later a friend brought over an ego setup. Wow. What a game changer! I was getting a real puff with that familiar throat sting associated with a cigarette. Finally I thought "I can do this with a device this good!"

On July 1st, 2014 my wife and I both got a starter kit(ce4/ego) and never looked back. With budget being a huge concern of mine, I feared that dual use would eventually lead to full relapse for me and so I vowed to my wife and myself there would be no smoking while trying this new vaping thing. Well it certainly worked for both of us and neither of us have smoked since we bought our lil clearo starters! She has since upgraded to VV spinners and mini pro tank 3 while I am traversing the hobbyist side of it. Now I'm using an eLeaf iStick with a plume veil clone blowing some delicious clouds and she thinks I'm silly.

We both love it and are breathing much easier now. I switched to vaping from a 15 year+ pack-a-day wallet killing smoking habit. I tried cold turkey, 4 years without a cigarette then relapsed one day because of some stupid stressor. If I had known about e-cigs I possibly could've stayed smoke free. That's all history now and all I can say is thank you to the industry for continuing to develop and advance these life saving devices to a market that is full of people desperate for an easy way out of smoking.

2/1/2015 10:30:18 PM - Jeannah Haber

I am a 53 year old woman who began smoking tobacco cigarettes when I was 13. I smoked 1-1.5 packs of tobacco cigarettes for 35 years. I enjoyed smoking and did not have any real intentions of quitting. When I turned 50, I thought I would try to â€œcut backâ€ on the amount of cigarettes smoked. I really could not feel and did not have any ill effects of smoking that were noticeable to me.

My 73 year old Mother started using an â€œelectronic cigaretteâ€ or personal vaporizer. I tried it and liked the taste which was a mocha e liquid. I got one of my own and to my complete surprise quit smoking entirely within a month. I thought I should still smoke a few cigarettes, didn't want to put my system in complete shock by suddenly stopping a 35 year habit. Each time I tried to smoke they tasted worse and worse until I finally could not stand the taste at all. At that time I was only smoking 1-2 cigarettes a day. That was April of 2012.

The e cigarette/personal vaporizer for me, and thousands of others is the perfect tool for quitting smoking. It gives you something to do with your hands that you previously did so much of. It replaces that â€œhabitâ€ of digital/oral occupation. I enjoy the different flavors of eliquid (coffee, vanilla, menthol, etc.). I no longer smell like smoke along with everything I own. I spend more time at work and less time out taking â€œsmoke breaksâ€. I am free from the social stigma of smoking and it is very rare that I think of smoking or want to smoke a tobacco cigarette at all. This to me is nothing short of amazing! For I truly did not intend even on quitting smoking tobacco cigarettes.

Using a personal vaporizer (ie electronic cigarette) has been an affordable, safe, enjoyable and effective way for me to give up smoking tobacco cigarettes.

2/1/2015 10:46:52 PM - Stewart Mason

I was a heavy smoker for 40 years. Latterly my health was being affected negatively and I was under pressure to quit. Around 2010 I began seriously trying to quit smoking.

Methods I tried were hypnotism, cold turkey ,Champix, Zyban, NRT patches, gum and lozenges, all to no avail. The longest I could last without a cigarette was a month. In August 2014 I knew I had to quit or die. I made the decision ,no more cigarettes. I had researched the use of ecigs (vaporisers) and experimented with their use, initially trying cheap knock off ones sold in convenience stores, which did not help . I eventually found better quality vaporisers and ejuice and learnt how to use them. .I have now been off cigarette's for almost 6 months.

I have found the Innokin clearomisers to be easy to use and satisfactory for me.

I initially started on the highest nicotine level available, 24 mgs. I am now down to half that, 12 mgs, and aim to drop too 6 mgs shortly. My long term goal is too quit using vaporisers altogether . My health now is significantly improved, I can do things I would not even consider 6 months ago. I am also generally in a more positive frame of mind than when I was smoking. I don't feel guilty all the time anymore. My doctor is very happy that I've quit smoking cigarette's and with my progress. I am not opposed to other ways to quit smoking if it works for someone then that's great. I also know that vaporisers work for a steadily growing number of people. Two of my friends have also recently quit smoking after watching me closely for months. One has been cigarette free for almost two months ,and the other is two weeks smoke free. Another two people I know are currently still smoking, though they have cut down their consumption and also alternating with vaporisers. I am confident they will make the switch soon.

I have researched vaporisers and realise they may not be 100% harmless, I have yet to see properly done scientific proof that anything in vaporisers is known to be harmful , however they are significantly less harmful than all the known carcinogenic chemicals that are in tobacco and tobacco is still legal in most countries.

2/1/2015 11:12:52 PM - aleasure

I smoked for 25 years since I was 15. I quit smoking on Dec 16th 2014. I switched to vapeing. I have been smoke free since that date. I have not wanted a cigarette since I have even dropped my nicotine level. I have also started breathing better I can taste food again and I have even started to be able to lightly jog. I can also smell. Since I have started vapeing I have done a complete 180. I was put on an inhaler also being told I had asthma. Now here I am being able to start to jog and exercise like I did when I was a kid. I smoked a pack a day on full flavor cigs. I feel that vapeing has saved my life I can feel the difference.

1/28/2015 6:00:47 AM - William Douglas

I smoked for over 30 years - PAD. Nothing could help me quit.

Nothing, that is, until I tried an e-cig - a simple disposable cigalike. From the first puff I could tell that this might be a suitable means to end my smoking.

48 hours later, I butted out my last cigarette.

That was in July of 2013, 1 year and 7 months from the time of this writing. I now vape daily and have upgraded my equipment significantly. Never once have I felt the need to even consider lighting a cigarette.

It is, for me, a miracle.

Weaning myself required 18mg nic juice, which I used for about 3 months, after which I switched to 12mg and later 6mg.

My doctor has noticed a marked improvement in my general health, particularly with my lung function and blood pressure. Both are now excellent (the improvements are both quantified and recorded). My dentist has also remarked on the improvement in my oral health.

Vaping is a disruptive new technology - one that has broken the deadly cycle of smoking for me. It has vastly improved the quality of my life and indications are that it has prolonged my life expectancy.

It is the single most profound health decision I have ever made.

1/28/2015 6:04:59 AM - Sloth Sauce

I started smoking cigarettes in college. I was 'hooked' after the very first one.

After more than a decade of trying to quit using all currently available NRT's, I discovered electronic cigarettes. I was able to easily transition to a 24mg nicotine concentration e-liquid and officially quit smoking tobacco within 2 weeks. I am currently using e-liquid in 0mg and 3mg nicotine concentrations.

I have now been tobacco free for a year and a half.

My health has drastically improved. I feel that 'vaping' (electronic cigarettes) truly saved my life. My taste has returned, I no longer cough every morning and I have noted a number of additional benefits from switching to electronic cigarettes.

It pains me to see the proposed regulation of this product based on pseudo-science and ignorance. I understand large, powerful entities are against 'vape' products. Sometimes however, it is far better to stand in defense of that which you know to be true, than to settle for the path of least resistance.

I wish politicians and regulatory authorities would fully educate themselves on these products and recognize the lives that could be saved before proposing drastic bans.

Over-regulation will help big tobacco.

Pseudo-science will help big pharmaceutical conglomerates.

The elected officials who support these flawed policies will certainly not be receiving a vote from me.

Please, understand the implications of overreaching policy when it comes to saving lives of tobacco users.

1/28/2015 6:15:03 AM - Zack Terry (Kingboomer)

I was a 1.5 pack a day smoker for almost 22 years before I started vaping. Prior to vaping I tried many different ways to quit smoking (patches, gum, Chantix). Nothing was working for me. I decided to pick up a cheap disposable to see if vaping was for me, however I didn't get the same flavor/throat hit/satisfaction from it as I did when I smoked. A few years later my brother in law let me have a taste of his evod, and that did the trick. I picked up a starter kit from a local brick and mortar (B&M) shop along with some different flavored juices and began not smoking that day.

I've been successful with not smoking for 15 months now, and I couldn't be happier. My sense of taste and smell has greatly improved, I'm breathing much better than I had in a long time, and my energy level has increased (not to mention the fact my wife likes that I don't smell like an ash tray anymore ;)). My bill for nicotine use has been cut in half, saving me almost $2000.00 since switching. As of this post I'm using 12mg/ml nicotine (down from 24), using a nautilus mini paired with a 20W istick for the device.

1/28/2015 6:25:59 AM - Kelly D.

I started smoking when I was 15 yrs old at 2 packs a day when I switched to e cigs, I tried everything to quit several times over the years and nothing would work, I found e cigs in 2008 and quit smoking the same day I tried them and have not had a cig since then.

These have saved my life and I am not kidding, I don't cough up a lung when I awake in the morning I have started running and going to the gym for the last 3yrs my taste and smell have returned, my nose is not stuffed up anymore and my hands use to be cold all the time. All of those symptoms have gone away since I stopped smoking.

I can say I have a second chance at life and I am enjoying every moment smoke free.

1/28/2015 6:31:31 AM - Joe Wissel

I was a 2 pack a day smoker for 30 years its been 34 days without a cigarette.

I failed at every attempt to quit smoking then i walked into a vape shop. in 34 days without a cigarette i can breath better than i ever have in 30 years my only regret is i didnt make the change sooner. I couldnt make it 1 day without a cigarette, i started vaping with a eleaf istick 20watt with a Kanger giant tank 12mg of nicotine now im down to 3mg nicotine.

1/28/2015 6:54:34 AM - klasko54

I've been a 2 pack a day smoker for 26 years. I have been smoke free for 5 weeks because of electronic cigs, along with the patch. Never felt better. Everything tastes better, and I no longer loose my breath during short walks or activities. I also have high blood pressure, and my doctor is ready to take me off one of my blood pressure meds, because my blood pressure is better then perfect since I've stopped smoking. If they ban electronic cigs, I will end up smoking the real thing again, and all the health improvement I've experienced, will cease. Guaranteed.

1/28/2015 7:54:56 AM - sub

I'll keep it short ... I have smoked for 21 year. I've tred everything too quit , I started using the gum tried the patch at times I had a smoke and a patch on I've use those pills and nothing worked ... I even tried a e-cig that looked like a cigarette but that was way too harsh and nasty ,about 23months ago i had to drop a friend off at his house I was smoking in my car and he pulls out a Itaste mvp "looks like a box " he passes to me and says try this I took a few draws and it wasn't bad but I was still skeptical about it working ..however the very next day I went out and got me a pen with grape flavor 18mg because I smoked a pack a day .. So after using it for about a week I notice I was smoking less cigarette during those days going from a pack down to 6-7 a day week two I told myself I wouldn't buy anymore and I didn't and am not saying that this would work with everyone right away but the real serect is in the flavor ,you will find lots of good flavor but you have to find the flavor you can do all day and for awhile because just like a cigarette that flavor never change ..i notice their was a lil side effect to this was at night I found my self puffing away on 18mg and it was tuff for me too fall asleep at night and my heart was pounding lol I didn't know when I got my fix

until I was already nic out hahah .6weeks later I moved down to 12mg and i almost went back to a cigarette because it wasn't doing the trick not too long after that I seen someone using another device that made a lot of vapor so I had to get any how I was told this device I had to use 6mg or lower I really didn't think it would work but now am using 2 mg and I don't even carry the device with me any more only when am at home so it works I know tobacco company losing

but this is saving loved ones so why get rid of something that works I notice I can breath better now , I don't have short breath my clothes or car don't smell my finger isn't yellow and my teeth is white again .....they just legalize marijuana and u have a problem with vaping their kids and homeless everywhere in the street do something about that ...all the drug and alcohol every where do something about that I grew up around

cigarettes I wish I grew up around vaping I could've maybe save some years on my life and save all those people that died from cancer you know BAN CIGARETTE WTH ARE YOU GUYS THINKING LMAO

1/28/2015 8:06:03 AM - Berghaus

25 years of chain smoking! 25 years! Tried all, patches, gums, you name it. Then discovered e-cig 3 months ago. Bought and on the same day smoked my last cigarette.

Best that could happened to me. Thanks, e-cig, really, thanks!

Started with 12mg nic, after 20 days steped down to 0mg nic. Today, I Am vaping on my mods and RTAs, about 5ml of juice per day. I enjoy it immensely.

Health improvement is enormous. No morning choking, breath improvement, no stinking! No ash, no ashtray, no freezing outside. So much benefits, I cant count all.....

1/28/2015 8:28:48 AM - David Haston

I was a cigarette smoker for 45 years and had tried to quit many times as a teenager and all throughout my adult life by just quitting on my own and or using nicotine gums and other such stop smoking aides that were out when I was young and have tried the many smoke free alternatives, such as chewing tobacco, including nicotine patches that are still used today.

Throughout the 45 years, the longest time I ever quit smoking was three months and mostly I could never make it past a week, or a number of days and all in all I probably tried maybe twenty times throughout those years.

Some of the methods I used to keep from smoking seemed to cause more harm than smoking, due to over eating, drinking, sweets, gums and anything that could take away the urge, including smoking while using the nicotine patches, gums etc; Untill I would quit all of that and just smoke!

I got to the point where I gave up on quitting and figured I would always smoke, no matter what the price in dollars or health.

I've been lucky to have descent health through these times but started getting sick a lot more as I got older, colds, breathing problems and such that would take a lot longer to get over and then it became a feeling of never feeling right really but was still able to go on and still smoke too.

In March, 2012 I tried an electronic vapor cigarette free sample through an ad and after using it for one day I thought it was pretty good and I was able to not smoke for that day, the next day I smoked two and was able to use the ecig more and smoke way less. To make this long story shorter, I'll say that I was amazed and didn't feel the need to smoke, the vapor seemed so much better and was taking away the desire to smoke and when I tried to smoke after using the ecig for three days, it tasted bad & I put it out!

I starting researching and found where I could get good quality vapor devices, along with E liquids at reasonable prices and as of April, 2012 I have never ever smoked or used any type of tobacco products and I believe I never will and e cigarette vapor is the only thing ever that got me away from this!

Also, I have slowly reduced the nicotine content in the e liquid from what I started with, along with not using any tobacco flavors, as I now prefer the many good flavors and only use about 6mg of nicotine, down from the 30 to 20 etc that I started with and the bottom line to all of this now is, I noticed an improvement in my health form the first months and now I don't think I've been sick at all for a year or more, I hike, I run, I'm very active and can breathe and live, I feel great now and it's

almost three years smoke free this April 18, 2015 and I'll be 66 years old in May! This is the best thing I have found to help improve my life and my hope is that others will be able to use these to be smoke free if they desire and or to choose to use vapor devices and flavored e liquids with or without nicotine of their choosing, as I believe I will choose using flavored vapor even when I go with 0mg of nicotine, just to be able to enjoy the pleasures of electronic vapor!

1/28/2015 8:36:17 AM - Jeramiah McDonald

I smoked for 7 years starting just after BCT for the US Army. It carried me through some stressful times. My wife hated the smell, and wanted me to quit. After all that I had been through, I had an emotional attachment. I told her I would quit, and that my last pack would be it. The day I smoked the last cigarette in that pack, I broke down crying, and went out and bought another pack.

My wife encouraged me to start vaping as a replacement. I bought two vape pens, and after finishing my last cigarette in the pack, I didn't care. I didn't even want to smoke.

I started at higher nicotine content in my juice, starting at 24 mg/mL, now I've moved down to 6 mg/mL. All this happened in only a span of a few months.

Vaping helped me quit, it addresses not only the chemical dependence, but the physical. Patches and gum never worked for me, but vaping did. I can breathe better, and I no longer smell like an ashtray. My dental health is improving, and my wife loves it.

1/28/2015 8:56:56 AM - DrMA

I smoked for 16 years and tried quitting many times cold turkey or using NRT products, including patches, gum, lozenges, nasal spray, and inhalator. All were abject failures and positively torture. None of my quit attempts lasted for more than 3 months. While off nicotine I was not functional, being unable to concentrate or sleep. I was resigned to be a life-long smoker and willing to accept the health consequences.

I first tried vaping in 2009 with a cig-alike from China (Ruyan). That was a miserable failure. I tried it again in 2010 with another "mall-kiosk" model (also cig-alike) with similarly disappointing results. In early 2011 I bought an eGo-style e-cig and that was the first time I felt like the technology was mature enough to completely replace tobacco. Even though I had little or no hope vaping would work the third time around, I stopped smoking cigarettes in less than 3 days. Since then I've been vaping (4 years in Feb) on various devices and even built myself multiple mods. I've also been mixing my own juice.

For me, flavors, custom nicotine concentrations, and high-performance devices are paramount. If FDA regulations impose any restrictions to these items, I'll have to go to the black market or return to smoking. I also refuse, on principle, to pay any tax for quitting smoking and saving my own life. Should my State impose any vaping tax (no matter how small) I will again be forced on the black market.

I am profoundly convinced vaping has saved my life and the lives of 10s of millions of smokers worldwide. As a PhD toxicologist, I have evaluated all the available scientific evidence to date and, in my expert opinion, vaping is an effective technology with a safety profile lower than inhaling the air near a highway. The propaganda war against this life-saving technology is an enormous atrocity and a crime against humanity. I hope to live long enough to see all anti-vaping liars punished for their crimes.

1/28/2015 9:53:31 AM - Andre

I started smoking at 15 and 32 years on, I cannot vouch for a single successful cessation attempt until now. Since 12/25/2014, I started using a starter vaporizer kit, sceptical as I was at the stories I have been told about e-alternatives. Already tired of the smelling like my 32 year habit of then 30 cigarettes average/ day and with health conditions to boot, I saw no possibility of quitting except, maybe with a personal vaporizer, a small distraction.

It has been 33 days past and I my average cigarette smoked is less than 1 per day, because there are days that I do not smoke at all. It has been 1 week since my last cigarette and I believe I am done with cigarettes.

Thank you for giving me a way out, thank you for giving PV a chance.

1/28/2015 10:59:34 AM - Chas Addicted2Vapor

My name is Chas, (I go by Addicted2Vapor in the vaping community) and I started smoking at age 14. When I got my first job(retail) at age 16, cigarette consumption soon became part of my daily life. Smoking seemed like the only thing that could make a work day less stressful or more bearable. At age 18 I smoked roughly a pack and a half a day. I genuinely enjoyed the effects that I felt when I lit one up on break. The only motivation I had to quit was my friends and family pushing me. I didn't care where I couldn't do it, how much it costed me everyday, or what kind of chemicals I was intentionally inhaling every 2 hours. I tried cold turkey, the patches, gums, and lozenges, but nothing could give me the same satisfaction or relief that the ritual of lighting one up could.

One day on the register, a customer pulled what looked like a cigarette out of his pocket and took a puff. First I stared in confusion, then reminded him that this was a smoke-free store. He quickly corrected me that it was not a cigarette or even smoke. This was the day that my life changed forever. After doing some research online, I picked up my own electronic cigarette. First it only cut my smoking habit down, but after a month or so of using the ecig it dawned on me that I hadn't lit one up all week. This amazing device had effortlessly replaced the harm I was knowingly subjecting myself to.

Fast forward, I'm now 23 years old, have been using electronic cigarettes for over 4 years and am still smoke-free. I can breathe freely. My airways no longer seem subject to a constant chest congestion. I seem to get ill much less often. I can now keep up with the high-paced physically demand my job requires without getting winded. My senses of taste and smell have returned, I now enjoy foods I found bland when I smoked. The exceptional improvements I've had from switching to the electronic alternative have also inspired me to begin eating healthier and start a workout routine. It's helped with my social life as well. friends don't care to be around me and have actually told me that when I smoked that they hated the way I smelled.

My doctor was also amazed by the success I've had with my ecigs, he was shocked at how much my lung capacity had made a complete 180. He told me whatever I was doing, to keep doing it. The same can be said for my dentist. After that initial cleaning, the tar I was getting from traditional cigarettes was no longer an issue. I now have zero doubt that making the switch to the less harmful option is the single most important and beneficial health decision I have ever made and believe that I owe the customer that inspired me to get curious and make the switch more than I can ever repay.

1/28/2015 11:04:09 AM - Em

I started smoking when I was about 12 years old. I was living in Southern America where it seemed like EVERY one smoked. My dad smoked, my mother smoked, my grandparents, uncles, aunts, everyone around me smoked.

My dad had always told me never to start smoking because it was bad for me, but I was a kid and I did what kids do, experiment. When my friends, who were much older than me, took up smoking, they encouraged me to do it too. I wanted to be like them, accepted and cool. They were 14 and I was 12 so I had to go the extra mile to "fit in".

So I smoked. I bought my own cigarettes from the age of 12 all the way up until I started vaping in 2012. No age restriction ever stopped me from getting cigs. I was actually disappointed when I turned 18 and had the opportunity to use my driverâ€™s license as ID and I wasn't even carded. So much for NY's no under 18 restriction right?

I first started vaping in 2010. Two very good friends of mine told me about ecigs and I kind of laughed it off, but when I got my first one, a JOYE 510 with foam filled cartridges, imagine my surprise when I actually didn't smoke for an entire month.

I had previously gone up to 3 months with the patch, but it was torture and I was constantly craving a cigarette. Unfortunately, I found early gen ecigs to be annoying. Battery life was too low, I wasn't getting enough visual cues, i.e. vapor production and the throat hit was too weak.

I went back to smoking.

In 2012, with cigarette prices hitting $7 in the states and about $12 in the UK, I decided I NEEDED to do SOMETHING. I bought Nicotine Gum; I still have a full box of it unused. I bought a Nicorette inhaler thing (the ones that look like tampons), I threw it out. I finally opted to try ecigs again. This time I went with the same small battery type but it used a cartomizer instead of the cartridges. Within a month I found an online vaping community and upgraded to a gen 2 ecig, the EGO styles. After another month and entering into my 3rd of vaping, I discovered variable voltage devices and upgraded into my first generation 3 mod. I haven't looked back since.

Now don't get me wrong, the temptation to go back to smoking is very strong that first year. I did manage to go back to smoking for about 2 weeks while I grieved the death of one my very close uncles, around that same time, my other uncle told me he had stage 4 lung cancer. It was terminal and he probably didn't have a year left. I never smoked another cigarette since. Sadly, less than 9 months later my uncle lost his battle against cancer.

Since then, I have vowed to do what I can to help other smokers make the switch. I'll never know how many people I have helped over the years, but I like to think I made a difference.

Currently I use mostly generation 3 ecigs, variable wattage or mech mods. I do have several Gen 2 ecigs that I use occasionally when I want to change things up. I am down to 6 mg nicotine (I was at 36 mg when I first started)

In the 22 years that I was a smoker, I had tried to quit every single day. I tried cold turkey methods, gum, patches, Wellbutrin, Chantix (champix), hypnosis, everything you can think of. Nothing kept me from smoking for more than 3 months.

Since switching to vaping, my breathing has improved. I'm already overweight and out of shape and have been most of my adult life, I had never been able to walk up a flight of stairs without becoming so fatigued I had to take a break. Just the other day, I did 3 flights of stairs in a parking garage with a broken elevator and the most I felt was slightly out of breath.

I can finally taste food again. I used to over salt and add additional flavorings to my food, just so I could taste SOMETHING, now I don't have to do that and I can actually enjoy food the way it is meant to taste.

The most negative thing I have encountered since switching to ecigs is the lack of truthful information being put out to the public. To me that's the most concerning thing happening around ecigs, not the "unknowns" of long term use, just the lies people are telling to scare smokers and non-smokers. Don't believe the hype.

1/28/2015 11:15:04 AM - Scott Wichall

I started smoking 20 years ago, and I was quite a heavy smoker of hand rolling tobacco (c 2 oz every 4 days). I had tried numerous times to quit using the "approved" pharmaceutical NRT methods, and cold turkey and each time I failed within a short period of time.

In March 2014, a friend of mine gave me a twin EVOD setup after he had successfully stopped smoking using this system, and I must admit I was very sceptical. I started out using 24mg watermelon flavoured e-juice and continued to smoke alongside this for a week or so. On the 1st April 2014 at 7.30 am I had my last tobacco cigarette and I have not smoked a single cigarette since. This date and time is seared into my memory.

Since then I have progressed onto more advanced devices (rebuildable tank systems and VW mods), and I have cut my nicotine level down to 6mg and I quite often use a 0mg juice. I can breath a lot better, and I can run upstairs again which I had been unable to do whilst smoking tobacco. Plus I no longer smell like an old ashtray which has to be a plus in anybodys book!

E-cigarettes are quite simply a game changer and since some of my friends at work have seen me succeed, they have also stopped smoking and are happily vaping away.

1/28/2015 11:16:41 AM - Kevin O'Dea

I started smoking when I was a young lad.

I smoked for over 50 years. At one stage I was going through nigh on 60 cigarettes a day.

I came across E-cigs by accident. I was in a restaurant with my brother who pointed out a person vaping.

I was curious as I'd tried various methods of quitting, from patches, gum, cold turkey. None of them worked.

So, using a search engine I came across loads of companies selling "starter kits".

I ordered one kit (similar to an Evod).

Delivery was very quick and a few days later I was unpacking my new E-cig.

Whilst I was charging a battery and filling the vapourizer with juice, I smoked, what was going to be the last cigarettes I ever used.

The date was March 8th 2014.

I went from 40+ cigarettes a day to ZERO cigarettes overnight!

Since the 9th March 2014, I've not even been tempted to smoke a tobacco cigarette.

Because of my heavy smoking, I started vaping a 24mg strength juice. I'm still on 24mg, but the benefits I've personally noted are:

Clearer lungs.

No deep, lung clearing coughs.

The whites of my eyes are now white.

My tongue has cleared itself that tobacco staining.

My circulation has improved (especially in my legs)

My clothes don't stink of tobacco.

My house is also smelling better.

My car doesn't smell like an ashtray.

As you can see from the date, I'm now 10 months cigarette free.

Vaping works!

Kevin

1/28/2015 11:22:09 AM - @Indyyann

I started to smoke, as so many, around 16. Peer pressure, being "adult", my father (smoker) telling me not to...

It grew quite quickly to a 1-pack-a-day habit. When I started working, it became 35 coffin-nails per day, but it was OK. I wouldn't die of it, would I? My father did, my grandfather did, but I would not.

So, I kept happily smoking.

One day 11 months ago, my rolling machine died when at the office. No problems, there is a tobacco shop in the building. But there, I saw they were selling cig-a-likes also. So, instead of buying a pack of killers, I bought one of those, just for the two hours I still had at work, with the clear intention of using the cig-a-like in the office, but to buy me a new rolling machine the same evening. It turns out the cigarette I smoked before my machine broke, was the last one.

First, the cig-a-like cut the nicotine craving. So, I decided to go to a proper vape store and buy a more sophisticated device. Once equipped, I just felt that I didn't need any combustible cigarette. I never turned back.

Since then, I got lots of info from the web, bought better material, mods and rebuildable atomisers, and started mixing my own juices.

So now, I'm an ex-smoker (and I will probably remain so the rest of my life, after 35 years of smoking).

Of course, the nicotine amount that I used at the beginning got down regularly, without any side-effects (that's the beauty of vaping: your body tells you regularly that you are taking too much nicotine. Which is just one additional proof of the nocivity of the chemicals used in combustible cigarettes: did you ever, as a smoker, try to find cigarettes with less nicotine?). From 18mg, I am now at 6 in less than a year.

But I live in a country where vaping is treated exactly as smoking: it's forbidden everywhere, nicotine juices are illegal (but you can find a pack of cigarettes at every bookshop in town, of course), etc... That was the only problem I had to keep vaping. As it is impossible to get a nicotine level in 5 minutes when you vape (while those chemicals in combustible cigarettes allow it), I had a few moments where I had to fight to avoid smoking again. It would have been so easy.

Until now, I continue to vape in my office. Illegally. If that is taken away from me, I don't know what I'll do. But there's hope, as study after study pile to show that vaping should be promoted, not fought.

And I'm feeling so much better that it would take much to send me back to combustible tobacco. How much, I don't know, but much.

Just my 0.02â,¬

1/28/2015 11:24:25 AM - Eric von Barnstorm - London

I am a 43 year old father of 2 and have (had) been smoking for 27 years and a pack of 20 a day, maybe more if a beer was involved. Iâ€™ve know for a long time I have needed to quit, for health and financial reasons, and social too I guess. I tried smoking cessation with the local pharmacy, tried nicotine patches, gum and spray, all to no avail. If anything they made feel ill to varying degrees and certainly didnâ€™t motivate me to give up. I tried cold turkey half a dozen times, as soon as work got stressful I reached for the cigs.

6 months ago (8 Aug â€™14) I thought I would give vaping a bash, I had noticed an increasing amount of people in central London using them. I did my research online and bought an ego battery with a KangerTech Mini Protank 2. It arrived and I tested it out immediately.

Instant switch!

The half packet of cigs I had at the time went in the bin a month later, untouched since I started vaping.

When I told my family I had switched from smoking to vaping my 10 year old daughter high fived me. Even she knew the difference (and positive implications). My wife remarked how nice it was that I no longer stank of smoke and how nice it was to kiss me (too much? I make no apologies).

Iâ€™ve noticed some big changes, the wheezing in my chest has disappeared, my lung function has improved as has my sense of taste and smell, energy levels are up and there is a noticeable financial saving too. I calculate I have saved over Â£900 in just 6 months, vaping costs taken into consideration.

I started on 24mg and have reduced to 9mg, out of personal choice finding a comfortable level, not as a desire to eventually wean myself off vaping. I also enjoy the occasional sweet flavour and thatâ€™s strange, because generally I donâ€™t have a sweet tooth, maybe itâ€™s the taste buds coming back up to full function.

I have no desire whatsoever to go back to cigarettes.

1/28/2015 12:12:57 PM - SuperTaz (C. Tessier)

I am 55 yrs old. I started smoking at 13 yrs. I have tried to quit since I was 27 yrs old.I tried almost every kind of smoking cessation available with no success . I smoked over one pack a day for the past 42 years. On November 8th 2014, as I walked pass a ecigarrette kiosk I stopped to see what they were all about. I left with a Joyetech 510 T XL and some Black Cherry ejuice 12 mg nic. I have not had or craved an analog since that day. My health has much improved and my periodontal disease is finnaly under control. Electronic cigarettes work. Plain and simple

Thank you .

1/28/2015 12:18:12 PM - Cathy N

Cathy Nirenberg, Ocala, FL

I started smoking when I was 17. I am now 60. I watched my mother die from cancer. When she was first diagnosed and we went out to dinner she would still sneak off to the ladies room and smoke (back before indoor smoking bans). When she passed in 1993 I began my real struggle to quit those killing things.

I tried patches, I tried gum. I would stop smoking for a few weeks, months, longest was 1 Â½ years. But guess what? Something always happened and I would tell myself â€œJust one to get me through this spot.â€ It was never just one cigarette, it was pack after pack.

Near the end of my smoking life in December 2012 I was only smoking about Â½ pack a day. But I could not breathe; I could not exercise like I used to. In December 2012 I got sick; a nasty cold. It hurt to breathe. I had seen Blu commercials on TV so I checked where to get one. I went to my local drug store and bought 2. When the pain of breathing (I could not even smoke a cigarette) subsided, I tried the Blu. To my amazement I thought â€œHey, this could work!â€

I did a lot of research and purchased an Ego starter kit and some e-liquid. I have never looked back. I have quit tobacco before but always craved it. This time around I had no cravings. I had some â€œtobaccoâ€ flavors I would use if I got the urge and it quickly went away. When I tried fruity and bakery flavors any urges never occurred again. I can smell, I can taste, I can breathe! I can walk miles again, I can run and train my dogs. The cough is gone, the air is clear.

I could not have done it without e-cigarettes, personal vaporizers, whatever I refer to them as. For me I realized it was not the tobacco as much as the hand to mouth habit. Now I have my pleasure and relaxation without the death sentence I had for so many years. I do vape very low nicotine (6 mg or less), but the flavors are half the pleasure. New innovations and the more advanced vaporizers have helped me realize the true joy of the different flavors.

I donâ€™t know what I would do if vaping was taken away from me.

1/28/2015 12:48:38 PM - Deb Temple, TX

Hi, my name is Deb. I smoked for 36+ years, mostly Marlboro 100's, Marlboro reds, and Virginia Slims, all full strength. I do have strong will power as I quit cold turkey once for 7.5 months, but craved cigarettes so badly everyday. I finally couldn't stand it anymore and began smoking again. I accepted that I would be a smoker til the day I died, because I simply wasn't going to battle such a consuming craving the rest of my life. I did try nicotine gum a few times, but it did nothing to stop the cravings. I refused to try any of the pills, Wellbutrin, Chantix, etc because of side effects. I never tried patches since I'd seen so many fail on them, and the gum had done nothing.

I was happy smoking and didn't really want to quit. Stories of emphysema, pictures of black lungs, really did nothing to me. I figured we all had to die of something sometime. Yes, I was a die hard smoker, 1.5 packs per day. Then I was introduced to E-cigarettes, which I will refer to as PV's from here on out, as I dislike the name Ecig. The disposable that I first found was awful, but realized that it imitated smoking enough, that it had the possibility to fill all the things I craved about smoking, not just the nicotine. I began to research PV (personal vaporizers), and that research led me to ECF (Electronic Cigarette Forum). This gave me a wealth of information. I bought a starter kit of 2 1100 mah ego style batteries and some Boge 510 cartos and juice. I received my kit on May 24th, 2012, began experimenting with it and realized, I hadn't had a cigarette in 4 hours. I wanted one, but being stubborn I was unwilling to give up that 4 hours being smoke free. I stopped smoking immediately. I had bought 24mg juice, one of the highest in nicotine content available, but was unable to stay at that level due to the peppery flavor. I went down to 18 mg juice and vaped for the next 8 months, but I still battled pretty intense cravings, daily. In my research I found higher nicotine could likely help me. So I finally ordered a bottle of 24mg juice from another company, and it worked!! The cravings decreased significantly, and I finally felt like this was something that could work permanently for me. That was 2 years ago, so I have now been smoke free for 2 years and 8 months. Something I never thought I would achieve.

If I had been limited to lower nic juice, or tobacco or menthol flavors only, I would NOT have succeeded. I tried those in the beginning and they were awful. Through trial and error I found that I preferred fruity juices, and had those not been available, I'm certain I would have given up and smoked again. I also found that the ego style batteries weren't enough for me. I began using variable voltage mods, then variable wattage mods, experimented with a variety of juice holders (atomizers). I finally found the combination that worked for me. You see, if devices leak, don't provide enough throat hit, give me dry hits, or cause me more stress than they alleviate, I wouldn't stick with them, and a couple of them caused me so much frustration that I nearly went back to smoking.

Before switching to PV's, I had begun wheezing and was often short of breath. Since quitting smoking those things have stopped. I feel so much better, and am so glad I am no longer a smoker and no longer have that cloud hanging over me. However, the only thing keeping me like this.....is the fact that I have choices in the type of juice that I vape, the flavors I like, the nicotine strength I like, and the mods and atomizers I like, that I would absolutely be smoking again. As long as I do have those choices, I will never go back to cigarettes.

I can understand the government wanting to make sure that the mods, atomizers and juices we use are fairly safe, and at least much safer than smoking cigarettes, but governmental interference to the point where we have very limited choices in the flavors and type of equipment we use, will likely cause many vapers to return to cigarettes. I urge all lawmakers to get behind and support more variety in vaping, rather than try to regulate it out of existence.

I have been smoke free for nearly 3 years, but it is only because I have choices in the type of equipment, nic strength and flavors of juices that I vape.

1/28/2015 12:55:06 PM - Renita from United Kingdom

I smoked for about 8 years with a few breaks. I tried most NRT's (gum, patches, chewable tablets, also vaping, more on that later) and none of them worked for very long. Going cold turkey had the most effect and I managed to quit with that for about a year before going back to smoking on the weekends and to about half a pack a day a few months later. 3 years ago I moved and started smoking about a pack a day again.

My brother in law started vaping and since I had my old equipment and I actually wanted to quit smoking I thought I'd give it a try again (my previous attempt at vaping to quit did not work as the gear was awful back then, ca 4 years ago). I got some decent clearomisers and new liquids, went online on reddit and other forums and found that vaping had gotten a lot better and cheaper over the years!

When I got my new setup I decided to not smoke one cigarette, I did relapse and smoke for 2 days when my gear broke and I was waiting for my new clearo to arrive . That was July 2014 and I have not smoked a cigarette since I got my new working vaping setup. I have since then upgraded my setup to an RTA (rebuildable tank atomiser) and I make my own liquids, I have no desire to smoke - my partner still does and they smell awful. I am enjoying my own liquids at any flavours I like (mostly fruit and desert), my health is better - my sense of smell and taste have improved, I don't get any colds anymore (even the more serious viruses going around have not touched me) and I've also taken up yoga again. All in all I feel much better and healthier than before when I was smoking.

My family and friends are all happy I have quit - not only because I don't stink of cigarettes anymore. I have explained to them what vaping is and how it's beneficial, my family is even OK with me vaping inside (but I feel bad for clouding up the rooms so I go vape outside most of the time).

I could not have quit smoking for good without e-cigarettes, they have helped me so much and given me a nice hobby as well! I hope they will keep on getting better and user friendly, there's been so much innovation in the industry in the last 5 years and I really hope that continues. If they were to get banned or regulated horribly most people would just go back to cigarettes and ruining their health or just buy everything from the black market.

1/28/2015 1:18:56 PM - Richard Pruen

I started vaping in 2006-7 when it was relatively new. From smoking 50-60 roll ups a day, to no tobacco happened almost by accident. As soon as I had sufficient equipment, a conscious decision was all that was required to swap.

I have used ecigs since, and am recorded as a non smoker by my doctor, as well as having passed a medical for use of breathing apparatus, also as a non smoker. The medical included measurements of exhaled gasses. It apparently impossible to pass the non smoker test, even if you smoke only at weekends.

That says everything I need to know, right there.

I use a variety of devices, mostly power adjustable tube mod zmax or home made. With bottom coil tanks or dcc, though I use other things including dripping atomizer, rebuildable and others.

Nicotine varies from 40-48mg for normal power devices, and 25-40mg for higher power. The quantity of nicotine consumed has fallen over the years, by vaping less, though the strength has stayed the same.

Currently around half of 2010 value, based on 6 months of liquid consumption.

I had previously tried gum, patches, and a trial of lozenges (where I may have received a placebo). None where effective, and I could genuinely not distinguish between real and placebo lozenges.

1/28/2015 1:49:35 PM - SS (Maytwin) in France

I smoked for 41 years from the age of 17 - it wasn't peer pressure that got me started but it was just something I thought Iâ€™d try - and I liked it. Once Iâ€™d left College and started working it wasnâ€™t long before I was getting through a packet a day (and sometimes more if I was out in the evening). I did make a half-hearted attempt at quitting when I was 21 but it probably lasted less than a week (and was prompted by my then boyfriend, not something I really wanted to do), and anyway, I enjoyed smoking, I really enjoyed smoking, and on top of that Iâ€™d failed to quit and I hate failing at anything I try to do. So, I quit trying to quit !

However, having given up work at age 53 I obviously couldnâ€™t afford to smoke a packet a day and did manage to wean myself down, firstly to 10 a day and finally to about 5 (which Iâ€™d smoke half at a time to get me through the day). Then at the end of 2011 having had surgery and radiotherapy for endometrial cancer a friend told me about e-cigarettes and ECF and I went ahead and bought my first â€œcigalikeâ€ (well, 4 of them actually !) Unfortunately they didnâ€™t get me off the cigarettes completely and I continued smoking 3 or 4 a day through 2012 and most of 2013 until in December of that year I came back to ECF, discovered how much vaping had moved on, upgraded my equipment to vv/vw and refillable tanks and smoked my last cigarette on 19 December 2013.

For me, this is a huge achievement and one I know I wouldnâ€™t have made without my iTastes, MVP and iSticks and I find the thought that these could be taken away from me, and others like me, absolutely absurd - and my non-smoking husband agrees.

1/28/2015 5:12:48 PM - P. Delavega

I started smoking cig.'s at 18-i'm now in my 50's. I tried chantix & failed.. i tried chantix again & did not smoke for three days. i knew i would go back to smoking. stopped at an e-cig store & bought my first tank/battery/charger/18 mg nic e-liquid. I gradually stepped down on nicotine from 18 to 12, 6, 3 to 0mg. I do not smoke analog/tobacco cig's at all now, neither have i smoked tobacco since June/2014. My breathing is much better, less strenous/labored, the smell of the wator vapor does not bother anyone or my dogs or cats. I am thankful i found an alternative to tobacco; nothing else worked. Note: I switched immediately to vapor/e-cigarrettes from tobacco & have not smoked tobacco since that time.

1/27/2015 4:15:34 PM - Zach

My wife and I started using electronic ciggs [mods not the ones that look like a cig like blue. We were using itaste products mainly] back in june 2013 it took 1 year and 3 months for us to step down in nicotine level starting at 18 MG down to 0 MG and we have been smoke and ecigg free since sept 30 2014. We could not have quit without the help of the ecigg products. If people want to quit this can help but people that don't want to quit won't quit that's what it boils down to. Flavors played a huge role in this as well. Candy flavors kept me on it because it tasted so good. I wld not have made it with tobacco flavors. Eciggs saved our lives. Don't regulate them out of existence. Too many ppl could benifit from these and improve their lives.

1/27/2015 4:16:52 PM - Sal

I had been smoking for 50 years, and attempted to quit many times in various ways. I tried the patch, hypnosis, Chantrix, and pure will power. The longest I was ever able to stop was for 35 days (using Chantrix). Besides the high cost of a drug not covered by insurance, I put on 18 lbs in that 35 day period. It became very easy to go back to smoking. When the e-cig was introduced, and after some experimentation on flavors, I was able to stop smoking cigarettes almost immediately. My health improved dramatically. My oxygen intake was at 87 per cent, and rose to 97 percent within the first six months. I can now work out and stay in better physical shape. This, alone, saves a lot of money that, probably, would have been charged to my Medicare. And, because, the government has been minimally involved, the costs to me have been hugh. This money has been spent more wisely in the USA market place. So far, this has been a win-win for everybody, and, why would anyone want to change it?

1/27/2015 4:16:55 PM - David P.

I was a smoker for 18 years. I have tried Chantix and other stop smoking aids but I would always go back to the cigarette. I put the cigs away and started vaping 1 year ago, in mid January 2014. I have not had a cigarette since. No more hacking cough and breathing is much easier.

1/27/2015 4:20:20 PM - Heather Wright

I have been using e-cigs for many years now. I am so excited that the small businesses in my community have really taken off and offer a much higher quality product than when e-cigs first came out. I buy organic and locally made juices that have on average 4 ingredients versus thousands of harmful ingredients that normal cigarettes contain.

It doesn't bother anyone, and my lung capacity is better than when I was in my twenties! I use a very low nicotine level that fits my needs.

I would hate to see local businesses suffer because of over regulation. And, I would hate to be limited to what selection of e-cigs I can buy locally in Raleigh, NC.

I love electronic cigarettes!!!!

1/27/2015 4:20:55 PM - Gary

I started smoking when I was 16. I tried patches, gum, nothing worked. I always went back to cigarettes. I am 2 weeks shy of celebrating 1 year without a cigarette. I am using a mixture of 6 ml and 12 ml. I have not craved for a cigarette since switching to my e-cig. I simply love it. I belonged to a smokers club in work. We are all now Vaporers. My wife loves the fact that I do not stink like cigarettes. My clothes do not smell anymore. My food tastes better, and I can't stand the odor anymore. I love my e-cig.

1/27/2015 4:21:42 PM - Diane S.

In 1996 I gave birth to my daughter 11 weeks prematurely (almost 3 months early). Did I quit smoking? No. In 1999 my mother died of a heart attack, just before her scheduled triple bypass. She was a smoker for my entire life. Did I quit? No. In 2009, my sister was diagnosed with acute myeloid leukemia, a very very aggressive cancer. I was her only bone marrow match. While the transplant was successful for a temporary remission, ultimately she did succumb to the disease. Did I quit smoking? No. It gets even better, in 2011 I had a series of small heart attacks, and I wasnt even 40 years old. I have a vascular condition I was unaware of. Did I quit smoking then? No. I hated myself for being too weak to break the addiction. By chance, reading about ecigs online, I decided to order a kit from halo.... A battery, tank and some juice. The day I received that kit was the last day I touched a cigarette, that's the honest truth. I started at 18mg nic, to 12, to 6, and finally to zero. All my previous attempts failed, but not this time. I have been off cigarettes for over 2 years now, and I don't even use ecigs anymore.

How I wish this was available 20 years ago, maybe my mother would still be here. I can't change the past, but I'm compelled to plead to the powers that be to change the future. One of the reasons I think ecigs are successful is that having flavors to choose from makes it actually enjoyable, to where you really don't crave a cigarette. Everyone's journey may be different in terms of nic level, flavor and hardware preferences but ultimately we are all trying to get to the same place. It would be an incredible sin to try to prohibit the growth of this product.

1/27/2015 4:24:15 PM - Sandy

I am 62 years old and was smoking 30+ cigarettes a day I stared smoking at 12 so 50 years in total.

On 3rd January 2013, my 19 year old granddaughter was expecting my first great grand child and could not stop smoking, so I promised her if she would stop so would I. As she was aware I had tried all the NRT including Chantix, most of which had horrible side effects and after the cessation classes finished I would start smoking again within 6 weeks, so she thought she was onto a safe bet. The only NRT that seemed to have any effect at all was the inhalator so I looked around and found the disposable, ecigarette the one which looked like a normal one, I purchased one from a local shop, then went on line to find better/cheaper alternatives and ordered the kit. I didn't have a cigarette until that one went flat on the Sunday and I brought 10 cigarettes to 'tide me over' I actually smoked 3 of them and realised I wasn't enjoying them. The kit arrived on Monday, so back to the e cigarette I went. As with the inhalator I found the throat hit uncomfortable so I went down from 24% to 18% ordering at the same time 6% as they were on offer. Within 4 weeks I went from 24% to 6% and was amazed to find I had no withdrawals no mood swings and didn't put on weight. Again I decided on a cheap offer to try the shisha pen or vapour kit ordered 6% and 0% juice and within another 3 weeks had gone to 0 nicotine. Just so everyone knows I had my 16 year old grand daughter (other ones younger sister) who smoked in the house as did her boyfriend and they left cigarettes and tobacco lying around and I was not even tempted.

Now my health. Before I changed to ecigarettes I could not walk 10 metres without becoming breathless and I would be exhausted and if I started to cough, first thing in the morning and in the evening, I would cough and virtually vomit. I go to gym and swimming 3 - 4 times a week and feel great. My blood pressure is a lot lower I used to take 4 tablets a day now I take 2. Only downside is I seem to need to drink more water but that could be I move around more do dehydrate quicker.

1/27/2015 4:24:51 PM - Jason

I smoked for over 15 years with multiple attempts to quit that failed. When I started using electronic options I was able to quit on the first try. That was over a year ago. I dont even crave a real smoke now. I can breath better and health wise it was a improvement all around.

1/28/2015 1:56:04 PM - Jim Mucklin

I started smoking at the age of 14,and smoked analogs for 11 years,I switched to a better alternative about 2 years ago and never looked back,I was fortunate to be able to quit the first time when I tried vaping,before that I tried nicoderm,nicorette,to no success.I feel so much better both mentally and physically.my breathing is a lot,lot better than it was when I smoked analogs.I personally know a least 30+ people who have switched to vaping and are no longer smoking.

1/28/2015 2:04:35 PM - Traci Parker

I have been vaping for 6 months now, and not smoking nearly as long! I know I could not have quit smoking cigarettes without my vaporizer, as I have tried many times using other 'quit' methods out there (patches, gum). Nothing curbed the cravings like vaping has!

I started vaping at a 18mg level and in 6 months have dropped to a 6mg level. I am about ready to drop my nicotine level even further. I hope to be vaping without nicotine very soon!

Once I stopped smoking and started using my vaporizer solely, I noticed I felt incredibly better! I could breath easier, I was not winded as quickly! My overall health has increased. I can taste food more fully and I know I have made the right decision.

1/28/2015 2:07:52 PM - Paulie from NJ (pauliedinnj)

I was a kid that always was fascinated for some unknown reason with smoking cigarettes. I started smoking and did so whenever I could...the idea of taking a trip on a plane for example would always have me thinking "I can't go that long without a cigarette." I have literally lost relationships because of this habit.

Over the past 23 years I have struggled to hide my habit because of friends, jobs, girl friends and just general embarrassment. I've attempted to quit a few times of the years but honestly needed more of the idea of the hand-to-mouth and inhaling something than the nicotine replacement.

A few months ago, my uncle was diagnosed with stage 3 lung cancer. Now at 40 years old and after this news, it's finally time for me to stop the nonsense and quit smoking cigarettes.

I bought one of those starter kits for a vaporizer and thought I would use it during the day and smoke cigarettes at night. I did that the first night and from then on I didn't need the cigarettes at all! I wanted to keep the cigarettes around "just in case" for about 5 days and then I threw them out. I am now 5 weeks cigarette free!

I don't consider myself an ex-smoker as of yet but what I am doing is the following:

*Each time I get a juice bottle replacement, I lower the nicotine level (going for 0).

*I force myself not to raise the voltage to a high level to increase the "puff."

*I find myself "vaping" less than I was smoking cigarettes.

Thanks for listening, Vaping is working for me!

1/28/2015 2:23:34 PM - Stephen Bellamy

I was a smoker for 35 years, most of that at more than 20 a day.

I had tried quitting before using patches and gum, but nothing had really helped get rid of the cravings and the longest I had gone was a couple of months.

Just over a year ago, the very helpful staff of a vape shop in New York helped me buy my first e-cigarette. Since that day, I have not had a single cigarette, cigar or any tobacco product at all. And the best part is that I don't WANT to, either!

Granted, e-cigarettes have become more to me than just a means to quit smoking, it's now a hobby as well. If I can quit, so can anyone.

Some of the benefits I have noticed since quitting smoking with e-cigarettes:

- My breathing is better

- My blood pressure, which was previously slightly elevated, is now in the normal range for a man my age

- I used to suffer from Sleep Apnea, but this has completely disappeared

1/28/2015 2:42:52 PM - James Abner, Columbus IN

I started smoking cigarettes while in college. I knew it was a bad habit, but as they say, when in Rome. I tried for years to quit, especially when I knew it was directly affecting my health as I had begun to wake up with the dreaded "smokers cough". My attempts at quitting failed with "The Patch", failed again with "The Gum", and failed miserably with the "Cold Turkey" approach. I never attempted the use of Cialis, but this is mostly due to the fact that it is expensive AND I did not know a single person in my life who was successful quitting with Cialis.

Two years ago I decided it was time for a different approach and I began using electronic cigarettes. At first, I would still smoke cigarettes but I was smoking less. After a short time, I had saved up enough money from smoking less to purchase better "Vaping" equipment. I have not had a cigarette in almost two years, nor do I have the desire for one. My "smokers cough" has went away. I also went from being someone constantly getting sick and taking upwards of a month to get better from a simple cold to being someone who could get over the flu in a week. I met my current fiance during this process, and when she and her young children (ages 1, 3, and 4 at the time) moved in to a house with no tobacco use their numerous health problems went away. There became no more need for their nebulizer breathing treatments, as it turned out the only reason they needed them in the first place was due to secondhand tobacco.

Three years ago I was spending upwards of $2,400 a year in tobacco and smoking products. My fiance was spending almost the same. We now spend around $400 to $500 a year combined on products for vaping, leaving much more money to better our lives and the lives of our children.

I urge you to look at vaping as the wonderful thing that it is: a product that saves lives from tobacco. If not the lives of the smokers, the lives of the children they raise. The health benefits have been, to us, a night and day difference. The money saved on vaping and vaping equipment quickly returns to the economy through the purchases of items wanted which could never previously be afforded, money which creates more jobs. There are many reasons to encourage smokers to take up vaping, but the only reason to discourage them to do the same is ignorance.

1/28/2015 3:13:55 PM - Lee M.

I started smoking at the age of 14. I smoked for over 25 years and tried to quit many many, many times. I was up to about 2 pks a day. I used the gum the lozenges nothing worked..my father and grandfather died of throat cancer due to smoking and I found myself waking up in the AM with a terrible smoker\'s cough.

My family begged me to try the e-cigs and I was cynical anything could ever replace a real cigarette until my family picked up a disposable \'BIU\' e cig from the store and gave it to me. I truly could not believe how close to smoking the read thing it came. Amazing * And I was just so thrilled just so so thrilled it actually did. I bought more and went online researching and started with V2 kit and from there , I found ECF and

learned about Ego and other similar PVS and e liquids. It has been literally a life changing experience. My cough is gone..just gone* I found that amazing.

IF ONLY these was available for my father, oh how I wish they were. I know he would be so very happy to see I have quit smoking burning tobacco. I know I am and so is my family. I can say enough how fantastic e cigs are. There are not enough words* I have since helped family and friends and so happy I can do that for them and will continue to do that.

Their loved ones are so happy that they don\'t smoke traditional cigarettes as well. It means so much for so many..I see a huge difference in how I breath as well. Not to mention the smell, the fire hazard, the discoloration on the walls and so much more. There is nothing out there that compares to help one quit smoking. Nothing. I am so grateful my family bought me that first e-cigarette, it has literally changed my life for the better.

I know I started smoking at a young age, as many of my friends at the time did. This is by far the best alternative to \'real smoking of a traditional cigarette ever\'.

These will literally change lives.

1/28/2015 3:47:11 PM - Christina Tsatsis

Hello i am christina and I smoked cigarettes everyday all day for twelve years two packs a day. I felt so bad and wanted to quit so bad but I tried everything and nothing helped. Then one day I was out and saw someone selling the electric cigarette I tried it and it emulated the feeling I got when smoking a real cigarette. So I bought it. I started with a high mg of nicotine and the flavor tasted just like a Marlboro red. So I used this device and a year later I was working my way down from 24 mg to 18 mg then to 12 mg then six mg and now I am happy to say I smoke 3 mg and have not touched a cigarette since. I am so thankful that I found electronic cigarettes. They really saved my life. My fiancÃ©s mother died of lung cancer and I had him buy an electronic cigarette to and he has not smoked either. People are complaining and trying to ban electronic cigarettes like they are something bad . Meanwhile the tobacco industry kills people daily and since they have the money no one has tried to ban people\'s ability to stop the sales of tobacco. The best part of the electronic cigarettes is you get really into it and it is like one big family trying to create something beautiful. They have so many different companies creating e cig juices that taste amazing like cotton candy and vanilla custard and bubble gum. Any one who dare think that these flavors are created to target children are all wrong. A year after I stopped smoking I was not interested in the tobacco flavors anymore and the large range of flavors drew me in and now I am creating my own line of electronic cigarette juices. There are thousands of chemicals in regular cigarettes all harmful and slowly killing people. Meanwhile there are only three chemicals in the juices I create and all the others these chemicals are usp food grade propylene glycol , vegetable glycerin, nicotine and the food additives that create the flavors. And the beat thing is if you want no food grade propylene glycol you can have your juice with zero . Now a lot of companies are all organic and all natural. I am happy to say that I smoke electronic cigarettes. Thank you to all the great people in this industry. I recommend trying electronic cigarettes to everyone . Thank you and be happy and healthy.

1/28/2015 3:50:34 PM - Kendall

Vaping and electronic cigarettes have saved my life. I was a 2 pack a day smoker since I was 16 and smoked 2 other forms of tobacco everyday as well. Until electronic cigarettes, I wasn't able to break the tobacco habits no matter what. Vaping has saved my life and given me a lot of freedom back as well as business opportunities.

1/28/2015 3:55:29 PM - John Stevenson

I couldn't have quit my 40 years of smoking two months ago without e-cig's. Just no way, period. It was my first time quitting and it made it easy. End of story!

1/28/2015 4:01:13 PM - Crunchy2k

In 2009, I learned about e-liquid and e-cigarettes. The FDA put out some dishonest and poorly done studies that kept me from trying them out. I kept manufacturing my own filtered cigarettes from lighly cased tobacco now called pipe tobacco as the rolling tobacco was taxed out of existance on April Fools Day.

Then in January 1, 2014, I had to quit smoking. My lungs were popping when I breathed. I found the FDA had lied as I read the latest studies on e-cigarettes. I even went back to studies done in the 1040s on the individual ingredients to make sure I wasn't giving up one bad habit for another. Nicotine, propylene glycol, and vegetable glycerin came up clean in every study done since the 1940s. I found my way from my cigarette addiction.

Now it is 2015 and I haven't had a cigarette in one year and I don't want one. I smoked for 44 years. My lungs have started healing. They stopped popping in July of last year. I have more energy and am riding my recumbent bicycle again. My dog doesn't walk away from me like he did when I smoked and I don't smell like an ash tray. I haven't gained weight.

I have found certain individuals in our government are trying to keep smokers away from this life saving cessation method. I am sure they have their personal and monetary reasons, but that pales in the face of the smokers saved from dieing because the existing THR programs only work in a laboratory situation. E-liquid devices work in the real world. CDC Director Thomas Frieden and his lab-monkey Stan Glanz from UCSF can go to hell, do not pass go, go directly to hell! I give Zeller of the FDA a pass as he is trying to balance the fanatical anti-smoking zealots, big pharmacology, and the tobacco industry that wishes to control the market against real people that just wish to quit smoking with this safe method.

1/28/2015 4:17:15 PM - Jamie DeMan

I flew out to Nevada to visit my siblings in July 2013 and while there my sister cornered me to let me know I was going to quit smoking. She then held up an Ego Twist with a Vivi Nova tank filled with some Blackberry Tobacco liquid and showed me how it worked. I was totally not buying it, I love my Marlboros to much and didn't want to give them up, but humored her during my stay, using the ego/tank set up a few minutes each day to keep her off my back.

When I returned home from my trip I stuck the vape stuff in my sock drawer thinking it would just sit there forgotten, but I kept thinking about how good that liquid tasted, it was so damn good. I would pull that ego out once every couple of days or so and vape it for a few minutes then put it back in the drawer. After a few weeks of doing this I decided that once I got down to the last pack of cigs in my carton that I'd give vaping a real try and see if it could actually work. I was doubtful that the good flavor from the liquid would be enough to keep my cravings for cigarettes tamped down. I had not attempted to quit in the past so this would be my first try.

I smoked that last cigarette in that last pack on August 16th 2013 and haven't smoked another since. I was done and still am. A 28 year smoking happen just slipped away without one tear shed or one craving felt. That juice was instrumental in my quitting. I do wonder if a less flavorful liquid would have been enough for me to quit smoking, I doubt it, flavor was key for me. The nic content was 24mg/ml in that juice and I went down to 18 right away and I'm now happily vaping 12mg/ml. I have moved on from the ego twist and vivi tank and now use bottom fed mechanical mods with bottom fed rebuildable atomizers. All high quality American made products made by vapers for vapers.

I don't plan on quitting vaping, I never planned on quitting smoking. Life can be hard at times and I'm of the opinion that it's the little things that keep us going. We need to find pleasure and what makes us happy and contented, smoking did that for me and now vaping does. I feel confident that vaping truly is a much safer alternative and the worry that used to be a constant in my life from smoking tobacco is gone.

1/28/2015 4:35:03 PM - Raymond C. Marks

I decided to quit smoking and start vaping on March 17. I had six packs of cigarettes left that would have lasted me four days. Pack and a half smoker for much of my adult life. The six packs lasted for seven days on March 24 I smoked my last cigarette. If I had not tried vaping and liked it I would never have been able to quit cigarettes. I owe my life to vaping, it has truly saved my life.

5/2/2013 6:43:00 AM - Thad Marney (DevilsThadvocate)

Raised in a traditional Christian home, I first tried a cigarette when I was about 18 years old in rebellion against a friend who would not keep her promise to stop smoking.

It wasn

5/2/2013 7:40:00 PM - ed west/castello, cupertino, ca

I smoked for over 35 years. I started vaping 1 and a half years ago. I started with regular cigarette sized e-cigs for about 2 weeks and moved on to larger batteries with atomizer tanks. I have not smoked cigarettes in almost a year. Previously I had tried the nicotine gum and patches with no success. I breath better and no longer have a smokers cough.

5/2/2013 7:43:00 PM - Amanda Campbell

I started smoking at age 16, at the time of coarse minors were not supose to be able to purchase cigarettes but i had a pack a day starting at age 16 of full flavor marlboro.

Im 34 years old now.

At age 32 after trying to quit cold turkey of smoking i finally went to a pulmonologist because i was having trouble breathing.

I had developed asthma and COPD at age 34 after being around two parents second hand smoke my whole life and smoking myself for 16 years.

My Doctor said i had to quit or my breathing would get worse.

I tried his way , with a specialist to help me quit smoking.

Took home some litrature and a prescription for welbutrin.

After two weeks of smoking sessation program I was still smoking and couldnt put the cigarettes down.

Then i googles electronic cigarettes one day as a final measure to save my life.

My mother had died of lung Cancer at age 63 from smoking since she was 16 smoked two packs a day of winstons.

I realized i was not too far from age 63 and with two kids and a husband i had to quit smoking somehow.

I ordered my first electronic cigarette.

I put alot of faith in making this work as i did with the prescription.

Three days into using an electronic cigarette i was no longer smoking with it.

After a week i had completely stoped smoking and buying cigarettes.

After two weeks the changes started happening in my life after being smoke free for only two weeks. For two weeks i coughed up some really horrible phlegm,

I was not liking the change of coughing so much stuff up, almost went back to smoking to make it stop.

Instead i kept with it and did alot of research.

It was on the 18th Day that i woke up in tears of joy!

It was the first morning in 16 yrs that i woke up and didnt go into a coughing fit and bronical spasm from smoking.

I sat up took a deep breath in and out.

And i started to cry.

I cried because i forgot what it was like to wake up normal without coughing and gasping for my breath.

Thirty days after i quit smoking i went back to my pulmonologist.

I had another breathing test done.

The results as he said and showed were 99% improvement in lung function.

I know longer was using spiriva inhaler or my rescue inhaler daily.

I used only the rescue inhaler if necessary.

The doctor asked me how I quit smoking.

I told him i bought an electronic cigarette.

I explained to him what was in it, He wrote in my chart continue use of electronic cigarette.

He said just keep doing it, because the diffrence is amazing.

I have now been smoke free for two and half years using electronic cigarettes.

My husband started 30 days after i quit and he is also now two years smoke free.

We both continue the use of electronic cigarettes as our nicotine replacement and as long as it keeps us from the dangerous chemicals and carcinogens with real cigarettes we are happy and healthier for it.

I really do believe with evidence in doctors reports that tobacco harm reduction product such as an electronic cigarette has given more time on this earth with my family.

Im very greatful for finding Electronic Cigarettes it saved my life.

The only down side of electronic cigarettes is , there is less nicotine in them than regular cigarettes and i have gained weight in the two years i quit smoking as most former smokers do.

Mainly because food taste so much better now, and my senses of smell and taste buds after quting smoking have come back to me...

5/2/2013 8:05:00 PM - Kimberly Biggs from Rockford, IL

I started smoking when I was almost 19 years old, it was just something that I wanted to do because I could.

I started getting a smoker's cough around the age of 22, however I never attempted to stop smoking.

Over the years, I moved from smoking a pack a day to just about two packs a day by the time I decided to quit.

At 37 years old, on September 13, 2012, I smoked my last cigarette at 7 pm.

I never tried to stop smoking in the 17 1/2 years that I smoked.

I realized that if I did not stop before I hit 40 years old, I would not live to see 60.

Most of my relatives who smoked were considered lucky if they lived into their 60's.

My mother had been using an e-cigarette for about 2 years so I decided to try one as well.

The fact is, I loved to smoke.

I loved the hand to mouth action, the inhaling and the exhaling of the smoke, the feel of the smoke in my lungs.

I knew that my only shot at quitting smoking was to find something that would help me with all of the above listed aspects of smoking along with the nicotine addiction; e-cigarettes were the perfect answer.

I still miss smoking every day, but knowing I have my e-cigarettes makes it so much easier to not light a cigarette up.

I was never a dual user, when I switched to e-cigarettes, I stopped smoking completely.

My hacking smoker's cough stopped completely a month after I started using an e-cigarette, it has never returned.

I can breath better and deeper, exercise without any problems and I can now actually smell the fresh cut grass and the trees when I step outside.

I started using my e-cigarettes with 24 mg nicotine juices, I am still using that mg; during stressful times, I will occasionally use 36 mg to help stop my cravings for an actual cigarette.

I have no intention of lowering my nicotine at this time, it is what I need right now to ensure that I do not go back to smoking.

I initially started with a pen style e-cigarette, but that did not last long.

The pen style device did not help with cravings since it wasn't powerful enough to deliver the feel of vapor going into my lungs, the inhale/exhale process that I love.

I quickly moved to larger mod batteries such as the Vamo and Innokin iTaste SVD, as well as using refillable tanks like the Protank and the Kanger T3.

These new devices allow me to feel the vapor as I take it in, and to see more vapor coming out as I exhale; they fully replace that part of smoking that I loved and keep me from going back to it.

I love my smoke-free life!

Yes, it is a struggle every day not to smoke, but e-cigarettes have helped to sooth that struggle.

I am able to keep the aspects of smoking that I loved, while utilizing a much safer and harm reducing product; I can honestly say that without e-cigarettes in my life, I would still be smoking.

5/2/2013 8:19:00 PM - Debbie Guardino (pageanmoon) Chicopee MA

I began smoking when I was 13 years old. I am now 48 and have been using an electronic cigarette since March of 2011. I have not smoked tobacco since May of that year. I have spent thousands of dollars on pharmaceutical products to quit smoking

but none of them ever worked long term and I always returned to smoking. Due to other health issues my doctor's would not even consider prescribing Chantix to me.

Since I began using these devices, my husband has not suffered from a single sinus infection.

He experienced severe sinus infections throughout his life, having lived with and been around smokers, and it was only when I stopped smoking tobacco that we realized that not only had my health improved, but his did also.

I freely use these devices in my home and vehicles without causing him any discomfort or sinus issues. My health has also improved, I have more energy, am more active and no longer wake up coughing and wheezing.

5/3/2013 1:25:00 PM - Charlene Haste

I had smoked since I was around the age of 9-10.

Yes hard to believe.

I had quit cold turkey, I had used the patch and the gum at different periods of time, and finally I tried Champix.

Oh yes the miracle drug!

However it caused me to have stomach problems that I have never been able to get rid of.

Did I quit with it? Yes for 3 weeks each time, but when I couldn't endure the pain and nausea any more, I went back to smoking.

Then in the spring of 2011 I happened upon the Electronic cigarette.

Much to my surprise after using it I didn't want to smoke.

It took me about 4 weeks to completely remove regular cigarettes from my life.

I use mostly eGo type batteries with clearomizers.

As well I use a larger battery called a mod.

I had been diagnosed with COPD in 2007, was told by the respitory therapist that I would be on oxygen without a doubt in about 5 years maximum.

My lung capacity was in bad shape.

I had been on advair, a puffer, and various other "lung" improvement medications.

Once I put the regular cigarettes down in 2011 I had not used my "puffer" once, until two months ago I got a severe cold and it was the first time I had picked the darn thing up. I had to renew my prescription as it was out of date and didn't have any solution left.

I have not used advair once!

MORALE of the story: If these things had been around 30 years ago, I would not have acquired COPD, and I would not be sitting here typing out this story!

---- My husband had NO desire to quit smoking, NONE!

After trying mine he said, "I think I would rather use that then a cigarette".

Needless to say, he has not smoked in 2 years now either!

Thank you E-Cigs for saving our lives!

AND rescuing me from a oxygen bottle!

5/3/2013 8:05:00 PM - Darla McGahan Hendley, Nebraska

I started smoking cigarettes when I was a freshman in Highschool 1972, I thought it was cool and felt pressure from my peers that already smoked. By the time I was out of highschool I was totally addicted, smoking a pack a day. I went for the next years just smoking, not thinking anything about it. In 1984 started working in a pharmacy, where I worked for 21 years and started seeing people with smoking related health problems,seeing this bothered me but I kept saying " this wont happen to me". At that time we smoked in the pharmacy.When the first of the NRTs came out I was certified in smoke cessation, and helped people on their journey to quit. I saw many that would quit for a short period of time and go back to smoking, then atime later would try again, fail and return to smoking. A very large amount of people I got started with NRTs failed and went back to smoking.

It had put a bug in my ear to think about trying the whole quitting journey. Having seen the very high failure rate with NRTs I decided to try wellbutron, I craved more for cigarettes, and was very allergic to it. I had to stop. Having not stopped smoking for even a day. I tryed going cold turkey, but the addiction was just way to powerful even when the nicotine was out of my system my cravings for the cigarette were still very powerful and I failed. After all that even the thought of quitting would trigger a panic attack.

Let me explain my craving, its not the physical addiction to the nicotine I had the problem with, it was the overwhelming, all consuming, feeling in my brain that would cause panic attacks even with the thought of quitting, the constent voice in my brain telling me to get a cigarette and it took over my life.I couldnt function normally.

Over time I tryed all the NRTs, the patches caused me to crave more for cigarettes, lozenges had its own set of side effects, but I did get the farthest with using them, I went 6 months without a cigarette, but I still had a horrible craving for the cigarette and no matter what I did it wouldn't go away, even with a lozenges in my mouth I would crave a cigarette. I found I couldnt function at all, the littlest things in life became hard to do, I was clumbsy, cranky, and depressed. I had a car accident (my fault) that is all it took to send to buy a pack of cigarettes. None of the NRTs worked. The craving was always there and upfront in my mind all the time. And I found everytime I tryed quiting I would end up smoking more when I went back to cigarettes. So I gave up on quitting. I had heard about e-cigarettes but I didnt know anything about them and figured it was just another NRT type product that wouldnt work.

Fast forward a few years, 2012, I was in a corner gas station and saw a display of Mistic e-cigs. I got wondering if they worked, this was the real first time I had saw one. But really kinda put it aside in my mind. Then not to long later saw a display in walmart. I started wondering again if they work or not, my health was getting pretty bad, I had a

constant cough, thick mucus all the time, having a hard time breathing many times a day. I couldnt make it up a flight of stairs without getting totally out of breath, or the walk to the mail box id be huffing and puffing. I was having worse problems with circulation to my feet and hands. I was starting to be allergy triggered more and more often. I really was getting scared for my health and I knew from working in the pharmacy what all this was.My fiance also was smoking and had been for 26 years was having breathing problems also. We were so discouraged from our failed attempts that we never thougth we would beable to stop smoking.

So while in walmart we decided to try the mistic e-cigarette, this was November 2012, we went about a week using them and still smoking some but we were using the e-cigarette more than smoking. But the taste (tobacco) was pretty gross tasting but we stuck with them. At a point before Christmas we were back to smoking. We started to research e-cigarettes because we were not happy with the mistic, we ordered a better battery and flavored juices from a company off the internet which we started on Jan. 2 2013. I quit cigarettes the day I started the new e-cigarettes and have not had one since. I thought I would need to have tobacco flavor, but I found I hated the tobacco tastes and did everything I could to cover the taste with chocolate flavored e-juice.

The first month was I think the most difficult. I had an adjustment period the first days from the amount of nicotine I was getting from about 25-30 cigarettes a day to the 18mg/ml in the e-juice. I went threw some withdraw symptoms the first 2 days were the worse till the new nicotine levels evened out in my system which took about 7 days. I was still craving cigarettes, but I used the e-cigarette threw the cravings. They started slowly getting better.

I tryed not to substute food for cigarettes like I had other times I had tryed to quit, in the past I had gained large amounts of weight. I found my hunger was stronger, but would just eat at the right times of the day and it got better also.

Side effects were and some of these were from oral nicotine because I had them with the lozenges to, sore mouth,gums, hickups,cankor sore. Headaches, nerviousness, anger, brain fog would be from the adjustment period of nicotine withdraw, I had the same with quiting before. They went away after the first 7 days.

BO,smelly feet,not feeling well over all, I believe was having to do with detoxing all the thousands of chemicals out of my body.

From day one to the end of the first month my mind craved the cigarette, my mind even would play tricks on me to get me to smoke, telling me that the e-cigarette would not work, at one point in my minds eye I saw dancing cigarettes, my mind did everything it could to get me to start smoking again. Threw all of this I vaped threw it, telling my self this is it, this is the only way its going to get its nicotine. I had to be more stubborn with

my self as my brain fought back. Little by little the feeling started going away, the brain stopped fighting.

On Febuary 14, 2013 I had my "AH" moment. We had gone out for valentines to town 1 1/2 hours from home, and my battery died 1 hour into the trip. I did have a panic attack, but the first thing I thought of was to buy a disposible e-cigarette, not a pack of cigarettes. I was in store that sold cigarettes to find a disposible ecig but they didnt have any, at no time did I think of even buying a pack even when they were right infront of me. I mangaged to get threw the rest of the day and night using my fiances e-cig. but that is when I realized I had broken the "cigarette mental addiction".

It has been all up hill since then, I have not wanting for a cigarette, I dont get triggered anymore at all. I can stand next to people smoking and not get triggered at all, this would not have happened with the NRTs. I had many many triggers and I can do all of those activitys now without being triggered. My second "Ah" moment was standing in a grocery store line with a person that smelled like smoke, I breathed it in, I even tryed to trigger my self by breathing her smell of smoke in deeply, but there was nothing, no trigger, not even a trigger for my e-cigarette.The effect from the smell was inert. The first time in 40 years I no longer have a craving, I dont even crave nicotine, the only way I know I havent had enought is I get cranky, and nervious. But there is no craving because the craving for the cigarette is gone. The true craving that your mind tells you

is the "cigarette" not the nicotine.

After the first month I started vaping less and less juice naturally, the need lessened by its self. I went from needing to vape about 3ml a day now im at 1 to 1 1/2 ml aday.

My health at 4 months is so much better, I can breath better, the cough is gone (at 17 days in) the thick choking mucus is gone totally,slowly its all getting better, but I know from smoking for 40 years its going to take years to have lungs repair totally. I have more energy,the nicotine keeps me from having the foggy brain, infact my memory is better, focus is over all better. I feel comfortable and havent had anymore panic attacks having to do with cigarettes. My over all mental health is good. I dont have the depression I would get from quiting smoking like I did before.

I have left using tobacco flavors back the first month, I find I gag with the taste of tobacco now, I use many different flavors, Big red gum is one of my favorites, summers breeze (fruit combo) licorice, grape, pomagranate are just some that I use.

I find I like to switch up my flavors during the day.

I have also graduated to a larger ego style mah battery that last charge wise longer. I use what is called cartomizer/tank that I fill myself. My e-cig of choice doesnt even look like a cigarette.

I believe deep in my heart that if I hadnt found e-cigarettes I would and my fiance would still be smoking and would have continued to smoke, we would have probably died smoking. Nothing else worked for us the way e-cigarettes have worked.

I feel very strongly about what e-cigarettes can do for the future, how it is helping many many people free themselves from smoking. I believe this inovation is the way of the future.

I can say this with confidence having worked in the pharmacy and with my own experience, that nothing else works like the e-cigarette. At this point I plan on staying with nicotine, but in the future I can see working down off nicotine and just having the e-cig as a support tool to reinforce the retraining of my brain. As of right now I belive there is no going back to smoking at all.

5/3/2013 8:26:00 PM - Jennifer Askew

I have been a pack to a pack and a half a day smoker for 16 years.

During those years, I have tried to stop smoking numerous times using approved NRTs, like the nicotine patch and cold turkey.

None of them gave me any satisfaction with regards to the behavioral aspect of my addiction.

I could not get on the medication, because it would interfere with my medication regiment.

I constantly craved tobacco, and whenever I saw someone smoke, I wanted to smoke.

Watching a smoker pull a fresh cigarette from a pack, packing it down, and lighting it and watching them exhale smoke made me want to smoke.

The e-cigarette satisfied some of these aspects of smoking which has helped me in dealing with my dependency for tobacco.

I have been using an e-cigarette since March 18, 2012, and I have finally broken my addiction to tobacco.

A week before March 18th, I quit cold turkey, but because the withdrawal symptoms were so uncomfortable, I wanted to buy a pack of cigarettes.

Then, I remembered seeing my brother using his e-cig during a visit with my parents, and instead of buying a pack of cigarettes, I went to the mall and bought myself an expensive cigarette look-a-like kit.

In the first month, I still craved cigarettes, but as I continued using nicotine in my e-cigarette, I slowly started to break the cravings for a real cigarette.

I started my quit with a nicotine level of 24 mg and gradually lowered it to 6 mg.

I smoked menthol cigarettes, so naturally I started with some menthol e-liquid.

After the first two weeks, I noticed that I could taste better, and I started vaping some dessert flavors.

I started appreciating being able to taste these delicious flavors since for so long I had not been able to taste anything so intense.

I smell better.

I can walk around my college campus without getting out of breath.

When I smoked, I got bronchitis at least 4 times a year.

I have not gotten bronchitis this year.

I no longer cough out mucous.

My family is quite happy I made the switch as well.

They no longer smell like cigarette smoke, and they enjoy the smell of the vapor I produce when I exhale.

If I vape a fruity flavored e-liquid, my family said it smelled like yogurt and suddenly got a craving for some.

My doctors are also very happy I quit using the e-cigarette.

Since then, I have given my first e-cigarette kit to my partner's sister, and she has been smoke-free since June of 2012 and an ego battery with a ce4 clearomizer and a can of snus to my Dad.

He has not completely quit smoking, but he has cut down to less than a 1/2 a pack of cigarettes a day from being a 2 pack a day smoker for over 40 years.

I got a friend who was a 2 pack a day smoker for 20 years to quit by taking him to an e-cigarette convention, Vapercon, in Richmond, VA.

His fiancee has also quit smoking using an e-cigarette as well.

I now own 3 eGo Twist batteries, 2 Bolt mods, 2 Lavatube version 1 mods, a Vamo, and an e-pipe.

I have met some wonderful people vaping in public.

Most people are curious as to what I am doing, and that starts a dialogue regarding my quit.

If someone truly has a problem with me vaping near them, I can "stealth vape."

This is when I inhale twice and hold the vapor in long enough, so that no vapor is exhaled.

It isn't just smokers who benefit from my talk.

Non-smokers benefit, as well.

We all know someone in our lives who smoke, and I hope they pass the cards I give them to their loved ones who smoke.

If I can save one person, it would be worth it.

5/4/2013 12:33:00 AM - Denise Menckowski

I smoked off and on for 22 years.

The only time I did not smoke was while I was pregnant.

I started smoking around 14 quitting at 20 when I became pregnant.

After having my first child, I only smoked during social outings.

I began smoking again at 28 after my divorce due to stress.

At 40 years old, I picked up a electronic cigarette and have not smoked since the day I started.

From 28 to 40, I tried using nicotine patches, therapy, nicotine gum & lozenges along with cold turkey and candy.

These worked for about 2 weeks, but when time to buy a new batch, I would go right back to smoking cigarettes.

I have used 16mg of nicotine for two years, less than 2ml a day out of my electronic cigarette.

I use a larger battery and a clearomizer tank to get the satisfaction I need.

When I first started out I did try prefilled cartridges, but it just didn't seem to do the job.

March of 2011 was my beginning of a whole new way of life.

I do not have any current health issues with regards to lungs, but will say I can make it through an 18 hour day without being totally exhausted.

I love not smelling like cigarettes.

I do have a panic disorder, so when things get really bad instead of striking a lighter on an analogue cigarette, I just puff a little more on my electronic cigarette to find the relief I need.

5/4/2013 12:49:00 AM - Chuck White, IN

"Looking back on one year of vaping"

About a month or so ago I passed a big milestone for a vaper, the one-year vapeaversery.

For the uninitiated, a vapeaversery is the date on which a person has not had a traditional tobacco cigarette for a month, six months, a year, and so on.

It was a big day for me.

Switching to e-cigarettes is a major life-altering experience, and coming to the realization that it worked, I mean it really worked for a whole year, was amazing.

To celebrate, my wife and I had a nice evening out without the kids, and of course I purchased a Provari, which every elite vaper just has to have.

Since my one-year vapeaversery, I've been seriously thinking about vaping and the impact it has had on my life and those around me.

Where would I be had I not discovered them?

Has it always been a positive thing for myself and my family?

Where is this headed?

To answer these questions, first I need to take you back to how this all started.

Below is an excerpt from my very first post on ECF.

For those that may not know, ECF is the e-cigarette-forum which is on online forum where people discuss e-cigarettes, and many new vapers land there first.

For the ECF veterans, I recommend going back and reading your first posts too.

My how time flies.

"I'm having a garage sale one day in your average suburbia America, and my neighbor comes over. He says, "here hit this." I thought he was handing me a pen. "What is it?" I said. "I know you smoke cigarettes dude, this is an e-cig, try it." "Okay sure." So being the hot-boxing smoker that I was, I took a long, slow, four-second drag off of what I now realize was an eGo/dual-coil carto/super-juice setup. "Damn that was good, and real!" I said. My Dad, who was a very heavy smoker, tried it too. He went to the local vape shop and bought us both eGos that very day.

I received some good advice to get started, which was to go with a high nicotine level, and if you feel like a real cigarette, have one. Don't stress over it. In hindsight I still agree

with that. I had been stressing myself out for months, if not years, over "needing to quit this time." I was only perpetuating the vicious circle. I did my research on the health and medical basics, and decided I wanted to commit to e-cigs. So I took my eGo, a mediocre carto, and Camel 36mg juice and started vaping.

For the first couple of days I still had urges for an analog, particularly in the morning. So I had one or two. But I vaped most of the day, and never had more than a few. This alone was a huge relief! I used to have this half-brained goal of getting myself down to just a few cigs a day, and then in one shot I was there, stress-free.

Throughout the first week I still burned up an analog here and there. I mean, I just bought a $50 carton of Camel Lights! They were sitting there, staring at me. This was a good thing actually. With each analog I had, vapor tasted better and better. I slowly became aware that I liked e-cigs more. How was this even possible? Cigarettes had been the bane of my existence for so many years. Now they were meaningless to me."

Back then I don't think my neighbor could have guessed at how badly I needed him to come over that day, and the difference that him walking across the street and sharing his e-cig with me made.

Surely he never thought that we would help start this club [Hoosier Vapers].

Just like that, cigarettes had become meaningless to me.

Had he not come over I would still be smoking them today.

I know it.

My wife would still be infuriated by the stench.

My health would still be on the decline.

I would still be stuck in the vicious (Big Pharma and FDA Approved) stress - quit - relapse cycle.

Vaping has been nothing but a positive force in my life.

Am I a bit consumed with it at times?

Likely, but it's not a bad thing.

I love it.

My wife loves it.

My Dad loves it.

My friends are converting.

I have absolutely no regrets about switching to vapor.

I truly believe that smoking would have driven my family apart and destroyed our lives.

Maybe not by now, but eventually it would have.

The future is wide open, but I expect vaping will always be a part of mine.

People sometimes ask, "Do you plan on quitting vaping?"

That is a great question which really calls for self-reflection.

My answer is a loud resounding "NO!"

I work every day to reduce my nicotine dependence, but that doesn't mean quitting vaping.

My goals now are to be that neighbor taking a walk across the street to share an e-cig with a smoker, to remain smoke-free always, and to spread the truth about tobacco harm reduction, e-cigarettes, and vaping culture.

5/4/2013 2:06:00 AM - Joe Morrow from Aledo, IL

I started smoking when I was 16 years old and spent most of the next 26 years attempting to quit the nasty habit that I started at such a young age. I tried almost all of the

5/4/2013 5:02:00 AM - Ken Boustead, FTW, TX

I started Smoking full time at 22 years old. Today, I am 36. I "loved" smoking. I tried to stop smoking with a full commitment 3 times. Once with an e-cig that looked and tasted much like a real cigarette. Each ended the same, failure. Today, 28 days after my purchase of a current model e-cig, (a Joyetech eGo)I am now 15 days smoke free and I personally converted 4 smokers to this product. It works and I am seeing more and more evidence every day. Even my 66 year Father is using a similar model Joyetech eGo e-cig and is having success in cutting his cigarette use after only 10 days of use.

5/4/2013 8:10:00 AM - Karen Lee (Fiamma Palermo) 29 Palms, Ca.

Today is May 4, 2013.

I am now 73 years of age. I smoked for 55 years, the last 20 years at the rate of 2 cartons per week.

I started using an e cig 24 Feb 2011.

I started with an Ego and have gone on to larger devices now.

I started at 16mg nic and am now at 4mg nic.

I have not had a cigarette since the day I got my Ego.

Before trying an electronic cigarette I had tried to quit many times over the years, gum, patch, hypnosis and acupuncture.

The gum made me physically ill as well as giving me canker sores in my mouth, the patch caused waking hallucinations.

I could not sleep while on the patch.

Nothing worked for more than a week and I was right back to smoking.

I could not function without nicotine, it appeared.

I could not think cogently, focus for more than a few minutes at a time, I was depressed and constantly irritated and uncomfortable.

I was not a pleasant person to be near.

Now I realize that some of what I was missing was not so much the nicotine as the comfort of the physical act of smoking.

It gave me a space to change mental gears, a few minutes to put off something unpleasant, a retreat into comfort of a sort.

I liked to smoke, I did not really want to quit.

The impetus came from the last tax raise in my state on cigarettes.

I became angry and decided something had to change and started looking around.

I had seen the ads for the cig alikes and heard they were a scam, but I started doing research on the internet and decided that I would try an Ego starter kit and see how it went.

I was amazed that the first day I tried it, the day it arrived, was the last day I had a cigarette.

It was a totally painless process.

I only made one rule when I started, no tobacco flavors, nothing to remind me of tobacco cigarettes.

I vaped then and still vape dessert flavors primarily.

I cannot stand menthol at all.

I have had nothing but positive changes in my life since I started using an E cig.

I have more energy, do not become ill, have not had a sinus infection or bronchitis.

I breathe much better and can walk faster and for longer distances with ease.

I love that I don't stink of smoke, my house smells good now, my car as well.

I gained no weight as a result of the change and

I am totally comfortable in my skin.

For someone who didn't really want to quit smoking, I say now I would never go back to smoking, unless forced to by an ignorant society.

5/5/2013 11:50:00 AM - brad wager

For almost two years I have used an electronic cigarette, and it has replaced my smoking of 35 years. I was on the verge of smoking related diseases, chronic bronchitis and emphysemia. Thanks to being able to use it, I have stopped wheezing and the mess of cigarettes and tar is out of my life. Thanks to using the e-cigarette in public, other smoker's have asked me about them I have been able to share the miraculous benefits of e-cigarettes, that I have first hand experienced, I presume sharing that may have helped dozens of other smokers, if not more find out about this replacement from the harm of smoking.I can not be near smokers.I do not smoke. Sincerely, Brad Wager

5/5/2013 9:41:00 PM - Susan Scott, Washington State

My personal vaporizer, or "e-cigarette", has been a miracle for me. I started smoking at age 16, to be "cool" with my friends. That was back when you could buy cigarettes for 75 cents a pack out of a vending machine.

Within just a few months I was hooked. It wasn't just a fun social thing anymore, I needed to smoke.

Back then there wasn't a lot of concern over the health effects of smoking. I quit during my pregnancies, not out of concern for health, but because the smell increased my morning sickness. As soon as baby arrived I was right back up to 2 packs a day.

Once the research became more public about how dangerous it was, I really wanted to quit. I tried "cold turkey" many times and failed. As tools became available I tried each one; patches, gum, inhalers, medications, even acupuncture and hypnotherapy!

Nothing worked.

In 2003 a dear friend died, and a large part of his illness was related to smoking. Even that wasn't enough to make me stop.

Last January we decided that my elderly mother should move in with us for safety reasons. She cannot tolerate smoke at all. I decided to try a disposable e-cig to see if it would be an acceptable alternative for inside the house and in the car. That was on January 15, 2013. The next day I went to a local shop and purchased a starter PV kit, and have not touched a cigarette since!

I have had no cravings, mood swings or weight gain. My morning cough is gone. Food tastes better. I have more energy and can breathe much better. My skin is beginning to look healthier. My mood has improved. I sleep a full night instead of waking up to smoke.

Accounting for the amount I've spent on PV supplies and liquid, I've still saved nearly $700.00 since January.

I started out at 24 mg of nicotine, but have since worked my way down to alternating between 6 mg and no nicotine.

I truly believe my Personal Vaporizer saved my health and probably my life.

5/5/2013 10:06:00 PM - Cirene from Indiana

I started smoking when I was 16 years old. My parents were both smokers. My Dad passed away in 2008 due to COPD that he fought with for years. My Mom passed away due to cancer seven months later in 2009. I have quit over the years a few times, mostly during pregnancies, but the longest only lasted about 16 months. The most recent time I quit was while pregnant in 2007 and I started up again when my Dad passed in June of 2008. When my Mom passed in January of 2009 I decided that I really did need to quit for good if I wanted to see my children grow into adults and have children of their own. I was 37 years old and smoking a pack of full-flavored filtered Camels a day. I tried quitting cold turkey a few times between then and 2012 but the cravings for that cigarette always won. I tried using nicotine lozenges but they burned my mouth and throat...and I still craved cigarettes.

In 2012 I was scheduled to have my gallbladder removed. I knew that non-smokers have fewer problems during surgery and heal faster after surgery so I was determined to quit before I had to check into the hospital. I read online that if you could quit at least two weeks before that it was better than nothing so that was my deadline.

In June of 2012 my husband and I purchased "cig-alike" kits at Wal-Mart called Mistic. I believe it contained 18 mg of nicotine. I was excited and wanted this to be my answer but I hated the thing. I would puff on the Mistic and STILL want a cigarette. I would put the Mistic down and smoke.

Thankfully my husband worked with a man who used the eGo batteries with tanks. He loaned us one and I smoked fewer cigarettes. We upped our nicotine to 24 mg and I put the cigarettes down for good. I wasn't craving them anymore.

I have noticed that I'm breathing easier and I don't have that "smoker's cough". I can carry loads of laundry up and down the stairs without getting winded. I also haven't had as many colds as I had during previous winters.

I've since switched to mechanical mods, usually with 18650 batteries, rebuildable "genesis" style atomizers and I've lowered my nicotine to 18 mg. I plan on stepping down my nicotine gradually until I am using four - six mg. and probably stay with that indefinitely.

I did go through a period of about three months where I "chain vaped". If I was awake, my pv was in my hand and I was puffing away on it. Now I can go hours without nicotine and without the cravings that I would have while smoking. I couldn't go for more than an hour without a cigarette ten months ago. I finally feel free from that addiction.

5/6/2013 1:44:00 AM - Steve C., St. Louis MO

I was a pack a day smoker for about 12 years, a smoker for 15 years. I tried to quit numerous times, especially once we had a child. I was able to reduce my smoking to about half a pack a day for the last 3 years but I wasn't able to kick it. I tried the nicotine gum, the patches, and multiple prescriptions with horrible side effects.

It wasn't until I tried electronic cigarettes that I actually was successful in quitting smoking. I first tried the disposable electronic cigarettes that are sold at gas stations but I was still smoking. They just didn't work enough. When I found the ones that you fill yourself, I didn't have another cigarette. These devices worked better for me, tasted better, and the number of flavors kept me interested enough to get through the first couple of weeks of not smoking.

I haven't had a cigarette in almost a year. I feel much better, I can breathe better, I smell better, and my doctor is pretty happy with me. I can also go much longer without using the e-cig, there aren't the hundreds (thousands?) of chemicals in them as there are in regular cigarettes. I believe these chemicals contribute to why regular cigarettes are so addictive.

Electronic cigarettes are undoubtedly better for you than smoking. They may not be 100% healthy, but neither is sugar, caffeine, alcohol, or countless other things that are deemed acceptable. There is no combustion, there are almost no carcinogens and no tar. The "second hand" vapor has been shown to pose no risk to others.

The alternative is cigarettes, people will smoke if they can't use a personal vaporizer. The term "electronic cigarette" is misleading since the only thing they really have in common with cigarettes is nicotine delivery. These devices WILL save lives, as well as health care costs.

5/6/2013 2:20:00 AM - Aaron Frazier (afrazier5) Salt Lake City

How long did you smoke? 24 years.

Started smoking at 16 out of curiosity over peer pressure.

Parents and friends did not smoke but best friends parents did.

How long ago did you start using a smoke-free alternative? Switched off of tobacco to smoke free e-cigarettes on January 15th 2011

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? I started with 24mg e-liquid but within a month, cut down to 18mg.

Remained at 18mg for about 3 months before working myself down to 6mg over a quarterly incremental process.

I've since gone back up to 12 mg due to high stresses in life in order to remain smoke free.

I started my journey on a 510 manual stick style battery and in about 6 months purchased a big battery mod and have remained on this since.

I vape between 3.7-4.2v on all devices.

Do you still smoke at all (and if so, how much have you cut down)? I have had the occasional cigarette in social settings or in settings where smoking is prevalent over the last 2.5 years but it sickened me to have more than a few.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? I quit overnight after buying my e-cigarette

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? I tried cold turkey, gums, patches, and chantix.

Longest quit period was around 3 weeks.

Was on the Chantix program 4 times and never made it more than 3 weeks.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Health wise, I no longer have a nagging

morning cough, no nasal drainage, wheezing has disappeared, I can smell things I've never smelled before, I no longer smell like an ashtray and food tastes better.

From a personal and professional standpoint, I've made more friends through the global vaping network than I've ever had.

I'm also the founder of a statewide vaping organization that allows me to help hundreds of smokers statewide yearly find a better alternative to smoking.

5/6/2013 3:22:00 AM - Shiela Wood (Whim Wham Vapes) from Pendleton, SC

I am 50 years old and I smoked tobacco for 35 years. I tried to quit quite a few times, each time returning back to smoking. I tried by going cold turkey, I have used the patch, I have used the gum, and I have used prescription medicine to try to stop my tobacco addiction. Each of these techniques failed every time, and I went back to smoking.

August 2, 2011 I purchased my first electronic cigarette. I have been tobacco free ever since! I am a true believer that the electronic cigarette has made my life so much better. I don

5/6/2013 3:32:00 AM - Todd Dempster (Necro1775) from Denver, CO.

I starting using an electronic cigarette four years ago as a way to stop smoking. About one year later, my father had a stroke that was related to his 56 years of smoking and I had to take over his finances. He had already been in the beginning stages of Dementia and the stroke only made it worse. He had been required to use a CPAP at night while he slept and he had to carry an oxygen tank wherever he went due to his COPD brought on by cigarettes.

I told him that I hadn't touched a cigarette since the very day I bought my electronic cigarette and that I was willing to buy him a starter kit, but I wasn't going to purchase any cigarettes for him anymore. He became very irate, informed me that I won't tell him what he can and can't spend his money on, and that he had been smoking for over 50 years and he wasn't going to quit. So I listened to what he had to say . . . and then I bought him an electronic cigarette starter kit anyway.

Needless to say, it's been two and a half years and he hasn't touched a cigarette since the day I gave him his electronic cigarette. He no longer has to carry an oxygen tank with him and his CPAP has been collecting dust in the closet.

Electronic cigarettes have given me back a healthier father that will live many more years than he would have had he not began using them. My life has been extended and I have way more energy these days to play with my one year old son. My wife has regained years back. My family members have regained years. Friends have regained years. And all thanks to electronic cigarettes. I'm healthier and in better shape now than I have been in over 20 years.

I've watched several family members die due to smoking cigarettes and cigars. My father almost died from cigarettes. My wife and I would have ultimately met the same fate as well. And now, because of electronic cigarettes, all those possibilities are extinct now. I don't have to fall to the same fate that my family members did and my son doesn't have to fear that he'll witness the same horrors I had to.

5/6/2013 6:42:00 PM - John Pacifico, Chula Vista, CA

I am currently a student and retired from the US Navy after 25 years of service.

I started experimenting with cigarettes when I was about eight years old (I would steal cigarettes from my Mother). By the time I was 11 or 12 I was considered a smoker by my friends and smoked a pack or more a week. At

14 I was up to a pack a day or more for the next

30 years.

I tried to quit many times and I managed to quit smoking twice during the a fore mentioned 30 years once for 1 year, and a second time for 3 years.

Both times I used a nicotine patch to assist me in the quitting process.

Both times I fell off the non-smoking wagon due to stress in my life.

I find from my personal experience that once a smoker always a smoker, and it only took smoking one traditional cigarette for me to be back to smoking a pack a day.

This time I decided to try an e-cigarettes (I prefer to call it a personal vaporizer and consider myself a vapor not a smoker). I have been using my personal vaporizer for approximately 4 months now, and so far so good, it has been working for me.

I have lost the craving for traditional cigarettes as long as I stay away from other smokers.

I still have the craving for traditional cigarettes if I am around other smokers, but that was also the case when I quit the other two times as well.

As for quality of life, my clothing car, and furniture no longer smell like smoke and cigarette tar.

I do not have to use Afrin nasal spray three times a day to keep my nasal passages open to breathe thru my nose and my blood pressure is normally lower when I go to see the doctor.

My family is very supportive and extremely happy that I have chosen to switch to personal vaporizer rather than smoking traditional cigarettes.

Once people understand that I am using a personal vaporizer and not smoking a cigarette I am not looked at like a social misfit/second class citizen.

Some are still freaked out no matter what I tell them because they see the vapor and assume it has to be bad, so I respect that and put it away.

To summarize my experience so far, I feel better about myself, I breath better, my blood pleasure is lower, I do not smell like cigarettes and neither do my belongings, my family is happy, and most people do not treat me like an outcast (although some people still give me dirty looks because they see vapor and think I am smoking even though they don't smell smoke).

5/7/2013 10:26:00 PM - Karen Carey (brewlady) Wilbraham, MA

This is the comment that I submitted to the FDA, with two small edits (changed liquid to e-liquid and two years to almost three years).

The only thing I would add is that when I started vaping, I used 24mg e-liquid, and lowered that to 18 mg rather quickly.

My blood pressure was slightly elevated at my last physical, so I stepped down to 12mg.

My blood pressure is now normal.

I did want to include that fact, even though I can't really attribute that to nicotine, since I had also gained weight which I have since lost.

Like many of my contemporaries, I started smoking when I was barely 13.

I failed at numerous attempts to quit.

I tried cold turkey, the patch, the gum, Chantix, hypnosis, you name it, I tried it.

Short term success always turned into long term failure, which I now know is the typical experience most long-term smokers have with FDA-approved NRT.

After 36 years I had given up on quitting.

I resolved myself to the fact that I would always be a smoker.

In August 2010 I saw an article in a local newspaper about an electronic cigarette store that had opened in my town.

I was curious, so I bought a kit.

I was amazed at how easily I was able to transition to this device.

I quickly went from the familiar menthol flavor to cinnamon, vanilla and fruit-flavored e-liquid.

As my taste buds improved, I no longer wanted anything that remotely tasted like a cigarette.

I was no longer smoking, and unlike any of the times I had quit previously, I had absolutely no desire to smoke.

This was something no pharmaceutical product had been able to accomplish, and almost three years later, I still have no cravings for tobacco.

This still amazes me because my husband still smokes the same brand that I used to smoke.

Once I started vaping, I wanted to know more about it, so I spent hours online, reading everything I could about this invention.

I learned that the inventor set out to find a safer way of using nicotine while removing the harmful chemicals found in burning tobacco.

By vaporizing liquid he was able to mimic the sensation of smoking (down to the hand-to-mouth movement so ingrained in long-term smokers) in a small device that virtually eliminates risk to bystanders.

But then I discovered that the FDA was trying to ban this life-saving invention.

I couldn't understand this.

I had been exposed to anti-smoking campaigns most of my life, yet the very invention that could fulfill the goal of anti-tobacco and smoke-free associations was being vilified by my own government.

Surely this couldn't be possible!

The more I researched, the more I learned about the actual dangers of tobacco cigarettes in comparison to this product, the more disgusted I became.

Electronic cigarettes contain an equivalent, miniscule amount of tobacco-specific nitrosamines as a nicotine patch.

How could the FDA not bother to make that clear?

Pharmaceutical nicotine in FDA-approved pharmaceutical NRTs is no different than pharmaceutical nicotine in electronic cigarettes.

The only difference is that pharmaceutical NRTs have a much lower chance of actually helping a smoker to stop smoking.

One of the few people I have met that was successful at quitting smoking continued to chew nicotine gum for eight years before she was able to finally stop.

When I learned that the Family Smoking Prevention and Tobacco Control Act actually prohibits vendors and manufacturers from telling the truth, that using this product can help smokers by enabling them to replace tobacco cigarettes with a safer method of using nicotine, it became clear that something was horribly wrong.

It seems that the FDA isn't concerned with helping smokers to quit and stay quit, but intent only to allow pharmaceutical solutions to smokers, even when those solutions have discouragingly dismal success rates.

The comment I've heard most often from smokers is "Don't you know that it contains anti-freeze?"

This misconception comes directly from the FDA's unfortunate 2009 press release, which is preventing many smokers from seeking out this safer alternative.

Smoke-free Pennsylvania

5/8/2013 9:17:00 PM - Tommie Howell

I remember watching my dad burn his face badly by smoking while on oxygen. So I full well knew the highly addictive nature of cigarettes. Yet some years later I started smoking a couple of cigarettes a day to help relax during a horribly stressful time in my life.

20 plus years later I found myself to be a 2 1/2 pack a day smoker. I loved to smoke and had no desire to quit. A situation arose where I would be taking a road trip with a friend who is highly sensitive to cigarette smoke. This meant several hours in a car, a week in a hotel, and several hours back home without being able to smoke unless stopping or going outside. I didn't see how this was going to work.

I decided to get an electronic cigarette just to supplement when I could have a chance to smoke. The fellow at the smoke shop suggested I try a better one than the disposable that I had chosen.

I bought it and had a cigarette in the parking lot before starting our trip. 80 days later and that was the last tobacco cigarette I smoked. Previously I would go, at most, 8 hours without a cigarette, and that only if I didn't wake up in the night.

All three adults in our house have quit smoking with electronic cigarettes. We felt so strongly early on that within two weeks of using the devices we testified at the CT legislature health committee in defense of our ability to use them.

This is just one story of three heavy smokers who have been smoke free with ease for nearly 3 months. All thanks to the electronic cigarette.

5/11/2013 5:32:00 AM - George Ward from Lansing, MI

I smoked for nearly 20 years, starting in my early teens.

I had tried many, many times over the span of many years to quit smoking and tried everything.

Patches, gum, Wellbutrin, Chantix, and lozenges didn't help whatsoever.

I even tried acupuncture and counseling in conjunction with these, and I still couldn't stop smoking.

Truth be told, I enjoyed smoking.

In early 2010, I discovered the electronic cigarette.

My main reason for switching was two-fold.

First, the long-term financial cost of the Electronic cigarette was less than tobacco.

Second, after doing quite a bit of independent research on their use, weighing the costs and benefits of using them, and since I still enjoyed smoking, I thought I would give them a try.

The last tobacco cigarette I smoked was within a week of buying my first electronic cigarette kit.

I was an unintentional quitter.

I had found a way that I could still use nicotine, but not have to die in the process.

I was happy, Everything felt normal.

This wasn't the living hell I felt during the times I had intentionally tried to quit smoking in the past.

When I realized that I was finally free of the tobacco smoke, I literally cried tears of joy.

Over the past three years, I have noticed many positive changes in my health and general quality of life.

I am no longer winded by walking up a flight of stairs, my blood pressure has normalized, my teeth are whiter and my gums are healthier, I breathe better, my sense of smell has improved, and I just generally feel better.

After seeing my experiences with electronic cigarettes, my sister and mother have also since switched over to electronic cigarettes, and I couldn't be happier.

I feel like the electronic cigarette has literally saved my life, and without them I know I would still be smoking today.

5/11/2013 3:26:00 PM - Darrin "Pup" Gold

Hello, My name is Darrin "Pup" Gold. I am a 43 year old Real Estate broker in Los Angeles, Ca. After 27 years as a smoker I started using an electronic cigarette on December 17th, 2010. I had tried to stop smoking cigarettes many times by using the nicotine patch, nicotine gum, and nicotine lozenge with little success. I was actually able to stop a few time for a limited amount of time but always went back to cigarettes. The gum gave me headaches, the lozenge was slimy and tasted horrible, and the patch caused a burning skin sensation. I stopped smoking the day I bought my 1st electronic cigarette and have not smoked since then. The big differences for me between electronic cigarettes and the other forms of nicotine replacement was that not only did the electronic cigarette satisfy the nicotine cravings, it did it in a way that was familiar and it didn't taste bad. First thing I noticed after a few weeks was that I was breathing easier. I was not out of breath after climbing one flight of stairs as I used to be. My overall health has improved dramatically as a result. I have lost almost 60 pounds, my smokers cough has gone away, and I have not had a serious illness in over two years. Also, my sense of taste and smell have come back! I believe that electronic cigarettes saved my life and if you are struggling to quit smoking, they might be able to save yours too.

Thank you,

Darrin "Pup" Gold

5/13/2013 4:56:00 AM - Dave Chase

To put it point blank at 18 I tried out blueberry flavored cigars as the very first tobacco product other then trying a puff on a cigarette at age 9 when an older friend snook one out of one of his own parents packs left open where he could get at it. I gagged on the first inhale!

Once out working while on lunch breaks I would puff on the Mureal blueberry cigars and occasionally cherry flavor when one store was out until the blueberry were no longer being sold. Then years passed without any tobacco at all until the late 70s came along working long hours at night with long breaks too! Due to having severe allergies since about age 9-10 I had an urge to grab a pack of KOOLs out of a vending machine one night and made a biggie! I found the menthol helped control the hay fever and other environmental allergies while not wanting to rely on pharmaceticals once I finally got in to see an allergy specialist! Seldane then prescribed was soon taken off the market while I had figured why bother with that when I was still lighting 3 packs a night!

Now we are here in the year 2013 and things have seen a change! After discussing looking into alternarives to help quit tobacco products entirely with a friend who still is not set on that we agreed to look into electronic cigarettes as a viable and cheaper option. The first disposable ecigs weren't going to do it! An ecig with blank refillable cartimizers at first before getting additional information on clearomizers and larger eGo batteries which have now collected! a new eliquids vendor as well as the few flavors of eliquids sold by the next ecig brand went over much better!

At the personal level a sibling who belongs to a wholesale club picked up an additional carton of KOOLs despite being told they would no longer be needed since vaping menthol with or without nicotin at all was proving to control the constant struggle with allergies and was actually working out better since lighting up a KOOL at this is repulsive as if you were lighting up something else loaded with chemicals were are being far more noticable! The idea for still lighting up however is to leave "BAD MEMORY" in the long term memory since back in 1980 I had quit smoking entirely for 7-8months when someone I was dating wanted me to. When that didn't go anywhere and still out in the clubs on weekends at a time when everyone was still lighting up the Bad Habit was picked up on again! "shame on you!"

Not only has the amount of smoking over time proceedingly already having gone from 2-3 packs daily down in time over the years to only a half pack as the daily average. Price inscreases as well as taxes and simpy not having as much as the urge has been a factor for the most part. Once the vaping started however I was soon down even further to only 5-7 daily by the end of 2012! And yet NO NICOTIN WITHDRAWAL SYMPTOMS showing there is a lot of Media Hype on nicotin while the real addition besides the

smoking experience is the aditiives tobacco companies lace into their products which some have already been proved to be carcinogens!

At this time only a few packs are left being weaned off at 2-4 only aa day until gone and the pain and tightening in the chest area as well as room spinning and bitter taste as well as smell is making that a "Can't wait until it is finally over!" type situation! Vaping has revealed the samage to lung tissue already seen by smoking tobacco products and need to urge others to at least cut down on their consumption if not able to quit entirely!

The 2012 Xmas gifts for some were easy items to pick out namely electronic cigarette starter kits for some long time smokers! One of them certainly needs to cut back being a chain smoker and constantly coughing while another just had major surgery involving arteries! Here I started suffering the symptoms of PAD feet back in late spring 1990 which would come and go at first over that entire decade but came on full force and feet remain swollen since 2002! Any eliquids ordered for personal use whill now no longer see any nicotin level while I still may be testing some samples for a recent family owned startup type eliquids business since I invested in a variety of ecig batteries in various sizes.

My New Years resolution however will soon be realized of no longer seeing any tobacco period! Once the last few packs are gone I toss the lighter and call it a GOOD DAY!!!

5/23/2013 6:25:00 PM - Thuy Nguyen

I'm 35 years old and smoked since I was 15.

I finally quit smoking two years ago after trying out my first e-cigarette.

Prior to e-cigarettes I was spending close to $200 a month on nicorette lozenges which was semi successful but very expensive.

Quitting has improved my life drastically.

I no longer feel tired throughout the day and I no longer schedule my day around cigarette breaks and purchasing cigarettes.

E-cigarettes is what saved me and I continue and will continue to use them indefinitely.

Nicotine has become a part of my life and it would be very difficult for me to quit using it all together.

Luckily e-cigarettes has provided me with a safer alternative than cigarettes.

To members of CASAA, keep doing what you are doing.

The things you do and what you stand for really make a difference in peoples lives.

Without your organization who knows what unfair laws would be put in place that would benefit big tobacco and big pharma groups out there that would like to see e-cigarettes off the market in order to keep their own profits high without any regard to public health.

Thank you again.

5/23/2013 6:25:00 PM - Chris Coyne

I have made significant changes in my life recently. Extracting myself from my hometown in Northern Kentucky to Knoxville, TN being the most

representative of change. That change in turn presented me with the opportunity to make another adjustment to my life. Smoking. Nearly thirty years of it. It was not a habit, it was a necessity, as much as food and water. Without it I could not function at a level that I found acceptable. By that I mean, I was a complete ass if I did not get my recommended

daily allowance of carcinogens. Quitting was a pipe-dream, completely out of reach.

IMG_0090

Or.....

images

Somewhere around two weeks into my crash landing in Knoxville, I was invited by the friends who have been kind enough to put up with me to attend a vape meet. A vape meet is a gathering of people who have embraced the "vaping" lifestyle.

Adopting the use of electronic cigarettes or E-Cigs in lieu of tobacco. The meets are both social and functional. Vendors also attend meets to promote their product, educate and make connections with customers and other vendors. This particular meet was

sponsored by Smoky Mountain Vapers,

Smokey Mountain Vapers is a local group that started in 2011 with just a few members who met to learn more about vaping and meet others who had made the switch.

Since then the group has grown to over 250 members and continues to grow and promote the vaping lifestyle.

SMV

Admittedly, I was surprised at the amount of people in attendance. I was later to find out that over a hundred people had attended the meet throughout the day. To me this was impressive, until that day I knew of only two people who vaped. That changed quickly. Within five minutes of being there I had met at least two dozen people, all of them very friendly and welcoming. It was a very communal atmosphere. I felt at ease and comfortable despite my rookie status.

Touring the vendor booths proved to be an education, for I had absolutely no idea what I was looking at. There were also a lot of phrases and terms being thrown around, I

understood none of them. "Atomizer", "cartomizer", "E-juice" and my personal favorite, "TH" or "Throat Hit".

I had yet to try any of the vaping products, in fact I still had a pack of "Pall Mall Blue's" in my pocket. It's not that I was opposed to trying something different, I just wasn't sure I was ready to abandon my "old friends". After all, I had known them longer than anyone there, save one. Turned out that he would be the catalyst for what happened that day. After wandering around for a bit to socialize, check out products and sample free stuff we took to a table. Soon after that a man appeared on the stage. Glenn Cate, the organizer of the event. I should mention that Glenn has a lot of good people who are vital to the vape meets and without them would probably not be possible.

Glenn put forth a challenge to any smoker that was there. Join him onstage and stomp the tar out of their cigarettes. Anyone willing to do this would in return receive a vaping starter kit. It was then that my friend Jeff got Glenn's attention and pointed me out to him, in his normal subtle fashion. I didn't feel pressured, more like compelled. I was still having doubts about such an abrupt ending to a lifestyle that I was so accustomed to, yet there I was, about to stomp on a nearly full pack of cigarettes.

I brought my foot down on the pack and the place erupted. I felt like I had just hit a "walk off" home run in game seven of the World Series. I felt good and regretful at the same time. I knew it was the right choice but was unsure if I could follow through on it, even after such a dramatic gesture.

My uncertainty was soon put to rest by the support and encouragement from the club members. I spent the rest of the afternoon vaping on the "mystery juice" that came with my starter kit. To this day, it has not been identified. That day was over a month ago and since that day I have been "analog free", and I intend to stay that way.

Smoking-And-Lung-Cancer-

Gnarls

5/23/2013 6:29:00 PM - Andrew Moss from Costa Mesa, CA, USA

I smoked cigarettes for over 20 years, a pack and a half a day. I have had quite a few failed attempts to give up smoking in that time. Prescribed medications (Wellbutrin) where I went back to smoking after the course of medication ended. Dummy devices like clove (and you think cigarettes stink!). Nicotine replacements. Cold turkey. All unsatisfying and ditched within 6 weeks at most.

I now have a young son and decided I needed to quit and had to make it stick. I spent 2 weeks investigating e-cigs online, reading reviews and health studies. 16 weeks ago I used my e-cig for the first time. It was also the last day I had a real cigarette. 16 weeks on and I have more energy, no cough, no wheezing, better taste and smell.

I cannot believe how easy it was (for me). Thing is I loved nicotine, it had great benefits to my concentration and focus. Switching to ecigs worked. Quitting cigs (and therefore nicotine) never did. Oddly, the need for nicotine is a lot less now, I never think of popping out in the middle of a movie for a vape, I always did when I smoked. Which tells me that nicotine is nowhere near as addictive as I was led to believe.

5/23/2013 6:30:00 PM - David Embrey

My Story:

I'd been smoking analog cigarettes since I was 14, I'm now 49. I'd gotten to the point that I was smoking a pack a day. I'd tried other means of quitting; the gum, the patch, cold turkey, hypnosis, and nothing worked.

I personally switched to e-cigarettes on March 29, 2010 (my daughter's 8th birthday).

One day, a couple weeks before my daughters birthday, I walked into a smoke shop here in west San Jose, CA to pick up a carton of smokes, and as I was opening the door I noticed a small sign I hadn't seen before. It simply stated,

5/23/2013 6:31:00 PM - David Gelb, Cherry Hill NJ

I am 59 (5/21/54) years old. I started smoking in boarding school, with written parental consent when I was 11. I haven't had a cigarette since October 2010.

I was on my way to becoming a victim of Emphysema. 3 to 3.5 packs a day. I was spending money like a heroin addict too.

I tried the patch 3 times. Once alone & twice with drugs (Wellbutrin). I hate it, they itched & burned my skin & always needed surgical tape to keep from falling off. They did work great, for 14 weeks I didn't smoke a single cigarette. All 3 times at the end of the 14 week program, I'd buy a pack & start smoking again.

I tried electronic cigarettes, not liking them

right away. tried over & over. The third time I tried it was good & I liked it. I haven't smoked in over 2.5 years. I hate the smell & taste of smoke now. My wife is trying to use electronic vaporizers too, but hasn't quit yet. I hope she does soon! The money & smell are 2 very good reasons.

I recommend electronic cigarettes to everyone who smokes! If they became unavailable I know I would start smoking again.

5/23/2013 6:31:00 PM - Jeffrey Gallup (Jagellpuff) from Tacoma, WA

September 12th 2011 was a big day in my life, that was my first day of not smoking, and the day that I became a vaper.

I started experimenting with smoking around the age of 9 or 10 when i would steal cigarette butts out of my Dad's ashtrays and go in the woods to smoke. At the age of 15 I began to carry a pack and continued to do so for 25 years.

Over the course of my 25 years smoking I tried to quit, cold turkey, the patch, gum and pills. The longest I made it was 6 months via cold turkey, and then one day I felt I deserved a "treat" for doing so well and bought me a single cigarette. That ended that quitting streak, within days I bought a pack.

In August of 2011 I began to look into eCigs. I eventually bought a disposable and tried it, and realized there was something to this. Then on Sept 12th, 2011 I found a vape shop in my town and went in to learn more. I walked out that day with an eCig kit in my hand and a new life smoke free.

After a few weeks of watching me vape and not smoke, my girlfriend had me take her to that shop, I bought her a kit and she too became smoke free. As of today May 23rd, 2013 we have not had a cigarette since and NO desire to ever light up again.

We both started with a standard 808 pen style eCig. Eventually we switched to EGO style eCig, but my curiosity with vaping grew and I discovered mods and rebuildables. For me and like many others vaping has become a hobby.

Why did vaping work for us to quit smoking versus the other options out there? Simply put, vaping has given me what I enjoy about smoking without smoking. The act of smoking, now vaping, I find to be relaxing. Non-smokers only feel that we are addicted to nicotine and that is why we smoke, and it couldn't be further from the truth. As that may play a part of it, the act of smoking is a main reason why i did it. As odd as it may be, I just enjoyed it.

The differences I have seen in my life since quitting have been incredible. I breath better, do not get winded walking up stairs, find that I have more energy, no more horrible coughing in the morning, but the best change was sleeping soundly! Now others in my life may say the best change was not smelling anymore. That too I must have to agree has been a huge change. Now I know why people say smoking stinks, it does. That said, no one that I vape around ever comment about it. My mother who never smoked in her life, lets me vape in her house. She is so happy that I have finally given up smoking.

I have many friends who have put down the cigarettes and have done so successfully by vaping. And I am sure many of them would say the change it made for me helped to

influence them. I have met many ex-smokers since vaping and the funny thing is we all smile. I watched my Dad quit a few times, and he was the typical ex-smoker, angry, frustrated and if he had to quit everyone else should. I do not see that with vapers, we know the struggle it is to quit, but have found something that makes it so much easier, and we are all smiling!

Everyday more and more is said about vaping, local and state governments are debating the topic of how to handle it. The sad part is I see that most of these discussions are about taxing it, or banning it, or greatly restricting it. I rarely see any of the decision makers asking does it work. In my town, the Pierce County Health Board decided they needed to act with regards to vaping a couple years ago, and they were positioned to ban it just like King County did. Thankfully that little shop owner stepped up along with some other vapers and opened their eyes to what vaping is. They realized that for lack of scientific data why should they ban something that may work. So they didn't ban it or tax it, they made some common sense restrictions to allow establishments to decide if vaping would be allowed, and to revisit the topic of vaping every couple years.

I couldn't say how many people now in Western Washington vape instead of smoke, but I know daily more and more make the switch. If the goal is to help smokers quit smoking, then all options should be on the table.

September 12th, 2011 will always be a big turning point in my life. I never could imagine a day I wouldn't smoke, and now I am smoke free! It is my hope that more and more people will discover vaping as an alternative! It works!

5/23/2013 6:31:00 PM - Tabitha Jackson from Leland, NC

I am a 38 year old single mother of 3. I first tried smoking when I was 13-14 years old, because I thought it was cool. I started smoking somewhat regularly at the age of 15 and by the time I was 18 I was a pack to a pack and a half a day smoker. I smoked during my pregnancy with my son, and with my daughters I managed to quit for about 2-3 months of each pregnancy. But I couldn't deal with the daily stresses of life...a bad marriage, 3 kids 5 and under. By the time I was 26 I had a 2 pack a day habit..sometimes even more. My children learned the dangers of smoking in school programs and begged me to quit but I was never emotionally ready to do so. Smoking was my crutch. I started smoking outside about 4-5 years ago and this significantly dropped the amount of cigarettes I was smoking during the week, but if I went out with friends I would easily consume a pack in an evening. I decided earlier this year that enough was enough. I was huffing and puffing when I tried to run, my blood pressure stayed high to the point that I nearly had to go to the E.R. for it on several occasions. I ordered my first E-Cig on March 5th, 2013. Received it in the mail on March 8th, 2013, and gave away the half pack of cigarettes I had left. I have exclusively "Vaped" since then. I have had an odd craving here and there, I've actually lit up a cigarette once, only to discover that the taste was disgusting and put it out after a puff or two. I feel better, I smell better, my under-eye circles are disappearing, my children love that this has helped me to quit smoking "stinkies". In the past I tried the gums, the patches, even cold turkey. None of these methods worked for more than a few weeks. The E-Cig has been the ONLY thing that has helped curb the cravings without any nasty side effects. I love that I no longer smell like a walking ashtray and that in the future years to come I will be able to run and play with my grandchildren without being winded. I have several friends as well who have either significantly cut down on regular cigarettes due to the E-Cig or have quit altogether as I have done. I currently use an eGo battery with a Vivi Nova tank as my setup, and my e-liquid is around 18mg in strength. I for see this nicotine strength becoming lower in the very near future. I feel so much healthier and with the money I don't spend on cigarettes I can spend extra on my children.

It feels amazing to finally be able when someone asks me for a cigarette or a lighter, "Sorry, I don't smoke"!!!

5/23/2013 6:35:00 PM - Jeff

E-cigarettes have saved my life. I smoked at least two packs of non filter cigarettes everyday for 36 years, from the age of 16 to the age of 52. I tried to quit using various methods including cold turkey, nicotine patches, nicotine gum, nicotine inhalers and even hypnotism. Nothing worked until I tried e-cigarettes last October.

I have stayed away from regular cigarettes for eight months now, with no withdrawal symptoms. I no longer have the phlegm and lung congestion that had developed over the years. My smokers cough is gone completely. I can run and exercise without getting out of breath. I can smell a smoker from twenty feet away now, and it stinks. I'm ashamed to have subjected family, friends and strangers to that smell for so many years.

I have gone from the highest 24mg nicotine level that is available from e-cig liquid manufacturers, and stepping down to 18mg, then 11mg, and now to the lowest 6mg. My next step is the 0 nicotine content vapor, and then to quit completely. I use the1000mah Ego Twist type batteries with the refillable cartomizers, tanks or clearomizers. I use liquid/smoke juice from various U.S. high quality suppliers.

5/23/2013 6:36:00 PM - Amanda Dunn from Knoxville, TN

My name is Amanda Dunn and I am a 32 year old mother of 4. I started smoking cigarettes around age 14. A few years later I became what I would consider a true smoker. Meaning that I was addicted to the nicotine and always made sure that I had a steady supply of cigarettes available. In the beginning my cigarette of choice was Marlboro Reds. By the time I was of age and able to buy my own cigarettes I was smoking about a pack a day of Marlboro Lights. I smoked throughout my first two pregnancies. In 2004 I switched to Marlboro Light Menthol cigarettes. Prior to finding out that I was carrying twins with my third pregnancy, I had never even attempted to stop smoking. Considering the high risk nature of that pregnancy I stopped smoking cold turkey. Every single day was a struggle not to buy a pack but the motivation of 2 healthy babies got me through. I was back to smoking before the twins were 3 months old. I slowly increased the amount I was smoking once I became a stay at home mom. I reached my peak and stayed pretty consistent at a pack and a half a day.

My sister told me about

5/23/2013 6:37:00 PM - Claudia Linse, Knoxville, Tennessee, USA

I started smoking when I was 14 and had smoked for 39 years.

I enjoyed smoking and didn't really want to quit.

I smoked about 3/4 to one pack a day but only smoked about the first half of the cigarette.

I never re-lit a cigarette to smoke the rest of it because it tasted awful.

So, it was costing me quite a bit of money.

Then there was the stigma.

I hated feeling self conscious around non-smokers but knew that I probably smelled like an ashtray to them.

(I also was cutting out a large portion of my possible dating pool.)

Additionally, for the past few years I was getting a severe case of bronchitis two or three times a year.

So, last August (2012) a friend told me he was getting an eGo starter kit and I went ahead and ordered one too.

The day after it arrived (August 28, 2012, my first vape mail), my sister-in-law, who had been vaping for a while, gave me some menthol juice with some sweetener.

I have not had a cigarette since that day.

I don't feel like I quit smoking.

Wait, I take that back.

I don't feel like I gave anything up.

(That's more accurate.)

I now regularly vape a sweetened peppermint mixture.

I've moved from 18 mg. to 12 mg. and will continue to slowly step down the nicotine level until I reach zero.

I love vaping.

I love the taste.

I love that I don't have to have more than one or two hits at a time.

I love that I haven't had a "NICOTINE! NOW!" panic attack since I started vaping.

I love that I've met a group of vapers through Facebook and local "vaping meets" who are friendly and willing to answer any questions I have.

I love that I'm not spending $100 a month on cigarettes.

I love that I can vape in my home.

I love that I didn't have to crack a window in the car all winter.

I love that if I do date again, he can be a non-smoker and I won't have to feel constantly self conscious about the way I smell.

I love that I haven't had bronchitis in almost a year.

I love that my mom is happy that I no longer smoke.

Actually, I can't think of one down side to vaping other than the constant spectre of big tobacco and the fear that their influence will, eventually, take away my ability to continue to happily vape away.

5/23/2013 6:38:00 PM - Linda Barker

I had smoked for 41 years and was up to 2- 2 1/2 packs of cigarettes a day. I had no desire to quit....I'd planned to die a smoker and it didn't seem to matter how high the price of cigarettes went. But, I started coughing and wheezing...alot. I decided I needed to find a way to cut down on the amount of cigarettes I smoked.

I ordered my first kit from the UK and it was pretty nasty....the liquid in the cartridges was pretty bad. In the process of "getting used to it", I put my cigarettes down the first day and just used the e-cig. I figured once I was used to it I could switch back and forth between the e-cig and cigarettes. After about 3 days I decided I was used to the e-cig so could have a real cig. My husband walked thru the house with a lit cig and that was it for me....no way was I going to smoke something that smelled so bad.

I got my first e-cig 4 years ago and haven't so much as taken a drag off a real cig since the first day. I quit wheezing and coughing after about 3 weeks. Are e-cigs better for my health than smoking?....damn right they are!

5/23/2013 6:40:00 PM - Wbutzine

Hi, my Story is simple.. Smoked for 34 years - friend introduced me to Ego-C electronic cigarette.

I quit smoking Dec 14, 2013... My breathing has improved, my energy has surged, my clothes don't stink, my teeth are getting whiter, food tastes better, house smells better, not rushed I. Restaurants to get out to smoke, health in several ways has improved ... Most of all used to get bronchitis every 3 months... Have not had that since I quit!!! Thank you ECig for helping me improve my total life!

5/23/2013 6:40:00 PM - Joe G

I was a smoker since age 13, typically a pack a day, sometimes 2 packs per day on the weekends.

Years passed and I began to feel the effects; shortness of breath, no energy, constant coughing, etc.

I tried desperately to quit with no luck.

I tried nicotine patches and lozenges with no success and also tried Zyban with moderate success.

I was able to quit for a grueling 6 months.

My wife and children hated me as I was irritable all the time.

Going out to bars became torture because I always wanted to have a smoke.

Then one day, I attended a friend's wedding and I was offered a cigar, which I accepted.

Within a month, I was back to cigarettes.

The straw that broke the proverbial camel's back came with the introduction of fire safe cigarettes.

My coughing increased 5-fold and the shortness of breath was worse than ever.

I simply HAD to do something as I was miserable, unhealthy and very unhappy.

I had heard of e-cigarettes online but hadn't tried one.

I visited a kiosk at a local mall and purchased a starter kit.

It was garbage but it gave me hope!!

I continued researching online and found a variety of e-cigarettes that were much improved from the mall junk I had purchased.

I took the plunge and bought a Joye Ego starter kit.

It took me a full month to switch over, I used the e-cig to replace cigarettes that weren't as "important" to me, i.e. first of the day or after a meal.

By the last week of that month, I was down to 1 cigarette per day.

That was 3 years and 3 months ago.

I am very happy and proud to state that I have not put my lips on a single cigarette since that day.

I no longer cough.

I am no longer short of breath.

I have been singing again, something I hadn't done in years.

I'm riding my bicycle for 10-12 miles at a time without feeling like I'm dying.

I've become a NEW PERSON thanks to the e-cigarette.

More importantly, I have NO desire whatsoever to smoke a cigarette ever again, in fact I now find the odor repulsive!

Yes I am still addicted to nicotine as are so many other people.

However I firmly believe it was the smoke itself, not the nicotine, that was the cause of my ills.

All said ills have vanished, I feel younger and healthier than I have in years.

I will continue to recommend e-cigarettes to every smoker I know.

I sincerely hope that governments and anti-smoking agencies will see the benefits of e-cigarette as harm reduction instead of their totalitarisn "no nicotine" stance.

It could save countless lives and improve the quality of many others.

I was appalled at the FDA's report on e-cigarettes and the incredible number of mistruths and double standards.

As an example, they noted the presence of ethylene glycol in trace quantities in some of the nicotine liquids they tested.

While ethylene glycol is a harmful chemical, it is a natural byproduct of tobacco processing.

What the FDA glaringly failed to note was that this chemical is also found in the nicotine patch, the lozenges, and the inhaler.

Shameful double standard courtesy of Big Pharma's deep pockets.

5/23/2013 6:41:00 PM - Robert perez, Minnesota

Im 53 years old, I have been smoking since I was 16 years old, That is 37 years of tobacco addiction. After countless attempts to quit smoking during that time, in which

I tried the patch, nicotine gum, hypnosis, Wellbutrin, Chantix, cold turkey, all to no avail, I saw a commercial for e- cigs, I did not have anything to lose, so bought them and Im happy to say that as of today (52313) I have not had a cigarette for 132 days and the great thing is I don't miss them.

I have helped 3 friends of mine quit using the

e-cigs. My wife and my kids are extremely happy that I don't smell like an ashtray anymore and that finally I have been able to kick

the habit

5/23/2013 6:43:00 PM - CPQ34ZQS

My background is that I was a long time smoker, 35+ years, and smoking two packs a day on average.

Heavily addicted to nicotine, I never found a form of it that I didn't like and was sure that I would never be able to give up smoking. I had thought about quitting many times due to the fact that my father had died of lung cancer from smoking, at the age of 64.

I first learned of tobacco alternatives such as Swedish snus and Ecigs in 2010 while surfing the net.

I started by ordering snus and while using it I was able to cut down to about two cigarettes a day.

A short while later I obtained my first Ecig and then completely quit smoking overnight.

There was no pain, anxiety or cold turkey symptoms.

I currently continue to use snus and ecigs and haven't touched a cigarette in three years and never will again.

Prior to quitting smoking I was noticing a little shortness of breath and moderate nighttime coughing.

Within a few weeks of using snus/ecigs, all health problems completely cleared up.

I feel like I'm in great health today and regularly do 5 mile fast walks with no problems.

In closing, I can't recommend snus/ecigs highly enough as a reduced harm alternative to tobacco.

They've definitely changed my life and my health for the better!

5/23/2013 6:46:00 PM - kcjones

I smoked for 20 yrs I chose to use a e-cig 6 months ago i use a ego twist with tank. At first i started with 24mg nic and am now using 6mg the change from smoking to vaping has been amazing for both me and my wife and several friends. I can breath better no short windedness i have alot more energy i've wanted to quit for years but i failed every time. I find it disgusting what the gov allows tobacco companies to do to make cigs soo addictive!

5/23/2013 6:48:00 PM - Janet Lane

i was a 22 year 2 pack a day smoker. i am 38 years old and have been a full time smoker since 16 years old. My father died of congestive heart failure at age 50 in 1998. i began trying to quit smoking then, unsuccessfully, by going cold turkey. when i gave up on trying to qquit i found i was smoking more than before. in 2005 i rededicated myself to quitting. i tried the patch, i did get down to 4 cigarettes a day, but as soon as i took off my last patch i went right back to smoking even more than before. my doctor then prescribed chantix for me, after 3 months of being on that and never even slowing down how much i smoked i gave that up, too. i finally resigned myself to the fact that i was a smoker, never going to quit. untill 3 weeks ago, my husband's cousin showed me his personal vaporizer. i tried it, went and bought my own and have not had a cigarette since. i am now a former smoker. that is something i never believed i would be able to say.

5/23/2013 6:49:00 PM - Jason Hagan from Greer SC

I smoked for 20 years and thought I would never be able to quit. A friend turned me on to the electronic cigarette and I quit in 4 days!! It worked so well that I felt that I need to help others quit and started my own brick and mortar company in Greer SC called Vapor Room Caf

5/23/2013 6:52:00 PM - Terry O. Eunice La.

First cigarette at age 15 or 16. Smoked till age 56. Introduced to e cigs by my brother (2012), who showed me how to use them.

Immediately took to it. Lowered my pack and 1/4 daily habit to just 1 or 2 during the day.

After a few months, I was down to 1 cigarette a week. Then I realized I could just QUIT altogether. And it was past time!

I had yearly bouts with colds, sinus and bronchitis. Energy level was down... Thought regularly about cancer!!

Doctor had been pushing for me to quit. Bonus is having my son and daughter-in-law give up cigarettes too and begin using e cigs.

They are young enough for the body to recoup most of the damage done by cigarettes. YEAH!

If it hadn't been for someone showing me the ropes, I would not have made the milestone - cigarette FREE for 5 months now!

I just came up on a year of using the electronic cigarette and am enjoying it more than ever. My nicotine level is at 6-12, down from the early 18 level(e liquid). I only buy made in the USA e liquids and found a lot of the products make me wheeze.

Research, and trial and error have led me to 2 reputable companies who sell quality e liquid.

I can not stress enough, how many people would love to use an e cig, but like me, have no idea where to begin. Education is important. Hopefully, I have added years to my life.

P.S. Cigarettes are so addictive. I still keep a pack of smokes, in the house, just to know I can and do have them. They are unopened. Telling myself it is an option, has kept me smoke free.

5/23/2013 6:52:00 PM - Robert Corsell (Tattbob) from Tampa, Florida

I had been a smoker for 36 years. I had tried several times to quit(cold turkey and the patch)unsucessfully. On October 24, 2011 I picked up an e cig and never looked back. It's hard to believe I went from 2.5 packs a day to nothing overnight but that is what happened. I have been able to lose 35 lbs and have been taken off of my blood pressure medicine.Thank god for e cigs they saved my life

5/23/2013 6:52:00 PM - Patricia Salzer, Ronkonkoma, NY

I smoked for about 48 years, I believe, having started at about age 15. I smoked at least a pack a day most days. Of course, I knew I should quit. I tried cold turkey a number of times. That never worked for long. I tried Nicorette gum, and that did a good job with the craving for nicotine, but it seemed that the urge to smoke was something more than just a dependency on nicotine and the gum didn't address the urge to smoke very well at all. I was reluctant to try the patch because I was afraid I'd smoke while using it and that was dangerous, or so I'd heard. Chantix came along recently, but watching the side effects others had with it, I just did not want to try that.

I started noticing electronic cigarettes in stores and was kind of interested in them. In February of this year I went ahead and bought one. From the first puff I thought that this could be an adequate replacement for cigarettes. I had about three cartons of cigarettes at home, and had every intention of finishing them, switching off with the electronic cigarette until they were gone. That didn't happen. By the second week I was only smoking about half of the real cigarette before it started tasting terrible. The very last time I lit up a regular cigarette I took two drags and then spent much of the rest of the day trying to get the horrible taste out of my mouth. That was February 20, 2013. Now it's the end of May and I haven't had or wanted a cigarette since.

In that time, my blood pressure has gone down over 20 points. My breathing is much, much better and I don't wake up with a cough anymore. I've switched from disposable cigarettes to the much more enjoyable intermediate type,such as the Ego and similar. When I started, I chose a nicotine level of 24mg/ml and now am down to 12mg/ml. I plan to go down to zero, primarily because of my tendency to high blood pressure. I'll be doing it very gradually. Oh, and I lost some weight! People tend to gain weight when they give up cigarettes, but the ability to vape sweet flavors has satisfied my after dinner sweet tooth, which has been my diet downfall forever.

Health is the most important factor, but I do enjoy knowing that I don't smell bad to non-smokers any longer, I'm not polluting the atmosphere, even outoors, there are no cigarette butts to contend with and I don't have to worry about starting a fire.

All in all, I can only say that electronic cigarettes are the first and only thing that have helped me to walk away from tobacco cigarettes and in addition have enhanced my life in a number of ways.

5/23/2013 6:56:00 PM - Sonny Collie

I am a professional musician. I smoked heavily for over 30 years, heedlessly at first and then with growing concern about it as respiratory and other harms began to manifest themselves. I tried to quit many times, both cold turkey and by using patches, gums, lozenges and the prescription drug Bupropion, all without success despite tremendous effort and struggle with the miserable side effects of smoking cessation.

Electronic cigarettes ("vaping") helped me achieve what no other strategy could. Because vaping provides an analog for the entire spectrum of smoking behaviors and sensory effects, the transition away from cigarettes was finally achievable for me. It was possible to immediately go from heavy smoking to only a few cigarettes a day without difficulty or stress. The health benefits

-- increased lung capacity and function and more energy among them -- were apparent within 24 hours and have only increased with time.

The exploration of the different designs of e-cigarette products and the wide-open field of flavorings, while time consuming and somewhat costly, provided a critical function for any quitter of cigarettes: an engaging *distraction* from the compulsive behaviors associated with smoking. The same can be said for the social connectedness, communication and support of the wonderful vaping community, something making great use of, and ideally suited to, the Internet and social media.

The ultimate result, for me and millions of others, has been freedom from the terrible fate of becoming aging and deteriorating cigarette smokers. I stand by vaping as a most positive force for public health and wellness. It is a life changer.

5/23/2013 7:00:00 PM - Carl Sikes

I smoked Marlboro Reds for about 40 years. After my brother died of lung cancer at age 59, I tried to quit using nicotine patches and also tried using a couple of different medications prescribed by my doctor. For me these were a waste of time and money, Finally in August of 2011, after trying a couple of the inferior electronic cigarettes, I found Green Smoke electronic cigarettes. This product is great and I have not had a traditional cigarette since August 11th, 2011. That was the day that I received my first Starter Kit from Green Smoke.

After finding Green Smoke I decided to start an electronic cigarette review website (usa-ecigs.com) to honor my brother and to feature only the best electronic cigarettes I could find. Hopefully I can help people avoid trying the inferior electronic cigarettes and then going back to traditional cigarettes. If I could quit after about 40 years of smoking, I know that anyone out there can do the same.

I hope this story inspires the people that are still smoking to give electronic cigarettes a try and if they tried an inferior electronic cigarette, to go to usa-ecigs.com and read the reviews to find a good one.

5/23/2013 7:02:00 PM - Jeremy Minter

Hi. I smoked for 23 years. I was up to 2 packs a day. I tried a number of thing to stop smoking. I tried the Patch, Chantix, and Gum. I was only able to quit after trying an Electronic Cigarette. I was able to quit the same day that I started using the Ecig. It has been great. I love it. I could taste food again. I can smell so many other things better. I breath so much better. I have yet to find any negatives.

I guess the only negative would be the constant worry

that ecigs will be banned or limited on flavors by our government. I have had a number 5 friends that have quit after i showed them how well it worked. Its been 2.5 years of no smoking with no feeling of wanted a regular cigarette.

I hope this info will convince others to try ecigs out. I also hope that our government looks at stories like mine and will leave Ecigs alone. I am sure that this has prolonged my life and made it better.

Thanks for your time, Jeremy

5/23/2013 7:04:00 PM - springHillpapa Spting Hill FL 34609

I started trying to quit cigarettes over 10 years ago. When I turned 40 I realized that cigarettes were going to kill me. I tried the nicotine patch first. I used 21 mg patches. after a day at work off came the patch and I smoked. Just not that good. I gave up and a year later I started the new herbal quit smoking product I remember it was expensive and didnt work at all. Next up in the quitting circle was hypnosis. What a joke. I was smoking as soon as I left the session.

So off to the doctor, he gave me wellbutrin and said use patches with that. It worked for a while. I think I was good (off cigarettes) for about 90 days. But, it impacted my quality of life. I was so drugged up I had no emotions and no feelings. I stopped the wellbutrin and cigarettes were back.

I smoked for a while this time. Probably 2 years. Then I was diagnosed with high Blood pressure. I knew I had to quit. Back on patches, same results as above,I tried SNUS (Yuck they were like sucking a wet sock) I tried gum, also nasty. then I heard about chantix. It was anew product at the time.

I had my doctor prescribe it, it was expensive. It was nasty, it made me over emotional, angry and impotent. But, I actually quit smoking for a year. It was hell though I think it was worse than smoking as far as I was concerned anyway. Then I was smoking again.

More chantix (ya know it really only works well once) More patches, more gum, more patches and on and on and on.

Finally, a friend of mine said "Hey, try vaping...." He explained to me how it worked, where to get a starter kit and how it all worked. I ordered 2 kits one for me and one for my wife figuring heck it cant hurt I tried everything else.

My wife and I have been vaping for about 3 months now with NO CIGARETTES NO desire for one and no problems with nictine withdrawal or the hand to mouth smoking thing that gets alot of people. Vaping is the only thing I found that actually got me off cigarettes without ANY nasty side effects or issues. MY wife and I smoked for nearly 25 years. We have not bought or smoked a cigarette in 3 months. I find this amazing! MY wind is coming back, my sense of smell is back.It is all good. Vaping is the best maybe the only way to quit or reduce smoking.

My sister in law has been smoking for 20 years and was desperate to quit. I bought her a vape starter kit a week ago. She is now smoking 4 cigarettes a day rather than a pack a day. I am confident she will stop cigarettes altogether in another week.

THANKS E CIGS VAPING and the ECIG Forum

5/23/2013 7:07:00 PM - Ken Antos, Shelbyville, Kentucky

I was a smoker for forty seven years. I have attempted to quit cigarettes using FDA approved nicotine gums, and prescription drugs numerous times without success. Then I found the electronic cigarette! I have not smoked a regular cigarette in over 12 months. They have been a true Life Saver! I feel better, smell better,

breathe better, work better and of course, Happier.

5/23/2013 7:08:00 PM - Phil, Irving, TX

I smoked from the age of 15 until the age of 43.

I had tried to quit a few times, particularly in more recent years (as I began to truly appreciate mortality), to no lasting success.

I had tried Welbutrin and gum, with zero success, and (very) mild & fleeting success with the

5/23/2013 7:10:00 PM - L. Scarbro (aka Morgana268) from Knoxville, TN

I began smoking my freshman year of high school, at the age of 15. Admittedly, it was not the best choice I could have made, and it is one that I have regretted but have tried, fruitlessly, to quit many times. I was successful in quitting during 3 pregnancies, cold turkey, for the duration of those pregnancies, but always picked up again once it was over and some bout of stress came about that I just could not find a way to function through otherwise. I have been saying for the past 6 years or so that I should quit, as each change of season always brings with it a horrible cold, sinus, or other respiratory problem/illness. I've never fully enjoyed the smell or the taste, but giving up the crutch was just too overpowering. I've seen the commercials for pharmaceutical ways of quitting... patches, gum, pills, but patches were too expensive, gum never worked (and who wants to eat gum that tastes like oranges with black pepper?) and pills, when they come with side effects that are worse than the problem is, my thought was that I'd rather take my chances.

Then, on April 1st, I was handed a Fifty-One Trio e-cig, because my mother had purchased it and it put her into an immediate coughing fit (for reasons we still don't know). I was

hooked. I had a lit cigarette in hand when she gave it to me and passed the cigarette off to her. I ran through the provided cartridges in just a few short days and had to fall back on regular cigarettes for an evening. Some friends "rescued" me, giving me some e-juice to refill my cartridges with. I honestly TRIED another cigarette one other time since then, about a week and a half ago, and it was so horrible to me that I could only take one drag off of it. The taste was so bad, I will never touch another one. I now use an Ego 900mah battery and refill dual-coil cartomizers, my preferred blend being 65/35 PG/VG in 36mg nicotine. I started with a much lower nicotine amount, but found myself constantly vaping. I eventually plan to "wean" myself down to a more manageable level, if not going to a zero-nicotine liquid. I enjoy the flavors most of all, not being bound to one particular flavor.

Healthwise, and in relation to the flavors, I do have some blood sugar issues, and cannot always cater to my cravings for sweets. The flavored liquids gives me a chance to sate those cravings without throwing my blood sugar into a frenzy. Within the first week of making the switch, I noticed a drastic change in how everything tastes... subtle spices in foods were, for the first time in 20 years, noticeable. I have spent the better part of the last two years alone, coughing or clearing my throat very frequently. I know that this is a result of the smoking, because just in the first two days of using the e-cig, the coughing disappeared and I haven't had to clear my throat except for a few times when my allergies have kicked in and created a problem. I'm waiting to see how the next few seasons go, as the switch into fall, and the switch into winter always wreak havoc on me healthwise, but I am positive there will be a noticeable difference. This has been the

absolute best thing I could have done for myself. I feel better, I can taste things much better, and it has changed my quality of life completely!

5/23/2013 7:15:00 PM - Mike Morgan Laguna Niguel Ca

I started smoking cigarettes when I was 16 years old, probably of course to look cool, and I became a pack + a day smoker for the next 21 years.

Approximately 4.5 years ago my wife became pregnant and it was our plan to both quit smoking.

I tried various ways of quitting, from smokeless tobacco (dip)which we both found disgusting; moved to patches which made me nauseous and sick feeling all the time; from there I tried "Chantix" the idea of being able to smoke the first week is great and helped, I ended up not smoking for about 2 months while I was taking the Chantix.

Chantix is a heavy duty DRUG and really messed with my brain.

I was basically turned into a ZOMBIE, I did not care about anything (Work, my Pregnant wife, family).

Those DRUGS helped with not smoking, but the mental effect was definitely a negative.

Once I stopped taking the Chantix I began smoking again.

Although my wife was glad to have ME (not the zombie) back, I was also smoking again.

She on the other hand has a strong will and quit smoking the day she found out she was pregnant.

So once my Son was born I had to hide my habit of smoking cigarettes.

A couple years pass by, then my Son began asking questions on why I am always going outside, and why he can't come with me.

This got me thinking again that I need to quit smoking.

Again I tried patches, gum, and whatever other OTC aids I could get, to no avail.

Then a few weeks later I was at work and I had a delivery come to my yard.

The delivery driver had an e-cig (eGo C Twist) hanging around his neck, and began puffing on it.

I asked him how it works for him, he said he hadn't smoked a cig since he began vaping.

So that weekend, Sunday I went to my local E-Cig retailer, picked myself up an eGo C Twist, a tank and a bottle of Juice.

I smoked a Cigarette or two Sunday evening while also puffing on my E-cig. Monday morning on my way to work I lit up a cigarette, got about half way through it, flicked it out the window and haven't lit up another since.

Since that Monday morning, 73 days 8 hours ago, I have been "Smoke" free.

I had never thought that I would be able to quit smoking that easily, but vaping has REALLY WORKED!

I started using the 24 mg Nicotine E-liquid for the first 3 weeks, dropped down to the 18 mg for the next few weeks, now the last 2 weeks or so I have been vaping the 12 mg.

I will keep dropping my Nicotine dosage until I am at 0 mg.

At this point I have avoided 1467 analog cigarettes figuring a pack a day, I look back at that and realize how gross that is.

I try to picture a pile of 1467 cig butts and want to hurl. I have tried multiple ways, and multiple attempts to quit smoking cigarettes throughout my 20+ years of smoking, and I have finally found a way with E-Cigs.

I have gotten 2 of my coworkers onboard with vaping, and have both not smoked cigarettes since.

This WORKS, this HELPS, this provides a vehicle to keep hands busy as well as the oral fixation that smokers crave.

So speaking as an EX-SMOKER, I will never smoke another cigarette.

I will have a better relationship with my son, when I go outside he will come with me.

When we play, I won't be out of breath 2 minutes into it. I come home and can give my son a hug before having to take a shower, change clothes, and brush teeth. I am a true believer that E-Cigs have changed and ultimately SAVED my Life.

Mike Morgan Laguna Niguel, Ca.

5/23/2013 7:15:00 PM - jfalbanese

1.41 year 3 PAD smoker. white male 53 yrs old.

2 for this successful attempt i have been tobacco free for 96 days as of 5/21/13. quit day 02/15/13. used e-cig with 36 MG juice to stop.from 3 PAD to 0 in 1.5 weeks.

3 i use a Vamo variable voltage mod, with rebuild able dripping atty(currently). in the time i have stopped i have successfully detoxed from 16 MG juice to 0 MG juice for 1 month, as an experiment to see what the withdrawal would be without the tobacco addiction in the equation. i was able to do this without negative effects. as opposed to the countless other failed attempts to stop smoking. i plan to vape for a full year b4 putting the PV down for good. now that there is no fear from nicotine withdrawal i am vaping 36 MG juice again, as the nicotine helps with focus issues. i work a high stress job and the nicotine helps with coping.

4.absolutely no tobacco since quit date.

5 as stated above 1.5 weeks from 3PAD to 0

6 suicide pills, patches, gum- none of them worked for more than a few weeks.

7 obviously the health benefits from not smoking speak for themselves. the only negative- the absolute silence from the gov't, and media to deny the success of these electronic miracles, and on top of that spread outright lies about the benefits of these products

5/23/2013 7:20:00 PM - Joe Coulter

Smoked for nearly 38 years. Tried cold turkey, tried patches, tried gum. Never lasted more than a couple days. I got me an ecic setup and by 3rd day stopped smoking. Been 35 days and not one desire to start back up. Sleeping and eating better. Not sweating as much and my attitude is improved. Can do things with out losing breath already. My wife who has asthma says because of no second hand smoke she is better also! Best thing I have done!

5/23/2013 7:20:00 PM - Mona Hollums (MonaLisa65) from West Haven, CT.

I smoked my first cigarette when I was 8. After I started working at 16, it wasn't long before I was smoking 1.5 packs per day, a rate I was to maintain with only the most minor fluctuations for the next 31+ years.

Then, at 47, while picking up a pack of my regular brand, I noticed the display of disposable ecigs on the counter, and bought one on a whim. I wasn't looking for an alternative to cigarettes (I still bought my regular brand that night, too), I just wanted to try it.

I didn't know it at the time, but that pack would be one of the last I'd ever buy.

A week later, I'd purchased the rechargeable version of that ecig, and when that finally wore out, I upgraded to a refillable 'personal vaporizer', so I could sample the dozens (hundreds?) of flavors available, customized with the amount of nicotine I wanted to be using. (I've cut my original nicotine strength used by 25% in the past 6 months, my next bottles of 'ejuice' will be an additional 25% weaker. By mixing the two in gradually differing proportions, the transition to lowered-nicotine usage is completely unnoticable.

I started using ecigs in the first week of November, 2012. I smoked my last cigarette on November 15th, 2012. I don't miss them At. All. I breathe SO much easier now, I no longer get post-nasal drip if I lay on my back, my senses of taste and smell are so vastly better than they were that even long-time favorite foods taste novel. My car, hair and clothes don't stink of stale smoke anymore... and as the icing on an already VERY tasty cake, I've saved a lot of money! It's been 190 days or so, I would have smoked about 2,840+ cigarettes and spent over $1066.00. Instead, including equipment and everything I've used so far, plus enough ejuice to last me at least two more months, I've spent about $350.

I wasn't looking to quit smoking, but I did anyway. Painlessly.

5/23/2013 7:26:00 PM - Buff G. (Wallelf) Heathsville, VA

5/23/2013 7:29:00 PM - Theron Roberts, Sand Springs, OK Hyver920@yahoo.com

I had smoked for 9 years untill i started using an e-cigarette.

First i used both the e-cig in moderation to cigarettes untill i had decided to stop smoking cigarettes alltogether. I found that after using the e-cig I did not have any cravings to cigarettes at all. Also that my clothes, breath, hair, and car did not stink anymore also. After a month or so I noticed that my blood pressure started going back to normal. (I had pre-hypertension). Also I noticed that i had more stamina and my shortness of breath and coughing was gone.

5/23/2013 7:35:00 PM - Trish Raye

I was a smoker of 40 plus years, in Oct 2012 I had a stroke and survived, my Doctor said thats it you need to quit smoking. I enjoyed smoking and really didnt want to quit but I have been given a second chance at life. After the scare of my life I started using a e-cigarette with 30mg liquid nicotine , 7 months later Im down to 20mg of liquid nicotine.I found this company called Vermont Vapor and get my products through them. I switched immediately to the e-ciarette and have not smoked a real cigarette since. Did not use any drugs or gum or counseling...the stroke was my counseling, I want to be here for my sons wedding and grandchildren.I can honestly say I feel 100% better not smoking real cigarettes, I breath better, I do not wheeze anymore and I am now out excersing and walking everyday which I could not do while I smoked.I feel the e-cigarette has given my life back I am about to cut it back to 10mg of nicotine with my next order and plan to be off nicotine by the anniversary of my stroke. I truly believe the e-cigarette has made me smoke free and helping me to extend my life. Trish Raye

5/23/2013 7:38:00 PM - simon

How long did you smoke? more than 40 years How long ago did you start using a smoke-free alternative 6 years Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? I use e-cigarettes and Mods

PV Ego-Twist and other with clearos and

Genesis-Mods with PyrexGlas

Liquids between zerro and 22 mg/ml

Do you still smoke at all (and if so, how much have you cut down)? No I do not

and I never want to smoke again

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Yes ,I use e-Cigarettes and cigarettes for two years than i switch to e-cigarettes with fruit-flavors no tobacco flavors anymore. What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? all on earth , patches gum lancets ...nothing work for me

How long were you able to go without smoking using these other methods before starting again? I think 4 weeks or so its long time ago. What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I feel much better health, no lung problems at all. I love my e-cigarettes

like tea music and sunshine

never give it up ! simon

5/23/2013 7:40:00 PM - TLS from Shakopee, MN

I was a tobacco smoker for 30 years. During that time, I managed to quit several times only to start again, at one point, 18 months cold turkey. Late last year, I tried hypnosis as I could see and feel what this horrible habit was doing to my body. That lasted about two months.

Eventually, I ran across a message board on a very high traffic football web site, in the random topic section, in there was a thread on electronic cigarettes. I managed to read almost all 400 posts on the subject and saw the satisfaction and enthusiasm of the somewhat new technology. I did quite a bit of research and read the success stories of how this helped people quit the nasty tobacco habit.

I decided to find a vendor with something to at least get an idea of what would suit me best, personally and financially. I placed my order shortly after finding what I wanted. Once my order arrived, I ran through the manual and started using my new electronic device. Six weeks after I had my first experience with this, I haven't touched a tobacco product since the first day I started using it.

My breathing is much better when I go to the gym. I don't smell like a dirty ash tray. I don't get that look from fellow employees at work when I came back in from smoking when they get a whiff. I no longer wake up and start hacking. My wife and kids are happy that I no longer step outside after dinner/before bed and they even mentioned the smell was bothering them when I was smoking.

I have zero negative effects from the electronic cigarette.

5/23/2013 7:47:00 PM - Kent Melbourne, Fl

Smoked tobacco cigarettes for 40 years. Last 15 years of one and half packs a day. I was determined to quit during those last 2 years, it was the right thing to do. Nicotine gum and patches were my choices and recommended by my doctor. Both had some effect, but in the end didn't satisfy all my cravings. I realized this wasn't going to be easy.

March 19 2012, I was introduced to e cigarettes by a family member. After using this personal vaporizer(e cigarette)for that day I knew another attempt to quit tobacco cigarettes was in my future. On March 26 2012 I purchased my device and 36 mg nicotine e liquid. After a few months I lowered my e liquid to 24 mg nicotine. This is the strength I continue to use. Satisfying my craving of nicotine AND satisfied my mental habits by using my hands, mouth, taste and seeing vapor. I haven't had a tobacco cigarette since that day.

My health has gotten better in all areas. My sense of smell and taste are returning. I have more energy and stamina than a year ago.

I wanted off tobacco cigarettes and this was my way.

5/23/2013 7:56:00 PM - Sharon Hicks Van Alstyne, Tx

I started smoking @ the age of 13. It quickly became a pack and 1/2 a day habit.

I smoked my last cigarette January 22, 2013. I am 57 years old.

I am writing this on May 22, 2013.

Over the years I tried nicotine gum and prescription medications in my efforts to quit. They didn't work for me. I never completely gave up cigarettes and went right back to my smoking habit within a few days.

Of course I knew it was bad for me. I am a registered nurse. I tried to compensate for the smoking damage by eating healthy and staying in shape. But as I got older, I could tell it was taking it's toll. My chest felt heavy. I woke up every morning coughing up gobs of phelgm. I got short of breath easily. And I smelled like an ashtray.

I had seen articles about electronic cigarettes on the internet several years ago. But not a lot of info was available. I thought at that time how wonderful it would be to have somethng like that.

It's only been in the past year that ecigs have been available in my area. After researching available information and debating with myself...I didn't want to fail again...I tried them.

At first, I tried the disposable. I have never looked back. I have not smoked a cigarette since. I now have a high tech APV and have started making my own ejuice. I started vaping at 18mg of nicotine and am now at 12mg. Maybe one day I will quit nicotine all together.

I can say I feel MUCH better. Within a week my sense of smell and taste had greatly improved. I haven't coughed up ANYTHING. My chest doesn't feel heavy. I don't get short of breath so easy. My O2 sats as a smoker hovered around 96/97%. As a vaper, they are now 98/99%. And I have more $$ in my pocket ;-)

The good things have not just happened to me. Because I vape, I have friends and family that have started vaping. How's that for a positive experience?

5/23/2013 8:02:00 PM - Barbara Wintsch

I am a 55 year old woman and started smoking at the age of 16. Even in my 30's and pregnant with my daughter, I continued to smoke. I have had all kinds of respitory issues and continued to smoke. I tried patches, chantix, zyban, hypnosis, and zyban, and still continued to smoke. Chantix and Zyban had

some frightning side affects and can be psychologically dangerous. I took smoking cessation classes, listened to my doctor about quitting and the harm I was causing my body, and I continued to smoke. My daughter wrote me a letter begging me to quit, and I continued to smoke. I never was successful at quitting for more than a day. The idea of quitting created so much anxiety, I smoked more. I was convinced I would die while lighting up. I was convinced I would be on oxygen and continue to smoke. I had no hope and felt quite the failure. $14.00 a day on 2 packs of cigarettes was where I was at.

It will be a year tomorrow that I have been smoke free. I tried my first electronic cigarette about 10 days before I stopped smoking. Initially I wanted to try it as a method of cutting down and to be able to 'smoke' in non-smoking situations. I had heard about electronic cigarette from a friend of a friend and bought the Blu at a local Walgreens. To my delight, it was satisfying, different then smoking but still satisfying. A thought on that first day was wow - maybe I can really quit! I started reading internet forums such as ECF and got tons of advice and support. I ordered some different supplies, finished my last pack of cigarettes, and on May 24, 2012 quit them for good.

I started at 24 mg of nicotine and have reduced it to 12 over time. I feel wonderful. It was not a piece of cake to make the switch, but it was not impossible. Electronic cigaretees were the single thing that gave me hope and the possibility. Quitting smoking can easily be one of the hardest additions to overcome and I could have not done it any other way. I tried. I am proud, happy, and have converted several other people to using electronic cigarettes and quit smoking. A few lives saved. No more stink, no more cough, no more being winded. Nothing short of a miricle.

5/23/2013 8:08:00 PM - Ray

I smoked about a pack and a half a day for 27 years. I tried quitting using the patch, Chantix, and other methods. Some were temporarily successful, but inevitably, within about 6 months I would be a smoker again.

I finally tried the e-cigarette. I got serious and decided to stop smoking and begin "vaping" in September of 2012. Nine months later, I'm still a non-smoker. I can enjoy the social aspects of smoking and even be around other smokers, but I'm content with vaping instead of lighting up another cigarette.

I can say that I feel like a non-smoker. My lungs are clear, no more annoying cough and the smell, well, all of you smokers know what I'm talking about. I don't miss that at all. I like not having ashes too. Vaping is so convenient for me. If I feel the urge, I can just take out my e-cig, have a couple of puffs, and go on about my day.

For me, it wasn't about the commitment to quit smoking, it was about staying off of them, while still enjoying my friends and the other activities I enjoyed as a smoker. Vaping has given me the best of both worlds. I can enjoy being around smokers, without the need to smoke.

5/23/2013 8:13:00 PM - MD Mclane

Started smoking on and off at 14 then smoked regularly at least a pack a day till I was 38 I tried the cig look a like e cigarettes but they didn't last very long or deliver the amount of nicotine to cut my cigarette habit all the way off I smoked 7 or 8 tobacco cigarettes a day until I found the big battery e cig mods and the tank atomizers I chose the Pure Smoker Legacy with the 18650 battery since it would last all day and the Vulcan rebuildable genesis style atomizer tank since it could be rebuild for less than $0.50 when it needed to be rebuilt due to the heating coil failing I have been using this setup for around a year now and have been tobacco cigarette free ever since. I do strongly believe that the only reason that state and local government has a problem with e cigs is that they do not produce the high tax revenue that tobacco does and the drug companies have problems because you are not buying their snake oil that will not make you quit in any way just like a heroin addict will go back to the horse with out methadone smokers will go back to tobacco with out inhaled nicotine. Tobacco lobbyists want to get the government to help them sell more tobacco by trying to sanction the e cig market and its supporters by imposing undue tax and regulations to remove them from the market that way you would have to use their poison. Buy the drug companies snake and pay the kings tax. I am smoke free by choice not by force and how I got there from a 20 plus year tobacco habit is my choice as well and any one that thinks they have the right to say I should be forced to return to tobacco so they can line their pockets can kiss my ASS

5/23/2013 8:14:00 PM - Michelle Helsel OFallon, MO

I started smoking at 13. Then it was just with friends and irregular. By 18, I was smoking a pack a day. I have tried everything to quit. I had a bad reaction to the patches, the gum and lozenges did not work at all for me. I tried Wellbutrin and Chantix with better results, but I still went back to smoking. The longest I was able to quit for was 9 months and even during that time, I was still an occasional smoker. I went right back to it as soon as there was something stressful in life. This December, I decided I was done. One way or another, I was not smoking anymore. I started using an Electronic Cigarette and with the advice of others more knowledgeable, I started on a fairly high level of nicotine liquid. I have been steadily reducing that level and am now at the half way point. The oddest thing has happened, I am not craving cigarettes, which I always did before. I have not had a single cigarette since December 29, 2012 and am not interested in them at all anymore.

I have been running and working out and my breathing is so much better already. My resting blood pressure and heart rates have gone down too. I feel like I have more energy instead of less and after the initial sinus problems that often happen when you quit smoking, I am getting sick MUCH less often.

I have also not gained 15 pounds of weight like I have in the past. In fact, I have actually lost weight.

I know my story is not one of long-term cessation yet, but I am getting there. I have not had the awful side effects of drugs or painful and ugly withdraws from other cessation aids. I feel this has been the best experience I have ever had. I enjoy Electronic Cigarettes so much, that I may stay with one even after I am down to zero nicotine. Then again, I may just put it down and let it collect dust. The fact that I can make that choice is the best thing.

5/23/2013 8:31:00 PM - Katie Marie

My name is Katie I live in Kentucky I started smoking when I was 13 years old when I was 21 I found out I was pregnant with my first child I tried an tried to stop smoking I chewed bubble gum got the patch still could not stop smoking when I was 23 found out about baby number two this time I ran out of cigarettes said I would just not buy anymore well that lasted about 6 hours before I got

to the I have to have a cigarette now point well now im 30 years old was still smoking a pack in a half a day went in to the local tobacco store seen this neat lil thing called a e-cig an I bought one instead of buying real cigarettes an here I am just almost two months later an I still dont want to buy real cigarettes I tried to smoke about 4 days after I first got my e cig I lit the cigarette an inhaled an coughed my head off it was the most nasty thing I have ever tasted I through a hole pack of cigarettes in the trash an I breath better things taste better an my asthma is way more under control the only way ill go back to smoking is if the government bans e-cigs so I hope are government is smart enough to let c cigs stay on the market an they dont tax the heck out of them or out of the e liquid

5/23/2013 8:36:00 PM - Hans Schmidt (Rheinland-Pfalz)

I

5/23/2013 8:42:00 PM - Angela Forrest

My name is Angela Forrest and I smoked Marlboro 100 for 30 years. A good and dear friend of mine called me and stated that she wanted to save my life, I thought she was crazy. She took me to a vapor bar and introduced me to the electronic cigarettes. I will say that again I thought she was crazy, this wasn't going to work for me. I have tried so many time to quit for health reasons. I had blood clots (per doctor because I smoke), 10 out of 12 months I would have bronchitis and pneumonia (per doctor because I smoke). I lost my father to lung cancer. The doctors prescribed me chantix (scary) and wellbutrin. Neither worked. I have been on that nicotine patch and nicotine gum, again neither worked. On chantix, I used for almost the 2 weeks but the dreams and the way it was making me very angry wasn't worth it too me I went with out a cigarette for 4 days. Wellbutrin I used for 6 months and still smoked the whole time. Patches make me cranky, it never took the want away. I used for about a week and was still smoking with them on but at a reduce rate. and the gum (nasty). I used this for a few days and it was not a good thing for me. craving seem to get worse. In December 2012 I went to the vapor bar and I fell in love, all the flavors of nicotine and all the knowledge they were willing to give (Thanks Steven). I never felt that it was about the sell. For the first month I vaped and smoked. On January 11,2013 I laid down my cigarettes for the last time and today 5/23/2013 I still haven't had a cigarette and I don't even want one. Vaping seems cleaner than cigarettes. What I mean by that is when I was smoking cigarettes and vaping, If I smoked it was a dirty feeling in my mouth and with vaping it's clean and refreshing. I use the Ego C-Twist batteries with the CE5 clearomizers/Atomizers and love it still today. I have several (10) favorite flavors at this time. I believe in this so much because it helped me in so many ways that I have opened an online store to help others. I have not had a sinus infection, bronchitis, pneumonia or asthma issues since January 2013. I can breath better,no more nagging cough,

smell better and my health has improved by 98%.I went to the doctor for a physical, my doctor stated that my lungs sound amazing. I smell so much better too. I love that I can do this anywhere (I no longer have to find the smoking section) and it has changed my life in the most awesome way. So today I no longer think that my friend is crazy (thanks Rasha). I hope and pray that everyone who smokes cigarettes will turn over to electronic cigarettes, the health benefits are well worth it.

Angela Forrest Lewisville, Texas

5/23/2013 8:54:00 PM - Rod Wasinger (wizzlefits) Coshocton OH.

I smoked 2+ packs a day for 38 years and really enjoyed it. I had absolutely no desire what so ever to quit, even though I knew and could feel the bad effects it was having on my health. I had tried to quit several times over the years using everything from the patch to hypnosis. The longest I was ever smoke free was about 5 days. Nothing I tried could get me through the withdraws.

My older brother smoked all his life, he had emphysema and died Feb. 14 from pneumonia. On Feb. 19th (5 days later) I was diagnosed with emphysema and had pneumonia. The doctor told me "You have a choice, quit or die". I told him "No problem, I've still got a lot of things I need to do, so I'll quit" And I did. Cold turkey.

About 6 days without a cigarette, I was at a cross roads. Smoke or go nuts. I pulled into a gas station and just as I was going to ask the clerk for a pack of cigs, I spotted a display of electronic cigarettes. I walked out with this thing that was supposed to equal 2 packs of cigs. It didn't take long to find out that claim was a load manure. But, it was just enough like a cigarette that it worked. But just barley! Over the next couple weeks I tried every e-cig I get my hands on. Then I found the real e-cigs. The were cheaper, had more power and I could control the exact level of nicotine. Not to mention, I know EXACTLY what is in the e-juice I'm using. Just Google eGo Twist & you'll get an idea of an real e-cig. ;)

To make a long story a little shorter.. ;) Because of electronic cigarettes,

I have increased lung capacity I can smell I can taste I can laugh without coughing I don't smell like an ash tray And best of all.... I'm still here to write this!

To all those against e-cigs out there, let me leave you with this... Electronic cigarettes DO SAVE LIVES! And I'm one of those lives!

5/23/2013 8:55:00 PM - Bernhard Pfeiffer, Austria

I have been smoking cigarettes for about 40 years, 30-40 per day. My health condition was awful, including borderline symptoms of COPD and permenent infections. I have tried quitting several times with either no substitute or different NRTs but always failed. The longest smoke-free period was about 4 months. In January 2012, i.e. about 16 months ago, I started using a disposable electronic cigarette with relatively high nicotine content (36 mg/ml) and immediately cut down the number of daily cigarettes from 40 to 4-6. After about three weeks I had no cigarettes left and since then I have not touched a single cigarette anymore. Surprisingly, this turned out to be fairly easy without considerable craving for tobacco cigarettes, except a short period of time (several hard days) about 4 weeks after having fully stopped smoking. Meanwhile I cannot even imagine to smoke again, even when hanging around and drinking alcohol together with my friends who are all heavy smokers.

The disposable mini e-cig turned out to be insufficient for long-term use, and so I purchased a variety of other devices. Now I own about 20 different types of batteries and atomizers, but mostly use clearomizers and rebuildables with variable voltage batteries. I prepare my own liquids with a nicotine concentration of 18 mg/ml and vape 3-4 ml of these liquids per day.

My health improved considerably since I have stopped smoking. In particular, I don't cough anymore and haven't had a single infection since then. I assume e-cigs have eventually saved my life and don't understand why the WHO, FDA and other health organizations discourage smokers from switching to the electronic cigarettes instead of advertising these devices for harm reduction. It is a pitty that the interests of the pharmaceutical industry apparently count more than our lives.

5/23/2013 9:00:00 PM - I started smoking at 14 years of age. At age 40, i could feel the effects of the chemicals in cigartettes, so I decided to quit. I tried cold turkey, Nicorette (which I became addicted to and still smoked in between.Two years ago, my wife and I was at a f

I started smoking at 14 years of age. At age 40, I could feel the effects of the chemicals in cigarettes, lack of air, coughing, etc. so I decided to quit. I tried cold turkey, Nicorette (which I became addicted to and still smoked in between.Two years ago, at age 51, my wife and I was at a festival and there was a e-vaper vender there. After spending about 30 minutes with him I decided to buy a starter kit and that was the last day I smoked tobacco. My wife wanted to see if it would work for me and she also quit tobacco. I have had several chain smoking friends, like myself, do the same thing. This is a safe a effective way to quit tobacco. I have my oxygen back, no shortness of breath, no coughing and I don't stink like smoke, so I'm able to jog and weight train. I have also lost 25 lbs. with NO TOBACCO URGES! The smell of tobacco smoke repels me now. When I told my doctor I quit and went to vapor, he said to keep up the good work! Kevin T. McIntyre, Tilton, Illinois

5/23/2013 9:02:00 PM - Bruce McNeely Lubbock, Texas

I started smoking cigarettes the first time when I was in Junior High. That lasted about a year till I decided one day that it was cutting out my wind when I played football. It was also the first time I realized how hard quitting can be. I might have smoked four cigarettes a day then, and it was still an exercise in willpower to quit. I started again in High School, and smoked for about five years. Most of that time I was 'trying' to quit! I finally managed to get smoke free, and remained that way for a good while. I was smoke free for about twenty years... that's right 20 years. Then one night at work, bored, and surrounded by co-worker friends, I sneaked a cigarette. That started about a twenty year habit. I know now that once a smoker, always a smoker, and it only TAKES ONE. I tried several times to quit, but was never successful. I frankly didn't try that hard because I also became somewhat cynical about the whole cigarette thing away. You see I am a Registered Respiratory Therapist! That's right, the co-workers and friends I started to smoke with were mostly Nurses, and other RTs! I can't tell you how many patients I have taken care of in my career, that have COPD, or some other respiratory ailment, that NEVER smoked a DAY IN THEIR LIVES! I am sorry. I digress...getting back to my story. I won't speak for my Wife, but I know she probably smoked more and longer than I did.

A few years ago we found out about the 'new' e-cigarettes. These were the kind that tried to imitate a real cigarette. We thought they were cool, and got a couple. They were.....okay...but too much trouble and never really took away the desire to smoke analogs, as they call them.

Flash forward a couple of years, and one of my Sons shows up at the house with something odd. He had a friend that was a heavy smoker 'turn' him on to a new kind of e-cigarette, called a "Reo-Mod". His friend had broke a three pack a day habit with it. It was very different from the ones we tried before, and soon we found ourselves sharing his Reo when he was over and hardly touching our analogs. After about the third visit, I looked at my Wife and said...'maybe we should get one of those?'. She agreed, and I began a long research process. You see back then Reo Mods were VERY hard to get ahold of, and very expensive. While we waited for our opportunity I began to study the whole e-cigarette world.

I was shocked. Here under EVERYONE'S noses was a completely new way of dealing with the problem of cigarettes, and their problems. One THAT WORKED! A way that apparently did away with most if not all the damaging issues caused by cigarettes. I learned a lot and when our chance came we jumped on the wagon and rode away with our Reo's. That was over two years ago. We have not smoked analogs since.

Now, why do I think they are a good idea, and why do I think the GOVERNMENT should back off, and not stick its nose into the regulation of e-cigs. I KNOW they my health is

better. Not only did I quit wheezing, but I GAINED WEIGHT! Just as if I had quit analogs all together. My Wifes lung health has improved too, and my Son, who had a bad smokers hack.....no longer hacks at all. I can't PROVE it to you, but I don't care. I know it has made a difference. We no longer feel, or consider ourselves as smokers! Besides all the good things they have done for our health, they also DON'T STINK, they taste good, they are convenient, and cheaper than a regular cigarette! In other words they have all the things about smoking we liked, and none of the bad. I don't know for sure what the long term effects are, but if the short term effects are this good, the long term effects have to be better. At least when compared to analogs.

Why should the Government back off? Let me be frank. I don't give a sh-t if cigarettes kill me. That is NOT why I quit. I quit because it's .....CHEAPER! We saved so much not buying cartons of cigarettes that we paid for our Reo mods(not cheap), and ALL of the accessories in ONE MONTH! We all know that if the Feds get involved in this product, they will try and crush it. It will drive up prices, and take away one of the biggest, and best ways to quit cigarettes. I have lived long enough to know that our Government is filled with corrupt, money-hungry, bureaucrats. They don't give a damn about me or you. We cannot let them continues to erode our freedoms for the sake of a little safety.

My story is much more detailed, and I have much more to say about this, but I will spare you. Thanks for reading.

Bruce McNeely

DO NOT LET THE GOVERNMENT CONTROL THIS BUSINESS!

5/23/2013 9:04:00 PM - Greg Savage Fort Edward, NY

On May 7, 2013 I posted a video on youtube titled Vaping Saved My Life. This is the link to it: http://www.youtube.com/watch?v=BxDxf3oyt5g

PLEASE FEEL FREE TO COPY, DOWNLOAD OR SHARE IT WITH THE WORLD. This video is me and my story. Gregory Savage. Be forewarned there is a moment of fowl language. I get very discouraged with the LACK of TRUE & ACCURATE information in the media, online and from governing agencies trying to set their personal and funded (lobbyists) agendas that will needlessly kill people or restrain them from safer alternatives such as e-cigs.

I smoked for about 44 years. In September of 2010 I was diagnosed with stage 3 throat cancer. I was lucky and avoided chemo and a feeding tube and had just radiation therapy twice a day for a little over a month. My cancer is gone at this point and my doctors are very happy with my progress.

I had tried everything through prior years to quit including hypnosis, acupuncture, Chantix, patches, gums and various other prescription drugs. The bottom line is nothing worked! Soon after I was diagnosed with cancer I ran across e-cigs on line. Long story short, I did a dance back & forth between e-cigs and cigarettes for about a year. After that period of time I started to realize that I really didn't have any urges for a real cigarette, but for whatever stupid reason was feeling like I was giving up a life long friend. I finally made the decision to stop smoking and vape exclusively. What I realized was that my addiction or dependency to nicotine was as strong as my will to live was, so there was this continual push-pull fight going on internally over smoking. Even though as humans we know it's a slow suicide, it's so hard to fight because the addictive nature of nicotine is literally as strong as the will to live is.

Once I realized that I was getting the same satisfaction from e-cigs as I did a cigarette things changed. Yes I'm maintaining my dependency to nicotine, but I'm doing it in a safe way with no carcinogens. I get the same psychological fulfillment that I expect with a cigarette feeling my lungs fill with vapor and seeing a safe mist exhaled that emulates cigarette smoke. Every one of my doctors including oncologists, primary care physician and my E.N.T.'s have all told me that there's not one ingredient in the juices that are harmful in any way, shape or form. In fact my primary care physician is actually recommending e-cigs to his other patients that are life long smokers or really struggling to quit after seeing my success and knowing my smoking and health history for about 15 years.

I have COPD from smoking 44 years. That is permanent damage that will never go away, but since switching to e-cigs I now breathe easier, have more energy, sleep better and don't stink of smoke. I love the fact that our house, clothes and vehicles smell fresh now. I love how I feel about myself finally conquering cigarettes. I love that my close

friends and family are more enticed to spend more quality time with me while actually enjoying the nice sweet caramel scent from my e-cigs. I love everything about vaping except

5/23/2013 9:09:00 PM - Jack woods altoona iowa

A miracle is E-cigarrettes... two packs a day for 32 years, I thought life would be over soon until I discovered GreenSmoke e-cigs last year, took only seven days and last cigarette was father's day 2012, not one puff since that DAY. I have since talked the other smokers in my family (6 total) to try them and gary,debbie,Shannon,amy,jay,Gary Jr all have QUIT, making us a 100% smoke free family... My hacking cough is gone, have not had to take a pepsid or tums for heartburn, can breath better etc,etc . My wife and 14 year old daughter call it a miracle for what I have accomplished.

I believe that the people that are against e-cigs have not one person close to them that smoke. if this miracle is taken away then I will no longer believe in the system. And will believe too that it would be the big pharma and their deep pockets that this right is taken away. Its in the hands of the FDA and possibly Congress to see that this will save lives...

Breathing better in Des Moines, Iowa. Jack W.

5/23/2013 9:23:00 PM - Keith Gibbs from Qld. Australia

I had been smoking 16 to 20 cigarettes a day for 53yrs, in 2005 at the age of 62yrs I had a heart attack and still was unable to quit so I went to seek help from my doctor who placed me on a

5/23/2013 9:26:00 PM - Tracy

I smoked for about 15 yrs at the end I was smoking a pack or more a day. I tried an electronic cigarette from a mall on a whim. It took me a year to psych myself up to REALLY try to only use an ecig.

When I finally made the choice to stop i went looking for a good ecig kit. and just stopped smoking. It has been over 2 yrs now i don't even want to smoke a regular cigarette anymore. I have since tried to smoke a cig just to see and it was nasty.

I advocate for ecigs because they work for so many people when nothing else on the market has.

I personally can breath better and feel better all around since i started using ecig exclusively

5/23/2013 9:33:00 PM - B.B, Orlando, Fl.

Hello everyone,

I was a 2 pack a day smoker for 30 years. Tried the patches, gum, cold turkey...the works. Nothing kept me off the cigs. The longest I'd abstain is a few days tops. In 2010, I was diagnosed with the beginning stages of COPD, at 45 years old. Simple activities now made me wheeze. I had to do SOMETHING, or else meet the same cancerous death my Father met at 54 years old from smoking. My son told me about E-Cigarettes and convinced me to try one. I noticed it immediately satisfied my nicotine cravings and the eye/hand fixation that accompanies smoking. So, I immediately purchased one. That was over THREE MONTHS ago and I haven't touched a cigarette since! My breathing, sense of smell and taste have improved and I now exercise. In my opinion, it's ludacrous that "Big Tobacco" is attacking something that is helping the people who's past family members in many case, were killed by cigarettes. We all know it's all about the money and not our well-being. And I'm quite sure our "government" will soon follow suit as well, as our many puppet-politicians are being led by the nose via pro-Big Tobacco lobbyists, even as I write this...to attack E-Cigarettes due to lack of profits and tax revenue. It's disgusting. I vow to support CASSAA and their efforts, as long as there is breath within this body.

BB, Orlando,Fl.

5/23/2013 9:47:00 PM - Alexander Mundy from Springfield Missouri

I was a long time smoker of over 30 years. Some people are not predisposed to addiction and can stop cold turkey or with the help of pharmaceuticals to prevent withdrawal. I am predisposed to addiction and was able to give up other addictive substances cold turkey throughout the years, however cigarettes proved to be a tough nut to crack. Those that are not predisposed to addiction, or that have not smoked long term cannot fully understand the grip that cigarettes can have on someone.

I tried nicotine patches and nicotine gum which did prevent nicotine withdrawal, however the long term habit itself led me back to smoking within weeks. My doctor prescribed Chantix which did take care of wanting a cigarette, however it felt like my head was in a vise and I could not think straight so I stopped taking it after a week.

I tried Green Smoke and Blu e-cigarettes that looked like a real cigarette, however both just didn't quite cut the withdrawal from nicotine. Stayed with the Green Smoke for a couple of weeks but found myself smoking 1 then 2 then 3 etc. cigarettes.a day.

Then I met someone who "vaped" (used an e-cigarette that doesn't look like a cigarette) e-juice (a base liquid used in fog machines that may or may not contain nicotine of various levels and usually contains flavorings)'in a "Mod" (adjustable voltage battery that is intended to be used with various atomizers of e-juice) with a clearomizer (type of atomizer with a reservoir for e-juice). These Mods are commonly referred to as "PV's" (personal vaporizers) to distinguish the fact that they are not a cigarette to further distance oneself from cigarettes.

This vaper had tried the same things I had to quit smoking with the same negative results. He had success with PV's, so I researched and found the ECF forum which has tons of information about vaping and thousands of people that had successfully quit smoking by vaping. I ordered a Mod, various e-juice, and some clearomizers from an online store in New York that had a high rating among vapers.

Is it effective? The day I received my equipment is the last day I smoked a cigarette! Since then I have joined the ECF forum (which is like a support group to me) and have bought another mod and various other types of atomizers. I currently use a Smoktech Zmax mod and a Joyetech eVic mod. I use clearomisers, an RBA dripper, and an RBA tank style atomizers. I started with 24mg per ml nicotine content e-juice with tobacco flavoring. After about a week I no longer liked the smell of cigarettes and decided to try other flavors. I currently enjoy peanut butter, pineapple, citrus, and chocolate with peanut butter e-juices the most. I do not at all like the tobacco flavorings anymore. I have also reduced my nicotine level in e-juice to 12mg per ml and plan to reduce it even further.

Is it safe? I realize that vaping has not been proven safe, but the ad-hoc evidence that so many people have been vaping with improvement in health problems related to smoking leads me to believe that it must be safer than smoking. As an adult I feel I have the right to choose a safer alternative than smoking for myself. If you have by chance read the conclusion to the 2009 FDA study, you should dig deeper into the study itself to learn the actual results in comparison to what is considered safe. I believe you will find as I did that the study does not support the conclusion. The FDA asked health care providers to report adverse effects of e-cigarettes to the FDA MedWatch Adverse Event Reporting Program in 2009. A search of MedWatch came up with 1 result for e-cigarettes, which was the 2009 study itself further discrediting the conclusion to the study. The same however cannot be said for Nicorette, Zyban, and Chantix as the FDA has included numerous updated warnings due to the large amount of reported side effects. There are several studies recently out that show that vaping is a viable reduced risk alternative (RRA) to smoking. There is also evidence that there is no second hand health risks to vaping. As a side benefit, I no longer stink of cigarettes and the very small amount of smell in the air while I am vaping is pleasant, not pungent. Many renowned physicians are supporting vaping as a RRA.

The long and short of it is, I would still be smoking had I not found vaping with its diverse equipment and e-juices.

I would still be inhaling the thousands of chemicals produced by the burning of a cigarette. Cigarettes are responsible for about 443,000 deaths a year in the USA alone, vaping 0. Which do you think I should choose?

5/23/2013 9:53:00 PM - Frank

I started smoking when I was about 17, so it was about 45 years with that addiction.

Over the last several years I tried quitting numerous times. "Cold Turkey" was an utter failure. The first day. Many days, as I tried that method many times.

I tried the gum, and found myself smoking and chewing at the same time.

I went through the entire series of the patch. Twice. I couldn't sleep with a patch on, my dreams were too disturbing. So I'd get up in the morning, put on a patch, and light up. As I moved to the lower nicotine levels, I smoked more.

My kids wanted me to try the drugs, but after reading about the side effects, I figured that at least with cigarettes, my suicidal urges were long term, and not something I was potentially going to act on. I just can't see the risk of suicide as being any less harmful.

Some years back, my state added another $1 tax on cigarettes, so I began rolling my own. Their idea behind the tax was to make people quit. Not this addict! So, no filters, ribbon cut pipe tobacco... yeah, that was an improvement.

October of 2011 I decided to try an electronic cigarette. Being blessed with a couple of stores within reasonable driving distance, I went to one of them to find out about this stuff. The staff were really helpful, talking with me about my smoking habits, tastes, and so forth. I left with a starter kit and a bottle of 18 mg juice in a flavor I liked, after tasting several there.

The first week was a bit sporadic. I used the e-cig most of the time, but still smoked now and then. I went back and got a bottle of slightly stronger juice, and something magical happened - I had no more desire to light up. Less than a week after that, I got up one morning and realized the chest rattle I'd had for years was gone.

It's been over seven months now, and I have been tobacco free since that first week. I have reduced the nicotine level a bit since then, and plan to reduce it further in the future.

At this point, I don't know if I'll be eventually stopping nicotine totally, but that doesn't concern me. I know I've reduced the damage cigarettes were doing to me. Of course, at this time, no one can say e-cigs are harmless, they certainly are a lot less harmful than inhaling burned tobacco, paper and chemicals.

I was never able to totally stop smoking using any other method. Yes, I'm still hooked on nicotine, but the way e-cigarettes mimic the smoking habit keeps my mind happy, and the nicotine content keeps my body's responses from dragging me back to cigarettes.

And who knows, when I eventually get near 0 mg, I may just stop entirely. But with e-cigs, I'm at least reducing the damage, and don't have to impose a timeline for quitting.

5/23/2013 10:05:00 PM - Chris Duphily

I smoked for over 27 years ...the last 5 years I noticed decreased energy, coughing more and more and for longer periods, Lot of phlegm build up. Finally able to quit after failing many times over the past 20+ years I tried nicotine gum within 3 days I was smoking still tried it for 3 months before giving up,same with the patch. NRT was a joke did not help at all. With an ego twist and clearomizer I was able to quit in 3 days I've now been smoke free for 9 months with no side effects and no desire to pick up a cigarette again. energy has returned, food tastes better, coughing is lessening each week, phlegm is going away (albeit slowly). Absolutely feel healthier now that I have in the past 5 years!

BECAUSE OF VAPING I CAN BREATH AGAIN!!!!!

5/23/2013 10:06:00 PM - Fluff4brains

I was born with short cilia,I lived in an oxygen bed in the hospital until I was almost 2, forever after I lived trying to keep my lungs free of debris. At the tender age of 15 I started smoking cigarettes, I smoked them for 32 yrs. I had tried to quit smoking many, many times. Using all methods they have on the market now. I could not walk up and down stairs with out the aid of o2, I was on o2 at 3ml in my home 24/7 per my doctors orders. I used a 200 puffs inhaler in 4 days time every wk. I could not cook, clean or do any chores or have any fun without my o2 or getting very tired from being short of breath. I smoked a pack and a half a day sometimes 2 packs a day. Drowning in my own fluids, wheezing every night. I could not lay down without feeling suffocated, I used a nebulizer machine with albuteral four times a day. I had finally had enough.

On March 20. 2013 I decided to try and really quit. I had not had a cigarette in 24 hrs.. I was going nuts and knowing I would buy a pack of cigarettes if something else could not be done. Really you have no idea how crazy I felt for so long trying over and over again... I knew I was going to fail again. I knew it in my bones. I went to bed knowing I would not sleep; knowing that there was no place close to buy a pack of cigarettes. Then the next day with only 2 hrs of sleep and not having a cigarette in 24 hours; my daughter walked in the door.. I told her.. please go get me an electric cigarette. I do not care what brand or how much it cost.. just get me one. Because if I had went across the street myself I knew I would have bought a pack of Marlboro lights and continued to smoke. Well guess what?!!! it worked!!!!.. After I was done with that one I told her to go get me a blu electronic cigarette. By this time I had been online looking and reading everything I could about the electronic cigarette. Reading and watching YouTube video's. and reading more and more about what was in them. I bought 2 more disposable Blu e cigarettes. Then I bought the Blu kit with the cigarette battery pack. Since then I have had 2 cigarettes in the last 2 months. I currently use the Ego battery with mini vivi nova tanks.

I could cry.. I have cried. I never ever thought I would ever be able to give up smoking cigarettes. I stayed up late at night watching videos of these great devices and how they worked and what to do to get off of real cigarettes. and they all helped.

I no longer wheeze when I lay down. I no longer have smokers cough, I can walk across my town without the aid of oxygen. I go to the park and walk around the park and play basketball. I do so much more and can do so much more than I could 2 months ago. I have not been able to have sex because I couldn't breath.. ohhh the joys of sex..lol I can have sex now without wheezing or stopping because I am having an attack from smoking cigarettes.. I beg anyone who is reading this.. If you smoke.. just give these a shot. an honest try. because they really do work. If you know someone killing themselves from smoking.. please I beg of you to get them to try this. It really really does work.

5/23/2013 10:39:00 PM - Raceduck from IL

I started smoking at the age of 23, 30 years ago. The whole time I smoked, I was a full-time firefighter and for 20 years, a paramedic as well. I knew

the risks involved with smoking, but could not find the motivation to quit.

Approximately one year ago, my dentist sent me to a periodontist for advanced gum disease and a series of loose or lost teeth. The periodontist stated without reservation that my smoking was the main contributor to my gum disease. He also announced I would lose all my upper teeth and need a full denture, along with significant bridges in the bottom following many extracted teeth. I agreed to some of the proposed work on the bottom, but told him I would find a way to quit smoking so I could keep most of my teeth, if that was possible. I tried quitting cold turkey shortly before taking a trip to Florida at the end of February. I could go 3-4 days without a cigarette, then break down and have one or two in a day, followed by another 3-4 days tobacco-free. It was a terrible cycle to be on. While in Florida, two friends of my sister's were vaping and they got my immediate attention. I tried some of the more readily available disposable e-cigarettes and found them lacking in what I was looking for. The flavors were limited, and truth be told, I had a smoking buddy while I was there. The analog cigarettes were winning again. I did get some advice from the two e-cig users on what to look for and where to look. Later in the week, we found an e-cig store and I was able to get started with an eGo starter kit and a menthol flavor at 11 mg of nicotine. The nicotine level was much closer to my usual intake; I was off and running with e-cigs. Once I returned home, I found a couple e-cigarette stores with more flavors of juice and more variety in the nicotine levels. Within two weeks, I was custom-blending juices at ever lower nicotine leves until I reached zero (0) nicotine by the end of April. I have been happily vaping at 0 ever since and have been working on mixing a few of my own juices, with and without tobacco flavors. The good news started with my next visit to the periodontist in mid-March. Without telling him, he immediately asked if I had quit smoking. I asked him why he thought that and he said my gums looked much better and healthier. I confirmed I was no longer smoking, but had gone to electronic cigarettes. He admitted having limited knowledge of them, but was of the opinion that they were better for my oral health. He felt that way because they did not have the tars, carbon monoxide, and other chemicals of the analog cigarettes.

As I write this in late May, I have been back to the periodontist many more times and he has done a great deal of work on both jaws. Further, he stated I would probably only lose 2 teeth in the upper jaw due to previous damage to the roots and nerves. He felt all the other teeth had tightened up enough to keep them. My 0 nicotine adventures with vaping continue. I'm still working on juice flavors for my own use, and I can do it with most of my teeth still in my head.

5/23/2013 10:39:00 PM - James J. Phoenix, AZ

I started smoking, like a lot of others, in my early teens. Over the years, I've tried many smoking cessation methods including chantix, the patch, gum, and cold turkey. Time and again, I would find myself smoking again, even after the period of four months or more. Here I am 23 years later and I haven't had a traditional cigarette in over 6 months. What got me to stop is using an e-cig mod by joyetech. I feel better, no longer have a hacking cough, and can climb a flight of stairs without getting winded. I no longer feel ostracized for my habit, relegated to a 5x5 patio to satisfy my addiction. I also feel assured that if I so choose, I have the option to step down the nicotine to the point where I can enjoy the vapor without the addictive properties.

Thank you for allowing me to tell my story.

JJ Phoenix, AZ

5/23/2013 10:40:00 PM - Joshua Schuster from Tacoma, WA

My name is Joshua and I've been a smoker for over ten years.

I've tried using the patch, snus, and even hypnosis in the failed attempts to quit smoking.

I was up to over one full pack of cigarettes per day.

I have had many family members die from complications due to smoking.

I always knew in the back of my head that I needed to quit, but this seemed impossible.

I can now say that I am smoke free for almost six months.

A friend of mine let me borrow an ego battery ecigarette to try.

I told myself that I would take it to work for just ONE day, while leaving my smokes at home.

I would struggle through the day no matter what...and if I needed a cigarette...I would have to wait until I got home.

6 months later...and I still have that same pack of cigarettes.

From day one, I have not had a single analog cigarette.

At this point, even the idea of a regular smoke makes me sick.

I started smoking at the 24mg dosage.

Two months later I dropped to 18mg.

I'm now between 12mg and 14mg.

HEALTH!!!!!

From my very first week...I stopped weezing in while laying in bed.

6months later...I have lost almost 20lbs, I can breath better, I sleep easier/heavier, I can taste food again, I started working out (not because I had to, but I had to find somewhere to place my new energy I had).

Even my skin looks healthier.

I don't smell anymore, no risk of burning my cloths or the interior of my car.

No bad breath.

I've since gotten my mother who's almost 50 and has been smoking since she was 15, to switch to ecigarettes.

She is going on one month...and not a SINGLE analog cigarette...and she echos my same feelings about her health.

Two weeks ago, she went online with my grandparents and ordered them their own starter kits.

They have been smoking since the 1950's.

They both have less than 20% lung capacity, one has copd, both have numerous other issues due to smoking...and they have both stopped smoking for two weeks now.

It's not only that we've been able to stop...but it's how relatively easy it was to leave analog cigs alone.

And that comes from three generations of smokers.

If you take away online purchasing, and or ban ecigs all together, you will KILL my family.

Please allow us the choice of a more safe alternative to cigarettes.

If ecigs are banned, we will be forced to smoke again.

AND YOUR ACTIONS WILL MURDER ME AND MY FAMILY.

I apologize for the harsh words, but this is not voting for raising taxes or building a stadium...this is life and death...please understand this.

Allow us the choice to live, I choose life and so should you.

Thanks,

-Joshua Schuster

5/23/2013 10:48:00 PM - Steve Hawkins "Tasselhoff" Weldon Spring, MO "

I was cigarette smoker for 37 years at 2-3packs a day. I had tried to quit using Chantix,Wellbutrin and other methods. I was never able to quit for long 2-3 mo. max. Then I found out about E-cigs. I have been using a personal vaporizer since Nov. 10,2009.

I breathe easier. I am more active and don't tire as easily. I no longer have a smokers cough. I don't smell like an ashtray anymore. I can use my E-cig in my house,Public or car without offending or harming anyone else. I no longer have brown stains on my fingers and mustache from smoking. My doctors and dentist have commented on how much better my health in general seems to be. I am overall much healthier than when I was smoking cigarettes.

I do think it is important to regulate the sale of nicotine (a tobacco by product)

to minors just as you do with other tobacco products. I chose E-Cigs as healthier alternative to smoking and it has proven to

be so. If I choose to quit completely one day it will be much easier

because I can regulate the amount of nicotine I use in my liquid.

Steve Hawkins "Tasselhoff"

5/23/2013 11:00:00 PM - My Name is Jeanne from Shelton, Ct.

I have smoked cigarettes nearly all my life. I was 16 when I started and 68 when I stopped. I'm thankful that I've been lucky and haven't gotten emphysema or lung cancer already and hope my luck continues. I was scheduled to have a total knee replacement in Dec. 2012 and wanted to be smoke free for at least six months prior to surgery. I bought e-Cigs online. They weren't cheap and there were only 10 cartridges, an atomizer and a rechargeable battery in my starter kit for $79. I didn't like them at all. There is a little ball of some type of batting or fiber that is soaked with an e-liquid and the atomizer heats it creating a vapor that contains nicotine. They didn't last more than a few hours and they tasted absolutely horrible, I went back to analog cigarettes. In desperation I went online to a forum for people wanting to quit smoking cigarettes and there was live chat for people like me. I had tried every conceivable drug and device that is on the market both non-prescription and prescription and nothing worked. Chantix was horrible. I vomited every day for the first week using the Chantix and in the end that also failed, and I had tried two rounds of that drug. I had also been given a prescription for Welbutrin which didn't do anything at all to curb my craving for the drug I was addicted to, nicotine. I was even given a prescription for nicotine cartridges that fit into a holder to inhale, that was awful too.

I received good information from other 'vapers' on this forum and went to a site online that sells the eGo-T which is a system to deliver nicotine in a vapor. The strength of the nicotine ranges anywhere from 11 mgm to 24 mgm and even 0 nicotine for those that only want the sensation of the vapor and the oral satisfaction. I received it and charged up the battery, filled up my cartridge with champagne flavored e-juice and started vaping. I was a non-smoker from that day on. It satisfied my nicotine and oral craving immediately. I told all my doctors of my new 'vice'. I have a General Practitioner, a Cardiologist, an Endocrinologist and and Oncologist. ALL OF THEM approved and were delighted that I was no longer smoking cigarettes. I questioned each one regarding the possible detriments to my health from nicotine and not one of them had any problems at all with the nicotine affecting my health. This was of great significance especially with my Cardiologist since I suffer with atrial fibrillation and take anti-arrhythmic medications for it.

That's my story. It's been 16 months being a non-smoker and I'm feeling great and healthier than I've been in years. My son was inspired and he stopped smoking also, it's 14 months for him. He wanted to see if I kept up with it before making the commitment. Now we love sharing our new flavors and atomizers. We're both proud of ourselves for quitting smoking and we offer our advice to anyone who sees us using our eGo-T and vaping and asks what that's all about. We have both saved thousands of dollars not buying cigarettes anymore. The cost of supplies for vaping are far less than analog cigarettes. It's been a win-win situation all around for both of us.

Here's the facts, I am still addicted to nicotine which is NOT a carcinogen. I am not getting the 60,000 other chemicals that a cigarette contains once it's lit and inhaled. There you go, who could ever disagree with the decision to stop smoking cigarettes with all these benefits?

5/23/2013 11:04:00 PM - Justin Hines

I smoked for 14 years.I was up to about a pack and a half or better per day when I quit. I am a construction worker by trade.I had a big dissertation written with all kinds of detail but my phone crashed and I lost it lol which would typically have sent me out for a smoke break because I just got off work and have better ways to relax than stressing out about a cell phone batterys' short comings. I have a couple of different ecigs and I've even built my own . I have been able to successfully lower my nicotine intake from when I've started. I was using juice with a concentration of 24mg/1ml of nicotine which was the closest to the "real

5/23/2013 11:07:00 PM - Trill - Nashville, TN

I started smoking when I was 12 years old and smoked for 35 years.

I smoked 2-3 packs a day for most of that time.

I tried many times to stop smoking, because I have a child who had learned how harmful smoking is in school, and did not want to see her mother die from smoking.

I also did not want to expose her and other loved ones to second hand smoke.

Also, before I even became pregnant with her, smoking had become an annoying habit that I didn't enjoy anymore.

Over the years, I tried numerous times to quit.

I tried cold turkey, and for many years, I quit every single morning when I woke up, which never lasted more than a few hours.

The longest I ever went was a couple of months in which there was absolutely no stress in my life, but, life being life, stress arose and I started smoking again.

I cannot take Wellbutrin, which i discovered by trying to take it for another condition, so I never tried that to quit smoking, but I have tried everything else.

Chantix twice, patches and gum and lozenges several times.

Hypnosis twice.

I have also been in therapy for several decades, but no matter what I've tried, I have not been able to quit.

I do not consider myself a weak person, having overcome many hardships in my life.

But the addiction to the habit and the chemicals in cigarettes was not one I could overcome until I started using electronic cigarettes.

I thought that I would die with a cigarette in my hand.

In June of 2012, my mother died a very agonizing death from COPD.

I watched her struggle to breathe, like a tiny bird gasping.

I watched her give up and refuse the bipap mask and eventually die of suffocation.

It was the most horrible thing I'd ever seen.

That same month, my daughter and I did some research, and we both started using the Blu electronic cigarettes, and then quickly switched to using ego style batteries and tanks.

I set my quit date to be 1 week from the time I started vaping, but, by day 6, cigarettes tasted awful, and I could no longer smoke them.

That was June 27, 2012, and I have not had a cigarette since.

I started out with 6mg nicotine, but decided to go ahead and use 24mg to make sure that the withdrawals I would experience would ONLY be from the other chemicals in cigarettes, and not from the nicotine itself.

I experienced very little withdrawals, and that only lasted a week.

I am not sure if I would have been able to do this if the amount of nicotine I was allowed to use was regulated at too low a dose.

I also am not sure if this would have been a success without the choice of many flavors.

It was surprising to me to find that, after smoking for 35 years, that I actually do not like the taste of tobacco.

The fruit and vanilla flavors helped me quit smoking, and actually helped with making the cigarettes taste awful to me, and got me off of them faster than I had planned.

Since I quit, many things have changed.

I no longer wake up before having enough sleep because I can't breathe.

I can sleep 8-10 hours just fine without having to get up and simply breathe.

My smoker's cough went away after 2 weeks.

It is completely gone.

My hair and skin, which were extremely dry due to menopause and chemotherapy are much improved.

The hangovers from my chemotherapy medication have almost disappeared.

Everything in my house and car are cleaner and everything doesn't stink anymore.

The problem with my gums, which I have battled for years has almost completely cleared up.

All of my doctors and my dentist and dental hygienist are thrilled with my success and the improvement of my health.

I am listed in my medical records as an ex-smoker.

I also no longer limit myself from activities that do not allow smoking, because I can go for a longer time without the craving for the chemicals in cigarettes.

The craving for nicotine itself is not nearly as strong.

I don't know if I will ever stop vaping, but I have lowered my nicotine level from 24mg to 18 with no problems or cravings at all.

Next month, I plan to go down to 12, and from there to 6, and then to 0.

But I do not know if I will ever overcome the oral fixation or

5/23/2013 11:14:00 PM - Arlene Peters (1LastShot), Indiana

I smoked for about 16 years. I tried nicotine patches, medication, quitting "cold turkey".... Nothing worked for any longer than a few months at most. I simply liked to smoke. I knew I needed to quit when I started having difficulty breathing. I would be doing the simplest of things- singing, having a conversation..my breaking point was having to tell my children several nights in a row that I just couldn't read them their bedtime story. That broke my heart. I started some research, and came to electronic cigarettes. I ordered an ego-style personal vaporizer, and the day I got it threw away my cigarettes and never looked back. Over 10 months later, I haven't touched another cigarette, and have no desire to! My partner did the same, to support me, with the same results. I now also have 3 friends that followed my example, and have quit smoking and started vaping as well. One of them had smoked for about 30 years. I have no doubt in my mind that electronic cigarettes (vaping) saved my life. I can breathe!! I can smell and taste things like never before! I have energy, and I feel healthy again! I enthusiastically recommend it to anyone that "just can't quit".

5/23/2013 11:19:00 PM - Stephanie

I smoked two packs a day for four years.

My teeth began to yellow, my breathing became more strained, and my overall health began to decline at a young age (19 years having begun smoking at the younger age of 15).

I had never wanted to quit until I heard about electronic cigarettes, which essentially minimize lung damage by replacing smoke with vapor and by isolating the nicotine from the other harmful chemicals in cigarettes.

I saw absolutely no reason to continue smoking cigarettes if I could smoke in a healthier manner. It was easy to switch because I was still getting the action of smoking and it even tasted better. It took a few weeks for me to quit smoking completely using the e-cigarette.

Now I'm 20 and I'm feeling a lot more healthy now. My hair is growing better and my teeth have stopped yellowing. I no longer have the symptom from smoking called "hairy tongue" and I don't run out of breath when I walk up the stairs.

The smell of cigarettes makes me gag now.

Because of this dramatic life change I want to defend electronic cigarettes so they can help others make the change to a healthier lifestyle.

Choice of nicotine levels and flavors makes it easier to adapt for those trying to make the change.

There is no reason for the name of electronic cigarettes to be slandered with false claims and accusations.

5/23/2013 11:26:00 PM - Dona Burns MD USA

I've lived for many years now, 65 to be exact. I began smoking at 14 years of age after my father, a man tortured by having lived an awful childhood, took his own life. I was told his death was accidental which was probably easier on me than the truth. My devastated mother had little left to give a quiet bookish girl who didn't demand attention as my younger sister did or turn to her peers as my teen age older sister did. I quietly began smoking my mothers cigarettes as I hid in the tops of trees on our land, still reading my books.

Cigarettes quickly became my every day companions. I loved smoking and was certainly addicted to nicotine almost as soon as I began smoking. After many years I became concerned about my health and also influenced by peer pressure not to smoke, so tried to stop; many times, with many different methods and aids. I've tried them all and I failed time after time. I tried gum, patches, hypnotism, lozenges and "cold turkey". I was failing. I was a failure. Yes that failure affected my confidence, my social life and even my job prospects but I couldn't shake the addiction.

Today I sit in my room in my big easy chair doing things that 14 year old girl couldn't have easily conceived of. I'm writing my story on a little cell phone (upon which I was browsing the net when I became aware of this project) I'm drinking tea made with the "instant hot" water" I drew from my tap, and I am smoking an electronic cigarette that provides surcease for my need for nicotine, burns nothing and provides water vapor instead of smoke as a medium for alleviating the pain caused by attempting to ditch my addiction.

My family and my doctor applaud me, approve my choice and encourage me to continue to use my "E-cigarette". No longer a social pariah or at grave medical risk because of smoking cigarettes, I am well pleased with my self and my world because of Electronic Cigarettes which enabled me to quit the deadly cancer causing addiction. I now see myself as a happy well adjusted twenty first century woman. LOL (or laughs out loud) as we say in many on-line communities.

That is my story. I hope it is useful or even entertaining to those who may read it. I do wish you well.

Sincerely, Dona Burns MD, USA

5/23/2013 11:36:00 PM - Erik from Maryland

I would like to share my experience using e-cigarettes for the last seven months.

I have been a smoker since age 19. I turned 53 in September. I would smoke between one half to a full pack a day. I tried to quit many times, cold turkey, using nic gum, substituting Snus, and always had a difficult time. Twice I successfully quit and got off the substitute, staying cig and nic free for about a year each time. I found I missed nicotine constantly, and the urge to smoke again was very difficult to resist. Eventually I would fall off the wagon. My mood and sense of well being takes a downward curve when I can't satisfy my craving for nicotine.

In late October 2012, I received my first e-cigarette starter kit. I unpacked it, charged the batteries, and gave it a try that afternoon. I have not had a cigarette since and I have not experienced the same difficulty and strong urge to fall off the wagon. Nic gum and Snus were far less effective in satisfying my cravings. With an e-cig, I get the pleasure of "vaping" with flavor and satisfaction.

I have always been physically active and in decent fitness throughout my 50+ years. Still, I have noticed a marked improvement in my cardio strength and overall sense of health since "switching" to e-cigarettes. That I no longer stink like a stale ashtray is icing on my cake.

I would be crushed if this product were to suddenly be taken away from me, or regulated to discourage its use by myself and others. I have read extensively about their potential for short or long term health issues and I am very comfortable having made the substitution. Cigarettes are a far far worse choice, and if e-cigs are banned, I would be back to smoking.

I converse daily with tens of thousands of former smokers on e-cigarette-forum.com who have had similar success using e-cigarettes.

I fear the large pharmaceutical companies, selling nicotine gum and patches at obscene profits*, as well as Chantix and the like, will do every thing in their power to crush e-cigarette trade. I ask that you do some homework on the topic and stand on the side of folks like myself.

I appreciate your attention on this matter.

Thank you for listening,

Erik

*A month's worth of e-cigarette liquid costs me about $15, since I mix my own. If I bought widely available pre-mixed e-Liquid, I'd be paying about $65. The equivalent in

Nic-gum (same total milligrams of nicotine) would cost me approximately $125 at Walmart. More elsewhere.

5/23/2013 11:45:00 PM - Jamie Highlander from Mocksville, NC

I started smoking in college at the age of 19.

I had previously used Dip such as Red Seal from the age of 6 daily.

The switch to smoking in college was mostly to blame on drinking alcohol.

I had a drastic life change in November - December of 2012.

I got a great job in North Carolina and made the move from my hometown in West Virginia.

The place I got the job was a corporate environment, completely tobacco free.

This provoked the absolute need to quit.

At first I tried the patch.

After a few weeks on Step 1 I started having nightmares and an overall decrease in morale.

I started smoking again. A couple at lunch time and constantly on my free time.

While browsing an internet yard sale I noticed a Johnson Creek e-cig kit for sale at $40.

Included 2 ego style passthroughs, charger, carto, small bottle of juice, and a couple blu e-cig cartos.

Not bad for $40, however, I knew the guy selling and he lowered it to $35.

I used up the juice and blu cartos quickly so I bought replacement blu cartridges.

This became expensive quickly.

So I purchased a Vivi Nova mini and a bottle of e-juice.

I have been completely smoke free since December 12, 2012 thanks to electronic cigarettes.

I now use a Vamo VV/VW mod with various different tanks and drip atomizers.

I love vaping and feel so much younger and energetic.

Electronic cigarettes have definitely saved my life.

I tell every smoker I know everything I can about E-cigs and have converted several.

I smoked a pack to pack and half of analogs a day.

Switched completely to digital at 24 mg nicotine.

I am now using 18 mg nicotine and plan to step down to 12 mg very soon.

E-cigs save lives!

Happy Vaping!

5/24/2013 12:03:00 AM - Chuck Reece Eliz. TN.

After findind out my mother had Carsonoma me and my whole family decided to quit and we first tried the regular electronic cigarettes but they werent enough and so a friend told us about Rocky Top Vapor and they hooked us up with their Joytech electronic cigarettes and wow what a difference and they had more flavors than I knew existed and we were off tobacco that was it. My son and daughter smoked a pack a day and I had smoked and dipped for close to 10 years and all the sudden we could smell and taste things so much better and breath so much deeper and no more coughing fits we lost my mother who smoked for 60 years but our health has never been better. Thank God for electronic cigarettes its been over two years and we are still tobacco free.

5/24/2013 12:15:00 AM - ACGJR, Brooklyn, N.Y.

I am 38years old, I started smoking when I was 12years old because I thought it was cool. I smoked a pack of cigarettes per day some times more for 26 years. I started using a rechargeable electronic cigarette from EONsmoke 3 months ago after several failed attempts with nicotine patches and gum, which only kept me from smoking for several days. I used it for 2 weeks without smoking any cigarettes then switched to en eGo-T e-cigarette because I found it less expensive to buy the e-liquid than the cartridges for the EON cigarette. I started the EON with 24mg. nicotine level the first week then dropped to 16mg. I am presently at 8mg. nicotine level with the eGo-T, have had no desire to smoke a real cigarette. My sense of taste and smell is sharper, I can breathe better, I don't have a chronic cough anymore, I don't feel out of breath when I walk up the stairs, my car doesn't stink like an ash tray and neither do I. I can't stand the smell of cigarettes anymore. I am able to focus more on what I am doing as I don't need to take a few minutes to go smoke a cigarette. That's 140 less cigarette butts per week in the world because of me.

5/24/2013 12:31:00 AM - Trisha Toney

Where do I start. I'm 53 yrs old, had smoked close to 35 yrs. Have been trying to quit, since I was 45, took classes, a couple rounds, of Chantix, wellbutrin, you name it, I tried it. Wanted to be done with these awful cigs, by the time I turned 50. Couldn't do it, I'm a very hyper person, was a workaholic too. Wish they had banned cigarettes 50 plus years ago. I tried again, & again. My health was getting worse & worse, I had seen these E-cigs,last summer,but could not afford them, got put on the back burner. I ended up in the hospital in Jan 2013, cut literally in half, to remove 1/2 of my diseased lung,due to COPD,& the steroids, for making me susceptible to Mycobacteria. The hospital gave me the METRO e-cig, I haven't smoked a cigarette since, Jan.11. I have NTM lung disease, or known as MAC lung disease, (non-tuberculosis Mycobacteria

NTM) or MAC mycobacterium avium complex), the e-cig has been a life saver to me,as the bad habit of smoking, has nearly killed me. It has been 4 months now, & I'm still on the Metro e-cig, I thank God, for another chance at life, every day. I DO NOT miss the awful smell of cigarettes, and anything to do with them. I am thankful for the Metro e-cig... I had NO CHOICE, please help other people with these e-cigs, they really do work.

5/24/2013 12:49:00 AM - KAB

I smoked cigarettes for over 40 years.

I started using ecigs 4 years ago after numerous failed attempts to quit.

I tried patches, gum, hypnotism and Chantex.

At first I used ecigs and smoked but after a few months I didn't buy cigarettes anymore.

Over the next year I would "bum" a cigarette but after a few puffs I would toss it.

Before using ecigs cigarette smelled and tasted good.

After using ecigs for 6 months cigarettes tasted and smelled horrible.

I can breathe better and my cough went away. My clothes, hair and car smell great.

My teeth are whiter.

I didn't smoke inside so I don't have to go outside in the cold, rain and heat.

I don't have to take smoke breaks at work so I get more done.

Other people don't have to smell my stale I cigarette odor.

The 2 top reason I am glad I discovered ecigs is they cost less than cigarette and I don't have to obsess about how to get my next cigarette.

I can not think of anything negative.

5/24/2013 1:39:00 AM - Daniel Baldie, Vancouver, WA

I had my first cigarette when I was 8 years old, but I didn't actually start smoking until I was 14. I started because I wanted a way to escape from stress and emotional pain, and it worked. I smoked between 1 and 3 packs of cigarettes a day from the time I started at 14 until just before my 19th birthday, when I tried some chewing tobacco and got extremely sick from it. I was smoke free (cold turkey) for 9 months, at which time I had to deal the pain of my brother being murdered. I couldn't handle anything, I was a complete wreck, and most of all a danger to myself. I went to the local convenience store and purchased a pack of cigarettes to try to calm myself down, after quickly smoking the entire pack I had to go back for more and more, and within a day I went from being smoke free to smoking 5 packs a day, which I maintained for almost 3 years. In 2007 I managed to cut my cigarette usage down to 2 packs a day, and in 2008 my fianc

5/24/2013 1:39:00 AM - Thomas Tveid

I'm presently 47 years of age. I was around 16 when I took up smoking tobacco on a full-time basis. By the time I reached my early 30s, my tobacco usage was 1 to 1 1/2 packs of "full flavor" cigarettes per day. I was frequently coughing (mornings were always the worst) and although I maintained (tried to maintain) a physically active lifestyle, my lung capacity was noticeably diminished. I didn't realize it at the time, but I was also developing high blood pressure. In my early 40s, during a routine physical, my doctor expressed his deep concern about how bad my lungs sounded and also made me aware of my blood pressure issue. I resolved to quit smoking, or at least cut back drastically. My doctor wrote prescriptions for Wellbutrin, and Nicotine Patches. This combined with a considerable amount of self-determination, yielded no lasting results in my goal to quit smoking.

In July of 2010, I renewed my efforts to quit smoking. I considered using Chantix, but reading up on the potential, horrific side effects dissuaded me from going that route. I decided to try "E-Cigarettes," after having heard/read positive reviews on them. I did at least a week of extensive online research before I purchased my first "starter kit" from an online vendor. (I had been warned to avoid the kits sold in shopping malls, or through "membership plans.") When my kit arrived in the mail, I was cautiously optimistic. I figured that if nothing else, maybe this would at least be effective in helping me cut back on my smoking. Much to my amazement, the E-Cigarette worked even better than expected. I experienced very few withdrawal symptoms, aside from feeling the drastic reduction in nicotine. The only problem I encountered was after several days, I experienced some issues with using my E-Cig correctly. I was a little frustrated, so I lit my first cigarette since I'd started using my E-cig. The cigarette tasted horrible; much worse than I would have ever imagined. I began studying some "trouble-shooting tips" online and quickly found out what I needed to know in order to get my E-Cig functioning properly. Now it's coming up on 3 years since my last cigarette.

The impact this has had on my health is nothing short of phenomenal. My doctor was visibly impressed. My breathing capacity has returned. My lungs are clear. My blood pressure went down to normal ranges, so I don't have to take medication for that. I'm enjoying the increased stamina that I notice so much when I'm walking/running or biking.

With all of that said, as of this testimonial, I am still using an E-cig on a daily basis. Admittedly, I have replaced one habit with another, but the previous one was extremely costly in both a monetary sense and most importantly in the toll it was taking on my health. Another crucial benefit of the E-Cig, is I've been able to adjust and slowly reduce my nicotine intake, which even when I began using the E-Cig, which as previously mentioned, was noticeably well below the levels delivered by the cigarettes I was smoking.

The bottom line for me is, this is all about harm reduction.

I strongly believe, if not for the "E-Cigarette," I would still be smoking today.

5/24/2013 1:43:00 AM - Diane / Kamanjah

I started smoking in 1967 and have not smoked a cigarette since January 15, 2009.

I tried nicotine gum, patches, Wellbutrin (that was a disaster that caused severe depression) and even cold turkey to quit, but I kept going back to cigarettes until I began using electronic cigarettes.

It took me five days to totally quit smoking cigarettes after I got my first two kits.

My health is much better than it was before I started using electronic cigarettes simply because I am not inhaling smoke.

I am still using electronic cigarettes and have suffered no side effects.

Since my brain functions much better with nicotine, I have no desire to stop using them.

I have several health issues, and nicotine helps me function.

There is one positive "side effect" though - I no longer smell of stale smoke!

Last year at a doctor's appointment, I was asked if I had ever smoked.

I said yes and asked why.

The medical assistant said my blood oxygen level was so good she figured I was a life-long non-smoker.

My husband was also a smoker.

He decided he wanted to quit.

He used my electronic cigarettes when he really wanted a cigarette.

He just plain quit!

Said the e-cigs were too much hassle. Every so often he'll borrow one, but he's a non-smoker now - and e-cigs are the only thing that ever worked for him in his many efforts to quit.

5/24/2013 1:52:00 AM - michael bohr

My name is Michael Bohr from Pittburgh Pennsylvania .I am 39 years of age.I started smoking cigarettes when i was 11 years old in the 6 th grade.I was diagnosed with kidney cancer caused by smoking cigarettes when i was 37 years old.I had surgery and they removed the cancerious tumour.I had tried everything on the market from nicotine gum,pathes,lozenges,inhalers,nasal inhalers.And nothing worked.I was to afraid to try chantix because of the side effects.I have been using the electronic cigarette for over 3 years now and i am not smoking cigarettes.i have tried corner store electronic cigarettes and they would not give me the saticfaction that i was looking for that i got from smoking cigarettes.I had to do alot of research on the internet and spend alot of money triyng to find the right electronic cigarette from companies.I was successful in finding the right electronic cigarette.The type of electronic cigarette i am using is called the kr808d-1.this type of electronic cigarette has been around for a long time now.But at the time they came on the market they did not give me the saticfaction that

i was looking for from a electronic cigarette.But please do not misunderstand me.Look at it this way people who smoke cigarettes do not smoke the same brand flavor or strenght of cigarettes.So now the type of kr808d-1 electronic cigarette i use is a bigger battery and a bigger holding place for the flavored nicotine.Now that use electronic cigarettes the heavyness in my chest is gone it feels cleaner in my breathing.And my taste has changed i actually enjoy differnt flavors of nicotine when using my electronic cigarette but still do to enjoy tobacco flavors.People need alot more alternatives to smoking cigarettes easier to obatain for them

because everyone does not accepet(able to use)what is on the market today. thank you

5/24/2013 1:52:00 AM - Lisabelle-Artist

I was born in the early 1950's, 53 to be exact.

I am now 59 about to turn 60.

Both my parents smoked and as a child it seemed a normal part of life.

Smoking was always what the grown-ups did.

I'd be at the grocery store in line with my Dad, and he'd be writing in his checkbook, to buy the groceries, with a cigarette dangling out his mouth, even ashes falling on the check-out stand.

Everyone smiling, no problem.

When I was 12, the kids which some were older by a year or so that lived in the neighborhood, thought it would be cool if we all were to smoke.

So, we did and we would walk a few blocks in the Valley of San Franando, to the closest gas station and buy cigarettes for a 25 cents a pack.

I didn't get the feeling that any of us thought we were doing anything all that wrong.

We were trying to look and feel grown up around the puberty age.

Guess from what I've read that's somewhat normal and what most adolescents do.

Mimmicking what most our heros (our parents) were doing, seemed like the best thing to do.

A year later after a divorce and moving to a new school district, I was still smoking.

In fact, I think I was about up to 1/2 a pack a day, and I was also a bit bad, taking some change fom my Father's dresser to buy my daily cigarettes.

I was obviously already addicted at 13 years of age.

The following year after bankruptcy court, my Dad gave up out of disgust, trying to be single Father to two daughters with so much financial ruin on top of everything else.

So, his mind was open to trying new things, after all it was 1967, the Summer of Love, in Hollywood, Calif. and he heard about a live-in drug and alcohol detox community called Synanon, located on the beach in an old converted mansion.

They had what was called a "Square Residence" program for people with other issues, and so meeting their criteria, we moved in.

My Father, myself and younger sister by 20 months.

At first while in Synanon, in the open community areas, I was smoking it seemed everyone had turned a blind eye to my smoking which was now up to a pack a day.

Fourteen a Father, and no Mother, due to her unfortunately developing severe mental illness, when I had just turned six. She was an absent parent from age 6 to 15.

In those days the late 50's early 60's, a nervous breakdown could mean a lengthy state hospital stay, similar to being incarcerated.

I was a very grown up 14 year old.

I was unprotected from my own choice making, and the values of the elders weren't Donna Reed.

I was well into my addiction to nicotine, on a path, unhindered until.... Synanon, was being pressured by social service groups, about keeping school aged children out of the public school system.

So they shipped my sister and myself to Santa Monica Jr. High by "Jitney" a van, a mile away.

The scholl was 99% African American, and that was quite an experience, when most African Americans, seemed to be angry with society bearing the brunt of all the injustices that their American Slave ancestors had endured, with and remnants of the same injustices were still visited upon that struggling culture.

It was odd to be disliked for being white, but it was something I had compassion for, being that my family was Jewish and also, did not appreciate any form of racism or victimization of minority ethnicity.

5/24/2013 2:00:00 AM - M. Agee, Flagstaff, AZ

I was a heavy smoker for 22 years. Approximately 8 months ago, I purchased an inexpensive e-cigarette from a convenience store. Although it was initially purchased, on impulse, out of curiosity, I quickly realized it could satisfy my desire to smoke. Three days later, I smoked my very last cigarette.

During that 3 day transition, I was able to find a wealth of knowledge online regarding the many types of e-cigarettes, and quickly ordered a Joytech Ego-C Twist, a Vision Vivi Nova tank and a variety of E-juice.

Over the years, I had attempted to quit on several occasions. I was unsuccessful every time. The different methods included "cold turkey", nicotine patches, and the prescription drug, Chantix. My most successful attempt lasted 2 full days.

Eventually, I quit trying to quit. Not because I didn't want to, but because I couldn't. It's hold was that strong. I truly believed that I would smoke until the day that I died.

Since smoking my last cigarette in October of 2012, my wife, mother, sister, and two close friends have also completely quit smoking using e-cigarettes. I am absolutely ecstatic that I quit, but, emotionally, I can't put in to words how thankful and relieved I am that they are now smoke free.

E-cigarettes have drastically changed our lives for the better. No longer do we wheeze and cough. We have become much more active, enjoying frequent hikes and other outdoor activities with our children. We no longer suffer the social stigma, or smell for that matter, of a smoker. And, lastly, have been able to save a substantial amount of money. We couldn't be happier.

5/24/2013 2:07:00 AM - Pamela J Preston

I started smoking tobacco cigarettes when I was 14 because I wanted to be a part of the 'cool' crowd at school. Back then you could buy a pack of cigarettes from the vending machines at the gas stations for 35 cents. At first it was just a few cigarettes per week. By the time I was 24 I was up to 2 packs per day. At 28 I was diagnosed as having high cholesterol. At the time I don't think many realized that tobacco use could cause high cholesterol but now I know better.

I decided to try and quit smoking. Nicotine gum was pretty popular back then and so I tried that. It did not take long, a couple of days, to realize that the 'gum' was not going to work for me. I continued to smoke. I decided to try and cut down to 1 cigarette an hour. If I could achieve that I thought I might be able to cut down even more. All I could think of for that entire hour was when I would be able to have my next cigarette. I knew this method was not going to work either, so after a couple of days of that I just gave up on the notion of quiting. At 38 I wanted to quit again. I had been diagnosed with high blood pressure and a high heart rate at that time along with the high cholesterol. So I spoke to my Doctor about the 'patch'. She suggested that I did not try it because her brother had died of a heart attack while on the 'patch'. He had smoked while using it. That scared me half to death. By the time I decided to try and quit again I was 50 years old. My chest felt heavy, it was hard to breath, I huffed and puffed trying to go up and down the stairs. I was told by my new Doctor that I was at high risk for a heart attack. She prescribed Chantix. I was on Chantix for about 5 months. Of course I cut down on the smoking because the medication made me nauseous each time I took my twice daily dose. I could not take feeling of being sick every day so I quit using the medication. I began smoking again immediately.

By this time I was desperate. I was afraid I was going to die young and I did'nt know what to do anymore.

My son mentioned trying electronic cigarettes. So I set out looking for a disposable to try. It actually worked so I decided to purchase a kit. It included 2 rechargeable battery mods, a charger and a tank that you fill with e-juice. I chose the 18mg strength.

This was 6 months ago, Nov. 2012, and I have'nt had a tobacco cigarette since and do not plan to ever again. I had been a heavy smoker for 38 of my 52 years of life! This is the only method that has worked for me, and to me, is a true miracle. My entire family thinks it's a miracle. Positive changes in my quality of life since quitting tobacco: I can actaully breath better. I no longer huff and puff going up and down the stairs. I can smell and taste again. We have saved around $408.00 per month on tobacco cigarettes and we were able to use that money on payments for a new 2013 car. (Hubby quit smoking when I did.) We each spent an average of $204.00 per month on cigarettes. My home, car, hair and clothes no longer smell like smoke. I am no longer a hazard to my

Grandchildren's health from breathing second hand smoke. There are no longer stained walls, ceilings, blinds, curtains and lampshades from tar. There's no danger of my house burning down. No ashes, no cigarette butts, no ashtrays smelling up my house. We are no longer inhailing over 10,000+ chemicals into our lungs.

The negative: The weight gain. Just about everyone that quits smoking gains weight. After 38 years of constantly puffing on a cigarette it seems I need something in my mouth to replace the cigarettes. I'll have to work on this with sugar free candy and gum and healthier snacks. At least I know what to do about this and am headed in the right direction. Thanks for allowing me to tell my story.

5/24/2013 2:57:00 AM - Edward McCain

My name is Edward McCain. I am 45 years old. It is currently 23May2013 I smoked since the age of 19.

I can sum this up in one short sentence: eCigarettes saved my life.

Although I managed to quit a few times, I always went back to tobacco cigarettes when stressed.

The longest I managed without a tobacco cigarette was about 6 months, and I had quit cold turkey that time.

I've tried patches, gum, cold turkey; but the worst was a prescribed pill that made me an emotional wreck.

That didn't last but just a few weeks.

I started using an electronic cigarette in February of 2010 and although the first week was somewhat frustrating, I sussed out information online and managed to find a good rig that satisfied my need for a good 'throat hit' and warm vapor.

I've smoked one tobacco cigarette since I started using my eCigarette.

The taste was absolutely horrible and I couldn't believe I had actually smoked tobacco for over 20 years and enjoyed it.

In the last two years, I have felt an increase in my lung capacity - I no longer get short of breath with mild exertion. I have more stamina. I don't have a cough anymore or sinus problems (well, except in the Spring, meh) or smell like an ashtray.

Hell, I'm saving over $150 a month since I started using an eCig.

I proudly show off my rig to curious people, tell them how it works and accurately inform them of the benefits of using an eCig. I'm a believer in eCigs, and I'm willing to fight to ensure that tobacco smokers have cheap and easy access to a product which can change their lives for the better.

5/24/2013 3:11:00 AM - ChrisB From Connecticut

I am 33 years old and began smoking at age 16.

I just quit smoking cigarettes as of December 2012.

I was able to quit very easily with the help of a good friend that owns a Vapor store in Branford, Ct named Northeast Vapor Supplies.

He have me an Ego- C starter kit for Christmas and I immediately cut down from a pack and a half a day to a pack every 4 days.

Within two weeks I had given up cigarettes all together.

These new electronic vapor products are incredible.

It made it so easy to quit.

I am currently decreasing the amount of nicotine in my vapor fluid to a low dose of 12 mg.

I highly recommend these products.

My mother has also quit after 30+ years of smoking using the same product and she has been smoke free for over a year.

5/24/2013 3:30:00 AM - Arkansan

I smoked for 16 years. One pack a day to start, and increasing to 1.5 packs

a day at the time I stopped. I Started using a small cigarette like electronic cigarette in January 2013. Immediately, I smoked about half as much (3/4) of a pack a day. I saw potential in the experience, but couldn't get enough satisfaction from it to say I was ready to quit smoking completely. Around March, I decided to invest the money I saved from cutting back into a little bigger battery that used tanks (ego style). This gave me a great deal more options in nicotine level and flavorings. The immediate result was I cut back to 2 or 3 cigarettes per day. At this point, I knew I could quit smoking completely, but it wasn't an easy switch. I went some days without completely and some days I smoked 2 or 3 up until mid April. I again decided to use my savings to double down on the harm reduction and purchased a variable volt ego style. This gave me more control over when I needed a heavy push to get through a craving and using less nicotine when I was just using my device to keep my daily routine in tact. Using the variable volt ego style battery as an aid, I completely quit smoking on the first of May 2013.

Before trying electric cigarettes, I saw a doctor who prescribed some kind of pill, but I never knew what it was. All I noticed it doing was making my mouth dry. Once the prescription was gone, I never had it refilled. I tried slowly cutting back and quitting cold turkey on separate occasions. Both attempts ran into the same problem if I didn't have a cigarette, someone would always be there to save the day. I lost focus at work, became short with my family, and basically just did not enjoy life during the attempts. So I went back to my routine. I also purchased a bunch of the gum at one time. This had absolutely no effect on my cravings, and the taste was so bad that I had force myself to keep doing it.

Besides being a nicotine delivery system, the reason I believe electronic cigarettes are working for me is that I have many choices as to how I implement them into my routine. I can adjust the power up or down to suit my need at the very moment I need to use it. I can increase or decrease the nicotine content based how much I feel I have to use the device. I can switch the flavors up to distract me from the fact it's still not really what I want to be smoking. Probably most importantly, I can feel and taste the product in the same way I did a cigarette. One of the hardest parts about quitting is that when the lungs start to clear out, one intensely craves that feeling of smoke in the lungs. When that feeling is duplicated and accompanied by a small dose of nicotine, the body seems to be much more satisfied that it is from chewing many pieces of gum containing much more nicotine. I strongly believe that any product aimed at smoking cessation should address this issue. According to my research, I'm not alone in this.

Since I started cutting back on cigarettes in January, I've experienced many physical changes. At first, I battled fatigue, insomnia, and mild depression. All by my own

account. I'll start smoking again before going to the doctor for things of this sort as each seems something a person should be able to manage on their own. These symptoms were surprisingly short lived. By March, I was noticing that my life was pretty much back to normal with a few big improvements. The springtime sinuses were practically non-existent. The same time last year, I would have suffered nose bleeds, headaches, red eye, and all the other spring time fun that sells allergy medicine like candy. My response would have been to take allergy meds, which makes one either sleepy or hyper depending on which one you grab. I also noticed that I had more stamina on the job. I do a lot of walking during the day, and though not immediate, the difference is drastic and noticeable. Another change has been to my diet. I can no longer eat really spicy foods. I've had to start using mild salsa. My wife (long time smoker) actually teases me for it. Another physical change has been to my singing voice. I find that I not only have more breath, but I am also able to exhibit more control over my vocal chords, which was a pleasant surprise.

Moving forward, I have a few concerns that remain. First and foremost is what's going on with regulation and taxation. My government is considering limiting the options I praised above, which will undoubtedly send me back to smoking in the name of "the greater good". I do welcome some involvement, though. Particularly, I would like to see government funded research into nicotine as a drug separate from tobacco. I have done my own homework, but my results range from mild as coffee to really bad news. The problem with the research is it's almost completely based on obtaining nicotine from tobacco smoke, which is no longer applicable to my situation. NRT's have proven mostly safe, and the FDA has currently said they should be used as long as needed. That inclines me to believe nicotine actually resides closer to coffee than cigarettes, but obviously, that's not definitive. Other concerns I can manage myself, but I will detail for this summary. There is an obvious concern of quality control. Though I can research and dig through supplier provided data and independent reports, there is no way to know for sure what kind of product I'm getting. I guess the same could be true for the asprin I buy, though. I am concerned that there may be some unknown long term effect that has yet to surface, but we cannot make decisions based wild off the wall "what ifs", can we. I could quit working because I think I have a winning lottery ticket in my pocket, but that doesn't mean I'll get rich. In fact, quite the opposite may be true. Same applies to harm reduction.

Bottom line is I quit for 3 reasons: money, quality of life, and longevity. According to most all creditable research, using electric cigarettes as opposed to tobacco cigarettes will definitely provide for a positive influence over all three areas of my life. I think the only real question left is in longevity, and the only way to answer that is to wait until the people who started using electric cigarettes back in 2008 start getting old. As for the risk I'm taking, I'm trading a known devil for an unknown that shows no evidence of actually being a devil. It's a smart decision even if it doesn't end well. Given the information

available, I would think the public health organizations of the world would be pushing electronic cigarettes like there's no tomorrow, or at least doing some research on them. The fact that they are doing the opposite while not performing any research to back arguments for restrictions an regulations provides an insight into motivation, but I digress.

The whole purpose of this writing was to tell my story of how I quit so those that make the rules might understand from the perspective of a smoker. Hopefully I was elaborate and honest enough that one could also gain a little insight into the though process and decision making of someone who chooses to use an alternative to smoking. Last thing I'll say, and I know this to be absolute truth:

If my options are quit or die, I'll choose to die knowing I enjoyed my life. The bad part is that will likely be costly to society as medical costs of chronic illness are quite extreme. Perhaps a harm reduction will leave me in a position so that my costs more manageable and therefore not a burden on society. I beg all readers of this writing. Please do not ask me to quit or die. Nobody wins that fight!

5/24/2013 3:32:00 AM - derek from independenc , MO.

I quit smoking back in early march of 2013. I have used products like nicorette and the patch many years ago but have never really worked for me. I never really planned to quit smoking again until I was shopping one day and noticed e-cig i seen at walmart called fin.

I've heard about e-cigs before but never really thought much of it thinking it would never do me any good concidering I was a pack a day smoker.Well, I used this ecig for a couple of weeks I was still smoking but not as much. I thought the ecig fin was ok but not great was only getting a decent vape from it very little throat hit but it did keep me from smoking as much. So i had did some searching online and came across an ecig brand called pro smoke. ordered this thinking this might be a little better. Pro smoke company was claiming they had the number 1 ecig on the market. so I tried it thinking this was going to do it for me. Same thing, wasn't very satisfied. The cartridges in these ecigs were holding very little liquid and some were even dry. They're too expensive for what very little they give you.

So I was back to smoking until I could find something that would satisfy me. Did some more searching and came across an ecig called the tornado tank which is actually a joye ego t . Ordered this hoping this would be better for me. Arrived in the mail tried it and said My God finally something that works good. I was more excited about getting a good product than not smoking. I even sent them an email back telling them Thank you. I started using the ego tank and have not had 1 cigarette since then. I have been a smoker for more than 20 years and have not smoked since early march.

I have been on high blood pressure medication for the past 2 years and just recently stop taking it cause my blood pressure is back to normal readings. My health has improved tremendously. I used to cough alot when i was in bed trying to sleep and would cough up lung especially in the morning when i would wake up. I now have none of that. My breathing is way better. I can do my

exercises for a longer period of time without running out of breath. I now use a PV mod called Vamo and a ego twist which is an excellent product. These are inexpensive high quality products. I use these quiet often. I am vaping most of my day and have no problems with my health my blood pressure is still normal and breathing is great. I feel better now at age 37 than I did at 27. I haven't felt this good in years. As long as they have ecig products quailty ecigs products I will continue to use them . It has saved my life and my health. I will never go back to smoking again

5/24/2013 3:46:00 AM - Joe Nance

My name is Joe Nance and I used to smoke cigarettes. I picked up that habit when I was 18 years old, mainly to get the extra break time that smokers were allowed at my workplace. It quickly became a regular thing for me to have a lit cigarette in my mouth whenever I wasn't indoors, and within two years I was smoking two packs every day. For the next fourteen years I kept that habit, and my health slowly degraded.

Around 2004 I decided that the cigarettes weren't doing anything good for me, and that I was tired of being out of breath all the time, so I simply didn't buy any cigarettes that morning. Within four hours I had snapped at everybody on my crew at least once and had threatened one of them with bodily harm. At lunch time I picked up a pack of smokes and gave up the thought of quitting "cold-turkey". A few months later I looked into FDA-approved cessation methods. The nicotine gums were awful and hurt my teeth, the nicotine lozenges tasted horrid, nicotine patches made me dizzy and disoriented, and after reading a number of testimonials from people who had used Chantix I was far more afraid of that drug than I would ever have been of cigarettes.

None of the recommended methods worked for me, and I gave up any thought of quitting. I was convinced that I'd be a smoker for the rest of my life, and die wheezing with emphysema, as many of my relatives had before.

And then in 2012 I was asked by a friend if I'd tried e-cigarettes to at least cut down the harm that tobacco was doing to me. It made me scoff. I'd heard of e-cigs before, and seen them in the convenience stores. Never saw anybody buying them, though. It had to be some gimmick. There's no possible way that they could satisfy a hardcore smoker like me. And then that friend told me how he had used e-cigs to quit his smoking habit. Not only that but he also pointed me to a mutual friend of ours who did the same thing. In the next week I asked him every single question that came to mind, searched for youtube videos, found various forums and chat rooms for e-cig users, asked even more questions. And just after Christmas I went and got myself a starter kit.

Since that day I've smoked less than 15 cigarettes, in a time period when I would have smoked more than six thousand. I no longer wheeze when I sleep, or cough when I awaken. I have much more energy, and far fewer sick days. I can run around with my dogs without getting winded after mere seconds. My sense of smell and taste are returning. In short, I feel better now than I did in my 20s. And at no point did I feel anxious or irritable because I couldn't have a cigarette. The improvements have been nearly miraculous. And I don't think I could have ever known this feeling without electronic cigarettes.

5/24/2013 3:53:00 AM - Michael Doyle

I had purchased an e cig way back when e cigs started popping up. I had no clue what i was doing as no info was available as it is today, it tasted awful and produced little to no vapor. The third time i tried to use it, and likely due to pulling (inhaling)too hard ended badly with juice in my mouth and an extreme hatred towards ecigs. A couple years later after losing both parents to cancer and feeling hopeless and suicidal because nothing worked for me trying to quit, I decided to purchase a Logic black label disposable e cigarette and give it another try. Before i opened it i researched and found ECF forums and found epic amounts of info that made the whole process understandabe. Anyway, its been almost 2 years since i quit smoking. Analog free even when around smokers.

Physically I feel soooo much better. My family says im a whole new person. I was confident enough with info found on ECF to buy

another kit. E cigs made me change my mind about giving up on life because i always felt sick, to feeling alive and happy again. It makes you want to tell everyone about it in hopes that other smokers will try it with the same success soo many others have found. Oh and the boss who was constantly warning me about taking too many smoke breaks at work,

reacted positively the day he thought i was smoking in the building and found out it was an e cig.

again, thank you so much for saving my life E cigarette.

5/24/2013 4:08:00 AM - Mtgmaker

I started smoking at the age of 16. I started as most of my friends were doing it. I tried to quit a few times. I used the gum and the patch no success. When Chantix came out I tried that, once again no success. 1t the age of 43 I decided to buy an electronic cigarette (Provape) to use in the car as my wife did not smoke. I had no intention of quitting and just wanted something I could use in the car and not bother her. At the time had she, or anyone else, say " ok you have that time to quit" I would have told them where to go. Upon using the e-cigarette I found I no longer desired to smoke after only 3 days. It happened the third day. I went outside to smoke one night, I did not smoke inside, and after a few drags realized how stpid it was. I said to myself "why are you doing this, just use the e-cig inside" and so I did. The was in January 2011. I have not had a single drag off a REAL cigarette since.

5/24/2013 4:09:00 AM - One1Boom from Colorado Springs, CO

Dear Sir or Madam:

Although I will make an effort to shorten the overall length of this letter, I will not make any effort to disregard information which may, at some point to some person, be valuable & helpful.

To assist the reader in understanding who I am & why I am who I am.

I have been a smoker since around the age of twelve (12). Influences came from everywhere, even within the family, as is the case with most others. Growing up in my teenage years, I lived with little care & minimal regard for the feelings of other people, notably my own mother. In school they speak of health, wellbeing, good choices, & other helpful subjects & topics which no one I knew really cared about.

I wound up being sent to the Philippines for fifteen (15) months as punishment when I was 14 years old. Due to this, I know by first-hand experiences what it is like to live in the most extreme of poverty, in the the most violent of places. Upon my return to the States, I found within myself a new purpose. A new love. New desires with fierce motivations. I discovered Patriotism & appreciation for my beloved United States.

I was eager to be part of something greater than myself. Four (4) days after my seventeenth (17th) birthday, I was in the Denver MEPS station. I originally enlisted as a mechanic. I figured at the time that the world was at peace (relatively) & I needed an MOS that would help me land a job after service. I went to Basic Training in May of 2001. Since I was split-op, I went home after training on August 27th. Roughly two (2) weeks later, I watched the second impact on September 11, 2001 on one of the TV's at my high school. Now, I once again found myself with new purpose. New love. New motivations. And a hearty desire for bloody revenge.

I fought my way into changing my MOS. I was able to become the Soldier I always desired to be by becoming what the Army was made for: I went to Benning, earned my place within the ranks of the Infantry.

Through all this, I continued to smoke, but took breaks for training. All the classes in school were right. My running, initially, was severely impacted in a negative way by my years of smoking. Unfortunately, my smoking was doubled in response to the attacks on September 11. I could not find anything that could calm my nerves as easily or quickly.

Come late 2002, my orders finally came. Time to train for Afghanistan. Months later, and about a couple weeks before departure, orders came for us to participate in the invasion of Iraq. Around this time I began to use chewing tobacco in order to supplement my smoking. Yes, I was now smoking cigarettes with a wad of chew under

my lip. Regularly. In Kuwait, it was not so severe. The frequency of my use or my capacity that is. Over the wire we go.

Even in my death picture you can see my bulging lip & cigarette in hand. My tobacco use was soon to nearly double. It was not the first shot which came in my direction that influenced this. It was my first friend whom I could not save. Despite my own personal efforts, he was too far gone. My heart was broken. My fury was set. Due to many different problems, I fully believed I had nothing to come home to. This was also the belief of huge numbers of us on the ground. We fought with the passion of men who cared only for each other. Again, my smoking & dipping increased. And why would it not? If you were 100% certain you were going to DIE at some point in the next few months, & had a mind consumed with hatred, anger, & death, would you really care too much about lung cancer? Don't lie to me. The only way someone would say "yes" to that question is someone who sits at desks & frustrations originate from personal complexes surrounding their weight or a yucky meal they just had. Don't judge, don't criticize. Unless you've been there, unless you've done our job, just stay in your fluffy bed or take a nice shower and speak to the toilet.

Those in my squad who did not smoke initially, started. We volunteered to stay in theater & wound up spending a total of thirteen (13) months at war. It was an IED that finally sent my best friend & I home. He was the one who never let me get into a fight without being by my side. Not one engagement was experienced without him at my side. When we arrived at DIA, there were no banners;no parades or celebrations. No, we were welcomed home by shouts of "baby killer", "murderer", "bastard" & so on & so forth. My buddy agreed to go with me to the VA. I received word soon later that he

had proceeded to seek help from whiskey & a 12-gauge. Extinguished cigarette still in the other hand.

Only by the Grace of Christ was I able to find the girl who would go on to become my now wife little more than two (2) weeks before the news of my buddy. And I was still smoking like a train.

Roughly two (2) years later, my miracle happened: the birth of my baby girl. I came to a familiar place in my life after that. A place of new purpose, motivation, love & desire. I wanted to give her what I did not know in my own life, a father. Although being active in physical ways is now extremely difficult. I am always going to be a 100% Combat Disabled Veteran. P&T. And I couldn't be more proud. I needed to make sure I would be around for as long as possible. Still, I had the nagging sense within me that this would not happen because sooner or later, the vast amount carcinogenic materials I had introduced into my body over the years would take me from my new family. I just could not seem to quit no matter what I tried. Hundreds, even thousands of dollars were

spent trying this & that technique or product to assist me in quitting, but nothing worked. And don't speak to me about will power.

Come ~6 months ago. I saw all the Blu commercials & thought it was interesting, but for a starter pack of about $80.00, it was out of my disability income's reach. On a rare occasion where I had visited my local King Soopers I saw a little display of another brand of e-cigarettes called Metro. $20.00!? Really!? I can do that! The customer service representative at the store nearly talked me out of it with stories of "a friend who says", but I decided to take my own word for it & took the plunge. Besides, if I didn't like it or it did not live up to the hype, it was only $20.00 & I had a new experience under my belt. To my astonishment, I LOVED the e-cig's from Metro! Since that day, I have the beautiful news of my savings account growing because I am no longer buying upwards of 2 packs of "real" cigarettes every day! I can literally feel my lungs beginning to heal with every clear breath I breathe. To know that the cloud I see upon exhalation no longer contains my soul within it, has brought me to tears several times. Metro has saved my life! Today, I am able to give my life, my WIFE'S life, & my DAUGHTER'S life a positive & optomistic view.

As a Soldier, I lived by the mission of the day. I give myself my missions now! And my last one will NOT last a day, a week, or many months. No, my mission is to BE THERE for my daughter like I had originally intended! And, with the help of Metro & the entire e-cigarette lines that exist ... I proceed with my mission knowing that I will not fail! I will not give up! And, unlike my old thoughts, I WILL SURVIVE!!!

May our Lord of Lord's in Heaven, Jesus Christ, lay His righteous right hand upon those who would seek to give people like myself their live's back. My Christ, I beg that You would bless companies like Metro with success & properity. Please do not allow the giant's to crush Your blessings You have given me & so many others, through Metro, by letting legislation trump LIFE. By Your merciful & loving name, in Christ I pray this prayer. Amen.

Sincerely, LG (BS-V, BS-M, PH-S, ARCOMM-V, ARCOMM, ... LIFE)

5/24/2013 4:14:00 AM - gaylevapes from Selma, AL

I started smoking at the age of 13, which has been 42 years ago. October of 2010 I took a chance on ordering an e-cigarette. After only 1 week, I stopped smoking completely. Over the next 6 months I tried 3 times to smoke a regular cigarette and could not take more than 3-4 puffs and had to throw it away. It tasted awful and couldn't stand the smell. After 1 year I switched over to a mod because I wanted more of a throat hit and better flavor. I breath better, food taste better, feel better overall, no longer have trouble with my Sinuses, and would do it all over again. Even my doctor says by breathing is better. At one time I was wheezing and now my doctor no longer hears the wheezing when he listens to my lungs. How can anyone say that e-cigs are not better than traditional cigarettes? I know several people that have switched and for the first time in their lives have been able to quit smoking and have had health improvements. When your breathing and wheezing gets better, your lungs have to be healing. They might now every completely heal but at least now I am better off for it. If e-cigs get banned for any reason I will probably end up going back to smoking and I do not want to go there again. The only reason why the FDA or Government would consider banning is because they are still getting kick backs from the big tobacco companies. It is so hypocritical to advertize the need to quit smoking, insurance companies to penalize, and the promotion for people to become smoke free. The e-cig helps, might not be 100% perfect but, it is sure better than people continuing to smoke.

5/24/2013 4:35:00 AM - Mike Kumar

Hey my name is Mike I am 23 years old & started smoking when I was 16. I was mainly a cigar smoker, but still smoked cigarettes. At my highschool at the back of the school was a smoking pitt, where kids could smoke, we were even allowed to take smoke breaks during class as long as we did not stray off. I always had weight issues & down the road in my life if I tried to lose weight or quit smoking I always noticed I leaned on the other as a crutch to help, but it never lasted long.

When I tried to quit smoking I would try to do it cold turkey. I was never interested in the gum, or the patches. These options did not appeal to me. Especially because a big part of smoking was the social aspect of it. I believed the only real way to quit smoking was cold turkey, it's what my friends who quit told me.

I felt smoking was a lot harder to ditch than loseing weight for myself. So by June of 2012 after a lot of looking into multiple things, I bought a home gym & started eating better, it was exactly around this point I heard of an e-cigarette. I was instantly fascinated by the idea.

It was a long process to learn about e-cigs, I first googled them. I then youtube'd videos. At first I thought they were only cigarette sized. I got a disposable at my gas station for 10 dollars & I live in Canada so there was no nicotine in it, I thought it was a joke.. several gas station clerks either knew nothing about them or claimed they don't work at all. By this point I found the e-cigarette-forum online & asked some questions. This is where I basically learned everything. From where I can buy nicotine liquid online, to how voltage works and how cigarette sized e-cigs aren't as powerfull as other devices I knew NOTHING about!

After all the help my first set up was 2 ego-c-twists and 2 stardust clearomizers. This was at the end of July 2012 & also the last day I ever had a cigar. When I used the nicotine e-liquid from a bottle with my vapeing equipment I was blown away by how close the feeling was to smoking. Because I smoked cigars, I loved throat hit & this vapeing gear did the job. Also because an ego-c-twist is about the size of a cigar, it was perfect for me, even though I did end up holding it differently. Up until May of 2013 I have used ego-c-twists variable voltage with clearomizers and never went back to smoking. Quitting smoking was effortless with this vapeing gear for me, and I've also lost 80 pounds as of May 2013.

I currently just upgraded from ego-c-twists to an iTaste SVD mod with kanger protanks & I love the flavor that my e-liquid gets out of them. I still love the ego-c-twists & they are what I recommend to anyone getting into vapeing.

5/24/2013 4:38:00 AM - Aaron Shope (Anerien) From Orlando Fl

My name is Aaron. I was a pack and a half a day smoker for 25+ years. I tried so many things to quit smoking but nothing helped. Nothing helped that is, until I found personal vaporizers. I refuse to call them ecigs because they are NOT a cigarette. Just because they contain nicotine does not make them a tobacco product. Coffee contains caffeine but we don't call Pepsi, Folgers now do we? Of course not there is a distinction between coffee drinkers and those who enjoy a soda. Beer contains alcohol but we don't refer to it as liquor. Why do we feel this need to associate vaping with smoking? It is NOT the same. Anyways I digress. My story is short and simple I smoked for 25 years then I tried vaping. I started on the Blu brand vaporizer and because of my ignorance thought that was all vaping had to offer. Until I met someone who was well informed about vaping. What you have to realize is that while many people can purchase these amazing devices online they normally end up consulting an experienced vaper to help them through this change. The community of vapers is wholeheartedly open armed when it comes to new vapers and the support you will find there is not only refreshing but needed. Because of the support system, wealth of knowledge, and friendships I have created along my path to a smoke free life I can proudly say that as of 5/24/2013 I am 129 days smoke free. The longest I have ever been without a cigarette and I feel amazing! I can breathe again I walk to work now, I don't smell like an ashtray and I don't feel guilty every time I take a vape! Please stop referring to these products as tobacco related. They have nothing to do with tobacco. THANK YOU !

5/24/2013 4:43:00 AM - Ricky Bananto

I started smoking at the age of 16, and became heavily addicted at the age of 17. The habit was maintained for 6 and a half years before I had quit with the help of electronic cigarettes. A close friend of mine once showed me a disposable e-cig he had bought at a nearby gas station, but I wasn't interested at the time. In January of this year (2013), I decided to buy a disposable for myself and see how it worked, and it was fantastic. Eventually, I bought a starter e-cig kit for myself and without trying, quit cigarettes altogether.

There was a period of about 2 or 3 weeks where I kept smoking even though I owned my own e-cig, as it takes some getting used to. After upgrading my equipment and expanding on the e-liquids I owned at the time, vaping full time came on it's own. Its been 4 months now without a cigarette and I no longer have the urge for them, and in fact, find them to be pretty gross. Many close friends of mine smoke cigarettes, so I'm around it all the time. Now that my sense of smell has improved, I can't believe I used to walk around smelling like that all day.

My sense of taste has also improved, along with my sleeping habits, energy levels (both physical and mental), vocal strength (I sing), and mood stability. I generally look better too. There are no longer bags under my eyes all the time, and my hair doesn't fall out as much and seems to 'shine' more. My teeth are whiter and my tongue doesn't constantly need brushing. My workouts are easier and last longer, and my cardiovascular endurance has increased noticably. There have been no reportable negative changes in my life since switching over to ecigs. I can attest to their effectiveness as a cigarette alternative, and would recommend them to any cigarette smoker who feels the need to improve him or herself.

5/24/2013 4:45:00 AM - Mike G. St. Charles, MO.

I am Mike G. I live in St. Charles Missouri, which is a suburb about 30 minutes west of St. Louis. I have lived here all of my life. I wasn't the typical kid growing up. I didn't play any sports, I only had a few friends, and I pretty much kept to myself. In 1984 when I was 13 years old, I tried my first cigarette. I of course coughed and coughed. My other two buddies tried to smoke along with me. We ended up only smoking for about 6 months or so. My friends mom caught us smoking in the back yard one afternoon and she said either we stop or she would tell our parents. So we did. Fast forward to 1993, and me being 22 years old, I picked up the habit of smoking again. I kept smoking until 2002. I quit cold turkey for 7 months. It didn't last. I started smoking again. I again tried to quit that next year, with no luck. I only went 3 months before I started to smoke again. Then on June 15th 2011 I had an appointment to have a tooth removed by an oral surgeon. He told me once the tooth was extracted, try not to smoke for at least 3 to 5 days. I thought this was a perfect time to try and quit smoking. The first day was rough, but the next thing I knew, 4 days went by, then 6 days went by. After a week went by, my wife started to notice I was on edge, being crabby, having a short fuse, etc. She said I was becoming hard to live with and to either start smoking again or possibly try and electronic cigarette. After all I did see a commercial for one during my week of not having any cigarettes. So that next day I went to local gas station and picked up a electronic cigarette starter kit. It came with 2 batteries, chargers, and 3 nicotine "cartridges". My first thought was, "wow, this thing is pretty cool!". I really was liking this new way of "vaping". I continued to keep with it, trying not to give it up. Then a few weeks later, out of the blue, one day I went to work and left both of my batteries at home. I thought, "well, I can probably go most of the day without it". I did. I ended up quitting the electronic cigarette. After 4 days of not using an electronic cigarette, I had my mom pass away unexpectedly, and I really needed something to get me though this rough time. I needed my "go to crutch". I was always used to grabbing a cigarette during times of stress, but, instead, I reached back for my electronic cigarette, and I wasn't craving an actual cigarette. That was my ultimate test for me. After some time passed after my moms passing, I still use my electronic cigarette, but only a few times during the day. I have dropped my nicotine level from 20mg's when I first started and dropped down a few nicotine levels every few months. Today I am down to a nicotine level of 0mg's. That's pretty good for being a smoker for 18 years, and being able to drop down my nicotine levels down to nothing in 2 years. No way cigarettes would have done that. My goal is to completely quit the electronic cigarette. Now that I am down to a 0 nicotine level, it shouldn't be too much longer.

Since I quit smoking cigarettes, and switched to the electronic cigarette: I have gained back my sense of smell and taste. My skin and my fingers aren't yellow. I can walk and not get winded. I can breathe deeply now. I can wake up and not have my chest hurt like someone was standing on it. My apartment and my car doesn't smell like smoke. My

clothes don't smell like smoke. So, in light of my experience with the electronic cigarette, I would recommend them to anyone who wants to quit smoking.

5/24/2013 6:09:00 AM - Luisa RGV Texas

I had smoked for over 40 years and had tried to quit with patches,gum. None of which were successful. Four years ago I purchased my first e-cig. For several weeks,I was a dual user of combustible cigarettes and e-cigs. To my surprise,I found I was using e-cigs exclusively and no longer wanted a combustible cigarette. I am still using e-cigs and have lowered my nicotine level. I no longer have a "smokers cough" and I find I am able to go a longer period of time without feeling a craving. I have been smoke free for 4 years and I am so glad I found e-cigs. As long as e-cigs are easily available and available in the product I use,I will never return to combustible cigarettes. I wish more smokers would find this product so they will be able to find the freedom from combustible cigarettes that I have found. A pleasant side benefit is that I no longer smell like an ashtray!

5/24/2013 6:49:00 AM - Peter Streamwood IL

Smoked for 27 years 2 to 3 packs a day tried many things to quit and nothing worked, even went cold turkey that lasted 2 months and then started again then finally tried an Electronic cigarett and after 1 and half months i was smoke free and that was a little over 3 years ago and i never went back. After 9 months I stopped coughing up brown phlegm and I stopped wheezing, and i got my wind back when i run and also my doctor commented that my blood pressure had gone down even thou i was still using nicotine and if it continued to go down I could soon stop taking my blood pressure medicine and I have not felt this good in years and I have been using less than 6mg of nic and I still dont think about cigs and I think i owe it all to the E-cig and I think it saved my life.

Thank you very much.

Sincerely

Peter.....

5/24/2013 7:02:00 AM - juliery from IL

I smoked 30+ years and was up to 3+ packs per day when I quit smoking entirely using e cigs on 2/17/10.

I was given my first starter kit on 2/14/10 & within three days was done with smoking.

Over the years I tried just about every method to quit...hypnosis, cold turkey, gum, patches, rx meds, you name it, to no avail.

I was never able to totally quit, I'd still smoke while using whatever products I was using attempting to quit. When I used non nicotine containing methods I had really bad tremors due to the fact I have multiple sclerosis.

Quitting by using e cigs has helped with that issue as i'm still getting the nicotine which is used in ms patients to control shaking and tremors.

I started with and continue to use 16 to 18 Mg liquid primarily for that reason.

This seems to be the level needed to control the tremors.

I see several different physicians for various medical problems regularly, every four to eight weeks.

They all totally support my use of electronic cigarettes.

They all feel that while nothing other than total abstinence would be completely safe, e cigs are infinitely less dangerous than smoking.

If I were to stop using e cigs I would need to use nicotine patches which would cost more than vaping.

I have NO doubt that I would end up smoking again if I wasn't vaping because I am fully aware that I was a nervous smoker.

I always said that the main reason I smoked was nerves, and stress relief.

It kept my hands busy, and it was mainly the habit, the activity of smoking I was addicted to and enjoyed.

Now I have virtually the same activity in a far, far less dangerous form.

I started vaping by using e cigs that looked like cigarettes, moved on to the slightly larger type stick batteries and within several months I was mainly using a passthrough with an electrical outlet adaptor before getting my first mod.

For over two years I've been using mods exclusively.

I prefer vaping at five volts or slightly higher.

I've lost a couple close relatives to smoking related lung cancer and several more to various other types of cancer. I have no doubt I would have been headed toward the same fate. I only can hope I quit smoking in time to prevent that.

I know without e cigs I'd still be smoking, and I know countless others who share very similar stories.

People who smoked for decades and tried everything to quit and nothing worked until they tried e cigs.

This is the only method I know of that addresses the habit.

That was always my problem....trying to get beyond the wanting the activity of smoking.

With vaping I've accomplished what I never could with any other method.

By some miracle I never had a smoker's cough, high blood pressure, any airway issues or any of the other issues typically related to smoking.

My four children and extended family all hated my smoking, hated the smoke, the smell, etc.

They all begged me for years to please quit.

I tried, and tried again, and tried some more.

I really didn't have any hope of successfully being able to quit anymore.

I can honestly say that the starter kit I received was the best gift I've ever been given in my life and it has likely given me additional years of life that I probably would not have had continuing to smoke. As long as I can use e cigs I will never smoke again.

5/24/2013 9:52:00 AM - Matt G

Let me preface this with my story for you. I'm currently 33, and I started smoking when I was around 21-22 (I had had cigarettes earlier than that, but wasn't buying packs of cigarettes). I've tried prescription drugs, cold-turkey, the patch, the lozenge, other pills and while some worked, I always got back on to cigarettes. With vapes it's different. I am in the process of using them to quit, while I still have the occasional cigarette until my quit date, the electronic cigarette and nicotine juice I have controls my cravings while I am out with non smokers. I think I'll be fully quit the old analog cigarettes sooner rather than later using these.

5/24/2013 10:46:00 AM - Peggy Kaufman Seaton IL

I have smoked since I was 13 years old.

That's 35 years.

Both my parents smoked.

My Mother developed COPD (chronic obstructive pulmonary disease) and passed away over 2 years ago.

Since I am a geriatric nurse, I know how bad this kind of death can be.

She had quit smoking about 3 years before she died.

Our whole family watched her suffer and yet my father and I continued to smoke.

Then my Dad was diagnosed with aggressive lymphoma about 2 months ago.

He is 71 and does have other health issues, but he still looked like a healthy man.

His oncologist said that smoking is the worse thing to do when you have to have chemo.

I finally decided that my dad, my husband and myself were going to quit.

I was a very heavy smoker. 2-3 packs a day.

My husband smoked less than a pack a day.

He has tried to quit numerous times using the nicotine gum and just going cold turkey.

I'm sure that me continuing to smoke didn't help at all.

I myself had tried Chantix 1 time and I did cut down and it did help. I was even one of the lucky ones that didn't have any side effects from the medication either.

I think the reason it didn't work for me is I didn't have the motions of smoking. I quit using it after 3 weeks and I was only down to a pack a day. And soon right back to 2-3 packs a day.

I asked some of my friends who have used he e cigarette and they loved it.

I got my first kit about 6 weeks ago.

I had tried the cheap disposable ones that only helped me not crave the nicotine at work, but I still smoked regular cigarettes.

The first few days of having the e cigarette, I smoked about a pack a day while using it.

We had brought a carton of regular cigarettes on a Sunday and still had 5 packs left in it when I did get my e cigarette.

I am happy to say we still have 2 packs left in that carton.

Right now I am smoking 1 regular cigarette a day.

I really don't even know why I'm smoking that.

It doesn't even taste good.

My house is now smoke free. When I work in the yard, I can do so much more without running out of breath.

I have not put on any more weight.

I'm not grouchy.

I don't feel like I'm on edge. And the money we are saving is unbelievable.

I started at a e liquid that was 18 mg. I just got the 16 mg and I'm hoping to go to a 12 soon.

My husband has not had a regular cigarette in 3 weeks. I'm not sure, but I do think my dad might ask someone for a regular cigarette if he's around someone that smokes, but he is going many days in a row without a regular cigarette.

We have got my father in law a started kit and while he is still smoking some, we are hoping its going to work for him too.

I know that nicotine is not good for you.

But I will gladly keep using my e cigarette with just nicotine versus the regular cigarettes with all the other chemicals.

Even if I stay at a 18mg liquid and continue to use my e cigarette the rest of my life, I know I'm going be much better off then smoking regular cigarettes.

I never saw myself as an ex smoker.

I never had too much of a desire to quit smoking. I enjoyed it so much.

That is why I find the e cigarette so amazing.

To take away my desire for a regular cigarette and not have any side effects is something I never thought I'd find.

5/24/2013 10:49:00 AM - Danny Terry (Pathology) from Vienna, IL

Quitting smoking was something that was always at the back of my mind, but unfortunately I was addicted to cigarettes.

The worst part was...I liked it.

I loved smoking.

It was my vice, it was my crutch, and eventually I knew would be my death.

Bitter-sweet.

Well, eventually I discovered E-Cigarettes.

I had seen them at gas stations and the like before, but never really gave them a second glance.

I just bought my pack of cigarettes and headed out.

Me and my wife went on a little vacation out of town, and the whole trip there we had to stop and smoke randomly (we have a child and do not smoke around her).

This got really old I found, and was determined to find a way to quit when I returned home from the trip.

As it turns out, I had some money left over from the trip.

I began researching online and found E-Cigarettes again.

I figured, "what the heck", and bought some of the cig-a-like looking ones online.

They came in and we used them and they worked!

I used the ones that were 18mg of nicotine.

As soon as I started with them, I have never smoked another cigarette.

I was a pack-a-day smoker for 6 years.

These "cig-a-like" style cigarettes did not last me long however.

I found that the batteries were very insufficient for when I went out (normally I'd have a pack of cigarettes).

I began searching online again.

I found a forum and the people on this forum helped me out and introduced me to what they called "mods" and "atomizers" and "e-liquid" and all kinds of crazy stuff I had never heard of.

So, I decided to learn all I could about it before I jumped in and tried it.

Now it is 4 months later (still haven't had a cigarette), and I have several "mods" and "atomizers" and "e-liquids" and I am helping others like they helped me.

Quitting smoking was easy with these things.

The battery life lasts me all day, I can still enjoy the act of "smoking", and I can now go up a flight of stairs without running out of breath.

My health has increased dramatically since I started "vaping" (as they like to call it on the internet).

My stamina/endurance is greater by leaps and bounds.

I can now TASTE and SMELL (sometimes the smell part I could deal without..)...you may think you can taste and smell even though you're smoking, but trust me...you can't.

Not until you quit can you realize how muted both of those senses actually are.

I had no idea either.

My lung capacity feels bigger when I'm swimming.

Shortness of breath is gone.

I feel like a whole different person!

Honestly, and I'll stop here since this is getting long, if you were like me and enjoyed smoking but hated killing yourself (and that's exactly what we are/were doing), then I can't recommend doing some solid research on E-Cigarettes.

They literally changed my life.

There is an abundance of people that can help you out on a plethora of forums on the internet.

Just do a search for "Electronic Cigarette Forum" and several will come up with people that will bend over backwards to keep you off of cigarettes.

The most important thing I leave you with is this:

You can't quit, unless you WANT to.

Electronic Cigarettes will make it easier for you, but YOU are the ultimate factor in your success.

Good Luck, -Danny

5/24/2013 11:25:00 AM - Matt G.

I was a fifteen year smoker and never tried any products to help me quit because I never felt like I would ever not be a smoker. I would have laughed if you told me one day I wouldn't be a smoker anymore. I tried to keep it under a pack a day but usually closer to two packs smoked a day. On a whim one day, I picked up a disposable e-cig at a gas station. I was shocked. Although that particular device didn't quite fulfill my cravings, it had opened a door I thought I would never see through. I researched and found a device I felt was more appropriate for me. As soon as I received it in the mail I gave away the half carton of cigarettes I had in the freezer and never looked back. That was almost two years ago. I have cut down my nicotine level to 6-8mg. I can breath better. I don't wake up hacking anymore. I don't stink, you don't realize how bad it smells until you don't smoke. Who knows what long term health issues i have averted because of no longer smoking. I could go on and on about the benefits but it has definnately changed my life for the better.

5/24/2013 11:27:00 AM - Sylvia, Australia

I started smoking at 18, and continued to smoke a pack a day for the next 12 years. Having lost 4 uncles and an auntie to smoking related illnesses, I knew I was playing with fire by continuing to smoke, but being without a cigarette sent me crazy with withdrawals, and I felt I would never be able to quit. I was terrified not so much of lung cancer or heart disease, but of getting COPD, and having to live ten years of my life on oxygen, struggling for breath. I made quit attempts with patches, gum and inhalers, but they didn't satisfy the cravings and in the end I always went back to cigarettes. Eventually I heard about electronic cigarettes, or personal vapourisers, and decided to try them. I continued to smoke for three months while using the ecig, and I won't say it was easy to ultimately stop completely, but the ecig smoothed the way and kept me from going back to the ciggies. I am smokefree for nearly two years now, and I couldn't have done it without electronic cigarettes. I can't remember the last time I had a craving, and I feel like I am no longer condemned to spend my last years fighting for each painful, gasping breath.

5/24/2013 11:41:00 AM - Ann-Marie Smith (Pink_Mod_Girl) Arlington, TX

I had smoked cigarettes since I was 17, and over the last 26 years I've tried to quit smoking using several different options.

(the dates may be off a little) First let me explain, I don't take prescription drugs, or over the counter drugs hardly at all, so generally if there's a side effect I'm going to feel it. First about 16 years ago I tried to quit using Zyban, I had to quit taking zyban though due to the side effect of it making me jerk awake numerous times during the evening.

After I quit using Zyban I continued not smoking until a very stressful time at work, then needed the nicotine to offset the stress.

I tried again approximately 5 years ago using a nicotine inhaler + patch combination, this worked for approximately 6 months - my hubby kept asking me how I was doing (not smoking) and my response was constantly "don't ask".

Until finally I admitted to sneaking cigarettes, at that point he asked me where mine were hidden - after I told him he took me outside where his were hidden in the BBQ grill.

About 3 years ago I tried to quit using Chantix, I was only able to quit a couple of days before I started throwing up in rush hour traffic - that was the end of that attempt and at that point I got a mental picture of myself as a little old lady on oxygen still trying to sneak cigarettes, I could see it.

I wasn't ever going to quit...Then 2 years ago a friend of mine started talking about electronic cigarettes, and how they had helped him quit smoking - at that time he was going on 2 months w/out a cig, then believe it or not, I was watching David Letterman and saw Katherine Heigl using an electronic cigarette.

I thought, well why not, I'll give it another try.

So, for my hubby's birthday we bought a large bloog kit enough for 2 people - for A DAY after getting them in the mail I smoked & used that - then the following day I quit smoking all together!!!!!

I quit smoking on 3/16/2011 only 3 days after my hubby's birthday!

This is the 1st time in the past 24 years of smoking that a) I've quit for any period of time and b) that I don't see myself smoking ever again.

Over the past 2 years we went from 24mg nicotine down to zero, back up to 12mg, I stay between 10 - 12 now and vape using a variety of devices.

I've gone from little e-cigs to shan mod, to big battery mods, VV / VW whatever - now the device has become a hobby, I enjoy immensely.

I've met so many friends through vaping ;)

And, I've tried to convince everyone I know that smokes to quit using e-cigs as well :)

5/24/2013 12:20:00 PM - Tonia Davis Kentucky

I started smoking cigarettes while in middle school,before ecigarettes came along I was up to a pack and half a day, more if the day was very stressful. I started reading, and researching about ecigarettes in the fall of 2011. I decided since i had tried everything else patches, gum, and everything else under the sun I may as well go ahead and try the ecigarette. I smoked cigarettes the half day but by the end of the night i was just using the ecig and totally went off cigarettes!

The benefits healthwise has been great for both me and myy husband who was a non smoker. Now i can breath without feeling like i am smothering and he can breathe the air easier also. I sleep better and spend so much less money now! Which is one of the best benefits besides being able to breath easier. I would not trade a single day i have used ecigs to switch back to a reg cig for anything! I just wish they had become available sooner maybe a lot of lives could have been saved by switching to them. The thought of smokers who have not switched over breaks my heart because of the ease and expense of using the ecig could benefit so many people who are struggling with health and money issues like i was before.

5/24/2013 12:29:00 PM - Christopher Prost, Massachusetts

July of 2012 my wife approached me with her desire to stop smoking. My wife asked me to do it with her for support and I agreed. A target date to start Chantix was set for September 1st. I've tried countless times and thought this was only a good idea.

Mid August I made a doctors appointment to get my prescription for Chantix. I came home from the appointment and started Chantix right away. I had to stop Chantix 2 1/2 days later. It made me sick and very depressed.

I repeatedly heard a radio commercial advertising e-cigs (very bad name which I feel makes the personal vaporizer guilty by name association to traditional cigarettes) and decided I was going to stop in their store. I had experimented in the past with personal vaporizer. I purchased a variable volt Lava Tube from Volcano but due to a lack of knowledge on how to use it, it was ineffective. I did not know how to fill the cartomizer correctly and it leaked and so on. The week before taking Chantix I was in Florida and I bought a disposable vaporizer for the car ride home. (Four kids in the car) It helped my craving for nicotine on the drive for a while. Disposables don't last very long.

My first visit to the local vape shop was an educational stop. The owner demonstrated how to use vaporizers. I purchased an Ego kit and dual coil tanks. Little did I know, I was given the freedom from traditional cigarettes. Over the course of 2-3 weeks I experimented with flavors, cartomizers, atomizers and every other little gadget. I thought it was so cool. I own a bar and didn't have to go outside anymore.

Late September 2012, I was outside my home smoking a cigarette when I looked at the cigarette and thought to myself, why the hell am I smoking this? It taste terrible and it's going to kill me and after vaping inside prior, I didn't need the cigarette. I didn't quit overnight but I did it finally! With the instructions I was given at the vape shop and experimenting , I did it! 28 years of smoking and I finally did it.

Even looking back now I am amazed that I moved away from cigarettes. Back then I was so amazed I began researching how to purchase electronic cigarettes wholesale to sell them out of my pub. What a journey it has brought me on. I am doing work for one of the manufactures. Proof reading instruction manuals, testing and naming products and I am now filming instruction videos which are going to be used in the manuals via QR codes and web links.

I have introduced countless people to electronic vaporizers. I have a number of friends and family which have kicked the habit of smoking. While selling the vaporizers at my pub I have come across scores of people which successfully stopped smoking using vaporizers.

As a retailer I am not suppose to tell people electronic vaporizers help people quit. From my personal experience I tell people they do and I tell them my story. I tell them the story of a little frail elderly lady customer I have and how she has lost one lung to smoking and how she plans on keeping her other lung while still using vaporizers.

5/24/2013 12:40:00 PM - Theresa Werder-St Louis

I smoked cigarettes for 40 years.

I'd been coughing uncontrollably for about the last year of smoking.

I went to several doctors, tried several rounds of antibiotics and other medications.

Nothing helped.

I finally went to a pulmonary specialist.

Tests confirmed that I had COPD, and my lungs were in terrible shape.

The doctor told me I HAD to quit smoking NOW, or I'd been on oxygen soon.

I'd tried the patch, gum, hypnotists, and quitting cold turkey, in the past.

Nothing had worked.

This time I tried the electronic cigarette.

After a few days I quit coughing, I could walk further without getting out of breath.

My doctor was happy with the solution.

He doesn't believe electronic cigarettes are any worse than the patch or gum, and that nicotine itself is no more harmful than caffeine.

It's just the burning vegetation that is harmful with cigarette smoking.

I will be smoke free for 2 years this August 8th.

I have not smoked even ONE cigarette since that day.

Theresa

5/24/2013 12:45:00 PM - Dargan Richards

I quit smoking after 52 years in one afternoon, using an e- cigarette.

I really didn't intend to quit; I just wanted to have an alternative for occasional use. The ease of giving up cigarettes and the pleasure of having a smoke-free, smell-free substitute (that actually tastes good) surprised me. It still surprises me, after almost three years, that it was so easy.

I am grateful that the shortness of breath that concerned me when I was smoking has disappeared, and that I did not have to give up nicotine. The incidence of dementia in my family and the evidence of nicotine's beneficial effects made me rather fearful of giving it up. Thanks to this marvelous technology, I didn't have to.

5/24/2013 12:55:00 PM - Female E-Cig User

I started smoking at eighteen to rebel. Soon it became a pleasurable and relaxing habit. I enjoyed smoking! But I knew it wasn't good for me.

At thirty, I quit cold turkey. Lasted six months, enduring daily fits of nerves, restlessness, and even panic attacks. I decided that smoking was the lesser evil and took it up again. But I continued to worry about the long-term health effects.

I tried nicotine gum and nicotine patches. Neither addressed my restlessness and fidgetiness. Trying to compensate, I used to go overboard with the gum and get the nicotine shakes. Ugly. When I started lighting up despite having a patch on my arm, I knew these products weren't working for me. I went back to smoking. And worrying about the long-term health effects.

Enter e-cigarettes.

I found out about these amazing devices on the internet a few years after the nicotine gum/patch fiasco. Ordered one and started vaping. A miracle! This feels like smoking! It took me a while to get off my "analog" cigarettes completely, as I had to find the combination of device and juice that works best for me--a trial and error process that many new "vapers" go through--but now I'm sitting here with my Joye 510 + low-resistance atomizer + ECOvape Rich e-liquid, and I haven't had a "real" cigarette in more than two years. I'm pretty sure I never will again.

E-cigarettes have it all: the nicotine, the "business" of refilling the e-cig, the little pouch of kit to carry around with me, the pleasure of leaning back and blowing clouds of "smoke." Without the long-term health impact of tar and other carcinogens.

I love smoking. I mean vaping. And I will never quit. Nor am I trying to taper my nicotine consumption. I am a happy user of high-nicotine liquid and plan to stay that way.

Let me explain.

I believe that nicotine makes me a stabler, calmer, nicer person. It regulates my anxiety issues and just plain makes me feel better. It may be a vice but so what? In this world vices are a near-universal coping strategy. Some people drink coffee, some people drink alcohol, some eat chocolate. I vape nicotine. My habit harms no one, including me, and contributes to the economy.

Regulate my US suppliers out of business, and I'll just switch to buying direct from China.

5/24/2013 12:59:00 PM - Marlene Loving

My husband I both have smoked for many years, we both tried the ecigarette that has changed our smoking habits drastically. I smoked 1 to 1 1/2 packs a day my husband 3 to 3 1/2 packs a day. I started with 18 mg of nicotine and in 2 months went down to 0 nicotine. I kept using the ecigarette because i did not replace my habit with eating like in the past to gain a huge amount of weight.

My husband uses 24 mg nicotine and he has been completely smoke free for going on 4 months. I have slipped a couple of times during some stressful times. Our house, and cloths are clean smelling. We both started using the ecigarette mostly due to the cost of smoking cigarettes had gotten totally out of hand.

5/24/2013 1:50:00 PM - Randy Fox

Dear representative,

My name is Randy Fox. I

5/24/2013 2:15:00 PM - James R Forgione Jr from Bullhead City, AZ

As a smoker of 25+ years I can honestly say that electronic cigarettes have absolutely aided me in quitting smoking cigarettes. In March 2013 I decided to try the Blu Brand electronic cigarettes. The next day I smoked my last cigarette and have not desired to purchase another. When I first began I was using 18mg strength nicotine level e-cigarettes. Since then I have decreased that level to 6mg. I had tried to quit many times in the past "cold turkey" for various lengths of time and always ended up coming back to cigaretees and usually at an increased rate. Other methods (patches, gum) did not appeal to me since they did not adress the habititual parts of smoking. The act of bringing the cigarette to your mouth and the sensation of the smoke hitting the throat are all part of the habit. Patches and gum cannot provide this. Since switching I have noticed many benfits as well. I can breath better (I can actually breath through my nose!!), better sense of taste and smell. I dont smell like smoke anymore. I have more time in my day due to fact that I dont have to schedule everything around finding time and a place to smoke. I dont have to go outside my house to smoke in the extreme climate I live in. I dont see myself returning to traditional cigarettes as long as the electronics are available and I see that as a good thing. If were all as serious about helping people quit as we say we are then I think most people would agree. Thank you for your time.

5/24/2013 2:31:00 PM - An ex-smoker

I only smoked about 7 cigarettes per day, but I did that for over 27 years.

I never tried to quit, never had any intention of quitting, and had no plans to ever stop smoking.

I liked smoking.

It was a very important part of my life.

It gave me an opportunity to get away for a few minutes, to take a break, to be alone with my thoughts, to regroup and prepare to face the next challenge.

The only real problem I was aware of was that my wife wanted me to quit.

She would always complain that I smelled bad after having a cigarette.

So while I didn

5/24/2013 3:34:00 PM - T.J. Lewis (tj99959) from Utah

I guess I was about nine years old when I figured out that if I swiped one of my fathers cigarettes I could make the throat ticks go away (Tourette's). That was in 1949. So for the next 50+ years I found myself addicted to cigarette smoking, and could not find any solution to the addiction that worked. The patch created skin rashes that were unbearable, the oral NRT's caused stomach ulcers, the mind altering drugs like Welbutrin and Chantex caused thoughts of self destruction. So none of these were a viable option to smoking, I just found the 'cure to be worse than the problem'.

At the age of 69 a friend introduced me to electronic cigarettes, and I found the transition to be completely seamless. On April 1st 2011 I was a smoker, on April 2nd 2011 I was not. In the 2+ years that I have been using electronic cigarettes instead of smoking my A1C readings have gone down. Cholesterol readings have shown like improvements. Blood pressure readings are far better than before.

In the past 2+ years I have not had a single cold or flu. The chronic bronchitis is completely gone. I guess there really is a reason that they atomize PG into the ventilation systems of many hospitals and clinics to reduce airborne virus and bacteria. As a smoker I had reached that point where a simple cold was a life threatening problem often leading to hospitalization. Thanks to electronic cigarettes those days are past.

I am now 72 years old, and overall my quality of life is vastly improved by not smoking. The electronic cigarette made that possible. Maybe I'll even get to stick around for another decade or two.

tj

5/24/2013 3:53:00 PM - RelativeBewt

I smoked about a pack of tobacco cigarettes a day since i was 16 years old, i am 22 now. about a year ago i heard of a certain brand of electronic cigarettes so i bought a starter kit and was successful in quitting for about a month and then fell back into cigarettes. i thought i wanted to quit but while using my ecig i quickly found out i wasnt ready. well here we are in the present, and im totally committed to quitting and here my friend is with an ego-type ecig. i bought a starter kit on april 18th of 2013 and i have been completely 100% cigarette free since i got it out of the box. the day i wrote this article is 5/24/2013. i have seen my health improve dramatically and i will never smoke another tobacco cigarette again.

5/24/2013 7:28:00 PM - Karen Munroe (Canada)

I have smoked a pack or more a day of cigarettes for over 46 years.

When I started smoking at age 12 - it was the cool thing that all the grownups did. I wanted to be a grownup. At that time I do not believe anyone really thought it was bad for you. My parents smoked, all my Aunts and Uncles smoked and at that time my friends were also starting to smoke.

Over the next 46 years cigarettes were my crutch when I was stressed, my reward for a job done well and my relief when finally able to relax.

I only every attempted to quit once at age 20 - and that was "cold turkey" that lasted only 3 days and any time I even though about quitting after that - I became extremely anxious, irritated and actually ended up smoking even more.

Just the thought of quitting cause me to become depressed and unable to function in day to day life.

A friend brought home an e-cig from Vegas 4 years ago that he allowed me to try - it was ok but at the time I was not too interested. I think my biggest concern was how to replace the cartridges and there is no way I would want to run out. I gave no more thought to using one until I read a lengthy thread on a travel forum about using e-cigs in the spring of 2012. The testimonials of those using them actually got me interested.

I then spotted two ladies using an e-cig outside of our local casino in the summer of 2012 - asked them a few questions and the interest grew again. Since I retired in 2010 with more time and fewer restrictions on my smoking - I found my pack a day (PAD) increasing to 1 1/2 PAD and I thought that maybe using an e-cig would help me to "cut down" on my smoking.

I did a little research looking for something that was as close to an actual cigarette as I could and ordered a Colibri Nano and some extra cartridges and a bottle of ejuice to use to refill - since I knew it would not work for me if I ran out. Once my kit arrived on Oct 31, 2012 I actually reduced my cigarettes to 3/4 a day. I continued to research and one day found ECF (Electronic Cigarette Forum). I then spent the next two weeks reading and reading some more. Finally ordered a kit with 2 eGo Twists, some clearomizers and some 18mg nicotine ejuice since the 6mg I started with was not quite enough. At this point I was down to just 1 cigarette at day.

Imagine not only my surprise, but that of my husband, children, grandchildren and friends when after receiving my Twists on Nov 21, 2012 I just quit smoking.

At this point it is now six month since I quit and I don't crave one, I am not agitated, irritated or depressed.

This has been an truly amazing life experience. I no longer smell like cigarette smoke, my home no longer smells like cigarette smoke. My husband no longer breathes my second hand cigarette smoke. I am sleeping better and have gained very little weight (5 lbs) as a result of quitting.

Since I started using an e-cig and have shown family and friends that it actually can work, two of my sons and my best friend are now also trying e-cigarettes. In fact one of my sons best friends is also trying one now. Will they quit - well I am not sure. However, even if they just manage to reduce their smoking it is great that they are trying. If they are like me - they will find that they enjoy the e-cig more and eventually it will lead them to quitting to.

So I am now down to 8-10 mg nicotine and may or may not reduce this further. Is vaping safe - well I guess we don't really know for sure, but it appears to be much safer than smoking and I was planning to keep on smoking. So I will continue to vape and I do hope one day it can be proved to be a safe way for people to quit smoking.

5/24/2013 11:39:00 PM - Nate M.

I began smoking cigarettes at the tender, young age of 12 years. My parents were smokers, and the natural progression of tobacco addiction took place. I smoked ciggies until November 2012, for a total of 25 years.

I smoked for many reasons, but the most important and somehow ridiculous reason is simply that I didn't know what actual clean breathing felt like. Even when I was a child, I was around smoking, so it's safe to say that I was smoking even when i was not smoking, and thus I never really had a chance to use my cardiovascular system to it's potential. I never realized just how much clear, free breathing would do for me in nearly EVERY aspect of my life.

When i was trucking, all I did was smoke. 1-2 packs per day, easily. When I was dragged into vaping (kicking and screaming the whole way), I was annoyed at having to keep this e-cig with my real cigs, cuz it was in the way. Two weeks later, I was choosing the vaporizer as much as I was using an analog cig. One and one-half months after that, I came to my last cig in my last pack that I had purchased a few days earlier. I chose not to smoke it, broke and tossed it in the trash, and have never looked back. No smokes, no tobacco, and a third or fourth chance at life ;).

So here I am, 8 months later, working for the very man who practically shoved a personal vaporizer down my throat doing promotions for our company. My approach to this business is as follows: TO HELP PEOPLE REALIZE THAT THERE IS ANOTHER WAY TO ENJOY SMOKING WITH LITTLE TO NO SIDE EFFECTS. Being able to breathe has helped me to lose weight, play with my kids at their energy level, and accomplish simple tasks I did not know were hindered by my smoking. I feel good, I look good, I smell good, and most importantly, I'm alive like I have never been, all thanks to vaping.

Nate M - Utah

5/25/2013 3:25:00 AM - Pam Duncan (Bellevue, WA)

I started smoking when I was 18 and am now in my mid fifties.

I stopped smoking once, when I was pregnant but actually an not sure what was more important for me to get to the 9th month - having my daughter or being able to smoke again.

You see, it was just the nicotine, although people yell loudly about how addictive it is, what was my biggest addition was, as I can to learn, the whole oral obsession to a cigarette.

I really looked forward to opening a new pack, handling the cigarette, lighting it and then the actions while smoking.

While I had favorite places (those they tell you to stay away from when quitting) where I liked to smoke I liked to smoke anywhere because of the mechanical act of smoking itself.

And I wanted to stop.

Of course I never smoked in the house, in the car or near my daughter but that was not enough to get me to stop.

I would rather sit on the back porch huddled in a snowsuit with a space heater at midnight in a northwestern winter to smoke rather then give it up and get in a nice warm bed.

Oh, I tried to stop and other than being pregnant nothing worked and you can't stay pregnant forever. I tried it all.

Cold Turkey, cutting down, antidepressants, nicotine gum, nicotine patches, hypnosis, chantix, seemed like everything but anesthesia detox (which they don't do for a smoking addition so don't get excited), nothing worked.

At the most maybe they worked for a day (except for Chantix which said I could smoke for a week.. ha ha I just kept right on and it did not have any impact on my smoking)or possibly 2.

I think hypnosis got me through 2 days but I think that was because it cost so much I could not afford a pack of cigarettes for 2 days.

I know people shake their heads at this and think either I am a very weak individual, totally in denial or very ignorant of the facts about smoking.

None of that is true.

I knew that all and then some and still could not stop because part of me liked smoking so much the part of me that knew the bad side just flat lost the war.

I think a person who is able to successfully stop smoking is one that is only addicted to nicotine, and not the mechanical aspect of smoking.

Nicotine is hard to kick but once the drug is out of the system the jagging for nicotine stops.

I have gotten over the absence of nicotine many times but the mechanical aspects had me itching to inhale smoke, see it being exhaled, (so flipping a pencil between my fingers or turning tn a pencil beaver wa not helping) - I was looking around for that constantly.

Then I discovered e-cigarettes.

My first exposure was not very satisfying but I think that was due to the product itself, but a little insight crept in there.

It did keep me away from the cigarettes some because it was an alternative where I could do everything with it that I could a cigarette without inhaling the poisons in them and exhaling them into the world to bother everyone else.

Like I said it was not a great experience but for a while it did cut me down from 2 packs a day to 1.

Didn't save me any money as the e-cig I was using cost the same as a pack of cigarette but really how many of us quit because its costs too much.

If we don't have the money for them that might be a forced quit but I don't know many smokers that get excited when a non smoker points out what they could be getting if they did not waste money on cigarettes.

It does not fly far because for many, smoking is not just a habit but a hobby.

Then the e-cigarettes I was getting (these were disposable over the counter convenience store ones) went up in price and once they cost more than a pack of cigarettes I started thinking of what I could save by not using the e-cigarette and went back to the standard tobacco cigarette.

About this time in my life my mother had come to live with us and yes, she too, is a smoker.

She is also on a limited retirement budget and really could not afford to keep herself in cigarettes and was being slowly forced to quit because she could not pay for them. In her attempt to not be forced to quit she started dragging me to smoke shops, head

shops and tobacco stores looking for an elusive brand of cigars that she had once smoked that looked like cigarettes in brown paper, came in a cigarette pack and had a cigarette filter on it but could not be taxed like a cigarette and cost her about a third of what a standard pack would... she was back to smoking as normal and could afford it.

I have to tell about om because of where it lead; so here I was stopping at the soke store everyday to get her 2 packs of cigars posing as cigarettes (or cigarettes posing as cigars - not sure about that yet) and given that they also sold my brand a few cents cheaper then the gas station and had enough promotions from the tobacco companies that it was pretty frequent that I would get them "on sale" (something that a gas station rarely sees).

You can imagine how quickly I got to be a well known customer to the owner - heck he had to keep cartons in stock to keep up with me.

One day, out of the blue he started teasing me about smoking too much.

Spending too much on cigarettes, not that he cared about that as I was spending it in his store, but he really, really did not like me smoking as much as I did.

I finally told him that I knew I smoked to much, I knew it all but I really liked smoking (basically hoping he would just stop, sell me the cigarettes, make his profit and go on).

Instead, when he heard that, he insisted on showing me something.

When I saw him heading to the e-cigarette counter I was pretty much "been there, done that, won't do it for me".

He finally opened up a starter kit -a

very cheap one.. so cheap it came in a bubble pack, got a bottle of sample e-juice he had, set it up and told me if I did not like it he would not make me buy it.

Hey, fair deal.

So I did.

Let's just say I was blown away.

Blown away in the billow of vapor I got.

There is what a cigarette had that the other one I tried had not , I could really inhale vapor, and exhale it.

Granted the other one I tried looked and felt (bit heavier) like a real cigarette and this one reminded me of a small flashlight you put on your keychain, but I was tasting flavor and having all this great vapor that felt like smoke.

I bought it and some juice to go with it.

Of course, the juice had nicotine in it and while nicotine is addictive I was already addicted to it - he has a lot fewer health risks then all the other gunk and crap that gets into you along with the tar from a regular cigarette.

I was not 100% that this flashing like thing was going to associate well enough with a cigarette that I would be happy with the mechanics but I took it home anyway.

Day 1 - smoked cigarettes while the battery for the e-cig had to do its initial charging of 4 hours.

No big deal on this.

Had the two packs I bought that day and was proceeding as normal.

Funny thing was, though, after it charged up and I got the stuff assembled and the juice inside and started using it my open pack of cigarettes (normal a HUGE) temptation in my life went untouched.

I should add here that thi8s e-cig battery was what they call a manual one - I had to push a button to activate it - the other I had tried activated the vaporizer when you inhaled.

This did make a difference because it kept my hands (or hand) involved pushing the button when it came to my mouth.

Oh Wait!

New mechanical actions... could this replace the old one?

Day 2 - yup I smoked some cigarette - the other half of the pack from the day before while my new toy was charging.

i actually had it charging next to my computer and found myself getting frustrated it was not charging faster.

Day 3 - I went back and bought a second little kit because I wanted to have a battery charged when the other one ran out.

Its all been about e-cigs since then.

I did purchase a good personal vaporizer that looked land felt like a real cigarette a few weeks later because at the time I wasn't sure how I looked in public sucking on a flashlight and was not sure how the authorities would view it (or know it was not elicit substances even if our state has legalized it). I rarely use them now except in a brand

new social situation until people learn that I 'vape' not smoke and then I am usually sucking on a flashlight so to speak!

Remember back on day one when I mentioned being okay cause I have bought 2 packs of cigarettes anyway in case the e-cig was a waste of time, and then used half one day and the other half the next during battery charged times?

Where, you should then ask is that second pack?

Well, its right here in the drawer, never opened and just a reminder of how far my new 'hobby' with e-cigs has brought me.

Sure, I am still imbibing nicotine (although I have lowered it down to way more the half what I was doing with smoking).

I don't have high blood pressure and while it may possibly put me at a higher risk for stroke I was headed that way with more then getting nicotine in my body with regular cigarettes.

Medically, well my chest films have cleared and my breathing has so improved that so has my ability to exercise which had the benefit of lowering my AC1

down below nondiabetic levels and currently I am not using any medication and eating a normal non-diabetic diet (to be sure I still check my blood sugar but there is nos sight of the diabetes presently).

Thats me of curse, I can't and won't promise outcomes like this for everyone but if you stop and think a bit it makes sense.

My doctor told me that he wanted that cigarette out of my mouth.

He did not really care too much about the nicotine (his idea was the patch - always the patch) and to get me off was always there with another way to get nicotine.

If I fund an alternative that made me happy and got me away from thunderous amounts of tar and something like 60 known carcinogens he was basically a 'happy camper'.

His experience with me has actually lead him to suggest it to a few patients that really need off the smoking and just can't put that cigarette done.

Totally anecdotal I know but in every case he says the substitution has worked.

It may not be the healthiest alternative to smoking because of the nicotine but considering nicotine patches and gum are considered healthy alternatives to smoking, for me I consider it is.

The fact that here is something a almost 40 year smoker has used to get off cigarettes in less than 3 days.

This is a miracle.

This is something that if enough people get enough education about it and are supportive of vapers, and the basic e-cigs are readily available without maxing out taxes so only the wealthy can buy them, you could see smokers disappear.

Some would quite entirely through other methods that work for some now, some would have e-cigs as another along with gums and patches and drugs, and the rest that, like me, can have a viable alternative where all they add to the environment is water vapor.

The only problem I see with this ever being an answer and an acceptable alternative, a healthier alternative is the tobacco companies.

No matter how much lib service in recent years they have paid to the whole 'anti-smoking' campaigns they spend 10 times the amount to keep selling their product.

They really did nothing to stop me but everything - except keep a handle on the cost - to get me to quit.

If you take a good look at what is

behind some of the misinformation about e-cigs and the rampant push to tax them through the ceiling - scratch the bottom and you see the tobacco companies stamp on the bottom?

So why would they bother?

Because they see, where I do, that e-cigs could totally replace tobacco cigarettes.

How to prevent that - its called talking to the pocketbook.

If they can get e-cigs taxed and regulated past the pint where there are - tobacco cigarettes become the less expensive 'money saving' alternative.

We don't want to go there.

5/25/2013 3:56:00 AM - Scott K

As a 2-pack/day cigarette smoker of over 20 years, I recently tried "e-cigarettes" after reading two articles in "The Economist" magazine: http://www.economist.com/news/leaders/21573986-world-should-welcome-electronic-cigarette-no-smoke-why-fire and

http://www.economist.com/news/business/21573985-challenge-big-tobacco-vape-em-if-you-got-em ...from their March 23 Print Edition.

I wasn't trying to quit (never really tried in the past), but thought they may offer an alternative when staying in hotels, so I did some research and picked a couple brands to try.

It has been over two months since I first tried them, and I have had 4 tobacco cigarettes in that time.

Those 4 were only because I was in [EU] airport Smoking Lounges and figured that if I had to use my vapor device in the same fishbowl as tobacco smokers to avoid attention and potential delays, I might as well have an "analog" one, too.

That's part of the irony of some proposed legislation, such as that in my state of CA:

equating vaping with tobacco smoking would take me from a much healthier path away from tobacco back into areas with second hand smoke at a minimum, and probably right back to tobacco in the more likely scenario.

After switching to the vapor approach, I already have felt most all the benefits of quitting smoking:

no cough, better energy and sleep, better senses of smell and taste, no foul odor on my person or clothing, etc.

I have also reduced the nicotine level of the vapor already as well.

I have had zero negative effects.

The only doctor I have consulted so far was my Ophthalmologist, who was ecstatic with my decision and progress.

I'll see my GP in a couple months and expect he, too, will be happy to see/hear that my Smoker's Cough is gone (this happened surprisingly fast), and probably some benefits he will notice that I do not.

I also quickly moved from "e-cigarettes" to a more customized personal vaporizer setup that looks nothing like a cigarette and could not be confused with one.

My setup would be considered a "mod" in the vaping community.

I of course believe in tough restrictions against minors purchasing nicotine and other efforts to curb tobacco use, but bills such as CA SB 648 simply go way too far without supporting research, and yet could set dangerous precedents.

I don't ask that the FDA or legislators support or promote personal vaporizers, but that they let adults who are reducing the risk and harm from tobacco using natural and approved components to continue to do so freely and openly.

5/25/2013 4:40:00 AM - Kenyi Hdez (@KenyiHdez) from Costa Rica

I smoked to about 20 years 20 cigs per day. I tried many methods for quitting tobacco with no effects. Cold turkey, nicotine patches, medical therapy, hypnosis and Chanpix. Each method has its secondary effects. None of them works on me for a long period. My blood cholesterol and triglycerides was so high, my doctor recommend me to stop smoking. Also my wife got pregnant, I was worried about second hand smoke an the effects on my baby. I started vaping with disposables and then eGo style batteries. It was so easy for me to make the switch, It took w one day, it was like changing the brand of my cigs. I will never look barck. My blood tests normal, now. I am feelings better every day

5/25/2013 6:50:00 AM - Peter Stigaard, Denmark

I started smoking at the age of 16, and that is now 26 years ago. I used to smoke between 15 and 20 cigarettes a day - and had done so all 26 years. For the last 3-4 years I've been trying to quit smoking, with the "help" of chewing gum, lozenges, patches, mist-sprays and inhalators containing nicotine - but none of these products worked for me. They only drained my wallet, and left me with the feeling of being stupid, as to believe that my craving for nicotine could be stopped that "easy". Desperate to kick the habit, I went to my GP, since I had heard of a new wonder drug, Zyban, that would "tell your brain" that you didn't need nicotine. I had been on Zyban for about 1_ weeks, when my family, friends and colleagues started to notice some drastic changes in my behaviour - I seemed "distant" and not at all focused, and all I really wanted was to sleep, and never wake up again. My family convinced me to see the doctor once more, and he told me to get off Zyban. I was left with the notion, that I would never quit smoking, and convinced myself that cigarettes couldn't be that bad - otherwise the government would have banned them years ago. My health was more or less OK, but I feared that my life could end prematurely, unless I stopped smoking. I used to wake up at night, crawing for a cigarette, and the first thing I did in the morning, was light up the first (or second) cigarette of the day. In early February 2013, I heard of the e-cigarette - and immediately started roaming the internet for more information. I had seen the cigarette-look-a-likes that was sold in the supermarkets, and I also bought one of them to try 6 months earlier - but they were such low quality and bad in use, that I threw it in the bin, and dismissed them as a way for me to quit smoking. My roaming the internet, led me to buy the first starter set, 2 batteries and 2 clearomizers - and since the sale of e-liquid containing nicotine is prohibited in Denmark, I ordered my first "batch" from England. On the 9th of February, on day one of vaping, I smoked my last cigarette, and I haven't smoked since - and I don't think I ever will again. "Unfortunately" one of the side-effects of stopping smoking, is an improved sense of smell - and suddenly I could smell how I used to smell, when I was smoking. I felt sorry for my family, that they had had to put up with me and my smell for so many years. A smell that I didn't realise was that bad. The good morning and good night kisses I sometimes didn't get, could that somehow have been because of me smoking?

Of course, a better sense of smell and taste is a good thing, and I don't need to put salt on my food as often as I did before. Food tastes better, my overall health has improved drastically. I've joined a gym, since I don't get shortness of breath when exercising anymore. My craving for sweets has diminished - since the e-liquid I use tastes like chocolate, coffee or liquorice. When I started vaping, the first e-liquids I used tasted like, or tried in vane to taste like tobacco - but why use the tobacco taste/flavour, when they reminded me so of the product I was trying to "escape"? I can now sit among my friends - none of them feel bothered by me vaping. Our home doesn't smell like the inside of an ashtray - in fact on day three of vaping I cleaned the entire house, washed all the drapes

and all of my clothes, and started washing down the walls and windows - just to get rid of the smell... I have more energy, sleep a lot better, I'm a more enjoyable and positive person to be around. I don't feel like a five year old child, being told what to do and what not to do, as I did when I was smoking (being told to stand outside to smoke, and feeling guilty when leaving a party to have a cigarette) I still enjoy the nicotine - I don't regard myself as being a smoker - but a vaper. I made the switch from cigarettes to vaping, and I urge every smoker to do the same. Vaping should be widely accessible as a consumer product, and NOT be classified as a tobacco or medicinal product, since

the e-liquids doesn't contain tobacco and since vaping doesn't claim to cure anything. Vaping as I see it, is not a decease - and therefore doesn't need a cure. Vaping should be seen in the same light at having a cup of coffee or enjoying a piece of chocolate. Nicotine should be classified as a consumer product, in the same category as caffeine (coffee, tea, cola, energy drinks) or theobromine (cocoa) - since it gives the same relief and feeling. I have a hard time believing, that the legislators can't see (or won't see) all the benefits and potential savings there would be, by keeping e-cigs/vaping free from heavy regulations. The only thing certain is, that heavy regulation means more people continue smoking. I urge politicians to make sensible choices, get information about vaping before passing the sentence: "Guilty until proven innocent". Give people the free choice, to choose for themselves if they want to live longer, have better quality of life - by switching from cigarettes to vaping ... I made the switch - will you?

5/25/2013 8:47:00 AM - Lise Kristin (Lisekristin), from Oslo, Norway

Started smoking at the age of 16, and smoked normally a package per day (20 cigarettes), more in the weekends. I had tried to quit smoking since eraly in my 30-ies using both Zuban medication, nicotin patches, nicotin gums, reading

Alan Carr's book - nothing made me stop for more than 3-4 weeks. Late April 2012, I suffered a minor heart attack. I realized that I HAD to stop smoking, and for 4 weeks the heart attack after-effects made me reduce the smoking to 2-3 per day. But slowly the amount of cig's increased - even if I used snus also.

November 2012 I came across an add on the interent for e-cigarettes. I google'd this - and ended up with my first starter kit. It was a cheap "look-a-like" of bad quality, but I still felt it like an overwhelming experience. It covered all my fysical and psycic smoking needs!

I held it like a cig, was given nicotine,could inhale and blow out, could watch the vape cloud slowly vaporize and the comfort of it made me realize that this product was the rigth for me. Took me 1,5 months - I found better batteries and

cartridges. And in January 2013 I tossed my last package of cig's away and never touched a cigarette nor snus since then! 4 months now, only vaping! E-cigarettes

is in my humble oppinion a fantastic way of harm reduction for smokers having problems with quitting tobacco products! Regards from "happy-vapor" Lise

5/25/2013 2:33:00 PM - BradP from MN

I started smoking in 1968 at the age of 13. I tried to quit several times over the years, but never lost the nagging urge to start again. Nicotine gum helped some, but it upset my stomach, and it never helped me feel remotely "normal". I lost my mother, father, father-in-law and several friends and relatives to smoking-related illnesses, but this never seemed to deter me - I had come to the conclusion that I was a smoker, and that was that.

I'd never had any notable health issues from smoking, but in late 2008 my state mandated fire-safe cigarettes, and several months later I developed a persistent cough and congestion. Perhaps this was a coincidence, but I will never be sure.

I still didn't really want to quit smoking, but knew that something had to change.

In the fall of 2009, a friend showed me an electronic cigar he had bought.

I'd never heard of such a thing, but found it intriguing, though I never cared much for cigars. This prompted me to do some research to see if there was an equivalent for a cigarette.

I found a wealth of information, and decided to order a kit.

As soon as I tried it, I was convinced that it just might work. I decided to use the e-cigarette and to only have a real one when I felt I absolutely needed it, which was only a few times a day.

On the 5th day, I never got around to lighting up, and I have not had a cigarette since November 10, 2009.

About 3 months after I switched to the e-cigarette, I decided to try a real cigarette, just to see if I was really done with them.

I couldn't finish 2 puffs - it was beyond disgusting.

This was nothing short of a miracle to me, as in the past, that first drag was always the best thing since sliced bread, and it would draw me back in immediately.

As e-cigarettes have become more popular, they have stirred up a great deal of controversy.

Many so-called experts claim to not know if they are safe, or what is in them, or refuse to acknowledge that e-cigarettes might have enormous potential to get smokers to quit inhaling smoke.

I don't claim to be an expert, but here's what I do know after 3 1/2 years of using them:

- The e-cigarette enabled me to quit smoking when nothing else I'd tried worked - The e-cigarette made me find tobacco cigarettes completely unappealing - My persistent cough and congestion disappeared quickly after switching to the e-cigarette - I soon regained my senses of smell and taste after switching to the e-cigarette.

I can now tell if a smoker has been in the elevator within the last 15 minutes, and it stinks. On the other hand, my garden smells amazing in the summer now. - I had been plagued by migraine headaches for about 7 years, and they disappeared soon after switching to the e-cigarette - My dentist and periodontist have been very pleased with the improvements in my teeth and gums - I have more energy and stamina now - I often take 85 stairs up to my office rather than using the elevator, and now find it much easier to do yard work, snow shoveling, etc. - I sleep better, and am not all clogged up anymore when I wake up - I smell better - Friends and colleagues tell me I look better - I have had 2 relatively minor colds in the past 3.5 years - no other illnesses - I was able to tailor the nicotine strength to my needs, and now have cut it by 75% from where I started. This flexibility was an important key to me, as it finally put me in control. - The only negative side-effect I encountered was dryness in the mouth and throat, which I solved by drinking more water.

These are facts, not conjecture or theory or propaganda.

The other thing I know is that my story is far from unusual - I have seen it repeated thousands of times. My only regret about the e-cigarette is that I did not discover it earlier. It has changed my life profoundly, and perhaps saved it.

I can only speculate about the motives of those who are so vehemently opposed or closed-minded to the e-cigarette, but the only conclusion I can draw is that greed is what must be driving them.

Smokers were in a box, an easy target for regressive taxation, unsuccessful but profitable lather-rinse-repeat smoking cessation methods, and medications for related illnesses. I believe that the e-cigarette has created an escape hole in that box, and these people don't like it one bit.

5/25/2013 3:24:00 PM - Molly - Connecticut, USA

16 year old me was kind of an idiot. 22 year old me is less so.

I started smoking on the cross country trails behind my high school with my idiot friends. Not from them pressuring me or telling me I would be cool, but because I had issues and was rebellious and depressed and didn't care about myself. Over the last six years, I have quit on and off, for a few months at a time, A big part of that was that I just never wanted to quit. Despite everything, let's be real. I just like smoking cigarettes. I like the simple habit of it, the easy "do this, then do that". So little of my life is uncomplicated, smoking is like the control in a scientific experiment. Too bad it'll kill me, that I am hopelessly addicted to nicotine now, and I am constantly bombarded on all sides by guilt trips and dirty looks.

Fast forwarding through six crazy, depressed, amazing, angry, scary, roller coaster years of wonder and disappointment. A few weeks ago, after having lost the job I love due to "hey, we're closing your office in a week, sorry", I found myself stuck in bed with a paralyzingly painful illness and out of my beloved coffin nails. What's a girl to do, when she needs the one thing her roommates refuse to pick up for her? Well, my roommates are great and care about me, for all my faults. During a gas station run, one of them got a cheap Logic e cigarette for me. Without having to move from my bed of pain to go outside, or abuse my tonsillitis-ridden throat with smoke, I was able to perform my habit of "put to lips, inhale, put down, exhale". I got my nicotine fix.

Being bed-ridden for 9 days, completely unable to move without pain beyond all belief, gave me a lot of time to do some serious googling on ecigs. It is now 13 days since I first used an ecig. I have smoked about 3 "analog" cigarettes in that time, and they are my reward after a good heavy lifting session. I now own variable voltage batteries, Pyrex tanks, and a slew of different delicious 12mg/ml eliquids.

16 year old me smoked more than a pack a day. 22 year old me smoked 1/3 pack a day. 22 year old, 5 month and some day old me smokes three cigarettes a week.

I bet that 23 year old me will smoke one cigarette a month. Maybe 25 year old me will smoke just one cigarette a year. It may not be a perfect solution, but I'll take it.

5/25/2013 3:46:00 PM - Glen Appleton

I started smoking cigarettes when I was about 13 years old, just like most of my peers in the late 70's.

By the time I was in high school, I was smoking about pack a day and was pretty much hooked, even though most of my friends at that time were non-smokers.

For me, the "cool" aspect of smoking faded fast, but it seemed to help with my attention problems (A.D.D.) and allowed me to concentrate, focus, and generally cope, so I continued with the habit.

Over the ~33 year period that I smoked, I had been able to quit (pause, actually) for months or even years at a time, but I always ended up coming back to smoking.

In June of 2007, my mother was diagnosed with late stage lung cancer, and she passed away in Hospice care on December 1st of that same year.

One might think that this would be a wakeup call to quit, but for me, it was not.

My final attempt to quit using the method I preferred (cold turkey) lasted all of about 3 days, and then I finally resigned myself to quit quitting.

I was a smoker; a social outcast who cared little about what I was doing to my health, and I was at peace with that.

Or so I thought...

If early February of 2012, I received a phone call from my brother (also a smoker) who happened upon an electronic cigarette store in his area.

He purchased a starter kit and immediately saw the potential in this new technology, so he called me and sold me on the idea.

I purchased the same kit that my brother was using (from the same vendor), and a new chapter in my life began.

Right from the start, I enjoyed using the electronic cigarette kit that I had purchased, but I still was not convinced that I would be able to quit traditional cigarettes completely.

Over the course of about 10 days, I quickly reduced my cigarette consumption of a pack a day and replaced them with the electronic cigarette until I no longer had the desire to light up and burn tobacco.

I am what you might call an "accidental quitter" of combustible tobacco products, and I'm certain that I can abstain from traditional cigarettes as long as electronic cigarettes are available and affordable.

Along with the kit, which was a 901-T (stick battery, cigarette look alike), I purchased 4 different flavors of nicotine liquid to try, all at 18mg strength (1.8% nicotine by volume).

I found that I didn't like the tobacco flavored liquids, and instead preferred the desert, coffee, and fruit flavors.

I have no doubt that the flavors I preferred helped me disassociate nicotine use with smoking traditional cigarettes, and the break in that association was key to successfully quitting smoking for me.

Since my introduction to e-cigarettes using the kit, I have since moved on to eGo Twist setups and advanced personal vaporizers (mods), with various liquid delivery methods.

Each step in the "evolution" into the world of vaping has improved the experience and reinforced my ability to stay away from combustible tobacco products.

In fact, there were a couple of times when I was out with friends at a bar and I tried real smoking again, but each time I found it rather disgusting (for lack of a better word).

After one or two drags off of a traditional cigarette, my chest feels tight, my throat is irritated, and it's easy to realize that smoking is no longer a pleasurable experience at all.

After 15+ months of vaping and not smoking, I've seen substantial improvements in my overall health, senses, and energy levels.

I can now climb several flights of stairs without being at all out of breath, my sense of taste and smell have returned, and I sleep better at night, waking up more refreshed each morning.

And, unlike my previous attempts to quit cold turkey, I have not gained any additional weight.

I used to be resigned to bad health and dying of cancer early before my time, but I am now much more hopeful and I am taking steps to further improve quality of my life in multiple areas.

In summary:

I had no intention of quitting smoking, but I did it anyway; my A.D.D. symptoms are controlled by continued use of nicotine in a much safer delivery method; my overall health has improved substantially; and I am no longer apathetic about my personal health and quality of life.

I feel that I have been given a second chance to live a long and productive life, and for that I am truly grateful.

My only hope is that electronic cigarettes and other methods of THR (tobacco harm reduction) continues to be available and affordable so that others can benefit from them as I have.

5/25/2013 4:27:00 PM - I quit Kansas City, MO

I was a smoker for 16 years.

I started smoking at age 17 and quickly became hooked.

In August of 2010, after a vacation with with another couple, I decided it was time to quit smoking.

I was the only smoker in the group and I was tired of going outside and missing the fun everyone else was having.

I was also tired of the chronic cough I was developing and the frequent illnesses I would catch every fall and winter.

I originally ordered a traditional cig-alike device from V2cigs.

August 22nd, 2010, the starter kit arrived in my mailbox and that is the last time I ever lit a cigarette.

It has been almost 3 years now since I quit smoking.

I am very proud and impressed by the efficiency and efficacy of the e-cigarette.

I was able to completely quit smoking from day 1 of e-cigarette use.

I had attempted to quit so many times before with patches, gum, and even Chantix.

I never completely quit smoking with any of these previous methods.

I would become discouraged quickly because the cravings and urges were strong and I just could not get ahead of them.

With the e-cigarette, everything about quitting was different.

I had no desire to smoke a cigarette!!

My hand to mouth habit was satisfied, I enjoyed the vapor exhale, and I was able to get the same "throat hit" and sensation that I had while smoking.

I have utlized several e-cigarette options on my smoke free path.

I currently use a bigger battery mod with a carto and a tank.

I make my own eliquid which consists of propylene glycol, nicotine, and flavoring.

My current nicotine level is 15mg.

I started out at 18mg prefilled cartos and once I switched to making my own eliquid I have made 15mg and stayed at that level for over 2 years.

I have also started using some rebuildable atomizers.

The constantly evolving technology has made vaping successful for thousands and thousands of people.

There are options and choices for every lifestyle.

Quitting smoking has been one of my greatest successes.

I feel amazing!

I no longer have a cough.

I have not taken any antibiotics for 2 years.

I rarely get sick!

In fact, I survived this past winter without catching a single cold.

The last bad head cold I had was in November 2011, and instead of running a 7-10 day course of feeling awful, it lasted 3-4 days.

I can smell again.

I can taste again.

Food that I never used to enjoy tastes amazing now!

I can walk up and down stairs without shortness of breath.

My health is the best it has ever been.

All of my vital signs and lab work are in perfect target range.

The smell of cigarette smoke makes me nauseated now.

I can smell a smoker from quite a distance.

The invention of e-cigarettes is life changing and far reaching.

We now have the ability to utilize harm reduction tools (e-cigarettes) and eliminate the use of combustable traditional cigarettes.

This can propel a wonderful change.

Second hand smoke can be eliminated, inhalation of carcinogens eliminated, and restoration of health can be achieved.

Healthcare will be less burdened by smoking related illnesses.

E-cigarettes will change the nicotine landscape in a most positive fashion.

I am proud to be one of those successful statistics.

5/25/2013 4:36:00 PM - widow vaper Long Island, NY

I quit over and over with nicotine patches, gum and lozenges. Only short term solutions. I smoked about a pack a day for more than 20 years

I finally quit for ten years with a combo of antidepressant. nicotine lozenges and hypnosis.

the patch was too passive. The gum and lozenges for emergency only because they sting and taste awful. I started again when my husband died in 2009. I was in extreme distressEvery time I tried to quit, I was extremely depressed and heavily dosed xanax. Thank God I found e cigs. I vape as needed. It is pleasant and cleaner. It handles my nicotine addiction and the habit of the motions and sensations of smoking.

I am smoke free for 9 months, happy, no smoker's cough, no weight gain. I believe it is a healthier alternative. So much better that NRT.

5/25/2013 5:28:00 PM - Bob Johnson

I started smoking at 13 years old and tried unsuccessfully many times over the years with patches and cold turkey.

Finally, at the age of 41 I decided to try an electronic cigarette.

I used both for less than a week before dropping the cigarettes completely.

It has now been over 11 months and all I can say is its been one of the easiest things I've ever done.

I'm no longer winded going up a flight of stairs, I don't hear that wheezing, crackling in my chest anymore and I simply feel so much better.

I could have never done it without my ecig have convinced many others to try it, most of whom gave up smoking nearly immediately.

5/25/2013 6:30:00 PM - Mike Hall Syracuse, Utah

I picked up an e-Cig (ego C with a clearomizer) on June 15, 2012 and after smoking a pack & half of cigs for 40 yrs have not touched one since, I started at nicotine juice level 1.8 and am now at .6 and can see that going away also...smoke free almost a year....wife got one and quit also, no cigarettes in this home at all, bought one for my mom recently who just turned 85 who has smoked for 65yrs. an 2 sisters and they have drastically reducing their addiction to cigarettes and are on their way to quitting the tobacco products. My health has improved, no coughing, high blood pressure or smelly clothes. The e-cig product gives you everything you need to throw the tobacco product and the addiction to it out the door.

5/25/2013 6:42:00 PM - Gazeebo from VT

I began smoking in college three years ago 'socially' at parties (as everyone does), and quickly became addicted. I found the nicotine relieved stress, and began smoking more heavily when i took on a high-stress job in a kitchen. After the restaurant closed and i lost my job i thought it time to make an improvement in my life. I had been trying e-cigs as a substitute for when i couldn't get out for a smoke break, and I decided to just make the switch entirely. 4/19/13 was the last day i had an analog, i have been smoke free for over a month and I feel better than i ever did while smoking cigarettes. Now I recommend E-cigs to anyone i know trying to quit smoking, and I hope this awesome technology can stay legal and help smokers everywhere switch to a healthier, better alternative.

5/25/2013 6:44:00 PM - Jake K. from Wichita, KS

I have been a smoker since I was 12 years old - over 15 years, and over half my life!

The last time I smoked, I was at around a pack a day, or 7300 cigarettes per year.

I had tried quitting several times through a wide variety of ways.

I have used Snus, nicotine gum, the patch, and a even a combination of the three.

The longest I lasted was 6 months by cold turkey.

Even then, almost every minute of every day I romanced the thought of cigarettes, until 6 months later, I couldn't help myself anymore.

I hated the taste, but by the time I had taken my second drag, I was hooked again.

I picked up my first electronic cigarette from Wal-mart about a year ago.

I struggled to stay on them because of the cost (15 dollars for 5 carts, which would only last me a day or two).

Ever since I started, I have never even been tempted by the thought of a real cigarette.

I have purchased bigger batteries, and a tank that holds more juice, and reduced my costs greatly.

I pick up 120ml of juice online for 50 dollars, and it lasts me two months, which is much more affordable that the 15 dollars per day rate I was going through.

I did what I honestly thought I would never do thanks to electronic cigarettes.

And whether or not the e cigs are bad for the user doesn't matter.

It isn't nearly as bad as cigarettes, and it has been scientifically proven that there are no carcinogens that can be given to "second hand vapers."

If not for the electronic cigarette, I wouldn't be able to run right now.

Instead, I run a mile every couple of days.

I fear what will happen to me if the cost of the electronic cigarette goes up.

Will I be forced to go back to the regular cigarettes out of financial necessity?

It only costs around $1.50 for a pack of Wild Horse Little Cigars, and they come in menthol... I pray the day never comes when I have to consider making that choice.

5/25/2013 7:41:00 PM - Grant Davis (SuperGrant) from Oshkosh, WI

Hello,

My name is Grant Davis and I have smoked since I was 12 years old.

I am 30 years old now.

I know, 12 doesn't sound like I fought it too hard, but peer pressure up until that point was quite high.

Once I started, I was hooked.

I became a power hitter.

I smoked the strongest cigarettes I could find and I took long hard drags.

I smoked like that until I was around 20 years old.

When I hit the age of 20, I wanted to quit smoking.

Don't get me wrong, I lovvved smoking.

It became a part of who I was.

I was a very tempered in my youth.

I was hot headed, quick to rage and wild.

Smoking calmed me down.

At the age of 20, I was considered the epitome of cool-headedness.

What would I become if I quit smoking?

Well, what choice did I have?

I felt poor physically.

I smelled like smoke.

I begged, borrowed and stole to afford cigarettes.

I was a role model to my younger brother and to others, yet I had a habit I did not want them to pick up.

So...

How do I quit something I love so much?

Lets start with the patch.

Well, that didn't work.

Expensive and irritating.

Really it was just a constant reminder on my arm that I couldn't have a cigarette.

Ok, now for the gum.

Also expensive and as soon as it was done, time for a cigarette.

So, with both products I just had a higher nicotine level.

Acupuncture?

Well, ok.

At this point now I was working at a job I loved that banned tobacco anywhere on the premises.

A very poor decision made by the VP of human resources.

She never tried to help people try to quit, she just made people want a cigarette more.

A general rule in life is that we always want what we can't have.

Well, that applies ten fold to cigarettes.

You want one most when you cannot have one.

So, yeah, I need something to work, so I can keep my job.

Acupuncture was also a no go.

Candy, gum, cold turkey, licorice... Nothing worked, although my blood sugar was now going up.

Oh, and I did get fired.

About six years ago I hear about an electronic cigarette.

Sounds good but too good to be true.

Well, the mall a couple of towns away started selling them a year later.

Ok, I shall go try one out.

Wow, not bad.

At $150 though, I don't have the money for it with what I spend on cigarettes.

Plus, though they were nice, they weren't incredible.

Over time, a couple of my friends tried them.

They got this new "cartomizer".

Wow, that was awesome.

Soon as I can save up the money...

Then, disaster struck.

I tore my ACl right off the bone, along with damage to the femur and a sprained MCL.

I was sent to one of the best knee surgeons in WI.

He told me that he refused to do the surgery unless I quit smoking.

He did say that he had no problem with me using an electronic cigarette.

He said the nicotine wasn't much more harmful than caffeine.

He said that the problem was the carbon monoxide from the cigarettes.

"Every time you take a drag, that courses through your system and will not allow the new ACL to bond.".

So, no choice now.

I found a cheap ecig online that had good reviews.

Day one...

I was smoking 2 packs a day and 2 months till surgery.

I start using the ecig and only had 2 cigarettes that day.

Day 2, I am down to 1 cigarette a day.

Day 823 I am still down to 1 cigarette a day or less.

I feel better, I smell less and I am saving a ton of money.

I had a few spurts in between there where I went 3 or even 5 days without a cigarette.

Before the ecig, the longest I went (while awake) without a cigarette was 2 hours.

That includes multiple bouts of bronchitis, pneumonia and upper respiratory infection.

I even had a cigarette while in the hospital hooked up to tubes.

The nurses weren't happy.

Recently I started a new job.

I have to walk a quarter of a mile into work and then up 2 flights of stairs.

I would normally have half a cigarette before getting into work.

By the time I get to my desk I can barely breath and then have to talk on the phone immediately all day.

So one day I decided I would just use the ecig.

I mean, if I still need a cigarette, I can have one on break.

WOW...

IMMEDIATE difference.

I had no idea just how bad even having half a cigarette was killing me.

I could breath so much better.

I mean, the difference was night and day.

That was it.

Seeing that immediate difference was enough for me to say "I am done.".

I am now on my 70th day without touching a cigarette.

And...

I am happy.

It isn't even a struggle.

Sure, I can eventually go down to 0mg of nicotine or try to get off of the ecig altogether.

But why?

I feel good.

I can be cool-headed and calm and still feel like myself.

I don't smell, well I kind of smell good.

I spend a fraction of the cost of cigarettes.

Ya, ecigs aren't 'good' for you.

But they are wayyy better for you than a cigarette.

That cannot be disputed.

If anyone does dispute it, I ask them to put their money where their mouth is.

Have a cigarette and then walk a quarter of a mile and see how you feel.

The next day, take a few puffs off an ecig (hell, take 40 puffs) and walk a quarter of a mile and see how much better you feel.

Oh, it doesn't end there.

Since starting the electronic cigarette, I have successfully helped over 40 other people quit smoking or severely reduce smoking as well.

All of my friends use them now.

When I started this new job, no one had an ecig.

Within 3 months of working here, 14 people now do.

I feel great about that.

I show them what to start with and where to get the best deals, and that's it.

I don't sign up for commission.

Helping people quit smoking is enough for me.

I just wish I could help more people.

Being smoke free is so great.

Vapor is the way.

Anyone that has tried, is trying or will try to ban, restrict or raise the price of an electronic cigarette is really just pure evil.

They care about no one but themselves and money.

It is sickening and sad.

Something is out there that can easily help people quit smoking.

Why would anyone stand in the way of that?

If anyone reading this wants to learn where to start and wants more information on how to start quitting the easy way, feel free to contact me at supergrant@live.com.

I don't sell them yet, but I will get you started the best way.

For anyone trying to restrict the sale of electronic cigarettes, also feel free to contact me.

Maybe I can help save your soul.

~Grant Davis

5/25/2013 7:44:00 PM - Rob Snodgrass (KY_Rob), Kentucky USA

I'm 39 years old, and I smoked cigarettes for over 25 years. By the time I actually quit smoking, I was up to about 30 cigarettes per day. I had been able to quit smoking only once for any length of time (19 months) before I used electronic cigarettes, and there wasn't a day that passed that I didn't long for a smoke. That was with the use of patches.

I started vaping in January of 2013. I had been hearing a lot of pros and cons about the harms and benefits of electronic cigarettes for nearly a year, and decided to do some of my own research, starting late in October of 2012. After reading everything I could find, and speaking with numerous people (including my doctor), I decided to give e-cigs a try.

My very first e-cig was a disposable Blu, that I picked up at a local liquor and tobacco store for $12. While that disposable did help take the edge off, I was still smoking 5-10 analogs per day as well. Within two weeks, I had ordered by first "real" e-cig kit, a Vapor Titan kit from Vapor4Life. Within 24 hours of beginning to use that kit, my desire for a smoke dramatically decreased. I smoked my last analog on February 4, 2013.

I had not only discovered a method of smoking cessation that was far more effective than I had ever imagined, I inadvertently had become part of a community within the V4L Family that offered support for both products and life. I will always remain grateful and supportive of V4L for this prized find and change to my life.

The use of electronic cigarettes has become a hobby for me as well. While I remain a loyal customer of V4L, I wanted to expand my "vaping" horizons. So along with the original V4L "stick" batteries I still use, I also use the V4L DAV's in conjunction with cartomizer and clearomizer tanks. My first step into the world of "mods" was the purchase of (2) ProVari's from ProVape. My primary e-liquid vendors are: - Halo e-cigs - Vapor4Life - NicQuid It took me a little while to find what nicotine strength best suited me, but eventually settled on 12mg. This level keeps me satisfied, without as much as a stray thought about smoking an analog.

I had wanted to stop smoking for many years. Cigarettes killed my father, and I was certain that I would do the same to me. But after so many failed attempts I had resigned myself to the fact, that I was a smoker who would eventually be another casualty. Cold-turkey didn't work. Chantix just made me have strange dreams, and was wildly expensive. The patch was somewhat effective, as I did stop for a time, but I eventually went right back.

Electronic cigarettes are the only thing I've used that actually removed my need for a cigarette. Even during my 19 month quit, I found the smell of smoke enchanting. That's not the case now. I find cigarette smoke appalling and dirty.

Within 3 months of using electronic cigarettes and not smoking, I could taste things better, breathe easier, and smell things again that I didn't even realize I couldn't before. I can exercise almost twice as long without getting winded, and the morning "clearing" of my lungs has ceased.

5/25/2013 10:05:00 PM - Natalia

My mother (a life long smoker) died of lung cancer at age sixty-seven. My brother smoked for 43 years and then tried every pharmaceutical smoking cessation device/drug he could find to enable him to quit. He suicided a few months after trying a well known anti-smoking drug.

I smoked 1 to 2 packs per day for 48 years. I wanted to quit, but dealing firsthand with what happened to my brother, I didn't/don't trust the FDA or the drugs they deem "safe". I tried to quit on my own, but like my coffee, I need my nicotine.

In July of 2010 a relative showed me an e-cig she got at a 7-11 store. I started researching them immediately. Within a month I ordered my first e-cigarette kit.

I quit the day I tried the kit for the first time, 8/22/10. I have been smoke free ever since.

It was that easy. I still get my nicotine, and over the last year I've even lowered the amount I need. I get the hand to mouth muscle memory I've been used to since I was 12 years old. I can breathe normally now. I have more energy and feel healthy. My doctor has no problem with my using an e-cigarette.

Unfortunately, I live in California and there is bill that I fear will soon be passed which will "label" me as still smoking and force me to use my e-cigarette in places only designated for smokers, thus I'll be inhaling smoke (albeit secondhand) once again.

5/26/2013 3:28:00 PM - May Stackhouse Omaha, NE.

I've smoked for 35 years and tried to quit smoking using nicotine gum and patches, but neither one worked for more then 20 hrs. I gave up trying to quit smoking. One night a friend stopped by with a disposable electronic cigarette and after trying a couple I decided I didn't want to smoke anymore. I've been using the electronic cigarette for over a month now and the cravings for cigarettes stopped after 3 weeks so I won't have to smoke anymore.

5/26/2013 3:41:00 PM - Bruce from Florida

I started smoking as many do when I was a teen, to fit in with others, thought it made me look more adult. After 42 years of smoking, my lungs were telling me it was time to quit. Others in my group of friends, and family members, who tried the pills, patch, and gum ALL failed, and were soon back to smoking. I came across a link to an ego-c electric cigarette, and said to self, this just might work. It sure did, after four days of smoking, and vaping, my cigarettes tasted horrible. I didn't smoke at all on the 5th day, and now have 100 days smoke free, didn't smoke 3,000 cigarettes, and have saved about $800. Anyone that thinks big tobacco cares about our health is wrong, all they care about is the $800 they haven't received from me so far. The nicotine in the liquid keeps me from craving a cigarette, and as time goes by, I'll reduce the nicotine level, to eventually get to zero. I used to wheeze and cough when I laid down to sleep, after 5 days that stopped completely. I now breath much better, and have more energy from the oxygen increase in my blood system. I also don't smell like an empty ashtray anymore.

5/26/2013 4:43:00 PM - Pam B from Timmins, ON

When I first tried an E-cig I had been smoking for 35 years. I had tried almost ALL devices and pharmaceuticals to quit and nothing worked. Every morning

I woke up with the fear that I would never be able to quit and eventually get lung cancer. My sister (who had quit cold turkey a few months earlier) was the one who let me know about E-cigs. She had seen Katherine Heigl on tv talking about it. After about a month of researching it on the net, I finally ordered one. The best decision of my life EVER. It initially took about a week of both smoking and vaping before I quit smoking for ever. Do I miss smoking? Sometimes but not too often. I won't even try one puff off a cigarette. There was no way i could have quit without the E-cig. If someone else is thinking about it, please consider buying a good quality

e-cig, you will won't regret it.

5/26/2013 5:07:00 PM - angie

I smoked cigarettes for 18 years. I started when I was 14 years old. I didn't really try to quit until I was in my 20's and soon realized how hard it was to cut down for any length of time. I kept telling myself one day there will be a better time but a better time didn't ever seem to come along. In my early 20's I tried zyban to no effect but I didn't feel ready I just thought I should try to quit. On my quit date I went most of the day before I had a complete crying fit and hid in the bathroom having a cigarette ashamed that I hadn't even lasted a whole day. In the years following I tried nicotine gum, and cold turkey and hypnosis. I did not ever last an entire day. Over the last year I got serious and tried hypnosis apps that I listened to everyday for two months while on Wellbutrin. I read the Allen Carr "Quit Smoking the Easy Way" which was really motivating but didn't work. I ended up going through a long period of depression which is how I ended up on the wellbutrin. I tried smoking an herb called Damiana leaf which I did last a two days with only a couple of drags a day on a real cigarette but my dog ate it and I could not find more. I tried herbal cigarettes which smelled and tasted terrible so I dreaded having one. I researched everything I could on the internet and I finally found ecf forum and read so many stories of people quitting using ecigarettes. I had to have one! I could not afford one right away even though they are an excellent price. My sister who lives in the states came for a visit and gave me her Blu ecig. It did not go very well, it helped me last longer between cigs but I could not seem to feel satisfied with it. I was terribly disappointed again. I went back to the forum and through the wonderful support I received there I decided to try again, this time with and ego and clearomizer kit. It was amazing! For the first week I had between 1 and 3 cigarettes a day without any trouble when I usually smoked a pack a day. On the 4th or 5th day my husband refused to give me one and I wasn't buying myself packs any more. I was mad and decided I would wait until later and just take one. I ended up falling asleep and not having one that day. I was so impressed I went a whole day I decided I was done. I lasted about 4 days when one of my batteries broke and the other needed to be charged. I caved and had one while waited for it to finish charging. I was surprised it didn't seem to taste the same. I didn't find it completely awful but it didn't taste good either. It was the last one I had. That was March 24, 2013. I had a wheeze for the last couple of years of smoking, mostly at night and a permanent cough. The first couple of weeks of vaping I noticed the wheeze a bit more throughout the day and a tight chest. I was worried but I learned through the forum many people had experienced this. I went to the doctor and she suspected it was just anxiety but had me do a lung x-ray and lung function test. By the time I did the tests I was feeling better and my results were great. My function was normal. I was surprised after the years of coughing and wheezing! I did a brief period of pimple break outs, another result of quitting cigarettes but it did not last long. Now I feel great! My sense of smell works better and I can breathe really well and I am not dropping what I am doing every hour to go outside and smoke. I am still at 24 mg of nicotine but I am going to lower to 18 mg soon. I still don't like to think of not ever having another cigarette

because for some reason this really freaks me out still. I can only imagine it's from believing I needed them for so long. I am much happier finally being free of them. I hate the thought of being addicted to anything whether it is better for me or not so I will continue to try to drop my nicotine level down to nothing but I will not stress about it like I did with cigarettes and do it in my own time.

5/26/2013 6:16:00 PM - Anne B. Maxwell

I was a pack a day smoker for 30+ years.

I started "seriously" smoking when I was 18, after having trying cigarettes from the age of 15 and increasing in amount to the point that when I was 18 I knew I was hooked.

Over the years I tried many ways to kick this horrible habit - cold turkey, the patch, nicorette gum, Zyban and Champix.

By the time I was 52 I was desperate to quit, yet everything had failed.

I stumbled upon the e-cig in late October when a friend in the U.S. mentioned it.

I stayed up all night researching anything I could find.

I ordered my first kit the next day and received it November 5, 2010.

That's the last time I ever touched a cigarette.

I originally started with a much higher dosage of nicotine in my e-liquid - 3.6 mg.

I have gradually reduced it to 12 mg and I am very happy at that level. I have tried many e-cig models and presently use a VV/VW Mod, which has long lasting battery life. I have noticed that my use of the e-cig has declined from when I was a "newbie" - I don't use it nearly as much and often leave the house without one, however I really enjoy vaping and expect it to remain part of my life. I am so grateful that I was able to quit cigarettes and I credit this solely to the e-cig.

I feel much better, eat better, have more energy and just generally feel as though I got a big monkey off my back by quitting smoking. The money savings are not small either - I spent $350/month on cigarettes (a pack at day at $12.37 CDN.)

Now, I spend about $40.00 per month on liquid, with the occasional new atomizer, or battery.

I have a "Quitometer" on my Facebook and it records that I have NOT smoked over $18,000 cigarettes and have saved over $11,000.

That in itself is amazing, not even considering the overall lifestyle change benefits from switching to an e-cig.

I am living proof that the e-cig does exactly what it was intended to do and that is to provide an alternative to long terms smokers who have, for whatever reason, been unable to quit smoking using traditional methods.

I will always be grateful for this amazing invention and what is has done for me.

I always highly recommend this product to anyone who expresses an interest in quitting smoking - I have complete faith in its ability to make a huge difference - after all I am proof that a hardcore, long term smoker CAN be successful in kicking cigarettes to the curb - and it was painless, stress free and I have absolutely no desire to ever smoke again.

5/26/2013 7:08:00 PM - Medichicj

I have tried many unsuccessful ways to quit smoking.

Among them - cold turkey (not a chance- struggled 2 or 3 days & gave up), patch many times, even made it six weeks once (almost worked- back smoking first time out drinking with friends), tried the gum (not a chance), spray (forget it).

30 years of smoking (quit 2 years twice while pregnant so 26 years total)- the only thing that worked (tobacco clear now 17 months) has been the electronic cigarette!

I thank God and everyone involved in bringing me the e-cig for saving me from killing myself with analogue cigarettes!!

Thank you for reading my story.

Cheryl King

5/26/2013 7:24:00 PM - Rowan WarrHunter

I smoked tobacco for 10 years, up to 30+ a day at times.

I tried nicotine gum, inhalers, and the patch.

I also tried Champix.

I was never able to abstain from tobacco for more than a couple of days, until I tried an electronic cigarette.

I have been completely tobacco-free for over 20 months now, and continue to use my e-cig instead of smoking.

I have noticed significant improvements in my breathing, sleep, energy, and sense of taste and smell.

During the first week of use, i did have a dry throat and a "quitters cold" but since then I have not experienced any side-effects.

I have no cravings or desire whatsoever for tobacco, and am completely confident that, a long as I have my e-cig, I will never smoke again.

I have introduced friends and family to e-cigs and have seen 30, 40, even 50 year habits broken with ease.

There is no doubt in my mind that I have significantly reduced the harm I was doing to myself and those around me, and that electronic cigarettes should be regarded as the most promising tobacco harm reduction method the world has ever seen!

5/26/2013 7:55:00 PM - Craig F

In September of 2012 my brother told me of how they were trying to quit smoking using E-cigs.After seeing that him and his wife were 6 months free of smoking using E-Cigs my wife and i gave them a try.From May 5 2012 to date May 24 2013 we have both been smoke free. We had tried other alternatives in the past I.E nicotine gums,patch etc and none have the same power as the E-cig to help smokers quit. The E-cig can be used all day without provocation. I use mine actually more than the amount i smoked.I can vape it all day

and never feel congested or even nausious as smoking does.E-cig are somewhere around 95% air using a vegetable glycerin oil base to give it a greater smoke in the air. Its been a full year and since i started on the E-cig i have not had 1 single cigarette and am saving alot of money from it.

5/26/2013 8:05:00 PM - Chris Racicot (Gnobiwan) from Mission, BC

Hello,

I was a pack a day smoker for over 13 years, I started at a very young age and was never able to kick it. My health was declining, I could no longer play with my daughter for long periods of time. I had enough.

A few years ago, I made use of Health Canada's Stop smoking program, they sent me patches, gun and a nicotine inhaler. Patches gave me rashes and nausea, so I had to stop those. Gum is not suitable for me, just did not work. The inhaler was so vile, it almost made me quit just using it. Same side effects as the patch.

I Went back to smoking for another 3 years.

Three years later, I put into google search for any new stop smoking methods. In the google ads sidebar, I found a company that sold electronic cigarettes and was intrigued. Ordered a starter kit and it arrived 4 days later with everything I needed.

I picked up vaping to see what it was all about and if I experienced any side effects. The only side effect I noticed is that I no longer wanted to smoke a cigarette. I am not going to lie and say the next day I did not want one, I did, they have a hold on you. I fought myself for a week to stick with vaping, it helped keep me occupied and gave me the small amount of nicotine my mind said I required. It worked for me.

I am now 2 months, 3 days and 15 hours without a cigarette. I can taste my food again, smell better, and most importantly; can play with my daughter until she gets tuckered out and not the other way around.

I probably would still be smoking today if it was not for vaping, and the vaping community. There is no amount of money that would compare to the support of the community and the effect vaping has done on mine and my family's lives.

Thank you!

5/26/2013 11:27:00 PM - Sadie

I started smoking when I was 12 years old.

I quit smoking when I was 31, and August 2nd of this year will mark 1 full year of not smoking cigarettes after a very long time doing so.

I was one of those stubborn smokers that loved smoking and had to deal with the discrimination that now exists against smokers.

I was always a polite smoker, never blew smoke towards others.

Never smoked around non-smokers if it actually bothered them.

Made sure I didn't smell terrible from smoking etc.

However people took the anti-smoking thing to a new level where it really did become discriminatory in their behaviour to smokers.

It was always strange to be talking to someone and they were being very polite and nice, and then as soon as they found out I smoked their attitude changed dramatically.

I bring up the social aspect of smoking cigarettes because it will play in to my story later on, but with e-smoking.

I was always very worried to quit.

I knew that I loved my cigarettes and that because I did actually enjoy them, quitting would be that much easier.

I tried to wait until a day where I started to hate them so that I could quit easier.

I didn't want to use the patch, or any other quit smoking aid that was available.

Those things were scary, and -do- have some serious health risks.

I waited to no avail.

The day of hate never came, and years went by.

Finally, last year I started to realize I was smoking too much and not feeling that great because of it.

I knew that if I kept doing it, I eventually would pay a heavy price.

I began to research other safer methods of things that help people quit, and found an article on e-smoking.

I began to do as much research as I could to find out every bit of information available on the subject.

There was virtually nothing I could find on cases where people became sick, or died, from e-smoking.

I saw a man show an x-ray of his lungs the day he quit smoking, and one ten years later after e-smoking for those ten years, and his lungs were almost completely clear from the damage smoking had done.

No damage from the e-cigarettes.

I researched the e-juice, again, couldn't find anything bad other than some juices that are made in China use an ingredient that is disputable and a possible carcinogen.

Avoid juice from China, check.

I chatted with my mom about it, a woman who has smoked for over 30 years, and she became interested.

I never thought -anything- would get her off of cigarettes.

But, there we were ordering an electronic cigarette and some juice together.

The day the shipment arrived we drove to our local coffee shop, had one last cigarette together and that was the end of it.

We've never smoked since that day.

The electronic cigarette is an amazing invention that is saving lives.

I'm not sure why Health Canada is so against it.

I feel better day by day.

I have energy again.

I can taste food and drinks.

I don't have the feeling of burnt lungs or throat.

I never knew how polluted I was until I quit smoking and I would have -never- quit without this invention.

I now use an ego battery with a Kanger Pro tank and delicious grape flavoured 18mg nic e-juice instead of a little stick packed with disgusting chemicals.

I don't subject my fiance to second hand smoke which is a personal favourite side effect of quitting smoking.

I never had a problem when I switched.

It was absolutely stunning to me how easy this was.

STUNNING.

Now to bring up the social bias that was evident when I smoked.

I notice it starting to form over e-smoking and it's RIDICULOUS.

People won, I don't smoke.

Go home.

I notice it now though mainly in the government sector.

Payment methods that vendors can't use because of some strange and uncalled for bias.

It's terrible, these things get people away from cigarettes safely.

There is zero proof it harms anyone, ergo, safe.

I can say that.

It's basically proven in the results.

I know I don't feel any effects from it, other than so much better every day I put between me and those cigarettes.

There shouldn't be any dispute over these being safer than say, the patch or nic gum.

It's mind boggling.

Yes I believe in some level of regulation as there is a nicotine factor to most juices.

There should be some regulation but not an all out unjustified bias.

Thank you.

5/27/2013 12:08:00 AM - Bryan G. from Michigan

I been smoking cigarettes for over 40 years.

My preferred smoke was Camel regular or "Wides."

I've never been a heavy smoker, no more than half a pack per day.

I've quit many times over the years, but always take it up again after a few months.

About 6 months ago I began using a "mega-mini" cartomizer type e-cigarette.

The nicotine strength I prefer is 24mg.

I have not smoked a combustible cigarette for past 4 or so months and have no desire to smoke, even when the opportunity is available.

I beleve that my overall health has improved and my physician considers me a "non-smoker."

While I wouldn't say that e-cigarettes are absolutely safe, I am hopeful that they are a less harmful way to enjoy nicotine and the ritual of "smoking."

I fully support continuing research and responsible measures to insure quality control of both the hardware components and the vaporized liquid.

5/27/2013 12:57:00 AM - Andrew Brooks (randomname) from ontario Canada

At the age of twelve i had my first cigarette, by 16 i was a regular smoker. At 18 i was told to stop due to having a mild allergy to smoke yet i continued smoking. in December 2012 i ordered my first ecig in the form of a disposable with the sole intent of using it at work so i wouldn't have to waste time going out for smoke breaks. By late January early February i made the decision to order two starter kits, a cigalike and an ego. My intention was still to not quit smoking but i was really getting interested in the world of vaping. I've bought advanced personal vaporizers since then and a multitude of ejuice's and smoked and vapor for around three months. It cut back roughly 50 percent of the cigarettes i was smoking so i was happy. I liked smoking and really didn't want to quit. I had tried three times before to quit. First with a nicotine gum which went out the window in a few days. Second try was cold turkey and i lasted 3 weeks, my longest attempt ever. I was young and stupid and went out to a party and i was back smoking again just like that. Third try was with a prescription drug called zyban. I had to give up on zyban after three weeks, even though i had cut the doses in half it was making me feel jittery and giving me very bad nightmares, in short it scared me. Then 16 days ago shortly after my 34th birthday i smoked my last cigarette on my way home from work and didn't bother to stop and get another pack. I got up the next day and didn't want one so i didn't go to the store again. 16 days later and i still don't want one. I sometimes get an idea in my head that it's time for a smoke but then i remember i don't anymore. It's not a craving just a habitual thing. I think that most people had me pegged to never quit and I was one of them. I never intended to, it just sort of happened. I realized that i enjoyed vaping much more than smoking and I've been feeling better and better ever since. I can smell better, I can taste better, i breath better, i don't smell bad anymore and other than the odd time my brain says it's "smoke time" i haven't even craved them. No mood swings or any of the other normal side effects with quitting. I don't pretend to know what the long term effects of vaping are but i can say that so far there has been no downside for me at all. I've even dropped from 18mg to 12mg already. Will i eventually quit it all, maybe, but for now i'm just ecstatic to have been able to quit a habit i never thought i would be able to quit.

5/27/2013 1:28:00 AM - Shantyshaker12

I was a pack and a half smoker of full flavor cigarettes for 26 years, I had heard about electronic cigarettes, and decided to try them as a healthier alternative. I tried various different types and brands of e-cigarettes periodically over about 1 1/2 years time while still smoking regular cigarettes, and then I ordered an ego type device, and I was completely off of cigarettes in three days. I now have several ego type devices as well as a mod, and use clearomizers and 24mg. nicotine juice of various flavors, predominately tobacco flavors. I have not smoked in nine months now and know I never will again.I had only ever been able to quit smoking one other time, mainly because I had bronchitis, but only quit for a month that time, I tried

nicotine patches, but they didn't help at all, in fact a couple of times when I was in the hospital they gave me those patches and I smoked in the bathroom anyway, got caught a couple of times too, I wouldn't recommend trying that yourself. I have noticed my breathing is so much better, I don't get winded as easily, I rarely cough now, I can smell everything so much better now,(not always a good thing), and am just happy to be free of cigarettes once and for all. My next goal is to start lowering my nicotine strength, until I reach zero and then who knows, maybe stop vaping all together!

5/27/2013 1:47:00 AM - Thad Headley

I smoked a pack a day for 30 years and tried to quit for 25 of those years, the problem was that i loved smoking. After trying everything I bought my first e-cigarette on September 21st 2010 and that was the last day i smoked a cigarette. I still use e-cigarettes today and have helped covert more than 300 people in the last year, most of which live in a small town of just 3500 people.

5/27/2013 3:15:00 AM - Charlene

Hello, My name is Charlene, and I had smoked for 40(plus) years.

I started puffing on cigarettes when I was 9 years old.

I am now 52.

If you can believe this my Mom use to get me to light her a cigarette while driving.

We certainly didn't know back then what we know now!

I have tried most everything there was on the market.

Champix, Zyban, patches, gum, cold turkey even.

I tried chewing on straws, keeping my hands busy by twisting or playing with rubber bands, and did the whole exercise routines the Canadian Lung Association recommends to help with the cravings.

Walks, fluids, warm baths, literally everything.

I managed to quit for short periods of time but I always craved cigarettes. For me, I think it is a "hand to mouth" fixation?

I was at a home based business party, (makeup party) when I noticed someone puffing on what looked like a regular cigarette.

Being that we were inside a house and no one I know smokes in their homes anymore I was a little shocked.

She asked me if I wanted

a puff and the rest is history.

I initially ordered my first kit online.

It was the small battery type that looks like an e-cig.

Well I soon found out that, those small type E-cigs could certainly not support my needs.

I ended up with an ego kit, then opted for something bigger shortly after that.

That was 2 years ago, and what is important here, is my husband who never wanted to quit cigarettes switched to E-cigs like they were made for him.

He had NO desire to put down his cigarettes.

He tried an E-cig about 4 hours after I got my first kit and the rest is history.

I have COPD and I have only used my asthma inhaler ONCE in the last two years.

AND that was because I had a horrific chest cold.

I feel much better, I can breath now and life just seems grander!

I can't tell you how happy my children are to see me finally leave the cigarettes behind.

I have no desire to smoke again.

I however completely enjoy vaping and don't see myself ever giving it up.

I don't vape that mush now, only 4 mg strength liquid.

That does the trick for me.

I truly need to go back to the respiratory therapist and get my breathing tests done again.

Three years ago he said I had about 2-5 years before I would be carrying around an oxygen tank.

I had a 5% chance of changing this, but I had to quit smoking cigarettes.

Someone was watching over me.

Someone lead those E-cigs to me.

I don't know what I would do without them now!

Thank you for reading. Charlene

5/27/2013 3:26:00 AM - Kimberlee Metz (Calikim) from Ventura, Ca

I tried to quit smoking so many times. I tried everything. The patches, gum, lozenges, hypnosis, acupuncture, Chantix, nothing worked at least not long term. I would use patches for 3 months but as soon as I quit using them I was back to smoking. The gum & lozenges didn't work at all for me & I really didn't like either of them. The chantix made me feel unstable & weird plus gave me terrible nightmares. The acupuncture lasted a week & the hypnosis lasted about 8 hours.

The last 3 years of my smoking I was desperate, I hated smoking. I happened to see an advertisement for a free ecig online. I ordered it & was surprised that it seemed like it would work for me if it just gave me more vapor. I then bought one at a Kiosk in the mall & I was so impressed. It gave me a throat hit & the vapor I wanted. I switched over to it in one day. I use to smoke a pack of Marlboro reds a day.I have never smoked a cigarette since I started these. The ecigs were a miracle for me. I think the fact that ecigs give you that hand to mouth ritual is what really helped. I started out with 24mg nicotine juice. Over time I have gone down to 12mg & hope to get to 6mg by June of this year.

The 1st thing switching to ecigs helped was my constant cough & hacking! I'm not exaggerating it was like every 3 minutes & would last a good 15 seconds. My Hubby & I quit going to movies & it was embarrassing to go out to dinner & to other ppls houses for parties. People would ask me "Are you ok?", "Do you need some water?", Oh are you sick?" "Do you have a cold?" It was just really getting to the point I just didn't want to be around people. All my family constantly nagged me to quit. So after a week I noticed my coughing had cut way down. As time went on it became just a occasional cough, nothing special. I can't tell you how that improved my life. The next things I noticed was how well I was sleeping, then how much farther I could walk up our hills by our house & I didn't stink anymore. My car didn't stink as I cleaned it out really well. I was breathing so much better it was just amazing to me. It will be 2 yrs for me in June & I still can't believe after 42 yrs I finally quit those stinky smokes. My Dr. did a blow test on me this year & was surprised & told me he couldn't even tell I was a smoker by the good results. I also had a chest x-ray & the same thing, it looked great! I tried so many things to quit my family had lost hope that I ever would. They are very happy now, well most are. I hope this story helps someone & I pray that ecigs are not banned or taxed like cigarettes because they really help people like me.

Kimberlee Metz

Ventura, CA

5/27/2013 2:38:00 PM - Tripp Brown, Tyler, Texas

I started smoking when I was 24 because I discovered smoking a cigarette restored a feeling of well being when I was under stress.

Bumming cigarettes from coworkers turned into buying my own and then turned into a daily habit.

I knew full well I was putting my health at risk and I tried to quit "cold turkey" a half dozen different times.

I once made it several months without smoking, so I know I had gotten over the physical addiction, but I still craved cigarettes strongly.

Every quit attempt ended with an eventual relapse.

I accepted that I wasn't strong enough to stop and gave up on my goal to quit.

Sixteen years into my smoking habit, I bought an electronic cigarette on a whim.

I hadn't researched

electronic cigarettes nor did I plan to quit or even reduce my smoking.

Lucky for me, one of the first flavors I tried was very enjoyable.

I would happily vape that one flavor rather than smoke when I would normally be smoking.

The particular electronic cigarette I was using didn't perform well enough to allow me to quit smoking, though.

It needed to be recharged often, had very little liquid capacity, and the delivery of liquid to the atomizer was inconsistent.

So I continued to smoke when my e-cig wasn't performing.

I soon got to the point that I'd be smoking and thinking to myself, "I'm not enjoying this. I'd rather be using my e-cig."

So I started investigating e-cigs. I used online resources to learn exactly how they work and what I could do to make mine work better.

Then I learned about modified electronic cigarettes or "mods."

Less than two months after I started using my first electronic cigarette, I bought my first mod.

When I received the mod and the batteries and charger I'd need to use it, I was done smoking.

It addressed all the performance issues of my first electronic cigarette.

With my mod, I could vape whenever I wanted.

I didn't have to wait for batteries to recharge, liquid capacity was more than I could vape in a day, and liquid delivery to the atomizer worked wonderfully.

It looked nothing at all like a cigarette and I didn't care.

I never intended to switch from smoking to vaping.

The fact that it was more pleasurable for me than smoking made the switch easy and painless.

The fact that I replaced one habit for much less harmful one is a tremendous blessing.

At the time of this submission, it has been two years and 4 months since I last smoked.

My health has improved tremendously!

I no longer have a "smoker's cough", my weight and blood pressure are both down, and I don't reek of stale tobacco smoke anymore.

I don't intend to stop vaping.

It has become something of a hobby for me.

I have helped many relatives, friends, and coworkers adopt vaping to cutback or even quit smoking altogether.

The large variety and affordability of devices and flavored e-liquids available today compared to just two years ago is amazing!

Vaping is not as simple as removing a cigarette from a pack, lighting it, and smoking it, but it's not at all complicated, either.

I've helped many people get started with less than 10 minutes of hands on instruction.

It's very rewarding to help people give up such a harmful addiction and show them a better way.

Sure, it would be great if people could just walk away from smoking and never smoke again, but that's just not realistic for the majority of smokers than want to quit.

Tobacco harm reduction strategies have merit and using electronic cigarettes to reduce or quit a smoking habit is a great thing.

Gotta love technology and ingenuity!

Huzzah!

5/27/2013 2:38:00 PM - Tracy Bradley, Toronto ON

I started smoking at age 13. Beginning in my twenties, I tried several methods for quitting. They included Wellbutrin (which made me not want to smoke, but also gave me side effects like panic attacks); nicotine patches (did not help at all); and just quitting cold turkey. The longest I managed to quit smoking was one year, and that was cold turkey; however, I would still smoke if I was around people who were smoking so I hadn't really quit, I was just not smoking regularly. Eventually I started smoking regularly again.

3 years ago, at age 35, I heard about e-cigs and decided to give them a try. I did a lot of research about them, and spoke to people (via online forums) who were using them successfully to either cut down on smoking, or quit entirely. I figured it was worth a shot.

Haven't touched a cigarette since. Haven't wanted to, haven't tried it just to see if I still like it, haven't been bothered being around other people who are smoking. You could not pay me to smoke a cigarette.

I started with a higher level of nicotine liquid (36mg) and a smaller e-cig, and eventually went down to lower nicotine e-liquid (maybe 10-20mg? It varies.) and a higher-powered e-cig (I use a battery mod). I'm not sure low much the nicotine level even matters, at least for me, as I never notice any type of craving like I did with cigarettes. I don't feel dependent on the e-cig in the same way - I don't feel like I'm a prisoner to using it.

What I found interesting is that I experienced the same health improvements when I switched to the e-cig as I did when I quit cigarettes cold turkey: throat and sinuses clearing, sense of taste improved, no more coughing, etc.

For me, e-cigs are the only thing that has ever worked. I'm extremely thankful for them.

5/27/2013 3:38:00 PM - Pete Carlson from Bristol,CT

I have been a smoker on and off (mostly on) for over 40 years. I have long realized that continued smoking was bad for my health, and made a number of unsuccessful attempts to quit both going "cold turkey" as well as using the nicotine patch, but it never lasted.

As I am rapidly approaching 60, this to me has been a "bench-mark", could not see myself still smoking at that age.

One day at work, a woman who also works in my building (not a close friend, an acquaintance) was in the elevator with me while I was on my way to a smoke break. I thought she was too, when she mentioned that she no longer smoked, but was now using an "electronic cigarette". I immediately thought about this, as I had seen the blu ecig commercials recently on t.v.

That evening I bought my first ecig starter kit, and after charging the batteries, have not had a single cigarette since.

Saving money has certainly been a part of the allure, but to me, I love the "process" of smoking, and being able to retain most of the smoking sensation while doing away with the tar, smoke, and other negative aspects of tobacco has been the driving reason that I have switched.

Surprisingly, this has been the easiest stoppage of smoking that I have ever encountered. I can actually say that I have not been tempted even once to pick up a cigarette to date, which has been going on 4 months now.

5/27/2013 5:36:00 PM - London Tomlin, Portland OR

I started smoking at the age of 16, and was soon up to a pack and a half per day, sometimes more. I never had any real intention of quitting smoking, although I could tell that cigarettes were taking their toll on my health and quality of life. I had a severe morning cough, I was easily winded while hiking, and I could feel (and hear) a gurgling in my lungs. In mid July of 2010 a friend convinced me to try e-cigarettes. I went into it with little hope of quitting smoking. I assumed it would be something fun to play around with, and if it caused me to smoke even a little less, then great! I have tried to smoke a cigarette only once since then. I say "tried" because it tasted so horrible that I could not finish it. E-cigarettes have completely replaced my smoking habit. Admittedly, I have traded one vice for another, however since moving over to the e-cigarettes, my lung capacity has returned. I have NO morning cough, at all. My sense of taste and smell have returned. I just feel better in general. I can honestly say that I believe electronic cigarettes have saved my life.

5/27/2013 6:21:00 PM - Jihun Park from Vancouver, BC

I smoked cigarettes for 18 years since teen, about a half to a pack a day in average.

I never even once tried to quit nor I ever wanted to.

I simply loved smoking.

In summer 2011 I had a chance to try an electronic cigarette a friend of mine was using.

He was a smoker the last time I've seen him as always had been for past 20+ years I've known him.

I told him about the negative stereotypes I had about electronic cigarettes thanks to the mainstream media, and he told me that was how he thought too but now fully convinced that these are safe.

It did seem to take away the craving for tobacco cigarette I had at the time, so I decided to do some research online and own one to try it out for a while.

The science was easy: The analog involves combustion which produces many carcinogens and other harmful chemicals, whereas ecig only involves change of state, liquid heated to vaporize thus no chemical reaction.

I wasn't planning on quitting though.

My plan was to use ecig at home and smoke regular cigarettes whenever I'm outside just so I can keep my brand new home we just moved in stink free.

What I never thought was not only that my plan would change but it would change my life altogether.

It's May 27, 2013 that I'm writing this on, and I still have that half pack of Vogue 100's I had from August 2011.

I never thought I would completely quit smoking, but it didn't take long to realize that ecigs were better than analog smokes in every way: Health, Flavor, Throat-hit, Cloud, Smell, Cost, etc..

The beauty was that I didn't even have to try to quit analogs.

It just happened because I no longer had cravings for them.

It was that easy for me.

Whenever I think of the hell my father had to go through in order to get off smoking it breaks my heart.

I wish I had known about ecigs just a couple years earlier, then he could've done it without losing most of his teeth from chewing those nasty nicotine gums without proper dental care.

My health is much better, not that I was in any illness at the time of quitting, but it was still an awakening experience to realize the ability of smell and taste I've been missing for half of my life.

Although I'm in much better shape both physically and mentally it would be a waste of time to list all the benefits I gained from quitting smoking.

What I know is that I am experiencing all these benefits of being smoke free while using electronic cigarettes the whole time.

I slowly dropped the nicotine level of my eliquid to near 0mg over the two years of vaping so my ecigs are becoming nicotine free as well.

English is my second language so it's been taking two hours writing this short story.

But if my words could play a part guiding smokers to this wonderful alternative I would be more than delighted.

DON'T SMOKE, VAPE.

God bless you all, Jihun

5/27/2013 9:03:00 PM - Jennifer D. from Calgary, AB, Canada

I smoked cigarettes for 14 years.

For the first 8 years I was a pack a day smoker.

To me smoking was partially a social activity - it went hand in hand with friends get togethers, camping, bbq's, and having a few drinks.

I also found it to be a stress reliever.

But driving was definitely the time when I smoked the most.

During this time, I tried different kinds of cessation products on multiple occasions - patches, gum, lozenges.

Some of the products didn't work because I just didn't like them

5/27/2013 10:35:00 PM - Paul Christian Crosslin

Hello .. My full name is Paul Christian Crosslin. I am 46 years old and this is my full and honest account of my experience smoking cigarettes and how I quit.

When I was about 11 years old I would steal the occasional cigarette from my mother's purse and covertly smoke it. I am not entirely sure what drove me to do this other than the fact that once I did smoke a cigarette it was always in the back of my mind about how to get another one. One time when I was about 12 I wrote a fake note to my local convenience store that my mother was in an accident and unable to get her pack of smokes so she sent me to get them. So I got a whole pack for myself that way, paid for with my allowance. This kind of thing went on until I was of legal age to buy them myself and continued for more than 30 years.

So, can I can stop and ask you a question right now? Please? Is there anything in your life right now that has been as consistant as smoking a number of cigarettes per day? Our daily life undergoes changes all the time but if you are a smoker that is one thing that never changes. You always smoke. Life is good? smoke while you enjoy. Life hits a rough patch? Smoke while you endure. Smoking has become as much a part of your life as breathing is. It becomes more than automatic because you need that hit of nicotine like you need to breathe. Unfortunately, smoking cigarettes will hamper your ability to breathe until they kill you in one manner or another.

In my youth I was an an avid soccer player and won a few awards on local and State levels. I also loved Baseball and was picked for more than one All-Star team as a hitter, second base-man and center-fielder. Smoking I feel, took further accomplishments away from me because even at 15 I was beginning to lag behind my counter-parts who never smoked cigarettes. So what did I do? I left sports behind not because I did'nt love to play but because I was hampered by cigarettes. I knew this and choose different paths to accomidate my addiction.

Fast forward many years until 3 months ago. I had tried e-cigs once about 5 years ago but the batteries didnt last and once you used up the "starter-kit" you were hung out to dry like a fish out of water. You want to try some prescription gum? It didnt matter how many pieces I chewed, I just wanted a smoke. You want to try some patches? I could plaster them all over my body but all I wanted was a smoke. UNTIL ..

On my computer ONLINE I found a website offering "The Ultimate Starter Kit" It was from My Freedom Smokes and I went for it. I got 2 eGo 1000 mAh Twist batteries, a usb adapter with a rapid charge wall-wart, 2 vivi-nova tanks with threading adapters that make it look nice and all I had to do was find some juice.

So I went on a road trip while my order to My Freedom Smokes was processing. I went and found the brick-and-mortar store nearest to me and got some juice and some coils that I could replace when the ones I ordered online needed to be changed.

Since that time, the 15th of March, I have smoked a total of three cigarettes and all of my

nicotine consumption since then has been delivered via e-cigarettes. Battery powered devices of my choosing, found while shopping ONLINE and used by me in lieu of a burning paper and tobacco product that I used to smoke and flick out my car window.

I now enjoy a vast universe of flavored vapor where before I was just smoking my life away.

My Mother died of a massive heart-attack due to chronic emphysema and COPD.

I believe I am avoiding that fate because at 46 years old e-cigarettes take the place of traditional nicotine delivery and offer to me as I shop online a much more harm reduced nicotine delivery system.

The juice I vaporize in my preferred method contains no more that 8 ingredients as opposed to the more than 4000 chemicals found in combustible, burning cigarettes. Some of which are known to increase the addictive nature of nicotine itself.

By vaporizing flavored nicotine I not only reduce harm to myself but everyone around me. My device only works when I activate it, there is no burning butt left to linger in an ashtray that is polluting what you breathe. My device delivers nicotine and flavor to me only, it quickly evaporates into air leaving no trace behind.

E-cigs is the only method that has enabled me to quit smoking a burning paper and tobacco product that is designed specifically to addict me to it's product.

5/28/2013 1:10:00 AM - Scott Phipps (dbeast64)

Finally decided to give up analogs at the age of 48 after 29 years w/ my grandchildren as my motivation.

I had talked w/ a co-worker who always had one of the convenience store ecigs with him. Told me he had started using them about a year before and hadn't had an analog since. I decided to give one of them a try.

After leaving my fave little place for breakfast on Jan. 19th,I decided to give one of the disposable ones he used a try and bought a rechargeable kit the next day. I had someone recommend one of our local ecig sellers to me and bought a eGo 900mah usb passthrough,a Vision EGO 2 ohm tank and my first bottle of eliquid. My wife was so impressed by the way first rig I bought worked,she bought me another one the next day and took my first one. Currently using a 1100mah usb passthrogh,Vision VT 2.4ohm tank w/ 18mg Menthol Ice from ecigcharleston.

I've gone from 1 - 1 1/4 packs a day to 0 a day and my wife has gone from 1 1/2 pks a day to about 4 logs a day and hopefully it won't be long before she can go to 0 a day

I do not regret my decision and do not plan to look back.

5/28/2013 1:49:00 PM - Ian Kenney

I was smoking for a whole six years.

I started young, at age 13, and within a year was smoking close to a pack a day, and after two years I was definitely at a pack a day.

I eventually started to notice the normal horrible side effects from smoking.

Waking up with a cough, smelling horrible, just generally being run down and tired all the time.

It took six years for me to even try to quit, and I stopped pretty successfully for nine months, cold turkey.

It was after a string of relapses I picked up the pack again and began smoking.

After about a month of me smoking again I was starting to feel all the negative side effects and decided something had to be done.

I tried picking up a cigarette sized electronic cigarette at a gas station, and ever since then it has been history.

Within 24 hours, I stopped smoking and only vaped.

It was incredible how fast the change happened for me.

With the first few drags I knew this was going to change how I looked at smoking.

Within a month after trying giving vaping a try, I already had many flavors of juice and different brands of vaping accessories.

It has been over a year that I have been vaping and I couldn't be any happier.

I would never even THINK of picking up a cigarette again.

The smell... the taste... NO THANK YOU.

I've had a few over the past year only when I'm around friends at a party, and they couldn't turn me off from smoking anymore if they tried.

I deeply regret even taking a single inhale off of one cigarette whenever I do.

Vaping has turned smoking back into that gross nasty habit it was before I started smoking.

The benefits that I gain from vaping are immense.

My clothes don't smell horrible, and I'm not run down constantly.

I have energy to do whatever I want, including exercise.

I don't wake up in the morning anymore coughing for thirty minutes.

My teeth aren't stained, and it eliminates every single problem that smoking ever brought to me.

It improves my quality of life and makes nicotine a much more manageable habit.

I can go hours without vaping and not even think about it.

It used to be hard for me to go thirty minutes without a cigarette.

5/28/2013 3:50:00 PM - RJ Scholten

I smoked cigs for almost 40 years. Usually about a pack per day... often more. I tried to quit using all sorts of gimmicks including gum and patches... several times... without success. I was able to quit for a few days or weeks, but never longer. About three years ago I tried vaping. And I have not smoked cigs or used other tobacco products since then. I feel much better since I quit... both physically and psychologically. I am very thankful for nicotine vapor "cigs" and hope they will always be available for me and others who have tried everything but just couldn't quit!

5/28/2013 9:42:00 PM - Diane E Matters

I believe that hearing from others that have chosen a harm reduction like Vaping to get off analogs is always worth hearing.... so I'm telling about my vaping journey.

My Name is Diane. I'm 56

and started smoking analogs when I was 15 years old. Bought my first carton of analogs when I was 18. I was a nervous smoker. Always in my hand, always at the ready if I needed a puff. Later in my life when the smoking restrictions came into play I was even more anxious to get my puffs when and where I legally could. Oddly, I liked smoking though I was always aware that enjoyment was tied into a harmful addiction.

I had family and friends that quit analogs and started up again. Gum, patches and cold turkey. Close to home, my older brothers lived this merry-go-round right along with their spouses. Seeing this happen repeatedly over the decades I resolved to not go that route. When they picked up analogs again after sincere attempts in quitting it was rough times at their homes. Since I liked smoking any attempts to quit were going to be a failed attempt on my part so I never did.

Not quite 3 years ago I read the for the first time about Electric Cigarettes. It seemed lame to me. How could something mimic a real cigarette so what was the point in this?? If it tasted like garbage

or not even close to a cigarette it wasn't going to work for me so I lost interest in even reading more about them if I saw a piece about it in the news. Several months after this time I was sitting in a communal sitting area outside where I live (we residents that smoked tended to park ourselves there on nice days). One of the older residents (she is 82) was smoking an analog. I thought she was until I noticed it wasn't a real cigarette. I asked her if it was an Electric Cigarette. She said it was and offered it to me to try. It was a 'looks like a cigarette' disposable. I was so shocked. It really tasted like analog. It was not like smoking my own brand of course but it really did taste like a cigarette. That was my epiphany. After that moment I was into some soul searching time.

Was this it? Would this apparatus allow me to do something I never had the strength to try? To quit smoking?

No burning smoke going in my lungs but I could sort of do the 'smoke a cigarette' thing when I felt nervous. I'll say that I

sat on these thoughts for a few weeks, I started reading on my computer about Electric Cigarettes though I wasn't really sure if I could afford the initial money outlay. As many do, I paid more than I should have but I ordered a kit with extra batteries. My biggest worry was being without something in my hand to 'smoke' when I wanted to. It

was a 808 kit/ extra batteries and I have never regretted that money spent on it.

October 1st, 2011 was my first vape day. I have never smoked another analog. I was a almost 40 years smoking one to two pack a day smoker, then I wasn't. My first kit and cartos were 18 mg. Today, I vape 12mg and at night I usually will vape at 6mg. These level nics sets well with me.

What was amazing to me after the first year was that I noticed I was not driven to vape like I had been when I was smoking analogs. When I first started vaping if I went anywhere my purse was loaded with vaping gear. Batteries and cartos, juice(It was the equivalent of when I used to have several packs of cigs on me just in case I was waylaid, stranded, I would be covered). I remember noticing I was leaving my abode not worrying about having on my all my vape gear.

The day I am always thankful for is when I realized I was going away for a few hours and just didn't want to bother loading up my gear. I didn't vape when I was out really though it was with me so I wouldn't be nervous if I needed to vape. Nowadays, I vape because I enjoy a good vape and want to relax. It not about feeling frantic for a quick nic fix. That does not factor in my vaping experience.

My health has improved through my journey. At the time I quit analogsI had a cough that would erupt at any time. Not often but when it did I had no control of it, it had to run its course and it was harsh. My lung capacity was noticeably less than it had been my entire life. I was aware in the last few years I was on analogs that I was finally seeing the onset of health issues from smoking. Though I still could not face trying the harm reductions tools that I familiar with hearing about over the years I was worried.

The older we get what we are thankful for...the list seems to gets bigger. I'm grateful for Electric Cigarettes every single day of my life. My lung capacity is very much improved and I haven't had a cough erupt in my chest since a few months into vaping journey.

5/28/2013 9:49:00 PM - Mike Steele Abingdon VA

I was a 33 year menthol tobacco smoker that used electronic cigarettes (further more to be referred to as e-cigs),

to kick that habit.

I suppose this page does not want my full life history, so will leave that statement as is.

In May of 2012 I was introduced to the world of e-cigs, and since I was having very difficult times in the early morning hours of coughing so hard I would be sick, decided to give them a try.

So I bought my first pack at a retail giant, and they were not all that bad.

Between the months of May and June 2012, there was much experimenting with what fit my habit, and a bit too this day.

When a person first decides to stop analog cigarettes using the electronic version, there should be more helpful information on the internet.

There is not, you are pretty much left to

5/28/2013 11:17:00 PM - J.Walker

I was diagnosed with asthma as a young child.

Both my parents and all of my grandparents smoked.

I started smoking Marlboro Red's 24 years ago when I was entirely too young to understand (or care) about the health risks.

I quit, only because I was pregnant, and for 12 ,months I did not have a cigarette, but I returned to the habit when my daughter was 4 months old.

I smoked 1 & 1/2 packs a day on average for 22 years, sometimes more, seldom less.

My husband hated it, my daughter hated it, I knew it was unhealthy and I have seen the horrible effects over and over on my family and friends but I couldn't kick the habit.

I tried numerous times to quit and and actually succeeded on a few occasions, though only temporarily.

Methods I tried included; *The patch-I still craved the physical act and got sick when I combined smoking with the patch, so I threw the patches away.

*The "quit smoking" medications - I had HORRIBLE side effects, and never, even for one day, did I quit smoking. *The gum- that was just GROSS!

*"Cold turkey"- This actually worked a couple of times, until I smelled a cigarette or got stressed/upset/worried/etc., and there I was, buying cigarettes again, however, everyone was almost relieved when I picked it back up because "at least I was tolerable to be around when I smoked." *The 3-day cleanse- I never made it past the first day. I am sure there are many other methods that I can't remember (it was 22 years worth of attempts). On December 06, 2011, my mom (who has smoked for 38 years) and I went to a vapor store.

We heard about it several months prior but "just weren't sure."

The day we went to check it out we both bought a starter kit and 2 bottles of liquid.

The ONLY reason I decided to chance this was because the liquids were a pretty tasty alternative to 4000 chemicals wrapped in paper, and I could vape just about anywhere.

We started on them the next morning, Dec 07, 2011.

I decided to give this a real shot and not smoke if I didn't absolutely have to.

Well, on Dec. 12, 2011 I decided I wanted to sit and smoke with a friend.

I lit a cigarette, took a drag, and thought I was going to vomit!

It tasted like I licked the bottom of an ash-tray.

I immediately put it out and NEITHER MY MOM OR I

HAVE TOUCHED A CIGARETTE IN WELL OVER A YEAR.

For 18 years, I tried to quit, and either completely failed or went back soon after quitting.

Now, the smell makes me sick, I have saved several thousand dollars, my family doesn't have to smell it or be exposed to the thousands of dangerous chemicals from the second-hand smoke (at least not from me anymore) and I don't crave them at all.

My health has improved, I don't wheeze any more, I'm not short of breath and I have not used an inhaler in over a year!

Electronic-cigarettes, I believe with out a doubt, have saved mine and my mothers life.

She was in the heart hospital a year before we switched to electronic cigarettes and without them, she never would have quit smoking.

I must say, I can endure the strange looks we sometimes get much easier than buying multiple products and trying multiple methods that CONTINUALLY failed over and over again!

I, and many, many others, have had nicotine in my system for many more years than not.

I did not want to quit smoking when I started the electronic cigarette; I wanted to quit poisoning myself and everyone around me.

NOW, my ultimate goal is to be completely free of the addiction to nicotine, and this way I am eliminating it at a pace that suits me and does not (placebo or not) stress me out.

I am down to a level that is almost nicotine free and for the first time ever I am able to say "I am not a smoker" and have no fear that I will ever go back to smoking cigarettes.

The flavor of the e-liquids gives me a variety, a change, and when I want something sweet - I vape Vanilla Cupcake.

:-D

Thank you E-cigs for giving me and especially my family a breath of fresh air!!!

5/28/2013 11:34:00 PM - Ann Flowers-Martinovich

I started smoking at the age of 18.

At the age of 23, I quit for 2 yrs, I used hyponosis to quit,

but returned again after having several of life's tragedies put a significant amount of stress on me. (father attempted suicide etc.) from age 25 to age 38, I continued to smoke until my husband was diagnosed with stage 4 throat cancer from years of tobacco use (cigarettes and oral tobacco)he was

37 yrs old. I went cold turkey the day he was diagnosed. My husband lost his battle with cancer at the age of 42. I was able to continue to be tobacco free until another of lifes tragedies struck again, my mother passed away. So at age 46 I was smoking again. My children were so upset with me, but not more upset then I was with myself. I felt a failure. For the next 3yrs I continued to use cigarettes always wanting to quit again, but not being able to. I got a prescription for Chantix, I spent 150 dollars with my co-pay, but never took it for fear of it's side affects, depression and suicide run in my family. I tried Nicorette gum with no success. So I lived with the feeling of being a failure, dealing with the comments from others on how I should quit, how bad it was, how bad it smelled. I had a cough throughout the day, spending an hour in the morning coughing up phlegm. Then coughing on and off all day. I could hear my self wheeze in my chest at night when I laid down in bed. I meet a wonderful man whom I became engaged to. He is a non smoker, never having tried it even once in his life. He gently encouraged me to quit throughout our 3 yrs together. He lost his father at an early age from lung cancer, a smoker from the age of 12. My fiance's main reason for requesting that I quit being that he wants us to have a long life together. My children's reason is the same, they do not want to lose another parent. I woke up the morning of March 23rd, 2013 with no specific plans. I started doing some research online about e cigarettes and saw that there was a brick and mortar e cigarette store 30 miles from my house. I got in my car, and drove there. I explained to the employee in the shop what my current smoking habits were and what I smoked. I purchased an Ego T kit with 30mls of ejuice in the closest flavor to my cigarette brand at 24mg/ml strength.

I have now been cigarette free for 9 wks. Never having had one single cigarette since I walked out of that shop. I have no desire whatsoever to have a regular cigarette. I have lowered my nicotine level now to 12mg/ml, and have gone on to use flavored ejuice, nothing close to my original cigarette flavor.I plan on decreasing the nicotine gradually to zero. I no longer cough, my lungs are clear. I no longer wheeze at night. I do not get short of breath on exertion. I have made my children happy, my fianc

5/29/2013 3:16:00 AM - T. McLennan Victoria B.C. Canada

hello my name is trish and this is my story.

I have been smoking for 22 years, since I was 12 years old.

I was addicted from the first one.there was no gradual addiction, I went from nothing to PAD(or as much as I could scrounge).I am ashamed to say that I'm a hopeless addict.Not even pregnancy could stop my smoking, although I did cut down as much as possible. I did try the patch, gum, but nothing satisfied me, until I found electronic cigarettes. I had been curious about them for six months, I kept hearing from users that they worked really well for them.it was difficult to find a vendor, and I didn't try them until a store opened in my area.I have been using ecigarettes since June 2012.My first one was a kr08-d model, or the type of technology that was available in 2007.It was alright, but terribly frustrating. The equipment just didn't work very well.I would have gone back to cigarettes if that was my only alternative. I was still smoking a few cigarettes daily until I got my "ego"style equipment from a better, more knowledgeable store. The new choices in rebuildable attomizers changed everything for me. I put the cigarettes down for good after that.I discovered the differences in quality juices, and if I had been restricted to prefilled cartos I would have quit e cigarettes. The pleasant flavours made it easier for my mind to disassociate from cigarettes. This is different, and I'm not going back.I can't stand the smell of cigarettes now, and trying to smoke one makes me ill.My teeth have whitened, my sense of smell is back, and I don't have a deep cough in the morning anymore. I just can't say enough good things.

This product is perfect for a long-time smoker who otherwise would have no chance of quitting.

5/29/2013 4:05:00 AM - PhxLadyBell

Hello! I had been a smoker for 30 years. I started using electronic cigarettes on January 3rd, 2013 and that was also the day I had my last real cigarette. I use an Ego Twist brand battery operated ecig with a Stardust (CE5, CE6)chamber (atomizer)that I fill with various flavored Vegetable Glycerin based liquids that are created for the ecig. I started at a nicotine level of 18mg, about the amount of nicotine that was in the Marlboro Menthol cigarette which was my brand. Today, May 28th, 2013 my nicotine level is 6mg. My goal is zero. I do not smoke anything other than the ecig. Before using the ecig, I tried, gums, patches, welbutrin and Chantix with no results at all. My health has skyrocketed since I began using e cigarettes!! I had been on high blood pressure medicine for almost 7 years--my doctor took me off of that because my blood pressure is now normal! I am able to breath a whole lot better. My lung volume has increased and I no longer have that wheezing when I breath or the smokers cough I had for years. I can laugh loudly without going into a coughing fit too. I am able to walk without huffing and puffing, in fact I now walk 3 miles a day while using the ecigarette!!! You should see the looks I get, lol! I have more energy so that led me starting to walk and since I was walking I decided to eat healthier and I have lost 24lbs and my doctor took me off of my metformin (I'm diabetic) because I am losing weight and exercising (walking)but plan to add more to my regimen. I also have peripheral neuropathy in my feet and the regular cigarettes set my feet on fire and increased the electrical shocks immensely! The peripheral neuropathy was my main reason for wanting to quit smoking because I was increasing pain meds, (ibuprofen, then to vicodin) myself to keep smoking (then I didnt realize it was the cigarettes aggravating my neuropathy) and I saw a commercial with a man that had his legs cut off and he said from smoking! I had no idea!! My doctor confirmed it for me and said I could lose toes, feet and limbs. That's when I said enough is enough and began scouring the internet for an alternative that would work. That's how I found out about the ecig and thank God I did, because I can breath, my blood pressure is normal, I have increased energy, my pain in my feet has decreased enough I can power walk, I'm losing weight, I smell better, my car smells better, my breath smells better and my house too! I can actually smell my plugins now, lol! Oh yes, my taste and smell are immense. I never realized how salty or sweet things actually were and I can smell, smell, smell!! I do not have ANYTHING negative to say about the ecigarette. They are amazing! I tell every smoker I can. My daughter,my friends and coworkers have switched by hearing my story AND seeing the changes in me. Thank you for this forum to share my experience. I hope this encourages someone to stop smoking real cigarettes and save their life, like e*cigarettes did for me.

5/29/2013 4:08:00 PM - Lenore Lohman

I had my first cigarette at 9 years of age and was a hard core smoker by 15. For 45 years I smoked the average of two packs a day. I tried an e cigarette only because I had chronic bronchitis which had gotten very bad at one point and a friend suggested I try to cut down a bit for a while with an e cig. I had no intention of quitting, have never even tried. I love to smoke, I love the smell of tobacco etc...The moment I tried the e cigarette, I had two packs of Marlboros in my pocket and never once smoked another cigarette. Never. That was last March 9th and my daughter takes it as the greatest birthday present she ever received. I have gained no weight,the bronchitis is gone (my doctor is thrilled with my e cig and the results)and I have never been tense. I smoke the lowest percentage of nicotine on what would be the EGo type. I spend about 8 dollars a week on liquids instead of 80 or more. I am a very happy and healthier person for the e cigarette. I run upstairs, my skin looks ten years younger, my teeth are getting white again. I am so much happier these days!

5/29/2013 5:39:00 PM - Abraham Katz

I started smoking at age 13 and continued to smoke for an other 20 years.

While I knew it was unhealthy for me, and unpleasant for others to be exposed to second hand smoke, and to also smell me after smoking I was unable to give up smoking no matter what I did before I tried the personal vaporizer, also known as an e-cigarette.

In the 20 years that I smoked, I tried to quit numerous times.

I used the gum, and I smoked while chewing said gum.

In short the gum was an absolute failure.

I tried the patch--I smoked on that to--and the patch was an absolute failure.

I even did cold turkey several times. Each of these so-called proven cessation methods did not work for me, and didn't work for anyone I know.

I did manage to quit smoking though using two methods.

First was Snus from Sweden.

Indeed I would have stayed smoke free had the recession not happened and I lost my job.

The fact is that while snus did indeed work for me to keep me from smoking it had several draw backs.

The first is that it is very expensive.

American varieties of snus have too low a nicotine content to satisfy me to start so only the Swedish varieties worked, and second the Swedish varieties of snus are heavily taxed.

When I lost my job I was able to contenue using snus and eventually went back to smoking over the course of about three months to address my desire to use nicotine.

In short that cessation failure was caused directly by exhortation level taxes on a safe product with few health concerns imposed by the government at the behest of a special interest group (the nicotine and tobacco prohibitionists).

Had American tobacco companies developed a cheaper equivalent, or better yet the import taxes, tobacco taxes, and sin taxes not existed on Swedish brands of snus I would have never gone back to smoking.

The second time I tried a reduced harm nicotine product was in February of 2013, and it was the personal vaporizer (also known as the electronic cigarette).

That story is slightly more interesting than how I took up snus, with snus I bought a can, liked it and quit smoking almost immediately.

It was a product that I had gotten familiar with by exposure to it in pipe tobacco shops as I smoked pipes rather than cigarettes.

At first I thought that e-cigarettes were a scam.

There was no way that they could work.

I had heard from other people that they quit smoking by using them.

Other claims from people that it was better than smoking.

Needless to say I was skeptical.

But I took a gamble with them and bought an Njoy King (a disposable e-cigarette) on a whim while buying lighter fluid for my Zippo.

An other customer was buying some and I asked her about the product and she told me she had quit smoking using them.

Naturally I was curious to see if it might work for me or if it wouldn't.

That Njoy King lasted me about 4 hours of use.

Disappointing to be sure in that regard.

However, I noticed something.

That something was I actually enjoyed vaping.

I determined that since I did like this disposable product that I could perhaps find a better--rechargeable and/or refillable-product that I could use to reduce my smoking.

My thinking being that with smoking it isn't the nicotine or even the tobacco that harms the body of the user--rather it is the inhaling smoke into the lungs that does all the damage.

This of course lead me to internet forums related to vaping (since using a personal vaporizer one does not inhale a smoke so smoking is inappropriate to use) and from there got advice to buy several products.

I tried those products and got several e-liquids I thought I might like.

That was February 9, 2013.

That was the day I last smoked a pipe of tobacco.

In the case of the personal vaporizer I did not intend to quit smoking, it happened on its own.

What I found was that I preferred vaping to smoking.

Since that time I have gradually reduced my nicotine levels in my liquids and though I probably won't reduce the nicotine content to zero mg/mL (I have neither the desire to do that nor plan to do that), I do have the option to vape without nicotine if I want to.

Something that no tobacco product can offer.

I have also noticed something else too.

Since finally quitting smoking for good, I've noticed that I sleep easier, I can taste food better, my sense of smell has returned to the point that I can smell things that even my nonsmoker significant other cannot, I find it easier to exercise.

In short since switching my over all general health is better.

5/29/2013 5:50:00 PM - Carrie (Vancouver, BC)

I started vaping almost 6 months ago after 20 years of smoking on average a pack a day. I started vaping 12mg juice, but now have dropped to 6mg-10mg, depending on time of day, stress level and craving for a tobacco cigarette. I plan to keep reducing my nicotine over time. I have not had a tobacco cigarette since I picked up my first e cigarette kit. I have no desire to start smoking again, although I still have some cravings to contend with during times of high stress.

I started smoking at age 15. I quickly became hooked. By my early 20's I was smoking almost 2 packs a day. I had tried to quit already by this point, several times - never having more than 6 months success before falling back into it. I have tried Zyban twice, with no long term success. I found the side effect of feeling spaced out and forgetful to be pretty unsettling and potentially dangerous during certain activities. I tried Champix once. I didn't make it past a few weeks of treatment. While it did reduce my smoking to nil, the horrible, soul crushing depression I had while on it was unbearable. I was actually afraid I would harm myself. Within 2 weeks of stopping this medication, I began to feel more like myself, although by then this particular depressive episode had affected my marriage and life negatively. I have also tried acupuncture/acupressure, cold turkey and hypnotherapy (which I was able to be successful for a 6 month period with). I have tried the gum, the patch and the inhaler. All of which either did not alleviate the craving, or provided too much nicotine and caused nausea. At any dose, using the patch for 24hrs a day caused awful night terrors, so I never slept with one on. I never was able to find my right dose on NRT, falling between the 14mg and 21mg dosage, even when going to the measure of cutting my 21 mg patches smaller to help reduce nausea. I was never able to remain smoke free for more than a few weeks on NRT products.

Since I have given up tobacco in lieu of e cigarettes, I have noticed a major improvement in respiratory function, energy, allergies, sinus congestion, oral health and physical stamina. I am also proud of myself, and know that this time I have quit tobacco for good, despite still using nicotine (albeit a lower dose). I figure a 20 year addiction cannot be reversed overnight, and I am ok with taking my time to wean off nicotine. My family physician is supportive of my decision too. As a former health care professional (on sick leave currently), I accept that e cigarette use is not without risk, but I feel that this risk is acceptable given my alternative which was to keep on with the cycle of smoking and trying to quit. I am so happy I decided to try this. It's changed my life for the better.

5/29/2013 11:37:00 PM - Happy2Quit

I have been a smoker for 25 years, but since switching to electronic cigarettes, I have not smoked a real cigarette in 16 days.

The first brand I tried was a disposable e-cig from a drug store. I was disappointed with it but intrigued by the concept of e-cigs.

The second brand I tried was a rechargeable model from a gas station.

I had better luck with this one but I still wanted to see if I could find a better quality product. I searched online and bought a starter kit and extras from a reputable company.

I am very happy with it!

I now have no desire to smoke. In fact, the thought of lighting up a real one makes me gag! E-cigs have truly killed my desire to smoke real cigarettes. My breath, hair, clothing, and home now all smell clean and fresh, and I feel so much healthier already.

My 'vaping' habit will cost under $30 per month, compared to around $300 per month for real cigs.

I can sure do a lot with an extra few hundred bucks a month! It seems the concern over electronic cigarettes is their safety.

From what I have ascertained, all chemicals found in e-cigs are also found in traditional cigarettes, to a far lesser degree. The thousands of chemicals and carcinogens found in tobacco smoke do not exist in e-cigs. No matter the slight if any risk from e-cigs, consider the deadly alternative of tobacco products. I will continue to take my chances with electronic cigarettes.

Now if I can get my adult children to switch to e-cigs from cigarettes, I will be a happy mom indeed!

5/30/2013 1:18:00 AM - David Albert Desrosiers from Phoenix, Arizona

My name is David and I had my first cigarette at the age of ten. It has been 22 days and 11 hours since my last tobacco cigarette.

I am 43 years old and as long as I can have unfettered access to affordable, available and diverse choices in e-cigarettes I will never, ever touch another tobacco cigarette again.

I've attempted to stop smoking cigarettes before. Once it wasn't even my choice. When I entered basic training, they kind of frowned on tobacco possession altogether in boot camp. Know what the first thing I did when I graduated was? You bet. I had a pitcher of beer and a pack of cigarettes. I dodn't want to do pills, patches, or any other things prescribed by a doctor.

Like a lot people, I have seen the popular Blu e-cigarette. I saw them in the tobacco shop on one of my biweekly stops to spend about $130 on the tobacco supply for my wife and I. The desire to quit has been in me for some time and I saw an opportunity to try something new. I bought a disposable Blu and was pleasantly surprised at the flavor and the fact that it utterly satisfied my immediate need for nicotine. I quickly became restive with limited choices and decided to see what was out there beyond what I used to drop tobacco abruptly and altogether.

Since then my inherent curiosity and thirst for all things that interest me led me to the incredibly diverse and vibrant world of "cigalikes", Personal Vaporizers and Advanced Personal Vaporizers. I've even begun to make my own e-liquid, or "juice" at home. This is a wonderful outgrowth of my love of cooking as making it is so parallel to cooking. It's finding that blend of flavor that is just perfect.

I currently use what is likely the most ubiquitous eGo e-cigarettes made by Joyetech. The change I have undergone is stark and amazing. Smoking was just smoking. It was something I did to satisfy a physiological and habitual addiction. Nothing is the same anymore. E-cigarettes have opened up for me a world of gadgets, flavors, people and something to be immensely proud of. I'm not committing suicide for about $9 a day feeding a revenous industry that is the only one that systematically kills its customers.

I'm exercising now. I live at the edge of a wonderful desert preserve in Central Phoenix that has some amazing hiking trails and diverse wildlife. I've lived next to it for thirteen years and am exploring it more and more for the first time. I can breathe like I haven't been able to since I was much younger. I've painted the inside of my home and washed every stitch of cloth in my home and am no longer embarrassed or afraid to bring non smokers into it.

My parents quit smoking when they were in their late thirties. Both of them are alive today in their eighties and quite well and very sharp for their age. They are perhaps more proud than anyone.

My name is David Albert Desrosiers and as long as I can have what I can have now, I will never smoke another cigarette, or touch tobacco again.

5/30/2013 4:01:00 AM - Ben Lagana (Finn the Human) from Atlantic City, NJ USA

I was a pack a day smoker for over 20 years and I really had no intention of quitting. I justified this by thinking, "Well, I'm pretty healthy, no apparent lung issues & I really enjoy smoking". This is fairly true, although I did get winded easily when running or swimming. The enjoyment of smoking was very real. Although the smell, general messiness and health risk of smoking was a turn off, to me it was worth it. I never considered using a patch or gum because I knew for me they could never replace the physical and mechanical ritual pleasure obtained from smoking.

Then I slowly became aware of electronic cigarettes. Started to notice them for sale in gas stations, drug stores & on the Boardwalk. Also, that Blu e-cigarette commercial began to grab my attention. One day I was in a local drug store and figured why not, I'll give an e-cigarette a whirl. I went back and forth between smoking and using disposable e-cigarettes (Krave & Logic mostly) for about two or three weeks. I was so impressed by how they satisfied my craving to smoke I decided to fully switch to e-cigarettes & began to research the different options on the internet. Mainly with information from the immensely helpful & knowledgeable people on the site http://www.e-cigarette-forum.com I decided to order a rechargeable e-cigarette model called Volt. Since I began to use the Volt I have not had a single cigarette. That was nine days ago and I have almost no desire to smoke traditional cigarettes. My sense of smell is already improving as well as my lung strength. I currently use 24mg and 18mg nicotine eliquid. I plan on stepping the nicotine level down to 0mg at my own pace, essentially ending my nicotine dependance. This would have been impossible for me with traditional cigarettes.

All in all, I am very happy with my decision & I actively encourage other smokers to try e-cigarettes. In my opinion e-cigarettes when used responsibly can change peoples lives for the better in many profound ways.

5/30/2013 4:26:00 AM - Russ Woods Winnipeg, MB

I am a 48 yr old man who has been smoking since I was 14. In my mid thirties I tried various methods to try and quit. I use nicotine patches, nicotine inhaler and nicotine gum. I was unsuccessful in all of these quit attempts. 2 years ago my health was being to be affected as my breathing became worse and I was getting more and more respiratory infections. I knew I had to do something to stop. I tried smoke free tobacco (Copenhagen). I was really surprised at how much nicotine it delivered and after 6 months I had quit smoking completely. The last 18 months have been a new lease on life for me as I feel very healthy and have a lot more energy and sleep better at night. It has really improved the quality of my life. Maybe I won't live any longer than I would had I continued to smoke but my quality of like will be so much better. The one complaint I have is the government taxes a lower risk tobacco product as much as cigarettes. This could be a huge deterrent to others who may want to try to quit using a smoke free alternative.

5/30/2013 6:01:00 AM - Gloria D from Washington State

I am 73, and smoked for 56 years. I had severe (as the doctors and I thought) "allergies", especially for the last 5 years, and spent many days in doctors offices. I have had numerous treatments, including shots, cat scans, chest x-rays, medications, and breathing treatments, all to help me breath. My sinuses were continually congested, I coughed 24/7, and could not sleep. It made life for everyone around me miserable. I had tried the "nicotine patches" several times in the last 10 years to no avail, and I sure didn't like the way they affected my physically.

I also had read all the negatives, and health (mental and

physical)problems created by other medicines designed to help you quit.

Too me, they were as bad as the cigarettes. I had it in the back of my mind that if I quit smoking it would help my "allergies", at least my poor sinuses. I got up one morning in December 2012, and there was blood in the phlegm I coughed up. On the way to the doctors, I stopped and picked up an "electric cigarette" I had seen advertised on TV the night before. I used that all day, and by that evening I was much better. That night I started doing some research on the computer and found a whole new group of non smokers out there that had quit by using e-cigs.

I invested in an e-cigarette starter kit called Ego. The day I got the Ego kit and some e-juice, was the last day I smoked a cigarette. I immediately quit coughing. Every problem I had with my sinuses cleared up within 3 days, and I have never looked back, or had a "sinus" or "allergy" problem since. My doctor is thrilled and has queried

me about how to get started, as he has many patients interested and asking about the e-cigarettes. He did not have the knowledge he needed to be able to pass on the information. My sense of smell and taste have improved. I sleep through the night, I no longer suffer any physical problems created, and caused by smoking "real" cigarettes. I can climb up a flight of stairs now, without stopping to catch my breath.

I could go on for hours about what positive effects it has had on myself and my family. I am no longer being poisoned by all the additives in tobacco.

I plan on reducing the nicotine level at my own comfortable pace, and am thrilled that there is a proven (by the Swedish) safe, affordable alternative to help us stop smoking. I pray that money and greed don't hamper this, as there are a lot of smokers out there that want to quit, and have not learned about e-cigarettes yet. I'll stand up against the lies created about e-cigarettes every chance I get. They have saved my life.

5/30/2013 7:21:00 AM - Rachel from Arizona

I have been a smoker for over 10 years. I started smoking at a pretty young age, and when I turned 18 and could buy cigarettes legally I smoked a pack a day. I have smoked a pack a day since then expect for about 9 months years ago when I was able to quit cold turkey. It only took one night of drinking and a slip up to be right back to a pack a day. I like most smoker wanted to quit but after trying everything out there I got tired of being disappointed. I decided about a month and a half ago to check out vaping. I first went to the local smoke shop and bought a cheap e cig. I really liked it and haven't smoked a cigarette since. I no longer you the cig-alike, and now use an ego style battery or a mod with tank atomizers. I started with 18 mg strength nic, but now use between 6 nic to 12 nic e liquidand on average vape between 2 to 3 ml a day. I feel that vaping has saved my life. I plan to vape with nicotine juice for 1 year just so I can say that I have not smoked a cigarette for one year and then plan to slowly get of nicotine and just enjoy vaping when ever I want.

5/30/2013 3:16:00 PM - FredQuitSmoking

I smoked for 3.5 decades. In December 2012 my wife saw a commercial about e-cigs. She told me about it, which I initially ignored. Several days later, I decided to try it out. I have tried EVERY product on the market to quit smoking, none where effective at all. Even hypnosis does not work. After 3 days of using the e-cig I went flat out cold turkey. Now I am 6 months out and still making it smoke free!!! I went from 4 cartons a month, at a cost of almost $200. With the e-cig I started with the strongest nicotine content, and stepped down to NONE! I mix my own e-juice now with only veg glycerin,and use a coffee flavoring syrup for flavor. My cost has been reduced to pennies a month, if even that much! Both ingriedients are safe. I did a bunch of reasearch to ensure my safety. I no longer cough, wheeze, or snore. I went to my doctor for a check up, the results were a lower blood pressure, a slower heart rate, and now my chest x-ray image is clear as can be. My wife has no problem with me vaping in the house or car, she says that it smells great. I will always do vaping, I do NOT care what the law says, or any future restrictions may happen. It is MY RIGHT to save my life from the tobacco industry, and I am positive they are the ones behind any reason to stop the e-cig industry. Even if all devices and e-juice were banned, big deal, I'm an electronics technician and I can build my own devices, and mix my own juice. The tobacco industry is losing money big time over vaping, they are scared, they don't want to lose the money, they will lie as they have done in the past, anything to keep their sales up. Well it's NOT going to work. So far, I have gotten about a dozen people to quit smoking and go to vaping, it is working. EVERYONE went cold turkey. If this testimonial is not enough to convince anyone they are siding with the tobacco industry. I, and my friends are LIVING PROOF that vaping works!!! Period... end of story!

5/30/2013 4:31:00 PM - Linc "Baldgroove" Williams

I smoked for over 20 years

5/30/2013 6:46:00 PM - James (camprman)

I had tried quitting smoking many times, but I would end up gaining so much weight that I would go back to smoking to stop the eating.

When I first read about electronic cigarettes, I was intrigued.

The more I read, the more I knew this might just be it for me.

I did tons of research, joined the ECF forum, asked questions, and finally ordered a kit, juice, extra batteries for a planned start date of 1/1/11.

What I did instead was start vaping before January 1st, to get used to it, and smoke less.

By January 1st, it was very easy to put down the cigarettes.

For the first couple of weeks, I would have strong cravings for a real cigarette that would last for about 30 seconds, but my electronic cigarette helped me through.

That was 2 1/2 years ago, and I couldn't be happier.

My breathing is easier, my blood pressure is better.

I haven't had the dreaded smoker's cough in over 2 years.

Without reservation I recommend the electronic cigarette to any smoker to help them quit.

5/30/2013 7:57:00 PM - Donna K. S. from Smalltown, Illinois

At the young age of 13, I began smoking.

It was the 'cool' thing to do.

For 25 years, I smoked.

By my 38th year of life, I was smoking one and 1/2 packs a day.

My young daughters' learned of 'addiction and drugs' in school.

They both approached me and said "Momma, we don't want you to die from cigarettes".

It broke my heart.

In July of 2011, a friend of mine brought over her ecigarette kit.

I thought she was insane.

She convinced me to just 'try' it, and see what I thought.

I was AMAZED!

We spent the afternoon getting online and ordering my own kit and liquids.

(eGo 650mAh batteries w/ cartomizers and liquids)

Within a week I had my own kit.

Within 24 hours I was down to 5 real cigarettes a day.

Within a month I was down to 3 cigarettes a day.

By October 21st, 2011, I was smoke free.

I have remained smoke free since.

I FEEL healthier.

My VOICE isn't so raspy and scratchy.

My CHILDREN are happy!

I went through a lot of withdrawal, but after about 6 weeks I felt AMAZING!

I still continue to use an ecigarette, at a low level of nicotine, and am VERY HAPPY with my results!

5/31/2013 12:20:00 AM - Jon Stevenson

I smoked for 30 years and started using e-cigarettes (vaping) about 3 months ago and it was incredible. I now still smoke but only about 4 packs a month. I have gained so much from e-cigs that it is incredible. I now enjoy food so much better as the taste is so much better. My lung capacity and breathing is better and it save me a bunch of money every month. I also do not wake up in the morning with that crappy cigarette taste in my mouth.I have introduced this to many friends and family and every one of them are achieving the same benefits. It is a definite win win situation.

5/31/2013 3:06:00 AM - Stacey Holder

Hello, my name is Stacey and I was a smoker for 15 years. I started vaping at 18mg about 5 weeks ago, just after a few days I had cut down from a pack of cigarettes a day to three cigarettes a day. After exactly a week I smoked my last cigarette and have not had once since. I had tried a few different ecigs and none helped me quit before, until I found the vaping cigs. It's crazy to realize what all I lost while I was smoking. I coughed all the time, especially when I first got up in the morning. I never realized how bad it smelled, and how my sense of smell was affected by smoking. I also never realized how my taste buds were losing their sense of taste. After about a week of vaping and no longer smoking cigarettes, I no longer have any of these problems. I don't wake up hacking, can breathe again, and my taste buds finally returned back to normal after a few more weeks. Not only has vaping saved me a ton of money (about $300.00), but it has saved my life. My goal is to keep working on cutting down on the mgs of the vaping, but I know that cigarettes controlled my life for the last 15 years and it will take time to work down to 0mg. But this gives me hope...

5/31/2013 10:07:00 AM - Julie Woessner

My name is Julie Woessner, and I am 50 years old.

I smoked for more than 30 years and was smoking 2 _ packs a day (American Spirit menthol) when I picked up an e-cigarette in January 2009.

I have been smoke-free for more than 4 years now thanks to e-cigarettes.

I wasn

5/31/2013 12:26:00 PM - Robert OFerrall

I am a 57 year old male. I had smoked for 40 years. I would smoke anywhere from 2-3 packs a day. I had tried several times to quit, the longest period was almost 1month. That didn't last long as I went right back to smoking 2 packs a day. The day I decided to try e-cigarettes was the last day that I smoked a tobacco cigarette ! It has been 9 months and I haven't touched a cigarette. I started on the e-cigarettes and am currently on a mod. I feel do much better now, I can SMELL like I haven't been able to in years. My clothes and truck don't stink any more. I can breathe a lot better. I don't cough anymore. It is incredible what a difference it has made. I am saving a butt load of money not buying cigarettes !

5/31/2013 12:29:00 PM - Melissa Stewart

I started smoking at the age of 18. I smoked until I was 20. Then after a stressful period in my life started smoking again at the age of 25. I tried so many times to quit again over the next 13 years but nothing worked. Definitely not cold turkey. Nicotine gum was a failure as well. I really hated that my rights were slowly being taken away. It made me feel like a second class citizen as a smoker. I was no longer allowed to smoke in restaurants or bars or even at my place of work! I hated the smell, the taste, and the effects on my health. However much I disliked those things, I did like the break from the world they gave me. I could walk away and have a few moments of peace and the fix I got from nicotine. I am not the resolution type of girl. I had seen a few commercials on the e-cigs and was curious. The ad man was standing there all confident and not hiding in a corner or alleyway with his newfound device for freedom. Freedom from a foul smelling ball and chain I myself had as of that moment been unable to escape. I looked at my husband who was also a smoker and said 'Can you imagine?' my doctor, my family and most of all my son had begged me for years to quit. Years. Years with the stain of shame, a yellow ashen smell of shame. So as a gift my husband drove me to a premier electronic cigarette store and I walked in absolutely sure I was going to fail. Again. They had a flavor bar but as a hard core menthol smoker I walked past it and onto the counter to find my device to freedom. I had done the calculations on price for the upfront cost versus my pack a day habit and was sure that were this a success it would be infinitely better both for my wallet and my body. That was January the 5th 2013, the day I smoked my last analog cigarette. I have not smoked since. I started at an 18 mg nicotine level and I am down to a 6 mg level. I am free of everything I hated about those cigarettes and my family, my doctors and most of all my beloved son and husband

are proud of me. My husband quit shortly after I did. We did it. We are free! No longer second class, smelling like ashtrays and stale air. No more Bronchitis or respiratory infections. No more burns to clothing or upholstery in the car. I have even helped my fellow ex- smokers, friends and family members make the big step and quit by using these miraculous devices. E-cigarettes work. They give you a better way. They work, they absolutely work.

5/31/2013 12:35:00 PM - Travis Erlston

II had smoked since 15 years old , for 18years I smoked up to a pack and a half a day. Near the end I was waking up every morning coughing until I got a headache , I weezed , I was always out of breath , and my circulation waas bad , hands constantly going numb. I had tried to quit many times ,the gum ,the patch , cold turkey , nothing lasted longer than two weeks of pulling my foricken hair out and then going back to smoking. Last year my wife and I became pregnant with our first child , I immediatly quit smoking cold turkey , it lasted two months. I was devistated , how could I be this weak. So a week before my child was born I switched to the blucig ecig , it worked immediatly . The quality of the kit was poor , and expensive , so I purchased an ego twist battery and a vivi nova tank . This made "vaping" cheaper, more interesting with flavors other than tobacco , and way more vapor. Currently its been 8 months , I tried a cigarrete a couple months ago and couldn't stand it , when you vape flavors like watermelon bubblegum , its almost impossible to find tobacco any kind of wonderfull anymore haha. My coughing stopped after the first week of vaping , I can smell things so much better , food tastes better , no wheezing feel much healthier. Ecigs have truly changed my life , if they found out that they were wrong about tobacco and its perfectly healthy , id still be vaping as I enjoy it that much and am happy to know I'm not bringing harmfull tobbaco smoke around my child on my clothes and skin. Vaping does require a certain curtailing of the instantaneos gratification of tobbaco cigarettes , you must keep you're batteries charged , and keep a stock of eliquid so as not to run out , that can be annoying compared to how readily available traditional cigareetes are .

5/31/2013 1:16:00 PM - Joshua Nix

This is Joshua Nix from Texas I quit smoking feb 2 2013 and switched to e-cigarettes. I tried many other times to quit but e-cigarettes was the only thing that got me to quit. After being so motivated about it I showed them to my father (32 year smoker) after 3 days he also quit and has been cigarette free for 2 months. With that kind of motivation I also got my brother in law and 2 co workers to switch from tobacco to e-cigarettes. We all use ego batteries with a tank/carto system all starting at 18 nicotine strength and lowered to 6 or 4 strength. Some of us done even have nicotine in our e-liquid. I smoked a pack of cigarettes a day for 9 years and now that I'm over 3 months tobacco free I haven't felt this good since I was in high school. I have so much more energy and I'm so much happier. I also don't feel self conscious about the smoke oder anymore since vapor

is oder free! It took only 2 days for me to make the switch and it changed my life for the good forever!

5/31/2013 1:44:00 PM - Jessica from OK

For the past 22 years, I've been killing myself slowly and until recently, I had decided that there was nothing I could do about it.

The sad thing is, I was also endangering the lives of my children (ages 3 & 4), as well as everyone around me. That was before I discovered 'e-cigarettes'. Now, not only am I healthier, but I can imagine an end to my addiction. I've already lowered my intake of daily nicotine while creating a healthier environment for my children. For me, e-cigarettes is not another addiction, it is a means to the end.

I had tried chantex to no avail, but was able to purchase the e-cig and never go back to analog's.

During the 4 months since I switched, I've watched 5 other people to make the switch as well.

5/31/2013 2:06:00 PM - Zeke from Chicago, IL

I have smoked cigarettes and used smokeless tobacco for most of the last 25+ years. I began smoking in college and determined that I would quit "later" and did make some efforts to stop when my children were born and at other times in my life as I got older. I was very familiar with the different health risks associated with smoking versus smokeless tobacco and was intrigued by the presence of e-cigarettes on the market 5-6 years ago (and tried two different brands of products at that time), but didn't quit smoking as products (additional cartridges, etc) were not readily accessible so the lack of readily available products limited my ability to maintain sufficient smoking substitutes. Additionally, the quality of products available at the time was limited. Product quality and flexibility have increased immensely since that time. Product availability and diversity needs to continue to expand.

In the past, I have been a long-term moist snuff tobacco (Skoal, Grizzly) user. In the last 6-7 years, I've also begun using snus tobacco (both General and Camel). When I quit smoking at the beginning of 2013, I used a variety of available products including NJOY and Blu (and have used disposables for both and rechargeables). In early February after switching to traditional e-cigarette products, I visited a cigar shop in Santa Fe, New Mexico that sold vapor products. I was interested in learning more and found the videos and online postings about products to be somewhat confusing with use of terminology and jargon in conversation that was unfamiliar to me and, in my opinion, very imprecise in usage (different people seemed to use different terms to describe the same things or used the same terms to describe different things). So, it was helpful to have someone physically show me different products, how they worked and share the experiences of his customers with me. He indicated that he then had 11,000 customers for his vapor products, that revenues were now equal to those he got from selling cigars (and growing), that 100% of them were smokers and that upon using these products they immediately reduced their cigarette consumption by at least 50% and that the percentage grew over time. His wife was a 30 year smoker who had that experience. Eventually she, and many others, found that the thought of tasting a cigarette was extremely unpleasant. The thought of having fingers, hair and clothes that reeked of cigarette smoke became very unpleasant. So unlike other alternatives to cigarettes, these products didn't just become a weak substitute to satisfy one's nicotine addiction, but they actually became a preferable alternative. While I recognize that such descriptions are anecdotal and not scientific, my experience over the past five months has been consistent with that experience.

I've tried nicotine replacement therapy on 6-7 occasions over the years and tried quitting smoking. I've tried the gum and more frequently the patch (which I actually prefer to the gum). Neither was satisfying as a product. Neither was enjoyable. They were both just painful experiences in an effort to lessen the nicotine cravings that come with quitting smoking. Neither worked for me. I've also used moist snuff tobacco as

indicated. Frankly, the nicotine provided via those products was more than satisfactory when not smoking. The social acceptance of those products, affected me in different ways (both negative and positive). First, working in a professional capacity, I recognized that many people found use of the products to be "gross." Most obviously, you have to spit. You can get tobacco in your teeth (I was never a big fan of pouches) and you have a big lump of tobacco in your lip (I could never dip Copenhagen because it was too fine ... unable to control the dip in the mouth and unable to get enough Copenhagen in to be satisfying - two forces that work against one another). So, the lack of social acceptance of moist snuff hurt my efforts to not smoke because I wouldn't use the products at times when I needed it. It also helped because privately, I could use the products and learn (unsuccessfully obviously) to go without when in public or with others.

Snus and dissolvable products are helpful in this regard because they are discreet and because they are more pleasant to use than the nicotine gum. My own opinion, however, is that snus is more appealing to smokers than it is to dippers. But it does provide some satisfaction. When I quit smoking at the beginning of the year, I found the more traditional e-cigarette products to be appealing. Nothing came as close to mimicking the behavior associated with smoking and providing the nicotine in similar fashion without all the negative characteristics of smoking a cigarette. My experience that I think is common, is that you want to try all the products out there. Clearly, cost is a factor. But the e-cigarettes are not cigarettes. They don't provide the same experience as cigarettes. It's very clear. So when you try one that you like, it is still not a cigarette. So, one naturally wants to try all the other alternatives to see what works best for his/her own tastes. The amount of vapor produced, the level of nicotine, the weight/color of the product, the flavor and taste of the product, the battery life and other characteristics all go into the determination in finding a product (or products) that suits one best.

My vapor purchase in New Mexico completely elevated my vapor experience. I purchased a Firefly battery (since then also an eGo C-Twist). Larger, more powerful, longer-lasting and rechargeable and some "clearomizers" and few different flavors. Since that time I've visited vapor shops in Chicago, Oklahoma, Missouri, Washington state, Arizona and elsewhere. I also shop online. I have a couple different batteries. I've bought products for family members who smoked and expressed a willingness to consider switching. I've used tanks and clearomizers. I have tried and purchased many different flavors (in person and online) and would now describe myself as a "vapor hobbyist" which I consider to be a good (albeit weird to those who don't understand it) thing. People outside the community don't understand that switching from cigarettes to vapor does have the capacity to create a "hobby" that is enjoyable for many, many people and that should be celebrated. It's a hobby not unlike cigars, wine, scotches, golf or model train collecting. It brings people together in a community with others of like mind. It's an appealing strength of the experience of choosing vapor over cigarette

smoking. I've never experienced a fun hobby of nicotine gum chewers. I don't think I ever will.

End of the day, I haven't smoked since quitting on January 3, 2013. I had zero intention of stopping my use of moist smokeless tobacco but quit that and have no desire to use the products (including at times, such as playing softball/baseball, where I've always used the products for decades - longer than the time I've smoked). So, although not my intention, I've ceased using traditional smokeless tobacco products as well. Note that I do use snus when vapor is not socially acceptable (on airplanes and in business settings). The thought of having a traditional cigarette is disgusting to me. Many people who quit smoking become very sensitive to cigarette smoke. They recognize how much it smells, how it irritates the eyes, gets absorbed in clothes, furniture, carpeting, hands and fingers (including of those who aren't choosing the activity). Smoke stains your teeth and the smoke isn't pleasant to anyone other than the currently addicted smoker (and only at the time smoking). Many who switch from smoking to using e-cigarettes and vapor products have the same experience. I have had that experience (though I don't demonize or hate smokers and support their freedom to make choices for themselves and only wish that they have honest, accurate, scientifically -valid information available to make informed choices for themselves).

I switched and switched successfully because I have access to a wide variety of products. I can (and have) tried dozens of flavors to find those that are most palatable to me. And don't fall for the idea that flavors means "appealing to kids" because adults like flavors. Nicorette gum comes in flavors, coffees are flavored, desserts are flavored, Tums and Rolaids and Polident (and HUNDREDS of other products) are flavored with chocolate, cherry, strawberry, vanilla, cola, etc... and are marketed exclusively to adults. I've never heard anyone accusing pharmaceutical companies of marketing orange Metamucil products to children because they are flavored. Humans, ALL humans, love flavors. The more flavors that are available, the more likely the switch to vapor from smoke will be more appealing and more permanent for the individual, addicted smoker. The more products, colors, batteries and accessories that are more readily available to more adult smokers, the more adult smokers might choose to switch to a different and less-offensive (to others) product(s) because they can find alternatives that are pleasurable to them.

At the end of the day, we've learned of the many serious dangers and consequences associated with smoking cigarettes. And still tens of millions of Americans smoke. We've experienced it. I've been with friends and family members as they've suffered with smoking-related disease that ended in death. I've been to the funerals. We all have. And while it's important that additional science be promoted to understand the long-term impact of e-cigarettes and vapor products, the dangers of cigarette smoking is a known quantity and limiting alternative products that avoid many of the specifically-identified risks associated with smoking is not only irresponsible, it's dangerous. If you want to

restrict availability of alternative products, restrict their attractiveness, restrict scientific information about them (or distort it) or increase the costs of such products, you are promoting the continued use of cigarettes for the tens of millions of people who smoke and are interested in quitting or switching, as most are. You can't have it both ways.

And I do understand the hesitancy of many to be skeptical of scientific research that may be funded by tobacco companies. But I'd also encourage those same people to be equally skeptical of any research funded by pharmaceutical companies and organizations that are significantly funded by pharmaceutical interests. Is it possible that Campaign for Tobacco Free Kids, the American Cancer Society, the Heart and Lung Association and various "SmokeFree [insert state name]" organizations receive funding from pharmaceutical companies or interests? Hmmm ... Traditional nicotine replacement therapies have a less than stellar record in helping people quit smoking. I support the free market and companies making a profit, but the research related to many of the products in this area is supported by billion dollar, international pharmaceutical conglomerates that have a vested interest in the outcome of the research, no less real than cigarette companies interest in the outcomes. But at least people are skeptical of tobacco companies. They should have the same skepticism of pharmaceutical companies. In fact, the danger of research funded by pharmaceutical interests is arguably even more dangerous than that funded by tobacco because people assume it's from a worthy source. Do you really think the manufacturers of nicotine gums, patches, inhalers and oral prescription medications (often paid for by government programs or insurance mandates) want to see people make an informed choice to switch to e-cigarettes and vapor products? Do you think those pharmaceutical interest have the ability to impact the FDA? Do you think they provide funding to groups in all fifty states who work to reduce smoking and now curiously support action to restrict alternatives that people are choosing of their own free will? It's fair to ask interested parties if they receive funding from tobacco companies. It's probably even more important to ask those who weigh in from various smoke-free organizations if they refuse any funds from pharmaceutical companies and if they are willing to make their donors public.

Sorry for the lengthy treatise. But I've switched to vapor, I'm not switching back and I'm excited about it. I hope others have the same knowledge and opportunity to make the same informed (and satisfying) choice I've made for myself.

5/31/2013 3:58:00 PM - Dallas Fitzgerald (dwfitzgerald) from Knoxville, TN

I started smoking when I was 17. From the age of 19 to 22 I tried to quit cold turkey multiple times, but always went back. Based on a coworker's recommendation, I purchased a Joyetech eGo 510 eCig. I use liquid with a nicotine content of 24mg/ml, though that's more of a personal choice than a necessity. I've used 8mg/ml and it halted my cravings for cigarettes completely, I just prefer the "buzz" that 24mg/ml liquid offers.

When I got the eCig, the switch was immediate. Not only could I "smoke" at my leisure, exactly how much I wanted to, but it tasted great, too! I can't say that I haven't smoked a cigarette since then, but it's very rare. Usually when a recently ordered shipment of liquid/atomizers takes longer to arrive than anticipated. The widespread distribution of eCig supplies would make that a non-issue!

I also enjoy a cigarette with alcohol on occasion, but not every time I drink. It's very much an occasional pleasure. Those times when I've lacked supplies to use my eCig it was with no joy that I purchased a pack of cigarettes.

I can taste and breathe better than I have in years after 8 months of vaping. I no longer smell like an ashtray, either. The financial benefits are unrivaled, as well. Smoking is a very expensive habit. Vaping still costs money, of course, but I save around 60 dollars a month by not buying cigarettes.

I'd recommend an eCig to anyone! The only reason I can see for anyone to oppose eCigs is that they have some kind of stake in the sin taxes associated with cigarette sales. Don't demonize my healthier alternative to smoking for greedy reasons!

5/31/2013 4:03:00 PM - Laurie Finch

I have smoked since I was 18.

I have never been a heavy smoker, but when I'm out especially if we are at the bars drinking I could smoke a whole pack of cigarettes in a evening, (then feel it the next day) I mainly smoke when I'm driving and in the evenings.

When I was introduced to the e cig I had one cigarette left and it was a Tuesday, by Thursday I was craving a cigarette and did smoke one but It tasted absolutely terrible.

Since that day I have not smoke any cigarettes and I have stuck to vaping and I LOVE IT!!

It's been three months and I can honestly say I have not craved a cigarette. I enjoy vaping and all the different flavors and have found it to be satisfying. I wish I could convince more people to give it a try and go smoke free!!!

5/31/2013 6:09:00 PM - Sean Morris (SeanSkull) Odessa, TX

I was a smoker for around 20 years.

I attempted quitting cold turkey and was successful for about three months before stress came up and I started smoking again.

I approached my Doctor, and began a regiment of Wellbutrin and a nicotine inhaler to attempt quitting smoking.

I personally did not like the effects of the Wellbutrin, and the nicotine inhaler was horrible.

I started using Snus and other smokeless tobacco products to stop smoking.

This was successful for about six months, then I began smoking again.

I did smoke less, but I was using the smokeless tobacco as well.

I used acupuncture to assist with quitting smoking.

It was not effective at all.

I started using electronic cigarettes the first week of February, 2012.

I have not smoked a cigarette at all since February 12th, 2012.

On a side note, I haven't used smokeless tobacco products since March of 2012, when I realized that I did not have a craving for them any longer.

I currently use an electronic cigarette, a Mod style, with multiple flavors of electronic juices at 18 mg of nicotine.

My nicotine level has dropped from 24 mg when I first started down to 18 mg.

When I started vaping, I continued to smoke for the first week or so.

I was familiar with stepping down my cigarette consumption, and finished off my last carton of cigarettes when I started vaping.

My normal cigarette consumption at the time was 40 to 50 cigarettes a day.

I started vaping on February 6th of 2012, and I finished my last cigarette just before bed on February 11th.

The only real cigarette cravings I've had in that time either involve high stress or personal habit.

I find that vaping during one of these "crisis" moments helps me pass through without actually having a cigarette.

I know that I feel healthier all around after vaping.

My sense of smell and taste have improved greatly.

I am able to breathe more freely now than I did previously.

I do not suffer from a smokers cough at all, and have a much easier time waking up in the mornings.

I do drink more water and fluids than previously due to the dry mouth effect of vaping, but this problem is negligible in comparison to the benefits.

I have had minor allergic reactions to some e-juices, but in every case the juice in question contained something that I am allergic to already and I was not aware was in the juice (bakers cinnamon rather than "Red Hots" style cinnamon and honey suckle as an example).

I continue to vape at this time, and I intend to continue vaping.

I understand that there are potential health risks involved with vaping, but also consider the risks to be negligible compared to my previous habit of smoking.

If vaping itself was totally banned for some reason, I would probably either continue to vape in whatever capacity I could, or revert back to traditional cigarettes.

I prefer vaping to smoking because it is a healthier alternative.

I also appreciate the fact that it is a much healthier alternative for my family and loved ones around me.

5/31/2013 7:23:00 PM - Robert Ferguson

I started smoking cigarettes around the age of 14 with intermittent periods of not smoking. I also used Skoal, Copenhagen and sometimes all three at times in my late teens and early twenties.

I tried in my mid twenties of getting a prescription of nicotine gum.

This lasted maybe a week.

I tried Patches when they were first available by prescription only.

This lasted about 6-8 weeks and found myself back to clogging up my lungs with tar and other carcinogens. I also tried Chantix medication with no luck.

I am 53 now and I started trying out the Electronic Cigarette about 18 months ago.

I could not believe that within a week I had no desire what so ever to smoke another cigarette again.

I did smoke one 3 months after quitting because I lost my Electronic Cigarette and while smoking it I started to feel really bad and it tasted awful.

I have no desire to ever buy a pack of cigarettes ever again or even be around people that smoke them.

I really felt good about myself when I reconnected with an old friend from thirty years ago on Facebook who has had two heart attacks and came to me for help.

He has been cigarette free now for two months now and his story is Identical to mine except I have been smoke free longer.

I am so thankful for this new technology and pray Big Tobacco and Big Pharma are not allowed to line the pocket of lobbyist in Washington DC, and The representatives we vote in office at the local, state and federal level away to make more money by taxing it to a point that it is not affordable for those who wish to save their lives.

Sincerely, Robert Ferguson

Thank God for this alternative

5/31/2013 8:47:00 PM - Ania

My name is Ania, and I was a smoker for 56 years before electronic cigarettes caused me to quit. Yes, I say "caused" me to quit, not "helped" me to quit.

For the last 30 years of smoking tobacco cigarettes, I smoked 2+ packs a day. Although I am a generally healthy woman, and apart from cigarettes have lead a fairly healthy life, about 10 years ago I began to experience shortness of breath, morning cough, increased severity of and recovery time from common cold and flue-like illnesses: all symptoms typical for a heavy smoker. I also suffered frequent, debilitating headaches, which may or may not have been smoking related (see below). In spite of this, I have always loved smoking and never wanted or tried to quit.

Seven months ago, purely out of curiosity about a new technology, I purchased an electronic cigarette. The first "drag" on that e-cig was an epiphany. I reacted to it as I would to a tobacco cigarette: same hand-to-mouth process, same feeling on the inhale, same visible exhalation. But it tasted much better! I realized on that first puff how harsh tobacco cigarettes actually were. And I could see how much cleaner it was: no environmental tar-containing side-stream smoke, no ash, no ashtray, no butts to clean up. I actually did finish smoking the 7 cigarettes left in an opened pack, but since that, after my first e-cig, I have never wanted, and have never smoked, another tobacco cigarette.

The improvement to my health and environment was in many ways amazingly fast. Almost overnight, my "smoker's cough" disappeared. After only 7-10 days, I was breathing more easily and had more energy, which improvement continues to this day. During the first month, I had only two headaches, which were quickly allayed with OTC medication, and have had only one in the subsequent 6 months. So whether the headaches were caused by, or exacerbated by, smoking, my switch to ecigs appears to have remedied the situation.

I had no intention of quitting, but electronic cigarettes caused me to quit! I call myself an "accidental quitter." I am no longer a smoker, I am a "vaper." If electronic cigarettes can actually cause someone to quit smoking, imagine how effective they can be to someone who actively WANTS to quit!

6/1/2013 3:30:00 AM - Carrie McQueen

My name is Carrie and I am 29 years old. I had a very significant fall at work that cause several injuries and led to the discovery of Degenerative Disc Disease. My neurologist told me that I really needed to quit smoking because the chemicals in cigarettes, can have a very significant effect on your discs remaining in your back and how quickly they can degenerate. I came home and had been discussing the use of electronic cigarettes online w/ a few friends on facebook already, that day I placed my order. I began using it on February 2nd, 2013 and noticed that I immediately decreased in smoking a pack to a pack an a half a day to 5-6 cigarettes a day. I had been smoking or 15 years which was over half my life, I had quit a few times but always went right back. I could not use Chantix because of a history of depression and seizures and couldn't use patches because of my history of seizures as well. So really cold turkey or electronic cigarettes was my only way to go. On February 15th, 2013, I smoked my last cigarette. So it took me exactly 2 weeks of using electronic cigarettes to quit completely. It has been 3 1/2 months and I have not smoked a cigarette. I plan to eventually quit using the electronic cigarette, but for now I am taking my time going down in milligrams and enjoying the wide variety of flavors and different types of electronic cigarettes and different set ups w/ variable wattage and voltage, cartomizers, clearomizers and tanks. I started at 24mg and am currently using 12mg. There is always a different set up for everyone and everyone enjoys different things. Currently, I own 11 batteries and plan to buy a few more before I even think of quitting. My quality of life has improve significantly. I used to cough up junk every morning, my skin complexion is better, I can breathe easier and my husband and children are very happy that I am healthier and don't stink up the house and car. I don't foresee myself going back to smoking cigarettes after this my healthier safer alternative. I have so far been able to get 9 other people to stop smoking and use electronic cigarettes, and that makes me feel great because I opened a door to hopefully prolong their lives. I Have even opened my wallet to get them started and at times to keep them going. I hope the use of electronic cigarettes kicks into high gear. This may be the only way to help some people who would smoke their entire lives, and be offered a much safer and healthier alternative to smoking, and hopefully prolong their lives.

6/1/2013 7:19:00 AM - Davevape

I am 41 and was a smoker from age of 15, started out with cigarettes and then went to cigars wich I smoked from about 19 to 41.I smoked the little cigars and

about 2 packs a day sometimes more . Tried pills" Chantix " plus a list of other stuff doctor prescribed but they helped very little . I also tried snus witch didn't help at all so I tried reg chewing tobacco that didn't last long. Then I decided to try disposable e cigs they were ok but not what I wanted so I got one of the ego style kits with juice, this time it worked I love vaping now and don't crave any type of tobacco at all. I enjoy vaping and I can breathe good smell stuff and taste buds are back. It has only been 3 weeks but I don't want to smoke ever again and my family is very happy about that.

6/1/2013 10:53:00 AM - SebT from Glasgow, UK

I was a long-term, medium-to-heavy smoker for 23 years.

I started when I was 17, and very shortly got up to smoking c. 20 cigarettes per day.

I considered cutting down or giving up smoking many times, but never made a serious attempt at this.

In retrospect, one thing that put me off was the sheer dullness of the alternatives on offer (NRT patches or gum, cold turkey).

I think one thing advocates of smoking cessation fail to realise is that while smoking is hazardous to health, it's also a highly enjoyable activity, and also a social activity.

Indoor smoking bans have emphasised the social aspect of smoking: people go out of a workplace, bar or restaurant, and talk as well as smoking, even though they might be relative strangers.

I think campaigns to encourage people to give up smoking miss an important point by failing to recognise this.

There seems to be a tacit agreement to censor any acknowledgment of the positive aspects of smoking (as experienced by smokers), in case it "frightens the horses" or results in "off-message".

So, in retrospect, this is why taking up vaping has worked so well for me.

In February 2012 a work colleague, who'd tried to give up smoking in many different ways over 4 years (but failed), started using an e-cigarette, and gave me a try on it.

I was completely taken by surprise, and immediately convinced that this was something I had to do.

At last the possibility of giving up smoking seemed real.

I ordered my own e-cigarette and supplies.

On the morning they arrived, I had a packet of tobacco left over from the previous night.

15 months later, I still have that packet of tobacco, untouched.

I'm not keeping it to use it (the tobacco would be unusable by now), but as a token of how easily I gave up smoking.

When I look at it, I remember with pleasure how I gave up smoking overnight, and have not even wanted a cigarette since, let alone bought or smoked one.

This is in spite of spending time with friends who are smokers, allowing them to smoke lightly in my house, and often going outside for "vaping breaks" along with smokers.

I find that I like the smell of cigarette smoke from people around me, in moderation: it reminds me how much I enjoyed smoking when I was a smoker.

But I never feel any desire to have a cigarette myself.

Why do e-cigarettes work so well?

The answer, for me, is simply that they are enjoyable to use.

Inhaling something, feeling a physiological and psychological effect, and exhaling a cloud of vapour or smoke is, quite simply, pleasurable.

This was a large part of the appeal of smoking for me; I'm now enjoying this experience through e-cigarettes, but without suffering the everyday and long-term health effects of cigarettes.

Of course cigarette smoking involves somatic mechanisms of addiction: when I started using e-cigarettes (immediately giving up cigarettes completely), I experienced some unpleasant symptoms of withdrawal from the many chemicals I was no longer inhaling.

(These passed within a couple of months).

But chemical addiction is not the whole story.

There's also the pleasure of inhaling something that makes you feel good.

And inhaling nicotine makes me feel good.

Calling this latter thing an "addiction", irrespective of the actual magnitude of its negative health effects, is a category mistake concealing a hidden value judgment.

There's a tendency for anti-smoking campaigners to over-extend the model of harmful, chemical addiction (which of course, does accurately describe something important) to cover anything associated with smoking: its appearance, the bodily actions involved in it, even its historical portrayal.

At best this is intellectual inelegance: at worst, obfuscation and the distortion of truth.

On reflection, this is why I didn't make any serious attempts to give up smoking before.

The message I was getting completely ignored my own experience, that smoking is pleasurable.

Giving up smoking, it seemed, in spite of its proven health benefits, was about giving up a pleasure.

E-cigarettes are revolutionary because they break apart this way of thinking.

At last it's possible to enjoy inhaling a relatively harmless drug (nicotine), at a dosage you choose, without also suffering the effects of all the other elements of cigarette smoke.

I started vaping using 12 or 18mg/ml concentrations of nicotine.

Nowadays I find I'm happy using 6mg/ml liquid.

The fact that some vapers use 0mg/ml liquid (i.e. no nicotine at all) proves that the action of inhaling and exhaling vapour is an important aspect of the appeal of vaping - and, by extension, of smoking as well.

The effects on my day-to-day health are extraordinary.

My daily smoker's cough has disappeared.

My senses of taste and smell have become much more sensitive; I enjoy the smell and taste of food much more.

(When these senses started recovering, the effect was so enjoyable as to be even a bit disturbing!).

I get tired much less easily.

Everyone tells me my skin has a much more lively, healthy colour.

My clothes and possessions smell much better.

I would and do recommend e-cigarettes to anyone looking to to give up or cut down smoking.

6/3/2013 2:20:00 PM - Ria Culpa

I smoked since I was 23. Dumb idea, I know. It was the only way I could get a break at the retail establishment where I worked. No biggie, I said, I only smoke a few times a day, I go through a pack in a week.

Then school.

Then two jobs, plus school. Plus a seriously hard breakup.

I was up to a pack every two days. Not as bad as others, I suppose, but bad for ME.

I tried everything when I was 27, 28--You name it. Snus, chantix, the gums, the patches, the lozenges. Cold turkey. Accupuncture.

This is the only thing that worked. I tried Blus and NJoys and they were ok, but I'd always go back to smoking. Then I found the big PVs that I use now, and it was a world of difference.

Long story short, I got the device on Dec 17, 2012, and I haven't been smoking since.

6/3/2013 8:24:00 PM - Jack P Dickson, Rutland VT 05701

Electronic cigarettes/mods have saved my life! I can honestly say I've never felt better than I do now. My lungs feel better (I can actually work out with out feeling like my

chest is about to explode!) My wallet feels better , I no longer smell like an astray nor do I have a persistent wheeze or cough. I don't know what else to say besides switching to vaporizing was one of the best decisions I've ever made. I finally feel like I have my health back and can proudly tell you that I haven't smoked in almost two years now. This is a big deal considering that I have tried all conventional methods of quitting cigarettes before ie: nicotine patch, nicotine inhaler,nicotine lozenge,chantax just everything with little or no success! However within a day of using an e cigarette I knew I no longer had to keep smoking! I've been vaping ever since

;-)

6/4/2013 10:44:00 AM - Susan McDonald Toronto,CA

I have been smoking on and off for the last 35 years, at 49 I started using electronic cigarettes and from the first puff I have not touched another cigarette since.

I started with a cigarette looking type you can get in the convenience stores but they were cheap and didn't have any nicotine. Then I learned about nicotine juice and a more streamlined electronic cigarette which I had for about 3 months ... but they were too cumbersome to fill all of the time. I moved on to a 1100 mah battery ego twist, with a clearomizer, which served me for quite a while but then found myself moving up to an SID mod, which I find is working for me very well.

I am turning 51 this month and my breathing has gotten much better, I no longer cough, hack or wheeze. Health wise, when I was 49, I was being treated with a progressing form of COPD and was being treated by a respirologist, as I was smoking and struggling to quit, the medications just didn't work well enough and I had exhausted the levels of medication that I could handle, and I was still wheezing and feeling helpless in my need to smoke.

After a month of electronic cigarettes, I saw my respirologist, who noted a marked improvement in my breathing and both he and my family doctor said to me point blank, "whatever you are doing, keep it up!" and he made my appointment for 6 months later, confident that I had gotten my COPD under control. I have not looked back since.

I have a mental illness and my nerves cannot handle being without nicotine in my system. There have even been studies that nicotine lessens the effects on depression which has been haunting me for many years. I have tried cold turkey, chewing gum which did not last, as I didn't like the taste and the gum burned my mouth or felt like it was. I also missed the act of smoking so I would always go back to smoking when life got stressful, which for me was quite often.

I started vaping at 18 mg ... and have wheened myself down to 11 mg. I am still working my way down as I can, but right now, 11 mg is doing the trick. I am also mixing my own e-juice, which gives me great pleasure as a hobby.

I also love the fact that I can vape in a smoke free home, my husband likes the smell of my vaporizing juice and we are a much happier family thanks to electronic cigarettes and vaping. I can also exercise without wheezing or getting winded.

Please never try to ban any of these products. My health and life are so much better because of it, and my family is at peace as they know I will be around for many years to come! Electronic cigarettes and vaping have been a lifesaver for me!

6/5/2013 5:08:00 AM - Wade Jordan, Euless, Tx 76039

I smoked since I was 16, I'm now 38. I have tried over the years to quit smoking. I've tried Chantix, Counseling, Hypnosis, patches, nic gum and a host of other things that did not work. I smoked even though I was using those supposed alternatives. They didn't work, they barely curved my urge to smoke.

In December 2012 My wife and I discovered the E-Cig (not the junk ones big tobacco sells) The Ego style Personal Vaporizers. I did a lot of reading and studying and discovered that one of the ingredients was in my sons Asthma inhaler as a medicine carrier. So we went out and bought our first Ego kit. We were hooked and we haven't had an analog cig since. It's now June 5th 2013 that I am writing this and it has been 7 months since starting vaping.

I used to hack for about 5 minutes in the morning when I woke up, I was a pack and a half a day smoker. I was on 320mg of Diovan, for high blood pressure, I couldn't walk from the house to the car with out wheezing and forget about mowing the lawn. I had sleep apnea, I snored so loud I woke myself up. After just 2 weeks I was sleeping through the night, not snoring and felt rested, after 3-4 weeks I was able to get off the Diovan and now I can mow the lawn, weed eat the whole property with out wheezing or being out of breath. The Personal Vaporizer(E-cig) is one of the best things that has ever happened to me.

I shouldn't have to be begging to be able to continue vaping, no one cared that I was dying from Analog Cigs, but now I'm getting healthy and all of a sudden every one is interested.

6/5/2013 10:39:00 PM - Anne

I work in my son's Electronic Cigarette store in Wisconsin.

We encounter many many stories how we helped people quit smoking.

We have them sign the wall if they have stopped smoking with Electronic Cigarettes.

The wall is our pride and joy. I have three favorite stories I'd like to share off our wall.

The first is a family of 7.

One son came in to purchase 7 kits.

They all rallied around Grandma who had Alzheimers disease.

It was hard to teach Grandma how to use an Electronic Cigarette, and she was very stubborn and did not want to quit.

Being afraid for her safety, as her lit cigarettes caused fires, they helped her learn. A year Later, Grandma has passed away, but the rest are still smoke free. The second story is a man who thought electronic cigarettes wouldn't help him, was amazed it did help, weaned himself down to zero, and was very proud of himself.

A month later he was back.

He explained that his mom just passed away, and his stress made him think about cigarettes.

He said " I was so glad this electronic cigarette was still in my house, I realized I never have to ever smoke real cigarettes again.

A month later he was done again. We have a man who came walking in and told us he had been smoking for 80 years and he is tired of it.

80 years?

How old are you?

90.

He started smoking at 10, smoked 2 packs a day, and now he uses an Electronic Cigarette. We have a wide range of ages.

There is no specific age to want to quit smoking. We have person after person come in, very skeptical that it will help, but it does.

If you trust it, and you can wrap your mind around the fact that you are a non smoker.

It's just so much easier to quit at your own pace. I, myself smoked 2 1/2 packs for 40 years.

My ex-husband quit smoking 2 years before me, he bought me one because he wanted to help me.

I already had COPD from smoking,

I tried all the stop smoking aids on the market.

And I did quit a few times, for a short amount of time.

A smokers mind tells them to buy a pack at the first sign of stress.

I had a struggle, but realized my cigarettes were a security blanket.

I was scared to

be without them.

Thankfully my ex-husband franchised an Electronic Cigarette store to my son, it has been a blessing to my family and the town. Many members of my family smoked, and I am proud to say we are all non smokers now.

I wondered what I would do with my hands when I stopped smoking.

I wondered if I would crave a cigarette forever. Now I never have that craving to get outside for a cigarette.

I never have to stand outside in cold weather to finish one.

I have a few puffs and I am all set.

No more costly Cigarettes, No more smelling like "smoky purfume", I would use to cover the smell.

The cravings go away.

Breathing gets easier.

We promote an electronic cigarette as an aide to be able to cut back from smoking, but I have seen hundreds quit.

It is a wonderful product, and I am thankful to be a part of this.

6/6/2013 2:45:00 PM - Carolyn Maurer, aka Stormy

On May 10, 2009, I smoked my last cigarette after 30 years! One day, a non-smoking friend asked me if I had ever heard of the electronic cigarette.

Like any of these types of things, I was a huge skeptic.

I had tried any and all methods to quit smoking through my life, hypnosis, patches, Chantix, Wellbutrin and I

6/6/2013 4:25:00 PM - Jackie Stallings from Houston, TX

My name is Jackie Stallings, and I am a 60 yr old female who smoked about 2 packs/day from the age of 14 to the age of 58.

I never had any intention of quitting (other than a 3 month nightmare experience using Chantix) until my husband told me about an e-cig kiosk he had seen at a local shopping mall.

That peaked my interest enough to look up

6/6/2013 6:45:00 PM - Jonathan Kim

I smoked cigarettes for over 20 years.

Once getting into high school and never looked back until my friend introduced me to E-cigarettes.

I used a simple ego-c kit with 32mg of nicotine.

At the time I was smoking I was doing 1 pack of cigarettes a day.

Now vape 4mg of nicotine and slowly going for the 0mg after 5 months of vaping.

The same day my friend gave me the vaporiser, the same day I quit.

I've tried the nicotine patch but I still smoked because of the hand to mouth habit and got sick. I've tried reading books about quitting smoking and it didn't effect me at all.

The gum didn't work either, as it just gave me a bad taste in my mouth and didn't help much.

I still smoked at the same time.

I don't feel any negative effects in my life, everything that changed in my life has been positive.

My family accepts it, not like when I smoke cigarettes.

Now I know how it feels to be a non-smoker and know how bad it smells on people when they smoke.

My productivity has gone up by 50% because I can vape and work at the same time and I don't have to waste my time going out.

Vaping has changed my life in a very positive way, quality of life is better because of vaping.

6/6/2013 6:57:00 PM - Jason Wells - Dallas, GA

I smoked cigarettes since I was 15 and I am going on 39 now. I was able to keep myslef to about a pack a day plus a few. It was really starting to take it's toll on my health. In january of this year, 2013, I was introduced to an EGO-U e-cigarette. My friend had started using one and had given up cigarettes. She was very excited about it. Having tried e-cigs a couple years before and thinking they were terrible, I was a skeptic. I managed to find a retail store near me and gave a starter kit a try. It was like a night and day difference between this new e-cig and the one I had tried before. This was great. Satisfying and enjoyable. I liked smoking my cigs, I enjoyed smoking. Now I enjoy this more and why would I ever want to go back. I was able to toss my cigs and I have never picked up another. I have not had 1 cigarette since january 15'th 2013. My sense of smell returned in about 3 weeks and my breathing became easier. No coughing in the monrnigs. No hacking up half a lung each day. My house smells nice now, my car smells nice. The e-cig I picked up made a profound change in my life and I am so grateful. If these products were restricted for sale or heavily taxed it would be a slap in the face to every single person thinking about quitting smoking.

These products have essentially given me back a large portion of my life.

Thank you, Jason Wells Dallas, GA

6/6/2013 11:40:00 PM - D.S. from CA

I was a cigarette smoker for 25 years. During that time, I developed both asthma and ulcerative colitis. I was going through about one asthma inhaler a month and I tried quitting more than a few times.

As some may know, but I imagine most do not, researchers have found a connection between ulcerative colitis and nicotine. Smokers tend to be less likely to develop ulcerative colitis. If they do (as in my case), the condition is normally less severe than in non-smokers. I've been told by two of the gastroenterologists I've seen, that they've even prescribed the nicotine patch for non-smokers suffering from colitis. Smokers suffering from colitis often see an increase in attacks of colitis and the severity of these attacks when they quit smoking. So that was my predicament. Because of my asthma, I had to quit, but when I tried going

6/7/2013 3:39:00 AM - April Wilhelm

Hi there. I have a story I would like to share with you, if you would care to read it. The story is about a young girl, who was developing breathing problems rarely seen in people under the age of 65, and how she completely turned those issues around with a simple switch. Of course, this story is about me, and my decision to quit smoking traditional cigarettes. I had started smoking when I was about 12. I

6/7/2013 5:35:00 AM - Mike (Myk), IL

I first tried cigarettes at age 12. I was addicted at age 14. Until this last time on ecigs I had smoked 35 years, 1-1.5 packs a day. Notable quit attempts were at age 18 for 9 months with cold turkey/habit replacement. Eventually college pressures got the best of me. I had a 2 year cigarette quit by replacing them with uninhaled pipe smoking. That one was destroyed by buproprion (Zyban/Wellbutrin) it had me so messed up in the head I had to have a cigarette. Other memorable but very short lived attempts were the step down cigarette filters, NRT gum and cold turkey attempts. I have used every traditional US tobacco product there is, all kinds of chew/American snus, cigars, pipes and snuff in addition to cigarettes. I tried ecigs in '09 but there weren't many affordable options and what there was wasn't good. I gave it up after a month, I still hate modern cartridges and cartomizers because of the filler.

I kept an eye on ecigs waiting for something substantially different to come out. In '12 I saw a tank ecig with no filler and a line of liquids I wanted to try. My first night without a cigarette was by accident, and with my old ecigs, the watermelon tasted too good to put down for burning tobacco. When my new and better ecigs arrived I only had half a cigarette each of the next two mornings. After that I was smoke free and haven't seriously wanted a cigarette since, at least nothing I couldn't vape away. It was not completely easy but it was the easiest quit I have ever tried, as was the time I tried ecigs in '09.

My intentions were to quit nicotine and then quit ecigs keeping them and nicotine handy for when the desire to smoke got to be too much, then I would go back to ecigs instead of smoking. I was down to 5mg in a month. I was also bleeding pretty bad with what was ultimately diagnosed as Ulcerative Colitis. I think the flare had started months before I switched to ecigs, it definitely got worse as I cut out nicotine. I stayed at 5mg nicotine in the morning and 0mg through the day for the summer while I went through testing so it would be easier to cut out the nicotine if it was determined to be Crohn's or cancer. When it was diagnosed as Ulcerative Colitis I got the approval from Gastro and my GP to add nicotine back into the mix, it may help and I didn't have any health issues to say I should avoid nicotine. I'm on IBD medicines in addition to the nicotine and I'm doing good. I can't say for sure but it sure seems that nicotine abstinence was bad for my health. Like all the other IBD treatments I will continue using nicotine until something with my health causes the risks to outweight the benefits. I should also point out my first Gastroenterology testing was around the same time I started smoking as a habit at age 14. The time my college quit ended was around the time of my second series of GI testing. I even think the buproprion episode was at the time of a flare. I may have not known I had UC or the beneficial effects nicotine had on it, but I think I was unknowingly self medicating making it very unlikely for me to ever completely abstain without treatment for IBD.

I have been without a cigarette for 14 months and I have not had any traditional tobacco products in that time. Not my longest cigarette quit but my longest time without tobacco.

6/7/2013 11:44:00 PM - Jade

I have smoked since I was 18.

That's 14 years!

I always thought I would be able to quit if I felt like it, but I tried quitting by going cold turkey and was completely unsuccessful.

Next, I tried bupropion, which did not help.

My last ditch effort was to try patches and gum, but I had skin reactions to the patches and neither product did enough to keep me from smoking.

I finally found an electronic cigarette company with products and options I could customize to meet my needs and have really made a commitment to quitting now.

I am down to three analog cigarettes per day (in under two months) from over a pack a day previously, and I am working every day to reduce this number until I am completely free of analog cigarettes.

The process of finding a product that worked for me might have been slow (I have been wanting to quit for over 5 years), but the rewards are already noticeable.

I am starting to save money by not buying analog cigarettes.

I am able to climb stairs easier.

My house and car do not smell of burnt tobacco and there are no overflowing ashtrays sitting around.

I am making a healthier decision for myself and my pets as well.

I know there are still risks with consuming any nicotine, but the risks are drastically lowered by eliminating the tar, smoke, and over 4,000 chemicals in analog cigarettes.

I feel good about this decision and this time it is sticking.

This is a true lifestyle change, and I am happy to say I am almost smoke free.

In addition to my personal success with electronic cigarettes, I also converted a friend who smoked analog cigarettes.

We can finally sit outside on my porch, even with our city's ban on outdoor smoking due to fire danger, and use our EC's without worry of being fined or of starting a fire.

It feels great to know that I had a hand in helping someone I care about give up the habit of smoking.

The whole experience of using electronic cigarettes has been so positive and I feel this will open up new avenues for me and unchain me from the shackles of being a smoker.

Please keep alternative options to smoking tobacco readily available and affordable.

These products really do change lives.

6/8/2013 5:26:00 AM - David from Menomonie, WI

My name is David and I am a current student at the University of Wisconsin-Stout. I smoked for 6 years, starting when I was 15. I was your typical teenager who wanted to experiment, as well as having the experience of peer pressure. Like other gullible teens, I thought smoking was "cool". Well, it didn't gain me any friends, but the habit stayed. Up until I turned 18, smoking was only an occasional indulgence that I embarked upon when I was with certain individuals. I enjoyed it. I enjoyed the nicotine, the smell and taste of a cigarette, as well as ashing and lighting one up. The whole shipbang basically. When I turned 18, there was no turning back. I very quickly went from smoking maybe 5 cigarettes a month to 5 cigarettes a day. At my peak, I smoked about 10-15 cigarettes a day, sometimes more. About 2 years ago, I made a first serious attempt to quit. I did it cold turkey. Those two weeks were just about a living hell. I could not get my mind off of wanting a cigarette. After 2 weeks, I finally gave in. That first drag of that cigarette was the most rewarding feeling ever. I felt great! About a year prior, my friend who was underage at the time wanted me to buy him this thing called Camel Snus. We were both curious and I thought, I'm already doing enough harm to myself, what more would this hurt? After that first portion, I adored snus. I didn't even know about real Swedish snus yet. Fast forward to about 4 months after my relapse.. my local tobacco shop started to carry General snus. My friend and I both had to try and we ended up loving it. I thought to myself, this is an effective way to cut out some of the smoke breaks. For months, I still smoked, but snused here and there as well. A few months later, some heartbreaking news hit our family. My grandmother was diagosed with stage IV terminal lung cancer that had already begun to spread. I had made up my mind that when I move to my new smoke free school a year from then, I would give up smoking and just switch to an electronic cigarette and snus. Later on, I realized that I wasn't thinking about this as seriously as I thought and I would just see what happens. Fast forward a few more months, and I started my first semester at my new school. Considering all the restrictions regarding smoking, I already knew this would be hell. With that in mind, I placed my first snus order before school started. Boy, did it come in handy! If I wanted a cigarette, I'd have to go down two flights of stairs and walk a block. Not very productive being a college student. Or I had the latter choice, I could just pop in a snus and not go anywhere. I chose the latter. Before I knew it, I was going hours at a time without a cigarette! Sometimes not even lighting one up on my way back to my apartment as I did at first. During that time, I also began experimenting with electronic cigarettes and finally found a brand I liked. That further dwindled my smoking. I began to enjoy vaping and snusing more than smoking! I was amazed at how much cleaner a habit it is. Then this last semester hit. My grandmother died and my smoking was very rapidly dwindling already. I also started experimenting with nasal snuff, which made my consumption dwindle further. I was down to about 5 cigarettes a week! I made up my mind. I rolled my own cigarettes prior to quitting and I figured, once I get done with these rolling supplies, I'm quitting. A year ago, I never thought this day was coming. Well, partying

delayed that, because I loved smoking while drinking. I ended up just buying packs and only smoking at parties. An amazing thing happened, instead of going hours without a cigarette, I was going DAYS without one! Then, I decided to quit the partying. So I finished the pack I had and decided not to buy anymore. A few days later, I had my last cigarette as a smoker, being nervous before a math exam. After that, I went 5 whole day without another one. I made my decision then and there that I am staying quit, as well as shout it from the rooftops. 2 months later, I've only smoked 3 cigarettes and regretted each one. They tasted foul and just reenforced the decision I made to quit. Now I can say that because of tobacco harm reduction, I am completely smoke free and proud of it. I wasn't even putting much effort into quitting, it just happened on it's own. I try to convert everybody I can. This method works! I love still enjoying my nicotine and tobacco without all the harmful effects of smoking.

6/8/2013 8:03:00 AM - Peter Kershaw, Christchurch, New Zealand

I was a smoker for 31 years (and smoked about 1 pack a day on average). I tried quitting many times - aversion therapy(!), cold turkey, NRT, Quitline ... however these none of these methods worked for me. I still missed my smokes and ended up smoking again. About 15 months ago I started looking at other possible options and read about a product called snus. I ordered some thinking - it probably won't work but, what the hell, it would not hurt to give it a try. Well it worked! I am no longer a smoker. I enjoy snussing and wish that I had found out about it earlier. I am now healthier (and wealthier).

6/9/2013 2:30:00 AM - Seajaye Z. Moline, IL

I've smoked since I was 16, it was the first rebellious thing I ever did and it stuck with me.

I'm not one of those people who moped about how they wanted to quit.

I loved smoking, I loved the relaxation that came with it, I liked having a special bond with strangers when I'd ask them if I could use their lighter.

People always talk when they're outside smoking.

Now, people are asking me about something else, my Personal Vaporizer (PV). I honestly only got one so I didn't have to leave my office any more to go smoke.

I did not purchase it to quit but I did.

I haven't smoked in about two months now and I have no desire to.

Two days after I got my PV I couldn't stand the taste of normal cigarettes.

The PV was much less harsh and just felt better.

I can run again, I used to do track in high school but had to give it up as I couldn't breathe to run.

I'm running a 5K in August and it's all thanks to my PV.

6/9/2013 2:21:00 PM - Anatoly Dedkov (adedkov), Maynard, MA

My name is Anatoly Dedkov, I am 64 years old, I am software engineer.

I was a smoker since being about 20 years old and smoked for about 42 years not skipping even one day. At recent years I smoked more than pack a day of Marlboro Lights. I never tried to quit smoking as I thought it is completely impossible for me. As a result I never tried any medications for quitting. When I tried electronic cigarettes for the first time (it happened in November 2010, i.e. about 2.5 years ago) I didn't have any intention to quit at all. It was just a curiosity.

Well, the next was simple. I tried e-cigarettes and thought "That's not bad at all". The next day I just forgot to buy cigarettes at the shopping place where I usually bought two or three cartons of cigarettes. So it took just one day to switch from tobacco cigarettes to electronic ones and I never had a cravings to smoke since that day. I think the most wonderful thing about electronic cigarettes is that they work not only for people who desperately want to quit but also for people who don't want to quit at all, like me.

After a week or two my lungs were completely cleaned up, I began to breathe much better, no more morning coughs. So I see that electronic cigarettes are much safer alternative to smoking for me and nobody can change my opinion as this is what I feel by myself. Is it 100% safe? Probably not, but it is one hundred times safer than smoking, it is enough for me. Am I going to quit using e-cigarettes? I don't know yet. Probably, later. By the way, another good thing about e-cigarettes is that I feel that if I ever would want to quit using e-cigarettes at all, it will be much easier than quitting smoking.

And one more thing I'd like to say. This is my personal opinion. I consider e-cigarette is so wonderful device which allows people to quit smoking in such an easy way that Government which concerns about nation's health should promote it in any possible way instead of trying to ban and restrict it, as we see in a real life. With the proper Government supported promotion and eliminating all restrictions on using e-cigarettes 95% of

American smokers could quit easily in just one year. Of course, this will cause some problems as well:

- for Government: big loss in cigarettes' taxes. We always was told that the need in these taxes is to compensate for healthcare expenses caused by smoking-related deceases. But if every smoker switches to e-cigarettes there will be no more smoking-related deceases and consequently no need in extra healthcare expenses and no need in this tax money, right?

-for big tobacco and pharmaceutical companies: huge loss of profits. Yes, that's right. But then we should honestly answer the question: what is more important, nation's

health or protection of profits of big companies? With all my heart I would like to be wrong but for now I see Government agencies answer this question like this: big money is more important than nation's health.

6/9/2013 3:31:00 PM - stivt

I have smoked for 35 years a pack of 25 high strength cigarettes a day. I have tried the patch, nicotine gum, nicotine lozenge, Chantix, as well as another pill alternative to stop smoking. None of these were successful for me. I tried to quit smoking several times over the years. I saw a film with Johnny Depp called "The Tourist" this is how I first found out about the electronic cigarette. It looked realistic and something I could use with out effecting others around me. So I dabbled with trying different electronic cigarettes. I tried many and settled with the Ego line of products. I have been using the Ego line for the past year I have not smoked in my home for several years and smoking outside in winter was getting tough on me. I stay in hotels with my job and used the electronic cigarette in my room as I didn't want to constantly be going outside to smoke a traditional cigarette. This helped socialize me to this alternative slowly at my pace. I have a good job and my Manager informed me that smoking in my work vehicle was not allowed.

So as of March 17th I gave up tobacco cigarettes completely and only vape now. Its been almost three months for me I am doing fine with this change. I used to constantly clear my throat cough constantly experience shortness of breath as well. I also worried endlessly about cancer. But these symptoms of smoking have cleared up for me and I feel healthy again.

I live in Canada I vape almost everywhere as restaurants, shopping centers, work even hospitals while visiting family. Electronic cigarettes are sold here in drug stores and convenience stores but its nicotine free. I order my nicotine locally and use a strength of 24 mg and it seems to work at keeping me tobacco free. My addiction is to nicotine not tobacco anyway. But also my addiction is mental in a way where I must simulate the act of smoking which the electronic cigarette does for me.

If this product was banned I would likely go back to traditional cigarettes as I can't seem to break the addiction and simply can't seem to stop the habit of the smoking itself this alternative covers all this feeling which gum,patch,lozenge and pills do not address. I would hope that the electronic cigarette would be studied better and is the best alternative I have used and will not even consider going back to traditional cigarettes while I have this alternative. If the electronic cigarette is banned I will go back to smoking tobacco and will certainly die as I won't quit smoking it seems. I would rather vape now.

6/9/2013 4:26:00 PM - Sheila Faulstich, Carroll Co MD

https://www.youtube.com/watch?v=-sLQGU8RD4c

6/9/2013 4:49:00 PM - Rick from Arkansas

I srarted smoking as a kid smoked until about 24 years old then started useing dip instead of smoking. Married a girl who smoked so I started back for a few years then quit again with dip Copenhagen, redseal, timberwolf, have been using dip and snus haven't had one cigarett in over 10 years I had no problem quitting with dip or snus.Out of the last 30 years I probably smoked 4 years total the rest Dip and snus.

6/9/2013 9:53:00 PM - MK from Austin, TX

I smoked for 42 years. While I knew I should quit, I never had noticeable signs of any damage being done by smoking (I foolishly thought). I enjoyed smoking and the pleasurable benefits of nicotine. I live an actively lifestyle and have become an avid cyclist over the past 7 years. It was the cycling that finally convinced me that my lungs were reaping the negative impact of smoking. While I could go pretty hard for 2 hours, I got to the point where my lungs could not keep up with my legs. Something had to change if I was going to continue cycling at the level I desired. Time to quit smoking, but how? I chanced upon an article about snus use in Sweden and that county

6/10/2013 1:34:00 AM - no

I was a smoker for 14 years starting in high school. I was able to quit for 4 months previously using a prescription pill that affects the nuerotransmitters. I started smoking again when I became stressed from work. Now I have been smoke free for 2 years using electronic cigarettes. I started with a disposable and now I use mods at 18mg. I never smoke now I tried a few times but the taste lingers in my mouthg and the smell lingers on my hands. It feels gross like the first cig I ever had. There was a period of about 6 months that I was smoking and using electronic cigs. It got to the point that I preferred using the ecig. Quality of life has improved with work and dating.

6/12/2013 5:09:00 PM - RM

I am a 40 year old mom who started smoking at age 13.

I never wanted to quit because I enjoyed smoking, even though I knew the consequences first hand after losing my grandmother to lung cancer.

A lot of things got me thinking about quitting.

Primarily the fact that my 19 year old daughter had taken up smoking and the fact that I was 27 years into this game of Russian roulette.

I had made a couple half hearted attempts to quit in the past using gum & patches without success.

I had recently lost over 100lbs and needed to find a way to do it without putting the weight back on.

Given my difficulty in the past with the whole "hand to mouth" aspect of quitting, I decided to try e-cigarettes.

Given the extent of my habit I decided to start with 24MG nicotine.

On the day my starter kit arrived, I purchased one of those "quit smoking apps" to slowly wean my self off cigarettes and charged up my batteries.

Even I found it hard to believe, but my batteries came off the charger that first day and I never picked up another cigarette.

I never even used the $5 app I purchased.

It was way too easy.

I had my daughter try mine and she reluctantly agreed to try it herself so we ordered her a kit.

A few days later she was using e-cigs and her tobacco use had gone from a pack a day down to about 2-3 cigarettes a day.

We decided to bump her nicotine up (from 18MG to 24MG)and she easily cut out those last few cigarettes a day.

I am 3 months smoke free and have cut my nicotine down to 8MG and am expecting to be at 0MG next month.

My daughter is about 2 weeks behind me with her progress.

My husband still smokes and he can sit right beside me smoking and it doesn't bother me at all.

I'm not sure if I'll give up e-cigarettes or not.

I expect I may always need to haul it out on those occasions when a craving for a cigarette rears it's head (while drinking alcohol, or during stressful times), but I won't pick up another tobacco cigarette again while I have this as an option.

I'm also happy to say my brother (42 years old) decided to try e-cigarettes as well.

He is 2 weeks smoke free and can't believe how easy switching was for him.

My only regret is that I didn't try these sooner.

6/13/2013 3:40:00 AM - Fr. Jack Kearney, M.Div., CATC IV, CATE

I would like to share both my professional and personal stories.

I am a board member and past-president of the California Association for Alcohol & Drug Educators (CAADE), which accredits addiction studies programs in over 40 colleges and universities in California, Arizona and Nevada. It also issues the highest level of addiction counselor certification in California, and currently represents more than 6000 counselors, college faculty members and students. I myself teach addiction studies at Cypress College and Loyola Marymount University.

CAADE has a special concern about smokers, as 80% of our patients in treatment centers smoke. CAADE has stepped up efforts to deal with this issue by calling for the addiction treatment community to use its expertise in developing better tools to help curb smoking. One of the most promising tools we now have is the use of electronic cigarettes for smoking cessation, and CAADE has officially endorsed their use. We are starting to see 50-80% reductions in tobacco cigarettes use in treatment centers that encourage use of

6/13/2013 4:35:00 AM - Valkyri from Barrie, ON

I started smoking regularly around age 14 or 15. I quit for 4 years, though I used the patch and the gum, I wouldn't say they helped me to quit, in fact, they made the process of quitting really miserable. Someone recently said to me, "you never quit, you just refused to have a cigarette for four years" and I could not disagree with that - every minute of it was misery, depression, anxiety, pain and - believe it or not - health problems. One after another, I had health issues that I had never had before. I said that to my doctor, he "assured" me that quitting did not cause those problems. I still wonder.

It wasn't the first time I'd quit, there were shorter periods including a time when I took Zyban. I went from a reasonably happy person into a seriously apathetic and depressed human. I didn't care about smoking, I didn't much care about living either. I cried endlessly and nearly dropped out of college.

Less than a week ago, after being convinced by a friend, I went out and bought an e-cigarette system. I haven't had a cigarette since, I haven't wanted one, did not experience any withdrawal symptoms - I am perfectly fine, whereas last time I quit, I was a bubbling puddle of goo at this point, crying like a baby, punching the chest of my partner who was feeling just as crappy as I did (he quit then also and took up eCigs with me this time) and contemplating suicide.

I know it has only been five days, but as long as I use eCigs I will not smoke again, of that I am completely sure. I may continue to use eCigs, I hope that I can quit them too, but not until my body has done detoxifying from the multitude of carcinogens in the tobacco that I've been abusing myself with for 30 years. Even if I continue to use eCigs long term, there is so much less there to harm me. I already am starting to feel better. I am happy and I am quit. I'm breathing a bit better - and I don't stink.

It is the best thing that has ever happened to me.

6/13/2013 10:14:00 PM - Mary Ewing

I am 63 years old and started smoking at 13. Realized in my mid 30's that I should probably quit... Also realized that this was easier said than done, but I did it and was "kind of " successful using the gum method.. Was off cigs for about a year with a few relapses (bummed smokes from friends at social gatherings) want back to smoking after the year when my husband was diagnosed with terminal cancer (he died 2 years later in 1997) For the past 10 years or so, I have tried everything to quit (zyban, patches, hypnosis,champix) but I always felt I had lost my best friend always craved the physical aspect of smoking and even dreamt about having a cigarette... 3 months ago I bought and ecig and boy oh boy, what a difference, not had a cigarette since and don' t even miss them, will never ever smoke again now that I am onto vaping. I highly recommend this as way for smokers to quit...

6/13/2013 10:43:00 PM - robert - Ohio

i smoked tobacco cigarettes begining at the age of 17. I am now 62 years of age...Two years ago i smoked my last tobacco cigarette. while still using tobbacco. i attempted to stop smoking and quit tobacco cigarettes 4 different times. I attempted to quit by the use of NRT products. (the patch, nicotine gum and more)... after a number of weeks using Nrt products. I returned to tobacco smoking. i discovered that the NRT products did not work for me. and i used them as directed over weeks at a time. Each time i returned to smoking tobacco.. I was desperate to find an alternative that would work. After so many attempts at stopping tobacco use.

i began to give up hope. Then in 2011 while just surfing the internet i came upon and ad for Electronic cigarettes. I found a plethora of sites and true life testimonials as to their effectiveness. So, i made a purchase then and there. Shortly after that, in 2011 i smoked my last tobacco cigarette. I am tobacco free up to this minute. The alternative that finally worked for me was the Electronic cigarette. not smokeless tobacco. or any other forms of tobacco (which i tried) or quit aids such as NRT products. Since beginning the use electronic cigarettes i notice a big difference in my overall health. My blood pressure has dropped, my breathing has greatly improved, and the lungs are now clear. All from using an alternative called the electronic cigarette...There is no change in this overall health improvement. it is my beleif that this alternative device (an e-cig mod) has added years to my life. And potential to do the same for millions more... i was a two pack a day smoker back in early 2011. i stopped tobacco use with the electronic cigarette in just three days. i did use tobacco cigarettes in those three days. But i stuck with the electronic cigarette and found it totaly replaced the tobacco cigarettes.... Totaly tobacco free now! Free from the combusted toxin filled tobacco cigarette. it was almost like a miracle.. Thank You all for your time in reading my testimonial.

Robert-Ohio.....

PS. if the electronic cigarette were to be so stricly regulated as well as the E-Liquid used in them to where it is not easily obtained. There is no doubt that i will most

likely return to tobacco use if i had no access to the alternative i use now. Due to my past history of tobacco use..

and this is not what i want..

6/15/2013 4:33:00 AM - Thomas McCormick

In August of 2010 I decided to try and quit smoking once again. I had tried to quit countless times in the past 38 years, only to eventually go back to that terrible habit. I had tried all the NRT products over the years as well as prescriptions from my Doctor. Nothing ever overcame the incredible urge to smoke and always after a short period of time I found myself smoking again.

Even with all these failed attempts I still wanted to free myself from the smoking addiction. I decided in August 2010 to try a new approach, a harm reduction strategy. Something that simulated my habit and that gave me the nicotine in a less harmful way.

The NRT products that I used in the past gave me the nicotine but did not satisfy the other part of the addiction, the feel of inhaling and the act of doing something using my hands.

In August while researching online I read about a fairly new product, the electronic cigarette. I read a few studies that were done back then and felt it was worth a try. I bought my first Veppo cigar and tried it on my birthday. It did not taste anything like a cigar, however it did give me a slight sensation of smoking. This made me think, what else is out there and is there anything better? If so I might be able switch rather than just quit. I figured it could not be worse than the tobacco I had been smoking for the past 38 years.

After about a month of research and talking with other people online about the e-cig I bought two personal vaporizers, a box of cartomizers and some e-liquid 24mg strength. I was absolutely shocked at how well they satisfied my desire to smoke.

On October 3rd 2010 I threw my tobacco in the trash, the same day I started to vape my new electronic cigarette. I have never smoked tobacco since that day and what is amazing about this is I have never had the craving or desire to smoke tobacco since I switched to the electronic cigarette. I know others say it was not that easy for them, but fortunately it was for me!

I think this product has added many years to my life that I would not have had if I continued to smoke tobacco.

It is now almost three years later and I ride my bicycle and hike the mountains around my home, which I could not due before I made the switch. Others tell me that I no longer smell like an ashtray, which makes us all happy campers.

Thank God for the electronic cigarette because without it I would still be smoking those filthy cigarettes.

Thomas McCormick

6/16/2013 12:18:00 AM - Amber K SLC UT

I was a smoker for 22 yrs! I smoked a pack a day! The only times I was ever able to quit was when I was pregnant with my 3 babies. After each pregnancy I started right back at it! This New Years 2013 I made myself a goal to lose weight, quit smoking, and become a new healthier me. When I made this choice I tried a few e-cigs (the cheap-o's from 7-11) I tried cutting back, the patches once (they made me ILL!)and cold turkey. Absolutely nothing was working! Dieting and quoting smoking is pure torture! Not only to me but to my family, friends, and co-workers. Finally in Feb. a friend of mine at work talked me into buying the e-vape cig. She was able to quit so I thought I would give it a whirl! I had a half a pack of cigarettes when I bought my first vape cig. IT'S NOW JUNE AND I STILL HAVE THAT SAME SAME PACK OF SMOKES! Just kidding! :) a month after I started the vape cig I handed my 13 & 15 yr old sons my cigarettes with happy hands and said trash 'em! They were most happy to do so! Last year for XMas that's what they both asked for "momma QUIT!!! Cause ur gonna die!"

This is the best decision I have made in my life! Haven't looked back and have had no desire! My health and the way I feel is sooooo much better and I'm down 40lbs! HELLZ YEAH!!!

If the rest of the smokers in the world would give it a "whirl" they would feel this amazing feeling I feel and sense of accomplishment!!! Vapin 4 EVER!!!

6/16/2013 8:07:00 PM - MelodyVapes,Bancroft,ON

I was a cigarette smoker for 37 years. I smoked one and a half packages of cigarettes daily. Three and a half years ago I was finally disgusted enough with my deteriorating health due to smoking related illnesses that I searched a final time for something that would help me quit and stay off cigarettes. Over the past 11 years I have tried pretty much every stop smoking program out there.

I tried laser therapy....lasted 2 weeks and back to smoking.

Tried Nicotine Replacement patches....every brand available....lasted about 3 weeks but stopped because the rashes from the patches were causing too much pain and discomfort. I tried acupunture twice where they actually put some kind of metal in your ear and leave it there and you press on it every time you get a craving....lasted 3 weeks and then a bad infection set in both times and getting the metal removed was very painful!!

Tried Champix for a few weeks but the nightmares and depression were terrible and I wasn't getting enough sleep to be able to function at work so back to smoking. I tried the nictorette inhaler but it really choked me up, so back to smoking.

By this time I had a constant smokers cough that was so bad I would on occasion vomit from choking on the stuff coming out of my lungs.

I had a really hard time catching my breath with just small amounts of physical activity.

Every time I coughed as hard as I had to....which was all the time....I would pee my pants! I was also using steroid puffers and rescue inhalers for my asthma, and yup.....depends undergarments for the peeing problem. My chest x-rays showed problems with my lungs and my doctor kept telling me I needed to quit smoking, but what else was there to help me???? I didn't know where to turn. Then one late night, I was surfing the internet and stumbled across an ad about e-cigarettes....I had never heard of them and being curious I clicked on the ad and things have never been the same since then!

I did a lot of research about them, was able to find suppliers, and made my first order.

I started out with a Joye E-Tech 510 starter kit and some nicotine e-juice.

I was skeptical....nothing else had worked for me so far....but you should never stop trying to quit they say....so I gave it a good try.

Much to my astonishment, as soon as I started vaping my e-cig, I had ZERO craving for a tobacco cigarette.

It was so easy and such a smooth transition I couldn't believe it!

I wondered if it would last or if something would change and I'd fall back to the very things destroying my health....tobacco.....and it never happened!

After just a few weeks I noticed my coughing was really decreasing.

After a month it was almost completely gone.

Two months later I didn't have a cough at all.....and major bonus.....No more puffers of any kind.....and no more depends pads for incontinence! I had more energy and was able to do a lot more physically without running out of breath.

I was so stoked about my experience, I gave my son and his wife a kit for Christmas that year.

My daughter in law used the electronic cigarette to comp get off smoking, and to this day she doesn't smoke anything.

My son is still using his e-cig and is so happy to be off tobacco.

He enjoys using his e-cig and is able to use the lowest level of nicotine juice, as do I.

My family doctor is very pleased at how my health has blossomed since switching to e-cigs.

I was worried that when I quit the tobacco, I would eat like a piggy and gain a ton of weight, but thanks to the many flavors of nicotine juice available, I was able to vape candy and other sweets flavors that satisfied my desire for comfort food without the bad side-effect of weight gain.

What is not to love about something like this?

I know that electronic cigarettes have saved my life and health.

I live in my body so I sure know how great I feel now that I am tobacco free!

I have a wide array of e-cig types in my possession....a Silver Bullet mod, Joye Tech Ego Kits, etc.

I would be devastated to not be able to buy supplies for vaping given that it has saved me from early death I am sure.

It is frustrating to go to a favorite e-cig website and find that they are no longer allowed to ship to my country, and that I have to start searching all over again for suppliers who can "build" a delectable tasting nicotine e-juice.

I am a vaper for life....No Matter What It Takes!

There is simply No Downside to it....except what the governments are trying to do!

6/17/2013 4:10:00 AM - KanadianKat (Canada)

I started smoking at the age of 12. A few cigarettes, smoked for the cool factor, grew into a pack a day habit by 16. Over time my habit became an embarrassment. Dating non-smokers, working with non-smokers, wheezing during physical activities - it was always a challenge not to smell like a stink-bomb or get up the side of hill at the same speed as everyone else.

In my late 20's I started "quitting". Tried everything. Cold turkey (worked for a year), nicorettes (worked for a week). Thought about hypnosis and behavior modification. Read books, looked at black lungs, watched friends die of cancer or be forced into quitting by serious respiratory illnesses. But I kept on going back to the same ole cigarette. It was like a friend - and sometimes like a secret affair. I loved smoking - but I hated it too. I was a slave.

My brother in law got ahold of an ecig in December 2009. He too struggled - even more. His journey to quitting had gone right into pharmaceuticals that nearly killed him. One week with an ecig and his cigarettes were gone.

I watched then while my father, who smoked for 45+ years, picked up an ecig - put down his cigarettes and just never went back.

What caught my attention is that they both really enjoyed ecigs. It wasn't some hard program they had to strain and fight through. They loved it. Loved the flavors, loved the nicotine level choices, loved the crazy colors and styles.

So in the spring of 2010 I picked up an ecig for the first time. It was a disposable. Not very satisfying. Struggled with it a lot. When I finally got ahold of an eGo style though - I feel in love with ecigs. Fell in love with crazy flavors of eliquid. I was hooked - and I could breath.

Until today - the greatest thing for me with ecigs is that it's a choice I can choose to make everyday. A good choice. One that comes with constantly evolving products that make the whole journey interesting.

6/17/2013 5:35:00 PM - Chris from Toronto

I am a 38 year old male, who has been smoking cigarettes since the age of approximately 14.

I would hazard that my average intake was about 20 to 25 cigarettes a day.

I come from a medical family, who essentially all smoked and I believe my fathers early passing at 58 from a heart attack was in part due to his aggressive smoking habits.

About 5 years ago I succesfully quit tobacco with the help of NRT (patches) and thought I was done with smoking.

Well, human as we all are, the right combination of circumstances (social, stressful etc) brought me back to tobacco.

I honestly beleive at this time, as I am currently tobacco free and vaporizing nicotine that I would not have strayed had I had a vaporizer as an option.

I have been vaporizing for only a short time, and my research has been thorough.

Being "medically minded" I actually find it rather comical that government agencies in this country are pushing against a product that the potential to save an infinite number of lives.

But I will also openly admit that the big brother mentality of the "powers that be" when it comes to regulating other treatments in this country for those who are in need is something I find a rather appauling.

Even those who don't lend themselves well to science or medical lingo can do the basic research on the 3 primary components of electronic cigarette liquid and come to the conclusion that, outside of the addicitve nictotine componenet they are doing themselves no real harm.

I would actually prefer to see efforts to remove things like energy drinks from store shelves as I believe them to be more harmful to people that the vaporization of nicotine.

As a cyclist I don't need any convincing that riding behind a public bus for ten minutes is doing me much more harm than any time spent with my vaporizer.

Fear mongering, protecting pocketbooks, lobbyists looking out for the best interests of big pharma and big tobacco are the real issues at hand.

Not the safety of the general public or vaporizing community.

I for one hope that logic and science prevail when it comes to any potential future legislation in this country and that somehow we all arrive at an "everyone wins" scenario.

Until then will happily continue to make my own decisions regarding my health and what I put into my body whether or not the goverment deams it safe or otherwise.

Regards,

~Chris

6/18/2013 2:54:00 AM - Sandra Love from Dallas, Tx

I was a pack+ a day smoker for 30 years.

I have tried many times, unsuccessfully, to quit over the last 15 years.

I tried everything, patches, gum, hypnosis and 'cold turkey' and could never go for more than a day without a cigarette. Nothing worked for me and each time I felt more like a failure and would end up smoking heavier than before.

About 4 years ago, I tried a new thing; electronic cigarettes.

For a few months they helped.

I cut down on cigarettes drastically and even went 2 or three days at a time only smoking one or two cigarettes.

I didn't have much faith in it working as nothing else had.

I slowly drifted back to smoking because the cartridges could only be bought online and the batteries did not last long.

I didn't give up on the desire to quit however.

Six months ago, I noticed an e-cigarette shop in the mall and wandered in.

Since them I haven't looked back!

The first month I put no pressure on myself to quit smoking.

I used both and felt comfortable as I had halved my smoking.

One morning I decided I didn't need to stop to buy a pack of cigarettes and I haven't bought any since!

I feel so much better!

I no longer have a cough and have noticed a marked improvement in my breathing and stamina when exercising.

My food tastes better, I certainly smell better and for the first time in my adult life (I started smoking at 16!) I feel empowered about my addiction.

There may come a day when I wean myself off of the nicotine all together, but for now, I am extremely happy with a smoke-free choice!

I know I would never have been able to quit if I hadn't discovered vaping! Please support this low-risk choice.

6/18/2013 10:11:00 PM - Gregg Wease

Well I started smoking at ten years old so when i finally successfully quit I was forty two so I smoked for roughly 32 years . I have been wanting to quit for about 5 years . I tried product after product and nothing worked , I work for a class one railroad , so my job can be stressful . One day one of my co-workers was vaping a blu e-cigarette , It got me wondering but I had already tried an e-cigarette that was just plain nasty . While I make a decent living

I still don't like to blow money so I was curios but not ready to try it again . The next day I said hey I know this is probably not the most sanitary

thing to ask , but do you mind if I try your blu. He said sure try it , I did and the taste was ok . The next morning I stopped at wal-mart and picked up a product called fin the taste was not bad but I was determined to quit . so I suffered through some not so tasty e juice and even picked up some refills my curiosity sparked a bunch of web searches , I found a bunch of over priced cig a like style products . Determined to make sense of why people on forums loved vaping I dug deeper , I even asked on a forum where to find cheaper cartos , and thats where it happened , this guy pointed me to a you tube video about filling cartos with good juice . I watched and as anybody knows when you look up a video about something it also gives you other videos so i found more videos I think I came across most of the popular people who review these products so I watched a bunch of videos , which sparked a web search for local e juice stores . It turns out I live in north Florida and a place called ovale is really close , so off I go to ovale they sold me some juice and the ego-c kit I still use to this day . I got a little frustrated with burnt taste every now and then and a little leaking so more you tube videos and so imagination has kept the ego-c kits working . But since then I have been watching the vape team and listening to podcast about the community and I have started making my own e-juice and let me just say vaping has saved my life . I feel better I can taste things now vaping is truly a godsend.

6/19/2013 7:30:00 AM - cirrocumulus

I smoked for about 45 years and to be honest I never felt any ill effects from my habit. My parents smoked and drank heavily and led long and healthy lives, and of the few people I have known who died of cancer, only one was a smoker and his cancer was not smoking related. So the only push to quit has come from the constant stream of demonisation from the anti-smoking groups. However it is very hard to ignore the constant nagging and nannying and I did cut down on smoking from about 15 to about 6 cigs a day, but I felt very strongly that smoking was doing me some indefinable good; making me happier and more alert. Just over a year ago, I bought an ego kit as an experiment and I immediately found it an acceptable substitute for smoking. I continued to have the occasional post-prandial cigarette until my tobacco was used up but after that I felt no urges and have happily used the e-cig ever since.

6/20/2013 3:52:00 AM - Robert Ferguson Toronto Ontario Canada

Like most smokers I know who wish to quit, only perhaps 3 our of 100's managed to make it, 1 using cold turkey, 1 pills 1 using hypnotism.

I tried the patch on a few occasions but failed each time, no way was I going to take any mind altering death pill so never tried. I'd heard about ecigs about 10 years ago but never had access to them nor was I willing to quit smoking back then.

But as I got older and started to really feel the effects of smoking I knew I had to quit, but HOW, like I said patches didn't give me any satisfaction at all, inhalers helped a bit but gain didn't work, tried this method several times. I don't chew gum and never really liked gum so that was out.

I again came across ecigs about 3-4 years ago but they weren't available to me yet again and I don't get to the US much plus the cost of 100 bucks was like way to much to take away from my smoking, but this ecig thing lingered in the back of my head until February of 2013.

A mate a work walked onto the shop i work in, and as he approached he was carrying this long metallic tube thingy and smoking it?

I thought wtf? Anywho as he got up to me I could see it was nothing like I've ever seen before and he went on o tell me all about it.

Well let me tell yah, I had one ordered and delivered within a week. During the first week I literally had 1 smoke each day and that one I only took 3 drags off at a time, by the end of the first week I finished smoking completely and Vaped ONLY.

I have not had nor wanted a cigarette since Feb 8 2013, 4 months ago and I never well want one again. Don't take me wrong I need my nicotine, I'm an addict so Vapeing supplies the very need I must have, the hand to mouth, the throat hit, the vapor etc

I owe my renewed life to my mate and Vapeing. TY Cory.

6/20/2013 6:21:00 AM - Sarah Ayers (Frazee) from Butler, MO

I am 42 years old now and smoked since the age of about 15 years old until June 11th, 2013. I first purchased Foos E Vapor Black Basic Starter before June 11th, 2013 although that did not really help me quit smoking. Next, I purchased the Foos Big Chrome E-Cigarette that has the clearomizers that you can fill with nicotine or non-nicotine juice. Now this was the one that helped me quit smoking for good! I have been smoke free for 9 days now with only using my Big Chrome E-Cigarette. In the past, I have been prescribe and taken as prescribe Chantix and Bupropion with both not helping me quit. I have purchased nicotine patches on several occasions and they did not help me quit smoking. I have also tried the nicotine gum with no help at all with quitting smoking. Since June 11th, 2013, I have not even wanted a regular tobacco cigarette. When I have been with friends that still smoke tobacco cigarettes, I have not wanted one even then, I just continue to vape on my e-cig. My juice that I put into the clearomizer does have nicotine in it. Though I have reduced the nicotine from 24 mg on day one to 18 mg on day 5 and will continue to reduce until there is 0 nicotine. I have not had any withdrawals from reducing the nicotine. I have had no negatives since quitting tobacco cigarettes and starting to vape. The positives that I have had are that my energy level seems to be getting better every day, I do not smell like tobacco or have ash trays sitting around anymore, my breathing has gotten better, I have had no weight gain what so ever, my hair seems to look a little healthier along with my skin, my gums look like they are getting healthier, and my finger nails are white and not yellow now. Some things that I have really noticed is: One, my feet use to turn blue all the time and now they do not (not sure if there is a connection or not since it has only been 9 days), and yesterday I mowed my yard without getting winded and having to take breaks to catch my breath. The first 4-5 days after quitting tobacco cigarettes, I did cough a lot although that went away. For me, e-cigs have been a blessing and in the future I hope to be able to be nicotine free as well. If I continue to vape after I get to the point of having no nicotine in my e-cig juice...only time will tell. I am a 100% believer that vaping is a lot better than tobacco cigarettes. The positives I have had so far with my health from switching to vaping from tobacco cigarettes shows me I have done something right. Most importantly is that I have finally found something that works for me, my family is proud of me, and I am proud of myself!

6/20/2013 9:17:00 AM - Stephen Murphy

To anyne who says e-cigs are not saving lives, here is a true story, my story. A year ago I went to a Dr and got my Blood Pressure reading and I was in bad shape, ticking time bomb deadly. I got my reading today because I had to get some prescriptions refilled, one being my BP pills and the Dr looked at me and just said "Excellent". I went from 140/98 to a very healthy and normal 112/80

6/20/2013 7:18:00 PM - Boadacia Iceni (UK)

I smoked for 44 years, trying frequently with NRT products to cease! I've tried patches and Nicorette Inhalators and the horrible gum, and all failed dismally.

I had little confidence when I bought my first e-cig kit, which was a set of Vgo batteries and two packs of cartomisers, my desperation to quit drove me to persist.

My cessation of cigarettes was very fast, once I had these operating efficiently.

Within a week, I no longer needed any conventional cigarettes, which was previously unheard of!

If this doesn't prove the assets of a different safer carrier for nicotine, then we can all come the the conclusions of why failing NRT products are persistently pushed on the public, and the interests of pharmaceutics and tobacco companies override any health issues.

My breathing and general health is much improved since ceasing smoking 2 years ago, and I keep the benefits of nicotine, without the extortion of paying the taxes imposed on cigarettes. What more can anyone ask?

B.I.

6/20/2013 7:18:00 PM - R Brown, Long Island NY

I started smoking at age 17...and smoked 1-2 packs a day for 39 years. I tried to quit 4 times during that period. Once was 'cold turkey', as this was before nicotine replacement products were available. I was in my late 20s, and that attempt lasted a few months On and Off but ultimately I returned to smoking. The next three attempts were each about 5-7 years apart, always using nicotine patches. Each time I started with the recommended program and scaling back the patch strength. When I would finally get to the last dosage level and then no patch.... with 1-2 weeks I would start having a cigarette now and then, which ultimately led to smoking 'full time'. I bought an e-cigarette on a 'whim' to try something that might work. I received it on 3/12/11, the day after I purchased a carton of cigarettes. From that day forward, I have never smoked a cigarette and would never even consider having one. As I became more confident that the e-cig was working, Each week when I played golf with my friend (who smoked) I gave him 2 packs of cigarettes from the carton I bought. My health has improved, all the negative effects of smoking: cough, heavy chest feeling have been gone since about 3 months after starting the e-cig. I feel great, physically and mentally since breaking the cigarette habit.

6/20/2013 7:21:00 PM - Tim Ellis

Hello, my name is Tim, and I am a non smoker. Honestly, I never thought that I would be able to say those words. I had my last cigarette on April 15 2013 at 5:00pm, and will never go back!!! I started smoking when I was 12 years old. Yep, that's right, 38 years of wasted time, money, and health. Thru the years I have tried every single stop smoking method that has come along, and yes, cold turkey too. Nothing worked, not even close. My life seem to surround around the thought of when can I have another cigarette. Then one day a close friend came to work with an e-cigarette. Being the skeptic, I just sat back, watched and listened, day after day. On the 7th day he convinced me. I dropped by the local E-Cig shop, became more educated about this new nicotine delivery method being used used to quit smoking, and after I got back in my truck and tried one, I never touched another cigarette again! I currently use an EGO battery with a clearomizer, and am using 24mg strength nicotine juice. It has changed my life! No more coughing fits in the mornings, I can breathe deeply without wheezing, I do not stink anymore(that one you never realize until you quit), I can out walk my dog, my house, car and clothes no longer stink, I can go anywhere I want and not have to think about cigarettes. Oh yeah, can not forget all the money I am saving! It's a feeling of freedom and success that is hard to convey in words. I am a non smoker..... Love the sound of that!!!

6/20/2013 7:24:00 PM - Tom Helsel- St Louis

I'm 37, I'm a nurse and I'm a 21 year, 2 and a half pack a day smoker; Or, atleast I was.

I started smoking, like many smokers did, on a dare. My buddy had stolen some smokes from his Dad and like the dumb kids we are, we went out to the woods and smoked all of them. We stunk to high heaven, but we were camping that night so I remember blaming the smoke smell on the campfire. Then we found a place in town that would sell smokes to underage kids and we would start buying our smokes with our pocket money (this was back when a pack of Monarchs was 1.50!) Fast forward a few years to my mid twenties: I'm still a smoker, not even remotely apologetic about it (I was young and invincible!!) and quitting is the last thing on my mind. In fact, because at this time I was a minumum wage gas jockey, there were many times where my chief financial decision was, food or smokes? It's embarassing to admit just how often I went without eating. My first real attempt at quitting came when I turned 25. I joined the military to attempt to gain a real career and some real experience. I also needed the discipline that the Army offered. Thinking back, I remember my greatest fear about going to boot camp wasn't the Drill Sargents or the pushups... it was the fact that I would not be allowed to smoke my marlboro reds anymore. I was quitting, but I wasn't happy about it. Strangely enough, Boot camp did for me what Electronic Cigarettes would in the future... it made quitting smoking pretty easy.

I remember flying into Columbus, Georgia and waiting outside the airport for our ride into Fort Benning and my new life. There were three of us from the St. Louis area that had all flown down together and all of us smoked. And we smoked a lot that night... finally, the driver got there and told us, "the bus" was leaving in five minutes and to enjoy our last smoke for awhile. I smoked half of one and got in and didn't really think about smokes again until my first weekend off during AIT (6 months later). A group of us, who had been through basic together and whom were now going through EMT/ Combat Medic school together were finally being told we could have some free time, off post, with no Drill Sgt's yelling. Of course, we all got very very drunk... and... well... I bought a pack of smokes. Just one, I figured, no big deal. "Just one," became, "just two." Then, just a pack a week... until finally, after I graduated Medic school and started Nursing School (which was more like college than the army... IE: I could smoke) and I was back to two packs a day again. They were cheaper than I had ever seen them, since I bought them on post and paid no taxes. I was hooked worse than ever as well, because now my job was actually stressful. I had lives in my hand and one mistake could spell doom for not just my career, but another person's very life. Smoking was a heck of a way to cope. I'm married and three children. My boys are 10 and 7 and my daughter is 6. My wife and I met in the Army and have been married for going on 12 years. After I got out of the military in 2004, I found out that I had asthma. Which was odd, since, I never had any respiratory problems before. For a while, I played mind games with myself and blamed my asthma on allergies and moving from one city to the next while

in the military... Different allergies in different places; But, let's be honest: My lungs were starting to feel the pressure of smoking for 12+ years. I also noticed that the prices started to rise... from 2 bucks a pack, to 2.50, to 3... In 2007,my wife, who was also a smoker, decided that maybe it was time to think about quitting again. My doctor prescribed us Chantix. It was relatively new back then, but we had friends who had tried it and swore that it worked, and going cold turkey was not an option for either of us.

Our insurance covered the Chantix except for a small co-pay and it was neat to hear that the way it worked was you continued to smoke for a week after taking the pill. We were motivated; we had a plan and a quit date. We even had a business card that we were supposed to hand out to our non-smoking friends to get them to "help" us when we were feeling weak. It was all very "12 step programy" and it actually worked.... kinda. The first day on Chantix was one of the worse days of my life. What Chantix does, in a nutshell, is shut off your nicotine receptors in your body. In effect, it makes you quit by shutting down the mechanisms in your body that respond positively to nicotine. It's kinda of like being hungry and being told you can eat as much as you want... but you'll STILL be hungry after you've eaten. You still get all the bad from the cigarettes, I mean... you're still inhaling poisonous gas and its still going to hurt your lungs, your heart, etc... but all of the good from smoking (Increased concentration, Calming effects, etc) are completely taken from you. I smoked 80 cigarettes that first day of Chantix and I grew increasingly agitated by the cigarette. I went to bed that night exhausted, yet still raging inside. This was worse than cold turkey. This was more akin to torture. The carrot wasn't just on in a stick in front of me... it was literally in my mouth, but for some reason I couldn't taste it. And I hated every second of it. I stayed quit that time for about 4 months... and like when I had quit before in the military, I started back slowly... More so this time as my wife was still quit. In fact, this became a bone of contention between us. She was quit... she hadn't "fallen off the wagon" but I did. I would only smoke in the car... and only one or two.. But I wouldn't smoke at home. I would only smoke at work and then I'd use lots of soap and spray deodorant to get the smell off, because by this point, I was hooked again, and my wife was scared that SHE was going to start back up again, mainly because she could SMELL the smoke even hours after I'd have one. Then I found the crown 7. Here was the new thing! A "e-cig" that had nicotine but only released "water" vapor. It was better for you and it didn't stink and you couldn't burn your house down if you fell asleep with it in your mouth! It was also expensive. It was like 75 for the "kit" which came with a battery and a charger and a set of five "cartridges". Extra cartridges were 10 bucks for five, but each was "equivalent" to 2 packs of smokes.

I bought one. I used it for two weeks. I still smoked, but I DID cut down, and I really liked the idea, but the execution just wasn't doing it for me. It didn't have that "feeling". I always used to describe it my wife as "A feeling that the smoke has weight". I later learned the correct term... "throat hit". Either way... it didn't work and eventually, in

january of 2008, my wife started back to smoking. I bought an Njoy cigarette in 2009... I had heard that E-cigs were getting better, but I still wasn't sure. Frankly, the Njoy was a waste of 50 bucks and still used Cartridges, which were A) a waste of money and B) In now way equivalent to even one pack of cigarettes, let alone two! Finally, in 2010, I found the ego-b. It had cartridges that leaked like nothing else, but I could use my own juice in them... and the throat hit was amazing! I was still smoking occasionally at work and in the car (because I found that my 650mah Ego-B didn't really last very long). Then I learned about cartomizers and 1000 mah usb passthroughs and clearos and on and on and on..... I still smoked but only 1 or 2 a day and mainly, ironically, because my wife still did. She didn't like e-cigs (In her defense, she only tried my juices, and I was still learning.) In Janurary of this year I finally convinced my wife to buy an ecig of her own. (Actually, I bought em... One blue and one multicolored... both 900mah. They came with a charger and two kanger t3's.)I got her some cinnamon (which was a juice I had never tried) and she fell in love! We've both been off cigarettes since then (As I write this it's june 20th). I've not had a second of panic that I didn't have a pack in my car. In fact, the only time I think about "smokes" anymore is when my coworkers come in from the cold outdoors (while I'm vaping away at my desk, of course) and I remark that they SMELL! My biggest acheivement this far was actually a few weeks ago, when stupidly, I forgot my juice at home. I had filled up in the morning but didn't bring it with me... around noon I realized I was in trouble... until a coworker who vapes 0mg/ml juice said she's let me have a few mls. I vape 16mg/ml and I vaped her 0mg for over 7 hours. And I didn't notice the difference! I still have my inhalers for my asthma, but I haven't used them for a few years. I exercise regularly now, which was definatley something I couldn't conceive of doing as a smoker. We're currently training to take part in "tough mudder" in september. I FEEL like I'm ten years younger! I honestly don't know if I'll ever stop vaping... but at this point I can tell you that I'll never go back to smoking!! Thanks for reading!!! -Tom Helsel St Louis, MO

6/20/2013 7:25:00 PM - Kevin Crowley (electric-cigs.com) Ft. Myers, FL

I smoked 2.5 packs per day for 31 years. Purchased a disposable ecig at the smoke shop in Feb. 2012. Hated the flavor but realized if I could get a less minty menthol flavor I could do this. I found it and had my last cigarette March 12th 2012.

6/20/2013 7:25:00 PM - JLH in Kansas

After 36 years smoking I finally quit!

As of today it's been 1 year 5 months and 6 days since I smoked. At a pack and a half a day that's 15,702 cigarettes and about $3,150. I am proud of this accomplishment!

I started smoking when I was 12 stealing cigarettes from my dad. By the time I was 16 I was smoking almost 1 pack a day. I first attempted to quit when I was 24. I was smoke free and used nicotine gum for 3 months then I began having "just one" and soon I was back to smoking, but now I was using 1 and 1/2 packs a day. Over the following years I tried to quit many times only lasting a month or two before smoking again. I tried cold turkey, gum, patches, and lozenges.

Each time I quit I would gain weight and when I started again my cigarette use increased.

For Christmas 2011 my brothers bought me an e-cig starter set from China. It came with 2 little rechargeable batteries and extra prefilled cartridges. I began using it immediately, but I was still getting really strong cravings for cigarettes so I also smoked. The little e-cig just wasn't powerful enough.

I began looking online and reading e-cigarette forums to see what was working for other people. By the end of that first week I had purchased a JoyeTech eGo 650 mAh kit with 2 batteries and supplies. It arrived in 3 days and I have not smoked again. Over the last year I have upgraded my batteries and cartridges. I now use 1000 mAh batteries.

I have 2 JoyeTech pass-thru style and a JoyeTech Twist (variable Voltage). I also use Vision V3 Clearomizers.

When I started vaping I was using 24mg nicotine juice cartridges. Within 3 months I was down to 12mg nicotine juice, by month 6 I was using 9mg, and by month 9 I was down to 6mg juice. I now am mixing my own 3mg juice and plan to be using 0mg in the next few months.

One of my favorite things about no longer smoking is my breath and clothes don't stink anymore. I breath better and have more energy. I can climb stairs without getting out of breath. I have fewer headaches and my allergies are not as severe. I haven't accidentally burnt a hole in my clothing since January 14, 2011. I also have more money since I was spending about $200 per month on cigarettes versus an average of $25 per month on e-cig supplies.

On the negatives of e-cigs - I don't feel like there are many.

The juice can spill and make a little mess. I have gotten headaches and heart palpitations, both I think were caused by excessive vaping and went away when I reduced the frequency of hits I was taking. Once I lowered the mg's of nicotine in my juices I quit having headaches and heart palpitations.

E-cigs have been an effective harm reduction/smoking cessation method for me because they closely mimic smoking behavior, and nicotine delivery is also through inhalation. I am definitely a supporter of electric cigarettes. I'll even volunteer to be an e-cig poster child.

6/20/2013 7:28:00 PM - Jason Bankston

I wanted to contribute to this project so that it will give other smokers hope.

I had smoked off and on from about age 18 up to age 39.

Nearing my 40th birthday I wanted to finally quit but I had already tried the many other options, patches, gum, lozenges, cold turkey even hypnotism.

Some of these worked for a few months, some less.

I began using electronic cigarettes in June of 2011.

Once I got one, I didn't smoke anymore cigarettes.

I know there isn't much hard scientific evidence for the idea that e-cigs can help with quitting, but I have in fact quit, or switched, whatever you'd like to call it.

I have noticed many health benefits since, including: less daily throat and sinus irritation, less frequent colds and visits to the doctor for what were always diagnosed as bronchial inflammations, a virtual disappearance of spitting up sputum every morning, and a vast increase in quality of sleep at nights.

I've been a runner for several years and ran even while smoking.

I couldn't go more than about 3.5 miles at a time without stopping.

This past October I ran a half marathon (13.1 miles) which included 9 weeks of intensive training

(about 25 miles per week).

My personal physician has said that these things are a great idea and I have lost and kept off 32 lbs now for more than a year.

6/20/2013 7:28:00 PM - David L., Mobile, Alabama

Hi, my name is David. I just turned 50 and I come from a family where both parents smoked. So, it was natural that I ended up trying and then becoming addicted to smoking cigarettes.

From around 1977 through early 2013, I smoked. At first, it was rather light--less than 1/2 pack a day. But as my addiction to smoking grew worse, so did my consumption. By the time I was 40, I was up to a 1-1/2 packs a day and more when I traveled.

By about age 47, things caught up with me. I had trouble breathing through my nose at night. I would wake up to a bout of coughing, hacking, sneezing and wheezing. I'd hurriedly get outside and smoke my customary two at first light.

Shortly after my 50th birthday, I did the adult male duty of seeing my physician for a checkup. The Nurse Practitioner--a former Navy Corpsman and reformed smoker--saw the signs without even examining me.

"You need to quit smoking. Yesterday."

I told him that I'd tried the patches, the gum, the inhalers, and sometimes more than one at a time. Nothing worked and I relapsed all three times that I made a serious attempt at quitting. I then told him that I'd seen advertising for electronic cigarettes, and asked him what he thought.

He said, "I cannot recommend them to you. Yet. But if you really want to quit smoking--and I can see that you do--then electronics are something you should consider.

Like most e-cig users, I started with convenience store disposables. They helped to reduce my cravings. While nothing will ever replace the sensation of burning tobacco and inhaling a lung full of rich tobacco smoke, I was at least getting the sensation that I missed with every other therapy I'd tried. I am now inhaling something that kind of looks like and kind of feels like smoke, even though it isn't.

It's satisfying. It's confidence building. For the first time in more than 35 years, there is no longer any doubt in my mind.

I breathe better. I sleep better. I can taste more. I'm exercising more and I'm spending a lot more time doing things that I want to do, instead of worrying about being out of cigarettes.

6/20/2013 7:29:00 PM - oregonpackaday

Pack a day smoker for 25+ years. Never able to quit. Got some ecigs after hearing it was a good way to quit. Not the cheapo disposables, good variable voltage Vision Twists. From the day they showed up in the mail till now over 2.5 months later I have not touched a real cig. Could not have been easier. Already cut nic level in half from 24mg to 12mg. Feel better, taste better, breath better.

6/20/2013 7:30:00 PM - kelli, Illinois

I smoked cigarettes for about 24 years, an average of 3/4 of a pack per day.

I got tired of coughing and being out of breath all the time, so I got serious about quitting.

I tried cold turkey, nicotine gum, Chantix, and hypnotism.

None of them worked for more than a few weeks.

Then I was back to smoking, possibly more than before.

I finally started researching electronic cigarettes and settled on a rechargeable cig lookalike with prefilled cartridges.

While really no cheaper than analogs, I did not go back to smoking.

I then joined ECF forum, where I was informed of better equipment at lower cost.

So I graduated to e-go batteries, cartos and clearomizers.

I was amazed at the variety of juices available, and kind of went hog wild ordering stuff.

I am now more disciplined in my purchasing, and have not touched or even wanted a real cigarette in almost four months.

I am now saving money, and my health is much better.

No more coughing and I can run or work out without labored breathing.

I credit electronic cigarettes with getting me off tobacco and possibly saving my life.

6/20/2013 7:30:00 PM - Robert Anderson - Northern California

June 20, 2013 My name is Robert and I am a recovering addict of tobacco/nicotine.

I am not addicted to any other controlled substances or otherwise (i.e. prescription medication, illicit drugs, alcohol, etc.)

Tobacco was my only addiction and I am happy to advise that I no longer take part in that addiction with many thanks to electronic cigarettes. I began smoking tobacco cigarettes when I was 18 years old and smoked for approximately 12 consecutive years (without being able to stop for any significant period of time).

I made about a dozen attempts at stopping over the course of this time and have tried many smoking cessation products/methods to no avail.

I have tried

6/20/2013 7:38:00 PM - Teresa P. (Happy Vapor Shops)

How long did you smoke?

I smoke 1 pack - 1 1/2 packs per day for the last 30 years. A friend of mine had shown me a vapor product and told me to try it for which I didn't. However, on December 29th 2012, myself and 2 friends were talking about our NY resolutions and the topic of quiting smoking came about, we agreed that if the vapor store was opened we would give it a try. It was open, we purchased, and 2 of the 3 of us remained Smoke free. The personal vapor with the flavored E-liquids worked and continues to work for me. I have tried a total of 3 cigarettes in the last 6 months and each time I have to run to the bathroom to wash my hands and face.

When I started vaping what calmed my desire to smoke was 18 mg of E-liquid so I made myself a plan to start cutting down per bottle until I got to 0 nicotine. it was a process I did for myself and also with my friends and family who wanted to become smokefree. At this point I love the vaping experience but I remain at 0 mg of different flavore(Cortadito/ Strawberry / Orange Ice with the occasional 11 mg of tobacco. my success and the success of my friends and family motivated me to share my experience, strength and hope with many people and that is why we opened up Happy Vapor Shops in Florida. We strive to be center and resource to others to live a smokefree life, whether through vaping or not, each experience is a choice everyone had to make for themselves and I am here to cheer them on along the way.

I had a very shortlived experience with the patch, provided by a state runned program and was too scared to try Chantix as I heard varying stories from it so I didn't succeed not even 1/2 day.

December 2012 I went through and cancer scare and my blood pressure rose to 150/90(very high for me) June 2013 my blood pressure is 100/70(best ever) I started smoking when I was 12, so I never knew anything else. My white blood cells are almost back into normal range(always high because of smoking) and I just went into remission again of my hyperthyroidism, my productivity at work increase 30% and I realized I save 2500.00 per year and 31 days- 1 month of my year for a better quality of life. My life is the best ever and I look forward to the stories we will continue to hear as this way of life touches more indiviuals and the ripples of friends and family that had been affected. Thank you God!!!

6/20/2013 7:40:00 PM - C L K McKinnon

I was a smoker for 30 years plus.

I smoked an average of 3/4 pack a day (15 cigs) throughout my life.

I had difficulty climbing stairs and walking up inclines.

With 4 close family members diagnosed with cancer during the last decade, I was very motivated to quit this filthy habit.

I tried patches, gum, cold turkey and hypnosis.

Acupuncture, behavioral modification therapy and many forms of application of guilt.

Nothing worked.

I quit while I was pregnant (twice) but still couldn't remain a non-smoker once the babies were out.

Then came Christmas 2011.

I was given my first e-cig as a gift.

I started using it right away and despite going out many times that Christmas week (drinking alcohol and being with other smokers- normally impossible time not to be smoking myself) and despite all that, I have never touched another analogue cigarette since!

Not one, not even once!

I could never have done it without the electronic vaporizer.

I thank God every day for my e-cig!!

6/20/2013 7:46:00 PM - Millie Hammel

I'm a 63 year old female who was diagnosed with lung cancer in November of 2010.

After successful surgery to remove the cancer and of course a portion of my lung, as well as chemo therapy, I am now healthy.

I had to stop smoking but I DID NOT want to.

I have been smoking since I was 20 years old.

My husband also smoked.

I just knew it was going to be a very difficult struggle.

My friend suggested e-cigarettes.

What a life saver.

My husband and I both stopped smoking tobacco cigarettes in February of 2012.

We started using a personal vaporizer with 30 mg of nicotine.

We very shortly reduced down to 6 milligrams.

We have been happily smoking 0 milligrams for the past 6 months and will continue to do so.

I still enjoy the "act" of smoking with the personal vapor unit but without any side affect.

My house smells clean as well as my cloths.

I can stay at any hotel I want. We used the money we are saving to purchase a new car. I I have no cravings what so ever.

We are two nicotine free very happy people.

6/20/2013 7:49:00 PM - S.A. - FEMALE, King county, WA

Ex-smoker of 42 years here, survived cancer 3 times. I'd tried every method available to stop smoking: gums, patches, hypnosis, wellbutrin, cold turkey, acupuncture, sound therapy, chantix, prayer, meditation, working out, stern warnings (during mandibular osteomylytis) that my jaw would have to be re-sected if I didn't stop smoking, the works! I could stop but I couldn't stay stopped.Five short months ago (January 2013) I tried my first e-cig from a packet a friend left for me "Here, try it out if you want to."

I freely admit that for the first week I walked past that e-cig kit many times a day, sneering at it, ignoring it, telling it to go away & how dare you give me hope to quit smoking, just like all the other methods I've failed miserably at. The fateful day arrived & I decided to just _try_ it. I loaded the e-cig with Volcano's Blue Water Punch flavor, packed my regular cigs & off I went to visit a friend. I did them side by side & to my astonishment discovered that by the time I was driving Home (3 hours later) I was reaching for the e-cig NOT the real cigarette! Now I was really in trouble - it was a saturday, getting dark fast & I didn't know how/where specifically to get my own gear & flavors!

Luckily my friend left a card for the Vaporium near the e-cig kit; I called to be sure they were open & high-tailed it to Lakewood! I entered The Vaporium a fresh-faced newbie and left knowing so very much more about my new-found lifeline, all set-up with my own mods (ego twist), juices (began at 18mg nic am now down to 10mg), charger & tanks(the pretty CE-4 cheapos); ready to face the inevitable cravings. I tried one more cigarette that night, I took 2 puffs then put it out in disgust & haven't smoked since, period.

I showed a friend 5 days later & he said "I want that!" so I gave him directions to The Vaporium, he later called to thank me. There are 7 people that I can link directly to my quit & walking them through their own.

I no longer struggle for breath, can walk distances & up stairs, my hair, skin, clothes, home, car no longer STINK of cigarettes. I don't have to go outside to acquire nicotine or wash my hands before touching an animal or child. If I get in a stressful situation I just up my nicotine by adding a higher nic level juice to my vaporizer. I'm able to combat my constant craving for sugar by vaping sweet juices & have cut sugar consumption by 75%. My skin, eyes & hair sparkle, my breath smells delightful! One of my friends, a retired physician, is convinced that I've done something other than "just quit smoking".

Today I am a MIRACLE, living a life I'd never imagined, without cigarettes. I am SO grateful to our fore-Vapers who hung in there, continued researching & creating new user-friendly methods of nicotine acquisition; so this particular jackass could get FREE from the poisonous addiction that was, by my own hand, killing me.

The ONLY drawback I've come across is not being able to chase flying insects away from myself with cigarette smoke. I can live with that!

I've been welcomed into a community who share the survival of a common peril, much like another group of life-changing survivors I belong to, Alcoholics Anonymous. Open arms, smiling faces & the common good are our focus now; sharing our stories & welcoming others to hop on board!

6/20/2013 7:49:00 PM - Rick Hageman

In June, I will have been a non-smoker & a Vaper for 4 years! I smoked for 35 years and had been smoking 2 packs of Camels a day. I purchased a PV (personal vaporizer) as a means to cut down on cigarettes and to save money as Vaping cost is only a small percentage of the cost of tobacco.

After 3 days, I decided I liked Vaping better, and put down my cigarettes for good. I tried several times over the years to quit with the patch, Rx, counselling, etc... nothing worked longer than a couple or few months. I've gradually cut down my nicotine level such that I'm almost at zero nic now.

The first year as a Vaper, my doctor kept some vitals on me and checked several times during the first year. My heart rate has dropped, my blood pressure has dropped, my lung capacity has improved over 22%. Things taste better, and I no longer have the "smokers cough", and I've lost the wheezing I used to have every night when I went to bed.

IMHO- The personal vaporizer is the most effective, and perhaps the only device that has shown to really work for smokers whom want to continue to "smoke", but do it in a way that is perhaps several hundred magnitudes safer than burning tobacco.

I believe it has saved my life.

6/20/2013 7:55:00 PM - Sherri Q from Massachusetts

I started smoking around age 11. By the time I was in my mid-20's, I was smoking 1-2 packs a day. I tried quitting several times. I tried the nicotine patch, but I was allergic to the adhesive in the patches and could not continue to use them. I finally quit cold turkey at age 38. I quit for seven years and then started again around Thanksgiving 2011, thinking I could have one or two here or there. By Spring 2013, I was smoking about 3/4 of a pack a day. A friend started using PV's/ecigs and suggested I try them. I bought a kit the last week of August and had my last cigarette on September 10, 2012.

I have not had a single cigarette since I started vaping, nor do I have cravings for them or miss anything about them. In all of my previous quit attempts, the cravings were by far the hardest part of quitting.

I am fine with being addicted to nicotine, I'm just so glad to be rid of all the nasty things that went along with it in cigarettes.

Within a week of starting to use ecigs, I could breathe easier and was no longer wheezing. My senses of smell and taste returned again. I have had NO withdrawal symptoms, nor have I gained weight (which I did after I had quit cold turkey in 2004).

I started vaping at 32mg of nicotine and am now down to 12-18mg. I no longer smell like an ashtray and my clothes don't stink (in fact, people in my family tell me they LIKE the smell of my vape).

The greatest benefit to me of having quit is obviously the health advantages of no longer being a smoker. While I know that ecigs may have their own risks, they are a far, far, FAR better alternative to tobacco cigarettes! My health has improved greatly since I quit smoking and the cost savings are great as well.

6/20/2013 8:03:00 PM - Kristina W. (kweb) Chicago, IL

I am 34 years old, I smoked for 20 years, and I started using ecigs one year ago. Yes- that math is correct. I started smoking at 13.

Over the past ten years, I tried Wellbutrin, Chantix, patches, lozenges, gum, and quitting cold turkey.

None of those stuck for more than two or three months.

I am not one of those demographics that people think make up the majority of smokers (erroneously). I am a middle class professional woman, and a doctoral candidate. There are more of us than most would think- we hide and lie and carry a ton of breath mints and body spray because we have been shamed into that. My job puts me in the public eye, so I have been known to hide behind grocery store dumpsters (behind the store itself) to grab a quick smoke.

In the 12 months since I have started ecigs, I have not had a single urge to smoke. I tried once about six months ago out of curiosity and felt horrible: stomach ache, lethargic, headache- the works. I can smell smoke from a mile away now, although I would never make anyone feel ashamed to smoke.

I haven't been sick but once in the last year, I have had more energy, I have not had the smell of cigarettes all over me, and my kids have not smelled like smoke or had to deal with the other effects of my addiction.

I am a strict vegetarian and take care of myself in every other way, but smoking - or vaping, God willing- will never be something I can give up. I have come to accept that. Being prone to addiction is genetic. Those who believe that everyone has a choice are under-educated on the issue. If anyone were to take vaping away, they would be signing my Death Certificate because I would not hesitate to go back to smoking.

Vaping- as it is now- gives me more disposable income to contribute to my local economy, as well. Cigarettes cost $9 per pack where I live- $9 per day for me.

Vaping costs me about $2 per day.

My final point is that of marketability to those who do not currently smoke- both young and old. As someone who started smoking as a child, I can honestly say that vaping has nothing on cigarettes. Charging batteries, purchasing atomizers and e liquid, and maintaining all of the pieces would have been over my head- lighting up is much easier. The realistic but unpopular answer, though, would really be: oh well. If ecigs and flavored e liquid appeal to people, well, at least it won't kill them as cigarettes would. We, as a society, are against the "look" of smoking now, whether it is harmful or not. However, we are perfectly fine with Happy Meals, Grape flavored UV Vodka, and

margarita juice boxes. Our societal priorities are a little skewed, in my opinion. I have seen what obesity and alcoholism does to families. It is a million times worse than what nicotine suspended in a PG vapor could ever do.

I very passionately hope that this is never taken away from me- I honestly believe that it is a life or death situation. I know that I am not alone in this belief. I also believe that many on the other side think they are doing the right thing. Please: read some unbiased, controlled research on addiction, e cigarettes, and smoking. As an academic, I can't think of anything that would be more persuasive.

6/20/2013 8:03:00 PM - Mark Hoogendoorn

I smoked for over 30 years and was sick and tired of being sick and tired.

I smelled like smoke, my kids were always at me about it. I tried quitting so many times in the past using Zyban, patches and gum but nothing worked for very long if at all.

Nicotine gum came out in prescription form and I tried that, worked in between butts to suppress the cravings a little or when flying but did nothing to help me stop. As soon as I could smoke, I did. I used nicotine gum for probably 8 years while still smoking. Even though it had gone OTC, it was expensive to buy locally.

I started buying my nicotine gum off eBay from France because even with shipping, it was a 3rd of the price of buying it locally. During one of my eBay gum searches back in early 2009, I came across an electronic cigarette listing. I figured they were crap but decided to buy one from China anyway.

My first e-cig from China broke in about 2 days but surprisingly enough, I liked it. I did a little research and built my own e-cig from parts and starting using it.

For the first couple of months, I still smoked but my smoking got to be less and less until eventually I found myself not going outside for even the critical smokes of the day, like with coffee, after meals, etc. I still cheated here and there when having a few drinks but eventually stopped that also.

Since February of 2010, I've been using my e-cig and love it. I've cut down my nicotine levels several times and even though I get older each year, all aspects of my health have improved since stopping smoking. I breathe better, sleep better and find my stamina to be much better. I can smell a smoker from a mile away now. I never realized how obvious the smoke smell was until my sense of smell improved.

Mark Hoogendoorn

6/20/2013 8:05:00 PM - Cynsonya Wallace

My name is Cynsonya and I WAS addicted to tobacco cigarettes for 24 years.

When I was 14 years old I jumped into smoking with both feet. I went from just trying one to smoking a pack a day in a matter of weeks. I thought I was cool. Stupid child. When I was 15 I got bronchitis for the first time. It was what my physician called "an extreme case." And still I smoked.

I would have gotten bronchitis reguardless of being an avid smoker. I was obviously born with a propensity for lung issues. However, I am sure the smoking didn't help. As the years passed I continued to get extreme cases of bronchitis twice a year. And still I smoked.

When I was 25 I decided I would try to quit smoking. I was prescribed Welbutrin. I may as well have been taking vitamin C. It had absolutely no effect. I tried to go cold turkey and lasted 3 days before I felt like I was going crazy and bought a pack of cigarettes. And still I smoked.

By the time I was 30 I had serious lung issues popping up. I was now perscribed an Albuteral rescue inhaler. Not labeled asthmatic but was now labeled chronic bronchitis. I would wake up in the middle of the night gasping for breath somtimes until I used my inhaler. By that point I was awake and would then smoke a cigarette after hitting the inhaler. Pathetic. I decided to try the patch. I went without smoking for 4 days and then started smoking one or two a day with he patch on. I quickly figured out that was not working and it was dangerous to smoke with the patch so I took it off. And still I smoked.

This was a neverending cycle. Try to quit, fail, smoke. In October 2011 I became very ill. My bronchitis showed up as usual but this time it snowballed. I was in and out of the doctors office and then the emergency room as it turned into pneumonia. I had 5 rounds of antibiotics and nothing helped. This continued for about 5 months. I felt like I was drowning. And still I smoked.

Finally in March 2012 I woke up to get ready for work one morning and I was coughing very hard. The next thing I knew I woke up in my bedroom floor. I had passed out from oxygen deprivation from coughing so hard. I broke my nightstand and a portable heater with my face when I fell on them. I decided to drive myself to the ER and it happened again while driving. Thank God I didn't kill anyone. When I got to the hospital I was given more lung funtion tests, medication and now labeled an asthmatic with borderline copd. I was given a home nebulizer and told to use it every 4 hours. At 37 I was on a home breathing machine. And still I smoked.

I realized I had been sick for almost 6 months now and refused to be chained to a breathing machine for the rest of my life. I found a new Physcian and made an appointment. The day I met Dr. Scott I was barely able to breath and smoking 2 packs a day. I told him I had been trying to quit smoking for going on 15 years. He asked me if I had ever considered an electronic cigarette. I knew it would not work for me because I would die a smoker. I researched it anyway while smoking a cigarette that afternoon.

I received my electronic cigarette starter kit on April 24, 2012. I had a pack of cigarettes left and decided to smoke those that day and wake up the next morning with only the electronic.

I have been tobacco/free smoke/free since that day. Almost 14 months later and I have not had even 1 single cigarette. I have only had 2 days that I even craved a cigarette, but with my ecig I was able to push that craving aside and carry on. This product is unbelievable. I truly believe with all my heart that ecigs saved my life.

Dr. Scott was a Godsend. While all other physicians are spewing the rhetoric that has been handed to them he is out there saving lives anyway he can.

I would like to add that today, 14 months later I am now medication free! No more wheezing or waking up gasping for breath. No more breathing machines and inhalers. My 1 year lung function test showed dramatic heaing happening in my lung tissue.

And I no longer smoke. And never will again.

6/20/2013 8:08:00 PM - Michael P.

Hello, my name is Michael. I started smoking when I was about 15 years old and in high school because I thought it was "cool" unfortunately I became addicted to cigarettes. I have tried the gums and hard candies to get something in my mouth to deplete the cravings. None of them worked. My fianc

6/20/2013 8:17:00 PM - metallicsunbeam, North Texas

I was a smoker for over 40 years.

That's right, 40 years.

I've tried to go cold turkey several times.

No luck.

I did not like the idea of using a psychoactive medication to quit smoking (I think the possible side effects are worse than the smoking for 40 years).

I can't use the gum or a patch due to some medical concerns with ingredients, possible allergies, and an immune triggered skin disorder.

A friend suggested I try e-cigs to supplement my nicotine craving while I worked on reducing the number of cigarettes and trigger responses.

I gradually weaned down the number of cigarettes I smoked daily to around 6.

I typically smoked around a pack a day.

While weaning down the NUMBER of cigarettes, I also worked on attempting to lower the amount of each that I smoked (lowering a Whole cigarette smoked to less than 6 puffs).

Also, I worked on changing WHERE I smoked and WHEN (to reduce trigger times and places).

I made it inconvenient for me to smoke.

No smoking in the car.

Walking to different areas outside to smoke.

I started using

e-cigs to "supplement" my nicotine cravings, and worked for a while to further reduce the number of cigarettes smoked daily down to 3.

Around a month ago, after finishing my LAST cigarette in the pack at midnight, I went to bed with a vow to never buy them again.

I have been able to lower the nicotine level from high, to medium in this short time.

I've stocked up on each level so I can continue to work toward Zero nicotine.

I have not had intense cravings for traditional cigarettes.

If I get a craving, I try to work through it by doing some activity that keeps my mind and hands busy.

If I need to, I will take a few "puffs" off of the ecig and the craving is gone.

It is almost like going cold turkey, except I can use the ecig to deliver the nicotine so withdrawal is not so intense and the temptation to return to smoking is

thereby increased.

The ecig, to me, seems to serve as my "insurance policy" that those cravings won't defeat me again.

I think changing my "habits" of where, when, and how much I smoked before attempting to quit tobacco cigarettes contributed to

the ease in which I was able to put them away for good.

I hope this helps.

I think each person may have to explore what works for them, and just keep trying.

For me, the ecig is a critical tool to help me stop smoking after 40 years of trying, especially since I can't use the patch, gum, or the medications.

I'm quite thankful and believe I will continue my success and will never go back to smoking cigarettes again.

6/20/2013 8:19:00 PM - Tim Yancey

At the age of 13 I started smoking. We bought the cigarettes from a vending machine for .50 a pack. Marlboro I think... It was the cool thing to do back then. I continued down this path for many years. More and more of my friends were quitting as the years went by. I did not. As I got close to my 50th birthday I realized that I really had to quit. Over the years I had tried several different times to stop smoking, but I always failed and picked the habit back up.

I have tried

6/20/2013 8:32:00 PM - David Wilson

I started smoking when I was 15 years old.

By the time i joined the military, I smoked 3 packs a day.

After leaving the military, I did back off to a pack a day.

At around the age of 30, I tried to quit cold turkey.

It only lasted about a week, then I started back.

I did this several times.

Finally they came out with patches, and then gum.

I tried both, but was unsuccessful in quitting.

At around the age of 40, I tried Wellbutrin.

It made me very nauseated to my stomach, and didn't stop my craving for cigarettes.

When I was 59 years old, I tried my first disposable electronic cigarette.

I showed promise, but the battery only lasted a few hours.

At $10 a piece, I thought they were too expensive.

I tried cigarette look-a-likes next, but the refills were expensive for those also, and the battery charge times didn't last long enough.

I found ECF, the electronic cigarette forum, and asked for advise.

I quickly became overwhelmed with all the suggestions, but they were all good one's.

I wound up with an eGo Twist and a decent delivery device for the nicotine.

I started at 24 mg, and have now cut it down to 18 mg, with plans to cut the nicotine down to 0.

I have been cigarette free for 8-1/2 months, and I don't have cravings for cigarettes any longer.

I breathe better, and feel better now.

If it hadn't been for e-cig's, I would still be smoking cigarettes.

I certainly hope my new helper doesn't get over regulated, because I think it's the best stop smoking method I have ever tried, and not only is it the best, it's the only successful method I've tried.

6/20/2013 8:34:00 PM - Jim B

My wife and I had been addicted to cigarettes for over 30 years when one day we saw a kiosk in the local mall selling cigarettes. As we walked by we could not believe that people were allowed to smoke in the mall? But wait, we didn

6/20/2013 8:35:00 PM - Bob Bernhardt bbb on ecf Florida

I smoked for 40 years, started at age 15.

By age 55 I was smoking 2-3 packs per day.

I was only able to quit tobacco by using electronic cigarettes.

I tried to quit using a patch, gum, Chantix, cold turkey and numerous other methods. none were succesful, until I tried electronic cigarettes.

I have not smoked or used a tobacco product for over 5 years now.

I was able to sucessfully quit tobacco by using e-cigarettes.

The improvement in my health was DRAMATIC.

I honestly feel I would not be alive today if not for e-cigarettes. I believe electronic cigarettes saved my life and greatly improved the quality of my remaining years.

I have been disabled since 2005, I have had heart surgery, aortic valve replacement, both knees totally replaced, I have Type 2 diabetes, I have Barretts Esophagus, which can become a cancerous condition, and recently had prostate surgery.

Smoking tobacco aggravated ALL of these conditions. I am much healthier since quitting tobacco and all my medical conditions have improved since I started using electronic cigarettes.

I ask that my government does not ban the sale of e-cigarettes.

If you do, you are effectively KILLING many potential ex-smokers before they have the chance to make their choice.

Banning e-cigarettes is NOT in the best interest of individuals or this country, in my opinion.

WHY would you want to ban a life-saving device ?

I also urge all government agencies to remove any text from their web sites that is inaccurate and/or misleading.

For example, many people believe that e-cigarettes may cause cancer or poison the user because the FDA

6/20/2013 8:38:00 PM - Jon Easterling

I smoked for 18 years and started using electronic cigs two years and a half years ago, it was a Christmas present to myself. I use the Provari and Ego C twist with a tank 3.5 ml tank system and 1.5 ohm cartos.(I started with ego 1000 mah batts and tanks.) I quit smoking after about 2 months of using these products, and have maybe smoked 5 cigs in 2 years, and those were just to see if I really had quit. I had tried to quit smoking many times cold turkey, with gum and with snuff to no avail. THESE E CIGGS SAVED MY LIFE! I am now tobacco free and can smell, taste and breathe again, and I don't smell like an ashtray. These are convenient and easy to use, I fill my tanks twice a day and I am good to go, just pull it out of my pocket and no problems at all. plus I can smoke indoors with a few weird looks, but I just explain I am smoke free due to this device and people are cook, including police. The taste of the juices is endless and I use Backwoods Brew exclusivly, but there are probably hundreds of shops where you can get juice and supplies, all mailed to my door descretly. You can get juices in many different amounts of nicotine all the way down to no nicotine when you don't need it anymore and just use the water vapor as your "fix". I recommend this any smokers I know and recommend this anyone reading this. Thank God for E-Cigarettes!

6/20/2013 8:39:00 PM - Todd in Memphis

So my story is like many others you will run into. I began smoking at the age of 16 and before I knew it 21 years had passed. I tried to quit cold turkey several times with no luck. I tried the gum and it was a waste. Prices continued to rise and I was stuck. They had me. What do you do at that point other than just wait to get bad news?

I saw these "electronic cigarettes" and figured they were a con or a hoax. I bet I looked at them 20 times before I broke down and purchased one. That was April 29th, 2012. That was also the last day I have had a puff, drag or even touched a cigarette. Keep in mind I was a 2 pack a day red smoker.Here, 14 months later as I type this I can say this much: They are a godsend. I don't care if they say they aren't a "quit smoking" device - but they are. I can smell things so much better now, I can taste foods like never before and even my sleep has been better. No fire, no ash, no stink, no phlegm, no lighters - I could probably think of 50 other happy reasons. My doctor has been thrilled and he is behind them.

Don't ever let anyone convince you these are not just an amazing creation. Don't let some government official try to pass a bill to tax you to no end because they are full of greed or misinformed. Electronic cigarettes are saving lives. I may not be the best story teller but were they not here I would be smoking and certainly closer to the day I would die.

6/20/2013 8:39:00 PM - istopped

My story is very simple. I smoked for about 12 years and then one day decided to look into e-cigs to help me quit. I went into a convenient store as most people do and bought an e-cig and gave it a try. I immediately liked it an knew that this was my way out of smoking. I went online and did a lot of research, watched a lot of videos on e-cigs, and then went online and purchased a real starter kit. That was about 2 weeks ago and I have not had a real cigarette ever since, and can honestly say that I see NO reason to ever go back to real cigarettes! I love vaping and it is now a new hobby for me even though I have only been at it for 2 weeks. I feel 200% better since quitting smoking!

6/20/2013 8:40:00 PM - MrsDawn

Been smoking since 74 and excelled in my smoking from there till 2009 a friend told us about an ecig. Tried a few here and there and had cut back but not totally quick the real cigs till 8-30-2011. Hadn't had an analog since I did try cold turkey back in 2003 and after 35 lbs and 17 months later I went back to smoking due to weight being a problem and 8 months later after smoking I lost it all. and the wheezing I had didn't get no better. Am a singer/entertainer and had major problems getting hoarse so easy along with the rest of the stuff sinus problems, colds, and ect. Did research and found better quality of ecig and got on the road to smoking less and less and vaping more and more. Till October of 2011 I made up my mind to just use ecigs and now close to 2 yrs later am smoke free no cheating and my husband is almost 18 months smoke free. My family Doctor was keeping track of my progress to see if there would be a difference and 8 months later he could barely hear any wheezing and 4 months after that my family doctor and Allergist both said it sounded like I had a new pair of lungs. I have had 1 spell of sinus probs in past 2 yrs. and have cut back on my allergy shots. No hoarseness anymore and no weight gain. these electric cigs are an awesome life changing device that does work!

6/20/2013 8:43:00 PM - San1tom

I heard of the electronic cigarettes in January of 2012 so I decided to give it a try. I only use tobacco flavor because I smoked tobacco, not desserts. In the beginning I used 3 lg. bottles of liquid per month. I still use my e-cig but only a third of what I started with. I feel better, no coughing and I LOVE the freedom of vaping when and where I want !! Cigarettes smell repulsive and I know I will NEVER SMOKE one again !! I wouldn't have quit cigarettes without the e-cig !!

6/20/2013 8:45:00 PM - Garard from Phoenix AZ.

Hi,

I started smoking when I was five years old. My mother gave me one thinking it would choke me and so on but it felt really GOOD to me. So from then on I was swiping smokes from folks until I was about ten. Then I graduated to stealing money to buy cartons "for my Mom" and I was seriously smoking at least 15 a day.

At the ripe old age of 13 I was doing a solid pack a day or more and really only did not smoke more because of all the school and family stuff that got in the way.

By the time I was 16 I was smoking 1 1/2 packs a day and had no qualms about letting anybody know that I was doing so including my parents because I was also working part time and using my own money to pay for my own addiction.

When I got married at 23 years old I was smoking 2 packs a day and have ever since. Nice and steady. We had four children and I continued to smoke. My mother got cancer and had a long ugly fight with it before finally dying and I continued to smoke. I had a heart attack and several surgeries and I continued to smoke. A couple years ago I had a triple bypass and I smoked in the hospital in the bathroom because the bastards don't let you smoke even in a private room. That is just wrong.

Over the years I had tried patches and gum and support groups and all of that and just smoked the same two packs a day even while chewing the gum at a support group you know? And every time I "quit" I gained weight that then never left. Bad business that.

So one day my son in law gets me a rebuildable e-cig and some juice as a present for my birthday. Pretty cool but it didn't take as it irritated me and it didn't satisfy me. It was because there wasn't enough Vapor and because the juice was eating the plastic of the tank and actually hurting my/us. They should never have sold it to him knowing the tank was plastic.

A bit later my own son who took the unit I didn't want improved on it by getting a much better tank. Now when I tried that it was so much like smoking in everything but the flavor that I thought I would give that a try. So I did. But I also made sure I had a good amount of nicotine in the juice to satisfy that as well as the other "smoking" aspects of my addiction. I also bought like 15 different flavors including cigarette flavor which I hated and still haven't used.

I have not had a cigarette since Xmas of 2012! :)

I mean that all by itself is too cool and unbelievable. Yes at times it was very hard to say no to smoking but most of the time it wasn't too bad. And on top of that I have been

reducing the nicotine in my E-juice month by month until I am now down to between 0mg and 8mg working my way to ZERO all of the time.

As the nicotine addiction is being reduced so are the times that I get these weird very strong urges to "just have one" and so forth. Smokers know what I am talking about. I believe I will be an actual ADDICT to cigarettes for the rest of my life. But now I know I have a way to support staying off them, a crutch if you will, to help me limp through. I also suspect based on my daily use of the Vapor that eventually I will stop using e-cigs too. But I will keep them around for sure, ready to go for a good long while just in case.

I want you all to understand that I have not even mentioned the benefit of e-cigs as to how much cheaper it is. I got to where I can heavily Vape for a year for less that $400 which is less that one tenth of what smoking cost me.

But to me what really matters is I have not coughed since a week after taking up e-cigs.

Best and CHEERS!

Gerard

6/20/2013 9:05:00 PM - Chris Joseph from Salford, UK.

I smoked up to 30 cigarettes per day, between the ages of 14 and 25. I

attempted to quit smoking more times than i can remember, including short periods of gum and patches which were useless. I succeeded a few times, once for nearly 3 months cold turkey, but in the words of Michael Corleone, "Just when I thought i was out, they pulled me back in!"

I did in fact try e-cigarettes when they were new on the market (early e-cig-alike models), but found them somewhat unreliable and often produced an inconsistent and frustrating vape experience. Unfortunately this drove me back to smoking for while.

Two and a half years ago, however, I decided to try them again - it was obvious the products had moved on significantly, and my cigarette habit was getting worse. My health was becoming increasingly affected. I have asthma, and was using my inhaler more and more regularly to fend off attacks which came out of nowhere during the day, something which I had never experienced outside of strenuous exercise before. Waking up during in the night, unable to breath was a recurring issue, and was a very worrying trend, especially in my mid 20's. I had to do something for fear of ending up in the hospital, and I knew e-cigarettes where the only method that had worked for me in the past, so I gave them another go.

Take two has been a much more positive experience. The sheer variety and availability of reliable devices on the market today, coupled with the technical advances in e-cig design, moving away from e-cig-alike form factors along with advances in e-liquid flavourings, has made it a very enjoyable experience this time. I stopped smoking the same day I started using e-cigarettes, and never had a craving - it was that simple - a direct replacement. I use all kinds of devices, from standard ego batteries with a clearomiser for conveneice, to large form factor mods (pro-vari, VAMO, etc), with dripping atomisers or atomiser tanks. They all work very well, and succeed in delivering enough nicotine. I've cut down my nicotine content from 18mg when I started which was a bit strong after a while, and now use 6 - 12mg liquid which I find to be the sweet spot. I no longer smoke, with the exception of one or two a year on a drunken whim. For the first time in my adult life, I'm a non-smoker!

It's a great feeling, as is the massive turnaround in my health since switching to e-cigarettes. I no longer have any of the problems described earlier. None of them! I can even perform strenuous exercise without using my inhaler, or even getting out of breath. It's truly amazing, and I don't know what I'd do without them. Probably end up bed ridden in my early thirties with COPD, and I'm not joking - back then, working stressful night shifts, smoking two cigarettes on a break was pretty common, though I'm a little ashamed to admit that, but now I'm free and I never want to go back!

6/20/2013 9:08:00 PM - MikeK0416, Melbourne FL

I am 56 years old and started smoking menthol cigarettes at 16. When I was 20 years old I attempted my first quit with only a 24 hour success. Every year thereafter, some years multiple times, I attempted quitting but to no avail. I obsessed over quitting and tried so many techniques to quit, I am pretty sure I tried them all. Chantix, patches, gum , lozenges, welbutrin, cold-laser, group hypnotism, buy a pack at a time so I could quit smoking after that pack, private hypnosis with various hypnotists, cinnamon sticks, nic-inhalers, fake cigarettes, self- hypnosis, smoked clove cigarettes, affirmations, meditation, prayer, read books on quitting, acupuncture, stop-smoking group counseling,

internet groups

6/20/2013 9:09:00 PM - Tony F from Aurora, IL

I started smoking at 17 and have finally managed to quit after 28 years. I have Type II diabetes and in Dec. 2012 I lost a toe (largely due to the complications from my diabetes, which per my doctors was made a few hundred percent worse by being a pack-and-a-half a day smoker!)

I had to stop smoking while in hospital and bought a Blu e-cig starter kit. It definitely got me through the hospital visit but I went back to regular smokes a couple week later. The cig-a-like was good but not quite "enough". Thankfully I went online to both ECF and the ECR group on Reddit and got a crash course on the full variety of personal vaping devices available.

In May I picked up an Ego stater kit and dumped my analogs entirely.

I am 7 weeks along and had some heinous challenges along the way -- I was down-sized after 4 years w/a company and my Mom died just three days later.

That's the ultimate proof for me for electronic cigarettes -- I've had absolutely no urge to go back.

I tried in the last 28 years to quit on many occasions .. cold turkey a few times and both Chantix and the patch, but none of those could keep me away from real cigarettes.

The first 'crisis' in the real world and I was right back to them again.

This has actually worked absurdly well!

I've even begun reaping the benefits, health wise, already!

I can smell and taste foods/drinks again. I no longer reek of stale cigarette smoke, and my DR is pretty amazed at how quickly things have turned around on the health side of things.

E-Cigarettes have made a huge impact on me.

They are affordable, pleasurable and most important, they work!

6/20/2013 9:11:00 PM - Barguestspirit

My story is rather unusual, but I feel it is important to share it. I began smoking cigarettes during a very stressful time in my life. I was 23 or so and, up until that point, I had never used any tobacco products, nor had any desire to. But when difficult and stressful things occur, as they inevitably tend to do, we may do things we aren't otherwise wont to do in order to cope. I smoked cigarettes for a few months before deciding it was time for me to stop. I had never intended to become a regular smoker anyway, with it being such an expensive and unhealthy habit, not to mention the humongous stigma attached to being a smoker in this country. Of very important note in my story is the fact that several years prior, I had developed a rare autoimmune illness that causes terrible, painful ulcers in my mouth. These ulcers are rather large, developing on my tongue, inside of lips/cheeks, gums, and in my throat, and tend to occur in clusters, with several forming at the same time. They are so bad that I would be unable to talk, eat, or even drink when I had them, and they take at least 7 days before they begin to heal. My life had become a never ending cycle of ulcers, with only a handful of ulcer-free days between cycles. As with most autoimmune illnesses, there are no cures for this syndrome, and very little that can be done about the symptoms. Nothing worked to stem the tide of painful mouth sores I suffered from, and I tried just about everything there was to try. All I could do was use prescription topical numbing medications to take the edge off, and make it possible for me to take a few sips of water and a try to eat small amount of a very soft food or nutrition drink.

I was little surprised when, after a few months of smoking cigarettes, I realized I had only had one cycle of ulcers. At the time, I didn't think the two things where related. I mean, how could they be? I couldn't imagine that a habit as nasty as smoking tobacco could have a positive effect on my body. But, I began to wonder when, as soon as I quit smoking, the ulcers returned with a vengeance. After a couple months, I couldn't take it anymore and started smoking again. Again, the ulcers pretty much stopped, with only an occasional mild one that healed quicker than usual. Over the next couple of years, I attempted to quit smoking a few more times, with the same result each time. Smoking reduced the amount of ulcers I had by about 80-85%, which is pretty amazing really. So it seemed I had stumbled upon an effective remedy to something that had been plaguing me for years. However, I knew that while smoking tobacco might be helping me in one way, it had the potential to cause me other serious health problems. So I tried out other alternatives, such as nicotine replacement gum/patches. None of them were as effective, were usually too expensive for continued use, and came with their own set of problems that eliminated them as good solutions to my problem. So I continued to smoke cigarettes, at an average of a little less than a pack a day.

A few years ago, I began hearing about electronic cigarettes. I was curious about them, but assumed they would be more expensive than regular cigarettes and was a bit skeptical about how close they could be to the real thing. Eventually, I decided I should

give an electronic cigarette a try. I had seen a kiosk in a local mall that sold e-cigs, so I went and bought a starter kit. My first impression was that they were nice, but there seemed to be something missing. There were some things I didn't like about them, but they were refreshing, especially when compared to regular cigarettes, and they were almost as effective at preventing my mouth ulcers. After a little while, I found myself enjoying the electronic cigarettes more, and regular cigarettes less. I became determined to switch from regular to electronic cigarettes completely, and decided the current pack of regular cigarettes I currently had would be my last. Once I made up my mind, quitting tobacco cigarettes was easy, and I had nothing in the way of withdrawal. Over the next 10 months or so, I stuck to the electronic cigarettes, and only ended up smoking a regular cigarette a couple of times when I had run out of cartridges for the E-cig and the kiosk was closed. The couple of times this happened, I found it pretty difficult to smoke regular cigarettes, finding them really distasteful and smelly, and would rush to go buy E-cig cartridges first thing the next morning. I also noticed the positive things that people report when quitting smoking, such as a return of the senses of smell and taste, clearer lungs, a return to normal clear breathing, and the disappearance of excessive phlegm and "smoker's cough".

A little less than 1 year after I began smoking electronic cigarettes, I found a store in town dedicated to vaping, and decided to go have a look. I'm so glad I did, as they helped me find the perfect electronic cigarette equipment for me, and they make all of their E-juices in-house, having an incredibly large selection of flavors and strengths to choose from. I find vaping at a lower nicotine dosage continually keeps a steady level of it in my system, and gives me better results. Best of all, their prices are great, which I appreciate being on a very tight budget. I now spend half of what I did on regular cigarettes.

I have been happily vaping ever since, and have zero desire to ever go back to using tobacco products. The last time I tried to smoke a cigarette, about a year ago now, I couldn't even finish it. I couldn't handle the taste or smell, and it made me feel sick. Best of all, the amount of mouth ulcers I have has been dramatically reduced. I now only get them from trauma/irritation, such as a slight bump, scratch, or pressure inside my mouth. Since I've become, by habit, very careful about avoiding anything that might cause an ulcer in my mouth, I don't get them often. When I do get an ulcer, they heal quicker, only taking about 4-5 days now. I only wish I had tried e-cigarettes earlier. I can now have all the relief from my symptoms, and none of the negatives. I happily spread the word about electronic cigarettes to anybody who smokes or uses other tobacco products. Not only is vaping cheaper than tobacco products, but it's far healthier and cleaner, not to mention more enjoyable to both the "vaper", and those around them. I can

6/20/2013 9:19:00 PM - Ryan Turner

Hello,

I started smoking when I was 14 years old and had smoked at the rate of a pack a day for the last 18 years.

I was an early adopter of E-cigarettes as they at least curbed my smoking. I had tried Zyban and NRT's of both inhaler and patch designs.

These did not work well and, worse, had side-effects that made it easy to justify fully returning to cigarettes.

My best success was with the patch and that was about a month before I started smoking occasionally while WEARING the patch.

I decided to drop the patch instead of the cigarette.

Fast forward to today, I am vaping on a whole new level.

I have a very expensive "Personal Vaporizer" unit with many attachments.

I buy American made liquids and hardware almost exclusively.

I haven't touched a cigarette in 8 months and I feel GREAT!

The reason it works is that I haven't given up the things that made smoking enjoyable and also meditative as a "breaktime" ritual.

A quality E-Cig can hit the right chord that allows me to simply forget that I "smoked" anything else in the past.

Some friends and critics say that I am "cheating" and I "haven't really quit".

I think this is the same thinking that drives law-makers to attach the same stigma to vaping that smoking has EARNED through reasoned study.

I have two things to say to those law-makers and my friends... 1. Haters are gonna hate. 2. Give me a REASONABLE argument, or respect my freedom.

Vape On!

Ryan.

6/20/2013 9:29:00 PM - Neil Carter

My name is Neil Carter.

I began smoking when I was 16 years old.

I smoked until I turned 29, when I quit smoking using Zyban as a medical supplement.

Three years later, and 50 lbs heavier, I began smoking again...I could not put up with the constant cravings and urges anymore.

In 2009, I tried my first electronic cigarette.

I had purchased a Blu starter kit, and decided that I would try to quit again by using electronic cigarettes as a replacement.

The Blu seemed to help not only calm my cravings, but also help with the physical habits of smoking.

Over time, I got tired of constantly having to change the batteries to charge, and fiddling with the liquid delivery mechanism (cartridges).

So, I began smoking roughly 6 months after quitting using the Blu.

A few weeks after I started smoking again, I would cough so much when I woke up in the morning that I would start to vomit. In May of 2010, a friend of mine told me about the electronic cigarette company Volcano.

She let me try out her setup, and I was sold!

It was everything I hoped the Blu would be when I purchased it.

I ordered an Inferno starter kit that night, and I haven't had a cigarette since.

To this day, I do not crave cigarettes at all.

In fact, smelling the smoke or the remnant odor of someone who just smoked makes my stomach turn.

I wake up now with ZERO coughing, I don't feel out of breath walking to the mailbox and I haven't gained any weight.

I don't smell and cause my wife's asthma to flare up.

All told, I haven't smoked in 1,110 days, and I couldn't be happier and healthier!

I still "vape" (use electronic cigarettes), for two reasons:

#1, I enjoy it...immensely.

#2, I am afraid that I stop vaping, the craving for cigarettes would be too much, and I would start smoking again.

When I first started vaping, I was using 15mg nicotine in my liquid.

I am currently vaping anywhere from 2-6mg in my juice, with plans to go to 0mg nicotine in the very near future.

To this day, I have personally helped 16 people quit cigarettes using "electronic cigarettes".

I owe the electronic cigarette industry for helping me to quit cigarettes!

6/20/2013 9:31:00 PM - Lauriej1

I was a tobacco smoker for 30 years, at least a pack a day, sometimes more. I enjoy smoking. I had no real intention to quit, however there was always that nagging shadow of potential health issues. I first became aware of electronic cigarettes through a negative press statement made by a health agency! I decided to investigate for myself. Interestingly I found no evidence of any physical harm attributable to electronic cigarettes, but rather a myriad of benefits when compared to tobacco cigarettes or nicotine replacement products: - far cheaper economically than tobacco or nicotine replacement products or drugs - no "second hand smoke" - no lingering odour on clothes or in the car - no refuse/butts to dispose of - avoidance of hundreds of chemicals - the e-liquid varieties available are actually far better tasting than tobacco cigarettes - no toxic or harmful "side effects" (I have spoken to at least a dozen people who reported having hallucinations/depression while taking Chantix, stopped and went back to smoking cigarettes) I switched completely to e-cigarettes almost a year ago. I have saved thousands of dollars and no longer worry about harming my health.

What tobacco smokers will discover after switching to e-cigs is that they will no longer feel a compulsion to smoke anything. I no longer believe that it's nicotine that's driving one's addiction, it's other additives in tobacco products. I do not believe that anyone attempting to vilify, tax or otherwise interfere with the e-cig market is doing so from altruistic motives. I have not met anyone who has switched from smoking cigarettes to vaping e-cigs who regrets their decision. I certainly don't!

6/20/2013 9:31:00 PM - Shawn Dunn, Fairmont WV

I was a smoker for 28 years.

I started when I was 18, and smoked a little over a pack a day. I tried to quit countless times.

Cold turkey more times than I can remember, nicotine gum a couple times, patches a couple times, Zyban, and Chantix (twice).

My "successes" ranged from 3 days to about 6 months. Then 2 1/2 years ago a friend of mine showed me an ecig.

It was one of the little ones with a pre-filled cartridge.

I tried it and was instantly intrigued.

It felt like smoking, but I could do it anywhere, it didn't smell, and I knew it was not as bad for me as smoking cigarettes.

I researched and found a quality starter kit for about $65.

My wife was skeptical, as we had flushed lots of money down the drain over the years on other stop-smoking aids.

But for some reason I felt this would be different. She reluctantly found the money in our budget, and I got my first ecig kit.

I am happy to say that I have not smoked a single cigarette since that day!

I have no desire to smoke, and I know that for the first time in my adult life I will never smoke again. As far as health goes, I feel entirely like I've quit smoking - no wheezing, no coughing up brown phlegm, increased energy and stamina, etc.

When I was smoking I would tend to get several colds each year.

In 2 1/2 years using ecigs, I have had 2 colds. My life has greatly improved since I started vaping.

Ecigs changed my life so profoundly that I started my own retail business selling them.

I was a teacher for 25 years, and ran my business for 2 years while still teaching, but now I've moved into the business full-time.

I have several hundred regular customers that have quit smoking and switched to the vaping lifestyle.

There is NO question in my mind that ecigs are an effective method to stop smoking.

I literally see dozens of people every day of the week who attest to that fact.

I don't even have to do a "sales pitch" anymore.

When someone comes in my store and says they want to quit smoking and ask if these things really work, there is usually another customer there that will chime in and say "Yes they do!" and go on at length about how great they are, and how they helped them quit after years of smoking. In my opinion, ecigs are one of the greatest inventions of our time.

They allow millions of people who are addicted to cigarettes and can't quit other ways to be free from the bondage of smoking for the first time in their lives.

Of course, more research into the safety and effectiveness is fine, but knee-jerk reactions of lawmakers who want to stand in the way of this wonderful technology threatens to keep these people smoking cigarettes, which we KNOW kills.

6/20/2013 9:32:00 PM - Kendra Homesley, Oxford AL

I started smoking as a teenager. I have only successfully quit smoking one time when I was pregnant 10 years ago. Unfortunately, I started smoking again when my son was a year old. I have called the quit smoking hotline and they sent me patches. I only lasted about 2 days without a cigarette before I would remove the patch to smoke. I have also tried the SNUS products with no real success. I bought an electronic cigarette March 1st of this year and that was the last day I smoked a cigarette. It's been almost 4 months! I love that they are not harmful to my children and I can safely use it in the house. My husband was also a smoker and had been smoking for almost 20 years. A week after I started using the electronic cigarette he bought one and has quit smoking as well. Neither of us are using any tobacco products at all. My mother and my aunt are also using electronic cigarettes after many years of smoking. Several of our friends, after seeing my husband and me using the electronic cigarettes, ask us were they could buy them and a couple of them have been successful in quitting too. I found the transition from "real" cigarettes to electronic cigarettes fairly easy and the desire to smoke left me, which has never happened for me before. I started with 24mg of nicotine and now I use 12-16 mg. I plan to continue to lower the mg of nicotine. I know that electronic cigarettes work as a replacement for real tobacco products. I have seen my own friends and family quit smoking with them. While I have been

waiting in the electronic cigarette stores, like EcoSmoke in Huntsville, Al, I have talked to others in the store that have not smoked tobacco for a year or more thanks to their electronic cigarettes. I am almost 30 years old and I wanted to quit before I suffer long term damage from smoking. Both of my grandparents had lung cancer and I lost a friend this year to congestive heart failure. A heart transplant may have saved his life but he was not eligible for a transplant because he was a lifelong smoker. I am grateful that I have found a great way to quit smoking and reduce my risk for these and the many other diseases that we know smoking can cause. Thanks, Kendra Homesley Oxford, AL

6/20/2013 9:38:00 PM - Karrie Munkittrick

I was 16 years old when I was handed my first cigarette in the parking lot of my high school. All the "cool kids" where doing it, so why not?

I took my first drag under peer pressure, and just about gagged, but kept a straight face because "the cute boy" was watching.

16 and impressionable, with rock and roll star role models, fashionable movie stars smoking and telling stories of their favorite smokes in popular magazines, puffing away in music videos and TV ads; couple that with the free stuff you can ONLY get with the "points" off cigarette boxes and I was hooked. This was the 1990's. The 1990's changed my life forever. I would see the other ads telling me NOT to smoke,

"Smoking WILL Kill You", "Just Say NO to Cigarettes", but at 16 years old you have mastered the technique of the eye roll, saying

6/20/2013 9:39:00 PM - Steve Campanaro

I was a smoker for 25 years (+/-). I started in my early teens and cigarettes were $1.25 a pack. I enjoyed smoking. I did not want to quit but only the ignorant thinks it wont catch up to them. I had made about 8 real attempts at quitting smoking plus countless half hearted attempts. I have tried the patch with welbutrin, cold turkey and chantix. Chantix seemed to work the best but it failed to make me quit or make me feel like I could go the distance. I did not want to quit smoking, I just new that I had too if I wanted to decrease the likelihood of dying on a respirator in a hospital the way my mother did. The first e-cig I had seen was about 3 years prior to me giving it a shot. An old friend of mine had been using one and I tried it out. I hesitated to take the plunge then because it seemed like it would be just as expensive as smoking, like chantix, and had the potential to not work, like chantix. I shelved the idea until a few months ago when a friend at work was given an e-cig kit by one of his family members. It got me thinking again so I decided it was time to give it a chance. I started out with the basic cigarette style kit and would smoke real cigs and e-cigs throughput the day, gradually cutting down on the real cigs. It was about 6 weeks from he time I started the e-cigs until I was off real cigs, and wanted to be off real cigs. The last cigarette I had was on April 21st 2013 and it made me feel sick. I have not looked back since and my urge to smoke a real cigarette is more or less gone. I wont say that I haven't from time to time thought about taking a drag off a friend

6/20/2013 9:48:00 PM - Cindy Pennypacker

I smoked cigarettes heavily for 37 years.

By the time I quit I was at 2-3 packs per day.

As a result of smoking I have been diagnosed with COPD and have had to use 2 different inhalers and also a nebulizer for my breathing.

If I continued to smoke I would probably be on oxygen in the not so distant future, because my breathing was awful.

I have had repeated failed attempts at quitting cigarettes and was resigned to dying a smoker.

In March of 2012 I had a major scare, thinking I was having a heart attack.

Fortunately after many tests my heart was fine but was informed that if I didn't quit smoking, I might not be so lucky in the future.

I had heard of electronic cigarettes and did some research online and ordered a kit.

On April 16, 2012 I was able to successfully quit smoking cigarettes.

It has been over 1 year and I am still using my electronic cigarettes, but I am not using my inhalers or my nebulizer.

My doctor has been very impressed with the improvement with my lungs and has given me Her approval to continue using my electronic cigarettes.

6/20/2013 10:13:00 PM - Tracey Jewell

Vapors Plus recently opened its doors to a warm reception in Northern Port Charlotte. Staying true to it

6/20/2013 10:13:00 PM - Bill from Chicago

I was a two pack a day cigarette smoker for over 40 years. Whatever feeble attempts I made to quit were resounding failures. I have to confess that I enjoyed smoking. I really did not want to quit.

Finally, however, the constant bombardment of doctors, family and friends urging me to quit smoking became too much. The problem was that I had to agree with the many reasons I was given to quit. I knew that every time I inhaled on a cigarette, I was ingesting up to 4,000 different chemical by-products of tobacco combustion, including at least 50 known carcinogens.

A friend was trying electronic cigarettes. I was immediately taken by the idea. This device looked like a cigarette, produced "smoke" like a cigarette and I later learned that it gave just the right amount of nicotine like a cigarette. I also learned that the basic formula of the liquid used to produce the vapor consisted of only three ingredients... vegetable glycerin, flavor extracts and a bit of nicotine.

What thinking person could compare what you were getting with an e-cigarette versus what you get with a lit tobacco cigarette and not come to the inescapable conclusion that the e-cigarettes were by far the better choice?

After a couple of false starts with inferior products purchased a local gas stations and convenience stores, I finally found an e-cigarette that really worked. In one day, I went from that two pack a day tobacco smoker to exclusively using electronic cigarettes without any discomfort or cravings.

I have been using electronic cigarettes exclusively for almost three years. My family and doctors are unanimously happy with my decision. Not only that, I find that I can use my e-cigarette in many places that prohibit smoking. With a little discretion I have rarely, if ever, been challenged while vaping.

For me, switching to e-cigarettes was a life changing experience.

6/20/2013 10:22:00 PM - Kay Perkins(oldbroad) Flint, Mi.

I started smoking when I was app. 15 yrs. old and I smoked for over 50 yrs.

I tried many tines during the last ten yrs. of my smoking to quit as I was up to 2 packs a day. I tried the patches, Chantix(horrible!), the gum, I lasted for about 2-3 days with each attempt and went through really bad withdrawal symtoms. I even tried hypnotism, which lasted almost two weeks.

I finally, fatalistically accepted that my last breath would be puffing on a cigarette. My family was very concerned about how horribly and frequently I coughed the last few years. Sometimes I coughed so hard and so long I literally gagged.

Then I discovered the e-cigs through a friend who let me try his. I bought a 510 e-cig and the day I received it I started using it...with SUCH relief... FINALLY I was free of cigarettes!

I have now been totally cigarette FREE for four years this coming October.

My health is greatly improved, my home, car, clothing don't stink to high heaven, either.

By the way, from the very first day I started using e-cigs I not only haven't touched a cigarette, i have absolutely NO craving for one...

and that's a miracle.

6/20/2013 10:29:00 PM - Malik Hassan

I smoked for 20 years with negative effects on my health but I could not quit after multiple attempts. I have asthma and the while smoking was beginning to exhibit signs of COPD. The only thing that has ever been successful in helping me to stop smoking and killing myself has been e-cigarettes. My health has improved and so has my family relationship. I don't have to hide and try to cover up the smell all of the time. My quality of life has improved and I save money as well with e-cigarettes. They have saved my life. I can breathe normally now with my asthma medication and I no longer wheeze and cough all of the time.

6/20/2013 10:36:00 PM - jason b qld australia

At the age of 12 i began smoking it was promoted and advertised as being cool. Over the next 10 years smoking continued in popularity you smoked on planes, in clubs restaurants, even hospitals. Then as evidence began to surface in regards to the real damage, attitudes changed. We know for a fact cigarettes kill there is no doubt in actual fact cigs kill more people than 911 did every month yet they are still allowed to be sold and smoked, Cigarettes companies and any government who continue to sell them should be jailed.

I tried pharmaceutical medicines champix and ziobahn to quit mostly they messed with my mind, the gum and patches never worked i still needed that association. I would quit every day cold turkey at 12 pm only to go buy a packet at 5 pm. Even the birth of my first child could not make me quit, I once told an ex wife don`t make me choose between her and cigarettes because i would choose cigarettes. On an overseas trip just over 1 year ago my wife suggested i try this electronic cigarette, she bought the starter pack i purchased my duty free smokes. After they ran out i thought OK give this thing a try. I started on high nicotine cig flavor and got through the first week easy i was amazed, i still got to puff just didn't stink like an ashtray, also had money in my pocket at the end of the week. Changed to flavor liquids and started lowering me nicotine. After 4 months i was on zero nicotine i didn`t have one cigarette could smell everything especially how bad cigarettes really were, could taste food again, and felt amazing. The morning cough i always dismissed was gone. I was taking the family out more our lifestyle improved with the extra money. I am now a non smoker i still vape occasionally, and i still on the odd occasion feel like a a real cigarette, but that feeling lasts very briefly and i have my electronic one instead.

I have no doubt electronic cigarettes saved my life, my marriage and has let me be a better father and support my family better. They may not work for everyone but they should always be available as a tool to quit, they also assist people who want to cut back and quit slowly, unlike other options once you fall off the wagon and smoke you are a smoker again, with electronic cigarettes you can do both and continue with your quit target without feeling like a failure. I appreciate governments make a lot of money in cigarette taxes, this is not an excuse to kill your own people and that is what you are doing that is a proven fact. You need to look at it from other angles i have more money to spend since i quit and i do i spend it, there is only so much money in the economy and it works its way around. i don't smoke anymore but i have created extra work from my spending. Stop with the screens we don`t know the long term effects of electronic cigs. You didn`t know the effects of power lines, mobile phones etc, hell what about the carbon monoxide poisoning from cars and factories. FACT smoking is a filthy dirty habit that affects millions everyday indirectly and directly stop letting these companies kill us you the government and we the people owe them nothing they have killed and stolen

lives long enough. Get behind electronic cigarettes if they help people to quit, and that should be the focus getting people off cigarettes that we know KILL.

6/20/2013 10:36:00 PM - Pauletta Graham

I never started smoking cigarettes untill I was in my early forties. I smoked for over twenty years. I was smoking a pack or a pack and a half a day. I was getting to where it was hard to breath sometime. Especially with any exertion or walking up an incline or stairs. Everynight I would have to use an inhaler in order to breath good when I lay down. I would hear a rattle in my chest. Now I don't have to use the inhaler and never hear the rattle.

My sister had been using the e-cigs for over a year and kept trying to get me to try them because she wanted me to be healthier. I kept thinking I could not afford them. Little did I know it would be cheaper than the cigarettes I was hooked on. She found a way to send me my first e-cig kit. The day it came I tried it. That was the 4th of february 2013. Once I tried it I never put another cigarette in my mouth. Thank the lord and whoever came up with the idea. That has been four months. I was using a nicotine strength of 14. I now hardly ever even use the e-cig. Never crave cigarettes. I personally think anyone who is having a hard time quitting cigarettes should give them a try. The thing about them is they have no nasty smell and no nasty messy ashtrays. I feel healthier,breath better, and can spend my money on something better than cigarettes.I have not been paid to say this. I am just a person who is happy to be away from cigarettes and it hold on me.

Thanks Pauletta Graham,Ione Oregon

6/20/2013 10:41:00 PM - Kenny Young (Phoenix, AZ)

Hello,

My name is Kenny Young, I am 38 and I live in Phoenix Arizona.

I started smoking at the age of 13. I wanted to be cool like my friends, I didn't really comprehend that I was signing up for 25 years of addiction to smoking cigarettes.

I have smoked a at least a pack of cigarettes a day since that age. Around the age of 30, I decided that it was time to try and quit. I was tired of being short of breath and feeling generally out of shape. I was also concerned about the amount of money I was spending on cigarettes.

I used the nicotine patch, then, and found the product less than satisfactory. The patch didn't seem to stick to me, and it didn't help much at all with the nicotine withdrawal symptoms I was having: Headache, inability to concentrate, and most of all, anxiety.

This attempt lasted all of three days.

It was five years later that I tried to quit again, this time in addition to my other reasons for quitting, I found myself REALLY noticing how much of a slave I was to my habit. I couldn't sit through a two hour movie without taking a smoke break. I left my desk at work once an hour to smoke. I was not comfortable on road trips with other people, I hated air travel. I had a lit cigarette in my hand no more than five minutes after I woke up each morning, and it was the last thing I did before I went to sleep at night. I would go outside and smoke in the rain, and I would smoke in the heat. It didn't matter, I needed to smoke.

This time I tried quitting with Chantix and managed to stay smoke free for about three weeks. I still had withdrawal symptoms, but they weren't as severe. What WAS severe were the mood swings I was experiencing. That coupled with the vivid dreams, and reports online of the possible permanent psychological repercussions of using this drug (and with the full support of my cigarette addicted brain), was enough to make me decide to stop taking it. I went immediately back to smoking.

I smoked for two more years.

My next attempt at quitting came when I realized how much much of a social stigma there was against smoking. I started noticing that when I would be outside smoking passersby (or even people very far from me)would cough and wave their hands and in general act like, to me, jerks. My normal reaction to those types of people would be to roll my eyes. There's no way that my smoke was bothering them.

But let's face it. Smokers are now considered to be "less than" non-smokers, and our habits were offensive. They couldn't understand why smokers would deliberately sabotage their own health on such a nasty dirty habit. And all of a sudden I couldn't understand either.

It was time for another quit. This time: Cold Turkey

This was, surprisingly, my "most successful" quit. I made it through the first three days of agony (Dramatic? Possibly. True? Definitely)and plugged along for almost four more weeks. I thought I was done, thought I'd licked it. I was so sure in fact that I thought I could now occasionally smoke. One week later and I was back to my old level of consumption.

I had almost resigned myself to the fact that I was a smoker, and would always BE a smoker. I had toyed with harm reduction in my mind, but the catalyst for purchasing my e-cig was the fact that my partner was getting irritated watching television with me.

I could not watch more than an hour of a program without needing to pause whatever we were watching so I could go smoke. One day it struck me how IRRITATING that must be to my non-smoking, never-has-smoked partner.

I thought to myself, well if I had an e-cig, I could just smoke that on the couch and problem solved.

Three weeks ago, I went down to the local brick and morter vaping store and bought my first kit. Three days after that I smoked my last analog cigarette.

I have had ZERO anxiety, ZERO discomfort, and I have ZERO intentions of ever lighting an analog cigarette again. This is the most confident I've ever felt about quitting smoking. I feel that this is going to be the thing , finally, to do it.

Thanks, Kenny Young

6/20/2013 10:47:00 PM - H. H. Neosho, MO

I am a former 20+ year cigarette smoker. Was able to give them up completely with the use of E-Cigarette devices and their nicotine vapor.

I've tried patches, and Welbutrin in the past with limited success.

The E-Cigarettes provide the ritual behaviors that the cigarettes themselves had me addicted to, not just the nicotine.

I feel better, healthier, fewer allergies and daily physical complaints since making the switch.

Since moving to E-Cigarettes over a month ago, I have no urge to return to smoking, no need to stop in to a store and purchase them, and now that my sense of smell and taste have returned, honestly cannot stand to be around them.

For the sake of all smokers like I myself once was, please be realistic in the approach to these devices, as many of us rely on them to stay away from the health damaging tobacco products that they are replacing.

6/20/2013 10:52:00 PM - Brian French

Although I had a few cigarettes when I was in my early teens, I did not become a "heavy" smoker until I was 18.

For the next 15 years, I smoked up to a pack of cigarettes a day.

By the time I was 19, I could begin to feel the negative effects of smoking, mostly through shortness of breath, chest pain when breathing, and a persistent cough.

By the time I was 25, these effects had magnified tenfold.

I was sick at least five times a year with respiratory infections, and had come to peace with the fact that I would smoke for the rest of my life.

By the time I was 28, I had tried to quit smoking "cold turkey" many times (more times than I can recall).

When I was 30, I tried nicotine gum and lozenges in several other unsuccesful attempts at quitting smoking.

The majority of my family smokes cigarettes, and they have been a major contributor to the death of several of them.

In 2009, my brother, four years younger than me (and also a heavy smoker since 16), was in an ICU for over three weeks with a respiratory condition.

The doctors told us he had less than a thirty percent chance of survival.

Thankfully, he did survive, and has recovered over the past four years.

My brother's illness was a real wake up call for me.

I absolutely had to quit, but then I didn't.

He didn't.

We both just kept smoking cigarettes.

I kept smoking cigarettes, and so did my younger brother, until 2012.

At this point, we had both tried nicotine replacements, cold turkey, medication, and counseling in our attempts to quit.

Absolutely none of these methods were effective for more than a couple of weeks.

We both smoked cigarettes for close to 15 years.

That's half of his life, and close to half of mine.

In mid-2012, I decided to try an e-cigarette.

During the initial adjustment period, I still smoked the occasional cigarette for about three weeks, and I have not touched one in well over a year now.

My brother also began to use an e-cigarette that I gave him, and was able to significantly reduce the amount of cigarettes he smoked in a day.

Eventually, I decided to purchase more advanced nicotine vaporizing devices, and have slowly decreased from 24mg nicotine/ml of e-liquid down to 18, then 12.

My brother still sticks with the 24mg, as he has had a more difficult time getting away from the other toxic and addictive chemicals contained in cigarettes.

Thanks to the discovery of nicotine vaporizing devices, I can proudly say I have been without a pack of cigarettes in my pocket for well over a year.

During this time, my brother also significantly cut down on his cigarette intake, but he did take a little longer to adjust to a life without tobacco.

Neither one of us have had a cigarette in months, and this has been very beneficial to our health.

I exercise more now, as does my brother.

I have lost close to 80 pounds, and my brother has lost well over 100.

We don't stay sick half the time, and spend our money on doctor's bills and antibiotic prescriptions.

I truly feel that "e-cigarettes" and other more advanced forms of nicotine vaporizing devices have saved my life, and the life of someone who is very close to me.

I would like to publicly challenge anybody who says there is no "evidence" that nicotine vaporizers help people quit smoking cigarettes to show me "evidence" that they do not.

The evidence is right in front of you in the ever-growing number of people who have put down cigarettes for good with the help of nicotine vaporizers and other less harmful forms of tobacco.

Can I prove to you that e-cigarettes and other forms of tobacco are harmless to those who use them?

No, I can't.

Can I prove to you that they are less harmful than cigarettes?

I believe the improvement in my physical health and the physical health of my brother, along with thousands of other testimonials like ours, say yes.

I just ran over a mile for the first time in two decades last week, and didn't even run out of breath.

Show me the heavy cigarette smoker who can say the same.

Thank you for taking the time to read my story.

6/20/2013 11:13:00 PM - offcigarettesatlast

I smoked for 40 years and knew I had to quit. I was a "closet" smoker (how do you hide that nasty smell?). My husband is one of those who smoked 3 PAD until the Dr. told him he had high blood pressure and to quit smoking. Whamo, he quit. Cold turkey. 2 weeks of Hell, but it's been almost 20 years. I, on the other hand, tried to quit, once was free for a whole year and a half, but then something came up an that old "Oh, one won't hurt me." joke happened. Last December (2012) I got a real bad cold. Could hardly breathe, cough, could not even smoke a cigarette. I had seen ads for Blu on the TV, so I checked it out and bought a Blu and an Njoy disposable. Once I felt better (and 2 days of not even a cigarette) I tried the Blu. Hum, did not know what to expect, but I told myself "I can do this". Have not had an analog since.

I started the research, now have several ego VV, a few 510s (for those times I just want to have a "cigarette"), and a couple ego mins. Various delivery devices. Went for my annual medical checkup a week ago and told Dr I am vaping. He said "That is wonderful!". Music to my ears. For me it was not the cigarette, the taste, the smell (quite the opposite! I stunk!) or even the nicotine. It is the "act of smoking", taking something warm and now yummy, into my mouth, inhale if I choose, and those beautiful vapors on exhale. My husband has no desire to start another habit, but he does not object and supports my decision. And I love the friends, the support and wealth of information my fellow vapers are so willing to share. I breathe better, smell (both with my nose and my overall smell - to ash and smoke hanging around) better and I can taste things better. I am confident I will never go back to smoking. Vaping also sure beats hiding outside in the cold and rain to have a cigarette and getting nasty looks from passersby. I think e-cigarettes have saved my life, they have certainly saved my lungs from more damage.

6/20/2013 11:15:00 PM - John Kendall Pepper Jr.

Thursday, June 20, 2013

I smoked cigarettes since I was a teenager. In the 1980s, while I was in my early 30s, I underwent a physical exam in the process of applying for a job at a major newspaper company. (The physical was arranged and paid for by my prospective employer.) The doctor urged me to quit smoking and gave me Nicorette gum (something new at that time) as a quitting aide. While I did get the job, I was unable to quit smoking using Nicorette (it nauseated me, besides).

On one occasion since then (also still in the

6/20/2013 11:25:00 PM - Daniel Comley

I've smoked since I was 16 years old, and I'm 27 now.

I actually enjoyed smoking for the better part of that period.

I've tried e-cigs, and they suck.

My friend actually showed me his personal vaporizer; it's a eGo Twist.

I ended up purchasing one out of curiosity, and haven't smoked a cigarette in 5 months.

I ended up using both for about a week, but my body was flooded with nicotine, and cigarettes began to make me sick to my stomach.

I still get the cravings once in a while; however, my brain doesn't really know how to translate them anymore.

I've likely saved well over $1000.00, and added months, if not years to my life.

I feel healthier, more energetic, and stink less. The only downside is that I'm still addicted to nicotine; nevertheless, this is definitely the healthier option.

I highly recommend, that, if you want to quit, get a personal vaporizer off the internet.

There's an initial cost, but what would be a carton's worth of cigarettes now costs me less than 10$ for e-juice.

6/20/2013 11:35:00 PM - Jeanne Hamby

I had been a smoker for 35 years.

I had tried to quit many other times.

I used chantix, patches, gum, and even hypnosis.

I was never able to make any of it work for me.

I could not last more than a couple of hours.

I started using a vape system and have quit a 35 year habit.

I was smoking 1 1/2 packs of Winston Light 100's a day.

I started vaping and smoked 3 cigarettes in 3 days and then nothing.

I have not had a cigarette for over a month and still doing great.

I started with 20mg and have gone down to a 14mg.

I eventually want to be nicotine free but since it is vapor and not toxic smoke I am not worried about how long it takes me to make this happen. I have recommended the vapor system to several friends who have all tried it and also quit. I will continue to recommend this to anyone and everyone that asks me.

I have had several people ask me about how it works and have I been able to quit smoking. It is kind of like when someone loses a bunch of weight and people see you afterwards and want to know how you did it.

6/20/2013 11:45:00 PM - Audrey from Seattle

After smoking for 15 years and using my ecig on and off I finally made the switch to Electronic Cigarettes. I have been analog cigarette free for nearly two years. I recently just switched to Nicotine free liquid so I feel I have now completely quit smoking. I do however like smoking and am perfectly happy vaping on my Zero Nicotine liquid. :-) If I had the option when I started smoking analog cigarettes to have zero nicotine I believe I would have chosen that option. I fail to understand why people are upset about ecigs or see why it is any of their business if I choose to use them.

6/20/2013 11:53:00 PM - C WALKER

I was a 3 pack a day smoker untill my 38 year old sister had a massive heart attack, she had the widow maker and coded 5 times before being air lifted to the hospital. She was the youngest person to be given the drug that freezes you to save brain funtion, thankfully and by the grace of God she is alive and doing awesome.

Unfortunatly my whole family smoked and we all smoked heavily, I was introduced to the owners of "VAPIN IN THE CAPE" who set me and my husband up with our first e-cigg. It took me 1 week of smoking 3 ciggaretts a day along with using my vapor e-cigg with a tobacco flavor to never smoke another ciggarette ever, ever, ever again.. I have now been totally smoke free since July 2011.

If it wasn't for my Ego Joye tech T 1000 mah e-cigg I would never have been able to quit.

I owe my life and the life of my entire family to e-ciggs.. BEST PRODUCT EVER INVENTED!!!!!

LOVE THE OWNERS AT "VAPIN IN THE CAPE" for all their knowledge, and now I work for them and love being able to help other people on their way to quit smoking too..

Faithfull Vapor forever.....

C WALKER

6/20/2013 11:56:00 PM - Warren K. Strom

I am now 39-years-old and as of 8/12/2011 I have been smoke free after smoking since I was 15; 23-years of smoking at least 1 pack per day. I have used e-cigarettes to quit smoking tobacco and have not gone back, not for 1 single puff. I started with a high dose of nicotine and now "vape" with only 6mg of nicotine but am thinking about going to a nicotineless option. E-cigarettes have, without a doubt, saved my life. My father was a smoker for most of his life, I buried him 8 years ago - he passed away due to complications from emphysema. 6 years ago I was diagnosed with chronic bronchitis and high blood pressure from my doctor who stressed that I quit smoking now. I decided to give "vaping" a change after trying counseling, Chantix, the patches, the gum, the lozenges, all with very little to zero help. On a last-ditch effort, I tried an e-cigarette and took to it immediately and have been tobacco free since. I am now breathing better and can actually run and play basketball again, my blood pressure is now nearly at the normal mark, and I can smell and taste things so much better. E-cigarettes saved my life, I only wish they came earlier, perhaps my father and grandfather would still be here to post their stories as well. Thank you for reading this, and please keep the fight alive and stay smoke-free and ALIVE!

6/21/2013 12:05:00 AM - Randy S.

I started smoking a few cigarettes a week when I was 12 years old (I had a brother 6 years older that wanted us to smoke with him). I was a heavy smoker by the time I was 18 years old. I was a three pack a day smoker for many years, I tried the Nicotine gum and the patches with no success. Approx 4 years ago some of the guys at work started using E-Cigs, I got the info and ordered a couple of kits. At first they were just ok, started out the the Joye E-Cigs, the small black ones and they just did not completely satisfy, but I told myself I was going to use the E-Cig as much as possible and if I wanted a real cigarette I was not going to beat myself up about it. After about 3-4 weeks I decided to go a week without a real cigarette, after about a week I had a craving for the real thing and lit one up, the taste was so horrible I immediately put it out and went back to my E-Cig. I have not touched another real cigarette since that time.

6/21/2013 12:07:00 AM - Jim Adams (tanis143) Broken Arrow, OK

Technically I started smoking when I was 20. Realistically I was addicted to nicotine since I was a baby. Both of my parents were/are smokers. They smoked in the house, the car, at restaurants, pretty much everywhere. I, of course, did not realize I was addicted until much later in life. However, I experienced withdraw symptoms when I first went to college. I had problems with concentrating in class, I went through drastic mood changes and became very easily angered. These symptoms went on for about a year and half, but they didn't go away, I started smoking. I can now look back and recognize what was going on, but back then I had no clue. Since then my smoking increased until I was an almost 2 pack a day smoker for the last 8-10 years.

In 2008 I started to notice I was having issues with stairs and physical activity. Of course at that time it was well known how destructive smoking is to your respiratory system. That year I tried to quit with the patches. I did fine on step one. Step two I noticed I was a little edgy and a bit moody. By step three my wife was close to asking me to smoke so I wouldn't be so easily angered. Due to normal stress levels heightened by the loss of nicotine I finally broke down and bought a pack. That was the first failed attempt to quit of four over the next 3 years. Nothing helped. Once I got down to the lower nicotine levels I started to get severe withdraw symptoms. On the last try I even doubled the time on step one and two. Same result. On July 29, 2011 I made the switch to an electronic cigarette and have not had a single cigarette since! At first I wasn't keen to try one due to the cost. The only ones I had seen at that time were the Greensmoke vendors in the mall. That kit ran 200 bucks and each refill pack was 20 bucks. I had no idea that those prices were rip-offs. Then my local convenience store started to carry a brand that was 20 bucks for a starter kit (1 battery, one atomizer and 5 refill cartridges). For 40 bucks I had a complete set. So I tried them out, found out I liked them and had no real issues with them. So I decided to make the switch. At 7:50ish in the morning of July 29th I had the last cigarette in my last pack.

6/21/2013 12:13:00 AM - R. Jones

During the more than 40 years of smoking I tried several times to quit by using the patch, taking Welbutrim and going cold turkey. These methods failed miserably after short periods of time. I had come to the realization that I was going to continue to smoke until I died. I refused to take Chantix because of all the horrible side effects.

About a year and a half ago, my daughter and son-in-law suggested that if they bought me an electronic cigarette starter setup would I give it a try and if it didn't work it would be fine with them. They would still love me no matter what. So I consented and I received the ecigarette (not a cig-a-like, it was a personal vaporizer setup). From the first time I tried it I had a very strong feeling this could very well work. I continued to smoke because I didn't want to go through the withdrawals from cigarettes.

A week and a half later, I realized that I had not lit a cigarette the day before. I was "vaping" my electronic cigarette consistently. So, I decided to light up one of the cigarettes I had left and took the first puff, I gagged, it was so nasty. Took the second puff and the taste was still awful. Took the third puff and I almost vomitted, it was such a horrible experience. I took the half pack of cigarettes I had left and threw them in the trash, and sat down at my dining table and cried for joy. I was finally smoke free.

That was the last time I smoked a cigarette, and that was 15 months ago without experiencing any anxiety nor withdrawal symptoms. I started vaping ejuice with 24mg nicotine, little by little I decreased the nicotine and am now at 6mg nicotine and sometimes 0mg nicotine. What I like about vaping is that I am enjoying the multitude of flavors that are available.

At the time I started vaping, I was having to use a C-PAP machine and was not sleeping well at night. I had a constant stuffy nose. I had post-nasal drip throughout the day. I was having heart palpitations in the middle of the day. I couldn't go up a flight of stairs without having to stop and rest to recuperate.

Now, after 15 months of vaping and being smoke-free, I no longer need the C-PAP machine, my nose is clear and so has my post nasal drip. I can go up a flight of stairs without huffing and puffing. I can walk much farther without getting tired. The heart palpitations are a thing of the past.

Electronic cigarettes are truly a miracle as far as I am concerned. I'm ever so grateful to its inventor, the people who manufacture them, and the vendors who make it available to the public. Without them, I would not have been able to kick the smoking habit with success. All of my previous attempts only lasted a couple of months, never this long. I don't even envision going back to smoking unless this wonderful technology is banned and inaccessible to me.

I am ever so grateful also to my children for introducing me to electronic cigarettes. It is a miracle indeed!

6/21/2013 12:28:00 AM - julian

I smoked for 20 years about a pack every two days. I tried everything from patches to lozenges with no success. I switched to electronic cigarettes two months ago and have had no urge to smoke a tobacco cigarette.

6/21/2013 12:46:00 AM - Randy Fox (Foxman)

Dear representative,

My name is Randy Fox. I

6/21/2013 1:10:00 AM - Holley Pittman, a.k.a. holley2583 from Beverly, MA

I

6/21/2013 1:14:00 AM - bboggs from Roanoke Virginia aka tru2dgame

I smoked for 12 years since i was 16.

I smoked over a pack a day for ten of those. When i discovered electronic cigarettes i was finally able to quit and have been vaping proudly for two years.

My breathing has improved immensely and i will never go back to smoking analogs again.

6/21/2013 1:16:00 AM - Adam Hume

I smoked cigarettes since the age of 14.

(30 years) My brother quit smoking using an electronic vapor cigarette about 3 years ago. I finally tried one in January 2013, and I haven't smoked a cigarette since.

I feel and sleep much better since starting the e-cig, and no longer smell. Everyone around me loves the vapor from the e-cig.

I really don't understand why legislators and lawmakers are trying to ban such a helpful product, especially without any science to back up the negative claims.

Bottom line. I strongly believe this product is saving lives.

Regards,

-Adam Hume

6/21/2013 1:29:00 AM - John Iman (johni) from Columbia, MO

I smoked cigarettes and an occasional cigar for 37 years and quit the day after Thanksgiving 2012.

Previous attempts to quit had been unsuccessful even with patches, gum, pharmaceutical nicotine, or Wellbutrin.

My second attempt at quitting while using an electronic cigarette was successful.

Today, I no longer smoke!

I started vaping e liquid at 1.8% nicotine and have reduced to .9-1.2% and plan to reduce to zero eventually.

My smoking addiction was mechanical as well as physical, making e cigarettes by far the most satisfying replacement therapy during the very trying early withdrawal stages.

Previous tries had left me edgy, irritable, and downright mean!

The e cigarette helped satisfy the cravings while I threw myself into reading and researching using the device for and extended period.

Today, I fell like I have experienced nearly all of the benefits of smoking cessation.

My sense of smell and taste have returned, no more coughing and hacking, and I don't reek of smoke.

I used to have very strong cravings if I was unable to smoke for a period of time.

Today, even though I vape, those cravings are very mild and extended periods of abstinence aren't unpleasant.

I believe I owe my life, or at least an extension of it, to e cigarettes and sincerely hope they are readily available to others when it is their time to quit.

6/21/2013 1:35:00 AM - Kitty Shay from Ft. Lauderdale

I am 61 years old and have smoked for over 40 years.

I tried to quit using the "cold turkey" method, the nicotine patch, nicotine gum, Chantix prescription drug, hypnosis and acupuncture!

Nothing worked.

I was rapidly developing COPD and tried the e-cig as a last resort.

I bought my e-cig, and quit smoking that very day.

I have been smok free for six months and have a new leae on life.

I feel great, can smell and taste again, can breath better than I have in years, and have lost the chronic bronchitis!

Seven co-workers who are smokers have seen my fantastic turn around. All seven had bee as addicted to smokes as I was. ALL SEVEN HAVE QUIT TOO!!! E-cigs are life saving. Governmental agencies should give them and the nicotine juice to any one who wants one.

Think of all the millions of dollars that will be saved on health care costs if people could just finally quit smoking!

6/21/2013 1:37:00 AM - Jonathan Fehlman

Let's see I started out as a teenager with key anus 'played football' so smoking wasn't an option at about 21 I switched to smoking 'full-time' I smoked off and on for 20 years. I quit on my own a few times once for a year. I tried the patch and never stopped smoking even with the patch on. Then the next year my insurance covered chantix with counseling over the phone how stupid to call someone in Texas when I live in,Minnesota,but this was pretty ok for a few months. Then right back to cigarettes. Then in late 2011 electronic cigarettes caught my radar. I started to watch you tube reviews and read a lot about them. I spoke to my wife in Jan 2012. She said whatever just please keep trying 'she's never smoked'. So Feb 14 as her 'gift' I bought a disposable at the gas station. It tastes super nasty,but my brain realized this is a viable option. I bought a kr808d starter set 'cig size batteries' and some type juice tastes pretty good. After about a week of vapeing. I coughed up a bunch of mucus. My taste returned and tobacco flavors didn't taste to good any more. Went to fruit flavors 'yum' now I still vape between 12Mg and 15Mg of nicotine. Same as I started at , but the thought of a cigarette repulses me. I currently use a advanced Pv, I also carry ego batteries as a backup. I buy juice online and at my local shop. I but most hardware online. I don't know if I will stop vapeing. But I feel better I've lost 30 pounds because I'm more active. My wife rides in the car with me! This is all thanks to e-cigs. So all in all keep calm and let us vape on thank you Jonathan.Fehlman@gmail.com

6/21/2013 1:51:00 AM - J.J.W. Tacoma, WA

I smoked for a total of 20 years with an average of 5 cigarettes a day and quit smoking analogues because I had a hard time breathing.

I purchased a common starter kit with 8 mgs nicotine.

That was too much for me.

After some research and talking with my family, I switched to a stronger battery and other different liquid vaporizers.

I was able to find liquid that had no nicotine.

My personal goal was to not intake any nicotine by my birthday.

Needless to say, I have succeeded and have been smoke free for 6 months!

Overall this has made my life much more enjoyable.

I no longer wake up coughing in the middle of the night.

I am able to climb stairs without having to pause every few steps.

If I have a sweet tooth craving, I reach for my electronic e-cigarette device first.

I can vape and drive knowing I won't be flicking ashes or a still lit butt on accident.

I still enjoy having the hand/mouth habit and seeing vapor come out.

In time I'm sure that will slow down.

I absolutely love the idea that I no longer smell of cigarette smoke!

The bonus of switching? Over time, E-cigs pay for themselves.

A bottle of liquid costs the same as a pack of analogue cigarettes and lasts longer.

If I had this option open to me way back then....I would have done this switch a long time ago and I'm sure much healtthier for it.

6/21/2013 1:55:00 AM - Liz from St. Louis, MO

My story is probably like that of most smokers. I started smoking at the age of 15. Over the next 20 years, I would try to quit at least a dozen times. During any of those attempts, the longest I went was with Chantix - a whopping 3 weeks. And I was lucky - I'm the only person I know who tried Chantix and did not experience any terrible side effects (though it did alter my tastes and I couldn't drink coffee while on it, which I did consider to be a terrible side effect given my love of coffee).

The patch made me a jittery mess - caved on day 3.

The gum worked for about a week. That ear zapping thing? Didn't even make it 24 hours. Cold turkey? 5 days and 80,000 calories. Zyban? Two weeks. I had finally decided I was doomed to be a smoker for the rest of my life and decided to just keep enjoying them until the inevitable tumors or emphysema took hold.

When my father, also a lifelong smoker, was diagnosed with diabetes, he took things very seriously. He knew that enough was enough and he quit smoking. I felt I had to step up and be supportive.

Every smoker knows it's agony to watch others smoke while still trying to win the battle over the demon. So, in what I called my official last attempt, I looked into e-cigs again.

I had tried e-cigs a few years ago and they were just awful substitutes - they never seemed to work well, they tasted weird.

I hated them.

But I had recently run into someone who had something that looked different, but she called it an electronic cigarette. She explained that felt just like smoking, unlike the prior things I had tried. (I have since learned that what she had was an eGo type battery with a clearomizer.) So, I went to the store she mentioned, picked up a starter kit and finished smoking the last of my stash.

When I ran out of my last cigarettes, I started my quit smoking timer and started using the e-cig.

That was exactly 61 days, 21 hours, 13 min, and 23 secs ago as of this typing.

My father was so grateful for the support.

I really didn't think I'd have much luck.

I just assumed I'd eventually long for my "old, dear friend" and go back. But I didn't. What was really different this time was I didn't even want to go back.

All my other quit attempts, it was a constant mind over matter battle with restraint. This was nothing like that at all. My friends still smoke around me, and I'm happily vaping away, not caring. I actually cringe at the thought of smoking again.

What was an even bigger surprise was my lung function. What I had always blamed on being out of shape and overweight, was really the evil smoking. I can now take flights of stairs without sounding like Darth Vader. I'm starting to run again and find my lungs are perfectly happy to cooperate with the exercise without sending me gasping, wheezing, and panting after a quarter of a mile.

I never thought I had lost my sense of taste, but I now see just how salty restaurant food is, so it has made me change my eating habits.

My sense of smell is back. I now realize everything I own stinks, and am working on getting rid of that, which I just find is further incentive to keep going.

All in all, the day I picked up that e-cig was the best choice I have made in a very long time.

I still have my habit. I know I've only replaced one for another. But obviously this habit will allow me to live a longer, happier, healthier, sweeter-smelling life than the one I was living, chained to the evil cancer sticks. My body has proven that in just this short amount of time. I can only imagine what greater things will come as I continue to heal all that damage.

6/21/2013 2:03:00 AM - jeremy

I started smoking around age 16; I am 41 now. When I quit smoking three years ago, I had been smoking for 22 years. That's nearly a quarter of a century. In fact, that's very close to a full third of my projected lifespan. For the first year, when I would run around telling people how I was

6/21/2013 2:10:00 AM - Colin J McDonald

I started smoking when I was fifteen.

I quit last year at age fifty-three.

During my thirty-eight years of smoking

6/21/2013 2:14:00 AM - Joe Lynch

My name is Joseph Lynch. I was a smoker for over 20 years. I tried to quit many times cold turkey. I always seemed to go back to cigarettes after a few days of quitting. I tried different pharm products like the patch, nic gum, etc. Nothing would work for me. Back in 2009 I saw somone using an electronic cigarette outside a convenient store. I was curious so I asked the guy what that was he was smoking? He told me that it was an e-cig. I asked him a few questions about it he told me it was water vapor and that this device got him to quit smoking cigarettes. When I got home I started researching electronic cigarettes. I immediately saw the benefits of these devices. I decided to purchase a kit from a company I will leave nameless. This device literally got me to quit cigarettes in about a week. I then found the ECF forum and I have been an advocate for e-cigs ever since. If it was not for electronic cigarettes I would still be smoking the cancer sticks today. I probably added years to my life. I can actually breathe now. No more hacking in the morning.

6/21/2013 2:38:00 AM - FormerSmokeInSouthCarolina

I smoked for almost exactly 30 years and always said you'd have to pry cigarettes out of my cold, dead hands.

I enjoyed smoking.

I didn't enjoy the coughing, etc. and I knew it wasn't good for me but that wasn't enough for me to give it up.

I picked up some convenience store disposable e-cigarettes about a year ago.

They did not work for me - I couldn't find one I liked and they were expensive, almost as expensive as regular cigarettes.

Then in April, 2013, I discovered 'vaping'.

(For those unfamiliar with the term, it basically means using better (and cheaper) equipment than the disposable e-cigs.)

After finishing the pack of cigarettes I had on hand (didn't want them to go to waste, LOL), I haven't had a regular cigarette since.

Don't miss them and have no urge to smoke.

Not only am I saving money, I feel better also.

I've thrown away all my ashtrays and my family fully supports the change.

In fact, my older son was the first one to notice my cough had disappeared.

'Big Tobacco' - you can continue trying to convince people that vaping "hasn't been proven safe" or "is not effective", etc. etc.

All I can go on is my own experience.

I feel better, I'm saving money, and I no longer smoke cigarettes.

Put that in your pipe and smoke it.

6/21/2013 2:45:00 AM - Jaime

I found out about E-cigs on an NPR radio story about 2 years ago, and immediately purchased some over the internet.

I was about to quit smoking in time for getting pregnant! I love e-cigarettes, they were a life saver.

I didn't quit immediately, but gradually reduced my real cigarette intake and substituted e-cigarettes with regular ones.

I have become more confident and feel much less guilt, since I have a child.

I also used to suffer from chronic bronchitis, which is now gone!

I still use my vanilla flavored e-cigarette daily!

The main reason I'm writing though is for another success story which you may be interested.

I have been hearing lots of news about e-cigarettes being banned from airports, hospitals, and other places, and even talk of banning them out right.

It's infuriating!

I, and several of my friends and family, wrote our congressman and senators to explain how important e-cigarettes are in helping people quit smoking.

On top of that, I have a family member who is very high up the chain at the FDA.

I wrote her personally and explained my view on them, and how crucial it is that they are not banned; to help people like me quit smoking.

She assured me that only a minority of FDA staff actually want to ban them, and most plan to approve them as a smoking alternative.

Because the FDA is so powerful, I took that as fabulous news.

I also know that if they do make a bad decision, I can always reach out to her again.

I am a member of CASAA.

Thanks

6/21/2013 2:48:00 AM - Lisa

When I first heard about electronic cigarettes (in the spring of 2010), I thought they sounded promising from the standpoint of something I could smoke indoors - around my computer equipment, daughter and pets. Working from home, my normal practice was to keep my office door closed and smoke freely while I worked, retreating there at other times in the evening to "burn one" without subjecting them to my secondhand smoke.

Having at that point smoked 2 to 2-1/2 packs a day from the age of 15, or 40 years (!), and having tried about every cessation method that came down the pike, from gum and patches to pharmaceuticals such as Zyban, and failing literally miserably, quitting wasn't something I considered a possibility.

So, this new technology was something to supplement, not replace, cigarettes.

I ordered a "passthrough" device (can be used while charging via a USB cord) and the strongest cartridges available, 24 mg.

The evening it was delivered, I assembled it and plugged it into my laptop and started "vaping."

Not too bad, I thought -- it tasted pleasantly menthol and vaguely tobacco-like.

Before I knew it, it was bedtime and I hadn't wanted a tobacco cigarette for a few hours, which for me was mind-blowing and unprecedented.

The next morning on awakening and reaching for a cigarette, my hand fell on the passthrough so I picked it up instead.

That was 3 years ago in April and I HAVEN'T HAD A TOBACCO CIGARETTE SINCE THE PASSTHROUGH ARRIVED!

As with every other time I was without tobacco, depression reared its ugly head pretty early on -- but my nerve endings weren't painfully frazzled (as was usually the case with tobacco withdrawal) and once I discovered WTA (whole tobacco additive) and added that to the nicotine-containing liquid, the depression lifted and I have been happily tobacco-free SINCE.

To my amazement, within a matter of a few weeks of no cigarette smoke,my decades-long smoker's cough had totally resolved, a longstanding sinus inflammation was gone,and my exercise endurance more than doubled.

The monetary savings are significant too, even though I spent a good bit in the first year trying different types of e-cigarettes and delivery cartridges, "e-juice" mixes from retailers, etc.

My primary care doctor, who wasn't impressed at first and continued to emphasize quitting altogether, gradually came to respect the method as more effective nicotine replacement therapy for "hard-cores" like me and valuable from the perspective of harm reduction. Personally, I am thankful to have found e-cigarettes.

I truly believe they can make a difference, especially to those of us who had tried, and failed, conventional smoking cessation treatments.

6/21/2013 4:16:00 AM - Susan Miller from Burns, TN

Hello!

My name is Susan Miller and I wish to tell of my very positive experience with vaping/electronic cigarettes.

I truly feel that electronic cigarettes could have quite possibly saved my life.

Is this an exaggeration?

No indeed!

I smoked cigarettes for 32 years and during that time, I tried everything known to mankind to quit smoking.

I tried nicotine gum, patches, lozenges, Chantix and even hypnosis.

Nothing worked for me at all!

While still smoking, I started toying around with electronic cigarettes in July of 2009.

It became more than just toying around a year later.

Summer of 2010 I started to realize that I was really enjoying all the flavors that I was vaping and my vaping was drastically reducing the number of cigarettes that I smoked.

I never put pressure on myself to quit smoking.

I just gradually let vaping take over.

By the beginning of 2012, I was only smoking 1 or 2 cigarettes a day.

Then it happened.

On May 4, 2012, I smoked my last cigarette and I have never looked back.

I simply came to a point where I no longer wanted or needed cigarettes due to vaping.

I never experienced any withdrawal symptoms at all but the benefits have been mind boggling.

Overall, I just feel better!

I can smell and taste things that I thought were lost to me forever. I breathe so much easier now and I can exercise again.

Essentially electronic cigarettes gave my life back to me and I feel better now than I did for the entire 32 years that I smoked.

I am 52 years old and I feel that I have been given a second chance at life.

And, the absolute best part of it all is this.....my sweet daughter quit smoking with the help of electronic cigarettes too!

I am proud of myself for quitting smoking but I am so much prouder of my daughter!

She became a non-smoker at age 29 and has a very long and healthy life in front of her now!

She and I still vape on a regular basis but at this time we only vape 6 mg. or 0 mg. juices.

Electronic cigarettes did all of this for me and I have recommended vaping to many, many people like myself and my daughter.

They are truly a godsend and miracle to me!

6/21/2013 4:43:00 AM - Maria D

I was

a 35 year smoker , 1 and 1/2 packs a day. 3 years ago my heart doctor told me I had to quit smoking. He was the one who told me to try a e- cig. I did some research on line and ordered a 510 e-cig kit.

Since that day, oct 12 2010, I have not smoked a regular cigarette . I followed his (dr) advice and started with a high nicotine , and over time brought the level to 0.

I had tried many time to quit in the past, with the patch, inhaler , gum and mints(nicotine) and failed.

I never thought that I could quit, but with the e- cig it was possible , and very easy. I have been monitored by a cardiologist and pulmonary Dr , and my health tests are normal. In fact I now have stopped using medication for asthma . I no longer need it. My heart and lung health has improved .

6/21/2013 4:45:00 AM - Jan Lane from NC

I began smoking on occasion when I was 12 years old. By the time I turned 16 I was an everyday smoker. By 18 I was a pack a day smoker. I became pregnant when I was 18 and although I cut back, I never could completely quit. In my 2nd pregnancy at age 19, I cut down to just 4 cigarettes a day, still my daughter was born with low birth weight and she suffers with acid reflux to this day because of the challenges to her health from my smoking while pregnant. I decided then and there that I would die a smoker. If I couldn't quit for my children while I carried them I didn't deserve to quit. I had a 3rd daughter when I was 25 and honestly never really was able to cut back much under a pack a day. She was also born with slightly low birth weight and suffers with adhd.

Over the years I fluctuated between 1 and 2 packs of cigarettes a day. Today I am 38 years old. Today I am 44 days without a cigarette, thanks to electronic cigarettes. I tried wellbutrin, chantix and nicotine patches over the years. Some worked for a few days, but I always went back to my cigarettes. A few months ago a friend of mine got an electronic cigarette and as I saw him weighn off and eventually quit analogs I began to think I could give it a try. On may 8th I went to my local smoke shop and bought an ego starter kit. I haven't had a single cigarette since. I still have my last 2 packs sitting on my dresser, never opened. I feel like I should give them to someone just to not waste the money, but then again I don't really want to help any smoker to keep smoking when there is a much better option. Oh and by the way, my husband also quit at the same time I did, my best friend and her husband quit a week later and my 2 older daughters who had taken up the habit they had always seen me do, they both quit in the last 2 weeks when I gave each of them an ego starter kit of their own.

I smoked for over 20 years. NOTHING else helped me quit smoking until electronic cigarettes. It may not be a perfect solution, but it is a million times better than what I was doing.

6/21/2013 6:08:00 AM - Shonna Garretson

My Dad had passed away at the young age of 54. We were as close and a dad and his little girl could be. He took his last breath in the ICU after 10 years of battling COPD, from smoking cigarettes. All though that was horrible to watch him go through, I still smoked. It was until 6 months after my Dad passed away that I was in the same hospital with a collapsed lung with a chest tube. I am only 36 and cannot imagine thinking I only have 18 years left if I were to die at the same age as my Dad. That is when I had my first eletronic cigarette, and my last death causing cigarette. I was a smoker for 22 years. I tried Zyban, which I did quit for a week, until I broke out into a horrible itchy rash all over my entire body. Once I quit taking the meds, the craving came back. I have been a non smoker for a year and half now, not taking even one puff off a real cigarette. I feel so much better, and my chest so much lighter. I can run a distance now with my dogs. I do not have morning cough or any nasty phlem cigarettes caused. I have gain 20 pounds, but didnt work to remove it. =) (For me that is awesome considering I am 6 foot female that weighed 104) I am so thankful for a body that heals itself, and an eletronic cigarette that makes it possilbe. I just wish I would of learned of these 10 years ago and I would still have my Dad.

6/21/2013 6:09:00 AM - Lisa Forir (AutumnWolf), Florissant, Missouri

My name is Lisa Forir and I would like to share my success story with you. July 13, 2011 was the day I SAVED MY LIFE! This was the day that I quit smoking cigarettes and started vaping e-cigarettes. I started smoking at age 25 due to a very stressful job environment. I tried to quit many, many times over the years, to no avail. I used ALL of the "FDA approved" smoking cessation products - Zyban, Chantix, the patch, nicotine gum - NOTHING WORKED! Of course, I tried cold turkey too - no way. All made me terribly irritable, anxious, cranky, depressed and basically unable to function. So, I gave up - told myself I could not do it and resigned myself to being a smoker for the rest of my life. Then one day I read an article online that lead me to the ECF - Electronic Cigarette Forum. This is an amazing forum which contains a wealth of information about the benefits of vaping e-cigs - and a community of hundreds of thousands of EX-SMOKERS who have sucessfully kicked the habit by making the switch to e-cigs. So I did some research and decided to try to quit smoking one more time. I AM SO GLAD I DID! It was so EASY! The day I received my first kit I knew - THIS WAS GOING TO WORK. After three days I threw away my cigarette case and a half-carton of cigarettes - and I NEVER LOOKED BACK. There were no side effects, no irritability, no depression - just great tasting liquid (NO MORE HARMFUL THAN ANY "FDA APPROVED" NICOTINE CESSATION PRODUCTS) which produces clouds of harmless water vapor and satisfies every urge I have to smoke. And all of the different flavors available help me too because it gives me choices, keeps it fresh for me, and KEEPS ME AWAY FROM CIGARETTES!

And who would have imagined that 708 DAYS LATER (today) this 48 year old, 20 year, 2-1/2 pack a day smoker would still be smoke free. It is truly a MIRACLE. And since I quit smoking and started vaping, my asthma has improved, I don't have heart palpitations anymore (which my doctor told me was most likely a precursor to heart disease), I no longer cough my head off every day, I can laugh without having a coughing fit that leaves me barely able to draw a breath - and not only that - I don't stink like cigarette smoke and I don't taste like an ashtray! I cannot begin to tell you how proud I am of my accomplishment! I KNOW that I will be smoke free FOREVER thanks to vaping electronic cigarettes.

6/21/2013 11:03:00 AM - Jim F. from Brownsburg, IN

When I was 16 I moved to a new area. I had never been the "jock" or "preppy" kind of guy so making friends on the sports or academic teams was (the type of people who usually stayed away from smoking) just not going to happen. It was the eighties and I had the long hair, torn jeans, rocker look. New guy at a new school I found that a lot of people in the same style were asking if they could "bum" a cigarette. I didn't smoke at the time but started occasionally buying a pack to have around to use as a conversation starter to help make some friends. Peer pressure 101, it didn't take long before I was smoking right along with them.

I remember very clearly when my father found out he told me "sure, right now your doing it because it's cool and everyone else is doing it but one day it won't be cool. It will just be something you do that you wish you could stop" typical teen..."yeah, right I can stop any time I want".....mark one for dad, he was right. 26 years later I was still puffing away and wishing I could stop a pack and a half a day habit. I had tried using candy instead of smoking and failed. I had tried cold turkey, failed. I had tried chewing straws, toothpicks, eliminating one a day, failed, failed, failed. Then my step father gave me an electronic cigarette. He had bought a starter kit and had used it for a few weeks and had completely stopped after 40+ years of smoking. He was done so he set me up with everything I needed and I gave it a try. It was an early model refillable with a fiber packing that you had to "juice" up and the liquid he gave me was a light menthol. I didn't much care for the flavor (like cigarettes taste good??) but acquired a taste for it and cut my smoking down from a pack and a half to about 5 per day. I used that for several months as a supplement but it was messy and inconsistent so gradually I drifted back to cigarettes and let the electronic sit in a drawer.

About a year later I was cleaning and came across my electronic cigarette. I figured it wouldn't work but took a drag off of it just for kicks. Sure enough there was still power in the battery and it worked. About the same time my son (who I had shared the same "you'll wish you could stop" advice with) came to me and asked if I new where the local vapor shop was. A friend of his had let him try his and he really liked it. We went together. He bought a kit and I bought some accessories to renew my old ones to give it another try. The technology had improved to reduce the need to constantly handle the liquid and there were flavors that more closely matched my brand of cigarette.

I began supplementing the electronic at places I couldn't smoke and over the coarse of about 2 months went from a pack and half to between 3 and 5 cigarettes a day. I couldn't get past the morning smoke or the ones after dinner. Then I decided that I was going to quit all together. I set a date a couple days ahead and decided that on that day I was not going to start with a cigarette, I was only going to use my electronic. The date came, I didn't smoke and haven't since! I use my electronic regularly and have noticed a vast improvement in my energy level, ability to breath, and that things just smell and

taste better. Yes I will admit I am still addicted to nicotine but have started to reduce the amount of nicotine in the juice that I use. As time goes on I will eliminate it altogether.

I don't believe that there is a perfect solution that will work over night to make anyone stop smoking. There has to be a want and determination that you are finally done. However, my e-cig has been the perfect solution for me. Once I narrowed down a flavor that I liked (which is not a cigarette flavor) it has made it easy. It provides that something to do with my hands as well as the sensation of inhaling something.

My only fear with electronics is that the FDA, tobacco lobbyist or local government eager to find a way to replace the tax base will get involved and make it more expensive than smoking cigarettes or impossible to get them.

To anyone out there who is considering an electronic cigarette as a way to quit, you owe it to yourself to try. The benefits of proudly being able to call myself a non-smoker are tremendous. Just know that you will need to find a flavor you like which may take a little trial and error. You will need to get used to "hitting" it slightly different than a cigarette. And most importantly you will need to actually want to quit.

6/21/2013 12:01:00 PM - Danny from Beachwood,N.J.

Smoked for 50yrs now ecigs for7mos. I started with 650 starter kits and now upgraded to Innokin products,fantastic!

6/21/2013 12:27:00 PM - Charlene-Charlie McKinnon-Berst (Coyote Imprints) from Depew,NY & Cleveland, TN

On June 1st I purchased my first electronic cigarette kit. I still had almost a full carton of cigarettes left, but wanted to quit, so when I bought my kit, I smoked my last cigarette & told myself, "that's it, no more!". So on June 2nd I woke up without reaching for a cigarette & reached for my freshly charged e-cig, (Joytech 510 manual & a Joytech C 1000 with the 510 atomizers). That was the beginning of my new life without cigarettes. The first five days to a week was a little rough. I wanted a cigarette, but everytime I got that urge, I reached for my e-cig instead. It was hard at first, but I'd made up my mind that this was going to work for me! Well, after the first week I noticed I was hacking up flem more. My system was getting rid of years of junk out if me. I'd been smoking heavily for over 37 years & had years of junk to get rid of! The hacking or what I would call "smoker's hack or morning hacking & coughing", lasted for about 3 weeks. Then I seem to clear up & not have that problem anymore. I thought, "wow, I'm waking up every morning now with no more smoker's hack!" That was the first real great feeling I got from being smokefree! The other was that I told my doctors that I gave up cigarettes in place of e-cigs & they could tell my lungs sounded clearer & was glad I decided to switch to an alternative instead of cigarettes. Anyway, over weeks & then months I managed to buy my sister a kit plus enough e-liquid to get her started. She said she'd like to quit, but couldn't afford to buy a kit, so that why I bought her one! To me, I'm giving her "The Gift Of Life!" You see, my father died of lung cancer 3 years ago. I was his Care Giver & was by his side until he died & cancer has got to be one of the most slow moving & painful deaths! So if I can help my family, friends, & others by getting off of cigarettes & on an electronic cigarette instead, then at least I'm helping them have a better chance at fighting to get cancer. For months, almost a year I've been using the Torpdeo Chrome by Totally Wicked, the iTaste I bought recently about two months ago from Mountain Oak Vapor & I use tanks. I prefer tanks with a good standard 2.0 & 2.1 catromizer. I also like using different clearomizers as well! I'm always trying new things. I carry cards from vape shops on me because I'm always getting approached by people that are curious & looking to quit smoking. Just in the past few months I've also gotten my CDL & have become a truck driver, so now I have people from all over the country asking me about vaping. I've been smokefree for over a year now. My "VAPORVERSARY" was June 2nd & I've managed to go from 24 mg of nicotine to 9 mg. when I tell people about vaping the first thing they ask me is, does it work & I say yes if you truly want to quit smoking. Then I also explain to them how the patch & nicotine gum never worked for me because it was at their levels of stepping down & on their terms & smokers are all different in how quick or slow it takes them to step down. Like anything else in life, I don't like being rushed! So with e-cigs they can go at their own pace! Plus smoking was not just an addiction for me, it was also a habit. The hand to mouth habit! That's a tough one to break, but by using an e-cig you're still using the hand to mouth action without all those toxic poisons. Plus with your new found taste buds you're not stuffing snacks &

sweets in your mouth just to satisfy that habit! That's important I think! Also in the months & now over a year that I've been vaping, I started making lanyards from leather. A classy, decorative & sturdy way to carry my nicotine delivery device! Got my own page on Facebook called Coyote Imprint (Custom E-Cig Lanyards). I also have a web page, but it's not up running yet, due to driving on the road takes a lot if my time. However I do meet many, many people & hopefully rubbed off enough on them that they too go to a vape shop & quit smoking. To sum it all up.....,nothing else over the years that I've tried has worked for me to keep me away from smoking, but vaping an electronic cigarette has! Because if it, I feel so much healthier & my lungs more clearer. No more smokers hack & cough & just the smell of cigarettes makes me ill! I can't stand being around smokers & it amazes me that I use to smell like that! Just the smell alone should tell people that smoking us bad for them. Well, this is my testamoney & I'm proud to say I've been smokefree for over a year now, I'm proud to be a vaper, & I feel GREAT!

Thank You for reading! ~Charlene "Charlie" McKinnon-Berst :-)

6/21/2013 12:46:00 PM - Steve Chase from South Carolina

My first attempt to quit smoking was in March 1971. I remember because it was my 21st birthday. I made it two weeks cold turkey. From that point on I would try to quit at least once a year even though the last attempt ended in failure. When the nicotine gum came on the market I tried that. Pills, same story. Patches, same story. On and on and on I would try almost anything. Nothing worked for me for more than a month.

In 2000 I had a heart attack and was forced to face the reality that my smoking had to stop. I left the hospital tobacco free. I was grateful to be alive and since I was restricted from driving a car for six weeks I was stuck and unable to buy cigarettes. That lasted three months until the day I had to take my wife to the emergency room and I smelled smoke coming from a cigarette in the parking lot of the hospital. I think that memory more than anything else told me that a cigarette was just what I needed to relieve the stress. I bummed one cigarette that day and in no time I was back up to a pack a day. In 2006 I was diagnosed with COPD. Back to the gum and patches, etc. Same old story nothing worked long term because the least amount of stress would send me right back to a cigarette. It was such an easy fix and as close as a 7-11. If a heart attack and COPD would not scare me into quitting permanently I don

6/21/2013 12:54:00 PM - Joao Pargana (jpargana) from Portugal

I started smoking by the age of fifteen. By the age of 30-35, I was a pack a day smoker, and tried several times to quit (cold turkey and NRT's). Never been able to stop for more than 6 months in a row. In January 2009 (I was 38 back then), I casually heard about e-cigarettes, and after some info gathering in the internet, I decided to give it a try. To my amazement, I was able to completely stay of cigarettes on the first day. By day 3, I gave away all my 'cigarette related' stuff to a smoker friend (Unopened packs and lighters). Today I am 42, and I have been able to stay away from cigarettes for more than four years! My health has greatly improved since then: no more coughing, no more need of medication to control asthma (Very mild crisis anyway, but which could get worse over time - never bothered me again), allergie crisis much more mild and rare... I can even exercise again, without losing my breath! To make the switch to the e-cig was certainly one of the most wise decisions I have made about my own life in the (not so) recent past. Made that decision not only for me, buy also for my fifteen-year old daugher, who was only eleven by that time...

6/21/2013 12:55:00 PM - Bleve Roark; Taylor, MI

I first started smoking cigarettes when I was 20 (currently 27), well after the age where it was "cool" to do so. I wasn't proud of it. It became an outlet to relieve stress. That few minutes outside at work that gave me a break from reality. I didn't realize how powerful the addiction was until I spent a weekend at my then girlfriend's place (who I had hid smoking from), getting into fights with her that I wouldn't have normally fought over and frantically trying to find a cigarette butt in her mothers ashtray that I could get just a hit or two off of. Smoking had become a burden on my paycheck as I eventually turned to rolling my own. My worst fear was getting sick. Even the common cold would leave me continuously coughing uncontrollably for weeks at a time. It would feel like I was 'sick' more than I was healthy.

I knew I wanted to quit, especially before I turned 30. I had this inner monologue that after 30 is where the health problems would really kick in. I've tried cold turkey numerous of times. It always failed. My final straw was during my last attempt at cold turkey, where I was in a small room with friends and I had a severe panic attack. My body began sweating, I was breathing heavily and I blacked out. I didn't remember anything except buying a pack of cigarettes at the nearest gas station. I didn't want cigarettes to have that type of power over me anymore.

Last year at some point, I met a 36 year old man while singing karaoke at the local bowling alley. He was as average and healthy looking as you can get. He had an electric cigarette. Not a store bought disposable but a sleek looking mod. After chatting with him, he told me that he suffered a severe heart attack when he was 33. He used to be a 2 pack of day smoker and this was a wake-up call to him. His doctor approved of his decision of making the switch to an ecig as a safer alternative. The idea of getting one for myself was there, but I had no knowledge of how it works or where to get one. Shortly before my severe panic attack, I began lurking /r/electronic_cigarette on Reddit, reading the success stories of how much better life is with no tobacco. I watched YouTube videos on different mods and how they were used. After my panic attack and when my taxes came in I went to a Revolver vapor shop and bought a Talon starter kit. It was a subpar kit with subpar juice but it kept me off smoking at first try. I eventually upgraded my atomizer to a Vivi Nova, bought my ejuice from known vendors like Mt Baker Vapor and Vape Dudes and as of the other day I treated myself to an Itaste MVP from Innokin (it blows my old eGo knock offs out of the water!).

I'm happy to say that I've been tobacco free for over 4 months with no looking back. I feel infinitely better physically and emotionally. I can taste better, breath better, not have that nasty stale tobacco smell on my clothing, my current girlfriend loves not smelling like an ashtray and best of all, NO MORE COUGHING LIKE A VICIOUS PIT BULL! The best benefit I had so far was getting the common cold and had absolutely no lingering cough. I gained a self esteem boost from being able to accomplish quitting

smoking, I feel as if anything is possible. Thanks to my switch to drinking water to keep from being dehydrated (one minor set back, but it's a positive one) along with mild exercise, I've lost 15 pounds with more to come. I know that these are short term benefits but I am also getting the long term benefits by reducing my risk of various cancers and heart complications. I would recommend this method of quitting smoking to anybody who has completely given up hope like I have. Now excuse me as I go back to my ruby red grapefruit flavor vape and enjoying a better quality life.

6/21/2013 1:04:00 PM - Robert Johnson

I was a heavy smoker for over 22 years. By heavy I was smoking Camel Light Wides at 3 to 5 packs a day. Now I don't smoke, I vape! I have been vaping for a year and a half now. I tried to smoke a traditional cigarette a month ago and the experience was dreadful. Was gagging, coughing, gasping for air, I could never go back to smoking. I tried Chantix, the patch you name it I tried it all and it was to no avail. In my 22 years of smoking nothing else worked to get me to stop smoking. I have completely banished that habit. With vaping my sense of taste and smell have returned to that of a normal person. Plus I no longer smell like a walking ashtray, you never realize how bad that is till you finally kick the habit.

6/21/2013 1:22:00 PM - Theresa Scharf from Tampa Bay, FL

I had smoked off and on for close to 15 years and tried many different methods attempting to quit.

In the past I have tried Gum, patches, nothing worked for more than a few weeks, the craving for a cigarette would overpower me eventually.

I first tried one of the more popular, heavily advertised e-cigarette brands and was able to cut down quite a bit on cigarettes but they were not quite good enough for me to give up the habit completely.

Then I found an online e-cigarette forum and was amazed by how informative it was and how little I actually knew about e-cigarettes.

It was quite overwhelming at first but I was able to get recommendations on equipment that is much more effective than the kit I had purchased.

It was a bit challenging at first and I did smoke while adjusting to the transition for several months.

What really helped

me was keeping a daily log marking if I had or had not smoked that day.

When I could see the days of not smoking getting larger every day it encouraged me to not have a cigarette and drop the count back to zero.

As of now I have been completely cigarette free for 73 days and couldn't be happier.

When I was smoking, every morning I would wake up with a very heavy feeling in my chest and had a bad cough.

Both are completely gone now.

The urge to have a real cigarette is completely gone.

My fiancee smokes and I can finally look at a pack of his cigarettes without the urge to take one.

Cigarettes smell terrible to me now, I can't even imagine inhaling one on purpose!

I believe that e-cigarettes have helped me kicked the nasty habit because I have found a replacement that I love so much more than I did cigarettes.

I love that there are so many different choices with e-cigarettes, you can find just about any flavor you can think of.

I have experienced no negative health effects from vaping.

E-cigarettes have changed the quality of my life, saved me money and helped me reach a goal I have been working on for years, I could not be happier.

6/21/2013 1:33:00 PM - J McKinney

I am a 71 year old female.

I have smoked since I was 13 years old.

When I started smoking I thought it was so cool because all of the older kids were smoking.

In the past I have tried numerous things to help me quit smoking including hypnosis however nothing ever worked for me. I had given up on trying to quit smoking and was smoking at least 2 packs of cigarettes daily.

In the mornings I have always loved my first cup of coffee and that first cigarette, AAHHHHH.

I have copd, acute bronchitis and have pneumonia 2 to 3 times a year. SSOOOO you can see the need to stop smoking. My daughter introduced me to the electronic cigarette March,2013, about 4 months ago. I have not touched a real cigarette since, I am smoke free for 4 months and having no problem with quitting cigarettes. If someone had told me this was possible I would not have believed them. It is truly amazing, my house and car are smoke free, I can breathe better and I don't smell like an ash tray any more. Love it.

6/21/2013 1:55:00 PM - Andy Morris

Smoked for 35 years.

I'd given up for a few weeks several years ago, but really I just missed smoking to much. Apart from the little matter of killing you and making you ill and the expense, its a great hobby.

I was out shopping, passed a stall selling VIP ecigs and letting people try them, tried one, thought 'Thats not too bad', bought a starter kit.

Smoked 3 fags that weekend, none since. Been off fags for 90 days now. Feel much healthier, don't cough, can ride my bike faster, snore less, don't wake up feeling terrible.

Yes I'm vaping up a storm. still addicted to nicotine, but I'm also addicted to caffeine and riding my bike up hills as fast as I can, but they don't bother me, and neither does being a nicotine user.

The ecigs are just nicer than stinkies, you don't smell, cough or wake up feeling awful. You still get the little time out, the ritual, the chance to hang out with the smokers at work and the little kick of nicotine.

After I few weeks I upgraded to an eRoll from Joyetech. Its one of the ones that you fill with juice, but its still as small as a real cig. Cheaper to run and you can get juices in different flavors, much better hit, more vapor and better taste.

6/21/2013 2:14:00 PM - Darlene DeJesus from Cordova, TN

I've smoked for over 30 years. Through those years I've tried to quit a number of times. I've used nicotine gum, lozenges, Chantix, laser therapy, and hypnosis. Even after being diagnosed with breast cancer, I couldn't quit smoking and you get to feeling pretty stupid smoking as you leave the radiation center. Then my nephew sent me an e-cigarette setup. I continued to smoke while I tried it. It gave me confidence that I could actually quit. After about a week, I simply quit buying cigarettes. I've now been smoke free since February 14, 2013. I have reduced my nicotine level from 18mg to 6mg.

E-cigarettes are working for me because you still get the sensation of smoking, without the hazards of tobacco smoke. It's cheaper than smoking, and tastes a far sight better than cigarettes. The wide array of options in equipment and e-juice and the support of the vaping community have all contributed to my success. The allergies and sinus infections that have plagued me for years have disappeared. I can breathe again without wheezing. THIS WORKS! If legislators are sincere in helping people, they need to support this effort rather than hinder it, or just get out of the way. Vape On!!

6/21/2013 2:24:00 PM - Alice Olmsted, Rialto, CA

I started smoking in 1970.

I tried to quit cold turkey in 1980.

It didn't work.

I have tried unsuccessfully many times over the years.

I have used the patch, an inhaler and Chantix.

The longest I went without smoking was 4 months and that was with Chantix. I started using e-cigs 2 years ago.

I haven't had a cigarette since. This was the best thing that I could have done for myself.

I use an 8 mg juice which is a lot less than a cigarette has.

I am thinking about going down to 6 mg or maybe even 4 mg.

My husband makes our own juice so that what I use tastes really good.

I hope my story helps.

6/21/2013 2:32:00 PM - Chuck Palmer from Blue Springs, MO

After 43 years of 1 to 2 packs of smoking per day, for reasons shown below, I decide this has to stop.

The reasons are both parents died of conceivably smoking related illnesses, the concern that we would not be allowed to have our new granddaughter visit, a pack of cigarettes at $6.50, and growing concerns for my own health.

After unsuccessfully attempting cold turkey (only made it two weeks), I decided to give e-cigs a try.

The results are astounding.

In the first two weeks, I smoked four cigarettes.

For the three months to the present time, I smoked none and am thoroughly convinced I never will again.

The smell of cigarettes is revolting (I apologized to my kids).

In this short time my sense of smell and taste have improved remarkably, when I wake up I no longer cough and hack so badly that I have to sit down (in fact I don't cough at all), and I can mow the lawn without feeling like I've run a marathon. After figuring usage and cost, I'm spending about one fourth of what I used to.

The few downsides I've seen are occasional dry throat, though others have reported this as a hydration issue easily cured by drinking more water, and it's a rather fiddly habit with all the different equipment, volts, watts, cleaning coils, etc.

My wife has joined me in this with less success but her usage of cigarettes is about a third of what it was, so some good news.

To say I'm an enthusiastic convert would be an understatement.

I've become on of those 'converted' boors and have convinced four people to give it a try and honestly believe that it will help them to live a longer and happier life.

6/21/2013 2:41:00 PM - Benjamin Rodgers - Nampa, ID

My name is Benjamin Rodgers, I am twenty-seven years old and have successfully stopped smoking cigarettes.

This is how I have managed what seemed to be an impossible task.

First, let me fill you in on my history with cigarettes.

I smoked my first cigarette when I was only twelve years old.

I thought they were 'cool' and quickly became addicted, often sneaking off and smoking with friends behind my parent's backs.

This was on and off for the next six years, as I was caught once by my parents when I was fifteen and stopped smoking for a couple years after.

When I was seventeen, coworkers would often give me cigarettes and I became hooked very quickly.

Eighteen rolled around and the very first thing I did on my birthday was go and buy a pack of cigarettes.

Flash-forward nine years, I am smoking a pack a day at least and have known I want to quit for a couple years.

I tried every single method of quitting I could find.

Patches, gum, Wellbutrin, Chantix, cold-turkey, I even tried watching hypno-therapy videos online. I had given up trying and figured one day I would just hack up a lung and be forced to.

I work in an office supply store and vaguely remembered making labels for a shop that had something to do with vapors. When I made the labels I thought it might have been some sort of aromatherapy.

At this point I had no idea what vaping was.

I then recalled these labels had flavors, not scents. I dismissed it as being odd and thought nothing more of it. A week later I tried a Blu disposable e-cig.

Then it all clicked.

I immediately searched for the store online and found the address.

The next day I went in and bought my first real electronic cigarette. That day I took my remaining cigarettes and threw them in the garbage.

The switch, once I had a decent setup, was easy.

I have been using an electronic cigarette for three months as of 6/23/2013.

In this time period I have had exactly three cigarettes.

One because I wanted to know if I still liked the taste, which I do not.

The other two were a result of my vaporizer (e-cig) not working due to user error.

Currently, I have no desire to smoke another cigarette.

I see people smoking all the time, I go to a bar every other Sunday where people smoke and I am not bothered in the slightest.

I have even cut my nicotine consumption down by about half of what it was when I smoked cigarettes and find myself not using my vaporizer as much as cigarettes when I smoked.

I credit this to the fact that when I smoked, I took every opportunity available to smoke because I did not know when my next cigarette would be.

I have noticed that I do not wheeze when falling asleep anymore. I taste food again.

A month after switching to vaping, I played basketball for two hours and felt I could go a few more.

My smoker's cough is nearly gone as well.

Aside from the health benefits I have experienced I have also enjoyed not smelling of cigarettes.

Another great benefit is not feeling guilty for vaping around other people.

When I smoked I felt like I had to be away from everyone, even other smokers as the effects of second-hand smoke are even more damaging than smoking itself.

That is my story of how I, a smoker of nearly fifteen years was able to stop smoking cigarettes and switch to a healthier smokeless alternative.

6/21/2013 2:46:00 PM - Nicki Hoyt (YankeeMama)

I quit smoking 6 months and 26 days ago.

I was so tired of the expensive monkey on my back that was slowly killing me. I was tired of stinking, tired of the burn holes, the trash, the ash, the butts, the coughing.

I had been reading some online forums about e-cigs and how they had worked for so many people. There were numerous accounts from people who "accidentally quit smoking." I was amazed, but skeptical.

In 2008 I had attempted to use an e-cigarette to quit smoking and had absolutely zero success. There was little choice available on the market, the batteries were under-powered and ran out of charge too quickly, it was difficult to find replacement cartridges, the cost was prohibitive and it simply wasn't working! I would puff on the e-cig and immediately want a cigarette.

I gave up.

I've tried all manner of ways to quit. I've been on Wellbutrin. That made me crazy, so I couldn't continue that. I've tried gum, but it made me sick. I tried herbal cigarettes without nicotine. I tried cold turkey.

Then it came to my attention 7 months ago that the e-cigs had improved tremendously, as technology is wont to do in the course of 5 years. So I found a 510-T starter kit. It had a tank system, which was important to me as I wanted to be able to refill the juice myself, not constantly have to purchase cartridges that I had to keep throwing away (again with the waste! I wanted to limit that). I placed my order in mid-November and had my kit within a couple of days.

When I received it, I filled the tank and started vaping. I put my pack of cigarettes in my glove box and there they stayed for a month, untouched. When I finally did have a cigarette, they tasted absolutely HORRIBLE! I gave that pack away and have not purchased a pack since.

I have since upgraded my PVs. I started with a manual 510-t mini tank system. I then went to a 650mAh eGo kit with clearomizers. I now use an iTaste MVP with an iClear. It is interesting that recently I started having intense cravings for a burning cigarette. I picked up a 350mAh automatic and cartomizers for a more cig-alike experience.

That was VERY helpful! I have attempted to smoke the odd cigarette once in a while since transitioning to vaping. I feel like I want a cigarette, so I light it.

The most I can handle is 2-3 drags before I put it out because it just tastes SO BAD.

I understand it doesn't work this way for everyone, but in my personal experience, about 1/3 of the smokers that I've introduced to vaping have been successfully able to use it to quit smoking. That is impressive to me. I know that I've never personally witnessed another cessation method that has a higher success rate. Even those smokers who have not yet quit using vaping have cut down their cigarette consumption, which is a win within itself.

I feel I have a higher quality of life. Firstly, I've saved over $500 in 7 months, and that is after what I've spent on vaping. I have not had a sinus infection or bronchitis since I've started vaping. I usually have 1-2 bouts of each every winter. I've had no asthma attacks. My allergies seem less sensitive. I smell better. My car smells better. I'm not exposing my children to 2nd hand smoke. My lung capacity seems higher. No more burnholes, trash, ash and butts. The amount of waste over-all is far far less. I also enjoy talking to people about vaping, and with my crazy box-mod, they are always asking.

I believe in this. It's made a difference in my life.

6/21/2013 3:04:00 PM - Shane Knerl

I had smoked cigarettes since I was 13. I was smoking about 1 1/2 packs a day when someone introduced me to the E-cig. That was three years ago. There were some struggles at first. I didn't know all I do now about what batteries and setups were the best. I had to rifle through flavors that were pretty bad to find ones that I ultimately found better than any cigarettes I used to smoke. But a growing community on the internet was able to give tips.

I was fairly physically active before but never able to do the things I do now. My lungs always reminded me that I was abusing them. Now, I can do things like never before. My breathing is back. I recently finished my first round of a 90 day workout program that had previously been unattainable.

As I said before, It's been roughly three years since I have touched an analog (word us in the electronic cigarette realm call tobacco cigarette).

I truly thing in the long run it saved my life. I used to be pre-hypertensive. Heart conditions run in my family. I cannot emphasize enough how helpful e-cigs have been in my quitting process.

6/21/2013 3:06:00 PM - Aaron Root from Rockland, MA

I've smoked for 15 years now, the last few of them having about 3/4 pack a day, before that I was a pack a day. In the past I've tried cold turkey, Chantix, Nicorette gum, all of which really did nothing to offset my desire to smoke. That is until I went the e-cig route. At first I went with a very low end e-cig, and though it did help a bit, I found it a bit lacking. Several months ago I decided to upgrade my setup to hopefully give me an experience more approximate to smoking in the hopes that it would help me in a more significant way. It has. Very substantially.

I should say that I do still smoke on occasion, however having the e-cig has eliminated nearly all of my trigger situations. I routinely go 3-5 days without any cigarettes at all. I do still end up returning to analogues when I've having a few drinks (the one trigger I can't seem to shake yet), but otherwise I am smoke free. I also want to stress how effortless this drastic change has been. The other methods I've tried did nothing to suppress my triggers, every cup of coffee, or post-meal moment, etc. was a very stressful situation. I've experienced nothing like this using an e-cig.

It's been very beneficial to my life and my family that I've been able to cut down in this way. Aside from the cost savings, I have more energy and generally feel better.

There are hundreds if not thousands of stories like this. I find it to be a great shame that they generally are not given much merit by the our medical and political community, who it seems would rather preach the customary pharmaceutical or nic replacement methods.

6/21/2013 3:44:00 PM - Nick Delaney

I was smoking for about two years before I made the switch.

7 months ago

I started with snus but that didn't really curb my cigarette habit. I found out about /r/ecr on reddit and from that point on I have not touched a cigarette.

I still have a cigar every now and again but for the most part I do not smoke

Once I got my e-cig I never really had a big desire to smoke cigarettes. I would say the switch was pretty instant

I didn't use any NRT's because I had seen my dad use it and have some nasty side effects so NRT's were never an option for me.

Postiviely I find my self with a better cardio capticatiy and I don't smell like smoke all the time. I even have made some new friends from vaping so it is all pretty positive for me. The only negative is the weird looks I get using some of my higher end mods.

6/21/2013 4:20:00 PM - Kim Metz (Calikim) from Ventura C.A.

How I Quit Smoking

June 21,2013 I tried to quit smoking so many times. I had smoked for 42 years. The last 3 years of my smoking I tried everything. I was to the point I hated smoking but just couldn't seem to quit.The patches, gum, lozenges, hypnosis, acupuncture, Chantix, support groups, nothing worked at least not long term. I would use patches for 3 months but as soon as I quit using them I was back to smoking. The gum & lozenges didn't work at all for me & I really didn't like either of them. The Chantix made me feel unstable & weird plus gave me terrible nightmares. The acupuncture lasted a week & the hypnosis lasted about 8 hours.

The last 3 years of my smoking I was desperate.I happened to see an advertisement for a free ecig online. I ordered it & was surprised that it seemed like it would work for me if it just gave me more vapor. I then bought one at a Kiosk in the mall & I was so impressed. It gave me a throat hit & the vapor I wanted. I then found them online & got an ego, that

6/21/2013 4:45:00 PM - Nightshade2112

In December of 2012 I decided to quit smoking. A friend of mine had introduced me to electronic cigarettes. So when I finally said enough with the $10/pack price. I want and bought a Vision Spinner 650mAh mod and a Vivi nova slim tank. Since then I've never looked back. I'm now seven months clean of cigarettes as of 16 June 2013. After 18 years of a pack and a half a day. My food tastes better and I can breathe easier. I really believe ecigs to be a very very effective way to quit cigarettes.

6/21/2013 5:01:00 PM - Chandra Gables, Waynesboro TN

"Every cigarette you smoke is contributing to your husband's death." Hard words for a wife to hear. To my husband, " If you don't quit you'll be dead in a couple of years" These are the words we heard. My husband has COPD and some spots on his lungs. We had tried eaarlier generations of the ecig but they didn't work. In January of this year 2013, we bought the ego starter kit with 2 clearomizers and and 2 30ml bottles at 36 mg of nicotine. On February 24th we both quit. I after 24 years smoking and he after 4o years. We've dropped our nic levels to 24mg now. We're not looking back. We are encouraging other smokers who have been unable to quit to try this. I even managed to get kits donated to my sister and her husband. They too have now quit smoking.

My husband breathes more easily now. as I say, the proof is in the pudding. I love my ecigs and we're proud to call ourselves Vapors

6/21/2013 5:02:00 PM - Robert Hancock

Smoker of 24 years. Started smoking during my early teen years when a 14 year old could still go to the gas station and "Buy mom a couple of packs of cigarettes". The beginning of my smoking career started out due to standard issue peer pressure and parental influence. For Christmas of my 16th year, a carton of Marlboro reds was one of my presents.

My smoking career lasted through my twenties with a brief period of cessation around the age of 32 due to an extreme fitness regime I started. It was at this time I started dipping smokeless tobacco, roughly a can a week, a habit which stayed with me until early 2013. The smokeless tobacco was used on top of a pack a day habit which I quickly picked up again after about 1 year of the aforementioned fitness craze.

At various times I had used the patch and gums, which would work for roughly one week. Then I would find myself sneaking a cigarette here and there, and then finally just give in and buy a pack. I've determined that the problem I had was being around an open pack of cigarettes. That sounds silly, but a closed pack could stay closed, and I could tell myself, I had cigarettes and didn't need to buy any. As soon as the wrapper came off however, the train began to roll like it had never stopped.

Then on the 3rd of February, 2013, I purchased my first electronic cigarette. I wanted to quit badly due to the birth of my now 13 month old daughter. I bought a kit for my wife who at the time did not want to quit. The day I received my kit in the mail was the last time I had a cigarette. I had several packs around the house when I quit, which I subsequently have given away. I have calculated my savings, to be somewhere in the range of 600.00 in the last few months. My wife, who as I said didn't want to quit at all, used her kit for a day, was unimpressed, but picked it up the next day and like myself, has not had a cigarette since that day.

We have also converted my mother, her mother, her aging aunt, and at least 5 of our friends. We decided our new hobby should be as cost efficient as possible, so we began making our own E-Liquid. We now help others out with older serviceable gear and E-liquid if they need it. In particular, my wife's aunt is not very well off financially, so I regularly send her bottles of liquid to help cut down on the costs associated. Prior to using an e-cig, she was a 5-7 pack a day smoker. She has not had a cigarette since we bought her a kit.

Any person who claims that e-cigarettes do not help people quit smoking is either blind, ignorant, or being paid off. Simple as that. My wife is an M.D. with a higher educational background than almost any person who would ever read this. She is a 4th year surgical resident at a large teaching hospital. Her opinion is that they should be giving these products away for free, to anyone who wants one. Hospitals should be embracing these

products as essential to their smoking cessation programs, and handing them to known smokers when they walk in the door of the hospital.

I read as much possible research on e-cigs as possible. Every new study, report, horrible proposed law. I know the laws of my state concerning e-cig use. I know the TSA regulations. I have MSDS on all the main components of the liquid I make. I have nothing to gain, no profit to be made. The benefit will be when I will be there to watch my now 13 month old daughter get married and have children of her own, instead of dying sometime between her graduating high school and college. I have taken back the last years of a life I had written off as gone.

6/21/2013 5:08:00 PM - Jordi from Orlando

I smoked for over 20 years. A little over a month ago I started using an eGo Twist and Kanger T3/EVOD eCig with low levels of nicotine juice (6mg) and was able to wean myself down to 0mg nicotine juice with no adverse or disruptive effects (mood, eating, sleeping, etc). During the period of vaping the 6mg juice, I bummed 4 cigarettes over the course of 4 weeks. My intent in quitting was to supplement cigarette smoking with transitional vaping but found the vaping to be so easy to adapt to that it just made more sense to not buy cigarettes at all. I currently have absolutely no desire to smoke a cigarette and find that to be miraculous.

Earlier in the year I had tried to quit using Nicorette gum but was only able to reduce my consumption (1 pack a day to half a pack), and ultimately resumed the 1 pack a day habit. Last year I tried SNUs but didn't quite get the hang of it and didn't like the look/feel of a 'chaw' lump in my cheek/lip. With neither the Nicorette nor SNUs did I feel confident in the substitute to quit cigarettes entirely.

I sleep better overall and don't wake up tired. My clothes and skin don't smell of smoke. People treat me differently because I don't smell like smoke. I get less anxious overall, and don't feel like I've traded an addiction to cigarettes for an addiction to the eCig. I enjoy vaping 0mg juices but it's almost like smoking a pipe I think...it's relaxing, often I don't even inhale, the vapor is pleasing and smells aromatic and doesn't offend others that may be around me. I'm a pretty active person regardless, but I feel like I've been able to extend my stamina and endurance during cardio. Sounds silly but the world seems kinda brighter overall.

6/21/2013 5:16:00 PM - Fred Woelper

I have been a heavy smoker since high school, starting about 20 years ago now. I continued for at least 10 years with no intentions of quitting, but then of course wisdom began to prevail on me that this was a major detriment to my health, and so I began the vicious cycle of guilt, addiction, and back and forth stopping and starting smoking. This went on for another 10 years or so, and there were some successes, but none longer than a few months. The classic triggers for me were always socializing, drinking alcohol, stress, etc. I could go for a while without a cigarette, but eventually would recant and start smoking full time again. At about the beginning of 2013, my girlfriend began encouraging me to try e-cigarettes. I was initially resistant, as it didn't really occur to me as an improvement over actual tobacco. She purchased for me a rechargeable and refillable e-cigarette kit and eventually cornered me into trying it. Since then, I have not smoked a single cigarette - about 6 months, and by far the longest period I have gone without tobacco in 20 years. I find the e-cig to be a very practical nicotine substitute, and the improvement to my health has been radical. My major positive experience has caused me to become very interested and concerned about the future of e-cigarettes, as I believe it would be a great tragedy to over-regulate or ban these products. As with many things, I can recognize that individual results may vary, however I am happy to testify that e-cigarettes have been a fantastic means for me to stop smoking for good. I strongly believe in and recommend these types of product to anyone wishing to stop smoking tobacco.

6/21/2013 5:27:00 PM - Jen J, Seattle WA

Hello my name is Jen, and I was a smoker for almost 15 years.

I liked smoking, I did not like the way it made me feel or the smell.

I also did not like causing my non-smoking friends distress, so when my best friend switched to a personal vaporizer (eGo style) I began to consider an alternative.

I was not sure it would work for me, so for two weeks I waited and waited for her to ask me for a cig.

We still sat outside as we usually did, her with her vape and me with my stink stick.

Only one thing was different this time....she did not ask to bum one single smoke!

When it became clear to me after two weeks or so that she was committed to her change I decided to try it.

That was the last day I smoked cigarettes.

It has been over 5 months for me now, and I crushed half a pack of fresh Camel blues the same day I picked out my own eGo.

I will never smoke a cig again, and I am very happy controlling my own nic level and flavors.

I like having the option of selecting e-liquid from flavor artists that are committed to providing a safe, and chemical free product.

I do not want to purchase anything from a big tobacco retailer ever again.

They have proven time after time that they do not have our health or best interest in mind.

Traditional non smoking techniques did not work for me.

Cold turkey, gum, patch (allergy), and medication all failed.

Vaporizers work for me and I will keep up my new non-smoking path as a result.

I am feeling much better after just 5 months, lungs are feeling clearer, and I am finding my breathing to be deeper and painless.

My doctor will be pleased when I see him next.

Thank you for taking the time to read my story!

6/21/2013 5:32:00 PM - Nick Casler

I have been smoking since I was 17.

I was a pack-a-day smoker for most of it, occasionally going higher.

I have tried gum, patches, lozenges.

None of them worked. The gum made me nauseous and angry.

The patches made me break out in hives and made me constantly headachey.

The Lozenges made me very nauseous, and didn't work.

I couldn't run.

Strenuous physical activity was very unpleasant, and would lead to ringing ears and shortness of breath almost immediately.

We heat with firewood, and it was beginning to require a break in the middle of each load, just to lean against the wall and pant.

Additionally, large chunks of my income were going to cigarettes.

Even buying in a nearby community that had less of a tax on smoke, I was paying USD $60/carton.

Local smokes were $80+ a carton, and I was going through more than three cartons a month.

I had to bring a friend back from a small town, and to allow him to breathe easier, I purchased an Njoy disposable from a gas station.

I stopped halfway and picked up another, and I was blown away.

It wasn't smoking, but it was good.

All the flavor and nicotine of my habit, and less cost and storage. I had no idea about the changes in health.

I purchased a starter kit, and a selection of juices.

I filled my clearo with Apple Pie flavored juice...

and my life changed.

Over the next 3-4 weeks, I put away almost 20ml of Apple Pie, quite a lot of other juice...

and I smoked less and less cigarettes.

I noticed, almost a month later, that I was not enjoying my nightly before-bed cigarette, so I stopped smoking it.

That was my only cigarette of the day, at that point.

I went three days, then five, without a smoke.

I went two weeks, and alarming things were coming out of my sinuses.

I went three, and flavors and smells started tasting and smelling more intense.

A month into the lack of smoking, and I ran the numbers - I had over $150 in my budget that I could spend on e cig gear.

I couldn't find $150 of hardware or juice that I wanted.

I banked the rest.

Week five, and I had to respond to a worksite emergency.

I ran from one building to another, and arrived with an elevated heart rate, and breathing deeply.

I was not in pain, nor was I experiencing shortness of breath.

This was a game changer.

I'm two weeks past that, and I feel so much better every day.

I don't have smoker's hack any more.

I smell better.

My nose works better.

I cleaned the inside of my truck's windshield last weekend.

I'll never have that thick sludgy layer of tar again.

Life is good.

6/21/2013 5:54:00 PM - Sharkbutter

How long did you smoke? -The better part of a decade. I smoked ~1pk/day.

How long ago did you start using a smoke-free alternative? -About 6 weeks ago

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? -Electronic Cigarettes or Personal Vaporizer.

I use a variety including ego variety and a "cig-a-like" None disposable. I use anywhere from 6mg-12mg nicotine strength. I started at this level and hope to get to 0mg.

Do you still smoke at all (and if so, how much have you cut down)? -I smoked 1 pack over the first week that I started using PVs.

None since that pack was finished.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? -See above.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? -I tried nicotine replacement systems including the patch and the gum.

Also cold turkey.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? - I can breathe better.

I have seasonal allergies, which has not really improved besides the slight reduction in my asthmatic symptoms.

I smell EVERYTHING again (which can be considered both a positive and a negative - the world smells BAD).

I taste better, which has led to me being able to be satisfied by smaller amounts of food.

Also, an undefinable psychological bonus - I stopped smoking and that was a catalyst for wanting to be even healthier.

I eat with more care, and am more conscious of what goes into my body.

Before it was like, "I smoke anyway, so why not eat half a pizza? I am going to die anyway"

Now I can say to myself, "I am on a warpath to be as healthy of a person I can be, I can order the salad at this restaurant and be satisfied."

Another double edged sword of taking up PVs is that I cannot have a decent "vape" break without having to explain what it is that I am doing.

No one has ever been negative to me at all, but sometimes I just don't want to have the conversation.

This is where the "cig-a-likes" come in handy.

Less chance of some intensely curious person asking what the hell I am sucking on!

Don't get me wrong, I am happy to share what has kept me off of cigarettes so effectively, but...ain't nobody got time for 'dat.

I think it is important to note that giving up cigarettes has never once been a struggle.

NOT ONCE.

When the idea of having one ever creeps into my mind it is immediately squashed by the joy that is "vaping".

I have a ton of friends who smoke and I have not ever been tempted. It was never like that with the gum.

Also, money.

Vaping can be more expensive, but it can also be worlds cheaper once you collect enough to get onto a steady course.

I have spent just as much on vaping that I would have on cigs for the last 2 months and I have everything I need.

Now it is just juice costs, which are so much cheaper than buying a pack every couple of days. Where I live cigarettes aren't even that expensive (about 6/pk).

6/21/2013 5:56:00 PM - C. Davis, Springfield, Il.

As someone who lost their father to COPD, I tried an alternative to tobacco. After getting very ill with Chantix, I knew I had to try something else.

I started with disposable cartoms of electronic cigarettes. Then I bought a mod kit. I buy e oil locally.

I find that since I have asthma, as well as my kids, I hardly ever use my inhaler, (albuterol).

It is nice not to stink like smoke, windows of the car are not messed up with tar, I can smell again.

I would definitely recommend electronic cigs to anyone who needs to quit, cut down, or just plain save money. They are less expensive, cleaner and smell better. Leave no oder in the home, on you, or bother anyone.

So if big brother wants to lie and say it is not true, you are a liar.

The FDA approves thousands of meds every day, with insufficient evidence, small clinical trials, little time. Thousands of lawsuits are pending their rash decisions. Now to say ecigs are bad, be real. Less toxic than the 4000 chemical tobacco sticks that you tax to death that are killing people.

All in all, I say, "LEAVE US ALONE, KEEP YOUR GREEDY HANDS OFF OF ANYTHING THE PEOPLE WANT. WE MAKE IT, WE USE IT, YOU TAX IT TO DEATH." This is supposed to be a free country. Then we are free to do as we will with our own decisions, without goverment interference. You greedy SOB's just want to jump on board, get your greedy little hands in the cookie jar. I say, go away. I make my own decisions, you do nothing for me.

C. Davis, Springfield, Il.

6/21/2013 5:58:00 PM - Rekonball

My first cigarette was when I was six years old. When I grew up,smoking was everywhere movies, TV, billboards, even in songs. I lived in a smoking household. I never had a chance. I thought,(I couldn't wait until I could smoke too, If you were a man you should smoke). I would steal a pack when I could but when I was eighteen, "LEGAL", I started to smoke eveyday. I have smoked for thirty odd years,I have tried every method out there,even accupunture. With everything I tried,I never thought that I could quit. I here poeple quiting cold turkey,I could not imagine how poeple did that. After my years of smoking I tried e cigarettes,kinda to save money. I never thought I would stop smoking because of e cigarettes. I now taste food more,I feel better and I vape, I haven't had a cigarette in almost a year. I now try to get people I work with to try e cigarettes because of it's benefits.

6/21/2013 6:02:00 PM - Mike Dimmitt (orange county, ca)

I was started smoking when I was 15 years old due to peer pressure and the fact that my father smoked. Have smoked consistently up until 3 months ago. I have tried Chantix, nicotine gum, patches and wellbutrin to help me quit smoking. I am now 40 years old and after a good friend of mine died at 44 due to complications with smoking I started using electronic cigarettes in the form of a vaporizing mod. I bought my first device on April 8th and have not lit a cigarette since. I am going on 3 months tobacco free. I started with 18mil of nicotine and in 3 months have gone down to using 6mil and even 0mil grams of nicotine in my device. I have teenage children and they have witnessed me struggle with cigarettes, in fact me wife took my kids and I out for a special trip this past week to celebrate the fact that I have quit smoking. I sometimes even go hours upon hours during the day with out using my e-cig. I even went 2 full days a week or so ago just to see if I could do it and I did. without ecigs I would still be smoking because sadly, I was just not strong enough to kick the habit on my own.

Mike Dimmitt Business owner/father/husband/non-smoker

6/21/2013 6:25:00 PM - William Elliott

I smoked for 33 years without ever trying to quit. I picked up an e-cig on a Wednesday at a convenience store. The following Saturday I smoked my last 3 tobacco cigarettes and haven't smoked since (about 5 weeks). I plan on decreasing the nicotine levels of the vapor devices that I am using in the near future.

My lungs are clearer already. I find myself jogging to places instead of walking. I am not as out of breath as I used to be. I feel more rested.

On the down side, I went through some very uncomfortable withdrawals. I still have what feels like the last stages of a cold. I have had some pretty severe anxiety attacks, but all of this is fading and I look forward to the day I have no more symptoms of withdrawal and I can smell things and taste things and basically enjoy my life!

6/21/2013 6:50:00 PM - Jon L.

I smoked a pack a day for over 17 years.

I had tried quitting cold turkey, quitting with the gum, lozenges and patch.

Nothing ever worked.

I picked up one of the Blu starter kits last summer.

I primarily used it when travelling -- on the plane, in the hotel, in rental cars.

But in the fall I started dating a new girlfriend and...

Well, she persuaded me to give quitting a serious try.

On January 15th of 2013 I switched over entirely to the ecigs.

And it was SO much easier to stick to than anything else.

I did go back and smoke once since then.

On a business trip, my Blu charger broke.

I was frustrated and finally caved in a bought a pack.

Over the weekend I smoked most of that pack.

But when I got home, I dug up an older charger and got right back to it.

Since then I have upgraded to the Ego Twist.

This battery is much much more reliable and easier to use.

I've cut my nicotine level down from 24 to 18 or 12.

And I have several 0 nictotine juices for later at night when I want to wind down.

Even though I know there's no nicotine in them, I still find the action soothing.

Realxing.

At a party ab out a month ago, I took a drag from a friend's cigarette and found it disgusting.

Which really surprised me, but there it was.

6/21/2013 7:01:00 PM - madhatter MS

I smoked for 38 years and was not interested in quitting since I enjoyed smoking.

On Dec 21, 2012 I was given an electronic cigarette and have not touched tobacco since.

I am now six month tobacco free.

I have stepped down my nicotine to 12 mg but I continue to enjoy my electronic cigarette.

6/21/2013 7:05:00 PM - Octobriana

The first time I had quit smoking, I had smoked for 10 years and used the nicotine patch. I was addicted to the patch for a few months, and for the first few weeks continued to smoke, but at a much reduced level. Then I became pregnant and quit the patch as well. I successfully quit for 13 years.

And then I started dating a smoker. Amazing how all those old addictions come back. And quickly too! Soon enough, I was back to smoking about a half a pack a day for about 2 and a half years.

Until I discovered vaping. I have been vaping for about 3 months. Started with a 24mg nicotine juice, but have since reduced to a 12 mg juice. I plan to keep reducing the nicotine content of my juice until I get to zero.

When I started vaping, I would smoke maybe one cigarette a day. I smoked until the 10 cigarettes I had left in my pack were gone. And I haven't had one since.

I truly believe I am on the path to ending my nicotine addiction. It has been the easiest way for me to do it. Vaping has given much fewer of the quitting side effects than the patch ever did. I can lower my nicotine consumption at my own pace. And not turn into a raging beast at the same time.

6/21/2013 7:15:00 PM - Josh Domke

I was a smoker for most of my life.

I started smoking regularly when I was 13 or 14 and didn't quit until I was 34.

At first I only smoked about half a pack per day, but eventually I worked my way up to about 2 packs per day.

During that time I tried quitting 4 times.

The first two times were cold turkey and only lasted about 3 - 4 days.

Then I tried nicotine gum, which lasted 3 days.

Next I tried nicotine lozenges.

Again, it only lasted 3 days before I needed a cigarette again.

About two months ago my brother and his wife Nisha stopped by for a visit.

Nisha had recently quit smoking cigarettes and was using an electronic cigarette instead.

I wasn't very familiar with them so I decided to give it a try.

The strawberry flavor wasn't really to my liking, so I handed it back and put it out of my mind.

Then, a few weeks ago, I heard that prices were about to go up on cigarettes.

That prompted me to investigate e-cigs again, as I was already concerned with what I was spending on tobacco.

Don't get me wrong.

I like smoking.

I just don't like the cost or the health risks.

I was willing to deal with the health issues at first, but the cost was putting cigarettes out of my reach.

I started with a Blu e-cig purchased at a local gas station.

It was expensive and had too much nicotine for me (24mg), but it did what I needed it to do.

After a few puffs, my craving for a cigarette was temporarily satisfied.

That was when I knew I could finally leave tobacco behind.

I did a google search for electronic cigarettes and found the e-cigarette forum www.e-cigarette-forum.com.

There I read about the various options available along with other people's experiences with them and decided to give it a try.

I finished off my last few cigarettes while shopping online for an e-cig, with the hope that disposable e-cigs from the gas station would keep me going until the order arrived.

The adjustable voltage batteries that I ordered made it much easier to make the switch, as it allowed me to adjust the "strength" of the vapor, and came closer to the feeling that I was used to from analog cigarettes.

That, combined with the HUGE variety of e-liquid flavors available, finally did the trick.

I'm proud to say that, thanks to electronic cigarettes, I've been tobacco free for 24 days now.

I started at 18mg nicotine liquids and have already moved down to 9mg.

I feel better, I don't get tired as quickly when I'm out and about, and I'm not coughing every 5 minutes any more.

Electronic cigarettes may not be 100% safe, but they've certainly made a very big difference in how I feel.

They're also saving me about $200 a month.

It's a win-win as far as I'm concerned.

Unless someone can prove that e-cigs are worse for my health than tobacco, I don't plan on quitting any time soon.

I just hope that CASAA can keep regulators at bay so I can continue to enjoy one of my new favorite products without worrying about big tobacco taking over the industry and loading up e-cigs with all the nasty chemicals that they put in tobacco to keep us hooked.

6/21/2013 7:29:00 PM - Eric W., Coral Springs, FL.

In April of 2009 I heard a story on NPR about electronic cigarettes.

The tone was largely negative and somewhat trivialized the technology.

I had already made numerous attempts to quit smoking with no success, and at that point was willing to try just about anything.

The search for an electronic cigarette was on.

Why an electronic cigarette?

Quite simply because everything else had failed.

Patches and gums provided none of the oral fixation, so were largely useless.

Prescription Zyban coupled with Nicotrol inhalers actaully helped me to stay smokefree for 7 months a few years back, but it was quite a struggle.

Eventually, the cost of the medications coupled with the still remaining urge to smoke had me back onto my 20+ year habit. My latest attempt at quitting had been through hypnosis and support groups.

No help there either.

Electronic cigarettes were not nearly as common in 2009 and it took me a few days to track down a local man who met me in a parking lot with some.

They weren't great, but I actually cut my cigarette consumption in half!

Encouraged, I ordered a better kit online along with some e-liquid.

I can honestly say that I smoked my last cigarette about three days after I received the kit in the mail.

At first I was still smoking the critical morning, driving and after dinner cigarettes, but soon found that I could replace those with a few puffs on the ecig as well.

A 20 year habit had finally been broken.

Within a couple of weeks I was breathing better and my sense of taste and smell was returning.

I no longer woke up wheezing in the morning.

Best of all, my clothes and breath weren't stinking anymore.

Four years later, I am still using an electronic cigarette, but with a very low nicotine content.

I am satisfied that the electronic cigarette is much healthier than a traditional cigarette.

A recent doctor visit seems to confirm this, as my lung function and all other tests are completely normal.

I am thankful that I discovered the electronic cigarette when I did and am certain that I would still be smoking had I not.

I enjoy smoking and I always have.

The ecig allows me to enjoy a very similar experience without killing myself.

6/21/2013 7:50:00 PM - Andrew from Illinois

ABSTRACT: Smoked for 6 years (3-5 packs / week), supplemented with oral/dip tobacco for 2 years (1-2 tins/week). Started using electronic cigarettes 3 years ago and haven't used traditional/tobacco nicotine source for over 2 years.

What follows is a somewhat brief description of my relationship with nicotine as it relates to a transition from cigarettes and oral tobacco to exclusive use of electronic cigarettes.

I began smoking approx 8 years ago while in college. It was a typical story - I smoke only when I drank. Soon of course I found myself drinking often so that I could have a cigarette. Through the 6 years I smoked I used 3-5 packs (20 cigarettes/pack) per week

Exiting college I found myself at a job where it was often inconvenient to smoke, so I turned to oral tobacco (dip) to supplement my smoking. I used approx. 1-2 tins per week.

3 summers ago a friend of mine picked up an exotic item: an electronic cigarette. I initially thought it was an entertaining additional supplement to my nicotine intake, and one that I could use at work. I had no intention to stop smoking, but it was more convenient than using oral tobacco and I quickly replaced dip with electronic cigarettes while on the job.

Although I enjoyed electronic cigarettes the products I were using weren't a qualifying replacement for traditional tobacco cigarettes, nor was I looking for one.

Then I began frequenting electronic cigarette enthusiast websites and discovered the cottage industry of high performance electronic cigarettes and the community of proud non-smokers that frequent such businesses.

Contrasting with the readily-available/mainstream electronic cigarettes I had been using ("pen-type" with traditional pre-filled cartridge), these new electronic cigarettes I found were more satisfying than the real thing. I could have the sensation of smoking while using flavors that both tasted and smelt to those around me pleasurable. I initially used high-nicotine content fluids to sate my desire for nicotine and I came to believe that tobacco cigarettes couldn't do for me what electronic cigarettes did, though as I've written I was never looking to stop smoking.

I naturally did stop purchasing cigarettes, though - I preferred and do prefer now electronic cigarettes. Over time my sense of smell and taste returned - a blessing as a food enthusiast. Now that I've regained my sensory enjoyment that was dulled from cigarettes I'm entirely unwilling to return to cigarettes. Over the past two years I have steadily decreased the potency (mg Nicotine / ml of fluid) with the encouragement of a

supporting electronic community to where my overall nicotine intake has most likely declined from what it was when I was using traditional/tobacco nicotine sources.

Not smoking also offers me pride in smelling and looking more professional and my occupational prestige has risen over the past two years greatly, now holding a very desirable and rare position in my field.

6/21/2013 8:10:00 PM - Micah Hert from Bend, OR

I began smoking at 18, right after graduating high school. It was initially just socially and maybe one to start the day, but quickly became a frequent habit. My smoking habits became worse in college,

with increased socializing and drinking. I attempted to quit multiple times, but always came back due to friends. The tipping point came when my wife and decided to have a child. We both decided we needed to quit, but neither of us wanted any medications to help. I had done research on electronic cigarettes before, but didn't find much of a push to them until we got pregnant. When my wife got pregnant she quit smoking and I switched to ecigs. During the first six months of the switch I would have an analog cigarette maybe once a month and hated it every time. I haven't had an analog cigarette since and never plan to go back. I feel much better since the switch. I can breath when I wake up, I don't stink and my family is very happy that I no longer a smoker.

6/21/2013 8:39:00 PM - Ev Duart

Hello, my name is Ev Duart. I smoked for 14 years. For almost that entire time, I thought quitting would be next to impossible. Cravings hit me constantly. Finally one day my brother introduces me to an electronic cigarette. I immediately thought that this product would not work for me, but I gave it a try and I was SHOCKED at how effective it was. I immediately went online to begin research. Within a week I had my very own ecig. It was new and exciting to REALISTICLY envision myself as a non-smoker. The very thought of it was invigorating. The effectiveness of the ecig gave me the confidence I needed to quit. It wasn

6/21/2013 9:24:00 PM - Robyn L. Kvapil

I had been a 2 pack a day smoker for 40 years. I have been smoke free for 2 months using the vapor e cigarette.I tried gum,,patches,hypnosis and chantix but nothing worked. Since I bought my e cigarette I have not smoked another cigarette.My e cig tastes so much better. My coughing has stopped,,my food tastes better and I sleep better. No more nasty ashtrays or smells. I started with 24 mg with the e cig and have since moved down to 16 mg's.I had no withdrawal symptoms at all. It's much cheaper than cigarettes and you can smoke it anywhere, no going outside to smoke! I purchased 3 more for family members and they have since quit. There is no better product for quitting smoking than the e cig.

6/21/2013 10:07:00 PM - jim lemyre

I began smoking in 9th grade, 31 years ago. I WAS a 2-3 pack-a-day smoker. I tried nicotine gum and nicotine patches, and I tried quitting "cold-turkey." None of them worked. I would be back to cigarettes a week or two later. When I was diagnosed with high blood pressure my doctor prescribed Lisinopril (with moderate results: it helped lower it but not enough) of course he tried getting me to quit and offered counseling on the use of Chantix. I planned on trying it eventually, but the extra cost seemed too much. I couldn't picture myself taking a pill to replace smoking. One day while at the mall with my wife we ran across a kiosk that was selling White Cloud e-cigarettes. The salesman let us try several flavors and strengths. I think I had an epiphany right there! It is now 7 months later, neither I nor my wife have touched a real cigarette since. My blood pressure is back to normal. We can breathe, smell, and taste better than we have for years. We feel healthier than we have in years. Our smokers cough is gone too.

6/21/2013 10:25:00 PM - Allan Curl, OH

I was a smoker for 18 years, near the end I was up to 2-3 packs per day. I use a personal vaporizer, Provari with a Vivi Nova tank. It took me a week to find juices that worked for me and I haven't smoked a normal cigarette since, it's been 289 days. I vape 6mg nic juices, I've done the math and my nicotine intake has dropped dramatically.

Smoking had become more than a habit for me, it was an activity. The only method I tried before was quitting cold-turkey and that lasted for a month. I considered Chantix until I talked to people that had used it. Most of them eventually started smoking again and the side-effects didn't seem worth the reward. Psychotic episodes and suicide? No thank you, I'd rather deal with the damage from smoking than have my brain screwed up.

Since I've switched to a personal vaporizer I feel a lot better. I no longer have breathing problems, I don't hack up black gunk every morning, I can walk up multiple flights of stairs and not be out of breath. I don't get sick as often as I used to. I can vape around my friends that are allergic to tobacco smoke and they experience no adverse effects. My house smells like fresh pancakes instead of a soggy ashtray and the walls are no longer "weeping" brown tar.

6/21/2013 10:27:00 PM - C McClintock

I have smoked off and on (mostly on) since I was 15.

Since I am somewhat of a fitness enthusiast (running, yoga, crossfit, cross country skiing, etc.)

I have been a closet smoker since I graduated from college.

That's about 30 years of closet smoking and only my closest friends and family new my dirty secret!

Smoking just didn't fit with the rest of my lifestyle so I hid it from nearly everyone!

I have tried to give up cigarettes using the cold turkey method and using nicotine patches, gum, and lozenges all to no avail.

I would last for a few weeks and then be back smoking again.

The addiction to smoking is very strong and sometimes will power and nicotine replacement aren't enough!

I first tried electronic cigarettes about two years ago.

I saw one at a smoke shop and purchased it (a long with my pack of cigarettes!)

just to try it out.

It was a fun novelty but did not seem to satisfy the urge for the real thing.

About six months later I purchased a Green Smoke kit online and ordered the highest level of nicotine (24 mg) with the intention of using that to give up smoking (I was not familiar with the term "vaping" at the time.

The Green Smoke kit was a little better than the e-cig I had previously tried from the smoke shop but even with 24 mg of nicotine it still wasn't enough!

Towards the end of 2012, one of my family members saw my Green Smoke e-cig and told me that she had a good friend who knew all about e-cigs and was a "vaper.

My first introduction to the term!

She told me to talk to her friend because she thought there were much better e-cigs available that might help me quit.

After a few email exchanges and phone calls with the vaping guru I purchased a kit with a stronger batter (ego 510) and a cartomizer tank delivery system.

I also ordered some e-juices from various online vendors.

When I got the kit and set it all up I was amazed at the amount of vapor and the satisfaction of the experience!

It didn't taste at all like a cigarette- and yet it was a decent substitute.

Without any effort whatsoever I went from about 17 cigarettes a day to 5.

That's when I realized I could probably actually quit.

I set a date and ordered some more e-juices (trying all the flavors was really fun for me).

I also joined the e-cigarette forum so I could read about the experiences of other vapers

who had successfully made the transition from smoking to vaping.

For many, it is very easy.

They just turn away from cigarettes and turn to e-cigarettes and never look back.

It was a little harder than that for me.

The first week I vaped non-stop and frequently went to the forum for support.

The next week was easier and by the third week I realized I would never go back to smoking.

Vaping was just a lot better.

Gone were the nasty ashtrays and cigarette butts.

No longer did I need to go outside (I work from home) every few hours to smoke.

When I went out with friends I no longer had to 'sanitize' (brush teeth, purell, spray a little perfume) to hid the smoke smell.

The freedom was wonderful!

And even better I didn't miss cigarettes and smoking at all

since I loved to vape.

So far it has only been 117 days but that's longer than I have ever made it before!

I have a little app on my iPhone with the stats-

2011 cigarettes avoided, $1135 saved.

Already I can breathe better.

My morning smoker's cough is completely gone.

Vaping has improved my life and will likely extend it.

6/22/2013 1:14:00 AM - Carol Gilman,Phx,AZ

I smoked for 46 years. Started before 18th birthday.

I tried many times to quit due to frequent bouts of bronchitis and respiratory ailments that became more frequent and intense with time. I tried cold turkey--only last several days.

Eventually, I tried hypnosis--that was the greatest--30 days. Then several times, I tried the patch. That worked for a few weeks at a time. I tried to keep smoking to no more than a pack a day and did cut back to half a pack off and on over the past decade.

Two years ago, some friends had e-cigaretts and let me take a puff.

I went and bought one disposable to try--low nicotine.

It worked, so I kept buying--my last cigarette was finished before 8am July 4, 2011. I learned about refilling and where to buy the liquid and so I bought the low nicotine

and a small amount of no-nicotine liquid.

Over a 6 month period, I could use just the no-nicotine liquid. For a year, I always had e-cigaretts with me--now seldom do I take them with me out of the house!! I am a "stressed" type person, hyper,etc.

So, once again, this is why this quitting is a big deal for me.

My blood pressure stays controlled with half the amount of mg of medicine, since I stopped smoking. I get the erge for the nicotine once in awhile, so I keep the nicotine drops or cartridges on hand. My cough is gone for quite some time, and I do feel much better. Haven't been medicated for upper respiratory ailments since I quit!

I would encourage people to try the e-cigaretts, especially if other quit items have not worked.

6/22/2013 1:18:00 AM - Jill L from Pismo Beach

I've tried numerous times to quit smoking but I always started again. Mainly because I work around others who smoke so there's always a cigarette being smoked nearby. I finally quit smoking about a year ago. I have to say the thing that made me decide it was my time was the commercial with the lady who had the surgery on her throat. I believe her name is Terri. I knew if I continued to smoke that it was possible that's how I would end up, if not then something worse. I have Lupus so I was always feeling guilty for smoking cigarettes. I was always getting sick and staying sick for weeks at a time. I finally bought a disposable e-cig. At first I just cut back on tobacco and then I found I didn't need cigarettes with each day that passed. I have not smoked in almost a whole year. My health is way better, I don't get respiratory problems anymore. I can increase or decrease the level of nicotine in my e liquid. I am in control of my life again.

6/22/2013 2:39:00 AM - Brandon O'Neal

Hello my name is Brandon O'Neal and I was a smoker for over 15 years. I guess it was something like 18-19 years. I started when I was REALLY young, something like 12 or 13 and I am 31 now. I smoked Newports for 15 of those years. I have wanted to quit but never really thought that would happen. In recent years I started hearing about e-cigs and thought I would give them a try. So about 2 years ago I bought a BLU e-cig. It was way before they were on tv and well it was honestly a waste of money. I tried sticking to it thinking maybe I would get used to it but I found myself always wanting a cigarette afterwards and it didn't matter how long I smoked the BLU cig. Anyway a little over a month ago my wife and I went to a store in Huntsville (AL) called EcoSmoke and bought a starter kit (the EGO I think is what it is called) and it changed everything. It was the last time I smoked a real cigarette and I can't be happier with it. I don't want to make this sound to much like an advertisement so I won't get to into it. But I will say they were very helpful and I don't care what you smoke they will have something for you. So even if you are not in the Huntsville area you should be able to find something online. I have been told to make sure you buy American because other countries don't have all the regulations we have here but other than that you can get just about anything you want online. Now what I have doesn't look like a cigarette but it has the throat feel (or throat hit) and lung feel. I am very happy and haven't even thought of picking up a cigarette since buying this. I now use Sofa King N-Type with a little bit of Menthol Ice mixed in. I don't know where else to tell you to start and get info at but you can go to ecosmokehuntsville.com and they can send you in the right direction.

6/22/2013 3:30:00 AM - Kathryn Lafferty, Illinois

I have smoked for 35 years. I have tried numerous times to quit by every method possible, medication, patches, cold turkey, acupuncture, hypnosis gum and lozenges. The longest I ever lasted was 3 months prior to using electronic cigarettes. I have not smoked for over 5 months now thanks to electronic cigarettes! I started out by smoking the electronic one during the day and regular cigarettes at night for 5 days. After that I only smoked the electronic cigarettes and started out at the high level of nicotine. I am down to the medium level of nicotine (switched after about 3 months) and plan to purchase the low level on my next order. I feel great! I can breathe better, the dark circles under my eyes are gone, I can smell and taste on a level I have not since I started smoking. Do they deliver nicotine? Yes they do, so do patches, gum and lozenges. Do they have the carcinogens and other toxic chemicals that regular tobacco cigarettes have? No way!!! I

6/22/2013 3:39:00 AM - Leal

I grew up in a family of smokers. Both of my parents smoked 1to 2 packs a day. I vividly remember going to school and being made fun of for reeking like cigarettes. I hated it and begged my parents to quit. They finally did for a period of time when I was 14. Weird thing happened. When they quit I started to crave the smoke. With in a month I was smoking regularly. When I started smoking it felt like the sun rose in my soul. I finally felt normal but at the same time hated it. I knew I smelt bad and was harming myself but I couldn't be without.

In my 24 years of smoking I have tried every method of cessation except hypnosis. I have even tried combinations like Wellbutrin, Nicorette, and counseling. Every time I failed I hated myself a little bit more. Then I stumbled across electronic cigarettes in 2009. It was a god send. I quit smoking without cravings. I lost weight and became pregnant. During my pregnancy I was completely abstinent from nicotine. I relapsed on cigarettes when my daughter was 5 months old. I cringed every time I held her knowing she was being exposed to the smell. A little part of me died.

Again, I tried Wellbutrin and counseling to no effect. I still had my old electronic cigarette kit so I started using it again. 8 months later I am still smoke free. I can hold my daughter and kiss my husband without cringing in guilt. I am happy.

I am healthy.

I am slowly working on reducing my need for nicotine. I have reduced my daily consumption from 3ml of 24mg nicotine to 3ml of 12mg nicotine. My goal is to become nicotine free, but I am not going to allow myself feelings of shame if that doesn't happen. I have lived for too many years in judgement both external and internal.

I am writing this specifically to people who may have to make a judgement on legislation for these devices. Please see my story as an example of how decisions regarding these devices effect more than companies, or revenue sources, or political careers. A decision on this literally effects millions of people exactly like me.

6/22/2013 4:27:00 AM - Rollens, from Malaysia

I have been smoking since I'm 14 years old. Now I'm 30 years old. Each year I'm become more and more addicting to cigarettes. For the last 10 years I would say where I'm using cigarettes more than everything. Luckily I'm still on good health but every year I can feel I'm not that healthier than before from this smoking addict. 5 years back I'm trying quit from smoking. Say what ever product I might already using it. From patch, pills for this. All ended with fail. I'm start smoking back and even more.

On my visit to Philippines in 2011, 1st time I found this e-cigarette. Its written on box Marlboro brand, well I'm quite big fan of this brand for cigarette. When I try it for the first time it was good and yes I purchase it. Unlucky,

after a week using this e-cigarette failed and can't be use. So yeah, back to old way again for smoking. After forgetting about this e-cigarette for almost 2 year, heard it again early this year and then decide to try it again. And yes, buy my first starter kit for e-cigarettel. It was totally different from what I tried 2 years ago. It become much more interesting than before. For almost 2 weeks I quit from buying analog cigarette. Its quite big victory I have. As I work out if my country its not easy to buy all this e-cigarette accessories like the e-juice. But I know this e-cigarette have change me from addictive tobacco cigarette become less and less day by day. After back to hometown for vacation I decide to buy more e-cigarette stuff for my daily use while I'm abroad.

Now proudly of me been quite smoke tobacco cigarette for almost a month now. Hopefully I can quit 100% and I'm on it now. From heavy smoker using 2 pack cigarette a day now I'm proud with myself for a month I'm out of it.

So, what I can say here. For me electric cigarette totally change me and help me a way for quit smoking.

Highly recommend to all heavy smoker like me.

6/22/2013 5:43:00 AM - Ken

I smoked for 43 years and tried quitting many times to no avail. I used the patch and nicotine gum and tried going cold turkey but always gravitated back to cigarettes, all it took to fall off the wagon was seeing someone else smoke or smelling the smoke, sometimes it was stress that caused me to relapse. My wife also smoked, one day she went online to look for smokeless ashtrays and found e-cigarettes instead, at that time all the articles written on e-cigs said that they contained harmful ingredients such as antifreeze so we put that idea aside for another year or more and continued to smoke cigarettes. Finally in 2009 we started researching the e-cigarette in greater detail and read the New Zealand Study by Dr. Murray Laugesen and realized that the articles we had previously read were bogus and misleading.

We bought our first e-cigarettes over 4 years ago and never looked back. We dropped down our nicotine level to about 12 to 18 mg. and can honestly say we don't miss cigarettes in the least, even if someone else is smoking around us. we are

healthier, the smokers cough was gone after the first few months, our house smells better and our dogs are happier. Best decision we ever made.

6/22/2013 12:14:00 PM - Daniel

Like most people, I picked up the habit of smoking cigarettes at a young age while still at school.

Call it peer pressure, call it wanting to look cool, call it anything you want but for me it was the start of a long battle to quit. I always said to myself that this will be the last pack and sometimes I even went as far as throwing a 3/4 full packet of smokes in the bin vowing never to smoke again.

Sometimes I would last a day but most times it was only a couple of hours. At 18 years of age I joined the army.

Just before I joined I thought to myself If anything is going to make me quit it will be this, I will need to be fit, and in order to be fit I will need to quit.

Well once enlisted I found myself head deep in a culture of smokers, It seemed like every second soldier was a pack a day smoker and I found it even harder to kick the habit. My first real attempt at quitting came at the age of 23.

The army sent a message out stating that if anyone wanted to give up the smokes they would supply NRT in the form of patches or gum so I jumped at the chance and took up the offer.

To my surprise it didn't work, in fact I just ended up smoking while taking the NRT.

This cycle continued on and off for the next few years. I left the army when I was 26, still a smoker and moved back home.

Over the next couple of years I tried hypnosis, acupuncture, Champix, patches, nicotine gum, nicotine lozenges and continued to smoke on all of these.

Nothing I tried worked. When I was 30 years old my father was diagnosed with smoking related lung cancer and upon hearing this news, I went outside and lit a cigarette to calm myself down.

As soon as I finished it, I threw the 3/4 pack of smokes in the bin once again vowing never to smoke another one.

This lasted about a day and a half. Dad fought strong for a while, and at one point the doctors thought they were winning the battle but only 6 months later I was holding his hand as he passed away peacefully in hospital.

Again, I stepped outside and had a cigarette to calm myself and threw out the 3/4 packet of smokes - lasted 2 days this time. 32 days ago I was driving home when I saw a sign on a shop - "Electronic Cigarettes" so I pulled over and went inside.

The guy who runs the shop spent about half an hour talking to me, showing my some gear that he had and explaining things to me in great deal.

I ended up buying a start up kit which included a clearomizer, two batteries, some 12mg Nicotine E-liquid and some accessories.

He told me that I should continue to smoke cigarettes for the first week while slowly transitioning into using just the E-cigarette. Well 2 days later I was using nothing but the E-cigarette and loving it.

I was amazed how it completely took away the craving.

I threw out another 3/4 packet of cigarettes.

This time its been 30 days and Im still going strong.

I honestly cant imagine ever buying another packet of those cancer causing death sticks. In the month that I have been vaping I have converted my best friend, my mother in law and 2 work colleagues and am more that happy to convince others to give it a shot as this is the ONLY thing that has worked for me.

I have upgraded to a VAMO VW VV device and am still on the 12mg nicotine liquid.

My plan is to slowly drop down in nicotine strength over the next 12 months but I feel at ease knowing that I am not inhaling 4000 chemicals while I do it. I feel as though the vendor that I spoke to 32 days ago has saved my life, without seeing his shop while driving home I would still be smoking today, so thanks Phil.

I feel better, I smell better, I am sleeping better and waking up easier and its only been 1 month!

I cant wait to see how much better I feel in 6 months! This is my story.

6/22/2013 7:50:00 PM - Danny Dawson

I was a smoker for 40 yrs. I started using an ecig in Oct.of 2012. now i use a mod. I no longer smoke regular cigarettes. I switched from smoking to Vaping right off the bat. The changes are obvious,no more coughing in the morning,don't smell like an ashtray,i can go anywhere now days and don't have to worry about going outside to have a smoke anymore,i can breathe a lot better.

6/23/2013 4:21:00 AM - Gabe from Los Angeles

Short and sweet: I started smoking when I was 16. By the time I was 18 I was good and hooked. I smoked a pack a day, give or take, since then. I started trying to quit seriously in my late 20's -- I tried every single doctor recommended product on the market. Chantix, Bupropion, the patch, the gum, the inhaler, cutting down, cold turkey, juice cleanses, counseling, everything. Nothing worked.

About 2 years ago, I got one of the first e-cigarettes on the market. It wasn't great, and after it broke I gave it up as another failure. I had come to terms with the fact that I was hopelessly addicted to nicotine, and that I was going to likely end up with a shortened life span and serious health problem. I couldn't afford patches or more medical interventions that didn't work in the long term. When I found out that a new generation of e-cigarettes were on the market that delivered better results, I figured I would try them without much hope of success.

After a few weeks of mainly smoking cigarettes and using the e-cigarette just a bit, I switched over to mainly using the e-cigarette. After a few weeks of switching back and forth with primarily the e-cigarette, I decided to cut out cigarettes even further. For the first time in my life, I was able to do so without anxiety, deep depression, mood swings, and an extreme feeling of "fuzziness" in my thinking. Over the past 3 months, I've smoked 3 cigarettes. I'm healthy, I feel great, and I'm finally done with the tobacco.

This is a wonderful product, one that actually works in reducing harm substantially, and one that has helped me to personally stop smoking cigarettes. I know that people want to regulate them or just don't have the information to make a good choice on it. I implore anybody who wants to have a knee jerk regulatory reaction or judgement to please, think of the people like me who have not been able to quit any other way. We're real, we're being helped daily by this. It's life changing.

6/23/2013 4:23:00 PM - Rich Florida

I've been smoke free for a month. Tried the patch and the gum and neither worked and always went back to smoking. With ecigs I started at 24mg of nicotine and I'm now just dropping to 18mg. I've had no I'll effects like I did with the patch or the gum and I have no doubt I'll keep dropping my nicotine levels down. This works.

6/24/2013 12:26:00 AM - Brock Peterson

I smoked tobacco cigarettes for 25 years.

I tried quitting a number of times with no success whatsoever.

In fact, of the methods used which included NRT gum, NRT patches, Zyban, hypnosis and cold turkey; cold turkey lasted the longest - and that was ~2.5 days.

One day while picking up my weekly carton of cigarettes (I was a 1.5 pack per day smoker), I saw the store was selling an electronic cigarette.

I decided to pick up one of these "kits" plus a couple of packs of my usual cigarettes since I doubted it would do anything; but I like gadgets and I could always stop and pick up a carton of cigarettes when this 'gadget' lost its appeal.

Well, over the following few weeks the gadget did not lose its appeal.

I went from ~30 tobacco cigarettes/day to around 6-8/day.

Over these few weeks I went online and found more information about electronic cigarettes.

I found that while most people are first introduced to electronic cigarettes by ones that look like a traditional tobacco cigarette, these type of electronic cigarettes ("ecigs) are not enough to help some switch completely away from tobacco cigarettes.

I purchased another type online and set a "quit date" for smoking.

Prior to using ecigs, the longest I had gone without smoking and not felt the effects of withdrawl was around three hours.

When my quit date for smoking tobacco cigarettes came; I lasted about 24 hours before I had one of my wife's cigarettes.

That, however, was my last tobacco cigarette.

That was also over 2 years ago - March 8, 2011.

Initially I was "vaping" (ecigs produce a vopor, not smoke, hence 'vaping' instead of smoking) at a nicotine level of 18 mg/mL.

About 9 months into vaping (I had no intention of stopping vaping or lowering the nicotine content of my ecig liquid), I started getting headaches and feeling nauseous in the evening - I would get a similar feeling when smoking a large number of cigarettes in a short time.

So I figured I was getting too much nicotine.

Since I was mixing my own ecig liquid at this point - with USP propylene glycol, USP glycerine, nicotine solution and flavoring - I just mixed up some liquid with 12 mg/mL nicotine and these symptoms stopped.

Within another 6 months the headaches and nausea reappeared; I decreased the nicotine content of my liquid to 6 mg/mL, which I am using today.

6/24/2013 1:00:00 AM - Lisa Bell

The story here pertains to the history of my life.

I am not proud of some of my follies, nor ashamed.

I do wish to acknowledge that e-cigarettes have saved my health and the path that led to using them is a windy, twisty road.

I was born in the early 1950's, 53 to be exact.

I am now 59 about to turn 60.

Both my parents smoked and as a child it seemed a normal part of life.

Smoking was always what the grown-ups did.

I'd be at the grocery store in line with my Dad, and he'd be writing in his checkbook, to buy the groceries, with a cigarette dangling out his mouth, even ashes falling on the check-out stand.

Everyone smiling, no problem.

When I was 12, the kids some which were older by a year or so, in the neighborhood, thought it would be cool if we smoked.

So, we did. We would walk a few blocks to the closest gas station and buy cigarettes for a 25 cents a pack.

I didn't get the feeling that any of us thought we were doing anything wrong.

We were trying to look and feel grown up around the puberty age.

Guess from what I've read that's somewhat normal and what most adolescents do.

Mimicking what most our heroes (our parents) were doing.

A year later after a divorce and moving to a new school district, I was adictively smoking.

In fact, I think I was up to a 1/2 pack a day.

I was already addicted at 13 years of age to smoking.

In 1967, the Summer of Love, in Hollywood, Calif. My Father heard about a live-in drug and alcohol detox community called Synanon.

It was located on the beach in an old converted mansion.

They had what was called a "Square Residence" program for people with other issues, and so meeting their criteria, we as a family, moved in.

My Father, myself and younger sister 20 months younger.

At first while in Synanon, in the open community areas, I was smoking it seemed everyone had turned a blind eye to my under aged smoking I was now up to a pack a day.

My Mother who smoked,

was an uninvolved parent do to her mental illness. She was absent from my childhood from the age of 6 to 15.

In those days the late 50's early 60's, a nervous breakdown could mean a lengthy stay in a state hospita.

Consequently,

I was a very grown up at 14 year of age.

I was unprotected from my own choice making.

The values of the elders were not in harmony with the Donna Reed Show.

I was totally addicted to nicotine.

On a path, unhindered until.... Synanon, was being pressured by the Los Angeles Social Service Department, to make sure school aged children attended Los Angeles Public School.

My sister and myself

went to Santa Monica Junior High via the van or "Jitney" a school just a mile away.

The school was 99% African American.

That was quite an experience, when most African Americans, at that historical time were angry with our United States government and all of society.

Understandably, they still

beared the brunt of all the injustices that their American Slave ancestors had endured.

With the same injustices still locked in place to some extent.

It was odd to be disliked for being white, but it was something I had compassion for, being that my family was Jewish and did not appreciate any form of racism or victimization of minority ethnicity.

I did hardly ever feel I fit into any school socially.

So, this was even more the opportunity I became a hard-core independant/rebellious adolescent that had a nicotine monkey on her back.

It was my solace and comfort and smoking seemed to me to be my only friend.

So much so that I took a chance.

Walked across the street from the Junior High during lunch, lit up and was caught, and sent to the Principal

6/24/2013 5:06:00 AM - Kerry Shotsman

My name is Kerry Shotsman. I am a fifty year old woman, who had a stroke that affected my right hand, at age twelve. I smoked two packs of Winston Lights every day from age eighteen to age fifty. My Father smoked, and even though my

Mother didn't, nobody really cared what I did, so I started on my eighteenth birthday. I began trying to quit, cold turkey, at age twenty. That lasted about three days, then I began smoking, again. At age twenty-four, I became pregnant. Again, I tried to quit, cold turkey. After three days, my Father bought me a carton, and I went right back to smoking. Fortunately, nine months later, I gave birth to a full term seven pound fifteen ounce baby boy. The year was 1987, and after the baby was born, I continued to smoke until age thirty. At age thirty, I started therapy for some emotional issues. During each session, I would step out for a smoke, which prompted the therapist to suggest hypnosis. I had hypnosis six times, in total, always going back to smoking after about the third day. My Family Physician, my Parents, and Friends really began to irritate me whenever they would see me smoking, and finally, at age forty, I agreed to try the Patch. After seventeen hours the skin beneath the patch began to blister, and itch. By the time I went to the Doctor the next day, the Patch had to be removed, as I had hives everywhere on my body. Even my tongue and the soles of my feet. I lit a cigarette up in the car on the way back from the Doctor's office, and felt like I would never be able to quit smoking! Each time I tried to quit after that, within three days, I would inevitably have a stressful day at work, and begin smoking again. I tried the lozenges and the gum, and each time, I developed hives within twenty-four hours. I was researching homeopathic cures for smoking in February, 2013, when I saw an

ad for electronic cigarettes. After a little research, I was stunned to learn that the FDA doesn't consider Nicotine a Carcinogen,

unless it is a by-product of Tobacco smoking. So, I ordered a Provari. It was delivered on February 21, 2013. I have not wanted nor have I smoked a cigarette since, and after the first three drags on the Provari, I preferred Vapor! I like being able to choose my Strength of Nicotine, as well as my flavor of e-juice. I love being part of the supportive community of Vapers. It is NOT an exclusive hobby, but rather, an inclusive, and extremely helpful group of people that support each other's decision to choose not to smoke for whatever reason! I have now also purchased a Vamo, am vaping less nicotine, but enjoying it far more, because my body, hair and home are fresh and clean. My husband enjoys my vaping because our home smells like heaven, he says, and he's very happy that I quit smoking, because he enjoys my company! My Chihuahua is happy to breathe freely in her home, and she enjoys the walks that I am now able to take with her. I have not experienced any cough, or negative side effects, at all. My blood pressure, and Blood Glucose readings are now normal, for the first time in my life. Thank-you for representing us, the Vaping Community. If the Federal Government really

cares so deeply about our health, why are they still selling Cigarettes? I believe their interests to be over-reaching and worse, their motivation, to be purely for their gain, NOT MINE! Thank-you for your time.

Kerry Shotsman Colorado Springs

6/24/2013 2:36:00 PM - VapingRulz

I started smoking in junior high, in the early 70's, when it was "cool" and nearly everyone smoked.

Despite many efforts to quit my 1-2 pack-a-day habit over the next 37+ years, I was unsuccessful except for one single quit attempt in the early 80's that lasted nearly a year before I relapsed.

I felt like a failure because despite my fervent desire to stop smoking, none of the methods I tried worked.

I thought I'd die as a smoker.

Cold turkey, hypnotism, nicotine patches and gum, and even laser therapy - all dismal failures.

After my 3rd annual bout with pneumonia in 2009, I was sick and tired of feeling sick and tired.

A co-worker told me about e-cigarettes so I figured it was worth a try.

On October 16, 2009, I received my first e-cigarette kit - and I smoked my last cigarette.

I have been a non-smoker for over 3.5 years now, something I once believed was impossible. E-cigarettes are a miracle for people like me... and there are a LOT of people out there like me.

I no longer have to deal with bronchitis or pneumonia; I have not had a single problem like it since I switched from tobacco cigarettes to the electronic version.

I can breathe again, walk and breathe at the same time, and even climb stairs without feeling like I am dying.

I don't stink, my car and house no longer reek of stale smoke, and my family of non-smokers is VERY happy!!

I recently gifted an e-cigarette kit and supplies to a 35-year-old hard core smoker who was hospitalized for an extended period of time and was risking her health further by trying to leave the hospital to smoke.

She was skeptical about e-cigs but willing to give them a try. For more than two weeks now, she has been using her e-cigarette exclusively:

no more trips outside.

Her recovery is progressing at a better rate than it was when she was smoking.

To her own surprise, she likes vaping as much as she liked smoking, and it is my hope that she will never smoke again!

6/24/2013 3:09:00 PM - John Haste

HISTORY ========== I had been a smoker for 35 years, starting at the age of 9.

Yes, 9 years old, this is absurd when I think about it today.

By the age of 16, I was consistently smoking 1 1/2 pack per day.

My world basically revolved around looking for that next cigarette or where is the nearest gas station that I could buy another pack.

From the age of 9, I continued to smoke for about 15 years without flinching.

I was raised around smokers.

My entire family smokes or has smoked at one point in their lives.

It was somewhat of a way of life in my childhood.

In fact, to this day I still am somewhat soothed by the brief light scent of a fresh cigarette smoke in the air.

It makes me think of my dad and that is comforting.

But, you can't blame your past for your present, so don't go there.

In my mid-20's, I had children and knew the research about second hand smoke and all of the adverse effects that it could cause for my children.

I began making efforts to smoke outside or away from my children.

I also made several attempts in that time to quit smoking "cold turkey", and failed miserably.

Then I began trying some of the Nicotine Replacement Therapy products, first with "The Patch"...

EPIC Fail!

I ended up making myself sick because I'd be smoking at the same time.

After that, remembering how sick I felt while smoking on the nicotine patch, I tried just chain smoking myself to sickness again to see if that feeling would give me the willpower to quit (stupid, I know but a few of my friends suggested it).

Fail!

In my early 30

6/24/2013 4:53:00 PM - Ryan R

I got tired of not feeling well, so I started using the E-cig "Ego-C"

and ever since then have never looked back, I have been Cigarette free for over a year now.

6/24/2013 4:53:00 PM - Nick Green (GrimmGreen) from Reno NV

I was a smoker for probably 14 years all together.

I paused many times cold turkey, sometimes for years at a time, But smoking is more than just nicotine.

Being in a band, living near casinos, going to bars.

It was not just the nicotine I was craving. It was the social aspect,

the hand to mouth, the inhaling and exhaling.

I loved smoking and figured that I would just keep smoking until it killed me.

While preparing a trip to LasVegas I started looking online at "fake cigarettes" I figured such a product had to exist.

I discovered electronic cigarettes and felt for the first time that this is something that could truly help me get away from tobacco.

Fast forward to today and I have not had a tobacco cigarette in over 4 years.

Using electronic cigarettes has not only kept me tobacco free, but I can feel good about using them, and encouraging others to do the same thing. They have literally changed my life.

-Nick

6/24/2013 4:55:00 PM - Corey Smith (cancercow) Redondo Beach, CA

i started smoking when i was 10 years old. i smoked for almost 18 years. when i was 19 i was diagnosed with Stage 4 Lymphoma. i had tried a few different things in attempts to stop smoking over the years and E-Cigs are the only thing that has actually worked for me! i tried the pills, the cough drop style nicotine lozenges, the gum, and snus. none of it worked accept for the E-Cigs. i haven't had a Cigarette in a few months now. And i don't want them anymore. Since i quit i have been able to breath again and i don't get winded, i also haven't gotten sick since i quit which is very strange cause everyone i know has had the flu or some kind of cold and been around me for a great deal of time and it would normally of gotten me sick before. Please don't take E-cigarettes away from us, they worked for me. Please do studies before you do anything rash like ban them before you fully understand them. thank you for reading my story i know its not in depth but if you want a full account of it please feel free to ask me and i will write out a longer more in depth version for anyone to read. Cancercow@yahoo.com

6/24/2013 4:55:00 PM - BJ RUDY BABA

I've heard vaping before from friends and at first I thought it was stupid. I mean come on fluid based product? Can satisfied your ciggarettes craving? That's insane. I really didn't care. So I continued smoking at a rate of 2 packs of 20's a day. It's all started on a good friday holidays when me and my family were out on the mall and I saw an e-Go pv on the shelf and thought ; hhmmpphh..why not?..so I vape..at first my throat were like killing me..and I still smoke my regular cigarettes but know decreasing at 1 packs of 20's a day. Then somethings change the food i tasted it's like all the flavour a enchancing i taste better.And when i woke up in the morning i don't have this headache that i've got every morning. Then after two weeks i was smoke free.It's been 4 months since my last cigarettes and i feel great. At first i took an 18mg of nicotine in my liquid, then it dropped to 12mg,9mg,6mg and now i'm smoking 0mg nicotine. The addiction is gone but my bad habit is still there and i'm makong my own liquid now to ensure the hygenic quality of my liquid.And my wife never complaints about my tobacco odour anymore and i can vape on my dinner table thus spending all the time that i've lost whioe i'm taking a puff outside the house while my wife is attending my children ajd now i got those time back. This is a shortcut to stop smoking tobacco product and it's been proven effective and plus it's healthy.

6/24/2013 4:57:00 PM - Raider Chic

I had my 1st cigarette at age 9 and was smoking a pack a day by age 14.

I found ecigs 440 days ago and haven't touched a cig since! They have saved my life.

My world is no longer controlled by where I can have my next cig.

I can breathe!!

I am so thankful that I found ecigs, they have changed my life.

6/24/2013 4:59:00 PM - Cal Reigle Lebanon PA

I started smoking at the age of 21, it slowly grew to smoking over 1 pack a day, I was always skeptical of Electronic Cigarettes when it hit the market, but a girlfriend i had at the time pushed me to try them. And what can i say, it worked, i cut smoking down to not smoking at all. I quick smoking for a lengthy time, its true, sometimes i have a few, usually when im drinking, but it has successfully helped to reduce my smoking. Electronic Cigarettes really do work. I feel more athletic, I can breathe better, and I feel alot better. I would hate to see any more crack downs on this industry, as it has become the most successful smoking aid used by so many people in the world.

Ive now been using electronic cigarettes for close to 2 years, and im going strong. Ive even converted a few of my friends over, and they are all successfull quitters as well. It worked for me and my friends, and so many others.

My exact method of E-cig use right now is a Vamo Mod with a rebuildable atomizer, my past was Blu smoke, and V2 cigs. When i do decide to spark up a cigerette its never been what it used to be, 3-5 a day at best.

Please dont cut this out of my life, my friends lives, and everyone else. It has created such a better life for myself personally. Thank you so much for your time to listen to my story.

6/24/2013 5:00:00 PM - Jeremy

I began smoking ~15 years ago while in college.

In school I was a relatively light smoker -- about 1/3 to 1/2 a pack a day, mainly lighting up during study breaks and at parties.

After school I got married, and at the urging of my wife (tried to) quit smoking.

While I was largely successful, I had repeated "relapses" -- I would frequently smoke when travelling or otherwise away from my family.

I rarely went more than six months without indulging in a pack or two of cigarettes or chewing tobacco.

A few years ago I went through a very stressful period in my personal life, and immediately picked smoking "full time" back up as a "coping device".

Life returned to an even keel, but this time I was unable to put the cigarettes down -- I was up to about a pack and a half a day and couldn't seem to get free of them.

This despite the fact that I felt awful, coughed incessantly, my allergies were off the charts, and I would frequently have asthmatic-like episodes.

I tried off-the-shelf NRT methods; nicotine gum helped some with oral cravings but not enough -- eventually (within a couple of weeks) I'd be back to smoking (sometimes finding myself lighting up while chewing the gum).

Similarly with patches -- only they did nothing for the oral craving.

I once made it to the 2nd step down in terms of nicotine content on the patches, but my skin was crawling and I was going crazy for a smoke practically 24/7 -- again, eventually I'd find myself ripping the damn patch off my skin (leaving that hideous sticky red irritated spot) and feverishly lighting up.

I think by the time I'd give up and buy a pack of smokes my wife would practically applaud, because the withdrawals would leave me so unpleasant to be around.

I went 2+ years as a smoker who hated it and was desperately trying (and repeatedly failing) to quit.

I tried cold-turkey, NRTs, just stepping down -- nothing worked for more than a few weeks.

Each failed "quit" just made me feel that much more defeated; made it feel that much more impossible that I wouldn't end up with emphysema/COPD pulling around my oxygen bottle on a cart, or dead of lung cancer.

(And even those gloomy prospects, despite their looming inevitability in my mind, did nothing to help me quit smoking.)

Then -- I discovered a marvelous device called the Ego-C.

That was over a year ago.

Within a week of starting with the Ego, vaping 24 mg/ml juices from various vendors, I was no longer lighting up the real thing.

At all.

I've gone nearly 18 months without a single relapse, including being on travel.

I've gradually moved on to more sophisticated mods, but still fondly remember that simple, quality little Ego as the thing that FINALLY broke me free.

As time has gone on, I've also very gradually and pretty much painlessly reduced the nicotine content in the juice I use.

Within a month or so I cut down to 18 mg/ml, then eventually to 12, and finally a couple of months ago down to 6.

Whereas early on I was as dependent on my e-cig as I had been on the real thing, I now find I can go many hours, even days, without vaping and not experience the horrible cravings, irritability, and other withdrawal symptoms that would set in with even a half a day w/o cigarettes.

In short, thanks to e-cigs I have been completely smoke-free for well over a year.

I breath better, I feel better.

I don't have to have that 1st smoke of the day as soon as I wake up (despite it making me feel a little sick).

I'm not ashamed, trying to hide my filthy habit, skulking around to avoid being vilified.

I'm not spending hundreds of dollars a month on something I know will kill me.

My clothes don't stink.

My garage (where I "hid" my habit) doesn't reek.

I'm not worried about second-hand carcinogens clinging to me and harming my children.

I can spend more than a couple of hours in settings where I can't smoke without losing my mind.

The only downsides I experience: I have to pay attention to keeping batteries charged.

I have to fuss with sometimes cranky and somewhat messy vaping equipment and juices.

All in all, a fabulously positive trade-off for me.

6/24/2013 5:03:00 PM - Keith K from Littleton, CO.

I started smoking cigarettes at the age of 15, or 24 years ago. For the first year I did not inhale since I was worried about lung cancer, but still wanted a place to fit in socially. I finally started to inhale when a couple of friends made fun on me for not inhaling and thus began 22 more years of lung damage and 4000 chemicals being introduced into my body 15 to 20 times a day. From the age of 28 until the a couple weeks after I quit, my presence could be identified by a single cough every 2 or 3 minutes, whenever I was awake. Twelve months ago, a co-worker told me that he and his wife, had quit smoking and now only used e-cigarettes. They showed me their equipment and explained that his wife had quit almost completely and now only used zero nicotine juice on a rare occasion when a craving hit. He explained that he was using a low nicotine juice and never smoked anymore. They both told me how much better they felt after less than a year. Eleven months ago I got my first e-cig kit in the mail along with 2 or 3 flavors of juice. I finished my pack of cigarettes on July 31st 2012 and moved to e-cigs immediately and exclusively. The only time I have smoked a cigarette since then was 2 times a short time after I switched, out of curiosity to see if cigarettes produced a different feeling. I have also had a single cigarette on a few occasions while drinking with friends. My total number of cigarettes smoked in the past 11 months is fewer than 15 or less than 3/4 of one pack. From the middle of August 2012 until January 2013, I smoked 0 cigarettes. Since I have quit, my blood pressure has dropped from 145/95 to 130/88, my cough disappeared over a 3 week period and my ability to exercise vigorously, has improved dramatically. 2 days ago, I climbed a 14 thousand foot mountain peak without difficulty, something I would have struggled greatly to do last year. My lungs have cleaned themselves out in a dramatic way and my ability to efficiently provide oxygen to my body is nearly on par with people who have never smoked. I have used e-cigs heavily and daily during this entire time, so the improvements have occurred while using e-cigs. If that isn't reduced harm when compared to a cigarette, I don't know what is. In fact, if you ask me what negative effects e-cigarettes have, I would be unable to tell you of any that I have been able to notice. I have told many smokers about my experiences and several of them have tried to do the same thing that I have. Results have been varied and with the biggest complaint being that e-cigs are just not the same as real cigarettes. They are correct when they say that. A regular cigarette is not just the nicotine and it shows. There are additional chemicals that make them much more addictive. After an hour without a cigarette, I would begin to feel deep cravings. With e-cigarettes, I can go for multiple hours without feeling any "need" to get a hit. The habit has been reduced to one of my choice rather than dictated by my chemical craving.

I have found, that this method is the only one that has broken my smoking habit as I have tried the patches and gum in the past with very quick failure rate. The difference with e-cigs is the vast choices of nicotine levels, flavors and the fact that you are still performing the familiar task of picking something up and inhaling a vapor that feels a lot

like smoking. Over a short period of time, your body cleanses itself of all of the chemicals found in cigarettes and you are left with just the nicotine. If you have a mindset to stop smoking immediately and permanently, e-cigs make it very easy. My mindset was to switch and stay that way, however, I think that I could quit completely if I wanted to. The effort and discomfort would be considerably less that quitting cigarettes. If you are a government official or politician considering banning e-cigs, I implore you to back off and leave this product alone. This product is a prime example of the free market bringing a solution to a problem, at a far cheaper price, than the highly regulated pharmaceutical products previously offered. Adding regulation to this product or high levels of taxes will eliminate the motivation for some people to use this product and therefore eliminate one path away from cigarettes. To make any assertion that e-cigs are not less harmful, is simply an uninformed, unintelligent and politically motivated statement. The science simply doesn't support banning this product.

6/24/2013 5:05:00 PM - Sandlin

Hello , I smoked for 26 years and tried to stop many times . The Patch, Gum, and Cold Turkey! I was able to stop cold turkey for about 3 months, but each time I started back.

Three years ago I bought an e-cig and my life changed from day 1. At the time I had 2 packs of cigarettes in my car which I gave to my neighbor my 2nd day of owning my new e-cig and have never picked up another cigarette. I have over time reduced my nicotine level from extreme high to just 12 mg.s and continue to do so . I have more energy and am sick way less often now.

6/24/2013 5:05:00 PM - Adell Rose, Cambridge, OH

I

started smoking when I was 13

despite the fact that I had asthma. I

loved it and called it my " sanity" for many years. Doctors

would tell me over the years that I

needed to quit,

but I

never had any intention to.

Around the age of 24 I

started getting

bronchitis a few times a year along with a wheeze that never went away.

I still had no intentions I of quitting. By

age 32 I

was getting pneumonia a

few times a year and ended up going to see lung specialist.

He

told me that I had early signs of COPD

and needed to quit

smoking NOW. I

tried " cold turkey".

That lasted about 2

days and it was so hard I

just decided to not quit. That following winter I

realised I was paying for that decision. I

got pneumonia

twice within 3

months along with plurecy.

The pain sent me screaming to the hospital. I

knew I

had to quit,

but it was a failure every time I'd try. I

ended up getting a pneumonia shot so I

didn't getit

again for a while. I

tired

Welbutrin

and other antidepressant medications that were supposed to help take the edge off withdraw. I

tried the nicotine gum

ONCE. ewww! I

just figured they would bury me with a pack of cigarettes

because there was no way I was going to be able to quit.

Then I

met my now fiance,

John. And John had a friend that introduced him to an e-cig

that took the nicotine liquid. I

thought it was weird tasting and didn't like it much. I

didn't know then that it was because the unit was old and just had a burnt taste to it.

Friends with "mods"

would come over and let us taste the " new juice"

he just got and some of them were pretty amazing.

The more I

tried... the more I

liked it.

So in February of this year, 2013,

John and I

got ourselves starter kits with 2

batteries and 2 Kanger t3

tanks.

The day it came,

I

filled one up with liquid and vaped

on it all day without even wanting a cigarette.

Two days passed,

three days,

four days. I

couldn't believe it. I

had done it, I

quit smoking. I

was in shock.

And within 2

weeks I

wasn't wheezing anymore.

My chest didn't whistle with every deep breath. I

wasn't coughing up a lung every morning. I

didn't get winded by walking up the stairs.

It's been almost 5

months and I

have bought only 2

packs of cigarettes in some pretty stressful situations.

But real cigarettes give me a sick feeling and takes me a long time to get thru them. I

started vaping

at 18mg

nicotine and am down to 16mg

now. I

plan to keep slowly bringing down the nicotine content until I'm at 0.

I've got my sister to quit smoking by buying her one.

And John has several people at work that have also quit by providing them with information on the products out there.

If they were harder to get or more expensive, I

probably wouldn't have put the effort forth to do this and I'd still be smoking.... slowly killing myself. My doctor is proud of me and I

am proud of me.

6/24/2013 5:08:00 PM - Steve (England)

I smoked for 20 years, never really that heavy, but always when socialising. I was introduced to Ecigs a few months ago before a trip to Las Vegas, as I really did not want to smoke anymore.

As soon as I found the right ecig(Innokin/vamo), for me, that was it. I will NEVER smoke again. When I was in Vegas (had only been vaping 3/4weeks) I did try a analog and was nearly sick. I took one drag and gave the packet away to some guy in the bar who had just got married.

I smell nice, my teeth stay clean, but more importantly I am NOT killing myself or anyone around me. These are the greatest invention to save many millions and millions of lives, and you have people/governments trying to ban ad severely restrict them...what a joke(except it is not funny)!!

Just for your information, while in Vegas , 2 bars (Coyotee Ugly & Hakkasan club) refused to let me use my ecig, but I was told smoking a regular cigarette was ok..that is complete madness. People must be educated about this, and we must spread the word. I have now convinced 3 people from analogs to ecigs as well.

We must be able to continue vaping.....millions and millions of lives depend on it!

6/24/2013 5:09:00 PM - Daniel Walder, Inverness, UK

I smoked rolling tobacco for 27 years, but have been wanting to quit for about 20 of them, I have tried all NRT products- Gum, Patches, Nasal sprays, Champix, Hypnotherapy.

None of them worked until I picked up a cheap disposable E-cig from a local store, it was OK, but I needed more Nicotine than the 16mg it stated was in it so I researched on the internet for a few months, watching reviews, reading testimony's until I found the perfect device and E liquid.

I started vaping on the 22nd December 2012 and I have not had a cigarette since I had my first puff on the E-cig.

It has totally changed my life for the better, I am no longer out of breath, I smell nicer and feel twice as fit as I was

6/24/2013 5:10:00 PM - MSfight.org

After being diagnosed with Multiple Sclerosis, (MS), I realized that it was critically in my best interest to stop smoking immediately.

When I was first introduced to Eclipse cigarettes in 2003, I took one drag and had the same feeling and experience as if it was a real cigarette.

I immediately stopped smoking without any issue.

For the next 3 years I used Eclipse cigarettes in order to "Vape".

I called them "Vapor Sticks".

When given the opportunity in 2006 to try an electronic cigarette, I was immediately sold.

The electronic cigarette produced no smoke, no lingering odor and had no harmful chemicals and pesticides like regular cigarettes.

They just produced "Vapor".

Since July 2003, I have not had a tobacco cigarette ever again, and no desire to have a tobacco cigarette either.

The electronic cigarettes help reduce stress, which is bad for MS patients, and help with Muscle Spasticity as well.

With reduced Muscle Spasticity, there's also a lower level of muscular pain.

When I go to the doctor for checkups, I'm told the my breathing is fine and my lungs are clear.

I don't get winded or out of breath.

After showing the electronic cigarette to 4 different doctors, not a single one of them told me they were dangerous and that I needed to stop.

I can even "vape". use the electronic cigarette at my appointments, examination rooms and even in the emergency room at the hospital.

I also found out that a lot of the nurses at the hospital also owned and user electronic cigarettes.

Looking into the liquid that was used by the electronic cigarettes, I found that it contained glycerin and nicotine.

I wasn't concerned with the glycerin because it was an ingredient in everyday COOKIES that we eat.

It's said that Nicotine is addictive.

That's fine.

Then the nicotine hurts your wallet, but it doesn't hurt you.

The Nicotine Patch and Nicotine Gum is sold Over The Counter, (OTC),

without a prescription needed.

If it was harmful, it would be like selling OTC suicide.

There is NO Second-Hand Smoke.

There is NO Lingering Odor.

There are NO people walking around smelling like a stale ashtray.

There are people that have made it their life long quest to eliminate cigarettes from the face of the earth.

NEWS FLASH:

Electronic Cigarettes will eliminate the need for traditional cigarettes and all of their harmful effects and odors.

The only thing that remains, is the US Government attempting to classify electronic cigarettes into a category that they would be able to HEAVILY TAX them.

www.msfight.org

6/24/2013 5:12:00 PM - Tammy Mathews

I am a 53 year old female. I smoked cigarettes for thirty seven years, I tried to quit using Chantix but had very bad side effects from Chantix. So I wasn't able to quit. On December 10th of 2012 I started Vaping with a Ego C twist battery and a Pyrex tank and cartomizer filled with e-liquid and have never wanted another cigarette . Now six months later my memory is better, I can breath, I no longer cough in the mornings. Actually I don't cough at all. I can taste food again and smell things that I couldn't when I smoked. My last chest x-ray of two weeks ago was clear! My doctor is amazed at how much better my health is. And the least of it all is my hair and clothes don't stink anymore from cigarette smoke and my husband enjoys kissing me with out me tasting like a cigarette .

6/24/2013 5:12:00 PM - Patrick Verseput, Netherlands

My name is Patrick, 43 and after 28 years I stopped smoking around 4 months ago. In January 2013 I got in contact with my first electronic cigaret on a health seminar. I had the opportunity to try one and I liked it so much that i bought 2 to take home. I used them at home and regular cigarettes at work. After some research I bought my first reusable electronic cigarette.

Two weeks later on February 9 2013 I stopped using regular cigarettes completely and only use my electronic cigarette.

I never tried to stop. But now i'm glad I did. My smell improved, if got more air when I walked the stairs and no more nasty smell in my car or the house.

It saved me from one wrong habit and probable added a few more years to my live.

Please don't ban electronic cigarettes.

6/24/2013 5:17:00 PM - Shawn Duncan (ShowMeSmoke) from St. Louis, Mo.

My smoking life started in 1988.

I was eleven years old.

Everyone in my family smoked, so they were easy to get my hands on.

You see, "big tobacco" did such a good job marketing on TV, print etc. back in the old days, my whole family smoked.

Mom, Dad, grandparents, aunts uncles... everyone.

It was so normal, a non-smoker would seem odd with these people.

After 25 years, I had finally had enough. My grandfather died of emphesyzma, and this made me determined to quit.

I have 2 small children and did not want them to inherit the habit, as I did.

I tried patches, I tried cold turkey, I tried pills, I even tried auriculotherapy (sp?).

Nothing worked.

The biggest problem was, while I was ready to quit smoking, in my heart I truly enjoyed it.

It was a hobby of sorts, something I liked to do.

I just didnt want it to kill me.

I had wished there was a better way...

One of the biggest forces to push me towards getting away from cigarettes was my 8 year old son.

He came home from school telling me some kids told him he "stunk", which came with a note from his teacher asking us to send him with some deoderant.

Can you imagine how emberassing it was to realize you are putting your child through some pretty harsh circumstances, that he has absolutely no control over?

It had to go, there had to be a better way.

Then, a Miracle happened.

A good friend of mine showed me a electronic cigarette and invited me to try his.

I was blown away.

I could not believe that I could smoke and only ingest nicotine while doing it... no more chemicals, no more smell, no more negative social stigma.

I jumped in head first, and bought a starter kit.

The weeks following I immersed myself in the world of vaping.

The biggest draw for me was two-fold.

Being a Chef, not smoking meant my taste buds were improved... thus helping me improve my work, just by tasting everything as it was, without a diminished taste from cigarettes.

The other big plus for vaping was flavor.

With literally hundreds of flavors of e juice available, I set forth a mission to try them all.

I am so happy I have done this, its become a secondary mission of my life, to help other people who smoke to discover the better alternative.

I have more energy, I sleep better, Waking up doenst come with coughing and gagging.

Food tastes better, my kids are happier and overall my life has improved from just putting down the cigarettes, and picking up a personal vaporizer.

I will tell you, I believed that I would be the very last person to quit smoking cigarettes.

I knew that I enjoyed them so much, I enjoyed the act of smoking, exhaling, playing with the smoke, making smoke rings etc... sounds odd, but its true.

Today, I am happy to say I am completely smoke free, I am now a full time Vaper. I enjoy this more than I ever did smoking cigarettes.

I have reduced the amount of nicotine I am taking in my juice to the minimum levels, and have no plans of "quitting", but to be able to have replaced something that was killing me for something that won't puts a big smile on my face.

For this, I should be able to meet my grandchildren some day.

Thank you technology for bringing innovation to the world, for helping so many people get off cigs and onto a better method.

6/24/2013 5:18:00 PM - Jeff Las Vegas

How long did you smoke? 22 YEARS

How long ago did you start using a smoke-free alternative? Feb OF 2013

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? I use a Provari and a Tank for juice. I have not had a real tobacco product since I started.

Do you still smoke at all (and if so, how much have you cut down)?

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Stopped entirely

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? Never used them as I seen many friends fail with these products.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Breathing 100 times better. Sleep and waking from sleep is better. Everything wrong with me from smoking has gone away.

6/24/2013 5:25:00 PM - Beeds

Started smoking at 17 now i'm 48 started Ecigs april 2013 and havn't had a ciggarette since. Never tried to stop before but because of receeding gums my dentist recommended i give up, my gums are much better now no pain no loose teeth. I started with an ego style device using 12mg nicotine and now i'm still using 12mg but with a more interesting device..

6/24/2013 5:27:00 PM - Sye Palmer

I began smoking when I was just 12 years old, and by the age of just 20, I was smoking three 50 gram pouches of tobacco a week, more if I had the money. This carried on until in 2009, I was diagnosed with COPD. I tried to stop straight away, via the health serices NRT program. I tried nasal spray, patches, and gum - all of which I failed at miserably.

A friend of mine was visiting, and had an electronic cigarette. After trying it, I went on-line and purchased one straight away. It arrived, along with my chosen flavour of juice, and after charging it up, i began "vaping" - and I have never looked back, and have not smoked since.

Walking uphill is fine, as is other exertions I just couldn't do before, such as cycling, swimming, and generally getting about better. I feel in the best of health now.

My devices have moved on, I have noticed with every new set-up I buy, it's HEALTHIER effects also improve.

6/24/2013 5:30:00 PM - Ben Lauwers (xippix) From Belgium

I have been a smoker since I was 14. This was 20 years ago. I went from half a pack a day during the first 5 years or so, to a pack and a half this year. I smoked packs of 27 cigarettes, so I guess that would make it about 40 cigarettes a day. I have never been able to successfully stop smoking, I have tried nic patches, nic gum, pills, nic inhalers, basically everything available from pharmacies. Nothing worked for me until I discovered Green Smoke electronic cigarettes. They look like regular cigarettes, and they give out a reasonable amount of vapor. Since the day I got them delivered I hardly smoked anymore and when I did it tasted awful. In the week after I started with the Green Smoke e-cigarettes I smoked 4 regular cigarettes and then just quit. I upgraded to an eGo-C electronic cigarette and bought a Vamo and MVP shortly after. I feel great now, I have no urge to go back to regular cigarettes, I enjoy the taste of electronic cigarettes much more and I love being able to breath better again. Everything is starting to taste better, I can smell things better and my breath has gotten much better as well.

The only negative side is when you use fiberglass wick (silica), you can sometimes feel yourself breathing in small glass needles. This is easily avoided though by using a cartomizer or a cotton wick.

6/24/2013 5:33:00 PM - Kevin Lynch (Gainesville GA)

I was a 3 pack a day smoker of Pall Mall for over 47 years. I was getting a smokers cough that hurt my throat some times.

I have tried to quit in many ways, Patches, Gum, Hypnosis, and out right stopping). Nothing worked. Then I picked up a e-cig online (one that looked like a cigarette. I know I was on the right track so I keep researching it more and more then found a different kind of e-cig that did not look like a cigarette and that was the trick. I put the cigarettes down for good. Now I am smoke free and loving it, My cough is gone I can taste food again and I can breath good again. after almost 5 years not smoking my Dr. said my lungs are like a non smoker once again. So if you put a ban or tax the heck out of the nicotine I may not be able to purchase the nicotine and I am so scared that I would go back to smoking. If you ban something you should ban cigarettes first. My health is a testament to ecigarettes.

Kevin Lynch 3003 Mohawk Dr. Gainesville, GA 30501 517-579-3125

6/24/2013 5:53:00 PM - Kevin

16 months ago I was a smoker of 2+ packs a day for 25 yrs with asthma. I first started on the patch and didnt smoke for 3 months the cravings were intense and for the past 3 yrs i was getting asthma medication on a weekly basis was hospitalized twice for smoking with asthma.Then i found my fix and that was an electronic cigarrete it was the best thing i ever tried I havent smoked a single cigarrete since i bought my first e cig now i vape all the time its great.My asthma has almost dissapeared i can now walk and run and breathe very easy.Electronic Cigarettes are a billion dollar industry just waiting to happen. Nicotine does not kill you how you have to get it does. Electronic cigs are the best,makes you feel great,makes you smell better,and you will still feel like your smoking.

6/24/2013 6:00:00 PM - Brad C

Smoked half a pack a day for 20 years. On October 17, 2012 I bought an ecig from Volcano ecigs and a few different flavors of juice. I have not smoked ONE cigarette in the nine months since then and I never will again. Over that time I've found better and better equipment and even better juices than what I've started with. I actually enjoy vaping now MORE than I enjoyed smoking before. I had tried cold-turkey, nicotine gum and the patch before that. NONE of them worked even a little bit. Now I feel great, my taste and smell have gotten better, no heavy chest in the morning after smoking at night. It's night and day.

6/24/2013 6:10:00 PM - Ed Morgan (parrotflock) Gulf Breeze, FL

I smoked for over twelve years and I usually smoked just over two packs of Marlboro Menthol cigarettes each day for that time. I always liked smoking, but wanted to quit for my wife, who is a non-smoker. I tried to just stop, with no success. I tried the patch and gum, but they didn't work at all. I almost tried Chantix, but after hearing the side effects, I decided it wasn't a good idea. But in November of 2012 I saw a commercial for Blu ecigs and I tried them. The day I started using ecigs was the last day I smoked. I moved on to the Volcano Magma, the the Volcano Lavatube and I loved them. I became interested in the larger mods and bought several different ones. I now alternate between them and the Magma for when I need something smaller. For over seven months now I've been a vaper and couldn't be happier. I feel better, breathe easier, smell and taste have returned and there is no offensive odor anymore.

For me, vaping has become a lifestyle and a hobby. I enjoy tinkering with the different mods, tanks and even mixing my own liquids. I see vaping as an alternative to smoking. I gets me what I want without the hundreds of toxins in cigarettes. It isn't a cessation product, since I didn't quit nicotine and have no intentions to do so. The other products step you down until you are off nicotine, or at least, that is the idea. They don't work and I never wanted that. Now I have what I want with less risk to my overall health.

6/24/2013 6:10:00 PM - Andy

I smoked analog cigarettes for over 23 years and tried to quit many times. I switched to e-cigarettes 4 months ago and haven't had any urge to go back to tobacco.

6/24/2013 6:12:00 PM - Daniel13

I enjoyed the 5 years that i smoked tobacco cigarettes, never really wanted to quit as the nicotine had benefits in my life. i started off with a disposable so i could "smoke" around my girlfriend without bothering her, i liked it so i bought a kit to be able to do it whenever i wanted 6 days later i finally finished the pack of cigarettes i bought the day my kit came in. i smoked a pack and a half a day for exactly 5 years and quit on my birthday. 9 months later, i still enjoy it and still haven't had another cigarette. I still get the nicotine i enjoy but at a much lower risk to my health.

6/24/2013 6:12:00 PM - KevinB

I am currently 40 years of age and have been smoking since I was 17. I unsuccessfully quit using patches for three months in my 20's and then cold turkey for six months (also in my 20's). I was afraid to try Chantix due to many horror stories from using the drug. I felt I was at a loss.

December of 2012 presented a new avenue for me though. I learned from a close friend that he had been vaping and successfully eliminated his desire to smoke tobacco cigarettes. I had tried a product over a year ago but I felt it was lacking. It did not provide me with much help to curb my habit. It was one of those vaping accessories that looked like a cigarette and used cartridges. They tasted horrible and the nicotine hit was far too strong.

I purchased my first kit (vivi nova tank with an eGo-C Twist battery) at the end of the year 2012 and have now successfully kicked the cigarette habit. I have only had one cigarette up until this point (today is June 24, 2013) and I only smoked it out of curiosity. I have since upgraded to better products now that the technology is progressing and I know my investment is worth it.

I have to say that I abhor the smell of cigarettes and find that the smoke disgusts me. I am truly happy that I have managed to quit and I owe it to vaping devices and liquids. I feel more confident when I meet people now that I no longer smell of smoke. I feel I can play soccer with more endurance than I ever had and I no longer have coughing spells.

I do not usually get sick with colds or flus but I will note that I have not been ill once since using vaping products.

I started using 18mg nicotine strength propylene glycol (70%) / vegetable glycerin (30%) blends with usually fruity flavoring. I now vape 12mg nicotine strength with PG 50%/VG 50% blends using organic fruit flavoring.

I find more and more people are becoming interested in the products I use and I regularly educate them on devices and e-liquids available. Luckily the popularity is growing as more and more people are successfully kicking the nasty cigarette habit. There are a plethora of vape web sites with communities full of people like me who have quit due to vaping.

I think moving forward; we as vapors have challenges ahead. Politicians are not well informed about this industry and legislation around the world is showing this. Places that ban smoking are very hesitant to allow vaping purely because they are ignorant to what the device is and/or does. Education of the masses is imperative and legislation needs to refrain from acting hastily.

6/24/2013 6:16:00 PM - Robert Jones from Forney, TX

I smoked for about 25 years until last December (2012).

After getting my first e-cig, I was done with smoking.

I had one analog cigarette a week after starting e-cigs just to see if I was really done with them.

I threw it out before finishing it and have not even thought about smoking tobacco since then.

I recently passed the six month mark.

Over the years I had tried to quit several time, even once for a five year stretch.

This is different, I much prefer vaping to smoking and could never see myself going back.

Since making the switch, I can breath better, my sense of smell has come back, my cloths (or my truck, or myself) don't stick like an ashtray anymore.

As an amateur singer, my voice has improved as well.

My overall quality of life has improved tremendously and have made many new friends that are fellow vapers along the way.

This community has a great support group.

There is a multitude of people out here that are just as excited as I am to be free from the bondage of tobacco cigarettes.

6/24/2013 6:29:00 PM - John Kerr from Cambridge,Ohio

I smoked for 22years before switching to an e cigarette.I use a mod refillable tanks with variable voltage batteries. I stopped smoking entirely after purchasing my starter kit. With no transition time,i completely stopped smoking. I had tried nicotine patches, and chantix prescribed by my doctor with zero success.I started using a high nicotine level liquid at about 1.8% and have gradually reduced it to 1.4% since switching to an e cigarette in jan.of 2013.

I have noticed since switched that I no longer have shortness of breath, night sweats,and no more coughing and flegm in the mornings when I wake up.its been

so much easier to stop smoking with an e cigarette and gradually reduce the nicotine because it fills the physical hand to mouth habit without all the toxins associated with tobacco use.I love it and its been a life saver, quite literally.

6/24/2013 6:31:00 PM - Mike Harty

How long did you smoke? Roughly 10 years.

How long ago did you start using a smoke-free alternative? 6 months ago. (January 2013)

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Ego mod, 24 mg juice for the the entire duration.

Do you still smoke at all (and if so, how much have you cut down)? I do not smoke at all.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? I switched immediately.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? I tried wellbutrin for a month which did cause me to quit smoking but had unpleasant side effects. Once I stopped taking the medication, I started smoking again. I have also tried using the patch and/or nicotine gum and came close to quitting several times but never was completely successful.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Increased energy, better lung capacity, sense of smell returned, less intense cravings, more socially acceptable (less stink/smoke), returned to exercise, blood pressure returned to normal levels.

6/24/2013 6:32:00 PM - Casey Vitale

My name is Casey Vitale and I have successfully used E-Cigarettes or Vaping to quit smoking. I started smoking when I was 17 years old.

At that age I thought I would never get addicted and I was wrong.

Boy was I wrong. By the time I was pregnant with my first son I was ready to quit but the addiction had its hold on me and those 9 months were miserable. I even hate to admit, but I cheated and risked my own childs health while pregnant a few times. Always justifying it with my mother smoked while she was pregnant with me. Immediately after having my son I was right back to my pack-a-day ways. I got pregnant for a second time and again struggled the whole 9 months to completely kick the habit and again failed. I was bound and determined to quit so over the years I tried gums & patches. When they didn

6/24/2013 6:34:00 PM - Joe Plaziak

I smoked cigarettes for maybe 20 years. I quit once in 1997 cold-turkey but started again in 2000. In April 2013 I realized I had to quit and tried the patch, gum and lozenges but I always wanted a cigarette anyway. After trying e-cigs I have quit regular cigarettes entirely and do not have a desire to start again, it's been about two months.

Benefits have included the return of my sense of smell and taste, no coughing, better lung capacity and physical endurance, less sweating during exercise. Also I had a problem with sinus swelling for 3 years for which I used Afrin several times a day, that issue just disappeared after a few days using e-cigs. I am aware that correlation does not equal causation but the only changes were the addition of e-cigs and the removal of standard cigs.

Also under the "correlation-does-not-equal-causation-but-it-happened" column is that I have started to lose weight again. Last year I was at 260, lost 30 lbs and sort of got stuck there, after quitting smoking and starting e-cigs I am down to 220.

The thing about e-gigs is that they are a nicotine dosing method which mimics and betters the cigarette. With cigs there is a feeling of instant gratification, and you can smoke one or ten or none. With a patch, lozenge or gum the dosing is over a lengthier time at lower levels, which really doesn't answer the cravings effectively because cravings are mostly transient. Even better, e-cigs do not require the user to smoke an entire cigarette or waste one by putting it out halfway through, one can vape as much or as little as one wants.

Regarding complete cessation, I started with a strong nicotine content, 24mg, and am now down to 6mg. For whatever my self-reported experience is worth, I see myself completely quitting nicotine and not using e-cigs in time.

Regarding the cost and availability of e-cigs, it actually costs me more to use e-cigs as I was making my own cigarettes for many years and the cost was negligible. Patches/lozenges/gum were much more expensive, e-cigs are somewhere in the middle. However if e-cigs were something I needed a prescription for and cost too much, I most likely would never have started using them.

Lastly, if it matters, I use a Vision 400mah spinner with an Evod, a Kamry K100/AGA-T2(.9 ohm, 28ga, SS400, efest IMR18350), and a Vamo/ProTank.

6/24/2013 6:35:00 PM - James C

Smoked a pack a day plus for nearly 30 years. Tried various methods over that time to quit - gum, cold turkey, had a prescription for Chantix but never filled it because I was concerned about the side effects.

Tried e-cigarettes ("eGo-S" starter kit) a month ago and haven't smoked a real cigarette since. My local store offers e-liquid in 3 nicotine strengths: 24 mg, 11 mg and 0 mg. I have already switched to the 11 mg level. I have no urges to smoke, even at "vulnerable" times (after meal, social drinking situations with other smokers).

6/24/2013 7:24:00 PM - Fran aka pinkrat

I have smoked for 40 years over a pack a day... I tried quitting in the past using the patch which did not work, it made me want to smoke more. I tried chantix, horrible stuff, it made me want to kill myself and a friend made me stop using that stuff cause of that and it made me a very mean and crabby person also. I tried cold turkey, wow that did not work, surprise , lol...a very special family member bought a vapor e cig for me and much to my amazement I quit after 6 days of using it

, I cut down to 5 cigs the first day. My doctor actually told me that in his opinion (he had to say opinion cause there has not been medical proof to this) the vapor will actually help my asthma and WOW no asthma attract since I have been vaping... I live in Illinois where smoking is not allowed in public areas, even outside, and even though I quit smoking only 2 months , I still go to Indiana for many things I do because I still feel freedom is important. Restaurants have such good ventilation I can not smell smoke when I go to a smoking restaurant, and boyyyyyy can I smell things now that I quit smoking. I am 53 years old and I used to feel 73 , now after only 2 months of not smoking I feel like I am young again. While I have been using the vapor mod , I have not even gone through those mean , crabby , depressed stages. A great big thank you to who ever came up with this, you sure made my life much much much better.

6/24/2013 7:26:00 PM - Michael Tishman

I have smoked for 32 years starting at the age of 14. I've started e- cigarettes in late March 2013. I first tried a disposable e-cig and knew right away this could help me reduce or quit smoking tobacco cigarettes.

I haven't quit completely, but smoke perhaps 5 cigarettes compared to 25-30 on a daily basis.

I use 24mg strength liquid and prefer natural extracted tobacco flavors. Seems to taste and feel close to actual tobacco and is very pleasing.

My breathing and physical stamina has gotten much better over the last three months.

I first realized this running after my 2 year old granddaughter when she was riding her trike into a dangerous part of our street.

I ran like I did 25 years ago and was not short of breath as I usually am. Kind of shocked me how quickly my body seems to be recovering.

I sleep better, more productive at my job (work from home building websites and vape inside at my desk). No longer smell horrible and my sense of taste is coming back.

I use two ego c twist batteries with tanks and cartomizers. I recently ordered a Vamo v3 device so I can take advantage of variable wattage instead of just variable voltage.

Eventually I will lower my nicotine levels over time, but see myself as a vapor for life. E-cigs have really improved my quality of life and couldn't be happier.

Thanks for listening to my story.

6/24/2013 7:29:00 PM - Amber Overall, From Northern Vapers, Victoria BC

My name is Amber, and I am 25 years old. I started smoking at a ridiculously young age, and smoked for nearly 10 years, off and on.

When I was a teenager, I tried the nicerette inhaler - and it just caused me to want a 'real cigarette' more. I stuck with this for about a month before giving it up for the 'real thing'.

When I was pregnant with my first daughter, I gave up smoking because it made me feel sick - than once my child turned about 6 months old, I started again. it only took that one smoke.

The same thing happened with my second child. I quit, than started again once she was about 6 months old again.

I tried the gum around age 23, and was chewing up to 3 at a time, got angry with the lack of result (other than a numb mouth), and had a cigarette. I stuck with this for 3 months before giving it up as a bad job.

When I was 24, My grandmother brought back with her from USA an electronic cigarette. I was smoking about two packs a day at this point, generally Export'A Green, Dunhill, John Players Special, anything heavy and 'full flavour'. Most of these are nick named "Green Death", "Black Death" - you get the idea.

I tried the electronic cigarette, and at first simply substituted my morning smoke and random throughout the day cravings with it, though I did end up switching over to it completely within 2 weeks. As I used the e-smoke more, the cigarettes tasted worse and worse, until they tasted so foul to me that I started gagging after one puff.

Within TWO weeks, I had switched over to an e-smoke, and have been using one since the beginning of November of 2012.

I went through all the same sensations as I have each time I have managed to quit - coughing up the black stuff, feeling dizzy with all the oxygen making it in, upset stomach, etc. And after about a month of this, I was able to breathe, laugh without coughing, keep up with my children at the park, and I am not so tired anymore.

I also find I am no longer depressed. I always felt terrible while I was smoking, because I 'Knew" I shouldn't, and thus beat myself up mentally. I don't do that anymore, because I know I am not endangering anybody around me with the vaper, nor do I smell terrible, nor am I destroying my body anymore.

It is not near the end of June, 2013. I have been Vaping for 8 months, and won't ever go back to smoking.

I can even smell the flowers in bloom again - who would want to give that up ever again?

6/24/2013 7:47:00 PM - Barry A Spath Tempe, Az

I smoked cigarettes for over 45 years.

When I first became aware of e-cigarettes I thought they were an interesting new toy.

I had no intention of quitting smoking.

I played with my new toys for about 5 weeks.

The last three days of that time period I had not lite up a cigarette.

This was a surprise to me when I realized this.

I immediately lighted a cigarette, took one puff and threw it away.

It was terrible.

I could not believe how bad it tasted.

I have not had any tobacco since that day and that was four years ago.

I just got more interested in the hobby & using e-cigs.

I am having a great time.

The hobby aspect of all this is very exciting for me.

If not for this experience I would still be smoking tobacco today.

Never saw anything wrong with smoking.

Loved it.

Just love Vaping more!

6/24/2013 7:49:00 PM - Anthony L. Azevedo

I was a smoker for almost 43 years.

I tried the nicotine patches, the nicotine gum, and snus

and chantex which all failed miserably.

The longest I was ever able to go without smoking a cigarette was maybe 6 hours before the craving took hold.

Three years ago I tried my first electronic cigarette.

And after both smoking and using the electronic cigarette together for three days I quit the tobacco cigarettes and have been exclusively using the electronic cigarette for 3 years.

6/24/2013 7:54:00 PM - Catherine

I started smoking when i was 12 and smoked for 21 years, the longest i ever gave up for was 6 months, most attempts lasted a week at the most. I tried cold turkey (terrible for everyone around me lol), patches (useless), gum (disgusting), inhalator (nasty) and herbal cigarettes (smelt like fish!). I needed to give up, my health was being affected by constant colds and chest infections, it was rare that i wasn't ill.

I first discovered ecigs through my Grandad he had been using them for quite a while but i didn't think they were for me. Then my Mum died and i started smoking up to 80 a day. One day i came out of a train station and a stall was set up outside selling a famous brand of ecigs (won't name them cos i think they are rubbish), i bought some and took them home. The battery ran out too quick and so did the carts but while it lasted (between charges) i didn't smoke. I thought this could work for me but i need something better and started to research on the net. I got my ego-t in April 2011 and have been vaping ever since.

Since i started vaping i rarely get a cold and i haven't had a chest infection at all. I can run up stairs without passing out, i can actually breath! I no longer stink like an ashtray and neither does my home. Do i intend to give up nicotine, NO i don't! but i don't intend to give up caffeine either. Have i smoked since, yea i've had the odd one but they just taste weird now, i can't believe i actually use to enjoy smoking!

I keep reading about how ecigs are marketed at children because of the flavours, what a load of rubbish! We as adult vapers requested the flavours as many of us didn't want to vape tobacco flavours. Adults enjoy flavour, we have flavoured coffees, alcoholic drinks and even specialist icecreams aimed at the adult market. I myself have over 80 different flavours and only about five are tobacco flavours (that i rarely use). The different flavours are one of the reasons that ecigs work for me.

6/24/2013 7:56:00 PM - Dennis Chester from Muskegon, MI

I tried my first cigarette at a very young age.

It was the summer between 3rd and 4th grade, I was 9 years old.

By the time I turned 14, I was smoking a pack a day.

By the time I turned 25 it was a pack and a half, and I was woken up every morning by non-stop coughing.

I am 36 years old, and have not had a cigarette since February 4, 2012.

I had tried almost every method of quitting in the past without success.

My first attempts were cold turkey as I could never afford the over the counter quitting aids.

Those first attempts never lasted more than a couple of days.

My first attempt using a nicotine replacement therapy was the patch, and it worked for exactly two weeks.

I tried SO hard to not give in to the cravings, but the patch just could not deliver the satisfaction of smoking.

About a year after I tried the patch, I tried the gum.

I didn't even get through an entire day.

A year or two later I tried the patch again, with less than successful results.

Chantix became available shortly thereafter, and I tried it, but my wife begged me to quit taking it after two weeks because I had become very depressed.

As soon as I quit taking the Chantix the depression disappeared completely.

In 2010 a co-worker bought an e-cigarette kit off the internet, and let me try it.

I was unimpressed to say the least.

However, a electronic cigarette store opened in my area in 2011, and I decided to give e-cigarettes another chance.

With a portion of my tax return I bought my first electronic cigarette kit from the local vendor.

I used my e-cigarette at work exclusively the first week I had it.

The first week I had my electronic cigarette I went from a pack and a half a day down to half a pack a day.

The first day I went an entire shift without a single cigarette I went home, and told my wife, she too wanted an electronic cigarette after that.

The second Saturday after I bought my electronic cigarette was the day I smoked my last cigarette, that was 1 year, 4 months, and 20 days ago.

My dentist has commented on how much cleaner my teeth are, I no longer have to take my high cholesterol medicine, I competed in my first 5K, I have more energy, and I feel healthier than I ever have.

Without my electronic cigarette none of that would have happened.

6/24/2013 8:01:00 PM - Joe Coulter from Elyria Ohio

An ecig store opened up over a year ago in a small mall across the street from me. a little over 2 months ago I went in to look. I have smoked since I was 14 years old and at 52 was up to 2 to 2.5 packs a day. I have tried the fda approved patches, gum, pills, hypnosis that did me no good. Feeling like crap I went into that store thinking if I could cut my smoking in half maybe I would feel better. 3 days later I was smoke free.

In less than 2 weeks I noticed a huge improvement. I can breath easier, sinuses and smell has improved immensely. I no longer gag myself with coughing fits, I no longer drench myself in sweat when mowing the lawn. My energy at 2 months is a vast improvement and my wife says my attitude is much better. I feel fit. My teeth and gums are cleaner and healthier than 20 years ago just after 2 months!

If you are a politician reading this and want to be 100% worried about my health then please listen. This whole ecig thing is much safer, healthier, cheaper not only for me but those around me. People in ecig community want to help each other. I am truly excited about this life altering event.

Please do every thing you can to help myself and others to keep this going. None of us want non smokers or children to do this. This is for us. I ask not to follow but lead. Ask doctors and dentists who see patients and ask them. Do not rely on someone with a doctorate that reads data all day and writes synopses for a living. Big tobacco is throwing money to get this unbearably taxed as to allow people to keep smoking.

6/24/2013 8:23:00 PM - Rex F. from Los Angeles, CA

I'm 37 years of age and been a pack a day smoker since I was 18. Over a year ago I had switched over to e-cigs because no matter what I had tried to quit smoking it never worked. I had tried nicotine patches, gums and the classic "quit cold turkey" method. Needles to say, none of these methods helped.

My life literally changed for the better since I had found e-cigs. Since day one of me finding this alternative, I have never smoked a real cigarette. Many of my friends saw what I was doing and jumped on the chance to make a change. We all knew that smoking was bad, but it's honestly hard to quit. When they noticed a change in my general health, they were curious. They noticed that I would wake up and not cough anymore. My workouts, when exercising, was much more extensive because I seemed to have better lung capacity. That's because I was feeling the "burn" in my muscles now and no longer the "burn" in my lungs which made me stop. When they noticed these kinds of positives, they made the switch. Since making the switch, I have moved down from 21mg of nicotine to 3mg of nicotine in less than a year. This is pretty unheard of when it comes to me. When I was a smoker, it was extremely hard for me to go from a regular strength tobacco to a light cigarette. Eventually I'll go to a 0mg nicotine or quit completely. I don't want to be overly dramatic in saying this, but e-cigs has been a God send to me. Many of my friends who started to use e-cigs, because of me, have either completely quit or have reduced their nicotine intake considerably to the point that they can see the finish line to be completely nicotine free. Our lives have been positively impacted with the use of e-cigs.

6/24/2013 8:23:00 PM - Daniel Jones, Rosenberg TX

My name is Daniel Jones, i started smoking cigarettes when i was 15. i am 43 now. thats 28 years of smoking a pack a day, every day. Needless to say, thats a rediculous amount of money spent on cigarettes in my lifetime. And i feel like i did it because i believed i had to. i dont know how it got ingrained in my head that if i didnt have a cigarette, i was going to die. Probably because, once you get addicted to the nicotine and whatever else is in the damn things, going without them is seriously nerve-wracking for several days. so DONT run out- make sure you have your pack before you head out for the day. i even got to the point where my lungs would hurt, and having another cigarette would numb the pain. imagine that. the cigarettes themselves are what's making my lungs hurt, so i have another one to avoid the pain. that sounds like the beginning of the end to me. (if i STOP, im going to DIE).

as i got older, i began mulling over the myriad reasons why i should quit; for my health, for my kids' sake, for financial reasons. i've made many attempts to quit, one time pretty successfully for a year, but then start again when life gets stressful, your pack of cigs is like your miserable friend, youll never leave me, will you. In my many attempts to quit, i kept feeling like it was more than just the nicotine, it was something to do with my hands, that oral fixation, that time to step out for a break with friends. i've grown accustomed to blowing smoke. i enjoy that part of it.

i've tried 'cold turkey', nicotine patches, gum, wellbutrin... i had the most success out of the patch (no nasty tasting gum in my mouth) and just plain cold turkey. i've gone back and forth with the patch more times than i can count.

well i've recently discovered 'e-cigarettes' or 'vaping', and there are many aspects of it that are just far superior to smoking- no odor, variety of flavor, a little cheaper if you can restrain yourself from buying the next new gadget... it satisfies that desire to smoke, not only the nicotine but the 'blowing smoke' aspect too. i've only been doing it about a month, and almost immediately my desire to smoke a cigarette is gone. my lungs dont hurt. i dont stink, or litter the place with my trash. its a very exciting and liberating realization that i am off those things. i share my newfound interests with fellow smokers, in hopes they will try it as well. quite a few have, i guess my enthusiasm is infectuous =) My plan, which i've already started, is to wean myself from the nicotine, until there is none, and i will continue to happily puff away on my much safer alternative, because i enjoy it.

i dont know anything about the politics of e-smoking and whats going on- i dont feel like i can stand up to that kind of pressure & scrutiny so i pretty much stay out of politics completely. but i certainly hope that lawmakers will make educated & non-biased decisions about it. Thanks to CASAA for fighting the good fight. i dont want my habits to kill me. i dont want my options to disappear. the community of folks on ECF is like the

nicest, most helpful group of people i've found anywhere. We seem to share this amazing freedom from cigarettes, and we hardly had to do anything except be willing to try something new, and educate ourselves.

It has been 24 days since my last cigarette, i've saved $135 and avoided 500 cigarettes. it started by buying a disposable e-cig from a gas station, instead of my pack for the day. i found it got me through the day just fine. when the battery died, i think i bought another pack, because the disposable was too expensive for how long it lasted. but i began researching, and found a small rechargable of the same brand. more research, and i found ECF. i decided i was going to try to switch completely, so i used my rechargeable for a week or so, and ordered a better setup. when the new kit arrived, it was all over. once i tried some non-tobacco flavors, i couldnt imagine i had been smoking cigarettes for so long.

amazing amazing, i would recommend this to anybody.

6/24/2013 8:48:00 PM - Durb

I am 41 years old and started smoking at the age of 15 and went from cigerets to cigars and smoked them until about a month ago when I started using my e cig and from the first puff until now I have not smoked at all and don't miss it at all. I have tried pills ,inhaler method , nic gum , snus ,

but with no luck at all but

using my e cig worked for me and now my family and friends are happy . I don't get out of breathe like I did and don't smell like an ash tray. I enjoy using my e cig a lot, and very thankfull for them . Now all I use is my e cig and don't smoke at all and very happy vaping.

6/24/2013 9:55:00 PM - J. Scott Ballentine (Bullheaded67) Cleveland, Texas

I smoked for 30 years with occasional cold turkey breaks but during those breaks I was always reaching for that invisible pack of cigarettes and my weight always skyrocketed.

By the end of my smoking - I was smoking 1.5-2 packs a day of Camel Wide cigarettes.

I have been vaping (using an electronic cigarette) now for a month.

During that time I have never smoked a cigarette.

I have never had a desire to smoke a cigarette.

My quality of life has been greatly improved since I started using my vaping product.

My taste buds have started returning to normal - I have found I was over-salting food.

I now don't reek of smoke.

I don't have ash everywhere.

I am already breathing much better.

Sinus issues I have always blamed on year-round 'hay-fever' have almost completely disappeared.

Probably most importantly I am no longer exposing others to second or third-hand smoke.

My wife, best-friend and daughter now vape instead of smoking cigarettes.

I have a co-worker that has quit a 20 year habit after being introduced to vaping by contact with me at work.

In closing, vaping has truly changed my life and I think prolonged it as I am no longer inhaling all of the tar and myriad other harmful chemicals found when smoking a traditional cigarette.

I enjoy the fact that I can vape safely around others without harming them in anyway.

If I were forced to vape in the "smoker's area" it would be terrible - why expose ME to that danger when I have made the effort to stop it myself?

6/24/2013 10:45:00 PM - Chris D, Indiana (zip)

I will be 32 years old in July of 2013.

I started smoking the day I turned 18.

I was a 2 pack a day or more smoker.

To be honest I did not really want to quit as I enjoyed the act of social smoking, but I knew I should. I tried gum and patches. I even tried some special cigarettes that had lower nicotine content designed to get you to zero nicotine.

They sort of helped but I still wanted a cigarette and before I knew it I was out buying more cigarettes and was smoking more than before I had tried to quit.

In April of 2008 just a few months after my son was born my father died unexpectedly. Complication from pneumonia, I

6/24/2013 10:48:00 PM - Keenan mcfarlane from ottawa, Ontario, Canada

Hello,

keenan from ottawa here. I was a smoker for four years and tried quitting a good number of times with no success.

Twice,

i have tried with nrt gum and once with nrt patch.

I didn't get through more than two days with either.

I then taied an electronic cigarette from a local supplier.

It worked well and i reduced the amount of cigarettes i was smoking by two per day.

This was a long time ago however and the product had no nicotine and was poor quality compared to what is now available. I quit the ecigfor a year and continued smoking.

A year later i tried out a better ecig and got some nicotine liquid for it just to use in the winter when i didnt want to go out in the cold.

To my surprise, within two weeks i had no desire to smoke regular tobacco cigarettes at all and was completely cigarette free.

I still am.

And that was without even trying!

Today,

i have been using ecigs exclusively for over two years and i feel fantastic.

I can breathe,

smell and taste substantially better.

I can bike over 130 km in one day.

I can dive the length of an Olympic swimming pool i can enjoy the active life again even with asthma and i am a much healthier body weight (put on some pounds)

all with no effort.

Best of all i find myself much less dependant on my ecig vs when i smoked.

Sometimes i dont vape for 4-6 hrs and dont even notice.

This is a lot to be said considering 2 years and a few months ago i could barely go two hours without a cigarette. No more unfounded,

senseless

bans!

6/24/2013 11:07:00 PM - NonSmoker

I have been a smoker since a teen and at 50 years old I quit using e-cigs. I have been smoke free for 1 and 1/2 years now. Since stopping smoking I can do so much more without shortness of breath.

I have more energy. I enjoy my e-cigs menthol, but recently began using a vaporizer also. I like the dependability of the vaporizer and extended charge ability. Smokin' Vapor provides me with everything I need while on vacationing in Florida. Impressive amounts of everything I need. I wish there was more avalibility of such products in Tennessee.

6/24/2013 11:41:00 PM - Kevin S.

My name is Kevin, I'm 23 years old and live in Las Vegas, NV. I started smoking cigarettes in May of 2008, a few months after turning 18. I found out my girlfriend was pregnant and was stressing about doing well enough to graduate high school. It started out as smoking a cigarette once a day whenever a friend of mine would have any. I told myself once I graduate and stop stressing, I'd stop.

As more time passed, I started having more and more cigarettes throughout the day. Before I knew it, I would've smoked half a pack. Eventually, graduation day came. I was nervous, hoping I would receive a diploma and not a certificate of attendance. Fortunately, I did receive my diploma and told myself it was time to stop smoking, but there was a problem. Not only was I addicted, but I actually enjoyed smoking cigarettes to the point where I didn't want to quit.

Cigarettes had become an outlet, a break, from my day. Whether I was having a great day and wanted a smoke to heighten it, or having a terrible day and needed a break with few drags. I loved smoking, but I hated almost everything about it. I hated how the smell would just stick with me to where my daughter and girlfriend didn't want to go near me for a hug or kiss. I hated that I knew it was slowly killing me. I hated how I couldn't go for few hours or few drinks without having one before I get antsy and desperate for some nicotine. I also noticed I was starting to develop chest pains every morning I woke up and a quicker loss of breathe after more demanding activities. In the middle of August 2011, I decided I wanted to quit but didn't really know how. I tried to quit cold turkey resulting in complete failure. I thought about Chantix, but after hearing some horror stories of friends and coworkers, I was too scared to try it and didn't want to spend money on something that's not guaranteed to work. So I was back trying to cold turkey my smoking habit for the remainder of 2011 and all throughout 2012 with little to no success. I tried slowly cutting back and other methods like using toothpicks to straws to get over the oral fixation with no success. I even tried one of the e-cigs available at the time (I'm sorry I cant remember the name of the brand at the time.) It looked like a cigarette and was decent, but with the lack of cartridges and support for the product, I quickly went back to the traditional tobacco cigarette.

I gave up, and pretty much thought I was never going to quit.

2013 came around and I was still smoking,

then one day at work, a coworker said he was going to quit smoking. Two weeks went by until I saw him again, and he told me he's been without a cigarette for a week and still going strong. I was amazed, I had to know how because I couldn't get through a day. I asked and he showed me, it was an e-cig, but not the one I tried before. It looked much larger and heavier. I know now it was a 710 battery with a clearomizer and liquid. I was kinda confused at first but he let me try it. I smoked a cigarette and then gave the e-cig a

try. It was, different, but in a good way. I wasn't completely sold on it yet, but I did notice it was much better than the one I had tried before. I gave it back to him and thought about it. A week later, I saw another coworker with a similar setup with a battery and clearomizer. I asked him about it and he told me he had not had a cigarette in two months! At that point I had to try it.

It was now early April 2013, I had half a pack of cigarettes and waiting in line at the local smoke shop. I told the clerk that I wanted an e-cig, he pulled out one similar to the one I had before but when I saw a clearomizer, I told the clerk, I wanted whatever uses those. I left the shop with an AtmosRX Optimus 510 and two container of e-liquid with no name on it. For the rest of the day, I put it through its courses. I filled it with strawberry flavored e-liquid and began to vape. The whole day went by before I noticed I hadn't had a cigarette. It was amazing to me and I fell in love with it. I enjoyed being tobacco free until the e-cig died on me. That half a pack I still had, took me a week finish instead of a day and I would only smoke a cigarette when I was was waiting for my e-cig to charge. I eventually bought an eGo Twist battery to alternate when one was charging and different e-liquids such as my current favorite Villain Vapor's Bonnie & Clyde. After that pack if cigarettes was gone, I haven't bought another since. I started using e-liquids with 18mg of nicotine and now moved down 12mg.

I'm currently using Innoken's iTaste MVP with a Kanger Protank and my eGo Twist with a Kanger Evod. I have been tobacco free for 2 months and still am. If it wasn't for these products I'd still be smoking tobacco cigarettes. I'm proud to say that I've been able to convert friends and family to e-cigs and feel better that we're using a less hazardous alternative.

6/24/2013 11:44:00 PM - Zach P, Salem Missouri

I used to smoke off for awhile, and after getting a very stressful job I started back smoking analog cigs, however my job requires me to be very fast. So after awhile of that if was wearing me out, I couldn't keep my breath for anything. I smelled like an ash tray at work, which is also not good because I work around a lot of people. I eventually got tired of it and took the jump into the electronic cig world. It was totally different, I wasn't used to having to fill tanks and stuff like that, so I eventually went back to analog cigs for a short while. Then ended up buying a new ecig, the ego twist that made me realize how dumb smoking was. Vaping has so much more flavor, it's odorless, it doesn't slow you down, and I can vape anywhere without feeling as if i'm potentially harming someone else. It helped me get away from what could have potentially been a long term cig addiction. I even try to get people away from smoking whenever I can with the promotion of ecigs. Let people use mine for a few puffs just to see how much better it actually is. I think it is really crazy that there is anyway that anyone can possibly think that ecigs don't help people quit analog addictions.

6/25/2013 12:03:00 AM - Matt Brumley

My name is Matt; I am from just a medium size town from Kentucky.

I am 30 years old and have been smoking for almost 22 years.

Yes I started smoking when I was about 8 years old.

I know that sounds bad but it

6/25/2013 12:17:00 AM - Ali Brooks

My name is Ali Brooks,I stared smoking 16 yrs ago at the age of 15. My birthday is Jan. 3rd so in 2008 I made a New Years resolution that i would smoke my last cigarette on my 25th birthday. That lasted 1 1/2 days. For the next 5 years, i tried quiting numerous times cold turkey or using nicotine gum, patches & snus never quitting longer than 2 weeks. On my 30th birthday I bought a bicycle so i could go biking with my husband. We headed out & after 1.7 miles I was so short of breath I had to stop and sit on the sidewalk for 25 min. before I was able to catch my breath. We then turned around & went back home. I was so upset with myself I could not go on a bike ride with my husband at 30 yrs old. I decided I wasnt going to let my 30's pass me by like my 20's so I called my GP & made an appointment. He perscribed Chantix, I felt so hopeful for the first time in years. After 2 1/2 weeks of taking Chantix my smoking was down to almost nothing but I was acting very aggresive, irrational, and emotional. I started having severe mental health issues including suidial thoughts so I decided to stop the medication. That was so depressing & hard on me because I thought that was my last resort I had to quit. I also had the shame of telling my family & spouse I just wasted more money & Im still smoking. On August 24, 2012 I was outside on a smoking patio for work & saw someone with an e-cigarette, I went over & inquired about it. On August 25, 2012 I went & bought my tank, e-cig & liquid, and that is now the date of my last cigarette. Tomorrow will be 10 months smoke free!! 6 weeks ago I got my bicycle out again & my first time out I rode 6 1/2 miles!! I have my life back! I still use my e-cigarette everyday and have managed to reduce my nicotine strength considerably!

6/25/2013 12:21:00 AM - Susan V

I smoked for 19 Years. I started using ecigs almost 3 years ago (and only ecigs). I haven't touched a cigarette since then. Before the ecig came around, I tried Champex (sp) and the patch (which irritated my skin). I also used Nicorette Gum (which tastes like Aluminum foil) and I've tried the Nicorette inhaler, which gave me deep big rashes on my thighs and arms. Since I have stopped using cigarettes, I no longer wake up hacking my guts out. I can breathe easier and also don't have the excruciating chest pain I had while waking up from smoking too much. I am healthier and wealthier from switching to ecigs.

6/25/2013 12:48:00 AM - joe

i smoke to much for to long. its time to quit

6/25/2013 1:27:00 AM - T Wilson

I smoked cigarettes for 20 years.

I then switched to pipe tobacco for a further 10 years, due to cost.

I have tried many times to quit smoking either with the patch or cold turkey.

I was able to 'quit' for a total of 5 months at one point, using the patch.

However after that time, I found myself still suffering withdrawals strong enough to make me start again.

2 months ago, after the price of my usual tobacco jumped considerably, I decided to look into Electronic Cigarettes.

Small versions were sold at the counter of my usual tobacco shop and I'd heard they're not "the real thing".

I knew such a thing could only be bought online so I finally made the decision and looked around.

I ended up buying an Ego-C starter kit and fluid with nicotine from a Canadian vendor.

The day I started using it was the last day I technically smoked.

For 2 weeks I only used the E-Cigarette and didn't have any strong cravings for tobacco, despite having it still at my desk.

After 2 weeks I experienced dizziness, anxiety, mood swings and had lost my ability to "feel good" naturally.

I was preoccupied, unable to focus and anxious.

I wasn't sure what this was especially after 2 weeks without a problem.

After a lot of research I determined this was likely withdrawal from something other than nicotine.

I am otherwise healthy with no allergies or chronic ailments.

Nor did I experience considerable discomfort such as headaches or nausea.

Thinking it was possibly too much nicotine I cut the levels in my liquid by half, from 16mg to 8mg.

That made things much worse.

I then increased it to 20mg.

This was definitely too much and I reduced back to 16mg.

Throughout this time the above symptoms persisted but seemed to be lessening.

There were a couple of occasions I picked up my pipe again to see if it would help but it just made it worse and didn't make me feel "normal" again.

I had backed myself into a corner.

I couldn't quit nicotine cold turkey and tobacco now made me feel horrible.

I had almost no choice but to move forward.

One of the difficulties in all of this was that most people seem not to have this problem or not as severe.

I still have no answer as to why I experienced such extensive withdrawal but in some ways, after my experiences with the patch, I knew I'd need something more extensive than a 6 week cycle of the patch.

There are others out there that have had this experience and talked to doctors and they say that this is all normal reaction to quitting smoking.

The dizziness subsided gradually over a period of 4 weeks.

The above symptoms would come and go, despite the E-Cigarette.

Now at the 8 week mark, I'm no longer dizzy and disoriented but I'm still moody and anxious from time to time.

It's far better than it was weeks ago and I expect it to continue to get better.

On the positive side, I generally feel better, can smell and taste things better, don't cough anymore and E-Cigarettes have cut my 'smoking' budget by 1/3.

I don't experience any discomfort vaporizing and the nicotine levels are comfortable.

As for negatives, I can't state any.

Other than tobacco withdrawal I've experienced only an increase in my general health.

If there are any health risks associated with E-Cigarettes, I'll take those over a deliberately concocted bouquet of carcinogenic poisons that is commercial tobacco any day.

I hadn't planned on using it as a smoking cessation device, it was much less expensive, mimicked the smoking experience and without all the harmful compounds in cigarettes.

One thing is for sure is that I will never smoke tobacco again.

It is possible that one day down the road I may quit nicotine completely but based on my experiences above, I'm recommending to myself that I stay on a steady level of vaporized nicotine for at least 1 year to allow my body to completely settle back to normal.

After suffering through at least some of the tobacco based addiction, quitting the one component left, nicotine, will be fairly easy with gradual reduction.

I would and do recommend E-Cigarettes to anyone that is looking for an alternative to smoking or even someone looking for a more effective method of quitting entirely.

It can only save millions of lives, despite the tiny amount of harm that so far, current research is indicating.

I thought I would smoke my entire life and now I can confidently say I have quit smoking and am confident I can quit nicotine in the near future if I so choose.

It's been a challenge to get through the withdrawal but definitely worth not smoking anymore.

6/25/2013 1:33:00 AM - Y. Amarante from Quincy, MA

I started smoking cigarettes on a regular basis in 1983 - 30 years. I quit when I was pregnant with my daughter in 1988 but started again shortly after she was born. I unsuccessfully tried to quit in 2005 with the help of nicotine patches and gum; in 2008 with the help of a personal vaporizer (PV); in 2012 with the help of a timed IPhone App; and again in early 2013 with the help of nicotine patches and Welbutrin.

Each time I returned to tobacco cigarettes within a month or so either because I missed the act of smoking and/or needed higher and more consistent levels of nicotine. The Welbutrin did not help me at all because it increased my anxiety to an unmanageable degree.

I used my first PV in 2008, however the batteries were pretty weak back then and there just weren't the choices there are now which allow me to tailor equipment and accessories to meet my particular needs and habits.

Since 5/20/2013 I have exclusively used a variable voltage PV with varying strengths of nicotine e-juices (18 to 12 mg). My goal is to get down to a very low or no nicotine level and continue at this level indefinitely. Using this method I have learned that I do not have to give up the very pleasurable things I enjoyed about smoking - holding something in my hand, inhaling and exhaling, the ritual of it while I'm driving and after a meal, with my coffee in the morning. Because I don't have give these things up while using a PV, I have not smoked a single tobacco cigarette at all since 5/20/13.

Since making the switch to a PV, I feel physically better and mentally happier not having to worry about giving the pleasurable things I enjoyed about smoking.

The benefits I have experienced are these: My breath is deeper and it doesn't hurt to breath deeply in the mornings. My cough has lessened. My breath, clothes, car and home smell better. My husband, dogs and guests don't have to suffer my second-hand smoke. PVs and accessories are infinitely less expensive than tobacco cigarettes allowing my family to feel less stressed about money. I don't have to give up "smoking" breaks at work and can still hang out with my smoking buddies. I imagine that erosion of my jaw bones (caused by smoking), which causes gum recession and root exposure, will slow down. The staining of my teeth will be significantly diminished.

The negatives I have experienced are these: I may be having a slight but common allergic reaction to the propylene glycol (PG) used in most e-juices. I am currently trying a variety of PG/VG (vegetable glycerin) blends in order to find a mix that works for me. I experience slight but manageable dehydration which is a a common side-effect of vaping. I counter this effect by drinking more water throughout the day and using skin and lip moisturizers regularly.

All and all vaping has been and continues to be a great experience for me. The transition from tobacco cigarettes to PVs has been seamless and incredibly, unbelievably, easy. I think I actually enjoy vaping a lot more than smoking because physically I feel so much better. I enjoy the gear, I enjoy the community and I enjoy trying all the differently flavors. I don't miss smoking at all and I recommend vaping to all smokers I know and encounter. It has truly changed my life.

6/25/2013 1:39:00 AM - Linda Kingston

I

6/25/2013 2:01:00 AM - Heidi H. - WI

I wanted to take a moment to tell you about my journey through my years of smoking and becoming an ex-smoker with the help of e-cigarettes.

25+ years ago I started smoking while I was in high school.

My friends didn't pressure me or ridicule me into it.

It was as simple as they were smoking, my mom smoked, and I thought it was cool.

It wasn't much later that I realized how bad of a decision that had been but it was too late; I was hooked.

Over the years I tried several ways to quit smoking, all without success until late 2012.

My first attempts were with

6/25/2013 2:50:00 AM - Heather laforce

Unfortunately I started smoking at the age of 9. At first it was to look cool in front of peers but then as years went by it was to feel calm. I have tried, and tried and tried to quit smoking. I used patches, gum, chantix, cold turkey, hard candy...I tried everything under the son that said it would work. My husband found ego batteries and e- juice online. I said yeah right it's not going to work. Guess what I was wrong, we are currently 2 months of no smoking! We use 18 mg nicotine strength. I am so great full for this, my kids don't tell me I smell bad any more. I can breath, I can run with my kids and not get winded as much. My teeth are cleaner, my clothing smells good. I can taste and smell things again! I cannot tell you how happy we are. Not to mention it has made it so easy to put the cigarettes down! I haven't even thought about them!

6/25/2013 3:28:00 AM - andy stidham

ex smoker 32 years of age today use to suffer from cronic lung problems shortness of breath smoked from age 15 onward to age 31 since quitting have been able to enjoy life more I use lots of tube mods in rotation along with genny atomizers carto tanks and small electric 510 stick style the long term effects of e cigs are still yet unknown but the immediate effects are astonishing couldn't quit with anything before tried patches gum etc e cigs work plain and simple

6/25/2013 3:40:00 AM - Jason

I was not trying to quit smoking cigarettes when I made my first e-cig purchase, I just thought I would try one out. I bought an NJOY brand disposable ecig from a gas station and tried it out. I was able to use it all night long without having to smoke an analog cigarette which was amazing to me. My next e-cig purchase I bought a BLU starter kit on March 22nd 2013 and have not smoked a single cigarette since. Before then I had smoked cigarettes for 21 years.

I am very happy and pleased that I made a totally random choice one night to buy my first e-cig. That single choice has changed my life for the better in ways that nothing else even compares. The harmful effects from smoking cigarettes come from the combustion of the tobacco. When it is burned it creates over 4000 harmful chemicals which are not present when a coil from an e-cig evaporates liquid into vapor.

In just the last three months I feel that I have progressed very rapidly on my electrinc cigarette adventure. I own a Cobra rebuildable atomizer which is made of titanium and has a pyrex glass tank with a hybrid 316 stainless steel 7x7 cable rope and 500 grain stainless steel mesh wick and a 1.4 Ohm coil wrapped with 30 gauge kathal a-1 resistance wire. This is my favorite atomizer, it works flawlessly and produces a great vapor with awesome flavor. I also have some smok super shorty cartomizers, two Kanger T-5's, and a mini vivi nova which all work great as well.

I love that I am a vaper now instead of a smkoer. I do not miss cigarettes at all and will continue to use e-cigs for as long as I can. I believe it is the one choice in my life that has made the largest impact on improving my health and well-being. Please do anything you can to help make sure that we remain free to use e-cigarettes, because I really don't want to smoke cigaettes ever again.

6/25/2013 3:52:00 AM - Jonathan Bryant

I smoked cigarettes for 10 years. I tried patches, snuss, nicotine gum, and anything else that might help me quit but with no success untill i stumbled upon electronic cigaretts. With the sensation that electronic cigarettes give you similar to that of smoking, I was able to feed the psychological habit of hand to mouth, the chemical habit of having nicotine in my system, and the sensation of vaper in the lungs similar to that of smoke. I was finally able to quit smoking. I have been smoke free now for 2 years. I'm completely free of all cigarette products. I know that if it wasn't for vaping i

would still be smoking cigarettes and I'd probably be on my death bed by now. There towards the end of smoking cigarettes my doctor told me I had early signs of emphysema. Now my chest xrays look completely normal I'm a healthy 28-year-old man. Electronic Cigarette save my life. I don't understand how there's any way people can say that it doesn't help you quit smoking that's exactly what it did for me.

6/25/2013 4:23:00 AM - steven boyd, stevo5974

I smoked cigarettes for over 25 years and stoped smoking by using an e- cigarette or "vape". I haven't smoked a real cigarette in over two months. I feel great, a lot healthier! I will not be turning back! No other method has helped in the past.

6/25/2013 4:28:00 AM - pat st. john

I smoked for 28 years, I tried to quit cold turkey numerous times. I tried the patch, the gum, I tried the pills, I tried hypnosis, I tried basically anything and everything that was supposed to work. I started vaping(using an APV) about 4 1/2 years ago, I haven't had a cigarette since I tried my first vape. I don't smell anymore, my health is considerable better than it has been in years,m I'm saving money, I don't wake up coughing up phlegm anymore, and vaping tastes good.

I don't understand why the government would want to restrict or ban something that has helped so many people quit smoking. I'm not one of those who say it's perfectly healthy, because it may not be, but I know what my body is telling me after 4 years, vaping is MUCH healthier than smoking.

6/25/2013 4:39:00 AM - Cody McIntyre

i smoked my first cigarette at 12 years old, not just one, my friend and i, between the two of us sat down and smoked a full pack in one sitting, my friend did not continue to smoke, i however liked it, and later that day found away to get another pack, and then finished that pack, and by the time i was 13 smoked a pack a day, by 15 i was smoking 2 packs a day, and by 18 i was coughing up little pieces of black flesh, at 19 my little brother bought me an electric cigarette and told me i was going to die and i needed to quite, i tried, and did not like it, 6 months later, or now, i am 20, and have been vaping, for 2 months, avidly vaping, for 3 weeks, and been very involved in the vaping community, meeting very helpful, and interesting people with similar stories, and as of today i have not smoked a cigarette in 3 weeks, i smoked for 7 years, 4 and a half of those years i smoked two packs, yes 40 cigarettes a day, now, i vape, and i love it, i can breathe (not perfect but much much better) i went on a run this morning, and i came home, still breathing, not coughing, hacking up mucus and black chunks, or anything that would have happend to me two months ago, i have not felt this healthy since i was 13, and not only did i quite smoking, but made tons of new friends in a whole new comunity, found a new hobby, and off topic, since i got my electronic cigarette, i have not smoked pot, or drank alcohol, because it gave me something productive to do with my time, and that is help others quite smoking with e cigs, and i coulnt be more thankful for my little brother opening my eyes to this world

6/25/2013 4:50:00 AM - Cory Dries(driesy77 on forums, Vaping Dries on Facebook) from Central Coast NSW Australia

I started smoking cigarettes when I was 18, I'm now 36.

I tried to give up the first time about 6 years ago after seeing my aunt with severe breathing problems and noticing my mother start to sound the same. I tried patches that time and lasted almost a month, but after going out drinking with friends one night I started again. Then about 3 years ago I saw a doctor who put me on Champix(I think that was the name, here in Australia). That time I was determined to stop for good after the death of my grandfather from lung cancer. It worked a lot better then the patches but again I failed. I tried to cut down, tried to ween myself off, tried only smoking after meals and before bed and tried cold turkey. For a short amount of time these things would work,or my determination would keep me a way from them, but in the end I would start smoking again. Every time I failed, my self confidence would take a beating and I seemed to smoke more than before.

After trying hypnosis, and failing, my Mum tried electronic cigarettes. Her and my step father have been using them for over a year and got me a starter pack on October 14 2012. The pack contained 2 ego batteries and 3 clearomizers and they also got me some tobacco flavoured nicotine which was 1.8%(or 18mg as we refer to it now) and I haven't had a smoke since that day. Now my mum sounds like a human,and not Darth Vader, and my girlfriend hasn't had a real cigarette for 6 months. I have not felt this healthy since I started smoking. I no longer wheeze and cough, and my teeth look and feel much better. As sad as it sounds to outsiders we have our own little club, We get together every few months and talk bout flavours and hardware. When I was trying to quit, I couldn't go out to a bar/pub as I would always end up smoking again after a few drinks. This has given me a social life and the opportunity to meet new people from all walks of life.

I don't think I could ever have quit smoking without these products and while I still wish I had never started smoking in the first place, this is the best alternative I've tried.

Cory

6/25/2013 5:20:00 AM - Gabe Shaw

I'm 28 years old now, and I started smoking back when I was 14 years old.

I'm now about 18 months without a cigarette thanks to e-cigs.

Before that I tried about everything but chantix.

Nothing worked at all, then my city banned smoking in bars ect.

So I picked up a cigalike ecig, and haven't looked back.

At first I kept smoking, but greatly reduced the number of cigs I'd smoke in a day.

From about 40 a day to like 10.

If I didn't find out about ecigs I'd still be smoking for sure.

Since being smoke free I've noticed I have more energy, don't get winded climbing stairs or playing with my kids, sleep is a lot better as well.

All in all I'd say ecigs are a great asset for helping people quit, of course you have to want to quit and have the motivation, but it's so much easier.

6/25/2013 6:09:00 AM - Benjamin Hawthorne from Mesa, AZ

I started smoking when I was 18 years of age, I am now 32 years old. I smoked for 14 years of my life.

I quit smoking and switched to Blucigs a little over 2 months ago. Since then I have switched to two different styles of Electronic Cigarettes, in which I currently still use both of them. My first was a Ego Twist Variable Voltage(knock-off brand), using a Tank (Ismoka BCC) for my juice. Then I purchased a Vamo Mod (again knock-off brand). Same style of tank.

I made the switch from Marlboro Ultra Lights to Electronic Cigarettes immediately, I have not even tried to smoke a "regular" cigarette since then.

My mother recently was told she has terminal lung disease, and smoking was the cause of it. I couldn't quit "regular" cigarettes on my own. I tried dipping, which I found way more addictive than cigarettes and just as bad for you. I had to try something, and I seen the Blucigs commercial. So I gave it a shot, and I am sooo Happy I did.

Positive things that have happen to me since I quit cigarettes are as follows, I don't smell like an ash tray no more. I can breathe much easier. I

don't get winded nearly as easy anymore. Food taste a lot better. I feel these products are going to save my life. I truly enjoy a lot of the flavors. The variety of what I can use for liquids are amazing to me.

My negative experiences with these products are as follows, they require a bit of work and research to fully get a good vape. There is a huge learning curve which can be expensive. As my taste buds started healing from the damage I received from smoking, I started getting a real bad taste from the Blucigs so I had to switch to another method to continue vaping, which was expensive.

All in all, I am very pleased and thankful for these products, especially the Blucigs (even tho I can't stand them no more lol), they helped me make that first step to a better quality of life.

I feel that any law restricting these to Adults or making them just as expensive as regular cigarettes would be condemning millions of people to a very painful death. As it would make the products more of a hassle than to just buy regular cigarettes. For people that want to quit smoking, a substance known to cause a painful death.

6/25/2013 9:50:00 AM - MIKE OLIVE

Hello my name is Mike Olive i am 56 years old and started smoking when i was 13..thats 43yrs. At the age of 30 started having real problems with breathing and tried to quit cold turkey..what a joke. and kept trying to quit , tried gum,patches,inhaler,different methods you see on tv..and nothing worked, i finally decided id just die smoking i guess.Well i was at work one day, and ill never forget that day 06/17/2012, there was a guy on the smoking pattio..vaping..so i asked him about it he explained everything and the next day he even met me at the Ecig shop and helped pick out a starter kit,,Well that man..now a best friend and that shop saved my life, I starting vaping using a simple EGO KIT and 18mg Peach Flavor E-Juice and have never looked back..and i have led over 20 people from my job to try E-CIGS and 16 of them have never looked back either, i have read 100,s of testominals and talked to 100,s of vapers that have sad that if it wasnt for E-Cigs, they would still be smoking today, were all breathing better, my tast is awesome and i can smell again, no more coughing,weezing,gaging..and i dont snore any more..and thats not just me thousands of vapors have confesed to the same results..So you can judge for yourself..as i see it the proof is in the pudding...thx mike olive(VAPEDUDE) P.S VAPE LONG and VAPE STRONG

6/25/2013 12:55:00 PM - Don Welsch

I smoked for over 30 years, averaging between 1 and 2 packs a day through most of that time. In October 2012, I tried a disposable e-cigarette for the first time. I enjoyed it and purchased a couple more over the next few weeks. I quickly noticed that my cigarette consumption had reduced so I started researching the technology and ultimately purchased an Ego-style starter kit and some e-juice. Within one week, December 1, 2012, I had my last cigarette.

It gets wilder....

During this time period, my wife and I were having issues. On December 27th, she decided to part ways after 15 years of marriage. I STILL HAVE NOT HAD A CIGARETTE!!! Frankly, I'm of the opinion that the e-cigarette helped through this event as my normal reaction would have been to smoke like a chimney....making my body and wallet feel even lousier. Instead, I had my vape and it was wonderful to have a far less harmful method for calming my nerves and reducing my stress level.

I feel soooo much better. My kids are happier...my parents are thrilled...and I have become a minor evangelist in spreading the work that this technology WORKS!!! No study can tell me differently, I'm living it.

6/25/2013 1:01:00 PM - D.Townsend

I have been smoke free for 13 1/2 months as of this writing. It is the first time in my life that I can truly say I will never pick up another cigarette again. Ecigs have been the only product that has worked for me and I believe it is due to the hand to mouth action and the vapor that is produced that tricks my mind into thinking I have indeed had a cigarette.

Before trying ecigs I smoked for 45 years at a pack a day (had to be export a)and developed P.A.D. in my arteries. I was on the verge of an early major heart attack or stroke. After just a couple of months of using the ecigs with no tobacco products, I began to feel better and the blood started flowing better through my arteries. Now a year later I am able to walk more than a block, climb stairs, and due all the other activities someone with healthy arteries is able to do. My blood pressure which has always been high, is now at a normal range for someone my age. I feel great and wish that one, I never would have taken up tobacco in the first place, and two, that others who have the same types of issues will be able to get ecigs without a prescription and start to live a better and smoke free life.

Over the years I have tried many of the other products with no success due to the side effects of them or because they just didn't cut it for me. With Ecigs there are no side effects and I can vape pretty much anywhere without offending anyone.

I am not one of the ones who can say I gave it up cold turkey and never touched another.

I tried that but it almost cost several lives. I believe my issue was that I have an addictive personality therefore it doesn't take much to get me hooked but takes a lot of work to become unaddicted.

I will say that should I not be able to use my ecig (I will never give up the act of smoking) I would probably go back to cigarette smoking. This is the first and only method that has kept me tobacco free for such a long period of time.

6/25/2013 1:35:00 PM - Lynn J.

My finally quitting for good happened May 2, 2013. I was a 20 year, pack and a half a day,

Marlboro smoker.

I never thought I'd quit.. I never even intended to quit..

A couple of months prior, a lady I work with came out to the smoking area with her setup and I asked her about it.. she explained about the water vapor and that she was forced to do something because money was tight.. and that she had come to love it.

She let me try it (pina colada)... The flavor was wonderful!

A Brick and Mortar vaping store opened up around the corner from my place of work,

and she told me that's where she got her ecig. I drove by that ecig shop sign every day.. that stupid sign..

That sign that made me start thinking of quitting (I know.. odd that I was so stubborn about it!).

That sign that said to me.. ok girl.. here is your way out..

I smile now when i see the sign.

I thank the lady who let me try her ecig. I hug my boyfriend for not berating me for still smoking when he quit. And I breathe.. I breathe deep breaths because for the first time in a very long time.. it doesn't hurt. :) The Electronic Cigarette saved my life.

6/25/2013 1:44:00 PM - Joshua Moffett (VapinGrench) Decatur, IL

I smoked cigarettes/cigars for well over 10 years before I switched over to electronic cigarettes. I tried everything from the gum, patches, lozenges, snus and chantix and nothing worked. I smoked two packs of Marlboro reds a day and when using these products I just seemed to smoke more and more. I've been using an e-cig/e-cig mods for about 7 months now. It took me about a month and a half of using them before I quit smoking all together. When I started to use e-cigs I did notice a significant decrease in my smoking right off the bat. It takes some getting used to at first but man were the benefits very much worth it. I know use strictly mods and have been without an analog (cigarette) for almost 6 months. At first I started off with a very high nicotine level at 36mg. Slowly I have been able to knock myself down and I'm currently using about 18mg and I'm going to be going down to about 12mg before long. I don't intend to every quit vaping but eventually ween myself to a 0mg nicotine level.

I have noticed that my sense of smell and taste has started to come back and that by itself is amazing for me. I almost get physically ill from the smell of cigarette smoke now and to be honest that makes me happy. My appetite has also returned. I used to only eat about once a day, mostly because I couldn't taste/smell the food and you never know how much you miss it until you don't have it and it returns. I'm a very big advocate of e-cigs/e-cig mods and always will be. They have helped my life tremendously and I will always try and help anyone that wants to quit smoking, anyway I can.

6/25/2013 4:23:00 PM - Jordan Welch from Revere, MA

I had been a smoker for about 20 years. About 2 years ago I started to use electronic cigarettes. While using electronic cigarettes I slowly cut down on the usage of traditional cigarettes until on January 1st of 2013, I quit using traditional cigarettes. I had previously tried the nicotine patch and nicotine gum, but I was unsuccessful in these attempts to quit. Within days I was back to smoking traditional cigarettes. I believe this is because the addiction to nicotine was a small part of the whole picture. I enjoyed the act of smoking.

It took a long time to fully quit because the technology, when I first started to use electronic cigarettes, was not strong enough to give me the feeling I had when I was smoking. The technology evolved, and I was able to get the satisfaction I needed in order to quit. I believe that, had strong regulations been in place, the technology would not have evolved as quickly as it did. I have moved away from the tobacco flavored liquid and firmly believe that I have no desire to return to traditional cigarettes.

As I write this, I am going on to my seventh month of not smoking cigarettes. I have noticed that I do not get winded going up a flight of stairs anymore. My food is tasting better than it has in years. I also do not have the lingering odor of cigarettes on myself or my clothing. My weight has gone up, but I attribute this to enjoying my food more now than I did before.

6/25/2013 4:40:00 PM - Brent Morrison from Tulsa, Ok

I started using Chewing tobacco when I was 16. After that I went to cigarettes when I turned 18 and smoked for over 10 year at 1-2 packs a day. I had tried E-cigarettes over the past 3 years on and off never really finding the thing that could take the place of the real deal. The only times we quit were when my wife was pregnant and then it was right back to it. Then i got a Ego and vivi nova tank and that has worked great. Me and my wife have been smoke free for over a month and are able to breath better (both have a form of asthma hers is worse then mine.) we can taste food all in all we feel better physically and we feel better about ourselves as people.

Electronic Cigarettes have made a huge difference in our lives and for a couple that never thought they would be able to quit smoking this has done it for us.

6/25/2013 5:12:00 PM - bendavapes137 from Boston, MA.

Hello all, I started smoking cigarettes when i turned 21. I smoked until I was 34. Then in December of 2010 i found a little kiosk at my local mall that sold electronic cigarettes. It was the company Smoke51. They got me off real cigarettes for about a month. The cost was too high and the performance of those e-cigs from "smoke51" was not that great. So i went back to smoking real cigarettes.

Then i went back to the mall about a month later and bought more supplies from "smoke51" even though the cost was so high, That time they had just got in some cartomizers. I never had those. I was using the old style carts you fill. They did not work well. Anyhow I tried the cartomizers and they worked great. Still expensive but the worked. On my next trip to the mall to get more supplies for e-cigs the guy that worked at the kiosk told me about all these online stores that sold them at a much lower cost. That is when I got introduced to all the USA brands of e liquid and the quality products. That is was truly got me to quit smoking. I have not had a cigarette in over 2 years. I dont cough in the morning. I dont lose my breath any more. No more hacking to clear my throte. They worked, the totaly worked and continue to keep me off traditional cigarettes. Now

I got my girl friend to try them, after she used them for about 2 month She completely quit smoking all together, She started with high nicotine and cut the nicotine content down every few weeks. Then she vaped on zero nicotine for a few weeks. Now she does not smoke or vape.

To ban e-cigs would be so wrong, They have helped so many people to quit smoking. How could any one do that??? I am proof that they help and are much safer. I am not a doctor so im not going to say they are harmless, but I am proof that they are safer.

6/25/2013 7:43:00 PM - M. Shaw

I have smoked for 18 years now. Over the years I

6/25/2013 8:40:00 PM - CES, Birmingham, Al

I began using an e-cigarette in October 2009 and I haven

6/26/2013 12:07:00 AM - Gary Hill Tx USA

I was a smoker for about 28 years. I've tried to quit several times over the years tried everything gum, patches, lozenges, cold-turkey, even the prescription stuff chantix or some such product along those lines nothing worked and i always ended up back on the smokes.

One day my adult son came home with a Blu disposable e-cigarette and he let me try it out and it wasnt bad I thought maybe this could work so I got the Blu kit and it almost worked it got me down to 1 cigarette a day but there was just something missing. So I did some research found the wonderful world of ECF and CASAA and a whole new world opened up I immediately up-graded to a better NON-cigalike model e-cig with a tank and real liquid e-juice. That was Three months ago and I havent had or wanted a real cigarette since. I still get the urge for Nicotine of course but a few puffs on the e-cig and its all good. I realize I'm still addicted to nicotine but at least I'm getting it in a much safer way.

Sometimes I'm just sitting there and I will realize WoW I really quit smoking, and it was EASY!! why isnt everyone doing this?

6/26/2013 12:51:00 AM - Tanya Jackisch

Some words about my experience. In a nutshell It's saved my life. I didn't exactly intend to quit. I wanted to cut down on the habit. When I tried to return just bought packs of cigarettes and then told "Just smoke them" It angered, and it hurt. The woman who told me "Just smoke them" watched me grow up as a child and into an adult. This hurt, and that hurt I think looking back is what really propelled me to stop smoking. I was determined to make electronic cigarettes work for me after that. Let's fast forward to almost 2 years later, smoke free and still vaping. I'm a very healthy person(most of the time) now. I exercise regularly, eat healthy, I think I'm developing an addiction to avocados. I'm a brighter, happier person. All of this is because of electronic cigarettes, because without them I know I would still be smoking and not caring about my health or what I put into my body. It's hard to care about how you're taking care of yourself when you know how much damage you're doing. Now, not smoking It makes sense to care. My problem was I deeply loved to smoke. The options on the market were not about to help me. Perhaps I've only switched to a different habit in some eyes, but my body tells me I made the right decision. I feel so much better than I have in years. How easy it is to take for granted the ability to take a deep breath when you are able to every day. I don't want that ability taken away from me. Keep electronic cigarettes available and without invalid, unwarranted, unqualifying taxes. This is not tobacco, this is not a burning cigarette, this technology has no merit to be treated in the same fashion.

~

This is my actual testimony, on record in Connecticut that I submitted to the state of Connecticut House Of Legislature. Use it, summarize it as you would like to, as it would benefit the cause. An exert from my testimony was also quoted(albeit incorrectly, but quoted nonetheless) in The Hartford Courant.

Raised Bill S.B. No.990 AN ACT CONCERNING SMOKING POLICIES AND PROHIBITING SMOKING IN CERTAIN AREAS.

Electronic cigarettes are not tobacco cigarettes and should not be treated as such.

Please do not let the word "cigarette" pervert your perception of what electronic cigarettes actually are. I know that CASAA has given you invaluable materials and I urge you to utilize them. I urge you not to treat this technology like smoking, to rush to legislation without justifications, without evidence.

"It looks like smoking" Is simply not good enough.

Some hospitals around the country have even started giving electronic cigarettes to their patients who smoke tobacco cigarettes. It is in-offensive enough for others to be able to do this and helps give patients the care they need as it elevates stress as

opposed to countless patients who run out of the hospital as quick as they can to light up.

The provisions suggested today will deny hospitals this valuable option. I suggest not banning their use in hospitals, but letting hospitals and other medical related

fields decide if they want to utilize this option for their patients or not.

On a more personal note this technology made my home being smoke free possible. My mother and brother have both stopped smoking thanks to electronic cigarettes. My mother was a former 40 year smoker, I remember her trying everything to quit as a kid.

I have been smoke-free over a year and a half. It began as wanting to jog but I couldn't even run a quarter of a mile. Today I can continuously jog 3 miles and for as long as I've been jogging, I've been vaping.

I know I speak for many when I say I earned my right to no longer smell like an ashtray. This legislation says I should, it says I'm a smoker when I'm not, it has disregard for my health. I don't want the 2nd hand smoke and neither do other vapers. This legislation says vape my smoke-free electronic cigarette with the smokers.

My suggestion is to be more reasonable in allowing certain businesses to address for themselves on their property if they want to deny or allow the use of electronic cigarettes. The problem I see that you may not is almost every time I've been to a bar or restaurant that allows me to vape, there's a smoker telling me how they tried patches, gum, Chantix made them bananas and they're scribbling electronic cigarette information on a napkin. By using my electronic cigarette in public it does help people, it shows others there's an alternative.

Tanya Jackisch ---------

6/26/2013 3:33:00 AM - Ryan salyer

I'm Ryan I smoked for about 11 years.when disposable e cigs were getting more popular I bought few here and there but it dident really help me to much... Continued Smokeing and after being told "u just smoked dident you" about everytime I decided that i need to give it another try I bought a blu disposable ecig It wasn't to bad so I did research about them and later bought the blu starter kit I went from 15+ cigarettes a day to barely 3 a day... Lets just say that's not the end yet I continued using blu for about a week they were getting pricey so I smoked less of them and more cigarettes..... I was on YouTube and watched a electronic cigarette video by a reviewer called grimmgreen that's where I learned that there was a whole different world of ecigs! Shortly after that I bought a ego starter kit for $55 and a few bottles of liquid and they blew me away... Sense then I was hooked I was vapeing

more then smokeing soon after that I was doin nothing but using electronic cigs and i will say i felt horrible for about 2 weeks because my body was fighting to get 11 years of tar and whatever else was in my lungs out... But I'll admit this I have not had flim in the back of my throat sense the day I quit smokeing I could breath better taste better and smell a lot better.... I vape as a hobbie now I love vapeing I like to try the newest products and I spent over 450 dollars just for mods!! I can spend 75 dollars on 18 mg liquid and know ill have plenty for at least 2 months of vapeing so yea it's a lot cheaper and safer then cigarettes! Oh I almost forgot I have not smoked a Cigarette in 6 months... That's my story

vapeing for life

A Ryan Salyer story

6/26/2013 9:56:00 AM - Tom Dube, Deltona, Florida

Forty Years (40)of smoking has finally come to a stop.

I was just 14 years old when I started smoking. Over the years I have tried time and time again to quit but with no success. My wife and I both smoked and one day my wife came home with a kit of e-cigs.

It consisted of two ego batteries, two clearamizer and one bottle of mental flavored liquid. We had both been looking for a way to quit.

Here is the eye open, just a couple of months before, I was notice lumps below my jaw on both sides.

I went to the Doctor to see if it they were just swollen glands. After biopsy on both side of my neck, it turned out not to be cancer.

What was found was Warthin's Tumors. We did some studying on the subject and found out that one of the possible cause for them was "Smoking".

So after two Operations, fours hours each time on the operating table and they are gone. I have a scare on each side of my neck, from my ear down my neck six inches.

So about 10 days before the second operation I quit smoking using the E-cig device.

It worked like a charm. This was a month and a half ago. I can feel the difference in how I sleep, no more wheezing, no more morning cough and my teeth are not as yellow for the smoking.

Using this method of vaporizing a flavored liquid has change my life and just may have been the beginning to adding years back on to my life.

I do know one thing, it is that the smoking of tobacco would have lead to many for complication in my future.

Thank you to the inventor for finally finding a way to get away for tobacco.

I have tried all the other methods that the FDA has approved and not one of them has worked for me or my wife. Those other methods just gave us nightmares, depression and bad tasting gum.

Thomas Dube

Deltona, Florida

6/26/2013 1:45:00 PM - GreatVapescape

At age 29 I was a 15 year pack-a-day-plus smoker who decided to quit by age 30.

At the time, e cigs were fairly new and the 401 model was all the rage.

Looking back, I think everyone would agree the 401 was a terrible device.

Very unsatisfying and unreliable.

Regardless, I held myself to a structured smoking reduction plan and used my e cig to help curb cravings.

I was able to quit smoking and e cigs rapidly and comfortably within a month.

I could breathe again, I felt healthier, I looked healthier.

My fingernails turned pink again, instead of yellow.

I quit for a year and a half.

Unfortunately, I started smoking again.

I would go out with friends and have just one cigarette.

And wow, look at that, I didn't die.

I got this funny notion that I wasn't addicted.

A couple weeks pass and I found myself wanting to go out just so I could have an excuse to bum a cigarette.

A couple more weeks pass, and I'm buying a pack of cigarettes as I head out to meet friends.

At this point I came to the realization just how viciously addictive cigarettes really are... being old enough to watch the process unfold.

I knew I had to quit again.

I was sleeping poorly, wheezing, and hated that I smelled disgusting.

I did not hesitate using the e cig again.

It worked like a charm the first time around.

I've once again quit smoking.

Electronic devices have come leaps and bounds since the 401.

Vapor production is very satisfying and reliable.

Within a matter of a few days I made the full transition to e cigs.

No more cigarettes.

I am still using vapor, with a schedule aimed at quitting all together.

I started at 18mg nicotine liquid to make the initial transition, and have been able to gradually reduce my nicotine intake.

At a pace that works for me.

Several weeks later, I'm down to a 4mg - 5.5mg level.

The wheezing, coughing, and hacking went away within the first 2 days.

I'm now able to get a full nights sleep without waking up coughing or craving nicotine.

I don't stink.

It blows my mind that cigarettes continue to be legal.

They are a ruthless form of poison engineered to be viciously addictive.

E cigarettes (vapor), in my opinion, are one of the greatest break-throughs of my lifetime.

Instead of relentlessly searching for a way to condemn them (Because we'll find a reason to demonize them, if only we keep searching hard enough), they absolutely should be embraced and developed as a way to rid the world of the tobacco epidemic.

Why wouldn't humankind take advantage of this opportunity?!?

6/26/2013 2:51:00 PM - Joseph Freeman, Orlando, FL

I was a smoker for 38 years. My parents smoked. Most of my teachers smoked. I'm originally from Kentucky where and smoking has been a part of my life from the day I was born.

I had tried to quit a number of times, mostly cold turkey. I would choose cold turkey because most of what I read said that the cold turkey success rate was about as high as any other. To be honest, I didn't want to spend money on something I knew wouldn't work. I liked to smoke. And the price was right with cold turkey.

But I always started smoking again. To be honest, cigarettes never left my mind when I was not smoking. Even when the so called physical addictions had passed, I still missed the act of smoking.

I even tried ecigarettes before and had limited success. But the ecigs I used at the time were expensive, messy, and hard to get. Although I was able to quit smoking for a few months I also soon quit the ecigs because they were too much of a bother. I went back to smoking.

I was embarrassed because of my smoking habit. I'm only a high school graduate, but I read stuff. I knew smoking was bad. I knew it was killing me. And I knew that the stink that was constantly on me told other people that I was weak and a slave to cigarettes.

For the last two years I drove a truck over-the-road. During that time I smoked even more than usual and would often wake up in the middle of the night having difficulty breathing because of smoking too much the day before.

I decided to take a local driving job, not because of smoking, but because I was ready to come off the road. I knew the company I was going to work for did not allow smoking on their property or in their trucks. I also knew that smoking was a big part of driving for me. This would not work. I had to quit.

I had seen electronic cigarettes at all the truck stops. I thought about trying them, but just never did. I wish I had.

But now I had to do something. I went online to try to find the best ecigarette to use. I was surprised at how much the industry had changed since I had last tried them. I found that people weren't just "making do" with ecigs, but they loved them. It became a hobby for many of them.

Luckily I have a brick & mortar store near me. I needed a little hand holding in choosing the best product to get started with. They hooked me up with the right starter kit and I haven't looked back. I have not smoked a cigarette since April 7, 2013.

My resolve was put to the test in the last few days. I was sent on a road trip for my company. I drove from Florida to Washington, D.C., to Tennessee, then back to Florida. I knew the trigger factor, even with the ecigs, would be there. And it was. But I planned ahead and packed a variety of liquids (flavors.) I had my extra batteries ready. And I had the back-up of the ecigs that are sold at any number of the dozens of truck stops I would be passing.

It worked! I'm still a non-smoker. I am so proud of myself.

I know I'm hopelessly addicted to not only nicotine, but the act of smoking. I've dropped the nicotine levels in the juices I use from 24mg to 18mg, to the current level of 12mg. I may even drop to zero nic at some point. I'm not that worried about the nicotine, based on what I have read about it. But when something like smoking has been a part of one's life, for over half of their life, the urge will always be there. For me that urge is completely satisfied by vaping.

Sorry to ramble, but I credit vaping with whatever extension of life I get from not smoking and a higher quality of life while I'm still here.

6/26/2013 3:12:00 PM - Kyle

My name is Kyle. I'm a proud electronic cigarette user. Before my success with e-cigs, I smoked a variety of cigarettes for roughly 5 years, growing more heavy towards the last two years. My first three years of being a smoker I denied I was an addicted smoker. My last two years of being a smoker I enjoyed it 9 days out of 10.

Then, I saw my first Ego style e-cig, and I had to buy one for my wife and I. My wife quit cigarettes that day. I still needed that 1 or 2 cigarettes a day at work. Other than that the ego battery with a clearomizer was working wonderfully at the house.

Then, I saw my first "mod" style e-cig. And instantly a burning passion lit up inside of me. My wife challenged me to not smoke for a week and I could get it. Needless to say in those 7days I did research. LOTS of research. And by the end of those 7 days, smoke free ofcourse, I no longer wanted that first mod, because I had discovered the endless possibilities of Mods and e-cigs.

It has been 2 months now. My family is proud of me. They were waiting for this to happen, I just couldn't do it myself.

E-cigarettes...Life Changing. Life Saving.

6/26/2013 5:45:00 PM - Abaker

I am currently 27 years of age and I started smoking when I was 20. By the age of 22 I was a pack a day person and never went a day without having a pack a day. At age 24 a friend of mine had me try an e-cig she bought me from a cart at the mall. It promised to deliver the equivalent of

1 full pack of cigarettes without the harmful chemicals. after about a day of using it I was back to regular cigarettes. until last year when I was 26 I ran into a friend who was using what is called a MOD with an attached cartomizer tank device. It first appealed to me because it looked really "cool" but I started talking to him about it and he let me try it. Oh boy it gave out so much vapor and it had the very similar feeling to smoking but even better it did not have the harmful chemicals or horrible smell that cigs do. I immediately went online to start researching them and got my first "Mod" it has now been a year and 3 months since I have touched a regular (what we call analog) cig. I must admit that I have not tried any other methods of quitting smoking and my vaping experience has been great. After about 6 months of vaping I have went days at a time where I don't even want to vape its like I don't need to but I just enjoy the flavor and I guess I am still addicted to nicotine. Vaping has brought on many many changes in my life.. I am no longer hounded and frowned upon for smoking.. I never have to take the constant 10 minute breaks outside away from my desk at work. I feel so much better even ran a 5k few weeks ago. My teeth are cleaner!!! even my dentist noticed.. I don't think I want to stop vaping.. ever its just so enjoyable.. Seems healthy.. prove. me. wrong.

6/26/2013 10:48:00 PM - Ty

My name is Ty and I smoked for over 12 years.

I've since quit using the rechargeable electronic cigarette system I got at Smokin' Vapor in Panama City Beach, FL.

I used to smoke a pack of cigarettes a day, after the first time I used the ecig I never smoked another cigarette again. I didn't miss it. I didn't miss the stench or the poison I was inhaling. I started off at 24mg then went to 18 after a couple months. I gradually reduced the nicotine level over the next few months until I was down to 0mg. Ive tried other ways to quit smoking (gum, patches, pills), but this was by far the most effective for me. Now I feel MUCH better! I dont stink of cigarette smoke and I can take a deep breath without coughing again. I can't believe I didn't try this sooner!

6/26/2013 10:53:00 PM - Cyborg

I had used every possible way to stop smoking during the30+ I smoked , two different tablets Champix & Zyban prescribed through my doctor (I had an extremely bad reaction to Zyban). Patches, counselling & cold turkey. None of my attempts

had any success until I found[for want of a better term] electronic cigarettes. For the last two years I have used electronic cigarettes mainly what are categorised as mods and liquid I mix to my desired strength of nicotine content and flavour, reducing this from 18mg down to 11mg I intend to reduce this further over time hopefully to zero, the use of flavours other than tobacco are really helpful.

The whole experience of using an electronic cigarette, vapour, hand to mouth action and the nicotine hit makes it simple to switch from tobacco cigarettes. As long as I can mix my liquid to the strength and flavour of choice I see no reason to ever go back to tobacco cigarettes, I now don

6/27/2013 12:34:00 PM - David Moger (user) Ross-on-Wye UK

I would like to tell you my experience of smoking and e cigarettes.

I started smoking at age 12 (1957) and I smoked every day until 1993 smoking as many as 40 a day.

I did not like smoking. I was short of breath, smelt bad, my mouth tasted bad so I decided one day to stop.

I stopped for 14 years which was good. No more shortness of breath, bad smell or bad taste in the mouth. Everything was good except I started to have mental problems that caused me to be bad tempered, panicky, depressed to the point of suicidal and really did not like myself at all.

One day in a bar in Georgia USA where there was country music beer and good company. There was also cigarettes and I decided to try one. Well I was back on cigarettes. Once again I was short of breath, smelt bad and had

a bad taste in my mouth but my mental state slowly improved to the point where I am quite a happy person now. It seems to me that my long exposure to cigarettes had altered something in my brain. I had visited the doctor many times and had tried many drugs (from the doctor) but none of them made me feel as good as cigarettes.

I still had the problems with smoking plus I now had to do it outside in the cold. I found e cigarettes and after reading all I could about them decided to give them a try. Well they are good, very good. I can have all the good things about cigarettes but without the bad ones. I do not believe I can ever go without nicotine but before e cigarettes I had the choice of a miserable life or a short one on real cigarettes. I only blame myself for ever starting smoking but I cannot go back and change that now.

E cigarettes have given me a way forward and I would recommend all smokers to change to them. My research has found no scientific evidence that they are bad for my health even from the Americans who want it banned. Every objection to e cigs that they have brought up has been fully answered by research by the pro e cig side. I believe the current providers of e cig equipment have been very careful to only sell to people like me. No young people, no non smokers and I believe that they should be allowed to continue just as they are.

I do agree that there should be some control over the products but they are already covered by sale of goods act and electrical safety legislation. It only needs to be properly applied. Banning the sale to the public from abroad would be sensible to ensure that only devices the meet safety and quality standards are available. I believe it is the case that you cannot buy cigarettes online from aboard already, of course that is for tax reasons which seem to be far more important than health. I there is anything further

you would like to know or any scientific proof and opinion, I have tons of it and would be pleased to share it with you.

David Moger Ross-on-Wye. david@gayhalo.co.uk

6/27/2013 2:08:00 PM - Derek Ambrose

I'm going to be completely honest I have been smoking since it was 16 years old. I was a 1/2 to a pack smoker after i turned 18 all the way up till I was 23. At 23 I was working in the medical field as an EMT, with two chuildren and a wife. Smoking cigerettes was not only negativly effecting my health and that of my family, but it was also costing quite a lot more then it had when i first started. I switched to ecigs in the middle of july 2012. For almost a year now I have not had a single drag from a cigerette. My health has improved greatly, I use to get sinus and upper respitory infection 4-5 times

year, I just had my first one earlier this month, but that was alergy related. My lung volume has increased, and I don't have the smokers cough that I use to. I have been slowly backing down off the nicotine levels after finally finding a number of falvors that I like. 1.8 mg/ml at first, i am now down to 1.2mg/ml and will soon (within the next 3-6 months) be backing down to 0.6 mg/ml.

6/27/2013 3:35:00 PM - M. Werst-Arkansas

I started smoking way back before most folks gave any thought as to how bad it could end up being. Both of my parents smoked as did just about everyone I came into contact with. I smoked my first cigarette during my 17th year and finally was able to put them down for good during my 63rd year. That was about 45 years of sometimes up to 2 packs a day going up in smoke. I tried several times during the last few of those 45 years to quit. The longest time I was able to stop was 6 months. Other times it would only last a couple of weeks. I finally decided to give the nicotine patch a try. It worked about as well as wearing a band-aid. I found myself both smoking and wearing the patch at the same time. 18 months ago I decided to give this new technology a try and the rest is history. I picked up a simple battery kit at my local smoke shop. I also bought my usual 2 cartons of cigarettes. I never even opened them. I am no longer a smoker. I started out with 24mg nic strength and am now down to 14-16 mg. Over time I will probably lower the strength but it is not a priority at this time.

After the first week smoke free I no longer woke up and spent the first hour coughing up yesterdays damage. I can now take a deep breath and feel no pain. I breath better and feel like a huge weight has been lifted off my chest. Instead of burning tobacco and who really knows for sure what else I now vape wonderful flavors full of variety. Instead of my home smelling like an old wet ashtray it is now filled with light fruit aromas such as pomegranate, grape, black cherry and pears.

My husband has cut his cigarette consumption down to an eighth of what it was and both of my sisters are smoke free now thanks to this life saving device.

M. Werst

6/27/2013 5:24:00 PM - Brian Troup (stormtrouper) Santa Ana, Ca.

I had smoked for 25 years. I didn

6/27/2013 5:36:00 PM - Stephen K

My name is Stephen and I am a 45 year old male who has smoked cigarettes for approx. 30 years at a rate of 1 1/2 packs a day.

I grew up in a household of smokers, mother smoked while pregnant (common back then!) and I often joked that I was dependent when I was born.

I watched both of my parents die from cancer directly related to their smoking habits.

Knowing I was to end up with the same fate, I tried many things over the years to quick smoking- cold turkey, cutting down, nic gum and the patch.

Nothing worked.

A couple of years ago, my wife purchased an expensive cigarette shaped e-cigarette for Christmas.

I thought it was a pretty cool thing and gave it a shot. For me though, it really did not have what I needed to stop smoking. It was put back on shelf.

A year later, my bother-in-law gave me a higher end EGO style e-cigarette for Christmas.

It produced a lot more vapor with longer battery life.

It was "pretty cool", tasted good and satisfied my nicotine cravings, found it to be a handy "go-to" device for places that didn't allow smoking.

As a result, I took it with me on a cruise vacation where I ended up catching the flu bug.

I was stuck in my cabin for a couple of days and restricted to only using my e-cig.

Wow, it worked for me!

Upon departure from the cruise, I lit up a regular "analog" cigarette at it tasted HORRIBLE!.

At that moment, I never picked up an analog cigarette again and have been "vaping" ever since.

I never planned on stopping smoking at this moment of my transition to e-cigs.

E-cigs have changed my life.

Within a couple of months I started noticing changes- lungs felt better, skin cleared up and my chronic back pain resided.

Loving my new nicotine substitute, I have also became a collector of new & innovative e-cig mods, known as APVs- "Advanced Personal Vaporizers".

The ability to adjust nicotine, type of vape (hot/cold/thin/thick) and even just the look & feel of the different devices as further increased my commitment to the stopping of smoking and use of e-cigs.

If I was limited to that initial small battery cigarette looking device, I would of never made the change.

Thank you to everyone in the community involved with e-cigs, the manufacturers (big and small), the retailers (web & brick/mortar), the defenders of vaping freedoms (CASAA), and of course the ever growing community of fellow vapors, who are always available to provide information and support to new vapors, such as myself.

Thanks for helping save my life.

6/27/2013 10:27:00 PM - hbpro72

i went to SMOKIN VAPOR May 13 2011. my wife and i decided i needed to quit smoking. i had been a smoker for 30+ years. i spoke with LORI and her son NICK. they walked me thru all there products. they made recommendations. i sampled some e-liquid. i was a little scared because i had to quit and make a small investment. Lori and Nick re-explained the benefits. health, comparative cost,not exposing my family and the public. i made the purchase!. i have been tobacco -free since that day! thanks to my wife and the people at SMOKIN VAPOR!

6/28/2013 12:13:00 AM - Donna lewis, swampscott mass.

I am a 57 year old woman. I had smoked for apprx. 40 years, 2 packs per day. I hated smoking, but also would have robbed a bank for a single cigarette, not exaggerating at all. I once left my 3 year old grandson sleeping, walked to the store for a pack of cigarettes. Imagine that?

Gives me the shivers to think about what could of happened to him. I woke up 10 months ago and was so mad at my smoking habit, I cried my eyes out, feeling so bad for my kids, that their mother still smoked. I drove to Eastern Vapor store for the electronic cigarette device. I will not ever forget this day in my life. This boy, the age of my own son, listened to my story, (as he was filling up my vapor cigarette), with such compassion, that I loved him immediately, like my own son. Since that time, 38 people in my circle have bought it and also are, cigarette free..The proof is always in the pudding.. FDA has no business in this. My state of Massachusetts is proposing a 45% tax on this beautiful device, so disheartening. I just don't understand the lack of care in government. Obama is a smoker, where is he in this controversial product?

6/28/2013 1:42:00 AM - Vicki Latham (caligirlINky) Hopkinsville Ky USA

I started smoking when I was 16 yrs old. I tried to quit with both pregnancies, the first when I was 18, the second at age 25. The first time I quit for a year but I had only been smoking for 2 years and only smoked about a 1/2 pack a day. The second time I never completely quit since I would still smoke a few cigarettes a week. Over the past 10 years, I have attempted to quit at least a dozen times lasting no longer than 3-4 weeks each time. I have used Welbutrin, Chantex, patches, and gum. Twice I had been in the hospital for two weeks (quitting cold) but was back to a pack a day within a week of getting out of the hospital. Three years ago, my husband bought a disposable type e-cigarette. We used it to supplement the number of cigarettes we smoked but it didn't work out well because we didn't like the flavors available and it didn't really function close enough to a cigarette to be a good substitute. In February 2013, I bought a pen style e-cigarette with a bottle of dessert flavored nicotine liquid (18 mg). Almost everything about the newer style ecigs is similar and just as satisfying as a regular cigarette. The feeling of inhaling and exhaling and the amount of vapor is very much the same. I had 1/2 a pack of cigarettes when I got my ecig. I stopped smoking cold that day and haven't had one since. I have been using a nicotine level of 18-24. I haven't decided when I will lower the levels but I already use my ecig much less than the pack a day of cigarettes I was smoking. I can go several hrs without using my ecig and not have any withdrawl feelings. When I was smoking cigarettes, I couldn't go without smoking more than an hour unless I was asleep. Without the ecig, I don't see where I would have been able to quit smoking. The ecig is the sole reason I was able to qiit. I may still have an addiction to nicotine but that's an addiction I can deal with whether I wean myself down or quit cold. Since I quit smoking, my blood pressure has come down (I had high blood pressure since I was 18). I have stopped needing to take allergy meds. I was spending $150 a month on cigarettes. After the initial cost, I spend about $40 a month on ecig use. I owe my life and health to the ecig. I the government wants to reduce the number of smokers, keep the ecigarettes and the supplies available and affordable. It helped me quit a pack a day, 27 year habit in one day. No other quit smoking aide has come close.

6/28/2013 7:31:00 AM - Bryan (dexcaliber)

Hello,

My name is Bryan, I was a cigarette smoker for 35 years, yes I started when I was 10 years old, young and stupid I know. I mainly started smoking because of friends I knew who were my age or a year older. Over the years I kept feeling that smoking was hurting me, so I had tried to reduce or flat out quit but that was just unbearable, hanging out with friends that still smoked just made things worse. My longest stretch on trying to quit was probably around 10 days, my friends bought me a pack just so I could be more tolerable to hang out with again.

Over the last few months that I was smoking, I was waking up coughing and hacking. My lungs just felt like they were on fire. Going out to eat, food just had no flavor, and no matter what my clothes always had a faint smell of cigarette smoke. I had no energy, and with the prices of cigarettes going up, I had no money to spend on anything else that I may require. I needed some kind of change and some other way to quit. Patches and gum did not work for me, I would find myself smoking while using those products.

One day in Sept. 2009, I got online to read the days news; a story jumped out at me about electronic cigarettes. My inner skeptic wanted to read more about this product. I would say to myself

6/28/2013 11:55:00 AM - Zaphriel

I smoked for 17 years. I started using an e cig about two months ago, using a battery and refillable atomiser with e juice. I've used a mix of strengths, from 24 mg to 16 mg. I have started to decrease the strength of these. Up until last week I was smoking periodically, but I had gone from 25 a day down to three, down to the occasional social cigarette, but now I have stopped completely. I had pretty much tried everything, NRT, gum, counselling, blackmail from my wife, you name it, my best attempt then was a few days.

The only negative I have found with the e-cig is that I do have a slight cough still, but I don't know if that is the residual smokers cough come to haunt me. The list of positives is almost endless. I can breathe better, I can smell (I didn't admit it, but I had all but lost my sense of smell at 30 and was pretending I hadn't) I can taste better, I feel more alive.

6/28/2013 4:20:00 PM - Leo A. D'Angelo

My name is Leo D'Angelo, I currently live in Plano, TX.

I have been a smoker on and off for 20 years.

I smoked a pack to a pack and a half a day.

In the past I have tried the patch, gum, welbutrin and Chantix to quit smoking.

These products worked temporarily (a few weeks) for me.

I was never able to completely quit smoking on any of these.

Some of these have some nasty side effects that caused me to cease using them (Welbutrin and Chantix in particular). Recently a doctor recommended I try and electronic cigarette as a result of a dangerously high red blood cell count.

She stated "off the record" that her patients have had better success with these than anything else.

I have to admit I was skeptical but was willing to try anything to quit.

I picked up my first electronic cigarette a few days later (a Joyetech ego).

My main goal was to reduce the number of cigarettes I smoked daily, because I did not think it would help me quit.

I started out with 18mg strength e-liquid.

To my surprise I liked it and I have not smoked another cigarette since (not even one).

That was three months ago.

I believe the delivery method as well as the activity of doing something contributed a lot to my ability to stop smoking.

Now when I walk by someone smoking the smell makes me want to gag.

I have progressed with my vaping knowledge and am now using fully mechanical devices with RBA's.

I have reduced my nicotine dose from 18mg to 8mg.

My red blood cell counts are now back to normal!

I have more energy and no longer huff and puff doing simple physical activities.

I also feel 100% better about my self both physically and mentally (not being able to quit smoking had a negative impact on my self esteem).

I hope my story encourages someone else to try vaping as an alternative to smoking and provides further evidence that electronic cigarettes do indeed help people stop smoking (they certainly did for me).

Sincerely,

Leo A. D'Angelo

6/28/2013 6:18:00 PM - Justin Moore Melbourne Fl 32904

I am 34 yrs old. I started smoking full time when I was 15. My first attempt at quitting I was 28. I picked up the patch from my local pharmacy.

I had troubles with it (itching, falling off) and I gave up on it. Tried the gum next and got burnt out on chewing it. Later I went to my Dr. and he perscribed me Wellbutren. Didnt work at all. Then he perscribed me Chantix. I quickly fell into a deep depression that almost killed me. I thought I would be a slave to this addiction for the rest of my life. Then I was at the mall one day and came across an e-cig kiosk.

I picked up a starter kit and it was just ok. The batteries died too soon to be convenient, and it didnt taste very good, but I saw the potential.

I did some reserch online and found a good mod with a long battery life and ordered some juices. It took me 2-3 months of ordering diffrent juices to find some I really liked, but when I did, I knew I had beaten cigarette addiction. Eventually I quit vaping as well. Then life happens and an extremely stressful event occurred and there I was craving a cigarette again. Thank god I had my mod and nic juice to fall back on. I still vape today and I feel 1000 times better. Before I started vaping, I couldnt swim half the distance of my pool in one breath. Now I can go back and forth 5 times without coming up. I can excercise much easier and have lost 50 lbs. I have also converted 8 people at work who all have similar stories with NO plans to ever pick up a cigarette again. Im very thankfull there is the option to customize my nic replacement to my tastes, its probably why it works so good for me abd everyone else I know.

6/28/2013 6:41:00 PM - Tish

I began smoking when I was 12 years old. My friend and I would get her older brother to buy them for us. We thought we were so cool and grown up. As I progressed into high school, my habit became more severe and by sophomore year I was up to a pack a day. I told myself I was going to quit before I graduated. Near the end of my senior year, I quit for the first time. My first attempt was cold turkey. That lasted about a month and I quickly discovered that much of my addiction was psychological, not just the physical dependance on nicotine. As soon as my home life got difficult I was back smoking cigarettes.

My second attempt at quitting was a disaster. at 19 years old I decided to try nicotine patches, which resulted in dizziness, rapid heartbeat, and severe insomnia. I was back to smoking within two weeks. My third attempt was with nicotine gum, which again resulted in dizziness and rapid heartbeat, with the added bonus of making me nauseous as well.

My fourth attempt at quitting was when I was 24. I learned that I was pregnant and again decided to quit on my own, without any smoking cessation aids. I was actually fairly successful in that I stayed smoke free for the duration of my pregnancy, and for about 6 months after my daughter was born. Unfortunately, stress once again got the better of me and I was back to smoking again.

From the ages of 25 to 32, I smoked anywhere from 5 or 6 cigarettes a day to as much as a pack. Then, two years ago, my sister and her husband quit their occasional clove cigarette habit using an e-cigarette. They let me try it, and I enjoyed it but was not really convinced. After all, in my mind they weren't really smokers. I figured it was just too good to be true. So another year went by, and my brother came to town for a visit. He told me he had quit smoking using e-cigarettes. He was using a Provari, which was the first large, advanced personal vaporizer I had ever seen. It looked like a monster. He had been a two pack a day smoker for many years and was now no longer smoking. I was surprised that it had worked so well for him and it convinced me to give it a try.

I bought a Joyetech E-Go kit at the local shop in my hometown. I told myself that if I really wanted a real cigarette I could have it. When I bought the e-cigarette I had 4 cigarettes left in my pack. I smoked one cigarette each day before I went to bed, and on the fifth day I decided not to buy any more. I haven't smoked since. It has been 13 months since I had my last cigarette. I have upgraded from my original kit and now have an assortment of E-Go Twists, Vision Spinners, an Apollo VTube and a Vamo V2. I usually use my Vamo. I also mix my own e-liquids. It has become not just a smoking cessation device, but also a hobby that I enjoy.

I have converted quite a few people to using e-cigarettes, many of whom have also quit using traditional tobacco with them. This includes friends, co-workers and family

members. These devices have been a blessing in my life. After almost 20 years of smoking, I can proudly say that I am not a smoker. I can breathe better. I can smell and taste again. I don't smell like smoke. And, most importantly, my daughter isn't being exposed to second-hand smoke anymore. And I will get to be around, and be healthy, when she grows up and has kids of her own. I truly believe that e-cigarettes are saving my life, and the lives of thousands of others.

Thank you for taking the time to read my story, and thank you to CASAA for all the important work you do for all of us ex-smokers and future ex-smokers.

6/29/2013 12:02:00 AM - Paul Christian Crosslin

Hello, my full name is Paul Christian Crosslin. I live in the USA in a small town called Iola in the State of Wisconsin. I am a 46 year old Male who has been a smoker since I was about 16 years old, so, I smoked cigarettes for about 30 years at a rate of about 15 to 20 cigarettes per day. Around the year 2008 I became interested in quitting smoking and bought a so called "starter-kit" from Blu e-cigs. My experience was nothing less than an aggravation lumped in with a substantial monetary investment. The batteries did not last more than 45 mins and the cartos were not refillable and tasted poorly at best. So.. I went back and continued to buy cigarettes by the pack for about 5 more years. Then a dramatic change happened. I began to notice disposable e-cigs readily available in almost any convenience store or gas-station. I went online and researched everything to do with e-cigs and I was amazed at what was available as compared to when I first had looked. I went and bought a "starter kit" online that consisted of 2 variable voltage batteries (commonly refered to as Ego Twist) 2 refillable Clearomizers (vision vivi nova) a charger and USB converter. From the day I recieved this package from an online purchase until this moment I have not bought another cigarette. I filled the clearomizer with juice I bought from Johnson Creek (who supplies Blu with thier e-liquid) pressed the button on the eGo Twist and got such a wonderful experience of flavor and vapor (along with a substantial hit of nicotine) I have not had to have a burning tobacco cigarette ever since. That was March 15th 2013 and today is June 28th 2013. I DO NOT NEED A CIGARETTE BECAUSE I HAVE THE E-CIG ALTERNATIVE. WHen we use e-cigs we call t "vaping" because the simulated smoke you see is only vaporised water with flavorings. Thier are less than 10 ingredients in e-juice,none of which are carcinogens. Compare that to the thousands of chemicals in a burning tobacco product of which at least 16 are known carcinogens some of which may even make nicotine *more* addictive than in it's natural state. It is a "No-Brainer" that e-cigs and the more advanced devices used to vaporise e-juice are at least 1000 times less harmful than burning tobacco. I wake up in the mornings refreshed and I don't cough a smokers cough all day long. I breathe easier, life is better without cigarettes. NRT like gums and patches never worked for me, I tried several times to quit smoking without success until I found the electronic alternative. Yes, it mimics smoking burning tobacco. That is WHY it works for me and thousands of others. I DONT SMOKE, I VAPE. And myself and my environment are healthier because of it. Thank You.

6/29/2013 3:21:00 AM - Aaron Camus (eGoPuff) Phoenix, AZ

I started smoking quite young - I was smoking regularly by the time I was a freshman in High School, but I was stealing cigarettes from my parents quite often when I was about 12 or 13. I probably smoked my first cigarette around the age of 8. Needless to say, by the time I was 18, and able to purchase them legally, I was a dedicated, addicted customer of the tobacco companies. Hooked... line and sinker.

I lost my mother to cancer in March of 1994. I attended her memorial three days before my 23rd birthday. I swore I would quit. She died at the ripe old age of BARELY 43. This began a long road of quits and starts and quits and starts. I tried cold turkey. Strangely enough, I had about as much success with this method as I did with the patches, gum, chantix, and all of the other "cessation methods that always ended up failing. I, of course, felt like a failure myself. I remember having a patch on my arm while chewing nicorette... and smoking a camel. A real success story.

A couple of years ago, a friend of mine pulled out an electronic cigarette, and told me I had to try it. I took a pull on it, and was surprised at how much like smoking it was, and felt like maybe I could give this a try to stop. or at least slow down. At this point, cigarettes were going for about 8 bucks a pack - I had switched to the "Natural, additive free" cigarettes, in hopes that they would be "better for me". They DID decrease my cough, and I didn't smoke as many of them, but I was still burning tobacco and inhaling it.

So I bought the "envy" brand e-cigs. small, cigarette sized units, and struggled with the constant charging, buying over priced cartridges, etc. and they broke before long... I did have some success, but I was back to tobacco before too long.

Then I found the eGo style personal vaporizers. 900 mah batteries that didn't need to be charged but once every day or two. And flavored e-juice. Awesome. I started with 36ml nicotine level, and have decreased the level since. I smoked for a while when I started, but it wasn't long before I preferred the taste and feeling of the PV over cigarettes. And that smell. Yuck. So not only have I not had a cigarette in 16 months now, I also started a small business selling eGo type personal vaporizers to try to share this miracle I've found.

Here's the truth. E-cigs have saved my life. I feel a million times better. I can run. I don't get out of breath climbing stairs. I don't cough all the time. I have energy. what's best is that I don't crave cigarettes. I often vape nic-free e-juice, and find myself puffing on my vape less often as time goes on as well. This thing has worked for me, and I am proud to say that I am

VAPER. NOT a smoker.

6/29/2013 6:15:00 AM - Rick

I have smoked for 27years or ever since I born + 9 mouth im 42 years old I started a smoke free alterative 3years ago I have try them all but the one that got me off of cigarettes was the ecig, I was told to try it for 1 week with out having a cigarette then after a week light a regular cig and smoke it, well I did just that had about 4-5 puffs of a king size cig and I threw up(no joke) it was like the 1st time had a smoke 27 years ago.From that point on I have been on the ecig or vaping, the other methods somewhat worked for me but was missing the action of smoking we are all the same but each of us are like a finger print no two are alike, some nrt will work for some but not others ecigs are another choice to give to the people where nrt have failed them. now I did fall off the wagon but only because my Canadian government forced my supplier to shut down and my employer aswell told me I could not use a ecig with in my work space(faute the ruling and won) and seeing more suppliers in Canada now then 3 years ago I can not will not go back to smoking. As for changes in quality of life for me well where do I begin? no more death coughs, sleeping more soundly(don't wake up during the night to have a cigarette), don't have to worry about falling asleep with a lit cig and burning to death or killing others, breathing has greatly improved, food has taste again and eating better now that I can taste it and have not gained weight and my sex life and stamina has greatly improved (you asked)but the greatest quality of life is I now have a chance to see my god daughter and nephew grow and have a family and to be with them. As for the negative of ecigs is that I no longer hang around smokers any more, and im working harder and more productive at work(wait is that a negative?? haha). Before I sign off I would like to thank you for reading mine and countless others stories of how ecigs helped us quit or cut down on smoking please remember the decision the united states government makes on ecigs will not just affect

the American people but people around the world that's because what ever the American government does the rest of the world governments will follow?. So don't look at as you are saving/condoning couple million people but perhaps a couple billion people?.

thank-you

Rick

6/29/2013 11:46:00 AM - lynne creasey

I have smoked for 29 yrs and tried giving up about 16 yrs ago, decided to go cold turkey thought I could do it on my own and of course I couldn't, I was a jibering wreck lasted 3 days, couldn't take anymore so went back on the fags. Didn't bother trying anything else thought I would never be able to do so I just carried on the way I was smoking 30 cigarettes a day and costing me a fortune, but then I developed a persistant cough that would not go away, so I knew that I had to do something, then about 10 wks ago I noticed that a couple of the parents up at my childrens school were using the e cigs the ones that you put the e liquid in yourself so I asked them about it and they said that by switching to the e cig they had both managed to give up the fags. So I decided to give it a go, 9 wks ago I bought my kit opting to try a 24mg strength tobacco flavour e liquid, right from the off I had no problems using it. For the 1st wk I decided to use it at the same time as smoking but to cut down on the fags to one every 2 hours by the tuesday of the 2nd wk I lit up a cigarette and thought I don't want this and from that moment on i've not had another cigarette, it's been just over 8 wks and I have also cut down on the nicotine strength now i'm down to 12mg. The cough has gone, I can now run without getting out of breath and i'm saving so much money as I said I was spending

6/29/2013 4:09:00 PM - anthony r shilling

i started smoking at the young age of 12 and in the last 10 years before i found e-cigs i tried everything on the market nicorette,chantix and many others but still failed to quit. then on july 10,2012 i saw a e-cig in the store i got my cigarettes from and asked if they worked but couldn't get any answers.so when i got home that night i started to do research on them. 7/17/12 i found ecf and joined. i dug a little more before my first kit came in and found so many who where just like me. 7/20/12 my first kit came in along with parts to build a mod. while at work that day with 2 packs the little cig-alike work and before i left i was like what do i do with this 2 packs. well one of my coworkers came over to me and grabbed them crushed then through them in the trash. from that day on i have been smoke free and vaping. my one year is come and my first birth day being smoke free in the 23 years i did smoke. now for the reason i had to quit. when i turned 35 i couldn't even breath if i walked 10 feet. i went to my doctor and found out i had a collapsed lung and my other lung wasn't in the best shape either. he told me that the 3 packs a day i was smoking is what made it happen and if i didn't quit i would either die or be in a hospital within 2-3 months fighting for my life this was 7/9/12. after i start on the e-cig it took 5 months before i could breath again. 1/15/13 went to my doctor and he was shock because i was in so much better shape than i was back in july that he asked me how i did it. so i told him and showed him what i was using. he didn't like it but told me that the e-cig saved my life and if i still need them to keep using them even if he didn't approve me doing so. so i live to make it to age 36 less than 2 weeks away and i am thank full that i can see another birth day

6/30/2013 12:42:00 AM - Kieron Haney donesmokin on ECF

I smoked for 38 years.

In the end it was 2 packs a day of full flavor 100's.

I had no intention of quitting.

Patches, gums, pills?

How was that stuff going to help?

None of them simulated the physical or visual cues that IS smoking.

Like the hand to mouth smoking motion or seeing the smoke when exhaling.

I was resigned to the fact that cigarettes would probably be what killed me. In 2010 I was told my Christmas list wasn't long enough so I added "e-cig" just to fill it out a little.

I'd heard a little about them but had no faith something like that could actually work. They just looked like a gimmick to me.

The e-cig kit I received left a lot to be desired but I could see the possibilities, much to my surprise.

Over the next four weeks I researched and bought better equipment, a couple of times.

It took three more weeks for me the run out of cigarettes smoking five a day.

So it was decision time, buy another carton or try to use e-cigs exclusively.

I've been tobacco free for over two years now and still can't believe it!

I cut the nicotine down from 24 and 18mg to 12 and may drop it more in the future.

No smokers cough in the morning anymore.

My sense of smell is much better and boy do smokers stink!

No burn holes in clothes or furniture and no more dirty smelly ashtrays.

E-cigs have changed and as far as I'm concerned saved my life.

6/30/2013 2:43:00 AM - Joni Meyer, Lynn Haven,Fla.

I smoked for over 40 years. Tried to quit once in 93 used the nic.patch for 3-4 months and then started smoking again. I started using an EGO E-Cig about 11 months ago,with 12mg. nicotine.My cough went away the first week, and as the weeks went by I could smell and taste better and felt more engery and proud of myself. I can spend more time with the people I care about. And I've saved alot of money! Thank God for E-Cigs!!

6/30/2013 3:33:00 AM - Andrew Geiger

I smoked cigarettes for 15 years, ranging from 1/2 pack a day to 2 packs a day.

Over the years I had tried many ways to quit smoking including cold turkey, Chantix, Welbutrin, and Camel Orbs.

Towards the end of my smoking I was suffering from constant coughing and bi-yearly colds that would require treatment and linger for weeks.

In the summer of 2012 I began looking for a way to finally quit smoking.

In July of that year I visited a local e-cig shop to investigate my options.

I left that store with an eGo battery kit and 30ml of 18mg ejuice.

At that point I still had a partial pack of cigarettes.

I ended up alternating using the e-cig and analog cigarettes until the pack was empty.

I discovered that I did not suffer from the withdrawal symptoms that had plagued my prior attempts.

Over the next months I began to go through the changes noted in published stop smoking documentation.

These included increased taste, lung clearing, and increased lung capacity.

This previous winter was the first year in the last 5 that I have not needed to seek treatment for a serious cold or upper respiratory infection.

6/30/2013 3:35:00 AM - Jeff Jewell

I am 36 years old. I started smoking at 14. I have been cigarette free since March of 2013. When I quit, I was a 3 pack a day smoker. Yes, I smoked 60+ cigarettes a day. I was on 2 different blood pressure medications trying to battle what I was doing to myself.

Since I started vaping, I am down to one medication to control my BP, and I have totally quit cigarettes. My health has improved, I can breath easier, my stamina has increased, and I FEEL better. Vaping has helped me not only financially, but my health has improved. I truly think it has prolong my life.

6/30/2013 3:36:00 AM - Ant "Zipping" (Philadelphia, PA)

I started smoking at 15. By 19 I was a pack a day smoker. I had no intention of quitting smoking. BUT I wanted to cut down on smoking in places I didn't want to smoke in (such as my car, house, etc)... Products that I tried that failed : Snus, Chewing, Nicotine gum, nicotine lozenge. At 23 I was chain smoking 2-2.5 packs. I started to vape and smoke, after a week or two of both my cravings for cigarettes went down significantly. Now I go days at a time without smoking a cigarette.

I enjoy flavored "electronic cigarette" juice. I enjoy flavored ejuice the same way I enjoy flavored food or drinks. By the way, flavoring e-cigarette juice is GREAT because it makes vaping MUCH more pleasant then the taste of cigarettes. oh yes, My teeth are getting shiny now!

6/30/2013 11:26:00 AM - Jonathan W Kroeber

My name is Jonathan and I smoked cigarettes for 25 years. what started out as an attempt to seem cool to a neighborhood girl while sitting on a tree knocked down from hurricane Gloria ended on June 1 2013.

I ordered a starter kit and some e-liquid fully expecting this to fail and have not even thought of having a cigarette in the last month.

Over the years I have tried the following methods.

Patch-4 separate times Nic-Gum- 5 times Lozenges -2 times Zyban- 3 times Chantix- 3 times Hypnosis- 1 time

Most of these attempts also included counseling and support groups, none had been successful

and not once could I go more than a week without sneaking a cigarette, fooling everyone but myself.

I have two wonderful daughters, 10 and 3. My wife has begged me to quit for years to no avail. I love my family and have always know that I needed to quit, yet I could not break the addiction to tobacco.

Electronic cigaretts have given me a second chance, already I have lowered my daily nicotine intake from a pack a day habit to vaping 1 milliliter of 6 mg

nic E-liquid and 2 milliliters of 0 mg nic E-liquid.

The ability to select the nicotine level has been terrific and the flavors of the E-liquid are what have made this the easiest transition for me. The variety keeps it enjoyable and my wife and kids never say "dad you stink".

I know that there is money being thrown at State and Federal agencies via lobbyist in favor of legislation that will favor Big Pharma/Big Tobacco.

I understand that this is how laws get made however I implore you to please understand that this is truly helping millions of people quit smoking and giving us a new lease on life.

Respectfully,

Jonathan W Kroeber

6/30/2013 5:24:00 PM - B Alwin, Colorado

I smoked my first cigarette when I was 7 years old.

A friend and I sneaked some and it became a daily ritual to slip away and smoke a few.

I

6/30/2013 6:45:00 PM - Alan Hubbard UK

I was a 50 year smoker, started at 13 and continued to smoke until Feb 1st 2013 when i discovered ecigs. I quit smoking the day i started to vape and have not returned to cigarettes or have any desire to!

I now feel alot healthier, no coughing, no wheezing, no shortness of breath and i sleep alot better.

I started on 24mg of nicotine and have dropped to 18mg, wether or not i will stop vaping is not important to me as i feel better and have found a healthier option. I must admit i enjoy vaping far more than i did smoking.

I did try several methods to stop smoking - Patches, Gum, Spray, Chantix pills and even hypnosis and they all failed miserably.

Regards

Alan Hubbard. (United Kingdom)

7/1/2013 6:53:00 AM - Holly Young (CommaHolly) from Plant City, FL.

My name is Holly. I am 48 years old, and I smoked for 32 years.

The first 30 years I smoked a pack a day. The last 2 years, I had jumped up to TWO packs a day.

I am embarrassed to admit I smoked during 2 of my pregnancies. We didn't know as much back then, but I still knew it wasn't good. But I couldn't help it. Two of my children grew up watching me...and they began smoking as teenagers just as I had done.

I'll admit it. I was selfish. I spent 32 years thinking of no one but myself. I bought cigarettes if we didn't have money for anything else. I smoked in the house. I smoked in the car. I smoked in our bedroom when my husband was trying to sleep. I smoked pregnant.

I was addicted.

It's not that I didn't WANT to quit. Over the years, I tried to quit smoking using the patch, nicotine gum, cold turkey, and hypnosis (twice). All of them worked for a short time, but I always went back. I missed smoking. I truly think I was more addicted to SMOKING than to nicotine.

Just over a year ago, I got sick of all that money going down the drain. 75.00 a week is what I was spending on cigarettes. Sometimes more, if I smoked more than I thought and had to run out for a few packs to get me through until payday.

Then too, there was the "terror" aspect. Months prior, I had a friend die at 62 years old from an aneurism...most likely brought on by high blood pressure and a 2 pack a day smoking habit. It probably didn't help that she was so addicted to cigarettes, she kept buying those when she didn't have the money for her blood pressure pills....so she stopped taking those.

I saw myself in that scenario. You can only kick your body for so long before it starts kicking back.

I saw a little cheapo kit at Walmart, and decided to go for it. I bought a kit, and on that day, I stopped smoking.

I did not have one single cigarette after that. Oh, it wasn't easy yet...those cartomizers weren't even CLOSE to two packs....the battery life on that thing SUCKED, trying to go anywhere for the afternoon with those things was a nightmare, and it took longer to charge than it gave me in smoking time.

But for the first time in 32 years, I didn't want a cigarette. And that to me.....was everything.

Google is your friend. I found longer lasting batteries, better juice delivery systems, "Do it Yourself" to customize flavors and nicotine levels, variable voltage, dripping, and an online community of vapers who knew far more than I did and were willing to share that information and cheer on my successes. And darnitall, I wanted to do the same for them.

And so in June of 2012, I got my first real kit that actually had some battery life and satisfaction levels.

And I haven't looked back.

Over the year, I slowly dropped from 18mg of nicotine to 0 mg of nicotine. I don't need it, and I don't miss it. I love the flavors, the social aspect, the hand to mouth....everything I knew I loved about smoking, I loved about vaping.

Over the year, I've gone much farther than that very first cig a like kit, and I have no doubt I'll go farther still. But it's been the absolute BEST year. I paid for half my daughter's wedding with my savings....

and best of all, one of my daughters vapes as well!

And the other is interested. I've passed along a few of my older ego style batteries and some homemade juice....and we're keeping our fingers crossed!

I'm healthier, I'm happier, I can walk further, exercise more, and no one else is required to suffer the consequences of my selfishness any longer.

What can I say? Life is wonderful!

7/1/2013 4:13:00 PM - Cliff & Vali Phillips

Today marks the fourth anniversary of the day my wife and I vaped our first ecig and the last day we had one of those incredibly smelly, chemically-loaded, and expensive cigarettes. I was a 2-3 pack a day smoker and my wife smoked about a pack a day when we saw an ad for SmokeSticks. We paid waaay too much but they got us started on our first vaping experience and we both knew immediately it was going to work. Over the years we've been through 4-5 styles of ecigs and a wide range of juices, and we've enjoyed it all. This Forum and the good friends we met here helped us in so many ways. This is, without a doubt, the very best and most knowledgeable group for those wanting to kick those stinky cigs to the curb and move on to a healthier way of living. Neither of us have had even one cigarette since our first vape four years ago. I read a post today by someone who said his ecigs and vaping costs more than smoking stink cigs, and talked as though it wasn't worth it. It can cost more to begin. When we began, I kept a log of our ecig expenses vs. what we would have spent on cigs, and it was about two months before we began to see a cost savings. But the money savings has stayed high, and our health is much better. I was 59 years old, smoked 2-3 packs a day, had bought a riding mower because I couldn't push mow my lawn anymore. My wife was 51, smoked a pack a day, and had a terrible smokers cough in the mornings. Within the six weeks of vaping I had parked my riding mower and was back push mowing my yard, and my wife's smoker's cough was nearly gone. Today we use the Kanger attys on simple eGo batteries and spend about $40 a month on 24 mg juice, total. There's the new battery once in a while and a 5-pack of attys for stock, but that, coupled with our juice orders, is still FAR LESS than the hundreds of dollars we would have spent each month on cigarettes. Plus, we feel so much better. No cough, no tightness in the chest, no afternoon headaches. and no stink on us, our house, or in our car. I applaud those who have used ecigs to totally stop nicotine. They prove it can be done if that's where you want to go. We never intended on quitting. We wanted to improve our health and hopefully save money. We've done that. I've seen Forum members have their disagreements and differences of opinion but, in the end, all agree they are here to help themselves and others. Again, this is an incredibly helpful Forum that includes some of the nicest and most knowledgeable people you will ever meet. We thank all of you and them for getting us to this wonderful fourth-year vaping anniversary.

7/1/2013 4:45:00 PM - Trisha

I have been a smoker for over 30 years. It was the one thing I put before everything else. It was my best-friend when I was sad, happy, stressed, and angry. It was actually for every emotion that I had I would turn to the cigarettes.

I have stopped smoking 13 days ago. So this is really new to me. Since I have stopped smoking the obsessive compulsive thinking has been really heavy. I'm trying to redirect my thoughts. It is extremely hard for me after I eat, drink, work, and get in my car.

I am interested in the smokin vapor because I do not want to go back to smoking cigarettes. This will be my first time trying smokin vapor. I'm hoping I find some relief.

Thank you, Trisha

7/1/2013 10:48:00 PM - Chase Stelling

I was a smoker for 10 years. About a year ago, I started to really give electronic cigarettes some real use. I had tried patches, gum, lozenges, snus, even smaller disposable electronic cigarettes. None of that helped me to get away from cigarettes in the least. At some point I even accepted the inevitability that I would smoke forever and probably die of some sort of a smoking related illness. I just couldn't do without them. Initially when I got my first real decent e-cig, I used it intermittently between cigarettes and really cut back a lot. One day I noticed that I was only smoking about one pack a month and my wife casually suggested that I just stop because at this point I was just doing it to do it. I made up my mind that day that I was done and I have never smoked another cigarette since. I use a 24mg/ml e-liquid and it really gets me through without a problem. It has now become more of a hobby for me and I still use nicotine, but I can honestly say that I only use it because I like the throat hit. As far as craving nicotine goes, I could do without. Occasionally they are out of a flavor that I want in all levels except non nicotine juice and I use that the same without issue. Without this product I can guarantee that I never would have quit and I would still be smoking today. I feel way better and I don't cough or get sick nearly as much. I couldn't be more grateful for this product, it has definitely changed my life for the better!

7/1/2013 11:07:00 PM - ariel Preston from lynn haven

My name is Ariel , im 21 years old . Smoking Vapor is one of my favorite vapor stores ! The customer service is always great! The employees always let me try at least 2 ELiquids before purchasing any . Also they have a wide variety of Liquids to choose from ! Below are some questions im willing to answer ! :)

How long did you smoke? I smoked for 3 years before I quit .

7/2/2013 12:06:00 AM - Eric from Sac, CA

I had my first cigarette when I was 12 and smoked regularly by 15. I smoked 15 to 20+ cigarettes a day for over 35 years. During that time I quit twice for about 6 months each time. I knew how bad they were for me but I couldn't stop. I went to classes which showed diseased lungs in jars and gave you a plan to quit. I tried smoking a pipe and chewing tobacco. I tried the patch twice to no avail. The commercials for "Chantix" scared the hell out of me with their list of nasty side effects so I wasn't going there.

A co-worker had switch to an e-cig so I start asking about it. He stated

that he totally given up cigarettes and felt much better for it. I thought about it and after about 6 months I bought an e-cig called "Pure Smoke" that looked like a cigarette. It wasn't bad but I spent more time charging it than using it. I was smoking less but it was a real pain. I decided to order an Ego kit after 2 days. While waiting for my order to arrive I reduced my cigarette consumption down with the help of the "Pure Smoke" device. Monday I had most of 4, Tuesday I had some of 4, Wednesday I had some of 3, Thursday I had some of 2. Friday, the day my Ego arrived, I had part of 1 in the morning and took my LAST puffs of a cigarette at 12:30 PM on January 7th, 2011. I have been a "vaper" ever since. I went from the Ego to a variable volt box mod and am currently using a variable volt/watt mod. With e-cigs I know what I am inhaling and can control my nicotine level. I breath better, things taste so much better and I don't stink like an ashtray which make my non smoking wife very happy. My wife has a bad reaction to cigarette smoke but has no issues with vaping. I haven't had or wanted a cigarette in over 2 and 1/2 years and won't ever go back!

7/2/2013 12:49:00 AM - April Preston from Lynn haven

I'm April Preston , 45 years old . I've been quit smoking since March 16 , 2013 . Am currently using the electronic Ego-t Ecig . Smoking vapor is one of my favorite stores to buy accessories , eliquid ! The costumer service is always great ! I enjoy vaping . I will never go back to a cigarette !!

7/2/2013 2:05:00 AM - Ecigs rock

I am a 52 year old woman been smoking since i was 13 so very long time. My smoking habit consisted of 1-1 1/2 packs a day of american spirit ultra lite organic cigs. I had bypass heart surgery 1/23/2008 and started smoking again after 3 months. I have tried nicotine gum, patches and lozenges NOTHING has helped. First thing when i woke was to smoke a butt. I have also tried chantix and wellbutin (zyban). Finally in April i bought A few disposable BLU cigs... They were good but too expensive. Then week later i bought a BLU electronic kit. Finally i was no longer buying tobacco cigarettes. Then within 2-3 weeks i bought V2 ecigs. Better battery and longer lasting cartridges. I found myself no longer buying cigarettes at all. My ecig is not the first thing in my mouth when i wake!! I have more energy. My skin looks better. I can breathe better no shortness of breathe.

I am so happy down to 12 mg and working towards 6 mg.My clothes, car, breathe doesn't smell. My daughter and son are so happy. I love vaping it saved my life and getting my 30 year old son, my daughters 25 year old boyfriend and my sons girlfriend to quit the same way!

4 people that were buying tobacco cigarettes are now vapers on their way to complete freedom from BIG tobacco!!! Vaper with nicotine, god i only wish this was around years ago. Smokers need something to deal with the oral obsession and this is it!!

Thank you for listening to my story. I hope it helps.

7/2/2013 2:56:00 AM - mommyofdoom

I smoked for 20 years before I tried ecigs.

I'd tried to quit numerous times, I tried going cold-turkey, I tried the gum, I tried the patches.

The only one of these that worked for me was the patches, but after a month I developed a severe skin allergy to something in the patch and had to stop using them.

I went right back to cigarettes.

I have four children, and while I wish I could say that I quit for all four pregnancies, I did have to bum a cigarette from someone about once a week.

I was embarrassed and upset with myself, but my addiction to cigarettes was overpowering.

Judge me if you must, but it's the truth.

I began vaping six months ago.

I decided that I was going to give it a shot, and when my kit arrived in the mail, while I was unwrapping everything, I smoked my very last cigarette.

Since then I've found avoiding cigarettes easy.

I have no cravings, no relapses, no desire to smoke at all.

I can even still hang out with other smokers (my husband smokes) and not feel the urge to light up.

The smell of cigarette smoke now makes me sick, and this is a wonderful thing.

For 20 years I loved the taste and smell of cigarette smoke, and I feel like I'm finally free.

I've noticed a marked improvement in my breathing and overall feeling of wellness.

I used to get nasty colds that would last a month or more, I used to cough up lovely chunks of phlegm in the morning.

I used to get dizzy when exercising or when blowing up balloons.

I haven't had a single cold in the six months I've been vaping.

I don't cough up phlegm, in fact I don't really cough much at all now.

My kids even commented on how nice it is that I'm not going into coughing fits any more.

I can walk around theme parks without getting tired.

And I can not only blow up balloons with little effort, I've found that I can blow up huge pool toys for the kids without getting dizzy or needing to catch my breath.

I started out using 24mg eliquid, and I'm down to 12-18mg now.

I'm slowly reducing my nicotine levels, my plan is to get down to 0mg.

I'm not sure yet if I will then completely quit ecigs.

I'll decide when I get there.

7/2/2013 3:11:00 AM - Brandon Blakely from Michigan

My name is Brandon and I smoked cigarettes for almost ten years. In those ten years I tried quitting twice. The first time I tried quitting I went the cold turkey route which lasted about two weeks before I went back to smoking a pack a day. A few years later around 2011 I tried using nic-gum to quit. It seemed to work better than cold turkey but I kept having strong urges to smoke. After two weeks on gum I felt it wasn't going to work so I went to chantix. While transitioning from gum to chantix I still did not smoke but I was growing very irriatable still wanting to smoke. Chantix seemed to help for another 2 weeks but people around me (friends, coworkers, and family) started commenting on strange mood swings I started having. I realized I had bouts of anger issues and everything seemed to irriatate me. I started talking to others who used chantix and while most did not share these similiar mood swings I did come across two friends who did say others have commented on how moody they have started to become. So looking into it more I found others online who also experienced mood swings. Once my mood swings seemed to affect my relationships i wanted off chantix. I did consult my doctor and he did suggest I find some other means to quit since it appears chantix was not for me. Well I was back to smoking a pack a day sometimes more after a little more than a month of no smoking. Now this brings me up to the present. Around the beginning of May 2013 I had no intentions of quitting. In fact I rather came up with the conclusion that while I know smoking is horrible for you I actually enjoyed holding a cigarette in my hand along with inhaling and exhaling smoke. Despite all the negative impacts smoking had on my body like, waking up with bad chest congestion in the morning, sore throats and the ease with which I ran out of breathe. Then around the first of May I saw my brother using an Ego battery with a kanger T3. I had no idea what the thing was but it looked like he was smoking. He told me it was an E-cig. So I asked to try it out and found I enjoyed using the Ego. I went directly online and began researching the product. Later that day I went to a gas station to buy a pack of smokes along with a disposable E-cig for $8. It lasted me probably 8 hours. So the next day I went to a local smoke shop and bought an Ego battery and a T3 along with some coffee type E-liquid which had 24mg strength of nicotine. I vaped on that Ego with a T3 all day while reading more about E-cigs online. Meanwhile that pack of smokes I bought the previous day sat 3/4ths full on the counter untouched. Before I knew it two weeks had past and I found myself buying a PV device known as the Vamo online, along with an EVOD, cartomizers and a tank. Also within those two weeks I should add I exclusively used my Ego and T3. That 3/4ths of a pack of smokes I had I ended up giving to a friend. Of course only after trying to convert him to an E-cig aswell. My buddy seems to think it will make him less of a man to be seen out in public with an E-cig. Anyways come to now, July 2013, after trying a few nasty e-liquids and some terrific ones, I still have not had a cigarette since that first day I bought a disposable E-cig from a gas station. I don't want to lie so I will say a few days ago I took a drag from a cigarette out of pure curiosity of what it would taste and feel like, not because I felt I needed a

cigarette. The thing tasted nasty and I could barely draw a single puff. Since I stopped smoking cigarettes and now daily only use a E-cig I feel like I breathe better, and in general feel better. I have not woken up to chest tightness in almost 2 months. Walking up stairs is much easier already. I also find I'm working out more and I can sustain longer work outs with less fatigue. Another bonus is people around me often comment on how aromaticly pleasing some of my vapor is along with comments from non-smokers noticing I don't smell like cigarettes anymore. To me E-cigs feel like they've become more than just a tool to stop smoking cigarettes, they've become one of my first true hobbies. I love reading about them and learning all I can about them. I like telling people all about E-cigs and correcting them on some of the misconceptions they have on E-cigs (ie.. E-liquid contains Anti-freeze). Its become sort of a passion for me in the last two months. Due largely in part of how amazed I am that this has soo easily replaced my habit of smoking cigarettes.

Ive just recently moved from vaping 24mg of nic juice to 12-18mg of nic in my juice. Given its only been two months of being cigarette free which is relatively short compared to my 10 years of smoking I'd like to note this feels nothing like the two times I tried to quit in years past. Right now as I type this I have no want or need to smoke a cigarette. 2 hours ago I didn't want a cigarette. 4, 8, 12, 16, 20, 24 hours ago it did not even cross my mind to go buy a pack of smokes from the gas station thats only a short walking distance from my apartment. Compare that to when I was in the midst of trying to quit

years ago (cold turkey, nic-gum, chantix) it was almost always in the back of my head how I wanted to go out and buy a pack of smokes. Also my buddy who was dead set against E-cigs 2 months ago now wants to know more about them. So to sum it up 2 months ago I did not want to quit smoking and through out the last 2 months I have not bought a single pack of smokes. All because of one day in the beginning of May I vaped on my brothers E-cig.

7/2/2013 7:54:00 PM - Shawn

I've smoked 1 pack a day for over 20 years.

Tried numerous times to quit..

Patches did nothing for me..

I still wanted to smoke even if I didn't need to smoke.

Tried a medication with the same result.

On a couple occasions I quit cold turkey, but no matter how long I had quit, I still wanted to smoke..

One trigger and moment of weakness and I was right back on them.

I had tried the cheap e-cig a couple times in the past, but because of taste, battery life, and not always being able to quickly get cartridges, I didn't feel it was a reasonable alternative and didn't really like it.

That all changed after speaking to someone vapeing on a provari e-cig.

It was beautiful and smelled great.

I especially liked that it in no way resembled a cigarette. I ordered one with a starter kit immediately.

I received it on May 18, and by the following day I considered myself a non smoker.

Even though I still had half a pack of cigarettes, I had no urge to smoke them.

Over the next few days I tested myself and would smoke one of them..

I found I that I enjoyed my provari vaporizor tremendously more than a traditional cigarette.

I have smoked on occasion, but over the last 1.5 months I have probably smoked what I used to smoke in a day.

The best part is, I can smoke if I want to, but I know that will not lead me back to my old habit.

The vaporizor completely replaced my habit.

I vape the flavors I like, and I'm not too concerned about the nicotine levels.

I've even spent a few days vapeing flavors that had zero nicotine, because I liked it and didn't get any signs of nicotine withdrawals.

Mostly my nic level is 8mg/ml.

I love vapeing in public and want people to ask me about it just so I can tell my story and hopefully encourage others to do it as well.

It would be a terrible injustice if government ignorance or big tobacco/ pharmasudical companies to make e-cigarettes less available. Lives will be saved!

Starting with mine!

7/3/2013 1:07:00 AM - Don Zarzecki from Ocala, Florida

I had been smoking for 39 years, I had tried the Nicotine Patch, that did not help my craving for a cigarette at all, I had tried Nicotine Gum, this did taste good nor did it help curb my craving for cigarettes. I had stated seeing AD's on TV and in publications for about 2 years or so and didn't really think they would do anything or where just a gimmick, well I knew I really needed to stop smoking and decided to give the E-cigs a shot, I had order a few Trial Kits and disliked a few of them but found 2 that we good, this all started 1 month ago, after getting used to the e-cigs and getting another set of advanced starter kit, my smoking regular cigarettes started to decrease after the 1st week, I was a pack to 1 1/2 pack a day smoker, after the middle of my second week I was smoking 10 cigarettes a day, the week after I was down to 2 regular cigarettes a day and on the 3rd week I had no real cigarettes, it has now been 3 weeks since I have smoke a real cigarette and I have to say this has been extremely successful for me and this was all without making a plan how I was going to do it, it just happened on it's own. Now I can breath better, my sense of smell is coming back and I can smell things I couldn't before, the same for my taste buds, I enjoy food more as I can taste the food with out the after taste of regular cigarettes, in addition my clothes no longer smell like a ash tray and I don't have to worry about the smoke ruining the walls in the house or anywhere, also due to the variety of e-liquid flavors I have much more of a choice. Also there is no smoke, it's only vapor which is gone within 3 seconds, whereas regular cigarette smoke lingers in the air much longer and now I understand why those that do no smoke dislike the odor. There are basically only 4 to 5 ingredients associated with e-liquid and eliminates the other 4,000 that are harmful in regular cigarettes.

I highly recommend that those who wish to quick to use E-cigs as they are the best method to quit!

Sincerely,

Don Zarzecki Ocala, Florida

7/4/2013 12:53:00 AM - Ron Whitcomb Panama City Beach Florida

I smoked most of my life since I was 12 now 44. I have quit smoking a few times but always returned to the habit. I got my first Cubica E-Cig in Feb of 2013 and have not had a cigarette since..(now July 2013).. I can breath again!!!

I can now breath free and have been able to clear my lungs from all the garbage. My son who is a Doctor also reassured me that the Vapor I am smoking is Harmless and is actually good for clearing out my lungs. Smoking Vapor has been the best thing that has happened to my health in a long long time. I first noticed the difference in my breathing better when I was at the beach not to long ago... A man had gone under in the surf and I raced to find him.. I was able to not only find him but drag him almost 70 yards to shore and was not out of breath. Like I would have been if I had been smoking cigarettes. I might have not been able to save him if I had been smoking honestly... So the E-cig has not only brought life back to me but in a sense possibly help save a mans life indirectly. I think the tobacco companies should be forced to shut down personally. There is no way I will ever go back. No more poisons for me. Thanks to Smokin Vapor in Panama City and Employee Chase Staples who showed me a better way of BREATHING...

God Bless you

7/4/2013 2:05:00 AM - Chris, London

(The details: male, age 60+, London UK, started using an ecig in 2009, smoked from the age of 15, on and off.)

I had never heard of e-cigarettes before someone gave me a couple at work. They were the stick look-alike kind, different versions. I got three or four of them in the end. They were interesting but I had no intention of quitting smoking as there was no reason to: I only smoked from one to four cigarettes a day, enjoyed them too much to want to stop, and figured there was minimal risk from that level of consumption.

Although not many per day, they had to be extremely strong: I used to make fat roll-ups of a 50-50 mix of tobacco from Winston or Lucky Strikes and RYO tobacco such as Golden Virginia, because it was no longer possible to buy the no-filter strong cigarettes I preferred. My first smoke of the day was after lunch but sometimes not till early evening, although they had to be super strong. Even as a kid I'd smoked the strongest cigs, Capstan Full had been my favourite at age 16, the no-filter extra strength kind, when the other kids who smoked used Peter Stuyvesant or other mild brands with filters.

Soon I came across boxmods, which at the time were the way to go if you wanted more power: they were boxes or small tins with two 14500 batteries and a 5 volt regulator. Those suited me fine as you could put a low-ohm atomiser on the 5 volt box to get a decent result. A huge improvement over the wimpy stick type ecigs. We only had atomisers at that time, it was long before cartos, never mind clearos and all the rest.

Even so I had no reason or desire to quit smoking, the boxmods were simply an alternative to one smoke a day. After several months (and it was longer than 6 months) I found, though, that I was only smoking one cigarette a day, the rest of the time it was the ecig (5v boxmod). Maybe part of the reason it was going this way was that I had taken to extracting liquid from tobacco by boiling it in glycerine and adding it to the e-liquid in order to make the vape 'stronger'.

Then after nearly a year I found I couldn't remember the last time I had smoked a cigarette. Obviously, I didn't miss it any longer. I just forgot to smoke.

That was several years ago. Over the years I've cut down on the power a bit but still use high-nic @36mg. I don't vape much compared to others (less than 2ml a day), but still have to have it strong. Nicotine doesn't really have any serious effect on me, I can vape 36mg continuously or spill it on my arm and leave it - no noticeable effect either way. However I can't reduce the nic strength vaped, as consumption just goes up to compensate. It's a little hard to work out how this need for high-strength nic equates with very low comparative usage volume, and not needing to smoke/vape till later in the day; but people come in different flavours I guess.

I didn't want to quit smoking in the first place, but now have no intention of going back. Haven't smoked for years now and probably never will again. Even if vaping gets banned it will be easy enough to get supplies, for those of us who know the ropes. If it did somehow become impossible to buy supplies, I'd go back to smoking. I don't think nicotine skin patches would do it for me, unless you can get them A4 size.

I did have regular lung issues such as bronchitis but that stopped after quitting the cigs. Both my parents smoked like chimneys as everyone did in those days; my old man had a heart attack in his early fifties. I can't remember ever noticing it as a kid but we must have lived in a thick smog - my parents and all their friends smoked, and no one ever went outside to light up. As a kid when I went to my dad's office, the first thing his boss did was offer me a Blue Liner out of a silver box on his desk (that's a Navy-only brand, only available in the Services, but he was an ex-admiral or something). Then my dad got to be boss, so the cigarette supply became easier when I went up there on a Saturday morning. Any boss worth his salt now would have a box of ecigs on his desk.

How times change.

7/4/2013 10:40:00 AM - Roderick in Melbourne Aust.

I smoked from about the age of 20 to 56. I tried patches about 20 years ago and didn't smoke for about 4 weeks. I didn't like them for lots of reasons. I still wanted nicotine but not like that. I wanted a nicotine hit now and then not a continuous dose. I didn't then nor do I now want to quit nicotine.

I used gum a few times. For me it was better than patches since I could use it when I wanted and delivered a slight but slow hit. But it gave me a sore mouth and throat and to get a hit I would have to chew at a rate or use a strength of gum that would cause a mild overdose and nausea.

I've been using ecigs for five months and haven't bought tobacco in that time. Even having experimented with different mixtures and equipment I've spent less than a quarter of the amount I spent on tobacco the previous 5 months. I will likely spend nothing on vaping for the next several months.

My hands are clean and teeth becoming so. The smell in my apartment is about as imposing as the smell of shampoo or dishwashing detergent. I have no headache or sore mouth. My ability to ride, run and lift weights has improved and continues to. I have no reason at all to think that any of the few substances present in my vapors pose any risk whatsoever.

7/4/2013 2:39:00 PM - Lucy

I have smoked for over 33 years. It's been already 6 months since I used for the first time an ecig and the exact same day I quitted with cigarette smoking. It has not been difficult at all, I just didn't feel the need to smoke cigarettes. I love the aromas and the idea of "fake smoking".

My health has improved incredibly, I can feel it when I wake up in the mornings. I am vaping "zero" nicotine now, with no need what so ever of nicotine any more. In conclusion:

If it wasn't

for my ecig I would have never ever stopped smoking.... This is not only a fab invention it has given me the possibility to live longer .....if God wills;) Lucy

7/4/2013 8:15:00 PM - Karl Fasbracke

I started smoking when I was 17. This developed into a 1,5 packs a day habit. As I grew oder, the urge to quit smoking became stronger. I had several unsuccessful quit attempts. One of them lasted for over a year. I tried gum, patches and cold turkey with poor results.

About 3 years ago I spotted this Arnold Adree chweing tobacco and bought a can. It indeed took the craving away somewhat. But a week later they would no longer have them for sale. Then I looked in the internet. Not only did I find this chewing tobacco, but also swedisch Snus. I learned that it is not allowed to sell Snus in the EU. This lowered by faith into the EU quite a bit.

But Snus was still avaiable on the internet, so I became a happy Snuser for more then a year. I quit smoking on day 1, but occasionally I still buy a pack of cigrarettes, but it would last me a month or even more. There was no "oh my god, I am smoking again". This was beneificial for my self-respect, because I no longer suffered from the shame of doing something, I really should not do.

Then it became more and more difficult to order Snus. Swedish match refused to deliver to the EU, and other brands were occasionally seized by the customs. So I tried the "other alternative", namely the e-cigarette. That worked equally well, except there are a number of situations where I wouldn't vape (e.g. in my office), wheas Snus can be consumed everywhere. So I am always happy to have a box of Snus around.

I know for sure, that I will resort to cigarettes, should e-cigarette become too uninteresting and Snus remains banned. I also know for sure, that I will not become a smoker, when Snus and e-Cigrattes freely are available.

The current discussion about the TPD made me feel angry and helpless. I couldn't believe my ears when I listened to the hearings. The subject really isn't that difficult. It really opened my eyes when I catually read some of the studies. It made it obvious that some are trying to fool me.

Don't let them fool you. Should the TPD be passed in its current form, then many of the involved will be percieved as having blood on their hands.

7/5/2013 12:46:00 AM - LaurieG,Farmington, MI

I smoked my first cigarette the summer of 1967. I was 13 and quite proud of myself.

Over the years I worked my way up to three packs a day then drifted back down to one.

I tried Zyban once. It was okay. It took away the craving but not the habit.

Tried the patch. That was a trip to Zombie-Land. I didn't make it a day without a cigarette either time. That was 20 years ago and I haven't tried to quit since--there just comes a time when you know it ain't ever gonna happen, you know?

Then in mid-December last year while picking up my bi-weekly carton of cigarettes I picked up an e-cigarette, just for kicks. My kit arrived on December 31, 2012, and that was that.

It is glorious being smoke-free.

One day I was a life-long smoker, the next I wasn't.

It was painless and immediate. I will never smoke another cigarette again. Ever. Now I'm just a nicotine addict (IMO the most insidious addiction on the planet), and I can live with that.

E-cigarettes are a miracle, in every sense of that word.

Laurie Gelazin, Farmington MI

7/5/2013 10:05:00 PM - Michael R Ohio

I was a 2-pack a day smoker for 15 years. I had tried MULTIPLE times to quit with zero success in the past. I used the gum, the patch, and even tried cold turkey, I always went back to cigarettes within a week though.

2 months ago I was at a Pilot truck stop to buy another pack of cigarettes when I saw a Blu disposable behind the counter, I was so sick and tired of smoking tobacco and could really feel the negative toll it was taking on my body, so I bought one. I could tell immediately that this was no gimmick. I was so convinced that I THREW AWAY my last half-pack of cigarettes!

The very next day I went to my local Walgreens and bought the Blu starter kit. Sure I had the urge to smoke a cigarette, however just one good drag on the e-cig would make that craving go away. After just a few days I had no desire to go back to smoking tobacco.

Electronic cigarettes have literally changed my life. I did not smoke during the time I was using the e-cig, and haven't smoked since. I have noticed my teeth getting whiter, my breath no longer stinks like an ash tray, I can breath MUCH easier now, and my sense of smell has come back. I just felt like crap when I was a smoker. Just being around smokers now makes me realize how awful tobacco is for your body and how nasty it stinks.

No other product on the market worked for me when I wanted to quit, electronic cigarettes made it easy and most likely saved my life.

7/6/2013 2:38:00 AM - Joseph M

I started smoking at the age of 25 and continued to do so for 25 years. I tried to quit at least 6 times in those 25 years. I tried cold turkey, which was an abysmal failure, nicotine gum and patches, which I continued to smoke while using and at my doctor's urging, I tried Wellbutrin, which was as successful as the other methods. I continued smoking throughout.

Then I heard about this "new" thing called electronic cigarettes which supply the nicotine without all the other garbage that goes part-and-parcel with smoking. No toxic chemicals or gasses, no tar. I thought "Well, it certainly can't be worse than smoking and at the very least I won't stink.".

I started with those realistic e-cigarettes; the little things you buy at the corner convenience store and immediately saw promise. I was getting the nicotine I needed, but the batteries needed constant charging and the nicotine cartridges didn't last long. To me, they seemed a bit too much of a hassle.

Then I found the larger "mod" type systems with batteries that last for days and simpler, less expensive refill options. Plus, they handle and appear nothing like "real" cigarettes, interrupting the hand-to-mouth reflex I had established by smoking. I could buy my nicotine containing "juice" in various strengths and even different flavors, further separating e-cigarettes from actual smoking. I find the reflex and taste related habits to be gone.

I gave my last pack of cigarettes to a homeless man and have never looked back.

That was more than 3 years ago and I can breathe again, my clothes and hair no longer stink and I don't have to go outside to get my nicotine fix. No one I know is offended by my using e-cigarettes. I started at 24 mg/ml strength and have since reduced to 15 mg/ml. Using e-cigs costs less. I spend about $100 every 6 months as opposed to buying 2 packs of cigarettes per day at $5 per pack. Let's do the math: $10/day x 365= $3650/year versus $200/year with e-cigs. Wow. $3450 saved every year.

Best choice I ever made. Improved health, improved esthetics and improved wealth make e-cigarettes the only viable alternative to smoking for me.

7/6/2013 3:26:00 AM - Mark Suburban Chicago

Smoked for 30 years, on average 1 pack a day. Tried to quit may times with the use of patches and also nicotine gum. The patches made the application area sensitive in addition to soreness of muscles under the patch, so I was back to smoking. The Nicotine gum resolved my smoking for 6 months, but I was always chewing the gum and it started to make my jaw joints sore. So I was back to smoking. 4 months ago I purchased a rather higher end electronic cigarette power source device and assorted atomizers etc... I have completely quit smoking. No more coughing, no more dizziness after that first cigarette of the day.

Summary: I will never smoke again. Vaping taste better, I use less nicotine, almost none at this point in time. I feel great. My breathing is back to normal. I sleep on my back again. I sleep without waking in the middle of the night. I have not gained any weight, because I use flavored vegetable glycerin and it satisfies my snacking needs. Need I say anymore. It works as an cessation device without a doubt. It is also a fun hobby tinkering with the equipment and mixing your own juices. Vaping will save your life!

7/6/2013 5:20:00 PM - Mary Evans, (chloeev) Weare, NH

I am a 54yr old female who has been smoking since I was 15yrs old. Looks like its been about 40yrs with a 2pk a day habit... I have tried various forms of smoking cessation, nicotine patch, Chantix, and numerous others. I have been hospitalized with blocked carteroid arteries on both sides and surgery to remove the blockage on one side. I've had the usual smoker's cough, hacking in the morning, out of breath, breathing issues, that all smokers experience. I was told I would end up in the hospital again if I did not quit smoking. I was truly afraid and stopped for about 2wks before I was back to smoking again. During my entire time of smoking, I have only truly quit a period of about 3mo. one time. To say my family believed I would never quit is an understatement. My daughter (who was a smoker too) was diagnosed with Grade IV breast cancer. When I went to her home to stay with her a few months while she started chemo, I agreed to try the same e-cigarette brand she did to try and quit smoking. She had already quit and really did not need someone smoking around her. I purchased the eGo C vaporizer system and never looked back. I had used the smaller disposable vaporizers before and just could not get satisfied or confident in them. I am using a 24mg eliquid now that I started on and hope to decrease that to 16mg soon. When I started using the e-cig, there were a few stressful times that I thought I wanted a cigarette. I had just purchased a carton and had several packs in my suitcase. I would go outside and light one up and find I could not finish it. The smoke was horrible! It was burning my throat, and tasted awful. I could not believe it. Since I started with my eGo, I may have smoked (or tried) smoking approx. 6 cigarettes. I am done with them now and do not want to go back.

My clothes, my house and I smell so much better without the smoke. That was the first thing I noticed after quitting. I opened my suitcase and the clothes smelled horrible! I am so happy now knowing I am healthier, can breathe now, the coughing stopped the first week! I can taste better and in general just feel better about myself. All of this and the advantage of saving over $300. a month, this is too good to be true!

I was only able to do this knowing I could replenish my supplies on a regular basis knowing I would not run out and be in the position to have to resort to smoking again. The online retailers make this possible for me. Right now, there is only one retailer in the state of NH. If I need supplies and could not drive or go the distance, I don't believe I could have made it this far... I am the type I always bought my cigarettes by the carton insuring I had enough to last.

Nicotine is like my security blanket right now, without it readily available to stock up on, just really makes me anxious to even think about. I have been smoke free for approximately 6mo now and only have plans to continue my life this way.

7/7/2013 3:31:00 PM - Dana Kennedy

I

7/8/2013 1:30:00 AM - Alex Clark (The Flying Vapor) Union City, NJ

I have to preface all of this by saying that I

7/8/2013 5:35:00 AM - Tammy G (Las Vegas, NV)

I was a smoker for over 25 years and tried quitting numerous times on my own.

All of these attempts were unsuccessful.

I was not even able to quit smoking while I was pregnant with my daughter, and I hated myself every time I smoked a cigarette while pregnant.

At this time the only stop smoking products available were the patch and the gum.

I tried both of them but was unable to kick the smoking habit.

A few years ago my mother-in-law passed away from COPD.

She was a long time smoker, and so due to my husband's insistence I decided to try and stop again.

I considered going to the doctor for a prescription, but was scared of some of the side effects of the Chantix drug, since it was essentially an anti-depressant.

After searching for other options I came across the electronic cigarettes online.

I initially tried my first electronic cigarette about 4 years ago.

I started with the Blue electronic cigarette and also tried one from a mall kiosk.

Neither of these products seemed to give me enough satisfaction, so I only used them for about 2 weeks total.

I then began doing a little research on the internet and came across another website (Totally Wicked) that offered a more powerful electronic cigarette battery along with some cartridges (The Titan Tornado).

I was marginally more successful with this product, but still was only able to stop smoking for about 3 weeks.

At this point I was convinced that I would never be able to quit smoking, and had resigned myself to die a painful, horrible death due to emphysema, COPD or lung cancer.

Six months ago I began working for a new employer.

On my first smoke break I noticed a group of 5 of my co-workers using a device outside on the smoking patio.

After talking with them I found out they were electronic cigarettes (They looked nothing like the kind that I had used in the past).

I found out that they had all tried to quit smoking as part of their New Year's resolutions, and were pretty successful with the electronic cigarettes.

They began sharing their stories and information about how there was a store in Las Vegas that offered all of the supplies to get started.

After talking about it for a few weeks with some other co-workers, two of us decided to give these new electronic cigarettes a try.

My other co-worker had also tried using the previous versions unsuccessfully in the past, so neither of us were totally convinced this would work. She went to a smoke shop by her house and picked up the Ego kit.

She let me try it out and I was amazed at how well the new electronic cigarettes worked.

After talking more and more with my co-worker I began doing some more research online about electronic cigarettes.

I came across a You Tube video by Grimm Green, and was immediately fascinated on the subject.

After watching about 10 videos that night I went in to work the next day and shared all of my information with my co-worker.

I also found another "vapor" shop close to where we worked and I went in and picked up an Ego kit.

I tried it for a couple days, but then started smoking again off and on.

I would tell myself to substitute the e-cig for every other cigarette, then every two, so on and so forth.

A couple times I slipped and ended up smoking 4 or 5 cigarettes in a row before switching back to the e-cig.

However, I was still went home every night and watched more videos and read more information online.

So every day I would try again with the electronic cigarette.

Both me and my co-worker would go back and forth between smoking and using the electronic cigarette, neither of us able to quit completely.

This went on for about 3 weeks.

Finally on April 18th, 2013 I decided that I was not going to buy any more cigarettes for at least a day.

I told myself to just try and really commit to the e-cig, and if I decided after 1 whole day that I wanted a cigarette, then I would get one.

Well, I used it for the entire day, and realized that I did not want or need a cigarette, so I decided to see if I could make it a week.

After a week I was still satisfied with my e-cig and did not desire a real cigarette.

I thought "hoorah, I've finally kicked this nasty habit".

Well, my true test and revelation came with the first after work happy hour which came about 2 weeks after switching to the e-cig completely.

As many smokers will attest, drinking and smoking go hand in hand like movies and popcorn.

So of course after our first few rounds of drinks everyone gathered outside for the smoke.

Just out of habit I thought I wanted a cigarette.

I borrowed one from one of my friends and it was the NASTIEST THING I HAVE EVER TASTED.

All I could taste was burnt amonia in my mouth and it made me want to throw up.

I kindly gave the cigarette, still smoking, back to my friend and have not tried one again.

It has now been almost 3 months and I am so happy with the switch.

My clothes do not stink.

My hands to not stink.

I can kiss my husband without feeling disgusting.

I do not have to worry about subjecting my husband or my daughter to second-hand smoke.

I do not have to go outside and smoke in 110 degree weather.

I could go on and on about how happy I am with switching to the e-cigarettes.

There are so many advantages, not to mention the hopeful health benefits.

I am very distraught about all of the upcoming legislation regarding the e-cigarettes.

I feel that big tobacco has such a powerful hold on the legislators that they are going to ruin this opportunity for me as well as for thousands of other "vapers".

Obviously tobacco's agenda is not for the health and well-being of the smokers.

I do hope that in this day in age of social media and internet communication the vaping community can come together and form a voice that will stand up to tobacco and the legislators and get what is truly best for all of us.

This is why I have joined CASAA, and this is why I am writing this story.

I hope that my story is helpful for those thinking about or trying to stop smoking and switch to vaping.

It is not an easy thing to do, that is for sure.

But the most important thing is to just keep trying.

Don't give up!

Eventually, you too will have that moment where you taste a cigarette and realize, this is disgusting!

I do not want to put any more unknown chemicals in my body!

I do not want to keep ruining my lungs with every puff!

There is so much support and information out there now on vaping, that you can and will achieve this!!

7/9/2013 1:31:00 PM - Barbara McPherson of Let's Vape in Arlington, Texas 76012.

My name is Barbara McPherson; I stopped smoking January 7 2013. My brother and sister-in-law started me on my first electronic cigarette. I got my e-cig and have not smoked a cigarette since then. I smoked 2 packs of cigarettes a day for 30 years, so I was a little skeptical about this working. I have tried patches, gums, blu e- cig and Chantix, none of these worked for me.

The vapor electronic cigarette worked very well. I started with a joytech 650 starter kit, and I do well with it. The benefits of not smoking anymore are tremendous. My taste and smell receptors are alive and kicking no that I don

7/9/2013 3:03:00 PM - Jerek Carper (Chicago IL)

I have smoked for over 20 years. Last year I went from a pack a day to 3-4 cigarettes a week by using nicotine gum and changing my daily habits around to fill up the time when I would be smoking. My job transferred me back to a high stress location that I had worked at before and within a few weeks I was smoking 3-4 cigarettes a day. Within a few months I was back to nearly a pack a day again. I have grown to really resent the taste and smell of burning or burnt tobacco, while at the same time craving it. I recently switched to ecigarettes which has allowed me to completely stop smoking real cigarettes. I have no desire to smoke real cigarettes when ecigarettes are available and I have no interest in the tobacco flavored e juices. I have been vaping for a few weeks now and am collecting different e-cig kits to fill different needs as far as when I am on the go or at home etc. When I started the ecigs I smoked through the half pack of cigarettes I still had on hand and haven't bought any more since. The horrible smell and taste of cigarettes is no longer an issue for me now. My lungs feel clearer again.

7/10/2013 3:19:00 PM - Anthony G. from Albuquerque, NM

Hi my name is Anthony and I live in Albuquerque NM. I had smoked cigarettes for 10 years and tried to quit smoking cigarettes multiple times due to the negative health risks associated with them... I have seen some of my family members and friends pass away from smoking (lung cancer)... So I tried quitting with nicotine gum and patches multiple times but with no success... I heard about electronic cigarettes about a year ago and decided to give it a shot since nothing else was helping me quit... My first purchase was an ego c starter pack and I fell in love with it!! I quit smoking cigarettes immediately and noticed positive results within the first week of being cigarette free!! My sense of smell and taste returned!!! I also noticed within a month or so that my shortness of breath had diminished!! I also no longer smelled like a walking ash tray!! I have currently upgraded my ego c for an ego twist and evic (mod) and could not be happier with my electronic cigarettes!!! I have been cigarette free for over a year now and feel awesome!!! My family and girlfriend fully support me smoking my ecig versus a cigarette!!!

7/10/2013 8:02:00 PM - Alan Selk from Madison WI.

I smoked for at least four decades. I starting experimenting when I was 12 or 13 years old and by 15 I was essentially a regular smoker. For most of the time I smoked I thoroughly enjoyed it.

Unlike many I never really put in a serious effort to quit. There where a few rather lame attempts in my 20

7/10/2013 11:37:00 PM - Im Willing

I have smoked since i was 13 years old and May18th of 2013 i came across the electronic cig shop in the town i live in. It was very nice to have a local shop and all the vendors online to complete my hunt for a way to give up nasty cigarettes. The taste was great and very low doses of nic in my flavors.I cannot believe i waited this long to try an electronic cigarette.Nor does my daughter have to breathe the sidestream smoke from normal cigs.Both i and my wife smoke electronic cigarettes and we feel better in our lungs and we look better,smell better and we have more energy than we did when we were normal cig smokers.I feel it is our right to have this alternative to smoking and taking back our health. Its our right

7/11/2013 2:52:00 PM - Sue C. (Slaytanic213) from Northern California

I smoked a pack of Marlboro Reds a day for 23 years.

My spouse was a 3 pack a day Camel Wides smoker for over 20 years as well.

My spouse wanted to quit smoking and I didn't.

I loved smoking.

I agreed to quit almost a month ago and because I know myself and my addiction level, I knew that the patch, gum, or pill would not be effective.

I decided that I would try the ecigarette as a tool or crutch if you will (I normally refer to it as tobacco replacement therapy), in helping me to give up smoking.

I have been using an ego vaporizer because they are refillable, I can choose the liquid I put in it, I can choose the nicotine level, I can choose the flavor and it gives me that "throat hit" that I have been conditioned by cigarettes to enjoy.

I use varying mgs of nicotine liquid.

Sometimes I use 24 mgs, sometimes 18 mgs, sometimes 16 mgs.

The latter is really not enough, so I mix it with a higher mg liquid.

I am down to 1 analog cigarette a day which is amazing to me, as I didn't think I could live without my cigarettes.

The ecig made my attempt possible and more successful than I ever thought especially at this early point in my attempt to quit.

It mimics all the things I loved about smoking (hand-to-mouth, throat hit, vapor cloud) without all the icky things (other chemicals, awful smell, etc.) about smoking.

I can not stress enough that without the ecig, I would never have been able to cut down or eventually stop analogs all together.

This product is literally a life saver.

7/11/2013 3:20:00 PM - Jonathan Bagley, UK

I had smoked for around 35 years when I first heard about ecigs. I ordered one, a small cig like device, and found it completely useless - delivering little nicotine and running out of charge very quickly. A couple of years later I read a big feature in the Raconteur section of the London Times and decided to give it one last go, this time buying a larger device with refillable cartridges. My original intention was to use it to cut costs, reduce risk and not have to go outside to smoke at work. I didn't anticipate being able to substitute every one of my tobacco cigarettes. After a couple of puffs, I knew it was a vast improvement on the earlier device. For a while I also smoked tobacco, out of habit I think, but gradually realised I wasn't enjoying the tobacco any more than the ecig. On holidays I smoke tobacco, as a reminder of happy times spent in bars years ago, but when at home, there will be tobacco in the fridge I haven't touched for weeks. I now spend about

7/11/2013 3:21:00 PM - Shawn Emerson

I smoked for 27 years and my husband smoked for 35 years.

We tried several times to quit, but were never successful.

I tried welbutrin which worked for about 3 weeks the first time and didn't work at all the second time, and chantix which worked for about 3 weeks, but the side effects of weird dreams and terrible mood swings were too much for me so back to smoking I went.

My husband tried the patch and the gum which didn't work at all for him.

He ended up smoking while he was wearing the patch.

Chantix worked for about 3 weeks for him, but the side effects of weird dreams, mood swings and ED put him right back to smoking. On saturday May 11,2013 my dad came by and said he had not had a cigarette for 6 weeks and showed us his e-cig.

So on Tuesday May 14 I stopped in a local vape shop and after a lengthy conversation with an employee, I walked out with 2 Ego battery/CE5+ kits and 2 10ml bottles of ejuice.

I smoked my last cigarette on my way to the vape store and have not had one since!

2 days ago I hit 8 weeks cigarette free!

And with no side effects and no desire to pick up another cigarette!

When I got home I gave my husband his kit and he also is now over 8 weeks cigarette free!

My husband had to up his nicotine to 36mg for a week and then he dropped down to 24 mg.

next week he is dropping to 18 and his goal is to drop to 0 mg and stop using his ecig.

I started at 24mg and for the last 2 weeks I am down to 18 mg.

my goal is to get down to 0 mg and vape flavored juice with no nicotine, as I enjoy my Ecig.

After 2 weeks of no cigarettes, I bought one for my sister.

She has not smoked a cigarette since.

My husband has 3 friends and their spouses that learned about ecigs from us and they also have not smoked since! To quit smoking is so stressful.

The ecig took all the stress out of it.

I can breathe better and my sense of taste and smell are back!

My 12 year old daughter now kisses me and doesn't complain that I stink.

I cannot stress enough how big of a life change for the better I have and it is all due to my ecig!

Every smoker I run into I tell my story to.

All smokers should know that this alternative is available to them!

7/11/2013 5:18:00 PM - Robin Lawthers (Robino1) Ft. Pierce, FL

My Story Let's start with the basics: I am 53 years of age and I started smoking when I was 16 years old. I have been smoking for more than half my life.

My husband suggested looking into e-cigs for when we travel. There was a major airline delay, while we were sitting on the plane, on one of our trips. I was pretty antsy for a cigarette, to put it mildly. He has seen me try to quit many times in many ways, all unsuccessful. I've tried cold turkey, hypnosis, acupuncture, the nicotine patch, the patch with wellbutrine and the gum.

So I Googled e-cigs (Electronic Cigarettes) and everything led me to ECF (E-Cigarette Forum). I started reading..... For weeks I would spend hours and hours reading and researching. I read what is in the liquid, and possible benefits of vaping (term used in place of smoking since we are no longer putting a flame to anything combustible). I read about success stories and thought maybe I could be one.

I finally decided on an e-cig that was not 'top of the line' yet not cig-a-like. I didn't think it would work, nothing ever did before right?!? I got a middle of the road kit to at least give it a fair chance. The day it arrived, September 6, 2012, I remember being so scared of taking that first hit. Finally I managed to bring it to my mouth and take my first puff. I was sitting in front of my computer with multiple tabs opened with YouTube (to find out what to do with this) and ECF up in my browser. I can only imagine the look on my face

Oh my God! This is pretty good! I immediately cut back from a pack a day to just 6 cigarettes and progressed slowly down from there. I had a carton of cigarettes in my refrigerator and after finding e-cigs, I swore that after I finished that carton, I wouldn't buy anymore. I didn't have any time frame in mind. No pressure, no set date.

One month later, October 5, 2012, I was cigarette free. There were 7 packs still in that carton when I threw them out before making the move to Florida back in February. What helped to keep me from picking up a cigarette and smoking it and what made the switch almost painless? The liquid. It was so much better tasting than a cigarette,

I wanted to smoke less because of that. I'm also able to tailor my liquid to what I need to stay off of cigarettes. If it wasn't for the different flavors to make it interesting, I might not have stayed off cigarettes.

When I started, I started at 24mg and 18mg of nicotine. It was the perfect fit for me. I can also choose lower and have done so as my body tells me that it's time to go lower.

I am now down to 9mg of nicotine and it has been quite easy for me to do, in stages, on my terms.

I figured I would die a smoker. Period. It has now been 9 months smoke free and counting. I'm now past my previous longest quit.. There is a fact that no one knows, till now. My last cigarette quit....I cheated and smoked here and there.

I have not had 1 cigarette since October 5, 2012.

I still won't celebrate until I hit a year mark. That is coming up quickly.

I do believe that if e-cigs were NOT available, I would be one of the ones that would go back to smoking. Even though I have lowered my nicotine, I will always use the e-cig to keep me from going back to smoking. I have told my husband and he concurs, even if I ever get to zero nicotine, I will continue to use the e-cig. After a 30+ year habit of hand to mouth that is so ingrained in me, I would be morbidly obese if I didn't either have an e-cig or smoking.

Thank you for reading.

Robin

7/11/2013 6:30:00 PM - hvac999@yahoo.com

I started smoking as a teenager over 35 years ago. I tried to quit with ALL the recommended choices. I tried Nicotine gum, nicotine patches, Chantix, acupuncture and hypnosis. Via the internet I saw mentioning of e-cigarettes. I thought I might try that. I started with the 510 model and went back to smoking. I later noticed there were larger more powerful Ego type e-cigarettes. I gave them a try and there is no looking back. I stopped cigarettes completely on December 26, 2012. I have NO desire for cigarettes anymore. It was a little hard for the first 3 weeks not smoking cigarettes but once that threshold is crossed you have got it licked. I believe e-cigarettes have the potential to save MILLIONS of lives if all smokers were to convert.

7/11/2013 11:21:00 PM - Doug from Walla Walla, WA

From the moment I picked up my first cigarette, I was hooked. I was 18, and (no joke) hanging out in jazz clubs when I first started. I went from a non-smoker to a die-hard, pack a day smoker in no time. I would go a few days here and there without smoking, but I never lasted long.

Cigarettes dominated my life. I would buy cigarettes before I bought food sometimes. I'd feel ashamed to say something like that in a different context, but anyone who has smoked knows the siren song of burning tobacco.

I made my first serious attempt to quit about a year and a half ago, after smoking heavily for 7 years. I tried nicotine gum--no help at all. I tried Chantix--it resulted in such a dramatic reduction in mental health, and no reduction in desire to smoke, that I gave up after a couple of months. I also tried my first electronic cigarette around this time. The technology was not where it is now, and I got suckered in by one of the tobacco companies' brands, and it didn't do the trick either.

At this point, I figured I was doomed to be a smoker for the rest of my life. (Imagine the giddy laughter of tobacco executive at the thought!)

Fast forward to three weeks ago: I was at a party, and saw someone puffing on a very strange looking device. I sauntered over, and he was explaining that it was an electronic cigarette. He offered a taste, which I took, and which immediately changed my life.

I have not gone three weeks without smoking since I started smoking. But the simple setup I purchased the next day set me on the path towards success. I have no craving for cigarettes anymore (distinct from the craving for nicotine, which I can live with for the moment, as it is much less pronounced now that I am free of the cravings for the various other chemicals). The speed with which my health (sense of taste and smell, no more lung pain with deep breaths, much less nasal congestion) returned astounded me. I can say now that I am free of cigarettes for the first time in nearly 10 years.

To make the claim that "there is no proof that e-cigarettes help people quit smoking" is, I suppose, technically true. There's no proof because none has been gathered. This is akin to saying "there's no way to tell what the weather is like outside" because the blinds are closed. But the anecdotal evidence from me and the dozens of people I've talked to is overwhelming.

E-cigarettes helped me quit smoking. They've helped others like me quit smoking.

7/11/2013 11:23:00 PM - Sandman0

I smoked an average of a pack of cigarettes a day since shortly before I turned 16. I smoked for almost exactly 20 years.

In that time I tried every method that you care to name except antipsychotic meds (chantix, wellbutrin, etc.). Patch, gum, cold turkey, support groups, nicotine inhalers, the works.

Not one of them worked for more than a week. I think in the twenty years that I smoked the longest I was able to make it was two weeks. That was in 2006 using one of the first electronic cigarettes marketed.

The technology just wasn't there.

I decided to try electronic cigarettes again in May of 2013. I haven't had a cigarette since the day I got my electronic cigarette in the mail.

This time I used an eGo Twist battery, and the ability to control the amount of vapor, coupled with the thousands of delicious nicotine liquids on the market made it easy. Almost too easy. It feels like I cheated.

I had one day like three weeks in that my electronic cigarette wasn't working, and I was in a rush and I was under stress. I lit a cigarette. I took like three drags and had to put it out. The taste was nothing like what I remember when I smoked. It was terrible. It actually tasted like a burning cigarette smells (which it never did when I was smoking all the time). I knew right then that I would never smoke another cigarette.

I've since bought a regulated advanced personal vaporizer (a Sigelei ZMAX v3 and a couple of Protanks), and this is even better than the eGo battery!

I love it and will tell anyone who will listen how easy modern electronic cigarettes make it to quit smoking.

I feel better, I can exercise without getting out of breath, and I can smell things again.

It's been six weeks, and I don't even think about smoking.

I turn 36 in August, and this year I will no longer have to promise myself that I will quit smoking this year, because I already did it.

I spent the last few years being mad that there were so many places I couldn't smoke anymore. Now I'm mad that there are supposed "health advocates" (I'm looking at you FDA and American Heart Society) that are trying to ban electronic cigarettes. They should be running campaigns to give these things away to smokers and supply them with free e-juice.

I'm not a doctor or a scientist, but it doesn't take a genius to figure out that vaporizing and inhaling chemicals that are Generally Recognized As Safe is FAR safer and healthier than burning paper, tobacco, thousands of unidentified chemicals, and then inhaling the smoke.

Those people should be ashamed of themselves.

7/12/2013 12:13:00 AM - Audrey

I was a smoker for around two years and eventually got sick of the smell and the negative health benefits from it. Snus helped me cut down on how much I smoked but it wasn't until I picked up a nice vape setup that the number of cigarettes I smoked went from half a pack a day down to zero. Electronic cigarettes are the best solution to quitting smoking because it actually works. I'm seeing considerable improvements to my health, I don't smell like a dirty ashtray anymore and I feel better as a whole. I truly believe electronic cigarettes to be the most effective way to help quit smoking because it works, plain and simple.

7/12/2013 12:31:00 AM - BertFromKansas

I was a pack a day smoker for 18 years. Smoking was a defining part of my life. Leaving the home I had to make sure I had enough to make it through the day. In April of 2012 I bought an electronic cigarette from gas station and after a 2 weeks of smoking after using that e-cig I quit smoking. I had tried the patch, lozenge and gum on several occasions and none of them worked for me.

The longest one ever worked was a week until e-cigs. It has been over a year since I smoked a cigarette. I no longer wake up and cough for 10 minutes before I start my day. Walking up 4 flights no longer causes be to cough up a lung. I can smell again, tastes thing. And I have had one cold since where as I used to get colds at least 4 or 5 times a year. Vaping has changed my life for the better and probably saved my life.

7/12/2013 12:34:00 AM - oregon

I smoked 2 packs a day

for 28 years.

I started smoking at the age of 13.

I started using an ego-style PV in march. I smoked about one cigarette a day for the first month, but have not smoked since mid-april, it is now july.

I used 24mg nicotine e-liquid in a clearomizer. I am currently down to 12mg nicotine liquid, and plan to continue tapering the nicotine content over time.

I had previously tried: cold turkey (twice), the patch, nicotine gum, tapering off, chantix, wellbutrin, and hypnosis. None of these other methods worked, in fact until the last few months I had not gone a full day without smoking.

I run, rock climb, and have noticed a drastic increase in my stamina since quitting. I no longer have a smoker's cough, and my sense of taste and smell have improved. My teeth are also a bit nicer.

7/12/2013 12:47:00 AM - Mike in LA

I've been smoking since I was about 15 and was never really serious about quitting until recently (I'm 31).

I started out a few months ago with a rule that I would vape but not smoke at home and have managed to stick to it.

This brought me from a pack a day to around half a pack.

That's slowly decreasing as I substitute vaping for smoking when I'm out of the house too.

I'm using Kanger M-T3 clearomizers with eGo style batteries and 24 mg strength ejuices.

I've looked at it like a hobby - trying out different power sources and clearomizers/cartomizers until settling on my preference.

There are as many options as there are when you're looking to buy a car.

The novelty has started to wear off and it's less of a hobby and more of a casual part of the daily routine, one that I intend to eliminate eventually.

7/12/2013 1:00:00 AM - Harley Meeks (Dochollidaу666) From Lawndale, Ca

I started smoking at the age of 12. By the age of 15 I was smoking a pack a day. That lasted for 23 years.I had tried the patch, gum, and cold turkey numerous times but was not able to kick the habit. I heard about vaping (Electronic Cigarettes) by stumbling upon a thread on the website Reddit. It sounded interesting, so I started doing some research about the positive experiences that multiple people had had. I gave it a shot, and ordered an Ego-c starter set and some juices. I started with a 12mg nicotine strength, but continued to smoke. After about a month i stopped the e cig as I felt it wasn't helping me. I decided to give it another shot with some different juices and a stronger dose of nicotine. I quit regular cigarettes about a week after changing juice and nicotine strength.

That was over 3 weeks ago, and I have not had a cigarette since. I feel better, I can breath easier, and I am regaining a sense of smell that I didn't even know would come back. And most importantly, I will be around longer to spend time with my family.

And I couldn't say

7/12/2013 1:11:00 AM - Jonathan Baum-Tuccillo, NYC, NY

I smoked for almost 15 years, since I was in high school. I've tried various smoking cessation methods over years (patches, gum, etc.) I've managed to quit cold turkey, only to be pulled back in months later by friends. In the last few years, I've tried so called "ciga-like" e-cigarettes (cloud9, logic, Blu, n-joy). I made a decision to really give them a hard try, and I found the Blu disposable ciga-like to be the only one that provided the nicotine, feeling and taste to appeal to me. I went through 30 (~$300) of them in less than a month, but it still wasn't quite satisfying enough, so I took it to the next stage - I bought Blu's PCC (Personal Charging Case) in their king size for $80. This contains two small cigalike batteries as well as cartridges in one of 5 or 6 flavors. I hated it. I was constantly using it, and blowing through cartridges, and it did a terrible job of satisfying the need to have something as powerful as a real cigarette.

I found some online communities who helped me find my way. I've since bought an iTaste MVP "box mod", and I fill tanks with whatever flavor I want. I've bought my own supplies to make my own flavors. I am in complete control of my nicotine intake, and the method of delivery and the medium in which the nicotine is contained.

Upsides? I can breathe easier. I am not winded walking up stairs. I can taste and smell the world in a way I couldn't before, and people around me don't have to constantly smell cigarettes on me (my fiancee loves this!) I can feel my health improving by the day. It's been about 2 months since I made the decision to switch to "vaping" from "analogs", and I couldn't be happier. I've saved money and my health, plus developed an awesome hobby.

Once I've shown someone my APV, they invariably start asking me about it, because without fail they've got someone in their family they want to get off cigarettes, and I'm more than happy to get them involved.

Bottom line: I smoked for 15 years and it controlled my life. On disposable "ciga-likes", I was still sneaking at least 1 analog cigarette a day. Since the first day with my APV almost a month ago, I haven't had a single cigarette. In fact, I tried one the other day after almost 2 weeks without them and they tasted TERRIBLE. I know, KNOW I will never go back.

7/12/2013 1:16:00 AM - zsprackett

I was a smoker for 20 years.

I smoked about 15 strong cigarettes a day during this period.

I started when I was 16.

I bought my first electronic cigarette kit 6 weeks ago.

An EGO battery and a Kanger ProTank.

I started on 24mg nic juice and have since downgraded to 12mg.

I had previously quit cold turkey, tried the patch and nicorette gum without success.

I have been analog free since my first puff on the electronic cigarette.

My teeth are whitening up and I feel noticeably better.

I don't wake up coughing and I no longer enjoy being around smokers as I can now smell what I must have been like to other non smokers.

7/12/2013 3:44:00 AM - Carla Spahos

I'm a 44 year old female who has been smoking since the age of 13. I started with just a few a day, like most people. By the time I was in my mid 20's I was steadily smoking 2 packs a day.

Recently a couple of vape stores opened up in my town. My stepdaughter came over to visit who is also a smoker, but this time she didn't have a cigarette in hand, it was an ecig, and a nice one! She let me try it out and I was skeptical. The ejuice tasted fine but I just didn't think that it was for me. A few days later I went to my local shop and purchased a starter kit. I had to. For the last 2 years I have had a painful, hacking cough. Mostly in the mornings. It would last an hour or so, but would hit on and off throughout the day. It was to the point that I was worried, but I was still drawn to smoke even though my health was deteriorating.

The first day I had my kit, I did smoke a few cigarettes throughout the day. The next day, I cut it down to two cigarettes. The ejuice was tasty and I noticed for the first time how awful cigarettes taste! By day three I was down to 1 cigarette. It's been one month now and I haven't had a cigarette since then.

That morning cough? Gone. The cough throughout the day? Gone. Another added benefit is after two weeks, I had my sense of taste back. I no longer have to use salt on my food to taste it. I'm very happy about that! I also got my sense of smell back. I never realized that my dogs were this stinky so I did have to bathe them.

I have to say one thing. I loved smoking. Loved it. A month before I tried ecigs I even said to my daughter, "If they ever stopped making my brand of cigarettes, I'd have to stop smoking." Lo and behold, that same brand is still on the shelves at the store and I have no urge to buy them and smoke them. My goal now is to convert the smokers in my family to this. I would never do this if I felt any ill-effects from ecigs. I love my family. I plan on being around a longer time now that I've gotten off of cigarettes, and I want my family smokers to benefit from ecigs as well. I can't say enough good things about it.

7/12/2013 4:13:00 AM - Steven N. from Indiana

Smoked since I was a young teenager. I've tried other cessation products in the past including gum and lozenges, without any real effect.

Nicotine just has it's hands on me and it is quite difficult to completely break free for any long period of time from that addictive substance.

I hated myself for smoking analogue (real, light on fire) cigarettes. I knew that with each one I was substantially destroying my health and shortening my life -- yet I enjoyed the release that I got from the addictive chemical. But I hated how it smelled and how all the other stuff in cigarettes made me feel. I've learned to be somewhat dependent on nicotine -- not unlike my dependence to caffeine (which many people share and to which they can relate).

So finding an alternative that not only allowed me to continue to imbibe nicotine, but allowed me to do so much more safely and give me back my good health, was completely gratifying. It feels like I've finally found a way not to hate myself while indulging in this otherwise innocuous addiction.

E-cigarettes have allowed me to do that. I can once again live my life without that dark cloud over myself of shame and self-loathing.

I can kiss my wife again (who is a non-smoker) without feeling like I'm some putrid object that repulses her. Because of the wide array of devices and e-juices out there, I can actually enjoy vaping -- the taste, the texture, the aroma. And I can do it without spending an arm and a leg, with health benefits to boot!

In fact, after some initial gear purchases, I can actually vape and fulfill my nicotine addiction for less than 10% of what I spending annually on analogue cigarettes. Less than 5% if I make my own e-juice.

What if I decide to end my addiction to nicotine? Without vaping, what is my recourse with analogue cigarettes? Try, fail, rinse, lather, repeat? Vaping gives me the ability to control my nicotine intake with minute detail. I could even continue to enjoy vaping after having removed all nicotine from my juice! No more guilt of going out with friends and "lighting up" and feeling like a failure! Vaping gives me this freedom to enjoy the aspects of smoking that I truly enjoyed, and throw away all the aspects that I did not.

Why take this freedom away?

7/12/2013 7:29:00 AM - Darren

I smoked for 25 years , 1.5 packs a day. I started using e-cigs 3 months ago to cut back on the amount of cigarettes I smoked . I also was trying to save money as e-juice is cheaper then a pack of cigarettes in Canada. I ended up totally quitting when I woke up one morning and smoked the last cigarette in my pack and I haven't gotten around to buying another one quite yet. Its been about a month I don't suppose I will be buying another pack

.I use an ego twist E-cig with an pro-tank when I am out . At home I use an evic with pro tanks. Before the e-cig I tried the patch , Nicotine gum, Chantix , counseling , Cold turkey , the lozenges , I tried another drug that was an anti depressant, Cutting back . Nothing worked at all . So far I can breath better , sleep better (no more snoring) , I can taste and smell again.

Harm reduction . That is the most important part . No matter how you look at it there is far less chemicals in e liquid then there are in a cigarette .

7/12/2013 7:30:00 AM - Jason Paul

I was a pack a day smoker of 15 years.

Got an E-cig 6 months ago, and quit analogs the day i got it. With an 'EGO-T' brand vape, I started on 12 level nicotine, for about the first 2 months. The next 2 months, I went down to an 8 level. I am now going on 2 months digital and analog free.

I had never tried to quit before this and i think that ecigs are amazing.

7/12/2013 11:30:00 AM - KaiUno

I started smoking as an awkward teenager and kept it up for a little over 20 years. I've tried quitting several times. Once with gum, another time with patches, sometimes cold turkey. I usually did fine untill I got a little drunk. Now I don't get drunk often, so I can honestly say I've had periods of several months without smoking. But you can't cut out the fun of having a couple of beerst with your friends and loved ones completely, and most of them are smokers too.

Then I found out about vaping. This was a couple of years ago. I was off cigarettes completely from my first inhale. Now, whenever I do get a bit tipsy, I just have my ecig with me and I'm no longer tempted.

I still vape and I'm still using nicotine in my e-liquids. I'm down to the lowest level and I intend to stay there. I enjoy the consumption of nicotine and now I don't have a reason to give that up. I'm no longer coughing in my sleep. I'm more active and no longer out of breath for doing almost nothing.

Europe has recently decided for me that what I'm using is a medicine. This means I won't be able to enjoy my hobby without going underground. This worries me a bit.

7/12/2013 3:10:00 PM - Theresa Ramos (jeeeeves) from Lincoln, NE

It all started with my neighbor Rob.

Rob tried just about every form of electronic cigarette out there with varying success.

When he finally got to the eGo batteries and the vivi nova tanks with some different flavors my husband, Steve, got interested.

Steve played with Rob's toys for a bit, then he decided to go out and pick up a kit.

He loved it right from the beginning and wanted to use them to give up chewing tobacco.

This was a little harder than quitting cigarettes since he had to change his nicotine delivery method and get used to only getting nicotine in bursts rather than a continuous stream.

But he kept at it.

After only a couple days his chewing was cut down to a few dips a day (down from about 20-30).

One of his co workers was so impressed with the e-cigs that he went right out that afternoon to buy a kit and has not had a cigarette since.

Steve kept trying to nudge me to try them to get off cigarettes.

I had tried quitting using the gum, but it was such a horrible experience that I didn't want to go through that again. At this point I didn't really think I'd ever be able to get off cigarettes.

But I finally gave in.

Found a few flavors I enjoy and started vaping with 18mg nicotine in a vivi nova tank with an eGo twist.

First morning I found the vapes a little harsh so I lit up a cigarette.

Second day I almost resisted but didn't really feel like it, so I lit another.

By the third day I wanted to see how hard it would be to go a whole day without a regular cigarette.

I made it though that day amazed at how easy it was.

I have not had a cigarette since the third day of vaping and I don't really have any urge to have one, as long as I have my vape.

My ease with quitting cigarettes inspired Steve to finally give up those last few dips.

When I started vaping it was partially to get my husband to stop bugging me and see what vaping was like but I didn't really think a lot of it.

I had no intention of quitting cigarettes.

Now I'm excited to reduce my nicotine levels (already down to 16mg and will go down again on my next juice order) and get off nicotine all together.

Just about everyday someone asks us about our e-cigs.

We both love showing them off and helping others get off of tobacco.

It is our hope that we could get my brother to try them, maybe then my mom and then we can all gang up on my dad, but he's even more stubborn than I am, so it may take a while.

For now I'm just trying to set an example of how easy it is to get off tobacco.

I had been a pack a day smoker for roughly 20 years, husband a can a day chewer for bit longer, now we're both tobacco free since June 21, 2013.

Three weeks tobacco free as of this writing.

I have gotten much of the tar out of my lungs but I'm still getting those last sticky bits out. Already have gotten rid of the morning hacks.

Steve's gums are growing back. I now look forward to all the activities I had avoided because of smoking.

I can now think about taking a long plane ride. The thought of a three hour movie no longer gives me the shakes. Really made me realize how much smoking had ruled my life.

Never again.

7/12/2013 7:16:00 PM - Angela from Austin, TX

I started smoking when I was 15. I smoked for almost 15 years before I quit with my husband. I continued to smoke here and there, a cigarette at the bar, maybe we would split a pack to celebrate an anniversary or birthday.

Fast forward to the birth of our first child. Something in me almost immediately started craving a cigarette almost as soon as he was born. I smoked a lot over the next five months before I gave in and started smoking full time again. I knew it couldn't go on forever, I had an infant son, but smoking helped me to feel sane during has infanthood and allowed me to enjoy him more because I was calmer.

It has always been about the routine of smoking to me. The built in 5 minute break from whatever you are doing, the inhaling and exhaling. I never smoked more than a pack and a half a week, even at my worst. When I tried electronic cigarettes (an Ego kit from a local store), I was eventually able to stop smoking entirely and even to halve my nicotine strength from 24mg to 12mg. I intend to drop all the way to 0mg and be able to enjoy the simple pleasure of vaping with nearly none of the risk. My son won't risk losing his mother to cigarette caused cancer. My husband won't risk losing his wife.

Tell me that isn't a compelling reason to embrace electronic cigarettes.

7/15/2013 3:39:00 AM - Ryan Swift from Rochester, NY

I have quit smoking cigarettes for one month today! I began using an e cigarette made by GreenSmoke and have since switched to an ego twist battery with a kanger protank. I never thought I would find an alternative to cigarettes that would be better for my health but still allow me the social and stress relief benefits of "smoking". My partner who I have been with over a year is a non smoker and they are extremely happy that I have stopped my dirty cigarette habit. I started smoking at the age of 15 and now that I am going into the health care profession, I knew I needed to kick smoking for good. I honestly can say vaping has saved my life, and even though it has only been a month since my last cigarette, I have no desire whatsoever to start again and am already feeling healthier with more energy, focus and overall well being. I have used patches and chantix in the past as smoke cessation aids, however e cigs have virtually made my quitting a breeze and I am so thankful I found them!

7/15/2013 11:45:00 AM - Terrie Connelly

I grew up in a home with two parents who smoked like freight trains! I have been a smoker since I was 11 years old. At the age of 17 I was smoking 1 - 1 1/2 packs per day which I have never slowed down since. I'm 43 years old now.

I wanted to quit when I had children. I tried quitting cold turkey during my pregnancies. Both of which only lasted a week - 2 weeks max. I could have gotten as big as my house as much as I ate not to mention the mood swings! I didn't even give in on my own. My husband brought a carton in and threw it at me stating YOU NEED THIS. As I got older I noticed it was taking it's toll on my health and now I have grand children and want to be around to see them grow.

I suffer chronic bronchitis, chronic pneumoia, severe acid re flux, barrettes esophagus,of course shortness of breath with exercise and/or activity, and beginning stages of COPD just to name a few issues. With all the issues I tried yet again and again to quit smoking. I have tried several fake cigarettes, patches, and gums. I would never resort to pills!

With time I decided I was never going to be able to quit. Instead of feeling like a failure I decided I loved it and would never give it up. I told those I love most like it because I did it when you met me. I smoke inside my home and would hear people complain of the odor and I would tell them to leave if they don't like it or just don't come over. The list of complaints from family/friends just goes on and on. The shameful moments of standing outside to smoke while trying to vacation/visit with family friends is endless. Going to church knowing I reek of smoke yikes! This list also goes on and on...

I loved my grandma to pieces. She was the most important person ever to me. About 12 years ago I watched her die a slow painful death at just 70 years old. She died of emphazema caused by smoking. She told me several times give it up while I can because there would be a time I wouldn't be able to..boy was she right! It was heart breaking to hear the dr say she would've easily lived another 20 years if she hadn't smoked. About 5 years ago I also watched my brother in law die at just 60 years of age same issue. I seen my sister in law suffer every day caring for him as his health deteriorated. I felt so bad for her being left all alone when he passed. Today I still see her cry for him. It's heart breaking! I've often had breathing problems, coughing, and illnesses that made me think I'm headed down that road... get ready! Then last year my dr said I now have the beginning stages of COPD.. yes that's the beginning of the end for my grandma and brother in law. Yet, I still could not put cigs down!

This past May I went to visit my grand daughter. Our daughter in law told me I needed to try the vapor cigarette. I laughed inside myself thinking right! I tried hers and much to my surprise I liked it! I tried several so called e cigs that were just nasty tasting. So she took me to the vape shop and there I tried several flavors and decided to buy myself a

starter pack. Of course my husband allows it not telling me he thinks it'll be a waste of money. He too never believed I would quit. I had just bought a carton of cigarettes and I continued to smoke them up for the next week. During that week I kept telling him and myself I'm not letting them go to waste. We both silently knew I would soon be buying another carton! So after the week was up my cigarettes were just about gone. I kept a few in a pack and decided to pick up my ego ecig. Much to my surprise I used my vape for the day. I had a real cig after each meal and that was it. The next day I had one that morning and used my vape the rest of the day. The 3rd morning I jumped out of bed, grabbed my real cig, lit it up, and ewww!!

I wanted my vape. Wow!!

I couldn't believe it!

My husband commented a couple times he was surprised how little I was smoking. I tossed my last pack of real cigs out and said no more! About a week later I decided to buy a pack because I wanted to know if I would still enjoy it. I guess some how I was really looking to fail. I lit one up and it was gross, I couldn't stand the taste, I tried to smoke it and realized it was making me nauseous. I smoked 1/2 of it and threw it out. Shortly after I had the worst headache ever! At that point I KNEW I succeeded at quitting and quitting for good!

It has now been 2 months. I do NOT desire a real cig at all. It doesn't bother me to be around smokers as in it doesn't make me want one but I do NOT like the smell of it! I originally started out with a nicotine level of

18 then tried some with a level of 12. I kept switching back and forth and now like the 12 most. I have now ordered some flavors with a level of 6 and intend to switch back and forth between the 12 and 6.

I hope to get it to 0. However, I will say I do NOT intend on quitting vaping entirely. I only intend to get to 0 because that is the only addictive/bad chemical in it.

Advantages of switching to the ecig vapor

*Comparing the price of my ejuice to cigs.. I SAVE 15X MY $

*Real cigs have 4000 chemicals 60 of which are cancer causing agents.. Vapor ecig has 1 harmful chemical (nicotine) which they say is such a small amount it does not affect those around me *I love the fact I can take my vape any where with me *I'm not at all ashamed to use it in public *My home is smelling better *my grand kids call it an air freshener (we love to decide which flavor is the best!) *I am more active *Shortness of breath has already improved much! *Acid re flux has improved *I did get a cold.. it did not turn into pneumonia and I was over it in a week not a month! *My husband (aww

he kisses me more!), family, and friends are all proud of me! And I am proud of me too. I feel so much better about myself! *Smoke free hotel/motel rooms!

Nice :)

Again this list can keep going on and on....

I have shown all of my smoking family and friends my vapor ecig. With some of the $ I haven't spent on real cigs I have purchased starter sets of the ecigs for some family and friends who have shown interest.

My son has been a smoker for about 5 years now. He played around with my ecig a little. I bought him one and within a couple days he no longer smokes at all.

I have a friend in her mid 60's who smokes 2-3 packs per day. I took her one of my vapor ecigs to try out. She now uses the vapor ecig and within 2 days is smoking just 3 cigs a day. I only gave her nicotine level of 12. It's been two weeks and she's doing great. Her husband and her hug me every time they see me and tell me how thankful they are. Her husband has told me both of them have experienced positive health changes. He suffered bad allergies to the smoke and some times would feel like he couldn't breathe. Some mornings he couldn't open his eyes because they hurt so much from her smoke. He now said he hasn't had any allergy issues! And of course he loves the smell of the vapor! I'm also sending a starter set to my step son and his wife. Both are extremely excited and patiently waiting for it to arrive! If anyone asks what I am smoking and is interested I give them all the details they need to get it!

I will say along with all the chemicals in a cig that are addicting it's also habit as far as motions. We are

putting something to our mouths, blowing smoke, the motion of grabbing for the cig, lighting it, a constant feeling of something in your mouth, constantly making sure it's with you etc... I get ALL of this from my ecig. I believe with that and the nicotine in it is why I was able to quit smoking so easily. To top it off I'm NOT constantly eating trying to fill a void of missing the cig.

I'm no Dr but I do know I AM NOT ever going to smoke a real cig again!! I feel much better in a short period of time, it's worth it both health wise and money wise.. I'm keeping my vape! Phillip Morris.. you will never see another penny from my pocket!

7/15/2013 2:04:00 PM - Arnie H

I was a half pack a day, Camel Menthol/Newport smoker for 28 years. I enjoyed smoking and never tried to quit before. But when I discovered electronic cigarettes, it was a revelation. At first I used both, but after one week or so, I quit smoking traditional cigarettes entirely. It has now been one month since I last smoked a regular cigarette. E-cigs offer freedom, flavor choice, cost savings, and are very likely healthier than tobacco cigarettes.

I normally use a 1.8 mg strength e-liquid. After quitting smoking, I noticed an increase in energy and a more positive mood. There was a slight withdrawl for a short time (irritability, anxiety, etc) but this passed within 24 hours. I do not know if it was due to nicotine withdrawl or withdrawl from any of the other ingredients in cigarette smoke.

I beleive e-cigs/vaping has the potential to save many lives. Additionally, one can gradually step down (as slowly as you want) the nicotine level with e-cigs if one desires to be completely nicotine free.

7/15/2013 2:41:00 PM - Bill from Michigan

I started smoking cigarettes in the 6th grade and was a full fledged smoker before I was a freshman in high school.

I'm 30 years old now and have been smoking for 18 years, more than half my life.

I've tried quitting in the past by going cold turkey and also with the use of nicotine gum and toothpicks, but with no success. Recently, I came across an cheaper model electronic cigarette at my local tobacco store and decided to give it a try. With much surprise and delight, I found myself puffing on it more throughout the day than on my traditional tobacco cigarettes, smoking only around four cigarettes a day, down from about a whole pack.

Proud of the decrease in tobacco consumption, I researched online to find better quality personal vaporizers and came across the kGo 1100mah and the Vamo. After purchasing these, I have smoked zero cigarettes.

It has only been about a month since I've switched to e-cigs, but I have absolutely no desire to ever smoke another traditional tobacco cigarette. I breath more easily now, snore less, taste and smell better.

I love that my stamina is improving and do not get as winded.

I sincerely hope our elected politicians do not cave in to big tobacco or pharmacy and decide to start meddling, banning, or increasing taxes on a cleaner alternative to traditional cigarettes.

Maximum personal freedom so long as it does not infringe on the rights of others.

7/15/2013 4:33:00 PM - Dennis

I'm new to E-cigarettes,one week of use.I'm using the eGo-C Twist,18mg. nicotine.I'm very happy so far to be away from the harmful effects of tobacco smoke.I haven't smoked a tobacco cigarette since the start of the E-cigarette.I plan on cutting down on the nicotine mg. with each bottle of juice that I buy.

7/16/2013 3:52:00 AM - Debbie Kerrigan (debkdarlin), Indiana

Smoked 1 or 2 packs a day for 40 years, tried patches, pills, even disposable e-cigs. Finally 1 day I'm offered a chance to try a real e-cigarette. I ordered a starter kit, 2 spare attomizers, & 4 bottles e-liquid. I put my cigarettes down when it came & have never even missed them. My life has changed drastically! I no longer have to go outside to smoke!!!

7/17/2013 1:36:00 AM - Janie Timmerman from Blountsville, Al.

Hi I started smoking 15 years ago, and hated it , but loved it.Those that smoke know what im talking about.I We went on vacation in Pc Beach Florida and stayed near Smokin Vapor.I walked in and was amazed at how nice and helpful they were to get me started with the ejoy electronic cigerette.I started it on June 15th 2013, and today I can say I have quit smoking.It was so easy to quit.I got complete satisfaction from the e-cigerette.I would reccomend anyone that wants to quit to give it a try.Somkin Vapor is awesome! Janie Timmerman

7/17/2013 5:23:00 PM - Jeff Miller from Charlotte, NC

I started smoking when I was around 15-16 and have been smoking ever since. I am now 31 and have 3 beautiful children. My wife and I knew we couldn't keep up the habit forever and had to quit for our children, our health and to save money. My parents both smoked when I was growing up and having parents telling you not to smoke while smoking doesn't work. I was not going to allow that to happen to my children so we decided to quit almost exactly a year ago.

To increase our chances of quitting we began the prescription drug Chantix along with acupuncture and hypnosis sessions. In addition to all that we decided to take a family vacation to the beach on our quit date. The beach trip would reiterate to my wife and I the reasons we wanted to quit.

However, even with Chantix and all the support in the world we only managed to stay quit for 4 months. My wife and I both we're pretty disgusted with ourselves for not having the willpower to see it through. But we decided to give it another go as soon as we could save up some money again. At the time I knew I needed to have a lot of money to quit. You see, Chantix, which is not covered by my insurance, is very expensive. We also needed/wanted money for hypnosis, vacations and anything else we needed to successfully quit. Unfortunately that time never came but we still knew we had to quit.

Fast forward to about a month ago and we started another prescription of Chantix. We knew we wouldn't be able to go on a vacation so we planned a lot of stuff for us to do the day we quit. Everything was going great until about a week after I quit. The Chantix started to literally make me crazy. I was having horrible mood swings, I would get very upset with my wife and kids and would often just go to bed as soon as I walked in the door from work. I had to stop taking Chantix because I couldn't deal with what it was doing to my mind. The day I decided to stop taking Chantix, by some miracle, a friend introduced me to electronic cigarettes. I was absolutely amazed about what he was telling me and knew this could be my ticket to successfully quitting.

So that very day I picked up a disposable electronic cigarette from the convenience store. It was fairly expensive but I knew I was just trying it out. My wife and I had our reservations, however, because were we really quitting by still using nicotine? If all the information about e-cigs is believed to be true then we knew it was a much safer alternative to smoking cigarettes. It also costs a lot less. So we started out with a simple EGO battery and cartomizer and are in love with the product. My wife and I aren't as into the hobby as others I've met and we plan on cutting back our nicotine to eventually quit it altogether, but until then I am enjoying the hell out of "vaping" and the community of ex-smokers that surround the products.

Only time will tell if we stay quit but I can't ever see myself wanting another cigarette, and I couldn't say that the last time I quit. I always had cravings, but now I can just vape

instead. It's been a life-changer for myself, my wife, and most importantly, our three children.

7/18/2013 1:48:00 PM - Past smoker

Smoked for 25 yrs. tried everything to quit- then visited Smokin Vapor in Panama City beach and bought an e- cig. It works great, and I haven't smoked since!

7/18/2013 3:58:00 PM - cindy hohenberger

To Whom It May Concern, I switched over to an Ecig about 18 mos. ago. I feel healthier, no coughing, no foul breath and no second hand smoke around family and friends. As a matter of fact I am on my way to Smokin Vapor in Panama City today. Thank you very much,

Cindy Hohenberger

7/19/2013 4:59:00 AM - Tim Morris

Hello my name is Tim, obviously. :-)

I started smoking around 14 or 15. Small country town so small town attitude was never carded and stopped from purchasing at the gas station next to the high school so never had anyone try and stop me from purchasing. The following years I had actually quit smoking twice once for around a year next for about 18 months (all done cold turkey.), then something would happen and I would get a pack and back to smoking.

Through basic and ait I smuggled in chewing tobaccos and corrupted others. Never really bothered me one way or the other and yeah had heard all the horror stories and risks involved and never really cared.

Was locked up for a few years and rolled my own for most of that and shortly after being released went to smoking Camel non filters. My first year of a break from it I came back to my usual which were Marlboro reds.

That was my past.

I will be 42 in a couple months, overweight due to being lazy (round 260ish @ 5'9") and was being harassed by a friend of mine who had started vaping and of course first time I had seen her with her ego with a 6ml DCT on it I commented on her crack pipe. She usually just blew me off.

My friend who had just moved to our state from Reno never really pestered me about tryin to switch but probably could have harassed me a lil more to get me to quit analogs sooner but I wont hold that against her. Has been a vapor for about a year and a half now so being around her made me research it a lil more than just a passing interest and started slowly turning my opinion of it.

I had watched my dad struggling with tryin to quit over the last 5 years or so with those cigalikes even had one popular kit he had paid 120something on and failed repeatedly, so was at the "why even bother" stage and watching her slowly changed attitude towards e cigs.

Feb. rolls around and tax time comes she spent the last lil bit of her tax check to buy me a starter kit and 3 bottles of juice. was a ego 900 and a CE5. Juices were 18mg and she showed up in my basement bunker and shoved the kit in my face and said "Here, I used the last of the money I had to get you this you had better give it an honest effort."

So, I did on the second day my wife looks at me and says "yeah, those things really aren't working for you are they?" I guess I was giving her some attitude.. lol .. I think she called one of my best friends who showed up on the third day and handed me his ecig and said "here, try mine". I hit it for a minute or two and got that morning cigarette

rush, or the rush you get from not having one for 5-6 hours. Looked at him and said "yeah, now this would work this is what I need." He had handed me his 24mg and I have been on that ever since. I can honestly say I wasn't really interested in tryin to quit smoking. even after close to 30 years of smoking I was one of the lucky ones I guess that never had the "smokers cough" of course I would be scared to see what my lungs look like, but the appeal of a safer alternative to the tar and 5-6000 other chemicals was appealing.

Since Feb. I have ordered juices from all over the place trying most everyone's juice I can find. We as a group made several trips to B&M shops all around looking at different gears, set ups, and their juices. A few over 100 miles away.

I quit my job as a Store Manager, and was sitting at home and the thought kind of hit me to start up a B&M and went to them and said "Ya know, closest B&M to us is around 50 miles away, lets take a chance and open one up in my families jewelry store that's sitting empty and give it a shot."

I had actually just walked into their house said that.. then walked out and shut the door.

Day or so later he came to my house and asked how much I needed to start this up.

The two best things in my opinion that has come out of all of this adventure we have been having so far is I don't have to worry near as much about my wife getting any second hand smoke from me (she is a double lung transplantee from cystic fibrosis), and my dad bought a starter kit from us and started getting juice at 18mg.. He bought his first 0mg bottle from us last Friday to see if he was ready to be off nicotine completely and even if he's not he is down to 6mg now and the ego he is using has worked better for him than the cigalikes he had been trying and failing with.

I have not had a cigarette since Feb 9th 2013 approximately. I can taste and smell again. Lung functions I can tell are starting to return to me. I can take deeper longer breaths. I can walk longer distances without getting as winded compared to a year or so ago. All round I feel better.

Well, for what its worth there is my story.

Tim

7/19/2013 5:59:00 AM - Dizzy

Stated with a ego ctwist about a year ago and have been tobacco free ever since. I've noticed a very big difference in the way I feel and my over all performance threw out the day, I haven't felt this good in a long time. I would like to thank all of the venders and supporters of the vaping community because without them I would still smoke traditional cigarettes, I believe they saved my life.

7/20/2013 3:13:00 PM - Tim Greggo

I am 44 years old and started smoking cigarettes when I was only 13. Man that's almost 30 years! Once I was in my 30s I finally thought " I really need to quit these nasty things". Over the next 10 or so years I tried everything to quit. Cold turkey (yeah that went over well at home), patches (fall off when sweating at work), Chantix and Wellbutrin (turned me into a raging psychopath) and even the gum did basically nothing.

A friend of mine let me try his e cigarette.

I had tried one once before and the taste was awful.

But my friend had eliquid from "Smokin Vapor E Cig Shop" called Razzleberry this time and it tasted awesome. The very next day i went straight down to Smokin Vapor and got my e cigarette setup and some liquid.

That was Feb of 2013.

It is now July and I have not even wanted a cigarette.

Even when out with friends that are smokers it doesn't even enter my head to have one. 5 months without even a thought.

That's over 4000 cigarettes I haven't smoked and counting.

7/20/2013 3:33:00 PM - Lori Greggo

I started smoking 20 years ago and finally found the way to quit those nasty death nails for good.

Vapor E cigs.

Over the past 10 years I have tried every smoking cessation method out there, patches, Chantix, Welbutrin or gum with no lasting results.

My husband started using his e cigarette in Feb 2013 and I thought, here is another useless gimmick that wont work.

Well I was wrong. after seeing him use just that for a couple of weeks without touching a cigarette, I decided to give it a try.He took me down to Smokin Vapor E Cigs and got my kit and some E liquid.

Its been almost 6 months now and haven't touched a cigarette since.

I feel and smell much better and now I can actually taste my food!

7/20/2013 4:13:00 PM - Fred Wojciechowski from Chicago, Il

Half way there Posted on June 1, 2013 Hello everyone this is Fred Wojciechowski and I would like to share with you a important milestone in my life. Today marks the six month anniversary of when I quit smoking cigarettes. Honestly i didn

7/20/2013 7:49:00 PM - Mike B from San Diego, CA

I smoked cigarettes for 10 years. I started with Marlboro Lights but soon after began making my own with Bugler tobacco and empty cigarette tubes. I figured one of the benefits to doing this was less chemicals than manufactured cigarettes. For the last several years I had wanted to quit smoking. In May my first child was born which gave me the motivation to actually try quitting. My first attempt was with nicotine gum. The gum did relieve nicotine cravings at times, but it wasn't working at stopping the desire to smoke. I tried it for a week and the number of cigarettes I smoked reduced rather than stopped. So I knew I needed to do something else to quit smoking. I purchased a basic e-cigarette setup from the store I had been getting the Bugler tobacco from. Immediately after starting to use the e-cigarette I didn't crave cigarettes. In a matter of a few days I stopped smoking cigarettes completely. It's now been 3 months since starting e-cigarettes (i.e. vaping).

I did try smoking a regular cigarette twice since starting vaping, and I didn't enjoy them. To me, that's a miracle! Literally in a few days something that was part of my everyday routine, smoking about a pack a day, was vanquished from my life. And I'm better for it. I don't cough up brown flem, heck I don't even cough regularly like I did with cigarettes. My index finger was starting to go numb where I would hold the cigarettes, and that's long gone. My lungs feel better and as a whole I feel much much better.

I started vaping with the high nicotine level that vendors offered, and since then I've been reducing the nicotine level I vape. I try to purchase "juice" that is made in the USA and made with care and concern for quality and safety.

There is no doubt in my mind that vaping with e-cigarettes is vastly better than smoking/combusting tobacco. I don't really consider e-cigarettes a smoking cessation tool as much as an alternative. I really enjoy it. Why can't I do something that I enjoy in my own home? There's no law saying I can't smoke regular cigarettes, why should e-cigarettes be any different?

I realize that vaping is relatively new and unknown to many people, and people tend to fear and distrust the unknown. I hope very much that exceedingly stringent rules and regulations are not levied on the e-cigarette industry. This could lead to a series of events (e.g. rising prices, needing prescriptions, increasing business costs that squeeze out small businesses in the industry, etc) that would make e-cigarette supplies less attainable and could lead to returning to regular cigarettes.

7/21/2013 4:17:00 AM - Jeremy Sauls from Carson City, Nevada

Almost 11 years ago, I made the ill-advised decision to begin using tobacco products.

I was 15 years old at the time, and was allowed access to tobacco products by a friend.

Who knows where he got them from?

For this entire length of time, I smoked haphazardly, with little regard to how it affected my personal health.

I was a very healthy young man, so why would I care?

I won't bore you the details of my youthful arrogance, but fast forward to about four months ago.

My wife was 7 months pregnant, and still never carried on any open opposition to my tobacco use.

I kept it outside, and life was swell.

Until I landed in the hospital, for a mostly unrelated issue, for over a week.

During my follow-up appointment with my physician, who was a new physician to me, he gave me the typical doctor-ese lecture about smoking, how bad it is for your lungs and heart, and how much it reduces your life expectancy.

It wasn't until he began talking about life expectancy, that I realized a change needed to happen.

My son was due in less than two months by this time, and it hit me, that I didn't want my son growing up, recognizing me by the smell of smoke on my clothes, in my hair, or that had permeated into my belongings.

I had tried over the years, a number of methods to quit: the patch, nicotine gum, nicotine lozenges, and even Chantix (twice!).

All any of it did was make me sick to my stomach, so it was easier to smoke.

I won't deny that I even enjoyed smoking, I can't say that when I tried to quit, that I truly WANTED to quit.

Over the course of the past few years, I've known of electronic cigarettes as alternatives, and used a few of them.

However, none of gas-station variety electronic cigarettes, such as BluCigs, NJOY, or any of the other commonly recognized names (I spent hundreds of dollars trying them), did anything for me.

They took the edge off of my nicotine cravings, but none of them completely satisfied my cravings.

This is mostly due to poor battery life, and lackluster flavor options.

Fast forward again to about two weeks ago - my son is 10 weeks old, and just full of life.

So I began to look again into electronic cigarettes, only this time, I went further.

I looked into a more advanced category than "cigalike" products, that involved the purchase of various devices, and eLiquid that you fill your tanks with.

These eLiquids are available in a variety of flavors, and even more numerous strengths of nicotine, which allowed me to tailor this solution more to my own needs.

As of today, it's been two weeks since I've considered myself a "smoker," and joined the ranks of "vapers" the world over.

Through this two weeks, I will not deny that I've had a few (approximately 3) tobacco cigarettes.

I will say that every time I have, it's been nothing short of miserable - the taste is revolting, and the smell makes me nauseous.

My sense of smell is returning, as well as my sense of taste.

Every time I pass a smoker, I can smell it on them - something I haven't been able to do in years.

Even driving to work, I've been able to smell food from restaurants I pass inside my vehicle - again, something I haven't been able to do in years.

At first it was hard, vaping with my smoker friends, who had tobacco cigarettes in their hands.

The smell was enticing, and the itch was there to bum a smoke, and ditch the vaporizer.

However, as the days have gone by, that temptation has left, and I've no desire to light up again.

I'm completely comfortable around smokers (aside from the smell - ha! Go figure!), and feel no want to grab a pack.

I wake up every day, and I feel better and better.

I can breathe better.

Vaping has not only given me a less harmful alternative to smoking, but it's given me a new hobby.

A whole new world to enjoy, and a whole new enthusiast community to be involved in.

Will I go back? Who can say?

But do I want to go back to tobacco? Absolutely not.

7/22/2013 5:32:00 PM - Charlotte, NC

I smoked for 35 years. I tried ALL other means of tobacco reduction. I toyed with e-cigarettes for about a year and a half. I alternated between cigarettes and e-cigs. on Christmas day 2012. On the 26th of dec. I tried e-cigs alone. I haven't had a cigarette since. I only vape e-cigs now and that is my testimony after 35 years of smoking and trying ALL other methods to try to stop.

7/24/2013 12:54:00 AM - Janet H

After smoking for 48 years I'd given up any hope of ever quitting.

I LIKED smoking, just not that it was bad for me.

The next best thing to quitting would be at least to cut down on the number of cigarettes smoked.

So, after researching quite a bit on the internet, I ordered an eCigarette that looked like a cigarette.

It was so shocking that "vaping"

was so similar to smoking that I didn't finish my pack of cigarettes that was open right next to me!

I accidently quit smoking cigarettes!

To make sure I stuck with vaping I did get a much better set up that was easier to use because I didn't want to let frustration with the equipment to end up discouraging me.

Within the first week of vaping I had no more wheezing and chest rattle when I went to bed, no more hacking cough and I haven't had my usual chest colds since starting vaping.

Coincidence?

Now when I go for my annual physical I can take a full deep breath for the doctor without having a coughing fit.

My lungs are clear and my doctor is very happy for me.

And after living 300 ft above sea level I was quite surprised to be able to easily handle hiking in the mountains at almost 7000 ft.

Here I am, 22 months later and haven't had a single cigarette and all I wanted to do was to cut down! From 24 mg of nic I am down to 12 mg nic without trying very hard because I did it at my own pace.

Sometimes before bed I vape a flavor with 0 nic.

Of course it helps that I mix my own juice so that I have what I enjoy.

My only regret is that I have 2 friends with serious smoking related medical problems and I can't get them to even try vaping.

I can't guarantee that vaping would work for them, but obviously smoking cigarettes is only making them worse.

7/24/2013 3:06:00 AM - Susan B

How long did you smoke?

38 years

How long ago did you start using a smoke-free alternative? 5 weeks

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? disposable, then mod

Do you still smoke at all (and if so, how much have you cut down)? no smoking at all

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? for 1/2 day

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? None

How long were you able to go without smoking using these other methods before starting again?

n/a

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

No more cough, much more relaxed.

7/24/2013 3:41:00 PM - Laurel O'Neill - Nokomis, FL

I was a smoker for more than 25 years having tried to quit numerous times with the nicotine gum, patches and even prescription medications all with no success.

I stumbled upon electronic cigarettes in early 2009 and have been smoke free since.

My switch to electronic cigarettes was quite accidental and life changing for me.

I cannot count the improvements to my life since my transition.

I suffered from chronic bronchitis for many years.

Once I stopped smoking my lung function improved and my doctor was thrilled.

The improvements to my health were

7/25/2013 3:29:00 PM - Jean

Hi. I was born in 1967, smoked from 1984 to 2009, quit with snus. I didn't try to quit until 2009. When I did, I first used nicotine mint-flavored pills. Stupidly, I decided to limit my consumption in order to quit nicotine more quickly. I also used an inhaler from time to time, plus a patch. When that didn't work out, I saw a doctor, a so-called specialist (a psychiatrist) who made me fill a huge form about the reasons why I was attempting to quit and so on. He explained to me that addiction was essentially psychological (the gesture, etc.) and that he intended to give me a prescription for a small dose of anti-depressant. That didn't sound good, and I was still badly craving a cigarette, so when I was on the verge of going out and buy a pack, I decided to order some snus from a website instead. The snus arrived about a week later. I haven't even wanted to smoke since then. Here is what I learnt: - some people quit easily, some don't (I don't). - the habit, the gesture of smoking, the social aspect, all these things are of no importance at all. Losing the habit of holding a cigarette is like losing the habit of biting your nails. It's easy. As long as the brain receives the right dose of tobacco, there is no point in lighting an object. Snus is actually much more convenient than a cigarette. - It's probably not only nicotine. I can't be sure, but snus seems much more satisfying than nicotine pills, patches or inhalers. Maybe it was the dose, maybe not. - One of the reasons why I wanted to quit was because tobacco had become a problem thanks to the social pressure, the taxes and the petty persecutions from the government toward smokers. I hoped that I wouldn't have to think about tobacco. But thanks to the EU ban, I have to stockpile snus and find various ways of procurement. That is quite boring. - Finally and more generally, having been through a relative withdrawal period, I think that tobacco has probably some very good effects on the brain. It is stimulating and relaxing at the same time. Even if I could quit completely and not suffer from withdrawal, I think my life would not be as good without tobacco as it is with an innocuous tobacco product like snus. As for the addiction, as long as the product is not bad, addiction is only a problem when the product is lacking, and when that happens, that only means that you quit, so where's the problem. There, I hope it helps. Thanks.

7/25/2013 5:17:00 PM - Jim Davis. Silver Spring, MD

I am 61 years old, and started smoking at the age of 12. Between age 20 and 25 I was consuming 20 to 30 full strength cigarettes per day. From age 30 to age 59 I averaged roughly 18 to 20 per day.

At age 14 my father discovered that I was smoking and attempted to get me to quit by forcing me to smoke in one sitting the entire pack of cigarettes I had, hoping that I would get so nauseous I'd never smoke again. When I had only a few cigarettes left he crushed them and gave up in frustration.

At age 23 I quit cigarettes "cold turkey", only to resume in a few weeks.

Between 23 and 28 I tried off and on to reduce smoking with pipes and even snuff but always returned to cigarettes.

At age 28 when my wife became pregnant with our first daughter I again quit cigarettes "cold turkey", only to resume 45 days later.

During the raising of my two daughters I unsuccessfully tried to reduce and quit smoking with nicotine patches, Wellbutrin, and combinations of both. All were to no avail. I resigned myself to smoke only outside or in one small basement room of our house.

As my daughters graduated high school and went to college I continued to try nicotine gums and lozenges, kept my smoking confined to outdoors and the single room, but also increasingly one ventilated bathroom which was used primarily by me.

At age 48 I suffered a Type 2 AMI (heart attack) and had a stent inserted in a coronary artery. Roughly 14 days after release from the hospital, I resumed smoking. I did however, reduce my fat and cholesterol intake.

Setting target dates and reducing never worked previously, but at age 59, with my 60th birthday approaching in 3 months I decided to try once again. With 15 days left until my birthday, I sadly realized that my cigarette consumption had barely decreased and I was again likely doomed to failure.

E-cigarettes had never caught my attention previously but somehow I stumbled on the subject through the Internet. Truly wanting to improve my health but not wanting to replace one unhealthy process with another I decided to research further. On reading more about these devices I read all of the warnings and negative comments and innuendo from the FDA, Heart and Cancer association web sites. I also read the familiar sales pitches and claims by money hungry vendors, But, I also discovered a considerable amount of everyday people who shared amazing stories of putting down tobacco products and (mostly) never looking back. I researched the components, and I

researched nicotine itself. I found out that I could purchase an e-cig for an almost reasonable cost at my local Wallgreen's and decided to try these new devices.

My hands are at this moment trembling, and I'm extremely emotional as I type this because it was life-changing .. Ten days before my 60th birthday, at 10:00am on Friday January 20, 2012 I got in my car and bought a starter kit from my local Walgreen's store. At 10:30am that same day, I quit my 48 year long use of tobacco. Completely. I have not consumed a tobacco product in a year and a half. I still keep tobacco in a desk drawer so I can look at it and gloat. As far as I'm concerned nicotine is NOT a tobacco product or I'd still consider myself a smoker every time I eat a tomato, potato, or eggplant.

My senses of smell and taste almost immediately returned. Within a month or two my breathing ability increased, and I no longer have sinus issues all year long. The last aromatic indicators that a tobacco smoker lived in my house are gone.

I am however a user of nicotine, and of that fact I am neither ashamed nor proud. I am instead ecstatic that I no longer ingest poisons when I ingest nicotine.. And regardless of where I use it, I cause no unusual harm to anyone.

I am forever grateful to Herbert A. Gilbert and Hon Lik for their forward thinking, and disheartened by the majority of health organizations both governmental and private, for their dogmatism and inability to be open-minded problem solvers.

7/26/2013 4:58:00 AM - Randall Fortenberry

I'm 72 and smoked for over 50 years. I have COPD and was told by the doctor I had to quit smoking. I tried patches and then Nicotine Gum but they were only temporary fixes and I always started smoking again. Three and a half years ago I bought an E-cig kit online and quit smoking immediately. I smoked three cigarettes in the first few months but none since. My doctor was very impressed at how well I can breathe now and I seldom ever use my inhaler. I know I will never return to smoking and have cut down on my nicotine level.

7/26/2013 6:13:00 AM - Jerry Cuevas Jr.

Before I switched to Electronic Cigarettes in 2008, I was a 1 1/2 to 2 pack per day smoker.

In 10 years of smoking I attempted to quit approximately 6 times but only ever succeeded temporarily.

These temporary bouts of a tobacco-free life never lasted more than 3 months and that was only after utilizing nicotine patches.

I switched over to electronic cigarettes because they interested me and despite the many attempts to quit, I still enjoyed the pleasure of smoking.

Switching to electronic cigarettes has become a bit of a hobby of mine.

I am educated in analogue and digital electronics and computer and networking technology.

It became a way for me to incorporate a hobby into a safer lifestyle.

I enjoy the community spirit among "vapers" and quite frankly, vaping has become a pleasurable and safer substitute for smoking.

I plan to eventually reduce my nicotine levels to zero, but until then I'm inhaling less than half the nicotine I did when I started.

Vaping is an enjoyable experience and when I reach 0mg of nicotine, I plan on continuing my use.

I'm a strong advocate of scientific skepticism and consider myself an advocate of good science.

I can admittedly agree that there isn't enough data out there to support the fact that electronic cigarettes are absolutely safe; however, there is plenty of data to support the fact that a correlation between the dangers of tobacco smoke and nicotine vapor does not exist.

I encourage further, independent study, and hypothesize a positive outcome.

7/26/2013 2:58:00 PM - R Hansen

How long did you smoke? 8 years.

How long ago did you start using a smoke-free alternative? 4 months

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

I started out with a itaste MVP E-cig mod. I got a few flavors and nic level from 12-24mg, as i didnt know how strong I wanted it. 24mg was a bit too strong for me so i stuck with 12mg. When my MVP came in the mail I put it together and started using it instantly, I didnt even finish my half pack of cigarettes. Now I have 4 mods and a whole tackle box of spare parts and flavors.

Do you still smoke at all (and if so, how much have you cut down)? I have bumed a few cigs from friends to see the difference. It was terrible, The taste, the smell, I cant believe I smokes for 8 years. I cant believe I used to smell like that!

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

I switced Immediately, I didnt even finish my pack of smokes.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? I used chantix and I stopped BUYING smokes for about a week. I would Bum them throughout the day. It lasted about a week. Got sick of Bumming and just went back to smoking.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I can finally Breath! No more stink! bad breath! No more coughing my brains out in the morning! And I can save about $70 a week now.

I enjoyed smoking, I didnt want to quit. The e-cig was the best thing for me. I could still "smoke" and not damage my body like a regular cig would. Now with the e-cig I can go mountian biking and not have to catch my breath every 15 minutes. And the money savings! A $6 bottle will last me all week. compaired to $9 a pack a day!

This was the best thing I ever did.

7/26/2013 3:57:00 PM - Steam Turbine From Montr

I

7/26/2013 6:24:00 PM - Stacy

I started smoking when I was 14 because all my friends were doing it. I'm 35 now. This is the 4th time I've quit cigarettes and its the last. I had quit twice because I was pregnant and once due to surgery. Each time I ended up smoking again.

It's been over a month since I got my first e-cig. Unlike the other times I don't crave cigarettes. I vape 18 mg/ml liquid and am proud to be a nonsmoker finally. Since quitting the smokers cough I was starting to get has gone away. My sense of smell and taste is coming back.

Anyone who lives in Oklahoma knows the humidity gets high in the summer. This is the first summer since moving here I can be outside and breathe. Before I felt pressure in my chest and had trouble catching my breath.

The most important thing to me is my kids are no longer exposed to second hand smoke. My youngest is happy that I no longer smoke. For the past two years he has been begging me and my husband to quit.

In addition to neither one of us smoking, we now have something we are doing together. Plus we will both be around a lot longer.

The only regret I have is I didn't get an e-cig sooner. They're the reason this is the last time I'll quit smoking. I have no desire for cigarettes and am proud to be a nonsmoker.

7/26/2013 9:12:00 PM - Alicia

I was able to quit smoking in 2 weeks by using an e cigarette. My desire for cigarettes diminished more everyday. I couldn't stand the taste or smell of them and completely quit. This can be attributed to having a choice of many flavors of nicotine fluid. I can breathe better now and my sense of smell has returned too. People around me enjoy the smell of the vapor unlike when I used to smoke. This has been the easiest way for me to quit smoking and have no desire to smoke again. With cigarettes I couldn't control my nicotine levels so easily and still enjoy smoking. When I vape I can select the exact level I want. I could never do that cigarettes and still be able to have the hand to mouth appeasement.

7/26/2013 9:14:00 PM - Mac M. (Kingman, AZ)

I am 50 years old and smoked a pack and a half of cigarettes a day for 25 years.

I have tried quitting cold turkey and also with the aid of Allen Carr's "Easy Way to Stop Smoking" book; neither was successful for longer than a matter of hours.

I tried e-cigarettes several years ago (when they were far less developed than they are now) but the foul taste and inconvenience (short battery life, unreliability) turned me away from them as an alternative, so I continued to smoke cigarettes.

As far as I was concerned there was no way to quit smoking without going through considerable discomfort (both physical and psychological), so I resigned myself to being a smoker for the rest of my life, shortened as it may be by the habit (I lost my mother to lung cancer and my father to complications related to COPD; both were heavy smokers).

On July 02, 2013, I purchased a disposable e-cigarette at the same time I made my monthly purchase of five cartons of cigarettes, with the intention of trying it to see if it would at least help me cut down on the number of actual cigarettes I smoked.

To my surprise, it fulfilled my need nicely and I was able to drastically cut down my cigarette smoking that day with no physical/psychological withdrawal symptoms.

I ordered an e-cigarette kit from an online vendor on July 03, 2013 and purchased several more disposable e-cigarettes to hold me over until its arrival.

I began using the e-cigarettes and amazingly, had very minimal cravings for a "real" cigarette, which were easily put aside.

Since July 03, 2013 (nearly four weeks ago), I have not smoked one cigarette.

I still have a half-smoked pack and a lighter in my desk drawer next to my computer (where I tend to smoke most out of inactivity/boredom), and have not felt the temptation to reach for them.

I left them there as a "lifeline" in case I failed yet again, but they still sit untouched.

Since the day I made the transition to e-cigarettes, I have been around several friends who are heavy smokers and had no urge to "bum" a cigarette from them - my e-cigarette/personal vaporizer has fulfilled my needs quite nicely.

I have also been in situations where I was consuming alcoholic beverages (which can often be a strong 'trigger' for smoking), and still felt no need for a cigarette.

I am now using "mods" (a ProVari and several eGo Twist / Vision Spinner batteries) and 18 mg nicotine e-juice, with the intention to progressively try lower nicotine levels to see if my cravings are still satiated.

I have noticed several health benefits since adopting e-cigarettes as my smoke-free alternative; I can breathe better, do not wheeze anymore, do not have the chronic "smoker's cough" and achy chest/throat in the morning, my teeth are not yellowed by tobacco smoke, my chronically congested sinuses have cleared up considerably and I am able to engage in cardiovascular exercise with less respiratory stress.

I do not have the stench of cigarette smoke on my clothes, breath and in my car anymore and my wife (a lifelong non-smoker) is very pleased that I have made the transition, as are many friends and family members.

I do not have to clean dirty ashtrays, worry about cigarette burns in my vehicles or clothing anymore, or carry cigarette butts around until I find a suitable place to dispose of them.

I also no longer have to feel guilt about exposing my wife, pets and friends/family members to second-hand/sidestream cigarette smoke, nor about the sticky, yellowing deposits on my house walls, musical instruments, etc.

"Vaping" is also much less of a distraction while driving a vehicle, as I don't have to fumble around for a pack of cigarettes/lighter, divert my attention to light them, etc.

There have been absolutely no negative consequences to my transition, other than the cost of equipment and supplies (which would have been spent on cigarettes anyway).

I am also much more comfortable in social gatherings, in which non-smokers invariably outnumber smokers.

I often do not have to resort to going outside to smoke, and even if the situation dictates that I have to go outside to "vape", I don't feel the self-consciousness of returning to the gathering smelling like cigarettes (I remember the lingering smell on others before I started smoking, and as a non-smoker at the time, it was repulsive).

Many non-smoking friends have no problem with me "vaping" in their homes or vehicles, whereas they absolutely would not allow cigarette smoking.

I am well aware that vaping has not been scientifically determined to be 100% "harmless"; however, I have also seen the ineffectiveness, expense and physical/psychological side effects of other NRT/harm reduction strategies as used by friends and family members who smoked cigarettes and were trying to quit.

I feel that e-cigarettes/personal vaporizers are a viable and beneficial nicotine replacement/harm reduction strategy.

They have certainly worked well for me, a person who never thought I would be able to quit smoking cigarettes and would still be smoking today (and probably for the rest of my life) without them.

7/26/2013 9:42:00 PM - lamarrk

I was a smoker for 43 years. On January 31st, 2013, I smoked my last cigarette and began using electronic cigarettes/personal vaporizer.

I haven't smoked a cigarette since that day.

I'd tried Chantix the last 2 years (6 months at a time) and was able to quit smoking for 2 months the first time and 3 months the last time before returning to cigarettes.

I was just finishing a 3rd stretch taking Chantix when I started vaping.

After two weeks of vaping I stopped taking Chantix and haven't looked back.

I started with a small ego battery and a tank for the nicotine juice and have progressed up to mods with better tanks and more expensive equipment.

While 18 mg of nicotine juice seemed perfect when I started using a personal vaporizer, I've been able to wean myself down to 12 mg.

I realize cigarette smoke was killing me and feel so much better since I've quit smoking.

Unlike the others times when I quit smoking, I have not gained any weight using a personal vaporizer.

I can breathe better and haven't had the 1st incidence of bronchitis since starting!

The house smells better, our clothes smell better, and our cars smell better!

What's more amazing is the fact that in my household, there are now 3 ex-smokers.

Me, my wife, and 26 year old daughter all started vaping at the same time and none of us have returned to cigarettes!

7/26/2013 9:54:00 PM - Bruno dejesus lynbrook ny 11563

Started smoking when I was 20 yrs old. Tried everything from cold turkey, patches, gums. The longest I ever went without smoking with those products was 2-3 days.

Since I started using a electronic cigarette I haven't had a cigarette in 35 days! I was a heavy smoker before I was smoking almost 2 packs a day. Sometimes I still can't believe that I'm able to go this long without a cigarette I never thought it would be possible.

7/27/2013 7:45:00 AM - Amy from WA

Electronic Cigarettes Helped My Husband and I Quit Smoking

I started smoking around the age of 19. I started out at 3 cigarettes a day. By the time I quit, I was up to a little over a half a pack a day. Using Nicotine Gum I was able to quit for a year (about 5 years after I started - around the age of 21 to 23), but two family emergencies happened and I was so stressed out I started up again. After that, over several years I tried the patch (for a few weeks), nicotine gum (several times with limited success - but this helped more than the others - usually a couple months at a time), and wellbutrin (didnt help), but none helped me quit for good. The patch didnt help for many reasons (a few weeks at most - and I usually would end up buying cigarettes and smoking a cigarette or two a day along with this), wellbutrin didnt help at all (still smoked using this), and nicotine gum had its drawbacks as well but I would say it worked the best out of these for me (sometimes ended up smoking cigarettes while using this). All of these except for wellbutrin I tried to completely stop smoking cigarettes to give them an honest try. And for different reasons, I would eventually end up breaking down and buying a pack of cigarettes and smoking a cigarette here and there. I was able to go the longest without buying cigarettes with the nicotine gum. And when I realized I was still having to smoke with the patch and the gum, I would stop using the product because I realized I was putting more nicotine in my body, not less.

Now I am 38. I no longer smoke cigarettes, and have been completely cigarette and tobacco free for 2 years (as of June 15, 2011). On June 15, 2011 I tried my first starter kit of electronic cigarettes with nicotine liquid (I started at high nicotine concentration). The transition was so seamless! I threw away my last cigarettes that day. I tried to smoke a cigarette about a month later to see if I would still want it and it was awful. I didnt even smoke more than 1/4 of the cigarette! I didnt want it! When I get stressed out, I dont feel the need to go out and buy some cigarettes. I do still have cravings, but they have no strength over me and go away after a few seconds (not minutes). In my opinion, whether I quit smoking the electronic cigarette or not is not as important as it is to be free from cigarettes and tobacco! But I have now switched from high concentration to medium concentration of nicotine and am confident that eventually I will go to low and no concentration. Then I can either continue using the ecigarette or quit altogether. I can breathe better and my clothing doesnt stink - neither does my house. I no longer have any smokers cough! I am saving money too. Electronic cigarettes are not crazy expensive like cigarettes are. My family is also very grateful for many reasons. The only drawbacks I have ever noticed physically are only when I continuously vape for long periods without stopping (when I overdo it) - then occasionally I get light headed. But that is rare because with electronic cigarettes you have to let them cool periodically.

There is a HUGE difference in trying to quit with other smoking cessation techniques compared to electronic cigarettes. With electronic cigarettes you have the hand to mouth addiction covered as well. No other smoking cessation techniques offer this important characteristic. Nicotine gum is the closest, but really doesn't give the same satisfaction. You can step down from high to medium to low to no nicotine with the eliquid also. There are big differences that for me were the reason I was able to quit with ecigarettes and not with other techniques. I didnt have to mentally prepare, I just switched. I didnt have to use willpower 20 or more times a day to stay smoke free! And with the stresses in daily life, that is very important. Yes it doesnt taste the same as a cigarette, but aside from that, you get the hand to mouth motion, the vapor acts much like smoke but without the over 2000 carcinogens and ingredients that are harmful to our health like tar, formaldehyde and cyanide. And you get the level of nicotine you need to keep those cravings at bay. With electronic cigarettes I did not feel the need to also continue smoking one or more cigarettes a day like I did with the other cessation techniques. Also the electronic cigarette provides a substitute that helps you get past the period after you quit smoking when you are most vulnerable to cravings and to returning to smoking - you dont get those powerful cravings! I believe it is partly my fault for getting my husband started on cigarettes, but he was also able to quit smoking on the same day I did. He has actually stopped vaping the electronic cigarette as well for weeks at a time, and I think now he could take it or leave it and remain a non-smoker. I no longer get bronchitis like I did when I was smoking either - sometimes as much as once or twice in a year! There are just so many benefits. And having the choice of brand of ecigarette and also the choices of flavor and concentration of nicotine are all important to the success I had. If required, I will personally fight for our right to continue having this independence and this choice of freedom from or bondage to cigarettes!

As far as the electronic cigarette products I used goes: I started out (June 15, 2011) using an automatic penstyle, but this used a lot of liquid, was messy and the batteries were crap. Nice only while it worked. Very inconsistent. I used the penstyle for the first few months - about 5 months. After much frustration with the penstyle, I switched to the manual Super Mega 510 which is a long version of the 510. The manual 510 batteries are definitely better! Manual as opposed to automatic last much longer - are more dependable. As they lose their charge they do become less consistent tho. They last for months where the penstyle automatic batteries sometimes didnt even last a week! I have used the 510 for the longest time - probably for 1 1/2 years. Occasionally I used a USB pass through battery which seemed to be stronger than the manual batteries - sometimes too strong. It would burn through my atomizers more quickly so they wouldnt last as long, but gave a fuller vape. Good because they last long and they are least expensive. Too bad, but my supplier is no longer carrying the Super Mega 510 - she went to a shorter version of the 510 atomizer which I used for 2 months - probably May to June of 2013. I recently switched to the Encore Tank eGo (manual of course!) which holds 2.4 ml of liquid (more convenient!) - they dont drip liquid like the 510 or the

penstyle - the penstyle is the most messy tho I believe. I dont have a USB pass through for this one yet tho - I have used pass throughs for the other types of ecigarette I used when I am at home at my computer and when I am charging my manual batteries. The Tank eGo gives a pretty good vape and I think its my new favorite.

7/27/2013 8:38:00 PM - Tim L from Cleveland Tn

I am a male, that started smoking cigarettes when I was 16 or 17.

I am now 49.

Over the decades, I have tried everything I know of to quit smoking.

I tried patches, gums, chantex, getting hypnotized, and nothing worked for me.

I have been in 3 smoking cessation classes at hospitals.

No matter what I tried, I did not quit, and I did want to quit for at least the last 15 years.

Even after having a quadruple bypass, I could not quit smoking.

Once the medications wore off, I needed a cig.

Hard to believe, but true.

Then I found electronic cigarettes.

The cheap ones I found at the gas station gave me the first hope of actually quitting tobacco cigarettes.

I vaped them for a couple of months, only having a cigarette once in a while.

Then I found an electronic cigarette shop in a flea market, and bough a much better longer lasting model.

This was the first time I have been cigarette free since about 1980 or so.

First I made it a month without a cigarette.

I had a few, then went back to vaping for 42 days, then a few cigs, then several months, and a few more.

Over the last 2 years, I have vaped electronic cigarettes starting at 18 mg of nic in the liquid and have gone down to 6 to 8 mg of nic.

My wife still smokes, and once in a blue moon I may have one or a half of one, but I no longer even like the real thing.

With having the heart surgery, I could feel pain every time I smoked a cigarette.

Real pain in my chest from the tightening of things.

Once I got on to the electronic cigarettes, that pain has gone away.

Also, I have an industrial caused lung problem, that would never heal due to smoking.

Since vaping, my lungs are considerably better.

And I mean a lot better.

When I smoked, I would have to take up to 10 to 14 puffs from an inhaler daily.

Now days, it is maybe 2 or 3. Some days only one when I wake up in the morning.

I am not sure where all this research is that says electronic cigarettes do not help people get away from smoking, but it is wrong.

I know too many people that have successfully gone to this less harmful alternative.

And live a better life because of it.

Perhaps if heart doctors would tell their patients about electronic cigarettes as an alternative to smoking, the would not have to go back and get another bypass surgery in a few years.

But I guess that would eat into their wallets.

Thank you for your time,

Tim L Cleveland, Tn.

7/28/2013 3:06:00 AM - Luke Basham

My whole life my parents have always told me to never, ever smoke cigarettes. Most of my family has died from smoking related cancer, be it second hand or direct inhale, so their concern was definitely justified. When I was 14 I began to roll with the wrong crowd of kids as a way of me trying to identify myself, such as every kid must at that point, and one day a buddy offered me a cigarette. I declined, just as I was raised to do, and I went on happily about my business. Then when I was hanging out with them again, they offered again. Again, I declined, and everyone was happy. Along came the third time I was offered a cigarette, and I decided to just try it for no reason apparent. After I finished, I had another. And then another after that. The next day the same thing happened. Later in the week, I had a few more. About a month after that, I started buying or even stealing my own packs. I became a pack a week smoker at the age of 14. For 3 years I went about that same business and never thought anything of it until I decided that whatever this stuff was, it had its hooks in me, and I hated feeling dependent on it, so I quit cold turkey. My hands would shake, I would feel anxious, and I wanted more constantly. Then along came the emergence of electronic cigarettes, that were claimed as 'risk free' and so forth. So, on my 18th birthday, I went out and bough an electronic cigarette. I felt great, without the shortness of breathe, and have stuck to 'vaping' ever since. Electronic cigarettes saved my life down the line. I think, in earnest, that a ban on e-cigs would not only throw me back into cigarette culture, but maybe even be fatal for me down the line.

7/28/2013 12:14:00 PM - Patrick Brochu

Hi my name is Patrick Brochu. I started smoking at 12 years old. It started with experimenting with smoking at 12. Around when I was 14 I started smoking on a regular basis. I smoked behind my parents back getting caught numerous times.

At 16 I was given permission to smoke by my parents. I smoked for 29 years until I was 40. The most I ever smoked was two packs a day for 3 years. I smoked 3 cartons of cigarettes a month. I have tried to quit smoking so many time that I lost count.

I tried every form of Nicotine Replacement Therapy. I tried the nicotine gum, the patch, hell I even tried hypnosis with no results.

The longest I quit was 1 year when I tried Chantix. Then my father was diagnosed with lung cancer and the stress of that got me smoking again.

I thought that I was going to die from lung cancer like my father and grandfather. It was around this time that I started hearing about electronic cigarettes. I always thought that they were too expensive to try. Then a friend of mine suggested that I try disposable electronic cigarettes.

I live in Canada and when they first started coming out they were only available in Canada with no nicotine. Then I saw that the electronic cigarettes in the USA had nicotine in them. So I tried ordering one with the hopes that they would be able to get through customs into Canada. It arrived a few weeks later with no troubles.

I took that first puff with my new electronic cigarette and it was incredible. It felt like I was smoking again but without the harmful tobacco, only water vapor. My wife loves that I use electronic cigarettes instead of tobacco. She told me that when we first met that she would not help me buy cigarettes.

But she helps me buy my electronic cigarettes because they have helped me quit smoking. I have been using electronic cigarettes for almost a year now.

I don't miss smoking real cigarettes at all. I admit I tried one about 3 months ago, it was bloody disgusting how it tasted.

Ever since I quit smoking tobacco my breathing is better, food tastes better plus the money I am saving since electronic cigarettes are less expensive than tobacco. The other awesome thing about electronic cigarettes is that I can use them while driving my car. The other good thing about them is that last December my wife had surgery for an ovarian cyst. I was allowed to use my electronic cigarette in the bathroom at the hospital.

I asked the security guard if I could, he asked me to take a puff off of it. I did and he said that he couldn't smell anything from it. Plus since it's water vapor and not smoke it won't set of the smoke detector. If it wasn't for electronic cigarettes, I'd still be smoking and would more than likely die from cancer. In closing I would like to say that electronic cigarettes saved my life.

7/28/2013 4:16:00 PM - Mark Rodgers 240 US Hwy 98 Apalachicola Fl 32320

I am 61 years old and started smoking at 11 years old. I mocked Lucky Strike non filter for 30 plus years before switching to Filter cigs. I smoked 2 to 3 packs a day for almost 30 years. I have tried several times to quit smoking both could turkey and with the patch, Chantix, herbs and nothing worked that is until I tried e-cigs. I have been vaping

now for 18 months and have not had the need or want for a cigarette. My breathing is great now no shortness of breath no coughing or hacking. E-cigs have changed my life and most likely saved it. I encourage anyone who can't seem to quit smoking to try vaping as it works.

7/28/2013 11:43:00 PM - Arisa Ballentine

I wanted to take this opportunity to share my story with anyone who will listen. I started smoking when I was in college. It was just as stupid for me to start as it is for anyone else, but doubly so because I was a vocal major, and I knew it would eventually end up harming my voice. I thought just one or two wouldn't be a big deal...it's not like I'm addicted or anything. I was a social smoker for a couple of years, reaching up to 1/2 pack a day at my worst, so when I became pregnant with my first child, it wasn't too difficult to quit cold turkey. I did not start back until she was a few months old. By the time I became pregnant with my second child, I was up to a pack a day. It was much harder to quit, but I knew I had to for the good of my child. (I would sneak one here and there, but it made me feel too guilty.) After she was born, it wasn't a week before I started smoking again.

Slowly over the years, as my health declined, I smoked more and more. I used the nicotine to help with chronic pain, but ironically, it was ruining my health even more.

I had asthma, I woke up every morning with headaches, I had frequent upper respiratory infections, and what is even worse to me, I had lost my singing voice. I smoked up to 2 packs a day for over 20 years! Every time I tried to quit, the withdrawal symptoms were so bad that I

would start right back up. I tried quitting with nicotine gum, but chewing it hurt my jaws and it tasted nasty. Then I tried with nicotine patches, but they did absolutely nothing to reduce my cravings because they only addressed one aspect of the behavior of smoking.

Skip forward to 3 months ago. I finally decided to try something my mom had used to quit 2 years ago...an e-cigarette. Just to be sure that it was something I could do, my family bought me a disposable Blu from a convenience store. I tried it and thought that it was awesome...almost exactly like smoking. I was still smoking my Marlboro lights, but when questioned about why, I realized that the only reason I had was that I didn't want my Blu to run out. I really liked it much better than the cigarette because it was giving me the same sensations, but without the guilt. That was when I gave up smoking for good. We bought me an eGo-C Twist and some clearomizers. I chose flavors I wanted to try, and found over time that I didn't even like the taste of tobacco anymore. Now, I prefer the bakery flavors. I always get 16mg or 18mg strength juice. I upgraded recently to a Vamo and a cardomizer.

I will never go back to smoking again. Every excuse for not quitting gets thrown out the window, when you have an alternative that addresses every facet of the addiction. Vaping allows me to get the same pleasure and relaxation that cigarettes did, without all the harmful side effects. I have not had one upper respiratory infection since I started. I don't wheeze and cough like I used to, and the coolest part was when both my daughters told me that my singing voice is coming back!

So please listen: If you are a smoker...there is a way out. You don't have to slowly self-destruct. Vaping may well have saved my life, and if I can do it, anyone can. If you are a lawmaker or someone who has the power to make sure the vaping industry stays in the hands of independent people and not big tobacco, please please make your voice heard. We the people must take our health back.

7/28/2013 11:46:00 PM - Danny from Arlington, Tx

I'm a former smoker.

I began smoking at 17, and I've been trying to quit ever since.

I first bought an e-cig when I was 28, but it didn't help much due to how difficult it was to draw "smoke" from.

Now I'm 30 and not getting any younger, but money is tight and I needed an alternative.

It was when I started using an electronic vaporizer that things changed dramatically.

At the time of this writing (July 18, 2013), I have been cigarette free for 11 weeks.

I threw away my last pack and haven't looked back since.

I started at 20 milligrams of nicotine, and now I go between 10-8 milligrams.

I feel better than I have in a long while.

My acid reflux is in control, I breathe far easier, and I spend less for 1 bottle of e-liquid that generally lasts me a week versus a pack of cigarettes, which barely lasted a day.

It is my goal to be nicotine free by the end of next month, and I can drop this habit for good.

7/28/2013 11:59:00 PM - BillyBob

smoked 1&1/2 packs a day now i smoke a pack in a week i use both e cig and analogs love e cigs. humm devices lol 2 ego twists, 2 ego batt's ,a vamo ,sigeli telescope / i clear 30, vivi rebuildable, vivi nova ,protank, evod aga t2 ,did mini clone ,carto tank

for me i never intended on cutting down or quitting at all i like how e cigs have flavors i enjoy

if it had not been for finding e cigs i would be smoking the same pack and

a half a day or more

God Bless

7/29/2013 12:17:00 AM - Kevin Tucker

I began smoking at thirteen years old and from the ages of twenty to thirty one I attempted to quit smoking with no success. As a last resort I decided to try electronic cigarettes and after a very short period of time I not only lost the desire to smoke but I was completely disgusted with the prospect of combustion style cigarettes. My cardiovascular health has improved along with my overall health. The liquid I use is made locally and I am aware of every ingredient and have had no adverse repercussions what so ever.

7/29/2013 1:44:00 AM - Michelle D, Southlake, TX

I was a pack and a half per day smoker. Not only was I addicted to nicotine, but I was also addicted to menthol.

I smoked cigarettes for almost 22 years. I tried the patch, gum and even an electronic "schedule breaking" system with no lasting effects. I had given up on reducing my nicotine intake and resigned myself to "dying a smoker".

On day a few months ago, a co-worker started using a personal vaporisor or "vaping". She was able to stop smoking cigarettes completely and only used a low nicotine level "juice". She kept talking to me about vaping and finally I said "I'll try".

The very nect day she brought me a battery and a tank with 12mg nicotine Cherry Cola flavored ejuice. She told me to use the vape instead of smoking a cigarette for that whole day and see how it went. I LOVED that ejuice flavor. By the end of that day, I had visited a vape shop and bought a starter kit with her help. 4 days later, I smoked my last cigarette and have not missed them. It's now been almost 8 weeks with no "falling off the wagon". Cigarettes now stink to me and I've gone from 18mg nicotine ejuice down to 8-10mgs.

I feel better, smell better, taste things better and am all around happier and healthier.

I'm slowly weaning myself down on nicotine without weight gain or irritable mood swings.

"Vaping" IS a viable alternate to smoking AND a way to quit smoking permanently. The FDA and American Cancer Society need to ask US the vapers for feedback and impressions as we are the "true reliable source". I am working on converting others so they can too break the horrible cigarette cycle.

Thank you.

7/29/2013 2:04:00 AM - Q

How long did you smoke? 22 years How long ago did you start using a smoke-free alternative? 4 months ago Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Mods and nicoltine level at 24 mg Do you still smoke at all (and if so, how much have you cut down)? NO Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Yes, smoked and cut down until I was at 2 cigarettes a day and then quit completely.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? IU've used Chantix (I am allergic)

Used the Patch, didn't work, kept ripping it off when I

saw a friend smoke.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I have became more into fitness. Started working out, eating healthier.

7/29/2013 2:32:00 AM - Chris Leach

I was a two (2) pack a day smoker, and smoked for twenty years. That is until I discovered personal vaporizers. In the past I had tried the patch with zero results. Also tried snus, same results. Always resorted back to the pack. When I was a smoker, the comments on the odor would bother me when I was in an outdoor, public venue, but nevertheless I continued. Breathing became more difficult after every year of smoking resulting in lack of actual exercise that was needed. I had infections in my lungs caused by the chemicals in traditional cigarettes which landed me in the emergency room more than once! Full flavor kings were my vice for long enough!

I am proud to say that I am a non-smoker now thanks to vaping. Still considered as a "recent" convert, I have been a non-smoker since May 9, 2013. I did continue to smoke cigarettes after the purchase of my first "e-cig" for almost a week to wean myself off the tobacco.

I started with the eGo style PV (personal vaporizer) with 1.6ml clearomizers. Since that time, I have tried variable voltage eGo batteries along with a couple of variable voltage/variable wattage mods. I've also had experiences with mechanical mods.

I'm a firm believer that if I had not purchased my kit when I did, I would be smoking a disgusting tobacco cigarette as I write this. Instead, I have my VV/VW mod with a great tasting e-liquid at my side. The quality of life that was missed while being a smoker is hard to fathom. My sense of smell is much better. My clothes do not wreak of tobacco, nor do I.

The only negative about using a PV, is the ignorance that people have regarding them. The general public does not fully understand that they are NOT producing smoke but a vapor. In essence, e-cigs or vapes or PVs or what you may call them in your area....will make your life much better. Thank you and vape on!

Chris Leach Guthrie, OK

7/29/2013 11:20:00 AM - Ryen Somirs from Springfield,MO

I picked up my first cigarette at 14 years old while living in CA. I have smoked off and on since. I was on average a pack a day smoker. I never tried nicotine patches or prescription aids such as Chantix (mainly due to the stories of side effects associated with it). I tried cold turkey, SNUS, smokeless tobacco, nothing took hold.

I tried vaping about 4 years ago, when devices were still in their early stages and somewhat cost prohibitive and a bit crude and difficult. I went back to smoking unfortunately, mainly because it was more convenient (you can get cigarettes ANYWHERE including Walgreen's which I think is ironic).

I have now been vaping for 2 months with NO analogs (traditional cigarettes) smoked during this time. I have also gotten my mother and brother as well as a couple friends switched to ecigs and vaping.

Within these two months I have regained my sense of taste, I no longer feel exhausted from walking a flight of stairs, don't have smokers cough, can take big full deep breaths with no pain or restriction. I have more energy, I don't feel weighted down or like I have someone or something sitting on my chest, my hands, clothes, and car don't stink. I get these same reports from people that I have converted as well.

The claim that ecigs and vaping are being passed off as smoking cessation devices is false and many websites make sure to post this on their sites (due to the almighty FDA I'm sure). I only buy eliquid from US vendors who also source ingredients in the US, and ALL my eliquid has the same ingredients; propylene glycol or vegetable glycerin or a mix of both, flavoring, and nicotine (which I am slowly decreasing in strength).

The fear that "we just don't know how safe they are" is a smokescreen for regulation and a lobbying drive by big tobacco for regulation of a healthier alternative to what they sell and kill with on a massive scale. We know cigarettes kill and cause numerous heath issues and we know that increasing taxes on them has not become a deterrent, nor have the health risks associated with them caused anything even close to resembling a ban. Would I suggest that someone that doesn't currently smoke start vaping? No! Vaping is not about doing something healthy. It's about the choice, the option for harm reduction. There are four to five ingredients in eliquid, yet 600 in a cigarette, not to mention the byproducts of inhaling smoke from something that is burning.

People try to quit smoking every year, and with all the aids out there, not many succeed (I don't have actual numbers, but I'm one of those people). Vaping IS a healthier choice and has the potential to save millions of lives of people that would otherwise smoke to their grave.

I don't understand this attack on people and an industry that is simply providing a healthier alternative to their already established habit. What's next, regulation of anything that bares the "organic" label simply because it's a healthier choice? I think the people that are in positions to write and pass bills around should stop taking the reviews of quack doctors, tobacco lobbyist, and apparently slanted "research" and listen to the people for a change. Listen to their stories, maybe do some real research and publish some real results instead of organizing a witch hunt to combat something that is portrayed as a potential additional threat.

You want ecig/eliquid regulation and bans? Then you should also ban cigarettes across the board for their KNOWN risks and cause for disease. What regulation do cigarettes have? Are they only allowed to cause cancer at a certain rate? Are the 600 ingredients REALLY more acceptable than the 4 or 5 in eliquid?

I hope more people capable of critical thinking get more involved in this debate at the legislative level as well as more people in the vaping community making their voices heard. That's my story.

Happy Vaping!

7/29/2013 4:05:00 PM - Scott Douglas from Independence, MO

I had been smoking about a pack a day of cigarettes for roughly 30 years at the time I turned 50 and discovered electronic cigarettes and the shopping mall. This was November 2010, and I had never before heard of these devices.

It was quite fascinating to see an electronic cigarette in action. The mall sales clerk let me try one and I bought it on the spot. Having just turned 50, quitting was one of those things heavy on my mind. It was now or never.

The switch to e-cigarettes involved only a very short learning curve and transition. Within a week I was fully converted, and I have not smoked a tobacco cigarette now in going on 3 years. I plan to gradually reduce my nicotine intake and eventually be completely nicotine free. However, with zero noticeable side-effects from my current nicotine usage, being nicotine-free would be an economic rather than health choice for me.

Keep the big tobacco industry out of smoking replacement products. They have a conflict of interest. In my view, electronic cigarettes and the non-tobacco nicotine they deliver are no different from my coffee cup and the caffeine it delivers.

7/29/2013 4:07:00 PM - John Griffith

I smoked since I was 16 years old and I am 36 this year. I loved smoking but hated the side effects, the smell, being a social outcast and because they were killing me. I wanted to quit smoking for those reasons but I still loved having a cigarette and couldn't quit.

I tried cold turkey, gum, lozenges but I would always end up going to the corner store for another pack after going crazy for a real cigarette.

Around the Christmas season of 2012 I looked into E-Cigs and bought a disposable, it really was terrible and didn't curb my craving for real cigarettes because as I found out later, it was zero nicotine. But the action and feel of inhaling was at least similar to a real cigarette so I decided to try other brands of cigarette alike e-cigs, they were better as they contained nicotine but still very disappointing.

After doing more research I found that there are more powerful e-cigarettes available they are referred to as eGo style e-cigarettes and the accessories they are used with are what I was finally able to use to completely quite smoking tobacco.

On May 1st 2013 I had my last tobacco cigarette and have no had the craving for, or the want to ever smoke a traditional cigarette ever again thanks to electronic cigarettes.

Since switching to electronic cigarettes with vapor instead of the smoke I was getting before, my coughing has vanished, my congested lungs have cleared, I can walk up a flight of stairs without needing to catch my breath. The only negative in my entire experience switching to e-cigs was that I now have a new hobby I need to make time for! (Which is really quite fun, and not really a negative!)

7/29/2013 4:09:00 PM - DougS

When i first attempted to quit with vaping back in 2009 i was tired of quitting and failing. I quit once for a few months back in 97. Then i quit for over a year when my ex-wife got pregnant with my beautiful daughter in 2000. I started back the day we became exes. I left the house and drove straight to the store to buy smokes. Of course leaving my wife and daughter is no excuse but thats pretty much as stressful of an event to restart i could imagine. I felt i was loosing the reason i wasnt smoking so why not smoke again.

Back in 09 i did some research but i dont think the amazing equipment available today was around back then. Hell the kits came from China and were held in customs for a couple months on a regular basis. It was a kit with 2 Lookalike cigs, a charger and some carts. Needless to say, they were a freakin major hassle to deal with. Constant flooding, ejuice in the mouth, burnt fluff....In my mind it was more hassle then it was worth so bam, back into the nasty analogs i fell.

Fast forward to Feb 2012. A woman that i have known for over 15yrs finally became available. We were able to start our lives together and we have never been happier. I always told her that someday i would quit and the time was now!!! I was tired of wheezing in my sleep. I was tired of being breathless at anything i did. Ive always been a gym rat and played sports and my breathing was becoming progressively worse. I hated the way i was feeling, she hated the way i smelled but dealt with me cuz she loves me.

I started researching again thinking, its been 3yrs, technology has gotten to have moved forward in this arena as it does everywhere else. And low and behold it had!!! As i looked more and more i was actually overwhelmed with my choices now!! The ECF forum helped tremendously, but still what to get, what to use, will i be disappointed again?!?!? In the vaping world, to each his/her own means alot. Everyone is different in what they prefer, what works for them and the opinions are many!!

Well the first tank i got was a cartomizer with orings on top and bottom and a hole punched cart. It worked Awesome for the first few days!! Then i travelled up into the mountains one evening for a wine/dinner thing and bam, the problems started. Flooded Carts with a mouthful of ejuice. i carried extra carts and they flooded too!! UGH!!! Panic set in. i stopped at the local gas n go and bought a pack of analogs. Took 2 hits and i couldnt stand the taste so i chucked them and decided to suck it up till i got home and could do something about it. On the drive home as i noticed a water bottle caving in from the altitude change, it dawned on me. The carts were flooding due to the pressure change from altitude. Everything will be ok when we get home. I had some spares there and sure enough it was fine on a swapout.

After 8 days the orings started leaking on my tank(citrusy juice is bad for rubber apparently). I went to the maintenance dept at work and got some new ones and fixed

that problem. Boiling cartos to clean them, punching extra holes, altitude causing issues, leaking orings, i felt i was back in the same boat again. More hassle then they were worth. So i started looking again determined not to fail this time. I found the Vision VIVI Nova tank. My prayers werent necessarily answered but it was a helluva lot better than the carto tank i was using. It still had its issues here and there but no where near as bad as the first tank. Incidentally, a few days after i started vaping, i walked by the guys i always went out to have a smoke with at work and they freakin REEKED!!! I immediately called my lady and asked her, "did i smell that bad??" She said OH Yes you did!!! I apologized deeply cuz that was a wretched smell to say the least!!!

I now have 100% of my lung capacity back and no longer have to worry about being out of breath, wheezing, stinking or anything associated with those nasty ass analogs!!!! My energy level dropped off a bit on initial quit but it rapidly returned after a couple weeks.

Now about the social aspect of Vaping!! I can say, without a doubt i would rather explain to people what im doing, what it is, the benefits ive received from it and maybe even encourage someone to try it than dealing with the aspects of analogs. Cancer, COPD, emphysema, and the thousands of other issues and nasties associated with them. The great thing is explaining to people what it is and what it does. Ive even got my mom vaping. I smoked 28 yrs, shes smoked at least 50. She loves it and i love that fact that she was open enough to try it and now loves vaping. Even at the casino!!

So i encourage any of you thinking of quitting analogs to most definitely do it and never give up, Vaping is a godsend. And to those that have quit...BRAVO

7/29/2013 4:11:00 PM - Kris

I was a 30-year smoker of over a pack a day. I tried Chantix, counseling, smokeless tobacco, and a host of other options to try and quit smoking. Nonw worked!

I have been smoke free for over 3-years thanks to electronic cigarettes! Without them I would undoubtedly still be smoking.

7/29/2013 4:12:00 PM - Shek

I'm using a pseudonym for my identity for 1 reason...I'm a Co-Op host and wish to remain anonymous.

I first starting vaping back in early 2007 when I discovered an e-cig kit (DSE901) on eBay while looking for Nicorette Lozenges.

I did a some research on the product, what little was available at that time, and decided that it would be a reasonable investment risk over trying the conventional products.

When I received the product it did function, but not quite as expected. It was weak (the battery) and didn't last very long. But I was very satisfied with the taste and the overall nicotine replacement.

I knew then that when the technology caught up with America's quality demand that this invention was going to radically change the face of smoking forever!

Just before I quit smoking entirely, I made a large direct purchase with JoyeTech for myself in April of 2009 for roughly $200 and figured that it should last me about a year in parts.....but I would have to order more juice at some early point. And even though I was buying cigarettes for only $10/carton (in FL), I had absolutely no desire of ever smoking again after receiving Joye's products (Manual 510 kits & Juice).

I quit smoking forever on May 5th, 2009 and haven't looked back.

I now spend 90% of my spare time hosting Co-Ops for countless hundreds of forum members throughout the net. By hosting, I hope to provide the financial assistance that most vaper's want and need in order to assist others in quitting by providing "at cost" purchases on high quality products. Since retail costs for products can be major deterrents, a Co-Op offers a way to purchase products directly from the manufacturer without paying a fortune for high quality devices.

My Co-Op members have converted entire families, immediate, extended and beyond....and continue to help anyone and everyone in their paths.

This invention (it's upgraded 'quality' versions) is the single most important product that's ever been brought to market that allows smokers to QUIT using cigarettes....the very first time they use one!

There's never been a better time to quit smoking or using tobacco ....than right now!

Cuz the product quality now is virtually fail-proof giving even the most dedicated or addicted smoker....a chance to improve their health (and others around them), save money and help others that may be in doubt....to do the same.

Smoking kills, vaping SAVES!!

7/29/2013 4:14:00 PM - sashwa

Smoked 40+ years until 9/5/10 when I went to vaping full-time at 6ml per day 6mg nic.

I started vaping using an Ego at 18mg nic.

I went down to 6mg nic the first year and have remained there for the most part.

I do switch to 3mg juice in the evenings many times.

I started vaping 8/17/10 and went from 1 to 2 packs daily down to 1 pack every 3 days.

On 9/5/10, I decided not to smoke any longer.

So I have not had a cig since 9/5/10 at 7am.

Previously I tried aversion therapy to stop smoking and it did not work at all.

Tried cold-turkey a number of times without success.

I tried the patch but although it helped some and I had a 6 month success, I found I was allergic to the adhesive and turned into 1 big hive that lasted almost a year after I stopped using the patch.

Needless to say, I went back to smoking soon after I used the patch.

I have the onset of COPD.

Since I started vaping and NOT smoking, I have not had to use my inhalers except for a few times when I had a cold.

Previously I was using them 2 to 4 times a day.

I seem to be able to go longer between vapes when I need to, than I could when I smoked.

7/29/2013 4:30:00 PM - Dennis LaRock from Morrow,Ohio

I am Dennis LaRock from Ohio. I am 38 years old and I was a smoker for about 20 years. I smoked about 1-1.5 packs a day. I have made many failed attempts at quitting smoking over the years until recently. Many years ago when I was in the USAF I quit for about 90 days using the patch. This was around the beginning of 1997. Shortly after going off the patch I went back to smoking. In 1999 I tried again and a Doctor prescribed me Zyban. This worked for about 2 weeks until I had an allergic reaction and my face swelled up and my eyes swelled almost shut. I quick shot of Epinephrine at the ER on base and I was back to normal within minutes. I bought a pack of Marlboro reds on the way home from the ER, and was back to smoking. I have also tried quitting smoking cold turkey several times over the years with most attempts lasting anywhere from a couple days to two months. I usually felt like I was losing my mind and was usually quite irritable. Many years later in 2010 I discovered electronic cigarettes. I started off with 18mg nicotine e-liquid then cut down to 12mg and now I plan to drop to 6mg in the near future. Since using the electronic cigarette I really haven't had any desire to smoke at all. I find it much easier and more satisfying than any other method of quitting smoking, and the only method for me that has really worked.

7/29/2013 4:33:00 PM - Andy Goldstein (crazyinaz) from Tempe, AZ

I was a cigarette smoker for 32 years having started when I was 12 years old and finally quit last year when I was 45 years old. I started smoking cigarettes because that's what the 'cool' kids did and I wanted to hang out with the cool crowd. By the time I was in High School I was a pack a day smoker.When I left the Army I was smoking 2 packs a day and by the time I smoked my last cigarette on 7/27/12 I was smoking between 2.5 to 3 packs a day. I had tried 'cold turkey' hundreds of times, unsuccessfully. I tried NRT gums, lozenges and patches, all unsuccessfully. My sister found a groupon for an electronic cigarette and volunteered to buy it for me if I would try it. Wanting to quirt smoking but having had no success I told her I'd give it a shot. When the electronic cigarette kit came in the mail I had 1 pack of cigarettes left. That was the last pack of cigarettes I bought. I would wake up in the morning and smoke a cigarette (or 2), vape my new electronic cigarette all day and then smoke a cigarette right before I went to bed. I smoked the last cigarette from that pack on 7/27/12 and have not smoked a cigarette since. I can smell, I can taste, I can walk without getting winded, I can sit through a whole movie (except for bathroom breaks, which is another story). Yesterday was my 1 year anniversary of quitting smoking cigarettes and I've never been prouder of any achievement. Yesterday, on my 1st anniversary I attended a Phoenix Vapers Social at a local restaurant where around 50 people with similar stories were in attendance, afterwards my family and friends threw a BBQ party to celebrate my achievement.

Through using the electronic cigarette I beat a lifelong habit.

7/29/2013 4:37:00 PM - Jason Liu

I have smoked for more than 20 years, and have started using e-cigarettes (personal vaporizers) for about 2 weeks now. I don't smoke a real tobacco cigarette at all now. I did 1 a day for the first week, but now, I don't even touch any anymore. I don't feel the need to because it's working great for my need. I'm on 12mg e-liquid and I have been a Marlboro Lights smoker for the past 20 years or so. My habit was about 2/3 to 1 full pack a day depending. I have tried to quit many times in the past (by free-will), but never lasted more than a week. My quality of life has never been better! My wife does not nag at me anymore, I smell great! I can breathe better (especially in the morning) and I can honestly say that my awareness has been quite up to par when I was getting the nicotine from those Marlboro Lights. If I had been introduced to vaping much sooner, my life would have been much better earlier couple of years ago!!

Sincerely, Jason Liu California Ex-smoker, Now Vaper.

7/29/2013 4:40:00 PM - Kassi HIll (NeMom), Lincoln, NE

I started smoking at the age of 16.

I smoked for 28 years with many short periods of time in those 28 years that I unsuccessfully tried quitting smoking.

I first tried cold turkey after about 10 years of smoking.

Did not work, could not get over the withdrawal, both physical and mental symptoms. Once nic gum was available over the counter, I tried quitting using the gum and then became addicted to the gum.

I also became a closet smoker.

I would smoke when I was away from my family, at work, on errands by myself I would smoke like a chimney but when I was at home I would chew nic gum to keep the withdrawal symptoms at bay. Once I realized I was just as addicted to nic gum as I was to smoking, I decided to try using the patches with the gum.

I was able to stay off cigs completely for about 3 months (longest time ever) using this method.

Again, when I weaned myself off the patches, I was still addicted to the nic gum. Since neither of these options worked successfully, I went to the doctors and got a prescription for Chantix.

There were two problems with this option, it was VERY cost prohibitive and the side effects, weight gain and depression hit me and I had to stop. After my last attempt with Chantix, I went back to smoking full time.

I continued to smoke for about 5 1/2 years until I discovered electronic cigs. I have been completely smoke free for almost 9 months and I feel great.

The electronic cig has been successful for me because I am receiving the nicotine, the drug I am addicted to AND I get the hand to mouth habit.

I have significantly reduced the nicotine level in the juices I use. My goal is to one day drop to zero nicotine but will probably continue to use my electronic cig because it keeps my hands busy and keeps me from snacking and gaining weight. Electronic Cigs have literally changed and saved my life.

7/29/2013 4:47:00 PM - William Motley

I smoked for 24 years.

I tried the patch, and went back to smoking.

I tried gum, and went back to smoking.

I tried Bupropion, and went back to smoking.

I tried cold turkey, and went back to smoking.

I had a stroke, tried lozenges, and went back to smoking.

Then I had a heart attack, tried e-cigarettes, and haven't smoked a single cigarette since.

My mood is stable.

I have no craving to smoke.

My heart and lung function have improved.

My blood pressure has decreased.

My exercise capacity has increased.

If it weren't for e-cigarettes I'd still be killing myself slowly.

7/29/2013 4:49:00 PM - John Bateman

As many others before me I began smoking as a result of social influences during my formative years.

Smoking began on a periodic basis and after a number of years developed into a daily habit.

This habit endured for 20 years with the occasional month or two abstinence period.

At it's height I smoked a pack of cigarettes a day.

On April 20th of 2013 I made a decision to quit outright for my health and in order to prepare for fatherhood.

The first week I used no smoking alternative and at the end of that week found myself desiring to give up.

Through a friend I was introduced to electronic cigarettes in the form of eGo and clearomizers.

I quickly upgraded to the use of a mechanical mod for convenience.

I found the use of ecigarettes to be much more convenient, cleaner, healthier and with a greater selection of flavors, much more enjoyable.

Since quitting, my overall health has improved drastically in the form of more quality breathing, less sensitivity to allergens and increased fertility; after 3 years of trying my wife and I were expecting within 2 months of smoking cessation.

This is my story, ecigarettes saved my life and created yet another.

7/29/2013 4:50:00 PM - Tony Bowers (Crawler65 on ECF) from Medford, OR

I smoked 1.5-2 packs a day for a little over 25 years. I started on non filter, and progressed to filtered menthol in first 5 years of smoking. In the last 10 years I tried counseling, nicotine patches, and nicotine gum. None of that worked well, if at all to reduce my smoking. I gave up on quitting altogether. 3 months ago I got some disposable e-cigs to use at work when I couldn't smoke (not enough time to get to the designate smoking area at break). I was still smoking and using the e-cigs for about 2 weeks, when it dawned on me that the e-cig was in fact working, I could quit smoking tobacco with e-cig. The only drawback was limited life span of the cig alike when used as an all day substitute. I then found out about the world of vaping, and all better built, longer lasting e cigarets I could buy.

I started out with 24mg e juice, and gave up tobacco 100%. I am now over 2 months smoke free, no intention or desire of EVER going back to cigarets, and down to 18mg juice, and just starting to use some 16mg juice as I type this. I feel MUCH better health wise. In my job I have tasks that put my lungs to the test weekly. Getting off cigarets has improved my lung capacity more than I could have imagined. No more cough either. My wife noticed the marked health improvement in me, and switched from smoking to vaping as well. Her chronic cough of the last 5 years was gone within a week. Amazing!

We are now happy to be a smoke free home. It would have never happened with e cigs!

7/29/2013 4:57:00 PM - warrenao

I smoked regular cigarettes for more than fifteen years, and during that time made repeated attempts to quit. Initially I didn't have access to NRT, so during those attempts it was arduous and just about certain to fail.

For NRT, I tried both patches and gum, and neither of them were particularly satisfactory. The patches actually gave me a rash. That didn't work well either. Eventually I tried NRT lozenges, and they had the best success of all. I was able to stay off cigarettes for several years with them.

However, I missed a few important elements of smoking. I like to puff over coffee, for instance, or after a meal; and I'm one of those people who likes both the sensation of inhaling, and the effects of a smoky exhale, particularly through my nostrils.

While I was using lozenges I became interested in e-cigarettes, but the first version I bought was poorly made with abysmal quality control. That didn't last long. After a lengthy hiatus (two or more years), I decided to try Blu brand e-cigs. They provided me with a lot of what I missed about smoking, which helped ensure I wouldn't go back to regular cigarettes while providing me with pleasures I'd been deprived of for a long time.

The problems arose when Blu ran into some shipping, availability, and customer-service problems. This motivated me to explore other options, specifically the larger batteries and clearomizer tips conventionally associated with 'vaping'. That's proved to be extremely satisfactory to me. I can mix my own flavors now, and the amount of vapor produced on a single draw is analogous to the smoke created with a conventional cigarette.

I don't know how long I'll be 'vaping', but I'm sure that as long as it - or something like it - is around, I'll be able to stay right off of cigarettes while continuing to enjoy the other elements of smoking.

7/29/2013 4:57:00 PM - marco kiyoto from Va

smoke for

30 years

quit

like 4 moths ago

,now

io m using a mod very happy

now i can smeel betther

7/29/2013 4:59:00 PM - Jane and James O of south east texas

March 28th, 2013 I quit a 33 year 1.5 pack a day smoking habit with a full pack of smokes sitting on the table... and now.. the rest of the story.

I was around 15 when i started smoking cigarettes. As the years went buy and the prices kept climbing I tried at least a dozen times to quit spending 100's on different attempts, but was unable to do so. Patches, cold turkey even tried the drug Vareniclin that was by far the worse thing i ever did to attempt to quit smoking.

Earlier this year, the Blu cigarette TV commercials started showing up on the TV. They are a small pen style E-cigarette. At that point in my life I had concluded that I

would never be able to quit. The prices climbing to 8 bucks a pack. I needed to do something. I decided .. ohh what the heck let me try it, maybe I can use it as an alternative or at least reduce the number of cigarettes I do smoke.

Well, I went to this little hole in the wall smoke shop that had BLU e-cigs and I purchased a back of smokes for my husband and I

and a blu e-cig starter kit.

I was amazed with this cause its tech. It actually worked to help quit smoking, unlike the countless other attempts I had tried.

While the blu e-cig got me started there where multiple issues with it right out of the gate. My Hubby and I both took one of the e-cigs that came in the starter pack and I was off to the races.. I quickly discovered that the batteries where small and needed to be charged frequently over the day. The cartridges lasted about a day and then you needed to replace it.We only had 2 of them so if it ran dry or the battery died I would smoke normal cigs till I got home.

Off to research about e-cigs...

There are a tons and tons and did i say tons of e-cig places around. many of them start up businesses with poorly designed and confusing websites, tons and tons of different websites and models and delivery media to use to get your nicotine fix.

Its a good bit overwhelming to those

that just want a cut and dry answer.

There are people trying to make affiliate dollars trying to point you here or there saying these are the best... some of the websites are also virus infected if you are not careful.

I stumbled on some forums and started reading and educating myself by what people where saying and using and showing and doing. I upgraded my batteries and got more

into the different e-juice flavors and nicotine potency. Educated myself using the knowledge shared by the very active members of those forums.

They pointed me to the tried and trusted vendors for liquids and supplies and saved me from the frustration and wasted money of trial and error shopping.

To date we have saved over $3000 from not smoking.

I know I feel better, I breath better, things taste better and I don't want to ever go back to smoking cigarettes. I would like people to understand that e-cigs are by far the lesser of the 2 evils. restricting their use after 30 years of trying to get people to stop smoking seems like a ridiculous proposition to me. Research them? Sure. Set production standards for them? absolutely but to interfere with real progress because overzealous blowhards want to ignore the massive step forward they really are by omitting the rest of the facts is really a step backwards in the fight against cigarettes and the thousands of poisons they introduce to the body that e cigs do not.

7/29/2013 5:11:00 PM - KAYDEE

I TRIED THE VAPOR WITH THE LIQUID HERBS BECAUSE IT HELPS WITH MY FIBROMYALBIA, THE LIQUID VAPORS ARE VERY GOOD, IT LAST LONGER AND IT'S A BETTER WAY FOR YOU TO SMOKE INSTEAD OF IINHALEING THE SMOKE WHEN YOU HAVE TO ACTUALLY SOME ANYTHING.

THAT'S WHY I LOOKED INTO GETTING THE ECIG.

I GOT ONE LAST YEAR FOR MY NEPHEW AND HE ENJOYED IT ALSO AND HE IS STILL USING IT IT'S BETTER FOR YOUR HEALTH AND DOESN'T LEAVE YOU HANDS, TEETH, CLOTHS OR ANYTHING SMELLING OR TARED.

SO IF YOU MUST SMOKE THEN IT'S THE BEST THING FOR YOU.

I DO IT FOR MEDICAL REASONS, I NEVER IN MY LIFE SOMKED UNTIL LAST YEAR WHEN MY DOCTOR TOLD ME TO TRY IT AND SEE IF IT WOULD HELP ME WITH THE PAIN OF THE BAD PAIN I GO THROUGH FROM THE FIBROMYALGIA.

7/29/2013 5:17:00 PM - Adam C. Hoyle

I started smoking cigarettes when I was about 15 or 16 years old. I'm now 32. I tried quitting a couple times, once at the behest of a girlfriend, once to get in shape for the police academy. Both quitting experiences were miserable to endure and didn't last long. It seemed as if all I could think about was how badly I needed a cigarette. It literally consumed my thoughts during every waking minute. I had convinced myself that I enjoyed smoking enough to negate any justification for quitting.

A few months ago, a coworker mentioned to me that he'd switched to an electronic cigarette and hadn't smoked in over a month. I didn't think much of his story at first; I had tried the cheapo e-cigs in the past and wasn't impressed at all. He then explained to me how the type he was using (he happened to be using a Joye eGo-C Twist) was totally different from the e-cigarettes I was familiar with. He offered up his eGo to me for a few drags to give me a sense of what a quality e-cig felt and tasted like.

Whoa...I was blown away.

The vapor mimicked the sensation in the back of the throat that a tobacco cigarette gave me, which I later discovered is referred to as "throat hit". It tasted like vanilla, not a dirty ashtray. It was shiny and had lights (I'm easily amused).

After work that day, I googled e-cig stores and found one on the way home from work. I stopped by, got myself an eGo-C Twist kit and a couple bottles of juice. My love for vaping had begun.

I went into the world of vaping half-thinking that It'd be supplementary to my tobacco habit. I didn't believe that puffing on this gizmo, pleasurable as it was, would tear me away from tobacco. Within two days, however, I found myself with zero desire to smoke a real cigarette. It was a bizarre feeling to lack the urge to smoke.

I can now taste the food I eat. I can exercise without getting winded. I no longer cough for the first waking hour of every single morning. The inside of my car, my clothes, my breath and my hands no longer smell foul. I no longer need to sneak outside while at work or family gatherings.

Long story short, I haven't had a cigarette in almost five months. I'm constantly amazed by how effortless quitting was with the help of an electronic cigarette. My wife, who also smoked, has since quit using the matching eGo-C Twist I got for her.

Thanks.

7/29/2013 5:35:00 PM - Ben P.

I smoked for over 10 years. To quit, I tried patches, gum, chantix (not covered by medical insurance), herbal smoke, meditation, and cold turkey. I always went back. That is until I found a great e-cig. That was over 3 years ago. Now I've gone on to help many of my friends/family quit with excellent results. I will never smoke another tobacco cigarette ever again, as long as e-cigs are available. Please help others quit by making ecigs safe and available to everyone. Tobacco kills, e-cigs save lives!

7/29/2013 5:36:00 PM - Steve Green

I smoked for over 35 years.I tried to quit a couple of times in the past using the patches but was unsuccessful. The first time I tried the patches it was back when they were first being studied and i was put in a study group by my doctor. During my use of the patches I was able to go from a pack and a half of cigarettes a day down to about half a pack a day usage. On one of my visit's to the Doctor he asked how the patches were working out. i told him great I'm down to half a pack a day. He promptly took the patches away from me and explained that smoking while using the patches could cause serious health risks. A few years ago when Snus was introduced I picked some up for using during those time's I couldn't smoke. i noticed that while also using snus I would smoke but was again down to less then a pack a day of Cigarettes. then in January of 2013 a friend of my wife's gave her an e-cigarette to try. we were at a place we couldn't smoke so I tried it out that day and it seemed to work for me. I didn't think anything about it until a couple of weeks later when I was moving a mattress upstairs to a spare bedroom. After 1 flight of stairs I was huffing and puffing. I decided at that time I had to make a change and I remembered the e-cigarette we had tried. I ordered a starter kit from an on-line retailer. I received my starter kit on February 10th 2013 at 2pm. I went to work that day and only took the starter kit with me. when I got home that night at 11pm i sat down and lit a cigarette. After smoking half of it I told my wife that it didn't even taste good and put it out. I haven't had a cigarette since that time. It has been a struggle at time's but due to the e-cigarette I've managed to actually stay off cigarettes for the first time in over 35 years. I have noticed that I can breathe a lot easier and I'm able to be more active. My sense of smell and taste have returned and I don't have a constant cough anymore. The people around me are happy I switched to an e-cigarette and don't smell like smoke or have a constant cloud around me. I don't think that -cigarettes are for everybody but I do know that after trying multiple times to quit smoking without success that I was finally able to do so and i consider my e-cigarette to be the primary reason I was able to quit

7/29/2013 5:36:00 PM - M.D. (Newyorkifornian) from Rochester, NY

Hello!

I don't normally write on these sort of things, but I'm bothered with the number of hasty legislation pieces that seem to keep arising (and I'm sure will continue to-although I hope it won't).

I started smoking later than most people I know at the age of 21. 14 years later I couldn't believe I had been smoking for 14 years! Every time I had tried to stop, I was back at the store ashamed of myself buying another pack. It was never the cost of the cigarettes that bothered me, it was what I knew it was doing to my health. I wanted to have a baby, but kept making myself promise to quit smoking before I even attempted to give the child the best possible shot in this world. After my divorce that wasn't a factor, and I increased my smoking to about 5 packs a week (up from about half that prior).

Tried patches - horrible nightmares, itchy skin, shaky during the day, and STILL craved cigarettes like crazy. Tried the gum, worst thing I've ever put in my mouth. Didn't want to try medication as I don't like taking pills I don't have to take and the side effects scared me. Tried cold turkey - horrible 3 days until I broke down again. Tried cutting down - something stressful would happen and I'd go get another pack.

I had never heard of "vaping" until I saw a woman out at a restaurant with this weird looking device. I asked her about it and she explained to me what it was. I was interested in finding out more so I went online later at home and delved into a good month of study. There were so many jargon terms I had never heard of before that I had to learn. I also spent a lot of time looking up the ingredients, safety, and asking a lot of questions in forums online. I decided to give it a shot and purchased an "ego" starter kit back in April of this year.

Truthfully, after all of my other attempts I wasn't expecting to actually quit. I thought I would probably last maybe a week, but that even a week of not smoking would be better than nothing. What came next took me by surprise. No cravings. NONE. I know each person is different, but for me for the first time in all of my times of trying I had NO cravings. I thought that would last a week and then I would. 1 week passed, 2...then I was at a month. Then 2 months. I'm sitting here today and I can't believe I'm at 4 months without a cigarette (and not even WANTING one or having a craving for one this whole time - even when out with friends that still smoke). I know 4 months isn't a long time to some people, but for the first time in my entire life I KNOW I'm done. They don't even smell good to me anymore (which is also a first).

I've now converted 4 other friends and family members to electronic cigarettes. So far none of them have gone back to smoking either. I'm pretty sure this will sound stupid,

but for once I'm proud that I quit. That I COULD do it. That there was something out there for me. That my health IS getting better. I can breathe. I can taste things. I'm not coughing up strange gross things. I don't stink and neither do my clothes and hair.

Now I'm the one that's out at restaurants and bars and have people asking me "What is that?". I explain it the same way that woman did to me. If it helps someone get rid of those 500+ chemicals in cigarettes then that's a huge bonus to me in the pay it forward world. At the very least I'm so happy and feeling so great about myself and my life. If you told me that going in I'd probably laugh. Yeah right. Now I feel bad that past me would even think like that and wish that I had found out about this sooner. To everyone that's helped me with my questions and research - thank you - without you I don't know if I ever would have given this a shot, and I'm grateful.

7/29/2013 5:46:00 PM - JM from So. Cal

I started smoking cigarettes in the military some 17 years ago. A pack plus a day smoker for 17 years.

I have tried to stop smoking several times. I tried the patch, gum, cigars only, Snus, Chewing Tobacco and Chantix. None of it helped.

A friend of mine showed me his vaporizer electronic cigarette system. He explained how it worked, what was in it and let me try it. This seemed to me to be viable option and wanted to give it a try. I

7/29/2013 5:48:00 PM - isso

I smoked for 24 years .I started to use electronic cigarette 8 months ago . I am using a mod with rebuildable atomizers .I started with 24mg nicotine and after 3 months i lowered it to 18mg. I haven't smoke at all from the time i picked up the e-cigarette. I have never used any product to quit smoking before i picked up the e-cigarette. When i use to smoke,i use to have sinus infection 6 times a year ,but when i started with the e-cigarette i haven't had any sinus infection yet which is amazing .I feel more energized now and my lungs are clear and i don't smell bad anymore. I think vaping is a life saver for me and i am really happy that i have discovered it .

7/29/2013 5:50:00 PM - Ryan Persaud

After smoking cigarettes for nearly twelve years, attempting to quit about fifty times, I was at the brink of giving up on quitting at just continue smoking. I had tried the gum, the patch, cold turkey, none of which ever worked for very long.

I impulsively decided to try a corner store cig-a-like brand e-cigarette,EON Smoke.

This was back in May of 2013. At first, I was impressed, I cut down from a pack a day to five of six cigarettes every day. I was using the 24mg strength cartridges, but still needed the real thing periodically throughout the day.That soon led me to discover more advanced products.

I moved from the EON Smoke brand on to eGo batteries and atomizers. Since then, I have not smoked, nor wanted to smoke a real cigarette. That was on May 16th 2013. I started using 24mg strength liquids, then quickly cut down to 12, and today I am only using 6mg liquids. I plan to reduce that to 0mg soon, but I have no plans on quitting vaping as I enjoy it.

Four months in, and I feel so much healthier than I ever have.

I can now run up and down the stairs with groceries with ease, and not end up out of breath or wheezing. Exercise has made its way back into my daily routine, as I no longer feel lazy or overwhelmed by it. I've also noticed that my eating habits have improved vastly, from what it used to be.

7/29/2013 5:52:00 PM - Michael from Round Rock, TX

I had my first exposure to smoking when I was 15. My sister had some friends that got us really cheap cigarettes and we would smoke them in the park near my house. I smoked on and off until I was 18 and began buying packs on a somewhat regular basis. By the time I was 19 I was going through maybe a pack a week for a month or two at a time and then would drop the habit for a few months till I picked it back up again. I didn't really become a habitual smoker till I started hanging out with friends that had already been smoking for years that were half-a-pack-a-day smokers. From there I began buying a pack every few days and smoked every day.

From smoking cigarettes I also started smoking cigars and pipes. By the time I was 24 I was smoking half a pack a day and smoking my pipe and cigars in addition to this. While being a smoker seemed pretty natural for me the consequences were not. Sore gums, bad breath, feeling fatigued, headaches, stomach pains, pain with deep breaths, inflamed throat and mouth. Of course my friends would say that's just what comes with smoking and at first I thought that was true. Spending more money than I would like to think about on an addiction that after I had for more than a few years that I didn't even want in the first place I was starting to think I would never give it up. I tried snuss and disposable cigarettes but all those did was making me want a real cigarette. Trying to go cold turkey was nightmarish and proved to be too much for me.

A few months ago my sister told me that she bought an "e-Cig" from a friend and that it was working for her. At first I thought what all my other friends thought and that was that this "e-Cig" was a fad and would fade after a while. She then called me up one night and said she was online getting juice for her device and told me if I'd give it a try she'd buy me a starter kit since she knew I wanted to quit. I said yes not expecting much and waited for the kit to arrive. I say this because I want people to understand powerful this was for me. I got the kit with a case, a battery, a tank, and a charger with some juice and started to vape away. At first I didn't really like it until I found out just how much was out there. Clearomizers, Cartomizers, tanks, mods, PG/VG, juices, and a whole bunch of other stuff. Once I started getting some new things for my device I finally understood why they worked. For me it was like smoking my Hookah, it tasted great and I didn't feel like crud using it. Since they I've got better stamina, I don't get headaches, no more painful breathing, no more sore gums, or stomach pains, inflamed throat or mouth. I feel like the very damage done to my body because of my poor choices isn't there anymore. What's more I couldn't believe how cheap it was. I use to spend around $25 a week on packs, now I spend maybe $6 for two bottles of juice that taste and smell a whole lot better.

My advice to anyone who is still on the fence about getting a Personal Vaporizer, DON'T BE! I only wish that I had started soon. It's been over 2 months since I quit, haven't touched a cigarette once and haven't even had a single craving for one. My only hope is

that by the time I've got kids the idea that people are stuck addicted to cigarettes will be a thing of the past.

7/29/2013 6:01:00 PM - William C Talbert III

I'm new to using a e-cigarette/vaporizer but it has been the unquestionably the single best choice I've made to free myself from traditional cigarettes. I'm 43 and smoked since I was 20.

Most of that time I was a pack-a-day Marlboro smoker.

Over the years I've tried pretty much every method to quit or cut back on my habit including patches, gum, anti-smoking prescription medication, hypnosis, cold-turkey, cigarette rationing, and cigarette brand changes. In that time, the longest I can honestly say I've gone without touching a cigarette has been 5 days. At some point I aways gave into the frustrating need to have one or at least have a friend share a few puffs of one with me so as not to feel too guilty. Stress has usually been a significant factor in my return to smoking, either from external issues like school, work, family or social interactions.

By accident, I came across the website of a "vape" store while i was out-of-town and looking for a tobacco shop nearby. No advertising was involved, it just happened to be listed in the search results and not realizing what it was it clicked on its link.

After seeing that e-cigarettes were much more than the questionable looking items found in gas stations, I became curious and began searching the Internet for more information. What I found was both enlightening and intriguing enough to motivate me to visit a local "vape" store when I returned home.

I found the staff there to be well-informed and encouraging. They all understood the chains that bind someone who smokes and helped explain how vaping could be a better alternative for me than traditional cigarettes, particularly if quitting was not desired or "approved" methods had failed but I still wanted to escape many of the negative effects of smoking.

I can say with absolute truthfulness that my happy accident and visit there was a life-changing event. Once I started, I had two drags on a morning cigarette the next day and immediately put it out. Compared to using a vaporizer, the cigarette totally lost its appeal and I was disgusted by the taste. That was over a week ago and I can't conceive of ever smoking again. I feel more free than I have for most of my adult life! I can now hug my son or be around others without the stench of stale cigarette smoke embarrassing me. I feel better than I can really remember. My breathing and smoker's cough has improved. I'm more accomplished in my daily life since I no longer have to stop to go out for a smoke. I'm already saving money. And even the minor negative effect of the vapor giving me a cotton-mouth feeling has prompted me to reduce carbonated soda in favor of

flavored or just plain cold water. Most of all, everything I've listed is happening without the stress that always accompanied other ways to manage or quit smoking. I don't feel like lost in the desperate struggle to resist a cigarette. Just the opposite, I loathe the idea of having one and once again being a slave to cigarettes. You can never understand how much it means to me to be able to not only say that but to feel and truly believe it!

William C Talbert III

7/29/2013 6:02:00 PM - veto

I started using an electronic device that vapourizes nicotine liquid about two years ago. They taste good, tobacco does not !. I gave up smoking tobacco when i started using the electric alternative.

7/29/2013 6:04:00 PM - Tom BNlackburn (Ancientgeek) San Antonio, TX

I smoked a pack a day for over 45 years. I tried to quit analogs three years ago using e-cigs as a substitute. At that time, what was mostly available were the analog look-a-likes. They produced some vapor that quickly reduced to almost none. They were fiddley (high maintenance) and I was going through cartridges, atomizers and batteries several times a day. In the end analogs were easier to carry and use. Attempt failed. At the beginning of this year (2013) a couple of co-workers showed up using APVs, in this case, a 650mah eGo-C battery mated to a Kanger T3 clearomizer. I saw lots of vapor and it held enough juice to last the whole day at work. I decided to try e-cigs again on March 16, this time using their set up (and it was only $35). By the end of the first week, I had finished my open pack of analogs and I haven't been back.

7/29/2013 6:11:00 PM - Sharon Osteros, Peoria Arizona

I began smoking when I was 13 years of age, Today I am 52 and I have not touched a cigarettes in 2 months 8 days after 39 years of smoking. I was up to nearly 2 packs per day.

A family member sent my husband and myself an Eco 1100 battery with some juice back in October 2012 we tried it and the juice was horrid so back to cigarettes. On May 21, 2013 a friend came over to the house with an ecigarette and told us to try his flavor of juice. It was amazing. That day we looked up some of our area Brick and Mortal stores and went tasting and have not touched a cigarette since then with no desire to touch one.

We have previously tried Cold Turkey lasted 2 weeks, the patch did not last very long and Chantix did not cut it for me(I was more worried about the possibility of suicidal thoughts the dying of cancer smoking)

We were spending between my husband, my son and myself over 1200 a month in cigarettes. Needless to say even buying a few extra mods we have not touched that budget at all so we are saving money. I woke up every morning for as long as I could remember hacking a lung that does not happen anymore. We go on walks with no shortness of breath, no more hacking of lungs, any of us. Its just a better quality of life than cigarettes. You feel better I was taking 10mg of Ambien a night to sleep I have reduced it down to 5mgs and the only thing that has changed in my life is cigarettes. I am not saying it will cure what ails the world but it stop me from a 39 year habit I am healthier and so is my family. I do not smell like an ashtray, my non-smoking friends enjoy the smell of vaping. I do not need to burn candles to hid the smoke smell or sugar coat it with perfume.

I can't see a negative to this, I understand the jury is still out but then again anything new in life is unproven in all walks but I believe no matter what findings come out they will never be as harmful as the alternative. I am sorry if we stopped these today I would go back to cigarettes so no my option is not just quitting this is a habit I enjoy.

7/29/2013 6:34:00 PM - Scott Jetty

I began smoking when I was thirteen, working on our family farm. I didn't really feel addicted until I started trying to quit during sophomore year of highschool. At first I tried gum, but it made my acid reflux act up and I remember throwing up all over our schools wood shop. I got patches after that, but those just gave me rashes, and would burn for hours after I took them off. I gave up on quitting for two more years, until I turned eighteen and went to a smoke shop for the very first time. I had heard about desposible ecigarrets, and so I bought one of the Blu models. I have been smoke free for two years now, and have slowly noticed an increased endurance, stronger lungs, better smell, and a lack of cigarette odor. The current model I'm using is an Egeneration refillable, and the fluid I use is 12mg Tobacco, down from the 24mg I started on.

7/29/2013 6:36:00 PM - Cathie Thiry aka Asti from TX

My vape-experience started almost three years ago, having seen a late night infomercial for Blu-Cigs. The next day I hit the internet in search originally I was thinking something to use inside the house not as a method to stop smoking. I stumbled across ECF (http://www.e-cigarette-forum.com/forum/) and started reading I connected with a few people and made my suggested purchase of an eGo kit and three small bottles of liquid, at the time the cost was just over a carton of smokes for me. Within One day of receiving the kit, I placed my pack of little cigars in a drawer, only to be touched again on my 2 yr. vapeversary to take a photo of with my still functioning ego's triumphantly crossing the pack. I left a 20 yr. history of try and fail quitting, because I really enjoyed smoking other than that killing me side effect, I would DREAM about smoking up to the point of tasting it in my sleep! With this kind of torture, my quitting lasted mere weeks. Vaping has given me the hand-to-mouth crutch I need and I have reduced my nicotine level as I feel like, and once went three days without any nicotine and I was just fine. I have no plans to stop vaping and really enjoy reliving the first moments every time I help someone drop the smokes and pick up an e-cig.

7/29/2013 6:36:00 PM - Jason Hackler (hacklerjason), Hawaii

I have been a prior smoker of 16 years. I smoked a pack a day for most of the duration. I have tried a few different over the counter method prior to switching. I tried the patch at 21mg/24hr first

with no success. i tried it for a week straight and i couldn't take it any more i had to smoke.

i found i would have to "scratch the itch" despite it not having the itch. The patch took care of the addiction but the habit was still there. I then went to the gum at 4mg hoping i could sub the habit with something to do instead of just a sticker i wore on my arm. at no time did i ever wear the patch and chew the gum at the same time! i still smoked while wearing the patch and chewing the gum. the gum was really more used as a reduce the amount i smoke tactic. i was able to reduce my smoking by about half a pack a day. i have tried the electronic cigarette before but that also failed for a few reasons. i tried the old technology when it was first introduced and it was inferior. it was an auto type battery that did not last very long. one of the two batteries failed within a week of ownership. at this point i had given up on quitting for the time being as it was stressful. i smoke had continued smoking without restriction until august 2012. i have since switched using newer equipment for this time period and it has made a difference... and i have been vaping ever since. i do not see myself quitting the electronic cigarette any time soon. i enjoyed smoking, and i enjoy vaping. i may reduce nicotine in the future but i will never quit. i am at 16mg/ml and i go through about a tank a day. my current tank holds about 3.8ml and by the end of the day i have not finished the tank. so if the tank got finished it would be in theory 60.8mg of nicotine in the tank. in any case

7/29/2013 6:40:00 PM - Scott Davis

I was a smoker for 17 years, My first eCig was in Dec 2012 and once i took my first puff on it, i never smoked a cigarette again. I have been a 'vaper' ever since. I started using an eGo style battery with 24mg nicotine. I have tried and enjoyed many different flavors of 'eLiquid'. Starting with menthol and tobacco, as i tried other flavors, i quickly learned that I do not even enjoy the cigarette flavors. Iv used Desert ones like cakes and cookies, but have settled on Fruits. I have been lowering my nic since I started, and am now around 9mg. Iv used many different devices that all do the same basic thing, with differences in the pull (tight or open draw), and the heat (warm or cooler). Now I do not use 'eGo' size devices any longer, I enjoy things that fit in my hand better, Things that are closer to a mid sized flash light. And while I have tried devices that look like a cigarette, i do not enjoy them, and i do not want people to look at me, and think I'm SMOKING, because Im not. I noticed in just a few weeks of quitting smoking and starting vaping that my health has gotten better, I can breath easier, my nails had permeant browning (my understanding is lack of oxygen) and that has since cleared up. I smell better, and I realize how nasty smoke smells now. There is not one negative effect that has happened since my switch to a smoke-free alternative. Iv tried quitting smoking many since i had started. 'Cold Turkey', Patches, Gum, And I had even went the extra step and tried the drug Chantix. Nothing had helped more then a couple of day, patches made my itchy, gum gave me a headache, and Chantix was the worse.

7/29/2013 6:41:00 PM - Carol in Mpls., MN, USA

I ~was~ a smoker off and on (mostly on) for 30 years. On 13 June 2013 I started using a smoke/tobacco free alternative.

Currently, I am using both the e-cigarettes and PVs

7/29/2013 6:52:00 PM - Nico Kopf

Name is Nico, 37 male from Namibia, Africa. Smoker for 20+ years, quit 1 month in 2012 cold turkey, 10 - 15 rollies with filters p/day for past 6 months. e-cig since yesterday morning. 1 analogue today, otherwise vaping 1,8% per volume.

- blood pressure at 'normal/healthy' levels at 7pm, always used to be elevated. - woke up at 4am, 1 hour before I usually wake up. - 2km fast walk at 5am felt ever so slightly better. - slightly dizzy but no lack in concentration. - fidgety, restless and very slight anxiety, but no irritation. - good energy, lungs feel good and phlegm/wheezing is already gone. - slightly more sweat.

Feels like I'm in cessation, or very similar, which is weird. Can't make heads or tails from it yet, but will continue to ride the wave. Overall I am feeling very positive.

7/29/2013 6:54:00 PM - Paul Fasano

I have unfortunately been a smoker since I was 13. Have smoked nearly everyday for the past 15 years. I have tried nicotine gum and patches with very little success. It wasn't until I started seeing e-cigarette commercials on tv and in the store and decided to give it a try, more as a way to eliminate going outside during the winter then to quit smoking. I used disposable e-cigs commonly found in convenience stores. I continued to smoke both regular cigarettes about a pack a day and e-cigs.

It wasn't until I found the E-Cigarette community and discovered the vast amount of e-cig options in both hardware and flavors that I considered using e-cigs as a method to quit smoking. I received my first Advanced Personal Vaporizer(APV)and some various juices in the mail about 3 weeks ago and have not had a cigarette since, nor do I have the urge to. A miracle in and of itself.

I have also noticed several improvements in my health since quitting. My throat is no longer perpetually dry and irritated. My nose is no longer perpetually clogged and the phlegm I was constantly spitting up is gone. I wake up feeling more alert and my chest feels light and unencumbered. I would often suffer from migraine headaches when going without a cigarette for more than 30 mins, and those have also subsided. I genuinely feel like a new person. My only complaint with e-cigs is the price to get started, luckily there are a lot of cheaper options out there that I can take advantage of.

7/29/2013 7:13:00 PM - Ron Major (ronjamesmajor on ECF), Hanna, Alberta Canada

My name is Ron Major.

I am a 26 year old Male from Alberta Canada and I have successfully quit smoking using electronic cigarettes.

I was previously a smoker of 10 years. I had tried numerous times to quit smoking, with patches, nicotine gum and mints, nicotine inhalers, hypnosis and magnetic therapy.

In my personal experience, no smoking cessation product could quite simulate the authentic hand to mouth experience of smoking a traditional tobacco cigarette.

I had tried many times over these ten years to quit; patches made me physically ill, gum did nothing, nicotine mints did nothing, the inhaler made me want to smoke more than I had previously, and hypnosis and magnets were a waste of a large sum of money for no real benefit at all.

In 2011 I heard from online media and some friends about a new product on the market by a company called Blu. It was an electronic cigarette, or a personal vaporizer. I had thought about a product like this before some years earlier and wondered why no such thing had existed. Being a technology enthusiast I was pretty quick to pick it up and try it out. Now, if I'm honest here, in the early stages of electronic cigarettes, there were a lot of kinks in the design that had to be worked out. I tried a Blu. I tried a few other Chinese vendors, one of which made a product called Super Cigarette, and it just wasn't doing it for me. I went back to smoking.

After trying many "analog" equivalents over the course of the next two years, I was introduced to a product called the Ego-C by a company called Joyetech. By this time, in late 2012 I had begun to change my diet to a vegan diet, and had not drank in over a year.

I felt myself fighting the desire to stop smoking as I thought it was my one last vice. My only bastion of rest and relaxation in a newly devoted and busy lifestyle.

My past experiences with electronic cigarettes had left me wanting, well a cigarette.

Hesitantly I picked up an Ego-C kit from a local corner store, and set out to find nicotine juice. After picking some up from a friend I discovered the Ego-C product left me not only satisfied in my cigarette cravings, but it also allowed me to try different flavors and find something that suited my needs. I eventually lowered my nicotine level in my e liquid (from 24mg to 18mg), and have been using electronic cigarettes since.

As of now I am six months completely tobacco free. That is to say that I have not had one cigarette since beginning to use the Ego-C product, and I have since upgraded my equipment, and still lowered my nicotine level in my juice (from 18 to 12mg).

I have an assortment of personal vaporizers now, which I use on different days, or to achieve a different desired effect. I appreciate the craftsmanship of the devices, as well as their elegance and the hobbyist approach to setting up and using a new device. Much in the same way a pipe smoker would enjoy setting up their bowl, with different pipes, and different tobaccos.

Overall, my running, yoga, and other activities have benefited from using an electronic cigarette. I am not an expert but I know my body pretty well and I can gauge my overall performance and endurance in the range of 40% better than it used to be. Something I have attested to on the electronic cigarette forum on different occasions.

The only downfall I have ever had is that I have had to increase the amount of water I drink (which is actually a good thing) to keep myself better hydrated in a situation where I am using an electronic cigarette more than normal.

Overall, I am now more active than ever, happy with the choice I have made and feeling rejuvenated. I have enjoyed using my personal vaporizers, and it has given me a hobby, and a renewed outlook on my overall personal health.

7/29/2013 7:20:00 PM - Scott from Saint Paul, MN

My name is Scott and I'm 30 years old. I started smoking 15 years ago at the age of 15. It rapidly became an every day habit regardless being told how bad it was for me. Over the past 15 years, I've flucuated between 1-2 packs a day. In the last 5 years, I've managed a pack a day habit.

Knowing I should quit, I've tried many ways in order to successfully quit smoking cigarettes over the years. I first tried the "patch" and failed; something was missing. I made it 3-4 days using the patch. Next was the gum/lozenges in which did not control or even help reduce my smoking habit. I found myself smoking while using the patch and gum. The last was a nicotine inhaler which I thought forsure would work wonders as it simulates the hand mouth movement while smoking. However, it tasted horrible and there was no substance (feeling) to using it. I also found myself smoking almost regularly with as well.

In June 2013, I decided that I would look into the e-cigarette craze. It seemed viable and made more sense than all of the others smoking cessation ways. The "smoke" was there, the hand-mouth movement was there. I engulfed myself into the internet reading and reading and reading about these. I became more and more interested and surprised at these testimonials of real people that have successfully quit. It wasn't just some commercial on T.V from some drug company. They were personal stories and triumphs. I learned as much as I could and bought my first e-cigarette and received it June 26th, 2013. I have not touched a single cigarette since that day and it's over a month now. I even ran across a half smoked pack that I still had when I received the e-cigarette.

The journey was surprisingly a lot easier than any other smoking cessation methods. I didn't struggle nor did I even think about smoking a cigarette. I feel healthier, my blood pressure is down, my gums are back to normal. I don't stink, I can smell and taste 100 times better. I can finally breath and not be congested. I calculated I saved over $200 in a single month from quitting smoking. I am continuing to lower my nicotine dose at a steady rate and I assure you, I will be totally free in 4 more months.

I've introduced this into my family (who also smoke) and they will attest they have had the exact same experience and result as myself.

7/29/2013 7:21:00 PM - RJ Dunworth Tucson, AZ

I'm 26 and I have been smoking 1 pack, full flavor 100's a day for 10 years. Just recently I bought my wife and myself 2 e-go electronic cigarettes in attempt to quit smoking all together. Within the first day, regular cigarette smoke was over whelming to smell. I attempted to smoke one and immediately put it out. After day three, I no longer have excessive sinus problems when waking up. I felt like I had a bad head cold when waking up for years and it cleared up after va

7/29/2013 7:30:00 PM - Ben Brown

40 year smoker @ 4-5 packs a day 2 years ago bought a njoy cartage replaceable type with a rechargeable battery quit for 6 months no cigarettes at all and stopped using the njoy after 6 months had a life crisis and instead of picking up a e cigarette picked up cigarettes again got back up to 1-2 packs a day

1 month ago i got a vv ego and ce4s personal vapor first day I was able to quit cigarettes and i am not looking back last week I bought a itaste svd and am very happy with the vapor and plan to keep using it till I no longer feel the need but this time if and when I do stop e cigarettes I will never pick up a real cigarette instead it will be my personal vaping device, as for changes in my life I can breathe again and smell and taste things I was not able to before, I no longer reak of tobacco and dont wake in the morning coughing up what felt like my lungs

7/29/2013 7:39:00 PM - AlifeSaved

How long did you smoke? 16 years How long ago did you start using a smoke-free alternative? 8 Days Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Joyetech Ego-C Twist with Kanger EVOD and Protank Mini clearomizers. Do you still smoke at all (and if so, how much have you cut down)? Absolutely 0 cigarettes from when I began with the personal vaporizers. Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Switched immediately with no cravings for traditional cigarettes. What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? I have tried cold turkey, chantix, nicorette, nicotine patches and a self help book.

I was able to quit for 6 months using nicorette but eventually went back as only one cigarette was needed to get me back.

I continued to smoke using all other smoking cessation products.

Now that I am on the personal vaporizer I have no desire for a traditional cigarette. What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I do not cough up phlegm every 10 minutes anymore, my lungs feel like they handle breathing better, I can smell things better than I ever did before.

I have less anxiety about smoking around people and in public.

I smell better and my wife is kissing me more!

7/29/2013 7:47:00 PM - Dave Anderson (lviperz) from Southern Indiana

My wife and I have been smokers for over 30 years. I have personally tried quitting on 2 occasions. The first cold turkey when I had shortness of breath and a test showed I had the lungs of a 50 year old. I was 26 at the time. I stopped smoking for about 6 months and slowly started up again. My wife never really attempted to quit but has always wanted to stop. Just never had the will power to do it.

My wife went through about 2 packs a day. However, she did leave them burn in the ash tray often. So she probably actually smoked between 1 and 1.5 packs a day. I was about a pack a day but while trying to quit again I was able to get down to half a pack a day. I seemed content with that and never really tried totally stopping.

My wife decided she wanted to try an e-cig. Our daughter bought her one of those cig-a-likes from Blu. She had mild success with them slowing her down to 3/4 to a pack a day from the 2 she went through. That success didn't last long as the little Blu e-cigs just wasn't enough.

We later tried e-cigs from V2. They were better than the Blu she had but yet they proved not to be enough. Both the Blu and V2 brands were just too hard to get a hit off of that it took the joy out of them. Proving regular cigarettes were just easier to use.

She later decided to give e-cigs another try so we went to a local vapor's store. That's when we really learned a lot about e-cigs, how they work and most importantly, why the Blu and V2 did not work. This was the turning point for the both of us which led to us successfully quitting cigarettes.

We initially starting vaping as a way to reduce the number of cigarettes we used and save money. In less than a month's time of vaping with our new mods, tanks and e-liquid we both found ourselves reaching for the e-cigs and not even thinking about a real cigarette. Before we knew it, we just stopped the cigarettes and are now smoke free.

7/29/2013 7:47:00 PM - Barry

I smoked 2-3 packs of cigarettes every day for over 40 years. I found Electronic cigarettes about 4 years ago and stopped smoking. After a few months I noticed my taste buds had come back (food tasted wonderful) and my lung capacity improved dramatically. Prior to switching from cigarettes to electronic cigarettes...I couldn't walk up 1 flight of stairs without getting winded...Now I can walk up several flights with no issues. There are many health and social issues related to smoking cigarettes...They are all in the past now that I switched to electronic cigarettes. We who have switched to electronic cigarettes understand there are those who oppose e-cigarettes for many reasons, including money trails like with those in the pharmaceutical industry. Others oppose e-cigarettes for social reasons because they just don't want to be reminded of smoking. I survived Viet-Nam and after 40+ years of smoking I found a way to stop smoking cigarettes...just to discover THEY don't approve of this either and that angers me...to say the least.

7/29/2013 7:57:00 PM - steven horsch

I have smoked for 14 years and started slowly at the age of 12 and for the last 5 years I have tried to quit but I did not use anything to quit I just tried to quit without anything and it never worked, people around me also tried to quit with patches and gum and failed, I didn't want to waste money on something that wasn't going to work so when I quit or tried to I never went more then 4 days without buying another pack of cigarettes.

I quit smoking the day I got my mod (7-22-2013) and haven't touched a real cigarette since or have I even wanted one and it has been a week, I have stopped being stressed about the money I spend on cigarettes a day and now feel happy and proud of myself for my accomplishment, I use 18mg of nicotine for my e-liquid and plan to cut that down every 3 months until I have no nicotine at all.

This will be the last thing in my life that I needed to change to be more healthy and I honestly feel it will happen this time with the help of e-cigarettes, I can now set a good example for my 2 children and be around for my grand children and great grand children and grow old with my wife.

My wife also smokes and has seen how the e-cigarettes have helped me and plans to also quit smoking real cigarettes and switch to e-cigarettes, her mod is already on order and she can't wait for it to get here.

7/29/2013 8:08:00 PM - Miami

Here is my story and I will make it as simple as I can. I began smoking cigarettes 40 years ago. I smoked two (2) packs a day. I attempted to quit once going cold turkey, that lasted for about 10 months until I returned back to smoking.

During the first two months of those ten months I was miserable, depress and eating like a pig (gained 34lbs in those 10 months). Almost three months ago on the recommendation of a friend I tried e cigs and I have been cigarettes free for about 3 months with no withdraw symptoms, no depression and weight gain what so ever. So as far as I'm concerned e cigs saved my life.

I can breath better, my sense of smell has returned, I can play with my kids and grand kids without getting tire, my clothes don't smell like an ashtray anymore, I don't have to hide or go to the patio anymore and get bitten by mosquitoes or put up with the rain etc.

Love vaping and as far as I'm concern, I will be vaping for the rest of my life.

Mario

7/29/2013 8:20:00 PM - Ninadeladeuce

I had been smoking for 43 years, a pack a day.

Only during my 2 pregnancies did I manage to quit but always starting again.

I have always wanted to quit smoking but medication and patches did no good.

I purchased a starter kit of ecigs and quit smoking cigarettes the day I started using ecigs.

I bought my daughter in law a kit and she no longer smokes either.

I cannot say enough about how this have saved me from a habit I hated and could not overcome.

"Vaping" is something I enjoy even without nicotine.

I feel ecigs have added years to my life.

7/29/2013 8:20:00 PM - Nedra Aden (Witchyg) from Illinois

I smoked for approximately 40 years; averaging between 1 and 2 packs a day.

Managed to quit one of the dozen times I tried with the patches for two years but a combination of stressors and being around family/friends that smoked lured me back in.

I've previously tried the nicotine gum which caused dental (gum) issues and my physician would not prescribe Chantix for me due to my medical condition.

I took care of an aunt who died in 2009 of lung cancer from smoking and really wanted to find a way to quit.

I started using a Personal Vaping Device (PV) on June 1, 2013.

My last tobacco cigarette was smoked May 31, 2013.

My first device (e-cig) was

from an online vendor and

very similar to what my younger brother was using; an Ego battery with a clearomizer.

It looked nothing like a cigarette, which is what I wanted.

I had previously decided that I was not interested in trying to replicate the taste of cigarettes and picked up some 12mg peppermint e-juice.

After a month of vaping, I was able to reduce my nicotine level from 12mg down to 6mg.

I'm hoping to be down to 3mg or 0mg of nicotine by the end of the year.

I dislike the term e-cigarette; what I use is a nicotine replacement device or smoke-free alternative.

I don't "smoke" it as there's nothing burning , I inhale a vaporized mist.

I have not had a tobacco cigarette since I started vaping and cannot see myself going back.

Yes, there have been days I've almost smoked a cigarette, but I was able to resist.

If I find myself vaping more than normal due to a stressor, I am able to use 0mg e-juice and have the "comfort" of my normal vaping routine without an increase in nicotine comsumption.

That can't be done with traditional cigarettes.

Within 2 weeks of quitting tobacco, I found my sinuses were not bothering me like they were; the nasty cough I had was starting to go away and my sense of smell was starting to improve.

I feel so much better than I did. The only "down" side I've found to vaping is I'm eating more than I used to since food tastes so much better now!

The vendor I purchase my e-juice from is very transparent about what is used:

PG, VG (both food grade), nicotine and flavorings that do not include dyes.

I couldn't start to tell you even 1/100th of the things in traditional tobacco cigarettes!

I hope the FDA doesn't let big tobacco companies and pharmaceutical companies fill them with false information. The FDA should take the time to review the medical studies that have been (and continue to be) done on how less harmful vaping/smoke-free alternatives are to traditional cigarettes and/or do their own study ran by impartial researchers with no ties to tobacco, pharmaceutical or vaping ties.

7/29/2013 8:26:00 PM - wbbrn1952

I began smoking at the age of 14 - worked my way up to 3 packs a day over the next 28 yrs. Then for some reason I quit - out of the blue. But I alwasy said if I was ever told I had the big C I would start smoking again. In 2009 I was told I had renal cancer and sure enough I started smoking. But this time was different - the most I smoked was a 1/2 pack on weekends and about 5 cigarettes a day during the week. I hated the smell and the taste of the cigarettes but loved the calming effect I received from the act of smoking. I had tried Chantix but found as soon as I stopped taking the medication I was back to smoking.

Some of my friends at work had switched to vaping - e- cigarettes and it looked like a possible alternative for me. So in July of 2012 I got a kit and began using the electronic cigarette. From the day I started I have not had a cigarette or the desire to have one - I have reduce my nicotine intake to at present 6mg/ml and I would say I vape about 3mls a day. I was getting bronchitis every couple of months while I was smoking cigarettes. Since starting the e-cigarettes I have had I lung infection that was caused by the flu and exacerbated requiring anti-biotics and steroids.

I feel that without the e-cigarettes I would be continuing to put the thousands of chemicals into my system that comes from smoking cigarettes.

For me the use of e-cigarettes has given me my life back.

7/29/2013 8:33:00 PM - Erik Mancini in Naples, FL

I started smoking cigarettes when I was 12 years old. I am now 39 years old, and after more than 25 years of 2 pack a day smoking, I have finally quit. I was diagnosed with an autonomic dysfunction and chronic sino-tachycardia when I was 35, and was quite emphatically informed by my cardiologist that I needed to quit. I tried nicotine patches, the gum and lozenges, and Chantix. None of these were remotely successful, even short term. Finally, I ordered an eGo style e-cigarette and some 24mg strength e-juice. I haven't had a cigarette since the day the kit arrived, and haven't wanted one. Three months in, my wind is returning, I no longer hack up mouthfuls of phlegm in the morning. Food tastes better. My sense of smell has sharpened. I haven't gotten a cold since I switched, and I have been very prone to these throughout my adult life. I have already stepped down to a lower strength e-juice with no problems or desire to return to cigarettes. I cannot stress enough how grateful I am to have found this product. I feel better, I smell better, and both my doctor and my family are relieved that I finally managed to quit smoking.

7/29/2013 8:39:00 PM - Remy Hebert College Station, TX

I really started smoking about 19 years ago...before that I would have an occasional cigarette or cigar.

I had quit smoking a couple times but always picked it up again after about 1-2 weeks.

I had even tried nicotine gum, with no success.

About 5 months ago I bought my first e-cig and a selection of flavored e-juice to try, but the ecig had a button to push to make it "vape" and that button was not triggering my habit, so I switched to the smaller, more cigarette-like, automatic e-cigs.

This, combined with flavored e-juices, is what eventually allowed me to quit the cigarettes entirely.

For about a month or so I was using the e-cig and smoking cigarettes.

But for the past 4 months I have been cigarette-free and have been enjoying much better breathing. I smoked a "Light 100" before, so I started with 12 mg nicotine in my e-juice, but increased it to 18 mg and that helped greatly.

Now I have e-juice with 12 mg and 18 mg and either works fine for me.

One thing I can say for certain is that "vaping" (the term used for smoking e-cigs instead of smoking) a flavored e-juice really helps to make cigarettes taste TERRIBLE.

The flavors that helped me were Southern Mochaccino and Pineaple-peach.

They give me the nicotine I want (which is really about the same as caffeine) and an enjoyable flavor. Eventually, I will taper down the nicotine content in my e-juice until I'm at 0 mg and hopefully my hand-to-mouth addiction will be easier to give up.

7/29/2013 8:42:00 PM - Bob

I smoked 2 packs a day of unfiltered Pall Malls for over 40 years. I tried to quit numerous times using the patches, pills, etc. without success.

I tried an electronic cigarette just to see what they were all about. That very day I quit cigarettes and have been smoke free for 2 years and 11 month as of 7/29/2013.

I have talked with my heart and lung doctors several times about using e-cigarettes and both say they are better than cigarettes and if an e-cigarette keeps me from smoking then just "go for it".

My experience with the stop smoking pills, patches, and etc. led to a 100% failure rate for these high priced alternatives to smoking. My success rate with an e-cigarette is a 100% success rate. My quality of life has also improved since I no longer smoke tobacco cigarettes.

7/29/2013 8:49:00 PM - Jack Witas (boomerdude) Boston, MA

In September of 2012 I was introduced to e-cigarettes. I had been trying to quit my 2 PAD smoking habit for several years without success. I started smoking at age 12 in 1962. I tried patches, gum and cold turkey. Nothing was working for me. A friend suggested trying an e-cigarette. I purchased an electronic device from China along with some e-juice with 18 mg. of nicotine. When it arrived I read the instructions and began using the device. I have not touched a cigarette since then and slowly reduced the nicotine content in the e-juice I use to 6 mg. I plan on going nicotine free this year. I can breathe much better now and I have a lot more energy. My quality of life, especially my social life has improved ten-fold. It is especially gratifying not having to worry about second hand smoke. Finding out about different studies on the health benefits of e-cigarettes has also reduced my concern about the safety of e-liquid. All in all my life is all the better for finding e-cigarettes and quitting tobacco smoking.

7/29/2013 8:55:00 PM - EBERT

I'm one of those people who LOVED smoking, and who claimed she'd never quit till some mortician somewhere pried that last smoldering butt from her cold, dead hand. In spite of this, I quit smoking with relative ease using electronic cigarettes, and have now been completely smoke free for a full year.

It happened almost by accident, really.

A dear friend gave me a simple e-cigarette kit as a present, and I tried it just for the novelty of it all. At first it was just a conversation piece, but I soon found that I enjoyed e-cigarettes a lot, and noticed that I was smoking less and less. Late one afternoon it suddenly occurred to me that I hadn't smoked a cigarette all day! It was at that moment that I realized that I really could quit, and that, after 40 years of smoking cigarettes, I could truly be free of tobacco.

Since then I've recommended electronic cigarettes to several friends who smoke, and they, too, are slowly coming around. Of course I feel great about that, and ever so grateful to my thoughtful and generous friend.

Electronic cigarettes do save lives - of that I am absolutely sure.

7/29/2013 8:58:00 PM - I don't wheeze

I smoked for over 30 years, usually between 30-40 cigarettes a day, sometimes as many as 60 during high stress periods. I began to have difficulty taking deep breaths without coughing, and knew it was slowly killing me.

I found the electronic alternative in 2008 after seeing a web page about it. Like many others, I started with an inferior product, but I immediately knew it had a tremendous potential to help me. I joined an on-line forum and learned what everything was about, including the relative harmlessness of the ingredients used to make vapor.

Since that time I have graduated to the latest innovations in batteries and vapor production devices. My open minded doctor says my lungs are "clear as a bell" and has listed me as non-smoker, despite my continued use of the electronic alternatives. I see no harm in judicious nicotine usage, and there is no proven harm in the other ingredients necessary to produce vapor.

In my (and countless others options) other smoking cessation methods simply do not provide the delivery method required for most long term smokers to cease smoking. The electronic alternative has been instrumental in restoring my lung function and overall wellness.

Any interference from "well meaning" government regulatory agencies, or ill-informed civilian groups will be detrimental to countless people like me, who have found this to be a Godsend.

7/29/2013 9:06:00 PM - Matthew Wolberg

I have been a smoker for roughly 20 years.

I started when I was 18.

I would switch back and forth between smoking and snus over the years to allieviate either inhibited breathing and chest burn...or sore gums and teeth.

I found when I returned to smoking from snus I would have a greater urge to smoke to match the potency of flavor and duration of nicotene consumption found with snus.

I had quit smoking completely in 2010 after about 6 months of using an inconveniently high maintenence low grade ecig from China.

(utilizing a cartomizer)

The difference was clear to me.

Aside from the occasional flemmy throat I felt MUCH better using the ecig in terms of lung capacity, general personal energy, and financially.

I also didn't bother anyone with second hand smoke...in fact some people enjoyed the subtle vanilla mist from my ecig @ card games or sitting at a bar.

I personally think it is ridiculous that it is even considered a nuisance (unless you are purposefully trying to annoy them by blowing directly in their face)..OR harmfull to another person in proximity.

That just seems like backdoor politics.

To continue with my story I had quit for about 2 years, then between some personal difficulties and downsizing at a company I was layed off from, I gave in to the urge to smoke.

I went to the same snus/smoking cycle again and just recently invested in a much better quality atomizer which I use to stave off my impulse to smoke actual cigarettes.

I started at 18mg, which now seems a little low as the potency factor comes into play.

However I now have a worthy substitute and cessation tool if I so choose, and- a product (bearing it's long term quality) that I can pass on to someone else to help out.

I marvel at the quality and ingenuity of these inventions and in my experience fully believe they are worthy as a cessation tool.

All that is needed is personal mood management and the will power/desire to quit.

Sincerely, Matthew Wolberg

7/29/2013 9:38:00 PM - Kevin Kessler Southern California

I have been smoking for over 16 years.

Over the years I have attempted to quit, some methods gave better results then others.

The first time I quit was not by choice.

I joined the Military and was not allowed to smoke for a time during Basic Training and into Tech School.

However, as soon as I was allowed, I smoked again.

Years later I decided to try multiple times to quit.

Cutting back, and substitutes for the oral fixation (such as suckers and such) never worked for more than a week.

Cold turkey had more success but with motivation (such as my jiu jitsu instructor kicking my butt if I smoked).

However, this only lasted a few months.

Next came Chantix.

This was the most successful up to that point by far.

I had quit smoking in a week, took the meds for about an additional month and I stayed smoke free for about 6 months.

The struggle here was that I still had to watch my wife smoke, so ultimately I went back to cigarettes.

I had tried the early version of e cigarettes (the ones that look like a cigarette so its supposed to help you feel like you smoke) did not work at all.

The flavors were bad, it only hit good on the first couple draws then you had to sit and let it soak into the atomizer for a few minutes before you could get a good draw, and when they say one cartridge is equal to 2 packs is a total lie, more like a half to 1 pack at best.

Well one day I saw someone smoking the newer e cigarette.

I now know it was an eGo C-Twist with a DCT.

He gave me a place to go, so about a month later I went to a Vapor Store and started asking questions and got my setup.

I ended up getting 24mg nic juice on the advise of sales rep based on what and how much I smoke.

That day I finished the 5 cigs in my pack and have not looked back to cigs. Over the last 4 months I have only tugged on 2 cigs and it was because my battery had died at work and it was gonna be over 4 hours before I could get a charge on it.

I am now vaping at 12 mg and in the last couple months I have gotten my wife off cigs as well and she is now 100% vaping.

The reason I think this method will ultimately show to be the most successful for me is because I enjoy doing it.

More then I ever enjoyed smoking.

The multitudes of flavors to choose from, the customizability, and the ability to reduce nicotine at your pace are just a few of the draws to vaping.

This method of quitting smoking has been a life saver to me.

My lungs dont hurt anymore.

I can take a full and deep breath.

Many people still don't know about these devices and when I go places and people see it, they always ask what it is and I find myself becoming an unofficial salesman.

Thank you for taking the time to read my story.

KEEP CALM AND VAPE ON!!!

7/29/2013 9:52:00 PM - Chris Nojima from San Francisco

I like smoking, I really do.

The ritual, the sense of community, the break from day-to-day routine, the chance to digest (both food and ideas) - these all were a big part of the reason that I spent 20 years smoking.

The other big part is that I was hopelessly addicted.

I did have some successful "I quit" periods in my life, but they were almost always the result of getting sick in some way and being unable to smoke.

I did extend those periods, sometimes for months, by deploying nicotine lozenges and gums, but I would always get back on the bandwagon.

I can't rightly remember how I discovered e-cigarettes - maybe it was a bus stop ad or something like a Google ad after a search, but it did make me curious.

A few short Google searches later, hours of reading and researching on user-focused, user-driven e-cigarette forums, and even more hours window shopping the hundreds of e-smoke retailers, I decided that trying a vaporizer was worth trying.

Serendipitously, my wife was taking the kids to see the grandparents and I had the necessary free time to do some real shopping.

After my first visit to a local vaporizer retailer and trying various devices and even more flavors, I returned home with a small haul of gear.

I did spend the rest of the weekend submerged in e-smoke forums, more research, more reviews reading, more of everything.

It seemed like the e-smoke world had become very mature, but moving at a rapid pace, and it became somewhat overwhelming.

But you know what it also overwhelmed?

Yeah, THAT.

Before I knew it, that last cigarette that I crushed out and tossed in a trash can someplace on Market Street, the same cigarette that would typically be followed by several others, that very cigarette became my last.

And I honestly can't remember when it was; no ceremony, no last sigh of resignation as I dreaded withdrawal and the contest of will.

No constant searching my pockets for the pack and lighter, reassuring myself that I still had access to smokes.

No mapping out in my head where it would be "okay" to smoke at lunch break, at least twenty-five feet away from all doors, windows and outdoor eating areas.

No more guilt from sneaking a cigarette while my four year old is distracted at the park, or sending him and his sister to "hang-out" with mom while I answered the cravings.

It was just gone.

In its place there was vapor.

A cloud that dissipates in moments in a room with no airflow, leaving no nauseating stench, no ashes, no carcinogens.

At most, it will leave a slight aroma of the flavor that was vaporized, and that could easily be mistaken for a light air freshener, a sweet smelling soap, maybe even an aromatic candle.

A few days later, something else I took for granted came back: my sense of smell, and consequently, a heightened sense of taste.

Wines I took for granted suddenly became complex, layered offerings, fruits I enjoyed suddenly became amazing deserts.

The line-caught, fresh wild salmon for dinner tasted richer and deeper.

The vaporist lifestyle has completely supplanted my twenty years of living the smoker's lifestyle.

I don't miss anything about it.

It provides all the fringe benefits that smoking afforded, such as the pauses, the me-time, the digestives, but with none of the downsides.

The bottom line: I managed to quit smoking while not even trying - vapor enabled this.

7/29/2013 9:56:00 PM - DoctorVapo

By vaping, I came off a $60 a week tobacco habit with an electronic cigarette (e-cigarette).

I smoked Marlboro cigarettes and dipped Skoal smokeless tobacco for over 30 years.

I tried the patch, gum, and Chantix with limited success.

That is, until I discovered the electronic cigarette...

Several years ago, I purchased an e-cigarette that didn't really help me to quit like I thought it would.

The cost of the cartridges was too high and I didn't get the variety of flavors that are available today.

So, I didn't stick with it and threw it in a drawer and forgot about it.

Several years passed and one day when my truck was getting serviced, I found myself stranded at my house, with no smokes or dip.

I searched high and low for anything to stop my cravings for nicotine.

Low and behold, I ended up finding that old e-cigarette in a junk drawer in my basement.

Surprisingly, it still worked and I was able recharge the battery and use it to calm my cravings.

By the time I got my truck back and was at the convenient store to buy cigarettes and snuff; I priced out the cartridges for the e-cigarette that I already owned.

They wanted $23 for 5 cartridges!

They told me that each cartridge was equal to 1-2 packs of cigarettes.

I knew this was a false statement as I could only get 5-10 cigarettes worth of use out of each cartridge at best.

After talking to others, I found out that sometimes they had cartridges come out of the package completely dry, DOA or dead-on-arrival.

So, I started my quest for a lower cost cartridge.

I knew that several years had passed and technology should have improved on electronic cigarettes.

I wanted to find something that would SAVE me money on tobacco products, not cost me as much or more! So, I went on a search for an e-cigarette that I could refill myself and not be locked in to anyone's cartridges which I could be price-gouged on.

Also, I wanted something that offered me a variety of flavors to choose from.

What I found completely exceeded my expectations.

I was able to completely quit using cigarettes and snuff.

My cost of nicotine went down to less than $10 a week...a $200 a month savings on tobacco alone and my choice of flavors for the nicotine liquid (e-liquid) was nearly limitless. I have lit a couple of cigarettes since that day in February 2013.

The taste of "analogs" is now totally repulsive to me as I have become accustomed to the wonderful flavors found in vapors.

Now, in my search, I uncovered many different types of e-cigarette, each with its own pros and cons.

Some fitting one individuals lifestyle more than another.

There is no one-size-fits-all in the world of e-cigarette products.

I decided to dedicate myself to helping others break their cycle of dependence on big tobacco by offering high quality and good value on personal nicotine vapor products that fit their lifestyle. By now, I have helped about 80 people quit traditional tobacco products at least partially, if not completely.

7/29/2013 10:14:00 PM - S. Sanches from the Netherlands

Dear reader,

I have been a smoker for 23 years. I've not been able to stop by using 'regular' nicotine products in that time, but have been able to stop by using an electronic cigarette. I started using one (Kanger EVOD BCC) about 3 months ago, and started out with a nicotine level of 18 mg/ml. Right now I'm down to 11 mg/ml, and in the future I want to reduce that further. A week ago I started using a more advanced electronic cigarette, the Innokin SVD.

My wife suggested the ecigarette to me. After reading up on it, I decided it was definitely worth trying. I've been able to stop smoking instantly, which surprised me very much. This hadn't happened to me in 23 years!! I have no further counceling whatsoever, and do not smoke regular cigarettes anymore since I picked up my electronic cigarette.

Before this I've tried to stop cold turkey, used nicotine gum and patches, without success. Each attempt didn't last longer than a day because of the strong addiction and my weakness of will. It is a miracle to me that I have been able to stop for a few months now.

I feel generally better about myself, and healthier since I started. I have somewhat more energy and feel happier because I've changed to a much healthier/less damaging alternative. You could say that it changed my life, because I had lost hope in being able to stop or smoke less than I did. It definitely had its impact and brought back some faith and trust towards the future.

It is my sincere hope that electronic cigarettes will remain freely available to anyone who wants to try them, be it in Europe, the USA, or any other nation. I believe peoples lives can be saved. And personally, I never want to go back to regular smoking.

Blessings from the Netherlands,

S. Sanches

7/29/2013 10:20:00 PM - Linda Ankrum

I had been a pack and a half a day smoker for over 30 years. Within that time I had tried many things to quit smoking, including the patch, gum, any voodoo that was on the market at the time. I would try just about anything to quit.

I asked my doctor about Chantix, but she would not prescribe it for me because of other meds I was on and felt it was not a good med to be on.

She even advised me against quitting as she said the stress of quitting would kill me before the cigarettes would.

I still wanted to quit. I was tired of standing out in the cold to smoke, tired of watching people die from cigarette related causes.

I was in the right place at the right time I guess you could say. I was at a mall where they had a kiosk selling e-cigarettes, and of course I had to try one. My husband kept me from buying it on the spot and shelling out the over 150.00 that they wanted. He told me to research it on the internet. AS soon as I got home that is what I did and ordered my first e-cigarette that night.

It arrived in the mail about a week later. They were very new on the market at that time and not as easy to use as they are now, but I did it. First I just cut down to about 10 cigarettes a day, stayed there maybe a week. Then I got down to 2 cigarettes a day (hard to give up those 2), stay there for maybe a month. Then.....NO CIGARETTES!!!!! NONE.... I had finally gotten the monkey off my back. I have quit cigarettes.

It has been almost 5 years and not 1 cigarette in that time. I can even go outside with smokers and never have the urge for one.

I have also gotten 2 daughters, a son, a brother and an ex husband off cigarettes with the e-cigarette. (they all have been off for more than a year).

I cannot say enough great things about how the e-cigarette has changed mine and my family's life, Not to mention the money it has saved us all. These things are the greatest invention...when everything else under the sun had failed at getting me to quit, this was the magical card.

I am now one of those people who say "If I can do it anyone can do it". And I truely believe this as long as you have an e-cigarette and know the right way to use it. Thank you CASSA for standing up for all our rights.

Linda

7/29/2013 10:29:00 PM - Micdandie, Tucson, AZ

7/29/2013 To whom it may concern or interest: I am a 62 year old male. I have smoked cigarettes and cigars since 1972. I have never used any smoke cessation, or smokeless products. I have tried to quit smoking on several occasions in the past and was successful for about 9 months at one time but other times for only a few weeks.

On August 6th of 2012 I decided to try e cigarettes because many of my core groups of friends were using them and I just wanted to see what they were all about.

I had no intentions to quit smoking at that time.

I went to a local brick and mortar E-cig store and got a starter kit and began vaping in addition to smoking. This dual duty was only to last for a few days as I found that I enjoyed vaping more than smoking and after about 1 week I stopped smoking tobacco altogether and began exclusively using E-cigarettes , even though I had about a one month supply of tobacco products still on hand.

I began to study to find out all I could about the possible health hazards of vaping compared to tobacco smoking. There does not appear to have been a great deal of research on the matter as this is a fairly new industry. However from what I have been able to gather, E-cigarette juice consumption is dramatically less harmful to me than tobacco products. That combined with the other advantages of not smoking such as taste of product, the foul odor and possibility of second hand smoke adversely affecting the health of those around me has turned me into a non-smoker.

I now have improved my sense of smell and taste tremendously, I seem to breathe better, and my spouse says I don

7/29/2013 10:29:00 PM - jason

My name is Jason I have been smoking since I was 13 I'm 25 I have used patches,gum, multiple times it never worked for me. I have been vapeing for 3 months now of and on due to finances I would rather vape than some cigarettes any day the first month in I was was smoke free up till july 15 2013

and that's only cause I could not find my battery well.now I'm back vapeing again and will resume I'm in love with vapeing for the simple fact I'm around people that don't smoke cigarettes plus I can't stand the smell let alone taste of cigarettes I went from a full pack of "marbs" full flavored 1 hundreds a day. At most I'll smoke three since I started vapeing I can smell, taste, breath, sleep, and less stress... I am a consumer and hobbyist so vapeing it's more personal to me than smoking...sincerely Jason the ex smoker

7/29/2013 10:37:00 PM - Mark Holley from Spring Hill, Fl

I was a 1-2 pack a day smoker for 36 years. I've used patches, gum and hypnosis to quit, but it never lasted more than 2 months.

Three months ago I bought an ecig kit on vacation. I smoked and vaped for 3 weeks then totally quit smoking. I love the flavors. I breath easier and sleep better. This whole situation shocks me because I didn't start vaping to quit smoking. I still have 7 packs of cigarettes in the garage which I will never smoke. My clothes don't stink and I don't have to go outside to vape. This is the best thing I've ever done for my health.

7/29/2013 10:40:00 PM - J. Todrick, Orange County, California

I was a smoker for 21 years and I spent the majority of those years wishing I wasn't.

I tried everything; cold-turkey, gums, lozenges, patches... nothing worked. Not for more than a couple days anyway.

I came to hate being a smoker. I hated the way I smelled, I hated that I didn't have the endurance to walk up a flight of stairs without getting winded, let alone play with my kids. I hated myself for ever smoking in the first place. I was 36 years old and I felt at least 60. But, like I said... nothing worked to get me off of cigarettes.

That is until, in December 2011, when I was given an E-cigarette kit as a Christmas present from my kids.

I haven't smoked since.

I've been smoke free for over 18 months and I'm loving life. Within weeks of quitting, my sense of smell and taste came back and my endurance started to improve. Now, months down the line, I can run and play with my kids and truly enjoy life. Not only can I enjoy spending time with my kids, but now I feel that I actually have a shot at enjoying spending time with my grand kids one day... something my father was never able to do, in part, because of smoking.

I've also said goodbye to the chronic Migraine headaches that plagued my existence.

I could babble on and on about how e-cigarettes have changed my life, how vastly superior they are to every NRT and quit-method I tried previously. The truth is there are probably no words that could express the profound impact they've made in my life or the impact my improved life will have on my kids.

So I will end here, with the 5 words that sum it up best...

Electronic Cigarettes Saved My Life.

7/29/2013 10:50:00 PM - Jeff Snee (Olympus Mons) from Oakland, CA

Doing anything for almost 40 years, it is hard to stop, but stopping smoking is something I failed at time and again. Once I switched to e-cigs, I smoked one cigarette a day until that last pack was finished and have not touched them since.

"Methods" are not for me. E-cigs and vaporizing are not methods to quit smoking, they are simply substitutes that by all accounts including my own seem to be 99.9% healthier than smoking. I know this, because I can breathe again. Perhaps it is a method if you wish to quit nicotine, but I still use it, only now a lot more safely and enjoyably (and now I also use less). How the hell many legal drugs are left anyway? Get it while you can.

Now, after only a few months of e-cigs and vaporizing, I know as long as I have my home-made e-juice, a good tank, and a fresh battery, I will never need to run to the corner store for a pack of smokes ever again. The initial investment for supplies is like 3 or 4 cartons of cigarettes but after that, I can see that I will be saving a bundle.

"No way," I thought, there is just no way anything like this could feel and taste like an actual cigarette and be safe, or at least a lot safer.

But damned if it isn't true, hard-core smokers need only try it for themselves.

7/29/2013 10:50:00 PM - Ron from Newmarket, ON, Can.

After a work buddy informed me of the existence of a device called an "e-cigarette" I began looking into the option as I had been a 40 year smoker of over a pack a day at that point. My breathing and endurance had really started deteriorating drastically in recent months and I'd tried quitting numerous times using "proven" methods, cold turkey, nicorette inhaler and just trying to cut back on my own. All unsuccessful for me.

Negative press and warnings from Health Canada and the FDA were deterring me from pulling the trigger and buying an e-cig kit, but I found an on-line forum called ECF with literally thousands of folks that were saying they were using them and NOT smoking and reaping health benefits.

In Jan. of 2012 I purchased a kit(a Provari APV) and some e-liquid and once I started using it immediately cut my smoking back to 4 or 5 a day with ease.

Within a few months I was "easily" down to only 3 cigs a day. I went on like this for over a year and can now say I've been smoke free for almost 2 months(Quit date was June 4th, 2013.)

My breathing and lung capacity is now very noticeably(to me) much better. Just last week I completed a stress echo test with 6 minutes on the treadmill and was able to finish the test without any discomfort other than being a little winded. I'm sure that 2 years ago it would have been a much different outcome.

I seriously regret not finding out about e-cigs years before I finally did. You see the doctor diagnosed me with moderate emphysema 2 months ago. If Health Canada had done it's due diligence on e-cigs when they came out in 2006 or whenever, I may have been smoke-free much sooner.

I'm not blaming them for the place (health-wise) that I now find myself in, but putting out warnings and advisories against a product they are totally ignorant of(e-cigs), keeping many smokers away from a viable less harmful alternative to smoking with doing almost no research on there own borders on criminal. What is Health Canada's reason for being, if not to look out for the health of Canadian citizens? Is it to wait and see what the FDA does? Pretty lame imho. Back seat drivers that are willing to drive off the same cliff the FDA takes them to at the peril of it's citizens? For shame! For shame!

7/29/2013 11:02:00 PM - Cynthia Marston

My story is short.

I started quitting smoking since the age of 21. In total I must have smoked a pack a day for 17 years due to re starting the habit. The final time I quit I used Nicorette gum 4 mg. I chewed it a lot for 10 years. I was getting dental problems and I tried to quit. After three months I had to start again due to chronic unending anxiety. It helped. Then about 3 months later I discovered e cigarettes. I quit the gum in a day with them and have been vaping since. I also added Swedish snus and nasal snuff on a moderate level to achieve the whole tobacco experience due to learning more about smoking alternatives and wanting a variety as well as the whole tobacco experience which I learned was more calming.

My habit got started at 15 and it was extremely difficult quitting and I couldn't stay quit. All the things I use to keep me fine are wonderful for me and I am content, not coughing, breathing better and smelling great. Its simple effective and I don't know what the big deal is all about. It's incomprehensible.

7/29/2013 11:05:00 PM - Tom Cody from Cincinnati Ohio

I had smoked for 20 years and was a 1.5 to 2 packs a day user

I had tried disposable e-cigarettes on and off for almost 2 years and they in no way helped get me off the real thing. I had also tried patches in the past to the same affect.

I then decided I had to quite no matter what.

At the start of May I picked up a refilliable/reuseable/rechargable e-cigarette from Halo. I also bought some patches (strongest they make).

I used patches and the e-cigarette for a week. The patch helped the cravings but not all the way, the E-cig filled in the gap most of the time (I had about 1 real cig a day. I'd light it, take a puff then put it out, relight as needed through the day). During this time I noticed the cravings were less and less after the 1st couple days I was only switching the patch every 36-48 hours instead of the directed 24 hours

So I stopped using the patch and used the E-cig a little more the 2nd week, and I noticed I was not smoking all of my "allotted" real cig each day

When the 3rd week rolled around I had stopped smoking any real cig (removed them all from the house), but I was using the e-cig a lot more.

Since that 3rd week I've only been using the E-Cig but I have greatly reduced how much I use the e-cig. This reduction was not planed or attempted it is just what I've noticed over time. Also I started with 24mg NIC level now I'm at 12mg.

So in the last 2 months on the E-cig I dropped my NIC level by half and I'm also only using half the liquid I was when I started.

7/29/2013 11:09:00 PM - Michael Johnson

How long did you smoke?

I smoked for nearly 19 years ranging between 1-2.5 packs a day, most of that time it was between a pack to a pack and a half a day.

7/29/2013 11:17:00 PM - T2S - Sacramento, CA

I smoked cigarettes for more than 30 years. While I KNEW I should quit for health reasons, I did not - as so many people do - try to quit and fail at the attempt.

I simply did not make the attempt.

I figured "some day, maybe" I will become determined to quit - but that likely would not have happened until I had some kind of serious health issue.

All I had was a "smokers cough" - a little clearing of the throat every few minutes actually - and a tendency for a cold to become bronchitis.

Every year.

I tried "vaping" primarily due to circumstances that made smoking terribly inconvenient for a few days.

Purchased a disposable e-cigarette.

I found it close enough to enjoyable that I mail-ordered a rechargeable version and some nicotine juice.

Within 2 weeks, I realized that smoking cigarettes had a pretty nasty taste.

Vaping was a much cleaner, more pleasant flavor.

I no longer wanted or needed a cigarette - what I desired was the vapor.

So I stopped smoking.

The first point is - for me - and probably for some others - switching from smoking can be easy with an alternative method like vaping.

I went from 30 cigarettes a day to zero - and I was NOT particularly motivated to quit!

I suppose I have a nicotine addiction, and I've replaced the "habit" of smoking with another habit.

But I am inhaling vapor from liquid that's got PG, VG, nicotine, and a few molecules of flavoring - which HAS to be less dangerous than breathing the smoke from burning carcinogen-laced tobacco.

And all signs seem to indicate that I won't have a difficult time as I slowly scale back the nicotine concentration I use - not something you can readily achieve with cigarettes.

It's only been about 5 months - but since I have no real interest in a cigarette - I don't "miss it" or anything - I've permanently quit.

7/29/2013 11:28:00 PM - Daleh from Half Moon Bay, CA

I had smoked for 20+ years and had been trying to quite for at least 18 of those years. In the past, I have tried gum, patches, chantix, wellbutrin, acupuncture, even self-help tapes.

(Notice I said tapes, I have been trying to quite that long. None of these worked!

About 4 years ago, I was smoking a little over a pack and a half of cigarettes a day.

I was 39, my energy was low, my blood pressure was high. I wasn't feeling well at all.

One day I was going up a few flights of stairs with my kids and I had to stop and take a break because I was really winded. I suddenly realized that I am killing myself and I would like to see my kids grow up.

It was at that moment that I decided there has to be a better way.

I jumped on the internet and to my surprise, there was an alternative out there. Electronic Cigarettes. In those early days, electronic cigarettes were in their infancy.

But they still gave me the sensation of smoking and after a month I was able to wean myself off of real cigarettes by substituting with electronic cigarettes.

4 years later and I can't tell you what a difference it has made in my life.

I no longer get winded walking up flights of stairs. I honestly feel I would have had a heart attack if I hadn't done something about it.

While I used my electronic cigarettes other smokers saw them and started asking questions. And I would give them a website to buy their own. I still get thank you emails from friends and family that have made the switch to electronic cigarettes.

I still will have a real cigarette from time to time.

Just to check and see if I am missing anything.

But I always find that they no longer hold interest for me. I would rather have my electronic cigarette.

7/29/2013 11:31:00 PM - Loren Quon (Sunnyvale)

I was a 1/2 pack a day smoker and I've been an off/on smoker for over 30 years. The longest I was successfully free of cigarettes was 8 years, most other attempts were 2 to 3 months.

Over the years I tried patches, nicotine gum and Zyban to quit. While these may have curbed some of the craving, I still desired to smoke. I also tried Chantix, but had ill effects from it. I did not crave cigarettes while on Chantix, but the craving did return when I stopped.

There wasn't anything I had tried that seemed to keep my craving at bay. Even when I was 8-years smoke free I fought cravings sometimes daily.

I started using e-cigarettes in December 2012. I started with a disposable type (12mg of nicotine) to see how well it would work.

It satisfied me enough that I purchased a starter kit and am very happy I did so.

From December 22nd to the end of January I did smoke 6 cigarettes total, that's less than what I would smoke in 1 day.

Since February 2013, I have not had a single cigarette and used only my e-cigarette. Most of my e-liquids are 0 or 6mg nicotine.

This is the first time I've truly felt I can stay away from smoking.

7/29/2013 11:46:00 PM - Dan - Shreveport, LA

I began smoking at age 14. I continued to be a light smoker for the next 19 years.

I tried several times to quit but often came back especially during times of stress. If I wanted to go out with friends I almost always ended up buying a pack of cigarettes.

Last year I really started focusing on my health. I started running and working out. I found that cigarettes made these activities difficult. I was also going through some stress in my personal life.

I tried e-cigarettes when I heard about them on the internet. I order a starter pack from a company, and really liked them. I felt that they were safer than conventional cigarettes and there were other noticeable benefits as well. For instance my clothes no longer stank, I regained my sense of smell and taste. I no longer get nasty sinus infections or earaches, as I often did while smoking. I'm now a runner, and I can tell you that I my lung function has drastically improved. No coughing after running or exertion.

More importantly I find e-cigarettes are easier to put down. What I mean by this is that I don't have to be a daily vaper, I use them during times of stress or leisure. Nicotine by itself does not seem to cause the same horrible cravings that cigarettes did or worse the withdrawal. When I do vape, I don't feel sick about it the next day.

I think that it's imporant that e-cigarettes are allowed to develop as an industry. I don't want to see them in the hands of big tobacco. Flavored e-cigarettes are great to get people away from analogues. I think it gives people a sense of control over their vaping. Small shops are a great way to educate people and to help them quit. I don't think your average gas station attendant has any interest in helping people live better lives, but most shop owners do. I strongly oppose any FDA regulation that would limit or regulate the current e-cigarette market.

7/29/2013 11:54:00 PM - David Holmes

I smoked 2 packs of coffin nails a day for over 40 years, most of the last part of those years I'd

wished I'd never started. I'd heard it was pretty hard to quit but hadn't yet to find out for myself just how hard. I began having more and more family members die of lung cancer at young ages, the youngest was 46. Most were in their 50s, my dad was 76. In 2009 my cousin, who was 2 years older than me and also my best friend, was diagnosed with stage 4 lung cancer that had already spread to his brain. He was 58 yrs old. He only lived for 2 months after the diagnosis. This is when I decided to quit. I'd learned that some families could be predisposed to lung cancer from smoking and I didn't want to die that way, nor did I want to give any more money to the cigarette companies by buying their product that was killing my family.

I visited my doctor for his help to quit smoking. This started an almost year long battle that started off with nicotine patches, the nicotine gum, nicotine lozenges and finally Chantix pills. I could not believe I was so much of a slave to this habit. I couldn't quit and resigned to the fact I would be a smoker till I died. I bought roll your own tobacco to save money because I

couldn't even cut down. Laws were being passed banning smoking in public places and I found myself doing less and less as my life was controlled by smoking.

On November 4th 2010 I bought a disposable e-cig from a nearby store. It was a cheapy, but it worked. I wasn't smoking. After 3 weeks I started noticing the stench from cigarettes in my house and had to wash my bedding, curtains and clothes. How did I not notice such a smell as a smoker is just amazing. I found a place online to buy ejuice and learned to refill the cartridge with better tasting ejuice. Within months I'd bought a better e-cigarette device and then later a newer advanced vaporizer with variable voltage and a tank to hold the eliquid. I felt secure spending the money knowing now that this really worked for me. I enjoy tobacco, coffee and dessert flavors at 18mg nicotine. My kids, mom and siblings are extremely happy I was now a non-smoker. My breathing returned to normal, and my taste buds have re-activated. I can walk further without getting winded. I've been off cigarettes for almost three years, and it's nothing short of a miracle in my eyes.

My mother is elderly and has COPD and asthma. She can't be around someone smoking even outside at a distance without coughing, but I can sit in an enclosed car and use my e-cigarette and it doesn't bother her a bit. She even likes the fleeting smell of the cinammon or coffee flavors. This convinces me that vapor is very different from smoke, and very much safer for me and those around me. I would have thought that all those people who were ''anti-smoking crusaders'' would also be happy I'd stopped smoking, but to my utter surprise this hasn't been the case. Except for friends and family, it seems

there are certain people who'd like to take the e-cig away from me, or regulate it beyond my ability to benefit from it. I don't understand this, I really don't. If their concern is really about health, then hands down I'm better off today than 3 years ago. I know the 3 to 4 ingredients in my e-cig have been deemed safe for use in food, asthma inhalers and other uses, and being almost 60 yrs old I feel I should be free to chose this over the 75,000+ chemicals in tobacco smoke, many known to be cancerous and toxic. I'm just an average guy who stopped smoking using an e-cigarette. Why politics is involved in this, I don't know. I like saving money, being healthy and being a non-smoker, and I hope to dance at my great granddaughter's wedding someday.

7/29/2013 11:58:00 PM - Michelle Wilson

I started smoking at the age of 16.

I have always loved it, and struggled with trying to quit too many times too count.

I have tried the lozenges, patch, chantix, even cold turkey.

The longest I went without smoking cigarettes was 4 months.

I even tried e ciggs at one time, many years ago, and had no luck switching.

6 weeks ago, I decided to try again, and thankfully, it worked.

I am amazed at how easy it has been to put down the stinky ciggs, and just use the electronic cigarette.

I know this is it for me.

I have done much research, and I know that the nicotine I get from the e cigg is far less than I ingested with smoking.

I am recommending it to everyone I know who smokes, hoping to convert others.

I can breathe better, I am happier, and most importantly, I have done something healthy for myself and my family.

I have absolutely NO desire to ever smoke cigarettes again, and I was a pack a day smoker.

I use my electronic cigarette exclusively, and have found many flavors which I enjoy.

Thankfully, there is much information available on the benefits and risks of switching, and I can testify, this is much better for me!

7/29/2013 11:59:00 PM - HypMagic

It first started with my dad buying a ecig from a vapor shop here in the state. He had quit smoking years ago and was reduced to using the lozenges. I don't know what caused him t try one, but I'm glad he did because he bought me one and asked me to try it. That's all she wrote, I was hooked. After a period of trial and error, I've got my perfect setup.

Took me a few weeks to be able to deny a cigarette without any reservation and too much thought as to do I really want to smoke a cigarette. There is just no comparison when it comes to flavor. After a few run ins with crap flavors and testing lower levels of nicotine I have found a balance that suits me best. Also with my own trials with these, I have been able to make accurate recommendations for those that seek to take the healthier rout of nicotine dosing.

Here is the bandwagon worth jumping on, you just have to get that idea out of you head that this is for pussy's, which is what I thought at first I must say. I will tell you this though, I'll take a hit and you try and do what I do and tell me that going electric is for wimps, and if you can still get those words of of your mouth through those coughs,,,,, I'll still slap you!!! LMAO!!! To the VAPE!

7/30/2013 12:02:00 AM - Dana Foster

I was a smoker for 19 years. I smoked a pack a day (sometimes more). I started smoking when I was 11. The only time I quit, was when I learned I was pregnant. I quit until my son turned 1, and I got a divorce...

I always viewed smoking as a "passive self destruction" habit. When I got upset, I passively hurt my body by smoking.

I coughed up brown/green stuff for YEARS... When I decided I wanted to quit smoking, I found that it was harder than I thought.

One of the first things I tried was Chantix. Never in my life have I come so close to taking my own life, than when I was taking that horrible poison. After researching it - it turned out MANY people had suicidal thoughts, and some even went through with it...

I was starting to think that I'd never quit, although I knew that I really needed to.

When I learned about the electronic cigarette, I was skeptical, but still willing to try it.

The day that I got my electronic cigarette was the last day I had a cigarette! I quit smoking in May of 2012. Since then, I can breath better, I no longer cough up disgusting looking mucus from my lungs, and I have tapered myself down on the nicotine.

The thought that someone will begin regulating my electronic cigarettes is infuriating! Isn't it bad enough that NY City has regulated the size of sodas... Come on, really?!? By making the bottle smaller, it's supposed to help with the obesity problem? That's the dumbest thing I've ever heard! How about EDUCATING people on proper diets? Or giving incentives for those restaurants that provide HEALTHY foods, not all of the processed crap that people run to (and some, run from).

I think that most electronic cigarette users research quite extensively before they jump into the e-cig world.

We want to know that what we put in our bodies is not going to be worse that what we are currently using (those that still smoke). I know that I spent hours and hours checking out the juice. I make my own, so I don't have to worry about juice being imported from China. Nicotine is a poison - so is caffeine! Allow the people to research, and decide for themselves what they chose to put in their bodies.

I feel like the this is just another ploy to take away my civil rights. I pay taxes on the items I use to make my juice - isn't that enough? My health has improved dramatically! All because I cut out the 200+ carcinogens that were in cigarettes. Nicotine is NOT a carcinogen. Had it not been for my electronic cigarette, I'd still be smoking. I hope the next generating of smokers has the same liberties that I had when I got mine.

This worked for me. It worked because it was easy, and I had the control in my own hands... Let others benefit from that control as well. Isn't the goal to get people to quit smoking? Or is it to impose a huge tax on it so agencies can make a profit? I guess we're going to find out....

7/30/2013 12:08:00 AM - jif

I smoke cigarettes for 20 years before finding out about electronic cigarettes. My brother told me about them and I quit smoking cigarettes immediately upon receipt of my first electronic cigarettes. This is changed my life for the better in so many ways including breathing smelling and cost of living.

7/30/2013 12:08:00 AM - Jeni Hiatt

I have been smoking for 19 years.

I started smoking when I was 14 years old, and have been smoking around a pack a day since.

I have tried several times to quit smoking altogether, every few years or so, but have so far been unsuccessful.

I would start smoking again within a few days.

I finally bought a Blu electronic cigarette, but didn't like it very much. It did not feel close to smoking, and it did not seem to fulfill my nicotine craving.

While researching more options for the Blu cigarette, I found a simple ego-style battery at a local smoke shop and bought it on the spot.

I immediately knew that this would help me.

Not only did it feel closer to smoking, I felt like I was getting the nicotine that I needed.

I have been using my e-cigarette for about a month and a half, and have cut down my smoking.

I had been cigarette-free for almost the entire month and a half, but some seriously stressful times came about, and I've been smoking 2-3 cigarettes per day as well as using the mod that I recently purchased.

Even though I'm a little bummed at myself for having smoked those few cigarettes, I've still not smoked over a thousand cigarettes that I would have otherwise smoked.

It still blows my mind that in a month and a half, I would have smoked over a thousand cigarettes, and I didn't!

I don't think it would have been possible without an electronic cigarette.

My skin has cleared up; it had been extra dry and flakey.

My mood is a lot happier, I'm not as grumpy.

I am sleeping better at night, aside from the stress.

My children are more apt to sit with me because I don't stink anymore.

I don't really have any complaints, or see a negative side to using my e-cig.

7/30/2013 12:16:00 AM - Randall Mooneyhan

I have been a smoker since the age of 16 off and on, by 20 I was full time pack-a-day smoker. Several times thru my 30's and 40's I tried to quit, cold turkey, with patches, with gum, and even with Chantix, but every time it ended. I could make it a couple of weeks, maybe even three weeks...Many times it ended because I just became too intolerable to be around, too snappy, rude, anxious. The one time I made it past a month (with Chantix and patches) I was still having problems with controlling my attitude. I just couldn't get past it. Nicotine was rooted in me and wasn't giving up.

At this point in my life, I had pretty much given up on ever quitting. The last few years, especially with some added stress due to an illegal lawsuit against my property (finally OVER as of yesterday thank GOD we got our attorney fees back!!!) I went to two packs a day.

Even though my wife was able to quit a few years ago, I still could not manage it without becoming impossible to be around. So, I promised I might try again someday, but in the back of my mind I placed that someday so far into the future that it didn't exist. This last year I didn't even consider it an option. Too much stress. Smoking was here to stay.

I sometimes use a company car for travel, and kept an ashtray so I could stop and smoke anywhere without having to throw anything out. In April I took a trip, and forgot to remove the ashtray when I returned the car. The boss used it that next day, and it rolled under the seat, the cap came off, and it spilled its contents into the vents under the seat. I might as well have smoked in the car for that one. So I had to do something different.

The next trip I limited the smoking to places I could stop with an ashtray. Got up to return to home one morning, it was raining, 40 degrees outside, and the radar showed rain from where I was all the way home (an 8-hour drive). There was no way I was going to make it and not be totally miserable, because if I didn't smoke, I would fall asleep driving, and I couldn't see myself standing in the rain every 45 minutes freezing for my cigarette, so I thought I'd try a disposable e-cigarette to get me thru that trip. Had NO intention of quitting, only making it thru the trip.

That e-cig was not the best tasting, but it was like smoking a cheaper brand of cigarette, BUT IT WAS ENOUGH like a cigarette to make it for almost 5 hours without stopping for my Marlboro.

When I finally stopped at a rest stop, I grabbed my umbrella and my Marlboros for a 'real' cigarette. I stood in the freezing rain, and puffed my cigarette, and decided right there, that that e-cigarette may not be that bad, and it was definitely better than frezzing and getting wet, so I put out over half of it, got back in the car, and drove the rest of the way home without stopping again.

The moment I got back into town, I stopped at a discount smoke shoppe where I had seen a better selection of e-cigarettes before, and picked up a few different disposables, one being a cappachino flavor. When I tried it, I liked it BETTER than my Marlboros. Threw the rest of my Marboros away right then and there. Cleaned up my car to return it and found another new pack, so I took it and was determined to smoke them and not waste another 6 dollars, and maybe smoked a third of about three of them over the next several hours before I tossed them the first thing that next morning. Bought a blu starter kit that day on the way home from work. Within a week I went from them to an EGO setup with coffee and vanilla nut flavors.

Haven't looked back since, and not a single analog! There were a few times the next few weeks at stressful points that I had the flashing thought "I need a cigarette" but it would go away as soon as I reached for my e-cigarette. Over the weeks that went away, and I found myself doing without even the e-cigarette for longer times than I could imagine doing without an analog without getting the anxiety. For the first time, and the LAST TIME, I found quitting easy! Didn't even realize how easy until co-workers asked me how long I had been without, and I had to look at my schedule and expense reports to figure out what day I had quit!

I didn't get the attitude, no anxiety, felt totally NORMAL...except...I could breathe, and I smelled better, and my teeth got whiter. And the strut in my step was back. A month after 'quitting' I went to a customer location with this 32-flight staircase that has to be climbed, carrying a toolbag and laptop bag. There is a rest spot in the middle of the flight that I would ALWAYS have to stop and wait to get my breath and let my heart quit racing, and then I would have to repeat this at the top, and on hot days it was absolutely miserable. This day (and it was warm too), I marched up that entire flight,and kept on going!!! Wow even I couldn't believe it. I strutted proud, and I felt GOOD.

EVEN BETTER - at my next two doctor appointments my blood pressure was well within limits, and my cholesterol levels were within the limits for the first time in 10 years of testing, and my resting pulse rate was so low on the second visit (BP 110/60 and pulse rate 47bpm) the doctors took me off blood pressure medication entirely!

I have since gotten my mother (67y/o with COPD) on the blu e-cigs. My younger brother, those were not enough to get him...but it made him cut back to about 4 a day...had to get him with the EGO and a good tobacco flavor, but that got him the rest of the way off the analogs. I've talked to friends on some other forums I frequent, and count at least 10 that took my testimonial to them, tried something, and found something that worked, some reporting back on their first month of success and how I was right it did work exactly the way I said it worked for me - once they tried them, they couldn't see continuing to smoke, and had successfully quit with ease just like I did (one guy said, just like he said, they just work, and I'm done with the smokes).

Even one skeptic that scolded me about my gimmack when he replied to my post the first month....when I reported in for my second month on the e-cigs, the 'skeptic' reported back with his first month and his new choice and his success, and thanked me for telling him my story, as it made him give it enough thought to try it.

I figure just with me talking to my friends, family, and people I meet all over the country, that for sure, I can count (10 people times 20 years) = 200 years of life I have saved for just the ones I know for sure. No telling how many others, since I tell everyone, and I meet dozens of people a week (many friends for decades since I have been at my job that long)in different places all over the USA. It would be interesting to see how big a trail of former smokers-turned-ecig vapers I create just by hanging out in the smoking areas of everywhere I go, and telling my story.

I have settled in with a selection of flavors I like and a couple of EGO batteries, and now if I was to be out of everything, I would be looking for something...electronic to vape...but definitely not tobacco to smoke, can't see me buying another pack of tobacco, phooey, stinky, not giving up my newfound health. What is so good about this option, is that it is not a chore you are 'doing' to quit something you like...it's like leaving a theme park with one stinky dull ride that makes you feel bad, for a NEW theme park that is bright and clean with dozens of rides that leave you fresh and ready to go. Maybe I will leave the new theme park someday. BUT I will Never Go Back to that old park again. NEVER.....

Unless the FDA closes the door on the park. Not sure WHAT I would do then, if e-cigarettes went away, and I couldn't get my vanilla nut and my mountain bean morning vape. I don't want to smoke anymore...for once I can choose something better, and not just give up something to quit. That makes the difference between the choices the doctor has to offer, and this choice. This choice is one I make willingly and joyfully.

Please FDA don't take away my e-cigarettes, and don't limit the choices - its the choices that made the difference between something that maybe could get me away to something that keeps me from ever considering another tobacco cigarrete again!

Keep them away from the children, but by ALL MEANS, let adults choose what they want, and allow them these choices, and allow the flavors, and the different setups, and these new options will do more to get folks off tobacco than any nasty cracked-chest pictures on packs (saw them in Brazil) or nasty commercials of holes in throats on TV. Allow a POSITIVE influence to take them off the tobacco, and people will take them willingly and toss the analogs to the side.

7/30/2013 12:18:00 AM - Mattnatti Cincinnati, Ohio

I had smoked cigarettes for 30 yrs at 1-2 PAD. I am a 43 yr old white male and after having a heart attack and a 2x bypass in may of 2013 i was 6wks nicotine free. But as the medical bills started piling up and i had free time on my hands since i was not allowed to return to work yet the urge to smoke a cigarette increased every day. I knew that this was only the mental habit as i had been nicotine free for 6wks. I caved and bought a pack of cigarettes and was instantly back to my 1-2 PaD routine. I had tried unsuccessfully over the years with different methods to quit. Chantix, welbutrin, nicotine lozenges. After returning to smoking for two weeks and feeling ashamed and very guilty i knew i had to do something. I had contemplated e cigarettes but didnt know enough about them. After finding a ecig thread on one of the truck foru i am a member of i decided to give it a try. While doing research one night i found the Ecig forum and was amazed at the amount of useful info. I also found that there was a new brick &mortar store having a grand opening the very next day near my location. I attended, was directed to products that suited my described needs and have since been tobacco free for two weeks today. I enjoy vaping and the positive community that comes along with it. Everyone has been so supportive of me switching to ecig's instead of smoking tobacco. i am not even thinking about tobacco and do not think i could stand the taste of a cigarette. I feel this has helped me tremendously. I am currently vaping out of a battery mod with flavored liquid at a nicotine level of 12mg and that is stepped down from 18mg when i started two weeks ago. My cardiologist said i could have nicotine but not through smoking cigarettes.

That is the beginning of my success story.

Mattnatti Cincinnati, ohio

7/30/2013 12:39:00 AM - Tami B

I have tried multiple times to quit smoking.

I have been a smoker since I was 18.

I have tried hypnosis, acupuncture, nicotine gum and patches, cold turkey and even Chantix.

I have always had severe cravings or side effects.

My family has even asked me to start smoking again because they could not deal with me.

It has been 3 weeks since I started vaping full time.

I kind of eased into it and got down to 2-3 cigarettes per day.

It took me increasing the nicotine level on my e-liquid for me to finally quit (even though I only smoked 1/2 pack per day, I guess my body needed the higher nicotine levels to give it up)

My Doctor is suggesting vaping to his patients and one of my friends said his Cardiologist suggested it to him.

I know it hasn't been around long enough to have any true studies being done on it but, I like the fact that there are many less ingredients/carcinogens as opposed to cigarettes.

After 30 years, I can finally say I am a non-smoker.

7/30/2013 12:42:00 AM - Keith W. from Arizona

I was a smoker for five years. I started at thirteen years old, and by 16 I was smoking a pack a day. I got a Vamo V2 mod and some e liquid after a friend of mine started using an ecigarette and quit, thinking I could do the same. The results were phenomenal. The day before I got it in the mail, I had 25 cigarettes. More or less a normal day. Then my ecig arrived and I went from 25 to three. Overnight. I still have not outright quit smoking, and have a cigarette or two a day, but after two months I feel fantastic. I can breathe easier, I don't smell all the time, I'm saving boats of money not buying cigarettes and it's just a great feeling. Some 12mg liquid and this mod literally saved my life. If I didn't switch over, I would probably be up to two packs a day in the next year or so.

7/30/2013 12:43:00 AM - MsComputrtchr, Tucson, AZ

I was a 1/2 pack a day smoker for 10 years.

I smoked in college, but quit when I got married and had kids.

Then after my divorce, I started smoking again. This time, it really got its hooks into me.

No one else in my family or friends smoked and it became increasingly expensive and unhealthy. I wanted to quit, but was afraid to.

Smoking was my only vice since I had already quit drinking 1 1/2 years prior.

I tried nicotine gum, but still craved the hand-to-mouth fixation.

Finally, after a bad breakup from a long relationship, I went to the local smoke shop and begged for a smoke-free solution, an E-CIGARETTE (of which I had no information.)

The counter guy tossed me a packet of cig-a-likes and barely explained how to use them.

It was an awful weekend trying to use them - my neck blew out from the constant struggle to get a puff and I kept having to stop and re-charge the battery.

On Sunday, I looked for a vaping store.

My local store hooked me up with an eGo and Evod combination.

Since that Sunday, 3 months ago, I quit smoking.

I have a pack in the freezer "just in case" but I have no desire to use it.

I found ECF and am now officially a vaper with 5 mods, tons of juice and two handfuls of atomizers of all sorts.

My health has improved considerably - I can breathe.

I have lost 16 lbs. because my appetite has been replaced with vaping.

I have more energy and I feel good about myself.

Vaping has been the ONLY solution to quit a nasty habit that plagued me for ten years.

I am grateful to ECF and the vaping community for helping me learn about all the possibilities out there to quit smoking.

I can't believe how easy it was.

I am confident that I will never go back to smoking.

7/30/2013 12:43:00 AM - Courtney T

I have smoked for 26 for years and tried cold turkey and nicotine patches to quit. In march of 2013 my boyfriend let me try one of his new ego T electronic cigarettes and I never gave it back. The electronic cigarette immediately replaced regular cigarettes for me and now several of my family members are using them too. I feel great and I will never go back to cigarettes. I started with a nicotine level of 24 and now I am down to 6. This is the best thing ever invented!

7/30/2013 12:46:00 AM - Steve Lewis from Knoxville,Iowa

I have been smoking cigarettes since high school and over the years progressed to about 2 packs a day. Prices got ski high and it was a struggle to keep up the brand name smokes and I started smoking less desirable brands because they were cheaper. Then roll your own! I moved to Arizona and finally couldn't afford even enough for roll your owns and went into an ecig shop to find out more. I bought the BLU ecig starter kit and to my surprise they satisfied my nicotine crave at 24mg. I've gotten bigger longer lasting batteries and use cartomizer tanks with 36mg nicotine tobacco flavered juice and shall continue this going strong for 16 months as of today July 29th 2013. I have smoked about 3 cigarettes within the first two weeks of vaping and man they were horrible. I couldn't believe that I had smoked such a nasty thing for so long!!! STEVE LEWIS

7/30/2013 12:46:00 AM - Daniel Watts

My name is Daniel and I'm a 31yr old Vaper of 3 weeks!

Yes only 3 weeks, but my recent change from smoke to vapour has been nothing short of a revelation to myself much like countless others that have found the benefit of taking up vaping.

I didn't jump in to vaping without doing my research first, and whilst no-one can state that vaping is 100% safe, we can all agree cigarettes are 100% not safe. There are thousands of chemicals and harmful substances in cigarette tobacco and the second hand smoke and only a handful of seeming harmless ingredients in vaping juices with no second hand effect.

I started smoking around 14-15yrs old and have smoked ever since. That's half my lifetime smoking cigarettes while aware of the obvious health risks due to addiction to nicotine and partly due to the enjoyment and physical part of smoking. I can get quite fidgety at times and found I was smoking more in times of boredom or whilst waiting for anything!

I have tried to give up seriously, maybe 2 or 3 times before and my last time was most successful. I was in the right frame of mind, Ihad read the Allen Carr book and I wanted to quit! I started on patches and came off after 3 weeks and fought hard with my will power to stay off. The problem was, I would still have a cheeky cigarette or two on a night out with friends and drinks. But I still struggled on and for the most part stayed off the ciggies for around 8-9 months. The trouble is, once you've been a smoker, it's so easy to fall back into it and have 'just the odd one' which eventually leads to being a full time smoker again, as I became once more!

The biggest difference I've found is that once I bought a decent vapourising setup with an e-juice containing what's considered a medium amount of nicotine (12mg) I no longer want, nor do I even think of having a cigarette. Genuinely, I have had no pangs for a cigarette for 2 weeks, as far as I'm concerned, while I can vape safely, I get the same enjoyment if not better and at a significantly lower risk, if there's any risk at all!

I started 3 weeks ago on an e-cigarette purchased from a pharmacy in NZ (0mg nicotine cartridge) and while my head said I'm giving up, and the e-ciggy helped me with the physical part, but in that initial week I had 4 cigarettes or rather rollies actually. Point is that setup offered didn't satisfy the nicotine or throat hit I desired and was trying to replace.

Now, the 2 weeks following since purchasing my new setup which consists of a better and bigger battery, clearomiser (which holds the ejuice to be vapourised) and 12mg nictotine ejuice (considered a medium to low amount of nictonie), I am totally and 100%

satisfied just vaping. I've had no cravings for a cigarette, have turned down offers from other smokers and just plain don't want one! I'm not going back!

I'm worried where all this talk about regulation and it being banned, or considered and labelled as a medicine and the subsequent restrictions from that are only going to unnecessarily make things harder for smokers that wish to give up and for those that already have. At worst, vaping is what, only 99% safer than smoking!?

Of course the real reason is that the tobacco industry and governments are trying to make this as hard as they can because they can see their revenue being severely reduced by this and want to get their cut and control this industry too! What about our health?

Basically, I think for anyone wanting to give up there is currently no better option that effectively satisfies like vaping while drastically reduces the health risks involved.

One thing I haven't mentioned is Chantix or any other side effect inducing medicine! I wouldn't even contemplate taking pills or something like Chantix for a second, nor should anyone else, and why when there's a solution like vaping available.

I support vaping and am myself evidence that it works. I'll be telling all my friends and family and anyone else who smokes that'll listen in order to try and help them kick the habit too!

Vape on!

7/30/2013 12:48:00 AM - Douglas P

I was a pack-a-day smoker for 40 years. Some days more, but averaged one pack a day for the last few years.

Never less.

I got my first disposable e-cigarette kit December 26, 2012.

I quickly (within a week) moved up to mods and began buying custom made e-juice.

I started with 36MG of nicotine.

I vaped at that level for about 30 days and then went to 24 mg. By 120 days I was getting 16 mg strength on the nicotine level.

I am now mixing my own e-juices and begin with a base that is 12MG nicotine.

By the time I mix in my flavorings and menthol, the solution is running about 9 MG strength on the nicotine.

So I have gone from 36 mg to 9 mg in 5 months.

In the first week of using an e-cig I smoked 4 analog cigarettes.

I have not had a single cigarette or any tobacco product since December 30, 2012. A pack a day for 40 years to ZERO in less than a week.

Unbelievable.

I had tried a few cessation products such as nicotine gum and the patch, but always gave up within a week or two of attempting to quit that way.

And even then I was only able to cut my smoking by about half even while using those products.

I went to counseling for a very short while, but the truth was I was not ready to quit.

I really had no intention of quitting smoking even when I got my first e-cig...I was just trying to please my daughter who had given it to me.

After 4-5 days I could not even stand to smoke a real cigarette.

I sleep better, I smell better, and I feel better overall being tobacco free.

I can taste much more subtle foods and flavors.

I seem to just be a little more energetic and able to maintain a longer concentration level in my work.

Oddly enough I have had absolutely no cravings for tobacco or any desire to purchase cigarettes.

It honestly surprised me how quickly I was able to walk away from a 40 year habit.

I realize e-cigs are not a perfect solution...but the alternative was so much worse!

I have experienced nothing negative about this transition from tobacco to e-cig products.

Initially I did not save a bunch of money due to the fact that I spent almost 2 months trying different systems and e-juice flavors in an attempt to find the set up that worked for me.

I was spending about $240/month on cigarettes.

I now spend about $60/month on mixing supplies and cartomizers. I see that being reduced slightly as time goes on.

Thanks for your time and effort to review this.

Feel free to contact me with questions or comments.

Doug P. New Mexico

7/30/2013 12:50:00 AM - Burton Hill, Michigan

I was a PAD smoker for 30 years.

I have tried Chantix (twice; once for a month, second time for three months), nicotine gum, and hypnosis.

I had tried BluCigs back in 2009, and used them for a month, but they were not very effective.

My daughter referred me to some new devices that were on the market, with bigger batteries and better nicotine delivery systems.

I did research on several devices, picked a name-brand USA made VV device and eJuice.

I quit analogs the very next morning.

That was Oct27, 2012.

Over 9 months smoke-free! I have not had an analog cigarette since and have absolutely no urge to have another.

I have weaned down from 24 mg to 12 mg.

I function better with nicotine.

I don't drink coffee or alcohol; never have, never will.

But I DO want my nicotine!

And I DO want my vaping habit!

I feel much better, my lungs feel clear, and I get fewer colds now.

I can hike again without wheezing. BTW, my wife, a PAD and a half smoker of 35 years quit with me, and is enjoying her new vaping lifestyle also!

7/30/2013 12:51:00 AM - Doe

I don't know If I am eligible to participate but I'm an international student who is living in US,CA for a year now. I've been smoking for 12 years 1-1.5 packs a day. I tried the nicotine patch and

gum 2 years ago but they didn't work. If I want i can smoke just a single one or two but I don't want to. First of all thanks to ecigs I don't want to smoke anymore, I'm not craving for a cigarette. I have different juices most of them doesn't have nicotine at all (0 mg). Two or three of them have 6mg. If I want a cigarette i'm using juices with nicotine to stop my craving .I have 15 juices with zero nicotine I'm using these products for pleasure like cigars. I'm smoking them for the flavors. You can't eat 3 jars of nutella but you can smoke the same flavor without getting fat. I heard people how have diabetes are using these product to stop their craving for a dessert because the flavors are so close to the real thing. This product is also good for obesity and diabetes .

In my opinion whoever invented this should get a nobel. I've been using this for 2 months and I've already made 3 people stop smoking. I believe I would make more people stop. I don't smell bad (cigarettes) anymore. I can run longer distances. I get the smell and the taste of everything.

Best features of these products are they don't smell, they don't harm the people around you, even the vapor you exhale smells fresh and fruity (according to what you are vaping) some of them doesn't even smell . They are cheaper than cigarettes . If you are so interested this smoking habit becomes a hobby rather than a addiction.

I wish the government promote this product instead of banning it .

This is a revolutionary , helpful and healthy product please let every smoker try it .

7/30/2013 12:55:00 AM - Bev in Arkansas

I started smoking at age 14, I'm 47 as of 2013. I smoked more and more until, in 2000, I was smoking 2.5 to 3 packs per day. I had tried patches, gum, lozenges, prescriptions, even hypnosis to quit, nothing worked.

My partner wanted me to quit, and I did try but nothing worked for me until he brought home a electronic cigarette in August of 2000. Just one of those that looks like a real cigarette but, it did the trick. In a week I tossed the last of my cigarettes and, have not smoked since.

Of course now I have several styles of batteries and mods and, tons of flavors refill liquid for them. Yes it is a means to get my nicotine but, now I often vape nicotine free liquids just for the flavor and relaxation/placebo effect as well.

I didn't start vaping to break my nicotine addiction, simply to rid myself and those around me of many of the toxic effect of cigarette smoke as well as the residue and odor of cigarettes. Quite unintentionally, I discovered that I need less and less nicotine as the years roll by. It's slow, but maybe that's the way for me to eventually break my addiction entirely.

Vaping certainly is not as healthy as not using nicotine at all but, it is better than smoking and, cleaner, less offensive to non smokers and, less costly as well. I'm glad I made the change and, will never go back to smoking.

7/30/2013 12:57:00 AM - Chris Fleming (Pitviper) NC

I am 29 and have been smoking for 14 years. I smoked about 2 packs a day, and was really beginning to have difficulty breathing. I would become easily winded and running was out of the question. I had tried quitting cold turkey, nicotine gum, patches, talking to someone. None of those things worked. I dont believe in taking medication that is potentially more damaging than the thing you are trying to stop, so all of the medications were out of the question.

Recently an e-cigarette store opened in my city, and I decided to give it a shot. I got a starter set on Friday June 28, 2013, that weekend I only smoked 5 cigarettes in conjunction with the e-cig. I have not smoked a real cigarette since June 30th. I nolonger have any desire to smoke a real cigarette. The smell of someone smoking makes me feel sick to my stomach. Since I have stopped smoking cigarettes and only vape now, I can tell a drastic difference in my health. I feel much more energetic, I no longer hack up mucus in the mornings, to the point I vomit. I have started jogging and excersising again. My entire way of life has changed for the better. No of this would have been possible for me with out e-cigs. I only wish I had used them before.

7/30/2013 1:01:00 AM - Justin Bethel

I smoked cigarettes from the time I was 17 until my early 30s. I managed to quit for two years with the help of the nicotene patch but I always still felt like I wanted to smoke. After two years I got tired of fighting that feeling and started again. I'm now 38 and have finally quit again. This time I didn't even mean to do it! My wife and I both were pack a day smokers which had us spending nearly $100 weekly. We decided to give e-cigarettes a try not because we really wanted to quit but because we wanted to save money. I fell in love with it instantly! It's cheaper, tastes better, better for you, no smoke so no danger of second hand smoke to others, and it has proven to be a fun hobby! I haven't smoked since I bought my first ecig simply because I didn't feel the need. This is one of the best inventions I've ever found and I couldn't be happier with it!

7/30/2013 1:05:00 AM - MacVape

Electronic cigarettes saved my life. I smoked for 17 years. I was a minimum pack a day smoker. Average of 30 per day.

I've tried many different methods to quit.3 different NRT drugs, the patch, gum, hypno therapy and laser therapy. Some of these methods work for some people. Some of these methods are okay. Not the drugs though.

I could no longer smoke cigarettes. I would cough until I was sick for at least three years every morning. I would get pneumonia 2 or 3 times a year. I ended up having to use 2 different inhalers just to keep my lungs open. Now that I use e-cigs I no longer use them. I can actually run on a tread mill.

I've been smoke free for almost 2 years. This has been one of my biggest accomplishments in life. I never thought I Could do it. My friends and family are so proud of me. I don't cough anymore, stink like cigs or have to feel like an outcast anymore.

I do plan on stopping e-cigs also. When I started e-cigs I was using 24mg e liquid. Now I use 6mg and plan on getting to zero.

I've helped many people quit smoking over the past 2 years. Mainly because I've always been know as the guy who loves to smoke and would never be able to quit. If I can do it so can you!

Please do not ban e-cigs!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Smoke free, MacVape

7/30/2013 1:07:00 AM - Monica B., PA

I began smoking around the age of 14. At first it was just a few here and there, when I could get them. But later in high school and then in college I became a full-fledged, full time smoker.

Every time I tried to quit, I failed miserably. After a while I just gave up trying. I was convinced I would never be able to stop, it was just too much a part of my life and I couldn't imagine living without it. Just the thought of having to quit was enough to bring me to tears. Quitting terrified me, so I stuck my head in the sand about what I was doing to myself.

As the years went by, smoking became more and more expensive and it was a burden financially- but I still didn't think I could ever quit. I tried ordering cigarettes from overseas for while- and then when that was outlawed, I learned how to roll my own.

Finally, at the age of 49 I was diagnosed with cancer on my tongue. I never even knew it was possible to get cancer on your tongue. After a successful biopsy surgery, I am now cancer free. I will need to see a doctor for follow-up care for the next five years.

Being diagnosed with cancer was the scariest thing that's ever happened to me. My doctor told me that I could no longer smoke, or even be around second-hand smoke without extreme danger to my health.

We discussed ways for me to quit smoking. I told him that neither the gum nor the patch had worked for me previously. He did not recommened Chantix because of the high risk of side effects. He suggested I try an electronic cigarette, and I was hopeful it would work because I knew that the "habit" of smoking was going to be the hardest thing for me to break. He told me that nicotine, by itself, was no worse for me medically than caffeine- that the danger was the burning tobacco cigarette with all it's chemicals as the delivery system.

I got myself a small starter kit online and tried it. It wasn't always easy, but it worked. A week after I quit smoking tobacco cigarettes came the big test- my 50th birthday party. I was worried that I would not be able to make it through a party without smoking. I was worried I'd be cranky and miserable. But none of that happened. I vaped as necessary and made it through with flying colors- in fact, I never even wanted a cigarette.

That was 3 months ago, and I have not smoked one single cigarette since then. I've experimented with different e-juices and different batteries, but I have not smoked. I have had stressful days at work and nice nights on the patio with a glass of wine, but I have not smoked. I have lived 90 days without a cigarette, and that is 90 days more than I ever thought I would be able to make it.

Next week I will go back to my doctor for a cancer check-up, and I am so excited to tell him that I have quit smoking. I can proudly tell him that I have not smoked in three months- and that I am now sure that I will never smoke again.

7/30/2013 1:08:00 AM - Berry

This is a success story of two people. My Mother and me. Mother had been a smoker for over 60 yrs she started in her teens,I was a smoker for 25 yrs. Neither of us had a desire to stop smoking but two yrs ago Mother had a stroke. At 74 yrs old,Mother decides to quit smoking. I was terrified,at the thought,see being a nurse I knew as long as she had smoked that the stress of her quitting could cause her to have another stroke,so what was more important her quality of life or the risk of her having another stroke and this time possibly leaving her permanently paralyzed? Still it was her decision.

Mother's CARDIOLOGIST Dr. Bartolett recommended electronic cigarettes.Dr. Bartolett said that they were safe,and had a higher success rate of staying smoke free. We have both been smoke free for almost 2yrs. It was easy no withdrawal symptoms at all. I was a chain smoker,now a chain vaper. I can do a 2hr workout at the gym and not get short of breath. My Mother can still do everything she did before with an increase in her energy level. We both feel better than ever.

Electronic cigarettes not only is an easier alternative to stop smoking its also the safest way to stop. If you don't believe me, read up on the side effects and warnings on Chantix.

7/30/2013 1:16:00 AM - G.Allen Cummings jr. (GACK2) 76063 TEXAS

I am 20 and I've been smoking non filtered cigarettes since I was about 12. Along with smoking I would also dip. I would go trough about a pack a day sometimes more and a can of chaw would last me about two days.

About 5 months ago i decided to quit smoking cigarettes and try a less harmful way to smoke. I have no intentions to quit smoking entirely so I tried a friends e cig and she showed me a couple of different flavors and different ways to customize

the experience of smoking a ecig and i was impressed.

I decided

to quit for my wife and my 7 month old son. I now smoke from different mods (e cigarettes) and mostly atomizers and tanks . My usual nicotine level is 17 mg. I still smoke as much as I used to with cigarettes but now its a little safer. I also do not dip anymore.

After a month after I quit smoking real cigarettes my asthma symptoms went away,

the terrible cough went away and I don't feel run down

anymore. I can now be around my family without worrying if the stench of cigarettes are going to upset my wife (she's allergic to smoke) or harm my son.I save about $50 a week because I stopped buying cigarettes. All together it has been a wonderful change in health and financially.

7/30/2013 1:31:00 AM - Patrick Lasley(Official) from Chesapeake, VA

I Quit smoking!! I am 26 years old and I started smoking when I was 16 years old.By the time I was 18 years old I was up to a pack a day. By the time I was 21 I was up to 2 packs a day. I tried snus and smokeless tobacco here and there and quit smoking for a few days but it never amounted to anything. When I was 25 my daughter was born and I need to do something fast for my sake and hers. About a month ago I picked up the Blu starter pack and I haven't touched a cigarette since. I have upgraded my electronic cigarette to variable voltage modules and juice instead of cartridges. I am also dropping the nicotine level in my juices very soon. It has become sort of a hobby of mine. I persuaded my girlfriend, mother, two brothers, and two of my friends to switch over and all of them quit smoking except my mother, who cut back on smoking drastically. It was so easy to switch over and I will never look back. I don't smell like smoke anymore, my car or my house doesn't smell like smoke anymore. I don't get winded going up staircases and I don't feel like I have to puke every time I do something physically active. I feel great. Thank you E-cig for keeping me smoke and tobacco free.

7/30/2013 1:32:00 AM - Free in Fairfax, VA

I am a 54 year old woman who started smoking at age 16 while at college. I started college early

7/30/2013 1:32:00 AM - Ron Nelson from Charleston, WV

I smoked cigarettes for 10 years. My habit was between half a pack and a full pack each day. I once purchased nicotine gum to try quitting cigarettes, however, not only did I still crave cigarettes, the gum made my teeth feel highly sensitive and I was fearful of it's continued use. Using nicotine patches for roughly 3 months, I was once able to quit smoking for about a year. Another year I went smoke-free by drinking a full glass of cold water each time I craved a cigarette. Besides these 2 (separate) occasions, I was a full time cigarette smoker.

For christmas 2010, my parents gave me my first electronic cigarette that they had ordered from television. Honestly, I didn't have high hopes on this method of quitting since I typically don't believe informercials. I was impressed the first time I used my e-cig, it really did curve my craving for cigarettes. For the next couple of weeks my e-cig was my saviour, that is, until it dried up.

I went online to see about ordering refills for my e-cig and discovered other websites advertising other electronic cigarette-like devices. After seeing these "mods" discussed on various users' youtube reviews and the ecf (e-cigarette forum), I decided to jump to a longer-lasting, better-designed device. First I purchased some e-liquid, a couple 5 packs of cartomizers and what's referred to as a passthrough (a device powered by a usb port). Using this combination, I was immediately able to stop smoking in my house around my loved ones. However since I was unable to use a passthrough while on my breaks at work, I continued to smoke cigarettes at my workplace until I could decide which mod I wanted to purchase.

After researching reviews of various mods, I purchased a Reo Woodvil in March of 2011. This enabled me to take my vaping to work with me. Granted since that time I've purchased other mods, e-liquids and even kits to test for curiosity's sake, but I have not since that time smoked a real cigarette. My nicotine level is down to 6mg and I believe it to be very possible that I'll one day be down to zero nic, and eventually even quit altogether.

Since I've been vaping I've informed others around me (with interest of quitting cigarettes) how I've succeeded with using e-cigs and many have stories of their own to tell now. I can safely say that becoming a vaper has made me happier than I ever was when I smoked. I don't stink anymore, my sense of taste and smell are re-established, I get out of bed easier now and most importantly, I don't endanger the lives of the ones I love. I have absolutely no regrets quitting cigarettes.

7/30/2013 1:33:00 AM - Ed

My name is Ed and I quite smoking using an ego ecig. I smoked for over 20 years and I tried cold turkey, chantix, the gum and the patch.

None of them worked for me I always went back to smoking. I have not bought a pack of cigarettes for over two years. I am finally smoke free. I feel better than ever and I don't smell of smoke or endanger my kid with second hand smoke. My dr. had seen an improvement in my lung function. I notice a huge difference while bike riding a hiking. I am not out of breath.

I know if my ego was to be banned or no longer available to me I would be back on cigs in no time. I ask please don't take vaping away from me. Sincerely

Ed

7/30/2013 1:40:00 AM - Ken A.

I started smoking a bit over 30 years ago when I joined the Army. Smokers got two extra breaks back then.

After Basic Training, I switched to a pipe because I liked the flavor better. Then after 25 years, I was waking myself up with that wheezing sound you get lying on your side and had to sit up and cough really hard to clear it out.

I started looking to quit or switch to something else. Heard about e-cigs, but e-pipes were expensive and didn't work well. In October 2012, I started finding ones I could try without breaking the bank or the epipe so I got a 601-c in the mail on Friday November 2. Put my analogue aside and vaped until Sunday night. I then noticed that I was using a LOT of juice and would need to re-order a sample pack within a week. So I figured, I will just try the pipe again so I know I have something to fall back on if the liquid runs out. I took two puffs of the pipe, carefully set it aside and went online to learn how to make my own e-liquid.

Tobacco tasted more of the tar and ash than the flavor I fell in love with 30 years ago. I have not smoked since and have not felt the need to.

7/30/2013 1:58:00 AM - John F. Jasper

I smoked for over 50 yrs. I started very young. I had bronchitis and the first stages of C.O.P.D.. I hacked and coughed every morning and throughout the day. I tried gums, patches, hypnosis, etc. many times to no avail. I also tried cold turkey many times and also failed. I was using inhalers for my breathing. I had pretty much figured I'd die a smoker. Then I came accross E-cigarettes in the mall while Christmas shopping. I went online and researched them and finally bought one. I have been using them now for 3.5 yrs. and I've been smoke free for that same period. I just had exploratory surgery on my lungs and bronchial tubes with a biopsy done on on the throat. My doctor told me my throat, bronchial tubes, and lungs are perfect. I also quit using the inhaler when I started using the E-cigarette. My Otolaryngologist is very interested in E-cigarettes after seeing the results in my case and asks about them every visit.

I lost my dad, my sister to cancer and have and have another sister fighting the disease. I truly believe e-cigarettes have saved my life or at least prolonged it and am very grateful I found out about them.

7/30/2013 1:58:00 AM - Havok (Boise)

I have smoked lightly since college (19 YO).

I have hit 1 pack a day for some periods of time but typically was only a half pack a day smoker.

I did try nico-gum and nico-inhalors (prescribed) and they did not work for any period of time.

I tried vapor cigs about two years ago and quit tobacco for six month but fell back into using tobacco.

Recently I tried e-cigs again but using tank technology and newer batteries.

This time it has worked....so far.

I've been tobacco free for 9 days and honestly have no desire for tobacco at this point.

I can already feel my lungs coming back on line.

While I don't know that e-cigs are an answer I've made it longer with less desire than before.

I'm also more motivated to leave the 4000 chemicals behind as age and time are catching up.

I have a number of friends who have quit via e-cigs and and other that converted to e-cigs.

So 9 days in I've done better than before....I think e-cigs needs more study but they are a positive alternative at this point.

7/30/2013 2:27:00 AM - Shannon Arthur

Unfortunately, I began using tobacco as a child.

I would dabble with collecting cigarette butts from the adults I knew.

This was when I was as young as seven.

By eleven years of age, I was smoking most every weekend, and by twelve, I was smoking everyday.

I was able to quit at age seventeen by using smokeless tobacco (Kodiak), but soon it began to make my mouth sore.

I tried various brands of smokeless tobacco and chewing tobacco.

When one would cause me trouble, I'd switch to another.

One thing remained constant, I was a tobacco user.

By age 23, I began to smoke again (Girls didn't seem to agree w/ chewing tobacco), and smoked daily about 1.5 packs until age 39.

Smoking seemed to have a bad effect on my wife's allergies, so I switched back to smokeless tobacco for five years.

On a whim, I picked up a disposable electronic cigarette on 12.31.2011, and it was the last time I had tobacco of any sort.

It is now 07.29.2013, and I have though I started with 18mg of nicotine, I have effectively reduced this down to 6mg.

This is the longest I've ever gone without tobacco (Since age eleven and I'm now in my mid forties).

I feel much better.

My breathing is much clearer, and have more energy.

Food also taste stronger.

I have also been able to maintain a healthier weight this time (I was 218, and am now 190lbs).

I do not think I would have been able to have this type of success without electronic cigarettes.

It would be a shame if others were not able to have the access that I had to these products.

Thank you for your time.

7/30/2013 2:46:00 AM - Daisy Mi-do

I am 22 years old and started smoking cigarettes when I was 15. I smoked between, on average, a pack and a half a week. When cigarettes started costing $8 a pack I decided to try to quit. I had been able to go about two days without a smoke if I had to in the past, but I didn't like it at all. I started out by buying a couple of disposable e-cigs, which wasn't very good and died quickly. Not worth the money. I gave in and smoked one cigarette. Then I invested in a quality, rechargeable e-cig and it has been 19 days since I smoked that last cigarette. I don't crave cigarettes anymore and I feel like I can breathe better. It is also fantastic to be able to vape indoors.

7/30/2013 2:48:00 AM - Mitch

I have been smoking since i was 13, 18 now. I have tried my quitting aids with the help of my parents, nicotrol, gum, and patches. I did lots of research of electronic cigarettes and, from what ive found, decided it was a much safer alternative. I like nicotine, it helps me focus in school and work. I have been slowly weening myself off of nicotine through lowering the nicotine content of my ejuice, im currently at 8mg%. I have no doubt that i will be able to get myself to a lower nicotine concentration of nicotine, or even no, ejuice through vaping. I believe that if it is an adult's choice to smoke tobacco, that they can decide to vape if they do so choose.

7/30/2013 2:53:00 AM - Ding

I started smoking while in the service.I smoked for over 44 years,3-4 packs a day and never imagined I could quit and had all but given up.Heard of the e-cig and said why not try it.It took me 2 days to stop,because of the fear I had of the un-known,what would I be like,of what would happen because all I knew was smoking and it's habit.The first day I smoked 8 cigarettes,the second day 4 and on the third day I was tobacco free,tobacco free since January of 2012.Today is July 29,2013 and still tobacco free.I owe my life literally to the e-cig.All I can say is thank you to the inventor(s)I know this isn't much for what this has done for me and my life or should say the rest of my life but thank you..Ding

7/30/2013 2:56:00 AM - Brandon L. (blemaster) from Rensselaer, IN

Hello.

My name is Brandon from Rensselaer, IN.

I discovered electronic cigarettes a year or so ago at a gas station. It was a disposable electronic cigarette. My wife picked one up for us and it wasn't satisfying at all. We quickly found ourselves back to smoking traditional cigarettes.

Over the years my wife (Deanna) and I have tried various methods to help us stop smoking. Nicotine patches, gum, lozenges, etc.

Eventually we tried a prescription drug called Chantix. All failed us.

About four moths ago a friend of my wife bought her an electronic cigarette starter kit. It was called the eGo-T. She sent us some eLiquid that was 36mg nicotine strength. We immediately ceased smoking traditional cigarettes the day we tried the eGo-T electronic cigarette.

Since then, we have upgraded our equipment to various APV's and tank systems. She currently uses an Innokin MVP with a Kanger Protank. I currently use an Innokin SVD or SaberTouch with an Igo-L. We have also lowered our nicotine intake from 36mg to 12mg.

I no longer snore as bad. We can walk and run further and longer. We no longer wake up coughing. We smell better. Overall we feel much better. Our children are happier.

We do not use the electronic cigarette as an excuse to "smoke" or "vape" in public places. We still respect businesses, parks, etc. If there is a no smoking sign around we do not vape.

I feel the electronic cigarette and eLiquid has changed our lives. Our entire families are interested in the electronic cigarette and making the switch due to how much better my wife and I feel.

Thank you, Brandon (blemast3r)

7/30/2013 3:08:00 AM - Virginia Gunsch

I've been smoking 1-2 packs a day for 15 years. I tried a few different tricks with the thought of possibly quitting, but still never went a day without smoking at least a full pack if not more. I never REALLY wanted to quit, I enjoyed it too much and fully expected to die in terrible health with a cigarette in hand. I did try medication, Welbutrin, which was said to help with cravings. It made the cigarettes taste weird but I quickly got over that without slowing down my smoking at all. I also tried some of the 1st-generation e-cigs when they came out. I used them daily, but continued to smoke just as much as before. I stopped using them after a few months because I just didn't like them much and I wasn't even tempted to use them if I was at home or in my car, or anywhere else that a real cigarette could be had. A few years went by without me even attempting to control my smoking.

A few months ago, my girlfriend bought herself a refillable liquid-style e-cig and convinced me to do the same. I wasn't enthusiastic. I was sure that I wouldn't like it and that it was a waste of money. At first, I really didn't like it. I ended up having to use it regularly because my work situation had changed and I was unwilling to risk getting fired just for smelling like cigarettes. Now I feel like the e-cig has completely changed my life. Once I proved to myself that I could work all day and night straight- through without a single cigarette, the way that I viewed smoking began to change. At first, I just made it through my workday and smoked as much as I wanted once I was home. After a couple weeks, I began to realize that I didn't need or even really want those cigarettes. I have somehow managed to essentially quit smoking without even trying. I never intended to quit. When I announced that I was down to only a single pack a day, I joked that I didn't get a gold star until I hit half a pack. Then, somehow, in just a few weeks with no stress and no anxiety or cravings I found that I didn't care to smoke at all.

7/30/2013 3:15:00 AM - Brant N Long Beach, MS

I started smoking cigarettes at age 14 and had no money for them then. I was so addicted at that young age I would steal and scrounge loose change I found around the house. My parents didn't smoke and are totally against it. This made me avoid contact with them as I didn't want them to smell it on me. But they knew and I could feel their disappointment in my addiction. Four years of bumming smokes from friends through high school and college, even getting to the point of picking up butts that I felt were worthy of me finishing them off. Once I gained decent employment smoking became my crutch throughout life, during anxious moments and were now just a part of my life. First thing in the morning and last thing before (hell even during) bed. At the age of thirty I began to experience a persistent sore throat so I went to the doctor, where I complain of my addiction and he prescribe Chantix. I took this product as prescribed and saw results to a point. The side effects were aweful I would sleep very irregularly with bad dreams and also was nauseated to the point of vomiting. I did successfully quit until the Chantix ran out and that drug was not something I would ever want to try again or stay on for continuous lengths of time. Still I was disgusted with my addiction and couldn't be without. Until I found a website for e cigarettes ECF. Where I found all kinds of information on what ecigs were and how they could relieve the nicotine fit. I purchased a clearomizer and battery w some e liquid, and tested this product out for myself. At first I was using it as a way to cut back my tobacco use, and this worked well. Too well if your a tobacco company because I quit using tobacco altogether as they taste and smell horrible when compared to electronic cigarettes. I've been using an e cig for almost 8 months now and no longer have big tobaccos ball and chain around my ankle, can smell, taste, and breathe better than ever. Oh and I no longer cough up gobs of nasty flem in the morning or every time I sneezed. The ecig has changed my life for the better and it would be an obvious pay off by big tobacco if law makers do anything to prevent this product from being in the market place.

2 cents.

7/30/2013 3:35:00 AM - Gena Baker, Hartselle, al

My name is Gena Baker and I have been smoking for the past 34 years. I am now 47 and I started somewhere around 13 years old.I started using an e-cig about a month and a half ago. I still smoke but I have gone from 2 packs a day down to 2 packs a week. I hope to fully quit analogs and just vape. I feel better and I can breathe better. I was to the point where I was having a hard time doing the simple things in life. If it wasn't for e-cigs I would still be feeling like I had no quality of life. With each day I hope to feel better and better.

7/30/2013 3:37:00 AM - Ronald McKie

I am a former PAD smoker. I started at the age of 14 with smoking and have done so for 40 years straight. There was only one period of 3 months while using chantix that have been smoke free.

It almost cost me my life due to the side effects of chantix.

I was already giving up to ever stop smoking even though my heath was getting worst. I have heard about E-cigarettes but always thought it is some kind of scam. Then one day I heard someone who I admire talk about his usage of E-cigarettes and how it helped him to quit smoking. After talking with my wife (a life long non smoker) we decided to give it a try. Everything else was tried from cold turkey to chantix, gum and patch and all with support groups without the desired result so why not try the E-cigs. I started with the cigarette look alike with the goal to just reduce smoking as much as possible. I was convinced that quiting complete would not be an option. Well after 4 weeks using the E-cigarette I suddenly was smokefree. It was very amazing to realize that it was possible. That was in May 2011 and I am now 2 years smoke free. I have since advanced to APV mods which suit my vaping needs better then the cigarette look alikes. My health condition has improved alot. I no longer have to take certain medications and my Doctor is very pleased with my overall health. My breathing, sense of smell and taste have improved as well as my stamina. There is no desire to smoke anymore. I was able to reduce the nicotine level and might reach 0 nicotine at some time. For now I am just happy to not smoke anymore as are my familie and friends.

I only hope that more smokers give it a try. That would save so many life's.

Please excuse my English since it is not my first language. Thank you.

Ronald McKie

7/30/2013 3:50:00 AM - James Collette (Boston Jim) Las Vegas, NV

My name is James Collette, I was a pack a day or more smoker for 31 years. I have wanted to stop smoking for a couple of years but the withdrawal symptoms were too strong for me. Always after a couple of days of no smoking I gave in to the need for nicotine. As a result of many failures I resigned myself to a lifetime smoking.

In March of 2013 my position at work changed, I started working with people that had given up smoking and started what is called vaping. After much discussion and many hours of research I decided to try it myself. I purchased a small starter kit, which included a battery, charger, some e-liquid, and a tank.

When I started vaping I wasn

7/30/2013 3:54:00 AM - Jordan(valkairo2) from Denver, CO

My name is Jordan, I started smoking when I was 14. I'm a very nervous person, and I suffer from minor panic attacks and depression. That is what lead me to smoking in the first place. I tried to quit 4 times while I smoked, and it never lasted for more than a few weeks. I tried counseling for the addiction once. It was completely useless. The cravings and ease of access to cigarettes would always bring me back. I developed a chronic cough when I was 16. I would always have an infrequent cough that would send me into fits 5 or 6 times a day. It would take months for it to go away, and any irritation to my throat(like a cold, flu, or other sickness) would bring it back with new strength. When I turned 18, the smoking got much worse. I was at a pack a day when one of my classmates showed me an electronic cigarette. I decided to try one on a whim, not even as a way of quitting. I was off analog cigarettes within a week, with no noticeable side effects. That was in February of 3013, and I have not had another cigarette since then. Since I stopped smoking regular cigarettes, my breathing has improved dramatically, I can exercise for longer and more effectively. The chronic cough has not come back since I started using electronic cigarettes. I truly believe that electronic cigarettes and other non-tobacco alternatives have saved many lives, including my own. If electronic cigarettes are banned, a lot of people are going to back on analog cigarettes, again, including myself. I'm incapable of eliminating nicotine from my life right now, and the electronic cigarettes give me an alternative that is better for me, and won't harm my friends and family. That's my story, I hope you make the right decision.

7/30/2013 4:02:00 AM - Jennifer Bertram, Indiana

I began smoking in high school around 1980. I finally was able to quit for good on April 18, 2009. On avg I was a 1.5 pad smoker. I tried so many times to quit but I always failed. I tried cold turkey, counseling, hypnosis, patches, gum, Canti-depressants, anti-anxiety rx and chantex. The Chantex caused horrible-scary side effects. My decades long smoking habit caused my health to decline.

I had given up quitting when I heard a radio commercial about ecigarettes. I decided to order a disposable ecig to try. I knew from the first inhale that it had a good chance of working for me. It covered all aspects of my addiction: the hand to mouth habit,blowing the vapor, having something in my hand and the nicotine for the physical addiction. From that first with an ecig I knew I had finally found the way to stop smoking. I never had another cigarette. Its been over 4 years. I still vape and have no plans to quit. I have lowered my nicotine levels. I noticed the physical improvements within a few days. My taste and smell improved. My breathing improved. No more coughing.

I share my success story every chance I get. Several family and friends have been able to quit smoking as well once I helped them get started using ecigs. I have no doubt that ecigs have extended my life. People question the long-term safety of ecigs. All I know is that I had NO doubt that the long-term affects of smoking were negative. Ecigs cant be any worse and after 4+ years my health has greatly improved. I have not had a single negative affect from using ecigs. Please don't take this option away from us ex-smokers and smokers alike. Ecigs save lives!

7/30/2013 4:17:00 AM - Terry Martin from Coldspring, Texas

I begin smoking at age 17 and was a pack a day smoker for over 30 years. At 40 I had my first hear attack, I had two stents placed in the arteries to my heart and continued to smoke. At 42 I had my second heart attack, two more stents and still continued to smoke. At 43 and 44 I had more two more stents and still continued to smoke. On a Friday in August 2010 I had another stent placed (7th stent) and one week later I had my third heart attack. The following Monday I had open heart surgery and a bypass was performed. Once home and within one month of surgery I continued to smoke. That is an example of how strong the urge to smoke can be for someone. I tried many times over 30 years to quit, patches for a few weeks, gum for a few days, but always continued to smoke. Then in February 2012 I discovered the electronic cigarette. On February 4th, I stopped by a small convenience store near my home and picked up a cheap electronic cigarette and have not touched a regular cigarette since nor have a I ever wanted one. I have had a discussion with my cardiologist and he is supportive of my decision. In his words, anything that keeps you from smoking is a WIN. It's not the nicotine that is harmful, it's the combustion of tobacco. Seeing my success, in October 2012 my wife stopped smoking and started vaping using electronic cigarettes. She has not had nor wanted a cigarette since. I have a total of four friends that have all seen my success and asked for my recommendation on which electronic cigarette to buy. After purchasing theirs, now they too are smoke free. I cannot imagine why the federal government would seek to ban a product that can, and HAS, helped so many people stop smoking, yet allow cigarettes to be sold legally.

7/30/2013 4:18:00 AM - Brian Thibault (SFBrianT) from San Francisco

I grew up in a house of smokers so I guess it was a given that I would start smoking,

When I was 15 we moved to a new town and in an attempt to fit in with the "cool" kids, I started smoking. Over the next 30 years I tried quitting many times. I tried everything, going cold turkey, the patch, nicotine lozenges and gum and even Wellbutrin. Nothing worked for longer than a week or two.

Every time I tried quitting the desire for a cigarette was still there. Nothing stopped me from wanting a cigarette until I found e-cigarettes.

One of my friends had successfully stopped smoking cigarettes with e-cigarettes and suggested I try them if I really wanted to quit. I found a local vape shop online and decided to stop in and see what it was all about.

The cigarette I put out on my way into the store was the last cigarette I had.

I went into the store and told the clerk I was interested in quitting smoking with e-cigs. She asked me some questions like how much did I smoke, etc. and she suggested a basic e-cig starter kit with e-liquid containing 18mg of nicotine/ml.

I left the store with the starter kit and 5 cigarettes in my pocket.

Fast forward 3 months.

I have stopped coughing myself to sleep and coughing when I wake up. I No longer get out of breath going up stairs, I'm no longer congested all the time, and my allergies are less severe.

Those last 5 cigarettes are still in the pack, sitting on my desk. I look at them everyday to remind myself how bad I felt when I smoked.

Most importantly I have no desire to smoke them.

7/30/2013 4:48:00 AM - Andy Bayliss (Abbell), Kansas City, MO

I began smoking during my "stupid" time. I was 17 and was experimenting with the act(s) of self-destruction available to most 17 yr olds. Within a year I was addicted. Both my parents smoked and I worked in the restaurant industry where 75% or more of the people smoked. Thankfully that has dropped considerably. I am now 41. I have tried to quit but failed. I have twice tried Chantix and counseling. I was able to stop for 6 months when it was the most successful. ...I failed. I do not consider myself unintelligent. I know what smoking has done to me. I know the times I was getting sick in the chest were related to the damage I was doing to myself. I know the poor circulation in my legs had something to do with my choices and bad habits. I know

My Mother died first. Her heart failed. She had type I diabetes her entire life. She lived her last years still smoking and I was not foolish enough to blame her death strictly one habit or disease, but as the end result of a combination of factors. My Father died a year later, heart failure, he had COPD that contributed to his demise. He also smoked until he died and also pretended to quit several times after his diagnosis of COPD. I have a wife and son of my own. I could feel the damage I was doing to myself and felt I had to do something. The habit of smoking is considered more than just a physical addiction it is also a mental one. At my worst I was smoking more than a pack a day. Four weeks ago I saw a sale on a disposable E-cigarette and figured I would give it a try. I thought it was ok, but nothing to get overly excited about. It lacked the flavor I was used too and it did not last anywhere near the amount of "time" it should have. I was still smoking, but saw some potential. I noticed that the "act" of smoking was almost a strong a habit to me as the actual smoke. I changed over to a different brand of disposable and found it better than the first. From there I started researching everything I could find. The process was daunting, but I tried to gather as much neutral information as I could. This was a world in which I had no data, a world that I had previously had no exposure to. I am analytic by nature (running businesses for years will do that to you) and no longer take the risks I did when I was younger. I believe that there is enough to show that using e-cigs would be a better choice than smoking my pack a day.

Three weeks ago I smoked my last. I have jumped fully into this new world, reading all I can and learning all I can. I am using a few cigarette-like devices. I also have some more advanced items that I am very impressed with. I never knew that such possibilities existed before. I currently use a 2.4% nicotine and I already want to reduce it...WANT. I smoked a very strong cigarette and many types of cigars. What I have noticed is the most important thing that held me was the act. Don't get me wrong or misunderstand. I knew when I needed a smoke. I craved that blast of nicotine as well as every one of those chemicals I got from a drag. One drawback I have from these e-cigs is I don't get the "high" I once got. The nicotine level for me seems more muted and that really has not bothered me. I get to tweak the flavors and I can vape (the term used when inhaling the vapor produced by an electronic device) in many places I would not have dared

before. I stopped smoking in my house over 12 years ago because the tar was covering everything and the whole house smelled. I am breathing better after three weeks, but that may be entirely psychosomatic. Even if you consider the placebo effect that is still a benefit.Once in a great while I crave a cigar, but the craving is nothing compared to prior experiences.

I really think this e-cig thing is a healthier choice. I really wish I could have saved my parents. Now I will see if I can save myself. Three weeks have passed and I am actually looking forward to three months and three years. I already plan on reducing my nicotine and I can

see a time when I will reduce it to the point of elimination. So far this method has impressed me. Is it perfect?...nope, but it is better.

7/30/2013 4:51:00 AM - Mr. Capo

I smoked for 3 years and then my asthma got really bad. I had shortness of breath, and just felt really out of shape. then i got an e cig and everything was better. My lungs feel more open and my asthma has calmed down. i promote ecigs as not a way to quit necessarily, but as a more health, reduced risk alternative to smoking.

7/30/2013 4:58:00 AM - Meira (daisyd)

I started smoking when I was 12. I wanted to be part of the crowd that had shunned me in elementary school, so when one of the girls asked me if I smoked, I said yes. Even though I had never thought about or had the opportunity to smoke before that day, I went behind the school and puffed away. It wasn't long before I was hooked.

I smoked almost continuously for the next 18 years. I stopped for 8 weeks in boot camp with the US Navy. I started up again as soon as I had access to a store. I stopped during both of my pregnancies, only to start up again very shortly after my children were born. During those times I never stopped craving cigarettes. It was extremely difficult to refrain during my pregnancies. Only because of a family member lost to SIDS was I able to convince myself not to smoke.

Between my two children's births my husband and I decided to quit smoking. I tried to cut back by only purchasing single cigarettes at a time, until I was buying a handful at a time. I realised I needed to try something else. So I tried the nicotine patch. This thing never even calmed the cravings at all. I might as well have been wearing a bandaid, so I gave up. My husband had tried using chewing tobacco to quit, and had really just switched to that instead.

About 3 years ago I decided to give it another go. Dumb as it sounds it was hearing about the news of Phil Harris's death that got me thinking about it. So I started looking into my options. I realised that smoking is a two part addiction. The hand to mouth action and the nicotine. I decided that cutting out one of those might work. So I bought some herbal cigarettes. I'm not sure what's in them, corn silk or something. I had a modicum of success with this method. I managed to go a couple of days. They just weren't satisfying that itch. That's when I found electronic cigarettes.

I did a lot of research on electronic cigarettes before I bought one. I was really interested to learn about why cigarettes are so deadly. When you burn something, it creates carcinogens. With electronic cigarettes, nothing burns. I had been afraid to admit up to now, how much I really enjoyed smoking. It was a ritual, yes, but also something that relaxed me. I loved watching the smoke. And here in front of me it seemed there was a way to keep smoking, in a sense, and at least reduce my risk of getting cancer from it. No extra chemicals, no chance of setting anything on fire, no more judgemental looks from my family when they catch a whiff of stale smoke.

I bought a starter kit, and started "vapeing" away. I didn't quit cigarettes immediately. It was probably a month before I was off cigarettes completely. That is still miles ahead of anything else I had tried previously. My husband became convinced that if it had worked for me it might work for him too. He had switched back to cigarettes in an attempt to quit chewing. I set him up with a kit and he worked his nicotine levels down until he could quit using it all together. He is still smoke free after a year and a half. I decided to

continue using my electronic cigarettes for the long term. I enjoy it as much as I did cigarettes, if not more so, because I don't feel guilty using it.

Now I am no fool. I know that when something looks too good to be true, it probably is. I don't pretend that these things are perfectly safe in the long run. Although, the more research that is done, the better they are looking. The point for me is that I enjoy nicotine as much as I enjoy caffeine, and the action of smoking plays into the whole thing. I don't know what the long term effects of these things is going to show me. I do know that cigarettes were a death sentence. I have seen some changes in my body since making the switch. I have more energy now. I don't wake up with headaches on a daily basis any more. I recently visited Washington DC and was able to keep up with my Dad's 6 mph walking pace through the whole city.

I do feel like I have more control over this habit than I did with cigarettes. I couldn't change the amount of nicotine in them to wean myself off of them, and I couldn't decide what additional chemicals were in them. I make my own nicotine fluid now. I have control over how much nicotine is in it, and what other things I add to it. I can decide to lower my nicotine levels and work my way off of them when/if I choose to do so. There are no mystery ingredients (What exactly is the Fire Safety Chemical they started adding to cigarettes a few years back?). I think that more, long term, studies are needed from independent sources. For me, I feel like they have at least lengthened my life, if not saved it completely.

7/30/2013 5:03:00 AM - Ian Davis, St. George, UT

Well, about 4 years ago I quit smoking after 8 years of smoking, because I was getting married and I didn't want the son of my wife-to-be to have exposure to that. A few months ago in a moment of weakness I relapsed, but instead of cigarettes I grabbed an e-cig. I am very happy that e-cigs were available to me because otherwise I probably would have grabbed a pack of cigarettes instead and seeing as

my now adopted son is asthmatic and wife of 3 years is pregnant I can't imagine the horrific affect that could have

potentially had on my new little family. Nowadays I use a "vamo" e-cig mod with various attachments, I only use 9mg strength eliquid and I enjoy mixing my own liquids, it saves money I know what I'm getting. I'm proud to report that since I've been using e-cigs, the smell of cigarettes is repugnant, and my cravings for those cancer sticks have dropped off completely. Since I've been e-cigs I've also made an effort to get my friends who smoke excited about them as well and all of them that use regularly have reported dramatic rises in energy stamina and also significant increases In senses of smell and and taste in only a couple weeks. The bottom line is that I believe in E-cigs and stand behind them, I believe they're helping people do what otherwise would be nearly impossible. I believe it would a travesty to ban e-cigs. People have finally found a way to stay away from tobacco, lets not take that away.

Sincerely/ Ian Davis.

7/30/2013 5:10:00 AM - Scott Blake (scodex13) from Tuscaloosa, AL

I am a nurse and smoked cigarettes for 24 years before I decided to quit. The methods I had tried were many, ranging from Nicorette gum to the Nicoderm CQ patches and Wellbutrin and Chantix, all to no avail. All of the above products listed gave me very uncomfortable side effects. The Nicorette gum irritated my esophagus and caused me hiccups. The Nicoderm patches caused an allergic reaction and vivid nightmares. The Wellbutrin did nothing but make me nauseated and did not curb my cravings, and the Chantix caused me to have suicidal and homicidal ideations (at the same time, mind you), severe stomach cramps, and nausea/vomiting. After I thought all hope was lost, I heard of a new alternative called "vaping", which was the use of e-cigarettes. I thought, "Hey, what do I have to lose, right?" So I tried vaping and it curbed my cravings completely. The flavor was more enjoyable, there were no harsh side effects, and I felt better overall than I have felt in years. From waking up coughing and being irritable, I no longer experienced that. I have been vaping over a year and a half, starting off at 24 mg of nicotine and gradually weening myself down, mg wise. Now, I vape different flavors for the sheer enjoyment of it. There are no carcinogens, no tar, not anything harmful in them. I no longer "crave" anything. I have gone days without vaping and had no withdrawal symptoms. With the e-cigs, you do not smell like an ashtray, no one is offended if you vape around them (unless they see the WATER vapor, and then after clarification, they are fine with it), and you feel better overall. With anything "drug" related as the aforesaid earlier mentions, I feel that the FDA really doesn't care one way or the other about the consumer, just as long as they purchase their products. Think of how many lives could be saved if people would understand that there is an alternative to stop smoking that is not drug related, that CAN cease your cravings, and has no harsh side effects. I made my choice, and I do not regret anything but trusting the FDA and believing their scare tactics in order to put money in their pockets.

7/30/2013 5:19:00 AM - Cynthia Jones

I was a 20 year smoker and I loved it, I just didn't enjoy the aftermath that smoking did to my health.

I did try to quit many times because I have asthma.

I tried cold turkey, prescription medication, patches and gum.

Nothing ever worked for me and I ended up returning to cigarettes defeated.

I never even made it a day without an actual cigarette with any thing i tried.

I got my first e-cigarette just over 4 years ago and it was complete success.

I have not had one puff of a cigarette since that very first puff of vapor and not even been tempted to.

I have tried 3 different styles of electronic cigarettes and ended up with the manual 510 style as my favorite

and I love tobacco flavors in a 16 to 24 mg strength, but there is every imaginable flavor to choose from.

I will probably always use an e-cig, as I love to be able to still feel like I am smoking without the health risks.

Also, it is more socially acceptable.

I am only looked at with curiosity and no negativity.

It is such a relief.

My asthma was reduced by half.

My breathing capacity has tripled.

My finances are less burdened because the cost is significantly less than actual cigarettes.

Electronic cigarettes are easy to use.

I do suggest ignoring most of the free offers as they do come with strings attached.

I do suggest exploring to find your favorite e-cig and don't give up right away.

Find the strength of nicotine best for you and the device that suits you personally.

Research and join a forum as the people who are on there are the most wonderful helpful people who just want you to be successful at no benefit to themselves.

It is an awesome experience.

Don't fear buying from China as that is where most of it comes from and you can lower your cost.

Good luck on your journey.

If you take the first step I believe you won't be disappointed.

If you stick it out and explore, I know you wont.

7/30/2013 5:32:00 AM - Evan F

I was a 2 pack a day Kool 100 smoker for almost 12 years.

I am 28 and a former Marine.

When I got out of the Corps I got a job as a contractor in the same shop I was working in before with all the same guys.

They all smoked as well and the job was just as high tempo and demanding as it was before.

I had made a promise to my wife that when she got pregnant I would quit smoking.

She got pregnant in July 2012 and I attempted to make good on my promise for almost 3 full months first cold turkey, and when that didn't work with Nicorette.

I struggled immensely with giving up my cigarettes and with all the people around me every day smoking it proved to be something I just couldn't accomplish on my own.

A good friend of mine took me into a local brick and mortar ecigarette shop that he uses.

I decided to give them a try as I couldn't continue to smoke and break my word.

I purchased my first cheap Ego kit and a few bottles of a 24mg eliquid.

I have since upgraded to a rebuildable style ecigarette and have now been completely smoke free for 11 months.

Since I quit I have noticed alot of changes in my daily life.

Things like I have much more energy than I did when I smoked.

I no longer get winded going up long flights of stairs.

I have started running and working out again and have lost nearly 35lbs.

I am happier, healthier and have been able to ween myself down from a 24mg eliquid to a 6mg liquid.

I have not wanted a regular cigarette since the day I bought my first kit and as I continue to enjoy my ecigarrete I would not go back for anything.

I for one would be really upset if the FDA allowed lobbyists and big tobacco to influence another decision to regulate my habits.

I choose to vape of my own free will just as I chose to smoke.

The FDA didn't regulate my ability or right to buy and smoke cigarettes and it would be sad if they decided that they have the right to regulate my ability to vape.

7/30/2013 5:34:00 AM - Chris Knight (cmknight), Changchun, Jilin Province, China (Canadian living and working in China for the past 10 years)

I had been a two-pack per day smoker for about 5 years and a smoker for a total of 38 years (I started when I was 11 years old)

7/30/2013 6:17:00 AM - Robert Pavelek from Boise, ID

My name is Robert. I am now, after smoking for 5 years since the age of 21, thankfully a fully ex-smoker of about 1 year now thanks to electronic cigarettes. Even greater, I am not the only one in my social circle. Ever since I realized how successful I was in quitting I spared no time in spreading the words to friends and family who are / were smokers, and to their own supprise they are going on a few months now without cigarettes as well.

Electronic cigarettes work, while I'm sure you've heard countless stories of those who failed to quit smoking like I have, using much more expensive over-the-counter smoking cessation products. Personally I tried patches, gum and even welbutrin to fight cravings and at most I was able to quit for around 5 days, then back to cigarettes because of stress from school or work. Even a counselor could not help break me from this addiction. It was not until the success of others with e-cigs, specifically a few lets play streamers from Justin.tv that I decided to take a chance at trying to quit again.

I did not just quit smoking immediately, though the transition happened exceptionally quickly. Within about 2 weeks of recieving my e-cig and a Vivi Nova tank, I was an ex smoker. As I smoked less and less, my sense of smell and taste began to come back. This made me realize how absolutely aweful cigarettes not only tasted, but made me smell to those around me. It also helped me quite a bit as a professional wine guide in our vineyard. Suddenly, wines had much more subtle flavors that danced on my tongue and bouquets were much more full bodied and luxurious. I also stopped putting people off with the smell of smoke staining my clothes.

Over the course of the year I have been using an e-cigarette, I have naturally cut back on nicotine intake. I started at a high 24mg amount and after a month or two, cut that down to 18mg. After around 4 more months I found myself down to half of what I started at, 12mg. And now, one year later, I recently just picked up my first 8mg bottle and expect to find myself reducing that even more as time goes on.

The wide variety of flavors was a huge contributor to my success story. Just tobacco can be boring and I never much cared for mint. Selections were there for anything from citrus and fruit flavors, to bakery goods like cake batter and snickerdoodle cookies, to candy flavors like licorice and chocolate, to energy drinks, soda pop (along with fizz) and mixed drinks. These were all there to help keep me away from those dreaded cigarettes, and they worked! Even now, this fruit-stripe-gum flavor brings me back to the 90s, keeps tar and carcinogens out of my body and doesn't lose its flavor after a few chews (unlike the inspiration for the flavor)!

Now I find myslef less depressed, more energetic and even much more social after finally cutting cigarettes completely. I honestly owe my life to e-cigs and no longer dread a very painful death at the hands of lung cancer. Though, if it becomes harder to obtain

e-juice that I enjoy, or prices jump from some sort of tax that I can simply no longer afford, or if e-cigs are simply banned... All this progress against an extreme addiction will be lost and all I'll have to look forward to is a hospital bed, radiation and pain. Please do not regulate e-cigs or e-juice. Let the consumer and the civil law system decide who is and is not worthy of our money.

Thank you for your consideration. Robert

7/30/2013 6:36:00 AM - cruz from Illinois

I have been around cigarette smoke my whole life. My grandmother she started smoking after she had my mother in 1958.I was born in 1983 back then you were still allowed to smoke in restaurants and bars and the like. I remember when I was little watching her grab a cigarette and light it up. Watching the smoke come out her nostrils after she exhaled cup of coffee in one

hand cigarette in the other the smell was God awful. As the years went on the smell became more alluring. Finally one day I was 12yo she was asleep and I stole my first cigarette found some strike any where matches and went outside behind this tree and next to the garage and lit it up. I coughed and coughed and put it out it burned my lungs made my breath stink. Thinking how could someone do this. Then one day when I was 15 on the ride home from school a friend tossed me a smoke after the bus dropped me off I lit it up never coughed never stopped. I remember it made me light headed and kinda nauseous but I still smoked it. Since that day I have been a pack a day smoker for 15 years I'm 30 now. Grandma is gone from lung cancer she passed when I was 20 in 2004. One of her last wishes was for me to quit smoking 10 years later I still smoke. Some times I smoke a pack a day or 2 packs I smoked a lot more when I did drugs. All the money I wasted slowly killing myself and then the government with their fire safe cigs which is bs they supposed to go out in certain spots never do burn all the way in the tray but go out while puffing on it and what ever chemicals they use in them totally changed the taste of the smoke and I feel affected my health more than b4 yea I know smoking that long didn't help but messing with them to make Em safer didn't help either. I tried stop smoking methods cold turkey only lasted a week. Tried gum made me sick. Tried the patch made me wanna smoke more. And just couldn't afford the medicine like chantix etc. Then about a year ago I heard about ecigs tried it once didn't like it the flavor and throaty hit wasn't there. But then about a couple of months ago I found these vaporizer style that you can choose the amount of nicotine and flavor of your choice. So for a lil pocket change I picked one up and loved it the flavor the throaty hit everything. Since about cpl months ago I been puffing on this ecig vaporizer and dramatically reduce my smoking went from a pack or two a day to bout one or two cigs a day mainly after waking up and meals. I feel like I can breathe again. No more loss of breath no more bad breath or smelly clothes no more smoke film in my car and I can puff that inside public places. I can smell and Taste food again and I haven't gained the usual stop smoking weight. And I haven't experienced any negative effects in a couple of months since I started vaping other than every once in a while the vapor gives me a sore throat due to the humidity of the vapor. so I went from smoking a pack a day for 15 years to 1 or 2 cigs a day using a personal vaporizer and feel 10x healthier than I did a couple months ago and been trying to get my friends to try what I did. Im more active now and not feeling self conscious about having to leave a family event to go smoke a analog cig.

7/30/2013 6:43:00 AM - georbe

I am a electronic cigarette supplier, do not a smoker.

7/30/2013 7:31:00 AM - Steven Runge

I quit smoking on March 6th of 2013 after 18 years of smoking since starting at the age of 12. I have been trying to quit smoking ever since I was about 17, I am 31 now. I have tried the patches and the gums, I've even gotten a prescription for chantix which I have filled because I doubt an SSRI/SSNI mixed with it would be a good idea. I have not smoked a regular cigarette since March 6th and as

long as I am able to freely purchase my ecig supplies I will not ever smoke a regular cigarette again.

Since I quit smoking my sense of taste and smell has come back, my energy level has increased and I can finally breath. My lungs are clearing all the stuff the cigs put in and I have had nothing but positive things happen for the better since I put down regular cigs and gave ecigs a try. I went from a convenience store cheap ecig kit to a ego c-twist and iclear16 and I make my own ejuice.

if this was available years ago I would have switched then. This is probably one of the best inventions made to curb smokers from regular cigarettes, and reduce if not eliminate harm for those that want to continue vaping.

7/30/2013 8:06:00 AM - Rin13 Ohio

I had smoked on and off for about 8 years, up to a pack a day until about 5 years ago. I have never had issues with the physical effects of smoking (no nicotine withdrawal/etc). For me, it's the act of smoking that is/was addictive. When I wanted to quit, I simply quit cold turkey and was only tempted to smoke if I were drinking. (alcohol) About 2 years ago, I was somewhat tempted to pick up smoking again because of stress in regards to work. I really didn't want to start smoking, though, because of the negative health effects and I think it's a disgusting habit. So I decided to try electronic cigarettes as I knew that it was similar to the act of smoking (which was my real addiction) but I had the option to get nicotine free products, so the health risk was slight to non-existent. I also liked the idea of all the flavors that were available with vaping. I wasn't smoking for at least 4 years by the time I decided to try vaping so I didn't have any changes from vaping. I have had no physical side effects or negative effects of using electronic cigarettes. The only thing that may happen is your mouth can get dry because the glycerin in the liquid pulls moisture from your mouth. (you can get dry mouth from cigarettes too, I did) Drinking adequate water eliminates that. When I smoked cigarettes (analogs), I had horrible chest pain, headaches, sore throat and sometimes nausea. I have a very sensitive body, which is why I smoked smoking. It simply hurt too much. I also didn't like the way it made me smell. I was rolling my own in the end, so cost wasn't too much of a factor. Overall, my experience with vaping is highly positive. I have tried nicotine e-liquid a couple times, just to see what it's like and I don't like it. It has a strange taste to me and I figure if I'm not addicted to it, why start back up again?

7/30/2013 8:50:00 AM - Steve, South Wales UK

After over 40 years of 25 - 30 cigarettes daily, I decided to give e-cigarettes a go,

primarily to save money but also as they could be very useful on plane journeys etc

(two hours Cardiff to Spain is a VERY long time without a fag!).

I had NO INTENTION of quitting

- just thought of e-cigs as a handy alternative/supplement.

I had about 100 cigarettes at home at the time - i smoked the last of them over three weeks later,

and haven't even considered buying any more.

With my very first e-cig I realised several things:

I didn't need an ash tray I didn't need a lighter My breath didn't smell afterwards I didn't get ash on my clothes No nicotine was wasted, burning away in between drags My wife wasn't moaning

After a few weeks, I realised how much money I was saving - I am now spending in a month

the amount I used to spend in a week!

Also - and as someone very sceptical about anti-smoking hype

I almost regret having to admit this - my 40-year-old "smoker's cough" was GONE!

I took to these things from the first "puff" - to those who say they can't get on with e-cigs,

my advice is PERSEVERE!

I'm still the same laid-back nicotine addict I used to be, but richer!

7/30/2013 9:29:00 AM - DanielH

I was a smoker of about 15 years. About a year before picking up the e-cig my cigarette intake had increased to about a box - a box and a half per day. Before that I was a half a box a day smoker. I got really concerned by the increase but struggled to slow down. I tried various "tricks" such as holding out till 3 PM for my first cigarette, only taking a few cigarettes with me to work etc... nothing actually helped though. One Saturday afternoon I happened to stumble across an article about e-cigs, I went out that afternoon and bought a unit and some juice. I decided that I would use it to try and slowly cut down the amount of cigarettes I was smoking per day. However, I've enjoyed using the e-cigarette so much that I haven't touched a cigarette since buying it. It's only been 17 days since I made the purchase and effectively quit smoking, but I am fully confident that I will never touch a cigarette again.

The health benefits I have seen have been tremendous. People who know me have commented on how my skin has cleared and no longer has a "grey complexion". They've also picked up on how I've stopped clearing my throat every five minutes. I myself have noticed an improvement in physical sports and activities. I sleep much better and wake up earlier, feeling rested and better able to breathe.

E-cigarettes have given me and others an escape from what is scientifically proven to be a death trap - cigarettes. If they are one iota healthier than cigarettes, it is unethical and immoral to make them less accessible to those who need them. Current smoking cessation devices do not work, nicotine patches are useless, gum is a waste of time, snuff while apparently good for some does not help me.

I am all for research, more information, checking of ingredients in e-liquid and device quality - but these products must remain as accessible to the public as they are now. I strongly believe that by doing anything that makes them more expensive or difficult to acquire, you are condemning people to death.

7/30/2013 9:41:00 AM - Barbara21

I smoked cigarettes for 30 years.

I knew they were bad for me but I enjoyed the physical act of smoking.

I've been known to say that you'd "have to pry cigarettes out of my cold, dead hands".

But - rationally - I knew smoking was stupid.

A couple of years ago, I tried some disposable ecigarettes.

They didn't work for me - the ones I tried didn't taste good and they were expensive (especially when you take into account the fact that the companies selling them would say that one of the ecigarettes was equivalent to a pack of cigarettes which was obviously not true).

About three months ago, I stumbled across an ecigarette forum (ECF) and learned about some of the advances made in the past couple of years.

So I thought I'd try them again.

Bought a beginner set at a local store and have not had a cigarette since.

Never wanted one, have absolutely no urge to smoke.

You could give me a cigarette and offer me a light and I'd simply hand it back.

It's like a miracle!

After one week, my older son looked at me and said "Mom, did you realize your cough is gone?"

He was right.

I feel so much better now and I'm so grateful these products are now available.

7/30/2013 10:10:00 AM - tibs

I used to be a pack-a-day Newport and Lucky Strike smoker. I smoked for around 10 years. The desire to quit for health benefits grew stronger for me around the summer of 2011. I tried the gum, the patches, and successfully switched to snus for a time, but I always ended up back with the cigarettes. I tried ecigs on a whim, and haven't smoked since, it's been about two years now and I physically feel far better overall.

7/30/2013 11:51:00 AM - Dan C.

I

7/30/2013 12:14:00 PM - Marsha Cox

Everyone has something they are proud of, just the same, they have something they arent proud of..

Since I was 15, I have smoked. <It was cool back then> Easy to start, hard as heck to quit. In my years, I have quit 3 times.. when I was pregnant, after my mother died of cancer, and in 2002 because I wanted to change my lifestyle. As bad as I wanted to quit and stay quit.. it was HARD, and I always went back, even after I quit once using the nicotine patch, cold turkey twice. As a smoker, I hate the taste, I hate the smell, I hate they way it makes you feel, but yet I craved it. Then my bestie gave me this little electronic device - a vapor cig..she totally quit smoking by using it.. it took some time, because I struggled getting the right nicotine level for me, but I managed to 100% make the switch and have not had an actual cigarette since Feb 2013 with no intention or craving to go back. (I have put on some of the quit smoking weight, but hey.. It cant all be fields of roses without a little work). I adjusted my diet and it is helping prevent the weight from piling on as it has all the other times i quit. My little e-cig calendar tells me today I have been cig free for 162 days, would have smoked 3240 real cigarettes, and it would have cost me 939.60 to buy them. I started out at 36mg of nicotine in my vapor, I am down to between 4 & 0 mg. The thought crossed my mind to go back to analogs, but only because of the weight I put on over the past 5 mo's since switching.. but the thought of going back, the smell, the taste,the toxins... made me try a healthier diet and exercise instead. It has helped, and I never want to go back to analogs.. I am actually finding myself not using my e-cig as often, very little cravings for it.. but although I am borderline weaned from the entire

process, I will never give up 100% on my e-cig.. because I know it will be there (maybe with ZERO nicotine) but it will be there should I ever have a weak moment. I never want to put an analog to these lips again~

7/30/2013 12:53:00 PM - tyler brake

alright to start off i have chrones disease and unfortunately i smoked for over 10 years. now right up until the day i got my first ecig just over a month now i smoked about 3 packs of cigarillos a week and before that was 1-2 packs of cigarettes a day which complicated my diseases symptoms (gave me alot worse pain then i otherwise would have been in). so like i said a month ago i got my first egoce5 kit with 24mg strength juice i switched over to it and havnt looked back i still have a half pack of cigars just sitting there and i have not had any cravings for them at all my disease has let up quite a bit since then to the point that i can actually go for a run now and i have so much more engergy now and i smell better haha my relationship has improved because of this as well. so all in all i have successfully quit smoking thanks to the ecig, my relationships are better as i now don't smell like an ashtray (although i smell like im wearing perfume on occasion lol), and what was putting me in the hospital for a week or more at a time due to pain from complications that cigarettes caused, is no longer Ive never felt better in a very very long time, my doctor was very happy i switched over and my mom (a nurse), said that it was amazing something is available like the ecig for people now as it is very healthy in comparison. so bottom line is these need to be sold on a worldwide basis imagine all the people that this can help and empower to change their lives and get healthier

7/30/2013 1:30:00 PM - DALE CLEMONS

My name is Dale and I live In Florida, I

7/30/2013 1:36:00 PM - Mike C, Aurora IL

I was another that hated cigarettes but felt chained to them. I had been a regular, pack-a-day smoker for more than twenty years.

The day I decided to go full bore I ordered a cig-alike kit and a few packs of cartos from Jetcigs.com, went out and bought my last pack of analogs and a disposable Blu menthol to hold me over until the mail came.

Two days later I hadn't bought another pack but had gotten another Blu and was pleasantly surprised by my kit showing up. The flavors were really solid for a prefilled carto company and I have only smoked on two occasions since, once because I ran out of juice and once because a battery died. Both times I was unable to finish the cigarette, it just seemed so dirty and nasty compared to e cigs.

I have no desire to go back to regular(analog) cigarettes and despite this being just a replacement habit I am enjoying it quite a bit more and my family seems relieved that I am not smoking. My lungs have never worked better.

7/30/2013 2:27:00 PM - Roy Smith (rasmith1959) from Guthrie, OK

I smoked tobacco cigarettes for over 30 years, then one day I came across the disposable Blu electronic cigarette and I tried it. I used it for several hours before I realized that I had not smoked, or had the desire to smoke a tobacco cigarette. So I ordered their starter kit and started using it when it arrived. That was towards the end of February 2012 and I have not smoked a cigarette since. The first few days I would get the urge to smoke a cigarette, but I would just puff on the e-cig till the urge subsided. I have since switched to more advanced ecigarette hardware because of issues with Blu's batteries and cartomizers, and I have not ever regretted switching to ecigarettes.

Since I've switched, I've noticed an improvement in my sense of smell and taste. I don't get winded as easily, and have come to realize just how awful tobacco cigarettes smell. I no longer wake up in the mornings and have a coughing spell that lasts for several minutes, and I feel so much better overall since I quit using tobacco cigarettes.

7/30/2013 2:32:00 PM - Christina

I started smoking when I was 16, quit when I was pregnant and started again afterwards. I'm 22 now and would have kept smoking if it weren't for the use of electronic cigarettes. Vaping has saved not only me from harmful cigarette smoke but my children.

7/30/2013 2:35:00 PM - Bill K

I am a 52 year old male who had smoked an average of 1 pack of Camel cigarettes per day for 35 years.

Three and half years ago I decided I wanted to quit smoking cigarettes.

I also knew there are more addictions to smoking that just the nicotine in cigarettes, the emotional and physical addictions associated with smoking are just as difficult to quit.

Knowing this is what prompted me to investigate electronic cigarettes; since electronic cigarettes have the ability to mimic regular cigarettes is so many ways I knew electronic cigarettes would be the easier way for me to quit.

I started electronic cigarettes 3.5 years ago, I immediately stop smoking regular cigarettes the same weekend I tried the electronic cigarette and have not gone back to regular cigarettes since.

I started with an 11mg dose of nicotine and have been using 4mg for the past 2 years now.

My overall health is far better, I have a lot better breathing ability (lung capacity), I feel better, I have more strength and my sense of smell has improved greatly.

For any person who is serious about quitting regular cigarettes and has had a difficult time in the past quitting I highly recommend electronic cigarettes as it is the only product on the market that as the ability to mimic the same emotional, physical addictions that are associated with regular cigarettes

7/30/2013 2:35:00 PM - Sharon from Wirral UK

I was a 30-40 a day smoker with a bad cough. I was attending the COPD chest clinic as I suffered from chest infections and needed high dose antibiotics Every few months. I bought an 18mg E cig in September 2012 from @JACVAPOUR

only smoked 10 cigarettes in the first week and realised I could do without . Haven't smoked a real cigarette since . I have been back to the clinic and passed all the tests , the nurse asked if I had given up smoking and I told her I was using an E cig she said "that's not really giving up is it ?" I haven't been back . I feel great , I can walk for miles and not feel out of breath , I am just trying the 11 mg to see if I can reduce it a bit more . These have changed my life thank you JACVAPOUR

7/30/2013 2:55:00 PM - Bruce from Tampa

My name is Bruce and I reside in Tampa, FL.

The following details are true and should be treated as such.

I smoked cigarettes for 16 years.

I started when I was 17 years old.

In my early twenties I tried to quit using Wellbutrin with no success.

This was recommended to me by my doctor and by my doctor from a Pharmaceutical rep.

I experienced the side effects from the medications.

I tried to go cold turkey with the meds but it didn't work.

I know of atleast 5 others that tried the wellbutrin with me and had no success with quitting.

I kept smoking cigarettes.

After the meds, I asked my doctor to recommend the nicotine patches.

I got very sick from them.

It did not cure my dependence on nicotine and the 4000 other chemicals in cigarettes.

After the patches, I tried the nicorette gum and had absolute zero success.

I kept smoking cigarettes.

I never wanted to try the Chantix because at this point I am convinced that the pharmaceutical companies just want you dependent on their drugs which are highly addictive and have horrible side effects.

I again, kept smoking cigarettes.

Fast forward to January 2013.

An employee of mine came to work with an electronic nicotine delivery system other wise known as an e cigarette.

He said he had been using it in place of cigarettes with out any withdrawal.

Told me where I can find it and how to use it.

I started my research.

These devices are not the cigarette looking devices, they are the pen style devices and "mods" that you can purchase online.

After about a weeks worth of research totalling 5-6 hours of reading each night, I decided to invest in such a device.

I quit smoking cigarettes and went fully on the device at a 12mg strength of nicotine.

Today is July 30, 2013 and I have not had a craving for a cigarette nor have I had withdrawal symptoms at all.

I have been smoke free for over 6 months now and feel wonderful.

My doctor said my lung capacity has increased significantly and I no longer snore at night.

My lungs are clear of the phlegm that smoking caused.

Since I have quit smoking cigarettes and switched fully to "vaping", my sense of smell and taste have come back immensely.

Vaping is wonderful.

I have no issues sleeping like I had when I was smoking.

It is a clean alternative and in my honest opinion is 10,000 times safer than smoking.

Electronic cigarettes are not the bad guy here, it is the Pharmaceutical companies and Big Tobacco.

They are the ones causing dependence on products that are unsafe and not healthy.

Thanks for allowing me to help with CASAA.

Bruce from Tampa

7/30/2013 3:07:00 PM - K. Frisbee from Central California

I started smoking as a teenager in the '70's and continued smoking for the next 35+ years.

I tried to quit many times during those years. I tried quitting

cold turkey and the patch, neither working for more than a day or so.

I honestly didn't believe that I would ever be able to stop my 1 1/2 - 2 pack per day habit.

I had been hearing about electronic cigarettes being an alternative to smoking tobacco and on December 24, 2012 I picked up a disposable e-cig at a local tobacco shop.

After using it for 1 day and not feeling the need for a real cigarette I started doing research on better, cheaper alternatives.

I tried BLU and SmokingVapor cigalikes but they just didn't satisfy me, I still "needed" a cigarette in the morning but I didn't need one for the rest of the day so I knew I had found a way to eventually quit completely.

After a couple of weeks I picked up an eGo kit and some e-juice.

Within 2 weeks I was only using the eGo with no need to have a tobacco cigarette at all.

That was over 6 months ago.

Once I started using the eGo kit I learned that mixing my own juice was the most cost effective.

I started with 36 mg nicotine juice and have since reduced the nicotine content to 18 mg.

I am in no hurry to reduce it to less than that but plan to eventually be at 0 mg and possibly stop vaping all together.

I currently use an eGo twist with a 3.5 ml Vivi Nova Tank.

I mix my own juice flavors with 18 mg nicotine.

My cost is less than $40 per month including replacing hardware when it stops working.

When I smoked cigarettes I was spending over $300 per month.

My health has improved, I can walk up a flight of stairs without breathing hard.

I can smell thing I hadn't smelled in many years and I can actually taste my coffee in the morning.

I know that electronic cigarette products have increased my life expectancy by a few years and I can now look forward to meeting my grandchildren!

Ken Frisbee California

7/30/2013 3:28:00 PM - Lawrence H

I am writing to you in your capacity as a representative of the FDA, and as a compassionate human beings, as a former tobacco smoker who has quit smoking through the use of e-cigarettes.

Back in May 2011, I was in a desperate place. My wheezing was bad, I had a dry cough all day, my sleep was horrible and I had little energy left for those mundane daily chores around the house. To make it even more unpleasant, my kids were constantly complaining about the ashtrays, the smell and my long weekend drives to the native reserve for cheap cigarettes. For the previous five years to May 2011 I had tried to quit at least eight times. The patches, the gums, the inhalers, acupuncture, cold turkey and the worst experience ever

7/30/2013 3:35:00 PM - Bj

I started using an electric cigarette 03/26/2013 and after 3 days and one and a half cigarette i was smoke free after 8 years og smoking between 20-40 a day, i started with a normal ego type cigarette with a 2.4 ohm ce4 clearomizer, the 21/05 i got my hands on a vamo and a kanger protank and made vaping into my hobby, i started with 24mg nicotine in my e liquids and im now slowly working my way down to 0mg and im at this point down to 12mg I have felt a positive change in my health, my astma is not as bad as it used to be and my sense of taste and smell has gotten better the normal side effects pf quitting the cigarettes was nowhere to be seen there was no mood swings or weight gain at all, only alot of lost time on the new hobby of mine

7/30/2013 3:51:00 PM - Walker D, Little Rock, AR

Like many smokers, I have smoked daily since I was a teenager. I have ADHD combined with a low level spectrum disorder (tics and twitches) which was very difficult in school. For me smoking was as much about keeping my hands occupied to keep the other obvious tics from taking control. Instead of being embarrassed about myself I could participate with a group.

This obviously brought on many adverse health conditions with it, along with the addiction.

When I was in my late 20's it became obvious that I was an alcoholic. I struggled with addiction and recovery, and to make a long story short, almost lost my wife, my children, and my life to addiction. After years of struggling I am now sober, and life is great. Not without it's struggles, but still great. One of the most difficult things about getting sober is smoking. There are a lot of opinions on whether to quit or not, but the two main schools of thought are; Quit everything cold turkey and be free of chemicals, or keep smoking because trying to stop drinking/using is hard enough without adding nicotine to the equation. I don't feel I could have done it without the small indulgence of nicotine, but on the flip side of that it brought a lot of memories back and felt like old habits coming back to haunt me. Then I found e-cigs. I personally feel like they aided my recovery tenfold, and recommend them to anyone who is in a similar circumstance.

I have completely stopped smoking cigarettes and drinking, I can set a good example for my kids by not stinking like smoke all the time, and I don't feel self conscious about my anxiety and twitches. I am in much better shape, physically and mentally. I may not be a vapor for the rest of my life, but they have definitely helped me and my family get to a better place in our life.

It's not as black and white as whether there's nicotine in something is what I'm trying to say.

7/30/2013 3:55:00 PM - Elaine (Greensburg, PA)

I have been a smoker for 45 years.

My husband was also a smoker for 50 years.

A couple of years ago my husband was diagnosed with emphysema.

Smoking caused this.

I continued to smoke and knew it was damaging my lungs.

I was having a terrible time breathing.

Not only was smoking bad for me but it was bad for me to smoke around my husband.

I had tried stopping and would quit for about 4 weeks and start up again.

My son lives with us and smokes also.

He still smokes.

That is a real trigger for me.

I just could not stand to have the cigarettes in the house without wanting one.

I didn't even have to go out and buy them myself, my son would pick up a pack for me. I got to the point that when I walk down the stairs to take the dogs out I almost had to crawl back up the steps because I could not breath.

I know all the symptoms of COPD emphysema and I had all of them.

I knew if I did not stop smoking immediately I would be on oxygen 24/7 and not be able to do one thing without it.

Smoking was definitely killing me.

I had seen electronic cigarettes but thought they were expensive.

One day my husband and son bought me a disposable one at the local gas station.

I was surprised that it seemed so much like a real cigarette.

On July 11, 2013, after my husband went to his regular pulmonary (lung) doctor visit, I made up my mind right then and there to stop smoking.

I used electronic cigarettes.

I bought a starter kit and buy what I need so I don't smoke and have not smoked since that date.

I cannot believe how much easier the e-cigarette made it for me.

I think I now prefer the e-cigarette to the regular ones.

I do not think I would have been successful without it especially since my son still smokes.

I hope one day soon he will switch and stop smoking also.

For the first time in my 45 year marriage my husband and I are smoke free.

All I know is the damage smoking will do to your health and it is not pretty.

It is never too late to quit.

7/30/2013 3:57:00 PM - ECF: Youssefa

Smoked for many years, from JR High 1991 until 2008.

I started with a dse 901/801.

These were very unsatisfying.

As a result I went through many many units ...wearing them out. I started at 36mg/ml eliquid strength and am now at 12mg. I use many different devices and am very happy with how I feel and what I am doing.

7/30/2013 4:12:00 PM - Tiffanie

I started smoking at around 14 years old.

Everyone was doing it, and it was cool, so I started also.

I have smoked off and on for over 25 years, been great at quitting (usually for 2-6 months at a time) but took a vapor cigarette to finally stop smoking.

I hadn't used nicotine substitutes, I either cut back on cigarettes (which was hard) or I quit cold turkey.

Cold turkey was usually easier because it happened after an extended illness and when I got better I had already gone without for so long and just didn't buy cigarettes, but it didn't lasted.

My husband was still smoking and I couldn't stay off cigarettes with him still smoking.

My husband and I were down to two cigarettes when we entered a vapor store in February 2013, the two cigarettes are still in my car (it's August now).

They are a reminder of where I was. I purchased the basic kit that came with a battery, tank, charger and e-juice and I vape at 12 mg of nicotine.

I thought I would eventually go down in nicotine strength, but what ended up happening is I stopped picking up my vaporizer, I just stopped using it.

I realized in about June I wasn't picking it up as often, sometimes for a whole day.

But, I do find I want a cigarette when stressed, so I use my Vaporizer at 2-3 pulls and I'm all better. I can breath better.

I taste food better. My sense of smell is better and I don't stink, no more covering up the cigarette smell.

I will be opening a shop this year in Oklahoma to help others, this works!!!!

7/30/2013 4:20:00 PM - Daniel Ward

I have been a smoker for more than half my life and since I am 25 lets just leave it as that of not releases my age when I first used tobacco. When I first saw and tried an Electronic Cigarettes in the mall back in 2007-2008 i fell in love with the device, but the upsetting thing at the time was that I only saw 'Smoke Everywhere' brand with the RN4081. If you know that brand and at that time those little things were being sold for around 200 USD, to which my nicotine still had to be derived by tobacco cigarettes. 2/10/2013 is the day I made a complete switch over to vapor and I have not looked back. Tobacco cigarettes would usually give me a queezy (i have to throw up) feeling, that made me get dizzy and my hands were clammy. With ejuice i can control all the bad shit that I don't want in my nicotine, able to choose what flavor and strength i would want everything that I encounter with my nicotine usage. I am saving a ton of money as well as not hacking up brown stuff anymore. I can't ask for a better habit to nicotine. Amazing invention by HERBERT A. GILBERT

7/30/2013 4:50:00 PM - Nina Laughery

7/30/2013 5:02:00 PM - Lacey James

I got hooked on cigarettes in 1976, just before I turned 12 years old. I quit sucking my thumb when I was 10. I spent a summer with some older cousins and that was all it took. Back then, smoking was cool. If it had been even 5 years later, I never would have started as I was always conscientious about safety and health issues. For example, I wore seat belts long before it was the law. I used sunscreen when tanning was in style.

At age 16 when I met my future husband, I tried quitting. I threw my cigarettes out the car window. I bought another pack 2 hours later. Over the years I tried gum that made smoking taste awful. I tried gadgets that punched extra holes into the filter. I tried putting filters onto the end of my cigarettes. I tried herbal smoking withdrawal drops. I tried nicorette lozenges. I have tried 2 types of e-cigarettes. The first I ordered from China when they first came out. I tried again about 4 years ago. It was worse than smoking air as I was craving "real" cigarettes and it was costing me money. I actually got a prescription for Chantix from my doctor. I kept the prescription until it almost expired a year later, and then filled it (insurance didn't cover the expense and it is expensive...). That was a year ago, and it is still in the cupboard. I'm too afraid to take it. What if I'm one of the people that become homicidal or suicidal?

When it came to smoking, the best I could do was keep my smoking down to a pack a day and to smoke lighter and lighter cigarettes. I have smoked Carlton 100 for years and paid for the privilege as they cost more than other brands. Now of course, we know that tobacco companies just kept upping the nicotine levels in all their cigarettes. I still kept smoking them and just prayed that they weren't as bad for you as other types. I knew in my heart that I would never be able to quit and that my future with lung cancer, emphysema, and copd was just around the corner.

The longest that I had ever gone without a cigarette was 12 hours. This only occurred because I was trapped on a plane that was sitting on the tarmac at the gate with mechanical difficulties. They wouldn't let anybody off. Believe me, I thought about faking a medical complaint just to get off the plane!

Last week, my husband convinced me to try an electronic cigarette that many of his co-workers were using (Kangertech T3S). He said that many had quit smoking real cigarettes completely. I truly

didn't expect it to work. I plopped down $135 for two batteries, a charger, 4 liquid chambers and 5 fifteen cc vials of nicotine juice. It has been a week and I haven't had a real cigarette. I was immediately able to let go of real cigarettes. I actually get weepy thinking about it. It wasn't that it was easy, just that it was manageable. I "vape"

2-4 cc's a day of 12 mg of nicotine. I have every intention of cutting that down in another week or two. I will never allow myself to smoke a real cigarette again. I'm still

addicted to nicotine, but now maybe I won't get cancer or copd or emphysema. I smoked real cigarettes for 37 years.

I would like to see some studies on using the e-cigarettes. Unfortunately, I guess that people like me would be the study subjects and the effects of long term use won't be known until long after it would make any difference to me. I take comfort in the fact that at least I'm inhaling fewer carcinogens.

7/30/2013 5:13:00 PM - Dale C. Toney

Hello, my name is D. C. Toney.

I live in Las Vegas, Nevada and I am a retired police detective, after a career in the U. S. Army.

Smoking was always a part of my culture.

I am 55 years old and had been a smoker since the age of 14.

I have tried to stop smoking hundreds of time.

I have tried counseling, Chantix, Nicotine patches, and losenges.

For me none of them worked.

6 months ago I was introduced to e-ciggs, from seeing others vaping I inquired.

I started out at Sin City Vapor and purchased a EGO starter kit.

I started of with 24mg of nicotine.

After a week I noticed that I was still sneaking newport cigarettes (my brand).

I went back to Sin City Vapor and spoke to one of the cunsultants.

I discovered I was still smoking cigarettes because I was not feeling satisfied with the hit from the EGO.

I then purchased at Volt Mod and double stacked the batteries, with a cartomizer.

This setteled it for me.

I now felt satisfied and no longer had a need for Newports.

The juice I was using was Smooth Menthol and tasted even better than my old Newports.

The cartomizer set up was extremely un user friendly.

It took a lot of work to get the thing working just right.

When I did get it working just right, the plesure was immense, but it took a lot of work.

A month ago I was at Vegas Vapor Emporium, to find a replacement cartomizer, because Sin City was out, as usual.

The owner advised me that his store only sells Clearomizers.

I ended up purchasing an I Taste mod with a Kanger Pro Tank.

I love this becase it is so much less work than dealing with my Volt.

I am now down to zero nicotine for 3 weeks.

After 40 plus years of smoking cigarettes I can now say that nicotine is not a part of my life any longer.

I have introduced vaping to all of my smoking friends.

What I have discovered is when they go to a vape store they usually end up with a EGO or some simular starter kit, which does not give them the real cigg sensation and end up continuing smoking.

I then suggest that they get a better mod and start off with a juice that taste like their cigarette.

After a month of so of this then I suggest they try other flavors and to continue to decrease their nicotine.

Thanks to the E Cig community I am now a happy nicotine free Vape Guy.

7/30/2013 5:19:00 PM - Leah H, Yorkshire, Uk

I'm a 34 year old female living in Yorkshire, Uk.

I have been smoking on and off since i was 14.

I have previously tried virtually every nicotine replacement product on the market - patches, lozenges, inhalators etc with limited success always ending up back smoking cigarettes again.

I have now been using e-cigs for 2 weeks and have not looked back and honestly dont think i will.

I am on a programme of gradual nicotine reduction which whilst satisfying my nicotine addiction is also addressing my need to physically smoke in a way which by any regard is significantly less harmful than smoking analogue cigarettes.

Whilst I appreciate the view that regulation is necessary forcing these products down a pharmaceutical approval route is uneccessary and will only serve to drive a useful food grade product out of a market or perhaps worse be controlled exclusively by the conglomorate corporate pharma or tobacco industry.

In the end the outcome will simply be to re-introduce millions of real people who have voices, votes and intelligence back to a harmful substance by lack of a workable alternative.

7/30/2013 5:46:00 PM - Ryan McLaren (VictorViper) from Vancouver, BC

My name is Ryan McLaren, a pack-a-day smoker for 15 years and confidently reporting a NON-SMOKER since June 7, 2013 and counting.

I have been seriously trying to quit tobacco use since I was 25 - nearly ten years now, and I would like to start by outlining my failures:

- Cold Turkey: Dozens of attempts, none successful. - Nicotine Gum: A disgusting option and one that provided such unpleasant physical effects that I went running back to tobacco cigarettes. - Zyban: Complete success for approximately one month, when severe (and to this date, PERMANENT) detrimental effects to my mental health began. - Nicotine patch: Proved reasonably successful for approximately two months, when rashes and lesions started to develop all over my body where the patches had been placed.

I hope this goes some way to illustrating my commitment to eliminating tobacco use, despite my failures.

Now, I need to be clear: I LOVED smoking. As much as I resented it and recognized its negative effects on my health and the inevitability of debilitating or fatal disease long-term, the comfort of smoking was so powerful I was willing to look past that. I am, for better or worse, a cynical, loosely nihilistic atheist. Loosely translated: We're all gonna die and this is our only chance at life, so I'm going to enjoy it however I see fit. I live my life using an intensely personal, but vehemently defended moral credo based on respect, tolerance and treating people with kindness and understanding. Your choices are your own and are your RIGHT as a free person. As are mine.

But of course, I have people I care about. A woman I love. A life I want to enjoy for as long as I possibly can. Smoking made me stink, raped my finances, impeded my ability to be active (compounding the health issue) and that list goes on and on.

On June 7th of this year, I bought my first electronic cigarette, using 24mg nicotine "juice". I HAVE NEITHER TOUCHED, NOR HAD THE URGE TO SMOKE TOBACCO SINCE. While my quitting journey has only just begun on a long road to recovery from this habit, I have - for the first time, all the confidence in the world that this is "the path" for me. Already I have cut my nicotine levels to a 12mg count and plan to drop to 6mg in short order. I am in no rush, I have no schedule to adhere to, this is simply what vaping has allowed for in under 8 short weeks.

The difference is clear: E-cigarettes and vaping allow the pleasures and creature comforts of smoking, without the smoking. Even more than that, it has allowed me to witness the effects of not smoking almost immediately; within two weeks of using my personal vaporizer, my lungs started to clear out (gross) and allow freer breathing, my

chronic stomach issues (IBS) have all but disappeared completely, and I am more "present" around friends, since I no longer ditch conversations and activities regularly to go have a butt.

Vaping works because it is enjoyable. I have all the creature comforts of smoking cigarettes:

- I get the oral and manual fixation so integral to the "smoking" experience and which is, in my opinion, 90% of the habit. - I get the calming benefits of a slow, deliberate draw, a deep inhale and a satisfying exhale. - It has proven an effective delivery method for nicotine - so much so, that I have drastically cut my usage (down to the rough equivalent of only 3-5 smokes per day), taken as needed.

Added benefits, some unforseen:

- It tastes great. The sky is the limit for flavours and aromas! - It provides a ritual (I now build my own coils, something I liken to rolling your own smokes or packing a pipe). - Being a part of a burgeoning new industry that EXCITES and INSPIRES smokers who want to quit, fostering communuity, the sharing of successes and failures, a global support group united by our passion for the one product that has allowed us to truly kick the cancer sticks. - It's a conversation starter, especially from other smokers. Let me be clear about this: SMOKERS WANT THIS. I have converted three coworkers already whose stories are similar to mine, all of whom have been successful thus far.

I think this should suffice for my personal contribution to this cause. Vaping works, period. I don't think any rational person is against studying the short- and long-term effects of vaping as a smoking alternative, but logic permits that this is inevitably far less detrimental to my health compared to smoking cigarettes.

Tobacco is not regulated as a drug, and the studies there are long and well understood. Tobacco is afflicting and ultimately killing millions of people. To regulate e-cigarettes/nicotine juice as a drug is either a thinly-veiled nod to the deep coffers of big tobacco, the result of knee-jerk reactions by hard-line abstinence zealots, or both.

Let me be perfectly clear: My interests are my own. I will continue to vape, legal or no. No single person or massive corporation or so-called public health official is going to stop me from doing this, the one thing that has allowed me to eliminate tobacco from my life. The idea that our right to vape is under threat while big tobacco continues along unhindered is enough for any thinking human being to dismiss action taken by our governing bodies out of hand.

This is my action, my contribution to the cause. Please, DO study this, disseminate the findings and enhance public awareness which will ultimately improve and refine this

new alternative to smoking. But I am an EX-SMOKER now, a new VAPER. Proudly so, and holding strong.

You WILL NOT take that away from me.

7/30/2013 6:12:00 PM - James Chapman,Kerrville Tx.

I started smoking at 15,I am now 51. I had tried patches,nicotine gum and nicotine lozenges to quit. My Grandfather died of emphysema. I have been completely smoke free for 2.4 years,using an electronic cigarette. I was 49 sitting in my easy chair gasping for breath. I would have episodes where I would breathe in and go into a severe coughing fit,it felt like I was choking and could not get my breath. I said you might as well take your pistol and end it now,it will be a lot faster. I decided to give the Blu cig a chance. I used the Blu and after a week was off Cigs. After 2 months using the Blu,I was having battery problems,not able to get the cartridges and just not being dependable,I stepped up to the bigger Ego Battery and the tank-carto system. I now use a Vamo.

My health is much improved. I have not had one choking,or coughing fit. I go to the gym 4-5 days a week. At first I could not swim,from one end of the pool,to the other,without being winded. I now do 8 laps,that is 8 down and 8 back without stopping. I also do other exercises for about an hour,non stop. I feel better than I have in years. I can smell again,taste again and my libido has increased. I use 18mg nicotine juice,at a 50/50 VG-PG mix. I do not plan to give up the nicotine,as I have Crones disease and anyone who has Crones,or Colitis will tell you nicotine helps in the control,of the attacks. 2.4 years!!! No the changes did not happen over night. Yes it took some self control and unlike most Ex-smokers,I love the smell. I smell someone smoking and say oh baby,BUT I can sit in a room full of smokers and not take a drag. I do not plan to go back down that road. Some people say,you are still smoking,nope I am Vaping and I know how my body feels,how my lungs feel. I will let the doctors do their research,but I know if I had kept smoking I would be dead. The E-cig has given me a second chance.

7/30/2013 6:53:00 PM - Michelle Dail

I was a PAD smoker for over 35 years.

I quit cold

7/30/2013 7:07:00 PM - Meg in Nebraska

I smoked for 36 years.

I tried to quit using various methods over the years, with varying degrees of success.

These included cold turkey (least successful, lasting only hours);

nicotine patches, nicotine gum, Wellbutrin, counseling, hypnotism, and finally, the electronic cigarette.

The most success I had prior to using the electronic cigarette was with using nicotine gum, as I did once quit for three months using that method.

When I decided to try

electronic cigarettes, due to my son-in-law's recommendation, I at first used the very small e-cigs available at a local mall kiosk.

These immediately took the place of most of my daily cigarettes, but I did continue to smoke a few cigarettes per day for several months.

It was after I switched to the larger "E-Go" style of electronic cigarette, which I found to be more reliable, that I quit smoking completely.

That was approximately 9 months ago.

Since switching, I've also reduced the level of nicotine in the liquid that I use, until I am now using liquid with less than half of the nicotine than when I first started vaping. Since quitting smoking, I feel better, have more energy, smell better, and have far fewer health concerns.

I have less back pain, and am able to exercise more, and keep up with the grandchildren.

The relief I feel after finally being able to quit after 36 years of smoking is priceless, though I still have health worries because of all of those years of smoking.

I believe I would not have been able to have quit smoking without the electronic cigarette, and without the available choices that made it possible to select the perfect model of e-cig; and perfect flavor and nicotine level of liquid for me.

These choices made vaping actually PREFERABLE to smoking for me, and that is what made it possible to quit.

7/30/2013 7:15:00 PM - all4spl

I started smoking in 1990, I was able to quit a couple of times with chantix however I returned to smoking afterwards. Since I have started using electronic cigarette's I have had no desire or craving to return to regular cigarettes. I feel ecig's are a great way to quit, as you can customize your own plan and lower the nicotine level as you feel best, rather than being set into a phase system such as the patch or gum. Overall dollar for dollar ecig's to me are the best option to quitting smoking.

7/30/2013 7:17:00 PM - Foggy1

I smoked cigarettes for for over 40 years before trying an e-cig. My first were the type were the not very effective cigarette sized models. Then when I got my first Ego style battery, it got a lot better and I could skip my morning real smoke. Now I am using a tank system that has nearly gotten me off the 'stinkies' completely, most days 1 or 2, others none.

I was a pack a day smoker(or more) and had a bad smokers hack

Now I feel much better, and can breath deeply. I would highly recommend anyone who smokes to give these a try, they will change your life for the better.

7/30/2013 7:17:00 PM - Kim T. Graham, WA

I started smoking at age 11.

It was what all my friends were doing.

Blowing smoke rings was cool at the time and the only way to do that was to smoke. fast forward 39 years later.

I smoke two packs a day and love smoking, it's a bad habit thats not good for me or anyone around me, but it's a great social tool where you can talk with all the smokers.

I am a gramma with 2 small grandchildren who wear me out every time I am with them.

I was about to turn 50 years old and thought maybe it was time for me to quit.

I had heard about an e cigarette with juice that you could lower your nicotine by just buying a lower dose.

I had my 50th birthday party on Sat April 20th, 2013 and bought my e-cig on Sunday the 21st at 3:00 pm.

I have not had a cigarette since doing that.

E-cigarettes are amazing to me!

I have tried all ways of stopping smoking and none of them got me thru more than a few days.

I cannot explain the gratitude I have for the inventors of this.

I figured I would die a smoker.

I started out with 24 mg of nicotine and have reduced that to 6 mg.

I know I will be going to zero soon.

It has been 99 days 21 hours and 28 minutes since I've had a cigarette. (I got this cool program for my smart phone that keeps track of that) I am pretty proud of myself.

I have shared my story with lots of people who see me vaping, mostly at the casino, where I am vaping and they are smoking.

They ask me about it and I tell them there is no way I could go into a casino if it wasn't for the vapor cigarette. I would be smoking. I am truly impressed that i could go this long with out a cigarette.

To me this is just like any other NRT therapy only it actually works. Kim

7/30/2013 7:19:00 PM - Teresa

my husband and I were major smokers about 1 year ago he had a major heart attack and quit smoking immediately but I continued to smoke but the smell was bothering him badly I had to go outside to smoke then I found E-cigs and it took me 6 months to completely quit smoking regular cigarettes now I am smoke free for 9 months

7/30/2013 7:23:00 PM - Mike Mayer from Albany, NY

I was a 1-2 pack a day smoker for 12 years, besides the financial gains of using an e-cigarette, I have notice plenty of health benefits. I feel much better, I can work out without having to catch my breath all the time and my sense of taste and smell have come back. My blood pressure has stabilized and I don't cough at all anymore. I don't wake up in the morning straining to breathe. Best of all I don't get sick anywhere near as much as I used to.

Plus, my boss is happier too, I don't take smoke breaks any more.

I've been using an e-cigarette for the last two years and once I found the right combination of hardware and liquid, I could never dream of going back to smoking regular cigarettes. I tried the patch, the pill, lozenges and none of them worked for me. Vaping has kept me off cigarettes very happily for the last 2 years.

My wife has also been much happier not having to smell the nasty tobacco smell on me and all my clothes, my kids don't have to ever be around second hand smoke again. My friends have noticed me being more active and happier too, as well as looking better.

I don't see why there would be any kind of imposing bans on vaping, if you're going to smoke cigarettes, you can buy them anywhere. If you want to use an e-cigarette, they should be handing them out!

If it's something that needs to be regulated (because of the nicotine), then regulate it, don't just ban it! There is an increasing amount of people switching to vaping every day and not filling their lungs with (as many, if any) toxins. This is helping people feel better and get off harmful chemicals. Do the research and either regulate it or tell us to use at our own risk.

7/30/2013 7:24:00 PM - Pete Carlson from Bristol,CT

I have been a smoker off and on (mostly on) for over 35 years, averaging between 1.5 to 2 packs a day. I had always said that I would have to quit smoking by the time I turn 60 (very shortly).

I have quit for varying periods of time, but never could stay away for long.

In early January of this year, I was speaking with a woman who works at my building, and she mentioned that she no longer smoked, but used e-cigarettes. That immediately struck a note with me, and I purchased an ecig starter kit (blu) that evening.

I moved on to a more substantial vaping system, and have not had a cigarette since 25 Jan 2013.

What has surprised me is that it has not even been at all difficult, in fact, I am not even remotely tempted to pick up a cigarette, despite the fact that my wife still smokes, which always made quitting previously so difficult.

In terms of health, I notice much improved breathing, and no longer cough at all.

While I recognize that vaping may have at least some deleterious effects, there is no question that it is far healthier for me than the alternative.

7/30/2013 7:33:00 PM - B Parish, Austin TX

I have smoked cigarettes since I was 18 years old and I am now 41.

For the last 16 years I smoked at least a pack a day.

Once I got into my mid-thirties my doctor put me on medication for high blood pressure and high cholesterol.

He also told me that if I quit smoking my blood pressure and cholesterol would be better.

So at this point I knew I needed to quit smoking.

I tried to quit every way imaginable.

First I tried cold turkey and failed after a day.

A year later I tried nicotine patches and nicotine gum and failed after a week.

Next my doctor put me on a Wellbutrin prescription which made me feel better and smoke less, but I was never able to fully quit.

Next was Chantix, which actually worked for 3 months, but once I stopped taking the medication I gradually went back to smoking.

I tried Chantix a second time a couple years ago and was never able to fully quit.

Then I bought a small e-cig and was able to quit for a month but it was a hassle to use the small e-cigarettes with replaceable cartridges so I eventually went back to smoking. Then I discovered the higher quality electronic cigarettes that use nicotine juice at my local vapor store.

I purchased a starter kit with 24mg nicotine juice and starting vaping as I walked out the door.

I continued to use cigarettes for about a week while gradually reducing the number of cigarettes I smoked each day until I was cigarette free.

My first day without a cigarette was September 28, 2012.

It has been 10 months of exclusive vaping for me and I feel better, smell better and even enjoy it as a hobby.

I have stepped down the nicotine in my juice as well.

I now make my own 9 mg nicotine juice mixed with food grade flavors of my choosing.

I plan to be down to 6 mg nicotine juice by my one year cessation date.

I was able to quit easily using electronic cigarettes and I look forward to my next doctors visit so he can tell me how much healthier I am.

Vaping has changed my life and probably saved it.

7/30/2013 7:47:00 PM - Bruce Nye (aka TheHierophant) from Papillion, NE

I've smoked since I was 12. Started when I found I wouldn't get sick on the second-hand smoke from my parents cigarettes. After 42 years of smoking my lungs protested violently. I've tried every form of NRT (the gum works, sort-of as a short-term (hours) substitute), but couldn't stick with them and always ended up smoking again. Knowing I had to kick the burning leaf I researched e-cigarettes and, using the advice of the fellowship at E-Cigarette Forum, made a committed purchase of equipment. It takes a (very) little while to learn to 'vape'; once some skill is acquired it becomes natural. In short order I found the burning leaf intolerable, preferring my e-cigarettes instead.

After three months, I went for a visit with my doctor.

He immediately commented on how much better I looked, and after giving me the once-over how much better my chest sounded.

While I'll always have stage I COPD due to the emphysema the chronic bronchitis flares very rarely now.

Heavy concentrations of cigarette smoke will set it off as will seasonal allergies.

However, being in our local e-cigarette shop does NOT cause a flare up!

I'm impressed as there is usually a large number of fellow 'vapers' gathered and the clouds, were they cigarette smoke, would certainly cause a flare.

The equipment I purchased I still use.

I have the original 510 pen-style cig-a-like with a Vision Nano clearomizer for discrete use. My mainstay is an eGo-C variable voltage twist style batteries topped with a Vision CE4 v2.0 clearomizers and a Kamry X6 1300mAh battery topped with a Smok 3.0ml Pyrex Nova tank.

I use both commercially prepared, and self-made juices at a 70/30 Propylene Glycol/Vegetable Glycerine base with 5-10% food grade flavorings.

Nicotine content runs an average of 20mg/ml across the blends. I use approximately 1.5-2ml of liquid per day.

Flavorings vary from my own tobacco/vanilla blend, RootBeer (commercial), a local Coffee style blend, Chocolate covered Cherry (my own), and an Irish Coffee blend (my own).

It is now 11 months since my last tobacco cigarette, I've reduced the strength of nicotine from 24mg/ml to 18mg/ml and I am comfortable and much healthier.

Thanks to the free availability of an electronic vapor alternative I am tobacco free for the longest I have ever been. I don't smell awful, I don't hack constantly, I can taste and smell subtleties I've missed while smoking and I spend a fraction of what I paid for tobacco products or prescription NRT.

I recommend this as a viable alternative to others looking to free themselves of the harm smoking tobacco products produce, and I've had 3 friends successfully follow in my footsteps.

I urge anyone who knows someone who is smoking because of a nicotine addiction, to give this alternative a try.

7/30/2013 7:48:00 PM - Derek P. Jackson, MI

I had been a smoker for almost twenty years. At one point, I was a three pack a day smoker, though for the last five years or so it's been one pack a day, which is all the further I've gotten to with trying to quit through numerous means.

My wife successfully quit 4 years ago with Chantix; but it was no cake-walk for her. While she made it a few weeks on Chantix and stopped smoking, she abandoned Chantix before the full case of medication was done. The horrific intense dreams and mood changes were too much, but she has remained smoke free.

When I was younger, as a high-risk depressive patient, I really didn't care about tobacco harm. As one doctor told me, given my history of suicide attempts and patterns of hospitalization, I had a 95% chance of taking my own life by 30. The concept of tobacco hurting me seemed irrelevant. However, I turn 40 this year; which significantly changes my outlook on smoking.

I've tried gum and lozenges. The intense stomach upset and bowel disruptions were too much. I tried several brands of nicotine patches, but the glues cause intense and painful itching. I'd tried cold turkey, but I always broke down within a day and resumed smoking.

My wife, who works from home, first heard about vaping e-cigarretes from online forums of other work at home moms in 2009, a few months after she first succesfully quit. I bought a 510 setup online, and tried vaping as an alternative; and it looked like a good alternative. I was using it in place of cigarrettes, but I was still using both. However, the reports of possible contaminated products, the doomsday outlook of impending bans by the FDA, and I quickly abandoned vaping.

Flash forward 4 years, and I was still struggling to quit smoking. I was on another round of NRT, but I was fighting it badly. In a fit of frustration, I found my old 510 setup, and quit cold turkey on June 21st, switching to vaping only. It wasn't easy, but it was far easier than any other therapy I had tried. I started researching the health issues, and found that for every anecdotal scare report, there were numerous contrary studies and reports that indicated vaping was a significant form of harm reduction. I also found that devices had advanced significantly in 4 years, and I rapidly upgraded to a higher capacity battery/tank device.

I'm 39 days smoke free, using only e-cigarettes. It's my choice, and don't think my access should be restricted any more than it is for other tobacco products. While the government should protect its citizens from predatory and harmful business practices, at the same time, the government is a government by and for the people. That balance is delicate, and often the boundaries are overstepped from the imposition of someone else's values on everyone else. There is no place for the government to prevent me,

through my own informed free will, to use e-cigarettes instead of smoking the often more profitable and more taxable analog cigarette, just as the government should not force me to eat a certain diet or ban me from consuming a certain size soft-drink.

I fear that if access becomes restricted through a misguided but well-meaning regulation, I'd more likely end up returning to smoking cigarettes than just quitting vaping. Tobacco harm reduction is a viable alternative that should be encouraged, and the free market is a powerful motivator to spread this alternative.

7/30/2013 7:57:00 PM - Edie S, Richardson, TX

I smoked for 55 years.

I am a 71-year-old female.

Highest education was master's degree 30 years ago.

I own my own small business.

I tried Chantrix to stop smoking about a year ago, but slowly went a little crazy (depression, suicidal thoughts, anxiety).

I started using e-cigarettes two months ago.

There is a good store near my home with knowledgeable people, where I buy the paraphernalia.

I still smoke about one pack of cigarettes a week, but this has been tapering off daily since I started the e-cigarettes.

I have made no decision to STOP SMOKING, because when I go on a diet, I am hungrier than usual.

I am a recovered alcoholic with 16 years of sobriety.

I never decided to stop drinking, either.

All the changes using the e-cigarettes have been positive.

I do not feel deprived or resentful.

I actually prefer the e-cigarettes now.

7/30/2013 8:01:00 PM - Grant Ruth from Huntington, WV

I was a pack-a-day smoker for nearly four years. I realize in comparison to people who have been lifelong smokers, my story may not carry as much weight. However, without electronic cigarettes I would have eventually become one of those people, so in my mind, my story is just as remarkable as someone quitting after fifty years of tobacco use.

Before e-cigarettes I attempted to quit four times. Once with nicotine patches (which caused me to have horrific nightmares every night I was wearing them), and three times with nicotine gum. Each time I used the gum I was able to quit for roughly one month before picking up smoking again.

Since the night I bought my first e-cigarette I've been smoke free. December 23, 2013 will be my first full year without tobacco and I can already see a dramatic change in my breathing, sleeping, energy level, and overall health. I know this is supposed to be my story but I feel I should also include my father's as well. He was a smoker for thirty two years. He had no desire to quit smoking until I bought him an e-cigarette. Three days after getting his kit, my Dad quit smoking completely and he hasn't looked back. To whomever our stories reach, I implore you to look at ALL the research before forming an opinion about e-cigs. Don't simply make a decision based on what you've heard, don't assume that anything is true before seeing the information for yourself. Whether you're a smoker looking for a viable alternative to a deadly addiction or a public health official or lawmaker considering proposing a regulation or a ban on technology that could benefit your constituents health dramatically. There is plenty of valid scientific research to help you form an opinion, many of these studies have links on CASAA's website, and many doctors are more than happy to share their opinions on the matter. Thank you for taking the time to read my story. I hope it has been enlightening.

7/30/2013 8:02:00 PM - Red

I started smoking when I was 17. I smoked for about 9.5 years at about a pack a day. My addiction was expensive, repulsive, and un-healthy, but the worst part was that it was so difficult to stop. I tried to quit several times, in fact every year at New Year's Eve I would always have the same resolution: quit smoking. This of course only lasted a couple days and I always felt guilty when I started up again. My addiction was stronger than I was. I've tried patches, gum, and Chantix, but none of these things curbed my cravings and I didn't like the side effects of them either. This last New Year's Eve I had the same resolution as always, but there was something different about this one. I started researching electronic cigarettes and was not only intrigued but excited because I felt this just might be the answer! I ordered 2 Ego-T starter kits for my wife and myself. I received my kits on Jan. 12, 2013 and that was the last day either of us smoked a cigarette. I finally found a tool that actually worked. I honestly never even wanted a cigarette after I started vaping because E-Cigs taste better, aren't harsh like cigarettes, and I don't stink anymore. After the first week I started getting my sense of taste and smell back. I cant believe I went almost 10 years without being able to really taste or smell things to their full extent. This was another reason I don't want to smoke... smokers smell awful! And I USED to be one. Six months later I still haven't smoked a single cigarette, and I have no desire to do so. I have shared my story with several friends and family members and so far 5 people have quit and switched to E-Cigs. Thank you for your time, and I hope this helps!

7/30/2013 8:14:00 PM - Jasson Riddle(UA72Riddle) from Griffin, GA

My name is Jasson Riddle, and I am now finally an ex-smoker thanks to the electronic cigarette and advanced personal vaporizers.

I started smoking at the young age of 15, and by the age of 18 when I was finally able to provide them for myself, my occasional social smoking habit turned in to a pack a day habit that lasted for 17 years. That was up until 3 years ago when I was introduced to e-cigarettes by father, a two pack a day smoker for as long as I can remember. Unfortunately, he and his Girlfriend didnt stick with it because they didnt know there are other ways to obtain the cartridges and liquids other than the expensive starter company they signed up with, but for me it became an obsession because I was tired of many of the issues that come with smoking...the cost, smell, and most important, the loss of breath trying to play with my kids. I knew I had found something that would work for me.

I have tried smokeless tobacco, which replaced one set of problems and dangers with another....didnt work. Tried patches and lozenges...both worked for the first day but the urge to have a cigarette was too strong, and I found myself even smoking with the patch on, which is a serious risk that I found out later after talking to my doctor. After that conversation with my doctor, he suggested I try the pills, so he gave me a started pack of Chantix to see if it would work for me. I tried it, and after reading the side effects, and realizing the first day it wasnt working, I stopped taking them. There was always something missing. I actually enjoyed smoking, especially in the mornings with my coffee, and after dinner. So maybe deep down I didnt really want to stop, even though I knew I needed to.

While visiting with my father, his girlfriend gave me one of their spare cig-a-like batteries to use along with a menthol cartridge that they would never use. We were there for four hours, and I realized I never once had a craving for a real cigarette. The occasional puff or two from the e-cigarette completely satisfied my cravings. I ordered my first kit two days later, but not from the same company they used. I found mine after doing a good bit of research and finding the E-Cigarette-Forum. Finding that forum opened up all kinds of options for me, different brands, types, and mods (larger battery tubes for longer use). I wish I could say I quit smoking and started vaping the day I received my kit, but it didn't work that way. I can say that I stopped smoking that night, and it lasted for SIX MONTHS straight without a single cigarette, which was a very positive sign to me! Vaping became my main source of nicotine for the following year, but I was still smoking about a pack to two packs of cigarettes a month. Certain circumstances and occasional comments from peers made the switch hard, but I finally told myself enough that what I was doing was a good thing, and realised the jokes and comments were from lack of understanding, as most had never seen or heard of e-cigarettes. At that point, I decided to do more research and to start talking to people I

met about them when asked. Some switched, others are more set in their ways. But my switch became permanent.

December 29, 2013 will be my four year vapiversary! I have now been smoke free (and even classified as a nonsmoker by my doctor and health insurance) for two years now! I never thought I could get away from cigarettes! Some may argue that I have just switched one habit for another, and that may be so. But I am no longer inhaling unknown chemicals, tar, and any carcinogens. I have been mixing my own e-liquid for 2 years now, so I know what is in my liquid and what is going in to my lungs. And having the ability to mix my own, also gave me the ability to slowly step down my nicotine strength, but also have some stronger when times are tough to keep me from going back to smoking (really is just mental....a false security blanket from all the years of smoking). When I started vaping, I was at 36mg/ml strength e-liquid. I am now down to 12mg/ml and on my way to be completely off nicotine, if I so choose. But then again, as I stated earlier, I actually enjoy the act of smoking. So though I personally may not quit all together, in four years I cant count how many fellow vapers I have seen make it to that milestone.

Life is all about choice. And turning to vaping is one that I will NEVER regret. I can breath better, I smell better, and I am all around healthier (Water is my main drink of choice now....never knew how good it tasted with my taste buds constantly covered with the coating left behind by cigarettes). The electronic cigarette was a life changer for me, and one I am thankful to have found.

Thank you for taking the time to read this and hear my story.

Sincerely, Jasson B. Riddle (UA72Riddle forum nickname), Griffin, GA

7/30/2013 8:45:00 PM - scott baker

I smoked for 33 years I tryed

every thing to quit chantix, nicotine gum, nicotine inhalers,cold turkey nothing worked. then on january 5 2012 I tryed my first e-cigarette and I have not smoked scence. scense switching to e-cigarettes my blood pressure is lower I breath better and no longer

get winded easy and generally feel much better.

7/30/2013 8:57:00 PM - 7 mile Vapor Shop Marathon Florida

I was a pack a day smoker for over 20 years. I had tried every method possible to quit. I even tried medicine that drove me into emotional chaos I wanted to quit so much. I was enviouse of non smokers I hated my habit I could nt breathe anymore, I could nt afford medical insurance because I was a smoker..

I wanted to stop but could not last for more than a few weeks, my temper would flare up I would get depressed I could nt sleep. Gums, patches, they were just a waste of time and money. I know people who spend more on their nicorette gum habit then they did smoking. I was given one try on a Vapor system by a friend and i inherently knew this was the answer for me. I went and bought a tank a battery and e-juice. That was the last time I ever smoked. It did take some will power and it did take commitment but I am free from smoking Tar and chemicals. No I am not free from nicotine, I will keep lowering my levels though as time goes by. I will never smoke again though I know this and have found great joy in this. I can breathe and taste and exercise. I am going to retake my blood test for health Insurance. E-cigs changed my life. And let me further mention when I say E cig. I do not mean "Blue" or mass produced generic e cig products

they did not work for me although they are a step in the right direction. Vaping with e liquid is what works. I believe that e liquid produced here in the U.S. is by far the best way to go... And I am very confident in the providers and makers i purchase from. I hope in the future there will be more research done on safe flavors for inhalation and who knows what science may come up with in years to come that might improve on glycols .But let it be done in a positive manner. I do not want regulation. Cigarettes were regulated by our government. We are adults and can look after ourselves. I would like to see the end of smoking cigarettes in general

I believe that e cigs are the answer. And no a tax should not be levied on e cig sales. We are trying to find a away to quit cigarettes .We were taxed for being addicted to a substance regulated and deemed legal by our government that in effect led to sickness and death. The government and States made their blood money now step back and let us find a cure we should not be taxed any longer for trying to get healthy.

7/30/2013 9:06:00 PM - tmcase

I smoked 2 packs a day for 40 yrs. I tried to quit several times using gum and patches but they didn

7/30/2013 9:38:00 PM - David Longo, Stamford, CT

I began smoking at age 15 (1976).

Between then and November-2011, I consumed between 1 and 2 packs daily.

Through the years I tried quitting cold turkey, more times than I can count, Chantix, gum, lozenges and patches.

All, for me, were absolutely useless.

To absolutely nobody

7/30/2013 9:49:00 PM - Kipp, Indianapolis, In.. USA

I smoked cigars for almost 11 years, on thanksgiving of 2012, a friend gave me a cheep disposable e-cig. that is what sparked my intrest, the brand that he gave me was from Swister Sweets. They were getting into the e-cig market. It was a bit frustrating, because I could not find any of the refill cartridges for them. The only thing I could find, was new starter kits, of a differant brand, but they didn't have any of the cartridges for those either.

Finally in march of 2013 I started to look online for what I could find out about them, and read about the ego starter kits that you could refill the cartridges your self. I liked the idea of that, and then I searched for a local store, I could get these at, and that is when I found Indy vaper shop, and that is where my journey really started.

So I bought my first kit on april 6th 2013, just originaly to just cut down on my cigar smoking, I was smoking a lot of cigars, I was spending about $200.00 a month on them. After I had the kit for 2 weeks I realized that I liked the flavors more then I liked the cigars, I had my last cigar on April 19 2013, today is July 30th of 2013, and I really don't think I will smoke cagars again. I think the only thing, that would make me go back to them, would be if they banned the e-cigs in my area, I hope they don't because, I feel a lot better than I used to feel.

7/30/2013 9:56:00 PM - Shane Goldsby

To whom it may concern,

My name is Shane Goldsby and I am a former smoker. I smoked heavily for 18 years. I started smoking at the age of 15. Both my parents smoked, many of my friends smoked and I had easy access to cigarettes and cigarette butts that I could re-light. For a time when I started I would smoke for a day or two and then stop for a day or two thinking I could avoid addiction. Eventually my stop times grew shorter and shorter and I was a full blown smoker. Turning 18 was awesome for me because it meant I could buy smokes for myself and not have to "shoulder tap" years went by and I didn't really care that I smoked, I enjoyed it and it hadn't impacted me either financially or medically. in my 20's it became apparent that I smoked too much when I realized that the price was going up in both regards. A pack of smokes ran me about 4 bucks and as a pack and a half a day smoker of Camel 99's my physical endurance suffered. I was 25 the first time I tried to quit. I used patches and it worked for a day or two. Then during an argument with my spouse which was likely due to the stress of quitting I went and bought a pack and from there I was pretty much a smoker again. after a couple years I decided to try again and this time got hypnotized. This actually worked for me for about a week. Then life's little stresses set in and I missed smoking, so I went back to it. Every time I started again I'd smoke heavily for days, sometimes 2 full packs a day as though I was trying to make up for lost time. At age 28 I decided there was no way to get away from it and just accepted that I was a smoker and it was just one of my expenses. At age 32 I developed what would turn out to be chronic diverticulitis, a disease of the bowels, my doctors attributed it to smoking, drinking and poor diet. I was offered chantix and decided to try it. it did work for me, chantix made me moody and depressed but I had quit smoking. that lasted for about a week after I stopped. All told I'd been smoke free for 1 month and one week. I started smoking again and a diverticulitis infection returned. Ultimately I would visit the hospital, as a smoker, 3 times with this affliction before I had surgery to remove the portion of my colon that was problematic.

I was told by my doctors that quitting smoking would significantly decrease my recovery time and I was anxious to be out of the hospital and back to work, after an 11 day hospital stay and a month of recovery I was back at work and smoke free all that time. after returning to work I remained smoke free for another 2 weeks or so. Almost 2 months this time and I started again. I again decided that quitting just wasn't for me and I was just a smoker. At this point my smoking habit cost me about $175/month. I found a new girlfriend who was a non smoker after a year of quitting and she didn't mind that I smoked. She would occasionally take puffs of mine and soon after she was a smoker again too. This girlfriend went on to become my second wife and we were both smokers with a whopping $350/month budgeted to smoking. Something in you just feels defeated when you do a budget and have to allocate the equivalent of a car payment to a filthy habit that robs you of your health and makes you smell bad. You keep doing it

though, because it's your thing and it feels comfortable. It was her idea to quit again when it came around and we both tried multiple times, different ways to quite. cold turkey; 3 days and failure. lozenges; 5 days and failure. cold turkey again; 6 days and failure. Patches; a $40 box, 3 days and failure again. Finally my wife bitterly accepted that I would continue to smoke while she quit. This of course did not work out and she just ended up blaming me for her being a smoker. The day came where a guy we hired at work used a Personal Vaporizer or PV for short. He let me try it and I thought "this could work" I ended up getting a simple mod. A vision ego spinner to be exact and a vivi nova clearomizer. I ordered some juice from a reputable site at 24mg nicotine and began using my PV. I also got my wife a pv and personalized it to her tastes. I bought one last pack of smokes. That pack ended up lasting me 1 full week and I haven't bought a pack since. that was January 9th 2013. Today is July 30, 2013. Since that day I have smoked only two cigarettes. the last of the two I took drags from and disposed of. It tasted nasty to me in comparison to my ejuice. My wife stepped down her nicotine to 3mg and finally quit completely with very few side effects when she got pregnant. I still vape regularly and it doesn't bother her. I have become an avid vaper. I have several clearomizer tanks,

carto tanks and an RBA. I find the process of vaping enjoyable and treat it like a hobby. I very much enjoy the DIY aspects of the various PV's and own several. including one very high end battery mod. About a week or two after I started vaping, my lungs purged tar and various other smoking remnants in the form of productive coughs. About a month after I started vaping I noticed I could run jog up a flight of stairs without being winded. That night I went home and ran as fast as I could on the treadmill for 32 minutes and 14 seconds before my legs wore out. While I was breathing heavily it was not the same as when I was winded from 3 minutes of exertion, like when I was a smoker. My sense of smell and taste returned, I was able to smell tobacco smoke residue on the cloths in my closet and on items in my house. I found the smell of cigarettes to be very strong and could smell them even if someone in the car in front of me was smoking. My mother who was a heavy smoker for 40 years, including while pregnant with me, has since put down the smokes and picked up a vaporizer. To date she has not smoked for 2 months, the longest she has ever quit before was 1 week. Not only am I convinced that vaping can take the place of smoking for anyone willing to give it a shot but through my own experience I am convinced it is a much healthier alternative and a rather enjoyable one. I have no intention of every putting down my PV. I have personally given 3 other people all the info to get started and quit smoking. I will advocate vaping for as long as I can to as many people as I can. I am healthier and happier because of it.

Sincerely, Shane Goldsby

7/30/2013 10:23:00 PM - J.J. McCampbell

Hello.

My name is J.J. McCampbell, and I was a smoker of cigarettes for 35 years.

I started smoking full time at age 15.

For about 20 years, I smoked filtered cigarettes, then I tried quitting.

I failed with patches, pills, and the nicotine gum.

I started hand rolling my own cigarettes to lower the cost and to discourage my habit, and I got down to about ten cigarettes a day, but I started buying non-filtered cigarettes when I got too lazy to roll them anymore.

I had not enjoyed my smoking for many years, but I just couldn't stop.

Then I saw a friend with an electronic cigarette. I had tried some of the ecigs that look like a real cigarette, but none of them delivered a strong enough, satisfying enough "throat hit", which is the actual feeling of the "smoke" or vapor going down your throat.

But this friend had a fancy one that looked like an expensive pen.

He allowed me to taste his, and I knew from that very moment that this was the answer.

I went online and and bought one from an American company, based near my own hometown.

I have not had a single cigarette since the arrival of my first Electronic Cigarette. I started using it, and I had no desire to smoke an actual tobacco cigarette.

I started out with an Ego C, and since have graduated to Variable voltage devices.

At first, I needed tobacco flavored juice to kind of satisfy my craving for the cigarette taste.

I started using fruit flavored juices, and now I use about 3 different flavors on a regular basis.

Mochaccino, Watermelon Hookah, and Fruity Cool Pop are my current three faves.

I like the fact that I have made a disconnect between the taste of tobacco and pleasure.

There are so many better tasting things than tobacco.

Anyway, I have written enough I think.

Please don't take Electronic cigarettes of any type away!

Within three days, my nose cleared up.

I had suffered with post nasal drip for over twenty years.

Within two weeks, I coughed up my first "Hockey Puck", which was about 1/3 of a cup of dark grey mucus with large solid black chunks in it, about the size of a hockey puck. I had another one come up two months later.

Actually, I should say that was the one that eliminated my COPD, because my Doctor is amazed at the improvement in my overall health.

My COPD is pretty much gone.

I still cough up a chunk every now and then, but less and less.

My energy levels are great.

My blood pressure is down.

All of the benefits of being a non-smoker, while I

never had to quit my nicotine.

The invention of the electronic cigarette allowed me to stop doing something that I never thought I would be able to stop; which is smoking.

The main ingredients in electronic cigarette liquid are all FDA approved for uses in the pharmaceutical industry and food industry, and have been widely tested and documented by the FDA.

1. Water 2. vegetable glycerine 3. Propylene Glycol (used as a carrier fluid in asthma inhalers) 4. Food Flavoring 5. Nicotine dilute

Cigarettes contain many more toxic substances, and the act of smoking deposits "tar", or smoke resin inside the lungs.

Electronic cigarettes deposit no smoke resins, as no actual smoke is created, because no combustion is taking place.

It is a steam produced from heating the fluid with an atomizer.

The vapor that is exhaled by the user is almost odorless, and dissipates quickly, and doesn't accumulate in a room, even with multiple people using electronic cigarettes.

The impact that this device has had on the life of myself and my family has been 100% positive.

I am terrified that the cigarette companies are going to push lawmakers into banning electronic cigarettes to keep people buying their product.

These devices have gotten more people to stop smoking than any other method I have seen.

7/30/2013 10:32:00 PM - Daniel Erstad, Melbu, Norway

I smoked rolling tobacco and cigarettes between 13 and 14 years, and i've tried to quit unsuccesfully about a dozen times.

Never had a chance quitting before a friend of mine tried e-cigarettes and quitted using them, so i thought about a month ago that i would also try this method.

Now i've been smoke-free for almost a month without any urges for tobacco at all, my wife still smokes tobacco but i don't even enjoy the smell of it anymore.

The benefits i've noticed by now is: smell and tasting things a lot better, lighter breath and slower pulse.

7/30/2013 10:37:00 PM - michael ward

I am a 36 year old male who started smoking when i was 16. Ive tried to quit a couple of times in those 20 years. The first time, i tried nicotine patches, but still ended up smoking even with the patch still on. The second time i tried to quit using Chantix and that was horrible! I know it works well for some people, but i couldnt handle the way it made me feel. Not to mention the fact that it didnt really help with my cravings. After these attempts, i just kind of gave up on the idea of trying to quit. Then a few years ago my girlfriend was diagnosed with cancer(not lung) and soon after decided she should quit smoking. She ended up seeing a local vendor who carried electronic cigarettes and decided to buy a kit from them. She loved it pretty much right away and has been vaping for almost two years now. After seeing the success that she had with it, i finally decided i needed to try it. I did alot of research and finally bought a starter kit from an online vendor. I have been vaping for about 3 months now and havent had a cigarette the entire time. I started out using the 18 mg nicotine juice and now i am down to 12 mg. I plan on continuing to slowly drop the nicotine level down until i am vaping 0 mg juice. I have been extremely happy with my choice to switch to e-cigs. I honestly wish i would have tried this along time ago. I have been recommending e-cigs to everyone i know that smokes and i will continue to do so.

7/30/2013 10:40:00 PM - Tina

I have been using my Apollo Extreme Starter kit since June 10, 2013. I smoked regular cigarettes for 20 years, a pack a day. I have not smoked a regular cigarette since I opened my Apollo package and I have been using the 18mg nicotine strength of liquid!! (That is 50 days now!) In the past I used Chantix and the Nicotine gum....they worked for a little bit, but I always went back to smoking cigarettes in a couple weeks. Since using my Apollo Extreme Kit I have been able to breath better, I can smell better and I have a better sense of taste too.

7/30/2013 10:52:00 PM - M. C. Bender

I smoked Marlboro reds (2 packs a day) for 3 years. I switched to e-cigarettes and haven't had one in the last 4 months. No desire to have one at all. I'm in the marine corps, so physical activity is huge. After the switch I have no shortness of breath while running. I breath easy and don't cough anymore. Overall feel 1000000 times better.

7/30/2013 10:58:00 PM - Francisco Mazzoni(puchouy) Montevideo, Uruguay

I was a 1 and a half pack a day smoker for 16 years. Landed on the ECF forum on may, 2013 after searching online for an alternative to help me quit tobacco cigarettes.

After much reading i made a few orders and received my package promptly, at first i was using both things(my personal vaporizer and cigarettes) but several days later i decided i could stop buying cigarettes and rely solely on my vaporizer.

I've been cigarette free for a little longer than 3 months, i haven't feel better in years. I already can run more and don't feel bad like i used to when i had to run a few meters for example. Also the smell, my house, clothes, car, slowly lost all the stench from cigarettes and non-smokers around me have started to notice. I've also cut my eliquid consumption in half since i started, i don't have the urge to vape like i had with cigarettes that i couldn't be an hour without one.

In the meanwhile I introduced other smokers to my new vaporizer, as of now 4 close friends & family members joined me and stopped smoking with me.

It would be great that more people had access to this nicotine delivery method and could try to quit or do some harm reduction with vaporizers.

7/30/2013 11:00:00 PM - Jamie Waring, Edmonton, AB, Canada

From the time I was a child, I have always had a fascination with inhaling things. Perhaps it was due to my father being a smoker, I don't know. I recall being around eight or nine years old when I first 'smoked'. In this case, we had a grapevine on the side of our house that must have died due to neglect...at any rate, we figured out we could break off pieces that were dried out and light them up and - presto, smoke them! (I can't imagine that inhaling that stuff was beneficial to my health, ha ha. At least we only did it two or three times.)

I include that in order to demonstrate the psychological/psychomotor connection between the act of smoking and the addiction to smoking. A big part of the reason why electronic cigarettes are so successful in helping smokers cut down significantly or quit tobacco use altogether lies therein.

I began smoking conventional cigarettes sometime around the age of 14, and continued to smoke 1/2 to 3/4 pack a day for about 6 years. I then quit for about 8, then began smoking again. Upon resuming smoking, I noticed quite quickly how it affected my endurance for playing soccer, biking, etc. in an obviously negative way. Also my previously strong immune system became more susceptible to illness as a result. I quit for a bit, smoked 4-5 a day for a while, quit, then resumed again. Seems I could never really give up the habit entirely.

At the beginning of summer 2013, while going through a separation and divorce, I began smoking at a higher rate - often closer to 3/4 pack. One day a woman who lives in my apartment building saw me outside smoking, and commented something to the effect of "how many times do you come down here to smoke every day" - implying that it seemed like a lot. However, she then went on to tell me that she used to smoke heavily but had used ecigarettes for a while instead, then quit using them entirely. She now is quite fit and active, from what I can tell.

Thus began my interest in ecigarettes and 'vaping'. I did a ton of research online, weighed up the pros and cons and decided that it would be worth a shot. I tried a cheap disposable kind first, just to see if the sensation at all was like conventional smoking, and was quite pleased. So I went on to order some supplies and begin the transition from smoker to vaper.

At this point, I am only about a week into this journey, and already I feel little to no desire to light up anymore. I have been having one or two cigarettes a day, and each day they taste worse and become less satisfying in comparison to my vaping. I daresay the vaping experience is much more pleasant (both for me and those around me), and much more interesting in terms of the plethora of devices, flavors, etc. available. Already my cardiovascular endurance is noticeably better, as well as my olfactory senses. I am certain I will be giving up 'analog' cigarettes entirely very, very soon.

While I realize nicotine itself is not the safest substance in the world (nor is caffeine or alcohol), and the long-term effects of inhaling propylene glycol are unknown, to me the reward far outweighs the risk. I am certain that food and drug administrations of various countries permit the use of food additives and preservatives, fertilizers, etc. that have been tested and found to cause no short-term effects, without knowing the long-term effects. (I think also of mobile phones and how the RF signals they produce in such close proximity to the brain could possibly have detrimental effects over the LONG term; no one really knows for certain.)

I believe that ecigarettes and the related juices, hardware, etc. should be regulated in the same way as consumer electronics and food products, in order to ensure as much quality and safety as possible. I also believe people as individuals have the right and freedom to make responsible choices as to activities and interests they enjoy - even those that come with some degree of risk, for example skydiving - and should not be prevented from doing so. And so I thank the FDA and any other analogous agencies worldwide who are willing to listen in for taking the time to engage the ecigarette community and hear our stories.

7/30/2013 11:08:00 PM - Lyle C

I was a smoker for 26 years with the exception of 3 years between 2008 and 2011 when I used Chantix to quit. I started smoking cigarettes and switched to a pipe and cigars about 15 years ago. I enjoyed the flavors offered in both alternatives to cigarettes, but I kept inhaling the smoke from both. My health was not good in 2008 so I quit with the help and expense of Chantix but it didn

7/30/2013 11:20:00 PM - Gary Cox

I have smoked off and on for my whole life, but never very much. From one to 10 cigarettes per day, never more than that. I was attracted to e-cigarettes as a political issue rather than for smoking-cessation. I believe strongly that harm reduction rather than prohibition or total abstinence is the best approach to many products that can be harmful unless used in moderation or with caution (cigarettes, alcohol, sex, many more). Prohibition or puritanical preaching of total abstinence makes most dangerous products more harmful rather than less so. I began writing for ECF because of these views, not because I had used the product. But once I tried the product, I discovered it was far better than smoking combustible tobacco. I tried a few tobacco cigarettes later on, for the sake of comparison, and they tasted horrible. I would never go back to smoking cigarettes. Yuck. I don't vape much, but enough to know I would never consider smoking another cigarette. Vaping has made this light smoker into a non-smoker. Permanently. And I intend to continue campaigning for harm reduction as a health strategy.

7/30/2013 11:28:00 PM - Jose Lopez

I was a one pack (20 cigarettes) a day smoker for 23 years.

I had previously tried Chantix, but had to stop immediately as they made me shaky, dizzy, nervous and agitated.

I was able to quit for 1.5 years using Nicoderm patches. I smoked about 2 years after that and tried again to quit using Nicoderm unsuccessfully after the 3 month treatment.

I finally quit for good using a Joye 510 rechargeable electronic cigarette kit and was able to completely stop smoking within 2 days. I knew I was going to be able to quit smoking the very first time I used it.

I used 24mg/ml strength nicotine for about 1 week, then went down to 18mg, 12mg and less in about 3 months.

I have not smoked cigarettes at all for 2 years now and have much more energy and stamina. My sense of smell and taste has returned. I can't stand the smell of burning tobacco now. My wallet also thanks me, as cigarettes are much more expensive than e-liquids.

I now use a mechanical electronic cigarette (Puresmoker Prodigy V3.1) with a rebuildable atomizer and 6-12mg/ml nicotine e-liquid which I mix myself and save money by doing so. I could quit the nicotine altogether, if I wanted to, but I enjoy it, the same as I enjoy the caffeine in my coffee.

7/30/2013 11:30:00 PM - Gerald Crawford

I started smoking when I was 14 years old (36 years ago). I have smoked at least 1 pack per day everyday since, until I tried my first vapor type cigarette. As soon as I started my MOD, e-cig, I stopped smoking regular cigarettes almost completely. I currently smoke less than 3 packages of cigarettes a week. My goal is to be completely smoke free by the end of August. I currently use a strong nicotine dose 2.5 to 1.8, and plan to reduce that over time.

I started using an e-cig around June 1st, 2013 after discussing it with a friend that gave up cigarettes using an e-cig. I was pleasantly surprised at my last visit to the Dr. where my BP was down from around 140/91 to 126/79. That was very encouraging and motivating to keep of the cigarettes. I have previously used many prescription methods to try to give up smoking including Chantix, Welbutrin, and patches with no success.

Additional benefits are too numerous to list here, some of them are:

Improved relationship with my wife (don't have to go outside to smoke whether at home or out). Improved breaks at work (shorter periods outdside) and more...

7/30/2013 11:36:00 PM - Dusther from NW FL

I had my first cigarette at the ripe old age of 11, although neither of my parents smoked, it was the

7/30/2013 11:53:00 PM - K.Norris

How long did you smoke? 20 years

How long ago did you start using a smoke-free alternative? 3 weeks

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Kanger Pro Tank with standard Joytech eGo-T battery (vaperite.com organic e-liquid)

Do you still smoke at all (and if so, how much have you cut down)? Yes, but I am down to less than 1/4 pack per day.

3 weeks ago I was smoking 2 pack a day or sometimes 3 packs if I had a long drive (6-8 hours).

Yesterday I smoked only 4 cigarettes and that included a 4.5 hr drive.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? N/A, currently use both.

I expect to stop smoking completely within the next 2 weeks

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? Tried Chantix but the mood swings were unbearable and I could not sleep because of the vivid dreams.

Tried cold turkey several times and failed. Tried education/counseling but that did not help.

How long were you able to go without smoking using these other methods before starting again? A day or 2 max trying to quite cold turkey. Never stopped with Chantix.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Better sleep, better breathing, more energy, return of sense of taste and smell, more money in my pocket because vaping is 1/4 the price of smoking and I no longer have to have my clothes dry cleaned to remove the smoke smell.

No negative changes

7/31/2013 12:09:00 AM - Stevenisk Quit Analogs in the Pacific Northwest

I smoked for 38 years and tried to quit many times using a patch, gum, hipmotism, cold turkey. I loved smoking but knew I needed to quit. When I saw e cigs on a TV ad I got curious and thought I'm going to find out more. I researched for a week and decided to give them a try, not intending to quit smoking but I thought maybe I could cut down how many cigarettes I smoked daily which was 30 per day. I got my kit from China and was blown away by them and I then decided that maybe in 6 months time I could quit with these new devices. My thoughts are that even though I'm still inhaling something into my lungs it's not the thousand chemicals going in my body anymore! Well 6 "weeks" went by and I smoked my last cigarette on July 7 2010. Not 6 months but 6 weeks mind you! It became a very fun hobby for me and I spend a lot of money (good for economy) on them now in the USA. I only ordered from China 3 times but my research led me to the ever growing number of vendors in the USA that sell them.

My breathing improved dramaticly in one month and my energy increased also. I don't know what the long term effect might be to my health but given its been 3 years plus now, I'm very willing to bet that there will be very little compared to smoking cigarettes. I have had no negative issues with using the electronic cigarette, none whatsoever! I love them and maybe the day will come when I can eliminate nicotine from my body but even if I don't, there is no harm from it other than it being addictive. So are pop drinkers, coffee drinkers, etc. etc.

I wasn't told or read anywhere that they could get me off of cigarettes, they just did, and I'm so thankful for them!! From an ex smoker of 38 years.

7/31/2013 12:28:00 AM - Darin Koenig, Rohnert Park CA

I smoked for about 30 years, with a couple of separate years off when I managed to stop. I convinced myself at times that I enjoyed smoking, and sometimes I truly did.. until I started using e-cigarettes. Since I started using e-cigarettes - a few months back - I tried one time to smoke a real cigarette and it was horrible. Smoking e-cigarettes has completely spoiled me. I can get some nicotine, which I think is an ok thing in moderation, but now I get truly great flavor without the health risk, stinky clothes, breath, etc. Not to mention the stigma that goes along with smoking real cigarettes these days. In short, I have absolutely, genuinely, no desire to smoke.

7/31/2013 12:52:00 AM - Rebecca Gold

I smoked cigarettes for 30 years.

I tried my bosses e cigarette she was always using at work and loved it.

I had tried many times to quit and was unsuccessful.

The patch and the gum were useless for me.

I bought my own e cigarette shortly after using my bosses and immediately cut my smoking from a half a pack a day to a pack a week. I love my e cigarette and now when I do occasionally smoke I regret it.

It doesn't taste as good as my e liquid, it smells awful and it hurts my chest. I began using the e cigarette in January.

It's July now and this summer I could race my son across the pool underwater and make it all the way without running out of air or coughing when I finished. I never cough in the morning.

My clothes and my car smell fresh. I am not sneaking out to smoke and leaving my son to entertain himself. I am in the food service industry and my sense of taste has improved as well. I have no doubt that switching to the e cigarette has improved my quality of life, and perhaps it's length as well.

7/31/2013 12:58:00 AM - Satyan Patel

Started smoking cigarettes at age 16. I had a family member force us into it, because he smoked. I got immediately addicted but always hated it. I am now 37. I chewed nicotine gum for the past 4 years and have had huge withdrawal symptoms from it. I then went back to cigarettes due to immense stress in March 2013. Knowing I wanted to quit and not due to gum all over again I chose to try out a e cigarette. Wow what a different feeling. very easy tried it once and never did real tobacco or even have an urge for it. I take a few puffs of the e cig in the morning and a few here and there and I am set. Many times I don't even do it and have a great day. It helped me quit and never look back at real tobacco. I even reduced my nicotine amount in the ejuice by a huge amount.

7/31/2013 1:05:00 AM - Dan Trueblood RN, Illinois

I was a pack a day smoker for 25 years of my life until I discovered vaping.

7/31/2013 1:16:00 AM - Greg Myers

I smoked for 20 years.

I stopped a couple times but always returned.

Nicorette and patches I found to be useless. March 2012 I had a haemorrhagic stroke and was hospitalized.

At this point I switched immediately and completely to electronic cigarettes.

I started w pen-style devices and then graduated to a ProVari and an eGo-C Twist w a Kangertech Protank.

I havent smoked tobacco since.

There is no temptation.

Vaporizers are absolutely

positively the best and only way to successfully quit smoking.

7/31/2013 1:16:00 AM - Joseph D. From Los Angeles, CA

I started smoking regularly when i was about 18 of years. at first I was a social smoker which then grew to three a day to 7 a day. I wouldn't have considered my self a heavy smoker, but I could tell that it was taking a toll. With each puff it was more of a habit and questioning myself why i was doing this.

It was through a friend of mine in college that put me in the direction of electronic cigarettes. At first i would have an occasion smoke probably 1 a day until i got used to the E-cigg. Until i was really committed i have cut down to probably 3 cigarettes a month usually whenever i drink, maybe its the tar or something.

Ever since cutting down i have noticed that I don't have a nasty taste in my mouth along with the smell of smoke. My parents were happy that i cut out the smoking out of my life but are still skeptical on the e-ciggs thinking that it is just as bad. My lungs are feeling great as they are not burning after a quick run in basketball. And i don't feel as tired anymore.

This is a great way as an alternative to smoking and would cause more damage if these were banned. It would also be unethical to deprive the people of free competition and alternatives that they see fit. Big companies are angered that these products are cutting into the profits. Regulation would be nice so we all know that there is a standard, but do not use this as a tool to block companies that have established themselves as quality companies in the E cigg world.

7/31/2013 1:24:00 AM - Kaitlyn

I started smoking when I was sixteen years old. I have been an avid smoker becoming almost impossible to be around if I wasn't able to smoke. I've tried different methods to quit including Allen Carr's Easy Way to Quit Smoking, Wellbutrin, and Nicotine Replacement Therapy. I've quit several times and never made it more than 3 weeks without a cigarette. It has always been a nightmare. It's all I think about and all I want when I stop. I've tried to think about it differently. I understand that it kills me, makes me old, makes me stink, makes me dirty, makes me lots of things that I don't want to be. I want to live a long, full life not reaking of cigarette smoke and angst when I can't have that beloved friend. I bought an electronic cigarette at the advice of a friend 3 weeks ago after yet another 3 week quitting attempt.

It is an e go c starter kit with vivi nova tanks. I've been smoking 18 mg juices. The first 2 1/2 weeks I still smoked cigarettes, but I cut my intake down considerably and without discomfort. I have been almost 4 days without cigarettes now and it's been easy. I never, ever thought that it would be easy. I've wanted a "real" cigarette a few times, but it's been a cinch to say," No, Kaitlyn. Not now. Puff on the electronic cigarette a few times and see how you feel." And I don't need them or want them after a few minutes. I know that there's a long road ahead to completely quitting, but the first few days have always been such a nightmare. I used to forewarn EVERYONE when I was making a quit attempt and be so embarrassed when I failed. I've had no problem with it this time. I wonder about the effects on health that the electronic cigarettes have, but I just keep hoping that the effects on health from electronic cigarettes are far less than traditional ones. I can't imagine how they couldn't be better. I know they still have a risk, but it has to be better than those godforsaken things that we have enslaved ourselves to for numerous years.

7/31/2013 1:51:00 AM - Ed

My name is Ed and I quit smoking a year ago. A buddy of mine introduced me to electronic cigarettes and I was hooked. I gradually stepped down from 3 packs a day to not smoking at all. I then stepped down my nicotine levels from the maximum they offered to nothing. I still vape to this day, but I do it more because it is fun than an addiction. I am so glad that I found the vaporizers. My quality of life has increased dramatically. I can run, I can bike, I can hike, I can do so much that I couldn't do when I was a smoker. Gone are the days where I would wake up in the middle of the night wheezing and coughing. I think if I didn't find this alternative I would have died to something terrible, like cancer. It is truly a blessing.

7/31/2013 1:57:00 AM - Andrea Lipson, St. Paul MN

I had Smoked For 20 Years Plus.

I Had Quit Twice Before When I Became Pregnant (Quitting Child Turkey Both Times).

I Would Never Try Any PHarmaceutical -Ever!

I Have Tried To Quit Cold Turkey Since I Restarted Smoking 16 Years Ago With No Lasting Success.

Over 2 Weeks Ago I Found Out About Good Ecig Models And OrganicallyFlavored E Liquids.

I Ordered Them And Received Them Two Weeks Ago.

I Immediately Began Using The ECig And Have Not Smoked An Analogue Cigarette Since.

I Do Not Have Any Cravings For Regular Cigarettes At All!!

I Don't Think About Them At All And I Have Already BrOke Every Former Cigarette Habit That I Had.

I Vape 12 mG Eliquid After Starting With 18 MG. I Am Planning To Move To 6 Mg Very Soon.

The Very First Day I Began To Notice Changes In My Body, My Energy Level And My Happiness.

Ecigs Have Truly Been Amazing For Me And Have Turned Quitting Into Something Effortless, Enjoyable And Fun !!

Quitting Before Was Hard, Painful And Futile.

My Outlook Is Now Is About Looking Forward To Exciting Things In Life Instead Of The Usual Trying-To-Quit Outlook Of "How Can I Possibly Stay Away From Cigarettes" Thoughts That Constantly Employed My Mind.

I Am Thoroughly Enjoying This And Never Looking Back!

I Want To Help Others Quit With Ecigs And Will Be A Part Of Fighting Any Unjust Taxation Or Legislation That Is Attempted Towards Ecigarettes And Eliquids.

Thank You.

7/31/2013 2:03:00 AM - JLink

I had been a pack-and-a-half per day smoker for almost 20 years before discovering e-cigarettes. I had read about the new technology, and being a singer and wind instrument player, was intrigued about finding an alternative to my smoking habit that was less harmful to me. I have now been using e-cigs and "mods" for almost two years, and have not had a single traditional cigarette since January of 2012. I had not really attempted to quit smoking prior to trying e-cigs, as I enjoyed the 'act' of smoking, not necessarily the smoking itself. When I was smoking I used 'light' menthol cigarettes, and

switched to menthol "cig-a-likes" in 12-18 mg of nicotine. Over the past year I have switched to variable wattage and voltage mods, and have lowered my nicotine to 6 mg or less. Since switching I have noticed fewer respiratory problems, and increased lung capacity. I do not feel that I would have ever stopped smoking if I had not switched to e-cigarettes.

7/31/2013 2:19:00 AM - Jonathan Sherrill

I smoked my first cigarette around the age of fourteen.

I didn't start smoking regularly until I was sixteen or seventeen years old.

About two years ago I started using electronic cigarettes.

I started out with one of the mass produced versions and moved on from there.

At first it was hard to use just e-cigarettes, they were unreliable, had short-lived batteries, and were a bit of a pain.

I found myself still having to carry a backup pack of traditional cigarettes.

As technology improved and modders started coming up with better designs, and online vendors were producing better and better liquids, my need for real cigarettes disappeared entirely.

I've tried to quit smoking before, and succeeded.

I quit cold turkey.

Everybody talks about a three day hump when quitting.

The third day is the worst.

What they don't say is that hump stretches out a long time after that.

A year later I still had smoking dreams(actually dreaming about smoking).

Still felt the urge anytime I saw someone else light up.

I don't know if quitting is like that for others but that's how it was for me.

You don't just quit and be done with it, you quit and you keep on quitting.

Every time you pass by one of your old smoking spots, you want to light one up.

As a matter of fact, the longer you're off cigarettes, the more you remember just how much you liked them, and all the bad memories start to fade out.

One night, I found myself in a smokey bar, there was a cigarette vending machine, and I became a smoker again that night.

A shameful story of weakness, I know, but it happens.

After over a year of smoking and a few attempts to quit, I decided I should find an alternative instead.

I'd been hearing buzz at work about electronic cigarettes.

Several people had them and managed to switch from smoking.

I couldn't find much real information until I came across the youtube channel of P. Busardo(sorry for the name drop, but credit where credit's due).

Using that wealth of information I was able to really start experimenting with e-cigarettes.

It still took me a while to find something that really worked for me.

Up until then I had been smoking Newports, aka those really strong menthols.

It's hard to find something electronic that quite matches up to that.

It took a while and some false starts, but eventually through some good quality e-cigs and a little bit of snus, I was able to drop the newports for good.

Not long after that, I stopped using snus as well and switched fully to vaping.

The coughing stopped, my lungs feel great, I can climb stairs all day.

After you've been vaping long enough, a traditional cigarette will make you sick, as well it should.

These days I use a Provari, which is basically an e-cigarette battery with a bunch of bells and whistles, with a carto tank(I'd explain what that is but it's a little off topic, look it up).

I've been experimenting with mechanical mods and higher level rebuildable atomizers.

Most people don't need stuff like this but for some of us searching for the highest quality vape is what keeps us off traditional cigarettes.

If it weren't for internet sales, I would be stuck with that stuff they sell at the gas stations and supermarkets.

That might work for some, but for me that just wouldn't cut it.

I'm not going back to smoking, but I would likely start dipping or switch to snus if that gas station hardware was the alternative.

7/31/2013 2:28:00 AM - Kim Branson, New Berlin, IL

I started smoking around 14 years old.

I am now 49 and have never successfully cut down, much less quit.

I have tried a lot of different ways:

hypnosis, acupuncture, will power and ecigs that looked like cigarettes. On a whim, I went to a new store in town called Tribble Vapors.

I bought a starter kit for $50 - couldn't hurt! I have successfully went from a pack and a half or more a day to half a pack.

Yesterday I only smoked 6 cigarettes!

I have been 'vaping' for about two months. I never set my goal to quit.

I didn't want the pressure.

I was just trying it to see if it would help me cut down.

Success!!! Today, as of 9:30 pm, I have only smoked 5 cigarettes! My goal now is to cut down to 5 cigarettes a day.

After I reach that goal consistently, I will try to quit totally. I love ecigs!

They are not harmful to anyone around me, they have no odor and the vapor does not linger in the air.

Having different flavors is wonderful.

It has even helped me with that afternoon hunger so many of us get.

A couple 'drags' on a flavored vapor and I can make it a little longer without a snack.

After doing that a few times, it's time to go home and I haven't eaten anything unhealthy!

Imagine people vaping with no-nicotine liquid.

Ecigs can even be a diet help! The government needs to help ecigs become the way of the future.

If some of us are going to be addicted to nicotine, and even junk food, I don't believe there is a healthier way.

I can only imagine how many people would try it and successfully quit if the government gave it publicity and help. PLEASE, keep ecigs lawful and convenient.

If you care about Americans' health, you will get behind the ecigs and make the nation a healthier, cleaner place.

No smoke, no butts on the ground, no stinky clothes! I thank you for reading my story.

7/31/2013 2:38:00 AM - Black Widows Vapor

I Smoked for over 20 years at 2 packs a day REDs been analog free as of 4/25/11 that was the day i went 100% vaping and never looked back.. i loved it so much that i wanted to start helping others and give there helth back to them..over 2 years now i have this little gig helping people and meeting life time friends along the way..I love my Job!!! it makes me feel good knowing iv helped someone out in this new world called Vaping..95% of people that have walked in our home have made the switch if you still have trouble making the switch maybe we can help

7/31/2013 2:49:00 AM - Your friend

Smoked 13 years, averaged 15 cigarettes per day. About $120 per month.

Began vaping on 25 March 2013: zero cigarettes since. Spent $400 so far (saved $80). Estimated future monthly cost: $30 per month.

Started with an eGo-C. Used mostly that for the first three months, though I did try other equipment. Recently switched to a bottom-coil clearomizer.

Started at 12mg/ml nicotine, and continue using that level to-date. I mix my own liquid from a 36mg/ml base and flavorings.

Tried to quit six times, but never made two full days. Methods included willpower (four times), "The Easy Way" by Allen Carr (once), and the patch (once, used the entire box of patches in a spate of separate attempts, but never lasted more than a day).

None of those methods provided a psychological break from the habit. They simply said, "ignore the habit long enough for it to go away," and in that regard they were all based on willpower (Carr's book attempts to undermine that notion, but by a strict definition it cannot be said to be different than willpower). Vaping provided the necessary psychological break: instead of doing that (smoking), do this (vape).

I've regained my sense of smell/taste. Small reduction of congestion, but I never had much of a cough or sinus problems to begin with. No other notable changes (weight constant, et cetera).

7/31/2013 2:56:00 AM - LM - NYC

I smoked for over 25 years and tried to quit many many times. I was up to about 2 pks a day.

I used the gum, the lozenges nothing worked..until my family picked up a disposable 'BlU' e cig from the store and gave it to me. I truly could not believe how close to smoking the read thing it came. Amazing * And I was just so thrilled just so so thrilled it did. I bought more and went online researching and started with V2 kit and from there , I found ECF and learned about Ego and other similiar PVS and e liquids. It has been literally a life changing experience. My cough is gone..just gone* My father died of throat cancer. IF ONLY these was available for him oh how I wish they

were. I know he would be so very happy to see I have quit smoking 'burning tobacco leaves'. I know I am and so is my family. I can't say enough about how fantastic e cigs are. There are not enough words* I have since helped family and friends and so happy I can do that for them and will continue to do that..Their loved ones are so happy that they don't smoke tradional cigarettes any more . It means so much for so many..I see a huge difference in how I breath as well. There is nothing out there that compares to help one

quit smoking. Nothing. I am so grateful my family bought me that first e-cig. So very grateful.

7/31/2013 3:11:00 AM - Brad cross mora Minnesota USA. Thewickedone on ecf

My name is Brad cross im 28 and I first tried smoking at age 13 and was a full time smoker by age 17 I was a pack a day smoker by that age and when I decided to quit I was up to 2 packs a day the reason I decided to stop I was having chest pains. So I went to the doctor to see what was going on and they did xrays and found that my lungs where very swollen from the smoke and my air passages where becoming plugged from the tar and he told me if I did not stop that in 5to10years my lungs where going to stop working and I would have to use oxygen for the rest of my life so that was it for me time to quit so I tried the patch no luck tried gum an inhailer candy's perscribed meds nothing worked so about 4months ago now I decided to buy an e cig and have never looked back iv been totally tobacco free since and I can breath again and my lungs are clearing up and as a added bonus I used to suffer from chronic acid reflux witch is totally gone now so now im no longer taking the meds for that in my opinion e cigs saved my life and id recommend them to any one and think it's totally uncalled for to take a life saving product out of the hands of the public or to try to make them hard to obtain by stupid prescription regulations

7/31/2013 3:12:00 AM - Gary McRoy

I smoked for 17 years until E-cigs.

Havent smoked one since and ive tried everything to quit in the past and this is the only thing thats ever even come close to working.

I owe in my future health.

Its the best thing to happen to me in a long long time.

Not only that I help my G-ma who has a lung condition and I wasnt able to even be around her for long periods because the scent of smoke on me bothered her so much, now I can help her like I need to be.

Great way to switch to something better than the cancer sticks.

7/31/2013 3:24:00 AM - Debra Barac (Debvapes) from Baton Rouge, LA

Hi, I smoked for 36 years. I tried to quit smoking on several occasions but always seemed to go back. I started using an electronic (vapor) cigarette in Oct of last year (2012) and have not even wanted a cigarette at all. I started using 12mg liquid and have worked my way down to using a 6mg mixed with 0mg liquid. I love not smelling like an ash tray and being able to breath better. I don't seem to get the "spring allergies" that turn to bronchitis either. The only problem I have is finding the parts for my vapor and liquid, since I started using in Panama City FL and now live in Baton Rouge, LA.

7/31/2013 3:25:00 AM - alfred

I am a stable pack a day smoker. I am 59 years old. I started smoking around 12 years old. I started vaping about 1 1/2 years ago. High strength nic, different flavors, 80% PG, 20% VG.

My smoking started dropping in the first week, and kept slowly dropping, that by the end of the year, I would occasionally have a social cigarette or cigarillo (every 2nd or 3rd week).

The transition was without effort. My sense of taste and smell is returning. I have lost my taste for tobacco. I was starting to cough and have problems with breathing. I am not coughing anymore, and I am regaining energy and breath. I liked smoking, and I did not want to quit. Now I like vaping, and I will not quit. As my sense of taste is changing, I am still hunting around for a flavor that I consider is ideal for me. I mix my own flavors, and I like rebuild-able mods. I have no problems with people around me. Vaping does not bother them - even the ones that smoking bothers. For the most part, they think that it is a good idea, and support me. They also introduce me to their friends who smoke, hoping that I will succeed in getting them to switch.

7/31/2013 3:52:00 AM - Neal Baron from Perkinsville, Vt

Hi my name is Neal Baron from Perkinsville Vermont. I had been a pack a day smoker for nearly 20 years. In that time I have tried to quit smoking several times with the patch and gum but could never quit for more than 2 days in a row. Six weeks ago I ordered a triton from halo which is an e cig mod I guess. From the time I received it which was 10 am on a Wednesday till now I have not had a single real cigarette. After a few days of owning it I bought my fianc

7/31/2013 3:56:00 AM - Emmett Matthan Nollman

I am 29 years old and have been smoking for about 15 years. Yeah I eas stupid and started smoking at 13. I began my journey to quit smoking almost 6 years ago when my son was born. His mother smoked in the house around him from an early age and while holding him. During his visits to my house he was always sick so I decided to quit and began using snuff. That worked for a time nit always left me with heartburn so when I was forbidden by her to see him I started smoking again but never in the house should I get the opportunity to have him. During the past few years I have tried several times to quit smoking using snuff and various disposable e-cigarettes without much success. Around mid March 2013 I found an article about e-cigarette mods and decided to make one myself. I finished and began using my mod in June of 2013 and have been smoke free since.

My sense of both smell and taste have gotten better as well as my lung function. I'm not as easily winded and have more energy. My breath in the mornings isn't as bad. I've since been able to my wife to quit smoking using a mod as well as my mother to cut way back. I use a 18mg/ml liquid my wife uses a 12/mg/ml and a 6mg/ml for my mother. I am truly grateful to have come upon these devices and will strongly recommend them to anyone who smokes.

7/31/2013 4:36:00 AM - Joe vapor

I can't

say

enough

how

much better

I feel

phisically,

mental.,

and

honestly

enjoy. Vapor

smoke more then I ever

liked cigarette s after

smoking

for

8 years.

I can

stay

indoors.

I have

Better

breath,

like the

look and feel of my vapor

battery and tank is

unique ismoke

vv digital

puff counter

and voltage

adjustable

up to 5v and as low as 3.2 volts.

7/31/2013 4:37:00 AM - Washington State Resident

How long did you smoke?

I smoked cigarettes for 30 years.

I did not enjoy smoking for the last 15 of those years.

How long ago did you start using a smoke-free alternative? I have been smoke free using e-cigarettes for four months. I believe that I will never smoke a cigarette again as long as an electronic alternative exists.

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

I use a mod with 2.4% e-juice.

No it has not changed over time. I hope to reduce the nicotine amount in due time.

Do you still smoke at all (and if so, how much have you cut down)?

No. I'm done with smoking barring a change in law that makes e-cigarettes illegal. This is my greatest fear- that something comes along that shows real promise for smokers and that irrational thinking/corporate lobbying/politics will ruin it.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

It took all of three days to go from smoking cigarettes using e-cigarettes exclusively. The transition went far better than I imagined since I was only halfheartedly interested in quitting smoking.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

I have tried nicotine patches, lozenges, and gum.

I have tried smokeless alternatives such as snus, chewing tobacco, and dipping.

I have tried counseling and Chantix.

Chantix seemed promising at first but I ended up with severe intestinal/bowel problems and had to stop using it.

Thirty days was the longest I was able to not smoke using any of the above mentioned products.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I feel better physically.

I no longer have smoker's cough.

I get fewer sinus infections.

I also feel better emotionally given that I feel like I am now using a less harmful alternative to smoking.

Ideally I would not use any nicotine products at all. I'm smart. I have 3 college degrees. I understand concepts such as relative risk and odds ratios.

I am an extremely productive member of my community.

I have a great family that is backing me in my effort to quit smoking.

E-cigarettes

are the best thing to come along in years.

In all sincerity, let's not mess this one up.

7/31/2013 5:40:00 AM - Dennis "FatDaddy" Cruz - West Covina, CA

I have smoked since I was 14 years old. I have tried quitting at least a dozen times but failed. The worse was when I used Nicoderm. The nicotine content of that product made me smoke 2 packs a day when I quit using it from 1/2 pack a day before I started.

April 16, 2013. My daughter turned 15. She asked me to stop smoking for her birthday so that I could live longer. I said "okay" just like how I always do. I went to my next door neighbor to bum a smoke since it was 9AM and I have not even brushed my teeth yet. He told me he quitted and showed me an eGo personal vaporizer. He said I can get it with nicotine and that it taste just like cigarette. He told me where to get it.

I went to the place and bought a pack of cigarette and a beginner's setup. It cost me $60. I told myself that it would be hard to make it work because of the cost. I smoked a cigarette from the pack and tucked it away at the trunk of my car - away from reach. I then started vaping. I still have 19 sticks of stale Marlboro Lights in my trunk.

I did nicotine for 5 days. I slowly lowered the concentration by mixing the nicotine laced bottle of liquid with the non-nicotined bottle. On the fifth day, I slept all day and only vaped after a meal. That ended my nicotine addiction. I of course gained 25 pounds in 3 months but I have stabilized that already and is slowly losing it.

A month after quitting, I started selling personal vaporizers. (I do not call them e-cigarettes. eCigarettes looks like cigarettes with nicotine. eLiquids used in PVs will only have nicotine if you choose to put it in.) eBay harrassed me and brought down my listings. I ended up opening my own online store. I now sell affordable PVs and eLiquids with no nicotine. I do offer nicotine additives that customers could add themselves.

I am a member of numerous vape boards and groups. We discuss ways to get better experience and help each other quit the nicotine habit. Vaping is fun because you get to get flavor-filled vapors. I even stopped hacking in the morning and minimized my snoring at night by vaping menthol-laced flavors to clear my air passages. It's just like the room vaporizers!

While I could understand that nicotine, being a tobacco byproduct should be regulated, I do not think that PVs should be categorized with eCigarettes and be banned. If anything, they should only allow sales of nicotine additives in establishments that is licensed to sell tobacco.

If is ironic that the pack of cigarettes that I used to smoke have gone down in pricing from $5.75 a pack to $5.25 and now $4.75. If we really want to a safe and clean America, why don't we just make nicotine illegal altogether? The tobacco industry supports making vaping illegal because of the nicotine "harm" anyways. Oh - they forgot

the benefits of nicotine and the fact that it is actually safe - a result of a study that they once paid for!!!

7/31/2013 5:47:00 AM - Pat Fox, Sultan, WA

I have been tobacco free since 15th March 2013. I

7/31/2013 5:59:00 AM - Molly C. from Missouri

I smoked cigarettes for almost 30 years and could easily smoke 2 packs a day of full flavored 100's.

I never tried to quit, I knew I never would.

I tried disposable electronic cigarettes on a whim last March.

I thought it would be a good substitute when in areas that were non smoking. Yes vaping could eventually get banned as well but no one would follow me in a bathroom stall for instance.

I never intended to quit smoking with using electronic cigarettes, it just happened.

I enjoy vaping and the hobby factor much more than I ever enjoyed smoking.

I don't even know my date of quitting traditional cigarettes. I could tell within days how much better my body and health were.

I have always been physically fit and active, but the obvious signs of the previous cigarette addiction were no longer there.

I had increased circulation, most notably in the mouth and gums, fingers and toes.

Previous bouts of headaches and sinus issues virtually disappeared.

No raspy breathing with the lungs or raspy voice.

And no being treated like pond scum by government leaders.

I have felt very fortunate to be living in the state of Missouri, which isn't so hung up on regulations and taxing people to death.

I will in the future plan my traveling accordingly with like minded states.

7/31/2013 6:08:00 AM - jterry

My name is jimmy

I've been a smoker since I was sixteen

I'm turning 37 in September 2013 I've tried everything to quit and the hotlines are the worst

I tried patches no help there I tried gum not my style I tried the lozenge just gave me heartburn

Then I started seeing blu ecigs So I bought a throw away

Then bought the kit

Found a vape shop in Mississippi got turned on to the ego 510 almost able to quit with that one Moved up to the itaste vv and after two weeks of back and forth I finally smoked my last analog Not to say it wasn't a struggle the first two weeks but now after 85 days I'm a new man I enjoy food

And on my way to cutting my nic level down also I started at a 24 nic level to achieve quitting now I'm down to 16 and hoping to cut back to 12-14 within a month or two I use the itaste SVD as of now but looking for smaller and more powerful to cut back even more

If it wasn't for the ecigs I probably would be still smoking 2+ packs a day and killing my self I have had chronic bronchitis for the past 10 years and my doctor says its amazingly clearing up If you can't quit smoking right away try ecigs you will be happier and have more life to live and best of all you don't really leave any trash behind because everything is recyclable

Wrote on 7-31-13 Jt

7/31/2013 6:16:00 AM - Derek M Ross (Ghost Vapors) Pocatello, Idaho

I started smoking at a very the young age of 11. I smoked pretty much a pack a day the whole time I smoked. I also lived a troubled life mostly do to my drug addiction. I do believe tobacco was a gate way for me. I started getting into trouble and would go to jail/prison for periods of time and every time I would tell myself I'm not gonna start smoking again when I get out, and every time I started smoking the day I got out. I had my first child on May 30th 2011. My son is my everything and I want the best for him so I figured I'd quit smoking but just was unable to do it. I am clean and sober today and I take my recovery very serious. Well my parents smoke and one day my mom came home with a vapor/e cig and told me what it was and the only reason she bought it was because my step dad was getting ready to have back surgery and was gonna be on bed rest for a while and since we don't smoke in the house she got the vapor so he could vape in the house and not have to try and get out of bed. Well I said that's cool I want one. Well it was about two weeks later Emmy mom step dad and fianc

7/31/2013 6:17:00 AM - Deter Loferski

to start off, i started smoking at age 7. i was very young and i was stupid to even start. between the age 7 and 13 i was smoking on occasion, maybe 1 cigarette every other month or so. after 13 i was having people buying me packs of malboro reds. switched between red and menthol and eventualy up to newports at 16. 18 i started smoking more heavily since i could purchase my own. one day when i went to purchase my newports, i seen an e-cig for the first time. it was labled "electric hookah", came in 6 flavors. i was like "ok...." and descided to buy one instead of my pack of cigarettes. on the walk home i opened it and it blew me away. i swore id never buy cigarettes again, but then the battery died before i even finished my walk home. pissed off that it didnt last 20 mins, i walked to a different gas station to see if they had a different brand. speedway had a "rechargeable" one so i was like "fuck yeah". bought it, vaped for 2 weeks and then realized i needed new cartriges. i couldnt find any at that time because speedway took all the "electronic cigarettes" off the shelf. so feeling disapointed i bought a pack of my regular newports. upon that first cigarette, since the two week break, my lungs felt nasty. i started to hate the taste of ciggarettes, and how they made my lungs feel. back to smoking cigarettes for 6 months, speedway brought back to stock electronic cigarettes. they stocked a new brand witch forced me to buy a new rechargeable kit, but i knew my lungs were going to thank me for shelling out 25$ instead of being a cheap ass and buying a 5$ pack of smokes. so i started using the electronic cigarette again for about 4 months, untill i came across something in the news about how anti freeze was found in some brands. it persuaded me back to analogs witch kill my lungs. after a week back on regular cigarettes, i went back to using the electronic cigarette, i figured a little anti freeze is nothing to worry about since its already in normal cigarettes plus some 4000 other chemicals. reading ingrediants before i make a purchase was starting to become a habit. since not smoking, i feel tons better physicaly, i can breathe easier with out all the tar in my lungs, witch by the way i coughed up after quiting. i keep reading stories about why and how an electronic cigarette can be unsafe. from my end, i will not opperate with error and/or mod my device, so i dont expect harm from me being stupid. the only thing that poses to me as unsafe is the liquid itself, witch i REALY REALY HOPE the FDA starts to regulate. i hope ecigs get regulated so saftey can be acheived. its ben 9 full months since i have smoked a cigarette, i hope to keep it that way. this electronic cigarette is saving my lungs, unless my electronic cigarette juice is contaminated with some sort of health risk posing chemicals. please have these electronic cigarettes regulated and DO NOT take them away.

7/31/2013 6:18:00 AM - robert innes

I started smoking very young and continued for 53 years. I was a heavy smoker going through at least 50 grams of tobacco per week. I visited my local store and saw a cigalike product on display and decided to try it - that was over six months ago and I have never smoked a cigarette since, but more importantly, I have never had any desire to do so.

What a contrast this is to the years and years and years of guilt and fear and unsuccessful quit attempts, using, first: patches; then inhalators; then patches and inhalators; then patches, inhalators and counselling, and even once,at my own expense, hypnosis.

Something that I am aware of, but few others are is why e-cigs work when other products do not - it is this... Every time I tried to stop smoking, even before I stopped, when it came to the last fag or two, the cravings started. Hang on! This is before I stopped. How could I (and I bet everyone else) be feeling cravings BEFORE stopping? The answer is panic. Cravings and panic must be related. Perhaps this is why counselling has a successful though marginal impact on smoking cessation attempts.

The single biggest change in my life is not physical, it is freedom from guilt and freedom from fear.

Society has, quite rightly, pointed out the dangers of smoking. It has put pressure on smokers to try and quit, but it never supplied the means for the majority of smokers to do so. Patches and other totally inadequate products were brought out to help, but all that happened in reality, though I hesitate to say deliberately, was the creation of a very cosy relationship between the tobacco giants and the pharmaceutical moguls. One selling a product to make the consumer ill, and the other, a product which offered to make them better, but which very rarely did. No losers except the consumer there. And all of this aided and abetted by the very people dedicated to wiping out smoking!

I suspect that the attempt to regulate e-cigs is through pressure from first, the pharmaceutical industry, who will loose a great deal of money, then the tobacco industry, who will not really loose out because they will move into the e-cig market (Aided by regulation) The governments will loose out, charities will have much less to do as will medical practitioners of all kinds.. yes, a great deal of invested interests at stake and because the general public, (media and MP's not excluded)

are ignorant about and/or are biased, they have the perfect weapon of all the prejudice and hatred

against smoking and smokers that they have created at their disposal.

Let us just hope that the 'smog' created by those who would like to see people dying from smoking for financial gain is cleared sometime soon. This would be helped most of

all if the medical profession and charities could free themselves from pharmaceuticals chains.

7/31/2013 6:29:00 AM - Ms. Tullis

I looked this subject up today and am furious! I have quit smoking 3 times n my life on the patch. Twice for a 1 n a half n once for 4 years. I started when I was 13. But I am able to quit. I chose ecigs as a method for smoking that wouldn't cause a lot of smoke build-up, save money, etc. I got use to the fruity flavors and no longer enjoy the taste of a typical tobacco flavor nor menthol. I am an addict of nicotine however and my intentions were NOT to quit but to find a way that is more beneficial. Been smoking ecigs since the last week of May. Noticed differences in oils and flavors. I do not like vg and have been using a cherry flavor lately. I smoked vg flavors to start. Maybe this is some insight. Bc not long after I dropped vg and started this nice cherry flavor I noticed my gums started to bleed started in back worked its way throughout. My teeth feel sensitive like how ones mouth fills after smoking too much dope. I am extremely dissatisfied feeling deceived by the hype and seeing so many others disillusioned. Not happy. Will b using the patch and quitting altogether. Smoking isn't even worth my time as I am no longer finding pleasure in it. Not to mention, the technical problems wit ecigs r many as well. Poisonous and a waste :c

7/31/2013 6:35:00 AM - Enrique Pfeiffer

I'm 53 years old and was an smoker for 40 years. I've tried quitting before with no success, I couldn't stay more than 24 hours without coming back to smoke.

Ever since I discovered the E cigs, did not smoke any one more cigarette. I'm actually using an Ego C device with some different clearomizers. I've started with 18 mg of nicotine per ml. but reduced to 12 right away and now going to 6 and 3. I'm not having any abstinence syndrome. I'm really happy with the change in my life from a month ago, no more smelling, can vape almost everywhere, my family does not think anymore that I stink... Overall a great change in my life.

7/31/2013 6:36:00 AM - Nightshard

I'v been smoking for the last 17 years, been smoking 1.5 packs a day. It's been an integral part of my life. I wanted to stop but deep down i didn't see myself permanently quit ever. I'v tried quitting several times and failed, i even tried nicoret gum.

At first when starting e-cig my motivation was purely financial, but as time passed i started to feel much better. I can actually breath properly for the first time in years. No more coughing when i wake up. My sense of smell is back.

Been vaping for the last 9 months and i'm really happy with it, happy to vape and happy not smoking.

At the current state of the vaping market, prohibiting sales will not stop the sales, it will just force people to spend more resources and buy lower grade products.

I've read that the FDA concluded that e-cig can not be compared directly to e-cig concerning health risks, but that's exactly what should be done because most of those people that are vaping now, will go back to smoking normal cigarettes, if not given the ability to vape anymore. You need to consider whats worst, proven critical health risks from cigarettes or unproven risks from e-cigs.

I understand it's a hard research, given the fact that most of your test subjects have already accumulated years of damage from normal cigarettes before switching to e-cig, but you had 10 years to do so.

7/31/2013 6:46:00 AM - peter onsea

I am 42 and smoked for about 27 years. The last 5 years i tried to stop. As i was properly addicted(first thing in the morning) it became clear very fast that it wouldnt work on willpower alone.I tried a couple of NRT's and the only one that worked were strong patches. I managed to stop for 2 months. The moment i reduced the dosage of the patches i relapsed. Then 6 months ago i saw something about the e-sig on television and without a plan a gave it a go.I havnt looked back since. In no way it is a struggle like with the other quiting methods. This is easy for me. I am 200 procent sure that i will never smoke again as long as i have my e-sig.

7/31/2013 7:16:00 AM - salmat0823

I am a 50 year old female who started smoking rather late, in comparison to most.

I started at the age of 19 because I was a theater major at my college and all of the theater people smoked and all of my friends outside the theater smoked.

I was already a fairly heavy drinker so the two went hand in hand quite well.

There is no question that the major contributing factor to my starting to smoke was that my peers were smoking and I really thought it made me look more mature and more intelligent.

There was always that picture in my head of the serious intellectual, sitting with a cigarette and a cup of coffee or a glass of scotch, contemplating the important issues facing the world.

Man, had a built up smoking in my head! So, I started and within three months, I was a pack-a-day smoker.

I smoked light cigarettes mostly but I also liked clove cigarettes and imports, when I could afford them.

When I drank, however, I smoked a lot more than a pack a day.

This continued on for the better part of 20 years.

When I was in my late 30s, I became extremely ill.

It was a non-smoking related illness.

However, I was in and out of the hospital a lot and was on a massive amount of medications.

I was almost completely bed-ridden.

It was not practical to smoke for an extensive list of reasons.

So, I quit.

This is not terribly hard when one is on the verge of death.

I remained a reformed smoker for the next 8 years.

I then faced a rather difficult emotional issue and started up again.

After 8 years! Even I couldn't believe my stupidity.

Within no time, I was at a pack - a- day again.

This time, however, I did not think it was cool and it did not make me feel more intelligent.

I knew almost as soon as I started that I could not let this go on another 20 years, particularly with my previous health crisis and the ongoing chronic illness associated with it.

I had literally defeated death 8 years before and now I was willingly inviting it back into my home! In years past, I had tried the Nicotine patch and Nicoret and found both of them to be completely useless.

I was truly at a loss.

Then, I went to a concert and was sitting in the ADA section, like I normally do, and I saw a woman in a wheel chair smoking.

At first I assumed it was a pipe of some kind for smoking weed, and didn't really give it a second thought.

That happens at concerts all the time.

Then, about 20 minutes later, I was looking in her direction and saw a security guy moving in her direction. I leaned over towards her and told her to be careful so security didn't see her and she explained that it was nothing to worry about because it was an electronic cigarette.

I had seen a couple of adds on television at this time, which I gave little heed to and had no other exposure to them at all.

She told me that she had been a smoker, had found ecigarettes and no longer smoked regular cigarettes.

She explained vaping to me and how it was just water vapor.

That there was nicotine in the juices but none of the

other 150 chemicals that were in cigarettes.

There was also no tar or smoke.

She was absolutely sold on it.

She then offered to let me try it.

I did and was stunned.

She hadn't warned me not to take to big of a drag off of it and I actually felt the nicotine for the first time in a long time. It was the real thing! It also was a waffle flavored juice.

The flavor was amazing!

To this day, I don't like any other flavors other than waffle or waffle-type flavors.

She told me that she hadn't had a single cigarette in two years and that she couldn't have felt better.

She gave me the name of the company I used and told me that I should think about investigating it if I was serious about quitting.

She also told me that it was never advertised as a smoking cessation alternative because the FDA wouldn't allow it but that I should not be fooled. It was the best way in the world to quit smoking!

So, I decided for New Year's that I would make the first New Year's resolution that I had made in nearly 20 year and the resolution was that I was going to order one of these ecigs and try to quit smoking.

When the package arrived, I got all of the elements out, charged the battery, learned about how it all worked and started to vape.

I received the package on a Tuesday, and by that Thursday, just two days later, I had finished my final regular cigarette and have not had one since. That was 2 1/2 year ago.

I became the town cryer for ecigarettes.

I cannot tell you how satisfying it is to know that I will never purchase nor smoke another tobacco filled product of any kind.

I have told anyone and everyone that would listen about ecigs and I will continue to do so.

i think that they are lightyears better than any other type of smoking cessation product.

I can't say enough about how many different varieties of instruments there are to use and types of nicotine juices there are.

Anyone can find something that they will like and that will allow them to give up tobacco.

I simply could not be happier that I found the world of ecigarettes and that I am now enjoying the status of being a non-smoker once again.

Ecigarettes are quite simply the best thing to come along in regards to quitting smoking.

Having faced a life and death health scare nearly 10 years ago, it gives me great peace of mind to know that I won't, willingly at least, be facing another one because of smoking!

7/31/2013 7:21:00 AM - Harold Thornburg (AMD)

I smoked for 20 years. I began vaping electronic cigarettes 2 1/2 years ago. I tried nicotine lozenges, snus, and tobacco-free cigarettes. Nothing worked. Then I bought an electronic cigarette from a mall vendor. I smoked for another week before stopping the analog cigarettes for another 2 weeks. Then I got 'stressed' out over some trifling situation and began smoking again and I stopped using the electronic cigarette. A year later, after my health had declined to the point I HAD TO STOP smoking, I picked up my electronic cigarette again and used it as well as smoked another week. Then I put the regular cigarettes down for good. I got rid of the 5 unopened packs of regular cigarettes and went exclusively vaping my electronic cigarette. When I began using my electronic cigarette this last time, I was hacking terribly, short winded, and coughing up phlegm all day and most of the night in my sleep. My voice was hoarse and cracked all the time.

All of that disappeared TWO DAYS after I gave up smoking and used my electronic cigarette exclusively.

I don't smoke at all. I used to smoke 2 packs of regular cigarettes a day. So for all those people and companies who are 'bashing' vaping, I say you are wrong. At least in my case, anyway.

I am no longer a SLAVE to tobacco. Vaping is so much less expensive than tobacco smoking is. My health is so much better. I can taste and smell again! It's great.

Vaping works.

7/31/2013 7:36:00 AM - Lou from Joplin

I smoked for 25 years. Started when I was 13, never could quit. Always had an excuse, too much stress etc... I quit once before but it only lasted a month. With electronic cigarettes I have quit for 4 months now and have absolutely no urge to smoke. Im very happy Im succeeding in my quest to quit permanently.

7/31/2013 7:54:00 AM - Jenn D. - GA

I was a 2+ pack a day smoker for 23 years & really wasn't thinking too much about quitting at the time (I've quit at least 15 times before - once for 4 1/2 years, another time for 2 years & the rest was a couple of months or a couple of days here & there). I have some health issues & it was imperative that I quit smoking, but I just enjoyed it too much!

There are several people at work that recently started vaping & the idea intrigued me a little. I figured if I was taking care of the oral fixation thing, I just might be able to stay away from the smokes. I started asking some questions & doing some research online (reading reviews on different products, etc). I decided to order an e cigarette kit online which included 2 1000mAh E-Go C Twists and 2 3.5ml Vivi Nova tanks (based on the reviews). The kit also came with a charger, so it was everything I needed to get started except juice.

The idea of tobacco flavored juice did not appeal to me, so I ordered a variety of fruity flavors to start. I liked some & others I did not. I had bought what I said would be my last carton of cigarettes the day I placed the order for my kit. I ended up quitting the analogs completely only 2 days after starting to vape! I gave 4 packs away to a guy at work out of that carton. I did start with 36mg of nic, but within 2 weeks was down to 12mg. The first few days was tough, but honestly I do not miss them at all now.

My last cig was June 17th, 2013. I do vape pretty heavily & I've bought several different types of batteries, tanks, tips, juices, etc. since then. I have settled in now with equipment and flavors that I really like & am very happy about it. I really feel so much better now. I can breathe better, my smokers cough is gone, I have more energy and my voice is back (I used to sing in a few bands & haven't been able to do that in years)!

The e cig alternative to smoking has been an amazing transformation for me & I am so glad that I've made this positive life choice!

7/31/2013 8:12:00 AM - Kyle Brown

I have never been a smoker, though I have tried a few cigaretts (less than 5 ever). I was going through a stressful time, and tried electronic cigs. They tasted better, relieved stress, and cost much less. I have actually bought some for friends, and every one of them has either quit smoking and chewing, or massively cut down, and is very happy with their electronic cig.

7/31/2013 8:16:00 AM - Jim Sessions (JimzDogz)

My name is Jim and I'm addicted to nicotine. I'm a 62 yr. old man who has been a smoker for 50 yrs. I've been trying to break the habit for the last 25 yrs. In my effort to quit I have participated in cessation clinics, used prescription nicotine inhalers and used the nic patch, nic gum, and nic lozenges.

I began my quest to quit when at the age of 36 my employer started requiring respirator fit test in accordance with OSHA guidelines. It turned out that I couldn't pass the test because of diminished lung capacity. At about the same time my employer began a voluntary smoker cessation program, so I joined. The nicotine gum had recently been introduced about the same time. With the help of the gum and program I was able the stop using tobacco for about a year. But when I stopped using the nic gum it wasn't long before I found myself back smoking. I had also gained about 30 lbs. even though I had been jogging, cycling, and lifting weights. At the time that didn't seem to be a bad thing because on my 6'-3" frame 215 lbs. didn't cause me to be overweight. But I was wrong, because by the age of 55 I was diagnosed as Type 2 diabetic, even though I had never been overweight in my entire life.

Over the next 20 yrs. I would bounce back and forth between smoking and nic replacement products. Then about 4 yrs. ago I had to be hospitalized for a emergency appendectomy. When it came time to be released, it was suggested that I stay a few more days. Because the O2 level in my blood was low the Doctors feared I would faint on my way home. The news came as no surprise to me, because I could feel it myself. But, I wanted to go home and persuaded them to release me anyway. On the way home I stopped and got a pack of cigarettes.

It was a catch 22. Do I continue to smoke and stay on my diet to control the diabetes, or try once again the quit and risk my diabetes getting out of control. I chose to continue smoking. Then about 4 months back my 32 yr. old son, who has been a smoker since about 17, told me he wanted to try to quit. That was enough to get me motivated. I told him if he wanted to quit that I would be his quit partner. I knew that I needed to find a solution to my dilemma. I needed something that would reduce my nicotine cravings and satisfy the cravings for sweets that has always accompanied my quitting smoking. I knew that nicotine replacement would help me stop smoking, but the sweets was another problem altogether.

As luck would have it I started seeing ads for e-cigarettes and decided this could work. I did some research and chose the ProVari a large form e-cigarette mod. I began using 18 mg/ml juice and have since dropped to 12 mg/ml juice. After seeing first hand my success my son decided to give it a try. He has since stopped smoking and no longer uses his e-cigarette.

I pray those charged with the responsibility of regulating these type devices do so in a compassionate manner. Please don't deny access to those of us who have found a successful way to end our dependence on tobacco.

Sincerely: Jim Sessions

7/31/2013 8:29:00 AM - P.Cagninacci. Paris. France

I began to smoke when I was 15s. And never stopped since this time. I smoked around 30 cigarets per day. Every day.

At a time, 7 months ago, I tried a e-cig, and I stopped to smoke really without thinking.

Now I use good stuff and really hate the smell of cigarets..

7/31/2013 8:55:00 AM - Daniel G Tomaka (Dannyboy5691) from Hamburg, NY

I smoked 2 packs a day for about 30 years. I suffered a stroke in March of 2013, and was told by my doctors that I had to stop smoking. Previous to this I was using Advair and Proventil on a daily basis. During the time before my stroke, I tried to stop smoking by use of Chantix, Nicotiene patch, Nicotiene gum and finally Nicotiene lozenges. I had negative results with each product.

After my stroke I was informed about electronic cigarettes. I purchased a Provari electronic cigarette, have not had a cigarette since march 30th, and I no longer use Advair or Proventil to help me breath properly. While the effects of my stroke are still apparent, I no longer become short of breath or find it difficult to breath since starting the use of my electronic cigarette.

7/31/2013 9:14:00 AM - Michael Saul (apcvap

I smoked since I was 12 years old, I am a professional (business development manager) I tried for years to quit smoking (about 6 years all up), trying just about everything available here in Australia with no success, then one day I caught up with an old friend and she had a very old technology electronic cigarette. I thought this was good enough to find out more, as this is what I do, I research, and then research more, I find everything to do with a business, pull it down on paper and then rebuild it to progress it to the next level, the steps which look the most viable I implement.

My findings with the electronic cigarettes where very positive. With the technology with the batteries been a lot lasting longer lasting, and as for the health answers I had, the findings where even more positive.

I am sorry I have taken this long to give you my story, but I have had my own battle going on with planning in council which has taken up all over my time and funds.

Yours respectfully. Michael Saul.

7/31/2013 9:44:00 AM - S. Fields, Canterbury, Kent, UK

I started smoking cigarettes when I was 15 years old. My mother had always smoked and I thought it was cool (what an idiot I was). By the time I went to uni in London at the age of eighteen, I was smoking ten a day. By the time I was in my mid-twenties, I was smoking over a pack a day.

The day before I married my husband I had decided that I would simply quit smoking as we wanted to try for a baby. I had also started to notice it was affecting my health: I had a persistent cough, my chest was often tight and I was paranoid about getting lung cancer. I had really good intentions; having always told myself that I could give up at any time I genuinely didn't think it would be too hard. I was so naive.I stocked myself up with Nicorette (gum and patches) from Boots and had visions of myself being fit and a non-smoker in no time. I lasted exactly two days into our honeymoon before I gave up.

Over the next five years or so I continued to smoke. I had periods where I tried desperately hard to give up but I always went back to smoking. To my eternal shame, I even smoked occasional cigarettes when I was pregnant with my daughter. I honestly didn't think that anything would make me quit. I just wasn't strong enough. There was always a reason to smoke a cigarette; 'I've had a bad day', 'I'm very stressed because of work / the baby / whatever'. It was selfish and awful but I just couldn't stop. My husband had only ever been a social smoker and just didn't understand why I was unable to kick the habit.

One year and four months ago I bought, on a whim, a pack of 'e-lights' at the counter of the newsagent on the King's Rd. I was on my way to the Royal Brompton to have a chest X-Ray due to my persistent coughing, and I didn't want to have a cigarette because I knew the consultant would give me hell. I intended to use them before the appointment. After my consultation, I threw my cigarettes in the bin as I left the hospital and have been smoke-free - except for half of one which I had on New Year's Eve in Spain and immediately regretted as it was so foul - ever since.

I firmly believe that, had I not bought that pack of e-lights that day, I would be very ill now. NOTHING ELSE WORKED. Other nicotine replacements, such as gum, patches, etc, do not address the primary thing smokers need; the physical 'throat hit' as you inhale. Electronic cigarettes do this. They also allow smokers to still socialise with smoking friends, as you can just pull out an e-light in the pub if people decide to go otu to smoke. After a while, you can't even tell the difference any more.

I will always be ashamed of the fact that, ultimately, it was fear for my own health that caused me to quit smoking cigarettes, and that I couldn't do it for my daughter. I will have to live with that but what I don't have to live with, thanks to E-Lights, is a desperate life of coughing, wheezing and heart palpitations.

I owe my life to E Cigarettes.

7/31/2013 10:53:00 AM - Christian Apicella (xtianapi) 28, Tucker, Georgia and Montclair, New Jersey

Hello, my name is Christian Apicella and I am 28 years old.

I live in Tucker, Georgia with my wife and two year old daughter, but my wife and I grew up in Montclair, New Jersey.

We both went to highschool together and we both smoked.

I smoked since I was 15.

I have a highly addictive personality.

I drank heavily in high school and that lead to doing everything else.

By the time I was sixteen I was doing heroin, and within a year I was injecting it.

Years later, when I reconnected with my now wife, I stopped doing drugs, got married, bought a house, and then we got pregnant.

My wife quit smoking immediately out of sheer will power.

I tried to also, but could not.

I knew I did not want to smoke anywhere near my wife, or even let her smell it one me.

I started going to great lengths to smoke.

I started feeling like a criminal and a drug addict again.

Before all this, during the eight years I was doing drugs, I have tried to quit so many times that I lost count.

I tried Nicorette patches, lozenges, and gum, which did not come close.

I knew that I would have to quit cold turkey, because the other things just teased me and made me think about smoking all the time.

I think that people do not pay enough attention to the oral fixation of smoking.

I am obsessed with flossers, tooth picks, and I have bitten my nails from the time I was an infant.

An oral fixation is a large part of smoking.

That made me try nicotine inhalers, but the lack of visual smoke drove me to insanity.

Did you ever notice that smoking a cigarette on the beach in a strong wind is not as satisfying as smoking in a still room where you can see all the smoke?

A smokers mind is addicted to every part of smoking, not just the terrible chemicals that are added to the tobacco.

Cigarettes always made me feel so depressed, and I would lose my breath when I smoked, but I still did it.

Anyway, I knew I was not going to have my wife and child breath second hand smoke.

I tried feverously to quit, over and over.

I smoked less and less, but got crazier and crazier.

Some time goes by like this and the baby is born.

Eventually, my wife and I start full on smoking again.

I had always been sneaking cigarettes, which was hard because I am a full time dad, but then everything took off.

My wife and I started smoking outside on a regular basis.

I forgot to mention, when my wife was not smoking, she constantly talked about wanting a cigarette, even a year after quitting!

After two weeks of my wife and I being smokers again, I said enough.

I had seen something about e cigarettes and thought this was the answer.

I ordered an e cig that mimics the look of a real cigarette.

They did not have the battery capacity, or power I wanted.

I almost immediately dove into the whole thing.

I bought a Provari and a Vivi Nova and finally felt free.

Now, I am completely into vaping, it has become a hobby and lifestyle.

I have a lot of devices and am always working on new things related to it I have even started LLC with a friend that is currently creating a mod.

I feel like a new person.

My wife started vaping when I did.

She is not into it as a hobby, but she does vape and hasn't smoked since.

She only vapes when at home now, she doesn't even need anything at work.

I haven't smoked a cigarette in two or more years, and I don

7/31/2013 11:16:00 AM - Bahman Tavi, from Santa ana California

I was smoking more than 35 Years while I quit at age 45 because of Heart By pass for two years but I still continued smoking till i was introduced to E-Cigarette. I also used Chantix and I stopped for 6 months but did not work,

I think E-cigarette is greatest think for smokers I even not use Organic e-juice without any Nicotine . I think other than age their should be no regulation on this device. Is much more harmless than Alcohol.

7/31/2013 11:52:00 AM - A Smith (Cullman Alabama

I started smoking when I was eleven years old. Thought it was "cool". I began having an embarassing "hacking cough" around the age of 30. It was very embarassing and at times I could not control it. I enjoyed smoking though. I am not one of those that quit because of my health.. I quit because my husband (a smoker for 40+ years 2+ packs a day) wanted to quit.. I couldnt have quit, wouldnt have quit but for his encouragment. We took chantix and it worked... for the most part. I continually fought the urge to smoke again. Cigarettes were my tension reliever, my " nerve pill" if you will, my boredom buster, and truly my best friend.. After falling off the wagon several times my husband bought me two BLU Cigs and I enjoyed it. His brother a smoker for 40+ years had begun "vaping" and had not smoked since. We did some research on it and found that it was to be alot safer than smoking cigarettes as I had already made my mind up, that I needed and would go get the thing I had craved so long, cigarettes... We ordered a kit and some liquid and Ive not given a second thought to going to purchase cigarettes. The tobacco companies lose another loyal customer.... hooray for me and I owe my lungs and health to my husband... By the way... after only three weeks of not smoking, that embarrassing hack, was gone and it has not returned.

7/31/2013 11:54:00 AM - Greg W.

Until a few weeks ago, I was a smoker for 6 years. I was up to a pack and a half a day within a month of picking up the habit and remained at that level the entire time. I first tried e-cigarettes 4 years ago--when the market was fairly new and access to information was limited--and did not have success with the particular unit I bought, and it barely helped me even cut down on my smoking so I chalked it up as a lost cause or too new of a market and continued smoking. Almost 3 years ago my first child was born and I tried chantix and had an anxiety attack because of it and had to quit taking it and continued smoking. A couple of months after this I briefly tried wellbutrin, but felt no difference in ability to quit and once again I continued smoking.

Over the last couple of years I pretty much gave up on quitting smoking because I tried everything I knew of and nothing worked and just considered myself doomed to die early from cancer and just chose to accept that as fact. A little over a month ago, I started trying to better myself by eating healthier and going to the doctor for a checkup to make sure my health was okay because diabetes and heart disease run in my family--and I had a terrible diet for a long time in addition to being a smoker. While I was talking with the doctor I sporadically decided to ask for a prescription for chantix again figuring that since my life has settled down since the last try that it might work in coordination with anti-anxiety medication. Things did go better this go around, but a couple weeks into it the harmful thoughts and hateful actions toward my family combined with the constant nausea caused by chantix caused me to quit taking it. At this point I was already convinced that I needed to quit smoking and determined to succeed, so when I ran out of cigarettes picked up a disposable Njoy king from the gas station and it seemed to work well, so I did some research and placed an order for an Innokin iTaste MVP and a few tanks and different flavors of liquid, and I have been smoke free thanks to these products for 3 weeks now and I am positive that I can stay away from smoking and all forms of tobacco with e-cigarettes/vaping. I started on 24mg/ml nicotine liquid and just over the last few days have moved down to 15-16mg/ml liquid and I am feeling just as satisfied and havent craved an analog cigarette since getting this setup.

Since making this recent change, I have noticed that I can breathe much better and keep up with my very busy and energetic toddler as well. I no longer have to worry about him losing his father when he is too young, nor do I have to make a decision between smoking around him and risking his potential health or sneaking off to smoke. I am able to spend much more quality time with him and my wife and I am very happy about it.

7/31/2013 12:23:00 PM - Catherine R

I smoked for 27 years. I did quit in my early on in my 20's but started back again in my late 30's. I used the wean-off method the first time and no NRT's to help me quit. The second time I was smoking, I knew I needed to quit but just didn't have the willpower to do so. I tried weaning myself off cigarettes again but was unsuccessful. I read about e-cigarettes and how they didn't contain the carcinogens of tobacco cigarettes, and bought a small 510 size rechargeable Njoy ecig from the corner store. It didn't work too well for me so I ordered a Joye 510 starter kit and within 2 weeks of vaping e-cigarettes I quit smoking. It was so easy to do having the e-cigarette. I never missed the analog cigarette, never craved it. It was amazing. I am still vaping now, 1 yr and 5 months later. I haven't had a cigarette since Jan 21 2012 (when I started vaping).

I love that I don't smell like a dirty ashtray anymore. I can breathe better since I quit smoking. I can taste my food better. I feel so much better. I am healthier now, thanks to e-cigarettes! I never thought that I could quit smoking again. But e-cigarettes saved me from cancer sticks. It is nice to be able to vape and not worry about exposing people around me to second hand smoke. I have reduced the fire risk in my home since I quit smoking. I am saving a lot of money having quit smoking. And I don't have to go outside in the freezing cold winters and smoke anymore.

I try and encourage other smokers to quit using e-cigarettes. I have converted a few people this year to vaping, getting them off cancer sticks.

I am now using variable voltage PV's so I can change the voltage of PV to customize my vape.

My vape of choice is strawberry lemonade and mixed fruits at 12 mg of nicotine. I started out vaping tobacco flavored juice but I don't care for it anymore.

7/31/2013 12:34:00 PM - Henry Whelchel from Virginia Beach, VA

I began smoking around age 40 while working as a civilian for the Navy. Smoking had just been relegated to outdoors only. As a non-smoker, I wanted to legitimize the occasional visit to the waterfront outside our hangar. Although I carried a cigarette, these breaks were meant only to settle my mind in preparation for further work, and I did not smoke. One day I lit my cigarette, and that

7/31/2013 12:45:00 PM - Zolya Berkovich, Brooklyn, NY

Smoke 37 years, start using ecig in september 2010, Ego, then GGTS, now nicotine strength 3%, quit smoking at all 10/01/2010

7/31/2013 12:57:00 PM - Jonathan Edwards from Houston TX

I started smoking at an early age. At 5 years I was stealing ciggarettes from family members, cars, etc. Smoking and inhaling. I took up full time smoking at 17 (and also dipping at around 9). I smoked for 23 years often trying to quit with different methods. Cold turkey, wellbuterin, chantix. Wellbuterin worked briefly (up to 6months at a time) but each time i quit with that i gained 40+ lbs and went back to smoking to try and reduce the obeisity. Cold turkey was a no go almost from the start Chantix would make me run for a trashcan to throw up in periodically.

Then i was introduced to e cigs! What can i say? I have had 1 analog (ciggarette) in the last 6 month (and wow was it disgusting). I have lost 30 lbs in the transition to e cigs and quitting smoking. It was a natural transfer to vaping for me. Now my home,cars,clothing do not stink and when i smell another smoker i wonder how i did that for so long!

My mother was a smoker for over 50 years and she transitioned to vaping at the same time i did.

It's quite possible that e-cigs have extended greatly the lives of two long time quite addicted smokers.

Unlike analog (ciggs) with e-ciggs i have the option of slowly reducing my nicotine intake over time so that eventually even the vaso-constricter will be removed and i'm left with nothing but joyful vaping.

7/31/2013 1:38:00 PM - Endure the Silence, Seattle Washington

Where to begin, statistics tell us that if a child's parents smoke they are twice as likely to begin themselves (Schwarz, Joel MNT). The case was true for myself as well as many of my friends. I began smoking tobacco cigarettes when I was 17 years old as a stress reliever, and at it's deepest roots a form of self harm. The calmest of teenagers I was not, and I thought cigarettes would help in some way. They became the friend that was always there in my time of need, when my mood swings were in their most intense and life threatening. Good things never last though, and that old friend who I thought was helping me was only making my life worse. If I didn't have cigarettes my mood swings would cloud my mind with the most intense moments of self hatred, and at times ways to end my life in unimaginable ways.

7/31/2013 3:29:00 PM - Ty Koontz, from Tucson, AZ

I smoked for about 15 years when I was young, starting in my teens. I say "about" because it's hard to say when I quit being a casual smoker and got hooked. I developed a pack a day habit, though I smoked more if life was stressful -- up to two packs a day. I spent the last five years of that 15 years trying to quit, before successfully dropping cigarettes (cold turkey). I smoked a few times a year after that, usually at parties, for about 20 years. Then I started smoking regularly again (4 to 8 cigarettes a day) and continued with brief times of quitting (a few days to a couple of weeks) for another 15 years.

I started using e-cigs (GreenSmoke stick type) in April, 2011. I continued to smoke cigarettes at times for three weeks while I discovered what products, what nicotine strength, and what flavors of e-cigarettes worked for me. After discovering products with larger batteries, CE2 cartridges, and a few flavors I liked, I never smoked again. Well, actually I tried a cigarette after using e-cigs for about a year, and I didn't like it. E-cigs taste so much better and they don't stink up my clothes and the room!

I use only a few flavors (English toffee, Earl Grey tea, Coconut), which I dilute with an unflavored nicotine solution that I make myself with supplies I get on the Internet. I buy 100mg/ml nicotine in PG and dilute it to 20 mg/ml in a 50/50 PG/VG solution. I dilute the flavors because I find strong flavors kind of cloying, though I love the taste of the diluted ones. Diluting the flavors with homemade unflavored nicotine solution also makes e-cigarettes very inexpensive to vape. I vape about 2 ml per day of 20mg/ml nicotine, though it's hard to say how much nicotine I'm actually getting. It's enough to do the job, though.

There was a period of adjustment when I started vaping, because cigarettes have a lot more active chemicals than just nicotine in them, and I missed them some. Now, I don't miss cigarettes at all. The reason I started using e-cigs was because I had developed a chronic cough, which concerned me, plus I could feel my body was kind of toxic from smoking. After a month using e-cigs, the cough cleared up and my health has been good since. Nicotine in itself seems without problems for me.

I had tried using NRT (both patches and gum at different times) before discovering e-cigs. The patches and gum were very unsatisfying. The gum tastes unpleasant, I couldn't get the dosage right using patches, and for some reason the patches left me feeling kind of spacey. I was never able to stay with the gum or patches for more than a couple of weeks. I've always loved the sensation and ritual of smoking and watching the smoke curl in the air. E-cigs give me that sensation and ritual without discernible harm and I love watching the vapor curl in the air as much as I loved watching the smoke.

The reason I started smoking after having quit for 20 years was a practical one. Like I said before, I smoked once in a while at parties (a few times a year) during the time I

was no longer a steady smoker. After one party, I kept the pack and smoked while I was working. To my surprise, my productivity was noticeably enhanced. That discovery was truly a mixed blessing. I'm one of group comprising about 5% of the population for whom caffeine does nothing -- no receptors, I guess. Nicotine is like coffee for me. Nicotine improves alertness, concentration, and short-term and working memory. No one ever talks about the benefits of nicotine, probably for good reasons, but the benefits are very real for me. I'm very grateful to have e-cigs, so I can experience those benefits without harming my health.

7/31/2013 3:45:00 PM - K Chorny from Iowa

I smoked for about 35 years and was up to 1-2 packs per day when I discovered e-cigarettes.

It took me awhile to find the right combination of equipment, but I was very quickly off of cigarettes completely.

I have not smoked a regular cigarette in 4 years.

I use 510 based ecigarette batteries and atomizers, with 24mg strength PG/VG juice.

I had tried quitting "cold turkey" a few times throughout my smoking years, with no luck.

I do not have the willpower.

If e-cigs become unavailable, I believe I will inevitably have to start smoking again.

This would be devastating!

7/31/2013 4:10:00 PM - KTark from NH, USA

I began smoking at the age of eleven. By 14 years old I was a pack per day smoker of Marlboro reds. I basically smoked a pack per day for 28+ years. I had no wind, and the cost was prohibitive. My wife has always been a non-smoker and it became a point of frustration in our marriage. I became a father at the age of 37 and tried everything to quit. Cold turkey, cigars, snus, chantix, the patch, etc. Nothing worked for long. I then tried an electronic cigarette from a a mall kiosk. It wasn't perfect, but worked well enough for a few weeks. The batteries gave out. Another year or so, and I had tried a few more types of e-cig, none of them lasted though. I finally found the Electronic Cigarette Forum (ECF), and discovered the Joyetech eGO. I purchased one in March, 2012 and haven't had even 1 puff of a cigarette since.

My lung capacity is amazing now. I no longer get light-headed when standing up quickly, my all around health is excellent. My doctor and dentist visits yield only positive feedback. I have gradually reduced my nicotine from 24mg/mL to 12 mg/mL. I don't stink anymore and my paycheck goes a bit longer.

Last month I was handed a cigar on the golf course. I thought what the heck, I'll give it a go. It was disgusting to me. I couldn't even smoke half of it, before apologizing to my friend and tossing it out.

Electronic cigarettes without a doubt, absolutely led directly to my being able to quit smoking, improving my health and overall quality of life.

7/31/2013 4:22:00 PM - Brandon Z.

I smoked menthols for 17 years and was up to 2 packs a day, when I turned 30 I started to feel the negative effects but still enjoyed the habit. I tried a lot of quit methods and none worked.

I found ecigs at a gas station and they helped a lot but I didn't quit smoking entirely, I researched ecigs and discovered that you just have to put money into some high quality gear and know your liquid suppliers.. I've been smoke free for 4 months after doing so,

the ecig is the best help a smoker can get when its time to quit.

7/31/2013 4:35:00 PM - Karl Vanderah

My name is Karl and this is my story.....

I am 54 years old, live in Chicago and work here as a firefighter/EMT.

Beginning about 4 years ago, I began to become increasingly aware that my lung capacity was diminishing when I would perform the physically demanding actions necessary for extinguishing a structure fire. The physical demands of an interior fire attack can be extreme to say the least.

I realized that my cigarette smoking days should be left behind. The combined effects of those and repeated exposures to smoke at fires on my job had taken their toll. I tried nicotine patches, nicotine gum, nicotine lozenges and even Chantix. None of these was effective to any appreciable degree.

I came across the occasional reference to e-cigarettes and decided to try them out. Within 2 months I had weaned myself off of smoking and was using electronic only. In a very short time, I was not coughing, I was breathing better and soon was at the gym using the elliptical machine for an hour straight without being fatigued and all the time remaining at a heart rate below 130 without being out of breath. Previous to quitting cigarettes....this would have been impossible!

I feel that this product has not only improved my health, but has also prolonged my life and increased my effectiveness in my duties by twofold. Who knows? Perhaps this will eventually lead to being able to conduct rescues that will save other lives as well!

For me, the electronic cigarette is a fantastic solution to what I had previously believed was an insurmountable health issue.

Karl Vanderah

7/31/2013 4:42:00 PM - Rodjar

Today is July 31, 2013 and I haven't had a cigarette in 43 days. I'm 36 years old and have smoked approximately a pack a day for 18 years. Of course I'm not going to promise I won't smoke tomorrow, but I certainly don't plan to.

I started with a disposable e cigarette to see if the concept of vaping might work for me.

I didn't care for the taste, but could see the potential of replacing smoking with vaping.

I ordered a starter kit online that included a basic model refillable e cigarette that looked much like an actual cigarette.

The last time I smoked was while I was waiting for the batteries to charge.

It certainly hasn't been easy and I have since moved on to a larger device that has a longer battery life and have found a few e liquid flavors that I enjoy.

It has only been about six weeks, but I think of myself now as a former smoker.

Thanks for your time,

Rodjar

7/31/2013 5:02:00 PM - Michael Brown

I smoked 1-2 packs per day for approx 30 years.

In December of 2012 I started researching electronic cigarettes because I had tried quitting without a replacement (I.e. Cold turkey), Nicotine gums, Nicotine patches, Chantix, & Wellbutron, all on multiple occasions and all failed to curb my desire for cigarettes.

I was actually in one of the original research study groups for Chantix before it was released to the public. I had not gone for more than one full day without a cigarette in all of the years I had been smoking as it was just too difficult both mentally and physically.

After reading quite a bit on the ECF forums, I decided to order a variable voltage mod (battery) and Vivi Nova (atomizer) and some 12mg tobacco flavored e-liquid.

I received the items on January 22, 2013 and immediately knew I could quit smoking with the device upon my first use.

It satisfied all of the key behaviors I had grown accustomed to over my 30 yrs. of smoking.

While using the 12mg Nicotine e-liquid, I still had periodic cravings for a cigarette, but was always able to resist by using the e-cigarette.

I increased my e-liquid to 18mg Nicotine strength and have found the craving for cigarettes have all but gone away.

I have been free of cigarettes for over 6 months without a single relapse and feel much better. I intend to start reducing my Nicotine level over time.

I have a better sense of smell and taste, I am able to breath much easier even though I was diagnosed with Chronic Bronchitis when I had a sever cold several years ago.

I do not wheeze or gurgle when lying down or get winded as easily during various activities like I use to.

I continue to research information on e-cigarettes today and feel they are a much safer alternative to smoking cigarettes and the best choice today for quitting cigarettes.

I have spoken to several friends about e-cigarettes in the last 6 months and many of them have had similar results and have been able to completely quite smoking cigarettes.

Michael Brown

7/31/2013 5:13:00 PM - Elaine Daprano from Greenville GA

Just started using e cigs...I think my habit is as much to do with hand busyness as nicotine.

These would work for me well, if they did not taste so bad.

Got intro kit in mail, so perhaps a bad deal.

May try again when I have extra money.

7/31/2013 5:35:00 PM - CMRS, Des Moines, IA

I began smoking cigarettes at the age of 13. I was in the 8th grade and was starting that school year at a new school. I had no friends and was pretty shy. One of the other new kids asked me if I wanted to sneak outside and smoke a cigarette with him and I jumped at the chance believing that I had just made a new friend. Well as time went on I found that I really liked the feeling of holding a cigarette as much as smoking the thing. See for me it was just as much about the physical movements (hand to mouth) as it was the nicotine and other things I was addicted to. So I kept smoking. My mother and others tried to stop me but the more they pushed the more I wanted to keep smoking. As the years went on I increased my usage to as much as 3 packs a day at the height of my addiction. I cut down and settled in at just over a pack a day until I reached the age of 35. Throughout the years I did quit smoking a few times. I once quit for about 2 months. Other times I would make it a day, a week, maybe two and then fall back into the old habit. In February of this year I had a major surgery and spent a few days in the hospital and was so sick I had no desire to do anything let alone go outside for a cigarette. After a few days went by I thought to myself

7/31/2013 6:12:00 PM - Cole Dolmseth (Bubo)

I smoked a pack a day for well over 30 years, quit a couple times, and always started back up for various reasons.

Truth be told, I just liked smoking.

One day, a colleague walked in to the office and started puffing on this black stick with a blue light on the end and

7/31/2013 6:16:00 PM - Chris Hendricks, ex-smoker of 20 years and vape shop owner

I smoked for over 20 years and one day my wife bought some junkie disposable e-cigarettes and said we were going to try it. They didn't really work so I went to our local vape shop and picked up a flavor and got some education from the staff. And never looked back, it was the easiest transition I've ever made. And after a year of not smoking and only vaping, my wife and I have opened our own vape shop here in Tacoma Wa. We are constantly thanked by our customers for helping them to quit. Several have told me about their Doctors being happy and about how much better they feel. From having their smell nod taste return, how they've lowered their salt and intake and a few have even lost weight. I can speak from both first hand and a retailers point of view. E-cigarettes are a godsend for those that have tried to quit like myself and are now finding great success with these products.

7/31/2013 6:28:00 PM - John Hoover - Des Moines, IA

How long did you smoke?

I started smoking at age 13, smoked for 20 years.

How long ago did you start using a smoke-free alternative?

Started using e-cigarettes 4 years ago. E-cig exclusively now.

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

I now use an ecig exclusively. I had tried disposable ecigs, and then small 808D and 3 piece 510 type devices. I could never use them as a true, replacement, though they did help me to cut down somewhat. I had been a 1.5-2 pack per day smoker before finding e-cigs, and cut down to about a pack per day at first. This continued for about 3 years. That was when I got my first EGO and really started to see the possibility of quitting completely. Since then, I've got through the egos of varying battery sizes, then started getting into mods that provided variable voltage and eventually variable power. This was what finally gave me the control needed to quit smoking cigarettes completely. Started with "HIGH" and "MEDIUM" carts/disposables. No memory of what nicotine strength, if it was even labeled then. More recently, when I finally quit completely, I was using 24mg/mL juice at first. I've since cut down to 12-18mg/mL for normal use and 6-12mg after dinner.

Do you still smoke at all (and if so, how much have you cut down)?

I have been cigarette free for 2 months now, and don't really miss it at all.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

Yes, for almost 4 years, I continued to smoke cigarettes, and would use other products (ecig, snus, etc) as well. It did help me to cut down somewhat, but it wasn't until the last 10 months or so that I could really see myself quitting cigarettes all together.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

I have tried almost every other thing available to try to quit smoking in the past. Hypnosis and counseling were a bust. Nicotine gum was completely worthless to me, I'd end up getting a mild overdose because I'd forget to stop chewing and "park" it, then when that wore off, I'd have incredible cravings for a cigarette. I had some success with

the patch, and was able to quit for 2 weeks at one point using it. Attempted cold turkey dozens of times, never lasted for more than a few days.

I never tried chantix, due to bad side effects experienced while on Zyban - I actually smoked a lot more, had sleep disruption, and found myself much more "compulsive". I chain smoked compulsively and was constantly wanting to go gambling. I was irritable, and experienced mood swings that bordered on bipolar disorder. After my brother went from his normal happy self to near-suicidal while taking chantix to attempt to quit smoking, I decided I'd never even give it a try.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

I love that I don't smell like smoke anymore. My senses of taste and smell have begun to return, and I'm really able to enjoy food and drinks even more than normal. I've had a lot less coughing and shortness of breath, and have found that I just feel a lot better than I used to, in general. I do miss out on the weather throughout the day, since I no longer have to go outside for a smoke, but I've found that I don't care too much about that. Once winter rolls around, I'm sure I'll miss it even less.

7/31/2013 6:38:00 PM - Tyson

I am 23 years old and have been smoke free for the last 4 months and am more than confident that I will never raise another disgusting cigarette to my lips.

I tried the Chantix and was unsuccessful.

I had been smoking since I was 16 for a total of 7 years, electronic cigarettes definitely helped me out a lot, but do I thin they are the sole reason that I was able to quit? No.

It has now become so much more than an "alternative" to smoking, it is a major hobby!

Nothing is more rewarding than taking the time to rebuild your systems, and enjoy the fruit of your labors once you achieve that perfect vape.

I don't understand why people are fighting the e cigs so much...probably because Phillip Morris and all the other big tobacco company's have our government in their pockets.

Messing with PM's profits is obviously a no no.

But, that is the topic for a whole other forum/situation.

The fact is that we are consenting adults, and no one has the right to tell us what we can and cannot vape, ingest, smoke etc.

There are more harmful preservatives, chemicals, and god knows what else, in half the shit that Americans cram into their faces on a daily basis.

I am the kind of person that likes my personal freedoms, and the thought of someone taking them away infuriates me.

I am not here to selfishly try to keep my hobby alive, that goes for smokers too, anyone really.

Maybe not indoors or in certain public places, but if you want to smoke....smoke!

No one has the right to tell you otherwise.

I choose to vape, and if it becomes illegal, I will do it anyway's.

It is my body, my money, and my say.

I am an adult, and am able to make my own decisions.

But you better believe that this stuff helps people.

I can smell, taste, and breath properly for the first time in years, and I feel GREAT, like someone installed a fresh set of lungs in my chest.

Do not outlaw what the people want, Phillip Morris can get the fuck over it.

All the best.

-Tyson

7/31/2013 6:46:00 PM - Vprnomi

I began smoking regularly at age 13 (30 yrs ago). At first, I would stop only I didn't think I had any choice (i.e. hospitalization) but that was only temporary and I'd begin again afterward. I was once hospitalized and smoke free for that reason more than a year and yet still when I was discharged (at age 15), I returned to smoking.

I didn't really try to quit smoking until I was pregnant with my first child (early 20's). That was over 20 yrs ago. I tried nicotine patches but they didn't work. I continued to smoke while I was wearing the patches without any reduction in my smoking at all. I just got really strung out on nicotine overload, so I stopped using them within a few weeks. Fortunately, my daughter was born healthy. I continued to smoke.

When I was pregnant with my second child (early 30's, not long after I was diagnosed with type II diabetes - a little more than 10 yrs ago), I was prescribed Wellbutrin to help quit smoking. It did seem to lessen the physical urge to smoke (as well as the urge to do anything else, even eating) but not enough to make a significant difference in my smoking habit. I might have gone from a pack and a half a day to a pack a day but that was temporary too because my body seemed to get used to the medication, making it less effective after just a couple of months, and my smoking increased. That son was stillborn at 21 wks gestation due to an unexplained premature rupture of the membranes. The doctors had no answers for me - only that not every pregnancy has a perfect result, some aren't meant to be and they don't always know why. I started smoking even more due to the stress and grief.

With my next pregnancy (a healthy son born in 2006 - 7 yrs ago), I simply tried to cut back as much as possible using sheer willpower. I probably got down from 2 packs per day to a pack and a half but wasn't able to go any lower than that. I snuck cigarettes in the hospital bathroom while I was there for 5 days after the c-section delivery.

I wanted to quit smoking after that (my husband, now 52, who also smokes and has had 3 heart attacks) and I asked my doctor about Chantix but he said that would be a very bad idea for me since I already have anxiety and depression issues. My husband says he'd like to quit smoking too but he can't do it (and won't even try) if I don't quit too.

In 2010, we were struggling to make ends meet because cigarettes cost so much and we simply weren't able to prioritize other things above them. My mother had been trying to quit smoking because she had lung, heart and COPD issues (as well as a history of breast cancer) and she gave me a "BlueCig" kit, which is a small electronic cigarette that looks a lot like a real cigarette. I tried it and I was amazed. I thought this could actually work if I could find a better system (that I didn't have to charge every hour). I went online and found a lot of information about e-cigarettes and personal vaporizers for nicotine liquid (which are not the same in my opinion, the former being smaller systems that look like

cigarettes but don't perform as well and the latter being larger systems that don't look like cigarettes but perform very well).

Just as I was starting to find a combination of hardware and liquid that seemed like it was helping me reduce smoking (after about 2 months of experimenting), I learned that I was pregnant yet again. I chose to continue vaping but change to liquid that had no nicotine in it at all, hoping this would satisfy my psychological need to smoke while being harmless to the developing baby. Unfortunately, that didn't work and the easiest answer was to just keep smoking. My daughter was born healthy in 2011.

I've never forgotten the cardiac surgeon who saved my husband's life after his first heart attach in 2004 telling me that first of all, the heart attack was 100% caused by smoking, no doubt about it, no other factors and that second of all, as a diabetic, I was even more at risk of a heart attack than he was for a second (even 8 yrs younger, in my 30's) and worse, I might not even feel the symptoms due to diabetic neuropathy.

So, with that, and as we have two young children running around the house (our oldest is 21 yrs old now) and I can actually see the smoke in the air, I decided it was time to try to switch from smoking cigarettes to vaping liquid with nicotine in it again. Having already done a couple months' worth of "leg work" (learning which battery works best for me, which nicotine level, etc.), I already had a head start. In addition to that, technology has improved quite a bit over the 2 yrs since I last tried.

At this point, I have been vaping regularly with a 12mg nicotine liquid (considered "low") for about 3 weeks. Within days, my smoking (of Marlboro Red 100's - avg 2PPD for the past 20-30 yrs) dropped to about a pack a day. Now, I'm down to 1/2 to maybe 3/4 of a pack of cigarettes a day. I'm very confident that at this rate, I will be able to completely quit smoking by switching to vaping instead, within 4-6 weeks total and I'm very excited about it. My husband said that he will quit smoking when I have completely stopped. Since I reduced my own smoking 3 wks ago, he has reduced his as well, from 2-2.5PPD to now about 1.5PPD without any assistance other than my being a role model.

I already feel more energetic and it's easier to breathe. The house doesn't smell (and look) like smoke all the time and the kids aren't breathing it constantly. I hope for both myself and my husband to live much longer for them and for each other and I just know none of this would be possible without vaping because vaping addresses something extremely important that none of the other lower risk alternatives made available to me have and that is that it's not just about the nicotine addiction (though that's certainly a major part of the difficulty in quitting smoking), it's just as much about the psychological and/or habitual aspects. I liked smoking. I really did - despite how bad it was for me. Now I can have all the things I enjoyed about smoking plus some (the habit, the social aspects, the plumes of vapor, far superior taste that doesn't even compare to cigarettes, far lower cost - all of which definitely causes me to choose the vaporizor over a cigarette

almost every time - hopefully every time soon) without all the bad (yucky ashtrays especially when they spill, ugly cigarette butts, horrible smoke breath, bad smell on clothes & hair, tar buildup on the walls, curtains, clothes, teeth, skin, etc., no burns in fabric or on people and most importantly of all - far better health and longevity of life).

Nothing else worked for me but this is already saving my life. Without it, I'm afraid I'll be back to cigarettes forever (as long as that lasts).

7/31/2013 7:05:00 PM - Charly Small from Logansport,Ind.

In Oct 2012 I had a small stroke. Before that I was smoking real cigarettes, about 5 packs/wk. I decided to try to quit smoking, that's when I learned about E-cigs. I did some research and found that the E-cig only contained only Nicotine, PG and VG. Then I researched what Nicotine did to a human body, the results showed it was no more harmful than coffee, it DID NOT cause cancer. I then researched PG and VG. E cig juice I found only used FDA approved PG and VG. Which both can be found in many store eatable products like cakes, pop tarts, etc.

So PG and VG is not harmful.

So I decided to try E-cigs. You don't smoke a e-cig you vape it. So I been Vaping since Nov. 2012. I sure am glad the E-Cig was invented, it sure helped me quit. I tried the patches with no luck, waste of money. Also with vaping their is no foul order and no tar residue. When I smoked I smoked on the outside porch. With the E-cig I can set in the house and my wife has no problem with it, she has never smoked. E-Cig do not smell up my home and does not make the walls yellow cause there is no tar.

I feel sad that the Federal Gov(FDA), wanted to ban the e-cig. In my opinion lobbyist from the tobacco companies and pharmaceutical Companies are behind all efforts to stop E-Cigs, E-cigs make a big cut into their profits. Also the Feds don't like tax revenues going down because of smokers quitting and going to E-cigs. The Government says they want all smokers to quit, they say that but don't mean it. They will loose to many tax dollars if everyone quit. That's why the Feds are wanting to regulate and HIGHLY TAX E-cig products.

7/31/2013 7:11:00 PM - David Brent pekin Illinois

I'm 23, I started smoking when I was 12. I smoked for ten years trying to quit for four with zero success. If anything every time I tried I smoked more. I also have asthma so smoking two packs a day was torture. I tried the patch and gum never even slowed me down. Then one day my cousin showed me thing little thing called an ego. I tried it and fell in love the next morning we went to a vape vendor and I bought an ego and some other stuff. It was a forty-five minute drive to the shop and I smoked five cigarettes on the way after leaving the shop I vaped the whole way home. Never once felt like I needed a cigarette. About three days later I picked up a cigarette to see if I moused them. I took one drag and about through up. After a couples months I can run around with my kids and not have to stop to breath, food taste so much better, all the money I've saved I can afford to take my wife out and have a good time and most importantly my kids don't have to smell me smelling like an ashtray. Vaping has change and definatly improved my life.

7/31/2013 8:25:00 PM - Melissa M. from Canada

I was 16 years old when the cool girls at school offered me a cigarette, and being 16, I had no concept of permanence, no concept of my own fallibility. Youth was eternal, at that age, and I felt invincible: so I took the cigarette, inhaled, and fell in love.

Oh, it's a love that is really an addiction, a physical craving for one chemical hidden inside thousands of others, but an addiction to the act too, the drawing and holding of the smoke and exhaling, the pleasure that comes with that, even knowing the cost.

By the time I realized I was hooked, it was too late.

For the next 15 years, I tried to quit, and failed. No methods to quit offered me much success; as I exited my 20s, I felt more keenly than ever how cigarette smoking was stealing my health, my wealth and my life. I was in a constant state of stress, always worrying about when I could smoke and where I could get smokes when my cigarettes ran low. I was constantly coughing, struggling to breathe, hacking up gobs of tar-flecked phlegm and wrapped in the powerful and retching smell of cigarettes.

The smell, I couldn't detect anymore. But I knew with shame that others did.

The lines on my skin and the yellow in my teeth, the tightness and heaviness in my chest, the stink on my body and clothes and the exhaustion in my body and bones, all of this I knew was the result of my smoking. But I could not stop. After my last and most desperate attempt to quit had failed, I almost gave up, and accepted I would die of this.

Then a friend posted a link online to a personal nicotine vaporizer kit. "Holy s---," he wrote. "These really work."

Without a second thought, I clicked the link and ordered.

My vaporizer kit arrived five days later. I had three cigarettes left in my pack when it arrived at the post office. I tried a puff of the vape, chain-smoked the final three cigarettes -- and have not bought cigarettes since, a month later now.

What is more, what is the most incredible: I do not want to buy cigarettes. I have no interest. Vaping nicotine has replaced everything cigarettes were, to me -- and in so doing, I believe it has saved my life.

Within days of switching to vaping, my sinuses began to clear for the first time in nearly 10 years. The desperate dark circles under my eyes began to fade. Every day I started having more energy, and my constant, chronic smoker's cough vanished.

I felt happier, less stressed, more whole. I smelled better. People began complimenting me on the smell of my "perfume," only to learn it was the nicotine juice I was vaping.

I can do physical activity now that I haven't been able to do for years. I look better -- brighter, more rested, more alive. I can feel my body healing every day from the toxins I used to flood it with, with cigarettes, and every day I am beyond grateful I started to vape.

It is possible vaping is not harmless. I accept this risk. I can also tell, by all the available research and by the grateful messages emanating from my body itself, that vaping is far better for me than cigarettes, incurring far less harm.

Vaping has opened the future for me. Now, I look ahead to a long-term plan to total cessation of nicotine by staging down the nicotine level in my juice. What vaping has allowed me to do -- where every single other method of smoking cessation failed -- is to look at this with excitement, and absolute confidence that I can succeed.

There is no doubt in my mind that a substantial review of research, combined with the testimony of ex-smokers who have had their lives transformed by vaping, will reveal that there is absolutely no doubt that nicotine vaporizing presents massive opportunities from a public-health perspective. Early indications are that it could have the best success yet of all smoking-cessation methods, while enabling users to pursue a nicotine-reduction strategy as they choose.

I encourage every government in the world to move to make personal nicotine vaporizing accessible and available to smokers who are looking to quit smoking as an absolutely invaluable method of harm reduction that is sure to save a great deal of health spending and improve the health and happiness of the general population.

Thank you.

7/31/2013 8:30:00 PM - 2easy

Hello,as far as I know,I'm the only person I know to have accidently quit smoking.After years of trying and failing to quit(I smoked cigs for over 40 years)I had completely given up on the idea of quitting.I tried all of the things that are out there to quit and had resigned myself to a slow painful death that I watched my mother,her brother and father succumb to.On a lark I bought an e-cig at 7-11 which I tried and promptly gave to my younger brother to get him through a dry night.We discussed this a few days later and I looked up electric cigarette on the net.I came upon ecf and was blown away by the size of this whole counter culture I'd never heard of.My brother decided to buy a p.v. and I didn't want to be left out so I ordered one as well.That was over six months ago and niether one of us has touched a cigarette since.For the first time since I was a teenager I feel free from this government sponsored bleeding of my pockets,life sucking addiction .I can breath without hacking,my eyesight is better,and I actualy have enough money in my pocket to buy a pop or what ever with out that nagging(got enough for cigs?)jn the back of my thoughts.I'm free,free,thank e-cigs almighty I'm free at last!!!!

7/31/2013 10:38:00 PM - Cassidy T.

I started smoking when i was 16 and did so off and on until I was 18 (i am 24 now), at which point i became a heavy smoker. I enjoyed it but didn't like the way it made me smell (I run a catering company so not good for business), how it reduced my sense of taste, and what it was doing to my lungs. A year and a half ago (December of 2011) i tried electronic cigarettes and decided they where a great alternative. it took me about 2 weeks to switch over and i immediately noticed changes with my sense of taste and smell. the next few weeks where a little hard on me but i kept going on it. I didnt really realize i was fully off traditional smoking until one day about 3 weeks after fully quitting my brother offered me a cigarette, I remember looking at it and realizing it didn't even want it. this was amazing to me, I never thought it could happen. so now i tell everyone i can about electronic cigarettes, because they really saved me. my lunges have taken quite a while to heal still, but they are almost back to normal. i can breath easily and not wake up every morning in pain. one of the greatest benefits that i tell people all the time is being able to have it where ever i want (and of course i dont have electronic cigarettes around kids and places people eat etc. that would be just rude and insensitive).

7/31/2013 10:44:00 PM - Jai Andgato from Florence, MA

I began sneaking cigarettes occasionally at around 12 or 13 and started smoking regularly at the age of 16.

Most of my friends in high school did NOT smoke and were baffled when I picked it up, but I was steadfast in my belief that it made me look cool and rebellious, and I chain smoked whenever I could, while still keeping my habit a secret at home.

At first I could spend days not smoking; it truly seemed like I could take it or leave it.

But soon enough, that was not the case.

My addiction progressed as addictions do, and eventually I needed hourly doses of nicotine and I smoked close to 2 packs a day.

Throughout my later years of high school and on into college, I had a few pretty serious cases of bronchitis, some minor pneumonias, and one particularly nasty bout with tracheitis. I had repeated chest X-Rays and repeated treatments with various antibiotics.

At about 18, I began using an albuterol inhaler.

I spent a lot of time worrying about my illnesses and knew that I had to quit smoking, but I just couldn't seem to do it.

I was 19 when I quit for 10 days.

This would be my longest and, really my only, quit attempt for many years.

You see, I was desperately, unapologetically addicted to the nicotine.

But it was more than that.

I LIKED smoking for many reasons.

I liked the hand to mouth movement, the rituals, the social aspect, the image of myself as a smoker, and the physical sensations of inhaling and exhaling dense, heavy smoke.

Deep breathing of fresh air would NEVER satisfy that particular aspect.

I even enjoyed the taste, at least of some tobacco.

Fast forwarding through the next 20 years or so, my breathing became worse in general.

I was short of breath a lot and almost ALWAYS wheezing.

I mean that literally; my lungs constantly made noises which were often audible to people nearby.

I coughed up copious amounts of phlegm in many colors, sometimes even bloody. I had courses of prednisone when sick, and I added the Advair discus to my medications.

Any doctor I saw repeatedly advised me to quit smoking.

During most of this time, I was a heavy drinker as well, which doesn't help at all with lung problems; it increases and thickens congestion and expectorate, at least it did for me.

I still refused to quit overall, although I sometimes attempted to cut down, which never lasted.

Every so often I would consider quitting and pick up a box of patches or gum, but they sat in the medicine cabinet until they expired or I gave them away.

My mother was diagnosed with COPD in 2003; I am sure she had had the disease for much longer.

As a person who avoided doctors for most of her life, she was not diagnosed until COPD literally almost killed her.

Her O2 was so low that she was hallucinating before she was hospitalized.

After smoking for 60 years, she quit for good that day.

She lived with COPD for 5 more years before she was diagnosed with lung cancer.

She went through cancer treatment, but died within about a year (in early 2010) from more COPD complications.

Even her cancer doc told me to quit.

I still didn't want to, of course, but I wanted to be able to breathe, and I was finally scared into action instead of paralyzed by my fear.

I first tried a cigarette style PV called Peak around this time.

I bought it on a whim, and it was novel and cool, but pretty unsatisfying and didn't help me quit or cut down.

Of course, I wasn't really trying at that point.

Later I tried a hit from a friend's 3 piece pen-style e-cigarette and was impressed enough to buy one, but that fell by the wayside too.

Somewhere in this time frame, one of my closest friends was diagnosed with adenocarcinoma of the lung.

She had been smoking 2 packs a day for many years and staunchly refused to give them up, even though she had quit for years before.

Well, the cancer diagnosis changed her mind.

It took her a little while, but she ended up converting entirely to vaping. Her surgery was successful and she is still vaping today, over a year later.

Early in 2012, I felt sick enough to give that one another try.

This time was more serious, and I got down to 3 cigarettes a day without even trying too hard.

It sort of just happened naturally over the course of a few weeks.

This is amazing, as anyone who has tried to quit knows.

But I was still not quite there.

Enter the EGO 650 mah battery and mega-dual coil cartomizers.

WOW!

I bought that kit and was able to immediately drop those last 3 daily analogs.

During this time, food was tasting better, I was coughing much less, my nose and sinuses were clearer, I could breathe better while walking, and even my doctor said he couldn't hear anything in my lungs.

I was still sneaking an analog here and there every couple of weeks, though.

They didn't taste good and they never even delivered the relief I expected.

I usually felt cheated afterwards and thought that I might as well have vaped instead.

Unfortunately, I dabbled with the analogs too much and went back to them entirely.

But I still smoked fewer cigarettes than I had in the past.

Early this year, I had a nasty flu that made smoking very painful.

I was down to about 6 smokes a day by that time, but I still had to stop entirely for a few days.

I wore a patch for a day or too, then picked up my EGO until I was able to go right back to smoking.

Evil, evil habit!

Very addicted me!

I was very proud of only having 6 or 7 a day, but of course that number started climbing back up slowly.

But I am happy to announce that I got back on the bandwagon a few weeks ago, first just supplementing my analogs and then gradually replacing them.

I started mostly for financial reasons, but I got back down to 5 a day and then decided to actually apply some willpower.

So far I have not had an analog in 2 days!

I started researching all the advances that have been made in this technology in just the past year.

I picked up a new passthrough battery and some discounted tanks...and I am having that WOW experience again.

The tanks deliver a much cleaner flavor than the regular mega DCC's I was using.

They also provide copious vapor, a more natural draw and a decent throat hit.

I have 3 tanks and 1 carto going right now, each with a different flavor. So I can change flavors on the fly and I am enjoying that.

I know that vaping is an accessible and viable alternative to cigarette smoking; I know that it helps long-term, heavy smokers quit.

I know that it is so successful compared to other methods because it is such a good mimic of actually smoking tobacco.

Over the last 20 years or so, anti-tobacco lobbyists have been extremely successful at painting tobacco companies as evil.

Fair enough, considering what they have admitted to doing.

But that image has rubbed off on smokers, too.

People think we are bad, or lazy, or stupid.

It's just not true.

Most true addiction cannot be curbed by willpower alone; study a little bit about addiction medicine if you don't believe me.

We are just people from all walks of life and we deserve the chance to quit.

Electronic cigarettes, or PV's, can succeed where so many of the other methods fail.

Beyond the important issue of helping smokers to quit, nicotine itself is a legal(if regulated)recreational drug. It is about as harmful to the health as caffeine or alcohol in moderation.

Even as these substances can cause health problems if misused, they are, for the most part, accepted as suitable for adults.

Even marijuana is gaining widespread acceptance as a medical treatment, and in some states it has been decriminalized altogether.

The point is that as adult human beings, we should have the right to use nicotine in a responsible manner, just as we have the right to enjoy alcohol as long as it does not infringe on anyone else's rights.

Personal vaporizers allow us to do this.

There are a growing number of studies proving that they are hundreds of times less harmful than tobacco cigarettes.

Let me expand on that.

There are peer-reviewed articles, published in reputable medical journals, which detail these studies.

There have been comparisons between the cytotoxicity of cigarette smoke extract compared with exhaled vapor extract in water.

Have the studies proven that PV's are "safe"?

Well, no.

But nothing in this world is completely safe.

If adults use nicotine in a responsible, enjoyable manner that hurts no one else, what is the harm in that?

I argue, "None!"

And if some of them quit smoking along the way, so much the better.

Please do not deprive us of a very viable quit method, or of the freedom to use nicotine in a responsible manner.

7/31/2013 10:51:00 PM - Kevin McDowell from Huntsville, AL

I started smoking regularly when I was about 16, so 10 years ago. I hated the fact that I was addicted, and knew the dangers that I was putting my body through. Most of all, I didn't like having my son see me smoke or being around the smoke. He was my main motivation for wanting to find a way out. I tried nicotine gum, patches, chantix, wellbutrin, counseling, etc; but nothing was working. I still kept craving cigarettes, and I still kept smoking.

In September of 2009, I came upon an advertisement online for an electronic cigarette. After reading reviews and customer testimonials, I thought, "This is too good to be true." Before purchasing, I found e-cigarette-forum.com. There was a huge wealth of information and reviews on different devices. I spent about 4 hours researching before I made my first e-cigarette purchase, a Joye 510 starter kit with Turkish tobacco flavored e-liquid.

Now, I had been smoking just under a pack a day for over 6 years now. My first day using an electronic cigarette, I smoked exactly 4 real cigarettes. The next day, I smoked none, and the next, and the next, and the next. I was in love. I haven't had a real cigarette since that first day, and I felt GREAT. Within a week, I could smell better. I was tasting subtle notes in foods that I hadn't since before I started smoking, and I could breathe. Oh My God, I COULD BREATHE! It was the most amazing feeling in the world.

Since then, I have upgraded to a variable voltage mod device, and use a variety of different e-juice flavors depending on my mood. I take my e-cigarette with me everywhere I go, and use it mostly everywhere and at any time. The smell of traditional cigarettes repulses me now. To this day, I have still not had a craving for a regular cigarette, and I doubt I ever will, as long as I can continue to keep getting my supplies easily online from my favorite vendors.

7/31/2013 10:57:00 PM - Cyrene O. from Wisconsin

I started smoking when I was 14 years old. I smoked for over 25 years and had tried to quit smoking numerous ways in the past without success, including the nicotine patch, gum and cold turkey. I was never successful for longer than 3 months. I began using electronic cigarettes in 2012, and have continued using them even today as a healthier alternative to smoking. Not only healthier for me, but also healthier for those around me who no longer inhale second-hand smoke. I've been completely smoke-free for over a year now, and do not use cigarettes at all.

I have numerous positive aspects from quitting smoking. I breathe better, sleep better, my allergies are almost non-existent, my blood pressure has gone down, my skin is clearer and even my hair is stronger. I also don't have the yellow film on the windows, TV's, walls and any other thing that cigarette smoke destroys. The odor that I used to walk around with on me, is gone, and my sense of smell and taste is much better. There is not one negative aspect that I know of from quitting smoking and wish that this would have happened a long time ago. I always encourage anyone that is looking to quit like I was, with the choice of electronic cigarettes as an alternative.

7/31/2013 11:00:00 PM - Larry Lenz

I was a smoker from the age 14 thru 63, so about 49 years.

I quit smoking during those 49 years 3 times, but always started up again.

My health was starting to deteriorate.

Coughing all the time caused me to develop an internal hernia.

I needed to stop smoking and stop for good.

I has always been able to stop smoking with the patches, so I purchased the patches and started.

After the 1st patch, my skin blistered up and cracked and started to bleed.

But that didn't stop me.

I continued for another 15 days and had 15 spots on my body that was swollen, cracked, and bleeding.

I called my doctor and get in 2 days later.

I told the PA (doctor was busy)what was happening to me and the PA checked me out and told me that I was allergic to the nicotine in the patches and to stop immediately.

The PA offered Chantix which I refused.

Some of my friends had some very bad side afects.

So I was back smoking again.

I researched electronic cigarettes and decided to try them.

I purchased a kit, that looked like cigarettes.

They didn't help me much because for me, the juice that was in them tasted really bad.

I researched more and found more advanced items and purchased those.

Using these new items, I never went back to smoking regular cigarettes.

I purchased a mod that was variable voltage and a cartomizer tank.

I purchased some samples of EJuice.

The Ejuice was 2.4 percent nicotine and was to much for me, so I lowered it to 18 and that was perfect.

That was on August 21st, 2012.

Amazingly I have never craved a cigarette....ever.

Vaping has changed my life.

I do not cough anymore.

I have more energy.

I can breath so much better.

But most of all, I feel so much better. I truly believe that electronic cigarettes have saved my life.

I'm down to 1.6 percent nicotine and will be lowering that every 3 months or so until I'm down to zero nicotine.

7/31/2013 11:02:00 PM - Noli Tumi from Los Angeles, CA

I've smoked for about a year. Being in college in LA (At UCLA), I've encountered a lot of stress and cigarettes are everywhere at parties. I smoked about 6 cigarettes a day, maybe more if it was finals week or stress was running high. I tried quitting several times, looked up quitting material and followed plenty of instructions. I successfully quit for a couple weeks once, but I became stressed and just picked it up again.

Then I decided to try e-cigarettes. I bought a rechargable e-cigarette at a store in LA. That day I threw out all my cigarettes. Since then, I've taken a puff or two off a friends cigarette - but it didn't appeal to me or cause me to relapse. I've been not smoking for 2 months, and the best part is that it wasn't a great psychological struggle. The first week was a bit difficult, there was a lot of coughing, but after that, I didn't even crave cigarettes anymore. Even in extremely high stress times, I vaped a bit more than usual but never thought of going back to tobacco cigarettes. Even though I've only been using e-cigarettes for 2 months, I've already lowered my nicotine strength. I do it very gradually and barely notice that I'm lacking the same amount of nicotine. I started at 12 mg/ml and am now at 6mg/ml.

I recommend this method of quitting to everyone I meet who smokes, because it is not difficult and not even close to the stress and anxiety that comes with quitting cold turkey. Aside from the first week of getting used to the different texture/taste of vapor, it requires almost zero effort. I highly recommend this especially to young people who have just started smoking and are already feeling regret for their addiction. Also, at my age you don't have the support system of a family or spouse that would help you quit.

I am a biker and my speed and distances have improved drastically. I can go up hills without getting winded and I enjoy exercising much more. Without e-cigarettes, I would still be smoking.

7/31/2013 11:13:00 PM - Cindy Cummings (cobrascat)

I began smoking cigarettes at about the age of 16.

I smoked daily, about 20 cigarettes until June 12, 2013 at the age of 59.

During the past 20 years, I tried several ways to quit smoking cigarettes.

My first attempt was cold turkey and that period of quit time was about 2 weeks. Through the years I tried quitting with nicorette gum, nicorette losenges, physician prescribed Chantix (which made me suicidal after I quit taking it) and nicotine inhalers.

All methods kept me off cigarettes for around 30-60 days.

I do not know where or why I saw an online advertisement for an e-cigarette, but decided to look into it.

I read about the various brands, read reviews, and learned as much as I could understand without knowing e-cig lingo.

I ordered a starter kit from V2 e-cig and some cartridges (a sampler of flavors).

When it arrived in the mail I had 2 packs of cigarettes.

I tried the e-cig and thought it kinda tasted good, but was nowhere near a true cigarette-more of a novelty.

But, I was intrigued at the testimonials I read on the V2 website about people who were no longer smoking cigarettes and using an e-cig.

I continued using both cigarettes and the e-cig for 2 days.

Surprisingly, around the time I had 2 cigarettes left, I no longer wanted to smoke them.

I preferred the e-cig-the taste was so much better than a cigarette, the stench of the cigarette was leaving my home, my hair smelled so good, etc.

After about 3 weeks of reading online about different kinds of e-cigs, liquid flavors, liquid delivery methods, I ordered a variable voltage starter kit.

I've enjoyed using this more than the V2 e-cig, plus trying different liquids, and tanks.

I then ordered an Innoken SVD mod, a pair of ProTanks, several evod tanks and several different flavors of liquid.

I have a few rechargeable batteries also.

I feel free of desire to ever smoke a cigarette.

Being around someone who is smoking is unpleasant-it is such a strong rank smell!

I know I am still dependent on nicotine, but I am not ingesting the hundreds of toxic chemicals that are contained in cigarettes.

My lungs are clearing-I no longer feel winded going up a flight of stairs or walking briskly for a long period of time.

My daughter said I look 10 years younger because I've lost the tired look in my face.

I have lowered the nicotine strength of the liquid I've been using and I presume I can lower it to zero nicotine strength over time.

I place no time limits on this as I feel it may be self-defeating to do so.

My only firm goal is to never desire a real cigarette ever again.

Using an e-cig has really been miraculous for me as I totally lost the desire for cigarettes-I quickly lost even thinking about cigarettes, which has never, ever happened in the past.

I look, feel, and act healthier!

I am socially more active too since I don't have to think about where I can or can't have a cigarette.

Hopefully, I've given myself back a few good years of living all because I've chosen to use an e-cig instead of smoking disgusting cigarettes.

And the two cigarettes I had left when I chose to use the e-cig exclusively are still sitting in the pack, untouched.

At some point in time I will dispose of them, but I am rather fond of watching the seasons go by and not wanting to touch, smell, or look at them!

7/31/2013 11:59:00 PM - Sandy Acord K.C. Mo. Platte Co.

Hi, I am a very happy 63 year old grandmother, who tried to quit smoking alot in my life with little to no success at all. I tried patches, gum, medicine, etc. not one of them worked for long. Then came four years ago the huge rise in the cost of cigarettes. If I bought 2 cartons it would be over 90 dollars a week. I decided to buy a kit from Riverside Red X and have never looked back. It worked great. Have not smoked in over 4 years and if I get that feeling I just get out my e-cig, and a puff or two does the trick. Do mostly no nic now, but how wonderful it was as a two pack a day smoker to quit. My husband decided to quit to, and now we have gotten 8 of our friends to quit and use e-cigs. We figure if the FDA can be controlled by money and not do anything to stop the cig. companies from putting all the dangerous drugs and things that did not use to be in cigs, then we do not want those companies involved in e-cigs.

We are so happy and promote this free for anyone that wants to know about them, and have told them what to buy and what is junk. Its the greatest invention and now you can buy in stores or online. I threw the ashtray in the trash that Marlboro sent me for my birthday. I want to thank them for making the price so high. Now we are free from them for good. Happy Vaping Everyone,

Shithead and Grandma

8/1/2013 12:03:00 AM - Byrd Preston

I began smoking the summer prior to my senior year in college.

Smoking and going to bars all that summer seemed to go hand in hand.

My roommates and I all said that we would quit before school began in the fall. All the while we joked about not being able to quit and sitting out on our balcony in parkas smoking when winter came.

School started back.

I didn't quit.

I smoked on my balcony in the snow that winter.

I continued to smoke for the next 26 years with the occasional brief periods where I would try to quit.

I tried all of the pharmaceuticals from gum to bupropion.

I chewed and dipped. I quit cold turkey.

All efforts met with failure.

On September 23, 2012 a friend of mine told me about e-cigs and a local store that sold them.

I got one that afternoon, began vaping immediately and have not had a cigarette since.

I began vaping 18 and 24mg nicotine.

Now I use 6mg.

I thoroughly enjoy vaping.

I enjoy the advanced personal vaporizers / mods usually with a cartomizer tank. Vaping has become much more than just a replacement for smoking.

It's my main hobby.

I love the artistry and craftsmanship shown in the devices and small batch eliquids.

Life is better now. My taste and smell has sprung back to life.

I can breathe so much better.

I sleep better. Thank God for vaping!

8/1/2013 12:11:00 AM - Dayton Yanagihara (hide03), HONOLULU, HI

Been smoking cigarettes for over 40 years. Have tried to quit a number of times over the years but have never been successful. I decided to try these e-cigarettes after seeing other people using them. I was a bit skeptical about whether it would help me quit but that went out the door after the first week. I knew I had to quit because of my age and also because it was getting too expensive. The government kept add more taxes. At first I didn't mind the tax since the money was supposed to go for cancer research and such but that changed quickly. Almost all the money is now used to balance government budgets and that makes it unfair that I pay such a high tax. Taxes should be shared necessity since everyone benefits. But getting back to the subject, my brother smoked for 30 years and he started developing signs on emphysema. He smoked heavily so he was forced to quit. I was always a 1 pack a day smoker. Started with unfiltered cigarettes and ended up smoking menthol ultra light cigs. At the end of my smoking life I was trying to stretch out my packs so I was doing a half pack a day. Still couldn't get it any lower. I had a bad flu in March of this year and only smoked 2 cigarettes in one week. It was them that I decided to try the e-cigarettes. I vaped for a week without smoking another cigarette. I still had 2-1/2 packs of cigarettes left from my carton when I started. Still have those on a shelf that I pass by everyday. I have no desire to smoke them. But they must be stale by now. So its been about 4 months now and I consider myself free of tobacco. I now have a variable voltage mod with a rebuildable attomizer. I also mix my own e-juice. I started with 6 mg of nicotine but have since reduced that to about 3 mg. I don't crave to smoke so these e cigarettes do have a useful purpose. I think they can help people. How many is a question I can't answer since everyone is different. It all depends on the individual. But to me the most important thing is to have this e-cigarette available as an option to stop smoking. The only thing that needs to be addressed with the e-cig industry is some sort of regulatory checks on products. You can find devices with no UL labels, e juices with no FDA approvals. Etc. I would expect some sort of over site by someone since these products are used for sucking vapor into your lungs and you have high powered batteries close to your face. I'm not saying everything sold is dangerous because there are a lot of very responsible and professional companies selling excellent e-cig products out there. It's just that I noticed things being out out for sale and you don't know what's it made of or how it was made. Also noticing everything new is cloned eventually. If someone cloned a car you'd get a visit from the legal wing of those companies. But with This e-cig industry its like open season. It seems like anything goes.

Since vaping my sense of taste has started coming back. My sense of smell has too. I can breathe easier and don't cough up phlegm like before. My skin used to be dry but now it isn't.

We need this e-cigarette option available. I am hoping it can remain a safe alternative to tobacco smoking. The industry is relatively new and seems dominated by small

businesses. This is a good thing but I'm sure eventually big business will want a cut and that's when things might change.

8/1/2013 12:13:00 AM - James Fisk, Texas

I smoked 2 PAD (or more) for over 30 years until June 2012. In April 2012, I had a heart attack and had a stent put in. Then I was told I would also need a 4x bypass, which I had in August 2012. I made the switch to vaping in June 2012 and have not had an analog since. I knew I wanted to quit before the bypass because I knew the recovery would be a lot easier if I did, lung and breathing-wise. I had been making my own cigs for about 8 or so years, so I gathered up all my tobacco, MYO machines, tubes and other paraphernalia and gave it all away. Now analog-free for over 13 months and counting. I feel great and my lungs are clear. My Vamo tastes better anyway.

E-cigs saved my life and for sure saved me from emphysema.

I know I could not have quit with patches or gum or pills.

Thanks

JF

8/1/2013 12:53:00 AM - Jason B., Cambridge, Md

My name is Jason, and I'm 38. I started smoking cigarettes when I was 15, in 1990. I never truly tried to quit smoking until Nov. 2012, as I was convinced that there was no way that I would be able to do it, and honestly didn't want to. I had tried to go cold turkey, half heartedly, a handful of times, but I just couldn't imagine life without cigarettes.

In Nov. 2012, after I had just recently become a father, I became seriously worried about my health. I made the decision to try the V2 brand of e cigarettes, attempted to both smoke cigarettes half the time, and use the V2 the other half of the time - swapping one for the other. That lasted for about a week.

Fast forward to July 2nd, 2013. I decided that it was time for a serious attempt to quit cigarettes. I ordered some blank cartridges for the V2, and some e liquid to fill them, instead of the pre-filled cartridges that V2 sells. The choices of different flavored liquid, and the choice to make my vapor experience personal is what got me off cigarettes. I promptly ordered a more sturdy setup of Joyetech eGo batteries, liquid tanks, and various liquid flavors. I haven't smoked a cigarette since July 2nd. My lungs feel almost new, I don't stink, and I'm no longer harming my own, and my family's health. I started at 24mg nicotine liquid, and have already stepped down to 12mg. I am 100% convinced that the e cigarette is the ONLY WAY that I would have been able to quit smoking. I am thankful everyday that this technology is available, and that it provides a legitimate and healthy alternative to tobacco products.

8/1/2013 1:07:00 AM - Anthony B

I have been smoking for over ten years now. I had tried quiting previously cold turkey with no success. I tried some of the cheaper e cigs bought from gas stations and never really stuck. I had a friend who had smoked for years and started using the better quality e cigs and was able to drop the habbit with using them. I had been thinking about it for a while and finally decided to buy a good quality e cig. The first few days i used both the e cig and conventional cigs. after the third day i only craved a cig when i was driving and a few days later i didnt want them anymore. i threw away half a pack and swapped completly to them.after a few weeks i noticed that i wasnt losing my wind so quickly. i also no longer awoke in the night coughing and wasnt hocking up nasty brown stuff in the shower in the morning. i dont know if its healthier for me or not but it definatly makes a noticeable difference.

8/1/2013 1:56:00 AM - Mickie D. Hall (mickiedmouse) from Grove, OK.

I am a 57 year old Grandmother with 5 children and 8 grandchildren.

I began smoking at the age of 18.

I became a Respiratory Therapist at a large hospital in Tulsa, Oklahoma in 1974 and was surprised to find that a large percentage of the people I worked with were smokers.

I worked hard to care for patients suffering from lung ailments such as asthma, cystic fibrosis, COPD and lung cancer.

As the area hospitals began taking a stand against smoking and limiting when and where we could smoke, the number of smokers slowly diminished.

I continued to smoke. In 1996, my Mother was diagnosed with breast cancer.

I still continued to smoke, just not around my Mother.

In 2001, my Mother was diagnosed with lung cancer.

Again, I continued to smoke.

My Mother had never been a smoker but my father was.

My Mother passed in September of 2002 and three weeks later, my Father was diagnosed with lung cancer.

He passed in November of 2002.

I still continued to smoke. In 2009, I tried Chantix and was able to quit smoking for nearly two years.

During a stressful time in my life, I picked the old cigarettes back up and quickly returned to my one and a half pack a day habit.

I continued to smoke until January of 2012 when I was diagnosed with breast cancer.

My electronic cigarette starter kit arrived on January 31, 2012 which happened to be the same day I underwent a bilateral mastectomy at the Grove Integris Hospital.

I was allowed to use my electronic cigarette during my stay in the hospital after explaining to each new nurse caring for me that it was not a cigarette.

When I had to have another outpatient procedure a few weeks later, my anesthesiologist pulled his electronic cigarette out of his pocket and joined me in my post-op vape. I have not consumed a single regular cigarette since 01/31/2012 and I honestly DO NOT miss them.

Using the electronic cigarettes, I avoided the usual weight gain that comes with smoking cessation.

I have varied the nicotine strength of the e-juice I use from 0 to 18 mg and have currently been using 12 mg.

I no longer wake up with

8/1/2013 2:18:00 AM - Dexter Garcia

I've been smoking for almost 20 years. I smoke a minimum of 1 pack to a maximum of 2 packs per day. I'm Stage II hypertensive and despite of my medical condition, it did not stop me from smoking. I got hospitalized a lot of times because I wouldn't quit smoking. I told myself that I will die with a cigarette in my hand.

A friend of mine gave me an electronic cigarette last February and I tried using it. The experience was not so good at first. I didn't like the "itchy feeling" in my throat whenever I take a puff. I started researching about vaping and I found out that you just have to get used to it. When we started smoking, we went through the same thing. During this time, I cut down to less than 5 sticks per day. I started liking vaping. I saw that you have a lot of options when it comes to e-juice and I like that. I completely stopped smoking beginning March of this year. Never touched another cigarette again ever since. I got rid of electronic cigarette and switched to something better.I'm now using Filipino made mod and atomizer.

Vaping helped me quit smoking. Vaping is the next best thing. As of the moment, all my e-juices have 0 nicotine. For me, I was not addicted or dependent on nicotine or other chemicals in cigarette, I was addicted to the "hand to mouth" action. Most of us will say that you will never be able to quit smoking. I agree to that but you can always switch to something healthier. Right now, I'm addicted to NOT smoking.

My blood pressure is 130/80 ever since I started vaping. Yes, that is still borderline hypertensive but take note, I'm NOT taking my medication anymore. Sometimes, I don't even vape and the craving is very minimal. My sense of taste and smell is so accurate at the moment. Food taste so good and my sense of smell is very sensitive. I'm loving every minute of it. I still hang around with my friends who are smoking and I'm having them try what I experienced. So far, I've "converted" a few of them to switch to vaping. One more thing I would like to share is my friend and I will be opeing a business selling e-juice, mods, atomizers and everything you need to vape. We will also educate and answer all question of the "newbies". Our business name will be Vapetacy.

Thank you.

8/1/2013 2:21:00 AM - John Pappas Rochester MN

I am 54 years old and started smoking when I was 13. I have been smoking an average of a pack (20 cigarettes)a day since I was 17.

Over the last six years I have tried repeatedly to quit smoking and have tried Wellbutrin, Chantix, Nicotine patches, nicotine inhalers, nicotine gum, nicotine lozenges. All with absolutely no success. In fact, until I learned to hide the Chantix package from view I smoked more while using that drug as seeing the package made me think about smoking, thus triggering the urge.

With ALL of these methods the longest I was able to refrain from smoking was less then a day, though I did struggle and hold myself to two or three cigarettes a day for a few days until I gave up. And after having a mild heart attack in 2007 I TRULY desired to quit smoking as I fully knew the consequences.

In June of 2013 I bought a better quality E-cigarette from my local tobacco vendor along with a two week supply of tobacco. Specifically an eGo CE4. The NEXT day I smoked a total of three cigarettes. Not because I was trying to avoid smoking, but because I more or less forgot to smoke as the E-cigarette was so satisfying.

I went from smoking at least 20 cigarettes a day to two or three literally overnight. And stopped smoking cigarettes altogether within a week. This was while I still had nearly two cartons of cigarettes sitting there at home.

The Electronic Cigarette provided an alternative method of fulfilling my addiction to nicotine while giving the full spectrum of habitual practices. The physical act of smoking. The feel of inhaling (though now a vapor instead of actual smoke).

Without this superior alternative to cigarettes I fully expect I would have continued smoking tobacco until it killed me.

Thank you for hearing my experience and please consider fully supporting this method of harm reduction as a means for life long smokers to find a way to eliminate the worst damage that smoking tobacco causes.

8/1/2013 2:23:00 AM - terri from arizona

I have smoked cigarettes on and off (mostly on) for 33 years.

one would think being diaganosed w/t COPD a couple years ago would be incintive enough to quit, it was not.

I could not quit despite all I know about the health implications.

I felt those cigaretts killing me.

I felt every cigarette drain my energy, make me feel like shit, make me cough and stink up my new Corvette. My husband brought me the "Joyetech" electronic cigarette.

I have not touched a traditional cigarette since.

I also have stopped hacking up a lung in the morning when I wake up.

my constant cough has gone away, I have a little more energy every day.

I am looking foward to getting

on with

my tobacco free life.

Vape on!

8/1/2013 3:43:00 AM - Tyler D. Savannah, GA.

I smoked for several years from a young age.

Approximatly from 16 to 25.

I picked up an inexpensive but well built cigarette-sized e-cig spring of 2010.

At this time I was up to 1.5 to 2 packs of camel lights per day.

I had tried quitting, and failed, by using a nicotine patch as well as several non-smoke nicotine alternatives such as chew and dip, as my main fear was emphysema and lung cancer.

I was absolutely floored to find that once I started using the e-cig with 24mg/ml nicotine vegetable glycerin juice, I never had an urge to pick up a cigarette that could not be blocked by the use of my trusty e-cig.

I stayed away from smoking for 5 months which is when my e-cig broke.

I ordered a much more durable "mod" off of the Internet and waited for it to arrive.

It took approximately 10 days to arrive.

In that time I bought a pack of cigarettes thinking I could substitute until the e-cig arrived.

Boy was I wrong! with 1 single drag I found I couldn't STAND the noxious flavor of the cigarette at all and threw the cigarettes away.

I have never picked up a cigarette since that day, and here we are 30 months later!

My health improved so drastically I feel like a new person.

I have reduced my nicotine level from 24mg/ml to 6mg/ml, and often smoke non-nicotine juices as well.

I have to say that electronic cigarettes have saved my health, my lifestyle, and even my life.

Thank god for electronic cigarettes.

8/1/2013 3:50:00 AM - Dave Drogowski from Youngstown, OH

I smoked cigarettes for approximately ten years before I discovered electronic cigarettes.

I initially used e-liquid in the range of 36 mg strength.

After some false starts, I successfully quit smoking for a year, followed by a brief lapse, then successfully again for the better part of a year.

Initially I attempted to just curb how many cigarettes I smoked (two packs a day at the start), but gradually came to prefer electronic cigarettes for the most part.

I had used patches and chewing tobacco in the past and neither ever served as a suitable substitute.

Since quitting I now breathe easier, can go for a job or other exercise(previously pretty much a non-option) and no longer wake up unable to breathe.

There were mornings as a smoker when my chest was tight from the previous night's smoking.

All of that is an element of the past.

I strongly value my electronic cigarette, which I now vape at 3mg strength.

I may quit some day, and I may not.

But the positives of quitting smoking, in my estimation, make themselves apparent every day.

I have my lungs back, thanks to e-cigs.

8/1/2013 3:51:00 AM - James Mock

I've been a smoker for 33 years with many failed attempts to quit , using gums and patches and even disposable e-cigs which all failed . Seemed every time I tried to quit I would only start smoking more till I was to a 3 pack a day habit . Recently several co-workers started using reusable e-cigs that use e-juice and I saw the success they were having with it and decided to give it a try , has been a month and one week now and have not had a single cig or even wanted any since , all other attempts at quitting lasted me at the most 4 days so I am sure this was my ticket away from cigs , I'm feeling better than I have felt in a long time and feel I will only get better . I have more energy and smell and taste more which is great

8/1/2013 3:53:00 AM - Dmbryan

I am a 43 year old male from Birminham Alabama. I had been smoking a pack a day since I was 16 years old. During that time I had tried to quit multiple times.

I used gum, patches, lozenges, anything out there.

Unfortunately it was to no avail.

I would always end up back smoking.

In February of this year I tried my first ecig, that my wife bought at the smoke store.

We both liked it, and decided to give ecigs a try.

We bought a little kit starter kit to get going.

From that moment I,haven't touched a cigarette.

To be honest, I haven't had the slightest craving for a real smoke.

I don't even like the smell of them anymore.

As far as health benefits, they have been quite noticeable. My wife and I no longer wheeze at night, and this was the first year I did not get bronchitis. My stamina and breathing has improved dramatically as well.

I used to get winded while walking for exercise or paddling my kayak.

Last weekend I took my kayak out for a trip, and decided to see how long I could paddle witout getting winded.

I never did!

My muscles gave out long before my lungs did. When I was smoking I could not paddle for very long without having to stop and catch my breath. Electronic cigarettes have been a life changer to my wife and I. Our quality of life, our health, and pocketbooks are in much better standing than six months ago.

I hope people realize how beneficial ecigs can be to helping people quit smoking.

It might not be a fit for everyone, but nothing is.

For those of us who have succeeded in giving up cigarrets with ecigs, they are an invaluable tool in the quest to be rid of tobacco's powerful grip.

Thanks for your time, and thank you to the ecig manufactures.

8/1/2013 3:53:00 AM - Susiejo

I have tried other things in the past to quit smoking and none of them worked.

I tried cold-turkey, nic gum and Zyban.

I realized after quiting for 3 months (using Zyban) that I can not completely quit nicotine.

I have Bi-polar disorder and when I quit smoking I have to immediately go back on multiple pharmacutical medication, all of which have much worse side effects than nicotine.

With the meds I felt lifeless all the time, tired and run down.

That made my depression much worse.

As long as I can have a safer way to use nicotine, I feel I can have my life back again.

If not for the electronic cigarette I would be forced to continue to use analog cigarettes. I started using an ego style battery with a Ce4 clearomizer and have not had any analogs since the very first draw on my e-cig which was almost 4 months ago.

I feel better, more energy, and my breathing has improved dramatically (I have allergy induced asthma). I can smell and taste things again.

My life has been improved 100% since I started vaping and I plan to continue. I did not go into this planning to quit completely, I just wanted a safer way to receive nicotine and to use the lowest level of nicotine possible.

I currently use anywhere from 3 mg nicotine to a 12 mg nicotine.

I feel I have the opportunity now to choose different levels of nicotine, something I did not have with analog cigarettes.

8/1/2013 4:04:00 AM - altspeed

I had been a smoker for 40 years, staring at age 14. I had made several tries over the years with NRTS, gum and patch, with no success, not even limited success.

I had a degree of success in the 80s with a trendy at the time accupuncture remedy call accutack, that placed and accupuncture "tack" basically under a piece of silicon bandage inside the outer ear to stimulate a specific nerve when you felt a nicotine craving, but that success was limited because a lack of feeding the behavioral compulsion to light, handle, smoke, cigarettes.

About 2 years ago I started using Marlboro snus while at work to be able to maintain my concentration at my desk for longer periods without having to go smoke.

It worked relatively well, but I still had the compulsion to smoke.

I had seen (and occasionally used) disposable e-cigs for a few months because of the ability to use them at a few clubs I visit on occasion. I am the type of person that enjoys hobbies that require paraphernalia, cell phone modding, RC cars, etc. About a year ago I saw my first real serious nicotine vaporizer or APV (advanced personal vaporizer).

I asked a few questions and did my research and about 3 months ago (13 weeks to be exact) I found a local shop and took the plunge.

I have been EFFORTLESSLY smoke free that entire time. After having vaped nicotine I don't see myself ever smoking tobacco again, such an inferior nicotine vector! I have to admit that part of my motivation was to get my wife, who had suffered from a severe case of Acute Respiratory Distress Syndrome last fall, to quit once and for all, so I had a personal mandate.

She started vaping the same day I did and has also been smoke free the whole time since.

She had smoked less time tan I, but she is 15 years younger than I am.

WE are both in rapidly improving cardiac health, our doctors are amazed, our home no longer reeks, our families aren't repulsed by us, etc etc etc.

It is my firm opinion, based on the evidence I have personally experienced thus far, that any regulation of vaping equipment or supplies other than FDA oversight, or anything that would increase the price or decrease the availability of equipment and supplies would simply be condemning many people to a much more rapid death, and a much damaged qulaity of life, than they are currently able to achieve with nicotine vaping (AKA e-cig use).

8/1/2013 4:25:00 AM - Michael(texasman2011) corinth TX

I am a 28 year old who started smoking when I was 16, I was smoking a pack of cigarettes a day. In April of 2013, I decided that I wanted to quit smoking, I was tired of waking up in the morning and coughing and weezing. So I started looking at alternative ways to and came across the E-cigarette. From that day when I made my purchase at a local vape shop, I completely stopped smoking and I haven't missed it at all. It has been 3 months and 6 days since my last cigarette. Before I made my purchase, I was very hesitant that it would not be effective, as I heard many stories of other methods not working for most people. I just decided to dive in, and now here I am. I feel healthier and I don't become out of breath from going up and down stairs, I can take my dogs out to the lake and not have to worry about being out of breath. My family is much happier also that I don't smell like an ashtray. The E-cigarette is definately in my opinion, the most sucessful method out there right now for people that want to quit smoking.

8/1/2013 4:33:00 AM - Jordan L. from DFW, Texas

I am 27 years old and I started smoking when I was in fifth grade. I used tobacco in all sorts of forms over the years, cigarettes, snuff, cigars etc. I knew the health risks and had a desire to quit, but on multiple attempts I was not successful. On a whim, and the recommendation of a friend, I decided to give ecigs a try. I figured that there was no harm in giving it a shot. I got my first ecig mod in a may of 2013 and almost immediately ceased my smoking habit. I was using eliquid with a level of nicotine close to what I had been getting from cigarettes. Within a few weeks time I had reduced my nicotine levels all the way to zero. In the time since I have quit using tobacco I have felt better overall. I breathe better, can be more active, and even can taste food like I haven't in years! I feel that ecigs are a great tool to help someone who has a desire to quit. The best thing about them is that the user can step down at their own pace. I think that many people will be able to have similar success like I have.

8/1/2013 5:02:00 AM - Bryan G

Hello my name is Bryan, i started smoking at the age of 17, i am currently 27.

Now Iv'e tried quitting a great many of times over those years, some lasting a day, to some lasting a month. I always seemed to fall back into it however due to stress, or just plain anxiety. A little over a year ago i started chewing, it kept my cravings down and generally satisfied my nicotine needs, but it was cutting up my inner lip and made my stomach turn, so needless to say i fell back to cigarettes more than a few times. Once the taxes on cigarettes got to high i switched to these little cigar's that looked like a cigarette even had a filter on them. After a few months of this i found myself coughing uncontrollably on a daily basis, i tried some of the stick e-cigs you could find at the gas station and such, but ultimately they just didn't quite do it for me. I started doing some research online, and i found 2 very good resources for everything e-cig. GrimmGreen and Pbusardo on youtube and their websites respectively, they turned me onto this e-cig forum. I learned a great deal from them "also many others" and made a decision to give something like an Ego T a try, and boy was a BLOWN AWAY! i still get the feeling every now and than of like "holy crap! this thing is amazing!". Thanks to the amazing community at the ECF and pbusardo, grimmgreen, and all the others i have an excellent resource of information regarding all the things new, old, and in between. I have been completely tobacco free now for going on 3 months+, this was a life changer for me, i feel SOOOO much better, i can taste things, i'm sleeping better at night, the whole 9 yards. I can honestly say as long as they stay around, and i have an easy way of getting what i need to keep it going i will never go back to tobacco products ever again! I know it's switching one habit for another, but i can honestly say from deep down, that i FEEL 110% better than i did for the last 10 years smoking/chewing! So i would like to end this thanking that community from the bottom of my heart for comming together and being so supporting to all the new comers in helping us quit, helping us find what works for us, or fits our budget its truly inspiring to

see such a positive community like this, and its my hope that it will continue and grow in size to reach out to others across the globe who want to quit, or want to try and use this as an outlet to at least save their overall health "in my opinion of course". Thank you for taking the time to read this, and god bless.

Sincerely;

Bryan G

8/1/2013 5:06:00 AM - Mildred Barrentine

I had been a 2 pack a day smoker for almost 30 years when I was diagnosed with cancer in 2008. I had surgery and afterwards my oncologist told me I had to find a way to quit smoking. I had already tried quitting cold turkey several years earlier and that only last about 2 months. I didn't know what would help me until I saw a commercial for NJoy on TV. I drove down to our local truck stop and bought a kit. I liked it right away but the batteries didn't last long before they stopped working and the cartridges kept leaking. I told myself if I could just find a bigger one and one that was made better that this would work for me, I just knew it. And so began my internet searches for electric cigarettes. I spent a small fortune on 801s, 901s, 501s..etc... FINALLY I said...ENOUGH! I found the e-cigarette forum and from there I bought my first mod and never looked back. Here I am 4 years later and still an ex smoker. I never cough anymore and can walk up to 4 miles with my dog and never get out of breath. In fact, I LOVE walking. I never ever thought I would ever like walking but now I love it. So, that's MY story....cancer gone, cigarettes gone and walking with my dog everyday....thank you ecigs!

8/1/2013 5:19:00 AM - Ute Peterson

Here is the story of my success, but first a little background information. I am 54 years old and was smoking since I was 17, I tried every possible way to quit including hypnosis(2 weeks smoke-free), nicotine patches (which I was allergic to the adhesive), nicotine gum (found it impossible to not chew continuously), wellbutrin (quit for 9 months and when I stopped the wellbutrin, I started smoking again). Other than the occasional too sick to smoke with a cold or an overseas flight, I found it impossible to stop altogether. Then I thought that Chantix would be my answer, I had nightmares, mood changes and depression.

The depression got severe and so I stopped

8/1/2013 5:26:00 AM - James P. Solie

Hello,

My story begins like many others that decide to quit smoking.

I had tried many, many times in the past to quit.

I've tried patches, nicotine inhalers, drugs (wellbritin? please excuse the spelling), and of course cold turkey.

I guess the pills were most effective.

I think the longest I ever lasted was a month, and that was cold turkey.

It was innocent enough, I was on vacation with my family in South Carolina in 2009, and since cigarettes were so much cheaper down there, I purchased a carton before we flew home.

Little did I know that it would be the last cigarette I would ever buy.

As the fourth of July approached, I decided it would be a fine time to quit again.

We have a huge family get together at that time, and I had smokes to use up.

Well, the fourth came and went, and I ran out of cigarettes, but I stopped.

I had told my brother about some stories I saw about e-cigarettes, Smoking-anywhere/everywhere was the brand that we were seeing in news stories.

He picked up a kit, I tried it out, and picked up a kit myself.

I moved on pretty quickly from that kit to better equipment, but I have not smoked a cigarette for over 4 years.

I've dropped my nicotine to very low levels, including none.

I'm sorry if it looks like smoking, but I DO NOT SMOKE anymore.

To the FDA, your bullshit story in 2009 about the 2 samples that showed juice contained ingredients found in anti freeze.

What a travesty that was.

Oh, and they also contained known carcinogens.

Why did you leave out that fact that the carcinogen levels were on par with FDA approved nicotine replacement products.

Don't get me wrong, I want regulation, those samples were taken from products from China, famous for "lead in anything we can get away with".

Testing on an American product shows the facts.

Look at the lab results from Johnson Creek.

The evidence is mounting.

E-ceigarettes seem to be an effective way for people to transition off of real cigarettes.

But instead of embracing that, you attack it, simply because it looks like smoking.

You have a product here that replaces a product that you claim takes over 400 thousands American lives every year.

Instead you do everything you can to block this product from the consumers in the name of safety.

Seriously, according to you, it might be worse than smoking.

So what, they will die sooner?

I ask you, where are the bodies?

You know what's really sad, the countries around the world that don't have the budget to make decisions for themselves defer to you.

Congratulations, you're killing more people than you think.

To all of the Anti-smoking organizations that oppose e-ciggs.

Obviously, the above statements to the FDA apply.

Furthermore, I especially take exception with the flavor argument.

There are studies that show that no "kids" have picked up the e-cigarette habit because of the flavors.

Oh, forget the millions of deaths each year we could potentially avoid with the harm reduction that e-ciggarettes bring us, we might have a minor start smoking.

This is beyond pathetic.

To tell you the truth, from a former smokers perspective, after quitting, I think the tobacco flavored products taste like shit, andI don't want them anymore.

Adults do like flavors.

The FDA famously banned flavored cigarettes recently in a much touted attempt to stop kids from smoking.

Trouble was, no American tobacco company had any, they basically banned clove cigarettes and that was it, less than 1 tenth of 1% of sales.

The clove manufacturers simply rebranded them as cigars and away they went.

Funny story, in this historic ban, the FDA DID NOT ban menthol cigarettes, the number one flavor of new smokers (kids).

Why is there no outcry to ban flavored alcohol?

The same principal applies, does it not?

And while we're at it, the logistics of a kid getting this product and keeping it hidden are staggering.

First, you have to buy it online with a credit card, then you have to keep this hidden.

Given the fact that you have to charge these devices all the time, and continually buy juice and atomizers makes this extremely hard to conceal.

Don't get me wrong, cigarettes are not good.

But if you really care, BAN THEM!, quit attacking people that are quitting using other methods.

It's a time tested tradition of following the money.

Less smokers, less money.

Who is fighting this product?

It's the organizations that stand to lose money and are backed by big Pharma.

Simple as that.

Quit or die mentality, unless you pay us.

You sicken me. James P. Solie

8/1/2013 5:30:00 AM - Todd McClure

I began smoking in my early teens and smoked consistently until I was 24 years old. At the height of my cigarette consumption I was smoking a pack a day. I have always been a physically active person and my cigarette habit was constantly getting in the way of the things I wanted to do. My lung capacity was badly impacted and I felt like I was always slightly sick with cold-like symptoms. I was recently turned on to e-cigarettes by a friend who brought one to a party. I was curious and gave it a try, I was impressed by the taste and the amount of vapor it produced. I went the next day to the grocery store and picked up a disposable electronic cigarette and spent the rest of the day experimenting with it. Between the vapor it produced, the smooth taste, and it not leaving my clothes, hands and breath smelling like smoke I really enjoyed it. I bought

couple more disposable e-cigs and supplemented them with my regular cigarettes for about two weeks. In that two week period I cut down my regular cigarette consumption by 75 percent. I then did a little research on finding an electric cigarette that was reusable and began experimenting with different flavors. Within one month of being introduced to e-cigs I stopped smoking regular cigarettes completely. Since then (about six months) I have smoked one regular cigarette and didn't even finish it because it felt and tasted gross to me.

Originally I picked up an electric cigarette out of curiosity and not for the advertised health benefits. I thought that surely anything containing nicotine and chemicals wasn't doing my lungs any favors. I still believe this but the effects of switching from regular cigarettes to electric were notable. Once I completely switched, I no longer woke up in the morning with coughing fits and phlegm in my throat. My lung capacity improved greatly and I am able to exercise more freely and more frequently. This is not to say that electronic cigarettes have no effect on the lungs because I still do feel resistance in my breathing after vapping heavily. However I feel much healthier now and I am able to still enjoy the activity of "smoking" which I do very much.

8/1/2013 6:00:00 AM - Ado Bantayan

I've been smoking for 25 years. I've tried nicotine patches, quitting cold turkey, and they all failed. Before I quit smoking, I would smoke 1 pack a day, sometimes up to 2 packs a day.

When my co-worker started vaping, I was skeptical of how effective his ecig use will help him quit smoking. When he reached his 3rd month of vaping and not 1 cigarette smoked, the next weekend I went to LiquidXpress, sampled their juices, and walked out with 60 ml of Cool Rush and a Silver Bullet startup kit. I never smoked another cigarette since then, and I am now on my 6th month being smoke free.

8/1/2013 6:37:00 AM - David Frost

I was a pack a day smoker for 30 years.

Tried everything to quit, patches, lozenges, gum etc.

I just couldn't stay off of the cigs more than a day or two.

But the day I got my e-cigarette I haven't smoked a single stick.

I use 24mg RY4 flavored juice in a driptip style ecig and have done from the the first time I tried it 3 years ago.

Have no desire to go back to smoking cigs again!

My health is better, my throat is better, food tastes better, my entire quality of life is improved because of this wonderful invention.

If this becomes banned or impossible to get, I will have no choice but to start smoking cigarettes again and I hate that!!!

8/1/2013 6:39:00 AM - Kenneth Alllen

I tried cigarettes at the age of 17 back in 1996. Soon after, by the time I was 18 - 19, I was up to a pack a day. After many years of attempting to quit smoking using a few methods (cold turkey, nicotine gum, and patches), I finally quit for good on March 8th 2011 using a starter e-cigarette. As of now I only use the e-cigarette and have been slowly reducing my nicotine level.

Prior to electronic cigarettes, the longest I had ever quit was no more than a month. What made it worse, was that I have asthma. Even though cigarettes were greatly reducing my lung function and agitating my asthma, without e-cigarettes, I would still be smoking now.

My life has improved since using the electronic cigarette. My asthma is manageable again (I was using my rescue inhalers way too much when I was a smoker), I no longer smell of cigarettes, My senses of smell and taste have returned to normal, and my teeth no longer look yellow and disgusting.

I truly believe that electronic cigarettes work as a smoking cessation device as I am proof.

8/1/2013 6:51:00 AM - daejin cho

I have smoked since I was 16 and kept myself away from many physical activities. I have used e-cigarettes and quit smoking for a year and I'm healthier than I ever was. I love to go running as I used to when I was a kid.

Don't let cigarette companies lobby and influence your decision.

8/1/2013 7:17:00 AM - D. Gray Tucson AZ.

I was a smoker for 40 + years. I never tried to quit once. I thought about it,but believed it would be impossible for me. I was in the hospital recently having a major surgery done. Of course I couldn't smoke, but had a patch to ease the cravings. One nurse urged me to quit and I said simply--OK. The first thing I did when I got out was to go to my local smoke shop and buy a clearomizer type e-cigarette. That was two months ago. I haven't had a cigarette since. I started out @ 24 mg and am now @ 12mg.

I am working at getting it down to 6mg or so. This has really changed my life. I ride a bicycle on a daily basis and not smoking has made my breathing so much better. My stamina has way increased, my health is much better, and I have a happier out look on life--amazing!!! Just like that! I enjoy the e-cigarette way more than I enjoyed tobacco. I am never going back to tobacco if I can help it! NO WAY! Thanks---DG

8/1/2013 7:17:00 AM - warpig

Smoked for about 5 years then found e cig's and I just took a puff when I felt like I needed a cig break and a year latter I'm I non smoker!! It really helped me.

Thx

8/1/2013 7:40:00 AM - Patrick Boudreaux

I'm a 32 year old male, and recently decided it was time to turn my health around. I started dieting, and over a year and a half period, I lost just over 100 lbs. the next step was to quit smoking.

I've been a smoker since the age of 13 years old. I've always smoked Marlbro Reds. It started out as a pack a week, and by the time I was 18, it had grown to 3-4 packs per day. I work in a high stress occupation, which contributed to my chain smoking. I was a smoker for a total of 19 years.

I tried to quit smoking several times, during my years as a smoker. My first attempt was using Chantix, at the recommendation of my doctor. That time lasted all of 2 weeks. I found it simply didn't help me at all. The next time, I tried Nicoderm patches. That lasted under a week. I experienced very graphic dreams while using patches, and it interfered with my sleep, therefore my job, too badly. The third time, I was just highly motivated, using exercise as my help, I quit smoking for 6 months. An incident at work, at a time when I was highly stressed, and needed a break from work,

led to my starting smoking again. If I would have taken a vacation at that time, it may have been my answer.

As stated earlier, this time I decided it was time to turn my life, and health around. I began thinking about my family, and their dependence on me. I thought of my children, and how I want to be here to watch them grow up. I want to watch them get married, and have children. I want to be a grandfather.

Before trying to quit this time, I did a ton of research over a 2 week period, to determine my best option, to make this as easy as possible for me. I searched forums on e-cigarettes. I searched forums, and websites on quitting smoking.

I had tried electric cigarettes in the past. Mostly the cigarette look-alikes. They were very sub-par back then. They were very unreliable, and nothing a smoker could count on. The units that were more reliable were way too big to be logical.

This time I decided to try a kit from V2 Cigs. My wife joined me on this attempt, which helps. When our kits came in, we went ahead and ditched the cigarettes. The V2 cig-alikes worked great for my wife, but not so much for me. Due to my being a chain smoker, they just couldn't keep up with me. I'd constantly overheat the batteries, putting them in protection mode, before I could satisfy my craving. As soon as I realized this, I decided to order a mod and a tank, as I had read that they give a much better nicotine hit. They do work much better, and end my cravings with a couple "puffs". The mod works great for home, but is still a little big for when on the go. I then ordered myself some larger cig-alike type batteries, rated at 650mAh. These work wonderfully

for me. Between the mod and the large batteries, I'm equipped to "fix" any cravings that may come on. Myself and my wife started with 24mg/ml liquids. We went that strength because my research showed that was closest to the nicotine content of the "analogs" we had been smoking. This level of nicotine quickly became too much for us. We still use that strength if a really bad craving comes on, which isn't happening often now, but we mainly use 10-12mg/ml liquid now. We plan to drop lower once we feel we are ready.

We have been on e-cigs for a month now, and see absolutely no reason to go back to analogs. We can still enjoy the stimulant effects of nicotine, which is roughly equal to a caffeine addiction health wise, without the cancer risks associated with smoking tobacco. Most importantly, we can maintain the habit of smoking, which is the hard part of quitting smoking. This is what many non- smokers don't realize. It isn't the nicotine that makes it so difficult for people to quit smoking, it's the habit. Smoking a cigarette becomes a part of you. Many smokers have smoked more years of their lives than they were non-smokers. It's the same as trying to diet, stop over-eating, after you've done it so many years of your life. Imagine trying to quit talking. Quitting smoking is a very similar situation.

So in conclusion, as I stated earlier, we have been completely off analogs for a month now. We feel great, and see absolutely no reason to go back to them. We don't smell like an ashtray, our breath doesn't stink, and our respiratory health is steadily improving. Plus, our e-liquids taste so much better. We can have whatever flavor we feel we want that day. There is absolutely 0 downfalls to this alternative that we have found thus far. Once you find the gear that's right for you, there is no need, and very little desire to go back to analogs. E- cigs truly should not be called e-cigs, as you do not smoke them. There is no "smoke". They are simply personal vaporizers. No different than the vaporizers you use with a sick child; other than their containing nicotine, which over time you can reduce to 0. Take it from a 19 year chain smoker, this is no doubt the best alternative out there for heavy, long time smokers. Hopefully our government agencies will soon realize this, and promote this alternative. I hope soon to see public promotion of this alternative, backed with research from government agencies, to help both smokers and non-smokers understand and accept this alternative.

Thank you for reading this. If this convinces even one person to attempt to quit analogs, it was well worth the time I took to tell all of you about my success.

8/1/2013 7:41:00 AM - 35yr smoker

Like my name says,I've smoked for 35 years. Over two packs a day for thirty five years.

The state I live in (like most states) pisses tax dollars away knowing there is always more to come. Now they are going after specific groups so only a few get upset. What better group than smokers,they are already addicted and will pay for their so called sin(sin tax).

Well,thanks to vaping I'm no longer a tobacco tax slave. I went from

smoking filtered cigars(the only tobacco product that wasn't taxed to infinity)to vaping the next day,I haven't smoked a cigaret since nor do I want one. I saw on the news that the American Cancer Society claims that there is no proof that vaping will stop one from smoking. BS. Of course without a few million tax dollars spent on studies they will never be satisfied with the reality that vaping can replace smoking in one day.

The Government is all about controlling everything,perhaps they feel that if they can control everyone's lives,then that means they are in control of their own life. On the news I saw a council woman stating that she doesn't like vaping,it looks just like smoking. She then said that the Government needs to classify it and regulate it. Typical control freak in action. What the hell ever happened to America. We got rid of one tyrant in a foreign country trying to control us,only to have thousands of tyrants living amongst us wanting to do the same thing.

8/1/2013 8:41:00 AM - T Ratcliffe (Rat2chat2) Jamestown, NC

My mother smoked, so I guess you could say I was born a smoker.

At age 5 my neighbor and me would smoke a pipe before his wife got home and we did this almost everyday.

I sneaked and was a regular smoker by the time I was in middle school.

Through the many years, smoking not only became a crutch for me but I considered it my best friend.

I could not even begin to count the number of times I tried to quit.

Sometimes I would make it a few months but more often it would be only a matter of days.

I tried cold turkey, nicotine patches, cotton stuffed straws and Chantix was my last failed attempt.

About the same time that my husband lost his job, Groupon put a deal on for Premium Vapes Electronic cigarette starter kit.

I figured for $25.00 I would try it to help cut down on cigarettes.

My plan was only to cut down.

I had no desire to quit smoking.

So I began vaping and continued smoking.

As the time went by I discovered that vaping was actually enjoyable.

Without really noticing, I began to vape more and smoke less.

I started thinking that maybe I should try once again to quit smoking.

So I consciously began to cut down on cigarettes.

When I got down to a couple a day, I got to the point where I almost dreaded lighting up.

When I got down to 2 a day I realized just how bad they tasted.

The cigarette that I had smoked for so many years actually tasted nasty.

By the time I got down to one before bed, I would take a few drags and snuff it out and reach for my delicious tasting cig-a-like.

I finished all the cigarettes I had and quickly upgraded to a bigger battery and more flavors.

My hand to God, this is the first time in my life that I have ever felt like I could leave my best friend behind and choose a healthier alternative.

I know smoking is an addiction.

I am well aware that vaping is an addiction also.

If you asked me if vaping is healthy... I would say no.

If you ask me if it is healthier alternative I would have to say I am proof that it is.

I have lost close to 30 pounds.

I have started walking almost everyday and I might add... without gasping.

The only problem I have encountered is my sense of smell being restored.

Bad smells have started bothering me.

Food in restaurants taste like they added to much salt.

All in all, the bottom line is I feel improved and my only regret is that I did not try it a lot sooner.

My plan is to continue vaping and possibly reduce my nicotine.

I really have no intention of trying to become vape-free.

I have one friend who I introduced to vaping and I will educate anyone who will listen to me and my story.

I have no idea if I am an ex-smoker.

It has only been 88 days since my last cigarette.

I cannot promise anyone or myself that I will not go back to smoking tomorrow.

But I do know that today I am okay and I am smoke-free.

8/1/2013 8:58:00 AM - John Paul Nielsen (Seattle, WA)

I started smoking when I was 15 years old and I'm now 29. I smoked a pack a day and up to two packs a day for periods of time. I have had many unsuccessful attempts at quoting smoking. My longest was for 6 months with commit lozenges. Eventually I had a cigarrette and started again on a pack a day. At some point I was convinced that I wouldn't ever be able to quit. About two months ago my cousin Michael told me he had quit smoking and that had started "vaping" he was already two months smoke free. I tried his e-cig which was an ego battery and I liked it. I envisioned this as something I could do. That night I ordered a couple ego twists, clearomizers and e-juice. When my order arrived I had a cigarrette that morning and then I vaped for the rest of the day. After a couple of weeks I had a day where I caved and smoked half a pack. I had a lot of stress at the time and was having a hard time finding an enjoyable vape. It's now been a month since then and I haven't had any cigarrettes and I don't plan on any in the future. I am very happy with my current setup. A sigelei zmax v3 and an assortment of different atomizers and tanks. I started with 24mg nicotine and am now at 18mg. I think soon I will switch to 12mg. I love how I don't smell like smoke all the time and home is nice and clean. I believe that e-cigs are a very good alternative to any quit smoking aids. I feel a lot better since I quit smoking and have not noticed any bad side effects from vaping. I don't know how "healthy" it really is but my logic tells me it is defitintly safer than smoking. I am very happy that I was able to make the switch. Like everything you really need to want to quit for it to work. This was my case, I was sick of smoking but I just couldn't stop. E-cigs have made it possible for me and I am very greatful.

8/1/2013 10:27:00 AM - Go Tanabe

I have been using electronic cigarettes for about 3 and a half years, but I have been smoking since I was 13, which makes me a smoker of 24 years, a heavy one at that. I used to smoke at an average of 2 packs a day. I've tried quitting cold turkey several times and failed miserably only to find out that every time I failed I noticed I smoked even more, which led to the average 2 packs a day. One day while surfing the web, I ran into electronic cigarettes. I've heard about it but just didn't pay any attention to it thinking it won't work at all. I then thought that maybe I should just try it as a last resort, and boy am I glad I did! I've cut down smoking by more than half on the first day. Fast forward to the present, I am smoke free and very happy about it, as well as my family, especially the children, are very happy I quit indeed. Before I had my last cigarette, I ran a 5k and couldn't even run for more than 5 minutes. 3 years after I ran another 5k and to my surprise, I was able to run the whole 5k without walking!! I could breathe better, my sense of smell is better, and most importantly I don't have that smokers cough anymore. In my personal opinion, the e-cig works better than any alternative out there, without the side effects of some of the well known alternatives.

8/1/2013 10:45:00 AM - Evan Long

I am 29 years old.

I started smoking when I was 16 years old.

I attended public school, and I was as aware as anyone can be of this risks of smoking cigarettes.

I knew, but could not understand the dangers of addiction.

I knew the risk of lung cancer.

By 18, I was smoking one pack per day. When I was 20 years old, I began a relationship with a woman who swore to herself that she would never date a smoker.

She knew I smoked, and she tolerated me anyway.

Without the kind of pressure that just makes smokers angry, and therefore makes them smoke more, my girlfriend attempted for the last 9 years to get me to quite smoking.

I tried to quit for her.

I used nicotine patches, gum, and lozenges.

I tried to get prescription stop-smoking aides, but without health insurance, the cost was prohibitive.

On June 14th, 2013, my now fiance asked me to try electronic cigarettes.

Without my knowledge, she had been researching e-cigarettes in a small way.

She found that the known health risks were much lower, and that most importantly to her, there was no odor left behind.

The following day, June 15th, 2013, we went to a local tobacco store and purchased an eGo battery and tank with a tobacco flavored liquid.

I didn't love it.

But despite my skepticism, I took my vaporizer with me for the day and left my cigarettes at home.

At the end of the day, I lit a cigarette, smoked half of it, and put it out declaring "this is disgusting."

It is now August 1st, 2013.

I have had a pack of cigarettes sitting in my office for over a month.

I FEEL better.

I can now run more than 15 feet without getting winded.

But more importantly, my fiance, who has never smoked a cigarette in her life, feels better.

I never smoked in the house or in the car, but with my personal vaporizer, I DO vape in the house and in the car, and my athsmatic fiance has had to use her rescue inhaler less than HALF as much as when I was smoking.

I am still a nicotine addict.

But as soon as I started vaping instead of smoking, I started doing research.

I have been reading everything I can find about what I'm putting into my lungs, and what effect its having on me.

I understand that the medical community is far from agreed on the benefits of vaping as opposed to smoking.

But, unlike smoking, I can identify all the chemicals I'm consuming.

And knowing what it is, and what cigarettes are, I cannot believe that this can be anywhere near as bad for me as cigarettes are.

For me, it is harm reduction.

It is not a nicotine cessation aide.

I understand that nicotine carries its own risks, such as heart disease.

But I'm not worried about me.

I'm worried about the loved ones around me.

Switching to vaping has had a positive health effect on the person I love the most, and that is a greater gift than I could have ever asked for.

8/1/2013 12:37:00 PM - Terri Anderson

I am 52 yrs old and have been a smoker for 35 yrs and tried everything to quit, nothing ever worked. I was coughing everyday; all day and night, people at my work place thought I was going to die due to the extreme coughing. My Doctor said if I did not quit smoking I would be on Oxygen by the time I was 60.I can't imagine living my life that way so I started on the EGO electric cig Aug 16 2011 on 24mil of Nicotine and I am very proud to say that it will be 2 years since I have touched a cigarette and I use a 6 mil of Nicotine now. People say; Is'nt that just another habit? Yes, I guess in a way it is, however 2 days after I started it the coughing quit completely, no more Bronchitis 4 times a year, I sleep better and the bottom line is... I feel awesome. I may never put my e-cig down because I enjoy the different flavors and the hand to mouth fix, but I know I will never pick up a real Cigarette again.

Sicerely; Terri Anderson

8/1/2013 1:21:00 PM - Jim Beardmore

I started smoking at an older age than most (24) when I was in the Navy.

I quit many times over the next 20 years, but always ended up smoking again.

I bought my first electronic cigarette in 2010.

My goal at the time was to spend less money on cigarettes, and hopefully cut down on the amount that I smoked.

I was able to cut back on my smoking immediately.

In a few months, with a little willpower, I was able to stop smoking completely.

I still have an occasional cigarette, but my consumption can now be measured in cigarettes per year, not packs per day.

I have noticed improved breathing and lung function since I switched to electronic cigarettes.

My resting pulse rate is lower.

I have not noticed any increased sensation of taste or smell, but that never happened when I quit "cold turkey", either.

I do believe that electronic cigarettes offer the best available option for people who know they need to quit smoking for their health, but don't want to quit because they enjoy it.

The standard NRT's that I tried don't work nearly as well. I have been able to reduce the the amount of nicotine in the liquids that I use.

Electronic cigarettes may not work for everyone, but they have had a significant positive impact on me and several people I know.

8/1/2013 1:33:00 PM - I stopped smoking 2 1/2 years ago after a heart attack and have been using the e-cig since. It is less harmful to me and others it is a great product.

I stopped smoking 2 1/2 years ago after a heart attack this product is wonderful it is less harmful to me and others. I have not smoked a cigarette since

8/1/2013 1:43:00 PM - Norma Jean McSpadden, Marietta, GA 30060

I started smoking when I was 12 year old in 1963.

I was a 3 pack a day smoker by the time I was 18 and though I tried many time to give it up, was at best only able to reduce my intake.

I did once succeed in stopping for a period of time using Nicorette gum, but went back to smoking when confronted with a life stressor.

It was not until I started using electronic-cigarettes in May 2010, that I was able to finally and completely to give up smoking.

I went from what was then a 2 pack a day smoker, to giving them up entirely within a week, and have no desire to ever smoke another.

But, I am still addicted to nicotine,

and specifically the rush of nicotine that can only be achieved through inhalation.

That is why I was unable to successfully quit using Nicorette gum, as it took too long for the nicotine to be absorbed and I never got the rush.

As long as I can get my nicotine through vaping, I have no desire for smoking tobacco, but I am sure that if I was no longer allowed to vape, I would start back smoking.

8/1/2013 2:23:00 PM - SUSAN L WILSON

I smoked for 46 years and really enjoyed my analog cigarettes! I smoked Marlboro 100s and Camel Wides: in those last years up to 2 packs a day. With prices growing to beyond my means, I had tried the Nicoderm patch several times with no long term success.

Financial motivations failed. After a heart attack, I was placed on the patch again in the hospital. This time I quit for 6 months... but the fear produced by this health disaster faded and I relapsed.

Soon after, I ended up with pneumonia and had to be placed on oxygen.

I now had COPD stage 3.

This time I tried Chantix which never gave me a single cigarette-free day!

I gritted my teeth and smoked only 10 analogs a day, but was miserable and stressed all the time.

My addiction went far beyond nicotine:

I loved the ritual of holding, breathing in and blowing out smoke!

It calmed me down to "light up."

I first tried e-cigs 5 years ago but was disappointed in those I bought online that were over $100.

So when my roommate came home with her first eGoT and clearomizers of flavored juice, I was surprised at how well it performed!

She moved up to a Twist and gave me the eGoT.

Within a few days, I knew that this was my answer to my smoking dilemma:

I loved vaping!

I was given a Twist with a Protank and have been off analogs for 3 months now.

Health wise, I am now able to get around without the oxygen because my breathing is improving by the day!

Vaping has been the miracle that has given me back my life.

Quality of life too because it's a stress reliever for me:

I have my contentment back as well.

8/1/2013 2:38:00 PM - Lee Ann Kendrick (LeeAnnjk) from Ocean Springs, MS

I am really happy to share my story about quitting smoking especially if it can help someone else also quit. My sons purchased me an electronic cigarette for my birthday December 31, 2012. Talk about a "hint". Anyway, I had been a heavy smoker for 34 years; I started when I was 13 back when everyone smoked and it was acceptable. There were even smoking zones in my high school. Although I have known that smoking is really bad for me and those around me, I have found it to be incredibly difficult to quit.

The electronic cigarette sat on the table where I would go out and have a smoke on my porch. On a daily basis I just kind of looked at and pretty much ignored it. On February 20th I went

to see my doctor for an annual check up and he said all was well, but mentioned "the cigarettes are going to kill you". That was all he said about it, but pretty powerful words. I mentioned the electronic cigarette the boys had purchased me; honestly hoping he would steer me away from it. He said I should go for it. He mentioned that given all the negative and dangerous issues with cigarettes; the e-cigarette had to be a better alternative. I was thinking, damn, no help there. :) Over the next week, I kept thinking about what he had said; the cigarettes are going to kill me. That weighed really heavy. Like I said, you know it is bad for you, but to have your doctor actually say this one thing is going to be what ends your life; well that is sobering. I have a lot of things I want to do and it will take many years to accomplish everything I want to accomplish in my life; how much would it suck to miss out on all my dreams just to smoke? On February 27th, I charged the e-cigarette and filled it with the e-juice. At 11:00 PM on the 27th I smoked my last cigarette. On the morning of the 28th I walked out on my porch and smoked the e-cigarette instead of a Virginia Slims. I will be honest, the first week was pretty rough, although, I never once smoked a regular cigarette. Your body misses all the crap in the regular cigarettes.

It took about a week to realize that the Virginia Slims e-juice tasted nasty! I ordered a vanilla mint flavor and have not looked back so to speak. I started using strictly a high level nicotine e-juice, but have gradually cut the strength down. Here it is August 1 and I am using a mixture of low/medium. I hope to finally be a zero nicotine by my birthday, December 31, 2013. I am committed to never smoking again, so I am taking it slow. I promised myself I would not be one of "those" quitters who nag and annoy smokers and I have been true to my word. I honestly liked smoking. I have always said I have met some of the best people by going out to smoke. I continue to walk outside to smoke my e-cig but now I share my story and business cards for the e-cig distributer I use. No judgments, but if there is a safer alternative that will help you put down the cigarettes; why not try it?

All I can say is, it is working for me!

PS: I went to the doctor on Monday and he was super pleased! I was thrilled to tell him I no longer cough all day and I can walk an hour on the treadmill with out feeling like my lungs are going to collapse.

8/1/2013 3:05:00 PM - Brett Deinum

I started smoking regularly in college, like most kids do away from their parents.

I smoked for about 20 years.

I didn't consider myself a heavy smoker, but I did smoke about a pack a day.

I first came across an electronic cigarette at a gas station, and it sparked my interest.

I did not intend to quit smoking, but I figured I could use the ecig places where I couldn't smoke.

The first one a bought was one of the cig-a-likes you typically find at gas stations.

It was OK, but I still was smoking regular cigarettes.

About a week later, I started doing some research online about electronic cigarettes and discovered a whole new world I didn't know existed.

I decided to buy a better electronic cigarette kit that I found to have good reviews.

Once it came in the mail, I started using the electronic cigarette more than the regular cigarettes.

I started to think, "Wow, these things really work".

About two weeks later, and two more new ecigs I bought, I realized that I was barely smoking regular cigarettes.

I found I was getting the nicotine I needed from the ecigs.

About another week later, I made a decision to stop buying regular cigarettes.

All in all, it took one month for me to quit smoking cigarettes, and I didn't even want to.

Now, it has been 10 months and I have not had a single cigarette, and I never will (as long as I can use my electronic cigarette).

During my 20 years of smoking, I tried to quit numerous times.

I tried the patch, the gum, and even Chantix.

Nothing worked, I just thought I would smoke until I died.

Even seeing my grandfather die of lung cancer from cigarettes, I still could not stop.

Electronic cigarettes saved my life.

I feel better, I don't cough anymore, I have better stamina exercising, and I don't smell anymore.

The best part of this whole transformation is that I quit smoking and didn't even try.

I would recommend electronic cigarettes for ANYONE would wants to stop smoking.

8/1/2013 3:33:00 PM - MCook Arcata, CA

I started smoking cigarettes at age 13.

I am currently 59 years old.

It has been 2 years and 2 months since I have had even one puff off an analog cigarette.

That success has been possible due to my discovery of E-cigarettes. I had a pack-a-day habit for most of my 44years as a smoker.

During that time I tried a variety of strategies to quit.

None of them were successful for longer than three months.

In my later 20

8/1/2013 4:22:00 PM - Mark

I was a 37 year smoker, starting at the age of 13.

By 18 I was a full pack a day smoker, which lasted for the next 32 years. I always realized that smoking was a bad habit, but once hooked could never put cigarettes away for long.

Over the years I tried nicotine patches and gum a half dozen times, Wellbutrin several times, and my company

8/1/2013 4:33:00 PM - Michael Morris

Having tried in vain many times to quit smoking through various means (nicorette chewing gum, inhalers, hypnotherapy, cold turkey) I stumbled across electronic cigarettes in September of 2009. I have not touched a single cigarette since.

Within a few days I felt a much healthier person, having my full uninhibited lung capacity back to normal, more energy as well as not smelling like an ashtray. Electronic cigarettes or whatever you may wish to refer to them as have changed my life, and more than likely saved my life too.

Another point i must stress, is that if the European Union is worried that non-smokers and children might think electronic cigarettes are "cool" and start using them, I can attest to having never met anyone who thought they were remotely "cool". Anyone who has commented on them to me thinks they look ridiculous and are if anything think they would be embarrassing to use. Real cigarettes have had an image of looking "cool", electronic cigarettes do not.

Yours respectfully,

Michael Morris.

Dublin, Ireland, EU.

8/1/2013 4:39:00 PM - Robin, california

I started smoking when I was 11. I smoked a pack, or more, a day for 33 years. Early last March, I was having an operation on my hip that would keep me bed bound for some time, so decided to buy an e-cigarette to help with the nicotine cravings. It has been four and a half months, and I haven't had a cigarette since. I have been better able to exercise to recover from my surgery than I would have been as a smoker, and I feel so much better for it. I had tried every other method of quitting possible. I was sure I was just 'one of those people' who couldn't quit. I first tried the gum, then the patches, inhalator, Alan Carr, hypnotism-- you name it I've tried it, some methods several times. I have no desire to smoke regular cigarettes, feel no temptation (as I did with other methods) to smoke when I'm in a public place and others are smoking. No amount of deprivation is too much, I can fly long-haul flights with no problem, attend parties, long drives, etc., without the old frustration that, in past attempts to quit, led me to the nearest gas station to buy a pack or to the nearest outside space to beg another smoker.

I want to make clear the difference between this period of nonsmoking and the myriad others: any other time I've quit, I've done nothing more than deprive myself cigarettes until I finally cracked. At no time in the past have I stopped and 'felt like a non-smoker'. The biggest difference between any other method and ecigarettes is that feeling. I don't feel like I need to tell myself 'just keep it up, one day the craving will pass'. There is no craving to fight. Temptation is gone.

For someone who has never smoked, or never fought any addiction, this may be hard to understand. I don't know how better to describe it than, imagine yourself poolside on a scorching day, but you're not allowed in. Others are cooling off, having a fabulous time in the water, but all you can do is watch. Now imagine that day never ends. Night never comes; it never cools down. But you still can't go in, so you decide to just dunk one toe. It feels great, but you really want to cool off. Someone splashes you, just a little bit. Relief. Days go by, your will power strong, but everyone else gets constant relief from the suffocating heat but you. Cigarettes are as necessary as food to those unfortunate enough to have the hard-core addiction. Not smoking is akin to not eating at a Michelin-star buffet. Saying, 'No thanks, but I can't eat right now. Or ever again. But thanks anyway.'

I no longer suffer this, and I'm so very thankful.

8/1/2013 4:48:00 PM - Taz correa

I just bought a vaper electric cigerette and need to learn more about it

8/1/2013 4:52:00 PM - Weisner

I was a smoker from 15 years of age until I was 40.

I have stopped purchasing/smoking cigarettes since I began vaping (using electronic cigarettes) 21 months ago.

When I first started vaping I used the highest nicotine available 36mg/ml; over time I have stepped down to 12mg/ml.

I do occasionally have a cigar or cigarette however neither are as appealing to me as they once were. Each time I do this I find myself asking why I bothered to smoke, I know what it tastes like and it no longer tastes good to me.

My transition from smoker to vaper was a 3 week process where I did both smoke cigarettes and vape. As I smoked less and vaped more it became easier to not smoke and the cravings became less and less an issue for me.

I previously tried a number of methods to stop smoking only to find myself buying and smoking cigarettes again. I tried abstinence, nic gum, the patch and none of them worked to resolve my desire to smoke. The longest was about 30 days and it was like torture.

I can now run on the beach without running short of breath, my wife doesn't scowl at me when I come back in from a vape break. I don't have to go outside if I don't want to for a vape. My teeth are whiter. I sleep better. Food tastes better. I feel less fatigue. I can sing again. I am always checking my electronic cigarette atty, battery, and juice to be sure that I will not be without.

This is a new reduced harm habit that gives me what I desire without the carcinogens and other risks that fire and tobacco wrapped in nitrate paper. Even if this is proven 1/10th as dangerous as traditional tobacco I would still desire to have it available freely to adults like alcohol and tobacco are currently.

8/1/2013 5:42:00 PM - Bill Kasting (Missouri)

I started smoking cigarettes at 14 years of age, and smoked 2 packs per day until age 49.

Over the years I attempted to quit smoking numerous times without success.

I tried quitting cold turkey, using Wellbutrin, smoking cessation classes at a local hospital, nicotine patches and Chantix.

With all of these I would gain weight and become irritable and moody.

Inevitably, I went back to cigarettes.

I first discovered electronic cigarettes in late September of 2011.

I immediately felt this had possibilities in helping me to quit tobacco.

It took a few weeks to find a nicotine level in the liquid to satisfy my cravings.

But once I found the 24mg nicotine level it was very easy to quit smoking.

The electronic cigarette supplied other things than just nicotine

8/1/2013 5:55:00 PM - Matthew McHugh from Ephrata, P.A.

From the time I smoked my first cigarette, until April 9th, 2013, I Matthew McHugh was a smoker!

Not an apologetic smoker or a regretful smoker but a proud and happy smoker.

16 years is a long time to define yourself as one thing and its not easy to change, but I am now proud to call myself an ex-smoker!

Without vaping this would not be possible.

I had heard of electronic cigarettes and seen some of my friends using them but I wasn't convinced they were a viable alternative to smoking for me.

Then I heard that my cousin had quit smoking cigarettes by using one so I decided to try it out.

I went out and bought a kit at my local gas station and tried it.

Ok, not great but not horrible.

Then I went online and did some research and learned about all the different options and variables involved in vaping and bought some different e-liquids and flavors and found that it seemed to taste alot better now. All this time I still smoked cigarettes but not as many as I used to.

I kept saying "Ok, maybe no smoking tomorrow."

Then I just bit the bullet and bought a larger size device and then I didn't want to put it down.

I also didn't feel the urge to smoke at all!

I thought about cigarettes sometimes but it was a weird craveless afterthought like "Wow, its been like a week since I had a cigarette."

Of course at this point its actually been 114 days since that last cigarette.

About 20 minutes since my last vape.

I should also note that I am a lifelong asthmatic who can now breath easier as well, with half the medication.

8/1/2013 6:29:00 PM - Romaine Diedrich (romy1946) from Sun City West, Az

I will celebrate my 67th birthday on Sunday, August 4, 2013. I have smoked for nearly 50 (count them) years until May 28th of this year. I met my daughter-in-law on May 23rd

at a local vapor store and she helped me choose my vaping equipment. I purchased supplies for both myself and my partner.

We each immediately cut down on our cigarette consumption. We both totally quit smoking within the week. We feel better, breathe better and thoroughly enjoy other side benefits in regards to taste and smell.

My son has now also quit after 20 years of smoking and feels better as well.

One of the best things that has happened is helping others do the same. We live in a retirement community and Bob golfs every day. Since he now uses an ecig he gets a lot of questions out on the course. He refers these people to me and I tell them what I use and help them select the right stuff for their needs. Days later there are a few more people at the golf course using ecigs as well.

While it cannot be said that using a vapor mechanism will lead to quitting smoking all together I will attest to the fact that we are already using less nicotine. In two months time we went from using e-liquid at 24mg to the present 12mg. My next order will include a bottle of 6mg so we can try that. Who knows if we will ever quit with eigs completely, I don't. I will say however that I feel we are much better off since we are not exposing ourselves and others to the many, many harmful chemicals which are present in cigarettes.

Lastly, we used the money saved by not buying cigarettes to purchase a new Sleep Number bed so we are enjoying a great night's sleep as well. Best thing we ever did was to purchase our ecigs this past May. Try it you might like it.

8/1/2013 7:08:00 PM - Tyler Davis from Norman, OK

I started smoking when I was 16 years old, and within a few months I had quickly started a pack a day habit. Luckily (or unfortunately) I had a job and a person willing to supply me with smokes. This carried on until May of this year (2013 I'm now 19) when I heard from a friend about a vape shop in the city. I went there and quickly got set up with a battery, atomizer, and some 24mg E-liquid.

From the day I got it I resolved not to smoke again and try to completely switch, so I threw out the last pack of cigarettes I had. For the first week I still wanted a cigarette, but after that I didn't feel the need to have one again and managed to completely cut out tobacco use very quickly. I used to wake up and my chest would hurt a little until I had my first drag, and I don't have that feeling anymore. For some reason I can now also go much longer before withdrawals set in (6-8 hours) and when they do set in they are

nowhere near as intense as when I was smoking when they set in every 2 hours or so.

Overall I just feel so much better now that I've switched, I don't stink, I breathe like I did before I smoked, and my teeth are white again.

8/1/2013 7:17:00 PM - Pack and a half almost 30 yrs

I was a pack and a half a day smoker for almost 30 years.

I've tried to quit numerous times in the past to quit with no sucess.

I wasn't really tryimg to quit when my wife gave me an eGo electronic cig and asked me to try it.

Well since that day 3 months ago I have not purchased, or even had the desire for a cigarette.

Then about a month ago my mother who was a pack a day smoker for 40 yeaqrs asked me to get her started with the system that worked for me.

Well 1 month later she is also some free with no desire for a cigarette.

The only feeling better than quitting yourself is helping someone else to quit smoking.

8/1/2013 7:30:00 PM - Sammie

I started smoking like a lot of kids around my time, to be one of the crowd and fit in.

Unlike a lot of other people, I never went above one pack a day.

This continued for many years.

I had attempted to stop many times, to only fall back into smoking again.

My boyfriend was turned onto the electronic cigarettes when we were out camping and he became interested in them.

He started using them about 3 months before I started to.

On Mother's Day of 2012 at around 1PM in the afternoon, after 27 years of smoking, I started using my first electronic cigarette.

I have not smoked a regular cigarette since.

I did start off with a high level of nicotine, but since then I have gone down to the lowest.

Just one step away from no nicotine.

Since I am no longer smoking regular cigarettes, I no longer have a cough, I can smell things I don't think I have ever smelt before, I have more energy than before, I do not smell awful, and I have been able to taste so many things.

I am glad to have been introduced to this.

Ever since I have been using the electronic cigarette, I have heard a lot of people having great success with getting rid of the smelly regular cigarettes.

8/1/2013 7:42:00 PM - Mary Clark

I smoked over a pack a day for around 30 years or longer. I never thought I could get off them and when electric cigs came, I was so proud of I stopped at last. It has been a year now and I use 11 mg. oil the e-smart kanger. I love it. I feel at least i am not getting all the junk put in in real cigs. I just like my electric cig now. I think they are the best thing that ever happen for us smokers or ex- smokers to have another way to help us. Even if we stick with just e-cigs it is better then all the smoke in our lungs. Everyone is so happy for me and now no more being rude and blowing smoke in faces. I feel thankful for electric cigs. I have a dementia mother and allot of stress or I may of been off even the electic ones. I have heard it takes a while. I really enjoy my e-cig and don't worry about it.

8/1/2013 8:25:00 PM - J Walker

I have had asthma since I was 2, probably from second-hand smoke.

I started smoking Marlboro Red's 24 years ago when I was entirely too young to understand (or care) about the health risks.

I quit, only because I was pregnant, for 12 months but returned to the habit when my child was 4 months old.

I smoked 1 & 1/2 packs a day on average for 22 years, sometimes more, seldom less.

My husband hated it, my daughter hated it, my doctors constantly preached at me about it.

I knew it was unhealthy and I have seen the horrible effects over and over on my family and friends but I couldn't kick the habit.

I tried numerous times and actually succeeded TEMPORARILY on a few occasions. *The patch-I still craved the physical act and got sick when I combined smoking with the patch, so in the trash the patch went.

*The "quit smoking" medications - I had HORRIBLE side effects, and never, even for one day, did I quit smoking. *The gum- GROSS!

*"Cold turkey"- This actually worked a couple of times, until I smelled cigarettes or got stressed/upset/worried/etc., and there I was, buying cigarettes again, but everyone was almost relieved when I picked it back up because "at least I was tolerable to be around when I smoked." *The 3-day cleanse- I never made it past the first day. *Acupunture - This possibly could have worked, if I wanted to pay $45 for treatment every other day, no thanks * I am sure many other things I can't remember (it was 22 years worth of attempts). On December 06, 2011, my mom (who has smoked for 38 years) and I went to a vapor store.

We heard about it several months prior but "just weren't sure."

That day we both bought a starter kit and 2 bottles of liquid.

The ONLY reason I decided to chance this was because there were flavored e-liquids to choose from and they didn't taste horrible.

We started on them the next morning, Dec 07, 2011.

On Dec. 12, 2011 I decided I wanted to sit and smoke with a friend.

I lit a cigarette, took a drag, and thought I was going to vomit!

It tasted like I licked the bottom of an ash-tray.

I immediately put it out and NEITHER OF US HAVE TOUCHED A CIGARETTE IN OVER A YEAR..

For 18 years, I tried to quit, and either completely failed or went back soon after quitting.

Now, the smell makes me sick, I have saved several thousand dollars, my family doesn't have to smell it or be exposed to the thousands of dangerous chemicals from the second-hand smoke.

My health has improved, I don't wheeze any more, I'm not short of breath and I have not used an inhaler in the last year!

E-cigs, I believe with out a doubt, have saved mine and my mothers life.

She was in the heart hospital a year before we switched to electronic cigarettes and without them, she never would have quit smoking.

There should not be any time limit on using these, nor should the e-cigarettes be made less effective, or not effective at all, by limiting the nicotine doses.

Is it not better to have more nicotine in each piece than for millions of people to try multiple products and methods that CONTINUALLY fail over and over again leading them right back to smoking? If getting people to quit smoking cigarettes is truly a top priority, I believe limiting the nicotine should not even be an issue!

There are thousands of people that have switched to electronic cigarettes at their "current" nicotine level from regular cigarettes, and gradually we are stepping down the nicotine.

I, and many, many others, have had nicotine in my system many more years than not.

I did not want to quit smoking when I started the electronic cigarette; I wanted to quit poisoning myself and everyone around me and quit being lectured by my doctors.

NOW, my ultimate goal is to be completely free of the addiction BUT I DON'T WANT TO BE FORCED OR RUSHED INTO IT.

I will eliminate nicotine at a pace that suits me and does not (placebo or not) stress me out or I fear I will go back to smoking cigarettes (even though they are pretty gross at this point).

The flavor of the e-liquids gives me a variety, a change, and when I want something sweet - I vape Vanilla Cupcake. At this point, for the first time in my life, I can see my

extended future being free of cigarettes, and that is a great feeling!! Thank you for your time, Jamie Walker

8/1/2013 8:39:00 PM - Jacob White

I smoked for 19 years, I've tried to quit several time using- patches, gum, lozenges, and good old"cold turkey". Nothing ever worked. When I tried E-cigarettes, it was an immediate change. I went from being a 2 pack a day smoker to using an "ecig". I have now been smoke free for 10 weeks and counting, and feel better than I had in many years. I can smell, taste and even breath better. I don't smell like smoke anymore, which makes my wife(a non-smoker) happy. I'm confident that I'm healthier and I would never go back to smoking as long as I have my Ecig!!!

8/1/2013 9:10:00 PM - Scotty from TN

I smoked for 30 years and could not quit until I got on Vape .It saved my life.

8/1/2013 9:13:00 PM - Raymond Pagan, Jr.

My name is Ray.

To begin my story we will have to go back to the year 1974 when as a teenager I picked up smoking because all my friends were doing it, as well as my parents, even though my father quit when I was young.

Even though I started to smoke at a young age, I knew it was not the best thing for me, but I continued to smoke.

I was never a big smoker, maybe half a pack a day and sometimes more when I would drink while watching football games.

As the years went by I tried to quit cold turkey.

It was futile.

I wasn't successful at all.

Then as I got older there were other alternatives and I tried those also, nicotine patch, nicotine gum.

Nothing worked for me until I heard of Chantix.

Well, I tried this and it worked.

I quit for the first time for almost a year, but all along I wanted to smoke.

I was tempted so many times to just get a pack of cigarettes, but didn't.

Then just like that the cigarettes made their way to my lungs again.

In August of 2008 I was diagnosed with nasopharyngeal carcinoma.

I was only 50 years old.

While undergoing radiation and chemotherapy I of course quit because I had no desire.

I didn't even eat.

Went from 185 to 130 pounds.

I beat the cancer but started smoking again.

It's hard to believe that someone after having cancer will smoke, but that is how bad the addiction is.

I always like smoking.

I didn't think I would ever quit or want to really quit.

I discovered e-cig and now I am vaping.

Since I found out about this I have not smoked one cigarette nor do I want to.

Finally something other than that nasty cigarette.

I don't ever plan to smoke a regular cig again.

With e-cig I have felt so much better and am back to the gym and running little by little.

That's my story.

I am so thrilled with the e-cig.

This is a wonderful product and hope other smokers get into it as well.

Thank you.

8/1/2013 9:24:00 PM - David Foster, (Dave Kzoo), from Kalamazoo,MI

My name is David Foster.

I am a 34 year old male from Kalamazoo Michigan.

I have smoked since I was 16 years old; I quit when I was 34, therefore; I have been smoking 14 years.

I have wanted to quit smoking for many years, but everything I have tried; including, but not limited to; Chantix, patches, gum, and lozenges had not worked. I also used the 1-800-quit-kit here in Michigan.

That was a great concept, but the patches weren

8/1/2013 9:59:00 PM - Gwena

Being a smoker for 30 something years , was diagnosed with COPD, the shortness of breathe was enough to give me the push to stop smoking but easier said than done tho, I wore the nicotine patch and tried some cheap electronic CIG but to no avail, then I found the ecig and gave it a shot. I am now proud to say I no longer smoke real cigs and I don't even have to wear a nic patch , the ecig was the best answer for me to stop smoking

8/1/2013 9:59:00 PM - Cyndi H

I started smoking at the age of 15. After 18 years of smoking I kicked my habit, using smoking cessation classes and nicoderm patches. Then 9 1/2 years later I picked up a cigarette. Fell off the wagon, so to speak. I smoked for another 7 months. The reason I had quit in the first place, was becuase I am an Asthmatic. I was using my emergency inhaler regularly and had frequent trips to the ER for nebulizer treatments. After I quit, my breathing improved dramtically and stayed that way. But as soon as I started smoking again, the problems with my breathing resurfaced. So, I bought a disposable ecig to try it out. After using an ecig for a few weeks, I picked a day to quit smoking cigarettes and have been using my ecig every since. That was 1 year ago and I now using zero nicotine smoke juice in my ecig and do it only for the flavors. My breathing is just as it was as a non-smoker and I plan to continue vaping for as long as I enjoy it.

8/1/2013 10:39:00 PM - OIFvet

I started smoking when I was 16.

I when i joined the army at 28, I quit smoking.

I started smoking again a year later in Iraq and have been smoking since.

So i smoked for about a total of twenty years

I started vaping two months ago when a co worker joked about bacon flavored e cigs.

I tried to quit a bunch of times since getting out five years ago.

I tried snus and the taste became unbearable after three days.

I tried the patch but only lasted a week.

I tried the lozenges for about one week and I tried the gum for two weeks.

Each time i had to fight cigarette cravings constantly.

They were struggles that led to me having emotional and aggressive tendancies which brought back PTSD and night terrors.

I thought I could never quit smoking.

Because of smoking i have become unhealthy, overweight and lazy. Vaping was the only thing that has taken away my urge to light up.

On my first inhale of an ecig, I stopped smoking completely.

I threw out an almost full pack of cigarettes and all my lighters that first day.

Today i can breathe better, sure I am coughing up phlem and tar but that is definitely my lungs healing.

My daughter is happy because I "will no longer die from cancer".

The smell of cigarettes makes me queasy and i no longer crave them.

When the weather cools a bit I am going to try running.

I no longer get winded on long walks or climbing stairs.

Vaping is saving my life.

If vaping is made illegal, i will most likely go back to smoking again.

It is possible that vaping is harmful, but it is definitely not as harmful as a cigarette.

Thank you.

8/1/2013 10:44:00 PM - Lars from MN

I started smoking as a teenager.

I smoked a pack a day of full flavor cigs for over 16 years.

I had tried patches, gum, and lozenges and had still been unable to quit.

Here in MN the taxes per pack were raised by over a dollar in July.

I decided to give the e-cig a try.

Within one week I had stopped using traditional cigs.

I have been smoke free for almost a month and feel so much better.

I can run for over a mile now without stopping.

I no longer cough every morning.

8/1/2013 10:48:00 PM - Firas Shanaa from Milwaukee WI

I was smoking traditional tobacco cigarettes for 6 years one pack a day of Newport 100s before I discovered a smoking alternative. It was not until my older siste r had her first child I seriously thought about quitting. She did not want me to wreak of cigarettes around my niece or in her house, her husband pointed me to into electronic cigarettes. I was very skeptical at first thinking it was only a blu or something similar. Well when I finally decided to fly down to Dallas to see them he took me to a local vapor shop. It was incredible! In Milwaukee we had nothing like it yet. But it was basically a lounge/bar. There juices everywhere to sample. This was when I bought my first ecig' the ego c twist, and I loved it, granted he charged us 100$ for just

2 twist batteries which I now know was waaaaY over priced but I should have done more research. Anyways I finished the pack I had with me, and spent the next two weeks smoke free. Unfortunatelky when I came back to Milwaukee I did smoke and use the alternative at the same time. But literally only two cigs a day, until I heard that an uncle of mine, who was smoking two+ packs a day, has not had a CIG for 2 months. I couldn't believe it . That was 4 months ago, and I havnot touched a traditional tobacco cigarettes since. I have that same ego twist and it still works great.

8/1/2013 10:50:00 PM - Graham L

Smoked for 45 years. Tried Chantix under doctors supervision and came close to quitting. Tried herbal alternatives, nicotine inhalers, nicotine gum and patches. None were successful, the closest I came were two periods of 'cold turkey' (no assists) lasting about 2 months each (both times there was a personal crisis and I just started smoking again). About 12 months ago I tried E-lites electronic cigarettes, the ones with the disposable cartridges. I found they nearly hit the the spot but were too erratic with regards to the delivery. About 4 months ago I bought a starter clearomiser kit, the intention was to simply reduce my tobacco consumption rather than outright quit. I eventually reduced my cigarette consumption to 2 or 3 a week from 30 a day. I have now quit tobacco completely for 6 weeks and have no desire to start again, using my vape kit is more than enough for me and is actually more enjoyable. Since finally quitting I have noticed massive improvements in my lungs primarily but also in the return my taste buds. I have experienced no negative side effects with vaping.

8/1/2013 11:14:00 PM - Brandon Alshouse

I started smoking when I was 17 during the summer. I had smoked before but it wasn't a regular thing till then. I shot up to between half a pack and one and a half a packs per day so about a pack a day on average. the weekends were always worse of coarse. I heard about electronic cigarettes when I was 18 but I had no interest of quiting at the time. I smoked till I was about 2 months away from my 20th birthday and I had been smoking a pack a day for almost 3 years at that point and it wasn't good. I had black mucos coming up every 10 minutes I had to have a spitter for my lung tar. also I couldn't taste anything but smoke and I had fuzz on the back of my toungue. it was also very hard to breath and I was having chest pains for a few months at that point. and of coarse I spent all my money on them it was hard to maintain a job with all the problems I was having. I couldn't take it anymore. I decided I wanted to quit and I did my research. I remembered electronic cigarettes and researched them as well. I found that almost everyone who tried them had success. so I begged my mom to help me purchase one at the local shop and I went a solid 7 weeks with no cigarettes and no cravings and all my problems subsided :) . I started smoking again the next week though :(. BUT. I was only smoking 2 everyday and it was mostly cause all my friends still smoked. I was at 2-5 cigarettes per day and using the e-cig at the same time for about 6 months. I finally broke free and I haven't had a cigarette in 7 weeks as of 7/29/2013 :) and have NO intention to ever go back. a lot of my friends still smoke while im with them and im happy with my electronic cigarrete. ive been using it for about 9 months straight same flavor the whole time (coumarin pipe tobacco). I started with the CE7 kit with is a manual button push battery and a tank which holds about 1.6 ml of liquid. enough to get me through a day. after I broke the tank a few months later "oops" I got a MOD. its the vamo V2 its pretty big but it has lot of features and I think its part of the reason I was able to finally fully quit cause the other devises didn't satisfy

my enough to keep off the cigs. I use 2.0% nicotine at 4.0 volts with a 2.0 ohm cartomizer that goes inside a tank that holds about 4ml of liquid so I only have to fill it once every 2 days. I take a vape about once an hour and it consists of about 4-6 puffs per vape. I hope I provided enough here I really hope these things stick around cause they saved me and ive helped some friends do the same

8/1/2013 11:18:00 PM - Rhonda Sellers

I was diagnosed with COPD in February of this year, 2013. I was devastated to say the least but, I knew it was my own fault, having smoked for 32 years. I was taking Singulair and using an inhaler 8-10 times a day.

That diagnosis made me realize that it was time for me to make a choice, to continue to smoke and suffer the consequences, or to find a healthier alternative. I chose the healthier alternative. I started using an e-cigarette in March of 2013 and have not had the first regret. I now only use the inhaler maybe once a week, sometimes I go a couple of weeks. I only need it when I am exerting myself very hard, exercising hard or when I'm in extreme heat for too long.

As for withdrawals...I never had the first one. Once I started the e-cigarettes I never wanted another cigarette again. I haven't felt this good in many, many years. My doctor told me that I was healthier than she had ever seen me. My blood pressure is now normal, my breathing is way better, my heartbeat is now back to normal, my circulation has improved. The list goes on and on. I just feel like a new person. I feel so happy and upbeat and like there is nothing I can't do.

It's been almost 5 months since I quit smoking and I will NEVER go back to smoking cigarettes. If they ban these then I can promise you that big tobacco will never receive one red cent from me. I will just have to be happy that I was able to have them for the time I got, and that I was able to completely quit smoking using the e-cigarettes.

If e-cigarettes are banned then those who ban them will be responsible for thousands upon thousands of deaths related to smoking cigarettes. I believe that there are some who would go back to cigarettes because they haven't completely kicked that horrible addiction. Imagine all of those who may not ever get the chance that I did, a healthier alternative. I wouldn't want that on my conscience.

8/2/2013 12:03:00 AM - Glen Snyder Cape Coral, Florida

Smoked my first cigarette at 12 and became an every day smoker at 14. By the time I was 15 I was a pack a day smoker (minimum). That lasted for 42 years. Been through all the dirty looks and complaints from friends and family. Heard all the jokes my buddies said about me earning an iron lung from the cowboy brand for saving my empty packs. But still smoked and blew it all off never really wanting to change.

A couple years ago I started 'thinking' about quitting, Guess what? Thinking about it doesn't help very much Anyways, as time went on I began to want to quit, really I wanted to quit but didn't know how to do it. My best friend, a fierce non smoker who lost her mother ay age 62 to COPD offered in passing to buy me 'that e-cigarette thing' if I'd use it.

Now I was getting somewhere. I wanted to quit and thought this might be a way to do it. This is where I think I got REALLY lucky. I found a nearby e-cig retailer and we went down to see what the deal was. Told them my story and I wanted to get off cigs, so they set me up with an eGo kit with a 650 & 900 eGo T batt, usb charger, 2 Vision Clearomizers, 2 x 10ml bottles of my choice of 30mg ejuice and a case for it all.

I had 10 cowboy brand cigs left in my pack when we left the vapor shop. That was on March 21 this year. There's 2 cigs left int that pack now and I wouldn't put one in my mouth let alone light up for nuthin'. Food tastes better, I can actually sleep longer than 4 hours without waking up and I have zero desire to smoke cigarettes ever again. They smell terrible when I'm out and about and someone's smoking even outdoors.

Bottom line is that I would still be smoking cigarettes today and 'thinking' about quitting if it wasn't for my fortune to find out about vaping.

I haven't had a cigarette or any other tobacco product since the 5th day I started using an advanced e-cigarette. That was over 4 months ago. In addition I have successfully cut the nicotine content of my e-liquid to zero.

I would highly recommend anyone that wants to quit smoking to get an advanced e-cigarette.

8/2/2013 12:19:00 AM - Eric from Bethlehem, PA

I started smoking in college, approximately 25 years ago.

It varied, but I was a fairly heavy smoker through the entire period.

I tried every method from patch to lozenge to gum to Chantix.

The first few simply didn't work, the last one caused rather unsettling side effects.

Through it all, I kept smoking.

Then I found the electronic cigarette in September of 2012.

My first try was a disposable, which rapidly led to a cigarette look-alike model.

Then I went to a larger Volt X2 for the longer battery life.

It also took some time for me to adjust my nicotine levels to the correct amount, and I finally settled at 24 mg/ml.

Within 2 months, including all the adjustment time and model changing, I had stopped smoking entirely and was exclusively using the electronic.

Even through the adjustment period I was smoking 10% or less of what I had before.

My last cigarette was on December 24th, so you could say I quit smoking as a Christmas gift to myself!

Once I was comfortable, I began reducing my nicotine levels.

I'm now at less than half the amount of nicotine and I haven't noticed the change!

At the present rate, I should be at zero nicotine around Christmas of 2013.

Life changes have been incredible.

My breathing is much easier, I no longer cough, my doctor reports that my lungs are much clearer, my blood pressure and pulse rate have dropped, and I have far more energy than I did before.

I've assisted multiple family members and friends in moving to the electronic and most of us have successfully quit smoking as well.

I couldn't be happier that I found this product and I'm thrilled that even my doctor was totally on-board with using this as harm reduction and a stop smoking aid.

8/2/2013 12:24:00 AM - Tim_Fitz

Hello! My name is Tim. I am 64 years old and have used tobacco since I was 16 years old. I also used smokeless tobacco, at times I'd smoke and chew at the same time. I have wanted to break my pack a day habit for many years, but haven't been able to (until now!)

My Lady bought several e-cigs at a smoke shop and we tried them. We thought they were pretty good but expensive and had 18% nicotine. I studied on-line searching for the top e-cigs. I bought a Halo e-cig started kit. I stopped smoking cigarettes completely on 7/13/2013. I bought e-juice at the .6 nic level and am now switching to 0 nic. I believe I, well actually WE will have no problem without the nicotine. I had tried patches before but had skin reactions to them. To sum it all up we are two people that have smoked most of our lives and have stopped cigarettes for good. We no longer cough, can breathe and smell the roses and not the cigarette stink, and don't feel like a criminal, or leper for smoking tobacco.

We hope the Lobbyists for the tobacco industry as well as the tobacco industry, Leave us alone. We are hurting no one and that is more than they can say.

Thank you! Tim

8/2/2013 12:32:00 AM - Nurse in Kentucky

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8/2/2013 12:40:00 AM - Todd, Palo Alto

I was a smoker, off and on, and to varying degrees, for many years. I'd tried nicotine gum, patches, and just going "cold turkey". None of them offered much in the way of success: the gum made my mouth hurt, the patch made me queasy, and "cold turkey" always left me going back.

E-cigarettes, however, helped. The not only provided the necessary chemical relief, but the actual act of "vaping" helped with the truly hard part: the psychological aspect. It "feels" like a cigarette, and it produces "smoke" like a cigarette.

In fact, they helped me so much that I became somewhat of a champion for them in my social circles, but at and outside of work. On the order of a dozen of my former-smoker friends can directly attribute, in total or in part, their success to e-cigarettes.

That was three years ago.

Now, fast-forward to today, and I was shocked to learn there are those who want to demonize them just as cigarettes have been, but not for serious health concerns; instead, they lean on specious reasoning and a minor corpus of inconclusive data.

Through the many times I tried to quit, what always ended up pulling me back in was the social pressure. I've always been a courteous "vaper"; when others would complain, I'd cease. I would never do it in crowded or small enclosed spaces. Forcing me to go out with the regular smokers just to have a couple puffs on my e-cigarette does nothing to combat second-hand health concerns (which is what the smoking bans were really about) and puts me directly in the line of temptation to start again. As it stands right now I am able to vape, in moderation, at my desk at work; this affords me the ability to avoid that temptation entirely.

So, let's examine that "second-hand smoke" argument. Many studies, including those conducted by the *FDA*, regarding e-cigarette vapor failed to find harmful levels of carcinogens, or really any chemicals for that matter. In fact, if I remember correctly, they were deemed safer than the average home air conditioner.

Next, were this bill to pass, it'd be virtually unenforceable. The vapor can be nearly odorless (and indeed have a pleasant odor), and many e-cigarettes can be set to "stealth vape"; that is, they do not emit a visible vapor.

What it really comes down to is Public Health. It should be the job of every government representative to do what is best for the people they represent and, on balance, banning e-cigarettes in the way proposed would have a *negative* impact on public health. Those who had successfully transitioned (and have reduced their health risks by 98%-99%) will be thrust back into temptation-laden situations. Beyond the personal health risk aspects there would be almost no incentive for other, current, smokers to

make the switch; even though those risks should be enough in-and-of their own, statistically they are insufficient for many. Additionally, other "cessation aids" are often ineffective, as was the case for myself and many of those around me. Finally, it decreases the visibility of those that have used e-cigarettes to quit; no longer are they the "role models for a better way" that they used to be.

From my standpoint, anyone who supports this measure has little or no regard for the well-being of the citizens they purport to represent, and that is something I cannot abide and would be unwilling to remain resident in a place where such is the case.

8/2/2013 1:00:00 AM - Marc Soloff Winter Springs, Florida

My wife and I are both in our 50's. In Feb., 2011 we ordered joye-Ego kits and haven't had tobacco since after 2 packs a day for 30yrs!!!!!!!!! I am now using 0 nicotine and my wife is now down to 6mg nicotine in her nic-juice. We saved so much money(not to forget improving our health and lifespan), that we have about totally remodeled our house in about 2 1/2 yrs. What a blessing e-cigs have been for us.

8/2/2013 1:20:00 AM - Charlie-Denver CO

I Smoked pretty much from my teen years until last February. i was smoking 2 - 21/2 packs a day plus occasional pipe cigar smoking.

at the end there stairs and walking were really a chore and i had a darn good smokers cough. After several halfhearted attempts over the years i finally kicked cigarettes - i set up a 2 month schedule that halved my daily cigarette consumption each week, I bought some e-gigs and would buy a carton and label the individual packs by the day of the week and portion out each days ration of cigs into their daily packs - i basically timed out the day by the cigarette ration and then filled in my needs with the ecigs. I halved the daily ration weekly and when i got down to about 3 cigs a day

i ran out and was to lazy to go to the store

so i just had an ecig- this was the last cigarette i had

and i feel much better - hiking co 14ers and snowshoeing - worked for me ...

8/2/2013 1:32:00 AM - G. From Portland Oregon

I started smoking at the age of 12, which was 17 years ago. I have attempted to quit many times throughout that time. 21 days ago I received my first e-cigarette, (an eGo battery with CE4+ tanks.) Since that day I have not had a tobacco cigarette or any other tobacco product. I have been using eLiquids from MsTsBakery.com, and a local provider. I now use a GoGo Fury Battery and the GoGo Fury Tanks, and GoGo M1 Tank from cigeasy.com I have been using roughly 1.3ml of liquid per day with a concentration of 24mg/ml of nicotine.

I have attempted to quit or reduce smoking with gums, patches and lozenges. This method has been the easiest transition from cigarettes that I have found. Where cold turkey and nrt methods left me fighting the addiction every minute of each day. The eCig method has been the easiest transition I've come across.

I have only had a couple moments where the want for a cigarette has passed my mind, which for the first time since I was a teenager didn't end up smoking.

If the success that I have had with the eCig is of any help in the legislation for these products I thank you for your time. This product has allowed me to live a healthier life. Although my fight with this addiction has left me in the belief that I will not be able to be nicotine free the results I've achieved with this product has given me hope that it is possible.

8/2/2013 1:39:00 AM - Sleet

I will begin my story with "I am a nonsmoker for the past 3 months.

It was a long road to get to this point but I am glad.

This is my story.

Let me begin with when I started smoking.

I was a 11 yr old child when I first began flirting with smoking.

By 13 I was on my way to smoking daily.

By 16 I was a addicted smoker.

I did not think much of it until I was in my 30s.

When I first tried to quit there was no products on the market.

I tried lollipops and lemon drop candy but always went back to my cigarettes.

I did manage to switch to "lights" but I still continued to smoke a pack a day.

Then the nicotine patches and gum became available.

These were exciting and I jumped at the chance to try and quit with these new helps.

The gum was awful.

The patches were interesting until I found out I was allergic to the glue.

After having circular burns in several places I decided smoking was not so bad.

Then came chantix well that was pretty good I actually quit for 2 whole months.

But one I stopped taking the pills within a week I went back to smoking.

Yes I realize that was my failure.

As for today.

I am happy to say I have quit smoking with the smoke free e-ci.

I first purchased a disposable one from the corner store and it was an interesting concept.

I then began researching online and found a e-cig community.

I Ordered a kit and when it arrived on a Friday I began vaping after the battery charged.

I did keep my remaining cigarettes in case I needed them.

Well after a week of happily vaping I threw out my cigarettes and have not looked back or missed them..

the good news is my husband joined me and is now also a nonsmokers.

Also friends at work have asked daily how I am doing and 4 of them have also quit smoking and several more are planning to quit soon with e-cigs.

I highly recommend to anyone to give e-cigs a try.

As a added benefit I can now walk up the 3 flights of stairs to my apt and not need to rest.

And the humidity does not suck my breath away anymore. I have no cravings for a cigarette and never have a moment of regret that I have quit smoking.

8/2/2013 1:50:00 AM - Werner Mart

I have been smoking since I was 15 years old when some friends introduced me to it at school. I had never smoked a lot, more like 2 or 3 cigarettes a week until beginning of last year when my job started being so stressful that I started smoking 2 or 3 times a day. I tried for a almost 6 months to quit unsuccessfully, then a friend told me about e-cigarettes, and even though it took me some time to get accustomed to the idea, after 2 weeks I was not smoking cigarettes anymore. Now I can say I have been cigarette free for almost 8 months and feel healthier and can do more exercise.

8/2/2013 2:04:00 AM - Craig Wilson, San Diego

Cigarettes, drugs, and alcohol were always around me for as long as i can remember, due to family members or friends of the family. I started experimenting with all of them at a very young age because the access to it was quite easy. Alcohol never became an addiction for me because of the horrible consequences (Headaches, throwing up) you feel as soon as you're coming down. But during my middle school and high school years, I was a daily user of marijuana, and cigarettes. I admit, i was pretty addicted to marijuana at the time, but as for cigarettes, i was more of a social smoker. Meaning, if i was not around my friends, i would not smoke nor have any cravings for doing so. However, there was rarely any time where i found myself not around my friends, because we would always hang out after school till the sun went down and of course the weekends as well. Turning 18 granted me access to tobacco products in a guiltless way unlike before, where i would obtain them by stealing cigarettes from older family members. This is when my habit really started. I knew deep down inside that smoking wasn't a healthy habit and that i needed to quit. Quitting marijuana came with ease when i landed a job that required drug testing, and i was naive enough to think that cigarettes would be a good substitute for it. I was able to quit marijuana, but my cigarette consumption more than quadrupled within a month. Since then, i have been addicted to cigarettes and have tried to go cold turkey countless number of times. I've tried patches, gums, and even chewing tobacco, but only lasted a matter of days because those methods were never too appealing to me. The longest i've lasted without a cigarette was two weeks due to my root canal surgery. Other than that and the countless number of times i tried to quit only lasting a few days, i carried this daily habit of smoking about a pack a day for almost 8 years. Then, i was introduced to the electric cigarette and have not picked up a single cigarette for 3 months now. Help me fight the devil within me and let me vape at peace.

8/2/2013 2:26:00 AM - jrgleason2003

I smoked for 10 years and then quit cold turkey for 6 years. I never really broke the addiction to nicotine and slowly started to slide back into cigarettes again. By year 6 (2013) I was smoking 5-10 packs a year, with the most being a 5 pack week in June 2013. I felt the cravings, mood swings, etc...while smoking more so I decided that I needed something to quell the cravings. E-Cigs were new and I never tried them but I tried a disposable at a local tobacco shop and was incredibly surprised by how good they were and how few cravings I felt. I did more research and found that I could reduce my nicotine levels to 0%. I started with tobacco regular flavor cigarettes. With e-cigs I was able to successfully reduce my nicotine level to 6% without any cravings or issues and even smoke 0% more often than not. My biggest addiction now is to the hobby of e-cigs (the mods to find the perfect vape) and finding a flavor that works best for me. In a odd way, I feel that nicotine is not my addiction but rather the feeling of SOMETHING filling my lungs and the "motion" of smoking. I feel that e-cigs have satisfied those cravings I had for tobacco and I could easily drop this hobby if I wanted due to my lack of addiction to the nicotine. E-Cigs should be used as a smoking cessation program versus the patch et. al.

8/2/2013 2:51:00 AM - Karyyl

Karyyl Senior Systems Software Engineer Grandmother, vaper

I've been a smoker for 35+ years.

Beginning about 10 years after I began smoking, I started trying to quit.

I have tried patches many times, cold turkey many times, wellbutrin, hypnosis, support groups

and classes.

The support-group method once worked for a 5-year period, but stress and family members who were smokers eventually got to me.

No other methods have lasted more than a week.

In recent years I've been wheezing and being afraid of strenuous exercise because I can get to

where I can't catch my breath.

I was feeling hopeless because I really need the mental clarity I get from nicotine, the calmness I get from smoking, and the sense of reward, but my breathing was starting to get frightening.

I told my daughter that I could tell I was going to be a smoker until I die.

Probably prematurely.

She suggested

8/2/2013 2:57:00 AM - Patrick McGuigan- Philadelphia, PA

Bottom line- It would be a galactic-sized chasm in logic and the epitome of hypocrisy to impose ANY ban, restriction, obstacle or impediment on acquiring the CURE FOR LUNG CANCER that are "electronic cigarettes" while a product that we know to KILL HUNDREDS OF THOUSANDS OF PEOPLE every year remains on the market: smokable tobacco. Vapers are people who could not quit any other way. Vaping=health. VAPING=HARM REDUCTION. VAPING=RESTITUTION! It is actively saving my life. My spouse appreciates that. Do you have a spouse? My friends appreciate that. Do you have friends? My family appreciates that. Do you have a family? I am a real person who has decided to use e-cigs so that I wont DIE. I dont want to die. Do you want to die? Wouldnt you try not to die if you had a way? This is the ONLY way not to die for many smokers. Dont make me die. Thank you.

8/2/2013 3:00:00 AM - MinneapolisMike

I have been smoking for the last 15-20 years the last 5 trying to quit. i started snuff about 5 years ago to quit smoking still doing that every now and than. Recently started eciggarett's and was able to stop both snuff and smoking. About 2 weeks after im having pain in my feet and calves looks to be edema of some sort. Never had an issue like this before, the only thing thats changed is i started ecigs and stoped snuff and smoking. So thats the only bad thing. I dont smoke or do snuff still but dont want the issues im having to continue so im researching and came across this site. Thinking i could make a post about my issue but instead doing whatever this is. Anyhow i still would like to do ecigs but i might just need to quit alltogather. Peace!!!

8/2/2013 3:14:00 AM - Jd from NB CANADA

I started smoking when I was 12 years old, and started buying packs at 14 years of age, I am now 24. For the past 3 years I have been smoking 1.5 packs a day and 17 days ago I decided to quit. Using an electronic cigarette with nicotine I have not smoked for 17 days, lowering my nicotine level each new bottle I but until I reach 0mg of nicotine and then I will stop using te ecig. This is a very good alternative to smoking if you are doing it correctly by using it to aid my quitting process. Very hepful and effective.

8/2/2013 3:15:00 AM - Patrick

I was a PAD smoker for over 35 years. I got to the point, say 10 years ago that I no longer wanted to smoke. I tried several alternatives. Patches,hypnosis,cold turkey,Chantix. Nothing seemed to work for me. I had given any hope to actually quitting without the usual quitting symptoms. Extreme tension and constant gorging.

I was talking with a friend of mine who lives out of state and he said he had a new hobby. He said he had not smokes a cigarette in a couple weeks. As I listened my thoughts were not agreeing with his story. He told me to check out the ECF forum. For the next two days I perused the site and read stories of people with histories longer than myself and had not smoked since beginning vaping. Though I had no thought of it working for me, I said what the heck. I had wasted money on cures before. I ordered my starter kit and waited until it came in. I still had 6 cigarettes in possession and found the new toy to be interesting. Seemed to spark some interest and I still had the security blanket of a few cigarettes.

I went to work that night and though I had my new toy I made sure I still had the remaining cigarettes and a light. I was vaping on the drive to work and suddenly I started to think of the cigarettes and the last one I had smoke. It had been over 8 hours and I was slightly stunned. I was hard vaping the whole time, but not smoking.

Now 5 months later, same story. I haven't picked up a cigarette since that day. It's the longest I have make not smoking in my entire life. My wife commented that I was an "idiot" for spending the $100 on the materials to start. Ten days later she picked up the hobby and she also have given up any hope to quit. Our son whose 23 is now vaping. It is so much better than smoking. No second hand smoke, no smelling like an ashtray, and no fight. Now smelling a burning cigarette turns my stomach. I no desire, interest, or inclination of going back.

8/2/2013 4:19:00 AM - Rodney Aballe

I have been Smoking for 25 yrs. Pack a day .started looking for something to quit smoking. Started first with the gum. That did not work. My second attempt was the Patch it work for 2 months but as i try to go down on my nicotine intake from 21 mg to 14 mg

it just made me really a Irritable person that i would just snap. I just could not do it. so I stop using it. My third attempt was when My doctor said there was this new drug that would help you quit. I said alright let me try. He gave me a prescription for wellbutrin also it help with my depression. so I tried and waited and it never help. I told my doctor since day one my craving for analog cigarette is still the same. That too failed. I'm still on wellbutrin.

My wife was still trying to push me to quit. Thought about this Pill called chantix. But after I found out how much a month it would cost. I gave up! My last try was cold turkey that lasted

a week and

it was so bad that my wife bought me a pack of newport menthols So things could be normal in our day to day life. still smoking analogs at this time. Till I seen the commercial blu e ciggs Brand. So I said to myself lets try it. bought my first e cigg menthols

disposable at our local walgreens

used it all day and I was kinda of sceptical

at first but as the day went on my craving for nicotine was being satisfied by this e cigg. That's when i had that aha moment!!!!!!!!

Started looking online for information about electronic cigarettes

and videos on you tube. Started reading and watching more videos. Found two gentlemen that really help me. first this guy name Grimmgreen second was

Pbusardo.

so within about a week i finally bought my first starter kit. I was still smoking analogs at this time. after a week of vaping. i just totally gave up regular cigarettes.

e ciggarette gave me the satifaction for my nicotine fix and the ritual of smoking that nicotine replacement therapy did not offer. It's been almost 6 months now once in a while I would try lighting up a regular cigarette and It really taste nasty to me and It's funny cause I cant stand the smell

either. A smoker for 25 yrs would say that. I still have my last pack of newports

with 16 sticks left. Now the first thing I notice once I started vaping was my sense of smell is back. I can breath better. I can run two blocks without gasping of air. I dont smell like an ashtray. My wife loves the idea of me quitting smoking cancer sticks. OH ya I almost forgot what i spent a year was $2,555. Now I only spend $ 600 dollars a year. I have a better Health and a FAtter wallet. Im not planning to ever go back to analogs. "I love vaping"

8/2/2013 4:19:00 AM - ronnetta

I was a smoker for 37 years I tried zyban ,patches nicotine inhaler,chantex and cold turkey Nothing worked!!!! I got a vape pen and nicotine juice 24mg 1st day I dropped from 40 cigs a day to 4 .Next day I was told I should try 30mg nicotine because I had been such a heavy smoker .I tried 30mg nic on my 2nd day of vaping and have not had a cig. since !!!!! I feel a lot better .Much easier to breath, cough is gone and I can laugh without coughing . The best part I have hope for my future health. I knew if I didn't get off cigs I would soon be on a oxygen tank now I have hope maybe that wont have to happen. I was shocked how easy it was to switch. Even the first day of vaping when I had a cig it tasted nasty!!! I could not believe one day was all it took. I was hoping to gradually switch over, but even a heavy smoker can make the switch painlessly with the right mgs of nic

I will never go back and IM sooooo happy to be free of cigs .My hope was gone I was sure I was doomed ,but now Im free THANK GOD

8/2/2013 4:25:00 AM - Bert Logsdon

I stopped smoking analog cigs. on 2/6/13. By the advise of my Dr. I finally took his rather stern advise after 42 years of smoking. I new i had a life changing choice to save my own life, Or atleast prolong it a few years! So i did it!!! And i still have urges like any one but i have not had another tobacoo cig since... I went three weeks to make sure i was ready, I new i was going to try a e.cig and i got a blue disposible,And then an Ego 510 And i actully lost weight,New i would have to change my diet I'm a big boy and pushing sixty,So today is 8/1/13 I smoked two plus pack's a day...It will be six months the sixth, Life is so good thanks to E.cigs.Totally AMAZED i really did this and i'm not looking back !!! :)

8/2/2013 4:34:00 AM - Penny Kolls, Kearney, NE

I started smoking on or about the time I was 18 years old. It really wasn't a surprise since I grew up in a smoking household, my father, and all four of my brothers smoked. The only person in my family that didn't at that time was my mother but later found that she was a smoker and quit. During my childhood, many car trips found me in the back seat begging my father to please roll down the window, the smoke was choking me and there was no air. I vowed at ten that I would never smoke, but that commitment failed me at 18. Two things were very much apparent to me; smoking was a

8/2/2013 4:37:00 AM - Doug Price

I got my e-cig two weeks ago with a full carton of "real cigarettes" sitting in my cupboard.

I have neither wanted to light a real cig nor even look at one.

I smoked a pack and a half a day.

This item is a real life saver.

Hopefully there will be no restrictions put on it.

8/2/2013 6:02:00 AM - Dave Rice (@DaveRiceSD), Ocean Beach, San Diego, CA

I began smoking socially around age 16 and was a habitual tobacco user by age 18. At the time I was able to successfully quit (age 30, about two months ago) I was smoking between 10 and 25 cigarettes per day, about 12-15 on average.

Around 2010, my wife and I attempted to quit smoking using the e-cigarette technology available at the time, but found its use cumbersome and product failure rate too high to be effective. After several days without cigarettes, we began to use tobacco products again and abandoned vaporizing within a month.

Mid-2013, we decided to try again. I purchased "eGo" type equipment and liquid nicotine with approximately 10 mg/ml concentration, and we found that we were able to reduce our cigarette consumption by about 50 percent within a few days (her habit was comparable to mine).

After some research and the discovery of several alternate nicotine vaporization methods (all based on the "eGo" platform), we decided to obtain some 18 mg/ml concentration nicotine solution ("e-juice" or "juice")and attempt to abandon cigarettes completely. This occurred in the latter half of June 2013.

Since quitting, I have noticed a considerable energy boost, as well as an enhanced sense of smell and taste. I am able to breathe much more deeply without experiencing coughing fits, and have ceased to cough up yellowish phlegm in the morning before brushing my teeth.

These are the physical benefits, but the emotional/familial benefits of not smoking have been a much greater motivator to continue using my personal vaporizer. I have a nine-year-old daughter, and have always gone to great lengths not to expose her to my second-hand smoke. Since converting from smoking to vaporizing, I no longer have to ask her to stay away from me and to avoid our apartment's back patio in general when her mother and I are smoking, nor do I have to tell her to "wait until Daddy is done smoking" before responding to a request like getting a game out of a high cabinet.

Although she never criticized her parents for smoking, my little girl has been very supportive of our transition to vaporizing, and fully understands that while any use of nicotine can be harmful and that our vaporizers (always stored in a secured area when not in use) can be harmful to her, the potential harm to both her and her parents is significantly reduced as compared to our former tobacco use.

In the ensuing weeks, I've reduced my nicotine intake, first dropping to 12 mg/ml strength juice at nights and then using that level as a standard while further reducing my nicotine intake to 6 mg/ml in the evening. Although it is my intention to eventually cease using nicotine, at present I am nothing short of ecstatic about the transformation

in my life to date after several past failed attempts at tobacco cessation via other methods.

I've been so inspired by my success in using my vaporizer to quit smoking that I've become a bit of an evangelist among family and friends. A good friend who has a two-year-old daughter and a wife pregnant with a second child has begun vaporizing. Another friend's father, who's smoked for over 40 years, has adopted "vaping" and cut his cigarette intake from over a pack a day to less than ten. Most importantly, my mother-in-law, who watches my daughter during the summer and has been an indoor smoker, cut her cigarette intake from over 30 a day to less than 10 after she was introduced to vaping. Even better, she intends to quit completely within the next few weeks. There's already a marked change in the smell of her home - even as a fellow smoker I was unable to stomach being in her living room for long stretches, but in just the last few weeks since I've loaned her vaporizing equipment the stench (and, I'm inclined to believe, the toxins) have evaporated.

Over the last few months, my sister-in-law, her boyfriend, and two other couples in my circle of friends have all, to one extent or another, adopted vaping as a smoking reduction or cessation method. It is my sincere hope that regulatory action will not impede the unprecedented rate at which our access to tobacco alternatives has enabled myself, as well as so many of my beloved family and friends, to forge a new path no longer dependent on cigarette smoking.

- Dave Rice, Ocean Beach, San Diego, California / @DaveRiceSD / OBDave

8/2/2013 6:32:00 AM - Kantner Silven

My name is Kantner and I am 21 years old. I grew up with both of my parents being smokers and because of this I started smoking cigarettes at a very young age, about ten years old. Throughout this time, until recently, I had tried to quit smoking using nicotine patches and gum several times. To no avail. I found out about e-cigarettes walking through the mall in February 2013 and decided to try one. I actually liked it and decided to buy one, being an almost 2 pack a day smoker. Within one week I wasn't smoking cigarettes at all. Mostly because they just didnt taste the same. The e cigarettes tasted better and I didn't get the nicotine rush using them. That's not to say that they don't keep my nicotine cravings away (I am using medium nicotine level e-liquid). That was 5 months ago and I am still cigarette free. I have been using mods to vape my e-liquid. I feel that I am now part of a huge community comprised of a wide aaray of great people who are nothing but nice and helpful. I couldn't say the same about cigarette smokers.

I am so glad I found e cigarettes And I would want nothing more than to keep the laws about them exactly how they are. They are not as dangerous as cigarettes because they have no harmful second hand smoke. I have even been to my doctor since switching over and he says that my lung function has improved by leaps and bounds. I couldn't be any happier. No more smelling like smoke or dealing with the harmful side effects.

8/2/2013 7:38:00 AM - Kenneth Eric Cocanougher

I started smoking when I was 12, stealing 1st singles and then packs from my mom,step-dad and grandparents. By my early 20's I was over a pack a day. Around age 30 I started trying to quit. I tried cutting down, patches on 3 occasions,chantix, the gum seems like there was something else. At 33 when I had a bad cold I had an x-ray taken of my lungs. My doctor told me the white lines I saw on the film were the beginnings of Emphysema. I tried another round of gum and patches to no avail. I was wheezing constantly. A simple cold would lay me up for a week, I had trouble sleeping due to coughing and a scratchy throat. I was VERY embarrassed that every where I went I was coughing up all kinds of stuff from my lungs. I hope this is not too much information, but it was either spit out what came up no matter where I was or end up with loose bowels.

I was helping a good friend move in the fall of 2010. She was getting married and I was helping her move. I found her husbands ego dripping e-cig and asked about it. I dripped a few drops and loved it. For helping on the move I was given the Ego. Within a month I was totally off cigarettes and on the e-cig. I struggled for a bit to find the set up that worked for me the way I wanted it to, but finally ended up finding it and shortly after a better set up and then another lol. Now not only am I off cigarettes I have a cool new hobby. I have 2 variable voltage devices one 18490 battery the other 18650, 1 variable wattage device 18650 and 2 telescopic mechanical mods. I currently use 24mg juice and I feel so much better, breathe so much more deeply and have SO, SO

much more energy the thought of cutting down my MG's is not being considered. I currently use the Innokin iClear 30 as my tank and am just getting into rebuildable

atomizer tanks. I use only American made juice from trusted vendors.

Electronic cigarettes have changed my life. I feel like a new person. I have much more energy, can smell and taste better and feel like I have added years to my life. I had the flu during the last election that lasted over a week. My x-rays showed no signs of the white lines that my doctor showed me 2 and 1/2 years earlier.

Please do not let the FDA and big tobacco change an industry I owe my life to.

8/2/2013 7:50:00 AM - Bobbie Tipton from Elizabethton, TN

Hi, my name is Bobbie Tipton, I am 38 years old, I have smoked since I was 14, and I loved to smoke, and I have had trouble with my breathing all my life. I knew it was not smart to start smoking but as with most kids back then it was the

8/2/2013 8:55:00 AM - LEG from Florida

I began smoking in 1978, at the age of 15.

My first attempt to quit was at age 25, when patches were obtained by prescription.

I was finally able to quit at age 48, after 33 years of smoking a pack a day. In addition to my smoking, both my parents smoked two packs a day.

I was passively smoking from the day I was born. Quitting was no problem; it was staying quit that was the problem.

I smoked during both of my pregnancies, despite desperately wanting to be smoke-free for my children.

I smoked in the car with the window down with my children with me.

Tens of thousands of dollars' worth of dental work has failed because I could not stop smoking.

I now require dentures to eat and speak properly.

I had to stop smoking because my workplace went tobacco-free.

I work in a prison, so even having tobacco with me was forbidden.

I have been smoke-free for almost two years.

My anniversary date is 9/1/11.

I did not quit smoking cold turkey.

I started with no smoking in my vehicle,then progressed to 4 hour periods when I would use my electronic cigarette, and them smoke cigarettes for the rest of the day.

After a few months, I was able to only use my ecig at work, then I was able to give up my first-thing-in-the-morning smoke.

I take my e-cig to bed with me!

It's right there if I need it, with no risk of burning down the house.

I am able to remain smoke-free with electronic cigarettes (e-cigs).

I feel that I am successful with e-cigs as a Nicotine Replacement System because they provide the same dosing system as cigarettes. Patches worked to help me quit, but the cravings were a never-ending struggle which kept me exhausted.

The ear magnets worked to an extent.

I was not able to take Welbutrin/Zyban, and Chantix scared me.

I tried a lot of different brands of electronic cigarettes before settling on the Boge LEO.

The LEO has saved my life, and saved me a lot of money.

Everyone who has difficulty quitting smoking has their own reasons.

I no longer have a chronic sinus infection.

I don't get bronchitis in the winter.

I heal incredibly quickly.

I don't stink.

My truck doesn't stink.

My kids don't stink, and they are proud of me!

My insurance premiums are lower than smokers'.

I have a lot more money, even after I regularly purchase cartomizers/atomizers and liquid.

My dermatologist told me that he could tell just by looking at me that I no longer smoked.

My hair grows faster.

I did add 10 pounds.

I also had a lot more energy, so I was able to lose it

Everyone has their own smoking style, and will develop their own vaping style.

In my opinion, there is a need for the variety of e-cigs currently on the market. With all of the atomizers, cartomizers, clearomizers, batteries, there are several ideal e-cigs for each individual who wishes to stop smoking.

There are also many reputable suppliers.

Electronic cigarette users do not need to have their suppliers regulated by the FDA, or anyone else.

If I'm not happy with a retailer, I simply move on, or check in with the ECF to find a quality retailer.

If electronic cigarettes were not available to me, I would absolutely start smoking again.

In the past two years, I have lowered the nicotine content of my e-liquid from 18 mg to 12 mg.

I intend to continue this, until I am vaping no nicotine.

The only reason that the FDA and other government entities want to regulate the components of E-cigs is because they see a lot of money to be made.

With all of the variables involved, there is no way that e-cigs can be regulated.

It would be close to impossible to standardise all of the batteries, atomizers, e-liquids, fillers, tank systems, etc.

What about mods?

Will they be illegal?

I personally don't use mods because I don't know enough about electronic cigarettes to modify them, however I don't believe that my fellow vapers should be penalized for their knowledge or modification talent.

In closing, I will say that I wish that I had starting exploring electronic cigarettes before I had to choose between smoking and being employed.

I am grateful to all my suppliers.

I am very grateful for the opportunity that I had to try a lot of different brands without them being "regulated", and I am eternally grateful that I have been able to stop smoking using electronic cigarettes.

8/2/2013 10:05:00 AM - Michael U. (Vienna, Austria)

Hi,

My name is Michael and i'm from Vienna, Austria.

I startet smoking very early with appx 14 years, as cigarettes where widely available through vending machines and tabacco stores didnt care to sell to minors if you just said "i'll need a pack for my mom".

After 25 years of smoking i ended up with 2 to 3 packs a day. I tried NRTs like gums and inhalers but i never managed to stayed away for more than a month.

One morning in april 2012 after waking up, seeing my fully packed ashtray and disposing the eamty packs. I decided to reduce my smoking habit. I knew that stopping is not working for me, but i wanted to at least reduce it. So i startet to google around and found the ecigarettes. I was very interested and read a lot about various types and how they work. I decided to give it a try with an ego-t which was widly recommended by the community.

But it was harder that i thought, i found out that Austria classified them as medicinal product back in the years when they first came up. Like the mentality in Austria - "we dont know it, lets get rid of it" :-) Cause of this we have very few offline shops (contrary to Germany where they flourish). Retailer here arent allowed to sell Liquids with nicotine, but vaping, importing and the possess of nicotine liquid for users is not prohibited and legal.

So after some hours of searching the internet I found one of the 2 shops in Vienna and 10 minutes later i was in my car. It was a very small shop, but the Vendor (from germany) was very nice and helpful. i tried some of the 10 liquid types (without nicotine), the small mini-ecigs (cigarette-like) and the ego-t. As a heavy smoker i was not very convinced and thought that this would never work because of the absence of nicotine, but nevertheless i got a starterkit because i knew that i can order some nicotine liquid from germany on the internet.

But to my surprise it did work, also without the nicotine i cut my smoking habit from appx 50 cigs to 10 a day. I also found a offline shop who sold nicotine liquid "under the table" and from that time i knew that it was a very good working alternative to smoking. I immediatly started to search everything about ecigarette, studies, mixing liquids, self wicking, bought some ebooks about how to mix my own liquids. So in the second week i was ordering bottles, syringes, flavorings, nicotine bases and of course the bulli a2.

I never really stopped smoking for various reasons but i didnt have the same urge as before. After over a year of vaping i still smoke 0-10 cigs (selfrolled) a day, but i have no problem going without tabaco for some days. I even dont care if i forgot my evigs when

going shopping, which was unthinkable a year before. I never went out of my home with less than 2 packs of cigs.

I feel so much better after starting to vape, i can walk stairs like in my youth without grasping for air, my smokingcough is gone completly.

When i look at my excel sheet i have not smoked over 24.000 cigarettes and have not inhaled appx 145 gramm of tar.

My fears and worst nightmares:

I really fear what our health agencies are trying to do. the FDA, WHO and EU doing their "best" to overregulate ecigs which will probably kill the best combatant against tabacco caused illnesses in the 21st century. How can it be that every ecig-study shows how much less risky (appx 99%) they are compared to normal tabacco cigarettes, and still they want to regulate them MORE, while normal tabacco is still available everwhere (even to minors - as the starting ages for smoking is showing)

I dont want that ecigs get sold to minors - BUT as long as the starting ago of tabacco smoking is under 18 (like in germany or austria where its about 15 years) - the FDA/WHO/EU should first work on tabacco abuse, and support ecigs - as they are much safer.

The WHO anticipates over 1 billion premature deaths from tabacco in this century, and the keep saying that cigarettes are safer because they have a filter !!?!? despite ALL the studies who say otherwise .... this has absolutly nothing to do with an health organication, its almost the opposite ... sad for human health.

we know from history that prohibition does not work, and overregulation doesnt either.

So what will be the outcome of the EU (ecigs are a medicinal product).

We will get "safer" mini-ecigs (from BAT, Lorillard and Phillip Morris - the ones who can afford the certifications), these are ecigs which no heavy ex-smoker wants or uses ... they are overpriced, unhandy, too small and the lack of variety of liquids will make them NOT APPEALING. No seasoned vaper will suggest such ecigs to a starter ...

so we will get ecigs in drugstores which nobody wants ... reminds me of NRTs :-)

Destroying the best alternative to cigarettes will cost many lives, but as it seems the WHO does not care.

QUIT OR DIE policies do not work, the WHO and other anti-tabacco are trying for decades to reduce smoking. Yes, they achieved to bring the figures down, but and they failed in the fight against Big-tabacco!!

with the help of the EU the billion

8/2/2013 11:43:00 AM - Irene Andrews, Kailua-Kona, Hawaii

I am 61 years old & smoked tobacco cigarettes for 40 years of my life.

I tried the nicotine gum, nicotine patches & a pill (whose name I can't recall).

Nothing worked no matter how hard I tried.

It wasn't until I tried the electronic cigarette (or more appropriately called a personal vaporizer), that I was able to completely quit smoking tobacco. I have been tobacco-free for over 2 years now.

My health has improved over the last two years.

My family & friends are so happy that I'm off the tobacco.

I've been using the vaporizer in stores, restaurants, airports, airplanes and all public places where smoking is prohibited for over two years.

Nobody has ever complained.

People have been curious and ask me about it and after I've explained what it is and that there are no health hazards to anyone, they've all been fine with it & most of them congratulate me.

This business about banning the e-cig & taxing it as is done with tobacco is totally ridiculous.

Doctors prescribe nicotine patches & pills, nicorette gum is widely sold and other nicotine products are widely available.

They are designed to help smokers quit the tobacco habit.

The e-cig is just another tool designed for the same purpose, with one exception.

IT WORKS!

I've successfully managed to get 3 of my friends and my son to switch to the e-cig and all have successfully done so.

Thank you to the creators of this wonderful product.

Irene Andrews Kailua-Kona, Hawaii

August 2, 2013

8/2/2013 12:42:00 PM - Honorio Soto Jr.

To whom it may concer,

My name is Honorio Soto Jr. I am a third year medical student and I am writing this in the hope that future legislative desicions turn me back on to the lung blackening products.

I have smoked cigarettes for about 10 years.

I have tried different products that tabacco manufactures produce such as chew, cigars, snuss, and cigarettes.

The last was what stuck with me for a long time.

I recently started using an electronic disposable cigarette and it helped me with the habit. The disposable greatly reduced my use of cigarettes but found that the battery didnt last as long as i needed it to throughout my day.

I later switched to a larger ego style battery which has worked all day for me without recharging.

I havent purchased a pack of cigarettes in over three months now greatly helping my budget and my health. I run nearly everyday and with the use of the ego style cigarette I feel that my chest isnt as tight nor is there an irritation in my throat when I'm breathing. I no longer worry about smelling where ever I go nor do I worry if my smoking bothers other people. I feel less stressed about this habit that I ever felt about smoking cigarettes.

8/2/2013 12:43:00 PM - Jay from the Western Slope, CO

I have smoked cigarettes for 39 years and am now 57 years old. Throughout this period I have tried to quit smoking many times. I could never go cold turkey more than a day and by using Nicorette gum had quit various times for about 6 months each time. I also tried Natural alternative gums and vitamin type cessation products which did not work for me either. Invariably the pull of smoking cigarettes was stronger and I would smoke butts I found in ashtrays to ease the pangs and then end up buying a pack of cigarettes and try to regulate the quantity I smoked which did not last very long and I would ease back in to smoking a pack of cigarettes a day. During this time of smoking I have tried smoking cessation classes twice and hypnotism once, both of which did not work. The best option for the past 15 years was to use tar reducing filters and to not smoke at work or when I was in public. At home I would not smoke indoors.

These past 2 years I would chew small pieces of Nicorette gum (I would cut the piece into quarters and chew 1 full piece by days end) during the day and smoke 6 to 10 cigarettes (with the tar reducing filters) at night which seemed to be the best I could regulate myself.

2 weeks ago I met a woman who worked at a local gas station who was using an e-cigarette. We talked about this and our habits. I began to research e-cigarettes on-line and purchased a FIN starter kit at Wal-Mart. I have always liked the smoking action of the pulling the smoke into the mouth and throat. It has always felt very soothing. Immediately I could see that the e-cigarette fulfilled this smoking action. I have not smoked a real cigarette now for two weeks nor have I felt the need to chew any Nicorette gum. I started by using the bolder or more percentage nicotine e-cigs and have now settled on a milder nicotine percentage. When I used to want a real cigarette to puff it was hard not to smoke the whole cigarette even if I did not want to. Now with the e-cig I can take a puff now and then and go about my business. I think that the action of smoking has been the strongest of the habit and the e-cig greatly fulfills this. I love that I no longer carry the smell that comes from smoking cigarettes. Now when I pass a person smoking real cigarettes the smell is repugnant. Before when I used to try to quit I'd try to be next to smokers to get some second hand smoke.

I can see that I could work toward vaporizing with the no nicotine offerings in the future. At this early point though I am not going to worry about this. I am just thrilled that I have not smoked a cigarette in two weeks. Even though I never had a cough from smoking my lungs would feel oppressed. Now my lungs feel lighter, my breath seems sweeter, my body sweat seems lighter and even my facial skins seems to have more color. At this time I feel that if I was with out an e-cigarette I still would not want to smoke a real cigarette. Prior when ever I tried to quit I would obsess about smoking a cigarette and with using the e-cigarette I sense a greater possibility to work towards being nicotine free in the

future. The facts seem to support that using an e-cigarette is healthier than smoking real cigarettes and I feel that to be true as I feel better physically and mentally than whenever I tried to quit smoking cigarettes before. Before I tried e-cigarettes I thought they were a gimmick and now I think they are a blessing.

8/2/2013 12:48:00 PM - Jacqui Bush (glasslady) from McKinney, TX

I smoked cigarettes for 35 years.

5 mos ago, I tried a disposable electronic cigarette.

It did not work for me.

It did not replace the need for a cigarette.

3 mos ago I went to a electronic cigarette store and they explained the differences and helped me select a entry level e-liquid kit.

I started out with a 24mg liquid.

For about a week, I smoked regular cigarettes and used the electronic cigarette.

It actually took me the full week to go through 2 packs of cigarettes.

I was a pack a day smoker, so that was a great reduction for me.

When I finished the last pack of cigarettes, I thought I might as well try just the electronic cigarette and see what happened.

I have never been successful with quitting the regular cigarettes, so I did not have much hope.

However, it has now been 3 months since I have smoked a cigarette.

About a month after being on the electronic cigarette, I thought I would try a regular cigarette.

It was the most disgusting thing I could imagine.

After 3 drags I had to throw it out.

I hurried home and brushed my teeth and used the strongest mouthwash I could find to get rid of the taste.

I still have that pack of cigarettes in my car with the one missing

8/2/2013 1:00:00 PM - Joshua R Cash

I was a smoker for 11 years.

When I first started at nineteen years old, I was just a casual smoker.

I worked in the restaurant industry and pretty much all of my friends were smokers so I started smoking so as not to be left out.

Over the years I gradually smoked more and more.

I have always had a bit more anxiety than the average person and used many different vices to deal with it.

As I started to get rid of some of my other even more destructive vices, I would start to smoke even more.

Fast forward to ten years of smoking and I was at almost two packs of cigarettes a day.

I was a delivery driver and would smoke constantly.

In January of 2010 I heard a commercial for an electronic cigarette on the radio.

Unfortunately, the company was a scam that many people have been duped by so I spent some time trying to cancel the monthly cartridges.

The company I ordered from did not offer any levels of nicotine and only had nicotine free.

Even with all of this, when I received the small device, I took a puff and it was enough for me to realize that an e-cig could have potential.

I did not use this device because it offered no throat hit so I continued to smoke until I did some more research and ended up buying what the vaping community refers to as a mod.

It is a larger cigar size battery holder that offers a stronger hit and much better longevity.

Once I received my mod, I began to us it with great success.

I continued smoking cigarettes here and there for a couple months until one day I did not want them anymore.

In my mind I must admit that I still craved cigarettes, but I had had enough.

From that point on I have been standard cigarette free.

It has now been 3.5 years smoke free, and I am proud to say that I do not crave cigarettes whatsoever, I am actually disgusted by them completely.

Before I quit, I had a bad plegm smokers cough, I could not breath well, and when I would get sick, I would stay sick for what seemed like months.

I now have clear lungs, I rarely get sick, and when I do, I get better quickly.

It really is truly amazing.

I recently had surgery and every time they have checked my lungs, they have been completely clear.

I also have many nephews and nieces and no longer worry about stinking from smoke.

I can also taste foods that had lost there pizzazz.

I know that studies still need to be done on the long term affects of vaping but I think that common sense tells you that it must be significantly better for you than inhaling a bunch of carcinogens and burning materials.

I look forward to the proof that some of the skeptics are asking for. Thanks, Josh

8/2/2013 1:22:00 PM - Roger Hall

I first started smoking at the age of 12, nearly 40 years ago. My father smoked and through peer pressure and the desire to be grown up I started and despite age restrictions we always managed to find vending machines that we could use. My sister also started smoking at a similar time. I was also an asthmatic so despite this I still smoked and got addicted to them. In fact my smoking habit probably increased the use of my ventolin inhaler as I would use the inhaler to clear up my airways in order to enjoy a cigarette.

Roll on 25 years and my father died of emphysema a smoking related condition. It was at this point that both my sister and I seriously realised that we needed to give up smoking, but back then there wasn't the stigma attached to smoking and tobacco that there is today so it was more a conscious decision to give up

8/2/2013 1:43:00 PM - Bob Jackson (B_J_inCalgary) Calgary, Alberta Canada

I started smoking when I was about 22 years old and finally succeeded in quitting at the end of September 2012 by using the V2 cig kit. Between October and December of 2012 I only smoked 10 tobacco cigarettes, then none at all. Withing the next 2 months I switched to the Kanger T3 bottom coil 3mL tank with an eGo USB passthrough battery and an upgraded eGo 1000mA battery for on the road use. For the next few months I was buying ejuice at medium nicotine strength (13-16mg). Around March of 2013 I started making my own ejuice and reduced the nicotine strength to 6-6.5mg/mL and I am still using the same strength as of now August 2, 2013. Eventually in the future, I will reduce the nicotine content to zero. In the past I tried to quit smoking cold turkey which lasted about 4 days. I tried the nicotine gum for about a month, but that also did not work. For any of these methods to work, you ABSOLUTELY MUST really want to quit or you are doomed to fail.

To get around my lack of will I tried the mind altering prescription Welbutrine. It worked for about 3 months, but it changed my attitude so that I did not give a crap about anything at all. This was very bad for my job and all my friends, so I stopped taking the prescription and within 2 weeks I was smoking again. My major problem was and still is, I like the act (habit) of hand to mouth, inhaling and getting the feeling in my throat and lungs. When I finally found out about e-cigarettes, it was a GODSEND. I can now enjoy the act of inhaling, feeling the hit in my throat and lungs, and not run the risk of CANCER from all the toxic crap that tobacco brings. Plus I no longer stink of smoke, I can now smell my environment again, everything tastes better, and my cats have virtually stopped sneezing.

8/2/2013 2:00:00 PM - Sam Booth DevilDriver1313

I smoked cigarettes for 24 years. At least a pack to 2 packs a day. Upon receiving my e cigs I have completely quit smoking without any problems or urges to smoke. I started with cig a likes for a week. Then moved to a ego style wich I am currently still using.

I am now beginning to start using MODS. I vape approximately 3 to 5 ml of 18 mg juice a day. I never thought that quitting cigarettes would be this easy. I would encourage any smoker that wanted to quit to try vaping.

8/2/2013 2:02:00 PM - Mike Sorley

Smoker for 35 yrs. Tried everything to stop smoking with absolutely no success. On Dec 1 2012 I decided I would try and e-cig I received an ego-C that I ordered previously and I loved it. I have only lit 3 cigarettes since that day and they tasted so bad I just threw them away after one drag. I never thought that I would be able to stop but that is in fact exactly what happened. Yesterday was my 8 month anniversary and I have never felt better.

Thank you

8/2/2013 2:11:00 PM - Brian M. from Grove City, Ohio

A success story

Hello,

My name is Brian M. and I have lived in Ohio most of my life.

I started smoking cigarettes at age 11 and continued to smoke for 37 years.

The one time I really tried to quit was in the early 90's and I used the nicotine patches.

After about 2 weeks I began to smoke again as I was not satisfied with the patch alone.

Right around the beginning of 2012 I discovered the electronic cigarettes here in Grove City, Ohio and gave them a try as I really wanted to quit tobacco.

The first ones I tried were from a company here in Ohio and they looked just like a real cigarette, and had the disposable cartridges/cartomizers.

The first couple months I still smoked cigarettes but at least it was fewer.

After learning more about options for e-cigarettes, I realized that maybe I would be more satisfied with them if I were to try a stronger nicotine content in the cartridges.

I then switched to 24mg nicotine and I found I could leave the tobacco cigarettes alone.

Rather than draw the story out, I'll just tell you that I now (8/2/2013) am using 12 mg nicotine content and have not smoked a cigarette since the end of march 2012.

I now have no intention to ever go back to tobacco cigarettes because I feel free for the first time since I was a child.

No more a slave to tobacco.

I will eventually give up the e-cigs as well, but I am not worried about the effects at the present time when compared to tobacco.

I breath easier, don't smell like smoke, feel better about myself and my health, get fewer colds or sinus troubles.

Its a great product for stopping smoking in my opinion, and I'm grateful to have been using them.

THATS MY STORY AND I'M STICKIN TO IT.

Thanks for reading,

Brian M.

8/2/2013 3:14:00 PM - A. S. - Minnesota

I started smoking when I was a teenager. By the time I was old enough to purchase them, I had a pack a day habit. I continued to smoke untill I was 24, when I quit for about a year by taking Zyban. When I returned to smoking it was like reuniting with an old friend. There was even a time when I thought I'd rather die than quit again. About two years ago, I started to slowly reduce my tobacco habit for my health and my pocketbook. No smoking in my car turned in to not taking smoking breaks at work. My state's most recent tobacco tax increase was the "straw that broke the camel's back". After I purchased my e-cigarette a few weeks ago (Mid July 2013), I had one last "goodbye" cigarette, and I haven't had one since. I still have people in my life who smoke, and I am encouraging them to explore e-cigarettes because I'm absolutely astonished and thrilled I was able to give up tobacco so quickly and easily with mine. I'm 33, tobacco free, and I owe it all to my e-cigarette. I'm very concerned that misinformation, fear, and propaganda could affect the freedom of choice to vape and result in individuals like myself feeling (or outright being) forced to return to tobacco. That's why I'm sharing my story.

8/2/2013 3:17:00 PM - Jeff Thomas, North Topsail Beach, NC

I smoked tobacco for 39 years. Oh yes, I attempted to quit multiple times during those decades..cold turkey, hypnosis, the gum, the patch, Chantix..I tried it all. I never really had difficulty weaning myself from the nicotine. It was the smoking itself I craved. The fiddling, the hand to mouth, the social aspect. None of the aforementioned methods worked for me in the long run. I needed something else.

I tried a cheap electronic cigarette almost two years ago and had my "eureka" moment.I haven't smoked even one cigarette since September of 2011, thanks to vaping. I recently had a pulmonary function test, following up on the same test two years ago, and my results were significantly improved. Everything about my life is better since quitting tobacco...my health, my skin, my clean smelling clothes and car, my ability to exercise, etc.

In the world of vaping, I have advanced significantly beyond the simple "cigalike" electronic cigarette. I have more mods, atomizers, drip tips, juices, etc. than I could list here, and spend time each and every day on various forums, coops, and other vaping related websites. I vape e juice with extremely low, or zero, nicotine content. Vaping is now a hobby for me and a significant part of my life. It has finally satisfied the aspect of smoking that all the other cessation methods seem to miss...the "act" of smoking itself. I know that I am not alone in this conclusion. I speak with vapers every day who have had the same experience.

Let me also add this: Had I been restricted to that very first e cigarette (the one that looks like a real cigarette), I have serious doubts as to whether I would still be smoke free today. What I vape now on a daily basis is as different from that little e cigarette as a freshly grilled piece of grouper is from a fish sandwich at McDonald's..(I live at the beach, sorry..lol). Sure, it's still technically "fish", but simply not enough.

I have also personally tutored 6 or 7 people about vaping who are also completely smoke free. These are folks, like me, who tried other methods of quitting, but needed something more than s simple nicotine substitute.

I always say, "It's not the nicotine, it's the smoking"...that about sums it up for me.

Jeff Thomas North Topsail Beach, NC

8/2/2013 3:39:00 PM - James Connecticut

Hello,

I had been smoking for 30 years and thought I would die a smoker.

I had tried many ways to quit and had no success and smoking cigarettes was killing me and making my daily life miserable. I would cough up yellow mucus every morning and my lungs and chest hurt. I was introduced to electric cigarettes in 2012 and it has been wonderful. I have not had a cigarette in 8 months and I feel great! I don't cough anymore at all.

I can hike for miles and not feel like I am going to die because I can breath better now and my hart works less. I make my own E liquid and use a Mod to vape my liquid. I have studied the liquid and devices that makes up e cigarettes and find them to be safe for me. I think that pharmaceutical company's want the industry for themselves and have the FDA in their pocket. The FDA wants that Tax money and we the people are the ones who will have to suffer because of it. This is criminal in my opinion. All of the ingredients in most and in my e- liquid have already been approved by the FDA 1. vegetable glycerin USP 2. food grade flavoring I use Organic Concentrate. Some e liquids have propylene glycol USP. This has been used to scare people because propylene glycol non USP is in Antifreeze and is dangerous. The other ingredient is Nicotine and this is already in any tobacco product that is sold world wide and has been for many years. The difference is that we can control the amount we put into the liquid and reduce it to zero at our pace.

RESTRICTING TAXING CONTROLLING THIS INDUSTRY BY OUR GOVERNMENT WOULD BE CRIMINAL AND UNCONSTITUTIONAL.

Kingjamesejuice.com

8/2/2013 3:46:00 PM - Mohit (mohit321)

I smoked a variety of cigarettes for a little less than 10 years (2001-2011). I used an e-cigarette in 2011-2012 and quit successfully for almost a year. The device I used was a mechanical e-cig that used a 14500 battery and I used simple atomizers and cartomizers. I went back to smoking occasional tobacco cigarettes for a few months. I believe this was due to frustration with the devices of the time and a lack of understanding of how to use them properly.

I picked up a variable voltage device that uses 18350 and a collection of tank atomizers which are simpler to use and last significantly longer between refills. Since that purchase, I have been smoke-free and have no intention of smoking again. There is not even the temptation to smoke. I feel better for doing so. My lungs are back to normal capacity and the other health benefits have been obvious as well.

8/2/2013 3:51:00 PM - Christey Gibson

I started smoking as a kid.

It was the 1970s and everyone around me smoked.

I thought it was "cool" so I would steal a cigarette here and there from my parents and other adults around me who smoked.

I probably started smoking regularly and buying cigarettes when I was in High School.

Back then we had a smoking porch at our school and you could go out between classes and have a smoke.

I did stop smoking in 1985 while I was pregnant with my daughter.

It wasn't so much that I quit for her benefit.

It was making me sick to my stomach to smoke so I really couldn't. I remained smoke free for nearly 2 years but pretty soon I was right back at it.

Over the years I have tried the nicotene gum, the nicotene patches, the nicotene lozenges and cold turkey.

All were successful for a few days.

My best try was with the lozenges and that lasted about 6 months. I asked my Doctor about Chantix but he wasn't a fan and it would interact with some of my other medications.

A few weeks ago a friend showed up for dinner with a weird looking device. It was like a small flashlight with a container of liquid attached to the top.

He said it was a personal vaporizer and let me give it a try.

Next thing I knew 3 people at my work were out in the smoking area with similiar devices.

I decided it must be worth looking into.

I went to a local shop and bought a starter kit and 2 flavors of the liquid.

2 days later I smoked my last cigarette. I don't want a cigarette.

The last one I lite was put out after 2 draws on it.

It tasted terrible.

My beloved Marlboros are no longer appealing at all!

Our 30 year love affair is over.

Let me make this even more clear.

I have an open carton of my favorate cigarettes on my kitchen counter with 6 unopened packs in it.

I have no desire to smoke them.

The only reason I haven't thrown them out is because of the money I spent on them.

I figure I'll find someone to give them to at some point.

My sense of taste and smell have hugely improved.

I can now tell by smell people that smoke.

The ashtrays in our smoking area at work stink!

I can breath better and I don't cough first thing in the mornings the way I used to.

There are people who want to restrict, regulate or outlaw e cigarettes.

Without them I would still be smoking a pack a day.

I would be polluting myself and the people around me.

I just wish I had found vaping sooner.

8/2/2013 3:53:00 PM - Mike D

I am a 41 year-old male from Tennessee. I have been smoking since the age of 17, starting with Marlboro Lights and switching to Marlboro Reds in my early 20s. For many years, as many youth believe, I thought myself to be invincible. I smoked with abandon, and with no history of cancer in my traditionally long-lived family, I never made any serious effort to quit until my late 20s.

At that point, I met a girl I planned to marry. We moved in together and, for the first time, I made a serious attempt at quitting smoking. Although I was able to cut back for a bit, for whatever reason (lack of willpower, lack of heart...whatever), I was unable to actually give up the habit. We soon broke up (for unrelated reasons), and I resumed smoking as much if not more than before. The most difficult times for me to be without a cigarette were first thing in the mornings & after a meal, as I have noticed is the case for lots of other smokers. So, I always made sure I had cigarettes on hand just as much as food & water. Flash-forward about 10 years and, in my late 30s I finally meet the girl I am lucky enough to marry. She has 2 small children and smoking around them was something I was not willing to do, so I began to cut back drastically, only smoking outside & in my car. This halved my intake easily, but the real turning point came when my mother, a lifelong smoker, was diagnosed with non small-cell lung cancer at the young age of 63. The reality of this hit me like a ton of bricks, and she told me that one of her last wishes was for me to stop smoking. So...I did. In February of 2012, just before my 40th birthday, I bought my first e-cigarette. I had no idea how I would respond to it, but after using it for one single day I threw out my last pack of cigarettes and never looked back. Although I continued to experiment with different types of e-cigs to find the system that worked best for me, from that day forward I never touched an actual cigarette again.

For whatever reason, be it willpower, the reality of my mothers illness, or the ease of e-cigs, I never had a single issue quitting. I still enjoy my e-cigarette today, over 18 months later, although I have drastically reduced my nicotine intake and use it much less than I used to. I can honestly say that, without electronic cigarettes, I may have never been able to quit. As far as I'm concerned, they saved my life. Looking back on it, I do not know how anyone was able to even be near me for the decades I spent as a smoker. When I walk past a smoker today, the smell assaults my nose and makes me shocked that any non-smoker could ever stand to be close to a smoker. I am more grateful than words can saw for my loving, understanding wife...how she fell in love with me while smelling like an ashtray, I'll never know. Sadly, my mother succumbed to her cancer just over a year ago. She had been a smoker for over 40 years. I watched as the cancer ravaged her body and her mind, tearing her away from us bit by bit, reducing her to a shell of her former self. It is something that no one should ever have to see. I can take some small measure of peace for the fact that, in her final days, she got to see me quit the habit that she never could, the habit that eventually took her life far, far too soon.

My name is Michael...and I quit.

8/2/2013 4:08:00 PM - CosmicCharlie from Los Angeles, CA

I started smoking at age 11. Back then there were cigarette vending machines. I am now 38. I tried everything to quit smoking but nothing really helped until I tried electronic cigarettes about a year ago.

I haven't had a analog (regular) cigarette since I tried my first e-cig. I stated with the e-cigs they advertized online. Then went to the vapor mods which I still use today. I have significantly reduced my e-cig nicotine levels from 24mg to 6mg and sometimes vape 0mg. Vaping gives me the feeling of smoking without actually doing it. After 26 years of smoking I am glad I found e cigarettes. I feel healthiest and don't wake up with smokers cough.

I am sure I will eventually drop down to vaping with no nicotine. After trying the gum, patches and cold turkey with no success, I finally found something that works. I feel confident anyone could quit smoking using e cigarettes

8/2/2013 4:13:00 PM - Scott McDermitt Azusa CA

I used to smoke a pack of cigarettes a day and started when i was in high school. Due to peer pressure and health issues I decided to try to quit smoking. I tried the nicotine gum and the patch but neither have worked as far as I am concerned. That is when I decided to give e-gigs a try. The results have been fantastic. In 90 days I had stopped using tobacco products and used e-cigs as the nicotine delivery system for my "habit". I quit smoking cigarettes in Feb. of 2008 and have not started up again. I feel great and my skin has looked improved as well. I would recommend e-cigs to anyone who wants to quit smoking.

8/2/2013 4:15:00 PM - SmallTownVaper from Cook, MN

I began smoking as most do at a young age. It started as a way to fit in, be cool. Adults that I loved and respected smoked, and so it began.

I started stealing a cigarette here and there from those around me that smoked. Then I got older kids to get my own, as I was only 14 years old, when I started smoking every day. I almost quit entirely right away, but chose to continue as my friends were doing it too. It naturally progressed and I soon became addicted to smoking.

I continued to smoke more and more and by the time I was 18 I was at a pack or more a day. The years passed and soon I found myself married and a father at 29 years old. I now had been smoking for longer than I had not been at that point. I woke up in the morning feeling terrible. I coughed and wheezed. My stamina was low. In my job we do some strenuous work, and I often had to take breaks to catch my breath. I couldn

8/2/2013 5:07:00 PM - Zaina

I would like to share my story with anyone who is interested in learning more about using personal vaporizers, and to exchange stories with those who already use them and continue to learn and grow in this process. I am a 29 year old female, I started smoking cigarettes at a the very young age of 12 years old after some tramatic family events. I have 3 beautiful children and I did manage to quit smoking during my pregnancies and for a couple months after my children were born, even though I told myself I would never start smoking cigarettes again I always seemed to get started back on them. I thought I could use cigarettes just at a social occasion, or when I was really stressed, in reality I just kept falling backwards and never getting away from cigarettes. I grew up with a whole line of cigarette smokers in my family, I watched my grandma and aunts be restricted to their homes because of the horrible effects of smoking on their lungs and their need for oxigen use, and some still continuing to smoke because they believed it was too late to reverse the effects that smoking had already done to them. Now why I still continued to smoke after seeing my family suffer, I can not answer that really other than to say nicotine is addicting. I have tried numerous times to quit smoking, I

8/2/2013 5:10:00 PM - Joe Branek in Zona

I started smoking when I was in middle school, buying packs from other kids. I would say I was 14. At that time I would smoke after school maybe 2. So a pack would last me just over a week. When I got to highschool I was smoking a pack a day. A few years after highschool I was smoking 2 packs a day. Trying to quit I used the patch for months. But it never satisfied me and I was still smoking a pack a day. About 1 year ago I got my 1st e-cig a small cigalike.(using 24mg nic liquid) It was amazing. After one week of using it I had not a single smoke. I soon got a ego style battery with a clearomizer. So I didnt have to worry about charging the small battery in the cigalike e-cigs. Months passed and I didn't have a single smoke. I then got a provari and attys to keep my interest of e-cigs. I switched from 24mg nic to 12 and now down to 6. Without e-cigs I would still be smoking. Its been nearly a year since I started using e-cigs and I haven't touched a smoke since.

8/2/2013 5:40:00 PM - Tache North Saanich, BC

I smoked cigarettes for almost 40 years. I was a pack a day smoker until the smoking bans started in my area - then I quickly went up to a pack and a half. I think it was a combination of not knowing when/where I would be able to smoke next (having two cigarettes at break time rather than just one), and the natural human reaction of pushing against imposed restrictions. My usage gradually built up to almost two packs a day.

About a year and a half ago I tried one of the drug store cig-a-likes to see if it could replace a few of the cigarettes I smoked every day. As I live in Canada, that product did not contain nicotine. It was ok in a pinch - use it during intermission at a non-smoking entertainment venue - but was of no use for daily replacement. I was unable at that time to find any cartridges containing nicotine. About two months ago I discovered that you could get e-cigarettes with nicotine juice at specialty vaping shops and there was just such a store across the street from where I work.

I immediately crossed the street and purchased a Joyetech Ego starter kit and 18mg/ml tobacco flavoured juice. My intention was again to try and cut back on the number of cigarettes per day, but no intention of quitting smoking all together. I would have been very happy to cut back to ten cigarettes a day. I have never tried to quit, because I've never been ready to quit and didn't want to set myself up for failure. Within three days of starting vaping I was no longer smoking tobacco cigarettes at all. I prefer the flavour of vaping and although I've only been tobacco free for two months so far - I am a ex-smoker and fully intent to remain that way.

After about two weeks of vaping exclusively I found that I was no longer coughing/hacking in the mornings. The intermittent wheeze that I was developing has completely disappeared and my energy levels continue to improve. Due to the relatively inexpensive cost of vaping, I am saving close to $300 per month - this will make a major contribution to my personal debt elimination plan. The fact that I no longer smoke tobacco in my house means that it will remain cleaner for longer, smell fresher, and I will have less of a challenge in renting it out. As a single person, being a non-smoker opens up a greater percentage of the population in terms of potential for meeting a compatible future companion. I have yet to find a downside to vaping.

8/2/2013 6:08:00 PM - aldo lim - Jakarta / Indonesia

I have been a smoker for almost 10 years. Until recently, I smoked up to 2 packs a day. I've been hearing about electronic cigarettes since college and been wanting to try it out. But since they (the e-cigs on the market) usually imported from china and there isn

8/2/2013 6:17:00 PM - Paul C Young from Alpena, Michigan

To begin with my name is correct for my Mother taught me to never write something unless you sign it and stand behind it.

I am 56 years old which means I grew up in the drug years. Pot was always around and I made use of it whenever I could. The feeling of drawing something into my lungs became a feeling I liked. Holding it in was also good for the effect of pot. I entered the United States Air Force in 1980. Drugs were prevalent in the UASF at this time. Many old timers (Viet Nam Vets) understood pot and overlooked it as long as it did not effect work. I smoked every kind of pot and hash I could buy or bum off of friends. When entering the USAF I also began smoking Cigarettes. Here again drawing it in and holding it was what I liked about it. Well around 1986 the USAF determined smoking cigs and pot was forbidden and the cut off was deeded to create a better force. I stopped pot but continue to smoke cigs. I went to two secession classes and this ndid not help matters. I was medically discharge in 1992 with RSD of the arms. This affects the nerve's system and creates pain. When in pain smoking helped me forget it for awhile. A break from it if you will. Around 2005 I quit smoking with the use of Zyban. I would still have night mars about smoking every once in a wile. I started to smoke cigars at the hunting camp every year and would stop again after camp. After five years of this cigs reentered my life. Here again the inhaling was what I liked. I started smoking vapor and have cured the want for cigs. With vapor I can inhale all I wanted. I can also pick flavors I wish. I am sure I will never go back to cigs. They stink, fill your lungs with tar and cost to much. With vapor I can smoke in the house, and even the car without offending my wife. Life is much better with vapor.

Use all or some as you wish. Thank you for letting me tell my story.

Paul C Young

8/2/2013 6:18:00 PM - Loraine Weirich (Starlawolf)

My name is Loraine Weirich, and I have been smoking 35 years. For the last 10 years I smoked a popular brand of Ultra Lite 100s cigarettes, about, oh I guess _ of a pack a day on average. I have never wanted to quit smoking. I like the inhale and exhale, seeing the smoke, and having something between my fingers. I first heard about ecigarettes about a year ago. I was very skeptical. So I just ignored them. Then my husband (a pack a day smoker, at least) just up and bought a ecigarette. I still didn

8/2/2013 6:32:00 PM - Mark Passarelli

I discovered vapor based nicotine delivery products April 15th 2013. Since discovering a safer alternative to smoking, I have saved over $2700.00. I am permanently 100% disabled and on SSDI. One reason is that I have a digestive disorder that nicotine actually HELPS. Now I have a way to get nicotine without smoking.

I am very limited in what physical activity I can engage in, a nice thing is that vaping, as it is commonly referred to, can be very intellectually stimulating.

Products that can be rebuilt, the theory behind the electronics and the search for different flavors are things that help keep my mind stimulated. After completely quitting smoking on April 15th, my taste buds began to regenerate, I could breathe easier, I don't stink of smoke any longer (which you become immune to AS a smoker because it paralyses your sinuses and taste buds) and my house doesn't stink anymore. My limited physical movement made it impossible for me to get up to go outside to smoke.

(Another factor in my disability was a back surgery where I contracted hospital acquired MRSA which wasn't treated correctly and became resistant to vancomycin, therefore I now have VRSA.

Only one antibiotic can treat VRSA, daptomycin. It is extremely expensive and now that I have had to take an 8 week course of injections through a PICC, I have built up a resistance to that also.

If I were to get an active VRSA infection again, it would kill me.

Smoking is unhealthy and found Vaping to be MUCH safer alternative.

Cigarettes have additives that may have contributed to my health issues. I am 40 years old and had smoked for 25 years. I'd preciously tried patches, Wellbutrin, Snus and sheer willpower. None of my previous attempts were successful. After doing research and making sure I only get my E-liquid from reputable sources this has gotten me off cigarettes for good. I can get the nicotine that helps my digestive disorder and am no longer shelling out the money for three packs of cigarettes a day. (Which I couldn't afford, I still can't figure out where I came up with the money). Food has become amazing again!

I can taste things that I haven't been able to for years. My mother, father and relatives are happy that I have stopped smoking. I can't stand the smell of smoke now and with the governmental regulations prohibiting it from nearly everywhere, I knew I had to stop. Thank God for electronic nicotine delivery devices. I don't like to refer to them as E-cigarettes because other than nicotine, they share no similarities. There is no combustion, there is no smoke, nasty caking of smoke on household surfaces. Vaping is vapor not smoke.

There is no "second hand vape" all of the nicotine has been absorbed by the person using the Vaping device before exhaling. Therefore, you remove the danger of spreading nicotine to people in close proximity. I am absolutely against any state or federal taxing of ANY electronic nicotine delivery devices. The amount of people that are quitting smoking is increasing at a rate never seen.

It is counterintuitive to classify it as a tobacco product, because it is not, there is no tobacco. If electronic nicotine delivery devices are classified as tobacco products, then you will have to classify nicotine gum and patches as tobacco products. If any regulations are set in place, it should be that the places that produce the E-liquid need to prove and disclose every additive they are using in their products. By that I mean if they claim, all natural, organic, naturally extracted flavors vs artificial flavors need to be known to the consumer.

Thank you for your time in reading my story, I hope this testimonial helps the general public and government realize what a great thing electronic nicotine delivery devices are. Less smokers, less regulations on smoking, less health issues related to smoking....

And the most important thing to remember, E-liquid is NOT a tobacco product.

The electronic devices, refills and accessories

are NOT tobacco products. If some research is done, nicotine can be found in a lot of different natural foods, should those be classified as tobacco products because they contain nicotine? No.

Thank you.

Regards,

Mark Passarelli

8/2/2013 6:43:00 PM - Steve Anderson

Long story short, I was a two-pack a day kind of person in the military.

I smoked like this regularly for about 9 years.

My breathing was shot, I always felt terrible, and my fingers and clothes would be stained.

I was watching the national news on NBC one night and saw a story of a woman who quit smoking regular cigarettes and converted to the e-cig.

I wanted to give it a try myself.

After about a year of trying to find the right e-cig or mod for myself, I finally dedicated myself to getting completely off regular cigarettes.

Within about four months, I noticed a huge difference in how I felt.

I could catch my breath again, I didn't stink, and I I didn't feel ANYWHERE near as crummy using an e-cig.

For kicks, I bought a pack of cigarettes and tried smoking one.

I quickly realized that I couldn't do it anymore; the taste was awful, my lungs felt heavy, and I didn't feel the need for smoking them anymore.

I've been steadily dropping the amount of nicotine in the juice I use.

I've gone from a 24mg mix to an 8mg mix, and I plan to continue tapering down the amount until I don't need to smoke ANYTHING anymore.

These e-cigarettes have been a game changer in how I feel, and the fact that Chantix couldn't do what an e-cig got me to do - QUIT SMOKING - speaks volumes about the quality of life increase that can be attained by switching.

I was on Chantix for 1.5 years (2008-2009) and unsuccessful in quitting.

I've been using e-cigs for longer without touching a regular cigarette since.

8/2/2013 7:26:00 PM - CORNELL TERRY

Hello, My name is Cornell Terry.I smoked for around 28 yrs.I am now smoke free for 7 mo.I use Ego electronic cigaerttes,this has been a god send for me.I FELT SO STRONGLY THAT THE SYSTEM WORKED BETTER THAN OTHER PRODUCTS.I opened a store to sell them .The name of my buisness is BamaVaporz at 14422 Court St.Moulton Al.35650.If you think you cant quit your dead wrong.Electronic cigs have the higest sucess rate of all the stop smoking proudcts available.i now use the 12 mg liquids and ill never go back to cigarettes again.If you really want to quit this is the program for you too.

8/2/2013 7:26:00 PM - Rudy Berger from Batavia, IL

I first picked up smokeing at 16, and i was hooked preaty quick, soon i became a pack a day smoker, when i realised just how much money i was spending on it i tried to quit, and let me tell you. NOTHING on the market worked, my girlfriend began to become worried about my health and she wanted me to switch to an ecig to see if it would work, and within one month of owning my vapeing device i have yet to go back to smokeing, my health has dramaticly improved and exerciseing has become easy again, i believe this type of product can safe lives, please do not harm an industry who only threatens the pocket books of big tobaco companies.

8/2/2013 7:33:00 PM - Mr. K

I am 21 years old and had smoked regular cigarettes since I was 15 years old. I smoked about a pack every two days. I tried to quit smoking many times with different methods including abstinence (least effective), patches (made craving worse), gum (all taste horrible & made craving worse.) without any success, i couldnt go a day without a real cigarette. However, now I have gone a month so far without a real cigarette! This past month I have been using the blu electronic cigarette with great results! I have one of Joyetech's ego-t electronic cig kits on the way right now. Not once have I considered buying another pack of Marlboros. I would refer any family member wanting to quit via tapering nicotine strengths, or as an alternative!

8/2/2013 7:42:00 PM - CMJ-long island NY

I started smoking hookah at a young age. I always thought it was safe until I was much older. I have tried quitting smoking shisha but have failed in the past. Socially I like to participate in smoking. I also like to smoke to relax when I am very stressed. After learning about what is actually in hookah coals and how toxic they are when inhaled- I want to quit. E-cigs have given me something to "smoke" socially and when stressed without inhaling known carcinogens.

8/2/2013 7:47:00 PM - Sarg

I was a smoker for 20 years.

After trying numerous strategies over the years including prescription drugs, the patch, nicotine gum, herbal remedies and plain old cold turkey, I was never able to kick the habit for long.

Both my wife and I started using e-cigarettes, me with a 24 mg liquid and her with the "blue" disposables and after 4 weeks for her and 3 weeks for me, we are both still smoke free!

I have tried a couple tobacco cigarettes since then and generally do not like the taste of the feel.

This to me was a BIG step as in the past when I would cheat on my quitting smoking, I always craved them more and more from that point forward.

This time I was almost repulsed!

I am now breathing easier, not gaining weight (as has happened in the past when trying to quit...this is as bad or worse than smoking!), coughing or having shortness of breath after exercise.

I feel it has made a positive change in my professional appearance as I no longer smell like smoke and there are many jobs out there that will not let you smoke at all!

8/2/2013 8:24:00 PM - Tammy Laughlin aka VapoVamp

Here's the short version of the death of my lifetime of smoking(I smoked ever since I can remember around 5)was allowed in my mountain family(wished someone would've kicked my Azzzz!) I'm a new vapor since December 9th, 2011. An analog smoker of most my years, a perfect LOVE/HATE RELATIONSHIP!!! Would and could NOT have put my cigs down without my e-cig!! Thank GOD for them and this ECF forum with all the massive info & concered community. However, my new vaping experiance began with the usual trial by vaping.....I had to learn how to vape! It took about 2 weeks for me to realize you have to take a slow steady draw(no hot boxing, that will only discourage you) from your e-cig and understand I'll never get that nasty taste from those posinous analogs(THERE'S 1000'S OF POISONS WE INHALED IN THOSE ANALOGS, after years you'd thought I'd known that)but, the mfg'rs really want to keep us/me ignorant of some facts & of course I think I didn't want to know. I DO hold myself accountable for not being pro-active & investigating on what I was putting in myself. My experiance with vaping is a learning experiance and has now become my hobby! I can tell you all day long about my wonderful experiance with my ego-t, E-Power and "My Precious" 5V BOX MOD, gotta have that harder throat hit. I'm satisfied as I've NEVER BEEN! vaping all day long. The possibilities are ENDLESS & EXCITING!!! When I first started I had 2 packs of analogs left in my carton and counted down my last 60 with alternating vaping, then on my last analog I had a funeral for it,LOL! THAT WAS CLOSURE ON MY COFFIN NAIL HABIT! No more coughing my toenails up!, new smellls!(some better than others!,lol)and becoming anxious to meet fellow vapors as I. VAPEOUT & ON! P.S. I hope I'm old enough for this thread...if not I'll be in limbo. I'll see you in the Vapehaze

This was an original post in Feb. 2012. I'm happy to announce I'm still an EX-SMOKER OF 47 YEARS!!!I could NOT have quit if not for my E-cigs!!!! I've added soooo many new MODS and am involved in my community to help other smokers become vapors and start a healthy lifestyle. See you in the Vapehaze. Tammy Laughlin; Randleman, NC

8/2/2013 8:27:00 PM - Allen (SC, USA)

I smoked for 8 years, probably 3/4 pack a day on average. I have tried quitting by slowly smoking less and less, but I always started back (even after quitting completely for 3 months once). The fact is i enjoy smoking, but I know its killing me. That's why I tried e-cigs to reduce the amount of actual cigarettes I smoked. I was buying cheap gas station brand e-cigs which helped a lot and did reduce my smoking, but I always had problems like bad taste or batteries that refused to work. I recently decided to try again but invest in a better system, specifically the eGo because I know several people who have it and they spoke very well of it. I only bought it two days ago but I have not had a regular cigarette since then. I still kind of want to, but I hate smelling like it and I'm committed to not smoking anymore. The eGo gives me the ability to do essentially do the same thing - reliably get my relaxing "smoke" with a splash of nicotine (in whatever flavor I am in the mood for) - but without the same risk, no flames, no smell, no watering eyes, no feeling like a horrible person when I'm around friends who don't smoke. I'm very happy to have made the switch and I don't want to look back. I think in the long run this will save my money and my lungs.

8/2/2013 8:46:00 PM - darkjedi7

Hello, I smoked for 18 years about a pack a day everyday but sometimes 2 packs a day and I never thought that I would be able to quit until I started researching ecigs and after several hours decided to get a starter kit from V2 which I ordered on a Saturday and received the following Friday. I began using that and still smoked a few analogs a day the first few days but by the following Monday I stopped smoking all together, I still use the ecig but have moved on to a Halo Triton tank system which is amazing and not only do I feel healthier my doctor says I seem to be healthier (he was the one who suggested that I try the ecig) and I couldn't be happier with all of the quality products that I have been receiving. I am currently vaping various different eliquids at 24 mg strength and have even got a few people I know into vaping as they also noticed how much better I seemed to be doing and I no longer smell like cigarettes which is a big plus. Long story short I love ecigs and really believe they make a difference and just hope that I never lose that as I do believe that it should be my choice to use a better alternative to cigarettes. I have now been smoke free for 2 months thanks to electronic cigarettes.

8/2/2013 8:47:00 PM - BS in Lake Charles

I am 59 years old and have been smoking since I was 18.

I smoked 2 1/2 packs a day for over 40 years.

I ordered a tank system electric cigarette and received it on June 13, 2013.

I have been tobacco free since June 14 (7 weeks).

I tried several different methods to quit smoking and none were successful, but with this product I was completely tobacco-free overnight.

I no longer wheeze, wake up in the morning coughing for the first hour, and my wife says I no longer snore. I am breathing better and my wallet is not being depleted of almost $100 a week for tobacco products.

I cannot think of a negative aspect of using this e-cigarette (except for a lack of local vendors - almost everything has to be ordered over the internet, but a store in town is getting ready to open!). As a side note, my productivity at work has improved - I no longer need to take that 15-minute smoke break every hour. I highly encourage any and all tobacco users to give this product a try. I no longer pollute my body or my surroundings and still enjoy full smoking pleasure without the poisons from tobacco.

8/2/2013 8:51:00 PM - Rick H.

Mine is a story of accidentally quitting cigarettes.

I had been a smoker for over 35 years and had been smoking 2 packs a day for over a decade - maybe two.

I last smoked Camel Lights.

I had resigned myself to always being a smoker even though my Dad died of smoking induced lung cancer.

The addiction is that strong, and I just liked smoking too much to quit.

One day at work, I noticed a coworker whom had what looked like a white cigarette holder (long), it glowed red on the end, and he was puffing on it in the office!

In California, smoking is not allowed indoors, and certainly not at the workplace.

One of the things my coworker said was it was about 10% the cost of cigarettes in the long run.

That was my motivation - cigarettes were getting entirely too expensive (and had been for several years), and this looked like a viable partial substitute in order to cut down on the cost of cigarettes. I started my own little research project (I'm a Mechanical Engineer) into the personal vaporizer.

I had no intention of quitting cigarettes at the time.

After having found enough evidence to make an educated decision that it didn't appear to have any health effects and appeared safe, I decided to give it a try.

I bought a 510 manual device along with a couple "Camel" like e-juice flavors.

It was similar to smoking, but different at the same time.

It was enjoyable.

Then something happened I could have never anticipated.

Three days later, I announced to everyone I know (I was so excited) that I suddenly and inexplicitly lost my desire for cigarettes and could honestly say I found something much better and apparently much safer - the personal vaporizer.

I was a non smoker!

Never, never thought I would be able to say that.

I had (and have) absolutely no desire to smoke cigarettes - as long as I have my substitute.

I worry about "going back" if this device is taken away.

My vaping evolved from that first 510, to several different types of mods, to now using a handful of different mod devices.

I find that the latest variable power devices are what are now my regular device of choice. We own Silver Bullets, BBs, Alphas, Omegas, VP-1&2, and our latest favorite are the two Vamo devices we use now.

Also, a considerable factor is the availability of so many flavors.

I don't even use tobacco flavors any longer.

I prefer coffee, cola, chocolate, peppermint, strawberry, banana, and many more.

This is another reason these devices work so well - choice.

I have been tobacco free since June 18, 2009.

Over four years.

Hurray for me - but especially for my wife and kids.

My wife also quit cigarettes with this device, over two years now.

Shortly after becoming a non smoker, I had went to my doctor for an unrelated visit.

Still just "gushing" over being a non smoker and having found this alternative, I explained in detail what I had experienced.

We decided to take some vitals as a baseline - and come back several times over the period of a year to see if there was any measurable difference in my health - my doctor was very interested to learn about this.

At the end of about a year, and at least a half dozen visits, we seemed to see some significant changes:

My blood pressure and heart rate went down.

My lung capacity increased by a double digit percentage, not sure what the number was, but it was significant - I could feel the difference.

I lost my "bedtime wheezing" that I had had every night for as long as I could remember.

My smokers cough has disappeared.

I just feel better and have more endurance and energy.

Food taste better, my sense of smell seems more sensitive.

The most surprising change I noticed was my sense of touch seems to have improved.

I play the guitar, and have noticed I feel the texture of the strings now - and never have before.

Most of the improvements appeared within the first six months, and gradually got a little better in the next six months or so.

I couldn't be happier.

As a person whom designs highly complex machinery and systems for a living, I think the electronic cigarette is likely the most significant and ground breaking tobacco alternative that has ever been invented.

I believe it is the most promising method we have to reduce tobacco use, and subsequently save millions of lives.

It may even have the power to push tobacco use to extinction.

I believe it has saved my life.

Regards,

Rick H.

8/2/2013 9:11:00 PM - Ian Hodkinson from UK

I mainly decided to try an e-cigarette as a way of saving money, I thought that if I could save a few pounds per week that would be fantastic. At the time I was smoking 20-25 cigarettes per day and it was costing me around

8/2/2013 9:18:00 PM - Kenneth Rich

Hello: I was a former smoker at 2 Packs a day for just over 32 years. I started in High school (1980) mainly due to peer pressure and the desire to look "cool"

A few years ago, I noticed I was coughing up a lot of phlegm, and started to experience shortness of breath more often. As this condition grew steadily worse, it became painfully clear I had to stop smoking. My wife also smoked at the time which made it impossible to quit. One evening we decided enough is enough. We drove to the local grocery store and bought Nicorette gum. The gum worked very slightly, but gave both of us acid indigestion really bad. We then tried "The Patch". All it did was make us yearn for a cigarette. As a last resort, we decided to try a "Electronic Cigarette" from a local drug store. This satisfied our nicotine craving entirely and without any adverse side affects. After discovering the more "Advanced" type of e-cigarettes, we have not smoked one single tobacco cigarette since then. We were able to stop smoking immediately. Myself and wife have been smoke free beginning March 12th, 2012 till present day.

If the FDA passes any type of legislature banning the sale of e-cigarettes, or trying to control them in any way, including extremely unfair taxation, I am 100% sure I will resort back to smoking.

Electronic cigarettes have saved my life, as well as my wifes. I have no doubt about it. I no longer suffer from shortness of breath, nor am I coughing up any more phlegm. I can taste again, my sinus are not always stopped up, and my chest no longer hurts. I am a diabetic and see my Dr. twice a year for a checkup. He is most pleased with my chest sounds, and has congratulated me on my ability to not smoke anymore.

Respectfully,

Kenneth Rich Houston TX

8/2/2013 10:15:00 PM - John Smith 9bilboda)

I smoked mt first cigarette when I was 12 as an experiment. I copped one from my father's back and promptly became dizzy and sick.

I was around cigarettes as I was growing up, exposed to them by family and friends and probably started buying them at 14-15 yrs. I remember actively quitting in high school for about 1 month. At the time, I was probably smoking 1/2 pack a day. As I grew into adulthood I was smoking a pack + per day. I had money!! In my 30's I tried the nicotine patch, I wasn't ill, just tired of the habit. I quickly became accustomed to the extra nicotine gained while smoking with the patch on. It didn't work. I continued the my 40's, experiencing increased ear infectio0ns and colds. In my 50's my shortness of breath was apparent. I could no longer take a long inhale without coughing copiously. Heart pains started showing up, my lung capacity was shrinking and the only thing that seemed to work was another cigarette. Surfing the internet, I started coming across e cigarette ads. In it's early stages, I wasn't impressed very much. As time went by, there were more ads and I started seeing them in the drug store when I purchased my Marlboro's. Eventually, I stumbled across enough information that encouraged me to try them. The first a cig lookalike, was disappointing but the Blu showed me they were almost there, almost good enough, and I knew there was more information available. so I investigated. Ending up at e-cigarette-forum.com, I gathered more information than I could handle but was able to make my first serious purchase with the intention of quitting tobacco. I vowed to stay away from the fruity and candy stuff, I wanted to take this seriously. The first tobacco flavors were wonderful flavors, and I would marvel at their complexities as I smoked my regular Marlboro while wondering when the change would occur. I had ordered a sample pack and ended up trying the vanilla. I smoked maybe a dozen cigarettes after that but I was done and I knew I was done when I has vaped the vanilla. I didn't need to replace the tobacco flavor. I needed something better. Since I have tried many different flavors but no cigarette. My lung capacity has come back. I have had 0 heart pains. I did have a brief episode where tears were rolling down my cheeks and I feeling of sadness came over me for absolutely no reason. I knew there was no reason and attribute this to my lack of intake of maoi inhibitors which are present in tobacco smoke. I have read that this effect is even more pronounced for others. At my job, the smokers would go out at break time and come back smelling like ashtrays. My non smoking managers and supervisors were so ecstatic that I quit that they allowed me to vape at my desk, not as policy, but as encouragement. I am grateful for this. This is not an issue any longer as I can go without. The innovation in devices and flavors has been astounding. I believe the cigalike products are essential to get many people to try the product as a substitute but the more advanced products keep them from relapsing. They can be more economical too, but the inventive minds keep tinkering and improving. I have essentially moved from cigarette like habits to pipe habits where the duration is not dependent on the length of the cigarette but as long or as short as I

please. I would still be smoking without this product or I'd be seriously ill maybe dead from a heart attack. This industry is doing so well with the limited regulations. It saddens me to see other countries instituting bans for no good reason. Let alone municipalities and other government bodies simply ignoring the health gains in their bans and odd rules. Some of this is financially motivated, just greed, none of it is well considered. It is my hope that going forward, people with authority to make a difference, decide based on the enormous body of anecdotal evidence and not knee jerk reactions, what if's and any desire to placate existing infrastuctures, tobacco settlement funded, quasi govenmental bodies, for example.

8/2/2013 11:18:00 PM - David T. Moore, Ok

I started smoking when I was 16 years old. In the recent years I have averaged over a pack and a half a day some days closer to two packs. I am a truck driver and spend long hours working and tended to chain smoke. My wife bought me a personal vaporizer (electronic cigarette) for my birthday. During the first two weeks I nearly quit smoking. I only had 4 packs in the entire first month of using it. I can say with ease I can breathe better. I can smell things better, and my taste is returning. Prior to getting my first e-cig I had tried all of the other quit smoking products on the market. Everything from over the counter to actual prescription drugs. Some I quit for a short period of time but always came back. Mostly due to the habit of doing something is stronger then the nicotine habit is. And all had negative side effects of one type or another. Now I am smoke free and have no desire to return to it (for the first time ever). The e-cig fulfills my habit of doing something and I have already lowered my nicotine levels without feeling any withdraw symptoms normally associated with quitting. I plan to continue lowering my levels over the next year but will keep my e-cig so I don't ever have the urge to return to smoking.

8/2/2013 11:34:00 PM - Kirk from Oceanside

I smoked for 15 years, since I was a punk kid in middle school. I've always enjoyed smoking, so quitting was never a viable long term option. I tried cold turkey every couple of years. Every once in a while I'd throw in the patch or gum to make it easier. But give it 6 months to a year and I'd be right back where I started. No ifs ands or buts I have a short temper and am impatient without cigarettes even after months had passed without them. My insomnia would kick into overdrive when just cutting down.

I heard about e-cigs years ago and thought they were another scam targeting naive smokers. It wasn't until I tried one on a patio where smoking had been banned that I gave them a shot. I was skeptical at first and then found not only did it kind of hit the spot, but I enjoyed it. I wasn't even looking to quit at the time. But having a good time vaping away on that patio changed my mind. I did my research, weighed the pros vs cons, ordered my starter kit and had a great time.

Public acceptance is very important. That's 90% the reason why I gave them a shot in the first place. I never would have bothered with it if it were banned. There's no ash, litter or fire hazard. The vapor disappears in seconds.

I only started last week. The first night I cut down from two packs a day to half a pack. One week later I am down to zero packs a day. I might have a traditional cigarette as a treat every now and again.

Pros-No second hand smoke has been noticed by anybody in my household. I know what chemicals I am putting into my body. I don't have to worry about messy ashes, butts or fire. Last but not least I no longer hack up half a lung in the morning.

CONS-They do feel a little dry and harsh in the morning. I get a little cotton mouthed and my taste buds are effected by the flavor I am vaping. A nutty flavor will ruin lemonaide. Lastly the later it gets the more I vape.

8/2/2013 11:51:00 PM - Nicholas Pillar

I started smoking daily at the ripe young age of 14. Where I grew up it was common practice for certain stores to sell beer and cigarettes to minors. Of course like all normal high school aged boys we took full advantage of this. Well the story continues as did the cigarette smoking and by the age of 23 I was a two pack a day smoker. I have been in sales all my life and all of my co-workers smoked as well. I tried many times to quit over the years sometimes with gum or the patch, sometimes cold turkey. Nothing worked and my will power was not enough either. I enjoyed smoking, I enjoyed the ritual, the taste, everything. However it was killing me... QUICKLY. It was time for a change and I knew it. Thus I bought my 1st E-cigarette and since that day I have not looked back. 6 months since my last smoke! Electronic cigarettes have saved my life. I no longer wheeze and cough, I can run and play with my two young daughters. They truely have given me my life back and I am eternally grateful for that.

8/3/2013 2:02:00 AM - Cheryl Erland

I started smoking when I was 15 years old.

This was back in the early 70s, when NOT smoking was the exception for teenagers as well as my parents' generation.

In fact, both my mother and father were long time smokers.

Back then, smoking advertisements were on television, radio as well as in print media.

When I began a career in banking, we were allowed to smoke right at the counter.

By the time smoking was considered unhealthy and a negative behaviour, I was hooked.

I tried to quit once, for about 2 weeks in my early 20s, and was utterly miserable.

When I started up again, I had a pretty good idea that I wouldn't be quitting again anytime soon.

Unlike many people, I never seriously entertained the idea of giving up the habit.

As time went on and family and friends began quitting one by one, I had a good look at myself and realized that, barring some miracle, I was almost surely going to be one of those people who smokes her entire life.

I came to terms with the almost certain knowledge that my life expectancy would likely be shorter than if I gave it up.

It's noteworthy I think, that I have no shortage of willpower in other areas of my life, and I neither drink nor use drugs.

I am successful in my career and my life. My father died from esophageal cancer when he was 65. My mother died at an even younger age of a heart attack. Both deaths were smoking related, yet neither of these losses gave me more than a moment of pause to seriously consider quitting.

I wasn't just addicted to the nicotine; I enjoyed everything about the habit - the hand/mouth interaction, the social aspect (until it became socially unacceptable), the taste, the sensation when I inhaled.

I found it calming and something I could count on for pleasure no matter what else might be going on in my life.

Even the ever increasing cost didn't deter me.

By the time the new millenium had begun, the cost of a pack of cigarettes was prohibitively high.

No matter.

I put up with the social discomfort, the burns, the bad smell on myself, my clothing and the house and didn't pause even when my husband gave up the habit and began mentioning his dislike of smoke in our home.

I have pets, whom I adore, and the sure knowledge that I was harming them as well didn't deter me either - it just made me feel guiltier.

The truth is, I was controlled by my habit and, even though I knew it, even with the ever increasing pressure from those around me, I was firm in my resolve that I wasn't going to give it up.

I just liked it too much and was too addicted.

By the time I reached my late 40s, I was beginning to notice a change in my breathing.

I told no one and tried to avoid thinking about it.

This was the only time I ever honestly considered a life without smoking but not strongly enough to actually attempt to stop. When I was 55, I stumbled upon an article on electronic smoking devices.

I researched all I could find, located a company who sold the equipment and placed an order.

The package arrived. The first time I used an electronic cigarette marked the last time I smoked a regular cigarette.

I went through a difficult 5 days - suffering with nausea, headache, dizziness, hot and cold spells and a general feeling of malaise.

I stuck with it and, when I woke up on the 6th day, I felt like myself again.

That was in February, 2013.

It is now August of the same year and I haven't had one regular cigarette in the entire 6 months.

Nor will I.

I always had a sense that, if a miracle ever DID happen and I was able to go for any reasonable length of time without smoking, nothing would persuade me to return to it.

I did deal with cravings (they've since passed and I now use no nicotine in the vaping liquid) but at their worst they were quite manageable.

There are many advantages to being an ex smoker.

My sense of taste and smell (both passive and active) have improved noticeably.

I didn't even KNOW I could taste food the way I now do.

I'm comfortable and relaxed in social situations again - no longer needing to go outside and feed the monster.

I breathe easily and that continues to improve.

And even after 6 months, one of my first thoughts in the morning is "I don't smoke!!"

I honestly never thought it would happen. One other point needs to be mentioned here.

For all the happiness and good health I'm realizing as an ex smoker, I am very concerned that, were electronic vaping products made completely unavailable, (I'll admit right now that I would break the law to get them if forced to do so) I would very likely return to the old, unhealthy way of satisfying my one vice.

I find the possibility of that disconcerting and it is one of the main reasons I took the time to share my story here.

There are many advantages and benefits realized by me, and other ex- smokers, as a result of the existence of electronic cigarettes and I am both appalled and concerned about the negative press given to these (literally) life saving products. I've made it my business to really learn about what goes into the liquid that is heated, vaporized and inhaled.

Now that there is no nicotine in the liquids I use, there is simply no reason to be concerned about what is contained in them.

Even for those who continue to use nicotine, the reduction of risk from electronic over analog cigarettes cannot be overstated.

Here is a quote from just one of many peer reviewed scientific studies on electronic "smoking" devices:

(From an indoor air quality study conducted by CHANGE, LLC at the Center for Air Resources Engineering and Science at Clarkson University in Potsdam, NY - October,2012.) - "[This] study compared harmful byproducts commonly found in cigarette smoke versus the levels of those same compounds in several popular brands of vaporized e-cigarette liquid. Because e-cigarettes vaporize liquid rather than burning tobacco, most of the harmful compounds found in smoke were not present in e-cigarette vapor. Those few compounds that were found were at such minuscule levels that toxicology analysis detected no risk (cancer or non-cancer risk) to public health from environmental e-cigarette vapor."

And here is an excerpt from Wikepedia:

(I chose this one because I'm Canadian. There are many more to be found originating from virtually every country.)

"Health Canada has concerns that misuse could lead to nicotine poisoning.

[Yet the] electronic systems appear to usually deliver less nicotine than smoking."

Nevertheless, governments and mainstream media around the world are going out of their way to demonize the devices.

Why?

When I think about the dangers inherent in so many accepted products used and consumed, I can only think greed is playing a role.

What would the tobacco industry do if the need for their product virtually disappeared?

It's just a question.

Another one concerns the loss of tax revenue - perhaps I'm being too cynical?

I just remind myself of the old saying "it's not paranoia if they really are after you."

8/3/2013 2:10:00 AM - Rod T

Hello My Name is Rod

I smoked for 35 years.Much of that a 2 pack a day smoker and on evenings when i chose to go out and imbibe much more(sometimes up to 4 packs).

I started using an electronic cigarette almost 8 months ago. I started with 24mg or(2.4%) nicotine liquid and within a month cut back to 18mg(1.8%) where i am currently leveled off at for now. i use different types of mods or advanced personal vaporizers.I plan on cutting my nicotine intake down even farther as i go.whether i choose to stop vaping is still up in the air.

I no longer smoke at all. i haven't had a cigarette since December 12 10:00PM 2012.

I started vaping right at the end of November 2012 shortly after i set my quit date of December 12th. Once i a had that last smoke i never looked back.No with drawl symptoms. No grumpiness no nothing i just quit. Of course i am still getting nicotine but i am NOT getting any of the thousands of other chemicals in cigarettes.

I can say i am happier since quitting smoking i can breathe better i can smell things again(some things that i wish i couldn't smell sometimes).

I can taste foods again much more than i could before quitting.

I can play with my grand kids with out being winded after 5 minutes for me this is probably the best thing;

I don't stink like smoke which means my grand kids don't have to reek after they come and give pa pa a hug.

The funny thing is i have tried so many

ways to quit before it is quite sad.

I tried the patch i tried chantix,cold turkey,the gums and none of them worked for me.an e-cig tho was a miracle and

a life saver for me.the e-cig helped me do what i have been trying to do for 20+ years since my first son was born.

I even made my 3 sons a promise to quit smoking when my oldest was about 9 years old.He saw me quit finally when he was

21!! Sad to say it took me that long to keep a promise i made to my kids but thanks to e-cigs i was finally able to

keep that promise that i made

them.

I cant really think of any negative effects that using an e-cig has had on my quality of life unless they are banned

or regulated in some way to make it to where we had to have a prescription or some such nonsense to use or have nicotine

liquid in any certain strength.

by the way i am 45 and started smoking when i was between the ages of 10 and 11

8/3/2013 2:22:00 AM - Mark McHale Boston, Ma

I am a 43 year old male that unfortunately started smiking cigarettes when I was 13. When I entered my 20's I started displaying classic symptoms of COPD. I was coughing up blood, wheezing, had chest pains and could not walk more than a flight of stairs without getting winded.

Over the next 5 years I tried quitting using the patch, hypnosis, cold turkey, chew and Chantix. None of them worked any longer than a few weeks. In 2002 my doctor told me my cholesterol was 380, my blood pressure was 190 over 90 and I had been admitted into the hospital for 13 days with Pnuemonia. The entire stay every nurse & doctor pleaded with me to quit. But the strangle hold cigarettes had on me was far too tight. I had given into the fact that cigs were likely going to kill me. Even though I desperately wanted to give them up I just could not forsee myself doing so.

Last Thanksgiving I was at my parents with my entire family. After a feast I went outside for my "after dinner cig". My brother (another 20+ year 2 pack per day smoker) came out and started puffing away on an APV (A REO Grand). Fascinated by what he was doing I started to ask him questions about it. He explained that he had not smoked a cigarette in 6 months. With a lit cigarette in my hand I asked to try his. 1 vape was all it took! I was amazed how nice it was.

Long story short...That night I ordered my own and on November 30 2012 I smoked my last cigarette. It's been 8 months since I quit and I have not though about or craved a cigarette in any way. A 2 pack per day smoker, slowly killing himself gave up cigs completely just like that thanks to vaping!!

My cholesterol is now 180 (still a little high but I eat like I was an 18 year old still) My blood pressure just yesterday at the doctor was 130 over 60!!!!!! I can breath freely, I have no more chest pains and my wife & I walk 6 miles every night after work. I feel like a new man with a 2nd chance at life!! I owe it all to e cigs!!

8/3/2013 2:40:00 AM - Nick

I was a smoker for approximately 11 years before I was able to successfully move away from tobacco products. During this period I at various times tried various traditional quitting techniques (some more than once). These techniques were lozenges, gum, and patches. None of these resulted in me not using cigarettes for more than 30 days.

Earlier this year (January, 2013) I started using electronic cigarettes. Since then I have ahd exactly 1 cigarette (at the beggining) which I had no interest in finishing. The desire to smoke a cigarette does not hold much allure. I can still be around people who smoke without any urge to ask for a cigarette. I started with 1.8% strength nicotine content and progressed from there to 1.2% then to 0.6%. Currently I sue a mix of 0.5% and 0% liquids. The slow progression toward 0 has been helpful as I could control my speed of decrease and mix usuage of various strengths as I decreased the nicotine content. 7 months later I really feel for the first time that I will never pick up another cigarette.

A large part of this battle has been the nicotine component, however the other issue has been the simple habit. At this point I can still maintain the habit of taking a break, having a puff, even as I slowly have removed the nicotine content. I feel the ability to slowly sperate the two has been critical to my success this far. I simply feel the advantages of ecigarettes are being able to customize the solution to the indivual, one solution/plan doesn't work for all.

Since making this change I've noticed many positive changes in my life. For one I no longer run out of breath hiking up the parking structure stairs. Nor do I experience the strong cravings I did when I would go for a length of time without a cigarette, many times I don't even notice time has passed.

While I fully support efforts to restrict sales of nicotine products to those of age, I do not believe other restrictions are beneficial. While some may argue the safety/dangers of these products is untested, I do believe anyone would be hard pressed to say they believed electronic cigarettes were more dangerous than cigarettes. Placing considerable limitations on the products will limit the success of others who are trying to find an alternative to quitting cigarettes that works. Personally I know of 6 friends who have moved to electronic cigarettes to reduce and/or completely eliminate their cigarette intake. I know at least two of these people have had the same success I have had in completely reducing their cigarette intake.

8/3/2013 2:48:00 AM - Jason

I have been smoking cigarettes since I was 13. I tried to quit a million times but I just could not kick the habbit. I am in the Army and had gotten stationed in Virginia. I was in Virginia about 2 days when I ran into a ecig kiosk in the mall. It was the first time I had ever heard of electronic smoking. The guy let me try it and I was impressed. It had no odor, which my wife loves, and it gave me the feel of smoking I desire. I bought one to check it out. It took about a week to really get used to it. Its been 2 1/2 years since Ive smoked a cigarette. When people smoke around me it chokes me up and I think my god I cant believe I smoked those cancer sticks. I feel that day in that mall my life was saved. Thanks!!!!!

8/3/2013 2:57:00 AM - Bekka Palmer (tanzmitpalmer) Lexington, KY

I started smoking regularly in the summer of 1998, just before entering high school.

I lived in a time and area in which youth smoking was readily accepted as a rite of passage.

It was just the thing to do when you're fourteen years old.

I am now twenty nine years old.

For fifteen years, I have been a smoker, averaging a pack every two days (give or take depending on stress level).

I have attempted to quit numerous times before, using many different methods.

Gum, patches, low-nicotine cigarettes, and lozenges all.

Some methods worked better than others, but none of them worked completely.

The reason why none of them worked completely is down to the fact that I liked smoking;

The time-filling activity, the flavor, the warmth, the triggered memories. Not-smoking would never, and could never, be as satisfying as smoking.

A few years ago, I'd say about 2010 or so, I started hearing about electronic cigarettes.

The idea seemed interesting, but ultimately silly to me.

I shook my head, and kept on smoking.

In 2013, I gave in and purchased my first e-cigarette kit.

Since purchasing that kit, my smoking habits have changed drastically.

I have went from a pack every two days, to a pack every twenty days.

That is to say, I only smoke one conventional cigarette every morning with coffee.

For the rest of the day, I use my electronic cigarette.

Once I purchase a better electronic system, I plan to cut conventional cigarettes out completely.

Not only have I made changes, but I've made other smokers in my life see that there are options.

My mother, who is an extremely heavy smoker, has tried numerous methods of quitting.

After buying her a disposable e-cigarette, she is interested in switching to a rechargable personal vaporizer unit.

My boyfriend, who has been smoking for at least twenty years, is also interested in "vaping".

These are people that I want to have in my life for as long as possible, but if they continue using conventional cigarettes, my time with them will be shortened dramatically.

If electronic options help them as they have helped me, aren't they worth supporting?

Isn't their health worth supporting?

8/3/2013 3:02:00 AM - Frederic Potvin

Hi

I'll start by formally introducing myself. My name is Frederic Potvin 24 years old and I live in Canada. I used to smoke about half a pack to a full pack a day. I started noticing after 6-7 years of smoking that I was coughing black mucous when I wake up and in the shower (tar to be precise). I also always had the feeling of having something stuck

They also started tasting really bad to me and make me sick a bit.

I had to quit, and I actually did, for the whole winter I didn't smoke, but as every time I stopped, I eventually picked up the habit as soon as it wasn't too cold outside.

I then heard about the e-Cigarettes. So I started doing my research and pulled the trigger on a eGo 1000mah and a vivi nova. As soon as I started vaping I more than halved my cigarette consumption.

Next I bought an eGo Twist 1000mah and it's a joy. After a month with this one I was only smoking 1 or 2 cigarettes a day, mostly after dinner and before bedtime.

I'm now proud to say that with my eGo Twist and Vivi Nova with Virgin Vapor 12mg juice has now for a full week taken me off the cigarettes completely.

Now not only do I not get cravings, but when I actually asked for just a drag of a cigarettes I couldn't believe how vile they tasted.

I have also decided to congratulate myself with a little present. A Provari. I had always loved smoking and I never thought I'd be able to quit so good because I like the effect and the smoke. Now that I vape I feel so much better physically and even more satisfied (vaping inside during the -40

8/3/2013 3:15:00 AM - Apollo

I feel electronic cigarettes have given me a new lease on life. I have been using an electronic cigarette (Spinner V2 with tank system) for two months and have not touched a cigarette. I have my sense of smell back, my breathing is vastly improved and I snore less at night. I feel so much better.

8/3/2013 3:21:00 AM - Erik Anderson from Edinburg TX

I've smoked for the last decade or so.

I finally quit last year when I discovered e-cigarettes and advanced personal vaporizers.

General respiratory and cardiovascular health has radically improved as my lungs slowly recover and I'm avoiding exposure to many carcinogens.

What is more, by varying juice strength, I am slowly weaning myself from nicotine.

The simple fact is that taxing and regulating the e-cig/vaping industry will crush this nascent market in a way that will re-incentivize economic agents to smoke.

This hurts the economy, of course, by closing a fast-growing sector of our economy, punishing innovative small businesses across America and, more importantly, foisting future medical costs onto our already struggling health care system.

Please, don't listen to the lobbyists from big tobacco nor their proxies nor their shills.

Do the right thing and let those of us who have found freedom from smoking continue to do so unfettered.

It is in the common interest of us all!

8/3/2013 3:27:00 AM - David M. Minneapolis mn

My name is David M. I'm 25 years old and I work in the airline industry. I was a cigarette smoker since I was 17 years old. What started as I believed to be a stress reducer, almost ended in tragedy. I'm not referring to only my health, but other episodes of my life. I got married when I was 24 to the most beautiful woman in the world. We have 2 kids together. Logan is 5. Isabella is 3. Smoking nearly caused the downfall of my marriage. It was too much for her to take, and she didn't want to see our kids lose a daddy to lung cancer. I started using an e cigarette from advice from a co worker. I'm now 3+ weeks without a tobacco cigarette. And I have never in the last 8 years of my life felt better. This tiny device not only saved my own life, but a marriage. I tried quitting 12 times before using other methods to no success. It caused sleepless nights, countless arguments, and negative health impacts. When I got the ecigarette my life completely changed. I can taste food, smell the clean cut grass, and I'm even running again. I know without a doubt that this device can change the world. I work with one of the worlds largest airlines, and speak in behalf of all my fellow co workers that used this same method to save their lives. This is the end to tobacco addiction. And the thought that anyone would deprive people of this life changing opportunity makes me want to cry.

I now live an entirely new life. As a type 1 diabetic my doctor encouraged me for years to quit smoking. When I told her I did it using this method she was almost in tears that I was finally able to kick it. My wife is so proud, my kids will have their daddy, and I am able to live now. All thanks to the e cigarette.

8/3/2013 3:35:00 AM - Scott Adams

I smoked for forty years, saw a story in the paper about a new e-cig store that opened up here in Casper. I had tried cold turkey and it never lasted more than a week, nicotine gum gave me nightmares so bad I got no sleep. On January 30 2013 I was getting low on smokes and I decided to see what an electronic cig was all about. I bought a kit and on January 31 at 8:30 AM I put out my last smoke. I started out with 2.4% nicotine and in six months I am vaping .5% nicotine. I never thought I would be able to say that I am tobacco free for six months.

Scott

8/3/2013 3:40:00 AM - A. St-Laurent from Vancouver, BC

Three days after Christmas, I found my brother dead. The coroner, after learning of his existing coronary artery disease from years of smoking, gave that as the cause of death. He was only 61. My family gathered to mourn our loss. Before flying back to her home in Australia, my sister extracted a promise from me, that I would make a serious effort to quit smoking.

8/3/2013 3:47:00 AM - Denisevapes from Birmingham, AL

I smoked for 30 yrs over that time I tried everything on the market to quit. When I switched to e-cigs and now a eGo battery and tank I stopped regular cigarettes in two days. I just couldn't smoke them anymore. I've cut down on smoking and use 12mg or 18mg in my tanks only and in my regular e-cigs. I've been smoke free for one year as of 7/27/12. I'm very happy as is my family and regular doctor. I'm glad I made this choice and will never go back. I know this works and is the best thing I've ever done for myself. I am happy I'm vaping a few ingredients instead of smoking regular cigarettes that have over 4,000 chemicals because I have felt better since I switched.

8/3/2013 3:50:00 AM - Andrew E.

I started smoking when I was 15, I smoked for four years before I tried quitting, I started using Copenhagen instead of cigarettes but was back to smoking within a week. Eight years later I saw a disposable ecig at the store and decided to try it, I loved it but the disposables are just as expensive if no more so than regular cigarettes so I was still smoking regular cigs to, I just used the disposable ecig at home. The day I got my eGo Twist in the mail was the last day that I touched a regular cigarette, it's been almost a month since then and I can breath better, I feel better, I don't always stink with smoke and I truly prefer the ecig over regular cigarettes now. I live in Austin and there are five stores that I know of that sell ecig supplies, those stores and the occasional Internet order make it very easy to get anything I need to keep vaping and I hope to see more places start selling ecig supplies and juices.

8/3/2013 3:59:00 AM - Bliss Doubt

I smoked all my adult life, more than 20 years, a pack a day.

My dad and my uncle died from emphysema, so I felt I knew what the possibilities were, and I didn't care.

I didn't care if I died from smoking.

When cigarettes started being taxed into the stratosphere, I bought them online.

They came from foreign countries and they were harsh and made me cough.

I didn't care about that.

I didn't care how it made my furniture and my mattress and my car smell.

I just wanted to smoke and be left in peace.

Then I started having trouble breathing.

It was hard to get out of bed because I felt weak from lack of oxygen.

I had to be up for a while before I felt better.

I bought a CD that you listen to while falling asleep, to hypnotize you to stop smoking.

After a year, that made no difference.

I kept smoking.

Then my good friends came to town to visit me.

Both were off cigarettes for nearly a year, and they were happily vaping.

They hadn't suffered the weight gain you usually get from quitting smoking.

They had no cigarette cravings.

We discussed how we actually believe in nicotine as a harmless stimulant.

I think the research into the beneficial qualities of nicotine, as separate from the carbon monoxide and poisons of burning tobacco, has only begun.

Until now nicotine has been conflated with burning tobacco, and the evils of cigarette smoke have all been erroneously attributed to nicotine.

Anyway, since my friends, formerly heavy smokers, quit cigarettes with complete success, I decided to try the electronic cigarette.

All the myriad of flavors was fascinating.

I still love trying new flavors, and reading eliquid reviews and vaping news.

So for about six weeks I had two expensive habits, cigarettes and the e-cigarette.

I knew that one day I would smoke my last cigarette.

It happened on the Saturday morning after Thanksgiving 2012.

I woke up and had my first cigarette of the day, with coffee, as usual.

A little while later, when it was time for the next cigarette, I picked up my ecig and vaped my brains out.

I'd be lying if I didn't say that it was one very difficult, very grim day, trying to stop myself grabbing a cigarette and lighting up.

I said to myself "nobody is making you quit cigarettes.

you are free to smoke.

why are you doing this to yourself?"

But I persevered through a long, depressing, emotionally turbulent day, and the next day I was free from cigarettes, and I'm free ever since.

8/3/2013 4:11:00 AM - Stacey M

I started smoking over 30 years ago, have tried EVERY method of quitting including Chantix. The use of the drug didn't do much but make me suicidal and physically attacking people I love and would never lay a hand on! I am not a violent person, and have never been in a phsical fight until this medication. Needless to say i still wanted to smoke, so I stumbled across e-cigs.... They have changed my life! In four years I have not touched a regular cigarette! The smell of them makes me sick now. But I use my eletronic cigarette daily with no issues. My breathing has improved, my sense of taste has improved, I can exercise and feel like a new person! I credit my life to these things and ask... No beg, that no bans are made on these things and that research is done to see how much this can really help people.

8/3/2013 4:16:00 AM - Anthony Stewart from Middletown, PA

I have a very extraordinary story from my journey to not smoking a single cigarette in the past year. Prior to August of last year (2012), I was smoking close to two packs a day, clouding my lungs from real "fresh air" from every time I walked outside of my job (which I work in a kitchen as a head chef) and lit up a cigarette, thinking I was relaxed and not really knowing that I was causing significant damage to myself over the nine year period that I did so. As I did this close to every hour and every half hour that I wasn't working, it became clear that I wasn't getting good sleep and was breathing heavily in my sleep causing wheezing and coughing throughout the night. My girlfriend noticed my actions while I was sleeping, and as a nurse, it is her concern that I quit. In the past, I've tried Electronic Cigarettes before they have gotten so advanced and it didn't seem to work, but I decided to give it another go. My, was I surprised with the results the second time around. Not only did I enjoy every drag from an e-cig, it made me feel better, and not only my body felt better, I felt 100% better about myself in many aspects. Even when I go out drinking, I crave the flavor of my e-cig juice and not a cigarette, which is miraculous in many ways, seeing if I went out drinking, I'd polish off a pack of cigarettes in three hours. The new technology of e-cigs allowed me to explore different mods, flavors, and variants of actual tobacco flavorings, and I am very happy about the e-cig industry now. The electronic cigarette saved my life and my wallet. I never get winded anymore and also I've been able to get out of debt, buy a car, and feel ten times better about myself.

Also, my girlfriend saw how good I was doing and quit smoking real cigarettes herself and I bought her a good mod, and she still hasn't smoked a cigarette since switching. Whoever thought of burning off nicotine with a good tasting flavor deserves an award of some sort. It has kept me, and many others, free from further harm to your body. One year of being smoke free is an amazing feat and I'm proud of myself for accomplishing this. Here's to many other years to come being smoke free.

8/3/2013 4:31:00 AM - Shawn Elliott, Quincy MA

I struggled with tobacco addiction for twenty years. I continually tried to quit and failed again and again. Nicotine gum was absolutely inadequate. I required the ritual, the inhalation, the satisfaction of a smoke when waking, after eating meals, with a drink, etc. Cigarettes were not simply a nicotine delivery device, but the clock by which I measured my days. In addition, my closest friends smoked, too: Cigarettes were camaraderie and socialization. E-cigs allowed me to stop smoking without sacrificing any of the aspects that assured my dependency. I was able to keep the same company, and join them when they smoked. I was able to convince them that they too could quit with e-cigs (I use this term loosely as the personal vaporizers I now use do not resemble cigarettes). Now, three months without a cigarette, I feel I have forever kicked that habit. And although I have replaced one addiction for another, I have regularly decreased the nicotine content in the e-liquid I consume, and indeed already have several options that contain no nicotine at all. Furthermore, three of my aforementioned friends have also quit smoking in favor of e-cigs.

8/3/2013 4:57:00 AM - Karl (minigoat) from Savage, MN

Quit Date: Oct 19, 2011

History:

* 2 Pack per day smoker for 36 years * Started smoking at the age of 14 * Raised in a household where both parents smoked * Started noticing signs of COPD and/or emphysema approx 2009

Attempts to quit:

I was able to quit for a couple weeks using the patch once , for the most part though I couldn't wait to take that thing off and have a smoke. Many times I would just light up while it was still on. It itched, irritated, and I could not wear it at night because of the vivid dreams.

Nicotine gum was simply something I could use on a plane during a long flight. Other than that it was useless.

I had pretty much resigned myself to smoking until I died at this point. I did like to smoke, I enjoyed it, just not what it was doing to my body (or wallet).

How I quit:

I don't recall exactly how I found out about electronic cigarettes, most likely noticed one in a store or online ad and decided to do a little research on the internet. I found a vendors website and ordered a pair of EGO starter kits. I literally smoked my last cigarette while I opened that fedex box. I have not had a cigarette, or cigar in almost two years. It was quite literally the easiest transition ever, one that has given me hope for a better rest of my life.

Other success:

Just recently while walking with my daughter she commented that I used to not be able to keep up with her. She asked me to slow down.

I had surgery a few months before quitting (bicep repair) and had difficulties in post op. My low blood oxygen level (86% i think) kept setting off the alarm. A recent procedure showed my blood oxygen level steady at 97%.

Regards, and thank you. I know this is a pretty typical story

8/3/2013 5:16:00 AM - Muhammad Samir Sakr

Hi i'm Muhammad Samir Sakr 26 years old from Egypt , I was a regular smoker (1 to 1 1/2 pack a day) for about 9 years , 3 years ago i found something in Egypt called e-cig (cigarette like) from company called Intellicig so i went to the shop and tried it , i was really impressed as it was really nice with some good taste ! so i bought the starter kit but it was too expensive consisted of 2 battery 1 atomizer and 5 filters and ofcouse chargers etc with a 30 days guarantee so i started to use it and explore that world, i was really impressed with such invention, i was buying the 18 mg filter pack from intellicig every 5 days exactly , but got shocked from the quality of the devices the battery didn't last for 2 hours with the need of 4 hours charge ,

and one battery died in the day 30th of guarantee which the refused to replace it anyway , i quitted after the atomizer died too and went back to smoke , 1 year later i started to read more and more in US/UK forum about the invention and how it's really getting improved every hour ! so i got a lavatube and a scuba tank from M&PVS with some nicotine-free doublers liquid from TastyVapor and tried vaping again i was successfully able to vape for 2 months without any real cig , then cartomizers died and i had no chance of keep vaping (there was No vaping device in Egypt) so i was lucky enough to make a friend of me from the Golden Greek company (Imeo) save me an Odysseus rebuild-able atomizer , i got it and got the wick+wires to save my self from those bad dying cartoz/atomizers right now i'm vaping from 13 months with total of about 21 cigarettes smoked in this period all what i'm doing now is getting liquid/juice to find my best flavors, The real changes that i can really feel that had changed during this year is : 1- i'm no longer breath like a faulty motor when i run , play soccer or just climb some stairs

2 - No more Chest hurt and heart pains from number 1 routines. 3- i drink alot of water now ! 4- i don't smell bad

5- less headaches. that all i can remember right now :) sorry though!

i really like to thank alot of vendors which i believe they're my brothers and sisters not just vendors for making me able to quit that bad habbit for ever! (Annette from VirginVapor , Carrie from 28vapeslater , EcigExpress , VapingZone , TastyVapor , The GG and more ...)

Best Regards, Muhammad S Sakr

8/3/2013 5:28:00 AM - Tony LeTourneau from Osceola Wisconsin

I have been smoking for 17 years and have never went an entire day without at least smoking 1 cigarette. For the last 16 years I have smoked at least one pack a day and for the last 4 years I have smoked a pack and a half a day. I have tried many times to stop smoking. I used nicotine gum, patches and my least favorite was a prescription I got from a doctor for chantix. I still smoked every day while taking these products. I was on chantix for 6 month's and by the time I decided to quit taking it I felt like I was going insane. My brother and I were in the boat fishing about a month ago and he pulled out an e cig and said he had not had a cigarette in 3 days! My brother being a life long smoker as well who smoked more than I quitting cigarettes that fast made me very interested.

Twenty three days ago I went to a e cig store and purchased my first e cig or mod and I have not had a single drag off a tobacco cigarette sence purchasing my first e cig. I cannot believe how well this works! It is for me a miracle.

I have more energy, I don't smell and I can finally breath. I also can taste food a lot better and for me being a cook that helps. The product I purchased was the e-go twist starter pack and since I have upgraded to a variable voltage mod called the 4, 5, 6 with a pro 2 tank and the juice I use started at 19 mg of nicotine and I'm already down to 15mg of nicotine. I have not had any cravings to smoke a tobacco cig. and also have not experienced any withdrawal symptoms from quitting tobacco. Other than my 4 little boys and my beautiful wife this is by far the best thing that has ever, ever happened to me. (Sorry about the punctuation im using my phone to do this)

8/3/2013 6:29:00 AM - Former Smoker in TN

I'd been smoking since I was 14. I got up to 3 packs a day at one point. I smoked for 13 years and had tried to quit about a dozen times (cold turkey, nicotine gum, inhalers) and nothing was working. In 2008 I was still smoking 2 packs a day when my aunt passed away from lung cancer and COPD because of cigarettes. I was determined to try again as I didn't want to meet the same fate. After browsing the internet I found out about a new technology called electronic cigarettes. They hadn't been around long and under scrutiny at that point, but the logic behind them really appealed to me. After researching the ingredients I felt they were certainly no worse than the chemicals I was inhaling through cigarettes and it was worth a try. I tried them and also convinced my mother (a 35 year smoker) and husband to give them a chance as well. We all were able to quit smoking with these and haven't looked back.

So here it is 5 years later and I've never felt better! The same can be said for my husband and mother. We all still vape electronic cigarettes daily and are smoke free. Last year I got pregnant and now have a healthy 8 month old. I quit these devices during the time I was pregnant, but one way I know these are nothing compared to cigarettes is when I quit vaping I literally felt no difference in my health (aside from a week long nicotine withdraw), whereas when I quit smoking I could tell a HUGE difference in the way I felt. Sure, I'm getting nicotine but I'm not getting the chemicals and smoke I did with cigarettes.

As far as what I've been vaping for the past 5 years: I've been using the ICON from Puresmoker with the Dekang RY4 11mg strength on a 306 lr atomizer. Recently I've been using the itazte MVP with an American made Vegetable glycerin juice and I love it! Really no noticeable health differences between the American made VG juice and the Chinese PG, by the way.

My aunt was dying and she still smoked. Her COPD was so bad she could barely breathe yet she continued to reach for a cigarette knowing it was killing her. After her surgery to remove her lung from cancer she still smoked. I get so sick of people saying "Just quit!" because something in (some of) our brains just can't make it happen. Maybe it's lack of will power, but who cares! People are DYING from cigarettes! These are an alternative for those people who just can't do it. It can help prevent these deaths from happening. She's not the only one I lost to smoking but she was such an amazing woman and I wish I would of found out about these sooner. My mother was headed down the same path and I feel these have saved her life.

Point is, there are so many people out there who can benefit from these devices. My life has certainly changed as I don't know if I could have quit without them. My husband and I can run around with our son without getting out of breath. My mom will hopefully be there for her grandson for many years more than if she were to have continued

smoking. Yes, we are addicted to nicotine but NO we are not smokers. I'm ok with using an electronic cigarette, and I hope with continued education everyone will be. I'm just trying to do what is best. I accept that I might be considered "weak" by non smokers or those that have quit cold turkey and maybe I am. But thanks to these devices I'm also healthy and I'm not hurting anyone with second hand smoke.

8/3/2013 8:38:00 AM - DAS from NH

After smoking modestly (~1 pack per week) for nearly 20 years...I actually gave it up, pretty much "cold-turkey", for another 17. But ultimately stress crept back into my life and I started smoking again...this time in earnest -more than a pack a day!! After a family friend, suffering from COPD, was told to quit smoking I made a promise that I'd quit if she did.... That was 3 months ago...neither of us could stay away from tobacco! She tried Chantix and Nicorette -- I tried Nicorette, too...and just couldn't get with the "program"...and it was costing nearly as much as cigarettes!! After reading about electronic cigarettes I approached my friend with a Blu Starter Kit (I had already bought one for myself....)and showed her how it works....She took to it like a duck to water!! We're both using the "H" (High) nicotine-level cartridges (~18mg)presently...and have NOT had a desire to return to "analog" cigarettes for nearly a month!!(BTW...my friend has been a 2-pack-a-day smoker for nearly 30 years!!) We both really appreciate the fact that "e-cigs" allow us the pleasures of smoking without the dangers...no more ashes to dump (no ashtray!!), no carcinogens (there's NO SMOKE....just water vapor!!), no more stained fingertips, no more smoke-covered curtains, TV/computer screens, windows, etc., no more waste from letting a cigarette burn itself out in an ashtray, no more lighters (nothing BURNS in an "e-cig"!!)....BUT...we can still get our nicotine "kick"....or NOT (there are 0mg options available for nearly ALL e-cig iterations)!! There are virtually endless pleasing flavors of infusing liquid ("e-juice") that make "vaping" (using e-cigs) extremely enjoyable! And the VAST MAJORITY of flavorings are made from FDA-APPROVED materials!! End of the day.....E-cigs have done for us what other smoking-cessation techniques could NOT....without breaking the bank!! And Nicorette and Chantix don't come in Bananas Foster flavor!!:) This is MY e-cig story.. What's YOURS????!

8/3/2013 8:50:00 AM - Zach Balxh

I started smoking when I was 20 and in college. It started socially, and then it became habit and an addiction. I had tried using a Firelight e-cig in 2010, but it didn't work for me, and I went back to traditional tobacco cigarettes about one moth later. In April 2013, I decided to try e-cigs again not only for my sake, but also for the well-being of my wife and one-year-old son. I bought a Blu disposable, and then I purchased an eGo C-Twist battery and a clearomizer. It is now four months later and I have been completely tobacco-free since I started with my first device. Now I use a regulated mod with a more advanced clearomizer and can't even stand the smell, much less the taste, of a tobacco cigarette. I have noticed that my senses of taste and smell have returned to normal, and that I have much more energy and can even breathe better. I don't wake up and feel like my lungs are made of iron. I would recommend e-cigs to any smoker who needs a way to quit when all other smoking cessation methods have failed them.

8/3/2013 9:47:00 AM - David Brabec

Smoked for nearly 27 years - joined the Air Force in 1986 and was a light smoker than - well - became more and more of a smoker after that. Tried many times to quit - here and there for a month - never took. Smoked more and more. Came across e-cigs. Didn't give much credit to them initially as they were so rudimentary at that time - but, come January of 2013, I got serious about them - turned it kind of into a hobby with buying mods and devices - but - I haven't had a single cigarette - not ONE - since 29 January 2013. I was at about 2 packs per day then - so....goodbye to stinkies!. I feel a hell of a lot better since quitting - although my teeth don't love it as they have blood now (apparently they didn't then!) - small price to pay. Wish this had come years ago - I do not miss cigarettes at all. One thing that is amazing is how bad smokers stink - I didn't know that!

We all know that any regulation regarding e-cigs is meant to protect the tobacco industry - and the tax dollars. I have very little faith that people in charge of regulation actually care about PEOPLE - they care about DOLLARS and their special interests. E-cigs are something that - honestly - you should not try to regulate - because your attempts to do so are transparent - your reasoning to do so is obvious. IF you care about PEOPLE that want to quit tobacco - leave it ALONE. IF you care about big business and such - do as you will - and that is what I expect you will do because my faith in our current government is ZERO - they do not CARE about PEOPLE - only MONEY and POWER.

8/3/2013 10:24:00 AM - Erin D., Carmichael, CA

I started smoking at around the age of 14.

By 16, I was a regular smoker probably smoking about a half of a pack per day.

At around 22, I tried tried to quit using nicotine patches without success.

When I was 23, I became pregnant with my first child.

From the day I found out I was pregnant and for three years after that, I was a non-smoker.

But, one day I decided to take a puff from a friend's cigarette.

One puff turned into a few puffs to just one every now and then, to eventually becoming a full-blown smoker again.

From around 26 to 30 I smoked about 15 cigarettes per day.

When I was around 27, I once again tried Nicorette gum, but was unsuccessful.

When I was 30, I became pregnant with my second child and quit smoking.

Once my baby was born, however, I quickly took up smoking again.

A year and a half after that, I became pregnant with twins. I quit with that pregnancy as well and started right back up again after they were born.

I'm 44 now and since that time, I've tried Nicorette gum two or three times, the patches once again, Wellbutrin, Chantix, lozenges, but nothing has worked until I tried refillable electronic cigarettes.

In the past, the longest I was ever able to go without smoking was probably around two weeks, with the exception of quitting while pregnant.

I started using a refillable electronic cigarette with 24 mg of nicotine.

Within a month and a half I went down to 18 mg and plan to continue with my decrease in nicotine.

It has been about three months now and I have only smoked about 10 cigarettes and that was in the first month.

My cravings for cigarettes are relieved with the ejuice and I am now a non-smoker!

I feel so much better now and I can breathe!

I haven't found any negative side-effects at all.

I would recommend them to everyone who wants to quit smoking and hasn't been able to.

8/3/2013 11:23:00 AM - Andy Moutray (1990MUSTANGGT) Bryan, TX

My name is Andy Moutray and I have smoked 20 plus cigarettes a day for 25 years. I started using a e-cigarette 3 weeks ago. I have been free from cigarettes since the day I started using the e-cigarette. I have not even wanted a cigarette since picking up the e-cigarette. I only used cigarettes, as snuff was disgusting to me. I have only tried to quit cold-turkey in the past, and that failed within 1 day everytime I tried.

Within 24 hours of my last cigarette I noticed better breathing ability and a massive reduction in chest congestion/phlegm. Then through the next week my breathing ability increased every day. I also work on the 4th floor of my building and the stairs are no longer a daunting task. I no longer stink like an ashtray and my car smells like a car instead of a smoky lounge. My children appreciate the fact that I no longer have to take a 5 plus minute break every 20 minutes. My wife kisses me more(BONUS)since I no longer smell like cigarettes. My parents are ABSOLUTELY ecstatic that those cancer sticks are part of my past. The e-cigarette has literally saved my life!

God Bless, Andy "former smoker" Moutray

8/3/2013 1:00:00 PM - melanie w

I have smoked on and off since 1975. I quit each time I was pregnant and nursing and picked it back up each time. I tried nicotine patches and gum with success, but always craved cigarettes and a stress relief only inhaling would provide. My longest time smoke free was nine years, which ended on my son's second deployment to Iraq.

After my divorce, I purchased my very own home and took on my very own mortgage. At this point I took

charge of my life and decided to go electronic for a variety of reasons. Primarily health, mine (I always wanted to quit the carcinogens associated with smoking), my wounded soldier, my grandchildren's , children's, my dog, my fianc

8/3/2013 1:23:00 PM - CE Spencer, Wyoming

Hello,

I had been smoking 23 years and when I hit my mid thirties, I decided it was time to give up the cigarettes. I tried the expensive patches, nasty tasting gum, acupuncture, hypnosis, I finally decided that id quit trying to quit. I started to suffer from smokers asthma, and then I went to my doctor and he prescribed me Chantix. Not a good idea for me, I was smoke free for about 2 weeks and then I started having horrible dreams and had a hard time telling what reality was. So I went off the Chantix. Then a friend of mine introduced me to electronic cigarettes, Personal vaporizers. I thought they wouldn't work for me but I was getting desperate and wanted to try and be able to walk up a flight of stairs with out getting winded. So I took the jump and purchased a small kit with some flavored nicotine liquids. My friend helped me get started and after a few days of using the liquids, I didn't really crave cigarettes. I started to learn more about personal vaporizers, liquids, and tools to help and now at the time of this writing, I've been cigarette free for over 2 months. This is the longest I have ever gone with out a cigarette since I started smoking. In the last 2 months, I no longer need to carry my inhaler for my asthma, I can run up stairs with out getting winded, I don't smell like a dirty ashtray, my kids actually like to hand out with me because I don't embarrass them with my cigarettes. I am truly happy that I was introduced to e cigarettes and the health benefits of quitting tobacco with e cigarettes. I still get a little nicotine to aid in the craving reduction and my mood, plus the hand to mouth thing and the visual of seeing the vapor come out of my mouth. Not to mention that its a ton cheaper than cigarettes. So now I'm saving money too!!

8/3/2013 1:27:00 PM - MJ12

I

8/3/2013 1:29:00 PM - TC Pepper from Myrtle Beach, SC

I smoked cigarettes for over 25 years, at a rate of at least a pack a day. Over the years, I tried several methods of quitting: going "cold turkey," nicotine gum, the patch and 4 years ago I accepted a gift from my parents of the South Beach e-cigarette, which I used on and off for almost 18 months. I never completely quit smoking with any of these methods. The nicotine gum irritated my mouth and throat badly and caused a burning sensation when I used it, as well as giving me almost constant heartburn and acid indigestion. Approximately 6 months ago, I talked to my dental assistant and she showed me her Blu e-cigarette. I went out and got a starter kit the next day, but continued to smoke, though I cut down drastically. Although I still use the Blu e-cigarette at times, I have since moved almost exclusively to personal vaporizers with refillable tanks. I have completely quit smoking any and all traditional cigarettes, and do not miss it. I no longer cough, breathe easily, am not spitting out vile-colored phlegm, and am no longer having any issues with either my taste or sense of smell. Also, my clothes and vehicle no longer reek of smoke, nor am I accidentally burning my car seats, clothes, or others. I never smoked in my house so that was never an issue, however, I have been in homes where people do smoke and the smell is horrendous. I have calculated that I am saving over 75% of the money I originally spent on traditional cigarettes, even given that I am still trying other types of vaporizers and flavors of liquid nicotine. Initially, when starting with the personal vaporizers, I had a few canker sores in my mouth, which I have always been prone to when my mouth is irritated. They healed within a week or so, especially after I made sure to drink plenty of water. Anyone who wants to quit smoking traditional cigarettes can, I believe, use this method. I intend to taper back on the nicotine content over the next several months, until I am vaping 0 mg.

8/3/2013 2:18:00 PM - Chris Pfrang aka Chakris from Bangkok, Thailand

I smoked cigarettes for over 40 years and as a result of that abuse I recently received three stents in my heart artery and have chronic bronchitis. I once promised myself that I would quit when my daughter was born, but that never came about. Over the pased few years I have passed 10 years or so, I have tried to quit smoking and used several different methods, but none were successful in keeping me away from smoking. I even used Nicotine gum to see if that would help quit for good, however, the longest I have ever quit was only 5 days and that was after just receiving the three stents in my heart!

And then along came e-cigarettes and changed my life completely! I bought my first beginners kit in Oct. of 2011, but didn't start using it till January 2012. I liked the fact that I was able to control the amount of nicotine I was receiving and could adjust to fit my habit and also the fact that I could choose from a wide variety of flavors and not get stuck with having to vape only tobacco flavors. My first love of e-juice flavors was Green Apple! The only problem with the "cig-a-like" e-cigarette I used was that it was too small and didn't satisfy me the way cigarettes did. Either the juice in the cartridges would runout or the battery would go dead to quickly and cravings would take over long before the batteries Charged, so I stopped.

When I finally purchased the proper gear and found an excellent e-juice vender I was finally satisfied that I would be able to switch over to vaping only mode. I set a quit date of my birthday 53rd, 3012, so I started vaping full time and reduced my cigarette consumption by half. By the time the end of the month came, I had to force myself to keep smoking up to the deadline. It's been 10 months and 3 days since I ended that nasty habit of smoking! I have nave been off smoking for this long! The transition from smoking to vaping was so smooth it hardly feels like I quit at all. The alternative method may still feed the habit of smoking, however, I feel certain that it is a much cleaner and healthier method of smoking cessation. I began vaping using 18mg - 24mg/ml nicotine e-juices and have cut down to 6mg/ml over that 10 month period. I haven't decided whether I will continue to cut down to zero nicotine or not. All I know is that I am satisfied with the results so far.

I feel very proud to say that e-cigs have kept me away from smoking like no other method I tired before and I will recommend them to others who truly want a way to finally kick the habit! I'm planning to put together a beginners kit complete with e-juice the proper devices for my sister and friends who have tried and failed using other methods. With the proper gear and a selection of good e-juice the transition is so smooth one hardly notices the difference. I honestly believe that without e-cigs I would still be smoking today! I love the control I have of gradually reducing my dependence on nicotine at a pace that is comfortable to me.

Chris Pfrang

8/3/2013 2:22:00 PM - Jason Orosco

Hello, my name is jason.

I smoked cigarettes for about 15 years.

I tell people i quit because im proud of it. I was on the road to death. After i got out of 6 years in the army, i literally sat in a computer chair 24/7 playing world of warcraft for probably 4 years just chain smoking like 2 packs a day. When i finally moved away, the walls in that tiny room were brown and yellow. My computer was yellow. I felt ashamed of myself.

Anyways now im in college and i quit smoking started vaping, i quit playing the video games and im working out again. Ill never go back to those days because i was in a deep dark hole. I did alot of damage to myself but im turning it around now, your body will tell you when its time to say goodbye to cigs and when that happens you just gotta follow through. For me it was just my time so it didnt seem too hard actually, and i owe it all to electronic cigarettes.

8/3/2013 2:33:00 PM - small business owner

i started smoking with the "cool" kids at 16. i stopped by hypnotherapy at age 20 and started again at a party age 21. i quit again by hypnotherapy age 22 for a while

(1yr) and have been smoking since age 39. i belive it is due to stress and other informalities and has led to drinking or vise versa. i have a 1yr old daughter now and are starting to think its too late for me. please help e cigarettes!

8/3/2013 2:36:00 PM - TheDan

After 40 years of smoking tobacco, I'm on electronic cigarettes, just for a month or so. Educated guess is that I'll never return to tobacco. Sure, you'll need to spend 60 dollars on hardware for e-cigs. No problem there. Finding the right e-liquid is difficult. But I've found one. Now I'm vaping which will set me back for 50 cents a day ...

8/3/2013 3:46:00 PM - Marcus Gregory

I began smoking at 15 when it was "cool". I started looking for an alternative in college. I triedthe gum. The patch and hypnosis. I was smoking again shortly after. In 2011 my wife bought me my first ecig kit at a local gas station called the cig2o. That was nice and iI used it for about 8months. Then we had to go out of town and I ran out of filter tips. I went looking for replacments and none that I found worked with my batteries so I tried a different one. I first got the 51. Then the metro. Then the nikotek. All left me wanting something more so I went back to smoking. I did use the mystik for a while and that was ok but smoking still was better. We moved again and I was back outside smoking and away from my wife so I decided to try again. I found the eGo brand at a cig store close to my house and was hooked. September 2012 I went tobacco free and have not looked back. The eGo and I have become inseperable and I love it so much that almost a year later I have decided to begin selling them. My store is online and doing well. So after over 30 years of smoking I have been tobacco free for almost a year now. I use my own blend of nicotine at 28mg with concentrated flavoring I buy online. I am happier now and feel healthier plus I can now Vape inside and be with my wife. Thank you ecigs for allowing me to enjoy smoking guilt free. Kick the butt Vape!

8/3/2013 4:42:00 PM - Kris C.(digitals) from Kokomo, Indiana

I have smoked cigarettes for roughly 17 years with only a few attempts to quit.

I was a 1.5 pack-a-day smoker.

When my nights were full of random, violent coughing, I started looking for alternatives to help me stop smoking.

This was 2007.

I have tried using patches, 1st phase, and found that those were not successful in satisfying my cravings; I would smoke cigarettes while on the patch.

I have tried Chantix, twice.

At first I was able put the cigarettes down, but not long after the side effects of Chantix became too much.

Sure i wasn't smoking, but my anxiety was through the roof, and I could hardly sleep from all the nightmares(vivid dreams).

Needless to say, that was enough of that.

I went back to smoking.

In 2012 I tried quitting cold-turkey.

That worked for a period of time until I came face to face with another smoker during a stressful situation.

It was too easy to pick them up again.

July 2013:

I started using a smoke-free alternative(mods) this summer.

Proud to say I haven't touched a cigarette since.

I have been using these products since the second week of July at the highest nicotine strength, and I am ready to cut my nicotine levels by half. The initial setup didn't cost a ton of money, as oppose to prescription alternatives, and very easy to use.

I was skeptical at first, as anyone would be.

When the following morning came, that being the point in the day when I crave the most, and I didn't grab for the smokes I was ALL IN!

I am sleeping better at night with little to no coughing, and my clothes do not smell like cigarettes during the day.

My kids are much happier knowing I am not smoking the packaged death again.

I have recruited my wife and another friend already, and they both have put down the cigarettes since.

The friend, 50+ years old, had been smoking 2 packs a day for YEARS!

He was able to kick the nasty habit, just as I, instantly.

VapeOn!

8/3/2013 5:28:00 PM - Cindy Lee

I was a pack + 1/2 for over 20 years when I received an ecig starter kit for Christmas from my best friend. I was skeptical about it and doubted it would work.

I had tried to quit smoking to many times to count. I tried cold turkey, I tried patches, and many more things. So I had a few packs of cigarettes with me and gave the ecig a try. I still have those packs sitting in a drawer and have not missed them a bit. I do not have a "morning cough". I do not have dry mouth. I do not have yellow fingers, I do not have bad breath. I do not have, or miss, any of the negatives associated with smoking. I have suggested and helped all of my friends who smoke to find out about ecigs.

8/3/2013 5:51:00 PM - Adam Garrett

I smoked cigars and cigarettes for about 10 years.

Was about a pack aday, depending on day. Up to pack and a half, I worked in a cigarette store for a year or two. So was hard not to just chain smoke during the days down times. Plus was good advertisement because I smoked Nat Sherman Natural Originals 101 size. I was a cigar smoker originally so the longer smoke and the tightness was perfect. Also, the maduro paper of the Originals was closely cigar-ish. I actually had enough will power to quit back in October, but had the recurring "missing" of the taste of the Originals. I resisted the urge to buy a pack, it was easier because I couldn't buy them in town. I still wanted the taste and enjoyment of smoking. I just hated waking up hacking for 20 minutes before I could breathe right. About two or three months go by, and I get to move into my new house. Well a buddy of mine is an A/C tech. So he came and hooked my air conditioning up and stuff. Well he had an ego-t with a carto-tank. I tried it and coughed because I wasn't used to how to draw off it. He told me the secret and finally got the hang of it. I knew I had to have one. So after getting settled into the new house. About March I finally had the money to go get my own. I usually do my research on new gadgets I want to buy online. but still didnt have internet in the boonies. I was clueless and intrigued. I went to one store and didn't have a helpful experience. The other store in town was a lot better at customer service and relations. They take the time to sit you down and explain the devices, etc. I ended up getting an ego-c with 2 mini nova's, and about 3 18mg flavors. RY4 was the closest I found to my Nat Sherman's, so now when I get that craving for the taste I just grab my RY4 tank and puff away.

Then went about a week or two later and bought more flavors at 11mg.

actually got two of my friends the same set up I had for their B-days. Then I finally got internet hooked up so I researched online newer better devices. I really started hating the dry/scratchy hits from the nova's. I found the Protank and decided to give it a whirl. I love it no dry hits no leaks great vapor/taste. I have upgraded to a vv mod and have now reached "vaping nirvana".

I also don't hack shit up in the mornings, like I did with cigarettes and cigars. So now I have about 8 different carto/clearos a tackle box full of juice. Mainly 6mg and 11mg. I have adhd so I get bored with flavors, lol. I couldn't imagine not having my e-cig now. Saves money and my lungs.

8/3/2013 5:51:00 PM - Gary Spring

I had been smoking cigarettes for 32 years, about 2 to 2 _ packs a day. I had tried to quit for about 10 years of that time. I had tied all the normal ways to quit. (The patch, gum, acupuncture and drugs) Some did work for a short time but no lasting effect. In the summer of 2011 I saw a commercial on TV about e-cigs and that peaked my interest as I had not known about this option. I purchased a kit online and used this small kit for a few weeks. It did help me smoke fewer cigarettes but I didn

8/3/2013 5:58:00 PM - drparker

I'm 51 and had smoked cigarettes for 39 years. I quit smoking in 2010 using an electronic cigarette. I was 1.5 pack a day Kool smoker, full strength menthol smoker. I've tried patches, gum, drugs, acupuncture, hypnosis and several of them combined, nothing worked for more than a week or two before I started smoking again.

I

8/3/2013 6:09:00 PM - MarkfromMaconGa

I am a 48 year old man who smoked 2 packs of cigarettes a day for 36 years. My mother and father were both smokers most of their lives. My father passed away from a heart attack at 79 year old and my mother passed at the age of 78

of heart disease. I believe that tobacco was always somehow in my genes. I have tried nicotine gum and Chantix to try to end my addiction but neither worked for me. I tried electronic cigarettes for the first time 10 months ago. I purchased them at a local convenience store. I liked this alternative but the cost was astronomical compared to regular cigarettes. After some online research, I tried my first mod (an electronic battery powered device which burns flavored nicotine liquid)which I built myself. In a very short time I noticed I could not smoke a regular cigarette. It tasted terrible. I now mix my own e-liquid and purchase batteries and supplies from online retailers. I am positive I would still be smoking cigarettes if not for e-cigarettes. I am not sure of the long lasting effects of smoking e-cigs but I am quite confident they are a better choice than tobacco.

8/3/2013 6:20:00 PM - Allen Hazen (bilbobaggins30)

My story is quite different, as mine was fighting the urge to pick up smoking. I worked around a lot of individuals who all consumed tobacco cigarettes on a daily basis, and the urge to pick it up was great, and on many occasions, I did consume myself. Then one day, an individual came in with a Blu Electronic Cigarette, and I started asking him questions about it, and I also tried his, and I found that it was much better than tobacco cigarettes, like I knew without research that somehow this must be a much better product, because the taste of the Vapor did not stick with me, like the taste of a Tobacco Cigarette does, even after mouthwash, chewing gum, and vigorously brushing my teeth. The vapor did not burn my tongue, so I knew that there had to be less harmful products in it.

However, it was not at this moment that I quit smoking all-together. I still would go outside and hang around those that did, and smoked myself, until I asked the same individual where he got his, and he told me he got it in a gas station. On my way to this gas station, in January 2013, I stopped by the local Tobacco Store, to see if they carried any of these Electronic Cigarettes, as I wanted to try them, to kick the habit that I was spiraling into. I found that they indeed sold disposable ones, and I picked up two of them on that day to try for myself, one of them was a Tsunami E-Hookah Red Alert (Cherry), and the other was a Tsunami 6mg, Standard Tobacco flavor. I then starting using these disposables, and knew on that day they were a 'game changer'. I no longer felt the urge or the craving that I had when I was not at work, to step outside for a quick cigarette, instead I could use this indoors, and my breath and smell was no longer offensive to my wife.

I then began to research electronic cigarettes even more, and found out about another company, V2 Cigs, which sold starter kits, and sealed cartomizers with flavored nicotine liquid. I picked up the smallest starter kit, and was disappointed at them, but during this time, my research intensified exponentially, as I began to search for new alternatives, and it was at this moment I discovered a new device, and I spiraled into a new direction, a much healthier one, electronic cigarettes.

To control my addiction for nicotine, I also discovered snus, and I tried this healthier alternative, but it simply was not enough. What I wanted was nicotine, and the delivery method had to be from a cigarette, not a little pouch. Maybe I developed a hand-to-mouth complexion, and cigarettes resolved that. Whatever happened, electronic cigarettes has stopped me from taking on a much deadlier habit, which is guaranteed to kill me. Now I can enjoy a healthy, productive life, and I feel much better. Since January, I have successfully saved 2 lives, as they came to me for knowledge, and I gave them that, and those 2 lives both quit cigarettes for good. The greatest thanks a person could ever recieve is not verbal, it is knowing your actions directly affected another person's life in a positive way. In this way, I say thank you to CASAA for fighting for us, for our

right to enjoy Nicotine, which is no more harmful than caffeine, and to do so safely, without the extra 4,000 plus chemicals that cigarettes fill our lungs with. I also want to thank the manufacturers that take time to produce quality products, for keeping their users informed as to what they put in their products. I know every single chemical that I am taking into my body when I use my electronic cigarette, and none of them have been shown to cause cancer, or other harm. This truely has changed my life, and saved me from a smoke filled life.

8/3/2013 6:31:00 PM - Jay. Charlotte, NC

I began smoking tobacco products at the age of fourteen. Kind of young to begin but living the great state of North Carolina, it was not hard to find a friend willing to give me a cigarette. I was not a heavy smoker at first, but moving on to high school everyone smoked so i did too. Best i could do at the time was maybe a pack or two a week. Or on special occasions one pack a night. Once i turned eighteen i had at least a pack a day most three. It was not good for me. My body began to feel the strains of smoking and i began to feel weaker than my normal self. I had friends that had "E-Cigs" and that began to open my eyes to the alternative smoking. I bought my first "ZMAX Mini" with a vivi nova tank and i have not even thought of picking up another cigarette. It was probably one of my smarter investments and its been great. No odors to deal with, and i'm also saving a bunch more money than i ever could have if i continued my use of cigarettes. With times changing and more people growing away from the cancer riddled cigarettes, Electronic Cigarettes are a great, healthier alternative.

8/3/2013 8:20:00 PM - Aaron Clark

Hello, my name is Aaron Clark and I want to do everything in my power to ensure that personal vaporizers and the freedom to choose life (vaping) over death (cigarettes) remains available to us all.

So, let me share my experiences with you.

I'm 26 years old, and I started smoking cigarettes at 13.

Within a year I was up to a pack a day.

Between then and now, I would vary anywhere from 2 packs a day to a half, it would vary based on what I was doing, stress levels, all that jazz.

By the time I was 20 I had a noticeable cough, going up stairs would wind me, and I was always hacking up some nasty phlegm.

I couldn't really taste or smell anything.

I always stank like an ashtray (not that I could tell at the time) and well, it was rather a turn-off.

I didn't sleep very well, but all these things changed so gradually, it was hard to notice. Until I started using "electronic cigarettes."

I put "electronic cigarette" in parenthesis, because I feel it is a significant misnomer, and a big reason for some of the controversy surrounding them.

First of all, everyone needs to understand this, they ARE NOT ELECTRONIC CIGARETTES.

THEY ARE PERSONAL VAPORIZERS, WITH ABSOLUTELY NO TOBACCO RELATED PRODUCT AT ALL WHATSOEVER.

Sure, some of the juices use naturally extracted tobacco, but the devices themselves (and vast majority of the juices) have literally ZERO tobacco material or content.

A common misconception, nicotine is not exclusive to tobacco, and on it's own is no more harmful than caffeine.

A lot of people don't seem to understand that.

Anyways, I've gotten ahead of myself.

From about the age of 20 I decided I wanted to quit.

I had a serious problem though; I really enjoyed smoking, the cigarette in my hand, the hand to mouth motions, the 5-10 minute break from life I got every time I lit one up.

I knew what it was doing to my body, my health, I was really starting to feel it.

But I just enjoyed smoking too much to quit, just for my health.

So I decided to attempt methods to reduce both my cravings and my fixation on the act of smoking.

I got myself "placebo cigarettes," basically just a fake cigarette, for the fixation, and tried the snus for the nicotine.

What happened was after trying to light the fake cigarette a billion times, I would just smoke and use the snus for extra nicotine.

Obviously, this led to me smoking more, and using snus in situations where I couldn't smoke.

Which meant my attempt to quit had backfired to the point I was doing more harm to my body. Of course, during the initial transition there I was extremely irate, going through withdrawal, and had difficulty concentrating, sleeping, basically functioning at all.

This is also a problem that would bring me back to smoking whenever I would try to quit cold turkey.

I thought about using the chantix, or the gum, or the patch, but decided against them.

I had never heard of anyone I knew successfully quitting with any of those methods, and one friend's brother ended up in the hospital due to the side effects of chantix.

I've met more people that STARTED smoking because they took the gum or the patch with a friend, than have used either to actually quit.

Obviously, around this point I was discouraged and pretty well resigned myself to smoking until the day it killed me. Then I heard about electronic cigarettes.

I'm kind of a technophile, so the concept was immediately attractive to me.

I went and bought one of the gas station rechargeable models, a little cigarette sized vaporizer, and gave it a try.

I couldn't believe it.

Yeah, it was definitely different from smoking, the vapor had a different texture and taste and throat hit, but it was still amazingly similar.

I thought to myself, this just might be close enough to get me off the cancer sticks.

Thus began my own personal "vapor chase!"

I started to get into the culture of vaping, doing research, learning about the various available products and the technology behind them.

I got into vaping just before it really started to rapidly expand, so it was pretty interesting seeing the front lines of the technology advance into some of the amazing devices we have today.

But at the time, it still wasn't quite all the way there, so I was still smoking

cigarettes and using the personal vaporizer, so I did smoke less.

This continued for a few years. I was always researching the brand new PV's (personal vaporizer) to try to find a device to more closely mimic the texture and feeling of inhaling smoke.

As I would upgrade to more advanced PV's I would smoke less and less. It was a gradual thing, but as this continued, I started to notice more and more the flavors in the juices of my PV.

I didn't even realize it, but my senses of taste and smell were slowly coming back.

I was sleeping better.

I wasn't waking up hacking up half a lung.

I wasn't constantly having to hock out phlegm.

My lungs and body were trying to heal the damage smoking caused.

Then one day, (I almost exclusively vaped, but did still smoke; a pack would last me a week or more) I was having a cigarette, and I thought to myself, I really don't want to smoke.

Bingo.

Keep in mind, I enjoyed smoking.

I always enjoyed the act, the burning smell, the social aspect.

It was why, despite the health risks, I was never able to commit to quit.

I LIKED smoking, and didn't want to give it up.

But then, that day, that cigarette, that thought hit my head and everything changed.

I didn't enjoy SMOKING.

I still loved vaping, the act of it, the tinkering with the components to get a better experience, the whole nine yards of it.

But for the first time since my first cigarette, I did not want to smoke, I did not like to smoke.

And that was the very last cigarette I had.

All thanks to PV's and vaping. Now I love vaping.

It's more than just a way to get nicotine, or a replacement for cigarettes.

It's a hobby.

The tech advances so quickly, it's fun to keep up.

I've got devices that look anywhere from a classic tobacco pipe to a cigarette to a lightsaber.

Ha, I don't know if I ever ended up saving any money by quitting, (always gotta have the latest new toy!) but I KNOW my health is improved.

I can walk up flights of stairs without losing my breath or needing to take a break.

I sleep better.

I can smell and taste things that I had always assumed had no taste or smell.

I'm not constantly hacking up things that look like part of my lungs.

I can breathe easier.

I feel better.

The quality of life for me has improved so much that I can't even begin to describe all the ways.

All because of vaping. Now, I've gone on about the health benefits of choosing to vape over smoking, but I want to make one point clear.

PV's and vaping ARE NOT DESIGNED TO BE MEDICAL DEVICES TO HELP YOU QUIT.

As such, they have no business being classified with the pills, patches, gums and inhalers that ARE designed to be, and that resoundingly do not work.

The personal vaporizer, "electronic cigarette" if you insist, was designed for people that want to smoke.

That don't want to quit.

It is a healthier alternative, nothing more, nothing less.

There is no claim that they're designed to help you quit, that's rubbish.

I never had any intention to quit smoking, I just wanted a healthier lifestyle.

PV's made that desire a reality.

And I have no intention to ever quit vaping.

Sure, things may change later in life, and I may change my mind, but as of now, I am one hundred percent content.

I get everything I ever enjoyed about smoking, and virtually none of the negative effects.

I get my nicotine.

The only other ingredients in the juice I use are all food grade materials, approved for consumption.

No tar, no cyanide, no formaldehyde, none of those awful lethal chemicals.

No cancer.

I hope sharing my experiences helps you all to make the right choices regarding the future of PV's.

And I want to make clear, absolutely crystal clear, that PV's are not designed nor intended to be any kind of medical device to aid in cessation of smoking.

They are designed and intended for people like me, people that like smoking, people that don't want to quit, just want a healthier way to continue doing what we enjoy.

This is a major point, and should be forefront in all of your minds while you talk about regulating the industry.

These are not tobacco products, and they are not medical devices.

They're a healthier alternative to one of our favorite bad habits.

Nothing more, nothing less.

Thank you all for your time and consideration.

8/3/2013 8:36:00 PM - w00tie

Hi,

I started smoking at the age of 13. On numerous occasions I tried to quit smoking since I had a lot of issues with cigarettes. My Grandfather, my Father died of cancer caused by smoking. The smoked cigarettes till their last moments.

My father died at the age of 42, I was at the time 19.

Like stated before I tried to quit smoking w/o success several times, I have no 2 children (4y & 2y) and I'm very concerned about my health.

I never thought that I could stop the cigarettes and lay down the battle waiting for the cigarette to kill me till one day I saw a documentary on the french television about electronic cigarettes.

In that documentary, a long specialist came to speak and told that e-cig where

1000 times less dangerous than cigarettes and therefor he was recommending this product to his patient. Next day, I ordered online a e-cig "kit" and a few days later I TOTALLY quit smoking real cigarettes.

We are now about 4 months later and I will NEVER touch a cigarettes again thanks to e-cig and probably extend my life by few years..

So banning & regulating the e-cig market will ONLY arm people who then will not be able to access this product easily.

It's a shame that politicians, anti-smoking & Pharma lobbies are acting against the e-cig. Keep in mind that this product is intended only for cigarettes smokers and therefor is a "transition" product to a world without a-cig.

8/3/2013 9:16:00 PM - Carole C

I started smoking cigarettes when I was 23. I tried quitting several times, including the nicotine patch, two different prescriptions for smoking cessation a total of 3 times. I smoked 2 packs of cigarettes every day for 18 years.

I tried e-cigarettes a few years ago but the liquid would get into my mouth and they leaked and I always went back to analog cigarettes. A couple of years ago I finally,

finally found the right combination for me. I love my vape. And I mean love. I started at a high (18mg) nicotine level but gradually dropped to 6mg and now zero. I vape daily and I love vaping.

I honestly feel like I Never would have been able to quit without my e-cigarettes. Never!

I had asthma, copd and a very difficult time walking any length of time. My Dr. Has me listed as a non smoker, copd-gone, asthma gone and walking whenever I want as long as I want and I no longer have to stop to catch my breath.

In my opinion, e-cigarettes saved my life

8/3/2013 9:32:00 PM - C.D. (Phoenix, AZ)

I have quit smoking cold turkey 8 times.

Every time I start working in a new call center, the stress gets to me before long, and I pick up the habit again, disgusted with myself.

This time, before I could get to that point, a good friend suggested "vaping" (e-cigarettes) as an alternative.

I was skeptical, but researched it and tried it out.

I am happy to report that despite the stress of my job, I am still smoke free, instead vaping when I feel the need.

8/3/2013 10:32:00 PM - Les Leung (Lessifer) from Sacramento, CA.

I started smoking when I was twelve, and continued smoking (with some short breaks of "quitting") until 5 months ago(20 years total) when I decided to give an electronic cigarette a try. I had my last cigarette two days after receiving my first personal vaporizer which was an eGo battery with a clearomizer. I've since moved on to an advanced vaporizer, and re-buildable atomizers but I still enjoy my first set up as well. I use 24mg nicotine solution and probably use about 2ml a day, it works for me, I don't get cravings for cigarettes even when I'm around my old smoking triggers of other smokers or drinking. I had tried the patch before and it never really curbed the cravings. My breathing is better, I have sleep apnea and I believe even that has improved some. The most important thing to me is that I'm not exposing my daughter to smoke anymore. I never smoked inside the house, or in the car with her present, but now there's no smoke for her to be exposed to period. I'm confident that I'll never smoke again. I may try to lower my nicotine intake at some point, but for now I'm not smoking and that's what is important to me. I truly believe that the advancements in electronic cigarettes, and the huge variety of choices in equipment and liquids could make traditional smoking a thing of the past. If we as a country are really worried about the health of our people, that should really be the goal.

8/3/2013 10:35:00 PM - Bobbi Smotherman (DuckysBooBoo) from Shelbyville, TN.

My name is Bobbi Smotherman. I am a female who had smoked for over 43 years. I had severe breathing problems and constant cough.

The day that I received my first Ecigarette was the day I quit smoking tobacco.

I started with a 510 device, then went to an Ego.

Now I use Mods (Lavatube, Vamo and Tesla). I use eliquid at 24mg nicotine strength.

I had tried everything and the Ecig was the only thing that worked for me. My health has improved and I am finally able the breath easily.

I quit smoking October 1, 2009!

Ecigs saved my life!

I've been smoke-free for almost 4 years and couldn't have accomplished it without Electronic Cigarettes.

Thank you for allowing me to tell my story.

Bobbi Smotherman Shelbyville, TN 37160

8/3/2013 11:09:00 PM - Pat Armstrong, Manchester, MO, USA

My husband and I both smoked for about 40 years before we found the Electronic Cigarette.

My husband had already been treated successfully for cancer of the larynx by this time and I was eager for him and myself to quit smoking.

I purchased an e-cig starter kit first and eventually he agreed to try it.

Neither of us have ever gone back to regular cigarettes.

On a follow-up visit to his oncologist we showed him the e-cig and let him read some information about it; he was very pleased about the change.

In fact his exact words were, "You are no longer considered a smoker."

Unlike some people, we don't intend e-cigs to be a way to quit.

We are very happy with the results as they are.

Our hacking coughs quit within 2 weeks of switching to the e-cig.

We are saving approximately $160 a month by using an e-cig.

Our house no longer smells like stale smoke and our chronic sinus conditions no longer exist.

My husband is adamantly against stopping all smoking.

Vaping is a way for him to enjoy his habit with almost no damage to his body.

And if I do decide to quit, I have a way to reduce nicotine a little at a time and can proceed without the smell of his smoke constantly being a temptation.

Electronic Cigarettes have been a blessing in this house and without them I know my husband would return to smoking cigarettes.

8/3/2013 11:32:00 PM - Chris Schimanski, NJ

I started smoking cigarettes at an extremely young age, 11.

I have been cigarette free for 11 months now thanks to e-cigarettes.

At about 35, I began an attempt to quit smoking with e-cigarettes when the products were in their infancy and it didn't work for me then.

I also tried, in the past, nicotine gum and Welbutrin to help me quit smoking without success.

I revisited e-cigarettes on September 1st, 2012 for another and renewed effort, much like I had done with the nicotine gum.

I almost failed against except for persistence and experimenting with different products until I found the right ones for me.

It really helped that 4 of my coworkers also switched to e-cigarettes with me.

We have all been successful in quitting smoking together. I am now confident that I am done smoking for good.

I have steadily reduced my nicotine levels from 24 mg when I started to 6-8 mg levels.

I feel great and owe my smoke-free year to e-cigarettes and the great online support of the e-cigarette, vaping, community.

8/3/2013 11:45:00 PM - PO3 Iaboni, Roberto (robster180) From Miami, FL

My name is Roberto Iaboni and I am a Petty Officer Third Class serving in the United States Coast Guard. I am father to a beautiful 20 month girl and husband to the most understanding wife in the planet. I am now 25 years old and had been smoking since I was 16. I was not a regular smoker until I joined the military five years ago. I would have the occasional cigarette around smoker friends and could typically have a box of cigarettes last me a week or more. Five years ago I joined the Coast Guard. I successfully made it through the eight weeks of basic training without touching a cigarette. Unfortunately that did not last long, upon graduation from basic training and departure from Training Center Cape May I resumed where I had left off prior to boot camp, to have a cigarette with a friend that attended my graduation.

Five days after graduating boot camp and many cigarettes later I reported to my first duty station in Charleston, SC on May 17 2009. My first impressions of my new duty station were phenomenal, I was placed onboard a 378 ft cutter, in dry-dock.

8/4/2013 - Thomas A. Sawyer (SpiritShadow)

I was a SERIOUS cigarette smoker, 2+ packs/day for 40 years. When I decided it was time to quit (age 59) I quit cold turkey. It was very difficult -- but I did it.

The important point here is: At the time, I knew nothing whatever about e-cigarettes. I did not use e-cigarettes as a "cessation device." Furthermore, I question whether e-cigarettes constitute a wise approach to quitting smoking tobacco at all. Relying on a substitute strikes me as indicative of a lack of resolve.

As evidence of this, I would point out that it takes time for tobacco cravings to disappear after quitting, especially for someone like myself (40 years is a long time). Consequently, when I discovered e-cigarettes a few weeks after quitting, I tried some disposables (Blu, Njoy, Logic) to help ease my cravings. They were very expensive and in no way satisfactory or worth the money. Most importantly, they did NOTHING to reduce tobacco cravings. These purely commercial "mainstream" products are borderline worthless. They may generate significant revenue for large corporations on the backs of unsuspecting consumers, but they are nevertheless of exceedingly poor quality -- and of highly questionable use when quitting tobacco.

Subsequently, I discovered the world of Personal Vaporizers, of which at the time I was ignorant. This is an ENTIRELY DIFFERENT realm than commercial e-cigarettes and this distinction MUST be noted.

Personal vaporizers are based on a wonderful new technology. I did some research and, after some trial and error purchases, eventually settled on a set of batteries, vapor chambers and nicely-flavored e-liquids. I discovered firsthand that they do indeed offer a fabulous way to quash any lingering urges to smoke tobacco.

Now, I use my personal vaporizer on a daily basis. It induces no cravings nor compulsions, it is a simple matter of pure personal enjoyment. I can go for days without using it at all. Sure, I miss it, but I do not seek to smoke tobacco -- and that is the whole point of the exercise!

Consequently, having voluntarily given up tobacco and purged my system of its chemical artifacts, I am in excellent health as a result. For the first time in four decades of chain-smoking cigarettes, my lungs are clear. I have plenty of reserve energy and stamina, no coughing, wheezing, hacking or spitting.

I am able to make informed, objective choices. Thus, I use the personal vapor technology for my own edification, with no harmful side effects whatsoever.

The bottom line is: I quit smoking because I chose to do so. E-cigarettes played no role in that decision. However, the personal vapor technology (which now effectively thrives via a sub-culture of knowledgeable users) is a magnificent engineering achievement. It is

a perfect supplement for those like myself who have quit smoking tobacco, but still nevertheless enjoy a positive and healthy smoking experience.

I think of my personal vaporizer as my reward for making the right decision.

8/4/2013 12:17:00 AM - Nate M., Tremonton, UT

I began smoking cigarettes at the tender, young age of 12 years. My parents were smokers, and the natural progression of tobacco addiction took place. I smoked ciggies until November 2012, for a total of 25 years.

I smoked for many reasons, but the most important and somehow ridiculous reason is simply that I didn't know what actual clean breathing felt like. Even when I was a child, I was around smoking, so it's safe to say that I was smoking even when i was not smoking, and thus I never really had a chance to use my cardiovascular system to it's potential. I never realized just how much clear, free breathing would do for me in nearly EVERY aspect of my life.

When i was trucking, all I did was smoke. 1-2 packs per day, easily. When I was dragged into vaping (kicking and screaming the whole way), I was annoyed at having to keep this e-cig with my real cigs, cuz it was in the way. Two weeks later, I was choosing the vaporizer as much as I was using an analog cig. One and one-half months after that, I came to my last cig in my last pack that I had purchased a few days earlier. I chose not to smoke it, broke and tossed it in the trash, and have never looked back. No smokes, no tobacco, and a third or fourth chance at life ;).

So here I am, 8 months later, working for the very man who practically shoved a personal vaporizer down my throat doing promotions for our company. My approach to this business is as follows: TO HELP PEOPLE REALIZE THAT THERE IS ANOTHER WAY TO ENJOY SMOKING WITH LITTLE TO NO SIDE EFFECTS. Being able to breathe has helped me to lose weight, play with my kids at their energy level, and accomplish simple tasks I did not know were hindered by my smoking. I feel good, I look good, I smell good, and most importantly, I'm alive like I have never been, all thanks to vaping.

Nate M - Utah

8/4/2013 12:44:00 AM - awsum

I started smoking as an adolescent, probably ten or eleven years old.

I smoked, non-stop, until my mid-fifties then decided it was time to quit.

I used "the patch" and managed to stop smoking completely for a while.

I experienced a high, sustained, level of stress when my mother become ill with cancer and, eventually died which lead me back to smoking cigarettes again.

That means I smoked for well over forty years and, as an adult, was smoking a pack or two per day the entire time.

I knew I had to stop smoking, again, and got a prescription for Nicotrol from my doctor.

It did work well, but the hand/mouth fixation remained long after the prescription could no longer be re-filled under insurance.

Nicotrol is a rather expensive replacement therapy at well over one hundred dollars per box.

That, after a year or so, lead me back, yet again, to cigarettes albeit at a lower consumption level of about a half a pack per day.

My wife suggested electronic cigarettes so I decided I had to do something to get off of tobacco and took her advice.

I started with cig-a-likes, or stick batteries, and they made it very easy to not use cigarettes.

The hand/mouth habit is filled as is the nicotine need.

They are very convenient, relatively inexpensive and have made a significant improvement in my health.

As time has gone on, I have reduced the level of nicotine in the liquids I use to 8mg and expect to lower it to 0mg over the next year or two.

That ability to change nicotine levels slowly is an advantage that no other NRT can offer, at least that I am aware of.

I'm just short of 65 and was wheezing with each breath and snoring very heavily.

After just over three months, the wheeze disappeared and my snoring has followed suit.

My "wind" has increased significantly an I can easily go for an hour on the elliptical trainer.

Previously a half hour was a chore.

My sinuses have also cleared and I can breath, freely, through both nostrils with no difficulty for the first time in years.

Being a curious person, I investigated e-cigarettes a little to make sure that they aren't particularly dangerous.

While more research is certainly needed, the basic components of the liquids used, assuming quality liquids, are either "generally regarded as safe" by the FDA or are certified as food products by the FDA.

Most are also labeled "USP" indicating high quality of the components.

The vapor exhaled certainly contains far, far, less dangerous chemicals and although there are some known carcinogens they are in trace amounts.

Compared to tobacco cigarettes they are almost literally clean and seem to pose no hazard, or extremely low hazard, to others from "second hand" vapor.

If, at some future time, e-cigarettes or the liquids for them become regulated out of existence by the FDA I feel that I would probably end up back on tobacco cigarettes.

That is a prospect that I certainly don't look forward to or desire and I'm sure the same thing would happen to many others who have converted to e-cigarettes.

8/4/2013 12:45:00 AM - Delius Roach, (droach3) San Antonio TX

My name is Delius Roach and I am an ex-Smoker thanks to e-cigs, personal nicotine vaporizer or how ever else you want to refer to them as.

I started smoking my parent

8/4/2013 1:00:00 AM - GracieD

I am 49 years old and have been a pack a day smoker for 35 years.

It was only in the past 10 years or so that I have considered quitting.

I have tried both cold turkey and using the patch.

Both of those methods resulted in no longer than a 24 hour quit time.

I always knew that if there was a magic pill that I could use that would just make me not want to smoke I would try it.

I never considered the Chantix because of the bad side effects I had heard about from others.

When my brother started using the e-cigarette and had success not smoking I decided to give it a try.

I smoked and used the e-cig for about the first week.

I went from a pack a day to 5 after the first day and then 4 for a couple of days then down to 2.

After 6 days, I went my first 24 hours without a cigarette for the first time I can remember in 35 years! And it wasn't painful!

Then another day and another.

I did have cravings, but they were manageable.

And, yes, using an e-cig is quite a bit more "messy" than smoking but it really was worth it.

I have never used the disposables.

I started with a rechargeable battery and refillable tank.

I AM NOT SMOKING.

I have had a puff or two in the 3 months I have been using the e-cig but it was mostly curiousity, to see if they tasted as bad as people said :) and yes, they did!

I have to say that even after 35 years I didn't have the smoker's cough so that wasn't something that went away after quitting obviously.

But I was experiencing shortness of breath and that has gotten much better.

I can smell things now.

I just feel better overall. I would recommend e-cigs to anyone who was interested in quitting smoking.

8/4/2013 2:09:00 AM - Jack Gibson III, ILL

Hello. My name is Jack. I was a 1 _-2 PAD smoker for 22 years. I had tried to quit on three occasions prior to last year. I took Chantix twice and tried to quit cold turkey once. The first time I took Chantix I actually quit for almost two months, but I never felt

8/4/2013 2:33:00 AM - JAMES HUCKABY

My name is James Huckaby and my story is as follows: I was raised in a home with smokers. My grandparents farmed tobacco and used it as well and here in NC it is a part of our culture. So naturally I began to smoke regularly at the age of 12. The thought of someone smoking at such a young age was neither taboo or uncommon. A majority of my friends began smoking at a similar age and that was just the way it was. I smoked a pack a day without ever lending a thought to quitting until the age of 26. At the time I began to notice my health being affected by tobacco. My stamina was shorter and my breathing had become labored. I struggled to try and stop smoking but my tobacco addiction would decimate my every attempt to quit no matter the method. I tried nicotine gum, wellbutrin and of course cold turkey. Each time I failed my will to quit waned a little. When my grandfather died due to emphysema and other heart health issues I decided to try again. I had heard and seen a device called an e-cigarette that delivered the addictive nicotine with approximately 95% less toxins and decided to give it a try.

IT CHANGED MY LIFE. Finally a solution to my problem. I started with an Ego-C kit about 1 year ago and some basic juices and I haven't smoked a cigarette since. I started by supplementing my smoking with my ecig and soon realized that the cravings were reduced drastically. The smell, cost, ashes, butts and overall stigma of cigarettes have become a part of my past thanks to ecigs. I now use a more advanced version of the ecig and cannot imagine going back. To wrap up I'll just say this, without ecigs I would certainly still be smoking and subjecting all of those around me to second hand smoke. But I'm not and as long as ecigs remain available and affordable I will never go back. I'd like to take a moment to thank all of those in the ecig community and all of the vendors who provide quality products. VAPE ON!!!

8/4/2013 2:46:00 AM - Richhard Johnson (erebel) of Oklahoma City, OK

My name is Richard Johnson of Oklahoma City, OK.

I am a 50 year old male, married, with one son and 3 stepchildren.

I was a smoker from age 14.

after 34 years of smoking I have been smoke free since April 28 2013.

I have tried many times to quit smoking.

Cold turkey, patches, nicotine gum, nothing seemed to be a permanent solution.

When I stopped using one the other replaced it.

One day an associate from my job asked me to come by his tire shop he wanted to show me something.

When I came into his shop he had several e-cigarette starter kits.

He and his brother had tried them and were so impressed with the results that he had decided to sell them at his tire shop.

We made a deal on a kit and I took one home.

I started using a cigarette flavor to make it seem like a real cigarette.

In the next 2 weeks I bought and smoked 1 pack of cigarettes.

But, I kept on using the e-cigarettes determined that I would quit.

After April 28th 2013 I haven't smoked not 1 cigarette.

Now I only vape, e-cigarettes.

I have since moved up at first to a eGo c variable voltage e-cigarette, 2 weeks later I got the eGo APV VAMO V2 variable voltage - variable wattage Mod.

I honestly believe these thing a my saving grace from the clutches of the tobacco industries.

I have converted my stepson and his girlfriend but, sadly have failed to get my wife on board.

I have progressed from the ce4 tanks that came with my starter kit to DCT and RBA's.

I use high wattage so I can get more vapor when I vape.

I know longer care for the cigarette flavors and now go for more pleasing flavors like RY4, Peanut Brittle and, Butterscotch are some of my favorites but, the combinations are endless.

I don't believe anyone under 18 should vape and I also don't think non smokers should try it.

Nicotine is a poison and if you don't put it into your body now you should start now.

I have been tapering back on the amount of nicotine from 24mg when I started down to 12 mg currently.

E-cigarette may not be for everyone but, neither is patches, gum.

I find vaping much more enjoyable than cigarettes.

In all honesty who really like the flavor of cigarettes?

They were designed from the start to keep you addicted and they do their job well.

Even given the knowledge that they can kill you, even seeing friends and loved one die from tobacco, we still use tobacco.

I found my out!!!

Please don't outlaw them and don't tax them as cigarettes. They're not!

They don't contain tobacco, they don't contain tar, they don't produce noxious fumes that kill by second hand smoke.

the only poison is nicotine in doses that the body absorbs about 1000 times less than in cigarettes.

Tobacco is so poison that approx. 150 tobacco pickers die each year not from smoking but, from handling tobacco leaves.

I have after 34 years found a way to quit smoking and my government has their hands so deep into big tobaccos pockets they can't stand that I found my out.

They want to regulate and outlaw e-cigarettes because people will turn away from smoking.

Big T won't be able to come across with the big paydays, then healthcare will get cheaper because millions of lives might be saved then, governments share of the Big Pharmaceuticals will go down as well, another lost payday.

It isn't about you guys in the government it's about your countryman's lives.

Let us live our live and live your own.

Your job was to serve us not regulate us because some business is giving out sanctity and absolution millions of dollars at a time.

I'll get of my soap box now but, If e-cigarettes can save 1 life don't we owe it to that one person to have it available.

Sincerely

Richard Johnson

Oklahoma City, OK U.S.A.

8/4/2013 3:08:00 AM - SPC Jared Carlisle, US Army

I was a 2-pack a day (more if I was at a bar, or bored, or any number of other factors...left to my own devices, in a place I didn't have to go outside to smoke, I was a terrible chainsmoker) smoker for roughly 15 years. I smoked when I entered the military, and the first thing I did upon graduation from basic training (where tobacco is not permitted) was get a pack of Lucky Strikes.

I first discovered e-cigarettes on the internet, during my second tour in Iraq. I'd tried to quit before, but spectacularly failed every time (lack of nicotine seems to affect my mood at the high end of the bell curve).

These things were a godsend.

I immediately noticed a difference when taking my Army Physical Fitness Test; a noticeable improvement in my cardio event was quickly forthcoming. I use my e-cig all day, every day, and have seen a dramatic decrease in the the (long term) effect of coughing, hacking up phlegm, and such. Even more telling, if I go "out on the town," and chainsmoke all night (as I was wont to do as a smoker), I no longer wake up feeling like someone put my lungs through a cheese grater.

If you ban these devices, I personally know at least 20 former smokers (and two former "dippers;" smokeles tobacco users) who will be forced to try to quit cold turkey (a method statistically shown to have a dismal success rate), or go back to so-called "analog" cigarettes. This is both detrimental to the health of the public at large, and to the US military's operational readiness.

Last but not least: I'm not sure if the flavor of my e-liquid is an issue in this particular hearing, but it has been in the past. I'll just relate this anyhow. I am a 31-year old adult. I do not, in real life, know a single person who likes "tobacco" flavors in their personal vaporizer. We all, in my circle of military vapers, like flavors like cherry (my personal favorite), sweet tart, chocolate, banana, and strawberry. So, you know, don't ban that either.

8/4/2013 3:14:00 AM - Steve Calhoun from Haltom City, TX

I am a 51-year old 1 1/2

pack a day smoker who has not had a cigarette in over a month since I started using an e-cig.

This statement amazes me, since I never thought I would be able to quit.

My story is not unusual, I have met many people who have also been able to completely quit smoking once they started "vaping".

I now look forward to a gradual reduction of nicotine levels in my e-cig mixture until I am at zero and can put the habit down completely.

Please consider the effect overly restrictive legislation might have on the many people who now have a real chance to quit smoking.

It would be tragic to see so many success stories reversed.

8/4/2013 4:20:00 AM - Angelina Nichols

I began smoking when I was in 7th grade. My friends and I would sneak cigarettes after school and on weekends; it made us feel grown up. Through the years, I smoked fairly consistently (quitting only when I was pregnant and later breastfeeding my daughter). There were times when I smoked as much as a pack a day, and in more recent years, had reduced my habit to about 5-7 cigarettes a day. I lived in fear of the horrible repercussions of smoking, and my daughter also was pressuring me to quit.

So - I did. A couple of months ago, after doing some online research, I made the decision to quit smoking once and for all and take up vaping (e-cigs) instead. This has been a great success story. Vaping enabled me to stop cigarettes completely and never look back. I threw away my last pack of Marlboro Menthol when I bought my first e-cig kit, and have not smoked another cigarette since.

Vaping is absolutely THE answer to quitting; it is the only cessation method that provides nicotine to quell the cravings while also satisfying the mechanical, or physical act of breathing in and blowing out "smoke" (which is actually vapor in this case). Most smokers are as addicted to the inhalation and smoke blowing as they are to the nicotine, if not more so. I have spoken to hundreds of people who have successfully quit smoking using e-cigs, and they have all confirmed this to be true, as I know it was for me as well.

Early on in the quitting process, I did have moments of thinking about cigarettes, but I would take a vape and the cravings were immediately satisfied. I did not experience any mood swings or the physical symptoms associated with smoking cessation, and I have not once relapsed. I never sought out assistance for my quitting process; I studied about the methods and equipment needed to vape online and made the purchases with no intervention. No counseling was required, but the support of the online vaping community was definitely helpful.

When I first began vaping 2 months ago, I was using 16 mg nicotine liquid ("e-juice"), but I have weaned myself down to 6 mg liquids with no issue and plan to continue on to 0 mg juices, and continue vaping (I really enjoy it).

Since I quit smoking, I feel a million times better - healthier, happier, more confident. I can fully taste food again and have no problem running up a flight of stairs! I spend more time with my daughter and our two beautiful dogs, and feel a great sense of accomplishment. My family is also very proud of me.

If I had one issue with vaping, it would only be that peer reviewed, large-range research has not yet been funded to prove its efficacy as a cessation method. So many lives could be saved with the data in place to back up all the anecdotal success stories. I am happy

to provide more information if needed - let's start teaching people that there IS a better way.

8/4/2013 4:23:00 AM - MiaKypeaches

I have smoked since I was 16 years old, I'm 57 years old now! I started E-cigs on May 5, 2013 and I stop the anologs the same day with no problems! I started with Menthol at 18mg and within two weeks I stopped the menthol and started the flavor juice's which I love the flavors! Now I have gone down to 12mg no problems there either and I plane on going down further on my nic level tell i'm down to either 6mg or 0mg! I have tryed other methods of stopping anologs like Chantex I did stop for over a year then back smoking again! I had the strange dreams on Chantex and my husband says Im mean on it so after 5 attemps with Chantex I went to the E-cigs and there is no looking back! I don't have the disire to smoke again ever, ican't afford it, I don't want to stink like smoke and I want a better happy and healther life! My daughter was the first to start the E-cigs and has been anolog free going on 7 months, then my son- inlaw started after me and is 1 1/2 months anolog free, and my other son-inlaw started E-cigs and is 4 weeka anolog free! We have one more family member who is a cigar smoker, and may have cancer, this is my husband we will find out monday and we are on a monthly income so I have been trying to win him a pipe so he can be with the rest of the family and be anolog free! I can breath better and food taste better, and we are saving so much money I have won alot of vaping juice on FB and I'm so thankful building my juice's up! I'm so thankful for E-cigs it has changed my life in so many ways and I'm always telling everyone about it! This is so much easyer then Chantex, no headacks and no bad pills in my body! Some people I have meet still smoke anologs and and do E-cigs, I don't see that, "STOP SMOKING PEOPLE AND VAPE ON FOR THE REST OF YOUR LIFE! I will never look back I move foward threw my vape smoke!!!!!! <3 ;)

8/4/2013 4:57:00 AM - B_Annie, NM

I smoked for about 45 yrs. Quit a few times but always went back to smoking because I could not stay off them very long. I smoked ultra lights about 1 pack a day. I tried group counseling at one point and it did not work for long, maybe a few days then right back smoking. I knew smoking was affecting my health and I wanted to quit. I tried ecigs back in 2010 but the product was not very good back then (no battery life and no power) So right back to smoking for another year. Then on a whim I bought a disposable and the flavor was good, it helped me reduce my smoking of cigarettes. The search was on for a better product which I found and better e liquids and my smoking reduced in 6 weeks to 1/2 cigarette a day. I then was able to quit smoking entirely 2 years ago. Vaping just tastes so much better than smoking! I have been vaping ever since. I started with 12 mg of nicotine and had a few higher at 18 when I first quit. I have since gotten down to 6 mg nicotine and also vape zero nicotine eliquids now. Even tho the nicotine is supposed to be so addictive, I have not found this to be true because over time I do not need as much. This seems to be true for most vapers that have been on ecigs for a few years. I enjoy vaping and because it is similar to the smoking regimen it makes quiting fairly easy because it helps with the hand to mouth habit.

After a month or two of no smoking I felt 10 years longer on ecigs. I will never go back to smoking, infact at this point cigarette smoke makes me nauseous. I am so thankful for ecigs and how they helped me quit, I have also helped others to quit by sharing my story and ecig supplies with them. Ecigs have improved alot of lives by helping smokers quit and I think it has given me more years for sure!

8/4/2013 5:09:00 AM - Mount Pleasant, TX

Almost 30yrs of smoking (2 packs a day at the least) and trying different ways of quitting which includes, the patch, the gum, and chantix... I was never able to quit without any withdraws or side effects and always was smoking during the whole process until one day when I purchased an electronic cigarette kit online, not one of those disposable ones you can get at the gas station but an eGo type device that you can refill with the eliquid that comes in many different flavors...

Since the time I started "Vaping" I have NOT once touched a traditional cigarette and don't have any need or urge to do so, as a matter of fact I think cigarette smoke actually stinks, I have not had any side effects or urges to go back. Well I do have some positive effects from vaping... I have a better sense of smell, taste, and I do not stink of cigarette smoke.

I feel this is a healthier way to actually quit smoking and according to research done in other countries it is healthier not only to myself but also does not carry second hand "vapor"...

8/4/2013 5:52:00 AM - Michael Apostol

Hi, I am a 50 year old (former) user of cigarettes for 35 years. I started at age 13 when cigarettes were 35 cents a pack. A teenager was free to purchase with little problem then. It was cool and I wanted to feel "in". My habit went from 1 to 2 packs a day fairly quick. At first it did not effect my health I remained fairly active. Cigarettes were a friend, for a long time. I

graduated from a Respiratory therapy program. I passed the boards and became a Registered Respiratory Therapist. You would think that type of a career would change my smoking habit? The problem was almost 40% of my fellow coworkers smoked. Some definitely did not. They encouraged me to take smoking cessation classes. I did upon completion we were given a 3 month supply of nicotine patches. I was hopeful and felt good about the excellent instruction given me. However the everyday stresses of life took its toll. The patches were shelved and I was back to buying and smoking nearly two cartons of cigarettes every 10 days. My health deteriorated I was scheduled for a hip replacement at age 42. Around that time I was already taking blood pressure medicine for hypertension. It puzzled the doctors why the medicine was not working for me? I was getting worked up for the hip replacement surgery. Which included a routing EKG. The tech doing the reading ripped the result from the machine and said "I will be back, with the doctor"! They found that I had a previous heart attack. They cancelled the surgery and then I was treated as a unstable heart patient. They also informed me that I needed to take a leave of absence from my Respiratory job that I had for 20 years. Some would say "you are a breathing therapist, didn't you know better?" Yes but so many that I worked with smoked, and tobacco is very addictive, and harmful! Two years passed and you would think I would quit smoking? No with all the new stresses it was that much harder. My cardiologist was furious with me! He threatened to

drop me as a patient.

This was 2008, I had read about a new device that promised to help people stop using tobacco. It was then in its infancy. I researched and bought my first e-cigarette kit. Being a new device it really was not that good. I thought then that maybe I should shelve this idea, then come back? I knew technology would make it better. Meanwhile my doctor's were fed up with me and the results they would get from my blood work. I kept reading and researching and found that yes the e-cigarettes were being made better and more satisfying.

I purchased my second kit, this time with a stronger, and bigger battery. I liked it and I started to cut down on traditional cigarettes, this was about 2010. I kept on hearing about the term "sweet spot". I wondered and found out that is the level of satisfaction you reach. That allows you to finally give up traditional cigarettes. On October 9th 2011, I reached that level. I vape on e cigarettes instead of smoking traditional ones. I have

made it kind of my hobby. My doctors were immediately impressed. They asked about smoking I said I don't do it anymore. They were very pleased to say the least. I am still on a lot of medicines but my doctor has decreased a few of them. He says that my blood work although shows a cardiac history it is no longer conclusive with someone who smokes. My house and car smell better. Now when my children's doctor asks any one smoking at home? I can say not in my house! I was honest with my cardiologist when he asked how did I stop? His response was okay but I want you to stop those also. I definitely agreed, but I take slow steps.I now concentrate improving my health through exercise and eating right. I want to correct my health enough to withstand hip surgery. Maybe I can get back to work and continue working on my retirement. In closing I will say I have taken care of plenty 60 something year old people. That smoked for a long time and they after multiple hospital visits, would unfortunately eventually die. I wondered back then how much money medicare paid because these people smoked? I don't know a lot about medicare reimbursement. I can only imagine though it was astronomical in cost.

According to studies currently done with e-cigarettes that point to either no, or minimal bad effects on the body. I personally feel that with my own experience that this is the break through device, that will save billions of medicare and private insurance cost over the long term. I am just speculating of course. However with the type of success I have personally seen. I agree with my fellow vapers of e-cigarette devices that this is or should be, the future of smoking.

8/4/2013 6:18:00 AM - greymare

I have been smoking since I WAS 13 YRS OLD. Am now 69.I WAS A VERY HEAVY SMOKER, 60+ DAILY, AND ABOUT 10 YRS AGO SWITCHED TO ROLLING MY OWN TO CUT COSTS. I HAVE NO DOUBT MY KIDS WERE EMBARRASSED, BUT THATS LIFE.

I ONLY HEARD ABOUT E CIGARETTES ABOUT A MONTH AGO I THINK, WENT ONLINE AND ORDERED. I WILL NOT GO BACK TO TOBACCO SMOKING, UNLESS I RUN OUT OF ELECTRONIC SUPPLIES. TRUTH IS I HAVEN'T QUIT SMOKING, BUT I CERTAINLY HAVE ALTERED MY SMOKING HABITS.I HAVE NO INTEREST IN BUYING TOBACCO PRODUCTS ANY MORE, AND WILL AND DO, HAPPILY INFORM ANY ONE OF THE BENEFITS OF 'SUBSTITUTE' SMOKING. THANK YOU FOR THE OPPORTUNITY TO HOPEFULLY GET THE WORD TO OTHERS. I STILL 'SMOKE' I GUESS BUT NOW IT'S AFFORDABLE AND ACCEPTABLE.

8/4/2013 7:25:00 AM - J.R. (impliedapathy) from Indiana

I started smoking at a very young age. When I was 12 I would steal my parents smokes and stealthily smoke them in my treehouse. That was my first smoking experience. Fast forward 6 years later and I've kicked the habit with the help of the United States Army. They do not let you smoke in training. Once out of training though I went right back to smoking.

At 25 I decided enough was enough, and tried nicotene gum.

After about 3 months of hating the taste of the gum I went back to smoking again. I decided some time later that I would try to quit again. This time I used the nicotene patch. Low and behold it worked!

I went without cravings for 2 weeks!

The reason it was such a short time is because not only did it curb my cravings but it also gave me such horrible nightmares that I developed insomnia. Once again I resorted, reluctantly, to cigarettes. Lastly I tried a doctor recommended stop smoking aid. The nicotene inhaler did nothing except destroy my throat so badly that I used it twice before giving up. I am now 31 years old and smoke free. How you may ask?

A friend of mine at work introduced me to e-cigarettes. I purchased my own before my 31st birthday as a "get healthy" birthday gift to myself.

When I received it in the mail I gave away my last pack of cigs and have not looked back. These devices are miracle workers. I no longer have to taste ash, smell like smoke, wake up coughing, or get winded as easily.

My sense of smell and taste have come back with a vengeance, and it doesn't hurt to inhale deeply anymore. As time goes on I have been lowering my nicotene level and eventually I will wean myself off of these as well.

I am an educated individual and do not so things rashly. I researched e-cigs prior to purchasing one. While I realize there are chemicals in them (propylene glycol, vegatable glycerin, nicotene, and food grade flavoring) it does not have the plethora of other cancer causing substances nor the other poisons that cigarettes have in them. (Acetone, arsenic, carbon monoxide, ammonia, and cyanide just to name a few).

While I will not argue that ecigs are completely safe, they have to be safer than a burning stick of tobacco wrapped in firesafe paper. With each draw on my ecig I save myself from ~4000 other chemicals. These have made giving up cigarettes, something I thought impossible, a reality for me.

8/4/2013 7:30:00 AM - Ariel B

Hello, My name is Ariel and I am 20. I started smoking traditonal ciggarettes at age 11. I tried quitting 3 times before switching to electronic cigarettes. Once cold turkey, twice with the patches and I failed all 3 times. I decided to try electronic ciggarettes 5 months ago. Haven't picked up a traditional cigg since! I have noticed huge health inprovements. I can breathe, I am less anxious, I am more active, and my blood circulation has inproved by far. I am a type one Diabetic and the improvements in my health amaze me! I am currently on 18mg of nicotine and I started at 24mg. Weining down has been smoothe and easy for me. Electronic cigarettes are a life saver! I plan to go down to 12mg in the next couple months. Thank you for your interest.

8/4/2013 7:50:00 AM - Kat from Kansas

My ecigarette experience

My grandfather died of emphysema when I was 10. He was in his 50s and smoked since he was 12. We went to visit him while he was dying. I couldn't really understand that the person on that bed, wheezing and shriveled, was the same Grandpa who taught my little brother and I to shoot in his backyard, who loved coca cola in glass bottles, who gave me a beautiful tiger eye he found in his driveway and made into a necklace for me. We stayed in his guest room for a few days, until my Dad discovered me sobbing in their bathroom. I had used a pencil to write "There is no God" on the plastic shelf over their toilet. Seeing him, deathly ill in a bed in the living room, had caused me to question my shaky, budding faith. He died while we were sleeping at a nearby hotel.

When I started smoking at 18, I wasn't really thinking about my grandfather. I wasn't thinking about how I would become addicted until I was 26, what a monster I would become when I didn't have a cigarette for a few hours. I wasn't thinking how it would affect my future mother in law, who's so allergic that just smelling cigarettes on someone would cause her to break out in hives. I'm not sure what I was thinking then- maybe that I would never be that addicted to something, that I was young and it would all be ok.

My husband and I first started using ecigarettes in 2007, before they were widely available. I ordered a 510 setup online and loved the experience... So much better than regular cigarettes. I could feel my lungs clearing, I could taste and smell again. I knew I was still taking a risk in continuing to use nicotine, but by minimizing the amount of carcinogens and other chemicals, I was also greatly minimizing other health risks. But as the equipment started to break down and the long wait for overseas shipping became too long, I broke down and went back to "analogs". And the cycle began again. I hated how I smelled all the time, how I wouldn't be able to take a flight of stairs without gasping for air at the top.

Now, ecigarettes are widely available. I bought my first kit at a local gas station. After two weeks, I can run up a flight of stairs and not be out of breath. I no longer smell like an ashtray, or have to shower and change clothes before I see my family. If I don't have an ecigarette for a few hours, I don't have the massive mood swings that made my poor husband so miserable. Vaping still provides a lot of the stimulation that I craved, without many of the negative side effects that are associated with analogs. This product may be nicotine based like a cigarette, but it is so very different. It may not have saved my life, but most days it feels like it.

I have no doubt that it is saving me from dying like my Grandpa.

8/4/2013 8:00:00 AM - Alex Brown

I have smoked for 32 years. I did try to give up several times but eventually surrendered my self to being a smoker for rest of my life. Than I've found out about e-cigaretes. Playing with the idea for about six months I've finally purchased small e-cigarette kit just out of curiosity and for the fun of it. Amazingly within three days I did not want to smoke anymore as I've found the taste of e-liquid much more pleasant. Also there was no burning smell and the first three days I felt generally better having only 5 cigarettes a day as oppose to my usual 25. Within one month I could see tremendous health improvements and mental improvements also. in another two months I've realized that even tho I use 12mg Nicotine base e-liquid, I have no urge to vape in the morning or even through the day. It become obvious to me that Nicotine in it's pure form is no where near as addictive as when combined with rest the chemicals in cigarettes. I've been vaping now for 14 month and feel wonderful. I enjoy vaping more than I ever did smoking, home doesn't smell anymore, family is happy and I feel even healthier than before I started smoking since I used to suffer from asthma and vaping keeps it at bay. There is no way in the World I would give up vaping now with all the great benefits it brought to my life.

8/4/2013 8:43:00 AM - Sean R. Southern IN

I have smoked for a few years before discovering electronic cigarettes. I tried the patch, the gum, and snus to quit smoking. Once I discovered Ego style electronic cigarettes I quit smoking completely within a week. This was 7 months ago and I feel a lot better and have saved a lot of money. I started out at 24mg nicotine and am down to 18mg right now.

8/4/2013 9:56:00 AM - mafig

i started smoking aged 28 and having smoked for over 30+years..i finally kicked my habitual smoking since May 2011 now for over 2 years ..if not for e-cig i would still be smoking as i am an habitual smoker..e-cig,vaping has taken away the urge for cigarette and i vape nonstop from sunrise to sunset on average using 3-4 ml of nicotine base e-liquids of diff flavors..now over the 2+years i strictly vaping..i notice my general health has improve with each passing days as a smoker from a few cigarettes to almost 3 packs a day during my peak usage..my endless coughing and phelgm during the night sleep was disturbing has finally ended ..no more cough nor spitting out..my senses of smell and taste has finally returns and i now tends to eat & enjoy my food

i wrote this beginning of this year

i dont know what to make of this "gaining back my blind eye sight after 30 years" yesterday it happened for the 1st time after progressively blinded since 1980's as i suffered from retinitis pigmentosa on my left eye..i can now see through the blinded eye..once was just a light source,now i see out-of-focus image in my blind eye..i am so delighted to see much clearer vision and wider scope of the scene around me..was 2-dimension be4 but now i see in 3-D..how wonderful but then i want to know what cause this change in my eye-sight?

i dont believe in miracle,am an atheist but my wife believe in miracle as she is a staunch christian..my only change i made was converting from a heavy smoker to be a vaper as i being vaping now for nearly 2 years,come April..i wonder has vaping also improve my eye-sight as i know vaping has cleared most of "smoker" problems..i used to have..regards mafig ps i was treated in Moorfield Eye Hospital in London and was told I had retinitis pigmentosa and that there is no cure..it is early stage with my new eye sight..out-of focus and still not sycronise with my good eye..as i see double images,presently..hoping as time passes i can gain back normal vision with both eyes

http://www.e-cigarette-forum.com/forum/health-safety-e-smoking/370290-i-dont-know-what-make-gaining-back-my-blind-eye-sight-after-30-years.html

my left vision is still out of focus but i still able to see be4 was just "light" source..vaping has certainly changed my lifestyle and only regret i did not know when e-cigarette was founded in 2007 as i started vaping in 2011

8/4/2013 10:26:00 AM - David Hayashi (Cloud Man)

I was a smoker from a young age and did it sporadically throughout a 13 year period. I eventually shifted over to smokeless tobacco and did that pretty heavily for about 8 years before kicking it cold turkey. Though I've never had any real dependency issues, the electronic cigarettes/mechanical mods have given me the ability to enjoy a periodic dose of nicotine without the offensive smoke, breath, or without the worry of adversely affecting those around me with 2nd hand smoke.

What has been more noteworthy for the purpose of this submittal are the individuals I have witnessed completely (and for the first time successfully) curb their multi-pack/day dependence on analog cigarettes. 2 very close personal friends along with multiple family members have not only quit smoking completely, but have also reduced their vapor derived nicotine levels down to 0-3mg. This occurred over a very short period of time (6 months on average) and in most cases is the only seemingly permanent solution to quitting smoking for everyone in question. I support the continued study of the effects of vaping, and I am hopeful that this resolve will prove both permanent, and effective without any long term negative side effects. Lord knows we need healthier alternatives to our vices.

I support the vapor movement 100% and look forward to its development as an industry.

Warm regards,

Dave @ Cloud 50

8/4/2013 10:42:00 AM - Vapor Ree

I was a pack and a half a day smoker for 35 years.

I quit cold turkey in Sept of 2011 and remained tobacco free for 8 months.

Although I didn't have so much as a puff in that 8 months, I missed smoking terribly.

I started smoking at the age of 18, so all of my adult life I was a smoker.

It was as much a part of me as much as my right arm.

I truly, honestly missed my cigarettes.

I didn't miss the negative aspects at all.

The cost of tobacco cigarettes, the ashes everywhere, the stinky smell and of course, the harm to my health.

I missed none of that.

But I truly missed the physical act of smoking.

I mourned the loss of my cigarettes like one would mourn the loss of a close friend.

Eight months after giving up smoking, during a particularly stressful period in my life, I bought a pack intending on only smoking a few and then putting them back down.

After the first cigarette I had the addiction all over again.

Eleven months later, on April 27 of this year (2013) I bought an ecig kit, and I haven't looked back.

I have now been tobacco free and a happy vaper for over three months.

Although it's only a third of the length of time that I "quit" before, this time I miss nothing.

I have all the pleasure (plus some) that I derived from smoking without any of the ill effects.

There are no ashes from a dirty addiction, there is no risk of fire since there is no combustion and there is no stinky smell on my clothes and in my hair, house and car.

But probably the best part is the improvement to my health.

I no longer lie awake at night because I can't breathe in a prone position.

I can take deep breaths for the first time in many years.

I can actually smell the flowers in my garden and taste the wonderful food that I cook.

And, I have not been sick since I began using electronic cigarettes.

I started out on 18 mg strength eliquid but quickly went to 12 mg where I am still at today.

However, I recently purchased the supplies to make my own eliquid and plan to reduce my nicotine strength to 6 mg in the juices I create for myself.

Eventually I will reduce the strength down to 0 mg simply because I like the idea of not being addicted to any substance.

But I will never stop vaping and hope that it doesn't get legistated out of existence.

I hate the idea of purchasing supplies and gear in a black market fashion, but if that is what it takes to continue my happy hobby then that is what I will do.

I am proud to say that I have to date converted 14 other people from smoking to vaping.

Every single person converted is (hopefully) one less that runs the risk of the myriad of health problems associated with smoking tobacco cigarettes.

Tobacco cigarettes are killers.

Electronic cigarettes are the savior.

Vape on and vape strong!!

8/4/2013 11:59:00 AM - RKAznam

I was a smoker for 25 years and tried all the pharmaceutical quit smoking products but went back smoking cigarettes. Started using e-cigarettes for over 2 months now and had not smoke any cigarettes then on. Started "vaping" and never went back to "analogs" (cigarettes). Prior to this I had tried using the gum, patch and inhaler but to no real success. Smoke-free alternative has brought my lung capacity (better sense of smell & taste) to be able to work-out without having run out of breath easily. However I'm still adjusting to the longer wake-hours then sleeping. I catch up on the loss by taking "power" naps of about 15-20 minutes a day and I feel fresh all over again.

8/4/2013 12:02:00 PM - Anthony Spezio from valley stream ny

I've been smoking cigarettes from a young illegal age.

Real cigarettes were easy to get and are very readily now that I am at a legal age.

I ordered my first ecig when I was eighteen and it came from china.

This was before the American ecig companies

joined the market and ecigs were hard to find.

The vapor was very harsh and overheated frequently as well as having multiple parts that needed to be replaced, cleaned and generally maintained.

About six months after this purchase and use I was sick of the sore throat that wouldn't go away and have the box of atomizers, cartridges and batteries somewhere buried beneath a few years of other junk.

My friend gave me an ecig a few months ago because he said I smoke too much.

Since then i gave it back to him and tried other brands until I found the right one for me.

The disposables are costly but great and have helped me drop from a pack a day with my first cigarette within thirty minutes of waking up to bout two cigarettes a day when I crave a strong tingling rush of inhaling a marlboro red.

I tried the costly patches which

did not get rid of cravings, especially the immediate ones.

So I tried nicotine gum, I have vomited and have felt strongly ill while using the gum.

I tried lower levels and other brands but did not make me not want to smoke.

I would shortly smoke a cigarette after the gum and would dangerously smoke on the patch even though it is I'll advised due to health risk.

By far these electronic cigarettes, of the countless brands I have tried including njoy, vuse and blu; I can confidently say ecigs have come far and have a well deserved place behind the counter as a stop smoking aid or tobacco alternative.

Even if you ban these products they will be ordered online from other countries like clove cigarettes are.

I used to smoke those until the ban took effect, tried the cigars and try weren't the same.

The ban will just cause American businessmen to lose their jobs and run more companies out of this country.

These products do not pose a harsher health risk than tobacco.

Go after them not the alternatives or I will have to order products from foreign countries.

8/4/2013 12:34:00 PM - Brian Koch, Chicagoland

HI, I smoked cigarettes from age 15 very bad habit that I got myself into but liked. Threw out

my years of smoking I was up to 2-3 packs a day.

I tried many of different ways to stop including patches, nicotine gum none worked they did no fill the void of the habit entirely such has something to hold in your hand and do.

Once e-cigs came onto the market I decided to give them a shot, best thing that has came out on the market to stop smoking! With these you get nicotine without all the other chemicals. You are able to use the same method as when you smoke cigs as far as hand to mouth contact. You also get to inhale and exhale clean vapor that don't smell terrible like cigarettes do.

I use big battery mods now with tank attys that you can rebuild your own coils and wick set ups to your needs. Then you buy nicotine juice of your desired flavor and nicotine strength. I have came down to only 9mg nicotine now and very happy! I have not had a cigarette for a very long time nor do I want one anymore as long as I can vape.

I now breath better, don't stink or litter ashes and cigarette buts all over the place. My wife and friends that don't smoke never have don't mind my vaping at all they are very happy for my choice of e-cigs over smoking.

E-CIGS in what ever form one chooses is the best method of stopping smoking it worked for me and I was a very heavy smoker for many years.

Brian

8/4/2013 1:30:00 PM - Evelyn Lowery

After smoking cigarettes for nearly 40 years, with several attempts to quit using patches, gum, and medication with no success, I was diagnosed with emphysema and pulmonary sarcoidosis.

If I continued to smoke, my lung function was expected to last 4 years without constant oxygen support.

My pulmonologist explained that nicotine is not the culprit, although it is highly addictive.

The damage to lungs is caused by inhaling burning plant matter, paper and chemical additive to the tobacco products to cure, flavor and preserve it. She suggested trying an e-cigarette if I could not put down the cigarettes immediately, so I purchased a sample kit at a local smoke shop.

Good, bad or indifferent, I committed myself to using the e-cigarette for 1 week.

During that week I researched the most reputable forums for quality products and proper techniques, and became more enthusiastic about electronic cigarette products.

At the end of my one week trial, I tried a regular tobacco cigarette, and was completely repulsed by the taste of it, and was instantly short of breath and started wheezing. The truth of what I had been doing to myself all those years struck me like a bolt of lightening.

I never lit up again.

I will never have complete, normal lung function again, but it has improved, I am no longer wheezing and coughing, and have a little more stamina that expected.

I have a brighter future thanks to electronic cigarettes, and so does my family. Evelyn Lowery

Best of all, as a non-smoker, I am now eligible

8/4/2013 2:07:00 PM - Debbie Mallernee (dmall), USA

I was a smoker for 45 years. I started smoking when I was 15 years old. I have tried unsuccessfully to quit numerous time. I have used/tried every product released for smoking cessation. I have even gone as far as injections into my ears. I know it sounds crazy but I was willing to try anything. It didn't work along with the nicorette gum, wellbutrin, hypnosis, and chantix. I also tried the nicotine patches and discovered that I have an allergy to the adhesive. I had welts for 3 weeks where ever I had placed a patch. During these trials I gained weight and my blood pressure went up, I got depressed, anxious, angry and had numerous stomach problems and headaches. Then I discovered e-cigs! What I discovered has essentially saved my life and at the very least has given me a higher quality of life. I have finally quit smoking, I started out with a e-liquid with 24 % nicotine level and am working my way down, in fact in six months I am now down to 16%. I have moved from ordering e-liquid juice to making my own because it is much more affordable this way.

Since I have started

8/4/2013 2:51:00 PM - Ron, Mebane, NC

I smoked for 35+ years. About six months ago I purchased an e-cig starter kit. Within one week I quit tobacco cigarettes completely! I have no desire to ever smoke again. In fact, I was amazed how easy it was to switch to the e-cig. In just six months I feel better and I can take a deep breath without feeling like I have to cough. I feel the e-cig may have saved my life.

Before buying the e-cig starter kit I read virtually every article I could find on-line. It was very easy to tell which articles were written by valid medical researchers and those by Big Tobacco Companies.

Yes, it is true that there are no long-term studies on e-cigs because they haven't been around long. All I can say is that medical researchers know what is in tobacco cigarettes and what is in e-cigs. One researcher compared e-cigs to tobacco cigarettes this way:

"I get nervous when my children play soccer, but I would rather they play soccer than play with live hand grenades."

Another researcher was very upset with the FDA for comming down so hard on e-cigs. He strongly felt that e-cigs were without a doubt a much better alterternative than tobacco cigarettes.

I sincerely hope that no one in any government agency is considering banning the e-cig or taxing them to the point of being unaffordable. In my opion that would be tantamount to murder.

8/4/2013 2:53:00 PM - W. Bartholomy (Easton, MD)

I have been smoking since I was 16, I am currently 28 now and I am happy to say that I have been smoke free for 6 months.

I used to chain cigarettes and chew tobacco, Basically anything I could do to get tobacco into my system I would do it.

It left me short of breath and money as I was spending over 20 dollars a day on Tobacco.

I then went to my local vape store not expecting to quit but looking for some other way to use nicotine inside of buildings, I bought my first vape, an Ego Twist with a Clearomiser tank and instantly was hooked.

I am proud to say that I quit smoking on that day and I have actually lost Weight, Have no trouble breathing and my paycheck is lasting longer.

I now use Mod devices I have 3 currently and I have only had 1/2 of a cigarette in 6 months and I could not stand it.

I do think however that vaping is not a quit and walk away item, It has become a lifestyle that brings groups of people together.

8/4/2013 2:54:00 PM - Keyzy

My name is keyzy and I have been a vaper for 4 years. I smoked for over 30 years and tried every pharmaceutical product to try to quit and nothing worked for me and usually the side effects were horrible. I decided to try an electronic cigarette because it seemed to fill both the need for nicotine and the need for something to do with my hands. My health has improved,I did not have the weight gain that usually accompanies quitting smoking. Electronic cigarettes have come a long way in the past 4 years since I started using them. They have a unit and a flavor to suit all needs. I myself use a mod that gives a stronger 5v vape and I love the coffee, chocolate and cinnamon flavors. It is such an improvement over smoking. I feel I will live a longer healthier life due to this great invention because as we all know the truth is its a reduced harm alternative. I have not smoked a single tobacco cigarette in over 4 years. I never thought I would be able to say that. I honestly believed I would be a smoker until I died. Im very thankful that I found vaping and my children will now have to put up with me for many many more years. I Thank God for electronic cigarettes.

My one wish is that the government and big companies that fund them would stop lying about electronic cigarettes. I want the truth to come out that they are a safer reduced harm product for people who can not stop smoking. I want it to be about peoples health and not about the profits of big companies and the government. Nobody questions the danger of smoking tobacco. You can buy cigarettes everywhere. Why hinder people from being able to buy and use a reduced harm product like electronic cigarettes? It REALLY needs to be about health and safety and not about money and profits.

8/4/2013 3:14:00 PM - Patricia G. from Sarasota, FL

I am now tobacco free and owe it all to electronic cigarettes and personal vaporizers. I began smoking at age 16 as a junior in high school in the 1970s. Smoking was accepted back then, so I didn't have thoughts of quitting. I went to college then worked in the corporate arena.

8/4/2013 3:17:00 PM - Kurt

I am a former smoker. Some would say that someone in their mid-thirties that's well beyond 60 pack-years is a very heavy smoker. I smoked for 20 of those years, 3 packs a day. I'd just started seeing a physician that I began to trust (I'd had issues with others in the past, most of them making claims that I was simply obese, and that was the cause of all of my issues. They were correct on some counts, and wrong on several others.), after I insisted that she deal with my chief and secondary complaints (Constant Excruciating Pain, which was causing Severe Depression, leading to Social Anxiety Disorder and a number of General Anxiety Disorders that I was unequipped to cope with properly) before we proceeded with anything else. After she showed intent to put genuine effort into those complaints, I asked her to "Do all of the rest of the Doctor stuff you want".

I discovered over the course of the next few months that I had a number of issues, leading to her inform me that the other Doctors simply didn't want to deal with a complicated case. While that's understandable, it would have helped if they had simply told the truth in the first place, so that I could find a Doctor that was willing to do the work, instead of instilling a general distrust of those in that profession. I found out that I'd been an undiagnosed Diabetic for at least a decade, that my lumbar spine was all but shattered and the discs had all hemorrhaged, that my cervical spine was reversed, that I had multiple types of arthritis (I was unaware there was more than one type), and that it was slowly shredding my spinal cord from some strange thing named Spondylosis. I was on the verge of organ failure in a number of pretty important places (You can't live without a liver she said. If your kidneys get too much worse you'll be going to dialysis. You've got a 70% chance to have a heart attack or stroke in the next week. Your pancreas has almost completely shut down. Lots of scary conversations), and that the extensive nerve damage from unchecked, undiagnosed diabetes and Spondylosis was the reason I was frequently falling down, leading to dislocated ribs, frequent sprained ankles, a few bumps on the head, that sort of thing. I was then informed that I was the luckiest man on the planet since I didn't have any signs of lung cancer, yet.

All of these things kept piling up the stress, and the only coping strategy I'd developed was to smoke, heavily. After more tests, and new diagnosis after new diagnosis, I was informed that I was to cease tobacco. I was aware of some of the risks, like lung cancer, but was unaware of some of the problems that occur in metabolizing the many chemical additives in commercial cigarettes.

She told me that I had a deadline to absolutely cease all tobacco usage within 15 days. I asked her about options and alternatives, and she prescribed some NRT patches and lozenges, along with Chantix. I started the Chantix as directed, and after the 3rd dose I was livid about every small detail. I called her and informed her that Chantix would not be able to help me, and after conveying my experience with her she told me about something that another patient tried and was successful with - electronic cigarettes. We

discussed it, and she told me that it wouldn't hurt to try it as it's food additives, usually a double alcohol and vegetable glycerin. While long term studies have yet to be performed on this new technology (as it's new technology) since all of the ingredients are recognized as safe by the FDA it is at least not as harmful as tobacco.

I lit my last cigarette 3 minutes before midnight the day of the deadline, and finished with 45 seconds to spare. I then put on a patch and went to bed. The next morning I was more agitated than I'd ever been and reached for my pack of cigarettes. Once I realized that there were none in the house, I put on a new patch, tried a lozenge, and could not stop pacing ready to rip my hair out. I tried another lozenge, and started to panic that I wouldn't be able to uphold my agreement to cease tobacco use. The panic led to rage, and at that point I just knew I'd fail. I went to the convenience store, and instead of buying regular cigarettes, I decided I'd try one of the disposable electronic ones. The rage left instantly, and the panic was gone before I left the parking lot 10 minutes later. It wasn't exactly a cigarette, since instead of inhaling right away, you hold the vapor in your mouth for about 30 seconds first, release a bit of the vapor, then inhale a minute quantity. None of that mattered in the least.

I stopped coughing up black stuff the following week. The subsequent week I was able to walk a mile and not wheeze and lose my breath. Another week passed and I was walking 5 miles a day, 1 mile in the morning, another at lunch, and finally 3 miles home from the bus stop. When I went in the see the Doctor for my follow-up on smoking cessation and pain management, all of her staff looked at me with a look of confusion. I no longer reeked of a filthy ashtray, and while they recognized my face, name, and appearance, they knew something was different. When I saw the Doctor she said didn't even need to ask except as a matter of record when I informed her that I had managed to cease tobacco completely on the deadline date.

I told her that I tried the patch, I tried the lozenges, and my experiences with that. I told her about being in the convenience store nearly in tears about knowing that I'd failed. I told her I tried that electronic cigarette idea and that it worked. Not gradually but abruptly as the change wasn't a process but an event. We discussed again the facts that long term exposure studies haven't been performed, then she read my intake chart. My blood pressure was down to nearly the high range, instead of off the charts. My medications were working more closely to as intended. I was able to hold my hand out flat without a major tremble, another massive step forward. I hadn't yet coughed up a nasty black mess. We both knew at that point that I was going to be able to work toward a more healthy state of being.

This was more than a year ago. Since then we've worked together to find more productive coping strategies. We've worked together to reduce some stressors, and eliminate others. I've gone from being under 40 staring death in the eyes, to having what I feel are some major wins. I haven't had any desire or cravings for tobacco since.

Once my tastes returned to a more normal place, I'm able to cut a large amount of dietary problems without even thinking about it. I'm capable of exercise and do again without thinking about it. More and more healthy behaviors are now automatic.

I can't blame cigarettes for all of my issues. I can say that achieving that goal was a turning point in my life, since before that conversation, and before that decision in the convenience store that day, giving up tobacco would have been entirely out of my reach. I was even advised against quitting smoking when I first saw the Doctor because I was an absolute wreck, and the shock to my system may have been more than I could have handled and survived to tell you about.

I started with the disposable in the convenience store, and knew that it was the only way I'd be able to quit. I then went to a local retailer and bought a "starter kit" for the egoT product from Joytech. I started moving away from the tobacco flavors about a month in, and have reduced from the 3.6% nicotine product down to the 0.6% nicotine product, and from using it nearly 3 or more times per hour to using it less than 6 times per day. My Doctor told me that barring being hit by a bus/train/car or being struck by lightning or eaten by a shark, or getting a concussion in an elevator from a falling coconut while being devoured by hungry piranhas, or some other unfortunate event that I should be able to live to see at least 40 in my current condition, and as we work together, my prognosis can only get better. I may need a wheelchair once I hit 50, but at least I will have lived until then.

My goal is to be completely nicotine free within 3 months, and to give all of my electronic cigarette supplies away as starter kits to friends and family members that continue to smoke. I care too much about their overall health and wellness not to provide them with the tool that allowed me to cease tobacco, irrespective of other people's opinion of this technology. That of course will come with a note to ensure that they seek the advice of a physician before starting any new delivery method of a poison like nicotine, and to request that they undergo the therapeutic usage of the device only under the care and supervision of aforesaid physician.

The thing that aggravates me the most about smoking cessation is that I keep seeing these smear campaigns against electronic cigarettes by non-smokers. Quitting is hard enough without having to listen to Rachel Ray ask "Who would even want to use something like this?". To answer that question is simple Rachel, no one should consider picking up any smoking cessation tools up for recreation, but the USA is supposed to be a free country. I say supposed to be because idiots like yourself are doing everything in your power to produce more vice and morality laws, which are contraindicated in a truly free society. We have WAY too many of these on the books as it stands, ad most of those on the federal level are unconstitutional. If you're not sure how that could be, please read the 18th and 21st amendments to the constitution, where they actually made a constitutional prohibition, and not an unlawful set of arbitrary restrictions that

are fed into by people like yourself trying to be a sensationalist. It's people like you that Benjamin Franklin was talking to when he said "They who can give up essential liberty to obtain a little temporary safety, deserve neither liberty nor safety." and it's unbecoming since it makes you look like a huge fan of Authoritarianism. If these words are too big for you, please feel free to look them up, in a big book called a dictionary which explains what words mean. I have no issues with people choosing not to do something harmful. I do have issues with people like you spreading misinformation and attempting to sway decision makers with biased uneducated opinions and outright false information about something that's clearly not for you. Rachel Ray, if you're out there - fuck you for those stupid stunts to get ratings stop acting like a narrow-minded short-sighted bitch. My sentiments are the same for anyone else out there pulling the same sort of shenanigans. These tools are designed to help people with serious health concerns to help themselves, and if you don't like the idea of them, don't use them and stop harassing the people who do, unless they're impeding your immediate liberties, in which case talk with them about it and leave the rest of us alone. Smoking is a very dangerous public health concern that's nearly impossible to stop without assistance, and the more people that are able to help themselves remedy that malady the better. Next time read the box where it says "Warning: This product is an electronic cigarette and should not be used by non-smokers, women who are pregnant or breast feeding, those sensitive to nicotine, or persons with or at risk of heart disease, high blood pressure, diabetes, or taking medicine or depression or asthma. This product contains nicotine, a highly addictive drug. Please consult a physician before using this product." and leave the decision to "want to use something like this" to people and their Doctors. You don't want me spreading false information about your pelvic exams in an attempt to convince people to demand that their legislators attempt to ban them because I don't think I'd "want to use something like that".

8/4/2013 3:17:00 PM - Samantha S (smscott) from Houston, TX

In 2010 after the death of my mother I realized it was time to quit smoking. However a cold turkey approach was not going to work for me and I knew that. So I looked into alternatives. I initially used the commercially available "blu" electronics but kept smoking cigarettes. After some time, a friend supplied me with my first e-go style and liquid. I never looked back. Now, I use my electronic and liquid on a daily basis, and haven't touched a cigarette since late 2010.

8/4/2013 3:19:00 PM - Matt

I used to chew tobacco for 5 years. I started using an e-cigarette and I have been tobacco free for over 2 years. I feel great and am very glad I was able to quit.

8/4/2013 3:19:00 PM - Sadie, Penticton BC

I smoked since I was 12 years old.

When I quit, I was smoking up to two packs a day.

I was feeling sick, tired, SCARED of what they were doing to me but NOTHING ever worked to get me off them.

I tried cold turkey, I tried gums and all that other stuff, nothing worked.

I felt hopeless.

What's worse, is I was watching my mom be in the same position as me, only she had smoked 40+ years and there was no way she was ever going to quit.

One night, while feeling terrible yet inhaling puff after puff of these things, I typed it 'smoking alternatives' in Google knowing nothing would come of it... but it did.

'Electronic cigarettes' popped up, and I spent the rest of the night reading about them, watching videos and this feeling came over me.. 'these will work'.

I ordered some the next day for myself and my mother.

A week later, they came.

We took them out with us for a coffee, and had one last cigarette each.

Then, we tried our ecigs.

We were AMAZED.

Right then and there we knew that was it, we had quit smoking.

A couple of days ago was our one year smoke free anniversary.

ONE YEAR, not one cigarette.

We never cheated, we never wanted to, we never -needed- to.

It has been so easy to stay off of them, so much FREEDOM.

All because of ecigs.

To say they do not work, they do not get people off of cigarettes, is a direct lie.

They DO work, there is NOTHING better, and they are a miracle.

8/4/2013 3:24:00 PM - IBVaper

Smoked 25-30 cigs per day for over 30 years. Started vaping 10 months ago

8/4/2013 3:34:00 PM - Donnaluvstovape

My smoking journey started at age 12. I smoked consistently though my adult life and even during pregnancies because I could not quit no matter how hard I tried. In 2009 I tried the drug Chantix. Two months to the day I started taking those pills, I was diagnosed with diabetes.

Next was the patches, I didn

8/4/2013 3:38:00 PM - Michael vickers (lokivapor)

my name is Michael vickers I am turning 26 this year 2013 I started smoking at the age of 12 I have since found the electronic cigarettes and sleeping I picked those up about a year ago towards the end of 2011 I have been smoke free since the first day I picked one up I use the modern versions with E liquid I've been able to breathe a lot better do a lot moremy taste is actually gotten better as well I still have to take nicotine into my system but none of the rest of the chemicals are found in cigaretteswithout the electronic cigarettes I wouldn't have been able to quit and it's nice to say I've been smoke free for a little over a yearI have since starting doing reviews on YouTube of different electronic cigarettes under lokivaporso in the end I can help other people quit smoking as well and without electronic cigarettes I want been able to do it

8/4/2013 4:07:00 PM - ABEVAPES,QUEENS,NY

I'VE BEEN A CIGGERETTE SMOKER FOR 25 YEARS, I SMOKED A PACK EVERYDAY.

I STARTED USING A DISPOSEBLE E-CIGARETTE WHICH HAD 18 MG OF NICOTINE "MY CHOICE" I NOTICED RIGHT AWAY THAT MY CRAVING FOR A TRADDITIONAL CIGG WAS CURVED DOWN BY 75%,I USED THE E-CIG JUST AS IF I HAD BEEN SMOKING A TOBACCO CIGG HOWEVER, I DIDN'T VAPE HALF AS MUCH AS IF I IT WERE A TRADDITIONAL CIGG AND MY CRAVING WAS SATISFIED.

AFTER FINISHING THE E-CIGG WHICH "BTW" LASTED ME 4 DAYS AND I HAD NOT HAD ONE PUFF OF A TRADDITONAL CIGG INBETWEEN.

I DECIDED TO BUY A MOD WICH CAME WITH A SAMPLE A 10 ML OF E-LIQUID, I CHOSE 24 MG OF SEVERAL CHOICES.

MY E-CIGG/MOD KIT ARRIVED AND I STARTED TO VAPE. I CONTINUED TO USE IT AND AFTER THE 3RD SMOKE FREE DAY I ORDERED ADDITIONAL E-LIQUIDS AT LOWER DOSES OF NICOTINE BETWEEN 0-12 MG.

I HAVE NOT HAD A CRAVING FOR A TRADDITIONAL CIGG AT ALL AND IT'S 2 MONTHS THAT I HAVE NOT HAD A TABBACO PRODUCT AND I DON'T MISS IT AT ALL.

PRIOR TO THE E-CIGG I HAD TRIED TO QUIT SMOKING WITH NRT,COUNSELLING THE NICOTINE PATCHES AND NONE OF THEM HELPED, INFACT THE NICOTINE PATCHES MADE ME SICK AND NONE OF THE COUNSELLING HELLPED.

I ACTUALLY SMOKED WHILE IN A GROUP SESSION OF COUNSELLING DURING A BREAK. I WENT TWO DAYS WITHOUT SMOKING AND ATE EVERYTHING IN SITE IN MY FRIDGE AND MY ATTITUDE WAS ANGER.

I HAVEN'T PURCHASED A PACK OF TRADDITONAL cigarettes FOR TWO MONTHS AND SAVE MYSELF $12.25 A DAY.

THIS MOD IS AMZING, IT TRUELY HAS HELPED ME, I AM NO LONGER A SMOKER, I CAN WALK AND BIKE RIDE AGAIN AND NOT FEEL AS IF I'M GOING TO HAVE A HEART ATTACK OR ASTHMA ATTACK. MY CLOATHES SMELL WONDERFUL MY HOME SMELLS WONDERFULL, MY CLOSE FRIENDS AND FAMILY HAVE NOTICED A HUGE DIFFERENCE IN MY APPEARENCE AND NO FOUL ODOR OF TABACCO AND THE OTHER 4000 TOXINS IN A cigarette ON ME AND IN MY HOME AND CLOATHES.

I NOLONGER WORRY ABOUT SECOND HAND SMOKE AROUND MY DOGS AND NON-SMOKING FRIENDS AND FAMILY. MY BLOOD PRESSURE HAS BECOME NORMAL AND I'M NOLONGER TAKING MEDS FOR IT, I JUST FEEL 100% BETTER BOTH INSIDE AND OUT.

HONESTLY, I HAD FORGOTTEN WHAT FRESH AIR SMELLED LIKE AND HOW IT FELT TO WALK RIDE A BIKE WITHOUT BEING SO HEAVILY WINDED I HAD TO STOP.

MY LIFE HAS CHANGED 100% FOR THE BETTER AND IT'S BECAUSE I MADE THE CHOICE TO USE AN E-CIGG AND MOD ALSO, WONDERFUL IS THAT I USE SO MUCH LESS NICOTINE WHEN I VAPE THEN WHEN I SMOKED TRADDITIONAL CIGGS AND THE MONEY I SAVE IS JUST UNREAL, I REALLY HADN'T DONE THE MATH BUT I WAS SPENDING $78.00 A WEEK ON TRADDITONAL CIGGS. I'M HEALTHIER HAPPIER AND HAVE MORE OF MY HARD EARNED MONEY TO KEEP.

8/4/2013 4:14:00 PM - Scott Watters Bakersfield Ca

I smoked 2 packs a day for 30 years. I tried the patch, the gum, Chantix even hypnosis. Nothing worked for me until I was introduced to electronic cigarettes, its been 6 smokefree weeks for me & I've never felt better.

8/4/2013 4:16:00 PM - Jaleh Madison, WI

I smoked a pack and a half a day for nine years. I tried to quit--used the gum, the patch, the candy, even chewing tobacco. Tried going cold turkey. My doc put me on Wellbutrin to help me quit. Nothing worked.

About a month ago, I bought an Njoy e-cig on a lark. The Njoy was useless in that it was expensive and lasted for twenty minutes, but I realized that I would be able to quit cigarettes easily with a more efficient and cheaper nicotine delivery system that involved sucking on something that produced smoke :)

So I bought a vaping kit and some e-juice (18 mg nicotine)which I received three weeks ago. I simply switched; there was no need for a "weaning" period from cigarettes to vaping.

In those three weeks, the mild morning cough that I had has disappeared. I do not smell of smoke. I'm saving money. I might even be ingesting less nicotine, but this is hard to tell. I plan on reducing the nicotine in my juice slowly over the next few months until I can hopefully quit nicotine altogether. I feel MUCH better.

The vaping kit did what nothing else out there could do: It helped me quit cigarettes. I am thankful that it exists.

8/4/2013 4:41:00 PM - B. Lee Ball, Dallas, TX

I smoked for thirty years, trying multiple times to quit using nicotine gums, patches, lozenges and plain "cold turkey."

None of them worked for me. Going "cold turkey" resulted in terrible mood swings, depression and anxiety - not the result I was wanting.

The gum and lozenges made me nauseous, and I had an allergic reaction to the patches from the adhesive that left my skin blistered around the edge of the patches.

Even though the nicotine replacement methods got rid of the nicotine craving, I was still left feeling unfulfilled after so many years of performing the physical actions involved with smoking.

One month ago (7/5/2013) I bought an e-cigarette starter kit at a local vapor shop (Joyetech eGo-C Upgrade) and was amazed at how similar the feel of vaping (the term for using an e-cig with e-liquid) was to actual smoking, in both actions and "mouth feel".

A big advantage was to have a huge array of different flavors from which to choose!

No bad smell, no bad breath, nothing but good flavor and a feeling of well-being.

I stopped regular cigarettes immediately when I started to vape, but about a week in I got terrible cravings for a regular cigarette.

I caved in and bought a pack, feeling guilty as I thought I was failing once again.

Much to my surprise, when I tried to smoke the cigarette the taste was absolutely disgusting.

I threw the pack away and have never looked back.

I was smoking about a pack a day for 30 years.

I started out with e-liquid containing 18mg of nicotine.

That was a bit strong for me and made me feel shaky, so I dropped down to 12mg strength a few days later.

It's strong enough to keep my nicotine craving in check without giving me nicotine overload side-effects.

My goal is to end up vaping 0mg of nicotine, and I will try to achieve this within 9-12 months.

I can't speak for everyone, but having failed to quit smoking so many times in the past, I'm amazed and overjoyed that I have found a method that works perfectly for me.

I feel more energetic, I no

longer have a persistent cough, and my blood pressure is back to normal after being borderline hypertensive.

I'm also enjoying the absence of the terrible cigarette smells and the monetary savings as well!

8/4/2013 4:43:00 PM - Tarik

BLU is not an acceptable option to quit smoking or make it a smoking alternative. Before I get into the issues, BLU does not cancel, refund or change orders. Sounds weird right? It gets worse... They don

8/4/2013 4:43:00 PM - Derick - Johannesburg, South Africa

I smoked for 25 years, 1 pack a day Marboro.

I switched to electronic cigarettes about 3 months ago.

I have been trying to quit cigarettes for roughly the last 5 years. I have tried cold-turkey, Champix (Chantix), and the nicotine gums.

The only one that somewhat worked was the Champix, but I had a few drinks one night while on it and ended up on a rampage throughout the house and neighborhood, not to mention the nightmares and depression. I was actually relieved to get off the Champix and back to smoking (after about 3 weeks).

Switching to electronic cigarettes was almost effortless. I had half a pack left when I switched and finished those 10 cigarettes over a period of two weeks before going completely over to electronic cigarettes only.

Since switching I noticed my sense of smell and taste returning first, a few weeks later the frog in the throat from smoking started to disappear as well.

Now three months in, my lung capacity is improving on almost a daily basis. No longer am I out of breath from walking one flight of stairs at work, or when I have to carry groceries into the house.

It is currently winter here, and for the first winter in probably 15 years I did not get bronchitis or even a cold.

My house smells fresh and not like stale cigarette ash and my car faintly smells of vanilla (my favourite flavour to 'vape')

My 'smoking' budget has dropped about 70% and I have used the extra money to get rid of some of my debts. So not only has e-cigarettes improved my health , it is improving my lifestyle. I cannot be more grateful.

I have had a cigarette here and there over the last 3 months - usually when the e-cigarette is not available for some reason (battery flat, or forgotten at home) and I can't believe how horrible they taste - I can actually taste the acetone and feel the ash on my tongue after smoking. No idea how I did it all those years.

The only downside I have experienced with the electronic cigarettes, is the dehydration - I have had to increase my intake of water somewhat, but as far as 'side-effects' go, this is most certainly one I can live with considering the multitude of positive effects.

If e-cigarettes were ever to be banned, I would find some way to get my hands on one. I believe I have enough knowledge now to build my own if need be and I'm sure that as

long as it is produced somewhere in the world, places like e-bay etc. will always have e-liquid with nicotine for sale.

8/4/2013 4:55:00 PM - Chunky

I smoked roll up for the past 30+ years I tried many times to give up using all the NRT products even went to the smoking sensation nurse but after a few week or month I had failed

I tried the cig a likes and got on ok I then moved onto using mods (e-cigs) with rebuild able tanks I liked it so much better than smoking that I have not smoked a real cigarette in 8 months

8/4/2013 4:55:00 PM - Rachel Benoit from Minneapolis, MN

I started smoking as a teenager after curiosity and my inner rebel got the best of me. It started as just a few and quickly turned into a daily activity. Fourteen years later I couldn't kick the habit. I loved smoking but hated the side effects. I hated the smell in my clothes and in my hair. I hated the constant cough. I hated being around my kids with a cigarette. I hated knowing that I was doing damage to my health and potential my family

8/4/2013 5:04:00 PM - Craig M

I started smoking at the age of 16. I quickly began a 17 year journey of chain smoking cigarettes or cigars. 2 years ago I found a site selling electronic cigs and I gave it a go. I quickly failed to stick with it and soon after went back to smoking full force. One day my girlfriend brought home a BLu kit and the moment I noticed it I stole it from her. I thought about it and assumed within 2 months I could cut my nicotine to 0mg. I did ok for a few months and while on vacation bought a cigar. 4 months later, 4 cigars a day was where I was at and the chest pains were with me almost every single moment of the day. My breathing was getting to be tough and I could here weezing after every cigarette.

January 2012 comes around and I've had it so I decide this time to try an EGO electronic cigarette and within days I realize this type of device is much stronger and more satisfying to me.

Back and forth between January and June I quit a few weeks at a time and relapse here and there.

June 23rd 2012 was my last day on vacation and the last time I had a cigarette. Electronic cigarettes of all shapes and sizes have helped me finally kick the addiction and for once in my life I am going to the gym and able to actually run a few miles at a time. For the first time in a long time I can breathe without weezing and constantly coughing "up a lung". .. I am not constantly taking breaks all day to grab a smoke and actually get a ton more work done..

I have also been helping others quit. One person at a time helping them focus on their wants and needs and so far I have helped 10 people fully quit smoking.

Before electronic cigarettes I didn't stand a chance to be honest and now a full year after quitting smoking I am happy.. Happy I don't stink, happy to breathe, and happy I have found a caring community to lean on for support in every facet of life.

I am a vaper.

8/4/2013 5:05:00 PM - john jones

I SMOKED FOR 45 YEARS AND TRIED EVERY POSSIBLE WAY OF QUITTING. I WENT THROUGH PERIODS OF NOT SMOKING BUT ALWAYS CAME BACK TO THE HABIT. KNOWING THAT IT WAS DOING GREAT HARM TO MY BODY DID NOT HELP ME QUIT AT ALL.

THEN I BOUGHT MY FIRST E-CIG AND RECEIVED ON 12/26/2012. I HAVE NOT HAD A CIGARETTE SINCE. THAT"S 7 MONTHS AND DON'T WANT ONE.

THIS HAS BEEN THE BEST CHOICE I HAVE EVER MADE.

HOPEFULLY I CAN QUIT THIS NEXT.

MY BREATHING HAS GREATLY IMPROVED AND MY BLOOD PRESSURE HAS DECREASED. THE SIDE EFFECTS OF MY DIABETES HAS GREATLY IMPROVED ALSO.

THIS IS A NO BRAINER AS AN ALTERNATIVE TO SMOKING CIGARETTES.

ANY ONE WHO IS TRYING TO STOP THE SALE OF THESE ITEMS DON'T UNDERSTAND THE POWER OF NICOTENE AND CHEMICALS IN CIGARETTES.

THIS ALSO STOPS THE EFFECTS ON SECOND HAND SMOKE FOR THOSE THAT DON"T SMOKE. IN MY OPINION THESE PEOPLE ARE JUST TRYING TO FORCE THEIR LIFESTYLES AND WISHES ON EVERYONE ELSE.

THIS IS AMERICA (FREE COUNTRY)

LET THEM DRINK THEMSELVES TO DEATH BUT LEAVE

US VAPERS ALONE

8/4/2013 5:18:00 PM - Jeff H Brown

I started smoking when I was 12 my parents would buy me cartons of cigaretts each month we were an upper middle-class family they were never around I continued smoking for over 30 years until ecigs.First day quit,almost 2 years now!

8/4/2013 5:32:00 PM - Tom Winn

I smoked approximately 1/2 a pack a day for 30 Years. I tried everything the gum [Til my jaws hurt] Patches. The most that I was smoke free was for 6 months at times[Through Cold Turkey, the Patches and gum did not help me quit] but I always returned to cigarettes.

I began vaping 4 1/2 years ago in April of 2009. At the beginning I was vaping and boosted it at times with Snus and/or Snuff. After around a year or so I just stayed with e-cigs.

I have not had a Cigarette in 4 years. When I switched from Cigarettes I switched completely. I really wanted to quit. I'm a older parent with 3 young children, at the time they were 5, 8, and 11 and was 48 years old.I'll be 63 years old when my youngest child is 20 years old. I knew that cigarettes would eventually kill me and lower my life expectancy, as i feel any rational person would know. I want to see my children grow up and see my Grand Children.

I looked at it not so much as quitting smoking but switching my Cigarette Addiction to a e-Cig Dependency. Dependency because when I'm Vaping I don't feel that I'm hurting/killing myself. There is a difference between dependency and addiction.

Since quitting smoking, my lungs are better, I don't have a cough, I have less colds more energy and I feel better about myself.

I feel that that quitting smoking for E-Cigs has improved my quality of life and will lengthen my life expectancy.

My family has stopped criticizing my smoking as well as my self criticism which added stress to my life. I don't smell bad. I don't constantly feel guilt that being a smoker, and the primary earner for my family, that I'm not only damaging myself but the future of my children who I love.

I beseech you not to ban or put limitations on Vaping. I don't believe that I'm alone. The doctrine of "Quit or Die" has not worked. Vaping offers a less harmful alternative to Cigarettes that has worked for me.

8/4/2013 5:35:00 PM - Daryl B. Calgary Alberta

I'll try to keep this short.

I have been a smoker for 50+ years.

I have attempted to quit repeatedly, using everything under the sun to help, but with no long-term success.

A friend gave me my first unit, suggesting I give it a try.

I was unconvinced, having tried so many things, but figured "what can it hurt to try".

My Father died with an Oxygen bottle in his hand, and truthfully I was lining myself up for the same.

I spent 2 hours every morning coughing and spewing gunk before I could breathe anything like "normal", and my lungs were NEVER really clear anymore, there was always some wheezing and rattling going on down there, and a cold would last for a month.

So I began using the PV.

In the beginning, not actually trying to quit, but figuring that for every cigarette I didn't smoke the better off I'd be.

There was some concern due to Health Canada's warning against them, but I've come to mistrust Government warnings which favour essentially the same product (Nicotine) in a different delivery system.

Good for one, good for all.

Nicorette has no business being granted a near monopoly on non combusted nicotine delivery, especially since their products are FAR MORE LIKELY to result in a poisoning.

They make me ill in fact, and was the reason the product failed to help.

After a week I had only burned 4 1/2 cigarettes! (Not bad for a pack a day smoker) by the second week I was off cigarettes and using my PV exclusively.

As an experiment I tried to smoke a regular cigarette and got the surprise of my life!

Now let me start by saying that we have ALL tried to quit, and had some success for a few days, but that "lovers Kiss" that you get when you take a few puffs feels SOOOOOO good it sucks you right back in. Over, and over, and over again.

THIS IS THE IMPORTANT PART: When I smoked that cigarette (or tried to) it was SO FOUL TASTING on the first puff that it shocked me.

With the second puff I could actually FEEL the smoke soaking into the tissue giving an stinging tingling numbing effect, by the third puff I could feel the negative effect on my bronchial tubes, and threw it away.

MOST IMPORTANTLY, because my blood level of nicotine hadn't thrown me into a "craving" state, there was NO LOVERS KISS, just the very nasty "like licking an ashtray" the girls always talked about when kissing a smoker, the "feel" of all those carcinogenic chemicals as they were absorbed by my tissue.

EXACTLY WHAT YOU NEED TO QUIT.

That was the day I KNEW I HAD FINALLY QUIT SMOKING CIGARETTES.

Granted I am still ingesting nicotine, but stand alone I have eliminated hundreds (or even thousands depending on who you listen to) of toxic and carcinogenic chemicals from my day to day life.

That alone should be enough to demonstrate the potential benefit of these systems, as the long term health benefits of removing these substances should be self apparent, and not require "proof" through long term study.

Just reverse the logic of everything we know about smoking tobacco.

This shouldn't require a bunch of Bull Shit "further research" to be recognized as a viable alternative for people like me.

I have been "smoke free" for several months now.

My lungs have cleared up remarkably and I feel that this has literally added years to my life.

Come on people...

Harm reduction should be a good enough reason to allow the public access to these products. (the only reason you're dragging your feet is because of the squabble over who gets to tax the juice, and the anti smoking product lobby trying to keep it out of their market).

WAKE UP AND DO WHAT'S RIGHT FOR A CHANGE - THESE THINGS WORK!

8/4/2013 5:39:00 PM - Francisco Silva

I was a regular cigarette smoker for a long time, I believe I started when I was 13 and in high school. It was off and on for a while, I would say till about the age of 17; by then I was really addicted to the analogs in regular cigarettes. Over time I started consuming more and more cigarettes, as I started working a job with the state (call center). This in turn advanced my addiction to the analogs in cigarettes, which were by the age of 20 1 pack a day. I struggled to quit or at least reduce the amount of cigarette intake, but all tries failed miserably. It wasn't until August of 2012 that I came across an e-cigarette, first reactions were mediocre and passive at best. But over time as I investigated more and more, I can to terms with the conclusion that this device had the potential to help me quit smoking all together. After trying different liquids, I started to prefer the e-cigarette over the analog one more and more. Over time I can honestly say that it was the difference in riding me of the smoking habit, and moving on to vaporizing my nicotine. Currently I can say that I am analog free, with intentions of remaining that way.

8/4/2013 5:42:00 PM - Sterling R. Davidson II, South MS

I'm twenty-four years old and I smoked for thirteen years. I struggled for years to quit using the patch and gum, but they simply didn't satisfy my whole habit. I needed to keep my hands busy and you can't do that with gum or the patch. I picked up an electronic cigarette and immediately it just took. I kept my hands and mouth busy, got just enough nicotine to satiate my habit to a point where I could back down. I'm now down to 12mg from the 18mg of nicotine I started at in just a little over a month so far.

My first week, I had one or two analogs, or conventional cigarettes, a day, and the rest was all vape. I felt amazing. I could breathe better, taste better, smell better, not to mention I do smell better and my teeth are whiter from the absence of the tar and ash. By the end of that week, I stopped smoking analogs completely and haven't looked back. If not for vaping, I am certain I would have smoked myself to death in the long run.

I'm even healthier in other, unexpected ways as well. I am losing weight; a rather good thing as I am well overweight and I'm happier, less stressed. For me, I'm losing weight and living a little healthier because my sweet tooth can be satiated by vaping a sweet dessert flavor like cheesecake, instead of eating cheesecake. The same goes for many sugary sodas which I can now get flavors for as well, so I drink more water. I'm also more active because I can breathe like new. I run and play with the dog and my little cousins, football with my friends, and am able to help my father more tending our property all because I can breathe, my chest isn't heavy and constricted, and I'm steadily losing the excess weight that makes all of those things so difficult.

There is simply no facet of my life that isn't better since making the switch. I'm happier, more social, people actually approach me more freely now because I don't smell like an ashtray (And because an APV or mod is a great conversation piece), I'm even more confident because there isn't that concern of how my smoking will go over with someone. E-cigs are amazing devices that have transformed my life into something much better for me, and those around me.

8/4/2013 5:48:00 PM - Kambreia Decatur, IL

I started smoking when I was 17, I am now 31. I have tried the patches, and chantix, I've used a couple electronic cigarettes that look like cigarettes and finally found something that works. I started vaping, not electronic cigarettes, but the big batteries with the juice and everything. They are much better than the lil available anywhere e-cigs. I was smoking a pack a day, started using these to reduce my regular cigarette consumption and have officially been smoke free for about 3 weeks now. I don't even want one. I swear by these things, I did have an issue about 48 hours after I had my last regular cigarette but I worked through it by just doing some extremely heavy vaping that day and all was fine after that. This is my story and I hope it is taken seriously.

8/4/2013 6:00:00 PM - Sandie Thornburg from Elk Grove, CA

Hi. My name is Sandie I have been a smoker for 30+ years. I could tell it was finally catching up to me. About 10 yrs ago I tried nicotine gum it didn't help at all I only managed to quit for 2hours and I was going crazy. About 5 years later I tried the patch along with a smoking cessation class. The patch made me feel very sick I couldn't control the amount of nicotine that my body absorbed and the classes were a total waste of time, a non smoker can't talk to you about a addiction they've never experienced.

It's not just about nicotine replacement it's the act of smoking the psychological part of the addiction as a smoker most of us can't imagine life without sitting back and enjoying our smoke.

In January 2013 my daughter quit smoking using a ecig.

In March she bought me a Ego kit. Within a week of receiving the kit I had completely quit tobacco cigarettes. I started at 12mg nicotine and now I'm at 6mg and working myself down to zero. I no longer lay in bed and hear myself wheezing. I have more energy, I no longer take blood pressure medication because my blood pressure is fine now.

My husband and I use to love to hike I couldn't do it for the last few years but now I can we went on a long hike a couple weeks ago and I didn't get out of breath

8/4/2013 6:24:00 PM - Kim Metz (Calikim) from Ventura C.A.

How I Quit Smoking

June 21, 2013 I tried to quit smoking so many times. I had smoked for 42 years. The last 3 years of my smoking I was desperate to quit, I tried everything. I hated smoking. The patches, gum, lozenges, hypnosis, acupuncture, Chantix, support groups, nothing worked at least not long term. I would use patches for 3 months but as soon as I quit using them I was back to smoking. The gum & lozenges didn't work at all for me & I really didn't like either of them. The Chantix made me feel unstable & weird plus gave me terrible nightmares. The acupuncture lasted a week & the hypnosis lasted about 8 hours.

I happened to see an advertisement for a free ecig online. I ordered it & was surprised that it seemed like it would work for me if it just gave me more vapor. I then bought one at a Kiosk in the mall & I was so impressed. It gave me a throat hit & the vapor I wanted .I then found them online & got an ego, that

8/4/2013 6:33:00 PM - L.K., Chesapeake VA

I started smoking when I was 14 - like most people, I think, believing that I could quit any time I wanted to.

I smoked a pack to a pack and a half a day.

By the time I was in my early to mid twenties, I had discovered that it wasn't as easy as it sounded.

Over the next 30 years, I tried repeatedly to quit - I only managed to make it as long as a week once.

I tried nicotine patches, Chantix, Zyban, cold turkey... nothing worked.

I felt guilty every time I it a cigarette.

I felt weak.

I felt like a failure.

I had a cough, my blood pressure was going up, I developed a vocal polyp and edema of the vocal chords and sounded - as my sister said - rather like Homer Simpson's sisters.

When my father died of COPD, I knew I had to find a way to quit.

I tried the disposable e-cigarettes that you find at convenience stores, but they were really unsatisfying to me.

They didn't taste right and there wasn't much to exhale.

I kept hearing, though, about people using them.

Then my stepdaughter's in-laws told me they were using them, so I went on line and started doing research.

I did a *lot* of research.

I wanted something that was enough like smoking that it might work for me - that meant a taste I liked and reasonable vapor.

After about a month of research, I ordered a kr808 starter kit.

I got the kit on a Saturday - April 21, 2012.

In the next month, I had maybe 6 actual cigarettes, and each one I had I hated more.

It's now August 2013 and I haven't smoked since.

I usually order a nicotine strength of 18 mg, but plan to reduce that over time.

Since the absorption rate is so much lower with the e-cigarette, I know I'm getting much less nicotine than I was

My heart rate has gone from almost 100 down to about 72.

My cough has cleared up.

My voice, while still not what it was before I ever smoked, is around 90% better.

I haven't had bronchitis or a bad respiratory cold since before I quit.

My house doesn't smell like cigarettes.

I don't smell like cigarettes.

My grandchildren aren't breathing secondhand smoke, and neither are my dogs.

I tell everyone who mentions wanting to quit smoking about my experience - I can't say enough good things about it.

E-cigarettes have drastically improved my health and my life.

The only negative at all is that it requires some planning ahead and the ability to order online if you want the better quality materials and a selection of liquids.

8/4/2013 6:39:00 PM - Joseph Kalinowski residing in Gulfport, MS U.S. Navy

I'm a 28 year old smoker that had been smoking for over 12 years.

I bought my first E-cig which was a blu back in

2009.

After trying them I found out that they worked really well.

But, due to being in the U.S. Navy and the company being quite new at the time they had shipment problems and I never received my order.

So I had to go back to traditional cigarettes.

At the time I was a 2 pack a day smoker.

A few months ago a new vape shop opened up very close to where I am now stationed.

I've started using e-cigs yet again and I have completely stopped smoking.

Yes it still has nicotine in the juice but I am starting to taper off slowly lowering the contents of nicotine.

and slowly will be at the point were i will not need the nicotine.

But until i become nicotine free I will do everything I can do everything I can to FIGHT the tobacco industry and any organization that is trying to make money off of them like it seems the FDA is doing.

Stopping me from vaping is like telling me we are not aloud to stop pirates and save peoples lives and freedoms.

8/4/2013 6:59:00 PM - Michelle M

I have been using ecigs successfully for FOUR YEARS!!

I'm so thrilled they were invented.

Nothing, and I mean NOTHING, else worked for me despite many efforts.

At various times I tried patches, gum, medication, and even the Nicotrol inhaler.

I smoked for almost 35 years.

I knew I had to stop somehow but those methods didn't work for me and for the short time they did, I was horribly depressed.

I used the ecig along with real cigs while I was quitting.

It still took me almost a year to totally put down the real cigs forever.

I am so glad I did!

My breathing immediately got better.

I could hike and walk uphill without being winded.

No more bad smells.

No more social outcast as is becoming more and more the case.

My skin, teeth, hair, everything, saw immediately improvement.

No more morning cough.

I feel that ecigs undoubtedly saved my life.

Cancer or at the least, emphysema would surely have followed if I'd continued smoking.

Why does the FDA try so hard to shut down something that is saving lives?

Nicotine itself isn't that bad or not much worse than a cup of coffee.

Nicotine is not the devil; in fact, it's being used to treat dementia, among other things.

I get the feeling some people just can't even abide the APPEARANCE of smoking and thus are harsh on ecigs with nothing to back them up except their own hatefulness and anti-smoker vitriol.

If the FDA REALLY cared about saving lives they'd be publicizing ecigs as an alternative to smoking.

If more people knew about them, more people would try.

I have introduced many people to ecigs!

How can you support giving methadone to drug addicts but trying to withhold ecigs from smokers?

It doesn't even make sense.

Unless you're going to be helpful (which seems doubtful), please just let us e-smokers alone!

Thank you!

8/4/2013 7:00:00 PM - Nathan Fedosick, from Pittsburgh PA

I am now 18 years of age, and started smoking in 6th grade. I truly enjoyed smoking and did not think I would ever stop. Little did I know, later in my life I would develop lung problems such as chest pain, back pain and such. I bought an electronic cigarette to use on a car ride because my friend wouldn't let me smoke in his car. I bought a Tornado-Tank from Totally Wicked, and instantly realized that I wanted to quit. I didn't smoke for almost a week, but did finally break and had a cigarette, I lit it and it tasted horrid. I put it out immediately and haven't touched one since. I have been smoke free for about three months, and can honestly say I have electronic cigarettes to thank for saving my life. I started with 18mg e-liquid, what most would say high, but progressively dropped down to 0mg, nicotine free. I have tried quitting numerous times before buying my e-liquid, but all failed. Maybe I went a few days without a cigarette, maybe a week, but never 3 months. I feel great, I finally got my lungs back, and have higher esteem since I made the switch. I never thought that I would have, or could have quit. But because of electronic cigarettes, I did.

8/4/2013 7:21:00 PM - David Bunting (Dylans) London UK

I smoked a pack a day for 25 years. I attempted to give up more times than I can remember but always failed. I have a son. I'm a single father and a widower and I am all my son has so I knew I just had to quit. I want to watch my son grow up and It would be a betrayal of him to continue a habit that I knew could kill me.

I initially tried to stop by using elite cigarettes which are first generation products which imitate analogue cigarettes and rely on unrefillable cartridges. They worked for a while but the expense and unreliability of them drove me back to cigarettes. But the idea of ecigarettes was a good one and I was determined to try again. So i did a bit of research and quickly realised that these types of ecigs were not the only option so I invested in a couple of ego batteries, a protank and some juice and tried again. I have been cigarette free for 6 months and am never going to smoke again.

Ecigs are the only product that worked. They really do work. I gave up effortlessly and painlessly and have never looked back and have never, not once, missed cigarettes or even been tempted to return to smoking. I feel better, I can run for the bus now and I am saving a small fortune with the money

I am no longer spending on cigarettes. I keep the

8/4/2013 7:44:00 PM - lalala

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8/4/2013 7:49:00 PM - harley vapes

I smoked for 40 years I started using the e-cig 7 months ago. I started with a spinner twist battery and 24 ml of nicotine. I have not smoked a cigarette after 3 days of using the e-cig.I tried everything before the e-cig, meds therapy behavorial conditioning acupunture and nothing worked I was back to smoking in less then a day.I have not used my inhaler which I used twice a day and house does not stink or my clothes. I am saving a ton of money and I can breath now smell things and overall have more energy.I have already cut the nicotine in half down to 12ml. I have not found anything negative regarding the e-cigs.I never thought I would ever stop smoking cigarettes. This has changed my life. I can say I will probably keep vaping even when I have no nicotine I enjoy the flavors and the taste.

8/4/2013 8:20:00 PM - Derek

I smoked cigarettes for 16 years a pack a day, one day while skyping I noticed my friend using a ego type battery and asked what is that. After a long explanation I thought well I have spent probably a grand on the little junk e cigs, not gonna mention names but if it comes from a big store it prolly wont help much....I use modified battery compartments with a 510 thread on top for my atomizer, other wise known amongst vapors as a mod. I now spend maybe 15 bucks a month to vape, I quit smoking 6 months ago. Two days into vaping, I threw away my cigs. I have helped a lot of people switch and now proudly own a vape store and the feeling I get from each kit I sell is worth it alone. First week of cigs I coughed a lot,it was all the gook in my lungs coming out super nasty stuff, by the second week everything AND I MEAN EVERYTHING smelled and tasted different, and in a good way, its like I have non been tasting food for 16 years! My doctor says I am in much better health now and my lungs look 100x better. My mother a 3 pack a day smoker for 35 years started vaping shortly after and we are both vape heads to the fullest now.

8/4/2013 8:34:00 PM - Jenn~from The Boro, TN

I've been a smoker since I was 13 years old...that was almost 30 years ago!

30 YEARS!

I enjoyed smoking...you could say, I loved smoking.

I smoked when I was bored, after eating, while driving, after sex...it was just the icing on the cake, so to speak.

It helped me through some tough times...being stressed out was the perfect time to smoke.

It gave you a few minutes to clear your head, ya know?

But with that being said, I always felt "tied down" because of my smoking...almost trapped by the addiction.

And as the years went on, I started feeling left out because I smoked...even looked down upon, because I was a smoker.

They stopped letting you smoke in public places and restaurants, even made you stand X amount of feet away from a building if you wanted to smoke.

Then there's always been the whole thing with smelling like a dirty ashtray.

YUCK!

The smell is on your hair, your hands, on your clothes, in your car, in your house, on your breath.

(Just think of the money I'll save on breath mints alone!)

I LOVE to smell good (huge perfume collection).

And yet, it was ok to smell like cigarettes. Well, maybe not "ok"...but it was just something I dealt with, even though I was always conscience of it and paranoid of.

I never really tried the gums, patches, pills to quit smoking.

They were just as expensive as smoking.

And again, I loved smoking.

I didn't think that chewing gum, slapping on a patch, or popping a pill would take care of the urge that not physically smoking would would create.

So I didn't bother.

I always tried to wean myself off cigarettes and then quit.

Or I'd try cold turkey.

I can't begin to tell you how many times I tried to quit!

But it never worked for more than a few months, MAX.

Most of the time I was only able to quit for a few days.

The cravings would get to me so bad...and the moodiness...I swear I could have killed someone during those times.

It was horrible!

I saw a commercial on TV for Blu E-cigs and thought, "Oh, here we go again!

Another gimmick to waste money on."

So, I didn't bother even looking into them.

Then I started seeing more and more companies with these little fake cigarettes and I started getting curious.

hhhmmm maybe this could work.

I mean, you're still doing the physical movements...still inhaling...still blowing out "smoke"...hhhhmmm

So I watched a few youtube videos and gave it some serious thought.

My family and I went to a Summer party and there was a woman there puffing on an e-cig.

I had seen her at the last party we went to and she had it with her then, too.

So I thought I'd ask her about it and see what kind of info she could give me.

I asked a ton of questions and she had a ton of answer.

She gave me the name of the company she ordered from and I couldn't wait to get home to look all this up online.

The particular company she went with was rather expensive.

So I researched a lot and found a reputable company with a price range I felt comfortable with.

I was still kind of on the fence about it so I thought it over for about a week.

During this time I found some disposable e-cigs and thought they'd be the perfect thing to try BEFORE ordering the kit.

I mean, why spend THAT much money on something you don't know will work or that you'll even like, right?

So I tried a disposable one and to my surprise, really liked it!

I knew right away that this would be the way I would FINALLY be able to drop those nasty cigarettes!

So I ordered their starter kit I had been looking at.

I was so excited!

I couldn't wait for the kit to get here.

As soon as the mailman put it in the box, I was outside retrieving it!

I rushed inside, cut open the box, eeewww'd & aaahhhh'd over the pieces, put the cartridge on the battery and took my first draw.

MAN!

It was JUST like smoking!

I couldn't believe it!

But, it was BETTER than smoking!

Better for my health and those around me.

I could do it in the house.

I didn't smell like a dirty ashtray.

And it was WAY cheaper than regular cigarettes!

I was one happy camper, let me tell ya!

I have only been using e-cigs for 2 weeks.

But I KNOW that I will never smoke cigarettes again!

Why would I?

The day I picked up the e-cig is the day I laid down the real ones.

And I don't miss them one little bit!

I think it may be too early to tell a difference in my health/breathing.

But one thing I have noticed is I don't get at hot as I used to.

I'm not sure if that has anything to do with smoking or not.

But it's another huge plus for me.

I get very cranky when I'm hot.

Anywho, I'm not sure where this testimonial is going and who will be reading it.

But, if you're a smoker, do yourself and your loved ones a favor and look into e-cigs as a way to stop (or even cut down on) smoking.

You may be surprised at how easy it is to toss those nasty things away...for good!

8/4/2013 9:00:00 PM - btight

I have been a long time smoker of and on for many years. I finally realized I needed to quit smoking due to health problems and was looking for an alternative. I had tried the patch previously and it brought on an onslaught of other problems. Like hypertension, migraines, thyroid problems, allergies and other sensitivities not known prior to the patch. I came across an advertisement at a local store about the electronic cigarette and did some more investigating. I decided to give it a try and started out with one of the over the counter type. I realized that the content level of nicotine was to high for me and searched further. I found retailers online that had lower levels and tried them. I then researched further and found out how to make my own with a lower nicotine level. I have been tobacco free for over 2 1/2 years now and am proud to say, that the electronic cigarette has saved me from continuing to use tobacco products.I have been a proponent and have gotten others to switch to the electronic cigarette.

8/4/2013 9:25:00 PM - Claude Nadon

I remember trying tobacco for the first time I was 7 years old.

At 18 I had been a true smoker for a few years. I'm now 53 and I have converted myself to vaping since Jan 29th, 2013. Today is August 4th.

6 months without tobacco, without desires to have a cigarette. I have stopped coughing and spitting. I use electronic cigarettes every day. And I'm grateful I finally found an alternative I'm happy with. Like many, I have tried patch, I've tried Zyban medication (I had to stop so much I was loosing my memory), I even tried methods from books.

Fact is, the act of inhaling has and still brings me comfort. But tobacco smoking has had negative secondary effects on my life and others for as long as I can remember. Never liked the sticky smell, the morning cough and the taste.

For the last 10 years I have lived in conflict with myself. Teared between my dependency to nicotine and all the negative sides of tobacco.

At last I have found peace with regards to my consumption of nicotine. I can have a coffee and vape at home, at work, even in some public areas (discretely) . Until now, nobody has complained to me about my vaping. I am breathing again.

I have read about tobacco and about vaping, thoroughly, and I consider vaping to be on the same level as drinking coffee. No more, no less.

My true story it is.

Claude Nadon. Montreal, QC, Canada.

8/4/2013 9:48:00 PM - Obamalovesmonsanto

The FDA is run by criminals who know big tobacco will lose billions of dollars when e cigs take over! They poison our water with fluoride, poison our food with pig DNA and kill off all the honey bees yet you don't hear a word from the obama loving liberal left about that !! I quit smoking a pack a day thanks to the ego e cig !!! So put that in your atomizer and smoke it !!!!!!!!!!

8/4/2013 9:54:00 PM - AJ Lacey

I am a 65 year old female who until almost three years ago, use to smoke tobacco cigarettes since the age of 18 when it was considered "cool" to smoke cigarettes.

As the years went by and cigarette smoking was considered bad for your health, I continued to smoke at least a pack a day with the "normal" smoker thinking.... "I'll quit one day but not today." even though I lost my parents directly and indirectly to smoking cigarettes.

My father died in 1957 in a house fire caused by a cigarette catching the house on fire while he was sleeping.

I was nine years old.

My mother died from a massive heart attack in 1987. She smoked cigarettes on a regular basis but was never diagnosed with heart problems. I continued to smoke after her death but this time I tried two methods to quit cigarettes.

The first was hypnosis.

It was a complete failure along with acupuncture.

I never quit cold turkey or tried any of the nicotine patches.

At age 62, I resigned that I would always be a cigarette smoker even though society made smokers feel like uneducated monsters which bothered me more than what I was addicted too.

My adult son (non-smoker) moved into an apartment without a balcony for me to go outside to smoke while visiting.

He called one day prior to moving and told me he researched electronic cigarettes and was going to purchase one for me to use at his apartment during my visits instead of having to go down 5 floors to get outside or crawl out onto the fire escape.

I told him to send the electronic cigarette to my home and I would try it prior to visiting him.

I also told him "If it doesn't satisfy, I wanted him to send it back since it was expensive and I would continue to smoke cigarettes even on the fire escape five floors above the ground!!"

Two weeks later, a package arrived with an EGO electronic cigarette kit.

I looked at it for three days thinking to myself "another gimmick that will not work!!"

I absolutely had no intention or desire to stop smoking even if I had to continue to crawl into the dark corners, stand outside in the freezing cold to get my nicotine fix, I would do so.

On the third day around 10AM after smoking at least 4-5 cigarettes that morning and wanting another one, I pulled out the EGO that had been charging for 24 hours.

I vaped on the EGO for about five minutes and was impressed with the smoke like vapor and the taste.

I thought, hummmm, not bad at all.

I put the EGO down and continued my daily schedule.

About an hour later, I felt the craving for a cigarette but instead of lighting up, I picked up the EGO and vaped for another 5 minutes.

On September 12, 2010, at 10AM, I never returned to smoking tobacco cigarettes. From that moment on, I never had the urgent desire to even pickup a cigarette.

There were no horrible withdrawal symptoms that I had read about when others quit cold turkey.

About one year into vaping, my doctor was so pleased with my chest exam (nice and clear).

When I showed him my EGO vaping device and told him my story, he promptly stated, "I'll be right back."

When he returned, he had 5 doctors and a couple of nurses with him.

I literally put on a seminar showing the doctors my EGO how it worked and my story.

I'm proud to say, this teaching hospital is now promoting electronic cigarettes to their smoking patients as an alternative to smoking tobacco cigarettes.

8/4/2013 10:13:00 PM - sam brodrick chadron,ne

Hi my name is Sam brodrick from chadron ne I am a 34 year old male married father of three small children.I started smoking at age 11 dad smoked older brother sister aunts uncles older friends ect if u do the math that's 23 years 21 of those I was a devout camel wide full flavor smoker the last 15 years or so at least 1 to 1 and 1.5 packs a day the last 6 years or so I have attempted to quit at least 5 times twice with chantix 3 times just cold turkey never for more than a few months and I have never lost the urge to smoke each time I would do good for a while then I would smell a cig or see a big butt on the ground I would fixate and obsess untill I was smoking again.to me that is the key to what makes ecigs different I never lost the urge bfore, ever ,I always still wanted a cig they smelled wonderfull they never lost their power over me.6 months ago I bought an ego style ecig and I have not had a cig since it was almost effortless and now I have zero desire for a real smoke they stink they linger and they do not smell like waffles or strawberries the only concievable situation I can imagine that would put me back on real cig again would b not being able to get ecigs.I know me after being addicted to nicotine for 23 years its not going away

if there is a way to get my nicotine without the cancer what kind of soulless monster would try to stop that.I realise that the only reason is profit for people who don't give a shit if their product kills me before my kids grow up and I understand that my life or health means nothing to people who write the laws as long as those proffiteers pay for the campaigns but if there is even one shred of human compassion in the hearts of those concidering writing laws that would limmit restrict or ban access to ecigs please listen there are a lot of us who don't wish to die addicted to the products u have already endorsed and legitimized and we are loud and we are active and we vote!please don't take this from us in the name of a few more dollars for the death peddlers who don't need the money!

8/4/2013 10:18:00 PM - SpartaVapes247Oklahoma

I smoked for 16 years. On august 19 ten years ago I promised my wife and new born child I'd quit smoking. As easy as it sounds. Its far from easy to quit. The habit became a addition to cigarettes. Went I didn't have any, people around me became victims to my anger.... sad story but true. At my jobs training my instructor had a device to allowed her to smoke or Vape as we call it.

I then went into investigations as to what it did for a smoker like myself. After two years of vaping and every other day learning something new about the e cigs. It has become a much more healthier habit. Now know as a hobby.

8/4/2013 10:32:00 PM - Stevie in Tawas, MI.

I smoked very heavily for 37 years - RYO (rolled my own) and 50-60 smokes per day. On a nicotine-addiction scale scale of 1-10 I was maybe an 11.

The first time I attempted to quit was in 1986. I made it 10 months on willpower, but then started again. Between then and April 2012, I tried countless times to quit. Have no clue how many times; quits lasted from less than one day to a couple of months.

I tried real-life support groups (twice), online support/forums, gum and patches MANY times, Allen Carr's method, hypnosis once, acupuncture, and many many times on willpower alone. Every time I got fat, clinically depressed, tense, forgetful, cranky, rageful even...employees would beg me to just start smoking again because I was so awful to be around without nicotine.

Nothing worked. In March 2012, a few people I knew were using e-cigarettes and cutting down or quitting. I tried cheap disposables a few times and you know what, they weren't bad...I could go several hours before starting to get real cravings. Cool! Then I went online and discovered much better (and cheaper) e-cig equipment and truly good juices. I got hooked!

I don't even know the last time I smoked a cigarette, maybe April or May 2012? Once I had a stash of powerful e-cigs and juices I really enjoyed, I just lost interest in smoking. I'd go hours, a whole day, several days and didn't even notice that I hadn't had a cigarette. Unreal. With little effort, I was no longer smoking, something I had tried so many times to do, something that caused me truly deep misery...yes I am still addicted to nicotine but I am not SMOKING it. Ask any doctor or cardiologist who has a clue, they will tell you vaping is harm reduction of huge magnitude compared to smoking.

I have not gained an ounce; my appetite and metabolism are the same. I no longer hack up a lung every morning and my voice sounds better (I am told.) I take deep breaths without feeling tightness or pain. I no longer smell like a smoker and nor do my vehicles or my house. My non-smoking friends and business associates are proud of me. (Hey, I'm proud of me too!) My complexion has improved very noticeably. And I can satisfy my nicotine urges without bothering anyone in movies, concerts, at work, in restaurants without having uncomfortable cravings or running outside for a smoke. I am more productive at work since I no longer take smoke breaks. I can honestly say "I'm a non-smoker." And finally...it is so much cheaper when you find good suppliers!

I cannot say enough good things about vaping as a reasonable alternative to smoking for nicotine addicts. I am happy to share my experience and resources with anyone who asks and I have converted several people to vaping. It has been, simply, a miracle for me; I'd still be smoking otherwise. I am saddened that there is still so much misinformation and nervousness about electronic cigarettes. I hope they continue to

grow in popularity and businesses and government entities retain some common sense and allow vaping.

Thank you.

8/4/2013 10:42:00 PM - joev

This product is amazing have been smoking for 55 years. Tried many times to stop in some cases as much as 6 months and still went back to smoking. Was looking at the dave letterman show and he had this girl on his show do notremember her name and they where talking about e cig that she was smoking. Went on you tube to getmore info ordered a started kit. Enjoyed them so much that from the 1st day I had 2 tobacco cig from a 2 pack a day habit. It has been two weeks now and I have not had another tobacco cig

8/4/2013 10:44:00 PM - Chuck from Marana, AZ

My husband says he started smoking young...like 16.

When I met him he smoked Dunhill Internationals a box or so a day.

With prices of cigs going up and up, and us then having 2 children we added to the mix, along with the 1 I already had...he switched to Marlboro reds still about a pack a day.

He has quit a few times, but always starts back up...or never really quits, just sneaks them hear and there.

Now in his middle 30's and having lost his father to lung cancer more than 5 years ago, despite the fact his own father had quit smoking 15+ years prior to his death, I bugged him all the time to quit.

To help this my sister heard of something new.

We had tired another e-cig...he never really liked it.

I forget what that one was called, but deluxe starter kit was like $150 and all you really had was normal or menthol cartridges to add.

It never worked right, he didn't like the flavor, etc.

Then my sister turned him onto FreedomSmokeUSA in Tucson, AZ.

My Dad agreed to pay $100 each for them to get starter kits and try to quit smoking.

My husband liked "vaping" right away.

The variety of flavors they offer is OUT OF THIS WORLD.

You can get any strength in any flavor.

He has spent some money getting just the right battery and tank, so that he gets the hit he wants and blows the amount of water-vapor he likes to see.

After just a few months he was able to increase the MG, buy a tobacco flavor and KICK his 20 year smoking habit.

It has been a year now and he has worked his way from 30mg nicotine down to 15mg.

He can leave the thing for periods of a few hours and NOT go crazy.

THANKS FreedomSmokeUSA for finally making my husband successful at quitting smoking, and having NO desire to go back.

8/4/2013 10:58:00 PM - Lvapes in Oklahoma

I smoked for 10 years and am only 26 years old! I had quit numerous times with numerous alternatives but i always went back to marlboro lights. After i noticed that it was getting hard for my to do normal everyday activities and seen my nephew be born i realized that i had to quit! I couldn't be a good influence, run around the yard, jump on the trampoline, or even be in the same room due to 2nd hand smoke! A friend at work told me he hadn't picked up a cigarette in two years by vaping. I started about 6 months ago and haven't had a cigarette since. I even started a 2nd job at a Vape store which i love because it shows me how many people are willing to quit smoking. More importantly my nephew had his 1st birthday in March of 2013 and i was able to participate in every activity he wanted me to. I even had a doctor tell me other sister who is pregnant that vaping would be soooo much better for her and her unborn! For me it was the fact that my house, car, hair, clothes, etc stunk of tobacco and all its other horrible ingredients. Now i hope to be able to spend a lot longer time with my nephews and run and enjoy life without wheezing or hacking up my lungs in the morning. When starting my electronic cigarette i started with 18mg of nicotine and have lowered my nicotine level to a 6mg. Soon i hope to go to 0mg and then wing myself off the habit of nicotine "hand to mouth" that cigarettes have caused. I am writing this testimonial because i believe e-cigs are so much better than everything they put in regular cigarettes. I will encourage others to do so and it shouldn't be that hard because everyone i have spoken with has not had one bad thing to say about e-cigs!

8/4/2013 11:35:00 PM - Anthony Cirullo

This is a very simple story. I have been smoking for 26 years. I smoked between 1 1/2 and 2 packs a day. I have tried gum,patches,and being hypnotized. NOTHING WORKED OTHER THAN ELECTRONIC CIGARETTES!!! Now my son,family, and others around me will be healthier and not have to smell the awful aroma of real cigarettes. Thank god and who ever invented the Ecig!!! Sincerely Tony AKA honestvape

8/4/2013 11:49:00 PM - Ray Humphrey, UK

I'm now 48 and I started smoking in my late 20's having first avoided cigarettes even though both my parents were, still are heavy smokers. I left home at 21 and married at 22 and by my late 20's had started smoking the menthol cigarettes that my wife had smoked since we first met. I've worked for the last 16 years in IT which at first involve a lot of travelling and a combination of the stress, poor diet and smoking led to me having a serious high blood pressure problem, about 10 years ago. Medication, improved diet and an initial reduction in smoking got me back on track but I never managed to quit, but for a brief 3 month period on gum and patches, I quickly went back to 20 a day until very recently.

On Friday 21st June 2013 I tried my first eCig, I smoked my last 'analogue' on Wed 26th June 2013 and haven't looked back.

You might argue that I managed to stop for three months before, using gum or patches. That 3 month period was tough, the urge to sneak the odd cig was unbearable and I eventually caved in. This is the first time I've tried an alternative that I KNOW I can live with. My wife still smokes 20 a day, I haven't managed to convert her yet. Her cigarettes are there, right under my nose yet I have no urge to pick one up.

I'd resigned myself to being a smoker for life, I 'enjoyed' my addiction, apart from the cost, then a friend mentioned that he was using an electronic cigarette, Liberro Realis. I'd only recently heard of ECs

in the news, medical regulation.... yawn. I spent a couple of nights burning the midnight oil, researching online, weighing up the pros and cons then bought an E-Lite starter from the local news agent. The following day I ordered the Realis starter kit from Liberro along with a menthol eLiquid, 1.8% nicotine. This was much more realistic being the same size as a super king although the battery life isn't that good . I've since bought an eGo kit and a number of clearomizers, although I'm having a problem with the taste, I've also reduced the nicotine to 1.1%, peppermint flavour and intend to try 0% shortly. I've fallen back onto the Realis for now but have found a near identical kit from TECC, the Microlite which is more cost effective.

It's early days, I'm spending about two thirds of what I save on kit and liquid but I'm thoroughly enjoying the research, trial and error and my tobacco free status. I'm finding that even after such a short period, I'm not actually using the EC as often as when I first started, maybe this is the beginning of the end. I've also managed to get a couple of friends to try ECs with positive results.

My hope is that our government takes heed of the advice that is flowing in from the medical professionals (the ones that they are not paying) and leave the EC community alone. I fear that loss revenue is their main concern, for years they've been

preaching the harm of tobacco, why block my use of an alternative unless they can prove emphatically that it causes more harm.

8/5/2013 1:59:00 AM - JBrock

I smoked at least a pack of cigarettes a day for over 18 years. I've tryed to quit smoking using nicotine patches, gum, lozenges and prescription medications without success. I never went without smoking for more than two or three weeks on any of these products. Since the day that I received my first APV (advanced personal vaporizer) mod in the mail several months ago I haven't smoked a single cigarette. I can smell things better, I smell better myself, and even my sense of taste has improved. Overall, I feel much better, healthier. It was without a doubt the single best purchase I have ever made to improve my personal well-being.

8/5/2013 2:13:00 AM - telstar & lourehha

My wife and I were both very addicted smokers. I smoked steadily since I was 15 years old. So, for me, that would have been 52 years! My wife started when she was 28, so for her, that would be almost 45 years.

One night in November 2012, my wife's daughter showed us a new way of smoking - she gave us each an 'electronic' cigarette, and, like they say the rest is history.

We instantly loved it!! The flavor was so cool,and, after I looked it up online, completely safe! All you were exhaling was water vapor! We immediately went out and started buying our own e-cigs. And we both did the same thing - we gave all of our cartons of cigarettes away!

We were both done completely with the old habit.

The next thing we did was to pack away all the ash trays, and then we cleaned house - literally! We cleaned every surface and object in our mobile home that had any kind of nicotine stain on it. We now have a nice, clean smelling home. No foul odors!! And no tell-tale nicotine stains!

Now for the rest of the rest of the story. I am a heart patient - a triple by-pass in 1994, in a VA hospital. My doctors were quite upset with me when I took up smoking again. They tried everything with me to get me to quit - the patches, et al, but nothing worked. I just could not quit smoking.

My wife wound up in the hospital for a variety of reasons,

and as soon as she walked out, back to the smokes!! My point with all of this is to show that we were both truly addicted to those horrible little white sticks!!

I had previously purchased one of those little SpO2 meters which tells your pulse rate and the level of oxygen in your blood. I checked it against a regular hospital machine, and it was quite accurate. My oxygen level was always around 92 to 93. Six months after the Big Switch to e-cigs, my oxygen level returned to a healthy level of 98!! The numbers speak for themselves. Now I had absolute positive proof that these e-cigarettes were no joke - they really did what they were supposed to do. My wife's oxygen levels are the same - 98! So we both had all the proof that switching to e-cigs was the right thing to do. And, they taste SO much better than cigarettes!!

That is our story. These little things fulfill our nicotine craving - I use an 18 mg level and my wife uses a 12 mg, and we are both totally saisfied with that. So, for anyone reading this, this is the truth, every word of it! And, if you are currently a cigarette smoker, try it - you'll love it!!

8/5/2013 2:36:00 AM - Michael P. Jackson (32503)

I began using tobacco products (mostly smoking) at age 12 (1990). I tried quitting 'cold-turkey', as well as using nicotine gum/lozenges with no success.

I had semi-chronic bronchitis and had several bouts with 'walking pneumonia'. I also suffer from obstructive sleep apnea, which is exacerbated by smoking.

In recent years, I have experienced increasing difficulties such as becoming winded easily.

I developed a love/hate relationship with smoking. My cigarettes were my 'friend', but I knew they were taking a serious toll on my health.

Finally, a few months ago (2013), at age 35, I discovered the electronic cigarette, or personal vaporizer. For the first few weeks, I was smoking and vaping, but for several months now, I find I rarely have a craving for a 'real cigarette'. When those cravings come (usually at work), I allow myself to have one. (At this point, 4-5 cigarettes in a week is a lot.) This is a tremendous improvement over my 24 year habit of smoking a pack of Camel Wides or Non-Filters every day.

I actually PREFER 'vaping' to smoking, today. I currently vape 24mg e-liquid using an Ego-type battery or a 'mod' battery along with clearomizer/atomizer tanks.

This crushes nearly all of my cravings, by providing nicotine AND that familiar sensation of inhaling a warm substance.

Over the past few months, I have noticed a steady improvement in my breathing. I also found that my environmental allergy symptoms have been far less severe. (This may or may not be a direct result of my transition to e-cigarettes, but the correlation is certainly worthy of note.)

I am just starting to make my own e-liquid, by mixing concentrated nicotine with proprlene glycol, vegetable glycerine, and flavorings (food grade artificial flavorings and/or infusing natural flavors into the pg part of the mixture). This requires time and knowledge for safe and proper mixing, and it also requires more expensive purchases for bulk ingredients, however, it is significantly cheaper in the long-term, as long as the materials are not wasted (kind of like shopping at Costco).

The present potential prospect of the government banning (or heavily taxing) these items is frankly frightening to me, as this is the first alternative I have found to smoking, which has proven successful for me...and as previously noted, I am already feeling a reduction in many of the negative effects from smoking.

I fear that if these items are no longer readily available to me, I would likely resort back to smoking.

I acknowledge that long-term empirical research is needed to determine the potential risks of vaping, however, I don't need that research in order to know I am more healthy than I was several months ago, and this change IS a direct result of my transition from smoking to vaping.

8/5/2013 2:45:00 AM - Andrew Strain

I was a smoker for 20 years. I gave up and have not had a cigarette in 6 weeks. I was a pack a day smoker.

I used an e cig to first cut down and then entirely swap traditional cigarettes.

My decision to give up was two fold.

1. I was beginning to notice health effects like shortness of breath, coughing and elevated blood pressure and headaches. I was also concerned about the impact on my children.

2. Cost and stigma / smell. I was noticing a large financial burden with smoking (spending $10-15US / day) which was quickly adding up. Smoking is also socially not as acceptable as it once was and smokers are made to feel like 2nd class citizens in a lot of places. The last reason was I became conscious of the smell that was constantly on me, my clothes, my car and home. I felt that this smell was becoming offensive to me.

So I made the switch to e cigs. Now I can get the simulated effect of smoking and my cough has gone. I feel so much better now that its amazing. I can smell again and people don't make comment of my stench of smoke. I can vape almost anywhere and there is no mess and I don't affect others.

Having a smoking substitute has helped me immensely in giving up regular cigarettes and I have noticed a massive cost saving as well.

My Mother and my best friend have also given up smoking using the same method I did. They were both long term smokers and were able to kick the habit after I introduced them to e cigs.

Thank you, Andrew Strain

8/5/2013 2:47:00 AM - Rick Buckner

I started smoking at a very young age,and continued for nearly 30 year's and as most of us do in my mind it was never going to bother me, until about 8 year's ago when I was diagnosed with copd. with the weight of that diagnosis hanging over me,I tried the gum,patches chantix,the chantix had me ready to pull my hair out,even tried cold turkey nothing worked for me. then 2 year's ago I was searching the web and found electronic cigarettes. and within 2 weeks using that little thing i wasn't smoking anymore, I started out with a cig look alike at 24 mg it wasnt quite strong enough so i moved up to 30 mg and a stronger device a mod.and that stopped the craving's, then i slowly lowered the nicotine level a little at a time until it was finally zero. I haven't smoked since as for my health my lungs will never be back to normal,but i no longer have the cough, and the shortness of breath has become allot more manageable. it's hard to believe that such a simple solution has taken so long to become available.

8/5/2013 3:13:00 AM - Scott Myers

My name is Scott Myers I smoked cigarettes for 12 years, during that time I had tried the patch,gum, wellbutrin, and chantix to quit smoking cigarettes only to fail numerous times. I suffer from both asthma and c.o.p.d and my continued smoking was only making problems worse. I successfully quit smoking June 8th of 2012, and have been cigarette free since that date, which I owe to electronic cigarettes. Not only have I added more years to my life by quitting, I have also had the fortune of sparing my fathers life for a few more years by introducing him to electronic cigarettes. He was a pack a day smoker for 45 years, and he quit cigarettes from the very first day he picked up an electronic cigarette. I strongly believe that any action to change the way the electronic cigarette industry is currently operating would have very negative consequences to society as a whole. Lets not put money over morals any longer.

Thank you for you time,

Scott Myers

8/5/2013 3:22:00 AM - Mary Patton-Wyoming

This is what I posted to the FDA on the subject of Docket No. FDA-2012-N-1148

submitted Jan 13 2012 11:56PM MST

1. Describe your history as a smoker: When did you start? How long did you smoke? How much did you smoke?

My Name is Mary Patton I grew up in South west Nebraska and now live in Wyoming.

My mother smoked as long as I can remember.

I was at the age 17 and wanted to smoke so I did.

I used to smoke 1 to 2 packs a day.

I was starting to feel very short of breath, constantly having sinus infections and drainage into the throat and chest.

My mother went through a major surgery of her legs in May 2012 and watching her go through that was very tough so I decided to take action for my own health.

My mother got off cigarettes by use of Nicotine patch as that was her choice of NRT.

I am so proud of my mom for quitting smoking.

2. Describe your quitting attempts: How many times did you try to quit? What different products and methods did you try? What did you like and dislike about the products or methods you tried?

I am 35 now and have quit smoking analog cigarettes since Sept 18th 2012 by means of what is called Nicotine Replacement Therapy using E-cigs.

I enjoy it very much and have never felt better in my life.

I tried quitting smoking too many times than i can count.

I have tried the nicotine patch, I refused to try to quit smoking by means of chantix as I did not like the side effects it has caused allot of friends I know who tried the drug chantix.

I did not want to use the nicotine gum as it leaves a horrible after taste in the mouth.

I did not want to use the snus as I just don't like the smell and taste of it.

3. If you stopped smoking completely some time in the past and experienced problems such as feeling depressed and/or anxious, getting along with others, concentrating, remembering, etc. describe those experiences.

I never fully quit smoking completely from 2009 to 2010 when I was done using the Nicotine patch.

I still felt anxious and had a hard time sleeping, as well as I still had the cravings to smoke especially in social situations.

There are good benefits to using the patch and other nicotine replacement therapy for those who do not want to use an electronic device is they don't have to continue with the habit providing they have the support of friends and family.

Since Sept 18 2012 I am completely off of regular cigarettes and plan on reducing the amount of nicotine to zero in my own time.

4. Describe the effects switching to e-cigarettes has had on how much you smoke now.

I feel I am not smoking anymore I am vaporizing.

The nicotine that is absorbed into the body can also be found in certain foods.

I can go a couple hours without even thinking about my device and the nicotine.

I don't feel the need to get up in the middle of the night to smoke.

5. Describe the health effects you have experienced as a result of switching to e-cigarettes (and/or snus).

The effects of the E-cigarette for me and my boyfriend are feeling better, knowing we don't smell of tar and other chemicals, sense of taste and smell are back to that of not smoking, circulation in the whole body is better, even my boyfriends blood pressure has gone down immensely.

I used to wake in the middle of the night to have a cigarette and I don't feel that need anymore thanks to my use of e-cigs.

In addition my boyfriend would literally pass out from coughing too much and since the first week of vaping he has been able to breath and not cough to the point of passing out.

6. Tell the FDA that there should not be any time limit on using NRTs, but that it would be better to raise the amount of nicotine each piece provides than to have people use multiple types of products.

I agree 100% with this statement I want to be able to use my e-cig when and how ever long I want.

I am so happy to have found e-cigs and do not want them taken away as well as Do not want them regulated to a point that I will not enjoy it anymore.

I will not be told what to do when it comes to my personal choice of using E-cigs.

I agree that if people choose to use a nicotine gum or patch that should be their right to choose as well as it should always be my right to choose e-cigs.

7. Tell the FDA that innovative products such as e-cigarettes should not be made less effective by setting nicotine doses too low.

I feel everyone has their own level of nicotine and reducing it will cause people to look for unsafe means of getting what they need.

As well as being able to make my own e-liquid at what level I want that works for me.

I do not want vendors to be limited to what they can sell as they are doing a great thing in providing a product that is safer than the other 4000 chemicals in an analog cigarette.

8. If you use e-liquid (or snus) that has a pleasant flavor added (such as fruit, candy, beverage), tell the FDA that this has helped you and describe how.

I enjoy all flavors of e-liquid.

From Cotton candy to peanut butter to rum flavors and many more.

This has helped me by finding what I like and how it makes me feel.

I feel happy and not anxious I also enjoy making my own and the freedom to explore more flavors out there and helping others to get off analogs to realize the health benefits from quitting smoking.

My boyfriend and I have helped at-least 6 or 7 people switch from cigarettes to e-cigs.

9. Urge the FDA to not propose the "deeming" regulation because it would ban e-cigarettes, and would sharply increase the price and reduce accessibility of the products even if FDA exempted e-cigarettes from the most onerous provisions in Chapter IX.

The statement above says it.

There are many small companies out there today that are thriving because they offer a product that millions of people have been needing to lead a healthier lifestyle.

If you take that away from those who provide a product or make the regulation of the e-cigs and liquids they sell so that only rich people can afford it then it leads people to return to smoking.

I know allot of people through exploring e-cig fan pages and watching live video chats on the subject that would never want to go back to smoking.

If the regulation is passed it will surely cause this.

Maybe someone from the FDA should sit and watch a few shows about e-cigarette usage and how it effects the community in people coming together as a whole sharing stories about smoking, what has happened to their family and how the use of e-cigs has made their life better in so many ways.

10. Ask the FDA to remove text from its web site that is inaccurate and/or misleading.

8/5/2013 3:27:00 AM - Andres Susi (dres22), Sellersville, Pa

I smoked for 33 years. I tried everything to quit including; the patch, welbutrin, acupuncture, hypnotism, nicorette gum. Nothing worked untill I tried electronic cigerettes. For 2 weeks I used it along with cigerettes but I was able to cut down the number of cigerettes significantly. After 2 weeks I completly quit! If it were not for electronic cigerettes I beleive I would be still smoking today.

8/5/2013 3:27:00 AM - Michael Bannister (VapinWolf)

I smoked for 29 years. 2.4+ packs a day the final 3 years. When I first tried a real personal vaporizer I liked the idea but not the flavor. When I got a flavor I liked I went to 0 cigs just like that. I experienced a setback at two weeks when I ran out of e-liquid and smoked for one weekend. Stocked up on liquid and I am now over 80 days with no cigs.

Nothing else has ever worked for me. The physical motions of smoking are more addictive for me than you can imagine. Personal Vaporizers fill need this very well.

8/5/2013 3:48:00 AM - Michael S.

My name is Michael S. I have been a smoker for over 15 years. I am currently 30. Seeing my dad die of cancer due to smoking really opened my eyes. I wanted to quit but did not have the will power to do so. I heard about e-cigs a couple years ago but never tried them. I started vaping 2 months ago. I currently have been smoke free for over a month. I feel so much healthier. Lungs do not hurt. I can move freely with out wheezing. I have more energy. My doctor has seen my blood pressure get back to normal. He actually suggested e-cigs as a tool to quit. This is a revolution. E-cigs are clearly a healthier alternative.

8/5/2013 4:00:00 AM - Luckyyruckus 1

I smoked for 25 years

(up to 2 packs a day)and have not smoked since 12-7-12. I had tried several times previously to quit cold turkey and always returned to cigarettes. I have always enjoyed smoking but did not enjoy the cumulative negative affects such as the cough and shortness of breath etc.... I tried the patch and gum and it never worked for me. In late November I purchased a gas station disposable e cig and cut down on regular smoking.

I also began to research alternative ecigs. I found the ego style refillable online and ordered one and some .06mg juice. Tips arrived on 12-7-12 and as of today 8-6-13

I haven't had a cigarette since. My cough was gone in 2 weeks. I no longer smell and I'm feeling great. I have always been active. Skiing, running etc and now these activities are much easier! Vaping has given me a way out of the cigarette trap,and I never plan to,return.

8/5/2013 4:13:00 AM - Barbara Keathley (Txaggiesaunt) from Odessa, TX

I started smoking when I was 15. Smoked for 37 yrs. stupidest thing I ever did was pick up a cig. Have some friends that were doing ecigs and I thought why not, anything has got to be better than the thousands of chemicals I was putting into my body. Started my vaping experience in March 2013. WOW what a difference. Breathing better, skin looks younger, don't get as winded as easily as I used to. Don't stink anymore. Ecigs have vastly improved my health and life. I believe it is the only thing that could help me quit tobacco products. I fill like I have my life back.

Cigarettes no longer have control over me. I am happier and healthier, all because of electronic cigs. Haven't smoked a cancer stick in 4 months, nor have I wanted too.

8/5/2013 4:36:00 AM - JThompson San Diego, Ca

I smoked 1 to 1.5 packs a day of full flavor cigarettes (100s)for 31 years. Over the last 20 of those years I had tried multiple times the following methods to quit smoking: Gradually cutting down the daily number in hopes of eventually quitting.

Cold turkey. Patch Gum Medication that was semi successful in cutting back the daily number but not in quitting. Medication that caused nightmares and psychotic thoughts (both medications "USDA approved...") Counseling. Smoking cessation groups. On three occasions over those twenty years I was able to quit for under a month each time before picking it back up again. Two of those times were cold turkey, one was the non psychotic induced dream/thought prescription medication. I picked up eCigarettes in hopes of just cutting back, already giving up on the idea of being able to quit what I truly believe is a Government backed

fatally addictive money and health sapping drug. In 2 days I was smoke free. TWO DAYS! A week later I threw out the remains of my last pack that I placed in the freezer to keep fresh just in case I needed them. That was three years ago last month. I started with a cig-a-like and shortly moved on to a MOD as battery life was a huge issue. I tried a cigarette last year just to see if I missed it. Nope, it was pretty nasty actually. Within two weeks my wife commented that I no longer wheezed at night. In a couple of months I had hacked up the last of the tar from my lungs. I went from having border line high blood pressure to normal blood pressure. I can exercise/climb stairs/hills without running out of breath in 30 seconds.

While I have not stopped using nicotine, I have changed the method I use to deliver it to one that has removed literally hundreds of known and documented cancer causing substances added to cigarettes in the manufacturing process. What I have replaced it with, both big business and the government are fighting hard to make illegal, or make a huge profit off of. If our health was actually their priority, the government would fund vaping and make all materials free to all who want them. They would still save money in the long run by way of reduced medical costs. That leaves money as the likely motivation for the war against ecigs, not a concern for our health. It's sad. I am blessed to have found ecigs, the quality of my life and health was already markedly improved in the first few months of vaping. In the time that I have been vaping I have cut back the nicotine level but probably won't ever stop entirely. Like when I smoked and now with vaping, I enjoy it. The difference is that know I don't have a nagging conscience that I am killing myself and the affects of smoking were obvious not to mention the long tern effects I could not discern. I fell healthier now and am more active. Nicotine is found naturally in many of the foods that we eat. Nicotine was never the cause of cancer. It was the burning and inhalation of hundreds of chemicals approved for my consumption by my government. Vaping is taking in nicotine and flavoring suspended in vapor. There are no suspended solids, ash, smoke or chemical reactions going into my lungs. Please

get with the program and do what is right. Stop fighting what is good and start supporting it.

8/5/2013 4:44:00 AM - jeremy suniga

smoked for 9 years, quit for 4.

I almost went back till I found this amazing alternative.

all I craved was the smoke, not the nicotine, I am using 0mg but pure vg as an alternative and now there is no draw to cigs.

wife has the same story but she quit for 5 year before my first born.

absolutely positive outlook that I will not go back as long as these are in my life.

8/5/2013 5:11:00 AM - Lisa

I was a smoker for 24 years I smoked unfiltered roll your own cigarettes.

I lost several dear friends to smoking in the last few years and felt ishould quit for that reason but tried unsuccessfully cold turkey and with nic gum

to no avail. A friend offered me a blu electronic disposable ecig which to my surprise had enough flavor to mimic a cigarette. I started researching and got myself an Eroll kit and haven

8/5/2013 5:26:00 AM - Tim McDonald

I have been smoking Marlboro reds for over 20 years, about a pack a day sometimes more.

I have been wanting to quit for a long time, but nothing seemed to work. I tried the patch, gum, and hypnosis. Up until about a month ago I purchased an Ecig to give it a shot. Not have done much research I let the sales person tell me his story and got a "Blowpen" and eliquid containing 24mg of nicotine. It even was tobacco flavored. I was still smoking cigarettes but not a whole pack, more like half. Did some research and found out a whole world of knowledge and positive results for those who were in similar situations as I.

Went out and bought a K100 with a atomizer and started to like it much more than my first purchase.

I then went from half a pack to 7, then I noticed my cravings

to smoke a cigarette got smaller and went from 7 to 2 cigarettes the entire day. Just two days ago I did not have a cigarette at all. It has been two whole days without a cigarette so far and going on three. I feel really good now knowing that there is an alternative that works for me. I know in the long run I will feel physically better, but right now it's emotionally rewarding more than anything.

8/5/2013 5:37:00 AM - otrpu from Lakewood, CO

I smoked cigarettes for more than 52 years. 2.5 PAD when I started E-cigs. Started vaping 3 years ago using DIY Cinnamon blend. Became concerned I was vaping too much Cinnamon. Mixed the next batch without it. 24 hours later I discovered. . .I'd accidently left the nicotine out of that batch also. Decided if I'd gone without it for 24 hours. . .then who needs it. For the next 6 months I vaped nothing but 50/50 VG/PG. Probably would have gone on forever if I hadn't had to enter hospital for surgery. 2.25 months in hospital w/o my ProVari E-cig. My story, I ACCIDENTLY quit smoking cigarettes after 52 years by using an E-cig. I doubt I'm anywhere near typical, but it worked for me.

8/5/2013 5:57:00 AM - CJ Caswell, Junction City, KS

I smoked cigarettes for 18 years, then quit by accident. I ran out of smokes one night, didn't feel like going to the store, and decided to use some e-cigarettes that a friend had given me long before. I had tried them earlier, but I hadn't really given them a chance.

After messing around with them, I decided they worked for me. Then I looked into the marketplace for newer, better e-cigarettes and found a huge mess of flavors and devices I could try out. At some point, looking into this, I decided to quit.

It's been a month, and it doesn't feel like I've quit anything, which is good. I always enjoyed smoking, the action of it and the chance to take stock and think while I burned one; now, I do this as I vape, and the flavors are tastier. It's also cheaper, it's cleaner, and it's more flexible. The health benefits are a side issue: even if vaping is not 100% risk-free, I accept some risk with my vice, especially given that this risk has to be less than that of regular cigarettes.

The choice, for me, is not and will never be between smoking and not smoking. I like smoking. The choice revolves around what I smoke, and coincidentally, I like the option that looks the best for my health. Without it, I'll just go back to smoking regular cigarettes.

I don't begrudge anyone a smoke, and will continue to think that, in a society which is supposedly predicated on individual responsibility, people can make risky decisions with their eyes open. Vaping works well for me, seems to work well for many other people, and needs to be allowed the primary thing that can help it to prosper as a smoking alternative: SPACE.

One particular issue bothers me. It has taken years to firmly establish the dangers of cigarette smoking scientifically, and some people in that industry still haven't given up defending them as benign. The scientific testing methods we have for something so complicated as the health effects of something on the human body do not lend themselves to simple, straightforward, certain proclamations on safety.

Given how easy such procedures are to obfuscate, I fear that a knee-jerk reaction to the new product based on fear, one which demands that e-cigarettes be "proven safe" before being allowed to continue being sold, could and would screw up the potential this has to reduce the use of regular cigarettes. It would be entirely too easy for someone determined to eliminate everything that "looks like smoking" to stretch the FDA safety testing process out forever or misinterpret the results, becoming an active block to those who benefit from vaping.

This needs to be kept from happening. I've seen articles about the dangers of e-cigarettes with no legitimate information but only vaguely referencing chemical

similarities of vapor to the stuff in radiator coolant; such writing is scientifically meaningless. By all means, test away - information is better than no information - but the future of vaping should not depend on conclusive proof of their safety when they are substituting for a product already known to be dangerous. It can't possibly be worse, only more or less better. The anti-smoking crowd needs to relax, or be met head-on by a strong organization that distributes sound information and, if necessary, fights fire with fire in the attention economy.

8/5/2013 6:43:00 AM - Brian L

I smoked for 12 years. My last analog ciggerate was 15 days ago. I wanted to stop smoking. I was tired of the nasty smell the negative health effects of caughing and breathing. I went cold turkey for 3 days but I was having a very difficult time fighting off smoking. I went to a local shop and purchased a ecig. I enjoy the ecig it gives me the effects of an analog cigerate that I crave however I feel a ton better. I today no longer have a desire for a analog ciggerate and I'm working to spread the word to my friends because I know the e cigg has less neagtive effects than an analog. Just today I purchased one to have my mother stop smoking whom smokes 3 packs a day. I want my moms quailty of life to improve and I know by using an ecigg it will.

8/5/2013 7:47:00 AM - Dr EZ Huebner (Ewunia) from Australia

I started smoking when I was 15. Everyone smoked then, including all of my family. By the time I was 63, and smoked about a packet a day, preferably full strength Camels. I never seriously tried to stop, I simply didn

8/5/2013 8:04:00 AM - Gussy

I have been a light smoker for fifty years on & off. I was an emotional smoker and after quitting for periods of time I often reverted after some emotional crisis. This always left me with feelings of guilt and shame that I was so weak. My smoking was always outside and not in front of the family, even though they knew of my Dirty Little Secret. Despite all this I really enjoyed smoking.

I started vaping with Ego brand e-cigarettes two months ago and have not felt the need for a real cigarette since. Even after seeing other people smoking in public or in movies, television etc., I do not feel tempted. Instead I have a sense of relief that I am not this person any more!!

The first week of vaping I still smoked three or four cigarettes a day, but after I added a small amount of nicotine (8mg) to the flavour I stopped smoking cigarettes completely. I had also tried Nicotine Patches but did not have any success with them, they did not relieve the desire to smoke.

My clothes and breath are now smoke-free and I have lost the need to dash outside for a furtive smoke. My life is now guilt free and my family is so pleased with my decision. With the e-cigarettes I feel I have taken charge of my life and don't have the feeling of hanging out for a smoke or rushing off to the shop to buy a packet of cigarettes because I have run out.

It is my choice to vape now because it satisfies the hand to mouth action, plus it is very cheap,smells pleasant and tastes so nice. I wish that all smokers who want to stop for health or monetary reasons were informed about the benefits of vaping.

8/5/2013 9:06:00 AM - Robert Williams

Hello,

My name is Robert Williams. I started smoking cigarettes at the age of twelve and gradually worked my way up to 2 packs a day for 25 years before finding electronic cigarettes.

The first electronic cigarette I tried in 2008 was small, the same size as a king size cigarette and barely lasted 30 minutes before needing to be recharged. The battery also gradually lost power giving a progressively less satisfying amount of vapor before finally dying. I had to keep 2 batteries constantly charged to keep up with my habit but I persevered and managed to quit for 3 months.

I attribute most of that success to electronic cigarettes tasting better than traditional tobacco cigarettes. Have you ever put tobacco in your mouth? Its foul, but I continued to smoke because I needed the nicotine. Flavors like pina colada, coffee, cinnamon, and peach showed me there were much better and tastier alternatives out there. I also stayed away from tobacco and menthol flavors because I feared the temptation to go back to smoking, especially the first couple of months, would be too great given the similarities in taste.

Ultimately is was technology, or lack thereof, that contributed to my relapse.The equipment being offered in 2008 simply did not provide as satisfying an experience as smoking even though I knew it was slowly killing me.

10 months ago I revisited the vaping community and was heartened by the advances (most of them innovated right here in America) that I saw. I bought a personal vaporizer that has features like a rechargeable battery that lasts 10-12 hours and a microchip that controls voltage, allows you to check the battery and resistance of the atomizer (the part that vaporizes or heats the e-juice) turns the unit on and off and that features short circuit protection and other safety features.

I also bought a tank that I fill in the morning before work or school with 6ml of liquid that lasts me an entire day. I started vaping 36mg flavored nicotine and have gradually decreased that amount in 2-3 month increments to just 6 milligrams. In three more months I will be vaping 0mg nicotine exclusively and will finally be free from an addiction that killed my grandfather, two of my uncles and will also likely kill my father.

Even knowing that, 10 years ago you couldn't have pried my cigarette out from between my fingers.It pervaded and affected every aspect of my life negatively.I wouldn't

work a job that didn't allow me to smoke or even date a non-smoker.

Today, after just 10 short months,

I can hold my breath for a minute and 20 seconds, can walk up several flights of stairs without getting winded, no longer smell bad, my hair,eyes, teeth and skin all feel and look healthier and I feel 10 years younger. I

recently participated in Tough Mudder, an extreme obstacle course and 12 mile run inspired by Army ranger schools. This would have been impossible even 2 years ago.

Before electronic cigarettes, many of us (myself included) have tried to quit using FDA approved methods to no avail. The dismal success rates on those methods should speak for themselves but just in case they dont, every single one was a failure and not one afforded me even the moderate success of my first attempt at using

electronic cigarettes.3 days is the longest I managed to quit using the patch and nicorette gum.

I urge you to please reconsider any legislation that attempts to regulate or ban electronic cigarettes or e-liquids. Over-regulation and bans would consign hundreds of thousands of vapers to a slow and painful death as they are left without any viable alternative to smoking.

Sincerely,

Robert Williams

8/5/2013 12:51:00 PM - Kevin Bonin in Pensacola, Florida

I tried the FIN electronic cigarettes four weeks ago. I started using and since I've started the electronic I've only smoked regular cigarettes one time during the first week of my using the FIN electronic cigarettes. The main reason why I smoked that cigarette was because I did not want to waste even my last tobacco cigarette as I had paid for it with my hard earned money. Since I've started using FIN ecig I've gained my sense of smell back and all of the non-smokers say that they can tell I'm not smoking because I smell better. I also have become more productive at work because I don't have to leave my work to attend to my addiction. My only regret is that I didn't try it earlier. One last positive about electronic cigarette is that it costs a lot less to maintain electronic cigarettes as opposed to traditional tobacco cigarettes. To whoever created these electronic cigarettes: THANK YOU.

8/5/2013 12:52:00 PM - Scott Carpenter

I was 19 the first time I smoked a cigarette. Within a week of lighting my first cigarette I was smoking a pack a day. Over nearly 30 years that increase gradually to about 2 packs a day. I tried "light" cigarettes at various time, and that just doubled my smoking consumption. I tried many ways to quit smoking; patches, nicotine gum, cold turkey, hypnosis. None of them worked very well or for very long.

I also travel quite a bit for work, and have seen hotels gradually go all non-smoking. Rental car companies will fine you for smoking in their cars. Vendor sites I traveled to sometimes had a total non-smoking policy, and I'd have to leave the building, walk across the parking lot and stand on a sidewalk to smoke. That doesn't even count the disruption to meetings when I'd hit my time limit and have to go outside for another smoke.

I heard about electronic cigarettes for the first time in 2010. I decided they were a gimmick and a waste of money. Then I took a trip and came back home, and the rental car company contacted me to tell me they were charging an additional $250 for the rental, because of the smell. I hadn't smoked in the car, but I guess climbing in and out of it with smoke all over me had made the car smell. I fought it, and won, but decided I wouldn't face that again. I bought one of the stupid, gimmick fake cigarettes to use when I travel. Shortly after that I had to go to NY for a week. When I flew back into LAX I couldn't wait to get to my car and smoke a real cigarette. I picked up my car, picked up my cigarette, inhaled deep, and almost coughed up a lung. It was disgusting. I had to stop and brush my teeth in a convenience store bathroom, just to get the taste out of my mouth. That was in December of 2010, and I haven't had a cigarette since then.

I'm also on the ERT (Emergency Response Team) at my company, and they give me a physical every year. They include lung function because I'm rated to wear and use a SCBA (Self-Contained Breathing Apparatus). My last physical showed I have the lung function of an 18 year old non-smoker, when I'm well into middle age. After years of arguing with my doctor about going on Lipitor (he was for it, I was against it), my bad cholesterol is way down, and my good cholesterol is way up. My doctor no longer considers me at risk for heart disease. My triglyceride level has also gone down, and is right in the middle of the normal range. I have made no "lifestyle" changes - no new diet, no new exercise. I just stopped inhaling the smoke from a burning plant 40 times a day and switched to an electronic cigarette.

I realize this is anecdotal, not a study, and I realize I may not be representative of all e-cig users, but there can be no question that e-cigs have been beneficial to me. I'm healthier and will live a longer, more satisfying life because of them.

8/5/2013 12:56:00 PM - Valerie, Kentucky

I'm a 55 year old female that started smoking at the age of 19. I smoked for 33 years and was averaging 1-1/2 to 2 packs daily. I had developed a chronic productive cough and was coughing every 10-15 minutes all day. I wheezed incessantly and was relying on inhalers in the morning to open up my airways enough so that I could cough effectively. I had also noticed that I had developed very deep horizontal grooves on my fingernails as a result of my smoking. Since the age of 25 I had tried to stop smoking at least a dozen times using nicotine patches, nicotine gums, support groups, hypnosis, self-help books, cold turkey, 2 runs of Chantix and the longest I ever made it without reverting to smoking was 6 months. I desperately wanted to quit but nothing offered to me by any health professional was useful enough to over ride my deep addiction to smoking.

At the age of 52 I stumbled upon some information about electronic cigarettes. It sounded plausible as a means of stopping smoking. On a leap of faith, I ordered an eGo kit and 36mg liquid. I received the kit on October 18th, 2010 and began using it. I didn't smoke any cigarettes that day.The next morning, when I reached for the eGo instead of my cigarettes, I knew I was through with smoking. The rest of my cigarettes went in the trash and I have never smoked another one in almost 3 years.

I easily weaned down to 0mg nicotine within a year. But I'm still a very active vapor because for me it was the hand to mouth and "feel" of smoking that I am addicted to and the electronic cigarette replicates that. I did find that the tobacco flavored liquids were not to my liking but I am very satisfied with coffee and dessert flavored liquids. I also discovered variable voltage devices during this time and the ability to customize my experience took me even further away from ever wanting a cigarette again.

My health is considerably improved at this point. I no longer have a nagging cough and I don't wheeze at all anymore. My nailbeds are smooth again, and my sense of smell and taste is back. My clothes,my car and my home longer reek of smoke. I firmly believe the e-cigarette has given me years of my life back.

8/5/2013 1:04:00 PM - Ron H. Bear River, Wyoming

I smoked for 66 years, started when I was 13.

8/5/2013 1:35:00 PM - 17 Year Smoker

I had been smoking traditional cigarettes for 17 years and started to notice I was having difficulty breathing.

As bad as this is though what really became an eye opener to me is when my 8 year old daughter came in the den to watch TV with me and said, "Daddy you stink" and walked out.

I had just come back inside after smoking a cigarette on the porch.

It was at that point I knew something had to change.

I have now been using vaporizers instead of cigarettes for 32 days and with in the first week I already noticed I could breath easier without feeling "winded."

Not only that I don't have the lingering smoke smell.

At the local vapor store I go to everyone I have encountered use to smoke traditional cigarettes and every time the people I talked with had the same story about breathing easier and not smelling.

I have not encountered anyone at this store who started using eCigs who had not already used traditional cigarettes.

I agree some regulations should be put in place, such as these products being sold at malls in kiosks where the potential for exposure to minors is higher.

If eCigs are banned because of potential health risks and/or they act as a drug delivery system, then traditional cigarettes and other tobacco products should be banned as well because of their health risk and they too deliver nicotine to the user.

I have had no traditional cigarettes for 32 days which means I have not had approximately 480 cigarettes.

8/5/2013 1:41:00 PM - Jeffrey(Billy2Boots), Albuquerque,NM

Hello all,

My name is Jeff. I've been a smoker for a long time I am 28yrs of age I became addicted to cigarettes when I was approximately 15yrs old. I have been smoke free for about 2 yrs now. I couldn't have done it with out e-cigs. I tried previous attempts to quit smoking such as the patch, gum, counseling, medications, and even e-cigs. None of witch worked for me. For me a 'want' to quit wasn't enough. It had to be a 'need'. My world stopped 2 yrs ago when my little boy was born two months premature. He was not very healthy, it was a very hard time in my life. Using traditional cigarettes was no longer an option for me, as I could not hold my little miracle due to the fact he was on oxygen and I stunk of 2nd hand smoke. That crushed me and my spirit. I was a skeptic of e-cigs. Until I started using them regularly. I felt much better about my self mentally and physically. I was able to hold my son, without thinking I was harming him. My son is a healthy toddler now:). I am still a e-cig user and I love it. I fear that e-cigs will no longer be as easily accessible to others who need it as much as I did. Thank you for your time.

Respectfully,

Jeffrey (Billy2boots)

8/5/2013 1:41:00 PM - J. Taylor

I am a 48-year-old female who smoked one to two packs of cigarettes a day for more than 30 years until five weeks ago. I tried to stop smoking many times. I

8/5/2013 2:05:00 PM - Chris Mariner

I started smoking at a very young age. Everyone around me smoked and they were easily accessible so I decided to try it and was immediately hooked. Fast forward 16 years and my smokers cough was horrible. I'm not over weight at all and I would struggle walking up steps or trying to participate in athletic activities with my friends. I would have trouble breathing in the middle of the night and my wife would constantly worry. Over the years, I have always wanted to quit and have tried several methods. Nicotine patches, gum, cold turkey and the awful Chantix medication. I don't understand how that drug is on the market. I have never had such horrible side effects. Awful dreams, lack of sleep and horrible depression that would make me wonder why I was even alive. Everyone I know that has tried it, has also experienced the same side effects. I don't know how a drug that is known to make its users commit suicide is on the market. Simply, ridiculous. Needless to say, nothing worked and I was always running back to the nearby gas station to pick up another pack of smokes. Then one day, I saw an electronic cigarette they had available and decided to try it. It was okay, but I knew there had to be better which led me to doing research on the internet. I finally ordered a "real" one and have never picked up a cigarette since. Electronic cigarettes are simply amazing. I have no smokers cough at all anymore and I can make it up a flight of stairs without losing my breath. I don't have to worry about my wife or daughter complaining about the smell and I no longer have to worry about harming them with second hand smoke. This exact story and trying to quit process is identical to my brother's. We ordered the e-cig at the same time and have both been analog free from the day we got them.

Not only has my health improved since the switch 8 months ago, I'm able to save a lot more money. Smoking two packs a day was about 360 dollars a month. I spend about 60-80 dollars a month on the juice now. There is no better alternative on the market for someone that wants to quit smoking or cut back. I understand there are still risk involved. I'm still taking a drug and inhaling that will have side effects. But I know 100%, it is not causing nearly the amount of damage a regular cigarette does. How do I know? Simply, breathing.

8/5/2013 2:06:00 PM - Sheri W, Kansas City, MO

I smoked a pack and a half a day for 38 years. I had previously tried to quit smoking using the nicotine patch, gum, Chantix, and cold turkey. I was not successful in my attempts. I enjoyed smoking.

I suffered from bronchitis three to four times a year. I had to have surgery a few times and it took me longer to heal. I started having shortness of breath when I walked even short distances.

In August 2010 my son suggested electronic cigarettes. I bought a kit and have been using electronic cigarettes ever since. I smoke a cigarette occasionally when extremely stressed, but they no longer have a pleasant taste. I have had maybe 100 cigarettes in the last three years where I used to smoke 100 cigarettes a week. I had surgery since I quit smoking and healed many days faster. My clothes, car and house no longer smell of stale smoke. I have not had bronchitis in three years. I finished my first 5K in 2012 without shortness of breath. I have saved a lot of money from not smoking cigarettes. My health and lifestyle has improved tremendously since I changed to the electronic cigarette, which I consider a healthier alternative.

8/5/2013 2:06:00 PM - Matt Black from Minneapolis, MN

This is my 2nd attempt at quitting smoking using electronic cigarettes.

On my first attempt, I made it 6 weeks before resorting back to analogs.

The reason being

8/5/2013 3:01:00 PM - M. Day, Houston, Texas, USA

Started smoking cigarettes off and on in 1982. Joined Navy in 1986 and while in the Navy, my habit grew to 2+ packs a day until quit

8/5/2013 3:28:00 PM - Mark Barney

I smoked from the time I was about 16 until I was 27, about 40+ cigarettes a day.

I began vaping in 2009 and at first I vaped when I could not smoke, and after a few months I stopped smoking completely.

I never intended to quit smoking and if it were not for e-cigarettes I never would have.

I tried Bupropion, but it had no effect on my smoking.

Now that I have quit smoking tobacco I no longer smell of smoke, do not waste hours of time outside smoking, and plan on living past 40.

I was a very enthusiastic smoker who never intended to quit the habit.

E-cigarettes simply presented a better, more socially acceptable alternative.

8/5/2013 4:23:00 PM - Sam P, Alberta

I was a smoker for 20 years.

I began using ecigarettes 4 months ago (April 2013).

My choice of smoke-free product was the mod, as I knew I would miss the ceremony and 'rush' of breathing in and out a visible puff of nicotine when I gave up tobacco.

I'm still using high strength, but plan to reduce the nicotine content soon. I smoke very little now.

When I first got my ecig mod, I switched instantly from the last cigarette in the packet to vaping.

I found it incredibley easy to simply not smoke any more. That being said, I have had some tobbacco cigs since.

For instance, when I go out drinking and socialising (seldom) I buy a packet of cigarettes, as I did not want to take my bulky mod in case I lost it or it ran out of liquid or battery.

I was a little self-concious about my 'vape face' (a term I use to describe the contortion of facial muscles used to take the long draw needed for a good puff on a mod).

Plus, I enjoy the social aspect of talking to people outside whilst smoking.

It just seems easier.

Of course, I regret it in the morning when I wake up feeling disgusting due to all the tar, chemicals and smoke in my system.

I have smoked occassional regular cigarettes (about 1 - 6 per week) of late, as my ecig mod batteries are diminished and the components are worn out - which leads to a much less satisfying puff.

I have just ordered a new kit, so I'll be back off the smokes soon. Prior to vaping, I have tried going cold-turkey, nicotine patches combined with nicotine-free smoke-free ecigs, Zyban and Champix. The former was more successful when I was younger, but I would creep back into smoking by asking my friends for a puff or a ciggy whilst on a night out, which soon turned into buying a packet. The latter two I was not physiologically or psycologically compatible with. I returned to tobacco about 1 month later in both cases.

The patches also made me 'prickly' - to the point of being rude. I went back to smoking after 1 day. Since my smoke-free alternative life began, I went from being maxed out at 4 mph and 180 bpm for 20 mins on the eliptical trainer, to cruising at 8 mph with a heart rate of 140 bpm for 40 mins. I have found it easier to sleep at night.

I don't feel disgusting and short of breath.

My skin has improved, my teeth and gums are cleaner and healthier and I don't smell of stale (or fresh) smoke and chemicals.

I have more money (which in these credit crunch times is aiding my financial health by allowing me to repay my debts quicker). I have had absolutely no negative side-effects to my health, bank balance or life-style since switching to ecig mods.

8/5/2013 4:57:00 PM - Henry W. White, Sr.

I started on the quit smoking journey about 3 years ago and tried several of the "premade" cartos. Went through 5 differant brands, all of them gave me headaches so I stopped. Then one day I was looking for something online and saw the Clearomizers and did a little research that revealed you can lower/taylor the flavors and nic as you desire. So I went to the local e-cig shop and bought the cheep ecig kit and some custome e juice there too. I can honestly say I have quit tobaccco completely for 4 weeks. Now I have a new hobby rebuilding ATTY's and blending my on ejuice. My health is much better, I can walk 1 mile in from my car and not be out of breath. I have lost over 30 lbs, and my dentist hates me seeing that my teeth aren't as stained anymore. I am a black male 49yrs smoked sense I was 13, quit twice before and started back after 1-1.5 yrs smoke free. Now I have no desire to start back plus my goal was to be tabacco tar and all the other chemicals in analogs "free" before my 50th birthday and I have succeeded.

8/5/2013 5:44:00 PM - Cassandra from C-Ville, VA

I have been smoking since I was 14.

Not only was I addicted, it was a coping mechanism that helped me deal with my nerves.

I have quite smoking 5 times in my life.

Once for 2 years and it was so difficult I went back to smoking, I thought I would rather die then feel this unhappy.

I was told it would get better, but for me it didn't.

After a health scare over 2 years ago I quit again.

I have used the patch, gum, mints...

Usually around the 3 month mark it would become unbearable.

This time friends saw me reaching this point again and asked me to try the ecig.

It was the first time a felt hope that I could be cigarette free for life.

Through trail and error I found the equipment and juice I needed to succeed.

I have had 3 cigarettes in over 2 years, after each one I felt gross.

Today I breath better, my heath is better, my skin is clear, my gums and teeth are better, my house and clothing don't stink and I don't worry about second hand smoke.

For me it has been a life changer and saver.

8/5/2013 5:49:00 PM - Rich Schalich(H Niemand) Philadelphia, PA

I smoked for over 50 years. I tried many different methods to quit unsuccessfully. This time, it worked!! I developed leukoplakia of the vocal cords and lost my voice. The doctor told me it was caused by smoking. Using Chantx and electronic cigarettes I successfully quit. I place most of my success on the electronic cigarettes and not the Chantix. They satisfied the entire complex of behaviors that I had developed over 50 years. My doctor said to keep using them since he believes they are not harmful. As of today,my voice is back and the leukoplakia is gone!!! Thank you e-cigs.

8/5/2013 6:40:00 PM - Laura Roesch (mimikim1234) Oak Park, IL

I started smoking when I was 15 years old. By the time I really wanted to quit, I was hopelessly addicted, and my health was declining as a result. I was a heavy smoker (2 packs per day), and the only thing that has helped me quit, and thus improve my quality of life, was e cigarettes. Within one month of purchasing my first e cigarette, I was able to finally leave my traditional cigarette addiction behind forever. After smoking for half of my life, this was a huge feat, and I feel I owe my life and improving health to e cigarettes. My family is also very relieved, as they too have witnessed the overall benefits of e cigarettes over traditional cigarettes. I can breathe normally again, my sleep apnea has resolved, I am not tired all of the time, and I can enjoy physical activities again. Even my food tastes better, since my taste buds are no longer deadened by burning smoke. Exercise, which would have seemed insurmountable before e cigarettes, is allowing me to keep in shape. I don't have any scientific evidence to present; I just know how I feel, and I feel as if I have a new lease on life.

Although I am not a parent, I know someone who is, and was a smoker. Even though she knew the ill effects of traditional smoking, she could not stop. When I introduced her to e cigarettes, she was delighted. It took her ONE WEEK to get off cigarettes for good, and she will now live longer for her children, and their exposure to second hand smoke is no longer a concern.

I don't know if I will give up e cigarettes in the near future, but that is my goal. I have already started to taper down the amount of nicotine in my e liquid, with great success. The ingenious part of e cigarettes is that I can continue to vape at the same frequency, but reduce the amount of nicotine at the same time. It makes the quitting process so much easier, and I will eventually taper down to 0 nicotine. I started at 18 mg, and have reduced down to 6 mg already; I have been vaping for less than one year.

I truly believe e cigarettes will save the lives of smokers who switch to e cigarettes, and even those of non smokers who would have been affected by the second hand smoke. Please do not take e smoking away from me, and thousands, maybe millions of others who will live longer, better lives due to e cigarettes. How can e cigarettes be banned on the chance that it will harm the public, when the very real danger of traditional cigarettes remains legal? It's simply not logical. What is logical is people living longer, and having the freedom to choose a smoking alternative that is better for everyone.

8/5/2013 6:44:00 PM - Chad from Baltimore

I smoked for 15 year.

I tried quoting several times with various levels of success.

I used zyban, gum, cold turkey, and chantix twice.

None of these meathods ever got rid of the desire for a tobacco cigarette, only made the urge to light up more manageable, and I returned to regular smoking within six months. I bought Halo's G6 electronic cigarette system in October of 2011.

I used it exclusively for a week and was pleased. I was out with friends one evening and I decided to join then in a tobacco cigarette when they stepped out to smoke.

I couldn't finish the tobacco as it was making me ill.

I smoked a tobacco cigarette three months later with the exact same result.

It has been a year and a half since I have lit-up,

unlike any other time that I quit, I no longer have any desire to smoke tobacco.

I still use my electronic cigarette daily but I am lowering the nicotine levels, and do not use it nearly as often as when I began.

8/5/2013 6:50:00 PM - Boby Fussell, II

I am sure I share similar experiences with many e-cigarette users but some unique details often make every story worth telling.

At the age of thirteen I found a pack of cigarettes (Pall-Mall filterless) left, accidentally I

8/5/2013 7:51:00 PM - Christy Wood, Floresville, TX

My name is Christy Wood. I am a 43 year old mother of 4. I have been smoking for about 25 years. I have tried over and over to quit. I have used counseling, hypnosis, chantix, wellbutrin, nicotine gum, patches, lozenges and quitting cold turkey. Nothing has ever worked for more than a couple of days and even then I was miserable. I had finally given up hope.

Then I decided to give it one last try using e cigs. I couldn't believe it! I felt like it really satisfied my need for a cigarette. The first day I had one regular cigarette. By the second day I had no desire for my old cigs. I did have a day where I slipped up and smoked 3 but haven't had any since. I have been using them for a month now and know I will never go back. Since I switched to the e cigs I don't stink, I have more energy, my skin looks healthier, I can breathe so deep! I know everyone claims that if you can't quit smoking it's because you don't really want to. That couldn't be farther from the truth. Thank you, thank you, THANK YOU! I love my new life, free from those deadly cigarettes!

8/5/2013 8:16:00 PM - Helen Tagg

I started smoking when I was 12, it was the "in" thing to do,grown up, and no one talked about the risks in 1970. I did stop for the first 3 months of my pregnancy, in 1978, as was recommended at that epoch. All done, I smoked for 43 years, until my friend had a bad attack of asthma, which took him to hospital for a week. The specialist told

him he wouldn't have a long time left if he didn't stop smoking. For a week, it was hell with nicotine patches. Irritable, he was

impossible to live with almost. Then I read about Electronic

cigarettes on the Web. While waiting for a rechargeable kit, with Eliquid to arrive by the

post, we found a shop that sold disposable ones, which I tried too. I

liked them so we both became vapers, and ex-smokers, the same day.

No nasty side effects, irritability, insomnia, it was so painless I

could hardly believe it. I'd not even thought of stopping smoking,

until I tasted it, and thought how much easier it would be at 2. Since then, June 2012, my friend hasn't smoked a real cigarette, in fact

when he tried it disgusted him, and made him choke. His lungs work much better, which was almost an impossibility as far as he was

concerned. We have both recovered our sense of taste, smell, respire

and sleep better, and there's no smell of old smoke in the house. If we couldn't have bought the disposable Ecigs at the local super

market, and the tobacconist maybe we wouldn't have order rechargeable kits, and continued to use Electronic Cigarettes. It's more or less saved my friends' life, as his days were numbered if he continued smoking, and the patches weren't working for him at all. He needed to smoke as well. But since he started using Ecigs,

with Ejuice he likes he's managed what he thought was the impossible. It's the same for me, although my life wasn't immediately threatened. It's so easy to use an Ecig instead of lighting up a cigarette, that it quickly becomes a habit, and I don't even think of smoking now, after just over a year of abstinence. We've both reduced the nicotine content of our Eliquid by half, without any problem, and will probably continue to reduce it. Stopping smoking wasn't, for me at any rate, a simple question of stopping

nicotine, but of no longer having something in my hand and mouth. I'm maybe nervous by nature, but it was a factor that really made it possible for me to change my method

of nicotine absorbtion, from smoking, which I evidently now know to be a mortel danger, to vaping, something that is certainly not as dangerous, by far, as smoking. I don't want

to stop vaping for the moment, as it is a pleasure that I don't

consider puts my life at risk. I've talked to people who use Ecigs since 2007, and they have no noticeable side effects, the products

I use are certified and tested for purity. I feel that Electronic Cigarettes are a life saver, especially for people who have great difficulty to give up smoking, even though their lives depend on it. Lastly, I don't think it would have even crossed my mind to stop smoking if Ecigs weren't so easy to buy, on the street corner, more or less. I only hope that will continue. Banning, or limiting the sale would, in my opinion as an ex-smoker, make it less easy to choose as an option for using nicotine, and would prevent many smokers from becoming ex-smokers.

8/5/2013 8:26:00 PM - Kristy Acord, Texas Coast

Ecig Vaping Life Change

Hello,

my name is Kristy Acord age 43 and I smoked cigarettes for over 30 years. The only times I ever quit smoking

was during my 3 pregnancies. A few years ago I started having health issues from smoking cigarettes such as chronic coughing, sore throat and shortness of breath. For about 2 years I tried several different methods of quitting smoking such as nicotine gum, prescription medication and cold turkey quitting. Needless to say none of these things worked for me.

I was starting to get depressed, feel sick all the time but unable to put down my cigarette! Then one day my 24 year old daughter showed up for a visit from college with an electronic cigarette! She had an ego type battery with a clearomizer tip and many flavors of liquid! I tried the Ecig over the weekend while she was here and decided on Monday to order my own kit which included two ego batteries four clearomizers and four liquids in different flavors from a local e-cigarette Online Store.

I checked my package tracking number and knew that my package was going to be here Thursday when the mail ran which was usually around noon. I went to bed Wednesday night with only two cigarettes remaining in my pack and in my possession. While waiting for the mail to run I smoked my two cigarettes very slowly, a few drags at a time and then putting it back out to make it last until the mail ran. I was waiting, impatiently by the time the mailman headed my way down the block.

I was starting to get grouchy once I had the package opened and realized I still had to unwrap everything, fill the clearomizer and let it sit for a couple of minutes for the liquid to soak into the wicks.

The whole time trying to convince my cigarette craving mind and body that this would be the answer to my prayers, wishes and health issues!

I can now, one year, one month and twenty seven days later, tell you That IT WAS EVERYTHING I NEEDED,

WANTED AND WISHED FOR!!!

I have been vaping every single day since then and I have never smoked another cigarette,

craved another cigarette or even had one single thought of picking up another cigarette to smoke!!! I have been using an ego battery with several different types of

clearomizers and have tried several different eliquid stores online across the county for my supplies!

I have shared my story with family, friends and my doctors with everyone noticing the change in my health and breathing.

I have also gotten at least twenty other people using this incredible,

unsurpassed method of stopping cigarette smoking as I've ever seen or heard about.

I don't know why anyone in their right mind would want to ban this amazing life changing product which I know for a fact has saved my body from a life of emphysema, lung cancer, throat cancer, or any type of cigarette/tobacco related cancers or even just a cigarette addiction that ruled my life, by having to take cigarette breaks from restaurants, hospitals, stores, malls or any other place that doesn't allow smoking!

In the wonderful world of e cigarettes, I have yet to be thrown out Of ANYWHERE for vaping!!!

The best way for me to relay this fact to you is a story of my best friend, Tracy, who I convinced to try the ecig and has now also been vaping for about a year,

went in for surgery on her back. I went to visit her after her surgery was over and she was in a room for recovery and was pleasantly surprised to see her bedside tray loaded up with all of her vaping supplies and she was vaping away,

even while the nurse came in to see her!!!

I know that somehow, someway the people opposed to vaping, ecigs, eliquid, or anything to do with this method of smoking cessation will come to realize by first hand experiences from people like me, who's life has been changed for the better,

that this does not need to be banned!

It is everything we need to stop the epidemic of smoking related illnesses and deaths in this country and others.

Thank you for taking the time to read my story!

I promise you that everything I've started is true and nothing has been altered to make it sound better!

This is my story and was written while I vaped using my ego battery, a bottom coil clearomizer and marshmallow flavored18mg eliquid!

Sincerely,

Kristy Acord

8/5/2013 8:30:00 PM - Robin Robertson

My name is Robin Robertson I live in Amarillo TX. When I was 16 I started smoking. I think I did it to be cool because all my friends did. I was ok smoking until I was about 30. I had to have a Hysterectomy and have hormone replacement Meds. My doctor

keep telling me I need to stop because the meds and smoking are bad together.So for the next 3 years my doctor gave me Wellbutrin to help me stop. I had no luck with it. Then in June 2012 I went on a trip to Dallas TX

and came a cross a Vape Shop. I was not looking for it, but there it was.

So I go in to find out what it was about. Kind of found out a little and tried some flavors.

My 17 year old daughter was telling me to please try it and she even payed for it to help me stop smoking. So on the drive home I used it and only stopped one time from Dallas to Amarillo to smoke a cigarette. I did not smoke in the car or my house. The first week I only had

about 10 cigarettes and I was done. I was feeling so good. The time I smoked when I would standing for more them an hour my legs hurt so bad and come to find out it was from smoking. As soon as I stopped my legs felt greet. I started vaping with 12 mg of nicotine for 2 months then went down to 6.

There was

2 months where I went back to smoking and I started to feel sick and my legs hurt and I was like why did I do this to my self. So I got

online and got a new E Cigarette and stop the day it came in the mail. I smoked 2 packs a day. About 2 weeks ago I found a Vape shop in Amarillo called Lucky Ruckus and have

learned so much more about vaping. From June 2012 to August 2013 I been smoke free except the 2 months. My health is so much better. Now I work at that Vape shop helping others to quit smoking. It's a great feeling to help people! Now the fun part is trying all flavors and all the money I save. I love vaping

8/5/2013 8:35:00 PM - Harold (WyldRaider) Nichols

This year on Father's Day,my Son handed me a Blu disposable E-Cig as my gift. I immediately took it as a hint,well one more hint. The hints have been happening for years by all 4 of my children. If you have not figured what the hint is yet,it is to quit smoking. I was in the process of quitting by smoking one less cig each day. I was down to 5 a day max and then Father's Day came.

The Blu disp. lasted me about one day. When it ran out instead of

buying a pack of cigs I bought another Blu and then went online looking for a E-Cig kit that I can refill. I found an Ego dual coil kit and purchased it along with some liquid. The first liquid I purchased was 24mg nicotine strength. On my second order I reduced the strength down to 18mg. And All is still good with the lower strength. My next order will be 12mg and I intend to lower the strength on each order until I get to 0mg nic.

I am 53 years of age and have smoked since I was 13. Thats 40 years of cigarettes and the last 14 of them included health problems because of cigs. I have tried everything on the market to try to stop and none worked. Well,none until my Son brought me the E-Cig. I have not smoked a cigarette since this past Father's Day. If anything should be taken off the market,that should be the poisoned cigarettes that have taken many lives throughout many years.

I hereby testify that E-Cigs are safe and a better alternative to conventional cigarettes. Also I have not felt out of breath any longer while I do my exercises. I don't wake up hacking up a lung any longer either.

To ban E-cigs and continue to sell and TAX cigarettes would be an infringement on our constitutional rights and a health risk to all citizens.

Harold Nichols Ephrata PA.

8/5/2013 8:36:00 PM - Catherine Joyner

I started smoking menthol cigarettes at a very young age, my parents owned a Ma and Pop store and my siblings and I use to swipe smokes as early as I can remember. In my teen years I settled on Salem cigarettes, my next door neighbors Mom had smoked them and I had gotten use to the taste. I had my first child at 22yrs of age, stopped smoking until I stopped nursing then I found a reason to start again. this HABBIT repeated itself for all three of my children. as years went past and I started moving up the food chain so to speak with work, Id get hollered at by bosses telling me how unprofessional it was to smell like smoke and I quit more times then I can remember to please one person or another. I never smoked at home or in my my house after the kids came, so Id end up going out to a bar to smoke in pease and found myself getting into mischief, when they passed the law no more smoking in bars I never believed it would really happen. it did and I found myself out on the street watching trouble as I puffed away. One Christmas my younger brother gave his wife an e cigarette for Christmas looked like the real thing only she didn't have to freeze her butt off, I quickly got myself one.That was about four years ago. less then a year ago my sister in law opened a vape shop in NC and after a visit I found the connivence of the liquids as opposed to the cartridges and I switched over. I started out with the high nicotine and have lowered the level since. I consider myself a non smoker now although I do enjoy my vape. I live in upstate NY and can find no where local to purchase the liquids so I buy them from KBVAPOR.COM in Wilmington NC. They have two locations and I can order my liquids over the phone, check out their sales on their Facebook page and even order it online. what I love about KBVAPOR.COM is the fact they offer liquids actually made in the USA, not just mixed but made here. I know they don't sell to kids but I enjoy their favors, as Im getting older I find my figure getting wider and I enjoy a peach or an orange flavored vape at night as kind of a bed time snack.

8/5/2013 8:54:00 PM - Taylor Todd, Texas

I am not a smoker but my wife has been for a long time, a pack and a half a day. she heard about vaping and talked about it to me. and my response was " what the hell is vaping" she wanted to try it to hel her to quit smoking so I was all for it. she started vaping and was trying to explain how it was , how this flavor was not right or this one is to sweet. and I was not understanding. So I thought it would be a good thing to vape with her and be a support to her vaping. and so I vape no nic. but I have seen first hand the coughing go away , her taste of things come back, her sleeping is better. all around she is getting healthy, and she is 8 weeks this thursday with no smoking...this is helping and doing a good thing for the people out there trying to get away from smoking...this is helping a great many people!!!!!!!

8/5/2013 8:58:00 PM - Chas(Dewitt, Ky)

I have smoked for 52 years.

I have been smoking ecigarettes or eliquid vaporizers for 33 days using 18% nicotine mix in various favors.

My morning hacking caugh is gone, and my breathing is markedly easier

8/5/2013 9:27:00 PM - Tiffany Waggoner from Denison, TX

I started smoking when I was 13 years old. Eventually I was smoking almost two packs a day. I decided that I wanted to try to quit smoking when I was about 26. I tried cold turkey which did not work at all. I went to my doctor and he prescribed Wellbutrin to help me quit. The medicine made me feel strange and I hated it. I tried the nicotine patches but they irritated my skin and made it very hard to sleep at night. The next thing my doctor tried was Chantix. That stuff made me feel like I was losing my mind. I had terrible night terrors when I actually could fall asleep. During the day my moods were high then low and I just wasn't myself at all. I don't do well with most medicines anyway. I had just about given up on trying to quit because it seemed like I failed at whatever I tried. After four years of trying to quit and failing, I had a friend suggest using nicotine liquid in a vaporizer. I'm a skeptic so I researched it before trying. All of the ingredients have been approved by the FDA separately and some have been used in asthma inhalers since the 1950s. I figured I would give it a try and see what happened. The first week I used both cigarettes and my e-cigarette. The second week I threw away the rest of my carton of cigarettes and have not picked them up again. I feel great. I don't cough or wheeze. I can breathe easier which has allowed me to start exercising. My sense of smell is back, which is great for bakeries, not so much for skunks. But I can smell, and taste again. You don't realize how much cigarette smoke affects everything about you until you can quit. My skin looks better, I don't smell like an ashtray, my teeth aren't yellow, the list goes on and on. I know that the tobacco companies are losing money because of the e-cigarette revolution. I also know they will pull all of the strings they can to ensure that they make the money they are accustomed to. I know that there are many others who feel the same way I do. E-cigarettes have helped me lose the shackles of my cigarette addiction. I don't get sick like I used to, I save money, and I feel better.

8/5/2013 9:27:00 PM - Connie Kramer

I started smoking at 13, along with my friends. It was

8/5/2013 9:37:00 PM - Stonne Ewing from Salt Lake City

To whom it may concern,

I am Stonne Ewing, I am 33yrs old. I am a X smoker, I smoked at least a pack of cigarettes a day for about 13yrs. I have tried the patch, and the gum to try and quit smoking in the past. I am now currently using an electronic cigarette and have not had a smoke since and have no desire to do so.

I would have to say that it is the best alternative to smoking and so glade that it worked. I dont stink or offend anyone anymore, it has allowed me to be more of a part of my childrens life and has made my relationship with my wife stronger than ever.

I would like to send out a huge thanks to the inventor/inventors of this amazing product.

Thanks, Stonne Ewing

8/5/2013 10:05:00 PM - John F, denmark

Was smoking during 46 years. Started vaping 9 months ago, and quit smoking about 6 months ago. Cheap e-cigs did not work for me. Mechanical mods with rebuildable attys do. The Allen Carr method of tobacco quitting might have worked if I was a cigarrette smoker, but I was a cigar smoker, and that's a different thing. Today I'm vaping hi-nicotine, but not all day. Often there are several hours in between (as with the cigars). Lo-nicotine could not have done it for me, but I feel I need less nicotine now.

8/5/2013 10:17:00 PM - Michael Cope from Bullhead City, AZ

For Christmas last year, I received an electronic cigarette kit. Over the month of January 2013, I transitioned from regular to electronic cigarettes and was completely smoke free by the end of the month. Since, my lungs have cleared, my taste has returned and I no longer smell like a walking ash tray.

Electronic cigarettes may not be completely risk free, but they are so much better that banning or over regulating them would be a travesty. Many people would return to smoking toxic, deadly tobacco cigarettes. In days where healthcare and its costs are of big concern to an ever longer lasting population, why do anything to hamper people from transitioning from a known killer to something that is known much safer. Even in the respect of danger from fires, e-cigs are undoubtedly the safer, better choice!

8/5/2013 10:40:00 PM - Michael Swanson

i am 23 years old and smoked since i was 16 so 7 years. a pack a day. Marlboro Blacks non-menthol was my brand.

i started used electronic cigarettes about a couple of months ago and love it.

i have had only a couple of real cigarettes since i started smoking and they just didn't do it for me.

i always want to turn back to my tasty e-cig. it just has more flavor and it just a better hobby to pre-occupy my mind to keep form smoking. once i bought my e-cig, that was it no more buying the real thing for me.

i am using a Zmax mini mod with a Phoenix rebuildable atomizer and i love the customization and freedom that comes with it.

so much better than just normal analog cigarettes.

last summer i had my wisdom teeth taken out, and was told not to smoke since it could cause dry sockets and be in even more pain than i was originally.

so i picked up a pack of nicotine patched for the grocery store to try them out in the time i wasn't allowed to smoke.

i will admit that it did curb my cravings some, but without the actual motion of smoking, they were useless. i found myself wanting to go outside and pull a cigarette out of the pack, and light it up even

if i wasn't craving the nicotine.

the e-cig it the perfect combination of both.

i get my nicotine AND get to enjoy the sensation of smoking without it affecting my health as much.

i found that this has truly helped me in life. i don't smell bad, my girlfriend is willing to kiss me and i can be around her kids without having to worry about second and third hand smoking.

overall i am very happy i made the switch and i will never look back to real cigarettes ever.

8/5/2013 11:40:00 PM - Christopher Smith cmsmithsk.tumblr.com Marion, NC

Hey my name is Christopher Smith, I am 23 years young and I hail from Marion, North Carolina. I smoked traditional cigarettes since 2005, and I have been analog free since July 20th 2013. I started off smoking a few cigars here and there and maybe some chewing tobacco (I know, gross, but it is the truth). I wouldn't dare smoke a cigarette though, I thought they were disgusting, and well they are. One day though I got really stressed out and the setting and air was right, I made the dumbest decision of my life, and I smoked a cigarette. From there on I was hooked, and it was not no time that I was smoking a pack and a half to two packs a day of Marlboro Red 100's.

The impact on cigarettes on me was obvious. I lost my ability to do any type of running, and over time my stamina and energy just decreased and decreased. My immunity was atrocious and I kept a case of bronchitis. Night time was the worst, when I went to bed I was constantly swallowing and my wife was constantly having to check on me in my sleep because I would have choking and coughing fits.

I wanted to quit, because of the impending health concerns and lets not even go into the dent cigarettes put into my wallet. A part of me, the part of me that was very much so physically, mentally, and habitually addicted to smoking did not want to quit. I don't know the times I tried to quit; I used the patches, the pills, the gum, I tried using sheer willpower and that just made me feel ashamed when I lit that next cigarette two hours, and sometimes not ten minutes, after I said I quit.

So when The Tourist came out with Johnny Depp pulling on that e-cig, I was more than willing to give it a try. I unfortunately gave the gas station models a try, which were super expensive by the way, and they worked amazing for about two or three days, but then I was back on cigarettes again, and more so than before.

The problem was the cheap pre-filled cartridges that really only came in tobacco and menthol, and looking at a personal vaporizer as a cigarette and smoking is just the wrong way to go about it. You have to rewire your brain that you are not smoking anymore that you are doing something better. That is what I have learned since last November and July 13, 2013 when I got my first ego Passthrough and began vaping again. I immediately cut back on smoking cigarettes to about one to three in a day, then on the twentieth I lit a cigarette and just could not stand it. I took two puffs trying to make it work and I crushed it. I still have the rest of my last pack of cigarettes, for willpower, and I don't ever see myself smoking another one of those nasty things.

I smoked a pack and a half of cigarettes to two packs a day. Now I have been cutting down from 24mg to 18mg, and now I mix up between 18mg and 11 or 9mg. Of that I only vape about a ml to 1 1/2ml a day, which I was never so able to cut back on my smoking.

I still withdrawed from cigarettes even with the e-cig. My muscles cramp and I am coughing up all that tar that was built up in my lungs. But I stopped having headaches. I can run and I can breath for the first time since 2005, that really is a long time, at least

to me. I don't swallow constantly at night, or have choking and coughing fits in my sleep, I actually sleep good at night. When I wake up in the morning I feel well rested and I have energy; and the first thing I reach for is not my e-cig, the first thing I do is go to the bathroom and make a pot of coffee. A month ago, I would have bitten someone's head off if I had not had a cigarette first thing, and another one in fifteen minutes. I always smoked the most in the mornings. Now I have self control.

I don't know what everyone's testimonial will be, but I hope the politicians and people in government will not take our electronic cigarettes away. This is the first I have been able to quit such a horrible addiction, and I know I am not alone. I know why smoking cigarettes in public is illegal, because of the second hand smoke. An e-cig though, is a viable alternative for those of us who are going to smoke regardless. Even if we have to hide under a rock, sell an arm, and give up a lung; so yes I support electronic cigarettes. Though I can not say that they are safe, they are definitely safer than smoking cigarettes.

8/6/2013 12:05:00 AM - cristie maez

I have smoked for 15+ yrs. I smoked 2 pks a day. I have been able to completely stop smoking with the use of an e- cig. I started with disposable and now I use refillable....which seems to be much better for me. I have not smoked a cigarette in over a year, neither has my fiance. I have been able to encourage others to stop smoking as well, by going to e-cig. I wake up in the morning & I don't cough all kinds of stuff up. I stopped having to use my rescue inhaler. It has been a life saver for me. My blood pressure went down. I feel sooo much better after going to the e-cig. Please don't take away this life changing option from people who have stopped smoking cigarettes.

If anything should stop real cigarettes...they were the ones causing my health problems...NOT the e-cig.

8/6/2013 12:31:00 AM - Keith Jones (maxbet)

Hello, my name is Keith Jones, I am 46yrs. old and for 26yrs. of that I was a smoker of analog cigarettes, and when I say a smoker I mean 2packs a day. Recently I had to have a three day stay in the hospital for spinal surgery, no smoking allowed, so I had my wife get me some e-cigs from the drug store, it was the blu brand, and I have never looked back. That was April it is now August and I have not had a "real cigarette" since. My wife sits next to me now, because I no longer smell like a ash tray, I am getting my wind back, I no longer gasp for air wile on short walks, and I guess the main thing I have noticed is when I am singing, well I call it singing, I don't lose my breath. I understand I am still using nicotine and the people around me are thankful for that I am sure, but I don't drink, I don't do illegal drugs ,and I don't smoke I VAPE and I think that is a good trade off.

E-Cigs and Vaping I believe may have saved my life I know how I feel now compared to how I felt before and I can't help but believe that it is a more healthful alternative to smoking and I hope and pray that other smokers find this alternative and pick it up, yes it may be a habit but so is washing ones hands so as you see not all habits are bad.

8/6/2013 12:33:00 AM - Roger

Hi, I was a fairly heavy smoker for about 40 years. I typically smoked one and a half packs per day unless I went out to party and then the amount increased. I tried to quit many times using various methods--nicotine gum, patches, etc..

No luck. My wife had nagged me incessantly about trying this "puffer thing" that was like smoking but much safer. I finally gave in and started learning the ropes of "vaping". I still smoked cigarettes but less of them. After becoming accustomed to vaping, I found that cigarettes didn't have quite the hold on me that they once did. I decided to set a date to switch entirely to the e-cigarettes. That date was April 1, 2010. I followed through with it and have not had a cigarette since. The first week was a little sketchy but after that, I have not even craved a cigarette. I ride in a company crewbus with smokers every day and I'm not even tempted. My lungs have cleared up. It's kind of amusing to me that I can walk into a Walmart or any store and smell a smoker from 20 feet away. Hmmm, never knew I smelled that bad. But I'm going on and on, aren't I? Anyway, the e-cig has changed my life in a big way. It totally ended smoking in my life. I have no interest in cigarettes and for me--that is amazing. I'll be 60 next month and I might even have a few more years in me now.

Roger

8/6/2013 12:40:00 AM - Rick Mulder, Easton, MD

Smoked for 30 years, 1 pack a day smoker. Attempted to quit using "cold turkey", Chewing Tobacco, Nicorette, Patches, and 2 types of pills, none of which helped for even a single day. 4 years ago my daughter told me about the electronic cigarettes (ecigs).

I bought a kit and immediately reduced real cigarettes from 20 a day to 4-5 a day. Within the following year I quit real cigarettes altogether, and haven't touched one since.

I feel better, I breath better, leg pain is gone, better appetite, can smell better. I am sure you know the advantages that come with not smoking.

Ecigarettes are a "God sent" for us who use them. I'm not an expert, but hear 90% of folks that use them greatly reduce smoking or quit altogether.

Us Vapors (ecigarette users) have come to the conclusion that the reason "officials" want to ban ecigarettes is for money reasons, IE: Big tobacco and pharmaceutical companies. Please prove us wrong.

8/6/2013 1:17:00 AM - Jay Altman

So, I smoked my first cigarette working at a summer camp when I was 15. I immediately fell in love with it and for nearly 25 years since have struggled with a powerful love hate relationship.

I told myself many times over the years that I would eventually give it up. It was just something I wanted to experience for a while. But the truth is, I definitely loved smoking.

It didn't matter that it was impacting my Physical Training performance during my Army years.

It didn't matter that it turned off many potential dates over the years. It didn't matter that it was bankrupting me and relegating me to the social fringes and destroying my health, I just loved it.

I was painfully aware of it all the whole time.

Be that as it may, I knew that I had to stop so, for the last 15 years or so I have tried just about every stop smoking therapy short of acupuncture and hypnosis.

Patches, gums, Zyban and Chantix. None of it could keep me free of cigarettes more than a week without cheating.

It wasn't until I tried an electronic cigarette that it all changed.

Within the course of a week I went from someone who obsessed all day about wanting to go smoke, who impulsively bought a very expensive pack even if I knew I needed the money for food to someone who doesn't even think about a cigarette anymore.

I don't get an itchy trigger finger when I'm at a convenience store. I don't feel the urge to bum one from a friend or coworker.

I just don't.

And the end result?

I feel better. I smell better. I sleep better. I think better. I look better.

I'm happier and have a lot more money in the bank.

I can't say for sure that electronic cigarettes are completely harmless but it's certainly less harmful that traditional cigarettes in every way that counts.

If the government takes it upon themselves to take something away from me that has facilitated such an amazing improvement in my life, then I can only imagine that the results might be disastrous for me personally.

We are supposed to be a nation where free thinking adults are free to make their own choices, good or bad. I can definitely say that, for me, this choice definitely leans towards the former.

8/6/2013 1:30:00 AM - Brian Goosen from Dallas, TX

August 5, 2013

To whom it may concern,

I had been a smoker since 1994.

I'd never seriously tried to quit, even though I kept thinking I really needed to quit, often rationalizing that "at least I wasn't smoking that much" at just 2 or 3 packs a week.

About 3 months ago I went into a tobacco store to buy a couple packs of cigarettes. I noticed their ecigs, asked the clerk to tell me about them and ended up buying an Ego style battery and CE4 clearomizer in a blister pack, a bottle of 18mg e-juice, as well as a pack of cigarettes.

I had no intention to quit smoking.

This was just me satisfying my curiosity about these devices.

Over the next 3 days, I "vaped" quite a bit and my cigarette usage dwindled until the 3rd day I realized I had gone all day without a smoke.

So I went outside, lit one up, and was shocked by the unpleasant taste and feeling.

I just didn't want it anymore.

I put it out without finishing it, and haven't had one since.

I've had occasional cravings which I am able to ignore thanks to vaping.

I know other people who are using ecigs to try to quit who have not had as easy a time with it as I have, but for me this just works, and I wasn't even setting out to quit!

Brian Goosen Dallas, TX

8/6/2013 1:39:00 AM - Diane Bennett

I started smoking at the age of 12 years...I smoked 25-30 gigs. per day for 53 years.

14 years ago I tried nicotine patches without much success. 3 years ago I tried Champix and did not have a smoke for the 3 months I was taking them but took it back up again the day after I finished the course. 89 days ago I had my last smoke and started using a Vapebar with 11mg juice. I have not touched a cigarette since starting and I have noticed such an improvement in my breathing and blood circulation. They are the best things on the market to help us heavy smokers / non smoker now. What a shame if this opportunity is taken away.

8/6/2013 1:42:00 AM - Clark Chaney

I smoked cigarettes for 12 years, and tried Chantix, the patch, nicorette, and nothing worked.

The first day I received my E-cigarette was the last day I ever smoked a cigarette.

Electronic cigarettes have changed my life.

I got back into playing soccer, running, and not stinking.

I am healthier and have been much happier with e-cigarettes!!! Please don't ban them!!!!

8/6/2013 2:09:00 AM - Danial Chamberlain

I was a smoker for almost 27 years, all of it a pack a day or more. I started as many do, to feel cool, accepted and did not know the changes and affect it would have on every aspect of my life. I spent so many days wondering when I would quit, convinced myself that I needed it, I would be fine, tons of people smoke and don

8/6/2013 2:16:00 AM - Geoff Baysinger

I had been starting to smoke more and more recently as my chronic back pain reached an all-time max. By December I was smoking a full cigar 1-2 times per week. I've never been a cigarette smoker as I dislike them.

To prepare for surgery I switched to electronic cigarettes. I haven't looked back. In fact, I have the same cigar in my bathroom, wrapped and unsmoked, telling myself it is for some celebration or whatnot. But every time I go to light it up I actually don't want it.

Nicotine remains a good way for me to control my break-through pain. In other words ... ecigarettes aren't just reducing my carcinogen intake from tobacco, but are also reducing my needs for narcotic painkillers.

My breathing, which has been plagued by asthma, chronic bronchitis and frequent full-blown pneumonia (every 8 years or so on average, ie 5 times), has been significantly better. Not just better than when I was smoking cigars (the asthma, bronchitis and pneumonia were a part of my life long before I smoked a cigar) but better than at any point in my life. The water vapor from the glycerin combined with what appears to be anti-bacterial nature of the glycol seem to have made a significant positive benefit in my health beyond the cigar cessation.

I now mix my own e-juice. I buy high end ingredients from trusted sources with certifications and am able to still make juices that are less expensive than "high end" e-juices while equaling their quality. My cost of juice is well under 1/4 of what I spent on cigars.

Any attempts to restrict ecigarettes is a protectionist action by parts of the government that are in cahoots with the tobacco industry. Every aspect of this is far safer than any other form of nicotine delivery except possibly patches. And from my anecdotal experience may well have net positives on health beyond removing the carcinogenic and addictive aspect of tobacco, especially cigarettes.

8/6/2013 2:28:00 AM - D.L.B.

[I am writing this on behalf of my father, as he does not do anything online with social media]

At the age of 69 my father quit smoking after 50+ years. He tried many times over the years but finally due to the nature of working with other smokers he gave up and decided no to try again until he retired.

He actually won't retire until later this year. He stopped smoking in May after I gave him a gift of a decent ecigarrette and some ejuice. No other product had worked for him before. At one point he was using patches, on prescription stop-smoking drugs and STILL smoking trying to wean himself off. With his ecigarette he literally just stopped smoking one day after his last "analog" cigarette was gone.

His work environment had him with other people who always smoke on their breaks. Therefor even when he had managed to get all of the nicotine out of his system, like when going on a long vacation, he would still have the craving as soon as he smelled the cigarette on co-workers and would still want the feeling of a cigarette in his hands while talking on break.

The ecigarette has allowed him to retain the habitual nature without actually smoking. A fair number of his co-workers are also switching over.

While his nicotine consumption is still high, he is starting to wean down from stronger ejuices. He believes once he retires that he will be able to put down all nicotine substances for good.

8/6/2013 2:45:00 AM - Devon Scribner, Northern California

I am 49 years old, and I have been smoking about a pack a day since I was 16, with one 5 year gap where I did not smoke, so that makes it a total of 28 years.

My husband and I were recently introduced to ecigs, and we were both so impressed we both have quit smoking within one week of getting our Itaste vv v.3's, and have absolutely no desire for a cigarette whatsoever and the smell of real cigarettes is nasty now.

This was not even a week ago. It is important to note too, that I had no desire to even quit smoking because I really enjoyed smoking.

Added to that, I recently lost 60 pounds, so quitting smoking was really the last thing on my list because I was afraid of gaining weight. (The last time I quit, I gained 40 pounds.)

I can now say that I am happy to be a non-smoker with no desire to go back to it, my clothes smell better, my car smells better and I know that I will not gain the weight either.

I am also happy to say that immediately upon stopping cigarettes, my night time cough has diminished to almost nothing.

I love the fact that although I currently have nicotine in my ecigs, there is not 4000 other terrible things in the ecig juice...and no tar. Once I am past the nicotine part, I feel I can go down to zero nicotine, and still enjoy vaping.

I am so thankful for ecigs.

I am also converting a few of my friends that smoke analogs.....

A VERY HAPPY USER OF E-CIGS...

8/6/2013 2:46:00 AM - maury schindler amelia ohio

Hello,

This is my testimonial on electronic cigarettes. I had been a smoker for over 38 years I had gradually worked my way up to pack and a half of full flavor Marlboro over that period I had never really tried to quit until three years ago when I was diagnosed with liver disease when my doctor told me that I would need a new liver part of my transplant requirements would depend on quitting cigarettes at that point I tried to quit using many different methods but to no avail my last effort involved chantex which seemed to help but made me crazy like symptoms of nightmares and personality changes for the worst, then I heard about electronic cigs I started with a off brand from the local gas station and liked how they seemed so real and I started to smoke these and smoked less of the real cigs as I got more interested in electronic cigs I learned of the better selection that were available online of both battery types and flavor , I soon tried various makes and models and soon discovered that I did not like the taste of regular cigs at which point I stopped smoking all together . as time went on

I lowered the nicotine content of the flavoring to the point that I no longer have any nicotine in my flavoring I have been free from cigs for over two years now and have no desire to smoke again I am still waiting for a liver but now have one less hurdle to overcome to get my new liver with the side benefit of money saved and feeling much better when I breath and wake up in the morning without that terrible smokers cough my wife also loves that I do not smell of tobacco or subject her to any second hand smoke

Please do not jeopardize this wonderful product by passing judgment before you have actually tried it and fully investigate its full potential to alleviate smoking and use as a safe alternative to smoking cigarettes at the least it cannot be as bad as what I was doing before I quit at the most it is a lifesaver for many of us that have tried other means to stop and failed Maury Schindler 1580 creek side rd. Amelia Ohio 45102

8/6/2013 3:04:00 AM - A. Chackal

I smoked for 36 years and tried numerous times to quit during the last 12. I'd stop for a week, 2 weeks, 3 weeks one time but I always went back to smoking. I did stop inhaling for 10 weeks during 2012 but went back to inhaling like it wasn't anything at all. I started rolling my own in 2000 because I needed something stronger. I used injectors with filtered tubes as well as rolling machines that used loose papers. I eventually started mixing cigar and rich dark pipe tobacco into into my hand-rolling tobacco just to get more taste and because there wasn't anything strong enough on the market.

Every morning I woke up coughing up my lungs but I simply couldn't stop no matter how much discipline and dedication I tried to muster and will. I didn't like smoking but I was hooked and the habit was like a part of my life. Through all this, I could feel my health deteriorating but I still couldn't stop.

In early May I purchased an e-cig look a like starter kit and that did it. I was able to stick with it but the battery was small. It was OK for home use and staying in town but I had a trip coming up and I needed something reliable and less costly to operate as the cartridges for my cig a like were pretty expensive. I found an eGo-T refillable, rechargeable personal vapor that worked out very well for my needs. I could wear in on a lanyard around my neck and even use it while on my motorcycle and the best thing about it, it didn't stink! The week I got it I left for a trip and stayed in a hotel room and there was no smell. Only a small wisp of flavor that vanished as quickly as it arrived. I could use it right in front of people and they all said that they didn't smell a thing and this struck up conversations on where they could get one for a family member who smoked. They liked the idea of no stink and no tar or other foul chemicals. Since I started vaping, I have not had a cigarette except for once early on. I thought I wanted a cigarette so I found one and lit it up, took two puffs and said yuck. I put it out immediately and haven't even had the desire to light another one up.

During the times in past when I was smoking and tried to stop, I used the patch, gum and even smokeless mouth types tobacco and that was big mistake. I could actually feel it penetrating and caustically eating my tooth enamel. I could at some times feel the nicotine in mouth tobacco inside my teeth! I stopped this after a very short time. The problem with the patch is that it floods your system for long periods of time with a lot of nicotine. It also says to leave it on while you sleep but I never smoked in my sleep and it kept me awake. I think the patch actually made me even more addicted to nicotine than I was before I started using them. Patches eventually started irritating my skin and made me break anywhere I tried to apply one. The gum, while delivering nicotine, doesn't work well after a meal. I could eat dinner, wait 15 minutes and then use the gum and 15 minutes later I still wanted a cigarette because I was starting to feel bloated the longer I chewed the gum.It was OK in a pinch if you were in a long meeting but not as a quitting aid. Like other methods, I would eventually give up on this too.

Since using a refillable and rechargeable personal vaporizer I have been off the smoking habit. While I do get nicotine, I'm not getting the tar and resultant chemicals of combustion and carcinogens or the additives of cigarettes. My lungs are clear and capacity is increasing daily and I can tell. I'm getting more exercise and I am not having that tired feeling all the time. Often when I was smoking tobacco, I would get the urge to smoke so I did. Then I'd try to get something done around the house but I had that urge to smoke. So I would and instead of being able to move on and get anything done, I'd feel even worse so naturally, I wanted to smoke again. This cycle would go one for hours, sometimes until in was late into the night. The more I smoked the worse I felt but I had to keep smoking. Not chain smoking just regular, every 45 minutes to an hour smoking.

I broke that cycle since switching and I feel my health improving by the week.

A. Chackal

South Carolina

8/6/2013 3:08:00 AM - Chris Winfrey

How long did you smoke? 12 years, started when I was 13

How long ago did you start using a smoke-free alternative? 2 months exactly, without having 1 cigarette at all since I picked up vaping.

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? I use a ProVari with a Kanger Protank. I'm using 24mg menthol based juices (usually). I already want to drop down my nic level, but I have 300ml of 24 mg I need to get rid of first. I think I could cut down to half and be just fine honestly.

Do you still smoke at all (and if so, how much have you cut down)? Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? I haven't touched any tobacco products since buying my e-cig

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? I had tried counseling, NC quit smoking hotline, losenges, snus, and none of it helped.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I can taste way better. After about 5 days I could smell people smoking in cars around me, and the smell bothers me now. I can breathe better, and I'm having way less allergy problems then I was. Plus, I have 0 complaints of people around me, they don't notice any odor, if they do, it's always a pleasant response. I like that. I like not walking into someone's home during work and smelling like an ash tray! I like that my hands don't constantly smell like cigarettes, and now I dont have to scrub my hands to put in contacts.

8/6/2013 3:28:00 AM - durango66

I started smoking regularly when I was about 16.

I smoked a little less than a pack a day from 16 to 28 when I quit for 3 years but unfortunately I started again at 31.

When I got married and had a son my wife wanted me to quit.

I tried an e-cigarette for the first time at 36 and quit smoking real cigarettes the same day!

I have since moved on from flimsy e-cigs to MODs.

I vape 100% VG Organic and natural e

liquids from a company called Velvet Cloud Vapor.

I'm so thankful for my family (and myself) that I was able to quit smoking real cigarettes for good b/c of e-cigs

thanks, Durango66 SF,CA

8/6/2013 4:33:00 AM - CW

I am 18 years old and I started smoking at age 13. Cigarettes being fairly easy to come by (let's be honest, although it's a huge issue not to be taken lightly there's only so much we actually do to prevent this) I soon developed a pack a day habit. Having tried other methods I can honestly say that electronic cigarettes were the only alternatives to successfully diminish tobacco from my life. I've been smoke free for a year and I decided to write this because I believe strongly that if a product has made this large of a positive impact on my life, it can and will help others. It's happening everywhere, the simple facts are that electronic cigarettes while not risk free by any means, are life saving alternatives to the deadly tobacco products being sold everywhere. It's undeniable that adults suffering from the affects of tobacco should continue to have the right to choose such alternatives. Canton, MA is to become the first city to ban ecig sales. This is simply outrageous, and if other places follow suit it could mean the end of many peoples chance to kick their deadly habit.

8/6/2013 4:38:00 AM - A.Barker aka TruckCentral

I was a 26 year smoker. I had dabbled in the cig-a-like e-cigs..(the ones that look like the real ones) with no success. Until I was introduced to an ego style device with a cartomiser tank. I am now just over 4 months anolog cig free with absolutely no desire for the real thing. Through my vaping journey I started with cartomisers and found them to be a good match for my daily life as a truck driver with the longer tank life and batter life. I have upgraded to better mods for the battery life and have dabbled in rebuild-able's but I am mainly a cartomiser person. When I started I was told that as a pack and a half smoker of menthol's a day I should start at or around 24mg of nic. I quickly realized that was to high and tried 18mg. Again to high.. so I went to 12mg. I found my comfort spot. I vaped as if I was smoking.. I completely replaced my cigs for the vaping. To me it was quickly apparent just how much the habit played into my addiction. So I wasn't going thru withdraws or anything as I was getting plenty of nicotine, I was however able to get over that habit of reaching for the cigs. I found myself surprised at all the routine situations I had programmed in my head that were times for a cig. So with my PV in my shirt pocket I went about working those "habits" out. I believe at about three months I started to not reach for the shirt pocket anymore. I decided to start to reduce my nic levels. I am now chasing 10mgs... WOW.. I....I am in control of this.. what a major breakthrough for me in my head.. I can do this. While I have grown to enjoy the social aspect of it, meeting people of like mind doing what I am doing, I know I can DO THIS... I plan to be at 0nic someday.. but on my terms.. when I am ready. I had tried patches.. no real stepping down... not slowly like i think i need.. I tried pills.. really? prescribed by a dr who smokes? with all those side effects that ,well make you wonder what is worse... I kept my ashtray on my desk with my last butt in to for 3 months before I actually realized, Hey I can now go in the house with my desk as I don't have to smoke outside no more. I feel better, I'm breathing better, and my kids think its awesome. Dad don't (in the words of my 6yr old) do drugs. Cigarettes are drugs dad...(and that used to piss me off too.. First why is someone telling my kid this, and secondly because I new it WAS bad for me and I couldn't answer him.) So now I smell like, in my sons words again, a car air freshener. Guess its better then the alternative.

Will I stop completely? I can't honestly say. I have grown to like the vaping side of this. Will I ever get to 0nic? you can bet your ass. Will I let legislation stop me? NO.. I am doing this for me and my family. Politicians and the "mis"informed need to stay out of this. If you hate smoking soo much then why would you stop someone from experiencing what I have? This isn't about being cool like it was when I started smoking at the age of 13... Its about saving my life and being around to help my kids not make the same choices I did. How can I tell them not to smoke and still be smoking. I know I know... what if they want to vape you ask... well I would try and talk them out of it as if they were trying to smoke... but I honestly feel if they are dead serious about it with or without my say..at least they are vaping..

My name is Art. I was a 26 year smoker.I am now living better and feeling better then I have in a long time. I stopped smoking the day I started vaping and I haven't looked back. If you smoke now, please join me.. You will thank me someday.

PEACE and GOD-BLESS

8/6/2013 4:53:00 AM - Jeff Rogers (lokdwn) Greensboro, NC USA

I started smoking at the age of 13. Tobacco was not commonly known to be as harmful to you then as it is now. I began trying to quit in my late teens, and continued to try on into my early 50's using the patch, the gum, snus pretty much everything available including melatonin. I considered Chantix, but was worried about the side effects. About 18 months ago I tried an e-cig. It completely satisfied my desire for nicotine, and didn't have all of the negative effects that smoking has for me. I am a heart/lung patient and even my doctors say that while they don't like the idea of any type of tobacco use it will be a great improvement for me.Vaping is an alternative that I can literally live with.

8/6/2013 5:16:00 AM - Melissa Scott North Augusta, SC

I had been a smoker since I was in high school, so about 30 years.

I have quit smoking before using Nicorette gum.

I eventually dropped the gum, but I never completely lost the desire to smoke, so after about 5 years, I eventually started smoking again.

In April 2013, I bought my first e-cigarette.

I bought 18mg juice but it was too strong for me so I bought 12mg.

Before long, I started noticing a "peppery" taste so I dropped to 6mg.

I now vape 6 and 0mg juice and have no interest in tobacco products at all!

I do not smoke, but I vape on a daily basis.

I have noticed a big difference in my breathing, I feel stronger, and I have not developed any respiratory illnesses since I started vaping.

I enjoy vaping and will continue to do so for as long as it is an option for me.

8/6/2013 5:53:00 AM - Travis Wilson from Richmond, VA

I was a pack and a half to 2 full packs a day smoker for 17 years. I had been thinking about trying to quit but never thought I would be able to so never made a the effort. One day, just on a whim, I purchased a Blu disposable e-cig. Wow! I never lit another cigarette again. I went online, did a ton of research about what non disposable product I wanted to use and never looked back. After ordering my Halo G6 kit, I bought a few more disposables to keep me going until the product arrived. I've been cigarette free for over a month and now enjoying the wonderful world of vaping, without the slightest urge to fire up a cig. That's pretty fantastic cominf from someone in the restaurant industry. It's become an enjoyable hobby of sorts and all the while keeping me from those nasty Newport 100s I used to suck down. Plus, since I'm a chef, it has been amazing being able to taste and smell my food again. Thanks E-Cigs. Keep the vaping community strong, I've already converted a few friends to electronic cigarettes and they certainly won't be the last.

8/6/2013 6:14:00 AM - Jeff C Oklahoma City

As a pack a day smoker for twenty years I have tried quitting using cold-turkey, Chiantrix, patches, gum but always ended up smoking again. 8 months ago I bought the e-vic with iSmoka tank and have never looked back. I am smoke free and now my wife and 6 friends have all quit as well. I fear making vaping illegal will result in a return to smoking. My health and breathing have all rebounded since I started vaping.

8/6/2013 6:22:00 AM - aaron v from california

I smoked for 12 years a pack a day. I switched to vaping around 5 months ago and havent had one cig since then. I use an ego battery and RBA. I do not smoke anymore at all and never plan to again as long as I can vape. I am very happy with MY CHOICE and so is my family. I can go jogging now without gasping for air, Im eating a little bit more, and drinking alot more water. They should ban cigs and leave vaping alone!!!!!!!!!!!!!!!!!!!!!!

8/6/2013 6:52:00 AM - Bobby Shifflett

I started smoking at the age of 12. I was a 1-2 pack a day Newport Menthol smoker. I quit smoking on my 26th birthday back in April of this year because a friend of mine helped me quit smoking by buying me an Ecig or known by us as a VAPE... Since that day i have not picked up a cigarette and the smell of them makes sick now... I just went to the doctor about a week ago and after the check up he said that my lungs looked amazing that they are healing nicely and that damage is being undone every day i go without smoking which is easy now because i have my Ecig... It is pleasant because I can breathe again I am back at the gym 3-4 days a week and I can breathe normally again. My fiancee loves the Ecig because they make some wonderful flavors that smell amazing and the fact that neither I nor my clothes my breath or my house smell bad anymore. I can also use it in the house and not fear that I am doing horrible damage to my children... I have an app on my smartphone that I use to track progress and since i stopped smoking I have avoided 2122 cigs, I have saved $532 and that is after i figured out how much i spend on Ecig fluid each month, I now have a 29.1% lower chance of heart attack... I have full lung capacity back and my risk for stroke has decreased by 5.8% already... So choosing an ecig to help me quit was the absolute best choice I ever made for myself, my health ,my family and my wallet thanks me too because its much cheaper...

I am glad that Ecigs came out and I am not referring to the cheap ones that you get from the gas station I am referring to the quality ones you order online or can get from a local vape shop if you have one available... None of the other methods worked to help me kick my habit but I have successfully done it and the best part is with the Vape that you can gradually wean yourself off of your nicotene dependence and eventually you can get down to 0mg of Nicotene which is where I am but I continue to vape because it keeps me satisfied and it keeps me off of regular cigarettes so I see NO bad coming from it

Sincerely. B.Shifflett

8/6/2013 7:16:00 AM - Mike Johnson (roffles18963) from Colorado Springs, CO

I'm currently 21 years old, and I started smoking when I was 12, right around the time my dad died. The first way I thought I could "cope" with the loss was by doing the things he did, and so I started smoking Kool's as a way to feel closer to him. I never did stop smoking, even after getting over the initial shock of his loss. I learned to cope without having to emulate him, but the smoking stuck with me all through 7th grade and all through High School, too, despite playing Football, Wrestling, and being involved with the Drama/Theater department. When I turned 18, the habit and addiction only got worse. Being able to get my own cigarettes, I went from one or two a day for six years to pack and a half, two packs, sometimes even three packs a day for the next three years. Up until I was 18, my family didn't know I had picked up smoking, but the day of my birthday I always smelled like smoke, and needless to say so did my car and my clothes. My family encouraged me to quit smoking over these last three years, but I never could let it go. I liked it way too much to just put it down, so I tried a lot of things to quit. The patch didn't work, the nicotine gum didn't work (and quite frankly, it tasted horrible). While they did help me cut back on smoking cigarettes, I never could go more than two days on the patch and/or gum before buying another pack of smokes. I heard about e-cigarettes through my sister-in-law's cousin, and her husband. They had made the switch to e-cigarettes, and not only did they quit smoking a carton a week a piece, they even got off nicotine. At first I thought it was too good to be true, but I had already gotten it in my head that I was going to quit, for my health as the main reason, and because I had a lot of people supporting me to do so.

On November 30, 2012, I went out and bought a Blu kit from Walgreen's without doing any research. I was doing fine the first few weeks, but I felt disappointed that the cartridges and the batteries didn't last any where near what Blu claimed they would, and dealing with their customer service was always a hassle. I went back to analogs a few times during my period with Blu, and every time I did, the cigarettes I loved so much had tasted horrible for the first time since I started. It got to the point where Blu was costing me more than when I was smoking analogs, so I did some research on the internet knowing that better things were out there. As bad as my experience with Blu was, I do have to thank them for getting me into the vaping world. I've gone through three different kits of e-cigs, but once I found a quality product I haven't smoked a tobacco cigarette since. I used cig-a-like batteries for about a month at 12mg nicotine, and then I transitioned into an eGo kit and stepped my nicotine up to 18mg. I went to Spinners/Twists after that, before finally getting myself an APV and mechanical with some rebuildable atomizers, but my nicotine concentration stayed at 18mg all the while. I can use 12mg without a problem, but I end up using more e-liquid with 12mg than with 18mg, and I tried to use zero nicotine e-liquid, but three days on zero nicotine e-liquid, I caved and bought a pack of Kool's 100s. When I switched back to 18mg e-liquid, I didn't touch the last half of that pack of Kool's and threw it away.

My mom is happy that I quit smoking, and so is the rest of my family. My brother doesn't make me change my clothes every time I see him in Denver anymore, and his wife doesn't have sneezing fits because the stench is still on my skin. I knew getting off analogs would be a big change for me, but it turns out it's an even bigger change for my family. I am happier, my family is happier, I don't get out of breath walking to the bathroom, I don't get winded walking down the stairs of my house, or walking between classes on campus. I can walk for hours without breaking a sweat, and when I go to the gym, I'm not out of breath within 30 seconds on the treadmill, or halfway through my first set of weight training. I don't wake up in the middle of the night to cough up phlegm, matter of fact I don't even cough up phlegm anymore. I can breathe. I can smell better, and food tastes better. And since I have a niece on the way, I'll be able to be around her without harming her with second hand smoke. I'll be able to hold her and be around her, knowing that she won't hate me for smelling like an ash tray.

Mike Johnson 21 years old, Colorado Springs, CO, USA

8/6/2013 8:11:00 AM - Corey Raines

I have smoked a pack and a half for 30 years. I have tried many prescription medications to quit smoking with no success. I recently had a scare with lung cancer, so I decided I needed to quit. I had a friend of mine tell me about this e-cig store so I decided to go see what they had. I bought a starter kit for myself and my wife. I had my nicotine set at 22 ml and my wife's at 24 ml .We are both at 24 days without smoking, and I have already cut my nicotine level to 10 ml. the longest I had made it with anything else is 4 days. So as far as I'm concern this has been the best method.

8/6/2013 9:22:00 AM - Jurie Botha (Twitter - @monkinsane)

I was a pack a day smoker for 6 years, during which I had tried to quit cold-turkey a few times. I never suceeded. I was busy getting a bad smoker's cough, a bad morning cough, and was feeling exhausted all the time.

I had just about given up on the idea of quiting smoking when a friend told me he was getting an electronic cigarette.

I thought I'd give it a try. I got mine on a Sunday, Monday i smoked 4 cigarettes as well as my Ego-C Upgrade with Kanger T-3 Clearomizer, and Tuesday I threw my cigarettes away. I have not touched a cigarette since. This was 4 months ago, and I am still vaping happily.

I could not believe how easy it was to stop smoking by switching to vaping, I was over the moon, and still am! E-Cigs saved my life, of this much I am sure!

8/6/2013 11:22:00 AM - Sharon Giesbrecht (Mrs. G)

My name is Sharon and I was a smoker.

I started

smoking when I was 17, now, at 42, I hate myself for it. I suffer from a disorder called CRPS (Complex Regional Pain Syndrome). This is tied to my central nervous system and sudden shocks to my system and /or stress can and does cause major pain flares. My pain is rated highest on the McGill pain scale, higher than those with bone cancer.

Quitting smoking was something I had tried multiple times over the years. From patches to oral medications, I tried it all and, failed. I had looked in to electronic cigarettes when they first came on the market and found them to be inadequate. They tasted terrible, were of poor quality and, just didn

8/6/2013 11:59:00 AM - SteveI

I started smoking at 18 and having been smoking about a pack a day for 26 years.

I have tried many products over the years to quit smoking including cold turkey.

Various prescriptions [zyban, Chantix, nicotine inhaler], and nicotine gums and other alternatives did not work for me.

I had pretty much given up hope I could ever quit. Based on a recommendation from a friend, I gave e-cigarettes a try.

Over a 3 week period, I slowly reduced my smoking to 0.

While I currently still enjoy my e-cigarettes, I have not smoked a cigarette in over 9 months.

The longest I had previously gone was about 2 weeks.

I am very hopeful that I will never smoke another cigarette.

Based on my success, I have been a vocal proponent to all of my friends.

The only people who have not successfully quit smoking are those who chose not to try.

Based on my informal results, I honestly believe that e-cigarettes are without a doubt the best option for anyone who wants to quit.

No amount of advertising or professional opinion will change that.

There are millions of people who want to quit.

Companies are making money feeding smokers, and other companies taking advantage of people selling solutions that do NOT work, and are potentially more dangerous than smoking.

I honestly believe e-cigarettes are safer than smoking, and has many other positive side effects, no accidental burns, tobacco odor, risk to neighbors.

Unlike pharmaceuticals, I do not believe in a magic pill "solution".

I prefer to think of the e-cigarettes as a smoking alternative.

8/6/2013 12:47:00 PM - earnhardt3fan

I am a 54 yr old female, I've been addicted to Tobacco cigarettes for over 40 years. I have tried repeatedly to quit throughout the years but nothing ever worked for me. I hated the smell and the way it made me sick but I couldn't quit without becoming a dragon to all around me. I decided to try an Electronic cigarette, bought a starter kit that offered various degrees of nicotine levels and flavors and I gave it a shot. Right away I realized that I could start out strong and then work my way down to a level of no nicotine and I knew then that an end was in sight for this horrid addiction. Ecigs have helped a lot of people I know completely quit the tobacco habit, we feel better, breathing is better and we don't smell like an ashtray anymore. I think that people need to be responsible where they vapor because most people don't know the specifics of it's safety to others. I still occasionally smoke a tobacco cigarette but not with the pleasure I used to have when lighting up, it's actually kind of gross. This is the first thing in 40 years that has kept me from lighting and smoking a pack of tobacco cigarettes a day, it is VERY IMPORTANT for the health of smokers all over this country.

8/6/2013 1:40:00 PM - Richard B. From Florida

I started smoking at the age of 15. My mother smoked cigarettes. All my friends started so I thought "hey why the hell not?". The worst decision of my entire life. The aging the smoke takes on your body is no joke.

I smoked for 11 years! I lost my mother to COPD and Emphysema and also cancer complications. She became sick with breast cancer and she just couldn't put down her cigarettes. My step father was fed up. He ended up purchasing Chantix for her. My mother smoked for 30 years! 2 weeks later she never touched one again.

I tried the chantix and did great. 5 days without smoking and it felt somewhat ok! I ended missing a dose of the meds and pulled a tendon in my knee. I missed my 2nd dose that day. So my gf at the time had a pack so I caved! The chantix gave me suicidal thoughts to the point where I almost followed through. I suffer from depression and anxiety now. As I write this my leg is shaking because I'm anxious. I wish I knew what the hell I'm anxious about.

So after about two years I end up dating another woman. I got a new job in an office for the state. I can't go outside 10 times a day for a smoke. My gf heard my complaining and bought me a vapor pen. Not the rinky dink look-a-like disposable e-cigarettes. An actual vapor pen. I saw them but never got one because they were a little on the pricey side! Oh man was I right and wrong.

She came home with it one night. Told me "Here, use this at work when you can't smoke." I was thrilled! Keep in mind, at this point I was smoking almost two packs a day.

I started reading up on the juices and mods and all that! Some say I have an addictive personality which I do. But I get bored with stuff easily. I found mods and all these different things you can do! I instantly fell in love.

I'm used to e-cigs not keeping up to par with regular cigarettes. But man was I wrong with this vapor pen. I get the nicotine dose I crave and the vapor is thick and just like a cig and even better sometimes! I have 2 now! Working on getting two more to mod and customize.

Best part is my gf spent $60 on my first kit. But you can find them on the internet for around $20 with the charger! That's crazy!!!

I am currently "vaping" a 36mg mixed with a 16 mg vapor juice in my e-cig. I have not had a cigarette in 12 days 16 hours! I've saved $113.61 and avoided 350 cigarettes! I thought I was stuck with cigs and was going to die because of them. I'm so happy that I vape now! I was spending $200 a month on cigarettes and smoking every 20-30 minutes. I always thought nothing would kick my habit or helping me off. I'm so happy my gf got me one!!!

If anyone who reads this still smokes. Please go out and grab an e-cig! Find your perfect dose of nicotine and start vaping. Soon enough you won't want a cigarette! I mean c'mon, you can vape indoors!!! How sweet is that?

Do yourself the favor and help yourself live without having to sacrifice your fix!

8/6/2013 2:12:00 PM - bosun

62 years of age, smoking cigarettes since age 17.

Tried many times to quit cigarettes (still a pipe smoker) but always failed miserably.

My lungs would get 'hungry', I would become irritable and nervous without a cigarette.

Several months ago ordered an e-cig setup.

Was using it simultaneously while using cigarettes.

One day ran out of cigarettes.

Instead of running to the store decided to just use the e-cig.

It has been close to two months since my last cigarette!

No short temper or nervousness.

Amazed!

The e-cig liquid comes in various nicotine strengths and I have been using lower concentrations.

Perhaps in the future may be able to do without the nicotine entirely.

Blood pressure down, sense of taste and smell improving.

Breathing improving.

No medical warnings on TV like "Chantex"..death, heart attack, suicide, violence!

An FDA approved smoking cessation medication?

Again, e-cigs are providing me a working method of stopping cigarette smoking while improving my health and minimizing health risks.

8/6/2013 2:31:00 PM - Drew Gliem

I smoked for 35 years and became a 3 pack a day smoker by the time I was 46 years old. I tried numerous times to quit, utilizing numerous traditional and non-traditional methods, including , Hypnotism,Patches,Medications, Gums, Lozenges, Inhalers, Laser treatment, Ear Staple, Drinking Alcohol more, drinking alcohol less, and several homeopathic remedies. All of these failed me. I had lost many friends and family members over the years to smoking related illnesses and took the pledge to quit, as well as many New Year resolutions to quit cold turkey, and always managed to find an excuse why the time or circumstances didn't lend to me stopping

at that particular time.

I found e cigarettes and ordered them immediately online. They had an exciting appeal to them and initially I intended to "cut down" and assumed I would be able to use them on planes and restaurants where I couldn't smoke cigarettes. The places that allowed smoking were almost non-existent at this point and I was getting desperate. Although my Doctor told me that my lungs looked amazingly normal for someone that had smoked as long as I did, I could feel the effects of smoking on my body. After using ecigs for a few weeks I came to the conclusion that they were just like all the other failed methods. The ones that I had acquired worked poorly, and they went into the failed remedy pile. A month or so later I saw someone using one in public and his seemed to be working much better than mine. I approached him and asked where he got his. He directed me to a similar looking brand that I decided were not any better than the one I had. However when I was searching for that brand online, I came across the

Electronic Cigarette Forum. Here I found an amazing amount of information on how to use ecigs properly and was able to order some additional liquids and gear to make my ecig work well. AT this point I became what many would describe as an enthusiast and started my journey to become an X-SMOKER! Honestly, I didnt quit right away but I immediately decreased my use from 3 pack to under one. I also struggled with the numbers of smoked cigarettes for quite some time and it ended up taking me almost 3 years to entirely quit. I weaned myself down to 2 a day, and finally realized that those two were merely my crutch. I made a decision to stop completely one day and have not had a Cigarette for just over two years now. My stamina has increased, I have a renewed sense of taste and smell, and most importantly, my 10 year old daughter and 17 year old son, don't have to come outside in the rain and snow to see me. Thats where I was 50 to 60 times a day when I was home and smoking. Sound ridiculous right? It was.

8/6/2013 3:49:00 PM - Dave Muhly from Bland, VA

I started smoking regularly when I was 16 years old, 49 years ago. I have been smoking for almost a half-century. I smoked filtered and non-filtered cigarettes, for a while as much as two packs a day. Over the last decade or so, I have probably averaged a pack per day. I smoked a pipe for a while, but always wound up going back to cigarettes, ether during or after my episodes with pipe-smoking. I rolled my own for a couple of years, but always wound up going back to

8/6/2013 4:32:00 PM - Kirk Raytown, Mo

Hi. My name is Kirk and I am 36. I am in good shape . I started smoking when I was 14. I had been wanting to guit for some time. I had tried nicotine gum, patches, nothing worked for me I always ended up back to cigarettes.I got to the point that I was smoking around 2 packs a day.

Around june

of 2012 I was laying in bed and the room was all quite. I kept hearing this weasing sound. I thought "what is that?" And i realized it was me . I thought what the hell! I gotta quit! I decided to try a ecigarette I conveiniently picked up at walmart.. The first day I had 5 cigarettes. thats all! Each day I cut it down by one till I was smoking just half a cigarette a day. After about a few days of this I didn,t even want that, they tasted disgusting! I haven't had a real cigarette since 6-8-12!! I started out at 24 mg strength nic and have worked my way down to 12 mg strength.

A few months later I upgraded my arsonal

and got a ego c battery and tank to have extended battery life and a more satisfying vape.

Then i upgraded again and got a vamo mod that i just love!

I dont miss those stinky cigarettes at all. My kids are grateful that they dont have to inhale all that 2 hand smoke anymore. As for me i feel so much better now and the weasing has disappeared ! My lung capacity is much greater now and I haven't caught even one cold since I guit

smoking real cigarettes. The only drawback for guitting smoking is that I gained about 10 pounds but that could be due to the fact that I can actually taste my food again! lol

Please dont ban ecig sales to concending adults. They should have the same right I did to actually sucessfully quit smoking deadly cigarettes. Personally for me the only way Id go back is if I didnt have access

to these brillant alternatives.

Thanks for reading my story.

8/6/2013 4:46:00 PM - Fixlyob from Mexico City

I smoke for 40 years when I quit I smoke 50 cigarettes every day and in march 2011. I start vaping and since then I only vape

8/6/2013 4:46:00 PM - Nathaniel Holley from Westminster, Maryland

Hello my name is Nate. I started smoking cigarettes habitually when i was 16. I had been smoking for approximately 7 years. I just recently (1 month) picked up an Ego-t 650 vape. Since i got my e-cig i have only smoked 3 cigarettes, but i only smoked those within the first week because i was still a little shaky on the concept of the vapor. Now i am no longer smoking any cigarettes and wholeheartedly believe i will never smoke again.I absolutely enjoy my vaping product and i view it more so as a hobby now then a habit. I am still using nicotine, but at a reduced level. I have been able to reduce the amount of nicotine i use even with in the past month. I see myself becoming nicotine free using my e-cig. I have tried Chantix,snuff and chew, as well as nicotine patches and gum. None of these other methods helped me stop smoking at all. I was still smoking cigarettes while using them. I have come to the conclusion that using the e-cig to quit smoking is the only method that will work, is working, for me. I wish that many people will be able to explore the e-cig products as a method to quit smoking now and in the future. Thank you for letting me share my thoughts and thank you for your time if you spent it reading my testimonial.

8/6/2013 4:50:00 PM - Eric Pfister (etrick) from Terre Haute, IN

I began smoking at 21 years of age. Approx a pack and a half a day each, between my wife and I. Just before my 35th birthday, I finally successfully quit smoking using electronic cigarettes. It began in May, attempting to switch to Snus, which just wasn't hacking it. A cheap starter kit from a local vendor got my wife and I into ecigs. Once I purchased a Kanger EVOD and filled it with some quality e liquid, it was over. I no longer preferred a cigarette to an electronic version. Since then, I haven't even craved an "analog" cigarette. Please don't let lobbyists stop what otherwise will help millions potentially end their dependence on a toxic substance.

8/6/2013 4:59:00 PM - L. McTyer, Ashburn,Georgia

Hi,

I want to relate to you our story about e-cigarettes. My husband was a smoker for 25+ years, 2 to 2 1/2 packs a day. Four weeks ago we ordered an e-cigarette kit for him. He has since quit smoking. He no longer hacks his lungs up every morning and is back to jogging two miles a day, three days a week. He has tried to quit several times before with no success. On top of that, the majority of people who work with him, who were smokers, now use e-cigarettes instead. He also has cut his nicotine level, he started at 18mg and is now at 12mg. He plans to continue to cut down on the nicotine until he's not using any and then to eventually lay the whole thing down.

We don't have a problem not allowing people under 18 to use these products but for adults, able to make their own decisions as Americans, we have a right to choose for ourselves. There is no way to say this is not better for your health than smoking, the proof is in the pudding! Also, about changing the law from 18 to 21 years old, If you can choose at 18 to give your life for your country, vote and a whole list of other things, you should be FREE to make all the decisions in your life.

I'm next, I've been a smoker for 30 years. I've tried to quit three times without success using patches and gum. Wish me luck! Thanks,

Laura McTyer

8/6/2013 5:17:00 PM - TaiwaVapes Duncan, Ok

I am 38 yrs. old and started smoking when I was 17. 21 yrs ago. I have had the gum and had drs. tell me I needed this and that and even tried cold turkey to quit. After the vapor cigarettes came out I thought I would try them and see if it would help me to quit. I was smoking a pack a day and the first week of vapeing a pack lasted me a week and tasted terrible at that. After that first week I finally laid down the cigarettes for good. I had a few withdrawls from the habit of going outside or smoking before I get in the car or smoking before I went shopping but now I am finally past that point and am almost to the point of believing that I never used to smoke. My kids love that we don't smell bad anymore and that the smell of the oils in my vapors smell so fruity. I don't think that these can be any more unhealthy than smoking all those chemicals in cigarettes. Actually they have helped me with my breathing and singing. I have always been a singer and now I can actually sing again. I am so happy about quiting that I can't even put it into words. I don't want these banned because money isn't being made from sales of cigarettes. That's not fair to those of us who want to continue living but live smoke free and healthier. I am almost to the point of quiting vapors now because I am getting close to being done with it as well. I just want out of the mindset and habit. I hope that my testimony has helped someone. I also have heart conditions that doesn't bother me anymore because I was able to quit smoking. Vaping saved my life and I thank whomever made them. I feel they were made for me. Thank you for reading my testimony and good luck to anyone ready to walk down a new road.

8/6/2013 5:31:00 PM - Rachel Smyth, Grand Cayman, Cayman Islands

I am 28 years old.

I started smoking cigarettes when I was about 14. I smoke roughly 1-1/2 packs a day. I was introduced to the vaporizers/electronics cigarettes over the past few months and would take on them occassionally.

I didn't have any real intentions of quitting smoking.

Now I am obssessed, I started with a pretty high level of nicotine and was also smoking cigarettes heavily while using the vaporizer (pens).

Now I am down to a low level of nicotine in the vaporizers and I smoke a cigarette or two a day, which is a huge deal for me and I feel like I could quite within the next few weeks or so.

I really think that e-cigs/vaporizers are helping a lot of people and giving people an alternative way to stop smoking whilst allowing them to do what they like and what they are use to until it eventually becomes something they no longer need.

The Vaporizers are tar free and tobacco free and since I have started doing my research on all of this stuff it has really blown my mind.

Giving people an alternative way to try to quit smoking in this way is genius, verus popping pills and hypnotizing people and counselling them, this method has allowed me to do it on my own and I've had fun doing it via the research, the flavours, the different vaporizers and colours etc.

I know a few others that vaporizers have definitely worked for, and these are people that I would have never thought would have quit smoking, I think they are fantastic and genius.

Thank you.

8/6/2013 5:41:00 PM - Charles Rowe, RR NM

I was a 2pk a day smoker for almost 12yrs, sometimes would smoke a carton in 3 days!!

I started smoking at 13 and have tried to quit multiple times with no success. I've tried Chantix, Nicorette, Patches everything..... including a $1000 incentive from a previous employer whom also covered the cost of all cessation products!!!

Nothing worked, I craved it, I realized that it had less to do with the Nicotine, I craved the activity the visceral connection. I stumbled across e-cigarettes a few years ago in passing and decided to give it a try. I was very skeptical about it as a "quit smoking aid" but soon I was down to less than a pack a day which turned into less than a pack a week and I wasn't even TRYING!!! After about 6mo the smell of cigarettes and a used ash tray made me nauseous that's when I quit. I have now been Vaping for 3yrs with ZERO adverse side effects, in fact my last Dr checkup showed over 96% blood oxygen saturation. I feel better, I can breath better, I don't wake up "hacking". I smell better, my stuff smells better, my wife is happier, my kids are happy and tell me everyday that they are proud of me for not smoking. Some may say I traded one bad habit for another but I am down to 0 and 6mg of nicotine in my E-Cig. There are over 4000 know ingredients in an analog cigarette 60+ of which have been known and identified to cause cancer. Some say that "we don't know what's in e-cigarette juice" bull, I make my own Juice and know for a fact there are only 4-6 ingredients, NONE of which have ever been proven to be carcinogenic, In fact most of the ingredients have been identified and approved by the FDA for other purposes. USP grade propylene Glycol has been classified by the FDA as GRAS which means Generally Regarded As SAFE to inhale and is a known ingredient in a Medical HOSPITAL NEBULIZER. Flavoring is FOOD GRADE confectionary flavoring and NICOTINE itself has never been classified as Carcinogenic!!!!! Yes it is addictive, but that's why "we" smoke, for the nicotine, it's not the nicotine that's necessarily bad. It's everything else in an analog cigarette!!!!

Here's another PROOF story, 2yrs ago a close friend was diagnosed with emphysema, from smoking, quit smoking and started vaping. To DATE does not have emphysema, is not on oxygen or a respirator nor a nebulizer.

So tell me "it's bad for me"!

8/6/2013 6:15:00 PM - LaSalle

I smoked for over 40 years.

I was not looking to quit...I saw an e-cig pop up ad on my Yahoo home page and decided to do some research as they sounded interesting.

Much researching led me to the ECF which was full of information from other people using e-cigs.

So I read and then did some ordering.

One drag from my first e-cig was all it took.

It was not the best product, but I could tell there was so much potential.

I have not smoked one cigarette since that first puff from an inferior, but promising, e-cig. And of course, the forum and its many great people who are learned and willing to share, eventually led me to the best vaping products on the market.

I believe this is nothing but an exceptional method for quitting tobacco products.

I will never smoke a tobacco cigarette again.

I think these will be the cigarette replacement of the future as long as they are obtained easily and are affordable.

I believe tobacco products will become less and less used as these gain popularity. I love my personal vaporizers.

8/6/2013 6:30:00 PM - Retired Lady in California

Smoked for 25 years. Began at 16, quit around 40. Thereafter smoked intermittently, usually when under stress, or if I happened to be somewhere where smoking was permitted (Las Vegas).

Accidentally discovered e-cigs, and absolutely love them. They replicate the smoking experience very well (the parts that are important to me, a little bit of a nicotine boost, the need to puff, the nice "smoke" swirling around). But miraculously, they have none of the negative. No smell, on me or in my home. The pets and humans aren't bothered by what is actually water vapor. My voice is no longer descending in tone. My clothes don't smell. My hair doesn't smell. I don't cough. I no longer bring up excess phlegm. My throat isn't sore. Just smoking without any negative side effects. I absolutely love them, and implore anyone who is thinking of restricting this product in any way, to talk to former smokers. This product is an absolute lifesaver. Don't restrict it. Don't damage it in any way.

8/6/2013 6:49:00 PM - Joshua Roemmich from Minnesota

I have been smoking since i was fourteen and i first heard of electronic cigarettes when i was 18 or 19 and passed them off didn't know what to think of them. I had gotten to the point that i was repulsive because of my smoking

not only to others but my family. I wanted to try other things and looked into Snus and other smokeless ways that didn't work so i decided i would try Electronic cigarettes and i liked them. Made me feel a lot better and i finally kicked cigarettes.

I did go back to cigarettes until i took a different approach i started treating the electronic cigarettes as a hobby its fun keeps me away from harmful cigarettes and i can get others away from it as well. Now I'm not saying that it cant be bad smoking them there is stuff you have to follow rules and nicotine isn't good for you in the first place but it is the main reason i quit.

When i did switch completely over i felt so much better i could smell again taste stuff i could talk to others and they didn't tell me i stink i was engaged in social outings without others moving faster than me or telling me to stay away i could breath better i could be better and my friend who do smoke are getting jealous.

All in all electronic cigarettes and every thing to do with them have helped me so much i wont go back to smoking as long as i have them around.

8/6/2013 7:17:00 PM - Kyle D Vasquez

I started smoking when I was 14, continuous for around 10 years.

I slowly watched my grandma die and eventually have a heart attack at the age of 61. I then discovered Electronic Cigarettes and have made it my life mission that if I can help just one person from the fate my grandma had then I have done my job in life.

For me it is truly devastatingly sad that my grandma was not alive to try and quit using an Electronic Cigarette..

Her favorite color was purple and I think she would have enjoys a Cherry and Vanilla E Liquid blend.

So my question to you is.. Are you working for Tobacco or do you enjoy watching people addicted to Tobacco die every year?

I didn't enjoy my grandmothers death and if it was you or someone close to you addicted to Tobacco.. What would you do?

Kyle Vasquez

8/6/2013 7:24:00 PM - Brandon

I started smoking when I was 14.

I have tried to quit on 2 separate occasions in the past, the first being the "Cold Turkey" method and the second using Nicorette gum.

Both times I successfully quit cigarettes for about a year, but as many others can attest to the process of quitting was very difficult.

I was angry, moody, and didn't feel like myself for weeks if not months.

My personal life suffered, my work life suffered.

I fought the urge to light another cigarette every time I saw someone smoking and did not see any health benefits until I was off them for a number of weeks.

Eventually, both times I ended up smoking again.

I now have 2 small children and as much as I want to quit for my own health, and to be an example to them, I know that there are aspects of smoking that I love (Morning coffee with the guys, 5 minutes away from the computer screen a few minutes of peace and quite outside on my own, etc.) and I did not want to go through the anger phase with my kids around.

A few weeks ago, a buddy of mine bought an e-cigarette and after doing quite a bit of research and a recommendation from my doctor, I decided that this could be the best method of quitting smoking FOR ME.

It allowed me to remove all of the carcinogens and health effects of smoking that comes from combustion of tobacco, while still enjoying the aspects of it that I loved.

I made the purchase.

The day I started using the e-cigarette was the last day I had an actual cigarette.

I have gone through none of the normal withdrawal symptoms (I found that there were still some but I think that's more my body cleaning out the crap) but more than that, I feel healthier faster than I did with the previous times I quit.

I could smell smoke and ash within 24 hours and was disgusted by it.

My sense of smell, taste, and lung capacity were all much better with in a couple of days.

I don't know if there is any science to justify this but needless to say I was shocked.

I feel fully confident that I will not return to cigarettes.

I plan to gradually reduce the nicotine content of my fluids until I reach 0 at which point I may or may not continue to use my e-cigarette.

I know that there is no regulation on these and that you have to do your homework on the fluids you vaporize, but I cannot see any logical argument that an e-cigarette is not a better and healthier alternative to smoking, and that it's not more successful than patches or gum.

It has added years to my life and I cannot be more greatfull for being introduced to this product.

Info: Smoking Start Age: 14 Smoking Years: 17 Smoking Level: 1 Pack per day

8/6/2013 8:03:00 PM - Geoff, Wales

I began smoking cigarettes when I was 11 years old. I am now 41 and have been using e-cigs for 2 months, so you can safely assume that I have smoked for 30 years. When I was 14 I started smoking Golden Virginia tobacco and continued to smoke it until 2 months ago when I Bought an e-cig kit. I was a very heavy smoker and would go through a minimum of 12.5 grams of rolling tobacco daily.

When I was about 20 when my son was born I tried to give up smoking using gum - it didn't work, later on I tried patches - they didn't work, after that I tried inhalers and they didn't work either. I can say though, that e-cigs have worked for me. I have not smoked tobacco since I have started using e-cigs, and I do not crave for it either - even when someone smokes around me and I can smell the aroma, I do not want to smoke tobacco. I think it is my right as a human being that I be allowed to use e-cigs , as the state has never stopped me buying tobacco which I consider far more harmful. I am a smoker, and have always been a smoker, I enjoy it and if electronic cigarettes are banned I do not doubt for one minute that I will return to smoking tobacco.

8/6/2013 8:06:00 PM - Debra Koch (Ozarklady) Licking, MO

I'm 59 years old and smoked for 45 years. I began smoking e-cigs obtained from the local discount store about June of 2013. They were small and expensive. I managed to cut down my stinkies (real tobacco cigarettes) to only 4 per day after about a month of using the lesser products available to me locally.

When I found the ECF forum for e-cig users, I found information that led me to buying advanced e-cig equipment which led me to be able to quit within a few days of obtaining the flavored e-liquids and advanced e-cig batteries. I have not smoked tobacco cigarettes since June 6, 2013. I have no desire to smoke tobacco cigarettes at all as long as I have my e-juice providing the nicotine thru wonderful flavorful products and long lasting batteries at reasonable prices. In fact, I enjoy my new found habit as a hobby and I have not enjoyed my stinky smoking habit since I was in my early twenties. I am so glad that I do not ingest smoke along with the other chemicals in tobacco products. I am also glad that I no longer subject others to my dangerous smoke.

I have tried hypnosis three times, smoking cessation counseling twice, Chantix once, nicotine patches once (which I still have negative effects from as I could not quit smoking while using and somehow overdosed), and acupuncture. I have never been able to go a whole day without a cigarette. I thought I would go to my grave as a tobacco addict with a stinking smoking lit cigarette between my lips.

First, the negative side effects of quitting tobacco. I did have digestive upsets which led to many trips to the bathroom after quitting which lasted about a couple of weeks. I had to increase my water intake and take probiotic capsules for about 2 weeks.

I am so excited to have been able to quit smoking for the first time in my life. I have so much more energy now. I regained my energy level within a week of being smoke free. I can breath better and can do moderate exercise now. I am 59, so I can't do everything I want but can do so much more than before. I can only hope that our e-cig and e-liquid products will alway's be available to us so that much younger smokers will make the switch. I had no intention of quitting, it just happened naturally after switching to non-smoking nicotine products. I also bought e-cig batteries and e-juice for my two adult sons so they could quit smoking and they have both had success. I keep extra batteries around to give to others when I have the opportunity. I like to keep cute, pretty, cool, accessories around that will catch the interest of young adults in order to make it more attractive to them than smoking a stinking tobacco product. Oh, how I wish I had had the opportunity to buy these products when I was young. My life could have been so much better. Please, don't take our ability to buy nicotine and e-cig products away.

8/6/2013 10:00:00 PM - Bobby D.

I started smoking a week after my 16th birthday, approx. 42 yrs. and 5 months, I am 59 years old. The majority of that time was three packs a day and was down to just under a pack a day when I quit. I bought my ego vapor kit two months and three weeks ago and laid my cigarettes down that same day and haven't touched one since. I am now mixing my own juice and have cut the nicotine down to 0. In the short time I have been smoke free my health has improved tremendously. I am breathing much better and my energy level has gone way up. I would have never been able to quit smoking without my vapor. The longest I ever managed to stop was a couple of years ago after being in the hospital and almost dead, and then I managed two weeks and had to go right back to the cigarettes. I can't understand why anyone would want to put a stop to e cigs when they clearly work much better than all the other gum and garbage that is not working for most people. I know many more people that have had the same success that I have with vapor.

8/6/2013 10:02:00 PM - Bassins

I've been a big smoker for over 25 years. I was smoking about 30-40 cigarettes per day. I've tried many times to quit smoking but always reverted back to tobacco after some time. The longest time I managed to stop was 3 months and I managed to put on about 10 kilos in weight due to over-eating. Finally, in January 2012, a friend/colleague of mine introduced me to e-cigs. At first I was very sceptical, concerned of health and the concept was very new to me. I had heard about electronic cigarettes but never wanted to try. My friend and I decided to give it a go. For about 2 weeks, I vaped and smoked alternatively. The more I vaped, the less I liked the taste of cigarette.

After the initial period, we decided it was time to quit smoking altogether. I was using a concentration of about 1.8% (18mg/ml), this not only helped my cravings but suited me fine as a replacement. The following months, I had the occasional cigarette as I thought I felt like a smoke ... every time they tasted like I was licking an old ashtray, it was disgusting.

That feeling of wanting a cigarette was purely habit and as I mentioned they tasted horrible. After a few months of vaping I was able to reduce my nicotine liquids to 1.5%, then gradually down to 0.6% (6mg/ml) after about 6 months. My taste buds felt great ! I was finally able to taste food again. Taste the subtle flavours of spices, vegetables, etc. My health had improved greatly, I was finding that I could now start sports again. My energy levels were improving dramatically, and the most important part, I felt I could breath again. No more short breath when doing sports. The morning cough that I have had regularly for the last few years as a smoker was gone and I never experienced it ever since. As a vaper now for over a year and a half, I am finding that I can slowly quit the nicotine altogether and find that I seem to forget to vape for a day or two. I am at the stage where I won't panic anymore if I forget my vaping device as I would in the past when I forgot my cigarettes. I can't say enough about vaping. It saved my life literally and the life of my children as potential passive smokers. I will never go back to smoking.

8/6/2013 10:09:00 PM - Pamela W, Tuscaloosa, Alabama

I will be 46 in November, and I began sneaking smokes at the age of 9. Both parents were heavy smokers and never noticed the pack I had taken out of each of their cartons each week. At 9, I smoked around 2 packs a week, building up to about 5 packs a week at age 13, then to almost a carton a week at 16. My cigarette use ebbed & flowed from that amount to, at times, almost 2 packs a day, but normally a 1 1/2 packs per day until 2010. I had stopped smoking a few times during, though never for more than 3 months, always cold turkey, though I carried straws to chew on and lots of carrots to satisfy the hand to mouth motion... as soon as the next big stresser hit I'd pick them back up again. I never tried any quit aids because I have such a chemical sensitivity and reactions to medications I didn't ever want to try them.

I ordered my first electronic cigarette in 2006. It was completely ineffective. I am not sure if it was the technology wasn't quite there yet, or what, but the attempt wasn't successful. The battery life was too short, the cartridges weren't satisfying, and at the time, it cost way more than I was spending on cigarettes when I was buying them by the carton, and extremely more than when I was rolling (injecting loose tobacco into filtered tubes) my own.

Aware and conscious of concerns of second hand smoke I rarely smoked around non-smokers. In 2010 I began to read about what was called third hand smoke. At the time I was often tending to infant nephew and worried about what, if any, effects it would have on him.

I was torn, I've had a neurological problem since 1999 and my first neurologist suggested I not quit smoking. (Yes an actual doctor said that) He would never suggest someone with a neurological problem to start smoking, but often told them to not quit. He said there were some neurological conditions that benefited from nicotine. In 2006 I got my diagnosis of Parkinson's, in further research I found that nicotine was showing in some test to slow the progression. I was scared not to quit, but at the same time I was even more scared to actually quit. It was difficult to weigh out, quitting cigarettes would possibly lengthen my life, but at the same time I stood the risk of my health degrading faster from Parkinson's.

Despite my failed attempt with e-cigs in 2006, I decided to try again. I researched them in inside and out. Around the end of November 2010 I took the money I was given for my birthday and bought a 510 mega kit. It arrived December 2. I made myself use it for at least every other cigarette craving. The hardest part was the mental block. My mind kept telling me I must be missing out on something that only an actual cigarette could give. It took about 2 weeks, telling myself nothing was missing, to think of all the money I will be saving, and not to forget the time I'd save from having to roll my own each night (about 1 1/2 hour). I bought an ego type kit, and before the end of the year I was

completely rid of the strong craving for an actual cigarette. I had less than 10 after the first 2 weeks, and each time both the smell and taste nauseated me.

I introduced my 65 y/o mom to them at Christmas that year. It took her a little over a year to completely convert over, but she finally did (well after moving in with me in my smoke free house). She has many health concerns, including morbid obesity and diabetes. My sister and I had talked before about her health, my sister felt it was more important she quit smoking, I feared if she did she would gain even more weight. Well, since finally converting and me taking over her cooking to change her dietary habits, she has both quit cigarettes and lost over 40 pounds in the past 2 years. Her doctors have bragged on her for the weight loss and her swapping e-cigarettes over the regular kind.

I now use a variable volt personal vaporizer with a battery that lasts all day, and love my own DIY e-liquid. I no longer reek of the stench of cigarettes. I breathe better, have fewer bouts with head & chest colds, and my sinuses are better too. Even my cardiologist, who still wishes I'd cut out the nicotine, but understands why I refuse, encourages my use of an e-cigarette over regular cigarettes. I look at personal vaporizers as my saving grace to possibly longer life, and a life where I feel like I'm still able to do a little bit of living.

8/6/2013 10:17:00 PM - toughguitar

I started smoking at age 16,daily at age 17, cigarettes are easy to get no matter how old you are. I smoked a pack a day for 24 years, full flavor,menthol. I swore I would quit hundreds of times, and was successful for about 3 days. I tried the gum and patches, but my oral fixation was never satisfied and now I was buying patches/gum and cigarettes. I figured I was someone who couldn't quit, even after losing loved ones to smoking,and was ready to accept my fate. One day a

friend let me try his e-cigarette, he said it helped him stop smoking and he could breath better, sleep better, taste better, and he didn't smell like an ashtray.(I never realized what an ashtray smelled like, because I smelled like one)I tried it and liked it. He helped me get set up with my first vaping setup. After a week of using it I stopped buying cigarettes, and haven't had one in over a year. With the help of other E-cig users online and in local shops I found a setup that works for me. I have successfully lowered my nicotine intake from 18mg down to 6mg, and

will get down to where I'll no longer need nicotine at all. As with anything, certain foods are unhealthy, the water we drink can be unhealthy and even the air we breath can be unhealthy, I would assume e-cigs to be the same. Since I've stopped smoking and started using e-cigs I feel better and healthier. I know first hand cigarettes were killing me, e-cigs are not. The only thing that bothers me is that they are called e-cigarettes and it carries the stigma of tobacco and the harm and addiction associated with it. My e-cig looks nothing like a typical cigarette and is not used as a cigarette. I prefer to call it a vaping device, that has nothing to do with smoking.

8/6/2013 10:18:00 PM - Alireza Bakhshian, Phoenix, Arizona

Tried to quit so many times, UNSUCCESSFUL all the time!!! Tried Electronic Cigarettes, NO MORE REAL CIGARETTES for a year and a half, and counting. WILL NEVER EVER GO BACK TO REAL CIGARETTES. I NOW HATE THEM...

8/6/2013 10:41:00 PM - Daniel Burress

the fda has no right to control e cigarettes they are nether a food or a drug. nicotine can be extracted

from any of the night shade family plants and it is not in fact a unlawful drug and does not fall under the laws of the ATF

unless the FDA want's to ban all forms of nicotine including regular cigarettes they do not have a leg to stand on and according to their own rules they can not ban all forms of anything so it must be considered that the FDA is in fact in bed with big tobacco and they are looking to violate the Sherman act and create a monopoly please consider a law suit don't beg them for a thing and the problem is the big tobacco lobby and the power they wield further more the FDA lost the last law suit and tried to make the ATF enforce law witch it did not ,

8/6/2013 10:51:00 PM - Robert R aka rekeybobby

How long did you smoke? 15 years

How long ago did you start using a smoke-free alternative? August 10 2010

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?my first ecig was a diablo 510 connection black cigarette size eig ait was ok but didnt buy into the hype everything was to harsh the sent me 5 bottles of eliquid and they were 24mg nicotine at the time i didnt know any better so i thought this wasnt gonna work out then i found ecf (e-cigarette-forum.com) i then brought my first mod the

DSE-905 aka the screwdriver grimmgreen's review is what got me its a 901 so i have to buy new atomizers and cartomizers for it but wow it changed my life after that came the GLV 2 it was 5volt regulated so really notice the difference after that a few other mods but finally i found the provari the rest was just happy vaping history

Do you still smoke at all (and if so, how much have you cut down)?no

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop

when i first starting vaping newports was 10 bucks a pack in new york so i knew i had to cut down so i would smoke a cigarette in the morning after meals and one at night so about 5 a day from 20 a day my old habit then i went to one in the morning one at night then i skipped the morning smoke and hung on to the night smoke for about a month i ran out of cigs so i just didnt buy a pack went to loose cigarettes for awhile those from new york know them as loosie's then i just went to straight vaping havent look back since

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?Well i really didnt try any quit smoking devices other then vaping i tried cutting my smoking habit down to 10 a day,1 a hour and different variations even went to black and mild for a while a whole year in fact but ultimately went back to regular old newport until i tried vaping that is

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? i can breathe better i dont take long for me to catch my breathe when im running i still get tried big guy and all but dont feel the same now Bad the only thing i can think of is i get acne now alot more then i use to i think its all the condensed fruity vapes i enjoy so much lol

8/6/2013 11:03:00 PM - Chase Blue

I started smoking cigarettes at age 16 and continued to smoke because of my inability to quit because of the nicotine addiction until October of last year (2012) when I was 27. I then heard about electronic cigarettes from a friend and bought a starter kit and have not touched a tobacco cigarette since and I am so grateful for the existence off these products because I still get the nicotine that my body craves with no negative side effects and no disturbance of others around me from the use of these products. I started with a stick style battery kit and am now using a mod with an e-liquid tank. I have regained my sense of taste and smell, I have my full non smokers lung capacity again and don't smell like an ashtray and I cannot pontificate enough about how much these products have helped me in my battle to stop smoking tobacco cigarettes. I lost one of my uncles to smoking related illness a few years ago and then another uncle about six months ago and my grandfather approximately a month ago, again all died from tobacco related illness. My two uncles from emphysema and my grandfather from lung cancer. My father has been a tobacco user since he was 14 and is currently 56. He has struggled with his smoking addiction for many many years and recently after seeing my electronic cigarette mod, he decided to give up tobacco as well and has not used tobacco for over a week now. You cannot understand how important these devices are and how they, in my opinion, have saved both mine and my fathers life. I wish they would have been around for my grandfather to use because they could have potentially saved him as well. I don't understand how these devices could be viewed as negative. These could save an incalculable amount of lives and it seems like I am constantly hearing about imminent bans of these products because they are potentially not safe yet tobacco cigarettes which are full of actual poisons are still sold and will continue to be sold in almost every convenience store in the United States. Tobacco cigarettes will actually kill you. It's not an if, it's simply when. I am eternally grateful that these devices exist and without them I could have potentially lived a much shorter life than I will now and they have extended my fathers life as well. Please use common sense when making a decision about future sales of electronic cigarettes because if you are legally allowed to ingest something that will most definitely kill you, you should most definitely be able to use a much safer alternative without having to worry about it being banned because its sales are hurting the tobacco industry. Electronic cigarettes have changed mine and my fathers lives for the better and I really hope that the right decision is made regarding them.

8/6/2013 11:08:00 PM - R.M. in St. Louis, MO

I smoked roughly a pack of cigarettes per day for 11 years and despite multiple attempts to quit was never able to go more than a week without buying cigarettes. I picked up an electronic cigarette 7 weeks ago and haven't purchased a cigarette since. In the first week I smoked four tobacco cigarettes and I have not had one since.

I started vaping with NJoy and Blue e cigs....the one that look like regular cigarettes. But within two weeks I had moved on to more powerful batteries and a refillable clearomizer system. I use primarily fruit flavored juices because after I quit smoking my sense of taste returned, and tobacco flavors disinterest me. I started at 16mg of nicotine and very quickly dropped to 11mg.

Now, 7 weeks in, I just ordered my first 6mg juices. I intend to stay at 6mg for quite a while but may someday move on to zero nicotine.

When I was a smoker I tried multiple methods of quitting and none worked.Patches gave me nightmares, severely irritated my skin, and did not work. Lozenges tasted terrible, could not be used while drinking (alcoholic or non alcoholic beverages), and did not work. Allen Carr's book did not work more than 3 days. Cold turkey did not last. Every one of those methods completely failed when I was around people who were smoking or when I consumed even a single alcoholic beverage. Electronic cigarettes have overcome both of those obstacles.

I never tried any of the pills because I had a bad reaction to an SSRI a few years ago so I likely would have suffered the worst side effects of those drugs. I have witnessed the extraordinary mood swings Chantix has caused in multiple friends who have used it.

Even in 7 short weeks my life is better.

I can catch my breath. I can take stairs. I can taste food. I don't have to shower multiple times a day to get smoke off of my skin.

I have more time. I don't have to spend 1/10 of my time in the alley behind my apartment so I can smoke.

And I am saving money. Not only is vaping cheaper than smoking; I also don't have to go into a gas station or bodega every day to buy cigarettes which means I'm not buying the chips or soda or sweets that always accompanied the cigarette purchase

8/6/2013 11:47:00 PM - Joan Coronel (jangler)

Started smoking at age 19. Smoked casually at first and then quickly became a vice I had a hard time quitting. I tried to quit cold turkey, used the patch, the nicoret gum, a tube which contained nicotine you inhale (forgot what it was called), working out in the morning and at night with the notion that smoking will be unpleasant after working out and during workouts. None of these worked long term. I was able to quit for a year but started again. Before I started ecigs I was smoking 2 packs a day. I initially tried ecigs to supplement my cigarets because cigs became so expensive. It only took 3 days for me to stop smoking completely.

To my surprise my smokers cough went away. I've been using ecigs for roughly 4 years now.

Once I tried to smoke a cigarette a work because I left my ecig at home but it tasted nasty and so I quickly killed that. I've never touched a cigarette since. This is THE ONLY device that worked out for me and I thank the inventor for it especially since I have a family history of cancer, even that fact did nothing to stop me from smoking. I feel better for having quit cigarets, I breath better and have more energy compared with when I used to smoke.

8/7/2013 12:28:00 AM - Chad

20 years ago, I started smoking as a teenager following in my parents footsteps.

I had tried to quit only to always return to them.

After finding e-cigs, I've finally succeeded in doing just that.

Within 2 days of starting e-cigs, I began to feel and breathe better.

I wouldn't believe it myself, but it has happened.

I smell better, feel better, and I'm no longer killing my family and myself by smoking.

So, stop kneeling to the desires of big tobacco and let e-cigs continue to help others such as myself.

8/7/2013 12:45:00 AM - Jay

I have smoked for 39 years. Electronic cigarettes helped me quit smoking. I started over a year ago in March of 2012, with disposable e-cigarettes. After about three months of using both cigarettes and e-cigarettes, I completely switched to e-cigarettes. I have been smoke free ever since. Now I mostly use mods and also DIY my e-liquids. My e-liquid strength also went down from 24 mgs to 18mgs. I can't explain this, but soon after I quit smoking and started using e-cigarettes, my eye sight improved significantly - so much so that I don't use my glasses anymore. I still wonder about it. I have also experienced better breathing, less coughing and a general improvement in health.

8/7/2013 12:51:00 AM - tomaKBRN ECF Puerto Rico

23 Male from Puerto Rico. I started smoking close to the middle of '08 by just sharing half a cig, or maybe asking for one from a fellow friend, by feb '09 I was buying my own packs when I went to the gas station, I mean I felt bad to be 'that guy' and a 20count would last me a week or 2. But near this time is when I fell down the ridge, 1 with coffee another with dinner and 2-3 while hanging out. Each week/month taking in more. By summer '09 i was a PAD user but only because I had none left to light up. It became a simple relaxing habit, get in the car light up, light turned red light up, study break light up. But then near nov '11 I got a terrible cold and was hospitalised for 11 days which made me kinda quit cold turkey. I lasted just a couple of hours before my tank was running low on gas... sight:/ anyways being smoke free for just that little time made me appreciate the aromas cig give off and left on my clothes my cars and phone so that's when the realisation hit me, this shit is SHIT. I quitted right there but the morning coffee begged me for another so I though "this is the last box" "I already bought it" "wouldn't wan't to trow money in the trash(I'd prefer to burn it {face palm})". my strategy for quitting changed from "I'm Quitting Cigarettes" to "I'll wean myself slowly" and even that changed rather fast. It got to a point where I would wonder of mid-smoke thinking about the paper BURNING and me BREATHING it, the same lungs that from the air give me life... I tried weaning about 3 times with 100%success in the fist couple hours after that 'last one' but then I realised I DID NOT want to quit smoking, I wanted to not stink, not deal with lighters, no ash in my car but God I loved it! Started reading up online and rediscovered ecigs (first saw blu's a couple month back but thought it didn't do much other than suck to turn the light on). Stumbled on the 'biggest ecig community' by accident and noticed a trend, ecigs were not what they were just 2-3 month ago, apparently there are 1000s if not 1000000s on flavours, and blu's were the lowest end of the scale and would only satisfy me if I would have maybe adopted it before being a heavy user. Everybody said they started on an ego and another ego an an ego style and even seasoned members who rocked the APVs said that medium ecigs have not much difference from APV if only the battery life. So after following suit and reading reading and reading, comparing, reviewing, contrasting, seeing video to see how much vapor i wanted, trying a disposable which kinda impressed me for a $10 stick... I jumped the shark on 8/8/12.

I purchased the Epuffer's Phantom HD which is an ego style but "improved", and a couple juices to try. I must say I quitted right then and there, there was no thinking. I just opened the box assembled and vaped on to juicy heaven where the clouds are made of cotton candy...

No but seriously just trying it changed MY life, I learned that I loved to play witch the cig in my hand tap em and blow smoke ring and shapes to play with in the car, not the nicotine perse, and this' all that without the drawbacks. after just 3 weeks i decided that ecig really lowered my craving for the fags so I sold my 'basic' kit and got a ProVari vivi

novas and about $200 worth of juices. In all I've spent between $500-$700 and have just spent about $20 bucks in odd things for making my own coils and such. I bought my juice concentrated to get a better deal ml/$ when I added some plain VG to it. I started on 10-12mg nic content but have since gone down to 6-8 most times 0 though.

Since 8/8/12 i hadn't touch a cigarette and in about a month I could sense when there was someone smoking or that had smoked upwind from me somewhere just from the stench, before they didn't stink they just smelled "manly" or strong but now I almost puked every time I smelled it. I have to admit after the 8th month I had 1 while tipsy and it was just as good as that first day but just for a couple puffs then I regretted when the stink was in my nose for some 3 days.

I haven't tried any other method of quitting so I can't speak on that but my initial plan was so my car and clothes would be less odory and just quitted like if it was noting (for me).

I've regained stamina, this does not mean I can hold my breath for 5 mins but before I couldn't do 30 secs let alone while swimming/moving, I am stench free and I know my peers family and even the people I might greet would prefer me better this way. as for the negatives...people are ignorant as f*** many people look at me while vaping in a public-open (smoking allowed) place like if I was fixing to make a bomb and as if I was taking heroin or something, maybe there's a chewebaca behind me. other that peoples ignorant media biased misconception no negatives to report, other than now I think I vape more that I smoked, but this doesn't bother me or my fam since there is no stench.

according to my app I've been smoke free for 1 year (363days) I used to spend $21/week on cigs I've spent $500 in ecig stuff incluiding juices in this WHOLE time I've saved $600 I've avoided 7270 cigs

I'ts not CHEAP, it's not for everyone, but definitely all smokers must try it, I mean it can't be worst that breathing a bonfire's smoke (which is basically a pac of fags lol).

I't not about failing to quit, it's not about cheating on your cig-free day count, IT'S ABOUT AVOIDING EVERY SINGLE ONE YOU CAN.

GL to all and keep on vaping =D

8/7/2013 12:53:00 AM - mluongo

I am a 64 year old female and this is my story. I smoked for about 40 years analog cigarettes and could not give up the habit and I tried everything. Then one day my partner told me about electronic cigarettes sold in a Mall. I went there and having nothing to loose,I bought a starter kit. The day I bought the ecig kit, I stopped smoking, I have not touched a analog cigarette in almost 5 years. I use medium strength juice about 12 to 18 mg, and vape a mod. Since I stopped smoking I have not had any

health problems like I had before, sinus infections, constant colds and being short of breath. Now I am walking about 20 miles a week and also exercise. I feel great and my doctor approves of the ecig

8/7/2013 12:53:00 AM - HanSoloCHT

I am an avid cigar smoker. Quit smoking cigarettes 19 years ago. Today I smoke a cigar perhaps once a week, if that. I have been using the zero nicotine cigar flavored electric cigar/cigarette since February. Prior to February I was smoking 6 to 9 cigars daily. Once I started using the electrics, I think I may have smoked 10 real cigars since Feb, IF that. I never inhaled cigar smoke, just enjoyed the taste. Unlike cigarettes, cigars are not something that people inhale, however they are far from being safe.

I think that electric cigars/cigarettes are a great idea. As we all know these liquids have propylene glycol as well as added flavors.

There are those that are vegetable based, however I am not sold on those. E-cigs do not have tar, and some of the other chemicals found in cigarettes, and the Carbon Monoxide is zero, because there is no flame. I think this is a safe alternative to smoking. As far as I know, propylene glycol has no ill effects. Nicotine is habit forming, however nicotine in its pure form, without the additional chemicals is as safe to use as most other drugs. Nicotine patches can be dangerous because these can cause cardiac arrhythmia's, especially if the person decides to smoke while wearing one, and this happens more often than not. I worked as a respiratory therapist for many years, and I saw patients develop arrhythmia's when using the patch and smoking at the same time. Smoking or chewing tobacco is bad news, no matter how you look at it. Real tobacco and e-cigs are not the same thing.

My only concern with the liquids are those that are high in nicotine, and those that may have sugar products in them. Personally I use neither, so I don't see any danger in using the e-cigs. I can tell you that it is preferable to use an e-cig high in nicotine than smoking an actual cigarette. Cigarettes will kill you eventually. COPD and lung cancer are not easy things to live with, death is just the culmination, there is much misery between the time you are impaired, and the time you die from the disease. E-cigarettes do not have the chemicals found in traditional tobacco products. As with everything, there are always bad things, but this is true for all drugs, foods, etc. There are more chemical preservatives, hormones, etc. in foods, than there is in an e liquid. I'd rather smoke my e-cig than eat 2 slices of bacon, the e-cig is safer.

8/7/2013 12:55:00 AM - Kevin Smith

I smoked 2 to 2 1/2 packs a day for a little over 32 years. I had tried many times to quit at the request of my wife who was concerned about my health. When I laid down for bed I would wheeze severely and then wake up each morning with a productive cough. I had tried almost every nicotine replacement method that is approved by the FDA including the nicotine gum, nicotine patch, nicotine inhalers, two different strengths of Wellbutrin, and Chantix only to revert right back to smoking analog cigarettes. While on the Chantix my wife noticed a drastic change in my mood and behavior.

In

January of 2011 a family friend asked me if I had ever tried an electronic cigarette. Having tried just about everything else without any success I figured I didn't have anything else to loose so I ordered a simple cigarette looking electronic cigarette on the Internet. I received my first kit on Febuary 6, 2011. At that time I had about a half of a pack of cigarettes left. I started using my e-cig that day and on the 9th of Febuary I smoked my last cigarette.

Within about 4 weeks I started noticing a change in my health. I was no longer wheezing at night or coughing my head off in the mornings. But the biggest change I noticed was when I went in for my annual Fire Department physical and the doctor noticed a big difference in my lung sounds and asked me if I had quit smoking.

Without a doubt, I feel I owe my getting off of the anolog cigarettes the the e-cigarette. I also feel very strongly that if the e-cigarettes were banned like some are wanting that I would revert right back to smoking like I did so many times in the past.

8/7/2013 1:01:00 AM - Candace-North Hollywood, CA

I started smoking at 13. It was common in my group, and, for a follower like I was, it was a given. I smoked off and on for the next 50 years. I smoked "light" cigarettes, never heavily, maybe half a pack a day at most, usually less. At about 50 years old I started using plastic filter tips, in addition to the filters on the cigarette. I was amazed at the gunk on them after a couple of cigarettes, and so were my friends.

I heard about e-cigs a few years ago, just rumors, since there was no advertising that I ever saw back then. I heard they were expensive, and put them in the back of my mind as a maybe someday.... Bought my first e-cig at a 7-11. It wasn't very good but I never smoked another cigarette after that. With my computer's help I discovered a good and inexpensive brand, Smokeless Image. I've always used the lowest number nicotine. It's been 2 years. No relapses. The benefits were almost immediate. I coughed more than usual the first few days, and felt I was getting rid of old, old crud in my lungs.

I had no more heaviness in my chest, and could take a good long breath without ending it with the usual cough. My skin and eyes were clearer. Being a woman I suppose the shining benefit was knowing I smelled good! I could wash my hair, brush my teeth, and put on perfume and know others would smell that as opposed to smoke. My teeth are starting to brighten more every day also. I know I've talked more about cosmetic improvements, as opposed to improved health. That's because I was one of the lucky ones. I'm well aware the odds against good health after all those years of smoking. I'm grateful for e-cigs. Very grateful, since quitting smoking on my own never lasted. This will last.

8/7/2013 2:22:00 AM - Patricia Wilson Cumberland, MD

I had been a smoker for approximately 12 years. About a year ago a local store had opened in my area that sparked my interest of another alternative to smoking. I had purchased a e CIG kit and had many trial and errors trying to figure out proper balances in the e liquid and even equipment. I had compared pricing between this alternative to regular cigarette costs and it was a "no brainer" which would be cheaper. It started out as a way to save money for me until I started seeing the benefits to not smoking anymore. I was being driven to work to pay for a disgusting habit, feening for smoke breaks at work. Destroying my house with nicotine stains, and self conscious about the way I smelled around others. E cigarettes have changed my lifestyle for the better. My family is happy, I'm happy and I have extra money to do the things I love to do. I find it completely ridiculous that some states have already banned the sale of them, other states are trying to limit where they can be used. I think it is a wonderful invention that has changed the lives of so many. Big tobacco companies are hurt and impacted greatly by a reduction in sales but they didn't care whose family member, brother, sister, etc. They were killing.

I hope e cigarettes are the new wave of the future!

8/7/2013 2:48:00 AM - Lucidity from Atlanta

The organic PG/VG vaporizing has probably added years to my life.

The minute I took my first vape was the minute after I smoke my last cigarette. An amazing thing really, after having tried so many things to quit that never, ever worked...hypnosis, welbutrin (or whatever they call it now), acupuncture,nicorette, sleep withdrawal, the spray...you name it. Never with any success.

After smoking a pack a day for over 28 years, after starting the vaping, within two days I was climbing 5 flights of stairs in the parking deck at work without so much as a pause, when before I could not make it without stopping to rest on each flight and wondering if I was going to die at the end of the journey).

Two months later, I have even more energy, my skin is better, my smell and taste senses are back, and my smoker's cough was gone (other than the lung-clearing, "different" cough that lasted for about a month). I haven't gained weight, lost sleep, or had any discernible side effects.

And, yes, of course, this is what happens when you stop smoking, and we all know we should, but it's HARD to. The thing to mention here is how EASY it was to stop. I never looked back. Never wanted another analog cigarette. Not once. And I doubt I ever will smoke one again.

With luck, this will add years to my life.

I would like to add one thing. It would be a crime if big pharma, big medicine, and big tobacco, and the government were to stop this because they are not getting their blood money from it. This is helping people. End of discussion.

And it's also very concerting that legally (we all know why...through and due to ignorance and...well...see above) that vaping is being categorized with smoking when it has absolutely no second-hand effect on anyone else.

8/7/2013 2:54:00 AM - Stephan Arndt

I smoked cigarettes for nearly 45 years and 4 months ago began using electronic personal vaporizer.

I have used mostly simple electronic cigarettes, with 1.8% nicotine "e-liquid".

Generally, I use about 2 ml of liquid a day.

Since the first week, I have had only 3 analog cigarettes, actually, 2 and a half since I did not like the last one and put it out half way through.

Previously, I have tried nicotine gum several times, a 6-month course of zyban, and a full course of Chantix.

None of those helped, although the Chantix caused me to reduce my smoking a little.

However, I continued to smoke through all of those attempts.

I have found that the electronic systems fully weaned me away from smoking.

8/7/2013 2:58:00 AM - mikef56

I had started when around 13-14 years of age in the 1960's.....I thought it was pretty cool then, and everyone agreed, it was socially acceptable to smoke.....geeze Humphrey Bogart and Lauren Becall did it, and it was beautiful!! I hid my activities from my parents until I reached 16,...by that time, I was earning my own money, and no one was going to stop me, from doing anything I wanted to do! My smoking increased, as the years passed, with no apparent "harm" to myself....two packs a day throughout the 70's and 80's, however, the cost of smoking started to impinge on other aspects of life.....Late 80's brought a recession with our own version of thre dot com bust, and money was tight. Smoking was culled to one pack (20) a day. Smoking started to lose it's public appeal, and my wife was nagging me "it's like kissing an ash tray!!". Well I was happy to cut my smoking down even further.....right down to around 10 - 12 a day, but I was never able to get it down under this number for any appreciable time. Now I tried all sorts of "remedies", to assist in curing this habit. Nicotine replacement therapies, in the form of tubes and puffers, and the imfamous patches. None of these came close to assisting me, and I tried several times at great cost (as these therapies were not recognised by the Australian Health Authorities" at the time. I tried "Champix" a few years ago, and it was a revelation!! I actually "forgot to smoke" for almost 3 months.....It was fantastic....but something sinister was going on in my head....and without going into detail.....I had to be taken off. (Good thing that the Champix therapy was conducted under medical supervision!!!) Well that was 3 years ago, and I had continued smoking since, still around 12 fags a day. On May 5th 2013, my brother and sister, whom both smoke, bought me an Ego T, electronic cigarette. They too had bought one each...."let's try this out, and see if it works!" My brother had met a guy at Parklea Markets, an area, on the ouskirts of Sydney, and this guy was selling these like "hot cakes" (such is the desire for smokers to either reduce or give up smoking). Well it's been just over 3 months. My brother has drastically redused his tobacco intake, and now smokes about 5 a day (down from 7 - 10 day), My sister has stopped completely with the exception of having 3 smokes a month ago. As for myself, I haven't touched a smoke at all.....not one. Now this is not the most amazing thing.....! Our e cigs, are basically nicotine free....! So you get the picture? Our habits, and I suspect this for many others, are not based so much on a nicotine addiction, but on ther physical habits of smoking, something in your hands, and sucking on something, and blowing out "smoke", and the semblence of some agreeable "flavour" in your mouth. Now sure, I'm a little edgey at times, and liable to be short / curt / irritable etc, and I'v put on nearly 7kg, but hey, I "feel" better, I'm sleeping better (less snoring, so my 3rd wife tells me), and my kids are off my back! My GP says, we will "know" in another 3 months, as this, she feels, is the litmus test....to stay smoke free for 6 months. As for the "activists" who declare; 1 - No studies have been performed to gauge the long term effects of vaping 2 - No studies performed on the 400 odd "dangerous"chemicals in the vaping liquid 3 - No regulation in the industry as to the quality and the nicotine delivery systems 4 - No regulation as to the quality of the vaping

liquids 5 - Fear of younger generation taking up "vaping" Who's side are you on??? Get real!! Vaping has been around since 2005. The overwhelming evidence suggests electronic cigarettes are the lesser of two evils.

Will we allow those with either vested interests in the tobacco industry, or those misinformed do gooders, resign the smokers of this world, to the removal (or delay), of a viable alternative to smoking. Do your studies, do your tests, fill out your paperwork, and follow your red tape for the years it entails, but follow the lead taken by the USA, and allow the e cigs to be sold and used under any cuurent applicable guise. Geeze, if you want to save lives, and improve health, go ban alcohol, or gambling.

8/7/2013 3:11:00 AM - Raven Duckstein

I started smoking daily at age 16. I am now 35 as of a few days ago. I have tried just about everything to quit.

Nicotine gum, patches, Welbutrin, etc. all to no avail!!

Last year I started experiencing some numbness in my fingers and hands. This numbness got progressively worse over a six month period. It got so bad I couldn't lift my hands over my head for more than 2 seconds before they would go completely numb. I'm a makeup artist and use my hands all day everyday , mostly above my head for I am short and most of the time I'm reaching above me to 6 foot tall models and actors. Anyhow, when the numbness became unbearable I finally made it to the Dr. My hands were so discolored and so swollen, my Dr. ordered an immediate slew of tests. To make a VERY long and aggravating story short, my Doctors had a hard time figuring out what was wrong. I saw neurologists, rheumatologists, etc., still they could not figure it out. My regular MD. Suggested I immediately stop smoking. So, being as frustrated as I was decided that if then wasn't the best time to quit I didn't know when WOULD be!!

The next day I ordered an E-Cig online along with some e liquid. I tried the Blu E-cig in the past with little success, so I did a little researching and found a more efficient e-cig. (More about that in a minute) well on January 11, 2013 I had my last real cigarette!!

Lo and behold within 24 hours of quitting my hands were almost back to normal !!

No more discoloration, no more swelling and very little numbness!!

Turns out I had Vasculitis !!

34 years old with a disease that people much older get and it was all do to smoking!

My dr. Said I could have lost my limbs if I didn't make the decision to stop when I did! That first e-cig I bought got me off the nasty cigarettes!

I started off with the highest level of nicotine(36 Mg) and over the course of six months have decreased down to 6 mg. I plan to drop the nicotine all together by Christmas. I want to set a realistic goal so I NEVER go back to smoking!!

I hope that people educate themselves on E-cigs so other people won't hear misinformation about them and have the same opportunity to stop smoking WITH them just as I did!!

E-cigs really do work !!

My entire body thanks me today for making the switch!!

8/7/2013 3:12:00 AM - Virginia Gunsch

I smoked 1-2 packs a day for 15 years. Even when I was completely broke, I smoked. I raided public ashtrays for butts and fountains for change. Even when I lost my job last year and it took a month to find a new one, I chainsmoked. I sold plasma for cigarette money and mostly just ate rice. I never even made a serious effort to quit. I didn't want to quit; I loved smoking and accepted the fact that I'd die in terrible health with a cigarette in hand. I tried Welbutrin once, just thought I'd give it a go (my family doesn't smoke and I know it always distressed them that I did) because I heard that it helped people quit. It just made the cigarettes taste really weird. I smoked them anyway. My mother bought me e-cigs a few years ago, the kind that are made to look like cigarettes and have a disposable nicotine cartridge. I tried to use them for her sake but I didn't like them at all and didn't slow down on the real thing one bit. Then, just three months ago, my girlfriend bought herself a newer- model e-cigarette and got one for me as well. I didn't want it, wasn't interested in trying it, and didn't want to quit smoking. But I have. Effortlessly. I gave it a try, found some flavors that I liked and over the course of just a few weeks I came to prefer it over cigarettes. I feel like that's a really, really big deal because I was a very particular smoker. I only smoked Parliament full flavors. Period. Never bummed smokes from others because I didn't want whatever they had. They are also way more expensive than other brands. I don't actually know how this happened. Quitting smoking has been such an ordeal for everyone I know who has tried, and I can't think of anyone who hasn't picked it back up at some point. All I know is that I expected to smoke until it killed me, and now I have a full pack of Parliaments sitting next to me on the porch and I couldn't care less. I only bought them because the gas station attendant had them ready for me as soon as I pulled up, and I thought I might want them. But I don't. I've even started to become sensitive to cigarette smoke. It used to make me think "mmm, that smells good, I want one" ... Now I find it irritating. I'm using a medium-high nicotine liquid for now, but I'm going to try a lower dose with my next purchase. They also offer all the liquids nicotine-free, and I'd like to use those later as well. I really hope all this doesn't end up being banned. It's helped me so much. I understand that using these products makes me a part of an uncontrolled-test-group, and that because they're so new nobody can say what will happen to me down the line if I choose to continue using them. I'm okay with all of that because I'd have smoked myself to death and been too poor to pay for my own medical care when that happened. We may not quite know what these e-cigs might do, but we know exactly what regular cigarettes will do. If someone like me can quit smoking without even meaning to by using these products, they're a miracle.

8/7/2013 3:51:00 AM - L. Thompkins

Hello,

I have been smoking on and off since the age of 12. I finally quit at the age of 37 with the help of electronic cigarettes. I am a former Canton, MA resident. In 2008 my son was born with asthma, which was more likely than not, related to my continued smoking during and after my pregnancy. The guilt and pain of causing my son health issues forced me to try yet again, to quit smoking. I used several methods (gum, the patch, nicotrol inhaler, filters, anti-depressants, and others) to help in the past, however the use of electronic cigarettes was the only method that worked. I have been a non-smoker since 2009 all to the use of electronic cigarettes. Please THINK about my and others stories before you ban something that actually helps people. What is the opposing factor really? Apply the same age restriction on electronic cigarettes as are on normal cigarettes and move on.

Thank you for you time, L. Thompkins

8/7/2013 4:01:00 AM - Jeff Williams / Chattanooga TN (USA)

I was a heavy smoker for 25+ years, averaging 2-3 packs of cigarettes per day.

Eventually the long-term effects of heavy smoking started taking a noticeable toll on my health, and I knew I had to do something.

However, I truly enjoyed smoking...so rather than quitting "cold turkey" and eliminating it completely, at 44 years old I decided to explore electronics cigarettes as a potentially viable alternative.

On a friend's recommendation, I picked up a Joyetech Ego-C Twist starter kit with a couple bottles of 18mg nicotine e-liquid.

I made a deal with myself that I would smoke the e-cig throughout the day (to satisfy the "oral fixation" portion of my addiction), but allowing that I would continue to

smoke tobacco cigarettes whenever I truly wanted one, to satisfy the nicotine craving.

But a funny thing happened on the way to moderation:

from the very first time I used the electronic cigarette, it satisfied both the oral fixation AND the nicotine craving almost entirely.

After using it for a couple hours, I realized that I had only a very slight desire for a tobacco cigarette....so slight that I was able to easily ignore it by using the e-cig.

"If I can make it a couple hours this easily....I wonder if I can make it all the way to this evening without a cigarette?"

And later that evening, my desire for tobacco was no stronger than it had been earlier in the day....so I simply ignored it.

I was also able to ignore it the next day...and the next....and so on, until I had gone almost an entire week without a single tobacco cigarette.

I was utterly amazed.

After smoking 2-3 packs of cigarettes every day for 25+ years, I had stopped smoking tobacco entirely, literally overnight, without any significant effort or even planning to do it.

I had hoped that perhaps the e-cigs might help me curtail my tobacco intake a bit.

Never in my wildest dreams did I think it would help me quit tobacco entirely.....and certainly not in less than 24 hours.

This was two months ago.

In two months, I haven't bought a single pack of cigarettes.

There have been three occasions where I was out with friends and the battery in my e-cig went dead....and with no spare batteries available, I ended up smoking a tobacco cigarette to alleviate

my

craving.

(After the third time this happened, I started carrying spare batteries in my car; problem solved.)

I still consider myself to be a nicotine addict, and even a smoker in a certain sense.

I'm well aware that I've simply traded one addiction for another very similar addiction.

But in my mind, the first addiction (tobacco cigarettes) is among the

dirtiest, most harmful, and most offensive addictions one can practice.

Electronic cigarettes/vaporizers

are also an addiction...but in comparison to tobacco smoking, the e-cigs are a very mild and far less invasive addiction, and far less offensive to non-smokers.

(In fact, I've actually had a number of non-smokers approach me to offer compliments on the pleasant-smelling aroma of the vapor coming from my e-cig.

"I don't know what that is, but it smells absolutely wonderful.....like a blueberry-scented air freshener" said one woman.)

I won't pretend that the electronic cigarettes are entirely "healthy"....and I'll be the first to admit that we have very little information about the long-term effects of inhaling vaporized vegetable glycerin and propylene glycol.

But even in the absence of long-term studies and hard scientific proof.....having had considerable personal experience with both electronic and tobacco cigarettes, I firmly believe that the light vapors generated by electronic cigarettes and personal vaporizers are exponentially less detrimental to human health than the thick, acrid smoke of tobacco cigarettes.

Would I bet my life on it?

I already am.

Jeff Williams Chattanooga, Tennessee (USA)

8/7/2013 4:02:00 AM - joe

I was a smoker for a little over 20 years until I was introduced to electronic cigarettes. In fact I was very satisfied smoker. I loved cigars and smoked a pipe also full flavor cigarettes. My wife bought me a starter kit from the mall 4 years ago as kind of a joke. I have never picked up a cigarette, cigar or my pipes since. I still use electronic devices although not as much as in the past. Even when my devices were down I had no desire to start smoking again. If they ban them I still don't think I'll ever smoke again. It was a transfer but a better choice in my opinion and that comes from someone who was a proud smoker and bragged about how much I knew about tobacco's. I had never an intention to quit, but quit I did thanks to electronic cigarettes.

Sincerely,

Joe

8/7/2013 4:08:00 AM - Jack Johnson

I had smoked for 20 years as of march 15th of 2007. I had never been exposed to fire safe cigarettes until moving to Kentucky in 2007. Within 2 weeks of having to smoke fire safe cigarettes i had lost my voice, at first thinking it may have been laryngitis. After another week the phlegm started coming up and continued for 4 consecutive years without end. Every morning was hell. 2 hours of coughing up white or clear phlegm for 2 to 3 hours, sometimes gagging and throwing up. I tried to quit by shear will power and the necessity to breath normally, yet i failed again and again. I tried snuss and it made me dizzy and gave me an upset stomach. Eventually i went back to regular cigarettes. The phlegm became so bad that i couldn't even keep a job. I worked out of my home and definitely had to reduce my quality of life. The phlegm problem and coughing were just too embarrassing. I started noticing the displays in a local Pilot gas station close to where i lived. E cigarettes from brands such as NJOY and Mistic. I decided to try the NJOY because at this point after trying 5 different brands of smokeless tobacco and always feeling sick i was willing to try anything. It was and still is a revelation! I haven't smoked a regular cigarette in over 2 years and i can breath again and no shortness of breath walking up my big 5 front porch steps, no more phlegm is the biggest advantage of all. I feel that any 2 pack a day smoker can really kick the habit and live a healthier and more productive life if he or she would only listen to the numerous testimonials and not the paid for by tobacco lobbyists newscasts. I can breath again, i can run again, i feel more alive than i have in 6 years. I think ecigs are a boon to mankind, smoker or otherwise.

8/7/2013 4:19:00 AM - My name is Travis and the vapor has helped me quite smoking it is the best thing I have ever found I have been vapeing for 1 month and not smoked a cigarette in one month this is the best quoting smoking aid on the market .. Thank you Travis Nelson

The vapor has helped clear my lungs to help breath better I can taste food again and made cigarettes tats bad

8/7/2013 4:24:00 AM - jo v. haln Dallas metro area Tx.

Hi,

My name is Joe, I smoked 25+ years 20-30 cigs a day. At the request of loved ones I looked for

and found an alternative that allowed me to enjoy my favorite pastime and not bother others and lessen damage to myself and them...the e-cig was there, I tried it, liked it and haven't touched a regular "analog" cigarette since. It has been almost 5 months and all involved are happier.

Oh yeah my health seems a tad better too better breathing, energy level, taste buds...little things that, in my case, have changed. One small success story that I hope will help open the doors for many more.

Thanks,

Joe

8/7/2013 4:46:00 AM - AnnMarie

I have been smoking since I was 20 years old. Now I quit each time I was going to have a baby and while I was nursing. But in the past 8 or 9 nine years I was a very heavy smoker. I cannot say how many I smoked a day since my husband made our cig's. But I am guessing about 2 packs a day. My husband one day asked our son to go get him an e-cig. From that day forward he never smoked again. He did alot of research and went to ECF for advice. He found out there are more satisfactory e-cigs you can order than the ones you get at gas stations. All the time he was first using e-cigs , I was cutting down on my smoking. So one weekend I smoked 4 on Saturday, then 2 on Sunday, and at this time my husband had given me a e-cig to use. On Monday I lit a cig and took one puff and crushed it out!! It tasted horrible to me. I have been cigarette free for over two months. I am so enjoying vaping!! So many lovely juices to try ! Many thanks to all the great vendors who make such great juice!! Heather's Heavenly Vapes was my first venture into vaping and I love so many of your juices and will always use them! I also love Seduce Juice , Virgin Vapor, Velvet Cloud Vapor!!

I feel much better since I have quit smoking, and I like the fact that my clothes no longer smell bad. We try to convert smokers to vaping all the time.

8/7/2013 5:05:00 AM - Idaho ex smoker

I started smoking at 14 years old. After 20 years i picked up the Apollo superior ego electronic cigarette kit. The day i received it in the mail i got it ready, filled it up and have not bought a pack of cigarettes since. I was a heavy smoker like a pack and a half a day of menthols, and now, I can proudly say i am cigarette free for six months now. Amazing! I am a US veteran and had tried pills patches and lozenges. Nothing worked till i got my e cig.

8/7/2013 5:22:00 AM - Duane Richardson from Davao City PH

So when I was 16 I had my first cigarette (absolutely awful too; choking and feeling pretty sick

8/7/2013 5:25:00 AM - Charles R. Prescott, Pearland Tx. 77581

Smoked 24 years. I Stopped smoking 10 weeks ago on May 26th and have not smoked a cigarette since the day I left the E-cig store in Houston Tx. with an Itaste MVP and an Igo4 and a Kanger Protank an Iclear 30 and some other clearomizers and Ten 30ml bottles of e-liquid!!! I have tried to quit several times before with that nicotine gum and it did not work!! Long story short, "I am riding my bicycle again 3 to 4 times a week for 1 to 2 hours at a time.My 16 year old son is Completely Elated and we just got memberships to the local 24 hour gym here in Pearland!! I feel 100% better already even after just 10 weeks. All of my friends who don't smoke are always telling me how proud of me they are and how MUCH BETTER I SMELL! My favorite flavor is Strawberry and Mint! OK, If e-cigs are banned here where I live, Well, first and foremost my 16 year old son would be Devastated! and All of My Friends and myself as well. So, how about we just let FREEDOM REIGN and ENJOY IT. Thank You, Sincerely, Charles R. Prescott.

8/7/2013 6:03:00 AM - AaronHaworth

My name is PFC Aaron Haworth of the United States Army. I have been smoking cigarettes for 7 years now. I was recently moved duty stations, and one day while out exploring, I saw an e-cigarette vendor. Hearing good things about them, I decided to purchase one. Having wanted to quit cigarettes for quite some time, I started using it with high hopes. This was 4 months ago, and since that day I have not smoked a single cigarette. I instantly lost interest and fell in love with the taste, smell, and satisfaction that is gives me. Plus I feel, and am, much healthier. I love it, and absolutely would not have been able to quit without it.

8/7/2013 7:27:00 AM - Anita Lynn Jenkins

I grew up in North Carolina where everyone smoked.

I began smoking when I was 14.

I quit for 3 years when I was about 29 using nicotine patches and force of will. I went back to smoking after several major life events happened in a short period of time.

Over the next 19 years I tried several different things to quit smoking (patches, gum, chantix, zyban) but none lasted long after the quitting period.

I had previously learned that stress was my main trigger. When the stress became too much I would smoke.

I switched to making my own cigarettes using pipe4 tobacco and pre-made tubes to save money and because I felt it was healthier (less additives).

Then I discovered vaping.

I had tried cigarette looking ecigarettes before but all they did was make me want a cigarette. The latest gadgets though hit the spot.

Almost immediately I preferred the ecigarette and went from about 1.5 packs a day to 2 cigarettes a day. Over the course of 2 weeks I gave up those too.

It has now been over 5 months since I have had a cigarette. I have been lowering my nicotine level on a regular basis but haven't decided yet if I will eventually go to zero nicotine or just low nicotine.

I began at 24 mgs per ml and am now at 6 mgs per ml. I feel better, can breathe better, and taste things better. I can see vaping for the rest of my life. I have stopped smoking but the actions of vaping and visual of vapor tell my brain it's okay. There has been stress but I reach for the ecig and I'm fine. I have a tobacco flavor for those times and between the hand to mouth, visual, and taste, there is no temptation to pick up a tobacco cigarette. Initially I had some issues with back pain but soon determined my nicotine level was too high.

Once I lowered it the pain went away. I have inspired others to turn to vaping as an alternative to smoking and they too are now smoke free. I wish society would be more accepting and stop banning something they don't understand simply because it "looks" like something else tho.

8/7/2013 11:49:00 AM - Craig

I started smoking at age 13. I tried to quit several times as I got older, but my partying lifestyle brought me back time and time again. Then, once I decided to "grow up" and end this reckless lifestyle, the smoking became harder and harder to stop. It became more of a routine and part of my day. However, last year my wife and I had our first child and I realized how important it was that I quit. This proved to be much more difficult than I anticipated. After watching an episode of the television program Greys Anatomy, that displayed a human lung inhaling and exhaling oxygen, I realized that the human lung is nothing more than a flesh pocket that keeps us alive, and the horrible damage i was doing by sucking smoke into it...I immediately purchased my first e-cig and I have not smoked since. I'm going on 3 months without analog cigs and I feel fantastic. I feel comfortable saying that e-cigs could possibly have saved my life.

8/7/2013 1:09:00 PM - Belinda Salyer

I am all for e cigarettes. I am 49. I have been smoking my whole life. My brother and I use to lite my dads cigarettes for him as small children. I have tried to quit smoking for many many years! I have tried many things: patches, gum, lozenges, chantix. I ordered an Ego-T which cost as much as a carton of cigarettes. I had no issue with spending that much on cigarettes every 4-5 days so I bought it. And I am so glad I did!

I had to think about it for a few days after I got it. Because I felt I had to get in the right mindset. On July 29, 2013 I started. It.came with no instructions so I just guessed. I used the MB-h that came with it and bought menthol liquid separate so it would taste more like what I was use to smoking. I did get a little agitated on that first day. And I went and bought a pack and smoked four in a row. I felt better so I started again with my e cigarette. That was on a Monday. I wear this cigarette on a lanyard around my neck. That way it's there at all times. Tuesday was ok. I did it! Wednesday evening I got a little testy. And out the door I went. I lit a cigarette and man was it nasty! I threw it down and puffed my e cig till I was better. Now it's Wednesday again one week later and I've not smoked or wanted to. I've been around a smoker and I just grab my e cig. That's still hanging around my neck and puff on it till I'm better. I bought another bottle of Marboro 0 mg of nicotine w menthol to add and I am very happy with my progress. I feel that I still need to go through the motions of smoking this to get through the habitual part of smoking. I don't have to stop and go outside. I don't have to spend time away from my grandson to smoke and I don't just walk around puffing on this thing constantly. But it's there when I need it. And I think there are a lot of people like me out there that need help like this quiting a lifetime habit.

8/7/2013 1:15:00 PM - Bud Baker

My name is Bud Baker and I live in NH. I have a 50+ pack/year history of smoking starting with Lucky Strikes and Camels and moving to Marlboro Lights. I quit smoking for a year about 10 years ago. I took Zyban for about 2 weeks, and didn't like the sleep issues and dry mouth and stopped. I managed to stay off tobacco until on vacation and in a jazz bar, I found a cigarette vending machine. I could smoke just one or two. Or 3 or then the whole pack. About 2 years ago I tried the electronic cigarette or vaping. I enjoyed the flavor and the experience but found the process and equipment temperamental and cumbersome. I put aside the hardware I had acquired and resumed burning tobacco. About a year ago I decided to look at the electronic cigarette again and found the technology had advanced and reliability and the process had improved so I gave them a try again. I have not had a burning cigarette since and never will. The thought of burning tobacco has no, repeat, no appeal. I have gone from a nicotine strength of 18 Mg to 9 mg. I do not use my e cigarette in public places where smoking is prohibited. I smell better, have my sense of taste restored, feel better. I haven't run in 40 years. This weekend I completed my first 5K race which included some good hills here in NH. I did not set a course record, but turning 67 in 2 weeks, I thought I did OK. And I run 3-4 times a week for 3-4 miles each run. I could never do that 2 years ago. Are e cigarettes harmful? I would think inhaling fresh air would be the best scenario for my overall health. However for me, who had such a long term use of tobacco, the harm reduction of using e cigarettes is obvious and my health improvement is proof. The prospect of outright bans on e cigarettes just because they look like smoking tobacco or have flavorings is flawed. There is harm reduction. Is it perfect. No, but they have worked for me to be 100% off tobacco and have worked for tens of thousands of others. There are many respected scientists who propose in peer reviewed papers that the e cigarette presents an opportunity to save hundreds or thousands of lives and save millions in health care costs. To finish, I do not object to standards being established for the liquids being offered such as purity, handling, worker safety etc.

Respectfully, Bud Baker, CMD (Ret) EMT

8/7/2013 1:53:00 PM - Robert Lawrence Wilson (Newcastle,NSW, Australia)

To Whome it may concern, My name is Robert Wilson I am 21 and I have been a smoker since the age of 16, though my first cigarette was at the age of 12. I had not gone a single day without a cigarette in a year. I was smoking around 25-30 roll your own cigarettes a day, and I would buy one 50g pouch and a 25 pack of talor made cigarettes a week, which would cost around $60 Aus.

I bought my first e-cig online in 2011, in an attempt to quit. This e-cig however contained no nicotine and it was unable to help me quit, so I stopped using it after a month or so. In 2011 I tried many method of quitting: Cold turkey, Gum, lozenges, patches, inhalers, and various forms of quitting programs over the Internet, email, text and phone. None of these worked, and many caused more problems than smoking, with stomach problems, headaches and dioreha. This coupled with the expense of Nicorette (almost double the price of smoking) made it impossible for me to quit, and actually fuelled my tobacco addiction. I bought a descent e-cig and 18mg e-liquid around 6 months ago and I initially used it only to substitute some of my cigarettes. I was still smoking around 20 per day, and I was happy with my efforts in cutting down at least a little. I contribute this to my e-cig, as up until I was Vaping I was steadily smoking more and more. Around a month ago, while still smoking 20 per day (maybe a few more) I decided to give up cigarettes, and while I have had 3 cigarette in that time I have refrained from buying a personal pack of cigarettes since. I of course have the same reactions of every reformed smoker: I have more energy, my girlfriend, friends and family say that they can see that I am a happier person, I do not smell (quite the opposite with e-cigs), I have more money, I have my appetite back and can taste the food I eat. There are countless more benefits that I am reaping.

I have absolutely no desire to go back to tobacco and I could NOT have done this without electronic cigarettes!

The most substantial proof that I have to offer you of electronic cigarettes being a valid and effective way for a person to get away from the habit of tobacco is...

I work in a tobacconist!

If I can give up a habit that I truly loved for 5 years and I believed was part of my identity as a person, (Rob the smoker) while having them literally in my hands for 38 hours a week! Then there must be some truth to the claim that they can help a person quit.

Please approve this product for sale in America, so hopefully my government will follow suit. I honestly believe and truly know that these products have the ability to save countless lives and save literally billions if not trillions of dollars in health care around the world.

Kind and sincere regards,

Robert Wilson

p.s in 3 months I have shown probably a couple of hundred or-so people my e-cig and given them websites and information/advice on where and what to buy and Thus far I have helped a half dozen people quit cigarettes, that I know of, there may be more than that!

8/7/2013 2:44:00 PM - mr l malin

after smoking from the age of 17 (1990), i finally decided after the birth of my son in 2007 to try & quit. i smoked roll ups heavily from the moment i got up, until i went to bed at night & was starting to feel the damage that was being done to my body. i tried to stop smoking several times before my son was born & then later, even with the added motivation of being a parent, just couldn't do it.

i tried patches, counselling (nhs) & willpower, still i couldn't escape the addiction. during these times i felt despair & disappointment in myself & wondered if i should just accept the fact that i would be a smoker until i died. then, in early 2011 by chance i met somebody using an e-cig. i was initially taken aback that he appeared to be smoking indoors, however he quickly explained what it was & how he & his wife had both managed to leave cigarettes behind through using e-cigs. after my first try on his e-cig, i wasn't overly impressed but the concept of it had me intrigued. the following day after some research into what setup may suit my needs, i ordered a kit with some nicotine liquid & hoped for the best. my delivery came the following day (march 2011) & i am very, very proud that since that moment i have never smoked again. i now have the energy to keep up with my son, no longer get out of breath climbing stairs, no longer smell like an ashtray, & lost weight as a result of being more active. for me personally, the benefits of using an e-cig are countless. i still use my e-cig, although i have gradually decreased the amount of nicotine i use in a way that suits me. i am also proud that several of my friends have quit cigarettes using e-cigs & of course, support & guidance from my experiences with using these devices. i have no doubt that this is not the answer for everyone nor is it a miracle cure. however, as far as i am concerned, a chance meeting in 2011 may have saved my life.

8/7/2013 2:50:00 PM - Amanda Reeves

I am a 34 yr old mother of four. I smoked a pack of Marlboro Lights every day since I was 18. I didn't want to quit and as embarrassing as it is to say, not even four pregnancies could make me want to. I didn't necessarily enjoy the taste or smell and definitely not the cost, but it helped with stress and was the one thing I did for myself. Then the new e-cigarette mods came out. A family member successfully quit smoking the previous month using one and offered to pay for me to get one. I agreed to try. Since that day, May 23, 2013, I have not looked back. I have not bought a single pack of cigarettes since that day nor do I have any desire to do so. I actually tried a cigarette a couple of months ago and was so disgusted by the taste that I immediately put it out. I enjoy this alternative greatly. Not only is the taste 1000 times more enjoyable, the smell nonexistent, but I have saved several hundreds of dollars. And my health, and the health of my children, is very likely saved because of it. To take away this alternative would hurt much more than help me and the 1000's out there just like me who have successfully quit smoking with this product.

8/7/2013 3:27:00 PM - Mark Noell

My name is Mark Noell I'm a 38 year old male and have smoked cigarettes from the time i was 13 years old. I am obese and heart disease runs in my family. I knew if I didn't quite it was a matter of time before i would have a heart attack and be a dead or incapacitated not being able to see my 3 kids grow up. I have been an Emergency Medical Technician for the last 13 years of my life helping to save lives. One night a patient of mine came to our station to thank us for helping him in his time of need. I was outside having a cigarette when he arrived. He told me about the electronic cigarette. The next day i bought an Enjoy e-cig from 7-11. It helped but did not make me quite. I then saw a Vape shop and walked in to learn more. The staff was helpful and warned me of what to look for when choosing juices elsewhere. I walked out of that store with a Itaste MVP and from that moment have not had another real cigarette. My energy has increased. I am mentally more focused. and am living a healthier life style. The Vaporizers in my opinion are more valuable then the patch or gum. I have tried them both. They left me unsatisfied by not having the oral fixation of smoking which was a behavioral habit more than the addiction. It has been 9 months of using my vapor and I am now using a zero level nicotine for the last two weeks.

It is my honor to support this industry because it has in my belief saved my life. As well as the quality of my life. I recommend this product to anyone trying to quit or wanting to cut down. All of my friends that i have turned on to the vapors have successfully quite smoking not one has returned to the proverbial cancer stick.

I pray with all my heart that this industry can stop the plague that is smoking tobacco.

8/7/2013 3:51:00 PM - Andy Burlingame (Burly) Park Hills, MO

I am a 46 year old male and started smoking regularly when I was 16.

I started with menthol cigarettes and eventually switched to non-menthol.

Marlboro was my brand.

Over the years I smoked Lights, Reds, Mediums, Blacks.

I used every type of Marlboro cigarette over the years.

When I got in my 30's, I started smoking high end cigars as well.

Through most of my smoking life, I was a two pack a day smoker.

In my late 20's and early 30's, while my wife was pregnant we both quit smoking.

She would quit cold turkey and I used a 4-step nicotine/tar reduction filter system.

I did have success with them.

The problem was, as soon as my wife had a child, she would almost immediately start smoking again, and it wasn't long before I was smoking as well.

About a year and a half ago, my friend came over and he had an electronic cigarette.

I was curious and he let me use it for about two hours while he was there.

I didn't smoke the whole time he was there and only used his electronic cigarette.

Shortly after he departed, I lit up a smoke and it absolutely tasted NASTY.

I couldn't stand it.

I called my friend and asked if he had an extra battery and some juice I could borrow for a few days until I could order one online.

He obliged.

Over the next week, until my new electronic vaporizer arrived, I tried to smoke, only to be reluctant to even inhale one drag.

I had acquired a complete and total aversion to cigarettes.

Once I received my personal vaporizer, I never turned back to smoking again.

I didn't even want to.

It immediately made me realize how badly smokers and the places they smoke stink.

I understand why nonsmokers are so against second hand smoke now.

I started out vaping a 20 mg/ml juice and have been gradually lowering my nic levels down as the time seems right.

I have no schedule for this reduction.

My body tells me when to lower my nicotine levels.

I am currently vaping 12 mg/ml.

I have started jogging and eating organic since my switch.

I feel better and my family and friends can notice the change.

Since I have switched to vaping, I have educated myself intensely on the subject.

All of my research and personal experiences with other vapers have found no negative effects from vaping.

I am a self-appointed advocate for vaping and to date have converted 13 smokers.

I support my local vapers and help them to find the perfect equipment and juice that is right for them and will keep them off of cigarettes.

Personal vaporizers are a wonderful invention and has helped many people turn from smoking.

It would be a shame if they were outlawed or regulated out of existence.

The word is spreading and the vaping community is growing every day.

I am proud to be a part of it.

8/7/2013 4:10:00 PM - 20yr smoker aged 35, Australia

I have tried everything and found e ciggs the best - I use ever smoke but I hate that u can't see an indicator that shows you how much charge the stick has or how much juice the butt has. This is the worst part, they r also massively expensive

8/7/2013 4:23:00 PM - Richard Brewer, Indiana, USA

I smoked cigarettes for 35 years and for most of that time smoked well over a pack per day(about 30 cigarettes).

As time went by, I realized that I needed to stop but nicotine gum, lozenges and the patch never satisfied my urges enough for me to actually quit.

They also had their own side-effects that left me questioning their benefits.

I tried these NRTs over a 5-year period but always went back to smoking within weeks.

On my 49th birthday after several weeks of research, I received my first electronic cigarette purchase.

It was a device sold by Totally Wicked called the Screwdriver Mark II and it used .8ml cartridges that the user filled with e-liquid.

It was okay but not ideal.

However I wanted to quit so badly that I managed to stick with it for 3 weeks until I was ready to try my first day without a single cigarette(Nov. 29, 2009).

I had been continuing to smoke about 4 cigarettes per day during this initial phase. The road was rocky and I continued to have an occasional craving for the first few days.

Within 4 weeks, I had fully forgotten my 30 cigarette per day habit and in that time found a different device that was designed to make my vaping experience much easier to maintain. This new device was the REO Grand and is a bottom-fed, advanced vaporizing product that utilized the same type of atomizer I was using on my Screwdriver (510) but it did away with the fiber-filled cartridge by allowing me to simply wet the atomizer coil with a push on an e-liquid filled bottle connected to the bottom of the atomizer via a small piece of tubing.

This device held what for me was a 3-4 day supply of e-liquid (6ml) and a battery that only needed to be charged or changed once every 12-16 hours.

This was a huge improvement to the normal e-cigarette that required refilling every hour or less and charging every 4 hours.

It also looked nothing like an analog cigarette so it kept people from giving the evil-stares that have become so socially-acceptable these days. It has now been 982 days since having my last cigarette.

I still own the same REO Grand device that is responsible for making my quitting possible in the long-term.

Although I

8/7/2013 4:31:00 PM - Mike Jacobson, Wauconda, IL

My name is Mike Jacobson and I live in the northern part of Illinois in the town of Wauconda. I have been smoking cigarettes for over 32 years. I smoked a pack and a half a day. As I got older I had problems breathing, wheezed at night when I was trying to sleep, had shortness of breath and coughed up gobs of crap on a daily basis. I tried to quit many times by going cold turkey without any aids, by using Welibutrin medication, by using older e-cigs that did not deliver the vapor available currently, by using nicorette gum and by using the patch. None of these methods worked for me and although I knew I was jeopardizing my health I continued to smoke even after being diagnosed with chronic bronchitis.My Dad passed away a few years ago from lung cancer, yet I still continued to smoke.

Then A valet person who parked my car one day talked me into trying his e-cigarette. I had my doubts because I had tried the older weaker e-cigarettes yaers before, and they did not quite have the performance I needed to actually quit smoking. He had an eVic (large battery) with a tank of juice and the taste and vapor that product (as well as others) produce was enough to satisfy my need to smoke. I was so excited I went out and got myself one the next morning.

At first I smoked cigarettes and 'vaped' my electronic cigarette for about a week. I gradually cut down on cigarettes and after a few weeks cigarettes started tasting disgusting to me and I totally quit. For about two months now I have only used my electronic cigarette. I do not wheez EVER, I cannot cough up any 'flem' no matter how hard I try. I quit using a medication inhaler to breath and I feel 100 times better. I feel like I literally saved my life by converting to e-cigarettes. I know there are people out there who can't say if e-cigs are 'healthy' but I can personally tell you MY body tells ME they are far better than smoking.

I have not had any side effects from e-cigs, unless you call being able to walk and ride mu bike again a side effect. My kids will hopefully have their Dad in their life longer as well as their Mom. Because I actually felt so strong about these e-cigs I bought one for my EX wife. I also bought one for my Fiance and her Mother. My fiance has also totally quit smoking and doesn't cough all day like she used to. My ex-wife has cut down smoking drastically so far, and my future mother in law also has cut down smoking about 1/2 as much as she used to so far.

I cannot understand how any government agency could even consider taking my e-cig away. I would end up smoking again I guarantee it. My Fiance also agrees that she would feel the need to smoke again if she did not have her e-cig. If any person or agency is considering banning these e-cigs they are literally guaranteeing people will die from smoking. I don't understand how anyone with a conscience could sleep at night if they

banned these e-cigs knowing they are literally sentencing people like me to an early death.

I hope my story helps others to try e-cigs and opens the eyes of the uncertain as to the benefits of these products.

Thank you!

8/7/2013 5:00:00 PM - L Butler Aiken SC

I smoked for over 25 Years, and have not had a cigarette in 5 years!! This has help my blood pressure go down, my pulse rate to go down. I regained my sense of smell, and it has been life changing for me, and my family, as I have got many friends, and family to do the same!! It is awesome, and I support it 100%!!!!!!!

8/7/2013 5:05:00 PM - Rusty Kelley(rianlu) Charleston S.C.

After 8 years of smoking approximately a pack a day of menthol cigarettes I switched to an electronic cigarette sold be ecigcharleston.

They had a retail establishment outside of Charleston, South Carolina and after debating the switch for a few weeks I made my initial purchase.

Since that day almost a year ago I have not had a single conventional cigarette.

I use a variable voltage ego battery and a tank system.

Both my health and my wallet have improved dramatically from this decision.

I am active duty navy and had a variety of options provided for me but after trying gum and patches I always went back to smoking.

The initial cost of batteries and tanks and fluid was substantial however the continued cost is less than $30 a month which is a substantial reduction from the cost of cigarettes.

At first the other benefits were not substantial however as time went on I noticed my breathing was easier and I was not as winded after running.

After about two months I no longer had the sinus infections that had plauged me for years.

While I continue to cut down the nicotine strength of my fluid with the eventual end result of quitting completely I have found that at least for me the electronic cigarette option has helped me to eliminate regular cigarettes completely.

I still purchase all of my fluids from the same supplier which consist of food grade P.G. and V.G. food grade flavor and nicotine.

and while I understand that these chemicals when atomized and inhaled behave differently than when ingested I find it much more comforting to know exactly whats in what I'm smoking then to not know at all.

I do not advocate to others any health benefits since as far as I've seen any research is limited at best however it is my experience that my health has improved and that the electronic cigarette seems to be a safer option.

My general health has improved, I have fewer sinus issues, and my oral health has improved markedly(as stated by the dentist that I see).

These to me constitute real benefits and warrant future in depth study of electronic cigarettes as a viable smoking cessation product.

The other obvious benefit is the lack of second hand smoke, which was also important to me as I have three small children, 9 5 and 2.

They also view my electronic cigarette favorably as it doesnt make me smell and while they understand its not good to smoke at all at least my smoking is now less harmfull to them.

8/7/2013 5:08:00 PM - Jammie Thomas-Rasset

I first started smoking when I was 13.

I started because the cute, older, neighbor boy smoked and I wanted to impress him.

Yeah, first major mistake in my life.

I became hooked on the first couple of cigarettes I smoked with him and started using my babysitting money to have older friends buy me packs of Marlboro 100s.

As I am now 36, this equates to me smoking a pack of cigarettes a day for over 23 years of my life.

I have tried to quit smoking 8 different times throughout the last 23 years.

The first attempt to quit was when I was pregnant with my oldest child.

It was a temporary situation, and I only managed to last until my son was born, then went right back to smoking.

I have 3 sons (ages 19, 17 and 5) and 1 stepson (age 8), and I quit smoking while I was pregnant with my boys, but started up again as soon as they were born.

About 9 years ago, when my oldest son was 10, I tried the "cold-turkey" method to quit smoking.

This was an abysmal failure.

I kept a pack of cigarettes in a drawer on my desk and about a week into going "cold-turkey", I was suffering one very horrible, mood-swing filled day, so my oldest son grabbed the pack of cigarettes and a lighter, handed them to me and said "Mom, please!"

I also tried using nicotine gum, patches, and even anti-depressant medication from my doctor.

Nothing worked.

The gum gave me stomachaches, the patches caused rashes and made my skin itch, and the anti-depressants turned me into a zombie.

I thought all was lost and I would be stuck smoking until I died from it.

Then Chantix came along.

I asked my doctor for a prescription and tried it along with my husband.

Oh the dreams I had when using this drug!

I didn't really have any negative side effects from Chantix, at first.

I stuck with the daily pill regiment and was finally cigarette free.

I dealt with the weird dreams, but after about 3 months, I started suffering from migraines.

My seasonal allergies sometimes trigger migraines, so I know how to deal with the pain appropriately, but these migraines were different.

Nothing worked to stop the pain and I was getting stuck in bed in a blacked out room for more and more days.

So, my doctor took me off Chantix.

I wasn't smoking when I stopped using Chantix, and my husband also managed to remain smoke-free, so I was able to still remain cigarette free for another 3 months after stopping the medicine.

Periodic travel is a part of my job, and I enjoyed traveling without having to worry about finding places to smoke.

I also enjoyed not having withdrawal symptoms on airplanes during the really long, cross-country flights.

6 months after I was cigarette free, I was traveling to New Orleans for a conference.

My husband was at home with our 4 boys and while I was gone, it seems everything decided to break.

First issue was a backed up sewer system.

My husband had to deal with cleaning up this mess and getting a septic tank pumper out to the house to drain the tank and fix the problem.

Then, when my husband used my car to go to work, the battery died so the car wouldn't start.

This was my husband's breaking point, and he started smoking again while I was gone.

It didn't take a week after I got home before I started smoking with my husband again.

I felt defeated.

This was in November of 2009.

About 4 months ago, my state decided to raise the taxes on cigarettes to make up for budget shortfalls.

The price of cigarettes went from $5.25 per pack up to $6.95 per pack.

With a family of 6, our household budget was already stretched thin, and this tax increase would cause my household budget to need to be reduced by an additional $100 a month.

My husband and I decided we can barely afford cigarettes currently, so we should try quitting again.

My husband first started vaping to stop smoking before the new taxes were implemented on July 1, 2013 and I started vaping within the first week of July 2013 after seeing how successful my husband was at managing the cravings.

We started with using Blu Cigs and the pre-filled cartridges with 18mgs of nicotine sold by that company.

We both also found out my husband is much stronger than I am.

He has absolutely no issues with quitting smoking, but it was rougher for me.

The first full weekend I had the Blu e-cigarette system (July 11 - 12, 2013), I tried to use the device the same as I used to smoke.

Basically, I tried to match habit for habit to keep things consistent.

I only used the cig-a-like every couple of hours; I vaped in the same places I used to smoke; I even used the tobacco flavored cartridges; I tried to keep everything the same as if I was still smoking.

I became moody, cranky, didn't want to be around anyone, didn't want to talk to my children, I was a downright witch with a capital 'B'.

When my husband offered to buy me a pack of cigarettes to help ease my cravings a bit, I realized I needed to find out what was going wrong.

So, I started to do some research.

After reading some medical research about electronic cigarettes, I found the amount of nicotine the body absorbs from the vapor is roughly 1/3 of the nicotine the body absorbs from cigarettes due to the size of the vapor particles in relation to the smoke particles.

Smoke particles are much smaller, so they can penetrate deeper into the lungs allowing for more thorough absorption of the components of tobacco, whereas vapor particles are much larger and only penetrate the top portions of the lungs.

Ultimately, I realized I can't use vaping the same way as I could cigarettes.

Once I realized this, I decided to forgo smoking habits entirely and jumped head first into the world of vaping.

This helped reduce the cravings immensely.

I also decided to start experimenting with equipment, e-juice flavors, and places to vape.

My boss allows me to vape in the office since there is no proven harm from the vapor exhalations, so I now can sit at my desk doing paperwork with my personal vaporizer close at hand.

I'm currently using a Kanger Evod kit purchased from an online retailer.

It has been almost 4 weeks since that horrible first weekend and I can honestly say I have no cravings for cigarettes.

I still have co-workers who smoke and I will go outside with them on breaks, but the smell of cigarettes is rather repulsive to me now.

I enjoy the fact I don't smell like the bottom of a dirty ashtray anymore and I recently realized I love the smell of my shampoo, something I never really paid attention to before as my hair always smelled like stale tobacco smoke.

The e-juice I use smells rather pleasant on exhale (I'm liking the fruit flavors most right now, so my office smells like peaches or pears on any given day, sometimes pineapple, and I use 16mg to 18mg nicotine level e-juice), so I now have the smell of fruit or candy or desserts around me most of the day.

Will I be successful?

I can't answer that for certain right now.

However, I do know I breath easier, I no longer have morning coughing fits, I haven't spent the $200 on cigarettes it would have cost me before for one month's worth of cigarettes, and I am no longer fearful of what my secondhand smoke was doing to my children.

For me personally, vaping is a win-win situation.

Eventually, I will reduce the level of nicotine in the e-juice I use to attempt to get away from nicotine entirely, but I will probably continue to vape as I love the flavors and the smells.

It's better than scented candles in my office and I am more productive at work as I no longer have to take breaks every 60 - 90 minutes to smoke a cigarette.

8/7/2013 5:27:00 PM - Mike

I was a smoker for 6 years and already up to smoking a pack of cigarettes a day. I was constantly getting bronchitis and overall was not very happy with my life and what my future was going to look like as I was very self conscious about my habit. I had tried to stop buying packs but just like everyone around me it just doesn't work, you always end up folding and getting just that one more pack. It was about a year ago today that I stumbled into a convenience store and saw a Logic disposable and thought to myself "Well, hell, why not give it a shot." It was different at first but it sparked an interest in me that electronic cigarettes may actually be worth it. After bringing home the logic I started doing my research online and came across all sorts of different advanced electronic cigarette devices with removable batteries and top cartridges.

Today I use a variety of removable battery devices with a 12mg nicotine liquid. I don't get sick nearly as much as I used to, and I feel more energized and physically capable of tasks that would cause me to go completely out of breath.

The electronic cigarette has saved me from tobacco use. Now that I can breath and taste again I would never switch back to smoking cigarettes, Ever.

This is an amazing product with a very powerful potential to help people. The harm reduction offered by electronic cigarettes is unparalleled.

8/7/2013 5:51:00 PM - Christopher James

I was a smoker for 20 years starting when I was 15. I started using an e-cig on 5/04/2013 and stopped smoking cigarettes that day all together. I use a vamo mod and started with 24mg nicotine and I have been able to decrease the nicotine to 12mg. I am now able to breath like normal, I sleep better, food tastes and smells all back now. I must say it has even improved my driving not having to worry about flicking ashes out of my window while I drive. the best part of using the e-cig instead of smoking is being able to keep up with my son and knowing I will be around longer for him.

8/7/2013 6:22:00 PM - John C from RCH Cucamonga, CA

I began as a social smoker in college before becoming a full on smoker for about two and a half years from the age of 22-24.

I was always an athlete and active so I switched to chewing tobacco, "dippig", in hopes of giving up smoking and being able to enjoy my activities a bit more.

The smokeless tobacco did help, I was no longer struggling to breathe during intense workouts and my endurance went back up.

I then used chewing tobacco for the next 8 years always trying to quit.

I noticed my gum lines were receding and I was also getting a grainy patch where I administered the tobacco.

After countless failed attempts at quitting a co-worker introduced me to e-cigarettes.

I was a skeptic at first and resorted to the disposable varieties and almost gave up do to its inconvenience and cost.

The start of my tobacco free life began when I finally purchased my rechargable and refillable e-cig mod.

It was customizable so I was able to find something that fit my lifestyle and the price was moderate as well.

I began with a 18mg ejuice and have slowly worked my way to 6mg in a matter of 4 months.

I havent touched tobacco since I bought my e-cig mod.

I never thought it was so easy to give up tobacco use, I wish I had discovered e-cig mods sooner.

I feel healthier, my gums don't bleed anymore, and the best part of all is that the people around me dont complain about second hand smoke or the disgusting spit bottles.

8/7/2013 6:37:00 PM - Nicholas Orsini

My name is nicholas orsini. I am 49 years old and started smoking cigarettes at 18 years of age. I was a 3 pack a day smoker and because of cigarettes I have lost jobs and apartments.Please let me explain...I am a Chef and being in the food service industry it is a problem taking breaks and smoking on the job.I have had jobs where I was fired for smoking too much and taking to many cigarette breaks..I have lost a couple of places to live because of my smoking.Landlords would smell smoke in my apartment also find walls and curtains that were stained from the tar that is in tobacco.I also have burned numerous beds,carpets and a lot of shirts and pants because of cigarettes..It also affected personal relationships because I smelled of smoke..This went on for ove 25 years..I tried to quit many times to no avail.I tried nicotene gum,patches and medicine my Dr gave me and nothing worked.I had a very bad smokers cough and I could not walk without having breathing problems...My sister quit smoking using electronic cigarettes from a local mall and told me I should give them a try.Since I am disabled and cannot drive I looked up electronic cigs online and found a vendor from the USA and placed my first order wondering if I really could quit.When I recieved my first order I didn't throw out my cigarettes just in case it didn't work. I was pleasantly suprised to find out the electronic cigarette did work and got rid of the craving for a real tobacco cigarette.I threw out my pack of cigarettes on the second day and have not smoked an analog cig in almost three years!! This is nothing short of a miracle because I enjoyed smoking so much.I went to the Dr three months after quiting and I told her I was vaping now and have quit analog cigarettes.The Dr checked my lungs and said they have never sounded better!!

She could tell I quit cigarettes by the way my lungs sounded and encouraged me to continue to vape saying that it was less harmful because it does not contain all the chemicals that are in analog cigs and there is no tar or second hand smoke..I even vaped in her office so she could see what it was like and said she could not smell any smoke!!! Victory at last..I started out at 18 mg strength and am now down to 12 mg..I enjoy vaping and find that it is accepted in many places and does not hold the stigma that analog cigarettes do.I have also found many reputable vendors online who care about their customers.I do not plan on quiting vaping anytime soon but will reduce the milligrams of nicotine..Vaping has saved my life and I have gotten a few of my friends to quit cigarettes and showed them where to get Electronic cigarettes from.What more can I say but thanks to my fellow vapors for sharing their experience on the forums..We are a close knit sort of family .Thanks for taking the time to let me share my experience with you..

Nicholas Orsini

8/7/2013 6:53:00 PM - Helena Marrow

Good Afternoon,

I am 50 years old and until a year ago, I was a smoker. I smoked for many years.

I tried everything to quit, wanted desperately to quit, but never could quit.

I tried Chantix, nicotine gum, hypnosis, counseling, and guilt.

Nothing worked

I would get short of breath walking up stairs, had a cough all the time, and would wake up in the morning with my lungs feeling tight and it was hard to breath.

I was limited in the activities that I could do with my children, which was the worst part of all.

One year ago,I was told about e-cigarettes,and as a desperate measure, decided to give it a try.

I use an e-cig mod and have chosen Organic eliquid with 100% VG.

I have always been on 12% nicotine and have not increased it over time.

One week later, and to this day, I am no longer a smoker.

There were two times when I found myself without my e-cig for a few hours because the battery ran out, and I, on both occasions, went and bought a pack of cigarettes....Now I keep extra batteries to avoid this happening again.

I am no longer short of breath at all.

I no longer have a cough.

My chest is not tight in the morning, and I am once again active with my children.

It has truly saved my heath, my quality of life, and my wallet more than I can begin to express in an email.

There are hundreds of thousands of ex-smokers who found the strength to quit smoking with the use of e-cigarettes.

To make e-cigs illegal while allowing regular cigarettes to be sold causes me to wonder if any person against e-cigarettes has been paid off by tobacco companies or the pharmaceutical companies to create and sell cancer treatment drugs and equipment.

Why else would a person take away such an amazing tool that has allowed so many people to quit smoking?

There are many reasons why people start smoking, some of it is a genetic predisposition.

E-cigs are a smoking cessation tool.

If you are concerned that non smokers might start smoking in order to use a e-cig, doubtful, but if someone is going to start smoking, they are going to start smoking.

E-cigs could give them a much less harmful product.

You allow regular cigarettes with KNOWN health risks, known addictive additives, known, carcinogens, to be legal, but want to ban e-cigarettes?

Does not compute!!!

E-cigs can only be sold to those 18 years and older.

Right now, the government benefits from the taxes paid on these products.

Make them illegal, and there will be a thriving black market that you have completely removed each State from the financial benefit of.

E-cig smokers will continue to get their e-cig supplies.

It only takes one look back at prohibition to see that over regulating and prohibiting a product that so many people use, will end badly and promote rather than inhibit the use of the product.

I am a smoker.

I will continue to smoke.

E-cigs prevent me from the long list of harmful side effects that regular cigarettes do.

My body, my life, my choices.

I do not need legislators making the assumption that they know better than me what is best for me and my life and then enforcing their assumptive beliefs onto me.

I am not sure why you are so concerned with a smoking cessation product yet do nothing to take the highly lethal regular cigarette continue to be sold.

Please, refocus on what you KNOW to be deadly and harmful, take care of the tiger that is chasing you right now, and worry about declawing house cats later.

Feel free to call me or email me if you want to gain a deeper understanding of life as an ex smoker who now uses an e-cigarette.

Thank you,

Helena Marrow 4318 Gardner Street Sterling Heights, MI 48310 248 330-5406

8/7/2013 7:11:00 PM - John Castle

My name is John Castle. I am a writer from the Phoenix area. I smoked cigarettes from the age of 19 until I turned 37. I initially tried electronic cigarettes at age 35, but the electronic cigarettes on the market at that time were too unreliable and too expensive for me to switch permanently. I subsequently attempted to switch from smoking to using American snus products. However, American Snus products were of very low quality and did not help in quitting. I then tried Swedish snus products and, although they are of extremely high quality and are less unhealthy than either cigarettes or American snus products, they were not easily enough available to make them an effective solution for quitting cigarette smoking. I have now been using electronic cigarettes since September of 2011. Because of the quality, simplicity, affordability and effectiveness of the liquid nicotine solution (or "ejuice") currently available, and because of the quality and safety of the hardware products associated with vaping (the use of electronic cigarettes and ejuice) I have not smoked a single traditional tobacco cigarette in nearly a year.

I believe that, without electronic cigarettes and ejuice, it would not have been possible for me to quit smoking. At issue is not merely the satisfaction of nicotine cravings but also the alteration of the psychological habits associated with consumption of traditional cigarettes. Vaping, as a replacement for smoking, carries several immediate benefits:

Vapor tastes better. It smells better. The scent of vapor does not linger. Electronic cigarettes are safer not merely in the health sense, but in the more direct and immediate sense that, because there is no combustion, there is no associated risk of accidental fire.

The health risks are also numerous. Although it is often stated that there is insufficient long term data to confirm that vaping is a medically safe practice, basic logic and readily available data firmly establish that vaping is certainly less unhealthy than smoking.

I would like to issue this challenge to the learned persons who might read or hear this statement:

If your concern is the health and long life of consumers, rather than the temptation of avarice which would see people continue to have their wealth plundered through taxation of a habit for which there is no safer, more affordable alternative;

If your desire is to promote the well-being of the citizens who look to you to represent them, rather than the tobacco and pharmaceutical corporations whose cynical eyes fall endlessly to the bottom line and to nowhere else;

Act to keep the market free. Act to keep healthy competition alive. Act to represent the consumer, on behalf of the common good, rather than to dictate to the consumer for the enrichment of the greedy and the tyrannical.

8/7/2013 7:14:00 PM - Lorilit - Ft. Worth, TX

I have been a smoker since I was 17 years old (now 58).

Went to small flavored cigars 3 years ago due to cost in tobacco.

I started out trying the electronic cigs a few years ago that actually looked like a real cigarette and they were awful.

The batteries didn't last and I truly got no satisfaction.

There were flavors but the flavors didn't come through.

The entire kit cost me almost $75.00 and it lasted maybe a month before it gave up the ghost.

I was not happy.

I didn't wish to go to patches, gum or Chantix for a few people told me that it gave them very odd dreams plus, they couldn't sleep.

I got back in touch with a friend of mine who smoked too.

She had started vaping a few months prior and had successfully stopped smoking.

I tried her battery and liquid and thought - now I like this!

So, I came in to the world of vaping.

Purchased my first kit with 2 batteries, 2 cartomizers and 1 liquid.

That ran me over $100 but I liked it!

Unfortunately I put it down a couple of months into vaping for I was bored with the flavor.

So my friend turned me on to a vapor shop online for liquids and other accessories.

I ordered 3 flavors, new clearmizers and I was off and running again.

I've been vaping for 8 months now and love it.

I don't vape unless it is 100% VG (no PG) and still have 18 nicotine.

I have 7 batteries and countless numbers of clearmizers and liquids.

You might say I really got in to it! LOL

It helps that a new Vapor shop opened up right around the corner from where I live.

I now purchase all of my liquids, batteries and clearmizers from this shop.

Of course - I do their books too which truly helps.

All of their liquids are 100% organic flavors, the nicotine is organic and they will custom make their flavors.

Nothing is pre-made and they do have some unique flavors.

My smoking is dramatically cut down (less then 1/2 pack per day) for I love the flavors in vaping so much.

I still haven't made the final cut but I am working on it.

I do think there must be something else in cigs that is addicting beyond Nicotine.

Another friend of mine - I turned her on to the world of vaping too and she agrees with that statement.

Some people can come totally clean from smoking cigs to cutting down dramatically with vaping.

I don't cough like I used to.

I can taste better, can smell better and don't have to worry about where and when I vape.

I vape at my desk (have an air cleaner on my desk though to please my boss)and have been able to vape in restaurants, movie theaters and other non-smoking areas.

People don't even realize what you are doing and your exhale contains nothing but vapor.

With 100% PG and organic flavors, you have nothing harmful in your vapor.

I pray that there will not be a negative outcome for vapors in the law.

It is giving me my life back.

I don't stink of smoke anymore.

I feel better.

I love the flavor of it.

I think what the bad part is, people who don't smoke, have never smoked AND the government, they don't truly know what it is and they are scared of it because of what the large tobacco companies did with cigarettes many eons ago.

To me, vaping is a healthier lifestyle without using prescriptions drugs or patches/gum etc to stop smoking.

Those alternatives are very expensive and vaping can be too but, it is fun and I enjoy it.

I do not feel like I am harming my body anymore.

I've talked to too many people who have very good outcomes when stopping smoking.

Some have even weaned themselves off the nicotine in the liquids and vape for pleasure now.

It is a new frontier out there...please don't take it away from us.

8/7/2013 7:25:00 PM - ANTHONY from New Brunswick,Canada

Hi, How I got here is Everything!!!

It's great to be here, to be part of the cigarette free world.

I'm not new to electronic cigarettes, and my journey is similar to others. However, how I got here is everything. You see, I was very close to my farther-in-law, Milton. He was a lot younger than my dad, so I was able to relate in ways that where very difficult with my dad. Our relationship grew as the grand-children came. Milton loved food, jazz music, and electronics...he taught me so much about Coltrane & micro-processors. We also shared a habit that no one else in the family did, and that was an analog cigarette. Our most intense discussions occurred outside or in his workroom. We both loved the banter with our favourite beverage. Milton was a pack and half a day smoker for 40 years, I was a 1/2 pack to a pack a day for 22 years.

In the spring of 2007, Milton felt pain in his right chest while chopping wood. He was always chopping wood, and the pain didn't go away. After much persistence by my mother-in-law, Milton decided to go see the doctor. It was lung cancer that spread to the bones and liver....the doctor gave him 3-6 months. Needless to say, after the tears, Milton wanted to live, and hit the treatment hard, but also didn't put away the cigarettes...he did go down to 1/2 pack, and I continued.

Then my world came to a crashing to down...my wife was diagnosed with colon cancer in December of 2007. She never picked up a cigarette in her life, was physically in great shape, and no family history. But she was raised in a house that exposed her to second hand smoke for most of her upbringing. Needless to say, I was shocked, and thought the world would end. How could a healthy 38 year old women be diagnosed with a form of cancer that's normally reserved for someone in their 50's+?

Milton found the news devastating. He was battling for his life, and could not bear to think that he might never find out what would happen to his daughter. But Milton was feeling an incredible amount of guilt that I believe ended his will...the cancer ravaged his body, he passed away at the end of January 2008. My wife has gone thru many surgeries, chemo, radiation, and as we speak, is in remission...the tests continue, but our faith is strong.

At that point in my life, I was disgusted with myself. I didn't like the habit anymore for what it did two very important people in my life. I was ostracized from my friends and family for continuing the habit after everything that happened. I tried the patch, the pills, even hypnotism...nothing worked.

In November of 2009, I was watching an episode of the Discovery Channel with my son, and the show discussed electronic cigarettes....my son said, "Dad, this is for you!". It

sure was, I ordered the first one I could find online. I received the electronic cigarettes two weeks later at work, came home and dropped my brand new pack of cigarettes on the kitchen table, and I swore to my family that my disgusting habit was over and gave them links to the benefits of electronic cigarettes. They are so grateful and supportive.

That was Dec 4th 2009, and I'm writing to you in August of 2013...and I'm so proud to say I have never smoked an analog since.

I so wished Milton looked into electronic cigarettes, with his electronic skills; I could see him giving the best mod makers a run for their money.

Good luck to everyone out there....keep spreading the good word.

Regards, Anthony (aka VIPOD on ecf)

8/7/2013 7:43:00 PM - Cliff

It's really simple how I stop smoking. I stated in high school because of peer pressure and since I've never been able to stop until I've discovered electronic cigarettes. I'm an active person I play football, soccer and hockey every week depending on the season and smoking had slowed me down but its been a year and a half that I've been using e-cigs and I can tell that overall health is better my cardio has improved greatly and still is and my breathing is back to normal. No more short breath or heart pain. For anyone who disapprove that electronic cigarette is less harmful analog cigarettes is a lethargic devil. With that being said I can say I'm a happy 27 year old dad that will live longer to see his 2 kids grow up and be able to play with them.

8/7/2013 7:53:00 PM - cpcp68

I started smoking when I was 16. For a couple of decades I never thought about quitting, but after I turned 40 I decided I no longer wanted to poison myself. I never had any health problems being a 1-pack a day smoker, nevertheless I was well aware of the risks involved, therefore I decided to quit. My first attempt was trying prescription remedies and I started taking Chantix upon my doctor's recommendation. It was not easy but between will and medicine I remained smoke-free for the three months of therapy. Immediately upon cessation, however, for the first time in my life I experienced what depression really means. I understood immediately the cause (withdrawal from Chantix) and took action. The natural remedy would have been to go back on Chantix, but in my opinion this would only have postponed another crisis. I went back to cigarettes. After a few months, I decided once again I wanted to quit and this time I was more determinate. The first step I took was to use tobacco-less (clover-type) cigarettes, the rationale being to quit tobacco addition first, by preserving the physical habit of smoking, and quit that at a later stage. Clearly, also this approach failed. I did not give up and I started doing research. This is how a came across the concept of e-cigarettes. I am an electronic engineer, so the idea of toying with electrical devices and change my smoking habits attracted me right away. Plus, the concept of maintaining the addictive part only and eliminating the harmful substances really won me over. It is just logical! I started with n-joy devices, but I found out they were too problematic, so I quickly transitioned to more advanced devices (the so-called mods). Well, the toying worked. I switched immediately to e-cigarettes only and I never went back to cigarettes. Not even once. As I said, I never had health issues while being a smoker, so I never really seen a dramatic improvement in my health. What I can say is that after a few months (about 6) of use, the reaction I got from my doctor after looking at my chest x-ray was "your lungs look like those of a non-smoker; I consider you a non-smoker". This made me really happy. Five years later, I am still using e-cigarettes, my annual full physicals look the same, my health is very good, my sense of smell has improved, but I have to be at least 100 feet away from smokers as cigarette smoke really bothers me now. I am 45 years old, I have been free from cigarettes for five years and I am never going back to them.

8/7/2013 8:48:00 PM - Donna Sudol

I was a two pack a day smoker for over 30 years, I thought I would die with cigarette in my hand. I couldn't quit no matter what I tried, nicotine gum, patches, counseling, Chantix. Four months ago I picked up a e-cigarette and haven't smoked since. I started with 24mg of nicotine and now I'm down to 6mg. I feel like a new person, no more smoker's cough and I can exercise without chest pains. I never could have done this without an e-cigarette. I feel banning them would be a great mistake.

8/7/2013 9:39:00 PM - Ian Mcclellan

I smoked for 15 years. Not very long, but believe me - I was an addict. Every time I would try to quit I would suffer severe depression. As a member of the Ritalin generation, I've effectively been addicted to stimulants since age 8.

I tried it all and never made it past a month: The patches wear off around 3pm every day, or a tolerance is built up.. The Lozenges are good, but just as addictive plus your mouth burns after a while.... Chantix was a joke, there was no replacement, just withdrawals - let's see, pay another $100 to feel terrible? Snus is just a mild form of chewing tobacco and leads to full strength chew... All of these cessation options make it too easy to go back to smoking. Most of them continue the chemical barrage that makes it so hard to quit.

The electronic cigarette, however, has had me smoke free for 4 months. It's just nicotine, none of the extra chemicals (which I see now are as addictive or worse than nicotine), and takes away a lot of the unappealing factors of smoking. I don't smell anymore. I don't have to excuse myself to another place to use it. My lungs, mouth, and eyes don't hurt anymore. I don't drink as much coffee, for some reason. At this point, I am not constantly being barraged with nicotine - as most of the cessations methods previously mentioned do.

My doctor is thrilled - backs me up and supports the idea that the electronic cigarette is safe. My dentist says that he can already tell that my gums are healing. I've been jogging.

These things may all seem trivial to a non smoker, but to us, it's huge achievements.

All of this is due to the invention and continued market of the electronic cigarette. I am sure that the technology would not suffer from as much fear and criticism if it had been named something else, but as a product that I believe SHOULD be marketed to those who live as slaves to tobacco - It's the best way to get them to try it. The tobacco industry need not fear: e-liquid still derives its nicotine from their product. They just need to get on board.

I am personally breaking a vicious cycle that was started when I was in third grade.

8/7/2013 10:36:00 PM - Harold Parkis, Syracuse , NY

Hi, my name is Harold Parkis and im from Syracuse NY. I'm writing this to inform anyone interested, that Ecigs were and are the only way i was able to quit tobacco use and stay off of it for good. I was a pack and a half smoker for over 30 years. I tried many other methods to try and quit smoking many, many times without success over the course of of about 10 years. I have tried Chantix, and that made me have bad thoughts of suicide. I tried patches many times without success, the most i lasted on those was about 2 months, and even then i was sneaking 1-2 analog cigs

a day to stop the shaking. This went on for 10 years, i even tried hypnosis and that was a complete failure and waste of money.

The only thing i have found, that made me quit real smokes was a little Ecig in my Christmas stocking my wife bought me back in December of 2011. I have not had a real smoke since i started using that Ecig on January

1st 2012. Naturally i graduated to more efficient and a bit more sophisticated set up that i now use, Its the Ego-C and a K100 with Mini Vivi Nova tanks and i use RY4 E-liquid in 36mg strength with 70/30 VG/PG mix. I have found that i can not stand the smell of real smokes,they trruly smell like skunk, that started a week after i started using my Ecig.

I have found so many positive things i was missing all those years of smoking, and

with no negative effects, I got my sense of smell back, i have retaken control of my lungs,lungs that were leaving me short of breath and low on oxygen saturation. I went from being able to hold my breath for 15 seconds, all the way to a minute, i can also hunt and fish again because before Ecigs i could not breath after walking to the woods or bringing in a 35 pound salmon. I can taste food again and my house smells fantastic. It is also not yellow walls from smoke, they are white as snow now.

I just wanted to share this story with whoever it might help in making decisions on the positive effects of Ecigs, their safety, and any regulations that might come about as a result of them. They have made my life so much better. My doctor thinks it was the best decision

have made for my future. Thank you for reading my personal story about Ecigs and i hope that i can continue to use them as for me they were the best choice I've ever made for my health in quite a long time.

20 month smoke free and counting!

I thank god for giving us the person who invented the Ecig, it has saved my life, and those are the words out of my 2 children's mouths since i quit smoking. They to are very grateful for the Ecig and what it has done for me.

8/7/2013 11:24:00 PM - Kamil Kirchof

I have been smoking for just about almost 10 years. i began smoking when i was 16 years old, falling into the "cool" thing to do. upon turning 18 i entered service in the US Army, where tobacco products are quite common place. I smoked and dipped for just over 4 years when i was in the service at a pace of just over a pack a day of camel lights, camel filters, Marlboro lights and reds, as well as Copenhagen straight and skoal straight for dipping at about a can every day or two. upon leaving the service at age 22, i returned home and continued smoking 1-2 packs a day, with only occasional use of dip. that continued from age 22 to late 25. in march of 2013 i placed my order for my first electronic cigarette, an ego type setup with clearomizers recommended to me by a friend that quit smoking similarly. i took it up quite easily and naturally, purchasing some more mods and tank type add ons, as well as using 6mg/mL liquids of delicious varieties. the flavor options were a large draw along with my girlfriend turned wife being very pleased. upon settling on a provari and cartotanks, i have been smoke free since late april/early may using 3-6 mg/mL fluids. 1 month of use of ego batteries with clearos and a transition to

a better device was all it took for me to ditch a 10 year old bad habit. a government has no right to dictate to it's people what addictions are acceptable and which are not. coffee, caffeine, alcohol, and MSG are commonplace every which way.

8/8/2013 12:05:00 AM - Dee Tampa Fl

After 42 years of smoking and trying all of the NRT products (patches,gum)I just figured I would die a smoker as I just could not whip it. Then my husband told me about the guys who use E cigs at work and would I try them.

I said sure but knew it was just another gimmick. Well the joke was on me, I quit completely the very first day and three years later have not had another cigarette nor a desire for one.

I started with e cigs using a small battery model 510 with a 12 mg nicotine juice, and absolutely loved it.

Over the years new types came out and I moved to larger longer lasting batteries and now use a Reo Mod which just makes it much easier and have dropped nicotine level to 4 and will eventually move to none. My health has improved greatly no longer short of breath, asthma gone and allergies have improved. My sense of smell and taste are much better as well. What's not to like!

I am a nurse and have shared these with many patients who have also quit using the e cig. And most like me can't believe the are smoke free and feeling better.

For the life of me I cannot see any agency, city, wanting to ban, restrict or anything along these lines. They should be added to all stop smoking plans and folks educated about the use of them and many more smokers would become an ex smoker.

It is very nice to be able to enjoy the aspects of smoking that I did without the tar, burns in clothing, stinking like an ashtray or being banished to outdoors. Now it is a shame that we have quit and are still being treated as smokers. The last thing I want to do is hang out outside with a bunch of folks who still stink and have not tried these as a method to quit. But every time I am in that situation I let anyone who wishes to try it and help them with information to help them become smoke free.

8/8/2013 1:25:00 AM - Walter, Darwin NT, Australia

40+ cigs a day and going broke. I was spending around AUD $240 a week on cigarettes and wanted to cut down on the dollars i was going through. Tried a friends e-cig and decided to get one for myself. I outlay-ed $100 to get an ego-t and some fluid. the first 2 weeks i bought a packet of smokes to supplement the ecig to stop what i though was a craving but that was the last i bought. now going on 2 months on the e-cigs i still have the $1780 that i didn't spend on smokes. Gone from spending between $220 and $280 per week to spending less than $15 per week after the initial expense of the e-cig ($100) I can now taste and smell things that used to elude me as well as no longer stink up the house or car and who would say no to having the extra spending money. Thank you Herbert Gilbert and Hon Lik

8/8/2013 2:46:00 AM - jc

Smoked for 15 years of 1 pack a day.... Stopped smoking ("cold turkey") on January 14, 2013 due to sudden pain and tightness in my chest... Started on electronic cigarettes/personal vaporizers... Up to date, i never had smoked 1cigarette... Not even 1puff of it... That pain and tightness on my chest never came back...

I have not experienced any ill effects or any adverse reactions from the use of my current electronic cigarette... To this date, i have not experienced any negative effects from the electronic cigarettes... Better endurance when i play my sport hobbies, my car does not smell bad, my mouth does not smell bad, I do not get easily tired (almost in all aspects), i feel like i can breathe better, my boss is happy, my friends are happy, my family is happy, i am happy that i do not smoke those cigarettes anymore...

8/8/2013 3:19:00 AM - BB3, Milton, FL

I was a smoker for 35 years. I don't drink, I've never done drugs but, man, could I burn 'em up: 1 - 1 1/2 packs a day. And, while no one likes the smell and the burn holes in your good dress shirts etc., I LIKED smoking. If it wasn't bad for me, I'd never have considered quitting.

Over the years, I tried all the standard methods save prescription medication. Cold turkey, weaning down, gum, patches(gum AND patches), lozenges, stern talking to's in the mirror, hypnosis, profanity, excess food consumption, reward/punishment, stamping feet, holding my breath until I turned blue, conniption fits--all of them. With virtually no success. I had decided that, despite being and educated and reasonably intelligent man, I was doomed to be smoker until it killed me.

Finally, after hearing of e-cigarettes on the internet, I decided to give it another try.

There were a couple of stops and starts finding the right device and e-liquid but eventually, I hit on the correct combination and, as of May 17, 2011, I'm cigarette free.

That would never have happened without the easy availability of e-cigarettes.

I felt better.

I certainly smelled better.

Within two weeks my breathing and stamina had noticeably improved and my doctor said my lung function tests were markedly better. My daughter was thrilled.

I know scientists don't put much stock in anecdotal evidence but

I'm convinced my health is better and I know absolutely I would never have quit without e-cigarettes.

Perhaps it won't work for everyone but even if it only helps a few, it's worth it.

And, at the very least, it cannot be as harmful as tobacco cigarettes.

My father, who was a 3 pack a day Old Gold smoker, quit the day I was born.

As you can imagine, that caused me a lot of guilt when he expressed his disappointment over the years that I was a smoker.

Fortunately, thanks to my e-cig, I was able to tell him I had quit about 6 weeks before he passed away.

Dad was always almost irrationally proud of almost everything I did but to see him light up over that news was a truly humbling experience.

And that would not have happened without e-cigarettes.

8/8/2013 3:40:00 AM - ECV Ogre

I've smoked for more than half my life, thinking every time i lit up a smoke "I need to quit". Its not easy having your children watch you smoke, especially when their grandfather died from smoking cigarettes. once i discovered the ecig, it was an automatic life changer. July 2013, i haven't smoked a cigarette in 1 week, with 2 weeks of vaping. I have began my journey to a healthier life style though ecigs. I did try the other nicotine forms to quit, the patch & snuff.

8/8/2013 3:51:00 AM - Robert Pusztavari

I smoked for over 38 years and have tried every thing, patches, pills and even hypnosis. Even though I was NOT depressed (frustrated, but not depressed!), I allowed my doctor to prescribe anti-depressants. Nothing worked! 2 packs a day on average for the last 30 years, I was at my wits end. When I reduced my smoking to a pack a day (with gum and/or patches) I raised my weight in a few days and had to go on high blood pressure meds! My doctor grudgingly recommended e-cigs. I tried the pre-packed e-cigs, big mistake. Just last month I tried a quality atomizer type with FRESH E-Liquid. To you 2 weeks cigarette free might sound trivial, but it is a life changer for me! The more restrictive any government makes e-cigs, the less folks like me have a chance the get accesses to the tools that can correct bad behavior. Please don't stack the deck against those who need more options to quit smoking.

e-cigs have changed my life for the better, why is that bad?

Respectfully, Robert Pusztavari

8/8/2013 3:54:00 AM - Ginny Bobbitt, South Central Kentucky

I smoked for 30 years, took smoking cessation classes, tried nicotine gum and patches. Always went right back to smoking when I was around my friends who all smoke. I have a 5 year old granddaughter who even locked me out of the house while I was outside smoking while babysitting her. After 5 years of struggling through many hours of not smoking around her, my daughter brought me a disposable e-cig and said she had no objection to me smoking an electronic cigarette around her. That was May 28. She said for me to do some research and see if it was something that might help me quit.

Well, that night I researched and decided I would try V2 and Blu. I ordered V2 and went to my local source and bought a blu starter kit. I was hooked, obsessed and in love with my ecigs. In June I was visiting in my hometown (Somerset, Ky.) and discovered a wonderful ecig store there. I live in Bowling Green which is the 3rd largest city in Ky. and am very disappointed in the lack of local resources. But, thank goodness for the Internet, I have ordered and ordered. The shop in Somerset, I'll give them a plug here because they are great to do business with and have helped me enormously to expand my knowledge and pleasure of ecigs. The Magic Vapor guys are the best. Anyway, I started as most do, with 808 and pre filled carts. Then on my first visit to MV, I got refillable carts for my 808 battery. But was going through two or three batteries every few hours. Now I have ego batts and just recently got a Sub Telescoping Mod. I absolutely love my ecigs. Have tried many, many juices and have a couple of faves. Have not had or wanted a cigarette since. Am so relieved to be free of the mess, smell and hacking cough. Now when people come in my house they say, it smells so good in here. Have been with my smoking friends many times and had absolutely no desire to smoke. I haven't converted them yet, but still working on them.

My doctors are thrilled to death and both my primary care physician and my allergist thought ecigs were a great substitution. They both lauded the benefits of electronic vs. burning tobacco. To close this epistle, just want to add a cute side story, my cat would not get in my lap when I was smoking, but now that I vape he is right on top of me vapor and all. Plus, he has allergies and would sneeze and his eyes watered a lot, no more sneezing or runny eyes--guess my cat was smarter then me!!

8/8/2013 3:56:00 AM - Gmanvapes from Tampa Florida

I smoked over a pack a day for 30 years. I purchased an e-cig kit and as of the first day of using it, I have not smoked a cigarette. The e-cig resolves my desire and need for cigarettes. The e-cig worked where the patch, chantix or the nicotine gum did not. The e-cig has helped tremendously and I feel much healthier and I do not feel like an outsider when around non smokers.

8/8/2013 4:15:00 AM - Leo Phillips from Raleigh, NC

I am a 42 year-old former smoker of 26 years. In early February of this year (2013), I was introduced to e-cigarettes by a friend who had employed this technology to quit smoking after battling the habit himself for nearly a quarter of a century. Prior to this introduction, I had attempted to quit using numerous other methods, including everything from cold-turkey to Chantix, with only a modicum of success. For one reason or another, I always ended up back on the cigarettes. E-cigarette products have empowered me to finally earn permanent freedom from a deadly habit, and the health benefits resulting from my transition to "vaping" from smoking are numerous and significant.

Perhaps most importantly, becoming a non-smoker has given me the opportunity to enjoy an active lifestyle again, as I am no longer plagued by the fatigue and decreased respiratory function that are the hallmarks of cigarette addiction. I feel better than I can recall feeling throughout most of my twenties and thirties, and I have added an exercise regimen to my daily routine as a result. Upon noticing my increased vigor and the ease with which I transitioned from smoking to vaping, my girlfriend purchased her own e-cigarette kit and has been smoke-free herself for nearly four months now. Three of my co-workers have also made the switch over the past two months. Two of them have quit cigarettes entirely and the third is well on his way with our support and encouragement.

I have already decreased my nicotine consumption to 6mg/ml from 24mg/ml. E-cigarettes gave me the control and structure I needed to quit myself, on my own terms, and at my own pace. By practically eliminating all of the peripheral mental agony that comes along with quitting, e-cigarettes allowed me to stay firmly focused on the task at hand: Not smoking.

I have succeeded, and I will never smoke another cigarette again.

8/8/2013 4:21:00 AM - Beth Bullard

I started smoking in high school to be "cool".

I was smoking approximately 2 packs a day when I decided I'd better quit for all the negative health concerns.

I tried cold turkey because some friends told me making a "clean" break was the best way to quit.

Well it wasn't for me.

Within 24 hours I was climbing the walls and practically yelling at everyone because I was so miserable. I did finally suceed in quiting after trying many times and I stayed off them for over 15 years.

Unfortunately I am a person that just LOVES to smoke.

I starting smoking again and I didn't try quiting again for a long time.

I saw the e cigarettes being sold in the mall and tried one out.

I don't recall which brand that one was.

It felt almost as normal as holding a real cigarette, that I LOVED.

The sales person let me try one with the nicotine in it and I drew in a number of "vapors.

Nothing felt unusual.

I didn't have a craving for a cigarette until sometime later.

And that's about all I remember about that incident. I Didn't buy the e cigarette but about a year or so later someone gave me their kit since they had sucessfully quit using the e cigarettes.

So I tried it off & on for a few days and finally started using it everyday. In less than 2 weeks I was only using the e cigarette.

After a month of using them I definately noticed I could breath easier, my energy level was better, I wasn't coughing hardly at all and I was not craving regular cigarettes AT ALL!

No yelling and feeling miserable.

I quit completely again about 6 to 7 months later.

Out of courisity, I have recently Googled e cigerettes and was amazed how many new "brands" are available.

This product is definately evolving into an even safer way to quit smoking.

There is one brand called VaporCouture that I am impressed that they test EVERY batch of their e cigarettes and share that information with their customer and along with that they have ALL the safety features and provided quality assurance. I would recommed e cigerettes to ANYONE wanting to quit and I would most likely recommend the VaporCouture brand, unless I find another brand that has evolved for an even safer alternatative.

And the ''evils' of nicotine, I have found many, research studies showing some very POSITIVE EFFECTS it can have on the brain, so that's some good news there!

8/8/2013 10:13:00 AM - Nathaniel Smith

My name is Nathaniel Smith and I have smoked since I was a small boy (about 50 years). I had tried every product in the book patches, gum, snuff, hypnosis and absolutely nothing worked.

A friend of mine gave me an electronic cigarette and while it was not all that great (it was just a cheap emergency type) it started me thinking and doing some research. I found a better e--cig and later found out how to mix my own liquid. I was able to weaken the amount of nicotine as I needed and not how somebody else felt it should be done.

I'm now not using any nicotine or flavoring of any kind, and I may go a day or two days without picking up the electronic cigarette. It is really a no-brainer to make this really available to the public with absolutely no tax whatsoever

8/8/2013 1:34:00 PM - GPSTrucker

I was a three pack a day smoker and smoked for more than 35 years. A little over a year and a half ago I knew it was causing serious damage to my health and decided that I needed to quit.

I had previously tried patches and gums but they simply did not work for me and I returned to smoking within a few days. This time around I decided to give vapor a try. This has really worked well for me.

I am using a "mod" and various flavors of liquids, mostly in the 18mg/L strength and find that it satisfies my cravings and habit just fine. I would like to say that I have quit cigarettes entirely, but a 35+ year habit can be hard to break and do still smoke some cigarettes. I am currently down from three packs/day to about 2 packs/week and expect to be entirely cigarette free in the very near future. I often go for several days at a time without any cigarettes at all.

As I have been trying to improve my overall health and fitness, exercise has become part of my normal routine. Since switching over to vapor and drastically reducing my use of cigarettes I can breath much better, am able to run much, much farther without getting winded, and have been able to lose more than sixty pounds of excess weight. I could never have achieved my current weight and fitness level while still smoking three packs of cigarettes a day.

I no longer suffer from that morning "smoker's cough", my blood pressure has returned to normal from being very high, and my chronic sinus issues have improved dramatically, and I sleep much better now.

Over all I have to say that using vapor as a substitute for tobacco has been the best thing I have ever done for my health.

8/8/2013 1:48:00 PM - Chad-Cincinnati

I have smoked for 24 years, and just about 6 months ago I decided enough was enough. I had tried Chantix, Nicorette,all natural cessation drops and even snus at one point. So I made a deal with myself, I could smoke anything I wanted to, except cigarettes. So I decided to try an e-cig. I bought a kit from a store and it was horrible. I kept trying but ended up getting rid of it. I then did some research and found a whole world of "vaping" online. I ordered a real "e-cig" from a manufacturer on the web and it was fantastic. I wasn't sure if it was safe, but it had to be better than cigarettes. After several months I can breathe better, food tastes better....my blood pressure went down. In my mind when it comes to vaping all signs point to yes!It's the only way I would have been able to give up cigarettes, without them I would have never made it.

8/8/2013 2:29:00 PM - Dana E

I smoked for 26 years. When I saw the electronic cigarettes, I really hoped that it was all that it said it was. I started using the orginal type that looks like a cigarette, but it wasn't the same. I continued using it without smoking anyway, but started looking for other types which I am now quite happy with. I stopped smoking in May of 2011. I still use the electronic cigarette, and probably always will. Nicotine isn't the problem. It's the smoke and carcinogens that are. I read that they are studying nicotine as a pharmaceutical for things like OCD. I use the 24 mg liquid PG. I am so grateful that this was invented, and prayed for it to work.

8/9/2013 4:26:00 AM - Pete, NY

My name's Pete, I smoked heavily (1.5 packs/day) for a decade.

Because of the ridiculous taxes here in NY I switched to rolling my own, which was a less costly, but still, a very expensive alternative.

I would find myself spending about 200 a month on the habit.

I got a phone call from a friend of mine who just got into this lifestyle/hobby called vaping.

I heard about it but knew next to nothing.

He told me to check out GrimmGreen, and I watched almost his entire catalog of videos and became interested instantly.

Sure enough I went to my local store and picked myself up an Ego starter kit, and some eliquid.

I was instantly sold. I became obsessed with the hobby aspect as well. It became fun.

In a need to replace the throat hit/mouth feel of smoking that I was hopelessly addicted to I started experimenting with different batteries, voltages and resistances.

After a little bit of time, and a fraction of the cost I would have given the tobacco gods, I wound up with my kit that I'm currently using today.

I haven't smoked in over 4 months.

I enjoy vaping more than cigarettes, because I customized my setup that way, and I'll never look back.

I've gotten my habit down to about cents a day (I mix my own eliquid) without sacrificing what I enjoyed about cigarettes.

I can breath/smell normally again, I don't smell like an ash tray, and I can vape just about wherever I want.

For health, social, and cost reasons, vaping is the only way to go for me; I just wish I picked it up sooner.

There is absolutely no negative side to my story.

8/9/2013 6:57:00 AM - Kevin Yeninas

I am 30 years old and have smoked analog cigarettes since I was 16 (14 years) i started out smoking whatever brand I could get, as an adult I smoked Newport Menthols. On average half pack-pack a day smoker. In 2009 I purchased a no name cig-a-like Electronic cigarette with the sole purpose of "cutting down" and not to quit. I used it for roughly a month and tossed it. It didn't really change my habit. With the recent technological advances in Electronic cigarettes I decided to try again for the same purpose of cutting down and to be able to obtain my nicotine needs when combustible cigarettes were not convenient. This was on may 3rd, 2013 (3 months ago). Instead of cigarette/Personal Vaporizer community, and the wonderful Flavors of Ejuice on the market. Not only have I not smoked an analog Cigarette in 3 months but I have also cut my nicotine level down from 24mg bottles to 12mg bottles, my teeth are not as yellow, I don't huff and puff traversing a simple flight of stairs, I don't smell like an ashtray, no need for "cigarette breaks" at work. With the use of a personal vaporizer, everything is just easier. Without Electronic Cigarettes and my favorite eliquids I would have no choice but to start smoking. This actually works.

Kevin Y. Brooklyn, NY

8/9/2013 1:02:00 PM - Mike from Winter Haven Florida

I started smoking when I was 17, I am 43 now, for reasons I don't remember.

Maybe because both my parents smoked as I was growing up. Over Thanksgiving of 2012, one of my cousins had this thing called an e-cig that he used to quit smoking. Then in Dec of 2012 I saw a commercial on TV about a popular e-cig and was immediately intrigued. I started doing some research because I thought it was something I would like to try to kick the nasty habit of smoking. After about 3 weeks of reading articles and watching youtube videos I decided to give it a try. I ordered my e-cig, it came in the mail about a week later. Let just say that after the first drag I was thoroughly impressed with how it worked.

That day I quit smoking analog cigs and have not looked back, never touching another one. Best decision I ever made. I had never really tried to quit smoking using any other products or services before the e-cig because I just enjoyed smoking and wasn't really interested in stopping. Since quitting I have stopped coughing and have no more phlegm in my throat in the mornings when I wake up. No more stink and my teeth have almost gone back to normal color.

All in all the benefits have been positive and would never think of going back to an analog cigarette. As a matter of fact, since I started using an e-cig I have gotten at least 4 people to either quit or significantly reduce the use of analog cigs. Again it was the best decision I ever made.

8/9/2013 3:20:00 PM - Shelley Nickel from Clear Lake, MN

I am in sales and was tired of smelling like smoke.

My kids told me everyday how I smelled like smoke, especially my hair! I was at a house warming party in March '13 and of course no one is allowed to smoke indoors anymore- not even in the garage; One person was puffing on a disposable blu ecig.

I asked if I could try it, it was amazing! I could continue with the habit of holding and blowing (vapor)and it really felt just like smoking!

The next day (March 12, 2013) I went to a smoke shop and bought the encore brand ecig. I had a full pack of cigarettes in my car with only one gone, I gave the pack away and NEVER looked back!!

A couple weeks later an ecig shop opened up in Princeton, MN (Ecig World & More) and I went in to find out about the various flavors.

I ended up buying a bunch of batteries and flavors

(I didn't want to find myself with a dead battery or run out of liquid) It has been 5 MONTHS that I am smoke free!!! NOT ONE CIGARETTE!!!!!

I started with low & medium nicotine and have since gone down to ZERO NICOTINE!!

NO OTHER METHOD HAS EVER WORKED! (have tried Chantix, wellbutrin, gum, patch and cold turkey method) I have smoked for almost 30 years!

I FEEL FANTASTIC!! The best part about it, is that IT Doesn't stink! I truly believe this is the BEST METHOD EVER!!

8/9/2013 6:36:00 PM - Dwain Smith,Belton S.C.

Hello my name is Dwain Smith and I'm from Belton S.C. and I was A smoker for 33 years I smoked non filter cigerettes at three packs a day.Now I have tried and failed to quit in the past. I tried them all the gums the patches . I had copd and asthama used a inhaler and somtimes oxegen . From the first time I used an e-cig and started vapping I have'nt had a stinky since , now there no turning back and the nice thing is I'm off all my breathing med's and I can taste and smell again ! Thank you whoever invented e-cig's for giving me my life back !!!

8/9/2013 6:48:00 PM - Bradley James Parker from Townville, PA

My name is Brad Parker, and I have been smoking for just over a year now. I usually smoked about a pack and a half of cigarettes a day. Eventually I got sick of them, but thanks to my addiction to them I couldn't stop. I had tried just quitting and that lasted just a few days each time I tried to.

I've known about e-cigarettes for a while, even tried one at one point and they just didn't do it for me. That is until one day I stumbled onto some youtube videos talking about them. The ones they had and were talking about looked nothing like the ones at gas stations that were one time use. I got my battery and tank with some e-juice almost three days ago. I haven't had or wanted a cigarette since. It seems so effortless, almost trivial to quit. Completely different from trying to quit cold turkey like I had been attempting.

The effects though are what really amazed me. I don't have to struggle through coughing fits and phlegm in the mornings now just to get the first few breaths of the day. I was almost in a state of disbelief when I woke up yesterday and I could breathe right away. I feel better, and there seem to be no immediate ill effects like with cigarettes. I always got this drugged feeling after finishing one, like I was sapped of energy and slowed down. Not so with e-cigarettes, I feel great. I couldn't imagine putting them down and going back to cigarettes. They do everything a cigarette does, except slowly kill you with toxins. You get that hand to mouth habit taken care of, you still get that urge to smoke satisfied even though it is just vapor, and you get the nicotine in a much safer way that doesn't give you cancer. These are my perfect solution for quitting cigarettes, and I plan in the future to step all the way off nicotine completely.

8/9/2013 7:13:00 PM - Martha Andrews-Schmidt, Ann Arbor, Michigan

I am a 69 year-old woman who began smoking at age 16. Forty - nine years later, on April 4, 2009, I switched to the eCig and have not smoked or otherwise used tobacco in any form since. Previously I tried nicotine patches and gum, both of which caused me to vomit. My experience with Chantix was unsuccessful. Only the eCig worked for me, and the transition was seamless. Since switching my health has markedly improved. I am a happy, satisfied vaper.

8/9/2013 9:34:00 PM - StinaMarie

How long did you smoke?

I started smoking at 15. I smoked a pack a day (on average) for 16 years How long ago did you start using a smoke-free alternative?

18 days ago

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

I started using an e-cigarette called an "ego ce5+" I started out at a

12mg nicotine level and have since moved down to an 8mg nicotine level.

I plan on cutting back again, and again, until I use no nicotine at all.

Do you still smoke at all (and if so, how much have you cut down)?

No I do not. The very first day I only had 5 cigarettes, by day 2

cigarettes literally made me vomit.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

As I stated above it took 2 days to quit completely.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative?

I had tried the gum, made me sick and didn't work. I tried counseling and

continued smoking. The only thing that got me to quit even for a time was

my pregnancy with my 3rd son, but after he finished nursing I went back

to smoking, and smoked more cigarettes then when I first quit.

How long were you able to go without smoking using these other methods before starting again?

Stated above.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

I can smell again. I no longer smell of an ashtray. I sleep more soundly.

I have more free-time to spend with my kids. My teeth are no longer

yellow. I already breath 90% better then what I did. There is a plethora

of positives and it has only been 18 days.

I think that about sums up my story. Here's the thing though... I started smoking when I was 15 years old. I smoked heavily for 16 years (off and on) Even when I quit while I was pregnant, I still had cravings, I still wanted a cigarette. Now it is completely different. I hate the smell of smoke. I have friends that I have had to ask not to come over if they have been smoking because I actually find it offensive. I never in a million years thought I would quit. I figured that there would be a pack of cigarettes in my coffin. I loved smoking so much, and for me not to even miss it at all is HUGE.

Thank you for allowing me to share my story with you.

8/9/2013 10:41:00 PM - Mike

Menthol smoker, pack a day, sometimes more.

33 years.

This is now one year to the date that I quit.

Using electronic cigarettes.

I no longer wake in the morning coughing so hard that I would be nauseous due to the contractions of the stomach muscles from extreme use of the aforesaid coughing.

My breathing is better.

I tend to walk more now and get out and about than I ever did.

Why is the FDA blocking this as an alternative to smoking?

I know, you know all the risks with nicotine induction, but this is so much better alternative to actual cigarettes. My current workplace is placing the electronic cigarettes in the category of 'tobacco products' and using that as an excuse to raise health premiums. Due to a 2009 ruling by the FDA.

My question is how, we the people that are concerned, can get the message pushed through the big tobacco companies that in part fund the FDA to take real notice?

I don't see all that much on the internet after exhaustive searching.

There is no denying that this mode may harm us in some fashion.

There is no denying that the sustained use nicotine can and will cause health problems.

The main idealism here should be that it is less, and leads towards total non usage of products ie should be considered as a cessation tool, but no one seems to realize that area.

In my case I did not want to quit analog cigarettes.

I did.

I know get a small amount of unknown chemicals compared to the 4000+ from the major proprietor.

The general notion though, and the one that makes the claim.....

I feel better.

I breathe better.

I have better lung functions.

And I know the difference.

How can we get this message across to the FDA (assuming they are not on the payroll of some larger tobacco concerns, which if I name will get me sued...)

Thanks,

Mike,

Please contemplate and give directions....

8/9/2013 10:59:00 PM - Trisha-Pennsylvania

I was a smoker for 40 years and have copd. Nothing fixes copd however I did give up smoking successfully and now use electronic cigarettes. As a result my breathing is much better. Last month I had a test at the hospital and they had to stop the treadmill in about a minute. This month I had to go back for another test and was able to do the treadmill for 30 minutes with no break. This is with only 1 month vaping instead of traditional cigarettes. I get more housework done and am in much less pain . Plus my home smells cleaner I smell cleaner I do enjoy more life since switching to vaping. I even went to the park with my grandchildren. I do hope to have more days like that. Electronic cigs are not a cure for copd but I do feel they are much better than traditional cigs. Happy vapes -Trisha

8/10/2013 5:38:00 AM - Tom Blackwell

My name is Tom Blackwell. I am 38 years old from Leesburg, Florida. I started smoking like many others in High School. My crowd of friends smoked so I started around the age of 15. I smoked a pack a day plus for 22 years. I had a near fatal car accident when I was only 18 years old in 1993. I broke all 4 limbs, a wrist and ankle, had a collapsed lung, concussion and a shattered my left hip and pelvis. I quit Smoking entirely on Aug 20th 2012.

I had a hospital born hip infection from a botched hip replacement in Feb 2011. I had been sick to the point of near death until August 2012. I lost a lot of bone and flesh in my left thigh due to the celulitis from the streptococcus Intermedius (they called it a "superbug") and my new hip doctor who specializes in infected joint replacements, mostly hips and knees. He told me that I would have a 50/50 shot if I kept smoking that I would either have my leg removed and be in a wheelchair or death. If I quit smoking my chances went up to 85%. That is when I discovered vaping. I haven't looked back since. I am infection free and am recuperating from my 3rd hip replacement in less than 8 years. I had no left hip and pelvis from August 24th 2012 to Feb. 3rd 2013. They had to remove the replacement. Kill the infection with 2 rounds of IV antibiotics, and then wait for 4 months to make sure it wasn't coming back then put the new hip in. Vaping really saved my life! I tried the patch and it never worked for me. I also tried medicines to help and they didn't work either. I promised my mother I would quit smoking by the time I was 30. I let her down and then it was 35. I let her down again. I felt horrible. Like a loser and I basically felt like I lied to my Mother and that was unacceptable. When I told her to give me to 40 I thought I was lying right to her face. I truly thought I would never quit smoking but as soon as I tried my first electronic cigarette I knew I could quit. I haven

8/11/2013 2:47:00 PM - Jordan Henry

my smoking habit was picked up through depression. I went through an engagement break up and a buddy told me it would help. Little did I know that I would be stuck with it for 10 years, with the feeling of nothing would help me stop. Then someone I work with told me about the e-cig technology advancement. He said "it's not just the cheap handy way stuff anymore" that they worked for him so I jumped in head first. I was tired of cigarettes and I needed to get healthy. I was really surprised that e-cigs worked, as I've tried all of the other quit smoking products including the medications. I have the crave moments, but I truly don't have the "I need a cigarette" feeling anymore. I'm happy now and I truly wasn't before.

8/11/2013 3:00:00 PM - Alex Carlson

I'm 30, and I've been a smoker for 15 years. A student of mine was smoking a vaporizer each time I would have to stop to take a break and have a cigarette. The fact that he could stand there and not freak out because I was having a cigarette with him sold me on the idea that I too could quit.

I purchased my e-Go T on August 1st 2013 and haven't looked back since. I smoked the rest of the pack I had left for the next 3 days, and others had given me one or two cigarettes. However, I haven't purchased a single cigarette since I started vaping. I've been vaping everywhere I can and talking to other smokers about it as well. I went to a Vikings game and stood outside with the smokers and didn't have a craving. In fact, I had a few people ask me about the vaporizer and one even say that "I should do that inside".

Today was my first negative attention while in a Spencers in the Rosedale center. A manager came up and said "We ask that you don't smoke those in here". I obliged, but am putting together a better way of finding out just where I can and can't vape.

I've tried weening myself off of cigarettes and quitting cold turkey. Yet even when I quit for a while I always wanted to have a cigarette when around others that smoked. 3 days after I started vaping I couldn't stand to be in my own vehicle. I had to completely clean it out and spray it with good smelling stuff.

If anyone should like to know more about my story and how I started smoking, feel free to contact me at ocdwdarts@hotmail.com.

8/11/2013 5:51:00 PM - Sunny Moody from Jacksonville, Al

I smoked two packs a day for three years. I started smoking when I was twelve. After only eight months with my e cig, and with Smokin Vapor of Florida's help, I feel like I did before I started smoking again. E cigs for health, e cigs for life!

8/12/2013 1:35:00 AM - M Brooks

To start off, here is my background with smoking.. My Mom smokes, my dad smoked. My Brothers smoked, my cousins smoked. My Uncles and Aunt smoked. Every where I went when I was a child, someone smoked. My mom chain smokes I think due to her anxiety issues. My Dad chain smoked due to his.. To say I was predisposed to smoking is an understatement. I should mention though I had asthma as a child due to smokers before I get any further.

I started when I was about 16 years old, as a joke I smoked a cigar thinking I couldn't due to my asthma issues. As it turned out.. I could... then I tried a cigarette, all my friends did, so why not? I wasn't pressured really, but they all did, so I kind of just joined in. I liked them, didn't really know why, but I did it just the same. I never really got the "buzz" like most do, but I get used to some drugs easily. I managed to quit a couple of times in the early years, but as time waged on I found my self not only becoming more and more addicted, but feeling worse and worse.

This went on for the better part of 16 years. Each day I felt worse, wanted to quit more and more often but the more I wanted too, the more I smoked. The harder I smoked, the more I thought of how terrible everything would be without those tiny little cancer sticks. I was chain smoking to the point of feeling nauseous, waking up in the morning hacking my brains out. I felt drained all the time, my blood sugars were all over the place, I could barley breathe.. not to mention how drained my wallet felt.

Then my girlfriend told me about the a disposable she saw in the store. Now I had heard of e-cigs before as my mom had tried them with some success, but I was a little skeptical. I tried one and I loved it. Though the price of these disposables for a heavy smoker is more than what one would spend in a normal day of smoking. So I searched, I found forums and sites and read and researched and spent hours figuring out what might be right for me. When I found the right device, which is different for everyone, I was finally able to give up smoking cigarettes and move completely to the electronic kind.

I know the reason I was able to move off real cigarettes was directly related to the community and large number of devices and liquids available to me as a consumer. With the level of addiction I was facing with regular cigarettes there was no way I could have stopped with just the large name-brand manufacturers products that I tried and was unsatisfied with. I was able to finally stop those with the help of my Ego style manual battery and refillable tanks that allow me to choose the strength of nicotine, the flavor (adults like flavors!!) and the mix of pg/vg, as I am very sensitive to pg

I am now 100% tobacco free! It is 5 weeks and counting as of 8/11/13. I feel amazing, I can be more active, the wheezing is gone. My sense of taste and smell is back and I can

breathe!! My wallet feels better and I am finding myself helping others who are looking to move from real cigarettes to the electronic alternative.

I am very glad that I found these when I did and that the community is active and cares very much about the products that we are all using. I hope that any decisions that are made take stories like mine and the others like mine into account. I hope many other smokers can find a path like mine.

Thank you for your time!!

Mike Brooks

8/12/2013 4:17:00 AM - Dede Kimball

I have smoked for about 40 yrs, and tried to quit several times. My daughter bought me an electronic vapor at Smokin Vapor in Panama City Beach Florida for Mother's Day. I had a half a pack of cigs left and after smoking those I have not smoked a cigarette since. I started at 20% nicotine and now am at 6%. I am saving money and my doctor is much more comfortable that I am using vapor instead of smoking. I love that I smell like the perfume I have chosen for the day and not smelling like cigarettes. The only downfall I have found is making sure they are charged and filled for the day when rushing for work in the morning :)

8/12/2013 12:08:00 PM - Carol Thompson

I had smoked one and a half packs a day for 37 years, I'd tried several times to stop. I had four children all raised around second hand smoke, very sad. As I got older my lungs gave me more and more trouble, I got sick with bronchitis and pneumonia two to four times a year and had to go to the hospital. I have been told by several doctors that I have COPD. Each time I'd get sick I'd think about quitting smoking, but I just couldn't seem to go more then a few hours. I did make it 2 weeks, a couple of times, once using the patch but the cravings were so bad I finally just gave up. and the gum simply wasn't an option for me.

I have now been smoke free for over two months and doing very very well. My husband recommended that I try an E-cig and bought me a nice kit to try. He is a 2 pack a day smoker, even now. I hope one day soon I'll convince him to go e-cig. But even with him smoking so close to me, I have my e-cig and I'm not even tempted by his smoking. My e-cig taste so much better then his real cig! Comparing the two, e-cigs have a pleasant relaxing aroma (which is a great stress reliever, one of the main reasons smoker say they smoke.. stress) and many wonderful taste, from cig tasting to sweet blueberries, passion fruits, etc.

What worked for me was this, I told myself no more real cigs, that if I decided to cheat that I could only cheat with my e-cig. (that's how smokers always start back, thinking they can cheat just once and it will be fine. Well it won't be fine, its a mind trick and will cause a smoker to start smoking again, more times then not.) I also realize I'm not and never will be a non-smoker, I'm an ex-smoker just like an alcoholic will always be an alcoholic, that one drink or in my case that one cig and you open the flood gates. I will always remember this, so when that urge hits me I remind myself that I'm an ex-smoker and can only be trusted with an e-cig.

I started my e-cig with .24mg or nicotine, I'm now down to .06mg soon I'll move to .0mg, I'm ready :)

By the way, I can breath again and the coughing and gagging has stopped completely. I use to cough so hard I would lose my breath for a few seconds, there were times I coughed so hard I would get dizzy and almost pass out. That's gone!

Thank God for the e-cig, it gave me back my life after all these years.

I pray it stays around forever to help others like me.

Carol Thompson

Cincinnati, Ohio

8/12/2013 6:15:00 PM - C. Hance

The Hance family of vapers support the cause, I am well over a year smoke free and encourage everyone in the vaping community to stay on top of our developing landscape and do whatever they can to insure vaping becomes the reasonable and sensible alternative to traditional smoking and all its proven detriments.

8/12/2013 7:52:00 PM - Jeff Baysinger in Austin, TX

I tried my first cigarette on a dare when I was 12 or 13 years old and smoked maybe one or two per year when I felt I needed to prove something to someone but it wasn't until I was 16 that my smoking picked up any real regularity. It was what my friends were doing and they seemed to like it, and it didn't seem to be hurting them after all... By 17 I was smoking upwards of 10 cigarettes per day, and by 18 I was a full-on pack-a-day smoker. That part of my story has been told many many times in countless individuals' testimonials, articles, and abstracts, as it is so commonly how people get started with tobacco use. It is my hope that the rest of this story takes on the same commonality as electronic cigarettes and other smoke-free alternatives gain popularity.

I had tried to quit many times over the years but always found my way back within just a few weeks or a month at best. I tried cutting back my use gradually, quitting cold-turkey, nicotine gums and lozenges which irritated my mouth and tongue, and a brief run with over-the-counter trans-dermal nicotine patches which were uncomfortable and made me quite nauseous. Eventually I would always return to my pack-a-day habit.

After seeing some print ads and in-store advertising I purchased a Blu electronic cigarette (e-cig) kit mostly to use on a road trip since I couldn't smoke in the vehicle I had borrowed, but with the thought in mind that if it worked for the trip then maybe it would help me kick the cigarettes for good. While I found that using the Blu product took the edge off and I could drive for longer periods of time before stopping by the side of the road for a cigarette, it did not allow me to stop smoking entirely. Because of this experience, I was hesitant to try a similar product and expect different results. However, after reading reviews, testimonials, and blog sites like those operated by Steve K., Phil Busardo, and other promoters of vaping, I realized that there were much better options than the Blu kits. My interest was once again piqued and I decided to give it another try.

At the age of 35, after smoking regularly for over 19 years, I ran out of cigarettes one day and instead of buying another pack of Winstons, I bought an eGo style e-cig kit from a local vendor. I'm happy to say that I have not smoked a cigarette since that day over two months ago, but better yet, that I don't want one. I immediately found vaping to be more enjoyable as it tasted better, smelled better, and was significantly less expensive than smoking cigarettes. I feel like I have more control over my nicotine intake, and have already started reducing the nicotine levels in the liquids that I am using. I hope to completely quit my nicotine use within the next few months and I believe this is an attainable goal. This has been by far the most successful alternative to traditional cigarettes that I have tried, and I regularly encourage other smokers I know to give it a try. I've helped 12 of my friends and co-workers successfully transition to electronic cigarettes and stop using tobacco cigarettes entirely, and another three have significantly cut back on their tobacco use with the help of these products. One of my friends has described vaping as the magic bullet to finally shut tobacco completely out

of our society, and I agree that it has that potential. I hope to see many more success stories in the years to come as people are able to take back control over their lives and leave their tobacco use behind them!

8/12/2013 9:27:00 PM - Shannon Grube

I was a smoker for 22 years. I had been smoking 3 packs a day for at least 15 of those years.

I was diagnosed with heart disease about 5 years ago.

I was told that if I didn't quit smoking I would not live to see my children graduate (which isn't really that far off). In my family, it is common to drop dead in your 30's from heart attacks. My dad had two before he was 40.

I tried everything.

I would put on a patch, forget I had it on and continue to smoke.

Gum, no luck.

Wellbutrin, no luck.

Cutting back, no luck.

I loved my cigarettes and when I didn't have them, I'd become very very emotional.

I would end up in some of the deepest depressions.

It would get so bad that people that knew me, though knowing I NEEDED to quit, had thrown packs at me and said, "Smoke a damn cigarette".

I was unbearable.

My husband asked me one day if instead of getting our cigarettes, we should use or cigarette money on Blu and try to quit.

I told him I wanted to research and find the best one, I knew it had to be just right or there was no way I was going to quit.

I found one with high reviews that my dad had heard about and decided to place the order.

I ordered on Friday and had my kit on Monday.

I went to the store and bought two packs of cigarettes thinking I would start by just cutting back.

I smoked those cigarettes all day long without a second thought of that e cig.

Didn't even touch it.

When I woke up the next morning I had 4 cigarettes left and I decided that as long as I had cigarettes I was going to smoke them so I then decided I was done. I would buy no more.

I smoked the last one at 8am Tuesday morning and braced myself for the withdraw.

I know how bad withdraw hits me so I was pretty scared.

I waited and waited, using my e cig, and it never came.

Days passed, still nothing.

Friends smoked around me, even my roommate and still, nothing. I had no desire to smoke.

On my third day my husband decided he would do the same, no cigarettes, then my mother followed.

It has now been over two months and none of us have smoked a real cigarette.

I have scaled the nicotine content down from 36mg to 8mg. I feel so much better! My constant smokers cough is gone.

I don't wake up hacking anymore. I used to only be able to hold my breath for about 8 seconds before exhaling and gasping.

I tried yesterday to see how long I could hold it, and was up to 30.

It's been amazing.

My kids and family are all happy and proud of me.

I can't say enough good things about the e cig.

It has completely changed my life and wish I could make everyone switch.

It is truely remarkable.

I will praise it and tell everyone I know who smokes.

I've gotten a couple of others on the wagon so far and plan to continue to spread the word :)

8/13/2013 5:44:00 PM - Kristen Petroff, Abington, pA

08/13/2013 - My name is Kristen Petroff and I was a smoker for 30 years. In the beginning it was a pack a day of Marlboro Reds. Seven (7) years ago, I switched to Marlboro Lights but my consumption started going up. 4 years ago I was a two (2) packs a day on average.

In the past, I did try the patch but got a rash and an overdose. I also tried hypnotism. That only lasted 4 days and I was miserable to be around. I did not qualify for any other alternatives. Cold turkey was NOT an option.

In March of 2013, a friend introduced my husband and I to electronic cigarettes (e-cigs). We were curious but not sold on the idea. The next week another friend introduced us to a different type of e-cig. She told us about a store close by and we went the next day.

Note: I was not thinking about quitting, this just happened.

The people in the store were very knowledgeable on the different types of e-cigs and I ended up purchasing an EGO system.

Within 24 hours I was down from 40 real cigarettes a day to only 4. These were the

8/13/2013 8:50:00 PM - Michael McLaughlin

Well I started smoking at the age of 13. When my father found out, he (a smoker himself) became the enabler as he would buy my smokes for me. Before then I knew of a gas station or two in the small town I lived in where I could buy smokes at. Eventually my fathers health (due to smoking) started to decline. I quit smoking at 20. My father eventually passed away when I was 26 from emphysema and heart problems. My father was close to death when my little brother hung himself. He could not bear to lose him. We lost our mother, who was also a smoker in 1991 to a aneurism, so he was all that we had left.

I wound up picking up smoking again at 28 due to stress at my job. By the time I was 30 I was wheezing and had a really hoarse voice. Eventually in January 2011, after seeing some friends with eCigs and hearing good things about them I bought my first kit. It was a 808 kit from PureSmoker. After about 2 weeks the wheezing went away and my throat was a lot clearer.

For a while I went back and forth with the eCigs because of the batteries did not have a long life span and only 2 batteries meant I would drain them both before one could fully charge. Eventually I got a larger life span battery and it was better, until it broke. During all this time I was able to research and decided to go with a 510 kit as they seemed more popular and I could drip the liquids versus hassle with cartridges that would be dead on arrival or other issues. While this was good, I was still kind of bouncing back and forth for a small moment between cigs.

Eventually I got my first mod and that changed things for me. Batteries lasted longer. I no longer needed to worry about battery life as I can buy as many batteries as I want and keep them charged at a fraction of the eGo style batteries. I just celebrated my first full year of no cigs last month. I have also managed to drop 60 pounds (and counting) of weight as I do not struggle to breath while I work out.

The only thing I wish for is that these things were popular 13 years ago. I might have been able to get my father to switch to them and he may still be around to this day.

8/13/2013 11:09:00 PM - Ben Oesterling, Clarion, PA

I smoked cigarettes and cigars for 10 years before finding electronic cigarettes. I think that there is no better alternative to cigarettes e-cigs have cut my cigarette intake down to nothing. I will have the occassional cigarette other than that I do not smoke. The same is true for my family members I turned my aunt onto them and she tried one for a few days and has not had a cigarette in 6 months. Without electronic cigarettes im positive I would still be smoking and with the added chemicals in cigarettes probably dead. These products really do help and we need to keep this going and keep big tobacco and the government from banning these and taking our options for a healthy alternative away.

8/14/2013 3:25:00 AM - jimmie traylor harlingen texas

I smoked for about 40 years. None of the "quit smoking products" have ever worked for me. I tried an electonic cigarette approximately 5 years ago. For about 2 to 3 weeks I used both combustible cigarettes and the electronic cigarette. I soon found myself using only electronic cigarettes and I must admit I was quite surprised.I have not smoked a combustible cigarette since that time and have reduced the nicotine level. I vape menthol e-cigarettes.

My Doctors" are very pleased with the health benefits I have achieved by my quitting smoking combustible cigarettes and replacing them with e-cigs. I think they have been so pleased by my success,they are encouraging other patients who smoke to try e-cigs.

How I wish e-cigs had been invented a long long time ago. I would not have smoked for so long a time if they had been available years ago.

8/14/2013 12:16:00 PM - Diogo Mendes Pedro Marques

Hello.

I started smoking about three years ago. At the time I was very young and passing through some rough paths. I started smoking only when I would go out, and then it progressed to when I was feeling low and depressed. So I guess I could say I smoked for three years (one pack a day).

Then, I started having some serious health problems, but I never intended to quit smoking. Having these health issues made me think how smoking is bad for my body, and soon, I started searching the internet on ways to reduce the amount tobacco I took. Note that I never intended to quit smoking, I just wanted to reduce it to half a pack / day.

So, I came upon some websites that were talking about e-cigs and I decided to give it a try. Three months ago, I ordered an e-cig kit (Joyetech Ego-C starting kit) and started vaping (with liquid containing 18ml of nicotine). I never smoked another cigarette from then on. I had no will power, no intent to quit, and still, with one single purchase I stopped smoking.

Now, I don't smoke not only because I don't want to harm myself, but also because I don't need them. I don't feel any type of urge or psychological need.

After I five days of vaping, my life started improving. My house, car and even myself stopped smelling like an ashtray. I could taste things so much better that I could not even bring myself to taste my girlfriend's cooking. I started smelling things better. My parent's residence is in a forest and when I got there I said to my girlfriend, "I can smell the nature" and I started crying because I knew how good this change was being for me. I could also breathe and exercise a lot more.

The only drawback (in my own experience) was gaining some weight. Since things started tasting so much better I spent the first week eating fast food. But, I quickly solved that by doing some exercise.

I don't know if anyone is reading this, but I want to leave a personal note: Tobacco addiction feels like you're in hell. I would wake at 2 am and if I didn't have at least seven cigarettes by my side, I would have to get up and drive to the gas station. I cried after watching people talking about tumors, deaths in their families and I would look at my right hand, and I would see a lit up cigarette. I was receiving information, actual facts on how this would most likely happen to me and I was smoking without even realizing it.

We're at the end of my story. I am not writing this to beg people not to ban e-cigs. I am writing this, because at this time, in this very moment, I am a very, very happy man. My life has turned around and I have to thank e-cigs because they were the ones who

allowed it. I am sure that if it weren't for these products, I would have been smoking until the day I died.

Thank you.

8/14/2013 1:11:00 PM - Rob, West Bend Wisconsin

Hi, I'm Rob, I'm 49 and I gave up a 35 year, 2-3 pack a day cigarette smoking habit the very day I got a decent electronic cigarette. Cheap gas station disposable E-cigs did not offer me what I needed to give up regular cigarettes. Getting a reliable device and being able to choose a flavor and

the nicotine level of the juice allowed my to customize my e-cig experience, making it very easy to give up smoking. I am in the process of lowering the nicotine levels of the liquids I buy and I'm confident I will eventually be nicotine free. In the past I tried to quit smoking with nicotine patches and gums but it did not work. I NEVER thought I'd be a non-smoker but with E-cigs, I quit regular cigarettes easily. My wife simply cannot believe I don't smoke anymore and I know that I'll never go back to smoking regular cigarettes unless E-cigs/vaping devices become too expensive or unavailable.

8/14/2013 3:12:00 PM - Lloyd

I started smoking at about the age of 17/18. I am cyrrently 53. In my recent past

I have tried the patches, gums, Chantix. None of which worked. This year I decided

to give ecigs a try not the over the counter

type. But the ones where you load your own juices. Within in a week I was free from cigarettes. I am currently close to three months without

a cigarette. If it were not for this method, I

can assure you that I would still be smoking

2, close to 3 packs a day. My life has greatly improved. If ecigs

in its various types are not avaailable. I would ultimately go back to smoikg. Please leave it alone. It saves lives... Its saving mine.

8/14/2013 3:38:00 PM - Jack/Portland, OR

I am 34 years old (just had a birthday last week) and I smoked for 18 years. Most of that time I smoked a pack a day. I have tried quitting twice before and had returned to cigs within 3 months. I have been vaping for a little over 5 months and have no desire to return to analogs at all.

I cannot overstate that I have absolutely no desire to smoke cigarettes. They repulse me now. I tried the patch and the lozenge respectively and both times I quit it took considerable willpower to stay off analogs. I would always succumb usually after a stressful week or some other "trigger" event.

When I got my first e-cig I was ready to be done with cigarettes. I wanted to be free of the lung gunk, lack of energy, coughing and smell. I immediately threw all things cig related away and have not looked back. The e-cig technology while simple is a God send to so many smokers who want to quit.

I know other older vapers who have quit with e-cigs and I know that they are the kind of smokers who would be smoking while on oxygen or through a Tracheostomy. This saves lives! I find it offensive when people who are not even affected by vaping lobby to ban it without knowing a thing about it and try to educate people as I can. I know that it is a threat not only to Big Tobacco but the Governments at every level who profit even more than Big Tobacco through taxes that they say are to protect people but are a huge revenue source. C'mon people Nicotine is a very addictive drug. All the taxes in the world won't stop people from smoking but vaping can.

I think CASSA is greatly important to protecting vaper rights. Thanks for reading.

8/14/2013 4:14:00 PM - Bill Jack in Pittsburgh, Pa

Hello, my name is Bill and I have smoked for 31 years. I started at 9 years old, hanging out with the older pre-teens in my neighborhood. This is before many of the tobacco controls were in place and a story such as, "my mom wanted me to buy her a pack," was generally accepted at the convenience stores.

I have wanted and have tried to quit smoking for ten years. Now, I finally have, and only through the use of nicotine vapor. I have tried so many mainstream smoking cessation products, to no avail. I've tried the gum, the patch, two types of anti-depressants which actually caused depression, Chantix which made me slow and confused in pressure situations and lastly hypnosis. None of these has had more than a very temporary outcome, the longest being three-weeks of constant cravings.

Recently, I tried using one of the disposable e-cigarettes. The flavor was anemic and I never felt satisfied. Two months ago, I noticed that my local discount tobacco shop had started carrying a different type of e-cig. It didn't look like a cigarette at all. It was rechargeable with two batteries that would last approximately seven hours each. It was refillable with many options for flavor and nicotine strength and it was upgradeable. Since my girlfriend and I were just about to paint the inside of the house, it seemed a good time to give this system a try. Over the first week, both of us would smoke an analogue here and there. The first three days I found myself smoking three analogues a day. Then it was two, then none at all and I was smoke free in a week! I no longer want a cigarette!

That was eight-weeks ago. I love my e-cig. I've upgraded everything, better batteries, better delivery systems and better e-liquid or juice. I've joined an online community of "vapers" and have learned so much about hardware, making my own "juice," and the legal battles that we are currently and about to face. I feel like a free man after years of enslavement to my smoking addiction. I'm more productive, as when one lights a cigarette, they're in it til it's done, usually five to ten minutes. I take one or two puffs on my e-cig and I'm good to go in ten seconds. My house, my car, my clothes, my hair and my breath no longer stink from the aromatic hydrocarbons spewing forth from both ends of that cigarette. For the first time in twenty years I can actually see my tongue. It was been perpetually coated with the nasty yellowish film from cigarette tar. My breathing is much easier without the noxious chemicals coating my lungs. My heart-rate is much more under control. I don't get winded after mere moments of strenuous activity, giving me more stamina than I can remember, in everything I do. I can keep up with my two baby boys as we run around the yard...

I could go on for paragraphs about how much better my life is becoming since I traded those nasty analogues for my e-cigarette. I've already started reducing my nicotine levels by using lower nicotine "juice." The nicotine is the last hold-over from my prior

addiction. I am getting considerably less of it than from cigarettes, but I still crave it. I have much better ability to control it now, though. I still get that hand-to-mouth action, mimicking the most intensely addictive property of the smoking habit, from a long-term smoker's point of view. It is the reason so many cold-turkey and gum/patch quitters gain weight after quitting. They substitute eating for smoking. I don't have that issue with vaping.

I am healthier, happier and more productive than I have been in years. Unfortunately I am also afraid. I see legislation on the ballot in New York that will close down the brick and mortar e-cigarette stores. Vaping has been banned in public places in New Jersey, though there is no second-hand smoke from vaping. There is the threat of federal regulations that would make it nearly impossible for me to get my e-liquid and hardware. I am consciously trying to make vaping a way of life as I had unwittingly done with smoking, so many years ago. I am afraid that through ignorance, the one thing that has ever worked for me, to eliminate cigarettes, may be lost to me. I'm mostly afraid that, if that happens, I'll regress to the two pack-a-day smoker that I was before.

8/14/2013 7:22:00 PM - BobR from California, CA

Hello,

I'm 49 yrs old with 35 yrs of smoking real cigarettes.

I started smoking when I was 15 yrs old.

It started a stick a day until it went to a pack a day. In 2004, I tried the Nicotine Patch but it did not worked for me and I turned to smoking real cigarettes again.

Then sometime in 2006(7?), I bought a $150 ecig kit from a kiosk in a Mall.

The first 2 weeks seems working as I had reduced my smoking to 10 sticks a day.

The problem I encountered with this ecig kit is that: 1.) The 2 batteries on the kit does not last me for 1 day and requires long wait for charging

2.) E-Juice keeps leaking to my lips 3.) Performance and Quality-wise = No Good.

The ecig kit lasted only for 1 month.

I turned again to smoking real cigs, but with the belief that someday a new generation and better version of electronic cigarettes would be introduced.

Years passed and I thought, I would end up smoking for the rest of my life.

Year 2010, I was video chatting with my nephew and I saw him holding an object like a Sharpee Pen with a clear tank.

I thought he had a habit or mannerism of chewing a pen but after he blows a "smoke", I immediately noticed that it was an Electronic Cigarette. I asked him if he can get one for me and he said that California sells the most of the EGO brand.

I checked Ebay and all I can see are batteries, lanyard, cases and a $100 kit that looks like the ecig kit that i bought before.

I thought, "Nah, this one will not work for me."

I had the feeling that a next generation would still come and have an improved technology.

Year 2011-2012 - I failed Cold Turkey.

February 2013 - I cannot even run for a half minute and play basketball with my son. I keep blaming myself for all the smoking years. March 2013 - The word EGO just popped on my mind and a coincident advertisement of Blu

appeared on my TV. Once again, I googled "E Cigarette".

The first choice I made is "E-cigarette Forum".

Clicked on New Members Forum.

I was so surprised to see vast source of new information. I felt that I was already behind with New Technologies.

What even surprised me more is the link to CASAA which has abundant resources of information dealing with Scientific studies and legislations about the use of Electronic Cigarettes.

On April 18, 2013, my first EGO CE5 arrived.

I charged the batteries, drop the juice in the 1.6ml tank and VAPED the rest of the day.

Seven days after that, I joined membership with CASAA and E-Cigarette Forum.

I posted a thread titled "I FAILED and I QUIT" which is my entry thread for failing to smoke and quitting smoke after I started vaping.

A month after, I convinced my wife to stop smoking and gave her my EGO e-cigs. She too had quit smoking. I bought another kit which is a MOD and an RBA.

I started with a NIC of 18mg and has been reduced to 12mg and then to 6mg.

I'm also doing some DIY juices based from what I've learned from threads.

Later on, the NIC will be further reduced until 0mg.

I also consider quitting vaping in the future. I'm truly satisfied and enjoying Vaping right now, with the knowledge of safety and maintenance and without the feeling of guilt about hurting people who inhales my second hand vapor. Thank you so much for saving our lives!

8/14/2013 8:19:00 PM - J Thomas Shaw

I smoked cigarettes, cigars, and pipe tobacco for over 20 years altogether. There were quite a few brief periods where I quit smoking but added together they only amount to a few months.

Before using e-cigarettes to quit smoking, I tried a few different methods. I tried nicotine patches once, nicotine gum three times, Wellbutrin once, and twice I tried OTC herbal remedies that were supposed to clean the nicotine of the system. Obviously I tried all these separately, and none of them worked for more than a couple of weeks at best. Some did not work at all.

I began using e-cigarettes 3 years ago but it was not satisfactory at the time. The few flavors that I could find were not a good substitute for the cigarettes I had been smoking and the devices (batteries) could not keep up. This worked for me for a few weeks, but I did still smoke a cigarette now and then. After a while the batteries died, I gave up, and went back to smoking.

I tried again 8 months ago when I discovered a much wider range of options were available to me. I have not had a cigarette in over 8 months now, which is the longest time I have gone without one since I started smoking. In the last 8 months of using e-cigarettes I have been around plenty of smokers and have not had the desire to smoke again.

After a couple of weeks smoke free while using e-cigarettes, I have had many physical and mental improvements. When I smoked I had to take at least one medication daily in order to breath and avoid sinus headaches. Respiratory allergies and congestion is nearly non-existent now. While smoking my blood pressure was not healthy but not bad either, somewhere in the middle. My blood pressure is now at a very healthy level with no other changes to my diet or exercise. I no longer wake up coughing up phlegm in the morning, which was a daily occurrence when I smoked. Actually I rarely cough at all anymore.

The other improvements to my life are the same as anyone that has completely quit smoking by using e-cigarettes. My clothes don't stink like an ashtray. My non-smoking friends don't mind me nicotine habit or fear for my health. I don't have to worry about accidentally catching things on fire or burning anything. Except for some public places that don't understand what e-cigarettes are, I don't have to stop what I'm doing and go outside to get the nicotine that cigarettes once provided. There has not been any negative changes to the quality of my life since I quit smoking by using e-cigarettes.

Besides any cost benefits (if any) of purchasing e-cigarettes versus smoking tobacco, I feel much healthier and no longer need to see a doctor or buy drugs to breath well. This is going to save me, health insurance companies, and the general public lots of money

over the rest of my lifetime. My success with e-cigarettes has also gotten some of my friends to quit smoking. If e-cigarettes were any harder to obtain I fear that many smokers I know would continue smoking until they become terminally ill. I hope that I can continue to get my friends that still smoke to quit by trying e-cigarettes until the day that they are all tobacco free.

Thank you for reading this. - J Thomas Shaw

8/16/2013 2:10:00 AM - Mr. Martinez of Bay City Michigan

Hello, I'm Mr Martinez of Bay City Michigan, I'd just like to share my story of how i finally quit smoking. I was a pack a day smoker for the past 15 years, tried several times to kick the nasty habit an it seemed almost impossible until a little over a year ago when i discovered "vaping". Switching to vapor has really changed my life in a much healthier/cleaner way. I no longer feel the urge to smoke, its been a full year without one cigarette craving. I can finally breathe so much better an have a full sense of smell an taste back, i feel like a whole new person. A vapor shop recently opened in my hometown called Smokin

8/16/2013 2:55:00 AM - Brendan Karr

I smoked for 4 years, around my 5th year I switched to an electronic cigarette after a trip to Vegas for a bachelor party because I was having a hard time breathing, my job demands a lot of physical activity, such as felling tree's and moving a lot of heavy objects or equipment. I started out on disposable cig2o products to try and get away from my pack a day habit with swishers (a cigarillo)or a tobacco pipe.

After a a few months of using the electronic cigarette I started noticing a dramatic change in how much happier I was and how much easier it was to draw a breath, as well I wasn't having the throat issues that had been becoming more frequent while I was smoking cigars and my tobacco pipe, I was also catching colds less frequently which is a big deal to me as Ive repeatedly become ill with pneumonia for the last 7 years.

I know use a eGo twist and tank to vape with and do 18mg of nicotine, I vape much less frequent than I smoked tobacco now because of the switch to electronic vaping where before I would constantly be taking cigarette breaks or going outside bars to smoke with my friends.

I do not like tobacco anymore, I don't like the smell or the taste, smelling like an ash tray and do not smoke any tobacco products anymore, strictly vapor.

I originally planned to stop any nicotine products and the electronic cigarettes but I enjoy the vapor and still getting to blow smoke rings to unwind after work. It was the best decision I ever made and I'm very glad I stopped smoking. My family has been in full support of this change as my aunt and several family members where 2 pack a day smokers. The money I'm not spending on tobacco has freed me to be able to save more money aside and be less of a drain on my budget as well.

When I started smoking in 2006 I thought it would be a battle to quit but now after 12 months of using electronic cigarettes my life and health has made a turn for the best.

I don't sound like throat cancer batman anymore, I can breathe, my quality of life has made a change for the better.

8/16/2013 6:41:00 PM - Sergio C. Lopez from Lake Placid, Florida.

I was a tobacco smoker for 25 years.

At the end of my cigarette using days, I was smoking up to 3 packs a day.

As any smoker would tell you, I didn't notice he fact that the smell of my cigarettes was not only bothering the people around me when I was smoking, but it started to take a toll on me as well.

I had the worst taste in mouth constantly, plus the longest lasting coughs that would be followed by chest pains.

But I would still light up.

I knew I had to quit doing this to myself.

On top of it all, my 2 daughters were concerned for my well being as well.

I had to try something.

First I tried cold turkey.

After two weeks I was irritable, and easily annoyed by anything and everyone. So I started smoking again. One year later I tried the nicotine gum.... Not Happening..

I wasn't feeling right.

Visiting my mother in Miami, I was told about a store that sold non tobacco products that made it easier for smokers to drop cigarettes with little, or no effort.

I bought myself a Vivi-Nova tank, and an Ego-C battery. After sampling some non nicotine flavors at the store, I bought a couple and had instant success. I did have a pack of cigarettes handy, just in case this vapor pen didn't work.

Funny thing is I ended up throwing them away without ever smoking one of them.

It's been 7 months now without a cigarette and I don't look back.

I personally use now a 18mg nicotine content e-liquid through a Kanger Pro Tank.

I can smell again!!! Plus I taste my food so much better now.

I feel way better than I have in years..

I guess big tobacco doesn't like the fact that so many of their customers are quitting cigarettes.

I see no real reason for a ban on this miracle for smokers.

Let's be real for a second.

Since when does our government "care" about our well being?

They don't...

But when big tobacco speaks, it seems they listen.

Too bad the roles aren't reversed.

I for one love vaping over smoking. And at the end of the day, it should be my choice..

8/16/2013 6:45:00 PM - Heathervapes

I started smoking when I was fifteen cause it was the cool thing to do. I am now thirty-five and smoke a pack a day or more if stressed. I hate smelling like a cigarette and hate the fact I can't smoke hardly any where and would love to quit. I am addicted!!! I realize how bad it is to my health and others and have tried many alternatives to quitting like the patches, nicotine gum, and even the nicotrol inhaler. Nothing has worked. I start feeling anxious and stressed and needed the cigarette to calm my self. Which I hate to say does calm me. Several friends of mine started going to Smokinvapor and using the ecig they have. I told everyone I was not going to spend the money on another gimmick. So they got all there spare parts together and gave me one to try. I started it a week ago and have not put it down since. The first day I kept trying to use both the ecig and cigarette just cause I still had some left over.. lol... The next day I only had the ecig and have not needed a "real" cigarette since!!! When I feel anxious and stressed I get the relief I need from it. I am getting the nicotine and not the stinky smoke. I finally went to smokinvapor and got my own. They were very good to me and all my questions. My long term goal is to decrease the nicotine level slowly and then quit nicotine all together and just use the flavor ones for habit situations. You know the ones that always get you smoking again.. lol..

8/17/2013 9:55:00 AM - Eric

My name is Eric, a 25 year old ecig user. from the age of 16 to 24 i was a smoker and for the last few years of my smoking i was on a pack a day at 11 dollars a pack in NYC. on top of that my heath was deteriorating (could not run or taste anything) and one day a friend of mine told me about ecigs and how she was trying it out, i thought it was a load of ****. Latter on i want to go look it up and see if it really was & it wasn't. I ended up getting the NJOY and i started just using it when i didn't feel like going outside to smoke. One day i realized i want 3 days smoke free and i did this on and off for about a year. I used a few different brands till i found something i was comfortable with. Now i can gladly say i am a almost 2 years smoke free and feeling better. Now this is the thing i liked smoking,i liked the feeling i got from it. Now i am in love with "vaping" and i am getting my first mod soon and i do not plan on stopping and my girlfriend(a complete non-smoker), mother, friends and family are more then ok with it. My mother is even started her self. and i will NOT go back to tobacco! I feel so much betting and i enjoy vaping soooooo much more (I CAN BREATH AND RUN AGAIN) and i do not feel like i lost something i loved doing, i feel like a moved to something better. P.S. i am well aware on the fact that nicotine is additive and it has side effect just like everything drug of its kind. and i live in bronx ny.

8/17/2013 9:10:00 PM - Ryan G from San Juan Capistrano, CA

I started smoking in Freshman year of High School. I smoked for about 4 years and in June of 2012 I bought an Ego-T and a Kanger T1. I was still smoking while I was using this, it wasn't really doing it for me yet. Then around in December of 2012 I woke up one morning and started puffing away at my E-cig, great, as always. Then I went out to get in my car to go to my morning class and lit up a cigarette out of habit, it tasted horrible and made me feel disgusting, as it had started to do every time. I decided that for a New Years resolution I would quit cigarettes for good and change fully over to E-cigs. That's exactly what I did, then it became a hobby for me, I've spent a few thousand dollars on mods and other E-cig paraphernalia and I have never looked back. Cigarettes disgust me now and I even hate the smell. I'm all about mods and rebuildables now and I've cut my nicotine level down to 6mg. I'm never going to smoke a cigarette again.

8/18/2013 12:35:00 PM - David Moger

I would like to tell you my experience of smoking and e cigarettes.

I started smoking at age 12 (1957) and I smoked every day until 1993 smoking as many as 40 a day.

I did not like smoking. I was short of breath, smelt bad, my mouth tasted bad so I decided one day to stop.

I stopped for 14 years which was good. No more shortness of breath, bad smell or bad taste in the mouth. Everything was good except I started to have mental problems that caused me to be bad tempered, panicky, depressed to the point of suicidal and really did not like myself at all.

One day in a bar in Georgia USA where there was country music beer and good company. There was also cigarettes and I decided to try one. Well I was back on cigarettes. Once again I was short of breath, smelt bad and had

a bad taste in my mouth but my mental state slowly improved to the point where I am quite a happy person now. It seems to me that my long exposure to cigarettes had altered something in my brain. I had visited the doctor many times and had tried many drugs (from the doctor) but none of them made me feel as good as cigarettes.

I still had the problems with smoking plus I now had to do it outside in the cold. I found e cigarettes and after reading all I could about them decided to give them a try. Well they are good, very good. I can have all the good things about cigarettes but without the bad ones. I do not believe I can ever go without nicotine but before e cigarettes I had the choice of a miserable life or a short one on real cigarettes. I only blame myself for ever starting smoking but I cannot go back and change that now.

E cigarettes have given me a way forward and I would recommend all smokers to change to them. My research has found no scientific evidence that they are bad for my health even from the Americans who want it banned. Every objection to e cigs that they have brought up has been fully answered by research by the pro e cig side. I believe the current providers of e cig equipment have been very careful to only sell to people like me. No young people, no non smokers and I believe that they should be allowed to continue just as they are.

I do agree that there should be some control over the products but they are already covered by sale of goods act and electrical safety legislation. It only needs to be properly applied. Banning the sale to the public from abroad would be sensible to ensure that only devices the meet safety and quality standards are available. I believe it is the case that you cannot buy cigarettes online from aboard already, of course that is for tax reasons which seem to be far more important than health. I there is anything further

you would like to know or any scientific proof and opinion, I have tons of it and would be pleased to share it with you.

David Moger

8/19/2013 4:24:00 AM - Felix sanchez, Bronx NY

I have been smoke free from 1-19-2012 before 2012 I had been a smoker for for

30 years and it even affected my health and was told to stop smoking or it would kill me. Even knowing that it was affecting my health I could not stop smoking even when I ended up in the hospital because they found blood clots in my lungs my

face would turn blue when I walked a few steps. I spent sixteen days in the hospital and the first thing I did when I got out

started smoking again.I knew it wasent good for me but I couldent help it I tried patches a couple of times dident work for me they kept falling off so I went back to smoking. Then I herd about e cig I looked in to them tried the safe cig and thanks to them I have been smoke free for one year and eight mounths I can breath much better the tobbaco flavers I could do whith out I found some flavers that were good for me like Blueberry waffle,Strawberry waffle and Blueberry cheese

cake. My health is much better now so I dont Think I need the goverment telling me what I can use and what I cant use this goverment (FDA)should stop lieing to the public. Insted do some real work and do smoe non bised study and tell the trouth about all the people that this is helped ,to stop smoking this is by far the best thing for me and many others.

PS MY mother was a smoker for 40 years she is smoke free for 1year and 8 mounths.

yours truly Felix Sanchez

8/19/2013 7:59:00 PM - Candy C

I've been smoking since I was 12. I'm 52. I quit for almost 2 years with the help of Chantix. I started smoking again 2 years ago and have tried chantix 5 more times with little or no success. I started vaping 4 weeks ago and after only a few days gave up smoking all together! I've had more than enough stress in the past few weeks to start smoking again, but haven't. I am sure that as long as I can vape, I will stay smoke free! :)

8/19/2013 7:59:00 PM - G

I had smoked off and on for a number of years, and then became a regular user of cigarettes. My daughter also started smoking. We both developed a regular habit of smoking, and smoked continuously for quite a few years. About 7-8 years ago, when sub-generic cigarettes hit prices above what I, and then my daughter, had been paying for branded cigarettes when we first started, we quit. We tapered off our consumption of cigarettes until we were out of cigarettes, and then did not smoke anymore for quite a while. It was very hard, but we managed. The temptation was still there, and the desire, especially during stressful times, but we managed to stay off cigarettes.

A couple of years ago, the stress levels really ratcheted up, and we both started thinking about smoking again. We managed to hold off, but the feelings of "I need a cigarette" kept growing. My daughter did some research, and suggested trying electronic cigarettes. We started looking into different electronic cigarette brands and suppliers, even started a couple of orders that we did not follow through on to complete. We both felt that we were failing by desiring cigarettes after we had been off them for so long. We held off for a couple of more months, then one day she called me to say that she had gotten a Blu disposable at Walgreen's. I asked her to get one for me, too.

We both really enjoyed the disposables, they satisfied the desire for a cigarette, and again discussed the possibility of ordering online. The original company we were thinking about ordering from had had a special price on one of their starter kits, but by the time we decided to order the kits we wanted were out of stock, with no mention on the website of a possible date for getting them back in stock. We decided to go with the Blu starter kits for ourselves.

The Blu electronic cigarettes and cartridges satisfied the desire to smoke, but they are not designed to be refilled. The Blu cartridges are expensive. We did order ejuice and tried to refill them, but made the mistake of ordering very low nicotine juice. Between the hassle of trying to refill the Blu cartridges and the low nicotine level, we were unsatisfied, so we started using the prefilled Blu cartridges at a higher nicotine level. These kept us from going back to tobacco cigarettes, but we were finding that the Blu cartridges that we were purchasing tasted "stale", possibly from sitting on store shelves for who knows how long before being purchased. The flavors were not fully coming through half the time, and we were getting "duds" with no flavor at all.

We went back to the company we were originally going to order from. They had the kits we wanted in stock, so we ordered them. We also went back to the ejuice vendor we had originally tried, ordered juice with a higher nicotine level, and have not looked back since. We order empty cartridges from the vendor when we need them, and fill them ourselves. There are a great many flavor options available, and different nicotine levels. When we are ready we plan to cut down on the nicotine level.

The electronic cigarettes have been a lifesaver. They have kept us from going back to tobacco cigarettes. They are less expensive than tobacco cigarettes. They do not have all the chemicals that are put into tobacco cigarettes. We feel more in control with the electronic cigarettes, in that we can control the nicotine level that goes into the juice that we order. There is no "second hand smoke" - only vapor.

Once we stopped using Blu products, we have stuck with the same vendor for our "hardware" - batteries, cartridges, etc., and have also stuck with our original choice of vendor for ejuice, and have been very happy. Both companies are USA based, and satisfy our needs as far as pricing, shipping, customer service, etc.

Bottom line - Electronic cigarettes have kept us from going back to tobacco cigarettes, period. We are really happy that we found them. No stinky clothes and house, no dirty, smelly ashtrays. Just satisfying vapor that takes care of the nicotine cravings. We have been using electronic cigarettes for about a year and a half now, and have not thought about going back to tobacco cigarettes at all. When the time comes, we plan to taper down on the nicotine level, but will probably continue to use the electronic cigarettes because we do enjoy them.

8/19/2013 8:01:00 PM - Marty, CA

After smoking for the past 45 years, my son, also a smoker said "Dad, I'm sending you a package."

About a week later, I received the e-cig equipment he sent.

Unknowing of what I had, I waited to hear from him.

He called and explained it was an electronic e-cig like he and his girl-friend had been using and quit cigarettes with.

I should put it together and start using it and I wouldn't be smoking after using it instead.

I did as I was instructed and haven't smoked for five months.

I don't have urges and feel great.

I want to thank my son for extending my life and thank the e-cig industry for this amazing advancement.

I had tried to quit smoking 3-4 times before unsuccessfully using patches, gum or cold turkey.

This has been very easy and successful.

Thanks you

8/19/2013 8:02:00 PM - NancyR

My sister has asthma and COPD, she is now on oxygen and can't even move around the house without major breathing problems. Our father was also asthmatic and had lung cancer, the doctors removed part of his lung and he beat the cancer, only to pass about a year later due to a heart attack.

I am 11 years younger than my sister and I too am asthmatic with COPD. I was having to do breathing treatments as needed as well as carry an inhaler with me where ever I went. Add to that I have acid reflux, which put me in a catch 22, as the asthma meds cause the acid to flair up, but the acid makes the breathing problems worse.

Like everyone else in my family I was a smoker. Had been since I was 14 years old. By the time I started vaping I had been up to 3 packs a day for the last 10 years. The more I smoked the worse I felt, the worse I felt the more I smoked. I didn't want to be like my sister or my dad, and I knew I needed to do something. I had tried Wellbutrin, it helped for the 2 weeks I took it, but made me miserable because I didn't sleep for more than 30 minutes a night that whole 2 weeks. Tried the patches, I have an allergy to the glue used on them. Gum and lounges didn't work for me, simply because I was use to getting up and first thing I did was light a smoke and get my coffee, I couldn't have my coffee while using those, so would wind up smoking instead.

I had tried one of the gas station e-cigs, but it wasn't strong enough to help. I was at my wits ends tho and was talking to my boyfriend at the time about it. I told him I didn't know what else to do and was thinking about buying one of the cig look alikes from walmart and just forcing myself through it. He stopped me and started talking to me about some of the options with vaping, he had vaped for a while and loved the inferno he had gotten from volcano. His next payday he ordered me the same set up.

That was April of 2012, October of 2012 I had a doctors appointment and there was a student with my doctor. They listened to my lungs and they where amazed at how clear they sounded. Since last April I have needed my inhaler 2 or 3 times, and have not needed a single breathing treatment.

I have since moved on from the inferno, I currently use a Provari and an Empire Mod, when I started I needed the 24 mg e-juice tho I have naturally reduced that to 12 over time.

I may go lower just depends on what my body tells me.

8/19/2013 8:07:00 PM - Keith P from Pennsylvania

I started smoking when I was 11.

Of 5 kids, where both parents smoked, and me being the youngest, amid every other relative (aunts, uncles, etc) all smoked cigarettes.

I was breathing in second hand smoke since I was a baby (everyone smoked indoors, everywhere back then).

I was pretty much guaranteed to be a smoker, and I started young.

By the time I was 18, most of my friends had smoked some and quit, but I couldn't break the habit.

I went well past my 30's and into my 40's smoking a pack a day.

Me and the wife both quit using the patch, and while she stayed quit, I couldn't seem to shake the urges, and eventually went back to smoking.

I struggled to limit myself, and kept it to about 10 cigarettes a day, taking showers 2x daily so I didn't stink up my bed or offend the wife with the stench.

I was horribly addicted.

Then I discovered e-cigarettes.

Through a few weeks of trying out different types (disposables, starter kits), I finally found one that works for me.

I also started making my own juice to keep the costs low.

A couple of months into it, I broke down to cravings and had a regular cigarette, and much to my surprise, I could taste all the chemicals and crap in it... it tastes absolutely terrible.. just awful.

I put it out after a few drags, and even said to the person next to me "the e-cigs taste SO much better!"..

I've been on the e-cigs for many months now and will never go back.

Unless they ban or over-tax (overprice) or over-regulate them to where I cannot vape the flavors I want, when I want, and how much nic I want.

If regular cigarettes can use chemicals to rush massive amounts of nicotine to my brain, why should anyone be able to dictate to me that I cannot regulate my own nicotine intake?

8/19/2013 8:12:00 PM - Blake P

I started smoking when I was 15 years old. I was over a pack-a-day smoker for 10 years. Around the time I was 25, I had tried to stop smoking several times. I had even stopped, for reasons beyond my control, and picked back up after a time span of several months to a year. I tried using, Chantix, Patches, Gum, and cold turkey. None of these methods were even close to the feeling that I got after using an electronic Cigarette. After the first 3 days of using an E-cig I had completely quit using tobacco. I started using electronic cigarettes the beginning of this year and am still tobacco free.

I think that part of the reason that this was so successful for me was because I bypassed the disposable/gas station e-cig route. I went straight into pre-packaged devices that I refilled with liquid. These types of devices are, in my opinion, 30x more satisfying. They provide more than enough vapor and flavor to replace tobacco use. At first I was using tobacco and menthol flavored liquids. Even after the first month, these types of flavors became disgusting to me and I moved to more satisfying flavors. I didn't quit smoking tobacco to taste tobacco over and over again. While not everyone will feel like this, this is my position. I first started with 18mg flavored liquid, or 1.8% nicotine by volume, and as soon as I started purchasing more expensive devices, I regulated down to 12mg, or 1.2%. I prefer to regulate my consumption myself. I have gotten really into this as not only a hobby, but will open my first retail location in about a month. I believe in this so much, I want to help other people. I don't believe that this is a smoking cessation device. I do believe, however, that it is a better alternative.

Since I quit smoking tobacco, I have had many positive changes in my life. I have had no negative changes throughout this time. Physically, I feel 100x better. I also feel better mentally because I know I am not doing harm to myself like I was with tobacco. Regardless of what people say about electronic cigarettes, I feel better and I am very happy with my decisions. The worst thing that could happen right now, is to regulate the industry away. We need more of an opportunity to grow this industry. I have never encountered something more effective and everyone in this industry that I meet feels the same way. This was a blessing and I truly believe that.

Thank you for your time.

Blake P.

8/19/2013 8:17:00 PM - Rick Luquias

Before starting e-cigarette use over two years ago, I was a daily smoker of 30+ years. I smoked about a half pack a day (or a little more). The longest I ever quit, using the patch, was about 4 months. That was in 1997. Once I started back up again, I did not seriously try to quit again until I took up e-cigarettes. For the 2-3 years before I quit, I had gone to rolling my own due to the rising taxes on cigarettes, making them expensive. I had tried an electronic cigarette probably 6 months before, and although i liked it, did not take the time to research beyone the disposable that I tried. In February of 2011, I purchased a couple of disposable cigarettes to take on the plane during a business trip to China. The flight from departure to arrival at the hotel is over 24 hours, including 17 hours in the air. I was astonished at how much less stressful the trip was with an e-cigarette! When I returned to the States I started researching immediatlely and bought a kit that included a rechargeable cigarette sized battery and pre-filled cartridges. I have not smoke since! When I informed my doctor that I had switched to e-cigs, he endorsed it wholeheartedly. To me that was validation and made the transition even easier (from a mental standpoint, not a physical one, as I had already transtioned physically with no issues). I am diabetic, and it is noteworthy to me that while I smoke sweet tasting, fruit based flavors, there has been no negative effect on my blood sugar levels. I have reduced my nicotine intake substantially over cigarettes, and have enjoyed the health improvements associated with getting off cigarettes - improved lunch capacity, and restored sense of smell and taste. I am a firm believer in the technology, and have absolutely no desire for a cigarette. I have converted at least 6 other people to vaping, and I know of at least two cases where people I have converted have converted others! I am not an overt vaper, meaning, I don't "flaunt" vaping, challenging businesses to let me vape, as it is not smoke. I generally vape out of doors or away from others, preferring to keep it low profile. I strongly believe, based on what few studies there are, that there is no real danger in 'second hand vape'. I have no illusion as to my dependence on nicotine, I'm certain it is still there. However, because there are no known ill effects of low dose nicotine on the human body, I am comfortable stating I will be a vaper for as long as the government allows me to do it.

8/19/2013 8:24:00 PM - Megan Dobbins

I started smoking cigarettes at the age of nine. I smoked at least 2 packs a day for 45 years. I had tried just about everything to quit over the years but nothing seemed to stop the cravings. A friend gave me an e-cigarette for Christmas one year with a bottle of plain tobacco flavored juice. I vaped indoors but smoked outdoors for a few weeks until I bought some juice more like the flavor of the cigarettes/cigars that I smoked. After a few more weeks, I got to where I did not enjoy the cigarette/cigars anymore and started vaping only. I have slowly enjoyed the realization of my sense of smell and taste coming back. Food had seemed so bland after 45 years of smoking. I will soon be reaching the age of 60 and I know that I will be greeting it in much better health than I would have if not for giving up cigarette/cigars and turned to vaping. If my right to vape is ever taken away, you might as well sign my death certificate now because I know I would take up smoking again.

8/19/2013 8:26:00 PM - C Roth , Indiana

I began smoking in high school. None of my immediate family smoked, but some relatives did. Some of my coworkers did as well. Like a lot of people, it seemed cool, and I kind of liked the image that came with smoking.

I quit a couple of times. Once for religious reasons, and once for a girlfriend. The urge never went away, and I found myself sneaking cigarettes occasionally.

I smoked at least 2 packs a day from about age 22 until about ten years later. I was having difficulty swallowing and my throat felt tight one day. I had seen the disposable/rechargeable e-cigarettes at the truck stops. I was skeptical that they would work, but I decided it was worth a try.

Two days later and only 6 cigarettes after that, I've not had one since. I moved into the larger rechargeable batteries and custom tanks that I can refill myself with a wider variety of flavors; I am still using those. It was cheaper overall, and the availability is more reliable that depending on retailers and vendors keeping their supply in stock. I buy my liquid from a U.S. supplier that manufacturers the product in the U.S.

After stopping smoking, I almost immediately had more energy. After a while, the coughing and morning phlegm stopped as well. My family is very pleased with the change, as well as I. Even the most prudish friends and family members have no problem being in a room with me while I vape.

It has been a life changer for me. If these products were not available, I am nearly certain I would start smoking cigarettes again. I also love the wide variety of flavors; it makes it very nice, just like the variety of flavors of any other consumable product. I would never let minors use them, and I 100% support the idea of prohibiting the sale of e-cigarettes to minors. I view these products as a much healthier alternative to smoking, not something to be used by someone who isn't already addicted to nicotine, but adults should have every right to use them if they wish. The FDA's obligation should be to make sure quality controls are in place. Nicotine is in all kinds of products available to adults. This shouldn't be any different.

8/19/2013 8:30:00 PM - Cathy Novak

I was taught to smoke at the age of 15 by my friends, as it was deemed the cool thing to do.

Although I always hated the smell of smoke and the tobacco residue, I enjoyed the act of smoking - over and above the nicotine addiction.

In my adult life (I'm 48 years old now), I found that smoking was my opportunity to escape for a few minutes and relax.

My husband absolutely hates smoking, and although I would never smoke cigarettes in my house or car, the smell always stayed with me.

He was continually asking me to try to quit and I did try several methods, including patches, gum, and medicine, - all to no avail.

In November of 2011, my step daughter and her husband started using electronic cigarettes to quit smoking.

The week after Thanksgiving the same year, my husband purchased a kit for me.

I told him that I would try them, but no guarantees.

To my surprise, it worked from minute one.

Electronic cigarettes allowed me to enjoy the act of smoking, without all of the harmful side-effects.

I had no reason to smoke, nor a desire to, from the first time I tried an electronic cigarette.

I've been cigarette free since Thanksgiving of 2011, and have enjoyed all of the benefits of quitting smoking such as my sense of smell and taste returning, as well as losing that horrible tobacco smell.

I use electronic cigarettes on a daily basis and will vape almost everywhere.

Occasionally, I am asked to stop in a specific location and I do, but it is the very rare occasion.

8/19/2013 8:30:00 PM - Daniel

I quit an on-off 20 year smoking habit when ecigs became available nearly 2 years ago. I haven't smoked a real cigarette since. I started with regular online based batteries and disposable carts but quickly switched to more reliable USA made liquids after being deterred by overseas bulk cart manufacturing. Now I am happy to continue vaping with a reliably sourced medium dose liquid, never feeling the need to go to higher strengths. The health benefits I have seen since quitting cigarettes have been substantial. My 'analog' smoking used to bring on asthma, colds and all sorts of nasty things. After nearly 2 years of keeping a close eye on my health, I recently clocked less than 50 bpm heart rate, a high blood oxygen level, good blood pressure and I do not get Asthma difficulties anymore. Due to the dehydration associated with e cigs, I have also increased my water drinking. My water intake has always been well below average so this is a good reminder I should drink more. With e cigs, I like the cessation and the calming effect the nicotine has on me, minus the cough. I am aware of the potential dangers of nicotine but from what I have read there are plenty of positives too.

8/19/2013 8:31:00 PM - Berlon Burch

I have been a smoker since I was 16 years old. It was legal for me to buy them at this age in the state I lived. It was in the past 3 years that I noticed that I was continually nervous (anxiety) and nothing seemed to help. I also was diagnosed with heart palpitations caused by smoking. I went to the American Lung association and quite cold turkey. That lasted for 6 months. I was promoted to a management position with my company and could not deal with the stress associated with it. I once again started smoking. My heart started palpitating again and I was always anxious. I seen a doctor about the symptoms and he suggested to quit smoking and recommended the "Patch" I tried that and in the first 24 hours I was sick. I called the 1-800-help me line and they suggested I get to the emergency room as I had overdosed with nicotine from the patch. I followed the directions but I still received too much nicotine (if that is what I got). I started smoking again. It was in 2011 that I started the ecig. The ENCORE brand. It was alright, but still did not satisfy my craving. I started searching around and found a ejuice supplier online. At first I insisted on a ejuice that was just like the real thing. But soon realized that it was not possible to get that real cigarette taste. But soon found a flavor I liked from Red Dragon Vapors. Mellow tobacco is what it is called. With in the month, I noticed that I was not anxious anymore. Also that my heart stopped palpitating! Soon after that my sense of smell came back and I had more energy. Not only that, I was sleeping better, my cough is completely gone and my blood pressure is 110/70 and my heart rate is 69 from 130/89 and 89 heart rate! I soon started craving the cigarette again (about 6 months in) and began my search for another ejuice that would fix that. Thank God for DIY EJuice! I developed my own flavor that I continue to use for the past 2 years. I do not want or crave a cigarette any longer my blood pressure is lower, I sleep better, my taste is back my allergies are gone. I tried all the over the counter and prescription NRT's but they all did not work. I was soon back on the smoke. I look at it this way, The drinkers use a substance that is known to harm but here is very little restriction on it. I know whats in my ejuice. Propylene Glycol (food grade) vegetable glycerin, 99.9 percent pure liquid nicotine and flavoring (food grade). 4 ingredients versus 5000! You do the math. I will be an vapor for life. There are too many positives since I started and no negatives. A wise man once said, "If you eliminate the possibilities, and what is left no matter how obsured it must be the truth."

8/19/2013 8:34:00 PM - Keith from marshall texas

Used to smoke now I just use the electronic cigarette. I smoked for 10 years and it was making me sick.

I would cough and get winded and had the usual problems.

I married a woman who did not smoke and hated smoking.

I did some research and found the Electronic version.

Than I did some more research and looked for the health facts about it.

I found a Greek doctor who spelled it out in his study.

This was a very long video to watch but facts were there and very real.

I than did some more research and finally I was satisfied that this version is 100 percent harmless.

The effects are like a cup of coffee and what it the liquid is mixed with is in our FDA Approved food that we consume everyday.

I learned that nicotine by itself is not dangerous unless consumed in large amounts. SO now I decided to give it a try and wow it is different.

At first you just can not believe that it works.

This thing was amazing.

I did more research and learned about different tips and tricks and what devices had what i was looking for.

The choice in devices and setups helped me find that perfect spot to where I never think about cigarettes any more at all.

I strongly believe cigarettes and tobacco need to go and electronic devices need to stay.

I now only use electronic version.

I do not want to quit but if i did for some reason i would gradually dial down the nicotine until I was vaping nicotine free liquid.

I believe 100 percent that this would work for anyone who wanted to stop vaping and or smoking or chewing tobacco.

To whom it may concern: I understand these things look weird and no huge government studies have been done etc.

Know this if half the population would switch we would have far less death in our country, far less problems with our medical system financially and more people staying in the work force rather than on disability due to smoking. Lets get America healthy again and lets all switch to the safe alternative.

8/19/2013 8:34:00 PM - courtney lambright

I started smoking when i was 15 or 16. I did it to be 'cool'. Even seeing my grandpa die of lung cancer LITERALLY did not stop me from lighting one up. Smoked about a pack to a half of pack daily, i smoked while pregnant with child. This is where i would get my WAKE up Call. One day sitting outside at night waiting for the dog to get done i was smoking, half way through the cigg, IT hit me i couldn't breath, move or call for help i WAS HELPLESS PARYLAIZED, Scared did not know what was going on, i thought i was was going to die, i was blue trying to remember how to take a breath,i didn't know if the smoke wasn't inhaled right or whatever it was WOKE ME UP. i still smoked but the husband started to buy me disposable e cigs, and reg. cigs. the 'cigalikes' were not helping me. i was still smoking, ever after giving birth. i got the blu kit. still smoking i did cut back to a half of a pack in that time period, i eventually i was with the baby frustrated i could not QUIT. looking at her just thinking i wanna live for her and be with her for as long as i can. then on facebook a friend posted a EGO. i was curious and she swore it helped her. i asked her were to get a EGo, she told me I WENT WITH MY sisster. and quit NEVER looked back. i did smoke about 3 cigs since switch most were only half cause the liquid is so much better. and not i don't even crave the REAL THING. i still vape 12-18 mg of nic.

8/19/2013 8:39:00 PM - Regina Cash from Eubank, Ky.

Hi, my name is Regina, I'm from a small town in Ky. I have smoked for 35 years and would be going on 36 had my son not introduced me to joyetech ego c upgrade with rebuildable vapor liquid holders and a vapor shop in Richmond , Ky. I originally bought it to smoke less at work and not have cigarette smoke on my clothes around patients (yes I am a nurse), to my surprise after using it a day I only smoked a couple the next day. After that I only vaped. I did get aggrevated one time and tried a real one , after four puffs I was ready to put it out and go get my flavored e cig , the real one was nasty!!!! Through the years I have used wellbutrin and patches,

nicotine nasal spray nicotrol inhalers and chantix three times.The last time I used chantix I was dreaming so vividly and in such a mean mood I said forget it the morning I woke up telling my husband to bring me my purse (I thought a thief was in the house and I thought my grandchildren were there, neither thief nir grandchildren were there!!!! No more chantix after that, I was even yelling at my mother for petty things!!! No ill effects have I seen since using the e cig other than a worse cough the first couple of weeks I am decreasing nicotine slowly and THE E CIG HAS WORKED. It would br such a shame for anyone to try and take it away or tax it so bad people could not afford to buy it.Hopefully FDA will see it is a much healthier option than real tobacco abd much more successful at helping people kick the real cigarette habit

8/19/2013 8:42:00 PM - Sam Tongue

I smoked for 19 years. 19 long years from age 11-30. Pack a day after the age of 14 right up until i switched to electric. I have had one cigarette in that time. and i won't be doing that again.

First time i tried to quit, i went cold turkey. made it a couple months, and then started again.

Four months ago, on my birthday, my girlfriend bought me an electronic cigarette. an Ego to be exact. First puff, much like analog cigs, i was hooked. it took me about two days to switch completely, and i had ingested so much nicotine that i was dizzy four hours, it was like being an 11 year old again, taking the puff off smokes i stole from my mother's purse, or the carton above the fridge.

I've taken all the studies that tell you how much you have saved since you quit, though they don't take into account the fact that if this becomes a hobby, and you start buying more expensive styles of Ejuice, or Mods (Mech especially) you really don't save all that much money at all.

But i feel better. My clothes don't stink, my hair doesn't smell. the nicotine stains on my teeth are lessening every day. Eventually, i will reduce the level of nicotine to zero, and that doesn't sound like the greatest hurdle ever, like cold turkey did.

this is not a safe habit, but it is safer by far than smoking cigarettes. any time you put something like this in your body, you are doing harm. But the harm is reduced, and the psychological aspect of training you to look for taste, and not nicotine level, is the smartest thing anyone has done thus far.

I have no idea if i am still supporting the tobacco companies, i haven't read whether or not nicotine is easily or cheaply synthesized, so i assume it still comes from extract of tobacco. no illusions there, i am not part of a rebellion, just a man with a bad habit that he has made safer for himself, and the people around him.

That's my story, i switched, i like it; i am staying with electronic cigarettes until i quit entirely, which may be a while, seeing as the toys are pretty damn cool, but it will happen easier now, and i will feel better in the long run.

8/19/2013 8:44:00 PM - Penny Zeilman - Fort Lauderdale, FL

I am happy to say that I am a former smoker after breaking a 40 year, 2.5 pack a day smoking habit in less than one week's time.

That's right and it seems hard to believe, even for me as I had tried everything to quit with no success: Patches, Gum, Lozenges, Hypnosis, Lazer Therapy, Wellbutrin and Accupuncture...a lot of money down the drain with each method with no success.

I was very sad to find myself being a failure at quitting over and over again.

I wanted to quit, but to be honest, I enjoyed smoking, the inhaling and exhaling the smoke, the hand to mouth.

This alone was so calming during my hectic days and my cigarettes were my friend, I thought.

After all, my cigarettes were with me and I relied upon them during every tradgedy in my life, every celebration, every milestone that I had accomplished were all accompanied by my favorite friend, my cigarettes. I have had a very long relationship with cigarettes and I wear the scars of my long association, COPD.

Trying to walk up a flight of stairs, run after my grand children, play sports...what a mess I was.

I was huffing and puffing like a steam engine and afterwards I would sit down and light up another cigarette, so my friend could join me in this moment of breathlessness.

I look back now and realize just how pitiful I was to not break up that friendship earlier.

I wreaked of smoke, my car, my clothes and my hair all smelled like a stale ashtray, of course I could not smell so it did not bother me.

Friends would say something to me occassionally, but I had no clue just how bad it was until I switched to e-cigarettes and got my sense of smell back.

I ordered my first e-cigarette online in March of 2010, I bought some apple flavored liquid at the same time.

The e-cigarette came with pre-filled but refillable cartridges with 24mg tobacco flavor.

The first day or two, this ws fine, but I kept comparing the flavor to that of a cigarette...face it, nothing tastes like burning tobacco but burning tobacco.

I re-filled the cartridges with the Apple and Wham, my mind immediately related the e-cigarette to a good flavor, satisfies my nicotine craving and I am not offending my friends or family nor I am subjecting them to my second-hand smoke.

Yippee!

I was done with cigareetes by the end of the week and I have never looked back.

I have reduced my nicotime from 24mg to 18mg to 12mg and now I am using 0mg. I am simply satidfying my hand to mouth habit, which I enjoy.

If it had not been for the e-cigarette that mimicks my smoking action to which I was also addicted, I would most likely be a dead woman by now.

I could not quit on the other methods, as they did not include the whole ritual of smoking, and the e-cigarette do and have saved my life, my entire family has made the switch and we are all healthier and happier as a result of being able to quit smoking so easily using e-cigarettes.

I always tell people I meet about the benefits of using the e-cigarette and offer advise about skipping the intro versions of the started kits and go for the big gun that is going to do the job to start with.

I hope that all smokers and non-smokers get the truth about e-cigarettes so we can save as many lives as possible...400,000 will die in the US this year from smoking related diseases.

Thank you CASAA for all your efforts to educate the people about reduced-risk alternatives to cigarettes and fight for our rights to the truth about what should be considered on e of the biggest break-throughs in healthcare...e-digarettes

Sincerely, Penny Zeilman Former Smoker Fort Lauderdale, FL

8/19/2013 8:53:00 PM - Megan kogijiki Ratchford (Denver, CO)

I was smoking from the time I came home from the hospital as a baby as my mother smoked two packs a day and my grandmother four a day.

I knew the smell of smoke and the comfort it gave my family far better than anything else in the world.

Smoking was peace, smoking was a hand to hold when the world fell apart or when it was in celebration.

I learned how to function in life by watching my family consume cigarettes.

That I could never let go of.

When I was 18 my mother and grandmother started using nicorette gum and I was suddenly in a smoke-free home.

I was detoxing and in withdrawal but had no gum to help me!

I went right out and bought a pack of smokes and have used them ever since (till now.)

I have tried to quit smoking many times mostly because I could not stand their taste or smell any longer.

I would chew the gum but it didn't mimic the habits I had set in place.

Feel impatient/worried/stressed have a smoke.

Finish a meal, have a smoke.

Wake up, have smoke.

Going to bed, have a smoke.

Because the patch, gum and medication did not allow for these habit patterns I would smoke anyway.

When I chewed the gum I chewed constantly and even had smokes while chewing the gum.

My nicotine usage skyrocketed.

So I went back to cigarettes because I was using less nicotine just smoking than trying anything else.

Many of my friends had used e-cigs to kick the habit but I blew them off.

I figured I would die smoking.

My boss at work sent me new information she had gotten from her nephew who had quit using an e-cig and the flavors and mechanics of the product had so improved I was intrigued.

I found a local store and made the commitment to go the next day just as they opened.

I was so excited I could barely sleep.

I walked in the store, chose a starter kit and some e-liquids and they gave me the hands-on showing of how to use the products, what may go wrong in filling the tanks and how to fix them, everything I could think to ask.

I took my first draw of an orange flavored e-liquid and I was done with cigarettes, DONE!

I was thrilled with the e-cig as I could mimic my former cigarette habits perfectly.

Fool with the liquids by filling tanks and choosing more exciting flavors and trying them all and learning what I do and do not like for flavors.

This is so very liberating!

The most exciting part for me is I can lower the nicotine content while keeping my "smoking" habits.

I will continue using the e-cig even when I have no more nicotine in my e-liquid, (my eventual goal) and I will never smoke again!

BECAUSE OF THE E-CIG I WILL NEVER, NEVER, NEVER SMOKE AGAIN!!!

If this product had not been available to me I would be smoking right now as I write this but I am not!

E-cigs are the very best thing that has ever happened to me, EVER!

If I am forbidden from using these any longer I will go back to smoking, no question.

Every person who votes to outlaw e-cigs will be responsible for my cigarette related illnesses.

E-cigs are a blessing and should be celebrated for finally allowing many to not even want one cigarette.

I smell them as others smoke and I do not crave them, just hold my e-cig closer.

My doctors are thrilled, my family is shocked and thrilled, my coworkers are thrilled and blown away at how easy this was for me.

Everyone is spreading the word to all of the people they know who are in serious conditions due to smoking who could never quit with anything else before.

Many of them are surprised and thrilled to NOT be smoking, at last!

As for my mother and grandmother they stayed on the gum.

My grandmother went through so much so fast she would steal it from my mother and swallowed the gum all the time even when it said not to.

She died in 1996 of an embolism thanks to the nicotine.

My mother still chews the gum even though her dentist said the six Root Canals she has had since starting the gum is directly related to her chewing the nicorette gum, it is destroying her teeth and gums but she won't stop even after using it for 25 years as she will go back to smoking.

She is now chewing more gum than the amount of nicotine she was smoking.

Now if she would try an e-cig she would not be smoking and her teeth and gums could heal.

She might even get off the nicotine for the first time for most of her life.

If this could be possible, if my experience could be possible, if all the stories surrounding e-cigs COULD be possible WHY would anyone EVER think we should outlaw these wonderful products?

8/19/2013 8:54:00 PM - Meg

I used to be a pack-and-half-a-day smoker. I smoked my first cigarette when I was eleven. There was an older boy I really liked, and he smoked. I thought if I did it, he would like me. Not only was I wrong, but I ended up with an addiction that became serious by my mid-teens. Over the years, I couldn't even kick the habit completely while I was pregnant. I was ashamed, but the urge to smoke was stronger than I was. As my children grew up, they would come home, horrified by the teasing or shunning they received from classmates who could smell my second-hand smoke on their clothes, and crying because they had heard that cigarettes could give you cancer and kill you. It was heart-breaking; yet, still I smoked. I was embarrassed when people would give me a wide berth because of the smell, but I could not kick the habit. I tried counseling, I tried several different public agencies that aid people in a quit, and I even tried Wellbutrin. None of those methods helped. In 2010, an ad for Blu e-cigs popped up on my computer. I decided to read more about electronic cigarettes, and a web search led me to a vendor that had a chat site. I was able to talk to other people about using the devices, and ordered one as soon as I possibly could. My husband, a heavy smoker than I, tried his electronic cigarette and quit tobacco cigarettes the same night he received it. It took me a bit longer, but I eventually quit as well. Twenty-three years after I started smoking, I was able to put down cigarettes. They no longer control me. My children no longer smell like smoke and are no longer exposed to it. My food tastes better, I can breathe much easier, and my blood pressure is normal again. I know that my health is better because of electronic cigarettes. With electronic cigarettes, I have no urge to smoke a real cigarette. I feel that if they were not available, or if they were only available in tobacco flavors, I would be very likely to go back to smoking. I truly feel that electronic cigarettes have played the main role in saving my life where cigarettes are concerned.

8/19/2013 8:56:00 PM - Vapor Joe ;)

Hello, my name is Larry Appleton. I smoked for 14 years. For almost that entire time, I thought quitting would be next to impossible. Cravings hit me constantly. Finally one day my brother introduces me to an electronic cigarette. I immediately thought that this product would not work for me, but I gave it a try and I was SHOCKED at how effective it was. I immediately went online to begin research. Within a week I had my very own ecig. It was new and exciting to REALISTICLY envision myself as a non-smoker. The very thought of it was invigorating. The effectiveness of the ecig gave me the confidence I needed to quit. It wasn

8/19/2013 9:03:00 PM - Mike Sorley

My Name is Mike and I was a smoker for 35 years a friend was using e-cigs and kept bothering me to try them so I did. I am so sorry I didn't try them sooner I started on an e-cig on Dec. 1 2013 and was very skeptical but after using it for about a week I lit up a cig and to my surprise it just tasted horrible so I put it out and have never tried that again. I tried to quit smoking many times in the past without meds only because the side effects scared me to death. It has been almost 9 months now and I have no intention starting to smoke again and I am very happy with my e-cig

Thank you

8/19/2013 9:10:00 PM - bob x smoker

30 year + cig smoker, 1 pack or so a day, always thinking, must quit , must quit, over the years tried

nic gum, patch, wellbutrin, nothing really helped,

picked up a vapor kit with 18 strength nicotine, and lost cigarette cravings, have not smoked tobacco in just over a week and don't plan to ever go back, starting to get bigger vapor kits and playing around with flavors, almost turning into a hobby

AVAiL Richmond VA was the biggest source of info and supplies for me (not paid to say this)

8/19/2013 9:17:00 PM - Steve

E-cigs have changed my life. I no longer feel tied to smoking cigs. My cravings have reduced in general, however I use an e-cig daily to prevent the urge to smoke. I feel that if E-cigs were banned or more heavily regulated I would be tempted to return to normal cigarettes. It is very important that we have the right to choose to smoke e-cigs until it is proven that they are detrimental to our health. I don't believe they will ever be as bad for us as cigarettes. I hope our government will not allow themselves to be bullied by big tobacco as they are with so many other things. E-cigs are the best alternative to smoking available today!

8/19/2013 9:20:00 PM - Byron Brooks (bwbroo) Roseburg,Ore

Smoker for 45 years and pick up some disposable e-cigs at the smoke shop here in town a year ago.

Smoked Pall-Malls regulars, than lights, than e-cigs 18mg of nicotine, which is like a Pall-Mall light.

Now have a mod (bottom feeder) and vape 12mg of nicotine.

Got a hold of some 3 month old e-juice, at the 18mg nicotine level the other day, and almost made me sick.

No going back I guess (that's good). I don't like the tobacco taste anymore.

Just like flavours like coffee drinks, fruits, desserts.

I have a feeling that I will be down to 10mg nicotine soon.

Then just vaping 0mg of nicotine.

I like the flavours. Crazy, just love it.

8/19/2013 9:21:00 PM - Patty Haworth Supertior Wi USA mrshaworth86

Hi, My name is Patty Haworth and I smoked cigarettes daily for 40 years! I was diagnosed with COPD, Asthma and had to use oxygen at night! I tried everything and I mean EVERTHING to quit. Nothing worked until the disposable E-cigs came out. I tried those for awhile and was not getting the same satisfying feeling as I did with cigarettes. My husband came across a lot of reviews for the "big E-cigs". He found out all the information he could and realized that the Vapor Room offered everything we needed. We ordered a starter kit and found out that these cigs have everything we needed in an E-cig. We had better vapor, throat hits and taste. After smoking these for a while I no longer needed my inhaler as much or as much oxygen at night, and I have not had a flare up of my COPD in months! I haven't had a cigarette for 5 months or want to! If you need to quit smoking, these E-cigs are the way to go!(in my opinion)Please let people know about these E-cigs and their benefits! We need to get the word out there so people who smoke and want to quit, can! Thanks for reading! Hope this helps you too!

8/19/2013 9:25:00 PM - Phluff

I smoked an average of a pack and a half of cigarettes per day for 35 years.

About 3 years ago I tried Chantex.

It seemed to work and I quite for a few months, but when the prescription was gone, I started smoking again.

A short while after that I tried the disposible e-cigs.

They just were not enough for me.

I needed more vaper, more nicotine, more feeling of smoking.

Not long ago, a friend recommended a local vape shop to get a starter kit and juice.

When I tried it, I quit cigarettes immediately, and I've never looked back.

In my opinion, electronic cigarettes (vaping) is the most natural way to quit smoking.

Since it has worked for me, I think it would work for anyone.

I use 24mg nicotine juice right now, but I plan to reduce that over time.

I know people who have reduced their nicotine level all the way to zero.

The unlimited number of flavors you can get really keep this major transition always interesting.

I firmly believe there is no health risk to myself or others when I vape.

I am very happy that I have stopped smoking, and so is my family.

I highly recommend it to all of my friends and relatives.

Even complete strangers when they ask me about my e-cig.

8/19/2013 9:31:00 PM - Christina Jarmin

I was 13 when I was first tried smoking. I would steal packs of cigs from my dad. I would shoplift cigs from convienent stores. Then I was put in foster care when I was 16.I would sneak around smoking one here and there. When I graduated high school I was back on them fulltime. My husband and i was in a truck station and saw some e-cigs there. So we bought some.

Then my husbands friends introduced us to different ones. gave us some of theirs to taste and we havent went back. I havent even craved a cig since I started vaping. And the smell of cigs I cant stand anymore. If i didnt find the e-cigs i think id still be smoking.

8/19/2013 9:35:00 PM - Scott J

I used to occasionally use chewing tobacco, such as when I would go to a bar to drink. I enjoyed the effects of the nicotine, but never became addicted. I heard about electronic cigarettes through a friend and gave them a try. I enjoyed the effects of nicotine in a very similar manner (occasional use) and soon bought a small kit for myself. My use grew slowly over time, and now (about two years later) I vape daily. I typically go an entire work day without using my ecig due to how physically busy I am throughout my shift (I don't have any scheduled breaks--I stay very busy). This is not a problem, and I don't get "urges" to vape with the exception of directly after a meal, but the urge fades even if I don't vape. I recently went on a weekend vacation without my ecig, and I felt fine. I don't feel chemically addicted. I really enjoy vaping in my leisure time, and I use 12mg strength eliquid. I believe electronic cigarettes are orders of magnitude less addictive than traditional tobacco products, even though I've witnessed many friends (my wife included) stop their smoking habit and switch to ecigs. Several of these friends, myself, and my wife, are able to go a day or two without vaping and not have any withdrawal symptoms! I am very happy with my device and eliquid (both from Hong Kong, Bauway eliquid). Given that nicotine is a controlled substance, I don't believe it should be sold to minors. I think that's about all the regulation that's needed here is the US. Good companies already make the ingredient information available to customers upon request. I don't believe anything more than the flavor and strength need be on the eliquid/refill cartridge. I also don't believe that the quantity of nicotine be extremely accurate since variance is well tolerated among users. You can take a few more or less puffs to suit your desires.

8/19/2013 9:36:00 PM - Scott J.

I was a heavy smoker for 22 years. Quit once on my own effforts, but picked it up again. Could not quit on my own...till I tried a electonic Vape device. I liked the sensation right away. Similiar feel & satisfaction to smoking. So I bought my own e-cig device (refillable tank for e-liquid) Once I found the flavor& nic. strength I enjoyed..started vaping. Each day I gradually smoked fewer & fewer Cigs. till finally 0 cigs. I use my vape device to get my nic. fix. My lungs are happy, my wife is happy..Im happy. It "FEELS GOOD to Vape, not smoke'

8/19/2013 9:40:00 PM - misty vaper

Hi everyone I would like to share my story on how long ago I quit I quit smoking the afternoon at 430 on May 23rd 2013. I received my very first ecig kit from a family member with 9 bottles of juice. From that moments until now I have been a vaper. I've never thought or crazy for a cigarette not want my e-cig satisfies my nicotine just fine so I will never pick up a cigarette again and my goal is too get everyone I know or I meet off cigarette I have converted several people into vapers. So I say to everyone if you smoke and you're looking for an alternative please try e-cigs the great thing you can step down and nicotine level to quit or like some people you can vape forever..... And I am always here to help Are vaping community! So I say to anyone reading this vape on from the people I've met in groups and on Facebook this community stands

together!!! We are here to help and love our fellow vapors it is such a beautiful thing to be part of and I'm glad I'm in this family!!!! So I say to everyone vape it don't smoke it

8/19/2013 9:42:00 PM - Brock Miller

To whom it may concern,

I smoked since I was 15 years old. I am now 39 years of age. In addition to becomming a financial burden upon me, smoking had begun to do real and lasting harm to my cardio pulmonary function. My lung capacity had been diminished by 15 percent. I quit using tobacco cigarettes in favor of electronic ones in order to appease others who expressed concern for my well being. I had tried niccotine gums in the past with no success. This worked. This IS working still. I enjoy the activity of using electronic vapor devices. I actually have come to prefer it more than I ever liked smoking. I would hope that people who have a negative view of anything that even resembles smoking would take an open minded view of the matter and seek to educate themselves. This has improved my sense of well being and bolstered my health. I now work a physically active job that I never could have were I still under the thumb of tobacco cigarettes.

Thank you for your time and concideration,

Brock Miller

8/19/2013 9:43:00 PM - Cherri Hughes

My story started back in 1972.... my cousin took a pack of my Uncles Unfiltered camels and we snuck off and smoked them lol I came home after being there for 8 weeks and bought my very first pack of cigarettes 35 cents! I've smoked almost a pack a day since. On Aug 16th 2010 we lost 2 grandchildren to a fire < none smokers related> and decided that all candles would be out of this house! Any kind of fire makes me nervous..... I started thinking about quitting smoking then. Every time I would put out a cigarette I would check and double check to make sure it was out. I started selling Scentsy to try to help my family and friends become fire free! So it only made sense for me to quit.....my nerves where shot and just couldn't make the change.... till a dear friend of mine was died from lung cancer and another just diagnosed. I made a promise to Karen before she passed that I would quit and once I found out about Vapeing I thought I might try it just to see if it would work... I kept 3 1/2 packs of cigarettes in my back seat for the just incase! 6 weeks of not smoking I gave them away and finally have a avenue where I feel comfortable not smoking. I can't say its been a total breeze, but what I can tell you if vaping wasn't a option I would still be smoking!

8/19/2013 9:49:00 PM - Kim Ogle, Los Angeles, CA

I smoked for 40 years. I tried the cigarette-sized e cigs first. Those did not work. I have been using a Joyetech ego c twist with organic e juices and I am very, very satisfied. As long as I have my e-cigarette, I will never go back to smoking tobacco. I and MANY others I know have opted out of tobacco for electronic e cigarettes. I only wish they would have been around sooner so I could have stopped smoking a long time ago. I truly know that this is the best/only alternative to smoking tobacco and I'm a vaper now...proud to say I'm a non-smoker!

Kim Ogle Los Angeles, CA

8/19/2013 9:50:00 PM - Kevin Laderoute

Hello,

I received my first e-cig kit on a Friday after work, I told myself, no cigarettes until I give this thing a try. Over a year later and trying a few other e-cigs just to see what was out there I've settled into what I think is the best product and I'm happy. I go to the gym 4 times a week and play soccer once a week, not even remotely possible before! I smoked for 17 years daily, I have my life back, e- cigarettes have never had any negative effects on me.

I know the tobacco giants miss me, but they shouldn't stand in the way of people leading happier lives, especially my wife! Thank you

8/19/2013 9:54:00 PM - finallyfree

I smoked for 15 years,I quit for one year around 2009 that year I couldn't be around smokers without bumming one and smoking cigars to get my Nic fix,which eventually led back to smoking full time and hating myself everytime I lit up.A friend told me about vaping and told me to order and ego kit I took his advice I bought a dual kit to share with my fiance who LOVES to smoke.I knew I would never quit if she kept smoking,vaping has worked for her 99% of the time.She still smokes an occasional cigarette but the crazy part is I prefer vaping and have no desire to light up even occasionally.Even with smokers around me there's no temptation or desire.

My first week vaping I felt this overwhelming sense that I never had to smoke a cigarette again.The first time I vaped with a smoker that I knew

would bum me a cigarette no questions asked, I grabbed my vape and sat on the porch and not knowing how vaping would hold up during a conversation with a chain smoker I just puffed away and after 2 drags of my mentholmangomix I knew I would never have to be a slave to cigarettes again.I can go a lot longer between vape breaks than I ever could on cigarettes.Ive cut my nicotine strength in half and its only my first month and I plan to keep on lowering down to 0 eventually maybe that's he nice thing I've found is there's not this impending pressure now to "quit smoking or die" I can now quit when I'm truly ready too.

8/19/2013 9:59:00 PM - Claudia H

I smoked for 40 yrs and quit several times only to find myself gaining weight and stressed. I tried the e-cig I bought over the internet a few yrs. ago and I didn't like it and put it down. Still wanting to quit, though I enjoy smoking, I was of a mindset that all e-cigs are the same and I will not like them.

A friend just recently opened an E-Cig store with her husband and brought me over one of their e-cigs and juice for it to try. I was skeptical, really skeptical. And of everything else, it was flavored. Yikes! I don't like flavored coffee, and I surely didn't want a flavored cigarette.

Ok - I gave it a try last Wednesday. I smoked 3 or 4 cigarettes that day and used the e-cig. I smoked 3 or 4 cigarettes the next day, which finished the opened pack I had. It's been 5 days now and have not opened another pack of cigarettes.

My 15 yr old is so happy, as well as my friends (and myself). I'm not going to kid you. It took a little adjustment as to how to hold the e-cig because of different style. Then I realized that when I tried to hold a real cigarette the way I hold the e-cig I didn't like it.

So, I realized it was just a learned behavior pattern I have formed over the years (called a habit). Once I realized that, I have not picked up another real cigarette. The stains on my fingers are gone, I don't smell like a cigarette or old smoke, my family is truly happy with me. You don't even have to smoke as long; just a few inhales and done. I'm sure it will help with my career also. I won't have to worry about being caught outside having a cigarette one too many times during a work day. For me, I ask God to bless my friend who brought this to me to try. It has been a Godsend. People who don't smoke or who have never smoked, don't realize what smokers have to go thru. I feel freer and have not gained any weight.

UPDATE:

Since I first wrote this article, I had not had a cigarette till last evening.

I hated it.

Took about 2 puffs twice and put it out.

I'm glad I tried it.

Now I know I don't want to go back to cigarettes.

8/19/2013 10:05:00 PM - Lisa Colvin from Alabama

I'm a 34 year old female who started smoking around age 13.

By the time I was 18,

smoked over a pack of Cigs a day.

My Dad started smoking back when it was "cool" back when even Doc. were seen on Advertisements for Cigs.

So I grew up around a smoker and didn't think much about it.

Until I got pregnant with my first child at

23 years old..but by then, of course I was hooked and nothing I did helped me kick the Habit. My husband was also a smoker, a 2 Pack a day smoker.

Then, in 2006, my Dad who was 59 at the time, was Diagnosed with stage 4 lung Cancer. Docs only gave him 4 months to live.

He made it about 7.

Still even then, after watching my father slowly wither away to almost nothing, I couldn't kick the habit.

I tried the gum, the patch and finally Chantix.

None of them worked either.

I had pretty much given up hope to ever quit smoking.

I just knew that both of my children were going to watch me, as I did my father, die a slow and painful death.

Finally, in March of 2013, I heard about E-cigs.

I did all the research I could, to find out about these.

So glad I did...because if I hadn't, I would have ended up buying on of those cheap, looks like a Cig, e-cig, and I probably would still be smoking today.

After hours and days of research, I put in an order for flavored "ejuice" a couple Tanks and 3 nice sized batteries to get me and my husband started.

The day it all came in, we started using the "E-cigs" and haven't had a single real Cigarette in 5 months.

We both completely stopped smoking, the day we started "Vaping" The improvement to our health has been amazing.

My husband is several years older than me, and smoked for over 40 years.

He had a very bad cough for over 6 months before he started using E-cigs.

So bad, that he spent just about every night on the couch, because he would cough all night long.

His cough went away within 2 weeks of him quitting smoking and started using E-cigs.

We both can now enjoy walking and hiking.

Playing with our children, and just enjoying life.

Ecigs gave us back our life!!

8/19/2013 10:09:00 PM - sam

I started when i was 15, i am 36 now. my kids and wife to be is on me about stoping and i know i need too. me seeing my friends and family smoke and there heleth go down hill, i want to stop..

8/19/2013 10:09:00 PM - Sean Winters

I started smoking at age 15, and continued on a pack a day habit for more than 15 years. After losing my father to cancer, and my mother being diagnosed with COPD, I realized that it was time for a change; a real change. I struggled with the patch, gum, self-help books and plain old cold turkey, coming to the realization that I enjoyed smoking. A friend introduced me to e-cigs and I immediately ordered a starter kit. I found it lacking, and really didn't enjoy the tobacco and menthol flavors I ordered, and fell back into analog smoking. It wasn't until I used an "Ego" battery with a tank that I decided to give e-cigs another try. I do have to admit however, that I sometimes feel odd using a mod in public, as it is guaranteed to turn heads and incite conversations, especially when using a low resistance rebuildable, blowing enormous clouds of vapor around. That said, I've run into almost no issues when vaping in public places, such as bars. It's now been a year or there about, and I've had 1 analog cigarette since. I find food tastes better, I smell better (along with my clothes and car), my sense of smell is better, and I'm not wheezing and coughing at all. Electronic cigarettes have given me my life back. I am disheartened to see that so many towns, counties, cities and even states considering a ban of some sort on the products that I believe so strongly in now. I hope that the powers at be will take time to listen to vapers, and review all the facts before banning, or levying prohibitive taxes on electronic cigarettes and nicotine liquids.

8/19/2013 10:10:00 PM - Pat Manning/Rimp/Marianna/Fl

I was introduced to e-cigs 4 yrs ago.

At my son's engagement party his best friend had one.

The cigarette taxes took quite a jump in 2009 in Florida.

I was only intending on cutting down my use of cigarettes to save money. Within a week I was down to about 5-6 cigarettes a day compared to 2 packs of cigarettes a day.

I started with a very low nicotine liquid and an e-cig that mimicked the size of a cigarette.

Prior to this I had tried lozenges, patches, Wellbutrin and cold turkey quitting.

These never worked.

I smoked from the time I was 17-18 years old. Averaging 2 packs a day for 37 years.

I frequently had bad bouts of bronchitis and even pneumonia once.

My

initial use of an e-cig was not with the intention to quit smoking cigarettes.

I physically began to feel so much better after reducing my cigarette intake that within 4-6 wks I was cigarette free.

The taste of the menthol and mint liquids I use tasted so much better than burning tobacco.

And my car stayed clean without the yellow nicotine windows I previously had.

I now use an Ego variable voltage at work and use a Provari mod when at home or in the car.

I can't forsee ever going back to tobacco and hate the smell of tobacco smoke.

And, I really LOVED to smoke prior to becoming a vaper.

I can vape in my house.

Used to have to go outside to smoke so I wouldn't have smoke in my house or expose others to the smoke.

E-cigarettes have made my life much more enjoyable.

I feel healthier and don't have the same "gotta have it" craving I had with tobacco cigarettes.

Life is more calm and clean.

8/19/2013 10:11:00 PM - Randy Fox

Dear representative,

My name is Randy Fox. I

8/19/2013 10:12:00 PM - Cindy powers

I was a 16 year pack a day smoker, I switched to e-cig with the refillable tanks and haven't touched a Tabbacco cigarette since. That's been 3 years!! My overall health, stamina, taste & smell has improved dramatically. When I smoked I couldn't run for more then 15 minutes without running out of breath and getting fatigued rapidly. Now I can run for 45 minutes without stopping!! When I started the e-cig I had 12 mg nicotine, now I'm a .6 very low. I think even when I go to a 0 nicotine level I will still vape occasionally because the flavors are incredible!

8/19/2013 10:20:00 PM - Katrina Becker (Intheclouds on ECF) Murphy, NC

My name is Trina and here is my story. I started smoking with friends in high school when I was 16 years old. Neither of my parents smoked, I started smoking because "it was cool" and all my friends did. That was 1976, 37 years ago. I have tried several times over the years to quit smoking. The 1st thing I tried was the NRT patch when they became available without a prescription. The patches caused my skin to blister, to take the place of the hand to mouth activity I snacked way to much. I gained about 20 lbs over a 3 month period of time. I went back to smoking and dropped the weight. A few years later I tried to quit cold turkey, that was a dismal failure that lasted about 10 days. Eleven years ago I tried acupuncture, that made quitting easier than anything else I had tried to that point but that attempt only lasted about two months. Four years ago I tried electronic cigarettes for the 1st time. They were still in their infancy, the flavors were not appealing, and I kept getting the liquid in my mouth. I tried two different brands, but they were basically the same. Last October (2012) we had a family reunion. My younger sister who had also started smoking as a teenager was using an electronic cigarette. Her electronic cigarette was considerably different than the ones I had tried. It did not look like a cigarette, it was fatter and longer.

She let me try it, it was so much better than what I had tried a few years earlier. She was using a flavored nicotine liquid and I thought to myself that this might actually work.

I did a lot of research, found the ECF website, I learned a lot there and from links provided there. Three months ago I was ready to take the plunge and ordered some batteries, clearomizers, and nicotine liquids. I actually have found that I prefer the electronic cigarettes to tobacco cigarettes, they taste so much better. I have been cigarette free for 3 months, I don't miss tobacco cigarettes at all. When I 1st started using the e-cigs I bought liquid that was 24mg as I had been smoking 1 1/2 to 2 packs per day. After one month the liquid I ordered was 18mg. After two months the liquid I ordered was 12mg. In two weeks when I place my next order it will be 6 mg.

Month by month I have been able to decrease the amount of nicotine I use. At this point I do not know if I will stay at 6mg, or try 0mg. I do know that I will continue to vape, I like it, it tastes good and it keeps me from going back to regular cigarettes.

This is the only time I have quit smoking that I have not been in a constant internal battle to not start smoking again. Even if I vape for the rest of my life I will be much healthier than if I were smoking. I no longer wheeze and snore at night, or cough up nasty crud in the morning. I have more energy, now I take a daily hike. Electronic cigarettes have been good for my well being and my wallet. I can honestly say that as long as I can vape I will not smoke. If the right to vape were to be taken away, I would make my own supplies under the radar and continue to vape. I hope my story will be a positive note for a product that may have saved my life.

8/19/2013 10:27:00 PM - john and tina w.

we quit smoking the very time that the system was showed to us. my wife immediately went to 0 nic. I run around 6 nic we both smoked over 35 years.i would really hate to see any authority mess with the system a lot because it totally got us off smoking right away as far as where it can be done, doesn't concern me a lot I was already used to smoking rules just don't take the privilage from me because you don't understand it...just a note from us...when you drive by a factory and see smoke...just because it looks like smoke doesn't mean it is smoke...they say where theres smoke theres fire. lets grow up and try to understand what we see..the system is great and a great alternative to something I was going to do all my life...SMOKE!!! not anymore..unless someone with enough power takes it away...that's my logic...spock out..sincerely john Walton tn.

8/19/2013 10:28:00 PM - David Rust

Hello, my name is David Rust and I'm from Ogden Utah. I was a smoker since I was 16 and started to smoke to fit in and eventually by the time I was 17 I was a half a pack a day smoker. I would find was to smoke rather that be to pan handle once in a while, "bum" from other smokers or dig I. Ashtrays, I was a smoker. When I was 18 I got a steady job and was abble to buy my own cigarettes and from then on out I was a pack a day smoker. I trued to quit when I was 21 and was successful for a month but then my grandfather became ill and I went down to s. George utah to see him in the hospital and that trigger me to start smoking again. A few years later I got a cheap e cig from a gas station and it was a cigalike kit back in 2010. Was not enpressed so I started back up smoking cigarettes. This year I got a new job after new years and when I got out of training and got my first pay check, one of my co worker's considerd an e cig and I said "nah I had one of those gas station ones a few years back and it didn't work" he told me to try his and be had an ego twist battery with a carto and was dripping since he didn't have a tank yet. I took a few puffs and was in shock on how good the flavor was and the next day me and him went and got me an ego battery kit. I was still smoking cigarettes but notice I would smoke 4 or 5 that day then it was 3 the next day then within 2 week's on February 22 2013 I crushed up my pack of camel blue 99's and have not bought a pack since. I've smoked a cigarette out drinking sure but even then I can't stand it. What I do know is that without e cigs I would still have poor health, smell like an ashtray, have yellower teeth and be sick with colds ever other month. E cigs are saving my life, talk to ppl more and be more social, feel like I'm helping a community, is a hobby for me, and I'm all around more happy for myself.

Lastly I want to add that the only reason their is a ban on E cigs, is because the fda has cigarette company's on their side that is making them rich. I don't mind a sales tax on e cigs and I think they should be taxed a little more but in reason. We are all adults and American's and should be treated as such.

8/19/2013 10:29:00 PM - Stacey Bloodworth From TN

I was a smoker for over 25 years, on average 25-30 cigarettes per day. After buying an ego style e-cig I quit smoking analogs within 1 week. I have not had a "real" smoke in 2 months. i experienced very little to zero withdrawal symptoms. I started vaping at 24mg nicotine and have since lowered this to 18mg. Next month I will lower to 12mg within the next month. I feel so much better health wise. I can breathe again! My stamina, taste and smell have improved tremendously. I just feel better all over. I love the flavored e-juice. If e-cigs/e-juice go away I know I would once again become a smoker.

8/19/2013 10:38:00 PM - Tony Fernandes

I have been smoking since I was 16 years old and tried to quit many time with over the counter and prescription medications but they never worked for me....I purchased an electronic cigarette to see if it would work and it did.I have never picked up a tobacco cigarette ever since and my health has changed for the better.my taste has improved and my sence of smell

has come back and I don't have that nasty morning cough anymore either. I can play with my kids and run like they do without sortness of breath and wezzing. My son is 8 and my daughter is 9 and they are so proud of their dad for quitting smoking.

8/19/2013 10:39:00 PM - Christian P.

I started smoking when I was in the Navy about 10 years ago. After several attempts at quitting, I had been down to 1-3 cigarettes a day (depending on my stress levels and other factors). I could not quite get to the point where I was cigarette free. About 11 months ago, I tried an e cigarette, strictly out of curiosity. I had very low expectations about this being a suitable alternative to cigarettes as a way to get a nicotine fix. I have not smoked another cigarette since then. In fact, I started to one time and it made me feel nauseous. I have been using e cigarettes since then and have been very happy with the results.

8/19/2013 10:42:00 PM - Ron J. Rushley

I started smoking at the ripe old age of 16.

Worst decision of my life but I just wanted to fit in and belong to the "cool crowd.

Very long story cut very short, well as short as I can cut it.

Soon after I was married and before I had kids, I wanted to quit.

My employer just did not like smoke breaks.

I just could not quit so I just had to suffer except for lunch and a lot of snacking at my desk.

And I continued to try over the years, cold turkey (that lasted a quick minute)followed by the patch, gum and Chantix (horrible depression) and all ended in varying types of expensive degrees of absolute and ineffective mystery!

Until I heard a discussion on my local talk radio station.

I had heard about E-Cigs so I turned up the volume and I listened.

And I ended up winning a small starter set of several 510 stick batteries, a charger and a nice supply of filled cartomizers.

It did not take me long to realize that these things would help me quit once and for all.

Within 2 weeks of going back and forth, I had my last cigarette.

My sense of smell and taste had returned, my breathing was much better, my wife, children and even the pets were happy with my decision as was my doctor.

In the meanwhile, I had also found an E-Cig based support group named ECA or Ecigadvanced.com.

The members really helped me out, no one was trying to sell me anything and I soon found much better equipment.

Basically longer lasting batteries that I could use to adjust my flavor and my satisfaction.

I was also able to reduce my nicotine intake from 36mg (I was smoking unfiltered little menthol cigars when I quit) to 18mg of nic.

And I have saved a boatload of money by switching!

Back to ECA for a moment.

I am still a proud member and I am now a community moderator for the forum.

As it stands, we do a pretty darn GREAT job of policing the product that is being offered. Word travels really fast about an unsafe product if it is the hardware or the "juice" that we use to fuel it.

And there are now lots of studies to support what we already had good reason to suspect.

Better for you, safe for those around you, not going to catch your bed or furniture (or burn holes in your clothes or car seats)the whole nine yards of nothing but good/great.

And yet, we have the FDA wanting to take this away from us mostly based on an antiquated, half assed 2009 study mostly based on Chinese manufactured E-Liquid which most of us would not purchase on a dare anyway!

Even today!

Sure a lot of our hardware is made in China and for the most part (high 95% anyway)but we still look at the Chinese made E-Liquid funny just like you would not want to use Chinese made baby formula.

Hardware works or it doesn't.

You know pretty quickly.

And the allegations of the E-Cig batteries being a danger are no where near what they are hyped up to be.

The same danger as you have in cell phone batteries and any other rechargeable battery in the market place today.

Real or imagined issues (some fake and we have some evidence of that)the media just loves to jump on it.

Fills time on TV and in papers.

In closing, I would much rather the FDA work on improving cancer treatments that have worked for decades in other countries for use here for our own people.

And let us not forget, medical marijuana. My own doctor would prescribe in a heartbeat to get me off of the Oxycodone and the Hydrocodine that I have to take for my own rather severe pain.

I seriously hope this does not fall on deaf ears!

8/19/2013 10:43:00 PM - George Orr, Yorkshire, UK

I smoked from 16 yrs old. Up to 30 Marlboro a day. I had wheezing and coughing regularly. I tried Champix (uk version of Chantix) but it made me highly irrational and aggressive after 10 days as a non smoker. Patches allowed me to quit but I started after 4 months when a friend who didn't know id quit gave me 200 cigs from his holiday! I tried gum and lozenges but they were peppery and no substitute for smoking. I always enjoyed the physical act of smoking. I have a son now with severe adhd and on any nrt system id smoke as soon as the home situation got too stressful. At 34 now ive smoked 20 a day every day.

4 months ago I tried elites cartomiser ecigs to cut down a bit. I went from 20 a day to 5 in the first day then the second day I had one normal cig in morning and one in the evening, the next day I planned to have a normal cig in the evening and chose the ecig instead. Since then I havent smoked at all!

I now have approx 25 cartomiser refills and 3 batteries.

I get eliquid online for a fraction of the price of cigarettes. I now have a clearamiser I can top up too with a more powerful battery for a better punch when I need it. It feels great to be free from cigarettes. If they were around earlier, my grandad who died when I was 1 from a smoking related disease would have got to see me grow up. If they are banned I will be forced to seek the black market for my own health.

8/19/2013 10:44:00 PM - Nurse From Connecticut

I started smoking regularly at age 18. I'm 70 now and have been free of analog cigarettes for 18 months. I'm a nurse and should have known better. I tried everything to quit, my doctor gave me prescriptions for Chantix and Wellbutrin. I even went to classes to stop smoking at the hospital. Nothing, worked for me, absolutely nothing.

I regularly see the following physicians;

Internal Medicine Oncologist Endocrinologist Cardiologist Cardiac Surgeon Orthopedic Surgeon

I have discussed and shown and demonstrated my eGo-T electronic cigarette to every single one of them. Not ONE disapproved. Quite the contrary, they were all extremely happy that I no longer smoke cigarettes. They are all aware that my e-cig contains nicotine and none of them have anything negative to say to me about being addicted to nicotine. The anesthesiologist when I had my knee replacement was very happy that I had quit smoking a year before my surgery.

I feel better, I look better, I have a better self-image and not only that, I have helped several of my friends and my own son to permanently stop smoking cigarettes. I'm proud of myself, I'm proud of them. We're all happier and healthier and no longer feel like criminals when out in public. How can any rational person argue with something that is so positive? I smoked cigarettes for 50 years.

FIFTY YEARS!

Now, I'm proud to say I'm a non-smoker.

8/19/2013 10:45:00 PM - Andrea Jones (aljjrj) Warsaw, MO

I am a 40 year old woman with 5 children and 5 grandchildren. They all wanted me to quit smoking for years because I was diagnosed with COPD years ago and have heart problems on both sides of my family.

My father died in 2001 after a 9 year battle with COPD, pulmonary fibrosis and every other lung problem out there. They only gave him five years.

He put up a hard fight.

I remember being younger and begging him to quit and he couldn't. He got pneumonia 3 times in a row one winter he would be in the hospital a month come home for a week and go back to the hospital. This happened three times. He quit cold turkey.

When I was 16 I started smoking back then I could smoke a month and quit the next day. Later on it wasn't that easy.

I made other attempts to stop using the ecigs that look like cigarettes and they didn't help. Plus I had people who do care pushing me to quit.

This time I had a brother in law that had a anuerisym he smoked 4-5 packs a day.

He was able to quit in less than a week with the ecig that I now have.

I quit during a very stressful time in my life.

Many family members were having major health problems. He was my inspiration. I knew if he could give up 4-5 packs I could give up 2 packs. During the first week I was done smoking the real thing.

I love my ecig and am planning on stepping down the amount of nicotine I am using when I order some next. I plan to get down to no nicotine at all. I can say that I don't know if I reach that goal if even then I will quit vaping.

I quite 20 years before my dad did. So I am happy in the fact that maybe the damage I have done to my lungs will be able to repair its self.

I can already feel a great difference.

I tried gum, inhalers, pills everything to quit and none of it helped.

The ecig worked. I recommend them to everyone that I know has tried to quit with the ways the doctors say and had the same results I had NONE.

A Proud Ex Smoker and A Super Proud Vaper Andrea Jones

8/19/2013 10:48:00 PM - Kim Suds

I quit smoking a year ago. I have no residual problems from smoking and noticed my breathing and stamina going up very quickly. I love vaping and have converted several smokers. I will continue to do so. I would love to see vaping eradicate cigarettes. There is no longer any need for them.

8/19/2013 10:51:00 PM - Ex smoker from Iowa

I'll start this by saying I was a pack a day smoker for a little over 4 years before switching to E cigs. I had tried nicotine gum, patches, and even Chantix. The gum and the patches didn't satisfy my cravings, and I'd recommend Chantix to no one. I started with the Blu cigarette-sized E cigs. The amount of vapor they produced just didn't satisfy the cravings for a real cigarette, and I shortly went back to smoking. A couple months later I did a bit more research on the electronic cigerettes, and ordered a variable voltage(enables me to increase or decrease volume of vapor) e cigarette, called a Provari. The day I got it was the day I quit smoking. It has been 10 months since I smoked a real cigarette and I can't say I miss them. A large part in the success of my e cig was that my employer was okay with me using it in the break room when on my work breaks. I used to use these breaks to go outside and smoke 2 cigarettes before returning to work. There have been many noticable increases in my health since using e cigs exclusively. After about 2-3 weeks, I could tell my sense of smell was coming back. I hadn't been able to really smell about anything since my first year of smoking cigarattes, so this was a great feeling. There was also a drastic improvement on my lungs. I found myself with alot more energy, and I also had a noticably greater amount of usable lung capacity. I no longer had a shortness of breath from climbing a flight of stairs, and I also shaved nearly a minute off my mile run.(down to around 6.5 minutes) The reason e cigs actually worked for me when none of the other products on the market could, is because they actually replicate all the motions of smoking a real cigarette. The transition is easy and I believe e cigarettes are a great product. My car no longer has that smoker smell to it, although I use my e cig in the car all the time. I also have no problem using the device in my home, where I have never allowed myself or anyone else to light a real cigarette. Overall, I have nothing but praise for the e cigs. They worked for me, and with absolutely no negative side effects whatsoever as far as I can tell.

8/19/2013 10:51:00 PM - John Peters

I am a 34 year old man who began smoking when I was in the 7th grade, not long after my grandmother died from emphysema.

My parents, grand parents, aunts, uncles, all of the adults in my life smoked.

I tried quitting a number of times over my 20 years of smoking.

I used gym, patches, pills, tried quitting cold turkey, yet nothing worked.

The longest I went during those 20 years, when I tried to quit was about 12 hours.

I couldn't do it.

Those I was closest to wanted nothing to do with me, because I was going through withdrawal and was angry.

I tried a cigarette style e cig, and it helped but wasn't really doing the job.

A couple years later I tried another and it worked well enough for a week or so.

The problem was the batteries kept dying, so I would buy a pack of cigarettes if I wasn't near a charger.

Then a co-worker pointed me toward mods.

I went from smoking 2 packs a day to smoking 1 pack over a week, without making any serious effort to quit.

I was getting the nicotine my body was craving, in a way that was very similar to what I was used to,

without withdraw symptoms, in fun and yummy new flavors!

After the first week I decided that I wasn't buying anymore cigarettes, and for the most part that's been true.

I have found myself in a few situations over the past year and a half where my battery died, didn't bring enough juice, or had other issues and a purchased a pack of cigarettes.

But that had happened only 5 times, and I didn't even smoke the whole pack, only smoked until I was able to resolve my issue.

Cigarettes taste terrible and make me feel worse than I remembered.

Now that I've been vapeing for a while, I can breathe again, I can do things without getting winded, an I can taste food!

I began vapeing at 36mg of nicotine, I'm now down to 12mg, with plans to drop down to 8 within the next couple weeks.

I have converted many of the smokers in my life to vapeing, and they've been able to quit too!

I think the best part of vapeing is that out has brought me closer to my family.

I have an aunt who is extremely allergic to smoke.

If she smells it, she gets a headache, if she's exposed to second hand smoke she needs an inhaler.

So obviously we couldn't spend too much time together.

Since I started vapeing, she can sit right next to me while I'm vapeing and has ZERO issues.

If I wasn't able to vape using a mod, I'd still be a smoker, if I lose the ability to vape I will be one again.

John Peters 34, Illinois

8/19/2013 11:00:00 PM - Clint Norwood

I started smoking when I was around 14 years old. I have smoked for 41 years. I quit smoking on January 25th, 2013 and started vaping (using electronics cigarettes) instead. I have not had a single puff of tobacco since then.

Before this I had tried to quit smoking by all the usual methods without success. The longest I ever went without a cigarette was 2 miserable weeks.

For me e-cigarettes are a no-brainer.

I know without a doubt that e-cigarettes are much less harmful than real cigarettes. I can feel it in my lungs, my stamina, my taste and sense of smell. I rave about the positive effects of e-cigs to my smoking friends. I feel like I'm saving a life if I am able to convert someone. I feel personally responsible for 3 people quitting and 2 more who have substantially cut back.

Lives are at stake here. I urge anyone reading this to really think about it. To stop, hinder or over regulate e-cigarettes would be a death sentence to a lot of people.

8/19/2013 11:15:00 PM - DEllis

I've tried everything to stop smoking, methods such as medications, gums, patches, etc. did not work successfully and I went back to smoking tobacco. I started using e-cigarettes (12 strength) a year ago and have never went back to tobacco products. This experience (e-cigarettes)has changed my lifestyle. I have no urge to smoke. I do not cough anymore, breathe easier, no nasty smell to my hair, clothes, house. I feel I can use these products in the presence of children and pets without harm. E-cigarettes has taken the craving for tobacco away but giving me the satisfaction to taste. I want to say these products saved my life. Thank you e-cigarettes.

8/19/2013 11:17:00 PM - Kathleen Geoghegan (KatlandKat) from Nanaimo, BC, Canada

My story by Kathleen Geoghegan

I started smoking at the age of five; at first it was like maybe one a day.

My mom noticed that it helped me settle down and able to work with

her to learn how to say some words or reading.

I was very hyper as a young person and had problems learning new things and concentration.

All my old report cards from that time said so.

I am sure now they have drugs for kids that help but not when I was young.

I really started smoking a lot more at age 12 to 13 after my mom passed away: at that time I was smoking a pack a day.

By the time I was 20 I was smoking two packs (40) a day and that was the norm for most of my adult life.

My husband passed away in 2006 and I increased my smoking to three packs a day (60) or more as was under a lot of stress and pain.

For many years I was trying to quit smoking; I started with a gadget that timed my smoking so would cut back on time.

Can't remember the gadget name but was it was in the late 1980s and it didn't work for me.

Then I tried the gum and it caused my acid reflux to be a lot worse.

So I smoked until the patches came out and tried that.

The patches made me get blisters on my skin and very red but I kept it up but taping the patches on my skin so they would not fall off from the fluid of the blisters.

It was important at that time as I needed surgery and had to quit for a year before I could have the surgery.

It was awful and I cheated with smoking at times.

After the surgery I did try to keep my smoking down when I realized that without smoking my memory was very bad and focus was not there.

I am deaf and have fibromyalgia and smoking seemed to help so I did some research on nicotine and found out why it was helping me.

The doctor of course wanted me off smoking as I had asthma but he was not addressing the situation of my needing them not just because I was addicted.

I also tried the little tube that you would puff (inhale) but I couldn't feel anything other than a sore throat and would almost make me pass out trying to get something from that delivery method.

So nothing was working for me and I had realized that I wanted nicotine in my life as it helped me in my life.

I hated feeling like I was some kind of dirty person that had no will power.

I had lost any social life and so I just was on my own using computer to have a social life.

I do not do sign language but I lipread/speech read and that requires a lot of focus.

So when I am around people I wanted to smoke more and that sure didn't help me maintain a social life.

It was while I was on a social chat room site chatting with someone that I heard about e cig so I got online and did some research.

I researched all I could find on them for about 4 or 5 months then on Sept 2010 I made

an online order for a set with a couple of e liquid flavors.

The set (Ego E Cig set)arrived on October 1, 2010 with two flavors of e liquid: One of the flavors was butterscotch and one was a tobacco flavor.

LOL I quickly realized I didn't like the taste of tobacco and since then I have tried all kinds of sweets and fruit flavors.

I prefer them and make my own flavors now.

I am doing great and proud of myself for finding e cig and researching them.

There is not one negative for me

for vaping and I will continue to vape for my own pleasure that doesn't affect others.

I am not sick just because I like nicotine in my life any more than people that like coffee for the caffeine or people that like the high caffeine in their beverages.

I don't like caffeine never had a cup of coffee in my life, my beverages that I buy have no caffeine in them and all my medications like my pain medications I get the ones with no caffeine in them.

I am sensitive to smells as many will give me migraines and I don't have that problem with vaping all the time.

I do have problems going to stores and passing the air freshener and candles as they give me nasty headaches. I am that sensitive that I don't allow those products around me even someone wearing perfume.

All the e cig vapor never gives me any issues.

October 1st (2013)

will be my three year anniversary for quit smoking and I have never been so happy about my choice in quitting the tobacco cigarettes and changing to e cig.

The equipment keeps getting better and better and the flavor extracts that are made for e liquid are becoming more and more numerous.

I am 56 years old at the time I am writing this.

I am an adult and I should have the right to use nicotine.

It is my choice to continue using nicotine using my personal vaporizers with any of the flavors I enjoy.

I get a base mix for the nicotine level I want and add my own flavor but also I can adjust the PG or VG levels that work for me.

I prefer more VG than PG and I learned this by trying it on making my own E liquid.

E Cig (Personal Vaporizers)should not be regulated as tobacco products as they don't contain tobacco nor should they be classed as a medication.

I am not smoking all the tar and cancer causing chemical/substances and the vapor is not harmful to others around me.

It is so nice not to have my home or clothes smelling bad.

I really don't think people that use personal vaporizers should be stuck outside with the smokers.

As for making E cig classed as medication just doesn't make sense to me as nicotine is not a medicine and although I do understand the benefits to nicotine that still shouldn't make it a medicine.

You don't make a cup of coffee a medication so why would you do an E Cig as a medication?

The price would go up and the technology will slow down with less choices for us vapors.

E Cig or Personal Vaporizers should have their own class and I don't think they should be as high taxed as regular smoking cigarettes as they pose no danger to me or others around me.

Thank you for reading my story.

8/19/2013 11:22:00 PM - Lisa Gavin, Cape Coral, Florida

The one decision that I regretted most in my whole life was picking up that first cigarette, because for the next 37 years I never put them down. I started smoking when I was 12 years old! Jeez! Horrible, but then it was the "cool" thing to do.

Of course it wasn't on a regular basis, but I will tell you this...it sure didn't take very long for it to become regular!

For probably 6-7 years before I actually quit, I "thought" about quitting a lot!

I just never did.

Nicotine patches and gum are very expensive and to be honest, I just didn't think they would work.

I contemplated some of the prescription drugs that are out there and decided against them as well. I didn't feel as though I had the will power to quit on my own, so I continued to smoke. I worked in a place where smoking was allowed and I smoked in my home.

The smell of the ash trays really was disgusting to me, but I kept on smoking. I would cough terribly but just kept smoking.

I had shortness of breath and chest pains...but you guessed it...I kept on smoking!

No..I never went to see a doctor, although there were several times that I almost called 911.

But, the chest pain would leave and there I would be, lighting up another cigarette. The only way I could sleep at night was to lie on my side.

I could'nt breath if I was lying on my back or my stomach.

I snored horribly because I couldn't breath. Unbelievably, I just kept smoking! I came across a friend who tried the e-cig.

It was working for her and I decided to give it a try.

I decided NOT to put any pressure on myself and just said, "I will use it just to see if I can cut down a bit" (I smoked 1 1/2 packs per day). I didn't want to set myself up for failure, so I was going to "cut down", not quit.

I went and bought a rechargeable battery, liquid and cartomizer.

This may sound very complicated, but trust me, it's very very easy!

I used the e-cig for a couple days and actually couldn't find a reason to KEEP smoking!

I kept a pack of cigarettes in my vehicle (as a safety net), but got rid of them after about a week. Honestly, I was shocked! I just didn't need the cigarettes anymore!

With the cigarettes gone, I found that I was not only able to breath, but I wasn't having chest pains and I was saving SO much money!

One of my children pointed out that I wasn't coughing any more!

I can sleep any way I want to and still breath! Wow! It has been one year, one month and 8 days since I smoked my last cigarette!

I am so happy that I tried the e-cig.

It has made a huge difference in my life.

8/19/2013 11:23:00 PM - Joyce Bivens

I smoked for 40+ years.

I tried to quit a few times during that period by going cold turkey.

I always returned to smoking.

My doctor finally told me I HAD to quit after showing me my chest xray.

I drove to the nearest drug store and bought a disposable electronic cigarette.

I knew with the first puff that I could stop smoking cigarettes and replace them with e cigs.

I ordered an e cig kit online and when it came in the mail, I stopped using cigarettes and have not smoked one since.

That was 20 months ago.

I no longer desire a cigarette at all.

My husband is happy I no longer smoke and supports me whole heartedly in using e cigs.

I smell better, too.

I use liquid with low (9 mg) nicotine and 0 nicotine.

I am finding I need/want nicotine less and less.

I mainly enjoy the mechanics/motions of smoking, rather than needing or wanting nicotine.

8/19/2013 11:25:00 PM - Colin Moore from Collingswood NJ

I started smoking at 17, before entering college. I smoked for almost 11 years, attempting to quit smoking three or four times using nicotine gum, nicotine patches, and cold turkey. I would go back to smoking within 1-2 weeks everytime, due to stress, running out of gum or patches, and the expenses incurred. I tried an eCig back in their infancy, around 2008 - regular sized cigalike with disposable cartridges. I liked it, but my eCig broke and I was tired of getting juice in my mouth and on my fingers - it was quite messy, and new cartridges every day or two were expensive! My friend recently told me that the eCigs of today are a lot better than they used to be, and encouraged me to get an eGo. The day it came in the mail was my last day smoking a cigarette - it's been almost 3 months. The prices are minimal, the hassles easy to overcome, and the change in improved lifestyle were dramatic. I am still on high-nic juice (36mg) but have found a flavorless juice that I love. My energy is through the roof compared to a few short months ago, my breathing is better, and my newly-improved senses of smell and taste keep amazing me every day. I will never go back to smoking cigarettes as long as I have my vape.

8/19/2013 11:29:00 PM - SFC Anthony M. Walsh

I am a 38 y/o male with 18 years in the Army. I have noticed my health improve since starting to use an E-cigarette. My children don't mind giving me a hug, and

my friends don't think I smell like a cigarette bomb. One of the best decision

of my life.

8/19/2013 11:34:00 PM - nathan from California

I smoked for 18 years seen a friend with an e-cig, got one, liked the way they worked, found a stronger one started vaping only in february '12 haven't smoked an analog stinky cig since than, I really do believe they can help anyone who wants the help had a friend stop smoking and vaping after only a week of only vaping I found that once you get the right tools and resources and know what flavor of juice you like it's easy to not want a stinky camel wide anymore. I smoked full flavor wide gauge cigs a pack at least a day, now I chain vape lol peanut butter cookie from thevaporroom.net try it for yourselves

Thanks Nathan

8/19/2013 11:35:00 PM - Miike from Wisconsin

I had been a smoker for 15 years at about two packs a day.

I have tried quitting with patches, lozenges and medication and none really worked.

I just lacked the will power and motivation to quit.

It was always easier to put it off till later, or give up and try again later. I know smoking is bad but when I started I was young and indestructible.

I tried one of those cheap disposable ecigs at first, just because they were new and different.

It was not bad, but it couldn't replace a real cigarette.

I don't know if it was the lack of "smoke" coming out or just poor quality but it would never have been anything more than something to use in a pinch.

A couple of weeks later I tried a better quality ecig that a friend had.

It was a totally different than the cheap junk from the gas station.

Apart from the size it was just as satisfying as a cigarette.

It did not "feel" right in my hand but I could get over that.

I immediately ordered one from the internet (just a basic ego with a clearomizer) and started to look for the liquids.

I immediately decided I would only use liquid from reputable vendors in the US only.

I don't trust the Chinese to make dog food, I'm definitely not using a ecig liquid from them.

This didn't narrow it down to much so after many youtube videos and reviews I found two vendors to order samples from.

One was a company based in Wisconsin so that was a bonus. I still use these two vendors often, but have ordered from many others as well.

Ecig stuff arrived in the mail and watched some more youtube videos on how to use it and that was it.

I still smoked cigarettes for about a week during the transition as I used up the cigarettes I had left.

That was almost a year ago and I have not smoked since.

After about two months I tried a cigarette and hated it.

I have no desire to smoke a real cigarette again.

I get a little bit of flack at work for my funny looking smoking device, but those same people are the ones asking about where to get one.

In less than a year five people have quit smoking after seeing me use an ecig and trying one.

My doctor even noticed my health improvement and has suggested it to others as a less dangerous alternative to smoking for those who can't/wont quit.

8/19/2013 11:36:00 PM - Linda Mandaro

Let's see I had my very first analog when I was 9 years old, was full fledged smoker by my early teens, over the years I've quit here and there only to go back soon after.. In 2005 my Dad was diagnosed with lung cancer(he was a 2 pack a day smoker), which caused him to have the center lobe of his right lung removed (for those who don't know this... we have three section's to our right lung and 2 to our left..) he went through months of chemo and radiation treatment only to have it return in 2008, in the artery called the supravinacava which carries blood to our brain, he made the choice not to go through the pain and sickness of the chemo and radiation treatment again, He past away in July of 2009... On his deathbed he made me promise I would quit.... In 2008 I tried to quit using the patch.. It was frick'n hard as all get out... plus I turned into the most evil person who walked the face of this earth. I couldn't even stand being in the same room with myself... and It only lasted 1 month, I had a major melt down and started the analog's all over again... On Dec 31, 2012 I made the decision... I was not going to start another year as a smoker and that it was time to own up to the promise I made to my Dad... after work I went to the local mall and pick up one of those expensive "smoke free" kit's from the kiosk.. 5 mins before midnight (New Years Eve) I smoked my last analog washed out the ash tray and haven't looked back since... After a few week's of messing with this e-cig kit I found out the cartomizer's could be refiled with with this stuff called e- liquid... I tried contacting the company from which the e-cig kit came from.. No help there.. they just told me to buy more carto's (@ $15 a box of 5) Some girl named Debbie responded to my question and was able to help me out with how to refill the carto's and invited me to this group on FB.... WOW what an eye opener... I had on idea there was this community of people who call themselves's "Vapors" A man by the name of Steven took me under his wing and has been helping me on this amazing journey I received my very first vaping kit which contained 2- 650 mah ego-c batteries and 2- ce4 clearomizer around the middle of January... with a lot of help from Steven and many of the other people in the group .. I plan on vaping the rest of my life even when i'm able to go nic free(I'm at 12 mg now) and wish the government would just leave well enough alone and focus on more important stuff like medicare and the cost of health insurance..

8/19/2013 11:37:00 PM - Peter Lugo Los Angeles, CA

To All,

I started smoking in my teens and that was a long time ago. I've tried patches, gum, mints all worked for a small period of time, but were totally unsatisfying - always a pause to my next butt.

A couple years ago my local liquor store started selling these e-cigs. They barely worked it was an atomizer that looked like a butt with a battery. Was pretty bad. I tried a few of these then some disposables that were pretty good - cost was $8-10 for a couple hours of vape which is pretty expensive. Next, I found a Butt (Cartridge) / Battery type that you could drip a couple drops of liquid into. This was a game changer but messy as hell, but I now knew that e-liquid was the way to go. I gave up the e-cig, because there was no good system available yet.

A few months ago I was on set on my 13th feature film as Director of Photography and I look over and the boom operator has what looks like a tank on a battery device and he is vaping it getting nice amounts of vapor. I was amazed that they had come out with such a device. Immediately, I knew smoking analog butts was over for me.

I found something similar at my local tobacco shop, a bit costly at $75 bucks for two tanks and two batteries plus juice. I made the decision and bought my last pack of butts. When I got to the last couple smokes went over and bought the system and cowboy tobacco juice 2.4%. I went about my night as usual had a cocktail and it worked really well. The third day was the hardest I wanted a smoke with my drink that night and I just vaped more and that was the last time I even wanted an analog.

Now, it's six months later and I have a few VV mods that I use at work and at home I enjoy full mechanical with a dual coil dripping atomizer that is incredible. It is a hobby that is super fun (especially being a super technical guy). I get to read up on ohm's law collect devices - the best hobby. With advanced Mods my nicotine level has gone from High to low - .6mg - 1mg max.

I am also an avid surfer and my lung capacity is so improved - its crazy. I surf harder and better than ever. Be careful though, the taste improvement for me meant a lot of stuff I liked now tasted bad. Especially hard liquor. I loved to drink straight up vodka and smoke analogs. Now that my taste is improved I can barely stand it. Don't really like the liquor any more - another bonus.

So yes, for improved health all around and best chance at turning that nasty analog habit into a fun less harmful hobby - VAPE.

And for all you Nazi bureaucrats that want to turn us back to the stone age and ban e-cigs or e-liquid or Mods in any form and leave the public with nothing, but disgusting

analog cigarettes to keep your hospital beds full and funeral homes booming and big business of death and repression going - the American People will vote you out - it's just a matter of time.

Best,

Peter Lugo Director of Photography Hollywood, CA

8/19/2013 11:37:00 PM - stacy cross

i started smoking very young and continued smoking into my thirties. besides the few times i succeeded in quitting a few months at a time, i smoked a pack or more a day for twenty years. i tried quitting cold turkey, nicotine gum, and other less than successful methods. trying electronic cigarettes was the best thing i have done. i don't even think about smoking anymore. i tried a cigarette a few wweks after i started vapeing and the cigarette was discusting. the changes I have experienced since I quit cigarettes are nothing short of amazing. i would not have been able to quit without electronic cigarettes and I hope this option remains available for others struggling with smoking.

8/19/2013 11:40:00 PM - Eric

i smoked from ages 19-33. i started using ecigs about 9 months ago. i use halo ecig products. i do not smoke at all anymore. i smoked and used ecigs for about a month. i tried gum,counseling/hypnosis, and cold turkry...none of them worked at all. since i stopped smoking, i don't smell (so my GF is happier). i feel better overall. i'm also saving money. i used to spend about $150-$175 a month on cigs. i know spend about $50-60 a month on ecigs.

honestly, the money was the main factor for me. if ecigs were as expensive as normal cigs....i would have never quit.

8/19/2013 11:42:00 PM - Saundra

I had been a smoker since I was thirteen years old; snitching from my mom's stash in the house. At sixteen I became an everyday smoker that smoked anywhere from half a pack to two packs a day. I liked to smoke but I knew it was causing me health problems. After my mother died of cancer, I tried to quit. I tried cold turkey too numerous times to count and always after a week a would start smoking again. I have tried the gum (hateful stuff that makes my dizzy and nauseated), tried the patch and found out I was allergic to them. I was wiling to try anything; health failing, tired all the time, always sick from all the chemicals that are stuffed into cigarettes. I was just about to try the pill as a very last resort due to side effects listed when a friend suggested I try the new ecigarettes. I found a nice small EVOD model to start with and some tobacco juice along with a fruit flavored juice. I am happy to announce that I have been smoke free since 7/4/2013. The last cigarette I lighted up I couldn't even smoke it tasted so nasty. I have now moved on to bigger mods varieties to give me more options on control and am making my way through a very flavorful list of e liquids. My energy has returned, I sleep better, my taste buds and sense of smell have returned; I just feel great now. If it had not been for the ecigarettes being available, I would still be smoking my pack a day and on my way to death. Ecigarettes saved my life and gave me a brighter future not to mention minimizing my outbreaks of psoriasis. Ecigarettes save lives or it did mine.

8/19/2013 11:43:00 PM - David Briner- Delray beach, fl

Ill keep it short and sweet. I thought that I would never be able to quit smoking as I have been for 15 years. Tried very briefly your gas station e-cig and they tasted horrible so I continued smoking on and off. Then I found the mod type e-cig. Game changer. I made an investment and haven't smoked for an entire year now. Like the different flavors and all the different kinds of mods used to vape with. Also the fact I can change nicotine levels. I am an enthusiast now and will vape regardless of any regulations put on it. Will make my own like I used to grow my own pot when I still smoked it. Been clean from drugs and alcohol for 3.5 years and never thought I would put cigarettes down cuz it's the one thing I was holding onto and it's now been a year smoke free. Love all my mods and the friends I've made vaping.

8/19/2013 11:44:00 PM - RLR from Southwest Harbor, Maine

I quit smoking cigarettes and started vaping on January 10, 2010. I smoked my last cigarette outside of an emergency room in Philadelphia, PA hooked up to a holter monitor after being seen for recurring tachycardia. For months I was having arrhythmia and chest pains and I was scared to death. My doctor's narrowed the symptoms down to poor lifestyle and told me that I needed to quit smoking, stop drinking coffee and lower my stress. I was so frustrated and scared that I decided to go all in and make some major lifestyle changes.

I had started smoking daily when I was 15 and quit when I was 26. At the point where I quit, I had been smoking a pack to a pack and a half a day of Camels. I had previously failed trying to quit cold turkey, I had even taken smoking cessation counseling before, but for me it was the routine and ritual of smoking that I think I was truly addicted to. A roommate had told me about e-cigs. I had a kit overnight shipped to me and stopped smoking immediately. The first kit I had were cigarette sized rechargeable batteries, with disposable cartridges that contained 12mg nicotine fluid that tasted vaguely of tobacco. It wasn't great, and it was criminally overpriced, but it got me off cigarettes in the beginning. I started doing research online and have since moved onto mods, which provide me with much more control over my vaping experience and are much more cost effective.

I immediately dropped my nicotine down within a month of starting vaping. I weened myself down to 6mg and stayed there for about 2 years before just switching completely to 0mg nicotine. I no longer feel a need for nicotine, I just enjoy the act of vaping and all the delicious flavors available. It has become like a hobby. Cigarettes hold no interest to me anymore, in fact, I find them deplorable. I hate the smell, I find it gives me headaches. My health has improved so much, I am no longer coughing, have no shortness of breath, and my tachycardia has gone away. I can say with 100% honesty that e-cigarettes saved my life.

8/19/2013 11:46:00 PM - Juryrigged, NB, Texas

Its only been 3 days and I know e-cigs have changed my life. Smoked for 15 years with a pack a day in the last 10 years.

Never been a day without a cigarrette, nothing has worked to quit until now.

These are the first 3 days of the rest of my life without cigarettes.

8/19/2013 11:46:00 PM - Danny Goldman Miami, FL USA

On March 13th, 2010, the day after her 61st birthday, my mother called me early in the day to tell me she wasn't feeling very well. She lived alone and normally complained of ailments that weren't serious so I didn't think much of it and continued my work shift. Three hours later I received another call from her cell; this time there was a police officer on the other end. He informed me that she had collapsed in the kitchen and was pronounced dead when paramedics arrived. The cause of death: coronary heart disease, of which smoking is a major risk factor. The stress and emotion from her death lead me to nearly double the amount of smoking I had previously been doing for so many years (I was a pack a day smoker for almost a decade), and this continued on for another 26 months. In between that time I briefly tried electronic cigarettes for a couple of weeks but they proved to be a huge hassle and unsatisfying. Finally in May of 2012, I woke up one day and was determined to give electronic cigarettes one last shot.

On May 12, 2012 I woke up from my slumber early in the morning and decided I was not going to have a cigarette that day. There was no plan, no strategy. Unlike my previous numerous failed attempts using the patches, lozenges and cold turkey, I didn

8/19/2013 11:47:00 PM - E-cig user

Hello, I started smoking at the age of fourteen, not regularly though till the age of sixteen. I smoked for twenty-Eight years before I started using e-cigs, about 25 cigarettes a day.. I have now been using e-cigs exclusively for Two years and five months.

During my smoking years I had many bouts of Bronchitis and regular coughing fits. Since I've switched to e-cigs both have gone away, it's obvious to me I have ecigs to thank for that. I also notice that my craving for nicotine is much less with ecigs then it was with tobacco. When I smoked I would have a craving to smoke at least once an hour, now with ecigs I can go for hours without using my ecig and think nothing of it.

E-cigs worked great to help me quit smoking and become healthier. I'm sure it could help others do the same. Thank You.

8/19/2013 11:49:00 PM - scott

Only thing that ever worked. 25 years of smoking and ecigs let me kick it.

8/19/2013 11:49:00 PM - Tom Santurello from Columbus Ohio

Hello my name is Tom Santurello from Columbus Ohio and this is my story of how E Cigarettes helped me become smoke free. I started smoking at the age of 12 this was back in the 80s when cigarettes were really easy for a minor to get a hold of. Cigarettes were cheap and there used to actually be machines in most bowling alleys and entrances to restaurants. so from that time on till I was 19 I smoked any where from 1/2 a pack to a pack a day. I then took the jump into restaurant management with all the stress and pressure my smoking increased to 2 1/2 pack a day until July 25 2013 when I smoked my last cigarette.

Prior to this I had tried other methods first was wellbutrin. I had talked to my doctor 2 years ago about wanting to quit smoking and he suggested that I give it a try so I did with no success for 3 months actually at that time it made me want to smoke more.I got off the wellbutrin and continued to keep on smoking. So a few months later I went back to the doc to see what other options were out there I was having issues breathing and was put on an inhaler. This time he said to try Chantix I went on it followed the instructions and had all kinds of side effects after 3 weeks. Some of the side effects I experienced during taking Chantix included Anger for no reason at all Suicidal thoughts, Sleep Walking and dizziness I do not recommend any one take this product in fact I think it should be taken off the pharmacy shelves.

July of 2012 I started looking into E Cigarettes as I started seeing a few show up at local stores. I went to Walgreens after looking into them a little bit online and purchased a BLU starter kit. The Blu wasn't bad but the issue I had with it is the cartridges and batteries did not last long enough. I wanted something that resembled a cigarette and thought that this was the best choice which turned out not to be. It was back to the drawing board so I went back online and looked into what they called an ego it was a 3 piece design containing a bigger battery cartomizer and a cone. I purchased a starter kit got it and was not happy with it either as it tasted like burnt plastic and metal.After that experience I put it down and pretty much gave up on the E Cigs as I have close to over $150.00 wrapped up in products that did not do anything for me and did not help my craving for regular cigarettes.

July 25 2013 I had been talking to a friend of my daughters and he suggested that I give it another try that things and liquids had come along way. So I took his advise and this time I went to a local store called Buckeye Vapors in Grove City Ohio. As soon as I walked into the store I was greeted by an employee working there and told him what I had tried in the past and that I wanted to give something else a try. I told him what I had in mind and said that I couldn't go wrong with purchasing a 1300 mAh vision spinner with adjustable voltage and a Kanger Evod tank with a bottom fed coil. So that's what I purchased along with a bottle of Atomic Fireball, Coffee & Blue Water Punch E Juice. I couldn't be happier finally a product that produces enough vapor and doesn't taste bad.

After getting home and charging up the battery I finally after 27 years of smoking was able to throw away my pack of cigarettes.

I have been smoke free now for 5 weeks and couldn't be happier. I no longer have to use the inhaler as my wheezing has stopped sinuses are no longer full in the morning when I wake up and no more smokers cough. All in all I feel great I started with 24mg of nicotine and have cut it back to 16 mg. My energy level has skyrocketed and I find myself not getting tired as easily as I used too. Food tastes wonderful I didn't realize what I have been missing for all those years that I was smoking.Sense of smell is increased as well the only downside to that but is a plus is that with being a Vaper and an ex smoker I can't stand the smell of someone who is smoking now I really don't know how I continued to smoke for all those years its just plain ole nasty now.I have also saved alot of money by switching to the E cig I roughly spend $20 every 2 weeks now where before I was spending over $160.00.

To sum things up I would recommend anyone wanting to quit to give a good quality E cig a try it just might work for you as well.You will feel better and save money. My goal is to be completely off nicotine by the end of this year and with the help of the E Cig that's going to be possible.

8/19/2013 11:54:00 PM - Jess Wilkinson of Kokomo, Indiana

Hello my name is Jess Wilkinson of Kokomo Indiana. I am 51 years old and smoked cigarettes for over 35 years. I have tried to quit smoking using patches, gum and going cold turkey, which none of them worked. 30 days ago I was approached by a good friend and introduced to e-cig

8/19/2013 11:57:00 PM - Tom Munson Temple, Tx

I was a smoker for 18 years, I started when I was 18. I tried to quit smoking on several occasions, without luck. The longest time frame I was able to quit was a few months. I had a friend introduce me to E-cigarettes, I enjoyed his and the different flavors he was able to vape. I eventually went to my local vapor store to find out more information. I found out that using an E-cigarette is somewhat a healthier alternative to smoking, that it was cheaper to use E-cigarettes after the initial investment, and the different flavors available made it more appealing for me to switch. I made the switch and I love it. My mother has also switched to E-cigarettes, and she was a two pack a day smoker for over forty years.

8/20/2013 - Johnny 'Iffy (ECF)' Caldwell Bradenton, FL, US of A

Being 66, here's my lil' story fer ya'll:

Started smoking full time as an 18 yo in basic training ('65)... mostly 1.5 to 2+ PaDs ever since.

Eighteen years ago I quit cold turkey by my own choosing. Day-um, I was miserable. After four weeks I told my bride that I was thinking about starting smoking again. She encouraged, "Give it a while longer." Well, six weeks later, after gaining 27 pounds and making life miserable for everyone around me; family, friends, coworkers, acquaintances AND strangers, I told my bride that I was gonna start smoking again. Her response, "Please do!"

My three daughters, young teens at that time, have since then told me that those ten weeks were the worst in their lives. WHOA! Well, I knew I HAD to quit but didn't want to put anyone through my misery again. HOT DAY-UM, found the ECF site and made a few well informed purchases, thanx to the wonderful folk there. The eGo batt and eGo Mega dual coil cartomizers did the job. Granted, I

8/20/2013 - Terri

I did not intend to quit in one day - but that's exactly what I did. I bought an e-cigarette to help cut down, to ween me off of nicotine and to save money over the expensive (non-successful) patches. I smoked NON STOP for 35 years and was smoking a pack and a half a day most days.

On the second day with e-cigarette I stopped smoking completely!!

It has been over 3.0 months now and not a cigarette since that second day. I've been reducing the amount of nicotine in my juice and am close to zero now.

In the past I have tried nicotine patches, prescription drugs and even hypnosis, and one thing was always the same, I knew in my heart I was eventually going to smoke again.

I managed to quit for 2 years (cold turkey) and I was 'white-knuckling' it the whole time.

Eventually I 'snapped' and bought a pack at a gas station, and I was off and smoking for another 11 years.

For the first time in my adult life I know I will NEVER smoke another cigarette (tobacco version). When I found the satisfaction of smoking an e-cigarette without all the harmful, smelling, disgusting side-effects - I knew I had found the solution to my addiction.

E-Cigarettes may not have all the scientific studies done YET - but I know in my mind, heart and body that I am much better off now than I was 3 months ago -- and feel free to check on me three years from now, I promise you I won't be smoking then either.

I might still be using an e-cigarette, but I won't be smoking.

8/20/2013 12:05:00 AM - Matt, SLC UT

Electronic cigarettes have saved me from a life of dying early, simply put. I was a smoker for 6 years, from 18-22. I tried to quit several times, sometimes with something like Snus, sometimes Cold Turkey. The longest I ever got was 3 months. Once I picked up an E-cig it was over. I had no "transition" phase, I simply quit smoking cigarettes in favor of a superior nicotine delivery system. I can breathe again, I wake up feeling like I can breathe instead of suffocating.

8/20/2013 12:05:00 AM - Brad (from California)

I've been a smoker for roughly 6 years and averaged about 2 packs a week.

I'd been concerned for a while that my smoking habits seemed to be increasing as well as the fact that i continuously felt terrible the longer I've been smoking.

Along with the normal smokers cough, I had horrible morning breath and my blood pressure kept getting higher.

I'd tried quitting numerous times with the patch and with gums but those never helped.

In fact the side effects from those were worse than smoking.

When I tried the gum I would get constant headaches for hours at a time and my heart would race.

With the patch I suffered night sweats, increased instances of bad dreams and poor sleep as well as the head aches and a rash anywhere I put the patch.

These side effects were the main reason I couldn't quit.

It was horrible.

Then upon seeing someone smoking an e-cig cigarette styled device, I picked one up online and tried it out for a few weeks, but it wasn't what I needed.

The flavors burned my mouth and the liquid would leak onto my lips and that burned. The flavors were also terrible.

This was back in 2009 that I tried this first e-cig.

I stopped using it and continued smoking.

In 2012 I learned about devices like the ego-c and others.

I picked up an ego-c device at a local shop on the recommendation of a co-worker.

From the get go, it was perfect.

Having the options of many different flavors allowed me to change things up and continue to use the e-cig over cigarettes.

Since that first e-cig I've purchased numerous more devices and decreased the level of nicotine I use.

I started at 24 and now down to 6 and the weening myself completely off nicotine is a possibility.

Since my foray into electronic cigarettes I've had nothing but good outcomes.

My breathing is better, I'm not coughing up crud everyday and I no longer smell like cigarettes.

For those lawmakers concerned with them and with their effects.

Start smoking cigarettes and then attempt to quit by yourselves.

The e-cig provides options to us smokers to end our addictions safely and without the side effects of crappy nicotine replacement "therapy" and I say "therapy" because it is in no way therapeutic.

It is painful, filled with side effects and does not work.

E-cig's have been a life saver, both figuratively and literally.

Sincerely,

Brad (from California)

8/20/2013 12:05:00 AM - Keith Hoyle, Candler, NC

I am a 56 year old male that has smoked since the age of 15.

I averaged a pack to a pack-and-a-half per day for most of that period.

During that 40 years I tried many times to quit using pretty much every option known to man; hypnosis, patches, Chantix, group therapy..... Approximately 6 months ago I started playing with e-cigs. I started with the rechargables that look like a normal cigarette with disposable cartridges.

Tried many different brands but finally settled on 21st Century Smoke. I went through what I called a transition period giving myself time to get use to the e-cigs.

The main thing I learned during this period was that disposable cartridges can get pretty expensive, but I was able to totally quit the analog cigs while using them. Shortly after going 100% e-cigs, I started testing the refillable tank e-cigs. I started with a very bulky model that I purchased at my local mail, but found it a pain to carry around. I then switched to a pen-size model from E-Smart. Kept a good charge and the tank was sufficient to last most of the day.

Been using that model ever since. The most difficult part of the whole thing was finding a fluid I could live with for the long haul. Tested many different brands, and finally settled on the Red and White brand from VaporKings.com.

Actually I mix the Red and White with their Turkish blend, 2 to 1 respectively.

Gives me the perfect flavor, and I've been on it ever since.

Have now been a vaper/non-smoker for 4 months and 14 days.

Could not have done it without the e-cigs. Health is great and have experienced no side-effects. Going back to analogs IS NOT AN OPTION, and not necessary as long as e-cigs are around. Tell the feds to keep their damn noses out of our business!!!

8/20/2013 12:14:00 AM - joey rice

I started smoking cigarettes at the age of 13 and smoked a little more than a

pack a day for over 20 years. I tried nicotine gum,lozenges and Chantix all with the same conclusion I went right back to smoking after a very short time. my best attempt was 7 days using lozenges but I failed to quit smoking cigarettes entirely.

Around two months ago I was given a pack of E-cigs by a friend who was

successful at completely quitting cigarettes and I gave them a try. I realized immediately that they satisfied my desire to use cigarettes and found myself enjoying them much more than I have ever enjoyed smoking cigarettes. After about two or three weeks of using both cigarettes and E-cigs I realised the transition would be easy and I've been cigarette free for just over two months. I feel better than ever I have more energy I'm consistently in good moods I can breathe better and I don't smell of cigarette smoke. I look forward to the day when E-cigs are proven to be a safer alternative to smoking.

~Joseph Rice

8/20/2013 12:18:00 AM - Paul Beauregard, Mirabel QC, Canada

Hi everyone. My name is Paul. I am from Mirabel Qc Canada. I am 34 years old and work full time as a Long Haul Truck Driver for Challenger Motor Freight.

I am married and have one son. My wife still smokes cigarettes. I quit for good January 7th, 2012 after smoking a pack a day since I was 16 years old using Electronic Cigarettes on a full time basis.

I currently use The "Evic" by Joyetech with Kanger's MT3 clearomisers. For me, it's the ultimate setup. It's the best I've ever tried. For refill E-Liquid, I use a 50/50 mix of PG/VG with 36mg/ml of Nicotine. Flavors I use include "555 Tobacco", Sub-Zero Menthol and Caramel.

When I first tried e-cigs, back in 2007, I went with NJoy that I bought from Pilot or Flying J Truck stops. As time went on, I tried many other brands and types of e-cigs. Trial and error, but I now use what I consider the best, As I stated above. I get my liquids from one source only, one boutique here in Quebec.

Believe it or not, I quit within 7 days of using Electronic cigarettes, and with my current gear, I do not have any cravings or want to smoke. Even with my wife still smoking! I want her to quit, but only she can make that decision.

I feel better everyday and to be honest with you all,

I have had NO negative health effects since the switch, only positive ones!

Electronic Cigarettes changed my life! Maybe it's time to let them change yours!

Cheers!

Paul

8/20/2013 12:21:00 AM - nilavap

I am a female, 49 years of age, who smoked daily for 29 years.

I was a two pack-per day smoker.

On August 14th of 2012 I smoked my last cigarette.

I use mods with rechargable batteries and clearomizers filled with eliquid that I make at home or buy online.

I use 12mg nicotine eliquids.

I started with 36mg nicotine eliquids.

Ecigarettes helped me quit smoking.

Nothing else ever helped me to quit smoking.

Before quitting smoking using ecigarettes,

I tried Wellbutrin, patches, nicotine gum and just going cold-turkey.

Everything failed except ecigarettes.

My health has returned to normal.

I do not wheeze and cough or have trouble sleeping.

I no longer have night sweats.

I am not bothered by allergies any longer.

I am able to breath much easier.

I am able to excercise and go for walks now.

My name is Vickie Rahn, known as nilavap on ECF forums.

I am on Facebook also under my real name, Vickie Rahn.

My family can testify to these things and how ecigarettes have enabled me to get my life back.

8/20/2013 12:23:00 AM - Roy D

I started smoking 1 year after my father quit when I was 19 years old (I'm now 44).

As with my father, I immediately became addicted to smoking and found that I didn't have the willpower to stop.

I forced myself to quit smoking for 1 year in my mid 30s but started up again the moment I picked up another cigarette.

The first time I successfully quit smoking I used the patch and was able to force myself through the 10 week regimen.

It was a major challenge as it was an instant drop - especially the final drop from 7mg to 0.

When I met my wife, she advised me that I couldn't continue to smoke if we were going to continue our relationship.

I tried patches, gum, mints, pills ... basically anything available to act as a nicotine replacement - and none of these items would work for me.

I'd psych myself up the night before to finally quit smoking and then last maybe 2 hours in the morning before rushing out to buy a pack of cigarettes.

There were times when I would wake up in the middle of the night during a quit day to head to the store to get that '1 last cigarette' that would keep me smoking for another week until I set another failing quit attempt.

My wife and I couldn't afford for me to continue smoking but it seemed that it was never possible to quit again.

My wife was extremely patient with me (despite her allergies) and I could not find any way to give up smoking.

My recent health checkup indicated that my lungs were already starting to show signs of fibroids but even this was not enough to get me to quit smoking.

Finally, my wife mentioned e-cigarettes to me again and after a week or 2 we went to a store and bought one.

It was just a small starter kit, but from the moment I picked it up, I went from a 20-40 cigarette/day smoker to zero.

I've quit smoking and I won't go back to it.

I started with a 12 mg solution and have already dropped down to 6 mg in 1 month.

I became an immediate convert to e-cigs.

I never cough anymore and I had been waking up and coughing for over 10 years.

I find that my stamina has increased to the point where I can walk up 4 flights of stairs without getting winded while I would be struggling for breath just 2 months ago.

My weight is starting to decrease slowly and my wife is thrilled that I no longer perpetually smell like smoke.

This has been a fantastic lifestyle change for me and I would hate to be in a situation where I couldn't vape - I don't want to go back to smoking but without the availability of e-cigs, I likely would end up returning to smoking.

I used to hate smoking (despite continuing to do so) and now look forward to finding a new flavour at a lower nicotine level to try.

I like the fact that I can control the amount of nicotine that enters my system and also can control how often the doses happen.

I much prefer this kind of self-regulation when quitting as it empowers me far more than using candies or gum did.

Overall, this has been an incredible change in my life and I'm thrilled that I was able to finally quit in such a painless and final manner.

Roy D

8/20/2013 12:23:00 AM - Jon Oliver

My story began like many others.

Due to peer pressure when I was very young I started smoking.

I was only 8 years old when I lit my first cigarette, but that can be attributed to the fact I was hanging out with children much older than I was at the time.

Throughout the years my smoking built up, peaking at 2 packs a day by the time I was 19.

By the age of 21 I had successfully managed to cut down to around 1 pack, but that wasn't due to wanting to quit at the time.

That had more to do with the growing expense of cigarettes.

Shortly thereafter I did begin to contemplate quitting and tried switching to pipe tobacco because I figured eventually the inconvenience of having to carry and pack a pipe would drive me to quit.

I was right, but quitting did not last longer than 3 months.

Back to the drawing board again, I discovered electronic cigarettes for the first time when I was 22.

Unfortunately at the time I didn't know any better and wound up using really poor quality equipment.

After about a week of using those cheap cigarette-like devices I was back to smoking.

I continued to smoke up until about 3 months ago when I rediscovered vaping.

At the age of 26, vaping has changed my life dramatically in these short few months.

Now that the equipment is much better, easier to access, and the variety of flavors available is so much better I was comfortable quitting.

I basically was able to quit cold turkey.

It's the greatest feeling in the world to be free from cigarettes.

My breathing has improved, my overall stamina has increased, and due to those two factors alone I have been able to become more active and start exercising.

Also when using electronic cigarettes it is necessary to up your water intake levels, this helped me not only to feel better, but aided in my weight loss.

3 months ago I was 330 lbs, today I am right around 300 lbs and still dropping weight every week.

I feel like for once I have my life back and I'm going to be able to know I will be there for my daughter while she is growing up.

As a side note I would like to speak on a hot button issue: flavors.

Unfortunately it seems as though many people in our government have something against people being able to use candy, dessert, fruit, and other wonderful flavors available to us vapers.

They claim it targets children and get's them interested in these products.

I say, if it is of that much concern then parents should be doing a better job in regulating their children's activities.

Personally, being a grown man, I love those kinds of flavors and would be devastated if they were banned.

Truthfully, you would force me to be criminal and circumvent your laws to make my own.

Why force innocent people to become criminals in the eyes of the law?

Please, for the love of all that is good and decent in this world, don't take this away from us.

8/20/2013 12:23:00 AM - Kavon shojaee

I started smoking cigarettes when I was 17 years old.

Generally,

I would smoke anywhere from 10-25 cigarettes each day.

After 7 full years of maintaining that habit,

I decided I couldn't continue to destroy my body anymore. Cigarettes contain hundreds of unknown chemical additives that have proven to cause seriously devastating repercussions. So after a few months of research,

I finally decided to rid myself of the cursed cigarette stigma.

I purchased my first refillable nicotine vaporizer, and it was the best thing I've ever done for myself. The liquid I use to refill my e-cig contains only a few ingredients all of which are listed on the bottle and can be researched painlessly.

I am finally able to quit smoking cigarettes in an inexpensive and convenient manner.

The liquid comes in various strengths which has made it possible for me to slowly taper off my nicotine dosage from one 24mg bottle every 1.5 weeks down to one 12mg bottle every two weeks.

The longer I use the e-cig,

the lower my dosage goes! On this schedule I will be completely nicotine free in 4 months time!

I tried to quit 10+ times over the past 7 years,

but to no avail.

With my e-cig,

I did it in 4 months.

I've never felt so good about anything in my life, I hope every current cigarette user gets this opportunity as well.

8/20/2013 12:37:00 AM - Dave Auen east peoria illinois

Smoked analogs for 23 years and could never kick the habbit.

6 months since my ecig and have never even considered to smoke traditional cigarettes again.

Vaping is amazing. Health is better. Smell is better. Wallet is fatter and I am not exposing my kids to second hand smoke.

My wife no longer kisses an ashtray.

Thank god for a safe alternative.

8/20/2013 12:49:00 AM - Cheryl Zolnierek

I was a smoker of 19 years, on and off.

I started smoking when I was 12 years old and only quit when I was pregnant with my children, I'd always start smoking again after I stopped nursing them.

I tried smoking cessation courses, counseling, acupuncture, Wellbutrin...everything!

No matter what, I always went back to smoking after any random period of time...my husband, a smoker too, would hide his habit during my second pregnancy.

It caused rifts in my household and our marriage.

I was smoking a pack a day when I was diagnosed with a form of leukemia in March of 2012.

My whole world stopped, I had just had a baby 4 months prior, but with all the scary news and stressors, I went back to smoking.

In March of 2013, my husband and I invested in a rechargeable cigarette like e-cig.

I tried to commit to it, but I missed the throat hit and often found myself smoking a cigarette within moments of using the e-cigarette.

One day, my husband came home with a mod and a clearomizer borrowed from a co-worker, thinking it another fad, I blew it off and told my husband I wasn't interested.

After 2 days he didn't pick up a cigarette, a huge jump for him (also a pack a day smoker).

Convinced it would work for me, we went to our local B&M and bought us both a starter kit.

We've been completely smoke free since June 2013...I recently broke down in tears and said, "Had we never started 'vaping', I can honestly say I don't know when we/I would have ever put down cigarettes."

My house smells better, I smell better, I feel better, my whole attitude is better.

I remember my oldest son once telling me, "Mom, you stink...I don't want to hug you..."

It broke my heart.

I still use an advanced e-cigarette and have become quite involved with the hobby side of it - I fight for rights for e-cigarettes.

Without them, I'd still be smoking and throwing my life away.

As a vaper and still having cancer, I can say vaping gives me hope!

8/20/2013 12:52:00 AM - cynthia carter

I had been smoking for 36 years and periodically would try to quit.

On July 10, 2013 I became and ex-smoker when I received my e-cigarette setup.

This has been one of the best experiences of my life.

I never thought that I could successfully quit smoking but I can now say that the purchase and use of the e-cigarette was the reason that today I can say that I no longer smoke.

8/20/2013 12:52:00 AM - brian kennedy

63 year old. Decided to try e cigs as an alternative to smoking. 30-40 a day smoker for 40+ years. As soon as I started using e cigs with 36mg nicotine, no more smokes .Nobody was more amazed by that than me. I now use 12mg nicotine nearly two and a half years later. I now use a 5 volt mod. I believe that it is essential for flavour and strength. One very happy camper.

8/20/2013 1:04:00 AM - Sandie Thornburg Elk Grove CA

Hi. My name is Sandie I have been a smoker for 30+ years. I could tell it was finally catching up to me. About 10 yrs ago I tried nicotine gum it didn't help at all I only managed to quit for 2hours and I was going crazy. About 5 years later I tried the patch along with a smoking cessation class. The patch made me feel very sick I couldn't control the amount of nicotine that my body absorbed and the classes were a total waste of time, a non smoker can't talk to you about a addiction they've never experienced.

It's not just about nicotine replacement it's the act of smoking the psychological part of the addiction as a smoker most of us can't imagine life without sitting back and enjoying our smoke.

In January 2013 my daughter quit smoking using a ecig.

In March she bought me a Ego kit. Within a week of receiving the kit I had completely quit tobacco cigarettes. I started at 12mg nicotine and now I'm at 6mg and working myself down to zero. I no longer lay in bed and hear myself wheezing. I have more energy, I no longer take blood pressure medication because my blood pressure is fine now.

My husband and I use to love to hike I couldn't do it for the last few years but now I can we went on a long hike a couple weeks ago and I didn't get out of breath

8/20/2013 1:14:00 AM - Michelle Newcomb (Teach08/mhnewcomb), Hermitage TN

I was a pack-a-day smoker for 25 years.

For the last three years or so, my husband and I had been rolling our own to save money and avoid the excess carcinogens found in manufactured cigarettes.

About a month ago, I received an e-cig kit via a "free" offer.

It was garbage, but still a bit better than those we had tried back in 2009. I sent it back immediately, but I decided that there may well be better options out there these days.

Upon further research, I settled on a Halo G6 "cigalike" kit and 18mg nicotine.

What a difference a good product makes!

After a few days, my husband got curious--and was so shocked that I hadn't smoked--that we went to a local brick and mortar shop.

The two of us walked out of there with some eGo passthrough batteries, several clearomizers, and three juice flavors to share...this time, in 24mg nicotine.

I am coming up on one month of being smoke-free, and I will NEVER go back!

My husband has given our remaining tobacco/tube stash to a brother-in-law who just refuses to try the e-cigs. Neither of us has smoked at all since we each got our gear, and we have no plans to do so.

We have actually become hobbyists at this point, each of us having added significantly to our gear and juice collections as our enthusiasm rises and our taste buds heal!

I had used nicotine patches in the past, and I made it as long as 9 months (during a pregnancy), but it was always with the idea of "someday" being able to smoke again.

And of course, I DID.

I went back on the patches about 7 years later during a trip to Disney World, but I didn't even make it to the end of the week that time.

I have made smaller attempts at cold turkey as well, but I simply didn't have the willpower, much to the chagrin of non-smoking family members as well as younger friends-- they feared that by the time we were all retired, my husband and I would be six feet under.

I am simply amazed at the difference in my quality of life over this month!

I can breathe, walk up and down stairs and all over my very large school without the least concern.

I did cough up a LOT of "funk" when I first quit smoking, and I now can sleep all night without waking...something I hadn't done in 15 years.

My taste has come back, too (though I'm disappointed that I don't seem to enjoy drinking milk as much as I used to), as has my sense of smell.

Most importantly, I feel more confident--I don't feel like I'm "hiding" behind a wall of stinky, stale smoke.

As a high school teacher, I don't feel so removed from my kids anymore...I can stand around with them, talking with and engaging them, without fear they'll smell cigarettes!

This is hands-down the BEST THING I HAVE EVER DONE, for myself, my daughters, my friends, my family and my students.

I am ever so grateful to have discovered this wonderful electronic option...it is perfect for me!

8/20/2013 1:38:00 AM - Nick Abbondanza

I had been a regular smoker for over 15 years by the time I learned of the variety of E-Cigarette option. By the time I was 30 I was up to smoking up to 2 packs a day, and had already attempted quitting 3 times, 2 using patches and gum and once just going cold turkey. It was at this point I decided to give E-Cigarettes a try. I hopped online did some research and picked out a battery kit, charger and cartomizer set as well as a few different tobacco flavored juices with 36mg nicotine levels. Within 1 week of receiving my E-Cigarette kit I was down to smoking no more than a pack a day. Now here I am 3 years later, I now use 12mg nicotine juice in my e-cigarette, smoke on average no more than 4 regular cigarettes a day, and only go though about 3ml of liquid a day.

Recently I have begun branching out and using non-tobacco flavored juices, such as coffee flavored and soda flavored in order to reduce my consumption of coffee and soda as well. Prior to this I was drinking up to and sometimes more than a pot of coffee a day, and about 160oz of soda a day. I am now probably drinking on average under a pot of coffee a week and under 48oz of soda a day.

E-Cigarettes have thus far improved my health by reducing the amount of nicotine and cigarettes I was using, as well as helped me reduce the amount of coffee and soda I was consuming on a regular basis.

8/20/2013 1:39:00 AM - Josh Belleson

My name is Josh Belleson and I'm proud to say that I haven't had a cigarette in 29 days.

After doing significant research I decided that the best plan of action for me was to try electronic cigarettes.

I smoked for over 20 years at least a pack a day.

Now I must say that the first week was somewhat tough, I found that I still had urges to light up.

I know for a fact that I couldn't have quit smoking if it wasn't for e-cigs!

I've already found my sense of smell and taste have come back, also I don't have the nagging tickle in my throat that caused me to give a cough all the time.

I have actually gotten several of my smoking friends to make the switch.

8/20/2013 1:47:00 AM - Scott Anthony

After 45 years of smoking up to 1-1/2 packs of cigarettes a day and at least 8 attempts at quiting, I purchased an electronic cigarette kit 2-1/2 years ago, and except for the first month it took to arrive at a satisfying combination of battery and "cartomizer" I have not even thought of a real "analogue" cigarette since.

My experience has convinced me that e-cigarettes are the single most or even the only effective tool to quit smoking. I tried patches, Wellbutrin, Nicorette gum, an expensive hypnosis program, and cold-turkey without success. My smoke-free life using conventional cessation methods lasted no more than a month or two before I would be back up to a pack or more a day.

As mentioned above, it took about a month to arrive at what I consider a satisfying combination of pieces of "equipment". The first kit I purchased was practically useless, producing almost no vapor with a battery that died after just a few minutes of use. After some online research (that I should have done to start with) I arrived at a combination of a high-capacity eGo battery and dual coil low voltage (DCHV) cartomizer that produces lots of vapor and good taste and smell. I have tried many flavors of e-liquid, but enjoy chocolate most with the added benefit that most people seem to like how it smells.

While my story is admittedly anecdotal I think that e-cigarettes have, if not saved my life, at least added years to it with the bonuses of no longer making me and my clothing smell terrible and not having to sneak outside to have a smoke in all sorts of weather. In addition, they are on a daily basis much less expensive than smoking and have no dangerous "second-hand" by-products either in the vapor (one recent study) or in disposed of butts lying around.

If I believed in miracles I would say they are miraculous.

8/20/2013 1:47:00 AM - Murilo from New York

I struggle with anxiety and a lot of stress. Smoked for over 12 years, tried to quit well over 10 times - patches, lozenges, cold turkey, hypnosis, cheap ecigs, cutting down - you name it, I failed at it.

Stumbled upon higher end electronic cigarettes on reddit and was immediately fascinated with all the information.

After a week of intense research there, I ordered my starter kit and some nice liquids of different flavors. Two weeks later I upgraded my kit. I haven't had an analog cigarette since the first day - and haven't even craved one.

My fiance is ecstatic, my health is already better, even my anxiety has diminished (even though I still have nicotine, the guilt of smoking is not nearly as bad). Only a month in my sense of smell and taste have improved, I don't get winded as easily, my breathing is better, and I have a lot more energy.

I doubt I could have done it at this point without the electronic cigarettes, and if I did, I don't know how much longer it would have taken and at what cost to my long term health.

8/20/2013 1:49:00 AM - kris hunter

I was a 1 to 2 pack a day smoker up till about a year and a half ago. I began to see more and more negative health effects from my smoking in addition to being an expensive addiction. I made the decision to try e cigarettes and started with a disposable cheap cigarette sized model at first. That was horrible, but it was a start. I then kept trying different options and i am now almost 500 days cigarette free. E cigs have made me realize how much better i feel, look, and smell now. My sense of taste, smell, and stamina have now increased so much that i feel as healthy as i did before i started smoking.

8/20/2013 1:49:00 AM - Joe2003

I started sneaking smokes when I was ~5 yrs.old.By the time I was 10 I was a daily smoker.By the age of 14 I was already smoking at least a pack a day of marlboro reds. As I was entering my 40's I had tried several times to quit on my own but was never successful for more than a week.My doctor had me try wellbutrin(sp) and the patch but neither were any more effective than trying to quit cold turkey.

I had reached the point where any activity was causing me to have trouble breathing and when I lay down to rest I would have to lay a certain way just to be able to rest.Sometimes I needed to sleep in an upright position just to stay asleep without gasping.I had also started to wake up with a terrible cough and was producing large amounts of phlegm after I had been laying down. After completely switching to e-cigs all of these complaints have gone away and it only took a couple of weeks for the worst of it to disappear.

My wife started telling me about ads she had seen and heard for e-cigs about 4 years ago and after a few months of looking for them in stores and online we finally ordered the Q 510 disposables as a way to see if it was something we would like to use.They were a good starting point but not good enough to get me off marlboro so I smoked and vaped for quite some time.

As the technology advanced and I started getting into mods,I smoked less and less until finally I stumbled on a combination that has kept me off of cigs for almost 2 years.I've only had 1 relapse when I stayed with my mother at the hospital for over a week and didn't have easy access to my e-cigs. Since then I have been back on e-cigs exclusively and have no desire to smoke at all.

My wife wasn't as impressed or as willing to tinker with them as I was so she is a more recent convert.The newer units are much more convenient and she has now made the switch completely but that's her story for her to tell. I'm just glad that we are now both done with cigarettes and are both feeling healthier because of it!

8/20/2013 1:52:00 AM - Matt Morse - Indiana, USA

I'm going to keep this short and simple.

I started smoking at 17.

I smoked regularly for 15 years, moving from 'light' non menthol cigarettes and moving eventually to full flavor menthol cigarettes.

My health deteriorated over this time including lung function, blood pressure, etc.

From the age of 26-32 I really developed a desire to stop smoking.

I tried to quit many many times, having success from 2 hours to a few days at a time.

In late 2012 I discovered some information online regarding vaping.

After some research I ordered my first battery/hardware/juice combo late December 2012.

My gear arrived 12/30/12 and I discovered this was the ticket for me.

I was able to quit smoking immediately.

This works for me because my addiction involves being hooked on the act of smoking.

I enjoy inhaling something and the feeling it creates.

I enjoy the hand and oral components.

With 18mg/mL ejuice I get enough nic to satisfy my physical addiction to nicotine and keep me off cigarettes.

I don't know if ecigs are 100% safe.

I can tell you from my experience that I feel better.

I breathe better.

I have more energy.

I get sick less often.

I can smell and taste better.

I'm grateful beyond words in this new world of vaping that I've found.

I still strive to one day live a nicotine free life.

As I'm sure you're aware developing a long lasting abstinence from nicotine is quite the challenge.

I'm grateful to have found a alternate nicotine delivery system that is less harmful than cigarettes that fits in my life while I continue to strive toward my goal of a nicotine free life.

8/20/2013 1:55:00 AM - Linden

I began smoking when I was 17. I never thought I would, as my mom was a smoker and it might have killed her, but all my friends did it, so I tried too. It wasn't long until I became a hardcore smoker. I smoked at least a pack a day for many years. I became aware of my desire to quit when I was 19, and realized the severity of my addiction. I tried lozenges, which only made me want a "real" cigarette, patches (three times) which curbed my withdrawals until I reached the end of the program.. Then I was a mess, crying and anxious all the time. I tried call centers, read books.. I felt trapped and miserable. I had all but given up, resigning myself to a painful death when a friend let me try her vaporizer. It was bigger than the cigarette-shaped variety I'd tried before (and did n

8/20/2013 2:16:00 AM - Jenna Ryan (LushMelody) - Portland, OR

I was a smoker for around 15 years (starting at the age of 12), 4 years off and on then 11 years as a daily smoker. I would smoke about a pack a day, usually Marlboro or Camel full flavor/kings. I had good success quitting both times I was pregnant, but I ended up starting to smoke after around 6 months after my kids were born. I hated smoking around them, but I just couldn't kick the habit... I successfully quit for 3 weeks for a surgical procedure, but started back up a week after. Again, I couldn't quit

8/20/2013 2:20:00 AM - katie

I started smoking when i was 13 i thought it would help with stress from school an home life in april two months befor i truned 31 i wanted to try to stop smoking again so i tried a e cig with a battery an tank an for the firs three days i could not stand the smell or taste of a cig here i am 4 months later still smoke free i breath better walk more an longer im able to get out an play with my kids i started useing a 24 mlg of nic an i have worked my way down to a 12 im happy vaping an really hope my goverment dont take away my right to vape the flavors i love or my right to vape where an when i want vaping as truley helped me an members of my family an some co workers

8/20/2013 2:20:00 AM - Brian Sours (Vaping Clouds) from Fort Wayne, IN

I started smoking around my 17th birthday and continued to do so until I was 34 years old. That is a total of 17 years of smoking. I knew it was bad for my health, even when starting. With my own will and some peer pressure, I pushed myself and forced my body to accept the toxins even though I would be sick. Over time the senses dull and you mentally believe that nothing bad can happen. Then, I started to noticed the ill side effects of smoking. I started to have chronic panic attacks that where unexplainable, respiratory infections that wouldn't go away and where hard to overcome by medications, I was diagnosed with asthma, and I could start feeling that I was killing myself by smoking. I tried to quite "cold turkey", didn't work. The doctor tried wellbutren, it had a side effect with me that made me feel paranoid and effected my work ability. I tried chantix, I still felt like I wanted to smoke but made me vomit when I tried to smoke. I even tried an electronic ecig, but in that time it didn't offer any type of nicotine, was very expensive, and the device and juice where terrible.

One day I was walking in the mall with my daughter. She noticed a stand that sold electronic cigarettes and begged me to give it a try. With the thought of previous attempts with electronic cigarets in my mind, I had serious doubt. However, for the sake of my daughter, I found myself stopped at the counter asking questions. Though, still highly expensive at $160 for a small set and $35 for a 5 pack of pre-filled cartomizers, it saved my life.

How did it save my life? This e-cig single handedly gave me the nicotine I craved and in a form my body already was used to; the act of smoking. Slowly it evolved my thinking and changed my view of traditional cigarettes. My body started a healing cycle and felt like it was expelling all toxins in any way possible. Then I noticed something wonderful. I was able to smell things I hadn't been able to smell before. Spring was arriving and the scent of flowers and dew filled the air. I wept at the first scent because I long forgotten how wonderful and (in some cases) foul this world really was. It was like seeing for the first time.

Then my taste returned. How wonderful that was! Food when smoking started tasting bland and all I could taste was salt and sour. When my tastebuds started to regenerate, I could taste every aspect of food. I was eating healthier and eating more. My weight improved and was able to gain muscle faster and be at a healthy weight instead of being under weight. Also, as taste improved, I could not stand the taste of tobacco flavored juices that where in the cartomizers. This pushed me further into study and found much better flavors that I enjoyed, like fruits and desserts. I feel at that time, if there where no other flavors available, I might have relapsed back to cigarettes just to dull the senses so I didn't taste it anymore.

Then my doctor started asking me questions on what I changed in my life because my blood pressure was back to normal, I was able to maintain a healthy weight, and I wasn't coming in as often due to infections. I told him that I was using electronic cigarettes. He told me that whatever I was doing, to keep doing it because I was becoming more healthy. Even my Tae Kwon Do instructor pulled me aside to tell me how much my stamina and breathing had improved.

Today, Nearly a year and a half later, I was able to heal my body, listen to my body, and lower my nicotine on my own. I greatly thank the new local vape shop in my city. Without him, I may not be able to customize the nicotine levels and bring them down lower and to customize the flavors that suite me. That is loyal and old fashioned customer service that this country desperately needs. I also want to thank the makers of mods and rebuildable atomizers. Without them, I could not have total control over my own success.

This country was founded on fighting for what is right. This technology is what is right and a huge step forward in making this country healthier.

God Bless,

Brian Sours (Vaping Clouds) Fort Wayne, IN

8/20/2013 2:30:00 AM - Ed Baker, Seattle Washington

I know it's a lot but you asked for it. I'm pretty sure I covered everything.

I was a 2+ pack a day smoker after 40 years of smoking. I have tried to quit several times. First with just trying to cut back, then with gum and I even tried hypnosis. They all failed miserably. Someone gave me a small cigalike (cig sized battery with disposable cartridge filters) that I only used to supplement my smoking as they were never fully satisfying. 3 different brands and they were all the same. However, they did work well enough to give me a little hope for ecigs as a whole. I just needed a more powerful product.

After hanging out on the ecig subforums of Reddit and finding out what products were available I KNEW it would work. A couple of very nice users from the forum picked up on my plight and gave me some of their old hardware. The day my eGo style batteries arrived in the mail is the day I stopped smoking. With the proper battery and carto / tank setup it was a seamless transition and I wish EVERY smoker in the world could experience what I did. I have since upgraded to a more robust system (battery mod with replaceable / rechargeable batteries and a rebuildable atomizer). It's more expensive up front but has a lower weekly upkeep cost. It is now much cheaper than smoking.

I started vaping full time on Feb 4th 2013. I smoked one cig in the next 5 months. About 1 month ago I let myself run out of juice on a Sunday night, nowhere to get more so I bought a pouch of tobacco. It was a little rough at first but I was quickly right back in my old smoking habit. I didn't worry about it though. I knew how easy it was to switch so I just smoked up my tobacco to get rid of it. And here's the kicker, I felt like absolute crap for 4 days. I was more than happy to get some more juice. So happy in fact that when I ran out again a few weeks later, I just went without. Nicotine free for two days and it wasn't that bad. Nothing like the times I had tried to quit smoking

before, even with gum. I was a little grumpy and a bit anxious but none of that gut wrenching anxiety. It used to be I'd go searching for any butts to roll a cig but honestly, I don't think I even thought about it. When I'm near someone who's smoking, I do have the urge to bum a smoke off them. However, I don't feel compelled to, so I don't. I know that I can but I choose not to, and that feels GREAT. There was a time that I wouldn't hesitate to.

I use an 18mg to 24mg ejuice. That's the majority of what's available over the counter around here right now. I'd rather have a stronger mix in a flavor I like than a weaker mix, though I'd love to start weaning myself off the nic. Though I feel so much better already, I'm in no hurry.

Other than generally feeling a lot better, I almost never cough any more, my senses of smell and taste returned after about 23 days and I no longer stink like an ashtray. And

here is a REAL biggie that I keep forgetting to mention. I had been experiencing chest pain for several years. At first occasionally but slowly growing in frequency till it was almost hourly before I started vaping. A few times it was so severe I'm sure it qualified as a "heart attack". After my 3rd day of vaping full time that is GONE. I keep forgetting that but I'm pretty sure that's REALLY important.

Now for the down side: Dehydration. Though not necessarily bad. I am constantly drinking water as my mouth is always dry. My fluid intake has multiplied and I'm drinking a lot more than just soda pop.

I seem to be breaking out in rashes periodically. They don't itch too much and go away pretty quickly. Mostly near my elbows and lower legs. My elbows may just be a sensitive to the smoke residue that's still embedded in my desk chair arms.

My body odor has changed. It's stronger and starts sooner, actually comes on very quick, though that could be partly me having a better sense of smell now. Though mostly it's just different. I don't smell like myself any more.

Flatulence. More of it though it doesn't seem to smell as bad as you'd expect.

On Government involvement: I would like to see the products I use regulated to the point of knowing my juices don't have lead in them, but beyond that keep your hands off. It seems like every action is to either keep it away from us because we don't know EVERYTHING about it, which is rather stupid considering how far we've already come with it, or they see a cash cow and want to tax the hell out of it as a tobacco product. And don't even get me started on the "flavor" BS. Unless you are ready to say that EVERY coffee shop in the western world is marketing to children with all the flavors they have available, STFU. In my opinion, Vaping is the GREATEST thing to happen to smokers since the filter. Seriously, the Government should be spending at least SOME of the billions they hit the tobacco industry for and subsidize vaping for smokers.

8/20/2013 2:32:00 AM - Cindy Pennypacker

I had been a 2 pack a day smoker for over 37 years. As a result of putting all of the many chemicals found in cigarettes into my lungs for so long, I now have COPD. I have had to use a nebulizer and 2 different types of inhalers for the past few years, and even with the breathing issues I was still unable to quit cigarettes. I tried unsuccessfully many times with the same result, I was still smoking. In April 2012 I had to visit the ER, because I was sure I was having a heart attack. Thankfully I wasn

8/20/2013 2:37:00 AM - Alicia Zepeda; 27 years old; Las Vegas, NV, USA

I'm a 27 year old woman and had been smoking since I was 15.

Like most people who started smoking as a teenager, I did it to be "cool" and fit in with my friends.

It didn't take long for me to become a regular, pack a day smoker.

My first attempt at quitting, I was 22 and tried cold turkey.

I was back to smoking within 2 days.

My second attempt, I tried the nicotine gum but didn't like the taste, so I switched to the patch instead.

I was back to smoking within a week.

My third, and final, attempt was using an e-cigarette.

By this time I was so discouraged that I didn't think I'd be able to quit, but my husband begged me to give it a chance.

I did, and haven't had a cigarette since.

I used the disposable e-cigarettes for about a week, but they're really expensive and don't last that long, so I started looking into personal vaporizers (the ones where you refill the liquid).

I purchased one, and it probably saved my life.

Heart disease and cancer runs in my family, and I don't want to die young from smoking.

I started using e-cigarettes a month ago and haven't touched a cigarette since an hour before purchased my first disposable e-cigarette and I will never smoke a cigarette again.

I've noticed many positive changes on myself, both physically and emotionally, since I quit smoking and I haven't experienced any negative physical or emotional issues from using e-cigarettes.

They're the best thing for people to use to quit smoking if they've failed by trying other methods.

I know for a fact that I wouldn't have been able to quit without my personal vaporizer.

Trying to quit cold turkey and with the gum and patch failed, and I refused to use medication due to all of the negative side effects, including severe depression and suicidal thoughts.

If the person who invented the e-cigarette and personal vaporizer ever reads this, thank you for saving my life.

8/20/2013 2:41:00 AM - Jonathan Mahoney

I started smoking fairly late in the game, I was about 28, 3 years into my military career. For me, smoking was more of a social thing, a means to get out of the workplace and socialize. I ended up becoming a stress relief, something I did more of when I was upset, etc. I enjoyed tobacco, the taste of it, the culture behind smoking.

E-cigarettes became a "thing" at work for a few months. A lot of people were picking up the setups with a small eGo style battery (650 M amps), a non-disposable atomizer, and disposable, refillable tanks. I stuck with smoking until a friend who tried it, didn't like it decided to get rid of her setup. I picked it up, tried it, stuck with it for a few weeks, but was ultimately unsatisfied with the flavors that were available to me, as well as the overall experience.

Fast forward several months. Most of those vapors that picked it up because the "cool kids" were doing it had gone back to "analogs". What remained were folks that had done their research and found a setup that they liked. I went with one of the faithful to a store, and, following his advice, I picked out a setup that was far more satisfying to use. Bigger battery, atomizer with replaceable coil/wick assemblies, better juice flavor selections. I still wasn't satisfied with the flavors at the shop, but through the r/electronic_cigarette community on reddit, I discovered vendors that supplied far superior juices in both quality and flavor.

Now I am researching the purchase of a higher powered battery assembly (that offers finer control of the power output) as well as rebuildable atomizers for increased performance and economy.

I've done research on the actual ingredients that are in the juices. Granted, there isn't much science behind it yet, but both propylene glycol and vegetable glycerine are FDA approved for human consumption, and nicotine itself is proven to be a simple mild stimulant with health effects similar to caffeine. I tend to stick with reputable juice vendors who have a reputation for putting out a good product. In my opinion, the potential ill effects of vaping (provided the vaper does his or her due diligence in sourcing their supplies from reputable sellers, and not doing dumb things like vape on 36 mg/ml juice all day and burn their wicks) are far lesser than inhaling the multitudinous known carcinogenic and generally harmful byproducts of tobacco smoke.

8/20/2013 3:00:00 AM - T.S.

I found (non-disposable) e-cigs about 2 months ago. After about 36 hours in, I was completely off of the analogs. After about 10 days, I found the thought of smoking an analog completely repellant. Even while drinking. Even while drinking heavily! This is from a 20 year, pack a day smoker. Before finding e-cigs I had tried to quit several times before, using patches, gums, and lozenges. Once even for 2 years. However, the cravings never left me. Since trying e-cigs I have not had one single craving! I can't believe how wonderful I feel! Everything that they say is true...I smell and taste better, both in how I smell and taste the world and how the world smells and tastes me. I feel much more energetic and healthier, AND my libido is leagues ahead of where it was just a few short months ago! Performance was never an issue, but desire and energy had waned profoundly. I feel like I'm ten years younger in almost all regards. Plus I have all these wonderful vape toys and flavors to spice life up with. I am just astounded with the overall improvement in (and hopefully extension of) my life that has resulted from having started to vape. I WIN! As a result, I have begun proselytizing, and have converted easily a dozen of my loved ones. I am so grateful, lucky, and thrilled with this new world that vaping has opened up for me.

8/20/2013 3:02:00 AM - Sarah from VA

I was not smoking at the time I tried an e-cigarette and had not for 6 years. I was, however, always worried I would cave in and start again and I really didn't want that ! My husband had started using an e-cigarette and was very happy not smoking and so was I ! I decided to try one and chose some of my favorite flavors with no nicotine. I call my self a social vaper. I enjoy it and I am confident that I will NEVER smoke another cigarette. I have helped many friends to quit as well and have become an advocate for e-cigarettes. In my opinion, it is the best way to quit over any patch or medication.

8/20/2013 3:25:00 AM - Teresa Zymroz

I began experimenting with smoking cigarettes at age 14. I lived in the south where tobacco was king, cigarettes were about 60 cents a pack when I started smoking, I am now turning 50 yrs old and my menthol brand cost near 6 dollars a pack.

I have smoked a pack a day for 30 of these years,which is lots of money gone up in smoke.

I have tried so many ways to quit from NRTs, hypnosis, Chant-ix and onto prescribed medications and also tried a prescribed Nicotine inhaler that my Blue Cross Insurance company agreed to cover for just 1 month,and then it would be up to me to to pay Nic Inhalers full price Out of pocket for the 2nd month onward with a staggering price of 300.00 a box.

Well no way could I ever afford that kind of product out of pocket.

So back to smoking I went.

It seemed to me that my insurance would rather cover my future medical bills i,e. cancer, stroke, lung disease then it was

interested in preventive health care. In all there have been at least 20 times where I was seriously trying to quit but just not able to succeed.

I consider myself a smart and a very determined type person but this addiction had a grip that I could not beat so I gave up hope of ever quitting until the Blu disposable and then the rechargeable kits came along.

I did find this product to be a mixed blessing -the products battery and cartridges do not live up to what is advertized but it did help me cut down on my consumption of analogs but the product design of not lasting as advertised caused me to have to quit the Blu and return to cigarettes.

I then happened upon a grand opening of a brick and mortar Vape store and i did not really know what vape store this even was but

pulled in and went inside where I was educated on a battery called an ego that would last for up to 6 to 12 hours(again a little deceptive) but it was lasting longer than the Blu battery life of an hour.

I was then told that the blu cartridge would fit the ego battery and with some flavored nicotine drops I could then extend the life of the blu cartridge.

I returned to this shop on my next payday and bought a kit and one 15 ml of flavored nicotine @ 18 mg.

I found I really needed a higher dose so a week later moved up to 24 mg.

The first month of vaping I used both analog and e juice but by week 3 the use of analog was down to 2 cigarettes a day.

By 1 month and 2 weeks I am cigarette free, just not even having the urge for a cigarette.

I am 4 months free from cigarettes, this is the

longest amount of

time I have ever quit is now.

My nicotine level is down to 18 mg so I see that as progress. I feel good, the best in years, my blood pressure is down, my doctor is so proud of me as I had been wanting to quit for years and kept failing until the Ego battery was discovered quiet accidentally.

My doctor also said my lungs are sounding clearer on each of my past 2 appointments. I can taste food, I can smell things so much better.

The only bad side effect is I keep getting a sore mouth but I believe this is from a combination of some medications I take and the nic juice. I would ask for the fda to not place such restrictions in place that it forces me to return to cigarettes but instead focus on some of the false claims of product useability - for instance make the company's be honest about battery life,and the amount of puffs in cartridges needs to be proven.

8/20/2013 3:30:00 AM - Robert from WV

I was a smoker for 15 years and had tried a variety of methods to quit.

The most successful was a prescribed nicotine inhaler that allowed me to quit for about 2 weeks, before returning to smoking.

I tried the patch, the gums, and even Wellbutrin.

I refused to try Chantix since it seemed to really mess with peoples' minds (I believe "suicidal tendencies" is actually listed as a potential side effect - no thanks).

The aspect of quitting smoking that non-smokers have trouble coming to grips with is that there is a habit involved that can only be replicated by smoking.

If someone is looking to cut down on caffeine, it doesn't mean that they can't *drink* anything, just that they have to choose lower caffeine alternatives.

With smoking, there isn't a real substitute ... until now.

I first noticed electronic cigarettes at a kiosk at a mall.

I saw the salesman "smoking" inside and thought I'd check it out.

About a year later I finally made the jump and ordered a starter kit with batteries, cartomizers, and juice that were similar to regular tobacco cigarettes.

I made it through that first day without much anxiety at all.

After a couple of weeks, I placed an order for more supplies and never looked back.

It's been 11 months now that I've been tobacco free.

My senses of smell and taste were immediately restored.

A few months later it was spring and I was running around with my kids without any coughing or shortness of breath.

Also, since I can run into the garage and take a couple of quick puffs on the vaporizer, there's more uninterrupted time to spend (I never smoked inside or around the kids, so no more smoke breaks getting in the way of a good time).

Over time I've branched out to a variety of different juice flavors, such as fruit, confections, and soda.

There's a seemingly never ending variety of juices and vendors to choose from.

There's a very

supportive community out there as well, offering opinions, reviews, and advice.

I've been gradually cutting back on nicotine levels, but at this point it's not an urgent concern - getting tobacco out of my life is paramount anything else.

8/20/2013 3:47:00 AM - Allen Bond from San Diego, CA

I smoked for 31 years. When I first started smoking it was only a few a day that gradually increased to a pack and half, often more.

I tried quitting many times over the year. Chantix, gum, cold turkey and a smoking cessation program. The longest any worked was cold turkey for 3 months.

I first looked into e-cigarettes around 2005 and read many reviews saying they were expensive and didn't work. At the beginning of 2013 I started seeing people using the larger mods and figured e-cigarettes must have improved. I looked back into them and read many good reviews. After research I ordered my first set up. My e-cigarettes arrived on Feb. 13 2013, I haven't had a cigarette since and it's been 7 months.

When I first started I tried to duplicate the flavor I had been used to smoking (menthol tobacco) After discovering there isn't anything similar I decided to give the fruit/dessert/beverage flavors a try. I found I liked these more than the tobacco although I still enjoy menthol.

Through the use of e-cigarettes I discovered for me personally it's the oral fixation and the feel and visual vapor production that appeals to me and not the nicotine. I started at 18 mg of nicotine and steadily decreased it. I am now down to 3 mg with no cravings as I reduced.

My health and sense of smell have improved. I now no longer enjoy the smell of burning cigarettes. I now have the energy and lung capacity to exercise daily with 2 mile walks.

These e-cigarettes have been amazing in helping me to quit smoking.

8/20/2013 3:50:00 AM - Stephen Swen

What has e-cigarettes (vaping) done for me. Well the fact is that I have been smoking 1 to 2 packs of cigarettes per day for the last 37 years and have tried several accepted methods to quit smoking tobacco without success. I have tried gum

8/20/2013 3:52:00 AM - Bruce Alwin Las Animas CO

I smoked for over 40 years. I was up to 3 packs a day when I started to vape. Nothing else worked for me. I started e-cigarettes with low expectations, and have had success but I still smoke some. I cut from 3 Packs to a quarter of a pack/day. I will quit someday soon.

8/20/2013 3:54:00 AM - Sam

I started smoking cigarettes regularly at 18 and tried quitting cold turkey twice over the years. I tried cheap gas station e cigs a couple of times but they never satisfied the urge to smoke. A friend turned me on to a brand ordered online that worked for him. I tried it and it worked for me to. I haven't smoked a real cigarette since. I eventually found a vamping store near to me and got a better kit with longer battery life and refillable cartridges. They also helped me make it a lot cheaper to use. I still use it regularly and it seems to have no real negative side effects so I have no plan to quit it as of yet. I only spend around 10-15 USD a week now which is much cheaper than cigarettes were and my lungs and health have improved drastically. I would recommend e cigs a replacement to traditional cigarettes to any and everyone.

8/20/2013 3:57:00 AM - Ian from Wasington State

I had quit for years, but then I started spending more time with friends who smoked. At first it would just be a cigarette or two when I was out at a bar, but within a few months I was smoking a pack a day. I didn't like the changes that came with smoking and decided I needed to quit.

At first I tried some disposable e-cigarettes, and they were helpful. However, they didn't seem to do enough to reduce the cravings and seemed expensive. So sometimes I would buy a disposable, and other times I would buy a pack of my favorite brand. Eventually, I decided to purchase a starter kit that contained a Joyce EGO. It arrived and I stopped having cravings for cigarettes. I've had a few cigarettes of my favorite brand since the EGO arrived, but I found I really didn't like them. I would rather use the EGO.

I don't know if I would have been able to stop smoking without the EGO. I no longer have cravings, and I can go days without using the EGO or any kind of nicotine and feel fine. Unlike cigarettes, I don't get headaches or unbearable cravings if I don't use the e-cigarette. I'm off cigarettes for good, and I have e-cigarettes to thank for that!

8/20/2013 3:57:00 AM - Mark from California

Unlike most people who have benefited from the use of electronic cigarettes, I was never a

8/20/2013 3:59:00 AM - Matt M from Oklahoma City

I smoked a pack to a pack and half for 16 years. I started smoking when my great grandfather died. I was able to stop for 4 years, using Chantix to start. I foolishly thought I could smoke just one on a float trip. I was wrong. I was right back to that pack or more a day within two weeks. I've tried, online, welbutrin, chantix again, hypnosis, patch. I've worn so many patches in my life, I've spent a kings ransom on those things!!!! I used to wear one during work, so I could make it 8-10 hours without smoking.

I haven't had a real cigarette in 171 days now!!! Vaping has changed it all for me. I also used quitnet.com and a quit partner when I first started, and we are still in contact now. Part of what I use for me to quit, is vaping. It has saved my life. I started riding a bicycle, eating lots of good food (after I started smelling again) and have lost over 50 pounds in the last 6 months. I don't know how long I'm going to vape, but I never thought I would be succesful at not smoking again. I love it, and think it's a great thing. I hope nothing negative happens as far as the sale of the products.

Those first few weeks of not smoking aren't fun, but hang in there, it's so worth it!!! I'm in the best shape of my adult life now, and can do so many things I never could while I was smoking. I've read those statements from others before and thought they we're hokey, I know what it feels like for me today, and I'm grateful!

8/20/2013 4:20:00 AM - Deb, Annandale Mn

After smoking for 28 years I finally quit thanks to my E cigarette! I have tried many times and every time I was unsuccessful. I was even in a coma for a month and the first thing I wanted when I woke up was a cigarette. I feel so much better, I have had to be taken off my blood pressure meds because my blood pressure has been running low!!!! I have been on med for 10 years!!! I have also lost weight, 5 lbs and counting. I am Now able to walk and even run!!!! I have never been very overweight, just always carried that extra 20 lbs after my kids. Now, finally maybe I'll be able to lose it. I can smell and taste everything so much better now. I have not woken up in the morning needing to cough and hack for ten minutes before I get out of bed. All in all, if it hadn't been for the E cigarette I would still be smoking and would probably have smoked until I died. Thank you to the inventors of this wonderful device!!!

8/20/2013 4:26:00 AM - C. Hickson - Washington State

I am a "vaping success story".

My name is C. Hickson. I am 57 years of age and have smoked, until July 8th of this year, since the age of 12. I have tried to quit smoking countless times, using patches, gum, prescription drugs, hypnotism and even self-imposed isolation for extended periods. I always came back to smoking... two packs of Camel non-filters a day.

I recently went through a two year battle with colon cancer, and some very severe infections from surgical procedures and hospital stays. My health has been so damaged by cancer treatment that I HAD to quit smoking, or die within a year.

On July 2nd I purchased a blu brand e-cigarette package and began "vaping". The blu device, although not very satisfying, due to it's limited performance vs. my needs, was an example of the potential of vaping... and served to point me towards improving my education and understanding.

After several concentrated hours of research in the various electronic cigarette forums, ECF in particular, and other on-line resources, I had a far better understanding of how vaping works, how best to utilize the products available and most importantly, how vaping might allow me to quit smoking without the physical withdrawals, psychological stresses and general dissatisfaction associated with all the other smoking cessation products I've tried.

I purchased products that both suited my budget and what I thought might provide me with a satisfying experience - a "VV-VW mod", "carto tank" and an assortment of flavored, 24 and 36 mg/ml "e-liquids"... approximately the cost of one carton of Camel cigarettes.

On July 8th, I received those products, and began vaping in earnest, that evening. Since that evening, I have had no desire to smoke and have not suffered any negative effects.

My goal is to reduce the nicotine values of the e-liquid I use to zero, then, at some point I may also choose to reduce my use of vaping products to zero as well. I'm off to a good start already, having reduced the nicotine content from 36 to 24 and currently 18 mg/ml. I anticipate I'll be using nicotine free liquids by the middle of 2014, if not sooner.

To those with local, state and federal influence - please do not impede or restrict access to, or excessively tax, the vaping products necessary for (adult) individuals to finally (and for me, the easiest method I've ever utilized) stop the foul and harmful habit of smoking. Do continue to restrict access of vaping products to minors, using the same processes currently used for tobacco products.

"Vaping" has proven to be the finest smoking cessation device I've used. To restrict or excessively tax vaping products would be no different than having a safe and low cost cure for cancer... then locking it away so that only criminals or the rich and influential might have access to it.

Sincerely, C. Hickson Covington, WA.

8/20/2013 4:35:00 AM - Dave

I've smoked since I was 15 with a brief cessation during Navy boot camp. I should have stayed quit then but I wanted that swimmy feel to first hit of nicotine that I remembered as a teen right out of bootcamp. Stupid move!

Now I'm 44 years of age. As of April 29, 2013, I went to e-cigs for the first time following a co-worker. During the first two weeks, I had smoked two cigarettes to basically confirm nicotine strength of e-liquid.

Since then, I'm strictly a e-cig user now. The frequency of severe head & chest colds have rapidly decreased. My weird eczema-like skin condition has now disappeared. I noticed the other day that I wasn't out of breath walking up a steep hill at my job even being mildly over-weight. WaHoo!

I must also add that during that season of my life, I was also going through some major life adjustments that probably would have made me go back to smoking if I didn't have e-cigs to help me through the mental stress.

I will NOT go back to regular tobacco.

8/20/2013 4:38:00 AM - Corey k

I started smoking when I was 14 I'm now 32 I tried patches gum cold turkey. In 2011 my partner got a blu kit it sucked I went on to try more and more cigalikes and failed in dec2013 I started again on disposable brand and moved on to mods and quit feb 18 of this year I started at 24 mg and am down to 9mg soon to be at 6 I want to reach zero and keep vaping

8/20/2013 4:44:00 AM - Pamelia/Tennessee

How long did you smoke? ~28 years

How long ago did you start using a smoke-free alternative? ~4 Years

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

~Started out with rechargeable device with pre loaded carto's then chose a MOD from Great Lakes Vapors, since then I have tried other MODS including eVIC, and eGo Twist.

Do you still smoke at all (and if so, how much have you cut down)? ~No

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? ~No

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? ~None

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? ~More energy, Better Breathing, return of smell and taste, However I have gained weight.

8/20/2013 4:45:00 AM - 1963bus

I will be brief. Started smoking at 15 and continued for the next 25 years. Hit 40 and put the analogs down. Got introduced to e-cigs at 47 and have been enjoying ever since. The nicotine was never my concern. It was the thousands of toxic and deadly chemicals (all of which I am sure occur naturally) I wanted to get away from. Many of the beneficial properties of nicotine, when used in moderation, are ignored due to its connection with the use of analog tobacco products.

8/20/2013 4:56:00 AM - Pat from Oregon

I started smoking at 13, and smoked for 17 years. I have tried to quit many times. Electronic cigarettes are the only successful long-term tool I have ever used.

8/20/2013 5:08:00 AM - Katie

I started smoking when i was about 14 years old, it was peer pressure from my foster sister. I had tried it and didn't quite like the first couple drags after the second or third cigarette i liked how it made me feel. I would steal them from my mom and when i had the chance would get someone to buy them with my own money. I did this until i turned 18. Then my now husband came along and asked me to quit smoking because of how bad it was for me and because his mom's lungs had collapsed before from it and he didn't want that to happen to me. Because i loved him i quit, but then i began sneaking them at work and whenever i could, then he found out and i quit again. Then i started college, where again i was away from my husband and was around a lot of people who smoked so i picked up doing it again. The summer of my first year in college i told him i was smoking again and that i wanted to find a way to get away from the cravings and that i wanted to quit cigarettes but i wanted to keep the nicotine. His sister had bought an e-cigarette and told me that she could get me a discount for it and i took the opportunity and haven't turned back since. Since i started i don't get the cravings to smoke again and i don't feel like a grumpy old hag like i did when i smoked, because i have limited income i have noticed this is a lot cheaper than smoking and i don't have to bum cigarettes anymore.

8/20/2013 5:25:00 AM - Charles from FL

I smoked from the ages of 16 and 23. I smoked heavily, and regularly (about 1 to 1.5 packs a day). I had tried and failed with e-cigs, and didn't want to use NRTs. Finally, once the tech caught up to my desires, I purchased the equipment I wanted and started out again seriously. As of this writing I am 19 days and 22 hours cigarette free. I control my own intake and feel it should always be that way. I can control my own alcohol intake, I can control my own food intake, why can I not control my own nicotine intake. This is enjoyable, I feel better, my friends and family are pleased, my work is happy I spend more time inside working and less on smoke breaks (they were accepting of smoke breaks, but gladly allowed indoor vaping in return for more at-desk hours), local restaurants approve, bars approve, I get compliments from people at stop lights while driving. Everything about my life has improved, and I am smelling things I haven't smelt in years. I hope I may be able to continue this wonderful and self-controlled journey without having to deal with more ignorant and uninformed law making.

8/20/2013 5:28:00 AM - Abigail Barnes from Fort Worth, Tx

I began smoking cigarettes when I was 13 I am now 26years old. Throughout the past 5years I have tried to quit smoking about 25 different times the only time I was successful was when I found out I was pregnant with my beautiful son who is now 2 but my success was short lived just a few short months after giving birth I began smoking cigarettes again. I researched many methods of quitting and found that every single one had horrible side effects and minimal results. I finally came across e-cigarettes and decided to give it a try the first kind I tried were the disposable ones that look like a cigarette after trying about 10 different brands trying to find one that

tasted tolerable and satisfied my cravings I ended up hating them all, none of them helped and I

was out almost $300. After some time a good friend told me about this

e-cigarette that she had gotten and explained that in 1 month she was able to cut back to only 2 cigarettes a day compared to the 15 she

normally smoked a day I was curious so she let me try it and to my surprise I liked it , it was larger then the ones I had first tried and she called it a vaporizer and said some called it a mod. I looked around and found that for a good starter kit it was going to be $60,

I knew at that point there was no way I could spend that much due to some financial difficulties at the time. Since then I had seen many of my friends start using the mods and most of them had quit smoking cigarettes completely. One day I saw a post on facebook, my cousin in-law had quit smoking by using an e-cigarette, I asked her what kind and sure enough it was the same type my friend had so I began to tell her how I had really wanted one but just couldn't afford it at that time. A few

minutes later she sent me a message saying that one of the women in the North Texas Vapors Facebook group wanted to send me one for free that

she no longer used. I was absolutely overjoyed when I received it, all I had to do was purchase the 24mg nicotine strawberry mango flavored juice. I immediately started using it... that was about 2 and a half weeks ago, I am now down to 5 cigarettes a day from the 20 plus I normally smoked on a daily basis and it's getting easier every day to let go of these awful cigarettes that have plagued me for 13 years. I have had severe asthma for most of my life and I have been on many medications throughout the years to try and control it along with using my rescue inhaler around 5 times a day. I am no longer taking any medications and I only have to use my rescue inhaler once a day. I am absolutely amazed how much this e-cigarette has helped me already, this has truly been a miracle for me I never that that quitting cigarettes would ever be possible and now it's

right around the corner. Within the next couple months I will be able to play with my son for the first time without having an asthma attack:-)

8/20/2013 5:29:00 AM - Rose

Hello.I am a 60 year old female...this is my story..at age 20 I watched my dad die of cancer...from that moment... I wondered what was so special about smoking for him to do this to himself...so i tried it for myself...forcing myself to like it...because it was very nasty tasting to me...well it took a while but finally i was hooked...I was smoking 30 cigarettes a day in no time...just like my dad ...he was a wonderful man and I loved him deeply...now I was just like him...the only difference was that I was alive...in my life time i have had 4 children and with each one tried to stop smoking..well it never lasted long...now I have 10 grandchildren that mean the world to me...they always ask me "Grandma will you PLEASE STOP SMOKING"...I will not lie to them...so I just never answered them...cigarette prices keep going up and up...and i truly would like to stop...one day my youngest son came home and told me about e-cigarettes...so the next day I went to the vap store...they explained every thing about it and i walked out the door very pleased...I had 15 cigarettes left...my first juice flavor was one of tobacco...to my surprise I really didn't want a cigarette once I was vaping... but I had those 15 calling my name...so every night i would have one before bed and one in the morning till all where gone..I HATED THE TASTE OF THEM...but I would not waste them...man was I happy when they where all gone...It has only been 3 months, those 3 months have been very blissful...I smell things better...I taste things better...I SMELL BETTER...it only took a few days for my smokers cough to leave...my nicotine level is going down I have one juice flavor that is down to 12 and another that is 0 nicotine...wow I never thought i would have 0 nicotine going into my body...in 60 years I have never been excited about a product...but these e-cigarettes excite me...I will tell anyone interested about how wonderful they are...if a 60 year old person who smoked 30 cigarettes a day can stop smoking then anyone can...I also have changed juice flavor...NO MORE TOBACCO FOR ME...IT'S CRAZELNUT OR VANILLA FOR ME..

8/20/2013 5:30:00 AM - Michael Meyer, Beverly, Mass.

I am 43 years old, I started smoking back when I was 13, for the past 8 years or so I have smoked on average 2 packs a day. I had seen electronic cigarettes advertised online and had considered trying them, but decided against it at first as nothing else I had tried using to give up cigarettes in the past had helped, the patch made me feel nauseous, and the gum just didn

8/20/2013 5:40:00 AM - Travis Quiding

Basically I am a 29 year old Father of 4. I love my kids, and I love my wife. I had been told for years I smoke to much, and I'm always outside smoking not spending time with the family. I was introduced to ecigs through work from a rep who made a trip to our store. I bought the starter kit, and it helped me cut back on smoking. However I knew there bad to be a cheaper, more enjoyable way to Vape. I looked to YouTube and found several very popular reviewers who I learned a lot from. Such as where to buy things, and what works best for a heavy smoker. I bought those things, and visited those vendors mentioned in those videos, and POW! I ALL OF A SUDDEN QUIT SMOKING! I didn't want cigarettes. I tried a few here and there, and they were the most disgusting thing I've ever tasted. I finally found something that made me say. Hell yes! I am no longer a smoker! I am over tobacco, and the people I love and care about either have, or are working on making the switch as well after seeing my success from being a devastatingly heavy smoker to telling everyone I hate cigarettes. I can't thank our community of friendly helpful Vapers from YouTube, Reddit, ECF,Facebook, and so on. We are all friends and it doesn't matter if you're the biggest reviewer on the net or the guy who has no idea what he is doing. Someonebidy will be there to help you.

8/20/2013 6:21:00 AM - san Diego

I smoked for 33 years.

Was never able to quit.

I used the cigarette type a few years ago but it didnt work for me as it didnt make any smoke.

As better products became available and the cost came down I decided to try a disposable.

It worked.

I upgraded to mechanical mods and found a shop ghat mixed good flavors with low nicotine.

I've completed 3 months of being tabacco free.

I still crave smoking but its not the nicotine my body needs, I get that in my e-cig - its the crazy chemicals and burning tobacco I want!

This experience confirmed that big tobacco intentionally uses chemicals in tobacco products to "hook" you.

Anyhow, I fell 100% better, my taste and smell returned within a few weeks. E-cigs was the only thing that helped me quit those darn cancer sticks.

8/20/2013 6:25:00 AM - MJ Logan

I began experimenting with cigarettes at fourteen years old. I would socially smoke with friends until I was eighteen, this is where I began to smoke regularly. I'm currently twenty-six years old and have just willingly quit smoking on my own accord. I've tried quitting for others over the years. Taking cessation classes, pills, patches, and cold turkey. Never for ,user, but for others. Last year I became pregnant with my first. I was two months pregnant and decided to quit for the sake of his health. It was a very, very stressful time. I slipped a few times, hiding away to cry after. I felt so guilty.

Once he was born I stayed away from cigarettes for two weeks. I finally gave into the cravings once more. For eight months I hid away from the public eye, ashamed of being a mother who smoked. Risking health to first hand smoke and my baby to third hand smoke. I took all the precautions, wearing a jacket and washing my hands. I tried twice to quit in these eight months. Finally, I read about electronic cigarettes. Skeptical a few years ago from when I tried one I did research. I found that they were much different and you could personalize them to your needs and tastes. I ordered one for myself and my husband (who has been smoking well over twenty years). Within a week I had completely cut out cigarettes and my husband is down to half a pack already. I'm already feeling a lot better. I smell like sugar and not smoke. I breathe easier when working out. My cooking has gotten better. My attitude has improved greatly as well! Since I just recently started I'm very disappointed in hearing they're trying ban something that could be so successful with long time smokers like myself. I love my electronic cigarette.

8/20/2013 6:43:00 AM - Ellie Choate

I smoked for 44 years having started at age 12.

I tried every method as they became available to quit; patches, gums, lozengers, Chantrix, Wellbutrin... All failed me in different ways and the longest I was ever able to quit was 2 weeks.

In 2010 I was given my first e-cig for Christmas.

It was the cigarette look-a-like type.

I was not able to fully quit smoking while using it as the cartridges were preloaded, the battery didn't last long and honestly they just didn't taste all that good.

Two months ago I was determined to quit.

I discovered the newer models with refillable tanks and e-juice that I could buy in any nicotine amount I wanted from 30mg to 2mg.

I started with the 24 mg and within 2 weeks used up my 1 ml bottle.

I moved down to 18mg for another two weeks.

I'm currently down to the 12 mg bottle and have already purchased a 6 mg as my next step downwards.

My goal is reach 0 mg of nicotine.

The e-cig has been the only truly successful method of quitting smoking I have found for the most part because I can control the increments in reducing my nicotine use.

I failed on the patches because going from stage 1 (21mg) to stage 2 (14mg) was just too big a jump at once with no way to manage it; it was like starting all over with the cravings. With the e-cig I have the option to "vape" more often in the beginning with a lower dosage and gradually slow down to a regular schedule.

I'm excited that I've gone this long without one massive craving attack. If it weren't for the ability to find a flavor I enjoy (caramel) and reduce my nicotine use at my own pace I'm sure I would still be smoking harmful cigarettes.

I'm looking forward to a longer healthier life thanks to e-cigarettes.

8/20/2013 6:50:00 AM - High School Science Teacher, VA

I started smoking cigarettes in high school. That was back when anybody could buy cigarettes and everybody smoked wherever they wanted to smoke. I tried to quit many times, but I was sneaking a cigarette here and a cigarette there so my "3 years quit" wasn't really accurate. I always wanted to go back to it, and I always did. As I got older, I knew I should quit but I honestly didn't want to quit. I knew I was doing damage to my heart and my lungs and my skin, but smoking overpowered that knowledge. I knew I reeked of smoke, I knew I was becoming an outcast when I had to go outside of eating establishments and into my car in the parking lot at work to smoke, and I knew the students I taught were occasionally bothered by the smell of smoke on my clothes and I was setting a bad example...I have always wished I could be a non-smoker without the pain of quitting and without the withdrawal. I tried everything; cold turkey, Nicotine replacement, Wellbutrin, Chantix, hypnosis and counseling. Nothing made me give up combustible cigarettes for more than a few days. NOTHING!

One year ago last month my father was hospitalized while we were on vacation all the way across the country from home. He was taken by ambulance and the hospital had no smoking areas and I wanted to stay close to him while he was there. The Shopping Mall across the street had a kiosk that sold e-cigarettes (rechargeable battery, charger, and disposable tips in menthol which was my flavor of choice). I bought one so I could smoke in the rental car and in the bathroom while visiting my Dad. I started with 24mg because that was the highest strength they had. At first, it felt weird inhaling and it didn't taste as good as my "real" cigarettes so I thought, "I'll go back to real cigarettes after this is over."

However, the next real cigarette I smoked tasted awful and made me really cough and smelled and made me feel dizzy, so instead I ordered more e-cigs. I dropped to the next lower level of nicotine after 2 months and then the next lower level after 6 months. Three months later, I dropped another level and 2 months ago I dropped to the lowest level (non-nicotine is the only thing lower than what I have and I expect to drop to that within 6 months and quit entirely within the next year).

I went to my doctor for a checkup after 6 months with the e-cig (he is certified as a pulmonologist as well) and he ASKED me what I was doing differently because my lungs sounded so much better and my blood oxygen level had increased. While he told me he would rather I not put anything in my lungs, he was pleased with the results and he shared some studies showing that propylene glycol has some antibacterial properties and is also found in many foods. And in fact, my colds and sinus infections have dropped significantly during this time.

I am so pleased to have the option of e-cigs! For my health and for those around me, for the convenience, for the vapor and the lower nicotine without all of the carcinogens and

other chemicals that clog the cilia in my lungs, for my sense of smell and lack of sinus infections, for the flavor and the ability to get that flavor while still lowering the level of nicotine and aforementioned chemicals. I would not smoke a real cigarette again unless they took away my e-cigs, and if I can continue using them to step down the nicotine to 0mg, I have no doubt that within a year I will be a "former smoker". E-cigarettes have saved my life and my sanity and the students I teach now have a much better role model! IF the conversation comes up, I share all of this with them because I wish I had never STARTED smoking and I explain the reasons why I hope they never will, and I want to show them that there are alternatives that will help them quit early while they still in the early years of what is likely to become a more detrimental habit as the years go by.

I am proud of what I have done and I have e-cigarettes to thank for so many positive improvements in my life and my health!

8/20/2013 7:24:00 AM - Greg Smith

How long did you smoke?

15 years / pack a day

How long ago did you start using a smoke-free alternative? 2 years 3 months

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

Hardware and juice have changed often. My mod is a Provari mini, my atomiser is a Joytech ProTank, and I get juice from several vendors

Do you still smoke at all (and if so, how much have you cut down)? Not since my first e-cig

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

stopped entirely

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative?

Counseling, gum, patches, hypnosis, cold turkey

How long were you able to go without smoking using these other methods before starting again?

sometimes days sometime hours but never for longer than a couple weeks

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

All positive. Seriously. No stink, no cough, no weez, sleep better, smell better, taste better, feel better.

8/20/2013 7:28:00 AM - Lisa Mason (Rhapsodies Fire) Bellingham, WA

My name is Lisa. I am happily writing to offer my support to the vaping (electronic cigarette) industry. I started smoking when I was 11, shameful, I know. I am now coming up on 39 years old & have been smoke free since September, 2010. I smoked 1-2 packs a day for the better part of 26 years.

What drives me to write this is my need for you to understand the struggle I went through. I did not want to smoke. Yet, I was so addicted to it. No matter what, in life, smokes were always there for me, through good times & blissfully through the worst of times.

I did successfully quit once for about 6 months. But with life

8/20/2013 7:42:00 AM - Dustin Powell

I started smoking when I joined the military. That was 4 years ago almost to the day of this writing. I arrived in Korea and just picked up the habit from my buddies. It started off not to badly all things considered, but, I started smoking more and more because I would go on all the smoke breaks they took. Soon I was up to 1.5-2 packs a day not only due to all the breaks we took but also because of the amount of stress I began to accumulate. That lasted for 2 years of my life. I was sent stateside for my next station and my habit stayed at the same level. My workload was overwhelming and I was smoking like a chimney.

During those 4 years I tried quitting 5 times. Nothing worked that I tried, that my doctor prescribed, or that the therapist could think of. I used chantrix, private and group therapy, and cold turkey.

After a while a store opened up where I live now and everyone started talking about these E-cigarettes. I was intrigued because I wanted to quit smoking and hoped they would maybe help after the hours of conversation people would have with me about them. I bought a basic Mod unit and it has to have been the best thing I have ever done for myself. That was just over a year ago.

Once I started I did not look back. I trashed the 9 packs of cigarettes in my freezer and went at it. I have not had a regular cigarette since I started.

I started with the basics, a $35 mod and some juice. I still get the menthol flavor I love and all the fruit flavors I could want. Over time I upgraded my unit of course, but I still keep the first one for memories sake.

8/20/2013 7:56:00 AM - Tony, Dublin, Ireland

I started smoking at 14. I wanted to be one of the cool kids at the back of the bus (you could smoke upstairs on double deck buses back then). Well, actually, it wasn't so much about being cool as it was about being seen as a wimp. I really wanted to be included. From about the age of 20 I started to think about quitting cigarettes, but never had any success going cold turkey. The longest I managed to stay off them was a few weeks. In my early 30's I managed to quit for 6 months but started to smoke "the odd one" every now and then until I found myself back on 20 a day. I tried again and again, but never seriously, but it was always on my mind. When I was smoking I constantly thought about quitting. Whenever I was off them, all I could think about was smoking again. At 35 I asked my doctor for help. He prescribed nicotine patches. I'd never tried any nicotine replacement therapy at all up to that point, despite the fact that my wife held a management position in the Irish office the world's largest manufacturer of NRT products. They didn't work. I felt sick. The pharmacist told me I'd get used to it after a day or two. After I week I threw them out, and bought a pack of smokes. Several pathetic attempts later (a couple of days at a time), I heard about electronic cigarettes. My first thought was that they'd be regulated off the face of the earth. I felt that there were too many vested interests that would be affected by their sale. I didn't try them. There was no point. They'd be gone in a few months and I'd be back on cigarettes. Well 4 years later I finally did try an ecig. My motivation was primarily financial. I smoked a cheaper brand of cigarette and was spending almost

8/20/2013 8:11:00 AM - John

Bonjour,

I started smoking when I was 17 and became a regular smoker pretty quickly. I did try my first electronic cigarette in 2010 (I was 30) and was really enthusiastic about the idea and the potential of the device. I was given the opportunity to sell them in my country (France). I now sell them all around the world for a reputable company.

I have seriously tried to quit tobacco perhaps twice before using e-cigarettes, but went back to it after months (hanging out with smokers makes it hard to kick the habit).

Thanks to e-cigarettes, from a pack a day, I dropped my consumption gradually but quite quickly. Today, I consider myself only as a social smoker and would "enjoy" a real one only when going out and having a few drinks. Apart from that, I do not smoke on a daily basis any more.

As a sales person, this is a very good product. First of all, I like my e-cigarettes (I use many models but my favourite one is my MOD): when you believe in the products, that makes it a lot easier to sell (if my Mum was a smoker, I would make her switch without a doubt - she is not and never smoked!). The second thing, e-cigarettes do bring a lot of benefits which are all excellent selling points (health, savings compared to tobacco cigarettes, use indoors...).

But do not get me wrong, I do not use e-cigarettes because I am in the industry (and get free devices and liquids), I do use my electronic cigarette because I like it and for a bunch of reasons...

I just wish I will be able to keep using my devices and my liquids as I want.

Thank you for reading my quick story.

8/20/2013 9:00:00 AM - KM

I started smoking when I was 15, I'm 26 now. I tried quitting cold turkey a few times but that never worked. A month ago I bought a ego style ecig and haven't looked back. I haven't touched a cigarette since. It wasn't even hard at all, which surprised me.

I had very few cravings while transitioning over. The normal morning craving most of the time, but as soon as I remembered I had the ecig it would go away. With my ecig I don't find myself absolutely having to pick it up and have a drag, really. I don't get those hardcore cravings like cigarettes gave me, which makes me question some things.

They've changed my life. I didn't think I would ever quit smoking and if I did I expected to be curled up in a ball dealing with withdraws for a week or so. I'm only a month in but everything tastes completely different, my sense of smell has come back quite a bit, my lungs feel better and my girlfriend a non smoker is thrilled.

8/20/2013 9:23:00 AM - Jess

I was a smoker for eight years when four months ago my mom got me to try a electronic cigarette when I went to visit her in NC, she had already been using them for 2 months and had not had a cigarette since the first day she tried them. I ended up enjoying the product and purchased a kit. When I arrived back home to GA, I located vape stores in my area and broaden my selections and devices. Now I have gotten a job at a electronic cigarette store and not only work there but help others make the transition to vaping, which is so fulfilling. Before trying electronic cigarettes I had used the patches to no success and went right back to smoking!!! I hope my story can help others to realize that electronic cigarettes are a awesome alternative to smoking.

8/20/2013 9:38:00 AM - Timothy Powell from Orange County, CA

Hello, My name is Tim and I was a smoker for 18 years (I

8/20/2013 9:50:00 AM - Zolabud. (Pam) UK

I bought a cheap E Cig from E Bay in 2008. (Think is was a DSE901) It was an automatic battery (no fire button) It was shaped like a pen,I got 2 batteries in the pack and 5 cartridges filled with wadding which I dripped my 18mg Strawberry juice on. I used it when smoking was not permitted or favourable. I was still smoking rollies by default though as I found it didn't satisfy by cravings entirely and I just liked tobacco too much. I gave up using it as it was unreliable,the batteries ran down far too quickly and it was a bit if a faff.

Fast forward to Jan 2011 and I was admitted to A+E with a chest infection. I had a lung scan and a spirometry abd discovered I had Emphasyma.

I had just bought

Tornado tank and hadn't even got it out of its packet when I was admitted to A+E. The Tornado tank was 2 x 650 mAh Ego style

batteries.2 atomisers and 5 plastic tanks which you put about 1 ml of liquid in and it was infinitely better than the one I bought in 2008. And it worked. I never smoked again.

My family history of death form Emphasyma is pretty bad. My Dad died at 52.His brother (my uncle) died at 52. My sister died at 52 and my partner died at 49. All had Emphasyma and not one of them gave up smoking.So I knew if I didn't give up I would probably go the same way.

I spent a lot of money in the early days. In 2008 there was an E Cig which I really wanted called The Screwdriver which cost

8/20/2013 9:52:00 AM - Tony

I was a 20+ a day smoker for 55 years, had at least 13 quit attempts using NRT but they never worked longer than a few weeks, I had been diagnosed with minor COPD and though I realised smoking was not helping I was unable to Quit.

27 months ago I saw an e-cig on the internet and purchases a couple, they were cigarette look a likes, but I was disappointed with the battery life and vapour production, and almost gave up on the idea, when in a forum I read about the Ego, I purchased one and never looked back from that day.

In 2 years I have never had a Tobacco cigarette, had no withdrawal symptoms, my Health has improved as well as my environment.

I will be honest I enjoyed smoking, and saw vaping as being a much safer alternative, BUT if this was banned or the strength of the liquid reduced to NRT levels then I would return

to smoking, as my safer alternative would

have been taken from me.

8/20/2013 11:07:00 AM - Debra D. Matott, De Kalb Jct., NY

I started smoking when I was 13 years old.

I

8/20/2013 11:13:00 AM - bobby bartels

I smoked two or more packs a day

as a New York construction worker nd I've been smoking since I was 14 until my friend told me about mods I liked the idea of getting all the nicotine without the smoke so he set me up with a temporary until my vamo v3 came in I quit right then.

8/20/2013 11:25:00 AM - Jonas Long

I smoked heavily for 12 years, around 2 packs a day since I turned 18.

I tried every option to quit on numerous occasions.

Patches were an utter failure.

Chantix caused crazy side effects and I had to discontinue.

Gum didn't work at all.

Support groups and online tools allowed me to see exactly how bad it was, but didn't help at all.

E-cigarettes worked.

Period.

I bought a small starter kit to see if it would help in October of 2012.

By November, I had bought several more advanced pieces, a selection of juice flavors and strengths, and had cut my cigarette consumption down to a pack a week.

By Christmas, I had stopped buying cigarettes altogether and had leveled my nicotine consumption out on the ecigarettes.

Even with the ecigarettes, there were withdrawal symptoms from the cigarettes, and my nicotine consumption was spiky for the first couple of months.

However, I now had a replacement that allowed me to account for the ups and downs of withdrawal from addiction to far more than just nicotine.

Without them, I doubt that I would have ever quit.

Since then, my breathing has improved, my stamina has improved, my blood pressure has dropped, I've gotten less moody, my allergies have improved, and I no longer stink like an ashtray.

Coworkers and friends have noticed and praised the changes, and I've managed to convert a couple of lifelong smokers to ecigarettes.

It has been an improvement in all of our lives, and the lives of those around us.

8/20/2013 11:33:00 AM - Keith Hunt (yoda1970)

I first heard of electronic cigarettes, or 'e-cigs', when my wife came home from playing bingo one day. She had been bugging me for a while to try giving up smoking due to her asthma getting worse, (although she smoked too!), and had recently been diagnosed with chronic bronchitis. I had always just nodded and mumbled under my breath, "yes babe, we'll start on it tomorrow". We had both been to see our local practice nurse to start a course of NRT a couple of weeks earlier, but the patches were causing me to have palpitations and to be honest, the cravings for cigarettes were really bad even with the patches on and we were both arguing with each other constantly, and it was really putting a strain on our marriage. Quite a few times we had come to the stage of talking about divorce! The patches obviously weren't working.

Anyway, as i was saying. My wife had been to bingo the one day and had come back all excited talking about this "electronic cigarette" one of her friends had been using, "I want to get one" she excitedly told me, she was so excited that the button on this electronic cigarette lit up blue when you pressed it, (my wife loves anything that's a "gadget"), she told me she was going to get one at the weekend, so that weekend we went on the hunt for one of these devices, and after a lot of searching we found her one at a local market, although it was a lot more expensive than her friend had told her. We got back home and my wife got everything out of the box and charged this device for a couple of hours, and then after screwing the various components together, and putting some e-liquid into it she began to "smoke" it, and passed it to me to try, (i thought it was disgusting!), i told her it was ok.

After much convincing and coercing, my wife talked me into getting a starter kit for myself, i didn't really want to give up my "roll-ups" at the time as i was an ardent smoker of 25+ years and thought anything that was supposed to help you give up smoking was the work of the devil. That following weekend i got myself a starter kit of a double ego kit with 2 batteries and 2 clearomisers with a wall charger, and i got a bottle of tobacco flavoured juice at 24mg strength as that was the strongest they had at the time. I got it home and charged it all up, all the time not really intending to let go of my tobacco habit, and then i started to use the device. At first it was absolutely disgusting! but then after a few 'drags' i sort of got used to it. I didn't exclusively use the e-cig for the first couple of days, i still had a tobacco roll-up now and then, but after a couple of days i found myself not really wanting the roll-ups anymore and i was beginning to enjoy using the e-cig more and more, to such an extent that i stopped using tobacco altogether and just used the e-cig all the time. I really couldn't believe how easy it was switching from tobacco to the e-cig! All those years of trying to give up smoking and struggling so hard with it, arguing with my wife because of withdrawal symptoms etc, and here i was after just a couple of days, and no more smoking! I couldn't believe it! I found it so easy.

Now, after 5 months of 'vaping', i am committed to not smoking anymore. I've tried having a tobacco cigarette and it made me feel sick! Not for me thank you. I much prefer my e-cig, it's a much cleaner and healthier way of getting the nicotine that i need to satisfy the cravings. To be honest, it's become more of a hobby now, whereas smoking was, at times, a real chore, i just did it for the sake of it, because i needed the fix of nicotine, but i didn't enjoy it a lot of the time. I don't get that with vaping. I enjoy vaping 100% of the time, the whole of it. From the actual vaping itself, to filling the atomisers, to choosing what juice to use, to rebuilding wicks and coils, it really is something that has grabbed me. I've gone from owning 1 starter kit with 2 batteries, 2 atomisers and a charger, to owning 7 kits of varying battery sizes, variable voltage devices, varying battery strengths, different atomiser types from basic CE4's with wicks to Kanger Protank's with bottom-fed coils, and soon to have an itaste mvp with variable voltage aswell, so as you can tell, it's not just a 'fad' for me.

So yes, electronic cigarettes have definitely worked for me and my wife. My wife does not have to use her asthma inhaler anywhere near as much as she used to, which is great. Her chest is still a little wheezy, but we have only just started vaping really, so i'm sure that will improve with time. All in all, i'm glad my wife saw her friend using an electronic cigarette at bingo that day, otherwise i'd still be an out-of-breath, depressed, argumentative husband to my wife and she'd be the same back to me, and round and round we'd go. E-cigs have made a massive difference to our lives, so much so that it's become such a normal part of our lives now that i had to stop and think how much it really has changed our lives just to write this.

If the proposed EU legislation gets the go-ahead, and e-cigs become medicinal products, and the juice's nicotine content gets limited to 4mg then that would be a major disaster in our lives because that would render our current e-cigs more or less useless to us, and as NRT clearly doesn't work for us, the only alternative would be to go back to smoking, and i really really don't want that to happen. I haven't got the strength to go back to the start and begin all this 'stop-smoking' game again, i just can't do it, i would just resign myself to the fact that i'm going to be a sad smelly smoker again, and look forward to a low death thanks to those in power who, to be quite honest, should really know better!

8/20/2013 11:39:00 AM - Randy H, The Netherlands

I have read about the "new generation" of e-cigarettes one day and started searching for more information. I found a lot of testimonials of people who have quit smoking successfully with these products and found actual communities who were willing to share all their information.

After some back and forward discussion and product searching, I made my first purchase: 2 ego batteries with T2 CC clearomizers.

I thought i needed a flavor of juice that simulates tobacco and was convinced I needed maximum strength. I also liked the idea of fruit flavors though so I ordered some apple and mixed fruit as well. A quick online order and I was

8/20/2013 11:47:00 AM - David J

I began smoking at the age of 17 in 1975.

Not due to peer pressure or advertisements, but due to a traumatic event.

I continued smoking an average of 2 packs per day until switching to an electronic cigarette.

My first encounter with an electronic cigarette came 3 years ago (2010).

I had been diagnosed as having suffered a "silent" heart attack and was told that I needed to quit smoking.

I turned to electronic cigarettes because I had already attempted using NRT with zero long-term success.

In fact, no attempt to quit using NRT (gum, patches, lozenges) lasted more than a week.

I had received counseling which was unsuccessful.

Acquaintances who attempted to quit using Chantix or other medications reported extreme adverse side-effects; enough so that I did not consider using these medications.

I cannot classify myself as a non-smoker, as I still smoke a cigarette on rare occasion.

However, the personal result I have obtained by switching from "full-time smoker" to "casual smoker" have been profound.

My general health is much improved... heart medication and hypertension medication dosages were reduced.

Diabetes medication dosages were reduced.

I am able to engage in strenuous activity easier and for longer periods of time (within the limits of my heart condition).

I rarely fall ill from cold or flu, whereas in the past I could count on 3 or 4 episodes per year.

All of these are pleasing, but the most pleasing is that my sense of smell and taste have vastly improved, and those around me have commented positively on the pleasant smell that now surrounds me... no more burnt tobacco odor.

8/20/2013 11:48:00 AM - David M. North Carolina

For all you sceptics out there. For several years I watched the e-cig thing and blew it off as a fad. I have smoked 2 plus packs cigarettes for over 30 years and the last two years, cigar type cigarettes. I've lost track of the times I have tryed to quit. Tried most all over the counter and auction site assist. No real luck. I just love to smoke.

OK, so now what. Let's give the e-cig a try, what can it hurt? Tried a disposable, OK, its different but lacks something. Then a good friend suggested I give the more complicated e-cigs a shot. So I went this route, started with higher nicotine level, planning a decrese 1 step down each week. In 2 days set down combustible cigarettes. Week 8, down to almost no nicotine, around 2mg., have not touched or wanted a regular cigarette and enjoying a mocca capuccino instead of tobacco. I now find it very hard to be around a regular smoker. I did not realize how bad the odor and secondhand smoke was. I also noticed within a few days, I started feeling better, all over. Maybe even more alive. Ok , its still a form of smoking, I'll give u that. However, all my friends and associates are supportive and have noticed the positive outcome thus far. I use the e-cig at least 60% less now that when I started.

Further note, I do not support e-cigs to minors in any way, shape or form, without or with nicotine, flavored or flavorless,. I do not support flagerant e-smoking, especially in public. Flagerant meaning to me, in your face with an attitude. This is my story and my experience. Furthermore, I do not encourage smoking to anyone. Never start, it's not worth it, literally.

8/20/2013 12:10:00 PM - Amherstburg, Ontario

I started smoking when I was 16 so that would be about 34 years I smoked.

I quit for 3 years one time but stressful situations seem to trigger the need to relapse.

I tried off and on for about a year with the ecigs but, again, stressful situations made me relapse.

About 18 months ago, I quit entirely, using e-cigs.

No problem.

I actually enjoy e-cigs more.

More satisfying, less messy, less smell, more sociably acceptable, better health.

I have upgraded to a more powerful battery, juice and tank and don't foresee ever going back to smoking now.

I also got my husband who has smoked for over 45 years to quit too as he was diagnosed with OCD.

It is not perfect but it is the ONLY alternative for me.

I will fight to keep my e-cigs.

8/20/2013 12:49:00 PM - Justin Boughton

I started smoking at the age of 14, while in high school. I'm sure many other smokers started their addiction in high school as well. IT only began as one cigarette per day on my walk home from school, but before I knew it I was smoking regularly when I wasn't home, even sneaking into my school bathroom to get a quick smoke in.

By the age of 19, I had progressed to 2 packs per day, due to a combination of boredom and stress. I gained a serious amount of weight, ballooning from 180lbs to 270lbs in less than a year. I tried to quit, using the patch, but failed. I smoked so much that I caused myself serious dental damage as well.

I attempted quitting again at the age of 21, again with the patch, but the unexpected loss of a pet led me to bum a smoke off a class mate in college, and the ball got rolling again.

I made a more serious attempt when I was 25, using the prescription drug Chantix combined with the nicotrol inhaler. The drug seemed to do nothing at all, while the inhaler was unpleasant to use, and prohibitively expensive. I fell back to old habits.

Later that year, the inevitable happened... I lost all my teeth as a result of smoking. I was in so much pain I had to have them all removed, they were beyond fixing, despite $25,000 worth of effort trying. I was 25 and toothless. I still am to this day because I cannot afford dental implants.

Some years would pass before the next attempt at the age of 28. I heard about a new alternative, Blu cigs. I ordered my starter pack, and while the technology was very neat, it just didn't work very well, and was more expensive to use than cigarettes due to the low nicotine content and small amount of liquid in each cartridge. I gave up after a few weeks, and went back to smoking again. I would occasionally use snus to curb cravings, but it only went so far.

About a year later, a friend came to visit me who I hadn't seen in a long time. She was vaping using a Joye Ego, something I had never seen before, and didn't know existed. I thought Blu was the only option! She let me try hers, and even refilled some of my Blu cartridges with flavors from PureSmoker. I was hooked! I had to have it!

I placed an order that day for my own Ego kit, along with some sample flavors. I was excited that I may have finally found what I was looking for!

About a week later, my new kit and flavors arrived. After charging the battery and filling a cartomizer with "Firecracker" from PureSmoker, I took my first hit.

Wow... just... wow... I thought. I had no idea it could be like this. I took a few more puffs. I began to tear up a bit. "This is finally it!" I thought, as I crushed my remaining cigarettes and threw them in the trash.

It would be 2 weeks before I even tried smoking again. I don't even know why I did, I was happy with vaping. Curiosity, I suppose? I bummed a smoke from a friend, and stepped outside to light up.

I took one puff from the cigarette... and threw up. I couldn't even stomach it anymore! There was nothing pleasant about smoking left for me. The smell was atrocious. The taste was even worse. I felt nausea immediately. I tossed the cigarette on the ground and walked away.

In the coming months, my health improved. I no longer felt nauseous all the time, I could really taste and enjoy food again, and my lung capacity returned to normal. All my friends converted to e-cigs as well, so I didn't even have to be around second hand smoke. We are all much happier and healthier now.

If electronic cigarettes were to be banned, that would be a death sentence to myself and many friends. We do not want to smoke, but we enjoy our nicotine. E-cigs give us what we need, safely. Even excessive taxation would make them prohibitively costly, and many of us would have no choice but to smoke again, while we watch our favorite small vendors go out of business.

Electronic cigarettes saved my life. Not metaphorically, but literally. I have a long, happy life to look forward to now, thanks to vaping!

8/20/2013 1:01:00 PM - Randall Jackson (occultangle) from Buford, GA

I started smoking when I was still just a child, probably about 14 years old.

By sixteen I was smoking a pack a day, and that would continue for over fifteen years.

There was never any doubt in my mind but that I would smoke until the day I died.

Around the age of thirty I saw an e-cig for the first time and was quite curious.

It was a simple cigarette style device with disposable cartridges.

The people selling it at the mall allowed me to try it.

It certainly didn't taste like a real cigarette, but it was enjoyable enough that for the first time in my life I considered that maybe someday I could quit smoking, and that these e-cigarettes would be the only possible way.

It was more than a year before I actually purchased one for myself.

It was also a simple cigarette like model, and the most I hoped for was that I could use it to slightly reduce my smoking.

That is exactly what happened, and I mostly continued with my usual smoking habits.

It wasn't powerful enough, the batteries didn't last long enough, and the liquid had to be refilled to often.

And the simple fact that I had to deal with all of these issues made the simple act of lighting up a cigarette so much easier and pleasant.

I did wonder if there wasn't a better product available, so on a whim I searched the internet and discovered a whole new world of e-cigarettes.

There were things with buttons, with bigger batteries, with more power, with variable power, things that held massive quantities of liquid, and even things that could be rebuilt.

I started trying new devices, and discussing them with a giant community of people who all had the same story, people addicted to cigarettes who new instantly that e-cigs were their only hope to quit smoking, just so long as they could find the right combination of flavor and device to satisfy them.

I found in playing with these many and varied devices that it became a hobby, and that proved to be the final thing that caused me to finally quit smoking entirely. It changed the aggravating aspects like recharging my cigarette into part of a fun pastime. Now I have been 100% free of tobacco for over a year.

And not just me either, I was able to convert other long term smokers.

I would let them try various devices I had, and although their preferences varied, they quit smoking too, and they in turn help fellow smokers they know. I feel as if I am helping to save lives, and not in some abstract manner, these are real people I know, hopelessly addicted to tobacco, many of whom had tried many types of smoking cessation products with no success.

There are some important aspects of e-cigarettes that politicians and officials know absolutely nothing about.

The e-cigs that look like real cigarettes, the ones sold in retail stores, are near worthless.

Almost no one quits smoking by using those.

But those type of products are also the only ones that big tobacco companies are pushing as well.

The real e-cigs look nothing like real cigarettes.

People who use these types almost always quit smoking.

And what most couldn't guess is that the advancement of these types of products is driven by the community of users.

E-cigs can get smokers to quit, but it is imperative that they have access to diversity.

In particular for most is access to various flavors.

Nothing can accurately emulate the flavor of burning tobacco smoke, so the only option is to replace it with something new.

For some that is still tobacco flavors, for others it may be bubble gum.

This isn't to target children, this is to satisfy adults who are trying to give up on their most powerful addictions. Smokers may not have access to sweet flavors, but they also don't have to refill and recharge to get their nicotine.

Allowing e-cigs to have advantages over traditional cigarettes is crucial to helping people switch.

Any regulations must be sure not to give an advantage to big tobacco companies by requiring any sort of "authorized manufacturers." It is equally crucial that E-liquid be available to purchase separately from devices. There are truly thousands upon thousands of people's lives resting on any decisions made by politicians and regulators.

I sincerely hope they keep that fact in mind when making those decisions.

8/20/2013 1:04:00 PM - Elizabeth Maderos Silver Springs, NV

I started smoking in my twenties and I smoked for about 30 years.

I enjoyed smoking. Naturally, I was worried about the health consequences so I tried to quit.

I tried cold turkey quite a few times.

I tried the patches, the lozenges, the gum. I quit for as long as two weeks.

I never did kick the habit.

Around two years ago, I was at a friends house and she had an electronic cigarette.

"Try it and see what you think."

I thought it wasn't the same as smoking and didn't think about it again until about a year later.

I was going though my annual "you really should quit" smoking thoughts.

I decided to try e cigs again.

I bought a disposable e cig.

I went online to get more information.

I found out the health risks with e cigs was pretty minimal.

PG has been studied in great detail.

There are newer studies that show that the ingredients in ecigs are of minimal risk.

Compared to smoking tobacco, e cigs are a much, much safer and healthier alternative.

I also found out that nicotine has some real benefits and that it isn't harmful in and of itself.

No worse than my coffee habit.

I bought a cig-a-like

kit with different flavors and rechargeable batteries.

Wow, I cut down by half and didn't even miss those ciggies.

I bought some larger batteries and tried a tank system.

Whenever I got discouraged, I bought some new flavors to try.

Wow, I was down from

2 packs a day to 10 cigs, then 5 cigs and finally just 2 cigs a day.

One day I decided to quit altogether.

Eight months after I started e cigs I was totally smoke free and a very happy person.

Although I still miss smoking just a little bit, I do not have the feelings of depression and anger that I had quitting using other methods.

I did not have that profound sense of loss of my smoking habit.

I did not have the lucid dreams of smoking a cigarette like I did using the patch or gum or going cold turkey.

I no longer wheeze when I breathe.

I have more stamina.

The house smells good and so does the car.

My husband is super proud of me for quitting smoking and this is so much healthier for him, as well.

He isn't breathing second hand smoke.

I also no longer have to carry an ashtray through the house.

I can vape in the tent when I go camping.

I can vape when I hike without taking precautions to prevent wildfires.

E cigs worked for me because I could substitute my strong smoking habit over to vaping the e cig at my own pace. That was important to me. There are different systems available so I could try different set ups until I found the one that worked for me. I tired 3 or 4 systems before finding the system that let me quit. There are different flavors available so I can switch flavors which has helped keep my interest.

Switching to e cigs was relatively easy compared to the other times I quit smoking.

I am proud to be a nonsmoker.

I will say that I would probably go back to smoking if the e cig were to be taken away from me, at this point.

In another year or two,

I might give up e cigs as well.

After all, I am already cutting down on the nicotine level. Some studies show that nicotine isn't nearly as habit forming as smoking tobacco and I would have to agree that is true for me.

I never cut back on smoking but I am cutting back on vaping.

Thank you for taking the time to read my story.

8/20/2013 1:25:00 PM - Todd Cuzzort

My story is of trying to find a way to finally beat cigarettes.

I was a 35 year old pack a day smoker in 2009, having smoked since I was 15.

A friend called me and told me about e-cigarettes, and at first, I mistook it for like an e-card, something sent via email as a support measure.

Once it was clear what it was, I had to try one, and I drove an hour the next day to buy one.

I had previously tried other OTC and prescription NRTs to no avail.

I tried the gum, which I found gave me heartburn, and made me feel ill a lot.

I was later diagnosed with Crohn

8/20/2013 1:36:00 PM - Katrinna, Charlotte NC

My husband and I were given V2 e-cigarette kits for our birthday 16 months ago.

I finished the pack of cigarettes I had at the time and that was the last cigarette I've had!

Within a couple weeks, I no longer had the constant phlegm and coughing in the morning.

My sense of smell has come back with a bang!!

I never realized how much my house smelled of smoke even though we only smoked in an attached, closed off room on the back of the house.

My clothes don't smell like an ashtray anymore.

Now, I can vape around non-smokers and instead of them running from the smell they comment on how good the 'Bavarian Cream' e-liquid smells.

The biggest change is that I can spend more time around my children.

I used to have to close myself off (either in the 'smoke-room' or outside) when I smoked, but now I don't feel bad about vaping with my children nearby.

E-Cigarettes have definitely changed my life and I'm so grateful to the friend that gave me one and got me started on my Vaping pathway :)

8/20/2013 1:37:00 PM - Brandon Tiffany from West Des Moines, IA

I started smoking when I was 18. I should have never started due to the fact that I've suffered from asthma all my life. I smoked from Fall of 1994 until February of 2013 at which point I was smoking nearly 3 packs a day. My health had been getting worse every year, and my doctor told me that if I didn't quit I would be on oxygen when I was only 40. I had tried every smoking cessation method available. Nicotine Patches gave me horrible night terrors, and I still had the urge to smoke cigarettes. My teeth have rotted away due to prescription medications that caused severe dry mouth, so Nicotine Gum was not an option. Nicotine Lozenges made my mouth burn. In February of 2013, I discovered e-cigarettes. I was skeptical at first, but within the first week of using them I dropped to 5 or 6 cigarettes a day. The next week I had no cigarettes or ashtrays in my home. I now make my own smoke juice (DIY) and I no longer use a rescue inhaler for my asthma. I can taste and smell things that used to be drowned out by the lingering smoke odor. My clothes smell fresh and clean. I also have no desire for traditional cigarettes. The dark circles under my eyes have gone away too. While e-cigarettes still are scrutinized by health professionals and the FDA, I know what I'm putting in my body, and I don't have to guess what deadly chemical I'm inhaling.

8/20/2013 1:46:00 PM - Andy Xia from ON, Canada

I used to be a mid-level smoker(2 packs a week) for about 10 years, and although I know the harms it would do to my health, I do find it very enjoyable. My girlfriend who lives with me was a heavier smoker and she went through 2 cartons a month instead of my 1 carton. A friend of mine had talked to me about his experiences with the e-cigs which I found very intriguing, so I decided to give it a try.

5 months ago I got a starter kit for me and my girlfriend which came with 2 sets of batteries and atomizers. It was an extraordinary experience, as I was able to feel the "throat hit" that I had enjoyed the most from cigarettes, and it felt just like inhaling high grade tobacco smoke and it was very satisfying. We realized from that day the many potential improvements of our health, hygiene, and financial flow, and we were very much excited that our lives were about to be changed by this one little device. Girlfriend was even more stoked about the plethora of choices for flavors because she's a big fan of sweets. From then on, we had been noticeably more physically active. I enjoyed house chores more, and I had become more motivated to do them. We had calculated the amount of money we had saved from buying cigarettes, and were pleasantly surprised. We had never even had the slightest will to go back to smoking. We had tried taking a puff from a cigarette about a month into it, just to see what it is like, and it was the most disgusting thing I felt in my mouth since we first started using e-cigs.

As long as E-cigarettes is still a thing, I don't think I will ever stop it, or stop educating others about it.

8/20/2013 1:56:00 PM - Gerard Michel, M.D. from Pittsburgh, PA.

I LOVED smoking--for 51 years (age 17 to 68). I got my first E-Cigarette kit about a year ago ONLY to use in restaurants, stores, etc. (ie. I had NO thoughts about giving up tobacco cigarettes.)

Interestingly...after I received my kit, loaded it with juice and "fired it up"...EVERY time I've felt the urge to inhale some smoke, blow out some smoke rings and get a hit of nicotine...I've reached for my E-Cigarette rather than a regular cigarette from the pack (for the fist month or so) sitting right next to it! It just smells and tastes SO MUCH BETTER.

The health improvements and $ savings ended up being, although significant, for me, just secondary advantages.

So in reality I, actually, quit tobacco cigarettes "by accident" after trying my first E-Cigarette.

8/20/2013 2:00:00 PM - Hunter

I started smoking when I was sixteen years old.

I thought it would make me look rebellious and cool.

Little did I know then that I would become addicted to cigarettes and would be unable to quit even when I wanted to.

By the time I reached eighteen years old, I was already smoking a pack a day.

From my college years on until just about 2 months ago I was a heavy smoker who managed to choke down 2 packs a day.

It became obvious to me over the years that smoking was bad for me,and I really wanted to quit but I was hopelessly addicted.

The need and desire to quit became even more serious when I was diagnosed with diabetes about 10 years ago.

I did try to quit.

I feel like I tried just about everything.

I tried Chantix, Wellbutrin, Nicotine patches, Nicotine gum, hypnosis, cold turkey, and the cigalike type of e-cigarettes.

None of those things worked for me.

It wasn't until about three months ago that I discovered there were more effective and higher quality e-cigarettes out there that had a small tank on it that you could fill with what is called e-liquid.

I did a lot of research on the internet and learned about all the different types of e-cigs, atomizers, and clearomizers etc.

When I felt like I was ready, I finally bought a starter kit and some juices to use.

On 6/01/2013 I had my last cigarette and began vaping full time.

Fast forward to today(79 days later) and I have not had even one puff off of a cigarette.

I don't have to. I am just as satisfied with vaping as I was with smoking.

I feel like I have really accomplished something here.

I finally quit smoking.

Nothing else had worked for me but this has.

I am confident that over the course of time I can reduce my nicotine intake and cure myself of nicotine addiction.

I really never want to go back to smoking.

A major factor that has helped me quit is the myriad of choices I have in e-juices/liquids.

Any flavor under the sun you can think of you can usually find online. I have found over the course of time that I cannot stand the taste of tobacco.

I cannot vape any tobacco flavored juices.

They make me literally gag.

I am more drawn to sweet, fruit flavors.

I have heard about the possibility of laws passing that would limit e-liquid flavors to tobacco and menthol.

This would be a nightmare for me.

I don't believe that I could continue vaping if this were to happen, but I don't think I could quit vaping and stay away from cigarettes. If this were to happen, I believe I would start smoking again.

I really really do not want to do that.

What I am doing now is working, and it is working specifically because I am able to vape non-tobacco and non-menthol flavors that I enjoy. I do indeed plan to quit vaping one day, but I want it to be through my own style and on my own timeline.

I am absolutely positive that my health has improved since i started vaping instead of smoking.

I can breathe easier, and I don't get winded as easily as I used to.

I can smell and taste again.

Any vaper who used to be a smoker will tell you the same thing.

It's just a healthier alternative in my opinion.

Yes it would be better for me to not take in nicotine at all.

I know that, but does it not seem logical to find a healthier delivery system that actually works while on my path to independence from nicotine?

Regulating this market to the point that it cannot operate the way it does now would be counterproductive to any kind of agenda related to health.

I am sure it would turn a large percentage of vapers back into smokers.

If anyone who has any aims to regulate to this industry is reading this or is being read this, I am begging you to please please please leave it alone and operate the way it is now.

The health of thousands of people who have finally found a method to quit smoking is at stake.

Believe us. We are the ones that will suffer.

8/20/2013 2:04:00 PM - Laura-Fla vapor

Hello! I am a loyal E-cig smoker. I smoked for over 20 yrs,about 2 packs a day.I had tried every method out there to quit-gum,patches,medication,hypnotism,you name it and i have tried it.I have been sick for many years, and doctor told me I had to quit as I was in the midst of emphysema. As soon as I was told that, I said I gotta stop now, or i will never see my youngest graduate! I had some electronic cigs that i had tried in the past to use, but it was costly to keep going thru the cartridges. So I decided to do more research and find something better. I found a thing called a clearomizer- all you had to do was add your liquid, and add it to a battery, and it was awesome! The vapor was huge! Just like a cig! I then started on flavors(i always just smoked menthol)- and wow! The fruity flavors that are available blew my mind! I am smoking watermelon as i type this. I don't have to worry about my "smoking" affecting the kids, nor my house smelling of nasty smoke.

When I did smoke i would go outside, so as no one would have second hand smoke...and living in florida-its almost too hot to smoke out of doors! Also, I got a new doc- had all the blood work re-done..guess what? The first test was wrong! My lungs are as fine as they can be for smoking all the years I did. I could have easily went back to smoking "real" cigs, but why? The e-cig has such a good flavor, I can smoke anywhere I want to, and I don't have to worry about all those other chemicals going into my body! I have been cig free for 7 months now. I smell it on my hubby, and i think Oh man did I smell like that too? Gross! I don't "crave" for a real one at all. I did try a "puff" off of hubbies just to see the difference..oh yuck, my mouth tasted soo bad i had to go brush my teeth again! I so recommend this to anyone who wants to kick the habit, and believe me when i say i tell a LOT of people! A lot of people also will just walk up to me and ask me where i got it from, does it really work, I can't emphasize enough that its hands down the best thing i have ever done!

8/20/2013 2:14:00 PM - Donna

I am 68 years old.

I started smoking when I was 14 years old.

I smoked for years, then decided to try and quit.

I first tried cold turkey, which didn't work at all for me.

Next I tried nicotine gum.

I did quit smoking for a month, but was miserable the entire time, so went back to smoking.

Next I tried nicotine patches, but had horrible nightmares so soon gave that up, and back to smoking.

I went for hypnosis to quit smoking and that didn't work either.

Finally I tried Chantix and quit smoking for 4 months, but always was wanting a cigarette. I felt it wasn't worth it so went back to smoking.

Then a relative told me about e-cigarettes.

I ordered some from my freedom smokes, smoked my last two packages of cigarettes and started on my e-cigarettes.

That was 2 1/2 years ago and I have not had a cigarette since.

I use joyetech 1000 batteries and us red liquid with 36 mg nicotine. I do not even want a cigarette.

My e-cigarette is all I need.

No more smelly smoke, no burn holes, and best of all, no cough.

Before giving up cigarettes I had a chronic cough that was getting really bad.. After starting e-cigarettes the cough is gone.

I breathe easier also.

I cannot say enough good about e-cigarettes.

I think they literally saved my life.

When I am with people that are non smokers, they say they do not smell anything from my e-cigarette and it does not bother them at all.

Last, but not least, if e-cigarettes are banned, it will be doing a huge dis-service to a lot of people.

It is healthier for us and not bothering anyone else.. Please leave us alone.

8/20/2013 2:19:00 PM - Hoofhearted62

How long did you smoke? 20+ years

How long ago did you start using a smoke-free alternative? 3 months

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? e-cigarettes 12mg, started at 24mg dropped to 12mg after 1 month

Do you still smoke at all (and if so, how much have you cut down)? No cigarettes at all, only e-cigarettes

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Immediately stopped using analog cigarettes.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again? Never tried products, cold turkey only and it worked a few times for brief periods but I always went back to them

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? Feel much better, no health issues, no more tobacco smell in my clothes. I love this alternative. No negatives to think of.

8/20/2013 2:22:00 PM - Gloria from Paris, TN

Hi ! I started smoking nearly 37 years ago, I tried several times to quit using various methods, including Wellbutrin and Chantix, the Wellbutrin helped me cut back fro about 5 months but I seemed to build a tolerance, I ended up smoking just as much as before! The Chantix caused me to have

severe itching all over my body, my Dr. said it was a severe side effect and to quit immediately taking it! Approximately 1& 1/2 years ago my Mom told me she heard about E-Cigs and perhaps they would help me, she was very concerned about my smoking as my Dad had passed away at age 69 due to lung cancer! I tried a disposable and it helped me to cut back, I will be honest , I fell off the wagon a few times due to the high cost! I found a very helpful consumer forum which gave me advice on different types such as re-chargeable ones which cost a lot less,

I am doing so much better on my smoking of regular toxic cigarettes than I ever have in my life sue to E-Cigs! I sincerely pray they are not banned as I would end up totally smoking

regular toxic cigarettes all over again , thereby causing my body to be right back in the sorry shape it was prior to using the E-Cig! I am able to breathe much better, and just enjoy life more thanks to E-Cigs! My Dr. also is in agreement that they are far better than toxic regular gigarettes! Thank you for allowing me to share my reasons why I feel E- Cigs have helped me so tremendously! Sincerely, Gloria

8/20/2013 2:34:00 PM - W.K. Hoover

I smoked cigarettes for 33 years and my daughter introduced me to e-cigs.

I wasn't at all sure they would work and sat ready to buy a pack of smokes.

I read the research on them and realized everything in them was already in many of the foods I ate, unlike cigarettes.

When I discovered nicotine was 'not' the main cancer-causing ingredient I told myself it was stupid to ever consider going back to the cancer stick.

After a week and a half of just the e-cigs, I felt better and now I can't stand the smell of cigarettes at all.

I can smell a smoker a mile away, even if they're in a house or a car.

I find my mood is better and I enjoy being free of the stink.

I wouldn't care if every cigarette company in the world shut down and do my best to encourage every smoker I know to try e-cigs.

8/20/2013 2:42:00 PM - Patrick Fulks, Little Rock AR

I was a smoker of Marlboro cigarettes for 28 years.

I started smoking when I was 17 and working at a grocery store.

It was cool to smoke and hang out with the guys I worked with on breaks.

And in doing so I became addicted.

I have tried 6 previous times (serious attempts, not half way) to quit smoking since I started.

These included using regular chewing gum to keep me occupied when i craved a cig.

I used the nicotine gum as well.

I even just tried mind over matter cold turkey.

All failures.

I came closest with the nicotine gum and was able to quit for about 3-4 weeks.

Then gave in and had 1.

Which led to another and before long I was back to where I was before. This time is completely different from any other attempt!

I tried a disposable ecig because I was in a tobacco store and saw someone else try one.

I wondered what they were like and if I would like it.

I did think about quitting frequently as I am 45 years old now and the older you get the more you tend to think about your health.

So I bought one.

I took it home and it sat on my kitchen counter for almost a week.

I passed by it and thought I really want to try that but grabbed for my pack of marlboro's instead.

One day I said to myself, "I have spent the money on it and I want to try it so here I go."

And I opened it and tried it.

It was a lot better than I thought it would be as to the flavor and feel.

I continued to use it over the next 24 hrs and realized I hadn't had a real cigarette in a full day, so I grabbed my pack and saw I only had 3 left.

I decided to finish my pack and never have another.

I lit the cigarette and it tasted REALLY bad!!

I almost immediately put it out and crushed the remaining 2 cigs in the pack and threw it away.

I have not had a cigarette since.

And that was 2 months ago!

This is the longest I have gone without having a cigarette in 28 years!!

I feel better than I have in a long time and have actually lost 6lbs since I quit smoking!

I can't say enough as to how much vaping has helped me.

I have even converted 2 of my friends who were using tobacco as well and one has been a week without it and the other has been almost 3 weeks!

8/20/2013 3:03:00 PM - Jennifer Micklon

I have smoked since i was 5 years old no joke. I have tried quitting with nicotine gum and the candy. i have tried cold turkey, weening my self off and tried tv commercials that claimed you would quite. i have tried snus i am embarrassed to say being a women, but wanted to quite so i was going to try it. I always started back up smoking more then i had before. i was browsing the internet one day looking for way to quite when i ran across the electronic-cigs. So i though what the heck, the first one i got was just a cheapy one, i smoked sometimes on it. Then i decided to try another,and another. I finally got one that worked the best for me, i use between 12mg-24mg of nicotine. i had been smoking for 38 years. And now thanks to the mod type ecigs. i have been without a cig for over a year.

I can now sleep with out whizzing. it was so bad that it would wake me up. my heath has improved, life has improved. i would like to thank the person who came up with this idea. it has saved my life thanks so much

8/20/2013 3:10:00 PM - Scott McKirahan

I remember when my wife first told me about electronic cigarettes. I told I thought it was one of the dumbest things I had ever heard of. Nonetheless, I was persuaded to go with her to the other side of town to meet a guy who was selling electronic cigarettes out of the trunk of his car (Joye 510's to be precise).

During the nearly one hour trip, I told her that I would never give up cigarette smoking because it was the one thing I could count on in life to give me what I want, when I wanted it and it never failed to deliver. I didn't care if that meant that I would live fewer years; at least they would be happy years.

After taking three or four drags off of the e-cigarette, I proclaimed, "I could probably smoke this thing." I paid $100 for that kit and a 30ml bottle of 24mg "Marlboro" flavored e-liquid. (Yes, although e-cigs were more expensive nearly four years ago, I did get ripped off.) I continued to smoke the remaining cigarettes I had from a carton I had purchased earlier in the week, occasionally take a puff off of the e-cigarette. When I ran out of tobacco cigarettes three days later, I decided to not buy another carton and see if I could just use the electronic cigarette.

That was almost four years ago and I have never had a tobacco cigarette since. In fact, after the first two days of using an e-cigarette exclusively, I was never even tempted to use a real cigarette again. The thought sounds disgusting to me now. Within a week, my morning hacking cough was gone and all of the phlegm I used to cough up. I have not had a cough ever since. In fact, the colds that I used to get several times per year also stopped. I haven't had so much as the sniffles or even a scratchy throat in three years and ten months, let alone the flu.

Some would say that $100 was a ton of money to pay for a Joye 510 and a bottle of e-juice - even back then. I say it was the best $100 I have ever spent in my life!

I continue to use electronic cigarettes and don't plan on stopping. I like "smoking" and my body tells me that this is a far more healthy way of getting my "nicotine fix" than tobacco was. Yes, I can definitely feel a difference in how much better my breathing is.

I do know myself; though, if there were no e-cigarettes, if they were regulated to the point where I could not get the flavors or nicotine strength that I want or if regulation pushed the price so high, that tobacco cigarettes were less expensive, I would definitely go back to tobacco cigarettes. That, or I would find some way of getting what I want via some black market source.

I can only hope that the government will keep its nose out of my business. I don't need them telling me what I can or cannot do with my own life. Nobody asked them to get involved. If they were so concerned about public health, why are they still allowing

tobacco cigarettes to be sold? Until they ban regular cigarettes, there is no intelligent justification for banning or restricting electronic cigarettes in any way.

8/20/2013 3:12:00 PM - Jason Lancaster

I started smoking at 16 always wanted to quit once I was 35. Started working out regularly and knew that cigarettes were making it hard for me to work out the way I wanted. Had a few friends that were using electronic cigarettes and now I am analog free. Love it I can now run I swim and have a healthy lifestyle. I encourage any one to try it. You can be successful if you want to quit.

8/20/2013 3:17:00 PM - Angie M from Wichita KS

I have been smoking for 18 years since i was a teenager and have tried more times than i can count to quit.

I quit when i was pregnant with both of my children, first my daughter in 2000 and next my son in 2002.

i quit cold turkey both times and within a month of my daughters birth i was smoking again and when my son was born i was outside smoking with my mom within hours.

Since then i have tried everything, gum didn't help and i didn't like it.

I did quit once a few years ago cold turkey for about 6 months and started again because the cravings never went away.

I also tried Chantix and had horrible side effects, and after waking up one morning convinced i had murdered my children and nothing my husband could do or say to console me.

He had to go pick them up from school and bring them home to make be believe it was only a dream.

I immediatly stopped the medication.

I have tried multiple times to go cold turkey again but couldnt make it through the first day.

Then, 4 months ago, my mom bought me my first ecig vaping kit, with spearmint flavor and marlboro flavor liquids.

She had successfully quit and wanted me to also.

I didn't like the tobacco flavor (just want the same as a cigarette) but the spearmint was pretty good.

I used both cigarettes and the ecig for about a month and decided to try new liquids.

I got a strawberry flavored liquid and LOVED it.

I decided that day that i had smoked my last cigarette.

I quit cigarettes on May 16 2013.

The first 2 days were hard and i didn't understand why.

I was vaping and getting nicotine so why was i getting the "nic fits" that i have always experienced when quitting.

It wasnt from nicotine withdrawl, it was withdrawl from the other thousands of chemicals in cigarettes.

I started on 24mg nicotine and within 3 months i have weaned myself to 12mg and plan on going down to 6mg soon.

Since the first week cigarette free, i no longer crave cigarettes.

I no longer hack and cough in the mornings or another

time.

I haven't coughed at all since that first week. I feel like i can breathe again and i can really smell and taste things again and i don't stink of nasty smoke. And for the first time ever i feel like if i quit vaping tomorrow i would never feel the urge to smoke a cigarette again.

8/20/2013 3:17:00 PM - Jim Mitchell

My own story is an interesting testament to the power of these little devices...

In 2009 I was working as the quality manager in a machine shop where I had the freedom to smoke anywhere in the shop, but it in the office area.

I was a 3+ pack a day smoker who had been smoking for over 40 years. Over the years I'd tried to quit several times, I tried everything from cold turkey, to acupuncture, injections in the sinus cavity (hurt like a bitch), hypnosis, NRT (gum, patches, inhalers), Wellbutrin... NOTHING worked!

I had finally said, "To Hell With IT!" and figured I'd be a life long smoker.

Years later, in 2009 I was ENJOYING my cigarettes. I had NO desire, and NO intention to quit.

Then sometime in July the general manager got fired, and they split up his duties between the sales manager, the production manager, and myself...

The end result was I was having to spend more and more time in the office where I couldn't smoke.

I was finding excuses to go out into the shop every chance I got where I could light up a smoke... My work was suffering, and everyone knew what I was doing and why... Hell, people were openly joking about it, because the cigarette would be in my mouth and my zippo was lit before I even opened the office door. My lungs were full of smoke before I had taken 1 full step into the shop!

At lunch one day a friend of mine from years back told me about the Njoy e-cigarette. I vaped on his for a bit, and though it was expensive as hell, I figured it MIGHT be the thing just for when I was in the office. So I bought a kit.

Of course Njoy had their own names for everything, but I later found out that this deluxe kit was simply 2 automatic stick batteries, 2 801 atomizers, a charger, and a 5 pack of prefilled cartridges. The replacement cartridges were God Awful expensive, but I was just going to use it in the office, so they SHOULD last a while...

By now it was mid August, and this thing was working out pretty well. I was only going out for a smoke at breaks, lunch, and whenever I had a legitimate reason to go into the shop.

I still had no intention of giving up my cigarettes. I LOVED MY CIGARETTES!

Through the rest of August and all of September this routine served me well... I was now vaping everyplace I couldn't smoke, restaurants, the hospital, grocery stores, movie

theaters, etc... I just kept my e-cig in my pocket beside my pack of cigs and was good for whatever the situation called for, but I STILL LOVED MY CIGS and had NO desire or intention to give them up...

But one day in early October, I noticed that more often than not when I reached for a smoke, it was the e-cigarette that I pulled out of my pocket and not the Doral?!?

At 12:15 pm on October 14th 2009 I was sitting in my car, and had just finished my lunch, and reached for my after lunch cigarette when I realized that I had the same pack of Dorals in my pocket that I'd opened 3 days before. That was the last cigarette I've ever smoked.

I threw the rest of the pack away on my way back into the building, and I've been a dedicated vaper ever since.

In about a month and 1/2 It will be 4 years since my last smoke.

Everyone has their own story and some are similar and some are not, but the point to take with you from mine is that I NEVER INTENDED TO QUIT SMOKING!!!

We're not allowed to hype e-cigs as a device to help people quit.

But, at least in my case, e-cigs are responsible for taking away my cigarettes even though I was not trying to give them up?

Did they help me quit? No! They quit for me with no conscious effort on my part at all.

Yes, I've had cravings since then, hell I still do on occasion... But I've never backslid, or fallen off the wagon even for 1 smoke. I drip a few drops of double strength juice into a 510 low resistance atty and within 3 or 4 good toots those cravings vanish like smoke rings in the dark!

Over the last 4 years my vaping has turned into more of a hobby than addiction... Yes, I still use nicotine, and I vape 6+ mils a day. The strength varies up and down depending on my mood, stress, anxiety level anywhere from 6mg to 24mg.

But I collect devices like the dryer filter collects lint! If anything, THAT's the addiction.

I have many mods from simple battery/atomizer combinations all the way to variable voltage/variable wattage big battery passthrough mods with the latest e-liquid tanks or rebuild-able atomizers.

No legislation can stop me from vaping.

I can and do sometimes mix my own e-liquid, build my own coils, and have the ability to build my own personal vaporizer from the ground up.

I am a master stealth vaper and can vape anyplace any time with no one standing right beside me being aware of the fact that I am vaping if I don't want them to.

I never intended to stop smoking, but I did.

I don't intend to stop vaping, but who knows what the future holds.

8/20/2013 3:18:00 PM - Christine Tilley

I smoked 2 packs at least a day for 36 plus years.

Tried various methods of quitting, patches, gum, pills, pressure point, even hypnosis and nothing was successful for me.

A friend of mine had told me how her son had switched to the e-cigarette and how the whole family loved it because the house never had the cigarette smell again.

I ordered a starter kit of Ego-c E-cigarette in the mail, the day it came in, I placed a open pack of cigarettes on my kitchen window sill and started my e-cigarette, with a full carton of cigarettes in the hutch sure this would not work either.

I have yet to have a cigarette since.

I could immediately get in the car with my son who smoked and not crave a cigarette.

He would leave open packs of cigarettes all over the house and I never had a craving.

Even under the most stressful situations, I have never returned to smoking.

My son who has cancer has taken on the e-cigarette with success and at least 10 of my closest friends never going back to smoking. I have also reduced my nicotine level from 48mgs to 18mgs without noticing.

My lungs are clear, I lost my smokers cough and over all feel fantastic.

And save money.

The E-cigarette has saved my life and changed my world. When I tell people my story they believe I work for the company because I am so supportive of it but I truly believe it saved my life.

Thank You for letting me tell my story. Christine Tilley

8/20/2013 3:20:00 PM - Jennifer Marques

My name is Jennifer Marques, and I am a vaper.

I smoked for 10 years before I found vaping, I started vaping on February 10, 2011.

My journey in vaping has been a rough but successful road.

I started vaping with a 510 stick battery and thought at first that this was never going to work for me because of the urges for a cigarette had over powered my will to use the ecig.

I moved up to a ego kit and found that I had less and less urges for a cigarette.

When I smoked a cigarette after 2 days of using my ego, I was disgusted by the taste and the smell of it, to the point that it actually made my stomach churn.

In the process of making the transition from smoking to vaping, I still smoked for about 2 weeks before I actually forced myself not to buy anymore cigarettes, because I knew if I had them I would smoke them instead of using my ecig.

After I made the full transition, I found over the course of a few weeks that I was feeling better, I noticed that I wasn't getting sick from Bronchitis, and other respiratory illnesses that had plagued me in the past, and I fully believe that I have vaping to thank for that.

I used to get Bronchitis and Pneumonia faithfully like clockwork twice a year when I was smoking.

I haven't had either in 2 years!

Before I found the world of vaping I tried Chantix to help me quit smoking and while it worked I was bothered by sleepless nights, horrible dreams when I did manage to sleep and very disturbing hallucinations during the days while I was at work or driving.

I used Chantix for 2 months and decided that was enough, the side effects of that drug were to me worse than the carcinogens that were in the cigarettes, and I went back to smoking for another 3 years.

I am proud to say that I have been analog free for 2 years 6 months, and 10 days, and I have never felt better.

My breathing is better, I can walk up the stairs in my house now and not be gasping for breath when I get to the top.

My house and my clothes no longer smell, I have no respiratory problems, I no longer have to rely on my inhaler to make sure I can take my next breath with no problems, I have barely had to use my inhaler since I began vaping 2 years ago. I no longer have to

dish out hundreds of dollars to doctors and emergency rooms because I needed a certain medicine to open my airways. I see no negative effects that vaping can bring.

I am very happy with the choice I made to throw away my cigarettes and pick up my ecig.

I believe with all my being that it is one of the best choices I have ever made.

I look forward to continuing my journey with vaping, and living a healthier life.

8/20/2013 3:26:00 PM - Nancy (wlfwo) Indiana

I smoked for almost 25 years. I tried multiple times and just about every method out there to quit. None of them worked. On the first day of any of them I ended up headed to the nearest 24hr gas station for cigarettes, because I always threw them away thinking this time was it. I even tried a electronic hand held little thing that you programmed and it was supposed to help you "step down" according to your personal smoking habits. Didn't work.

Then one day a friend of mine mistakenly sent me an email she meant to send to her mother, if I recall correctly it was about the smoking everywhere electronic cigarette. So I googled it and ended up on the (then) only e-cigarette forum. While they had nothing really good to say about that particular e-cigarette, they did have tons of good things to say about them, so I ordered one of the plainer models known as 901. So I started using it only in the house as I smoked outside being the only smoker in the house and before long the only real cigarettes I was smoking were the ones right after meals. Within a week I was down to 3 actual cigarettes a day, I ordered a slightly stronger e-liquid to see if I could kick those too. 3 days after receiving it, I was completely off cigarettes. I kept my last 6 for a couple of more weeks, but didn't need them. That was 5 years ago on May 9th. I've never smoked another.

As for the healthwise issues, in a very short time I no longer coughed, I could walk distances again. I didn't gain any weight (most people I knew that had quit also gained a lot). I slept better. I've stepped back the amount of nicotine in the e-cigarette, something you cannot do with real ones. I feel better at 53 than I did at 45. My doctor is very happy with me and he's even told other patients about it. The electronic cigarette was a

Godsend.

8/20/2013 3:43:00 PM - Ryan, MD

I quit 68 days ago, have also helped my Mother, Father, and friends quit and I am spreading this method out to everyone I can - even to random strangers. The positive effects this alternative has had on my health as well as my loved ones and friends has been undeniable. The government needs to tread lightly with this movement and see it for what it is - the potential to considerably lessen the smoking related deaths we see in our hospitals each and every year. Instead of trying to restrict it, they should fund short and long term studies. However, the opposite seems true, in California and New York they are lobbying to classify it as a tobacco product with no interest in any such studies (published studies that have already proven the improved health benefits of vaping vs smoking and the virtually non existent health effects it has on surrounding people). These are our representatives? Legislation being passed without even understanding the implications, whether positive or negative, that this new alternative can have for tobacco smokers? Why am I not surprised. In any event, this has been a Godsend for my family and friends - I hope that all smokers venture towards this alternative or quit all together; this is simply the future.

8/20/2013 3:44:00 PM - Colton, St Louis MO

I started smoking when I was 15.

I tried to quit a number of times but with not success.

One of my friends had an electronic cigarette and I tried it and liked the flavor he was using.

I ordered a slim style e-cig the next day.

When I got it, I went to the local e-cig shop and bought some juice.

I quit smoking tobacco that day and I have not had a cigarette since.

This product really works and I feel tons better.

I do not get winded anymore.

I am sleeping better, eating better.

I can smell and taste everything now.

My allergies are starting to go away.

This is the best product that I can recommend to people to quit smoking tobacco and even smokeless tobacco.

8/20/2013 3:47:00 PM - Martha Seward, VA

I smoked for 45 years, 4 years and a month ago I bought an expensive cigarette look alike in a mall. I used that in conjunction with cigarettes for a week, smoking analogs less and less as the week past until finally the real cigarette didn't taste good anymore. I have NOT smoked or lit one cigarette since I quit July 20, 2009.

I found ECF forum for vaping about 3 weeks after I quit smoking. Every week/month new and improved model e-cigs came out (are still coming out). I found I really enjoyed the new advanced e-cigs, mainly because of the longer battery life.

I tried many times to quit smoking, cold turkey, and NRT's some even were prescribed NRTs. Nothing ever lasted longer than 6 months, plus there were many side negative side effects. I've experienced no side effects since my body rid itself of the tar and bad stuff from real cigarettes (that takes a few weeks).

My health started improving immediately upon quitting smoking. I no longer cough or wheeze, I have tons more energy.

I've learned one major thing since I started vaping, it is exponentially safer than smoking regular cigarettes.

8/20/2013 3:47:00 PM - Real name

This product has ABSOLUTELY changed my life. I was a heavy smoker for over 30 years and have wanted to quit for at least 20 of them. I had one drag on a friends (quality ecig) and I knew it was for me and I bought a kit immediately from a quality supplier that was passionate about what he does and revels in success stories. I've had two cigarettes since I bought my kit and unless some idiot or collective idiots ban my life saver I know I will NEVER buy another conventional tobacco product, I PREFER ecigs. Not smoking has freed me and I have done extensive research on their possible harm but to be honest, if they turned out to be just as dangerous I would still use over "analogue" cigarettes. Not one of my friends, regardless of there feelings towards smoking, have objected to my use of my vaporizer, most are happy for me to use it in their homes because the flavored products smell nice and I'm not popping outside every ten mins and coming back stinking! I feel like a normal person for the first time in years! Different people have different levels of addiction to nicotine, I'm a super laid back guy but deprived of nicotine the smallest slight can send me incandescent with rage. The longest I ever stopped for previously was 4 months on champax but since my wife at the time kept smoking it only took a bad day and a few drinks and I was back to square one.

With vaping you don't start eating like a pig but your sense of smell and taste comes back. In fact since I switched to the sweet flavors I eat almost no confectionary. 95 percent of dedicated smokers that I know that have tried my ecig have ordered a kit straight away. The $2 a day I'm spending is less than the chocolate I now almost never eat. I use my vaporizer not only to get my nicotine fix but because I ENJOY it which is more than I could say about the majority of the cigs I used to smoke. My work productivity has improved and I no longer wake myself up with a snore. I have already ordered non nicotine liquid which I intend to use unless I feel severe cravings. In my opinion nicotine is about as dangerous as caffeine but much more addictive and offers little or no benefits but huge downsides for those addicts that become deprived. Let's be logical. Let smokers use these products that vastly improve the quality of the life of the addict, his friends and family and anyone whose quality of life is impaired by passive smoking or the stink. Ban the use of ANY nicotine product to anybody under the age of 17 at time of writing (last thing I want is my daughter to start vaping nicotine to suppress her appetite) and if after extensive testing non nicotine vaping proves to be totally safe allow it's sale to help diabetics control sugar cravings or he obese or anyone that would rather vape something sweet and calorie free rather than a choccie bar! In the mean time let us addicts use an untested product if it allows to be free from the most revolting habit ever invented that is almost certain to kill us, shorted our lives or be highly detrimental to our general health and well being and stop us being a future burden on our all ready over stretched health system. And finally now that my taste buds back my suicidally dangerous salt intake has been slashed because I CAN TASTE

FOOD. Whoever invented this product deserves a Nobel peace prize. Either way he will have the eternal gratitude of millions of modern day lepers!!!

8/20/2013 3:49:00 PM - Rebecca Smith, Kingwood, TX

I started smoking when I was 14 years old.

I smoked between 1 1/2 to 2 packs of cigarettes a day.

On July 17, 2013, I received my Joyetech Ego-C cig...today is August 19, 2013, and I have smoked a total of 2 packs of regular cigarettes. This device has changed my life.

I can't tell you how good it is to wake up NOT hacking up a lung and actually being able to breathe.

When I am vaping, I don't crave cigarettes at all.

I started with 18 mg of nicotine and have since stepped down to 12 mg.

I will continue to step down all the way to zero. This is an amazing product all around.

My kids are extremely proud of me, which means everything to me.

I believe making the choice will give me a lot longer and healthier life with my kids.

8/20/2013 4:01:00 PM - Brian C.

I started smoking when I was 13 years old and am 31 now and I'm happy to say that after 18 years of smoking that I am now smoke free. After trying different things to help me quit and many fails and bad reactions to medicine that my doctor gave me to help me quit I was ready to give up the hope of living a smoke free life. But one day I saw an e-cig in my local drug store and asked about it , after getting what info I could from the sales person I went home and searched the web for info on e-cigs so I could better understand just what this thing was. So a few weeks later I stop at my local gas station and pick up a e-cig and give it a try ..... and I was surprised at the taste, it was ok. A few weeks had past and I was still using the e-cig but was still smoking off and on also , the problem I was having was the amount of vapor (what some may think is smoke) that the e-cig was putting out wasn't enough

to give the same filling as a real cig.

So are trying a few other cheap gas/drug store brands I was about ready to give up again but I figured I would give it 1 more try with a different type of e-cig and I found a web site and placed an order for a starter kit. A few days later it shows up, after charging up the battery and fill the tank up with ejuice (the first few e-cigs I tried where the small cig looking e-cigs , this starter kit was a tank style) and gave it a drag , HOLY COW it hit like a real cig and the vapor was the same amount as it was when I was smoking (meaning the vapor cloud was the same as a cig smoke cloud) with this new e-cig giving me that feeling of smoking I was charged about quiting again , no harmful 2nd hand smoking around my wife or kids , no more smelling like an ashtray as people say (as a smoker I never could smell or taste what my wife smelled or tasted so I didn't think nothing of it) , no more yellow finger tips.

So after a few days of none smoking (yes I said a few days of NOT smoking) I noticed that my since of smell was coming back (odd to me because I never thought I lost it really , same went for my being able to taste thing) and a little later (meaning a day or so) my taste started to come back , food tasted better , smelled better life was really looking up and still is I haven't smoked since and it's been 2 months. Now I can truly say that real cigs do smell , my brother in law was a smoker (notice I say was a "smoker" I showed him my e-cig and he has since stopped smoking also) and we were out in his yard talking and he asked if it would bother me if he smoked , I told him nah go ahead because since I got this e-cig I haven't even thought about a real cig. Well he lite his cig up ..... and I thought I was going to be sick the smell was so nasty , as we stood there I told him WOW I never knew that real cigs smelled that bad. As we stood there talking I was thinking to my self .. I can't believe I used to smoke , after smelling his cig (oh yeah the smell was so bad to me I could taste it also , thats what really about made me sick) I knew what my friends, family had to go through.

If it wasn't for an e-cig I would still be a smoker today and with cancer in my family I was dancing with death one could say , rolling those dice everytime I would lite one up and not just only me but others around me, that's the great thing an e-cig doesn't have anything to hurt me or my family. So as I finishing typing my story I would just like to stay god bless the man/woman that came up with the e-cig because of your dream and making it come true you've help me and my family's dream come true , that being that I am now smoke free. So thank you. Hope my story will help someone else and maybe help give them that push and try to stop.

8/20/2013 4:09:00 PM - RONALD MCANELLY

My first days of e-cigs I became aware of these 2.5 yrs. ago when I saw an online ad about blue e-cigs I saved up the $40 dollars and bought them. when I received the cool box in the mail I freaked out it all looked so cool and easy to use plus I could charge it like my phone no more ashtrays no more car stink no more stinky fingers I was super excited to never have dragon breath that I opened the box and started right away. My first experience was a failure as I was not aware of how addicted to consumable tobacco I was. That being said I just ordered a higher dose to test my limits at his time were I lived there were no people that understood these or could answer any questions about them so I kind of felt like a test rat but as time went on I started to notice the craving for dip and real consumable tobacco went away and found myself loving the flavors I had chosen for my e-cig. I had tried quitting many time since the age of 15 yeah I know I smoked before the age of being legal but hey that

8/20/2013 4:28:00 PM - Bryan D. Bell

At the time I pen this story, I am almost 43 years old.

I started using smokeless tobacco at age 16.

Every day, my friends and I would go to the local pool hall after school where we played nine ball with

8/20/2013 4:32:00 PM - Mary Maddox

I smoked for over 50 yrs. I have 2 months on the e-cig. I am totally tobacco free. I wanted to quit smoking cigarettes.

I was never successful.

I had tried every market product, even under Doctors care., Chantix made me very sick. Nothing worked for me.

I feel in control with the e-cig.

I am reducing my nicotine intake on a gradual basis.

This eliminates all the irritability with going cold turkey.

A plus in every area of my life, no cigarette butts, no smells, no fire, (lighters, etc.).

My local store collects the used cartridges for recycle thru the sales rep. The only negative I can comment on is some times I lose my e-cig and have to get another.

I use a rechargeable so will just get another kit. Then the one I lost will turn up. Ha!

The e-cig has changed my life for the better and my families.

I have NO DESIRE FOR reg tobacco cigarettes.

I am done with them.

8/20/2013 4:33:00 PM - Jeff

I began smoking in my early teens becoming a daily smoker by 16 and a pack a day shortly thereafter,

despite having a deceased grandfather from lung cancer.

At age 19 I joined the military.

After 8 weeks of not being able to have or even smell a cigarette I had no problem continuing to refrain once I had been granted the ability to resume if desired.

However,

by age 21 I had become addicted to another nicotine product in the form of smokeless tobacco.

With the heavy nicotine content known to be in snus the addition was much harder to quit and only grew in intensity.

My wife spoke concerns for my well being citing numerous people she had encountered at her job in a hospital with facial reconstruction or battling various forms of mouth and throat cancer due to sharing my same addiction.

I have known acquaintances who had tried every known tool to quit tobacco products from therapy to pharmaceuticals only to resume their consumption within a short period of time.

I came across e-cigarettes after being puzzled by witnessing someone take a drag off a cigarette looking device lighting up a blue led tip,

followed by a puff of vapor with absolutely no smell.

Within 2 days of trying my first e-cigarettes my craving for smokeless tobacco had been nullified completely.

It has only been 2 months,

but I cannot see myself ever returning to a tobacco product after being so satisfied with the performance of e-cigarettes.

8/20/2013 4:40:00 PM - phi303

I was a smoker for 11 years starting at age 11 smoking over a pack a day and often two packs a day. I started looking into alternatives when my budget just couldn't handle buying cigarettes everyday, I found electronic cigarettes. 7 years ago I bought my first electronic cigarette, it was a Trog Screw Driver, I landed on this model because after hours of research this was the best choice available.

The first couple days I still needed to smoke but after passing the learning curve associated with ecigs I completely quit analog cigarettes. In the last 7 years the community has grown exponentially and the "vapor scene" has evolved so much! Smoking cigarettes seems like something of the past, there seems to be less smokers this generation than the last and I think ecigs play a huge role in that now and continuing on.

After a couple weeks of exclusively using ecigs my sense of taste and smell came back, on top of which, being around my friends that still smoked opened up my eyes/nose to how awful the smell of cigarette smoke is. As a smoker you don't notice or have a mind for it but after just 10 days of smoke-free-bliss you loath the smell of burning tobacco - I did take a "hit" of a cigarette again only to be completely disgusted by every aspect of a cigarette. I could not believe I did this for 11 years!

Smoking is half habit and half addiction; breaking either one are both challenging feats but ecigs seamlessly takes the best of both and makes it safer and satisfying (especially compared to other alternatives to smoking): the hand-to-mouth "act of smoking" is there, the familiar weight and feel of exhaling smoke/vapor is there, the nicotine cravings are met, and none of the cost, none of the inconvenience, nor any of the health hazards are present.

With this superior alternative I think smoking has taken a backseat, we should probably be more weary of sitting 7-8hrs a day in an office chair rather than focusing on combusted tobacco. Switching to vaping has improved my health considerably and has made my life so much easier: overall health is better, stamina and breathing is worlds better and the sheer convenience of not smoking is immeasurable.

8/20/2013 4:43:00 PM - Christopher, Moodus, CT

I was house shopping, and knew the expense of two people smoking was ludicrous to maintain. So after my wife used Chantix to successfully quit, I tried a disposable blu ecig. I loved it. I was impressed with the whole package, vapor, convenience, strength and price. I am not aware of the risks or benefits of "vaping", but I will say that spending $60 to buy a premium starter kit that recharges and includes 5 days of cartridges was a no brainer. 5 days of smoking in CT is $50. So there was no initial investment. The cost for me to switch to e cig from cigarettes was the same. I never looked back. I save $600 a month on cigarets and feel better for it. The motivation to quit smoking was 100% but nicotine is a hell of a vice. So the ecig is my crutch for now. I plan on using the ecig and gradually buy refills with less nicotine until I can bare a zero nicotine e cig. The health concerns are there but all the extra money in my savings are insane. To think. All the money wasted on real cigarettes. Am I wasting money on ecigs? Sure. But it's the lesser of two evils and I am grateful to have to option to use the blu e cig. I don't have an endorsement for any brand. But there are dozens of brands of ecigs at every gas station. I choose my particular brand based on capitalism logic. National television commercials, coast to coast availability and quality products that stand the test of time. I've tried a lot. Most don't last the stated time or taste good. Big corporations know they are being scrutinized by big brother so I trust that they would produce the right product from the start knowing that when they clamp down. Not if they do. That they were doing it right the first time. E cigs help me successfully quit smoking after trying other FDA approved methods after 18 years. I hope that I quit soon enough to see my kids graduate. I hated smoking. I grew up with smoking parents and grand parents and smoking in air planes and every restaurant I can remember. Why smoke. Why burn fossil fuels. Why do anything that's bad for you, your family or the planet. I know that it's misinformation and lack of information that leads to poor decision making for any person, company or government. I hope that this is a non issue. That ecigs will live on and become cheaper. I've noticed that the increase in popularity has increased the price by a few dollars at all retailers in the past year. It's called price gouging and I hope the original producers catch wind and regulate their prices or give incentives to stick with it. I actually have converted 5 smokers to ecigs because of my success and praise. I hope the study and debates are positive and yield good things for the future of our world. Cigarettes suck and I wish that nicotine wasn't the most addictive thing ever. K. Good luck and best wishes from Connecticut.

8/20/2013 4:46:00 PM - Adam H.

I started smoking when I was 15 and by 17, I was a pack-a-day smoker. I first tried to quit smoking when I was about 21 where I tried the gum and right away fell off. A while later I tried the patch and it drove me right back to smoking analogs. As I was actively in the work force with a career, it became more potent that I quit all together. When my children were born it was a must. While struggling to quit cold turkey I was introduce to Chanex which turned out to be worse than smoking, at least in my case. Finally almost 2 years ago I was introduced to e-cigarettes. This was a cigarette look-a-like and took for a short while. This did not last long and I went back to smoking. A few months later I found a better type of e-cigarette that didn't look like a cigarette but served the purpose of an alternative to smoking. With other avenues toward a smoke free life proven to not be effective, I found myself making the purchase. I started with a standard ego 510 with a clear-o and within a few months, I had stopped purchasing cigarettes. I started with high nicotine levels intentionally with hopes that the e-cigarette will over power my desire for a real cigarette. By the time I gave up completely on the real cigarettes, I began to slowly decrease my e-cigarette nicotine levels. I have explored the world of e-cigarettes and mods which has taken my e-cigarette use to different levels. I have now been cigarette free for 1-1/2 years and bounce from 6 to 12 in my nicotine levels. My overall health has dramatically improved. I am currently training for a full marathon (26.2 miles) a year from now with two half marathons already completed. All in all, that first purchase of my ego standard battery, was the best thing I have ever done for myself. With the hardware included, this smoking alternative averages me about $7.00 a week versus the $60.00 a week in traditional cigarettes. If you are a cigarette smoker, I highly suggest switching if you cannot stop completely on your own.

8/20/2013 4:50:00 PM - Michel Barillet from TX

I started smoking when I was 12. We lived in a bad part of town and my whole family smoked so cigarettes were easily stolen. I smoked continuously until I was 18 and I quit for a couple of weeks

cold turkey. Started again. At 20 I quit for 6 months starting with nrt gum and switching to snuff. At 25 I quit for one month using the nrt gum. At 27 I'm currently quit for 4 months using

electronic cigarettes. I didn't intend on quitting smoking I originally bought it because I like hookahs and thought it could be used like that but much more conveniently, which it was.

I started on 24mg nicotine strength and continue to use 24. I do plan on cutting that down but only because it affects the flavor.

8/20/2013 4:51:00 PM - D0x

I have been a smoker since I was 17 and only successfully had one long period of time that I did not smoke prior to using an e-cig/vapor. The only time I did quit it was not cold turkey and instead by using a round of the newest and greatest thing to hit the pharmacy counters Chantix. I will admit that the very first time I took Chantix it did help me quit but also left me with another habit I will discuss later. However, very foolishly after a very stressful event in my life I took myself down to the local store and bought a lighter and my smoke of choice and it has been a downward battle ever since; well until I found vaping.

I did not however just decide one day to start vaping out of the blue. Instead I tried Chantix more than once over the past two years to help me quit and instead of that amazing success I had like the first time from it instead I got the headaches, the nightmares, and every other side effect you can think of along with the hefty bill of spending 200 bucks for every month I decided to keep at it. So not only did I It has been almost coming up on a year since my mother walked into my house and took that first

8/20/2013 4:57:00 PM - Brigitte Cowan St Charles, MO

I smoked for over 40 years of my life.

I tried everything to quit smoking.

I tried Nicorette gum, patches. I tried hypnosis, subliminal messages, and counseling.

I tried ALL the newest, latest and greatest drugs from the pharmaceutical companies in order to quit smoking.

Nothing worked in the long run.

I would quit for a short period and then begin again. Even when I quit for that short time, all I could think about was smoking, it permeated my entire life.

I decided as a last ditch effort to try electronic cigarettes as an alternative to tobacco cigarettes. I made the decision to quit cigarettes completely, not to transition but to use the ecig as my "quitting" alternative.

I bought a Provari mod and a Vivi Nova tank with some e liquid and began my journey. Electronic cigarette have been a literal life saver for me.

It is the first time in my life since I started to smoke that I feel confident that I won't ever go back to smoking tobacco.

I have been smoke free from tobacco for 8 months now and have no desire for a "real" cigarette, absolutely NONE. I have used e-cigs and have been decreasing my Nicotine gradually.

I feel that in a few more months I will be able to eliminate the nicotine from the ecig and be nicotine free for the first time since I was 14 years old.

My children, husband and family are thrilled and some of my family are now using electronic cigarettes to quit smoking as well.

They saw how well it has worked for me and are now smoke free as well. My health has improved dramatically since I started ecigs.

Shortness of breath is gone, blood pressure normal, all the smell and second hand smoke issues are a thing of the past.

I can't tell you how much different my life is because of ecigs.

They have completely changed my life and I can't begin to express my gratitude for the availability of ecigs.

They have changed many lives and will continue, God willing, to do so.

8/20/2013 5:01:00 PM - MJMcMahon

To whom it may concern,

I can only say this about electronic cigarettes: they are the single most effective product I have found in over 20 years to quit smoking.

I had short-term success with traditional nicotine replacement products (gum, patches) but always found myself falling off the proverbial wagon and returning to smoking.

Since my wife and I began using e-cigarettes over a year-and-a-half ago, I have "slipped" exactly ONCE well over a year ago and have no desire to try cigarettes again.

Any efforts to remove these products from the market or to eliminate the small businesses that have grown to support this industry would, in my opinion, only hinder the efforts of those who would like to use them to quit using tobacco.

8/20/2013 5:05:00 PM - Angie Gage

When I started the e cigarette, I virtually quit in 3 days. I was a pack a day smoker for 45 years. the first 3 days I started the e-cigarette I only smoked 3 cigarettes a day. After that it was ecigarette only. When I get super stressed I grab a real cigarette but don't enjoy it. I love my e cigarette!

8/20/2013 5:07:00 PM - Christoph, Monroe, NC

After smoking for over 32 years (20-30 per day), trying to quit cold turkey, gum and patches I am completely tobacco free since 9/28/2009. Breathing easier, climbing stairs easier, no more ash and cigarette burs everywhere, no smelly car or clothes. Vaping is different, yes, but the brain is happy and I do not need cigarettes anymore. It is also much cheaper. It might not work for everybody but IMHO it is worth a try and should not be treated like a deadly poison by the government. After all, tobacco is KNOWN to be a deadly poison and widely available. If, after comprehensive studies have been performed, the product is in fact dangerous, then it should be regulated just like tobacco. No more, no less. The current trend to ban it just because it might not be 100% safe, which we just do not know, is unscientific and, again IMHO, based on opportunistic motives of certain individuals with their own agenda. Everybody is entitled to their own opinion on that.

8/20/2013 5:09:00 PM - Pamala from Ohio

I was a pack a day smoker for 24 years. I had failed at several attempts to quit smoking. I smoked my last analog cig on March 1st, 2012. I would not/could not have done this without my e-cig. I was introduced to them by a friend in Feb of 2012 and will forever be grateful. I started out with the

8/20/2013 5:18:00 PM - Arlene Chase

I gave up stinky cigarettes on 12/10/2010, the day I received my electronic cigarette.

This was after 45yrs. of 1 to 1 1/2 ppd.

Previous to this, I had tried the nicotine patch,gum, medications,hypnosis, all without success.

I did lean heavily on the E-cigarette forum in the beginning, as there is a learning curve.

I was also fortunate enough to attend a vape fest in Philadelphia in March 2011.

That was also a valuable source for information.

I started the e=cig at 24mg. of nicotine, & now use 6- 10 mg., to no nicotine at all.

It was so easy, it's difficult for me to believe that I quit over 2 1/2 yrs. ago.

8/20/2013 5:32:00 PM - Ella T.

I started smoking in 2006, at the age of 15. I quickly became a daily smoker, sometimes smoking an entire pack a day. Over the years I was encouraged to quit by my parents but my smoking was consistently a part of my life.

I am 23 years old now, and over the last eight years (especially in the last two) I started trying different methods to quit. I tried Nicotine Patches, Chantix, Gum, Snus, and using a quit line. I also took smoking cessation classes twice. None of these methods ended up working for very long. The success period ranged from one or two days to two weeks.

About six months ago, I noticed that some of my friends were using e-cigarettes. I tried them out and instantly decided that this might be the method that would work. One of them went to a store with me to purchase my first starter kit and juice. I walked into that store smoking a tobacco cigarette, and walked out with my e-cigarette. I have not smoked a tobacco cigarette since.

I started out using 24mg nicotine juice, which was a perfect match for my pack a day smoking habit. As time went on, I began to notice that the level was just too high for me. This prompted me to move to 18 mg. A couple weeks after that, I again started noticing symptoms of too much nicotine, and knew to move to 12 mg. My body naturally pushed me to move down, and it wasn't a struggle with cravings that are common with decreasing nicotine levels in other quit methods.

I did experience a mild detox period at the beginning of my switch to e-cigarettes. The first night, I couldn't sleep very well. I also experienced a mild sore throat and some headaches. However, These symptoms have gone away over time. The only issue I continue to experience is having to stay vigilant about consuming liquids while vaping, because it is easy to become slightly dehydrated if I do not.

I can now go on jogs and exercise without getting out of breath. I don't hear wheezing on every exhale anymore either. I just feel healthier in general. I am so grateful for an alternative to smoking that has worked well for me. I am very young and I hated smoking and imagining having emphysema or lung cancer later in my life.

8/20/2013 5:35:00 PM - Timothy Hill

I am 39 years old and I was a smoker for 25 years.

I first started smoking when I was 8 years old but didn't smoke daily until I was 12.

I always wanted to quit, but was never quite able to get past that one month point.

I tried the gum, lozenges, patches, inhalers, chantix, and even those ridiculous straws that are supposed to help the cravings.

No matter how many times I tried, I couldn't get past that one month mark.

I first saw electronic cigarettes at the "Ham and Yam" festival in Smithfield NC in March of 2011.

My mother and I were walking along when she noticed a booth selling electronic cigarettes.

I had seen them in stores several times but had never tried it, so I was intrigued.

My mother, having been trying to get me to quit smoking for years, was very excited that I showed any interest in electronic cigarettes and offered to buy them for me.

I figured I would use them when I wanted a cigarette but couldn't smoke where I was or it was inconvenient to step outside for a cigarette.

I had absolutely NO intentions of quitting smoking as I had tried so many methods that failed I was convinced nothing was going to work and I was going to DIE a smoker.

I had bought a carton of regular cigarettes that morning and had smoked about half a pack by that time.

2 weeks later, my wife started mentioning how the house smelled better and it occurred to me I hadn't smoked a cigarette in about a week!

I still had 9 packs of cigarettes from that carton I had bought that morning and I even had a couple of cigarettes left in the pack I had opened that morning!

It suddenly dawned on me.....I quit smoking BY ACCIDENT!!!

This started in me a drive to learn as much as I could about this new way of smoking so I went online and found the online community of "vapers" who are helping other vapers learn through their own experiences.

This community has become such a valuable asset as a support group for anyone who wants to try Vaping as a smoking cessation method.

I've now been 2 1/2 years vaping.

Although I am working with less and less nicotine, I have no intention of quitting vaping.

I am convinced it has prolonged my life, it has certainly made my family happier, and it has made me happier as I can now walk upstairs without losing breath and I no longer smell like an ashtray.

I save money every single day I don't smoke and I am part of a wonderful community which has accepted me wholeheartedly.

I have not seen a single negative aspect of vaping, besides the occasional desire to buy more vaping gear because it's cool.

It's saving lives.....that alone should be enough

8/20/2013 5:35:00 PM - DominiqueS

Hello, My name is Dominique. I started smoking 9 years ago. I've always had a problem being underweight. I was a gymnast for 14 years. While I was smoking analogs, the Dr did EVERYTHING they could to attempt to get me to a healthy weight, including medicine, steroids and even medical marijuana (its legal in my state). Unfortunately they told me 4 months ago they would need to remove my thyroid gland. I sighed a heavy sigh of fear and disappointment. They scheduled me to have surgery in October. I switched to ecigarettes in June. I went to a follow-up appointment this past month and since quitting analogs and smoking only ecigarettes I've put on 6 pounds!!! I now have hit triple digits for the first time in my 24 years of existance. I cried when they told me that if my progress continues I will not have to have the surgery! Since quitting analog cigarettes I've been eating more andfood tastes... So much better it makes me WANT to eat! E-Cigarettes may have honestly saved my life considering the incredibly invasive and dangerous surgery I was going to need to go through before I switched. I couldn't be happier

8/20/2013 5:41:00 PM - To Young

At 15 years old I started smoking cigs. I didn't like it at first, but followed in suit with peer pressure and continued. By my 17th birthday I was smoking almost a pack a day. When I was first introduced to the E cig I had no intention of stopping the cigs, just wanted another form of nicotine. Along with the almost pack a day I would smoke, I would usually go through a tin of dip as well. When I first started the e cig I stopped dipping altogether. It took a while to cut down the cigs. I started at 30 mg, and I am now at 18 mg. Throughout the past four months I have cut down my tobacco level to maybe a lip of dip a day and maybe a cig every two or three days. I also found a new hobby with electronic cigs, as I rebuild them and use mods. It is one of my favorite things to do in my off time, and I always love to expand peoples knowledge.

8/20/2013 5:55:00 PM - Pepper

I smoked for over 40 years.

I quit smoking 20 months ago using e-cigarettes.

At first I used a cheap kit that quit after 3 days, then ran to the drug store and picked up a Blu disposable while i shopped online for a better solution.

I eventually ended up with the eGo Tank system, which I still use today.

I use 24 mg Marl 50/50 e-liquid.

I quit smoking the day I started vaping.

I had 8 cartons of Winston sitting next to me the whole time.

After six months of not smoking, I gave the cigarettes away.

It's amazing, but for a long time, I just felt better knowing I had smokes there if I needed them.

I no longer need them.

I tried quitting many times over 40 years.

I even had a doctor prescribe Wellbutrin.

Nothing stopped my cravings.

I am so happy now, I didn't have to give up the part I enjoy the most, puffing away at my computer or driving.

But I did give up the smell, the ashes, the mess and best of all, my friends and family finally stopped bugging me about it.

I asked my doctor if it was ok to vape and she said, "Whatever it takes to quit, do it!"

8/20/2013 5:57:00 PM - Monte from Western NC

At 32 years old with a 2 year old daughter, I realized that I had been a heavy smoker for more than half of my life and I knew that I had to quit. I had tried the gum and patches with some success, but the process was painful and I eventually went back to smoking every time.

I first tried E-Cigs in May 2012 and I immediately fell in love with the idea of being able to "smoke" at my desk without taking smoke breaks.

However, I quickly became frustrated with my equipment and stopped vaping due to low battery life, difficulty with refilling cartridges, and cheap cartridges that were often defective right out of the box.

In March of 2013, my Brother-In-Law told me that he had been using an E-Cig and I was like "okay, good luck with that..."

but when he showed me his setup I was really impressed with how easy it was to refill his cartridges so I decided to revisit the subject.

When I began researching E-Cig components on the internet I realized that the market had grown exponentially over the last year and found myself diving down the e-cig rabbit hole.

With the help of my Brother-In-Law and the electronic_cigarette subreddit, I eventually bought an expensive mod and dropped cigarettes completely within 3 days.

That went well for about one month until I started drinking one night in Key West and knocked my big expensive mod into the ocean then bought a pack of "analog" cigarettes.

My Brother-In-Law was drinking with me and also bought a pack because he wanted to indulge himself with the "real thing".

We were both surprised to find that the so-called "real thing" felt weak and unpleasant.

Needless to say, I got a new unit as soon as I got back to the mainland, but instead of a big and expensive mod I got a smaller eGo style battery and I haven't looked back.

So after 3 months of "vaping" and over $300 spent on trial and error, I have found that sweet spot between economy and performance and I'm telling all of my smoker friends about the $50 e-cig start; a 1300 MaH Ego battery and charger, an EVOD clearomizer, and a sample pack of liquid from a reputable vendor.

8/20/2013 6:16:00 PM - Jeff Burness

I was a smoker from the ages of 19 - 26. I would smoke at least a pack a day. I tried blu cigarettes (they didn't help me to quit completely) when they first came out but they were too expensive and the lack of vegetable glycerine produced much less vapor than the juice I buy now. The juice I get now is also cheaper. My friend got his first and let me try it and it ruined cigarettes for me after the first puff. I did finish my pack of cigarettes over the course of the following 3 days until I could purchase my igo starter kit and since then I haven't had even a drag from a cigarette. I've been vaping for 2+ months and have upgraded to a 1300mah igo spinner and a couple of vivi nova tanks. I will be taking the next step soon and getting a rebuildable setup and a mechanical mod because the vapor production from the rebuildables bring the taste and vapor production to a whole other level. I've been very happy with my decision to switch to vaping; I don't smell like cigarettes anymore, my teeth are noticeably whiter, my lung capacity is significantly higher, i no longer have a cough, my sense of taste and smell has significantly improved, I can run longer distances without having to catch my breath, and it is considerably cheaper than my smoking habit was. It is nice to see that each study that I've seen come out has said that the e-cigs are harmless, hopefully this isn't something that will change!

8/20/2013 6:18:00 PM - Nikkikl from Michigan

I had been smoking since the age of 15 and I smoked around 20 cigarettes per day. I am now 42 years old. I chose to smoke the

8/20/2013 6:28:00 PM - rojo from Johnson City, TN

I've been using electronic cigarettes in various forms since July, 2011 after having smoked about a pack a day for over a decade.

Before then, I had been mildly curious about e-cigarettes off and on for several months, mostly due to their novelty and gadget appeal.

However, in 2011 when I found out my wife was pregnant, I decided to give e-cigarettes more serious consideration.

I refused to expose my daughter to my secondhand smoke.

A co-worker of mine, another smoker, had recently had carpal tunnel surgery.

Her doctor recommended e-cigs to her, claiming that cigarette smoking slows healing after surgery.

He recommended some cigarette lookalikes for her, which she ordered.

After recovering fully, she switched back to smoking.

She still had the batteries and several disposable nicotine bits left over, which she lent me to sate my curiosity.

I discovered why she switched back to cigarettes.

The cartridges had dried out, the flavor was weak, vapor was feeble, and the cigalikes offered no satisfaction.

However, I could easily see that the potential was there.

I scoured the Internet (Thank you, Al Gore!) for days, sifting through dozens of cookie cutter websites offering Blu, V4L, Smoker Friendly, and so on; as well as a bunch of sales sites camouflaged as review articles debating the minutiae of each brand, each offering an opinion on why their rebranded generic feeble Chinese cigalike was best.

Occasionally I would come across a forum here and there populated by weirdos talking about vaping on screwdrivers and hacking atomizers with blue aquarium foam, gigantic tubes reminiscent of Mag Lites from Greece, and people generally devoting more effort to their hobby than I was willing to commit.

Eventually, though, I came across the Joye eGo-T, a cigar form-factor device with a tank capable of holding an entire day's worth of juice while still discreet enough to avoid any Freudian accusations.

I was sold.

It was an excellent decision.

Since I started vaping, I have had no more than a single pack of cigarettes within the past two years -- and most of those, I couldn't stand to finish.

When a smoker is introduced to a worthwhile device, something more reliable than a cigarette lookalike, I believe that electronic cigarettes are a very effective method of smoking cessation.

And I feel better since I quit smoking.

I can climb stairs without getting out of breath,

I no longer smell like an ash tray.

And I no longer waste $90+ on two cartons of smokes per month.

(I have no idea how much smokes cost these days.

A carton of Winston Light 100's cost about $45 in 2011 when I was still buying them.)

While I would not recommend personal vaporizers to anyone not already addicted to nicotine, I am always eager to give a smoker a toot on mine, demonstrating that they're not all like the gas station disposables, that you can get warm vapor, solid throat hit, a tasty treat, and an overall pleasurable alternative to smoking that does not leave clothing smelling like an ash tray.

Recently there has been a trend of municipalities looking either to ban e-cigarettes or to tax them heavily.

The only group who stands to benefit from an e-cigarette ban are the tobacco companies who would otherwise lose smokers and dippers to these electronic devices.

Big Tobacco has very persuasive lobbyists, and would love not to lose smokers to personal vaporizers.

When you read about the dangers of e-cigarettes, just bear in mind that typical e-juice contains propylene glycol (found in food, medication and fog machines), vegetable glycerin, food flavoring, nicotine, and maybe a small amount of alcohol or water -- all components either food grade or pharmaceutical grade.

Nicotine is not exclusive to tobacco.

It's found in all the nightshade family of plants, including some vegetables --

eggplant, for example.

Nicotine by itself in moderation is no more harmful than coffee or cheesecake.

Also remember that too much nicotine is harmful, but then again so is too much caffeine.

So is too much water, for that matter.

I am a proponent of banning the sale of electronic cigarettes and accessories to minors, but I strongly believe that adults should keep the freedom to choose for themselves.

8/20/2013 6:37:00 PM - Douglas Dixon

I am contacting you in regard to the purposed ban of E-cigs. I do not want to take up you're valuable time so I'll be brief.

I would like you to understand that after a lifetime of smoking cigarettes I have been diagnosed with a disturbing list of crippling smoking related diseases, and nothing I'd tried to stop smoking worked, at all: patches, gum, and pills, none of it. I was dying from 42 years of tobacco addiction. As a last resort I purchased an E-cig kit on-line.

I bought a V2 kit which is like a cigarette with cartomizers. I quickly learned how to refill them, and soon after, started making my on juice. I loved it! I had finally quit, and I thought that I was ready for the next level and bought a VAMO VW/VV along with rebuildable cartomizers

8/20/2013 6:47:00 PM - David Turner (WizardOfVape) from Kansas City, KS

I had been a smoker since the age of 14 with reaching at least a pack a day habit by 18 (joined the military). After 32 years of smoking, I was having trouble with acid re-flux, breathing and coughing up mucus. I was diagnosed with a sleeping disorder and attempted to utilize a CPAP. My condition seemed to get worse.

I had attempted to quit prior with welbutrin, gum and the patch. Seemed that these methods were just not getting me the nicotine I needed and they were a waste of money.

With the declining health I was feeling, I knew it was time to stop so I picked up the small, rechargeable e cig. From a past experience with these, I knew they would not suffice. I began the research to find something else and discovered the more advanced option with longer battery life and choice of nicotine levels. After a week of the small e-cig, I moved to the advanced system and lost all desire to smoke analogs. Even converted my girlfriend to this and she had no intention of quitting. Her desire was to be considerate of me and use it while we were together. However, she too stopped smoking.

Now with the more advanced options, I have totally given up smoking and don't want to go back. My girlfriend and I both have several mod options. I rebuild the coils and started my own e-liquid mixing.

If regulations put a stop to my 'vaping', I'll get my 'fix' from the black market. There will not be any turning back to analogs because I feel my health has drastically improved. If I have to 'vape' with the smokers, I'll just stealth vape and avoid it.

8/20/2013 6:53:00 PM - Brian Frary

A year and 3 months ago I had no hope of quitting tobacco cigarettes.

Having wasted 35 years of my health, wealth and time on cigarettes,

I was only able to kick the habit after many failed attempts and failed methods

with the use of an Electronic Cigarette(easily) in May of 2012.

Since I have begun using an Electronic cigarette I have had major improvements in my health, no longer taking four different prescribed medicines for high blood pressure and type II diabetes.

My breathing has improved dramatically and I have lost ninety pounds.

None of this would have been possible without an Electronic Cigarette.

Lumping vaping (Electronic cigarettes) in the same category and definition as smoking is irresponsible and dangerous to the overall public good.

Sending the message the E-cigs are the same as cigarettes is indefensible.

I don

8/20/2013 7:00:00 PM - Darren from Oklahoma

I started smoking when I was 9 years old. Grew up in tobacco country, NC. Smoked daily for 41 years. I tried to quit numerous times. I have tried everything. Patches, gum, pharmaceuticals (Chantix, never again), cold turkey. I successfully quit for a period of two years after retiring from the military. Failed again and went back to smoking for another ten years. I am 50 years old and had started to really feel the effects of long term smoking.

I heard about vaping after attending my daughter's wedding. No smoking was allowed on the premises and I had to walk two blocks away from the property just to have a smoke. I noticed some family member vaping in the lobby of the venue and nobody was complaining about them. After chatting about vaping and all their enthusiastic promotion about the health benefits, I decided to give it a try. That was over a month ago. I haven't wanted a cigarette since. Can't stand the smell anymore. I can breath better, smell food, taste food, and have more energy than I've had in years. Saving a bunch of money too!

8/20/2013 7:10:00 PM - Shaun Whyte, Clarksville, TN

Good Afternoon,

I would like to share with you all, my success story, as I Shaun Whyte have quit smoking cigarettes. I have smoked for a total of 20 years, starting from the age of 13. I grew up in the Bronx, New York, where popularity among peers is how you stayed afloat socially. I began smoking because it was the "cool" thing to do at the time and it has stuck with me ever since. I have completed a total of 3 tours in Iraq and Afghanistan, and have tried quitting numerous times. I've tried the patch, gum, and Chantix. My Fianc

8/20/2013 7:14:00 PM - David Shaw

My name is David W. Shaw. I started smoking when I was 11 years old.

I tried several times to quit. I used hypnosis, but relapsed after 6 years. I began to see e-cigarette ads a year or 2 ago. At first I wasn't interested, but in May, 2013, I began to seriuosly consder e-cigarettes as a way to quit cigarettes. In May i bought a disposable. I have not smoked since!

Since then

i have experienced a return of taste and smell, which continues to increased.

i no longer awaken to lungs full of mucus. My breth capacity has incread(I know because

i play brass musical instruments)

Without e-cigarettes, I would surely still be a tobacco smoker, no question.

This is what I owe to vaping!

8/20/2013 7:24:00 PM - Arrien Cretens

Hi there,

I started smoking when I was 14 years old, this must have been back in 1997 or 98. I did it to be

8/20/2013 7:57:00 PM - edward thickitt

Started smoking at 16 with Winston. gradually went to weaker cigarettes and menthol. smoked two or more packs a day,but much of the time i would light one and lay it down to burn up [while doing something else] [habit] knew all along i needed to quit and had tried several times but i enjoyed smoking.

At sixty five i learned of e cigs and tried a few different ones battery and cartridge types not convenience store junk. unfortunately the wife liked smoking still and i went back to analogs with her for about a year i finally put my foot down when the cost got to be too much also e cigs had improved . we both have completely quit tobacco for more than three years. e cigs are much healthier, much less expensive. and we both have much less desire to even use them. I only wish that there wasn't so much low quality misleading garbage e cig stuff out there which might turn someone trying them off.

8/20/2013 8:00:00 PM - Sonne SE USA

8/20/2013 8:04:00 PM - Bobby

Haven't smoked a ciggy in a month. Smoked a pack a day for 20 years prior. Vaping has changed my life!

8/20/2013 8:06:00 PM - Cory Lancaster Wright City Missouri

My name is Cory, and I'm addicted to nicotine.

I first started smoking cigarettes at the age of 15.

My parents smoked. My siblings smoked. My aunts and uncles smoked as well as all my cousins.

Most of my friends smoked. So, it was only a matter of time until I started.

It might have been the dumbest decision I've ever made.

I smoked a little at first but eventually it increased to the two pack a day habit I had up until the day I quit.

I enjoyed smoking for a long time but it turned out to be an addiction that I wanted to quit but felt powerless to do so.

I watched as my family and friends and coworkers struggled to get a grip on their addiction and break the hold it had on them.

Some used patches, some used gums and lozenges.

Some used Chantix. Hypnosis, acupuncture, cold turkey, the list goes on and on.

All failed miserably and continued to smoke.

I had a health scare over Christmas holiday this past year.

Nothing major but enough to prompt me to resume regular doctor visits and reevaluate my lifestyle and the choices I've been making.

Diabetes, high blood pressure, heart disease, cancer.

These are all things that run in my family and I've watched several of my loved ones die slow agonizing deaths because of them.

I decided I didn't want any part of that.

I have tried unsuccessfully in the past on a couple different occasions to stop smoking and failed.

The first attempt was admittedly half hearted and ended in failure.

The second time I realized finally that I was truly addicted and I wasn't going to be successful without some help of some kind.

After watching my friends and family try the myriad of options to try and quit, and after seeing the side effects and the resulting success rate of each, I came to the conclusion that most of these were not going to work for me.

Then one day a coworker shows up at the shop and declares that he's discovered a miracle.

He show's me his ego battery with a T2 clearo attached.

He explained how to use it, where he got it, how much it cost and how long he'd been using it.

It's important to note that he and his wife had previously used Chantix to try and quit. Twice. After several months of horrible night terrors, suicidal thoughts, and not to mention the very high financial cost.

Ironically, his insurance wouldn't cover that completely.

He let me have a puff off of it, and while I wasn't blown away immediately it did introduce me to vaping and set me off on the path I'm currently on.

I must apologize for my ramblings, I am, afterall, a meat cutter, not an author.

Cut to present day, After weeks of research and learning the glossary of terms necessary to decipher the language of vapers and vendors alike I visited a local B and M and purchased an ego starter kit. I've since learned that it was very overpriced, but not knowing any better and desperate for a change, I bought it and used it quite successfully to quit smoking, after 25 years of smoking cigarettes. Not only did it deliver the nicotine my body craved, but it also satisfied the psychological addictions as well.

The oral fixation, the ritual, etc. It only took a week and cigarettes became quite disgusting. I haven't smoked a cigarette since that last one. I've taken a drag off of one out of curiosity but the fact remains, they are disgusting.

I still have my first little ego but have since upgraded to much better equipment. It turns out that the starter kit was a good first step but that it was very inadequate in terms of performance.

I have since noticed an improvement in many areas of my life. Financially, it is cheaper than the ridiculous prices of cigarettes.

Health wise, I no longer cough up a lung every morning and I can exert myself without being winded or exhausted in a matter of minutes. Blood pressure is good.

Not to mention my relation ship with my wife has even improved.

She hated my smoking. And to top it all off I no longer reek like a dirty ashtray.

WIN WIN WIN.

In the 2 months since my epiphany I've learned that the Feds are looking to regulate and/or ban ecigs. Figures, don't it.

Anytime people find pleasure or comfort in something they say it's bad and want to control it and you in the process.

Control, regulation. Free country my ass!! LEAVE US ALONE!! There are way more important things to be concerned with.

It's true we don't know what the long term effects are.

But we due know what the long term effects of smoking are in my case, as well as countless others vaping is waaay better for us than the tobacco we used to combust.

I've quit smoking.

I don't plan on starting again.

I do plan on gently weaning myself off of nicotine and perhaps one day I wont' vape anymore.

But for now, I feel like it has saved my life.

I don't like to break laws, and I really don't like the thought's of new laws interfering with my right to choose as an american citizen.

It's my life. If I choose to vape that's my right.

How about we worry about things that should be worried about rather than what intelligent, resourceful, so-called free people decide to do with there own bodies and free time.

Get to work solving actual problems and leave us the hell alone. Thank you.

Cory Lancaster

Rowdycat1 on ECF

8/20/2013 8:08:00 PM - Jim Choquette, Aztec, NM

I had been smoking for forty five years, got up to three packs a day.

I had constant headaches, wheezing, all the good stuff.

Diagnosed with CPOD, and still kept on.

My lungs would sound like cellophane cracking and popping when I laid down and night and I would cough all night.

Wake up in the morning and before I even got out of bed, light up a cigarette.

A good friend of mine suggested e cigs and told me about his buddy that was sucessful in quiting using them.

I had tried many many times to quit using the gum, patches, counseling, drugs like Welbuteron, Chantex, cold turkey, all to no avail.

So what the hell, I tried everything else.

I got an order on line for disposable cartridges and a rechargable battery.

It was a pretty fair substitute but the cartridges did not last as long as advertised and the batteries were even worse.

I did some research online and found a cigarette forum, E Cig Forum that had a lot of good information for a beginner like myself.

I found longer lasting batteries, all kinds of tanks and cartridges I could fill myself at a lower cost.

Then the madness took over.....

I got into mods and making my own e juice.

I made repairs to my tanks, wrapped my own wicks, rewired.

It has been a fun hobby and a learning experience.

I have helped many people, including my own daughter and her husband quit smoking.

All in all, I would say the e cigarette is the best stop smoking tool ever invented, and thank you to whom ever came up with it.

I may even live a few more years now.

8/20/2013 8:59:00 PM - C.W. Palestine, Tx.

I am a 62 yr. old male who smoked 3.5 packs a day for over 30 yrs.

I have tried the patch, nic. gum, and just cold turkey.. I wold do alright until I would get under pressure, and then I would relapse.

I teied a smokeles cig. (e-cig) when I spent 60 days in the hospitel..

now I only smoke my e-cig, and seldom

more than 3 times a day. (after i eat, and at bed time to relax)

The only reason this has worked for me, is my E cig....

8/20/2013 9:02:00 PM - Sonja Stevenson

I had smoked cigarettes for many years and had tried every gadget on the market:

gums, patches, lozenges, Chantix. I even went for a bizarre treatment of 3 injections that would supposedly help me to stop...none of these worked for me. Finally, my sons told me about ecigs. I thought I would give it one more try and I began alternately smoking cigarettes and using ecigs. Within two (2) weeks I had completely switched to only ecigs. That was one (1) full year ago as of August 17, 2013. I thank God for this freedom from tar, carbon dioxide, smoke and ashes. I NEVER want another cigarette.

8/20/2013 9:13:00 PM - Mount Morris

Iam 66 years young..I started smoking at 19. I now vape and feel so much better.No added chemicals added to vapeing. I wish the government would stay out of my house and mind their own business.They need to clean their own house before entering mine..

8/20/2013 10:02:00 PM - Mike Meckel from Round lake, IL

I started smoking at about 7 years old when my 8 year old brother had started stealing them from our father. We thought at the time quitting would be easy like,

8/20/2013 10:11:00 PM - Jim from DC

I was a pack-a-day smoker for 13 years.

I had tried a few times (not many) in the past to quit smoking.

I was interested in quitting after entering a new relationship with a woman that had a child.

She did not force me to try quitting, but I never smoked around her child and decided it would be best to stop smoking.

A friend let me try her Ego-C at a smoking bar one night.

After which, I purchased my own device.

I had a goal to completely convert to the e-cigarette on day one, with no smoking once I began.

It was much easier than I thought, and I haven't smoking since.

It's been almost 5 months and I have no reason to ever go back.

I have dropped my nicotine levels once, and plan on doing it again (down to 6mg/ml).

The learning curve was high to enter, but the community made up for that.

8/20/2013 10:15:00 PM - markus kennady

My story is simple and sweet. I started smoking cigarettes at age 14 because my parents were smokers and all my friends were smoking. So 6 months ago at age 35 I started using an electronic cigarette and within a week cigarettes were tasting awful and I simply did not want them anymore. I continue to use 18mg e-liquid and enjoy it so much that I don't plan on stopping ever because it's just so enjoyable. Oh yeah and I feel 100% better health-wise.

8/20/2013 10:53:00 PM - Johnathan Starling, Jacksonville FL

I bought my first pack of cigarettes the day after I turned 18 on a whim. I was of legal age to purchase tobacco, and I thought it was cool that I could. I figured I'd buy a couple of packs, smoke them on a high school senior field trip, and say I did.

By the time I was done with the field trip, I had already purchased a carton. I then started smoking 2 packs a day for ten years. I tried quitting a few times cold turkey, but the stresses of taking care of my elderly father kept me smoking.

I saw someone using a simple ego kit when I attended an improv comedy show I attended frequently and immediately started to ask questions. I just didn't believe they worked. The person was very patient in explaining what an electronic cigarette was, how they worked, and what they did for him and his partner.

It took me six months to make the dive in. The moment I had was when I couldn't walk from my car to my office desk without needing to stop to catch my breath. I looked at myself in the mirror, and realized if I didn't start doing something, I was going to be dead by 40. I was grossly obese, and I was smoking between 2-2.5 packs a day. I bought my first ego kit, and within two weeks had stopped smoking entirely.

Since I started vaping, I have lost close to 80 pounds. I also can walk and exercise without having to stop and catch my breath. The other thing is my caffeine intake has reduced by over 50 percent.

I honestly feel the life coming back into me by the day. I have vaped for over a year, and I don't see myself ever stopping.

8/20/2013 10:55:00 PM - James Ashley

i'm 35, and I was a pack a day smoker for the better part of 20 years. In the past 10 years, I've tried several times to quit. The patch, nicotine gum & lozenges, cold turkey. nothing took for more than a couple months.

I even went to my doctor and started taking Wellbutrin/Zyban. It worked, and just as I was nearing the 6 month mark to start weening off the medication, it took me to some really dark places and ended with a nervous breakdown and a suicide attempt. After that, Chantix wasn't even considered as an option.

A little over a year ago, I bought a Blu starter kit. After a 2 week transition period, I had officially quit smoking.

Since then, I've lowered my nicotine level by half, and even trying to have an analogue cigarette nearly makes me sick. Vaping has officially made me a non-smoker. With my small collection of eGos and mods, and the variety of flavors available, I will never be a smoker again. I always keep a tobacco flavored juice with a slightly higher nic level on hand for whenever I get stressed to the point of wanting a real one.

Vaping has already added years to my life, and I can taste and smell the real world.

I really wanted to tell this story because of the Zyban incident. Suicide attempts are relatively common with this medication. Vaping has saved my life.

8/20/2013 11:00:00 PM - Adam E. Reed

I never really smoked cigarettes or used any tobacco products besides a short time as a teenager. I suffer from Gastrointestinal issues that haven't fully been diagnosed tho they are leaning towards Irritable Bowel Syndrome. A friend of mine quit smoking with e-cigarettes and very into them and quickly had very high end products, I had tried them out of curiosity. One day while watching the TV Show "House M.D", the doctor on the show had prescribed a man with similar symptoms to myself a "pack of cigarettes". For whatever reason this had stuck in my head, and I did a few searches on the internet, and found people who were actually medicinally smoking cigarettes to help with their IBS! I found this appalling as I am absolutely disgusted by the pharmaceutical industry and the ridiculous side effects that help one problem but cause twenty more. Vaping was cool too me already but I couldn't see a reason for me to do it, but with this in mind I decided to try it! I was amazed, within a week of vaping casually at only 1% Nicotine! I had been nearly cured! (Except for hazardous foods still causing problems) I now wake every morning, Personal Vaporizer in hand and make my daily deposit to the waste treatment plant! My girlfriend laughs and says it's my daily "Voop"! Since then I have become amazed by these devices and their potential ability to deliver medicinal therapy while enjoying a recreational activity! My friend who originally turned me on to these, and myself have since decided to start our own store which should be open within a month! That's how passionate about these little devices we are!

8/20/2013 11:26:00 PM - Nancy

I am telling my story in the hope that our legislature will understand what a positive evolution e-cigarettes/vaping is to people.

The fact is I loved smoking and thought I would never quit! I smoked for 30 years. I started smoking at 13. By age 15 I was smoking daily. It wasn't peer pressure because when I started I kept it secret. None of my friends smoked. Fast forward to my pregnancy with my first child...I knew I should quit. I really wanted to but couldn't. I did my best which was to only smoke one cigarette at four scheduled times a day. After the birth of my healthy baby girl, I immediately went back to my pack and a half a day smoking. I just enjoyed smoking. Well, fast forward to 2008, I was diagnosed with stage 3 COPD. I had been born with asthma. Did I stop smoking? No. Did I try? Absolutely!! From 2008 to 2012, I tried EVERYTHING available to man to quit! I just loved to smoke. I am a very intelligent, 'educated' woman. I tried cold turkey, patches, gum, Chantix, Wellbutrin and nothing worked. I realized I really didn't have physical withdrawals. I missed smoking!! So, nothing lasted when the program ended. I knew my health needed me to quit. My wallet needed me to quit. I am on a fixed income. A very small income! I had my second daughter when I was 39 and immediately went to smoking outdoors. No matter the weather I smoked outside, every single cigarette, for the past 6 1/2 years. I resigned myself to the fact that I would never quit smoking. August of 2012 I discovered e-cigarettes. I smoked one cigarette, after buying that ridiculously over priced kit, because I ran out of pre-filled cartomizers. I could not finish it. It was disgusting! Revolting! I couldn't believe how much "cleaner", more "pure" vaping was compared to smoking. To a nonsmoker or nonvaper that statement sounds crazy! But that's the simplest way I can describe it. Vaping has saved my life literally. I haven't smoked since. Please, those holding my right to vape, to find the most economical hardware and eliquid, don't take this away from me or all the rest of the many people it has saved. I don't want to ever have to smoke another cigarette. Thank you.

8/20/2013 11:34:00 PM - Kerrie from South Carolina

I was 13 years old the first time I tried a cigarette. My friends and I thought it was cool and a few years later we were addicted. We got people to buy them for us or stole them from parents. After I turned 18 and could buy cigarettes, nothing could stop me from smoking. My parents, friends, and boyfriends nagged me to quit but I couldn't and really didn't want to. Finally I did want to stop smoking. I tried cold turkey. Lasted about 2 hours. I tried nicotine gum. Didn't work. I tried nicotine patches. Worked ok, until I drank a beer. Then the patch came off and I smoked. Tried Chantix. Worked ok, unless I was around friends who smoked or I was out drinking. Several years later, I developed smoker's cough. I also occasionally noticed wheezing in my lungs when I took a deep breath. I knew I had to stop smoking. I researched e-cigarettes on the Internet and came across E-Cigarette Forum. I ordered an e-cigarette starter kit. I have not touched a cigarette since. It has been just over 1 month, and I have already decreased my nicotine level. I have used my e-cig while drinking, and around smokers. My e-cigarette has been the only way I have ever stopped smoking cigarettes. I truly feel it is helping save my life.

8/20/2013 11:38:00 PM - JasonVapors

I had been smoking about 22 years before finding my way to E-cigarettes.

I started using e-cigarettes about 7 months ago after smelling myself when I had been smoking.

I had tried the disposable ones before and they just didn't meet the goal I had set for myself.

I returned to smoking because I did not know anything else.

I had tried the patches and still smoked about a pack even while wearing the patch.

I had also used smokeless tobacco even when smoking to help with the cravings I was having.

When I adopted an e-cigarette I noticed right off the bat some unique changes in my habits from being able to breath to having more energy and stamina.

I also found that I was able to smell and taste again.

I have not looked back since I started and now I only use mods for my nicotine delivery.

I use a mod that takes a lot of work to rebuild when the maintenance is needed on it.

I now enjoy vaping more than anything I used to do.

8/20/2013 11:39:00 PM - Wendy Collier Seymour, Tn

My name is Wendy and I lit my first cigarette when I was 12 when I was 15 I started buying or having friends buy my smokes. I smoked my way to a 2 pack a

day habit. As we watched my grandfather die of lung cancer and COPD I would go out on the porch for a smoke break I knew it was wrong but I just couldnt handle the stress.

What a horrible way to go I would think as I puffed away on my cigarette.

I told myself that it wasn't just the smoking that gave him those diseases it was the asbestos he used to work in I would be ok.

At the old age of 29 I was told by my lung doctor I had COPD. I freaked out. Im to young. I have 2 kids. I had to quit smoking. I tried cold turkey that was life threatening for the people around me. So I went back to smoking. A couple months later I find out that I have sleep apnea I stop breathing in my sleep and thats why I never feel rested.

So I decided I could do this I have to do this. My husbands gonna wake up to a corpse. My kids will have no mother. So I invested in the patches and started a new job where smoking wasn't allowed.

Within 3 days i was hiding in my car smoking like a criminal with my patch on! Yea thats real healthy. Well needless to say I didnt last at that job. So back to smoking again. About 6 months ago my brother tell me about these Electronic Cigarettes they got at the gas station so I thought why not couldnt hurt right?

I managed to quit for about a month but my battery was always dead and they tasted worse then a analog so back to smoking. Then the moment that changed my life I was haning with my extended family and my cousin was vaping. It smelled delicious! We started chatting and I told her I tried that but it didnt work for me she instantly knew I had tried the cheap version. We talked for awhile and she gave me info on a group. I felt like I was joining Smokers Anonymous. This was seriously crazy, but after talking to them I decided one more time.

So a very sweet lady on there gave me a Ego battery she didnt use and enough stuff to get started.

My last cigarette was 7/13/13 some days are harder then others but Ive gotten to the point I can stand outside with the "smokers" i work with and have no urge to bum a smoke honestly it stinks but I don't wanna be one of those horrible ex smokers lol. I sleep through the night and wake feeling rested. My mom and I joke they must make the e-liquid out of happy pills because I am truly happier. I feel better and it shows to the people around me. I cannot imagine live with out my vaper! I plan on slowly

lowering my nicotine levels. I truly feel I owe my life and my happieness to the kindness of fellow vapers its a wonderful and supportive group and I thank them so much!

8/21/2013 12:06:00 AM - Paula-Mansfield, TX

I've smoked since I was 18, about a pack a day.

I had tried quitting a few times..one was a bet, which I paid in 2 weeks after gaining 10 lbs.

The second true attempt was cold turkey.

I managed it for 3 months, but my husband smoked; and it was either start smoking again, or divorce.

I heard about e-cigarettes and tried one of the first that came out.

It did nothing for me.

I didn't like something that tasted like tobacco...I might as well have been smoking.

Someone at work told me about a kit they had purchased with "flavors".

On my way home, I was talking to my husband and said I'm tired of paying outrageous prices to smoke and having to deal with the other effects that cigarettes have.

That day, we went to a smoke shop he knew about and we got our first e-cigarettes with disposable cartridges.

Within a week...we realized we didn't need cigarettes.

I found smoking peaceful.

Now, I can get the nicotine and go through those peaceful motions of inhaling and blowing vapor.

Sounds crazy, but I work in a very stressful job...it helps.

My husband is a gadget-junkie and found different products that allowed more vapor and more flavor.

Our house doesn't smell like burnt tobacco, my car smells better, our sense of smell and taste is better.

I can smell a burning cigarette now from 20 yards when I never noticed it before.

My husband and I are very happy to vape.

8/21/2013 12:10:00 AM - Dave Tabor Jr

I have been a smoker for 26 years. Attempted to quit many times (too many to count in the past 20 years) using all sorts of methods, from chewing tobacco, to welbutrin, and Chantix (actually worked but made me feel discomfort) I decided again 2 months ago (60 days today to be exact 8-20-2013) and have not looked back. I tried the Blu cigarette route, but found myself charging them more than using them. So I went out and ordered a MOD from a Chinese company and a "TANK" setup, which enabled me to use a bigger battery for more vaping throughout the day, and less time on charge. I am happily vaping with 18mg of nicotine in my mod daily with about 3ml of juice used a day.

If it was not for wanting to quit, and finding an alternative like an E cigarette, I would still be smoking a pack to pack and a half a day.

Thank you for letting me tell my success story,

Sincerely, Dave Tabor Jr

8/21/2013 12:10:00 AM - William Guynes fellow vaper

How long did you smoke and use chewing tobacco? Since I was 12yrs old I played around with cigarettes chewing tobacco and snuff.

How long ago did you start using a smoke-free alternative "Advance Personal Vaping Devise? Two years ago strong and have never gone back!!!!!

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Started out trying a dispo No.7 that did not work, Silver Bullet stacking to 6v on 3ohms worked like a champ to get me to quit all tobacco. Now on a Sigelei Zmax v3 telescope running it at 9-11 watts, by George I think we've got it.....

Do you still smoke at all (and if so, how much have you cut down)? NOPE no tobacco here.

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative? Since I was 12yrs old I played around with cigarettes chewing tobacco and snuff.

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? I tried the patch, Crap, I tried Nicoret, Crap, I tried Chantix, Crap and by the way Chantix being prescribe by a Medical Doctor or Practitioner and not a Psychologist is absolutely Psycho!! I wanted to kill myself and everyone around me the day after I started using it. Good job Pfizer...

How long were you able to go without smoking using these other methods before starting again? a week to two weeks and the cravings became over whelming after starting a alternative other than e-cigs.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? I can smell, taste and breath so much better than before it is amazing. I do not get stomach aches or heart burn any more from the snuff.

I want to start a petition to award the inventor of Electronic Cigarettes, Joyetech, SMOK, Kanger, Boge and Provari the Nobel Peace Prize. Who is on board????

8/21/2013 12:21:00 AM - Laurie Carlson

I am 46 years old as of writing this in August of 2013. I have now been tobacco free since January 10th, 2012. No, this was NOT a New Year's resolution. This was an ad I came across online. I did further research and found these were for me! I won't apologize for the length of my story because it IS LONG, but this is how tobacco harmed me, and the steps I took to improve my life. This also includes a little experiment I conducted with my 20yr old daughter and her friends (all over the age of 18). I started sneaking cigarettes out of my mother's packs of cigarettes at the age of 12. I believe ALL KIDS START SMOKING BY SNEAKING CIGARETTES OUT OF THEIR PARENTS CIGARETTES, OR OTHER PEOPLE'S PACKS OF CIGARETTES! With electronic cigarettes, that is GONE! There is NO WAY KIDS CAN GET CIGARETTES NOW! My mother never noticed missing cigarettes. I smoked with friends because I thought it was a cool thing to do. Sneaking a few lead to sneaking more and more until by the age of 14 I was stealing entire packs of cigarettes out of HER cartons MY MOTHER bought. When I was 15 my parents knew I smoked and they told me to smoke in the house with them so I did not sneak around and get in with the wrong crowd. I did that.

There was ONE STORE that did NOT CHECK ID! That is where I bought my cigarettes from! It would NOT MATTER HOW MUCH CIGARETTES COST, I WOULD BUY THEM! I babysat, I worked in a drugstore, so I had quite a bit of money, so money was NO object! From the age of 15 until the age of 46, I NEVER tried to quit smoking cigarettes. I NEVER WANTED TO QUIT. I LOVED SMOKING I WOULD DIE SMOKING! I LOVED everything about it. The taste, the feel of the smoke in my throat, the feel of smoke in my lungs, the smell, the taste. The only thing I did NOT like was it could hurt my kids, my pets, (my dogs ran into the other room to get away from if I lit a cigarette!) my husband or whoever was around me. I did not like smelling like an ashtray. I LIVED to smoke! If I could not smoke, I made some way that I could. I even smoked in hospitals. My kids would cough when I smoked, especially at night. I smoked through 2 pregnancies, and now my 20yr old daughter does smoke, too. My son is 15 and HATES the smell of smoke and does NOT smoke. Both kids had severe ADHD, which I think the 4,000 carcinogens in each puff on a cigarette has something to do with that!

As I got older, I became totally and permanently disabled due to a neurological muscle disease called Stiff Person Syndrome. This disease causes your muscles to go completely rigid/stiff, then they spasm out of control because they are not supposed to be like that. This is a VERY painful disease because your muscles are spasming. This disease only affects 1 in 1 million people, so it is VERY RARE. You cannot move sometimes, or your body goes into spasms, and you need to sit a LOT with this disease because if you DARE to move, the spasms start up again. I started to wheeze. I was diagnosed with severe asthma. I had a breathing machine and was told to use it 4x each day, and I had an inhaler and was to use it 2x a day. I started off wheezing, but by the time I was 45, I just sat here and gurgled. I wheezed SO bad when I slept. When I was able to work, I had to

room with another person. She told me I wheezed SO BAD when I slept I should see a Dr about it. Of course I did NOT! I KNEW it was from smoking! It was BAD, but I was NOT going to quit! I was worried about it, and so were the doctors. I did NOT want to quit smoking! There was NO WAY I wanted to quit, even if I could not breathe. I KNEW I would NEVER quit, and smoking would end up killing me. I LOVED SMOKING CIGARETTES. I would have ended up being one of those people rolling an oxygen tank behind me and smoking a cigarette in front of that tank!

In my case, I don't believe it was the nicotine that had control over me, I CRAVED the FEEL OF THE SMOKE IN MY MOUTH, THROAT, AND LUNGS! Filling my lungs FELT GOOD! Sometimes I would cough, but I LOVED It! What I didn't love is smoking held me back from being able to do some things I loved to do with other people because I KNEW I would NOT be able to smoke! Smoking CONTROLLED MY LIFE! I wanted a little of that control back, but NOT TO QUIT! One other issue I had. With this neuro muscle disease, do you know how many times I dropped cigarettes? If you only knew how many burn holes I have on my floors, on my furniture, on my clothing! They are everywhere! The spasms I got in my body caused me to drop the cigarettes! I could have started this house on fire so many times! Well, I knew a neighbor had been using an electronic cigarette for the last year. She got to the point of not even wanting to use it, and she just quit smoking from there.

I did some research online. I saw a youtube video of The Doctors and they thought the electronic cigarettes were an EXCELLENT ALTERNATIVE TO SMOKING!! Dr OZ THOUGHT THE SAME THING, yet he was cautious. I decided I wanted to try electronic cigarettes NOT TO QUIT SMOKING, BUT TO REDUCE THE HARM THAT CIGARETTES DID TO MY BODY ALREADY. I was also worried about lung cancer, too. By this point I had been smoking OVER 34 YEARS! I KNEW I would end up with lung cancer. I answered an ad for electronic cigarettes. They were the stick batteries and you screwed a filter onto the end. I smoked menthol and LOVED the taste!! I LOVED THESE ELECTRONIC CIGARETTES BECAUSE THEY TASTED THE "SAME" AS SMOKING 'REAL' CIGARETTES!!! Although, the first week of smoking electronic cigarettes, I still CRAVED a cigarette EVERY NOW AND THEN, which makes me believe that there is something MORE THAN JUST NICOTINE IN CIGARETTES, ANOTHER ADDICTIVE DRUG IN CIGARETTES THE KEEPS US SMOKING! By the end of ONLY 1 WEEK, I NO LONGER WANTED A REAL CIGARETTE! I LOVED electronic cigarettes! I felt so much better!!!!! I was coughing up a LOT of phlegm from the cigarettes. AFTER THE FIRST WEEK OF USING ELECTRONIC CIGARETTES I WAS NO LONGER WHEEZING OR GURGLING FROM MY LUNGS!!!!!! YEAH!!!!!! It IS VERIFIED BY MY DOCTORS THAT MY ASTHMA WAS GONE WITHIN 3 MONTHS OF USING ELECTRONIC CIGARETTES!!! I've NEVER had a cold since I quit using cigarettes! I've NEVER been sick, besides my neurological muscle disease I told you about up above. My health is GREAT! I HAVE gained weight. I HIGHLY believe cigarettes have something in them that CAUSE

YOU TO KEEP WEIGHT OFF! I also stated I believe cigarettes have something other than nicotine in them to keep us addicted to them!

It has now been 1 year and 8 months since I have been using electronic cigarettes! I feel SO GOOD! NO ASTHMA! NO HEALTH PROBLEMS! I am VERY happy, content, and praying what damage I did with cigarettes does NOT come to haunt me with cancer or anything else.

Now, the ONLY thing I get from electronic cigarettes is nicotine, and it has been scientifically proven that the nicotine is NO MORE HARMFUL THAN CAFFEINE! Nicotine is a stimulant, just like caffeine. I've NEVER had blood pressure problems, or any other problems from smoking, NOR do I have any of those problems with electronic cigarettes BUT POSITIVE ONES! I am no longer inhaling 4,000 carcinogens in EACH PUFF FROM A CIGARETTE! That is something to be said FOR ELECTRONIC CIGARETTES! Electronic cigarettes have SAVED MY LIFE now and into the future! One thing that is VERY CONCERNING TO ME: I keep hearing talk about a concern that kids will like the flavors for electronic cigarettes, that it will appeal to them. Well, yes, kids WOULD like the flavors, however, KIDS DO NOT SMOKE. Teenagers/Young Adults who are 18 and OVER are the ones who are supposed to be of legal age to smoke! Unfortunately, there ARE stores that DO sell packs of tobacco cigarettes to teens UNDER the age of 18. However, it will be MUCH HARDER to sell electronic cigarettes to kids UNDER 18! Think about it - use your common sense! They will have to go into a store that sells these devices to begin with, and ANY store that has these in stock to sell to the public will have to have enough money to purchase these devices in the first place, so they are NOT going to have them out on a shelf! These devices would be BEHIND THE COUNTER! They would have to ask for them! So, using common sense, again, these devices most likely would be in tobacco stores, OR, if they are in a large chain store, they will still be behind a counter, and generally you must go into one certain lane to access the cigarettes. In the state of Michigan, it is ILLEGAL for ANYONE UNDER THE AGE OF 18 TO EVEN BE "IN" A TOBACCO SELLING ESTABLISHMENT, LET ALONE PURCHASE ANYTHING FROM THOSE STORES!

As for these same people expressing their concern about these Teens/Young Adults OVER THE AGE OF 18 liking the flavored liquids, NO, they are NOT IMPRESSED. Why? The teens/young adults who are smoking ARE OLDER AND HAVE OUTGROWN TASTES SUCH AS BUBBLEGUM, OR ANY OTHER CANDY TYPE LIQUIDS DESCRIBED TO TASTE LIKE A CANDY LIQUIDS!

The other thing is I KNOW FOR A FACT TEENS/YOUNG ADULTS over the age of 18 do NOT WANT TO USE ELECTRONIC CIGARETTES! This age group WANTS REAL TOBACCO CIGARETTES, NOT FAKE LOOKING THINGS! They could care LESS about them! They want THE REAL THINGS! I KNOW!

I did an experiment with my daughter and her friends. I got them together (ONLY ONES WHO ARE 18 AND OVER) AND NOT ONE OF THEM EVEN WANTED TO TRY ONE! After really bothering them, begging them and pestering them to PLEASE try them, I DID try to get my 20yr old daughter and a few of her friends who have smoked for several years already to TRY using electronic cigarettes instead of smoking tobacco cigarettes, but in their opinion, and in her friends opinions too, ELECTRONIC CIGARETTES ARE NOT COOL AMONG THEM!

THEY WANT THE 'REAL THING'! I really would MUCH prefer them to WANT electronic cigarettes because they do not contain the tar and the 4,000 carcinogens in each puff, but that did NOT bother any one of them! They want TOBACCO CIGARETTES!

When I got into a conversation about what flavors they may like, the bottom line was they stated they are too OLD to CARE about some bubble gum flavors! They actually turned their noses UP at the thought of inhaling something like it! They have outgrown bubblegum a LONG TIME AGO THEY TOLD ME!! NONE of the

flavors appeal to them because they like those HOOKAH tobacco smoking devices that have flavored tobacco. The kids do NOT WANT flavored liquid they want flavored tobacco! A HUGE BENEFIT TO ELECTRONIC CIGARETTES AND YOUNGER TEENAGERS STARTING TO SMOKE - THEY WON'T BE ABLE TO! In my honest opinion, kids will NOT have the opportunity to smoke like I did by stealing my mother's cigarettes out of her packs of cigarettes! That is how I started! With electronic cigarettes, there is NOTHING TO STEAL FROM MOM OR DAD! There are NO extra batteries! These devices cost enough money THAT I HAVE TWO ARGUMENTS:

1. NO teen has the money to purchase these HIGH COST devices in order to be able to vape (smoke) these, and 2. EVERY parent who owns one or more of these devices KNOWS if one of them would be missing! These are NOT left laying around because they can be broken, and they MUST be cared for. It's not like a cigarette that can break and you just grab another one. This is a DETERRENT! The teens will NOT risk breaking them and getting caught by mom and/or dad! You should have seen the young adults NOT wanting to even touch mine because they were afraid of breaking them! The ones I own do NOT LOOK LIKE A CIGARETTE. This was a MAJOR ISSUE with them! They said they would look stupid smoking one of these! They want something that IS a cigarette, and NOT ONE THAT LOOKS LIKE A CIGARETTE! So, after all of that, it proved to me that THE FUTURE HOLDS A GREAT OPPORTUNITY TO DECREASE TOBACCO CONSUMPTION FOR ADULTS AND DETER TEENS UNDER 18 FROM EVEN STARTING TO SMOKE TOBACCO CIGARETTES because they can't even get them! They can't be stolen because Mom and Dad don't have any to steal, they are NOT 18 so they can't be bought. In order for these teens to purchase electronic cigarettes, they MUST show ID. NO local store will allow a teen to purchase these because the store owner is NOT going to want to risk losing their sales license! I foresee a future of A GREAT REDUCTION IN THE CONSUMPTION OF

TOBACCO CIGARETTES. I almost have to say I can probably foresee tobacco cigarettes, as we know them today, to no longer being used! In the studies I have read, here's one: http://blog.casaa.org/2013/08/new-study-confirms-that-chemicals-in.html electronic cigarettes pose MINIMAL HEALTH RISKS, TOO!

Finally! What places like the American Cancer Society would LOVE to see is now happening! People like myself are saving our own lives! No NEW teens will be able to smoke, eventually! Eventually these young adults who are refusing to use these now WILL LATER IN LIFE once they get their heads out of the sand! HOORAY for everyone around! Thank you!

8/21/2013 12:45:00 AM - CJ

Hello, my name is CJ and I've always lived my life with simple goals. My first and foremost goal has always been to never regret anything I do. I'm 28 right now, and I think I have done a fair job of this, except for the past 12 years I have had one habit I regret ever starting.

Before I ever graduated high school I started smoking, before I was legally able to purchase cigarettes. I guess I started because it made me cool, or a bad boy, but in the end, I cannot give a good reason.

Since then, I have tried several methods for quitting smoking and have had moderate success with many of them, prescriptions, over the counter pills, gum, patches, and even cold turkey. I always came across 2 problems to actually staying away from cigarettes: idle hands, and stress.

Any smoker can and will tell you that when they are experiencing higher than average stress levels, they will also smoke more than they normally do. I don't know if it actually helps, the nicotine, or if it is the controlled order of actions required to smoke that helps calm the nerves. When you have recently, that being within a year i would say at least, quit smoking you have lost a method for handling stress, and I could never keep my stress level in my life low enough that I would not go back to cigarettes.

For me, I have always been a person that needs something to do, something to occupy my mind, and hands. The absolute worst time i started smoking again was after a year i had not picked up a single cigarette, and then i started again because i was in a lull in my life and had nothing to do all day, everyday... smoking was at least something. A whole year smoke free down the drain for no other reason than "I was bored." Sounds stupid to me now, and I would probably even admit it was stupid back then, but live and learn, sometimes a bit slowly but i still try to learn.

I cannot remember the number of analog e-cigarettes (the e-cigs that look like actual cigarettes) i bought and got annoyed at for various reasons, but the end result was i would use one for a day and always go buy a pack of cigarettes after it was discharged. They never really satisfied me or lasted long enough to justify the cost at the time, and i had no idea there was better out there.

Then as i was watching a show i do many nights of the week, i noticed the host was using an e-cig that was larger and very different from the ones i had ever tried. Truth be told i dismissed it because of my previous bad experiences, but every night he vaped on it and said he had been cigarette free for XX amount of time, and he did not even want a cig anymore. So i bit the bullet and went to the local "head shop" to buy a pen sized ecig (between analog and APV in size).

IT WAS AWESOME! But not enough *sigh* the package i bought had 2 ecigs, and 3 atomizers, and for it to last a full work day, not all day, just work, i had to take it all with me and by the end i was completely out of e-liquid every time. Those little pens got me thinking, not for me though, for other family members that are smokers. I started pricing the devices online to give to them as a gift, that maybe they could quit like i had. As i looked and looked and looked, i realized i had just barely scratched the surface of ecigs: APVs, Mechs, kicks, 18650s, cartomizers, atomizers, clearomizers, RBAs, and there is still new and innovative devices being made now.

I could have given up there, but i decided to dive in head first and learn as much as i could, i spent two weeks researching and looking up as much as i could. I bought my first APV and a few accessories for it, since then? I havent touched a cigarette, havent WANTED a cigarette. I can smell them from a distance now, where as before you could hold one under my nose and with as much as i smoked i probably would not have noticed.

It's been over 6 months now, I've made several mistakes along the way in trying different ways of vaping, and spent a chunk of money as well, but... I'm happy with my purchases, even the over priced ones, not because I got a good deal, but i have a way to not smoke, not want to smoke, and it feels great to be able to say that after too many years of smoking.

8/21/2013 1:01:00 AM - Jane (aka Poeia)

I think I started to fill in the testimonial then got sidetracked. If this is a repeat post, I apologize (and, of course, please delete one.)
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8/21/2013 1:04:00 AM - David Garlock

I started smoking over 20 years ago, until recently up to three packs a day. I have tried to quit smoking by using patches, gum, and Wellbutrin on many different occasions but found myself always thinking about my next pack of cigarettes and shortly thereafter going back to the real deal. The habit of smoking had such a grip on me I accepted that it would take a heart attack to break me from cigarette use, but even then I was not sure if I would stop smoking. I tried my first e-cig 4 or 5 years ago but it was just a novelty to me back then. A few months ago I stopped in at my usual cigarette retailer and was shown a new e-cig tank system by a cashier who had started vapeing and successfully quit smoking. She told me where she bought hers and I decided to try them again. After purchasing my new vape unit I still smoked for a couple of weeks but was using far fewer cigarettess. I researched a ton of info on vaping and decided to try some more advanced systems. I am now smoke free. I found that vapeing has satisfied and replaced my habitual routine of stopping by the cigarette retailer that was always on my mind before I started vaping, and I have reduced my nicotine levels, sometimes vapeing with a zero nicotine e-liquid. I feel better than I have in a long time, I can breathe easier, my chest feels relaxed and I don't have my morning ritual of coughing and hacking when I was a smoking.

I accept that Vapeing may or may not be a healthier alternative to other nicotine replacement products, but it is the only one that has worked for me and I have been able to quit smoking cigarettes which I have known to be deadly, now my family is second hand smoke free.

8/21/2013 1:18:00 AM - Gary Boyer in Largo, FL

I started smoking at age 13 but not daily until age 15. I started experiencing coughing, shortness of breath and becoming easily winded as young as in my twenties. I tired to quit smoking unsuccessfully several times starting around age 28. I did not like the physical side effects, the smell, and the negative attention from others. I often tried smokeless tobacco before NRTs became so readily available, as well as prescription inhalants and medications. At age 37 my sister told me about electronic cigarettes and ordered me a kit for around $60.00 at the time. I vaped that brand for about 5 months but then lost my internet and e-cigs still were not very accessible in stores at the time so I began smoking again. At age 38 I was really getting winded, even a walk from one room in the house to another would make me start gasping for air. I was also getting chest pains a lot and was convinced I had some type of respiratory disease. Others also noticed my heavy breathing and lack of stamina so I decided to start using Snus which helped me to reduce the amount that I smoked but not to stop entirely. After about 3 months of doing both I started buying e-cigs at a local gas station and was able to stop smoking entirely. I continued the Snus for about 3 more months and was able to wean off of it as well. I noticed my health starting to improve after just a few short weeks and I was actually saving money buying e-cigs vs. tobacco cigarettes. By this time I had internet again and was able to research more about vaping and felt it was safe enough to continue, especially with no carcinogens! This is when I also discovered other longer lasting devices and more quality e-liquids and flavors. I have now been vaping for a year and a half and feel amazing, as if I could run a marathon. I no longer get winded nor do I cough anymore. I taste and smell better than I ever have, or at least since my early teens. I still prefer tobacco flavors but also enjoy other flavors at times just like people wouldn't want to eat the same thing every day. I find the variety of flavors, even differences in tobacco flavors keep it new and exciting. I also enjoy experiencing new devices and it has sort of become a hobby collecting what are referred to as mods. Even with this hobby I still save money vs. tobacco cigarettes. In addition to better health and finding a safe hobby that keeps me out of trouble, friends and family don't mind being around me while I vape. No one has ever complained of irritation making me think that many of these stories against vaping are made up, and my nonsmoking friends and family agree with me. I have also found a huge online community of former smokers turned vapers and we all support and encourage each other. We keep each other informed and up to date on good and bad, bad as in false negative publicity. We also have local vape meets and trade shows to attend. Vaping has changed my life for the better in many ways. My heath has improved, my finances have improved, I have a safe hobby to occupy my spare time rather than watch TV or go to the bars, and even my social life has improved, all as a result of vaping instead of smoking. I was never able to quit prior to vaping and I doubt I ever would have without it. I have vowed to never smoke again. If misinformed government bodies ever make vaping illegal I will first look for means of still obtaining liquid and devices, effectively turning a good law abiding

citizen into a criminal, or I will break my vow and return to smoking, only now I am older and it will simply speed up my aging deterioration process effectively killing me sooner. Education and true information about vaping is crucial to the millions of us who have quit smoking for a safe alternative. You would think those that wish to be thought of as intelligent would want to know the facts before making claims that are not true, but thus far they make these false claims based on hearsay which eventually will make them look ignorant, not intelligent. My name is Gary F. Boyer of largo. Florida and I am a former 27-year smoker turned vaper, and my life has greatly improved because of it.

8/21/2013 1:25:00 AM - KevAlabama

Fairly simple:

About 2 years ago I wanted to quit smoking.

I was tired of the smell in my clothes and car, tired of the coughing, tired of not being able to breath.

I tried my first electronic cigarette...a rechargeable cigarette style with disposable cartridges.

Within 2 days of purchasing this device, I stopped smoking completely.

Slowly since then I've been able to reduce the nicotine levels from 18 mg/ml to less than 10.

Recently I've reduced that to 4 mg/ml and have had no issues.

Within six months of my first electronic cigarette, I was able to smell things like fresh cut grass for the first time in almost 20 years.

My sense of taste improved as well and I began to notice just how much salt I had to add to things in the past to season them.

Needless to say, I've cut my nicotine down to very low levels, reduced my sodium intake because I can actually taste it now, and have vastly improved breathing and do not get winded nearly as easily while working.

I hope to be completely free of nicotine within the next 12 months and being able to control the levels of nicotine with electronic cigarettes will make that very easy.

8/21/2013 1:46:00 AM - Seamus McFadden

I started smoking when I was 12 years old and by the age of 16, I was a pack a day smoker (or more) for 15 years. I tried to quit smoking cold turkey in 1999; epic failure. Without the nicotine I was a complete mess, mentally and physically. It was then I knew I had a serious addiction to nicotine. I made a plan to switch to lighter cigarettes over a twelve month period. I switched brands, three times in that twelve month period and in the end I was smoking ultra-lights with low tar and lower nicotine. I tried to throw as many cigarettes away as possible after lighting up in habit. I butted many out half way or tossed them out of my car window just after lighting them. After the Christmas holidays were over I purchased a box of Nicorette

8/21/2013 1:47:00 AM - Dennis Green

This my personal experience.

I am not advocating vaping although, for me, it

8/21/2013 1:54:00 AM - Teresa Beaudette

My name is Teresa Beaudette. I am a 42 year old white female from South Carolina.I started smoking at 16 years old. I smoked Marlboro,pall Mall,Montclaire and many others. Over the years my smoking increased and eventually I was up to over a pack a day.When I became pregnant the first time, I tried to quit for the baby and it took me about 4 months. I started back right after giving birth. I continued to smoke and then became pregnant again 9 years later. I found it harder to stop smoking this time. I remember standing behind my house hiding the fact that I was smoking cigarette butts that I could find anywhere. I was so ashamed of my behavior and was nearly 6 months pregnant before I was made to stop by my husband. I again started back smoking after giving birth.

November 2012, we were planning to drive to Michigan for Thanksgiving with family. I as always, planned how I could smoke in the car for so long with others. I knew the further North we went the colder it would be and rolling the window down each time was sure to make people unhappy. I went into my local store to buy my cigarettes for the trip and saw the display for Krave. I looked at and asked questions. They handed me a pamplet and I bought a disposable to try that day. I realized 2 things, first, I wasn't having a nicotene withdrawal and second, there was no enjoyment to the electronic cigarette. I thought well this may work for the trip but probably not for the long haul. I purchased a starter kit and a pack of refills and also bought a usb car charger. I began using these the next day when our trip started. My husband loved the fact that there was no nasty cigarette smell,my daughter loved the fact that the window wasn't blasting freezing cold air on her while I smoked. I was still amazed that I had no desire for an actual cigarette. When We arrived in Michigan, we started mingling with friends and family. Those who smoked, went outside to do so, in the 25 degree weather. I went with them because that is what I was used to doing when i smoked. I however only needed a few puffs and I was done and they were still smoking away. I realized that the social enjoyment of smoking was not there, but I was proud of myself for sticking to my plan and using the electronic cigarette instead of the traditional one. I had people asking questions about it and how i liked it, and I think I even sold some people on trying it themselves. That was November 2012.I have not touched a regular cigarette since I started using Krave. At first my wheezing got worse and I thought that can't be a good sign. These things must not be good for you, but ZI kept at it. After about a month all of the wheezing stopped and my coughing stopped and I realized that the wheezing was just my lungs clearing up and breaking up all the goop that had built up in there from the past 26 years of smoking. I still use Krave electronic cigarette today, and I hope they are always available. I feel without a doubt, that the electronic cigarette alone is responsible for getting me off of the traditional cigarette. I know they say that it is not backed yet by the FDA and whatever other agencies are involved, but I feel like at some point, we the people should be able to decide if the positive outweigh the negative and

if the possible dangers are worth the risk. I would not stop using the electronic cigarette if it stayed available.

8/21/2013 1:59:00 AM - Jennifer P. from Pell City, AL

I smoked for about 20 years.

I never considered myself a heavy smoker, staying at just under a pack a day.

I knew all the risks and downsides, and many times over the years tried to quit, because I knew it was the best thing to do.

I tried gum, lozenges, wellbutrin.

I used community support websites and downloaded apps to track my progress.

I'd try cutting down to "wean" myself off.

Never made it more than a few days, if that.

But I never really wanted to quit.

I enjoyed smoking.

I picked up a disposable e-cig one day at a gas station.

The regular tobacco flavor.

Mainly just out of curiosity.

I used it very sparsely for months, just when I really wanted a cigarette and couldn't have one.

Then my girlfriend planned to quit smoking cold turkey, so I gave it to her.

She found it really helped her make it through the day without a cigarette and went through several disposables before researching refillable/rechargeable models. We ended up purchasing an ego style kit that had two full e-cigs in it, and a tobacco and a berry flavor nicotine juice, so I decided to give it a try too, but had no real intention of quitting immediately.

The first few puffs were satisfying, and my next cigarette seemed a little harsh.

The pack of cigarettes I had lasted 2 days.

The next one lasted 3 days.

The next one lasted a week and was the last pack I bought.

It's now been 3 months since I had a cigarette.

During those first couple of weeks I found myself wanting a cigarette, but then thinking, "but the e-cig is so much smoother and better tasting."

I still didn't try to quit.

It just happened.

In the 3 months since I've smoked, we have tried a lot of 510/ego style clearomizers and cartomizers, and probably over 50 flavors, gradually lowering the nicotine content to half where I started (from 24mg/mL to 12mg/mL).

I did not initially see any money saving benefits, but I went a little overboard on trying new things.

And I have spent money on other smoking cessation products that didn't work.

However, now I am at a point where I have everything I need and I haven't spent anything at all in about a month.

In the time since I quit smoking, I've noticed definite improvements in my health.

I no longer get out of breath with exertion, and can do more without having to take a break just to breathe.

I do not have coughing fits.

I do not have disgusting productive coughs in the morning.

And I have less overall congestion, in spite of seasonal allergies.

My sense of smell has improved.

My house, car, clothes, and most importantly, my child no longer smell like an ashtray.

My family and friends no longer harass me to quit.

Although they would like to see me down to no nicotine, which is a long term goal, they find the e-cigs totally inoffensive, unlike tobacco cigarettes.

This is the longest in my adult life I have ever been without cigarettes and it has been virtually effortless, even in situations that used to be smoking triggers.

I would and do recommend e-cigs to anyone who will listen!

8/21/2013 2:04:00 AM - Kay Perkins(oldbroad) Flint, Mi.

Hello, My name is Kay Perkins. I'm a 70 year old woman that started smoking when I was Approximately 15 years old. My cigarette consumption steadily increased over the years to approximately two packs a day.

I was having health issues(breathing, coughing, lack of energy, wheezing, etc. for about the last fifteen years of smoking. During those years I tried every new

product that came on the market...Snus, medications (Chantrex, etc,), patches, gum. I even was hypnotized once and it was the longest period of time that i was smoke-free, though it only lasted three weeks and it was extremely hard.

I finally resigned myself to the fact that I was weak-willed, a loser, etc. and just knew in my soul that my last breath on this earth, even if i was hooked to an oxygen tank, would be puffing on a cigarette.

Then one day I was in a restaurant and a man I knew slightly was sitting at the counter enjoying a cup of coffee and a cigarette. (Almost four years ago smoking everywhere was still not banned) I

went up to him and sat down next to him and then I realized that what looked like a cigarette from a distance was something else entirely. So I asked him what it was and he told me it was an electronic cigarette. He let me try it.

I knew right then and there that I finally had a way to get free of cigarettes! He ordered a pensize e-cig with all the necessary equpment for it.

The very first day that I received this manna from heaven was the last day I ever had to smoke a cigarette.

I'm free!! I'm finally free!!!!!

And I've been free for four blessed years this coming Oct. 21, 2013!

Sincerely,

Kay Perkins

8/21/2013 2:19:00 AM - Phil

I have been using tobacco around 42 years for the most part with no apparent adverse effects. Recent annual medicals indicated reduced lung function.

With this in mind I purchased some rechargeable

8/21/2013 2:41:00 AM - Gordon C.

Was able to drop cigarettes on my very first day vaping. This is a godsend. Naturally our federal government will screw this up.

8/21/2013 3:06:00 AM - James [JD] Reed (stomper38) from Pittsburgh, PA

I am a 37 year old man who started smoking at age 11 (with the help of my older sister)... I smoked for 26 years before finally being able to quit... In those years, I tried to quit countless times... I used every option available (patches, gum, medication, etc)... Nothing ever worked... I took Chantix years ago and was able to not smoke while I was on it, but started again as soon as the prescription ran out... Nothing ever worked... My first introduction to electronic cigarettes was about a year and a half ago when I found GreenSmoke... I spent a ridiculous amount of money on a kit and cartridges and it failed miserably... Terrible battery life, terribly measured dosages, terrible taste, etc... So I, again, started smoking... Several months later, with much prodding from family (especially my youngest daughter), I decided to look into them again... This time, I put time into researching the alternatives to the overpriced kits that are advertised everywhere... I found the Joyetech ego Twist batteries and discovered that there is a whole world of options for people who really want to quit smoking... Flavors and PG/VG ratios and nicotine dosages could all be made exactly how I wanted them... So I shopped around and got some batteries and juices that I would like... I bought several different types and brands of clearomizers, under the assumption that they were easy and worked well... I was able to quit smoking (for the most part) and was doing pretty well, but it wasn't perfect... Life got in the way and I started smoking again due to the massive amount of stress I was under... Six months later, after getting everything taken care of and squared away, I came back to vaping, determined to never smoke again... I got more involved and made the effort to educate myself... I joined ECF, started watching YouTube reviews (Phil Busardo and GrimmGreen) and scoured the internet seeking knowledge... I invested in equipment that has been proven to work well, be consistent, last through time and keep me from smoking... I now own four great devices (a SID, a VAMO, a Tesla and a Provari)... I use cartomizer tanks (J-Tanks and a Kir Fanis Prive Special) throughout the day and at work... At home, I use dripping atomizers (Joyetech, Empire Mods and Avid Vaper) with a variety of juices... And I have recently acquired four different rebuildable atomizers to start learning with and using... I have not touched an analog cigarette in over three months now and am 100% completely happy and satisfied with vaping... I have no cravings to smoke or desire to ever do so again... Since quitting smoking, my health has been measurably better... I used to wheeze and cough constantly... No more... I can breathe much better... My chronic sinus issues are nearly gone... My Psoriasis rarely flares up and when it does, it is nowhere near as bad as it used to be... I have much more energy and stamina... There is just nothing bad that I can say... Once you find what works for you, it really works... The difference in my life is amazing... I cannot imagine smoking ever again... And I am completely happy with that...

8/21/2013 3:23:00 AM - Michael N.

I started smoking cigarettes when I was around twenty-five-years old, which is later than most.

It was more of a social thing.

Something to do at parties or when hanging out with friends.

Something other than eating, as I was trying to lose a few pounds at the time as well.

Apparently oral fixations run deep because I had smoked a pipe for a few years before picking up the cigarette habit.

Things went well for awhile.

I didn't feel addicted, but later I noticed I really had to have a cigarette after a couple hours...

three at the most.

My consumption increased as the taxes and social stigma increased simultaneously and it put me in a

rather uncomfortable position.

I wanted to quit or even just reduce my use of cigarettes, but it was harder than I thought.

I tried nicotine gum, but learned you have to bite it and hold it between your cheek and gum like chewing tobacco.

You cannot just pop them all day and chew them like regular gum or you wind up ingesting way too much nicotine.

On top of that, gum, patches, and all the

8/21/2013 3:24:00 AM - lyndsey from tulsa oklahoma

I started vaping 2 years ago as of August 22nd!

I had no interest at all in quting smoking. I loved smoking it was my vice and I wasn't letting it go. I started vaping because it was a healthier alternative. I get everything out of my ecig that I got from a cigarette. I also loved that I wasn't killing my self with every puff off my ecig like I was off of a cigarette.

I feel better! And I love that I cansmoke in my house and ny car and don't have to worry about it harming anyone around me. I use an egoT rechargeable battery woth a wick tank formy liquid.

I buy all my products tthrough Vapor Kings.

I still continue to vape and have no interest in quitting!

8/21/2013 3:31:00 AM - Matt321 in NC

I began smoking at the age of 14.

At that young age, I only smoked approximately 3-4 cigarettes a day, but it was daily.

25 years later, I was at a pack a day, and had been since the age of 18.

Over the years, I had been through various stages of breathing anomalies, such as shortness of breath and reoccurring bronchitis or bronchitis-like symptoms.

I tried to quit twice, once at the age of 19 and once again at 34.

I was successful at quitting for one day at 19, and I was successful for 3 months at the age of 34.

At 35, I decided to research e-cigarettes.

With nothing to loose, I gave them a shot.

At first, I didn't like it.

The product that I was attempting to use was inferior, and I didn't have enough experience with the product to understand why it was inferior.

During this time I continued to smoke regularly.

A few years later, a discussion with a friend inspired me to start again.

I knew that there had to be something wrong with the way I was using e-cigarettes or perhaps better products were now available.

My intention was to replace my smoking habit entirely with e-cigarettes.

The plan was that when I had the urge to smoke, I would go to my e-cigarette.

As of now, this has been a success.

I still find myself smoking occasionally, but my pack a day habit has turned into only 4-5 cigarettes a day.

This is only 2 weeks in.

I'm now finding myself preferring vapor over smoke, and cigarettes now leave me with a sense of distaste.

I have never tried any other tobacco alternatives or cessation methods.

The only methods to quit smoking I have used are cold turkey and e-cigarettes.

It remains to be seen, but I feel that I have an excellent chance in quitting with e-cigarettes.

I still have the same pack of cigarettes that I had 3 days ago.

That's never happened during any time in my life while smoking.

My ultimate goal is to be free of smoking entirely, but I don't have any plans of removing myself from nicotine.

While this will likely be part of my future plans, right now removing myself from the carcinogens and particulates in cigarette smoke is my biggest priority.

8/21/2013 3:48:00 AM - walter smith

want to stop smoking and reduce the amount of nictone

8/21/2013 3:57:00 AM - Christian Colaiacovo

To whom it may concern,

This is my story, my experience, and my love for a forever changed quality of life. I began smoking cigarettes at the age of 14, something that had ultimately and quantifiably affected my health as an adolescent and as an adult.

My choice of becoming a smoker was potentially the worst decision I have ever committed to.

The tens of thousands in financial waste, the addiction and desperation that seemed justifiable, and the loss of not only family members to cigarette related disease but the self harm that is only clear to me now since ridding my thoughts, lungs, and life of these horrible and down right evil 1"x 4" boxes of hell.

At the age of 30, both my now fianc

8/21/2013 4:03:00 AM - Joel B.

I have been a daily smoker since I was 14 years old, I am now 32.

The last time I had a real cigarette was July 1, 2013 at about 9:40 am.

During the last 18 years I have tried many times to quit smoking, with several different methods.

Gums, patches, lozenges, Welbutrin, hypnosis, cold turkey, Chantix, and finally e-cigarettes.

Most only lasted for a couple weeks, or less.

Some didn't work at all.

About a year ago I saw an e cig store open in the city I live in.

I didn't give much thought to it as I'd had some friends try more commercially available e cigs (Blu, NJoy) with little success, and figured that's the only thing that was out there.

I ran in to a guy I use to work with a few months after the store had opened here.

I saw him puffing on an Ego style e cig.

He said he hadn't smoke in about 2 months thanks to his new device.

Again, after I ran in to him, I still hadn't given much thought to E cig use.

A few months after i talked to him, I started seeing more people on jobsites using e-cigs, and I would ask them about them.

All of them had pretty much the same result as my old coworker did.

This time, I started looking in to it.

Talked with my wife about, and she said I should give it a shot.

I went to the local store here and talked with a worker there.

I walked out with my first starter kit.

The rest from there is history.

Two days after I got my starter kit I had my last cigarette.

I felt so much better after just a couple weeks, no more coughing, weezing, and the shortness of breath was getting better.

Plus, I didn't stink anymore, that made my wife extremely happy.

In the coming months I plan to start tapering down my nicotine level and eventually get to 0 nicotine.

At that point I will quit vaping altogether.

I don't think I ever would have made it this far not smoking without my E cigarette.

I've only been vaping for 7 weeks as of this write up, but, I don't see myself touching another cigarette for the rest of my life.

8/21/2013 4:54:00 AM - Neal B

[AGE 20] When I was young, I was raised by a mother who smoked.

I remember the thin layer of smoke that seemed to hover int he middle of the room when the sun would hit it. I remember disliking the smell, But for the most part, I don't know if that had anything to do with how or why I started, but I started smoking at the age of 20.

Why, I have no idea.

It wasn't peer pressure, or the "cool look" effect.

But, From then on, I was then considered a "smoker".

[Age 20-38] I seemed to have leveled out around a pack a day.

for the next 20ish years, I would switch from brand to brand. Never menthol, but there was always one brand or another I would like.

It started with the stronger types, at one time, I smoked Camels, and then switched from Camels, to Marlboro 100's... but I would rip off the filter and smoke as an unfiltered cigarette.

I considered that as "good tasting".

I wasn't concerned with health matters at that time.

I would smoke whatever I felt like.

This went on for at least 15 years.

Being a computer technician, I noticed how the secondhand smoke would clog up heat sinks, and ruin fans/pcboards.

The secondhand smoke would

stain everything a dull yellow, including the cobwebs. As anyone would expect, I would wake up with shortness of breath, and would occasionally get a phlemmy cough.

It was then, I decided I needed to cut down on strengths to help alleviate some of the harshness.

[Age 38-42] About five years ago, I decided to cut down on the tar/nicotine.

I switched to filtered cigarettes, at first trying Winstons, because they had no addatives, but the cough got worse. I switched to marlboro lights, but this time I kept the filters on... the cough/shortness didn't get any better. I then switched to Carolton 100's

because they proposed they had the lowest tar/niccotine, and smoked those for a few years.

However, during that time, the govornment added taxes to cigarettes which drove the price too high, so I had to switch to something more economical.. which unfortunately had a higher tar/nicotine level, I switched to doral orange box, and that was my last brand.

[Age 40-42] I remember passing a kiosk in the mall a few times a few years ago.

Someone was casually walking around the kiosk "smoking" a black Cigarette with a blue light at the end.. the name of the brand was Blu.

I never did stop and ask, I always thought it was just a Gimmick... like a "Ginsu Knife" of cigarettes.

One day while in a grocery store, I noticed a starter pack for one of those E-cigarettes for only $20.

I bought it not with any intent of quitting smoking, but more as a "sure, let's see what this is all about" type attitude.

I got home, and put it on the charger, then visited the website.

On the website, they explained it was a smoking alternative that you could use at most restaurants, bars, hotel rooms, etc.

"cool" I thought, maybe I could use it in my house as I am on the internet at night.

At this time, I

did not smoke in the house, but would smoke outside only, and not in cars.

I got married late in life, so secondhand smoke was the biggest concern, these "smoking alternatives" might be something I could do in the house, and just occasionally have to go outside for my regular cigarettes.

However, after the first 2 days of using them, I found I liked the taste better than a regular cigarette.

The battery, however, did not last as long, so I went out and bought a second battery.

[8 months ago] This went on for about a month and a half.

I would alternate between the two batteries.

The cartridges started piling up, and I kept every one of them.

Eventually, I had a bunch of those "disposable" cartridges. "there has to be a use for them", so I looked for ways to refill them, and not only did I find a way to refill the, but a whole different community altogether.

I did an internet search for a company to buy E-juice, and found one close by.

I bought a bottle, and tried refilling a cartridge.

To my surprise, I was very impressed.

Not only did it taste good, but it was a fraction of the cost of buying new cartridges.

[6 months ago]

One day, I decided to see how long I could go without smoking a real cigarette.

By now, I was rarely smoking, I was curious if I could quit entirely.

The strength of my first E-cigs were 18mg, Within a Week, I was down to none... IT still took some self control, but it didn't take nearly as long as I thought it would.

1 week of seriously trying to quit a 20 year habit, and It worked.

I would pocket the E-cig when I went to work.

[5.5 months ago]

Since I was officially stopped, I decided something had to be done with the short battery life of my Ecigs.

I found the battery to be about 180Mah, and it would last me about 4 hours.. just the time it took for the other ecig to get charged.

I eventually bought one more, but even that was no help.

I finally went to a local shop, and got my first EGO battery starter kit.

(1 - 900MaH 1 - 1000MaH with a charger and five CE4 clearomizers).. the price of the kit was about the cost of two cartons of cigarettes (about three weeks worth of cigarettes).. I was blown away with the new flavor.

I carried them everywhere. Started with 24mg/ml RY4 juice.

The constant cough was replaced by an occasional cough.

Phlem was still comming up, and the wheesing was starting to subside.

[3 months ago]

I ran out of the Ejuice that came with the starter kit and started looking around for more.

The closest vape shop (where I got my starter kit) was a full hour drive away.

I made a drive, and bought three more bottles.

I had to find a better method for getting Ejuice, so I bought some online, and boy was I pleased at the price, as well as the service.

I bought 18mg to step down on nicotine dependence.

Also, I noticed my sense of smell is much stronger.

Once, I walked outside only to smell Burger King from 1/4th of a mile away mixed with the Yogurt shop across the street.

That took me by surprise.

Also my clearomizers started to crack and leak one by one. (in retrospect, it was probably due to the Dr. Pepper clone flavoring)

[2 months ago]

I bought 2 replaceable atomizers to replace all my clearomizers.

Now I can maintain them myself.

The EGOs were working fine, but I still wanted more life out of the batteries.

I bought a rebuildable glass tank atomizer, but didn't use it at first,

I knew I was going to buy something larger.

I then settled on a premanufactured "mod", it had more safety, batteries could be replaced.

Altough it looked funny, I still used the replaceable atomizers, and left the rebuildable glass tank aside.

I also bought some Kanthal wire and Silica mesh, and started rebuilding my own atomizers.

I also noticed my sense of taste is much more improved.

I rarely cough at all, and no wheesing at all.

[1 month to present]

I finally got that glass rebuildable to work.

The rebuildable Atomizers now no longer work on my EGO batteries for some reason, and only work on my

premanufactured "mod".

My sense of taste, as mentioned, is much more improved, and I've cut down on the ammount of salt I used to add.

Overall, I noticed I am quite healthier.

The only downside to my ecig usage, is the constant explaining of what my premanufactured mod + glass tank rebuildable is.

People do make comments "You sure there's no THC in that thing", or one person said "you might's well just buy a hookah".

I still refrain from vaping in public places out of respect of other's feelings to the "visual" of it, but sometimes I will still sneak a "stealth" vape while in the mall when the urge is too much.

I am now down to using 12mg/ml juice, and my next batch will be half that.

Recently, at Six Flags, I was banned to going to the "smoking area" to vape.. I now know what secondhand smoke smells like, and found it to not smell anywhere near appealing.

To add insult to injury, the smoking area was Sponsored by Blu Ecigs... "smoke almost anywhere anytime".... well, not where I was.

I have no desire to go back to smoking and I'm glad I made the change.

Cost of Vaping supplies so far:

$290 Cost of Cigarettes for 8 months:

$560

Not only did I save $270 so far, but I also saved my life, which makes it an invaluable switch.

8/21/2013 5:16:00 AM - eric powers from oakland, ca.

i have been smoking 2-3 packs a day for 20+ years. i have been giving my nieces rides to and from school, chain smoking 20 minutes each way. on monday march 11th 2013 i noticed a co-worker of mine had an ego twist with an evod clearomiser. on thursday march 14th 2013, my nieces and i stopped by the store where my friend got his, on our commute home from their school. i told the clerk that i wanted to purchase a similiar setup as my friend had purchased, so i could use that when i was driving with the kid's in the car. he sold me an ego twist kit with stardust style clearomisers and a 15ml bottle of menthol eliquid(i smoked menthol cigarettes at the time).

i started using it right away. the rest of that day i only smoked 5 cigarettes. friday the 15th i only smoked 3 cigarettes all day. saturday the 16th i only smoked 1 cigarette. sunday the 17th, i was smoke free.

I WASN'T PLANNING TO QUIT SMOKING.

since then i've reaped the benefits of being a non smoker. i can taste, smell, and breathe better.

IF IT WASN'T FOR THE PERSONAL VAPORIZER (ECIG), THERE'S NO WAY I COULD'VE WENT FROM SMOKING 3 PACKS/DAY TO 0 IN 3 DAYS.

8/21/2013 5:32:00 AM - Ry

I smoked since I was 14. I limited myself to up to 3 cigs a day but I smoked every day. At the time, cigs were easier to get than any kind of smoking alternative, even for underage kids. I tried to quit but found if I got a whiff of one I craved them and I didn't have the willpower to not smoke. So until I was 17 I smoked. When I turned 17, some co-workers introduced me to the e-cig. Not the crappy blu ecigs but the ego "mod". Since then I had wanted one, but the laws around them were so confusing (and I was not incompetent by any means of the word) that I was unsure of what I could do. So I smoked cigs for another half a year until I found that there was no legislation nor negative health findings concerning nicotine-less flavored vaporizers so I spent a paycheck on the eGo Twist and a Vamo 3 off fasttech because the age restriction wasn't applicable even though no laws existed many vendors did not sell to kids because of public image issues associated with the sale of these products to minors. So I got the things in the mail a week and a half later and I practically never looked back. The mods worked great, I spent almost $200 on everything I thought I'd need which may seem expensive but I was saving over that much per year by not smoking so I figured I'd splurge and it was the best decision of my life. As soon as I switched I could taste things better. I could smell better. I could go on runs and bike with my girlfriend. I could play sports again. All the flavors made it more attractive than cigs and after one premade bottle of juice I began to mix my own from natural concentrates and PG and VG liquids. I completely cut off my nicotine dependence and I currently vape 30/70 PG/VG with 0% nic and I know the exact contents of my e juice. I researched extensively the effects each chemical had on the body and they were negligible unless I consumed a ridiculous and near impossible amount of the stuff. I go through about 3 mils a day and by mixing my own juice i can make a batch that lasts me an entire month for under $30. There is no comparison between that and analogs. It's healthier. It's cheaper. It tastes better and it helped me regain years my life I'd be losing to cancer and lung disease. I love vaping and unless a bombshell gets dropped about a toxic reaction between VG or PG or sucrose and the body I will never go back to smoking.

8/21/2013 6:13:00 AM - Jerry Wilson, Shreveport, La. 71060

I smoked for about 40 years, I tried chantix, counseling, gum, with no success, after starting on ecigaretts, it made it so easy to quit, I do it your self flavors, and control nicotine level, and at present use 10 mils with a 30 mil bottle of juice.

8/21/2013 6:56:00 AM - Kerri S. Western Australia

I am a 46 year old female who smoked occasionally from the age of 9 and heavily from the age of 15.

In 2012 I was diagnosed with high grade pre-cancer of the cervix, for which smoking is a major contributing factor. Early in 2013, I had 2 lesions removed from my lip which were suspected cancer, for which smoking is a major contributing factor. I suffer from bipolar II, with mainly depressive episodes.

I have now been smoke free for over 5 and a half months, having switched from smoking cigarettes to vaping with ecigs. I

8/21/2013 6:58:00 AM - iamsean83

I was a pack a day smoker more if I went to the bar or club.

When I made the switch to PVD/AVD I have not looked back.

Cigs are the most vial creations on Earth period!

8/21/2013 6:58:00 AM - Patrick A. O'Hara (NTGrem1) from San Diego, CA

I would like to make a long story short, here are the hard facts...

-Started smoking regularly in High school -Tried to quit several times...but people told me to pick up smoking again because I became "irritable" -Attempted to switch to Electric, when I was in my early 30's but they were too expensive...even more so than normal smokes so I gave up. -Since I have switched now to a better product Electric (going on 2 years) have not had a regular smoke since. -Every time I Tried to quit smoking I just gained massive weight, but now while using Electric, have not had that problem -Overall I feel better, and has turned into a hobby with all of the choices that are out there for rebuildables..love to tinker -Biggest point, saved tons of money,feel better and still able to do what I enjoy

8/21/2013 7:56:00 AM - Laura Jayne

My name is Laura Jayne, and I have been a smoker since the age of 17. I tried smoking when I was 14---hated it---but then at 17 my life became quite stressful and I turned to smoking for relief.

Today I am 49 and have never stopped smoking more than 5days. Ever!

Let's see...I tried: the patch, the gum, the lozenges, and cold turkey. None of them worked. The closest I came to some semblance of abstinence was with the lozenges. Those I could go 5 days on, but then they started giving me the hiccups, and acid reflux really bad. Tried going down in the milligrams of nicotine per lozenge, did not help one bit. And, when I say "hiccups", I mean seriously painful hiccups that would last anywhere from 10-30 minutes. Horrible!

When I turned 43 I met the love of my life! She hates/hated anything to do with smoking. And yet, we have been together all these years. Now that is true LOVE!

During all these years together I have/had tried multiple times, and a variety of options in order to quit. Each time I felt like a bigger failure than the last.

I actually liked(still do)the taste of menthol, and the feeling of inhaling those first few puffs. Not just an addiction to nicotine, but to all the routines that surround smoking.... Car=smoke, food=smoke,waking up=smoking,chatting on the phone=smoking, feeling happy/sad=smoking. You get the picture. Those cigarettes had me like a ball and chain! I hated that part(no control), but loved the act of smoking!

One day I was shopping and saw a lovely lady & her husband doing what looked like: smoking! In the store! What??! I HAD to find out exactly what was going on there. So I went up and asked them "what are those things you're puffing away on?!" She proceeded to show and explain to me everything involved in this e-cig. I was totally intrigued.

After about 2 more months of dragging my feet, and acting like I was trying to quit(only half-way trying by this time), I finally asked my partner to take me to the place that woman had told me all about.

I bought the exact set she had told me about. Loved the menthol flavor they made up for me and that was the end of my smoking cigarettes.

However, I found out that there are places that are much better than others to buy your e-cigs from, so look around a bit before buying. Ask around too!

I did not stay with the same store I started with. On my own I asked around about other places and found one that caters to my needs, has much better prices, and is there for

me when something goes wrong, whereas, the first place(and many like it) are not interested in you or your problems after you spend money on your first kit.

But, when you find the right place, they will bend over backwards for you because not only do they want your business, they REALLY DO want you to be smoke free!

Yes, I adore my e-cigs(you will eventually want more than one), and quite frankly enjoy them more than smoking my former cigarettes. Remember, you can get them in almost the exact flavor of your old smokes, and for me that made the quitting even easier. Now, each time I go, I like to try out the new flavor of the month!

Also, YOU choose what milligram of nicotine is right for you(make sure they let you test out the flavors and differing amounts of nicotine). All of this helps ensure you quit the life killing cigarettes, and stay on the completely safe VAPOR you smoke from your e-cig.

Good luck to all of you! Believe me when I say: "If I can do it, YOU CAN do it too!!!"

8/21/2013 8:45:00 AM - Peter Farrell

I smoked 20-25 a day for 45 years with no intention of stopping. I'd seen e-cigs but never considered them till a couple of months ago I was at a friends house and he was on a website ordering a mod and clearomizer setup. I thought "OOh, gadget" and out of curiosity I ordered one and a bottle of 18mg pineapple juice as well. It took a couple of weeks to arrive and when it did I filled the tank, took a drag and threw a packet with 18 Marlboro in the bin and haven't wanted a cigarette since. I'm still bemused at how easy I found it, given how much I loved to smoke!

8/21/2013 9:51:00 AM - Kev

My wife used E-cigs to quit smoking and I tried them and found I enjoyed the flavors. I never had any intention to quit however found myself enjoying ecigs and flavors more than smoking. I don't drink anymore however always found myself led to the more flavorful mixtures rather than straight drinks. The same goes for ecigs - I don't enjoy tobacco - if I did I'd go back to two packs of Camel Wides a day. Thank God for ecigs.

8/21/2013 10:10:00 AM - Jared D. Carlisle

I am a 30-year old, 10-year veteran of the US military.

As an active duty soldier, this product has been the best thing to happen to me in years. I was a two-pack-a-day smoker for approximately 15 years. I enjoy the sensation and action of smoking, but obviously, it began to take its toll on my health. Wishing to keep myself fit, I began using an electronic cigarette during my last deployment to Iraq. The improvement was immediately noticeable; I've attempted to quit in the past, but having a high-stress job as I do, it was fighting a losing battle. My cardiovascular health and resting pulse have both improved significantly, and I have been using electronic cigarettes for approximately 4 years now. I do not wish to quit completely; as I said, I enjoy it.

Were you to enforce any kind of time limit, nicotine limit, or such regulations, you would be dooming myself, and other members of the armed services whom I know personally, to the only recourse that would be available to us: namely, tobacco cigarettes.

Furthermore, the only 'flavors' that have worked for me have been sweet, candy flavors, and limiting such products to the universally disgusting "tobacco" and "menthol" flavors available would, again, very likely force me back to the so-called "analog" cigarettes.

As a final note, I'd like to urge the FDA to remove the inaccurate statements from its website: many people believe that e-cigarettes are very likely to cause cancer or poison the user because the FDA

8/21/2013 10:23:00 AM - Matthew Haynes

I smoked for 20+ years, 20 a day, and found it made me very breathless. I tried quitting and nrt but was unsuccessful. As a result I was rarely able to exercise and gained lot's of weight. I switched to vaping 7 months ago and the health benefits were amazing, within a month I could breathe properly again and have since been able to get lots of exercise. I have lost all the weight and can happily run around with my kids now. Without e-cigs that would not have happened.

8/21/2013 10:53:00 AM - Charlie Ridgway. Queenstown Nz.

E cigs worked for me. Started smoking at the age of 12, now 62. Tried to give up at least 6 times from the age of 30. Tried everything gum,patches nicobrevan. all worked for about 1-2 weeks then gradually went back to my normal 25-30 a day. Tried my 1st e cig September 2012 its now August 2013 never had a real cig since. Feel great. Mouth always fresh heaps of stamina thank goodness for e cigs

Charlie Ridgway Queenstown. New Zealand

8/21/2013 11:01:00 AM - Adrian, Brighton UK

I smoked cigarettes, both pre-made and roll ups, from the age of 14 to 40. I attempted to quit numerous times, either going cold-turkey or using NRTs, but always ended up going back to smoking. The longest I went for was around 12 months. I got my intake down to around 5-10 cigarettes per day, but these still had a hugely detrimental effect on my lung capacity and general health.

I used an asthma inhaler several times a day and had all the other usual problems from smoking: sore chest, cough, regular colds and chest infections. I knew the stuff was killing me but no matter what I did I couldn't totally give up long-term. As far as I am concerned, nicotine dependency is the same as alcohol dependency. If you give it up, you take it one day at a time, but you remain 'addicted' for the rest of your life.

When introduced to electronic cigarettes I immediately saw this as a way to continue enjoying smoking (which I always did), without dying from smoking-related disease. I bought my first ecig over 2 years ago and smoked my last tobacco cigarette maybe a month after. I have remained smoke free since then with no relapses whatsoever.

My health and quality of life has improved dramatically as a result. Sure, I am still dependant on nicotine, but the improvements to my lung capacity have been extraordinary. I have completely stopped using the asthma inhaler I had to use several times a day when I smoked, I don't stink and the colds and chest infections have gone.

Electronic cigarettes, especially the 'mod' devices that I have used for some time now are nothing short of miraculous. I consider it unfortunate that the government allowed me to become dependent on nicotine by allowing the sale of tobacco products, but at least now, I have a way of managing my dependency as I see fit. I enjoy using nicotine in this way and strongly advise that ecigarettes remain on the market under light-touch consumer regulation. If they went, or became anodyne medical products I have no doubt that I would eventually return to smoking and most likely die early as a result.

Thank you.

8/21/2013 11:17:00 AM - Lindsey DuBois

I decided to look into vaping a year or two back. I was in the Navy. I was trying to quit to perform better in physicals and training. I started smoking again after I was discharged.

A year ago, my sister told me she was pregnant. I decided I would try and quit for her and my nephew. I struggled for a long time until my step-dad got into vaping and showed me the ropes. It took awhile to get used to, but i have slowed my amount of smoking and now I use my electronic cigarette. I find the flavors appealing and I like that I can decrease my nic levels. It really has worked out well for me physically and emotionally.

8/21/2013 12:03:00 PM - Megan

I am 50 years old and had smoked my first cigarette at about 12 years of age. By 15 I was smoking everyday. I tried lots of methods to give up; cold turkey quiet a few times; champix twice, the first time I lasted about 3 months and the second time I felt very sick and had to stop after 2 weeks, hypno therapy, patches, bio science which lasted about 2 hours, and Allen Carr. None of these attempts were successful the best being champix, but I still craved cigarettes while taking it. Then I heard about e cigs. I bought one online for $25.00 but it had no nicotine as I bought it in Australia and you can't purchase nicotine here as its illegal. I bought another ecig from New Zealand next. This one had nicotine and I cut down quite a bit on my normal intake. Then I got onto Aussie vapers forum and found out about rechargeable batteries and liquid nicotine. I bought some and the day it arrived was the last day I smoked. I haven't had a smoke since and it has been nearly 6 months. This is the only thing that has worked for me in 35 years of trying to give up.

It was very easy and I had no cravings at all, it was like a miracle for me. I started at 24 mg juice which was a bit strong and after a week or so cut back to 18mg. I am now on about 12-14 mg and I don't notice the difference between this and the 18mg. I will try and cut back again probably to 10mg in the next few months, though if I don't it won't bother me. The benefits of giving up the smokes have been: Financially I have saved a fortune My breathing is better More stamina Can smoke inside and in places where smoking is banned Improvement in skin tone I can go longer without vaping than I could with smoking; 5 hours without vaping is possible, but I would only last a maximum of 3 hours without a smoke My family are happier I now expect to live longer

8/21/2013 12:21:00 PM - MM from FL

I became interested in e-cigarettes when I came across an article in the New York Times regarding them and the potential issues with propylene glycol that is widely used as a base for the liquid in them.

I thought I would do a search to find out if there was such a thing as an e-cigarette that didn't contain this substance.

I found exactly that, and that there were a couple of options to choose from.

So I placed an order for a starter kit and waited for the mail to arrive.

Like most other people just starting out on this journey, I chose a product that was similar in size to a regular tobacco cigarette.

But I also wanted something that wouldn't be mistaken for an actual cigarette, so I chose a black color for the casing.

Once it arrived, I put it together following the directions and took a drag.

I thought, maybe I got a dud, or maybe I'm not " doing it right".

I did some more searching and found the ECF site which contained a ton of information, including instructions on the proper way to use an e-cigarette.

So I gave it another try.

It still tasted pretty airy to me - I was using a "tobacco" flavored cartridge - so I decided to light up a regular cigarette to compare.

I can't express how surprised I was to find that I really didn't like how that tasted either.

Since my kit came with a few flavors, I decided to try the others - chocolate, vanilla, cherry - and it was an epiphany.

Wow!

These were really good.

This is exactly what I have been looking for - something that tastes good, that has only a few natural ingredients without the cancer causing agents, and still provides the calming and focusing effect I got from cigarettes.

I started smoking when I was 13, to hang out with the "cool" kids.

I quit cold turkey a few times, sometimes for a few days and sometimes for a few months.

Every day was a test of will, and I know I wasn't always pleasant to be around.

Being around people smoking was always tempting.

And always, when something stressful happened or I felt like I couldn't focus on anything, cigarettes would be my crutch and I would always go back.

I wasn't really looking to quit even though I know cigarettes are bad - I always said "someday" I'll stop.

But I also knew that if I couldn't stop even while deathly sick with the flu, it was pretty unlikely that I ever would stop.

I am an accidental quitter.

Once I tried e-cigarettes, I had no interest in lighting up a regular tobacco cigarette.

I did light one up a few days after I started using my new kit, just to see, and I thought it tasted awful and felt like it would burn a hole right through my throat and lungs.

That was one puff - my last.

After 30+ years of smoking, I have no interest in cigarettes - no desire, no longing, no craving, no crankiness, no anxiety.

I also have no coughing in the mornings, no stuffy nasal passages, no offensive odor on clothes and hair or in my car.

I can climb a flight of stairs without being out of breath.

My teeth are actually getting whiter!

During the first month I did a ton of research, looking up information on e-cigarette ingredients, equipment, studies and clinical research results.

I have since moved on from my first cig-a-like kit to the slightly larger batteries and tanks that can hold a quantity of liquid.

I have found several vendors that create liquid with 100% organic ingredients.

I enjoy the flavors they create with these natural, chemical-free, ingredients.

The variety and quality of these different flavors is something that truly adds to the experience and is a big factor in choosing e-cigarettes over burning tobacco cigarettes.

As long as these are available to me, I would never go back.

I hope they are not restricted, or worse, by people who have not studied the facts nor listened to the voices of so many

who have been able to improve their health and lives by switching from cancer-causing cigarettes to less-harmful personal vaporizers.

Thank you.

8/21/2013 12:33:00 PM - JaeCea, Powell, TN

In March of 2013 I had the flu. I went to the doctor and received medicine that would help. Well it didn't and I ended up with pneumonia 5 day's later. My wife took me to the hospital where they ran some test and an x ray.

He said I had pneumonia and COPD. I was admitted that day (Easter Sunday) and stayed 5 day's.

During that time I received breathing treatments every 4 hours. My wife and kid's (adopted 12,8,6 and 2)came to see me

but cried for me to come home. I was there rock but now I looked half dead. I am 56 and smoked for 38 year's but at that moment I decided never again.

I was released form the hospital but had to see a pulmonary doctor in a few days. The Pulmonary doctor ran a COPD test and did a lung x ray. He then told me that he doesn't often get to tell good new's. He said I have no sign's of COPD and my lungs were clear. The average lung capacity for my age was 87, I had a 91. He also said that If I continued to smoke I would end up back in there to see him. The doctor told me to use e-cigarettes and stop smoking. I was addicted to nicotine but didn't need the other thousands of ingredients found in cigarettes.

I have not smoked for 7 months now and I am slowly dropping my nicotine level down. I hope to eventually reach 0 on the nicotine. I feel better,sleep better and I am not winded anymore when I play with my kid's. Maybe now I will now live long enough to see my grandkids from my 2nd batch. (I have 5 other grown children).

My wife and I enjoy being foster parent's and the need is great.

8/21/2013 12:33:00 PM - drew

I was not trying to quit. I got started out of curiosity. After a day of vaping I lit a cigarette the next morning, discovered how awful it tasted, tossed it, and haven't lit one since.

8/21/2013 12:41:00 PM - V (DuneVaper) Wrexham UK

I am a 37 year old man who smoked tobacco cigarettes for 23 years (30+ per day) and on June 16th 2012 I switched to vaping an electronic cigarette.

I wasn

8/21/2013 12:47:00 PM - Nikki "jinxiejoi", TN.

Hello!

My name is Nikki, and I am 41 years old. I began vaping almost 18 months ago-after smoking real cigarettes for close to 30 years. Like many kids, I saw the adults in my life smoking on a constant basis. I recall the very first time I inhaled one that a friend had pilfered from her parents. At first, I choked and sputtered through it. But then, I felt an odd sense of calm. And due to having ADHD all my life, this was something welcome. I had something to do with my hand when I was full of nervous energy, and I could keep my weight down. Being a young gymnast, I struggled with this on a constant basis. What I didn

8/21/2013 1:11:00 PM - BKF, Minneapolis, MN

I smoked cigarettes for 40 years.

Over the years, I tried the gum and patches trying to quit.

I tried a couple different disposable e-cigarettes, which didn't work very well.

Just over a year ago I tried the Joye Tech, 510T and haven't had a "real" cigarette since.

I no long have to "light up" as soon as I get out of bed in the morning.

Some times, I don't have my e-cig for a hour or two.

I have also reduced my nicotine level.

I started at 18ml, then 11ml, now 8ml.

I hope to go to zero in a couple months.

Since I quit "real" cigarettes my car, house and clothes smell better.

I'm breathing easier and I have better stamina.

But the best thing that has happened since starting the e-cig is my husband's asthma has improved greatly.

Even though I tried not to smoke around him, the residual smoke would bother him.

His inhaler use has dropped and he says he feel better since I quit.

I recomend e-cigarettes to every I know who smoke "real" cigarettes.

8/21/2013 1:13:00 PM - Tony Wager

I smoked 30 to 40 cigarettes a day for 34 years. I had a shortness of breathe, had regular chest infections and had been diagnosed with COPD.

I had tried to stop smoking unsuccessfully on 4 occasions over the last ten years

8/21/2013 1:31:00 PM - Mr M Langenhoven

I stopped smoking cigarettes the same day I bought my first electronic device without looking back without any side effects. I smoked cigarettes for more than 40 years and did'nt smoke a normal cigarette in the last 2 years. I am 60 years old and my lungs is as clean as a young child, thanks to e-ciggies!

8/21/2013 2:19:00 PM - Ginny S

I had been a smoker for 25 years and when I lost my mother to lung cancer, knew it was time for me to quit but the nicotine addiction was so strong that i just couldnt do it without some kind of nicotine replacement therapy.

I tried the patches first, several times, then tried the oral medications the doctor prescribed that was supposed to suppress the urge to smoke but none of those worked.

I then started using nicorette gum and alas, something that replaced that constant urge for nicotine.

The problem with that was, that as hard as I tried to follow the nicorette plan, I just couldn't get off the gum without wanting to smoke.

By the time I found out about the e-cigarettes, i had been using the gum for over 6 years, to the tune of about $360 per month.

I started 'vaping' to save money and to wean myself off of nicotine completely.

I had read all the research online that I could find on them, and at the time, doctor's advised against using the product because it has not been FDA approved.

I didn't care.

I had to give it a try.

I figured if it bothered me, I could always go back to the gum.

I used the e-cigs for about a month, and my asthma kicked up again.

Not as bad as when I smoked cigarettes, but I needed rescue inhaler's again.

I had to figure out why I had problems when so many other's with asthma and COPD were using these with no real issues.

With trial and error, I learned that as long as I used vegetable glycerine, and flavor, (no pg),that my asthma was back in check.

I started out using the 24mg nicotine because I wanted to be sure i was getting enough nicotine, but within a few weeks, had dropped to 18mg and after two months, I am down to 12mg.

My long term plan is to slowly wean myself completely off of nicotine, but since I feel like I did when I was young again (energy, able to breathe, smell, etc), I am not in a huge rush.

I actually enjoy vaping and no one in my family even notices the smell or is bothered at all by the product.

I think that this a a great solution to those of us who are hooked on nicotine but do not want to smoke.

It should be FDA approved as it does not contain those thousands of chemicals that tobacco does and is much safer and much cheaper to use than smoking or any of the currently fda approved smoking cessation products.

To take this product off the market would mean that all nicotine replacement therapies should also be taken off the market, which will result in a drastic increase in smokers.

If there were not a nicotine replacement therapy product out there, I can tell you with certainty that i would go back to smoking.

The nicotine calms my nerves and is a great stress reliever.

Thanks for listening!

8/21/2013 2:23:00 PM - Eric, dayton ohio

I recently quit drinking and other drugs. Buying an electronic cigerette has saved my life. It gives me an oral fixation that tastes great and is legal. If i didn't have one, my recovery would be more difficult. End of story. The day i quit ruining my life, chasing a bad dream, i walked into a vapor vendor and got myself a starter kit. I haven't used since

8/21/2013 2:31:00 PM - Ash Stubitsch (Fraulein Ash, Maniacal Ash) Chicago, IL

My name is Ash, I'm 32 years old and have been smoking for 19 years. Do the math ... sad, isn't it? When I was growing up, cigarettes were "cool" & only the coolest kids smoked. The advertising back then was very powerful, & obtaining the smokes was way too easy.

Over the years, I've tried several different types of cessation methods. The first was to simply quit cold turkey. I tried doing that at least 6-7 times throughout my history. I could usually make it a month, but no real success after that point. Then I tried nicotiene gum. Not only did it taste HORRIBLE, it dried your mouth, and did absolutely NOTHING to curb my craving to smoke, I tossed that idea within a week. After that I tried the patches for about 1-1.5 months. I was still smoking the entire time I used the patch & by the time I got down to the second step of the 3 level decrease system, it didn't make sense to continue to hurt myself more by using them both. I tried Wellbutrin for a LONG time, at least a year, but I didn't notice ANY difference in the cravings/desire to smoke. My Doctor switched me to Chantix,lasted 4 months before experiencing same thing (although it DID give me the added bonus of bad side effects!). I found out about the losenges because some people said it was not the same as nic gum, so I gave it a shot. Eww. Tossed that idea as soon as I tried it. My aunt offered to pay for ANY method of quitting I wanted, so I opted to try hypnotism, I was looking for the easiest way. I'm not sure if hypnotism counts as a method I tried since I was not able to be hypnotised at all, so I'm not sure if that counts as an attempt since I wasn't ever hypnotized enough to claim its ineffectiveness.I was already in counseling for unrelated issues, and part of my treatment plan included quitting smoking & this remained a part of my plan for 8 years. I was never able to get any positive results, maybe I was so jaded about all the failed attempts that I kind of lost interest (and HOPE) at that point.After 17 years of attempts to quit,I finally gave in to the power of the cigarettes hold on my soul. I finally admitted to myself that I was a "lifer".

Hope sneaked back up on me when my cousin came by with one of the first e-cigarettes made at the time. I was in LOVE with the idea of being able to FINALLY find a solution that dealt with the actual RITUAL of smoking; what I believed to be the most difficult aspect of quitting smoking, at least for ME.I tried it & I was very pleasantly surprised, and excited! I thought to myself "this is EXACTLY the type of cessation method I have been looking for all these years!" it was a miracle. It sounded too good to be true. Well at that time ... it was. The device cost my cousin $180!! That was simply impossible for me to afford unless I saved a little bit here and there for a very long time. But I never let go of the idea, knowing that someday I would have one. I just had to be patient.

Throughout the years after trying my first ecig I had purchased disposable ecigs & several very cheap rechargable devices, but they weren't anywhere near as good as my cousins. I'd use them (along with smokes) until they were useless then go back to

smoking 24-7. It just wasnt enough to satisfy my cravings at the time. After doing a considerable amount of research, I joined a community of ecig users & they guided me along the way, pointing me to a kit that would suit my needs. I was so happy with the results, I was just giddy about having the ability to quit! I worried that I would be able to quit but my husband wouldn't, which would cause problems. He wasn't interested in ecigs in the slightest bit. He never liked any of the ones we tried, not even a little bit. He was so sure that it wouldn't work for him. I bought 2 kits so that he would have his own if he did like it. I was nervous, but I put everything together & let him try it ... he hasn't smoked a cigarette since I handed him the kit! I'm so proud of him, & pleased with myself for possibly saving his health or even his life. For me, I still smoked the occaisional cigarette after we got our kits, for maybe a month (max) before I was completely turned off by the cigarettes in every way.

Since that day a couple months ago I have seen great improvements in my health. Before switching, I would get winded simply walking down the hallway, & you can forget about walking up the stairs. My doctor was concerned so he sent me to have a pulonary test.Last I saw him, maybe a week ago, he said my lungs sound good for my age, and has improved since the last time I was there. Mind you, I had only been vaping for around a month when this exam was taken. I can smell, taste, & excersize so much better than before. I don't stink of smoke, the house doesn't stink of smoke, the walls aren't tinted with cigarette smoke grime anymore, I don't burn myself, burn my clothes, burn my sheets, or the carpet/floors, no one around me (humans AND animals!) has to suffer the second hand smoke from being on or around me, my family is so very happy for men & proud I could actually quit smoking. You can also vape in various places that you aren't allowed to smoke, so that's pretty cool, too.

All in all, though there are a lot of words written here, there truly are NO words to express how grateful & elated we all are that such a product exists, that it's easy, and that is much safer & cheaper than smoking. I'm not scared anymore. I'm not a slave to the multi-billion dollar tobacco companies that lied to us and manipulated us, ultimately enslaving you and your health for their own gain, NO regard to anyones health/bodies. My family, friends, and I are extremely happy, and we look forward to our up and coming journey through the e-cigarette world and all the goodies it entails.

That's my story, and I'm stickin' to it!

~Ash Stubitsch Bridgeview, IL

8/21/2013 2:53:00 PM - Sylvia from Flagstaff, Az

50 years ago I started smoking my father's unfiltered Pall Mall's.

Since all my high school buddies smoked, it was easy and expected that I continue smoking.

Through the years, most everyone I know has quit smoking and they hate it.

Well, I

agree with them, but somehow I never was able to quit and stay quit.

I have used NRT at times, and must say , I LOVE nicotine gum.....which for me was just as addictive and expensive as smoking.

Recently, I had to have false teeth, and chewing the gum became bothersome. No place to 'park' it in my mouth so the nicotine could be delivered.

And of course, it often stuck between my dentures.

About the dentures.... some years ago I wanted to save my teeth, but my dentist told me he wouldn't even attempt to as long as I smoked....something to do with lack of oxygen in the tissue.

The patches worked for a bit, but ultimately I went back to cigarettes.

I also tried Chantix.

My doctor laughed at me when I said i actually started to think of ways to kill myself and that life didn't seem to be worth living.

Guess he thought it was because I didn't have cigarettes to comfort me.

Could be that, or could be one of the side effects of Chantix. Anyway, about a month ago, I bought an E-cig.

I tried it, and it seemed to deliver nicotine just fine.

Problem being,

I still had cigarettes.

Not a chance that I would toss the cigarettes, so I smoked them, and decided my quit date would be the day my cigarettes ran out.

I have been using the e-cig for 2 weeks straight now.

I can't guarantee that I won't go back to smoking.

I can attest to the fact that this is, by far, the best aid I have found to help me quit smoking.

The best thing about it is that i can completely control how much nicotine I get.

I only take a puff when I feel the need.

When I was smoking cigarettes, I would smoke the whole cigarette even though my nicotine craving had probably been satisfied after the first few puffs.

The e-cig is called Magic Wand. Cost $35 and comes with one bottle of e-liquid 12mg tobacco flavor.

Battery is rechargeable, and for me, I recharge it once every 5 days.

I would recommend it to anyone who wants to stop smoking.

They say there is not enough research to determine the safety of e-cigs.

Really?

How much less 'safe' can they be than actual cigarettes?

8/21/2013 3:09:00 PM - Erica/Minneapolis

I smoked a pack a day for over 15 years.

I tried EVERY which way to quit: cold turkey, patches, gums, lozenges, hypnosis, Chantix.

Chantix came the closest to working, but only while I was on it, once the prescription was done, I needed to smoke again.

And I could start right up again with one bummed cigarette.

It was an endless cycle.

I found I was using NRT's to not quit in the end, but to use for when I wouldn't be able to smoke for hours - like on an international flight.

No one wanted to quit more than I did.

It was affecting my health - I was diagnosed with high blood pressure, I had no energy to exercise and I was gaining weight, my lungs were starting to hurt and I was beginning to wheeze with more and more regularity.

It was affecting my social life - I went from being around everyone who smoked to having to stand outside by myself while my friends hung out inside, as more and more of my cohorts began to quit.

Trying to date was near impossible for even if I was everything that someone else wanted in a partner, the simple fact that I smoked would be enough to make them walk away, and I was resistant to dating a smoker as I didn't want any excuse to keep smoking myself.

I was a considerate smoker; never throwing my butts on the ground, smoking away from others, trying to blow the smoke away so that it hung less in my clothes and hair, but I know I always had a reek and non-smokers didn't care if I wasn't exposing them, they loved to live in the moral high ground and constantly felt a need to remind me how bad it was.

Not just irritating but also a great way to distance oneself.

Also, my job entailed that I go to numerous hospitals in a day.

Not only did I know I was a hypocrite for still smoking - having firsthand knowledge of how bad it is for you, but more and more medical facilities are banning not only smoking on their properties, but they are penalizing employees even if they only smell like smoke.

I had to pay more for health insurance because I smoked.

(Something I actually agreed with, but was costing me more than my pack-a-day expense).

I could come up with more reasons why I wanted to quit, but there was just no good reason to stay smoking, except that I was fully addicted and nothing, NOTHING helped me quit.

Until I tried e-cigarettes.

I use the ones with a clear chamber that has to be refilled with liquid. I chose not to use the cigarette-like ones as they don't have much flavor variety and I didn't want to be confronted by people thinking I was actually smoking.

I like the varied flavors - mostly the "sharper" ones like black licorice or sarsaparilla, but also enjoy tobacco and menthol tobacco, and cherry/berry flavors.

I find it helps to switch between flavors as they can loose their tastiness with repeated use.

I smoked about three days after starting with my first e-cig and haven't gone back.

Recently I bummed a regular cigarette just to try it, and I had a near-violent repulsive reaction to it.

I had been quit from smoking longer before, and the first few puffs of a cigarette weren't pleasant, but it didn't take long to get back into it.

After the e-cig, I couldn't get past even the first puff.

I don't even want to smell smoke.

One reason that was making it hard to quit was knowing that I would never be able to smoke again, or I would be right back to it.

Any efforts to stop would be for naught.

With my e-cig, I have weaned myself from 15mg down to 5mg in 3 months, and after the past additional 2 months, I can see myself going down to 0mg.

I think it is the act of smoking that I was also addicted to.

I've lessened my nicotine addiction, now I can lessen the emotional and ritual addictions as well.

E-cigs take away EVERYTHING even smokers hate about smoking.

The cost, the smell, the ash, butts, social isolation and stigma, the risk they pose to other people, wheezing, less stamina... are all things that e-cigs practically eliminate or at least reduce to tolerable levels.

E-cigs came into my life at a critical time.

I don't know if I could have stopped tobacco use without them.

8/21/2013 3:13:00 PM - LakeRat, Arkansas

I smoked daily for over 40 years. I had attempted every method available for smoking cessation with the exception of drug treatments or acupuncture and failed to quit smoking in over 10 serious attempts.

I tried e-cigarettes about 4-5 years ago but they were of poor quality and tasted terrible.

After considerable research I purchased e-cigarettes again. I started using them in Feb 2013 and have not used any tobacco product since the first day I started using e-cigarettes. I have been 100% smoke free for 6 months and have no desire to ever return to smoking or using any tobacco product again.

I also have reduced the nicotine content in my e-cigarettes from 24 mg/ml to 6-8 mg/ml.

My health has significantly improved since eliminating tobacco use and continues. Breathing, blood pressure, stamina, etc has all improved measurably.

Financially I have saved over $800.00 in 6 months from the cost of buying cigarettes which includes the cost of hardware and e-juice for my e-cigarettes or personal vaping devices.

An added benefit is the joy I feel in reducing tax revenue out of my pocket to local, state and federal governments to mismanage and waste... :-)

8/21/2013 3:18:00 PM - Andrew 'anduweshhh' Alberto

I have been smoking analogs since i was 13 years old.

Illegal yes, but it wasn't too hard to get my hands on em. Since I got into vaping, it took about a month or two to completely rid the smoking habit.

The first of every month is a month smokefree.

The month coming up will be 4 Months Smokefree! I started on a basic ego-c-twist kit, moved to a provari mini, now exploring the world of mechanicals and rebuildables.

I still use my provari and mechanicals daily.

Started at 18mg of nicotine, now in the 0-6 range.

All in all stopping the horrible habit has helped me feel healthy again.

8/21/2013 3:28:00 PM - lavazza@topclass.ma

I am 59 yaers old and wish to stop smoking I started at the age of 15 and have no mental volont

8/21/2013 3:33:00 PM - Ian D.

My name is Ian, and I smoked analog cigarettes for 7 years. I started using e-cigarettes around early November of 2012.

My story is this, when I was about 10 years old I was standing on the front porch of my house with my brother(who was around 24 at the time), and he was smoking a cigarette. I innocently asked him "Why do you smoke, you know that's going to kill you." He responded with "I'm going to quit soon little brother." Well he never did.

In October of 2008 my brother passed away from non-smoking related reasons. Leaving behind his 2 daughters, and son. Like I said, he never quit, or got the chance to rather. He was 31, I was 17 and had started smoking.

Fast forward to the present. I was 24 years old, my brother's son was 10, and I was standing on that very same porch. Just now the roles were reversed. My nephew comes outside and asks me almost the very same question I had asked my big brother when I was 10. It was at that point I got blasted into the past and thought to myself "What am I doing!?". I looked at him, and said "You know, it's about time I quit." I wanted something to ween myself from cigarettes, to break the habit. I never planned on quitting cold turkey, or with gum, or anything like that, because I had watched my parents fail time and time again trying to quit. I was going to limit the places I usually smoked to get rid of the physical habits. I discovered e-cigs, and planned to only use them in my car, and places I would usually smoke. It was that very day I quit smoking analog cigarettes all together, and I now look back to that very day my nephew asked me that question on the porch. I did it for him, His dad never got the chance to quit smoking. So I did.

Since then I have noticed dramatic health changes. I smell better, I can work out without feeling ridiculously winded, and I can do physical work I could not do before without stopping for a break. My Nephew and I can go out and play outside, and still to this day, a year later I have not considered going back to analog cigarettes.

8/21/2013 4:12:00 PM - Robbiemoto

After trying for several years with different methods, to quit smoking, and having very limited success despite health issues, I decided to research e - cigarettes as a last ditch attempt to be done with smoking for good.

In June of 2010, I ordered a knock off 510, not considering battery life, but wanting to use a device that closely resembled a cigarette.

Because of my heavy usage and lack of ability to charge batteries during my work day, I continued to smoke, but did cut down from about 30 cigarettes/day to 5. I had 4 batteries charged and ready to go each morning before I left the house,

but after a few weeks,

they were lasting me a maximum of 20 minutes each.

I decided to look into upgrading to an eGo

kit, and after trying a demo model, purchased it and within 90 minutes of using it, I no longer had the slightest interest in the half a pack of cigarettes I still had.

I ended up gaining employment with the vendor I purchased my kit from and spent the next 2 years providing info and service to new and existing vapers at a flea market booth each weekend, and corresponding via email and chat during the week.

Between major life changes and a restructuring of business needs, I found myself doing almost nothing where the vapour business was concerned and took full time employment elsewhere.

Up until this point, over 2.5 years of being a non-smoking vaper, i had always been able to vape whenever I wanted to,

wherever I wanted to.

Not any more.

Starting the new job became very stressful for me, and because vaping is not allowed anywhere in the building,

I found myself feeling deprived for 2-3 hour periods at a time.

I often try to sneak a few Vapes in the bathroom, but only if nobody else is in there at the time.

Still, it wasn't enough to satisfy me at the level I was accustomed to for so long.

So, sadly, I resorted to having a smoke during break and lunch times as a way to catch up on what I missed out on in the times between.

I follow up the smoke with chronic vaping before getting back to work.

If it weren't for this particular situation, I have absolutely no doubt that I would refrain from smoking quite easily for the rest of my life, so long as e - cigs as we know them,

are available.

I think it's also important to note that I take no pleasure in smoking cigarettes, but i thoroughly enjoy vaping.

8/21/2013 4:22:00 PM - M.G. (Barracuda30) from Maine

I smoked for 12 years before attempting to quit with the patch, after noticing adverse health effects and feeling the mounting social pressure to quit.

Quitting on the patch wasn't too hard that first time. I quit for a good 7 months before my partner began smoking again, and I started again too, thinking I would be able to quit at any time. However, the next time I tried, I found the craving to smoke after I weaned off the patch was much stronger than it previously had been. I wasn't wanting the nicotine -- I felt better, calmer, and more at peace without it -- but I was craving the "throat hit" feeling that smoking cigarettes gives you, and the comfort of the habit.

This time around, instead of smoking a cigarette again, I decided to try e-cigs. I'd tried one 4 years previously, but it had been like smoking air. However, as this was all I knew about e-cigs, when I decided to try them again, I began with a "cig-a-like" with prefilled cartomizers. The one I tried was free (I only paid shipping) and I ordered it because I was unsure whether I would even like vaping at all. The free one I sent away for did not come in 0mg nic strength, so even though I was no longer nicotine dependent, my dependence began again at 18mg.

My experience with that cig-a-like was much better than it had been 4 years ago, but I did find myself very occasionally smoking a "real" cigarette during this time.

After a month, I had learned more about vaping and decided to upgrade to a Protank on an eGo battery, to cut down costs, get longer battery life, and more e-liquid capacity than the cig-a-likes. I also wanted a way to try different e-liquid flavors, as I was having trouble finding satisfactory flavors. The switch was exactly what I needed. I have found that I actually prefer it to smoking. I don't feel the shortness of breath or constant need to clear my throat as I did with cigarettes, and it tastes a lot more pleasant.

Since I started vaping 4 months ago, I've cut down my nicotine level to 12mg, and I vape less, too. In the coming months, I plan to cut down my nicotine level further to 6mg.

Without access to an e-cig "mod" setup, and to a variety of flavors, I would most definitely be smoking cigarettes again.

8/21/2013 4:29:00 PM - Brett Carroll from Okc , okla

Started using e-cigs 9months ago, and I can say with a doubt it has affected my health for the better.First used the rechargeable starter kits , then learned more about the variations of e-cigs(mods) and vaper production . I have successfully stepped my nicotine level down in my journey to ween off my addiction . With these new mods and the multitude of flavors,it is to say that I will stop use nicotine products , but never quite vaping . It has become a great hobby as well as a healthier way to quite the use of nicotine products. The e-cig start up is not cheap , but once a person gets in to and starts to the cost difference between tobacco products the juice it's not hard to keep using the e- cigs.If the government where in if its local or federal steps in to tax or regulate these helpful products it can only hurt its industry and therefore make it more expensive for consumers and turn away those looking for a change.So please support your local vapers.

8/21/2013 4:44:00 PM - Willyumvapes.

Smoked for near 14 years. pack a day habit. tried quitting several times using several different methods. tried chantix. made me ill, depressed and gave me horrible dreams. went back to smoking. tried cold turkey, got irritable and mood swings. Was sent a starter ego kit from my older brother who successfully quit smoking cigarettes using an ego kit similar. I have quit smoking cigarettes and exclusively vape now. I have never felt better and love the fact that i can vape in my own home, in my own car, without fear of harmful side effects. I LOVE TO VAPE. I RECOMMEND IT TO ANY SMOKER WANTING TO QUIT SMOKING!

VAPE ON AND VAPE STRONG!!!!

8/21/2013 4:52:00 PM - Tammy from Whitesboro, Texas

I had smoked for 42 years, and Aug 2012 went to hospital and had my heart check and left and bought e cig. I have never bought flavors that taste like real cigs, I buy banana split, strawberry cream, cotton candy, etc. I love it

i have VOLCANO LAVATUBE, with rechargeable batteries. My husband does not smoke and never has he really loves it. Will suggest this to anyone who smokes. First thing for it to work you have to want it to. No one can make you do it.

8/21/2013 5:04:00 PM - I love the e- cigarette, simple as that.

I smoked for 7 years before using the e- cig and I absolutely love it.

8/21/2013 5:04:00 PM - rtype11

I have smoked for approximately 23 years with bouts of chewing tobacco, quit immediately after trying my first e cig, threw the balance of my pack of smokes in the garbage and haven't looked back, no cravings, no withdrawal symptoms just a true pleasure in vaping and satisfying nicotine cravings, now i am almost of nicotine but that was never the intent, i do see myself going off nicotine but continuing to vape. i had tried many NRT's they were awful and dangerous, the gum resulted in several horrible nicotine overdoses, its very difficult to bite bite stop. i had symptoms of a heart attack with cold sweats, low blood pressure and almost fainting spells - with gum its difficult to control nicotine intake. I am happy and healthier on the road to recovery, i have since stopped snoring and lung capacity and breathing quality has improved dramatically. Thank you for bringing this amazing product and technology to the public.

8/21/2013 5:23:00 PM - michael jones from norwich

Started smoking at 11 in 1958 and have enjoyed it.In 2005 decided it was time to quit,went to see GP who enrolled me on stop smoking course with a specialist adviser they suggested strongest patches they had,cured some of the withdrawal symptons but not all but with a lot of willpower stopped smoking.Then had a heart attack due to blocked arteries was told off the record by doctor at hospital that stress of stopping smoking might not have

helped.Started smoking again but 6 months later GP suggested Champrix used these for 1 month but stopped using due to extreme nightmares,carried on smoking,diagnosed with severe COPD in 2009 but still smoking and putting up with chest infections every few months.Feb19th 2013 got out of bath could not even talk due to shortness of breath.then thought about time did something about my smoking had heard about E-cigs so went on line that evening and ordered a cig-a-like kit which arrived on the 21st of feb,charged battery and tried it and thought what have I been missing all this time,gave me the nicotine that I craved but without all the dangerous substances that you find in tobacco cigarettes.I have gone on to use better types of E-Cig that deliver more vapour and flavour. I have not smoked a regular cigarette since but i know if they were banned from sale I would start smoking again. I"ve always kept a supply of antibiotics & steroids at home for when a chest infections flare up but since using E-cigs not had to use them so I"m also saving the NHS money as well as improving my health. These so-called experts who are trying to ban E-cigs or class them as medicinal should start to read some of the studies carried out instead of listening to the lobbyists from Tobacco & Pharmecutical companies who stand to loose lots of money if E-cigs grow anymore in popularity.

8/21/2013 5:30:00 PM - Gail B.

I have been a heavy smoker for 42 years, two or more packs of cigarettes every day. I have tried to quit numerous times, but could not stay quit and would start back after a few weeks. I had been diagnosed with COPD and my lungs were scarred from numerous bouts with pneumonia. I could not even do my normal household chores without having to stop and rest. A friend of mine suggested I try electronic cigarettes. I was skeptical at first, but decided to do my research. I decided on the type of e cig that allows you to refill the nicotine liquid. I ordered got my supplies and got started. I have not touched or wanted a cigarette since. My breathing ans stamina have improved greatly, blood pressure back to normal, and no cigarette stink. As long as electronic cigarettes are available, I will NEVER touch another tobacco cigarette.

8/21/2013 5:45:00 PM - Terri Markovich

I have spent thousands of dollars on Patches, gum, therapy, drug therapy, (that nearly cost me my life and sanity), hypnotism, acupuncture, acupressure and other forms of quitting smoking, (including deaddiction specialists too), so has my Husband.

We smoked for 45-50 years respectively. Bless those who are successful with these methods, but for us we switched from Cigarettes to vaping electronic cigarettes in one day.

We do not use the cheap tobacco company e cigarette alternatives, we use personal vaporizing systems designed for adults who want to stop smoking.

We started at high nicotine and have since decreased that level to nearly zero and have regained our health and dignity.

We don't intrude on other peoples lives with our vaping and are respectful of others who do not agree with us.

We do not believe that electronic cigarettes should be sold to anyone under the age of 18.

We do not encourage people who do not smoke to start vaping.

Please do not judge us too harshly, we could be your Grandparents.

Let us live the remaining few years of our lives as we see fit, I think we have earned it.

8/21/2013 6:01:00 PM - Kevin D, Dallas TX

I started smoking when I was 13 years old.

Me and my friends started getting into it casually by taking a couple of cigarettes from our parents or friends, but within in a year I was smoking up to a pack a day.

For the next 15 years I never thought about quitting, I enjoyed smoking very much but knew one day I would quit.

By the time I was 28, I made a serious pledge to myself that I would be a quit smoker for at least whole year, before I turned 30.

Attempt one was cold turkey and only lasted 4 days.

Attempts two and three were a few weeks later and both lasted only a day.

I decided to wait for a busy time at work to settle down before I tried again, so a few months later I tried nicotine gum.

This worked for a few days, but I hated the taste and the feeling in my mouth.

It felt like chewing on dry tobacco.

Sometime went by and I tried the patch.

This worked for a week, but some stressful things were going on in my life and went back to smoking.

A few months later I tried Chantix and this worked for a couple of weeks, but the dreams were insane, and I felt nausea all the time. I finally stopped using chantix because I literally felt crazy, depressed, cloudy all the time and it wasn't worth it.

My 30th birthday was rapidly coming and I was really pissed at myself for not having quit a year ago.

I tried again a few weeks before my 30th birthday, but failed.

It got to the point for the next two years I was trying to quit smoking every other month, and I just couldn't do it, there was always a reason I felt I needed to start smoking again.

Also by the time I was 30, I noticed my health not being as good as used to.

My sleeping was interrupted reguarly because of my shortness of breath.

My throat was always sore, I felt really out of shape.

I was coughing all the time.

With all the failed attempts and how poorly I felt, it was starting to get very discouraging to the point where I felt like I would never be able to quit.

Honestly, it was a very low point in my life.

My family members were alway hounding me to quit, I wanted to quit, and I just couldn't. I started to convince myself I'll be a smoker for life and whatever health problems come my way, I will just have to deal with it.

Enter e-cigarettes ... Just over a year ago a friend of mine let me borrow his e-cigarette for an afternoon.

It was a cigerate look a like.

I didn't much care for it and the battery gave up very quickly.

I didn't try another e-cigeratte until a friend at work started using one a few months later.

This was a bigger device that had a tank of e-liquid.

When I tried it, I actually like it. A couple of other smokers at my office started using tank-based e-cigarettes and I enjoyed theirs also.

I finally decided, why don't I try this ... I have tried everything else, might as well give this a try.

So one day I said to myself I was going to give e-cigarettes another chance.

I went to a local vapor store and had the staff show all the ins and outs of using the e-cigarette and all the different flavors that were available.

As I was sitting there, I couldn't believe how awesome they tasted.

I left the store with an e-cig and some juice and the first thing I noticed was, I don't want a cigarette.

I vaped the rest of the day, and still had no desire for a cigarette.

I was VERY shocked.

I smoked two cigarettes before I went into the store that day and didn't smoke another one for three days.

I couldn't believe how satisfying the e-cigarette was.

On the third day, I smoked one cigarette, just to see how it felt, and it hit that me e-cigarettes tasted better than actual cigarettes.

I went the rest of the week without a cigarette, but had one more on a Sunday and that was my last cigarette ever.

That was on July 9th and I haven't had a cigarette since, nor do I want one.

With all sincerity, e-cigarettes truly saved me on many levels.

I was so desperate to quit smoking and didn't belive I would be able to.

I tried everything and nothing seemed to work.

The fact that I haven't had a cigarette in two and a half months is insane to me and I couldn't be more happy or proud of myself.

It really is a miracle, because no one thought I would be able to quit smoking, including myself.

I found a very active online community that helped answer all of my questions about e-cigarettes and provided a lot of support for quitting smoking.

Not to mention, I feel great.

My breathing is much better, I'm not coughing a lot anymore.

I can sleep the entire night without waking up, I'm walking regurly.

It really has changed my life.

8/21/2013 6:09:00 PM - robert strickland

I had been smoking for 25 years,ive tried a few times to quit over last 5 years as id notice it effecting my health (shortness of breath,coughing,wheezing) I tried patches and i tried the gums neither of which worked for more than about a week,with the help of my doctor i tried a local support group

which did help but i only managed to stay off the cigarettes for 2 months. I met up with a friend 3 months ago and he was using an ecig and said it working for him so that same day i went to a store and bought a disposable,it wasnt great and didnt last me very long but it did keep me off cigarettes that day so i went online and bought a rechargeable ego style starter kit with a bottle of juice,i havnt really looked back since

it replaces everything i needed in cigarettes

the nicotine,the habit of doing something with my hands,the act of inhaling a smoke like substance.My health has improved in ways i didnt think possible in such a short amount of time,my breathing is so much easier i can exercise without getting out of breath,i dont wake each morning feeling i cant breath and have hack and cough my lungs clear of disgusting mucus,i DONT stink anymore.

Ive upgraded my vaping devices since my ego kit to devices with longer lasting batteries and my old ego kit got passed onto my sister who has now been 2 months free from cigarettes as well,in fact 5 family or close friends have now switched from cigarettes to ecigs. I havnt put pressure on myself to use ecigs to quit my addiction to nicotine i have just changed the delivery system to one which has massive health benefits,ive done my homework and was quickly able to learn that statement is true and find myself angered now that officials who are paid very well with our taxes and who are in place to help and improve our lives and health are reluctant to do the research and come to the same conclusions.

8/21/2013 6:15:00 PM - Lee Grammer

My name is Lee and as of August 17th 2013 I've been free of tobacco and it's health affects. This year I will turn 50 which is a milestone for so many reasons, but being a former smoker and the journey there has been wonderful. Having been a smoker since childhood the effects were becoming more apparent as I approached 50 years of age. Things like body aches, you know go to bed sore and achy and wake up the same way, more frequent sinus issues, decreased stamina. It seem that age was catching up with me and medical test were showing that my cholesterol levels weren't regulating well with the prescribed medications. During the summer of 2012 my blood work was sent to the lab for a particulate breakdown, which shows an overall picture of the different cholesterol counts. Seeing as how coronary heart disease runs in my family, managing cholesterol was important to me. When I received the report from my doctor I was devastated! Hand written in the accompanying letter was a shocking statement,"These are the highest numbers I've ever seen, we need to talk about changing your program." It was a serious gut check and the most devastating news I'd ever received about my health, I thought what can I do I'm genetically predisposed. That was the least of it, the next month I found out that my personal life was in serious peril, but I'll not be sharing that since it involves others. Here I was feeling that my life was in a downward spiral and little could be done, 50 would mark my downward slide. Well I eventually saw my doctor and he changed my medications and suggested I try electronic cigarettes instead of smoking. I thought to myself sure I know just the person to help me and told him of a friend that used them. Little did he know of what was to happen next. You see my doctor was thinking of the

disposables and kits that you get at the local drugstore and gas stations. The next time I saw him I showed him what my friend had introduced me to, it was an Ego that allowed you to chose what flavor and strength of liquid you used. Surprisingly after 3 days of use the e-cigarette had become the only nicotine delivery that I needed. I also realize how strong the addictive properties of cigarettes are. You see during the 80's I was in the U.S. Air Force and had participated in a smoking cessation clinic that used group meetings and nicotine gum. I'd learned that one withdraws from nicotine physically in 3 days and that the gum reduce the level to make that withdrawal easier. Okay that sounded easy enough become use to the lower level then reduce the use of the gum to the point of stopping altogether. Wrong, there was something else that was going on and it wasn't really addressed. There was a psychological component that I came across and I knew it was far stronger than nicotine. I was walking down a sidewalk chewing the gum and without thinking I raised my hand as if to take a puff from a cigarette. It seriously shook me up and no one knew how to address what occurred other than to suggest lollipops. I've since learn that it's called oral fixation. Electronic cigarette address this issue and I know it's what has allowed me to be so successful in my own tobacco harm reduction program. E-cigs has allowed me to replace cigarettes with a device that

satisfies the oral fixation component of addiction and taper my nicotine over time. I started with liquids in the range of 24mg - 30mg and over the past year have reduce the range to 6mg - 12 mg. One thing that I notice early on was that e-cigs don't offer nicotine peaks as do cigarettes and that the dosage from vaping mimics that of the low dose provided by nicotine gum. I was able to inform my doctor of this and how e-cigs have improved my nightly rest and overall allergy and sinus issues. All respiratory issues have been less sever and much more infrequent over the past year. Often requiring little more than over the counter medications. I introduce my doctor to the term vaping and the advance devices that I've transition to for my nicotine delivery. I feel that e-cigs have done wonders for me health wise. My cholesterol is lower there hasn't been significant weight change, I feel better and I no longer feel that I'm in my waning years. The best I'd ever done with other cessation methods, gum or cold turkey, was 3 months. Right now I'm over a year with e-cigs and haven't had any traditional tobacco product since day 3 of starting. Yeah there was a period that I crave the old cigarette and thought I kept half a pack around for 2 month after starting I eventually threw them out, unused! I don't have the craving and vaping doesn't even reminded me of cigarettes it's just how I get nicotine now. I was smoking close to a pack a day now I just rotate between my liquids of various flavors and think how nice it is not to have to go buy cigarettes everyday. I'm saving time and money habit and health wise. Will I ever stop using e-cigs? I doubt it, I enjoy the vape, but if I did chose to stop it would be much easier than if I was smoking. The addictive properties of cigarettes go far beyond nicotine and oral fixation. I'm convince since I quit that there was something else that

drove the daily routine of lighting up. I realize this because I no longer have that first thing in the morning craving that was associated with cigarettes for that last one before turning in at night. My nicotine use is much more regulated now. I've heard there are over 4000 other chemicals produced by traditional cigarettes, just what are their physiologically addictive properties?

8/21/2013 6:18:00 PM - Julian D.

I truly do not believe I am not a smoker anymore, and I hope I can stay that way for good. The E-Cig has done it for me, and I have learned to vape with better and cheaper products now. I have smoked for over 35 years pretty regularly, and I did try to stop smoking seriously over 20 times, with gum, patches, Chantix, plastic cigarettes, etc.

They never could do the trick. Vaping seems natural for me, a smoker to pick up.. And if you buy a product that happens to be fresh and consistent (which was the key for me) it probably will work out. I did try a few gas station varieties, but they were lacking in quality and taste, massed produced, and they were also expensive. I am now smoke free for a month, with almost zero urge for the old smelly cig.

I happen to hate that smell now.. I vape with fruity flavors now, and have shied away from the tobacco flavored juices available. My friends welcome me more now, obviously the rank smell is gone.

I definitely will not put myself in the smoking areas any more, breathing someone else's smoke sucks, I am not part of that group anymore.

I vape freely, for I have learned that vaping has no consequences to others around me. Merely there old school of thought, that if it looks like smoke, it must be bad is all bad nonsense now. We all need to speak up about vaping, and its positive effects for smokers wanting to kick the cigarette habit. Heck, it is even a fun hobby for a lot us now. I think it saved my life. Julian D.

Florida

8/21/2013 6:25:00 PM - wobbly @ ukvapers.org

Started smoking at school 15-16 years old. Smoked for the next 40 years but wanted to stop. Normally NRT is absolute rubbish, gum tastes horrible, patches cause a rash, and the drugs! Zyban prescribed but I believe the name has changed. This stuff is nasty, bad sleep, itchy skin, really irritable. You have 3 hours sleep on a xmas eve and try and be nice to family on xmas day.

Saw a young man puffing on an e-cig waiting for his driving test, and did some internet research and decided to try e-cigs. Best thing I've ever done. These things are so good any attempt to ban them or medicate them should result in charges of manslaughter or mass murder. Make them widely available and let people decide for themselves (some will never stop smoking) but this has the potential to save millions of lives around the world.

I started vaping (e-cigs is a bad name) 10 months ago, completely gave up cigarettes 8 months ago, still get the enjoyment without all the nasty chemicals from smoke. If these are banned or medicalised (yes it has an "s" not a "z") then I will almost certainly be back to cigarettes.

Follow the money, who would benefit from a ban? Tobacco and drug companies, plus government tax revenues. This should be about health not money. Anybody who says these are bad or don't work has something to lose!

ECIGS SAVE LIVES!

Thank you for reading this, good luck quiting smoking, Wobbly.

8/21/2013 7:08:00 PM - Vaping Saved My Life

Had it not been for 405 Vaperz in Oklahoma City, Oklahoma, I would have continued to smoke cigarettes.

Due to my age and the fact that I have COPD, vaping has saved my life for which I am so very, very grateful.

8/21/2013 7:35:00 PM - PeterM_VancouverWA

My father, grandfather and sisters were smokers when I was growing up. I come from a long line of smokers. I started smoking regularly at age 11. I found myself addicted to smoking pretty quickly. I started smoking not because I thought it would make me "cool", but because I thought smoking was something "cool" to do. I wasn't "cooler" because I smoked, but I enjoyed smoking a lot. I smoked whenever the opportunity would arise: before school, after school, when parents were out of the house or when I was sure I would not be disturbed in my bedroom. By age 13 I decided to use "dip" or chewing tobacco instead as I was less likely to be caught.

Also, I liked the flavors and the "buzz", and it satisfied my nicotine cravings. I knew of the health risks of both smoking and chewing tobacco, but hell-- what did I care? I was just a kid and only "old" people have health problems because of tobacco, or so I thought.

My sisters and some friends pressured me to give up chewing tobacco and after a year I did. Within two days of quitting chewing tobacco I was back to smoking. I needed the nicotine and I liked tobacco. I tried to quit a few times in high school because I was either under pressure to do so or because I was caught and threatened with severe punishment if I did not quit. Under the surface, I still wanted to smoke very much and it drove me crazy trying to quit without being truly self-motivated. I never stayed quit.

I would spend all of my lunch money on cigarettes and go without eating lunch at school to keep up my supply of cigarettes. I developed asthma and moderate-to-severe allergies within a few years of starting smoking. At the time, I didn't make the connection between smoking and these health problems. My doctors nagged me about smoking whenever I'd see them (which was rare). I was also under weight almost all my life and friends and family would tell me that I looked a little sickly most of the time.

I met a girl when I was 22 (we are married now) who used to smoke but had stopped by the time I met her. She accepted the fact that I smoked but never liked the fact that I did. She asked me to quit a few times. I tried to quit to satisfy her, but I failed every time. My desire to smoke, my well-established habit, and my nicotine cravings were just too much and socially I was around smokers on a regular basis. I tried the patch and the gum unsuccessfully. Sure they worked temporarily, but they were more expensive. They also only satisfied the nicotine craving but I still wanted to smoke very much. When the supplies ran out, it was back to cigarettes immediately.

One of my friends (whose own story would not be so different from my own) started using an electronic cigarette a few years later and the first time I saw him with it, I tried it. I couldn't believe how closely it resembled smoking-- I could taste it, see it, feel it in my hands, feel it in my chest, and it could satisfy my nicotine cravings just as well as cigarettes. My friend told me that there was no substantial evidence that these

electronic cigarettes were a health hazard and ample evidence that the components consumed while vaping were generally considered safe aside from the nicotine. Getting nicotine was exactly one of the benefits I was looking for. It also was readily apparent that I'd save a lot of money by switching from expensive cigarettes to inexpensive, durable, and reusable electronic cigarettes.

I showed the electronic cigarette to my wife that night and explained to her what's in them. I decided to buy a starter kit that night (it came with 2 batteries, a personal charging case, and about a month's supply of liquid). I smoked maybe three more packs of cigarettes before it finally arrived in the mail. I quit smoking the night it arrived and have been vaping happily ever since. This was in 2010. This decision changed my life. The color of my skin has returned to a healthy color of white (no longer looking sickly as before), I've put on enough weight to be in a normal weight range, and my asthma has cleared up completely in less than 3 years. I do still have allergies, but they are now controllable with benadryl. I have tried a few cigarettes or a few puffs on a cigarette since I quit and it completely disgusts me now. I feel ill afterwards. I never realized this is how I felt all the time while I was smoking-- you get so used to it that it becomes the new normal.

My father was also a smoker, and for much longer than me. After he saw my success with electronic cigarettes, he gave them a try. Like me, he loved it immediately. He also has stopped smoking completely and is now vaping. He told me his stamina has improved, he coughs less, and he feels better. His wife has also quit smoking in lieu of electronic cigarettes. One of my coworkers was also a smoker and he and his wife have switched to electronic cigarettes too because they saw how well they work. One of my sisters has also switched. I'm still working on my other sister. :)

I am dismayed and saddened when I hear about attempts to ban electronic cigarettes. I love "smoking" and I am addicted in every sense of the word: I love it, I crave it, and I need it. I am an addict. If I can get the same (or better) smoking experience and nicotine I need in a safe or much safer non-tobacco product, like I can with electronic cigarettes, I'm all for it. If I no longer had access to electronic cigarettes, I am certain that I would once again start smoking tobacco cigarettes and continue being pulled down a path to self-destruction if I couldn't find a black market source quickly. I hope our country does not have another debacle like the alcohol abolition.

Electronic cigarettes have been a blessing to me and my family and I can't say enough good about them. Even if electronic cigarettes are not 100% risk-free, who can argue in good conscience that it is better to smoke tobacco than electronic cigarettes? We should leave smokers with all means at their disposal, and they should be allowed to choose how to quit smoking in the way they decide is best for themselves.

8/21/2013 7:51:00 PM - Jeff Ansberry

I did not want to quit smoking. I've been smoking since 1972 and enjoyed the experience. But after hounding from my doctors and family I tried, unsuccessfully to stop. It is hard to stop doing something you enjoy doing but with the advancement of the ecigs I have been able to quit tobacco completely. I have not smoked a cigarette or cigar since January 9, 2012 and as long as I have this placebo I will never start again. To all of you that have tried to stop smoking unsuccessfully I wish you luck.

8/21/2013 8:23:00 PM - Tone (Damper) from Gran, Norway

I am a 41 year old female living in Norway. I was smoking one packet (sometimes more) pr. day from the age of 20. I did try to quit smoking several times, but did not succeed. I managed to quit for a couple of months at one occasion, but went back to smoking in a stressful period at work. It seemed to me that the smoking ritual was the only way I could relive stress and calm down when things got difficult, and I gave up on quitting for a couple of years. I grew increasingly shameful of my own lack of ability to quit and manage without the cigarettes. My husband managed to quit 'cold turkey' three years ago, but I could not make it. I first heard of electronic cigarettes from a friend who had seen it in a TV show. I did some research on the internet, but unfortunately - not knowing what to look for - ended up with buying some quite expensive cigarette like e-cigarettes that needed fresh cartomizers all of the time (many of them did not taste good at all) and with batteries that would only last for about an hour or two. I used this for a month or two, but returned to cigarettes because I fund the product to be low quality and high maintenance. In addition to this, it was no one around that knew of the e-cigarettes, and help me choose the right products. Still the thoughts of the satisfaction gained and cleanliness of the electronic cigarette lingered in my head, and I spent hours on the net trying to get past the advertisements from companies selling expensive starter sets and putting up fake reviews. I ended up finding good information at the ECF site, and ordered a proper refillable PV (personal vaporizer) of the eGo type. I stopped smoking the day I got it, which is now one and a half year ago.

It was the perfect solution for me. I would still have been a smoker without the vaping. Now I cant stand the taste or smell of an analog cigarette. I never vape tobacco or menthol tobacco flavors, it makes me sick. I love clean lemon and lime flavors, and sometimes I order some dessert or beverage flavors to vary a little. After switching to vaping there is no more shortness of breath, no more bad feelings about my nicotine habit and no awful smell of cigarette smoke in my home, car or clothes. I have introduced four (now ex-) smoking friends to vaping, they have all quit cigarettes after trying the electronic alternative.

8/21/2013 8:28:00 PM - Victoria S., Los Angeles

I started smoking when I was 14 -- sneaking occasional cigarettes from my parents, or buying packs from a cigarette machine.

By the time I was 16, I was a daily smoker.

Over the next 40 years or so (I'm 59 now), I smoked approximately a pack a day.

I tried quitting several times.

Was in the test group at UCLA for the first nicotine patch.

I stopped for about eight months that time, but it was difficult every day.

Tried cold turkey, and that never lasted more than a few days.

Tried Chantix, which really did help to reduce cravings, but I did not quit entirely.

So I would have to say that every effort was unsuccessful.

When I got my first e-cigarette, about four years ago, I didn't touch a "real" cigarette again for nearly a year; just didn't feel the need.

I still don't have to, but the person who lives with me smokes, so I do take puffs from his cigs in the evenings.

If he were to stop smoking, I would be perfectly fine with only the e-cigarettes.

If I weren't able to get e-cigs, I am quite sure I would go back to smoking real cigarettes, which I hope never to have to do because of the expense, the smell, and the health risks to myself and others.

8/21/2013 8:40:00 PM - Per Holst (perhol), Bagsv

On 1. of november 2012 I started using an eGo type ecig with a refillable atomizer adviced by a college. On 3. of november I smoked my last tobacco! I just feelt that I did not need them anymore. I startet smoking cigarettes at the age of 11 years and stopped primo november 2012 at the age of 60 years, so I have been heavely smoking (30+ cigarettes) in 49 years. My breathing have been improved a lot. I live in an apartment on 4. flor and wass having trouble walking the stairs. This trouble dos not exist anymore and I am an happy vaper and my intention is to stay a happy vaper no matter whic laws will be implied. Per Holst

8/21/2013 8:42:00 PM - Justin

I started smoking at the age of 12 and just recently turned 18. I knew that what I was doing was negatively affecting my health and could feel the effects that I had caused. After almost 6 years of smoking cigarettes and many failed attempts at quitting cold turkey (since I wasn't of age to buy nicotine replacements, which further added to the guilt) a buddy of mine introduced and gave me an eGo-T 650 mAh with a CE5 Clearomizer and some 18mg liquid. He had bough a kit that came with 2 setups and we decided to quit together. Unfortunately, neither one if us found vaping to be very effective and used both analogs and vape rather than just one. We came up with the idea of getting better quality vaping equipment and scrapped up enough money to buy ourselves eGo-K 1100mAh devices with Vivi Nova tanks and 24mg nicotine liquids. The new equipment is what truly got us off cigarettes. Eventually we both bought mods (I got the Vamo V2 VV/VW mod and he got the FruitNinja VV mod) and have decreased the nicotine levels of our fluids (he prefers 12mg and I'm at 6mg). We both have noticed significant health improvements with our breathing, mucus production, reduced frequency of headaches, and I even lost 28 pounds withinthe 2 and a half months that have passed since I quit smoking cigarettes. Switching to vapor has been the best decision I have made for my health and couldn't have done it without the help of my best friend. Quitting is hard to do alone in my opinion, which is why I encourage anyone to accept outside help on the issue. I think in the long run, vape saved my health and well being.

8/21/2013 9:21:00 PM - graham roach

I started smoking on a regular basis at the age of 11,and have been a heavy smoker for 44 yrs, i have tried seriously to quit 4 times in my life the longest i have managed is 6months the last time i tried to quit was 6yrs ago, up until 8 months ago i had resigned myself to never quitting and just facing the consequences, then 8 months ago i was introduced to a personal vapourizer by a friend, i did some research into these and bought myself a kit and i have never looked back, it is the answer for me, and i have not had one cigarette since, i have since got into more advanced devices and intend to continue vaping, my health has improved although i have always kept fit, my lung capacity has increased, i have stopped coughing, and wheezing, i was also suffering from raynaulds syndrome this has also improved, my blood pressure etc are also were they should be, i feel as if i have been given a new lease of life.

8/21/2013 9:29:00 PM - James Campbell (Lmp9002002 on E-cigarette forum) from Brooksville, FL

I had been smoking cigarettes and cigars for around 3 years before ever trying an e-cigarette. The first year was mostly just casual smoking, maybe about a pack a week. The 2nd and 3rd year were between 5-15 cigarettes a day, every day. I smoked habitually- on the way to work, on first break, 2-3 cigarettes at lunchtime, on a second break, on the way home from work, and a few at home in the evening. I had tried on a few occasions to quit, often reminding myself how bad it was for my health or how expensive and repulsive of a habit smoking is. I was never successful in quitting smoking for more than a day, as being certain places, performing certain activities, or being around other people who smoke often led me to light up a cigarette. I was introduced to e-cigarettes by a smoker of 20+ years who had completely converted. My first puff of an e-cigarette gave me more thoughts of an enjoyable activity than an alternative to cigarettes.

I received my first e-cigarette (a mod, coupled with a variable voltage back-up battery, a few clearomizer tanks, and some sweet/dessert flavors) on August 16th, 2012. I opened the box and began using it immediately. Toward the end of the night, about 5 hours later, I realized that i hadn't even had the urge to smoke since i started using the e-cigarette- i had skipped about 4 cigarettes already. This made me curious whether it was really satisfying me or just distracting me from tobacco cigarettes by giving me something to puff on- so i went ahead and lit up a conventional cigarette. My first thought was one of disgust- the inhalation experience was significantly less enjoyable than my new e-cigarette- dry, rough, and disgusting as opposed to the smooth, wet, tasty "vaping" experience of the e-cigarette. So i put the cigarette down after a few puffs, and went back to vaping. Over the course of the next few weeks, i began to receive compliments on how good the vapor from my e-cigarette smelled, and how i no longer smelled like smoke. I noticed how much better my car interior started to smell- it smelled as clean as when it was freshly detailed for weeks, rather than starting to smell like smoke after a day or two (i often smoked 5-10 cigarettes a day in the car alone, but always with the window open). I began to seriously enjoy the satisfaction of being able to take a puff whenever i wanted, as opposed to the dilemma of just wanting a few puffs (for example, right before walking into a restaurant or movie) causing me (and anyone else i was with) to have to wait outside for me to finish an entire conventional cigarette. Every now and then, especially at parties, i would have an urge to smoke a regular cigarette. I would usually give in, more out of curiosity than an irresistible urge. I had only been able to finish a cigarette for the first day or two after starting e-cigs, after that i couldn't manage more than a few puffs before putting the cigarette down out of disgust.

By about 4 months after i started vaping, i felt free. I no longer felt any sort of tether or attachment to nicotine and the practice of vaping, and would sometimes go a day

without touching it at all simply because i could. I didn't feel any urge to pick up a cigarette, nor did i feel the need to use my e-cigarette habitually. I could've quit vaping right then and there. I still could. But i don't. At that point, i began to research- finding better flavors, better performing devices, cooler looking e-cigarette accessories, and i discovered a whole new world- a new hobby. I've converted some friends who previously smoked as much as a pack or more per day over to e-cigarettes, and all the while just been sitting back and enjoying various flavors myself. Still to this day it is one of my favorite hobbies- we're told to appreciate the little things in life, and as far as little things go, there's not much that measures up to puffing on a mod and tasting your favorite candy, dessert, drink, or something of the sort. I've lowered my nicotine levels significantly (from about 18mg/mL at the beginning to 0-6mg/mL now) and enjoy using my e-cigarettes as well as conversing with other "vapers" about their favorite flavors, devices, etc. As i type this i'm vaping on my favorite black licorice flavor. And loving every bit of it. When people hear that i quit cigarettes thanks to e-cigarettes, they often congratulate me, but my response is always the same- I quit smoking 8 months ago. Since then, it's been a hobby- cigarettes now just feel like a distant part of my past. And i'm grateful that I've had my eyes opened to a whole new world, a hobby i've found more enjoyable and rewarding than any other- vaping.

8/21/2013 9:47:00 PM - Paula C, Herefordshire UK

I have smoked cigarettes almost continually since the age of 14 and am now 44, at age 18 I gave up smoking for a year before going to a party and starting again!

Until a couple of months ago, I was smoking between 15 and 25 cigarettes a day and spending at least

8/21/2013 9:59:00 PM - Andy Bamford

I have been smoking for 30 years and was up to 30 - 40 roll-ups a day. My friend showed me a standard e-cig a few years ago, which I tried, but didn't like the flavour of the vapour. Then a few months ago, he showed me a tank system, using flavoured juice and nicotine. I didn't want to stop smoking, but did want to stop using tobacco. I enjoyed smoking, but was concerned about the harm it does. I really liked his e-cig, so I bought a tank system, and have not looked back since. I personally have not tried any tobacco flavours due to the horrible standard e-cig. I only use fruit or beverage flavours. My cough has gone, I no longer snore and I feel healthier and more 'alive'. I also find I don't like the smell of a smoker anymore. So, I have stopped smoking, and now consider myself a vaper. I have also converted my wife who now uses the same system as me, and loves the coffee flavours! As I have my own business, I am even considering selling the liquids at my cafe as well, and becoming a vape friendly establishment. This has changed my life for the better, and would urge any smoker to change. My only worry is that the politicians will listen to the narrow minded lobbyists like ASH, and change the law without looking at the evidence, and that I will be forced to smoke harmful tobacco again. So, EU, look and listen to all sides before you put the health of your voters before money.

8/21/2013 10:01:00 PM - Kevin B (goto10) from Winnipeg, MB

I had smoked for 25 years. I started when I was 15 years old and was smoking a pack a day for the last 10 years of my habit.

I had been trying to quit for the last 10 years of my life. I have tried the patch, gum, Zyban, Champix, everything. Nothing worked well. The nicotine patches and gum seemed like it was doing nothing at all, I smoked while I was on them and was simply ingesting more nicotine. I did manage to quit for 2 months while on Champix but simply started smoking again after getting off the drug. I was again presribed Champix but this time there were serious psychological side effects. (depression).

I honestly thought that I would never be able to quit tobacco. It made me sad, I have a wife and daughter who need me healthy and I don't want to die of cancer.

I tried my first e-cig on a whim. 24 hours later, I smoked my last cigarette. Not only have e-cigs changed my life, but I honestly believe they have saved my life.

8/21/2013 10:13:00 PM - Eliza T. from Cochise County, AZ

I started smoking when I was 14, and within a year, I knew I had made a mistake. I tried to quit cold-turkey at 15. It didn't work. By the time I got to college, all my friends smoked, too. There was no reason to quit. Then my state passed an obtrusive law banning all smoking in businesses and public lands, and even the college started cracking down on the "25-foot rule." I suddenly felt like a fugitive. The culture changed rapidly--I'd get dirty looks walking down the street with a lit cigarette in hand, rude comments from passersby even if I was sitting in a smoking area, and endless criticism from my teachers and newly-quit friends. I heard about e-cigs online and thought it was sci-fi at first. A safer, cleaner alternative to smoking? One that doesn't smell bad or ruin upholstery? It was too good to be true. But I was tired of being treated like a second-class citizen just because I enjoyed tobacco, so I gave it a shot. I got this starter kit with cigarette-like contraptions with replacable cartriges.

Th

8/21/2013 10:22:00 PM - Beth Vickrey

I started smoking at age 17.

I smoked everyday for 32 years.

I've tried to quit cold turkey in the past and was never successful. With the rising cost of cigarettes and finding it hard to be able to afford them..my husband bought me a ecig kit from our local vaping shop.

We were both skeptical at first.

The cost of the vaping kit was the best investment ever!

I knew with my first few drags that i would never pick up a real tobacco cigarette again.

I got online and watched youtube videos to learn all i could about them.

August 6,2012 at 10:00 pm was my last cigarette.

Will never go back as long as ecigs are around.

This was definitely the answer to me kicking that horrible habit.

I don't know who invented the e-cig...but I am very grateful!

8/21/2013 10:25:00 PM - Brett Marshall

I am 25 years old and started smoking at age 15. Cigarettes are easy for minors to buy, and should be made illegal all together. If nicotine is the addiction, that is all we should be smoking (*vaping). I have smoked for the past 10 years, staring early on a pack a day of all popular brands of cigarettes, primarily menthol but I've smoked about every single product. At age 21 I quit cigarettes but started using Black n Mild cigars (non menthol)

4-5 a day until February of 2013 when my father (who hasn't smoked in 20 years) provided me with a electronic cigarette, liquid nicotine flavor like a cigar, and a tank that holds the liquid. Although the taste of the cigar was not too enjoyable, it got me through the first day. Day two, i stopped by a local ecig shop and bought a menthol flavor. I stared with 24MG of nicotine, and have reduced that to 12MG or 6MG. This was done very easily. I don't know the science of it, but i realized i didn't need that much nicotine. As of February 2013,I have not smoked any cigarette/cigar product from day one, my first vape puff. Within weeks you can feel the difference of which is a healthier product. I thought my heavy breathing and wheezing was partly from being over weight, but soon found that it was all related to cigarettes/cigar. I now NO LONGER wake up breathing heavy, wheezing, or gasping for air. I NO LONGER

have anything in my chest/lungs to cough up.I NO LONGER spit, I can taste food, and smell whats around me. I have not felt one negative aspect what so ever from switching from cigars/cigarettes to electronic cigarettes. I have converted 10 or more people from smoking cigarettes, to vaporizing liquid nicotine. I use menthol and fruit/drink flavors. If these were taken away i would keep using menthol, but non-menthol users would have it 100x harder, and possibly resort back to cigarettes. I don't feel like a smoker anymore, i feel healthy...

8/21/2013 10:32:00 PM - Eliza M. in Bisbee, AZ

I grew up around smokers and started with a friend when I was fourteen. Within a year, I tried and failed to quit for the first time. It as never difficult to find an older kid to bum me a few or just buy them for me. By the time I was sixteen, most of my friends had also picked up the habit. Smoking became a social activity, and I decided it was pointless to try to quit when everyone I lived with, worked with, and spent my free time with also smoked. Plus I really liked smoking. It satisfied my ritual compulsions and kept me from doing things like biting my nails or picking at my lips. I've always been the nervous sort, and smoking just seemed to fit my personality.

Then, in 2007, my home state of Arizona passed a state-wide ban on smoking inside businesses or within 20 feet of any public property. Suddenly, I felt like a fugitive. The college even started to crack down on us; we would get yelled at for standing just outside the "designated smoking area," when just a few months prior, we could light up as soon as we exited the classroom. Almost overnight, the culture changed, and smoking was anathema. I would get dirty looks walking down the sidewalk with a lit cigarette in my hand. An older gentlemen once stopped me outside a grocery store to tell me it was "awfully unlady-like" to be smoking in public. I even got more than a few nasty comments from passersby while I was sitting in one of the designated smoking areas.

Now, let me be clear: I didn't mind being asked to take it outside. I never smoked around kids or anyone who specifically asked me not to. I never encouraged anyone to smoke, and I routinely told my younger friends they should not start. Smoking was not something I was ever proud of. But it was my choice. I knew the risks, I spent the money, and I liked it. I didn't think it was fair to be treated like a criminal for doing something legal, especially when that something was so hard to quit. Once, I was sitting on the sidewalk outside a conference in Washington State enjoying my post-lunch cigarette. An old woman walked by and grimaced openly at me, waving her hand dramatically in front of her face. "That's DISGUSTING," she spat. Why was it okay for her and others like her to be so rude to me? I wasn't in her space, I didn't blow it at her, and I even pocketed the butt after I put it out since there were no ashtrays in sight. Does a bad habit make a bad person?

By the time I was nineteen, I had tried and failed to quit smoking four or five times. I read about electronic cigarettes online in the winter of 2008, and at first, I thought it was science fiction. A cleaner alternative to cigarettes that didn't smell bad or ruin the carpet? I had to see it to believe it. They were new on the market and not well-understood, but I wanted to know. So I went to my local smoke shop and purchased a starter kit and a handful of replacement cartridges at an obscene price. I was sorely disappointed. The e-vapor tasted terrible, and the only redeeming quality about the e-cigarette itself was that it lighted up when I puffed on it. I thought that was neat. But

the vapor hurt my throat, and it didn't help that I had to drag really hard to get a good puff. I tossed them and gave up.

At twenty-one, I got pregnant. That was my wake-up call. I'd always sworn I'd quit when I wanted to start having kids, and here it was. This fell at an extremely stressful time in my life--I'd just moved to a new city and started a new job, and my smoking intake had skyrocketed from five to seven cigarettes a day to over a pack a day. I wanted to quit, I needed to quit, and I was determined to quit for the sake of my child.

I couldn't do replacement therapies, as I was pregnant, and I didn't have the insurance to pay for it anyway. So I tried cutting back by one cigarette a day. Over the course of two weeks, I got down to four cigarettes a day, each smoked a half at a time to help me feel like I was still getting the same amount. I lost my new job, the father of my child vanished, and when I finished the last cigarette in the pack, I was determined that it would be forever.

Thirty six hours later, I was four hours into the worst crying fit of my life. I couldn't breathe. When I would stop crying, I would start craving. That would make me mad. The kind of mad only a smoker without cigarettes could understand. The kind of mad where I'd happily strangle my next-of-kin just to smell the fingers of smoker.

Did you know that stress can cause miscarriages?

Sixty hours after quitting, I lit the first cigarette in my second last pack. I smoked two a day, half at a time, until that pack ran out. Then I quit again. This time, I only made it a day and a half. The third time, I made it thirty hours. The fourth time, I made it five hours. The sixth time, I had a panic attack within an hour that was so brutal and so terrifying that my own father, an adamant anti-smoker, handed me a ten dollar bill and told me to go buy a pack before I lost my mind.

I wanted to quit. Do you know what it's like to know there's a baby inside you that you love more than anything but you can't control yourself enough to stop hurting it? Do you know what it's like to be halfway through your first trimester and scared to death that you'll either poison the baby or get so stressed out from quitting that your own body will reject it? It's a horrible feeling. I resolved myself to smoking two cigarettes, half at a time, for the duration of my pregnancy. I was ashamed of myself. And I hated the new knowledge that I just could not quit, even if it was the one thing I wanted most to do.

After I had my daughter, I tried wellbutrin, but it made me suicidal before I even put the cigarettes down. I tried the patch, the gum, and all that other nonsense, and it all just made me want a cigarette. I gave up quitting. I tried to limit myself to two a day, but two became five, five became eight, and eight became twelve. Every day, I'd go outside, put on my "smoke shirt," puff like an addict trying to hide something, put it out, slink

inside, wash my hands and face, and try not to let the shame show as I took care of my daughter.

The dirty looks continued. The prices went up and up and up. My friends were quitting and smugly saying, "Why don't you try the patch/chantix/hypnotism/therapy?" I wanted to scream, "I HAVE! I CAN'T STOP! DO YOU KNOW THESE D**N THINGS ARE MORE ADDICTIVE THAN HEROINE?! DON'T YOU THINK I WOULD HAVE STOPPED BY NOW IF I COULD HAVE?!"

Earlier this year, 2013, the vape fad landed in my peer group. I sneered at first when a good friend showed me her mod on a lanyard. "Those things suck," I said derisively. I told her about my experience in 2008, and she shook her head, "No, this is different. This is better. These aren't some dopey Chinese knockoffs, this stuff is blended in America. No cartridges, just juice. You know exactly what's in it because they blend it up in the back of the shop before they sell it to you. You can even get custom nicotine levels and flavor blends if you want."

I had nothing to lose, so I stopped by an exclusive vape shop and had a chat with the fellow behind the counter. I told him I wanted to quit smoking, and he grinned and pointed to a sign behind him that read "Kick Ash." "You're not the only one," he told me.

I bought my starter kit and a couple fun flavors to start out with. The guy at the store set me up with a pretty high nicotine dose to start with, and he told me they'd work with me to help me lower the nicotine levels at a reasonable rate. No withdrawals. No panic attacks. No suicidal urges. And the best part? No smell, no dirty looks, no feeling like I'm slowly killing myself with every puff.

That was a week ago. I've gone from fifteen cigarettes a day down to two, and I made that change in just two days. The pack I opened four days ago is going to be my last pack, and this time, I know I can do it. I sleep better now. I can run farther already. I'm back to doing daily exercise with my partner. I'm not a hopeless case anymore, and it feels good.

In a few weeks, I'll go down to half the nicotine I'm using now. A few weeks after that, I'll go down to half of that. I know that within less than a year, I can be nicotine free. I can even go to a zero-nicotine mix and just vape for fun and flavor if I want to, or I can put away the mod, too.

I love the flavors of my vape. My favorite is probably chocolate mint, but there are so many to choose from! I love the variety. You never get that kind of variety with cigarettes, and now that I think about it, I never really liked the taste of cigarettes anyway (not that it stopped me from smoking compulsively every single day). I've got this awesome little mod with a gorgeous Chinese dragon on the battery and a beaded lanyard so I don't lose it. I can vape inside restaurants on windy nights, and nobody says

anything, because they've got little lanyards on, too. I was at a rock show a few nights ago, and folks were just vaping away right inside the venue. I only saw a handful of actual cigarettes--outside, where they belong. My friend who re-introduced me to e-cigs has now been smoke-free all summer, and she told me she's already down to the lowest nicotine level there is.

It cost me less than $100 to start vaping, and if I can go a month without smoking at all, I will save over $200. That means it's practically already paid for itself. Even if I keep vaping at the same level I was smoking before (which I do not plan to do), my monthly vape habit will cost less than one-eighth the amount of my cigarette habit.

I'm excited, I'm happy, and I'm almost completely free from the stink of the ashtray. E-cigarettes are a godsend for smokers like me. I am so thankful to the guys at the Vape store for helping me kick my dirty habit, because I was honestly beginning to think I wouldn't be able to quit until it killed me.

If this technology is outlawed, I think it will be a disservice to smokers who have been waiting decades for science to come up with a less painful way to cut back and/or quit. This stuff works! I've recommended it to every single smoker I've met. Usually, when you talk to smokers about quitting, they roll their eyes. They've heard it all before. But when they hear about vaping, you can almost see the light bulb go on over their heads. It's a revelation.

Thank you for listening to my story, and I hope it can help someone like me in the future.

8/21/2013 11:19:00 PM - Laura Sapulpa Ok

I started smoking when I was 12yrs. old and I smoked for 23 yrs. I tried to quit smoking cold turkey but that did not work and I continued to smoke. At the end 2012 I tried the patches to help me quit but that lasted one day cause I still wanted a cigarette so that was a fail and then March 3,2013 I went and bought a mini vivi nova e cigarette

and strawberry 24mg e liquid to try and I never smoked a regular cigarette since. My 16 yr. old daughter begged me to quit smoking for yrs. and when I started the e cigarette she told me after 3 days that she was proud of me and it made my choice worth it all. I feel better since I chose the e cigarette, I don't cough like crazy, I don't smell like a ash tray, and most of all my family isn't around the second hand smoke. I was paying around $124 a month for cigarettes and now I pay around $30 a month for my wicks and e liquid for my e cigarette. Vaping

is the best and the healthiest choice I have made. When I get tired one flavor I can change to another where with cigarettes you cant it's regular, lights or menthol and that's your choices. I sure hope my story helps another person give up the cigarettes. Thank you for reading my story.

8/21/2013 11:28:00 PM - Miles Stevenson

I started smoking when I was 14. I enjoyed smoking. I tried many times to quit, but was always unsuccessful. The alternative methods like the gum, nicotine inhalers, patches, or prescriptions, never tackled the enjoyment I got from smoking. For me, I needed something that would...replace...my habit with something less harmful, and to me that is where all the other methods fell short. With the patch I had bad dreams. With the gum I wound up spitting it out because of the taste. I would always come full circle and buy another pack. 30. That's how many cigarettes I put out per day. Even when the price went up. Even when my daughter was born. It did not matter. I still enjoyed it. But then... I tried my first e-cig. Man what a piece of junk. But I tell you it got the gears turning. I started looking them up. Found some great people in the community. Read a lot. And finally settled on my first mod. A variable voltage/variable wattage device with a good cartomizer tank on top. That was it. I had found the one thing that could get me to stop smoking.

I now have a mechanical mod with a rebuildable atomizer. My wife is vaping on another mod that I picked up. And I have given my first good mod to a friend. At first the guys at work would laugh at me. But since I started, the one that laughed the most, is now a vaper himself, as well as four others.

The health benefits that have occurred are pretty big ones. I have been asthmatic for most of my adult life, until now. I do not wheeze or get short of breath. I have not had an asthma attack since I stopped smoking. I have more energy and can sustain longer periods of exercise. I. Don't. Stink. Ok, I know that last one was not a health benefit, but whatever.

I like it. It doesn't stink in my car anymore. It is fun to catch up on the latest things to try, and then experiment yourself, with different builds on your mods. Even mixing your own juice responsibly is fun. The thing is, this is something that you can tailor to your own personal preference. If you have questions ask someone. Check out YouTube. We are here to help. Keep calm and vape on!

8/21/2013 11:37:00 PM - Stacey F

I have smoked for 15 years. I quit smoking about a year and a half ago using an eGo T. I quit within my first week and haven't looked back since. My taste buds and sense of smell are back and cigarettes taste and smell disgusting to me now. I have helped all of my smoker friends and family get their own kits and they are all non smokers now also. I am very proud of myself as well as my family and friends for quitting smoking. It is definitely something that seemed would never happen. It wasn't hard at all once my body was weened from all of the toxic chemicals that a traditional cigarette delivers x 20 daily. If ecigarettes and ejuice were taken off the market or banned in any way, it would be detrimental to this new generation of non smokers. It seems they want you to quit because it is frowned upon in our society. But when you find something that makes it easy, like ecigarettes, they want to take that away from you too. Ultimately destroying our conquered victory.

8/21/2013 11:47:00 PM - Shawn Chilcote, US Army

It's simple, I smoked for 27 years. Now I don't smoke. I feel better, I breathe better. I can sleep on my back. I don't smell like smoke anymore. I don't need to worry about all of the cancer causing crap in cigarettes. Vaping is the best thing that happened to me.

8/21/2013 11:48:00 PM - Joey Ortiz

I quit smoking cigarettes after trying an e cig and never looked back!!

8/22/2013 12:17:00 AM - Kenny Barnwell, San Diego, Ca.

I was a pack-a-day smoker for 27 years when a friend of mine showed me an order he had placed online for some type of fancy e-cigarette mod he had just ordered in the hopes of using it to help him quit smoking. After taking a look at the product description and seeing all the different ejuice flavors available, I was intrigued and decided on a whim to order one for myself. My intention was nothing more then to try it out for fun and maybe if I got lucky, cut back a little on my smoking. No intentions of quitting to be honest, as I had always loved smoking cigarettes. While I waited for my mod and ejuice to come in the mail, I spent some time getting myself educated on how to operate, break-down and clean the mod via Youtube videos. Long story short- The day my mod and ejuice came in the mail was the day I smoked my last cigarette. 3 days after I started vaping I was confident enough to throw away my ashtrays and last 2 packs of unopened smokes. I have been smoke-free now for 9 weeks and have no plans of going back to that nasty old habit. What started out as an off-hand purchase meant for nothing more then a little fun has turned into something that has literally changed my life for the better and will probably add years to my life as well....How cool is that? BTW- The friend who turned me onto ecig's also hasnt had a single cigarette since he started vaping. AND- I ordered a mod for my girlfriend and she has quit smoking as well! 6 weeks for her!

What a blessing it has been.

8/22/2013 12:33:00 AM - Matthew M.

I was a pack to two pack-a-day smoker for 4 years and it destroyed my lungs. I've developed chronic bronchitis from smoking with pneumonia the moment my lungs felt like I could do it without coughing. When I started using e-cigarettes it seemed like it was very harsh on my lungs and made me cough if I took too big of a hit. I knew it was better for me so I kept on until about a week later I noticed I was coughing up a large amount of black stuff from my lungs- I had no idea It was that bad. This continued for another 2 weeks or so and by the end, I realized I forgot what it felt like to wake up laying on my back, and not have any urge to cough or clear my throat and fall back asleep the same way. Previously I would wake up everyday from not being able to breathe.

I personally love the act of vaping and creating clouds so I will continue to vape until I decide its no longer for me. It has turned a habit of mine into a hobby, its exciting trying new exotic flavors and mods. Having a device that can provide all day vape with frequent use without having to recharge or refill makes it very enjoyable with little effort. I've spoken to countless people who have tried the cigarette size e-cigarettes and stopped using them within a few weeks, convinced them to buy a mod and they still vape to this day. Personally I enjoy vaping way more than I ever did smoking, the health benefits are a bonus. If I had a dollar for every time someone told me I sell e-cigarettes...

In conclusion, I get everything I loved about smoking without all the negative things about smoking. Vapor is not smoke!

Thank you for taking the time to read this

8/22/2013 12:48:00 AM - Keri Eiding

I'm a 33yo woman with Multiple Sclerosis.

I started smoking when I was 18.

Smoking would make my MS go crazy.

I quit cigarettes on St. Patrick's Day (3/17/13) of this year.

I chose this day because I will always remember the day I quit the terrible habit of smoking cigarettes.

I started with the electronic cig-a-like kit.

But, I found out quickly that that kit does not give a very long battery life.

I moved up to an Ego battery and have not looked back since!!

My sense of smell came back, better breathing, and NO MS related problems since I quit smoking!!

Me, my sister, her fiancee, Dad, and niece all quit around the same time.

3 out of the 5 still haven't had a cigarette since March.

My fear is that there will be a ban on e-cigs.

I REALLY don't want to go to smoking cigarettes but, most likely would have to resort to that.

8/22/2013 12:50:00 AM - MBowers

I smoked for 20 years. I tried quitting with patches and gum but always had the urge to pick up a cigarette. I went to St Louis to see my brother in law (who also was a smoker) and he said he started using an electronic cigarette and he had no urges. He took me to the store where so sold them and they were so nice and very sensitive to my situation and knowledgeable. I bought an electronic cigarette and never bought another pack of cigarettes since. The flavors are amazing and the main reason I started.

8/22/2013 1:12:00 AM - Vaper Daniel

Hello,

My name is Daniel and some of you may know me as Vaper Daniel on Facebook (https://www.facebook.com/xstabyourfacex). I live in Massachusetts and have been a user of E cigs for roughly one year and one month. I first started off with the help of my wonderful girlfriend who purchased a VaporKing Storm Ego C package (around $90 at the time). Now; granted I know that the price is a little steep for today

8/22/2013 1:56:00 AM - Chris (fabricator4) from Mackay, Australia

My name is Chris and I was a pack per day smoker for nearly 35 years.

I had many attempts to give up smoking over that time.

One of my early attempts was using NRT and I had a lot of trouble, getting clinical depression and was on anti-depressants and lost my job.

My last attempt at stopping smoking before using e-cigarettes was with Champix and I again nearly lost my job.

A few years ago I saw a family member who no longer smoked using an e-cigarette.

I did not think much of it at the time and knew nothing about them.

It seemed like a fad and no different from smoking.

I had seen nothing in the media or anywhere else about e-cigarettes.

This was before my attempt to quit using Champix, and I wish I had known more about e-cigarettes as I would never have used Champix if I had know how easy it is to give up smoking with e-cigarettes.

At the beginning of 2013 I was aware that smoking was taking a heavy toll on my health and that if I continued down this path I was a good candidate for lung disease and possibly COPD.

My chest hurt all the time and I wheezed constantly.

It seemed that my breathing while asleep was extremely shallow and I frequently woke up with headaches.

I saw a web article about e-cigarettes and how it was much healthier than smoking but still did not know if it would be at all helpful for me.

More out of curiosity I decided to buy one automatic battery and some cartridges with nicotine to try it.

From the very hour I received that first trial kit I did not have another cigarette.

It worked well enough that it removed any need for me to smoke tobacco completely for the first two weeks.

When that automatic battery started to fail I realised that I had to get much better equipment as by that time I really didn't want to start smoking again.

I did not want to start smoking again even though I still had the half pouch of tobacco that I was using on the day my first e-cigarette arrived.

I purchased an Ego starter kit, and now use it and more advanced devices at home.

After a month I noticed that the smell of tobacco smoke was unpleasant, something which my wife had been telling me for years.

This increased my resolve to never smoke again.

This was fortunate because there are other chemicals in tobacco smoke that are addictive and increase the affect of nicotine.

I still had some withdrawal symptoms however my e-cigarette helped me deal with these.

The ability to use different flavours and higher nicotine strengths in my e-cigarette was very important during this time.

It has now been 5 months since I stopped smoking.

My health has improved a great deal.

I no longer wheeze or have pains in my chest and can taste and smell things like I have not been able to for many years.

I know that I have greatly increased my health and life expectancy.

One of the hardest things to overcome when I started using e-cigarettes was other peoples perception of them and lack of understanding.

Ill informed media reports and other information that amounts to fear mongering means that many people are lumping e-cigarettes in with tobacco smoking.

Nothing could be farther from the truth.

Nicotine itself, while at least as addictive as caffeine, does not come with any of the deleterious health affects caused by burning tobacco.

It's also true that nicotine on its own is not as addictive as burning tobacco.

I am finding my tolerance for nicotine is much less than when I was smoking and am reducing my intake both by reducing the amount in my liquid and by using it less.

When I was smoking it seemed that I could never get enough and was always anxiously awaiting my next cigarette. Smoking was a viscous circle that was killing me.

Vaping e-cigarettes needs to be promoted as a healthier alternative and a harm reduction strategy, not marginalised through propaganda and fear mongering.

If better information about vaping had been available years ago I would have been able to give up smoking much sooner.

8/22/2013 2:13:00 AM - Mark, Minnesota

I made several attempts to quit smoking over the past 30 years.

Since I began vaping, I haven't smoked or chewed and don't miss it a bit.

I feel better about myself, am saving tons of money and am proud to be a non-smoker.

Many of my friends have been able to quit smoking by switching to e-cigs and have had very similar results.

The vaping community is growing and very supportive of one another.

Any blackjack dealer in Las Vegas would agree.

No second-hand smoke for family and friends to contend with, and no hiding behind the garage to have a smoke!

8/22/2013 2:20:00 AM - Doug Winchester, Bradford TN

I started smoking at the age of 13 and smoked about a pack a day until the age of 47. I had tried to quit smoking using patches and hard candy as suggested by a couple of cessation Web sites, but never made it more than a couple of months. I tried three different brands of e cigs, but they weren't satisfying, and I tended to use them more, because of the lower nicotine delivery. Then a friend told me about a Vapor shop that had opened in our rural area. They explained what it is and how it works. I now use a mod and a tank. I can control the delivery and make it suit my needs. I use it less than I used cigarettes because it is more satisfying. I was able to quit smoking immediately and have not had a cigarette since. Before I quit smoking, I had some breathing difficulty (slight wheeze, shortness of breath) and a slight cardiac arrhythmia. I also had high blood pressure that didn't respond effectively to medication. (170 over 105). I was taking four blood pressure medicines. With in a few months of switching to vaping, and quitting smoking, I found that I have no shortness of breath, no wheezing, vastly improved stamina the arrhythmia is gone and my blood pressure is now 120 over 75. I feel 10 years younger. I think, long term, vaping may have saved me from copd and a heart attack. I tried a drag of a cigarette, just for comparison, and found that I no longer enjoy them. I never thought I'd be able to say that. I have been smoke free for almost two years, and I intend to stay that way.

8/22/2013 2:47:00 AM - Wendi Spayth

I started smoking at age 15 in 1985. I quit for a brief period of about four years, and picked it up again after the birth of my second child. Since that time, despite multiple efforts with various nicotine replacement therapy strategies (lozenges, patches) and trying to quit cold-turkey, I have been a pack a day smoker. I currently have a 20+ pack-year history.

I got to the point where I had a chronic cough, sleep apnea, severe snoring, regular respiratory infections and finally recurrent dental abscesses. None of these problems assisted me in trying to quit smoking. Finally, in about April of 2011, a friend gave me a disposable e-cigarette to try. It was awful, so I tried another brand, and then a third, over the next two months.

On that third brand, after several months of only smoking tobacco when I was out of the special cartridges, I was able to completely quit tobacco. I have not had any tobacco products since December of 2012. All of my smoking related symptoms of ill health have resolved or improved drastically.

Please let me be clear on this: Nothing else has worked. Not antidepressants, not sedatives, not patches or gums or lozenges or therapy or any other strategy. Moving to "light" cigarettes was not successful. "Cutting back" or rationing cigarettes was not successful. Price hikes and being too poor to buy my own cigarettes was not successful.

The only thing that has worked has been the vaporizers. I started with the cigarette-style ones with the replaceable cartridges, and I am now on a different style that allows me to refill the tank with the flavored "e-juice" of my choice. I have managed to cut my nicotine consumption in half, and I expect I shall be able, over time, to reduce it even further. Without this product in place, I will absolutely go back to smoking.

The reduction in harm is not only clearly visible in my own health; it is noticeable in those I live with. Those little "dust allergy" coughs have stopped. Respiratory infections do not happen as often. Pulling these products from the market, or driving the prices up artificially, will have a definite negative health impact on not only myself, but everyone around me.

8/22/2013 2:58:00 AM - Vapor joy from tennessee

I've been smoking at age 15. I developed a 2 and a half pack of cigarettes a day and smoked until I was diagnosed with COPD 3 years ago. During this time I was hospitalized 12 times. I ended up going on I see you. And had no choice but to quit smoking.

8/22/2013 3:09:00 AM - kelly kropf

it took me awhile to get totaly on ecig it dose cost a bit more to get started with my familys help i now smoke the e-cig only i have a provari moved up as i could aford to and now i have all i need and love it will never go back to real cig's

8/22/2013 3:16:00 AM - Bob K., Dudley, MA

I had smoked for nearly 30 years and have tried to quit nearly 200,000 times.

Yes, after almost every cigarette I had I wanted it to be my last....I forever had a love-hate relationship with my smokes.

I've tried pretty much every method of quitting, including cold turkey and hypnosis. I have tried using the nicotine patch to quit, sometimes wearing 2 patches at once....but I would still need to smoke while wearing them.

I have used nicotine gum, chewing it like regular gum rather than as directed for a slow controlled release...this would sometimes cause sores in my mouth and I

8/22/2013 5:00:00 AM - Jennifer Burns, Barnegat, NJ

I started smoking at 18 and continued to smoke a pack a day for 17 years.

I tried quitting a few times using the gum and patch, but was unsuccessful in the long term.

When a friend of mine was diagnosed with terminal lung cancer, I was determined to quit.

My sister introduced me to ecigs, and after a day or two of using them exclusively, when I lit a cigarette, it tasted awful.

It was very easy for me to switch over completely.

I have been vaping for 5 years now - but the health benefits were almost immediately evident.

Gone is the smoker's cough.

I no longer hack up brown phlegm.

My seasonal asthma troubles me much less - I no longer need the Symbicort or Advair.

I used to get bronchitis twice a year, but I haven't had it at all since I switched to ecigs.

I feel better.

I breathe better.

I smell and taste better.

I also love that ecigs don't stink.

They don't cause nicotine stains on hands or walls.

There are no ashes.

I don't singe my hair or burn holes in clothes, rugs, furniture, etc.

I don't have to go to the store in a blizzard for a daily smoke run.

I can vape in my car with the windows up and not choke to death.

Ecigs are much cheaper than cigarettes.

There are so many benefits to vaping, and I can't find a downside.

Well, except to big Pharma and big Tobacco.

God forbid we have an alternative to smoking that actually works, that THEY don't own. The law makers are in their pockets.

Seriously, we KNOW smoking kills - but cigarettes are legal.

I firmly believe ecigs pose a much smaller risk to my health than regular cigarettes do - based on my own improved health since switching.

Even so, I'm willing to take the risk that someday, someone will prove that vaping is harmful.

If that day comes, I assume responsibility for my CHOICE as an adult to vape.

However, I seriously doubt that vaping will ever be proven to be anywhere near as dangerous as smoking or drinking.

8/22/2013 5:34:00 AM - Timothyvapes from dallas Texas

hello my name is Timothy Webb I started smoking the age of eighteen I am now

21 and I'm smoke free using the e cigarette it is amazing and the only thing that works for me I use 18mg nicotine now. After smoking for 4 years I realize that i could not stop. The patch didn't help me i still had the urdge to smoke and i knew that smoking was gonna kill me. Cause I lost my grandparents to cigarettes and I seriously believe that if this was a option say 15 years ago I believe they would've lived significantly longer and not died young choking to death it really makes me sick the thought of the fda baning these miracle devices it really shows you who's in there pocket you can't regulate nicotine content its in analog cigarettes so how's this any different

8/22/2013 5:44:00 AM - Kelly M, ON Canada

Hello,

I was a smoker for about 8 years.

I was never a heavy smoker, not more then 7 or 8 a day, usually less, unless I was out on the town for the night.

I quit a couple of times, once for almost 8 months. I started using my ecig when one of my friends was working where they were being sold. She loaned me one to try and my husband and I got ours the next day. That was the week of Jan 7th 2013.

We both just started using them and haven't gone back to smokes. It was instantaneous.

There was a bit of an adjustment period when we missed the other chems you get from cigs.

Really all you need is the nicotine, and we got used to it.

We started with the eGo c.

Hubby still uses that, I have an eGoc twist that I prefer and we have a couple of back up eGo c's (you can't just run to the corner store if you lose one!). We both vap at 12mg, and we both have a preference for fruity flavours. I DO NOT like the ciggy flavours or the minty/menthol ones.

We started out using hot choc and coffee type flavours, but we became tired of those. Hubby has been loving the Grape for a couple of months now (I think it's great) and I'm really into Lemonade right now, and then adding some peach, or raspberry to it.

I will probably tire of these one day and move along to something else.

These options are one of the reasons I think this product is working for me and will continue to work for me.

I have never tried using any NRT's to quit smoking. I actually didn't have a strong desire to quit, I just tried the product and I liked it. I love not stinking, and I love being smug on the couch in the dead of winter when everyone else bundles up and troops outside, I love having more energy, I love not waking up in the morning with a wheeze, I love when the nicotine and only the nicotine settles around me when I needs it, without having had to light up the smoke that I probably only would have enjoyed the first part of.

This is always clean.

I also love the $300 my husband and I save combined monthly.

I don't know where that money came from before.

Thanks, Kelly

8/22/2013 6:03:00 AM - jeffrey jewell

How long did you smoke? 15 yrs

How long ago did you start using a smoke-free alternative? December 2012

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? Pretty much all of them

Do you still smoke at all (and if so, how much have you cut down)? no

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

8/22/2013 6:28:00 AM - William A. Nelson II

I picked up smoking when I was 8 years old. I started small with occasionally smoking cigarettes I could take from adults without them knowing and by the time I was 12 I was smoking home rolled cigarettes consistently and within the year I began acquiring packs of filtered cigarettes and was using close to a pack per day. When I was 16 I began working in the food services and having more money my amounts of smoking slowly rose.

In 2011 my father past away and I was smoking from 1-2 packs in a day for the next year. In 2012 I began working the graveyard shift for private security and over a mix of boredom and an attempt to remain awake and alert I slowly raised my smoking even more. By 2013 on the regular basis, I was smoking between 2-3.5 packs everyday depending on how occupied I was.

I recognized that over all of the 13 years of me smoking I was consistently having lung problems such as bronchitis, pneumonia and consistently feeling short of breath. I decided I would start cutting down the amount I consumed and possibly quit eventually.

I started by smoking only 1.5 packs with a small struggle, but with mind over matter I felt more attuned to the small amount. A couple weeks later, I woke up with severe pain in my chest and felt that I could only inhale 1/3 of a full breath and went to the doctors. Doctor told me that I was slightly regaining my sense of feeling in my bronchial area and they were being irritated by themselves and in reaction I was having bronchitis like symptoms. We treated it like regular bronchitis and I made a for sure decision to completely quit to avoid dealing with that repeatedly throughout my life. I had a friend that had already started using e-cigarettes with disposable cartridges and I decided I was going to acquire one of my own. Another friend gave me a green smart living set and a few extra cartridges and I quickly started on them. I kept a few cigarettes in my pocket, but I didn

8/22/2013 6:29:00 AM - JT

I truly believe in enormous benefits associated with using electronic cigarettes instead of regular, however have had constant stomach aches for 3 days now, have not found much information on the issue, and do not know where to go for help.

8/22/2013 6:43:00 AM - Ryan Hines

I had been a smoker for roughly 13 years. I had started smoking as a junior in high school. Smoking had become a nuisance in every aspect of my life. My friends would get annoyed by my constant insistence to come outside with me while I would smoke. My family was concerned for my health. Any potential girlfriends would run by the time they were in smelling distance.

I first tried an e-cig about four years ago. My friend had purchased one online and I took a puff. "Meh...", I thought. No sensation in the throat and the flavor was pretty rough. I quickly forgot about my brief interaction with the device.

About a year and a half later, I had been searching for a job and came across an ad for a sales associate for a company that sold e-cigs. Well, a job's a job, right? I interview well enough, so I was offered the job. I took the job and was slowly becoming impressed by the range of devices and flavor options the company offered. I was initially quite indifferent to the thought of vaping coffee, so I stuck with my usual menthol. To my surprise, the device was actually quite helpful. I wasn't blown away, and the flavor was still a bit sharp, but it was certainly helping.

Shortly after interacting with some friendly customers with higher end devices not sold by the company I was working for, I was introduced to the world of "mods". As I was still smoking (albeit down to about 5 tobacco cigarettes from a pack a day), the customer suggested I try something with a bit more power.

I decided to go for it. I went online and purchased a Lavatube for myself. i also purchased some menthol liquid and a few other sample flavors just for fun. When I received my package, I quickly put the device together, set my voltage output to about 4.2 volts and gave a lemon/lime flavor a try. WOW!! I was absolutely blown away. Not only was that throat hit and sensation there just as I needed it to be, but this tasted delicious! I quickly disposed of any menthol or tobacco e-juice I had acquired from the company I had been working for, and went back online to order some more tasty flavors.

Three days into vaping on the lavatube, and I was hanging out with a smoker friend of mine. He suggested we go outside for a smoke, and I followed. As he went for his traditional pack of tobacco cigarettes, I decided I would just vape. I was actually enjoying it more than cigarettes. I took a small drag off of his tobacco cigarette before going back inside (the same brand I used), and let out a forceful cough. As we entered my home again, I took my pack of cigarettes out and handed it to him. I actually didn't need it anymore. I haven't had a cigarette since. I've been vaping for roughly two years. I always use flavors outside of tobacco and menthol, and I will never use a tobacco or menthol flavor. Honestly, when did tobacco ever taste good?

My family is proud of me, I'm proud of me, and I have a girlfriend that doesn't have to put up with secondhand smoke or a foul-smelling boyfriend. To think, I've been smoke free for around two years after 13 years of smoking. And I didn't even have the intention to quit.

I had tried to stop smoking years prior. I tried SNUS to limit my cigarette use, but I just felt like I was chewing tobacco. It gave me hiccups and tasted foul. I tried the gum. I hate chewing gum. The stuff tasted awful and literally did not deter me from smoking at all. I mean that; I smoked literally just as much as usual over the week I had used nicotine gum.

The ONLY thing that has helped me quit has been the e-cig. I now have well over 15 different mods, and vape happily through the day. In fact, I feel so strongly that this product is as close to a miracle as I've witnessed in my 31 years, that I am now opening my own vape shop in Colorado. We'll be open in less than two weeks and I couldn't be happier to be helping people quit the same way I was able to do so; with e-cigs.

8/22/2013 6:59:00 AM - moondragon from Northern California

I started smoking when I was 16, and by the time I was around 20, was a pack-a-day smoker (which I pretty much remained at, on average, until I switched to e-cigs when I was 53 and quit smoking all together.

My husband also smoked (and still does).

I had tried to quit multiple times before that, but without success.

The first serious attempt to quit was when I was pregnant with my second daughter.

I attended a 6 week class where we kept a log of

our smoking (to identify when and what was happening) so that we could identify triggers or routines, had a class 'partner', learned other methods for handling stress or breaking routines, etc.

I don't remember using a patch at that time - I do remember trying the nicotine gum, though, but I didn't like it - I never was much of a gum chewer to begin with.

It's been a long time (28 years) so I don't remember for how long (if even a few weeks) I was able to actually stop at that point - I just know that it wasn't for very long.

It was 15 years before my next serious attempt.

In the interim, I was still smoking a pack a day, in the house with the children, in the car with the children, etc.

I had spoken with my doctor this time, and he gave me a prescription for Wellbrutrin which I took along with using a nicotine patch.

I think I lasted about a month, before I started buying a pack and smoking a few before throwing it out.

Then I tried just limiting smoking to when I was out walking the dog or only after everyone else in the house had gone to bed.

Needless to say, that didn't work too well, and after about 6 months or so I was back up to a pack a day.

Over the next 12 - 13 years, there were multiple times when I would decide to quit and would buy the nicotine lozenges.

They did work better than the patch, but still didn't seem to quite do the trick, and I had to work hard to make sure I didn't use too many in a day, or use them too often.

I would go for a few days without smoking, then would "just have 1", and before I knew it, would be back to where I was before trying to quit.

I also tried to do an online type program which had a book and a smartphone app with suggestions and I had a smartphone app for tracking how long I had not smoked along with the health benefits accrued.

During this time smoking became not allowed in many public places and was being seen as less socially acceptable.

I did stop smoking in my car, but we still smoked inside our house.

During those years there were 2 times when I was away on a church related trip for a week at a time, and during those 2 one-week periods, I was able to use the lozenges and not smoke.

But I was away from home, not around any one who was smoking and was away from my normal routines and stresses.

In both instances, once I was back home I started up again.

About 6 months before I was introduced to e-cigs, my workplace implemented a policy outlawing smoking anywhere on the premises, including in cars in the parking lots.

So I decided to try to quit again, and attended a class through Kaiser and again got a prescription for Wellbrutrin and nicotine lozenges. I would go with not smoking for a few days, or for a work week, but then would succumb and smoke, then would start over again.

I would get really frustrated with myself, and feel guilty when I smoked, and feel guilty about not having enough will power - pretty much just feeling like I was a failure.

So when a co-worker mentioned that she had a friend who switched to e-cigs and was able to stop smoking, and explained to me what they were, how they worked and the benefits of them, I was interested (and ready).

It was very fortunate that we have a very good brick-and-mortar e-cig shop in our town.

She gave me the address and I went in on my next pay day.

The staff at the store were very knowledgeable.

They suggested an eGo kit - over the cigarette look-alikes - and they let me try out some different e-liquids so that I could find a taste I liked.

I bought the eGo starter kit, some cartomizers and some e-liquids.

I didn't stop smoking immediately, but did go from a pack a day to just 2 or 3 packs a week, and after about a month, to about a pack a week.

During this time I also found the ECF site and did a lot of reading there - not just in the new members forum, but also in the health and medical issues forums.

After about 6 weeks, I stopped smoking altogether, even with my husband still smoking (although the only room he smokes in, in the house, is his hobby room in the back of the house).

The information on ECF helped confirm for me that even if there are unknowns about long term effects of vaping, that it is much healthier and safer for me than continuing to smoke.

It has now been 1 year and 4 1/2 months since I have had a cigarette.

I am still using an eGo, with either cartomizers or a clearomizer.

I did buy one "mod" (a REO) this past summer but I have had trouble getting used to it, so I went back to the eGo.

When I first started vaping, the nicotine level in the e-liquid I was buying was 24.

After 2 months I dropped down to 18, and several months after that, dropped down to 12 and then down to 6.

Recently I have been occasionally trying 3 for the flavor that I use mostly in the clearomizers, but when things get stressful I do notice that I will still get anxious and irritable feeling, so I will go back up to 6 for awhile.

That also lets me know that if I wasn't able to vape, that I would be likely to go back to smoking.

I went to my doctor for a check-up about a year ago, and told her that I had switched from smoking to using an e-cig.

She told me congratulations and my medical record now lists me as a non-smoker.

I feel that my health is better since I switched.

I have less coughing and clearing of my throat.

My sense of taste and smell have been returning.

I don't get as out of breath from exertion as I used to.

I haven't had any major colds with the severe coughing fits like I used to get.

Non-smoking family members are glad that I have quit smoking and are supportive of my vaping instead.

They have commented on how much less smoky our house is inside.

I have also noticed that without the film from smoking building up on things inside the house, that items do not get as dusty as quickly as they used to.

I have not experienced any negative effects - other than not liking a few of the flavors of e-liquid I have ordered from time to time.

For me, it's not just the nicotine, but it also was the act of smoking (now replaced by the act of vaping).

I feel that as long as I can vape, that I will stay away from smoking.

I feel very fortunate and grateful to have found a healthier alternative to smoking before experiencing any serious smoking-related health issues.

8/22/2013 7:39:00 AM - Marc Moore, Lakeside C.A.

My name is Marc Moore,I'm eighteen years old and I live in Lakeside California, United States of America. I started smoking when I was 15, and my parents highly disproved so I had to sneak around so they would never smell it. when I turned 17 they started to notice. Before that I tried using everything from patches, gum, snus, chew, and I was on welbutrin for unrelated reasons, but none of it helped. I came to my parents 2 months before I turned 18 and told them everything, and they were willing to help... but I had to work for it. I saved up 60 dollars and ordered a rebuildable vaporizer and the second I took the first drag I knew I was never going to smoke again. Since I started vaping I noticed remarkable improvements to my health. When I was in the thick of combustible tobacco I could only hold my breath for 25 seconds, and thats saying quite a lot after 5 years of waterpolo. A month into vaping I could hold my breath for well over a minute, breathing came easier, I had increases in stamina, my taste and smell came back like I never thought it would, I have saved approximately 500 dollars since I started vaping 6 months ago, I have gained a fellowship of ex-smokers who know exactly what I went through, a complete loss of regular headaches, and the best part of it all I'm now a pleasant person to be around. Whereas before, nobody wanted to even get close enough to smell me.

_____ With my families history of smoking, my addictive personality and the frequency at which I smoked, I'm positive electronic cigarettes have saved my life.

8/22/2013 8:03:00 AM - ms277017

I smoked for 17 years, eleven months ago I was introduced to an eGo Twist.

It changed the way I am 'smoked' forever.

By this time I have adopted a hobby I love and adore:

Rebuilding atomizers and configuring mechanical mods.

It is a true past time for me.

I have not smoked in eleven months.

When I first tried an electronic cigarette, I never smoked again.

I had quit with with Chantix once for three years, but it was fickle.

I know what it feels like to quit after heavy tobacco use for a year and I have the same feeling now as I did then.

8/22/2013 8:17:00 AM - John Diaz - Mount Pleasant, TX

How long did you smoke? - 30yrs

How long ago did you start using a smoke-free alternative? 9 Months ago

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? - I use a rechargeable ecig that I can refill when I need or dripping type atomizer.

Do you still smoke at all (and if so, how much have you cut down)? - No I quit at the time I started with the ecig

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

- I quit instantly and didn't have any urges to smoke traditional type cigarettes anymore

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative?

- I've tried the gum, patch, and even Chantix with no success.. I smoked with them with no desire to completely quit, I may have slowed down a little but was getting sick with Chantix.

How long were you able to go without smoking using these other methods before starting again?

- A few hours to maybe a day or 2.

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

- Complete turn around. Cigarette smoke actually stinks to me after a week or so, i breathe better, I smell better, I don't have my conscious telling me.. "Oh my God, I smell like smoke when I deal with the public now." I love the fact that I can actually change flavors if I ever find the urge or get tired of the one that I am using. To me it's a better way of living my life, both my wife and I have been doing it and our children just love it because we don't smell like smoke and their teachers in school don't smell it on their clothes.

8/22/2013 8:34:00 AM - S

I started smoking cigarettes daily when I was 14 (but had been smoking now and then since I was 11). I am now 45 and have been vaping for 7 months now. I started vaping e-liquid with 24mg nicotine, and now am down to vaping 5-6mg nicotine. First day I bought my e-cigarette, I stopped smoking cigarettes completely and havent smoked a single cigarette since. I mix my own e-liquid and like trying out new tastes. I have tried to quit smoking cigarettes at least 5 times. Using patches, gum, pills and cold turkey. They didnt work... and I went back to smoking. After I started vaping my health has improved immensely... my breathing, stamina, lot less headaches, I can smell things better, my taste has improved

and so on. Also neighter me or my house stink of cigarette smoke anymore. Only negative thing I have experienced is... that they want to ban the nicotine liquid. Banning the only thing that REALLY helps you stop smoking cigarettes. If they do ban it... Im fairly certain that I would go back to smoking cigarettes again.

8/22/2013 8:42:00 AM - Dillinger

Short and sweet. I smoked for 11 years. A year or so ago I tried some random brand of ecig, it tasted bland and didn't satisfy the craving.

A few weeks ago I bought another, I won't shamelessly advertise what brand, but the light is blue. I haven't smoked since. The other day, on break at work, I asked a friend for a cigarette because my batteries were dead and I couldn't vape. I only took five or six hits before I felt sick, and I used to smoke a pack and a half a day. It's amazing how clearly you can feel all the trash in cigarette smoke after you've gotten used to just nicotine and water.

Our supervisors didn't like them, until we explained that we were exhaling water vapor. Now they don't care. I get the same reaction everywhere.

I still don't vape around my daughter, out of habit, and I probably never will. Not because of the health risks (there are none), but rather because I don't want her getting curious. Safe or not, it's still nicotine, she doesn't need it.

While I'm at it, if you've been told they cause pneumonia from the vapor inhalation, consider the amount of water vapor you inhale in the shower.

Tobacco companies will pay through the nose to get any laws passed that they can, ecigs are going to kill them. I like putting nails in their coffin.

8/22/2013 1:15:00 PM - Carmen

I started smoking at 15.

At that time I would smoke whenever and wherever I could.

When I moved out of my parents home, the amount I smoke increased and I one point in my early 20's I was up to almost 3 packs per day.

I was known in my social circles as "The Smoker" and often joked that they would have to pry the cigarettes out of my cold, dead hands.

I did, however, try to quit multiple times over the years. Every time the price would go up on a pack, I would say, "Well, that's it, I'm done."

I've learned that really price just alters what brand I smoke.

I keep buying cheaper and cheaper brands.

Since I now live in a state that taxes cigarettes greatly, I drive to a neighboring state where cigarettes are anywhere from 1-2 dollars cheaper per pack.

In 2002, with the help of Wellbutrin and the Patch, I did finally manage to quit smoking.

Looking back on that time, I don't think I responded favorably to the Wellbutrin (it seemed to cause me to be short tempered, couldn't sleep, etc...), but I do think it helped me quit smoking.

Three years later, life became quite difficult for me and I found myself smoking once again.

I have been unable to quit since then.

Over the last 3 or 4 years, I have tried the Patch again.

I have tried 12 step programs.

I have called the Quit Line and gone through their counseling.

I have tried quitting with a buddy.

My youngest daughter keeps asking me why I won't quit.

She even participates in a Kids Smoking research program which makes her even MORE adamant that I quit.

I know that Chantix is available, but I am afraid to try it because of the side effects.

All methods have been unsuccessful, and in June I was smoking about 1.5 packs per day.

A friend of mine, who's parents both died in their 60's of lung cancer, decided that she didn't want her or her friends to die of cancer and we all went with her to a local Vape shop.

There we tried different delivery devices and flavors.

My boyfriend enjoys the more traditional tobacco flavors.

I, myself, choose the dessert/fruit lines.

I want to quit smoking and I don't want anything remotely tasting like a cigarette.

Frankly I think cigarettes taste horrible.

Since beginning, I have gone from 18 to 12 mgs.

In a few months, I am going to drop to 6 and hopefully a few months after that drop to 0.

Let me reiterate...I WANT TO STOP SMOKING.

My many attempts at quitting have left me feeling hopeless and like a failure.

I HATE smoking!

I hate the way it tastes, I hate the way it smells.

I hate the way it leaves me winded just walking up a flight of stairs.

About two years ago, I decided to lose weight.

I was 354 lbs (and smoked).

I started going to the gym and have lost over 120 lbs.

I try to live a healthier lifestyle all around and want to go hiking and biking and etc.

Yet, every time I would go hiking, everyone had to wait for me to catch my breath.

About 6 months ago, I plateaued at the gym with both cardio and weights.

I couldn't figure out why.

When I started vaping in June, I began slowly weening off the cigarettes.

I cannot express the difference I have seen at the gym.

It is amazing.

My clothes and hair no longer stink.

I CAN BREATHE!!

For the most part, I enjoy vaping over smoking.

Is it something I want to do for the rest of my life?

Absolutely not.

I hated being dependent upon cigarettes and I don't want to be dependent upon vaping either.

It's a pain to keep charging the battery or ordering juices and trying to find some that I like enough to vape all day.

I do not in any way think that vaping is without it's risks.

It does irritate my throat and I would like to see long-term studies done on its effects on the teeth, gums and throat.

I would like to see long-term studies on its effects on lungs.

I do fervently believe that it is VASTLY healthier for me than smoking cigarettes.

8/22/2013 2:41:00 PM - Rachel, East TN

I smoked for 15 years before finding Electronic Cigarettes, which I have been using for almost 2 years now. I was a pack-a-day smoker (or very nearly so, sometimes more, sometimes less). I had tried to stop smoking cigarettes over the years, using patches, nicotine gum, Wellbutrin, Chantix, and even hypnosis! I was only able to put down the pack permanently after adopting Electronic Cigarettes.

The gum, the patches, and the hypnosis were almost worthless. At most, I lasted a week before giving into smoking again. My

8/22/2013 3:06:00 PM - evan legarde

Could it please be made clear to all government departments, the tobacco industry and big pharmaceutical companies that if any bans or regulations are applied to electronic cigarettes, that restrict the use of nicotine, then vendors will be selling nicotine seperately from any base liquids and flavourings used to make liquids for electronic cigarettes. Pure nicotine is available as a stand alone product from various online vendors already. No kind of regulations or bans will stop consumers using nicotine in liquids for electronic cigarettes. Vendors cannot be banned from selling flavourings for e liquids. Vendors cannot be banned from selling base liquids such as Vegetable Glycerine and Propylene Glycol. And vendors cannot be banned from selling hardware used for vapourizing nicotine liquid. The only difference any bans or regulations would make would be to premade nicotine liquids and disposable cigalike electronic cigarettes. It will make no bloody difference to the existing market.

8/22/2013 4:25:00 PM - Peter in Biwabik

I quit smoking a number of times before trying everything available. However it was always a matter of time before I would return to smoking.

Staying smoke-free seemed just not to be an option.

So I quit on 3-15-2013, I went a month+ craving for a cigarette every day! I eventually got past that point, through some rather difficult withdrawal symptoms.

After a month a half I had a couple of different co-workers tell me that I had become anti-social.

They added that they liked me better when I smoked. So I had already been considering checking out e-cigarettes when I went through that long withdrawal period. I picked up a retail packaged disposable ecig, it was ok it wasn't anything special.

it was pretty much how I remembered them from trying an ecig and ecigar about 3-4 years prior. It was tobacco flavored, but it wasn't my cigarette of choice flavor.

I carried it around with me for a little over 2 weeks. Until I stopped in at a smoke shop ready to give in and just buy a pack of smokes on a particularly stressful day. I noticed they had an e-cigarette notice on the door and a brand attached I vaguely recognized from my reading on the subject online.

However the kits seemed too expensive to try on a thing I wasn't fully behind because I didn't like the flavor. I was surprised to see I now had a choice by going to smoke shop vs a c-store. I still left the store that day with a tobacco flavored e-cig however it opened me up to options.

Today I am analog cigarette free and I have a new hobby. Did ecig help me quit

8/22/2013 4:55:00 PM - Chloe

I started smoking at 15 and regularly at 17. At 25 I was smoking around 30 cigs a day and I loved to smoke. I smoked all the time especially after work at home. I always told myself that I would quit when I got pregnant but was really scared to stop. Scared of missing it and scared to fail. I knew deep inside I wouldn't handle it. I had tried a first ecig I purchased in a pharmacy pne that looked like a real cigarette with pre filled cartriges... big failure. This gave ma a really bad opinion of ecigs the flavor was terrible, I was not getting any vapor. Two years later a family member made le try a joyetech 500, I loved it. It was a tobacco flavor with 12 mg nicotine. I decided to purchase my own not really believing I would stop but if I cut down on cigarettes that would be good. I smoked my last cigarette in front of the shop... it's been 5 months now. Every day I am amazed at how it was easy, how I did the right thing, How I do not miss cigarette and how I love my ecig. It tastes so much better I enjoy it so much more. Ly equipment has evolved over time. I now have different types of ecigs, different eliquids that I change depending on the situation work, party etc... I am really pationate about it. It's the best invention of this century. This is going to save lives. Today I am at 6mg of nicotine and I am so happy with myself, I do not cough anymore, I smell better and I have less allergies (pollen and dust). My house smells good and my clothes as well. Every smoker should try this.

8/22/2013 5:30:00 PM - S. Rasmussen

I started smoking at 15 and by 17 I was trying to quit since I married a non-smoker. I am now 58 years old so this has been a long journey. I have tried it all, patches, gums, prescribtions and continued to smoke even if it made me dizzy or high. None of them worked. I don't believe it's just the nicotine that I'm addicted to. I tried so many times that it became demoralizing to "try" again. I had picked up a cig-alike in a convienence store on impulse and it helped to sit through a movie, but little else.

I spotted a dedicated retai store one day and stopped in. One puff and I thought "THIS I could do". It was a miracle. I had no intention of quitting before that and now I thought I could. I specifically chose not to include tobacco flavors because I wanted to remove my thoughts of smoking as much as possible. That was a litte harsh and I now keep one tobacco available for extreme cravinngs. In many ways, quitting is like peeling the layers off an onion because it's not just the substance, but the ritual, habits, self-image that needs to change along with it and that's a learning process.

Within the first week I noticed considerable improvements and not just in physical health, but in self esteem and pride. I no longer smelled like smoke which made me a member of society again. It was a huge disappointment when I broke down under stress and bought another pack. That's when I discovered I needed to have a higher nicotine level around, in a tobacco flavor and a more powerful device that could deliver a stronger amount of vapor. I also improved my methods of inhalation. One of the amazing improvements that has occurred with ecigs has been the amount of customization allowed. I firmly believe there is a product available that will assist any smoker to quit now. I find myself vaping less during the day and using higher strengths just upon waking.

I always told myself I was very good at quitting, just not good at staying quit. I quit smoking every single day for decades until it was so demoralizing and dehumanizing that I could not do it anymore. And then I found ecigs. They were a miracle.

I know more about what's in a ecig than I know about what's in a cigarette and for the FDA to imply otherwise destroys my trust in the agency. I can feel the difference between vaping and smoking. So can other ex-smokers. It is obvious within the first week to a month of vaping. I am angry at tobacco companies for hiding so many ingrediants in cigarettes that make it hard to quit and I don't want them doing the same to liquids used in ecigs. I am angry at pharmecutical companies that push products more likely to end my life from suicide than smoking would. I never want to touch their products again and I won't.

Ecigs could be the public health miracle of the 21st century. Unfortunatley, I have to wonder how may kids stop getting healthcare or how state budgets will suffer if I quit. Taking on taxes that are depended on creates an unholy alliance where way too many

government's have an investment in seeing me continue smoking, rather than assisting me to quit.

I hope that the FDA will be able to seperate themselves from commercial, marketplace and governmental financial interests when making decisions and not overlook what could be the biggest break through in public health.

I am far more concerned about the 4,000+ unknown chemicals in traditional cigarettes than I am concerned about nicotine content.

Those chemicals are missing in ecigs. I want

to keep it that way and I deserve a choice. The FDA destroyed RYO that was chemical free and I don't want to see them do it again.

8/22/2013 6:32:00 PM - IMZed, Hamilton, OH, USA

I'm 64 years old.

I started smoking when I was 14.

I did try going cold turkey a couple times when I was in my 40s, and was able to manage non-smoking for over a year each time, but eventually ended up returning to smoking.

The desire for nicotine never left me, and it was a constant "One day at a time" struggle for me.

I did manage to go a period of 9 days once when I had a severe flu complicated by bronchitis/pneumonia and was pretty much unconscious most of that time. I tried the pre-filled style of e-cigarettes once a few years ago, and because the nicotine level was so low I would end up smoking a couple cigarettes after a half hour of puffing away on the e-cig. That didn't last very long!

The company I worked for banned smoking inside back in '94, so by the time the state-wide ban took effect ('06?) I was quite used to going outside to smoke - even standing in the rain to do it!

Naturally I got a lot of ribbing, especially from non-smokers who claimed they needed to start smoking so they could take breaks.

(These were generally people who were a lot less productive!)

I was always happy to remind them that I was wasting less time taking my infrequent smoke breaks than if I took my proscribed lunch break, which I didn't take.

Over the years my breathing would become more difficult at times, and I was developing a very nasty cough with increasing vehemence and frequency.

I would always blame a "virus infection" for the cough, but deep down I knew that it was really caused by smoking.

Also I was unable to walk for very long distances, and sometimes I would have to stop for a breath halfway between my car and work.

In mid-March of this year I was informed that my job would be eliminated in May, and so I immediately started stocking up on cigarettes.

However I realized that I would no longer be able to afford smoking cigarettes, and started looking seriously into e-cigarettes.

I was fortunate in that I have a friend who had transitioned from cigarettes to e-cigarettes a couple years before, and he was able to give me good advice. He also gave me an inexpensive starter kit and some e-juice to help me get started.

This was in mid-April. I started vaping part-time while still smoking cigarettes, and this lasted until the latter part of June when I ran out of cigarettes.

And by that time I was to the point where I didn't even like the taste of a cigarette.

In only two months of being cigarette free I have noticed my breathing getting easier with basically no more "wheezing" effect. My lung capacity seems to have improved in that I can take deeper breaths and hold them longer than only a couple months ago.

The incessant and violent coughing has almost completely gone.

My senses of taste and smell have improved.

My clothes no longer smell like smoke. My apartment no longer smells of smoke and ashtrays. I am very pleased with the beneficial effects of transitioning to e-cigarettes.

My biggest concern is going back to cigarettes.

I know from previous attempts to stop smoking that the desire never leaves.

I'm hoping that with e-cigs I do not have to worry about that.

The technology is improving and has improved so much that I feel I should be able to make it and stay cigarette-free.

8/22/2013 6:35:00 PM - CKoubek from Rockport, TX

I smoked cigarettes for over 45 years.

I tried using Chantix, but it did not stop my smoking, I tried chewing Nicotine Gum which also did not work.

My daughter quit smoking using an ecig. and after 2 wks. quit smoking cigarettes after she had been smoking for about 30 yrs.

When I took her suggestion it also only took about 2 weeks and I was done with tobacco.

I have not used cigarettes for 3 years and 6 mos.

My doctor was so happy, he asked me for the web site that I purchase from and has been giving the information to his other patients.

I had a high white cell count which can mean it could have been a form of cancer.

When I quit the cigarettes, the Oncologist said my white cell count in now normal. I started using 18 mg. tobacco juice and I am now down to 6 mg.

I feel better and no longer smell like a cigarette.

Also, I have not gained weight as so many people feel if they quit smoking they will gain weight.

It's nice not to have my house or vehicle smell like smoke.

Now, when I walk past a smoker or smoking area it makes me gag. Thank you electronic cigs.

8/22/2013 7:08:00 PM - E. Roy, Kernville, CA, USA

I am a 49 yr. old female originally from Orange County, CA.

I began smoking regularly (daily about a pack) at about 15 years of age.

I have been using the e-cig exclusively since Nov 2011 (it is now Aug 2013), that means I started smoking in 1979 and smoked cigarettes for 32 years.

I first tried an e-cig in around 2009 when they were $300.00 for 1 battery and you had atomizers that burned out all too soon and were very hard to replace.

I had gotten to where I smoked about 5 cigs a day at that time and used the e-cig the rest of the time.

The company I worked for at the time closed down and I could no longer afford the e-cig.

Went back to smoking cigs.

In Summer 2011 I found an e-cig shop (about 30 minutes from home) and by Nov 1 decided to try again.

I had been being urged by my doctor to get back on the e-cig.

Mid Nov, I had batteries, cartemizers, chargers, and was ready.

I chose the KR-808D for size and ease with 24mg nicotine e-liquid (this has not changed except for rare flavors).

I smoked my last cig in the pack and started back with the e-cig and have not gone back.

I did ask a friend for a cig 2 days after starting, I smoked about half and threw the rest away.

NASTY!!!

I have looked at what is in the liquid.

I have heard the argument that there is an ingredient in the e-liquid that is also in antifreeze.

This is true, it is Poly-Glycol.

Look up this ingredient and see what else it is in.

Medicine, food, and yes in other industrial type products.

But so is corn.

The other ingredients are concentrated flavoring, vegetable glycol, nicotine (which can be found in tobacco as well as in tomatoes and other plants.

Lastly, filtered water.

That's it.

I will say I have thought about a cig from time to time but then have to ask myself "why".

I get my nicotine, the feel of smoking, and still feel better.

I also smell better, not like smoke.

And save money too.

When visiting people, I am not relegated to hiding outside (and missing out on time with friends and family) or freezing my tail off or getting soaking wet.

You know, smoking cigarettes is the only thing I know that gets me treated like a child playing ball in the house, go outside or go to your room, only there is not room to go to so outside in the rain and cold or not at all is my only choice.

How is that right?

Ok, enough of my soapbox.

I have allowed people to smoke in my house, but if I don't take the ashtray outside before going to bed I wake up smelling the ashtray.

I have had company over who smoke and have taken a fresh cart out and filled it with tobacco e-liquid and gave them the choice to smoke that instead, they were fine with it and actually asked where to get one.

I am not looking to quit yet, was not looking to quit smoking when I started using the e-cig.

I was looking for a better alternative to the carbon monoxide, arsenic and other chemicals in the cigarettes I was smoking. I still enjoy my e-cig, and most of the people I know are good with it too, and with 2 exceptions have not banned me in their homes or cars.

8/22/2013 7:23:00 PM - M

After 43 years of smoking, I started considering the option to leave it, after many investigation and readings in Internet, found that e-cig might be the best option, and was lucky to find an honest seller that provide my advicing and my first e-cigs, after it, I have been still finding out and I have managed to acquire more experience and more sophisticated equipments, now I enjoy the vaping and do not need to return to smoke.

8/22/2013 7:56:00 PM - Gary Brewer

I started smoking at the age of 14 and really committed to it at 16. Since then I joined the U.S Marines and being a smoker hurt my running and fitness levels dramatically but since switching to electronic cigarettes I have noticed that my run time has gotten a lot better and I am more apt to be physically active. And have also gotten my entire family to make the switch for the better of the 2 evils.

8/22/2013 8:31:00 PM - Us army specialist roger gendron

I started smoking a 7 years ago when I joined the military and have been despratly trying to quit. Nothing seemed to work at all. the patch was the only thing that came close but it did not addres the issue of what to do with my hands or the anxiety I had. With the patch you had to wait hours some times for it to work and the only way to stop the cravings wile waiting for your patch to work is to smoke . Because the patch is regulated and taxed it is verry expencive to contiue its use and I am not rich by far so it proved to be a much to expencive smoking cessation product. I could not continue its use and I found myself still smoking wile useing it.

Thats when I discovered e cigaretts and the ecf forum. I joined the forum and the casaa and bought myself a quality e cig. It was a itaste mvp and a kanger protank along with a bottle of friut flavored e juice. After vaping on my new e cig for a day I could not imagine going back to regular cigarettes, I even tried to smoke a regular cig a few time and could not do it ! After only one day of vaping the flavor of tobacco was to terrible for me to handle and I could not understand why I ever smoked at all! Since I have been vaping I have found myself breathing better running faster and my cough is gone. My health has over all improved by leaps and bound, I even decreased my 2 mile run time by almost 2 min and increased my army pt score by over 50 points !

As of now I only use fruit and simple candy flavors like chocolate caramel vanilla and bakery flavors like cinnamon bun and custard pie because I cant stand the taste or smell of tobacco any more. Right now my main concern is that e cigs and e juice will be taxed to the point that I can no longer aford them and will cost more than smoking real cigarettes forcing me to go back to smoking and hurting myself again. Or even worse banning all the flavors I like and useing the children as a shield excuse to do it. I do not like tobacco any more I cant stand the flavor if fruit and candy flavors were banned and only tobacco flavors remained what would be the point ? I quit smoking because its horrible and taste bad, why would I want to be forced by the government to taste it again when I vape ? Might as well go back to smoking if that happens. I can not afford another tax especialy one target at people trying to better there life by quiting smoking, nore do I want to be told by the government what flavor I can and can not taste when I use my vaporizer.... That is rediculous. I mean the nicotine gum comes in plenty of flavors doesnt it ? How well do you think it would sell if it was tobacco flavored? Sounds to me like they are just trying to put people out of buisness and get people back on there regulated products and tobacco to keep there tax revenue up. I also can not understand why the e cig is being called a tobacco product, if it is could you show me where the tobacco is ? Because I know mine has no tobacco in it nor can tobacco be even used in it. It it a nicotine product, and nicotine comes from more than just tobacco. The tomato contains plenty of nicotine and so do manny many other fruits and vegetables. so texting it as a tobacco product thinking because it contains nicotine does not make any sense by those standards in the tomato potato even eggplant and a whole

slew of other vegetables by your standards are also tobacco products and should be taxed because they contain nicotine. and what about the E juice that does not contain nicotine ? will that still be taxed it has no nicotine in it therefore it must not be a tobacco product right? juice with no nicotine is basically a food product it contains basic food ingredients such as vegetable glycerin and glycol and propylene glycol based food flavoring the same found in most of your everyday average pre packaged foods. I also get a kick out of when people call propylne glycol an antifreeze and try to demonize it as a bad chemical.... yes it is used in anti freeze the kind we use in our drinking water, it's also used for medical injections it has been used in medical inhaler and nebulizers and in food flavorings for decades and has been proven safe for human consumption many many times. vegetable glycerin is a common bakery ingredients used in everything from skin care to pop tarts Shampoo and even pastries, the food flavorings used are no different than the ones used in everyday life you can find some of them in your own kitchen cabinet, the final ingredient is nothing more than pure nicotine without the other four thousand plus carcinogenic and deadly chemicals the tobacco companies add to it. nicotine by itself is about as harmless as caffeine and can be bought by anybody over the Internet.

the e cigarette is nothing more then a clean nicotine vapor that you breathe as a result of the e juice being evaporated.

I know that I would much rather inhale water vapor containing some basic food products and pure nicotine tailored to my required level, than inhale the burning smoke from a tobacco co cigarette with cancer causing tar and containing over 4,000 other dangerous chemicals.... Wouldnt you?

Organic vegetable glycerin Food grade propylene glycol Regular food flavorings

Pure nicotine

Thats whats in an e cig

Do you know whats in your tobacco cigarette? Do they even have to tell you ?

8/22/2013 9:20:00 PM - Michael Palazzo from Austin, TX

I could not stand the empty feeling and false satisfaction I felt when I smoked. It satisfied my craving but was killing me, I could feel it. I started feeling my lungs, my heart and my brain tell me that it wouldn't be long until one day they would stop. One day I was introduced to an e-cig. This is the only alternative I have ever been able to get rid of the craving and urge to have a "cancer stick". Vaping is just as satisfying as smoking with the added feature that it allows you to slowly at your own pace get rid of you nicotine addiction forever.

8/22/2013 9:22:00 PM - john batterbee (noddsta)

hi there!

i started smoking at 13 years of age, back in 1973. my problem was,(& still would be if it were not for my ecigs) that i love to smoke! and that is putting it mildly. over the preceding years my habit really took off leading to the point were i was smoking up to and sometimes cover 60 cigarettes a day not a particularly difficult thing to do as my job entails long hours in a truck driving all over the country, only problem is that the cigarettes where finally getting the better of me as i was beginning to suffer basic health problems,such as shortness of breath, coughing fits,asthma,lung pain my health was slowly getting worse.but even this wasnt going to stop me from my god given right to smoke no way! but about 3 years ago my employer decided to crack down on in cab

smoking to the point of dismissing anyone caught smoking in the cabs and this included any smoking smells or any incriminating smoking paraphernalia found in the cabs as you can imagine i became his number one pet project he wanted to make an example of someone and he had his eyes firmly set in my direction, as i was the company chain smoker. first of i tried all the usual things to avoid smoking at work , dummy fags that tasted more like smoked mackerel than real tobacco,nicotine gum that supposedly made real fags taste awful (trust me you can get used to the taste

if you really need to!!)plus a myriad of other things that also did not help

any. but then one evening i was watching the television and on the news there was an item on this strange new idea

the electric cigarette and this for me was an revelation and i had to find out more, and so i did i bought my first cigarette style ecig and only used it at work for about the first 6 months smoking normal fags at home with the wife but it worked i managed to keep my job and actually had the boss thinking i had packed in smoking completely because of the clean cab syndrome in that there was nothing to detect because i actually did not smoke in the day until i had returned home all thanks to my ecigs. the real breakthrough for me personally though was that because i was using my ecig for work i was actually getting my nicotine fix anyway,plus i really felt that i was actually smoking even if it was only vapour, and because of this i would really build up my first real fag of the day when i got home on an hourly countdown 8hrs 7 hrs 6 hrs to go to my first REAL fag of the day and wasnt that first drag going to be bliss, pure release and ecstacy!! but it never was, the damned ecig did its job and totally robbed it of its pleasure leaving me smelling like an old ash tray with a tarry burnt taste in my mouth WHAT an anticlimax after all that anticipation! so after 6 months of this i finally had a tool that could do the unthinkable and i stopped smoking and took up vaping full time! haven't

took a cheeky drag since! up sides are i hardly ever need to use my asthma medication these days i finally have a silent chest,i can now do a whole flight or two of stairs without running out of steam,(really!) my wife seems to think my skin pallor and plumpness has improved(she says i look fresher for my age!)

i most certainly do not suffer with as much aches and pains as i used to and i believe that when i do come down with colds and the like i seem to recover much more quickly from them than i used to, also not every cold seems to include a bad chest infection requiring antibiotics which when i was smoking at my heaviest seemed to be every time. the real upshot of this is simple after changing from tobacco cigarettes to electronic cigarettes i can honestly say that although i know i am both fitter and healthier than at any time in the last 10 years based on the quality of my life in comparison, i don't particularly feel fitter, and i don't feel particularly healthier, i can actually say that i do feel well within myself in a way i have not felt for years so all i can tell you is that for me my ecig revelation has worked a minor (very minor) miracle.

8/22/2013 9:44:00 PM - Sandor Fejer (Amon), Budapest, Hungary

I started smoking when I was 18. Shortly I reached the two packs per day amount and I was doing it for 16 years. Even if I'm young, I started to feel the backfire of this habit on the health-side. So I started to trying to quit or at least lower the amount. There was good attempts but no cigar (haha). Until 2011.

I started with the Electronic cigarettes in 2006. I ordered from China and it was something Ryuan-like device, that small, cigarette-shaped thing. It didn't worked for me. It was horrible. Little amount of vapor, as little amount of flavor, too much mess with the cartridges and with the built-in atomizers. I didn't use it too long, quickly headed back to the regular cigarettes.

Time to time I tried the new products with very small luck, until two years ago I ordered an eGo kit with atomizers and it just started to work on an acceptable level.

I started to use on a Saturday evening, just mess around a little. On the next day I just found myself on my balcony with my morning-coffee in my hand and with my brand new e-cigarette. Not with the regular one. And that was a win situation. I had a half pack of my notgood-old and I kept it for a year. After that I gave it to a smoker friend, when he ran out his pack of cigarettes at my house. And I never bought any regular cigarettes after that.

In this two years I smoked three pieces of regular cigarettes. All of those were just curiosity. I dropped them after a couple of drags.

After I switched to e-cigarette, my health condition and taste and smell-ability improved a lot. I can smell the smokers when they take the bus and I'm on it. And I understand the nonsmokers are talking about when it comes the stink. I'm a daily user of the electronic cigarettes, I have a favorite flavor and I'll never be a smoker again.

8/22/2013 10:05:00 PM - Marko H, Finland

I started smoking occasionally (usually on weekends) around age 15 or 16 but it only became a daily habit when doing my military service at age 19(ish). I usually smoked light cigarettes, about 25 a day. This went on for about 17 years. During that time I can recall 4 more or less serious attempts to quit.

Trying "cold turkey" with no replacement nicotine at all, I lasted usually just a couple of days. My longest period without smoking was about 3 months and that time I was using nicotine gum. Those were really long and tedious three months! I was craving for a cigarette most of the time and didn't know what I would do with my hands during those idle moments when they would have been holding a cigarette. At no point had I a feeling that the craving would stop or get at least a bit easier. And I always got hiccups from chewing the nicotine gum.

In July 22nd, 2013 I got my first electronic cigarette (an Ego-C starter kit). I had seen people using them but hadn't ever tried one myself. I also didn't know what to expect and I wouldn't consider it any attempt to try and quit smoking per se, more like I wanted to see if they are any good and maybe they could help me at least cutting down my smoking habit. Now I'm happy to say I haven't smoked one cigarette since, and don't want to either.

The first thing I noticed after switching to e-cigarette was that my sense of taste and smell returned to normal after just few days. I was breathing easier after a couple of weeks and didn't have any cough in the mornings anymore. My clothes don't smell any more and even though I'm still addicted to nicotine, I feel this delivery method is more enjoyable, I feel healthier and my nicotine dosage has come down as well.

I started with assortment of pretty strong e-liquids (24mg/ml) and reduced the nicotine level to 16mg/ml very soon. After that I've been reducing the amount further little by little and I'm now (13 months later) vaping 6mg/ml strength.

This is the main tip I want to give to those trying an electric cigarette: At first, it's better to get too strong than too weak e-liquids. You'll probably want to go milder pretty fast but if at first you don't get the nicotine level your body is used to, any method is going to be useless!

8/22/2013 10:06:00 PM - Jim Mostowski. Wood Dale, IL

I smoked a pack a day menthol cigarettes for 45 years; along with cigars and pipes (had over 65 pipes in my collection at one point).

I had tried to quit smoking "cold-turkey" a number of times over the years (I once made it to 9 weeks before returning to smoking)and most recently tried NRT patches and gum to no avail.

During a 2 month period in 2009, I started using a small e-cigarette that resembled a cigarette in size and tried 2 different brands before finding one that produced the vapor and flavor I was looking for.

I haven't burned tobacco since 08/09/2009!

I gave up cigarettes, cigars and pipes altogether; and never looked back.

I started using a 510 e-cigarette with 36mg. e-juice (mostly tobacco and menthol flavors)to get off analogs and gradually went down to 6mg. over time; but under stress, went back to 12mg. when my Mom passed away (from Lung Cancer in 2011).

I continue to vape 0 to 6mg. e-juice; however, I now prefer Coffee, Tea and Fruit flavored vapes for the most part.

Over 4 years of vaping means my breathing/sinus problems all but disappeared, my taste buds have come back and everything smells and tastes much better, my overall health has improved with fewer colds and respiratory/flu-like symptoms; in general, I feel (and smell) better.

I have found through personal experience that Nicotine, although in itself an addictive substance, is not the primary problem with why I continued to smoke for so many years (why else could I go from 36mg. to 6 or 0mg. e-juice).

There are more than 4,000 compounds in tobacco smoke (mostly carcinogenic and possibly way more addicting than Nicotine) accompanied by the psychological / habitual act of smoking (something in my hand, something to puff on, seeing smoke/vapor exhaled) cannot be ignored.

Although there were a few studies conducted in New Zealand and Germany when I started vaping in 2009 to indicate it was a safer alternative to cigarettes; the new scientific research (2013) primarily coming out of Greece, Italy & the USA confirm that E-cigarette vapor is much less harmful than smoking tobacco with no "second-hand" consequences to others.

This again bears out my own personal experience over the past 4 years; I "quit" smoking, but haven't given up vaping.

I ENJOY vaping, which leads me to believe that the psychological / habitual act needs to be examined in greater detail.

8/22/2013 10:24:00 PM - Giuseppe van Geloven

I've been smoking daily since the age of 16. I've been on a large pack of cigarettes (25) a day for 7 years. I've tried using nicotine gum but it was simply disgusting and didn't help at all. It was also relatively expensive. My first experience with e-cigarettes was with the first model available here in The Netherlands, about 6 to 7 years ago. The device was an automatic-switching type that looked like a cigarette with disposable cartridges. My dad bought and didn't like it so I decided to give it a try. It was expensive to buy AND to maintain. On top of that the pre-filled disposable cartridges had a very low amount of nicotine. The device looked like a cigarette and gave a bad performance in all areas that e-cig users (vapers) enjoy today. The tingly sharp feeling in the throat, the flavor and amount of vapor. I didn't enjoy it either and put it away in a box to be forgotten. Fast-forward 6 years. My ex-girlfriend bought an e-cig from a kiosk at the mall. Of course I was skeptical after my first experience. However I bought one as well when I saw how much we both enjoyed it. The flavors were pretty good and the technology had improved a lot. What I enjoyed the most was being able to regulate my own puffs. I can change the ammount of nicotine, I can change the flavors, I can hold down the button. I was still smoking 1 cigarette a day after I bought mine, but that did not last even a week. I immediately noticed an improved sense of taste and smell. Everything suddenly had much more taste to it. I'm pretty sure my heart-rate has dropped quite a bit as well since I quit smoking. Since then I've been able to breathe much more easily and I haven't coughed up phlegm a single time.

After we lost contact to our supplier I started learning about e-cigs and what others models were available. I was happy to see most devices are completely interchangeable; most batteries will fit any delivery device. I was a bit blown away by the sheer amount of things that were on the market. After 5 months of vaping I bought another complete kit as I wasn't sure how long my first would last me. At that point I started trying out different delivery devices and learned about 'rebuild-ables'. These devices are made so the user can easily do all the maintenance required to keep it running.

My main e-cig is now a large device with a regulated wattage output. It enables me to adjust the heat coming off the heating coil, optimizing it for certain flavors. It takes a universal type of high-drain battery that's normally found in professional flashlights or laptops. Sitting on top of it is a tank of e-liquid that will last me a day with a heating coil that I can easily rebuild myself (to save cost on replacement). What's more, somebody made custom parts for the e-liquid delivery device that I used to improve my flavor experience. The mouthpiece is custom-made as well. For outdoor use I take a pen-sized model that's much more easy to put in my pocket. I like to think of vaping as a safer alternative to smoking. Several studies have shown there are little to no harmful substances in the vapor. The stuff that comes off a real cigarette makes these amounts even more insignificant.

What I love about vaping today is the vast ammount of excellent flavors and excellent devices available. As a new user it is almost hard to buy a bad device these days. There is also a big community that keeps innovating the vaping experience. For example supplier A starts making custom parts for device B by supplier B. However this doesn't seem to bother supplier B at all. Isn't that great? Friends and family have been really supportive, I even get the occasional comment about how nice the vapor smells. People who never saw modern e-cigs become extremely curious, especially when they see my large device. Of course I'm always happy to tell them all about it and answer every question.

I really wish for politicians and lawmakers to open their eyes to this quiet revolution that's taking place. Banning or extensive regulation is not the answer and will indirectly cause more cancer if less people pick up e-cigs. I'd rather see it marked as luxury goods and perhaps pay more for the liquids. Vaping is my safe alternative to smoking and it could be for many more.

8/22/2013 10:51:00 PM - David Steddum Lumberton MS

My Name is David Steddum up until 2 yrs ago I smoked heavily for 37 yrs.This is my story:

I loved smoking until realizing they were effecting my health in a bad way. Developed a nagging cough and itchy throut daily and would reach for cough drops several times a day.Would wheeze at night kept myself awake.I knew I had get off cigarettes or they were going to be the death of me..But,how? I knew they were killing me but could not put them down.Developed hypertension and had to have medication to control it.Changed jobs had new insurance so had to change doctors to get my blood pressure medication.The visit with the doctor said were are going to get you off cigerettes and you wont need any of this medication.So we tried Chantix didn't work then we tried all the other forms of NRT's none of them worked.Then I tried my first e-cigarette then I said Hey..this just might work but disposables and the like left me unsatisfied then I got online and found better devices and and e-juice that did work.You see I am addictied not to just nicotine but the act of smoking I have to inhale something and blow it out to feel satisfied.E-cigarettes do just that they satisfy 2 addictions.Since I started using e_cigarettes my chronic cough went away I no longer wheeze,my breathing is improving,My taste and smell came back.Went back to doctor and he was pleased that I finally gave up smoking.E cigarettes saved my life

8/22/2013 11:16:00 PM - Faith Renee from South Georgia

I had been a cigarette smoker for a little over 8 years. After trying to seriously quit 5 times unsuccessfully I had pretty much given up. I had tried Chantix, the patch and nicotine gum and none of it seemed to help. One day at work a little over 2 and a half years ago I walked outside to smoke and saw a new co-worker puffing on a device. I asked her about it and she explained it was an electronic cigarette. I was instantly intrigued and asked her more about how it works. After going home and doing more research on the risks and benefits I decided it was something I wanted to try. She told me where I could pick out some of the nicotine liquid or e-juice and purchase my own e-cig. I used both the e-cig and cigarettes for a few months just trying it out and seeing which flavors I enjoyed of the e-juice. I finally found a flavor I enjoyed and then it hit me; cigarettes tasted disgusting to me! It was a breakthrough moment. From that point on I had no desire to smoke a cigarette. I was totally and completely done with them. After quitting cigarettes my sense of taste and smell improved, my lungs stopped wheezing and I could sing better in the shower :) I have since decreased the amount of nicotine in the e-juice I use from 36mg to 18mg and have switched to a larger and easier to use e-cig. The decreased health risks and the money I am saving just do not compare to cigarettes.

8/23/2013 12:11:00 AM - Bob Sponsler

I began smoking regularly when I was 18 years old.

I was in the Army and our country was entering into Operation Desert Storm at the time.

The idea of smoking made me feel like less of a child as I prepared for war (I was, after all only 18) I soon found it to be a valuable mood stabilizer as I was faced with issues I was in no way emotionally prepared to face.

I remained a pack-a-day smoker for most of my adult life while attempting to quit every few years or even months over the span of more than 20 years with no long term success.

*

My first attempts to quit were when nicotine patches were a new thing.

I had some limited success with these and quit for approximately 3 months at a time 2 or 3 times using this method in my early to mid twenties.

I would ultimately start smoking again at first gradually, one or two cigarettes 'bummed' at a bar with friends until I would eventually buy a pack and resume my pack a day habit.

*

The next thing I tried was Wellbutrin/Zyban.

This drug made me sleepy and anxious at the same time and did nothing to curb my desire to smoke.

After about a month of Zyban, I quit the drug without ever altering my smoking habits.

*

Then I tried hypnosis.

I had a cigarette within ten minutes of waking up and even remember smoking while listening to one of the meditation tapes that were handed out as supplemental support material. Again, I enjoyed no success with this method.

*

Tried the gum, nearly vomited, spit it out, had a cigarette.

*

I cycled through patches again with the same, limited success of quitting smoking for up to three months at a time only to resume at a pack a day.

* Cold turkey worked with about the same rate of success as the patches, and I quit cold turkey for two to three months at a time several more times in the years that followed.

*

When I was in my thirties, Chantix came out.

This one worked great. I quit within a week of taking Chantix and stayed off for about a year.

This was my single greatest success in the twenty years I had been trying to quit, but eventually, even this failed and I smoked again.

Six months after resuming smoking I decided to quit using Chantix again, only to find that I had a new sensitivity to it and suffered terrible mood swings and anxiety.

After my second attempt at quitting with Chantix, I finally resigned to live a short, smelly life as a smoker.

I had tried everything there was to try to quit.

I literally started trying to quit smoking after only doing so for two years but even in that short time the addiction was too strong for me to overcome.

I hated everything about smoking, the smell, the taste, even the way it made me feel. I hated the looks of disgust I received from people on the street, I hated that I had to be outside whenever I smoked regardless of the weather (I live in Philadelphia) and ultimately I hated myself for not being strong enough to quit.

I was beaten.

I eventually saw a display for disposable e-cigarettes at the convenience store I regularly bought cigarettes from.

I laughed the idea away for a few months afterward but eventually saw an ad somewhere online for Blu Cigarettes and decided to do some research.

I read everything I could and decided this was going to be my last chance.

I researched e-cigs for about two months and finally ordered starter kits of Pro Smoke and Blu cigarettes.

I have never to this day even tried a puff of tobacco flavored liquid, so strong is my aversion.

So I ordered apple flavor with each.

It took about three days after trying my first e-cig to throw away my beloved pack of Parlaments but I did.

It has now been 10 months since that day and I have not even entertained the idea of smoking an analog cigarette.

I love that I no longer stink, that I no longer risk the lives of those around me with my habit and yes, I love that I can still have all of the things I liked about smoking with about 90% less risk to my longevity.

My three-year-old son is significantly more likely to have his father attend his wedding and hold his his children.

I have since discovered mods, mini tanks Organic VG fluids and ego batteries, and my enjoyment has grown exponentially.

I feel better, I can breathe again, I smell nice and most of all, I no longer feel like a dreg, an outcast or a weak, loser.

I feel so much better about myself I can't properly give words to it.

I have kept myself at the equivalent of a pack-a-day nicotine level (1ml/1.8mg) through vaping for the last ten months so that I could completely separate the withdrawal from nicotine from the other triggers associated with smoking.

Next month I will begin to use e-liquids of lower and lower nicotine concentrations.

(I've made a chart) My plan is to eventually bring myself down to nicotine free vapor for a few months before finally setting the habit aside all-together but the real difference here will be that I can hold on to a battery and some liquid in my car or even use a disposable e-cig for emergencies and know that I will not be resuming smoking if I slip when my willpower is low.

In any event, I will never, ever again inhale smoke.

Vaping is not for me just a cool new way to deliver nicotine, rather I see it - no - I know it was the last and only hope I had of living a longer healthier life.

I understand and believe in this technology in a way only someone like me could.

I have since helped 6 lifetime smokers quit smoking by switching to e-cigs and not a single one has had a regular cigarette since.

I'm not sure it is possible to overstate the magnitude of that.

Those six people thank me every time they see me for that gift as do their families and children.

8/23/2013 1:05:00 AM - Jonathan webb , dallas texas

I stopped smoking Marlboro cigarettes a month and a half ago before that I was smoking a pack a day for 5 years,

my brother introduced the e-cigarette to me I quit smoking shortly after that, in the time that I have quit smoking my senses have come back I can breathe! I could smell smells that I've never smelled before the e cigarette does not take from my lungs so I am able to do my job moving people everyday without having to worry about being short of breath or needing to light a cigarette in an hour. I encourage any smoker everyday to start smoking the e cigarette and to quit smoking regular cigarettes. it is the best idea and innovation to smoking cigarettes I have ever seen and I back it 100 percent thank you Jonathan Webb.

8/23/2013 1:26:00 AM - Timothy webb from dallas Texas

Hi my name is Timothy webb I started smoking Marlboro red cigarettes at the age of eighteen I am now 21 years old and smoke free. I tryed the patches and sill had the urge to smoke then my brother showed me a safe alternative to smoking cigarettes and what really got my attention was no tar and no second hand smoke. I started vaping with a standard ego style battery 1100mAh i'm now vaping 18mg it's the only e-cigarette that works for me I tryed the disposal cigarettes and it didn't have enough power and went dead quickly. The cigalikes that are rechargeable were better but the cartridges costed more then cigarettes and I went back to smoking cigarettes. towards the end of my smoking I knew I could not stop smoking cigarettes using the cigalikes I was scared for my health and felt hopeless. Also i'd like to add the I lost my grandparents to cigarettes I believe if these products were available say 15 years ago I believe they would've lived much longer or at least not died at a young age choking to death It hurts me that these miracle devices are being treated like they are drugs or something. There's noway to regulate regular cigarette nicotine consumption so how's this any different?

Thanks for hearing what I have to say.

sincerely Timothy webb

8/23/2013 1:51:00 AM - Robert Terwilliger

After experimenting with cigarettes in high school, I became a daily smoker at the age of 18.

I smoked heavily throughout college (a pack a day or more) and continued to smoke once I graduated.

I tried quitting cold turkey several times in my late 20's, but was never successful, and the truth is I never really WANTED to quit smoking, because even though I knew it was terrible for me, I really enjoyed it.

At the age of 29 I began dating and eventually got engaged to Jen (now my wife) who hates cigarettes.

I went out of my way to not smoke around her, and it soon felt like I had to sneak around to do what I wanted to do.

Once we were married I decided I would quit for her, so I went to my doctor and was prescribed Wellbutrin.

It worked, and I quit smoking for 2 years.

I changed jobs at the age of 33 and many of my new coworkers smoked, so it was not long before I began smoking again, though at a lesser amount, typically around 5-8 cigarettes a day.

I also went back to sneaking around so I wasn't smoking in front of my wife.

She knew I was smoking again though and made me promise that when we had kids I would quit again.

I broke that promise. I tried Wellbutrin again after my son was born, but this time it had no affect and I remained a smoker.

This past January, at the age of 38, I was at a friend's house playing cards. Several of us were smoking, and then one guy who had been a smoker pulled out a simple eGo kit and started vaping.

I was instantly intrigued.

I peppered him with questions and he let me try his device.

I knew right away that this was different and could truly work for me.

My friend gave me a couple links to online suppliers, and I ordered a starter kit the next day. While waiting for my kit to arrive I began researching vaping online, reading as much information as I could.

I became a member of Electronic Cigarette Forum and tried to glean as much as I could from other members.

My kit arrived on January 28, and I excitedly fumbled through setting it up and started vaping.

I quit smoking that day and never smoked an entire cigarette after that.

The first week was a little rough, as I went through withdrawals.

I learned that one is addicted to far more than just nicotine in a cigarette.

The other issue I dealt with initially was dry mouth, and found that I needed to increase my daily water intake.

The withdrawals passed, as did the dry mouth, and I never looked back.

I spoke with my doctor about it in February, and he was pleased with my decision and supported my efforts, though he reminded me that the end goal is still the same...to quit nicotine entirely.

I quickly noticed several benefits to vaping.

While smoking I would spend the first 15 minutes of every morning coughing up phlegm.

That went away.

I didn't get winded going up a flight of stairs.

I could run around the yard with my 3 year old son and not get tired.

My fingers weren't yellow from tobacco smoke.

My wife didn't tell me to take a shower before coming to bed.

My clothes and hair didn't reek anymore.

I no longer worried about offending someone at work.

I didn't have to stand outside in the freezing cold just to get my fix (my wife doesn't mind me vaping in the house...no smell!).

Only one time did I actually try smoking a cigarette after quitting, and that was in late May.

Some friends and I were in northern Michigan on a golfing trip.

They were all smoking and I was happily vaping.

I had several bad holes in a row, and asked for a cigarette from one of the guys.

After 3 puffs, I gave it back to him apologetically.

It tasted so terrible I couldn't stand it.

I'll never put a cigarette to my lips again.

I've even given up cigars, which was something I had planned on continuing to smoke even after quitting cigarettes.

They simply don't hold the same enjoyment for me as vaping, and are obviously much worse for me health-wise.

Why spend 45 minutes smoking a cigar (I liked the big ones) when I could take a few vapes and be satisfied?

It was an easy decision.

I started at 24 mg nicotine strength eliquid, and have gone down to 18 mg.

I'm currently transitioning to 12 mg (I vape some 18, some 15, and some 12), and my goal is to completely wean myself from the nicotine altogether.

I can't tell you how much I wish someone had introduced me to vaping years ago so I could've quit cigarettes that much sooner.

8/23/2013 2:19:00 AM - Mark Escarrilla (mavesca) from Q.C. Philippines

I started smoking at the age of 16. I was in my first year of college. Eventually went from 1 analog stick to 5 a day and saw my self smoking 1 pack a week to moving to 1 pack a day which developed to 3 packs a day due to smoking being my outlet for stress and pressure. Upon my 32nd birthday, I realized that I wasn't getting any younger. Knowing that analogs contain more than 4,000 ingredients, which, when burned, can also produce over 200 more chemicals. Many of these chemicals have been linked to lung damage and cancer. Then there was the physical realization. I saw myself losing my breath to a mere flight of stairs which was only made up of 10 steps, getting thinner due to loss of appetite. I suddenly said to myself "I need to quit smoking."

My father and I spoke on the phone in 2009 and being the concerned and loving father that he is, advised me of my options to slowly withdraw from smoking cigarettes. He advised me to take nicotine gum, nicotine patch's etc. and of course going cold turkey. I also sought data and experiences from other people who already succeeded in quitting the habit. I tried going cold turkey but my body was reacting too much. Too much that I was in bed for 3 months due to flu and migraines. This made me unproductive. My father and I had a quick talk over the phone and I advised him of my predicament. He shared that There was this electronic cigarette buzz that he heard of and asked me if I wanted to try it. I said sure, why not. If it would help me recover and quit the habit then I would definitely go for it.

So He sent me the package which resembled the the tobacco cigarettes which I was used too. The package consisted a battery, an atomizer and a cartridge which contained the liquid which was marked has 16mg nicotine. On my first puff I felt in heaven. Not because of the nicotine coursing thru my body but because It felt more clean and healthy. After a week, I noticed that I wasn't experiencing

shortness of breath, my skin became fairer and I was slowly gaining back the apetite I lost as well as didnt feel like my heart was about to expload. I also lost my smoker's cough as well as my sleeless nights. everything was going back to normal.

I am presently vaping 0mg to 6mg nicotine. People complement me for my looks and say that I look young for my age compared to before. A midst the cheers of people around me, I find myself happy to know that I just saved my life by coosing to use electronic cigarettes. My vision is to stop smoking and electronic cigarettes has been my instrument in reaching that. I may have spent alot of money for now to support my vaping lifestyle but its better than spending money for future treatment due to illness's or even cancer that I may have incurred If I have continued smoking tobacco cigarettes.

8/23/2013 2:55:00 AM - Dawn in St Petersburg, FL

I smoked for 35 years and loved it most of the time.

I didn't mean to quit smoking.

I'll get that lady who showed me her e-cigarette.

When I was a kid, everyone smoked in the 60's and 70's.

Everyone smoked just about everywhere.

As a child I just hated smoking; the smell and the smoke were horrible.

As the teen years came along it seemed natural that I should take up smoking too.

I really loved smoking.

People smoked at school, at work, while eating, shopping ... so why not?

At first I was smoking a pack or two a day and the last several years I was smoking three to five packs a day. Shopping malls were the first to ban smoking in my area, but working in construction these bans didn't impact me too much.

When I became pregnant I wanted to quit smoking, but couldn't.

An old doctor advised me to keep smoking since I was losing too much weight from being sick to my stomach so much.

I've tried so many times to quit smoking, with so many devices and techniques, that I gave up trying to quit.

My family doctor really wanted me to quit.

She would prescribe me asthma medications when I tried to quit because of the awful lung spasms, but I still couldn't quit.

I began to hate the yellow fingers & fingernails, getting colds all the time that were getting longer and more serious, having a persistent smokers hack, employers who wouldn't hire a smoker, the knowledge that now I had a monkey on my back & had been enslaved by something that I still enjoyed.

It really pissed me off that the manufacturers kept dumping more chemicals into my cigarettes to where they "didn't taste right" anymore, but I still couldn't quit. Some how I still enjoyed smoking.

I'd heard a little about electronic cigarettes, but didn't like the idea of "fake" anything.

I do really like electronics though.

About three years ago this lady offered to let me try her stick battery with a cartomizer on it.

Not wanting to offend her and a little curious, I went ahead and tried it.

I loved the flavor and the fact that it nearly felt like a cigarette.

It was easy to operate too, just like a cigarette.

It was amazing.

I went on the internet to research exactly what e-cigarettes were.

Gaining one addiction to get rid of another was not acceptable to me and smoking was still preferable.

The data I found, primarily from other countries, helped me to decide that any addiction risk was minimal at best.

I went to my local mall instead of where that lady told me to go on the internet.

They were nice enough to sell me a starter kit with two batteries, a usb charger and four five packs of non-refillable cartos for over $300.

That didn't last too long; first a battery died and then I began to run out of cartos & thought smoking was cheaper.

Back to the internet for more research.

There I found the e-cigarette-forum with many people who were great enough to share what they knew.

Getting to meet some of them at local meets was the best experience.

I wasn't the lone vapor. Getting to see devices and try different e-liquids helped me find more satisfying options.

At that time I was helping out a friend in her office and it was a hassle to run downstairs every hour so it seemed that an e-cig might be worth a try.

I had NO intention of quitting smoking, but just needed something that might fill the gap.

She agreed that vaping didn't seem to pose any risk to others so allowed me to vape in the office.

My family agreed that I could vape inside the house, even move off the back porch where the smoking area was and gave their blessing to vape in the car.

I wondered how long I could go without a cigarette.

I began vaping for longer periods at the office and at home.

The migraines scared me at first and thought it was the ecigs, but realized that I had to smoke to get rid of them. I coughed a lot the first couple of months and knew that my lungs were getting rid of the garbage. There were only two memorable lung spasms during the first months.

That wasn't that bad. Next thing I knew I had quit smoking because it tasted like crap.

I no longer craved a cigarette.

Starting out with a stick style KR808d with cartomizers worked for the first several months.

At my first e-cig convention I won my first mod.

Vaping on that was a wonderful experience.

Then I discovered variable wattage devices with tanks.

I don't always make my own coils & wicks, preferring glass tanks now.

I had started vaping coffee flavors and now mostly vape fruit flavors. Being able to try so many flavors has been a way to keep my brain busy at first and now it's half the enjoyment I get from vaping.

I had started off vaping 36 mg, 24 mg and 18 mg, finally settling on 18 mg most of the time.

I've vaped zero for a month, but returned to 12 mg nicotine because it is much more satisfying. I plan on reducing down to zero again by stepping down.

I've cut out caffine, processed food, stopped eating GMO foods, began eating organic and now am gluten free also.

I feel so much better that I could go on all day about it.

I can smell and taste again, don't smell like an ashtray, don't panic at the thought of a long car trip or flight and not always having to locate the smoking area.

I recently had surgery, told them how much I used to smoke so they did many extra chest xrays to make sure it was ok to have the surgery.

They didn't believe that I used to smoke that much.

I didn't tell them that I vaped.

They could see the nicotine in my system, but couldn't find any evidence that I smoked.

The surgery & healing went very well.

My doctor is thrilled that I've quit smoking.

Having had concurrent sinus infections, on the verge of high blood pressure and COPD when smoking there are no more chronic conditions, no medications to prescribe, no health issues other than still needing to lose weight.

My eye doctor has noticed that the blood vessels in the back of my eyes are quite bad.

He said they can tell I used to be a heavy smoker.

He assured me that the nicotine in e-liquids in no way affects it, only smoking.

I can go everywhere with my family and spend time with them, not having to waste time looking for a smoking area.

Flying is good again, not in a cold sweat not being able to smoke since I can go all day without vaping.

Having to go to smoking areas works well because there I can pass out a lot of ecig business cards to smokers who want to vape.

I've made many new friends from vaping, enjoy the variety of devices and juices.

Vaping has become a wonderful hobby & is still cheaper than smoking.

If there is one negative it has to be the scarcity of quality devices and e-liquids.

While obtaining quality e-liquids is less of a problem it can be difficult at times to obtain products from boutique vendors.

New devices are being developed at such a rapid rate that it can be confusing for new people to find reputable vendors.

It's been such a fantastic trip.

Glad to say this story isn't unique.

If I ever catch up with that lady who showed me her e-cigarette I'll give her what she's got coming alright -

a large hug and my undying gratitude.

8/23/2013 3:06:00 AM - Ginger Simmons from Ward, AR

I'm not much of a writer. I started out smoking tobacco cigs from the age of 18 till about 2 yrs ago.

None of the others ever gave me the good and positive results that the e-cig

and vaping has given me.

I was really happy when searching for e juice sites i found one that makes them up so they are fresh and done in the USA. In fact with using the e-cig not long after I stopped smoking I found my taste had returned and so did my sense of smell. After I quit smoking I found that I did even like the tobacco e-liquids.

My Family, Friends and Doctors all support me in having stopped smoking. They all love that I have gone to vaping. I started at the highest strength in nicotine e-liquid to the current level of 12 in nicotine in s short amount of time.

I also really like being able to vape even in a 0 nicotine liquid when i feel i am personally ready and that vaping will continue to help me never to go back to tobacco cigarettes. Also by having the non flavored tobacco in the e liquids this will keep for the rest of my life tobacco cig free!!

I am proud to say I am an ex smoker and

still totally all vapor at the age of 47. :}

Be good to yourself stop smoking and keep Vaping On!!!

Ginger Simmons from Arkansas

8/23/2013 3:13:00 AM - Josh from CA

I would like to start by saying I have been a pack a day plus smoker for more than 20 years. I started smoking when I was 11 years old and am now almost 35. I have tried several nrt and prescription anti smoking routines including the patch, nicotine gum, chantix, chewing tobacco and disposable/cig alike e-cigs and had returned to cigarettes after all of these within days.

Recently I have purchased and APV ego mod style e-cigarette and have been exclusively vaping high strength 24mg e-juice for 21 days(the longest I have ever gone without a cig).

I have already noticed an increase in my senses of taste and smell. An increase in physical stamina, decreased shortness of breath, and my wife has commented several time about how much better I smell.

I have also noticed an increase in coughing and phlegm production which I attribute to smoking cessation and suspect it to be temporary due eliminating toxins from said cessation.

I realize 21 days may not be a success story for some but as stated previously this is the longest I have been without a cig for a long time and have yet to have a craving for a real cigarette (although I still step out with the smokers to vape)

I look forward to reading more success stories from others who have had similar progress.

Josh from CA

8/23/2013 3:13:00 AM - robert conners

hello my name is robert conners i have been smoking since i was 13 years of age, have had open heart surgery and am going to be 52 years old soon, i have tried to stop smoking on numerous ocasions with no success, after a friend of mine let me try there ecig i bought one and gave it a try its been real easy to stop smoking real cigarettes since i started using the ecigs. i no longer smell like a stinking cigarette and am glad i quit , please feel free to ask me any questions i will be glad to answer them . yours truly

Mr. Robert J Conners....

8/23/2013 3:29:00 AM - Martha South Carolina

I was a 40+ year smoker, I used other ways to quit but was never successful for more than 8 to 10 months, I finally quit smoking 9/8/2012 and have not picked up not one cigaret since nor craved it.

I started Vaping with a ego battery 900mah with a cartomizer and dripping. I soon found I didn't want the constant dinking with this cartomizer at work and changed to a ce5 clearomisers

and French vanilla and Marlboro flavor at 24 mg soon after I tried a vvnova and that was my fave. I tried a 650 mAh ego and liked the size better for my breast pocket but found that a 350/400mah was all I needed for a stealth Vaping. Why you say , well I work with a bunch of aggravating fellows and my game was to keeps aggravation down and they had other ways to aggravate me more so the more it was that bad. Out

in there face they wouldn't . Long story short I am still smoke free and love my 3 or 4 flavors.

8/23/2013 3:35:00 AM - Kevin Durling

I started smoking at 18 and have smoked around 20 cigarettes a day. I am now 38 and decided that enough was enough, I wanted to stop smoking, I have tried the patch, gum, and inhaler in the past as well as cold turkey but always still craved cigarettes and gone back to them. About a month ago I tried an electronic cigarette and love it, in fact, the last cigarette I had was while charging up the battery! Now I can taste better, smell better, I have more wind and just generally feel better. If it were not for trying an e cig, I would be still smoking or on my next failed attempt.

8/23/2013 4:22:00 AM - P Johnson, Texas

2 years 5 months totally analog free. Possible with this e-cig. Wow I never would have dreamed it true. But I'm walking, talking, happy, healthy proof that it works. I feel so lucky that I stumbled upon the e-cig. It was not popular or wide spread when I started my journey. It was not as refined or accepted as it is today. It was trial and error. No help, no guidance, no vaping community. But I was determined not to smoke. I did the gum. It made my gums bleed. I did the patches. I broke out in a rash. Cold turkey, my family ran and hide from me. It was terrible. Once I found the equipment that worked for me then I couldn't find the liquid that would help. But I was determined to use my e-cig. Two weeks into this journey I started to smell again. My taste came back. My cough stopped. I slept better. I felt better all round. I wasn't worried about cigarette money or cigarette breaks. It was so amazing. I loved it so much I started preaching about it to all my friends. I started reading all the information about e-cigs I could find. I even started working in a vape shop. I believe in e-cigs so much it made it easy to help another person to stop smoking. Every day people come to me and thank me for helping them to stop smoking. It works time and time again. I talk with the medical professionals and have received such positive feedback. We, the vaping community, do realize the time is coming for us to standup. Our voice must be heard. We will never put our e-cigs down unless we choose to. We will not buy e-liquid in flavors that we do not choose. We will choose our own nicotine strength. We will vape on.

8/23/2013 4:27:00 AM - Logan D.

Before I started vaping, I had been a smoker for three years. I was introduced to the idea of electronic cigarettes (disposable cartridges, looked like a cigarette) about two years ago when it was much less appealing and the delivery system was not good. About ten months ago, I was introduced to a "vape", as many like to call it. I was intrigued - there were minimum problems and it delivered nicotine.

I began vaping about nine months ago with a battery and a refillable tank; I now use a mod and a refillable tank. When I initially started vaping, I did smoke and vape, but that did not last long. My vape curbed my cravings for a cigarette. I began to smell better and feel well again. Cigarettes are now completely eradicated from my life.

E-cigarettes are a great alternative to smoking and the health risks are nowhere near that of smoking cigarettes - bringing in tar, harmful smoke, along with additives and the pesticides that were sprayed onto the tobacco when growing. I prefer these so much more and no longer have to worry about the safety of those around me, although I am still respectful. Smoke/vapor/etc, no matter what, is always viewed as harmful, but if you restrict these - expect backlash... Expect many users switching back to cigarettes.

8/23/2013 5:18:00 AM - Oliver J Olinger (ejuiceconnoisseur) from Melbourne, FL

I began using tobacco products at the age of 14.

My best friend's father used to allow him and me to finish off his cigars when he was done smoking them.

We figured that the best way for us to buy tobacco products at our age would be to learn everything there was to know about cigars and walk into a cigar shop acting as if we had already been smoking for years.

It worked so well that we were eventually on a first name basis with the cigar store owner.

By the time I was 15, almost 16, I was already smoking about half a pack per day and I used snuff (the kind you sniff) at school for a quick, undetectable nicotine fix.

I also smoked cigars and pipes on a daily basis.

I was forced to quit for 3 months in Marine Corps boot camp, but lit up a cigarette as soon as I possibly could after graduation.

I was married (for the first time) by the age of 19, and between 19 and 21 I actually quit smoking at the bequest of my wife.

When the marriage turned sour and divorce was eminent, I started up again.

I started smoking Marlboro Reds and Sampeorna Clove Cigarettes.

This continued until I had switched completely over to clove cigarettes at the rate of two or more packs per day.

I smoked this way until about 26 or 27, when I started coughing up blood (not surprisingly) and switched to regular "light" cigarettes briefly, then back to Reds.

My first experience with e-cigarettes took place when I was 28, attending college.

I tried a few disposable varieties, which I didn't enjoy very much, then I bought a 510-series, cigarette-sized, cartridge-based e-cigarette from Totally Wicked out of London.

I used this on and off for a year or more, using it less and less, and smoking more and more, until the device broke and I didn't purchase a replacement.

I didn't return to E-cigarettes until 2012.

That was when I discovered the wonders of flavored E-liquids, and the higher quality vegetable-glycerine-heavy E-liquid mixtures.

I didn't like the cartridge (cartomizer) units anymore, and switched to the better (in my opinion) clearomizer options.

Using clearomizers, high quality E-juices, and eGo-style E-cigarette batteries, I was able to cut down to less than a pack per day for about six months.

Then I finally quit smoking for good, and hardly even noticed that I had quit anything at all.

My smoking desires continued to be quenched by my E-cigarette (then using between 24 and 36mg nicotine strengths).

Now I work in the E-cigarette industry full time.

I am the head of shipping for Mr Nice Guy Vape located in Melbourne, FL.

I have been with the company since it's inception and I have watched the building of our sterile, professional laboratory.

I watch the mixing of ingredients that goes into the production of our E-liquids, so I am fully aware of EXACTLY what's in my E-juice.

I have also started my own blog/website, reviewing the various manufacturers and flavored of E-juices (and I'm unbiased, I swear!).

I also cover many of the political, legislative, and health topics surrounding the E-cigarette industry.

This helps me to be completely knowledgeable about the E-cigarette industry and the truth about the health effects/harm reduction qualities of E-cigarettes.

My blog has actually been quite successful and in the three short months I've been running it, I've already seen more than 30,000 visitors.

The site is ejuiceconnoisseur.com.

At the time of this writing, I have been completely cigarette free for almost 4 months, and I have no desire to return to cigarettes.

I feel so much healthier now, especially since the "clearing of the lungs" phase is now waning down.

I can breath better, I have fewer sinus/nasal issues and problems, I have fewer allergies, I can smell for the first time in well over a decade (the only part that is partially negative considering I have a diapered baby in the house... but I digress), I can move faster, and for longer periods of time without being out of breath, and I have noticed a slight

straining in the left buttock, due to the heavier weight of my wallet (thanks to the fact that I'm no longer spending over $150 per week on cigarettes).

I promised my family years ago that I would quit smoking by the time I was 35 years old.

I never really had any intention of keeping that promise, but here I am... 34 years old, and I have successfully quit smoking.

My family is happy.

I'm happy.

And others are happy for me.

I even Vape at work (cashier at a drug store... my other, part-time job) right in front of customers.

I have never heard a complaint from any of them.

None of them have complained to my management.

In fact, most of them congratulate me for quitting.

I hope that my story can not only inspire others to quit smoking through the use of E-cigarettes, but also open the eyes and the sense of social responsibility felt by the Food and Drug Administration.

It would be wonderful if this miraculous technology were allowed to continue to be made available to the public, regulated only as much as is necessary to keep E-liquid out of the hands of minors, and to keep ingredients sterile and pure.

I believe it would be an enormous mistake of social irresponsibility with deadly consequences for the FDA to either ban E-liquid flavors or E-cigarettes altogether.

It would be counter-productive to limit the amount of nicotine in the E-liquids to such a small amount that current smokers would not be able to transition effectively.

It would also be a horribly irresponsible mistake to over-regulate E-cigarettes so much that only Big Tobacco can afford to meet the regulations.

Regulating E-cigarettes in favor of the three largest tobacco corporations (Philip Morris, R.J. Reynolds, and Lorrilard) would permit them to include unhealthy, highly addictive additives, like reconstituted tobacco for example, into their already-developing E-cigarette brands, and progress toward harm reduction in the field of nicotine consumption would be indeffinately halted.

Do the right thing and remember that millions of people the world over have found their health savior in E-cigarettes.

8/23/2013 5:28:00 AM - Erik Stackhouse, Massachusetts

I smoked for 20 years.

I was a "light" smoker, in that I rarely smoked more than a pack a day, often less.

I truly savored and enjoyed smoking good tobacco.

I would (probably) still be a smoker today were it not for (sometimes quite irritating) symptoms of post nasal drip.

I read that stopping smoking sometimes helped PND sufferers, so I did quite a bit of research, tried "e-cigarettes" and found that I liked them immediately, in some ways (but not all) more than smoking.

Within a few months I became quite sure that my symptoms subsided -- my main symptom was periodic sinus and throat irritation, which I still get, but much less often.

I found that I didn't crave actual tobacco much at all while using e-cigarettes.

It was a bit weird at first, but within a week, there was no looking back.

I had never really tried to quit smoking before trying ecigs, though as a smoker my cravings were rarely overwhelming, so would sometimes go all day without a smoke, but (very) rarely multiple days unless I had a bad cold.

I have the feeling that I could probably stop vaping more easily than I could have simply stopped smoking.

I may test that feeling at some point, though I don't have any strong desire to do so.

8/23/2013 6:31:00 AM - Christopher Hill

I began smoking around the age of 15 or 16(about 20-21 years). Early on i began smoking almost a pack a day. I first started with what was available to me, menthol full flavor Salems i believe. Shortly after that i switch to what then became available which was Marlboro Lights. Once i was old enough to purchase my own cigarettes, and was out of high school, i went quickly from around 1 pack per day up to 2-4 packs per day. As they were still pretty inexpensive at the time, perhaps $0.90-$1.00 a pack. However over all i would say i have had an average of around 1 to 1 and a half packs per day for my 20+ years smoking. During the past 5 or so years i have also taken up smoking 'pipe tobacco cigars' like the Black&Mild brand with the plastic tips. These i would use in the home only at my computer, where with cigarettes i only used outside. This was due to my wife mostly, who said she could tolerate me using them in the house to a point, but not regular cigarettes.

While working an over night stock position for Christmas i was unable to leave the building to have cigarette breaks. During this time i decided to try the Blu brand of E-Cigarettes. I purchased one of their 'packs' that had 2 batteries, a charging case, and a variety of flavors. The flavors they had were very limiting, and over all using the product was more out of a need to get my 'fix', and i only used them when i was unable to smoke a real cigarette. After leaving this job i soon stopped using the Blu product, and have not used it since.

A month or so ago my friend and i began talking about trying some of the more higher end e-cigarette products. He started a week or so before i had, and almost instantly stopped smoking real cigarettes. once i was able to purchase the batteries, some atomizer tanks, and a variety of liquids i did so. On a sunday i purchased what so far was to be my last pack of cigarettes. I had smoked a few out of the pack that night, and then some the next day waiting for the mail to arrive. Once i recieved my first battery, an eGo Twist-C 1000mAh, i put it and the KangerTech tank together and filled it up. The rest of that day i did not have another cigarette, nor did i crave one. The next day i awoke and still did not crave a real cigarette provided i was using the e-cigarette.

Two days after i first started using my new custom e-cigarette, i had a bad night of sleep with only about an hour of sleep, and an overall stressful day. During that day i finished the pack of cigarettes i purchased the Sunday before. Since that time though i have no had a desire to smoke another cigarette. I have spent some time trying various flavors and styles of e-cigarette liquids, but have come to like a select few. It is part of what keeps me using the e-cigs. Along with the health benefits to myself and my family, and cost to use them compared to real ones. As of right now my best calculations put the maintainence cost of using my e-cigarettes around $10-$20 per month. Where with smoking real cigarettes it was well over $250 each month.

I am still in the early day of using these, however during my first month or 2 i am already feeling much better mentally and physically. There have been no adverse effects of using e-cigs. My lungs are still cleaning/healing them selves to what they can, so i do have a lot of phelgm and some couging/horseness on occasion. I am taking Vitamin A and drinking plenty of water to help with that though. My taste and smell are of course both doing quite well since i stopped smoking.

So far there have been no down sides to using e-cigs. My wife and children are all very happy i no longer smoke. My wallet is certainly happy i no longer smoke. I feel better now, and i feel better about my future. I do not yet know if i will be able to some day quit nicotine products entirely, but i do know i never want to go back to smoking real cigaretts.

In the past i have tried many other means to help me quit, including patchs and gum, and just plain cold turkey. All of those i was only ever able to go at most about 20-24 hours without a cigarette. Being diagnosed with aspergers, and part of my symptoms including some issues with over all habbits/routines and a difficulty changing them in any way, it was always hard to quit any thing i did on a day to day basis. In most cases i would use a switch to something else that could satisfy the habbit. In short i needed to replace one addiction with another. With smoking i have finally found the new addiction i can replace it with, and that is e-cigarettes.

8/23/2013 8:06:00 AM - Philip Baird from Ennis,TX

I am a 33 year old male who has been analog cigarette free for 4 months now. I began regularly smoking cigarettes at 16 years old after first trying cigarettes at the age of 12 (cigarette regulations were not strong enough to prevent minors at this time). I have my entire life had asthma and at the age of 29 I was diagnosed with a heart problem called SVT (aggravated further by smoking). I have since being diagnosed with SVT, become more concerned with my health and have attempted to quit analogs using patches, nicotine gum and medication including welbutrin and Chantix.

Patches, gum and welbutrin did not decrease my urge to smoke by mental or physical means. With welbutrin, I also suffered side affects including depression, suicidal thoughts and upset stomach. With Chantix, I was able to slow down smoking and felt less need of a cigarette. After 2 weeks of beginning Chantix, I became subject of a dangerous side affect which was the inability to stay awake. I placed myself, co-workers, wife children and many other people in danger by performing normal daily functions. I would randomly and uncontrollably fall asleep, even while standing up, while working (which I do manual labor involving powered tools and equipment)and while driving.

I first tried an e-cig (BLU) in 2009 to attempt to quit smoking. The concept was great! My physical addiction was satisfied, my hand had something in it, my arm bent upwards towards my face, a device touched my lips, my mouth felt a smoke-like substance as well as a flavor, my throat felt the sting that was similar to smoking and my lungs felt the smoke-like substance as well as the breathing patterns. All of these things listed have become natural to me as a smoker and I feel the need to physically feel this. The drawbacks that prevented BLU from working for me were:1- 1 cartridge was not the same as 2 packs of cigarettes. I smoked 2 packs of cigarettes per day, 1 BLU cart lasted about what I would consider about 10 cigarettes to last. 2- BLU carts are extremely (or were back then) expensive compared to smoking cigarettes. 3- only available to purchase on the internet and waiting out a shipment period, whereas I could go up the street to buy cigarettes. All that said, of course I went straight back to smoking.

4 months ago I learned that there is much more advanced product available to e-cig users than the Blu or similar product style. Stores began to open in my area that I could walk in to buy my products and not have to depend on internet orders and wait out shipment. I purchased a stick style e-cig with a clearomiser kit. I have not smoked a cigarette since this purchase but I did quickly find that the stick style battery did not last my entire work day and the clearomiser would leak a lot. I tried many different flavors and quickly learned that I enjoyed flavors outside of tobacco and menthol, but I also learned that there are many flavors I could not use in that device that did appeal to me. I purchased a Vamo (a larger device known as an APV or MOD) that uses replaceable rechargeable batteries that last very long as well as a glass atomizer that was capable of using any flavor. At this point, I vape mostly beverage flavors, including cola, pepsi and

coffee flavors as well as baked good flavors including cake or cinnamon roll flavors as I found that I prefer these over tobacco or menthol flavors. I no longer purchase premade juices from my local store as I make my own juice to decrease costs substantially and to my taste, taste much better than that of premade juices from stores. My flavors consist of 30% PG/70% VG, I use roughly 10% flavoring in my mix and make 18mg/ml.

In the past 4 months since I began vaping and quit smoking I can breath better and use my rescue inhaler much less, have longer lasting and deeper breathes, have fewer allergy issues, sleep better, can breath through my nose for the first time memorable in my life, taste how foods are supposed to taste and smell things clearly, don't smell bad, have much fewer symptoms of SVT and I am no longer concerned with what damage I am doing to my body.

If e-cigs flavors were to be banned, I feel that I would be forced either to demise my own methods of obtaining flavorings or cease e-cigs and revert back to analog cigarettes as I do now depend on this physical and mental addiction. I also feel that if nicotine were to be regulated below my preferred strength, I would again be forced to revert back to use of analog cigarettes.

I do feel that some form of a regulation is needed: 1- age restriction and strong enforcement against use by minors. 2- product labeling should be informative as to what ingredients are in the mix as well as quantity of nicotine. 3- industry set standards to make juice containers more uniform and child resistant.

8/23/2013 11:32:00 AM - Zach Bammer

Hello! My name is Zach, and i wanna share with you my story about quitting cigarettes. The first time i tried an "Analog" or a tobacco cigarette I was 13 years old, becasue thats what all of my freinds were doing, and i wanted to fit in. I knew it was bad, i knew both of my parents and my sister were all addicted to them, but I still didnt care. I just wanted to be "cool". I became a regular smoker and was up to a pack a day at the age of 14. Reading that aloud now is just horrific. I remember seeing the disposable electric cigarettes, or e-cigs, and whenever i puffed them it didnt give me that same nicotine rush that a normal analog would. Then one day in early October of 2012, one of my freinds came up with an Ego Twist, a Variable voltage electic ciggarete (meaning you can manually change the volatage on it for a bigger or smaller hit), and he told me that you were able to pick out any flavor juice you want and that they had different nicotine levels. I tried his, and it tstaed identical to the soda Mountain Dew. I was blown away. Now, when i tried his, i wasnt to fond of the way the water vapor felt in my lungs, so i didnt jump on the bandwagon right away and grab one, but it did make me wonder wether i could quit or not. A couple months before this i was told my grandmother had lung cancer, and not very long to live. When i visited her, I walked into her house and all i could smell was cigarettes. Now at the time yes, I still smoked, but walking into my grandmas house who can barely breathe, watching her struggle to walk arounf the house with a breathing tube attached to her nose, sit down, take the tube out and lite up a ciggarete blew my mind. She knew she had lung cancer from smoking, she could barely breathe, and was still doing this to herself. Right then and there I knew I needed to quit, but couldnt do it. I honestly dont know how many times I tried and couldnt. She passed away in late october of that year, and on that day i decided I was going to do it, that I needed to do it now before it was too late. Before i physically and mentally could not quit. That same day i went out to a gas statoin and bought a disposable e-cig for i think 8$, (which was a complete waste of money, it just made me want to smoke more) then remembered my about the one my friend had. The day i bought my last pack of cigarettes was October 21, 2012. My body in general feels better, healthier. I dont cough up any more black gunk in the mornings, my breathing is back to normal, my heart rate isnt irregular anymore, I don't smell all the time, my taste/breath is extremely better... I just feel all around.. better. And I'm proud to say, I did it.

8/23/2013 11:46:00 AM - Mike Boynton

I am currently 65 years old & retired.

I started smoking at the age of 15, sneaking around as most kids do!

I married at age 18 and by then was smoking four (4) packs of cigarettes a day but eventually settled in to two packs a day for roughly the next 47 years.

It got to the point I was having trouble sleeping because of breathing troubles, wheezing & coughing and such!

I couldn't run any more, too short of breath, couldn't walk far for the same reasons.

A friend introduced me to e-cigs and it changed my world.

I was immediately able to QUIT smoking and have never gone back.

Within 6 months all my cigarettes induced symptoms disappeared and I sleep better, can breath again, no wheezing no coughing, feel better, its just amazing.

If they were ever outlawed I would manufacture my own in any way I could to keep from going back to regular cigarettes.

E-cigs have saved my life. I'm absolutely sure of this

8/23/2013 12:22:00 PM - Mike Sweeney (msween00 or blind) from Hamden, CT

I was a 1.5-2 pack a day smoker for about 13 years. I started trying E-cigarettes about 5 years ago when Blu really started getting public attention. I bought myself a starter kit and tried it out. It was okay.. it wasn't completely satisfying. It did help me cut down on my cigarette intake for a short while, but I was still smoking. Eventually I stopped using the Blu and went back up to how much I was smoking previously. Off and on, I would dust off my starter kit, or grab a disposable and try to make it work. I continued to smoke and leave these cig-a-likes in a drawer. I found a local vaping store and stopped in to chat. I left with a very basic e-go kit, and have not smoked a cigarette since. I haven't even wanted one. I'm now three months in and my lung capacity has increased dramatically, I don't cough up stuff anymore, and I no longer smell like an ashtray. I don't have any plans to quit vaping, but I also had no plans to quit smoking. I'm much happier with my E-cigarettes!

8/23/2013 1:39:00 PM - M -- Pittsburgh PA

I've been smoking since I was 14 or 15 years old -- nearly 20 years.

A non-smoker friend of mine had gotten a free "gas station" e-cigarette and gave to me since I was a smoker and she thought I might enjoy it.

I wasn't particularly fond of its flavor and/or its nicotine level, but the e-cigarette had a website tattooed on it so I thought I might check it out to see if there was any more to it.

Until then, I was very ignorant about the various equipment, flavors, etc. -- mostly because I had no intention to quit smoking.

Not only was I addicted to nicotine, but I loved smoking. As I researched, I got more and more excited to learn about all the different flavors, methods, equipment, etc.

I placed my first order less than 24 hours after having received the free e-cigarette (I had already killed and recharged the battery several times and had blown through two of the cartomizers). I bought a starter kit with two batteries, two different clearomizers and a few 10ml bottles of e-liquid. After receiving those in the mail, I was no longer a cigarette smoker. I have to stress that I had no intention to quit smoking, but the variety of flavors available were much more appealing to me than being pigeonholed into receiving nicotine only from the combustion of tobacco -- regardless of brand, tobacco still tastes like tobacco (even though I did have my favorites) without a whole lot of variance in flavor (Pepsi and Coke definitely taste different and one might have a preference, but they are both still obviously cola). I've used snus and snuff a couple times throughout the years, but I don't think I ever used up a whole can before it dried out -- because I just didn't like it. Smoking was my preferred method of nicotine delivery because I love the taste and feel of inhaling smoke. I had joked from time to time that even if cigarettes didn't contain nicotine, I would probably still smoke them.

The health benefits of vaping are a great side-effect. It's also worth the enhanced cost to me.

I rolled my own cigarettes and spent only roughly $40 a month on tobacco. I have spent well over $300 on various equipment and e-liquid in less than a month of vaping. Over time, I'm sure this might balance out, but it's also become a hobby to me -- one that I don't mind spending money on. I will likely continue to buy new equipment regularly, will certainly continue to buy different flavors from various suppliers and look to start making my own e-juices over time.

In the first week after I started vaping, I smoked four cigarettes -- all because my batteries had gone dead (a problem I no longer have as I have purchased enough batteries and chargers to make sure I always have at least one ready to go). I still have a

whole can of tobacco that I had purchased a few hours before I tried the e-cigarette -- it doesn't tempt me at all -- and it has possibly dried out by now.

I'm thrilled to have discovered a smoking alternative that delivers the (harmless as caffeine, perhaps even more-so) nicotine I want in a vehicle that so closely resembles smoking (a process I've always loved) that I don't miss the smoke at all.

It's also nice to be able to vape virtually anywhere because it gives off nothing harmful to the people around me. I can settle down to drink a cup of coffee in my mother's house and not have to go outside to enjoy a cigarette. My mom, a vehement non-smoker, even loves to taste the different flavors I have. I can use my devices at work without having to go outside and take a cigarette break, which frankly makes me much happier and even more productive an employee.

I had never seriously considered other alternatives for nicotine delivery, because I loved to smoke and had no intention of quitting, despite the known and noticeable effects on my health.

After only three weeks of vaping, I find myself riding my bicycle to work more often because I can handle the hills of Pittsburgh (of which there are a few between my house and my job) much more easily and I have even decreased the amount of time it takes me to do as such by about 25% -- and this is just the beginning.

I wake up every morning more energetic and much more capable of breathing and also find myself relying less on energy-boosters to get through the day. I am also in a better mood and much more productive.

Overall, vaping has (very serendipitously, if that's a word) become a very important part of my life -- and has perhaps prolonged it.

Cheers!

8/23/2013 1:50:00 PM - Jared

I tried my first cigarette at the age of 15. A year later I was smoking everyday and when your that young you don't think about the terrible things your doing to yourself. Soon I was going to the local Indian reservation weekly for a cartoon of cigarettes and knew I would die a smoker. My life changed when I lost my younger brother and realized I wasn't invincible. I tried getting in to shape and taking care of myself but deep down I knew the only way that would work was if I quit smoking. I tried cold turkey quitting and just ended up very angry and moody. I tried chewing the gum and walked around smoking a cigarette with a peice of fruity gum in my mouth. Then the patch. I've never been so sick in my life. In the end with all failed attempts behind me I was an even heavier smoker. I decided to myself if I wanted to smoke then I'm only allowed to buy from a local gas station for ten dollars a pack. Now I was broke on top of crazily addicted to cigarettes. Finally one day I saw the gas station started selling electronic cigarettes and opted to buy a starter kit rather than a pack. I charged my battery lied down on the couch before work and took a few puffs. From that point on I knew I could quit. I used the gas station cigarette in addition to the occasional regular smoke for about a month until I just had no desire for a real cigarette ever. The electronic tasted great, smelled great and I was able to change my nicotine level and flavor. I started the electronic cigarette regularly two year ago at 24mgs of nicotine since then I have bought an upgraded cigarette and come down to 6mgs of nicotine! I was able to use new flavored liquid to keep it always exciting and keep me interested and have no desire to touch a cigarette! Yuck! I run a couple times a week and ride my bike twelve miles a day to work. With out my electronic cigarette and the ability to customize it to my smoking preferences I would be a depressed moody lump with heart and breathing issues. Please consider all the positive benefits electronic cigarettes have and consider how you can make them readily accessible to the smokers who need to quit!

8/23/2013 4:02:00 PM - mostlyclassics

All told, I smoked cigarettes from the time I was 16 until I was 62, a total of 46 years. During most of that time, I smoked three packs per day. I also supplemented my cigarette consumption with three to five pipefuls of pipe tobacco. In February 2011, I switched to nearly exclusive use of e-cigarettes. Perhaps once every six weeks to two months, I'll smoke a pipe. Many days I'll also smoke a single cigarette. (I have a goodly collection of premium imported cigarettes, kept in a humidor, for visitors and an occasional treat for myself. I've invested in them so, by gum, I'll smoke them all. Eventually.)

Over the years, I had tried to quit tobacco cigarettes probably 25 or more times. All such efforts were fruitless. I had tried cold turkey, the patch and the gum. After reviewing Chantix's lawsuit history, I concluded that any physician prescribing this drug was violating his/her Hippocratic Oath. I can't be hypnotized. And I won't have anything to do with "groups." (I have trigeminal neuralgia, and many years ago, I got involved with such a group. I quit in about a year, after about half the participants had committed suicide. Mighty depressing. Before there were effective medications, trigeminal neuralgia used to be known as the "suicide disease" thanks to the pain.)

My original impetus to try e-cigarettes was horizontal sleet. Having to duck outside to have a smoke when at a tavern or restaurant was a pain. I wanted a smoking substitute so I wouldn't have to brave the weather. Quitting was the furthest thing from my mind.

But after working with the primitive hardware and less than wonderful flavors available at the time, I discovered I actually had quit heavy dependence on cigarettes within a couple of days. And I've stayed off them (pretty much) for the last two and a half years.

HEALTH BENEFITS: When I smoked, I used to get three or four colds per year. I haven't had a single cold in two and a half years. I no longer cough (unless I vape too much menthol-flavored e-liquid, but that's from post-nasal drip). I don't get winded when I run up stairs, and I have no problem walking long distances. My blood pressure dropped 10 points, both systolic and diastolic. My gums have returned to a normal pink from sort of a brownish maroon. I can taste and smell somewhat better.

Here's where I'd like to explode three myths the FDA seems to be mistakenly operating under:

MYTH: Flavored e-liquids encourage children to try e-cigarettes.

REALITY: Have any of you actually tried these flavors? There's always a cedary-cinnamony-bitterness from the nicotine nearly overwhelming any flavoring. And such an overtone is very much an acquired taste. Also, the alcohol in which many of the flavorings are dissolved further distorts the taste/smell of the flavoring itself. Finally, the

flavor extraction process for many flavors involves masticating whole fruits, so there's a distinct undertone of bitter seeds and rind included. All these factors combine to make flavored e-liquids a distinct turn-off to anyone without a matured and experienced palate. The flavors are there simply to make the distasteful barely palatable.

MYTH: Just as with cigarettes being smoked by adults, e-cigarettes being vaped by adults encourage children to take up the habit.

REALITY: I used to coach baseball and run a youth baseball league. A couple of years ago, during the course of the spring, summer and fall seasons, I vaped openly at the baseball parks in the presence of well over 1,500 different budding baseball players, all of middle school and high school freshman age. This age cohort is exactly the most vulnerable to adult-mimicking behavior. And most of those players were at the diamond without their parents being present. Over the course of those three seasons, I had exactly three players ask me about vaping. Every one of them wanted to know because they had parents or older siblings who smoked, and they hoped to modify their behavior. By contrast, probably 50 or 60 parents asked -- again, with the goal of modifying their own behavior. My conclusion is that our youth indoctrination programs have done such a thorough job of inculcating hatred of cigarette smoking that any FDA efforts in this direction are superfluous and a waste of taxpayers' money.

MYTH: An FDA ban on internet sales of e-liquids and vaping hardware would effectively reduce vaping.

REALITY: In my opinion, all such a ban would do is drive many internet businesses under and put thousands of people out of work, slow down or halt improvement of vaping hardware and e-liquids, and be largely unenforceable, thereby encouraging distain and hatred for authority,

8/23/2013 4:27:00 PM - William G. from Minneapolis, MN

I started smoking cigarettes when I was 18, mostly due to peer pressure and going to college. I was hooked instantly, it was a way for me to get away from whatever I was doing and take a break, and they went well with alcohol. Dumb, I know but I don't regret it it was a very enjoyable couple years of my life. After college I tried to quit but once in the workforce found that it was a great way to get away from my desk and socialise with other people.

As the years went on I started noticing my health declining. In high school I was a State level swimmer and had broken several school records, but now I couldn't swim a lap without feeling completely winded. So what did I do, I quit swimming and working out all together. That started my weight gain which increased my lack of activity which inevitably lead to depression and anxiety. I met my wife, a non-smoker, who didn't say anything about the smoking until we wanted to have children. I tried everything to quit including the patch, gum, lozenges and Chantix. None of them worked as I would still find myself smoking while using these product, and the Chantix just made me angry.

My wife started nagging me about the effects of smoking. She was afraid I would get cancer or emphysema. I told her that it wasn't as easy as just quitting and she new the other methods were not working.

She got pregnant and gave birth to twins, a boy and girl, and I was still smoking. I kept smoking and every time I looked at them I thought about how much of a toll the smoking was taking not only health wise but financially.

On March 17th 2013 I bought my first disposable e-cig. It was mostly purchased as a convenience as we were going on a long trip and I knew that the plane ride was going to be a bitch without a fix and the place we were going I wouldn't have access to purchase cigs. I liked the taste of the ecig I purchased but it didn't last as long as advertised and by the end of the trip I found a place to buy cigs and was smoking again, but didn't forget about the ecig.

In April of 2013 I told myself that I would quit smoking before my birthday and new the only way that would work for me was with ecigs. I did a lot of research online about the different types and decided to buy a starter kit from an online store. This was great but now I was at the mercy of running out of juice and that's when I found that there was a local store dedicated to the sale of ecigs and juice. I made a trip there, talked with a very knowledgeable employee. From that day forward I have tasted over 100 different flavors, learned about the different delivery methods and have found that I prefer Menthol/Mint and Cinnamon flavored juices using a cartomizer as it produces the best taste and vapor for me. I haven't bought a pack of smokes in over 4 months and have cut the cost of my habit by roughly 3/4.

My wife no longer complains, and actually likes that I don't smell like smoke. She let's me vape in the house as the smell is minimal, as long as I don't vape in the same room as the kids as we both don't want them to get hooked on nicotine. I can run and play with my children without needing a break to catch my breath. My skin color has returned to a normal color, I feel less tired and have lost a ton of weight because I can now run and swim without feeling like I'm dying.

I like the act of vaping, I don't have plans to quit anytime soon but I am slowly decreasing the amount of nicotine in my favorite juices and haven't had an issue with that.

8/23/2013 4:43:00 PM - Nick Jones (Vaporgistic) From Arlington, TX.

Smoked for 23 years a two pack a day habit for me and my wife (yes that is 4+ packs every day) We have a 15 year old son who suffers from asthma so as you can imagine us smoking was bad for not only us but him to. We tried to quit smoking since he was born (which should have been easy for my wife since she quit throughout the pregnancy) but since I still smoked she picked the habit back up quickly and easily. first we tried patch's and gum but found that we still wanted/needed a smoke even while wearing a patch or chewing that nasty gum. We tried that approach three time unsuccessfully all we were able to do with the patch's and or gum was cut back smoking a little which is why we tried this more than once. I tried the wellbutrin, it made me sick and depressed which I had never felt real depression before taking those pills. Chantix proved to be the same experience for me. We tried the blu-cigs when they were first released in USA. 2006-2007 but found they were awful and did not work worth a darn. Then Christmas 2012 a family member bought us the blu-cigs again and at first we had no interest in trying them at all but then I had found they had been improved upon since our last experience with them so gave it a shot. They still weren't great but they were better and we had cut down smoking a little with them. Then one day my wife was in a smoke shop and noticed the clerk using what we now know was a ego style battery with a ce4 type clearomizer she was very interested and the clerk let her try his. One puff on that little miracle and she knew, hey this could work. She bought one blister pack with a 650mah ego and ce5 clearomizer for 45$ and several flavors of 18mg e-juice at 6$ per 10 ml bottle(which he said was equal to a carton<-lie) She brought it home let me try it and we immediately went back the next day to buy me one and some flavors I thought I would like. That was Jan 15 2013 and we have been smoke free since that date. On that same day we had found a vape shop in the area and stepped the nicotine level up to 30MG and did not need or want a cig at that nic level. We have since steped down to 24MG nic. We have since moved on to vamo's, mechanical mods, and hybrids with everything from vivi-nova and pro-tanks to cartomizer tanks, and rebuild-able atomizers. I now hate the taste of cigarettes. My sons health has improved dramatically has well has me and my wife's. Everyone in the family is happy with the switch, my family doctor as well. My taste buds are amazing now, I can breath better, Don't wake up coughing in the morning, and don't get tiered as easily. The only real negatives I have is dry mouth and throat and if I vape laying down I occasionally feel like a small tickle in my throat like I had inhaled water(which I guess I am kind of) What I am really thrilled about is my son, he is using his inhaler less and dose not get sick as often has he did when we did smoke so I am really happy to have found vapeing.

8/23/2013 5:54:00 PM - Johnny Delgado

I live in Hill AFB UT. More and more I was starting to see the use of electronic cigarettes, however it was not the same old ones that only came in 1-3 flavors that had been sold in gas station for a while. At first I thought it was just like the old school ones. Then I actually tried it and enjoyed it.

After taking a trip to Wendover UT, I decided that it was time to actually try these new electronic cig's as I wanted to quit smoking. Well needless to say the only time I will smoke a regular cig is if I don't have my ecig. I find normal cig's to be gross and really do stink.

My wife also quit and made the switch to electronic cig. Being from NY and moving to UT was a big switch in elevation. It had taken a active lifestyle away from us while she was smoking due to difficulty breathing on long walks without the use of a inhaler. Since making the switch we love taking long walks and even climbed up Mount Ogden to see a waterfall. Something that would not have happened while we were smoking.

Personally I feel that Ecig's have been around long enough and the FDA really needs to take a look a them. However I do feel big tobacco and big phrama do not want this to happen. Vaping is a real way to quit smoking without using expensive patches or drugs. Big tobacco does not want you to quit and big Phrama does not want it acknowledged that vaping is a safe or at least safer alternative to smoking. With all the month big tobacco and big phrama have I'm sure they will not allow this to happen for a long time to come.

8/23/2013 6:30:00 PM - Zoey McWilliamson, Phoenix, AZ

I used to use the prescription nicotine inhalers, and they really helped me not smoke, but they tasted terrible. These vape products could have the exact same health benefits for people quitting smoking, but they would likely need strict FDA regulations to ensure dangerous additives are not mixed into the liquid. I think this would be good for smokers looking to quit and good for the vaping industry. It would legitimize the industry, help many quit smoking forever, and create good jobs.

8/23/2013 7:32:00 PM - Molly

I smoked almost 40 years. I tried to quit many times. I used the patch, gum, wellbutrin, hypnotism..everything. Nothing seemed to stick and I always went back to cigarettes. Since I started vaping (using electronic cigarettes), over 8 months ago - I have not picked a regular cigarette or wanted to. This is the only think that works. I also breathe, smell & taste better & have more energy. This is the next best thing next to sliced bread!

I also have a 30 year old son that is a 2 time Iraq vet. He has chewed and smoked since being 18 and joining the service. I introduced him to vaping (e-cigarettes), over 4 months ago - and he has not chewed or smoked since either..and he doesn't want to.

I would say, please try to look at all the positives here - instead of trying to find all the negatives. I think this is a very safe alternative to any tobacco product and it's saving lives. That's what we all want - right?

Sincerely,

Molly Maxwell

8/23/2013 7:43:00 PM - J.R. Karickhoff (WorksForMe) from Newport News, VA

I am 52 years old and started smoking cigarettes when I was in junior high school.

I smoked 1_ to 2 packs of cigarettes a day for about 38 years.

By the time I was in my mid twenties, I realized I was hooked.

Over the years, I tried to quit many times and many different ways.

I tried to quit cold turkey a couple of times.

I also tried hypnosis, nicotine patches, Chantix, and Zyban.

The longest I ever made it was about a month with Chantix, but the side effects caused me to stop taking it and go back to smoking.

In 2009 I tried e-cigarettes.

At that time, the technology was pretty bad, and I couldn

8/23/2013 8:40:00 PM - Shannan Cambern

Haven

8/23/2013 8:46:00 PM - Marie Buckley

I started smoking at the age of 13.

The first time I attempted to quit was when I turned 40.

I was having surgery and my doctor said I had to quit.

He have me a prescription for Wellbutrin.

It did absolutely nothing for me.

I went cold turkey with online support.

That lasted about 1-1/2 months.

Went

right back to smoking.

The next time I tried to quit, I got a prescription for Chantix.

That is one scary drug!!!!

I had nightmares, mood swings, etc.

I stopped taking it after 2 weeks.

In 2007, we were going to be taking a rather lengthy flight and I decided to try an e-cig to "tide me over."

It was one of the disposable types.

It did not in any deliver what I needed but I used it for a while.

It wasn't until I discovered (a few years later) the Joye eGo.

What a huge difference!!!!

It gave me more of the feeling of smoking without the toxins!

I was not trying to quit at this point.

In 2 days, I went from smoking 2 packs a days for 35 years to ZERO!

All by accident!

I just felt that the vaping was much more preferable.

I have been completely smoke-free for almost 4 years.

My health has improved 1000%!

Even my doctor is incredulous in my health!

No coughing, wheezing, no shortness of breath.

It's changed my life!

I cannot imagine how I ever smoked cigarettes as the smell makes me physically ill.

The e-cig is so much cheaper than regular cigarettes.

I have successfully been able to get many of my friends and some family members on to e-cigs and OFF cigarettes for good.

8/23/2013 9:13:00 PM - B. D. Lynn

I smoked cigarettes for 45 years.

I tried patches and cold turkey in order to quit.

It didn't work.

I believe this is because I was trying to quit because I was told I should and not because I wanted to.

I am extremely healthy so that was never an issue. I heard about ecigarettes and did quite a lot of research before deciding to try them.

It wasn't an attempt to quit smoking, just curiousity.

I began with rechargeable batteries, refillable cartomizers and eliquid.

I chose the eliquid strength based on the amount of nicotine in my "normal" pack and a half of cigarettes.

The first day I used ecigs, I smoked 5 cigarettes, the next day 3, and the next day 1. I have not smoked a cigarette since.

The only change since I began using ecigs was adjusting the nicotine strength upward a bit.

The absorption is different than cigarettes.

If ecigs are not available, I will go back to smoking.

Not I might, I will.

If I am not able to use the ecigsas I do now, rechargable, refillable with control of the amount of nicotin I will go back to smoking. I fail to understand the attempt to ban a product that for so many people reduces the health risks of cigarettes yet cigarettes are still available. The way I use them isn't simple and for the majority of people I've spoken to they simply don't want to bother to change.

8/23/2013 9:20:00 PM - Bruce Howard, Middleboro, Mass.

After smoking for most of my life I found an E-cigarette that worked for me and haven't smoked (or desired to) since!!!

8/23/2013 9:21:00 PM - Matt Giardina

When I first met my wife, she was a pack a day smoker since the age of 12. After a few months of dating, I eventually started smoking even though I had never done so, nor had the desire to do so previously in my life. Eventually, as time went on, and money vanished, we decided to quit smoking. We tried cold turkey and Welbutrin. We successfully quit for a few months until her mother got into a car accident, and the stress was so high, we started smoking again.

A few years later, we got married and started trying to have children. We mutually agreed it was time to give up smoking for good. That lasted about a year. Our daughter had very bad colic issues and the stress was overwhelming. Back to cigarettes we went. This process went on until I decided enough was enough and talked to my doctor about it. He recommended Chantix. After taking this FDA approved drug, my personality changed, I couldn't sleep because of horrible, vivid nightmares, and I was angry about everything. I stopped taking Chantix, but still wanted to stop smoking.

I started a part-time job to supplement my income and met a guy who had a cigalike device. I asked him about it and was intrigued. I joined several forums and researched nonstop for weeks.

I finally bought my first kit, and was frustrated with the performance. I alternated back and forth between cigarettes and my electronic cigarette. At that time, most e-cigs had lousy battery life and were cartridge based. Most of the juice that was sold was made in China and tasted awful. It was either machine oil tasting tobacco, or menthol. I settled with the menthol. l bought a lot of gimmicky devices and they didn't quite satisfy me. After a few more months, I decided to buy a ProVari and cartomizer tanks. Once I got to that point and found good eliquid that I liked, I completely gave up cigarettes and haven't had one since.

Today, I use genesis atomizers and rebuildable dripping atomizers. I mix my own liquid and I buy liquid from the hundreds of great online vaping shops out there. They're filled with great people who make it a priority to help people get away from tobacco cigarettes.

8/23/2013 9:59:00 PM - Steve Trafficante-Bodnar

Retired college/NFL

football player and Lawyer. Smoked 2 packs of digs a day, took a handful of pain killers for injury's from helmet to helmet brain injury's, 5 spine surgerys and removal at c-5 vert. Started e-cig and in three months I quit smoking and cut down on painkillers as pain level is down.

8/23/2013 10:03:00 PM - RockWoman from Ohio

I started full time smoking in 1972 at the age of 14. Everyone smoked, cigs were easily available and it was cool at first but I got hooked very fast. I had tried to quit once in 1989 due to the expense but I was completely unsuccessful. I never really thought much about quitting after that until three things happened.

The first thing that happened was the ban on public smoking in my state of Ohio in 2006. I started to avoid going to public places in winter because I hated the need to go outside and get my fix in freezing cold weather. It was ironic to me that the city had financed all of its new sports arenas on the cigarette tax but you could no longer smoke in those places. Restaurants and bars lost my money in winter too. Then about a year or so later, the hospital where I worked decided you could not smoke anywhere on the grounds. That hurt, I was constantly craving my fix and found that I now watched the clock. I liked my job and my addiction was now interfering with my work. I started to chew nicotine gum to ease the craving. What a joke that was. It tasted awful, it made me hiccup, it made me nauseous, it was expensive and it did not ease the craving. I had tried the patch on my only attempt at quitting in the past but I was allergic to something in it and could not tolerate it. There was really nothing left to do but watch the clock and wait for my nicotine fix. The ban affected my work concentration and my sunny disposition too. I looked for alternatives to smoking. I heard about an electronic cigarette but it seemed to be only mail order from overseas. Too risky to try it, I needed an assured supply that was not too expensive.

The second thing that happened was a cold I had caught around the holidays in 2009. The cold turned into bronchitis. I got treated but the cough and the wheeze just never seemed to go away. I started to worry about COPD. I had two aunts that had died from emphysema and I work in the medical field so you would think I knew better than to smoke. I was addicted and I decided to lie to myself awhile longer yet. The wheeze was probably a touch of allergies. The germy kid probably kept giving me a new cold. And so on

8/23/2013 10:04:00 PM - Tammy Bigham

After receiving a pacemaker at the age of 28 I had been told by many Dr's to quit smoking and had tried everything except counseling and hypnosis. A friend introduced me to vaping after using an ecig from the gas station that wasn't working. I quit the day I bought my first electronic vapor cigarette and that was April 8, 2012. That day the Dr. told me to quit or I would have to have open heart surgery because my heart was only working at 50%. I went back to the Dr. 368 days later and the same test showed 63% function!! My cardiologist is really happy with the improvement!!! Can't wait to see what the next year brings!!!

8/23/2013 10:27:00 PM - Stewart

Started smoking when I was 13 in high-school.

Have loved smoking ever since even though I understand the dire health risks and effects.

I started using a vaporizer just over a month ago and have never looked back.

The taste of a cigarette is now horrible to me - I smoked a couple of times (one cigarette) since I started vaping and the effect was immediate - felt it on my chest, my throat and gave me a headache.

I had quit a couple of times, once for over a year but always kinda new I would go back to smoking eventually.

Now I know I will never look back.

E-cigarettes have worked wonders for me - my workout routines are easier and more enjoyable, I don't wake up with a headache or a vile taste in my mouth any more, I smell and feel better - everything is very positive.

I have since recommended e-cigs to my close friends who smoke and I am happy to see more of them taking it up and quitting.

I cannot overstate how good this has been for me and my wife, who also quit with e-cigs, for our health and wallet.

If anyone is curious, head to your local e-cig store and ask an expert about getting started on your way to freedom from smoking, good health and more money in your pocket.

8/23/2013 10:59:00 PM - Jimi DAuria

Hi, I'm Jimi DAuria. I started smoking at the age of 15. The reason I did is because it was very easy for me to smoke in Europe. I attended high school on a U.S. Navy military base. We actually had smoking areas in the halls outside. So it was cool to smoke. I started having nicotine withdrawals in no time at all.

After high school, I got more involved with my music. I joined a rock band, and moved to New York City. Cigarettes and alcohol were like peanut butter and jelly to a rock musician. I lasted about 4 years, and had to move back to my home town, from alcoholism.

I struggled with my addictions for 25 rough years. I threw in the white flag, and asked my state government for help. They were open arms for me. I spent 4 months in rehab. When I left rehab and got back on my feet I continued to smoke. I quit everything except for these damned cigarettes ! One night, I went to sleep and started coughing all night long. My chest felt like someone was sitting on me. That scared me! Especially when I'm fixing my life. I tried Nicorette gum, patches, and read about Chantix. After reading the side effects, I said heck no ! I've already attempted suicide enough !

My Darling Wife had bought an Electronic Cigarette. We tried it, and immediately fell in love with it. It replicated smoking, but I noticed how clean it was. This was a whole different experience. It's sort of like smoking, but I could tell that it was very clean. After a few months of vaping, I began to feel much healthier. I can breathe now !! My overall health has improved in the 3 years of vaping. I have read a lot of political nuttiness about trying to ban this wonderful invention. I just don't understand why ? This will save lives ! Please Government ! Save more lives, like you saved mine 6 years ago.

8/24/2013 1:12:00 AM - keith byers --820vapor

I started smoking pot then ciagettes thinking i was cool when i was 15 years old.I grew up Quit and realized at a young age mj wasnt for me and i put it down never to pick it up again,however ,despite everything i ever tried for years and years ..i could never get rid of the tar monkey and i could never stop smoking. i had family buy me gum ..i bought patches ..we took my health issues to doctors who prescribed heavy drugs to help me ...i couldnt stop.

i wont go into the health issues i had and the shortness of breathe i suffered from for years,all i know now --is a found something that helped me quit ..i beleive in it ..and i opend a vapor store in fort worth texas to help other quit

im healthy now ..can run wiht my kids ..and i can taste my food ..im loving my life again !!

keith byers

820vapor.com

8/24/2013 1:37:00 AM - L.A.

I was a very heavy smoker, often waiting until after work to start and smoking up to a pack before bed. I realized this had to end but thoroughly enjoyed the act of smoking and found I needed a bit of nicotine to deal with stress. While I tried e cigarettes when they were still fairly new, I found that they were not ultimately successful. I was becoming used to "smoking" all day and older ecigs were simply not enough to totally replace cigarettes. I basically gave up on them. After about another year, I had begun to notice more ill effects from smoking regular cigarettes (coughing fits, shortness of breath, etc). I realized I simply had to stop but had failed multiple times before so I decided to give ecigs another shot, this time using them to reduce rather than totally quit. After some experimentation with various favors, strengths, and devices, I finally found myself using an ecig more than normal cigarettes. While it has been a struggle, I have found that the ecig I am using has allowed me to slowly but clearly reduce my actual cigarette intake. I almost quit using them at first, realizing they were not a "miracle quitting device" but a way to substitute something similar enough to regular smoking. The experience is pleasurable and is "close enough" to an actual cigarette and as a result I have begun to see myself actually, finally, quitting regular cigarettes almost entirely. While I have discovered that ecigs are perhaps not the easy quit they are sometimes seen to be, they have offered me a safer alternative to actual cigarettes that has unquestionably begun to change my habits and improve my overall quality of life.

8/24/2013 1:42:00 AM - Rick, Littleton CO

I initially used clove cigarettes for several years on and off.

This started when I was about 22 years old.

At the height I would probably go through a pack and a half of Djarum Specials or something similar if they were out.

The ban in late 2000's made those difficult to get but still bought them at tobacco shops.

I never thought I was addicted to nicotine but the reduction of these clove cigarettes increased my desire to smoke regular cigarettes on a regular basis.

I would say I always smoked when drinking or hanging out with other smokers.

I also smoked more when work was stressful.

I never thought I would become a regular smoker as smoking Djarum cloves periodically was thought to be harmless as it relates to nicotine addiction.

At my height of smoking up until I turned 39 years old, I was up to a pack every two days when work was the most stressful.

I tried my first e-cig about 2 and a half years ago when I saw a disposable in a gas station.

I was fond of the idea and it was OK.

I still wanted to smoke and the disposables always ran out and were expensive.

I would end up smoking again.

I started research about a year ago for better alternatives and mostly trying disposables of different brands.

Most were garbage especially any brand available at the gas station.

I was still smoking much more than I wanted because I gave up on disposables.

It wasn't until I turned 39 about 6 months ago that I decided to get serious.

I started researching forums with no biases and filled with regular e-smokers who want to help.

After reading many threads, I was still not ready to plop down money through the internet.

I went to a local smoke shop and the first one wanted to sell me their rebranded system.

I bought a disposable of that and didn't like it.

I wanted to find something that was compatible and no proprietary vendor lock-in.

Especially because I'm frequently in different places and want the convenience.

I went to an independent tobacco shop and he set me in the right direction which I'm very thankful for.

I bought a rechargable ecig2go kit and was the most satisfied of any other ecig type.

He also said the battery is generic and he also had generic cartridges as well.

I became a big fan however discovered tobacco shops in other cities did not have cartridges for the generic battery.

Only their own systems.

I was frustrated and don't understand why everything is so confusing and proprietary.

I recently decided to find a brand that is recommended through a national pharmacy chain so I always have options.

I now use 21st Century Smoke bought from Rite Ade.

This has been going very well.

I like the ecig2go cartridges better and still use it periodically.

The convenience of Rite Ade and 21st Century is overall a better combination.

I have so many empty cartridges now, so I'm planning to buy my first e-juice to recycle them.

Overall, I'm very happy and pleased I found e-cigs.

I still smoke occasionally when drinking or hanging with other smokers, but not often.

I am very concerned the lobbying and tobacco industry will make it difficult for us to find product, but not impossible.

I don't necessarily want to purchase e-cig products over-seas because of unknown quality control.

If it comes to that, I would still deeply research over seas companies and reviews of those companies who may have strict quality control measures.

I would hope the over seas companies will focus on quality control and health.

I couldn't buy a generic brand from China or else-ware because of the unknown chemicals.

I'm grateful there is such a strong community here.

I really hope that the lobbyists, government politicians, and federal regulators will realize many e-cig smokers will return to combustible tobacco with increased health risks.

I understand vaping may not contain vitamins and minerals or replace a daily serving of vegetables, but still it must be better than carcinogens, tar and other unknown chemical smoke filling peoples' lungs.

Thank you.

8/24/2013 1:58:00 AM - Dax Lunn, S.L.C. UT

I started using e-cigarettes 4 months ago. I have not smoked a traditional cigarette since then. The government promotes all these stupid Quit Now hotlines that are completely worthless. Now I found something that actually worked for me to quit, and they want to take it away?? WTF

Just compare a list of ingredients in e-liquid vs. cigarettes, and tell me which is worse!!! This is nothing more than big tobacco's greed along with the pharmaceutical companies that manufacture other quit aids. It is complete B.S.!!!!!! Free country..... Ya right!!!!

8/24/2013 3:22:00 AM - John Roberts. New Zealand

16 years smoking at least a pack a day. Tried all available NRTs before trying an e-cig. I continued smoking for 1 week after starting on the ecig. It has now been

2 months since I had a cigarette and don't miss them at all. I have reduced nicotine concentration from 18 to 9 in the two months I have been vaping. I do not live in the US, I am submitting this because I by my equipment and juice there. USA and China are the only real options. I buy from the USA because I do not trust China for any food product or anything that will go in my body. I will never smoke another cigarette and hope that I will never have to buy chinese e-juice.

Thanks for listening to my story (if anyone ever does) John Roberts NZ

8/24/2013 4:21:00 AM - Jim B

I am a 68 year old male. I smoked 2 packs a day for many years. 2 years ago I realized that I felt very old. Got very tired walking up and down stairs, walking around the block or any strenuous activity would leave me tired and worn down for the rest of the day. I knew it was the smoking. I asked my doctor if there were any new drugs that might help. He recommended Champix. I got it and it worked. I starter smoking less and less. My craving for nicotine was gone. I would still smoke after a meal or when I woke up in the morning. I went from 2 packs a day to about 8 to 10 cigarettes a day. Those were the want to's not the need to's for the addiction. Then a big recall of Champix because of side effects.(depression, suicide, etc.) So went back to smoking 2 packs a day.... Some how I happened onto a website that talked about E-cigarretes and I did a lot of research and thought that that might be the answer. I looked into the ingredients in E-juice, the delivery method, the batteries etc.. After about a month research and still smoking I found out that the ingredients in E-juice are in almost everything we eat and that includes the nicotine. Glycerin(VG) and Propylene glycol(PG) are FDA approved food additives. When you fill up your basket at the super market they are in most of food products you picked out. But what about the nicotine you say????? Do a Google on veggies that contain nicotine. You will be just as surprised as I was. If you eat these veggies it is like sitting in a room with and smoker and getting second hand nicotine form the second hand smoke. Potatoes, tomatoes, eggplant, peppers(mild and hot) and the list goes on. PG is in skin care products, it is a food preservative. It is used in puffer devices for asthmatics, injections of medicine, in room vaporizer solutions and even in some hospital air condition systems to help prevent the spread of infection. And to some anti freeze is poison and it may have PG in it but the non toxic anti freeze has PG in it so think about it. We all know that a cigarette has over 4000 poisons in them and they are still selling billions of dollars a year of these killers. But in most countries throughout the world governments are trying to ban E-cigarettes because "they haven't been proven safe". Go figure. What I do know is that I feel safe, within 6 hours I felt markedly better, and I did not go through the withdrawal symptoms from the nicotine. I vape 6mg nicotine because I like the stimulating effect. I have gone 4 months with 0 nicotine and no

problems. I will be vaping till the day I die because I like it.

8/24/2013 4:37:00 AM - Dan from Minnesota

My name is Dan. I'm 44 years old. I started smoking 30 years ago. young and dumb I guess but it was cool back then. And it didn't cost any nearly what it costs now for a single pack of smokes. $1.35 then now $7.86 or more. Many reasons to quit but so hard to find the way.

I tried quitting 3 times. once for over 3 months...and the other times were just for a few weeks at a time. Now I'm 44 years old and have a 2 year old little boy. My pride and joy, my son.

when i'm 60 he'll be 18.

I hope I quit smoking in time, to add more years of being his daddy. I also have Crohns Disease. Smoking increases stomache cancer. I got scared and had to find a way to quit smoking cigarettes...but I just didn't have the will power. As hard as I tried I just couldn't stop. like I said I've been smoking for 3/4 of my lifetime. A few friends of mine quit smoking and started Vaping. E-Cigs. I got excited and researched E-cigs. The next day I went to an E-cig shop.

These E-Cig stores are much like a Caribu coffee shop or a T-Mobile store. The new way of life for smokers. Well I'm very proud to say I have not smoked a Marlboro light cigarette since the day I bought the E-Cig starter kit. Very simply the best and easiest way to quit smoking cigarettes PERIOD. I feel so much healthier and I can climb 5 flights of stairs no problem now...where as before I was unbelievably outta breath just after 3 flights of steps.

Now i'm so looking forward to start Jogging and getting back into 5 and 10 marathons. E-Cigs have saved my life. And hopefully added many more years with my son. They taxed the livin crap on smokers. Now they're complaining they're not getting enough from the taxes they imosed on us...well HAHA WE QUIT SMOKING! Please do not ban E-Cigs. They are the best way to quit smoking.

8/24/2013 4:58:00 AM - Timothy E Robillard

I quit smoking after 29 years with the use of e-cigs. Even hypnosis failed after 5 smoke free years. It works !! Bottom line.

8/24/2013 5:50:00 AM - Nolsn

Hi,

Simple short story, I started smoking in my teens because I saw my elders do it so of course we wanted try it and we did. By we I mean friends. Same thing goes for alcohol, either way I smoked occasionally and by the time I was 18 u could buy them so I smoked them until I was prolly 24-25. Until my wife bought me a starter kit and I never looked back. Either way people have been buying,smoking, and dying from tobacco use for a really long time and things have been done to stop it and maybe it has worked a bit, but big tobacco is still making big bucks and people still buy them. As for the FDA trying to ban or modify or regulate what vapers are doing is ridiculous. All you have to do is be 18 to buy a pack of death and get a lighter and spark up. No regulation on that and it's been killing people for years. If you ban e cigs then ban regular tobacco too! They don't regulate nicotine in cigarettes like they are trying to in e cigs. I just think if this helps people stay away from smoking than more power to them who knows maybe we can save someones mom, dad, son, daughter, family member or anyone for that matter. I think if its regulated just make sure ingredients are safe and no minors can buy them. I tend to think it is sad of people to make such a big deal about something that we probably make them a better person. Any way I could go on forever about the screwie way the world works. If they ban then they make a black market for it which makes it unsafe. Just KEEP VAPING!!!!

8/24/2013 5:53:00 AM - GBVape, San Diego, CA

I smoked for 23 years and quit smoking but started using chewing tobacco for 6 years. Thanks to e cigarettes and vaping devices,

disgusting and foul tobacco products are no longer in my mouth. Nicotine patches and gum only seemed to irritate me in the past and was a set up for failure. I am not sure how healthy e cigarettes are, but it is an ideal alternative for me at this time

8/24/2013 7:25:00 AM - Shane Waldmann

To All:

When I was 20 I started smoking full time, meaning everyday. I initially started smoking as a way to alleviate my stress levels by avoiding the stressors. Eventually it got to the point that I couldn't go through my day without at least a pack in a day whether I was stressed or not. In 2004 was the first time I tried to quit cold turkey. That was successful for a year before I couldn't stand the cravings anymore and started back up right where I left off. In 2007 I quit again, cold turkey, and this time I was a little more successful. I was able to avoid most stressful situations, and resist the ones that I couldn't avoid. I moved in with a friend and within a day or two i started right back up with the smoking. I did notice the e-cigs in the cigarette store I regularly went to, and I decided to try it out. I purchased the device and started using it. It did help me cut down a little, but I still had the cravings as much as I ever did. Eventually I stopped using the e-cig I had bought. Almost 2 years after I had stopped the e-cig I had gotten a friend of mine started working at a shop that all they sold was e-cigarettes. Me and my significant other decided to give them a try. on July 10, 2013 we went to the store and purchased the e-cigarette together, and picked our flavors. Since that time I have not had a smoke or had a craving to smoke. On the day that I bought the e-cigarette I have now I did smoke a couple cigarettes but very quickly stopped that because they tasted horrible. Soon after that I started noticing that I wasn't coughing every morning, and it was a lot easier to breathe and take deep breaths. I was able to smell everything better almost like my sense of smell was recovering. People don't complain about my smell either. I feel all around better since I bought my e-cigarette on July 10, 2013, and I have not had a cigarette since that day, and have not had any

cravings. I also was able to convince one of the clients I deal with to switch to an e-cigarette soon after I had. While he was smoking cigarettes he was harder to deal with and was very obnoxious when it was time for him to have a smoke. After he switched he is easier to handle and sometimes forgets about his smoke times.

8/24/2013 7:57:00 AM - Richard Charbeneau

I started smoking when I was 18 years old.

I continued smoking for 6 years afterwards.

I used ecigs for the first time on a plane trip across the country.

It was disposable and barely tided me over to my immediate cigarette once I had landed.

So I gave up on the idea of using this as a substitute for my smoking for another 5 months.

One day a friend of mine was at work and he had a mod with variable voltage filling his own juice into a cartomizer tank.

I asked him if I could try it and I couldn't believe how well it worked.

I went home that morning and convinced my wife that this was worth spending the money on.

A week later my device and juice came in the mail and I haven't smoked since.

E cigs have changed my life so dramatically.

My wife says I smell better and I honestly feel immensely healthier.

My daughter is three years old and she has a heart murmur.

You can't imagine how guilty I felt being around her after having to smoke a cigarette, but I just couldn't seen to quit.

So not only am I healthier for switching to e cigs but my family has benefited as well.

I am so grateful for this device and I can't imagine taking this gift from anyone.

I can now proudly say I have quit smoking and am now a vaper.

Thank you,

8/24/2013 8:19:00 AM - Mark Christopher Reutens

Hi there,

My name is Mark Christopher Reutens. I am 37 years of age and am from Malaysia.

I started tobacco smoking since I was 18 years of age, my daily average was about 40-50 sticks.

My main reason for trying out e-cigarettes is because I want to quit tobacco smoking completely and maintain a healthy life.

I started using e-cigarettes on July 4th, 2013 and haven't smoked a tobacco cigarette at all since then.

When I started, I was on 12mg Nicotine. I vaped these e-juices for about 10 days. During these duration, my taste buds improved tremendously, my sense of smell was so sensitive that tobacco smoke stinks to me.

I also noticed a slight weight loss but surprisingly my appetite increased, my guess is that I could taste much better.

About 10 days into vaping, I realized that my body could not take the 12mg e-juices, so I went down to 9mg Nicotine e-juices. Surprisingly again, another 10 days went by and 9mg was too much for me to handle. I am currently on 6mg Nicotine. Hopefully it will go down till zero, then I can quit completely.

When I started I was using the Sentinel mods with and iGo-L dripper tank, I still use it occasionally. Now I am using the iTaste SVD with the iClear 30 clearomizers.

I stopped purchasing e-juices as I am doing it myself. It is much safer that way as I know how much exactly of the ingredients I put in.

My lifestyle have changed completely since vaping and I don't ever think I will ever go back to tobacco smoking.

I have managed to persuade and encourage some of my smoker friends to try vaping and they too have not had a tobacco cigarette since.

There has been only one negative impact on me which I think is to my own fault as I am feeling dry at the mouth most of the time but I guess that is simply because I don't drink a lot of water.

On a personal note, I think all countries governments should give these vaping a chance as it has the possibilities to save lives, instead of thinking about revenues from tobacco cigarettes.

8/24/2013 1:05:00 PM - Joe Donovan (Converterjoe) from Dothan, AL

I smoked full flavor cigarettes for 40 years.

I tried the disposable cartridge ecigs a couple years ago but the battery would always die at the worst times, it was too difficult to keep up with spare batteries, I was never really satisfied with the vapor, and it proved to actually be more expensive than smoking.

I was successful in quitting regular cigarettes for about one month but one day I misplaced my spare battery so I bought a pack of regular cigarettes and gave up on quitting.

A few months ago one of my employees was puffing an ecig with liquid in it and I asked him about it.

He told me about a store that was dedicated exclusively to electronic cigarettes (who knew?) and that his battery and liquid lasted the entire day.

I paid a visit to that store and have never looked back.

I smoked one regular cigarette per day for the first three weeks.

It has now been over a month using only vapor and I do not miss tobacco cigarettes at all.

Electronic cigarettes are so much better than they once were.

I now mix my own e-juice so the cost is only a fraction of smoking.

I have never once had someone in the vicinity of me complain about the vapor.

Most of it has no smell whatsoever but a few of the novelty flavors produce a smell that non-smokers find quite pleasant.

My brother, my wife, and two additional employees can now be added to the list of successful electronic cigarette users who have quit tobacco.

Food tastes better, my sense of smell has returned, my truck smells better, my clothes do not stink, my daughter is off my back (thanks for your encouragement sweetheart)...the advantages go on and on.

8/24/2013 2:51:00 PM - Sandra Kerr

I started smoking when I was 15.

I am 70 now, so, you see, 60 years ago smoking was "cool" and the dangers of smoking were not addressed as they are now.

I "knew" I could quit any time I wanted.

I married a non-smoker when I was 21 and he soon became a smoker, too.

By the time I realized I wanted to quit smoking because one of my children was asthmatic and health risks were becoming more widely discussed, I was addicted.

I tried everything through the years--hypnosis, "cold turkey", nicotine patches, gum and lozenges, and Chantix.

The hypnosis was totally useless, "cold turkey" caused me to grow fangs and claws (my family and friends were buying me cigarettes to persuade me it was not working), the nicotine patches broke me out in hives and the lozenges tasted like licking an ashtray.

The gum was tolerable but didn't reduce my urge to smoke.

And the Chantix had such severe side effects that I could not tolerated them, especially the nausea and horrible dreams. I was sure my husband and I would never stop smoking.

We "only smoked outside the house and only when alone in the car with the windows rolled down". We enjoyed smoking, and found it very relaxing.

This was our pattern until I had to have a complicated surgery and developed severe respiratory problems after, when I was officially diagnosed with COPD. My pulmonologist recommended the electronic cigarette.

To support me, my husband (by now a three-pack/day chain smoker) and group of friends made the pilgrimage with me to the "vaping" store. We all bought our kits, received instructions on their use and tried various liquids.

I was amazed the I actually enjoyed the flavors and the nicotine satisfied my cravings.

I started with 18 mgs, gradually decreasing to zero mg.

My husband and I (and all of my friends), still "vape" using 0 mg, enjoying the huge variety of flavors available.

I sometimes go all day and don't even think about using it.

I know I could easily stop using it, but I enjoy it with my coffee, and in the car or after a meal (my "triggers").

My husband and I are no longer smokers or addicted to nicotine and it is our children's idea of a miracle!

8/24/2013 2:58:00 PM - Cassandra Riemer USA

I am and will be forever thankful that I found e cigarettes. I had been a smoker for over 20 over years. I had smoked 2 packs a day for a long time. I have tried patches, gum and cold turkey probably 10 times in the past 15 years, but nothing worked for long. I am a single mom. I really wanted to quit smoking. My kids need me around! I was introduced to e cigarettes by a friend. He used an EgoT model with Cinnamon e juice. I tried his and really liked it. I went home and after doing some research, I ordered the same model and flavored juice. The day it came in the mail, I had 2 cigarettes left in my pack. I smoked them while I read the manual and put everything together. I have not smoked another cigarette since. That was almost exactly a year ago. I'm very happy with my vaporizor and the results it has given me. I feel better, I smell better!

I did recently switch from 24% to 18% on my nicotine level. Just thought I'd give it a try. So far, I think I'll stick with 18%. I switched to vaping for a healthier alternative. Not necessarily to quit altogether. If I continue to step down my nicotine, I think I'd still continue to vape even without the nicotine. I have seen so many people find the benefits of vaping over the past year...I think its a wonderful alternative or aide to quit completely for people. I'd hate to see all these people be forced back into smoking nasty cigarettes because the option to vape is taken away or over regulated.

8/24/2013 3:03:00 PM - Kevin Farmer

I smoked for 26 years. Three months ago I started using e-cigeretts. I started using a 901 recargable with cartomizers and suplementing with disposables. I use 12mg e-juice to refill my cartomizers. The only drawback is that the batteries did not last long enough. I have recently switched to a mod with rechargable battery which last all day. I have quit smoking completely. I have tried previously to stop smoking two other times basically cold turkey. I now breath easier, My sense of taste and smell has improved. My over all health I believe has improved.

8/24/2013 3:50:00 PM - Cooloongup

I am now a 60 year old man,living in Western Australia,and 4-5 months ago I was on holiday in the U.K.One day,I was walking through a shopping mall,when I noticed a young man smoking inside,this drew my attention,as I thought that smoking was prohibited inside of any public buildings over there.I went up to him and saw he was vaping,and was selling the digital cigarettes.He asked me to try one,and I must admit to being sceptical,but I took my first draw,and I was hooked on them.I went straight for my mastercard,bought all the required items and I was on my way.Apart from saving heaps of money,it has improved my health.I still can't see to this day why all the Do-Gooders seem to be coming out of the woodwork,and seem to be making it difficult for us Vapers.Why don't they do something really useful,like trying to get govt's reduce all the traffic pollution that is forced into our lungs constantly, without our permission.There is a lot more danger from that,than there is from e-cigarettes ! Logically ,there must be a health benefit if there are no longer any tar based items being put into the air,or being ingested in our bodies.I really want to say to some of these people,get a life,but I also realise,unfortunately,they won't go away,so we are going to have to be dealt with!Our main hope,I feel,is that the big tobacco companies will enter into the electronic cigarette field,and with their clout will even the playing field out in our favour!It does make you wonder just what we as taxpayers are getting for our money,when all these faceless experts can do is to try and make life more and more difficult for us,by trying to make new laws for us to abide by.Are they helping us,or hindering us!It is also interesting,I find,to see just what qualifications some of these experts have,even a doctor has no idea what can happen when just nicotine is used.It's time everyone sat down,and honestly solved this problem!I for one,have been converted to Vaping,and will never go back to the evil weed.

8/24/2013 3:53:00 PM - Petra Schrooten from Duisburg, Germany

I started smoking when I was 16 years old and stopped nearly two years ago (aged 46). I started using e-cigarettes and immediately stopped smoking - that seemed to me like a little wonder! Whenever I tried before not to smoke anymore I failed completely, but I have to mention, that I never tried smoke-free products. I didn't manage to stop smoking even one day!

The first week of vaping I used 18 mg-liquids, but I quickly realized, that this was too strong. So I went down to 12 mg and after one year I arrived at 6 mg - and I'm still using 6-mg liquids.

After three weeks of vaping I began to feel terrible. I felt nauseated and became giddy constantly (now I think, it was some sort of withdrawal). But this sickness went away after another three weeks and since then I'm really fine - except a litte weight gain, but that's okay (after all I'm not smoking anymore!!!).

The quality of my life changed completely. From the first day of vaping I stopped coughing - unbelievable, but true. My sense of smell and my sense of taste got much better very quickly. My breathing and my condition got much better too. My clothes and the air around me don't stink of smoke anymore and so I don't get into trouble with non-smokers anymore (and that was in the beginning the main reason for me to quit smoking).

Maybe I'm not a non-smoker in the proper sense, but I'm surely an ex-smoker and I'm really happy and a little bit proud about that.

Finally I thank you for your great work and I hope, it will be successfull! I really believe that vaping is a great chance and will be the future of smoking.

Best wishes from Germany (and sorry for my "halting" English) Petra

8/24/2013 4:09:00 PM - Joseph Kittock

August 24, 2013

To whom it may concern, please consider the following story in a positive light as to the e cig concerns in the market place...

I had smoked 38 years. In the past 15 years, I have tried nicotine patches, gum and Chantix to overcome my addiction to cigarettes. While using the above methods, I had always failed to experience a whole day without at least one or two cigarettes to get me through.

Recently, I had made the fortunate choice to buy an NJOY KING disposable e-cig at a local gas station. I scheduled to use this on a day off from work in order to test the products ability. Upon using this product, I discovered an alternative to smoking that actually worked. With this knowledge, I started to research this and other similar products that would be economically feasible over a longer period of time. Upon visiting a forum called ECF(e-cigarette forum), I found answers to a litany of questions I had about electronic cigarettes.

I discovered a small product that resembled the size of a cigarette and could accept nicotine based liquid that is rechargeable. I ordered a product called Joyetech eroll, an electronic cigarette. This e-cig has provided me with the ability to stop smoking the moment I started using it.

I began using my Joyetech eroll on June 4th, 2013. Since this time, I have not had a single cigarette and have had very little desire to have one, although I still do have three and a half packs as my security blanket. I must say that I

8/24/2013 4:31:00 PM - Chris J from Deer Park Texas

Hi.

I'm a 32 year old male from Texas.

Smoked Marlboro and other various brands for over 15 years.

I've tried quitting cold turkey over 4 times.

I tried the Blu cig pack for about a month, 1 year ago.

Failed horribly.

My brother had turned my 40+ year smoking mom into a vaper and I reluctantly tried the eGo brand e cig after coming home from lunch break.

I had real tobacco cigs, but brought the e cig with me.

I never looked back.

Been smoke and tobacco free for over 7 months.

Why?

It provided the same sensation and delivered the nicotine my addiction called for.

In fact, I have since reduced my intake and nicotine level because now I have physical and mental control that best suits my needs.

Apparently tobacco smoking for 15 years degenrated my health - I only noticed this when I quit and switched to e cigs.

I used to have monthly (and extended) nose and acne infections.

Boils on my skin and under the skin.

All gone.

Every ailment I had with my sinuses for over 5 years was gone.

My children, wallet, and even my ex wife enjoy my new life.

For shame to any lawmaker or lobbyist whom would prevent stories and experiences like mine from happening by banning the use and sale or even limiting the market from these life saving products.

Thank you.

8/24/2013 4:37:00 PM - John Oswin

I started smoking tobacco cigarettes when I was fifteen years old. It started with the occasional cigarette here and there, because I liked the buzz the nicotine gave me. However, within several months it quickly devolved into a pack a day habit. I tried several times to quit, going cold-turkey didn't work, gum didn't work, and patches didn't work. I first heard about e-cigarettes in 2009 and did as much research as I could on them, eventually I came to the conclusion that they were likely safer than tobacco cigarettes and decided to give them a go. Within a week I had successfully made the switch and haven't looked back since. I now breathe better, don't cough up along every morning, have greater physical endurance and stamina, and greater all around health. I truly feel that without e-cigarettes I would still be a smoker whose health was steadily declining.

8/24/2013 4:50:00 PM - Nebojsa Rozgic

32 years smoker About 8months ago start with e cigarettes

Start with 24mg/ml for first 2 months and then try 12mg and stay on. After first day I DID NOT try cigarettes any more

8/24/2013 4:55:00 PM - Extremely happy and grateful vaper

I tried unsuccessfully 3 times to quit smoking including cold turkey and hypnosis. Since switching to e-cigs I have not smoked or wanted to. I am so thankful for e-cigs. E-cigs have changed my life and outlook for the better. I cannot be more thrilled with my decision to stop smoking and start vaping. Extremely grateful! Moving forward I am worried about regulation and possible cost increase due to any regulation. I am also very concerned about big tobacco companies pushing out the small independent e-cig makers. My top concern about big tobacco companies taking over the e-cig market is that they will start adding other addictive and or harmful ingredients to the e-juice. If big tobacco takes over the e-cig market I will find a way to quit. I do not trust big tobacco. I hope this does not happen as I firmly believe that vaping is the answer to help people quit harmful smoking which will result in the saving of so many lives.

8/24/2013 4:56:00 PM - Gracie Melson

I smoked for 36 years, since I was 13.

I tried patches, gum, pills including

Chantix, hypnosis, acupuncture and cold turkey.

None of those worked.

The longest I ever quit was 2 weeks before vaping.

My sister got me a disposable vapor cig for my birthday.

I smoked 1/2 of a cig the first day and 1/2 the next.

I have not had a cigarette since and going on my 7th week.

My sense of smell and taste are coming back, I am coughing less, wheezing less and feel very proud I've come this far without a cigarette.

I've gotten my whole family using vapor, plus a few co workers.

That's 10 people that are quitting smoking.

Several have been smokers for over 40 years.

Most of us prefer the flavors, not the tobacco taste.

Most of us have gotten back up batteries and permanent tanks vs the disposable, anything to keep us smoke free. I started vaping at 24 and gave gone down to 18 strength in nicotine with intention of reducing further in time.

I am very grateful to have found something finally that works.

8/24/2013 5:44:00 PM - Tracey G Robertsdale, AL

I started smoking cigarettes when I was about 13, most of my family were smokers, so I picked it up easily. In the summer of 2009, we were traveling on vacation and we stopped at a store/restaurant that had an e-cigarette vending machine, I had never heard of these, new nothing about them, but decided to do some research after I got home. Around the new year, we (my husband and I) were looking to save money, one of our largest expenses were cigarettes, about $400+ per month for both of us. I found an article online about e-cigarettes, I started doing more research, and ended up on the e-cigaretteforum site. After about 2 weeks of asking questions and reading posts on the e-cigarette forum, we ordered our first e-cigarette kits.

As we still had a few cartons of cigarettes left when we received our e-cig kits, we finished off those cartons, before completely going smokeless. We found out very quickly that we didn't like the tobacco flavors of e-cigarettes, and found spicy, minty of fruity flavors we liked much better. We also came to realize that we weren't addicted to smoking because of the flavor or smell of cigarettes. It was the nicotine and the physical actions. We get both of those using e-cigarettes, without the thousands of other chemicals, without the horrible taste and smell, without the lingering affects of cigarette smoke in the furniture,carpeting,walls or clothing. There is no actual fire, so we aren't in danger of burning anything down, yet we still get our nicotine, and we still get to put something in our mouth, inhale and see "smoke" (vapor) blow out.

Financially, whereas the initial investment (e-cigarette kits, e-liquid, extra batteries etc. can be high, we estimate we are spending about $360 a year, now, opposed to over $4000 per year on Cigarettes.I can assure anyone,health wise we are much better off, but if the e-cigarette alternative is taken away, or made too expensive, I/we would go back to cigarettes. These are NOT tobacco products and they should not be lumped in with tobacco products, for legislative purposes or taxing purposes. We can also go nicotine free if we so choose, which can not be done with a real "cigarette".

8/24/2013 6:19:00 PM - Tony Roberts

I started smoking cigarettes approximately 20 years ago.

When I stopped smoking, I was up to a pack and a half a day.

I hated the way that I felt...I hated the hold that they had on me.

I was introduced to ecigs by a friend and it all started from there.

I haven't touched a cigarette in over 5 months (small miracle for me) and neither has my wife (huge miracle for her).

Not only are we saving money, but we feel better. I've had my blood pressure checked twice in the past month and each time it came back normal. I've been slowly reducing the nicotine in my ejuice.

I initially started vaping 24 mg and I'm currently at 18 mg. Two days ago, I ordered more "ejuice" and have dropped the mg to 12.

It's funny....I initially started this because I believed it to be a safer alternative to smoking. I wasn't wanting to quit.

Instead, I'm weening myself off of nicotine.

When I was in the hospital recently, the ER doctor was vaping an electronic cigarette.

He too believes that it's a safer alternative.

I've tried to quit smoking in the past but it was just too difficult.

I've had zero problems with electronic cigarettes and weening myself off of nicotine.

If it weren't for them, I would still be smoking.

There's no doubt about that.

I don't smell like smoke now.

I can taste food again (slight weight gain proves it).

I have my sense of smell back.

Most importantly to me, my children aren't around it anymore.

I can't stand the smell of cigarette smoke now and I'm ashamed of what I had my children around (even if they were just smelling it in my clothes).

I share my experience every chance that I get.

It has been nothing but positive for me and my wife.

I feel like I have a chance now....

8/24/2013 6:37:00 PM - Melissa, Louisville (sparkkeh)

I've been smoking since I was 15 years old.

I smoked every day, and by the time I found vaping I was up to a pack and a half of cigarettes a day.

At 33 years old I was waking up coughing up crap, having problems with asthma - and my grandmother was dying of oral cancer that was probably related to smoking.

I had tried to quit many times - 4 times it stuck for several weeks to months, but my partner is a smoker and it just was too hard to see it and smell it and be around it all the time.

The truth is... I like smoking.

I STILL like smoking.

It's not a habit that I hate - but I know it's horribly unhealthy, and carries a lot of long-term risks.

So being around something that I enjoyed while denying it to myself became too much and I would go back to smoking.

A friend of mine suggested e-cigarettes.

I tried them.

At first, I got one of those little cheap ones that are the size and shape of a cigarette but are refillable with juice.

They didn't give a very good hit or very much vapor, and the flavor was kind of weak - and I was getting nauseated when I used them.

So after a couple weeks I gave up and went back to smoking.

My friend asked about it, and I told her why I stopped using them... and she introduced me to a different kind of PV - they're bigger, heavier and use a different delivery method.

And she told me why I was nauseated - my nicotine level was way too high.

I dropped down to a 6 mg level of nicotine (from 18) and was no longer nauseated.

I also got a bunch of really good flavors that weren't at all like tobacco, and that helped too.

When I use the e-cig, I smoke a lot less.

Down to three or four cigarettes a day - a 90% reduction.

I also really like vaping for what it is, something different than smoking altogether.

I like the variety of flavors and the fact that I am continuing to reduce my nicotine level - and eventually I'll hit zero nicotine, and probably keep vaping because I like it.

I don't wake up coughing up a bunch of crap anymore, and there have been entire days where I just forget to smoke a real cigarette.

I don't NEED them anymore - but I love my e-cig.

8/24/2013 7:01:00 PM - Adrian

I started smoking when I was 18 and in college thanks to the friends I kept.

I remember quitting a few times very early on in college, mostly thanks to girlfriends who found the habit disgusting.

Most of my semi-successful quit attempts occurred in that time period, before the addiction really took hold and there was less stress in my life.

As I grew older, and smoked for longer, I found it harder and harder to quit. There was always some stressor, some excuse not to stick with it.

Quitting cold turkey - without any aid - was always a horrible experience and the anxiety and urges never seemed to fade completely.

They would hit me hard and fast, and I began to fear I was hopelessly addicted when I found myself staring at cigarette butts in a public ashtray and considering taking them.

I did, eventually, break down and take some of them. That led back to buying a pack, and disgusted with myself, I gave up on quitting for a long time. I tried wellbutrin, and it made quitting a little better, but I walked around unfocused, confused, and it felt like their were butterflies in my head the whole time. I gave up and went back.

I tried the patch a few times, but it only mildly controlled the nicotine fits.

When the urge to smoke did come, the fits would last for hours. I would have to leave the house and wander, because I simply couldn't sit still and I would sweat and my body would ache.

Not to mention if you forget and leave a patch on overnight - the dreams were insanely vivid.

I almost broke my toe when, having left a patch on overnight, I kicked my bedframe. The patches also didn't help with that first urge in the morning.

I tried public assistance hotlines for smoking that were offered in my state. Not helpful at all. The last thing I wanted to do when I was having a nicotine attack was talk to anyone, honestly.

I would become irritable, and I'm not much of a people person in any event (introvert by nature).

I wound up hating myself for a long time about the smoking.

I felt ashamed that I couldn't master it.

I watched my father and grandfather die of cancer and still couldn't quit. The longer I smoked, the worse I felt about

myself. Even my kids begged me to quit. I couldn't.

I tried. I would worry about losing my job, losing my temper, harming my relationship with other people. I knew I smelled. It was damaging my teeth, my hearing and eyesight seemed like they were deteriorating more quickly than they should, and my skin, never great in the first place, was always greasy and blotchy. I began to wrinkle all too fast and all too early for my years.

I always had a young look to me; people would think I was years younger than I really was.

Smoking was also taxed like mad, and the cost of my addiction was spiraling out of control.

Cigarette taxes don't make someone quit smoking: they just sentence the addicted to poverty.

Nicotine patches and many medicines cost just as much if not more.

If the cost is the same, the addict just sticks with the drug they know.

Smoking changed changed a lot of things about me and none of it was for the better.

About a year ago I decided to give e-cigarettes a try. I had noted that it seemed like the FDA was going to ban them, so I figured it was now or never. I managed to get a hold of a second hand one from a friend who had used it, failed to quit, and was selling his.

It was made to look like a cigarette, so I figured it would work well to replace the urges.

It didn't.

The battery wasn't strong and having it look like a cigarette just honestly made me want the real thing. I was back to cigarettes within a week or two, but kept the e-cigarette and used it on long road trips with the kids so we didn't have to stop every hour. I refuse to smoke around them or in the house, so road trips, well, they took forever.

About a month ago I decided to give it another go. I'd tried everything else. I'd noticed many of the smokers at work were now using e-cigarettes successfully and started talking with them about why they liked it so much. My girlfriend, who couldn't stand me on the first e-cigarette I had, agreed to give it one last try. I stopped in to a local shop - they were now much more readily available locally - and purchased an adjustable battery, some tanks, and some different flavors. I made sure I purchased one flavor of

tobacco that closely matched my brand for those moments where I wanted a real cigarette.

I closed out my last pack of cigarettes three weeks ago today.

I moved over to the e-cigarette that night. The next day I was a bit restless, but otherwise felt fine.

Essentially, there was zero withdrawal symptoms for me. I felt better immediately.

Shifting some of my behaviors around - not having to go outside every hour, for example - was unsettling at first, but I quickly acclimated back to a more "normal" routine.

My health has improved dramatically.

My eyesight and hearing have improved, I've only gained five pounds, and I sleep better (and less; I never was a heavy sleeper, but the exhaustion that smoking caused changed that and the quality of the sleep I had).

I don't cough anymore unless I'm not paying attention and inhale too much vapor.

Well, that or I'm coughing up left overs from 18 years of smoking.

My mood that first week was actually BETTER than it had been in years. If you can go to Wal-Mart on a Saturday, sing and hum and be happy and smile, and you *just* quit smoking... well, I think that says a lot about how successful this device has been for me.

I'm even noticing my need for the e-cigarette is less over time; the amount I vape is slowly decreasing. I've found myself getting a headache from nicotine withdrawal and not even realizing why until I take a hit off of the e-cig. I think that says a lot about how it has reduced my dependence. I haven't had a cigarette since starting the e-cig, and have zero plans to go back.

Also, the shape of the customized e-cigarette I use, which doesn't resemble a cigarette at all, and how you have to hold it and carry it also helped to break the decades long habit of smoking.

I couldn't be happier that I found this.

I feel free again. I don't smell. I actually can't even stand the smell of cigarettes anymore, or seeing anyone smoke, and the urge to have a real cigarette dropped dramatically almost immediately. Do I still have urges? Sure! But they pop up and disappear within seconds and aren't even that strong. They're less and less with every day. I haven't had an urge for a real cigarette in almost three days now.

I even stopped using the tobacco flavor I bought because it tasted horrible! My children are happy, my girlfriend is ecstatic, and my wallet thanks me.

If the prices were the same I don't what I would do. I would be tempted to go back, I think. I hope not, but addiction isn't something you can reason with. It takes little, irrational thoughts like that and runs with it.

Give addiction a book of matches, and it will burn your house down.

I would worry I would find a Marlboro dangling out of the corner of my mouth again in all too short of an order, and that thought scares the crap out of me. Cigarettes are evil. I always said they should be made illegal, because that was about the only way I could ever see myself quitting. They would literally have to be unavailable entirely for my addiction to say, ok, I give up.

I couldn't quit smoking before e-cigarettes.

With e-cigarettes, I'm free again. I have a chance at life.

8/24/2013 7:45:00 PM - Patsmokealot

I smoked for 4 years try to quit before no avail try vapes from smokin vapor quit first time love my vapes

8/24/2013 9:11:00 PM - Eryn Dodson of Wichita, KS

Back when I started smoking, I was 14 years old.

I was able to use the money that my father gave me for my school lunches to pay for my cigarettes. The name brand cigarettes were less than $1/pack.

When I joined the Military, at the comissary I could buy a carton of cigarettes for $7.50.

For more than half my life I smoked 2 - 3 packs a day.

My 51st birthday is coming up in a few weeks and needless to say things have changed considerably, both the price, and my health.

In the last 15 years, I have had three heart attacks, 5 stints in my chest and two 7-hour surgeries removing blood clots from my legs.

The main arteries in both legs have been replaced with plastic tubes.

I have COPD, and the bottoms of both lungs have collapsed.

I also had a pacemaker/defibrillator placed in my chest about a year and a half ago.

During all this time, as my health steadily, and not so slowly, was falling apart, I knew that I had to do something or else I wasn't going to be around much longer.

I have tried cold turkey.

First of all, I am completely impossible to be around when I try to stop smoking cold turkey.

I carry a chip on my shoulder daring someone to knock it off so I would have a reason to go back to smoking ("The stress is just too much").

I have tried patches.

They don't do a thing for the "hand-to-mouth" habit.

It also didn't give me that throat hit, nor the smoke that I enjoyed.

After a few days I would always go back to smoking.

The longest I had ever gone was a couple months a few years back when I found the 4mg mini-lozenges.

I always craved cigarettes, but it was at least tolerable.

But the company quit making the 4mg mini-losenges.

I don't know what the scandal is there, they keep saying that there is a problem with their delivery of the product, but I would think that two years would be plenty of time to resolve any issues.

I tried the full sized lozenges, and the 2mg minis, and the results for both were a waste of time.

I first tried an electronic cigarette when they first started selling them in Kansas.

The quality and consistancy were both horrible and the price was more than paying for cigarettes.

Things have gotten signifigantly better in the last several years in that catagory.

The price for a good unit has dropped considerably.

Almost two months ago, I decided the try again, but I told my wife that if it wasn't something I enjoyed, I wasn't going to stay with it, so we went to an eCig store and to the proprieter that I had no idea what was going on, and what was his advice.

He recomended a unit that cost about half the price of the first one I tried, and when he found out what I smoked, he told me what liquid to try in it.

I was amazed with my first puff.

I finished off the pack of cigarettes that I still had, and never looked back.

To put it into perspective, I have a huge planter filled with sand next to the porch swing that I used for an ash tray.

After smoking for 37 years, I came into the house and told my wife that we could start looking for a small tree to put into that planter.

She cried right there.

8/24/2013 9:12:00 PM - Gerry Clark from Fredericksburg TX

I was a smoker of tobacco cigarettes for 48 years, using as much as 2 packs a day. I had quit cold turkey and even hypnosis with no lasting results.

My first attempt with the ecigs were purchased directly from China with Chinese juices, unfortunately we purchased a years supply.

We still have them, somewhere.

I have since tried many

different brand and styles.

The main problem was not being to replicate the feeling of smoking.

After about five years of combined ecigs and cigarettes I finally I was able to find a system that replicated smoking including blowing smoke rings.

This was the Joyetch 650mAh battery and tank/atomizer.

It finally worked, giving me ample throat hit, flavor and clouds of vapor.

The leaking of the tank was a problem and started searching for a better delivery system.

While searching Joyetech came out with the Twist batteries.

This greatly improved my experience.

I then went through the cartos, carto tanks, and finally discovered the Vision Vivi Nova and I've never looked back.

Total replication of smoking with better flavor, throat hit and tons of vapor.

I've been off tobacco since 01/07/2012.

My heath has greatly improved and I have better taste, smell and lung capacity.

My healthcare Dr's have heartily given their approval.

I now use the Joyetech eVic and could not be more happy.

I'm using one combination of flavors that satisfy me morning till night.

I do experiment with different flavors but only a few puffs.

Having the advantage of being able to try many juice flavors has enabled me to help many people switch to this safer alternative to tobacco.

8/24/2013 9:33:00 PM - Mark Neumann

I am 37 years old and started smoking at age 18.

I started smoking clove cigarettes because I liked the smell of them and the flavor.

I didnt intend to start smoking traditional cigarettes.

I did however begin to smoke regular cigarettes and purchased the "light" versions.

in 1998 i quit cold turkey for two years because i did not like the way cigarettes made me feel, nor did i like the smell of smoke on my clothes and in my hair.

i started smoking again, after a co-worker and i bought one pack, just to smoke a few.

while my wife was pregnant, i tried nicotine gum.

after a visit to my dentist, he noticed i couldnt open my mouth very wide and stated my jaw muscles were very large.

dentist asked if i chew gum and how often. i told him "yes, and all the time."

i then switched to nicotine lozenges. those took care of the nicotine craving but hone of the other rituals associated with smoking cigarettes. patches werent a solution for me.

I ended up going back to smoking until I tried my first electronic cigerette.

it had rechargable batteries and disposable cartridges.

initially i was impressed with how they worked and temporarily satsified all my smoking urges.

the same went for the disposable ones.

I found that some batches of cartridges did not have any flavor and didnt produce much vapor.

i tried several of these disposable and cartridge type setups for a while and never found anything that was going to work well for me given my busy lifestyle and being in a car a lot of the day.

i went back to smoking.

I am pleased to say I am now a "Vaper".

In november of 2011 i discovered a more advanced (to me at the time) egicarette option which allowed me to add liquid which contained nicotine to the device as needed.

Since then, i have found many great flavors - flavors that i would have never associated with smoking.

I gradually increased my knowledge of hardware and how they worked and am now using an "advanced personal vaporizer" which allows me to have control of several settings.

the vapor production is fantastic.

I didn't try ecigs to quit smoking per se, i chose them as an alternative, and ended up liking them a lot better.

my health has improved a great deal.

i can breathe. i dont smell.

i don't smoke.

I am not a smoker.

I am a vaper. And prooud of it.

8/24/2013 9:52:00 PM - Kathy Thorn (Vapor 'Licious) Fredericksburg, Tx.

I have been a two and a half

pack a day smoker for 45 years.

I have always enjoyed smoking and as with most people I thought the health problems would not happen to me,. Apoxamently 10 years ago I started to feel the effects. I blamed it on allergys. I have tried on many occasions to quit without success. As my breathing and health got worse I had to admit that my smoking was the cause. That is when in saw my first add for electric cigarettes, being

skeptical I did what research I could and decided it was worth trying, t started with pen style with prefilled cartons, they did not satisfy me enough to quit tobacco compleatly, it did help me to cut my smoking in half, I then progressed to the ego tank system, this was an improvement when it was not leaking. After much frustration I switched to cartomizers and cut my analogs even more. With the ego twist and vivi nova I was able to quit tobacco for good.

I was so happy with the improvement in my health and the enjoyment I get from vaping I decided to open

a e cig store.

I can attest to the way this technology is changing people's lives. I have customers ranging in ages from their 20 to their 80's

The changes I see in them is nothing short of amazing, I get

thanked , hugged and tears of joy from people who are so happy to be free of tobacco!

8/24/2013 10:40:00 PM - Tyler Holmgren

I was a smoker since I was 16 years old. I smoked for about two years untill I turned 18. I have used the patch with no success and still smoked while on it because it didn't work! I used that for a few months and quit. I started using my e cigarette around the time I turned 17 as a healthier way to quit smoking. At first it hadn't helped because I was only using a low power pen style e cigarette. Once I switched to a more powerful e cigarette my need for regular cigarettes disappeared. My e cigarette supplys me with the nicotine I was getting before from normal cigarettes without all of the chemicals and nasty flavor and dangerous second hand smoke. It has allowed me to live a better quality life without breathing problems or health issues that I had on

normal cigarettes. I feel better! The proof behind how safe they are has already been shown by the people using them. I haven't had and cigarette related illness since I quit. There have been no side effects from using

my e cigarette besides me being extremely happy with them and living a healthier life. Take my e cigarette away if you think you need to but I wont stop using it you can ban them but I'm still going to use them anyway. Many other people have the same views I do so good luck us government but this is not a battle your going to win by being lazy and not investigating the facts. You don't ban water when you know it's contaminated but you can ban something without research just because there might be... Get it right and look at the facts then try your argument again but either way if it's legal or not I'm going to do it so make your decision because I've already made mine.

8/24/2013 10:59:00 PM - Carol Barnett

I have been a smoker sense I was 16 years old. I found that it helped reduce my stress and I enjoyed smoking. March of this year I had a light heart attack while in the hospital the heart Doctor done a heart cat. to my surprise there were NO blocked artery's. When I got out of the hospital 4 months later I went in for a check up, they done a heart ECHO and it was good, so I don't have to go back for a year, then they will do another ECHO forgot to ad my blood work was good also. I feel like smokers are being picked on, if they try to take away my e-cig. I'll just go back smoking reg, cig. Hey why don't they stop people from eating sweets, or from drinking liquor, or eat in fast food places, there are so many other thing's that are harmful to people why not ban them all?

8/24/2013 11:07:00 PM - Zach DSM IA

I'm 27 years old, and been smoking tobacco products since i was 18. Switching from cigarettes to cigars so chew then back to cigarettes. About 3 Months ago I found out that my fiance was pregnant and we were going to get a place together. She has never smoked and never cared to and a serious health nut. Started looking up alternatives online and at tobacco shops for options that offered nicotine that wouldn't be carried through second hand use.

Started using Blu E-Cigarettes and the cartridge was just getting too hot too fast, to the point were I couldn't get enough nicotine to get rid of the urge to smoke regular cigarettes. Heard of a E-Juice shop here in Des Moines, and i started researching and finally bought that product the next day.

Since then I have bought a longer lasting battery, and a mod set up that works perfectly for me to the point now that if I even try a cigar or cigarette, I just throw it on the ground after the first drag since it just doesn't taste like it used to anymore and actually hurts my lungs.

After spending some time tweaking my mods and figuring out what works best for me, I am now to the point where I have no urge at all to smoke cigarettes and my family has even been commenting on how nice it is NOT to have the cigarette smell hovering around me, and on my breath.

Without E-Cigarettes and E-Liquids I honestly can say I wouldn't know what to do other than risk more health complications by switching back to cigarettes, since both the gum and the patch wasn't able to do anything about my nicotine addiction.

8/25/2013 12:07:00 AM - Alyssa

I read an online study about memory and nicotine. I have epilepsy and memory trouble, partially caused by the drugs I have to take. I started smoking electronic cigarettes, and my memory has improved. There is plenty of research on nicotine and Alzheimer's so why not do some research on epilepsy and nicotine? I have Asthma and my lung function has actually improved so I have not experienced any negative health issues in that department. All that I have acquired is an addiction is to nicotine, which is about as bad as an addiction to coffee. I had to give up caffeine because of epilepsy anyways.

I'm in college and anything to help epilepsy is a positive in my life, I don't want to have to start smoking if the government bans ecigs. Or start chewing nicotine gum.

8/25/2013 12:53:00 AM - Nancy in Oregon

I am currently 60 years old and have been smoking since about 17-18 years of age.

I have had multiple sinus infections and allergy issues all my life and was diagnosed with COPD a few years ago.

With no medical insurance I was unable to afford the COPD meds prescribed for me, so reached a point where, after a very serious bout with bronchitis, I had no choice but to quit smoking.

I've tried numerous times since my mid-late 20's to stop - group therapy, patches, Welbutrin, cold turkey, lozinges, hypnosis...NONE worked to any degree and I found that I would reach a point where I would get to a level of depression that was pretty scary (potential suicide levels) at a certain point in the nicotine withdrawal - kind of a "death from smoking or just wishing I was dead without the nicotine"...not much of a choice.

Always went back to smoking.

Tried the disposable e cigarette and found that it did supply the nicotine I "needed".

They were pretty expensive, so went to the rechargeable w/cartridges. And that seems to have done the trick for me.

I get the nicotine I am addicted to without all the tobacco smoke/tars/etc. into my lungs.

I feel better, can breath better, am not taking any where near the number of OTC allergy meds and can sustain hard physical labor now without running out of breath.

I'm MUCH happier now and feel I am truly healthier, and feel I can honestly say, these things may have saved my live.

Prolonged it, for sure.

They may not be the answer for everyone, but they've made a huge positive change in my life.

8/25/2013 1:48:00 AM - I love e-cigs. Since i quite smoking my daughter is happier as well as my boyfriend. The taste is better and with low nicotine i don't have to worry about Howe much i smoke. I would rather have my e-cig than any other cig on the market. I have my friends

3-cigs are amazing, no more smoking for me

8/25/2013 2:04:00 AM - B

I have been a smoker for 20 years I have tried countless times to quit the cravings were just too strong I used the patch, prescriptions of ant-smoking drugs, and all the rest. Nothing worked no matter what I tried UNTIL I began using an electronic solution the best part is that is an instant solution you can be done with that first drag there is no transition period because the only thing your giving up is all the harmful chemicals contained in cigarettes.I used my electronic cigarette and I never looked back and seriously do not missed the junk that actually smoking was doing to me I feel better..I breathe better..I have more energy and I dont smell like a forest fire wherever i go....

8/25/2013 3:58:00 AM - Ralph Woodin

I smoked for 37 years. from age 13 until age 50. By the time I finally quit I had tried maybe a half dozen times to seriously quit using NRT's like gum and the patch. I tried chantix and wellbutrin. I also tried cold turkey and 'quit smoking programs' where you would count cigarettes and try to wean off them. None of these ever worked beyond a few days. I became resigned to being unable to quit and figured I would just smoke till I died from it.

Then about 2009 I heard about ecigarettes and saw someone using them for the first time. I was intrigued and purchased a 'shopping mall' kit. It was no where near satisfying enough to stop smoking but I figured I could use them occasionally and cut down my tobacco intake. Within 2 months I had tried 3 different brands and the 3rd one tasted much more like a real smoke. One weekend at work I told myself...'Just try and smoke ecigarettes only for the weekend, worst that can happen is you go back to regular cigarettes'. That was in October 2009 and I have not had a regular cigarette since.

My health has dramatically improved since quitting tobacco. My breathing is better, I get less winded and do not cough up flem all the time like when

I smoked. I was in the doctors at least 2 or 3 times a year with bronchitis when I smoked and have not been in for that since quitting.

In short, nobody was more surprized then me when I quit. It is so good to not have to be hopelessly resigned to being addicted to a product I knew was ruining my health. I feel that Ecigarettes have literally given me a new lease on life.

Ralph Woodin 8/25/2013

8/25/2013 4:28:00 AM - Tiffany C. Texas

I have chronic asthma but could not seem to stay away from smoke products such as cigarettes, cigars, and hookah for about 8 years. My breathing was horrible, my energy was low but the only thing that helped my anxiety of daily life was to smoke.

My poison of choice was the hookah tobaccos. I enjoyed the flavors, the clouds, and the relaxing calm of the movement in smoking. This was easier on my lungs than cigarettes and cigars but still posed risks. So, I was hoping that one day there would be a substitute that could compete with the rich flavorful smoke of the hookah.

Shortly after that I learned about e-cigs. I saw a kiosk in the mall and stood in awe watching the sales person smoke in the mall!! It didn't smell and the smoke vanished quickly. I bought a kit and tried it. That lasted about a week. I quickly got frustrated with the shortly timed hits. The vape clouds where nothing like hookah and the flavors tasted like chemicals.I then was angry that I spent a large chunk of cash on such a useless product.So I went back to choking my lungs with the sinful clouds of tobacco.

My asthma got a lot worse after a few years. I couldn't breathe and took my inhaler way more than anyone should. Then out of the blue a vape shop opened up a block away from my home. It was a wonderful place with friendly people and amazing products. I bought a starter kit there after trying the wide variety of tasty flavors, and being pleased with the clouds it produced. I knew this was my respiratory savior. Since I found that little store and realized how amazingly easy it was to live a healthier, active, and cheaper lifestyle I had to share it with everyone I knew. I brought many people in to that place and converted every single one of them. My family, friends, and even elder people who have been smoking for more than 50 years!!

I noticed I am now only using my inhaler for seasonal allergies, my energy increased, my sense of smell and taste came flooding back, and people didn't look at me funny or make comments that I smelled of smoke. It was a miracle..

It's been two years and after all the people I brought to the store to assist them in living a healthier life, and my constant research on the subject of e-cigs I became a "professional vaper". I was asked by the store owner to come work for her. I have been there ever since. I love what I do because I have experienced the miracles of the products I sell, and nothing makes me happier at work than to hear about people who experienced an increase in life quality by quitting smoking and starting vaping.

8/25/2013 4:32:00 AM - Anita C

I am a 49 year old female living in the USA. I started smoking cigarettes when I was about 16 years old. At about the age of 40, I began to try to quit smoking. I tried several different methods of quitting. The first time I tried the patch. I quit smoking for about a week before I started again. It was probably a few years later when my doctor suggested I really needed to quit and prescribed me Welbutrin as a smoking cessation. I quit for a couple of weeks this time. I later tried Chantix and had quit for a couple of months but went back to smoking almost immediately after stopping the Chantix due to side effects. After that I made several more attempts using Welbutrin and going cold turkey. Nothing worked. I could really feel the cigarettes taking a toll on my health. It was becoming very hard to breath with the least little amount of activity. I was coughing terribly. I had no energy. My complexion was bad. Shortly after my 48th birthday I decided to try the e cig. I went to my local smoke shop were I had noticed that they sold the disposable e cig. I inquired about them and was told by the owner that they really would not help me quit smoking. I'm thinking now that she told me that so I would still buy my usual pack a day because that was completely untrue. When I first tried the e cig, I did not really like it because it tasted like tobacco. I cant say that I ever really liked the taste of tobacco. Even though I was not to impressed with the disposable e cig, I decided to go ahead and buy a kit with the rechargeable batteries. It took me about a week to get the hang of it and I was still smoking a couple cigarettes throughout the day along with the e cig. I then started doing some research on the internet to find out more about e cigs. From everything I read, it seemed to be a healthier alternative to smoking and I found out that there was other types of e cigs on the market. I tried a different brand of the rechargeable e cig cigarette type that offered flavors that I thought I would really enjoy. They came in the mail after about another week. Once I started using this brand with flavors I enjoyed, I no longer even wanted to smoke a nasty tasting cigarette. I started with a higher nicotine level and have gradually worked my way down to 6mg. Soon, I will be down to no nicotine. I will continue to use the e cig though because I enjoy it. It also keeps my anxiety level down when my hands busy. So, to sum it up, after about 3 weeks after trying my first e cig, I put down cigarettes for good. I have not had a tobacco cigarette in about 20 months. I feel so much better physically and mentally. I was constantly stressing over my deteriorating health and not being able to quit smoking before. I can breath again. I can taste my food again. I can exercise for more than 10 minutes at a time. I feel healthy again.

8/25/2013 4:53:00 AM - S Bennett, Huntsville, Ala

Electronic cigarettes have changed my life in a very positive way. After smoking for 22 years and trying every available smoking cessation product, gimick, and sI was still unable to quit smoking and in fact was smoking more all the timeuh.

8/25/2013 5:05:00 AM - Lynne McCurdy (LynInFresno) Fresno, CA

I started smoking in 1973, when I was twelve; I wanted to impress a boy, who had offered me a cigarette. I know that many of my friends who started smoking that young, thought, as I did, that we looked cool and adult with that smoke hanging out of our mouths. Within a week I was smoking close to a pack a day, which required some real ingenuity and determination in a small town in Northern Utah. But I was already addicted. In fact, I was addicted after the first cigarette I smoked. I went home and had shakes and jitters... something which I later realized was what we called a "nicky-fit."

Thirty-eight years later I had tried to quit several times. One time I made it for almost a year. A couple of times I got to three months, once to

six months. Those times I used "The Patch" for two weeks, at the start. The Myriad times I tried to go "Cold Turkey" I usually made it for less than 24 hours.

Then in 2010 I heard about electronic cigarettes. I don't remember where I heard about them; but it seemed like a reasonable thing to try. I bought my first 'pen style' e-cig from a local tobacco shop. The kit cost me $120, didn't produce much in the way of vapor, and the shop keeper failed to deliver on his promise of getting me menthol cartridges...so the cartridges I had tasted really nasty to me. So in the drawer they went, and I went back to smoking!

I started researching online, and found CASAA and www.e-cigarette-forum.com; they provided me with a lot of information I needed to make the transition to vaping successfully.

Eventually, in February of 2011, someone told me I could get a 'kit' at 7/11 for $20, with MENTHOL cartridges! Once I got the kit with the Menthol cartridges, I immediately, completely quit smoking. In the 2 1/2 years since, I have only smoked one evening (When my battery died and I was at a bar with friends, drinking... lol).

Then I ordered a Riva personal vaporiser. This had a battery that lasts all day, cartridges and/or tanks that hold enough e-liquid to get through the day too. I discovered that I could get all kinds of flavors (and did), and that I could customize nicotine strength, flavors, etc.

I did find, like most people, that I have one favorite flavor, a menthol, that tastes nothing like tobacco or a cigarette.

I had a negative reaction to the mostly PG juice blends that are the most commonly available...but, Hallelujah, in the vaping world if you don't like something, you modify to your liking. So I order my favorite flavor of ejuice in 100% VG (vegetable glycerine) and I've had no more problems! I started with 30

8/25/2013 5:24:00 AM - Margo, Las Vegas Nevada

I will be turning 44 in less than a week.

I started smoking socially when I was 16 and was a full time smoker by 17.

I had quit during my pregnancy 15 years ago.

The first thing I asked for when my child was born was a pack of cigarettes.

As I got older and the demands of work increased, I found that I was wasting close to an hour a day walking several 100 yards to the "designated" smoking area (so I skipped my lunch hour to make up for this).

As smoking became more of a stigma and smokers were being shunned our approved areas became further away. I found that my productivity at work was decreasing.

Most of my life I have been healthy, the occasional cold here and there.

Last year I had a sever case of pneumonia and was dependent upon an inhaler after my recovery.

My blood pressure became uncontrollable for about 6 months until a proper medication / dosage combination could be found.

I was then diagnosed with a condition where my blood vessels would spasm restricting circulation to my hands and fingers.

Due to all 3 of these health concerns it was time to stop smoking. At the time of my decision I was not familiar with e cigarettes and chose to take Chantix.

Although it worked great and my insurance covered 100% of the cost, they only covered it for 90 days.

With in 48 hours of being off the Chantix the desire to smoke was overwhelming and unbearable.

I had also noticed that many of this things I did were tied to smoking.

Driving seem impossible, music sounded terrible, and talking on the phone just wasn't fun anymore.

A friend recommended e cigarettes.

I tried them and fell in love immediately.

I am also fortunate that my employer allows me to smoke in the department as I have my own office and it is not terribly obvious since I can take a hit here an there to satisfy

any urges (especially running between meetings where time is limited to just a few minutes).

My productivity at work as drastically improved, I am also able to focus more as I am no longer obsessed with thinking about the next opportunity to squeeze in a smoke.

I have not used my inhaler since starting and my blood pressure is coming under control, and I have not had any vascular spasms in my extremities.

I use an KangerTech EVOD with 6mg of nicotine. As a side note I didn't smoke regular cigarettes in my house to protect the health of my child. I live in Las Vegas Nevada, where summer highs reach triple digits, making going outside almost unbearable. Now that I have switched to e cigarettes I feel comfortable using them in the house and no one feels threatened by the second hand smoke or smell.

I do intend to continue to "step" down and hopefully reach 0 nicotine. Besides the health benefits the next best thing is the near infinite variety of flavors.

I have finally found the ultimate solution where I can continue to smoke for all the reasons I love, without compromising health and work.

8/25/2013 5:54:00 AM - B. Milham from Washington state

I am a 49 year old female who has smoked for more than half my life. 33 year's to be exact. In the past I've tried everything from nicotine patches to wellbutrin to Accupunture in an effort to quit smoking.

18 months ago I tried entry level type with disposal cartridges and a small rechargeable battery. It was a good start but I knew if I wanted to be successful in my endeavor to quit smoking, I needed to graduate to something that offered more power and the ability to be customized. I've since graduated to the Ego twist and various other VV/VW mods and haven't looked back. I haven't had a cigarette in almost 18 months and don't miss smelling like an ashtray on bit.

8/25/2013 6:52:00 AM - Joshua S. Phillips

To whom it may concern,

My name is Joshua Phillips. I have been using electronic cigarettes since March of 2013. The day I started using electronic cigarettes, I automatically quit analog cigarettes. There were no withdrawal symptoms, no other negative health concerns. In fact, I have noticed positive health points. My sense of smell and taste has vastly increased. My pulmonary and cardio endurance while working or exercising has greatly improved. I have smoked analog cigarettes for over 14 years. I had a desire to quit and I am grateful to have found electronic cigarettes. Before switching to electronic cigarettes, I have made 8 attempts to quit smoking using the patch, Chantix, dip, and once cold turkey, but after a few weeks, I found myself failing and went back to smoking. The longest I could go without smoking was roughly 2-3 days. I feel as though electronic cigarettes have had a profoundly positive impact on my life and health. Without electronic cigarettes, I would still be smoking.

8/25/2013 7:21:00 AM - vapers helping vapers

the absolute best part of my life about switching from analogues to vaping is ???????
Like

8/25/2013 7:21:00 AM - S Binnette, Huntsville, AL

For those of you whom have never smoked tobacco, rest assured it is truly the most God-awful and deadly addiction. If you have smoked for any duration, you understand the health risks it poses to you and your loved ones. You understand the cost smoking has on the American economy. You understand the difficulty (understatement) of quitting. And, you understand the shortcomings (again an understatement) of the currently available smoking cessation products and methods

8/25/2013 7:26:00 AM - VAPERS HELPING VAPERS

Sal Vario my friend spike of vapefest and nvc started me on a dripping ego, ive bin vapeing for two months, with about one month analog free I love the vape. I tried and failed many times to quit cigs smoked for 20 years. I also volunteered at ny vapefest and plan to do so again in vegas. April 18 at 11:52am

8/25/2013 7:35:00 AM - sonsofblades

Having been the victim of the world of peer pressure back in high school, I started smoking and drinking, and have in total for the last 13 years of my life, and regret having even started that disgusting habit to this day.

My several of first attempts at quitting over the years had failed miserably. I had tried using gum, patches, even cold turkey. All it served to do to me was stress me out to no end, massively increase my migraine frequency (of which are lessened in frequency by nicotine intake, in my experience), and made me insanely miserable overall, and with that, I would continue smoking as usual.

That is, until one day I heard about this new phenomenon called E-Cigs. Having nothing to lose, I tried (what I know now to be a crap brand, which I will not list here.), and again I failed.

Fast forward to three months ago, after having returned back to my adopted hometown of Bossier City, I began to feel the need to quit again. Difference is this time, I did my research on the subject.

Now, using Blu E-Cigs at the moment until my custom clearomizers arrive, I have completed my journey to a smokeless future. I breath easier, I'm more energetic, and I haven't felt this good since I was 15 years old.

The one problem I did suffer, and I expect it was a side effect of not knowing how to properly use E-cigs, is the increased frequency of headaches. However, I do tend to get that this time of the year (mid august to December), irregardless of whether or not I'm smoking "analogs" or otherwise.

With all that being said, I advocate E-cigs 100%, as they have been the only way that I personally have been able to quit, removing the effects of over 4,000 chemicals present in "analogs" in my body.

8/25/2013 7:58:00 AM - Sam Vapes

Hi. My name is Sam. I smoked for 15 years, and have hated it for the past 10 years or so. I have tried everything to quit smoking cigarettes, short of hypnotherapy.

I have tried all NRT products in australia, and Champix. All have failed for me.

I have been using an electronic cigarette for 3months now. I started for an initial 2 weeks, realised it was working for me, ran out of nicotine eliquid and ordered some more plus an upgrade to my equipment.

Using these products has not been easy sailing for me. It has been an educational rollercoaster, but a very enjoyable one.

I have used all NRT's as stated above, from tabs, to gum, patches several times. I haven't used the spray. But won't because none of the other NRT's have been effective for me.

I am currently using an ego twist battery with a bottom coil clearomiser but will be upgrading as soon as my vape mail arrives. I will be upgrading to several mods, one regulated one mechanical and am very excited to be using a rebuildable atomiser.

I have been offered many cigarettes in the past few months and have refused them all. Besides the offensive smell and taste, I now feel I am a "non-smoker". I vape instead.

When i started using the electronic cigarette i smoked tobacco occasionally, then ran out of nicotine eliquid. I was devastated and had to anxiously await my nicotine juice which isn't legally available in australia. During this time i smoked tobacco because i felt it was my only recourse and hated every puff of smoke. It was and is disgusting. I can't stand the way smokers smell now. I feel like a hypocrite but this is the truth.

When my nicotine arrived i quit smoking for good and setup a quit day starting as of that day. I threw my tobacco out.

The longest i was able to quit tobacco products, before the initial two weeks of using an electronic cigarette was 2 months. I have exceeded this by a month now.

I am so grateful to the vaping community both internationally (via e-cigarette-forum, youtube, and Aussie Vapers Forum) for helping me on my journey. I've asked so many questions and felt really down on my luck at times, before having my problems solved by this great community. I have given up smoking, and although i use an alternative, I justify this by my experience that this is a better alternative. I have recently discovered that the new NRT spray product uses many of the ingredients that my electronic cigarette uses, and although this isn't proof itself, it is proof enough.

I breath better, I do not get as puffed (I've been exercising regularly since quitting, and I attribute this to the positive attitude i've acquired since quitting)and I've just gone

through the first winter (in australia) where I haven't had a single chest infection. I did have one head cold, but this also effected my child and his mother, so i figure we were always going to cop that one, and i know it would have been worse if i was smoking. I do not wake up coughing my lungs up. I do not cough in the mornings anymore!!! I can't believe it but as i type this it is the truth!!! I used to wake up and cough my lungs up EVERY SINGLE DAY!!! people in the house would know i was awake by my coughing!!!

I am so grateful to e-cigarettes. If there was a way to make them safer then great. Do the research first to prove that they are unsafe. innocent till proven otherwise. If they are safER than cigarettes...yet cigarettes are allowed...then i ask that electronic cigarettes be left alone.

If electronic cigarettes were banned...I would still vape. I won't stop until they are proven to be as bad as cigarettes. I will continue to vape and cut my nicotine dependance by 1mg/ml per month. That is my plan. That's what i'm sticking with.

8/25/2013 9:37:00 AM - Jordan

I started smoking hookah at the age of 18 and, and cigarettes at 20. Almost overnight I went from being a non-smoker to smoking a pack and a half of nonfilters or menthols a day. I owned over 40 hookahs and would smoke a minimum of 2, but average of 5-6 hookah sessions a day. I quit cold turkey when I was 21, but after about a half of a year I found myself using snus while I was at work to get through long shifts. It started slow, but after a while I was ordering my snus online & going through a tin or two a day. I've also regularly smoked cigars, pipes, I did chew for a while, and I even inhaled snuff for a while. I've probably regularly used every tobacco product imaginable.

The first time I tried a vaporizer, it was one of those cigarette-like types and it really didn't do much for me. If anything it turned me away from the idea of vaping for a long time. It wasn't something I even considered. Around a year later I was at a friend's house and my curiosity was struck when someone else who was there had a more advanced mod-type vaporizer. He was blowing clouds that rivaled the size of the ones my hookah created, but I could barely smell them! I asked him what it was, and he told me that the whole setup he had could be purchased for around $50. And the taste, oh it was amazing. I didn't even connect that this device was in any way related to the gas station cigarette-likes I had tried in the past.

I was having health issues related to smoking (constant throat infections that were going to require surgery) but I didn't have any will or desire to quit. Even knowing that smoking so much was killing me, I had no urge to quit and the thought never crossed my mind. I bought my first vaporizer as a curiosity and to have another thing to smoke.

Oddly enough, I was taking a break from detailing my car, smoking the last menthol in my pack and standing by my mailbox when the USPS man delivered my first vaporizer and liquid. I haven't smoked a single cigarette or used any tobacco product since.

About a month into vaping, I went on a road trip and I had part of my vaporizer break while I was sharing a smoking hotel room with 3 chain smokers who smoke 2+ packs a day and the even had several cartons of my preferred pack in the car! I didn't even consider asking for one.

Now I am working my way down to 0 nicotine because I find that it tastes better. I go down 6mg every other time I place a juice order. Vaping has shown me that what I really enjoyed about smoking was the flavor and the clouds, not the nicotine.

Switching to a vaporizer is the best thing I've ever done and that random person at my friend's house probably saved my life in the long run because I was killing myself with tobacco and I would have never quit.

8/25/2013 10:23:00 AM - senior female vaper

I started smoking occassionally at age 16.

The amount and frequency increased gradually over the years until at age 35, I was a daily smoker smoking on the average, a half pack a day.

I continued this for 25 years until I discovered electronic cigarettes.

The first ones I tried, a year and half ago, were the ones that look and taste like cigarettes.

I tried a couple and did not find them satisfying, so I stopped buing them after only a few weeks.

Then about 6 months ago, a friend of mine was 'vaping'.

I tried it and liked it!

I started vaping while continuing to smoke for about 3 months.

Gradually the amount of cigareettes I smoked decreased, until about 3 months ago, when I completely gave up cigarettes.

I like the taste of vaping better than cigarettes now and feel much better than I did while smoking cigarettes.

8/25/2013 11:53:00 AM - Only thing that worked,Tucson,AZ

Gentlemen,

I am a 44 year old healthcare worker who smoked for 30 years heavily. I made many attempts to quit unsuccessfully. The vaping is the only thing that has worked-I am finally tobacco free. For several months I have been tobacco free,and with e-cigarettes I am sure to remain tobacco free. I seriously doubt as a teenager I would have become addicted to e-cigarettes-they're not the same as the real thing. However,this has worked for quitting,and I certainly don't want the fascists taking this live saving device from me. Thank You.

8/25/2013 11:57:00 AM - Greyswindir

Greetings,

I started smoking regularly at age 12. I blame the ease of under age purchasing of tobacco products on my government, specifically the congressmen who benefited from tobacco sales to minors. There has always been a criminal element in our government and there always will be. Shame on those who fail to live up to their oath of office and would rather profit off of the misfortune and ignorance of others.

Because there was no serious effort to stop underage purchasing of tobacco products in my country I could easily buy cigarettes both from vending machines and most retailers who carried tobacco. I could count the number of times a salesperson refused to sell me cigarettes due to my obvious stature as a minor on one hand. Profits and propaganda have always been more important in America then saving lives.

At age 37 I was introduced to what is commonly called the "e-cig". I was very worried about my physical health, specifically the damage combustibles (cigarettes)were doing to my body. So when I heard about e-cigs I jumped at the chance to give them a try. This was back in 2010 and the technology at the time was still a bit shaky. I bought a kit from V4L.com and vaped for about two months before stopping and taking up cigarettes again (I lost my father and all concerns about my health took a back seat to my grief).

Three or so years later, faced with declining health (considerable loss of stamina, difficulty breathing, tiring easily without any physical exertion, a very nasty chronic cough due to smoking, high blood pressure, etc.) I decided to re-investigate the option of vaping. I was hoping the technology had improved and I was right. From the very start of my renewed interest in vaping the first thing I noticed was the advent in better batteries, better cartomizers, do-it-yourself e-liquid supplies, etc. I immediately purchased a large all day battery along with larger capacity cartomizers and flavored e-liquids.

Five months later and I'm still free from smoking deadly cigarettes. In these past five months I attempted (for experimental purposes only) to take a single hit from an analog cigarette. Upon inhaling I was immediately disgusted because the flavor was awful (especially in comparison to e-cigs) and the smoke smelled horrible. Suffice it to say it was a repugnant experience.

The only way I would ever go back to smoking cigarettes is if my so-called "representatives" in congress and the senate somehow managed to make e-cigs and the accessories associated with them illegal. Even then I would try to avoid smoking but I somehow think it would be an uphill battle that I would eventually lose. My doctor vapes, doctors on YouTube recommend e-cigs to their patients and smokers in general as an excellent way of avoiding the deadly effects of combustible tobacco products.

It would be a travesty of justice if these products were "regulated" and controlled by the FDA, who have failed in their mandate of protecting the American people time and again. The FDA is no different then any other governmental organization, profits first, people last. Freedom is synonymous with personal responsibility. I can make my own decisions concerning e-cigarettes. I do not need some slick politician making decisions for me. I do not need "politicians" trying to protect me from the unfounded dangers of e-cigs. Where were they when I was 12 years old?

The current objection to vaping by the establishment is about profit and profit alone. The big Tobacco companies are steadily losing money and they are putting pressure (bribes) on our politicians to make e-cigs illegal so they can recoup their losses and regain their deadly monopoly over the people. It's about time the people were served a little bit of justice, and the paradigm of the powerful suffered a bit.

Sincerely,

-greyswindir.

8/25/2013 12:10:00 PM - Karen

Greetings!

For the first time in 33 years I can confidently say I am a non-smoker. My smoking started around the age of 12 with friends, the usual story. We were just trying it. Of course, I didn't like it and could not for the life of me understand why anyone would want to do this. But, I was young and a rebel, so I carried on. I didn't really learn how to smoke "inhale" until I was about 15 or 16. I would have to steal cigarettes from my parents if I wanted to smoke, so I didn't become a regular smoker until I was about 16 and got my first job. At that time, smokes were cheap and buying a pack or two didn't break the bank at all.

Nicotine became my drug of choice, not by choice, but by addiction. I was a pot smoker and could put that down anytime, but cigarettes were a whole other animal. They had me locked in for the long haul before I knew it. I also suffered from extreme anxiety and depression. The doctor who was treating me for these issues told me I should probably never quit smoking, something about the nicotine being a healthier alternative to psychiatric drugs. Probably not the best advice from a doctor, but I understood why he said what he did. Even though I was given a seal of approval to smoke from my doctor, I made a conscious decision to never smoke more than a pack a day, and I didn't until about 2 or 3 years ago. I'm not sure if something changed in the nicotine delivery of analog cigs or if I was just becoming more dependent on the chemicals and nicotine, but I found myself smoking more and more. My fingers were stained, both my car and home smelled like an ashtray, my hair and body just wreaked of cigarettes. I was becoming extremely lethargic, and it was becoming more and more difficult to breathe or do any kind of physical activity. I did some research on cigarettes and found that they had changed considerably since I was a teenager. There are so many chemicals in them it's unbelievable. One becomes not only addicted to the nicotine but to the 40+ chemicals involved with the delivery of it. The cigarette companies want us addicted and they will do anything to keep us addicted, and I mean ANYTHING. Smokers will eventually die to line their pockets. Once I realized how evil the traditional cigarette companies are I switched to American Spirit. My thinking behind this change was that at least the tobacco is organic and I can get all of those harmful chemicals out of my system before I quit. I went back down to a pack a day. But I still wasn't breathing any easier and knew that my lungs were still getting gummed up with tar. I still smelled bad, I was still burning holes in my clothes. I was spending a lot of money, $2500 a year, by my estimation! Holy Smokes!! I started thinking about all the things I could do with that money, but the most important thing was, I want to feel better. I want to ride my bike and go dancing again.

I mentioned my desire to quit to a fellow co-worker and smoker. He told me about a new e-cig that actually works. Now, mind you, I have quit before for 4 months using the

patch. The patch did help, but it irritated my skin and made huge red, itchy welts wherever I put it. I tried the gum, yuck! I tried the lozenges, yuck again! I had also tried e-cigs but they didn't feel right and tasted very bad after a few hits. I figured I had nothing to lose by trying this e-cigarette he recommended. I'm not here to promote any product, so I won't reveal the brand name of the one I am using but I will tell you I am using a clearomizer and this thing works! I started using it about a month ago. I immediately went down to smoking 5 cigarettes a day. After about 2 weeks I was off of cigarettes completely! I still crave the rituals involved with analogs but I will not light up. I am enjoying vaping more than I ever enjoyed smoking and trust me, I loved smoking. My energy is coming back - I mowed the lawn for the first time in years. I am riding my bike and can take the stairs at work without feeling like I'm going to die. If this is such a bad thing, why do I feel so much better? I can take a deep breath now - I can relax knowing that I'm not filling my lungs with tar and burning smoke. My husband is helping too, he smokes the e-cig upstairs only. But he mentioned to me just yesterday that he has cut his cigarette smoking down to a pack every two days! I'm thrilled for him!! I don't expect anyone else to quit. I wanted to quit, it was my choice, it has to be his choice too and I will not be the nagging wife. I know how hard it is to be a quitter. But, after losing my dad at the young age of 57 to lung cancer, and my aunt and grandparents to emphysema, I know that if I want to live, I have to quit. I don't want to carry around an oxygen tank, I want to dance!

Keep Calm and Vape On!

8/25/2013 1:24:00 PM - Danielle B, New Jersey

I have smoked since the age of 16. At least 25 years of my life as a pack a day smoker. I have tried the patch, gum, pills etc. and they helped with the cravings but I always went back to cigs. I did quit twice in my life, once when I was pregnant and the other time I got really sick and couldn't smoke. Both times I quit cold turkey. The first time, I quit for about a year and a half, and the second time for 5 whole years. When starting smoking after being a quitter for 5 years it was stress related. I kept telling myself I was going to quit (on Monday). That went on for 2 years. I started seeing these electronic cigs an vaporizers more and more often, and talked to people who had success with them, so I decided to give it a try. That was all she wrote. I almost seamlessly transitioned from analog cigs to a vaporizer type

e cig.

I use a battery and clear tank that you fill with e liquid. I actually, like many smokers enjoy smoking. However you can't exactly enjoy the idea of cancer, emphysema etc.. Each time you exhale, not to mention how disgusting cigarettes smell. I know that the studies of health effects from

e cigs are still pretty new. But so far there hasn't been any serious negative reports. I think it was a great trade off. I love my vaporizer, I don't really care about the nicotine level so much. I started out at 16mg about 8 months ago which helped me get off the cigs. Now I am at 6 mg and I'm perfectly fine with it and expect to be nicotine free within the next few months. I know at least 4 other people that were heavy smokers that have started vaping and were able to quit smoking right away. Anyway I absolutely love it. I still get the satisfaction of smoking with out the smell, the tar and other nasty chemicals and I feel good. I highly recommend it as a smoking alternative.

8/25/2013 2:02:00 PM - hoosier

started vaping

8/25/2013 2:18:00 PM - Chuck S Boulder City, NV

I am 65 years old and thanks to ECigs I have been cigarette free since September 25th, 2012. (Almost 1 year as of this writing) I had my first cigarette at age 8. Over the years I became a serious cigarette smoker when I went into the Marine Corps in the middle 60's These were the days when you could buy a carton of Marlboros for a dollar. (Yes and during gas war

8/25/2013 2:30:00 PM - Brie66

I smoked for approximately 20 years. The day I received my electronic cigarette starter kit I binned my pouch of tobacco and have not used tobacco since. Not even a puff- and furthermore I have no desire to. Vaping is different to smoking in many ways but most noticeable to me is that I do not crave my PV like I did cigarettes. There is not the same sense of desperation, or the physical manifestations of cravings I used to get like tingling fingertips, anxiety, rapid heartbeat. I can go a few days without my PV and no longer need that 'hit' in the morning. It is a gentler experience and the lack of other harmful chemicals produced by combusting tobacco means I feel much, much healthier. I mix my own liquid to the strength I require and use quality ingredients. I do not use a device that looks like a cigarette as I want to differentiate my vaping from the act of smoking.

I tried NRT products a few times including the inhaler and lozenges. I found the lowest doses were still too high for me. I can regulate the amount of nicotine myself with my PV and have never felt sick or shaky from using too much.

I hope that e cigarette use is encouraged for existing smokers. I doubt anyone who had never smoked would be interested in trying them and here in Australia they are difficult to obtain and we have to do a fair bit of DIY, making them unattractive to anyone not committed to making the switch. I feel I would not have quit without the ecig and my partner (who never smoked) and myself are so happy I am now smoke free. I would never smoke again while I have access to this device.

8/25/2013 2:37:00 PM - Mike and Lisa, Mays Landing, NJ

Hello All.

My Story..

My wife had been an avid smoker for over 35 years and it has caused nothing but problems in our relationship since I was able to quit smoking 7 years prior. Its caused major problems arguments for us, everything from the smell in the house to the inability to travel because her addiction would not allow us to travel longer than 2-3 hours. She would crave cigarettes so bad she refused to travel longer. If you are not a smoker its hard to imagine the crazy hold these have over you and the illogical choices you make because of your addiction to them. She tried all the traditional stop smoking aids and none of them worked. We spent close to five or six hundred dollars a month to buy cigarettes that were sure to kill her one day. I encouraged her to switch over to electronic cigarettes and to be honest this was not an easy transition for her. We spent hundreds of dollars in different kits and e-liquid until she was able to find the right type of device but more importantly the right flavor (Chocolate Tootsie Roll flavored) which finally made her take the jump away from cigarettes. Had it not been for a variety of vendors who kept working with her to try different flavors and combinations she was sure to continue smoking. I am happy to report that she has quit smoking traditional cigarettes for over one year now, she no longer needs a nebulizers and has not had a bronchitis attack since quitting over a year. She carefully makes her own e-liquid now and has slowly weaned herself down to 4 mg of nicotine. She is now able to travel anywhere she wants without terrible cravings even while not being able to use her e-cig on planes or in restaurants. A ban on flavoring or easy access to nicotine would have made it impossible for her to quit because plain e-liquid did not work for her. Over the counter disposable e-cigarettes just don't satisfy her or most people. If she didn't have access to refillable eGo common kits, nicotine and all the e-liquid components it would have been much harder to switch and eventually wean herself down.

E-cigarettes and Kids..

Kids don't use electronic cigarettes and its not even appealing to them because the flavor is not sweet like candy it's dry and harsh even when sweeteners are added. Smoking is not cool anymore. It stills often has that cigarette after taste because of the nicotine and still can burn the throat like a cigarette does. Electronic cigarettes are neat for adults but don

8/25/2013 3:28:00 PM - Aaron Lane Jr

I started smoking when I was 13 years old. Cigarettes were readily available back then (28 years ago), and I remember that I could just walk into a store and buy them with no problem. Plus, both of my parents smoked, so I stole cigarettes from them all the time. I tried so many ways to quit, when I became wise to what cigarettes were doing to me. I tried all of these:

Chantix. I actually bought this stuff with my own money since my insurance wouldn't pay for it. Then I found out that because I am a truck driver, and I have a CDL, I cant take it without it voiding my DOT physical. Plus the reports of bad side effects of this stuff are legion.

Wellbutrin: Tried it, again with my own money. Didn't work.

Patches: I couldn't get them to light! No, seriously, they have a disadvantage in that you cant have the "hit" of nicotine when you want it. It's pretty much just there all the time. So when the triggers hit you, you are helpless. I believe that anyone who can quit with patches, can quit cold turkey, since that is pretty much what you are doing anyway.

Gum/Counseling: The company I work for (they really are great) paid last year for me to get free nicotine gum, and a counseling 1 on 1 with a live counselor. The poor lady that I was matched with didn't know what to do with me. I honestly did try. But the gum tastes horrible to me. The gum has one HUGE advantage over the patches though. You can have the gum when the urges hit you. I told the counselor that I quit, and you know what? I didn't lie, which brings me to what did work.

E-Cigs: So I was working at a Nascar team's shop (what I do) when I saw a guy that drives a hauler for them puffing on a huge contraption. I found out later that it was just a mod with a big battery. So I went over and talked to him about it. He told me that he was told by the team in no uncertain terms he HAD to quit smoking. So he went to a place in Concord N.C. called Mad Vapes. He told me about the flavors, how the thing worked, how easy it was to carry, and use it. He told me about how he could breathe now, didn't stink like cigarette smoke, and most importantly, how he hadn't had a cigarette in 7 MONTHS! Wait what? I took my happy self straight to Mad Vapes. For a paltry investment of about 100 bucks, I walked out the door with a kit that works. The guys there didn't just hook me up with that everybody else wants, the hooked me up with what they use.

At first I wasn't sure about the e-cig. My initial idea was that I would use it to cut down on the amount of cigarettes I was smoking. The flavor that saved my life was Strawberry Daiquiri. It tastes so good that I USED it, and after all that is the key right? The first day I noticed that I had cut down on the cigarettes. Wow. The second day I only had like 3 all day, down from 40! The third day I ran out of cigarettes, scary. I didn't buy anymore,

and haven't, and never will. The thing is, and this is key, I don't miss them at all. When I walk by someone who is smoking it doesn't smell good anymore, and I realize how bad I used to stink. My pickup truck reeks of smoke, and I will probably never get it out, since my sense of smell is so keen now. I can even smell it on my tool box! How the heck do you fumigate a friggin tool box? I do thank God that I have a great wife who wouldn't let me smoke in the house! I know folks who use the e-cig to quit tobacco, then gradually cut down on the milligrams of nicotine in the juice they use to quit that too. It works. Since you can get the same flavors in any nicotine strength, down to zero, and they pretty much tastes the same.

I share my story with anyone who smokes, and anyone else who asks. And, I wasn't a bit shy about making a special trip to Mad Vapes to thank the guys there.

8/25/2013 4:01:00 PM - Susan Brewster

I have been a smoker since I was 19 and I am now 62.

I have tried patches, gum, quit smoking groups and meds and nothing has made me quit smoking for good.

I had read about electronic cigarettes but thought they could not possibly work for me.

Then my town had an electronic cigarette store open and they began advertising in our local papers. I read about them and looked at the products they offered. It took me 3 months to get up the courage to go to the store, just "to look." I walked out with an electronic cigarette kit and an e-cig, filled and ready to go.

I puffed on it in the car on my way home and when I got home, showed it to my husband, also a smoker. I got the Ego-T rechargeable battery and the disposable clearomizers and 3 bottles of Smooth Tobacco E-Liquid with 18 mg of nicotine. That evening, I had a puff off my husband's cigarette and didn't feel as if I immediately wanted to light one up and was surprised. That was 6 months ago and I have had maybe two puffs from friends' cigarettes and they taste nasty.

I have no desire to smoke again and am shocked. When using the patches or gum, I would slip, smoke and then crave a cigarette like crazy but not with the electronic cigarette. Taking a puff off a friend's cigarette has only reinforced how much I enjoy using my e-cig and have NO desire to return to smoking anything other than an electronic device.

For me, I was addicted to the nicotine, not the actual holding of the cigarette or just a habit. With the e-cig I still get my nicotine, which is what addicts you when you smoke cigarettes, and have no desire to go out and buy a pack. My nicotine delivery system is an electronic cigarette.

My husband quit smoking 2 weeks after seeing me use mine with such great results and has not had a puff for the last 5-1/2 months which is amazing.

I didn't crave, didn't feel angry or depressed, gained not one ounce of weight and have had an entirely positive experience with my electronic cigarette.

I don't cough, have watched my shortness of breath dissipate and am not getting colds and bronchitis like I was when smoking.

For myself and my husband, this device has been a Godsend and I have no desire to go back to smoking traditional cigarettes.

And can I mention the money we save by using electronic cigarettes? For us, these e-cigs have changed our lives for the better, the much better and I certainly do not want

to see them go away or I am certain we will be right back smoking traditional cigarettes with all the negative health results and cost that we have been dealing with for years.

Susan Brewster

8/25/2013 4:42:00 PM - Leah

I have smoked for 43 years and tried EVERYTHING to quit -- cold-turkey, hypnosis, gum, patches, acupuncture, Wellbutrin and Chantix.

I was diagnosed with COPD and have had 2 heart attacks, but still couldn't quit.

I tried the cigarette looking e-cigs but didn't like the weight of the battery and was concerned about losing power and the availability of cartridges.

I tried vaping with flavored liquid, but continued to smoke regular cigarettes.

I also worried about losing power to the e-cig and having to wait for charging.

I could not walk from my car to my office without having to rest at least twice.

The doctor nagged me every time I went to see him to quit smoking.

He suggested I try the e-cigs. (Can't wait to tell him it worked!

But, my health is improving and I haven't needed to see him!).

I read that health insurance premiums will be going up substantially to smokers and that California is trying to pass a $2 per pack additional tax on cigarettes.

2 months ago I found a kit that has 2 batteries (I can have one charging) and I found liquid that tastes like regular tobacco.

I quit cigarettes 2 months ago and honestly feel I will never smoke a cigarette again!

I am SO happy.

I feel better than I have in years!

I don't stink anymore!

My biggest fear is that the government will make this lifesaver illegal.

I worry that the big tobacco companies will push these laws through because they are losing a lot of revenue!

I smoked at LEAST 2 packs a day.

I felt awful physically and emotionally. I had given up on living and actually wanted to die.

Now, I want to live for my children and grandchildren and hopefully will have more years.

God bless the people who developed these products!

8/25/2013 5:41:00 PM - sherri

I've smoked for 25 years.

I didn't expect electronic cigarettes to tempt me away from regular cigarettes since nothing I'd ever tried had.

The gum burned my mouth, the patches and prescriptions did nothing (e-cig experience taught me I like the physical aspect of smoking).

The first e-cig I tried didn't tempt me at all, (it did, however, take me by surprise that I could blow something back out like smoking - that was a cool surprise) but it gave me incentive to try other flavors and styles.

I researched their safety, after all there's no sense in replacing one toxin for a worse one.

I learned they tested to be far safer than cigarettes, and it appeared the studies were not influenced by profit, politics, or any other irrational influence.

After getting one that I actually enjoyed (blueberry flavor), I found myself picking that up instead of the cigarette (I carried both so I always had a choice).

For about 6 weeks I would count the number of cigarettes I'd smoked that week, it ranged from 3 - 7 cigarettes a week.

Most of those were after dinner, in the morning with coffee.

Very quickly I was down to just the first one in the morning w/ my coffee and one during my break at work with the other smokers. Eventually I found myself choosing the e-cig in those instances too.

I never expected quitting results from e-cigs so I never tried to resist regular cigarettes - they simply "tricked" me into quitting.

It's been 15 weeks since my last cigarette - that's amazing for me!

I no longer care for blueberry, it's always tobacco flavor with a little bit of menthol added.

Sounds nutty, but I'm grateful for the scientist that came up with these.

I am no longer winded, I feel so much better.

My addiction was so strong that the anxiety created from not smoking is what made me give up on quitting.

I apparently enjoy the physical aspect of smoking so my short term goal is to eliminate the nicotine, after that maybe the whole smoking/vaping thing.

On the political side, I fear that my government will interfere with this product so badly that I won't be able to continue my success.

The pharmaceutical industry needs to pass the baton on the smoking cessation - this is a far better product.

But even if a person doesn't give up cigarettes for these, like I have, they can use them instead when cigarettes are not an option.

8/25/2013 5:45:00 PM - Ginger Morin

I have smoked cigarettes for over 40+ years, I have tried everything there is out there gum/patch/pills ect... I first tried using an disposable ecig it was a help on cutting back but I was still smoking Cigarettes. Then a family member opened there own ecig shops (ECigCrib)and they talked me into buying a starter kit and I did. What a difference on the amount of vapor that came through and I really enjoyed it.It was more realistic like and lots of flavors to choose from and I have been up grading my tanks and flavors since and have not smoked in over 1 yr and 3 months.

8/25/2013 5:52:00 PM - RlCH_VAP3S

I started smoking at eight years old. I am twenty-five now and had been a smoker for seventeen years. I have tried different ways to quit in the past such as gums and patches. While these did help curb the craving for nicotene slightly they still left you craving the habbit. I was a pack and a half a day smoker when a freind of mine told me about his experience with e-cigs. He smoked about as much as I did and had been three days without a ciggerette and wasn't having mood swings or anything that you go through while trying to quit smoking. So I gave it a shot I bought a refillable and rechargeable e-cig kit from a local vendor and liked it from day one. I started out with a 24mg nicotene strength and never had the first craving. I have been using e-cigs now for two months and have not smoked a cigerette since the day I purchased my kit. Two months does not seem like a long time but in that time I have had several very stressfull things happen in my life and as anyone who has attempted to quit smoking can tell you stress is usually what makes you pick it back up. I have already brought myself down to an 18mg nicotene level and will probly go down more eventually. I don't currently have plans to quit nicotene all togeather thats not why I started e-cigs. I started it as a safer alternative to smoking and am already taking notice to my breathing improving. So if every thing else has failed you where do you turn? I turned to e-cigs and never looked back.

8/25/2013 5:57:00 PM - Jsmoker

I have smoked every single day since i was 16 years old, I am now 67 years old mother of one. Married for 52 years In recent years I have smoked a pack and half a day. I got a V2ciggs kit and using the rechargeable battery's with the cartos, My husband mixes my own juice with 18Mg nic to start with but now I am down to 16MG of nicotine and this is only after a month of use. I plan to get all the way down to 0 nicotine but still plan to Vape flavor juices. I am now am using more advanced electronic ciggs, I have a Ego 1000 I use and a Box type. one with manual button other with a automatic draw, I enjoy the ones w/o buttons more for inside but still use the V@cigg kit when I go outside I like the small size. I have not touched a analog cigg since I started, No longer crave a analog cigg. the 18mg of nic has been very satisfying to me, I however do feel I smoke more regular but now now longer the need to go outside in very hot temperatures to get my fix. My life is better, now my Adult son wants to be around me cause I no longer stink of cig smoke. My tastes are getting a little better, I can breath better. I do not know what I would do without electronic cigarettes, they have made my life better. I only hope they will continue to grow and maybe one day there be no more analog smokers around.

8/25/2013 6:12:00 PM - Lori Mudrick- The Vapor Shed

My husband and I totally quit smoking 11 months ago after getting our e-cigarettes. Now all 10 people in our family that once smoked tobacco cigarettes are using E-cigarettes. Last year in October we went on vacation to Texas and were introduced to the E-cigarette and loved them from the beginning. Our doctor jumped on board and started drawing blood from us ever couple of months. Our blood pressure, cholesterol, and sugar are now down to normal levels. Our doctors told us" way to go, the lungs sound clearer than ever and the cough is completely gone." My husband was able to get off all meds for high sugar and high cholesterol. I am 46 years old and could never afford a brand new car until I quit smoking. Now what I used to spend on tobacco cigarettes pays the payment on that brand new Impala and I just love it.

The E-cigarette has been amazing for us and our family so much so that we now have our own E-cigarette, e-liquid and accessory store called The Vapor Shed here in Ohio. We mix all our own e-liquids and only after 3 months in business are doing amazingly well. The most important part of all this is we are helping people get away from tobacco cigarettes and our doctor hands out our business cards in his office. I would recommend the e-cigarette to everyone!

Lori Mudrick Owner of The Vapor Shed

8/25/2013 6:31:00 PM - dejan

diler

8/25/2013 6:42:00 PM - kenryp78

I started smoking when I was 18. mostly to fit in with friends.

got hooked quickly and became a pack a day smoker. I quit once cold

turkey

for

my 30th

birthday.

started smoking again three years later after starting my own business,

the pressure fit to me and immediately went back to a pack a day.

moved to New York abd the price of cigarettes

cost me double from where I moved from. I

searched for deals on cigarettes all

over.

then found vaping.

did a lot

of

research fir about a month.

reading

blogs,

watching YouTube

reviews.

decided to try a

well known company with a smaller e cig

design that was more like a conventional

cig

size

and shape.

love it! V2

changed my life,

hadn't picked up a regular cigarette since trying it.

looking to start blending my own flavors and nic

levels to eventually stop ingesting nic all

together. I love the convenience of vaping

wherever I want.

plus the added health benefits of not smoking normal cigs

anymore. I have told everyone that smokes about ecigs

and have converted about 5

people so far.

mostly due to the rising cost of

normal tobacco in NY. my e cig cost me

about 1/10th of a

pack

and I make my own flavors.

wish

coke

would help make an e cig

liquid that tastes like their

drink.

that's all I

would buy... cept

for cherry coke

flavor. I

love my e cig and

hope my review helps others to kick the habit and join the revolution!

8/25/2013 7:54:00 PM - Aaron Asher

Hello , I've smoked cigarettes for 20 years , since I found e cigs I have not had a cigarette for 3 months , and I feel better , I can breath again I don't stink of smoke and it does not offend my family and friends , all around just really enjoying vaping more the cigarette ....have a good day

8/25/2013 7:57:00 PM - dmadsen from Berea, KY

I started e-cigs almost by accident. I was going to drive my step-son from Kentucky to California for his first job out of college, and out of consideration for his non-smoking and allergies I wanted to find something so I wouldn't have to smoke in the car. I had recently noticed an e-cig store just around the corner from my house, so I walked over the morning we were to leave. I was hoping they would have a variety of disposable types to choose from, but they only had the eGo style. I had been considering trying e-cigs for some time, but hadn't been able to justify the initial expense if I didn't like it. This time, the consideration of my son outweighed the expense and I bought a kit. I took 2 packs of my normal cigarettes with me on the trip to smoke when possible and/or just-in-case. After the first day or so, I found myself wanting the real cigarettes less and less, and the e-cig was so much more convenient! I was a 1 pack/day smoker for the past 20 years, but those 2 packs lasted me 5 days! I had 2 more cigarettes the day I got back home from California, and have not had one since (about 2 months now). Since then, my wife and her son have stopped smoking in favor of e-cigs, I have convinced 2-3 co-workers to switch, and my Mom was ecstatic when I told her! I did have some temptations to start smoking again as I was not getting a good 'throat hit' due to old/burnt atomizers, but as soon as I cleaned them and figured out the resistance/voltage variables, all is good! I find e-cigs are a viable substitute to regular cigarettes once you figure out what works for you. I find it to almost be a hobby... trying out all of the different equipment and e-juice flavors. And MUCH cheaper than cigarettes! I was on a business trip to Chicago last week, and the ability to be able to use my e-cig in the hotel room and not have to walk all they way out to the lobby to smoke was fantastic! The fact that there is no second-hand smoke, little to no smell left hanging around, and no dirty looks from non-smokers definitely makes me not feel like an outcast. And the possibility of weaning myself off of nicotine completely is a plus, although if I do that, I would probably keep vaping just for the pleasure of it.

8/25/2013 7:58:00 PM - Terry Giesler

I started smoking cigarettes regularly when I was 12 years old. I was a 1 1/2 pack a day smoker until the age of 41. The first time I tried an e-cig was the stick type that I bought at a gas station. I didn't like it much and put it down. After trying a more advance e-cig (with a rechargeable battery and refillable tanks, I was able to totally quit smoking analog cigarettes within a week. I don't have any cravings for analogs, and I can tell my breathing, smell, taste and energy are already getting better.

I can honestly say that without e-cigs, I would still be smoking analogs. I like the nicotine, but not all the harmful chemicals, and cost associated with analogs.

8/25/2013 8:42:00 PM - Terri Lindgren

My name is Terri Lindgren. I started smoking when I was 13 years old and am currently 54, I am female. I quit smoking using electronic cigarettes June 3, 2012 after 40 years of smoking. My lungs are damaged after so many years of smoking but I have noticed a huge improvement in my lung capacity since I switched from smoking to vaping.

In the 40 years I smoked I tried to quit smoking, repeatedly, using patches, nicotine gum, inhalers, hypnosis, cold turkey, medication, diet, exercise, you name it I tried it. Nothing worked longer than 3 months, I would go right back to smoking. I was depressed and desperate to quit smoking. I used to sing on stage as a background vocalist and my lung capacity became so poor I couldn't hold a note for any length of time so had to give it up. I cried myself to sleep, every night I told myself tomorrow I will not smoke, but each day I eventually lit that cigarette. I felt defeated.

Approximately 4 years ago I heard about electronic cigarettes and was going on a trip where I would be in airports a lot. I purchased a kit of the ones that look like a cigarette so I could continue to get my nicotine. I used it for a while even in places where I could smoke but the battery didn't last long so I gave it up. I had been using both cigarettes and the e-cig.

In 2012 we were taking a road trip and I had researched e-cigs and found the devices had come a long way from when I tried them before. I purchased a new kit of the ones that looked like a cigarette and decided I would try not to smoke at all. I did well with them and was buying cartridges that tasted like tobacco, the batteries still didn't last though and the tobacco flavors still had me craving cigarettes. I was still constantly afraid I would give up again but I was more determined this time so I researched more and found the larger versions of batteries and the flavored liquids.

I ordered 2 of the longer lasting batteries and some fruit flavored liquid and finally felt confident for the first time since age 13 that I could give up cigarettes forever. I currently mix my own e-liquid, purchasing only USA made ingredients and have researched exactly what I feel is safest for my health. I use mostly fruit or drink flavors because I do not want to be reminded of cigarettes, plus they have a more pleasant smell when you can smell them at all. I purchase my supplies both online and locally.

There were some negative side affects when I switched. I did experience headaches, sleeplessness and dry mouth, the latter is still there, when I first switched. As I reduced my nicotine strength the headaches have gone away and I vape reduced nicotine in the evening to help me sleep.

I have since encouraged approximately 20 others to try vaping. I share with them what I have learned so they will not have to go through the trials I did when I almost gave up.

I can sing again, though I do so only for my own pleasure. My stamina has increased. I can breathe again. I don't stink. My doctor has noticed health improvements, though he is still a skeptic thanks to government reports. I am spending far less money. There are no more smelly ashtrays outside my house. No more smelly butts. No more dirty ashes. I feel better mentally because I am not beating myself up over my addiction. I didn't initially start using an e-cig to quit smoking but it helped me get there anyway. I bought them to "smoke anywhere".

I have reduced my nicotine level from 18 to 10 and intend to continue a slow decline. I hope to get to 0 and eventually stop entirely but I am not going to worry over it as I used to. That lack of concern seems to have improved my mood, the improved mood seems to make it easier to continue to reduce. I feel hopeful now instead of depressed and disappointed in myself.

I hope my story will be heard. I hope my government will not harm my progress by removing the only thing that has ever helped me or making it so that only the big tobacco companies can afford to produce these devices.

Sincerely, Terri Lindgren Dale, Texas

8/25/2013 9:32:00 PM - Athena

Hello Everyone,

Just thought I would let you all know my story.

I started smoking when I was 15 years old and was upto a pack a

day in a matter of weeks.I smoked for 36 years Over the years

I tried any method to tryand quit cold turkey, NRT of all sorts,

hypnosis, medications and even accupuncture. A few years back I

even tried a cig-a-like sold in mall kiosks for a high dollar amount.

None of those methods worked for me for more that a few days 5 days was my longest attempt, some even had horrible side effects ranging from rashes to uncontrolable anger to severe depression.

Just over a month ago a few friends showed me the simple EVOD type devices they had used sucessfully to quit. I did not see the atvantage to running out and buying yet another device that I thought would not work. Then while wandering around my local flea market I saw a stall selling units(cheap knock offs) and drops for around what I would spend for a carton and on a spur of the moment purchased a set that came with 1 top wick clearomizor, 1 battery a charger and 2 small bottles of drops. I choose tobacco and chocolate in the highest nicotine 38mg he had thinking I needed that ciggarette taste.

I still had 6 smokes in my pack at that point and figured Iwould use

my e-cigg to cut down on the amount of smokes I had each day.

4 of those 6 lasted me over a week and after lighting and puffing on that 4th one 3 times I put it out. The other 2 were trown away.

I have since replaced the flea market knock off with 2 EVODs and

have found that I do NOT like the tobacco flavors. I purchased 2 sampler kits online of flavored "juices" and am suprised to find I prefer subtle bakery flavors, tea and coffee flavors, carmel and

chocolate and some fruit flavors. I have steped down from 38MG juice to 18MG in under a month and will be ordering 11MG on my next orders.

I do not miss smoking....I do not feel deprived...I am not tempermental I breathe better, the weezing I used to have when walking distances or climbing stairs is gone. My sense

of smell has come back (not all good I never knew how bad my dog smelled or how long cooked onion lingered). My tastebuds are regenerating quickly and I cant beleive how much more I can taste.

The only side effect I have noticed is the dry mouth, however since

increasing my water intake that has diminished.

Unlike my other attempts to quit I have even lost weight most likley due to the yummy bakery flavors I have found...who needs to eat chocloate cheesecake when they can savor the taste when vapeing with zero calories ?

Finding this new generation of "vapportte" made it almost automatic to quit smoking, I know I am healthier. I know I am saving money. I have even purchased starter sets for both of my daughters and my sisters. Both daughters no longer smoke, and both sisters have cut back by more than half what they do smoke (I hope to be able to say they have quit as well in a few months).

I use a counter on my facebook page that tells me how many ciggarettes I have not smoked, how many days I have gone and how much money I have

saved...I love seeing the numbers go up. I even had another vaper give me a simple EVOD set up they had upgaded from when my first flea market cheapy died on a tuesday night (an angel in diguise) as I would have

bought a pack of my brand before I could have replaced it.I found a great

forum where I can ask questions and have others answer at my level of understanding (ECF)as well.

The hard part for most to believe is that others in my household still smoke (yes indoors)and yet I have no desire to do so...even with them lighting up right next to me and leaving packs laying around.

I do not need to upgade or make vapeing a hobby. I am happy with my simple equipment and will replace batteries and coils or clearomizors as they die.....but I will never go back to smoking as long as I can get my supplies and "juices"

Athena

8/25/2013 10:20:00 PM - Laura C. from Hurst, TX

I tried my first cigarette at the age of 5, a friend had stolen a pack from a parent and was effectively peer-pressured into trying it. I also had cigarettes with friends off-and-on from the ages of 11 to 15 and by 15 I was a daily smoker. I am now 32 years old. I have tried Wellbutrin, NRT (gum and patches), and quitting cold turkey - and NOTHING has worked for me long-term until I found an e-cigarette set-up to suit me. The longest I ever made it on any other quit method was 11 torturous weeks on a nicotine patches that burned my skin daily and left red marks on my skin for a week after each patch was removed. I desperately want to remove nicotine from my life, so my husband and I can have children. I first tried the cigarette-style e-cigarettes (Blu brand) and the battery life and cartridges weren't strong enough to keep me off cigarettes. After encouragement from my brother who's been vaping for 3 years now and the opening of several vapor shops in our local area, I was able to find a pre-packaged set-up that worked for me (eGO 900 batteries and Kanger EVOD tank). It took about a month of a few days of regular cigarettes/ e-cigarette for a few days back and forth for me to really believe it was working well enough to leave the combustible cigarettes behind. Gradually, I started to hate the taste and smell of combustible cigarettes and I am now 100% cigarette free, currently on e-liquids that are 18 mg/mL nicotine. I plan to reduce my nicotine level in hopes that I can be free of nicotine by the end of the year. I don't enjoy the taste of cigarettes anymore and can even have a conversation with a smoker without touching one. I am grateful there are non-tobacco flavors that make vaping more appealing to me than combustible cigarettes, which has helped me stay off them. I have been so pleased with the switch, I have encouraged other smokers I know to try switching - whether or not they plan to quit their nicotine use, because vaping (while still a source of nicotine) is safer for them than smoking combustible cigarettes.

8/25/2013 11:42:00 PM - Shannon

I tried to quit smoking cigarettes unsuccessfully on several occasions.

I was only able to quit smoking when introduced to e-cigarettes.

Since the first time I started the e-cigarettes...I haven't picked up another cigarette.

My health is better, food tastes better...all around a better lifestyle change.

I've introduced at least 10 people to e cigarettes.

No one has gone back to smoking, including my husband and best friend.

They both smoked a pack or more of reds a day.

They both love the fact that they have quit and it was so easy,

everyone is almost down to zero nicotine.

It is an amazing product!

I am so happy that I have been able to quit after so many years of smoking,

I honestly didn't think it

was possible for me or my friends...especially my husband.

Thanks to e-cigarettes, we re all healthier, full of energy and proud to be non-smokers!

8/26/2013 12:06:00 AM - Mike S.

First I want to say thank you for e-cigarettes I smoked for over 35 years. I tried to quit several times using all types of aids and nothing was useful. I bought my first kit about 14 months ago and never looked back. I started with a high nic level, 36mg and now I am using 6 - 8mg. I feel and smell so much better. I love vaping and hope government will leave this alone, and maybe do something about real issues like unemployment, our governments debt. Thank you

8/26/2013 1:30:00 AM - Christopher Gibbens, from Jamestown, NY

Well, my story is pretty simple. I spent most of my life as a nonsmoker. I'd puff the occasional cigar, but that's it. When I was 36 I began using "little cigars". This increased my use substantially, but never seemed to trigger any type of addiction. I could easily go days without, even after a year of smoking several times per night. I never really enjoyed them, so I guess that helped. I did notice my health had turned for the worse during this time however. Mostly coughing and breathing issues. One day at a local gas station I noticed something new. I saw a display of Totally Wicked supplies. They looked fun. I grabbed a brochure and started researching online. I started seeing beautiful metal mods with limitless options, both in parts and fluids, and it just seemed like a much more fun and healthier option to be able to still puff something when hanging out with friends. I started with an eGo battery and a clearomizer or two. I loved it. It was so much better than tobacco, which again I never really cared for. I have since moved on to bigger and better mods and high end juices. It's far more expensive than smoking, but far more rewarding. It's encouraged me to be better at talking to strangers when they ask what I'm holding, and I've even made some vaping friends. My wife, a lifelong smoker, followed my lead and has quit smoking entirely, and her mother has now quit smoking as well. Although I, personally, could stop using any nicotine product at any time, I know that neither of them could manage to do that before stumbling on to vaping, and for that I am very thankful. I hope that these things last, and are not banned or taxed so heavily as to make them unaffordable. Although they are not generally claimed to be a smoking cessation product, they certainly work well for it. I do not feel they should be treated as a tobacco product. I see these as a similar product to nicotine gum, which certainly doesn't get taxed like cigarettes. In a world where we encourage people to quit smoking, we shouldn't make it any more expensive or inconvenient than it has to be.

8/26/2013 1:56:00 AM - Tom Clepper from La Vernia, TX

My name is Tom Clepper & I'm a 50-year old male living in La Vernia, TX. I smoked cigarettes for almost 20-years and had a 2 1/2 pack-a-day habit. After so many years of smoking, I would wake up every morning hacking & coughing as I reached for my first cigarette of the day. Like most smokers, there were times when I was just sick of it (the smell, the nasty-ness of ashtrays, the smell in your clothes...) but quitting was just an idea as I craved a cigarette so badly when I tried to go without.

I first tried an e-cigarette on a whim when I saw it on a drugstore shelf. Worked pretty good & I liked it but it ran out long before it advertised so I didn't think much of it. Several months later, the wife & I were going on a flight & I knew she absolutely would lose her mind without a cigarette in transit so I bought several e-cigs to get her to our destination. These worked so well for me, I never smoked a cigarette again!

When we got home (it was Vegas, no less!) I found out all I could about what was available, the health risks, the pricing & availability... I started with a cigarette styled battery & refillable cartridge type e-cig (to help simulate smoking) & very soon found the more sophisticated systems to be just as effective a replacement, much less expensive to operate, much longer lasting in battery life, & not a deterrent because they weren't "cigarette like"

I have not smoked a cigarette since that trip & my health has improved tremendously. I can breath, smell, taste - I don't have that cough any more & I can do so much more without getting winded. I feel so much better. I think there is something beyond nicotine that makes cigarettes so crazy addictive. I can go hours & hours without vaping an e-cigarette & do not have that desperate "I gotta have a smoke!" craving like when I smoked "tobacco" cigarettes.

E-cigarettes have changed my life & I could not have stopped smoking without them. They are the perfect alternative to smoking & I enjoy vaping very much. I have even reduced my level of nicotine since I started using e-cigarettes & that reduction doesn't seem to make any difference. I've introduced several people to e-cigarettes and they too enjoy them as an alternative to smoking.

8/26/2013 2:13:00 AM - Tyler, Columbus, OH

It all began in High School, the group I fell in with (nerds and goths) all smoked. We would meet up each morning across the street from the high school under a tree and bum smokes from each other. By the time I was a senior in high school I had begun asking people to buy me cigarettes. Each cigarette was my key into the inner circle of my group. The person with the cigarettes could bargain for favors, or charge a price. At that time I was buying a pack nearly every 3 days. Almost half of each pack was loaned or sold off.

When I finally turned 18, that

8/26/2013 2:37:00 AM - DDJohnson, Seattle, WA

I am a 54 year old woman. I have regularly smoked cigarettes since I was about 17 years old - about 37 years, more than half my life. I am intelligent, college educated, and well aware of all the horrible elements of cigarette smoking. I became addicted in the 70's, as a young person who didn't know or care of the long term consequences. Before trying E-cigarettes about a month ago, I smoked a pack a day, give or take.

I had gotten to the point where I hated everything about being a smoker. The smell, the cost, the social stigma, and of course the health effects. I am a mother and a school teacher, and felt like such a hypocrite when telling my students and my own child not to smoke. I hated racing out during my lunch break for a smoke, then trying to get rid of or hide the smell when I came back to work. I felt ashamed and a horrible person because of this addiction that I felt I had little to no control over. I've avoided or refused social situations and events, car pools, all sorts of things because of my smoking. I've purchased gum, lozenges, signed up for a quit line program, managed to almost quit when I was pregnant. I've been both encouraged and berated by family, friends, physicians, and strangers in public. But I've never been able to quit.

I was watching t.v. one night recently and saw an advertisement for e-cigarettes, so I decided to do some online research. The more I read, the more excited I became. People with stories like mine had found they were able to quit tobacco by switching to 'vaping'. E-cigarettes didn't have a lot of research behind them yet, but what I could find sounded very promising, possibly quite safe, and without any doubt safer than smoking tobacco.

There are currently limited resources for e-cigs in Washington state, and I didn't really want to go into local head shops or questionable appearing smoke shops, but I found an e-cigarette in a local drug store (there was only one brand and two options- regular or menthol, full strength) and bought myself one. I was not terribly impressed. I didn't care for the taste, and it was way too strong for me (I smoked ultra-lights). In fact, I found it to be quite unappealing overall and was pretty sure this wasn't going to satisfactorily replace my regular cigarettes.

So I went back on-line, did some more research, and placed a mail order with a highly rated company for a starter kit and some disposable e-cigs, with a variety of flavored cartridges in the lower nicotine level equivalent to what I was already using. I figured, I didn't have much to lose other than a little bit of money. Within 5 days of receipt of my order, I had completely switched to the e-cigarette, had put down my last tobacco cigarette, and have not smoked a tobacco cigarette since.

The transition was almost completely effortless. I simply prefer the e-cigs. The taste, the smell (or lack of), and how I feel when I use them.

Some of the flavors I purchased work for me, others not so much. The first day of use I only smoked about six regular cigarettes (instead of 20), and put most of them out only halfway smoked. Eventually I realized that I was missing the routine or ritual of actually going out to my smoking spot, lighting the cigarette, tapping the ash etc., so I tried to duplicate that routine as close as possible with the e-cig.

The last time I lit up a regular cigarette, on about day 5, I took one puff and put it out. I didn't like it, and I really wanted the e-cig instead. My physical craving was dealt with, and I was dealing with the necessary behavioral aspects with minimal effort. And I was already feeling better both physically and emotionally.

I have found I don't care much for the tobacco flavors at all. I didn't smoke for the flavor of tobacco. I smoked because I became addicted as a teenager and young adult, behaviorally and physically.

I now 'vape' a range of 'gourmet' flavors; chocolate, coffee, mint, even some of the fruity flavors. I have yet to settle on a particular 'favorite' or routine, but I'm narrowing down my preferences. Having a wide range of flavors in the e-cig has made a huge difference in my ability to make the switch. As long as I have the e-cigarette, in flavors I enjoy, I don't see myself ever going back to tobacco smoke. As I develop new habits, I'm looking forward to reducing my nicotine levels, by using the vapor and flavors that appeal to me, eventually eliminating my nicotine use completely. Maybe vaping is something that I will continue to enjoy, even without nicotine, especially if research continues to show a lack of detrimental health effects. Would that be so bad? I don't think so.

As far as I'm concerned, e-cigarettes, with a wide range of flavors and nicotine levels, are a blessing and should be widely available. Controlled for quality and unavailable to minors, certainly. Heavily taxed, banned, or otherwise made difficult to obtain or unavailable to any adult consumer? Absolutely no way. Banned in public? Absolutely not. They aren't hurting people. These things are saving lives. Hopefully they have saved, or at least lengthened, mine.

8/26/2013 3:48:00 AM - Leave Vaping Alone

I was a pack-a-day smoker for 18 years when my aunt sent me my starter e-cig kit with some flavored e-liquid. I could not go more than 2 hours without a nicotine craving, so of course I had to smoke a cigarette. I have hated smoking for many years and have tried numerous attempts, non lasting longer than a year, to quit smoking. I used wellbutrin and was successful, but endured terrible side effects with negative impact on my daily life, and as soon as I stopped the medication, I was back to cigarettes. I have lived with the am coughing and spitting, the intrusive 2nd hand smoke in public, the constant litter of butts, and the knowledge that I am greatly limiting my lifespan for far too long. The alternative to nicotine consumption is here and I cannot believe it's in jeopardy. I sat down with my new e-cigarette kit 7 months ago, with full motivation to never smoke again, and after my first draw of vapor, have not thought of smoking again. Almost immediately, I stopped coughing and wheezing, and at my 1st physical exam after quitting smoking for nearly 2 months, my dr. commented on my clear airways and asked how long I had been off cigarettes.

I am currently using 12 mg. nicotine in my e-liquid and have stayed at this level for a little over 2 months. I started at 18 mg. and since my goal is to be off nicotine entirely, I am gradually decreasing my dosage, and successfully at that. It was not hard at all to decrease my nicotine level this way. I did not have fits or lash out at people like when I tried to cut back on smoking. I haven't noticed anything different in my persona at all. I stand behind all methods of alternative smoking and I am happy to advocate for e-cigarettes. My health has improved, noticed by myself and family, and my doctor, since quitting cigarettes. I feel better about myself and I am not throwing away countless cigarette butts, and since I buy U.S.A made e-liquid, I am helping small business in my country. My habit is my own now, I control it, and I am not affecting others around me, blowing carcinogen laced biproducts in public areas.

The only negative aspect to e-cigarettes is the ignorance of others, in that since it "looks" like smoking, the stigma is still attached to it. If more positive information was introduced to the masses, people might accept that this is as positive way to quit smoking. I am outraged that this movement is under threat! Let people improve their lives, do not let govt get ahold of this!

8/26/2013 4:21:00 AM - Josh Glendora, Ca

My name is Josh, I was a smoker for over 20+ years. Tried everything from hypnosis, medication, OTC, products to help me quit. Until 2 1/2 years ago, as I was playing catch with my son (8 yrs), I took a break to have a cigarette. My son sits down next to me and says, "Dad, I dont want you to die. Can you stop smoking?" I thought to myself, why am I killing myself for this habit? I told my son that I would look into quitting. I did 3 weeks of intense research on how to quit. As I was researching alternative ways since all the above have failed, I found a website offering e-cigarettes. Did even more research and found that there were many success stories.

I decided to buy a starter kit. Upon the day that I had received my started kit, I was actually excited. Charged up the batteries and to my first puff. Tobacco flavor. I spent a good hour testing this device. 2,3,4 hours go buy and I notice that I havent even had a real cigarette. Decided to give it a go. The next few days I never touched my pack a smokes. Had 7 packs left in a carton of 10 and threw them away without a thought.

Fast forward 2 1/2 years I am still using my e-cigarette. I have increase my health, food taste much better, my love life has increase, no more hacking in the morning, and according to my Dr., I have a clean bill of health.

8/26/2013 5:30:00 AM - Rob W in Panama City, FL

I started smoking in 1986 at the age of 17.

Over the next 26 years I tried nearly every available method of smoking cessation at least once.

Some attempts to quit smoking lasted only hours and some attempts lasted weeks or months with two attempts lasting almost a full year each.

Some smoking cessation products had only minor side effects and some of the side effects were severe.

I have experienced nausea and vomiting with nicotine gum.

Nicotine patches caused me localized itching, insomnia and had dreams.

Attempting to quit cold turkey or with any counseling was never effective for more than one or two days.

Wellbutrin caused severe mood aggravation to the point that it almost caused the divorce; my wife had moved out for a few weeks and only returned when I stopped taking Wellbutrin.

I had the best long-term results using Chantix, quitting for almost a year on two separate occasions.

However, as studies have indicated is typical for this drug, I also had long-term side effects and wound up smoking again within a year.

The side effects experienced with Chantix include dizziness, nausea, extremely dry mouth, lightheadedness, dizziness with a few times falling to the ground, and severely bad dreams that often for severe enough to qualify clinically as night terrors.

However, after nearly a dozen attempts to quit smoking, after trying nearly every available method of smoking cessation, after almost destroyed my marriage, and after 26 years I was still smoking cigarettes.

No method, technique, nicotine substitute, or even prescription medication had caused me to quit smoking permanently.

I knew many former smokers and had seen several of my friends and family members successfully quit smoking but I could not.

I also had witnessed several of my family members suffered ill health effects of their smoking habits including COPD, emphysema, cancer, and their early demise.

I now found that I was a 43-year-old parent of three children and grandfather of one.

I chronically coughed throughout the day, got the flu or a cold at least 3 to 4 times every year, had high blood pressure, and I had the that my demise would likely be untimely and unpleasant because of my smoking.

I was afraid that I might not live long enough to see my youngest child grow up and realize his dreams in life and that I would most likely not see my grandchild grow up.

It became more and more unacceptable to me that it was my bad habit that should be in my control that would cause not only my personal pain and suffering but the pain and suffering of my children and grandchildren having to witness this.

It became very depressing and stressing on me that I had exhausted every method I knew of and yet I was very incapable of quitting smoking.

I started noticing a growing number of electronic cigarette users.

Being completely ignorant that electronic cigarettes do not actually involve tobacco or smoke but instead use medical grade and/or FDA approved food grade materials to carry the nicotine and the flavoring, I was initially against electronic cigarette users and their devices.

However, when I saw my brother using is electronic cigarette, I started asking him questions.

Over the next two weeks, I did exhaustive, extensive research and the idea became appealing to me as an alternative to smoking cigarettes.

On the afternoon of January 2, 2013 I walked into one of my local vape stores.

After two hours of questioning the salesman and trying various flavors, I walked out of the store with my first personal vaporizer (the more acceptable term amongst the informed users for an electronic cigarette).

The batteries were charged enough that I could start vaping immediately.

I never had another cigarette from that point on.

This was not because I had decided that this would be my quit date.

Completely contrary, I fully expected that I would continue smoking regular cigarettes while I became more used to vaping and that as I became more used to vaping, I would gradually decrease my smoking.

However, to my very pleasant some prize, as soon as I started vaping I had no further craving for cigarettes.

Nearly 9 months have come to pass since that day.

I can still tell you the day and the time that I had my last cigarette; January 2, 2013 at 4 p.m.

In those nine months I have upgraded my vaping device.

I am now using longer-lasting batteries and more convenient systems.

I have also changed flavors of my e-liquid.

Initially I had felt that in order to simulate the smoking experience and be more successful, I might need to be using tobacco flavors.

As I sampled various other flavors, I found that I actually enjoyed them quite better than tobacco flavors.

In addition, as my taste buds and sense of smell began to recover from the damage of 26 years of smoking, became less and less appealing to me and eventually became distasteful.

Luckily I had simultaneously began to find many flavors that I still enjoyed.

In fact, I have found that the additional flavors have been very crucial to my continued success with smoking cessation.

Had I been restricted to tobacco flavors, once my taste buds and sense of smell began to recover and became less appealing to me, I feel that I most likely would have reverted to smoking again.

Also, in my ongoing use of flavors I find that after a few days to a week of consistently taping the same flavor, if I do not have another flavor to fall back on then I become desensitized to that flavor and enjoy it much less.

I have found more enjoyment and less cravings by having the ability to change flavors every few days.

If it were not for multiple flavors that were not tobacco, I am afraid that my continued success would be in jeopardy.

My personal preferences are fruit-based.

My wife prefers a tobacco flavor mixed with fruit base.

My brother seems to prefer more exotic flavors.

I know some people who prefer strictly tobacco flavors and other people who prefer dessert flavors.

Most of these people would revert back to smoking regular cigarettes if they did not have a variety of flavors that were suitable to their pallet.

I have also noted other positive health effects since I quit smoking and continued using electronic cigarettes.

Besides improved taste and smell, I no longer have a chronic cough, I have far fewer sinus issues, I have not had any sinus infections, my throat feels better, my breathing is better, I have less acid reflux, more concentration and stamina, less sleeping difficulty, no nightmares, and no more chronic coughs.

My blood pressure, which was only borderline controlled on two different medications, has started to return to normal (this potentially indicates that the hardening of my arteries that was caused by or exacerbated by smoking has ceased its progression and is possibly even reversing damage that had been done).

My headaches have become less frequent and less severe.

I have actually started losing weight even though I am not dieting.

Not only have electronic cigarettes increased my current health, they have also vastly improved my long-term prognosis and my attitude and fears of my early demise.

I have seen improvements in both my anxiety in my depression.

These health improvements have not been just for me; two other people have been able to quit smoking as a direct result of me telling them about my success with electronic cigarettes.

These two people have also seen better health as a result of switching to electronic cigarettes.

Another factor that has led to my success at smoking cessation is price.

It is much cheaper to use an electronic cigarette than it is to smoke cigarettes.

As government taxation has increased the price of cigarettes to 60 dollars per carton, the cheaper price of electronic cigarettes made them an increasingly viable option.

I have an app on my phone that keeps a running tally of how long I have not been smoking cigarettes, how much those cigarettes would have cost me, and what I have spent on electronic cigarettes and supplies.

In 236 days I have not smoked over 7000 cigarettes and have saved over 2000 dollars.

That is nine months worth of no longer smoking 1.5 packs of cigarettes per day.

That means I am saving over 200 dollars every month.

Expense was a big factor in what led me to quit smoking, as it is for many people.

Levying excess taxes on electronic supplies (any taxes other than sales taxes) would decrease or eliminate many people's motivation to quit smoking.

In summary, electronic cigarettes were the only method that I could find in 26 years that offered me a complete success with no side effects, increased health and decreased cost.

In addition to these advantages, a large part of my success with electronic cigarettes was viewed to the fact that there were many appealing flavors available.

Some of my favorite flavors would never have been tried if I did not have the opportunity to taste test them in my local shops, as I do not want to spend money on a flavor that I have not tried and am not sure that I will like.

Using electronic cigarettes has been a very cost-effective alternative to smoking cigarettes, which contain many known carcinogens.

The variety of flavors, local availability, and cheaper cost of electronic cigarettes are a very important part of their appeal and draw two people trying to quit cigarettes.

Many smokers have tried many smoking cessation products and techniques and have failed, yet electronic cigarettes have been successful in helping them quit.

The largest benefit of electronic cigarettes that we users enjoy is increased health, which is noted easily on a subjective basis.

The monetary aspect has both direct and indirect consequences in both the short and long-term.

Utilizing electronic cigarettes is a much cheaper alternative to smoking.

Indirectly, people who use electronic cigarettes experience immediate health benefits and long-term health benefits, which also saves money.

Making electronic cigarettes and supplies more expensive, more difficult to attain, or less enjoyable by restricting the flavors would have a direct negative impact on the health and financial welfare of many people.

To do so would be a very saddening travesty and a complete disregard for large segment of our population.

8/26/2013 7:18:00 AM - B. Hunt

I was an analog smoker for 46 years and the last 20 at 4 packs a day. That is a cigarette every 12-15 minutes. I tried to stop 5 times using patches which broke my skin out in a rash. Gum which made me very nauseated and lozenges which were alittle better but I would hiccup endlessly. When I tried the electronic cigarette 3 years ago it cost $150.00 for a small stick battery and some cartridges and liquid. I thought what a waste and I am on a fixed income and knew I would be spending a lot on both nicotine products. So I thought forget it. Then in March of 2013 I could no longer breathe well and was on oxygen 24/7, and oxygen level with an oximeter was 85. I had a blood test done called an AVG to test oxygen and carbon in the blood and NO WAY!! Oxygen was 40%, carbon was 66%. My Dr. with tears said, B. it is time to quit or you won't be here. I didn't know what to do and prayed and cried a lot which is hard to do when you cannot breathe well. My mother then said, what about those electronic things you had before.

My brother who does not smoke had been the one to tell me about them 3 years prior. I still had the battery, charger, and an old blank cartridge but no liquid. I called the number of the place that had sent me my original but they were long gone. So I went online and Wow... they were everywhere. So I ordered from the next state over and bam I was vaping. Did not want to die but cigarettes are worse than anything I had been on. I am 57 (from the 60's and 70's) so I do know about addiction. It is now August 26th, and I am alive, breathing without oxygen, and my level is 95 regularly. How much damage I did, I do not know, but I will say this, through years of people treating me like the plague, smokers have finally got together to help each other out and we have hit it on the nose. No more 2,000 chemicals, carbon dioxide, tar, and a chance to live. I am appalled that I have to fight for the right to live. No ban on cigarettes? No ban on alcohol? Try to ban an effective alternative to smoking? Is money all that our country is based on now. I do not believe that any vaperers what to put anything bad back into their bodies and that is why tests are done and redone and we don't mind because we want it as safe as it can be but, how did 2000 chemicals get into tobacco in the first place. I ask that we make sure people who really care be part of this eye opening alternative to a horrible killing moneymaker known as analogs. The electronic cigarette has changed and given me some life back. I have passed it on and now several family members are analog free too. I am proud to be a vaper. Thank you to all who had a part in paving this remarkable invention.

8/26/2013 7:32:00 AM - Anonymous

I started smoking clove cigarettes when I was 17 years old. As time progressed, by the time I was 19 years old I'd moved from an occasional smoke once or twice a week to at least 2-3 smokes per day. By the time I turned 20, I

8/26/2013 9:40:00 AM - Tetsab, UK

After smoking around 30 tobacco cigarettes a day for more than 30 years, I was well aware that this had already begun to impact my health quite seriously. All my numerous attempts to quit failed within a matter of days and I was becoming quite seriously scared by the obvious negative effects this long-term habit had already had, along with my prospects for the future. I was also plagued with guilt about this but still never managed to either quit or even cut down substantially for any length of time.

When I first heard about electronic cigarettes in 2008 from a work colleague of my partner, I was immediately interested in the prospect of a far less harmful method of obtaining nicotine without the need to set light to tobacco and inhale the result in order to consume it. I had briefly attempted using Swedish snus a few years earlier but basically did not get on with it at all, so this had become yet another of my failed attempts to quit.

Despite my initial enthusiasm, I undertook considerable research over a period of several weeks prior to purchasing my first e-cig in November of 2008. In common with most people of 50 or so, I was well aware that things are not always as they first appear and scams are hardly a rarity these days. I certainly had no interest in leaping into something which might be just as bad as smoking or maybe even worse.

This research was considerably aided by ECF (the first internet forum I ever joined) and led me to think this technology offered considerable potential but also alerted me to the fact that this industry was in it's infancy. It had also attracted the attention of some individuals I can best describe as get-rich-quick rip-off merchants, so I selected my first kit and suppliers with considerable care. It appeared likely that e-cigs might also offer the prospect of substantially reducing the financial cost of my nicotine habit, which was also very attractive to me.

8/26/2013 12:13:00 PM - Thomas

It

8/26/2013 3:09:00 PM - kevin ward

I started smoking at 12 yrs old and quite heavy approx 20 roll ups a day,that carried on for over 36 years .Gradually going from hand rolling to pre rolled cigarettes and increasing the amount smoked from 20 to 60 a day.I would estimate my daily use to even out at about 30 a day for a good 25 yrs. Snuf was never my thing as it tasted terrible.I tried many times to stop and even after the uk made it illegal to smoke in public places I had no chance,all the counseling ,acupuncture ,patches etc made no difference .I was hooked and like a junkie on heroin. Then I came across the cig look alike and tried it,the flavour wasnt to my liking so I went back and got another popcorn like flavour ,this was better and I saw light at the end of my dark tunnel.I then saw ego type atomizers and after the initial joking that I never would try that way as the expense of 45 quid was to much to throw away [I was very dubious] I tried a kit which cost 25 quid ,it was the answer and I never looked back.I finally realised i liked nicotine and not the 1000s of chemicals in ciggys.Better still could take more or less as I required due to the fluids having variying amounts ,I saw a friend with a different sort of vaporizer and liked how it looked not the original cig look alike but a proper professional looking device,I have come along way in a short time and my health ,taste ,sense of smell and taste are fantastic.I feel free for the first time in all my adult life.Currently I GO TO VAPE MEETE AND HAVE MORE FRIENDS WHOM ARE ALSO PART OF THIS REVOLUTION.i SAY TO EVERYONE

GIVE IT A CHANCE FOR A FEW DAYS AND YOU WONT LOOK BACK.ONE LAST THING TO NOTE IS BECAUSE SMOKING WAS PART OF MY EVERY DAY LIFE AND A BIG PART AT THAT ,i NOW HAVE MORE TIME TO MYSELF,that is something you will have to contend with by treating yourself with all the money you save

hahah.I wish you all the very best ,vape on and live life to the full

8/26/2013 3:26:00 PM - Jim Clabo

I began smoking cigarettes at the age of 12.

I smoked on and off regularly until I was 48 years old, trying to quit numerous ways.

I tried cold turkey, nicotine gum and nicotine patches.

The smoking cessation products were effective for a very short period of time.

Usually, when I would use these, I would be back smoking cigarettes within a couple weeks.

E-cigarettes are saving my life.

I realize that I have a hand to mouth addiction that other smoking cessation products CAN NOT satisfy. E-cigarettes satisfy the habit completely.

They are also working for my wife.

She was a pack a day smoker for over 25 years.

She began using e-cigarettes and quit completely.

The health benefits have been amazing for both of us.

We can both breathe easier, neither of us wake up in the middle of the night coughing and we just feel better in general.

This has prompted both of us to begin a healthier lifestyle all around.

It is easier now to exercise.

From a social acceptance standpoint, people in general seem more accepting of e-cigarettes because there is no smell.

I have begun to preach all the positive experiences and health benefits to friends, family and co-workers who smoke.

I have now converted several individuals, including my mother in law who had smoked for over 60 years.

Her energy level and overall health improved markedly after one week.

My goal with e-cigarettes is to reduce my overall nicotine intake over time and eventually try to quit using nicotine all together.

I have already stepped my use from 24mg juice to 12.

This is the first product I have ever used that I feel 100% positive will work for me.

All other products have failed.

I am a true believer in these because they are saving my life.

8/26/2013 4:08:00 PM - Ken from Boca Raton, FL.

I smoked 30 cigarettes a day for 39 years and tried to quit numerous times using hypnosis, acupuncture, patches, and

inhalers to no avail. I picked up an Ecig about 2 months ago and have been smoke free ever since. It is truly amazing how well this worked for me. I wasn't even really trying to quit, I was just curious. I am so grateful for this product. Thanks Ken.

8/26/2013 4:23:00 PM - brian b.

gentlemen, I started smoking when I was 14 years of age. For the last 30 years I smoked on average 2 1/2 to 3 packs of cigarettes a day. A friend of mine told me about E cigarettes and I tried them. I used cigarette size and bought cartridges for about a week.

I then found Johnson Creeks website and ordered their starter kit, refillable cartridges,

and their smoke juice. I smoked 10 cigarettes the first week and then quit cigarettes

entirely. It has now been over eight months and I haven't had a single cigarette during that time. My breathing is slowly becoming better as well as my sense of taste and smell. After 50 years of smoking I am very proud and happy to have quit cigarettes entirely.

Please understand that I was a smoker who would get shaky even thinking or contemplating quitting smoking.

I currently have a variable voltage ProVari battery and use a tank system for my juice. I have also noticed that as time has progressed that I am vaping less than when I first started. Several people have noticed my quitting smoking. Some, who are active smokers, have asked how I quit. Besides telling them this story I also give them a card that I receive

whenever I order smoke juice so they have the website and if they wish they can try vaping also. I know of at least one other person who I have helped quit smoking by introducing them to vaping. Sincerely, Brian B.

8/26/2013 4:57:00 PM - Philipp Lang

I was smoking since I was 15 - but I doesn't know it perfectly. I remember me

as the age of 6 and collecting/puffing cigarettes that other people threw on the sidwalk.

I enjoyed smoking, at the end i smoked 15-20 cigarettes/day. I could do long-term flights on a plane without horror and craving for cigarettes. I didn't smoked in my house or when other people were near to me - i always tried to go away with my cigarette.

I tried to quit smoking, but only the thougt of "NEVER EVER AGAIN" was killing me. I stopped it about 3-5 times for max. on week.

Then one day, i was able to stop it for half a year, but only with the picture in my mind, that i would/could smoke a cigarette in future if i like. I know people who could do that. Smoking during one evening 2-3 cigs and then stop it. But after the half year, i returned to old habits...

During the half year of, i heared about the ecig, so I checked the topic in the internet. From the first day I was excited, because this was the first thing, i could imagine would be an great alternative for cigarettes. I smoked hookah a lot at college time, and the ecig seemed very similar - so there was

a positiv attitude for it.

Since i started,i never thought of beginning with cigarettes againg. Sure, i tried it sometimes just for the fun of it. I remember a scene: Me standing on train station (in the smoking area by the way) asking for cigarette. Then i smoked/vaped on the same time for a direct comparison;o)

The last cigarette i had to throw away after 3-4 puffs, then holding on my device for relief. I think i will tests cigarettes over and over again in special situations (old friends hanging out) but just for the fun of it. For me the most important thing is: I don

8/26/2013 5:32:00 PM - William Pilcher

I started smoking daily when I was 8 years old as I had older siblings that were smoking . I was diagnosed with copd in 1991 I tried to quit cold turkey with no success. Then I switched to light cigarettes and across the past 22 years I have attempted several times/methods to quit, I tried welbutrin and chantix both of which had adverse psychological effect, I tried the patch but was still smoking which resulted in rashes and high blood pressure,

I tried nicotine lozenges that caused non stop hiccups, then I tried the first generation ecigs with the disposable filter cartridges with great success however the cartridges were supposedly equivalent to a pack of cigarettes each would only last an hour or so and the battery life was about 15 minutes per charge. The filter cartridges were very expensive costing me about 3times more than cigarettes so I went back to cigarettes. In the fall of 2012 some of my coworkers started using the EGO mega ecig kits that use larger capacity batteries and refillable atomizer tanks, after a couple of months watching them and asking about how they worked, how much they cost and what it cost for supplies I decided to try out the EGO after 8 days of smoking and vaping I quit smoking all together. My quit date was January 26, 2013 since quitting cigarettes and only vaping my sence of smell and taste have improved greatly, I no longer have the persistent cough that I had dealt with for years either, I have been dependent on inhalers for the past 5-10 years but have not had to use them at all since March, 2 months after quitting cigarettes.

I now use the Evic mod by Joytech and Kanger T3 bottom feeder atomizer tanks and I mix my own nicotine liquids. I have used my ecig everywhere I go including in the recovery room at the hospital after my wife had back surgery and so far the only restrictions I have encountered is at work where vaping is only allowed in designated smoking areas. Having smoked for 40 years I am happy to say I am an ex smoker and have no intention nor desire to go back.

8/26/2013 6:19:00 PM - Peter Rivera

I started smoking back in high school when I was 15 years old I am now 52 (36 year tobacco habit).

At the time smoking was still acceptable in many venues of our society.

However, by my early 20s I felt it was not in the best interest to continue smoking cigarettes / tobacco. In this era, the 80s, nicotine patches were still not available so my attempts at quitting cold turkey failed miserably many times over.

I attempted to quit in the 90s with the help of nicotine patches with no avail.

I was resigned to dealing with and accepting my miserable tobacco habit until I discovered e-cigarettes or personal vaporizers in 2012.

It took me nearly a month of using both e-cigs and tobacco before I completely stopped smoking.

After that period of time I no longer cared for the smell and taste of tobacco.

However, I continued to enjoy the benefits of e-cigs; no open flame, smell, ashes, stained teeth or bad taste in the mouth.

I also noticed within a couple of months that I had better lung capacity and was no longer hacking in the morning.

All this confirms what I have believed all along; nicotine is not the problem, it is the tobacco and its harmful by-products.

I currently use a mod with refillable liquids in

8/26/2013 9:13:00 PM - Danielle

Hi, my name is Danielle and I had my first cigarette when I was 13yrs old. The people I was always around smoked, so to me it seemed like something people did to relax and socialize. I actually used to buy candy cigarettes and bubble gum cigars all the time, I would also take coffee straws and pretend they were cigarettes, cutting off a small piece at the end as if I was ashing, lol. My dad would even say to me "You're going to be a smoker, aren't you?" Sure enough, I had a friend who was younger than me and her mom would let her smoke so all I had to do was stay the night over there and I could get all the cigarettes I wanted. After that it was more of a social thing, you know. Rebelling, hanging out with all the other smokers who eventually got pregnant or dropped out of school. Me and my friends would always go to the park and bum cigarettes off our friends who were of age, or steal from parents who smoked. So, I smoked all of my high school career, then I joined the military. Of course everyone in the military smokes so its not like I was an outcast for doing it. Eventually it got to the point where I was smoking a pack a day. My motivation for quitting was a combination of things. My own health, not to mention my boyfriend and family always commenting on my smoking. Sure, it got annoying, but the biggest annoyance was always waking up in the morning and hacking my lungs up, spitting out black lung cookies, not being able to breathe through my nose, oh and lets not forget about the expense, about $500 a month, the smell in my clothes and hair. I would get angry at work if it was hectic, and not being able to sneak out for a cigarette was actually starting to put my job in jeopardy. The list goes on. All these variables just started piling up in my mind, but I was deadlocked on smoking. Like an unbreakable spell that's always in your subconscious from the time you wake up until you sleep again. When I tried to quit, I would find excuses to smoke, or procrastinate my quit date, as most often do. Then I discovered the E-Cig. Holy madness, I fell in love!!! No carcinogens, no stink! WAY Cheaper! No teeth yellowing! No going outside in the blistering cold only to give myself a migraine! I have been FREE'ED! Looking back now I don't even know why I smoke at all, and every time I see a smoker, I chuckle under my breath and think "What a SUCKER!" Literally! My goal in life now is to convert as many people as I can to the E-Cig. Its a start to a healthier tomorrow! I Love my E-Cig!

8/26/2013 9:25:00 PM - Brian

I was a 1.5 pack a day smoker for just over 20 years. Tried several times to stop un successfully over the past few years. 2 months ago mr Dr prescribed Wellbutrin to help me quit. That didn't work for me either.

After getting an ego starter kit e-cig with some 24 mg nicotine e-juice I've not had a cigarette since. I've only been quit from cigarettes for 17 days now. But I can can honestly say that the e-cig worked for me from day one.

Within one week I was breathing a lot better & feeling a lot better.

8/26/2013 9:51:00 PM - Jon Everly

Ever since I was a child I was looking up to my older brother since i did not ever have a father. At the age of around 9 I was taken from bed by him to hang out in his room with him and a friend of his at night. we would sit on the floor around an ashtray and smoke ciggs. I could not inhale this only happened once but that's all it took. I was stealing my moms ciggs from then on because she left them everywhere around the house. I remember when i first learned to inhale i was practicing and then just like swallowed the smoke. I was convinced that this was how it was done and ran outside to show my brother.

That was a real crazy time in my life for other reasons as well but i did not do this for long. In any case it was around the age of 14 when i was hanging around my own friends that asked me to smoke with them and I said I quit. But they insisted. And i was hooked from there. I would steal them from stores, my mom, friends parents, and more often then the rest i would find ashtrays in town that were full of half ciggs. As well as finding almost full packs and ciggs around town on the ground. It was full on smoking from there. Even though the times i would get beatings from my mom (and her boyfriends) and I was once choked out and beaten around the back yard (by her boyfriend at the time) for smoking, i could not stop.

I even ended up in jail for steeling ciggs from cars and stores. I still could not stop. I went through hell all my childhood because of ciggs. There are other stories but for time i shaved them.

It was not until I was around 20 that i started to quit. I would try with limited success. I have tried everything from nicotine gum, patches, mouth spray, other smoking herbs, cold turkey, and then one day i was hanging out with a friend whom had just got this e-cigg thing. I had tried it and it just burned my throat. So i but it aside. Then later on the more i tried it from my friends e-cigg, the better it tasted in my throat. We started getting this cigg style e-ciggs. He actually made the cut off. I was not able to give up the real deal so I sat mine aside. Continuing to smoke while my friend vapped for two years with success on no real ciggs.

Now at present day i am 29. I have found a new vaporizing style with e-liquid and metal coils to produce lots of vapor and a smooth throat hit. I use an Encore and an Ego T brand clearomizers with 48mg nicotine e-liquids. I have many of flavors available and i love the gummy bear. I will use any flavor but the thing is you can mix and match and do what MG you want at any time. This E-cigg phenomenon is GREAT! I have now cut back on ciggs a massive amount from a pack a day to 1-5 ciggs a week. And that is because i have to be around all kind of people who smoke right in my face. It is still hard but, i love the way my lungs are not so heavy and i don't wheeze. Much less phlegm and illnesses. As a matter of fact, i went to rehab two years ago and had my first physical in 9 yrs. I

was fine, even from smoking all those years. I do not have any illnesses and feel great. And I op to keep it that way. That was my only doc visit in 11 yrs now. :)

8/26/2013 10:38:00 PM - Zach, 21, Male, South Carolina, USA.

I started smoking when I was 13. By the age of 14 I was smoking a pack a day. When I was 16 my mother survived a heart attack. A year later she was diagnosed with emphysema. At that time her and my dad decided to quit smoking,

I "quit" with them as well. I started dipping because I didn't really want to quit. I eventually did quit cold turkey though, a few months later. When I was 18 I had a relapse, and gave in because of too much stress at work. Cigarettes were the only thing I knew to turn to, When I lit that first one, I'm not gonna lie. It was like seeing a friend I had not seen in over a year. Cigarettes had a power over me and I did not know how to break free from the control that owned my life. I went online and bought a starte e kit for $40. After a month of not smoking a real cigarette and strictly vaping, I was ready to give up again. I was ready to give up because the e cigarette just did not give me the same satisfaction as smoking a real cigarette. It just didn't produce the throat hit that I had when I smoked. So I went online again and found a support forum for vapers. It seemed a lot of people had the same problem as me, andof them tried the same solution and it worked for them. So I decided to try this solution for myself. What was the solution? Being new to vaping I didnt know this,

but there is more than one kind of e cigarette. One is known as an e cigar, or a tank. The e cigarette I did have was the same size as a regular cigarette. So I decided to try the tank. Tanks very in size, but they are all are pretty big compared to the size of a standard e cig with disposable cartridges.

The bigger battery and vape button on the battery allows for a bigger throat hit. The cartridges are also refillable. They are a little more complicated but let me tell you thid solution worked for me. It did take me a while to get used to it, but once I did get used to it, vaping completely got rid of my cravings for a real cigarette. I havent thought about or considered going back even once. It has officially been 1 year and 6 months since I smoked my last real cigarette. E cigarettes saved my life! I want to tell anyone who currently smokes or anyone who is new to vaping, There ARE other options! Don't give up! Just keep trying, you will find something that is right for you! The dangers of smoking are real, and I could not be happier with my healthy alternative.

8/26/2013 11:40:00 PM - Kansas

Started smoking really at age 14 but, I got my first cigarette given to me when i was 9 by my babysitter. I went between a pack or two a day depending on how stressful my day was. I also smoked more while at the PC or driving.

I tried to quit many times.. I stopped for a year at age 16, 6 months at age 17, 6 months at age 23ish, again at age 27 for 9 months, almost a year at age 33 and 6 months at age 42. Give or take a time or two.

I started coughing a lot and i would get this feeling like the circulation was being cut off to my face and arms.. The Dr. did not know what that was but said i had to quit. I had COPD and many other issues.

I also saw the Awareness ads from CDC. Terry i think was the hardest to watch. Though the biggest, strongest reason was my daughter having asthma.. and she started needing breathing treatments.

So i set a date, my 43 birthday, The night before i smoked my last cigarette. I had tried Gum nicotine and regular, Patches that itched and burned and tapering down. 800-quit-now, Prescription pills too in previous attempts.

The hardest 3 things to master was Smoking was my go to for stress and the weight gain and the hand to mouth habit.

I started with century 21 and clean cig cigarette type e cigs, I have been ready to be rid of this habit for a while but afraid of weight gain and my family hates being around me when i over stress. So i put it off, Recently i have been introduced to this vaping.. ego and such brand vapors with flavors and different nicotine levels. I enjoy that it is not like a cigarette and am hoping to decrease my nicotine level and hand to mouth activity...

I have been quit for over a year now.. Only slipped once and it was awful! I do enjoy the e juice, e cig flavors, and hope to lessen my nicotine use over time Starting with lowering on the yummy candied flavors. Are they 100% safe, no Nicotine is not great for you, but as a Dr once told me while i was pregnant and quitting for the umptenth time.. No but far less than that of the Cigarette. I no longer wake to coughing, no more wheezing, i can taste and smell again and for the most part that circulation problem is going. I feel so much better.

The best part of the story is my daughters asthma is so much less of a hardship on her now. Only has needed 1 treatment in the last year and that was because she was visiting a friends house. Next step is getting my husband to using them.. He says he is ready to quit as well. His ego is on its way!

8/27/2013 12:32:00 AM - Christopher Boyd

I was a heavy smoker for over 10 years. I made a promise to my wife that I would quit smoking once I separated from the US Military. I tried using NRT products as a smoking cessation aid, counseling, and other methods of quitting for a few years and could not kick the habit because I enjoyed smoking cigarettes. It was a treat, a reward, during the day. My smoking breaks segmented my day and allowed me to reflect, socialize and relax in my routing.

My wife ran across a kiosk and saw these "electronic cigarettes" one day and decided to tell me about them. That night I went online and did some research on different products, to make sure I was going to give it the best shot I could. I purchased a few different kits and within a few days, I had them in hand.

I opened and began using them that day and have not smoked a single cigarette since. I have new routines, can still be social around others smoking without feeling like i am missing out, and take my breaks where I would not have been able to if I wanted to smoke.

I told my parents and brothers about the products and they have not only stopped smoking from day one, but they also stopped using electronic cigarettes in whole. I can't count how many people I have preached to over the last few years and have been able to completely quit or at a minimum, reduce by a large margin their tobacco intake.

As of now, It has been 5 and a half years since I made one of the best decisions of my life. My health has increased in numerous ways which is important for me as a firefighter. I no longer smell like smoke when I am dealing with patients in the ambulance. My family is not subjected to any of the dangers of smoking.

The best part of the entire story is that I never really wanted to quit smoking, but these products just made it so easy that it was barely even a decision.

8/27/2013 2:18:00 AM - Steven T

I was first introduced to the Electronic Cigarette about a year ago. When I initially tried these and checked in to them I didn't really understand how they worked. Before I tried them, I thought they still produced smoke, which seemed like a terribly bad idea. After gaining some knowledge/insight, I became curious with how they operated and how they affected the body.

A little background: I was more of a casual/social smoker, and would smoke during my breaks at work and not much else. Sometimes me and my buddy would just stay up all night on his porch, rolling our pipe tobacco(nice flavors, such as cherry or a Norwegian spice blend), and smoking those all night. I would come home the next morning to my girl reeking of smoke, and my hands would be stained yellow. This was definitely not appealing. I would also at parties be forced to stay outside and would find myself just smoking non-stop, because I enjoyed the flavors and the way it felt. I think one of the biggest appeals for me was to watch the smoke dance under a bright light in the night sky. Nothing quite as beautiful as that in my opinion.

A friend was using an e-cig and let me give it a try. At first I was skeptical because I didn't know how it operated and what was in it. After thoroughly researching the product, I was amazed to live in an era where an alternative like this was an option. "I can still smoke, watch the smoke, with better flavors, use it anywhere(practically), and not have all the harm/repercussions of smoking? Sign me up!" If you find a good juice vendor(or make your own for that matter), and use quality wicking materials, and I think it goes without saying, vape safe levels of nicotine, vaping is practically risk free(to our knowledge at this time, which I believe long term studies will only confirm this notion.)

To be quite honest, I could probably quit vaping today if I wanted to, and could and have been fine using 0nic juices. The thing for me is, I didn't want to quit smoking, I enjoyed it too much. I have asthma and smoking was always an astoundingly stupid idea for me. I knew sooner or later I was going to have to quit smoking. I just never knew that I would be able to start vaping.

I have noticed various health improvements since quitting smoking, such as an incredible improvement in my breathing, stamina and longevity, personal mindset(I always felt ashamed of smoking or being a smoker, unless surrounded by other smokers. Now I fit in to every social group), and overall general health/well being.

The thing about making the transition and quitting smoking, was it was virtually effortless. I was lucky enough to have a friend who had knowledge on how this stuff worked and get me started with a decent kit(none of that throw away garbage at the grocery/convenience stores, that stuff doesn't work and is probably what's causing a vast majority of the skepticism). Everyone who knew I was a smoker(I had to hide this from some people, and I don't hide vaping from anyone), was happy to see me make

the transition. The only thing that stopped me from making the transition sooner was a.) cost and b.) lack of knowledge/availability.

I try and help a lot of people by educating them on vaping, but it's very difficult when there is a lot of false information out there, and the good information is difficult to come by. What CASAA is doing is a great service to humanity and it would be a shame if uneducated/scared/greedy politicians were to ban this product, which has already saved millions of lives and could virtually wipe out appeal of combustible tobacco products, saving countless lives for future generations.

8/27/2013 3:50:00 AM - enrique chavez

Hi I'm Enrique (Ricky) Chavez. I was a smoker for about 12 years.

Up till a year ago quoting never came to mind till I had my son... I quit for a while bug money issue and work stress made me start smoking again... I needed a way out. I tryed the throw away kits. They made me want to smoke more. I tryed the gum it made me sick... I tryed snus and chew and

i only that I was doing snus and smoking... Then my friend let me try his vape pen. A ego twist... I loved it... It was flavorful didn't stink and it hit the spot really... I loved it. I ended up buying his off of him. He wanted to up grade and I wanted to start! After a while I got more into it and I actually started weening my self down from 12mg all the way to 0mg... Its great no one judge's me or says I smell anymore. I can kiss my son and not worry about anything rubbing off on him... I can breath better I have more endurance again... I feel much better...

I now vape just for the fun of it and the hobby really. Like I said 0mg and I'm doing great!!

I love it and would recommend it to many a person... I've already got 2 more smokers to quit!!!

But long story short it works I love it and my family loves it!!

8/27/2013 5:01:00 AM - Deborah J. Wolfe

I began smoking when I was 16 years old; that was 39 years ago. I have made serious attempts to quit at least 8 times. I quit for 2 1/2 years once. Chewed nicotine gum for the first year of that period. Ruined my teeth doing it, I think. $8,000 worth of dental bills to prove it. Anyway, I've quit for 8 months at least 3 times. I'd quit in March, and go home for the holidays in November and start smoking again. (My mother smokes; we bond in the garage over cigarettes).

I have been through company-sponsored smoking cessation programs, hypnosis, and counseling. I've used a combination of Wellbutrin, nicotine patches, and lozenges (quit for 8 months that time). I've used nicotine gum. And, through all of that, I always went through a bit of "hell" from withdrawal. Anxiety and sleepless nights and panic attacks. Not to mention rapid weight gain.

And it's not just the nicotine withdrawal. It's not having something to do with my hands. And the inhale/exhale is very relaxing, too.

A friend of mine with whom I golf almost every weekend stopped smoking with an electronic cigarette. I had moved away for awhile, and when I got back to Augusta, I went golfing with her. On the way to the course, I said to her (as I lit up a cigarette), "you can smoke in my car, you know". And she said "I don't smoke anymore". Then she told me about her electronic cigarette and demonstrated it for me. I asked her where she got it. She told me about the local vapor store, and the next day I went and bought myself one. I got the lemon drop flavor and a tobacco flavor. I haven't even tried the tobacco flavor, yet.

I haven't had a cigarette since. Not only that, I do not miss smoking real cigarettes. I am so happy that my car smells good again, and so does my house. The air filters in my HVAC intake areas are CLEAN after 2 months. That's never happened before! My hair and clothes smell CLEAN.

I enjoy vaping at my desk at work. I don't need to take smoke breaks anymore. I am more productive. I haven't lost an ounce of sleep since switching to e-cigs. I haven't gained an ounce of weight, either. I don't offend people with my vaping. I am not a social outcast anymore. And I've recommended e-cigs to all of my smoking friends, and they can't wait to try them.

Oh, and the money I've already saved! Ridiculously inexpensive, considering the cost of cigarettes. And I am absolutely certain that the improvement of my health will cost me a lot less in health care. No more suffering from sinusitis and coughs. I breathe easier and work out more without become breathless. I took up volleyball again (haven't played in 12 years) and I feel GREAT.

Seriously, technology has cured the smoking health crisis. And I am ever so grateful for that! I will vape in peace and tranquility for the rest of my life, God willing.

8/27/2013 11:40:00 AM - Sergio

I used to smoke more than 40 cigarettes a day (Lucky Strike was my favourite brand). I

8/27/2013 2:39:00 PM - Debra Bowers

at 48 years olds I felt I will die a smoker. After so many tries at Quitting first cold turkey Many many times! I couldn't take my break(due to too much work

and in four hours I was rude to my manager . I said I was sorry and will not let it happen again , Worried I cant be that way again to my manager. Pay out big bucks for the gum(it cost as much,and it don't work

.

found myself chewing gum and smoking, They both cost too much so got to pick one back to smoking I found the ecig on the internet and was amazed by it! and wondered why I hadn't heard of it before, now something

so close to smoking and gets you to stop smoking

,I knew I had to try . The cost was less and I am glad I did try it got me off cigarette's forever no matter what and in a few months I will be nicotine free. It was a slow process Back when I was only 15 , I

remember making myself smoke ,wanted to be as all the woman were in the pictures, and on TV ,It took me years to

smoke 2

a day, then

3 even

skip days ,then follow the crowd

I am glad there No ads or Smoking in movies now .I didn't feel I would quit in a week or month or even year, after all it took me 30 years to get 2+ packs a day ,and to think I forced one in a day !!! Young people follow what they see, Nothing but Clean Air should go in your lungs, I know some old woman that regrets smoking cant

change much save your lungas Breathe clean air as the birds up high

8/27/2013 5:12:00 PM - Sunny from CHina

before i knew the ecigarette.i smoke everyday,and i never see a ecigarette before.

it's one of my friend introduced this interesting thing to me ,i feel curiosity about it,and tried ,though didn't taste like the real cigarette,but i thought it's interesting, and with a ecigartte in hand makes me outstadning in the crowd.as china the ecigarett is not spreaded widely yet.

now i like all kinds of ecigarette,like dry herb ,wax and eliquid.currenyly i concentrate on the mechnical MOD which use 18650 battery,those mods are big, i like them

8/27/2013 6:05:00 PM - Ken Childers

I started smoking at age 15, I smoked and chewed tobacco products for 57 years, on Nov14th 2012 our daughter showed us an e-cig with butterscotch, it was the last time my wife and I had a tobacco product. Thanks to e-cigs!!!

8/27/2013 6:30:00 PM - Christian - Washington, Pa

I'm 36 and I have been smoking since I was 16. I was one of a family of smokers. My grandfather and uncle have both passed away well before their time due to smoking and I knew that I could as well but the addiction had me. I have tried everything to stop smoking. Gum, tasted bad and burnt my tongue and lips.

Patch, did nothing but make me jitter and feel sick, pills, cold turkey nothing was working I might stop for a day maybe two but never for good. I bought a cheap gas station e-cigarette back in 2010 and it helped cut me back to a half pack a day but then I lost interest because it just didn't cut it.

Well I found the e cig forum and started reading and researching an found a few other ecigarette I wanted to try and on 8/8/2013 I got my first good quality e cig and tank atty with some good quality juice and I have not touched another cigarette since.

I take that back I had one on 8/25.

It tasted horrible smelled bad and made me feel like crap so. I'm proud to say that I am an ex smoker and I'm proud to be an e cigarette user. Thank you.

8/27/2013 6:33:00 PM - Mark Bailey, MN

I'm an over the road truck driver and a heavy smoker for about 20 years. On the road I can smoke 2-3 packs of cigarettes per day easily. I've quit many times, mostly cold turkey, but I always wind up smoking again within a few days. This habit has had a significant negative impact on my life and my family but I just keep smoking. I've been hospitalized several times for pneumonia and I couldn't walk more than a few feet without becoming winded. Stairs were torture. At my last DOT physical the doctor told me if I didn't quit smoking I wouldn't pass my next physical, meaning I would lose my job and end a 20 year career. I couldn't stop. I've tried a few different things over the years to quit but nothing had any impact. I finally came to conclude that it wasn't so much the nicotine I was addicted to but the smoking itself. I still couldn't quit. I tried e-cigarettes (the cheap disposable or prefilled cartridge types) from time to time but they were not at all helpful. They ranged from disgusting to merely unsatisfying. Four months ago I spent two weeks in the hospital with pneumonia in both lungs. I stopped on the way home from the hospital for a pack of cigarettes.

Three months ago a friend of mine introduced me to higher end e-cigarettes that you fill yourself and you can customize the nicotine and vapor to your preference. I knew from my first try that I had found a real possibility. I bought my own setup the next day and it has changed my life! I still smoke about a pack a week but I can see that going away with time. I walk through Walmart now instead of riding on those little electric carts. I can climb a flight of stairs without becoming winded. I can play with my kids for more than a couple of minutes. Last weekend I went swimming my daughters, something I have not been able to do for years. I smell better, food tastes better and I feel better. I mix my own "juice" so I know what goes into it and I can test its nicotine content before I use it. When I crave a cigarette I smoke one, but the cravings come less and less. Most of the time I'd rather grab my e-cigarette and vape. I'll likely vape the rest of my life. Is it a healthy habit, probably not, but it's better than what I was doing!

8/27/2013 7:18:00 PM - Jerry

I smoked from age 17 - now 38 years ago. As a diabetic I realised the need to stop smoking some years ago, and managed to cut a 40 a day habit to 20 a day. With little real urge to quit, I went through counselling sessions and used Nrt. Despite giving up for short periods I always started smoking again. Some months ago I tried rechargeable cigarettes and found them to be generally better than tobacco, but over time found they burned my throat too much. After sampling a relative's EGo, I recently purchased my own. I immediately found them smoother and more pleasant than tobacco. I have very quickly switched away from tobacco. Immediate benefits were a lack of wheezing, and loss of the smell of tobacco, which was becoming an irritation to my ex-smoker wife. I have always been a walker, with no blood pressure issues, but have recently noticed quicker loss of breath. Time will tell, but that seems to have reduced since I have started using vape instead of tobacco. Irritations, such as taking "smoke break" while driving no longer apply as I can smoke in the car without irritating anybody. Many UK pubs have banned gaping, however there are many "no smoking" areas where there is no problem.

8/27/2013 7:24:00 PM - CJ Foster

I was a 2+ pack per day smoker for more than 40 years - finding it near impossible to quit. I suffered a bad bout of Bronchitis in early May of 2012 which had me in the emergency room at our local hospital - I could barely breath yet I craved nicotine - I just had to smoke (or try to). Pretty ridiculous I thought! So I began looking around for alternatives other than the gum or patches which hadn't worked for me. On line I discovered the E-GO e-cig. I started out with apple flavored e-liquid containing 16mg nicotine for the first month. Then I went down to 6mg nicotine following which I easily 'weaned' myself down to zero nicotine content. It was as easy as pie to do! I'd never have believed it possible but 15 months later, I have neither smoked nor craved a cigarette. I feel healthier by far - no longer cough up a storm (amongst other things), nor battle chronic sinus/bronchial issues.

In a nutshell: I enjoy vaping, I don't have to donate an arm and a leg to buy my supplies, I am totally healthier and my vaping imposes no threat to anyone. I hear and see "Quit Smoking" ads in the media on a constant 24/7 basis.

Well e-cigs have helped me and many, many other tobacco smokers achieve their goal to quit - and to maintain that goal.

8/27/2013 7:51:00 PM - Catherine Rice

I am an e-cigarette user and would not have been able to quit smoking tobacco cigarettes & stay off them, were it not for e-cigarettes. I had tried for a long time, unsuccessfully to quit smoking, but was not successful until I used the e-cigarette. Using the e-cigarette with different flavorings, such as lemonade and fruit flavors, is what keeps me tobacco free and hopefully lung and oral cancer free as well. I was able to quit smoking within 2 weeks of starting to use an e-cigarette. Amazing! I haven't smoked a cigarette since then, not once. I am not in the least bit tempted to smoke. I am able to breathe better since I quit smoking, I have a better sense of smell and taste. I no longer stink like a dirty ashtray. I don't get winded when I exercise now. Before, when I smoked I was gasping for breath when I walked my daily mile, but now I can breathe freely. I am no longer a fire hazard in my home since I don't smoke anymore.

I owe my life to e-cigarettes. I don't expose the people around me to second hand smoke from nasty cigarettes, since I quit smoking.

I have been tobacco free since Jan 21, 2012. I will stay smoke free, provided I have continued access to e-cigarettes and flavored e-liquid. I don't use tobacco flavored e-cigarette products, I use fruit flavored e-juice. I use a variable voltage personable vaporizer and different clearomizers and tanks to hold the ejuice.

8/27/2013 7:55:00 PM - Dan

My story is pretty simple.

After 20 or more years of smoking, my consumption of traditional cigarettes had escalated slowly over the years to the point of steadily smoking two to possibly three packs a day.

Several months ago, I picked up an e-cigarette kit, and once I found a system and several flavors that I enjoyed, I went from smoking two packs a day to smoking fewer than two packs a week, and I did this overnight with no cravings for traditional cigarettes whatsoever.

It's a miracle as an alternative to traditional cigarettes, and the absence of tar and so many other additives has an effect that ripples from fingertips no longer stained with tar to clothes and furniture no longer acrid with the sharp scent of tobacco.

Since I've turned to vaporizers, just about every guest in my house has assumed I've quit smoking since it just looks and smells so much better in my world now.

I think a large part of the effectiveness of this system is a direct result of the wide diversity and availability of equipment and flavors.

Giving a person the ability to tinker with and find the best set up for themselves personally is the most important thing in reducing their use of traditional cigarettes and the noxious byproducts their smoking releases into the environment around us.

Removing that variety and cramming unnecessary regulations and restrictions onto a product that's been proven no more harmful than a cup of coffee would have made my personal transformation to e-cigarettes impossible.

I'd have simply given up and written vaporizers off as yet another money-wasting gimmick and continued to smoke and make both my life and the lives of those around me miserable. However, as it is now, I can research the nicotine levels I am comfortable with, I can find products of varying voltage to control the amount of vapor I enjoy, and I can find flavors that appeal to me, and that is what I think makes this a genuine option as a real replacement to smoking.

8/27/2013 8:12:00 PM - Brian Ford from Canyon Lake, CA

Hello, my name is Brian Ford.

I've been smoking between 1/2 pack to 1 pack a day since I was 21 years old.

I am now 28, almost 29.

I started using e-cigarettes a little over 1 year ago.

The reason why I decided to go to e-cigs was because I tried using a Nicotine patch but had a really severe allergic reaction to the patch.

It made my arm go numb, blood pressure spike, and also made me projectile vomit for over 3 hours.

I had to be rushed to the ER.

I had an allergic reaction to a chemical which has still be unidentified.

The doctors could not definitively tell me why it happened.

Then I made an online purchase of the company "Green Smoke".

These are cigarette look-alikes.

I did not like any of their flavors, or delivery system, and they were very expensive after shipping.

I decided to stop using my e-cig and go back to smoking.

Then one of my co-workers recommended "Vaping".

A more complicated, but more effective way to get nicotine.

I absolutely love vaping.

My boss allows it, my car no longer stinks, I've lost weight, I can actually run more than 1 mile now without feeling like dying.

Everything about it has been positive.

I am not exaggerating/lying when I say, nobody has ever confronted, or asked me to stop vaping around them.

Most of the time a random stranger will ask me about it, and how/where to get one.

If bans/fines start being passed for regulations on e-cigarettes, I will go back to smoking.

For my health, the positives of vaping/e-cigarettes GREATLY outweigh the negatives.

People are worried about drugs being used with them, well the same thing can be said for many household products, however there is no ban on those objects.

Ever since I was introduced to vaping, rebuildable atomizers, rebuildable tanks, mechanical mods, and personal vapes - I've been smoke free for going on 7 months, and I feel like I'm back to the old 18 year old athlete I used to be.

I only used smoke-free products like dip because I didn't want to smoke in my car, but I'm quiting that as well.

I do not want cancer.

I started at 24mg nicotine, and currently I'm at 6.

I plan on going down to zero nicotine juices.

I don't think people who've never smoked in their lives should have the right to pass legislation on e-cigarettes, they're not qualified.

If the government starts banning locations/regulating juice companies/making it difficult for new vapor shops to open, you will be complicit in helping people fall back in their ways of smoking, giving money to big tobacco, and causing more cases of cancer.

This is most asinine concern right now.

There have been zero cases of people dying/becoming sick from e-cigs.

The same people who want to ban people from smoking e-cigs around them, are eventually going to go back to people blowing smoke around their children & pets.

E-cigarettes saves lives, improves health, reduces litter on our roads, helps generate local business revenue.

I want to ask the people who oppose e-cigs if they would rather have people smoking or using electronic cigarettes around them?

Both forms of nicotine delivery are NOT going away, people will find a way to get them, so I ask, which one would YOU rather have?

8/27/2013 9:30:00 PM - Brendon Booth, Davis, CA

I started smoking when I was 15 years old and was immediately hooked. I tried many times over the next 24 years to quit but nothing worked for long. I have always had a seriously strong addiction to mainstream nicotine products and chewed tobacco when I couldn't smoke.

3 months ago, my significant other, concerned about my health, encouraged me to start using e-cigarettes and purchased some disposable items. I have always hated my addiction;

that I never had control, that it made me smell, it was expensive, and that the social acceptability has decreased, and I was eager to try any alternative.

Previously, patches weren't effective, SNUS didn't last, and chantix, which is a miracle drug craving wise, wasn't something I could stick with financially.

The cheap, disposable, gas-station e-cigarette didn't satisfy me. One broke immediately,

the next wasn't effective,

so I returned to tobacco cigarettes. My girlfriend wouldn't give up and bought me a kit: e-GoT, rechargeable batteries,

refillable cartomizers, and nicotine liquid. The improved product worked immediately.

Except for an emergency pack of tobacco cigarettes when I had a charging problem two weeks in to e use, I haven't smoked tobacco at all and I have had no desire to.

I am so glad to be rid of smoking tobacco, I can't begin to express. My plan is to step down the nicotine levels in the liquid I use until I no longer need nicotine at all.

Vaporizing has benefited me in numerous ways. The first is that vaporizing is cheaper. I was smoking 3-4 packs of American Spirit each week. That's $30-40 per week in Alaska, where I lived, and $21-30 per week in California, where I live now. After the initial $60 purchase, it costs me about $20 every two weeks for the cartomizers and liquid I need for two weeks at a time. My health has also improved. I no longer wheeze in bed at night, I take longer to lose my breath,

and my endurance has increased. The BEST change, however, is that my girlfriend loves getting close to me and enjoys that I don't stink of nasty stale smoke anymore. Vaporizing has definitely improved my life.

One endnote: I have noticed that although the vaporizers give me nicotine, I can go much longer without "dosing" before I start to go into withdrawal.

With cigarettes,

an hour and a half without smoking would cause me discomfort. I would wake up in the middle of the night to smoke, and a cigarette was the first thing on my mind in the morning. Vaporizing, I have gone 4 hours without noticing, and I don't think about nicotine until I've been awake a little while. It makes me wonder, what ELSE are smokers hooked on in cigarette smoke, if an historically heavy nicotine addict can go without for much longer without nicotine vapor than without cigarette smoke? Maybe I wasn't as addicted to nicotine as I thought. Whatever it is, vaporizing has weaned me from it.

8/27/2013 10:43:00 PM - Clayton Moser

I started smoking in 2005 after a bad break up, and its effects where Immediate. My breathing was labored my motivation was lower, and eventually it led to headaches. Eventually I got my motivation back, but kept smoking as a way relieve stress. But in the back of my head I knew I needed to quit. and when I started flight training I wanted to improve my night vision.

I first tried an electronic cigarette about 3 years ago, and I hated it. It tasted bad, didn't resolve any cravings, inconsistent, unreliable. and too expensive. Inevitably It didn't put a dent in my smoking habits.

Recently a brick and mortar vaporizer and e-cig store opened up near where I live. I had seen videos of people saying how much they loved their vaporizer, the flavor, and saw that they where getting more vapor then the amount of smoke I was getting with cigarettes. I figured I would give it another try. everything was clean, the employees friendly, and professional, far more so than I had experienced at smoke shops. They set me up with a very nice kit, an eGo regulated battery and a stardust clearomizer, and some coffee flavored juice.

I have purchased far more than that since,

and I still use that kit from time to time even now.

I quit cigarettes,

THAT DAY!

About month latter I forgot I ever wanted a cigarette. My vision has improved, I can taste and smell better, I have better coordination, the smell doesn't hang around on my cloths, my headaches are gone, I've saved money, and convinced other people to quit.

Part of the reason I was so successful is that the flavor was excellent! It was not like a cigarette it was something new, interesting, and better. There's no burnt flavors, and if there is, something is operating out if intention.

We should be encouraging people to use vaporizers, and electronic cigarettes. It's an effective, simple, and safe way to quit smoking, maybe even alternative to cigarettes.

That's mine, my doctors, my flight instructors, my friends, my co workers, and my family's opinion too.

Thank you for reading, Clayton D. Moser.

8/27/2013 11:24:00 PM - Nate Broughton (Hutto, Texas)

My name is Nate, and I began smoking at the age of 18. I initially started due to the fact that I had immense stress issues due to the collegiate lifestyle and the act of smoking calmed my nerves. I initially started with a few cigarettes a day, making sure to avoid the cycle of addiction, and trying to regulate myself to avoid the adverse health habits. As I felt myself having cravings for cigarettes, I tried the first rudimentary E-Cigarettes that had come onto the market (Blu, Green Smoke, etc...), but found that they did not give me the same feeling as the actual cigarettes. The small benefit in this is that I became aware of the e-cigarette industry and kept it in the back of my mind for a rainy day.

Fast forward four years later, and I was a firmly entrenched pack a day smoker. I can honestly say that I was addicted at a very deep level. I found that I needed cigarettes to even get through the day. My health was slowly worsening, and I felt like a 50 year old man at times instead of a 22 year old college student. I really felt like I had to make a change. I had tried to quit multiple times before, but I failed each time due to my firmly entrenched addiction.

The day I finally decided to make a change was when I began coughing up brown phlegm after a strenuous workout. The visceral sight of something that had been in my lungs led me to finally look back into the e-cigarette industry for answers. It was by chance that I finally found the "clearomizer" (Vivi Nova) and all of the success stories that came with it. After doing my due diligence, I finally took the leap and ordered one for myself. I smoked cigarettes to feed my addiction until the day it came in. When I finally got everything set up and began vaping, I knew that this was the answer. I threw away my remaining pack of cigarettes (The most expensive pack of my life as I threw away the remaining 18) and never looked back.

6 Months later, I am happier and healthier. My breathing problems went away, I no longer have any issues with hacking coughs, and I no longer smell like an ashtray. As a funny side effect, I have actually began to lose weight due to my choice of flavors. I tend toward the more sweet/savory flavors, and it has helped to sate my sweet tooth in a manner that has jump started a total lifestyle change. I pushed my friends and family toward vaping, and I have helped to spread the word about the benefits of vaping to everyone who will listen.

To any politicians or anti-vaping proponents that are reading my testimony, please understand that I am not an isolated incident. There are millions around the country that are struggling with cigarette addiction that would benefit highly from the e-cigarette industry. I'm even at the point where I more generally use the term "Personal Vaporizer" because these devices could not be more different from a cigarette. These devices are the pathway by which we can create a healthier country free of cigarette

addiction. Please do not get the wrong idea and adversely affect those millions that have made the first (or ongoing) step(s) toward a smoke free life. Where many other devices failed in helping me kick the habit, my vaporizer did the trick in no time flat. Keep them out of the hands of minors, do studies on the secondhand effects of vapor (Which CASAA has already done a splendid job on), but please do not fail to see the forest for the trees. If improving health is the real goal here, then embrace the personal vaporizer and reap the rewards. I already have, and believe me, life is much better without cigarettes. Thank you.

8/28/2013 12:59:00 AM - Stosh(WI)

I started Smoking when i was 16, I tried my first electonic cigarette when i was around 18, It was okay, but the atomizer kept breaking and it became a hassle to keep getting replacements from the online company so i gave up on it, smoked cigarettes for a little while longer then eventually quit right after turning 18.

Around 20 i started a new job and starting smoking cigarettes again to get breaks. After 2 1/2 years i started feeling residual effects health wise. I had shortness of breath when working out, and over all poor lung functions. In the last few months before turning 23 I started having really bad sinus issues and throat problems. I decided enough was enough and i needed to quit again. I looked into some Ecigs and got another Pen style model , i think it was the DSE - 901. It was okay but leaked liquid into my mouth and the flavors werent too good. It also had a weak throat hit. I started to dislike it and although it helped me cut back on my smoking I gave up on the thing. My friends mom had gotten an Electronic Mod like Ecig from a smoke shop 20min away called ItisVapor. I tried it and loved it. It had such a strong fruit flavored taste and a great throat hit too.

I got one immediately and loved it. I Smoke the strawberry and tropical ice flavors, but keep trying to find more i enjoy. I quit cigs on my 23rd birthday and that lasted 5 weeks. Now occasionally when i am stressed or at the bar i smoke a real cigarette once in awhile. Maybe 1-3 a week tops, if not 0. Anyway ive noticed almost 100% health improvements, sense of taste and smell are back way better than i remember them. I noticed i get the feeling like im loosing my voice sometimes though, and I experience dry mouth, and bad breath (maybe due to return of sense of taste).

Either way the benefits seem to greatly outweigh the negatives. Although i would enjoy some real research done on these E Cigarettes. I think its absurd people are trying to ban these things due to claims of "gateway drugs into smoking real cigarettes because kids are attracted to the fruity flavors" That is absurd. Even if kids like the taste of an electronic cigarette, there's no way they are going to switch to real cigarettes that taste terrible..... If anything it deters them, and gives a safer alternative just like it does a method for quitting for real smokers.

8/28/2013 2:34:00 AM - herb garron, Herb396 from Plainsboro, nj

I smoked for 30yrs. As I got older I found that smoking was really starting to limit my physical ability.

For the past few years I would say to myself "I gotta quit smoking" but knew win my heart I just could not break thru the cravings.

I began to research electronic cigs and began watching YouTube vids and then found the ECF forum.

After about a month of research I purchased my first ecig.

Right away I knew I found the key to quitting.

After my first purchase I immediately became physically turned off to real cigs.

I started to experiment with the different delivery methods and have found a truly new way of life.

I can now swim a mile, ride my bike for hours at a time and have competed in several triathlons.

I thought I would be smoking for the rest of my life,,,but now I am free!

8/28/2013 3:03:00 AM - Zach D from Texas

I began smoking at age 16.

Only about 5 cigarettes a day, but eventually was smoking 30 (1.5 packs) per day.

When I was 17 I successfully quit smoking tobacco for 2 months.

This is the longest I have ever been able to quit smoking for out of the 10 or so times I have attempted to quit... That is, until I discovered the beneficial Electronic Cigarette!

I first tried one that a friend had over 3 years ago and thought it was pretty cool.

Roughly 2.5 years ago, I decided to try to quit smoking so I purchased

8/28/2013 4:56:00 AM - Bobb

At age 32 after smoking since the age of 16 I made my 5th or so serious attempt at quitting as my wife was pregnant with our first child. I had tried the patch and gum in the past without success so this time I tried the lozenges. They barely reduced cravings and I also ended up with painful mouth sores. Having a high stress job, one bad day at the office and I would break down and buy a pack of smokes on the way home. After doing this dance a few times I purchased the per filled cigarette looking ecig. These however did not provide an enjoyable experience as the flavor was horrible, the vapor not satisfying and the battery life pathetic. I ended up back with real cigarettes full time in less than a month.

5 years later now my wife was pregnant with our second child and I wanted to make another serious effort at quitting. I had seen the newer ecig supplies at the tobacco shop that I used and discussed my options with the owner.

I purchased a Mod style contraption, a tank and some 24 mg liquid. I am now proud to say that I have not had an analog cigarette in over 3 months (since the day I purchased the device) have reduced the nicotine amount to 12mg and have not felt better in years. I have started working out, lost over 20 pounds and my car no longer smells. Needless to say my wife, family and doctor have been thrilled. Not to mention my neighbors (all non smokers) did not care for my smoke blowing into their house from my backyard are very happy as well. When I drive down the street now and a fellow motorist invades my car with cigarette smoke I am disgusted that the person in that vehicle was very recently me.

The new generation of e cigarettes have changed my life and I am extremely grateful.

8/28/2013 5:11:00 AM - Dr. Ed Gunther (cruisedoc), Ocean Isle, NC

I am taking the time to write to share my experience and knowledge, in hope of helping people, assisting researchers, and aiding those wishing to review the issues involved in using the vaporized form of nicotine commonly, but inaccurately, referred to as

8/28/2013 5:32:00 AM - Will Carlson

Will Carlson

8-27-2013

E-cigarette Story

I grew up in a household with two smoking parents and older siblings who smoked, so naturally I would end up smoking at a very early age. I smoked regularly from about the time I was fifteen years old up until I read one day in November 2008 about something called an "electronic cigarette". About a month later, I had a couple of disposable e-cigarettes in various flavors and strengths. It wasn't long after that, that I noticed that these disposables weren't working very well, and after some research I discovered some modifications that a person could do to improve their functionality.

That started me down a path that would eventually take me through owning virtually every type of personal vaporizer until I found what works best for me. I was never "chasing the perfect vape" or trying to recreate smoking in a new fashion, but rather, just trying to have something that performed well and satisfied me. Today I am a regular user of mechanical "mod" style Advanced Personal Vaporizers and Rebuildable Atomizers.

In addition to the journey of discovering which hardware to use, I had an extensive trial process of discovering which flavors I personally liked. And, after some success and some failure, I found that I enjoy mixing my own "E-Juice" and generally stick with a small number of flavors. Most notably Catalan Cream. Love that stuff.

Now for my soap-boxy part:

There should be no question in anyone's mind that Electronic Cigarettes are not only the safer, healthier, more cost effective and environmentally friendly alternative to smoking; but that they are here to stay. It's obvious that something this relatively new will get the typical response that it has received. One of fear, misinformation and general weariness. But everyone needs to understand that Electronic Cigarettes have helped so many people, and harmed so little. This alternative way to enjoy nicotine needs to be embraced. Embraced the same way people embrace enjoying caffeine, which is actually more harmful. So please, do the research, read the literature and embrace Electronic Cigarettes.

8/28/2013 5:44:00 AM - John Wang/New York City

I was a smoker for more than 20 years along with my wife and close friends. My close friends and love ones that did smoke never really tried or ever wanted to quit smoking. I really enjoyed smoking and only started to think about the heath risks after my daughter was born in 2010. Even with my daughter and not being able to smoke in the house or car any longer. I still couldn't or didn't want to quit bad enough. All my friends and co-workers smoke so it was very difficult even if I wanted to quit. My wife was a smoker for over 20 years as well. I use to smoke a 2 packs a day along with my wife smoking a third pack. It was turning into a very costly habit especially with my daughter being born and all the additional expenses associated with having a baby.

Because of curiously and a 36 hour flight for business. I decided to buy a rechargeable electronic cigarette that had good ratings online. It was called V2 and they were the slim ones that resemble real cigarettes. After my trip I found myself turned off to the smell of real cigarettes and especially when I was around multiple people all smoking at the same time. I guess my sense of smell came back. I then introduced e-cigs to my wife and she quit smoking as soon as she stared using from day one. When I got back, I found myself slowly smoking less and less until I just stopped smoking one day and didn't even realize it. I never thought I was able to quit so I never even bothered to try. The whole process took me about 2-3months. During the last month, I only smoked a real cigarette after meals. Then one day out of no where I just didn't have any cravings for real cigarettes and even found them repulsive to be near. I have not smoked a real cigarette in over 2 years now. Last year I tried smoking a real cigarette just to see if I would still enjoy smoking like I use too. After a couple of pulls, I had to throw it away in utter discus yet I was overjoyed at the idea of never having to smoke again. To this day, I have got gotten over a dozen people to try electronic cigarettes and I'm proud to

say 12 people are now smoke free. Everyone I gave an electronic cigarette to all have quit smoking on or during the first month of using it. Now all my friends, co-workers and their friends all come to me for advice on which e-cig they should purchase or use to help them quit. Electronic cigarettes has now become a passion and a hobby for me. I now just give away electronic cigarettes to my friends and co-workers that are currently still smoking. Even today as I'm typing this, I helped 2 people quit by giving both of them some of my old electronic cigarettes that I don't use. I received multiple tex messages tonight on how thankful they were. Because since I gave them the electronic cigarettes this afternoon, they both have not use a real cigarette since. If it wasn't for electronic cigarettes, I would have never been able to quit smoking. I thank God everyday for this blessing. Electronic cigarettes gave me the opportunity to not only allow me to spend more time on this world with my loves ones. But also not to let my family and love ones worry about my health and harming them with second hand smoke. For this, I am grateful and I show my gratitude by helping others quit smoking either by purchasing one for them. Or by giving them one of many electronic cigarettes I currently own or as

it's called in the vaping world, Advanced Personal Vaporer or (AVP). It would be a very sad day if for some reason my friends and I were no longer able to purchase electronic cigarettes. It would even be a sadder day for the rest of the people in the world that has not yet had the opportunity to try a electronic cigarette.

8/28/2013 5:49:00 AM - kris doney, pennsylvania

as a former pack-a-day smoker for close to fifteen years, i had tried all the tricks and tips...gums, lozenges, patches, etc. with no success.

i liked smoking. i enjoyed the action of smoking. the inhale, the sensation in nose and throat, in addition to the nicotine.

i was addicted to smoking, not just nicotine. although these other options worked for others, i could not kick the habit. six months ago a friend had introduced me to his cig like battery, and i decided to give it a try. i bought a few gas station disposables, and it wasnt working for me, so i continued to smoke, while supplamented some of my cigarettes for the disposables. i reduced my cigarette habit to less than half a pack with the gas station disposable until one day i just woke up and committed to going a full day without smoking a cig... then two... now its been six months without cigarettes and i will not be going back..i save money, i feel healthier, and i dont reek of tobacco..i have a collection of flavors and equipment that i use daily, and it works for me...still get my nicotine, and the smoking sensation, without the coughing and wheezing that once was..

8/28/2013 6:47:00 AM - Christina Jones, College Station, TX USA

I am in my early 40

8/28/2013 7:39:00 AM - J. Scott Bugher

My name is J. Scott Bugher, and I was a smoker for seventeen years, fifteen of which were spent trying to quit. I tried the gum, which at first made me feel like I was having heart attacks due to the suggested dosage, but they kept me from smoking for a couple of months. Then I began smoking cigarettes again, using the gum intermittently, meaning I had two habits I needed to quit. I then switched to dipping tobacco, which was my main habit for some time. After falling into a deep depression due to life conditions, I began to both chew and smoke. I wanted to stop, so I began purchasing disposable e-cigs from convenience stores. Then, again, I had another product I was using intermittently between dips and smokes. The bottom line is that I was dipping, smoking tobacco, and using disposable e-cigs all at the same time. My total monthly costs to maintain this habit was over $300.

I've only been using vaping products, the kind with batteries, cartomizers and nicotine liquid for only two weeks and the story goes like this. I am a musician, and two weeks ago I was playing a gig. Before my performance, I was puffing on a cheap e-cig when a musician from a different brand asked what I was using. When he found out, he pulled out his vaping device and convinced me to look into the brand he was using. The next day I figured "why not" and ordered a kit. Ever since I have not craved tobacco in any form--at all. I vape exclusively and do not use my device intermittently between tobacco product usage. I am no longer hacking up and coughing violently in the morning, my inner lip and gums have healed, and I have significantly reduced my spending.

Now that I know that vaping products are at risk of regulations, or a ban even, I am worried. I mean, vaping is saving my life. My body is healing physically and mentally due to vapor devices. I must agree, though, that online vaping vendors need to cool it with regard to making vaping a "hip" thing to do, meaning enticing minors to participate. I mean, who is going to be the most attracted to a vaping device with a rainbow pattern on the battery, a purple clearomizer, and cherry flavored liquid? Not an adult who has suffered from using tobacco products.

I believe that due to the fact that vaping is at risk and has already been banned in some areas of the US, manufacturers need to take responsibility with the marketing of all of their hipster products and reduce them to utility products that offer ex-tobacco users a safer alternative, especially the mainstream e-cig companies who air television commercials that star celebrities. We should not use a "Marlboro Man" to promote such products, but rather, we should use evidence and testimonials to prove vaping is nothing but beneficial to ex-tobacco users.

My final statement is: I want to vape and believe in one's liberty to choose to do so; I even support one's liberty to smoke conventional tobacco cigarettes. It is up to us to make our own informed decisions. However, I believe in spreading the word regarding

vaping to smokers and dippers since they may think the e-cigs that exist are only those available at convenience stores and mainstream shopping markets. I believe in this because I thought e-cigs were reduced to those found is such places. I had no idea that one could customize a device that would actually work with all of the hardware and liquid available online or at specialty shops.

As a pop culture magazine editor, I am going to begin writing articles for my publication Split Lip Magazine since our audience is made up of those who are in their mid-twenties to mid-thirties, and since I am convinced that some of them use tobacco products, I want to raise the level of awareness with regard to vaping devices.

Thank you for reading.

J. Scott Bugher www.splitlipmagazine.com

8/28/2013 8:40:00 AM - Candi Baker

I started smoking when I was 14 years old. From 14-24 I smoked daily, from 24-32 I smoked off and on, quitting twice for several years each time with chantix. I tried chantix a third time a couple of years ago, and I got some bad side effects, so I had to stop taking it. I attempted patches and gum, but they didnt work for me either. Last year I got a couple of disposable ecigs from gas stations, I wasnt too keen on the flavors, and the throat hit was too strong for me. I cut down on my smoking slowly, but wasnt able to stop totally. I saved up some money and went in half with a friend on a rechargable ecig kit, within two weeks I wasnt smoking regular cigarettes at all. I enjoyed the flavor of chilly strawberry juice, which is a minty strawberry flavor. I usually smoked menthol before quitting, and the mint in the strawberry helped me with quitting.

Ive been off of regular cigarettes for around 6 months now, and I feel so much better. Im saving quite a bit of money since I only spend about $15/week on juice instead of $30+/week on regular cigs. I live in Washington state, and unless you drive to Idaho to the reservation and get a carton of harsh cheap cigs you pay about $9/pack. Going from $1.25/pack when I started smoking back in 1993 to $9 is pretty hard on the pocketbook.

A few improvements Ive noticed are that I breathe easier, dont get a sore mouth/throat, I sleep better, my stomach isnt upset as often, along with quite a few others.

If you are wanting to quit smoking, you should give ecigs a try. Theyre cheaper than other cessation methods like gum/patch/pills, and you can wean yourself off of nicotine fairly easily. The only reason I get any nicotine at all is so I can get the flavors I want. I go back and forth between no nicotine and 11mg depending on the flavor. I also make some of my own flavors, and they turn out quite well :)

8/28/2013 12:23:00 PM - Tom Plesha

Hello, let me make this as short as I can.

I never would have been able to stop smoking cigarettes without the use of electronic cigarettes and e-liquid.

I was about as addicted as a person can be, to the point of irrational and even violent behavior if I couldn't get my cigarettes.

I used to smoke 35-45 roll-your-own cigarettes a day, the kind that have a tube of paper and a very short filter.

I have not had a cigarette in 3 months and I feel so much better, I can breathe again, I can smell again, I can taste again, I can run again.

I cannot impart how easy it was to make the switch either, by far the best smoking cessation process ever and the only one that ever even had a chance for me.

Thomas Plesha, 32 year smoker

8/28/2013 12:28:00 PM - PrinceSayian/Orlando, FL

I was a smoker since i was 16 years old. I smoked a pack a day and sometimes more. I had a scratchy throat and trouble breathing and even developed pneumonia at one point and spent 2 weeks in the hospital. The only thing that saved my life at that time was the fact that my lungs were still strong. It was at that time that i knew i needed to stop smoking to keep them that way. I spent over a year trying everything from chantix to cold turkey to meditation to help me quit smoking. Nothing worked for me until a friend who was forced to quit smoking because it was effecting his psoriasis, let me try his e cig. I tried e cigs before but they werent enough to get me to quit. This one was different and felt like something i could get behind. 2 days later i brought one of my own and never smoked another cigarette again. That was a year ago. I enjoy Vapeing now and my body feels great. I am now an advocate to every smoker i see to help them make the more to e cigs for the betterment of their health and the health of those around them.

Keep Calm and Vape On!

8/28/2013 12:51:00 PM - Cristian S. from Montreal (Quebec)

I smoked for 5 years like a madman, from age 17 to 22. I did not look into quitting, and then into electronic cigarettes, for health reasons - I was a Benson & Hedges addict and could not bear the $10-20 cost/day of cigarettes anymore. Also, my family was pressuring me to quit because of... all the obvious reasons.

From age 19 to 22, I tried the "accepted & proclaimed" methods of quitting, starting with gums, then patches, then Champix. The gums and patches were big losers in my case, from all points of view. Champix was very efficient in terms of "I really don't care for a cigarette", but unfortunately I had to stop it because of the side effects (weird dreams and thoughts, depression, gastroesophageal reflux). I was going back to smoking tobacco cigarettes immediately after every attempt to quit, until I started e-smoking in February 2012.

After several hours of research, I found an e-cig model that satisfied my needs at that moment - cigarette-resembling, not too expensive and not too good. Even though that model was very disappointing in terms of quality, it was enough for me to get the idea and realize that what I had in my hands really was the beginning of something great. I switched to a more advanced pen-style model and became, irreversibly, a full-time e-smoker. At first I was vaping a 24-mg e-liquid, then decreased to 18-mg. I am now fluctuating between the 18-mg strength and a 24-mg that I dilute myself to about 20-mg. I only vape tobacco flavours.

Even though at first I was vaping and smoking at the same time, I liked to consider myself a full-time e-smoker nonetheless, because I was not smoking tobacco cigarettes out of pleasure (in fact, even the taste and smell of smoke were unpleasant to me), but because I had problems with that model and I had to have my nicotine. After I got a better model, I said 'bye bye!' to the tobacco cigarette definitively.

Now, about the quality of my life since I started e-smoking... it's indescribable. I honestly feel today that it changed my life and I regret not getting an e-cigarette the second I heard about them (it took me more than a year of "meditation"... before actually buying one). As I mentioned previously, I did not switch for health reasons, but for monetary reasons; however, it is impossible not to see an amelioration in your health status after a few months - no more sneezing lungs, perfect smell and taste (unfortunately, sometimes :)), I sleep better, I can concentrate better, I lost a few kgs because being physically active is not hard anymore, etc.

Also, I had two surgeries - unrelated to smoking or vaping: one when I was smoking and one when I was e-smoking. The first one (light surgery) took looong to heal and I now have terrible scars; the second one (hard surgery) healed so fast that my surgeon said I probably have "Superman's genetic material" (yeah, he was probably right). The funny

part is that after the second surgery I was so bored of staying in bed all day that I was literally vaping non-stop (i.e a LOT more than I normally do).

After this experience, I opened an online e-cigarette business (a few weeks ago) because I KNOW these little electronic devices are... life-changing. (I will not provide the link because this story is not for commercial reasons, but the plain truth about how e-cigarettes helped me do something I thought was impossible almost 2 years ago - stop polluting my body with tobacco cigarettes).

If you are a smoker... don't be stupid. And, most importantly, do not let newspapers shape your opinion - unless you know on whose payroll they are. Read independent studies and forums, and get yourself an electronic cigarette as soon as you can. There are plenty of online stores, and some of them actually have good products. You just have to do a little bit of research beforehand. If you need help or have questions, send me an e-mail at no.wisdom.teeth@gmail.com and I will give you advice. Remember - I was in your shoes, not long ago.

Cheers, C.S.

8/28/2013 1:53:00 PM - Mary from Florida

I began smoking as a young teenager, 14 years old.

I am now 43.

In the early 1980's you could buy cigarettes from vending machines in the mall no matter what age you were.

My mother smoked, along with most of my family, but I attribute my smoking more to peer pressure.

All your friends do it so off you go.

I quickly became addicted to smoking and NOTHING enticed me to stop.

Friends and family dying horrible deaths after chemo and radiation treatments didn't work.....none of this phased me.

I smoked during 3 pregnancies.

You see the disgusting commercials of smokers with a trachs in their throats and warnings everywhere you look.

It doesn't matter.

You want to quit but the urge to smoke just wins the battle every time.

My cousin successfully quit smoking with an electronic cigarette so I gave it a shot.

The first I tried was a disposable from the convenience store, I believe it was called a blue.

It was disgusting and not enough vapor to mimic a cigarette.

It tried to replicate the cigarette tobacco flavor and failed miserably.

I then learned about the ecigarettes with flavors and this sparked my interest.

If it can't taste like your cigarette, I would rather it be something completely different that does taste good.

I tried the Vapor for Life with the cartomizers but it was too difficult.

The batteries didn't last long enough and the cartomizers kept getting clogged up so I would still smoke cigarettes.

I am now 2 months using Totally Wicked's Ego-C Tornado tank with an atomizer.

I have not even been tempted to buy a pack of cigarettes, not once. I can be around other people smoking and I don't even want their real cigarette.

Amazing!

I mix my own liquids mixing Tobacco and Mocha or a fruity flavor.

The tobacco does not taste like a real cigarette, more like a caramel.

I started at 18 mg of nicotine and am now down to 12.

I plan to keep reducing my nicotine at intervals until I am free of nicotine.

This has had a tremendous impact on my health.

After so many years of smoking, I was feeling the effects.

I was short of breath and had a constant nasty cough.

I was also told my snore rivaled that of a freight train.

Less than a week after switching to ecigarettes, there was a huge difference.

My cough was GONE!

Over the last 2 months I breath much easier and am able to do more physically without being exhausted.

It has also given my husband the gift of a peaceful night's sleep as I don't snore anymore and middle of the night coughing is a thing of the past. For the first time in almost 30 YEARS, I have hope of a longer healthier life without smoking.

Please let the ecigarette industry continue as it is. Don't make it an over regulated industry too expensive for the current companies to stay in business. Each person has a preference on their type of ecigarette whether it be disposable, cartomizer, tank and ability to mix their own flavors.

The multitude of companies keeps the choices varied and the prices low.

Part of the reward, other than improved health, is the monthly financial savings from not buying cigarettes. I believe I have given enough of my life and money to "Big Tobacco" companies.

8/28/2013 4:20:00 PM - kwcrowley

I smoked 2.5-3 packs per day for 31 years and was always the guy that said (when told I should quit) "I'll quit when I'm dead"!

I tried a disposable e-cigarette from the smoke shop when I was buying 7 cartons of cigarettes for the month on Feb. 3rd 2012. I used it the next day for approx. 7 hours and then it went dead, other than being disappointed because it wasn't equal to 2 packs of cigs, and hating the way too minty instead of menthol flavor, I didn't feel like I needed a cigarette. I went online to find a re-chargeable system.

My e-cigs arrived on March 12, 2012 at 11:35am. Other than trying to light a cigarette about 2 weeks later and getting very nauseous, I haven't had, or wanted a cigarette since. On April 15th 2013 I dropped my nicotine from 24mg to 18mg, and now I'm down to 15mg. I much prefer this to smoking, I feel better, I don't get sick anymore, no coughing in the morning, my clothes, car, and house don't stink anymore. My friends and family are both; very proud of, and happy for, me.

Thank you for the opportunity to share my story, I hope it helps many others to quit smoking.

8/28/2013 4:39:00 PM - Kris Hinkle, Colorado

Kicking and Screaming: That is how my Husband would describe my time of decision to quit smoking. I was ALWAYs defending my right to smoke, the enjoyment I felt, the relaxation, and , I suppose my rebellion.

I was 45 years old, and it was MY life.... My parents were both heavy smokers my entire life.

Daddy and Mom were happy, fun loving, and lived how they wanted.

Daddy died in 2007 from Small Cell Carcinoma lung cancer, just 5 days after diagnosis.

Mom died 3 months later from end stage Lung cancer.

I started smoking seriously at age 18, quit during pregnancies, but returned as soon as I could!

I had many failed attempts at quitting because honestly I had NO desire to lose the habit... Children and family kept harping on me, and I always said I would quit when I wanted to.. Well, that never happened.

Many years later, in Aug. of 2011 we had taken our adult children and their families on a wonderful family vacation. Perfect serenity in the mountains of Colorado.

The day they left, Hubby and I had two extra nights in the cabin, but it was cut short, He had to rush me to the local hospital (17 miles from where we were).

I had a terrible case of pneumonia. High fever. Admission into the hospital.

The Docs kept saying something that was annoying, "please get your follow up x-ray when you return home.

Ya, I will.

But this time it was the way they were saying it.

Returned home within 5 days, Went for follow up x-ray, and my Doc called me THAT DAY.

I was ordered back for more tests. THAT DAY.

OK, I was 45, my parents hadn't gotten cancer until they were in their 70's.

What was up??!!

That same day I got the news.. NOT CANCER, HOWEVER...TO A 45 year old mama of 4, gramma of 4 I did NOT want to hear what was coming out of my Docs mouth. .. COPD, Bulous (sp) Lung disease, and Emphazema.. Seriously?

This day sucked.

SAME DAY... went to Pulmonary Doc... He gave me the low down.. He can help me stay alive for 5 years if I continued to smoke, or I could do the impossible and quit smoking, and have a much longer life span. HUMMMM... Rebel with a cause.

I decided that day,, I would quit.

However, I KNEW I needed help.. My Doc is the one who told me about the E-Cig.

I ordered it, expressed shipped it,, Praised the Heavens when it arrived,, Cried when it worked.

The day I recieved my E-Cig, I NEVER , not once, picked up a regular cig again.

I still cried for 3 weeks after quitting, but the E-Cig gave this stubborn woman a chance to actually LIVE.

I will continue to Vape.

Because My Doc says My disease is completely under control, and I have IMPROVED!!

I plan to watch my little gran babes grow into beautiful adults!!

I have to say, Without the E-Cig, I would be closer to death, and without hope. The patches, gum, medication, therapy, hypnosis, Great if they work for some. For me... not so much. For me it was NEED over Want. Oh, one month after I quit, my sister started her Vape, she has been quit ever since also. Thank you for listening Kris Hinkle

8/28/2013 4:44:00 PM - Mary Wade

Started smoking as a teen because everyone I knew smoked, including family. It also put an end to my awful seasonal allergies. Had quit for 3 yrs. using nic. gum, patches, lozenges, prescription Nicotrol Inhaler (worked best), homeopathics, herbs, teas, Zyban (Wellbutrin),etc. Started again because of boyfriend that smoked. Have tried to quit several times since with no success. E-cigarettes are the only thing I've tried that still feels like smoking, without all the obvious drawbacks of smoking. For me, those drawbacks include, but are not limited to: waking up in middle of night to smoke, falling asleep w/ cig & burning myself & bedding, smoking while eating, going nuts if I couldn't smoke for a prolonged period of time, chain smoking when stressed, etc. Seriously, I've been a really hardcore cigarette addict for much of my life! I bought my 1st e-cig about 2.5 yrs. ago. It didn't have any flavor, but it did "feel" like smoking because of the vapor,the shape, & the delivery of nicotine. I was immediately able to cut down on my regular smoking, which was about 1 to 1.5 packs a day, or about a carton per week. Couldn't afford regular cigs & had turned to cheap mini cigars (yuck!)to try to lessen my enjoyment of the cig taste, & SNUS on airline flights. Was desperate enough to pay over $100 for my first (very overpriced) kit! But it made a noticeable difference. I can't (& won't) smoke indoors where I currently live. My mom has COPD (from over 40 yrs. of smoking), so I don't smoke around her. But I can vape around her with no problem! Even in her car! She actually likes the mild scent that a few e-juices have. It's made a very dramatic change in my previous smoking habits - changes I couldn't have made without them. I do still smoke a little bit when I'm outdoors or in my car, but a carton now lasts me 3-4 weeks, instead of one. The only problem I'm having with e-cigs is the flavors. Many I've tried, I can't even taste. Tobacco flavor really doesn't taste like tobacco. I'm still trying to find the right flavors for me. So far, best luck has been the fruit flavors. I've also been trying some different e-cig types, looking for the best fit for me. But, it IS going well, & I DO still hope to eventually quit reg. cigs. completely. I have noticed improved health since using e-cigs, & my voice is MUCH improved! The latter is very important to me, as I like to sing, & am in a choir.

I find it very disturbing that there are people who want e-cigs & other smoking alternatives banned, out of sheer ignorance &, I think, meanness! The prejudice shown to users of cigs & e-cigs is akin to the treatment of blacks in the south, when there was segregation. Smokers are the new blacks! I'm tired of being discriminated against, & have had great hopes for the use of e-cigs, as they affect no one other than the user. And vaping has NOT proven to be harmful to anyone. I wish society would just live & let live, & quit trying to mind everyone else's business! If e-cigs get banned, I'll be smoking again with a vengeance!

8/28/2013 4:46:00 PM - Bob Campbell

Hello.

My name is Bob Campbell.

I live in a small town in the midwest and am married with 3 children and 4 pets. My wife and I own the home that we live in and work very hard to keep it up and make it last for us and our children.

What does that have to do with smoking or vaping? Nothing at all.

But I wanted to let you know that I am a real person and not some internet loudmouth just hopping on the band-wagon for some political ideal that I pretend matters to me.

I've been struggling with smoking since the age of 13 when I was introduced to it by some other kids that stole from their parents.

Any FDA regulations there didn't keep me away from cigarettes as a kid as ultimately it was my choice to do it.

Since then I have been battling with quitting.

Sometimes I would succeed. I wouldn't smoke for a week or a month. One time it even lasted 6 years.

But soon after joining the US Marine Corps I was reintroduced to smoking.

During my deployment to Iraq I smoked about a whole carton of cigarettes by myself each week.

When our first child came, my wife asked me to try quitting and it was about 2 years later that I actually did finally.

I tried the gums and patches and they did nothing for me except cost me way more than smoking did. So almost 3 years after quitting finally, I get the urge to smoke again.

It was SO hard to ignore!

The stresses of life were just adding up and the more I thought about it the more I wanted to smoke.

It was hard to believe that after 3 years of no nicotine I find myself agitated without it. It reminded me of how I was as a smoker when I hadn't had a smoke in a couple of hours.

So what was I going to do? My wife would be furious if I went back to smoking as she's now pregnant with our 3rd child.

I knew electronic cigarettes existed but I didn't know anything about them.

I researched and researched until I was satisfied that they were safer than real cigarettes. I also wanted to go with a brand that was trusted but the ecig community and wasn't just some cheap mall scam item. Immediately after trying it, I was blown away.

It felt like smoking.. but felt better, smelled better and tasted better.

It's been a year since then and I've never had enough thought about real cigarettes.

Is an ecig 100% safe? Is anything?

I mean the cars we drive put more toxic chemicals into the air than even a real cigarette does but we don't dare ban that. No, thats just too important to our way of life let alone peoples wallets.

There are tons of KNOWN chemicals that are in real cigarettes and are plenty accessible to kids. But we don't ban those. Why? If they are known to be deadly why would you not get rid of it entirely? Ecigs aren't even known to be dangerous its only suspected because there hasn't been enough research. Yet they, along with my chosen alternative to avoid traditional tobacco products, are being threatened. From all of my time as a kid in school and as an adult, I have never once been told that it's ok to make a claim without substantial research providing hard facts supporting my claim, let alone act on it.

The decision that you gentlemen will make may just seem like another day at the office to you.

But the choices that you make will affect everyday Americans like me. Real people, not just numbers on a piece of paper.

It seems unjust to me that a proven dangerous substance is allowed to roam free while one that has NOT been proven to be dangerous but threatens the latter could be locked away. If they are indeed a hazard. I beg you to prove it to me before taking away an affordable substitute for smoking.

Thank you -Bob Campbell-

8/28/2013 5:14:00 PM - sandsie

I started smoking through pear pressure when I was 11 and have smoked ever since,im now 41 and also asthmatic. I had to stop work a few years ago through physical disability and since then my smoking increased from 15-20 a day to 40+ hand rolled cigarettes so with the lack of being able to exercise through my disability and smoking my health and particularly my asthma had got severely worse. my partner used to complain every night about my chest wheezing and I was always coughing and getting out of breath. then about 6 months ago I went to stay with friends for a few days,who didn't allow smoking in their house anymore as they had given up and switched to Ecigs. while I was there it was impossible for me to go out for a smoke during the night(which I did constantly because of pain waking me up)and having smoked for so many years now I new I wouldn't be able to cope without one. so my friend suggested I try an Ecig,not the disposable ones but the reusable one,which you fill with liquid of your choice and nicotine strength of your choice.....14 hours later I could hardly believe it,for the first time in who knows how many years id actually not had to have a real cigarette!!! the next morning my friend took me to his local Ecig shop where I bought a starter kit for

8/28/2013 5:47:00 PM - Robert Houston Davis IV from Dallas, TX

I started smoking due to peer pressure while serving in the United States Navy.

I quickly became addicted.

I continued to smoke for years even though I never really liked it... Hated it in fact.

I hated the smell, the taste, the feeling it gave me, hated that I was diagnosed with high blood pressure and the fact that I couldn't breathe when working out.

Unfortunately, I was so addicted that I gave up working out!

It may not sound like a lot, but I was tied to that stupid plant (tobacco) for 13 years... couldn't get away from it. I was at a pack and a half a day, meaning that I loathed myself 30 times a day and wasted $50,000 in 13 years on cigarettes.

My in-laws didn't know I smoked and my fiancee was desperate to keep me from smoking during a long weekend out of town to meet and visit with her grandmother.

Now, I'd tried to quit at least 7 times before with the patch, nicorette, snus, cold turkey, Chantix.... nothing helped and I started smoking again during nicotine replacement treatment.

So, I stumbled across an e-cigarette starter kit.

I was able to get through the whole weekend just fine.

Of course, as soon as I got back home, back to my good ole Marlboro Mediums!

However, my story of being able to stop smoking for a weekend inspired a buddy who went to e-cigarettes with gusto! AND, quit smoking after a week!

He introduced me to slightly more advanced e-cigarette models that had better flavors and produced more vapor.

I was enthralled.

With the help of vaping, I lowered my cigarette intake from 30/day to 5/day over the course of a few months.

Finally, I got angry at myself for purchasing a new pack of cigarettes one morning, went through the Starbuck's drive through for my coffee, and threw that damned pack in the trash can at the drive though window.

Haven't touched a real cigarette since.

That was just under one year ago.

NO OTHER nicotine replacement therapy let me go longer than 3 days.

E-cigarettes have been a massive help in quitting.

Yes, I still vape... I have nicotine cravings. BUT, blood pressure has gone down, I can actually see and taste things... And I've started working out again!

No more wheezing and coughing or shortness of breath!

Personally, I don't give a damn that the government has concerns over vaping.

They tell me to use prescribed nicotine replacement therapy.

Well, I took their advice and it failed me.

They, as in the FDA and federal government failed me.

Factory workers in China who make e-cigarettes helped me.

They helped my friend quit; they are currently assisting several other friends quit smoking who just bought their first e-cigarette kit. They helped my father quit smoking.

I can count several people in my immediate life (including myself) who have quit smoking with e-cigarettes... I only know of one person who quit while using Chantix.

She quit several years ago; and she is currently back to being a smoker.

So, tell me how and why vaping is bad?????

8/28/2013 7:03:00 PM - PAM NUTHALL FROM HESPERIA, CA

MANY TIMES I TOLD MY HUSBAND OF 35 YEARS (A NONSMOKER) THAT I HAVE HAD A LONGER "LOVE" AFFAIR WITH CIGARETTES THAN WITH HIM...I HAVE SMOKED PRETTY MUCH CONTINUALLY FOR THE LAST 44 YEARS INCLUDING DURING TWO PREGNANCIES AND HAVE TRIED SERIOUSLY ONLY FOUR TIMES TO QUIT (ALL UNSUCCESFULLY)..TWICE COLD TURKEY, ONCE WITH A CESSATION GROUP AND ONCE WITH CHANTIX....I HAVE ONLY BEEN TOBACCO FREE FOR ABOUT FIVE MONTHS NOW, BUT SINCE THE FIRST DAY ATTEMPTING TO QUIT USING A RECHARGEABLE CARTRIDGE TYPE E CIG, I HAVE NOT TAKEN ONE SINGLE PUFF..IT WAS NOT WITHOUT STRUGGLE AT FIRST BUT BECOMES PROGESSIVELY EASIER DAY BY DAY. I HAD DEVELOPED A VERY BAD "SMOKER'S COUGH" WHICH AFFLICTED ME MOST OF MY WAKING AND SLEEPING HOURS, HAD A CONSTANT "RATTLE" IN MY BREATH, WAS COUGHING UP THE MOST DISGUSTING BYPRODUCT OF SMOKING FROM MY LUNGS, BECAME OUT OF BREATH WHEN EVEN GETTING DRESSED, AND WAS ALMOST TO THE POINT OF NEEDING TO SLEEP IN AN UPRIGHT POSITION...IN THE VERY SHORT TIME SINCE QUITTING, I HAVE ALMOST ENTIRELY REVERSED ALL OF THESE SYMPTOMS... I STILL DO NOT HAVE THE STAMINA OR STRONG LUNG CAPACITY I WOULD LIKE BUT IT IMPROVES DAY BY DAY.

WHEN I FIRST PURCHASED THE PRODUCT I CONTINUE TO USE FOR "VAPORING" I TOLD MY HUSBAND THAT I WOULD SERIOUSLY TRY BUT IF I DID NOT SUCCEED I WAS NOT GOING TO "BEAT MYSELF UP" OVER THE FAILURE (AGAIN)...TO BOTH OF OUR SURPRISE, I REMAIN SMOKE FREE AND DO NOT HAVE THE SEVERE DEPRESSION I EXPERIENCED DURING MY PREVIOUS ATTEMPTS TO QUIT...MY GRANDAUGHTER HAD TOLD ME SHE TOLD HER FIANCE THEY NEEDED TO HURRY UP AND HAVE A BABY BECAUSE "SHE WANTED HER GRANDMA TO BE THERE"..I TOLD HER NOW "MAYBE YOU SHOULD WAIT".....

8/28/2013 7:12:00 PM - Bobby Holloway

I smoked 2 packs of cigarettes a day for over 40 years and have tried to quit many different ways, including nic. gum, cold turkey. This has been my only saving grace! I started e-cigs January 27, 2013. I cut down to 3 cigs a day the first week and as of February 3rd, 2013, I haven't had another cigarette since!!!!! My wife is a nurse, needless to say...she is very happy with my decision.

With a great debt of gratitude, Bobby Holloway

8/28/2013 7:14:00 PM - Dennis B. Cook

Gentlemen:

I have been smoking at least two cigars a day for the past 15 years.

I watched as my son Matt who was smoking two packs a day, went to smoking the advanced mods and the females in my family the smaller mods.

They are really happy with vaping, and all smell much better.

There are no cigarette butts or ashes around my patio.

No second hand smoke!

Neighbors aren't bothered!

All report better breathing and stamina.

No yellow teeth worry!

What more can I say?

When I quit smoking cigarettes in 1974 I did so because I found out it would take 3 days for the oxygen to replace the carbon monoxide in my blood.

Haven't smoked cigarettes since!

These E-cigs or mods are the best alternative ever to tobacco smoking.

Not only are they cleaner, but everyone in California is so opposed to second hand smoke.

What do they want?

If everyone used E-cigs or mods we would have the cleaner air they want, and people that have the habit they choose sucking on a vapor device if they want.

Everybody wins.

But will they be happy, happy, happy?

No! Someone mostly politicians will want to tax or ban it.

That's the world of liberals we live in.

Fight on for what is right!!!! E

8/28/2013 8:20:00 PM - Mike Tharp

I was a diehard pack a day smoker for twenty years. I wanted to quit smoking and had tried with no success the available NRT products. I decided to make the switch from real cigs to e-cigs and haven't looked back. I started with a high strength nicotine ecig and quickly was able to reduce it to .06 and 0 percent levels.

I have been on high blood pressure meds for a decade and after three months of using e-cigs I no longer have hypertension and am off the medication.

E-cigs are absolutely the best form of NRTs to

quit smoking.

The main problem with the existing NRTs

for me was they made me crave cigarettes.

With e-cigs my cravings were easily satisfied. I now feel like I am free.

8/28/2013 9:21:00 PM - Free to choose

I have been using the e-cigarette for six months and have never felt better in my adult life.

Prior to that I was a 2 pack a day smoker for 40 years.

I knew smoking was an irrational choice.

It was bad for my health, my wallet, my kids and my possessions (holes in furniture and clothing) but the very thought of quitting made me panicky.

I tried quitting cold turkey, gradually reducing the number of cigarettes I smoked, smoking so much it made me ill, chewing nicotine gum, hypnosis and prescription drugs.

Nothing worked because I really didn't want to quit.

Whether that was the physical or psychological aspect of the addiction I can't say - I just know I really liked smoking.

I finally committed to the e-cig after my last bout with bronchitis.

Hacking between puffs I knew I had to quit and decided to try the e-cigarette.

I bought a kit, smoked my last few packs and made the switch.

I felt better within days.

I still wanted a real cigarette but with the nicotine and the actual physical act of holding a cigarette and inhaling the vapor I was able to maintain.

There were moments of weakness but nothing like the 100+ other times I tried to quit.

I actually did smoke two cigarettes a couple weeks ago.

They were good but not great.

The next morning I really felt it in my chest and decided that I didn't want to go back to feeling the way I used to feel.

Every other time I quit when I broke down and had a cigarette it was like reuniting with an old and very dear friend.

I welcomed my friend back and promised to smoke less so we would not have to permanently part ways again.

Of course I was back to 2 packs a day within a week or two.

In the last six months I have reduced the level of nicotine in my e-cig from 36 to 11.

I plan to reduce to 0 but if that takes another six months or another six years I really don't care.

I may continue to use the e-cig with a 0 level or I may not.

I do however, want that choice.

I am submitting my story in the hope that a legislator or other bureaucrat with the power to ban e-cigarettes will read this and decide that they should not be banned.

I really think e-cigs saved my life.

If I did not have them I unquestionably would be smoking two packs a day again while loving it and hating myself.

8/28/2013 10:42:00 PM - Ricky Howe (joyetechclouds ECF) from Knightstown, IN

Hello, I'm a 22 year old ex smoker of 2 years off the cigarettes that were noticeably killing me, as after I was already hooked I learned that on top of all the countless deadly toxins in cigarette smoke, I was also HIGHLY allergic to the smoke itself. Yeah, I know.. sounds bad doesn't it? Well, I started at 18 a pack a day.. not counting when my friends used to sneak their parents smokes and we would puff them around the age of 12. I started early. Like a lot of smokers did. I thought I was doomed, because the gum and patch didn't help. I still needed to feel the effect. One day I stopped off at a flying j for gas, hacking up a lung in my car as usual. I came across a cheap disposable e cig for sale there. I was willing to try it since I had heard they helped..

The taste was kinda odd, but it killed my cravings for awhile till it died. I ordered a joyetech ego kit and some juice from totallywickedecigs.com after and once it arrived, I quit Marlboro overnight. Now, two years later I am passing my ego kit down to my father in law as I have a lava tube now and two 18650 batteries. I'll never look back unless the government decides to ban my beloved coffee and other amazing juices. I don't want to ever taste anything remotely close to tobacco ever again, especially because some tobacco juices are extracted from tobacco leaves, which I AM ALLERGIC TO! Please, if you can help CASAA, don't let them force tobacco flavored juices. Lives depend on this product staying the way it is. It literally saved my life. I have zero adverse health effects, my doctor is extremely impressed by my recovery. I don't cough at all anymore! :) if you are a smoker and undecided, take the plunge. It will change your life. Just get a good one, not a mall cig. Keep on vaping!

-Ricky

8/28/2013 11:44:00 PM - Donna

I did smoke for a long time. Son in law got me started on e cig and I liked it.

8/29/2013 12:04:00 AM - Jonathan Finch

I smoked moderately for about 5 years, at about 5 cigarettes per day. For me, with my weak constitution and at 130 lbs as a man, even that small amount of smoking had noticeable negative effects, such as exacerbating my difficulty breathing.

That was in addition to the foul taste in my mouth and the smell.

I was introduced to a counterfeit eGo cigarette and paid over $400 to smokekingcigs.com (855-282-3244)

Even though the battery leaked from the button, it worked for a couple months.

Then I purchased authentic products for 10 times cheaper at IndyVaporShop.com, and their products work much better.

Anyway, I no longer crave smoking cigarettes.

Vaping is awesome, and since their is no smoke flooding your lungs, it is so much healthier.

The reason cigarettes are harmful is because of the smoke and tar, not because of nicotine, which is harmless, and even beneficial (the benefits of nicotine are well-documented, but of course you don't see them published on billboards everywhere.

Ecigs have zero smoke and zero tar.

8/29/2013 12:08:00 AM - Heidi B, Oklahoma

Smoked for 31 years, tried multiple times to quite, using patch's and gums, cold turkey, smoking a certain amount of cigarettes a day, even tried chantix. Quit for 1 year on chantix but had many of the unpleasant side effects which lasted up to the very second I picked up a pack of smokes again. A friend bought an e-cig kit at a vapor shop and also bought me one too. She never picked up another cigarette and it took me two weeks to completely get of cigarettes and onto my vapor and I have not picked one up since. I feel great, I breathe great an am able to actually walk without getting winded, my health checks have been great, before i was borderline high blood pressure now it is normal or a little under at each visit. My home smells great, I can smell my perfume again and my grand daughter wont have to smell my sintky smoke ever again. I have had no negative side effects from vaping, only positive effects. Physically I have not felt this good in years and mentally I am doing great knowing I have finally unchained myself from cigarettes

8/29/2013 12:17:00 AM - mrs. frank

frank smoked 3 packs a day from about age 12.. he developed asthma, emphysema/copd.. started going to pulmnonary specialist

because he had to sleep sitting up..6 months ago, drkobel wanted to discuss the need for home oxygen..he had a fit.. said no way..her respons was to tell him hed be dead if he didnt quit smoking.. subdued we left..and bought an welectronic cig as an aied to quitting..2 weeks later he bought a stick-battery/tank combo and "juice" from a vape shop.. that was the last day

he smoked ciggarettes.

today, almost 6 months later

he saw

dr again.. hed skipped 2 appointments and could no longer put off seeing her..I MUST BRAG!!!

myfrank saw his lung doctor today..its been 6 months since he saw her(specialist) last...AND...he quit stinkies right after his last scary visit when she was talking about oxygen tanks, ...TODAY...she was AMAZED.... even did lung xrays... CANT BELIEVE that its same set of lungs.. vaping made a HUGE diffrence.. from 6 prescriptions..threats of oxygen ..and a nebulizer ..hes down to 3 prescriptions.. no nebulizer..NO NEED FOR OXYGEN!!!(well..not inna tank , anyhow..lol) im doing a HAPPY DANCE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! hes doing SO MUCH BETTER!!!

lung x rays too.. she wants him back inna month.,.. shes requesting all records, said the difference is HUGE!!

i also quiit smoking, also with an ego type battery and tank.. 6 months later..i have not used MY asthma meds/rescue inhalers in 4 months.. have not had bronchitis(mine was near chronic)and i can smell..taste foods..breathe!!!

we both have cut down on nicotine levels..but

i do not plan to quit vaping. i find it releves stress, and i really enjoy the flavors available as well as the vaping community as a whole.. my phone number is 580 395 0239

8/29/2013 12:23:00 AM - C.T. Toledo-Dallas

I was a smoker for 17 years. I had tried multiple times to quit and none of the NRT's I tried helped. The night before an all day/night concert I decided to 'give in' and try these electronic cigarettes I had been hearing about. That was March 16th 2013, and I never picked up another anolog. Its been 5 months and counting. I am breathing better now than I can ever remember!!! I am not coughing AT ALL! My nocturnal cough is GONE APNEA, GONE! And my self confidence is BACK and its only going to get better as I continue to step down my nicotine level. I started at 24 Mg nicotine, I'm down to 18 mg now. I love my ego twist, it has saved me $ and saved my health! VAPE ON AND VAPE STRONG!!!

8/29/2013 12:39:00 AM - EricD.

I started chewing/dipping tobacco when I was young. Being raised in Texas this was common. I used smokeless tobacco for 20+ years. Most of the questions in your survey pertained to smokers, which I feel is not fair, but anyways I have a good story in which I am proud of. A friend of mine from work uses an e-cigarette, and it has cut down how many times he needs to smoke regular cigarettes. Another person at work used smokeless tobacco and switched to an e-cigarettes and he has since quit. My wife 2+ years ago used an e-cigarette called "green nicotine". Now it has been almost two years since she has not had a cigarette or e-cigarette since then. As for me, I have been tobacco free for 7 days as of 8/21/13. I love the flavors provided, I prefer fruity or candy, something sweet. They dont remind me of tobacco and with the nicotine in it, I have no cravings. The Lady behind the counter told me to use a high nicotine and puff it and hold it your mouth before inhaling. She said it would help since I dipped. I started with 30mg nicotine. After two days of no tobacco, I started adding lower nicotine juice to the previous juice to start lowering the nicotine. I settled on 20mg-23mg. This works for me. I plan on cutting that to 15mg but this time next year. Freedom Smoke USA in Tucson, AZ have been real helpful, and patient.

8/29/2013 12:51:00 AM - ValerieL Ocala, FL

I took my first puff of a cigarette in 1979.

I was 16.

Sure I choked on it, sure my friends laughed at me because of it.

But I swear to you, once I could inhale without coughing it was like I had found something that illuminated my life.

Which is ironic since I was at a church retreat.

Some found Jesus, I found Winston.

At 80 cents a pack, I was able to divert my high school lunch money into my new favorite sport.

Yet even though we had a smoking section at school, I never used it, because that's where the "bad kids" hung out.

No, I was a good kid that smoked.

By 1982 my first child was born.

I stopped smoking while pregnant, but after the birth took it right back up.

It was after all, mommy's little helper.

It was my adult time.

1985 and baby #2 had me stop for 9 months.

Right back at it the day I came home from the hospital.

1987 and baby number 3, well, mommy was sorta frazzled from baby 1 and 2 so with baby #3 I didn't stop while I was pregnant. Somewhere along the way with 3 kids we were running short on cash and I decided that stopping would be a way to save money.

I stopped cold turkey for a year.

My friend owned a convenience store and they had gotten in trail packs of cigarettes.

They were so cute!

5 cigarettes in a miniature little cigarette pack.

She offered me a pack.

They were too cute so I accepted and put them in a drawer.

About 3 months later my husband's ship was deployed and I was lonely.

3 little girls to take care of by myself and I was only 26.

I decided one day after cleaning the house I owed myself a treat and opened that cute little pack of cigarettes.

The minute that smoke hit my lungs I was in my happy zone.

That was 1989.

I swore then that I'd never do without cigarettes.

Fast forward to 2009.

I'm at 2 packs a day.

I'm not sure how I needed so many a day, but they were rewards for me,

Unload the dishwasher, well sure, that's deserving of a smoke break.

Late night on the laptop researching something, they'll help me stay awake and focus.

I bought some BLU ecigs because my husband had to travel on a business trip and I could come along, but the rental car was non smoking.

Well I can't ride in a car for 800 miles and not smoke.

I hated them.

I don't know what exactly the problem was but within 2 hours I was dizzy, still needed a cigarette, and had almost tossed the BLU out the window several times as that was my mode of disposal for a true cigarette.

Every time we stopped along the way I would hop out of the car and light up a real cigarette.

I swore off ecigs that day.

April 2013 My husband became ill and went to the hospital.

While there the doctor asked him if he smoked.

"Not anymore" he replied.

Surely he's kidding I thought to myself.

But it turns out he wasn't.

I didn't smoke inside the house, always on the patio.

So in reality I was usually always outside.

My husband was growing progressively more irritable and was sitting inside.

I knew I had to do something for him.

While he didn't smoke as much as I did, he obviously needed to smoke.

I retrieved the BLU's from the drawer.

Granted they had been stored for 4 years but they charged up nicely.

I popped the foil off a cartomizer, screwed it on and handed it to him.

Ah sweet relief for me.

He was his pleasant self again and I didn't have to feel an ounce of guilt out on the patio puffing away on my cigarettes.

But it was short lived.

4 years of storage had taken its toll on how many puffs he could get out of the cartridges.

And he was getting so frustrated.

My daughter who also smokes (2 of the 3 became smokers) told me that they had opened a store at the mall that sold ecigs.

I had 1 cigarette left.

I could either buy a carton, because I never buy in packs since it's so expensive, or I could drive 20 miles and hope that these would be better than than BLUs.

I drove to the store, purchased a his and hers ego battery, clearomizer, and ejuice kit. The batteries weren't charged up, but the owner was nice enough to give me a charged battery so that I didn't have to wait 2 hours because I was becoming increasingly edgy.

Within 15 minutes of vaping I was normal.

I wasn't dizzy, I wasn't thinking about buying a carton anymore.

It was like I was smoking.

My husband was equally pleased with his.

Today I haven't had a cigarette since that last one I smoked on the way to buy the ego ecigs.

I haven't craved a cigarette.

In fact, now I am appalled at how strong cigarette smoke smells.

I still vape in the smoking section when I'm away from home, and I am often asked by the smokers to explain it to them.

I know most people say they don't smoke that much, generally they say only about 1/2 a pack a day.

Maybe I was a hyper smoker, I know I wasn't a chain smoker.

I've seen a chain smoker, they use their lit cigarette to light their next cigarette, I didn't do that.

But somehow I was able to sit on the patio and reward and console myself with 2 1/2 packs a day.

I would never have been able to quit.

I didn't want to quit.

I wasn't going to quit.

I enjoyed smoking. If I didn't have ecigs I would still be smoking regular cigarettes.

I don't judge people that smoke now.

Because I may become a smoker again if the cigarette corporations can squelch the ecig industry.

Hopefully that won't happen.

Hopefully enough people can share their story.

This is one of the many, and this is mine.

8/29/2013 4:22:00 AM - J. Vestal

I've smoked tobacco for 30 years. I believe the electronic cigarette is one of the best inventions to come along for smokers. I just cannot fathom why they would be regulated more than tobacco is when it is known how many people die each year from tobacco related illnesses. I realize that e-cigarettes are not "good" for you but, I also realize from personal experience that they are far from being as harmful as tobacco. I think, as well as others do, that the tobacco industry is going to suffer from a loss of customers and governments are going to suffer a loss of tax revenue. We are starting to see that our governments don't care about our health as much as they care about our tax dollars. I'm afraid that e-cigarettes will wind up being taxed so much that a lot of people will continue to smoke tobacco. It takes a bit of will power to switch completely to e-cigs. The switch is made easier when there is both health and economical reasons. I spend about $26 a month now, as opposed to $150 with tobacco PLUS I feel better. I hope the government doesn't screw this up.

8/29/2013 5:35:00 AM - Rev. Shane M. Camburn [Fort Myers, FL]

I started smoking when I was 13 years old, and by the time I was 14 I was at a pack-a-day habit. By time I was a junior in high school [1996-97] I was smoking a pack-and-a-half to two packs a day. Around the age of 25 [2005] I started making attempts to quit smoking. I tried all kinds of alternatives, but chewing tobacco made me sick, and the gums and patches made me want to smoke more. In winter of 2006 my son was born and I wanted to cease smoking more than ever, if only for him. However, I was unable to. It got so bad at one point I would have a patch on each arm, nic-gum between my teeth, and a smoke hanging from my lips. I thought I would never quit. Finally, some friends turned me on to the e-cigs. At first I had a generic cart-type e-cig that was the size of a cigarette. It worked a little, I definitely reduced my smoking instantly, yet I continued smoking. The top problems I had were that the battery would die often, leaving me without my crutch, or it would run out of liquid in the middle of shift at work. Either way, with no convenience stores carrying anything other than my Marlboros, I was left with no choice but to feed my addiction. I talked with some of my friends and visited a few websites and found out about the Ego-T tank systems and bottled liquids. Though it was more costly, I gave it a try, because anything was better than dying of cancer at a young age. I found large arrays of flavors and varied nicotine strengths and tried various combinations. I started off with coffee and vanilla liquids at 22-24mg. Through time I noticed that the flavors I was using were a trigger for my smoking [coffee, chocolate, vanilla, hazelnut, etc], since my mind associated these with smoking in general. Therefore, the moment my juice ran out, I smoked again. On the bright side, my 30 cigarette a day habit reduced to 20, 15, 10, 5, then only a few [1-3]. I changed my flavors to fruity things like Pina Colada [which I am vaping as I write this], Strawberry, Cola, Banana, etc., and also reduced my nicotine level to 12-18mg fluids. I can now honestly say that I have quit smoking, and plan to keep it that way! I am so happy that I found vaping, not only for my own health, but for my family's! There is nothing greater than no longer having my son come home from school and no longer saying about how the other kids tease him about smelling like smoke. Not to mention the $4056 a year I am saving from switching to e-cigs! these things with the added bonus of not coughing when I first wake up in the morning, not getting winded so fast when I exercise, increased appetite, increased muscle mass, much more stamina [including virility in the bedroom, note to male smokers, hint-hint], less irritability, complete loss of migraine headaches, increased attention span and focus, and I seem to be getting sick far less often... I advocate for this product 100% as a cessation technique and if done seriously it will work! After 20 years of smoking, I didn't ever think I would quit, now I have no desire to smoke ever again. Eventually, I will reduce the nicotine to nothing and quit the e-cig also. I will then be 100% healthy and free!

8/29/2013 5:58:00 AM - Henrik B, Denmark

I smoked for 15 years(1-2 PAD), and tried stopping several times. Tried the gum, patch and others but found them very unpleasant, and they did not help me at all. A few times I managed to stop cold turkey, for a month or two at a time, but it never lasted. As breathing got harder over the years, i was starting to think i would never succeed. As much as i hated smokings impact on my health(I didn't fully realize the smell till later), I loved the habit. During one of the periods where I wasn't considering quitting (Back in July 2011) I ran across a review of an electronic cigarette on (I think it was) Gizmodo. I thought it seemed like a fun toy/gadget, and ordered a kit. I didn't know people actually used them to quit smoking at the time, so just thought it was cool that such a tiny machine could generate "smoke". After I got it I played around with it allot. It wasn't until that evening i realized that I hadn't smoked a cigarette for hours. The first 24 hours or so I figured I'd go have that smoke "in a minute", but I just never got around to it. It wasn't actually until after that period I figured out that I could not smoke cigarettes.

So from then on I didn't smoke at all. I did a lot of internet research and found some more effective products than I had started with. (The refillable kind, instead of the single service pre-filled) Within the first month I visited a friend of mine, and let him try it - We ordered a kit for him that same night and he hasn't smoked a cigarette since (He had been a PAD smoker for close to 20 years). I had a puff off a cigarette 2-3 times in the first few months, but it did not appeal to me at all any more. My health seemed to return to my pre-smoker state. No longer coughing up stuff, could run again, smell and taste. In my mind, the electronics are in all ways superior to the old fashioned cigarettes. Claiming that they can't help people stop smoking is baffling to me. Over half of my smoking colleagues have quit smoking and switched to electronics. Doesn't everyone know at least some smokers who quit with electronics?

8/29/2013 7:33:00 AM - Chris, Whatcom County, Washington

Before quitting, I was a self medicating smoker who smoked from 1.5 to 3 packs of cigarettes a day for 10 years from the age of 25 to the age of 35.

I used cigarettes to cope with chronic depression and anxiety for which I was prescribed medication.

Every unsuccessful attempt to quit smoking prior to using electronic cigarettes resulted in rather significant bouts of anxiety attacks; some of which were very severe; all of the attempts to quit prior to this resulted in weight gain;

I weighed 195lbs when I first started smoking and at one point I reached 275lbs after trying to quit.

I switched to electronic cigarettes at age 35 after ordering an electronic cigarette kit off the internet.

In the days between I purchased disposable cigarettes for use while waiting for it to arrive in the mail.

While I did not like the electronic cigarette kit that I originally purchased very much, I searched out better, more advanced alternatives and within two months was 100% smoke free.

In particular, I stopped using the pre-filled disposable cartridges which were/are, for lack of a better word, horrible. The companies that make these products like to market them as high quality, but to be perfectly honest they either have barely any taste at all or taste exactly like a pile of burning tires.

My health improved dramatically after I quit.

My weight dropped from 275lbs to 215lbs which was a result of diet and minimal exercise; I felt great.

My weight has climbed back up to 235lbs since then in a years time, but I still feel far healthier than I did when I smoked cigarettes.

My most significant health concern was not my weight but my lungs.

I have always had respiratory issues with moderate to severe chest congestion. When smoking it was quite normal to cough up ugly brown mucus.

I got frequent chest infections, including pneumonia (but I still smoked even with the pneumonia though for some days I was barely able to speak and was bed ridden). I was prescribed an asthma inhaler at the age of 31, six years into smoking.

Since quitting I have no refilled my prescription for my inhaler and have not felt I needed it.

I understand the current controversy over the fear of the unknown represented by electronic cigarettes, but I feel that they were an incredible tool for me to quit.

The body of research necessary to draw conclusions about electronic cigarettes vs. analog cigarettes is not complete enough to clinically draw a conclusion; however, what is known is that cigaretttes represent a VERY SEVERE risk to the public health.

Furthermore, while some testing has shown hazardous chemicals in some electronic cigarette eliquid but to my knowledge, those chemicals were identified and can also easily be replaced with safer alternatives.

I understand that nicotine is still a health hazard for me but seeing that I was unable to quit before I discovered electronic cigarettes.

I find the idea that electronic cigarette options would be limited while tobacco sales are still allowed to be nothing short of madness given the well documented harm and global loss of life from cigattes and other tobacco products.

I know the fear is that electronic cigarettes may somehow be a gateway drug to tobacco for youth but given that all an 18 year old needs to do to purchase tobacco currently is scrape together about a dollar for a swisher sweet cigar, I really think any attempt to all but minimally regulate electronic cigarette sales, other than the banning of specific harmful ingredients in eliquid, should be reconsidered with severe moral and ethical gravity given the potential for loss of life were anyone to return to smoking for want of currently easily obtainable satisfaction.

I've heard some mention of some returning to pre-filled eliquid cartridges... this is a very bad idea. It is my firm belief that this only serves the interests of big tobacco, companies that deal in analog cigarettes (aka, the death dealing SMOKING industry), and certain prefilled cartridge manufacturers who produce a terrible product that relies on the lack of knowledge of better alternatives in consumers to hock their wares. (Specifically, I'm calling out the manufacturers of the BLU ecig which, to be frank, is an overpriced piece of crap that people only buy because they don't know enough about electronic cigarettes to make an informed choice).

Forcing such a ridiculous restriction only serves to rob the consumer of higher quality alternatives to smoking and paves the way for large businesses to enforce a monopoly wherein only wildly over-priced, low quality prefilled cartridges are available.

Thank you for reading. If you have any other questions, feel free to contact me.

8/29/2013 7:34:00 AM - tony seifert, from newport ky

Ecigs saved my health.

I'm not will to go back to real cigs. If I have to order off the black market from China to get around a ban, or being taxed to death, I will.

Big brother can bite me!!

8/29/2013 8:47:00 AM - mike Quinn

I've tried to quit smoking cigarettes before but had no luck until a friend of mine introduced me to electronic cigarettes. I started with small batteries and disposable cartridges and now i'm using a variable voltage battery and a rebuildable tank. I haven't smoked a cigarette in two months and two weeks as of right now and am completely satisfied with electronic cigarettes.

8/29/2013 9:53:00 AM - MedusaOblongata

I started smoking cigarettes when I was 16 years old. I smoked a pack a day for 16 years and never once tried to quit. When I was 32 I bought an electronic cigarette after reading a recommendation in a thread on AR15.com. I smoked that electronic cigarette for three months, and during that time I didn't smoke a single cigarette. Then I quit using the electronic cigarette and was nicotine free for 3 years. Then I started a new job where everyone there smoked cigarettes, and I started smoking cigarettes too, first just one a week, then one a day, then I just bought a pack so I wouldn't have to bum them from coworkers. After I realized I was becoming a smoker again, I bought another electronic cigarette, and have been using that exclusively for the last year. There is no question that without the electronic cigarette I would be a cigarette smoker. Even if electronic cigarettes are not good for you, they are much better for you.

8/29/2013 11:28:00 AM - Peter

1.From age 16 untill 100days ago, 20 sig a day 2. 100 days ago 3. first disposables now mods 4. No

5. No 6. Non 7. No more smell, better health

8/29/2013 12:25:00 PM - Andrew Hilburn

I have been a solid smoker, smoking a pack of cigarettes a day, since I was 19 years old.

That amount varied some, sometimes it was half a pack, or even up to two packs.

I have tried to cut down on smoking, even fully quit over the years, especially after the birth of my children.

I never have smoked indoors, as I did not care for the odor, or the smoke stains that it left.

I did try using Chantix for a period of time but it did not really agree with me, and it did not help at all with the urges.

I even tried the nasty lozenges that were otc.

I finally had enough after 12 years of smoking. I was tired of smoking the rain, snow, heat, or what have you.

Friends have recommended e-cigarettes to me, and I became curious.

I looked into the small disposable devices, but heard from many people that they were harsh, made people cough worse, and did not like the flavor.

I researched more, found more info about better and more reliable devices that were more cost effective, and more cause effective.

I committed myself into a purchase which was very intimidating at first.

I bought a starter kit, along with two bottles of juice.

I began using my e-cigarette right away and I noticed a difference.

I was using my e-cigarette with a combination of cigarettes during the a period of three days, weening myself off of cigarettes.

In three days, I was using nothing but my e-cigarette, and I felt better within 2 weeks.

I started jogging, to force my lungs to get better.

I have lost 25 pounds since the day I started.

The e-cigarette could possibly be one of the top turning points of my life.

To get away from a cancerous industry that wants nothing more than the consumer to stay addicted, has been a big turning point in my life, and an even bigger one in my family's life.

8/29/2013 1:02:00 PM - Tony Johansen

Smoked for 20+ years until i came across E Cigarettes 1 year ago and i have not touched tobacco since.

Tony J. Sweden.

8/29/2013 3:00:00 PM - Nicole Moody

Hello after buying my starter evod bcc kit I have not had a real cigarette since 08/02/2013. And I am very proud of that fact I have no need or craving for one. I started smoking when I was 12 years old and i am 34 now. Tried to quit using other things like the patch that didn't work.I am happy to say I am feeling much better and breath better and there is no coughing anymore. I quit the day I bought this device. I had a half a pack of cigarettes left and just gave them to a friend. I told him about this product and he was not feeling it. I have told him over and over since than. Anyway all i do is vapor now and nothing else soon I will go down in my nicotine levels so I can get closer to my quitting entirely. Than you for letting me share.

8/29/2013 4:24:00 PM - Robin , Las Vegas, NV

I attempted to use electronic cigs about 2 years ago.

I bought some at a convenience store the disposable type, they seemed harsh and were not way close to actual smoking (that was a big bust). About a year later I purchased a kit with rechargeable batteries that were the size of a cigarette this was better but still did not give me the incentive to quit smoking and I seemed to be smoking just as many analog cigs and still doing the vaping indoors (this was also a big bust) Three months ago I bought an egoT kit and a couple of clearamizers, I found a local vape shop were I could test flavor.

I found a couple of flavors I liked and set a date and just gave up analogs and now am vaping full time. I have upgraded my ecig to an evic and have a couple of different clearamizers I really like.

I have given my children and some friends my old egoT setups and both of my children (daughter 33 son 31) have quit smoking analog smokes and also a couple of my friends. They are free to upgrade if they like it but I have given them a start. Hopefully everyone can quit smoking one person at a time, vaping is so much better and does not smell offensive like analog cigs.

I also enjoy that I can vape in my car and in my house and not have to go outside to do this. I tell my story all the time and try to influence every smoker I meet to do it right and it is not hard to quit smoking.

8/29/2013 10:18:00 PM - D. Middleton

Simply smoked Reds for 10 years. Trying to seriously quit for years until my daughter was born. At this point I didn't consider smoking as an option, I needed to quit smoking tobacco. After many failed attempts, I invested in an electronic cigarette. My first investment was in a cheap liquor store version, later purchasing a more expensive and effective device. With that said, I have been cigarette free for nearly one year, with no plans to start back. Overall, for me, electronic cigarettes are where it's at if you want to quit smoking traditional cigarettes. FYI, It does take discipline and will power even with the electronic cigarette. But they do cut the cravings significantly. Good luck.

8/30/2013 11:36:00 AM - sinbin555

I have smoked cigarettesfor 30 years at least a pack a day.I have attempted to quit smoking at least 4-5 times using gum patches also a prescribed from the doctor nicotrol inhaler. I

tried this version of electronic cigarette that I am currently using with great success after being referred by a

friend and I have successfully not have a cigarette in 8 weeks and counting

8/30/2013 12:01:00 PM - Gina in Wisconsin

My name is Gina. I am 43 years old and had been smoking cigarettes since the age of 15 before quitting successfully with the help of electronic cigarettes.

In the past I'd tried

patches, hypnotism, and aids such as gums and lozenges. Nothing seemed to truly rid the urge of "wanting" and I became increasingly frustrated before a friend, one day, pulled an electronic cigarette out of her purse and began to tell me about her recent purchase. I thought the idea was fairly " marketable" so I decided to invest in a starter pack of batteries and cartridges and to give it a shot! My new adventure began February st, 2012 and I am proud to say that I have never gone back to standard cigarettes. Not once have I even felt the need or desire! My doctors were very pleased and I feel great!!! I have not had any cough and cold symptoms since I put cigarettes behind me. My senses of smell and taste are sharper than ever! The real eye opener is, however, when my 11year old daughter told me that is glad that her clothes no longer smell.

Beside the financial savings and the health advantages.....my daughters words of gratitude made it worth every effort.

8/30/2013 7:16:00 PM - anthonyB from northampton UK

Hi, I'm Anthony from Northampton, England.

This is my story

I first started smoking at the age of 15. I'm now 51 so do the maths and that's 36 years of smoking. I can't remember how many I used to smoke, but up until about 8 weeks ago I was on 25 - 30 rollups a day. I had tried to quit, admittedly only a few times over the years. In last couple of years I have tried a little harder. Did the cold turkey first, that lasted until lunch. Tried the patches, smoked just as much with them. Tried the gum, found that stuff nasty. Then gave up trying.

My journey to actually becoming an ex-smoker, began on my tea break at work about three months ago. One of my work colleagues (how was a smoker) was sitting in the smoking area sucking on this thing. I've seen those e-cigs that look cigarettes and it was not one of those. It looked like my multi bit screw driver in my tool box. So me being nosy asked what it was. It's my personal vaporizer, I use it instead smoking, I quit. Was the reply. What quit completely, you where smoking the other day. Yes but it took me two days, was the reply.

How does that work then. He then roughly explained that the nicotine is in the liquid, you press the button to vaporize it, and inhale the vaper.

Give us a go then, you'll choke on it he said, and with a huge lung full yes I did. After a minute or two when the choking had subsided, I realised I like that, and had another go. For warned is for armed, so didn't inhale as much, so only a small cough. I do like that where do I get one.

Skip a week waiting for the postman to deliver PV.

It's here now lets see. Day one, this is a was of time still want a smoke. No I need more will power. No I need more will power and a plan. So I drew up my plan. Now I have set times during the day when I can smoke (tea breaks), so replace a tea break smoke with a vape only. This is working, so proceeded to swap the rest of the tea break smokes for vaping. After about a week of this I was stuck. I was down from 20+ a day to 5. Two in the morning to get going, and two or three in the evening.

This went on for about another week, and all the while the cigarettes seemed to taste weird.

That's because your taste buds are changing, from not smoking as much, I was told, by an ex smoker. My final step to being an ex smoker was hard. I woke up exactly one month ago from writing this lot, that I was out of tobacco. At this point I made the decision not to got to the shop for more, unless I really had to. This was the hardest bit

for me. I did find that I could use different strengths of nicotine and differnet flavours just by carrying two tops for my PV.

24mg/ml for when the craving as high, and a much lower level 12mg/ml for general use so to speak. Now one month on I find I no longer need the higher level because I don't get much of a craving any more. All of my many flavours of liquid are now 12mg/ml or less.

At this moment in time I don't think I'm ready to give up the nicotine entirely but I am planning to try and cut down the levels slowly. With a long term view to stop vaping as well.

Well that's the short version of my road to being an ex smoker I've just got to hope no-one messes it up for me. As I do not want to go back. There is a lot I have learnt on my journey, about all the different personal vaporizers available, and how maintain them. (sorry I'm not into those ones that look like cigarettes). How to mix your own liquid and alter the nic. level

if it's to weak or strong. And all the other things they don't really want you to know. For instance,

The earliest electronic cigarette can be traced to Herbert A. Gilbert, who in 1963 patented a device described as "a smokeless non-tobacco cigarette" that involved "replacing burning tobacco and paper with heated, moist, flavored air."

I'm going to finish my ongoing story with a question. If an electronic cigarette was patented the year after I was born, why has it taken 50 years for me to find out ?.

8/30/2013 11:14:00 PM - Francesca Pagani

After 35 years of smoking 1-2 packs a day of quality cigarettes (Nat Sherman,Gitane other pretentious brands) I finally gave up smoking tobacco.

8 months ago I bought an elaborate E-go

vap system to use while traveling for work with a nonsmoking co-worker. I haven

8/31/2013 4:43:00 AM - Christopher from Sacramento, CA

My name is Chris. I began smoking cigarettes on occasion since age 12 or so and began regularly smoking up to 1/2 pack a day almost as soon as I became of legal age to purchase them. I tried repeatedly in college to quit but I grew up in the Midwest during a time when nonsmokers were almost unheard of and you could smoke everywhere with little or no restrictions. I was finally able to quit for good upon graduating in 1998. I had extreme withdrawals when I switched from regular to all-natural cigarettes and not too much trouble stopping the all-natural product.

Since then I've only smoked cigars and pipes--more for the taste and relaxation and have never had the impulse to return to cigarettes. I might smoke up to 1-3 cigars a day for a while then stop with no difficulty for months. I still enjoy this from time to time but have no sense of addiction/withdrawal as I did with cigarettes. For me this is a totally different experience than smoking to get a nicotine fix.

As I got older and struggled to juggle a very stressful job while being father to two kids I began to dip snuff. I chose this because it would not come with the hazard of second-hand smoke so I could do it in my car or home with the kids around. I found the alertness that came with the nicotine fix to be very attractive and found myself using up to 1/2 can/day. Meanwhile my desire to take time to enjoy a pipe or cigar virtually disappeared. All I wanted was the nicotine. I struggled multiple times to stop only to return. I was able to transition to Snus for a while which seemed to have fewer negative effects but as stress increased I would return to loose snuff. I tried several times to stop with nicotine gum and would be able to stop for a couple of weeks but something always drew me back.

Then I discovered e-cigarettes, more importantly e-pipes. Before purchasing my first pipe I did a lot of research. Based on the information I could find it seemed at best this would be a safe alternative, at worst it would be much safer than continuing to chew tobacco as the only potentially harmful substance I would be exposing myself to would be nicotine. I did read multiple cautionary statements about e-cigarettes but none of these were supported by data. I really enjoyed my first e-pipe. I could vape indoors and did not have to worry about government over-regulation of what I still feel is a personal choice!

After about a year of off and on use I became more interested about the world of vaping which appeared to have taken off. I discovered many more flavors and purchased several more setups which had improved results. It has since become more of a hobby akin to my previous hobby of pipe collecting and smoking. It is once again about the pleasure of discovering new flavors to experience and review and new toys to play with. The nicotine is still important but has taken a back seat to pleasure.

I do not currently have a goal to quit. My personal goal is to minimize health risks of engaging in something I find pleasurable and soothing. I myself do not enjoy smoking traditional cigarettes and understand there is a place and time to light up a cigar or pipe. Unfortunately the freedom to do so has become somewhat criminal to the extreme. Now we have vaping which leaves no offensive odor and produces little to no toxic second-hand pollutants. While it is obviously not as healthy as no nicotine use, it seems to be the safest option to date. I certainly hope we do not have to fight draconian restrictions that have trampled over personal freedom with respect to smoking. I feel I'm more than accommodating the needs of others by choosing to vape over having a cigar in a public place. I hope the rest of America has common sense and sticks to data versus personal opinion on this one. I'm kind of running out of options at this point.

8/31/2013 6:08:00 AM - HOMESTEAD

I started smoking at the age of 16. 19 years later, I was smoking nearly 3 packs a day before my daughter told me, i had to quit. Currently i've been analog cigarette free since April 4,2013 and im glad. I feel better, theres no shortness of breathe at night. Sleeping has improved alot. Overall im very glad my daughter has opened my eyes.

8/31/2013 9:34:00 PM - aac vape lounge holland michigan

My name is Kyle I smoked for twenty years before I was able to quit with the e-cigg.I was able to quit the first day I switched over to the e- cigg. I have tried to stop smoking by using gum,Chantix along with the patch with no success. I now feel much better after switching to the e-cigg. I no longer have a cough or shortness of breath. I also no longer get headaches the way I use to. And i LOVE BEING ABLE TO TASTE my food again.I hope that there is no band on the e-cigg I will start smoking again and fear for my health.

Kyle Kramer

9/1/2013 6:46:00 AM - Ryan Black from Gainesville, FL

Hi, Name is Ryan Black. I was a 1 pack a day smoker of Cigarettes.

I have attempted to quit smoking a couple of times about 7-10 times in my life. I know that smoking is harmful, I know it causes cancer. I couldn't stop. I enjoyed the nicotine. I needed the nicotine. About 8 months ago a co-worker which also was a long term smoker saw a ad in are local newspaper about a E-cigarette store opening in are town. He decided to go visit this place. Ovale was the store. He purchased a Evic and some juice. 12mg/ml. Came back to work and started smoking inside and vaping all day long. After a week of watching him I decided to go get a Evic. I like the taste (Coffee) Ejuice that he bought so i got some. That day i threw away the carton of 305 that were in my car. I was enjoying it. Its been 8 months now. I have tried so many different E cigarettes. I haven't smoke a regular cigarette since then. Also to add to this I barely smoke my E cigarette too. I no longer have to take smoke breaks at work. I have started back at the gym and lost 40 pounds. Im more active. I base this all off that I can vape my E cigarette any where and its provided me a healthy life style.

I went from smoking 1 pack of regular cigarettes

to

Vaping 2ml of 12mg nicotine of juice daily.

This is an amazing product. I have turned about 8 of my other friends to it also including

my wife. We all have more enegry. We all are living a better life.

9/1/2013 12:29:00 PM - Steven M Valdosta, Ga

I started smoking at the age of 15. I made the switch to E- Cigs at the age of 21.My first E-cig was Blu's at the age of 18 and they did not work at all and then went back to smoking. I smoked anywhere from 2 packs to 3 packs a day. I also used hookah, pipe, and smoke a cigar. I wasn't in the healthiest condition of my life, especially for being so young. At the age of 21, I saw the technology definitely grew alot in 3 years. So I tried Volcano E-Cigs. I was so impressed with the flavor of the liquid, the size of the carto tank that came with it, and the long life of the battery. I did started looking into other style of batteries and different liquids. I got into the"twist style batteries and mini egos. I paired those up with a Vivi Nova and a Kanger T2. I loved the T2 far more then the Vivi. T2 was cheaper in the long run and same great throat hit. I then started making my way towards mods. My first mod was the Provari. I paired it with a carto tank (the prive). I use that thing to death. I didn't even think or want a cigarette in my hand. I'm 22 now and I been off cigarettes for a whole year. My breathing, taste, smell , and life have improved greatly. I can workout again without feeling like death is coming. I feel difference everyday now when I'm waking up. I'm not sluggish, sick, and coughing my brains out. My mental health is better as well. I'm not as hot tempered, anger, depressed, and etc. I'm glad to make the switch. You should to if you have not. Be open minded with it and it does take some time to get use to it. Don't let cigarettes drag your life down.

9/1/2013 10:47:00 PM - Dominic from Rochester, NY

Okay, so I started smoking when i was 17, and continued to smoke going only as high as a pack a day. I heard about e-ciggs on TV one day and decided to save some money for a starter kit by a company called "XOXOXO" it looked and acted like a normal cig but it was black and lit up blue. in the end it didnt work for me and i went back to smoking. after about a year i discovered a store that only sold vaping supplies in Buffalo, NY called "Vapor Trail". They got me an inexpensive starter kit and i tried vaping again. This was well before newer and more complicated mods, batteries, tanks and the like started cropping up, and was still a very basic setup. Well i stopped getting out to Buffalo on a regular basis for about 3 months and couldnt get replacement fluid so i went back to ciggs yet again. Finally about 4 months ago, a vapor shop opened up in my home town, and i got myself a more modernized kit, and fluid to spare. I got the setup to have when i couldnt afford normal ciggs and after a time i realized that i hadn't bought nor did i crave normal ciggs for 2 weeks! So i thought to myself, "I should see how long i can go without normal ciggs." its been 4 months and 5 days, and I will not go back ever again!

9/1/2013 10:58:00 PM - Robyn Bondeson, Healthcare professional, personal vaper too.

My mother and father were smokers. I am the youngest of 3 children. None of us developed childhood asthma. I was the only one to become a smoker. My brother has been a dipper of snuff for years. Our mother died at the age of fifty from a smoking related illness. Her mother, my granny was a dipper of true snuff. She died at the age of 101 after a fall related hip fracture. I started smoking occasionally when I was only 5 years old.

Our dad developed chronic bronchitis and successfully quit smoking at the age of 40. He smoked 3 packs of lucky strikes per day. He is 75, and was hospitalized twice this year for emphysema complications. I am 44. When I was 21, and pregnant, I quit smoking at 5 months after a big scare from an ultrasound result and blood test. The day I went into labor, I bought a pack and smoked between contractions. I had an otherwise natural delivery of a healthy daughter. Mom died 4 months later.

Over the years of her childhood, I attempted to quit smoking. Because I didn't want to harm my daughter's lungs and because I didn't want to die like mom; and leave my daughter without a mother to love and guide and support her into adulthood. I probably SERIOUSLY attempted to stop smoking 3 times a year. I had no physical problems from smoking. In fact, I had been a committed

yoga practitioner since 1988,

and an avid hiker, rock climber since I was a small girl. Sometimes, after a failed attempt, I would cry myself to sleep at night, beg God to help me stop; the sight of my daughters disappointment on her face made the pain almost unbearable at times. The anti-smoking education she received at school made her terrified that I would die. So it was very important to me- and I deeply wanted to stop. I was also shamed, nagged and harassed by her paternal aunts as someone who didn't have the sense or intelligence I needed to successfully quit. And they tried to fix my insufficiencies with a steady supply of real time newspaper clippings, pamphlets etc. Boy, there were many incentives for quitting but none effective.

My dad told me at about this time, how I had pacifiers as a little girl. That I would scream bloody murder if anyone tried to take it. That I hoarded them by the dozens in tiny secret hiding places throughout the house and cars. That he was once compelled to drive 50 miles out of the way during a family vacation, to replace the pacifier that somebody lost (or stole!).

That my hysteria was what had compelled him.

In 2006, I began to notice some problems with my legs and suspected I might be experiencing the symptoms of circulatory problems. Again, i tried to quit. Maybe it was

that I had less financial stress in my life-my daughter was in high school and mostly independent. I bought the nicoderm patch cessation system, I followed the package booklet insert exactly. I answered every question to identify triggers, was able to think of cigarettes as nothing more than a means to obtain a nicotine fix. I set a date. Using the patches, I did not smoke.

Wow. Everyone was so pleased with me! I was a human being after all. And not a disgusting smelly unintelligent smoker. When the day came for me to take off that last 7mg patch, I hardly thought twice. It would be no different than the previous reductions in dose. I did not smoke 11 months after that day.

I can't remember what happened or how I came to smoke again. It did involve some social situations and I thought that it would be OK to smoke socially on occasion. But it wasn't. I smoked at full tilt for the next 3 years. When I was't smoking, my legs did't hurt. After I returned to smoking my legs started hurting again. I did it before, I could surely do it again. Two months- 3 weeks- 6 days- 40 days....By now, I am having issues with my breathing and my stamina. I became fearful of outdoor activities. This is not good. I have a college degree in both biology, chemistry and I am a medical professional. I love the outdoors! In 2009-2010, I suffered from upper respiratory infections that persisted far longer than normal. I had two inhalers: corticosteroid for twice daily routine and albuterol for management of wheezing and feeling short of breath. I gave depression something to aspire. I was 41 and my worst fears were manifesting. At this rate, I will be dead in my 50's. A pulmonary function test drove the truth really deeper. Two years ago, during one of my asthma fits, my husband came home with an electronic cigarette. He opened the package and showed me how it worked. I gave him the same look I give when he tells me why he needs to buy the Dodge with the Cummins Diesel engine in it. The look that says "go yank on someone else's leg."

He put the little gadget on our mantel and said "if you decide to give it a try, it's right here."

He wisely left the room and never mentioned it again. For two days, every time I moved from my spot on the couch to the refrigerator and back again, the little white shiny poser caught my periphery. And finally, after hitting on my albuterol for the 3rd time one day, I walked over and had a staring contest with the poser. The package next to it was green and white and said "clean e cig." It did look just like my Marlboros. In my hand, it was heavier and seemed fat. I was not hopeful. I talked myself into giving it a 24 hr. trial. I wasn't able to enjoy my Marlboros much right now anyway with all the coughing and wheezing so why not? Since then, I have not smoked a tobacco cigarette-except the time I was trapped on a cruise ship in the middle of the ocean and without the ability to have an e cig charged-I did buy a pack of Marlboro super duper lights. When I got off the boat, I went back to my baby posers.

Before the boat experience, I had actually weened the nicotine down on my vapes and hadn't had ANY nicotine in 4 months. Today, I vape a 12mg/ml liquid. I vape a ml per day. I have not obtained a refill on either of my inhalers since before that first 24 hr trial. This year, I hiked 9 miles in SE Oklahoma; I climbed rock and hiked around 6 miles in the Black Hills of South Dakota. I work in the yard, never shy away from strenuous activity. When the air is terribly thick like it is sometimes in Oklahoma, I notice an increase in exertion for breathing. But I don't require the inhalers and it doesn't last. I have to admit, I don't see the point in beating myself over the head for vaping. Other than maybe looking silly- like a big girl with her pacifier, I have no cause for stopping. I am healthier, my legs don't hurt, my blood pressure isn't high. And I love the lemon, raspberry and lime flavors!

Since I was a little girl, I have maintained a plentiful supply of candies at home. Sweet tarts, nerds, gobstoppers, nerd ropes- I hadn't realized until today; My candy bowl has been empty for...nearly 2 years. It appears that vaping is the answer to all my appetites.

9/2/2013 12:40:00 AM - Hether from IL

I was a pack to two pack a day smoker. I tried the gum, taste nasty!

cold turkey we wont go there

and the patch which im allergic to. A friend said to try e-cigs. I started out with blu but they didn't help. I then switched to v2 e cigs august 6 2013.

I got the starter kit. I can tell you I haven't had a real cigarette since then. I feel better. no smell, no ash no more burning the car seats. these have saved my life!!

9/2/2013 1:27:00 AM - Paul Smith

My story is about both my wife and myself. My wife is a breast cancer survivor. Even after surviving cancer my wife and myself continued to smoke. My wife had a very bad cough and I wheezed all the time. A freind of mine at work got a eGo Ecig. He let me try a few puffs and it seemed pretty good. He pointed me to to the ECF (Electronic Cigarette Forum)web site and I spent about 10 hours reading up on Ecigs. A local flee market had a vender that sold Ecigs so both my wife and I went to check them out. Wife bought a Joye 510 kit and I got the larger size eGo kit. After 42 years of smoking we both had completely quit analog cig's in 4 days of starting to use our Ecig's. That was 15 Jan 2011. My wife got tired of the short Battery life on the 510 so She now has an eGo too. We both switched from using the cartridges to cartomizers and tank systems now. I have bought 2 mods, a Buzz Pro and a VAMO. Ecig's have been a true life changing experience for both of us. We had both pretty much resigned ourselves to eventually dieing of a smoking related illness. The wife had a bad cough and I weezed for 30 minutes every night when I went to bed. After less than a month of Vaping the wife was no longer coughing, I didn't weez anymore. We both had tried to quit using all the patches, gums, and other FDA approved quitting drugs and devices etc. We even went and got hypnotized once. Nothing worked. We both now feel great. We smell everything including how nasty smoke actually smells. Both of us can honestly say we don't miss analog cigs at all. My wife has cut back on the nicotine to where she is vaping zero nicotine juice and has been for several months now. I'm truely enjoying vaping and if I vap til I'm 80, well I'm good with that as I feel confident that vaping is not going to kill me like smoking cigarettes obviously was.

I still watch online reviews, like Grimm Green, pbusardo, and many more. The Vaping community has really helped as a support group and are all down to earth folks and just the best people you would ever meet that have provided helpful information. So bottom line here is Ecig's allowed me and my wife to quit smoking cigarettes when no other method worked for us. We feel great, our over all health has improved. What more could anyone ask for from product. As a side story both my son and his wife used Ecigs for about 2 years and they now no longer smoke or Vape. So for them is was only path that worked for them to become not just smoke free but also nicotine free as well.

9/2/2013 11:20:00 AM - Denise James

My name is Denise. I'm a 48 year old senior social worker, mother of two adult children and nana to a 3 year old girl. I started smoking from birth! Both my parents smoked. Mum, Park Drive, Dad, a pipe.! This was 1965 and nealy every adult smoked without concern for passive smoking. So I suppose it was inevitable to some extent that I would become a smoker. I have smoked 20-25 cigarettes a day for over 33 years. I loved smoking!! The feel of the hand to mouth gesture, the draw, the feeling of calm. Quitting seemed impossible and I was terrified of weight gain. Over the last 5 years I have been stuck fully in the 'contemplative' area of the cycle of change. I have worried constantly about my health and the increasing cost of smoking. I became paranoid about the smell. I never tried to quit. My mum has quit twice with Champix and begun smoking again within a few weeks. Most people I know have had this experience or failed using NRT. I once tried a nicotine inhaler. It was without doubt one of the most hideous things I have ever tasted!!

I despaired that I would die from my addiction.

Then one day, 7 weeks ago, a curious and miraculous thing occurred! I tried an e cigarette out of curiosity only. I did not consider quitting my life long pleasure. It was a cheap disposable cig-a-like which was strange at first but kinda ok. I used it all day and smoked only two cigarettes!! I immediately stocked up on a weeks supply and within 5 days I quit smoking entirely!! I now have upgraded equipment and found the juices I like, mainly coconut and vanilla. I use 18mg nicotine and plan to start reducing this soon. My aim is to reduce to 0mg nicotine.

I am very very proud of myself but really it's been easy! I no longer smell disgusting, my senses are on overload, I can breathe better, no coughing or wheezing. I have more money to spend. I no longer feel guilt and I will probably live longer. I have an urge to exercise which is most unlike me! My GP has changed my 'smoker' status on my medical records to 'ex smoker'. In 5 years I will be a 'non smoker'!! Bring it on!!

I have converted my husband, my parents and many friends successfully to e cigarettes over the past few weeks. My dad has an e pipe which he loves!

I never intend to smoke another tobacco product again! I am amazed and truly grateful that I can say this! Thank you e cigarettes for giving me back my life!

9/2/2013 11:57:00 AM - Nick Grzyb

I started using ecigs about mid 2008 though as it had helped me mostly stay away from smoking it wasn't quite doing the trick. At the time I had a Joye 510 kit but the battery life was terrible and they got insanely hot after very little use. Honestly I had almost completely given up on ecigs and just go back to being a full time smoker but then I decided to take it to youtube and poke around at what other people were saying, and stumbled upon Grimmgreen. After watching his review of the yeti I found I wasn't alone in the 510 kit issues and figured he seemed to know a good deal about ecigs, so I subscribed and watched the rest of his reviews. Honestly Grimm is the reason I stuck with vaping, watching his channel has helped me go from iffy ecig to a few fantastic mods and I haven't had a cigarette since the day I watched his review of the yeti. I have learned a great deal from him and the other reviewers that he talks about in his videos, and have since helped seven people quit smoking and am currently working on number eight:) In terms of the effect that vaping had/has had on me after about 2.5 weeks without a single cigarette I can honestly say I physically felt better, I was coughing substantially less and was feeling less winded all the time. The biggest part though was that after about a week, maybe a week and a half my heartburn just stopped and I had been getting really bad heartburn on a daily basis for years and had assumed it was just poor diet. The other part of ecigs that I love is not having that smell on my clothes from smoking, the rest of my family are non smokers and they would always complain that I smelled like an ash tray but once I started vaping they were immensely pleased, which made me pleased that that didn't have to put up with it anymore. The one thing I can truly say about anyone that isn't sure if vaping will help or for someone that is struggling with vaping because they are having a bad experience is that if you look around the web and do some research you can find plenty of mods out there that will change the way you think about ecigs, there is a mod out there that WILL get you off tobacco, you just have to find it so don't give up~ My current mod is the Provari v2 though I don't have a tank for it:(

9/2/2013 5:48:00 PM - Michelle Lewis

I started smoking cigarettes in my freshman year of high school at age 14. I received an electronic cigarette as a Christmas present from my brother and mom (whom both have been using electronic cigarettes) this past year. I've been using electronic cigarettes since. I still smoked regular cigarettes for a while after starting to "Vape" but have completely stopped now. I've been without a cigarette for three months. Even before that, I cut down drastically. Cigarettes don't even taste good anymore. I don't crave them. I use non-disposable electronic cigarettes (I have multiple) and refillable nicotine juice. I've lessened my nicotine intake from 36mg to 18mg and I plan on going down even more. At this point my voice sounds better. I don't sound/feel congested every morning. Instead of an ash tray or stale cigarettes, my hair and clothes smell like fruit and candy after vaping. All in all, vaping has drastically improved my life all around.

9/2/2013 6:08:00 PM - Elisha

I started smoking cigarettes in my freshman year of high school at age 14. I received an electronic cigarette as a Christmas present from my brother and mom (both have been using electronic cigarettes) this past year. I've been using electronic cigarettes since. I still smoked regular cigarettes for a while after starting to "Vape" but have completely stopped now. I've been without a cigarette for three months. Even before that, I cut down drastically. Cigarettes don't even taste good anymore. I don't crave them. I use non-disposable electronic cigarettes (I have multiple) and refillable nicotine juice. I've lessened my nicotine intake from 36mg to 18mg and I plan on going down even more. Having stores and online vendors readily available, such as Smokin' Vapor in Destin, Forida, really helps. At this point my voice sounds better. I don't sound/feel congested every morning. Instead of an ash tray or stale cigarettes, my hair and clothes smell like fruit and candy after vaping. All in all, vaping has drastically improved my life all around.

9/2/2013 8:20:00 PM - Jeno Havelaar

I have been smoking for what seems an eternity (13 years). I was always worried about my health, odor from my clothes, if i had enough smokes, when can i have one etc.

I tried to stop smoking several times with snus (made me puke), nicotine gum (made me retch) and patches (dont get me started on them), and the good old cold turkey.

Neither of these methods helped me stop. I like smoke coming out of my mouth, the small breaks you get for yourself (even on a free day), the fiddling with a cigarette and the heat from it.

I saw an ad somewhere online for an Eroll cigarette. Since my fiancee and me had vacation money, we decided to buy one. Soon we got two in our posession and fell in love with it (only to find out Norway doesnt allow sales of nicotine liquids because of an archaic deal/rule from the 80s about having enough nicotine replacement products on market(Nicorette/Nicotinell)

But it IS alowed to order and recieve from other EU countries.

We combined a week of smoking and vaping. Vaping was for us a winner, but we needed something more, something more awesome flavored and more vape. After finding a great group of Norwegians online (http://www.norsk-dampselskap.no/NorskDampselskapForum/index.php), we decided to blow some money on mods and quality eliquids.

What happened was that we found out that tobacco cant hold a candle to vaping! In a short amount of time 5 people of family and friends started vaping too after being partysmokers and regular smokers. Then 5 more and it snowballed (were up to 16 people now)

Both mine and my fiancees health got a boost and we seem more happy than ever (also: its a great hobby).

But slowly a net is falling around us: we, as adults are, being told that maybe we cannot use this harm reduction product in the future? Tobacco has ruined 6 lives in my family, but thats allowed?

I am a grown up, i pay money to MY government, I STOPPED smoking, I am on my way to become healthy again, I am so happy with my juices, mods, tanks, rebuildables and it's subculture around it.

And still I am being treated by some authorities as WORSE than a smoker. I know this whole e-smoking thing is in it's infancy, and yet....it's being treated as tobacco should be treated (but isnt) by some authorities.

Wer're on our way for a global health revolution, and it baffles the mind that governments sway the way of the cancer-stick. It's easy to throw out conspiracy theories left right and center when the behaviour of the Eu and its counterparts are being this irrational.

Hopefully, this wave is too big to be stopped. I think were saving lives. And I think the free market should prevail in this one, and let tobacco companies stick to their crap, while Grant's/Fuzion/Tmax etc. take their share of the world. Lets see who wins. I think we all know the answer, if this was a fair fight.

I will vape on. My choice is not certain death.

Thank you

9/3/2013 2:17:00 AM - Cindy, FL

I smoked my first cigarette when I was 14. Both my parents were smokers. I smoked for most of my life, but stopped once for about 7 years, and a couple of times for a few months. The cravings never completely went away, and it only took one cigarette to fall off the wagon. My daughter gave me a refillable e-cigarette for Xmas. I had a few cigarettes left in my last pack, and finished them off that night, to get them out of the way, and not to waste money. For the first 2 days vaping,I got a few urges to smoke a regular cigarette, but the urges quickly passed. I never looked back. I have been steadily decreasing the nicotine concentration of my refill liquid. My chest feels much better. If I run out of supplies, I will have cravings for the e-cigarette, but never for a regular cigarette, ever. They now seem disgusting to me. This is the only thing that has ever really worked for me.

9/3/2013 4:25:00 AM - Stormy

My story begins at age 15 when I first started smoking. I don't know why I started, maybe peer pressure, maybe I wanted to fit in. Who knows. I smoked 1 1/2 - 2 packs of Winston Lights a day for 20 years. I couldn't breath as well as I used too, and always seemed to be sick, so I decided it was time to quit. Over the next 10 years I tried everything I could think of: hypnosis, snuff (yeah I know, gross for a girl especially), prescription drugs, the "patch", and quitting cold turkey. Nothing worked, so I continued to smoke.

Then several years ago I bought an electronic cigarette. Initially I thought it was pretty cool, and it did help cut down my smoking. After a while it really became a hassle and messy dealing with the cartridges and stuff, not to mention having to order from the other side of the country and wait for refills to come in. This was the old school, cigarette look-a-like type e-cig. When it finally became more trouble than it was worth, I dropped it.

Last year about Thanksgiving, I heard a commercial on the radio talking about a local Vapor shop that had opened. Since it had been a couple of years, I thought I'd give the e-cig another try. I mentioned it to my girlfriend a few times, but with the amount of travel I was doing with my job, I never had time to stop in the store. Christmas morning rolls around, and one of my presents was a new e-cig. This time it was different. It looked absolutely nothing like a cigarette, and there were no messy cartridges to deal with, and the flavor of the e-juice was so much better than the last one I had used! Needless to say I was still skeptical, but since my girlfriend had been so thoughtful as to get it for me, I gave it a try.

At first I continued to smoke, and only "vaped" at home. Over time I realized I was smoking less and vaping more. After a little while longer, I didn't even want to smoke anymore. During this time, vape shops had started popping up all over the area I live in, and one was about a mile from my house. I had become a regular there, purchasing new, upgraded e-cigs and tasty e-liquid (e-juice or juice). One day after work, I looked at the partial pack of smokes sitting in the console of my truck and realized I hadn't smoked in a few days, so I stopped by the local shop and dropped the pack in the "quitters box," and haven't looked back since. I started vaping a nicotine level of 24mg and have dropped that down to 6mg. My doctor is very happy with my vaping, and has deemed me a non-smoker!

Now I go to the gym regularly, and am out of breath from a butt kicking workout and NOT because my lungs are all full of gunk. I can smell things I couldn't have smelled a year ago, food tastes so much better, and I haven't been sick once since I quit smoking. I can honestly say my electronic cigarette saved my life!

9/3/2013 6:40:00 AM - K.A.(KAdDigArt) Kennesaw GA

I'd like to begin with a message to the people who are so blindly and fanatically against eCigs.

Leave us be, please. We are not the enemy, the devil, or criminals. We wish you no harm and don't want to fight or argue. All we desire is the freedom to quit smoking (or even just enjoy vaping) without interference or condescension. If you do not like or approve of it, don't surround yourself with it. I will likewise not crusade against you for not doing it, nor will I ever try and get your approval.

Now then, my story.

I was a pack+ per day smoker for over 20 years until January of this year (2013). I tried a few times over the years to kick the habit, never successfully for more than a couple of weeks. On the 21st of January I was taken to the hospital with severe abdominal pain which resulted in an emergency appendectomy. I of course wasn't allowed to smoke for the six days I was there, and the nicotine patches the staff gave me seemed only to make me nauseous (anyone who's ever had a stomach wound or surgery will know how painful vomiting is during this time).

The same friend that took me to the hospital had been smoke-free for over a year, thanks to eCigs. He brought an extra eGo to me while I was still admitted, and believe it or not, the nurses/doctors allowed it. I couldn't eat, drink (doctors orders) or even sit up without help, yet they let me vape. This in itself should be enough to hush the haters, but I know it won't.

After I was discharged I tried to smoke a cigarette from the pack I had before I was admitted. It was so awful I almost retched. I immediately ordered my own battery and the rest is smokeless history. I have graduated from pen-style batteries to DIY mods in the past few months, enjoying heightened senses of smell and taste, better stamina, not to mention a more pleasant personal aroma. On top of that, I've found a new hobby that has expanded my knowledge of electronic devices exponentially. How can all of these things be bad, for me, you or anybody?

It is now September, and I am still a non-smoker. I have encouraged everyone I can to make the switch, without being belligerent about it or pressuring them. A few have tried. A few of those have succeeded. Please, leave us alone and let us choose a healthier lifestyle without belligerence or pressure from you.

We all know that nicotine is an addictive toxin. So is alcohol. So are many pharmaceuticals. Yet these things are tolerated. Before you cry that they are also regulated, think of to what degree these things affect/alter the mind and/or body in comparison to nicotine. The answer is: there is no comparison. How many people have

smoked or vaped, gotten in a car and killed themselves or others? How many marriages or lives in general has nicotine destroyed? Before retorting that cancer from smoking has killed millions, remember that we are trying to quit, and more importantly that nicotine itself is not the cancer causing agent.

We don't like smoking either. Let us kick it in our own way, in peace.

9/3/2013 4:23:00 PM - MBueno01 From Houston, TX

I'm 64 years old (soon to be 65) and I remember the first cigarette I lit up at the age of 13. At first I would smoke one or two cigarettes a day, but soon it became half a pack and by the time I had turned 15 I was smoking a full pack of cigarettes a day. I did this for 50 years (I would smoke more if I was consuming alcohol, though).

In September 2011, we received a letter from my wife's (also an ex-smoker of 25+ years) employee benefit department indicating that we both had to commit to be tobacco free by the fall of 2012 if we wanted to keep our health insurance deductible at $500.00 for the family. If we decided not to commit, then our deductible would be increased to $2,500. This was a strong motivation to try to quit.

I had tried unsuccessfully to quit smoking tobacco products in the past, so I was about to redo my budget to include a $2,500 out-of-pocket expense increase. However, my wife was not about to part with that sum so easily. She started researching ways to kick the habit that did not include gum, patches or prescription drugs.

She said our best bet to be tobacco free in one year would be to switch to electronic cigarettes. We purchased two sets of Joy Ego's from a local store and stated with 28 mg of nicotine. Within the next 6 months we lowered the nicotine content to 0 mg and have been happily vaping our favorite flavored juice since.

Being that we are no longer addicted to tobacco, our health has improved a great deal. We decided to kick it up a notch and now only consume plant-based food (no meats, seafood, dairy, eggs or added oils). This has translated into my wife's clogged arteries clearing up dramatically (after having a heart attack in April 2012) and not having to take any medications, and in my case reversing Type II diabetes, sleep apnea, high blood pressure and high cholesterol and tryglicerides. I no longer have to take any medication.

Remember, smoking cigarettes involves a hand to mouth habit that is the hardest to overcome. An electronic cigarette provides a substitute for that and at the same time gives you the pleasure of blowing "smoke" and sometimes a nice throat hit.

9/4/2013 - J.McCulloch

smoking/chewing for the past 24 years, finding ecigs has been a a wonderful change. Feeling better, less winded and an overall sense of a greater well being has a been a most welcome improvement.

9/4/2013 12:55:00 AM - Mark Black/Mpls/MN

I smoked a pack a day for 42 years or conservatively 306,600 cigarettes. After Minneapolis raised the tax on cigarettes $1.60 a pack to pay for a bunch of billionaires new playground I decided I wanted nothing to do with it and switched to a personal vapor device. I no longer use tobacco products.

It's benefits were also attractive.

Less expensive. None of the harmful chemicals. I don't smell of tobacco.

After using a mod for 2 months to satisfy my craving for nicotine I feel great. Food tastes and smells better. I can breath easier and I'm be saving some cash after recouping my initial investment, which only took a few weeks.

9/4/2013 2:45:00 AM - Erin B

I smoked at minimum a pack a day for 12 years. I'm a nurse, I know how bad smoking is & I have seen what it can do to people. I knew I needed to quit, that it would benefit my health, I knew I needed to quit to benefit my family, especially my son. I didn't want to quit, I enjoyed smoking. For my son I tried patches & gum, I would hardly even cut back with those & decided all I was doing was putting more nicotine into my system. I even tried a pill wellbutrin, this didn't help at all. I had given up, I wasn't going to quit. Then a friend wanted to try a disposable ecig & I happened to be with her & thought why not. The first day with a cheap ecig that didn't even taste good I had cut back to half of what I normally smoked. I continued with gas station disposables for a week, I was still smoking 5 to 10 real cigarettes a day. I decided that if I had something that tasted better that maybe I could quit. I started researching & there is this whole community of vapors out there to support & help you. I bought a rechargeable ecig & 10 days of smoking disposable ecigs I haven't had a real cigarette since. For that matter I don't want one, I still will Vape outside with my smoking friends & not even desire a smoke. I have advanced to a bigger battery & I am exploring the vapor world that is out there. I love it, I love telling everyone about vaping & encouraging them to quit. The funny thing is I had given up & didn't think I would or could ever quit. Now I can't understand why I didn't do this sooner or why we are not getting the word out there that if those other methods didn't work for you, then vaping is a great alternative. I started vaping at 18mg of nicotine, I month later 12mg, & now I use 12 & 6mg nicotine. I'm not sure if I will get to 0 & I don't know if I will ever quit vaping. I am positive that if I couldn't Vape or use an ecig then I would be smoking. I do know that I can taste things much better now, that I can breathe better, that I don't get as short of breath (trust me after giving chest compressions as smoker & feeling like I was dying too, then giving chest compressions as a vapor. I know the difference & I can definitely breathe better now), & I just feel better in general, healthier! Ecigs changed my life & I know they have improved my health.

9/4/2013 1:33:00 PM - R. Boyd

I smoked cigarettes daily for 39 years. On three separate occasions in my thirties I attempted to quit smoking using nicotine gum(this caused upset stomach and this attempt didn't last long), nicotine patches(these caused rashes and in one case open sores on my arms, and are unsatisfying as a cessation method), and lozenges(these cause the same gastric problems as gum). My latest attempt to quit smoking was with a PV device and IT WORKED ALMOST IMMEDIATELY! I do not have the urge to light a cigarette and my home, clothing and person do not stink of cigarette smoke. This method of smoking cessation is a Godsend to long term smokers such as myself. I can lower my nicotine levels gradually and eventually not use nicotine at all if I so desire. I firmly believe that vaping will save many lives, as opposed to smoking tobacco, which kills, yet no one seems in a big hurry to shut down the tobacco industry.

9/4/2013 6:34:00 PM - Helen

I smoked for nearly 45 years, as much as 60 cigarettes a day at times. When I started smoking, at 12 years old, it wasn't commonly considered dangerous. At the time I never thought about giving up one day. It wasn't considered an addiction. However, just over a year ago my friend had a severe respiratory problem, which lead to a week in hospital and the announcement that if he continued smoking he would not have a long time to live. I'd heard about Ecigs somewhere or other, so I went on the web and ordered some, after he'd been on patches for 3 unsupportable days. While we waited for the Ecigs, rechargeable, refillable, to arrive, I found a little shop in the supermarket complex that sold disposable ones, expensive, but a real life saver, for both my friend and I, due to his irritability, and constant cigarette cravings. When I tried my first Ecig I was surprised at how nice it was. So, it was decided, I was going over to Ecigs too. With age I was shorter of breath, and to be honest, worried about the dangers of smoking. And I liked the taste of Ecigs. Now, after more than a year of using Ecigs, I've reduced my nicotine intake by environ 75%, I can smell the odors of the countryside where I live, and taste the food I eat. I have lit up a cigarette, but the taste was so horrible that I put it out after one drag. I can't imagine, now, how I actually enjoyed smoking. The first thing I did every morning was light up a cigarette. If disposable Ecigs hadn't been so easy to buy I would maybe not have stopped smoking, and my friend would now be dead or on oxygen. But I was lucky, in being able to simply buy an Ecig, try it, then, because I liked it, order more on the web. If people will one day soon need to pass by a medicine, maybe anti-ecig, to try one, many people will miss out on a chance to quit smoking, which is slowly killing them. I think it's vital that we keep the right to choose an Ecig, without needing a doctors permission. Real cigarettes, which are known to be very dangerous are sold on every street corner, so why ban or restrict the access to a much safer alternative?

9/4/2013 7:04:00 PM - Sid Smith from Mechanicsburg, PA

I started smoking when was 15 years old which is 21 years ago for me at the time that I am writing this.

For many of those years I often struggled to be able to afford to smoke due to the price increases that were imposed on cigarettes, however I would also go without something else to get that pack of cigarettes.

I first tried quitting about 10 years ago using the patch, I found that it removed the urges to smoke, but for me the habbit of smoking was much more than just a nicotine addiction.

I later when on to try Chantix, then the patch, and nothing seemed to work for me.

I would find myself telling my family I was quitting and then sneaking around hiding wherever I could to smoke.

In 2008 I tried BlueCigs.

The concept the idea was just what I was looking for.

I however was disappointed by the device and the vapor it produced so back to smoking I went.

In 2012 I again tried BlueCig after my Grand Mother and Aunt both died from cancer and my mother was diagnosed with COPD.

My wife and my children were persistently hounding me to quit smoking as I was diagnosed with Sarcoidosis which affects the lungs.

Due to this my doctor has been telling to quit for years as well.

So I tried BlueCigs again and I got the same result. They are a great concept and readily available, but just don't produce enough vapor and nicotine to prevent me from going back to cigarettes.

After yet another failed attempt a friend of mine introduced me to vaping.

At first I thought he was crazy.

He showed me this device that looked like Luke Skywalkers lightsaver from starwars and I was very skeptical.

He however convinced me to try it and and from the very first puff I took off my new E-Cig I have never touched a tobacco cigarette.

Everyone is so happy, my kids, my wife, my mother, my doctor all couldn't be happier with me vaping as a smoking replacement.

Since I started vaping I have converted many of my friend who smoked as well.

I am now making my own E-Liquid and regardless of what decisions are made by the FDA and the government I will continue to smoke vaper my way as it has changed my life.

I can now run with my kids, walk up a flight of stair without getting out of breath, and do so many activities that I previously would stray away from because I would get winded and out of breath to easily.

I found my saving grace.

Vape On, Sid Smith

9/4/2013 7:46:00 PM - Shawn Pattison

I was a smoker of traditional cigarettes for 23 years before I started using my current e-cigarette mod.

I have tried to quit multiple time before, I even went on Chantix for a while but had to quit because it made me very sick.

Each and every time I started smoking again within a month.

A co-vorker stared using a e-cig mod kit that he bought online and eventually quit smoking.

He began urging me to try it and I resisted for a while because of the initial investment.

Eventually I bought a starter kit from one of the various online retailers and started vaping.

After about a week or two I found my desire to smoke a traditional cigarette diminished and after a month I found that I rarely even think about smoking a cigarette.

Now I vape instead of smoke.

My wife was the first one to notice the benefits, she told me that I wasnt wheezing anymore.

I had noticed it a little when I was smoking but had not realized that I had stopped wheezing.

About a week later we went on a nice long walk along the canal in our area.

We do this every so often and prior to this point I had always come back sweaty and breathing heavy, this time I was not sweating nearly as badly and I wasnt breathing heavy at all.

She also noted that my color had improved greatly since I quit smoking and started vaping. When I started vaping I was buying liquids with 24mg/ml of nicotine, now I'm buying liquids with 12mg/ml of nicotine. Overall I don't think I could have quit smoking with out e-cigarettes and eventually I will quit vaping as well.

I already vape less than I did in the begining so it's only a matter of time...

9/4/2013 7:48:00 PM - Ontimejohn, Long Beach, CA

I had been smoking cigarettes daily for over 20 years before e-cigarettes.

I had successfully quit cold turkey for about five years, but after getting a new job in sales I turned to cigarettes again to relieve my stress.

I also tried Nicorrete gum, Wellbutryn and the patch and just continued to smoke cigarettes.

After trying a disposable e-cigarette for a few weeks, I found myself just using it inside my home and at work in my office. I was never one to smoke inside my home as I have a wife and step-children and would not subject them to the secondhand smoke.

I recently quit cold turkey again and was able to not smoke for about six weeks, then realized that I was slowly bumming a cigarette here and there, then it was back to buying full packs and smoking daily.

A friend suggested I try vaping. I was not aware of the advances made in the e-cigarette industry.

After finally purchasing a more professional variable voltage unit and tasting many different flavors that were available to sample at various vape shops, I was finally able to stop smoking cigarettes completely.

It has been just over three months now that I have not touched a cigarette! I feel so much better.

No more wheezing or coughing for ten minutes every morning after getting out of the shower.

I truly believe that without my e-cigarette, I would still be smoking cigarettes.

9/5/2013 2:54:00 AM - Rory - Houston

I was a pack+ a day smoker for 15 years. I have been using a ego battery and glassomizers. With multiple flavor juices. I reduced my smoking to 2 cigarettes the first day. I am now 2 months in and have not had a cigarette in 52 days. I have never had any luck quitting or even reducing my use by any other means. I am so glad I found vaporizing as an alternative.

It's really that simple. No more cravings for a cigarette and the last time I had one I could not even stand the taste to finish it.

9/5/2013 12:58:00 PM - Mick Wright

I started smoking as a child in PRimary school at the age of about 10 or 11 but not on a daily basis and maybe three or four of the kids I hung around with would share one cigarette before school. By the time I was 13 or 14 I was smoking daily. This was in the late 70's and early 1980's.

So if truth be told I was smoking tobacco products with the exception of a 2 year abstinence in the 80's for about 30 years.

I tried to give up in my 20's repeatedly, when gum came out I tried that and end up addicted to the cigarettes and the gum for a while. I tried the gum again several times in the 90's but it gave me indigestion and also flatulence regardless of how determined I was to use it.

I tried the patches once but they were the most useless of all since i tended to sit around having no clue what to do, irritated and eventually fearful of a nicotine overdose I took them off and started smoking again.

I tried Electronic cigarettes using a Green Smoke device sold as a starter in the local shopping centre. It cost 50 euro at the time with two batteries and 5 cartridges. At this stage I was smoking 20 to 30 a day and couldn't afford to do that so had swapped over to smoking black market cigarettes. These were horrible things and were clearly really poor quality.

The first time I put the electronic cigarettee in my mouth the difference between it and the cheap smokes I'd been using was really apparent. That was the last time I bought cigarettes on the black market. I've used the electronic cigarettes since.

My breathing has improved immensley... I knew I had been damaging my lungs smoking and in fact I know that most of that damage over 30 years is now done and likely irreversible in my lifetime. But my breathing has improved a lot.

I still smoke but it is literally one or maybe two cigarettes a week, usually almost religiously on Friday evenings watching a movie. I'm sure I could do without it, but what the hell.

I now actually keep my cigarettes in the fridge because 20 lasted me so long that they began to go off! I know thats weird but hey they cost 10 euro a box I'm not spending that sort of money for them to go off once a month or so.

E-cigarettes now cost me about

20 euro a month for whatever flavours I like. I've upgraded my green smoke for a larger eGo type e-cig and the battery life on those 808 models is abysmal anyway.

I tried all sorts of flavours of e-liquid. Gave up buying the really cheap stuff from china and tried some of the better known brands.

Fact is myself and millions of others are off the cigarettes permanently.

Now I'm sure there are questions to be addressed regarding the safety of e-liquid and electronic cigarettes in general. I think its more effective if we wait until we know what the issues might be before suggesting what they are and trying to ban electronic cigarettes without any evidence of those 'potential' dangers.

And the world is a laboratory at the moment. Millions and millions of pepe are smoking electronic cigarettes and dumping the tobacco. I'm sure if there were in fact any health issues with so many determined to see the end of electronic cigarettes they would be easily able to point it out in the huge population of electronic cigarette users by now. Since I don't see that, I have no problems. Either way its my choice and governments and regulators should back off as they have no business interfering in my personal choice.

So I don't care anyway, if there's regulation I'll just buy them illegally, or make my own along with my own e-liquid...it'd be pretty hard to regulate a consumer substance like glycerine out of existence.

9/5/2013 1:23:00 PM - Bob Chill

My story is similar to so many others out there who had a multi-decadal struggle to break the unrelenting " grip" of cigarette addiction. Cigarette addiction is not simply a nicotine addiction. It goes much deeper into the mind and body. I realized this difference the first time I used nicotine replacement therapies like gum and lozenges. There is a hollow feeling that nicotine itself cannot overcome. Call it the blues, mild depression, or even clinical depression due to chemical imbalances (serotonin in particular). This is probably why anti-depressants help during the cessation process.

Whether by chance or intentional design (I'll side with the latter), I've never experienced anything as powerful as the "grip". It holds strong for the unfortunate ones who are hardwired to be susceptible (this includes me of course). Even after 5 years of cold turkey during the 90's I could always feel it tugging.

I'm an educated man and I definitely knew better but for a myriad of reasons I could not permanently break the cycle. I'm sure some of it was from starting young (age 15) but a much larger part is my wiring. Back in the 80's all kids tried smoking. We were even allowed to smoke in a designated outdoor area of my High School. Looking back, some kids tried and had no interest, some tried and easily stopped after a brief foray, and too many others got hooked into a life changing habit. Again, I don't think it's nicotine in itself. It's just not that simple. Far fewer cigar smokers and tobacco chewers struggle the same way cigarette smokers do.

I was a 1-2 pack a day smoker from age 15-23. I even worked at a tobacco store where you could smoke on the job. During the invincible years it was great and I had no worries. After college I knew it was time to give it up for good. I sucked it up cold turkey. It was absolutely terrible for the first 3 months. I wasn't myself. My moods, energy levels, and sleep patterns were a mess. It slowly resolved over the course of a year. I was never fully myself again though. My focus wasn't as sharp and I was more irritable for the following 4 years. But I sucked it up for the greater good. Until my relapse of course.

I relapsed at age 28. I got a great new job and it was a high pressure environment. I loved it. Unfortunately the majority smoked and I quickly found myself having one here and there and went right back to a pack a day + at a blink of an eye. I honestly believe it helped me perform better on the job. The job required laser focus and smoking seemed to really help that.

I had little guilt of the relapse. It felt good to be "me" again.

I met my wife when I turned 30. She smoked too. Similar story as mine. After we got married we decided to try and quit once and for all. We we're both prescribed wellbutrin. It did temporarily work. I'll give it credit for that. Took care of most of the

mind games but I couldn't deal with the side effects (weird sleep patterns, very unusual dreams, odd moods, and headaches) so I stopped taking them as soon as I felt strong enough to go on my own.

We did

great for almost 2 years but the grip kept tugging and grinding away so we relapsed again. Then it became a battle of wills. Smoke sometimes, not smoke other times, chew nic gum, eat lozenges, and just ride the bumpy road and never feel "right". Looking back it was a terrible way to live. And it affected our relationship.

I had it down to smoking

1 day a week and eating lozenges all other days. I was miserable with guilt, the grip, and always irritable (and I'm pretty mellow by nature).

I drew the line in June of 2013. I just couldn't live like I was. I was rationalizing that I was simply better off smoking and sacrificing my health in exchange for "my old self" and sense of well being. Those are some pretty insane thoughts if you ask me. My wife and I had tried all other methods and failed miserably.

It was quite a crossroads.

As I pondered the problem I searched for some sort of alternative to the "one or the other" that I was facing. I had heard of and saw electronic cigarettes many times but hadn't considered them a viable option. I figured it was time to look at them. I researched them deeply. Read everything I could. After a week and many many hours of reading I decided for me personally that the risk/return was worth a try.

There's plenty of information out there if you avoid all the articles full of lies and misinformation. There's a clear line between facts and agendas. I chose to stick with the facts and made a fully informed decision. Best decision of my life too.

I knew about all the advanced ecigarette devices but had to dip a toe with the disposables first. My hands were shaking as I opened the package. I wanted it to work so bad but had my doubts. After the first couple of puffs it was a fireworks moment. I knew right then and there that if this was the worst it was going to be that I found my personal utopia.

I couldn't wait for my wife to try it. When I got home I handed her a disposable and said this might be our ticket out of the mess we're fighting. Same exact result. What a great day (marked on the calendar forever). I made a vow to never ever let tobacco smoke enter my lungs again and 3 months later I haven't. Nor do I have any interest. Incredibly liberating experience.

My best friend is a 35 year pack a day+ smoker who has never quit. I told him all about what I did and he tried it. He immediately put down his cigarettes. Never even finished the last pack he had. Now he is nearly 3 months free from cigarettes. And I feel like I saved my best friends life in a way. He's incredibly happy I steered him to a way out of the cycle.

Electronic cigarettes take some getting used to.There is still a hollow feeling for the first month. They can't perfectly duplicate the complicated chemical effects on the brain that cigarettes do. But the method is "just enough" to easily fight the grip to smoke. It succeeds where all other therapies fail miserably. I strongly urge a new user to suck it up and fight the hollow feeling for a month. Things smooth out pretty quickly and then cigarettes are permanently in the rearview mirror.

I have suffered zero negative effects from making the switch but the positives are overwhelming. I stopped snoring, my blood pressure dropped 10 points (doc is thrilled), my cholesterol is dropping, I haven't gained any weight, my mind is steady, I sleep soundly (and need less sleep now for whatever reason), no more guilt, no more coughing, no more stinking, I can go on and on here.

I may or may not quit using electronic cigarettes. For right now they are a reduced harm replacement for regular cigarettes. I'm fine with that for now. Luckily I can completely control my nicotine intake. I'm already down 50% from when I started. If I choose to quit ecigarettes I can get down to zero nicotine first. There will be no mental battle because I'll be far removed for the effects on serotonin and whatever else regular cigarettes do to you.

The very short story here is I found a small miracle that has greatly improved many aspects of my life and I'm very very thankful that I made the decision.

9/5/2013 1:38:00 PM - michael

As with everyone I tried the ecigs when they started coming on the market, and just like everyone else I did not continue. Not too long ago a vape shop opened next to me and i reluctantly went in to see what it was all about. The guys were knowledgeable about their products, and had answers to why it didnt work for me before, they offered to let me try some different flavors and devices that gave a better hit, I was amazed at how much i liked it and purchased one. I had no real intention on putting down my cigarettes, I knew that it was causing health problems, but I just loved it so much I didn't want to quit. I used the vaping device for most of the day, really enjoyed the taste so much i didn't really want to smoke. When I went outside to have my first smoke I only smoked half and threw it away, it tasted awful!!! The next day I only smoked 3 cigarettes and by the second day I knew I didn't want them anymore. That was over 6 weeks ago, every part of my life has changed for the better, I feel healthier than I have ever felt! The best thing is I still have my habit that I really enjoy! I also know that I have the ability to slowly ween myself from the nicotine and I will not suffer the side effects. E-cigs should be made available to everyone! Vape-on!!

9/5/2013 5:16:00 PM - Joshua Schley (ShizzleVapes) From Los Angeles, Ca

Hello all my name is Joshua Schley aka Shizzle I started smoking in the year of 2005 after joining the (Active Duty) Army in Sept. It seemed like the thing to do and I was one back then to say I would never smoke but, I learned later on to never say never. So while under intense stress of being in the army, deploying, having to be on alert at all times for the sake of life I smoked countless packs of my chosen newport/ camel menthol cigs. It wasn't until august 2013 I got medically retired from the (Active Duty) Army that I was introduced to the electronic cigarette from a long time friend of mine Andrew Farmer which guided me to electronstix.com where I purchased my first KEAR 650mah ego. I also introduced and bought my wife one as well, since then we have been cigarette free for almost a month with no thought or craving for a cigarette whatsoever. We also recently purchased the 1300mah egoW with (VV) variable voltage and the evod bottom coil clearomizers tanks and we just love them. If you are interested in quitting traditional smoking for good (your decision) and looking for a much more healthier way to smoke I hands down recommend vaping, start off with a beginners kit (that you can afford)and if you (choose) to become a vaper instead of a smoker you are deffinately taking a step or two in the right direction. I pray it works for you like it did for me and my wife but, unfortunately everyone is different and it may not (only you have the power to determine that)but I truly would love for anyone to just give it a shot. If you would like to know more there are a plethra of vids on youtube I recommend grimmgreen of grimmgreen.com beginner vids are(taking the next vaping step 1&2), pbusardo,the hilarious indoorsmokers channel (yes its about

vaping (:) there are also websites as well to read up on before you (make a decision)

thank you all for reading this, and in the words of grimmgreen "lets keep on vaping".

9/5/2013 6:03:00 PM - Nicolelovessmokinvapor

I haven't smoked real cigarettes in almost 2 years! I love Smokin Vapor E Cigs! I feel better & don't smell like I just rolled around in an ashtray! :-) I would definitely recommend it to anyone trying to drop the nasty habit of tobacco products.

9/5/2013 7:30:00 PM - Lewis Kanirie (lewyk) from Payette, ID

I started smoking when I was 15 years old, once I hit 30 I started to consider quitting and continued to consider it for the next five years.

Shortly after my 35th birthday I decided I needed to quit, for myself and my family.

I tried gum, patches, diet changes, routine changes, and cold turkey, nothing worked.

I saw an ad online for e-cigs a few years ago and ordered a kit.

It worked for awhile but it didn't help much so I gave up on it.

About 6 months ago I got into vaping, more control with flavors, nicotine levels, ect.

I am now smoke free for the first time in 23 years.

I have embraced the vaping community and now am making my own liquids.

My health is improving, I haven't been sick at all in four months,where I used to get ill every couple of months.

I have more energy to spend on my kids now, and mentaly I am free of the burden of worry that came with smoking.

Harsh regulations on e-cigs and the like can do no good whatsoever, it will only hurt those of us that have proven that it is an effective tool to quit smoking.

It is not the answer-all to quitting smoking for everyone, but to many it is.

I started with 18mg and have tapered down to 12 so far.

Eventually I want to get to zero.

9/5/2013 8:02:00 PM - Vanessa S. Idaho

I started smoking at the age of 15. All my friends were smokers and I thought it was the cool thing to do at the time. After that first cigarette, I was hooked.

Over the past 23-24 years I have tried to quit smoking on several different occasions. I quit when I was pregnant withal my children, but within a few months after their births I started right back to smoking. I have tried quitting with the nicotine patches, gum, going cold turkey, chewing gum, and mints. I have even used other versions of e-cigs.

I started using e-cigs a little over 2 years ago. They were fine in the beginning but had a strange aftertaste that I didn't like. I like the different flavors I could get, but because of the aftertaste, I retuned to smoking. That and the replacement cartridges were expensive. For mothers day my daughter gave me a vapor to help me with cutting down and hopefully quitting smoking. The first time I used my vapor, I loved it. I did smoke and vape for about a week then never picked up a cigarette again. I have been vaping ever since.

I have noticed a lot of positive changes since I have been vaping instead of smoking. I am able to breath better, and not get winded as easily. I don't get sick as often, and I have so much more energy. My sense of taste and smell are amazing.

I do not have any cravings for a cigarette anymore. I love the different flavors I can get for my vapor, and the different levels of nicotine I can get. I started at 18 mg, and am now at 12mg. I love how I can decrease the levels gradually so I am not getting headaches from nicotine withdrawal.

And the liquid I can refill my vapor with is less then a pack of cigarettes, and lasts longer. I am saving about $100 a month.

If it was not for my vapor, I would still be smoking, and I do not know if I would have ever been able to quit. I feel that eventually I may not even need my vapor, but now it has given me a better life and a whole new outlook on life.

9/5/2013 9:31:00 PM - Trelaine Lewis

I am 54 years old. My mother smoked when she was pregnant with me, which wasn

9/5/2013 11:18:00 PM - geoff wolfe

I quit smoking 6 months ago . Been smoke free since using ecigs

9/6/2013 3:01:00 AM - Rickie Marsh

I started smoking at 19.

Almost 12 years later, I was up to at least a pack of analog cigarettes a day, sometimes 2 packs.

I smoked at least a pack a day for 10 years and it dictated everything.

I had to have a new pack on me before going to work, no matter how late stopping to buy one made me.

At times I would smoke the entire pack while at work, leaving very little time to do actual work.

I began finding it hard to even run half a mile.

I tried an ecig once or twice about a year ago when a coworker bought one but it didnt feel the same.

A month ago, while at the store, I saw someone buy a started kit for ecigs, I thought they were only sold online and impulse bought one.

I have Always heard ecigs were cheaper in the long run and I kept with them mostly for that reason.

I immediately cut back on analogs to half a pack a day and continued with it for two weeks before getting a better model.

The continued smoking was more out of habit than an addiction as I went hours without a smoke and only smoked because I had them. Since quitting, I feel better, sleep better and have more energy.

Ive never been a huge water drinker and still don't drink a lot of water so my physical improvements can only be linked to everything else in cigarettes.

I honestly feel if I stuck with the starter kit I bought, I would have went back to smoking, they claim one cartridge has the same nicotine as a pack of cigarettes but Found myself doing almost two cartridges a day plus half a pack, nowhere near the proposed savings advertised by a big tobacco owned ecigarette brand....

ive been smoke free for 3 weeks now and without e cigarettes and my other vaporizer model, I couldn't have done it.

I only vape where I would normally smoke and not as often, either.

9/6/2013 8:20:00 AM - Taisha

I smoked from the age of 16 to 40. Two months ago I bought my first E-cig and I haven't touched a cigarette since. I started with a Ego Twist/Kanger Pro Tank using 24mg of flavored juice and since then have reduced my nicotine down to 6mg, next step being 0 nicotine. Over the years I have tried going cold turkey, Wellbutrin, and Chantix, none of which worked. Since my first day with the E-cig I can breathe better, my sense of smell and taste have improved drastically and I feel better in a general sense. Stopping smoking has made me more health conscious and have now joined a gym and am much more of an active person. Had it not been for me trying the E-cig I would still be smoking 1-2 packs a day!

9/6/2013 3:22:00 PM - mike lamoureux

I have been a smoker since i was 16 i am now 36....I have tried on many occasions to quit smoking and have never had a successful quit date ...some have lasted a few months but i have always returned to smoking or chewing....i would substitute smoking with chewing or chewing with smoking telling myself that i can use the other to quit the other one always ending with a epic fail...i ended up with two habits and more of addiction. i have tried gum... patches ...lollipops ...exercise...hotlines all sorts of medication and nothing worked....until i started vaping while some will say that its still smoking its a fine line...not getting all the chemicals that are in are cigarettes is already a winner in my eyes...controlling my nicotine intake in mg also is a major plus....it doesn't stink its not only a way better alternative it has been completely stress free...my girl and i share the same quit date of analog cigs and that's a miracle...chewing gum or doing a patch i guarantee that it would not have been pretty lol...there was nothing to it we now are close to a 90 day mark and have worked are way down to a 12mg from a 24mg....i am a believer as a long time wanting to quit club that finally there is something that makes it so much easier to handle....thank-you for who ever invented these things....you definitely have changed the world and my life...way to make a impact for yourself friend ....i hope that the government doesnt come in and ruin something that is very rapidly proven how effective it is for us ....it would be a shame...

9/6/2013 3:24:00 PM - Ronald Schmeltzer

I have been a smoker for over 30 years I had a heart attack and was told to quit smoking I have tried everything else out their and nothing worked then I saw this man vaping on this awesome looking ecig so I talked to him about it he said his tornado helped him quit smoking and told me to go online to order it I ordered a tornado as soon as I got home when it arrived i opened and charged it and started vaping I went from 2 packs a day to 2 cigs the first day then 1 cig the next day and now I can't stand the taste or smell of tobacco cigs any more and couldn't be happier or feel healthier if anyone is trying to ban these great devices that help smokers quit killing themselves they should be ashamed cancer sucks and no one should have to deal with it get your facts straight before you go trying to ban something good for everyone

9/7/2013 6:18:00 PM - Heather Reed of Michigan

I have been using an electronic cigarette for 2 months today. I am addicted to nicotine. I have been since before the age of 18. I smoked whatever I could get back then in the 1980's.

I love the myriad of flavors I can get with e-cig liquids. If I want an raspberry and caramel flavor liquid with my morning cup of coffee, I can get it. If I want a blueberry flavor exactly like a candy I remember from my childhood, I can get it. If I want a mellow, calming tea flavor to help me sleep, I can get it. If I can't find a specific flavor I want, I can even make it myself.

While still having many health issues, I know I am much healthier today than I was 2 months ago. I feel confident with my knowledge and choices enough to say that e-cigarettes are a much safer alternative then smoking traditional tobacco. I am not growing tumors, my lungs are clearer and get better every week. I have no odd side effects like nightmares, sleep walking and sleep eating.

My husband and two teenage kids are proud of me and they have no interest in using an e-cig. They understand what it is because I am honest with them. They see my personal vaporizers, juices and equipment right here in the open. I explain things to them and answer questions when asked. My children have friends at school who have tried smoking, e-cigs, alcohol, and illegal drugs. They have turned down every offer because they know the long term problems associated with all of these things. They know because they asked me and I answered them with the truth, even if I had to research it first. I wish the media were half as honest as I am when reporting their stories about e-cigarettes. I wish they would do the research I have done. I wish they would see the hundreds of people I have met in person who these products have helped. I wish they would see the thousands of people online right here in America who these devices have helped.

This is the truth, my truth.

9/7/2013 7:10:00 PM - Lisa P in Richmond, VA

I started smoking late, statistically, at age 19.

I quit a few times using Zyban, Chantix, patches and gum.

All of these products did help, and I went a year one time but some circumstance would lead me to pick up a cigarette and that was it.

I'd have only a few for a while, but that was never going to be enough and soon I'd be smoking 'all of them' again as a famous author warns.

I'm in my late 40s now.

The spring of 2012 my birthday was coming and I decided I'd try ecigarettes as my gift.

I got the ones sold at the tobacco store, and got a little guidance from the clerk there.

Turned out I needed to learn a good bit more - it's a type of equipment.

I've had to learn about cars, roofs, water treatment systems, etc., before getting those, so why not this too.

There are some good little self-publish books on Amazon, and I got one of those.

But most importantly, I talked to someone at work who taught me most of what I needed to know.

I read some more with online vendors, went to a shop we have in town (we have two now!), and experimented a bit with equipment and flavors.

I definitely wanted to make this change whether it was more expensive, equally expensive, or cheaper.

I had to learn how to fit the new routines into my daily life; rotating and charging batteries, filling cartridges, cleaning things, etc.

If this seems like trouble to a smoker, be aware of how much maintenance you fit in with cigarettes, you're just not aware of it anymore!

At first, ecig vapor tasted too 'clean' essentially, so I'd have cigarettes between periods of vaping.

It's very important, IMHO, to start with a sufficiently high nicotine level to let your body associate that 'suspiciously clean' taste with getting your little craving monster satisfied.

After that - is it easy to let go of the dirt-tasting aspect of cigarettes, the ash and garbage, and waving around a combusting item?

YOU BET.

I only use tobacco-flavored juices, and there are many of those!

Although I don't like them it's sad that the fruit, dessert, etc. flavors cause suspicion of targeting minors... adults are kids, just with better jobs and stuff. ;)

I was able to make the switch more easily by having someone good to teach me about it, so I'd recommend that path to anyone.

I cannot adequately convey the freedom, joy, and loss of fear and guilt I have now with ecigarettes.

My friends are all *thrilled* not to hate sitting near me, or my having to go sit on their porch when I come to visit, not having to go outside with me at a restaurant - bless all the fine people I know who put up with all that!

Of course we all want to keep kids away from engaging with an addictive substance, nicotine.

I don't think vaping nicotine has big cache with kids, it's not edgy enough.

We have to keep ecigs accepted and protected for what it is - a low harm alternative.

It should be embraced for the sake of all of us with a 10, 20, 40-year or longer addiction in place.

So many people like me would go back tobacco use without this, and vaping is infinitely, clearly, absolutely less harmful.

I'm going to gather more info from CASAA's site for sharing with family, friends, and even establishments I go to.

9/7/2013 9:32:00 PM - Bryce Benton San Antonio Texas

I started smoking at the age of 14. That was in the 60's when it was "cool" to smoke. I smoked until the age of 59. I quickly became a 2 pack a day smoker. At age 48 I was diagnosed with Emphysema. I underwent surgeries and endless hospitalizations, but didn't quit smoking. Like a lot of folks I tried just about everything to quit including patches, nicotrol inhalers, lozenges, Chantix (which made me suicidal),hypnosis, acupuncture, and of course cold turkey. None of these were successful for more than a few weeks. About 7 months ago I decided to try E-Cigs because my health was really failing and I HAD to do something. I could barely go outside the house. I am also now on Oxygen 24hrs a day. The anxiety about not being able to breathe was so bad that I had to take meds for it. So I purchased an E-cig and began using it exclusively. The change in the way I felt was almost immediate. It has now been 7 months since I have had a regular cigarette. I am very confident that I will never have another one. This has been the single most important thing I have done for myself probably in my lifetime. I am still on Oxygen but now I'm no longer afraid to leave the house. I can go shopping again without having to ride around in one of those little carts. I am just all around much better.

9/7/2013 11:10:00 PM - Tania R. Chase

I was a heavy cigarette smoker for about 40 yrs., starting at age 19.

I was definitely feeling the effects of those years of smoking, including a chronic cough, and shortness of breath.

And even though my sister died of complications of COPD at the age of 48, I continued to smoke.

When I first heard about electronic cigarettes about three years ago, I was intrigued with the idea that they could be used where cigarette smoking wasn't allowed.

At that time, I had absolutely no intention of quitting smoking tobacco.

I hadn't 'done my homework' before purchasing my first e-cig kit online, so my first experience with 'vaping' was sorely disappointing.

I did use them occasionally when I would visit a non-smoking household, but they proved to be more aggravating to use than helpful.

Two years ago, a smoking ban was imposed on all tenants at the apartment complex where I live.

Because of other factors that leave me with little quality of life, this was a 'last straw' that nearly drove me to suicide.

Drawing on strength I didn't know I had, I decided instead to do some research, and I purchased a different brand of e-cig.

On Christmas day of 2011, I started vaping using the new e-cigs, and I smoked my very last tobacco cigarette... EVER.

It turns out that the timing of the smoking ban was likely a very good thing.

My coughing had gotten so bad that I was waking up in the middle of the night in coughing fits, and it took me up to four hours of coughing in the mornings to 'clear my lungs'.

At 55, I had been diagnosed with COPD; a spirometry test showed that I had "the lungs of an 86 yr. old".

I was on two COPD medications.

After two weeks of vaping (2.4% nicotine), the coughing stopped almost completely.

Over the months, I slowly reduced the percentage of nicotine.

And it was easier than I could ever have imagined because I could continue with what felt like actual smoking.

And, after 18 months, I was nicotine-free!

My health continues to improve.

Although COPD cannot be completely reversed, I hardly ever even think of using my rescue inhaler.

And my new doctor said she could tell that I'd quit smoking tobacco by the higher oxygen level in my system.

I will continue to vape because I will probably always enjoy the feeling of inhaling the vapor, and I can't imagine not having the feeling of "smoking" while at the computer or watching TV .

I do think that much more difficult than quitting nicotine would be breaking my forty year hand-to-mouth habit involved in smoking.

With the harm to my health reduced to nearly zero, I hope I'm never forced to break the hand-to-mouth habit habit too.

9/8/2013 1:42:00 AM - Jeff from Canada

I've gone from one pack a day to one pack a week. I just want to say that e-cigs are a much cleaner alternative for smokers even if you're not ready to quit nicotine altogether. Unfortunately, many public places and employers do not allow vaping in public areas where smoking is forbidden. Those of us who are trying to avoid tobacco smoke are forced to vape in designated smoking areas where we are exposed to the cigarette smoke of others. This attitude needs to change.

9/8/2013 1:58:00 AM - Matt Watts, London UK

My story is quite simple and probably fairly typical. I started smoking cigarettes at the age of 13 because I thought it was cool and dangerous. Not because of any pretty patterns on the packets. At the time I smoked maybe up to 2/3 a day but by the time I was 18 I was up to at least 20 a day, often more. I would reach for the pack or rolling kit first thing in the morning and smoke heavily all day. Occasionally I would wake up in the night to have a cigarette. I attempted to give up many times using NRT patches, gum, inhalers, hypnosis, will power alone (that lasted several hours), acupuncture, cutting down, lower strength cigarettes, everything.

In the end, a few months before my 34th birthday, determined not to let my smoking habit reach its 21st anniversary, I decided to switch to an electronic cigarette. I immediately went from a habit of 25-30 a day to 1 or 2 a day for a couple of weeks and then none at all. I had the occasional lapse in the month following but only the odd one on a night out. In 6 months I haven't smoked a single one. I tried one puff about a week ago and found it repulsive. I have now started to reduce the level of nicotine in the juice I'm using and I'm confident that I will be using 0% nicotine fluid within a couple of months.

In short, electronic cigarettes have succeeded where all other methods failed dismally and I am smoke free for the first time in 20 years. I feel better, I smell better and I'll live longer too. I'm fitter (important in my job in the Army) and have lost the chronic cough I had for years. Best of all, I haven't experienced any of the weight gain or irritability associated with other methods. Also, because I enjoy vaping, I haven't become the sort of joyless puritan who coughs, sneezes and waves imaginary smoke away from their face in the presence of a smoker. Yes, I don't want to join in and don't find the smell particularly pleasant but it doesn't bother me either way.

Vaping, it's for winners and quitters!

Matt

9/9/2013 2:24:00 AM - Meghan Holland (lena372) from Weston, WV

My name is Meghan.

I am turning thirty this year, and I have been smoking since I was eighteen, almost twelve years now.

I started out smoking about 10 cigarettes a day, and since progressed to 20-25.

I've known for years that smoking was bad for me, and my family was always bugging me to quit, but I craved the ritual of inhalation and exhalation, the way cigarettes calmed me and at the same time sharpened my mind.

I am very high-stress, and smoking was my major coping mechanism.

I tried to make sure that I was only hurting myself - I never smoked around other people unless they were smoking themselves, and I never smoked in my home or car lest the residue somehow hurt my family. I have tried various methods to quit smoking, including the patch, gum, ecigs, Chantix, and cold turkey.

The patch and the gum lasted about one or two days each, the four combined times I tried them.

They did not stop the cravings, and when I had a craving I had nothing I could go to in order to stop it.

I also could not deal with how crazy I would go when I didn't have my fix - I was a nightmare to be around. I first heard about ecigs when I saw one in a local gas station in mid-2010.

I bought it - it was a cheap rechargeable cigarette-style battery with proprietary cartridges in tobacco and menthol flavors.

To put it bluntly, it sucked.

The vapor production was sub-par, the flavors were less-than-appealing, and after heavy use it hurt my throat and lungs.

I did not realize at the time that an ecig is inhaled differently than a tobacco cigarette (I actually did not realize that until about a week ago).

I tried it for about a week, but I kept going back to regular cigarettes, which tasted better, hurt less, and satisfied my cravings more.

I did have some success with cold turkey, which I attempted while I was in the midst of a minor psychotic break in late 2010 (I suffer from a schizoaffective disorder, and I thought God had ordered me to quit smoking at the time).

I was successful (I had to be, or else I'd make God angry) - but I ended up in a psychiatric hospital (possibly unrelated, but the not-smoking can't have helped).

I relapsed and started smoking again after three months.

That was after I was back in my right mind and on all the right antidepressants and antipsychotics, but unfortunately I was still addicted to nicotine.

Every time I walked past a smoker I had to fight the urge to beg a cigarette.

One day I couldn't win the fight, and I was shortly back to smoking a pack a day again. I attempted to talk to a doctor about trying Chantix in 2012, but unfortunately pharmaceutical quit-smoking methods are contraindicated by psychotic disorders (apparently they were likely to make me undergo a psychotic break again).

The doctor also told me that people with my condition had a high incidence of tobacco use, and were very unlikely to successfully quit smoking ... ever. Still, I was heartily sick of my congested chest, difficulty breathing, and the fact that I would wake up in the middle of the night coughing my lungs out.

I knew I was on track for cancer or COPD and I had to do something; not to mention that I work minimum wage and my pack-a-day habit was seriously killing my budget.

But I couldn't seem to stop.

Even my family worried that if I quit smoking, I would lose my mind again and wind up back in the hospital.

It didn't matter how much I berated myself or tried to reason with myself, cigarettes had become a genuine need in my life.

But I didn't want to give up hope.

A few weeks ago, I saw a sign at the local tobacco shop that they were now an "Ecig Station," so I decided I'd give ecigs a try again.

The clerk directed me to a better device than the one I had used before - an Ego battery combined with a clearomizer.

It was the device he was using to quit smoking, as well, and he suggested an eliquid to try.

Unfortunately, I live in a rural area and the store (while it was the only game in town) did not have a large selection.

The clerk suggested going online to find more, and having it shipped to me. On September 2, I started the switch.

I looked up some information about ecigs online, and stumbled onto e-cigarette-forum.com.

The wealth of information there has been a lifesaver.

That's where I learned about the different way you inhale an ecig, about the importance of finding a flavor you like *better* than cigarettes, and some tips about common mistakes first-time vapers make (many of which had ruined my first attempt, back in 2010).

It's now a week later, and I've already cut back to 4-5 cigarettes a day.

While I am still experimenting with different liquids (and I cannot overemphasize how important online availability is when you live in a rural area like me), I am very confident that I will soon be entirely smoke-free.

On the advice of ECF, I've ordered some high-strength e-liquid (36 mg) in a strong flavor (Coffee) for when I get the intense cravings that are catching me off guard right now (like in the morning, after I eat, and every time I have to deal with an idiot at work). I used to say that I loved everything about smoking - except the fact that it was going to kill me.

Fortunately, that's no longer the case.

Now I love vaping, and I just happen to still be addicted to certain aspects of the cigarettes.

I'm making great strides on that front in a very short time, though.

I now realize how absolutely horrible they taste and smell (I never realized how much I stank before), and I can feel how they thicken up my lungs and make me cough when I give in and have one.

Overall, my breathing is better - I still have a wheeze on a complete exhale, but I can do a deep inhale much better.

I do cough a good bit, but I haven't woken myself up coughing in the middle of the night for a few days now.

My sense of taste and smell are improving, and I'm noticing I'm less fatigued than I used to be.

I haven't quite saved any money yet, because I had to buy the setup and a few liquids to try, but I will over time.

While it is still taking some willpower to fight the habit of tobacco, the ecig is helping me to maintain my mental equilibrium, and it's wonderful not to be screaming in the throes of withdrawal.

I do have future plans to attempt to wean myself off nicotine, but it's so useful in helping me with my anxiety and mental problems that I can't quite give it up yet.

Right now I'm just focusing on getting away from the paid suicide of smoking.

And things look good on that front.

9/9/2013 10:27:00 AM - Shayne

For me Ecigs were just a huge success in the quest to quit smoking and overall happiness.

9/11/2013 3:42:00 AM - William krafft

Just letting all know.....tried for a year until I switched to ego w and the major thing I was told was DO NOT Use tobacco flavors.....did the fruit with a little menthol and it has been two weeks.....for the first time in twenty three years!!!!!!!!

I feel a lot better after a pack a day habit.

This stuff works! I have not had a cigarette and never intend to again.

Good luck all and lets hope they don't tax and regulate the crap out of it after we've been treated like second class citizens and we finally quit!

9/12/2013 9:58:00 AM - Memphis

I had a 30 cigarette a day habit for 50 years.

Managed to quit for a 3 year stretch.

Found myself in an extremely stressful situation and started back. I turned to e-cigs when I was diagnosed with COPD at age 66. I tried several brands, finally settling on Green Smoke which provided a very real simulation of cigarette smoking.

I was tobacco free within 2 months and have been ever since, a total of 3 years.

At each of my checkups, my doctor has informed me that my condition has not advanced. I give my e-cigs credit for that.

My wife and son started with e-gigs about a year after I did.

We now have a smoke-free home.

No unpleasant smell, no tobacco stains on our walls or belongings.

Its fantastic. Most importantly, e-cigs have extended my life expectancy.

My doctor agrees.

Why else would my COPD remain in check for 3 years???!!!

9/12/2013 8:01:00 PM - Alvin Carrillo

Hello i smoked traditional cigs for 27 years and successfully quit using e-cig to start then switched up to refillable devices ie.... Atomizers & Cartomizers it has been close to 2 months now since i have picked up a pack of camels, i feel great, i no longer smoke traditional cigs, i have yet to notice any negatives there has only been positives, Even in this short of time i have noticed changes; I am not as short for breath i have been able to walk further on my daily walk, the biggest change has been with taste everything thing i eat and drink has had a flavor boost, I am extremely blown away by the success i had using these devices i have been recommending them to everyone.

9/13/2013 5:19:00 PM - Utah Lynn

I had been a smoker of, at least 2 packs per day, Menthol cigarettes for 50 years. 20 years ago, I was diagnosed as having emphysema. This illness has progressed to the point that I cannot breathe well enough to do any activity, other than sitting still, without a lot of discomfort. I require Oxygen at night and Nebulized medication at least 5 times per day.

I finally realized that this COPD is not going to be a quick death but I could stop the unnecessary waste of money on tobacco and stop the further introduction of damaging by-products into my lungs and use my cigarette money for more important necessities.

Thus,I was introduced to Vaping. It took me 1 month to cut my smoking down to zero and I retired my lifelong companion, my lighter. At this time, I have been tobacco free for 5 1/2 months.

Because of the damage that has been done to my body, I will never realize any physical benefits from this life changing event.

By using E-cigarettes, I'm still getting my Nicotine "fix" and saving a lot of money.

9/13/2013 6:41:00 PM - Juliet K

I started smoking when I was 13, I tried on numerous occasions to quit smoking in my 30's and onwards. It seemed that I would never be able to quit my nicotine addiction and towards the end of my smoking time I hated every cigarette I smoked. Because there is heart disease in my family I was determined to quit somehow, I even tried hypnotherapy, nothing worked for me and each time I tried to give up my weight would increase, being overweight most of my life I seriously couldn't gain anymore so would start smoking again. I came across e cigarette's online, I couldn't wait to try this " New " way to get nicotine into me without smoking, so I ordered myself and my partner a kit each, it was expensive, 58 euro's for each kit, my partner was skeptical but said we would give it a go. So we waited for a few days until they arrived and I was so eager I set mine up and charged the battery and started vaping. I must admit that at the beginning I did smoke a few cigarettes a day, but over time it became less and less, it was probably when I got my sense of smell and taste back that I smoked less and less rolled cigarettes, the only time I would fancy a cigarette was with an alcoholic drink, but that has also stopped, I can safely say that I have not had a rolled cigarette for over two months. It's the best thing I have ever done, my breathing is better, I don't wheeze or cough and I can walk with out getting breathless. I use the EGO C Twist battery and a Kanger Evod cartomizer. I vape Chocolate Mint 6mg, Liquorice 6mg, Spearmint 12mg and Strong mint 12mg.

9/13/2013 9:42:00 PM - Jody Cleaves from Oceanside, CA

I smoked on and off for 39 years. I smoked the same brand but decreased the amount of nicotine whenever the brand came out with a lower tar and nicotine line.

I quit about 5 times for 1-4 years.

The first time was "cold turkey" using cinnamon candy when I was pregnant and quit for approximate 1 year. The next time was with nicotine gum and chewing on straws.

This time lasted 2 years. Another time with the nicotine patches which lasted approx 4 years. I once quit smoking by using Wellbutrin and stopped for approx 1 year. Last time was for approx 4 years using the gum again. I tried an electronic cigarette approx 4 years ago when they first came out but it was not a good brand (lost battery power, wouldn't hold charge, charger took a long time, did not have a spare, etc) plus I was not as committed.

I figured out what I need for my personality which is the "something in the hand" and some semblance of smoke (vapor) coming out of my mouth when I breathe deeply to relax. About 6 weeks ago I tried a flavored disposable e-cig and really liked it.

I bought different brands to trial. None lasted as long as they said but I was determined. I researched many different styles on line and checked out e-cig forums. I checked reviews and watched U-tube videos.

Finally I went into a vape shop and looked at everything and tried different styles.

I found what fit my needs and switched immediately and have not had a regular cigarette since then. I then ordered a brand online that got high reviews for the things I wanted.

I use two brands now. I use the eGo-t with tank system and a Halo Triton with tank system.

I prefer the gourmet flavors from Triton.

I started out with an 18mg/ml nicotine level which was too strong and changed to 11mg/ml.

The important things for me were long battery life,ease of charging the batteries and lots of smoke (I like to blow smoke).

To be successful I have 4 batteries and keep about 5 tanks ready. I have not wanted to have a regular cigarette and even get repulsed by the thought of inhaling the smoke.

Changes I have noted are many.

My car smells better. I do not have cigarette breath, clothes no longer have to be aired out, I can have a vape when my grandson is around if I feel a desire for one, no ashtrays or butts to pick up and discard. I do not have to have multiple windows open in the car when I vape which keeps my friends from blowing away. The biggest change is that I feel healthier and definitely do not wheeze like I was doing before switching. That was exactly 1 month ago today. My goal is to get to zero nicotine but I do not see myself giving up the vaping.

I enjoy it.

9/13/2013 10:13:00 PM - 90quattrocoupe

I never thought about quitting smoking.

I saw a person at a car gathering, vaping, and asked him about it.

Went home, spent 24 hours in the next 3 days, reading all I could about vaping.

Went to a local store, bought a e-cig device, tank, and ejuice and never looked back.

I don't smoke cigarettes anymore.

My wife loves it.

Greg Wood

9/13/2013 10:21:00 PM - RickTor From Bel Air, MD

Hello,

I smoked cigarettes, cigars and pipes for almost 40 years. I tried several times during those years to quit as I found that my health was being affected.

Shortness of breath, coughing, etc.

About four

years ago I tried what I thought of as a gimmick, I think it was called 'Smoke Anywhere' e-cigarettes.

The idea appealed to me in that it would allow me to stop smoking cigarettes and still hopefully give me some of the pleasure that I enjoyed from smoking.

I was very disappointed that the units were so difficult to get refills for, the flavors were very limited and being disposable, didn't seem to last very long.

I dropped the very expensive unit that I purchased and wrote it off to another failed attempt to quit smoking.

Last month I heard an ad on the radio about a local "vaping" store.

I decided to check out their website to see what they were all about. Being in Ellicott City, MD I decided to go to "Vape Dojo" to get more information. I explained that I was a current cigarette smoker and wanted something that would approximate that experience.

They directed me to one of the kits they had in the store, very inexpensive and after trying several flavors I made the purchase.

On the drive home, I used the unit, a Kanger ProTank and enjoyed this the entire hour plus drive.

That day, before walking into the store was the last time I smoked a tobacco combustible cigarette. I haven't missed them at all!

I am getting what I need to leave cigarettes behind and totally enjoying the new and wonderful flavors that are available on the market.

I have learned a lot about vaping and the tools that allow me to vape and also the mods that are available so that I can tailor my vaping to my needs and desires. I don't see myself going back to cigarettes again.

Thank you for your time and thank you for reading my story.

Finally, painlessly smoke free after 40 years!

9/14/2013 2:25:00 AM - Danielle Southern NJ

I started smoking at about the age of 12. I smoked Marlboro Reds, a pack a day steadily. I even smoked while pregnant with my two children in the late 80's. I am ashamed to say that I smoked while breastfeeding my 1st child. Literally, while breastfeeding. This child has asthma and allergies to this day.

In the early 90's I tried the patch. I smoked with it the first day, got sick and threw the patch out, not the smokes. I also tried gum. It tasted nasty. I threw that out also. I used to get asthmatic Bronchitis just about every year. Tried to smoke during the illness. I would go to the hospital for a breathing treatment and get in the car, and try as hard as I could to smoke. Hacking and gagging, but still needed that smoke. I never quit for any period of time. Ever. Until Chantix came out, I quit for about 3 months. It made me very sick. Every day I was nauseous. It gave me an ulcer. I also had horrible nightmares, and I mean horrible. In my dream I killed my ex husband, and I didn't have dreams like that in the midst of a terrible divorse. Let alone 10 years later. I stopped Chantix, picked up the smokes. Right back to Marlboro Reds. a pack a day as always.

When I read about the e-cig, I ran with it. It was just starting to come around online in the US. I ordered a lot of stuff from China.

I started out with the

cigarette looking small rechargeable ones with the flavored carts. I had a smoke one time and the next time I wanted one I used the e-cig. I did this back and forth for a week. When I was down to my last pack of the carton, I told myself when the pack was gone I wouldn't buy another pack. I didn't. It's been over 5 years now. Not even one smoke. I moved on to the Ego because of the battery size and charge time. I moved through many different brands through the years, buying from England and then finally here in the USA. I used tobacco flavored juice 1 time. Yuck. I told myself I wouldn't use that ever again. Not only because of the taste, but I wanted to get as far away from the "smoking" as I could. I just recently started using variable voltage devices. I like them. I can get as light or as strong of a hit as I like. I also make my own juice now. I started out at 24mg and about 3 years ago I went down to 18. I was pretty much using the device all the time. I had a nauseous stomach for awhile and thought it may be too much nicotine. Moved down to 10 mg and no more nausea.

I used the ecig at work for 5 years. I work for the Court. Vaped right at my desk. No one ever said a thing. Other people started vaping as well. I didn't go out side for a break for 5 years. About a month ago our Division Manager sent an email out that it has been illegal to vape in Public Buildings for 3 years. I didn't know it. Oops. Now I find myself pissed off that our prior Governor could make such a stupid law. I'm less productive now because I take my 2 15 minute breaks every day.

I feel much healthier since I stopped smoking. I have only had bronchitis once in 5 years. If I had to stop vaping, I probably would start smoking again. I would hate to think I would, but I probably would.

9/14/2013 5:36:00 AM - CrashVapes

I was a smoker for almost 20 years and found e-cigs to help me stop smoking and start vaping. I have been smoke free for about 4 years as of now and don

9/14/2013 3:39:00 PM - Stephen Swen

I started smoking and purchasing my own cigarettes when I was 10 years old. There were no fruit or any type of flavored tobacco products in 1975 so fruity and candy flavored cigarettes were never the reason for me buying cigarettes in the first place. I smoked 1 to 2 packs of cigarettes for over 37 years and have never been able to quit for any length of time beyond a single two week period and made several attempts that lasted no more then a couple of days. Over the last 20 years I have made several attempts to quit smoking. I have tried, patches, gum, Chantix, Welbutrin, cold turkey, cutting back, and even the timed method using a quit smoking app on my phone. None of these approved cessation aids have ever worked for me.

In the last 5 years I was becoming more aware that smoking was taking it

9/14/2013 10:07:00 PM - MJM

I was a smoker for 14 years smoking anywhere from one pack to two packs a day.

I tried quitting with the help of the patch and while on the patch I continued to smoke eventually giving up on it all together.

About a month ago I purchased an ego battery along with a Vi Vi Nova clearomiser and every since I received it in the mail I have not picked up a cigarette.

Since I have not had a cigarette I have noticed that there is not as much drainage in my throat and I do not get out of breath as easily as I did when I smoked.

I am still using my e-cig and enjoying being smoke free.

9/15/2013 2:52:00 AM - Eric M.

Hey everybody, My story starts with a 13 year old youth, hanging out behind a local gas station, who had his first drag. Now, twelve years later I am FINALLY FREE! An e-cig store opened up in my town in MN. And i went to check it out. I was impressed with the customer service, and the health factor. Only being 25 and having to work to run up a flight of stairs was starting to scare me, as I was all of a 2 pack a day guy. I swooped up a little battery and a re-fillable tank (a clearomizer). I was suprised to find out I didn't care much for the tobacco taste (though it was replicated well), and moved onto more exotic flavors, like zebra stripe, or rootbeer! Then, MN initiated a tax, and I thought, oh man here we go again.... It's gonna be just as ridiculous as cigs.. but it was STILL cheaper. And in an effort I try to buy locally, even though it's half price online, because these are LOCAL business owners who depend on us (our sales anyways) to feed their families. But I digress.... I did continue to smoke for about a month, but one day, as i was smoking a cig, I reached for my vape! The pack went out the window, and that is the last bit of coin Big Tobacco will get from me. I'll give my coin to the honest townies in my area, and have better health for it! This is by far the only workable alternative to cigs I have found. And nearly 50 of my colleagues and friends have quit using vapes. It has been near a year now and I already notice the difference in my breath, and I no longer have to salt food (another improvement on my health). I have become more active, and lost weight, my kids even noticed I was happier. (more health pluses) Keep going and it WILL work for you Nicotine is said to be about as harmful as caffeine, so we can all rest easy if that's the bad in vaping. Keep up on local policies, and try to make them realize they have been pushing for anti-smoking for decades, and now they have their answer. Ignorance is no excuse for denying any American the right to patronize an establishment, we are innocent until PROVEN guilty, period. ~Thanks for hearing my story

9/15/2013 6:27:00 AM - Amber H. from Las Vegas, NV

I am a 37 year old mother of two and I currently live in Las Vegas, Nevada. I have been a smoker for over 21 years. I smoked about a pack a day for the first fifteen years and then for the last 6 years I have smoked over a pack and a half a day.

I have tried to quit on six or more different occasions. The longest I ever went without a cigarette was about 3 weeks.

During my first pregnancy I tried to quit cold turkey.

That lasted about 3 weeks.

Then I was upset about something and a friend offered me a cigarette.

At first I said no, but then I thought 'well, I'll just have one'.

That was all it took.

I cut down A LOT but I still smoked a cigarette about every other day.

After my first child was born I tried to quit again using the nicotine patches.

I stopped smoking for about 2 weeks with those.

I did not like them because they made me feel jittery and gave me a headache.

I tried with the patches three different times.

Each time I had about the same result.

I really wanted to stop. Smoking is not acceptable in my family and I was so embarrassed that I smoked, plus I did not want my child growing up thinking that smoking was ok.

I felt low class and gross.

I desperately wanted to quit.

Next I tried the gum. With the gum I thought I would be more successful because I thought that the oral fixation part of smoking would be satisfied.

I was wrong. I stopped for about two and a half weeks but it also gave me headaches and like with the patches, I

felt jittery and I still craved cigarettes constantly.

When I was pregnant with my second child I tried to quit cold turkey again. Again I only quit for a couple of weeks and smoked at least one cigarette every day.

I was so ashamed.

I really did not want to smoke.

Then I learned about Chantix. I asked my doctor for a prescription and started the medicine.

I hated it.

It made me moody, gain weight, have headaches and just feel miserable. I went back to smoking within three weeks.

One day I was in line at the grocery store and I saw a guy with a weird looking pen like thing that he kept smoking from.

I asked him what it was.

He told me it was a personal vaporizer.

He said he used it to quit smoking.

I was interested.

For the next twenty minutes I asked him questions about it.

Where did he get it?

How much did it cost?

How much e-liquid did he use in a

day?

How much was the liquid and how long would it last? ETC, ETC, ETC..... I knew then that I wanted to try one. I originally thought I would have to save up about $200 to start out with an e-cigarette.

This was the only reason I did not run out that same day and buy one.

I am a single mom now and don't have a lot of extra income.

I did not think the price was extravagant because I was currently spending about $10 a day on cigarettes. I just needed to have it all at once.

About six months later I went into a smoke shop to but my usual two packs of Marlboro Reds and I just impulsively asked the cashier if they sold e-cigarettes. I thought maybe he had a cheaper start up kit that I could come back and get in a couple of days.

He said they had a great little start up kit for $29.

He said if I bought it that day he would give me a free bottle of e-liquid.

I was not planning on purchasing it that day but....I went for it!

I bought the little kit and also one pack of my Marlboros. I drove home and plugged in my little e-cigarette battery.

When the charge was full, I put together the unit (battery, little tank, e-liquid, etc). Then I took my first puff.... It was totally different than I expected. I loved it! I took a couple of puffs and my craving for a real cigarette went away. I thought 'ok- I'll see how long this will last...'

I did not smoke at all that night, I only used my e-cigarette.

Then next day I went back to the smoke shop and bought a different flavor. I had initially bought tobacco flavor thinking I would want that same cigarette flavor.

I actually like the sweet flavors better.

That day I went on the computer and started researching vaping and I found a ton of good information on the ECF forum website. There are so many great products out there, and so many great companies selling high quality e-liquids. I want to try them all.

I have already ordered from about 15 different companies and found some great stuff.

But even with all of the money I have spent on my e-smoking, it is still only a fraction of what I would have spent on regular cigarettes. The pack of Marlboros that I bought the day I got my e-cigarette sat on my counter for weeks.

Then one day a neighbor stopped by to ask me for a cigarette and I told her I quit smoking.

I looked over to my pack of Marlboros on the counter and said 'you know what, you can have these, I don't need them anymore.' she was so surprised. I didn't even feel panicked that I would not have cigarettes in the house anymore 'just in case'.

I have now been cigarette free for over 3 months! The only thing that upsets me is the fact that I did not try this years ago!!

My kids are happy that I don't constantly need to go outside for a 'smoke break' and I can sit through a whole movie with them now. My clothes and hair don't stink any more.

My car does not smell.

My hands don't smell.

I can TASTE food again.

I'm not out of breath walking to my car.

I was diagnosed with asthma when I was 21.

I had to use an inhaler several times a week, and at times almost every day.

Since I quit smoking I have not had to use my inhaler even once!! Now I am a total advocate of the e-cigarette and vaping.

I am trying to convince all my smoker friends to make the switch.

When I smoked, I was ashamed of it.

I would hide at work when I smoked.

I never told anyone that I was a smoker.

Now I am so proud of the fact that I quit that I tell everyone about vaping.

The e-cigarette has changed my life.

9/15/2013 7:05:00 AM - Tara Brzezinski Form Fort Rucker Alabama

9/15/2013 2:23:00 PM - Joe Otter

I was a pack a day smoker for 38 years, starting at age 13. In recent years, to keep costs down, as various levels of government passed different taxes and regulations, I started buying cigarettes online, then switched to much stronger filtered cigars, that only came in 100's length, and I smoked the whole thing. In the summer of 2011 my best friend was diagnosed with lung cancer. He died June 2012. We were the same age, and had started smoking together at 13. That's when I got serious about quitting. I tried gum, patches, lozenges, none of them worked. I refused to take mind altering drugs like Chantix or Wellbutrin, I was worried about the violence/suicidal risks. In December, a good friend, and then a coworker showed me the new style Ecigs, Ego-T/CE4 and 5 types, the ones that looked kinda like large markers. I bought a starter kit on 12/5/2012 at a local vape shop on my way to work(2nd shift). I smoked my last cigarette while driving to work. At work I filled up my new tank, and started vaping. I have been tobacco free ever since, today is 9/15/2013. I quit smoking immediately. At first I had menthol tobacco flavored Ejuice, but quickly became fond of fruit/berry flavors with a touch of mint added. I started on, and still use 24 mg nicotine level juice. Being a natural tinkerer and technical person, I quickly got into the mods, variable voltage, and replaceable atomizer type batteries and tanks tanks. To make sure I always have a way to vape, so I don't start smoking again, I bought lots of pieces and parts online to always have them on hand when needed, and became very knowledgeable on the whole practice. I buy my juices direct from the manufacturers overseas in bulk, about a 6 month supply at a time, and save even more money over smoking. I mix different flavors on my own. I estimate that I now spend about 2% of what I spent on smoking annually. I am experiencing all the classic health benefits of quitting smoking, better sense of smell and taste, more stamina when exercising, lower blood pressure, higher and normal blood oxygen levels, overall decrease in respiratory ailments, etc. My children, especially are very happy that I no longer smoke. A few more co-workers, and friends have quit smoking and started vaping after seeing my accomplishment, and I showed them how to obtain their Ecig stuff cheaply online, sharing my learnings. I know in my heart, that without Ecigs, I would have never been able to quick smoking cigarettes, and would still smoke. Everyone who vapes, or uses ecigs, know that it is THE MOST SUCCESSFUL method ever used to quit smoking.

9/15/2013 3:07:00 PM - Jason in Oregon

I tried my first cigarette when I was just 10 years old. Loved it from the first puff. By 16 I was smoking almost a pack a day, getting them from an old vending machine in a bowling alley near where I lived. I've tried to quit several times, with gum, patches, even cold turkey. Though I settled in to about a half-pack a day for most of my adult life, I couldn't seem to really kick this awful habit.

Then, around 2008, e-cigs started popping up and I gave it a shot. It was one of the early cigarette-sized units with a refillable cartridge. I really gave it a go and managed to stay off the smoke for almost a week before I needed a new vaporizer unit. At the time, they were almost $10 each, and along with the liquid prices and cost of new batteries, I simply couldn't afford them.

Five years later, I looked into them again (I guess I'm just stubborn). Lo and behold, there were vastly more options available, for far less money than I expected. After a couple of weeks of reading the forums and studying up on what might work for me, I picked up a cheap plastic handle mod and a couple of different vaporizer units (a tank and a cartomizer).

It was a revelatory experience. From the first puff, my cravings were gone. I picked up a better mod (Vamo V2), decided I liked the tanks the best (Innokin iClear) and started mixing my own liquid to get the strength I like. All in all, I'm spending a tiny fraction of what I was on analogs.

Now, after 6 months of not smoking, I don't miss it at all. My senses of taste and smell are back, I don't get winded anymore, I sleep better, I don't cough and hack in the shower every morning, I don't stink like stale smoke all the time and my friends and family have stopped giving me crap about my bad habit.

That's my story, now check out all the other testimonials and see for yourself how these amazing devices are making the world a better place. Don't let them get regulated out of existence.

9/15/2013 4:17:00 PM - Thomas Staples

I am a former smoker of 20+ years. I started using electronic cigarettes about 1 year ago. My first e-cig was an standard Ego style with clearomizer. My first e-liquid was a tobacco flavor at 24mg of nicotene.

I can honestly say that the first day I used an e-cig was the last day I smoked a conventional cigarette. I am now a fulltime vaper and have not missed, desired, or wanted a cigarette since vaping. These products have changed my life. I feel better and have more money than I did as a smoker. I had a pretty bad cough as a smoker that has totally gone away since starting with an e-cig. I am a true believer in the benefits of electronic cigarettes!

9/15/2013 4:20:00 PM - Caren

Hi, my name is Caren.

My fiance and I have been smoking for many, many years.

I started when I was 20 years old, and I'm now 45.

My fiance started when he was 12 years old and is now, also, 45.

Health problem began piling up as a result of smoking, for both of us.

We both have COPD and my fiance has heart disease.

He has had several heart attacks, 17 stents in his Right Coronary Artery and By-pass surgery.

Continuing to smoke was NOT an option.

We tried the patches and the gum, but truthfully missed inhaling the cigarette smoke, so that led us to fail over and over again when trying to quit.

I am thankful to have for E-Cigarettes at SmokinVapor, in Panama City, Florida.

It has helped so much in our effort to stop smoking.

The COPD cough is infinitely better without the stress of stopping cold turkey.

The e-cigarettes are very satisfying alternative and the people at SmokinVapor were VERY helpful.

Please don't limit the availability of the E-cigarette...our lives depend on it.

Caren Panama City, Florida

9/15/2013 7:44:00 PM - Andrew-Utah

I became a regular smoker when I was fifteen years old.

I knew it was bad and yet was never able to quit despite regular efforts.

By the time I was of legal age, I ceased any efforts to quit and became a pack a day+ smoker.

Over the course of the next 20 years, I was there as my grandmother and grandfather died from smoking related illness. I was the primary caregiver as my mother was diagnosed with lung cancer (despite having quit 10 years earlier). I was there with her when they took an entire lung, when she underwent chemotherapy that put her in ICU and nearly killed her long before the cancer. I followed her through radiation and eventually oral selective chemo. She is still alive but her quality of life is deplorable.

Despite all this, I remained a smoker--How could I be so stupid?

When I was 37, Chantix was released and I quickly and anxiously tried it. I was about to have twin sons. I didn't want to still be a smoker once I had children.

After being on Chantix for a few months, and two months before my boys were born, I just simply stopped.

It was great. For the first time in my life, I was free of cigarettes! Though I didn't smoke, I would walk through a cloud of second-hand smoke from my co-workers and enjoy it thoroughly. I still missed it.

Raising twins in a miserable and dysfunctional marriage proved to be too much. After nearly two years of being smoke-free, I fired up a victory cigar when my wife filed for divorce. Within a week, I was back to a pack a day. Divorce brings out the worst in people and I was no exception. The fight for custody of my sons sapped all my willpower and tobacco was a means of coping with the separation from them.

When the dust settled, I had my sons back but also my cigarette habit. Since then, I have been consumed with quitting. I have tried Chantix several times. When the first e-cigs hit the market, I eagerly tried them. They were like smoking but not as satisfying and they were a hassle to recharge and find compatible cartridges. They went into my nightstand drawer and were soon forgotten.

In May of this year, my neighbor--a friend and smoker, introduced me to the ego style e-cig. I wasn't particularly interested in trying them at first. Soon I started noticing people using e-cigs and mods. I spoke to a construction worker at my workplace and he swore by it. Then one night, I was talking to a gas station clerk while buying cigarettes. I apologized for interrupting his smoke break. He told me it was no big deal and showed

me his mod. He talked about the different flavors and mentioned cola. I love Coca-Cola and that caught my attention! Within the next few days, I headed over to the local smoke shop and bought an ego battery and a few flavors. I started using it occasionally and found it was good for times I wasn't able to smoke, particularly when running a newspaper route in my wife's car. It was okay, but not a total switch and I was still trying to find flavors that I really liked.

All during these months, my back was getting worse and worse. I had a surgical consult and was scheduled for surgery three weeks later, at the end of July. Five days before surgery, I went to the surgical consult. The Physician Assistant was adamant that I needed to quit smoking. I knew from previous surgery that smoking inhibits oxygenation that is key to healing the bones. I DIDN'T know that nicotine itself had an impact on post-surgical results. When I got home, I went online and read all about it. She was right. I hadn't had time to get my head around quitting and had decided

long before that I was going to switch to e-cigs after the surgery. I had found a flavor I liked and was learning more and more about vaping. The news about nicotine was a last minute surprise and so I was going to continue with my plan. Worse comes to worse, I would have an easier time kicking an e-cig habit than a cigarette habit. It was a compromise and at least a step in the right direction. If I couldn't kick the nicotine habit, I could at least kick the smoking and get more oxygen to my spine!

I had a cigarette that morning before the surgery and smuggled my e-cig filled with a tasty blueberry e-juice into the hospital. After the surgery, I relied on that e-cig and didn't even have the urge to go outside for a cigarette. The next day, I was discharged and when we got home, I went outside and lit up a cigarette. It was terrible! I couldn't stand the taste or the smell. I went back inside and picked up my e-cig. In those first few days, I had limited mobility and I just didn't want to waste it going outside for a cigarette. I had become very accustomed to my blueberry vapor. I spent a lot of that down time on the internet learning about vaping.

One week after the surgery, my wife drove me to my first vapor store. I was ready to go to the next level with a variable voltage battery and some real tanks. We walked out of there with just that and 3 bottles of juice that were so much better than the stuff I had been buying at local smoke shops. I was hooked! During my rest of my recovery I moved entirely to e-cigs and will never go back to tobacco. I tried cigarettes a few more times with the same result: they're disgusting! At this point, I have moved up to an Advanced Personal Vaporizer and continued to vape happily. I use juice that is at the lowest nicotine level and sometimes even zero nicotine juices. Though it's not the perfect result my surgeon would have preferred, he is satisfied with the compromise. My primary physician is ecstatic and so is my dentist. They all recognize the significance of this change and view it as a dramatic improvement. My family is happy too. I have even got my father using an e-cig. He hasn't completely given up cigarettes but give it time.

I follow the research as it becomes available. What we know so far is promising. Despite a shortage of data over time and peer review of available research, it is clear that e-cigarettes are less harmful. The abundance of anecdotal data and personal testimonials is convincing as well. In the end, I look at it this way; assuming I don't die of anything else first, I will die from a smoking related illness if I continue to use tobacco. Though there are crucial questions regarding the long-term effects of inhaling a vapor comprised of PG, VG, and flavoring, I will take my chances. It's my life. I choose to risk this unknown versus the known result of cigarette use.

Once again and most importantly...IT'S MY LIFE, I CHOOSE THIS RISK OVER TOBACCO!

9/15/2013 8:53:00 PM - Janie Johnson

I started smoking when I was 16. I was a dedicated pack a day smoker at age 17. I was able to quit while pregnant but only because it made me so sick. The cravings would start immediately after giving birth. I tried over and over to quit. I never did try pills to quit because I had so many friends who had negative experiences.

My daughter first introduced me to e-cigs. She bought me a Green Smoke kit for my birthday 2 years ago. Within a week, I had completely stopped smoking, and I have never looked back.

Yes, they can be expensive but not nearly as expensive as smoking. I know they contain nicotine, but don't contain tar or any of the other carcinogenic chemicals in cigarettes. And vaping is a vast improvement to smoking. There are no flames and no smoke. Propylene glycol may be harmful, but drink mixes now contain this chemical to disperse flavors. I think Big Tobacco was afraid it was losing customers (and it has), and was behind the original push to outlaw e-cigs. I've noticed lately that they're now trying to climb on the bandwagon. I hope it's too little, too late for them. They put profits over people for far too long for me to ever trust a product from them. I wouldn't mind some regulation on these products, as long as they are not put in the same category as tobacco. I do my part to educate people everyday that there is NO smoke or tobacco involved with vaping. People see the vapor and assume it's smoke. I make an effort to explain the difference everytime this happens.

I will soon be 3 years smoke-free. That makes me very happy.

9/15/2013 9:56:00 PM - Tom Palazzo

I became a everyday smoker at the age of 15, usually 7-10 cigarettes per day, one year later I was up to 15 per day.

when I was 17, I made my first attempt to quit smoking, going cold turkey, which lasted all of 6 months.

Upon entering the USAF, and still 17 y/o, I took up smoking once again, this time camel non-filters was my preferred brand, average consumption was 10-14 per day.

During my 12 years in the USAF, I made three more unsuccessful attempts to quit smoking, my most successful attempt was a mere 3 weeks.

I was susceptible to colds & flues, lack of stamina, shortness of breath, coughing fits, one of which caused a hernia it was very bad.

In February of 2012, I decided I had enough of the bad tasting cigarettes and associated problems previously listed, knowing I had a nicotine habit to satisfy, I looked for alternatives.

After three weeks of research, I was determined to kick a stinky & unhealthy habit with the use of E-Cigarettes.

My first kit was three ciga-size manual batteries, some cartomizers and 24mg synthetic Tobacco & Fruit liquids.

I gave away my two packs of smokes and never looked back or craved another cigarette.

One week after quitting, I expectorated everything bad in my lungs, and my daily morning cough disappeared.

I noticed other positive results, more stamina, easier breathing and no more bouts with colds or flu.

I occasionally use the ciga-size batteries but prefer Box mods, my normal nic level is 16mg in the day & 12 mg at night, I Vape Tobacco type, Fruit, Coffee, and any other flavor I find appealing.

Being able to have a wide variety of flavors to choose from is another reason I'll never need another smoke, I've been smoke-free since March 2012 and enjoy every day of my new life.

9/16/2013 3:00:00 AM - michelle, co

I was a on again off again smoker for years. I never really wanted to quite smoking. I liked smoking (or so I thought). I decided it was time to quite again knowing how bad it was for my health. My sister sent me her e-cig that she successfully used to quite and no longer needed it. I was off analogs in a week. I liked vapeing so much I kept using it (unlike my sister). I started to notice the usual quite smoking effects like my sense of smell coming back (not a benefit). My skin looked brighter, and now I can actually run! I can hike up the hill without getting winded. I have done much research on the web and realize there is the unknown of the long term use. With anything only time will tell. For now I am one happy camper!

9/16/2013 4:03:00 PM - Jacki W

My name is Jacki and I smoked for 45 years without being able to or even want to quit. I was very young when I began smoking I think I was fourteen and sixteen when I began smoking daily. I loved to smoke and thought I would be one of those hope to die smokers who would never stop smoking. I began getting messages from my Dr. Philips that I had the beginnings of cardio-vascular disease and it will only get worse the longer I smoke. That was my first time ever thinking maybe I should quit. I went hunting the internet on ways to quit when I came across the E-cigarette. I found one

relatively cheap called an X4 which had a cartomizer and a rechargeable battery for only fifteen bucks. It was

one of the two piece ecigs with little to no fuss. I was hooked the first drag that I took.!! These were great!! I had tried the juice and the 510 which you had to have an atomizer and battery and cartridge but I did not

like the juice and felt it was a waste of time since I was not very good at loading up my cartridges with juice and I did not much like the juices I tried. SO when the X4 began to disappear I went to the KR808-D1 and I am still using them. I save lots of money!! I know I would be smoking if the government begins making ecigs taxable and jack the price up to who knows what. This is saving my life and many others as well. My Dr even was thrilled when he heard I had quit so quickly. He said he saw nothing wrong with my using the Ecigs also. So since I have used the Ecigs I notice that my house no longer smells terrible and since my neighbor smokes analogs I can smell HER whenever she walks by my house. Its terrible knowing i smelled like that too at one time. My ability to walk my dog and do exercise has increased also. I

no longer cough my head off and I am able to breathe without my throat hurting. This is like heaven now. I hope no one messes up this way of staying off of cigarettes. I see no other alternative for me if they take them away except go back to those darned unhealthy smelly cigarettes. I am a hope to die kind of smoker. Vaping saves lives!!

9/16/2013 4:17:00 PM - J.D. Nice of Lake Orion, MI

I quit smoking in April of 2012, using at first disposable e-cigs. I had been trying to quit for years using NRT patches. I began buying my e-cigs from SmokinVapor in May 2012 after visiting their store in Panama City Beach and still buy their products including their 12mg. vapor. I had been smoking for over 30 years. Since then my wife has also quit smoking. My step son and Mother-in-law also quit smoking, but they where not sucessful. J.D. Nice Lake Orion, MI.

9/21/2013 6:59:00 PM - Tanner from Michigan

I smoked cigarettes since I was 16. I started as a casual smoker and over the years didn't want to admit my eventual addiction. My parents smoked and I hated it so much that I was ashamed that I became "one of them."

People stereotype smokers as negative trashy people. I thought that smokers were creative "thinkers." Yet I was looked at as lower class. I missed my lifestyle before cigarettes;better health, i didnt stink, i didnt miss out on things bc i had to step away after a meal, etc. I quit 3 times cold turkey over the course of 18 years. Once for 3 years, once for 2 years, and once for 7 months.

It was always that one that I started back. I wanted to start a family and not die young so I prayed for something to help me quit for good. It was within a few months that the vapor stick arrived into my life. I thought they looked silly, but wanted to give it a shot. I am happy to say that I started off with 24 mg of nicotine and 9 months later dropped down to 18 mg. November 26th will be one year without one single cigarette or even a single desire for one. I will continue to drop my nicotine until I am consuming none bc I know that is still harmful for my body, but far less toxic than the other chemicals in a tobacco cigarette. When I first started using the vapor Ecig , I still smoked a couple of cigarettes to make a comparison and it didn't take but a couple to know that I will not miss it! I thank God and the owners of Smokin' Vapor for showing me this better alternative to smoking and save my life!!!

I am now sharing with the world that they too can quit as they question my ecig and want to try it. I tell them not to buy just any one bc they have hidden chemicals. They have to go to Smokin' Vapor where they sell FDA Approved liquids.

I am so grateful bc I am now spending more time with loved ones and feel healthier and don't smell like an ashtray.

This is the way of the future and I hope every smoker will convert and eventually quit smoking altogether.

9/22/2013 3:25:00 AM - Jennifer from NM

My name is Jennifer I am 45 years old and have smoked analog cigs for 29 years about 8-10 cigs a day. With no plans of stopping and when ever someone talked to me about stopping of my family saying they would help me, it would make me want a cigarette. While out of my state for family vacation, we where at a flea market where my family tried to pull me over to a e-cig stand, I pulled away and kept on walking finding my self alone with lots of people I didnt know. I thought what should I do turn around or keep on walking. I did turn around and approached the stand where my family was. Got info about what they where selling and decided to try the e cig starter kit that my husband said he would buy for me. That day I smoked a half of an analog cig. At this point I am on my 3rd week and have not smoked a analog cig since that would be about 150 cigs not smoked. I have no intentions of smoking cigs ever again. I starter kit came with 18 nicotine and I lowered to 12 after 1 week. My intention is to keep lowering and eventually stop the e cig. I keep an eye out for more research and regulation as I think both are needed. Jennifer

9/22/2013 1:52:00 PM - Jen M

I am a 60 year old female.

I started smoking cigarettes at age 15.

I never tried to quit smoking until I was about 40 years old.

I attempted many times after that using many alternative methods such as nicotene gum, nicotene patches, acupuncture, hypnotist(two different), Chantix and cold turkey. I did quit smoking in my house in 2003, hoping that would at least cut down on the second hand smoke lingering in my house.

The nicotene gum was nasty and was not an acceptable alternative.

I smoked a cigarette on the way home from both the hypnotists and the acupuncture, the Chantix made me crazy and cold turkey was too hard.

The only thing close to working was the patches, I was able to quit, but it only lasted 6 months before I was smoking again.

Then came the electronic cigarette (the kind from the gas station), that didn't work for me either, it just didn't seem to satisfy.

I became more and more frustrated, wanting to quit but not being able to.

Finally came the electronic vapor cigarette.

I got a starter kit and the highest available milligram "juice" 24mg.

I quit smoking cigarettes December 7, 2012 and began using my vapor cigarette.

I have not smoked a cigarette since!

Not only that, but for the first time in my life the smell of cigarette smoke makes me sick to my stomach!

I have slowly been weaning myself on the strength of the vapor juice, beginning at 24 mg, then after a few months to 18mg and now after 9 months I am on the 12mg.

Are they completely without health risk?

I don't know and am willing to take that chance.

I do know that they are way healthier than cigarette smoking!

My skin, hair and nails look great now and my breathing has improved.

They are better for the people around me and for the environment than cigarettes.

I plan to keep reducing my milligrams to 0 and then quit altogether, but I am not going to rush it, its taking me 45 years to get here and I couldn't be more pleased with the results of the vapor cigarettes.

Smokin Vapor in Panama City, Florida is my next stop!

Sincerely, Jen M

9/23/2013 12:36:00 AM - JJ1977

I stopped smoking in May 2010 went from 24mg nic down to 5mg nic, its been a rough road to quit but my health has improved. I breathe easier, sleeping better and overall i feel better. My kids and wife support my desire to stay cigarette free. Now 09/22/2013 im now currently down to 5mg nicotine ejuices and im slowly going to get to 0mg soon within a year or soon. I owe my health to electronic cigarettes they are a wonderful product.

9/24/2013 2:03:00 AM - EJ from Middletown, PA

I've been smoking for over 30+ years.

I started as a pre-teen (smoking randomly and sporadically) and by the time I was in my teens I was addicted. I gradually increased my daily habit to a pack/pack and a half a day....somtimes more depending on the social situation. I've wanted to quit for at least 25 of those years, but the method by which to quit always eluded me..... until I found eCigs.

In my 20's I tried all kinds of cessation methods:

tried quitting cold turkey - ha!

Cold Turkey lasted until I got around someone from whom I could "bum" a cigarette (sometimes only half a day).

C.T. was seriously stressful and difficult. I tried cutting down gradually, which always ended up with me smoking just as much or more than before I quit. I tried substituting a straw (cut to the length of a cigarette)for a cigarette which I would hold and draw on, which never lasted more than a few days. I was hypnotized many times - - it worked everytime, but did not last. The longest hypnotism lasted was five agonizing weeks.

It was a struggle to resist the temptation even after being hypnotized and all while practicing daily at-home-hypnotism by playing the tapes you can buy that reiterate your session. My longest and most successful "quits" were my two pregnancies.

Quitting was difficult but not tortuous because I had a real reason to quit.

Although I don't recommend that method simply for the purposes of quitting.

And to the men, sorry.

I tried Zyban three or four different times, but I never quit for more than two or three months. I tried Chantix three times and quit for several months the first two times, but got tired of not being able to drink even the slightest amount of alcohol while on the drug.

I mean, come on

- - it was hard enough giving up cigarettes.

To have to completely give up alcohol too was too much to give up at the same time.

Smoking, for me, was not just a physical dependence on nicotine, but it was also an integral part of how I socialized.

So for me my addiction was/is 70% psychological and 30% physical.

My third attempt to quit using Chantix resulted in a (for lack of a better term) psychotic experience. Yep, it was so bad that, that is the best way I can describe what happened to me.

I was paranoid, depressed, maniacal and finally ended up having a hysterical episode of crying and basically incoherent ranting of which I remember little.

My friends made me contact my Dr. the next day.

I was instructed to titrate the dosage by slowly decreasing the dosage over a period of three days.

It is easy to see why I am not a fan of any pharmaceutical cessation method.

The side effects of the drugs outweighed the benefits of quitting.

Ya, I know... by smoking I put all kinds of dangerous chemicals in my body by smoking, but I was not willing to take prescribed drugs to quit.

That would not make sense to non-smokers nor to anyone who has never suffered from and struggled with an addiction.

I

don't know how to explain it.

I am sure my case (among smokers) is not unusual.

I liked how smoking made me feel; I didn't like how the drugs made me feel.

I have to be honest here though.

As an intelligent person I realize that all the positive feelings I got from smoking (holding the cigarette, drawing on the cigarette, inhaling, feeling the smoke enter my lungs and exhaling the smoke)were purely psychological.

I freely admit that I totally ignored the actual negative physical effects smoking had on my body.

Among them:

diminished taste and smell, more frequent colds/upper respiratory ailments, sporadic scratchy throat and raspy voice (sometimes when I really smoked like crazy I would lose 80% of my voice), tight chest and sore lungs when breathing (especially upon waking after a night of smoking alot), enlarged facial pores (they aren't hideous, but I believe that my skin would be nicer if not for smoking), my once, much commented on, brilliant,

white teeth are stained, diminished lung capacity, the toll it was taking on my heart, the fact that I was inviting cancer and the list goes on.

Add to the physical effects the effect on my enviroment and etc... My hair, clothes, car and home reeked of cigarette smoke.

Being very self conscious of my aroma, I can't tell you how much money I wasted/overspent on perfumes, toothpaste, mouthwash, gum, mints, deodorizers, candles and Fabreeze to masque the odor.

Remember that I mentioned my diminished sense of smell????

"Wasted Money" is a good term for all I spent trying to cover up the smell because you can't hide that odor - - not among non-smokers.

...But what would I know I couldn't smell!

I imagine if I could smell, I would have been reminded of a "French Wh*@*$#" (one whose perfume is overwhelming and practially gags others) who must have bathed in an ashtray!

Smoking can really screw up a person's ability to attract the opposite sex too!

I consider myself good looking.

Others consider me good looking. But by smoking, I believe I eliminated at least 40%, if not more, of my opportunities to connect with/attract the opposite sex.

What non-smoker wants to date a "smoke stack?"

Men who were originally interested in me, lost interest because they didn't want to date me based on my smoking.... and I didn't want to quit.

Smokers are social pariahs in a sense.

We are relegated to the front porch, the deck, the parking lot, the rare 2' X 4' painted squares every 6 to eight blocks apart on the board walk (Definately not on the beach) and etc... when we want to smoke.

We smokers clearly make a spectacle of ourselves when we slink away to cater to our nasty habit at parties, events and at work.

In inclement weather and in the winter that becomes even more taxing when you have to stand outside, either getting wet or shivering in the cold.

Nevermind how bad your hair looks by the time you go back in (well at least for women).

Its either suffer the weather or don't smoke and suffer for want of a nicotine "fix."

For all those reasons and more, I had finally had enough.

Well sort of.

I always wanted to quit for all the reasons I mentioned.

I just never found a good cessation method.

By a happy accident I found the way that, so far , has been the best method - eCigarettes.

Scratch that, not "so far."

I finally found the method that I KNOW works for me.

I know I can quit using eCigs.

My little electronic miracle - no, BIG miracle.

A girlfriend laid her eCig on the counter at a social function and I asked what it was. It was a eGo-T (if I may use the brand name)...if not, it was a battery with a small cylinder tank that was sort of conical at the top that you fill with "juice" or "vapors" (flavored/nicotine oil PG VG)so you understand the type of product I started with. She offered to let me try it.

It was different, but I thought, "Why not give it a shot?"

That was more than a month ago.

I started out slowly.

I had to get used to the different feeling of holding an eCig compared to actually holding and smoking a cigarette.

It was NOT hard and within a week it didn't feel weird; it was the new normal.

I had a lot to learn though.

I started with one like hers - -a small battery that didn't last more than three hours.

I was forced to smoke cigarettes while charging the battery.

I really wanted to totally quit and from my limited use of the e-cig, I knew that I could totally give up cigarettes if I could just have my e-cig available at all times.

So I went online and shopped for a second e-cig.

I quickly learned that the size and the mah's of the batteries varied.

In very basic terms the bigger the battery (the more mah's) the longer your charge would last and the longer you could smoke on one charge.

I purchased a 1100 mah eGo Twist and a 1300 mah Vision Twist based on my research and what some of the experts recommended for mid-level beginners. (twists are variable rate - you can decide how much vapor/the volume of vapor you get when you draw/take a puff by turning a dial on the battery)

As time passed I graduated from a clearomizer to a tank that holds more juice (an atomizer - Protan II Kanger).

I just received my Twists three days ago.

I've vaped (??? I guess that is the past tense verb for vaping) for the past three days without smoking a cigarette! Even better I don't miss cigarettes!

SERIOUSLY...NOT ONE LITTLE BIT!

Woo Hoo.... I'm starting to think that I can finally be free of this disgusting, stinky, ugly, costly habit that is smoking cigarettes.

The best part is that this attempt to quit IS NOT STRESSFUL OR DIFFICULT AT ALL.

The juice comes with varying mg.s of nicotine and flavor.

I purchased seven 30 ml bottles of 12 mg nicotine juice online for a great price and free shipping if you spend $50, so I will have juice for quite a while - I'm guessing 1 1/2 to 2 months.

My plan is to step down to 6 mg... maybe three bottles, which should last me at least a month. And finally, I will vape zero nicotine content juice. Yep, they make just the juice with flavor for folks like me who are as addicted to the act of smoking as they are to the nicotine. Zero nicotine juice is also for folks aren't smokers who simply enjoy vaping.

I just started totally vaping with no reliance on cigarettes, so I am not sure how long even one 30 ml bottle will last.

Forgive me if my estimate is off, but I'm guessing I can get at least a month an a half out of my current juice supply.

I've only been vaping for a short time and as time goes on I learn more and more.

I love vaping more and more.

I don't stink.

I can do it indoors around non-smokers and children.

I save tons of money compared to what it costs to buy cigarettes.

Vaping start up costs and the e-cig equipment is relatively inexpensive.

I was able to purchase two 1100 mah twist batteries, a clearomizer, a tank, an extra USB/wall charger, a car charger and the juice all for around less than $150.

I didn't have to spend that much money.

I could have simply bought one "starter kit"

Starter kits range in price from $30 to $70.

Regardless, $150 is minimal, for two e-cigs and enough juice to last at least a month and a half, compared to paying $231 for my pack-a-day habit for the same amount of time.

(1 pack @ $5.50 X 7 days = $38.50 X 6 weeks [1 1/2months] = $231)

For the first time EVER I can see myself as a non-smoker!

You can't imagine my excitement.

I don't miss cigarettes.

Quitting is so easy with my eCig.

I can be around smokers and I don't stress out because I want a cigarette.

Gone is my strong desire to "just bum one."

You cigarette addicts know EXACTLY what I mean!

When I used other methods to quit I would be in a conversations with others who were smoking.

I couldn't concentrate on what they were saying.

All that would go through my head was this back and forth argument with my smoker self and my non-smoker self.

The conversation would go like this: SMOKER ME - "Oh I neeeed one.

It smells soooo good.

I miss the taste and feel of smoking.

Just bum one. One won't hurt.

You need to just get it out of your system and then you can focus on what they are saying.

You'll feel better.

Smoke it you shouldn't have to feel so out of sorts and you'll be back to your normal self.

You can smoke just one as a reward because you won't smoke another today. Tomorrow you can go without a single cigarette.

Smoking just one is better than smoking a whole pack."

NON-SMOKER ME - "Don't smoke it.

You will have failed.

Loser.

You'll never quit. You know you can't smoke just one. You are going to be upset with yourself.

I don't want one."

SMOKER ME:

"I just want one."

NON-SMOKER ME - "No I don't."

SMOKER ME: "Yes I do."

The real me:

"Oh, can I just bum one please?"

GRRRR

Gone is the anxiety and all the other bad stuff that comes with quitting through other methods.

When I quit before (even with the drugs) I was never really myself.

I couldn't focus nor concentrate.

I couldn't perform my normal tasks at work without having to put in extra effort to avoid stupid mistakes.

I was forgetful.

My appetite was through the roof (for those of you who are worried about gaining weight when you quit).

I just can't say enough about how well eCigs and vaping work for me.

All I know is that I have a new lease on life.

I look forward to improved health and adding years back to my life.

To being FREE!

Ahhh the freedom that once seemed unattainable is now within my reach.

For once I will not struggle through the past tortures of quitting.

For once I do not have to go through a tough battle only to lose it and be back where I started - a battle for nothing.

I know that this is my miracle method.

So that's my story, long but true.

I bet most smokers could tell my story.

For all of you who've tried everything else and failed, you MUST try this.

You won't be sorry.

Finally, a piece of advice that I wish I would have been given.

As a beginner, don't rely solely on the internet and YouTube and etc... for your information.

Use those tools, but go to a reputable smoke shop or vapor shop.

You can Bing vapor shops in your area.

After making beginners' mistakes and wasting money by buying eCigs on the internet I finally went to a shop.

The owner's advice was invaluable and was what finally set me on the right path to successfully vaping full time and thus, quitting smoking for good.

See my story below that I posted on an ebay board.

I don't know if this is the correct place to post my comments, but I just wanted to share some advice for buyers of electronic cigarettes.

This is not a "bash the buyer" post.

My apologies if I am in the wrong place.

In a nutshell

I did not receive the products that were advertised.

Twice now when purchasing eGo products that were advertised as eGo products, I received knock-offs. The clearomizer tank and extra DCT tanks were faulty.

Being new to "vaping" (smoking vapors with an electronic cig.), I ventured to a smoke shop/vapor shop for help.

I figured I was doing something wrong and wanted better advice than YouTube video instructions.

Upon inspection by an eGo dealer, I learned that both purchased items were knock-offs.

That explained the faulty clearomizer.

The DCT tank (I realized - if you get really nit picky) was not advertised under a brand name, so I'll take the hit on that one.

Shame on me I guess.

I did do my homework and did read the description and etc...

My only mistake was that I did not specifically ask if the product was a knock-off or it was authentic.

Admittedly, I am new to the world of eGo and e-cig products of any kind.

You live and you learn :smileyhappy:

I did contact both sellers and offered a fair resolution:

a request for a 50% refund and I offered to return the faulty clearmizers and DCT tanks today.

I await their replies.

I take full responsibility and am glad for the relatively inexpensive lesson.

I just wanted to share this information with other less-than-informed buyers of (supposedly) brand name e-cig products.

Don't get me wrong, I am not implying that the sellers purposely misrepresented their products.

Every transaction with every seller I've encountered in my many years on ebay has been very positive.

I prefer to believe that they too are/were as uniformed as I.

My intent is not to criticize, but to educate potential buyers.

I almost forgot the most important information.

Authentic eGo batteries have the eGo etchings on the bottom of the battery and the clearomizers and tanks also have specific identifying markings. As well, other brands are marked for authenticity in the same way.

So be sure to ask the seller if the product is authentic or a knock-off before buying.

That way if you receive a fake, you will have the right to a refund based on product being sold "not as advertised."

9/24/2013 3:25:00 AM - Bryan Scogins

Hi,

My name is Bryan Scogins and I am 29 yrs old.

I starting smoking when I was 18 yrs old.

I got married when I was 20 yrs old and we had our first child when I was 25 yrs old.

My son unfortunately had to have the lower left half of his lung removed along with having really bad asthma.

With him having bad asthma I would literally have to change clothes, wash my face, arms up to my elbows before I could come back in and even hold him as the nicotine on my hands from the cigarette would irritate his asthma.

A friend of mine told about Electronic Cigarettes and said I won't stink, I won't have to go through this whole routine to still get my nicotine.

He told me when I was about 27 yrs old.

I decided to spend the money and get a nice one if I was truly going to do it. I bought a ProVari and starting vaping.

I haven't had a cigarette since I bought it which is has been about a year and half.

It if wasn't for the broad selection of flavors and options out there I'm not sure I could have made the switch.

I HATE the "tobacco" taste but like we all do suffer through it for the nicotine and "hand to mouth" habit.

Once I found a flavor I loved (Blueberry & Cream) I haven't even craved or looked at a cigarette twice.

Now I am the stereotypical non smoker that absolutely can't stand the smell!

I do know if flavors went away once my "stock" went away I would have to revert back to the stink sticks.

Thank you to whoever created this genius life saving product!

Bryan Scogins

9/24/2013 5:13:00 PM - John Taylor

I began using tobacco products at the age of 15. As we all know teenagers tend to do idiotic things that can cause permanent damage to themselves for unexplainable reasons. I started out smoking cigarettes, but then switched to snuff when I noticed my breathing becoming shallow and "wheezy". This went on for a few years and became normal. When I become more involved in extracurricular activities in school I no longer had the time to dip snuff and went back to smoking cigarettes. Once again my breathing got worse, but I felt like there was no helping it due to my schedule. When I entered college on a vocal scholarship I was smoking two packs a day of unfiltered cigarettes,

I was told by my voice teacher that I would either need to quit smoking or lose my scholarship. I attempted to quit only using willpower which was unsuccessful to say the least. I was looking at just losing my scholarship when I visited a family friend who had a strange looking thing on a lanyard around her neck. She informed me that it was an e-go electronic cigarette. She had smoked three packs a day for as long as I knew her and had told me that she hadn't had a cigarette in over six months. At this I decided it couldn't hurt to at least look into this e-cig business. I looked into the studies and found that this vaporized nicotine was far healthier than the tar and ash I was breathing in at the time so I decided to give it a go. I purchased a Volcano Inferno kit and some 30mg nicotine liquid and started vaping. Almost immediately I could feel a difference in my breathing and could tell that this could work. At first I did really well with my e-cig and worked my way down to 24mg nicotine but due to my own blunder in not ordering enough liquid I ran out and had to smoke analog cigarettes for a week while I waited for more liquid. It was awful. I was coughing and just felt terrible that entire week. When my liquid finally came in the mail I was overjoyed that I didn't have to smoke those terrible things anymore. Of course that week undid my progress and pushed me back up to the 30mg strength but it has been just over three months since then and already I've made it back down to 24mg. I hope that I can eventually work my way down to no nicotine at all, but even if I don't succeed in that I know that vaping is definitely healthier than smoking, so if I can't be perfect at least I can be better.

9/24/2013 5:57:00 PM - Jim

After smoking about a pack and a half a day for 10 years and after many failed attempts using numerous "quit smoking aids" i decided to try vaping. I can honestly say that the first day i started vaping i no longer wanted a regular cigarette..Now 3 years later i am still smoke free!

My health has improved greatly and im so grateful that this option was available to me, otherwise i would probably still be smoking.

9/24/2013 9:43:00 PM - Ryan Bliss - Vapor Depot LLC

As most of us know, electronic cigarettes became available on the US market in the Fall of 2008. I was introduced to them in January of 2009. I had been smoking a pack and a half a day for 22 years prior to this and my wife had been smoking a pack a day for 16 years. I was working in the auto industry at the time and in 2008 the bottom fell out of that industry. I started using the electronic cigarette thinking that, like everything else out there (patch, gum, lozenges, etc.) I would be back to smoking again within a week or two. I even left my 3/4 of a pack on the kitchen counter with the expectation of picking them up again very soon. My wife also began using electronic cigarettes at the same time. Surprised by how well they worked to replace the smoking addiction, my best friend and I joined a MLM company called inLife that sold electronic cigarettes and within 2 weeks of joining the company we quit our "dying jobs" and opened a Kiosk in the local mall in order to spread the word about what electronic cigarettes did for us. Within a couple of months we broke away from inLife and had developed a relationship with the founding manufacturers in China. This is when the FDA was confiscating orders coming into the country and destroying the shipments without legal authorization to do so. We were one of the very fist to retail electronic cigarettes in the US. For almost 5 years now we have researched and investigated the electronic cigarette industry and have kept a close eye on our customer base to determine their success with electronic cigarettes. For me and for roughly 95% of our customers electronic cigarettes have been the solution to overcoming tobacco addiction.

Even more surprising is how the body responds to electronic cigarettes over time.... I started by using 24mg Vapor Juice. Within about 2 months that became too strong for me and I had to step down to 18mg. I was on 18mg for a little over a year and then had to step down to 14mg. Again I was on 14 mg for about a year and then down to 11mg I went. After a year of 11mg it became too strong and I stepped down to 6mg. I was on 6mg for maybe 4 month and that became too strong and I stepped down to 0mg. Today, I'm proud to say that I don't use anything anymore. And this has been the general scenario for our customer base as well. It seems as though the body tends to want to reduce its nicotine intake over time and as such we've seen roughly 90% of our customer base gradually step all the way down to no nicotine over time. Part of our large numbers for success could be because we help coach our customers all the way through the process and our customer service is unmatched but I believe that for the most part it's the individual themselves. As a result of exclusive electronic cigarette use my quality of life has improved immensely. I used to wake up with the smokers rattle and cough. It was difficult to catch my breath after the most minor physical exertion. My blood pressure was dangerously high and I was experiencing migraines almost daily because of my blood pressure. Now all of that has been alleviated thanks to electronic cigarettes. We had one customer who was on seven different types of medications everything from blood pressure and cholesterol to medications for ulcers. Within 5

months of switching to electronic cigarettes his doctors took him off of all of the meds! Finally, I would be happy to help anyone looking for guidance in their electronic cigarette use. We have helped over 30,000 people successfully break the addiction of tobacco in the last 5 years. So feel free to call us at 877-867-0965 or check us out online at www.thevapordepot.com.

9/25/2013 12:52:00 PM - A.J.K.

I smoked for about 7 years, started when i was 19.

I smoked around 1.5 packs of cigarettes a week on average, this number could increase due to stress levels, company, or weather or not i was drinking frequently.

I have quit before for maybe a few weeks using the cold turkey method.

i picked back up the habit quickly and easily with little to no guilt.

i started using my smoke free alternative, a mod as it is none with a low strength nicotine juice 5 weeks ago, this has been the easiest way of quiting.

Patches are expensive and dont appear to be totally successful, i feel that method lacks in the habit we develope (whatever your routine may be, wake up cup of coffee and a smoke, big meal and a smoke ect.) the patch doesn't help with any oral fixation or sensation of full lungs either.

i steered clear of prescription drugs due to the side effects listed (suicidal thoughts, disturbing dreams) i also had a close friend use a prescription drug and did tell me he had some very disturbing dreams.

a number of my friends switched to vaping and i enjoyed it.

since quitting i have noticed much keener sense of smell, no tar stains on my fingers, and whiter teeth.

close friends have stated my skin quality has increased, i look more vibrant which is a nice bonus.

also my cardiovascular endurance has increased, i can sprint or ride my bike full out for longer with less burning lung sensation. currently my mother and father are both using vaping to quit smoking, i cannot express how many people i know have used or are using this method successfully to quit-

9/26/2013 4:27:00 PM - Tommy Squyres, Tallahassee, Fl

Just a little common sense.

The current issue of "How to regulate the Electronic cigarette" is really getting ridiculous.

As former smokers my wife and I went though approximately 3-4 packs a day between us. When she went into the hospital for an emergency situation, non-smoking related, we sought out an alternate to smoking. I didn't want her to go through the struggle of not being able to smoke and smelling it on me when I came into her room, this would only exacerbate her being there. With the help of a friend who had told us about the NEW vaporizers on the market we went this route.

3 months later:(almost to the day) We have not picked up a cigarette since. As a matter of fact we both still have the fresh opened packs we bought the day she went into the hospital sitting with our ejuices. as a reminder.

Now, the whole idea that this industry is aiming to get kids addicted is seriously over reacting. The flavored juices used to Vape are tailored to rid the association of the flavor in smoking. If it tasted like a cigarette it would not help break the habit, at least for me. Some do prefer that tobacco flavor, and that is fine, not all people like the same cola either.

As for the "Spike in teen use of E cigarettes" look at the number of ADULTS who have started vaping... I'm not an expert nor do I pretend to be, so I ill not post numbers. You do your own research...besides the teen use of alcohol, and illegal drugs seems to be a lot higher now days, or am I wrong?

Now... the idea of kids buying these items online... here is an idea. Parents DO NOT give you kids free rein with your credit cards, and monitor what they do online. What happened to Parenting 101?

As for myself I can only say that my quality of life has improved GREATLY after 3 months of Vaping. I breathe easier, dont smell like an ashtry. And neither my house or my cars smell either. My friends and family can attest to any of MY experiences mentioned above.

The main issue for me here is that we are taking a large amount of money from the tobacco industry and the people who are invested with them by going this route.

9/26/2013 8:19:00 PM - Douglas Dixon Madera, Ca. USA

I am a 55 year old white male. I would like you to understand that after a lifetime of smoking cigarettes I have been diagnosed with a disturbing list of crippling smoking related diseases, and nothing I'd tried to stop smoking worked, at all; patches, gum, as well as pills, none of it. I was dying from 42 years of tobacco addiction. As a last resort I purchased an E-cig kit on-line.

It has been over year and a half now and I have not touched another cigarette since nor ever want to. I also know personally of many others who have freed themselves from tobacco use as well by using E-cigs. Since then I have researched this issue thoroughly, and have come to the conclusion that they in no way harm myself or anybody nearby. I can smell, taste food; my doctors were so amazed that they just had to know how my lungs suddenly cleared completely up! I ended up giving several of them a E-cig demonstration in the examination-room!

E-cigs emit a small water-base vapor that is virtually undetectable. I started with a 'V2' kit that looked and felt like a real cigarette at 18ml. Now, in order to cut costs, I now use a VAMO Mod and mix my own juice, and have been lowering my nicotine strength 1 ml. every month or so. Is nicotine addictive? Of course, but no more so than CAFFINE!

Long-story short; it would be greatly distressing to see Big Tobacco/Big Pharma win ANY decision that would jeopardize E-cigs, because it

9/26/2013 11:08:00 PM - Heather Coale, Minnesota

I am one of the few out there that actually enjoys smoking to this day. Since I started smoking at the age of 14, I estimate I have smoked in excess of 328,500 cigarettes. I remember when a pack cost about 45 cents.

Prior methods I used to quit were unsuccessful, I think, because I was trying to quit for the wrong reasons. Even though it has become taboo, I still enjoyed the habit. I started the e-cig back in April 2013 and it has been a godsend! I am able to satisfy the twofold habit: the physical addiction to nicotine and the psychological addiction of hand-to-mouth. I learned this during the American Lung Association smoking cessation program years ago the addiction is two-fold. I have also been hypnotized, tried cold turkey, gum, and other cessation programs offered, to no avail.

Aside of the health risks involved in smoking, it also affects the area around you. I smoked in my home and my car for years. Fabrics absorb the smell. Tar/Nicotine is like a glue for dust to cling to. I used to wash my walls because they were so yellow-brown and dusty. Canvas artwork also discolored because of the nicotine. Windows and mirrors would streak and I'd have to wash them twice. Car washes charge in excess of $120 just to remove the smoke odor from the interiors. You just can't cover that up with an air freshener.

I have to credit the good influence of my boyfriend and Smokeless Smoking Company for their products and assistance they provide. As a result, I am tobacco-free, I smell better, my skin and nails are no longer yellow and I no longer offend those around me.

I did have cause to smoke a regular cigarette at one point recently and it actually burned all the way down. It wasn't pleasant, to say the least.

I am in the process of rebuilding my lung power while I can still enjoy the act of smoking. I can't thank my boyfriend enough for researching the product as a whole and introducing me to this new way of life with Smokeless Smoking.

I am a fierce advocate for vaping and I am dismayed at the knee-jerk reactions of so-called "experts" and legislators who want to immediately outlaw something that is so beneficial to us. Smoking has become taboo in this society. That is the mindset now. Ok, fine. So they want to do the same thing to a device that provides great assistance to smokers trying to reduce or quit? I just don't understand that. I am watching the news trends to follow the progress on the advocacy of vaping and the devices that allow we smokers to evolve our bad habits into something more acceptable and possibly eliminate the need altogether. For me, I'm enjoying my habit as I always have, just in a more pleasant manner.

9/27/2013 4:42:00 PM - Howard Haskin

My name is Howard Haskin, I am 59 years old and have been smoking cigarettes since I was 15. Presently I am wheelchair bound disabled.

In 1995 I was diagnosed with Diabetes and was told I needed to stop smoking

but of course I didn't.

In 2001 I was involved in a very bad incident at the ocean and both of my feet were cut up very badly and even though I had lots of antibiotics in my system

Infections started in both of my feet.

I had my 1st surgery on my left foot in Feb. 2002 and it was the amputation of my middle toe on my left foot.

Once again it was stressed that I give up cigarettes as together with the diabetes the cigarettes were preventing my body from healing properly as well as affecting my circulation in my feet. I kept smoking.

From 2002 through 2006 I had 6 surgeries on my feet, 4 on my left foot and 2 on my right which included knuckles removed and surgical screws implanted, Portions of bone from the outer part of my left foot

removed, skin graphs

chronic ulcers.

I tried Nic gum, the patch and cold

turkey but I failed every time.

In addition to all of this in the 1980's I had a Spinal Fusion on my lower back (L-5 S-1)

and with each surgery on my feet my back became progressively worse, to the point i was unable to even stand up straight

and i was told that my spinal column was out of alignment from using a cane for a few years and I had the beginning stages of

Scoliosis.

Then in May 2011

my little toe on my right foot became infected and it spread quickly and on May 25 2011 I had my right leg amputated. During the surgery my heart stopped for 90 seconds AND I WAS IN A COMA FOR 4 DAYS AND NIGHTS

while i was in SICU, Two weeks later i was transferred and I spent 14 months in a Nursing Home /ReHab facility until they found me an apartment that was wheelchair friendly as my Apartment before the surgery had stairs and it was determined that it was not safe to

return to that apartment.

In Aug 2012 I moved into my new apartment which is on the 17th floor of

a high rise apartment complex facing the ocean in Far Rockaway N.Y. and within the 1st few days of the 1st week there i bought a pack of cigarettes after not smoking for 14 months.

I was so depressed and mad at myself for starting again and then just 2 months later a little storm happened named SANDY and i was trapped on the 17th floor and I used that as an excuse to smoke even more. Between trying to deal with the loss of my leg and the chronic pain in my back and feet including a condition called Neuorpathy I was beyond depressed and I was in tears everyday about my inability to stop smoking.

Then one day I decided to try this thing called an electronic cigarette.

The 1st thing I tried was the only one i ever heard of which was BLU.

After 2 or 3 days I basically threw them away as they just didn't do it.

Then I tried one from prosmoke

NOPE same results,

Then by

accident i decided to go to you tube and see if there were people discussing this and WOW there were a ton of people reviewing E Cigarettes and There

were several people that came off as honest and that their main goal was to help people to give up cigarettes and to try Vaping with products that were going to do the trick.

I sent out some emails and I included my email address and my phone number and I actually got a call from this guy named Keith and he spent over an hour on the phone with me answering every question I had and not ONCE did he try and sell me anything.

His only goal was to help me get cigarettes out of my life. I

decided to actually try a starter kit from his company called MAXVAPER and his starter kit was very reasonable in price and he threw in

liquids.

Between what he did and having a product that actually gave me the experience of smoking as several people on you tube that came off as caring, and supportive to everyone trying to stop smoking and providing valuable information. I never

realized just how overwhelming the e-cig world was and as a newbie i was LOST but watching people's videos

such as P.Busardo

and Indoor Smoker I felt this incredible sense of community with amazing people that really wanted to help as best as they could and basically shared the same goal which was to help get people off of cigarettes. That was over 3 months ago and I have not had a single cigarette since the 1st day I started vaping with my EMAX. With tears in my eyes as I write this I owe my life to Keith from MAXVAPER for taking the time to call me and just talk to me and again not once did he try and get me to buy his product.

In addition P.Busardo and Chris (indoor smoker) also had a major role in saving my life due their videos that provided great information and as someone who was a Social Worker for almost 30 years I feel that I am a good judge of a person's character and both came off as caring and genuine and passionate with their goal of getting people to stop cigarettes.

E Cigarettes got me to

stop smoking from day one when nothing else did

including killing myself slowly and literally one piece at a time.

To not give up smoking after losing body parts and multiple surgeries as smoking affected my circulation and my ability to heal and yet I KEPT SMOKING.

Thank God E-Cigs came into my world and GOD BLESS the people that helped me even when they didn't

even know they were helping me.

GOD BLESS the entire E-CIG community as a whole, without any doubt the e cig community has a huge population of folks that just want to show people that they can stop smoking and every person I have written to and spoke with in my opinion have been wonderful, passionate, caring, honest towards the same goal,

TO HELP PEOPLE LIKE ME. The bonus besides to finally giving up smoking is that even though I am wheelchair bound I feel like i am now part of this wonderful community.

VAPING SAVED MY LIFE.

Sorry for my rambling on

Sincerely Howard Haskin. I am willing to talk to anyone about what I have been through or to talk to anyone who wants to talk about what they are going through.

Feel free to contact me through my email and i will give you my phone number if you want to talk.

Again I kid you not vaping and the people that took the time really did save my life
hakstraw@aol.com

9/27/2013 7:39:00 PM - Commie L

I smoked for over forty years. Six weeks ago I bought my e-cig and started using it. I

have now completely quit my cigars, and do not have a desire for any. Before starting my e-cigs I was smoking a carton of filter tipped cigars a week now I don't even want one.

9/27/2013 10:00:00 PM - Shawn Gaspar Lowell Ma

My story probably reads the same as most ex smokers who have since moved on from smoking Ciggarettes. I am 39 yrs old and started smoking when I was appx 17. I for years had tried to quit using various traditional methods ie patches, gums etc and none worked for me. In late June I decided that I would try an electronic ciggarette. This was one of the devices that are supposed to look like a cigarette. During that time I cut down my cigarette intake from almost two packs of Ciggarettes a day down to about 3-4. I felt a huge sense of accomplishment seeing as I've never been able to do that however I felt it still wasn't enough. I them proceeded on doing some more research on this and discovered there was other electronic devices that people have had excellent success rates with at quitting. I discoved using a variable voltage battery and a clear tank using liquid that contained some nicotine in it worked for me. I no longer craved the cancer causing Ciggarettes that Not only endangered me but also those arou d me. I am happy to say that I'm absurdly smoke free now for months and have ZERO cravings for a tobacco burning ciggarette. I do still used Electronic cigarette regularly but I know it's not harming anyone and I no longer stink like a cigarette and no one has ever complained about it. I still do treat it as though it was a traditional ciggarette but I think it's just out of habit. I don't vape as its called in places where traditional Ciggarettes wouldn't be allowed. At the same time I think that why can't they be allowed. There is no harm to those around me. Heck we live in a world filled with toxic fumes. Just being on the freeway stopped in traffic is far far far worse than my little electronic cigarette.

This is my story and I continue to be smoke free and plan on that.

9/28/2013 1:09:00 AM - Jim Cuda from Portland, OR

I had been smoking for 7 years. Not a really long time compared to some but long enough. I smoked a pack a day. At points almost 2.

I started using the disposable e cigarettes to no avail. And kept smoking for a while. Then I finally saved some money and bought an ego style e cigarette. I bought some 18mg liquid. I have now reduced it to 12mg and next time I by some it will be 10mg and so on. For a few weeks I only smoked a real cigarette when the e cig was not curbing my craving. Then I just lost interest in analog cigarettes all together and tried one and it was terrible. I instantly felt sick. Since then I have not had one.

I have been smoke free for 2 months now and I dont see me going back. The only other option I tried to quit was cold turkey. It lasted about 3 days then I could not resist the urge.

The changes I have seen in my life are awesome. My girlfriend wants to kiss me more often. I do manual labor for a living and I can work for longer without getting as tired and I am more productive because I dont need to take smoke brakes every 2 hours. I can run up and down stairs now. I have more energy. I am glad I finally got past smoking before I did anymore damage.

9/28/2013 2:27:00 PM - PJ Koenig

I have smoked for about the last 17 years. I have tried to quit smoking using

SNUS, patches, and just cold turkey. Nothing would last more than a couple of days before I went and bought another pack. A friend of mine switched to an e-cig, and had me try it. I was of course skeptical at first, because of the other methods I had tried. He and his wife had not smoked in almost a year, and were much happier for it. So a few weeks later I finally broke down and bought my first e-cig (eGo C upgrade with a cart-tank). It has been almost 4 months that I have not had a cigarette. I have stopped coughing up random stuff, I can breathe better, I no longer stink (and did not realize I did until I stopped). It amazes me now when someone walks by that just finished a cigarette, and I used to smell as bad as them. I have saved money, but with all of the different options out there I could see how it could cost me more, but I like my setup and plan on only using the e-cig until I can stop completely. It used to be I smoked about a cigarette an hour (more while driving), and now I can put down my e-cig and not use it for 2-3 hours at a time. That, to me, is perfect.

9/28/2013 7:48:00 PM - Gary from Reading Pa.

My name is Gary, I am 54 years old and smoked Marlboro for 39 of those years. I smoked two packs a day for many of those years and started making my own for the last year. I am not proud of this but for that last year because it was so much cheaper I was smoking three packs a day. I tried quitting many times and always failed. I tried candy, straws, nicotine gum, patches, wellbutrin,and chanix. That last one was really bad and did not even concider trying after that. Twelve weeks ago my daughter(who hardly visits because of all the smoke) called and told me she got me something and it was going to come in the mail but would not tell me what it was. When it came I was a little upset because she spent money that I knew was wasted and because I was going to be setting myself up for another failure. It was a STAM 1100 Ego kit. I told her I would give it a try but not to get to excited because I wasn't making any promises. I sarted using it that day and smoked very little for three days and have not smoked since. Smoke free for three months now. I use an 18mg juice and hope to gradually reduce it. I am amazed by this. I always thought I would die with a cigarette in my hand. My daughter and I have become closer because of this and she visits more often now. Thank You E- cigs

9/29/2013 5:40:00 AM - Angelique Owens (AngelNurse) Atmore, AL

Being a Registered Nurse I see the devastating effects of smoking on a daily basis. Everyday I would go to work and have to look my patients in the eye and tell them they needed to quit. All the while being a smoker and a hypocrite myself. There is nothing like staring death in the face and knowing that one day that could be you or your loved one. A fellow RN introduced me to Vaping. When I first heard of it I was very judgmental and did not understand what it was all about. Something stronger than myself pushed me to give it a try. I told myself that it was to help my husband quit (who smoked two packs a day for last 20 years). From the day that my husband I got our first E-Cigs we both quit analogs completely. Neither of us has smoke a cigarette since! It was a miracle! I feel like I have my life back and it really is one of the best feelings ever. Best part is I kiss my children and I do not have to worry if I smell bad. I am more out going also. No need to worry about the stink anymore. And I feel so much better health wise. I try to tell people about vaping. Some are receptive, but most look at me like I am crazy! I will keep trying to help people. I believe in giving back. E-Cigs

are a blessing and a God send. Vape on my Friends! Angelique

9/29/2013 12:22:00 PM - Artchel1 from Honolulu, HI.

I've actually started smoking when I was 7. I got back to it at the age of 17. For about 8-9 months, I've been smoking hard. So, I bought myself an E-cigarette from a kiosk

at the mall. It most took away my habit of smoking cigarettes. I rarely smoke a cigarette. maybe 1 every two months, sometimes none. I've smoked while using the alternative for not so long. maybe about a month or 3. I tried to quit completely without an alternative but it did not work. I was able to go for a month without a single cigarette ti'll I finally bought my alternative/e-cigarette. The good changes in my life right now ever since I quit smoking is I can breathe better, smell good, and feel more confident because you don't have that tobacco smell. Bad thing is, buying e-liquid. but, that's no biggie. its worth it.

9/29/2013 9:13:00 PM - TM from Raleigh, NC

Hello, I wanted to share my story of switching from cigarettes to electronic cigarettes in hopes that it may inspire others to do the same, and also to give the public and regulatory officials more evidence that this really is a healthier alternative to smoking cigarettes and is quite useful in helping people quit smoking.

I begin smoking cigarettes when I was fifteen years old.

As for why, it was probably one of those dumb decisions that teenagers often make.

Unfortunately, it is one that stuck with me for the next eighteen years and who knows what effects it may have ended up having on my health

9/29/2013 11:48:00 PM - Dave Williams, Lake Geneva, WI

I was a pack-a-day smoker for 25 years. I enjoyed smoking and had no desire to quit, but it was becoming more and more obvious as the years went by that cigarettes were having an impact on my health. Constant coughing, mucous in my lungs, shortness of breath, lack of energy, and other typical symptoms of a long-time smoker were starting to become a problem. I knew that I NEEDED to quit smoking cigarettes, but was afraid of failing, because I didn't WANT to quit. I knew that medication and patches were not an option for me, because I enjoyed the physical act of smoking, so I decided to research electronic cigarettes. This was probably the single best personal health decision that I have ever made! After weeks of research, making a determination as to what product would work best for my lifestyle, I purchased my first E-Cigarette starter kit. A simple Ego-Style kit with tobacco flavored liquid. The day I purchased the kit, I also bought myself a pack of tobacco cigarettes, figuring that I would have to wean myself off the regular cigarettes gradually. I was wrong! I smoked 1 cigarette out of that pack while my E-Cigarette battery was charging. After my first Vape on the E-Cig, I knew that I was DONE with tobacco cigarettes forever! Within days, my lungs cleared out, the coughing stopped, I could breathe so much better and unexpectedly, EVERYTHING TASTED BETTER too! The change was obvious, dramatic and almost immediate. So much so, that within 2 weeks, every tobacco

cigarette smoker in my household had switched to electronic cigarettes. It has been 3 months now and I have since upgraded to several larger "mod" style e-cigs and thanks to the great variation of flavors available, none of us even use tobacco flavored liquids anymore! No more stale cigarette odors in the car, on the clothes or on the breath. I feel better, breathe better, taste everything better, and smell better. It's like having the best of both worlds, with no withdrawals, no appetite increase, no desire to go back to tobacco cigarettes at all. I still get to enjoy the act of "smoking", without the negative effects of tobacco and it's nothing short of AMAZING!

9/30/2013 6:57:00 AM - Shannon F from Crestview, FL.

I had my first cigarette at 14. On my 18th birthday I started smoking on a regular basis. 2 years later I was smoking a pack a day. That's when I knew I needed a change. I unsuccessfully tried to quit cold turkey. My eldest brother recommended to me that I try an electronic cigarette. I bought myself a Legacy from Puresmoker and was successful in quitting. Eventually I stopped smoking that too and was completely free. Nine months later, I cracked. I started smoking again. Cigarettes are disgusting. They have nasty chemicals that make you tired, sluggish, and just make you feel sick. You never notice until you go without it for so long. So, feeling like walking death I decided to give the electronic cigarette another go. After one week I successfully quit again! I still smoke my Legacy, and with the horrible side effects of cigarettes in mind, I will never go back! Electronic cigarettes have no bad smell (people even say they smell good), no nasty chemicals, and you can control the amount of nicotine you put in (if any at all). So, that's my story... a success story! Vape on!!! :D

9/30/2013 10:27:00 PM - Karen J, Houston, TX

I am 52 yrs old and have been smoking tobacco cigarettes since I was 15 yoa. (that's 38 years)I am an "A" personality and super hyper!

I have attempted to quit smoking too many times to count. I have used patches, medication, nicotine gum and none of them worked. I have one child and quit for the first tri-mester, but smoked the rest of my pregnancy. My daughter has A.D.D, which may or may not have been caused by smoking.

When I was growing up smoking was glamorized! The movie stars all smoked, cigarettes were advertised on TV, billboards, race cars and No information was given about how harmful they were.

I am attending a wedding in October 2013 that is at an outdoor community center of 28 acres. I went to their website and discovered the entire area (indoor & outdoor) is non smoking! I knew that I would not be able to stay there for longer than an hour if I couldn't smoke! I researched on line and discovered e-cigarettes and read all the reviews. I decided to order it to get me through that wedding. I HAD NO INTENTION OF QUITTING SMOKING.

9/30/2013 10:50:00 PM - Karen J, Houston, TX

cont'd I received my ecigs on September 5, 2013 and charged the battery. I tried it out and honestly did not have much hope that it would actually replace the real thing. You see, I enjoy smoking i.e., holding the cigarette in my hand, the smoke that is expelled from my mouth and the calm it brings to me. I am an educated woman and know how bad for me smoking is (especially since we found out about the rat poison & other 3,000+ chemicals that are allowed by the FDA in cigarettes.) But those ingredients have only been released in the last few years AFTER they caused addiction. I have not smoked a tobacco cigarette in 3 weeks and have not wanted to! I was a 2-3 pack per day smoker. You still get the process of smoking without the harmful chemicals. With all of the other cessation methods I have tried they still left you feeling like you were missing something. I feel better. I can smell things. I can taste food. I don't smell like an ashtray. My house smells good! I only got the ecig for that wedding at the non smoking property and had no intention of quitting tobacco. These ecigs really work! You still have the "process" of smoking (holding it in your hand, expelling vapor, etc)but none of the dangerous chemicals! I would have never believed anything could replace the tobacco cigs, I was wrong!

Now it seems these are causing the big tobacco companies to lose smokers and they are attempting to have ecigs regulated and/or banned! So I guess our health was never a concern to the FDA or our government, only the amount of revenue they are losing! Really!?

10/1/2013 10:13:00 AM - Darren Dee

I was raised in the era of the Marlboro Man, when smoking was portrayed as cool and sophisticated, and the big tobacco companies flatly denied (lied) that I could be harmed by their product; By the time they spoke the truth I had a habit that was impossible to shake - I would literally climb the walls if I was denied a cigarette.... and I tried unsucessfully for years to kick the habit.

Then, eight weeks ago, I spotted a mate smoking an eGO-C electronic cigarette. After explaining to me the theory behind the ecig my mate offered me a draw on his.....I felt convinced I could shake the habit with the use of an ecig after just one puff so I purchased one immediately.I am pleased to say that I have not smoked a solitary cigarette since the day my vape arrived.

I will not have anyone tell me that this is an unsafe alternative to analogues - after only eight weeks my chest feels ten years younger, I have more stamina, my senses, taste and smell, are already reverting back to what they should be, I have extra dollars in my pocket at the end of the week and most importantly, I may even get to spend a few extra years with my wonderful children!

Global governments are seriously crazy if they want to stiffle this techology, I would say to those governments "forget the taxes and regulations and be happy with the amazing social health benefits and the huge dollars saved on medical intervention and/or treatments" as compared to those 'proven killers', analogue cigarettes.

I foresee the day when analogue cigarettes are illegal and vaping is the socially acceptable norm.

10/2/2013 7:57:00 PM - smokless in Oklahoma

I smoked for 25 years and never thought I would be able to quit. I tried patches, gum, Chantix and nothing seemed to help me knock smoking cigarettes.

The longest I went was about 3 months and then right back to smoking.

This year(2013) January 3 was may 46th birthday and I bought my first electronic cig from a local retail shop.

I was skeptical but hoped it would help.

Glad to say I have been smoke free since.

I started out with 18gm level of nicotine at first and I am now down to 12mg of nicotine. I feel this has saved my life..

I can breath better and I don't wake myself up at night anymore coughing.

The days of coughing up all that nasty stuff, ashes, stinky smell, and lots of $$$ from smoking are gone.

I wish I would have had this years ago. I was a hard core smoker so If I can quit anyone can with this method. It worked so well for me I got my entire family that smoked to purchase one as well and now they are all smoke free too!!!!!!!!!! MY dad that smoked for about 55 years is now smoke free and is on a 0mg level after just 4 months. I am so happy that is available for the public.

WE are adults and if this is what we chose we should have the right to do so.. I made an educated choice to switch on the fact that cigarettes are known to cause cancer, THIS WE KNOW, and without all the harmful carcinogens in my ecig I know I have made a great decision. I will be glad when they can tell us all the facts we would like to know about the ecig affects.

But for me and my family we know it has to be better that smoking. Vaping has only 4 components in not 4000 like cigarettes This product is not only helping people quit smoking but it is creating jobs all across the world. I do understand one thing....Big tobacco is losing money and so will the pharmaceutical company's...less cancer so less medicine.. Come on people use common sense about the government wanting to control the ecigs Am I against research on the ecig? NO WAY.. that way we can all be informed about the truth.. Thanks Happy Vaping

10/2/2013 10:43:00 PM - Stan from Niagara Falls, Ontario

Like many people, I started smoking in my teenage years.

My father and older brothers smoked, and so I carried on the family tradition I guess.

I am 37 years old now and have smoked almost continuously since I started.

I knew all the risks associated with smoking yet continued to do so.

I quit a few times, once for over a year, however, I always missed it. I know many people may find it hard to believe, but I enjoyed smoking.

I was always made to feel like I was an idiot or a failure for smoking, so I kept trying to quit. I never felt any ill effects from it, I am in generally good shape and good helath and when I did quit I didn't feel any better.

I just missed smoking.

I had tried most of the available quit smoking aids. I used the patch a few times (the only time I was able to quit was with the patch), the gum a couple times and even Champix.

A few months ago, a collegue came into work with a personal vaporizer.

He showed me how it worked and how he had reduced his smoking and was confident he would quit soon.

I had seen and tried e-cigarettes before, my wife even brought one home about a year ago. It was a cheap disposable one, not very good and not all that much less than a pack of real ones.

Until my co-worker showed me his, this was my opinion of e-cigarettes.

After he did, I spent the next few days doing research on them.

I found that there was a whole world of vaporizors that I never knew existed.

Based on the research I was able to do, and using an open and unbiased mind, I concluded fairly easily that e-cigarettes would be orders of magnitude safer and less expensive than the real thing.

I knew that my pack a day smoking habit would eventually catch up to me and affect my health, but I also didn't want to give up the feeling I got from cigarettes. I decided to purchase an e-cigarette to see if it could replace my smoking. I started vaping shortly thereafter and after a few days, I didn't even miss my smokes.

I was convinced!

I can now get my nicotine fix in a much less dangerous way. I can't imagine ever going back to regular smokes but if e-cigarettes are banned, I don't see what choice I have.

10/4/2013 9:32:00 AM - Chris

I had started smoking when I turned 18.

It started as a cigarette a day, if that.

After a while it evolved into a very important habit for me.

Long story short, 4 years later I decided it was enough.

I tried quitting cold turkey, but I didn't make it past a week.

My escalation into forming cigarette smoking into a habit started as a way to reduce stress, even if it was purely psychological.

I was a complete mess.

I decided to give an e-cigarette a go, and it wasn't long before I put it back on the shelf and went back to regular cigarettes.

It was apparently a lower-end model, and it didn't really help supplement what I liked about smoking.

After four or five months of being back to cigarettes, I decided to quit again.

I happened across a store near my house that sells a variety of e-cigarettes and noticed that these were higher quality models.

After a discussion with an employee, I walked out of there with a new e-cigarette.

The very first time I turned that thing on and took a puff, I knew there was absolutely no reason to go back to cigarettes again.

It took what I liked about cigarettes, and eliminated what I hated about them.

They had a good taste to them, they don't smell, and it's a relaxing experience (as opposed to the occasions when I was smoking where it seemed to actually increase my stress).

The thing to really understand about this is I didn't need to ween myself off cigarettes.

I didn't go 50/50 with my e-cig and my regular cigarettes.

Granted I had been of cigarettes for a week-or-so already, but I was at that breaking point where I was desperate for either this to work, or I'd start smoking again.

I also was not on any other 'quit smoking' method, nor have I tried them yet.

As far as Chantix and similar medications goes, I'm a bit wary about the side-effects (an ex-cigarette smoker worried about side effects, go figure), and I hadn't tried anything else.

I enjoy the routine that comes along with cigarettes/e-cigarettes.

For example, if I'm working on something for a long time, it's nice to stand up, pull my e-cig out, and take a few puffs on it before returning to work.

My life has taken a turn for the better since I'd started using these.

I don't crave or even think about cigarettes anymore.

You could argue that I'm still addicted to it in some form, and you would be right to an extent.

I took my cigarette addiction and used e-cigarettes as a replacement, but frankly, I'm not sure why anyone would try to make that a negative.

My body has been healing from the damage cigarettes have done.

I can breathe better, I can taste things again, and I don't smell like I was just shot out of a volcano.

You wonder if e-cigs can help you get off cigarettes?

My answer is absolutely, without a doubt, all of my yes.

Once I had found the right model, all the misery and awfulness that quitting induces had disappeared.

I find myself being less reliant on my habit.

If you had hidden my cigarettes from me when I was a smoker, I would have torn down walls-or entire worlds-to find them.

If my battery runs out, I can actually just wait for it to charge.

It's been an amazing experience for me, and I'm happy I gave them a chance.

10/4/2013 8:50:00 PM - Rob West

I have been a smoker and snuff (Copenhagen) for 25 years. I have tried Nicorette, cold turkey, Wellbutrin to no avail. I would either smoke cigarettes then quit them and only use snuff/chewing tobacco. I would get sores in my mouth and was always scared to death or mouth/throat cancer. I found Smokin Vapor in Panama City Beach and bought the eGo-C e-cigarette and have been tobacco free for 5 months. No back and forth just quit the tobacco products and only Vap! If you are really serious about quitting the cigarettes then check out the e-cigarettes. It was way easier than anything I have ever tried.

Thanks to http://smokinvapor.com/

10/6/2013 1:18:00 AM - Ken M., New Jersey, USA

I recently bought an e-cig out of curiosity. My 30 year old daughter, who was a pack a day smoker, bought one, and despite being bombarded by a constant barrage of cigarette smoke from me and my wife (3 and a half packs a day between us), continued to happily "vape" away for three months and never showed the slightest desire for a cigarette. I have been a smoker for 46 years, and have tried to quit many times to no avail. I figured let me give it a try, but frankly wasn't expecting much. Well, I found I enjoyed it more than smoking cigarettes, especially when my body started to go into recovery- cough gone, better taste, better smell, more wind, more energy. I realize the addiction to nicotene remains, but it has been transferred to a safer "delivery system", allowing me to heal while I "step down", as I am ready, all the while enjoying the process, instead of the struggle and guilt of "cold turkey".It's just finding something safer and better. I find the whole

ecig experience and culture amazing and supportive. I went from 40 cigarettes a day to 0 in three days time, and I don't care to ever smoke another cigarette again. That's a claim I never thought I'd make, much less believe. I encourage all local political officials to become familiar with the science that is out there concerning e-cigarettes, and not block a door that leads out of smoking addiction. If that door was closed, I would still be a smoker, beyond a doubt.

10/8/2013 1:30:00 AM - brian

My name is Brian and I started smoking cigarettes when i was eight years old. My cousin who was older gave my one and I thought he was cool. And so i just never quit. I would have but did not know the consequences because i was to young. I will be 38 years old next month. It has been 3 weeks since i have smoked any cigarettes. I have been vaping because of the health reasons until I can stop my intake of nicotine.

10/9/2013 7:32:00 PM - Missy Rokohl from South Texas

I started smoking ciggarettes when I was 15. By the time I was 18, I was smoking a pack a day, and in my late 20's, I was smoking 2+ packs a day. I had to have them. I chose ciggarettes over food when I was stuggling financially. Sometimes, I couldn't pay my bills but I still found ways to pay for or get ciggarettes. There were times when i couldnt afford ciggarettes so I would take butts out of public ashtrays and roll up what was left to smoke (addiction does crazy things to you). I would wake up in the mornings, coughing up my lungs (most the time a black mucus), not even able to breathe, but would still suck down that cancer stick. Ciggarettes gave me headaches but I still smoked them. Sometime around my mid 20's, I realized that they were litterally poisoning me and I made several attempts to quit. I tried everything I knew to do. Obviously I first tried to quit cold turkey. I never made it 24 hours. I tried Nicorette (the patches and the gum) without success. I was still smoking when I was using the Nicorette and was never able to stop smoking. I went to the doctor and got Chantix. It made me suicidal within the first week of taking it and I immediately stopped taking it (I later learned that "suicide" is (was) on its list of side effects which is crazy to me). I got a prescription for Wellbutrin but my insurance wouldn't cover it for smoking cessation. I tried hypnosis. I sucked on cinnamon toothpicks. Nothing worked. I was convinced I was going to die of lung cancer and couldn't do anything about it. A few months months ago, a friend told me she quit smoking using electronic ciggarettes. I didn't think it would work for me, didn't even want to try it, but the thought resinated in me till I gave it a shot. I found a pack of blu ciggs in a convinience store and immediately, within the first week, I was able to cut down to only a few ciggarettes a day. I couldn't believe it. I wasnt totally happy with the blu so after online research,

I purchaced a Joyetech eVic personal vaporizer (and I love it!). It took about another week to train my brain to not pick up a ciggarette after eating a meal (one big trigger for me), but within 2 weeks of trying electronic ciggarettes, I was completely smoke free. I even have a carton of cigga in my freezer that I have no desire to smoke at all. Ive been smoke free for

10/10/2013 12:25:00 AM - Deann from St. Louis, MO

Hi All, I am Deann, 47 years old. I have had high blood pressure and asthma since my 30s and I am not overweight. I started smoking at 13. I have also tried going cold-turkey, nicotine gum and Chantix in my many attempts to stop smoking. February 25, 2013 I had my last cigarette, went on the Nicotine patch... It got me through the nicotine cravings okay but I was highly allergic to the patches, got a huge welt where I placed them on my skin each day. I also never stepped down from the Step I for the over 2 months I used them. In May I tried vaping (e-cigs) and I haven't had a thought of a cigarette since. I have also lowered my nicotine level down to 12mg and I think I am about to reduce it again soon...

I had a wonderful visit with the Doc today...my high blood pressure is doing so well she is cutting my one med in half to see if it continues...she is also very happy with my lungs, the asthma is 'very controlled'. Can't wait for my next appointment in December!

10/10/2013 2:42:00 AM - LP from Minneapolis, MN

What I can tell you about vaping instead of smoking:

1.) It's cheaper. The rigs and the juice cost us $70. It costs us $7 for a pack of Camel Lights. $14 a day at today's prices. In two days, it will pay for itself. The juice lasts for a very long time.

2.) QuitPlan is against it. But I expect that something paid for by the tobacco companies as penance for all the cancer they gave people is gonna be against something that will derail their gravy train.

3.) I don't really know what the effects are other than what I've been able to see in myself:

- increased stamina - fatter wallet - don't really vape the same way i used to smoke, it's a totally different delivery system - everything smells better - my mouth tastes better, is wetter - my sinuses don't suck - not hitting the inhaler (well, hardly at all) - i don't miss cigarettes one bit - that tidbit above is a fucking miracle

What I can't tell you about vaping instead of smoking:

1.) The precise measurement of nicotine I am getting, and yes that bothers me a little. I vape with great awareness , though, and haven't made myself sick on it ever/yet, unlike I have with precisely-measured dosages, such as those found in gum and patches. (I think they may overdose me a little... I end up speedy and grinding.)

2.) Whether, in the long run, it's really better for me than smoking cigarettes. I've got to have a scientific mind about this: they may eventually find that vaping is, like, killing your DNA or brain cells, or de-myelinizing your nerve endings, or whatever, and really, that would suck. It is possible, because this shit is new-ish.

Conclusion: I love vaping. In three days, nine hours, we have saved nearly $50 by not spending it on cigarettes. By the middle of the week, these rigs will have paid for themselves. The apartment doesn't stink so bad, no fucking ashes and scorchmarks...

I've got plans for washing and repainting the walls, now.

10/10/2013 6:33:00 PM - david357 from San Antonio, TX

I am 56 years old. I was raised in North Carolina, a state where the tobacco industry has been very important. Smoking was commonplace and accepted, and I began smoking cigarettes in the 10th grade at 16 years old. Except for one six-month period in my late twenties, I smoked about a pack a day for nearly forty years. Over the years I tried many times to quit but, other than the one six month period, was never successful.

In January of 2013, about ten months ago, I ran out of cigarettes and purchased an Njoy King electronic cigarette, mostly on a whim. But I also hoped in the back of my mind that it would be an effective and less dangerous alternative to this terrible habit I had for years, a habit I knew was killing me.

I was shocked at the satisfaction the Njoy King provided. It is now mid-October 2013, and I haven't smoked a real cigarette since the day I purchased that first e-cig, and I am thrilled! I can breathe better, my sense of smell and taste have returned, my clothes, car, and house don't stink, and after forty years, my sense of guilt about smoking cigarettes is finally gone.

I don't think I ever would have quit smoking without this electronic alternative. I am very grateful for them, and only wish they would have been available years ago as an alternative to smoking real cigarettes.

10/11/2013 12:10:00 AM - J. Krenzelok

I have been smoking cigarettes since I was 14 years old, and hand-rolling filterless cigarettes since I was 19.

For a couple of years, I managed to stop by switching to chewing tobacco, but it caused large sores in my mouth, and I found myself switching back to regular tobacco.

After "quitting" the first time, when I started again, I found that my lungs were far more congested, and even though I began using filters, I was spending 15-20 minutes every morning coughing up sputum, often violently enough to pull muscles in my rib cage and causing me to vomit, and I was winded by almost any physical activity.

That, coupled with the punitive taxes that have been added to cigarettes in my state, caused my wife to suggest that we try e-cigarettes.

I was desperate to find any way to cut down the cost, the health effects and the potential harm we were doing to our three children, so I went to the local tobacco shop and got some disposable e-cigs.

They were ok, good enough for what they were, so I went to a Walgreens the next day and got a couple of "starter kits" that looked like regular cigarettes.

Frankly, they were kind of expensive and did not work all that well- so I tried one of the larger products with the liquid tank, and an assortment of various e-liquids, and it was like a revelation.

Not only was I able to give up regular cigarettes almost entirely, but I actually prefer the vapor that the e-cigarettes produce.

My coughing fits are entirely gone- and it took less than three weeks.

I have a lot more energy and I'm no longer being treated like a criminal for not being able to overcome my nicotine addiction.

My car and home are cleaner, my nails and teeth are whiter, and our household cigarette expense is only 25% of what it was previously.

My kids are very happy that the house no longer smells like smoke, and I'm not suffering from crippling withdrawals.

They don't work for everything- the e-cig I have uses a button, and sometimes that just doesn't work out when you're doing something that requires two hands- but now I use one pack of regular cigarettes every two weeks, compared to the pack and a half per day I had been smoking.

This was never a plan to quit nicotine- I have tried and tried, and the addiction is far too strong- I still experience almost full-strength withdrawal symptoms after more than eight weeks of going "cold-turkey" and I don't know that I believe they would ever abate- I have had a constant level of nicotine in my blood since I was in the womb (Mom and Dad were both three-pack-a-day smokers who had no problem with filling our house full of smoke the whole time I was growing up.) I'm using e-cigarettes as a harm reduction tool, and they're doing a wonderful job of that for me.

I know the FDA is taking a guilty until proven innocent approach with these, but I know what regular cigarettes do, and according to them the regular cigarettes will certainly kill me- so even if these still might give me some kind of cancer when I'm 70, at least they're doing it much more gently and with less harm to others, while giving me back a lot of quality of life.

So of course, I have no doubt they will try to punish us all for using them, with abusive taxes and ad campaigns.

They know that it's a powerful addiction, and politicos have no problem exploiting that for profit.

10/11/2013 1:08:00 PM - stormi

My name is Stormi. I am 48 yrs old and had smoked for over 35 years. I have copd and was always sick with chest colds and going to the doctor at least every 3 months. I was taking spiriva and symbicort for my copd and was very close to oxygen therapy.

I tried to stop smoking cold turkey, but that didnt work for me. I the tried using the nicotine patches to stop smoking, but that didnt work for me either. Then I tried nicotine gum to stop smoking, and that didnt work. my last resort was trying chantix, big mistake, a night mare and that didnt work for me either.

December 9th 2009 I tried my first ecig and have not looked back.

December 9th 2013 it will be 4 years that I have been ciggy free.

In this time, I have not had 1 single chest cold in 4 years. I have avoided oxygen therapy and I have been able to stop using my symbicort, stop using spiriva and stop using my rescue inhaler. Instead of seeing my pulm doctor every 4 months, I have only seen him, once in 4 years time, and my family doctor has taken up seeing me instead of my pulm doctor. I have only been to my family 8 times in 4 years, and that was only for my yearly physical and blood pressure meds. Both my doctors say my lungs sound great and I can tell you, that I am able to do things now, that in the past I could have not done, like walk on treadmill, snorkel in Cancun, take long walks.

I thank the gods for my ecig, it has been ly life saver...

10/11/2013 6:19:00 PM - Tom Marco

Every neighborhood has that house the kids go to after school, the one where the parents are never home. In my neighborhood it was Dana

10/11/2013 11:01:00 PM - David Hutchins

Hi, I smoked cigarettes for over 20 years and have now quit using the E-cigarette purchased from Smokinvapor in Panama City, Florida. I bought the EVOD starter kit. The employees there showed me everything I needed to know on how to use it. They are knowlegdable and friendly. They have always catered to my needs whenever I go back for refills.

I began using the e-cig over three months ago and haven't picked up a real cigarette since. I have used counseling and chantix with unsuccessful results. This is the first time I feel like I have a safe alternative and have the confidence not to "slip-up" or relapse on real cigarettes. I no longer feel short of breath. I don't have throat problems anymore (coughing, phlegm, etc.). I don't always stink from cigarette smoke. My health has improved 300% or more since I quit. I no longer spend $40-$50 a week on cigarettes.

Thankyou very much smokinvapor and to the great invention of the electric cigarette.

David

10/13/2013 4:31:00 AM - Ellie Choate

It was 1969, I was 12 and had just graduated elementary school.

I was about to enter junior high.

It was a time when Marijuana use was growing in America.

My mother was so worried that someone would slip me a "funny" cigarette that she gave me my own pack to carry around with instructions that should anyone offer me a cigarette that I was to switch it out for my own.

Needless to say I started smoking.

My entire family smoked so it just seemed normal.

Dad died of a heart attack as a result of smoking when he was only 52.

Mom died of cancer 10 years later.

As a result I began my journey to try to quit smoking.

My first try was cold turkey.

It lasted 2 days.

A few years passed and I found a fake cigarette in the stores that was really nothing more that a plastic cigarette shape with a hollow hole.

It really was just another cold turkey method with the added benefit of going through the motions of smoking.

When patches, gums, and lozenges hit the open market I tried each of those to no avail.

The longest I lasted was two weeks on the patch but following the instructions and moving down to the next level sent me running for the real thing...a cigarette.

In 2008 my family gave me my first e-cigarette after a doctor told me I had the lung capacity of a 90 year old. It looked like a cigarette, glowed at the tip, tasted like a cigarette and I exhaled vapor. But I did not succeed with it.

I found it too heavy and too hard to draw.

It seemed just too hard to inhale and made me cough.

So I used it only when we took family trips in the car.

This past May I had a heart attack.

It was mild and the doctors still don't know why as they can't find anything really wrong but it was enough for me to start looking for a serious alternative.

I found it at the Mall on June 24, 2013.

My first starter kit with and ego and tank.

It didn't leave my hand for two full weeks.

I even slept with it!

I started with a tobacco flavored juice and 24mg nicotine level.

Each time I finished a bottle of juice I bought the next level down in nicotine. I haven't had, nor craved, a real cigarette since.

I now use different flavors but always 0 nicotine.

I just can't get passed the old habits.

You see for all those 44 years of smoking I've always smoked outside.

My trigger was stepping outside the door, or after a meal. I can now enjoy keeping my habits with a harmless vape.

My doctor says giving up the cigarettes was better than any pill she could have prescribed.

I am healthier, my teeth are whiter than they've been in years and I've notice my endurance when physically active is greatly improved.

But even though I no longer use nicotine I know that if I did not have my e-cig I would go right back to smoking. I hope to be able to stay cigarette from for the rest of my life.

10/14/2013 8:07:00 AM - Dakota Odom from Cleveland Tennessee

I use to smoke a pack of cigarettes every day.

I started using the Blu brand of electronic cigarettes and to my surprise It helped. I wanted to cut out the snus for my girlfriend because it freaks her out. Its been a week on the Blu and I have went down to three cigarettes a day. I am hoping to cut cigarettes out all together. Since I started using Blu I've noticed that I can taste and smell again. My breathing feels more natural and less wheezy.

10/15/2013 1:32:00 AM - Scott McCoulskey

I was a smoker for 16 years. I had been smoking up to 1 1/2 packs a day. After many attempts to quit using different methods I had begun to feel like cigarettes would be a part of my life until they killed me. Patches, pills, lozenges, and even trying cold turkey had never had any success.

My wife and children wanted me to quit and I wanted to quit. I began seeing the e-cig ads on TV and thought "what if".

At first I was skeptical, thinking it was just another quick fix that was too good to be true. Then I started seeing these products in use. Then more and more people around me were using them and having success. I finally decided that it was worth a try. On August 2nd 2013 I had a cigarette before going to bed. That was the last cigarette I have had. I went the next morning and bought my first e-cig kit. I bought an ego battery, a clearomizer, and e-liquid. I couldn't believe how easily I made the transition! Not only was it easy to give up real cigarettes for e-cigs it has also been easy to stay off of cigarettes. Also, since making the change I have convinced several coworkers to make the switch as well.

I feel better, I don't wake up coughing, my breath, clothes, and hands don't stink of tobacco smoke anymore. My wife and children couldn't be happier. Also since starting vaping I have reduced the concentration of nicotine by half. I am writing this on October 14th 2013. I don't believe that I will ever feel the urge to smoke again. I feel that using vaping as an alternative to smoking could be the only way that many people will ever be able to quit smoking.

10/15/2013 6:40:00 AM - Alex K.

I have been smoke free for 85 days. I feel 100 times better after converting to an electronic cigarette. I have only seen improvement in my health since. I will continue smoking my electronic cigarette till I have no need for nicotine.

10/16/2013 2:58:00 AM - Brett

I had smoked cigarettes since i was 13 years old.(now 42) I had tried to quit cold turkey, patches, and lighter brands. Now that I recently discovered Smokin Vapor in Panama

City Beach Florida, I have been able to reduce my cigarette consumption and have pretty much resigned myself to only using the E-cig. If it hadn't been for the helpful staff at Smokin Vapor I don't think I could d have continued to stay cigarette free.

10/16/2013 3:30:00 AM - sandra

well i started the ego-t 3 1/2 weeks ago.and i just love it .the first two days was hard cheated a couple of times,but now i dont even want one at all.the problem was that i didnt have the tabacco flavored kind.and thanks to the helpful folks at smoking vapor i am good now .working on going down to nicotine level 18 mg this week.i have not had a cigarette at all in almost 3 weeks. i feel great, breathe easier and sleep better.i smoked for over 30 years .tried quitting several times but always went back .thanks to these e cigs i am on my way to being tobacco free for good.i havent tried any of the other stop smoking devices. honestly i didnt see them helping because they do not address the hand to mouth habbit witch its still hard.and with these i can work my self down to 0mg and still have the vapor to puff on if i so desire.and not be addicted to tobacco thanks smoking vapor and everyone who has worked hard to keep this product affordable for those who really want to quit smoking.

10/16/2013 8:12:00 PM - Michael Murtiff Bellwood PA

I smoke cigs for about 16 years started when I was about 12 never even attempted to quit got my first starter kit after I had 2 strokes at a very young age of 26. Kool killers were my brand of smokes. I started with an ego twist and moved to a MOD smoketech sid. I have been smoke free for 2 years using my ecig not even thinkin or wanting cigs I tried to smoke about 2 months into ecig anf got deathly sick passed out and everything never went back to the nasty smelling killer so please don't band what is keeping me healthy

10/16/2013 10:41:00 PM - Eric, France

J'ai commenc

10/17/2013 12:03:00 AM - Jon Tea

I was s smoker for 16 year at a pack and a half a day. Over more recent years I've tried to quit smoking using various products, and went back to smoking within a couple of months. I've used patches, gums, lozenges, and prescriptions. I has the worst time with the prescriptions since the side effects were more drastic than I was willing to deal with. It ended up with my so mentally unstable, and not sleeping that I broke down and started smoking again.

I teased the idea of using e-cigs as a way to quit smoking, and I tried a couple of disposable e-cigs. Turned out they weren't so bad, and I noticed I didn't smoke as much as I usually did. I didn't like the short battery life, and I wanted something more, but it wasn't available to me at the time. After a couple of years. I found better products, and made the jump pretty over night. I decided to give it another full fledged effort to quit smoking, and I made to jump to e-cigs. I used it over the course of my shift at work, and I noticed I didn't have the same mood problems I usually had when I tried to quit. That was back in march of 2013. I haven't used any tobacco products since. I've also stepped down my nicotine twice since then. I also got my wife to make the switch, and get away from tobacco.

Since my wife and I have been using e-cigs we have both noticed that we both breath easier, and have endurance in everything we do. I no longer have to use a cpap when I sleep. Also my wife and I no longer wake up in the middle coughing. We both sleep easier, and wake up feeling rested. I'm happy to say I'm not longer spending $400/ month on cigarettes.

10/17/2013 6:36:00 PM - Jennifer M.- humble Tx

October 17, 2013

I am a 46 year old woman that has smoked cigarettes since I was about 16 years old.

Over the past 30 years I have tried numerous times and methods from cold turkey to acupuncture to quit smoking; some more effective than others yet NONE a permanent solution until e-cigarettes became an option and I was willing to try them.

I was diagnosed with the beginning stages of COPD in January of this year and was advised to stop smoking of course.

Me and my fianc

10/19/2013 12:51:00 AM - Bradley Scott

I stared smoking when I was around 10 years old, I would steal my step dad's cigarettes (Pall Mall non filtered) and then my second step dad's cigarettes (Camel non filtered). When I was 16 I was working and able to buy my own cigarettes and I smoked Marlboro reds (or kings how ever you want to call it) at 18 I started smoking Camel filters and smoked them for 32 years. I did try the patch in 1997 for 5 days but found that I was allergic to the glue and went back to smoking. Thats about 40 years of smoking 1/2 a pack a day the first couple years, by 16 I was up to a pack a day and in my twenty's I was 1.5 to 2 packs a day, sometimes more. I looked into E-Cigs and vapor products for months before I made up my mind that I wanted to quit and I knew I could not go cold turkey! So I tried Mystic and Blu E-Cigs and they just did not cut it and I was about to give up and go back to smoking when I really started hearing about the eGo's and E-liquid so I thought I would give them a try before I just gave up and went back to smoking. I quit smoking March 22, 2013 at 11:30 am, that's when I smoked my last cigarette ! My friend took me to a vapor store and by noon I had my first eGo and E-liquid. I have only used a Vapor rig since that time and could not be happier !! I have since made the move to the better mods. I feel better, I can breath better, I can smell again, I can taste again, when I walk to work I am no longer out of breath and have to take a rest before I clime 2 flights of stairs to get to my office and best of all... I don't wake up in the middle of the night trying to cough out a lung !!

10/19/2013 1:10:00 AM - Jonheres

How long did you smoke?

20 Years

How long ago did you start using a smoke-free alternative?

1 year

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

E Logic Ecigarrette first.. then changed to an ego Vaporizer ..

Do you still smoke at all (and if so, how much have you cut down)?

No.. not once single cigarrete since the day i started vaping .. and i am not missing them!

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

Is Stopped smoking analogs right away after i started vaping

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative? How long were you able to go without smoking using these other methods before starting again?

Champix... it gave me horrible vivid dreams .. so i stopped halfway... didnt work..

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

I have a sense of smell and taste again! .. i do not smell like an ashtray .. my house .. my car.. my clothe .. all smell good.. my teeth are whiter .. i mean.. i dont miss analogs at alla.. no negative side effects.. vaping is even cheaper!!

10/19/2013 2:49:00 AM - Donna Haynes, Little Rock, Arkansas

Hello, I want to share my story of independence from cigarettes.

I began smoking at the age of 17.

I tried numerous times over the years to quit.

I tried patches which gave me a horrible, itchy rash.

I tried the gum and lozenges which made me nauseated.

I tried the cold turkey method and the mood swings made everyone around me miserable and drove me into panic attacks.

I tried the step-down method several times and every time a crisis came up, I would be right back up to a pack a day.

I had the smokers cough and in the mornings, would cough until I vomited.

I even tried hypnosis at one point, which seemed to wear off within a week.

Sinus and allergy problems worsened by the year, as did Migraine headaches.

I couldn't climb one flight of stairs without getting out of breath.

Snoring worsened over time according to my husband and toward the end of my smoking life, my husband began to notice incidents of Apnea while I slept.

To be honest, I had resigned myself to die from cigarette smoking and had lost the desire to even try to quit.

One day, while I was out and about shopping, I saw this guy with an electronic cigarette.

I thought "wow, people really do use those things".

That night I began to research the products.

On Feb. 20, 2013 at 40 years old and 23 years of smoking ravaging my health,I purchased a FIN starter kit.

It looked like a cigarette and felt like one between my fingers.

I was very skeptical.

I took a drag and was so surprised!

I liked it.

I have not picked up a cigarette since. Within' 2 days the morning coughs were gone!

I could breath better and I could taste my food!

I used that for a few months, but thought there could be something a bit better.

I purchased and ego kit and began to buy juice to fill my tanks.

I started with 24 mg tobacco flavor, but was curious about the fruity flavors.

I ordered a mixed berry flavor juice and LOVED IT!

I have since expanded my juice selection to include candies, bubble gum, sodas and the fruity flavors.

I have also lowered my nicotine dosage from 24mg to 6mg and plan to go down to 0 very soon.

As for my health.

I don't cough at all anymore, allergy season passes with not so much as a stuffy nose, I don't snore anymore.

I can actually RUN several flights of stairs without getting winded.

I can hike in the woods again.

I don't get as many headaches and my sense of smell and taste is so amazing now!

Another thing I have noticed is my skin is better, I don't have as much acne, dry skin and the lines in my face seem to have softened.

I have no doubt that the use of electronic cigarettes has added years to my life and improved the quality of those years.

This product works and could save countless lives.

10/21/2013 6:14:00 AM - Dustin from Bentonville, Ar.

I smoked for nine years. I also used smokeless tobacco off and on throughout that time. I was always afraid of quitting. I was afraid of the withdrawal symptoms and not having the "comfort" of a cigarette when I was stressed.

When I met my wife she also smoked. We had decided to quit and having a store that sells personal vaporizers and liquid really helped. We walked in and got some info and made the decision. My wife and I stopped smoking that day. After 2 weeks she even stopped using the e-cigarette. The owner of the store became one of our friends and even attended our wedding.

I couldn't be happier since I quit cigarettes. I enjoy using the e-cigarette and I am cutting back on my nicotine intake. I feel better and healthier than I ever have. I have more energy and motivation. E-cigs are honestly the best decision I could have ever made for myself.

10/21/2013 5:40:00 PM - Anonymous

I smoked tobacco cigarettes for 20+ years. I began researching e-cigarettes; while the United States government was in the process of making shipping the Seneca Indian Nation's tobacco cigarettes via USPS illegal. The Seneca Indian Nation offered natural tobacco products; which are healthier than cigarettes with chemicals added. After researching e-cigarettes for at least 6 months, I ordered an extensive starter kit from V2cigs.com. The flavors and experience were very enjoyable.

Within circa 2 months, doctors were asking, "Did you quit smoking? Your lungs really sound good." I also noticed a major improvement in both my breathing and stamina for exercise. I have been using e-cigarettes for 2+ years now. On a rare occasion, I have smoked a cigarette or a small cigar. I plan to continue using e-cigarettes. In addition to being a

healthy alternative to smoking; the clearomizers and tanks for use with e-liquids are also mini-vaporizers; which are helpful for persons suffering from airborne allergens and/or airborne toxins.

10/22/2013 5:15:00 PM - Leo Shim (iz2sick)

My story is a bit different from the other testimonials.

This is because I quit smoking prior to discovering vaping.

I was a pack a day or more smoker since the age of 14.

I successfully quit analogs when I was the age of 25.

So why did I start vaping?

Well, for the past three years (I'm 32 now), I have been smoking socially.

I guess you can say relapsed?

The thing is, there is another side to this addiction that many do not think about.

The major component of my addiction was the physical act of smoking.

The inhalation and exhalation of smoke.

That is what got me into smoking analogs in the first place.

Even after quitting every day smoking, I still found myself craving the smoke.

Nearly 4 years of being 100% smoke-free.

I thought I had made it.

I thought I would never touch an analog again.

But I finally caved.

Analogs found a way back into my system yet again, though in a greatly reduced amount.

You see, this demon never leaves me.

I don't even need the dang nicotine.

I just need the act.

For years and years I have always wished that there were a way to satisfy this craving without the carcinogens.

I have always told people that is the day I know for sure I will never again pick up a cigarette ever again.

Then along came vaping.

I did as much research as I possibly could.

After reading the numerous scientific studies on the products of vaping, I decided to give it a try.

I have now been vaping for a month.

And for this entire month, I have not had any desire to smoke an analog.

Not when I'm out with friends and not even when I'm having a few drinks.

And you know what?

I'm vaping on 0 nicotine e-liquid.

How wonderful is that?

I wish people could jump in my brain just for a moment to feel exactly how I feel about vaping.

The sheer joy I get from knowing that I can, with all the confidence in the world, say I will never smoke another analog ever again.

In fact, I know that I'll never touch any other form of smoking thanks to vaping.

And I haven't even mentioned the joy I get from introducing vaping to current analog smokers.

The joy I get from spreading the knowledge of vaping to a world of analog smokers who are looking into this alternative.

This has far surpassed being just a cessation tool.

It is now a hobby and a way for me to contribute positively to this world.

So with that I say... vape for you, vape for me, vape for those who need help quitting the cancerous analogs.

Most importantly, vape on!

10/23/2013 7:25:00 PM - Paul B Montgomery AL

I was a pack a day smoker for 7 years. I started smoking Marlboro Reds when I was 16. I tried quitting with Gum, Patches and col turkey. I never lasted more than 1 week trying to quit. My brother quit smoking with vaping and when he visited he helped me get a small ego kit and within 2 days of vaping, I didn't even want a cigarette. I am now smoke free for two months and enjoying vaping. I have already lowered my nicotine intake and am happy. I can breath better, smell and taste have improved. I can also run better than I have in years. Thanks to vaping I can live a normal life.

10/23/2013 7:25:00 PM - Ryan Scroggins

I was a smoker for 6 years until I tried electronic cigarettes and I've been smoke free for three months. I tried quitting in the past and nothing worked. I feel better than ever and have no desire

to ever pick up smoking again.

10/24/2013 7:20:00 AM - Ken Wilkerson

Hi my name is Ken. I have been a smoker for 40 years, yea i know a very long time. i started when i was fifteen because i thought it was cool. during that time i had quit a few times, never for very long though. i quit one time for about 2 weeks because i had bronchitis, i quit another time because i got Pneumonia, that lasted about 2 months. i should have really stopped there. My Doctor at the time told me my lungs looked really good for a smoker. he went into detail about how the lungs are affected. it really made me stop and think about smoking. but as time went on and life likes to throw little surprises at you, i started smoking again from stress. several years went by along with hundreds of packs of cigarettes. when all of a sudden one day i was playing with the kids, and lost my breath. i ran to the front door, went outside so i could get some fresh air to help me to start breathing again. This was bad. I was very upset about this. I knew what it was. the smoking had finally caught up with me. I went to the doctor and got the news that no smoker wants to hear. Mr Wilkerson you have C.O.P.D. other wise know as Emphysema. so that was not one of my better days. So to give you an example of how hooked i was on Cigarettes, my Dad had died from smoking. but my excuse was, he smoked Menthol cigarettes. which are a lot worse. besides i have heard of people that smoked all of there adult lives and died of old age. well now i have what my dad died of. Game over no more excuses. i have to quit right? wrong, my excuse now, {this was really stupid} well i already have it, might as well keep smoking. but i did try the patch,no good. tried the pill,thought i was going to die from an anxiety attack. the gum. none of it worked. until i tried the Electric cigarette. it did help but i needed more by this time i was up to 2 to 2 1/2 packs a day. that's a lot of smoking. so i did some research and found out about Vaping. Wow this opened up a whole new world for me. i have not smoked at all now for 2 months. and i really like Vaping. i have ordered my 2cnd one for back up. this has worked for me. I wish this had been around 10 years ago. I am telling everyone i know that smokes about this. because it really works.

10/26/2013 7:08:00 AM - Lisa B Minnesota

Hello, I want to share what a life changing and amazing miracle ecigs have been for me!

I am a 43 year old woman that smoked for 26 years (a pack and a half per day of Marlboro Medium 100s).

I really hated the way I was controlled by my addiction and tried everything to quit.

At the prompting of my college and high school age daughters, I visited a newly opened Vape shop on August 28th and bought and Ego kit and liquid.

That was the last day I ever smoked a cigarette.

The reason I call this a miracle is that within the first week, my chronic cough disappeared and my sense if smell and taste started to return.

I now cannot stand the smell of smoking.

So weird and miraculous!

I think it's important to note that I realized early on that I was not well suited for pg liquid as it gave me a sore throught that didn't go away.

I quickly found Blu premium 100s to be the best fit for my busy life.

So I did the opposite of what most people do, I went from starting with an Ego to moving to Blus.

I do still use my Ego at home, using Johnson Creek pg free Vanda smoke juice.

I think it's important to note that I use the low nicotine cartridges and juice now 2 months into vaping during the day and zero nicotine at night.

The physical addiction I had to cigarettes was obviously not the nicotine for me but all the other chemicals in cigarettes because it has been so easy to lower my nicotine amounts so quickly.

I also know that the reason Blus work so well for me is is not only how smooth they taste but that the holding of the ecig and vaping replicates the smoking action I was so used to.

10/26/2013 8:09:00 PM - petra

started smoking at the age 16 stopped smoking 4 weeks ago due to having diabetes type 2 using e cigaret, vaping nicotine strenght between 6 and 0 not using cigarets anymore switched immediatly tried stop smoking before with nicorete and counseling

failed withing 5 days every time lower bp, no coughing anymore, more air better breathing, better taste and smell, better skin,more energy.

10/27/2013 4:14:00 PM - Seth

Hello all!! I ran across this opportunity to tell my story after finding the link over on Nick

10/28/2013 2:25:00 PM - Sharon Andersen

Hello my name is Sharon and I have had chronic asthma since I was a child. Asthma is a lung disease which I have been hospitalized for many of times especially when I was a child, I remember a couple times being so scared because I couldn't get any air and my lips were blue. Anyhow I am not sure how I made the ridiculous decision to start smoking when I was about 13 years old but all my friends were smoking and so I started as well. Well about 29 years later in 2009 I was hospitalized for 12 days because I had pneumonia and pleurisy really bad, I now have a compromised lung and a lung disease and still tried and failed numerous times to quit smoking. I have tried chantix, nicotine patch, nicotine gum, nicotrol inhalers, the nicotine pouches and even chewing tobacco, desperate to quit smoking and using my albuterol rescue inhalers and others at a ridiculous rate everyday and still cannot breathe but still smoking. It was disgusting and crazy but still failed to quit with many attempts and terrified to die so young. It got to the point that I couldn't even lay down because I felt like I was smothering. I tried the electronic cigarette but still wanted my cigarettes for almost a year and still miserable when I did smoke but I had cut down drastically. I was down to smoking one cigarette a day and every time I smoked that one cigarette I had an asthma attack and couldn't breathe so I started getting into the liquids and different flavors more which I thank god everyday that I have quit smoking cigarettes and only use my ecigarette now because I CAN BREATHE!!! I can actually walk now because I can breathe, I can exercise and I seem to be fairly healthy now. Ecigarettes have literally saved me from dying a very young age and I am so thankful!!!! My quality of life is 100% better and if I would not have quit my doctor said I would most likely be dead by now. It has been a year since I quit smoking and I am so much happier and healthier. Cigarettes should not even be available. They should not be legal to buy and I believe the only reason they are is because the tobacco companies give our government millions or billions of dollars every year. This tells me the only reason drugs are illegal is because the government doesn't get a cut of the cash. That is a twisted and horrible government. Cigarettes should be illegal and harder to get to at least try to save lives in the future. But instead our government is trying to ban ecigarettes. God really? Come on people we need to come together and stand up for what we see and know to be true..

Were suppose to be the Great United States but it is not true anymore.

Things have to change.....

so many things...

10/29/2013 12:01:00 AM - Kevin Freelung Wisconsin, United States, Planet Earth

I smoked my first cigarette at the age of 13, and had been a regular cigarette smoker since about 16. Initially smoking didn't bother me, but as I got into my twenties and began to care more about living a healthy life and taking care of myself, staying fit, eating right, getting enough sleep and so on, the cigarette smoking became more of an obvious issue. I was especially sick of smelling like smoke, feeling chained down to cigarettes and the money that was spent on them, having to take breaks at work to smoke, coughing in the morning and at the worst opportune times as well such as at my best friends funeral.

I used to be able to run and bike with ease but even in my early 20's my lung capacity and circulation was so affected that my favorite forms of exercise were more difficult and the stamina just wasn't there any more. It was frustrating and eating away at my confidence and optimism.

I began thinking about quitting smoking around the age of 21, tried nicotine gum, lozenges as well, and despite a concerted effort to stay off the cigarettes I continued to smoke a pack a day, sometimes more, sometimes less.

Then I began using chewing tobacco daily, but smoked just as often as usual..which was unacceptable in my eyes.

My family wanted me to quit for years, and by the age of 26, using chewing tobacco AND cigarettes, fed up with it all, I happened to find out about electronic cigarettes online. I bought a disposable electronic cigarette from the pharmacy for about $10, 18mg strength of nicotine. It helped, but I knew it wouldn't the right thing for me personally to quit - It was more of a sample to see what the vapor is like and how similar electronic cigarettes may or may not be to regular cigarettes. The disposable one was disappointing but I knew the concept of it and the potential of electronic cigarettes was there, I could feel the excitement. I wasn't sure if it'd help me quit, but the concept and idea of "vaping" was fascinating to me and weather or not it'd be the thing that helped me quit I was okay with that.

After researching I bought an APV (advanced personal vaporizer) with an 18650 battery, which lasts all day long, bought a couple different tanks to put on the device to hold e-liquid, bought a couple different small bottles of e-liquid (one at 18mg nicotine and the other at 24mg nicotine). I had everything that was needed to really test out this method of nicotine ingestion. The device had built in safety features that limits the amount of power drawn from the battery, shuts off if it is too hot, has proper ventilation, and many other features including adjusting the voltage and/or wattage, limiting the number of puffs allowed in one day, it even connects to my computer and charts how much I use the device, so that I can limit or cut down if I so choose.

Not long after smoking a cigarette around 3pm on Saturday September 21, 2013, the mail came and with it was all the electronic cigarette gear I had ordered. Suffice to say I have been cigarette and chewing tobacco free for over a month at the time of this writing.

With all the failed attempts to quit in the past, the e-cig was almost just going to be something new and fun to experiment with, I did not even expect it to be a smoking cessation device. In all honesty I am astounded that I haven't used tobacco since the day I opened the mail and took my first drag. It has been so easy and effortless. And I now have a new hobby that I am passionate about, that of the vaping community. I enjoy trying well crafted e-liquids with such diverse and gourmet flavors. A local e-cigarette shop opened up this summer and with my passion and enthusiasm for electronic cigarettes has even gotten me an offer for employment. The incredible APV's (advanced personal vaporizers), the mod's, all the designs and style available of electronic cigarettes is amazing, and it is fun to try out new devices and tanks, e-liquids..it is my new hobby and passion. It's not often someone is enthusiastic about cigarettes, but it is very common to be enthusiastic about delicious e-liquids, I even use some with zero nicotine content, because I love vaping. It is calming and fun.

My lungs are healing, my oxygen levels are improving, stamina improving, no longer smell of smoke, I am getting my teeth whitened, exercising is easier and far more enjoyable...quality of life is improving dramatically. And my loving family and friends are so proud and happy. Many of my co-workers see me using my e-cig and many are switching from cigarettes. I can see the effect it is having on my community, people are quitting smoking more and more every month. I know, I work with them and interact with them on a daily basis. And that new e-cig shop...business is booming.

I am eternally grateful for this coming into my life. Just my 2-cents, for what it's worth!

10/29/2013 1:44:00 AM - Brandon S

For the last 9 year of being a pack and a half a day smoker i finally had enough. spending countless dollars on killing myself slowly. Disgusting yellow film that stuck to my lugs and belongings, the nasty smell followed me everywhere. the horrid taste of burnt ash. i was ashamed of being a smoker. i had to do something to change this. and just cold turkey was NOT enough. I've tried before, the gum, the patches, they never worked for me. it would cut the crave but not all the way. i still felt the need to light up after a stressful day. all hope was lost until i starting seeing the BLU-E cigg on T.V, reluctant it would work i'd figure Eh what the heck. after spending a lump sum of cash on BLU and it sort of working; it cut the crave it gave me the sensation of smoking but wasn't getting the job done. i still had been smoking the real deal, cutting corners but cutting back to less than a pack a day. after thinking this is it? this is the end? this is what it comes to? buying both? packs of cigarettes and BLU?. fortunately i found vaping. starting with a battery called the E-go and a small refillable tank, and a 30ml bottle of flavor at 24mg of nicotine i was on my way of quitting the real thing. almost 5 months later i have now moved on to a different MOD that smoktech sells. My lungs are thanking me. i feel better everyday thanks to vaping. i have successfully went from 24mg bottle down to 6mg. I'm happy to say that for only being 5 months i feel MUCH better, I hardly have headaches, i feel less winded at work. I have less allergies. no more disgusting smell no more horrid taste. i have found something that has helped me change my life in a positive way. but i couldn't of do it without the helpful info of the vaping community.

10/30/2013 6:06:00 PM - J Crosby, Boston MA

I started smoking at the age of 13. I regretted picking up my first cigarette for many years. In total I smoked a pack and a half a day for 25 years.

I attempted quitting several times through various methods.

I was My first attempt was at the age of 19. I used nicorette for 3 complete weeks. It did little to curb my cravings. I did make it to 3 weeks, however I had cravings the entire time. Around the 3 week mark I eventually

picked up another cigarette and resumed my addiction.

My smoking rose to about 2, to 2 and a half packs a day by the age of 23. Slowly I was able to get myself back down to a pack and a half, but was never able to reduce my smoking to less than that quantity until I discovered the electronic cigarette.

Between the ages of 23 and 38, I attempted to quit "cold turkey" several times. I never made it longer than 3 days. Each time resuming my pack and a half day habit immediately.

At the age of 36 I was prescribed Wellbutrin to treat bouts of depression I had been battling. Wellbutrin is the commercial brand name for the drug Buprorion HCL which is also marketed as "Zyban", a prescrition aid for quitting smoking. I had been on a dose of 300 MG for 3 years and my doctor said it will most likely reduce my desire to quit.

Burpoprion had absolutely NO effect on my desire to smoke. I continued to smoke the same amount; a pack and a half a day during my entire time prescribed it.

the only effective replacement I have found to date is what is referred to as "the electronic cigarette." Over the course of experimenting with many different models I have finally found several that have lead to the ability to quit smoking; In total I have been cigarette free for 1 year and 7 months.

One model I tried that did NOT work is known as "Blu Electronic Cigarettes." Although it helped reduce the initial cravings, once withdrawal set in I was unsuccessful and began to smoke again. Being determined to replace smoking with a substantially less harmful replacement, I discovered an online forum full of thousands of members who have successfully replaced smoking with the use of electronic cigarettes. This forum is known as the "electronic cigarette forum" (or ECF.)

With the help of members of this online community, I was eventually able to find several models that have lead me to completely replace my traditional cigarette habit with electronic cigarettes.

My health has improved substantially.

- I no longer get annual severe bronchitis (which I did regularly as a smoker.) - I no longer have chronic wheezing or shortness of breath. - I no longer experience daily irritated, or sore chest pains that I did as a smoker. - I can now taste and smell much more than I could as a smoker. - I have not gained any weight, a common side effect of quitting smoking. (most likely caused by the need to

replace the oral fixation caused by years of smoking.) - I am confident and proud of myself for putting down a habit that no previous method of replacement or quitting was capable of.

TO MEMBERS of the FDA:

- Electronic cigarettes are a successful method for smokers to replace their habit with one that poses much smaller health risks. - Our daily food intake contains the same chemicals found in electronic cigarettes (excluding nicotine): Vegetable Glycerin USP, propylene glycol USP, and FDA certified food grade flavorings. - Nicotine by is shown to be harmless in small doses, and is considered no more dangerous than coffee. - An increase in appetite and food intake can lead to an increase in national diabetes rates; a health issue that has become referred to as "the national health crisis", and is now ranked as the number one health risk faced by Americans.

- Alcohol poses far greater health risks than electronic cigarettes.

- I, as well as almost every other electronic cigarette consumer I know of support the same age requirements be imposed on electronic cigarettes as . - By allowing tobacco companies to monopolize the electronic cigarette industry, you are clearly allowing companies who have been shown to sell harmful products to corner the market. The tobacco industry has been shown to make consistent efforts to increase the potency and addictive nature of their cigarettes. It is therefore safe to assume that the tobacco industry may very well set out with the same intentions of increasing the potency and addictiveness of electronic nicotine devices such as electronic cigarettes, and most likely drive up costs to consumers in our current economic crisis.

11/2/2013 10:39:00 PM - Paul Styles

I started smoking cigarettes when I was 15 and smoked for 20 years.

Ive tried a lot of times to

quit smoking using the patch, gum, chewing tobacco, I also tried Chantix. Nothing was

working, I went back to smoking less than 2 weeks time.

I started hearing ex smokers talk about

e-cigs and how they were able to quit using this product. I tired the e-cig for the first time on

September 2, 2013.

I stopped smoking that day and threw away the rest of my analog cigarettes and

I haven't looked back. Its been 9 weeks now and I feel great. I can taste my food, breath easier

and I even lost weight not snacking because of the flavors I can choose from curbed my appetite.

My blood pressure even went down.

My wife tells me I'm no longer waking up in the middle of the

night gasping for air. I know that I'm not having coughing fits in the morning when I wake up.

There is no doubt that if it wasn't for e-cigarettes, I would still be smoking today.

I know

people want to ban the different flavors but, that is why I was able to quit. I didn't want to

taste tobacco, that is why I choose the different flavors. Adults like candy flavors, beverage

flavors and others.

11/3/2013 8:35:00 PM - Ricky Stark

I started smoking when I was 19 years old. It was absurd! I was going through a bout of depression, and I really didn't like who I was at the time so I just lit up and didn't stop lighting up.

Fast forward 5 years and I have two beautiful daughters who I adore. I would do anything for them. Except quit smoking. Crazy right? I would run into a burning building to protect them. I would push them out of the way of a speeding car. But when it comes to putting down something that is not only poisoning me, but them as well, I can't seem to bring myself to throw away this terrible thing.

Oh I tried a few different times. I tried the patch on three separate occasions. For me, the patch did help the cravings. I remember having some really interesting dreams during these times. So much so that I really didn't sleep well. On top of that, I seem to have a sensitivity to the adhesive used on the patches. I would have a welt on my skin where I had removed a patch for sometimes up to a week afterward. After a couple weeks my back and shoulders would be covered with angry red circles that were painful to the touch. I looked like some diseased muppet set out to pasture. Needless to say, when I ran out of real estate on my body where I could comfortably put a new patch, these attempts to stop smoking ended.

A few years ago, I did find my first electronic cigarette. The Smoke 51. It had an automatic battery and prefilled cartomizers. I used this thing for months and hadn't smoked at all. It was working. Then I was unable to find the replacement cartomizers, and I went right back to the cancer sticks.

Determined to find a newer, better e-cig, I turned to the Blu, and it worked. Not quite as well as my first 51, but it worked. That is, until the battery charger died and ended this experiment.

Next I tried Chantix. I didn't have the crazy dreams that some people report. I didn't have a mood swings. And unfortunately, didn't have a very measurable decrease in the cravings I had for cigarettes. This to fell by the wayside and I went back to the self destruction that had defined my previous 14 years.

To this point, there had only been one thing that had satisfied my cravings. It was that electronic cigarette that I had used just a few years ago.

I figured that with a couple years of production, research and development, there had to me a newer more reliable product out there that I could really use to quit. I hit the net. I found Grimmgreen's and PBusardo's reviews on youtube. I saw that the advancements that I had hoped for were real. I started to dig a little deeper. I found a local store that sold a PV Mod that I had decided would be great for me. I spent a little

more money that I initially wanted, but I had my Vape kit set up and ready. That was nine months ago. In that time, I have had two, count them, TWO very disgusting terrible cigarettes. This happened one day at work when my Carto burned out and flooded everywhere. I had no spares, so I bummed a smoke. Let me tell you, it was gross. I am happy I don't light up an analog anymore. My kids are too. I am a single father. I was a smoker. While I am still addicted to nicotine, I now have the vehicle by which I am confident I can step down that dependency to the point that I will have defeated this beast.

Some people can stop cold turkey. I couldn't.

Some people have had great success with the patch. I didn't, three times over. Some people kicked the habit with the help of Chantix. Didn't work for me. Some people have been able to put down the analog killer and vape on. I have. Vaping isn't the answer for everybody. Nor are any of the other methods for smoking cessation. I am so happy to have had this tool by my side to help me lead a more healthy life.

11/4/2013 10:55:00 PM - OhioDoug

I am 26 years old and started smoking when I was in the 6th grade. I smoked all through high school and into the Marine Corps. I tried smoking cecessation once in the Marine Corps and another time through my employer and both times were unsuccessful to keep me from smoking. I tried Chantix at least 3-4 different times over the years and each time would have VERY intense dreams/nightmares and would not do much for my quitting. The patch would work for me ocassionally but only for a short amount of time such as a day or two. So needless to say I've tried a lot of things to quit smoking but the only thing that ever worked for me was electronic cigarettes or "vaping". I currently have been vaping a little more than 2 years, cigarette free and I feel terrific. I love electronic cigarettes because you know exactly what you're getting. You have control over what flavors you'd like or the amount of nicotine want. When I started vaping I started using the 35MG of nicotine cartridges and now I have advanced to 18MG liquid. It is easy to ween yourself down in nicotine. I don't smell like smoke anymore and my girlfriend who is a pulmonary nurse (who was always asking "when are you going to quit" everytime I'd light up) doesn't complain about my vaping in the house or car or anywhere anymore. I also noticed since I started vaping instead of smoking my sense of taste and smell has come back to me and I find it MUCH easier to breathe. All in all I think electronic cigarettes could save BILLIONS of lives if we can work together.

11/7/2013 1:25:00 PM - Lorain Mendleson

Two years ago last month, I smoked my last cigarette, after smoking 2 packs a day for over 20 years. I had attempted to quit many times before - I tried nicotine gum, patches, Wellbutrin, Chantix, and cold turkey. Each time, I found myself smoking again within a couple months' time. Then a friend sent me an electronic cigarette to try and I knew right away, this was going to change my life. No one was more surprised than me when I no longer felt the need to light up a cigarette. It's very liberating, knowing I am no longer filling my lungs with smoke more than 30 times a day; I no longer worry I've not put out a cigarette completely, risking a fire in my home; I no longer feel like I smell like an ash tray; I no longer have ash trays in every room of my house; I am no longer harming my family, friends, and pets by subjecting them to second hand smoke. I am free of all of those things and I have the electronic cigarette to thank for that.

11/8/2013 12:44:00 AM - aaasinger

Just a quick note. 20 year 2 pack aday smoker and i got a ecig just to see what it was like and tried to see if i could go a full day without a real cig and i made it and was very suprised i did but the next day my battery ran out and i though well i just grab my pack of smokes and wait for it to charge back up but after just one puff i found out that it was the worst thing i had ever smoked in my life (what the hell) i thought and that turned out to be my very last cig, bottom line i had quit smoking cigs with no intent to do so and i could not be happier ! I only wish my parents had lived long enough to see this day after they had spent thier whole lives trying to quit but never could kick the habit but with ecigs i know they could have.

Keep up the good fight !

11/8/2013 7:57:00 AM - Tanner Jones (CA)

I started smoking when I turned 15, and got addicted to it about a year later. I didn't realize that I was addicted until I had to go without it and had headaches and cravings. I kept smoking up until last year, at age 19, smoking a pack to two packs a day, I started using an advanced personal vaporizer. I had tried disposable electronic cigarettes about six months before, not to quit, but because it was a novelty to smoke something inside and the flavors were fun. I started using my APV and found my urge to smoke decrease. I still managed to smoke about a half a pack a day; a sudden decrease in my cigarette consumption. I worked my way down to about five cigarettes a day, when I had a big change in my environment. This involved one week of me only smoking cigarettes followed by six months of me having to choose whether I was going to smoke or use an APV. I chose a vaporizer. Not smoking at all after a week of two packs a day made me notice the great change in the quality of my life. I started breathing more clearly. I gained a bit of weight because I could finally smell food and even the terrible food I was being served at the time was delicious. I started being forced to run, which made me realize that without cigarettes, I can finally do cardio exercises without feeling like I was having an asthma attack. I promptly went through a big phase of running, doing up-downs in my room, using the elliptical and stationary bike, etc. Then one day I decided to switch back. I wanted to eat less due to some mental illness that was going on at the time. It worked, and I ate less than 500 calories a day. During this time, I kept running and found it getting harder and harder to breathe as time went on. I lost about 30 lbs over the course of 2 weeks. I stopped running about a month later. I then changed environments again to one similar to my starting environment, which is a lot more laid back. I started collecting my friend's disposed APV parts and borrowing batteries to assemble them into my own creations. I got a job and could afford it as a hobby. I was vaping and smoking for about a month and noticed my cigarette consumption decrease more and more as time went by. Just before I began to have money for APVs, a carton of cigarettes lasted me about a week. About a month into my journey this time around, I got another identical carton of my favorite cigarettes. Today, two months later, I still have one unopened pack left. I vape almost exclusively, am a healthy weight, and eat and exercise regularly. I don't feel "tempted" to smoke a cigarette unless I'm especially stressed or intoxicated. Vaporizers have successfully replaced cigarettes as my preferred source of nicotine.

11/8/2013 5:25:00 PM - Amirul Mirza (Jason Scott Mirza) from Kuala Lumpur, Malaysia

Hey guys. I'm a vaper, 21 years old and a college student from Kuala Lumpur, Malaysia (next to Singapore if some are wondering). I started smoking since i was 18. From time to time, I feel such disturbance of my health such as lung capacity and stamina. I can't go and play basketball anymore (if can, maybe just shoot some hoops and that's it). The heaviest that I've ever smoked was 2 packs of Marlboro per day. Before I went to sleep every night. I coughed out loud, it was really bad. I even felt that I'm gonna faint when I was coughing. A pack of Marlboro costs RM/MYR (Malaysian Ringgit) 12 here. That's around US$ 4. Know what's worse? The smuggled cigarettes. It only costs a dollar, I only buy that if I have some financial problems, I'm a student after all. Then out of nowhere, there's this thing called e-cigarettes. I bought the ego starter kit for about RM/MYR 85, consists of 600mah battery, 1 CE5 clearomizer. Yes, it was so expensive for me that time. I test it out, and switched it in and out with analog cigarette. After a month, I managed to smoke less than a pack, a day.

Start smoking = January 2010 (roughly a pack a day/20 sticks) Start vaping = April 2013

Stopped smoking entirely = Somewhere around August 2013. Main choice of nicotine = 6mg (on RDA), 9-12mg (on clearomizers) Current setup = Kamry K100 mod. Octopus RDA. 0.9mm flat wire kanthal + 3mm silica wick

I felt my lung like a lot lighter after months of vaping. My stamina even improved from time to time. On July this year, I stepped up the game by upgrading from ego battery to a mechanical mod and start learning how to rebuild some coils (thanks to GrimmGreen Youtube channel). After a month vaping from a RDA, I stopped smoking entirely. Living healthier life, and people around me seems happier since the vapor actually smells nice not like the analog cigarette.

P/S: To new vaper or anyone that wanna jump into the game, the first time you buy any of there's e-cigarette, it is expensive. But if you do the maths, it's actually cheaper. Sacrifice a little bit for a healthier life, I'm glad I did. Now, I vape 20-30ml of e-liquid per week. I saved around US$ 20-50 per month with vaping. So STOP smoking and START vaping. Vape On!

11/9/2013 7:49:00 AM - @himynameisriz

I only smoked for two years but in that time I could feel literal affects on me. I got to a pack every two days, and that was from one every week. That didn't help me at all. Cigarette smells would fend other people away from me, and even force me to wash my hands every single time after I smoked because of the smell. Ever since I started valuing, I haven't had urges to smoke cigarettes, and am actually very disgusted by the taste myself.

11/10/2013 7:49:00 PM - Brad Franciosi

I did not start smoking until I was 32 years old. Not the smartest thing I ever did. I did quit once cold turkey for about 9 months but eventually took up smoking again. I had a heart attack at 52 years old and was told by my cardiologist to stop. It took me until 10 weeks ago to stop. That was when I walked into a Vape Store and purchased an Ego C-Twist with a clearomizer and some juice. That was the very minute I stopped smoking and after using this device, I know for good. I did light up a cigarette 30 days in just to see and it was dreadful! Two drags and it and the rest of the 1/2 pack I had left over when I started Vaping went in the garbage.

I have since had a Cardiac catheterization and also notified my cardiologist what I am now doing and he was quite pleased that I am no longer smoking cigarettes. I breathe better and I almost never cough anymore.

Other perks from vaping, my family has no problem with me doing it in the house as their clothes and the house itself do not reek of cigarette smoke. They do not smell me coming from a mile away. When I walk into a place where someone has been smoking, it about knocks my socks off. My sense of smell has become quite keen again. My hands are now the color they are supposed to be as well as my mustache. In time, I believe that my lungs will follow suit. These are a Godsend.

11/11/2013 1:41:00 AM - Harry T Hood,Salida CO

I smoked tobacco cigarettes for 40 years. I used 1 and 1/2 packs a day when I began using an e-cig. I began with cigalikes, a rechargeable battery with a pre filled atomizer that looked like a filter. While I saw promise in this, I still couldn't quit. I went on to a 510 battery with a small clearomizer, purchasing liquid for refills, and successfully stopped using cigarettes on April 26 2013, about 4 PM. My wife was also able to quit about a month after that, again using

a clearo on a 510 battery. All told it was about 4 weeks of back and forth between e-cigs and cigarettes for me, then only e-cigs. the liquid I use is 24 mg, about 20 ml a week.

I had previously tried to quit cold turkey on occasion (obviously without success). I lasted a month once, in my late teens.

It is nice to be able to go up a couple of flights of stairs now without becoming winded, and my wife says she likes being able to walk around in the hills without feeling her pulse in her ears anymore, and so do I. While we understand that there may be unknown risks, I feel the benefits far outweigh them. I haven't lit a cigarette for over 6 months, and my wife hasn't for 5 months, so I believe that they could be considered smoking cessation aids.

11/12/2013 7:06:00 AM - Daniel Dicristina

My story is reallykinda simple. I was a smoker for the last 19 years I tried a few things to quit in the past patch lozenge and nothing ever stuck I always went back to my two pack a day habit. When I first heard of vapeing I thought ill never give up my give up my Marlboro Red 100's theres is no way till they put me in the ground and I want a carton buried with me just in case. But one of my employees had a vape and I like the smell of the juice so he told me to try it. Well the I was like love the flavor was so good the fruity hit got me thinking maybe I can try this well the next day I went to a vape stand that was in the mall I worked at the guy gave me the run down and I made the purchase.

I still kept my pack on me just in case but I never needed it. I am amazed I have been using my vape for a few months as of writing this and I cant stand the taste of a cigarette. I feel better and my family does not complain about the smell and they all say they feel better to. I cant thank the vape inventors enough for a device that has changed my life.

11/13/2013 5:02:00 PM - nan

I am soon to be 60 yrs old. I started smoking when I was 11 yrs old. I have tried everything to quit with no success. I never really wanted to quit as smoking to me was enjoyable. I was forced into quitting by the expense of it. Yes in our (free world) those who choose not to smoke have forced a situation upon others. I do believe that teaching the dangers and the pain of addiction to our youth is important. I also believe that free will to make choices for ourselves is a God given right! That being said I recently started vaping as a way to help me stop smoking. It is the only thing that has done it for me. I am now smoke free 9 weeks and doing fine. I have reduced my nic craving gradually and soon will only enjoy the wonderful flavors without any nic at all. Its like having your cake and eating it too!

I get so angry hearing how e cigs are bad. Excuse me but the first thing they do when in hospital is try to give you a nic patch or offer you any narcotics to help you detox HOW is this better?? This is totally crazy! I am not exaggerating this I have first hand experience with this. Both as a patient and a healthcare worker.Plz explain how or why one is alright but not the other That is expecially when the other seems to work better for me and many others I know! Whos trying to white wash another situation in thier favor??

Thanks for hearing me out. As for me I am thankful and happy to use vaping as a wonderful option. Nancy Martin

Vermont

(home of Vt Vapor)

Wonderful product as well as the other ecigs

11/13/2013 5:38:00 PM - Barking Sheep

I have smoked on and off since I was 14 years old. I was able to stop using the pills and the patch for years at a time but always started smoking again when I am around people who smoke.

Even during the periods when I did not smoke I had cravings every day and would turn to food even though I wasn't hungry. As a 56 year old overweight woman I found this especially frightening knowing the health risks.

The majority of people in my work place smoke which was making it impossible to quit. I was getting short of breath, wheezed and had occasional chest pains.

My boss introduced me to electronic cigarettes and told us we could smoke them in the office so we wouldn't have to leave our desks to take smoke breaks.

The heaviest smokers in my office have been tobacco free for over 7 months, myself included. After my 3rd week of vaping a tried a regular cigarette and found it disgusting. I started smoking 18 ml nicotine and proud to say I now smoke 3, 6 and occasionally 12 mg. I found a flavor I loved that was 0 nicotine and was smoking it all day and felt satisfied. Ecigs have been the most successful and satisfying method thus far to enable me quit smoking harmful cigarettes. I no longer have chest pains, wheezing and I only eat when hungry which resulted in some weight loss. If not for delicious flavored ejuices and electronic cigarettes It could have never accomplished this. It worked better than those Scary Tobacco free America Commercials that do nothing but

stress me out because I had smoked from such a young age. They made me want to smoke because of the stress. Now I feel much better and healthier for having found ecigs. They forever changed my life for the better and as long as electronic cigarettes and vaporizers are available I am sure I will NEVER smoke a regular cigarette again.

11/14/2013 6:14:00 AM - Tara Sweet-hometown Indpls, IN

I was 12 years old when I started smoking as a way to cope with my dysfunctional home.Then in 2011 my sister had done some research online & had heard about e-cigarettes. She decided to give it a try & so did I. My asthma was getting so bad & I needed to do something.

I smoked for over 20 years & up to almost 2 packs a day! I was also taking daily asthma medication, using a rescue inhaler twice a day & breathing treatments 3 times a week. Not only have I been COMPLETELY smoke free for over two years... my breathing is ALOT better. I no longer need breathing treatments nor do I take daily asthma medication. I only take a rescue inhaler once in awhile when my allergies act up & thats it! Its wonderful....my sense of taste & smell are better, I dont stink like cigarettes, nor does my clothes or my home! Thank God for e-cigs. If it wasnt for them, I most surely would have ended up with emphysema!

11/14/2013 7:59:00 PM - Tiffany C. - Nashville, TN - "Monkey"

I smoked for 18, long, miserable years.

I was slowly killing myself with full-flavor menthol Camels.

So, about five months ago, my roommate and I decided to go get our vapor started kits...BEST DECISION OF MY LIFE.

I now use a Vision Spinner with nicotine "juices."

The absence of tars & the smell, really kept me on the right path.

It was incredibly hard to stop smoking (as I only tried it cold-turkey and never lasted more than two days).

However, from the moment I wrapped my hand around my spinner -- I was hooked and never bought another pack or even TASTED another cigarette.

Don't get me wrong - a lit cigarette still, SOMETIMES, smells good, but it's taxing, after a while and ashtrays make me sick.

I can't stand closed-in smoke smells anymore (ex: car, house, restaurant) -- but do not condemn those who DO smoke.

My nicotine level with vapor is 24mg, but I'm hoping to taper down soon enough.

As for changes: I have stopped waking up coughing, period.

My mood is better, my workouts are longer and hurt less, and I haven't been sick in AGES.

Vapor saved my life.

11/15/2013 12:07:00 AM - Bill Bartlett

I was a cigarette smoker for 37+ years. I ran into an old friend of mine and he had a strange apparatus in his hand. He's handy-capped so, I didn't ask what it was. I thought it may be a device he uses to help him breath! As our conversation moved on, I lit a cigarette and he asked, you still smoking? I answered, yes, I've tried everything to quit and nothing works! He lifted up the contraption he had in his hand then explained it was a type of "E-Cigarette". He proceeded to inform me how he quit smoking cigarettes! I was all ears at this point.. 2 days later, he brought me to the "Vape" store and I haven't smoked since! It's been over 4 months! Until I was introduced to an electronic cigarette, all my attempts to stop smoking cigarettes fell short. In fact, until that day, I'd never made it more than 24hrs without smoking.. My nicotine level is down 0.2mg and I intend to continue "Vaping" when I'm off the nicotine completely! I have since started a nice "Mod" collecting hobby! I really enjoy it and I've saved over $1,000.00! I'm so happy to be free of cigarettes! I have emphysema and I can breath much better since I quit and my Doctor says my lungs haven't sounded so clear in many years! Thanks for reading my story! I could go on and on however, I'm going to "Vape" for awhile!

Bill Bartlett

11/15/2013 1:02:00 AM - Ken B

I have been a smoker on and off (mostly on) for the past 30 years or so.

A month and a half ago, I approached a coworker asking about that "weird" little device he was smoking of which I noticed more and more employee's using instead of conventional cigarettes.

He was more than informative about the electronic cigarette he was using, where he purchased it and exactly how it all worked.

When he stated that he used to spend over $200 per month for cigarettes for him and his wife and was now spending about $20, my jaw dropped.

So later that afternoon I visited the local store where he purchased his unit and after my first draw on an electronic cigarette, I was sold.

Over the years, I had tried both the patch (which was more or less successful) and nicotine gum (which did absolutely nothing for me).

This funny little device gave me exactly the same satisfaction that I got from smoking, yet for far less expense and with doing far less damage to my body.

I've thought about trying the patch again many times over the years, yet I found them to cost me as much if not more than smoking and just barely helped alleviate the cravings for nicotine.

In the first few days, I cut back from around 25 cigarettes per day down to around 4 or 5.

In the next few weeks, this number dropped to 3 or fewer.

Six weeks after picking up an 'e cig', I was down to about 1 cigarette every other day.

In addition, I found that my enjoyment of a conventional smoke had dropped off enormously.

On the 6 week anniversary, I had a teeth cleaning appointment and my initial goal was to be completely smoke free around the time of this cleaning, which I have accomplished.

While many may argue that converting from a conventional cigarette to an electronic one is not "quitting", my body will certainly disagree.

The symptoms that I have been experiencing over the past month and a half are rather familiar; familiar because the last time I experienced the same effects was the one and only time I had successfully quit.

While the patch was of help the first and only time I successfully quit smoking, I was still left with a feeling that something was missing, a feeling of which I do NOT have currently.

The smoker's cough has subsided, my sense of smell is returning, the wheezing is a thing of the past, it's the first time I can easily breath through my nose in years, I've noticed far improved lung capacity and been told my snoring has decreased markedly.

Yes, electronic cigarettes may not be "quitting" by some peoples definition, however I initially had no desire to completely quit smoking 6 weeks ago.

A few days ago I lit up a conventional cigarette and had to grind it out halfway through because it now gives me uncontrollable hiccups.

11/16/2013 12:19:00 PM - Krissy from Raleigh, NC

I had been a smoker for 14 years. I really wanted to quit. Watching the Truth ads were torturous. Watching what could happen to me. My little girl wanted me to stop. I tried Zyban and wanted cigs less but eventually that effect went away. I started only allowing myself to smoke outdoors. I simply went outdoors more. I felt tobaco industries were killing me and the FDA didn't ban any of the chemicals in them and I could not quit. I tried Nicorette gum and patches only to smoke on them and had given myself a dose of nicotine poisoning. I had tried hypnosis. Worked for weightloss in my life but not to quit smoking.

My last cigarette was 6 months ago. I began by buying an ecig to be able to still be around a non smoking friend. I never picked up another nasty trafitional cig again.

I started with a 28 ml nicotine dose and went to a 26. Now am on 18. My husband is on his way to quitting as well. He has successfully started vaping 8 ml. Amazing.

11/18/2013 1:34:00 AM - Marcus Gregory Owner of Zen Vape KC in Kansas City MO

I have been an analog smoker for over 30 yrs. Up to 2 packs a day and even 4 on some days. Started looking at snus and began using it when we couldn't smoke at work. I still smoked off work. 2 yrs. ago in spring f 2011 my wife bought me my first cartomizer as trying multiple versions from the gas stations that tasted like crap. Cig2o and I were friends. and I quit smoking and using snus. Travels with job made it difficult to find cartridges. Bought another brand, and another, and another. Quit all together and started smoking again that spring. Last Sept 2012 I found my eGo. I was set, no smoking only vaping. Thought the price was too high for my friends so I started buying them and having them shipped in. All my friends wanted one, then their friends and parents and friends of parents and on and on. Most of my customers either were able to completely switch instantly, some held on but smoking at a reduced consumption and others use it for when they cant smoke. All in all, it grew. I began adding flavors of juice and everyone wanted to know what was the next flavor and can you get?....So, I worked the swap meets on the weekends in town until I got enough money saved and some investors lined up, and I opened my store Nov 1st 2013. We are currently offing for sale the eGo starter kits and parts. I-taste line of products as well as some mods. Business is slow but its growing. I offer more education about e-cigs every day than I do make sales, but that is coming, later. When the customer is ready, Zen will appear. LOL. So as they say the rest is history, however, in this case, history is being written as I type

11/18/2013 11:05:00 AM - Marechal Botha from South Africa

I was a heavy smoker (40-plus/day) for 30 years, tried everything to quit without success I got my first E-cig Kit 29 Sep 2011 and from that day on I never smoked another cigarette (more than two years). My health has improved 100% no more coughing, open airway no more sinus, smoother skin (Look 10 Years younger) better smell and taste. I had no negative reactions to E-Cigs. this has without doubt saved my life.I bought all my friends who smoked an E-Cig kit for their birthdays with a card that said "not a birthday gift but a gift of life" Words cannot describe how much my quality of life and health has improved.

11/18/2013 7:00:00 PM - Jason, Saskatoon, SK

I recently turned 40, having been a cigarette smoker for about 18 years. I have tried cold-turkey, progressive-reduction, nicotine gum, and herbal supplements, with no success beyond a few days - my withdrawal symptoms would make me highly irritable and boody, to the point of being unbearable to be around. I recently discovered a local supplier of e-cigarette products, and decided to try it out. After a few days of occasionally wanting a "real" cigarette, the impulse to smoke tobacco quickly faded, without any violent mood swings or irritability. I have entirely (and painlessly) switched over to e-cigarettes containing nicotine, and am finding that I can manage my nicotine intake in a more fine-grained way - due to the nature of e-cigarettes, I can stop "vaping" the moment my craving for nicotine is satisfied, rather than "committing" to an entire cigarette at a time. After a little less than a week, I have already noticed my energy levels, mood stability, and health improving in small ways - and I don't miss stinking of tar and tobacco at all. I still intend to gradually reduce my nicotine intake further, by progressively reducing the nicotine concentration of the "e-juice" I am using. So long as e-cigarette products remain available, affordable and legal here, I do not foresee that I will ever need tobacco again, and feel confident that my nicotine addiction will become yet more manageable with time.

11/18/2013 9:35:00 PM - Mike Summerlin

Hi,

My name is Mike Summerlin and I am 36 years old with an 8 year old son. Married, 3 dogs, all that. I smoked cigarettes, full flavor Camels and unfiltered Lucky Strikes, for 20 years (started by stealing my mom's) without a break. Coughing, hacking in the morning and the middle of the night, unable to jog more than 50 yards, hating stairs and anything beyond strolling at a calm pace. I have tried to quit 7 times in total over the last 5 years or so. Nicotine patches gave me nausea, nicotine gum gave me nausea, Chantix gave me psychotic dreams (that made me smoke to get over the terror), cold turkey, weaning myself off, dipping/chewing, pipe smoking (no inhaling). Nothing worked. I'll have my wife write one of these too, she's done it all as well, same age, same story. She quit the same day I did. Same story.

The day I got my first eGo battery and Kanger Protank 2, and Orange Dream e-liquid, was the last day I smoked. October 14th, 2013. It is now November 18th. Not. One. Cigarette. This was accomplished without cravings, without nausea, without crazy psychedelic drug induced nightmares. I simply don't smoke anymore. No drama. I recently purchased a mod called a MVP, that is more customizable, and a larger battery for the hiking/camping trips I'm now able to plan because I can carry a backpack and walk...and breathe.

Why did this work? The warm vapor, the habit of fiddling with something, hand habit, mouth habit, the motion is like smoking. What no one is mentioning is the fact that the awesome flavors you can use with an e-cig is pivotal to remaining a non smoker. I took a drag of a real cigarette about a week ago and got an instant headache, and it took 20 minutes to get the taste out of my mouth. The taste is terrible, and is the reason I KNOW I'm done with them. It is the Flavor and the habitual movements that make this stuff work. This is a better alternative, and you can downgrade your nicotine levels all by yourself! Let the market work!

I am now down to 6mg (started at 24, to 12, now to 6) nicotine e-juice and am feeling GREAT! Better than I have ever felt as an adult. Remember, I started smoking cigarettes when I was 16. I am getting out of the house more, starting jogging (For Fun!), playing with my dogs and son more. It's really unexplainable how much better my life is, due to this little invention.

It is my belief that the unregulated manner of e-cig's is what made the huge market we have today. Over regulation of flavors and manufacturing processes will kill this amazing industry and take away the beneficial aspects e-cigs have on non smokers everywhere. Studies have been done, and the information is there for the perusal. If you have to, do your own "government mandated" studies on e-juice and see what you find out. I believe it is an industry whose time has come, and the main sticking points will be

lobbyists from Big Tobacco trying to out money the little guy and try to keep the corner market, so they can overcharge for a substandard product like they already do.

Please, please consider all the great stories you've read. Realize we are people that have used this technology to quite probably save our lives. To kill this through ignorance would be catastrophic. Do your tests, honestly, and make sure it's safe. Then LEAVE IT ALONE.

Sincerely,

Mike Summerlin Arkansas Ex-smoker

11/19/2013 6:07:00 AM - jnomi

I smoked for about 15 years, and quit a couple times, then started up again.

The last time I quit was about 5 months ago.

Whenever I am under a lot of stress smoking a cigarette is the first thing that pops in my mind-so instead I ate and gained a lot of weight.

I've been on disability for 5 different bone problems in my back-none of them are fixable and the doctor said my gaining weight was making it worse.

I am one of those people that needs a "crutch" to get by in life, so I looked into Heathers Heavenly Vapes-I heard about them via my cousin.

The flavors have different percentages of nicotine all the way down to 0%, which is the one I chose.

So now I have a "crutch"

when I'm stressed with no nicotine in it.

I don't cough at all, it leaves no residual vapor in the house like smoking did.

I have lost about 10 pounds so far and it has improved my health. Thanks Heather!!

11/19/2013 7:35:00 AM - Ashley Workman(arwrkmn)-Knoxville,TN

HI! To cover the basics, I began Vaping 09/27/13. My husband and I had tried all different types of methods from disposables,to Blus, and even the first Egos. We found them weak and airy, overall unsatisfying. Then a friend convinced us to try his Vision spinner variable voltage mod. It was so much more satisfying than any device we had ever tried. If you have tried before, TRY AGAIN! The new tech is making vaping better

every day!

I have never had the desire to quit smoking. I smoked my first cigarette at 13 years old with my friends, and I was "irreversably" addicted by the time I was 15. (side rant: Yes,despite FDA regulations,it wasn't hard to get cigs even though my parents and immediate family do NOT smoke.)Thanks to my early start, this year I found myself unable to breathe in the morning, unable to hold my breath or partake in strenuous activities. I couldn't even keep up with my 2 year old nephew. I was tired all the time because if I woke up in the middle of the night I HAD to smoke, which meant I had to drink something, which meant I had to find a way to keep myself entertained while I drank my soda and smoked, and then I was up for 30 mins or more. I didn't have any energy,I was out of breath, I had junk in my throat causing me to cough often, and both my breath and my clothes smelled AWFUL! And my husband, who had been smoking on and off for 10 years, was even worse. We got absolutely fed up with feeling like crap all the time.

So we started making changes! We set ourselves to a sleep schedule, I gave up meat and soda entirely which helped my husband massively increase his veggie and water intake, we cut sodium and carbs, and started doing cardio activities like dancing, hiking, and going to the dog park with our girls daily. We lost weight, got more active, and improved our bodies. But we still

didn't feel healthy!

Throughout this process, we also began trying to start a family.With all this going on, we finally decided it was time to face the facts: WE HAD TO QUIT SMOKING!

Obviously, that is a loaded statement. WE researched methods, spoke with doctors, asked family, friends, and even strangers. When my friend convinced us to try his mod, we knew had found at least the first step.

Vaping is not smoking cessation. But, it's a great place to start! I started on 24 mg nicotene of the strongest menthol I could find that tasted and felt as close to a Camel Crush Bold as I could get. I got the Vision Spinner,a CE4 tank, and Knoxville Vapor's Cinnamon Ice (YUM). Throughout the first month I went from smoking 1 1/2- 2 PACKS a

day, to smoking just 2 cigarettes a day(my husband, has not smoked a real cig since buying his mod and has lowered himself to 18 mg nicotene).

Then I upgraded to an Itazte VV V3, with variable wattage to get a better hit, and I have now gone 19 days without a cigarette.

WE can smell, we can taste, we can breath, we are sleeping through the night, and I ACTUALLY SMELL LIKE MY PERFUME!!!! I can even see less weezing in our 4 year old poodle and no yellowing on our Schanuzer's white fur! We still have a long road ahead before we fully drop nicotene, and can say WE QUIT! But, we are making a better home for our child even though she's just a dream right now, for our dogs, and for the family and friends who care so much about us and our health. WE HAVE ONLY BEEN VAPING FOR 2 MONTHS! HOW COULD YOU FEEL IN 6 MONTHS?!?

Not to mention, I used to buy 4 cartons of Camel brand cigarettes EVERY 2 WEEKS! THAT'S $341.72 A MONTH! Our liquid and device maintenance, despite that my husband carries multiple tanks and vapes 3-4 flavors in a day, cost us $37.89 for the ENTIRE MONTH of October.

We spent $98.65 on our first devices, and then upgraded on 11/01/13 to better devices spending $159.32. We could buy new devices, and liquids, and tanks, and other goodies every month save at least $100 a month!!!!

For extra motivation, any of the $342 we do not spend on vaping supplies, we get to spend on whatever we WANT. Not something we need, we use to buy that thing that we really wanted but cannot normally afford. Which is great motivation, it's like I get a new pair of shoes every time I fill my tank!!!!

This isn't the total solution. This isn't the fix all for smoking and other health issues. But this is a great place to get started on the path to changing your life.I hope this helps someone else choose to change their habits, and change your life!

(deep breath)

11/19/2013 8:18:00 PM - Jed H of Marine IL

I smoked a pack and a half for over 15 years and have tried many products to try and quit (gum, patches ,pills and cold turkey). Nothing worked for me until i started vaping and i haven't had a cig since then. I feel 100% better since i have quit smoking cigs and started vaping. I will never smoke another cig !

11/20/2013 4:07:00 AM - Paul Lewis from Dallas Tx.

I wanted to tell my story because of all the negative stories I've been hearing in the mainstream media and in the vaping community. I started smoking when I was 15 yrs old, my parents smoked and some of the my friends were smoking. In the 1970's it wasn't reported as bad for you like it is today. I was smoking about a pack a day till I was around 42 yrs. old then I started driving an 18 wheeler for a living and my habit increased to almost 2 packs a day. Right before I started driving a truck, I was unemployed for about 3 months and living with my parents. My mother had been treated for lung cancer and was in remission. I didn't have enough money to buy cigarettes and quit for about 2 months. I started working again and as soon as my first paycheck started smoking again cause the urge was still there. In 2001, my mother died when cancer had spread to her brain. 10 years earlier, I went to see my father who I hadn't seen since I was 3 yrs. old. He was dieing from throat cancer and you would think that I would of quit but I didn't. It wasn't till this year when I started coughing a lot more and would get headaches from smoking that finally made me want to quit. I knew that the nicotine patch for me was a waste of money. The side affects they advertized on chantix commercials kept me from trying that and then I started seeing e cigarettes around and checked on them. I got the impression that it wasn't nearly as harmful and the act of smoking like a cigarette was what appealed to me. I continued to smoke regular cigarettes for about a month then quit. When I started vaping as we call it, I was able to cut down to around 10 cigarettes a day. My coughing stopped within 2 days and I could breath a little better right away too. I smoked cigarettes for 40 years so my lungs are already beyond help from quitting but I do feel better. It's way too early to know what the long term effects are going to be but I would hope that this product in some form will survive. I wouldn't of quit without it.

Sincerely, Paul Lewis

11/20/2013 2:49:00 PM - Adarsh Kaushal

I have been smoking since last 15+ years and have tried to quit smoking using Nicorit gums and Nicotine patches, but nothing worked. I did quit smoking on my own for many years in between "multiple times" but I used to get back to smoking over and again. Everyone around me used to hate my habit because nobody else smoked in my house. I was getting worried about my health too because I was getting pain in my chest and stomach and knew I had to either quit or find an alternative. Also, I was worried about my family members who were on passive smoking because of my habit.

Then I got to know about eCigarettes. I tried them and I can't tell you how happy I am because it helped me to quit my bad habit easily. I have been using eCigarettes since last 1 year and I have only seen improvement in my health. My chest pain and stomach pain have disappeared and I feel completely healthy. In my opinion, eCigarettes are way more effective than any other methods of quitting smoking. Can't even think about trying Nicotine gums and patches because they are simply useless!

I'm very regular with my health checkups and at the moment all of my tests are normal. I'm thankful to the technology and the people who have worked hard to provide this wonderful alternate to stinkies. I'm happy to enjoy my hobby without affecting my family members, co-workers and the society. Thank you everyone who supports this clean alternative.

11/20/2013 9:25:00 PM - Renee t, Warren,MI

I have been smoking

for 26 years with the E cigarette I have not smoked those stinky things, nor do I have an intention of going back. Smoke free since May30th 2013, thank you of making me feel better :0)

Renee T Warren Michigan

11/21/2013 5:50:00 PM - cherylvapes from Vero Beach, FL

I smoked about a pack a day, for 37 years. I smoked during both of my pregnancies and

while my father died of lung cancer.

My reasoning was that I would quit when I started coughing in the morning, or if I developed COPD.

Until then, probably I was ok.

I was diagnosed with cancerous cells, but they were NOT in my lungs, so, I had surgery, and kept smoking. I tried Chantix and gum but suffered horrible nausea, tried the patches which kept falling off in the south Florida humidity, and counseling.

None of those things worked.

I enjoyed smoking.

Finally, my brother suggested I try e cigarettes, as they had worked for him.

The day I ordered my starter kit, I also bought an $80 carton of cigarettes to last until the kit arrived in the mail.

Also, because I had no faith in the e cigs working for me.

Three days later, my kit arrived, and I vaped for the first time.

I never smoked again.

That was July 2013.

My biggest fear was that I would gain weight when I quit smoking, but instead, I've lost 5 pounds!

When I crave a dessert, I just vape a dessert flavor, and it satisfies my craving!

I even have more energy.

I spend less in a week on nic. juice that I spent in a day on cigarettes.

My doctor is very pleased, and my husband is over the moon!

11/22/2013 1:32:00 AM - Tony Ingram Centerville,Iowa

I have been a smoker for 39 years.I smoked a pack to a pack and half a day. I've tried pills and the patch in the past and could never get through more than a week before smoking again. I started e cig 2 months ago at 24 mg of nicotine dropped down to 12 mg nicotine,next month I will drop down to 6 mg of nicotine then hopefully 0 mg of nicotine after that. This has to be the easiest thing I've ever done when it come to trying to quit smoking. I've never once felt like I needed a cig from day one,and that's unusual for me. Everything I tried in the past I still craved and used cigarettes at the same time. Since I started using e cigs have not felt any desire for a real cigarette. Not to mention I'm already breathing better and my health is improving considerably. I'm a diabetic so smoking tobacco was causing some real issues. Now that I'm not smoking tobacco I'm walking more and taking almost no insulin shots where I was taking 4 shots a day. That's a major improvement and I'm am so very,very,thankful that this e-cig alternative was available. I'm can with out a doubt say that this is a life changer for me. I really don't understand how something so beneficial,as specially for someone like me can cause so much controversy. May be ignorance breads fear I guess. No one seems scared of tobacco like this, it keeps moving along.

11/22/2013 4:35:00 AM - Stephanie Lemaster

My story is simple.

I started smoking 30 years ago when I was 13.

Since then I have tried quitting in countless ways, for many different reasons.

I tried everything from cold-turkey to cutting back, patches, gum, Welbutrin...I've lost track of the number of times and ways that I've tried.

I lived in Alaska for most of the time and even smoking outdoors at 40 below wouldn't stop me.

Fast forward to 8 weeks ago.

I now live in Las Vegas and can smoke just about anywhere I want to.

Still I was fascinated with the vaporizers that were being sold at the tattoo shop my husband works at.

Quitting smoking wasn't my goal, but I bought an e-cig/vaporizer and some nicotine liquid just to check this little gadget out.

I smoked my last cigarette 3 days later, and haven't wanted one since.

I have, however, ordered a new e-cig system online and have no plans to go back to smoking.

I know it sounds overblown, but I feel like these things have saved my life.

In 7 short weeks I can *breathe again!

Not only am I not smoking but I've been able to breathe well enough to start going to the gym with my daughter again.

My nose isn't constantly running.

I can smell things again.

I had quite honestly resigned myself to smoking for the rest of my life.

I had given up even looking for ways to quit.

It was just too hard.

I only wish I had thought to try e-cigs as a way to quit sooner.

11/22/2013 8:00:00 PM - Margie Nelson from Utah

Hello, my name is Margie and I live in Northern Utah. I am now smoke and nicotine free. I first started my attempts at quitting smoking back in 2008. At that point I had been smoking for 30 years. It is also around the time Chantix first came out. First attempt lasted a few days shy of four months. Funny story about that: I then won a trip to the Marlboro Ranch. I have to admit it was four of the best and most fun days of my entire life. However by then I was smoking full bore again. I tried again in the fall of 2009 with Chantix and think I made it for around six months and of course something happened and I was smoking again. There were a couple of other attempts and finally this last time I started the the grueling ordeal of quitting smoking again in the fall of 2012 and it was a little hit and miss! Around October I was again on the Chantix and had been vaping approximately 7-8 months as well as smoking with the thought that I was weening off the cigarettes. Finally, by mid November, I was off the cigarettes and was vaping at 0.6 nicotine! I went to 0/nic in January, still on Chantix. I quit the Chantix in February or March and have been able to stay off the cigarettes and nicotine ever since. I still vape, at 0/nic and truly have no real desire to "ever" smoke again. Of course there are the very rare occasions that for a short moment a cigarette sounds desirable but those are so few and fleeting that I can easily identify them for what they are and then quickly dismiss them! This time I can truthfully say I am a NON-SMOKER! And that I am finally FREE!!!

11/22/2013 9:21:00 PM - Sarah

Hello, my name is Sarah I am a 33 yr old female. For the past two years I have been vaping on e-cigs. I started smoking analogs when I was 16 yrs old.

Although I am not a veteran smoker I know I was completely addicted to smoking analog cigs for the entire time that I smoked. My first e-cig was from a local gas station. I had made the decision to stop smoking and switch to vaping. My thoughts were that I were to smoke analogs while smoking an e-cig I would be constantly comparing the two and finding illegitimate reason to smoke analogs.

After a week of smoking the e cig I found several things that I was lacking from an analog. I experimented with other products which at that time could only be purchased online until I found MODS.

MODS had everything that I wanted in an e-cig thus I began my vaping journey. I have been analog free for two years and continue to vape today.

I have a plan to reduce my mg of nicotine however I feel I have conquered a great battle by stopping analogs in one successful swoop.

If not for e-cigs, MODS and the knowledge provided by the Vaping community online I would not have been successful.

Vape On!

Sarah

11/22/2013 9:38:00 PM - Joshua Whitehead

I started smoking when I was 11 years old. My step brother used to take cigarettes from his dad and we would go out back and smoke them. I continued to smoke even after I moved in with my dad and my step mom. During my 8th grade year my dad found out I was smoking and tried to force me to quit by making me smoke a pack of lucky strikes before school one day. I felt sick to my stomach, but it didn't work. I kept smoking, and did so all through high school. A couple years after high school I tried to quit smoking and tried using the gum, as well as tried quitting cold turkey. The gum did not help but I was able to quit for about 6 months until I started hanging around some friends from high school. When this happened I started smoking again. It wasn't till the beginning of this year that I decided that because of my health problems I needed to quit. Last year I was injured on the job, I spent all of last year trying to find out what was wrong with me. This year in Jan I found out that I needed surgery on my right shoulder, I was told if I didn't quit smoking I had a 90% chance I would have to go back in for surgery because it would not heal right. Well to my dismay, even though I started vapeing I ended up having a second surgery anyway. But after the first surgery, about 2 maybe 3 weeks later, my wife's parents had me try their Vaporizers. It was nothing fancy, just a Ego 650 mah battery with a CE5 tank. But I liked it, had good flavor, made me cough like crazy, but I figured I would give it a try. So after almost 17 years of smoking

here I am, 8 months cigarette free. I used both my vapor and cigarettes for the first 2 days, I was told to use both for a week. That didn't work, after 2 days smoking cigarettes tasted nasty and hurt my chest. I stopped smoking cigarettes after the second day and my chest stopped hurting and things have been great. Since I started vapeing I have gotten my sense

of smell and taste to come back stronger then when I smoked. I started with the basic stuff, Ego style battery with a Evod tank, moved up to a MVP with a pro tank. Now I am using mechanical mods (Nemesis) and RBD tanks (Smoktech RSST) and am going to get into RDA's (drip atomizers). I started out using 18mg nicotine juice, I am now down to 6mg and sometime here in the near future I will drop to 0 nicotine. This has turned into a hobby for me, I enjoy the tinkering and trying different flavors. For me its like having desert all day long. I wouldn't trade this for anything in the world, and I certainly will NOT EVER.. go back to smoking cigarettes. I tell as may people as I can who ask me about my mod, what it is and what it does. I have taken smokers to my local Vape Shops and helped them get started, and those people quit smoking and only vape now as well. I don't think I would have found a way to get of cigarettes if I had not found vapeing. I know in the end vapeing will have saved my life, and the life of my wife who quit smoking and switched to vapeing after I did. I have met many great and wounderfull

people in the vapeing community. People support each other and help keep them

on the right path so they don't go back to smoking. I have seen people buy juice for another cuz they didn't have the money till payday and didn't want to see them relapse. At one point I had a friend, buy a bottle of juice for me because I ran out between paydays, so they helped me out. Not once have I had someone do that while I was smoking. There is no bound between smokers the way I have found there is between vapers. I am proud to be a vaper, im proud of the people who I have met and now call friends. Without them, and the people who want vapeing to

continue to help save lives, I would still be smoking and not feeling as good as I do now. And I know that I am only going to continue to feel better and better the longer I stay away from cigarettes.

11/23/2013 6:13:00 AM - Zack Barkley

To whom this may concern;

My name is Zack Barkley. I live in Stanislaus County, CA. I smoked cigarettes for 10 years (I started regularly smoking when I was 16 yrs. old, but was introduced at a younger age). I smoked around a pack and a half a day, sometimes two on a bad day. This all changed when I decided to switch.

It was a very close friend of mine who recommended that I attempt an alternative to smoking and thus, introduced me to this "E-Cigarette" which he called a "Vape Pen" and assured me when I switched over (August 16, 2013) that I would no longer be "Smoking" but I would be "Vaping". I took his word for it and rushed down to my local vape shop (Switch To Vapor, Modesto CA).

Since August 16, 2013 I have smoked half a pack of cigarettes. They were all within the first week of my purchase. I noticed as time went on that smoking cigarettes was just becoming more difficult for me to do. It literally felt like I was ingesting a poison of sorts (Low and behold, that's exactly what traditional tobacco is)

Before I decided to go hand in hand with vaping, I tried several things to quit smoking. I tried going cold turkey (on several occasions) to only last a day or two before running down to my local liquor store to buy a pack of L&M Blue 100's. I've tried the candy trick, I've tried "Keeping busy" by exhausting myself with activities to keep my hands busy and my mind off cigarettes, but to no avail.

Since I've switched, I've noticed a dramatic change in my health, and overall sense of being. Before I switched I was going through a very hard time. I'll save you all the sob story, but I ended up on Anti-Anxiety medication. This went along with my asthma medication. When I smoked cigarettes I used my inhaler quite frequently (Up to 8 times a day) as well as many anxiety attacks throughout. I've struggled with Asthma for the better part of my existence. Little did I know that something to help was right between my lips. My vape... My new "Hobby" has reduced my overall stress (Due to the extreme lack of fiending for a cigarette) and I use my inhaler far less as well (3-4 times a day on a BAD day).

I must add that since I've switched; I don't have as many oral problems as I had when I was smoking cigarettes. I have quite a few broken teeth and it's caused me much grief. Due to smoking cigarettes; I've had a lot of pain, infections, etc etc.... Since I've switched, I have had no pain, my teeth look cleaner, and my breath doesn't stink. Speaking of which, now I don't have to listen to my damn co-workers talk about how much I "Smell like cigarettes" or how much I stink.

I must also add that as a musician, cigarettes have caused damage to my lungs, vocal chords, and throat. Since I've switched, I've noticed my range has gotten better, I can hold a note longer, and I have better control over my voice. Plus, it's easier to control my breathing throughout.

Vaping has changed me for the better. It's done nothing but good. It's done wonders for me and my mother (Who quit smoking cigarettes after 45 YEARS thanks to VAPING!!!!!)

Vaping needs to live on. It needs to continue for the future of ALL smokers. This is the revolution that will send Big Tobacco into a tailspin. They will fall, as have so many of their victims. RIP Big Tobacco. Ashes to Ashes... Dust to Dust.

11/24/2013 1:04:00 AM - S. Ayala, Mpls, MN

My name is Stephani.

I am a 54 year old former smoker, only giving up cigarettes six months ago.

I am a mother, grandmother and now a widow after being with my husband for over 30 years.

I was with my husband longer than I was single; married at 20, widowed at 48.

I have smoked cigarettes for the last 41 years. I grew up with a family that did not smoke cigarettes.

My mother, father and younger sister did not smoke.

Also, the paternal side of our family was very sports-oriented so smoking was not even discussed.

How I started smoking at 13 was related to peer-pressure.

Unfortunately I didn

11/24/2013 4:20:00 AM - Corey Vener

My journey.

My name is Corey and I'm now a reformed smoker.

I started smoking when I was 12, I would steal peoples cigarets. I have been smoking tobacco for nearly 30 years. I was a heavy smoker by the age of 16 smoking a pack to a pack and a half a day. trying to stop a few times with the aid of nicotine delivery systems, patch, gum, etc. By the time I made the switch to electronic cigarettes.

In the end I was smoking a pack and a half of cigarettes a day - which is around 180-200 cigarettes... every week. Tobacco is very expensive and this was costing me in excess of $80-100 a week.

Patches didn't work, nicotine gum didn't work, and nicotine lozenges didn't work. The one time I Went cold turkey was frightening and I swore never to do it again. I was also not well is a bit of an understatement, I have high blood pressure, and my kidneys were not working properly from the high blood pressure it was just a matter of time before I was on dialysis or worse dead. The anti-smoking ads on TV - as graphic as they are - didn't have their intended impact; which was to convince me unless I quit smoking, I was going to die.

I just felt hopelessly addicted and gave up giving up many years ago. Introduced to ecigs I looked into e-cigarettes a couple of years back but my lack of understanding, the lack of information and reputable merchant

11/25/2013 8:28:00 PM - Miakoda of The JC Klatch

When I was a teenager, I picked up smoking. Somebody let me have one of their cigarettes and I loved how it felt. I came back for my 2nd, 3rd, 4th, and then I bought a pack. I loved everything about smoking. I loved the taste, the inhale and exhale, the joy of opening a new pack, the feel of nicotine, it relaxed me.

However, I am a multiple. If you aren't familiar with that term, it's what a psychologist would call multiple personalities. However, we don't consider ourselves mere personalities, nor do we consider it a disorder (although it can be for some multiples). This is what drove me to quit. My headmates (the other people I share this body with) didn't smoke. I knew that if I died smoking, they would die with me. I couldn't live with the idea I might kill these 8 other people with my habit, all of them innocent people. I gave up cigarettes cold turkey. I stayed quit for 12 years. However, it was still a struggle. I still wanted a cigarette all the time, it was always so tempting to pick it back up. The truth was, I really enjoy smoking. I tried pacifying my desire to smoke with tobacco free herbal cigarettes, but it became apparent that I wasn't only avoiding nicotine and still getting tar. My hand to mouth habits manifested in severe nail-biting (till the point of injury), gnawing on pens and bottle caps, and many other unhealthy ways. I even broke several teeth mindlessly chewing on nearly anything without even realizing it.

All these years wanting a cigarette, the stress of life finally caught up to me and I was at a point where I was at the store, cash in hand, to go get a pack of my old friends - Camel cigarettes. Financial trouble, trouble at work, and the stress of an unrelated health problem, it was all too much and I knew tobacco was relaxing. However, at the last minute, I decided to pick up a disposable e-cigarette instead. I took a drag, and it was close enough. 3 disposables later, I decided to get myself a pen style vape. The vapor production and hand to mouth satisfied my behavioral needs (the gnawing is starting to fade away), and the nicotine gave me the same relaxation and relief I craved. Now, I've been lowering my nicotine levels in my e-juice. My plan is to keep the dose low. I am FINALLY at a point where I don't want a regular cigarette. I thought 12 years would be enough to not still want to smoke, but it wasn't. Vaping finally took that temptation away.

There are debates as to whether or not vaping is completely harm free, but there is no doubt in my mind (or the minds of my headmates) that the minimal POSSIBLE risks are worth not being tempted to return to the cigarettes we ALL KNOW are VERY harmful. If it wasn't for my e-cig, I'd have a Camel in my mouth right now, just like old times. I am very thankful for this battery powered godsend!

11/26/2013 5:22:00 AM - christine jarrett

I smoked for 12 years I am 23 now. I have been vaping for 3months and 24days.hI I sfarted with an ego kit and now use a vamo v3. I started at 12 nic went up to 18nic now I do both but only 18 on bad days. I have not touch no like the smoke of cig at all I put down cig with in 12 hours of started vaping. I tryed other thing but for me nothing worked just like my mother. The longest I could go with out a cig was 4 hours now I can go 8 hours with out a vape. The plus side is not only do I vape but so does my vape we all stoped smoking and now the smell makes us sick. If it were not for my mother get me started I would still be smoking. Not that I have stop smoking and started vaping. I can now breath and I don't stop breathing in my sleep. Everything smells and tastes better. My boyfriend love that I don't smell like an ash tray. And kiss mr and not testes cigs. Vaping is one of the best things that have ever happened to me. But the big thing for me is I don't smoke any more. And that right there is what itz all about.

11/26/2013 5:57:00 AM - Stacie

Another day checking into the information on e-cigs and vaping and another day appalled at the fact that people are looking at them as a bad thing. I have been a smoker for 25 years, yes its an ugly habit and one that I chose, I chose smoking when I was young and through everything I have done over the last 25 years I have smoked. I do not use drugs or drink alot and it was my "thing". I wanted to quit for health and financial reasons and found Vapor an alternative that does not harm me or those around me but offers me what I call my "blankie" (so I dont feel like there is something that I should be doing) I have been Vaping since August and have only bought one pack of cigarettes since then. Yes I choose to have nicotine in my liquids, I have 20 mg of nicotine in my Carmel flavored Vape. I have also seen my two cousins and My sister quit after a long time of smoking. My mother has switched and my Grandmother, Just today, bought her Vape. No I am not marketing these as a smoking cessation device,(that is illegal because no one is getting their cut of it) I am only giving a testimonial about my own personal experience. I am appalled at the fact that they might take this to an unnecessary level, by not allowing us to have flavors because kids might try them, that is ridiculous, I was 11 the first time I tried a cigarette and it was not flavored like candy or fruit and I continued to do it, why I cant say exactly, but I did. I smoked despite all the health warnings, I smoked in my car and in my house and outside in the cold and the heat, I was a smoker. I am greatful that we have been offered a less harmful alternative. Yes I said less, because it does have nicotine in it, by my choice, but it does not have 4,000 different chemicals, of which at least 50 are known to be carcinogens (cause cancer in humans) and many are poisonous. It does not offer any second hand poisons or carcinogens for those of you who see the smoke like Vapor, it is only Vapor and any fake coughing is just that fake. For those of you who are not smokers and do not approve of smoking i am sure there is someone in your life who you wish didn't smoke!? well don't be closed minded because the same thing that makes you shy away from Vaping is the same thing that attract us smokers: that it feels and looks like we are smoking!..... VAPE ON!

11/26/2013 6:42:00 AM - Jay

I smoked cigarettes for 11 years, at least a pack a day. Then about 2 years ago, a long time friend I hadn't seen in years moved back. He had this big metal thing he was smoking on. So I asked what it was and he told me it was a eCig. Of course he explained the whole eCig business to me and I asked to take a drag...

after that day i went to www.smokinvapor.com and bought a similar eCig mod. After that I did not smoke cigs and still don't to this date. No other alternatives such as the patch(which is B.S.) or Chantix(made me go crazy!) have ever worked as flawless as vaping. I have absolutely felt an increase in stamina and my immune system seems to even work better.

I used to get sick every winter season, after I quit I haven't been sick once. I truly owe my great health and quality of life to my eCig mod.

11/26/2013 9:08:00 AM - Adam F. Will milwaukee,wi

I have smoked cigarettes for 22 years and have felt the difference in my health as the years have progressed. 3 months ago i picked up an ecig as a curiosity and was pleasantly surprised to find out i did not want a cigarette after this. Seriously cigarettes smell nasty and taste horible now. I have tried every nrt available including prescribed medications with little to no help in quitting smoking. Ecigs have been around since 2003 and there is a ton of testing and regulation going in to this newly created market that is available for everyone to view. I have found no negative impact on my health and really want people to know that they can feel better, breath better, taste and smell things they have never smelled(good and bad!). I know there is legislation coming up to ban ecigs in public places and classify them in the same category as dangerous tobacco products. I feel there is a need to keep nicotine and the devices used to inhale nicotine out of the hands of children but cannot agree that ecigs are a public health concern. Ecigs have saved my life and have the ability to help millions of people and save millions of dollars in health care.

11/26/2013 5:19:00 PM - K. Hale (12_StringMuzishn)

How long did you smoke? I started smoking just before I went into the Army, at the age of seventeen and I have just recently turned sixty-five. I have tried quitting twice before, each time for two years, and right at the two year mark the urge got so strong I gave in and started smoking again.

How long ago did you start using a smoke-free alternative? June 29th, 2013, I bought a refillable Vapor system by KangerTech and haven't even considered going back to cigarettes.

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed? The refillable eCig with a rechargeable battery is what I use.

Do you still smoke at all (and if so, how much have you cut down)? No, I put down the regular cigarettes the day I started vaping and haven

11/26/2013 7:33:00 PM - Steven Rodriguez

Hello, my name is Steven Rodriguez.

I'm a 32 years old ex smoker from New York City.

I smoked for 17 years before finally being able to stop smoking cigarettes.

I was a smoker that thought nothing could help me quit.

I made attempts at quitting on numerous occasions with no success.

I tried Nicorette gum and Wellbutrin in the past with no luck.

I also tried quitting cold turkey and had no luck.

Since i was 21 yrs old I've had several spontaneous

pneumothorax occurrences that I've had to be hospitalized for.

Even with this happening every few years, i continued smoking.

In January of 2013 i suffered my most severe case and had to have an emergency surgery to save my life.

At this time, after the experience of almost losing my life i made a decision to try to quit smoking one last and final time.

After my one week stay in the hospital, i was released.

I was grateful that i had made it through this life changing scare.

The 1st 2 days after being released were easy to get through without thinking about smoking due to the pain i was still in.

By day 3, the urge to smoke came on and was almost unbearable.

I didn't know what to do but i knew that if i continued to smoke that i would surely end up back in the hospital or worse.

My family was very supportive and suggested i get an ecig.

I went to my local convenience store and bought my first disposable ecig and have been smoke free ever since.

This was only the beginning of my journey away from smoking.

Since i stopped smoking conventional cigarettes, i've educated myself on all aspects of electronic cigarettes.

I've also met countless others who share in my success through the supportive community of ecig users.

I was a smoker who thought nothing in this world would work for me other than to be committed into a rehabilitation center similar to that of a drug addict in order to kick my addiction.

I credit ecig use and the supportive community of users to my success.

If this product were no longer available, i believe lives will be lost and others will not have the opportunity to save their own lives such as i did.

Thank you,

Steven Rodriguez(Nev NYC)

11/27/2013 4:05:00 AM - scott reynolds

Hello my name is scott I smoked cigarettes for about 15 years before I was introduced to the e cig. I now have been using my e cig for about a year not only have I completely quit smoking cigarettes but I have reduced my nicotine level from 18 mlg to 6 mlg. I could probably even go to 0 mlg I just haven't quite made that jump yet. But I know it will happen soon. The friend that got me into vaping in the first place has already quit completely so I know it can happen. When I first started vaping I noticed a few dramatic changes pretty quickly. I was able to take in full breaths of air with no restricted feelings I was having while smoking cigarettes. And I was no longer hacking things up every morning. I didn't smell bad,and my fingers weren't stained. Overall I think the e cig is wonderful device it definitely can be a life saver.

11/27/2013 4:12:00 AM - EGreen in Westmoreland, TN

Up until Nov. 2nd, 2013 I was smoking a pack to a pack and a half of cigarettes a day. I was buying two cartons every two weeks which ended up costing about $160 a month. There were several times that I attempted to quit. I had tried the patches, but was allergic to the adhesive, and it burned and itched very badly, so I walked away from that. I tried the gum, but the taste of it turned me off. I tried Chantix but it caused suicidal thoughts and I ended up in the hospital because of those.

I had attempted to quit cold turkey a couple of times, but what I called the nicotine fits always got the best of me. I cried, I yelled at my kids, I was a complete bear to be around when attempting to go without to the point that I ended up after a couple of days going back to get another pack. I lost all hope on trying to quit after trying everything else.

There was a time I was in the hospital after they had made the whole area non-smoking. I couldn't sleep, even with all of the pain medicine I was on I couldn't doze off. I wasn't comfortable, so I sent my husband out to buy one of those e-cigarettes from the gas station. It didn't help either, but it took care of the psychological hand to mouth to get me through until I was released. I immediately lit a cigarette as soon as we got to the car.

On Oct. 26 my husband and I were in Bowling Green, KY at Flealand which is an indoor flea market. There was a vendor there that was selling the juices and the e-cigarette set ups, but these were different. I explained how much I smoked, and how much I enjoyed smoking but knew that I needed to quit. I also explained that I had tried the other e-cigs and wanted to know what made them different. He gave me a juice and a set up to try, and I immediately felt like I could quit with that type of device, so we purchased one with a couple of juices.

The first week of vaping I still craved my cigarettes. I think looking back on it now it was because I smoked menthol cigarettes and I had purchased a spearmint flavor juice and I don't think the nicotine level was right for me.

On Nov. 2 we went back to Flealand and I spoke with another vendor there who allowed me to try their juices. I explained what I had been through the first week and that I really wanted to get away from flavors that reminded me of my cigarettes. I left with a higher nicotine leveled juice and a butterscotch flavor. I have not touched another cigarette since then.

Now, I can smell someone smoking a cigarette and it grosses me out. It doesn't affect me at all except for not wanting to be around it. I now understand why my family urged me to quit as often as they did. I breathe better already. Things seem to taste better than I remember them tasting when we eat something I haven't eaten in a while. I don't

wake up coughing my head off any more. I'm not wheezing like I used to. I can walk further without getting winded. There have been so many positive changes in the just over three weeks that I've been away from the cigarettes.

I now recommend to any of my friends who smoke to try the e-cigarette. I don't recommend the ones that can be purchased at a gas station because they are not going to give a smoker the same affect that they will get off of a different type of set up. They need to go to a store and actually talk to someone who knows what they are selling.

I'm just thankful I had a friend who stopped smoking in 2011 the same way I have quit now, and helped me find this out for myself! I now want to be that type of friend for any of the other people in our lives that have tried all of the other alternatives but this one.

11/29/2013 3:58:00 AM - M. Champlain from Bradenton, Florida

I am a former cigarette smoker of over 20 years. Having tried various FDA approved nicotine replacement products, including gum, patches, and Chantix, and having them fail to help me quit smoking cigarettes, at the recommendation of my doctor, I purchased an electronic cigarette.

I am happy to report that by using an electronic cigarette, I was able to immediately quit smoking tobabacco cigarettes, and I have been smoke free for just over 2 months now. I am able to breathe better, exercise for longer periods of time, I no longer have coughing fits, and have more energy in general than prior to quitting cigarettes.

Reports that the FDA intends to regulate and restrict sales of electronic cigarettes concern me greatly, as I am afraid they will significantly increase the cost or reduce access to what I consider the medication I require to treat my disease of nicotine addiction. While I certainly disagree with the sales of products containing nicotine to minors, any overly burdensome regulations by the FDA or other governmental agencies concerning electronic cigarettes should be avoided, such that others have access to these life saving devices.

11/29/2013 10:38:00 PM - Bryan Melbourne Australia

How long did you smoke? 30Years

12/1/2013 6:48:00 PM - Sd

Hello I'm a 25yr old male living in California my parents have been smoking traditional cigarettes for a vary long time and as a kid I refuse to think I'd ever become a smoker as I got older I got into smoking hooka because of the so called less harmful smoke as time went on and my friends drifted away from that I still had the urgent to smoke so I went to the dark side smoking a couple of cigarettes here and there until reaching a pack a day and staying that strong for about 5.5-6 yrs it was so bad I knew that about an hour and a half to two hours of time had past since the last smoke and it was like clock work I couldn't eat sleep or make it through the day without my pack about a year ago I switched to the e cig and it went great I could breathe sleep and taste things again I was able to make it through type whole day with out a worry about having time to get a smoke in that's when I truly realized the additives in cigarettes is what was hindering my life no I vape on a mod on 6mg of nicotine and 0mg as well I still get the enjoyment of my lungs being filled with the vapor but I have been surfing and working out all over again without vomiting I will never go back to traditional tobacco even if this stupid bad/regulation on e juice passes I have broke away from that life style and intend to stay that way I enjoy smoking and the flavors are a bonus but even if it was just juice of what's offered in the blu or others like that I would be fine but I love my mod and am thankful for an alternative to be offered to me like this

12/1/2013 7:48:00 PM - Michael Hamilton. Sayre, Pa. USA.

I had been a smoker from 1975 to 2011. In april2011, I started using a E-go style device that worked so well that I, (A 2 pack a day smoker) stopped using cigarettes all together from that time forward. I did how ever get curious after 2 months to see if I was missing anything and lit one up (cigarette). I put the thing right out. Trust me when I say that

12/2/2013 12:52:00 AM - N King

I smoked tobacco cigs for over 35 years because I enjoyed doing so. Almost everyone in my family had quit and I was one of the few left. Due to my husband poor health, I only smoked outside and in my car. In mid-May 2013, my hubby saw e-cigs on sale during a trip to our local riverboat and asked me to try them. I did and was satisfied and felt I no longer needed tobacco. We went on vacation in late June to Panama City Beach, FL and saw a couple using vapor e-cigs. They referred us to Smokin Vapor to learn more. The staff there are so knowledgeable - I tested several types and various oils and nicotine levels. It was the best thing I've done for myself. Within a week, I was no longer clearing my throat every few minutes....no longer coughing all the time and had more energy. I sincerely hope this product is remains available and no restrictions are put in place by the government to hinder it's use.

12/2/2013 1:47:00 AM - Ronny Graham

My health has improved hugely in the 18 months since I gave up a 30-year-old tobacco habit because of E-Cigarettes. I did not intend to give up smoking completely. I am fortunate not to have had any health problems and although I smoked, I had a healthy diet and exercised regularly. I found that in vaping my palate changed and the taste of tobacco products became increasingly unpleasant. Until there was no choice but to give up tobacco.

12/2/2013 7:39:00 AM - Redskins Fan

I am hoping you can help with this matter. Below is the text of an e-mail I sent the to the Redskins via their website however I doubt it will be read or that I will receive a response and I hope someone may be able to work with them to better understand use of vaping technology

_____ I was very unhappy during the Redskins/Giants game 12/2/13 to be harassed by stadium staff for using a Mist Fix Vaporizer Kettle in the concourse.

A Mist Fix Vaporizer Kettle is a smoking cessation devise that generates steam vapor not smoke. It looks nothing like a cigarette or cigar and contains no tobacco products and in my case, not even nicotine. It actually looks like a like a large pen and the Orange jacketed Redskin official admitted as much and said because he did not know what it really was I could not use it.

I will add there was no complaint from any fan and I was standing next to the gate outside section 126/226 in front of a police officer using it at the time I was harassed.

I was told by the Orange jacketed representative who provided me the names Chavonne Chase and Jorobaum Powell? that I would have to stand in the smoking area to use my devise and that is simply not acceptable. I have quit smoking tobacco long ago and do not wish to be exposed to smoke or be in the presence of smokers since that is detrimental to my health.

As a lifelong fan and decades long season ticket holder paying almost $3000 a year for the opportunity to attend the games, I wish to express my extreme displeasure with the treatment I received.

The devise I use is not a tobacco product and it is legal to use anywhere, even where smoking and use of tobacco products is restricted.

I have reviewed the Fan Code of Conduct and other information on the Redskins website and nowhere can I find anything that suggests use of my devise is not allowed and I wish to use it during the upcoming games later this month and for years to come.

I understand the Redskins have the right to set standards for how fans use the stadium but I also believe the Redskins have an obligation to provide information that is easily accessible to fans and patrons describing what standards of behavior are acceptable or unacceptable. I do not believe it is appropriate or acceptable for staff to make arbitrary judgements regarding use of devises they don't understand and pose no disruption, risk or violation of the published fan code of conduct.

I believe this is a health related matter and the suggestion that I must use my devise in the smoking area places me at risk for health and smoking related complications. The

request to stand in the smoking area also greatly diminishes my ability to enjoy the game.

Please advise me why use of my devise is not allowed and where I can find that information is provided to fans and the public.

12/2/2013 12:08:00 PM - Paul Hughes

I had been a 2 pack a day Marlboro smoker for 40 years. A diagnosis of diabetes as well as a throat polyp (benign fortunately) made me realize I had to quit! I had tried Wellbutrin, Chantix, Nicoderm patches over the years all without success. Three months ago I bought an electronic cigarette in the hopes that this might work. Wow! It was a complete success story! I have not had a cigarette since then. I threw my pack of cigarettes in the trash at the store where I bought my e-cig and have never looked back. I had some circulatory issues in my feet and legs from the diabetes however in the three months that I have now been a non-smoker they are starting to improve. My doctor is ecstatic with the switch and has NO issues with the electronic cigarette. My life has changed dramatically for the better because of electronic cigarettes and I am very grateful for it. I support CASAA since they protect my rights to use these products and I live in fear that the FDA will infringe upon my rights as a legal adult to use these products. If they are taken away I am very worried that I would return to being a smoker.

12/2/2013 2:19:00 PM - Blaine LeBlanc

I was a 1 to 3 pack a day smoker of full flavored cigerettes for about 40 years or so. Now I am not! I am vaping and have beem for about a year.

Tryed other ways invain. It is vaping or die.

Rev. LeBlanc

12/3/2013 7:56:00 AM - JoeMar

Started smoking at 15 years old. I am now 50. Over the years I've tried to quit. The nicotine patch, the nicotine gum, cold turkey, hypnosis....you name it. Never had anything work. I have been smoking about 2 packs a day for the last twenty years. A popular brand of "Light" cigarettes. When the electronic cigarettes started becoming popular, I started using them to substitute some of my regular cigarettes. It seemed to be working. I then found the advanced E cigarettes where you use "Juice" and fill your own tanks. Having choices of flavors and strength of nicotine was very appealing. I bought a starter kit for $40.00 and I was on my way. I started on a high (24mg) nicotine level and after 2 weeks dropped down to 18mg nicotine level. Well, right away I went down from 2 packs a day to about half a pack a day. A month into "Vaping" as it's called, and I am not smoking cigarettes at all. Finally!!! After 35 years of smoking, I have found something that works!! I am going to lower my nicotine to 12mg next week. What a difference! No more hacking cough, foods taste better, sense of smell is better and I don't reek of cigarette smoke anymore!

12/3/2013 3:42:00 PM - DJLEC

Was a pack a day smoker for 40 Years. I started Vaping on November 18, 2013 and I have not had a Regular Cigarette since then. Vaping has helped me Quit Smoking with No Urges for a Regular Cigarette. My energy has improved, I am breathing better, I do not have a nasty cough in the morning, and I am smelling better. I feel much better in the last two weeks since I started vaping.

12/4/2013 5:45:00 AM - Jackson Wallace from Columbia, MO

I smoked cigarettes for 20 years. Over the years, I'd tried the patch, gum, and cold-turkey to quit smoking. Nothing worked until I bought my first ego style e-cigarette and 24mg/ml e-liquid. I haven't smoked for 4 months, and I have no intention of smoking again. Vaping has replaced cigarettes, for me.

I quit smoking completely 4 days after buying my first ego style e-cigarette. A few weeks later, I bought my first advanced personal vaporizer (variable voltage/variable wattage) and a rebuildable dripping atomizer which has allowed me to reduce my nicotine concentration to 12mg/ml. The open and innovative nature of the e-cigarette market has allowed me to quit smoking and is allowing me to reduce my nicotine consumption over time.

This wouldn't have been possible if e-liquid wasn't available in a variety of flavors and nicotine concentrations and there weren't a wide variety of devices available for the consumption of e-liquid. My breathing has improved. My chronic bronchitis has resolved. My sense of smell and taste have returned. I have more energy and feel healthier, in general. I would recommend vaping to any smoker as an effective method to quit smoking.

Vaping could completely replace cigarette smoking, which lead to an enormous reduction in smoking-related illness. Certainly, it is healthier to not consume nicotine, but the same could be said for caffeine. A policy which allows the e-cigarette market to remain open and innovative is in the best interest of all.

12/4/2013 6:39:00 AM - Patty Piazza

I have smoked cigarettes practically my entire life.

44 years.

I regularly smoked at least a pack a day, or $60/week.

I enjoyed smoking and had no intention of quitting at this point in my life, as I had tried various expensive methods of quitting and nothing worked.

One day my neighbor asked me to try his e-cigarette or "vape".

I said no, not interested.

I'd tried the best version of electronic cigarettes available a number of years before and didn't like it.

At his insistence, however, I tried it.

Immediately I decided to get one-it satisfied all the reasons that I smoked!

Now at this point, the vape was just another thing to smoke!

I still had no intention of quitting cigarettes.

As time went on, I found myself choosing the vape over cigarettes more and more.

In fact, sometimes when i'd smoke a cigarette I'd find myself vaping in between drags!

So, because of the expense of cigarettes more than anything, I decided to put my analog cigarettes in the freezer and only go for one if I really wanted to, rather than out of habit.

The next thing I knew, without any more effort than that, I had quit smoking cigarettes.

A feat I would never have imagined.

It was painless and downright enjoyable.

This whole process took approximately 3 months.

Then my sister-a three pack a day smoker-came for a visit.

After a 12 hour span of not being able to smoke on a cross-country flight involving airports with no smoking facilities, she REJECTED my offer to use the vape while still inside waiting for her luggage.

She wanted a REAL cigarette.

By the next day, she had watched my neighbor and I enjoying our e-cigarettes long enough that she asked to try it.

15 minutes later we were in a store selling e-cigarettes!

She is now a non-smoker too.

Not to be left out, my daughter then followed suit.

There is no doubt whatsoever that e-cigarettes rescued my entire family from years of smoking.

Nothing else worked.

Nothing else was as affordable.

And certainly nothing else was as easy.

My story is not unique.

I know of many people with a similar story.

It would be nothing less than a crime to legislate the ease of using e-cigarettes away from people.

If we are truly interested in good health and not some hidden agenda involving money from the tobacco and pharmaceutical companies, this is a no-brainer.

12/4/2013 6:46:00 AM - Patrick Dolan

I had smoked for 40 years, about 30 a day, I started using e-cigarettes 3 months ago and I know for the first time I will never return to smoking cigarettes again. My smokers cough has gone completely and my sinus problems which I thought were a lifelong ailment have disappeared as well. Both my father and Uncle died from smoking related diseases and for the first time in my life I can hope not to suffer the same fate.

Patrick Dolan

12/4/2013 6:58:00 AM - StuMac

I hope this helps at least one person, this is the absolute truth.

The store bought junk didn't work, the refills were as expensive as a real pack of cigs, I have had the patch, cold turkey, gum, chantix, all of which made me still want a cigarette and I did buy more cigarettes, then I remembered recently the pleasant flavor of some of the first go around rechargeable mini cig style ones I also had ordered a year ago online, but they were awkward and unreliable, I tried to get them charged back up and no luck, so I looked online and saw these new bigger better batteries and small tanks, I purchased them cheaply, found a local store with some delicious desert flavored juices, 24mg strength was suggested as I was a chain smoker at night, about 35 a day total, for 20 years, now I have had a pack of regular cigs around as a crutch, just in case my battery dies or I run out of liquid (which is rare) when I actually have a real cig as the others said, it is remarkable how absolutely disgusting it tastes and smells, it blows me away that within a week or two I cant really stand a real cig, and I thought i loved them before, except for the wheezing, spitting brown gunk from lungs in the shower every morning (every smoker knows what I mean) my clothes smell fresh, my teeth are whiter, I feel way better, I have moved down to 18mg strength and enjoyed some 12mg strength at a store the other day, almost all the staff of multiple stores are down to 6mg strength nicotine and lower, and surprisingly zero nic in many cases, this truly is the ONLY thing that has ever made me NOT want to smoke a cigarette at all, ever, and when I occasionally do smoke a cig I have to put it out and go and refill my tank which isn't huge but isn't ridiculously small and filled with polyfill like those store Big Tobacco brand junk, I was a HardCore smoker, and I promise you that this method really works, there is some degree of maintenance and switching of flavors to find the right thing for you, most like fruity flavors, I like cappuccino coffee, custard, eggnog, etc, found a key lime pie delicious, no way can a cig ever compare, and I am not smoking anything, just vaporizing a liquid with four ingredients vg/pg/nicotine and h20 oh and food flavor, not 5000+ carcinogenic and extra purposely added addictive chemicals that the tobacco companies have added to traditional cigarettes, 4 ingredients compared to thousands ? its black and white, very obvious which is safer and definitely better, real ex smokers are raving about how we can breathe again, smell, taste, etc, they have nothing to gain, no hidden agenda, they speak the truth and are so happy, because we all knew how impossible it was to stop smoking and all had tried and failed, what depressed me the most was speaking with a woman I worked with who informed me she had quit smoking over 10 years ago, and I congratulated her, she said "you know what ?, everyday I'm driving home in my car I see someone smoking a cig and ask myself, why can't I have one?" she admitted to me that even ten years off them, she still missed them, I realized then that I would probably never stop if that were to be the case and would definitely die young. My dad was a heavy smoker many years, he quit for a few years at about 50yrs old amazingly, but he too gave in again, and when he passed away a few years ago

at 63 just as he was about to retire, it was from a smoking related issue the doctors informed us, the big tobacco companies shouldn't worry too much as there are many many people who just love their cigs and will not even consider an electronic version, a few weeks ago my brother was here and saw my fountain pen sized stainless device, he looked scornfully at it and exclaimed with disdain that it looked very unusual, and he detested the chemicals in a liquid and he had tried the gas station ones and they sucked and not delivered as promised and quit working half way through the day, I told him this has evolved with new engineering and smart people designing better more reliable batteries and reservoirs and tasty flavors, he shook his head and lit a nasty analog cigarette, so as you can tell, many closed minded people will stick with the cancerous burning leaves and paper, glue, toxins arsenic. tar etc because they cant accept change or think it looks strange, luckily many more hopefully will discover the safer alternative, and the most important thing is that these can and will stop you from smoking a cigarette, maybe not the first day, or first flavor, or a wick that is dry or a leaking tank may put many lazy people off, it takes a bit of good advice and experimenting to find what works, but there are many of us willing to tell someone a good affordable setup, and help them on their way to living maybe 30 years longer. Sorry for the diatribe, I had to get it out, maybe save a life , good luck everyone, lets pray they don't take away our safer alternative and trustworthy path to quitting cigs.

Footnote regarding the "Legislation" in the EU and USA

The big tobacco brand ecigs are useless, expensive, hundreds of thousands of ex smokers are healthier and happier with their batteries and little ejuice tanks, don't force us back to nasty carcinogenic burning cigs with thousands of toxic purposely added addictive lethal chemicals, you as world leaders are supposed to have our best interests at heart, it's why we voted you in, don't be hypocrites and bend to the Tobacco and pharmaceutical companies money, have some guts and do the right thing, let the addicted ex smokers use the safer product, they feel better, regaining control of ones life, its amazing and liberating. I bought many pathetic useless Tobacco company owned ones before I discovered real devices that work reliably and don't fail, which caused me and many to return to the cowboy killers, until we discovered real refillable tanks, and working batteries and delicious artisan juices. I'm sure the tobacco companies you bow down to will still sell plenty of their cancer sticks, leave those of us who are sick of them alone and use a safer product to quit the nasty habit you yourselves banned virtually every where, claiming we are lepers yet you want us to keep killing ourselves and costing the medical industry billions which we pay insurance and pharmaceutical companies, your logic is not logic it's greed and blatant corruption and hypocritical. #EUecigban #ecigs #EU

Good luck people

12/4/2013 10:55:00 AM - n3mesis

Was a pack a day smoker for about 15 years. I started vaping in June 2013 and I have not had a cigarette since then. Vaping has, no doubt, helped me quit smoking. Since I started vaping, I noticed that my energy has improved, I am breathing much better, and I do not have a nasty cough in the morning. Also, I have not been sick since I started vaping (knock on wood). All thanks to vaping, I feel that I'm much healthier.

12/4/2013 2:22:00 PM - pwmeek/Michigan

I smoked for more than 45 years. At maximum I was smoking four packs per day of unfiltered Pall Malls. By the time I was 50 I began trying to quit. I tried will power at first, and rarely quit for more than a few hours or a few days.

I used Skoal (US style snuff or chewing tobacco) when I was in locations where I could not smoke. I woke during the night every few hours for a smoke. I set several mattresses and pillows on fire by smoking in bed.

I tried quitting using the patch; I tried using the patch plus Welbutrin; I tried aversion therapy (snapping a powerful rubber band against my wrist whenever I had the urge to smoke); I tried multiple patches. None of them worked. As soon as the system was over, I was back to smoking within a day.

I did quit smoking for two years by using Skoal exclusively, swallowing the juice for extra nicotine. When I ran out of Skoal, I would borrow a cigarette from somebody and eat the tobacco. Somewhere in there I switched to Swedish snus (tobacco in tiny packets, said to reduce the risk of mouth and throat cancer).

Then I required surgery and had to quit using snus in preparation for anesthesia (snus has a small amount of sugar which keeps stomach acids active

12/4/2013 5:10:00 PM - Ramona Cone from Mackinaw, IL

I have been smoking since I was a freshman in high school.

Since the age of 13, I smoked over a pack a day for 31 years.

I am surprised that I currently do not have any diagnosed medical condition due to this long term use.

I have tried many times to stop smoking.

I've used the nicotine patch several times.

They really never satisfied my physical habit and I always returned to smoking.

I would still use them occasionally for long airplane flights to keep myself sane until I could get to a smoking area after the flight.

Using Chantix, I was able to quit using cigarettes twice, but the craving and desire never went away and I returned to smoking cigarettes again in a very short time.

Finding e-cigs has been my saving grace.

A friend of mine, who was a heavy smoker, started using an e-cig (Vamo with ProTankII).

My first thought was, "It won't last long.

None of these gimmicks ever work".

I had tried a cig-a-like that my son bought me and couldn't stand it.

The throat hit was too harsh.

Trying to hold it like a cigarette felt odd since it was so heavy compared to tobacco cigarettes.

I was proved wrong.

My friend went over 30 days and nothing but positive words to say how his e-cig was helping him quit smoking.

I told my friend I was interested in getting myself my own e-cig to try.

Between him and his local vape shop friend, I ordered 2 650mah ego VV batteries and a Mini-Protank II along with some starter juices at 18mg/ml.

My vape gear arrived on October 26, 2013 and I haven't smoked a tobacco cigarette since.

I got frustrated with the short battery life of the 650mah batteries and upgraded to a Sigelei Legend Mod that holds 18650 2200mah battery.

I also purchased a full size Protank II.

I am comfortable with this gear and it works for me.

Having so many options is the best part of these devices, since we are all individuals.

I'm confident I'll never smoke tobacco cigarettes again.

I rarely think about smoking a cigarette while vaping.

If I do get a craving, on those rare occasions I grab my mod and start vaping and I'm good.

I vape all the time: at home, in my car, at work, and in bars.

I have just reduced my nicotine level to 16mg/ml and I am having no problems.

It's my goal to wean myself down to 3 or 6 mg/ml and vape away.

I've noticed my sense of smell and taste have returned and in general I am feeling better every day.

I'm so glad I found e-cigs they have saved my life!

12/5/2013 1:26:00 AM - Paula Nixon Gabbard

I started smoking at 18 years old. My mother smokes 3 packs a day, my father smokes 3 packs a day. Guess how many packs a day I smoked, yep you got it 3! I am now 45 yrs old and I finally quit smoking after 27 YEARS! My mother had lung cancer and she is still addicted to tobacco cigarettes. I quit smoking cigarettes Feb 3, 2013. 10 months is a huge accomplishment for me! I could not have done it without electronic cigarettes. My husband and kids are happy that I am now a vaper. They are all very proud of me. I praise God that I am not putting all those toxins in my body anymore. Now three more of my family members are vaping as well too :)) It is of my humble opinion that e cigarettes will save many many lives as long as the government does not put restrictions on this. I know how I felt when I smoked cigarettes, and I know how I feel now that I vape and it is huge difference physically and mentally. Vape on my friends!

12/5/2013 6:21:00 PM - Marla Wilson

I smoked cigarettes for 43 years (current age 58), with a 2-3 pack a day habit for most of that time.

I never wanted to quit.

I LIKED smoking.

In November of 2012, my grand-daughter was born.

My son and daughter-in-law said they really didn't want her to visit my house, with any second-hand-smoke in or around it (even though I did all the air purifier etc routines).

I realized it might be time to make a serious change.

I first tried e-cigarettes in about August 2013.

I found that as long as I had regular cigarettes around, I always chose to smoke them up first.

I made a decision to quit, stopped buying smokes, and devoted myself to dealing with my nicotine and hand-to-mouth habit by going to e-cigarettes, using steadily decreasing nicotine strength in the e-liqu I'm almost a month gone from regular cigarettes, with no intention of ever going back.

E-cigarettes have made it easy for me to be happily quit -- me, who never thought I would, and me, who had one of the heaviest smoking habits of anyone I've ever met.

I DO NOT think I would have been able to quit cigarettes without vaping.

Now I think about the flavors I like, go to the vaping on occasion during the day, whenever I get what I'm sure would otherwise be a "smoking" urge -- and manage it all just fine.

I'm much more relaxed, my lungs feel clear and bright ... already.

I am passionate about this technology as a life-saver to get folks like me AWAY from the cigarettes!

12/6/2013 5:43:00 AM - Scott Jakubek

I have been smoking for the past 12 years. I originally started on Marlboro Reds and got my cigarettes from older kids in my neighborhood and school. I tried a countless times to quit smoking whether it by patches, gum, lozenges, and Chantix. It wasn't until about 3 years ago I tried my first electronic cigarette, it was a Njoy starter kit and without success i remained a smoker even though I enjoyed using the "E-Cig" so I tried Blu Electronic Cigarettes that I purchased soon after buying the Njoy. When received I also liked them very much especially the different flavors but still without success I wasn't able to stop the craving for a real cigarette. It wasn't until a couple of months ago I realized how big E Cigs had gotten and tried them one last time. Before retrying the newer models of e cigs I was smoking a pack and a half a day. That being said I started out buying a ego battery and clearomizer and 12mg Nicotine level, then upgraded to a pro tank and went down to 12mg Nicotine. I enjoyed it very much especially due to the fact that I have a vape store close to my house that has a huge selection of juices and batteries, tanks, and mods. Now I am down to 1 cigarette a day and 6mg juice with a Nimbus Rebuildable Atomizer and Chi-You Mod. I have a million times the energy that I used to as well as have lost 15 pounds. I would also like to add that I am a very tech savvy person and now that they have rebuildable atomizers out on the market I enjoy doing so very much like a hobby of sorts. I owe my life and finances literally to E Cigs and i wouldn't want it any other way.

Scott Jakubek

12/6/2013 7:23:00 AM - Chavis Ellerman from Salt Lake City, UT

I was a tobacco

cigarette smoker for about 12 years. For most of that duration I smoked about a pack a day. I always wanted to quit once I realized that I was hooked because it became evident how horrible for my health tobacco smoking was. It was weighing in on me and I made several attempts to quit throughout the 7 or 8 years of my smoking term. I tried using snus, nicotine gum and nicotine lozenges with no more than a few days of non-smoking success before I would relapse. It seemed to be a vicious cycle that I began to truly fear I would never escape. I finally decided to give e-cigarettes a try because they seemed to be growing in popularity and sounded like a good and safer alternative. I first started with the disposable e-cigarettes that you can get in the gas station. I can't recall any particular brand names. While I had a lot more success with these than I ever previously had with other smoking cessation methods, the disposables ultimately did not work for me. I would relapse back to tobacco cigarettes again within no more than a couple of weeks. I started noticing fancier looking e-cigarettes out and about more and more and became intrigued again. I was curious about what improvements may be offered by that type of a device over the disposables. I ended up digging into this more and more on the internet and decided to give the fancier e-cigarettes a chance. I liked how I could buy my own nicotine liquids separately at the dosage that I thought would realistically and effectively work to keep me away from tobacco. Roughly about 6 months ago from the date that I write this testimonial, I decided to purchase an e-Go style e-cigarette, 3 tanks to hold and deliver the nicotine liquids, and 3 different flavors that I thought I would enjoy vaporizing all day long. I was absolutely shocked at how much I actually enjoyed the vaporizing experience over smoking cigarettes. It felt too good to be true. Here I am 6 months later, 100% tobacco free and VERY proud of it! I can honestly say that e-cigarettes just very well may have saved my life. Or at least several years of it! I since have become somewhat of an enthusiest of e-cigarettes. I have purchased a few advanced mods, some nicer tanks and some rebuildable atomizers. I mention this because I think the hobbyist aspect (that often gets a bad wrap) can ALSO be an important part of what makes an e-cigarette such an effective tool for tobacco smoking cessation. For me personally, having something else that I could feel excited about, that I enjoyed, and that I could sort of turn into a new hobby; gave me a very valuable sense of a new found full on replacement to my old bad habit. It gave me a new and refreshing focal point. As silly as that may sound to some, having a strong and intriguing focal point when you are making an effort to rid yourself of a major addiction can be extremely helpful. It seemed to assist in keeping my mind further away from entertaining the idea of ever going back to tobacco, as well as making tobacco just seem down-right boring and uninteresting in comparison. I think it's very important that e-cigarettes stay safe from extreme and over-reactive regulation. The bottom line is that not only work extremely well for most people that decide to make

the switch, but they are also very likely far, far less harmful than tobacco cigarettes. Why wouldn't an extremely effective, healthier, less disturbing alternative be a good thing when comparing it to something down-right and bluntly horrible as tobacco cigarettes. It would make absolutely no sense to me. I know through experience what has and what has not worked for me. I know the same to be true for the large majority of my friends that were also smokers and have recently made the switch. More and more of us are catching on and jumping into the healthier, more evolved path now. It's important that e-cigarettes remain protected and free from the exploitation of over-bearing, unjustified regulation. I will GLADLY do my part and stand firm ground in regards to this. I have a great respect and appreciation for anything that improves/prolongs my life. I would never even consider going back to the dark side. I have e-cigarettes to thank for that powerful, liberating feeling.

12/6/2013 10:15:00 AM - dfwefe

My story spans back over a few years; originally i was a casual social smoker so would maybe smoke once or twice per night out but nothing too heavy. Then came a point in my life where i became stressed and under pressure with work/personal life etc.

Then it happened.. I noticed I started smoking more often in general life and before i knew it things got out of hand. This went on for a period of around 2 years, then a friend suggested that i try a electronic tablites cigarette from our local shop, I

12/6/2013 4:52:00 PM - Ray Yeates

I'm a pack a day minimum, for 40 years and more, smoking addict. I'm a hippocrit for telling my children they can't smoke because they're allergic to them while I puffed it in their face over the years.

Ok ....it's time to make the connection after using a ecig for just over 60 days now and I have not had to have a smelly , dirty addicting cigarette and never intend to have one for the rest of my life. 60 days ago I got my first electronic cigarette after opening my narrow mindedness and finally made a free choice to seek help and quit or die.

I have advanced emphyzema and a spot on my lungs (as yet undiagnoised) I believe in miracles and they come in many forms. The ecig is very simple...a battery connected to a tiny coil of wire, that heat up quickly (like a toaster element) and this tiny coil is attached to a small chamber containing well know and approved liquids and flavors. The principal is the same as plugin deodorizers except for the liquids.....This is what I found and they are legal with no control whatsoever. Fellow vapors arm yourself with the real truth , the facts and protest like hell. I'm not happy about all the deceit pumped out about ecigs by health advocates who allow know chemicals atomized and vaporized into your child's room your kitchen and even your doctors office...all over the place. here's just a touch of the real facts and underlying reason for approving one but not the other.

You Be The Judge

Basic ingredients in air fresheners typically include fragrances, aerosol propellants, and solvents such as mineral oil or 2-butoxyethanol and other glycol ethers. As fragrances, air freshener preparations often include terpenes such as limonene. A report issued in 2005 by the Bureau Europ

12/6/2013 9:07:00 PM - Jennifer Tatum RN, BSN

I am a registered nurse with a Bachelors in Science degree who was a pack and a half a day smoker for 30 years. My nasty habit was negatively affecting my health and was a very large contradiction in my professional practice. I was short of breath, apt toward respiratory infections and had a chronic "smoker's" cough. My sleep was affected as I would awake wheezing. I was conflicted professionally as I was treating people who suffered with chronic diseases caused by smoking and I was headed in the same direction. My own mother, who smoked cigarettes her entire adult life, has COPD and Emphysema caused by smoking and is dependent on oxygen. I tried everything to quit; patches, Wellbutrin, hypnotism, nicotine gum, and even going cold turkey. Nothing worked. I was resigned to the fact that I would follow my Mom's footsteps and die from the negative health affects of smoking cigarettes.

Then I went to a summer barbeque at a friend's house where I saw these strange devices sitting on the picnic table in front of people at the party. They were drawing on these devices and exhaling "smoke". They were all ex-smokers who began to describe "vaping" to me. They had all kicked cigarettes by vaping. I was intrigued after I was invited to try their "vaping". I bought a starter kit from a local vape shop that had opened in my home town. The kit include 2 ego batteries and 2 vaporizers. I bought 2 flavors that I liked and started vaping. I have not smoked another cigarette, not one! I had a pack and a half in my car for 2 weeks before I finally gave them away. I have not even considered returning to analogs.

Since quitting smoking, I no longer have the chronic "smoker's cough". As a matter of fact, I rarely cough. I sleep like a baby. I have not had a respiratory infection since I started vaping. I don't wheeze. I can walk up the stairs at work and not be out of breath. Vaping has changed my life! It was so easy for me to quit analogs with vaping. I have been able to decrease the amount of nicotine that I vape also. I am on the road to vaping zero!

Vaping has made such a positive impact on my life that I decided to open a vape shop

to share this with my community. I am proud to say that I have assisted many customers in "kick 'n ash"!!

A Sincere Non Smoker, Jennifer Tatum RN, BSN

12/6/2013 11:37:00 PM - Matthew Colby, Coastal Maine

I started smoking when I was 19 with the occasional clove cigarette because I liked the flavor. It quickly turned to a stress managment thing and I was smoking about 15 to 20 a day by the time I was 21. Probably when I was in my mid 20's I started noticing the kinds of things all smokers deal with. Coughing, low energy, long lasting lung problems when sick (phlegm and coughing for weeks) etc. By that time, I had smoked too long to quit easily. I never bothered trying patches or gum because I had known so many people that tried those methods and it never worked for them. They were expensive and only addressed the nicotine, not the oral fixation. I was able to quit by tapering off the number of times I smoked, or only smoking half cigarettes, but that didn't last long either. I'd be around smokers, working in a kitchen (which can be very stressfull) and they'd all go out for a cigarette, so I'd end up joining them. at about 30 my mother found electronic cigarettes at a local supermarket and suggested I try them. It was a good start, but I didn't feel it was enough. I don't recall the brand, but it was a disposable one that looked like a cigarette. It didn't have much taste at all and was hard to inhale, like a frozen milkshake through a straw. A few years later, I met a woman and we started dating. She never liked that I smoked, and again suggested I try e-cigs. I tried 2 disposable brands and the last one really had me thinking "This could actualy work!" It was a Blu, classic tobacco flavor. More like burnt coffee and chocolate, but it wasn't bad and had more nicotine than the others. Then when we were visiting my family I saw my fathers girlfriend using an eGo style device and asked her about it. They have both been smokers for years, and she said she hadn't had a cigarette in weeks, so I tried it. It was a big difference from the little cigarette sized ones and I knew it would work for me. I ordered one of my own, with a few juices and I haven't had a cigarette since. That was 3 months ago! I didn't even really intend to quit, just to stop smoking in the house, but after using the eGo for a while I found I didn't crave a smoke like I used to. I would take one at work when offered, but it tasted gross and I'd end up putting it out and just using the vaporizer. I do intend to lower the nicotine level eventualy, but for now I'm happy with not being a smoker. The house, my clothes and my car don't smell as bad. I can taste more subtle flavors. I now stand away from the smokers at work because the smoke smell bothers me, and I can tell when someone is smoking anywhere around me in a parking lot. I've coughed maybe 4 times in the last 3 months. I feel more energetic. All of this had made me and my girlfriend happier and made our lives better. Now I urge everyone I know that smokes to try this instead. Even smokers will admit they don't really LIKE the taste of a cigarette, they're just used to it. Once you realize you can get the nicotine with literaly ANY flavor you want, you never want another smoke. Cigarettes really only come in 2 flavors: Nasty and Minty Nasty. I'm vaping rainbow sherbet right now and I don't think I'll ever smoke again.

12/7/2013 12:48:00 AM - Stephanie Phillips

I started smoking clove cigarettes in 1995-6.

I quit smoking when I joined the military in March, 1996, but started up again three months later during my 9 month Ground Radio Technical School.

I quit smoking again in 1997 when I found I was pregnant.

I became very stressed during my separation from my husband, and began smoking again in July, 1999.

I continued smoking (Marlboro Light 100s) until 5AUG2010.

I always enjoyed smoking and had never intended to quit.

A friend at work had purchased one of the small e-cigs from the mall and I was intrigued.

I began researching in July of 2010 and found an ecig online that I thought was good.

I continued to do research, about fluid, nicotine and batteries, and later upgraded to a larger battery, and VG based fluid.

The larger battery helped with my hour long commute.

I will re-iterate - I never intended to quit smoking.

But the more I used the electronic cigarette, the more the regular cigarettes hurt my throat, and gave me headaches.

My sense of smell and taste returned quickly, and my lungs hurt less and less every day.

I could climb three flights of stairs without losing my breath!

My hair, clothing and car no longer smell bad, and my teenage daughter doesn't cringe or complain when she hugs me.

Because I hadn't intended on quitting, I never tried other alternatives.

Although, I was berated and verbally abused by multiple military doctors and dentists to try other things.

My dentist now loves my butterscotch scent and compliments my teeth.

I continue to research batteries, for longevity and safety.

I make my own VG based fluid, and purchase my nicotine-base from online retailers.

I enjoy vaping and hope to be able to continue using this alternative for a very long time.

12/7/2013 3:21:00 AM - Nevada, USA

I started smoking at 12, I of course got in trouble and because of the trouble I got into I tried to quit cold Turkey for several years after with no success, later at 16 I asked my doctor to prescribe me a pill to help me quit again, I was told no because I was a minor and that I would have to do it cold turkey I didn't even bother to try I had already failed so many times that I knew I couldn't quit cold turkey. I am now an adult and about 6 years ago I tried the nicotine lozenges that lasted about 10 seconds I put in my mouth and instantly my tongue went tingly and spit it out and again didn't bother for a few more years. About 4 years ago they added the flame retardant to the cigarettes and everyone in the town I lived got a flu going around myself included well as you would expect everyone got better and I did as well with the exception on the runny nose i soon realized I had developed an allergy to the flame retardant and that so long as I smoked it wouldn't stop I lived on sudifed

and Benadryl for years miserable

then they came out with chantix and I got some hope I was hearing such great things about how well it worked so I went and got some two weeks in when I wasn't suppose to even crave them not only was I craving them I was still smoking and since that was even more of a health risk I quit the chantix with again another failure since the chantix last year I have found out that I have graves disease and that it's usually caused by smoking I was told three months ago that if I didn't quit smoking I would loose my eyes as to I am a line cook and just turned 31 that was outright not an option my sister and a few co workers were using the e-cig and it was helping so I went to the local vape shop and got myself set up with one , the first week I smoked half a pack the second week I was down to 3 at the begging of the week by the end of the week I was down to 2 and not even wanting the 2 I was smoking by the begging of week 3 I wanted 0 and smoked 0 I am now 100% ciggarette free I started vaping at 18 mg I am now down to 12 mg nicotine and looking forward to going to 6 mg and then 0 mg I am asking that my only win with the loosing such a disabling nasty habit not be taken I can't afford to loose my battle when I've just started to beat it.

12/7/2013 4:26:00 AM - Cass (riseabovethestorm) from Grayling, MI

I began smoking in 2009 at the behest of my now ex-wife. I went from 5 individual analog cigarettes a day to a pack per day to 1.5-2 packs per day in a matter of months. The dissolution of my marriage led me to increase my consumption of traditional cigarettes even further. I began increasing my use to 50-60 individual "roll-your-own"s a day (equivalent to 2.5-3 packs of commercial cigarettes) in 2012.

Previous to this increase, my mother had switched from smoking traditional cigarettes to using gas station "cig-a-like"s in 2011, breaking her 30 year smoking habit. I had tried these unsuccessfully at first, as they did not satisfy my craving for nicotine, being that I was at the time taking in nicotine to the point of extreme excess and at my initial impression of inconvenience and cost over having to charge my battery multiple times a day and go through 1.5-2 five-packs of pre-filled cartomizers over the course of my day.

After my marriage ended, I made the tough decision to move back in with my parents, as my dwelling was not an inhospitable environment for me. I continued to smoke heavily on traditional tobacco products for the first 6 months of having moved back into my parents' house. After that 6 months, I became involved in the local mixed martial arts scene and it was at that point that I realized that my cardiopulmonary functions were in states of complete destruction. At that point, I decided that for my own sake and the sake of seeing my children grow up, it was time to kick the old habit.

I first purchased a convenient starter kit from a vendor based in California on somewhat of an un-researched whim. The product itself was useful and pleasurable, but it was very overpriced for what it truly was. I continued to use this for nearly two months before discovering the wonderful world that is "advanced vaping". I purchased a Kanger Evod starter kit from a different USA based vendor and have never looked back. I had been selling myself short by not researching my options in 2011 and discovering that I could, in fact, quit smoking traditional tobacco cigarettes using something as benign as a mixture of propylene glycol, glycerine and nicotine.

It has been 5 months today since my last traditional tobacco cigarettes and the benefits are absolutely innumerable. My clinical anxiety is lessened, my mild ADHD is calmed by the therapeutic nature of "doing it yourself" atomizer rebuilding (not a direct result of USING a personal vaporizer, but a direct result of merely OWNING a personal vaporizer). My mind is less clouded and concentration is easier by virtue of having better metabolism of oxygen in my system. There is absolutely nothing that I would take back about making the switch. It was the third best decision that I have made in all my 28 years, numbers one and two being my two beautiful, healthy sons.

12/7/2013 3:58:00 PM - Tony Persico

Hello, I want to tell you about a life changing product. I've tried everything to quit smoking but never has success, I always went back to cigarettes, Coughing, wheezing, congestion all the time. It was time to make a change.

I was introduced to e-cigarettes on March 6th 2013 by a few friends that used them. They all completely stopped using cigarettes and only "vaped" claiming it was much cleaner, didn't stink, and very enjoyable. They also reminded me that I wouldn't be inhaling over 4500 chemicals that are known to be toxic and cancer causing.

Electronic cigarettes only have 5 ingredients.

Propylene Glycol, Vegetable Glycerin, Nicotine, Natural Flavoring, Alcohol.

Convinced by what people had told me I purchased a kit and some strawberry e-liquid 18mg Nicotine PG/VG mix.

At first it was weird and didn't know if I really liked it but I stuck with it. After a week of "vaping" with not one cigarette I decided to have a cigarette. It was the most horrible thing I had ever tasted. Made me cough and felt dizzy.

I now haven't had a cigarette since March 13, 2013 and still "Vaping" the e-cigarette. I feel healthier, no wheezing, coughing, I can run without getting winded and I still get to enjoy the act of smoking in the form of vaping.

This has helped me and will help many others kick their horrible habits. Do not ban this product! It's safe and helps people over the age of 18.

As for public use of a vaporizer... It does no harm to anyone around the user. I've been told it's quite pleasant to be around.

Tony Persico Vaping 10 months no cigarettes Woot woot!!!

12/7/2013 4:10:00 PM - Brian Thayer (Vapor Thayer from Fort Frances, ON. Live in Edmonton, AB

Vape On!!!!

Brian Thayer aka Vapor Thayer, from Fort Frances, ON. Live in Edmonton AB

I WAS a smoker for 16 years. Up to 1 pack a day, almost to the hour. & worse if I drank. I was sick of this habit, why? The stink, the $,

my tastes were gone, my smelling ability was declining, my teeth were done, I bought a beautiful car & I didn't want it to stink, for the children I don't have, for when I do, I don't want to quite then, & for my future wife (non-smoker) along with my future life.

Well, the opportunity arose.

A friend of mine does an annual Halloween Poker Party, every year. Well, the 1 year I was there he had some kind of electric cigarette. He introduced me, but I was skeptical. I've heard of all kinds of smoking method's & quitting methods. but thought that's all they are is methods, not something that works.

Then the next year he is doing the same thing. Im like k, there might be something here. So, I tried his. & WOW. I couldn't believe it, and it must have been the same look I get from other people I see them trying it. Cause the look of disbelieve is amazing. This thing felt everything like a cigarette to me + with the added better flavor. After my first plume. I looked at my girl & told her. " If you get me this I will give quitting smoking a try!!!" She was all over it.

That night we got home around 2:00 am. Before she could even get her coat off I was on the PC ordering up my new e-Go starter kit. It came in the mail Nov.4 2011. That IS the last day I EVER had a cigarette. From the 1st plume I blew out of my first e-Go cig. I have not even had a single drag of a cigarette.

There is a few things of your own you need before you can quit smoking. YOU have to want to quit. If you have it stuck in your mind that you don't want to quit, you will not. YOU have to want to. I will be honest, there were times I thought (F - this). Somethings not going right, or running low on flavors, etc. Thinking that with smoking, that if I need a smoke I can just go to any store & get a pack. But, the vaping community is AWESOME. EVERYONE Ive ever met that is a Vaperer, has been a fantastic person, no lie. Plus, now we have a store in Edmonton. We didn't when I first started.

So, now today. I've been smoke free for over 2 years now. I feel fantasic, I still stink (lol jk) but not like cigarettes, I have more $ to afford the things I love. For now my habit is .50 a day, from $14.00 a day. My smells & tastes have come back. I have replaced my teeth, & the fear of them going yellow again is gone. Affording my car isn't an issue, & it

don't stink. I don't have to quit smoking for the kids I may have. I just get to tell them & teach them about my experiences. My girl loves the news scents. To the fact she has thought about starting just for her own flavor. & No I don't think this is something for children. But, yes I do think adults should be able to make there own decisions, & teach there own kids responsibilities. Just like everything else in this world. & as for my future life. I see it going just fine. I feel better in so many ways, that I feel that smoking may have done a lot more bad things to me than I think the world knows.

I went from being a smoker, to using an e-Go rechargeable starter kit around $100.00. & I went with 24mg of nicotine. For I thought that would be what I needed to make sure I got my Nic. But, after a year and a half. I found out about video's & forums they have online for giveaways. To help business's get there companies out there, to get information out there, & to help people through the process of finding a better alternative. + all the freebee's they give to help you through the troubled times. Ive NEVER seen this from any SMOKING company, or QUIT SMOKING company. Also, through

these giveaways, you can not always choose your nic level on the win. But, that is also what has brought me to realize that I don't need 24mg of Nicotine anymore. For with the 18mg, 12mg, or the 6mg. Doesn't seem to have difference to me as long as I get my nic. Also once again. Through the Vaping community & watching people. Im seeing & thinking, I might just be a cloud chaser. In which. Im just looking to get that big plume, & possible knocking nicotine right out of the picture.

I have & would talk people into this alternative way of smoking any day. To ME this is the best thing I've ever seen & done to ride myself of the habit. & if you want to do the same. My Vapor Friends (that will soon become yours) & I will do everything in our power, to help you & who ever wants to find a healthier alternative, save a PILE of $, & enjoy many of the worlds great flavors as a Vape, we will be happy to help. Our community will become yours.

If you are interested & would like more info Email me. camarothayer@gmail.com. Im not pushing. YOU do what YOU want to do. The community & will be happy to help!!!!!!!!!!

12/7/2013 4:56:00 PM - Isaac C.

To Whom It May Concern,

I started smoking cigarettes at the age of 15 as it was a "cool" thing to do as my rebellious years as a child came about.

I can't even comprehend how I got my hands on cigarettes but those things are EVERYWHERE!

Regardless of how that came about I smoked for 15 years.

My lungs are half gone ... I WAS A HIGH RISK OF HEART ATTACKS AS WELL AS CANCER.

My throat actually hurts if I smoke cigarettes, I fear that I am going to have a hole in my throat.

I fear my life was to end from tobacco cigarettes.

I've tried all the conventional ways to quit.

Patches, gum , and even got my hands on Phitzers pill Chantix and started trying to take them.

Regardless none of them worked.

Recently I was introduced to a alternative ... e-cigarettes.

At first I was hesitate to purchase a battery and some juice that I didn't know what was in it .. but well I tried some crap some pharm. company created .. what could be worse ... (cigerettes) so in a last sign of hope for myself and my family I purchased 1 setup.

Picked out a organic based juice

that contained 100% VG with 12mg of nicotine.

I didn't really like it honestly ... at first.

It didn't taste like a cig ... or have the same feeling... 2 weeks straight ... I vaped ONLY on this e-cig .. One day I went out with some buddies and forgot my e-cig and suddenly I needed a alternative but mine was in my car which was no where near me.

I decided to bum a cig of a friend .... Disgusting ... I understand why everyone around me hated that smoked regular cigarettes.

I totally made up my mind and put the cigerette down borrowed my friends car and drove back to get my e-cig.

To my amazement 1 year later...

I can now RUN more then 50 yards without breathing and coughing and spitting out cigarette mucus.

I can also taste salt and sweets much better.. and funny thing is my consumption on salty and sweets

have gone down 60% ... Thank you to EVERYONE who promote and support this device.

I am currently down to 3-6 mg of nicotine and I vape only when I feel it is necessary.

I will ALWAYS PROMOTE THIS PRODUCT and to all who is willing to try a alternative that could potentially end the use of conventional tobacco cigarettes. SCREW YOU BIG TOBACCO .. records that show I have spent over $90,000

half a lung / and almost breaking my own family.

IF ANY POLITICIAN READING THIS PLEASE UNDERSTAND YES THIS IS NOT FOR CHILDREN AND WE ALL AGREE THAT PROPER HANDLING MUST BE DONE AND MOST ALL MAJOR SHOPS HAVE IMPLEMENTED ITS OWN 18+ REGULATION WITHOUT AUTHORITIES JUMPING IN.

WE ARE TRYING TO SAVE OUR LIVES AS WELL AS THE LOVED ONES AROUND US.

DO NOT CONDEMN US FOR TRYING TO BE MUCH BETTER.

FOR GOD SAKES IF WE DONT HAVE TO SPEND $90,000 DONT YOU THINK OTHER BUSINESS WOULD HAVE TOOKEN ADVANTAGE OF OUR SAVINGS.

MONEY IS MEANT TO BE SPENT LET US DO IT BUYING FOOD AND CLOTHES FOR OUR CHILDREN YOU HAVE BIGGER THINGS TO WORRY ABOUT.

1.8 BILLION LOST TO BIG TOBACCO? YES 1.8 BILLION DOLLARS SPENT ON HEALTHY LIVES LOWERING MEDICAL COSTS AND MAYBE EVERYONE CAN AFFORD MEDICARE.

YOU WILL BE PROMOTING BIG TOBACCO AND WE CAN ALL CLEARLY SEE IF YOU TRY TO BAN E-CIGARETTES. tHANK YOU FOR YOUR TIME IN READING MY TESTIMONY

ISAAC C

jokerkp@yahoo.com

12/8/2013 3:30:00 AM - QuinnL from Lompoc,Ca

I had smoked and dipped for 7 years I have been using a electronic cigarette MOD for a year now. I started at a 32mg strenght nicotine level and have slowly worked my way down to using between 12 and 6 mg liquid. Since making the switch over to e-cigs and mods I have not felt any urge to go back to using either product I had formerly used. Since the switch my wife and family have been much happier not having to smell the smoke on my clothes and breath. They also can rest easier due to the fact that my lungs are getting the chance to finally heal after such heavy smoking for those 7 years. I feel better and am happier myslef because I know it has been a good choice and a fun new hobby for me. I love it and as long as it is my choice I dont think I will ever stop vaping!

12/8/2013 7:15:00 PM - Lloyd

I smoked a pack of cigarettes per day for 28 years. I had tried every known method to quit. The greatest success I enjoyed prior to ecigarettes was with a nicotine patch which would diminish my cravings enough to go about 2 hours without a cigarette but in treating only the nicotine addiction, the hope of quitting altogether was nonexistent. Without duplicating the smoking habit I had zero chance of ever getting off cigarettes.

One day I came across a gentleman with a display set up at a flea market. He was selling ecigarettes. Not the cheap ones you find at 7-11 stores. He was selling good quality kits. I was intrigued and purchased a Joyetech 510-T kit together with some nicotine fluid. The vendor showed me how to use it and also be careful with the nicotine fluid. I went out to my car in the parking lot with hope in mind and assembled my kit. I took one puff and then sat there stunned for about 30 seconds as a smile stretched over my face. I knew I had just quit smoking forever. I must have looked silly to passersby sitting alone in my car giggling to myself but it was one of those moments where you just don't care if anyone's watching. I felt like I had just won the lottery. My ecig mimicked smoking perfectly. The throat hit, the nicotine, the visible vapor, the tobacco flavour and the action of handling a cigarette. It was all there except the tobacco smoke. I threw my remaining half a pack of cigarettes in the trash. It was beautiful.

This happened over a year and a half ago. It's been 19 months since I touched a cigarette or any tobacco product. The following is a chronological account of my 19 months of progress from having full control of my "vaping" habits.

One day after quitting cigarettes I notice that my morning ritual of coughing up phlegm is gone. The very next day it was gone. One week after quitting, I dilute my 24mg/ml nic fluid down to 18mg/ml and I'm able to take a full breath,to maximum lung expansion, without coughing. I also notice about this time that second hand tobacco smoke from others is starting to "stink". After a couple months I lower my nicotine fluid to 12mg/ml. It's a big jump down from 18mg/ml and I can feel the difference so I decide to stay at this level for as long as I need to. About this time I notice that my cardiovascular health feels the way it did when I was a teenager, when I could exercise to the point of huffing and puffing and it wasn't uncomfortable. About 6 months goes by before I'm comfortable dropping it again. I lower it to 8mg/ml with very little discomfort and I decide that small drops in nicotine concentration over long periods of time are the best way for me to get off nicotine without having the cravings that many exsmokers complain of for years after they quit. I also notice around this time that my need for tobacco flavor is greatly diminished and second hand tobacco smoke from others smells absolutely terrible to me now. I start using different fruity flavors on occasion with no discomfort. About 2 months ago I dropped my nicotine level to 6mg/ml, with no discomfort at all and my need for tobacco flavor is completely gone.

Today, as I write this, I use a different ecig mod, one with more battery power and far less maintenance than my old 510-T kit, however, in retrospect, I can see that the fidgeting about with tanks and little batteries from my first ecig kit actually helped me stay away from tobacco. The higher maintenance of that first kit I purchased replaced other tobacco smoking behaviours like cleaning ashes and ashtrays and washing tobacco tar from walls, blinds and windows in my home. I can see the end of my nicotine addiction in sight. Maybe I'll spend the next year or two reducing it to zero. I'm not sure how long it will take but I do know that with my ecigarette and enough time, it can be done with no discomfort and no cravings that draw you back to the old habit.

There is no doubt in my mind that as long as ecigarette products are readily available and most of all, affordable to everyone, that I will never touch tobacco again. It is my belief that anyone who would restrict access to ecigarettes through strict regulation or obscene profit margins, is completely evil.

12/8/2013 11:41:00 PM - VapeGuys

I am here to tell my story of how electronic cigarettes not only saved my life but also improved every single aspect of mine AND my entire families lives!

I started dipping(skoal and copenhagen) when i was about 9yrs old due to the fact that where i grew up there was ALOT of country boys and girls. I dipped for about 12 years(about age 21) and made the switch from smokless tobacco to cigarettes.I started out smoking and dipping for a couple years but over time dropped the dipping for just smoking. At first it was maybe 10-15 cigarettes a day and over the years increased slowly to about 2 - 2 1/2 packs a day for 24 years!

I tried an electronic cigarette a couple year ago and it just wasnt for me. BUT, i don't know why, one day i woke up and i was just SO MAD that i had to go and buy a pack of smokes the last couple days RIGHT WHEN I WOKE UP! It made me so mad that i was running out of cigarettes the same time every day. Right in the morning, wich meant i couldn't just relax and slowly get ready for the day like my usual habit was. That is the day i went and bought myself an electronic cigarette.

My 1st e cig was one of those look alikes and hit the satisfaction spot for a little bit but just didnt do the trick. I spent the rest of the day looking up places to buy a vaping device or in other words a mod vaporizer. I found a good vape store to get a nice starter kit. From the FIRST vape i took off my Vamo i was cured of my deathly habit of smoking tobacco cigarettes! I GUARANTEE i would OF NEVER quit this terrible tobacco habit without this lifesaving miracle we call e cigs!

I have been vaping now almost 2 years and have NOT once had a single puff off of a cancer stick. I

can now smell a smoker a mile away, even driving down the road in my car with the windows up! I guess the vent brings in outside air and if someone is smoking in a car somewhere around me I CAN SMELL the disgusting smell!

This industry not only saved my life but it improved the quality of my own AND my families lives! Even my pets aren't breathing in the deadly second hand tobacco smoke that used to hang like smog in my home and vehicle! My clothes are always fresh and clean smelling. My sense of taste have come back to me. My sense of smell has quad drupled. My wife has quit smoking and become a vaper. Alot of my friends have also jumped onboard the definatley Healthier vaping lifestyle! I mean i could SERIOUSLY go on and on and on about the MIRACLE of the electronic cigarette!

Thanks for reading my story that i am VERY proud of!

12/9/2013 1:58:00 PM - smokefree

I previously smoked for 35 years.

As a health professional I fully knew all the risks involved but yet I continued.

Over the years I tried numerous things to stop smoking.

I went to my first stop-smoking class after smoking only 4 years.

At the time I thought 4 years was a lot, little did I know it would go on as long as it did.

It makes me sad to think if I only knew during my first stop-smoking attempt this would be a battle that would go on for one-third of a century.

Obviously that first attempt didn't work for me.

A few years later I tried hypnosis.

Again, it didn't keep me from not smoking.

I was beginning to feel like a failure - other people did it, why not me.

I knew how bad it was...

Over the coming years I tried patches, gum and then Zyban and later on acupuncture and after that Chantix.

The only success I ever had was when I became pregnant with my two kids.

I stopped during my pregnancies but then found myself smoking, yet again.

It got to the point where I'd gear up to quit yet again but felt defeated before even beginning, why would this time be different.

To make a long story short, 6 months ago I tried an electronic cigarette.

After I had that, I only smoked three more regular cigarettes before I finally threw that pack away.

I've been able to adjust my nicotine, and I'm down to lower levels and doing just fine.

I feel healthier. Plain and simple. This has been a God send.

12/10/2013 4:25:00 PM - Josh E

Where to begin, I started smoking when i was about 15 in high school. As is many of the case, i got into it because of peer pressure and my friends also smoking at the time. This went on for the next decade as at my worst i was a pack and a half a day smoker. I hated myself for getting that bad. My health was not getting better, i smelled like an ash tray 24/7. I tried quitting cold turkey before and using patches and gum, but nothing worked. You see, it is not only the nicotine in the cigarettes you get addicted to. It is also the physical act of smoking that gets you too.

When you use other methods that doesnt involve that physical act, for me, they fell way short of their intended mark. I went back each and every time, and was a heavier smoker each time as well. That was, until i discovered vaping. I have been using my electronic cigarette since june of this year (a little over 6 months ago exactly). I have maybe had 3 actual cigarettes in that time, compared to the over 3,500 i havent smoked (according to an app on my phone that is tracking it) that is something that i am very proud of, as so is my family.

Now, i cannot speak of the long term effects of using a PV (personal vaporizer) for nictone harm reduction, but i can tell you that i feel a ton better now then i did 6 months ago. I can breath much better, rediscovering smells is an amazing feeling. My taste buds are back, foods and drinks are tasting better (not always the best case since i am over weight). My blood pressure has gone down! And that is without any blood pressure medication either. I do not get winded as easily anymore in anything that i do. I am overall doing alot better and i can only attribute that to quitting traditional cigarettes for my electronic cigarette.

I can promise you i would still be a slave (as so would my best friend) to the tobacco companies if i didnt starting using my ecig.

12/10/2013 7:28:00 PM - Donna Lewis -swampscott. ma.

I am a 58 year old woman, a former 2 pack per day smoker. I loved my cigarettes, but hated smoking. I always dreamed of somehow being able to smoke without smoking. My 3 adult children detested my smoking, they grew up with 2 heavy smokers in the house, not outside. I am a Christian, and prayed to God for help on a daily basis. One day on a Saturday morning (I will never forget, ever)I decided to tell God "I will never stop smoking, I gave up all hope. Wow, following that confession, I drove to a vapor store, walked in, this beautiful person Mark, loaded up my electronic cigarette, and said, "give it a try". After the first inhalation, I proceeded to cry my ever loving eyes out!!!!!!!!!! I knew immediately, I had just quit smoking! I was finally free, and my dream of "smoking without smoking", had come true. It has been one year and 3 months, I have not ever smoked again. At this time, I am very discouraged and so upset with all the hysteria and misinformation of this remarkable invention. It is not tabbacco on any level and is not second hand anything. We need support, not barricades to our freedom to choose. Nicotine is an alkaloid as is caffeine, nor does it cause disease. I would be in agreement for the FDA to regulate the sanitizing and proper labeling on e-juice, that would be appropriate. The taxing of this device on the same level as cigarettes would be devastating to the whole idea of "the better choice". The tabacco companys would just love it and would send people right back to cigarettes. One more opinion, flavors are for adults too..I choose caramel, as tabbaco no longer tastes good to me! Thank God!

12/11/2013 4:57:00 AM - Lucy325

Eleven years ago I had a third of my lung re sectioned and was told to quit smoking despite the fact that the operation was due to Valley Fever. I continued to smoke and hated myself for it. Two months ago I purchased my last pack of analogs and they remain unopened on top of my desk to remind me of the filth and deadly toxins I inhaled compromising my already weak lung. I purchased an e-cig kit at the urging of some friends I work with in the medical field. Learned how to use them and never looked back. My doctor is proud. At least trying by vaping and cutting down.

I dislike the smell of smoke (I vomit), don't miss the tar, and my X-rays are clearer. I can walk faster now. Get less headaches, and eat better. I went from 24 mg to 12 mg and trying to work my way down to 6 mg soon. I'm proud of myself and I'm sure my dad is smiling down on me as well. I can now understand how the tobacco companies tried to enslave us by addicting us to their ways. I'm more disciplined at work not worrying about smoking and smelling horrible. It's changing my life inside and out. I always wanted to accomplish so etching good for my life and health and I'm doing it the right way.

12/11/2013 6:19:00 PM - chris zielinski naples florida

I had smoked cigarettes for about 15 years.

I tried all the gum patches and lozenges and even chantix with no avail.

I decided a year ago to try the electronic cigarette and with almost no effort quit buying and smoking cigarettes.

Since doing so I feel better no longer cough snore etc... they are truly a hero because I honestly thought nothing could help me quit.

Chris Zielinski naples florida thanks for reading

12/11/2013 8:55:00 PM - C. Lewis; Brooklyn Park,MN

I started smoking at the age of 14. It was a typical case for me and other kids in the same area, we saw the older kids smoking at the school bus stop and wanted to be as cool as them. This lead me to be a pack a day smoker for many years. I never really saw a problem with it as I figured that it only affected me and no one else. I tried to quit several times using various methods, but it never stuck. Then I got married and had kids. My wife always wanted me to quit but never pushed me too hard. When we had kids she stepped up her efforts to get me to quit. I had my son in 2010 and wanted to quit for him and my family. I did quick research and found a rather well known electronic cigarette company. I was thrilled that I found what I needed to quit smoking, however I started smoking again after a short while as my initial experience was riddled with problems. My batteries started being troublesome and the nicotine wasn't strong enough to keep me off of "analogs". Then I had my daughter in 2013 and did more research into which electronic cigarette companies had the best customer satisfaction. It took a while for me to find what I was looking for but that lead me to the second fairly well known electronic cigarette company. It was mid-June and Minnesota just announced their cigarette tax increase, and that was the final death knell. I purchased my starter kit and made a promise to myself that, come July 1st I would never again buy or use cigarettes. I was successful. All the patches, the gums and any other method I used never worked but this did. I have been smoke free for nearly six months and, while I do still get the occasional small craving here or there, I don't plan on going back. I have since done more research and found better and more user friendly products. I can order a myriad of different flavors and adjust the power of vaporization to suit my needs. The most important thing out of all of this is that my wife and children no longer have a "stinky" dad that smells like smoke and, although I never smoked around my kids or never let them see me smoke, they don't have the propensity for the health effects that go along with having a parent that smokes. I feel better, I can smell better, I can taste things better. I only wish I could have quit sooner, not 14 years later. There is no way I can say enough good things about "vaping" but it works for me.

12/12/2013 7:18:00 AM - Robin Alvarez

I started smoking at age 15.

Back then 1980, it was acceptable to smoke lots of people did.

I have quit during pregnancy only to return to it after birth. I never smoked in the house but I did in the car, until many years later I quit smoking in the car too.

I have attempted to quit to many times to count.

I have tried to quit "cold turkey" only to give up within a few days.

Oh yes, there's the I'm sick quitting, haven't smoked for a week, as soon as I started to feel better, yep, where's my cigarettes?

I have tried gum, patch, and finally, hypnosis!

$400 and 3 days and huge disappointment later, back to cigarettes.

That was in 2004.

Finally I just gave in to my fate. It was my family's fate too, waiting in the car while I smoked outside regardless of the climate, unable to go on family events because I couldn't go the amount of time at the event without smoking, you see, smoking is no longer acceptable.

I finally gave into the idea that I would for sure quit smoking one day, that day would be the day I quit breathing too.

I had even witnessed people I know with emphysema, cancer, didn't matter, you see smoking had become part of my identity. Besides, people who quit smoking gain weight!

That's the last thing I need!

I'm cranky as hell without one too so the husband always made sure I had a steady supply!

Bless his heart, he wanted me to succeed, but alas, the outbursts and withdrawal, curbed his enthusiasm so we all (the family) decided that this is just the way it is, mom is an encoragable SMOKER.

I am now 48 years old, did I mention I work in health care and on a daily basis see the toll smoking takes on people?

Not to mention hospitals are now going "smoke free" on their campuses?

I considered chantix, but the thought of possibly becoming suicidal and all the side effects took the wind right out of those sails!

So at about 45 years old I started feeling the effects of smoking, short of breath, frequent colds, asthma, even my blood tests were telling to many red blood cells because of lack of oxygen, I told myself that somehow I was gonna quit before I was carrying around that oxygen tank and feeling like I was breathing through a straw!

But how?

It was surely wishful thinking!

This past October we took a trip to Mexico for 16th wedding anniversary I agreed to go of course but knew flying and airports were gonna be a bear!

Not to mention the limited activity due to being winded and having to have a cigarette!

So I decided to try an e cig just for the airport and airplane part so I wouldn't kill anybody and I wouldn't be going out of my mind with cravings. At the vapor store the guy explained how it works and asked for my pack of cigarettes, whoa buddy, nobody said anything about quitting!

Let's be realistic I'm not able to quit. That was Saturday afternoon October 26, 2013.

I got into the car with my new gadget (e cig) I better practice our trip was in a week. I haven't had a cigarette since!

I know it's only December, but hopefully you understand, I don't even want one!

I'm feeling so much better (health) I can't believe it. 33 years of smoking, I am now a NONSMOKER.

12/13/2013 2:50:00 AM - Ucan2

i smoked 2 to 4 packs a day for 24 years.

i quit again and again and again. i quit cold turkey. (early on... for 11 months... then i encountered stress and BAM... back again) i quit using sticks of gum. i quit using toothpicks. i quit using straw. i quit using the patch. i quit using nicorette gum. i quit using the patch and gum. i quit using several full strength patches and pieces of gum at a time.

i still chain smoked when i got the opening... lighting each cigarette with the last... while sometimes wearing 2 patches and switching up gum pieces every 5 or so minutes.

among other things, the common denominator was i was STRESSING myself to quit.

counter productive. didn't work. i did gain weight and stress myself out, though.

only thing i'd managed to do was show up positive for bronchitis on every doctor visit for 10 years and increase my intake as desperation took over during each "quit".

this time i told myself; "i don't want to quit". "i just want to smoke inside and have more time for my kids without subjecting them to smoke."

that was my only goal. though, if i had a chance to choose vaping over a cigarette during a craving, i would (and did/have been) choose a vape first and see where it leads me.

i took the main trigger - the stress - off my shoulders. everything's been working out fine. my expectations are low. i'm not forcing anything. i'm able to enjoy the pass time and the flavors. in just a few weeks, i went from almost 4 packs per day to nearly nothing at all. i've smoked a total of 12 cigarettes that entire time. a couple morning have-to's, a couple after meal "flavor enhancers" and a couple "i'm too damned stressed out to try anything else right nows". i haven't so much as touched a cigarette in nearly a month now. it's been only just over a month and a half since i started vaping.

what was important for me was; 1) don't try to force it. if i had a cig, it was okay... quitting altogether was not the point. more of a "hopefully if everything works out" long term goal. 2) doing it right the first time. let me explain.

i'd been through all those attempts and learned from experience i'm not one of those people that necessarily had to worry about nicotine overdose. i'd done what had sent many people before me to the hospital and it always seemed it wasn't enough. (assuming of course that the action of smoking was just as important as the nicotine itself. i was just as addicted and trained physically to the action as anything else.) i'd also tried cig-a-likes and ego style devices from a few friends and they'd never done anything but make me want (need) another cigarette. they were disgusting tasting to boot.

also - i've always had sensitivities to certain things creep up unexpectedly and had serious allergies as a child. i can't wear jewelry or expose myself to nearly anything long term.

knowing all this, i started off with a VV/VW mod, a top coil, a bottom coil and a dripper, good batteries with a decent charger and a variety of juices from MTBaker with differing PG/VG blends and nic levels. I NEEDED to find what was going to work for me fairly quickly if this newfangled thing even had a chance of working. plus, i needed backups for my backups as downtime would only have one outcome.

after about a month and a half, i now sleep through the night without waking up periodically gasping for air and drowning in my own phlegm. my energy level seems to be up. i don't gasp for air after going up stairs like i used to. inclement weather doesn't seem to block my air passage way with phlegm that i can't get rid of. my senses of taste and smell already seem to be making a recovery. not always so happy about that one, but i'll take it over all. best of all, i don't have suicidal tendencies and nasty side effects associated with some of the NRTs that big tobacco and big pharma push.

life is good. i couldn't have done it without my PV and high VG nic juice.

12/14/2013 10:43:00 AM - Jim Puls

I've smoked Cigarette for over 51 yrs, I've tried Nicorette, didn't work, Chantex brought back my PTSD and was almost hopitalized, My VA Doctors team suggested E-cigs in Feb 2013 and I started with the Stealth Stick,16mg,500 puffs and started cutting back on my cigs, I now use a Volcano Inferno and a Lava Tube with Pure Tobacco extract and RY4 24 mg e-juice all FDA APPROVED INGREDENTS and am 2 months smoke free. My Doctor says my lugs have cleared up greatly, I no longer use an inhaler. I bought the Volcano in April 2013 and it took 9 months to completly quit. I'm supoting my community by spending my money here,and my taxes and keeping jobs here. I could not have quit without the e-cig. I can smell again, my taste buds came back to life and I don't smell like cigaretts anymore, and my heath is better as well as my familys. Many Thanks, Jim Puls

12/16/2013 5:13:00 AM - Steve Gardiol

Smoking was quite the norm, in the early '60s' and our mother smoked, in the house and in the car.

Us kids were pretty heavy, second hand smokers.

Three of mom

12/16/2013 4:11:00 PM - Tony Whaling, Derby, UK

I started smoking at the age of 13 and was an heavy smoker between the ages of 20 and 50. A total of 37 years smoking. In 2007 I came across a personal vaporiser. An early model imitating a cigarette. I had no plans to stop smoking but needed something to get by with while working on site one or two days a week. I had tried nicotine patches and chewing gum but these had not abated the craving.

I soon found that with a bit of fiddling and care with the quality of the liquid put into the device I was reaching for the so called e-cigarette and not the tobacco. The whole process from smoking 40 grams of tobacco a day to completely stopping took 5 days. I stopped smoking with out thinking about it and have had no craving to smoke a cigarette for over 6 years. My obvious concerns was whether I was replacing one bad habit with something more dangerous. So I looked at what research was available on propylene glycerine and the other ingredients of the e-liquid. Directly appropriate research was non existent but by looking back and seeing where these ingredients had been in constant use for over 50 years I felt confident that personal vaping was far lees likely to be harmful than cigarettes. Since then I kept an eye on any research that has become available, all of which have increased my confidence in personal vaporizing. Initially I started with the highest nicotine content pref filled containers. They were pretty hopeless and tried to imitate tobacco flavours. To get decent results meant buying pre-made e-liquids in bottles and dripping directly onto the atomiser. Batteries were an endless problem and they only time I have ever been tempted to buy a packet of tobacco were when the batteries kept going flat.

Since that time we have had the benefit of many innovations in atomisers, battery devices and the flavours available as e-liquids. Many of the smokers I know did not have the temperament to play around with early models and found them and the cigarette lookalikes totally unsatisfactory. Since improved atomizers and flavour qualities have become available there appears to be a migration from cigarettes to personal vaporising devices among the people I know. Now I use much lower levels of nicotine in fruit or sweet flavoured juices. The improvements in the delivery systems and flavours means less reliance on nicotine content to give satisfaction.

The most obvious health benefits are seen in that I no longer seem to get the wnter coughs and colds I used to suffer from. My younger daughter was telling me that both her and her sister were so much happier about me not smoking as they had become increasingly concerned about my long term health but could not foresee me ever stopping smoking. So here I am at the age of 56 and much to my surprise and everybody who knows me a non smoker for ver 6 years

thanks to stumbling upon e-cigarettes, Tony

12/16/2013 6:24:00 PM - S. Parker

I am 61 years old and had smoked for 40 years.

I was up to 2 to 3 packs a day.

I tried everything the gum, the losengers, chantix, patches, cold turkey, accupuncture, hypnosis

and everything else on the market to quit smoking.

I did try e cigarettes several years back but the battery didn't last long and I was constantly filling it up with fluid.

One day I had to go to the emergency room for my son and my battery was dead and I bought a pack of cigarettes and started right up again.

I saw someone with a newer e cigarette (kgo battery with Iclear 16 top from uniquecigs.com).

I bought one and smoked my regular cigarettes during the day and used the e cig at night.

After a week I was ready to go to e cig totally.

Its now over 6 months that I haven't had a cigarette. I do not desire a real cigarette.

I hate the smell and do not want to be near anyone smoking a real cigarette.

I can breath really good now and my skin looks so much better and I don't smell like smoke.

I started with the highest level of nicotine and now am down to the lowest.

Sometimes I even use the 0 nicotine.

I got my husband to quit smoking too.

I have absolutely no desire to smoke a cigarette.

I am sure this e cig will add a few years on to my life.

My doctor is so happy and my non-smoking friends are so happy.

My plan now is to smoke more of the 0 nicotine and also to cut down on the number of puffs I take per day.

12/17/2013 5:22:00 PM - Justin Moore Newnan, Georgia

I smoked for about 17 years and my wife had smoked for about 15 years.We kept hearing about e-cigs and found a local shop that specializesin them. The owner told us that he had smoked for 32 years and tried e-cigs and quit smoking completely. We tried the e-cigs at his shop and found it enjoyable. He also informed us that there were no carcinogens in the juice and therefore was not harmful like cigarettes. We bought a KangerTech EVOD starter kit and took it home. We still had some cigarettes left and decided that we would finish them off and never buy another pack. We continued to smoke our cigarettes until they were gone and vape our e-cigs as well. Three days later our cigarettes were gone. By the end of the first day we didn't even want the cigarettes anymore. That was one month and two days ago and we don't need, want or crave cigarettes anymore. We find that now, when we get around smokers that they smell horrible, almost to the point of making us sick. We now tell every smoker we know about vaporizers. My mother-in-law just quit using it as well. For years I tried quitting cold-turkey and it never worked. I used Chantix last year and quit for a week before starting back. The problem (for me) with pills, patches and things like that are that they take away everything the smoker is used to. Smokers have a hand-to-mouth habit, they feel the "throat hit" of the smoke going down, they see smoke coming out when the exhale. Pills and patches don't give you this, and in my opinion that leads to a poor success rate. However, my personal vaporizer still gives me all of those things. I now find that I can smell better, tastes better and I don't get out of breath walking to the mailbox anymore.I feel great. I don't cough or wheeze anymore. What makes me most happy is that my daughter's don't see us smoking anymore.I grew up in a cloud of smoke from my grandparents and I don't want that for my children. I want to be healthy and live a long lifeffor them. It was the greatest feeling when my 9 year old daughter walked up to ame and gave me a hug and said, "Daddy, I'm proud of you". I tell everyone I can about personal vaporizers and share our story with them. I have seen many people quit smoking and dipping due to using them. Each day I feel better and better now that I don't smoke.

12/18/2013 2:09:00 PM - Joanne Paul Spring Hill FL

Same story, different name.

I smoked for over 30 years, tried

12/19/2013 2:37:00 AM - Michele W., Rochester, New York

I had been smoking for over 30 years and tried to quit many times, not just for my own health, but also for the health of my children. I tried the gum, the patches, the inhaler and various medications. The only thing that had helped was Chantix. I didn't mind the vivid dreams, the only side effect I experienced. But my insurance would only cover about a 6 month course of treatment with it and I began smoking again. The longer I was off the medication, the harder it was to resist the urge to smoke more. I knew I had to do something before I was up to a pack a day. I purchased one of those Mistic

e-cigs at Walmart and was able to stop analog cigarettes immediately. I quickly noticed, however, that there was a lack of consistent quality from cartridge to cartridge. One may work just fine for a day or 2 or it may stop producing vapor after just a couple of puffs. The cost of the cartridges wasn't worth the gamble so I stopped at a vape store I had recently noticed and talked with them about what I was hoping to accomplish with an e-cig and my experience with the Mistic. They were able to set me up with something within my limited budget that actually worked consistently and I am once again smoke free! No more smelly clothes, no more cigarette ash all over the car, no more ash trays to empty and clean, no more coughing and hacking, no more worries that one of the kids would bump into the cigarette and get burned and no more poisoning my own children with second hand smoke or the contaminants that stick to my clothing and hair! Smoke free for going on 4 months!

Even IF there might be some concern about inhaling nicotine by e-cig, I know, because of how much better I feel, that it IS a much lower risk to my health than regular cigarettes. I would even dare to say that it poses less risk to my health than the air I breathe around my home (several factories near my home). I can not fathom why any government or private agency would even consider banning electronic cigarettes at this point, and I certainly find it suspicious to suggest putting big tobacco companies into the it at all! After all, isn't the big tobacco/government combination one of the largest contributing factors to the problems we are now fighting against: deleterious effects of smoking on health and the marketing of tobacco products to children?

And, lastly, how is it that a company can pretty freely poison the air I breathe but if I choose to inhale some liquid nicotine with some flavoring and PG & VG, some one wants to ban it or regulate the cr@p out of it?

Ooppps! Sorry, I got off the topic of my quit story a bit. In closing, I like being able to quit smoking with a method I can afford and have control over. I'm down to 6mg of nicotine in my e-liquid and I think this is where I'm going to stay, so I can reap the benefits that small amounts of nicotine are being found to provide.

12/19/2013 5:31:00 AM - michael w jones

I started smokeing when i was 15 years old. I have tried to quit many timesin the past 33 years the longest i have ever quit was 6 days and i was in the hospitle 5 days with phenomia, well 93 days ago i went to the doctor with a uper respitory infection so i decieded to buy a e-cig started with a enjoy e-cig than to a ego style than to a veriable voltage and than a friend let me try their mod with a drip atomizer that was 10 days after my first e-cig so been dripping ever since. Down to 6mg nicotine some times 0mg. I always thought i would die with a cig in my mouth this has been a great i had a smoker calf that buged me all the time that has even went away and i love to taste things again life is great.

Mike W Jones

12/20/2013 3:49:00 AM - Malik

- Been a smoker from the college years. - Tried to quit but some how I would always come back to it. - Then tried an ecig given to me by a friend at a party. - It took a while, I must say and I still smoke normal tobacco till about 6 to 8 months post trying out the ecigs. - Have recently moved to ecigs completely. - Eventually plan to start my own company selling ecigs since I am a serial entrepreneur.

eCigs changed my life. Now I am going to help others change theirs. One World One Future!

Thank you for your efforts!

12/20/2013 2:50:00 PM - Jake Poirier

I was a heavy smoker for about 6 and a half years, over a pack a day, until I met a new co-worker who introduced me to vaping. I ended up doing a lot of research online into the individual ingredients that goes into the e-liquids that I was interested in purchasing, figured out what kind of e-cigarette I wanted to get and went for it. I ended up buying a kanger evod starter kit, and some delicious juice and the rest was history. The day it arrived in the mail, I was done smoking cigarettes. I had a few left in my pack that I didn't even smoke because I didn't want or need them. I'm not sure if I'll end up quitting vaping, because honestly, I love it and I feel great. I don't have a smokers cough any more, I can breath so much better, no more wheezing nothing like that. I can be more active at work without being worn out so quickly, I can taste food like never before, and my sense of smell is much more keen.

You can probably mark me down for a life time vaper at this point, as I see no reason to put it down. It has stopped me from smoking, and has given me a new hobby that I enjoy greatly. Playing with different mods, learning about Ohms, batteries, voltage, wattage, tanks, coil styles.. It's really quite fun. And the true beauty of vaping, you're able to just vape and not have to make a hobby of it, it's simple and effective.

I recommend switching to vaping (not just those lame blu cigarettes or the gas station special because those, were not satisfying) from smoking to every cigarette smoker I meet. I let them take a puff on my PV and let my mod and liquid speak for themselves. Most are amazed at how enjoyable, refreshing, and how clean it feels. Also, if you live somewhere cold, it's nice to be able to vape inside when you feel the need instead of going outside to freeze and get your nicotine fix.

Just my thoughts and experience on switching to a much safer nicotine device. I hope this was inspirational to at least ONE person out there, and hope that they can live a much happier, healthier life as a ex-smoker.

12/20/2013 9:34:00 PM - Jon Goodman

When I was 14 there was an eighteen wheeler in coney island new york handing out cartons of newports for free to anyone including me. i took them home and began smoking. in later years i tried to quit several times. i used the first pill and the side effects caused me to have a surgery to remove a tumor. i used the second pill and that didn't work either. i used patches, gum, and even used a prescription inhaler... none of that worked. when my kid was 14, she bought me my first e-cig at a flea market as a gift to get me to quit the real ones. it worked. i have been smoke free for two years and my annual physical at my doctor was the best ever. and i got a 98 on my employers health insurance test. all sorts of health issues have completely gone away. vaping works because it is a healthy replacement and does not require you to quit anything. you still get to enjoy the activity without any of the bad results of the real thing. vaping is a miracle or a blessing or both!

12/21/2013 6:47:00 PM - Ricky in Alabama

I smoked for 17 years, but gave them up about 15 years ago when my wife became pregnant. I also used smokeless tobacco for that same 17 year period, and increased my usage of it drastically after I stopped smoking. All total, I used smokeless tobacco for about 32 years. Two months ago I saw a Blu eCig in a local convenience store and decided to give them a try, I haven't looked back since! I have "upgraded" my vaping equipment from my original Blu, but haven't had a single "dip" of smokeless tobacco since starting vaping,

12/21/2013 11:13:00 PM - James, CA

I smoked for about 15 years off and on. Started using a personal vaporizer in Sept. 2013.

I skipped the "cig-a-likes" (cheap disposables that look like a cigarette) because they look cheap, ridiculous, and didn't appear to function very well.

They produce little vapor, which looks unsatisfying, make an annoying whistling sound, and also struck me as wasteful and not so environmentally friendly - worse than cigarettes, as far as what gets thrown out.

The majority of them also seem to be produced by large established tobacco companies which is a big turn off.

I prefer products from smaller scale companies that demonstrate a drive to provide a healthier choice and quality product and are more locally integrated with a community over a large faceless international corporation.

So my choices are for personal preference over quality, but also moral and economic.

This is one aspect of vaping that isn't often discussed but is relevant to me.

So I started on the lower end of vaporizers - an ego styled battery with clearomizer.

This was an impulse buy out of curiosity, as my knowledge of vaporizers and the range of options was minimal.

The device and juice that I bought with it had a mild cessation effect.

I found myself smoking less over 2 weeks of use but had no desire to quit smoking cigarettes at the time.

I went from smoking about a pack a day to about 1 pack every 3 days.

After 2 weeks I upgraded to a larger more rugged device that used replaceable batteries, and had power level controls, along with better, larger atomizers and higher quality juice.

My vaping experience improved drastically and I immediately felt no compulsion to smoke a cigarette.

I literally traded my smoking experince up for a better experience in vaping.

With the higher power device I managed to start lowering my nicotine levels as well.

I went down from 18 mg to 12 after that first 2 weeks.

2 weeks later I lowered it again to 6mg and have stayed there since.

At this time, 4 months in I feel much better overall, and have not had a single cigarette, even when freely offered by other smokers or under extreme stress.

I now vape with a more advanced vaporizer and atomizers and build my own coil and wick setups to match my exact needs.

I no longer have to buy disposable atomizers, so my environmental footprint is reduced further, and my costs as well.

The only waste I generate is a tiny piece of organic cotton which is used as a wick in the atomizer that gets changed out every day or so.

Excluding the one time hardware costs up front for these rebuildable pieces, my vaping costs are reduced to pennies a day.

I've even learned to make my own juice, as I've discovered that it is easier and cheaper to experiment with my own USP grade, FDA approved ingredients than to buy new juices blindly only to not enjoy them. I still buy vendor juices though as I have a few favorites, and spend about $50 per month on those, vs $160 that I was spending on cigarettes. For $160 dollars I could buy enough ingredients to make my own juice for 6 - 8 months.

I think the key to quitting smoking for me was in trading one vice for a better one.

A good quality hardware delivery system with good quality juice made all the difference.

For this reason I don't think pharmaceutical solutions are adequate.

There is no enjoyment from using them and they burden the user with the feeling that they are sick and now dependent on an unattractive, unsatisfying nicotine delivery system.

Vaping is still an addiction for me, not to mention a nice hobby.

I'm still using nicotine, but in a much more enjoyable way, and by all indications so far, a healthier way.

I feel much better about that, phisically and emotionally.

12/22/2013 6:34:00 AM - My name is Tyrel from Wichita, ks and I have been smoking a pack a day for approximately 20 years. Let me start from the beginning of my attemps in stopping. I actually quit cold turkey 11 years ago, and remained tobacco free for 2 years, although I suf

My name is Tyrel from Wichita,

ks and I have been a pack a day smoker for 20 years. I actually quit smoking 11 years ago,

cold turkey,

although my ex wife will probably tell you that first weekend was aweful.

In addition my anxiety levels were high and I began to use alcohol to help me cope. Well then a life change occurred and I started smoking again,

within 2 years. Over the past 9 years I have tried to quit smoking on a number of occasions,

using the patch,

gum,

and trying cold turkey without success.

My grandfather was a life long smoker and died at the age of 63, my father has been smoking for 40 years,

and I had accepted the ugly truth that I was going to follow in their footsteps. Well until November 22, 2013 when I decided to go to a local vape shop, I bought a Joytech ego twist. Over the course of the next 3 days I only had 5 tobacco cigarettes,

with the last one tasting so bad that I didn't even finish it. Now I am 3 days away from one month anniversary,

and loving it!! Now over the last month I have taken every free opportunity, to read, learn,

and study as much as I can about using e-cigs and have become a huge advocate,

and using my ecig exclusively,

which is now an Innokin MVP with a Kanger protank 2, and talking to everyone that stops to ask me what I am doing. These things are a life saver!!!!!!

12/22/2013 5:51:00 PM - Mum

I am an ex smoker who quit cold turkey 5 years ago. It was the hardest most uncomfortable thing I've ever done. My sons were both heavy smokers from their teens and could not seem to kick it. They are in their mid 30's now, and

6 months ago a friend introduced them to ecigs . From the first puff of an ecig they never lit up a smokey smoke again. It was amazing to all of us. One son has cut down from 24 nic to 18 nic already, one of their friends phased down to zero and quit entirely. These things are a life-saver. It is criminal if governments ban ecigs and force people back to using lethal but "legal" cigarettes. This whole regulatory thing reeks of big tobacco!

12/22/2013 6:04:00 PM - Round Rock

I have smoked for over 35 years. I have tried all of the nicotine replacement therapys and none worked. I tried Chantix it was bad.

Then I found a disposable ecig at the store.I tried it but was not pleased with the taste.Then a friend took me to a vape store.I started with an ego and tabbaco flavored liquid.My cigarette consumption was cut in half by day 2.Then I tried fruit flavors and the tabbaco flavor and my cigarettes tasted horrible! I stopped smoking a week after that.I have been cigarette free for 5 months.My doctor is very happy,I no longer use or have need for a rescue inhaler and I did not gain any weight E- cigs have changed my life! I made it through a movie at a theater for the first time in twenty years, and I did not vape in the theater. I have cut my nicotine Levels in half from my original 24 mg to 11 mg.Please do not ban this!!!!!

12/23/2013 3:58:00 AM - EvaD Redwood City, CA

I started smoking at the age of 15 so I have been a smoker for over 50 years.

Over the years, I have tried to quit many times tying various methods including nicotine gum, patches and even hypnosis.

I even joined a Stanford University group on smoking cessation.

I really wanted to quit smoking but nothing worked for me.

I have been hospitalized on several occasions for severe asthma.

I also suffered from chronic bronchitis.

Needless to say, when i got home from the hospital, I puffed on my nebulizer and asthma inhaler to open up my airway enough so that I could light up a cigarette.

About 5 months ago, I saw an ad for Blu electronic cigarettes on TV.

I started doing some research on the internet learning about the various electronic cigarettes available on the market.

Wow!

There were a lot of manufacturers out there.

I decided I would try a disposable, figuring it was not much of a loss if I tossed it in the trash.

It was certainly cheaper than buying more Nicorette which never did much for me except make me hyper. Anyway, I bought the Blu disposable at my local drug store and gave it a try.

Well after using it, I was surprised how that was a great substitute for my tobacco habit. I went back to the store and bought a starter kit.

I have been smoking ecigs now for almost 5 months and have not had one tobacco cigarette since my introduction to the ecig world.

I no longer vape the Blu, but have gone on to buying my own

e-liquids.

I started out with the 18mg nicotine strength but have been able to reduce that significantly.

I now buy juice that is between 0mg and 6mg in nicotine.

Over the course of the last 5 months, I have seen a real improvement in my health.

I have not had to use my nebulizer or take medication including steroids for an asthma attack.

My asthma was probably caused by an ingredient(s) in tobacco according to my doctor.

I also no longer have a problem with bronchitis.

I can now breathe without a pain in my chest and exercise without shortness of breath.

My house, my car and my clothes do not reek of tobacco.

E cigarettes have been a lifesaver for me.

It is the ONLY effective product I have ever used that has helped me to quit smoking tobacco.

I can honestly say that I have NO desire to light up a regular cigarette ever again.

I threw away an entire carton of American Spirit when I discovered E-cigarettes and never regretted it.

E-cigs have been instrumental in helping me quit the tobacco habit.

I urge all of my smoker friends who want to quit to try it.

Although I no longer vape Blu, I owe it to their advertising which lead me to discover e-cigs.

12/23/2013 7:23:00 PM - John Doe

I have smoked a pack a day since the age of 16, so a total of 23 years. I have tried every method under the sun, including nicitine gum, patches, Zyban and alternative therapies such as hypnosis and acupunture. After buying my first e- cig I figured this might work and alternated a cig- a- like with cigarettes. 6 months ago I bought an Ego starter kit and heve never looked back. It was an effortless transition, and I am 100% sure I will never ever smoke again. I feel much healthier and wish I had tried vaping earlier, it has really changed my life.

12/23/2013 7:33:00 PM - Fern (fernicus) Eastern Shore, MD

I started smoking analog cigarettes when I was about 20 years old. Most of my friends smoked and I was a bit of a partier at the time so I smoked, too. At my worst I was smoking almost a full pack of menthol light cigarettes a day, having smoked for about 4-5 years at this point. I always hated the way it smelled so when my boyfriend and I saw the cig-a-likes the gas station sold, we decided to try those. We didn't stay with those for too long before going back to cigarettes. Then we heard about a vape shop that had opened in our area so we went right on over and both bought kits. I quit analog cigarettes cold turkey in favor of the vape and haven't looked back for 4 months now. My boyfriend has had a few analogs while out with friends, less than five and I haven't had any. I can't even stand the smell wafting off the smokers that come into the vape shop that I now work at. It's been an amazing and satisfying journey because I know I'm on a much less harmful path now. I can smell, taste and breathe better and I definitely feel like I don't get cranky and irritable anymore. I've weaned myself down to 6mg nicotine e-liquid and in about another month, I'll be nicotine free! Vaping has changed my life.

12/24/2013 10:33:00 AM - CMM

I had been smoking for 30 years. I have tried numerous methods to quit smoking and I have quit with the e-cig!!! It's been a year since

I smoked a cigarette !!!

12/25/2013 3:10:00 PM - Jeff

I started smoking at a young age and continued to smoke a pack a day for about 30 years. I tried almost everything out there. I tried cold turkey many, many times. I tried medications prescribed by my doctor. Gum, Patches and all the other crackpot quit smoking methods(hypnosis and laser therapy). The longest I was able to quit cigarettes was about a week.

Then About 2 years ago I was diagnosed with a brain tumour and the alarm bells went off... After my treatments (surgery and chemo)I knew I had to do anything I could do to quit and get healthy again. I tried cold turkey and NRT's again without success. After that failure I pretty much resigned myself to being a lifetime smoker, for what's left of it anyway! Then I saw an add on the internet adversing ecigs and started to do research. I didn't expect it to work for me but I had to try something. After getting my kit in the mail and using it for a day I noticed that I didn't need a cigarette. Now after 4 months and upgrading my cigalike to a mod and tank system I

still have no cravings and have stepped my nicotine level down to almost zero.

I don't know if I will ever stop vaping but I know its a lot healthier than smoking because I feel better! I can breathe,I don't wheeze, I don't cough in the mornings and daytime. All of my family and non smoking friends tell me I don't stink anymore! This product made me healthy... I just cant believe the politicians are trying to regulate them out of existence. I hope my

story helps someone understand this and that it is a healthier alternative.

12/27/2013 6:02:00 AM - Lani Mein

I had a battery explode and

start a fire. I believe in e cigerattes, I would like to make certain they are safe.

I could have lost my home if I had not happened to be there when it happened.

I have pictures, but not the name of the brand.

I would like to have unsafe batteries be banned.

Lani Mein. 707-731-0016

12/28/2013 2:20:00 PM - Scott Larmore

I started smoking when I was 16. Think about that, I was 16 years of age and still able to get cigarets despite all the regulations in place that were supposed to prevent my acquiring them. I smoked for around 15 years and was more or less happy doing it until I started having an irregular heart beat.

I took an educated guess as to what the issue was (smoking) but after many failed occasions of trying to quit nicotine (as I didn't really want to quit) I decided to try e-cigs as a safer alternative. I haven't smoked a traditional cigarette in a year. Now not only can i breathe better, I can smell things better, taste better, and best of all no irregular heart beat. I feel Vaping has saved my life.

12/29/2013 5:19:00 PM - Lawrence Sexton

Well my names Lawrence Sexton and I started smoking when I was 13. I've smoked for 20 years being that I'm 34 now and have quit thanks to learning about vaping! I started with those gas station disposables but found them not to really work with the cravings so I'd smoke a cigar here an there to help. But then I found out about mods an e-juice, needless to say this is what has worked for me. I've been vaping since September of 2013 and the side effects of smoking have disappeared (besides being restricted to where I can vape). My wife has an allergy to cigarette smoke but none to vapor allowing me more time around her problem free. I don't stink anymore, my fingers aren't yellow anymore, my teeth, aren't yelling anymore, I passed a lung test for a physical I took, I'm saving money, my kids don't have to put up with the 2nd hand smoke anymore...there's so many reasons why the switch has been nothing but great! I'd like to thank God and all aspects of the vape community including casaa for the opportunity to share my story. I urge any doubters to make the switch and see for themselves you won't be disappointed.

12/29/2013 7:37:00 PM - David Neff, Las Vegas

At the risk of being a bit dramatic this is how I feel about vapeing. As a smoker of 1-2 packs a day for 40 years I tried many methods to quit, patch, drugs, cold turkey etc. etc. NOTHING WORKED! About a year ago I was at a job and they went smoke free, I couldn't even go outside and sneak a puff so I tried a disposable product figuring I could go around the corner and get my "nick fix" since there was no smell they would never know. It WORKED! I was amazed! With that in mind I stopped by a local Vape shop and talked to the folks, I tried a few flavors (the disposable was nasty but effective) OOhhh YUM, flavors were really good, out the door I went with a new Ego and tank, a couple flavors I liked and have never looked back. I now have about 50 flavors, a bunch of mods and a new hobby! Most important I don't smoke I VAPE. I have even been able to cut the nicotine level of my juice in half. I feel better, I don't smell, my house and car don't smell and my friends will come over and ride with me now...sweet! SO... here is my statement to all the nanny state politicians that want to ban or severely limit e-cigarettes and my freedom of choice. Get out your pistol, put it up against my temple and now decide do you pull the trigger and kill me or do you not? If you rule to get rid of e-cigarettes you have just pulled the trigger and condemned me and millions of other smokers to death, it's unfortunate but we will go back to cigarettes and they will kill us. DON"T DO IT!!!! Don't take the one thing that is working off the market just because, if your really honest with your self, you don't understand it. If you smoke try it before you vote. If your going to regulate do it based on FACT. Ban it from kids..of course, no argument from any intelligent person. Make sure "juice" makers are using good quality ingredients and clean facilities, sounds good to me! Ban it because it "looks like smoke"? Don't do it, remember Vapors are voters! DON'T PULL THE TRIGGER!

12/29/2013 8:04:00 PM - Misty Al-Eryani

I am 39 years old, due to stressful events, I started smoking at the age of 30. I never planned to quit, nor did I want to. Two of my clients successfully quit smoking cigarettes with the help of e-cigs. I thought it was great for them, and they did suggest I give them a try. My best friend came into work one day with a device and she was quitting cigarettes as well.

One day while driving past the store selling the devices, I turned my car around and went in. They gave me tips on quitting, and I told the sales specialist I probably won't quit smoking cigarettes anytime soon, but this may be a good hobby. After using the device, that day I only smoked 2 cigarettes. The next day I smoked half of one and so on. By the third day of using the electronic cigarette, I havd only smoked 5, and without it I would have smoked 66 cigarettes by then!

I was a one-pack a day smoker. I smoked Marlboro Black 100's. I feel better..I can breath better. I have lots more energy and am nolonger groggy in the morning. I smell better, and my home is smoke free. When my children hug me, they nolonger flinch at that stale cigarette smell.

I have been using my e-cigarette for 7 days now. I don't plan on ever smoking again. The last time I tried it made me sick, and I couldn't be happier about that!

12/30/2013 2:02:00 AM - Dustin from Joplin, MO

I had been a smoker for roughly 6 years, smoking Camel Blue (full flavor) cigarettes with a 2-pack a day habit. I started using smoke free alternatives roughly 2 months ago and the results have floored myself and others around me. I started out using one of those cheap eCig kits you can pick up from just about any gas station and it was absolutely horrible. After hard thought, extra cash, and wanting to quit not only for myself but my daughter and other around me, I went out and got a new setup. I ended up with a eGo Twist 1100mAH battery, SmokTech DCT Tank, and 18mg of Black Cherry eLiquid. Ever since I got this setup 2-months ago I've tapered myself down to 6mg liquid and will start my 0mg regimen in the next 2-3 weeks. I quit smoking cigarettes the day I got my eGo setup, and haven't had a single cigarette since that day. No cutting down, no "maybe just one last..." nope, I knew from that day on I was done giving Camel my money, and it was time to take control of my life. I did what I had set out to do.

Reason for being so skeptical is because I had never used any type of product(s) to help me quit smoking(saw it as a gimmick, really.), always tried cold turkey or "cutting back". They day I started using eCigs is the day I quit smoking, and I don't regret that decision.

My cologne sticks, my breath doesn't stink, food tastes SO much better, I can breathe better, I have more energy, I'm not tired all the time, and most of all I'm saving a ton of money. If you're someone who smokes and is reading this, do yourself a favor and give eCigs (or other methods a shot) because they truly do work and they are definitely more pocket / health friendly. I can spend the same amount of money I would spend on a weeks worth of a cigarettes (roughly $45) for TWO MONTHS worth of vaping (eCig) gear. You do the math!

My wife and daughter don't tell me my clothes stink anymore, I get waaaay more kisses from the Mrs. and cupcakes will be the death of me instead of tobacco because they just taste SO much better!

Thanks for taking the time to read my story. Hopefully this will help people get started in their tobacco free adventure and hopefully you too can share a story like mine!

12/30/2013 8:22:00 AM - Don McGuire, Gilbert, AZ

I had been a tobacco smoker of cigarettes and cigars for many decades. My typical consumption was a pack and a half of cigarettes and several cigars daily. I had tried to quit tobacco numerous times without success. I tried the nicotine inhaler, patches, lozenges, and several other methods, and nothing worked. I had literally given up, and had become resigned to the fact that I would ultimately die from a tobacco related illness.

After seeing a TV commercial for e-cigarettes, I purchased a starter kit. As I opened the kit, I was smoking a cigar. After taking several puffs on the e-cigarette, I put the half smoked cigar in the ashtray, and have not touched tobacco products since.

I gradually reduced the level of nicotine I was receiving in the e-cigarettes through the use of personal vaporizers and am now totally free of nicotine and tobacco.

Having been diagnosed with moderate COPD, my pulmonary physician is amazed at the difference in my breathing capacity and my lung x-rays. I now am classified as having mild COPD and take no medications whatsoever or require any ongoing treatments. I now breathe normally, have renewed energy, taste, smell and a better overall quality of life.

12/30/2013 8:57:00 PM - Frank Jackson, Germany

I was a heavy smoker of many decades until a few months ago when a friend of mine showed me one of these devices. I tried it and after two or three days I stopped smoking tobacco cigarettes completely and have not done so since

12/30/2013 10:12:00 PM - Nell, UK

I am in the UK and subject to the current nonsense going through the European Parliament at the close of 2013 which, if implemented, will see all the effective electronic vaping devices banned. I'm 55 and had been smoking about 20 a day, for 33 years, before I tried my first electronic cigarette. I had never tried to quit. The more the ANTZ sermonised, the more determined I was to continue as a matter of principal and free choice. However, I was conscious of people in my immediate surroundings and the fact that I had been extremely lucky, health wise. I also hated the smell and brown 'gunk' that accumulated in my house! After some internet research, I decided to 'give ecigs a go' out of curiosity and the thought that they might be perfect as cigarettes without the smell and smoke and reduce the harm. I received my first cigalike ecigs, with tobacco and coffee flavour cartos on 1.11.12. I have never smoked another cigarette!

However, the 3rd generation electronic vaping devices I now use, look nothing like a cigarette! More like a silver replica of Flash Gordon's rocket! Why? Because I quickly realised that, whilst the cigalikes were ok, I needed 'something more'. A 3 month, fast lesson in vaping devices followed and after a very steep learning curve, I progressed to the kit I use today. My eliquid flavours of choice are vanilla custard, peach and raspberry cream (I hate the taste of tobacco now). All gone from purchase if the EU get their way- but not gone from my life! I've planned ahead and got enough to last my (hopefully) long and healthy life. So I'm ok, but I'm angry for the smokers who have yet to switch, how dare they be denied the choice that I had. I'm angry that so called 'health professionals' are manipulating data and downright lying to achieve their 'quit or die' message. One only has to follow the money to see the reason behind it, oh

12/30/2013 11:10:00 PM - Joss Brown

I started smoking when I was 16 years old, smoked a maximum of one pack of cigarettes a day for more than 22 years. During the 3 years after that period I began to gradually smoke more cigarettes, while slowly moving towards a state of a kind of "stress-smoking", i.e. lots of cigarettes per day (sometimes more than 30), but fewer drags per cigarette, just letting the cigarette burn, at work, beside the computer etc. So the inhalation volume of my active smoking basically stayed the same, while passive smoking increased. So did the costs of smoking (naturally). My health was always great, including lung capacity (due to sports, singing etc.), but in the last year of my smoking "career" I started noticing phases of dry coughs, more sputum in the winter months etc., so I thought about quitting for a couple of months. I always liked smoking, had an aversion to the pharma industry, knew the awful relapse rates with regard to their products, so e-cigarettes were the logical choice. In 2012/13 I noticed more and more online reports that e-cigs are a good substitute for tobacco. After a couple of weeks of research into the science I bought an eGo-C starter kit and managed to quit smoking tobacco immediately (July 2012). Quitting completely had always been my goal, so I'm sure that my own will, my psychologial preparation etc. played at least a partial role in the success. It took some time finding the right juice flavor, the right e-cig model etc. (Kanger ProTank models = bottom coil clearomizers), but I haven't had a tobacco cigarette since. I experienced real (but unproblematic) withdrawal symptoms (uneasy sleep, dizziness etc.) on and off for approx. one month, but had no wish to return to a "real" cigarette during that time, even though I was still inhaling nicotine using the e-cigarette, and even though the neuro-blockers from the tobacco years were still active to a certain degree, even though I was with smokers regularly (friends, colleagues). From the start I opted for a medium concentration of 12 mg of nicotine per ml of juice, and maybe that could also be the reason why I experienced withdrawal symptoms. I still like to smell fresh tobacco smoke

12/31/2013 2:04:00 AM - Andrew Joseph Laken

I had smoke cigarettes since I was 13. I have lost many loved ones to lung cancer. My mother suffers from emphysema. My brother tried to quit using a prescription drug (non-nicotine) and committed suicide shortly after. For me Electronic Cigarettes have been a God send. But I am finding that people are trying to find ways to prevent the use of these products. I have heard everything from 'They are more dangerous than smoking' to, 'We are banning them (eCigs) because it looks like a crack pipe. These stereotypes are just plain unnecessary. I will openly admit that nicotine is bad for the human body. But eCigs do not have all the harmful chemicals that cigarettes have. And for that reason alone, I use Electronic Cigarettes instead of analogs (Ecigs).

Thank You,

Andrew Joseph Laken Michigan, USA

12/31/2013 2:27:00 AM - bkkdaytrader

smoked for 30 years--quit for 5 years then started again with a dreadful feeling that it will be more difficult to quit this time. Discovered e-cigarettes.

One puff of the ecigs was all that was needed to stop smoking tobacco.

12/31/2013 9:07:00 AM - Eric Manktelow, Bristol UK

I'm a week short of my 41st birthday as I write this and I started smoking when I was about 13, walking home from school with a smoking schoolmate. At first it was just for the "high" I enjoyed the buzz, after a few days I was actively seeking out my "friend" to scrounge another smoke off him on the way home from school even though after about the third cigarette I didn't get the same buzz. Unsurprisingly my friend was getting bored of me scrounging smokes off him everyday and told me to go and buy my own, that was when I made my fateful decision to become a smoker. Over the next few years I was caught by my Dad on numerous occasions, being an ex-smoker himself he tried everything from rewards for not smoking to brutal punishments for continuing to smoke - none of it worked.

Eventually once I was 16 he came to accept me being a smoker even if he didn

12/31/2013 1:49:00 PM - Wayne from North Carolina

I had smoked for 30 years.

I had tried on many occasions to quit.

Nothing I tried had worked.

I had given up on ever quitting.

Then a friend at work suggested I try electronic cigarettes.

3 days after buying my first kit I quit smoking.

I still can't believe it.

It's a miracle.

October 20th, 2013 is a day I will remember forever.

12/31/2013 4:23:00 PM - Klinton from Columbus, Ohio

I would like to share my story with you. I am a 24 year old man who has been smoking since 16. I once quit for 6 months, but aside from that have been smoking heavily for 8 years. I felt guilty about my smoking. My grandfather died of lung cancer caused by cigarette smoke. So, I began to research e-cigs and made the switch. I purchased a quality, reusable cigarette and months of supplies for $100. I walked out of the shop and began vaping. It has been 6 months and I have not touched a single tobacco cigarette. My lung function is so improved I've taken up jogging. I have saved countless dollars and added years to my life. I no longer stand outside in the cold to smoke. I sleep better. One coworker even noticed that my teeth had whitened since quitting tobacco! I no longer smell like an ashtray. I don't have to try to light a cigarette while driving. My car and couch are starting to smell better, and I can proudly say I haven't burnt any new holes in them lately! The e-cig is a good conversation starter and nobody has been offended or inconvenienced by it. If I decide to begin weaning myself off nicotine with it, I may even continue smoking for the flavor, just as people smoke flavored hookah. E-cigs have changed my life for the better and saved me money. Looking at recent scientific evidence, I'm quite convinced they'll save my life, too.

12/31/2013 8:28:00 PM - Kris DeWitt (KokomoPureVpors) from Kokomo, IN.

I started smoking at a young age of 14. Maybe a pack every of couple of days. but when I turned 17 I started smoking a pack or more a day. When I turned 20 I started working in a factory and from all the chemicals and suck i was breathing in 10 hours a day plus smoking a pack or more a day i could feel it taking a tole on my body. i tried the e-ciggs before and didn't like it but i tried it again and loved it. I've been smoke free for almost three months now and i can tell the difference. im almost down to zero nicotine. then once that happens i plan to most likely keep gaping because i enjoy it. I guess you can call it my new bobbie. i now have my mother which she has been smoking since 17 and now is almost 50 and she was smoking two packs a day and is down to half a pack a day, i started my wife on it and she also quit smoking. we use the e-ciggs, mods, ect. i am proof and i am a proud supporter of this. "Keep calm and Vape on."

1/2/2014 1:53:00 AM - Robert Fitch IV

I started smoking in February of 2013. The addiction hit quick and I was smoking a pack and a half a day within a week of starting. After about a month I started noticing that my body was not working the way it used to due to the sheer amount that I was smoking. I tried quitting cold turkey. That lasted 3 days. I continued to smoke until November of 2013 when I picked up my first e-cigarette. I have not touched a real cigarette since. Since quitting I have been able to be more active and have actually gotten in shape due to the fact that I am able to do things without getting winded. My breathing is better, my sense of smell and taste have improved immensely. The smell of cigarette smoke now makes me sick to my stomach. Switching to an e-cig has been one of the best choices I have ever made in my life.

1/2/2014 2:22:00 PM - jusuggs from Henagar, Al.

I smoked Marlboro cigarettes for 35 years. I tried many times to quit smoking but..always failed. Then three years ago I had pneumonia and was hospitalized. I was told if I did not stop smoking cigarettes I would never get better..so I did with the help of e-cigarettes. I no longer smoke anything but e-cigarettes. I feel so much better and I no longer smell like a ashtray.

1/2/2014 3:01:00 PM - G. Jeanne McGinnis

I just turned 61, and I had smoked for about 35 years. The only time I had been able to quit for any length of time previously was during my 3 pregnancies, but I always started again.

I started smoking back in the days when every conference room had multiple ash trays and you could even smoke at your desk. I remember when 2nd hand smoke became a concern and we all had to buy "smokeless" ashtrays for our cubicles. I remember saying I would quit at 40.

Then for sure by the time I was 50.

Well, 60 rolled around and I was still puffing away.

The only thing that was somewhat positive was that I rarely smoked more than 1 pack per day.

But even at that level it seemed impossible to quit.

i tried acupuncture, patches, pills, patches along with pills, and cold-turkey.

NOTHING worked! The overwhelming desire to smoke always won out. Until I ran out of cigarettes last mother's Day (which was Sunday, May 12th, 2013).

I went to my regular smoke shop to buy a couple of cartons of smokes, but I got sidetracked looking at the new supply of electronic cigarettes they had on display.

I asked a million questions, and I left there with an e-cig starter kit which included the batteries, cartridges, and chargers.

I did NOT buy any real cigarettes that day. Then I allowed my lazy streak to take charge...

I had a large supply of e-cigs at my fingertips.

I had 2 batteries, so I constantly kept one on the charger while I used the other one,(that way I never felt deprived in any way), and I refused to get up and go out to buy real cigs as long as I had the electronic ones! By the time I ran out of e-cartridges I was done with smoking the real thing! My sinuses, which had constantly been irritated for over a year, were feeling GREAT. Any hint of the scratchy throat and cough had disappeared. And I felt NO craving at all! My starter kit had only menthol and they were high nicotine. When I went for refills I tried some flavors and I went down a level in the nicotine. I've often been told that menthol smokers have 2 addictions to overcome because the menthol is equally addicting. Well, during the 8 months since I switched I

have "graduated" to the e-cig atomizers, and I never use menthol any more. I've been to several

vape stores in different parts of the country. I've tried various batteries, tanks, wicks, and a huge assortment of flavors! I also have methodically reduced the nicotine level to the point where I use almost all either 8 mg or ZERO!!!! I've told everyone that I make absolutely no promise that I won't "vape" for the rest of my life. I honestly enjoyed smoking and freely admitted it. Now I enjoy vaping, and it feels very guilt-free! I've gone from 9000 or so chemicals down to just a few, and will eventually eliminate the nicotine. The one thing that seems the most remarkable to me is that after all of those failed attempts to quit smoking, I now have absolutely NO desire to ever have another

real cigarette again!

The thought of it makes my throat cringe! I know, from experience, just how harsh it would feel. And, astonishingly I now understand why non-smokers don't like 2nd hand smoke!

As a "vaper" the smell of real smoke is pretty bad. My clothes and office no longer reek! My non-smoking son is THRILLED! And thankfully my daughter, my best friend and her husband, and another friend have ALL quit smoking real cigarettes.

I was especially proud of my girlfriend and her husband because they switched "cold-turkey" the same way I did, and they still had open cartons of cigarettes in the house that went un-smoked! I've had no negative effects from switching, I'm saving money, and for me it's nothing short of a miracle!

1/2/2014 9:49:00 PM - Jill Marie (CheshireKitten/Kitrona), South Haven, IN

I smoked off and on for literally more than half my life; I started when I was 16 and quit on my 35th birthday. I had tried to quit several times before, going cold turkey and using the patch. I even tried using the cigarette analog type of e-cig, but it seemed really complicated and didn't stick; I ended up reducing the amount that I smoked, which was good, but I wanted to quit entirely. I did, when I quit on my 35th birthday, but I had this terrible longing to smoke again and I couldn't figure out why. I'd dream about it at night and wake up wanting a cigarette, but when I was around smokers, the smell turned my stomach.

Serendipitously, my husband and I happened across a local vaping shop when we had time and money (not a common occurrence!). We stopped in on a whim, and walked out with much better equipment than the e-cig analog. Since I started vaping, I haven't had a single dream about smoking, and I don't feel deprived of something I enjoy like I did before. I really doubt that I'll ever smoke again. In addition, I reduced my nicotine intake to 0mg using a PV.

1/3/2014 8:08:00 PM - Vaping in Orwigsburg, Pa

I had my first cigarette when I was 9yrs old. I was instantly hooked! I continued to smoke approximately 1 _ packs a day for the next 40 years.

I had trouble breathing, had to use an inhaler, got bronchitis so many times I can't count, and nothing would stop me! The first thing I did when I opened my eyes was to reach for a cigarette. Growing up, I would beg, borrow, or steal to get my fix. I might as well have been an heroin addict! I got up for work 2 hours early just so I could get plenty of smokes in before I went.

No matter how sick I was, I couldn't stop smoking. I had times where I was hospitalized where I would take my IV pole and sneak out of the hospital just to smoke. Sometimes I would go into the public restrooms so I could smoke.

The only person more addicted than myself, that I knew of,

was my father who smoked 4 packs a day. There was nothing anyone could say or show me that would make me stop. I couldn't even stop when I was pregnant.

So I had 2 daughters who ended up as smokers themselves. Today, they talk about crack babies. I had nicotine babies.

I tried many times to quit smoking. I went cold turkey, I tried slowly cutting back, I would only allow myself one cig. every 2 hours, nothing worked.

My husband quit smoking after a bad lung infection. That was the beginning of the constant pestering.

I decided to try harder and started taking Chantix. Well, telling me I could smoke and take Chantix was all I needed to hear. I began my

1/4/2014 3:50:00 PM - David Ram

Hello, my name is David Ram of Temple, TX. Im a Soldier stationed at Fort Hood, TX. I am 27 years old, and started smoking a pack of day at the young age of 14, I smoked for 12 years with only a 6 month break, a break I only took because I was not allowed to smoke in Basic Training/ AIT in the Army. I started "vaping" using "elecontric-ciggarettes" on or around June 3rd, 2013..From the first day I purchased my E-cigg starter kit I have not even looked at a real tobacco ciggarette, nor have I had the want for one. I will list all health and financial benefits I have encountered since my switch to Electronic Ciggarettes.

PROS: No morning cough No shortness of breath No sore gums No more bad breath No more becoming winded climbing multiple flights of stairs No more strong cravings $275.00 a month saved since the switch No bronchitis from common colds Improved sex life Improved vitals at medical check ups Improved blood flow Improved Physical performance

Improved night vison Improved sense of Smell and Taste No longer offending my spouse with the offensive smell of tobacoo ciggarettes

CONS: Deciding what new E-Juice/E-liquid flavor im going to try next. My wife getting mad that I keep ordering new Atomizers and Mods/Vaporizers(and yet I STILL only spend a FRACTION of the money I did on real tobacco ciggarettes :)

VAPING HAS CHANGED MY LIFE David Ram Temple, TX

1/6/2014 5:45:00 AM - Lonnie Place

I was a 30 plus year smoker and used smokeless tobacco on ocassion as well. I have quit cigarette smoking in the past for about a year during that time i used smokeless tobacco.(dip) for my need for nicotine. Eventually went back to smoking and even smokeless tobacco. The costs of cigarettes and smokeless tobacco became a expensive habit. I had noticed some people in my area using electronic devices that emmited vapor but still allowing the user to have nicotine. The most addictive part of smoking or using smokeless tobacco. I went to a local tobacco store and checked into the start up costs and bought a mod and have enjoyed the use of electronic devices. I started with e liquad that was 18 mg/ ml. Nicotine. And have reduced to 12mg and 6 mg/ ml. Nicotine. I have helped many people to kick the cigarette/ smokeless tobacco habit. Vaping is my lifestyle. I promote the alternative lifestyle of vaping. I am a supporter and advocate the choices i and others have made. My health has improved greatly since my change to these devices. And my doctor supports the use of electronic devices!

1/6/2014 8:06:00 PM - Chris Smith from Gresham, Oregon

My Smoking Story

I have smoked for 31 years. I am now 42 and started when I was 11. The main reason I started to smoke is because it was what the 'Cool Kids' did and I wanted to be cool. The shows on TV and the Movies in the theatres always showed smoking as being sophisticated and adult. I had little knowledge at that age of the implications of smoking on the human body. By the age of 18 I was heavily addicted to cigarettes and smoked 2.5 packs a day. I coughed all the time and often was sick from bronchitis. As the eighties melted into the nineties; more and more information about the dangers of smoking surfaced but by this time I couldn't give them up. I had tried nicorette gum and just cold turkey. I would never quit for more than a couple months. Fast forward into the 2000's and a new product emerged on the scene. E-cigs were pretty much unknown at this time but being the curious person I started using them about 5 years ago. I liked the fact that I could smoke them and not intrude on the often rude personal space of other people. This was the biggest clencher for me. I hated the fact that I was invading people's personal space with my nasty smelling cigarettes that I couldn't seem to give up.

as of 43 days ago I gave up cigarettes completley. I have noticed since I have went to just ecigs that my health, lungs, taste and smell has vastly improved. Now I know how nasty those analog things are and I am so happy to be rid of them. I know for a fact that if ecigs are banned that I will go back to smoking real ones because of my addictive personality. I would like that to NOT be the case.

I urge Congress and all the other powers that be to consider Us the American people when deliberating on whether these things are safer. My ecigs contain three chemicals. Cigarettes over four thousand. Please stop the money game and just treat people as people. It is all we want. Thank you for listening.

1/7/2014 8:07:00 PM - DJM

I had smoked approx 20 a day, for the last 30 years.

I started using an e-cig approx 3 months ago, on 1st October (for 'Stoptober' here in the UK). I switched entirely from conventional cigarettes to e-cigarettes on day one.

I use a refillable EGO type e-cig from Totally Wicked, called the 'Tornado Tank'.

I use e-liquid from Hangsen.

As I used to smoke menthol cigarettes, I have found that I particularly like their 'HS Menthol Sensation' flavour and use a strength of 12mg.

I have not touched a conventional burning cigarette since.

I have found that my energy, sense of smell and my sense of taste have all improved greatly.

Plus, my clothes no longer smell of tobacco.

E-cigs might not be known to be 100% safe (what is ?) but they cannot possibly be more harmful than conventional cigarettes, which are KNOWN to kill ... and they don't get banned !

To ban these is a nonsense and cannot be justified as it will turn millions of 'vapours' back into 'smokers'.

1/8/2014 9:03:00 AM - Adam G Capdeville

I started smoking cigarets in college in 2009 and smoked till 2013. So i essentially smoked for 4 years going about a pack a week. I started vaping early 2013 and have been since. I use e-liqud it an atomizer on a Vamo Mod. I have never gone back to cigarets and never plan to again. I feel better now then i ever did when i smoked. From switching from cigs to ecigs i noticed that i cough a lot less and my stamina has gone back to normal. I was even able to lower my nicotine intake to 6mg from 18mg. If vaping gets banned i might have to switch back to smoking cigarets.

1/8/2014 3:04:00 PM - Jim K, Dallas, Tx

I had my first cigarette when I was about 8 years old. My father smoked and he was my hero so I wanted to be "just like dad".

I was an on again off again smoker from my early years thru high school and college but started smoking in earnest in 1981 while working in the oil fields of Texas. My consumption of "analogs" increased when I became an over-the-road truck driver; when you have nothing to but look out the window for hours on end, you tend to smoke more to keep you mind occupied. This became an up and down habit for the next 20 or so years.

When I started working in IT in an office building, I started trying to quit smoking. Patches, lozenges, inhalers, prescribed pills from my doctor were the order of the day up until I discovered "vape".

In the last several months, I have seen many on the internet talking about "vaping"; I became curious. I researched all I could; devices, liquids, nicotine levels, effects and the more I read the more I began to think that I might give this a try as it seemed people were finally getting the relief they were searching for in a form that both tasted good and caused no harm to those around them. I thought maybe this will be the answer to the issue I had with the nicotine inhaler I tried years ago; a vapor that took the place of the smoke I was inhaling that helped my lungs "think" it was getting a "hit" of smoke while transporting the nicotine I am addicted to without the harmful chemicals a cigarette has.

I took the plunge. I decided I would jump in with both feet, spend a fair amount of money but at the same time stop giving my limited budget to something I knew was killing me in the hopes that this might stop that downward spiral. I purchased my parts and liquid, put it all together and WOW! it was good and I felt no lung pain or mental effects or cravings; I was obviously getting the nicotine I needed and the feel of the inhalation and the "cloud of smoke" (vapor) looked just like a cigarette. This, I thought was going to be good.

Early the next morning after starting with vape, I finished my last real cigarette and today I feel great! I feel my lungs starting to work better than they have in years. I don't get as winded walking around as I did. I don't go to bed with a "cigarette high" after a long day at work and smoking too much from the stress and I don't feel the guilt I was starting to feel when I would pull into the local store to "buy a pack" on the way to work. This is good.

I also have discovered an added benefit that I had not considered when I took this step. My wife is very allergic to smoke; I still don't know why she didn't give me a harder time about my smoking. I never smoked in our home; she wouldn't stay if I did and I didn't

want to devalue my investment by contaminating it with smoke. I also started noticing people at work would stand closer to me when talking. I ask a few of my coworkers and they told me that I no longer smell like an ashtray; another unconsidered bonus. Not to mention the money I am saving; no more expensive cartons of smokes; my maintenance cost for vaping is much less - more money for me now for other things... yeah!!

All in all I wish I had found vaping years ago; I tried the weak, pre-packaged versions long ago and they didn't do it for me. The e-cig with e-liquid that allows me to choose the flavor and strength I want has done what I thought impossible and since I like to have choices and control over what I do it feels much more likely I will finally quit tobacco for good.

I'm even starting to believe that while I won't get back my lung function that I had in high school, I may be able to get back a more active existence and enjoy life again instead of sitting inside in my offtime watching TV and only getting up to go outside for a "quick smoke".

1/10/2014 10:23:00 AM - James Vasquez

I started smoking when I was thirteen years old.

I recently decided that I needed to stop for good.

For the past couple of weeks, I have been using only my e-cigarette, and have noticed that my breathing has greatly improved, as has my sense of smell.

I've tried various methods in the past such as using the patch, quitting cold turkey, etc. but gave up on them within a couple of days.

With the e-cigarette, I haven't had the desire to purchase a pack of cigarettes, and even though I've gone down to lower than the normally associated level of nicotene in my liquids, I don't feel like I'm losing anything.

1/11/2014 8:16:00 PM - Ryan D from SSM, ON Canada

I was a smoker since 16 years old. A half pack to a pack a day. My story is really nothing new. I tried everything except for the psychotropics (ie. chantix etc..) because i don't believe in needing to alter brain chemistry to quit a substance, no matter how effective. Anyhow, i started electronic cigarettes in Mar. 2013 when i tried a friends out just by chance and bought one online the same day. Went from cigalikes to more fancy mod like styles. I am gradually reducing my nicotine content in my liquid, and hope to reach 0 in a reasonable timeframe. I believe i will continue to use it at a 0 nicotine level even after that just for the flavour and enjoyment of it. If government would make it illegal, i wouldn't think twice to obtain my flavourless eliquids from the black market and flavour myself, which is what i do now anyway, minus the black market part. lol (yet)

If THAT weren't an option than i would take it to an even crazier level. I would do my own nicotine extractions. I definately would NOT go back to cigarettes under any circumstances... I feel better, can taste food, can smell things, and many more pluses. Keep it legal, government should intervene in the flavourless eliquid base market and manufacture and regulate it themselves, and sell and tax it to make money from it. Everyone wins.

1/11/2014 11:04:00 PM - Rami

I have smoked for 3 years and I have been smoking electronic cigarettes for one week and a day. I haven't had one cigarette in one week and a day. I feel better, my teeth are whiter, and I enjoy it. I don't crave the electronic cigarette, I just smoke as I please. It is a great alternative and I will not touch a cigarette again. Before the e-cig, I went through many tobacco craving medications and not one worked. The headaches, the urge, all gone.

1/13/2014 5:28:00 AM - Jonathan Giffin

Hi my name is Jon. I started smoking cigarettes as soon as I left High School. The stresses of life soon started to catch up to me an I was smoking a pack to two packs a day. This, needless to say, was an expensive and unacceptable habit. I have a daughter, She is two now, and I put down the pack for her. I have been using an e-cig now for six months and can already tell the difference in my lungs. I won't endanger my daughter any more with second hand smoke and I am slowly but surly stepping down off of the nicotine. No more harsh odors of burning tobacco just clean water vapor.

1/13/2014 7:22:00 PM - Steve W.

I was a cigarette smoker since I was 15, and never felt any true motivation to quit. I had certainly tried every method to stop smoking in the past, but none of them were even close to being successful for me. In the winter time I would be the first person bundled up to journey outside, braving the Chicago weather to get my nicotine fix. No previous legislation nor taxes had any effect on the amount or frequency of which I would smoke tobacco. I still maintained my pack-a-day addiction regardless of what I had to put up with to achieve it. It was not until I was recently diagnosed with cancer that I had any second thoughts about my tobacco usage. Even after my surgery - the first I've ever had in my life - I was reaching back to cigarettes for my nicotine addiction. I became outraged by the fact I was still smoking after my diagnosis, but I could not give it up even then. That is when I decided to try using an electronic cigarette as a form of harm reduction. I can gladly report that it has now been 6 weeks since my last cigarette. I feel fully satisfied and have not had a single craving to use tobacco during this time. Quite the opposite in fact, I am exposed regularly to smokers and find my former pleasure has turned into disgust at the product. I wish I had come across these years ago, I may have been able to save myself from the horrible health effects of tobacco a lot sooner.

1/14/2014 4:13:00 PM - Matt Dallam

I am a 37 year old male who started smoking cigarettes back in middle school. I think back and try to figure out why I ever started, I guess because my friends were doing it and back then I was all about do whatever I was told NOT to do. When you are 14 you are not thinking about what your health will be like in your 30

1/14/2014 5:28:00 PM - Eric M. from Tulsa, OK

Hello,

My name is Eric and I am a strong supporter of the e-cig and vaping.

Vaping saved my wife's life.

I quite smoking using other means (smoke-away) but my wife couldn't take it or any of the other methods like gum, patches and inhaler's.

She was a 2-3 pack a day smoker, had a nasty cough, could barely breath and forget going out for dinner or a movie.

She is a recovering addict and alcoholic and she just can't ever give up nicotine.

Because of her addiction and alcoholism she had to seek outside inpatient recovery and we spent nearly 6 months apart and in that time I moved to a clean place, not filled with the smell of cig's and smoke and all that.

I got to the point where I could not be around the smokers and couldn't stand the smell.

So that move along with her recovery started my search for an alternative, one that would potentially work for her to not smoke or limit her smoking cravings.

I did a ton of online research, talked to some people I saw who were using e-cigs and got their opinions, I stopped at nearly 20 different brick and mortar stores in my area and talked to the owners, employees and the customers about their experiences, what worked, what didn't work and why.

After all of that I came away very positive and knew that it was a real viable option.

Fast forward to her coming home.

Of course after being through that kind of chaos in our lives it was strained at best but I handed her an e-cig and told her that I would like her to give it a try, to please understand that it is part of my new life to not to live in a cig smoke filled house anymore.

She tried it, she didn't know what to think or feel for the first week and she would go between the e-cig and the real cig's.

I took her to the local vape shops and she tried juices from every place and we found flavors that worked.

It took nearly 3 full weeks before she stopped smoking real cig's but that is a very short time frame for a 2-3 pack a day smoker in my opinion.

Since that time she has not had a single real cig, she hasn't even had a craving for one.

She loves vaping, she loves the freedom it has allowed her. She is breathing better, her cough is gone, we can go out to dinner and movies now and she stealth vapes to feed her need of nicotine. Yes, I know that it is not polite to stealth vape but when you consider where we were at before vaping, it is nice to go see movies and be able to see the entire thing without her getting panic attacks because she isn't dying for a nic fix.

Yes vaping has saved her life because now she has the energy, the ability to breath better, the ability to not worry about how she is going to get her nicotine fix because it has become increasingly difficult for smokers to have anywhere they can have their needs met without ridicule and without being outcasted to the back alley's of buildings.

She doesn't chase clouds, she doesn't do it for show.

She truly and honestly needs her e-cigs to survive and I support her and e-cigs till my dying day.

I don't care the legislation, the zealots or anyone who takes offense at our choices in life because I don't need them to approve or disapprove of my choices.

I have the means, equipment, tools and what-not to make this a viable option for the rest of our lives and so be it if they think they can force me to stop what has saved my wife's life.

I vowed a promise back in my short term military career that I took to heart in my daily life and if I have to take up arms to protect my own rights then so be it, but I would rather educate the uninformed and push to the side the ignorant brain washed zealots who don't and can't comprehend the addiction in some people.

One day people will remember that freedom isn't free and that you have to take a stand against the oppression.

If you would remember why anyone has ever left their homelands and settled in a "free" country then you will see it is always because of oppressors trying to control every aspect of your life.

When do you finally take a stand against tyranny and oppression?

1/15/2014 4:39:00 PM - Martin, UK

I smoked for almost 20 years and despite wanting to be a non-smoker for a long time, I thought I might never be able to quit. It never seemed like the right time and I could always make an excuse to put it off. It seems ridiculous now - how do you 'put off' not doing something?

I'd taken a few puffs on various e-cigarettes and vaporizers over the last few years, but only to try. It was ten days ago that I bought my own. It was a new response to the usual New Year's resolution.

Now, I haven't had a cigarette in 10 days; the longest continuous period without a cigarette in ten years. I don't miss cigarettes. In fact, a couple of hours ago I walked past the end of an alleyway where half a dozen office workers were standing smoking and the billowing smoke sickened me.

I can feel the benefit of switching to a vaporizer after ten days. In fact, I could feel the benefits after just 2 days. Lungs opening up. No breathlessness running up stairs. No thick mucus. Feeling energetic. Feeling fitter. Healthier. The stains are already coming away from my teeth, which has given me more confidence and I know I'm smiling more - as a direct result.

I've been hillwalking for years, but a few days ago I went for a 20 mile walk and it felt easy. A couple of days before that I went for a 4 mile run and I felt like I could run forever if I had the time. Now that I've given up cigarettes I feel like life is generally better and other people have noticed a change in my attitude. I don't miss cigarettes. Why would I? They take everything and give nothing. Thanks but no thanks. I'll have my life back now.

I find it sickening that some governments are even considering banning e-cigarettes and vaporizers to protect the profits of the tobacco companies, knowing that hundreds of thousands of their own people will die. Without it, I would still have been a smoker.

1/15/2014 11:28:00 PM - sharon starkes

I smoked for 40 years. Even after a triple bypass it was still hard for me to quit such a long standing addiction. I also have cold. With ecigs I have been able to completely quit smoking carcigene loaded cigarette

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1/16/2014 7:31:00 AM - Mark Greeley, CO

Friends-

I know there are maybe millions of stories about quitting smoking, and there are nearly as many paths to reach that goal. However this is my story and my path, though not complete and with many parts still to be written, I feel this is a good time to document the closing of the chapter of my life with cigarettes.

I started using tobacco products when I was 16. I am now 41. nearly that whole time was with a cigarette in my hand, polluting myself and those around me. I have been smoke free for only a short time in comparison but I know that this path will continue. I am having too much fun with

1/17/2014 5:56:00 PM - Shannon Brinston Calgary Canada

Hi, I am a 36 year old male living in Calgary, Alberta Canada. I quit smoking cigarettes on Oct 15, 2013 and i give all of the credit to Ecigs and to nothing else.Maybe my will power a little too... I have been a Diabetic for 13+ years. I started smoking when i was 15s old and when i became a diabetic at 22 i was already addicted and could not quit. As i got older , i got the feeling of "what am i doing" every time i lit up a cigarrette. Feeling as though i was writing my death ticket with every cigarette. Since i discovered ecigs , i have not had a cigarette. Not a Puff. Now , how can these government officials say that what i have chosen to do is not my choice. I chose to smoke when the marketing convinced me. Cigareete ads everywhere. In the 90's surgeon general warning's were subtle. Now you look at a cigareete pack and it is enough to make you sick. Now without Guerrilla Marketing i have chosen to quit smoking and with the aid of ecigs never start again. So if ecigs are banned, do we go back to that disgusting habit. Well if we do then obviously there is no concern about health at all. Don't BS us about the dangers as you are comparing it to smoking. To which really there are no comparisons. I dont stink of cigarettes anymore, dont get stained fingers, cough from inhaling 11,000 chemicals. All i am saying is this has given me the option to quit smoking. Not all of us are concerned about money, I am concerned about my health. I no longer get tired walking up the stairs. Time for the people and organizations to realize that my choices are my choices. Free world...??? sure. Make your money and watch us all die from smoking and wait for the next generation to become addicted. So many people and organizations

worry about ecigs, but ignorance is bliss i guess. Would you have me quit ecigs and pick up cigareetes again...?? Answer that question.. I get so irritated about this. Concentrate on things that are real problems and leave me alone... I'm vaping now and will for time to come

1/18/2014 4:09:00 AM - Nicholas Piller

My name is Nick Piller, I started smoking after i was 17. Then I decided to quit smoking for a life change. I chose E cigs at first because its the most familiar to smokers. I kept buying them at gas stations at around ten dollars a pop. i figured this is a big waste of money i should invest into a refillable type of E cig. Then i bought a Pro tank 2 from a reputable retailer online, and also a battery(Mod). I quit smoking at age 22, and then i started to use the Ecigs. It has drastically reduced my thoughts of being unhealthy and it has given back my lung power so i can run again and not feel winded. Also i can taste food better its and amazing transformation. My favorite part of Vaping Ecigs is that you get to choose what Prescription of nicotine you get, Because you can monitor how much you use and set personal goals to go down in prescription. I really think if I didn't have the alternative to purchase or use Ecigs i would have more anxiety and smell like smoke all the time and be very unhealthy still to this day. Smoking Ecigs is the way i stopped smoking cigarettes. I am so glad and blessed that God has given me an alternative to quit killing myself slowly. (by smoking cigarettes) And i have also helped a few people who are close to me quit smoking cigarettes with Ecigs and i want them to live longer. Thankyou for listening to my story i know that people(a specially people in the way of lawmaking) Are unfamiliar with Ecigs BUT to put it in lamens terms; Tar form Cigarettes kill people. NOT Vapor.

Thank-you, Nick Piller

1/18/2014 5:58:00 AM - Ryan Rohauer

Hello world my name is Ryan Rohauer and i am an 18 year old from Buffalo, New York and I started smoking when I was 12 years old. Isent that scary? By the age of 17 I had already been smoking for 5 years more than a 1/4 of my life was deticated to the cancer sticks. I knew what the risk of smoking was and I still chose to smoke. Once I turned 18 I was able to buy electronic ciggretts along with traditional analogs I knew if I could buy analogs I'd keep smoking so I chose to switch to "e-cigs" by the way ciggretts are way easier to obtain than e-cigs as a minor trust me I smoked for 5 years as a minor also due to the many indian resorvations by me. I bought my first e-cig when I was 18 years old at a local vendor here is WNY and have been now "vaping" for about 9 months strong. I started out using a simple ego battery and a vivi nova clearomizer.... Dident satisfy me but was still a cool thing to adventure, so as I kept vaping I continued to get involved with the "vaping" coummity" and have not regretted it since I eventually moved on to "PV's" and variable voltage and wattage devices, that hooked me I started to experiment with all kinds of diffrent flavors and rebuilding on kanger protank replacement heads due to the inconsistency of the coils and that hooked me even more I reached out to the community to try my own hand at rebuilding because I'm good with my hands and enjoy hands on activitys that changed the game for me compleatly as I gradually moved to rda and rta (rebuildable dripping atomizers, rebuildable tank atomizers) I weaned myself off of nicotine compleatly. I am 100% for electronic cigarette advocacy it changed my life for the better I honestly would have probley not quit analogs unless the electronic cigarette dident com into my live because I enjoyed smoking but dident enjoy the smell, taste the shortness of breath

or any of the side affects of smoking except that it was relaxing. I now enjoy 0mg nicotine juice and vape purely because it is enjoyable and tasty. I am currently using multiple fully mechanical devices and am now a "sub ohm vaper" I enjoy the flavor and vapor production from these devices I understand the risks and am aware of battery safety if it wasent for the vaping community I would not have been able to quit analongs and would not have been able to learn the ways of the vape without them I jus want to thank everyone that posts videos and is actively involved in the vaping community this is somthing that we have to fight together because there is power in numbers

but theres also lots of power in money and we up against alot of that. We need to secure ourselves as a Community and continue to do research and put traditional tobbacco to rest for good ... "VAPING

IS THE FUTURE, AND THE FUTURE IS NOW

1/18/2014 11:34:00 AM - chago

I had tried the gum and lozenges for a time at the behest of my then girlfriend. But I never really quit. I still would sneak a cig in from time to time.

I had been smoking for over 20 years at this point at a rate of about a pack a day. I little later I tried the cheap gas-station E-cigarettes (brand omitted) with little success. I blame the poor battery life and inconsistent cartridges and thought of it as a novelty and nothing more. About 18 months later while working in a non-smoking facility, a co-worker stopped me on the way back from a (off-property) smoke break.

She showed me her eGo device and let me try it.

I again considered E-cigarettes a viable option.

A bit later I picked up a cheap eGo w/ clearomizer and hazelnut flavored juice. At this point I had smoked for 24 years. Within 24 hours of trying a device that delivered nicotine consistently, I had no desire to by another pack. I would "borrow" the occasional cigarette from my current girlfriend but that slowed and within a week it was to the point were I couldn't stand one.

I had trouble seeing what it was I enjoyed about smoking.

It stunk, forced me outside in winter and cost me more than I care to calculate.

Since I've starting using E-cigarettes

my sense of smell and taste have began to return to normal. I no long breath heavy after a quick trip up a flight of stairs.

Since I started with E-cigarettes I've tried several types of devices and delivery systems and have settled on one that I find taste the best. A voltage regulated mod and rebuild-able atomizer.

I watch ongoing government regulation of these devices with concern that short sited regulation might harm this industry that very successfully got me to finally quit smoking.

1/19/2014 1:35:00 AM - Joshua Kubes

I started smoking at the age of 18.

Both of my parents are smokers, my grandmother was too.

I remember at a young age being around them and not being able to breath, that convinced me to never smoke, ever, and it made my family very happy to hear that kind of resolve from me.

Unfortunately when I was 18 I was going through a rather stressful period and someone I knew offered me one, they said it would help, it did.

After that I went and bought a pack, just to help it calm me down on particularly stressful occasions.

Six months later I was a half pack a day person, by the end of my smoking I was 1 to 2 pack a day smoker, depending on if I was with co-workers or not.

Before starting I played low-brass (euphonium to be specific) and might I say I was pretty good after a few years though my cardiac endurance was non-existent, I was coughing regularly with the old wheeze cough at the age of 23.

Playing low brass requires a lot of air, and my dependency on tobacco had caused me to stop.

I remember at one point I was auditioning for Carolina Crown, and I had such an issue going through my audition piece one of the instructors evaluating me said, "You should quit, I don't think music is your thing." Spending 8 years on something just to be told that is a major blow.

On top of that I had a multitude of problems.

I had gained a lot of weight as time had gone by, before smoking I was 5'11" at ~195lbs and I went up to 5'11" 275lbs.

It was also a factor in my marriage failing.

One of my co-workers eventually moved over to an e-go.

He informed me of the benefits of the device after doing extensive research on the topic I decided to go out and get one, at a $65 price tag I was taking a gamble.

It's been a little over a year now and I haven't had a cigarette. My weight has gone back down I'm at 215lbs right now and it's dropping.

I smell better (like strawberries as I've been told.)

I've picked up brass again, a trumpet because it's all I have right now, and I feel like I'm back at home.

Most of my co-workers have moved over as well.

Out of the 15 of us 9 of us were/are smokers, 2 of them still haven't jumped on the band wagon.

Our productivity has gone up, our reaction times have increased and our abilities to do our jobs above and beyond.

Ultimately helping out the company.

I don't see myself going back to cigarettes anytime soon.

1/19/2014 2:19:00 PM - Bob Jordahl, SF,SD

started smoking cigs @15 years old.

Enjoyed smoking for several years w/no intention to quit - Tried to quit w/several methods after smoking for over 25 years. tried hypnosis, "cold turkey, drugs (chantix, etc), acupuncture, therapy, NRT's

- not effective,

Gave up on quitting -

after smoking over

40 years @ 1 + packs/day & spouse smoking @ 2 packs/day - found out about e-cigs from friend of spouse -researched & purchased 1st e-cigs: tank & spinner battery & e-juice -started e-cigs on 9/18/13 -- have not had or wanted to smoke analog cigs since - have had no desire to go back to analogs. am quite happy w/e-cigs have no intention to smoke analogs - both me & my spouse started e-cigs @ same time & we both are happy w/e-cigs & have started to experience positive effects of not smoking - still have nicotine addiction & have satisfied that w/e-cigs - e-cigs have been the only effective strategy to quit smoking cigarettes

1/19/2014 7:22:00 PM - Mark S., Tallahasse, FL

My name is Mark and I am 47 years old. I had smoked one pack of cigarettes a day for 31 years. A person who works for the same company I do had recently quit smoking by using an electronic cigarette called the EVOD. When I got back home I went online and ordered one. I had never been able to quit before, in fact I would start to feel a kind of "urgency" to buy a pack of cigarettes within an hour of running out. But it seemed to work for him so I gave it a shot. I chose a 24mg nicotine "juice" to start with so I wouldn't have to go through any type of withdrawals, and I bought a new unopened pack of cigarettes and put them on the bar at home, just in case. I'm happy to say that a month and a half later the cigarettes are still sitting there, and I have moved down from 24mg to 18mg nicotine content. I feel much better and have more energy and I no longer have any cravings for cigarettes. I understand that the e-cigs I use still do have nicotine in them, but compared to the laundry list of dangerous chemicals contained in a cigarette, I feel I am much better off. It's my opinion that anyone who says e-cigs are just as dangerous as a regular cigarette is either misinformed as to the facts or a zealot who will never be dissuaded from their own opinion no matter how much logic and proof they are confronted with.

1/19/2014 11:33:00 PM - Nate Emigh

Hello there,

My name is nate. 25 year old male. I started smoking in the Navy on March 13th 2009, which was a friday if I am not mistaken around 10am. The reason I started was because I found a fellow sailor who had committed suicide.

My LPO suggested I smoke a cigarette to calm my nerves. I was hooked. Every deployment I had cases of cigarettes. Once the ship ran out in th3 shipstore and I bought a pack for 200 bucks... 200 DOLLARS! Shows how addicted I was huh?

Anyways after the navy I was diagnosed with ptsd and other medical conditions. My therapist said, if smoking helps reduce stress then do it.

My whole family, all the time would hassle me, everyday. "Get away from me with that" "you need to quit" and so on. I got my ecig from a friend in the navy via mail after a talk we had. At first I would smoke it randomly but still smoked my cigarettes. Then one day I ran out, thats when it started to work. I could smoke it anywhere. I kept 2 batteries charged and one with my tank. I still use nicotine cause it keeps the edge off. Ive been smoke free since december 2013.

My issue was I had and still have no desire to stop smoking... but this feels like the samething. Go science.

1/22/2014 9:53:00 PM - Kit Ford from Fayette City, PA

I started smoking when I was 15 or 16, and instantly loved it. I know it

1/23/2014 4:31:00 PM - Matt A&M Vapes Chico Ca

My name is Matt and Electric cigarettes saved my life!!! I smoked traditional cigarettes for 16 years I started smoking at a young age and became addicted immediately it got worse and worse over the years by the last year I was smoking almost 2 packs a day. I was having a lot of weezing and shortness of breath I friend of mine came to the shop on day and had stopped smoking and was vaping. I had asked him what it was and he started to explain it to me and let me try his. I took a few vapes and gave it back to him. he looked at me and said are you ready to quit smoking? I told him that I had tried before and nothing works. he looked at me and said give me one week and I will get you off cigarettes. I replied by saying I am willing to try anything. That was the start of my new life. I quit smoking cigarettes 2 years ago and never looked back. I am now going 2 years strong on my e-cig and I have turned 12 of my friends onto it and they have all quit smoking as well. Thank you to who ever invented this healthier alternative you have saved my life and many others. I now opened a retail vapor store and plan to help thousands more to quit smoking.

1/24/2014 3:04:00 AM - Refugio macias dallas, tx.

Just wanted to Share my thoughts ... Ok we'll I'm 30 years old. My name is Refugio ..yup Hispanic male. And I am now about one year in to Vaping (ego+protank,mvp2+igol) . Man it not easy to stop smoking tobacco ..15 years of Damage is done.. but I did it.. :) and never going back well if it was up to me alone. But the sad truth is that it is not up to me alone we live in a world today that is controlled by laws and media. All I see is the bad thing about Vaping on the news and it makes me think maybe this is bad for me maybe I should stop Vaping but. I know I will end up with a tobacco cigg. Back in my mouth and that is even worst. That show you all the medias tricks are working. I mean I'm one year in ...wrap my own coils and make my own eliquids 0mg nicotine . Wow and the bands now to the point that I'm forced to stand next to tobacco smokers at work just to vape forced to the second hand smoke that is just as bad as lighting one up. I know just go vape in the car but then it looks even worse to the point that I'm asked if I'm smoking weed .. God help me .. That's the laws that will be passed ..come on .. So that makes It not easy to keep Vaping. I tought laws were meant to help people and for good .. I follow the laws but this is one I will have to Break. I'm just trying to get back some of the year I lost to tobacco. It's said that you lose 15 years of you life if you smoke tobacco we'll to everyone against Vaping I say just let me get 7 years back. Ok keep it away from minors. 18+ help make sure consumer only get best quality .. Make businesses meet some kind of standard .. But don't classified me as a SMOKER or my Devices as containing TOBACCO because I'm not a SMOKER anymore and there is no TOBACCO in my device ..

I'm Refugio M.

...And I just want 7 back .....

1/24/2014 8:24:00 PM - Patrick Duggan from Des Moines, Iowa

I first have to say I loved smoking regular cigs, however with the ever changing world upon us and the Harmful Chemicals in themI in a spur of the moment decided to start vaping. It was the best decision I have ever made and it is so much cheaper and better tasting and best of all better for me and the world around me. I do have to add that my Girlfriend decided to try vaping with me and quit regular cigs too and we are now newly Non Smokers. As for me I had been smoking for more than 25 years at a least 2 packs a day. I had tried to quit many times in those 25 plus years including Cold Turkey, Smoking less, Chantix with terrible side affects..... and now that I am in my Mid Forties I decided to try vaping and like I said before it has been the best decision in my life. when I bought my first Ecig with the Ejuice my girlfriend surprised me and bought one too. WE BOTH LOVE IT!!!!! we now hate the smell of regular cigs and had to clean our house and wash clothes and paint rooms to get rid of the smoke and smell. and all this time I had been posting on my Facebook page how well we were doing and I got another family member and her husband to start Vaping too and they are both now Smoke Free and they have thanked us many times, and it feels good to help other smokers to become smoke free and join the Vaping Community. The FDA needs to stay of of Regulating these since they are not Tobacco products and the States need to stay out of where we can Vape since it is water vapor and NOT smoke. I along with my Girlfriend will never go back to regular cigs and we will always be Vapors, we may cut down on the Strengths of Nicotine in time but we are sticking with the 24mg or 2.4% for now because it isn't hurting us to get our Nicotine fix..... VAPE ON MY FRIENDS.

1/24/2014 11:06:00 PM - VegasVaap Las Vegas NV

Hello, I've been smoking

for about 34 years. Quitting was the easiest thing in the world to do. I know, I've done it a hundred times. A joke perhaps, but indicative of how even after years of being smoke free, one still feels like s/he has a tiger by the tail. When I had struggled to kick, the symptoms of nic withdrawal only lasted for 3 days. The desire to return to smoking, never. Despite knowing the health risks, and the mornings of coughing and struggling to feel better.

I went into a vape shop on 11/12/13. I tried a few flavors, and was immediately impressed with how tasty it was. It is not really "like" smoking, but similar. Yet the real benefit is the flavor of the juices. That part of e cigs really out shines smoking. A vast array of tasty juice, similar to having an endless supply of different cultures food samples at your table. I felt this could help me rid myself from tobacco for the rest of my life. I did finish the tobacco products I had on hand after that visit. But they were finished by the end of that day. I HAVE NOT purchased any tobacco products since.

The cigarette habit is not just a nicotine addiction. Human psychology plays a part in even the smallest parts of our lives. Just as it does with our addictions and habits. E cigs, or vaping, satisfies the need in a way that in unsurpassed by any other "stop smoking" methods. Many ask, is it healthy? I'm no scientist or clinician, so to say it is 100% with out harm would be beyond the scope of my ability. But as an ex-smoker who can breathe, smell and wake up without coughing fits, the health benefits are self evident to me. I'm glad I walked into that vape shop. I still haven't thrown my ashtrays away, but all they collect now is dust.

1/25/2014 5:17:00 AM - Jared Gafkjen

I am 29 years old and I have been a tobacco user since I was 18 years old. I have been a smoker and a chewer, at my peak I was using 1 tin of chew and half a pack of cigarettes a day. It was not a good time. My lungs hurt, I had a persistent cough and my dentist warned me I was developing "pre-cancerous lesions" I had several biopsies thankfully they all came back negative but despite how scared I was I could not quit. My doctor and I tried every NRT on the market. The gum (despite the fact I could chew a swallow tobacco) me me very sick to my stomach, the patches made my heart race so fast we had to quit that after just a few days, and the worst was chantix. The nightmares from chantix and the mood swings still give me chills when I think about them. A good friend recommended an ecig, he had been a 2 pack smoker and had success switching to vaping as an alternative so i gave them a try, my whole life is different! It's been about 4 months since I used tobacco, my mouth feels better than it has in years! On my last dental checkup my dentist told me my mouth looked substantially better! And I can actually walk the dogs without feeling out of breath and coughing from the crap I was filling my lungs with. My experience isn't unique of that I am sure but it has been overwhelmingly positive and since I started vaping I had gone from 24 mg juice to an 8 mg blend which I am so excited about! To anyone who is a smoker or even a chewer give vaping a try! It changed my life an fit might change yours too!

1/25/2014 10:38:00 PM - Doug Winchester, Bradford TN

I smoked a pack per day for 35 years. I tried to quit, using nicotine patches, but resumed smoking each time . The longest I managed was 6 months, before smoking again, soon back up to pack/day. I saw the electronic cigarettes, and thought I'd give them a try. I was still smoking at that time, but a Vapor shop opened nearby, and I bought an ego adjustable voltage battery and bottom coil tank, found a fluid I liked, and never had another cigarette again. After 2 years, I am finally smoke free and feel absolutely no desire to smoke again. I feel much better, my blood pressure has improved, I never get out of breath and my sense of taste and smell has improved. When I smoked, there was a compulsion to do so, both physical and mental. Before I would do something, I'd have a smoke first. When I finished something, I'd have a smoke after. I'd stop in the middle of things for a smoke break. Since I started vaping, I vape when I am not busy, but there is no physical or mental compulsion to do so. I could not believe how much of my time was taken by smoking. I get much more done now in a period of time. I still use nicotine (1.8%), but it doesn't seem to cause cravings, like cigarettes do .If I had not found ecigs, I almost certainly would still be smoking, and, since I already had impaired lung function, and high blood pressure, my health would've continued to deteriorate . Since starting ecigs, I have introduced many friends who smoked to them, and most of them have also been able to quit smoking. The vapor shop owner tells me that most of his customers are former smokers, who quit, with ecigs. The ability to customize the battery/tank/coil/fluid combination, makes it possible for nearly anyone to find a combination that is satisfactory to them . I really feel that this is a way to end tobacco use in the near future. It was for me, and that's my story.

1/26/2014 11:01:00 AM - Andy B, Aberdeen Scotland

Just another typical ex-smokers story I suppose. Smoked 20 cigs, marboro regular, a day for nearly 40 years, tried patches, gum, champix (chantix) - longest I ever stayed of tobacco was with champix, 8 days. No desire to smoke using it but had oddest feeling that I was missing something, as well as constantly feeling like I had something wet dripping on my head! That had to go so back to the ciggies. One day my wife comes home with a couple of disposable menthol e-cigs - she was a menthol smoker. Tried a puff or two and thought I could maybe use it as a substitute for a real cigarette a few times a day.

Day one down to 15 real ciggies, 2nd day 10, 3rd day 5, 4th day completely off tobacco. Stayed that way now for 18 months no problem whatsoever. Kept up with the disposables at first then the ones with the cartridges (skycigs, elites in the UK), then discovered refillable ones and then stardusts, vivi novas and egos etc.. Now on kayfuns and vv/vw mods, vaping away quite happily (as is my wife). Blood pressure now normal, cholestorol level good, teeth whiter(some achievement for a Scot) feeling great. Habits have changed now somewhat, don't reach for my vape gear as soon as I get up or after meals, can go hours without the need for a toot. Used to spark up a cigarette as soon as I stepped into the car, that being one of the few places left I could smoke in peace, now don't bother with vaping at all while driving. All in all pretty much all good - kids over the moon we've stopped smoking too so that's a bonus as well as all the extra cash we've saved!

1/26/2014 2:09:00 PM - Eric N., from Orion, MI.

I started smoking when I was in High School back in the late 80's and continued to do so for many years, 27 to be exact. There had been a few times where I attempted to quit. The first attempt was using the patch. I was somewhat successful, staying off cigarettes for a few weeks, but the cost of the patches at that time was more than I could afford and so I was back to smoking regular cigarettes shortly after. About two years ago, my doctor prescribed me Chantex. That didn't go well at all. Since my health insurance didn't cover the cost of the medication, the entire cost was up to me and it wasn't cheep. On top of that, it affected my sleep (terrible dreams) and my emotional state went pretty dark (which they say could be a side effect). Let's just say I didn't get the prescription refilled.

I continued to smoke regular cigarettes. This past October, knowing colder weather was on its way, I decided to get an electronic cigarette that I could use while in the car (driving with windows down to let smoke out when it's below 20 is not fun), or indoors when cigarettes wasn't an option. I picked up a mod and some eLiquid and gave it a try. What I found surprised me. I started off being a dual smoker - both regular cigarettes and my e-cigarette. But after a couple of weeks I noticed that I started preferring my electronic over the analog. I would have my pack of cigarettes next to my mod and found myself picking up the mod more and more over the analog. It was just something I ended up enjoying more than smoking a traditional cigarette! On top of that, I was happy that I could smell again, taste food for fully again, BREATH again without

a wheeze or congested cough. I still remember that day early in November where after only using my mod straight for a couple of days, I saw there was one regular cigarette left in my pack. I figured, just go ahead and smoke it to be done. I didn't even get through half of it before I put it out and picked up my electronic (it just tasted bad!).

It is now nearing the end of January, I only smoke my electronic cigarette (which I hate calling it "cigarette"), feeling so much better and with absolutely no desire or craving to return to analogs.

The ability to choose from a wide variety of flavors, (hey, adults like sweet flavors too!!) and nicotine strengths (I started at 24 milligrams and am now down to 18), being able to smoke at home without smelling the place up, has made me extremely happy.

To end this, I will say that I

1/26/2014 5:14:00 PM - Jeremy Y

I first started smoking when I was in high school, because of stress and other factors. It started out as experimentation, and very sporadic, often only smoking a cigarette once per week, but gradually increased until I hit college and was smoking a pack a day. I tried many times to quit, and failed, and seemed only able to reduce my smoking, bouncing around between half a pack a day to a few cigarettes a day for about 2 years until 2008 when I discovered 'electronic cigarettes'. These were very new in the U.S. market, and worked well enough, I quit for about 6 months until they broke and was forced to find a replacement, only to find that I couldn't buy any due to the 'banning of e-cig devices' in 2009. I ended up back on cigarettes - again. I ended up struggling, yet again, this time for years. I was about to give up on quitting completely until a friend talked me into giving e-cigs another shot. I finally got another e-cig in 2013, and immediately was satisfied again. I don't crave cigarettes, even the smell disgusts me. I can't stand to be around those that do smoke. I feel healthier, can breathe easier, have more energy, and overall feel 200% better than I did when I was smoking. I have been smoke free now for 4 months and counting.

1/26/2014 6:04:00 PM - Kenneth Carl (Heisenberg) Ashland, OH

I began smoking at age 16.

By the time I was 20, I was trying to quit.

I was a smoker for over 30 years.

I tried every method I could reasonably afford.

I tried quitting cold turkey many times and failed every time.

I made several attempts with nicotine patches which were somewhat more successful but always ultimately led to relapse.

In 2009 I tried Chantix.

Chantix made it completely impossible for me to sleep.

After a week of almost total sleep deprivation, I gave up.

After 30 years of smoking, and constantly trying to quite, I tried electronic cigarettes.

I was so happy with the product that I quit smoking immediately and never smoked again.

I have been smoke free since October 17, 2011.

My sinus problems cleared up within 1 week of using electronic cigarettes.

My respiratory system cleared up by the 2nd week and I now breath freely without the coughing and wheezing associated with regular cigarettes.

Electronic Cigarettes are now being demonized by the federal and many local governments which I don't understand.

I have to believe that the "Big Tobacco" lobbies have a lot to do with this.

I can't understand why the government would want to discourage the use of these products when they have helped so many people.

It is time to fight the ignorance of these people and speak out

against the use of tobacco products and promote the benefits of electronic cigarettes to those of us who have been freed from the bondage of the tobacco industry!

1/26/2014 6:52:00 PM - Rick Nugent - Ontario

I was a smoker for more than 50 years and consuming over 50 cigarettes a day. I began using a re-fillable e-cig August 31, 2013. determined to quit smoking, I have not smoked since then and have nor urge to do so. I quit cold-turkey. The longest I had quit previously was 10 days during a hospital stay bnd I was back to my previous level withn a week. I was diagnosed with severe COPD a few years ago and could not even manage 3 stairs without being winded. I didn't sleep well since I was unable to clear the phlegm buildup so I would awaken several times a night fighting for breath. Within one week of using e-cigs I noticed a dramatic improvement. My breathing and sleep habits improved more than I could ever have hoped for. People even tell me my appearance has improved. I don't smell like an ashtray anymore. My blood pressure has improved. E-cigs have truly been a lifesaver for me. I am using a low nicotine level e-juice and will continue to do so becasue I enjoy the vaping community and collecting devices has become a hobby for me. Even with purchasing some high end equipment, I am still money in pocket. I recommend this method to anyone who would like to quit smoking and to smokers who haven't considered quitting yet, the sooner the better before you do any more damage to your health.

1/27/2014 4:45:00 AM - Mike P. Evansville,IN

I started smoking at a young age and smoked for nearly 28years. I've tried quitting cold turkey, patches,and nic gum, but nothing worked. Smoking is more than just the nicotine addiction. It has a habit side of it too. The holding of something in your hand. Mental triggers such as smoking while driving or after a meal. When you're stressed out or just bored. There are many reasons why I continued to smoke because I couldn't find a suitable replacement. I tried e cigs once. The cheap ones that you get at the gas station. They worked a little, but not totally. Then I discovered Mods and tanks. I bought several type of clearomizers until I found the one I liked and found a battery I liked. After sampling several juices, I found one that I liked and Since then I haven't had a cigarette. I've been cigarette free for months and have no cravings for them. A feeling I never thought I would be without. E-cigs have given me my life back. I can breath better. I can smell and taste things better. I started with 18mg of nicotine and had reduced it to 6mg in just a month. While there is no "safe" alternative to smoking, there is a "safer" alternative and I firmly believe I have found that in vaping. I cannot for the life of me see why our government who wants us to stop smoking would then try to group e-cigs with tobacco products. It is not the same and is far less dangerous than the chemicals from cigarettes. The only reason I can think of is taxes. With so many people converting over to e-cigs, the government is losing money from the tobacco tax. So by us trying to improve our lives, the government is going to tax us for it?

1/27/2014 1:41:00 PM - Jonathan Zuniga (CrackerTeg) from Everywhere, USA (active military)

I was one of many unfortunate souls who picked up smoking at a very young age. I was a pack a day smoker for nearly 20 years. I tried quitting "cold turkey" a few times when my wife became pregnant with my two children but it didn't work. I even tried using those blu cigalikes they're advertising on tv a couple years ago. The weakest thing I tried. On October 6, 2013, I took the last drag off of those horrible, smelly cancer sticks for the last time and transitioned over to a more advanced personal vaporizer than the blu setup. I have been smoke free ever since and stepping down in nicotine levels. I've also saved nearly $800 in cost of cigarettes and convinced my wife and mother-in-law to switch as well with a combined savings of $2500 in these last four months. We couldn't be happier.

1/27/2014 11:11:00 PM - Miller552

I never intended to quit my pack and a half a day habit of Red Buck light Menthol mini-cigars. This is what I had switched to after smoking Light Menthol Cigs ordered off the internet after Texas began taxing so much. Then Obama pushed the bill to make it illegal to ship cigs by mail. Then my two oldest granddaughters finally got approved to spend the night with me for the 1st time (6 and 4 y.o.) with the understanding that I would not smoke around them...in comes Aunt Pat with an e-cig...510 I think...made it all night and until 10 am the next morning without a cig...grand girls leave...back to cigars...fast forward 6 weeks...grand girls can spend the night again...call Aunt Pat. This time she brought me an ego-T...wow...kept it an extra day...ordered my own...tested myself for 3 days on how long I could go without a cigar...day 1 = 10 hrs...day 2 all except coffee time...day three pushed through the coffee and am now 28 months totally off the analogs!!!!!!!!!!! Already my lung capacity is tripled, I no longer cough, have not been sick with URI like when smoking, and my energy level is through the roof. My husband died 18 months ago and even that stress did not make me go back to analog tobacco cigarettes. Thanks to vaping....I quit smoking after 28 years...If I can do it, anyone can! Please don't classify e-cigs as tobacco products, instead try promoting them nationally to save more lives.

1/28/2014 6:14:00 AM - CThomp0811

I had started smoking a little later in the game - around 22 years old - and now, 25 years later can finally say I've kicked the habit...

Thanks to electronic cigarettes!

My story is pretty common and straightforward.

I had been started smoking 25 years ago, trying different brands and regular vs. menthol, when I settled on Marlboro Ultra-light 100s due to their lighter taste.

During that whole period, I could never imagine myself not smoking, and there wasn't a day that went by when I *thought* about quitting.

I was a smoker, and that's just the way it was.

Priorities and perceptions change, however, when you get older, and by my mid-40s, with an older daughter (early 20s) and a young son (5 going on 15) I began to reflect more and more on my choice to smoke.

I still never thought I'd be able to quit, and always considered I'd smoke.

Now, however, I began to really think about how my kids would be should I pass on early due to my habit.

It really tore me up inside to think of passing away early, in the prime of their lives, and how upset they would - how it would affect their lives as it affected mine.

Yes, my father had passed away long before his time due to health complications due to cigarette smoking, and now I might be dumping that on my own kids.

I had tried to quit a couple years ago, seeking my doctor's advice, and trying Chantix.

While I didn't completely quit smoking, I did manage to curtail my habit from 2 packs a day to 1, so that was *something*, I figured.

It wasn't long after that I had started seeing e-cigs (NJoy)for sale at my local 7-11.

I did some cursory research on what they were, and decided to try them.

I continued smoking at the time, alternating between tobacco cigarettes and the NJoy.

Unfortunately, I was completely unsatisfied with the product as the batteries wouldn't hold a charge long, the cartridges would fall apart, or just not work, and the support was non-existent.

Only a couple weeks later, I gave it up believing the technology just wasn't there - nice try, but no "cigar", as they say (pun intended).

I was back on regular cigarettes until late 2012, early 2013, when my fiance was on the phone with her sister and I overheard the sister mention that her husband (another avid smoker) had completely changed over to electronic cigs, and was completely into it.

It piqued my curiosity, as my experience was so different.

I started doing more intense research into what they were, how they worked, and different brands - looking for quality, this time, not just whatever was sitting on the store shelf.

I finally settled on trying the products from V2, and little did I know, my whole world would change.

My plan was two-fold.

I would attempt to go back on the Chantix while having my ecigs as a backup.

If I couldn't completely quit on the Chantix, maybe I could shift over to the ecigs.

In the end, I figured, if I quit completely - excellent.

If I, at least, moved over to ecigs, great!

If I continued with regular cigs, I would mark that another failure.

As fate would have it, I ended up with my ecigs in-hand and ready to go when I was down to my last couple regular cigs.

I wasn't ready to try the Chantix yet - my schedule was all off from what I had planned - so when I crushed out the very last cig in the pack, I started immediately with the ecigs.

Little did I know, that last cig would, indeed, be my *last* cig!

The transition was fluid, perfect.

The routine was the same as smoking, and the product was flawless.

Every cartridge worked, every hit was a mouthful of vapor.

There were no withdrawal symptoms at all.

The support at V2 directed me to a stronger nicotine level (2.4% or 24mg), as I was a pack-a-dayer at the time, and they were right.

I tested all the flavors they had to offer and was totally engrossed in this new piece of wondrous technology.

I was hooked, completely.

Within 2-3 days, I could already start to smell and taste better.

Within a week (of hacking up phlegm left from the cigs), I started to breathe easier.

I was really shocked at how fast I was recovering what I had lost to smoking, and that just made the transition even more worthwhile.

A side-effect I didn't encounter until later was...there is no fire with ecigs!

Only once had I ever fallen asleep with a cig in my hand, and fortunately I woke up before any damage was done - but it scared the *((&%#&$ out of me.

The first time I fell asleep with my ecig in my hand, I panicked for a moment, then realized how funny that was - there's no fire!

(I couldn't help but wonder at that moment how many accidental fires would be prevented from this little device!)

As V2 was an online-only vendor at the time, I wanted to make sure I wasn't caught short-handed, and began stocking up on hardware (batteries, accessories, etc.) and cartridges.

I figured when I was done ordering, I had purchased approximately 6 months worth of vaping supplies for about 1/3 of what I would have spent on regular cigs!

Insane cost-savings.

And yet, I still couldn't stop being engrossed by this new product.

I began thinking ahead, of weening off the nicotine, and started ordering supplies for months 7-12, reducing the nicotine levels on those cartridges to 1.8% and 1.2%, figuring I'd be ready for the drop by that time.

I started getting more into it - trying out blank cartridges (cartomizers and clearomizers) and buying the eliquid to fill my own (at even *more* cost-savings!).

From V2 I started looking around at other companies with longer lists of eliquid flavors and purchased from there.

From there, I went deeper, finding out what exactly what went into the eliquid and learning how to mix my own (52+ flavors and counting).

For me, while vaping started out as a way to get off tobacco, it has ended up being a hobby, and I would proudly consider myself an enthusiast.

To bring the story somewhat full-circle...

That last cig happened mid-afternoon on August 11th, 2013 - a date that will stick with me forever - and I am happy to say I have been tobacco/smoke-free for about 5-1/2 months now - and not looking back.

Who would?

After discovering the benefits of vapor, the selection of flavors and nicotine strengths, I can custom-tailor my habit/hobby to what *I* want it to be, not what some company decides it should be.

I don't walk around smelling like an ashtray and I don't have that "smoke" taste in my mouth all day & night long.

Who would desire "burning leaves" when you could have so many other tastes to experience?

And currently, I am vaping at the 1.2% (12mg) level - which I didn't anticipate until my one year mark.)

And something I didn't quite anticipate - that I'm browsing around to see if anyone else has had the same results I have - my cravings in general for nicotine are greatly reduced.

I used to smoke, religiously, on the hour, *every* hour.

It was a "drive" to run outside to get my "fix".

I figured, while the ecigs are giving me my nicotine supply, I would still have that similar craving, but am finding I'm going 2+ hours between, and even when I realize it's been that long, the urge to "run out" is not nearly as strong.

Strange.

Didn't see that one coming.

And...it didn't stop there.

During this period of transition...transformation...I happened into the political side of ecigs - the turmoil and back-and-forth fighting going on around the globe about ecigs and vaping:

the FDA, vaping, Big Tobacco, Big Pharma, government, anti-smoking people, propaganda, harm-reduction advocates, lies, truths... and again I was swept in.

I daily keep an eye on the pulse of things around world as they pertain to ecigs and vaping, and of domestic (US) goings-on.

While I'd love to say it's thrilling to see this little device do so well, and so may ex-smokers take to it, it's quite scary to see how it is being treated so negatively everywhere.

I can't help but wonder - and worry - what would happen, now that I've been able to "kick the habit", if ecigs were banned, or so restricted/controlled, that I couldn't get a hold of them anymore?

Would I revert back (knowing I wouldn't *want* to, but also knowing there wasn't much of an alternative)?

I can't imagine smoking anymore, but I also can't fathom how such a live-saving piece of technology could invoke such a strong negative opinion all around the world.

In conclusion...I will continue to vape, and continue to keep my eye on the headlines, hoping that, in the end, sense and science will prevail over fearmongering and "big business", and ecigs will be kept in easy reach of the other millions of smokers who haven't yet taken the plunge.

1/28/2014 9:27:00 AM - Joyce R. Matheny

I smoked for 17 years, starting when I was 30 years old.

I had heard from several friends that they use electronic cigarettes to quit so I tried for myself. I am 3 weeks smoke free and a regular tobacco cigarette gags me now. I don't smell like smoke anymore, I don't cough all the time anymore and as long as the electronic cigarettes are available, I don't believe I will ever smoke regular cigarettes again. I use the lightest strength nicotine right now but ultimately my goal is to be nicotine-free.

1/28/2014 6:52:00 PM - Jamie Hamill living in Virginia

I've been a pretty heavy smoker for 17 years and have never been able to quit. Every time I've tried, by the end of the first day I couldn't handle the anxiety anymore so I'd go out and buy a pack of smokes! I recently assessed how much money I was spending on cigarettes each month and decided I didn't want to take away from my family anymore. I made the decision to quit the real cigarettes and switched to an electronic cigarette that I can refill with liquid. For the first time in my life I am actually making progress. I have been smoke free for 4 days, and even though that doesn't sound like a long time, it is for me because like I said, I've NEVER been able to quit! My new e-cig completely satisfies my cravings! Even my 10 year old thanked me for not being stinky anymore! I will never go back to real cigs again, as long as e-cigs exist! Right now I'm on the 20 mg of nicotine, which seems to be enough. I'm eventually going to lower the dose to 0 over time. I thought for sure I would struggle with quitting the real cigarettes but I've only had one moment of doubt yesterday, and it quickly went away!

1/30/2014 12:52:00 AM - Patty Schorsch

I am a 51 years old female and I began smoking when I was 15.

So you don't have to add, that was 36 years ago.

36 years of 1-2 packs of cigarettes a day.

I have tried to quit smoking a few times in the past and used NRT frequently so that I could be at peace taking planes or long meetings where I couldn't smoke.

Patches mainly for planes and gum for meetings.

Once I tried the patches to quit smoking but that only lasted for about two weeks.

On December 30, 2013 my husband brought me a few e-cigarettes from the convience store - eLogic's.

I had decided to try them because my cat has asthma and I was closing myself into my home office for most of the day to work and play computer games.

I also smoked in the bathroom attached to our bedroom.

My husband had complained about the smell for all our years together and I couldn't stick to smoking outside for any longterm period.

I guess I wouldn't so hid myself away.

Mid December 2013 I saw a bunch of coworkers at our California office vaping in the smoking area.

I and my coworker from Oregon were the only two smoking most of the time.

We asked them about.

I thought about it and decided to try them and ordered some kits on December 29, 2013.

I figured I would at least be able to maybe vape in the house with the doors open and be back with my family.

My husband could not wait the few days to get the smoking kits so bought the convienent store brands.

I didn't really like them but was willing to try and wait for my kits.

Once I received the kits I really started liking the flavors and ordered more.

The first two weeks I was smoking about 6 cigarettes a day.

I was a bit surprised since I had not intended on quiting and I didn't realize I would cut down that much.

As I experimented with them I realized the packaging was kind of a lie - one cartridge was not 2 packs.

For me it was more like a third of a pack.

I needed at least 5 a day.

They weren't always that satisfying either.

I experimented more and bought the ego type e-cigarette with the larger battery and the tank you refill with liquid.

That is when I completely quit.

It gave me the taste and the throat hit that I wanted.

That was January 10, 2014.

I have not had a cigarette since then.

It is only January 29th but that is a miracle for me.

I first began with tobacco flavors and thought that is where I would stay.

I tried and bought a lot of different flavors at a local shop that mixes flavors.

I was really looking for another tobacco flavor that I liked that I could buy for much less than the cartridges that I got with my kits.

I couldn't find any at that store that I liked even though they had about 20.

Most of the flavored were fails or just ok.

Until I filled my tank with chocolate mint.

I vaped so much of that I went back the next week and bought 5 times the amount at a third of the nicotine level.

This is still my "all-day-vape".

I do like one of my original tobacco flavors but the other one isn't tasting so good anymore.

Rootbeer and cola are my second favorites.

Vanilla, coffee, and mocha I like occassionally - depending on the brand.

My coworker also began vaping and she went straight towards the fruity and stayed there until she found blueberry cheesecake.

Now that is her flavor.

I don't know what either of us would do if the flavors became unavailable.

I would like to see more easy to access information on starting e-cigarettes that isn't biased by a vendor.

I found, and I think many who continue vaping find, that the cigarette-look-a-likes don't give what we want.

Right at the start they were good because of the look and feel.

Soon in it becomes apparent that they cannot provide the consistent flavor, vapor, and throat hit.

And they are too expensive.

One of my first kits would have been as much as smoking.

It has been a wonderful bonus to cut the price down.

I don't ever intend on quiting nicotine but who knows what is in the future.

I never really wanted to quit smoking.

I knew the risks but I loved it so much.

It has been a real surprise that vaping can not only substitute but become something I like so much more.

Maybe over time the nicotine part won't become as important either but right now I am not going to worry about it.

My cough ended after two weeks.

I can walk up hills breathing harder than my husband but I am not gasping or stopping or finding myself unable to talk for 3 or 4 minutes.

I taste more.

I don't have heavy lungs when I vaped a lot.

I can hold my breath long enough to not expell vapor if I want.

I am looking forward to many more good things happening and I can't wait to tell my doctor and answer "no" when asked if I smoke.

Patricia Schorsch

1/30/2014 2:14:00 AM - leroy

25 yr smoker a friend introduced me to electronic cigarettes quit smoking after first day of use almost 2 year's now and have no desire to smoke ever again.

1/30/2014 5:32:00 PM - Ashley Workman(arwrkmn) Knoxville, TN

Electronic cigarettes changed my life in more ways than just to help me quit smoking.

My name is Ashley Workman, I am 22 and I smoked a pack or more a day for 6 years. I admitted to parents that I was addicted to cigarettes when I was 16 years old. By 22, I coughed constantly. When I woke up in the morning I could barely breathe and would cough like I had pneumonia for the first 2 hours of my day.

I started vaping (for a 3rd and final time) after a co-worker switched. I had tried cig-a-likes before and not been satisfied. But this time, I got a vision spinner with your basic tank and tried. 3 weeks later I upgraded to an Itazte vv v3.0 with a mini protank and I left analog cigarettes in my vapor!

I since upgraded to an Itazte MVP and protank 2, as well as a mech, a Novice clone to be precise, with a RDA. I build my own coils, and even make aome of my own great liquids!

I have now been vaping for 5 months, and I can feel the difference everyday. By the end of my first month I could breathe. No more coughing!Everything smells better and food tastes better.

By 2 months I felt like a whole new person. Which then prompted me to make other changes. I figured if making that one change could make me feel this good, making bigger changes would make me feel even better!

So I changed the way I eat, the things I drink, and I started exercising. In three months I have lost 27lbs! I couldn't/wouldn't have made these changes as a smoker.

It has also given me a great new hobby. I tell people, both smokers and non, my story several times a day. I have helped my co-workers, and several of my co-workers family members make the switch. Vaping has allowed me to make a difference and meet so many wonderful people! I cannot imagine what my life would have been like 10 years from now if I had not switched.

I hope reading my story will give some of you the confidence to switch. I welcome your questions, if you want to reach out and email me I will be happy to answer as best as I can! Please respond to arwrkmn@gmail.com.

1/30/2014 9:37:00 PM - Patster, NB, Canada

I had been a smoker for 15 years, started at 14. I had successfully quit cold turkey for 3 years, but 4 years ago I picked it up again and was smoking 1 pack per day. I have been using electronic cigarettes for the past 3 months and couldn't be happier!! However very frustrated with the way I see these devices are being handled everywhere by governments and public health authorities.

I did smoke a pack of cigarette after the first week due to equipment malfunction, but that is all fixed and now just the thought of smoking a cigarette makes my head spin.

My stamina is getting way better, my sense of smell and taste have come back like crazy (I am a spicy food enthusiast, and let me tell you when your taste comes back, you might want to dial down the amount of red hot sauce you put on them eggs!) -No more stinky smoke aura around me -Breath better -Not as broke anymore -No more horrible disease infected tongue on cigarette packs to have to look at or some other horrible thing that's on there making me feel like that's what I was going to have to go through.

So, yeah, overall I guess I could say that this ecig thing is awesome, they have completely turned me off of cigarettes and I am so very thankful I could cry.

I am reducing my nicotine level (down to 12 from 18) at my own pace to get to my goal of "Vaping because I want to" rather than "because nicotine wants me to". That is a personal choice, given that nicotine's dirty secret is dependency and not much more really. And I do intend to keep on vaping at 0mg of nicotine, because I really enjoy blowing tasty vegetable glyceryn vapor.

I wish that public health authorities would somehow do real researches on them and be transparent about it.. Not get all defensive and BAN things that they have no transparent research data about.

In a perfect world public health officials would take the time to do research about consumer products they feel could pose any public health issues and make reasonable decisions about them in the interest of public health.. Sounds so simple when you say it like that.

I hope somebody working in there will have that eureka moment, but things aren't looking so good.

Smoking bad Vaping good.

1/31/2014 2:19:00 AM - Geoffrey Thomas, Stratford, NJ

There was a time when honest American businessmen made an honest tobacco product. Tobacco-Cigarettes were not originally intended, nor were they advertised to be consumed at the rate of a 20-pack per day, or more.

Somewhere along the line "Big Tobacco" was born, and thus came the addition of myriad chemical fillers, and alkaloid absorption catalysts, along with an outrageously-boosted artificial Nicotine content compared to Tobacco's natural levels.

"Big Tobacco" turned on us. They fed us cheaply produced, pathetic excuses for "Tobacco", and ultimately gave up on actually producing a quality product at all, but rather a mere "Nicotine Delivery System". They became the equivalent of any street-corner Heroin dealer, and perhaps even something much worse. In fact, I'm not sure one American Tobacco-cigarette smoker has even the slightest clue what real Tobacco, a la a fine Cigar, tastes like.

I am a 36 year-old father of a 4 year-old son. A son whose clothes, hair, and toys smelled like an ashtray because of my disgusting habit. Include in that list my own hair, clothes, car, and home. When family members had commented on picking up the cigarette-scent on my son, something inside me crawled under a rock, and died. It made me ill. Beyond that, his Mother and I both, caused him to live and play in a perpetually contaminated atmosphere. (I have no lack of disgust for the natural air-quality in the State Of New Jersey, however we were making it even worse inside our home. Air cleaners can only go so far, and did little to squash my guilt.)

Both, my Fiance and I, had made several failed attempts at quitting since the birth of our Son. We tried it "Cold-Turkey" together, (and separated for the only time in our entire 14 year relationship, until we both had a cigarette and made-up). We tried the Patch. She tried the Gum. They all failed. They all failed because none of them appealed to the most childish essence of why any smoker begins smoking in the first place: None of those options allowed us to blow smoke through our lips. Childish? Yes. However, it is a fundamental relaxation technique which tobacco-cigarettes provided. It's the very reason I began smoking at 16. To exhale smoke. I had no Nicotine dependency when I was 16. Nicotine was not a concern. That came years later.

The smoke, itself, is the key for millions of smokers. That is why all of "Big-Pharma's" Nicotine solutions don't work. It is also why both they, and "Big Tobacco", are afraid of the only tobacco-cigarette cessation method which actually does work for the long term: Electronic Cigarettes.

I am fairly new to Electronic Cigarettes. The first time I learned of them was when I saw them in a local Walgreens for sale. After some time, I tried one and was absolutely floored. I did some research, shopped around, and found an entire world of devices and

Nicotine-Liquids which would allow me to still experience the relaxation of "smoking" while also weening myself off of Nicotine in a manner of my own choosing.

I have not had a tobacco product in over 8 months now. The longest period which I have ever been Tobacco-Free in my life. My Fiance is right there with me. We have completely eliminated our dependency on Tobacco smoke, and have switched to Vapor full-time. We have diminished our initial 18-24mg Nicotine level to now 6-8mg over the last 8 months and soon enough will be entirely eliminating that, as well.

Electronic Cigarettes are literally a Lifesaver in the very sense of the word. The freedom and variety which Vapor has introduced into our lives is incalculable. I couldn't have had another 10 years worth of smoking cigarettes left in me before I acquired some form of Cancer. Besides the obvious lack of the foul smells and ashes, I feel a thousand times better since I started Vaping. I can breathe easier, longer, and deeper breaths. I am not nearly as easily winded, and have energy to spare. My morning headaches are gone, as well as the strange allergy symptoms I was having while smoking Tobacco-Cigarettes. My Fiance shares all the same improvements, and has no doubt been saved along with me. Vapor may have very well given our Son two score more years with his Parents. I sure hope so.

Being as both our's, and our Son's health, were the primary motivators for the switch to Vaping, we keep up on recent medical studies concerning the risks associated with Vapor. It's important to us that we haven't merely traded one evil for another, especially if our child is sometimes exposed to it second-hand.

Though the past few years proved to be lacking in definitive studies, as time is a most precious commodity within this health paradigm, more recently some great news is coming from Universities across the globe. Encouraged by the results of Dr. Igor Burstyn's recent definitive study performed at the Drexel University School Of Public Health, which confirms that chemicals in electronic-cigarettes pose no health concern for users or bystanders, we are confident we made the right choice for our family. Vapor finally sealed the deal for us.

1/31/2014 2:21:00 AM - Megan Aka MexavaDeMortis from Tucson, Az

Hello, My name is Megan. I had been a smoker since i was 16. At first it started as the occasional black, & mild cigar with my best friend. Then it turned into more cigars more frequently, & not long after that cigarettes. I have now been smoke free since November 23rd, 2013. I am currently using a Protank 2, & eGo-c battery. I have not touched a cigarette since the day i quit. I noticed over time the cigarettes were starting to make me very sick, & warp my taste. I would start coughing like i was dieing, my food would taste like there was almost nothing in it, and i felt i was going to vomit every time i took a hit. Every time i thought about a cigarette i wanted to vomit. But i couldn't stop because i wanted that nicotine. That feeling. I tried cold turkey, but that just made my anxiety flare to the point of me freaking out every 5 seconds. Wouldn't even be a full day, & I'd go back to cigarettes. One day i was browsing threw youtube, & i watched VapingCookie, & GrimmGreen for the first time. I had known about electronic cigs, but i did not know that there were flavored juices, & mods that made your experience more enjoyable. I had tried a regular green e-cig, & it was not for me, because it felt like nothing. But i went into FreedomSmokeUsa the 23rd of November, after watching several videos, and talking with my older sister. I talked with a man for over 3 hours about my options of a mod. I ended up choosing my Protank 2, & eGo-C. But i really wanted to test juices before i was completely sold. I got up to the counter all excited after finishing my sheet of juices i wanted to test. After that first vape my whole world had changed. I became ecstatic, & chose 3 juices right after tasting. From then on i haven't touched a single cigarette/cigar, & have been a proud vaper! I try to spread the word to anyone of my friends/people who ask! It has been a life saver for me. I am breathing easier, barely coughing, no vomiting feel, & my taste buds have been coming back. Vaping is a beautiful thing. Let's keep on vaping!

1/31/2014 4:13:00 AM - Lenny Barad

I began smoking when I was 18 and gradually became a pack a day smoker by the age of 19. I smoked for a few years and tried quitting many times but never really thought about an alternative to smoking until I was 22. I tried the e-cig and while it got me off cigarettes instantly, I didn't want to use a synthetic form of nicotine so I began looking into tobacco alternatives. This is when I stumbled a pon Swedish Snus and it has all been great since then. Haven't smoked a cigarette since switching over to Swedish Snus and never looked back. It took about a few weeks to get used to

not holding something but I find Swedish Snus way more pleasurable than smoking. I feel healthier and cleaner. It works and I am glad I switched!

1/31/2014 7:50:00 AM - David Tan

I'm an ex-smoker of about 4 years, which may not be as long as many people, but the interesting part of my quitting smoking is this: I did not 'want' to quit smoking.

Due to some external influences (family, friends, etc.) I had tried quitting a couple times using patches and gum, but I never found they worked. I still had severe cravings for cigarettes.

I had heard of e-cigarettes prior, but I always felt it was kind of pointless to even try if it didn't contain nicotine (which is not available in stores in Canada, where I live). My first actual experience was when visiting my girlfriend in the US; I decided to pick up a simple e-cigarette kit and try it while I was out there (as a nice bonus, my e-liquid successfully made it back across the border without customs grabbing it when I went home).

I enjoyed my first experience, and was intrigued when I found out about some Canadian e-juice vendors, and all the flavors I could try out. I actually didn't immediately quit smoking however, and would still go out for occasional cigs. I did however notice very quickly that my habit subsided from over a pack of cigarettes per day, to less than 4 (usually only during peak craving moments, like waking up, or after meals).

I eventually ran out of my last pack of cigarettes, and I realized I didn't really even feel the need to go out to get more. I just kept on vaping, and I realized that the cravings were almost non-existent at this point.

I very quickly noticed my sense of smell improving, and despite not being the 'most in-shape guy', I wasn't getting as easily winded as I used to.

At this point, I have no desire to go back to smoking, not even because of the health benefits or social stigma anymore, but simply because I enjoy vaping, and it satisfies my cravings just as well as cigarettes ever did. It's become an excellent hobby, currently having upgraded my gear a couple times so far, and I have no intentions of stopping a new interest like this (why would I with an addictive personality like the one I have?)

1/31/2014 3:05:00 PM - Arne Daoust

I am currently 48 years old (49 in 2 weeks). i began smoking cigarettes when I was 14 years old - smoking about a pack a week until I was 18 and have smoked at least a pack a day for about 34 years. I had tried to quit about 4 or 5 times over that period trying different method, cold turkey, patches, gum, prescriptions, etc. usually i would quit and then within 1- 2 months would start smoking cigarettes. In July of last year my daughter (who also smokes) tried to quit using an electronic cigarette device (an EGO), I had been wanting to quit so I bought one and tried it. It has worked although at first i was still smoking a cigarette a day but nothing like before. i am now proud to say I have not smoked a cigarette in over 3 months. I use my e-cigarette and I feel I am done with them foreever. I fully believe there is no way I would have ever quit smoking without the aid of e-cigs. I currently use a mechanical mod with a rebuildable atomizer head. I am vaping e-juice from various vendors at a nicotine level of 6mg - down from 24mg when I first started. I cannot stress this enough, I tried many other cessation methods but nothing worked until I tried my first e-cig. These devices need to be recognized for what they, a much healthier alternative for nicotine delivery. I hope to be using 0mg nicotine juice within the next month or 2. One thing is certain, I will never smoke another cigarette again.

1/31/2014 4:34:00 PM - easy_breezy87

When I first decided to try "E-Cigs" I was about 12 years deep in tobacco use. I smoked Cigs to the point I didn't like the taste and then masked it by smoking menthol.

for 12 years I smoked. I am currently 27 years old, at age 25 I had a noticeably different feeling in my chest, bones, head, feet, body and mind. I told myself I had to quit, there was no other choice...It never happened. in fact, it got worse.

I started to decline in my progress at work and my relationship took a turn for the worst and in every effort to hold on to what I had left I started to make a change one day at a time.

I didn't quit right away, but I knew that defeating my addiction to tobacco

a whole lot of circumstances in my life would be different.

I picked up an E-Cig called "SQUARE" on my way to work one day and made sure to get the menthol.

it was incredibly different and I liked it first puff because it smelled so heavenly. when I got to work my co-worker asked me, "no morning cigarette today?"

apparently they could smell it each day I'd come to work but it wasn't that big a deal for them. NOW I had realised by them asking this, I smelled better already! sweet! so just to let you know, I didn't quit there. in fact the e-cig by enjoy was my next investment. it's a rechargeable e-cig set up that has pre packaged containers with "cartomizer" cartridges you screw on. when they are emptied you replace them. ENJOY brand has a neat method for recycling the product and it's accessories that makes it environmentally friendly to dispose of through a hotline. as I continued to use ENJOY I still purchased tobacco as the battery life on it was very short. less than a day for the most part and the cartridges were expensive and short lived.

so, the inevitable happened and I stopped using it.

the smell came back, the desire to stop smoking left and i became a victim of my own circumstance, once again.

About 9 and a half months later I go broke.

I have a mildly used credit card and enough income to scrape by on bills. "scrape by" heh, I never knew the impact that phrase could have until I LITERALLY barely made it by for two months in a row. so, to stop myself from spending more on cigs I made a choice on November 18th 2013. I chose to invest in a heavy duty E-Cig that was more versatile than the basic type you see at the liquor stores. I got to PICK my juice AND the Nicotine levels in it.

I was also able to choose what type of battery I had and whether or not I wanted it to have a range of Voltage options or not.

The cool part is I can turn the battery OFF so my toddler can't hurt herself or smoke the thing if she tried to. So I can say I am grateful they considered there would be parents like me trying to do whats right for their family by quitting smoking and made it hard for little children to get access to the devices functions. where as with a cigaret a child could easily use it on a lit candle around the house or a match. So, it was november 27th when I actually bought the device.

I bought a pack of Cigarettes to go with it and told myself I will not smoke these unless the battery is dead and I cannot resist the urge.

well, I ended up giving more away than ever before at christmas to my sister and brother in-law who still smoke today. I started to notice people asking me about it in public and also my brother in-law was using a second one that i inherited while i was in So-Cal for the holidays from a close friend i hadn't seen in a while. he immediately noticed the taste was better. about 7 hours went by before he realized he didn't have any cigarette cravings and was really impressed.

My brother in-law is not easily convinced of things. hes a developer and thinks if HE can't wrap his head around it then it doesn't make sense. but THIS was making sense for him. on December 31st, 2013 at approximately 8:30 PM, I smoked my last cigarette from my "Experimental" quitting pack.

in my mind the experiment was over and the battle of the two choices i had at hand was won. no pack of smokes and enough E-juice to last me until Jan 17th 2014. that was the SECOND time i had to make a purchase for my new "Vapor pen". ONCE in NOVEMBER and once in JANUARY I spent 90 dollars in november, that's almost 3 cartons of cigarettes, thats 30 packs! 600 butts! all that would last the average smoker 3 to maybe 4 weeks IF they didn't give any away or smoke more than 3 in a half hour every other half hour or so. either way, I wasn't a carton type of smoker, I bought pack by pack at a time and sometimes two if they were on "Sale" at about 5.50 per pack thats 11.00 dollars give or take 3 bucks on days i only bought one pack. but still, I bought more than one a day and that totals out at the end of each month to be over twice what i spent on my vapor pen. by now, its paid for itself 10 fold and it hasn't even been 90 days yet.

I have not even tried to smoke tobacco again.

I can smell it tempting me in public but when i puff on my vape after smelling burning tobacco, the smell stops tempting me.

I feel it working in my mind and i have already dropped my nicotine level to .3% thats 2.2% less than the NJOY and 1.3% or more, less than most regular top shelf brands.

some cigarette brands are .9% nicotine though. the point is, I am on my last bottle of Juice that is .6% and 0 percent. I mix the 0 with the .6% to get .3% and now that I will be needing to get more, I have decided that i am going to move on to 0 nicotine content. it's gotten to the point for me where i just feel normal vaping. i smell better, my fiance is kissing me WAY more than ever before, we bond more, hang out more, I'm not outside half the day piling up the butts on the porch, food seriously does taste better AND my appetite has increased tremendously. I was worried I had a disease due to my lac of hunger. My health is fine though. Thankfully. I am rounding the end of my first 65 days with a vapor cig and my first 31 days without ingesting or introducing tobacco products into my body. I have successfully helped 7 people convert to vaping and stop buying or using tobacco products.

All are close friends and family except for one, one of the people was a total stranger in a line at a coffee shop.

The next time I saw them there they were using a vapor pen! awesome! I can't wait to upgrade to a "Drip Type" vaporizer because they release a denser amount of vapor and due to that they are easier to hold out on puffing constantly.

The smaller ones seem to keep you coming back to them more often and the heavier duty ones I find myself coming back to smoke/vape on less often. My goal is to Vape clean liquids with no nicotine and to vape less often than I smoked to begin with.

The second goal is going to be the tough one but atleast I've come this far and nothing with turn me back around now.

I hope this helps you understand the impact this trend has begun to have on peoples' personal and professional lives.

My boss, co-workers, mother, father, fiance and everyone else I know are convinced because I was the LAST person they thought was going to quit smoking. The LAST person. And now, I see a whole new future for my child and our family than I saw before.

2/1/2014 5:30:00 PM - brian

I started smoking cigarettes when i was eight years old, my older cousin smoked and i thought it was cool. That was the early 80's. I tried to quit many times through the years but always failed. I tried chantex, the patch, cold turkey. I got down to one pack a day at one point in time. When i quit smoking i was a few months short of smoking thirty years.What caused me to quit was the smoke shop where i got my cigarettes started carrying PVs, I had not tried this method of quieting so i bought one. That was Sept 9 of 2013, that was the last day i smoked a cigarettes. I would like to stress the point that the e-cigg method of quitting was different than before. The stress of not having a cigarette and the irritation was gone almost immediately. I can breath now. I don't smell like an ashtray and my kids are thankful for that.The date today as i write this is Feb 1 2014 , 5 months with no ciggs. My hope in writing my story is to motivate others to see the benefits of this product, cigarette smokers, law makers, and nay Sayers.

2/2/2014 3:04:00 AM - Sherri D. from Wilmington, NC

I smoked a pack a day for 35 years. I bought an e-cig starter kit, with 2 batteries, in 02/13.

I smoked a few cigarettes a day, combined with vaping the e-cig for 2 weeks. I am very proud to say that I have not had even one draw off of a cigarette since 03/11/13.

OMG!!!! I NEVER thought I would EVER be able to quit smoking!!! :-)

I feel so much better.

Almost immediately the cough (that I always blamed on sinus drainage) was GONE.

I climbed to the top of the Bodie Lighthouse in 11/13....that is TALL!!!

E-cigs saved my life!!!!

2/2/2014 6:52:00 AM - Richard Willis

My name is Richard Willis and I just wanted to share my story of how vaping e-liquid has changed my life. I am in my 50's and smoked Marlboro Special Blend Red 100's for over 20 years, and at least a pack a day.

In October of 2013, I got up at 6am to have my usual morning coffee and cigarette. The very first drag I took from my smoke, immediately made my lungs hurt, and made my feel kind of sick all over. I knew that smokes where killing me slowly, and had tried many other things to help me quit. I've tried the patches, but they wouldn't last all day. I tried gum, I tried wellbutrin, I tried switching to lights and weaning myself. But nothing ever worked. I had seen friends using a vape pen, and puffing on e-cigs, so I knew they exisisted. But that morning I was finally in enough misery to be willing to try actually try it. I had been researching it anyway and was really impressed with the fact that e-liquid is very basic, and not to much to it. I mean the glycol and glycerin didn't really any bad reports, and I found out those two products are already being used in food products, medicines, cosmetics, and so on. So I went to the local vape store and bought a starter kit. I was reluctant to throw away my smokes right away

though, so I put them in the glove box of my car. (lol) I committed to giving it an honest effort just for that day to see how my nicotine cravings went. That was at noon on the 18th of October, 2013. I made it through the entire day and was pleasantly surprised

not to have any cravings. After a couple of more days, I threw away my smokes and haven't had one since. Something else I don't have anymore is the "coughing up" routine every morning, and my arms don't fall asleep at night due to poor circulation. My headaches have almost gone away completely. My allergies aren't raging anymore, and I am not out of breath from climbing a set of stairs. Oh, my clothes don't smell like smoke,and

e-liquid is much less than half the cost of a pack of smokes everyday!

So yea.....I am a BIG supporter of vaping. The e-cig part of I don't know about. I only vape e-liquid using a battery and clearomizer. I know without a doubt that this has not only changed my life, but I believe it saved it as well. I started out on 30mg nicotine, and now I am down to 12mg. Yes it works.

2/2/2014 4:19:00 PM - Randell Vapes

I was a smoker for 16 years.

4 months ago I purchased an e-cig and from the time I walked out of the e-cig shop I had no desire to smoke analog cigs any more.

I recommend E-cigs and or vaping highly to anyone who wants to quit.

I have tried the gum (gross) patches multiple times and chantx twice, all leaving me with cravings and erdges.

With the e-cig it was a flawless switch!

I am healthier and feel better and I dont carry around the nasty smell of cigarette smoke any more.

Shame on the people who appose this, I feel all the negative media is stemmed from those who stand to lose a bunch of money by people switching to e-cigs (government, tabbaco companies, and pharmaceutical company's).

2/3/2014 4:16:00 AM - Jack Morton

To Whom It May Concern: After smoking cigarettes for 42 years I am now FREE from a nasty and harmful habit. I have now been smoke free for 4 months now. Finally I can smell and taste! Also now I can breathe! After years of trying nicotine patches, nicotine gum, Chantix, and other stop smoking programs that didn

2/4/2014 12:43:00 AM - www.publichealthrdavis.blogspot.com

http://publichealthrdavis.blogspot.com/2014/01/spent-60-three-months-ago-for-e-cig.html ~smoked for 9yrs ~I use a rechargeable battery e-cig

~I don't still smoke tobacco cigarettes and I tried the throw away e-cigs but enjoy using e-liquids better! ~I switched immediately because it felt better when inhaled, only once after long term use of the e-cig I tried to puff a cigarette, one puff literally, and I could not inhale it! That's when I knew Vaping was safer and smoother for my body than a cigarette and

I will never pick up another cigarette.

~I haven't had any medical issues when switching to e-cigs. I also don't recommend the prescription medicine because to me that can become another addiction that I don't want to deal with. It causes more side effects than I will experience with e-cigs I believe!

2/4/2014 4:06:00 AM - usatrooper from Baltimore, MD

I have smoked since I was 14 years old, I am 36 now. I started with e-cigarettes about 3 months ago. I use an e-go 510 e-cigarette with 18 mg of nicotine. I am using distilled water to dilute the strength of the nicotine. I would say I am about down to 9 mg right now. I still smoke 2 real cigarettes a day, down from 30 when I smoked them exclusively. I haven't been able to quit smoking completely, but it's going to happen real soon, and I am excited to be smoke-free. I have tried habitrol patches 14mg, nicorette gum, cold turkey, chantix-none of them seemed to work-because you still get the urge to smoke while doing these methods. It's a mental addiction as well. E-cigarettes take care of that mental addiction for me. I have something to puff on. It delivers the nicotine, without the 4000 other chemicals in regular cigarettes. I have noticed better breathing, my periodontal health has improved, my teeth aren't stained as bad, and I notice I have more energy.

2/4/2014 4:51:00 PM - Marby Yerves

It was 2005 and I was 16 years old when I picked up smoking. To me it started as a way to look cool to my peers but it gradually became my worst nightmare. During the past years I

2/4/2014 7:08:00 PM - Tim Virginia Vaper

I have been a pack a day smoker since I was 15 years old. I have attempted to quit smoking more times than I can remember with poor results.

I tried Snus as an alternative and was quite pleased with the results, but continued to smoke cigarettes. I decided to grab an electronic cigarette to see what they were like and if it was going to be a viable option to reduce or even quit traditional cigs. I bought the basic setup and have not smoked traditional cigs for almost 2 months, nor do I ever plan to smoke tobacco again! I have noticed physical changes and psychological changes as a result of quitting.

I can breath more easily, I have an increased sense of taste and smell, my throat isn't hoarse and sore anymore, my clothes, hair, and breath smell better, I have no cravings to smoke cigarettes whatsoever and the list goes on!!

E-Cigs, vaping, or whatever you would like to label it as has been a real life saver for me and all of my friends and family who have tried it.

2/4/2014 11:01:00 PM - Candace M. Almaguer

I smoked cigarettes for nearly half of my life. I hated the smell but it was so hard to kick the addiction. I tried everything except Chantix as I knew a few women who turned into crazies after using it. I would rather stink that take the risk of psychological issues.

The longest I quit was two weeks with the patch and still I occasionally smoked. I would always end up going back to cigarettes.

A coworker pulled me aside one day to show me his ecig. I took a drag from it and was very impressed on how much it felt like real smoke but it wasn't. He explained it was vapor from a few ingredients. I did research that night and decided the next day I would get one for myself. The next day I bought my first electronic cig or personal vaporizer. That was July of 2013 and since then until now (February 2014) I probably smoked 5 cigarettes. All of those were just to see if I needed it and each one proved I didn't! I am so grateful to have found this product and I truly believe it was the best thing that could have happened to me.

I know by the way I feel over time that they ARE less harmful than traditional combustion cigarettes.

2/5/2014 12:10:00 AM - Barry Miller

I smoked for 50 years. The last 25 years has been 2-3 packs a day. I was diagnosed with COPD a year ago. After a friend introduced me to e-cigarettes I knew it was the answer for me. Now smoke free for 3 months. I feel better , smell better, and will no doubt live a healther life because of the invention of the E-cigarette.

2/5/2014 12:22:00 AM - Mike B (blues72)

I started smoking when I was 14.

All my friends smoked too.

We'd go down to the gas station and buy a pack for $.95.

It wasn't as cost prohibitive as today.

Since that time I have smoked pretty much non stop.

I found I may quit for a month or 6 or even a year, but I would always ask for cigarette even if I had stopped.

And stopped was all I did.

I couldn't even bring myself to say I'd quit.

Fast forward to my thirties.

I tried quitting more times than I can count.

I had the most success with nicotine gum, but I found it really just prolonged my prohibition until, for whatever reason, I would buy a pack and then begin cycle started all over again.

I am now in my 40s and worry about my long term health even though for all practical purposes I am very healthy other than this habit that on one hand I don't want, but on the other hand I really enjoy.

This past month my wife recommended trying an e-cig.

I went online and read some info about other people's experiences and successes and decided I'd give it a try.

Here I am one month later and have been vaping this whole time and haven't had a single cigarette.

The amazing thing for me

is I don't even want a cigarette.

I can go out with friends that smoke and I use my ecig and don't have the slightest desire to light up.

Not only that, but my breathing is better, I'm working out and I feel better than I have in a long time.

I have been recommending this to all my friends who smoke because it seems to be a life changer.

However, I'm very nervous about the perception of ecigs and all the misinformation that is being pushed by multiple media outlets.

I can see a lot of unnecessary laws and regulations being levied all due to ignorance and the influence of money that surrounds the big tobacco and pharmaceutical industries.

Given all this, I am really hopeful that science will win out and people will see the enormous benefits for smokers such as myself.

I hope this testimonial will help someone else give ecigs a try and that they will experience first hand the positives that I have already experienced.

Good luck.

2/5/2014 5:16:00 PM - stop smoking

i had to stop smoking because of my health my husband smokes and i went and bought him a e- cigarette and he loves it and he said it was the best thing for him and for are daughter and animals that we have in the house we dont have the smoke smell in the house and everything stays clean now

2/5/2014 10:16:00 PM - Maggie Williams, Atlanta, GA

Before I switched to e-cigarettes, I had tried numerous methods to quit my 30 year cigarette addiction:

acupuncture, Chantix, Welbutrin, nicotine patches, nicotine gum, even hypnosis!

Nothing ever worked for me until I tried e-cigarettes.

By using them, I have not had a

2/6/2014 12:12:00 PM - ali khan

have been smoking for over 15 years. switched to electronic ciggs after trying a cold turkey approach that didnt work. loved it i was smoke free for about 8 months then i started back on smoking as i was using other smoke related drugs. now i am sober again and back on the vape. smoking on its own is just disgusting and smells real bad. i wish i never started smoking . i started with 24 mg nicotine but always cut down as it masks the awsome flavours in my opinion. i am on 12mg now but plan to cut down

2/7/2014 3:38:00 PM - Chele, AZ

I always wanted to quit smoking. I quit once, cold turkey, when I was pregnant with my twins - but then ended up smoking again. During my pregnancy I realized how disgusting smokers smelled. I became very self-conscious of how I smelled and very "politically correct" and considerate around the general public when I smoked. Most people didn't even know I smoked almost a pack a day. I smoked for approximately 27 years.

I was already worried about my health too, and then my father got sick, and died of throat cancer (he was a smoker) two years ago. I wanted to quit then, more than ever. I had just lost a bunch of weight, was working out, and healthier than ever - I NEEDED to ditch the cigarettes! I had promised him.

I had previously tried gum and medications...didn't work. With me - I needed the hand-to-mouth thing. I needed to be able to feel the inhale

2/7/2014 3:48:00 PM - Phil M.

I was sneaking and trying cigarettes as early as age 10, along with many of the other kids in my neighborhood. It was normal at the time to do this and we were all, obviously, completely ignorant of what this would eventually lead to, despite the repeated warnings. By age 14 or 15, I was a consummate smoker, consistently buying and smoking cigarettes and probably already addicted.

I

2/7/2014 5:22:00 PM - Bryan holmes baltimore md

Hello my name is Bryan and I'm doing this to help spread the word and hopefully help someone else. I started smoking at 12 years old I grew up in a family of smokers to give you a range of how long I smoked I'll be 34 in a few months. At first it was cool hanging out with friends after school in the woods someone always had a pack even in middle school.through out the years I went from a pack lasting me two weeks till my mom found out and I didn't have to hide it to a pack lasting me a week after highschool and was working I was up to a pack and a half a day and stayed that way till I switched over to e cigarettes. I went through my phrases of cigars and even the old fashion pipe with the mind set of it will help me cut back and quit at some point but always need up back on the smokes. Now to be completely honest I tried e cigs before it just didn't work for me (that was last year) and there where times when I smoked I tried to quit but couldn't till about five months ago. I had woken up one morning and the smell of my ashtray made me gag it made me ill . So after spraying down my apartment with febrez I charged up my e cig from the year before and never looked back this has been the longest time since I was 12 that I have not had a tobacco cigarette I have even got other long time smokers to make the switch and quit smoking and even vaping altogether. The

real reason I'm telling my story is to help with this movement I have lost loved ones to cigarettes and if this was around and the many opinions in flavors one has to Vape could and can help anyone quit and kick the habit. In closing I would like to say this to the committees and government officials to be realistic I know we like to live in a fairy tale world and always looking for a scapegoat for the woes of this society vaping and e cigs do not invite children to smoke or Vape its because they choose to no law you pass will ever stop that but I ask do not punish people and try to take away a device or a system that have helped many of people final kick the smoking habit

2/7/2014 6:37:00 PM - Mark Leslie (VA, USA)

I do not smoke, I have never smoked.

My "story" is that I started Vaping in January 2014 to assist with the clearing of my sinuses (using mentholated/non-nicotine e-juice).

Additionally, I have introduced vaping to some friends have smoked

who have quit smoking and will never go back.

They prefer vaping

now instead.

Reason I started vaping was NOT to stop smoking or start smoking!

It just helps to keep my sinuses clear and it is relaxing to me.

I fail to see how a NON-tobacco, non-nicotine product could be confused with a cigarette!

2/8/2014 10:30:00 PM - Dusty from Hot Springs, AR.

I smoked cigarettes for the better part of 33 Years and always tried not to smoke more than a pack & half a day. I loved smoking even though, like everyone else knows, just how dangerous they are. I never wanted to quit, but was taking care of my Mother(around her a lot), and her health was failing.

We had to make her quit smoking, which meant I too would have to stop smoking.

I did, but nearly went nuts doing so. Then I made a very bad choice to start "dipping" smokeless tobacco, which turned into consuming an entire can "puck" every single day. Only occasionally, I would also cheat

cigarette. My Mother went to be with the Lord and I continued dipping as I do enjoy nicotine. Not wanting to return to being full blown "Smoker", but not wanting to face the effects of dipping tobacco either, put me in a pickle.

The fact is a person gets more nicotine from dipping than smoking. I started noticing some people with e-cigs, and decided to find out more, for fear my teeth might start falling out if I continued dipping.

I made the switch to e-cigs about a year ago, and have not cheated a cigarette or dipped since.

I do wish I had never smoked or dipped, but now I have no guilt and would not smoke or dip even if you paid me.

I only wish my Mother would have known about them too.

The truth is, for her, she would have been much happier in the time she was still with us.

I would never ever

encourage anyone, who has never smoked or dipped, to start using nicotine in any form.

However, for those who know nicotine, e-cigs with nicotine are something to look at.

I said that because, they also come with zero nicotine. If a person who has never smoked or dipped wanted to try e-cigs at zero nicotine, but with some kind of flavor instead, then more power to them, that is better than eating junk food between meals.

2/9/2014 12:26:00 AM - Joshua Morgan from Dallas, TX

Electronic cigarettes have saved my life.

And I'm not exaggerating.

If I kept smoking at the rate I was going, I know I would have ended up with lung cancer, COPD, or who knows what else.

I started smoking at the age of 17.

It began with a few cigarettes here and there and eventually before I knew it I was 29 years old and smoking over a pack a day.

Over the years, I've tried everything I can think of to quit.

I've done the gum.

I've tried the losenges.

I even went so far as to get hypnotised.

Did any of that work? No.

So I tried the prescription medicine Chantix.

Yes, that worked for a little bit, but made me crazy and I always went back to smoking.

I've tried those disposable electronic cigarettes but they didn't seem to work either.

One day, I said to myself, "Let me try one of those fancy electronic cigarettes where you add your own juice... It can't hurt".

I told myself that I would alternate between a real cigarette and the electronic for a few days to see how it would work.

I was very skeptical.

A week later I wasn't smoking ANY cigarettes and was using soley the electronic version.

I was amazed!

Weeks passed, I didn't smoke.

Months passed, I didn't smoke.

Then in November of 2013, I hit my 1 year mark.

I can't believe I did it!

I can breathe better.

I don't stink.

My taste and smell is back!

I don't get bronchitis every other month anymore... it's amazing!

This is exactly what I needed in order to stop smoking.

And I've gotten several of my friends to quit this way too.

This is so much healthier and I'm slowly decreasing my nicotine level to where soon, I won't need the electronic cigarette either.

E-cigarettes work.

They are safe.

And they are making peoples lives heather and giving them a new chance at living the full life they were destined to live.

I am so grateful for finding this option and am excited to see how many people continue to become smoke free because of this.

I'm alive again!

2/9/2014 8:59:00 PM - Chris Coston

I smoked cigarettes for 28 years. My parents smoked a pack a day and I started the same trend in my teens. I attempted to quit a dozen times through several smoking cessation programs as many have tried; nicotine patches, nicotine gum, medication like Chantix and cold turkey to name a few. They never worked beyond a couple days. I thought about e-cigarettes and stopped by a store one day to give it a try. Something amazing happened....I quit! From that very day forward, I no longer smoke cigarettes. I started using e-cigarettes, "vaping" at 24mg of nicotine level. A couple months later I reduced my nicotine intake to 18mg and now the 9mg level. I feel better, breath better, don't smell like cigarettes and don't intake the countless harmful substances contained in cigarettes.

2/10/2014 3:07:00 PM - Scott Casey

43 year long, smelly, nasty death-wish love/hate affair with tobacco cigarettes is finally over!

Started at 13 and loved / hated every moment. Never really tried to quit and resigned to a life-long (as shortened as it was going to be) habit.

Bought my first kit (2 batteries & clearo' tanks) for 2 reasons: 1) curiosity and, 2) expecting to save some money.

Notice I don't say anything about hoping to quit - that was never a part of my 'plan' (a word I don't like to often use!).

Just curious & a tightwad.

Over the course of the next week I realized I was reaching for the vapor more & more. Reason: the flavor!

One day I mentioned to the guy who sings baritone in my barbershop quartet (fellow smoker) that I'd only had 1/2 a cigarette that day. His response was simple: "why bother?"

That was it - I was done!!!

The simple question helped me realize I was continuing with those 1/2 - 2 tobacco-burners (t-burners)

a day for no real reason.

What came next was my self-identification changed... I now saw myself as an EX-smoker.

Withdrawal symptoms? No cravings, no impulse to take just a quick hit, never got cranky (at least that *I* noticed)... nothing!

I kept thinking I must be *cheating* somehow - it's a universal RULE that quitting smoking has to be painful, mentally torturous, a life-altering experience burned deeply into the victim's brain.

Was it possible to quit smoking by "accident" and with no intent or effort?

YES YES & YES!!!

99% safer for me, and the worst thing I can do to a bystander is make them hungry for cinnamon rolls & caramel coffee with the flavors I vape.

My family & loved ones are ecstatic for my success & the prospect of me being around for a whole lot longer than had vaping / e-cigarettes been banned by the FDA & intrusive government regulation that would have kept these life-savers away from me.

Oh yeah, and the quartet is a lot happier - I can hit a high F without 3 hours of warm-up!

My life, my choice, and I will NEVER let the governments, American Lung Assc, American Cancer Society, or ANYONE take away my NEW LIFE!!!!

2/10/2014 4:50:00 PM - jmcalpin49

I smoked for 30 years before I started using electronic cigs. Since I started using the e-cigs, I have lost just about all of my lung and sinus congestion. I feel much better and would tell anyone to use e-cigs if they want to quit smoking or just want to change their lifestyle.

2/11/2014 5:11:00 PM - Ryan from Denver, CO

I started smoking when I was 16. I always wanted to stop smoking but nothing ever helped me quit successfully.

As I neared the age of 30 I really wanted to quit and discovered e-cigs. I first tried the commercial Blu brand and they just were not enough for me to stop smoking. I decided to buy a mod ecig and the strongest e juice I could find at 24mg. With that I never smoked another cigarette. I used the 24mg for a couple months until I moved down to the 18mg for a couple months and the 12mg for awhile longer and finally the 6mg where I am currently. My next goal is 0mg and finally then, no ecig altogether. I haven't smoked a cigarette in over a year and now can not stand the smell of them. I would never been able to achieve this with any other quit smoking product. These product need to be left alone from government regulations and greedy taxes. The big cigarette companies are the only thing that should be regulated and hopefully not ever able to get a strong hold in this business. I don't want a million chemicals in my e juice.

Ignorance should not be the norm.

2/12/2014 12:28:00 AM - Robert J Bowne from Las Vegas , NV

I am a real Former Smoker of 30+ years ranging from 1-3 Packs of cigarettes a day and Have decided to quit by means of using an Ego-T Vape Pen with a Nicotine level of 24mg. I stopped Smoking Traditional Tobacco Cigarettes on 2/7/2014 and have noticed a high measure of difference in the ability to breath and the improvement of other Biological Processes as well. I wish that this technology had existed decades ago when i picked up my first Cigarette or (Death Stick) as i have termed traditional Tobacco Cigarettes.

I am a Medical Professional by Trade and have an extensive background in Research Methodology and have come to my own proven theory that Vaping is indeed a very useful tool in being able to kick the habit of Smoking Traditional Cigarettes. I as a Vapor would recommend this method of quitting Smoking to Patients and to the general public as well.

I am not a paid endorser of the Ecig market or its products and have chosen freely to share my experience in an effort to be of assistance to anyone who has thought about or is ready to kick the habit of cigarette smoking.

as for proof of the effectiveness of Vaping i submit to you the reader my current statistics of my quitting smoking. as of this time 4:54 PM 2/11/2014 I have not touched nor smoked a traditional cigarette in 4 Days 16 Hours 55 minutes.

I have not Experienced any amount of withdraw Symptoms and have no cravings for traditional

Cigarettes and will continue my New Life of not smoking ever again.

2/12/2014 12:59:00 AM - Kmcle1

I was a smoker for over 12 years, since I was 16 years old.

I had quit a few times but always lost the motivation to stay off cigarettes.

When my wife became pregnant, I tried to quit smoking, but just couldn't do it.

My little boy is two years old now and he tries to get my cigarettes all the time so that he can be "like Daddy".

Time to stop.

I had used E-cigarettes a few years back and they helped very little.

The inconvenience of getting them 3-4 years ago was unbearable.

I would have given up on them entirely if I had not started researching them once again.

The community of E-cigarette users (vapers) is unbelievable.

I had no idea there were so many great products out there (only a few years later).

I spent some time researching, went to a local store (that I had no idea about previously), bought a kit and haven't looked back in 2 weeks.

I even threw away a couple of packs that were sitting around.

They hold absolutely no appeal to me now since I started vaping.

In my life, I know smokers who have tried everything (even writing hate letters to their cigarettes), but nothing has worked for them.

Every vaper that I've met at the local shop is a former smoker, and that is really saying something as to the effectiveness of these life-changing products.

I know for certain that if they were made unavailable or more inconvenient for me, I would go right back to cigarettes for my nicotine cravings, which is why I will fight for my right to keep them available, convenient, and affordable.

I can't have my little boy thinking that it's cool to be like Daddy if that means that he thinks he should have a cigarette.

2/12/2014 9:11:00 PM - Cheryl Clark Beach City, OH

I Was a smoker of tobacco cigarettes for more than 40 years. At the end I was smoking 3 packs a day.

I tried everything out there to try to quit. You name it, I tried it. Nothing worked for me. Even spending time in hospitals with bouts of bronchitis wasn't enough to make me quit. After my last hospital stay in Oct. 2013 I promised my husband (after years of nagging) I would try to quit using e-cigarettes. I went to a local tobacco shop & bought a e-cig kit & haven't smoked tobacco since! Quite honestly, I didn't really want to quit smoking. I really, really enjoyed it.

I figured I'd try it & just eventually go back to tobacco. I even made it easy on myself to go back by keeping a pack of cigarettes in my purse. After a week I though to myself "this e cig isn't that bad" After 3 weeks I thought "wow! maybe I can quit!" After 6 weeks I didn't even want to smell a tobacco cigarette burning. No more stinky house, clothes, car, or having to stand out in the cold to smoke. It's been 3&1/2 months since I've given up tobacco & I don't miss it at all!!! I pray that e-cigs aren't outlawed. I know I would end up going back to tobacco no matter how bad it now smells to me. I feel so much better since I've quit. Everyone has their own way of doing things. What works for one may not work for another. All I can tell you is that it worked for me.

Cheryl Clark

2/13/2014 12:08:00 AM - Doug Bierly(Mousitch) from Columbia MO)

I had been smoking for 28 years. At least two packs a day. I have been using Ecigs for 3 months and have been completely smoke free in that time. I had tried patches with no success. No more than a month when I did quit. I have also gotten three other people to quit in this time. Its great to be free from nasty smelly cigarettes. No legislation please.

2/13/2014 12:23:00 AM - josh

After 20yrs of cigarette hell I found ecigs and quit overnight

2/13/2014 5:07:00 AM - Jeremy Stevens monterey, ca

My name is jeremy.

I smoked 1.5 to 2 packs a day for 15 years. I tried to stop smoking several times to no avail, until my wife and I tried electronic cigarettes. I started with a blu e cig bought from the local convenience store. After a few days, we ordered a ego style kit online. We both have been cigarette free for 7 months. I feel so much better, I am not always out of breathe anymore. My night time snoring and uncontrollable coughing every morning has completely stopped. We are so grateful for electronic cigarettes, which we both believe have saved our life's. If it had not been for this miracle device, we both would still be smoking, shortening our lives smoke by smoke. Thank you for reading my story.

2/13/2014 5:48:00 AM - New Alexandria

I smoked for 23 years. I started using smoke free products a month ago. For two weeks I used disposable e-cigarettes then moved over to mods since then. I use 18 mg strength. I plan on moving down to 12 mg soon. I do not smoke anymore and to be honest, I do not want to light another cigarette at all. The thought has not crossed my mind. I'm happy about the way I feel now. When I made the jump from cigarettes to e-cigarettes, I have not looked back. Three years ago, I tried to stop smoking on my own and made it four months until I broke down and bought another pack of cigarettes. The first month I was okay, but as time went on I craved a cigarette more everyday. Today, being smoke free, I feel so much better because all the harmful chemicals from inhaling

cigarette smoke are not present in my body. The changes in my life style have been nothing but positive and now I am part of a great community of non-smokers trying to spread the word about the health benefits of switching over to a fairly new alternative. E-cigarettes and/or mods have changed the quality of my life and I cannot say that loud enough.

2/13/2014 5:58:00 AM - Tasha stevens

My name is tasha.

I was a pack a day smoker for 15 years. I tried to stop smoking several times to no avail, until my husband and I tried electronic cigarettes. We started with a blu e cig bought from the local convenience store. After a few days, we ordered a ego style kit online. We both have been cigarette free for 7 months. I feel so much better, I am not always out of breathe anymore, coughing up flem every morning has completely stopped. We are so grateful for electronic cigarettes, which we both believe have saved our life's. If it had not been for this miracle device, we both would still be smoking, shortening our lives smoke by smoke. Thank you for reading my story.

2/13/2014 6:12:00 AM - Michael Harper (thevapingjester)

Hi,

My name is Mike. I have been a smoker since I was 20 years old. I

2/13/2014 6:49:00 AM - David Stevens jr from Onsted Michigan.

My name is David Stevens, and I have been smoking since the age of 18, and now I'm 38. "20 year smoker". I have tried EVERYTHING to quit over the last 8 years from nicotine gums, patches, losenges, and none have ever worked for me.

I have been using e cigs now for a few months and they have helped soo much!

I do still smoke cigarettes but very little, and its all due to the electric cigarette!

I'm able to breath so much better now, my clothes do not stink like cigarette smoke, the house is smelling better, and my kids do not go to school smelling like my nasty cigarettes anymore, and yes, my son was told he stunk like cigarettes a few months ago, and he just told me this a few days ago.

Breathing is so much easier, and I am able to do more since I can breath, and not getting winded and worn out as easy. I'm saving money, and best of all, MY WIFE STOPPED COMPLAINING that I stink up the house and truck!

She isnt telling me I stink like an ash tray when she kisses me anymore!

I have been learning about the best e cigs/mods and e juices from a youtube channel "Indoor Smokers" and he has great info on all the various brands of e cigs and juices.

Since watching his youtube channel, I have learned very much info on what to get, and what NOT to get.

I dont even understand how or why e cigs are being attacked! My brother, and his wife quit smoking completely from using the Blu rechargable E cigs, and they feel better all around, and I'm so proud of them for it. "I'm even kinda jealous" cause they quit before I did lol..

If you want to quit smoking them stupid expensive cancer causeing stinky cigarettes, the E cig is the way to go!!

I have ZERO REGRETS on my purchase on mine, and its improving my life, as well as my families lives! Daddy may not die so early from being a smoker!!!

My name is David Stevens Jr, and I approve this message "lol.."

2/13/2014 8:14:00 AM - Eduardo Q. from van nuys, CA.

I been a smoker for 13yrs, marlboro lights was my cigarette of choice I use to smoke 1 pack a day, I have been smoke free as of Sep 2013 I started using ego style battery e-cigs, 3 months later I starded doing MODS witch droped my nicotine level to 6mg/ml, I started off on 24mg/ml then gradually decreased the strength. My health has improved as so my daughter has too, my 3rd hand smoke flares my daughter's eczema that is also a reason I had to quit, ever since I stopped smoking my daughter's eczema has gone, another improvement was my wheezing at night while asleep that my wife has noticed has gone away, snoring also has gone, an overall feel of positive is good I have more energy, after all the years I have tried gum/patch/meds only e-cig made me quit smoking. please don't bann e-cigs its a life saver.

2/13/2014 10:51:00 AM - ronjonesfromwisconsin

I loved smoking cigs but it came upon me when my father had a haret attack and he is a 25 year smoker that I didn't need to have bad lungs or a bad heart so my friend told me about vapeing and I tried it and love it I can feel my body feel healthy again there are no words to describe having a longer life with family and friends if anything we need to stop tobacco products and focas on our health and loved ones.

2/13/2014 2:54:00 PM - Clayton Callis, K9games.co.uk, England.

I smoked since I was 14 and moved to electronic cigs at 16.

I still smoke but I did come off real cigarettes for 6 months one time and 2 months another time which has drastically improved my health.

I have used nicotine patches in the past but they were ineffective.

I am more comfortable knowing that when I eventually do decide to quit completely, I have an alternative to help me.

2/13/2014 4:12:00 PM - Misty Robbins hillsboro ohio

My name is Misty Robbins I have been a cigarette smoker since I was 16. I have asthma and a family history of COPD, and emphysema. This is my story... On September 6th 2013, I was walking across a crosswalk when a driver hit me and fled the scene, to which almost cost me my life and left me permanently disabled. After this happened I vowed I would take better care of myself and this meant to stop smoking cigarettes. I have tried the ecig disposables and things like it (cig look a likes)before and they worked for a bit, but not the way that worked well they leaked badly and were costing more than it should. I have went cold turkey for 3 months but eventually went back to cigarettes. However, during recovery from the accident my sister in law brought over and eGo Style ecig and I was hooked! Ive been smoke free since then, I switched immediately. I've even got my fiance to stop smoking cigarettes! Double yay! PLUS! Four ladies at work saw my eGo and went to get themselves one! I Get so excited when I get to introduce new people to vaping. Before I was a pack a day smoker and my husband smoked twice as much as I did. We both feel healthier, I can breathe better, I don't cough all night, I stopped wheezing all the time and my doctor is thrilled I stopped smoking.

2/13/2014 7:47:00 PM - Davin from Minneapolis, MN

I started smoking when I was about 16, I started vaping at 23. I quit smoking last June when they raised the cigarette tax and I could no longer afford them, so I invested in an ecig. My first setup was a Vision Spinner with an iClear 16 tank and it worked well for me, since I have upgraded to an Innokin MVP and a Kanger mini Pro Tank 2. I usually vape about 20mg of nicotine in my juice. Since I quit I've smoked maybe 10 cigarettes at parties or other social situations but, other than that I have not looked back since. I love the fact that you can vape any flavor you want instead of just choosing between regular tobacco or menthol. Since I switched I have noticed that it is easier for me to breathe and not smelling like an ashtray anymore is a definite plus.

2/14/2014 3:24:00 AM - Ben Reilly

I started smoking when I was 16. Still in highschool and very below legal age. I was a moderate smoker for over 2 years, going through atleast a pack a week. Sometimes more due to circumstances I will disclose shortly. How electronic cigarettes have benefited me isn't so much that they've helped me quit smoking, although they've definitely helped me quit. I still smoke the occasional cigarette, but this is more because I like the taste of tobacco and just the act of smoking. It's kind of hard to explain, but for people who smoke or used to smoke, they probably know what I'm talking about. The thing that electronic cigarettes really helped me with is getting off of drugs. I abused multiple substances. Mainly acid and molly(a kind of ecstasy). Amongst a few others, like weed. Which many many people are actually in support of now. Personally I'm pretty neutral about it. Because there's always going to be idiots who abuse it and cause problems because they're idiots. But that's off-topic. The point is, the further I got into e-cigs, the further away from drugs I got. It's become a hobby that I can devote my time and attention to, and any time I have a craving to get high, I just immerse myself in building coils in a rebuildable, or just polish them up or just tinker with different set-ups. Sometimes I just get online to see if there's anything new that I want to blow all my cash on or watch video reviews on youtube. It's really helped me clean myself up before I end up in a place I don't want to find myself in. I know I'm probably part of a very small minority that has had this experience with electronic cigarettes. But I felt that I should share my story on the off chance that somebody else might benefit.

2/14/2014 5:22:00 AM - Robert Wilcox

Hello I have been smoke since I was 15.

I am now 32 and finally quite smoke because of electric cigarettes. I go to youtube all the time and I started watching a guy on the which is call indoorsmokers he helped me find out what I needed to know and where to get all the electric cigarettes stuff I needed and where to get my e juice also. I am slowly tearing my self down to no nicotine at all. I started out at 18 mil nicotine and right now I am a 12 mil nicotine here soon I will be down to .6 and then aftr that nothing. I have been on e cigs for now for 1 month now and finally away from cigarettes and haven went back to them since I won't be. I fill a lot better smell better breath better fill better. It is all because of e cigs and what they can do to help you also.

2/14/2014 3:23:00 PM - Mona Dudley (moaufan) Georgia

I'm 11 weeks analog free and I feel great! I can accomplish feats that were a chore before because I was so short winded. I'm enjoying tennis again. I can climb the stairs at work and I'm able to carry on a conversation with a co-worker on the way up without gasping. I smoked 2.5 to 3 packs per day. I'd never tried to quit and had never smoked one I didn't want. Almost everybody that I saw quit gained weight and I didn't want that to happen to me since I'm already heavy and battle it daily. I haven't gained nor lost. Since being able to exercise comfortably that will change. My sense of taste is like I've never known and my sense of smell is so sharp I have a hard time standing in a line with a smoker. It was a rude awakening to realize I smelled that bad for 34 years.

So what made me want to try quitting after 34 years? It was a serious respiratory infection that I couldn't shake. My Doctor had been on me for years to quit but I had no desire. He listened to my lungs and told me that he wanted me to try something for him. He suggested an e-cig and told me this story. He had a 78 year old patient he had been treating for 35 years and he had never heard her lungs clear. She had almost died several months before.

He told her that if she didn't do something she wouldn't be so lucky next time. On her next check-up he had to tap his stethoscope to make sure it was working. Her lungs were clear for the first time in 35 years. He asked her what she had done and she pulled an e-cig from her purse. He started researching and found in his opinion by using an e-cig we were avoiding the 4000 carcinogens that analogs had to offer. He went on to say that the nicotine in sensible doses wasn't as bad as other carcinogens and it

2/14/2014 6:40:00 PM - Sawyer Loughan

I started smoking at 15 and gradually got worse. I smoked a pack and a half a day and I always felt like crap. My moms friend suggested an ecig and I got one. I quit for about a month and then some family things happened and I was back to smoking a lot. Recently I started camping and I got a bunch of mods and rda's. I am now a vapor and if I lost the chance to vape then I wouldn't know what to do. I will never touch a cigarette again and I am happy and cigarette fre. Vaping is the future and I won't have it any other way!

2/14/2014 7:02:00 PM - Mike Geesley

Hello, My name is Mike. I had been a cigarette smoker for about 11 years. I was hooked and I loved smoking so I had no intention of ever quitting. I had heard a little about E-Cigarettes but what I heard didn't make me want to try them. This was a few years ago when the were just being introduced into the market. I actually did try one out of curiosity and was not impressed. The artificial tobacco flavor didn't taste anything like tobacco. I went back to my regular cigarettes. About a month ago I bought a disposable e cig with no nicotine in a corner store to see if they had improved at all. I was Impressed by the flavor. This time I tried vanilla. I started doing research of my own to see what they were made of now and how safe the ingredients were. Again I was impressed. A very short list of fda approved ingredients was all that was used in the e liquid. I found a ew very informative articles and youtube videos and decided to order a starter kit from Halo E cigarettes. I ordered Belgium Cocoa as a starter flavor in 24 mg nicotine. After I had my first puff I never even thought about a tobacco cigarette again. The only time I had a tobacco cigarette after that was when I was out ice fishing and my battery died. I lit up a tobacco cigarette to get my Nicotine fix and couldn't believe I had ever enjoyed these things. That was the last tobacco cigarette I ever had. It has been almost 4 weeks now and I will never got back as long as I have this alternative as an option. It tastes better, is better for your health and costs a fraction of the price of tobacco cigarettes. I laugh when I hear articles trying to say that these are a gateway to tobacco cigarettes. Nobody in their right mind would go from something that tastes great and gives you the nicotine the the level you want to smoking a tobacco cigarette that tastes like crap and leaves you smelling like an ash tray. I have already introduced this to 2 of my friends that were also a pack a day smokers and they have successfully switched to the Electronic cigarettes. I would encourage anyone that is even thinking of quitting smoking to do their own research and try a reputable brand of e cigarettes. I started with 24 mg nicotine. I have now cut down to 18mg and 10mg depending on how often I plan on vapeing. I hope some people find this informative and if it helps just one person get off tobacco smokes I will be happy.

Mike Geesley

2/15/2014 4:16:00 AM - texasweekend

I smoked for 25yrs, while I did try using e-cigs about 4 years ago, Health Canada prevented me from getting Nicotine filled cartridges, so I ended up going back to tobacco cigarettes when the cravings came back.

Not knowing that HC had blatantly lied about the legalities surrounding e-cigs and nicotine in the first place, I would have tried again, but I stayed away from the product until just about 1 month ago.

I picked up a new variant called a personal vaper, which gave more flavor and better vapor production.

I have not smoked in 3 weeks, not 1 cigarette, from 1 pack of 25 a day to 0.

I do alternate between 7 and 24 mg strength juice.

I had tried using the patch about 10yrs ago, which was recommended by my doctor, but it was uneffective, and I noticed that I would smoke while I still had the patch on.

There was really nothing out there that prompted me to quit.

I know the risks, my entire family knows the risks, and I am currently in the process of getting enough devices and juices so that all members of my family can quit.

One thing to note, if it wasn't for the flavor options I doubt it that I would have quit, since within a week of going from no smoking to trying just 1 when I was stressed, I couldn't handle the taste of the cigarette, and I lunged for the cherry maraschino in my PVD and that has gotten me through.

Without the flavors, I wouldn't have realized how bad my cigarettes actually tasted.

From speaking to friends who have quit and stayed the course for over a year, I see things looking up, hell I already have more lung capacity than I did a month ago.

2/15/2014 5:50:00 PM - Gil Ross, MD/ACSH.org

Hi CASAA. If you want to see almost 33,000 testimonials--well, most are--visit ACSH's FB page, "HelpingAddictedSmokers" here: www.facebook.com/helpingaddictedsmokers You are welcome to mine that data-trove to promote public health thru harm reduction in any manner you "deem" fit.

I believe anyone who "likes" our page and submits a comment would be OK with your fair use of it, but if not, let me know and I can solicit their cooperation, hopefully. Except for a few schmucks. Best, Gil

rossg@acsh.org

2/15/2014 6:48:00 PM - Kevin from Houston, TX

When I was 17 I began regularly smoking cigarettes as a way to cope with stressful events I was enduring. At first, I smoked 2-3 cigarettes a day and thought I was in controll, I thought I was being smart and could quit any time. Over the years, 2-3 turned into 5-6 then half a pack a day+. I was addicted. I no longer observed the relaxation I once had from smoking, I just smelled bad, was spending tons of money, and killing myself. I was in my 20's and got winded walking up stairs. I bought an e-cig in 2009 online. It was a "vapor king" look-a-like style e-cig with the cartridges and foam filling type material that tasted bad and hurt my lungs. It did not work and made me smoke MORE real cigarettes. I accepted I had been ripped off and just went back to cigarettes. Fast forward 5 years and here I am at 25. I have been mocking vapors for wasting money because I was too stupid to seek out a model that focused on functionality over appearance. My fiancee hares smoke and bought me a high quality kit with a huge battery and refillable clearomizer tank for Christmas. It works wonderfully. For the first time in almost 8 years I don't even want a real.cigarette, in fact they repulse me. I have even begun to dramatically reduce my vaping in just a few short months. I have avoided around 500 cigarettes since then, saved hundreds of dollars, and feel great. Vaporizers have saved my life. What needs to be addressed is the type being used. Not the brand but the style. Look a likes such as blu, vapor king, and others are about as effective as a candy cigarette. Big batteried, tank units with wicks instead of couch stuffing material and high quality juice work. People can be as skeptical as they want, I don't care, because I am now a non smoker, and you cant tell me that isn't true.

2/15/2014 7:46:00 PM - David from MIami,Fl

I started smoking right after high school in late 2009.

I very quickly got to smoking at least 2 packs a day.

I was spending half my paychecks on cigarettes.

I bought my first electronic cigarette kit from Blu in mid 2012 and it worked for a couple months and I went back to analogs.

after a few bouts of bronchitis and sinus infections from smoking, I decided that I really needed to quit, but it wasn't until after a weekend hunting trip where I smoked an entire carton in 2 days that I bought my first ecigs.

They were an ego kit and an I taste vv 2.0.

I still have a cigarette here an there, but In the 9 months I've been vaping, I've smoked less than 2 packs of regular cigarettes.

I feel much healthier and proud of what I've done.

In 9 months, I've gone from being a novice vaper to being an advanced vaper and soon I will be working for a local vape shop building mods and wrapping coils for customers.

2/16/2014 4:17:00 AM - James E. Lee

I was introduced to smoking at the age of 9 years old and I smoked cigarets, dipped, and smoked cigars until I was 29 years old. Many of my family members and friends smoked so I was influenced at a young age. I smoked a pack to two packs a day before I quite. I'm not very old, but because of the early age that I started smoking I could feel my health deminishing because if my addiction to smoking cigarets. I hated smoking, but I could not fight the refer to lite up another one, it was a never ending battle that I thought I would never be able to beat. I wanted to quit smoking but I physically and mentally could not quit. I have been happily married for ten years and I have three beautiful children that have put up with my horrible habit. Many things had been waying on my conscious regarding my health and the influence I have on my children, I had to do something. One day I was at work and a friend was smoking out of this weird looking pen like device, I asked him what it was and he said it was a e cigartte. I had never seen one before so I became intrigued and started asking him questions about it. He told me this is what got me off cigarettes. I could not believe it so I tried it and I was pleased with it.

A fees days after my encounter at work I was at the park with my children and we were playing tag. I was running and losing my breath and had to sit down. My children were disappointed that I stopes playing with them, this event caused me to think about how I would be in another ten years if I continued smoking. I am to young to be out of breath and this is what gave me the drive to quit smoking. I want to be able to play with my children and to be there for my family so I knew that I had to take action and fast. That night I had done tones of research online subscribing to very popular channels on YouTube. I had the next day off so I decided to go to a local Vape shop and purchase a starter kit instead of purchasing cigarettes. The people who worked there were very companionate about what they do and were very helpful. I purchased an Evod starter kit and three bottles of e-juice. I vaped all that day and did not have one erge to smoke a ciggarett. I have not smoked a cigarette for a little over a month now thanks to e-cigs. During this period of time I have discovered that the government is wanting to ban e-cigs from the market. I will be devistated if this happens because I do not want to start smoking again. I need e-cigs to help me to not start back. If they are banned I will start smoking again. Pleases fight for the vaping community, because vaping has saved my life and if it is banned then it will not help save others lives.

2/16/2014 6:18:00 PM - Ed Jagla Chicopee, Ma

My Dream to be 100% smoke free has begun !!!

Well that day finally came after 25+ yrs of smoking a pack of cigarettes a day when i finally decided it was time to try to quit one more time. Yes i said one more time, because i tried numerous times before with no success with the help of various nicotine replacement aides. No matter how hard i tried, i never made it past a couple days without going crazy and being totally miserable. Before i knew it i had a smoke in my mouth again. Well that was my past experience whenever i tried to quit smoking until i decided to try vaporizing. A good friend of mine told me to give it a try because it's helped him to quit smoking for the past 2 yrs. He also advised me with what equipment to get, and where to get it. I'm very grateful to have a friend that was able to guide me in the right direction, because 99% of the people that claim that vaporizing doesn't or didn't work for them or they just didn't like the experience, or any other reason why they were not able to stay with vaporizing. I can tell you that they were either not informed or were misguided into what equipment to get, or were not shown how to use the equipment properly, or they used the wrong nicotine level.These are the majority of reasons why vaporizing didn't work for them. I can almost promise you a 100% successful vaporizing experience if you are willing to do a little bit of research online about vaporizing, how to get started, and what you will need to get started. And of course the will and the want to quit smoking cigarettes. I'm so glad i was able to give it a try, except i only wished i tried this a long time ago because i have been 100% cigarette / smoke free from the very first day of vaporizing all natural flavored nicotine juices. Immediately after my first puff i tasted these flavors that were amazing. Cigarettes have never came close to tasting so dam good. And thats just the beginning because there are so many excellent tasting e-juices available. Even my son thats 15 yrs old that has been asking me to please quit smoking for a very long time is so excited that i have been smoke free, and that he doesn't have to be subjected to second hand smoke, the smell, etc... Vaporizing has been nothing but a positive experience since the day i started. I can now breathe especially knowing that there's nothing harmful that i'm inhaling into my lungs. I can now taste my food the way it should taste. My body, clothes, etc.. now smell nice and fruity. Another excellent reason why i started to vape is that it's so much cheaper to vaporize than it is to smoke cigarettes. You save as much as 70% after the initial investment to get started vaporizing. I could go on and on with all the good that vaporizing is and has been to me, my family, friends, and the general public. I had nothing to lose when i started to vaporize, but i sure have gained a helluva lot since i started. Do yourself a big favor, pick a flavor and Vaporize !!

2/17/2014 1:11:00 AM - Connor Reeves

Hi, I want to share with you my experience with vaping.

It all started when I was 13. I had my first cigarette; pressured by my fiends, I tried it. I was hooked instantly. I was doing everything I could to get that next cigarette. Now, fast forward a few years later; I'm in middle school, and one of my friends started vaping. I thought it was cool. Then I went into high school. I started having problems breathing, and I was constantly tired. I got my first E-cig. It was a simple little device, with a cartomizer type deal. After that, I quit smoking cigarettes completely. I bought an e-go style device, then I bought a Lava Tube mini. I'm now vaping on all sorts of mods, and mechanical devices with RDAs'. I've got to say that vaping has changed my life completely. I've gotten my friends to quit smoking, and I believe I've saved lives in the process. I will never go back to tobacco. It's dangerous, and will kill you eventually. E-Cigs are the way to go. Please, make the switch. What about your kids? Do you want to live to see them grow up, and have lives of their own? Do you want them to have a parent to come home to? I would think so. Smoking is dead, vaping is the future. The future is now. Make the switch.

2/17/2014 2:44:00 AM - lwmcchesney (VA, USA)

I began smoking very young, more than 30 years ago.

At 12 years old, it was 1 or 2 cigarettes a day, by 16 years old it was a pack a day.

In my 20's, I tried to stop cold turkey - didn't last a day.

In my 30's, I tried to quit using patches - that lasted all of 3 days.

In my 40's, I tried using nicotine gum - that was great for business meetings and air flights, but didn't keep me off of cigarettes, I just ended up adding nicotine gum along with my tobacco cigarettes as my delivery method and ended up addicted to both and using both each day.

In my late 40's, my PCP recommended Chantix; I researched that drug and decided that I really didn't want my brain chemistry to be affected as drastically as Chantix is shown to do.

My neurologist recommended e-cigarettes - I hadn't even considered them, and knew nothing about them.

I researched, and made the plunge.

What an amazing difference!

I placed an order online, and while waiting for them to arrive, bought a few disposables. Over the few days it took for the rechargeables to arrive, i used the disposables interspersed with my remaining tobacco cigarettes.

Then, when my rechargables arrived, I threw away my remaining tobacco cigarettes, switched to 100% vaping and have been smoke-free since then - 4.5 months!

I now make my own e-liquid so that I am sure of the ingredients and their purity/safety, and will never go back to tobacco cigarettes! I know that my health is better since stopping smoking and switching to vaping, and I will never smoke tobacco again.

I have also convinced my husband and 2 friends to stop smoking and switch to vaping, and all of them are in better health by doing so.

I started vaping at 36mg strength - that's what it took to equal the 1.5 packs cigarettes per day plus 10-12 pieces of 4mg nicotine gum per day level that my addiction had reached. Now, 4.5 months into vaping (with no cigarettes or nic gum) I am down to 12mg strength, alternated with 0mg strength, liquid. That's the benefit of making my own liquid - I can adjust the strength at will to get to the amount that's right for my body at the time.

I love vaping, and I consider myself a lifelong vaper. Even if I drop down to 0mg liquid full time (at which point it will be purely recreational and not subject to ANY state, local or federal legislation) I will continue to flavor my FDA-approved VG and PG bases with FDA-approved food flavorings and vape the resultant liquid blend to my heart's content and no 'secondhand bystander's' detriment - not that there is any detriment to bystanders proven at all!

And yes - I both vape and drive, and vape in front of my child and grandchild. When it comes down to it, given the two alternatives, I'd much prefer my granchild vape than smoke - smoking kills, vaping doesn't.

To me, it's a no brainer that that should be the proverbial 'end of story'.

2/17/2014 11:29:00 PM - Hunter Stewart (VapingSteez) from Knoxville, TN

Hello all. My name is Hunter Stewart. I unfortunately began smoking at the age of 14. I am now 19 and for the last year or so I smoked anywhere to one to one and a half packs of menthol cigarettes per day. I quit smoking on Thanksgiving, 11/28/13. That is 2 months and

21 days today. The switch was quick. I quit the first day I got my ecig I stopped smoking and have progressed into larger mods without looking back. I have not even picked up a cigarette since then. Vaporizing has allowed me to lower my nicotine level significantly from 18mg to 6mg. I feel much better. No more coughing, and no more infections. I can now return to a regular workout schedule due to my increased lung function which also has improved my health. The only negative drawback I have experienced is a dry mouth, however I compensate by drinking about a liter of water a day. Also not a bad thing!

2/18/2014 11:42:00 PM - cindy waters`

Me and my husband have been smoke free for over 5 years due to trying and sticking with electronic cigarettes.

We would always say

2/21/2014 1:31:00 AM - Michael wolfe

I started smoking cigarettes at 13, 39 now. I never really wanted to think about quitting but my girlfriend wanted me to live longer so she did some research into Ecigs and got me a starter kit. I was interested to see if they satisfy my cravings so gave it a try, cause I knew cigarettes were killing me. Low and behold to my surprise the first week I had 4 analog cigarettes the next week cut that down to 2 in a

week. After only a few weeks I have not had any. It is now a month and a half into the ecig and I even started lowing my nicotine level down. If it was not for the ecig I would still be killing myself which is proven, bothering others around me that smell it and the "2nd hand smoke". This is so crazy cause imagine if I came into this wanting to quit! I

2/22/2014 3:23:00 AM - Joshua Cook

Hello. My name is Joshua Cook. I am 25 years old and this is my story of how E-Cigs have changed my life. I started smoking when I was 17 years old. It got to the point of smoking a pack a day and that I couldn't climb up my buddy's stairs without being short of breath. I bought my first electric e-cig back in 2008, it was an Envy Bliss starter kit from the local tobacco shop, and that's where I got my life back. Since then I have been vaping ego's and now making my way into the mods. If these were to be banned I would be afraid of going back to analogs. They truely are a godsend and I feel they have made a difference in a lot of people's lives. I know they have certainly helped me. My lungs feel cleaner after not smoking analogs for about 5 years now, I feel healthier, and it has made me pass my knowledge onto smokers to try and convert them to the healthier alternative e-cigs have to offer. All in all these things have the power to change lives and as long as there is a breath in my body, my voice will be heard, and the bans will be fought without mercy. I feel we are a big enough community as vapers, to come together and fight for our rights.

2/22/2014 8:46:00 AM - Richard Moore UK

I am 36 and have smoked for 23 years, so i started way too young, but thats how alot of smokers start, when they are young. I had tried to give up many times, through many ways, and had found it very hard staying of the cigs, giving them up initially wasn't so bad, staying off them was the harder bit. i had dabbled a bit with e cigs in the past, but hadnt found the right one, and did give up on them at first, but i have tried again, and success i have found a set up that works, and i feel very confident i can stay of the cigs now for good.

been smoke free for a month now, now i know that isnt alot, but i have never felt so confident before as i do now that i can trully give up.

the news i hear now and then about banning, restricting, and taxing this e cig boom distresses me alot, if they make it too expensive it would actually be cheaper to smoke real cigs, as i smoked roll ups and they are quite cheap, so using e cigs now with the set up i have is even cheaper, but thats not the main reason i gave up cigs, main reason was my health, which i must say has vastly improved even in the last month, my lungs feel so much clearer.

and if you ban e cigs, it will just go underground, and again prices will rocket to an attainable level.

lets be real here, the only reason governments are clamping down on this now is because they just realized they are loosing money through e cigs, they tax the hell out of cigs, but not e cigs, and they want a piece of the pie, and will probably take a rather big piece of the pie, but if my message helps just a little bit then i hope that will help future smokers get off the cancer sticks, and start vaping :)

2/23/2014 4:57:00 PM - Jon (JonnyGruesome) Virginia Beach

My story on quiting. Let me just jump right into this. I grew up in a household of smokers. My mom and dad both smoked as did most everyone i knew growing up. I started out of wondering what the hype was. I would sneak buts out of the ash trays in the house and try to smoke them. I must have been 8 or 9 at that time. by the time I was 12 or 13 I was smoking regularly. I never put much into it until I noticed that I was feeling upset angry or just sick sitting through a school day with out a smoke. I would sneak out of school to smoke. My parents

didn't notice because they couldn't smell it on me. lets jump to now. I am 27 and Feeling the affects of all that smoking. My Teeth yellow, My cloths stink, and my last 5 bucks would go to getting a pack. I started Trying to quit when I was about 23 My First child had just been born and I felt it was as good a time as any. So I just put the pack down and said I can stop. Well that didn't work out so well. I tired going down in the amount That would last all of a few days. I Tried the gum that burned my mouth and tasted awful, that took about a day to throw out the window. I tried using snus or dip worked for about a week but it made my lips and mouth hurt. It looked like it was eating a hole into my lip after only a few days. And all the spitting was too much for me. so I just kept Smoking try after try I always came back to good old smoking. So

Jan 1st 2014 I stopped Drinking that's another story for another time, Any way after a few days of not Drinking I was feeling pretty good still smoking moth than a pack a day. I woke up and looked at my phone I had a spam email. I didn't Know it at The time but that email may have saved my life. I was an email to try vaping. It was mostly and over priced cigalike ad but in the ad they had a link to information on vaping. I looked Through The info and Starting thinking about Giving it a try. Later that day I stopped into A vape shop, I had no idea what i was looking for. I walked in and was helped. I was shown everything It was the most welcoming feeling I have Ever felt. I walked out with My ego pen in Hand And Threw My pack of smokes In the trash. That Was The last time i smoked. I now Use a mod as does my wife. I build my own coils ect have tons of new friends. I feel like a whole new person. And I am proud of that. I started with nic levels in the 24 to 18% range at first I am now down to the 0-6% The lower the better Most Days I vape a juice with 0 nic. I love Vaping. I hope Nothing Makes vaping harder for smokers to find and buy. It really worked for me.

2/23/2014 6:38:00 PM - Marco

I smoked cigarettes for more than 6 years before deciding I was sick of the bad taste and bad lungs. I was smoking around 8-10 grams of rolling tobacco every day and it was costly both for my wallet and my health. I tried nicotine gum once but it was awful and I never bothered with the patch but with an electronic cigarette I've not had a cigarette since the 18th October 2013. I've now got more money, I can proudly tell people I don't smoke and when I'm drinking I don't have to go outside in the cold to vape!

2/23/2014 7:54:00 PM - Kristina

The e-cig (Greensmoke brand) that my Mom sent me from the US has changed my life!

I've smoked on and off since I was 16 years old.

Every time I quit, I'd start again on a big night out drinking.

When I'd drink, I'd smoke a pack a night, on top of my usual pack a day.

For the last 3 years with the e-cig, my real cig consumption has gone down to 5-10 per month.

It was around 600 real cigs a month.

I feel so much better health wise, I just turned 40 and feel as healthy as I did as a teen.

And there has been a massive cost savings.

A pack of real cigs in Australia is approx $22, and the Greensmoke cartridge is approx $4.

I've hooked at least 15 people up with Greensmokes from the US in Australia.

There are other brands here, but they taste bad, or require being filled with a syringe, etc.

In Australia, they class nicotine as a poison, unless it's in real cigs or other quit-smoking things such as gum or patches.

Which makes it difficult to obtain e-cigs with nicotine.

We have to import them.

Which is infuriating!

We have some of the strictest anti-smoking measures in the world, we know real cigs actually do poison people, yet they class nicotine as poison, which means good e-cigs are basically impossible to buy here (without importation).

E-cigs have been around for more than a decade.

Yet they claim they don't know yet if they're safe?

I can guarantee they're much safer than real cigs!

Not just health wise, but they don't burn anything (kids, other people, clothes, houses, forests, etc).

Plus, real ciggie butts are the most littered object around.

Real cigs are disgusting...they're dirty, they stink, give you wrinkles, ash everywhere, start fires, make your teeth yellow, burn people, mess with your heart, your lungs, give people cancers, etc.

E-cigs are giving smokers' their lives back.

2/24/2014 4:57:00 AM - Missy Berry

I am 32, I started smoking cigarettes at 13. My husband is 37 and started smoking at 14. When my husband was diagnosed with COPD we tries nicotine pathches, nicotine gum and nothing worked for us. When we first started hearing about ecigs in november 2014 we thought we would give it a try.

We bought our first ecigs in December 2014 and we havent had a cigarette since. We were still getting a nicotine delivery but without the smell and and toxins that cause health problems. A week after we switched we both were breathing better, we could smell things around us better and dont feel groggy anymore. I am very satisfied with my ecig knowing that I am no longer putting harmful things in my body that can cause numerous health problems. I have a 4 year old son and now I know that I will be healthier and live a longer life and now i cam get out in the yard and run and play without running out of breath. We vape in our house and i know that its not harmful to my son and i dont smell like a nasty cigarette anymore.

I even talked my 67 year old dad whose smoked since 8 years old to start using ecigs and hes very happy as well and so are his doctors. Ecigs are not harmful nor do they smell bad. And its alot cheaper than cigarettes. People shouldnt make a fuss about ecigs they are alot better for people and they work.

I smoked 2 packs a day and quit cold turkey the day i got my ecig. :)

2/24/2014 6:02:00 PM - eric beich

I started smoking when I was 16. I am now 46. I tried to quit a few times and found it beyond difficult and even brought me to tears and a frantic mental state a few times. I was a pack a day smoker for most of those years . I am a somewhat active person , disc golf, mountain biking, volleyball,etc. and found smoking to be an annoyance if not a downright health issue for most of the time, but I admit I was addicted and did enjoy smoking most of the time. One of the recent times I tried to quit was about 7 or 8 years ago with the nicotine patch and that just did not work. I also had family members who tried drugs like chantix and heard some really bad stories about those as well so I continued to smoke. I tried the Blu electronic cigarettes a few years ago and they just did not quit mimic my smoking experience. I finally found enough information on the advances in personal vaping devices through the forums on ECF and Reddit in the last year to give it another try. as of 02/24/2014 I am 34 days without a cigarette. I could not have done it without the amount of devices and options and information available at a reasonable cost to me.I am already down to vaping 0 to 6 mg of nicotine and plan on going full 0 mg nicotine all the way soon. I like that it is not only a new "hobby" for me to get into but the people in the community are great as well and we share a common goal. to quit smoking! I am not sure if

or how long I will continue to use a personal vaping device but I am 100% sure I am done smoking the thousands of chemicals in cigarettes that I started smoking when I was such a young age.

2/24/2014 10:27:00 PM - Chris Beahan

I was a smoker for about 19yrs. Tried just about everything to quit. Even tried E-cigs back in 06 and it didnt work. My buddy got me to try out the new stuff that is available for ecigs. That same day I bought a set up of my own and it has now been approx. 7 weeks since i last smoked. I feel great and can't believe how easy and enjoyable it was to stop. The only "addictive" part of vaping is buying new stuff :). Even with buying a lot of new toys to vape with I am still saving money and my life. I have also dropped down from 24mg nic to 6mg nic in that same time frame. Im well on my way to being done with nicotine for good. But I will continue vaping as it is my new hobby and I just love the flavors and the technical things that come with it. Building your own coils, making your own Liquid, building your own mods. All of it takes time and research which, for me, I love.

There are literally thousands of people that have quit smoking cigs and have saved not only their lives but those around them. This is something that needs to be promoted not regulated to the point of it becoming essentially extinct. The availability needs to stay as a Free market. The only regulation that really needs to take place is what is going on now. Regulate the companies that make the liquid to make sure that they are adhering to the standards that food prep companies have to.

Be safe Be healthy and most of all

VAPE ON

2/24/2014 11:02:00 PM - FRED S

I started smoking at 17 and have smoked everyday of my life until four and a half months ago. I tried the patch, nicotine gum, Chantix all to end up back smoking. I was smoking two plus packs a day and have not touched a cigarette since I started vaping. The thought of smoking disgusts me now. At 34 years old I developed some health issues from smoking. Since starting vaping I feel 100% better. I have two young kids at home and this has been the best thing I have ever done. The health benefits for me are unbelievable. Please don't take these away from me. Regulate the sales to minors, set regulations on the manufacturing of ejuice and the devices to ensure a safe product. But please don't consider them a tobacco product. They have greatly improved the quality of my daily life.

2/25/2014 3:35:00 PM - Charlie

I was a smoker for 12 years.

I started trying to quit about 6 years ago using the gum, which does nothing for me.

I was successful after using the patch a year and a half ago, but one day 3 months into it I tried a cigarette and was hooked again.

Now, thanks to e-cigarettes, I have been smoke free for 3 months exactly.

I have no plans on ever going back to traditional cigarettes, even if I for some reason don't have the e-cigarette.

Reason being that towards the end of smoking cigarettes, I was having a lot of trouble breathing.

And I kept smoking.

This was really concerning to me obviously, and then I found out about ecigs.

I switched immediately.

I took it easy at first, but now I'm able to use my e-cig normally and have complete control over my breathing.

This has been an amazing transition.

I am slowly weaning myself off of nicotine, and plan to go down to 0 mg at some point.

It will be great to have these devices at hand, even when I quit completely, just in case I end up having a really rough time.

Better than going for a traditional cigarette.

Since I started, I have given ecigs to my sister and my best friend.

My sister has quit traditional cigarettes completely, and my friend is getting there.

It would be a huge disservice to the public to ban these devices, or do anything to suppress them or the makers of the liquids.

But even this stuff is banned, it's already done its job for me.

And for that I will be forever grateful.

2/25/2014 8:31:00 PM - RJ Maine

I was a smoker of 11 years when just recently I tried an e cigarette... I go one of the cheap ones at a gas station to try.. I normally smoked a pack and a half a day.. the cheap ones didn't get rid of my cravings completely but the experience was promising. I then found a local Vale shop and went in. I was given choices based on my prior smoking habit. I bought a suggested unit and e liquid and haven't touched a tobacco cigarette since I walked out the door. They have changed my life for sure and believed all smokers should have the same opportunity to quit.

2/26/2014 1:45:00 AM - Jonathan Juergens from San Diego, CA

My name is Jonathan Juergens, I'm 23 years old and I live in San Diego, CA. I started smoking when I was 13 years old. By the time I was 21 I was smoking roughly 2 packs a day. I had a bad smoker's cough, I was constantly wheezing and coughing throughout the day, and I got out of breath extremely quickly. I tried using patches, gum, and lozenges, but nothing worked for me. I first tried an electronic cigarette when I turned 22, and I quit smoking that day. I haven't smoked a cigarette in over a year, and it's all because of electronic cigarettes. Within two weeks of making the switch, my cough completely went away, and it has not come back. I've reduced the amount of nicotine I inhale from very high to almost none. Electronic cigarettes saved my life, and I wholeheartedly believe they have the potential to save millions upon millions of lives.

2/26/2014 9:40:00 AM - Megan Renstrom

I had my first cigarette at 18. From there, I was hooked. I went from smoking one or two every few days, until I was smoking a pack a day, before I was even 19. At the time, E-Cigarettes were not available for purchase. 6 1/2 years later, I was smoking almost a pack and a half a day. Not only was this draining my bank account, but my health as well. I had a constant cough that would sometimes be strong enough, it caused me to vomit. My teeth were showing the signs by the time I was 20. I suffer from asthma, so this did not go well combined with my smoking habit. I had tried numerous times to quit, using nicorette gum, patches, the "cinnamon trick", and anything else I could find on the internet. Nothing was successful. The longest I was able to go without a cigarette during these attempts was about 2 weeks. I probably "quit" smoking over 30 times throughout the 7 years I was a smoker. One day at a gas station, I noticed a display of disposable electronic cigarettes for purchase. I figured, sure why not. I continued to purchase and use these disposable e-cigarettes alongside traditional cigarettes for about 3 weeks. Eventually I was able stop smoking traditional cigarettes for almost a month. From there, I was only smoking my electronic cigarette, with an occasional traditional cigarette every few weeks or so. After about 4 months, my horrible cough was entirely gone, I was able to run without vomiting, and my asthma attacks had disappeared. I was also saving over $200 a month not purchasing cigarettes. It has been a little over 15 months since I smoked a traditional cigarette, and I use my e-cigarette daily, with absolutely zero side effects and 100% satisfaction. E-cigarettes saved my life, and the lives of numerous people in my life. Countless studies have proven traditional cigarettes to cause cancer, lung disease, and even death, yet there are no laws being passed to ban them entirely, and they are available in every gas station and grocery store in the state of UT. There is no reason e-cigarettes, that have been researched, and helped thousands quit traditional cigarettes entirely, should be banned. I stand my by e-cigarette and my smoke free life 100%, and will continue to fight for my right to purchase the necessary items needed to use it.

2/27/2014 5:43:00 AM - supporter11

I have smoked for over 10 years and only being 29 i have found a way out. I can now afford better things for my family and a healthier life for myself. My mother a smoker for over 30 years has been tabacco free for 3 years now. E-cigarettes are a way out. Please dont make it un affortable for people to use. These saves lives and wallets. And stimulate the sorry economy we have.

2/28/2014 12:27:00 AM - Arnold Chestnut from Brampton, On. , Canada

Being a smoker for 30+ years @ 1-2 packs a day, I have tried gums,patches,acupuncture,and pills to try to quit.I am currently at my best effort with the help of an "E-CIGARETTE". Two weeks on a 6mg liquid (as opposed to suggested 28mg I was told that being a pack a day smoker I would likely be best with a higher nicotine dosage however I only wanted minimum amount to take the edge off). Thus far I am successful in this effort and already notice smoke smell on my clothes irritating. Unfortunately,because the Gov't hasn't figured out how to tax the hell out of them yet,Health Canada will continue to BULLY suppliers and users with misinformation and threats. I can testify this method has worked for me though not originally intended as a quitting method but a way to lower the damage to my body by SMOKE NOT NICOTINE.I hope that Health Canada does proper research NOT influenced by Tax loss,Pharmaceutical corporation lobbyists,or Tobacco corporation lobbyists.Base findings on facts NOT propaganda. That would be a nice change in Canada & the rest of the world for that matter....

2/28/2014 12:51:00 AM - Lisa Branch

My name is Lisa Branch-- I am 48 years old and am now happy to announce I am completely tobacco free.

My success in quitting smoking was entirely due to e-cigarettes (commonly known as vaping) as I was able to quit "analog" cigarettes immediately last year upon first purchasing an "eGo" vapor unit.

I started smoking at age 28 after a stressful life changing event, and smoked for 20 years continuously after that. Despite numerous attempts, I was always unable to quit; nicotine patches, gum, Wellbutrin, cold turkey (in that order) all failed, and miserably at that.

Last year, I went on vacation with my non-smoking family, and tried a disposable e-cig product. I liked it, but it just wasn't enough to get me to entirely switch over. However, when my local cigarette store began carrying a dazzling array of "mods" and other e-cig devices, I asked to learn more...and thus began a quest for info on this interesting idea.

After realizing one day that I absolutely hated the way my hands smelled, and seeing my first wrinkles starting to appear (never mind my high blood pressure) I decided to purchase a "real" e-cig kit, and just try it.

Upon setting the unit up, and trying it out inside my non smoking home (an amazing luxury on it's own) I was officially a non-smoker, and I've not looked back since!

My Dr. ran some blood, as well as other tests on me recently, and my blood pressure is normal for the FIRST time in 18 years. I can smell things so clearly now, and have much more energy to walk long distances. The day my Dr. heard I was on the e-cig permanently, he was thrilled, and changed my patient status to "non-tobacco" user. I somehow knew right then I would never want to smoke cigarettes ever again.

On the e-cig, I started "vaping" at 18mg nicotine, and within 3 weeks was down to just 6mg. As time went on, and I got out of the habit, I began using the unit only at night or while I was on the phone. I now only use the e-cig in times of high stress...and even then it is brief. It still is hard to believe I could quit smoking so easily. I truly believe I owe my health (physically as well as mentally) to the e-cig industry and it's supporters/consumers, as they guided me out of a dark tobacco hole, and into a bright new future, free of tobacco. I shall remain eternally grateful for this gift!

It pains me GREATLY that there are those who are not only against e-cigarettes, but there are ideas proposing to tax them as much as 95%, along with classifying them as a tobacco product. Tobacco? Outrageous.

I am not sure what I would do if I didn't have my vapor unit, but I imagine I'd be right back smoking, paying $11.50 per pack every 2 days, and that thought truly sends shivers down my spine.

E-cigs saved my life, I am sure of it, as my biological father died at 62 of lung cancer, as did 7 of my closest relatives. E-cigs have allowed me to actually care about that fact, whereas before e-cigs, I didn't feel I had a real way to stop, I just HAD to smoke like I needed to breathe...it was that big of an addiction.

In closing, I beg others like me to please share their story, and rally against those who are trying to "crucify" us e-cig users the same as if we were active smokers. People need to understand that e-cig vapor is completely different to cigarette smoke, and has none of the same harmful ingredients. I somehow knew early on there would be a fight from the tobacco industry, as it was nothing short of a miracle that a hard core smoker quit on the spot with the first try of an e-cig.

Thanks for hearing my story, and I hope it can help someone else..

Sincerely, and gratefully,

Lisa

2/28/2014 8:44:00 PM - Karen Boone Hagerstown md

I StarTed smoking At 13 Years old. I grew up with parents and grandparents who smoked. I could never kick the habit. I tried the pills and patches nothing at all helped. Till I found the electronic cigarettes store at a mall however they wanted over 200.00 bucks so I avoided them and looked else where so I found a cheaper price throw away kind. I used it and I quit for a few weeks but not in a row. Then I tried another brand and same thing till I was told about vaping with that

I was questionable with it. After few days if I tried to smoke a regular cigarette it made me sick just the taste and smell. Which kinda made me see wow I can kick this 100 percent. .. so this is now 5 months and I have been doing well. I don't spend countless packs of cigarettes nor do my or my family's clothes smell like cigarettes.

I don't have to smoke after eating.i really am happier in my life with not smoking.

I've been asked bout my vaper. And I've helped others see the light at the end of the tunnel.

I think we should be able to keep getting people off tobacco and on to vaporizers.

3/1/2014 3:17:00 AM - Karen G.

I smoked a pack per day for nearly 30 years and had no intention of quitting. I bought the ego-c twist with nic level 1.8 in Jan 2013 because it was a cold, cold winter and I was tired of going outside to smoke. My husband never smoked and I promised I would not smoke in the house. However at work I would still have to go outside regardless. So I intended to vape in the house (if it didn't bother my husband, which it didn't) and smoke real cigarettes at work.

A couple days after buying it I took it to work to show co-workers on the smoke break. A month later I realized that the last few packs of a carton of cigarettes was still sitting on a shelf and I didn't want to waste them so I lit a real cigarette and didn't like it at all. The smell, the taste...yuck! Without intended to I had quit smoking cigarettes after 30 years. Why? Because the juices in vape taste wonderful, the smell is very good or there is no smell and I could vape in the house and in the car with my husband instead of going outside and having him pause the tv or fill me in at the next comercial.

It's now 28 Feb 2014 and I haven't had a real cigarette in....months. Maybe a year. I don't know, I just know I prefer my vape and it was all so I wouldn't have to go out in the cold last winter. Not because I had ever intended to quit smoking.

I don't feel so tired anymore, my skin is clearer and my hair is silkier.

I know the health benefits as a whole are probably the most important thing but the truth is I never cared or worried about the health risks associated with smoking. I enjoyed smoking and just didn't care. But now? I'm so glad I tried vaping. I feel better than I even knew I could. I tell people all the time that I accidentally quit smoking and I'm glad I did. Now I've dropped down to .6 level nicotine and trying new juice flavors is a hobby instead if a habit.

3/2/2014 4:32:00 AM - RR Tempe AZ

I was an underage smoker for a long time and had tried suckers and other things to remedy the cravings for cigarettes. I tried Hookah even. Then, I was given a Blu e-cig. It tasted terrible and I thought I would never look at e-cigs again. Then I found vaping. Its so much healthier, helps with cravings and tastes great!

3/2/2014 8:58:00 AM - Brent

I smoked cigarettes for 19 years all the while hating how it made me smell. Every cigarette I smoked gave me an overwhelming sense of guilt due to the health dangers. Once e cigarettes came along I was skeptical. It took me a few years but eventually I came around and bought my first vape kit. I instantly became a huge fan. Such a cleaner way to deliver my nic fix all the way around. It's been close to a year now and I haven't touched a tobacco cig since. VAPE ON EVERYONE!!!

3/2/2014 2:02:00 PM - Paula Kehr-Wicker, Syracuse, IN

I have smoked for over 18 years. I smoked a pack and a half a day. My husband smoked a lot longer than I (he is 15 years my senior.) He was diagnosed with mild COPD. He already was on meds for high cholesterol. We decided to quit smoking together and I did some research online about e-cigs. We decided to quit cold turkey since it worked for us years prior. (Stress and previous divorces

returned us to the nasty habit) I ordered us the e-cigs. (Batteries and cartomizers) when they arrived we put the regular cigarettes aside and started using the e-cigs ONLY! I personally think that I could not have done it without these because I was a "reflexive" smoker and needed something in my hand/mouth in place of the regular cigarette.

I eventually stopped using the e-cigs as well.

Hubby still uses them because I believe he is more of the nicotine addict than I was. He is still on high cholesterol meds, but at a considerably lower dose as well as we both have lots more energy than before. My daughter has asthma and allergies; however, since we quit tobacco smoking, she is on less allergy meds, rarely has asthma attacks, and more energy also. I am very thankful for the e-cigs and have been a strong advocate for them. I have tried to convert other family members to them. But I do think they are only as helpful as you allow them to be. And I really don't think their mind was fully set on wanting to quit since they are still using tobacco.

3/2/2014 5:12:00 PM - Rae Osborne, St Petersburg, FL

I am a 56 year old female.

I began smoking at age 13 and smoked Marlboro light 100 cigarettes for 43 years.

I had a 1 1/2 pack a day habit at the time I switched to an e-cigarette on 11/4/13.

Prior to using the e-cigarette I had tried numerous methods to quit.

I used nicotine patches on at least 4 occasions but failed each time.

I tried the Nicotrol Inhaler on 2 occasions and failed.

I used buproprion on 2 occasions in conjuction with the nicotine patch and was unsuccessful.

I had a treatment that involved injections IN MY FACE of a scopolomine type drug followed

by daily ingestion of prescriptions scopolomine capsules and another drug (can't remember what it was called), I've used the nicotine gum and losenges.

I even tried hypnosis and subliminal therapy with no success.

The longest I was ever able to stop smoking using any of the above methods was 6 weeks.

I had my last cigarette on 11/04/13 at 1:34 pm.

I have not relapsed or even felt the craving for another cigarette since I started using an e-cigarette.

I have successfully reduced my nicotine level from 18 mcg to 12 mcg with no cravings using the e-liquids.

I have even been able to have a cocktail or two with no problems, something that always always caused me to "fall off the wagon" when using other methods.

I also find it easier to forgo vaping when I'm in a no smoking

area/situation than I did when I smoked cigarettes.

My family no longer has to deal with the smell and health risks of living with a smoker.

I personally have lost my "smoker's cough" and my voice is returning to normal.

My breathing has improved and my sinus problems have also improved greatly.

Even my resting heart rate has improved.

Electronic cigarettes have greatly improved my life and the lives of my family.

I have shared my experiences with friends and co-workers resulting in 2 more people being able to successfully give up tobacco.

I hope others will be able to quit as I did using this method. Rae A. Osborne

3/02/14

3/3/2014 11:02:00 AM - DE SOTO

First of all I would like to say I've successfully quit smoking with the use of electronic cigarette.

I smoked for over 25 years tried everything imaginable to quit smoking him even was hospitalized for three weeks and still came out smoking but now I don't smoke it all I use electronic cigarette for my nicotine and I started at 24 move down to 20 now I'm down to 16,

I have been debating for about a year have lost my father in the last year my mother the year before and still did not turn back to smoking.

My goal this year is to move down to zero and quit altogether or continue living in zero nicotine just for the flavor.

Before I started using the electronic cigarette I had smokers asthma really bad couldn't breathe at night coughed all night long hardly got any sleep I'm it took me about one week to quit smoking and then immediately I can Startown the difference started sleeping through the night my breathing was not labored I can walk now without being out of breath.

I had tried everything possible before and I really truly believe in everything that the electronic cigarette has saved my life or in the least extended my lifespan.

3/4/2014 2:07:00 AM - Jere F.

I quit smoking on December 12th of last year.

I smoked for 35 years and I tried multiple ways of quitting, all to no avail.

I switched to vaporizing. I feel that this may be an un-familiar term, so I will explain.

Electronic cigarettes (also known as e-cigarettes or personal vaporizers) are an alternative to tobacco cigarettes. They are battery-operated devices that create a mist or vapor that is inhaled instead of smoke. The rechargeable battery powers a heating element called an "atomizer." The element uses low heat to turn

liquid in the cartridge, which contains propylene glycol, glycerin, food flavoring and nicotine, into a fog-like mist.

In learning about using a vaporizer, I was told that inhaling it into my lungs would not work; the walls of our lungs won't absorb it. The vapor particles, being liquid, are larger than smoke particles.

What I have to do is keep the vapor within my mouth for proper absorption. I don't smoke.

My experience is that I can smell, I can taste, my lung capacity has increased, and my doctor says my lab results all show improvement and my weight loss is commendable.

Since I can smell, I realize just how stinky smokers are, even if they are not smoking.

I started, just 80 days ago, and I have already lowered the nicotine content by a third.

Like so many others, I intend to be nicotine free in the near future. However, I think I will still use a vaporizer for the taste.

I like to say that when my wife eats a piece of apple pie in the evening, I taste a great apple pie through my using a vaporizer.

Below is a portion of a news article covering a study done by the Drexel university School of Public Health.

PHILADELPHIA, Aug. 8, 2013/PRNewswire-USNewswire -- E-cigarette users can breathe a little easier today.

A study just released by Professor Igor Burstyn, Drexel University School of Public Health, confirms that chemicals in electronic cigarettes (e-cigarettes) pose no health concern for users or bystanders.

This is the first definitive study of e-cigarette chemistry and finds that there are no health concerns based on generally accepted exposure limits.

By reviewing over 9,000 observations about the chemistry of the vapor and the liquid in e-cigarettes, Dr. Burstyn was able to determine that the levels of contaminants e-cigarette users are exposed to are insignificant, far below levels that would pose any health risk.

Additionally, there is no health risk to bystanders.

Proposals to ban e-cigarettes in places where smoking is banned have been based on concern there is a potential risk to bystanders, but the study shows there is no concern.

It is frustrating for those that have switched to vaporizers to keep hearing that using a vaporizer is just so awful and that it should be treated as such.

People that use medical vaporizers are not so discriminated against.

I am not against nicotine being unavailable to those under 18. I look at the effects of alcohol, why is that not addressed?

I am doing the right thing for myself, and those that stand near me.

Don't discriminate against people changing for the better.

3/4/2014 3:39:00 AM - sara, nc

I started smoking at 11 years of age. I was quickly addicted. I could not quit even as an expectant mother in my mid 20's hospitalized with lower respiratory infections each pregnancy. Nor could I quit holding my dying mom in my arms. She, as a nonsmoker, was still dying of multiple cancers, including lung cancer. I tried the filter reduction systems in the 70's, the patches in the late 80's and 90's, and the replacement gum and lozenges in the new millennium. As of Nov of 2013, I started on a good e-cig system. By the end of that month, no more cigarettes. First cessation ever. It is now 3/3/2014 and I am down to 0-6mg on an ecig and can exercise, run a bit, walk the dog, breathe and feel as though I have a chance to live again. My husband used them and is now smoke free. I was hopeless until this. Now I feel like I have a chance at life again.

3/4/2014 4:05:00 AM - Rikk Hankins

I had been a fairly heavy smoker for the better part of 33 years. On average, I smoked 1.5 packs a day.

I had made countless attempts to quit over the years. I attempted using nicotine gum, and it was a failure. The same with the patch.

I tried for almost a year using a cigarette look alike. While it helped, I was still needing 2-5 analog cigarettes a day, I just could not get past those, however, getting down to that few per day showed me the light at the end of the tunnel. I picked up a better version,(Ego twist) and that was the ticket! I am now proud to say that I am just shy 4 months tobacco free, and I have never felt better.

I know from my previous attempts that other methods of cessation did not work for me, and I am dead certain that if I had not started 'vaping' that I would have been smoking tobacco until the day I died, which most certainly would be many, many years sooner than it now will be. Bless this technology!

3/4/2014 11:23:00 PM - Pam23

I smoked tobacco cigarettes more years than not. I tried the free patches 3 times chantix and gum/lozenges, nothing, nothing worked. A friend started a vape shop lucky me, i went and learned and bought and tried my first mod/E-Cigarette and stop using harmful chemical filled cigarettes that very day! Wow amazing! I thought i would smoke till the day i died or till they were sold no more. I am stupefied by the kind of people who want to stop this. Thank you vaping, you helped more than any cancer society or politician has ever helped me. 8 months Free at last, only wish my mother who tried so hard to stop smoking were still here to try this amazing invention.

3/5/2014 1:12:00 AM - Ex Combustible User

Cigarette Smoking History: Start of onset: Age12 Years smoking: 47 Attempts/Methods to Quit: 9 attempts using: Chantix: Not successful/Scary Wellbutrin: Not successful Gum/Patch: Not successful Cold Turkey: 15 days; Not successful Physicians telling me to quit and walking away. As if by telling me to quit I could. They said go on all of the above but they didn

3/5/2014 1:56:00 AM - Denise Sweeney

I started smoking at 14 because I thought it was cool. I was diagnosed with asthma at 18. By the time I was in my 20s, I was smoking 1/2 pack a day, and by the time I was in my 30s, it was a pack a day, and in my 40s it was even more. I am now 44. Over the past 7 years, I have had bronchitis numerous times, a lung infection, and countless upper respiratory infections. I was diagnosed with high blood pressure in my late 30s. I tried quitting countless times, and even did once for a few months. In August of 2013, I was introduced to e- cigarettes and 'vaping',and have been smoke free ever since. I am no longer on blood pressure medication. I no longer use an inhaler. I can walk up 4 flights of stairs and not get winded. And I no longer worry that I will one day have to explain to my one and only niece why I can't seem to give up a horribly unhealthy habit. Vaping has undoubtedly change my life.

3/5/2014 4:42:00 PM - Frank, Illinois

I smoked for 33 years. Until recently, I firmly believed I would never be able to quit tobacco. Now I believe ANYONE can quit if they just give Electronic Cigarettes a serious chance.

I started out with 1-2 cigarettes a day and like most underage kids, swiped them from My Parents. Both of My Parents smoked. My Grandparents smoked, My Aunts and Uncles smoked. My Cousins smoked. Most of My Friends smoked. Nearly everyone I knew smoked. I soon became a pack-a-day chimney. Then a pack-and-a-half, then 2 packs. Marlboro Lights to Red, Newport, Winston, Camel Filtered, I've tried many over the years. I smoked cigars too. My Wife, Friends and Family pleaded that I quit. (ironic since most of them were smokers also) I'd say yeah, yeah, when I'm ready. I enjoyed smoking.

As the years progressed, My overall health was pretty good, I could still work 16 hour days, play the occasional pick-up game with no noticeable change in My lung capacity. It wasn't until My Late-Twenties, When I noticed My breathing was beginning to become labored, I couldn't run long distances, or do anything athletic without resting My hands on My knees to catch My breath. I then decided to smoke a "Light" cigarette. I eventually cut down to just over a pack a day. For the past 10 years, I've been at or around a pack per day.

Now at age 45 I decided to try an E-Cigarette, "I have to try one of those", I thought. Maybe, just maybe it can help Me quit. I did some research online and couldn't decide what to try. I had heard the term "Electronic Cigarette" being bandied about, but didn't know much about them except the "smoke" expelled from them was actually vapor and not tobacco smoke.

My breathing had gotten worse and worse and I was experiencing episodes of severe chest pain. I really believed I would just keel over from a heart attack at any time. That was it. Enough was enough. I purchased a BLU disposable from a local gas station and it lasted Me about 2 days, during which time I smoked less than 1 full pack of real cigarettes. I remember thinking, "this isn't so bad", "I can do this". This was worth a try.

When the BLU disposable was finally discharged I immediately did some more research online to find a starter kit. After a solid week and some solid advice from an acquaintance who made the switch to E-Cigarettes, I ordered a Kanger EVOD starter kit and haven't looked back. I have not smoked a tobacco cigarette since. I have no intentions of EVER picking up an "Analog" ever again. My craving for tobacco smoke is gone. I can't even tolerate the smell of a tobacco cigarette. My breathing has improved, I don't get winded as easily. I did it.

One of the greatest things about E-Cigarettes is the convenience. When I lit up a traditional cigarette, I felt compelled to smoke the whole thing because they cost so much and snuffing one out to save is disgusting. With an E-Cigarette I inhale a few times and put it away. I'm convinced I'm vaporizing less than My pack-a-day, when compared to actual cigarettes.

I'm using 12mg strength e-liquid and that's been working for Me. I'm confident that over time I'll be able to reduce My nicotine levels and then stop altogether.

I quit smoking. Something I thought I could never do. But for the help of Electronic Cigarettes, I would STILL be smoking. I would be on the fast track to serious illness or death. A few years ago I tried Nicotine Gum for 3 weeks, it gave me heartburn constantly, it made Me nauseous, I still had cravings. The patch didn't work either. Neither of those cessation products address the psychological aspects of smoking dependance. The "act" of smoking is just as important as the nicotine dependance.

E-Cigarettes address this need. The throat hit and the vapor exhaled mimic this act, but without the thousands of harmful carcinogens. The smoking bans enacted in recent years have not had a real impact on quitting. Bans make some people, Myself included more determined to get their fix. As soon as I get out of a car, before I enter a public building, anywhere smoking wasn't allowed, I found Myself lighting up the first second it was legally possible.

Most places still allow E-Cigarettes where I live. So I don't feel like a pariah If I break out My EVOD. But that may change very soon. I convinced My Mother to try it, She's slowly making the switch, a 50 plus year smoker is closer to quitting than She has ever been before with traditional cessation products. I can't endorse Electronic Cigarettes any more strongly than that. Every smoker I know who says they truly want to quit, I tell Him or Her to try Electronic Cigarettes. The old clich

3/6/2014 4:46:00 AM - Missy from Tennessee

I smoked cigarettes for 18 years and after my son was born i decided i needed to quit not only for him but for myself as well. I tried nicotine patches that didnt work for me cause it irritated my skin bad. I tried quitting "cold turkey" and became extremely moody. A friend was telling me about how she quit with e cigs so i thought i would at least try it. I started out using 24mg nicotine e liquid because i smoked 2 packs a day. After about 2 weeks i went down to 18mg nicotine. I quit cigarettes completely after i bought my ecig and was very pleased with the results. After a week i could smell better and breath better.

I havent had a real cigarette in 3 months ive only used my ecig and now i can actually play in the yard and play with my son without running out of breath. I smell better and now i know my son isnt exposed to the smells and cigarette chemicals on my clothes, hair, and skin.

I have more energy, im not groggy anymore and i look back now and cant believe i even ever smoked cigarettes to begin with. But thanks to ecigs i have a much safer alternative to smoking.

3/6/2014 7:54:00 AM - Roy umali from Seattle WA

I have tried everything from acupuncture to hypnotism .

Chantix actually gave me very scary nightmares.

This past New Year I promised my 11 yr

old

daughter that I will quit and that was when I bought my first e cig one of those cheap gas station cig a likes.

From the first time I took a draw I knew I finally found the thing that was going to help me quit smoking.

The following day I went to a local Vape store asked millions of questions and left with my first mod.

Skip forward 3 months I feel 10x better food taste better and my daughter is so proud of me.

Now for the sad part my state is trying to pass a bill that will tax all Vape stuff 95 percent.

That too me is doing a dis service if I wouldn't have found this I would still be smoking.

3/6/2014 3:44:00 PM - Lindsay Hetzler

I have successfully quit smoking analog smokes since January 13th 2014

3/6/2014 5:01:00 PM - Andrew Los Angeles, CA

I was a pack-a-day smoker for over 50 years. On December 7, 2011 I switched to e-cigs. Why? Because I live in California and smoking is seriously frowned upon in this state. Frowned upon and penalized By the government and by anti-smokers. As a smoker I was shunned, verbally and physically. I got sick and tired of it and, when I learned about e-cigs,I decided that I would stop smoking and start vaping. No tobacco, no smelly smoke. No more being shunned and penalized. No more paying exorbitant tobacco taxes. It worked. I stopped smoking and have not smoked a cigarette since December 7, 2011. Not even one. In fact, I don't even WANT to smoke a cigarette, I prefer my e-cig. Thanks solely to e-cigs, I stopped smoking, after 50 years! And, by using e-cigs, I am saving about $1,500 a year!

And, now, the government wants to restrict/ban e-cigs? And is relying on completely bogus reasons for doing so? Hmm.

3/7/2014 5:45:00 AM - Patrice Foland

I smoked for over twenty years. I started using an electronic cigarette 2 _ years ago.

When I first started with ecigs I ordered a kit online of the small rechargables with pre-filled cartridges.

The ones that are the same size as a real cigarette.

These unfortunately did not have the battery power for me.

So I moved on to a basic kit with a larger ego battery.

When I started I was ordering juices with high nicotine levels.

I don

3/7/2014 9:31:00 PM - Lisa Stump, Richland, WA

I began smoking regular cigarettes at the age of 18. I attempted to quit several times using the nicotine patch but always returned to smoking after a one or two months. I began using electronic cigarettes regularly in June of 2013; first with a refillable cartomizer and now with a refillable clearomizer.

I am pleased to say I haven't smoked a regular cigarette since June of 2013 - nine months ago! Not only do I feel better, but I have more color in my face and my clothes and hair no longer smell like an ashtray.

3/8/2014 6:46:00 PM - Gina Berry from Universal City, Tx

I've been a smoker for 28 yrs. Bought an eGo-T in January. Continued to smoke cigarettes and vape for about 2 week's. Then went to just vaping(cigs taste so bad at this point). Haven't had a cigarette in over a month now. Just enjoying my vaping. Loving that I don't smoke cigarettes or stink like one anymore.

3/9/2014 9:25:00 AM - John Engle

I had been a smoker for well over 30 years.

I had tried to quit in the past using a variety of different things.

Then I heard about electronic cigs.

I was extremely skeptical about it.

I read a LOT of material online and spoke with real people that I knew switched to get their insight.

I was convinced that nothing could ever take the place of my analog cigs.

I was dead wrong.

Since I made the switch, my sense of smell has increased, food tastes fantastically better, I actually feel better.

I have more energy.

I have started working out on a regular basis.

I am not short of breath, my clothes and hair don't stink.

Electronic cigs, or vaping is the absolute bomb!

I have converted quite a number of my friends that were long time smokers as well.

The only two reasons people would be against this is because of complete ignorance which is due to a lack of knowledge, and the fact that the tobacco industry will lose billions of dollars in revenue if people make the switch.

I urge smokers everywhere to give it a try.

The biggest hurdle to overcome will be the psychological aspect of it.

You are not addicted to anything but the nicotine.

Vaping and ecigs replace the burning of tobacco in favor of atomizing it.

No smell, no ash, no harmful side effects.

I have been vaping since January of 2014.

I am now a poster child for ecigs.

I try to convert as many people as I can.

3/9/2014 2:20:00 PM - Paul

I smoked for 42 yrs.started the vaping 2 months ago. Have not had a cigarette since.I feel better. Smell a lot that I was missing.food tastes better

3/9/2014 4:59:00 PM - Ben e Daniels jr

My name is Benjamin I started smoking when I was 18 years old in the military. I didnt really care at the time that it was deadly I just wanted people to think I was a grown up. So lets skip 10 years ahead and im searching for anything to help me quit I tried everything from the patch and gum to chantex none of them did it. I had tried an ecig a 510 I believe around three years ago and it helped me slow down but wasnt good enough. Then this amazing new set up came along two years ago for me and it was the ego thats when I was able to quit smoking for good. It was an amazing to find this product and to quit so easily and have no cravings. So its been almost 26 months no fags and im way healthier I run I swim I hike its amazing.

Dont screw this up for everyone by banning or over taxing our lives.

3/11/2014 2:02:00 PM - Chris (eldestbodin) from Plano, TX

I started smoking when I was 10 years old, I'm now 25. A friend down the street stole his dad's pack of smokes and gave me a couple. I was hooked from that moment on. I fluctuated from smoking a few a day, to 2 packs a day. When I got in to high school and had money with me all the time, my smoking addiction got worse. I would smoke an entire pack between the time I got home from school (which was around 2:45 each day) and the time my mom got home from work (which was around 5 in the afternoon). My gym teacher decided to challenge me one semester by saying that if I quit smoking for the entire semester, he'd pass me for the entire class and I wouldn't have to do any work.

Once I finished the class (each semester was 3 months long), I started smoking again. I didn't start again by choice, more out of the need for the nicotine. About 3 years ago, I got one of those BluCigs and loved it. I didn't touch an analog cigarette as long as I had my e-cig. The Blu didn't work the way it was supposed to, which was really fruatrating. I'm now using a Kamry K101 vape mod, and not even thinking about smoke a real cig.

I started out with the highest nicotine cogent you can get, and now I'm on one of the lowest (if not the lowest) nic content in the span of about 2 months. I know that if it wasn't for my first e-cig, I'd still be smoking analogs and feeling worse than I am

3/11/2014 5:39:00 PM - Simon Pakala

My name is Simon Pakala. I am a 54 year old male from New Jersey USA. I have been smoking off and on since 1972. Started when I was in the 8th grade. Thought it was cool and would help me to fit in. Cigarettes were 50 cents a pack in those days. Smoking was widely accepted wherever you went. Hospitals, airports, office buildings and restaraunts and bars all allowed it. Despite the fact warning labels had been put on the sides of packs since 1968 it was still widely accepted. On a quick side note my father was a 3 pack a day smoker for years and quit cold turkey in 1968 when the warning labels were first introduced. He is now approaching 90 years old next month.

That aside, I have tried to quit many times and failed for one reason or another. Stress, failed relationships or just plain hooked on whatever else is put in cigarettes.

Fast forward to 1995 when my doctor told me if I did not quit drinking my chances of remaining alive were becoming very slim due to my abuse of alcohol and other illegal substances. My health was rapidly deteriorating at the age of 36. This is where the real story begins. Following a stint in a rehabilitation center, where of course the patients were allowed to smoke in a designated area, I have been alcohol and drug free for the last 18 and a half years, dedicating my time to serve others with the same issues. However smoking remained a constant for the most part.

I have tried Chantix, Wellbutrin, Lozenges and gum to try to quit. I even participated in a study at a local University for a period of time and stayed smoke free for about 3 months. Every time I started again it was because I was triggered by one thing or another and started up again. Back in October of 2013 I was introduced to the idea of Electronic Cigarettes. I tinkered with the cigarette look a like types for a while, continuing to smoke tobacco. A few monthe later I upgraded to a pen type battery ecig purchasing

liquid for the first time. 5 months later I am now down to a pack of leaf tobacco every 4 days or so compared to a pack a day. My goal is to be leaf free within the next month.

In conclusion I can easily attest to the fact that it was easier to quit drinking and doing drugs than it was to quit smoking. I feel that Electronic cigarettes give me the chance I need to stay off tobacco for good. Given the choice of how much nicotine goes in the liquid is a plus for me too. I also happen to like different flavors that don

3/12/2014 11:17:00 AM - Chris Gaddy from Sarasota, FL

My name is Chris Gaddy. I started smoking cigarettes at the age of 14. I was a pack a day (plus) smoker. Throughout that time, I tried to quit many times without success. I used to wake up coughing every morning. About three years ago, my girlfriend recommend for me to try electronic cigarettes. I decided it was worth a shot, so I went out and found a cheap rechargeable on made by NJOY. This worked for a week or so, but it started giving me problems such as not being completely satisfying, not lasting me through the day, and being rather expensive to continue to buy the cartridges. I was determined to not go back to smoking, so I tried another one from Pro-smoke that had a portable charger that looked like a pack of cigarettes. This worked for another couple of weeks, but I was still not satisfied with the performance. I was not going back to cigarettes though, so I started looking for reviews on YouTube. I found a couple of good reviewers by the Names of Grimmgreen and Pbusardo, and began trying the products that they recommended. What a difference! I am now a hobby vaper (I buy many devices and flavors, and build my own coils) I have not not smoked a single cigarette since I purchased my very first e-cigarette! I have reduced my nicotine from 24mg to between 12mg/6mg depending on the day (some days I even use 0mg)! Electronic Cigarettes have saved my life, as well as many of my friends and family who started using them after seeing my success.

3/12/2014 12:58:00 PM - Tracy & Dana Hood from Seguin Texas

My name is Tracy Hood from Seguin Texas. My wife and I have been tobacco free for 50 days now due to e-cigeretts.We were heavy smokers, about one to two packs a day for 35 years. Our story is that my wife Dana got ill, she had the flu and it hurt to inhale cigeretts.We heard about e-cigeretts from a friend and desided to try them. We had just bought 2 packs of regular cigeretts on a friday and never opened them, we bought our e-ciggerette starter kit on saturday. From that time on we have not picked up a regular cigerette.I will swear that this story is real, they really work. We had tried everything befor to quit smoking and nothing seemed to satisfy us to be able to quit. Since we have quit we have shared our story with friends and co-workers and have introduced them to e-cigeretts and they to have quit smoking.

3/12/2014 9:20:00 PM - Allen

For the past 52 days now, smoke free for 49 of them, I've been using a Personal Vaporizer, I prefer not to call it an ecig.

I was a 1-2 pack a day smoker for 11 years.

I had the cough, the phlegm in the morning, the hacking trying to get whatever out of my lungs, shortness of breath sometimes, and terrible breath, but that was normal for me for 11 years.

I had tried cold turkey, I had tried switching to smokeless tobacco, I had tried gum, I had tried nic gum, all to no avail.

I now use my 650 eGo's with iClear 16's at work and home, and on my off time from work I generally use my Innokin iTaste MVP 2.0 and Kamry K1000 with either a SMOK Pyrex DCT for an iClear 30B.

There are times where I think, "man I want a cigarette", but then I take a few drags off of my equipment and that fades away, instantly, absolutely unlike what I had tried in the past.

Now just less than 2 months into it, I might cough once or twice a day, I don't wake up hacking and coughing, I don't have a shortness of breath, and when I sneeze, I don't get this awful smell in my mustache that I did before.

I feel great.

I've even left my eGo batteries at home when I left for work, I was not the least bit worried about it all day, and I drive a lot for work.

I started off with 20mg nic levels and have bumped down to 12mg all ready.

I'm looking forward to the day where I don't have to use nic unless I really just want to.

Vaping has made me a non-smoker, and I would hate to see the money hungry pocket liners in Washington or in my state take the side of Big Tobacco before it might be able to help someone else.

3/12/2014 11:10:00 PM - Lillie Meinhadt

I smoked for 33 years, used the patch (rash) gum, and chantex. Still I smoked! Invested in a electronic e cig and have not smoked or bought cigarettes in 13 months! I have reduced my nicotine level from 24 mg down to 12 mg! I do not plan on smokeing cigerrettes again!

3/13/2014 12:19:00 AM - SVBrown

Smoked a pack and a half a day for 38 years till 6/13 when I was hospitalized with a near fatal blood clot. As a former RN I knew that smoking increased my risk of another clot so I HAD to quit! I loved smoking and was scared to death because I had tried everything without success. I couldn't imagine life without my smokes. I couldn't even envision myself as a nonsmoker.

I had seen the e cigs that looked like a tobacco cog so I tried those...they did not work. I decided to go to a local vape shop and see what else was available. I bought a vaper with a tank. It came in a kit with 2 so I gave one to my husband who was also a long term smoker. He wasn't even TRYING and he quit too! We now have wide variety of styles including ego T styles, mechanical and variable voltage mods. We are making our own ejuices too. We save money, feel better and my health is greatly improved.

I have lowered my blood pressure and cholesterol and even lost 23% of my body weight! These things have surely saved my life!

3/13/2014 6:53:00 PM - Jacki McGee, Cibolo, Tx

I'm a 52 yr. old woman who began smoking at age 12. Everyone in my family smoked and when I married, my husband smoked. I never thought I'd be able to quit smoking, in fact I went from smoking a pack a day to almost 3 packs a day by the time I was 30. Three of my four kids began smoking, too. Then almost 11 months ago my oldest son introduced me to electronic cigarettes. He'd been vaping ecigs for about 3 months and completely quit smoking tobacco. I bought a kit with the ejuice,tank,chargerand two ecig batteries for about the price of a carton of the Marlboros I smoked. I've been tobacco free since and already my nicotine level has decreased from 30mg to 18 mg. I have no desire to smoke tobacco, in fact I absentmindedly lit one of my daughter's analogs and it tasted so bad that I put it out. I'm saving hundreds of dollars a month, too. This winter when my smoking friends had respiratory infections I didn't even catch a cold. My oldest son is still tobacco free. My husband has cut way down because of ecigs,although he still smokes when away from home. I feel better and hopefully stopped smoking in time to avoid lung disease. Why would our government even consider a ban on the best stop smoking method ever invented? I've had friends try other methods, like Chantrex and turns out to be a dangerous FDA approved drug that doesn't work anyway. Electronic cigarettes will save lives and hope they aren't taken away from consumers.

3/14/2014 10:48:00 PM - Eli Williams

First off let me say that my name is Eli. I started smoking cigarettes at the age of 12. I kind of blame my step-father for that but that's neither here nor there. At 14 I was smoking a pack a day. Further along in life, I moved along to 2 packs a day. Never had the desire to quit, absolutely loved smoking. At 25 I promised my grandmother I would try to quit. I tried cold turkey, but that was much more than I could mentally handle. I had given up and decided that I would just continue smoking regardless of the impacts were on my health and the impacts my second hand smoke would do to others. Eventually I came to my senses decided this was a crash course for disaster.

Three months ago, I picked up my first electronic cigarette and haven't looked back since. I isntantly felt better, even more so in the coming days when all the toxins from cigarettes finally had exited my system. I can finally breath, I'm not winded simply climbing one flight of stairs. I can play with my kids and almost keep up with them! This is my story, it's nothing spectacular, shiney, or fancy. There are many like it, but this one is mine.

3/15/2014 12:20:00 AM - Kevin Alex

I was a smoker for only one year before I began using e-cigarettes, but I firmly believe that making the switch was the best decision I could have made. Since making the switch, I haven't had the temptation to reach for a cigarette. This has had a huge impact on how others perceive me, and it has make a huge change in how I feel about myself. I know that making the switch prevented me from possibly ending my life earlier than I want it to. I've been a vaper for more than half a year now, and because of that I feel that I need to spread the word of this wonderful safer alternative. As a vaper, I feel incredibly positive about my habit, and I want others to feel the same.

3/15/2014 6:38:00 PM - Julie Nebraska

I started smoking about 35 years ago I quit for nine months cold turkey when I was pregnant with my first son at 23. Started again after his birth and was not able to quit again when pregnant with my second son at age 27. I never again attempted to quit smoking. In Oct. 2013 I tried Mistic ecigs from Walmart and have not smoked since using them. So for five months now no cigarettes. I had no problem switching and the cough I had in the morning when I would get up out of bed completely disappeared as soon as I switched. I was amazed at how easy it was to switch after so many years of smoking. My husband said to me about a month after starting ecigs "I don't know if you notice or not but you don't cough anymore in the morning or at night in bed." I had noticed but had always thought my light coughing was from sinus drainage at night not smoking because I didn't cough during the day only at night lying down and in the morning when first waking up. Obviously it was the smoking and not sinus's. I smell and breath so much better now that I have been using ecigs. It is soooooo wonderful to not smell like smoke to not have to worry about ashes all over my car or the smell in my car let alone burn holes in the carpet and seats. I love that there is no smell or ash or burning to worry about. It is the best thing ever.

3/16/2014 1:03:00 AM - Angela Perry

I had smoked for 35 years. My husband never has, and hated it. after 28 years married, he bought me a Vape Pen and I thought I would try it. That was December 3rd 2013. The last day I had a cigarette. I started with a 18mg menthol, as that is what I smoked in the past. Two weeks and I was at a 6 mg menthol, making my own E-Juice. I will never go back to smoking as I can't even stand the smell.

I am off Nicotine after 4 months and feeling Great. I thank the industry for giving us so many choices. And I hope you all draw encouragement from my story. Angela

3/16/2014 1:58:00 AM - Logan Pinkston (Harrodsburg, ky)

Hello, my name is Logan I'm am 20 years old and I started smoking at the age of 10. It got to the point that I would wake up in the middle of the night gasping for air, I constantly had a horrible cough and weeded with every breath I took. I was fed up! I bought and e cigarette and was shocked by how easy the transition was. My breathing improved within 3 days and continues to get better with each passing day. I'm happy that I may be luckier than some of my family members who were struck with lung and heart related disease. Thank god for ecigs :)

3/16/2014 9:03:00 AM - D.R. from Ohio

I was a pack a day smoker for about 14 years. My entire adult life, I was a smoker. I had tried multiple times to quit, even using nicotine patches. Nothing seemed to work more than a week. Then, I was looking on the internet and saw an ad for Blu e cigarettes. I ordered a starter kit. I used that for about a week, but the vapor production was not enough to curb my cravings for a cigarette. I inevitably began smoking again. Then I started looking at you tube videos of "vapers" reviewing e cigarettes and giving

tutorials. I took one of the reviewer's advice on which product to try. I went to a newly opened electronic cigarette store in a neighboring city. It was the day after Christmas and I had given myself the best gift. I had quit smoking. Ever since that first day, I never touched another tobacco cigarette. It was great!

Now, day forward eighty days. I have 1800 cigarettes not smoked. I have 500 extra dollars in my wallet. I can walk up stairs and run without becoming winded. I don't smell like an ashtray. Now I have a hobby that gives me satisfaction with only a fraction of the nicotine I used to have. Electronic cigarettes have saved my life. I'm proof.

3/18/2014 6:55:00 PM - Kyle

My name is Kyle, and I started smoking when I was about 12 to 13 years old. I have been a pack a day kind of guy up until 4 months ago, when I made the jump to electronic cigarettes. I dove into the world of mechanical mods, building, and found a whole culture, and hobby in which I love. And since then I have only had 1 cigarette. I have never had this time without one. I am beyond surprised and happier.

3/19/2014 4:59:00 AM - Jeremy Femal Berlin, WI

I smoked for 7 years and i smoked 3 packs a day. I tried alot of ways to quite smoking and the only thing that help me was a ecig. I been smoke free for 11 weeks now and a don't regret one second of it.I also feel alot better. The first week my sense of smell and taste came back to me after about a month i could breath alot better and i will never go back to smoking

3/19/2014 9:52:00 AM - Jamie, in Ohio

I was hooked on tobacco.

Multiple attempts to 'cut down' failed miserably.

Even while doing a job that required No Smoking, I still snuck a few.

I switched to e-cigs, and yes, with the intention of quitting altogether.

I started with a nic strength of 24mg.

It took a while, but over the course of 1 1/2 yrs, I reduced the strength of the nic liquid I used.

I eventually dropped down to 2mg liquid.

One day, I realized that I hadn't hit my e-cig in months.

I then passed my 'kit' on to another. I 'fell off the wagon' once, during a very stressful time, bought a pack, smoked half a cig, felt ill & tossed the rest.

Got an e-cig & used it a few days & was ok.

Keeping it in a drawer just in case.

Tobacco free since '09, nic free since '11.

3/19/2014 6:56:00 PM - truckdriverruss

Hi, My name is Russell Fey and this is my story.

I want to start off by telling you all a little about myself. I am a 45 year old man who has smoked cigarettes since I was 10 years old. But didn't start inhaling the smoke until I was 14 yrs of age, so i guess you can say I really didn't start (smoking) till I was 14 years old. And now I look back that was still way too young to start smoking. And I am sure there are so many of us out there that wished we would have never started in the first place, but it is what it is! I have been smoke free from cigarettes for 67 days Jan 11, 2014 was my last cigarette! And I do not want or have any plans to go back to smoking cigarettes ever again. I have tried just about every way out there to quit smoking with no great success! I have known about e-cigarettes for a long time, but was very skeptical about the whole e-cigarette thing. Until I just had enough with the smoking and not being able to even to play baseball with my son, or just to take a walk up to the mail box to get the mail without being out of breath. I have always been very active in my youth, and all the way up in my 20's. I guess you can say I'm a procrastinator, and would always say yeah I know I need to quit and put it off like many of other smokers. So with that being said I started doing a lot of research on the computer, and decided to take the plunge and buy a starter kit and some e-juice. I went with the Halo Triton Tank system. It was one of the best decision's I have ever made! I have now upgraded to using the Innokin itaste MVP V2.0 personal Vaporizer. I absolutely love Vaping and wished I would have switched over to Vaping a long time ago, but better late then never. The e-cigarette and the personal Vaporizer have changed my life forever! My sense of smell, taste and breathing are so much better now that i have quit smoking. My food taste's and smell's so much better and My lungs feel better as well. I can not wait till my son start's playing baseball again so I can enjoy playing again. I have in the last month started making my own DIY e-juice and absolutely love it. I will do everything in my power to keep this alternative to smoking cigarettes available to anyone who really want's to quit smoking. Because for me and millions of other smokers out there this has worked! And we as citizens and Patriots need to fight for our rights and not let the people who we elect take them away. I hope my story will help inspire someone else out there to Quit smoking cigarettes and save your life!!

Sincerely, Russell E. Fey

3/22/2014 8:49:00 PM - Chelsa from IL (VAPE)

I had been smoking 10 years, and about 6 months ago I tried using an electronic cigarette or known as a "vape". I have tried the patches and cold turkey but they did not work for me. By this time in my life I had asthma and seems to always be sick. Since I started using the vape(E-Cig) I have not used my inhaler once, nor have I had a cold or even the sniffles. At first when I started on the E-cig I had only one cigarette here or there down from smoking two packs a day, after one month I was down to only using my E-Cig and have since started using zero nicotine juice! In 5 months time I went from smoking 2 packs a day down to just using zero nicotine e-juice in my e-cig. I have never felt better, I was so happy with how much it helped me I now work for a Vapor Lounge where I sell the E-cigarettes and help other quit smoking too!

3/22/2014 9:08:00 PM - Stephen Pruden, Staunton IL

My name is Stephen Pruden.

I am 31 years old and from Staunton, Il.

I have been smoking for almost 15. I have tried Welbutrin and Chantix to quit smoking.

Both drugs failed.... miserably.

Then in November of 2013 I " jumped on the e-cig bandwagon." I thought it was A fad, but boy was I wrong!

5 months now cigarette free!!!! I won't lie, I snuck a few cigs the first month because the battery had died and needed charging.

It was hard, but I made it.

I stuck to it.

Now I am an avid "vaper", as we are called.

I have been exploring all avenues of the culture of vaping and enjoying every moment of it.

I bounce between 0 mg and 6mg of nicotine in my fluids.

And in another month I plan on being 100% nicotine free.

If anyone wants to start a healthier life smoke free, this is the easiest method I have found.

I would suggest anyone interested in using e-cigs to seek out a vapor shop or lounge to get accurate information and be set up properly to make sure it is custom tailored to your personal needs.

Don't be fooled by the gas station e-cigarettes.

3/23/2014 2:32:00 PM - Tacha schissell

I have been a smoker since I was 11 years old.

I've tried chantix, and that made me feel terrible and crazy.

I've tried , patches,lozenges , cold turkey, life sign, timers, chantix again, and NOTHING WORKED!!! Smoking cigarettes is worse than drugs.

Using an electronic device to quit has been a God send!!!

My marriage has improved, relationships with family, work, every aspect of my life!

My blood pressure went down to normal range within a week of using electronic device for vaping.

I hate to use electronic cigarette verbiage because it's not like a cigarette.

I started at 16 mg of nicotine and within 2 weeks am now down to 0-4 mg of nicotine and will be going to zero this week. My family loves the change in

me and I'm not scared of dying all the time

3/24/2014 10:26:00 PM - Ronald Bryant

Ronald Bryant 3/24/14

My name is Ronald Bryant and I live in Nashua, NH.

I smoked from the age of 13 up to 2010. Even though I have chronic heart disease, diabetes, COPD, kidney disease I still continued to smoke at least 2 pks of cigarettes per day. The day I got released from the hospital, after having heart bypass surgery, I smoked on the way home.

I tried Chantex, the patch, nicotine gum and therapy including hypnosis. My doctors were extremely upset that I could not stop smoking. Then the miracle happened, I was introduced to electronic cigarettes. I want to say this, I actually quit smoking the same day I tried the electronic cigarette. I feel no loss or craving at all for a real cigarette. I can

3/26/2014 2:32:00 AM - Terri Jinks

I was smoking anywhere from 1 pack to 1 1/2 packs per day and then I bought a vapor e-cigarette and I quit right away. I went from smoking cigarettes with nicotine to vaping with no nicotine right away. I have been quit now 1 month 3 weeks and 2 days. I don't want a cigarette and hopefully won't ever go back to them either. I even have gotten family members to quit smoking and start vaping.

3/27/2014 1:09:00 PM - David Stein

To anyone that has taken the time to read this.

Thank you.

I am 35 years old, I am a father, a husband, and I vape.

I was a pack a day smoker for 12 years (roughly $15000 worth of cigarettes).

In September of 2013, my wife brought home an ego battery with a clearomizer and told me that she was going to try to quit smoking.

I am not proud to say this, but I laughed at her, I thought it was a joke.

I had tried to quit smoking for years, how is that little thing going to help anyone stop smoking?

She was a dual user for a few weeks, and then the most amazing thing happened, she officially quit and stop buying cigarettes (she was a 2 pack a day smoker).

I was amazed!!

I still am.

I started to do a lot of research, I read articles and forums and the truth was smacking me in the face.

This thing could be the answer to my dreams.

You see, I have two boys at home, one is 7 and the other is 19 months old and I could barely play with them anymore.

I would get winded and have to sit down, and it really bothered me that I couldn

3/27/2014 3:06:00 PM - Patrick Heinl, Charleston, SC

Originally from Germany, I started smoking at age 12. At first it started just because it was "cool" and it was so readily available out of vending machines. It didn't take very long to be addicted.

I've "tried" to quit multiple times over the years. Tried cold turkey, nicotine gum, and nicotine patches. It simply didn't work. I was always back on cigarettes within 24-48 hours. It never failed.

Randomly on Monday, March 17th, 2014 I decided I'm going to find out more about this "e-cig" hype going on and stopped in a store.

Much to my surprise they didn't quite look like cigarettes or how they look in gas stations. I talked to the representative for a little bit, tried different flavors, and ended up buying an eGo starter kit and 2 e-liquid juices containing 18mg Nicotine.

Mind you, my mind wasn't made up about quitting. I was simply curious.

Case in point, my last cigarette was smoked the day I bought my starter kit, about 10 minutes before walking into that store. I haven't had a SINGLE craving for a real cigarette either. 4 days later my battery ran out and I still had a closed pack of cigarettes next to me so I decided well I'll smoke one..... I threw it out the window after 2 puffs, it tasted nasty to me. Not like I was used to.

It's only been 10 days but I know I'm done with real cigarettes. I already feel healthier.

The only draw back was days 2-4 I developed a cough with black stuff coming out. Talk about clearing out my lungs of tar. I feel a lot better now!

3/27/2014 10:55:00 PM - Lance

Was a smoker for 27 years. Most recently a pack and a half a day. Tried quitting cold turkey twice with no luck. Recently tried a personal vaporizer and without giving much effort, cut my 30+ cigarettes a day habit down to zero in 10 days and have been tobacco free since. I've consulted my doctor and he felt this was no more dangerous than using a patch or nicotine gum and congratulated me for quitting my habit.

3/28/2014 4:08:00 AM - a. garrison

I was a smoker for 15 years. I would smoke between 1-2 packs a day. I've tried to quit on several occasions, I've tried cold turkey (didn't last 12 hours!), I've tried the patch (didn't last a day; gave me headaches and felt very ill to my stomach), and I've tried Chantix (lasted 2 weeks, horrible side-effects; stomach pain even after eating a full meal and sucidal thoughts when I had none previous to taking the medication). After many failed attempts I had come to terms with being a smoker until the day I died (prematurely). I've gotten bronchitis at least once a year since I started smoking. I could barely breathe yet I still needed that cigarette and would continue to smoke throughout the illness. Well this year my dad gifted me an e-cigarette when I was sick. My dad gave me a 650mah ego-style battery with a disposable clearomizer (since then I have bought a 1300mah variable voltage ego-style battery with a bottom coil tank). I picked it up and started enjoying it from the start! I have not picked up a cigarette since; even the thought of a cigarette disgusts me! I have been smoke free for 2 months now and I am enjoying every minute of it and will NEVER go back to cigarettes as long as I have the option of using my e-cigarette. In the 2 months since I started vaping, I have cut back the nicotine that is in my e-liquid from 18mg to 6-8mg and will continue to slowly reduce my nicotine intake to 0mg. When the time comes that I have weaned myself off of nicotine completely, I am unsure if I will still use my e-cigarette (with 0mg). I do feel confident that I at least have the option to use it if I need a compulsionary fix, haha.

My dad also bought himself an e-cigarette of the same style and has greatly reduced his smoking, hes down to 1 cigarette a day and plans on quiting completely any day now. I've also turned 3 of my friends onto e-cigarettes. Two have completely quit smoking and one is down to 3 cigarettes a day. Since quitting I no longer smell like an ashtray! My sense of smell and taste has greatly increased. I am breathing better, no longer getting winded after small amounts of exertion. I sleep better; I have more energy!

With some e-liquids I noticed a sore throat and overall itchiness; I was not sure if that was due to the propylene glycol or the artifical flavoring. I quickly switched to vegetable glycerin based, organic flavored e-liquids. The only side-effect that I have noticed with the e-liquids that I use now is mild dehydration and occasional heartburn. More water and some tums take care of that. This is the only thing that has worked for me. It has definitely been a miracle worker. I wasn't even trying to quit this time but once I started using my e-cigarette I haven't looked back. It's amazing how easy it has been with e-cigarettes compared to the struggle of trying to quit with other methods/products.

3/28/2014 7:53:00 PM - Christopher Notellini Cape Cod, MA

I was a pack a day+ smoker for 25 years. I've been trying to quit off and on for the last 10. In 2007 a blood clot found its way deep into my brain causing a stroke. I spent a smoke free month while in the hospital recovering. My first day home from the hospital I made a huge mistake. I had just ONE cigarette to see what it would feel like after not smoking for the last month. Two days later I bought a pack and was a full time smoker again.

Seven years later, and against my doctor

3/30/2014 11:22:00 AM - Miss Dawnvapes Mt Orab Ohio

I started smoking when I was 21. It was cool. Now at 49 its not so cool anymore. I have COPD and the smoking really bothers it.

I was my husband's idea to go down to our local Vaping store and try them out and see what it was all about. We both started Vaping on the 23rd of Feb. To this day I have not had a cigarette. It has been 5 weeks now.

My husband was a 2-3 pack smoker A DAY. and he will be 3 weeks March 31, without smoking a real cigarette. This product, Vaping pens WORK WORK WORK. Love mine and he loves his and we both already feel much better. No more of that smokers cough, no nasty smell.

Its been a life changer for both of us.

3/30/2014 3:00:00 PM - Shannon Spillane (SkwerlRebellion)

Quitting tobacco is a messy and dreadful business. The patches don't work, Chantix has side effects that make tobacco the better choice, and the nicotine gum is the 2nd most vile concoction ever created by man after strained peas. I smoked for 20 years- starting in my late teens. In 2009 I lost my job and found cigarettes did not fit in my budget. I tried cold turkey....that lasted a few hours until my loved ones begged me to smoke as I was bordering on raving looney from lack of tobacco.

The e-cigarette gave me the ideal path of least resistance to a tobacco free life. I could not smoke AND still get along with the rest of humanity. I had the added benefit of not smelling like an old pub, not catching every cold that comes down the pike and was able to put the money saved to good use in the local economy. I spend it on my new addiction: purses, perfume & nifty electronic gizmos. I also lost 50 lbs, and my blood pressure is where it is supposed to be! My mother- who smoked for 40 years quit with a custom painted e-cigarette I bought her for her birthday 4 years ago. Her cardiologist was so overjoyed, he shared her success with his other patients and as of this date he has 7 more former smokers to boast about. Not only did the e-cigarette give me my life back- others saw the improvements and tried it for themselves.

3/30/2014 11:08:00 PM - Jere Frey

I quit smoking last year.

I smoked a pack a day for 35 years and I tried multiple ways of quitting, all to no avail because they did not address the habits associated with smoking beyond the nicotine.

Later in those 35 years, I knew that my windage during exercise were effected.

Being in the military, it was an issue. At my age and years of smoking, I knew that my health was declining.

The oxygen in my blood was at a low level, my blood pressure was always high, and, well, my doctor knows the technical stuff.

I did talk to my doctor about it and he wholeheartedly approved. Several of my friends started vaping and I listened.

They were enthused and grateful about the changes that using a vaporizer gave as compared to smoking.

They kept talking about things like gaining smell and taste, not stinking, and having more energy.

They were the first ones that really gave me hope for something that I knew was killing me. It was one day, that I decided that it was a better way off of cigarettes.

I know that the FDA takes positives and negatives into consideration when approving a drug.

In reading about those positives and negatives, I noticed that the naysayers were really reaching as compared to other products.

The one item that seemed to stick in my mind was bleach.

Why is using a vaporizer so charged when there are so many products out there that must be used responsibly? For me, I do know that one day I smoked, the next day I was using a vaporizer.

I never went back.

I have lowered my nicotine content by a third in just the last four months.

Not just the nicotine urges are lowered, but all the other needs are reducing.

I have to say, that I still do enjoy a good vape.

I like to tell people that in the evening, my wife has apple pie and I vape an apple pie.

Yes, I still have my sweet tooth, but I don't need the extra weight.

Anyway, my doctor has twice run tests and both showed corrections for my better health. I encourage smokers to give it a try and the Electronic Cigarette Forum provides a lot of information in making it work.

I also tell them that, just like bleach, to be responsible about it. I am not against the age requirement, nor the quality assurance of USP standards for smoking and vaping.

I just know that my doctor says "good" and I feel good.

3/30/2014 11:29:00 PM - Chris - Phoenix

I smoked cigarettes for over 30 years. I picked up a vaporizer on a whim one day ironically while buying cigarettes. Within a few days I had reduced my smoking by 50% with no effort, then 90%, within 30 days I quit completely and have not smoked one single cigarette in almost two months and consider myself an ex-smoker. I tried to quit several times previously. I tried cold turkey, my mood was foul and I returned within a week. I tried the patch, the nightmares were horrible, my sleep was affected and the downstream effect of that almost got me fired from my job. I started smoking again within a week. I tried anti depressants and I almost went off the edge, I can't believe these drugs are actually given to people. I started smoking again within a week. I have currently lowered my nicotine level a couple times already and hope to be at zero within the next few months. My health has improved, my appetite has not increased, my sleep is normal and the most important thing to me is that my mood is the same if not better. If it were not for this vaporizer allowing me to address the behavioral parts of my habit that the other methods do not I seriously doubt I would have been able to get off the cigarettes ever. It has changed my life. I have made other smokers aware of an online resource called e-cigarette-forum for proof of the incredible number of people that are successfully quitting using a vaporizer. The forum is also an place for not only assistance with the mechanical aspects of vaping but for emotional support for things that only people that have quit smoking can understand.

3/31/2014 12:12:00 AM - Free6413

I smoked cigarettes for over 35 years of my life. It is hard to believe that I had smoked that much of my life away. I was on my way with my wife to buy a carton of smokes and had this revelation. I had been working with a guy that had quit smoking using an ego type e-cig and it seemed to work for him. I had tried numerous cig-alike brands and had no success at all. Anyway, back to the story. We were heading to the store we usually went to and I said to my wife, I want to run into this place I know and buy an e-cig to stop smoking. I finally admitted that I had had enough. She rolled her eyes (as she is so good at it) and said not this stuff again. I told her about the guy at work and I thought I could do it this time. It worked for him, why not for me? We went inside. Now this is not a vape shop but a regular "head shop". You can only guess what was going through my wife's mind by now. We went over to the area where they had the vaping juice and equipment and by the grace of God the salesman that wandered over was patient and knowledgeable. He spent the time to try and understand what I was looking to achieve and after hearing what I had to say, he made a recommendation that now I understand as spot on. He asked me how much I smoked and for how long and suggested a juice content that worked like magic! I took the money that I was going to buy cigs with and bought the setup, juice and a charger. I had three cigs left and thought that if this didn't work, I had enough to get me through until morning. Well, I filled the tank and let the battery charge for a little while. I took my first puff off of it and thought to myself, this ain't half bad. I still had three cigs to last until morning just in case. I went to bed and kept it on the night stand as I like to get up in the night and have a smoke. I used the e-cig instead of going outside to smoke. Made it through the night and still have three cigs to last me through the day. I was fiddling in the garage for a while and took out one of the three cigs and lit one. Not quite as good as yesterday. I put it out. I was still puffing on the e-cig and enjoying the hell out of it. I went outside and lit that cig back up and really didn't enjoy it at all. Not near as good as it was yesterday! I made it through the first full day and still had two cigs left to get me through until morning. I still slept with my e-cig and took a puff or two during the night. I woke up in the morning and thought I would finish that cig I had been working on. Yuk! Not anywhere near as good as it had been a couple of days ago! Anyhow, I had two left that I wasn't going to throw away in case this didn't work. It took three more days to choke down the last two and they were so awful I couldn't finish the last one at all. I threw away the ash tray, lighters and the pack I had held those last three in for the past three days. My next thought was what flavor juice I was going to buy next. Hadn't even crossed my mind that I didn't want to smoke at all. Somehow during this process of insanity and newness, the metamorphosis had taken place. I didn't have the urge to smoke any more, I didn't want to smoke any more and I couldn't stand to smoke any more! It took a whole three days to get over the habit that had controlled my life for so long. The habit that had become so much of a part of who I actually was. The funny thing is that I didn't even notice nor miss it. I had tried so many different cessation products and remedies for so long that I never really

thought this had a chance either. Now that it has been a few months, I can't even be around someone that has just smoked in a closed room. The smell is so horrible that I want to gag. I had my truck cleaned, I had my suits cleaned and all of my winter jackets cleaned. I couldn't wait for the smell to wear off. It had to go and right now! I owe a lot of my success to that guy in the "head shop" and his patience and knowledge. That guy had saved my life and didn't even know it. I have stopped by several time to thank him but he doesn't work there any more and nobody knows how to reach him to pass on my thanks! I pray every night that I will run across him on the street and be able to tell him how his contribution and patience has changed my life. I have used my experience to help a coworker buy his first kit and he has had the same success as me.

He made it a point to thank me for his success after a month. I guess that is one way of saying thanks and paying it forward. I was told by my Grandfather that where the head goes the ass will follow. I know that if I hadn't really wanted to quit, I probably wouldn't have but without the tools and knowledge it wouldn't have been possible. For anyone that may ever read this, vaping to quit smoking works! Above and beyond anything out there, if you give it a real chance and are committed to it, vaping will work for you too! Take a chance, stick with it and you will find out for yourself. Who would have ever thought that quitting smoking could be so easy and fun all at once!

3/31/2014 11:26:00 PM - Angel M. Tibbs

I am a 53 year old grandmother from Washington State.

I smoked for 36 years.

I tried the patch, but it gave me a skin rash, and did not prevent me from smoking by day.

I hate all gum, so never tried that.

My daughter, a non smoker, got me a gas station cheap e-cig in June 2013, and it was an instant epiphany, but I waffled back and forth between these and real cigs for 6 months.

Then, in Jan 2014 my son, also a non-smoker, got me a more expensive and effective e-cig.

I only waffled for about six weeks after that - one reason was I had to ask the local vendor to replace a faulty battery in Feb - which he did at no cost - and as of mid-Feb, I quit waffling, because the real cigs tasted worse and worse compared with my e-cig.

So completely tobacco free for about 6-7 weeks as of this testimonial, and no urge to go back.

I am for regulation, but e-cigs should be judged on their own merits, and NOT equated to tobacco products, which are proven to be far more harmful, and which I think the backlash is against how long we did get fooled by real smokes, but they are NOT the same thing.

I breathe better, my daughter doesn't shy away from me when I sit next to her, and

think how many lives e-cigs are saving every day while everybody argues.

Why don't we attack REAL tobacco cigs, completely legal, that zealously?

We KNOW what they do!

I know e-cigs have saved my life, and weaned me from an awful habit I could not escape in any other way.

Don't take away our lifeline!

(And even if there are taxes, they should not be sin taxes.)

In parting, I think never smokers are more tolerant and less strident than reformed smokers who

quit cold turkey; just an observation.

Test e-cigs, post the results, and tax and regulate them based on how harmful they're NOT.

No false equivalency to real cigs based on

4/1/2014 3:57:00 AM - michelle rau klimas

I started smoking at age 11 sneaking my moms butts and her cigarettes when she wasn't looking. I started smoking nonstop at the age of 13 my cigarette was Newport 100's box. I smoked at 13 a whole pack a day until I turned 22 and found out I was pregnant, I tried to stop cold turkey but it lasted 24hours. I was able to slack down some to a half of a pack a day just until my daughter was born. I would like to say I have no proof of this but my daughter weighed only 4 pounds 12 1/2 ounces im sure it was from smoking even a half of a pack. Then after that I started to smoke more a little after having my daughter however I wouldn't smoke in my house and id wash my hands and all before I would touch her. I would say about the age 26 I started smoking about a pack in a half a day and that lasted until I turned 28 and found out I was pregnant again with my second daughter. This time it wasn't as easy as it was to slack down as it was with my first child. Honestly im guessing due to her only being small nothing else was wrong thank goodness. I did slack down but it was to a pack a day and it was very hard. As soon as I gave birth to my second daughter I started smoking double what I was so now I am smoking 2packs a day. I myself knew it was to much cause it was draining me I couldn't breathe I couldn't hardly walk. I would walk a block and be out of breathe terrible I would wheez so bad mainly at night and first thing in the morning, coughing up nasty thick yellow phlem on a daily basis. about 35 I tried using over the counter things like gum and tried to talk to family members and friends to try and help myself stop. However nothing helped NOTHING. Then around 2010 I went to my doctors and was giving this number to call which was 1-800-quit- now They sent me patches and I was to scared of the feeling I had from them so I stopped right away. They scared me bad really made my heart rate jump up and just made me sick. I figured I would never and I mean NEVER find anything to help me. I went to my doctors one day and I saw this lady smoking a long black thing and I asked what it was and she told me a disposable cigarette, Well that day I went right to the gas station and bought one needless to say it didn't work that was in 2013 about march of 2013 well after that I decide maybe ill try the rechargeable ones so I bought the kit and it wasn't anything better just wasted more money. Then I was smoking 2packs and a half just very upset that I wasn't able to find something to help me stop. Then by the grace of god I was going to my doctors again one day and I saw this man and he has this long fat silver thingie i've never seen anything like it before, two days after seeing him I saw two ladies at my doctors that I speak to all the time and I saw them with the same thing's, They were called e vods and one had a e cig I asked where this place was and I went as soon as I got my check it was on jan the 25th 2014 . I am very happy to say that iv not touched a cigarette not even had a craving for one since I found the best gift ive been able to give myself. I am truly proud of myself and I can truly say this and these items are the best items i've ever had in my life. I thank god daily that I have found these and I can honestly feel a huge difference in such a short time. I myself couldn't see myself going back to smoking for anything. I think and cant believe I smelled that way at one time and it makes me sick I

truly have to walk away from people smoking it makes me sick. I give these electric cigarettes 100% and a huge 5plus stars in my book. They have helped me get my life back...Thanks a lot and I truly recommend anyone who's smoking to at least try these I promise you wont be disappointed.... THANKS AGAIN MICHELLE KLIMAS

4/1/2014 5:38:00 PM - I_eat_vape from California

My story begins when I was underage at the age of 16. That's when I picked up my first cigarette . I did it for the "hype" of smoking but quickly succumbed to the feeling of addiction feeling as though I needed it to relax and just do basic functions. I felt like a slave to this and not just that but I felt the worse I had ever felt in my life physically and mentally. Two ears passed and now that I had become the legal age for smoking cigarettes I immediately became a pack a day smoker having no regard for my body just to not feel sick with out having a cigarette. Months past and I had enough . I tried to quit . I just wanted to be off of them but I simply couldn't no matter how or what I tried without suffering withdrawals. While looking on the internet I decided to search for alternatives to smoking

that's when I stumbled onto a man known as Rip Trippers. He advertised a new way of quitting the cigarettes with the saying,"smoking is dead, vaping is the future, and the future is now." This immediately grabbed my attention so I decide to order my first e-cig using 24mg of nicotine . The first week using e-cigs I went from using both to by the 2nd week I made the complete transition to using e-cigs or vapes.

Only after two weeks I could breath and not feel so unhealthy. I felt just alive again. Eventually through about 2 months I decided to purchase a mechanical mod and have worked my way down to using 0 mg of nicotine . I've never felt so proud of myself and overall. I just feel free again. E-cigs empowered me to just live again and not be a slave to cigarettes .

4/2/2014 12:53:00 AM - Michael Hodgson

I started smoking when I was 14 yrs old. I was a regular smoker by 15. I am 42 years old now and for the majority of the time between ages 15 and 41 I was a 3 pack a day smoker. I tried quitting before with patches and Nicotrol inhalers, but with no real success. Last august (8 months ago this week) I started using an electronic cigarette. Not one of the cheap cigarette looking devices found in gas stations, but a more advanced variable wattage device. I have not smoked since, and am sure I never will again as long as electronic cigarettes are available. The reason I am certain I will never smoke again is because I tried one a few weeks ago just

as kind of an experiment. It tasted AWFUL. It was the same brand of cigarette I smoked 60 a day of 8 months ago. I had to put it out after 2 puffs. Electronic cigarettes do help people quit. I was the heaviest smoker I knew and no longer have any use for the things. I know I am still addicted to nicotine, but I feel

100% better. My lungs don't hurt at the end of every day. I no longer have the nagging cough that became my "trademark", and my migrane headaches have decreased in frequency from 3-4 a week to maybe 1 per month.

4/2/2014 5:21:00 AM - Eric Rogers from TN

I was a Marlboro Red smoker for 20 years and now use electronic cigarettes exclusively. I started out using an eGo-T with a basic tank in December of 2013. I was buying premixed eliquid that was flavored as my once beloved cigarette at 18mg. I have now moved on to using a Provari mod with a KangerTech AeroTank and now mix my own tobacco flavors and I am still at 18mg. The way I switched over to the electronic was: I forced myself to go three days only using the electronic cigarette as that would offset the cost compared to the cigarettes I would have bought in three days and after those three days I was able to realize how awful cigarettes actually smell and taste which was the main inspiration to keep using the electronic cigarette. I did try to smoke a regular cigarette as I was curious if there was a difference in taste after using the e-cig for the three days, and I could not even smoke a full half of that cigarette. In the past I have tried nicotine patches, nicotine gum, cold turkey method, Chantix and Blu cigarettes. Using the nicotine patch I was able to quit for 10 days. I used to work as an automotive mechanic and on that day I got very hot and sweaty and I believe this had an effect on the patch nicotine release rate as my heart started racing and then I got chest pains, I immediately ripped the patch off and never used one again. With the nicotine gum I quit for 3 days but it was an absolute struggle as the gum tasted awful and irritated

my throat. Not being able to drink 5 minutes before, during and I think after using the gum was also terrible as drinking would help the throat irritation. I have never been able to quit cold turkey for more than one day. I have tried at least 10 times in the 20 year period. I quit smoking with Chantix for 5 days. I did smoke still with the starter pills but did not with the full strength pills. The problem with Chantix was that I could not sleep. I calculated I got approximately 4 hours of sleep in the 5 days I had quit smoking. I felt bad, I looked bad and had an extremely poor attitude. I could not continue and refused to use sleeping aides to offset the Chantix. I quit for 2 days with the Blu e-cigarettes. The Blu just did not deliver the nicotine I needed even at the highest strength cartridges and the flavoring was nothing like my beloved cigarette.

After two weeks of not smoking analogs I developed a cough and I though I might be getting bronchitis, but as it turned out, my body was ridding itself of all the leftover loosened junk that 20 years of smoking analogs had left in my lungs. I used to wheeze when breathing, especially noticeable at night, but I no longer have that problem. I have always loved the smell of a freshly opened pack of cigarettes or almost any kind of tobacco not burning and with the larger eGo and mods with tanks I get to have that aroma along with a nice mellow taste of fine tobacco with enough nicotine delivery to satisfy even my most nerve racking moments without the guilt of knowingly putting carcinogenic content in my body. I hope this review helps people know they can break away from known dangerous analog cigarettes without having to go through the struggle of giving up everything you love about smoking.

4/2/2014 9:06:00 AM - Tracy from KC

I started smoking in college, so roughly 20 years ago.

I am now approaching my one year anniversary of quitting real cigarettes, having completely switched over to a e-cig.

I tried, and failed, to quit several times before by using nicotine gum, but it always made me so sick to my stomach that I just couldn't keep it up.

I quit once about 7 years ago, cold turkey, after having a horrible upper respiratory infection, but started back again in 3 months.

Why?

Because I enjoy smoking and it helps calm me when I'm feeling stressed.

However, I realized about a year ago, that I'm just gonna keep getting older.

And as I get older, the cells in my body are no longer able to function as well and the repair and replacement capabilities of my aging physique will continue to decrease.

I had seen and heard about the e-cig, even knew a few people who had used them to quit.

So I did my research, weighed the pros and cons, and bought a cheap e-cig.

I started out with one of the kinds that looks like a cigarette and has the replaceable cartridges.

I cut my regular cigarette usage down by half using the e-cig as a spacer, but I still craved a cigarette most the time.

I was still smoking about half a pack a day and counting the hours and minutes until I had given myself permission to have a real cig.

This went on for about 4 months, and then I was introduced to an affordable liquid vaporizer that didn't look like it was a loose part that had fallen off the space station.

I decided to give this smaller, less intimidating unit a try and bought my first kit for $30.

I smoked my last real cigarette while I fiddled with my new e-cig, filling the clear chamber with my chosen flavor.

I used this new e-cig exclusively and with no cheats for a solid week.

I thought about real cigarettes often, but after four or five good drags off my e-cig, the craving went away.

There was just enough flavor to satisfy my need for menthol, and more than enough of a "throat hit" to address that need as well.

On the eighth day, I bummed a cig from a co-worker, lit up and discovered on the third puff that I had absolutely and unequivocally no desire to continue to smoke that nasty, filthy-tasting, horribly smelly thing EVER again.

My quit day: April 15, 2013.

My savior, The e-go style battery and unit by foos, a local company here in KC.

On a side note, my husband, a smoker of over 25 years, quit the same way four months later.

4/2/2014 5:53:00 PM - Zac Neumann

I started smoking when I was 13 years old, we all know the risks of how deadly tobacco can be but the addiction is very strong. Since then I've grown up, got an education, and even started a family. Last year, my daughter was 4 and had gotten quit well at speaking her mind and forming her own opinions. After seeing me coughing uncontrollably and hacking up all the nastiness from smoking, she came to me, eyes full of tears and said "daddy I don't want you to die" Well that was my moment I decided it was time to stop. I had tried before to quit, cold turkey didn't work, the patch made me break out, and the gum started to swell my throat, and any prescription medication has horrible side effects like thoughts of suicide, so I wasn't even going to attempt it. So my only other option was to check out e-cig and personal vaporizers. Well I was skeptical at first and wasn't sure if it would work. After being a 2 and a half pack a day smoker and smoking for almost half of my life, I'm 26 now, I was finally able to quit smoking. My health has improved dramatically. My blood pressure has gone down, my lungs function much better, I can be active for more than a few moments without being out of breath. My stepson who is highly asthmatic couldn't be around us AFTER we got done smoking. Just the lingering particles would make his asthma flair up. He can be in the same room WHILE my fianc

4/4/2014 4:45:00 PM - raspberryblu

I started smoking when I was 18 and now at 50, it means I've smoked for 32 years.

In my younger years, smoking was not an issue for me. I enjoyed it and it helped me relieve stress. However, being diagnosed with diabetes and approaching my later years, my labored breathing and wheezing and the stale smell of smoke became a constant reminder of what I was doing to my body. I tried the usual methods; chantix, nicotine gum, cold turkey and nicotine inhalers. I would achieve some level of immediate success, but none of these provided long term relief for my need for cigarettes.

Having adult ADHD meant that the ritual of the hand to mouth and the inhale/exhale process was particularly soothing to me and helped me to quiet my mind and slow down for a bit. As a result, even though I could overcome the physical addiction, the need for that ritual had me returning to cigarettes time and again (usually within a couple of weeks).

Simply put, no other cessation method filled that void for me.

From the day I started using e-cigarettes, I was able to put down regular cigarettes without issue and have had no cravings or inherent need to return to standard cigarettes. I have been able to step down the level of nicotine to one of being almost non-existent.

I've been using e-cigs exclusively for about a month now and have not once considered or needed a regular cigarette. With previously tried quit methods, I was falling apart within the first week and using every ounce of will power I had to avoid smoking again, only to break down a week later and buy another pack.

After only a month, my energy levels are much higher and my overall mood is much improved. I no longer hear that "whistling" in my lungs when breathing and my daughter is much happier as she no longer has to smell the smoke.

For me e-cigs have proven to be invaluable in my ability to quit smoking.

4/4/2014 5:37:00 PM - Rico Chapa

I first started smoking cigarettes at the age of 12 when i could get my hands on them. By 15 i was a full time smoker with no intentions of quitting. I've tried numerous times to quit using sunflower seeds, mints, and even the disposable e-cigs but nothing lasted longer than about a month. I always said i could quit smoking when I wanted to and that I wasn't addicted. I used to make myself believe that i enjoyed smoking but just hated feeling winded all the time. In October of 2013 my girlfriend bought me an E-go blister pack with Menthol Tobacco liquid and even though i really liked it i still smoked a pack of Marlboro blue 72's a day. The latter part of November I gave in to the E-go and quit smoking real cigs, but still the craving was intense and it was really hard to stay away. Christmas of 2013 my girlfriend again bought me a Tesla Mod with a vivi nova tank and Winter Storm ejuice. I blended that with Honeydew Cotton Candy and Watermelon Delight e-liquids and never touched a cigarette again. The Tesla gave me the satisfaction i needed to give up smoking.

2 months after i quit smoking my doctor told me my high blood pressure had gone down enough that i didn't need to take any medication. It inspired me so much that i wanted everyone to quit and I decided to open up my own e-cigarette store.

I was a smoker for 16 unhealthy years.

Now i'm 31 years old, 5 months free from the slavery of cigarettes, and i'm proud to say that I am happier and life in general is easier now that i don't have to go out of my way to smoke a cigarette.

Living proof that you can "Vape it till you make it!"

4/4/2014 5:57:00 PM - Adam Page

I started smoking consistently at the age of 18. I was in bands and built guitars for a living. It kind of went with the territory. It also made it very difficult to even think of quitting. I was surrounded

4/14/2014 7:33:00 PM - Kevin

Electronic cigarettes have changed my life. One vape, and I was done forever. While their long-term effects are not fully known, we DO know that cigarettes kill half their users. It would have to be pretty bad to be worse than that, and we'd be seeing some of the effects by now.

Vaping is cheaper, safer, and stronger than smoking. It is a better technology in every conceivable way.

Vaping DOES help quit smoking. More so than any FDA-approved product anywhere.

4/15/2014 2:08:00 PM - lynnette Gibson of California

I was a smoker for 30 years.I had started smoking very young. I smoked a average of two packs a day. I had tried ever thing to quit but failed miserably including, chantex, welbutrin, nicotine gum, nicotine patches, counseling, and support groups. I just could not quit. My health started failing as I was wheezing and coughing daily. My lungs hurt and I had to use a inhaler to breathe. Then a miricle happened.I came across vaping! The day I picked up my vaporizer is the day I stopped smoking. I haven't smoked since. What amazed me most was I did not have cravings for tobacco smoking, I did not get extra hungry,

or grumpy, or have any withdraw symptoms! I owe it all to vaping! Because I was a heavy smoker I kept my nicotine at around 24 MG in the beginning.

This kept me completely comfortable. Another thing that amazed me was I was completely satisfied with vaping. I was able to get plenty of vapor and that throat hit that smokers crave. Something else happened after vaping, I completely lost my wheeze and cough! My lungs no longer hurt and I could breathe again! My smell and energey came back as well! I no longer required the use of my asthma inhaler!

I could actually breathe without it! My stamina was returned and I no longer got winded while walking. Vaping was a God send for me! I especially loved the vast choices of flavors that I could vape! I've never returned to smoking as I'm completely satisified with my vaporizer.

I think vaping should be celebrated! It was able to free me from 30 years of smoking when nothing else could and that's powerful! I thank God i found vaping and I'm so greatful for my better health. At the rate i was smoking there is no doubt it would have killed me! Vaping has saved my life! Now I'm one less soul who will die from the effects of smoking! For this I am forever greatful! Vaping has changed my life for the better! I can't put into words how truly greatful for this I am.I am now smoke free and very happy to be able to say that.thank you for reading my story.

4/16/2014 5:55:00 AM - Darcy Ferguson-Blouch from Gig Harbor, WA

I started smoking at 16. It was one of those foolish mistakes you make as a youth when you think you're invincible. Ha. I can quit whenever I want. Look how cool I am blowing smoke rings. I'm not addicted at all.

Nope.

Seventeen years later, I was still smoking. I tried to quit. I tried quitting cold turkey. I tried weaning myself down from a pack a day to nothing. I tried the filters that block out an increasing percentage of nicotine and tar. I tried counseling. I tried wellbutrin (which is an alternative to Chantix). I never made it more than two months, and that two months was only once. I usually only made it a day or two. I have hated smoking since I realized that quitting was not the simple task I'd believed it to be those first few weeks or months, but I couldn't quit.

I grew up training to be a singer - classical, opera, choral, theater. I was a first soprano, and I was really very talented. I got the sixth highest score for first sopranos auditioning for the Virginia state choir as a senior in high school. I was a vocal performance major at Christopher Newport University. I love music, and for most of my life, singing was what made me happy. Smoking destroyed my voice. I stopped singing because I didn't want to think about what my decision to smoke cost me. I stopped singing because smoking had destroyed the four octave vocal range I once had, and left me unable to even sing along with most pop songs because my vocal chords had been ravaged.

I spent a decade getting bronchitis that would pretty much invariably turn into pneumonia multiple times a year. When I got a cold, it would take me weeks to recover. Again, all thanks to smoking.

I used to run for recreation. That stopped because I was a smoker - my lungs, my body couldn't handle it.

I've spent tens of thousands of dollars on dental work because of smoking.

I stank. Oh my god, did I reek of stale tobacco smoke. I didn't even realize it while I was a smoker. For seventeen years, I smelled like the wrong end of a tar pit.

I can honestly say that the decision to start smoking was the absolute worst decision I have ever made in my life. I hate smoking.

Now, I'm married to a man who smokes. He's tried to quit, also, and he's had even less success than I have.

Two and a half weeks ago, my husband and I decided to give vaping a try in order to attempt to quit smoking. We went to a vape shop, bought PVs and liquids. We started

out with 18mg nicotine liquid and eGo starter kits, and walked out of the shop with the intent to gradually transition from "analogs" to vaping.

Five days later, on April 3rd, I quit smoking tobacco entirely. I found immediately upon vaping that it was much more pleasant, and that cigarettes tasted horrible. I smoked the rest of the carton I had after starting to vape and I was done - amusingly enough, smoking the rest of my cigarettes was a chore and I couldn't wait to be done with them, but, silly me, I couldn't justify throwing out three packs that had cost almost $8 each.

I haven't experienced any of the cravings or agony of attempting smoking cessation. I had a few twinges (seriously, like maybe five total) for the first couple of days, during times when I habitually smoked for years - after meals, taking the dog out, in the car, before bed - but as soon as I vaped, the "craving" to smoke went away. I haven't been crabby or felt sick. In fact, even with what I consider tobacco detox, coughing up a bunch of phlegm and other grotesque things, I feel better than I have in years. I can breathe deeply. I'm not wheezing. I don't feel a constant need to cough. My skin is clearing up. I can smell things so much better than I used to be able to. I can taste my food. My hands and feet aren't constantly cold or falling asleep. I have a lot more energy.

My voice even seems to be healing, albeit slowly. Two weeks of not smoking and for the first time in ten years, I can actually use my upper register. It's cracky and sounds horrible, but it's *there* and making sound, as opposed to the rasp of air passing through vocal chords that didn't work anymore.

The really amazing thing? My husband hasn't kicked tobacco to the curb entirely yet, but he has a physical fitness test this week and doesn't want to be detoxing from tobacco during it. So he's still smoking with every intention of quitting this weekend. Not once have I even had the desire to ask if I could bum a smoke off of him since I quit. The few times he's smoked near me, I was so disgusted by the smell that I definitely didn't to go back to it.

A few days ago, I upgraded my PV to a much higher quality one. I have also moved down to 12mg nicotine e-liquid and haven't had any problems with withdrawal or cravings. My eventual goal is to work my way down to no nicotine at all. And even if I don't get there, legit studies have shown that nicotine is about as harmful as caffeine, and that it may actually have some beneficial health effects, as well.

I no longer need tobacco. I am no longer a slave to the cigarette. I no longer have to sacrifice my health and my happiness, I no longer have to stop doing things I love, and can maybe start doing some of the things I used to love again, to smoke. I am free, and I am glad. And I have no reason to go crawling back.

I believe with all of my heart that banning e-cigarettes is wrong. Mine is just one of millions of tobacco cessation success stories out there due to e-cigarettes. Certainly, e-cigarettes, devices and e-liquid, need sensible and safe regulation from the FDA so that all devices and liquids sold legally are held to a safe and quality standard, and there absolutely need to be more studies done on the health effects. But as it stands, there are only two reasons someone would support the ban of e-cigarettes: Either that person is a fool and buys into bogus scientific research, pseudo-science, and deceitful propaganda, or that person has an agenda to protect big tobacco and the revenues earned from taxes on tobacco sales. One is ignorant, and the other is dishonest.

4/17/2014 8:37:00 PM - petitered

I have smoked since age 15.

I have been using electronic cigarettes with the flavored liquid to help me quit.

I walked away from cigarettes since the day I started.

The e-cigs have been the best thing on the market to help.

I am almost ready to give up the e-cigs.

Without them I never would have been able to quit. Please do not take these products off the market.

These products help alot more helpful than anything the NY QUITS help line gave me.

My whole family has now quit thanks to the e-cigs.

That is 6 more people that have a chance at a longer life.

4/19/2014 7:03:00 AM - quitting

Hello my name is joey.

I am a college student who is 19 years old.

I have been smoking cigarettes since I was 15. Worst mistake of my life.

Girlfriends thought i smelled, family and friends who didn't smoke were disgusted with me.

When i moved away to college I visited to a cape shop just to check it out. From the shop I purchased an ecig, after using it for a while I bought an ecig mod, or variable voltage vaporizer.

I haven't smoked cigarettes, or chewed tobacco since.

Ecigs have changed my life.

I am now healthier, and happier then ever.

If ecigs were ever banned I don't know what I would do. Thank you so much for letting me share my story.

4/19/2014 2:40:00 PM - Guy Viger

I started smoking at 16 yrs old.

Today I am 66 years old.

During the past 50 years I used nicotine patches without results, Nicotine gums were not helpful either, (except in loosening some tooth fillings).

I tried an e-cig while I had been smoking about 10 flavored cigars/day.

I was very suprised that straight away I prefered the e-cig to my beloved cigars.

The day after I bought an e-cig starter kit.

I completly quit smoking the same day.

I found my flavored cigars that I use to love to have become bad tasting. I threw away the ones I had left.

It has been over three months and I never felt any desire smoke. Quite the opposite in fact, even second hand smoke irritates me.

Guy

4/21/2014 9:49:00 PM - Darrell ny

I quit cigs whats wrong with ecigs really do you want me die maybe i can sue you? slap yourself in the face and ask why and then dont tell me your reason cause im sure its as stupid as my grammer is noexsitent and misspelled.

wwww

4/22/2014 4:38:00 AM - Susan S

I smoked cigarettes for 2.5 years about a half pack a day. I had tried to quit smoking numerous times at the request of my doctor but I could only go a day before buying more cigarettes.

On Feb 24 2014 I tried an e-cigarette and immediately knew I would never smoke a real cigarette ever again. I started at 6mg nicotine, then 3mg, and now after two months I am using 3mg and 0mg depending on my need. I have never even thought of returning to regular cigarettes.

Since I replaced smoking with vaping I have felt more energetic, started working out, lost weight, and even started jogging a bit. Mentally I feel great to have that smoking monkey off my back. My doctor is happy and even the clerks at CVS (where I bought my cigarettes) are proud of me.

The only negative is the initial cost of a vaporizer, tanks and ejuice. However I will soon break even verses the cost of cigarettes and then I will be saving money.

I eventually plan to stop vaping at some point but right now I'm very happy to have a less harmful habit than smoking. I encourage every smoker who's looking to cut down or quit to try e-cigarettes. They really worked for me.

4/22/2014 2:49:00 PM - Kevin

I smoked 2-3 packs a day for ten years. The patch and the gum didn't help me quit because they were too weak.

I tried cold turkey, I tried a schedule, I tried distracting myself, I tried replacing my habit with a new one (candy). None of them worked, and I addicted myself to candy in the process.

One day, on a whim, I bought a mid-range clearomizer-based starter kit and some very basic flavors. Midway through my first vape, I knew I was done with smoking forever.

I threw away nearly a full carton of cigarettes the next day, and I haven't wanted one since.

Vaping is safer than smoking.

Vaping is cheaper than smoking. Vaping is STRONGER than smoking. Vaping WORKS where EVERYTHING ELSE FAILS. Vaping has flavors. Vaping makes quitting MORE ENJOYABLE than smoking.

Regardless of what the FDA tells you, e-cigarettes ARE helping people quit. Thousands of us. You just need to get the right equipment, which costs about the same amount as one carton of smokes. You will NOT find this equipment at a gas station.

If it looks like a cigarette, then it's the wrong equipment. If it's not refillable, then it's not the right equipment. If it's about as cheap as one pack of cigarettes, then it's not the right equipment. If you've ever heard of the manufacturer, then it's not the right equipment. If you've seen it at a gas station, then it's not the right equipment.

Go to your local vape shop if you can find one, or a smoking/cigar/paraphernalia store if you can't. Google "vaping".

4/23/2014 12:44:00 AM - Sean Malone Phoenix Arizona USA

I'm 45 years old. I smoked cigarettes for over 30 years. I've tried every conceivable method to quit, including Cold Turkey, Zyban, Nicorette gum & patches and Chantix. All have failed me. I started "vaping" E-Cigs on January 1st 2014 and as of this story I am going on 4 months without a cigarette. My Doctor is thrilled with my positive health changes. My blood pressure is within normal range now, leading to a reduction in my medications. I have the energy of a teenager. I can breathe deep, and exercise without getting winded. My sense of smell and taste have increased, and my skin has a glow it's never had before. I will never go back to cigarettes. I truly believe that E-Cigs (Vaping) has saved my life and I will share my story with others in hopes of saving more lives.

4/23/2014 6:30:00 PM - Sal P, M.D., FACEP(disabled)

In the 1960's, a teenager with two smoking parents naturally started to smoke at age 14. This lasted until I completed my second year of Medical school when I quit cold turkey due to peer pressure. Many smokeless years passed until significant emotional and physical trauma resulted in my return to smoking over 2 packs of menthol cigarettes a day. Five years later, I successfully switched to Nicorette gum, and never touched another cigarette. The gum became a serious addiction, and its cost was an unwelcome stress. In the summer of 2010, I discovered the e-cig. My studies of the pertinent literature deemed them to be a safe alternative, and my financial resources lead me to invent a re-usable, single use e-cig. Four years have passed and I now vape for pleasure. It is not an addiction, as I can go for days without any cravings at all.

I vary the Nicotine content to my taste, as I do similarly with the Propylene Glycol and Glycerin. I have no signs of C.O.P.D. or any cardiovascular disorder related to my e-cig use. I highly recommend that any cigarette smoker MUST try switching to e-cigs. I believe e-cigs to be the only true cure for cigarette smoking.

4/24/2014 1:10:00 AM - T. Yarborough

I smoked cigarettes for 51 years. I started when I was 16, not because I like cigarettes, but I discovered that when I smoked, other people's cigarette smoke didn't bother me so much. My parents smoked, their friends smoked...nearly everyone smoked back then. Smoke was everywhere: theaters, airplanes, restaurants, everywhere. The last few years of smoking, I had switched to additive-free roll-your-own (RYO) tobacco as I was concerned about whatever was added to tobacco and filters by cigarette companies. I felt better using this tobacco, but was getting tired of the mess (ashes and butts), the odors, and was finally beginning to notice tightening of the chest and a little shortness of breath while running. I was lucky for a long time, I guess. I had tried to quit several times over the years, but never made it past the 3-day mark. Then my daughter came by one day in March, 2013, with an electronic cigarette. It looked pretty cool (black with a blue light), but I had thought the e-cigs were just a gimmicky fad at that point. I was intrigued, however, and did a lot of research. I wanted to know what chemicals were in the e-liquids, and how the vapor was produced.

There is a huge amount of information online, and I read a lot of it. I finally settled on a retail website and the owner was kind enough to talk to me on the phone to lead me out of some remaining confusion. From him I purchased a starter kit. It arrived on March 26, 2013. That is the day I quit smoking. I have not smoked since. It is really hard for me to grasp how easy and final it was. I didn't expect to quit; in fact, I didn't really want to quit. I still liked to smoke. But it no longer made sense to smoke and put up with the drawbacks. So in three days I will be smoke-free for 13 months. It is safe to say I will not smoke again. I had tried the nicotine gum and patches without success. And I had friends who tried hypnosis. They weren't successful, so I didn't bother. I really thought I would smoke until it (or something else) killed me. I think the reason it was so easy to quit via e-cig is that I still use my hands. I really think that is a big part of the habit, and that is why other methods fail. Vaping allows one to use the same motions that have become habit, and this is no small thing. Plus, the nicotine is still there. I don't understand all the fuss about nicotine. Caffeine is also a stimulant, but not many think it should be a controlled substance. I started out using 24 mg of nicotine liquid, then to 18, and am now at 12 mg. In a couple of months, I'll drop down to 6 mg.

I may decide to stop altogether at some point, if it becomes too much trouble. but for now, I am still astonished that I no longer smoke! There is no more tightness in my chest. I can breathe deeply with no twinges and am no longer short-winded. My sinuses have cleared up and I no longer have a near-constant sinus headache. I never knew that was caused by smoking. I no longer smell like an ashtray. Life is so much better.

My 2 adult daughters have also quit smoking and now use e-cigs. One quit in January, and the other is having a harder time, but she did quit in several weeks ago. Governments should be giving e-cigs to smokers, not threatening to ban them. I can

only imagine what a difference this will make in health care for the future. Health officials should be rejoicing along with me.

Thanks for your time, T. Yarborough

4/24/2014 6:46:00 PM - CSP

I smoked at least one pack a day of Marlboro Light 100s for almost 20 years.

I had tried numerous times to quit using the Nicotine Patch, anti-depressants and nicotine gum. I failed every time.

In December of 2012, my ex-husband sent me an electronic cigarette kit.

I am proud to say that I have not had a single cigarette (or even a puff of a cigarette) since December of 2012.

Not only have I saved a great deal of money, I am happier and healthier than I ever was before.

At this point, I can't imagine ever smoking again.

I still use nicotine in my e-cig but my co-worker, who also quit smoking with an e-cig, has stopped inhaling nicotine altogether!

While I understand regulating so that minors cannot use these devices, my concern is that the extensive regulation proposed today by the FDA will make selling and buying e-cigarettes prohibitively costly.

One of the greatest selling points that I have used to get others to switch their cigarettes with an e-cigarette is that not only is it good for their health, but it is better for their wallet as well!

In my workplace, four other people have switched from cigarettes to e-cigarettes in the last year.

It would be tragic if over-regulation stopped this trend.

4/24/2014 6:59:00 PM - Patrick K. from California

I am a former pack-a-day smoker of 13 years. E-Cigs helped me quit tobacco cigarettes completely a little over 2 years ago.

I have not smoked since, nor had the desire. I did not smoke tobacco cigarettes and vape e-cigarettes at the same time. The smell, tar and just about everything surround tobacco cigarettes lost appeal immediately.

Prior to e-cigs I had tried the following methods and means to quit tobacco cigarettes:

Chantix, "The Patch", losenges, "cold turkey", Nicorette. None of these methods or products worked for a substantial amount of time. Chantix actually had negative psychological effects on me, forcing me to stop using it.

Since I have quit smoking with e-cigs, I have experienced:

- Improved lung function - Overall increase in energy - Family and friends are happy that I am not smoking anymore for myself.

They are also happy to not be around 2nd hand smoke. As well as the absence of the putrid smell. - The ability to balance my budget and save money. - I am a new person today thanks to e-cigarettes.

4/24/2014 10:19:00 PM - Ben Desrocher terre haute indiana,

My name is ben desrocher, I have been using tobacco since I was 18 now im 30, I switched to e ciggs and I vape southern hospitality 6mg liquid from the vaporchef.com, I have been vaping for about 2 maybe 3 months and I tell you what, I feel better, I have the energy of a.20 year old, I can chase my son around the yard and not get tired, like how I.use to when I was smoking, my sinus are clear,.less colds, like no.bronchitis, I dont use tobacco at all, I.Will never use tobacco again, why would you, when you can go get clean and the purest form of liquid, way safer and healthier,I know tobacco companies and pharmaceutical companies are losing money and they have lobbyists and a big say so in the government, but they want money they dont care if.people die they just want your money, this industry is different their tryin to save lives and help people who.use nicotine, they have saved my life, I understand this letter probablly wont mean anything, I dont own a billion dollar.corporation that kills people so my say so probably doesn't matter,

but this industry has saved my life and I have a family who I.love and I want to be with my family as long as I can and this industry is doing exactly that, sincerely ben desrocher, please take peoples lives in.consideration

4/24/2014 11:52:00 PM - MFLORA

I smoked for 28 years tried everything to quite. The Gum, the patch, cold turkey the lollipops and the trouches even hypnosis nothing lasted long before I was sneaking to the store to buy a pack of ciggerattes and hide smoking them. then one dad I was driving by a new E-ciggeratte store and saw the had a starter kit on sale. I stop by to check it out didn't plan on buying. but the more we talked and more the customers talked I thought why not give it a try. I have been analog free since fathers day 2013. I feel so much better. my friends saw what I was doing and that I was no longer smoking analogs they started Vapping too.

4/25/2014 12:39:00 AM - Jennifer Holland

I started smoking at the age of 14 years, I have smoked pretty much my whole life, off and on. When got older, I started showing more and more signs of damage to my body from the cigarettes, I kept getting bronchitis in the winter months, having trouble just walking up and down stairs without being completely winded.

I started to break out in hives all over my body. After many trips to the doctor not being able to figure it out,.. It continued for 3 months, I started vaping e cigs, and within a week had completely quit cigarettes, to my surprise my hives had gone away. I had found that something they had recently added into the cigarettes , was the cause of my hives, I was allergic to something in them. I have been vaping for about a year now and can say with all my heart it's the best thing that ever happened for my body!! I can breath, I am not breaking out in hives. I'm saving money, I don't smell bad, my house doesn't smell bad and most important my health is 100 percent better, I haven't been to the doctor for bronchitis , or any other issues related to smoking!!!

4/25/2014 12:54:00 AM - Daniel McLain Houston TX

My name is Daniel McLain from Houston,Texas. I am nineteen years old and I'm proud to say I'm a vaper. Vaping saved me from a miserable and possibly a short life. I was smoking at the age of fourteen and I quit later when I was eighteen years of age. I was hooked on cigarets and when I was seventeen I tried to quit using nicotine gum and just dropping it completely but all I would do is get sick. The only reason I can play sports and breathe easily now is because I quit with vaping

4/25/2014 1:29:00 AM - Steve D. Peru, IN

I smoked a pack a day for 30 years.

I've tried to quit several times over the years and never made it past a couple of weeks.

I tried cold turkey, patches and nicotine gums.

Every time, I'd break down and smoke mostly due to the hand-mouth habit of smoking.

Last year, I got a free sample of an e-cigarette and found it to be somewhat satisfying.

Based on that experience, I did a little research on Reddit's Electronic Cigarette forum and proceeded to buy my first "real" e-cigarette four months ago.

It took a while to find some flavors I really liked and now my two main vapes are peanut butter and vanilla.

I can't stand tobacco flavored e-juices and I've probably got twenty bottles of other flavors just to mix things up every now and then.

Since I started vaping, I haven't had a single craving for a tobacco cigarette.

I haven't smoked a cigarette since the day I got my first mail order of e-juices. The smell of tobacco smoke makes me ill and I can't imagine going back.

I feel so much better.

I couldn't walk up two flights of stairs without feeling winded.

Now, I do two miles on a treadmill every night.

My sense of smell and taste have returned and I don't smell like an ashtray.

To date, I've gotten four other people to switch to e-cigarettes and they are having the same experience as I've had.

Vaping makes quitting tobacco enjoyable.

4/25/2014 1:44:00 AM - Andee from Broken Arrow, OK

I have been smoking since I was 14 years old, a total of 22 years. Over a year ago, I was in the "smoke hole" at my work and noticed someone using an e-cigarette.

They were using a cherry flavored liquid. It was nice tasting but why did I want to stop smoking? I liked smoking.

I couldn't just quit my pack every other day habit. I found out I was pregnant a few months later.

I decided I wanted to stop smoking, not just for 9 months but for the rest of my life.

I decided to buy an electronic cigarette.

I went to a local vapor store and started to sample the flavors.

Of course, I first tried the "tobacco' flavors. I immediately decided against

those flavors because they tasted disgusting.

So ended up with multiple fruit flavors at 6mg of nicotine. I was seeing my OB-GYN regularly.

He asked me how my asthma and allergies were doing and if I needed any refills for these medicines I have been taking all my life.

I told him I wasn't smoking anymore and I hadn't used my steroidal inhaler, my rescue inhaler, or my allergy medicine since I changed to an electronic cigarette.

He asked how long I had been using it. I answered for about 5 months.

He had this curious look on his face. He promptly replied with "That is great to hear. Smoking is directly related to the reason why you were prescribed all this medication."

To make this long story shorter: I no longer spend ~$75.00 a month on medication or the ~$100.00 a month on cigarettes. I never thought

I would be able to go a day without my rescue inhaler.

4/25/2014 3:12:00 AM - Sherry Loika(dolphinsp3rf3ct) from Tabor City, NC

I was a 2 pack a day smoker who started at 15 in the back lot of my highschool when the school allowed smoking in that designated spot by anyone no matter legal age or not that was in 2000-2001. Last year October 15th 2013 i bought an Ego electronic Cig,the refillable ones that you put flavor of your choice in and can change the wicks as well. That day i put down my newports and decided to only vape because I didnt want to die the way I seen my grandmother.She died in a hospice room 2 weeks after being admitted 1 week after they stopped feeding her because her feeding tube leaked, and 1 day after they diconnected the vapor from her oxygen which was also the only water she was recieving.All of this from Lung Cancer, and I watched her gasping for those last breaths. I only tried to smoke a regular cigerrette twice after getting my ego.The first time a week after,I took 3 puffs and it gave me a terrible migraine.The last time 2 days after that it smelled and taste so horrible i threw it down after one puff and trashed my last whole pack of cigerettes i had left.It is now April 24th 2014 and i am still smoke free and Happily vaping my favorite flavors french vanilla, blueberry cotten candy, and butterscotch all in nicotine strength of 24mg as i have since day one which i am happy with until such time i feel im ready to go with a lower strength. The best feelings ive experienced from the switch of smoking to vaping? Everything taste better, smells better,and my overall mood as well as self esteem is better as well.If I never quit vaping Ill still be happy because I know that Vaping helped me "Kicks the Butts" for good!!

4/25/2014 5:05:00 AM - Don from Georgia

I'm 49 years old and was a lifetime smoker. I smoked approximately 2+ packs a day for 35 years. Because of smoking I now have congestive heart failure and COPD with cough syncope (I faint and have seizures if I have coughing fits). In December 2013 I ordered an Ego starter kit and a few juices from an online retailer. The night I received them I gave up cigarettes. My breathing and lung capacity has improved. I can walk when I shop now. I've not had a syncope episode since then. Vaping won't cure my issues but it's improved my quality of life 100%. My wife hasn't

quit smoking but she's down to a cigarette every few days and makes most of our juices. If I were to go back to smoking I'm sure I'd be dead within a couple of years.

4/25/2014 8:14:00 AM - John Perry, Roanoke VA

I was a pack per day smoker for 20 years when I discovered electronic cugarettes. I had attempted quitting several times, however it never took. The day I purchased a simple disposable ecig in my local convenience store was the last day I ever put an analog cigarette to my lips. It has been two years since that day. My doctor says my lungs are clear and I no longer find myself gasping for breath after performing menial tasks.

Electronic cigarettes are a miracle cure for the addiction to cigarettes that's choking our nation.

Please don't force us to go back to using the death sticks.

4/25/2014 10:56:00 AM - Daniel Adams, Olympia WA

I was a smoker for 31 years, since I was 11 years old. Recently I was introduced to an electronic option known as "vaping" by a family member. After a bit of research I went to a local smoke shop and purchased a vaping device and some e-liquid. After some trial and error (about 2 days) I learned how to properly use the device and what particular ejuice I preferred. That was several weeks ago. I quit smoking within 24 hours of starting to vape, or use ecigs. Now I am smoke free. The vapor device allows me to enjoy and meet my 31 year habit of using nicotine and has greatly reduced the overall risk in doing so. My lungs are clearing up, I feel healthy, happy, and free!!!! My 4 children are no longer exposed to second hand smoke, though I always sought to minimize this as a way of life anyhow by not smoking near or around them nor in our home or cars. I've read many articles of late where

various MD's state there is no evidence that ecigs or vaping results in a reduction of smokers. That is a flat out lie!!! I personally am 1 of 5 family members that no longer smoke tobacco. I am in no way opposed to the FDA mandating that manufacturers provide documentation as to what ingredients are used in production of ecigs or the ejuice itself. This makes sense to ensure quality products are being bought and sold and to ensure these products do not contain other harmful ingredients like those in traditional cigs or other forms of cancer causing tobacco. That's something I support and would vote for. However... Any ban on ecigs or the nicotine solution that goes into them will inevitably cost lives. We know big tobacco doesn't want us to stop smoking and I am sure some states are seeing a drop in traditional tobacco related taxes and revenue. That's a horse that has been ridden for far too long in our country on the backs of Americans. I am no longer a smoker, I will never use traditional tobacco products again that contain tar, carbon monoxide, and a plethora of 4,000 known chemicals proven to cause cancer and thousands of other negative health problem. I've attempted to quit smoking at least 10 times in 31 years and until now have never need successful. Ecigs have saved my life, literally!!! If our government ever imposes a ban, I will take whatever means necessary to acquire these products, legal or otherwise. Big tobacco no longer owns my body, no loner will I poison my body with traditional tobacco products. Do I want to quit nicotine altogether? NO I do not. I do want an alternative, and now I've found one. Smoke free for 14 days, 9 hours, and 23 minutes.

4/25/2014 2:09:00 PM - l_strider_l

I was a cigarette smoker for 18 years, since I was fourteen years old, and like many I tried to quit and succeeded many times but always returned to using tobacco.

It wasn't until April 20th of 2013 that I decided I had had enough.

I quit "cold-turkey" that morning and did well for nearly two weeks.

On my hour long commute to work one day I endured one of the worst craving attacks I had ever experienced.

When I got to work I went online to seek out an alternative that would help me not to return to smoking cigarettes.

It was during this research that I stumbled onto a forum for electronic cigarette users.

As I encountered more electronic cigarette users and retailers I became interested in trying it as an alternative, in order to help me never use tobacco again.

More experienced electronic cigarette users pointed me in the right direction to find retailers who sold electronic cigarette devices and eliquids that were some of the most trusted in the industry.

It was important to me to understand what I was going to be putting into my body, something that I never could do with cigarettes.

I found American manufacturers of eliquid who proudly displayed the ingredients of their product, and the ratios of those ingredients, on their packaging.

The manufacturers that I settled on ranged in size, some small businesses and some large, but all had been researched by many electronic cigarette safety advocates and received positive reviews of their product

4/25/2014 6:30:00 PM - Philip J Eddy

I am a 55 year old male, originally from Chicago IL having move to Los Angeles CA in 1990, I started smoking Camel non filters in 1974 in high school, back then a pack of smokes and a soda cost a buck! How times changed, In 1978 I switched to Camel filters and was a pack and a half a day user, by the time I moved my family to California I was up to 2 packs a day, however justifying that by switching to Camel Lights, during the 80s my wife had quit smoking due to illness, but I kept a going, all the while noticing my lung capacity waning. I had a hard time playing softball and riding bicycles two of my favorite hobbies, by 2013 I was at almost 3 packs a day, my health sucked, stairs were a chore, riding my bike was nearly impossible, my skin color murky, wrinkles and overall poor appearance, looked 20 years older than I am, fast forward to 2012, I tried the patch during a knee replacement, lasted 6 days, in 2013 I tried the chantix pill, other than a waste of $100.00 plus all I got from that was some bizarre night mares, and almost 30 extra pounds, new year

4/25/2014 8:45:00 PM - J.L. McDaniel from Orlando, FL

I first picked up a cigarette when I was 13 years old. By the time I was 15, I was a regular smoker. I think it's very important to note I was part of the first generation of kids to live under the crack down on under age smoking. Adults could be arrested for giving kids cigarettes, teens could be arrested for having tobacco products in school, commercials on TV were not allowed, cartoon characters were banned, there was a ton of anti smoking media everywhere, S.W.A.T. which was a kind of anti smoking club for teens, etc. None of that phased me or any of my friends. We enjoyed the destressing effects of smoking and all the anti smoking stuff just made it seem cooler, more dangerous, and more rebellious. I point this out because I want to note kids make their own trends, not adults, and the more you try to keep something away from them the more they're going to want to try it and find ways to do so.

I continued to smoke until I was 28 years old. I didn't want to. My original plan was that I would quit when I was 21. That didn't work out, so I kept setting quit dates and kept failing to keep them. In the end I just gave up. By that time I had tried Wellbutrin, Chantix, the patch, the gum, snus, hypnosis, counseling/support groups, cold turkey, gradual reduction, magnets, cinnamon sticks, herbal replacement cigarettes (made from catnip), chewing gum, probably more methods that I've forgotten by now. I was a dedicated pack a day smoker and I just could not quit or even cut down.

I was introduced to ecigs by a friend that had successfully quit smoking using them. My first one was a cigalike, the low powered kind with the lit tip that looks like a real cigarette. It didn't produce enough vapor and required too much work with me pulling on its automatic battery to get a puff for me to quit successfully by using it, but I did notice it helped me reduce the amount of smoking I did.

I had this device for a year before I purchased my first high powered variable voltage mod. It just sat in my closet for a few months because I wasn't sure about how to use it since it had a dripping style atomizer and I didn't know enough about ecigs to shop for a tank to replace the dripper.

The final push came when, after a lifetime spent being susceptible to respiratory illnesses (not from smoking but genetics), my addition of smoking finally caught up with my lung health. I had terrible pain in my left lung, it was 100% obstructed, and the middle tissue surrounding it was swollen. None of the medication my doctor tried got rid of it, and no tests could find the cause for it. All I could do was take prescription pain killers to address the pain and swelling. I was very scared that I was now going to die the way I've seen other smokers die. I tried to quit again, but found myself still unable to do it. That was when I finally asked my doctor what he thought of me quitting via ecigs.

To my surprise, he was very supportive and optimistic about it as a solution. He knew my struggles with quitting, and reasoned that even if I didn't quit nicotine and just

replaced smoking with ecigs, I would still be greatly reducing the harm smoking caused to my health.

I quit cold turkey that week using the mod after getting help from the vendor with selecting a tank for it. It wasn't easy at all but I found that being able to continue the oral habit, the ability to see "smoke" come from my mouth, the throat hit, and the way more pleasant aroma and flavors of the eliquid made it bearable enough for me to continue on despite the withdrawal and cravings for cigarette tar. Within a month, my mysterious respiratory illness had vanished completely. I now have not only 100% lung capacity and health, but the added benefit of not suffering from any more respiratory illnesses like bronchitis and pneumonia, which had previously plagued me from early childhood onwards. I no longer fear chest congestion and can rest assured it'll go away without the need for major medical intervention.

I've also benefited in that two of my psychiatric illnesses, OCD and anxiety disorder, have also improved in terms of severity. I don't know if smoking made them worse or if ecigs have made them better, but there has been a noticeable enough difference that I'm not as reliant on prescription medication now.

I have been vaping for two years now. I have not touched a cigarette since I quit. My use of nicotine itself has been cut in half. With the variance in nicotine levels, it's easy for me to control the amount of nicotine I'm getting without having to try to reduce my oral habit, and bump it up when I feel I may give in to the urge to smoke. I started vaping 36mg eliquid, and now I'm on 6mg and 0mg. Even when I get to complete 0mg, I plan to always keep a device and 0mg available in case I get the urge to indulge the habit. I saw with my mom, who quit smoking for twenty years then started again, that even after you quit the urge and potential to start back up will always be with you. Having an ecig with eliquid that doesn't contain nicotine can greatly improve my chances at never touching nicotine again in my lifetime, much less a cigarette.

4/25/2014 11:42:00 PM - BC (TUS172)

I am going to be 60 years of age in 2014. I began smoking when I was 17 years old and averaged a pack a day that increased to 2 packs by the time I was in my 40s.

Like many others did not feel the ill effects of

4/26/2014 12:34:00 AM - Daniel Pinoy -- Irvine, CA

I started smoking when I was 16 and it started with Hookahs, or "Tobacco Water Pipes", even with asthma. I am now 21 years old and I started vaping when I was 20 years old. It's been almost a year and a half since the last time I've touched a real tobacco product.

From my experience, I've felt and noticed healthier conditions with using vapes.

When I was 16 and still in High School, I played basketball, and when I was smoking Hookahs, I felt the effects it did to me as I was playing. When I started vaping, I haven't had a cough or any effects to my body from what i'm inhaling. Vaping has been helpful for my nicotine craving that I got from hookah smoking.

While helping out a shop at the moment, I have noticed many new customers stop smoking from the first day they came in.

Vaping helps. Please stop with the abuse to Vaping and e-juice vendors and manufacturers.

4/26/2014 3:39:00 AM - Carlosvjr

I'm 18 years old California and I have been thinking for over three years. I started off as a heavy marijuana smoker. My friend showed me a vape and i loved if. I quite cigarets and weed and started to vape. Im a lot more calm and a lot less angry. I love vape and i love the fact that i wont get tar build up in my lungs. May vaping live for ever

4/26/2014 4:50:00 PM - linda

I smoked for 45 years and tried all of the quitting aids and always returned to smoking I even tried cessation groups and hypnotherapy. Three years ago I started vaping with the pens.I continued smoking for about 1 month and when I finished the pack of cigarettes I realized I didnt need them. I was vaping 36mg. I have since gradually moved up to mods and rebuildable cartomizers and slowly reduced the nicotine.

I now am vaping 3mg or 0mg. I still enjoy vaping for the habit developed over 45 years of smoking, but I can breath much better and have more energy.

4/26/2014 6:24:00 PM - Kyle

I have been a smoker from the age 15 and smoked 2 packs a day for 10 years. I recently started smoking again and smoked for 3 years. I purchased my first e-cig and quickly found that MODS provided better flavor and since using e-cig MODS, I have not smoked in 8 months. I feel so much better, and finally am free of smelly habit.

4/26/2014 8:05:00 PM - Simon Nicholls

I am 49 years old and was a smoker for 35 years, I have tried many times to give up but always failed until I tried e cigs, Using e cigs I gave up with in a week and haven't smoked a cigarette for 3 months now and never will again, Since

I started I am finding I don't get so breathless and my health is improving all the time, I've tried nicotine patches, gum and nicolites and none of these worked only e cigs made me give up smoking for good

4/26/2014 10:31:00 PM - Jordan M., New Jersey

I started using an electronic cigarette (vaporizer) in December 2013, and haven't had a cigarette since. I smoked for about 20 years prior to that. I looked into vapeing after reading some of the science behind it. I read some really informative articles, ones that listed the ingredients, which are far far fewer that those found in traditional cigarettes, which have hundreds of chemicals, either in them, added, or used in their manufacture. Many of which are known carcinogens. I won't deny that what kept me smoking all those years was the enjoyment i got from the nicotine buzz of a cigarette. Its the reason why people smoke in the first place. Ecigs have only a handful of ingredients. Water, glycerine, propolene glycol (used in medical inhalers and air filtration systems), nicotine, and artificial flavors (used in countless foods), heated to produce a vapor. Nicotine is comparable to caffine in its effects on the body, so the point is i now get my "fix" in a smoke-free, less harmful way. I can regulate the nicotine quantity myself, and i don't feel the need to have a "whole cigarette's worth", when i used to smoke cigarettes, i was sure to finish the whole cig. Now, if i just want to inhale once or twice, i can do that. And i also like the fact that it costs so much less. A $10 bottle of e-juice lasts me all week.

4/27/2014 1:43:00 AM - John

20 years

1 year ago

Mods

12mg nicotine

I have completely quit smoking cigarettes

Made the change immediately Straight from cigarettes to mods I can breathe better I can walk and run longer I can sleep better I feel better all the way around

4/27/2014 2:34:00 AM - Jesse Rogers

..i was a smoker for 20+ and my wife for 10+ years ..she didnt start smoking daily till she met me ..and so i felt that i need to do somthing to save my life and more importantly hers .we had tried the patches and gum /ect nothing was working and so we went back to smoking... until 2 months ago we were in our local mall and saw this kiosk that said (quit smoking start vaping) so we stoped started talking about it and bought two starter kits with some Juice and we never looked back quit smoking the very first day.. i went to work the next morning and told everyone ..i have coverted over 45 people to vaping and i have found my purpose in life and that is to get as many smokers to convert over as i can and i will do this till my last VAPE .

4/27/2014 3:41:00 AM - I'm Emmanuel chico from Florida ecigs helped my heath and my stress and it helped me stop smoking and more I live a better life and I have more energy and I feel alive.

Well I started smoking two years ago, and since I started smoking I was starting to feel weak, and my taste buds were bad when I ate food, my heart and lungs weren't so good. I tryed to quit but I cudent I tried everything but when, I found out about ecigs I tryed it and I haven't stoped vaping, finnaly a change to my health and no second hand smoke to the people around me.

I felt good and healthy and full of energy And the people around me

don't complain no more.

4/27/2014 4:26:00 AM - buddy t

I have been a 25+ year smoker and I am smoke free thanks to e cigs,I use the innokin I taste MVP v 2 and I feel better because of it,the e juice is 12 percent nicotine and

I have no plans on going back to smoking,please do not ban e cigs,you may put regulations on them for minors but really these things really are for adults to help them kick the habit,thank you for your time

4/27/2014 4:39:00 AM - Tyler From Durant, Oklahoma

My name is Tyler, I live in Durant, Oklahoma and I am 26 years old.I smoked cigarettes off and on until I was 18 then I became a full time smoker. I first started vaping 3 years ago and kept smoking cigarettes off and on while vaping for that time. I finally gave them up thanks to vaping on January 1st 2014. I felt like I didn

4/27/2014 8:01:00 AM - joshvapemech

I smoked cigarettes for 2 years I was a 5 cigarettes a day smoker.I started using a alternative to smoking 3 years ago.I started with a normal ecig then moved to a mod.I started with 18mg liquid then slowly went down to 0mg.I haven't smoked a real cigarette in 3years so when I started vaping.I switched ecigs immediately.I tried to quit smoking the first year smoking but I couldn't do it.I couldn't go a day without smoking a cigarette.when I stopped smoking and starting after a couple weeks I started getting my taste in food back after a month I could actually go for a run without getting completely out breath a couple months I could breathe fine again I felt great after a year I got all my feelings back I didn't get tired after going on walks I could actually go out with friends without having to smoke every hour vaping has changed my life forever

4/27/2014 9:43:00 AM - (oonah)

i am a 59 year old woman who began smoking at age 15...for anyone doing the math that means i smoked for 44 years.

altho having tried many times using various methods to quit smoking my success was never long lived.

methods included cold turkey, acupuncture, wellbutrim, patches, lozenges, counseling and meditation...even prayer.

due to ongoing health concerns, breathing problems and the loss of the upper range of my singing voice it had become much more crucial to me to break the habit recently.

and of course my doctors through the years have always encouraged me to quit.

in january of this year i picked up a vape pen and some ejuice on a whim.

since then i have been tobacco free.

haven

4/27/2014 9:58:00 AM - David,Rochester NY

I started smoking after school with

4/27/2014 11:14:00 AM - Steve Wright

My Story After 50,

yes 50 years of smoking a pack of cigarettes a day and many failed attempts using the traditional methods I decided to try e-cigarettes. That was 7 months ago.

I have not had one cigarette since. I started with a high nicotine level (24mg) and now vaping 12mg to 9mg and plan to go to 6mg soon.

This is the most successful attempt at quitting smoking I have ever tried.

I have zero desire to smoke a cigarette. Steve Wright Portland, Oregon

4/27/2014 1:35:00 PM - Elizabeth Andino from Massachusetts

36 years ago when I was 12 I started smoking cigarettes. My best friend would steal a couple from her parents packs and we would go hide in the bushes and smoke them.

We really thought we were cool.

By the time I was 16 years old I had a pack a day habit.

In the 70's there was very little information given to kids about the dangers of smoking.

We were told not to smoke because it was disgusting!

I cannot remember anyone ever telling me that it would eventually fill my body with disease.

As an adult I have tried most methods for quitting and failed with all of them.

I tried nicotine gum, patch, meditation, hypnosis, Wellbutrin, and Chantix, none of which worked.

Chantix might have worked except for the cost.

My insurance company in its infinite wisdom would not pay for the drug, but were willing to pay for the medical care needed as a direct result from smoking!

So Chantix could not work for me if i could not obtain it.

I am 48 years old now and have been completely smoke free for one month.

In 32 years this is the longest period of time that ever went without smoking.

I use e-cig mods now, without them i would never have been able to stop smoking.

My house smells good, my car smells good, my food tastes better, and people have told me that I smell good.

I walked around the block recently and did not find myself winded!

Most importantly, by

quitting smoking I have halted the damage that was going on in my lungs and the rest of my body.

I have just this week been diagnosed with emphysema a progressive disease that will not progress because I stopped smoking.

I do not think it is an overstatement to say that e-cigs have saved my life.

Now I hear that the government wants to regulate the e-cig business by banning the independent retailer and awarding contracts to the tobacco companys!

Does our government want a nation of sick people?

Does our government want only to line the coffers?

Nicotine is an addictive substance, so is caffine.

Nicotine obtained through smoke, which contains all manner of deadly substances, will kill.

Nicotine on its

own will not.

Please do your research.

Please help me to

be able to get the smoking substitute that will keep me well and able to see my grandchildren grow up.

I am 48 years old and I am a non-smoker thanks to electronic cigarettes.

4/27/2014 2:08:00 PM - Wanda Hartsock

Hi,I am a fourty year old female who started smiking at thirteen.Before discovering e cigs i tried nicotine patches,gum and cold turkey to quit smoking. All of those methods failed. I starting using an e cig Feb.17,2012 and havent bought a pack of cigs since. The transition was so easy! I use to get throat infections and severe bronchitis several times a year. Since i have been vaping....i havent been sick once.I feel so much better, i can smell, taste,run and no longer smell like an ash tray.

4/27/2014 3:31:00 PM - Sean R.

Hi, my name is Sean, I started smoking cigarettes around the age of 13, I smoked all the way up until the age of 20. Electronic cigarettes were a new alternative so I decided to buy one. Just to clarify, it was not a small e-cig that you can pick up at any local convenience store, it was a variable voltage/wattage mod. Since deciding to buy a nicotine vaporizing mod I have been tobacco free for over a year. The health benefits have been enormous, such as my blood pressure becoming healthy for a young male, unlike my constant reading of 138/90 when I was smoking cigarettes, I am now worry free of cancer and all the health risks associated with cigarettes, and my lungs actually functioning as they were intended have inspired me to start playing basketball at my local courts multiple times a week which has lead to weight loss which has lead to a healthier lifestyle and a hell of a lot more self-esteem. Not only have vaporizers benefitted me but also my community. I would see closed down little shops just adding to the depression of our economy, but now 3 vapor shops have opened up and I'm quite happy to know my dollar spent going towards e-juices is a dollar earned by the hard working American who opened up the shop and created the e-juice himself and not a foreign entity that only sucks money from my small community. I hope others see this as a testimonial towards a longer lasting life and a way to support the hardworking American business which is so rare these days.

4/27/2014 3:48:00 PM - 1DopeBloke (Philly, PA)

I am a 37yr old male who smoked for 20yrs n the last 10yrs of that, I smoked 2packs a day, yes, 40cigarettes a day. I never even thought of quitting because I enjoyed smoking, even while knowing it was slowly killing me. It gave me high blood pressure, neuropathy in my feet, n just horrible circulation in general, n that's just the start of the health issues I was encountering. I tried years ago to quit using nicotine gum n a patch but wound up smoking on top of that also. I had no plans on quitting smoking because it was just thought of as a dream n would never happen. That is, until one day a friend of mine had an e cigarette at work n I took a puff from it, I was amazed at the vapor production n taste this thing provided. It was a Ego style battery with a clearomizer tank known as a Evod Starter kit. He had gotten it the day before n was quitting smoking. I went home n ordered the same thing that night with the thought of using that in places I was unable to smoke real cigarettes. After getting my Evod Starter kit a few days later, I had 2cigarettes the 1st day it arrived n not one since. I don't even like the smell of them anymore n won't ever go back to real smoking again. I viewed this as a miracle n something that was Devine intervention as I was not looking for it, e cigs found me n saved me. Now I'm looking to save E Cigs, or save the E Cig industry as we know it. I will not ever give one penny to big tobacco again, nor will I support any small business in talks with big tobacco looking to sell out. I now build my own coils n use a device known as a "mod". It's now a hobby n I spend a good amount of cash funding my new hobby. Today is day 100 since I've quit analog cigarettes n I'm now feeling my feet for the first time in a decade. I'm enjoying food as my taste buds have returned. I'm also able to jog n walk my dog without having to take a break or coughing up hunks of phlegm. Vaping has given me a new lease on life n a new hobby to enjoy. I have also benefited from the Vaping Community, we are a tight knit group who love helping one another n helping others thru the tough period of quitting the analogs. I am now down to 6mg e juice n stared at 24mg. I support FDA regulation, to a point. I agree on over 18yr old sales. I also agree on nicotine warnings n ingredient listings on labels. I want child proof bottles,all of us want these regulations. I feel the other regulations will however, cause this industry to fall into the hands of big tobacco, thus causing a black market n that will be more unsafe for all of us. I, as do many of my new friends, owe E Cigs my life n feel my voice should be heard. I am one of many. I successfully quit smoking because of E Cigs. Please, let others have the chance that I have. Thank you for reading my story.

4/27/2014 4:12:00 PM - Jason Abrahamson from Minneapolis, MN

I have been a cigarette smoker for almost 25 years, smoking a pack a day for 20 of those years. I started using e-cigarettes 6 months ago and haven't picked up a cigarette since. I first started with the little fake cigarette looking thing and just didn't get the flavor I was looking for. So I found my first personal vaporizer, the flavor was perfect and I didn't even want a cigarette after that. It completely killed the cravings for the tobacco and harmful chemical filled sticks, cigarettes. I have been tobacco free for over 5 months and love my vape gear. It is more than just a way to quit smoking tobacco and filling my body with deadly chemicals it is also a hobby, collecting certain products that I like. I also like all the flavor options you have with vaping. These devices are going to save my life. I can now smell cigarette smoke on people as they walk by me, food tastes better, I feel better and most of all I no longer put the nasty chemicals into my body from smoking tobacco cigarettes. I truly hope for my sake and the sake of my fellow Americans that we will be able to continue to vape and be cigarette free for the rest of our life. This is my story, the way I quit killing myself and decided to live longer for not only myself, but for my children as well.

4/27/2014 4:28:00 PM - jeff haus

first off I love the ecig/vape pens I smoked for 14 years they are great so don't take that away let us vape and let all the new people try to stop smoking. You guys are amazing thank you.

4/27/2014 5:09:00 PM - Jason

I've been a pack and a half a day smoker for 24 years. over the years I've tried to quit many times, cold turkey, the patch, gums, snus, none of it worked. I recently had a new baby daughter and decided I had to give quitting another shot. I had heard of and seen others vaping so my first step was to buy an njoy king at the gas station. day one and it was working but a gas station cigalike a day is expensive. and I quickly moved to an ego style kit. in the 4 months I've been vaping I have not quit smoking completely but smoke maybe 5 to 7 cigarettes a day and continue to cut that back. I've currently moved from ego style kits to mech mods, VW devices and rebuildable atomizers. I vape 12mg liquid

4/27/2014 5:23:00 PM - James Swift II

I'm a 49 year old male that has been smoking cigarettes since I was 14. I'd steal a few from my parents pack at first and then in high school I got into the habit of a pack or two a week. As the years went by I increased my usage to a pack a day and for the last 20 years it's been 2 packs a day and sometimes more. I tried vaping for the first time on 12/31/2013, New Years Eve and have not had a single cigarette since.

I'd tried all the other gimmicks out there and none of them worked for me. I was so overwhelmed by how well this worked for me that I started working at a local vape store and loved seeing people come in a tell me how they were able to stop smoking cigarettes by vaping as well. People from 18 to people in their 80's and some on oxygen would come in because this is what worked for us. Now our Government wants to ban the use of this wonderful product. This is just wrong on so many levels but unfortunately what our Government does. Stick together my fellow vapers.

4/27/2014 7:32:00 PM - William LaRue. McAlester, Ok

Hello, my name is Bill LaRue, I'm 40 years old and for the last year I have been cigarette free for the first time in 29 years. I started smoking at the age of 10 after my father passed away and was a 2-3 pack a day smoker for 20 years. I had tried every method known to quit smoking from patches & gum to medication. None of these worked for me. I believe largely because smoking is as much an emotional addiction as it is a physical one. Smoking is something to do, when bored or anxious to me it was almost meditative controlling my breathing. No cigarette alternative had given me that before. This is why I believe my vaporizer (Ecig) worked. I had tried friends little Ecigs, (ciggalikes, the little cigarette shaped Ecigs) they tasted terrible to me. In April of 2013 A friend of mine came up to me with an ego style vaporizer wanting me to try it, I actually liked it and purchased one for myself the next day. I have not had a cigarette since, in the last year of being smoke free I have also gone from 18 MG nicotine in my E-juice to zero nicotine level which I had done in the first 3 months. I still use my vaporizer since I enjoy the flavor and it still provides me with something to do. In the last year I have regained my sense of smell and feel better than I have in years. I have more money in my pocket and have also gotten friends and loved ones to quit smoking through the use of APV's or vaporizers.

4/27/2014 8:09:00 PM - Josh Berndt from grove ok

When I decided to quit smoking I had tried the "blu" ecigs at first and they didn't work worth anything. When I started used the bigger e cig mods and e juice I was able to step away from smoking completely. I have been smoke free for two years. This process has helped my mother and father also quit smoking. This is the best option to stop smoking over anything else.

4/27/2014 8:20:00 PM - Cody McDaniel

Hello My Name is Cody McDaniel. I am 27 years old. I am from Houston,Tx. I was born in Clearlake,Tx and raised in Baytown,Tx. I started smoking when i was 16 yrs old. When i turned 17 i started smoking a pack a day and continued to smoke for 10 years. I quite approx. 2 1/2 months ago thanks to E-Cig's.

How it all started.....

Well approx. 6 months ago i went to the doctor due to alot weird strange changes in my body. Alot of coughing and weezing and was having a hard breathing just walking down the stairs just to get in my car to get to work. Also, to add to the fact my eating habits were terrible i was completely out of shape. So when i came to my doctor about these problems that i was having i took alot of blood test and a couple of days later i received my results. Doctor stated that my blood pressure was 150/109 my cholestrol was over 296. If i didn't clean up my life i would be looking at a heart attack by the age of 35.

So i took that advice and decided to clean up my life. Now the doctor did say that my eating habits most likely have alot to do with my blood pressure being so high and didnt mention much about the smoking of ciggarettes. So after about a month of the quitting of drinking soda's and eating fast food i went back to do the doctor to get my blood test and to see my improvements. My cholestrol level was down my liver panels where still quit elevated but have decreased but my blood pressure was still really high and didnt improve very much. Thats when smoking cig's

were brought to the light and was the cause of my high blood pressure.

My doctor told me that i need to seriously think about trying to slow down on smoking cigarettes and my only response was psshhh... How am i going to do that without seriously stressing my self out about it?... So i left and continued my good eating habits.

Until i started noticing that i started getting bad head aches and starting having this popping sound (almost like a oceans water crashing against a wall) and these dizzy spells and even one time a dizzy spell hit me when i was at my desk at work and almost fell out of my chair. That was a extremely embarassing think to happen at work because everyone thought i was having a heart attack. My chest was tight and could barely breathe. I was needless to say scared out of my mind and thought one day i am going to die like this.

Also to keep in mind i do not drink alchohol. I refuse to drink alchohol after seeing my uncle die from liver cancer due to Alchoholsim in 2012. Also, did not drink very much prior to that anwyways.

So after having that incident at work i decided to look for a way to get me off smoking. I have tried patches in my prior years and nicoret gum but both make me sick to my

stomach and i know i couldnt do that and try to quit smoking. So i almost felt lost and was really close from giving up and just dealing with the problem in which were coming my way if i didnt quit smoking.

UNTIL i came into approx. 2 1/2 months ago and ran into a co-worker that was smoking a Personal Vaporizer (aka E-cig) It was a evod kit with

a Clearomizer and a battery attached to it. SO i asked WHAT is that your smoking. She said i quit smoking a couple of weeks ago and i started vaping and was completly taken away by it and i was "Oh my god something new i havent tried". So later that week when i got paid i went and purchased my very first Vaporizer. Varible Voltage Device witha Kangertech Mini 2 with a 50pg/50vg Blueberry E Juice and i have never took a step back again.

I have not had a smoke in 2 1/2 months thanks for E-Cigs. Now i have moved onto vaping as a complete Hobby. I just purchased my first RDA and RBA and mecahnical mod that i am really happy about getting and cant wait to use it.

Now just 2 weeks ago to this day i went to the doctor and got my blood tested the whole works.

I received my results late last week my blood pressure is completly normal chloestrol is still a bit elevated but improved my 90%. So i am well

on my way. I started excerising again and i feel more motivated to do thing and i feel completly empowered and self confident.

Vaporizers, varible voltage and wattage devices and ego devices and mechanical mods as well have changed my life completly for the better.

I think what needs to be looked at is the fact that the FDA will approve alcohol and fast food and ciggarettes for consumption and knowing that

it is killing millions of people so why bother a industries that is only improving the community and stimulating the econmy. I have seen more shops being set up everyweek. Pretty sad that the United States of America allows America to kill itself.

So has Vaping change my life. YES it was for the complete better and i plan to continue to do so.

VAPE ON!!!

4/27/2014 9:31:00 PM - Lynnevapes

I hope everyone out there lets the FDA know what vaping has done to improve their lives and that is why I am here.

I started smoking when I was 15 years old, just to be cool and continued until 1 month before my 55th birthday-a smoker for 40 years.

I had tried to quit numerous times in my adult life.

I had told my self I would quit on my 55th birthday but I already knew I couldn't do it. So instead of failing again, I started doing research on e-cigs, even after reading about them I was still hesitant because of (this still makes me laugh) the risk!!

Too funny, anyway, I bought a device online, messed around with it, tried another, another flavor etc.

I finally got the hardware combo along with the flavor PERFECT for me.

I vaped at nicotine level 12 for a few months (at the time I decided to switch to e-cigs, I was down to 12-15 tobacco cigarettes a day) then continually lowered my nicotine level - this is important, at my own rate and when I felt comfortable.

Today, I am at zero nicotine.

I vape now after meals, when drinking alcohol, when I get stressed and when I am just bored. I have made it

entire days without vaping. But the cool thing though is I don't want a tobacco cigarette, the e-cig takes care of my craving.

There-that's my story.

I have been tobacco free for over 8 months and every single day I am amazed to even think I did it all by myself-no drugs, no doctor, just using the e-cig and vaping.

I AM FRIGGING AMAZED!! And I will continue to tell all my smoker friends (converted 2) and family (converted 2 sisters) about it and convince them it is the only way to quit, and if not interested in quitting it is 1 TRILLION times safer and healthier than smoking those stinking lethal tobacco cigarettes.

Thank you for letting me tell my tale, good luck to ALL vapers no matter their goal and here's hoping the FDA fails miserably at striking down something as miraculous as e-cigs.

4/27/2014 11:52:00 PM - Dave Weber

Well I started smoking at a early age...and by the time I was 16 I was a pack and a half a day smoker...I've tried to qout smoking numerous times..I went to visit family members in the hospital or heart attacks..I've been on the ICU floor and I saw the affects of smoking..I've tried cold turkey and I've tried cessation classes. I tried the gum and patches. .none of which worked..I bought my first e cig on November 1st and my girlfriend got one 2 days later neither one of us had a cigarette since. And it's only been 7 months .but this is the longest I went without a cigarette with all of the other methods I tried combined..I like that you can choose your own nicotine I started on 18mg of nicotine and now we both are down to 6mg with plans of going lower..I walk my dog 3 miles everyday..I feel so much better not smoking..I no longer get out of breath..I don't wake up in the middle of the night hacking my lungs up.I do not have pains in my chest anymore. My food tastes better.

And the world around me smells better..after smoking for over 20 years I realized not only was I killing myself one cigarette at a time but I was missing out on wonderful tastes and smells.vaping changed my life and others like me for the better I agree that somethings need to regulated and studied but this can help so many more people please please do not take this away from us. I feel that if your a parent you teach your kids right from wrong..be responsible with your vaping equipment. I feel this saved my life and I don't want to go back to cigarettes please don't take these away....

4/28/2014 12:49:00 AM - Pat Masherelli

I started smoking at the age of 12. I quit at the age of 24 and it lasted about 10 mths before I found myself smoking again. At the age of 31, I was diagnosed with Arnold chiari and syringomyelia. I had 5 brain surgeries. I was in the hospital for about 3 months so I didn't smoke for appx 8 months. Then I went back to smoking due to depression. During my smoking years, breathing was bad, always feeling tired, taste of food was deminished,very bad coughing and my family was always telling me I stunk like smoke and I was the last person who should be smoking with my illness. (from all the meds I was prescribed I also gained in excess of125lbs). I knew I shouldn't

smoke, but I was addicted and it calmed my nerves. On February 28th 2012, I made a promise to my family, on my birthday march 1 I will quit smoking. The morning of my birthday I went to the gas station and purchased a logic e cig....(one of the best choices of my life). From that day until present I have not touched another tobacco products. I have found this wonderful life of vaping. Now, I

can only tell you what has happened to me. Within 3 days of no tobacco products only e cig at 12 mg nic, I got my energy back, My morning cough has subsided, my taste buds came to life, my family says I smell wonderful now, and my whole family is so proud that I quit that deadly habit and not to mention expensive. The moral of this story is.... It would be a great injustice to the e cig/ vapor industry by the same rules and regulations that are set for big tobacco when there is no evidence of same health risk. I also feel, if the same regulations are applied to e cig/vapor industry as are to big tobacco, it would be a negative impact to any one looking to seek this alternative route.

4/28/2014 1:46:00 AM - Luigi Ciorra

My name is Luigi Ciorra, I was a smoker of Big Tobacco Industry for 26 years. I started when I was 14 years old. I am now 40 years old. I tried through out the years to stop smoking cigarettes and had no luck of a brighter tomorrow cause of not just the Nicotine addiction but also all the other unknown properties of chemicals that are hidden in cigarettes. I feel the tobacco industry has profited by inserting other addictive chemicals into cigarettes cause when I stopped I tried to use other forms of FDA regulated and Approved means of substances to help wean me off of nicotine but I was always drawn back to cigarettes cause I felt there was something lacking.

As of recently in the past 6 months I feel Vaping has purified and cleansed my body of any addictive substance or chemicals that the tobacco industry has included in their tobacco Products.

I have been vaping for 6 months. I started at 1.2% nicotine or 12 milligrams of RX Pharmaceutical grade Liquid nicotine - 80% Vegetable Glycerine and 20% Propylene Glycol based flavor.

In the 1st month I was going through a withdrawal process of not getting over a fascination of the enjoyment I thought I was getting in cigarettes. I couldn't sleep and I had Night sweats and my mind was constantly calling for a tobacco cigarette to the point I could not sleep. Even though I was fully aware and conscious of the negative effects of what the Cancer producing tobacco industry end results are. I didn't care for my well being all I yearned for was one more tobacco cigarette. I then realized at that point, there is something else in tobacco that I was not made aware of and I believe they put some sort of a mind altering control drug in tobacco cause the withdrawal process really took a toll on me physically.

So the start of month 2 I decided to wean myself even lower to the point of half of nicotine dosage in my E-Liquid, The More I Vaped It became apparently clear That I no longer physically had an addiction to tobacco leaf Products therefore the More I Vaped the more my mind became more aware of the mental dangers of what the tobacco industry has implemented onto me through smoking their tainted tobacco products.

I cruised through Month 2 with no mental anguish and decided that by the last week of Month 2 I decided that 6 milligrams of RX Pharmaceutical grade Nicotine was still to much for me So I weaned down till 3 milligrams of Pharmaceutical nicotine.

Month 4 came around and I finally decided that Vaping is no longer a need for a replacement for nicotine of tobacco cigarettes but it became more of a hobby so I decided that ZERO milligrams of nicotine was more sensible for me to Vape.

So here I am today. Nicotine free and socially Vaping at Zero Nicotine. Now Vaping to me is considered more of an enjoyment like having a glass of wine with dinner. I have no physical or mental calling for nicotine what so ever.

I hope this story gets read and I really hope it motivates the NAY SAYERS to put less of a negative outlook on Vaping and more of a positive step in the right direction, without harming any American born business and does not decide to hand over this industry to Big Tobacco Companies because then Who knows what Addictive chemicals asides from nicotine the would put into e-liquid to gain that control once again that would escort us right back into smoking tobacco leafs

Sincerely,

Luigi Ciorra

4/28/2014 1:51:00 AM - Kevin Trojan(DrCrackula) from Buffalo, NY

Like a lot of smokers, I started young. 13 years old. I knew it would eventually shorten my life span, but I did it anyway, because smoking was cool.

As I grew older, I started to loathe what bring a pack a day smoker was doing to me. Shortness of breath, mass amounts of tar-darkened mucus every morning, and even sometimes during the day, and I smelled awful all the time.

I first tried vaping when I was 21. My friend had a Blu Cig kit when they first hit the market, and I loved the idea of it, but it just wasn't as efficient as I needed it to be. A few years went by, and while working for a national convenient store chain, I tried Njoy disposable e cigarettes, and shortly after their rechargeable kit.

It still didn't do the trick, so I continued on smoking until November of 2013, when I had absolutely had enough of feeling like garbage all the time. I visited one of my local brick and mortar vape shops and purchased an ego-style battery and a clearomizer. It worked very well for me for a few weeks, but being disappointed with the battery life of the ego battery, I quickly jumped into Mechanical Mods with interchangeable batteries. A few weeks later, I bought my first rebuildable atomizer, and my life changed. I officially had a new MUCH MUCH healthier hobby. Within about a month, I could already feel a physical, and mental change. I was no longer wheezing, coughing up disgusting wads of tar and mucus. And I had officially kicked "cancer sticks".

Vaping has become so much more to me than just traditional cigarette cessation. I have tons of acquaintances I've met through vaping.. A creative hobby of rebuilding dripping and tank style atomizers. I've started collecting different mods, and rebuildable atomizers, discovered incredible e-liquid flavors, and most of all, became a part of an incredible community of ex smokers who truly care about others.

There's no other smoking cessation method that has ever yielded this kind of success. Millions of people have lengthened their life span by switching to vaping.

I started at 12mg of nicotine e liquid 5 months ago, and now I'm at 6mg.

This industry improved my life beyond measure. I feel like a completely different person than I did a year ago. Food tastes better. My nose is no longer half-stuffed at all times. And most of all, I'm not longer inhaling hundreds of harmful/carcinogenic chemicals 20 times a day for 5 minutes at a time.

Thank you for reading this. I'm extremely passionate about vaping, and I really don't know what I'd do without it.

4/28/2014 2:08:00 AM - Leonel Saucedo from Los Angeles, CA

1)smoked for 4 years 2)2 years 3)mods 4)no cant even smell them at all 5)Yes for about a month and i cant even stand the smell of cigarrettes 6)no did try anything always needed a cigarrette 7)i dont smoke anymore and even stand the smell when people smoke around me when i used to smoke almost a pack a day. All i use now is E-Cigs and vape mods but mostly Mods

4/28/2014 2:51:00 AM - Robert Price

Before the use of using the electronic vaporizers commonly known as e-cigarettes,I smoked for eighteen years with little success in quitting for more than a few weeks at a time. I tried a combination of nicotine gum, books and support groups, as well as making packs with friends over the years, but nothing ever seemed to work. My first experience with "e-cigarettes" was in 2009 in which I successfully went without a cigarette for about eight months, and again in 2010 for about four months, but went back to smoking just because it just wasn't the same. Last September, after smoking a pack to a pack and half a day,I decided to use the only thing that has ever helped in quitting smoking and bought a new e-cigarette. I have not wanted traditional cigarette or cigar since.

The problem my previous attempts in using the e-cigarette was I was using older technology, that used cheap Chinese e-liquids making my experience not as satisfactory as smoking did. You can still find these cheaper products in gas stations across the country. I now use a combination of lager devices and U.S. crafted e-liquids made by smaller venders in the vapor community. I finally found something to relieve my nicotine cravings using products that are as enjoyable as I once found smoking and are not owned by "Big Tobacco" or Chinese corporations.

I cannot tell you the long term affects of using e-cigarettes but, I can tell you after eight months of not using more traditional tobacco products I look and feel, much healthier. I am a lot more active than before and can do things like run, snowboard and mountain bike for longer amounts of time without getting out of breath or tired.

My since of smell is back and don't get sick as often. I also get no complaints from my friends and co-workers about smelling bad from smoking. Life is all around better using e-cigarette products as opposed to smoking.

My fears with the bill being proposed is that we will lose the smaller venders and e-liquid manufacturers that will not be able to afford to keep their businesses running or continue to advance their products during the application processes. The improvements to existing products, as well as, newer, safer, better products being created will slow down or almost cease in the United States. This could cause a takeover in this industry by companies owned by "Big Tobacco" who in my experience sell inferior products. This circumstance has no appeal to me as I'm sure countless others. I want to be able to continue to use products I find enjoyable, that are offered outside of an industry that has caused so much damage to my heath and well being. I hope that this new proposal will not take away from a very new industry that has had very positive affect on my life and countless others.

4/28/2014 3:45:00 AM - AndiVapes

I had ben smoking for 28 years. I quit several times, just to end up smoking more then when I quit. I tried the " blu" about 1 1/2 years ago and did not like it at all. needless to say I went back to smoking. I was up to almost 2 packs a day. one of my co workers had just bought this new e- cig set up and seemed very happy with it(this was about 3 months ago). so I ask her about it. she told me she bought it at this Vape shop not far from where we worked. I went home that night and researched all these new devices so that when I would walk into that Vape shop the next day I would have some what of a clue lol. I got up that next morning, had my coffee and cigarettes as usual. then I decided to go check out this Vape shop. I still had 1/2 a pack of smokes left. I walked in, checked out all the options. tasted some e-juice and I decided to take the plunge. It tasted good, it looked cool and I had plenty of options to upgrade too. I got into my car, started vaping instead of lighting up.....never picked up another cigarette. people around me smoke all day long. I never felt like I wanted one of those ever again. I was happy with my vape!!! I still have that pack of smokes in my car lol. this is the first time in my life I quit and I love what I'm doing and it tastes great!!! e-cigs saved my life!!!

4/28/2014 4:09:00 AM - Bryan Thierry

How long did you smoke?

20 years

How long ago did you start using a smoke-free alternative?

10 weeks

Exactly what smoke-free product(s) do you use (for instance, disposable e-cigarettes, mods, snus; what nicotine strength), and if this changed over time, how has it changed?

EVOD Clearomizor on iTaste MVP with 12mg juices

Do you still smoke at all (and if so, how much have you cut down)?

No

Did you both smoke and use the smoke-free product for a time before quitting smoking entirely (and if so, how long), or did you switch immediately? Or did you stop tobacco/nicotine entirely for a while and then start using a low-risk alternative?

Stopped smoking cigarettes as soon as I started vaping

What methods (NRT, Chantix, counseling, etc.) did you use to try to quit smoking before switching to a smoke-free alternative?

Cold turkey and patches

How long were you able to go without smoking using these other methods before starting again?

Days to weeks

What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative?

Everything has been positive.

I smell better, breath better, and feel better.

4/28/2014 6:13:00 AM - Logan Spiker Pittsburgh, PA

Vaping has entirely changed my life. I found vaping merely a year ago. I am now 21 years of age, and I began smoking at the age of 13 (not to my parents knowledge at that time). I struggled with smoking cigarettes and trying to quit all up until I found a little e-cig shop about 20 minutes from my hometown. I had tried snus, patches, gums, and quitting cold turkey all up until this point with no success. I decided to purchase my first ego style battery with a tank and redbull flavoring at 16mg of nicotine. At that point I knew nothing about them other than they made me not want to smoke, and there were way less chemicals in them than a real cigarette. 2 weeks had gone by and I began tasting things differently, was able to smell and breathe better, and could smell a cigarette from a mile away (and was disgusted by it). As time has gone on, vaping has become not only a hobby of mine, but a passion. From when I have started I have never looked back to cigarettes. I have invested my time and money about learning more about vaping, I am now to the point of building my own coils and making my own ejuices and can truly say I don't just enjoy vaping because it has been the only successful means of quitting smoking for me, but also because it is a hobby for me. I have even decreased my nicotine down to 0-3mg by using vapes.

4/28/2014 7:26:00 AM - Drew A. Faulkner, E-4/SPC, US Army, Paralegal, Bremerton, WA

I am 22 years old, my family has a history of Lung cancer, and i started smoking at 16, i became addicted at 17 and was at 2 packs s day by 18, i smoked socially and smoked privately, i tried the gum, the patch, but refused to try anything else because i have a history of depression and self harm, at 20 i tried a simple CE4 starter ecig pack from a gas station, but being 0mg nic e liquid it had no real efffect of my smoking habit, i then about 6months later went to a vape shop (Smokers Choice, in Bremerton, WA) and got a decent clearomizer and an itaste vv3 with 18mg nic e liquid, after about a week using that set up, with on and off smoking, i quit wanting a cigarette, swisher sweet, or to use my pipe, and stopped smoking altogether, i felt better every day, and over the next month or so i dropped to 6mg of nicotine and moved to a mechanical mod and Kayfun tank atomizer and have not once found myself wanting a tobacco product of any kind.

"vaping" has help me become

less depressed, saved my marriage and im willing to bet its saved my life, my body fees lighter and i feel healthier. no other product, or system has helped me quit my bad habit like vaping, both the vaping community and its products, did with ease.

It was effortless to switch over, once i had more information about it, and it worked fast. I tried the "cigalikes" but they are not as effective as the more advanced vaping products, but the can help fight off the urges to have a tobacco product.

I feel that vaping can end the need for tobacco products completely, not only is it safer, and healthier, but its easy, and safer for other people around me (while yes socond hand nicotine can happen with vapor, it cannot cause cancer, and i exhale away from none smokers, smokers, and vapors alike, it just the kind thing to do) and it doesn't make me smell like a donkey, which can be very nasty as i cared for one before, vaping also doesn't stain my teeth yellow.

This is my story, and i'm proud to be a vapor, and pray that the government doesn't impede my right to do such, i do respect a far and just tax on nicotine, but not unfair regulations on e cigarette and vape manufacture simply because of tobacco companies influences.

It's my life, it's our country, and it's my freedom of speech to vape not smoke, my son sees me vaping, not smoking, and that's far better for his future.

Regulate Nicotine, not Vaping and E-Cigarette products. Be fair and lit people decide their future.

Sincerely, Drew A. Faulkner SPC, US Army

4/28/2014 8:26:00 AM - Brent Berrios

I smoked for 5 years and then decided to switch to chewing tobacco. even though I knew this was just another outlet I tried anyway, so I ended up Chewing tobacco for 2 years. About 6 months ago I switched to an electronic cigarette and it changed my life, I have not smoked or used smokeless tobacco since I began using the E-Cig product. I feel better every morning when I wake up, smoking was giving me a shortness of breathe in the mornings, the chewing tobacco was often frowned upon especially from my wife who was disgusted by the habit. multiple family members of mine where victims of cancer and the E-cig truly is the greatest product to prevent me from becoming a victim myself. I use a very little amount of nicotine in my E-Cig about 8% and soon I plan to 0% and just enjoy the flavor and sensation of the E-cig. Without the E-cig product line I guarantee I would still be killing myself with Cigarettes or Smokeless tobacco.

4/28/2014 9:16:00 AM - Michael Turner

Started smoking at 14 to 26 but then started back up at 30.

After smoking again my body kept rejecting the cigarettes "Marlboro Lights" "Camel Lights" After doing tons of research I switch to Vaporizing or E-Cigarettes. The out come was 100x better. Breath better. Don't feel sick, I do not smell, my mouth and gums are not effected in any way, My Anxiety after switching to e-cigs has dropped down to nothing compared to a real cigarette gives me. Vapeing is just heated juice with USP Grade Veg Juice, Disstiled Water, Flavor, Kosher Nicotine.

This is by far the healthier approach to quit or enjoy a cigarette with out all the other issues.

If alcohol is legal and sold, which destroys organs, causes wrecks in cars and deaths, emotional changes, and this is approved why not e-cigs.

Keep in mind FDA Approved ACTUAL Tobacco products to be sold and because its a billion dollar

industry and they are getting hurt from the growth of people quitting and or going to vaping the one thing to attack they can is vape products, Juices, Devices, Small to Medium business which EMPLOYEE people and helps the economy with more money spent.

Bottom line it's 99x alternative choice of use of nicotine. And the big dogs ie. Marlboro, Camel, etc. Do not like this and want it stopped.

So yes in closing it has greatly improved my health, blood pressure, breathing,

Anxiety, oral issues that burning tobacco / paper give with chemicals approved to put in their products.

4/28/2014 2:43:00 PM - Dustin Harbour

I have now quite smoking cigarettes thanks to e cigs and specifically e-juices and vaporizers.

I had tried the little gas station cig look a likes in the past but they tasted terrible and didn't do anything for me.

I had smoked for 13 years and at the time I quit I was smoking 2/3 of a pack a day.

I read an article about flavored nic juice and new vaporizers about 2 months ago that got me interested then I heard a radio ad about a new store in my town so I went to check it out.

I left that store with a protank 2, an itaste vv and 2 30ml of juice.

With those I instantly cut my smoking down to 3-4 a day only needing my favorite times which were after meals and before bed.

I kept that up for a little over a week when I just decided my juice tasted better and I didnt need the cigarettes anymore and I have now been cigarette free for over a month. I have also stepped down my nic levels from 18mg to 12mg and believe that within 4 months I could be nicotine free by continuing to reduce my levels.

So far I also believe I have seen an increase in my cardio and my throat feels better when I wake up.

I am looking forward to continued health improvements and I hope this story helps someone else make the jump and lets the fda and skeptics know this works and I believe will save many lives if they don't kill the industry.

4/28/2014 3:24:00 PM - Jason Griffin

Hello,

My name is Jason Griffin. I'd like to write a brief testimonial on how electronic cigarettes have changed my life.

I was a pack and a half a day smoker (cigarettes) for 14 years. 5 years ago I decided to try out an ecig which were for sale at a kiosk at my local mall here in Georgia. I immediately knew this was a product that might help me kick the habit of smoking. Before trying ecigs, I tried other products on the market geared towards quitting smoking. These products included Welbutrin, Chantix, Nicorette gum, and the patch. None of the products above seemed to control my urge to quit. So therefore, I never did.

As of today I have completely quit smoking and haven't smoked in approx 4 years. My first year "vaping" I was off and on with smoking cigarettes, but I soon found myself choosing my ecig over smoking.

My current nicotine strength is 6mg. I started out at a 24mg strength but decided to slowly wing myself down off such a high nicotine level. In the future I plan on continuing to lower my nicotine levels to 3mg and eventually to 0mg nicotine eliquid.

Vaping has completely changed my life. I can actually taste my food now. I can now play with my 3 year old without getting "winded". I don't smell like an ashtray any longer. My wife doesn't mind me kissing her...I could go on and on!!!

As far as the negative results of vaping...well, I honestly couldn't tell you one negative effect it's had on me or my life!

As far as I'm concerned, ECIGS SAVE LIVES, PERIOD!!!

Signed, Jason Griffin Georgia

4/28/2014 3:49:00 PM - wayno drayno from Vancouver, wa

I started smoking cigarettes when I was 15 years old. I'm sure 80% of smokers started before they were allowed to. I have recently quit smoking at the age of 35 years old. After 20 years of smoking I decided I needed to quit. Coughing and hacking phlem everyday, not being able to run 20 feet without being winded was taking its toll. I felt horrible. I started using ecigs at the end of February of 2014. I have never looked back at tobacco. My sense of taste has improved. I don't get winded as easily as befofe. And my sense of smell has definitely increased. The smell of cigarette smoke disgusts me now. I can't believe I smelled like that for years. I have tried nicotine gum and patches with no success. Ecigs are the ONLY thing that had ever helped.

Tobacco free for 2 months and happy. My only regret is that it took me so long to try an ecig. It probably saved my life.

4/28/2014 4:32:00 PM - Jon Milner

My name is Jon and I smoked cigarettes for 18 years. I was a two pack a day smoker. I have tried to quit several times, with several different methods,all unseccessfully. The patches didn't work, the gum didn't work, prescription medication didn't work,cold turkey didn't work. I had given up trying to quit. Then my uncle passed away from lung cancer cause by cigarettes. That woke me up. So I went to the local convinient store and bought the cheap cigarette looking e-cigarettes. that didn't even work. Then I was introduced to Vaping, I went to my local vape shop and purchased a starter kit, picked my flavor of juice, and haven't smoked since. My smell has improved so much that i can smell a cigarette being lit three rooms away with the doors closed.

4/28/2014 5:45:00 PM - bigdancehawk, Kansas City, Missouri

I

4/28/2014 5:51:00 PM - Dakota Walters (kota_bear744) from Gonzales, Louisiana

For me it all started with a puff of a cigarette. My addictive personality revealed it's self from that one choice. I wouldn't know I'd be addicted to cigarettes for 5 years. It became another part of me. People I would smoke cigarettes at school with would offer weed to me, and one day.. I didn't decline. I began smoking another substance besides tabacoo, and I loved it. Addiction became my life. School was more and more worthless to me and drugs became everything I valued. I would party and people would offer cocaine, loratabs, oxi, LSD, PCP, and even Heroin. I stole over 1,000 dollars from my parents to feed my needs of addictions.2 Cartons of cigarettes, half ounce of weed and as much cocaine I could get to supply my week. I was in a deep spiral from this addictive personality. Till one day my parents found out I stole the money. I had to stop, for what they knew I did. My close friend Andrew moss told me about e-cigs. At the time I did cocaine a few more times till a addiction became my new hobby. I quit cocaine, weed, and smoking. I found a girl to call my love. E cigs made me feel like I made a giant step to being healthy. I went from 18mg of nicotine to now 6mg and 0mg. My girlfriend being asthmatic can vape my 0mg of nic. I don't let addiction control my life. For me it all ended because of one vape. My life changed. Thank you for reading my testimony. Sorry I did not put many details or for any grammatical issues. God Bless and remember. Smoking is dead. Vaping is the future. And the future is now

4/28/2014 8:06:00 PM - Walter Reel

I am a 40 year smoker who has not been able to quit. I have tried nicotine patches, gum, cold turkey and these were unsuccessful. I am a retired Army veteran of 22 years service who can remember when we we received cigarettes with our meals in C-Rations. "Smoke em if you got em" was the command from the Drill Sergeant when we were allowed to take a break during training. Now the one product that has helped me to lay down the cancer sticks is under attack by the FDA just because they are pissed off that they were not allowed to control it's distribution. I have been using e-cigs for over five years and have reduced my nicotine level from over 24 mg to 5 mg in the e-liquid I use. Those who have never smoked cannot know the degree of withdrawals associated with

nicotine cessation. I would be so nasty I couldn't stand myself when I would try to go cold turkey. As far as second hand effects do this simple experiment. Take a puff off a tobacco cigarette and blow it out into a white tissue, now exhale the e-cig vapor into a white tissue. There is a great difference. Since I have been using e-cigerettes my health has drastically improved. I can run up the stairs at work where I used to have to stop part of the way up to catch my breath before. I no longer cough and hack up yellow phlegm that looked like my lungs were being coughed up. It makes me sad that the agency responsible for scientific evaluation of health products for this country is so petty that they would fight to restrict a product without empirical evidence. Yet release products that are killing people. I am and will always be an avid supporter of the e-cigarette. I have evidence in my own life of the benefits. Consumer Reports published an "opinion" on e-cigarettes and I have lost faith in their legitimacy as they simply republished unfounded BS in it.

4/28/2014 8:18:00 PM - Brittney Cordero from North Carolina

Hi

My name is Brittney Cordero. I am currently 24 years old. I started smoking Cigarettes at the of 15. I didn't want to stop smoking at all. I didn't see the problem. Until April 25 2013. My grandma came home from the doctor and told me she has to stop smoking or she would die.My grandma smoked for over 50 years. The news about my grandma made me want to change for the better. I thought about the Blu commercial and right there and then I conducted a lot of research before making my decision. All of the research that I conducted all proved that electronic Cigarettes were more safer than cigarettes. I ordered my Blu ecig. I worked for me for a month before breaking. I was thinking about going back to regular cigarettes. A few days later my mother had 2 strokes. We found out that cigarettes is what caused it. They found carbon monoxide in her brain. My mother was 44. She smoked for 20 years. I knew that I needed to stick to electronic cigarettes in order to make a change. I bought an Ego battery and bought eliquid. I started at 24mg of nicotine and never looked back. One year later. I was able to drop my nicotine to 6mg and very soon I will be drop in my nicotine to 0 and quit. My health improved I can smell things a lot better. My clothes don't stink of cigarettes. I taste everything a lot better. I workout more and enjoy playing sports. I couldn't do that before. It showed me that not only can I Change. To the others that feel that they can not change. I ask that you believe in your self and give electronic cigarettes a chance.

4/28/2014 9:11:00 PM - Darin A. Trainor, Peoria IL 61604, AKA Sparkytrainor

Hi, My name is Darin A. Trainor.

I am 32 years old.

I started smoking early in life and have been a fairly heavy smoker since known to smoke over 2 packs a day.

I have tried several products to help me quit smoking and nothing worked for me.

Even the early (e-cigalikes if you will,) did not work for me.

I decided to try vaping again with the newer products about 6 weeks ago and havent smoked since.

Not 1 cigarette.

I had all but given up on the idea of quitting.

Sure I am still getting my nicotine in my system, but by a much safer means.

A month and a half later I have more energy, I can breathe better.

I am finally a success story and I truly believe I may stand a chance to walk my 1 year old daughter down the aisle one day rather than sitting on the sidelines struggling to breathe, or worse.

Please take this testimonial to heart.

My name is Darin A. Trainor and I can finally say I am a success story and that makes me a proud American!!!!

4/28/2014 9:33:00 PM - Joe Cilinceon

I started smoking about the age of 14 and it became a full grown pack a day habit by the age of 16. I

4/28/2014 10:15:00 PM - Marisela Maldonado Salt Lake, Utah

I had been smoking since I was 14; I'm 26 now, so 12 years in total. I started vaping August 23, 2013 making today my 8 month mark. When I first started, I started with an ego style battery with a clear-o tank. I used 24mg strength on my nicotine juice and I am now at 6 mg juice using mods with rebuildable atomizers. I smoked the first couple of days when I first started vaping but after three days I didn't touch another cigarette. In the past I've tried quitting cold turkey, gum/candy, nicotine patches/gum, smoke tracker offered here in Utah, and even trying to just smoke a half a cigarette each time I lit one up instead of the whole one. Each time I would only quit for a couple of days, or minimize the amount of cigarettes I smoked each day, but always went back. Ever since I've quit, I don't hack up a lung every morning, I haven't gotten sick (respiratory infections, cough, or colds). My 7 year old son doesn't tell me I stink, my clothes don't smell, my hands don't smell, my car doesn't have a film on everything. So all in all vaping has changed my life and my son

4/28/2014 11:38:00 PM - Chris beisel

My name is Chris beisel I'm 18 years old and I used to smoke a pack a day from the age of 15. Yes I was an underage delinquent and I did anything and everything I could to get a real cigarette. But shortly after my 18th birthday I saw a local business called volvapor (great people all juice is made by pre med chemists and is all organic!) I bought my first device there. And that was back in November. Since then I have not had a single cigarette. I am not enlisted in the Marine corps. And have gotten many of my close friends and even my dad that smoked before I was born. And he says that he would never touch another cigarette as long as he has his vape. And neither will I. But this new fda regulation is going to kill the market. There is going to be people put out of business and is drastically going to change the price range for the market. People that want to quit smoking switch to electronic cigarettes not the other way around and if the fda goes through with all this it's going to make the market to expensive for alot of people. Me as an 18 year old making minimum wage is hard enough buying my juice and supplies. But if this fda regulation happens I'm not going

to beable to afford it at all. So please rethink your regulations and fix what needs to be fixed. Thank you for your time.

4/29/2014 12:18:00 AM - Yes

I feel that it is absurd that the FDA fells the right to call electronic cigarettes a "Tobacco " Product. It is absolutely not by no mean a Tobacco Product. It is very sad that the FDA is trying to take away the only thing that is causing half of America Alive!! It is very funny to me that the government pays big bucks to make advertisements to help the people of United States healthy but are taking away the only thing that is keeping Smokers off the cigarettes so they can live up to there full years and see there kids grow up. Just a shame. No words!!

4/29/2014 2:53:00 AM - Jacob Steveson

I was a smoker for 7 years until I bought my first electronic cigarette and from them on I have been completely cigarette free. I do not have any urges to go back to traditional cigarettes. I have been vaping for almost two years now and I have now made this industry a part of my life. I have become employed by a store to sell electronic cigarettes to people who truly wish to quite traditional cigarettes. Now not only has this industry changed my life for the better as well as now puts food on my table to support me. I cannot do without the help of my electronic cigarette and the community behind the industry. The passion shown by everyone will be noticed! Thank you for your time.

Jacob

4/29/2014 2:56:00 AM - jacob alexander coreas

My world has been turned right side up. If you knew me during the last 10 years that I smoked and recently ran into me in the streets, youd see a happier man. One who smiles more because he teeth are finally white, he doesnt cough like a the end is near. I smoked a pack a day and ive tried so many times to quit and nothing has worked like my personal vapor and a bottle of suicide bunny's madrina (my ejuice of choice). I run longer I just feel new again and for anyone to try and ban something that has given me my life back and has insured that ill have more life is beyond me. I dont want to go back to smoking please dont take the only weapon in my arsenal against this horrible disease that is my addiction to smoking.

4/29/2014 3:34:00 AM - tyler grace

my name is tyler grace im 19 years old and i smoked cigarettes from age 12 to about 18. i smoked menthol cigarettes an anywhere from 1 to 2 packs a day i was born with asthma but i was addicted to cigarettes. because of the tar and fiberglass in the menthol cigarettes i was coughing up black tar and blood on a regular basis and the docters told me if i didnt quit id have to be put on oxygen. i tried everything to quit but nothing worked untill my dad quit cold turkey when he picked up e-cigs and i was amazed because he'd been trying to quit for 10 years... my father being kind and knowing the dangers of cigarettes he bought me and his father our first e-cig kit and here i am a year later and i havent picked up a cigarette since and the asthma i was born with is completely gone... also my grandfather whose had 5 triple bypass surgerys and still chain smoked 3-4 packs a day has comepletely droped smoking cigarettes and has weined himself off nicotine and quit comepletely. so e-cigs has saved the lives of 3 generations of my family and stopped the cycle of cigarette addiction in my family... thats my story how my life was saved along with my father and grandfathers

4/29/2014 3:42:00 AM - Tristan

Let's make this short and simple. I am a 17 year old kid that went down the wrong path and got my hands on traditional cigs. I started at a very young age maybe 13-14. But last year I picked up a mechanical mod and from that day I quite smoking. E cigs I can happily say saved my life. I mean I can run without getting tired and smell and do normal things. I honestly I barely use my mod because I lower the nicotine down to 3% soon to 0. Everyone tells me I'm more happy. I don't have mood swings nor have that craving. Health wise I don't feel any negative from the vapor. Only the good.

4/29/2014 4:08:00 AM - Jacob Payne

It all started with dragons... yes dragons. I grew up in the late 80's early 90's when fantasy was a big part of the silver screen, and so were fire breathing, smoke blowing winged lizards. I was impressed by these fantasy creatures so much that toys and stick on tattoos of these beasts were not enough... The first time I saw some one french inhale a cigarette I was about 7 years old, and I thought that it was the coolest thing ever... it reminded me of a dragon.

Fast forward 8 years later and here I am working at a grocery store as a cashier.

Every once in a while I would run and grab a pack of cigarettes out of the locked cabinet for a customer.

It didn't take long before i would grab a pack for myself. The smoke play enticed me... for 12 years there after.

I smoked a pack and a half a day. My fingers were yellow from the nicotine stains and I couldn't even ride a bicycle too long without a stop for a coughing fit and sometimes to vomit from the coughing.

The windshield of my car was less than transparent from the build up of tar and that all wasn't enough to make me quit, or even entertain the idea. It wasn't until my first son was born did I stop and think about what smoking really did to my body and the bodies around me. Did my infant son really deserve to inhale second hand smoke? Or absorb the nicotine from my clothes through his soft new skin? Of course not. I have been vaping now for over a year off of a mechanical mod and rba. I can run with ease of breath.

My car doesn't have windshield residue. My fingers don't change color. And my son won't have medical problems because of second hand smoking. The e cig has been a blessing to my health and has bestowed a healthier environment for myself and my family in countless ways. That is my testimony.

4/29/2014 4:14:00 AM - Jeromy Taylor

My name is Jeromy Taylor and I live in Ocala Florida. I was a smoker for over 20 years. I tried to stop using the patch and I tried with nicotine gum, I exhausted all options and could not stop smoking. I suffer from Tourette Syndrome and the nicotine helps me cope.I have tics that go away when I smoke. I have been smoke free for a year because I have switched to E Cigs. I can breathe again. Even though I vape all day long, I have regained strength in my lungs that I desperately need as a voice performer.

See, My father recently died a very slow and painful death. He had lung cancer. E cigarettes and vaping mods saved my life.

4/29/2014 4:53:00 AM - Tressia Nugent

I started smoking when I was 16, I am now 52. I smoked 1 pack per day. About 5 years ago I began having health issues,lupus, fibromyalgia, back issues and was told by a doctor I needed to quit smoking. I tried to go cold turkey, tried Chantix, and gum which did not work. I had a horrible cough, breathing problems, and no energy. Finally my husband told me about the ecig and I decided to try it. I started using the ecig 8 months ago and haven't had a ciggarett since. I began noticing that my cough was gone, I could breath better, I could taste food more and my energy was a lot better. I use very low nicotine and no tabacco in my ecig. I use a kanger tank with an itaste mode. I will never go back to analog ciggarets again. Ecigs saved my life. If the FDA needs to regulate something then it should be on analog ciggarets that take peoples lives every day, not something that improves lives. I love my country, but I get so tired of government trying to tell me what is good for me. I am an adult and have a right to make decisions about my life.

4/29/2014 7:15:00 AM - kennylovejoy27@yahoo.com

I am 27 yours old I had a heart attack the dr told me to quit smoking I switched to the electronic cigarette since then I haven't had a real cigarette when I try to smoke a real cigarette I get sickI have no interest in to smoke a real cigarettefor the electronic cigarette and save my life

4/29/2014 7:50:00 AM - Nathan horning

My name is nate I WAS a smoker for 12 years. I had tried many forms of quitting to better my health for myself and for my daughter. I had tried patches, gum and medications. I had also tried those "cheap" gas station e-cigs. Nothing worked for me and I continually went back to smoking. I am now 252 days tobacco free. I currently vape 0mg nicotine and it wasn't those flavors that are like tobacco that got me to quit. My personal flavor that got me to quit was "snicker doodle". It satisfied my cravings and I was even able to drop my nicotine level. I love what electronic cigarettes have enabled me to do. I share my story and information with anyone who asks how I have done it. I also have helped dozens of friends and family quit smoking using the same techniques that I had used to quit. Most of them had previously failed at other methods. I am a firm believer that this industry is and will help millions of people. I thank those who helped me quit and the support community that helps and informs others to quit.

4/29/2014 12:20:00 PM - Josh Ballard from Mesa, AZ

So this is my story...as a kid I started smoking at 12 and was quickly addicted. I would smoke in the beginning about half a pack a day and the then turned into a pack a day. I had always wanted to stop smoking figs but was never strong enough to do it cold turkey. I tried the patches and gum to no avail. One day a friend of mine got me into the ego style e figs at 24mg liquid. I soon upgraded to mods and rba. I started using ecigs about 2 and a half years ago and I'm never turning back. My breathing has improved dramaticly. I'm able to smoke in my house and not have to worry about the awful smell and harmful toxins in the ciggerette smoke. I have also influenced many friends and family to use e figs and they love it as well. I am now at 6mg ejuice and soon plan on going to 0mg. So yes they work...and that is my story, thank you for reading

4/29/2014 12:42:00 PM - Keith Lenahan

My name is Keith I smoked cigarettes for 33 years. I started like most because it was glamorized by society. All the icons of the day did it, so it must be o.k. Little did I know that I would become a slave to cigarettes. I remember my main concern was always "do I have enough cigarettes?" I often times would awake in the middle of the night to smoke. I had to smoke first thing when getting up in the morning. I would choose cigarettes over anything. If I only had a few dollars on me and had to choose between food and cigarettes. Cigarettes would always win. It was sad really. I was systematically destroying myself and others were profiting from it. I tried to quit so many times it became a joke. I tried every method to quit available, none of which worked. As the years went by I slowly began to feel the effects of two plus packs a day. I would get sick with upper respiratory infections a couple times a year. I needed to use a rescue inhaler at first. Then I added a nebulizer to my collection of inhalers. Lots of time and money spent so I could continue to support the big tobacco companies and keep them in the life styles they were accustomed to. I'm nice guy, never really thought about it like that. They never even sent me a birthday card! I tried ecigs when they first came out and they were ok. Not quite good enough for me to give up my addiction. That was in the early days of ecigs. So

I went back to smoking the real thing. I would go to bed before the wife, so I could cough and hack the mucus into submission. Then my wife would come to bed. Pretty cool way to live life. One day, about a year and a half ago I was sitting down to catch my breath after playing with my little girl. I looked at my wife and said "I want to try the ecig again." I went to the mall and picked up a small ego kit. Man the world of ecigs had changed. It was wonderful. They tasted good, satisfied my craving for a cigarette and relatively cheap. A few things started to happen. I began to smell again and food tasted better. But the most impressive thing is I can breathe again, and don't lose my breath when I walk across the room. I have not used my nebulizer or inhalers since starting back. I started cutting up the tubing of my nebulizer to make my bottom fed mods. At least it is good for something now. I don't need it anymore. In conclusion e-cigarettes are one of the best things that have happened to me. They freed me from slavery to cigarettes. My family will have me around longer and I get to pay more taxes. It's a win win. I may even start sending a birthday card to the tobacco company I helped to build every year. Since I don't really support their cause anymore. I'm a nice guy! Regards, Keith Lenahan

PS: FDA please don't take away one of the greatest inventions to come along in some time. It would be a crime against humanity!

4/29/2014 1:59:00 PM - Greg in Minneapolis

I have been a long time tobacco user for twenty years. I had always enjoyed different products and learning about the history of tobacco and being exposed to tobacco culture. As a younger guy I never gave much thought to what dangers I was exposing myself to or what harm I may be doing to myself until I started to notice small differences in my health and wellness in my early twenties. I smoked throughout my teens and and I also used smokeless tobacco products. I quit smoking around age 22 and began chewing off and on up until my early 30's. That was until I had the worst feeling wash over me one day in the E.R. As I sat there waiting to be examined by the doctor. I was scared out of my mind.

It wasn't just the mere thought of having Cancer. It was looking at my almost one year old daughter in that room with a big smile on her face, happy as a clam as I imagined her walking across a stage and being handed a diploma and looking out into the crowd with that same big smile on her face only to see her mom sitting alone next to an empty chair. I then saw her with that same bright smile on her wedding day standing at the alter in a beautiful dress but I wouldn't be there. I wouldn't be there for my daughter on the nights she needed a shoulder to cry on, or the days when a proud smile could make all the difference in the world.

That day was the day I put down the tobacco and walked away from it for good. Vaping ecigs not only helps me stay away from tobacco, but its become a hobby that I enjoy very much. My clothes don't smell, I don't have a bunch of stuff in my teeth, I don't leave spit cans around and I am no longer worried that I won't be able to be there for my daughter whenever she needs me. Vaping saved my life and in turn, gave my daughter the ability to have a loving parent in hers.

It's hard to understand what something means to someone if it isn't drawn out or explained. I just wanted you to know that there IS a safer alternative to tobacco, It can be a helpful tool and a much less harmful means of stress relief, hobby, or habitual cessation. The studies have been done. The proof is out there. Question everything, do your research, keep your eyes open and your chin up. It could save your life.

4/29/2014 2:12:00 PM - Lee

Lee - North Dakota April 29, 2014

I

4/29/2014 2:34:00 PM - Diane

Like other people I have tried many methods of quitting smoking cigarettes. (the patch,cold turkey and the nicoreete gum) Almost 4 months ago I had a possible mini stroke that scared me to death but being addicted to cigarettes wasn't easy. It isn't easy to quit.I smoked for 25+ years at 1 1/2 - 2 packs a day. I knew about vaping and gave it a try because I knew I wouldn't be able to quit cold turkey and other methods have failed time and time again. Since I have been using the vapor I have no urges to pick up a cigarette. I haven't smoked in 3 1/2 months and this time it feels so much better then when i have tried to quit before. I am not stressed out or craving a smoke. Life is good!

My blood pressure and cholesterol have gone down. There is no doubt that the vapor is saving my life. I am very upset with the FDA making it difficult for people like myself to better their health. With all the fear mongering and their cash crops (tobacco ect) all they fear is loosing money and keeping people on the cancer wards (multi-billion dollar industry! Why would they want to stop it?!) its just not fair its not like we all walk around high or drunk. I say to anyone reading this who doesn't want to smoke cigarettes anymore this is a great alternative!

4/29/2014 3:04:00 PM - reflectionsvapor

My name is Matt. I was a smoker for 18 years. I started smoking cigarettes when I was 11 years old. Worst decision of my life. I was truly addicted. I tried numerous methods in an attempt to quit this awful habit with no success. I used the patch, gum, chantix, cigalikes, even a state funded quit counseling program with weekly coach calls... Nothing worked.

Then I met a friend with an ego-t. This was something new I had never seen before. This actually looked promising. I bought one in January 2012. Best decision I had ever made! At first, I was only able to reduce how much I smoked (from a pack a day to around 3 cigarettes per day). It took three months to completely get off cigarettes, but on April 14th 2012, I smoked my last cigarette.

I've been smoke free for over two years now and while I still vape, I have discontinued the use of nicotine.

I feel so much better since I quit, my blood pressure has dropped,

resting heart rate is at a normal level, I'm more active, I don't smell like an ashtray,

and I feel great. I wanted to share this miracle product with others, so I started a business selling wholesale eliquid to brick and mortars across the US. So now not only has vaping benefited my health, it's also become a career for me. I'm very passionate about what I do for the first time in my life.

I honestly feel that this product has far reaching positive consequences for smokers around the world,

and for the health of smokers and those that would otherwise be exposed to secondhand smoke if their loved ones were denied this miracle product. The current proposed deeming regulations would end most of these success stories by limiting the flavors available as well as the devices available to deliver nicotine in an effective concentration.

I hope those that have the opportunity to read this testimonial realize that the regulations as they are being proposed at this time would severely limit the effectiveness and availability of this product.

I thank anyone who has taken the time to read this testimonial, and sincerely hope that it can positively affect you or someone you loves life.

Sincerely,

Matt Yockey 18yr smoker no more

4/29/2014 5:03:00 PM - Thomas Baynes

I had been a cigarette smoker for 21 years.I have been looking for a way to stop but with no success.I have 3 children so I had lots of motivation to get it done but never could.I finally tried an ecig and had nothing but success for the first time. I am very happy to say its been 3 months and counting without one cigarette. I use a variable voltage device and only use three milligrams of nicotine in my e juice. I see that as a success in itself. I have personally turned 6 of my friends that smoked into vapors. All of them no longer pick up a cigarettes themselves. You can't argue with success rates like that. I see the government stepping in with all the regulations as just another way for them to make money and I find that to be reprehensible. I hope my story helps against the government pushing their agenda against e-cigarettes and to make money off them.

4/29/2014 9:01:00 PM - Chris Kononowicz

I have been smoking cigarettes for 17 years, steadily increasing my consumption which led to a two pack a day habit. Thought the years I have tried quitting smoking on a few occasions. Once I tried using patches, but was unable to stop smoking even for a day. Once I quit smoking with the aid of nicotine gum, but that only lasted 3 months. After those failed attempts I decided to knuckle down and quit smoking cold turkey, so I threw away all my lighters and any cigarettes I had left.

I quit smoking for six months, but I had to fight the urge to smoke every single day of those six months. During that time I was miserable and hated life in general. One particularly stressful day I finally gave up, bought a pack of cigarettes and that was the end of me trying to quit.

On September 3, 2013 while on my way to buy cigarettes, I stopped at a new electronic cigarette store that recently opened in my town. That day I have purchased an eGo style starter kit, and even thou I have not been planning on quitting smoking, I have not smoked a single cigarette since that day. I have to admit that there was a steep learning curve and while I was using the low wattage, beginner type devices, I did have cravings for the real cigarette. But once I figured out what devices give me the quantity of vapor and the quality of flavor that I enjoy, and once I found the flavors that I like, the cravings for a real cigarette simply vanished.

In the short time that I have been using electronic cigarettes my health has improved drastically. My skin color improved, I no longer have a smokers cough and when I wake up I don

4/29/2014 10:06:00 PM - Justin Holcomb from Eugene, OR USA

I started smoking at a pretty young age; I was about 8 years old when I first got an interest in smoking. Of course, as any curious child, I tried it and I hated what I was doing, but it was only the beginning of what I thought was an endless cycle of addiction.

A few years later around the age of 14, I started smoking again. It was more of a conscious decision at that point, all of my friends were doing it. I began with smoking Djarum Black cloves, which at the time I found much more pleasant than traditional tobacco. Not long after that I realized that I was hooked on those poisonous tobacco sticks and it continued for about six years. I could tell by the end of those years before I found electronic cigarettes how the cigarettes and the tobacco were affecting my body, my health, and my mind.

About two years ago was when I discovered Electronic Cigarettes. My first setup was a Blu-style e-cig and I thought that was the end-all of vaping. At the time it essentially was; I used it for a few months and realized that the technology didn't quite work for me. The flavor was bad, it burnt easily, and the battery died frequently.

Six months later a local business opened up, which carried some higher quality hardware. After talking to the owner of the business it sounded to me like the technology was much higher quality as well as a better success rate for helping people quit smoking. I walked out of the store with a pretty basic ego-style setup and it was perfect for me. In fact, it was the only thing that resembled the feeling of smoking an actual cigarette enough to get me to quit smoking real tobacco.

Today, the man that sold me that first e-cigarette that helped me quit tobacco product is now my boss. I fell in love with vaping;

I feel an amazing difference in my health and not only have I successfully quit smoking but I've almost reached zero nicotine. That means no smoke, no combustion, no tar or poisons going into my body. That is why it is so important to me that vaping and small businesses remain. If it doesn't, not only will I be out of a job, but many others like me will also. We need to keep the vaping community how it is, so it can progress, and so we can continue making them better and safer for ourselves and the others around us.

4/29/2014 10:57:00 PM - Paul Frayne

I started smoking at the age of 15 {

I am 41 yrs old now} and have been smoke free for nine months continuous. I use an ego twist with the protank 2. It works for me and so I haven't upgraded to another device thus far. My journey into electronic cigarettes began when a family member was diagnosed with copd ten months ago and still to this day, refuses to give up the analogs.I have watched this person's health drastically dissolve into a life of despair as far as gasping for a breath while sitting down and at the same time using oxygen tanks. It got me thinking that I really needed to quit somehow, before the same thing happens to me. My doctor told me that my lung function is at 97 percent wich is a pretty good turn around since I used to use asthma inhalers just to be able to smoke analogs. Eveyone around me is happy I quit smoking especially my children. My life has improved so much during these past nine months and I wish e cigs were around twenty five years ago, electronic cigarettes seriously have saved my life and I am forever grateful.

4/29/2014 11:22:00 PM - Travis Fairman la Mesa California

I have been a smoker for 22 years and have never been able to successfully quit . I have 2 kids and thought about giving it one more chance after seeing 2 coworkers using e-cigs . I purchased one and the rest is history . I have been cigarette free for 9 months and feel great I can breath and smell again . I also have started to do more activities with my kids . Electronic cigarettes have me a second chance on life . Thanks for listening to my story .

4/29/2014 11:51:00 PM - Chad Chamberlain

I started smoking at age 17. I tried to quit cold turkey when i was 21 and ended up in the hospital with withdrawal and a diagnosis of crohn's disease. Since then, I've been afraid to try and quit. I'm now 37 and started vaping a few months ago and it helped me gradually quit cigarettes altogether. I don't even like the taste or smell of them anymore.

I can breathe and smell now too!

I'm so glad that my chances of cancer and/or emphysema are reduced.

I don't need paired with crohn's.

4/29/2014 11:58:00 PM - Josh Winters

I smoked for 15 years before finding e-cigs. I tried the gum and the patch to no avail. I started out with a cigarette style e-cig from V2 and went from 2 packs a day to a pack a week. I then upgraded to a mechanical mod and RDA and went from a pack a week to not buying any cigarettes at all. I was never able to quite smoking, I found it too hard. But with the help of vapor products I went from 2 packs a day to nothing in less then 6 months. The first thing I noticed after starting to vape was being able to taste things again. No terrible odor of cigarettes, loss of breathe was no longer an issue, and just an over all better feeling.

4/30/2014 12:10:00 AM - PJ vaping_saves_lives

I watched my mother die when I was only 22 years old because of smoking, it was and still is THE most upsetting time of my life and stupidly I started smoking because I just could not handle the stress of losing my mother. I smoked for over 20 years and regret every cigarette. Now I have quit I am happier with-in myself, I can breathe so much better, I no longer have that wheezy chest, I can taste my food and smell it so much better than before. As for smelling WOW, I walk past people in the street and I can tell if they are a smoker or not AND for the first time in over 20 years I am happy in my life and I have to credit that to vaping.

I have tried all regulated form of giving up smoking from patches to chantix or champix as it's known in the UK this is a tablet that's prescribed by Dr. I have even tried gum to spray's

All have failed, I think the longest I went was about 2 weeks and with in those weeks I was moody depressed to even being ill. I have tried and tried again for many years to give up smoking each time I failed was like a kick in the face.

Now I truly understand you need restrictions and some regulations on e cigarettes and there liquids from age to warning labels but these things ARE saving lives. Thanks to vaping I have been smoke free for 5 months now with NO illness NO mood swings not being depressed and I have not even wanted a cigarette.

This is just a shortened story of what I have been through but the truth is the e cigarette has as far saved my life I Would highly recommend this to ANYONE wanting to give up on smoking.

If you continue with parts of these proposals YOU will be condemning most of the people who have had really problems giving up smoking "just like me" to DEATH. You will forced businesses to give up and not bother selling the life saving products..

MILLIONS AND MILLIONS of people have died from smoking including kids, speaking of kids they are sometimes left with NO ONE because maybe there single mother or farther has died because of smoking. This thing is saving lives so PLEASE PLEASE Don't kill me.. Don't let other kids go through what I have had to go through.

4/30/2014 12:20:00 AM - Caroline

I began smoking tobacco cigarettes when I was 19 years old.

Something I had always wished, later in life, I had never done.

I tried quitting on many occasions, by means of quitting

4/30/2014 12:56:00 AM - L. Butler

I am a 60 y/o male that started smoking when I was 16.

I have tried numerous ways to stop smoking in the past, too include nicotine gum, Chantix, and "cold turkey".

None of which worked. Five weeks ago, my son turned me onto e-cigarettes.

I have not picked up a cigarette since, nor do I have a desire to.

I am currently vaping juices with 12mg of nicotine.

My plan is to drop to 6mg in about a month.

E-cigarettes has been a life saver to me!!!

4/30/2014 1:15:00 AM - John Haffey from Monterey, California

My name is John.

I'm 20 years old, and I smoked for around 2 years.

I bought my first pack of cigarettes on my 18th birthday, and things only got worse from there.

By the time I was 19, I was a pack a day smoker.

Crazy right? i also had issues with marijuana abuse at the time (for which i went to rehab and am now sober, almost 11 months now).

During the time that I was smoking cigarettes, my health definitely declined.

I was having difficulties breathing, so much so that I stopped going to the gym.

Things got so bad that I was having to smoke when anything even mildly stressed me out, and my breathing, sense of taste/smell, and overall health declined.

I was introduced to electronic cigarettes in march of 2013, and I loved them.

I didnt have enough money or desire at the time to get an electronic cigarette, so the idea remained at the back of my mind until June of 2013.

During June i was admitted to an outpatient drug rehabilitation program for marijuana abuse, at which time I decided that it was time to stop smoking not only marijuana, but cigarettes as well. Not only that, but I turned 10 of the 15 people in my group onto electronic cigarettes.

They all stopped smoking because of electronic cigarettes.

Letting go of both cigarettes and marijuana at the same time was very difficult for me, so I looked to electronic cigarettes to help.

Ever since then, things have been great.

My lung health has improved greatly.

My sense of taste has come back.

And the icing on the cake, it greatly helps me with my cravings for marijuana.

I am now down to zero nicotene content, and vape simply as a hobby.

It is something that I love to do, and it has improved my life in so many ways.

After adopting electronic cigarettes, I have never smoked another cigarette.

It has almost been 11 months since my last cigarette, and I can say with confidence that no matter what happens, I will never smoke a cigarette again.

Vaping is one of the best things to ever happen to me (besides rehab) and it makes my life better and easier every single day.

I dont smell disgusting anymore, my doctor isnt on me to quit, my dentist isnt sneering at my teeth anymore, and my girlfriend actually likes the way I smell now! How can it get any better?

I have turned many of my family memebers over to vaping.

My great uncle, who is now 91 years old, uses electronic cigarettes.

He had emphysema and was living in a hospital.

Since taking up vaping, his doctor has seen so much improvement that my uncle no longer needs to stay in the hospital, and he no longer uses an oxygen tank.

All of that progress in 1 year.

1 YEAR! This is truly amazing, and I am proud to say that i am a vaper, and vaping has not only dramatically improved my life, but I can say with confidence that it has done the same for countless others

4/30/2014 1:19:00 AM - Ken Kilmer, Jacksonville, FL

I started smoking when I was 15 yrs old. It quickly grew into a pack a day habit. For the rest of my teen years I was hooked on cigarettes. As I got older, it was became increasingly difficult to go without a cigarette an hour. When I was working, and I had limited breaks, it would be two smokes in a fifteen minute period, followed by chain smoking during my lunch break.

I tried a lot of different smoking cessation products. The patch, nicotine gum, Chantix. Nothing worked long term. I would quit for a day or two, then stress would bother me and I would light up. It made my life hell. I could barely sleep at nights, I smelled like a walking ashtray, my clothes would be covered in ash. It was a filthy disgusting habit. But it was a habit that was hard to break. Smoking also caused tooth decay, and gum issues. I will be living with those for the rest of my life no matter what I do.

On April 7th 2013, I got my first Personal Vaporizer. Purchased for a local shop in Jacksonville, FL. That day was the last day that I smoked a cigarette. I went through 2 sinus infections and an ear infection as my body healed. I coughed up some of the nastiest stuff you could ever imagine. In the end I kept on vaping. I knew it was better for me than smoking, but I also know that it is not the same as removing all nicotine from my body. I am still addicted to nicotine, but now that all of those other chemicals are not present, I need less.

I started vaping at 18mg/ml. Within 3 months I was down to 12mg/ml, another 3 months later and I was down to 6mg/ml.

I currently bounce back and forth between 6 and 0 nic. I enjoy the flavoring, I enjoy the feeling of feeling my lungs with vapor and exhaling it. I enjoy knowing what chemicals I am inhaling , instead of it being hidden from me.

I am a 33 yr old male and I enjoy the taste of cotton candy vapor. I can't hide that. I love it. It has saved my life.

4/30/2014 1:42:00 AM - Brent Taylor

I am 33 years old, I was smoker for 21 years. Ever since I was old enough to buy cigarettes myself I was a 2+ pack a day smoker. I tried, unsuccessfully,

numerous times over the years to quit. I've tried patches, gum, and cold turkey. None of these methods ever lasted more than a week or two and with patches and gum I still smoked cigarettes while using them. On top of that there was the irritability,

anxiety,

sleep loss, and weight gain that usually accompanies trying to quit. About 2 years ago my wife, who had been a smoker as long as me, and I bought a e-cig kit at a mall kiosk. We were excited to try to quit smoking and save money. However, we found the taste unappealing and something about it just did not satisfy the cravings or habits. But it was nice to have a smokeless alternative for when we were around friends and family that didn't smoke. We tried other brands of cigarette looking e-cigs, but it wasn't until we were introduced to personal vaporizers and vaping that we found something we

could really latch on to. We went to a local brick and mortar, tried numerous flavored e-juices, found flavors we liked, bought evod starter kits and began our journey to quit the combustion cigarettes that we knew were horrible for us but hadn't been successful in getting off of...yet. It has now been 10 weeks for me without a cigarette. I had 3 cigarettes day we bought our vaporizers and have not had one since. It was a little harder for my wife, but it has been 7 weeks without a cigarette for her now. I was born with asthma and with smoking many physical activities were difficult for me. In 10 weeks I can now walk up stairs without getting winded and sweating after the first flight. I'm looking forward to being able to walk my dogs and ride a bike again. Food now tastes amazing, but I haven't put on the weight that I had with other attempts at quiting. I'm sleeping better, my wife says that I don't snore as much or as loud as I use to, and I am actually dreaming again when I sleep. My house, my car, and myself no longer smell like stale cigarette smoke. In fact the smell of cigarette smoke is now semi - nauseous. I have no doubt that vaping has bettered my life and I believe a big part of this working has been the availability of various flavors and different stenghths of nicotine. I am a proud fan of sweet and fruity flavors, if my only option had been tobacco flavors I know this would not have worked because the tobacco flavors are unappealing to me.

4/30/2014 2:03:00 AM - Brooke Aubrey

Sadly I have lost 3 grandparents, an aunt and I know many people that have lost a loved one to cancer from smoking. It's horrible. My husband finally quit smoking 4 months ago and switched to vaping. I was so proud of him and it took some worry away. When he quit smoking Marlboro menthol lights to be exact, he had issues with heaviness in his chest and shakiness for a few days. It was like his body was detoxing off the chemicals in ciggarettes. It finally subsided. He feels so much better with vaping. The coughing is gone, breathing is better, energy is better. There are so many dangerous and addicting chemicals in cigarettes that it's unreal. Second hand smoke is absolutely horrible. I don't cough as much. I don't see harm in being around vapor. I don't see harm in vaping. Yes there should be regulations in what goes into the vape juice to make sure it stays safe. Yes there should be regulations regarding not selling to under age. My husband stopping cigarettes and going to vaping may have saved his life. It has done this for so many people, just watch Improof videos!. It is a much safer alternative than smoking. It pisses me off that Chantix is on the market. It has helped some, but it also has harmed alot of people and caused bad reactions and there's nothing being done about that. You don't get crazy side effects with vaping like that! Don't ban or take away a life saver. I would hate for my husband to ever go back to smoking because of stupid closed minded people out to make a buck! Keep calm and vape on.

4/30/2014 2:30:00 AM - Steve Michael, NC

I smoked cigarettes for 40+ years and am now 62 years old. Though I quit several times, some times for as long as 4 or five years, I always fell back into smoking. I had used the Nicorette gums, and the transdermal patches to help me, but used as directed, they often made me feel kind of sick and were ultimately ineffective. This past Christmas (2013) my sister (who doesn

4/30/2014 3:17:00 AM - Josh H

I was a cigarette smoker for about a year, even though i started smoking under age that didn't stop me from getting them when I needed them, my friends are the same way, I am friends with countless kids under the age of 18 and they still smoke some use vaporizors which I strongly urge them to do because they are a much smarter alternative. I have not only taken up using a vaporizor as a way to stop smoking but as a hobby also just like a lot of us vape users have done. It has done more good for my health than I can explain. And these new regulations would take that all away from new users who would like to get at least a little satisfaction from quitting smoking. No doubt that vaping would never be the same with these new regulations because it would pretty much Die off from what it is now. People want to quit smoking because they know that it is an obvious health risk, they want to get the closest thing and that is obviously vaping and getting the most out of the vaping experience, and these new laws would limit the vaping experience making it clearly invaluable to the normal smoker. This would not do anything beneficial except to promote smoking, this is not okay and that is why I am a firm believer in vaping. Thank you, and as a very wise man says, smoking is dead, vaping is the future, and the future is now!

4/30/2014 3:21:00 AM - Colin F.

I smoked for 14 years at 1 pack a day. Then sous for a short time with cigarettes on and off and it wasn't till ecig ' s that I quit tobacco all together. Vaping for 1.5 years now and feel much better being smoke free. The wwife quit too!

4/30/2014 3:32:00 AM - James, 34, MN

Hi, I'm James and I'm 34. I found vaping around 3 months ago and I believe it's saved my life. I know you may think this is an exaggeration, but please take a moment to read my story before making up your mind. I smoked between a pack and a pack and a half or more cigarettes for close to 20 years. I was diagnosed with asthma earlier this year and depended on an inhaler at least twice a day if not more often to manage the symptoms. I had never had any problems with breathing before and it scared me. I would cough randomly, sometimes having to stop in my tracks to cough up phlegm when simply walking or trying to do household chores, I would wake myself up at night coughing up phlegm as well.

That's what led me to the world of vaping... I had already tried all of the standard smoking cessation options. The patch, the gum, the inhaler, even Chantix with zero results nothing even came close to working for me and i had no idea what else I could do to quit. A friend of mine told me about vaping, I had no clue what it even was and little confidence that this would actually work when i had already tried everything else. I decided to pick up a "ciggalike" at Walmart a little over 3 months ago and it wasn't horrible, it made me think that with some effort I could do this. I could manage my hand to mouth ritual, I was exhaling vapor that I could see and feel, it tasted like iced tea instead of the tobacco it claimed to taste like, but it was close enough and it worked fast and well enough that I thought I could finally quit. I picked up a small e cig mod and some e juice at a local store the next day and I haven't touched a cigarette since. 20 years of smoking... I tried all of the other methods suggested and available to quit and e cigs were the only thing that worked for me. There are tens if not hundreds of thousands of people with similar stories that I am sure they will share with you. This one's mine though, one more person asking you to be reasonable with your regulations, to not put out of business smaller retailers, a few of which I now consider friends due to their help and guidance in teaching me about how to safely use these products. Don't put my friends, who are responsible even without any regulations in place even when there's no law saying they have to be out of business with mountains of paperwork designed to hand this entire industry to the companies that made every effort to kill me for over 20 years. Be reasonable, 18+? Fine we as a community do that already. In most cases we already as a community utilize child safety caps as well. You want regulations on packaging requiring warning labels? Fine... lengthy FDA application process for any product manufactured after 2007 requiring thousands of dollars of investment and tens if not hundreds of pages of analysis from companies per product? As I read it, that means per flavor, per size of bottle and per nicotine strength.

Most of the retailers I know of have 20+ flavors, 4 or more nicotine strengths (including 0% nicotine) so people can step down their intake and they offer 2 or more different size bottles. Let's do the math on that equation, shall we? 160+ applications per company, requiring full analysis of the product and an individual application each. Not

OK, not reasonable and not beneficial in any way to anyone other than big tobacco. Don't think that in suggesting what you did you have anyone fooled. Your suggested regulations only affect will be to put small businesses out of business and hand those dollars to large corporations. Considering all of the chemicals companies like Phillip Morris, R.J. Reynolds and others put in their cigarettes as "proprietary flavors" can I expect the same from my e liquid after these regulations are in place? I know what I am buying now. I get PG, VG, FDA approved food flavorings and USP pharmaceutical grade nicotine. By the way, I can breathe now. I haven't used my inhaler in over 2 1/2 months. I no longer wake myself up coughing and I haven't needed to stop to cough anything up either. I haven't had to visit the doctor for bronchitis this past winter, something I had gotten way too used to used to while smoking. I only wish these products were available for my father who passed away 14 years ago from a heart attack he smoked since he was a teenager like I did. Hasn't big tobacco killed enough people already?

4/30/2014 4:51:00 AM - Rob F

Hello,

Just wanted to share my story. My name is Rob and I'm from Rhode Island. I am 41 years old and was a smoker for 22 years. I started smoking shortly after graduating High School. I changed brands over the years but 2 packs a day of a straight tobacco blend. I am a Firefighter/EMT and have seen the dangers of smoking in some of my patients with severe COPD. I actually enjoyed smoking. The more I look back I realize these darn things ruled my life. Going outside in subzero temps just to suck down a quick one. My doctor had been on my case for years about quitting. Believe me I tried it all. Hypnosis failed, patch didn't work, the gum was disgusting. I even tried chantix which tore my stomach and made me want to vomit. I had the smokers cough, the smelly clothing and horrendous breath. I even tried the blue Ecig which tasted terrible. I had all but given up. Then I started seeing a coworker with a different ecig. I asked him about it and decided to give it one last try. Took a ride to a local shop. Spoke with the very knowledgable owner and walked out with my starter kit. He even has a board up with pictures of people that have gone to vaping. I started at 24mg of nicotine per bottle and am currently down to 6mg. I use various devices and mods to satisfy my urges, We'll here I am 102 days later smoke free. I have not even tried to take a drag off a cigarette. The smell is repulsing to me now. My blood pressure is normal, my sense of taste and smell are amazing now. I can do almost anything now without becoming short of breath and my job has become easier to do. Something else I am proud of? I am responsible for getting 7 other coworkers to kick the habit and switch to vaping. I am bothered by the federal and local governments attacking this lifestyle. Locally they say they want to keep it out of the hands of children. Do I agree? Absolutely 100%. But does placing a high tax of 88% accomplish this? No!!! It puts people out of business. Now I'm not into politics and won't pretend I know much of this subject. But it frustrates me to see so many people better their lives and their health only to possibly have this change? I can say big tobacco will never get my money again. But why would the FDA go after something that's helping people and saving lives and allow a product that kills millions to stay on the market? We'll that's my story.

102 days free of cigarettes. I enjoy a much healthier experience vaping. Not only is my wife and my family proud of me. I'm proud of myself! I finally did it. Sincerely

Rob

4/30/2014 5:13:00 AM - Luke Hermon Watertown TN

My name is Luke Hermon and I

live in Tennessee. I had been a smoker for 10 years before 4 months ago. I had tried many of ways to quit smoke for cold turkey to gum but nothing could help me. Until a vaper store opened up in a near by town. I went in and bought my first vaporizer. I quit smoking cigarettes that day and havent touched them from that day forward. I have also made other steps to get away fully from nicotine. I was at a 18mg nicotine level starting out. I have stepped down in this very few months to 6 mg and about to move to 4mg. I started with tobacco flavors to help kick the habbit but now I stay away from those. I like fruit flavors now to help me get away from tobacco. Something else I want to note is I can breath some much better from the short time I have quit smoking. I use to have a hard time getting up to the second floor at work having to take breaks on the way up the stairs. I dont wake up coughing in the night. i can run again not feeling like i`m going to die being out of breath. I say this all the time to my still smoking friends if you could only barrow my lungs for a hour you would not second guess trying a advance personal vaporizer and quit smoking. Vaporizer in whatever shape or form have saved my life, my wife`s from second hand smoke, and my kids. I come from a family of smokers. great grandparents to grand kids and I wanted that to stop before great grand kids.

4/30/2014 5:31:00 AM - steven moore from blount county al

i was a smoker for somewhere around 10 years or so iv been tring to quite for the past 5 years and never could even when i was sick and my lungs hurt i would still smoke i just needed the nicotine so i didnt care and this went on till i got my first ecig just a basic ego style battery and cut my smoking down alot i was going through anywhere from 1 to 2 packs a day so close to 10 dollars a day plus degrading my health along the way with my ego battery 1 pack was lasting me 2 days i saved up and got a mod and now im 2 months free from analog cigarettes and i feel great my lungs dont feel heavy anymore i breath and sleep better iv gotten a few friends at work into vaping and they all love it as well with close to the same story as mine it would realy hurt me and alot more people if we lost vaping

4/30/2014 6:42:00 AM - Trent Terlizzi

I started smoking when i was 15 , by 16 i was a pack a day. Despite the legality of it i chose to ruin my lungs. By 18 i would consume a pack a day in the week and a pack a day and a pack a night on the weekends. IT WAS AT THAT TIME I SAID , I HAVE LEARNED TO SUCCEED IN EVERYTHING FROM THE INTERNET, time to try out BLU. From there i struggled between Analogs and Blu BECAUSE THEY ARE WEAK AND UNDER POWERED, Gave me headaches from the juice. That spiraled into more and more product research finding more and more searching for the best BECAUSE THE CONCEPT WAS GREAT IT NEEDED TO BE PERFECT MORE. The "DIY" started happening and i quickly lost touch with cigs and somehow ecigs tapered me off for good. I had tried dip, and nicoret , But smoking is/was my pleasure/taboo/fetish. VAPOR TOOK THAT OVER. If i can blow vapor into a rag without any staining unlike a cigarette which will leave it brown and sappy, THEN I JUSTIFY my use as safer ! The FDA DOES NOT NEED TO REGULATE FLAVORINGS IF THEY ARE ALREADY REGULATED. Nicotine Wholesalers/Manufactures should be regulated AND THAT IS ALL. THE STANDARD SHOULD BE USPgrade and KOSHER. 95% purity or higher .

My life changed for the better. ecigs instigated my new hobby and lifestyle. Researching , thinking, tinkering, teaching, BREATHING BETTER, learning business...

DO NOT TAKE THE USA BACK TO 2007 and DO NOT STOMP OUT THE SMALL BUSINESS PROSPERING.

4/30/2014 7:26:00 AM - Shayne Marie from New Mexico

I am 20 years old. I started smoking cigarettes at the age of 13. I always told myself I wouldn't get addicted to cigarettes, and that it was just a thing I did when I was around friends that smoke. For years I watched my grandfather suffer from lung cancer. When he passed away in 2010 I told myself it was time to quit. I tried to kick the habit but couldn't get myself to stop. I heard about electronic cigarettes a year ago and decided to try them instead of using a patch or quitting cold turkey. I noticed I cut back from two packs a day to one pack a week. Now I use mechanical mods with a rebuildable RDA. I haven't touched a cigarette in a month. And I feel amazing. I believe

E-cigarettes can and are helping people quit smoking.

4/30/2014 10:53:00 AM - Chad Hester (sourmash1973) Pasadena, TX

I'm a 40 year old male and I started smoking cigarettes when I was 14 years old. Up until 7 months ago, I was a pack to a pack and a half a day smoker. I spent 26 years of my life poisoning myself with tobacco products.

During my time as a smoker, I developed high blood pressure. Even though I have always been active with lifting weights, running, etc., I developed HIGH BLOOD PRESSURE. I suffered other side affects too, such as; wheezing, shortness of breath, anxiety, etc.

Throughout my time as a smoker, I tried several methods to quit. I tried anti depressants, the patch, gum, etc. Non of them ever worked for me and I SERIOUSLY wanted them to work and SERIOUSLY wanted to quit. Each method I tried had me quitting for a couple weeks to a couple months and then I'd be back to smoking again. The worst of it was the anti depressants. Not only did I go back to smoking but also had a new addiction I had to get rid of, which was pure hell!

Seven months ago, I discovered electronic cigarettes and the vaping community and I've never looked back. FINALLY I had my hands on something that really made me quit smoking successfully. Once I got my device, I dropped tobacco products that day and haven't looked back. I don't miss it (like I did using other methods) and I see myself never going back as long as I have vaping.

Since quitting smoking, I no longer have high blood pressure. I am much more active and in shape. I have my senses of smell and taste back. I can breathe more freely. My teeth and gums are more healthy. I no longer stink. The list goes on. The quality of my life has jumped ten-fold.

I would also like to add to my story that I have lost several family members to smoking related illnesses. My grandmother died of cancer caused by smoking cigarettes and my father inlaw died of lung cancer. There are others as well.

E-cigarettes and vaping have changed my life for the better. It is my hope that it's something that will not be taken away, or taxed to the point that I cannot afford to do it. Please don't take away my right to do something good for myself.

4/30/2014 2:45:00 PM - Chris O.

I have been a smoker for 12 years, and have a minor prenatal heart disease. This combo is dangerous and has left me to try many alternatives to smoking. Nothing on the market has worked for me - I.e gum, patches, inhalers. One year ago I started using e-cigs it has helped me to lower my nicotine intake to almost 0. At this point I use e cigs at a low 6mg or 0mg at occasions that would cause me to smoke socially and has been an amazing success. Not only has the e CIG been helping me as a whole, it has opened me up to a community of people that are in the same stage of relief. I'm also a collector of mechanical e cigs known as "mods" and this hobby has kept my focus off of tobacco products and enjoying the collecting of beautiful harmless devices such as these. Knowing that the possibility of these "mods" being deemed illegal based on some literature included in the proposed regulation utterly saddens me as they are essentially the same devices that would remain legal such as the njoy

ecig made by a large tobacco company. Furthermore this "mod" industry has created many jobs and companies where government has failed to. Regulation for safety of the people is acceptable, regulation to benefit big tobacco is appalling. We have found a way to live tobacco free, please don't take that away or us!

4/30/2014 3:12:00 PM - Darryl H

Hello All, I just wanted to share the success that I have found with vaping. I was a long time smoker, Since I turned 18 I started smoking Marlboro Reds. By the time I was 19 I was smoking two packs a day and really started noticing draw backs. I was addicted and looked the other way but when I turned 21 I found myself having trouble exercising, sitting still, (was always edgy about getting more puffs) and even just get winded while talking to people. I realized I needed to quite and started trying all commercially available products, Nicotine gum, patches, Pills. Anything to help give me a leg up in my battle for better health. After truly trying those methods I found none really helped and I was always back on the Cigarette band wagon within weeks. That is until one day I was sitting at home and my sister (a college student) mistakenly had a box delivered to the house. When I asked her what it was (via email) she said it was a new E-cig or vape device. This instantly caught my attention and I asked if she minded if I tried the one that had been delivered. After trying it for the first time I instantly fell in love. After using that Ecig for 2 weeks I realized that I had no urge to smoke a regular cig. I found myself not even able to stand the smell of regular cigarettes. Thats when I found the Indoor Smokers channel on youtube and it opened my eyes and mind to all the different cool gadgets and devices associated with vaping and my natural love of building and making something my own took over. I started buying different juices, mods, tanks, anything I could get my hands on. And it really became more about the hobby of vaping then actually

smoking. I am now 6 months cigarette free and my health has drastically improved. From not being able to run or talk for a long time without being winded to being able to actually breath and feel like myself again. I truly believe E-cigs saved my life.

4/30/2014 4:12:00 PM - Steven Raymond Appomattox VA

I started smoking when I was about 10 years old and continued until 2 weeks ago. After years of trying the patches, the gum, the medicine nothing seemed to work. My wife worried about my health and every year I would tell myself I was going to quit. I tried e-cigs 2 years ago to no success. I finally found this year a e-cig that worked thanks to a local vapor shop. I started and slowly I went from 2 packs a day to half a pack to none in the course of a month. I started with 32mg of nic now I am down to 24 after 2 weeks of using a e-cig full time. I love it I can breathe better, food tastes better. My wife ejoys the vapor smell and not hearing dry leaves in my chest. My kids also love the smell and encourage me to get different flavors.

4/30/2014 5:54:00 PM - Larry Ricker

To whom this may concern, my name is Larry Ricker I am 33 years old and I smoked for 18 years. I have been using electronic cigarettes or what we call advanced personal vaporizer (apv). I am proud to say that I have not smoked a actual tobacco cigarette in three months. And the reason I quit was not just because I got tired of smelling like a ash tray I had a friend that was in the hospital and they told her that if she didn't quit smoking now she would be dead before the age of 40. And as a result of that I Decided to quit with her to help her out. So I had a full pack of cigarettes and a half pack. I went to a local tobacco store and seen these electronic cigarettes

that had e-juice that you had to put in it. I gave it a shot and said the worst thing is that I wouldn't like it and I would not be able to quit smoking. But to my surprise I enjoyed it and quiet well actually I ended up giving my cigarettes that I had left to a fellow smoker that smoked. I have been smoke free and tobacco free for three months and I haven't felt better.

I have even cut my nicotine level from 18mg down to 3mg even close to 0mg nicotine level. That how much the electronic cigarettes have helped me quit smoking. I love the flavors that I can choose from. That is probably what helped me the most to quitting was being able to vape a flavor that I enjoyed tasting instead of a tobacco flavor. Because if I wanted the tobacco flavor I would have never quit smoking.

4/30/2014 6:05:00 PM - Joseph Ronduelas

Hi my name is Joseph Ronduelas. I started smoking when I was only 15 as most people do. I am currently 28 and have been smoked free for about a year and a half now. I decided to stop smoking because I have 2 children and got tired of selling of cigarettes and the cost was getting ridiculous. I originally bought one of those disposal ecigs from a gas station and didn't like it so I continue to some regular cigarettes. About a year later I decided to try it again this time getting one of the more known disposal ecigs. It was Alright but it wasn't working. A friend told me about the ego style ecigs so I decided to bye one of those and started looking into eliquids. I liked it. The price was right and I want stuck with crapy tobacco flavors. I was able to control the amount of nicotine that was in it a lot better then what you can with the disposal ecig. I finally was able to stop smoking because of the ego style and the more advanced vaporizers. I have met a lot of new people while doing g this and everyone is always willing to help you with any questions you may have about the products and differences in the devices and fluids. I originally started my nicotine level at 12mg and now I am down to 4 trying my luck at 0mg. I want sure about switching over originally but now I can say that it was the best decision I have made in my life. I can breath easier, I taste my food better, I don't have that horrible flemm anymore, im saying money and best of all I don't smell like nasty cigarettes around my children. As a Parent I don't ever want my children to smoked but Unfortunately it doesn't always work like that. Im sure my Parent said the same for me when I was young. But if they are to I would want them to come an ecig over a regular cigarette.

4/30/2014 6:20:00 PM - Anthony Grapp from Waterloo Ia

About two years ago I began the long road to quitting smoking after almost 11 years of sometimes heavy use. As an intellectual mind I first started with research of different products and what the pros and cons of said product could or would do to my body I finally settled on two possible products. First I tried chantix which helped tremendously with the cravings and I didn't think about smoking however the vivid dreams and body pains began to take hold shortly after my first two weeks of use. I trudged on thinking this isn't so bad but finally I had to stop the dreams were unbearable to the point I feared sleeping. My second option was vaping or e-cigs I began with the easy blues small transition due to the resemblance to a real smoke I started with medium nicotine and quickly switched to the light. After a week or two I found my sense of smell, and taste came back with force which was probably due to quitting actual smokes with their 3k plus chemicals I agree but after only a month I went from two packs of smokes to not even a drop of nicotine when I switched to a larger cape mode called a tank system. This was awesome the flavors came in so many tastes and sometime perfumy smells I loved it and still do to this day I love not having the nicotine in me along with the thousands of chemicals I've also switched to a mostly natural ejuice in cotton candy flavor which is my vice now that and orange flavoring I enjoy my life my lung and breathing ability and my heightened sences it makes no sense to me to cut this off or make this harder to obtain aside from no sale to minors which I understand I'm 31 and have been smoke free for a year and a half and I owe that all to e-cigs and e-juices produced by e-cig companies around the world thank you all

4/30/2014 7:20:00 PM - Joseph Ussan

I smoked for five years, I started the same way every 15 year old starts....With his friends from school, I at start didn't smoke much because I didn't properly inhaled it and after a year I started to inhale the smoke and got addicted. I used to smoke all kinds of brands, from A to Z you name it I have smoked, I loved it thought it fancy and delicious (

4/30/2014 7:29:00 PM - Carl Payne, Fredericktown OH

I started smoking when I was 17. Over the years I have had several unsuccesfull quitting attempts. I used the gum, and have tried cold turkey. Eventually all have failed and I ended up with a cigarette in my mouth again. Most importantly I always had that deep down craving for a cigarette, even after months of not smoking.

About a year ago I bought a lower end e-cigarette model and was amazed at how satisfying it could be. However it wasn't what I needed to replace smoking all together. Around Christmas of last year (6 months at the time of this writing) I bought an ego-c twist and a clearomizer and was amazed at how effective it was. I still had a pack of cigarettes and did not plan on quitting them completely. I was "just trying this e-cig thing out." Two weeks later I was surprised that I still had cigarettes left in that pack. If I did smoke one "just for old times sake" I did not enjoy it and was left wanting to Vape instead.

Fast forward six months and I am using a much more varied array of devices. And have tried many many fla ors of e-juice. My primary device now is a mechanical mod with a Kayfun lite rebuild able atomizer.

I have also reduced the nicotine strength of my fluids from 32 and 24 at the beginning, to 12 and 6 now.

I feel that the large amount of different devices and flavors gave me something to do with all the stress of changing a habit that had been a part of my life fort so long. It was also very helpful to be able to relapse by using 18 or 24 mg juice for a minute or even for a day, instead of relapsing by smoking a cigarette. And most importantly I can feel that I no longer have that deep urge to smoke a cigarette. So even when I have a bad day and relapse, its going to be vapor and not smoke.

4/30/2014 7:51:00 PM - Christopher Wofford

I smoked and used chewing tobacco for nine years. I reached my peak tobacco use during my army career. I was going through two cans of smokeless tobacco a day. The effects it had on my mouth were brutal, white spots, gum decay, tooth damage. My dentist told me I was headed down the road to cancer, and fast. But I knew I could not quit; I was in an abusive relationship and kept coming back for more. I was introduced to e- cigarettes by a friend, but disregarded it as a fad, or a gimmick. After a little research and mouth pain like you would not believe, I decided to give e- cigarettes a try, as they are relatively inexpensive. I picked up a kit and a 24 mg bottle of juice and hoped for the best. I did quite enjoy the e-cigarette, but still ha a strong urge to dip. Any time I got that craving I would look in the mirror at my mouth and see all those sores, that was my motivation. Today, it has been nine months since my last dip. I am down to a 3 mg nicotine level and I feel fantastic. My mouth has healed, my throat is no longer sore, and my heartburn is gone. I feel that e-cigarettes have changed, and saved my life. And for that, I am forever grateful.

4/30/2014 8:00:00 PM - Neil Powell Albany, NY

I smoked for a total of 11 years. So widely available, and very much accepted. I tried smokeless tobacco which helped me get off cigarettes, although in my heart I knew it still wasn't beneficial to my health.

I bought my first e-cigarette in 2009 which I became unsatisfied with rather quickly although I knew is potential.

I resumed conventional cigarettes for a few years until I found myself looking at the e-cigarette market again. On March 13, 2013, I smoked my

last conventional cigarette ever. With it's current technology, I have staved off cigarettes with the utmost energy. I am proud to have found a far safer habit and I have also gained a hobby. As a registered nurse, I know firsthand how life altering conventional cigarettes are and how detrimental they are too one's health status. I support this community with all that I have and will do whatever I can to prevent the downfall if this community.

4/30/2014 10:50:00 PM - Stephen Blake Houston, TX

My name is Stephen Blake and I'm a 23 year old student from Houston, Texas. I smoked cigarettes for a little over 6 years which ranged from Camel Frost to Marlboro Ultralights. It has been about a month and a half from today (4/30/2014) since I have had a cigarette or even a drag of one because of smoke-free alternatives. I began using an ego vape but quickly upgraded to a Tesla MOD for a better vape. I started with 6mg of nicotine, which is the lowest besides nicotine free, and have not gone up or down. I actually still had two cigarettes left when I began using my vape and never smoked them. In other words I completely stopped smoking when I began vaping. Bottom line is you won't quit smoking unless you want to, vaping just provides a better, more interesting alternative to nicotine gum or a patch. I am highly against prescription medicine and heard stories of people hallucinating while taking Chantix, a person of which who is a medical doctor, so that was never an option. I have noticed nothing but positive effects from switching to a smoke-free alternative. These benefits include a better sense of smell, a better sense of taste, I can breathe again, I don't smell like a cigarette, I can exercise efficiently as I did before I started smoking and the list goes on. The reason why the FDA wants to regulate or ban vaping is because their friends at Phillip Morris and other big tobacco companies that they get kickbacks from are losing too much money. If they actually cared about their customers they would have been developing a safer alternative. But lets face it, they don't want their bottom line hurt by research for a safe alternative to the dangerous, pesticide filled cancer sticks they peddle.

4/30/2014 10:53:00 PM - James Erne

I started smoking when I was 17. It started off with a social thing but by the time I was 26 I was up to over a pack a day of newports. I then had pneumonia when I was 27. After 2 weeks I was back to smoking. I started having problems breathing in my sleep and would sometimes choke.

When I finally decided I had enough, my girlfriend and I bought our first Pv or ecig. After a month, I had fallen in love. The taste was fantastic and within the month my energy increased and I was in a better mood constantly.

After 4 months I started making it into a hobby. I discovered reddit, youtube reviewers, and that I wasn't alone.

After 5 months my sense of smell came back, I could breath no problem, and I was able to hit the gym again.

I'm going on 8 months clean now with no set backs and I have never been happier. I owe e-cigs my life.

4/30/2014 11:13:00 PM - ryan cornelius fulton ny

hi my name is ryan cornelius. I started smoking at 16 years of age. i started to not be able to breath in this last year. it just got worse and worse. i had tried to quit smoking and i had no such success. i then went to a doctor as my breathing got worse and found out i had copd. i was very distraught with this news. i tried chantix the patch the gum none of these products helped me quit for good. i heard about the ecig i was skeptical but i have many friends that had success with this. so i finally tried it. i loved that i had a choice in flavors and nicotine strengths. this was a year ago and i am still tobacco free to this day. i feel a million times better i can breathe again my copd is under control. my doctor is a firm believer in e cig and now recomends it to people like me that couldnt quit smoking. this device has saved my life and greatly improved my quality of life. i do not understand why they want to take these devices off the market. cigarette kill people and everyone knows this. i think they need to be taken off the market. e cigs are saving lives and it makes no sense to make these devices so hard for people to get. the government and stated officials need to take a better look at these

and test american made liquid and not chinese liquids. o yeah and did i mentioned i cut down on nicotine each time i ordered e liquid and now i am also nicotine free? bet they cant say that with cigarettes and all the chemicals that are in them. and do we even know all the chemicals in cigarettes? but these are ok? get with the program these e cigs are saving lives!!!!!

5/1/2014 12:05:00 AM - Christina

Hi, my name is Christina, and I started smoking when I was 12 so I have been smoking for 26 years! I smoked a pack 1/2 a day. I loved to smoke. Everyone tried to talk to me tell me how bad it was and say u really need to quit!! My husband who is big on health just hated it and tried to bribe me to quit. Nothing would work I enjoyed it far to much! My mother died at 54 years old from complications of smoking! I was very close with my mom and by her side the whole time and still I didn't quit smoking! My dad is dying from smoking as well. I have 6 children and 2 grandchildren that I need and want to LIVE for!! I decided one day that things have to change I want to live a quality way of life! I tried the e-cig that u buy from 7-11 but they didn't work. I then searched YouTube and came across info on mods and tanks! I went to the vape store and bought a itaste 134 mini and an iclear 30b and some Marlboro red 18 mg on April 8th 2014 and I'm proud to say that I haven't had a cigarette sense!!! It's been 3 weeks and 1 day and I don't even miss it AT ALL! I think that e-cigs r the greatest and best way to quit smoking! I never thought there would ever be anything that would ever help me quit!!

5/1/2014 3:09:00 AM - Barak from Fresno, Ca.

I have been a pack a day smoker for over 10 years. I've tried quitting a few times in the past and had pretty much given up trying to quit these last 3 or so years. It wasn't tell recently (one week ago today) that I decided to try E-cigs because a lot of my friends are having great success using E-Cigs to quit smoking.

All I can say is it really does work! During the week or so that I've been using my vapor pen with 18mg tabaco eliquid I've only smoked 6 cigarets! If not for this awesome product I would have smoked over 150 cigarets in this past week alone! I don't have the strongest willpower which is why I love my vapor pen. The cravings for a cigaret just aren't there anymore. I already feel healthier and more energized in just one week on not smoking. I can't see any reason to go back and I'm looking forward completely winging myself off of nicotine... That is unless they (Big brother/Gov.) makes it so hard to get that I have to go back to cigarets so they can get more taxes out of me!

5/1/2014 2:09:00 PM - chuck meyer

hello i stopped smoking in 2009 because of a stroke i had and my copd because of the e cig without them i will go back to smoking so please do not ban them thank you

5/1/2014 7:52:00 PM - Lillie Meinhardt

I smoked over a pack a day of leading cigarettes for more than 33 years. Several chest colds every summer and every winter. A close friend of ours started vaping so we tried it and it worked for us also. I have not smoked or purchased a single cigarette since February 2013. I have not been sick either. I have decreased my nic level from 24 mg down to 12 during this time. I am proud of what I have done by quit smoking cigarettes. I have used the patch and gum and chantix with no long term luck. This has worked the best by far for both of us, me with smoking and my husband with dipping copenhagen. We believe in it so much that we have opened up a vape store to help others. This really works well. We have seen many sucess stories with the e-cig since in the business. This adds years to peoples looks and there appearances when they feel better. Best thing ever.

5/1/2014 8:09:00 PM - James Haynes from Knoxville, TN

Before switching to electronic cigarettes I smoked a pack-a-day over a span of three years. If I couldn't afford a cigarette, sometimes I would grab them out of ashtrays. I was hopelessly addicted and I hated it. Cigarettes caused me to wheeze, cough, and generally become less active. My friends and family noticed the poor stench of cigarettes on my breath and clothes as well as my home and car. I

5/2/2014 12:19:00 AM - James Ketner

I switched to vaping three years ago after smoking for 18 years. I had no business smoking, I broke my neck 15 years ago in a diving accident and received lung damage by inhaling polluted river water. When I smoked I was quick to lose breath and my lung volume was low. Every doctor I've seen were glad I made the switch and after monitoring my lungs over the past three years I've made them believers that vaping is indeed a harm reduction method and my inspired lung volume is that of a healthy non-smoker. I have my health now and I truly have vaping to thank for that.

5/2/2014 1:12:00 AM - Dale Orndorff (aka tuney on several forums)

hello, i was a smoker for over 25 years. smoking started to take a toll on me and when a nurse at my doctors office suggested an e-cigarette as another alternative i tried it and now i and two other members in my family have been tobacco free for over 6 months.

it is amazing how much better i feel now!

5/2/2014 6:51:00 AM - Justin Burke

I started smoking when I was 16 years old. A stupid act to make someone lose a bet. I smoked between 1 1/2 to 2 packs a day for about 15 1/2 years. During this time I made the decision to quit on many different occasions. I tried the gums, the sprays and the patches. The only way I felt the patch would ever help me is if I rolled it up and smoked it. I thought about trying Chantix, but after my Mom got severe depression and horrible nightmares from using it, I decided not to give it a shot. Not to mention that it never helped her quit. I started using e-Cigs in January 2014, and I havent looked back. To me, the e-cig helps where other methods have failed, with the hand to mouth habit formed from 15+ years of smoking. Now, being 4 months smoke free, I can breathe easier and have more energy. My wife especially, who is a non-smoker, has noticed certain improvements in our marital relations since I started using e-Cigs. After many years of smoking and many failed attempts at quitting, I have finally found a solution that works! Im now working on getting my Mom off cancer sticks and onto e-cigs so she can see the same benefits in her that I have seen with myself. Every chance I get I also try and educate a smoker on the benefits of switching to e-cigs.

5/2/2014 7:13:00 AM - Oklahoma

I was a smoker for 5 years. 3 years ago I was introduced to a e cig. I have been smoke free since my first drag from that e cig. I vape still to this day. I have noticed that I am able be much more active no more running out of breath. I have passed my story with many people. About 7 out of 10 of those people are happy vapors and no longer smoke cigarettes. In this great state of Oklahoma I hope my story and the many others help people realize smoking is the sickness vaping is the cure

5/2/2014 2:01:00 PM - Roy

I have been smoking for most of my life as I started at 13; I

5/2/2014 2:51:00 PM - rob44

I smoked cigarettes for over 50 years. I started using e-cigarettes during a quit attempt beginning on Oct 23, 2013. Prior to this date I had experimented with a cig-alike kit that I purchased on-line. This did not satisfy my needs, but led to acquiring 2nd generation products that ultimately did work. I now use a variety of 2nd generation products (some adjustable) along with 12 mg flavored nicotine juice that I purchase from a trusted on-line vendor. In my attempts to quit smoking cigarettes, dating back more than 12 years, I used bupropion, patches, gum and lozenges. The act of smoking was missing, of course and that always seemed to draw me back. My last cigarette was on Oct 23, 2013, an important date for me since I had quit a number of times, resulting in mostly discouragement. I now breathe better, cough less, smell better, feel less like a social pariah and it's one less health worry, though I did smoke tobacco a long, long time. To this point I have been very fortunate. Others I know, not so much. I had many reasons to quit smoking; I am on a fixed income so increased costs associated with smoking were a concern. Mainly it was my health and the fear of disability that led to my quits. I also like to feel good about myself and that became increasingly difficult given the often militant views on tobacco use. I have since done quite a bit of research into the tobacco and pharma industries, the e-cigarette industry, world governments, state governments and their agencies. I have concluded that I am doing the right thing for myself and that all of the above have a stake in what I'm doing. I, once again, appear to be on the wrong side of the law. I don't think there is anything very unusual in my story were it not for my age; I will be 70 in June of 2014. Most that are doing this are much younger and I am very much concerned about their freedom to do so.

5/2/2014 3:43:00 PM - Michael Germano (parcivous) from Buckley, WA.

My name is Mike, and I loved smoking (not just the addictive chemicals, but the actual act of smoking) I'm 42, i had my first cigarette when i was 12, by the time i was 20 i was a two pack a day smoker. After years of friends and family pushing me to stop for health reasons, and a year of a friend emailing me (videos, websites, and studies), I finaly tried a vaporizer, my first day I dropped from 2 packs to 8 cigarettes, the next 2 days I was down to 4, then for two days I had 2, on the fifth day I lit a cigarette and noticed it tasted terrible compaired to my ejuice. That was 7 weeks ago and honestly I haven't looked back, the habit cravings come and go (like after a meal) but really i'm quite happy to use a mod and taste blueberry, or apple pie instead of smoking a cigarette. I feel as though i'm breathing better, i'm spending less money, and i'm getting out and doing more (while smelling better i may add). I'd really like to thank my friend kelly, my parents and family and everyone else who supported me while I made this change in my life.

5/2/2014 8:58:00 PM - Paula Polo

My name is Paula Polo, I was a pack a day smoker for about 10 yrs but had been a smoker since I was 15, I am now 33.

I had tried everything from patches to gums to cold turkey and nothing worked UNTIL, I decided to invest in a vape aka electronic cigarette.

At first I was sceptical thinking there was no way that this would work since nothing else had.

So I went back and forth for about 2 weeks before completely putting down the cigarettes.

I was super surprised when I had ZERO withdrawls from the cigarettes while I was vaping.

I couldn't believe that this product was actually working for me.

My boyfriend and I quit about the same time and he was a pack a day smoker for 30 yrs.

Vapes have changed our lives, we believe so much in this product that we wanted to help other people quit, so we opened our own vape store in Villa Rica ,Ga learned how to make the e-juice and now have a successful business that has helped people switch from traditional tobacco to vaping.

We offer a huge veriety of nicotene levels so that the user can give up the nicotene in small increments without the nasty withdrawls of quitting cold turkey.

Thanks to vaping I have been cigarette free for over a year same goes for my boyfriend.

This is the ONLY product that worked for me and I would recommend it for anyone trying to quit traditional tobacco.

Vaping has helped save my lungs and has given me the taste, smell and energy I lacked because of cigarettes.

I can run and play with my son without having to stop every 2 minutes to breath.

I wish my grandfather had had e-cigs, I might have had the opportunity to know him better before he died of lung cancer when I was only 3 yrs old.

Hopefully its not to late for me since I have given them up.

Sincerely Paula Polo Villa Rica, Ga

5/2/2014 9:19:00 PM - Dwayne Brasseaux

My personal story as a testimony of what an electronic Cigarette/vaporizer has done in my life, less than a year ago I was taken into the hospital with my heart skipping every 5th beat, my doctor attributed the problems I was having at the age of 37 years old to the fact that I was a 3 to 4 pack a day smoker. My arteries were hardening and compressing from the carbon monoxide that I was taking in from the cigarettes that I was smoking on a daily basis, My lungs were the equivalent of a 60 year old male and my blood pressure was beyond hypertensive. I tried every means of quitting smoking including patches, nicotine gum, chewing tobacco and quitting cold turkey and because of the amount of cigarettes that I was accustomed to none of them worked. Then after multiple failed attempts I met the Owners of swamp vapor and tried their product and instantly it worked, I was a non-smoker. With that said, since that day my blood pressure has stabilized to that of a normal 38 year old male, and I have regained 40% of my lost lung capacity. My lifestyle has not only changed but has improved drastically. I have done multiple hours of research and know for a fact that there have been no findings that show any negative effects of vaping directly, not to mention second hand vapor.

Regards, Dwayne Brasseaux Lafayette, LA

5/3/2014 5:04:00 AM - Bill K, Philly Area

I smoked for over 40 years. I tried a few times to quit cold turkey and always failed.

A friend told me about e-cigarettes. It was one of the smaller brand, with didn't look appealing. I found out about a vape shop and went in with a few questions, and exited with an eGo Twist! I later got a Vision Spinner, expanded my vendor list to include a place that just makes ejuice, nice selection of flavors to choose from.

It's been about nine weeks now, and I thoroughly enjoy vaping with no desire to go back to using tobacco products. No more morning mucus, no tired feeling after walking a couple of blocks, and I've even lowered the nic dosage from 18 to 12 to 6 mg. For me, it's become more about flavor than the nic rush. How's THAT for progress? I might even end up using on a 0 mg blend before long.

Regarding regulation and behavior: true, I don't want to see kids who have never smoked getting into the habit. I still go outside in public, as I realize that some people don't understand it's only vapor as opposed to smoke, so I respect that and it's easier than getting into confrontations all the time. So long as they don't get on my case about vaping, I don't have an issue. You follow your road and I'll follow mine.

There's also common sense to follow in storing the materials, like keeping them out of reach of small children, but that's something for parents shouldn't need to be told, as they should exercise caution with any household product. What are you going to do, ban the use of bleach?

Now I hear the FDA has a long and lengthy list of proposals to regulate to production of any and all vaping products, to the point where it would be impossible to the small to medium-sized vendor to exist, due to the application procedure and related high costs.

Nine weeks ago, I declared myself free of Big Tobacco, and now it seems that only the big companies will be the only ones with enough money to go through the applications process! Product would skyrocket, with the tobacco companies thinking they have a captive market. I prefer to deal with smaller companies, anyway; there are enough corporate giants out there, as it is.

I gave up a nasty habit, and got a nice hobby in return. I can vape to my heart's content in the privacy of my home. I appreciate the content that a lot of guys like Grimm Green or Indoor Smokes put out there on YouTube. It seems there exists a grass-roots community out there in support of getting off tobacco, and having some fun as well.

And now, the FDA and Big Tobacco are in bed together with an agenda that will threaten all that I have just described.

So my question is, what else can I do to voice my support, and send a message to the FDA, asking that these Draconian proposals remain just that, proposals and nothing more?

Can someone please tell me?

Thank you for reading.

5/3/2014 5:38:00 AM - Cory (Wisconsin)

My name is Cory. I had smoked for 16 years a minimum of a pack a day. October 2013 I decided to try to quit smoking and had never previously tried to quit. I went to a local e-cig store and purchased an electronic e-cig kit and a bottle of e-liquid (24mg of nicotine) Since October 2013 I have explored more of the e-cigarette world and have purchased many products involving e-cigs, e-cig mods and many different types of e-liquids. I have now been 100% cigarette free since October of 2013 and also have dropped my nicotine levels to (6mg & 0mg of nicotine in my e-liquids) Also in that time my health has improved, I can breathe better, I taste everything differently and much better I also just feel a massive improvement in my life by quitting smoking and moving onto a healthier alternative. Everything about the e-cigarette world has improved my health and happiness. I hope this testimony does some good for people looking to quit smoking and moving onto something much healthier and better than cigarettes. (May 2014 still not smoking and never will go back to cigarettes)

5/3/2014 10:31:00 AM - John Bragg Columbus Ohio

I smoked for 10 years. I've tried to quit by going cold turkey and with medications from my doctor but nothing worked. I had almost given up until I heard about e-cigs.I first tried the cheap disposable one and they didn't work that we'll and I almost have up. Them I found a local basis shop and found out that there were many flavors to choose from and different devices to use. When I found the right set up for me witch was grape at 18 mil nicotine strength I knew I would never touch a cigarette again and I didn't. It took me about three months to go completely nicotine free and I feel 20 years younger. I can't believe our political are trying to make it harder for other people to have the same results as I did. Smoking was the worst thing I ever started and I hope everyone will have the same opportunity to quit like I did.

5/3/2014 4:24:00 PM - fsors

I smoked for 35 years. I have used

electronic vaporizers since 2008. Have not smoked tobacco since switching to vaporizers. When making the switch, I continued to smoke less and less for three days and have not smoked since. Tried the nic gum before that which did not work at all. My health, tastes and sense of smell has improved dramatically. My outlook on life has also improved.

Thank You for listening to my report.

5/3/2014 4:26:00 PM - Peta

I began vaping about two months ago. Since the moment I have tried it, I have not touched a real cigarette since. I was a 1.5-2 pack a day smoker. I wanted to quit smoking because, of course, it's bad for my health, my family's health and also my dogs health (pugs, have common respiratory problems). On top of that, I wanted to stop polluting the air, and of course, I'm just one person...but it always starts with one person...who better than YOU ? It's also incredibly more economical. Now, I understand the FDA has to step in at some point. Regulations are just necessary (for god sakes, I'm in the Army, I know better.) My only fear is the cost of vaping rising, as that eliminates a HUGE incentive to vaping versus traditional smoking - it's cost efficiency. I also hate that many places (Starbucks!) says I can't blow my steam on their property....but I can sweat, pass gas, curse etc...that's all fine though. "You can't use smokeless tobacco here." Well. It's not "smokeless tobacco," it's "tobaccoless vapor." Yes vapor. Aka, heated liquid. I agree with people needing licenses, I guess. And of course, needing to tell people what the ingredients are..for sure. But I believe that's where it should stop. We aren't hurting anyone (ourselves included) or anything (environment). If anything, we are helping save people from secondhand smoke, cancer and the other endless amount of dangers involved in smoking. If anyone reads this, please don't discourage us from doing something so good for ourselves and for each other. It's fun, it's a hobby and more than anything....it feels so good to be able to breathe again.

5/3/2014 6:16:00 PM - Shoshone

I come from a family that smoked and had tried cigarettes at the age of 5 years old but began smoking regularly at the age of 12. Even though my father let me try cigars to detour me from tobacco at a young age. I'm now 47 years old and had smoked nearly four packs of cigarettes a day during a short time period of a year but my general habit was about two packs a day over a period of more than 30 years.

I hated cigarettes for the last 15 years of my habit and tried, nicotine patches, nicotine gum, dipping type tobacco, chew type tobacco, snuff tobacco, Chantix twice and many other products as stop smoking aides that were not even close to being as effective as electronic cigarettes have been.

I have a very addictive personality and have battled alcohol and drugs addictions for years but nothing has been as hard to quit as cigarettes. Electronic cigarettes have allowed me to be tobacco free for more than a year now and put an end to the last vice that was senselessly, painfully and slowly killing me.

Since quitting cigarettes and using electronic cigarettes I breath easier, my stamina has increased greatly, I'm not getting sick as often, I don't miss work as often due to illness, I don't stink like cigarettes anymore, I'm not a walking fire hazard, my health insurance doesn't cost as much being I'm a non-smoker,

my house and vehicles don't offend non-smokers like they did when I smoked because of the smell of cigarettes, dogs and cats don't don't make funny faces when they sniff my hands anymore and the benefits go on and on just for the fact that I use electronic cigarettes now.

5/3/2014 6:26:00 PM - Elise Van Gundy

I started smoking about 12 years ago. As the years progressed I found myself smoking more and more. When my son was born I tried everything to quit including patches, Chantix, gum and nothing worked. There was nothing that I tried that took the craving away enough to quit smoking for more than a day. I got into electronic cigarettes about 2 months ago. I immediately didn't feel the need for a cigarette. There were no side effects like the Chantix had. I didn't have to peel off painfully stuck on patches. I am so happy to finally be cigarette free thanks to electronic cigarettes. I can smell so much better, I don't wake up coughing like crazy in the middle of the night needing to have a puff of the rescue inhaler. My children have also benefited - My son has had asthma since he was born. Since I quit smoking his asthma attacks have been reduced dramatically. Overall it has helped both my health and the health of others around me.

5/3/2014 11:17:00 PM - Anthony Mask (VapeHead)

My name is Anthony Mask, I live in Leighton, Alabama, I am 42 years old and tobacco free. Granted the vaporizers I use use ejuice that contain nicotine, but no tar, or herbasides, pestisides, or any other garbage that gets sprayed on the tobacco plant before or after harvest. My story may not be very exciting, but my last real cigarette was February 28, 2014, as of today which is May 3, 2014, I am 65 days tar free. I write this in the hopes that the FDA will see the good that these products do not only for those of use who don't want to continue to blacken our lungs with traditional tobacco, but also the fact that the maker's of the ejuice and some of the mod's on the market are USA based small businesses. These suggested regulations could and most likely would harm those small up and coming businesses. This is America, let us vape, proud and free. Thank you.

5/3/2014 11:46:00 PM - Nikki

I have been smoking since I was 14. Yes 14 years old and I picked up my first cig, a marlboro light short. Worst mistake of my life. From there I went to camel menthe no. 9s then to pall mall red 100s then menthol black 100s. I got to the point I couldnt breath and I would smoke over a pack a day. In the car driving after I would eat even when I was bored. I would smoke 3 cigs in 30 mins. I am 23 years old and have tried to quit multiple times but I always picked up a cig again. I began vaping this year. I started about two months ago and I have had 2 cigs since then. From over a pack a day smoker that's a big difference.

I breath better sleep better feel better. Best choice of my life. I have have influenced others to start vaping as well. Best technology ever invented. Thank you for giving my life back!

5/4/2014 2:02:00 AM - Mark Pepin Black Mountain, NC

I had my first cigarette in my early teen years, but didn't begin smoking until I was 18. Smoked a pack a day from that point on, never more than a pack and rarely less. Started smoking because it was cool at the time, just about everyone I knew smoked.

I didn't have any intentions to quit smoking, after all, I was addicted and I liked them. Over the years though, cigarettes changed. New stronger flavors and the older ones had more punch to them. I started not enjoying the cigarettes as much, but I had to have them. I tried going cold turkey in the early '90s, lasted for about 6 months. Went to a bar with a few friends, lit one up and there I was, a pack a day again. A few years later, I tried the patch. Didn't work to well in my estimation, I was still smoking, not as much, but still smoking while wearing the patch. Buying the patch and cigs were a little expensive, one had to go, so I kept the smokes as they were cheaper. Didn't even bother trying the gum after that, why mess up my dental work on something that hasn't worked for too many people. Went to my doctor 6 years ago and told him all the ways I've tried to quit smoking with all of them failing. He prescribes Wellbutrin and said you can not smoke with this, it will make you ill. Did anyway, got sick and ditched the Wellbutrin. A couple of years back, I met one of my really good high school friends on one of the social networking sites and he had been using e-cigarettes for a while and had had some success with quitting smoking. So I did some researching and figured that maybe e-cigs were worth a shot. So I picked up a Blu starter kit for about $50. I was excited, here was something that might be a good substitution for a habit I really didn't want to give up. I vaped with the Blu for about 3 or 4 months and I was only smoking 2-3 cigarettes a day. Only problem was that I was still having nicotine cravings, and the amount of vapor from the Blu just wasn't comparable to my cigarette. I also grew tired of the few basic flavors that were offered. They really didn't taste much like advertised. After month 4, I put the Blu back in it's box and put it on the shelf, never to be used again. I had been using rescue inhalers for my allergies several times daily for the last 3 years or so, always in the morning after getting up and almost always before going to bed. I've had hacking spells in the mornings for almost a decade, and had started having them in the evenings as well. February 3, 2014, I went to bed and as I was laying down, I had the absolute worst fit of coughing I had ever had. I prayed to The Lord that if he got me through the night, I would go down to the local vape store, buy that starter kit I had been led to, and put down the tobacco once and for all. I woke up the next morning, hacked my lungs up as usual, smoked a cigarette and went to work. I didn't take any smoke breaks that day, and as soon as I was done with work, I went to the vape shop and bought my first eGo-C Twist kit, a couple of extra glass tanks, and 2 bottles of e-liquid to get started; one caramel cappuccino flavored and the other called Real Cig. I had bought my last pack of smokes Feb. 2nd and on the evening of the 4th, there were still 4 cigarettes in the pack. After the end of the second week, there were still 4 cigarettes in that pack, and I noticed something that I had been missing for almost 30

years. Taste. I was beginning to be able to taste things as they were intended to be, not drowned with a bunch of seasonings and sauces to be "flavorful". Along with that was smell. What tasted good also started smelling better as well. So I went back to the vape shop at the end of week 3 and bought another eGo kit and a couple of other flavors of e-liquid. I bought the extra kit because I didn't want to get stuck with both batteries being drained at once, so this way, I would always have one charged for whenever the stray nicotine craving popped up. At the 2 month point of vaping, I was still analog free(from this point on, tobacco cigarettes will be referred to as such) but I wanted a little bit of advice and support from others who were using e-cigs as a smoking cessation tool so I joined a forum. The forum(s) are as much the same to vaping as A.A. is to alcholics. I also got some advice on what might work better for me than the eGo-C's that I'm using, so after doing some quick research online, I settled on a Vamo V2. Not a brand spanking new mod, been around for a while, but it is respected in the vaping circles as a reliable mod. I use it daily as my go to mod, I use the eGos for other flavors that I like for different parts of the day.

When I was still smoking, the last brand of analogs I used were Marlboro Special Blend 100's. About 12 mg of nicotine per analog. So, when I started vaping, I was told to begin around 18mg/ml of nicotine that it would be comparable to what I was getting from the analogs. I opted for 12 mg/ml instead, and that's what I use today. The average vaper goes through about 30 ml of e-liquid a week. It lasts me about 2 weeks, so without getting into the math, because Big Tobacco really doesn't like the math I'm using, let's just say I'm saving a good sum of change. I have also reduced the amount of nicotine I take in per day by about 50%. Again, I won't share the math, because Big Pharma doesn't like the math I'm using.

End game, I am at over 3 months with no analogs and I have no intentions of going back to them as long as the e-cig business stays relatively intact. It's no secret that e-cigs impact Big Tobacco and Big Pharma negatively and it is understandable that they want to stay in business to support their families. But not at mine and over 44 million other's expense. We want to be able to choose what product works best for us. We do not need a government to tell us what is right and wrong for us when that same government tells you, that even though certain pharmaceuticals have a risk of serious side effects up to and including possible death, it's perfectly fine to take them because the FDA has deemed them acceptably safe enough to use.

5/4/2014 3:32:00 AM - Jeff Steenland

I have smoked for 23 years. I have also used smokeless tobacco for about 13 of those years. I have tried quitting smoking multiple times in the past, patches, gum, drugs and nothing ever worked for me. Last year I went to my Dr. and he mentioned switching to e cigarettes as it would be better for me than a regular cigarette. I tried a cigarette looking e cigarette and it was awful, it was nothing like a cigarette, so I kept on smoking and dipping. I went to my Dr. again last month and again he mentioned the e cigarette. This time I went to then internet and researched the other e cigarette alternatives. I found multiple videos that showed much better alternatives to smoking. I purchased one for my wife, who has smoked for 20 years and one for myself. These were the Ego style batteries with a clearomizer. That was a month ago and since then my wife and I have quit smoking and I have also quit smokeless tobacco. I am now telling all my smoker friends and co-workers to switch to e cigarettes to quit smoking real cigarettes. This breaks smoking into 2 manageable parts, the nicotine addiction and the habit of putting something in one's mouth. My wife and I are on a plan to taper nicotine down to zero and then break the habit of something in our mouths. We purchase our supplies online so that we can get the best price and the greatest variety . I fear that if we cannot get our e cigarette supplies we may have to go back to smoking real cigarettes. I agree that children shouldn't purchase nicotine products and they need to list ingredients on the e liquid but to limit the devices to having to pay a costly fee to get FDA approval will drive the price of these devices through the roof and as a former smoker we were always broke so we wouldn't have been able to afford to buy the devices to start using e cigarettes.

5/4/2014 3:37:00 AM - Ryan

I was a tobacco cigarette smoker for almost 20 years. I have tried quitting using Chantix but resumed smoking after my 3 months on Chantix. I tried the "Blu" style e-cigarette and did not stop my urges for actually having a cigarette.

Then 2 months ago, I bought a Personal Vaporizer. I went from being a pack-a-day smoker to only smoking 3-4 cigarettes a day. In the first 2 weeks of using a Vaporizer I smoked 3 packs of cigarettes. I got to the point where I would have one of my couple cigarettes for the day, usually after a meal, and I found myself putting out the cigarette and reaching for my Vaporizer.

I have not had a cigarette in 3 weeks, and have not even had an urge to have one. I have tried some tobacco flavored e-juice in my Vaporizer and after one taste of it, I was disgusted. I dumped out the juice and went back to one of my other flavors.

Just because e-juices are flavored after things like fruit and other flavors like that, doesn't mean they are marketed for children. They are flavored after fruit because after not smoking cigarettes people don't want something that tastes like tobacco. They want something that actually tastes good. Tobacco tastes terrible.

5/4/2014 4:23:00 AM - Elizabeth clark

I had smoked cigarettes for 40 years. I tried every available product including hypnosis to stop smoking. Nothing worked. Following my diagnosis of COPD my lung Doctor told me to try electronic cigarettes as he said if I continued to smoke cigarettes, my life span would be in terrible jeopardy. I had a bad cough and was very short of breath. After one day of trying electronic cigarettes, I have never picked up a real cigarette since; nor do I have any desire to do so. My lung function has greatly improved and I no longer cough. It is what has basically saved my life. I have experienced no side effects from electronic cigarettes whatsoever.

I prefer the tobacco flavored e-cigs but have many friends who enjoy fruity and candy type favors. To say the latter favors are to get youngsters to smoke them is ludicrous. Adults enjoy these flavor sand they should not be taken off the market. This is a product that can save lives and at the same time save money in the work force, as employees will have better health and much fewer sick days. As a Nurse, I know how important our health is and this is one product that can save lives. Banning this product would be akin to regulating how much oxygen someone with breathing problems would need. If you want someone you care about to stop smoking, e- cigs can be a life saver. Why on earth would you deprive someone of a healthier life?

5/4/2014 4:28:00 AM - Francisco A. Call R. from, HOUMA Louisiana

I smoke for 52 years, and try to stop several times with no result. then in dic 2012 got a bad flu, and started with e-cig, and after 2 weeks said, this is my way to stop smoking cigarretes, and it did, I did not buy any more cancer sticks(cigarretes) I was not really satisfied with enjoy, so I got a EGO twist with a vivi nova, and man, I started to realy like vaping, now is my hobby, I'm 496 days without smoking 19,866. cigarettes not smoked and saved 3,834 dollars, I have no respiratory problems, smell better my physical condition is improved, I dont smell bad. I have been blesed with e-cig, Thank you electronic cigarettes, thank you

5/4/2014 3:24:00 PM - Corey Chase from Bc Canada

I started experimenting with cigarettes at the age of 14. This gross habit just continued to roll on year after year until I was introduced to E-Cigs by a close friend of mine. I smoked cigarettes for 24 years a pack plus a day. It was a Friday night when I purchased my E-Cig starter kit. An ego style setup. Let's just keep it simple and say it's been 15 months and I have not needed, wanted or had a craving for a traditional cigarette. In the past I had tried Champix, Nicorette gum and Zyban without success. For me E-Cigs are a miracle stop smoking aid. I feel healthier and can breathe better than I have in many many years. Let me just say that without E-Cigs I probably would end up being a smoking statistic in the future. I am very thankful for being introduced to E-Cigs. As is my wife who was a smoker of 24 years herself and is also cigarette free now. Thank you E-Cigs.

5/4/2014 10:37:00 PM - John S

I have smoked tobacco cigarettes for 13 years I have been smoking E cigarettes for 2 years now. i have tried the nicotine patches first then i tried the

nicotine mints both didn't work for me. Then i moved to a blu cig and found that they didn't work for me the price was out of this world it didn't make any sense. after that i moved to a ego twist vv battery at the same time i been cutting down my nicotine levels i started at 30 mg of nicotine and now i am at 6 using a mechanical mod and i am happy. I no longer smoke traditional cigarettes. I stopped smoking traditional tobacco entirely and moved to a low risk alternative. i practically used all the other alternatives to try and quit.and when i used the other products i wasn't able to go for long before i went back to smoking. I have seen nothing but positive effects on my life since i quit traditional tobacco. Not smelling like cigarettes , not getting sick anymore today i am drug free for a lil over one year and i feel that the e cigs have helped me with that as well i don't get short of breath. i have seen no negative effects i am so much happier today then i have ever been.

5/5/2014 12:50:00 AM - Michael Spivack from Fredericksburg, VA

I smoked for 23 years.

I started using a smoke free alternative e-cigarette on March 27, 2014.

I've used a hot vapes brand of rechargable e-cigarette for two weeks with replaceable cartomizer, then I started useing a kanger type tank with evod twister battery, and now i use a sigelei type mode with an aspire nautilus tank.

When i first started i was using 24 mg strength of e-liquid.

For the past month I've used 18mg strength of nicotine type electronic cigarette liquid.

I am planning on switching to 6mg within a month and then 0mg within 6 months.

I also plan within the next 6 months to a year changing the mix to either 100% vegetable glycol strength or 80% strength vegetable glycol mixture.

I have been tobacco cigarette free for approximately a month with no withdrawal symptoms.

Even when others around me smoke regular tobacco cigarettes, i don't feel the need to use or ask for use of their products.

My e-cigarette works flawlessly to help any peer pressure or need.

In the past I've tried the patch for 2 months to quit, I tried complete cessation within a program and that worked for 8 months, and then i tried Chantix but ran into an allergic reaction.

The positive changes I've seen a definately positive quality of life change, I don't wake up with a cough in the mornings.

I don't have to have a cigarette lit, i can control how long and when i stop at any moment when i vape.

I have an easier time accomodating others with my addiction to nicotine.

The financial savings that I am now seeing are immeasurable.

The negative impacts are that I still have a cost however small, and I still don't want to do it around my children or others out of being polite so it still separates me from others because they are unwarry of vaping and don't understand that it truely is a smoking cesation tool and doesn't cause them any harm.

5/5/2014 2:24:00 AM - Quinton McDaniel Colorado

Hello my name Quinton and I am 36 years old and I started smoking when I was 11. It was easy when I was younger because both of my parents smoked so I could just grab one of there packs and the other one would think the other one took them. In 1990 my father quit which made it a little harder to get them. By the time I was 16 I looked older and could walk into almost any store and buy them and from then on it went down hill 2 packs a day from that point on some day three to four packs on a real bad day. In 1999 my aunt passed away from lung cancer and I wanted to quit then but the patch gave me the worst nightmare. So that lasted for about 2 days and was right back smoking . In 2004 my mother passed away from 11 tumors through out her body. Her heart was not working right and was not filtering her dead white blood cell in which caused them to spread through out her body and form tumors and killed her. The doctor told us this was caused by her years of smoking. So I once again I tried to quit with the gum and hypnotism both didn't work. In 2013 I went to the doctor because I was feeling really tired all the time and I was having trouble doing my job. They told me that my heart was doing the same thing that my mother's had did and if I didn't quit I would not make it to 40 so they gave me chantex and I am a very happy person, but after I used it for about 3 weeks I got so depressed and to tell you the truth a had thoughts of ending it all. So I quit taking it. I really thought that I was going to die. Till on February 5 2014 I was at work and there was a guy and he let me try his little pen style. My first thought was what is it and where can I get one. After he explained it to me I left work before the day was done and went to a vape shop called overstockecig and bought me one threw my cigarettes away and have not smoked since. I feel 50 times better no more coughing for 20 minutes every morning. I can run and play with my kids and I went from being ok at work to being the best there is. The doctor can't believe how fast my body is healing itself and it's all because of a electronic cigarette.

I tell everyone I see with a cigarette you have to try this. It saved my life.

5/5/2014 7:12:00 AM - Trevor M Hansen

Hey vape world love that I get to tell you my story I hope I can get the point across of how much I love vapping and how much vapping has changed my life so here we go.My name is Trevor I live in wisconsin and I started smoking when I was 11 years old can you guess why because I thought my parents and there friends were to cool so lets fast forward to me at 23 I am smoking a paxk a day and waking up every day feeling like crap I got feed up one day and went down to my local vape shop to get an ecig I started on an I taste mvp and I had given up cigarettes completely in 2 weeks vaping has changed m my life I feel so much better every day when I wake up I dont hack my lungs out. In becoming a vapor I was instanly impressed and wanted to be a part of the vape world to help others quit killing themselfs so I went down to my local vape shop who I became like my family and got a job I know run a magneto with rda's and I am extremely pleased.I used to hate going to work every day and now working at the ecig store I wake up and cant wait to go to work and talk to people and help them to quit smoking.I love the feeling I get like a natural high when you see a person who has been smoking for umpteen years and they come in and they tell me that they want to step down there nicotine level or that they dont want to vape any nicotine any more but to cut my long winded self of thank you to all the juice makers and manufacturers that help me to help people better there lives thank you vaping I need you and everyone needs you you are saving lives

5/5/2014 8:36:00 AM - Alan Sneed Black Mountain NC. Beachtravelers

Mu name is Alan Sneed and I am 52 years old. I was a heavy smoker for 34 years.

Over the years I tried to quit smoking many times, but I was unsuccessful. I tried using the patches and Chantix.

Seven months ago I tried again, this time using the blu electronic cigarettes, as well as other disposables. These worked pretty good, but it was not until I went to a local vapor shop, Dark City Vapor, that I was able to get a system that could stop the cravings,

I have now been smoke free for seven months.

My breathing has improved, and my sense of smell has returned.

I have not had any of the side effects that the patches and Chantix caused me to have.

If I were to lose access to my electronic cigarettes I do not know if I could keep from smoking in the future.

Please for the sake of my health, and the health of many others, do not enact any regulations that would result in a shut down of the electronic cigarette industry or cause it to be out of the reach of people with a limited income.

5/5/2014 1:08:00 PM - Wayne from Ontario Canada

My name is Wayne. I'm from a town in Ontario Canada. I'm 48 years old. I started smoking cigarettes at the age of 12. I attempted to quit a number of times over the years. I swore the last attempt would be my last. The frustration of trying to quit several times beat me down to where I just gave up and accepted my fate as a cigarette smoker knowing I would die from it. The years passed. A decade or two passed. A friend of mine wanted me to quit. Apparently she cared about my health more than I did. At the time it came across as annoying. She kept bringing it up, asking me to quit. I told her to back off and just let it go. She told me about electronic cigarettes which I heard of but knew nothing about. Out of her concern for my health...she researched e cigs and asked me to try it. To be perfectly honest I agreed to try them just to shut her up and get her off my back. I knew they wouldn't work. Just another gimmick so a company could steal my money. But if it would get her off my back about smoking...ok, I'll vape for a day then go back to my smoking.

I seen a starter kit for half price. It was cheap enough so no big loss. Ok, I'll get that one. Since I ordered a kit I thought I would be half serious about quitting. Well, if I can smoke half the time and vape half the time I guess that's better than nothing. I'll put 10 cigarettes out for the day. Whenever those 10 are gone, the rest of the day I'll vape. Smoke a cig, have a vape. Smoke a cig, have a vape. Yeah ok, sounds like a plan. On January 9th, 2013

at 9:35am I had my last cigarette. Yes I remember it that well. I purposely looked at the time...just in case something came from this contraption which resulted in something positive. I wanted to remember details. I was fascinated by the "smoke" coming from this stick that I didn't even light up. Half the day passed...no cigarette. I didn't think much about it. I was somewhat impressed I didn't have a craving yet for the real thing but it's only half a day. It means nothing. A full day goes by...no real cigarette. It's a fluke. I just happened to have a good day. I'll want a cigarette tomorrow for sure. No doubt. Next day passes without any of the 10 cigarettes gone. Still no craving for a cigarette. I'm a little puzzled but it's still just a fluke. A week passes...still none of the 10 cigarettes I left out are smoked. I sat there trying to figure it out. Why? Why haven't I craved a real cigarette in a week? Why not once?This e cig thing is a gimmick. It's not suppose to work. I was still trying to convince myself it wasn't working even though it was working for a week. Two weeks pass...still none of the 10 cigarettes gone. Not once did I look at them with anticipation or want. I still wouldn't accept it because this whole stupid e cig thing is just BS. At the end of the third week...I gave up trying to explain it away. I gave up trying to fight what I knew was true. It...it...it works. For reasons I couldn't explain...it somehow works. Not long after I started vaping I was coughing up a lot of junk. Getting rid of the garbage from my lungs.

The weeks rolled by. The months rolled by. Along came January 9th, 2014. For 365 days I didn't have one cigarette. 365 days later those same 10 cigarettes were still in the pack...untouched for a year. I'm writing this on May 5th 2014. For almost one year and 4 months I have not had a cigarette nor have I craved one. Not once. If that doesn't blow your mind you don't have a beating heart.

How do I feel now that I haven't had a cigarette in over a year? Thanks for asking. I feel a lot better in every way. When I wake up I don't feel as groggy. It takes me less time to get rid of the brain fog when I do wake up. I can breathe easier. I can hold my breath longer. I can walk up the stairs easier. I don't feel as tired. You really want to know how how vaping compares to cigarettes? Shovel 10 inches of snow as a smoker then shovel 10 inches of snow as a vaper. Do I need scientific lab test results to tell me anything? No, but again, thanks for asking.

You may not approve of my choosing to smoke in the first place. You can blame me for choosing to continue to smoke for all those years.

You can blame me for giving up trying to quit cold turkey or not connecting to other alternative quitting methods. But if you take away the only thing that has given me a potentially longer, healthier life...I blame you for being morally corrupt. You

know this is better for me than smoking yet you deny me. What if I was your husband, your wife, your sister, your brother, your aunt, your uncle, your friend? What if I was you child? Look your kid in the eye who is a smoker and tell him or her you don't care.

Politicians are in a very unique situation. They make choices that affect every individual in the country. Issues that personally affect us all. Very very few of us have the power to change the lives of that many people for the better. This is an opportunity to be the hero. To do the right thing. In denying my right to vape you're knowingly denying my right to a better, healthier life.

Products will be abused. Kids will abuse products. I sniffed model glue twice when I was young and stupid. Why wasn't model glue banned? Kids die in alcohol related accidents every year I assume by the hundreds if not thousands. Why isn't alcohol banned? Why? There's not one ingredient in Cherry cola that is healthy for children. Why isn't it banned and why is it flavoured? A flavoured product directly targeted to children with 10 teaspoons of sugar legally advertised even though it's a contributor to childhood diabetes.

When all is said and done it all comes down to morality and choosing between what you know is right and what you know is wrong.

Will you be a puppet of big pharmacy and tobacco companies or will you do the right thing. You say you're there to fight for the little guy. Your words on a podium mean nothing...your actions when you vote mean everything.

I'm a former smoker.

Keep it that way.

Thanks for taking the time to read this. My story is a simple one, but one that changed my life.

5/5/2014 2:13:00 PM - boltzvapez from Lake elsinore California

I used to smoke before high school when mechanical mods and other ecig devices came out it made it a hobby something cool to do and less harmful than cigarettes. So I quit and started vaping simple as that

5/5/2014 3:50:00 PM - Matt Gertsch

Before I picked up a Kangertech Evod, I had smoked close to 2 packs a day for over 20 years.

I picked the Evod up in December of last year ('13) and after three days of using it, I was able to completely quit smoking.

I had tried every other method to quit smoking and had never succeeded.

That need to smoke was always still there with gums and patches.

Zyban actually made me want to smoke more.

I've now been cigarette free for over five months and have gone from 24 mg/ml juices down to 6 mg or 0 mg juices in that time.

Since I quit, I got off an inhaler I was put on because of asthmatic reaction to everything and my x-rays, that were starting to show emphysema, are once again clear.

I've also quit wheezing constantly and snoring.

My endurance is way up and I've begun to shed excess weight.

I have a tendency to jump into hobbies obsessively.

Vaping has been no different for me.

I've bought multiple devices,from the little eGo Evod, to my current setup, a Patriot and Kayfun Lite on a Hades mod.

I also buy a ton of juice.

Yet still, I don't spend as much on vaping as I ever did on smoking.

5/5/2014 4:10:00 PM - cherie wacek oak lawn, illinois

I started vaping 4 yrs ago in july. Stuck with my ego style ecig for 3 years. It took me a couple of years to totally quit smoking, but I did it. I smoked 3 packs of marlboro a day, sometimes more, and I really didn't quit for my health. Just couldn't afford it. In the last year I have noticed that my skin became healthier, my hair has become fuller again, and grows like it did in my 20s. I can also sing better than ever, higher notes are possible now, and that is a first. No weight gain like I had all the other times I tried to quit, so, big plus!! I use only about 2mg of nicotine to get that throat hit, which just means it feels like I am pulling something into my lungs. My lungs feel great!! I was running back and forth across rugged ground to get to an outdoor wedding because my 1 friend who still smokes and has copd could not make it a 3rd of the way, so I was checking on her by the csr, and I wasn't even out of breath!! And I am 47. So I have smoked for at least 37 years. Smoked my dad's cig buts by 10. Yes, that is disgusting, but I was hooked bad!! By 12 yrs old I was ward of the court, so I spent 4 years in and out of group homes, and shelter homes, and I could smoke in them. I had the choice of 70 cents a day for chores, or a pack of my favorite cigs. So I can literally say my government hooked me on cigs. This is truth, and if anyone looked into this, I am sure they would see thousands of packs of cigs given to minors.

5/5/2014 7:25:00 PM - it help me quit

It help me quit

5/5/2014 9:04:00 PM - Stephen P.

I started Smoking when I was 15 years old, I am 30 years old now. I started using E-Cigarettes about a year ago. I use a eGo- C Twist Battery with a

KangerTech Protank II, inside my Protank the nicotine/flavor mix I use are 0 MG, 18 MG and 24 MG. I do not smoke cigarettes anymore. When I switched from my throw away cartridge e cig to my now Vapor cigarette I was smoking about a half a pack a day at first, mind you before I went to my Vapor 100% I smoked 2-3 Packs a day, then about 2-3 months after starting my Vapor I quit smoking cigarettes 100% and love the savings. I have tried the Gum and the patch but neither seemed to work for me, I still had that need to do something with my hands and mouth, I have an oral fixation and believe my Vapor has helped out with that and saved me money while doing so! The changes in my life have been remarkable! I can breathe for the first time in years, I don't wake up coughing my lungs out anymore, I smell better, food tastes like its supposed to again! I have 7 children 4 of which have asthma, smoking is not a viable option for me! I am glad my children aren't getting second hand or third hand smoke anymore.

I cannot believe I smoked cigarettes, the smell of cigarettes now makes me sick. My stress level has dropped significantly. I have not had a bad experience with my Vapor as of yet other than the whole

having to clean out my protank every week which isn't much of a problem I suppose. All I have to say is, I'm Healthy, I can Breathe, I smell good, I taste again, my children don't smell smoke anymore, they are healthier, they don't cough anymore, keep in mind when I smoked I smoked outside but it still affected my kids help and gave them asthma. Plus I have saved ton's of money while doing it! That means more toy's for them and more money in my pocket! I think it is a shame that something so great could be taken over by Big Government and I will fight everyday to do what is right! My mother has quit smoking after 40+ years of smoking and now uses a vapor, my Father has quit smoking after 40+ years, my uncle's have quit smoking. The only one left in my family that is around us that smokes is my sister! But guess what? She just got her vapor and is going to quit smoking also! Not only has vapor saved my life but it has saved my families life. At Easter this year we had out annual cookout (over 50 people) and not one person was smoking (not even my sister). So if that isn't changing lives I don't know what it! If you think my story is a fictional please email me, I am sure my family would like to talk to you. stephenpost.it@gmail.com

Thanks for reading and have a smokeless day!

5/5/2014 9:38:00 PM - Keith Vance

Im a 32 year old male. Both of my parents were smokers. I remember as a pre-teen taking cigarettes from them, just to see why they smoked.

I actually started smoking at the age of 16. At the age of 18. I tried to quit smoking by switching to skoal. Before I knew it I was smoking and chewing. About 4 years ago I wanted to get back in shape but I got winded extremely fast. A friend of mine told me about E-cigs. About 2 weeks

later. I recieved my order. Can't remember my first E-cig. But ill tell you this. Since switching. I've been tabacco free since. When i started, I was using max nicotine.

Now im at just 6 ml of nicotine. E-cigs have changed my life. I have also got my brother and a few friends to make the switch.

5/6/2014 3:02:00 AM - Chicago

I smoked tobacco cigarette's for 16+ years. I have been vaping and cigarette free for over a year now. Since I've been vaping, I breathe better, my sense of smell and taste has intensified, I don't smell like an ashtray, I don't cough up mucus, and I just feel better overall. My quality of life is better. Vaping for me quickly became a hobby. It's not even really too much about the nicotine anymore. Because of my style of vaping, I vape 6mg juice. I don't crave nicotine like I did wgen I smoked tobacco cigarette's. Because of vaping, I've become part of an awseome community of people. Some of which, I have met in person. Vaping overall for me is a part of my life. Vaping is very important to me. We as a community are growing everyday. Vaping has NOTHING to do with cigarette's. I don't even like the term "e-cigs". Because to people outside of our community, that word alone automatically links vaping to smoking. We need to change that and use other terms such as vapor device, apv, etc.... We need to come together and fight for what's right. Fight for our right to vape. Keep on vaping

5/6/2014 7:14:00 AM - Paul from Fresno, ca

My name is Paul and I live in Fresno California and I was a pack a day smoker for 10 years and couldn't quit. I bought my first electronic cigarette on October 24th, 2012 and since then I haven't had one urge to smoke a cigarette. I bought my mod from a local shop after a co-worker introduced me to them. I tried Chantix and that made me feel uneasy and the side effect made me contemplate killing myself so I quit taking it. I tried patches and gum which made me want to smoke more. After my first pull on my mod I knew right then and there I won't ever smoke again. I started at 12mg nicotine and after a few weeks dropped to 6mg were I have stayed. I have noticed that since I started vaping my sense of smell and taste have heightened. I hardly ever get winded while working out. Recently went on a 10 mile hike in the mountains while vaping and never fell short of breath like with smoking. I haven't had any negative effects since I started vaping except the ridicule from various people who have seen the false information produced by media outlets. I have converted 10 people since I switched. Thank you for reading my story.

5/6/2014 7:49:00 AM - James Fonvergne from Palmdale, CA

I am 31 now I started smoking at the age of 19, at my height was 2 packs per day of menthol(whatever was on sale), I tried green smoke about 4 - 5 years ago and it was terrible, I then bought an xhale02 from 7-11 3 years ago, and then searched on the internet and bought myself an ego. Once the ego came I quit that day, 2 packs per day to ego over night, first 2 days I still *slightly* wanted an analog, but after those 2 days, it was over, haven't had a cigarette since march 3rd 2011, and loving every day of it, sure ive moved up and bought better devices, but my family is safer and much happier I may actually live longer. Not to mention I have converted 9 smokers to vaping, which means my family and friends will be around longer for us all to enjoy.

5/6/2014 5:06:00 PM - Ron T., Huntersville, NC

I was a 30 year smoker of a pack a day until July 2011. I previously tried quitting 5 times through the use of Nicotine Gum, Nicotine Patch, Chantix, and cold turkey. None were effective and ultimately led to me returning to tobacco cigarettes. Through the use of e-cigs I have been

5/6/2014 7:29:00 PM - Terry Stringham from Roosevelt, UT

I am a former smoker, I haven't smoked a real cigarette since February 19th, 2014; thanks to the E-Cig.

When I started using the E-Cig I still smoked a few real cigarettes a day; about a week into using the E-Cig I woke up one morning smoked a real cigarette, noticed how awful it tasted; noticed how awful I felt after smoking it and decided I was done; that was Feb. 19th 2014 at 5:30 am; I haven't looked back.

I personally hate the name E-Cig because this is not a cigarette; it is a personal vaporizer.

This tool has been 100% successful for myself, my wife; as well as countless other people who are reluctant to share their stories.

I personally have smoked for 30 years; 1 to 2 packs per day; I have suffered from asthma brought on by smoking; I have been diagnosed with high blood pressure, I have fought pneumonia on and off for over 15 years due to smoking; in other words my lungs have taken a beating due to smoking.

I have tried to quit smoking hundreds of times, I've used all of the Nicotine replacement therapies that are all FDA approved and recommended by all the "Stop Smoking" groups and I'm here to tell you they don't work; Gum, Patch, Prescription Pills (that are extremely scary); support groups; you name it I've tried it; and they all have failed; the longest I ever made it was a few weeks and I always ended up going back to the cigarettes; I even tried the first version of E-Cigs and they really weren't that great; tasted terrible and little to no vapor; again they didn't work. I asked myself a long time ago why do these things work for other people and not me; the answer is simple; I like to smoke; so I tried the E-Cig again, this time I tried the Vuse and the Blu-Ecig; both were better but still not great; I picked up a higher end E-Cig the V2; this one was even better; I realized early on I didn't want to vape a tobacco flavor because I don't want to be tempted to go back to a cigarette so I tried the flavors, first chocolate, then cherry, grape, cinnamon; all of which were pretty good but lacking.

My son has researched the Personal Vaporizers and suggested we get a second generation Ego Battery and a tank; we bought an Ego battery and a Clearomizer tank;

and a watermelon flavor and we haven't looked back! This thing really worked; I got flavor that was really good, I was able to get vapor that made my mind still feel like I was still smoking.

One thing I didn't anticipate was I was still going to go through the withdrawal symptoms; strange, I am still getting my nicotine so why withdrawal?

I started to research more; I had already researched everything I could find on the safety, what is in the liquid; is this more harmful than my trusty cigarette; everything pointed to extreme harm reduction; all these doctors; cardiologist, pulmonary specialist from all over the world are very excited about these things, former smokers swear by them; and then I found my answer. Lack of chemical transport agents in E-Liquid inhibit the absorption of nicotine; wait what? Nicotine in the vapor from E-Liquid isn't absorbed as easily without certain precursor chemicals that are present in tobacco cigarettes.

There are over 4000 chemicals in a cigarette, 70 are known carcinogens that directly cause cancer; remove these chemicals and the body doesn't absorb the nicotine as easily; makes sense because I was having withdrawal symptoms. I am actually using less nicotine than when I smoked regular cigarettes; one cigarette is equal to vaping for 35 minutes continually at 18 mg strength e-liquid; I us 12 mg e-liquid; that is why I experienced withdrawal symptoms; funny thing is that I was able to work through the withdrawal easier because I had my vaporizer. The best news I got was a few weeks ago; my lungs are clear; my wheezing is gone, my blood pressure is normal, my cholesterol is normal, I can smell again, I can taste again, I've stopped coughing up junk; and my grand kids don't think I stink anymore.

This works! I now use a higher end variable voltage/variable wattage device; I also use a higher end mechanical mod; and I have several rebuild-able tanks and dripping atomizers; I enjoy rebuilding; I work with electronics everyday and it's nice to be able to work on my devices; and it helps cut down the costs.

I really enjoy the flavors that are available; love the fruity flavors, sweet flavors and the rich savory flavors; I have no desire for tobacco flavor. The one thing I didn't anticipate was how excited I was going to be over finally being able to give up a thirty year addiction to cigarettes.

I didn't realize how much I wanted to share my experience with others; and I didn't anticipate how negatively the general public views this new technology.

I get told every day by so called "Nicotine" experts how I am still smoking and nothing has changed.

Funny my doctor is very pleased that I don't smoke real cigarettes anymore, all my health check-ups look better than they have in twenty years; yet the "Nicotine" experts still tell me I am killing myself and the DOCTOR is wrong. I ask myself why people can't see this is such a great thing for someone like me to help quit the deadly habit of smoking; and it's simple; we as a society have been inundated with negative ads that went from "Smoking will kill you" to "Nicotine will kill you"; there is such a lack of education that people have made up their minds you either "Quit or Die". This is so wrong on so many levels that it is scary; I choose to live; my personal vaporizer has

helped me kick the thirty year addiction to cigarettes; I will shout it from the mountain top; and I will encourage any smoker who wants to quit to give this a try.

Do some research; educate yourself and make an informed decision; stick with it; you can do this.

5/6/2014 8:50:00 PM - Chris.R

Dear FDA,

I started smoking like most Americans at the at of 16 due to social pressure. It was relaxing, after getting used to the taste, to smoke and let my stress disappear. I found that smoking was a social status in high school and it continued off and on from there through college. I was not a heavy smoker back then. A few a week at that. I cut back to almost no cigarettes by 18 and then no cigarettes by 19 and I picked up something worse. I stared smoking tobacco at local Hookah shops and with friends along with indulging on a Black and Mild when I couldn't smoke a hookah. This did effect my respiratory system and affected my breathing. I couldn't breathe as easy as I used to but I enjoyed smoking hookah and cigars. I got to my end of college and by this time I was 21 a year younger than I am now. I found E-Cigs and it changed everything. I started with no nicotine in them and haven't looked back since. I stayed with no nicotine because the vaping sensation was enough to satisfy and trick my brain into not wanting a cigar or a hookah. I have been vaping for over a year now and the changes in my breathing has changed so much. I can breathe again without wheezing every so often and I can walk farther without getting winded. I bunch of my ex smoker friends have had the same outcome from no longer smoking though they still have nicotine. I know that this may seem as a bad idea because its new but the health benefits are worth it to me. I am a better and healthier person because of them. Please take this into consideration when making your decision. Don't harm people worse that are bettering themselves with E-cigs. Cigarettes kill, lets kill the drug that kills and Support E-Cigs.

Thank you.

5/6/2014 11:58:00 PM - Larry Thibodeaux

My Journey With Vapeing (Using E-Cigarettes)

When I was 17 I started smoking. I know it was stupid. I know it was dumb, but a good friend of mine smoked, and I became hooked. We had both found a particular gas station that never checked IDs for cigarettes, and from then on I started down a road of addiction and dependency upon tobacco cigarettes.

Over the next few years, my rate of smoking increased. Everyone I worked with smoked. Every one of my friends smoked. I smoked, and I enjoyed doing it. It was a great way for me to take a break from my high stress job and socialize with my coworkers. This attitude drastically changed after the birth of my first child.

After my son was born, I started smoking outside. I didn

5/7/2014 5:20:00 AM - Christina Risinger

I began smoking casually at 14 and around 16 progressed to a pack and a half a day smoker, Marlboro Reds.

When my son began noticing my habit I took quitting more seriously than ever before.

In the past I had tried several methods to quit, patches, gum, Welbutrin, Chantix none of them I was successful with.

When I heard of "Vaping" or "e-cigs" I decided to give that a try.

I found a store, purchased a vape and a small supply of "juice" and never looked back.

I quit smoking right then and there.

It was remarkable, nothing short of amazing how it completely replaced cigarettes.

It took minimal will power to not smoke at first, just a slight conscious shift of mind similar to maybe someone deciding to substitute whole milk for 2%.

After just a couple of days the smell of smoke nauseated me and I couldnt believe how I never realized before just how terrible cigarette smoke truly is.

I quit Dec 16th 2013 & im coming up on my 5 month anniversary cigarette free.

I vape minimally now, the genius of it is how you can ween yourself off the nicotine without hardly noticing.

I found myself going most of my work day without even thinking of my vape.

Im puffing on my vape only a few times a day and using the lowest level of nocotine available.

My family is so proud of me andso am I.

I would have never believed it had someone said a pack and a half a day smoker for more than ten years could quit without even trying but its true.

5/7/2014 6:30:00 PM - Ron Berg

Vape Testimonial

Hello, my name is Ron Berg from Orange County, California and this is my vaping testimonial. I quit smoking on December 11 2012 after smoking for 32 years and have not smoked another cigarette. I did not use an electronic cigarette to quit this last time, medication I currently take allowed me to quit cold turkey, just dumb luck. I tried using a look alike electronic cigarette to quit in 2010 but was unsuccessful. I also tried the patch and that did not work either. The look alike electronic cigarette did not produce the same cessation as a real cigarette but the new atomizers and battery type electronic cigarettes do. I started vaping with the new improved atomizers and battery type electronic cigarettes in July of 2013. The reason I started vaping in the first place was due to excessive weight gain after quitting. At my age, 53 at that time, my metabolism moves at a crawl and I have a desk job. At the time of quitting I weighed 215 pounds and by June 2013 I had gained 40 pounds, without changing my diet at all, I was in a panic. I was so concerned about my health that I purchased a workout DVD in June of 2013 and worked out for one hour in a sweltering hot garage daily. Even after working out for a month I lost only two pounds, felted very disappointed and did not know what I was going to do. I knew I was not going back to smoking even though I would lose all of the weight I gained. Then while out I had been seeing more and more people vaping but really knew nothing about it, so I started researching online.

After seeing the ingredients in the e-liquid, I thought that this might work to lose the weight since nicotine is an organic stimulant. I still wanted to make sure this was safe so I read many scientific reports done by PhD

5/7/2014 6:44:00 PM - Coleen Badeaux

I was allowed to smoke at the age of twelve as my father was a heavy smoker.I started trying disposable ecigs back in 2013 with no success. I didn't like the cheap corner store flavors and ecigs did not last as long as they were supposed to last. It became very costly. I then tried and failed with many different devices online; egos, plastic tanks and the like. During that time I was still smoking cigarettes from time to time but wanting so bad to quit them all together. I now have a 15 watt device and I am I very satisfied. I have found flavors that agree with my taste. I really like

vanillas, cookies and creams. I am confident I will not smoke another cigarette ever again! I did have a dry mouth during the trials and errors vaping and it did take some time (3 months) getting use to as is not exactly like smoking(the inhalation is a bit different). I did not hack up disgusting phlegm the way I did when I had tried quitting on my own before.(seven months) Although, three months later it is now coming up but no where near as bad. I have asthma and allergies because I live in a basement apartment that has flooded four years straight since I moved here. It cleared my sinus like never before and I can smell everything!!! I can also taste everything. That's a bit of a problem as I have gained more weight than usual this winter. I am sure I will walk it off as I do every summer. I have become more social. My house also smells very good. My neighbors agree! I have found NO ONE (non-smokers included) that is bothered by my vaping, only interested and happy for me!

Coleen Badeaux Westville, New Jersey

5/7/2014 7:47:00 PM - April from Alabama

I started smoking when I was 13 and I am now 31. 7 months ago I purchased my first liquid e-cig and since then I haven't touched a ciggerrette since nor do I want one. The smell makes me sick. I am more active now and haven't had a relapse with pneaumonia and I had it every 3 months. I feel healthier and I'm able to actually rest better. I started off with 24mg and I'm now down to 9mg.

5/7/2014 9:00:00 PM - bernie williams jr

I'm 29 years old been smoking close to 19 years,

endlessly tried quitting with no luck. Then I came to and decide to buy a vaporizer , sense then never touched a cigarette again. What I've noticed when I started when I started calling that I had an increase in energy, was able to breathe again and did thing I haven't done in many years thanks to electronic cigarettes, I ended up converting my employees from traditional smoking to electronic cigarettes and we love it and one of the best decisions we've made, my father that has lung disease and heart disease due to smoking , I've managed to get him to start considering its more beneficial to his health considering he won't quit.

Overall electronic cigarettes are win win. Can't loose. And now I could say confidently that, if the government bans them, that I have a much better chance of quitting due to it then before and they and the cigarette companies will never get another dime from me again.

5/8/2014 2:13:00 PM - Rick & Rhonda Podschelne

Hello, I smoked for 38 years, my wife for over 20 years, and thanks to the vaporizers we have been smoke free for 15 months now. We started with a variable voltage battery set up and I have upgraded to a mechanical vaporizer. I believe in these products so much I took my entire 401k and started my own shop, and have help a lot of other people quit or at least cut way back. My wife and I were spending 400$ a month on cigarettes and we can't vape that much, so were saving money, we can breath better, and our taste buds have started working better. the doctor told me I'm not wheezing, I don't cough until I puck every morning like I used too. In my opinion if you don't want to quit smoking you won't, but if you do want to quit this is the best way I have found. Thank You for time. P.S. I have tried Chantix & the patch neither which work just made aggressive & moody.

5/8/2014 3:21:00 PM - Kevin D. Shawnee, OK

I started smoking cigarettes at age 11 and started using smokelss tobacco at age 15, I am 32 years old now. I was a 1-2 pack a day smoker and about a 1/2 can a day dipper. I've tried using patches and inhalers and they just didnt satisfy my needs. About 2 years ago a friend introduced me to e-cigarettes. I liked it enough to quit smokeless tobacco that same week. Cigarettes took a lil longer to ween off of, about 8 months. I have not had a cigarette since august 2012.

I have since moved from the basic ego batteries and tanks to mods and drippers. At this point i cannot stand the smell of tobacco at all. Food tastes the way it should and i can smell much better now. I no longer wake up with smokers hack and feel like I breathe much better and do not get winded as quickly during physical activities.

5/8/2014 3:43:00 PM - Walter Allen

I was a smoker since the age of 12.i bought an electronic cigarette because it was allowed to be smoked at the poker table in Atlantic City. I had no intention of quitting smoking onky to smoke the electronic cigarette wile playing poker but that was not the case. I ended up quitting smoking and only smoking the electronic cigarette and I still had over 3 cartons of cigarettes in my freezer. These are nothing like the real thing other than the nicotine. I fell so much better than when I was smoking. I can tie my shoes without huffing and puffing. I just feel better all around. It is nonsense to treat these as real cigarettes because they are far from it. It is also helping the economy with new jobs as well businesses that people sank life savings into are going to be crushed and that is not fair to them or us. Thanks for reading hope you choose to do the correct thing. Walter Allen

5/8/2014 4:36:00 PM - JerryinFL

After 30 years of smoking and trying other methods (nicotine gum, patches, and Chantix which made my

blood sugar soar) I tried electronic cigarettes.

This was 9 months ago and I have not had a cigarette since.

I began vaping at 12mg nicotine and am now down to 6mg.

I no longer cough, wheeze, stink or suffer from any effects of smoking cigarettes.

I have not experienced any side effects to using e cigs.

This is the ONLY method that has worked for me and I am eternally grateful this tool is available.

Decisions on e cigarettes must be made based on fact and not special interests such as pharmaceutical companies and tobacco companies.

You CAN NOT deny this is working for thousands of people.

5/8/2014 10:39:00 PM - Rob Pearsall

After trying the patch,gum and a friend almost killing himself on chantex I started using electronic cigarettes in various methods since september of 2012. Meaning egos to now Mods. Since then, mainly at the beginning point, I have had a total of about 6 packs of cigarettes. This comes from someone that was a pack a day minimum smoker for 13 years.I do not smoke, I am now a full time vapor for at least a year. I feel completely 100% better. I can breathe better,taste and not wake up every morning coughing.

5/8/2014 11:08:00 PM - Joseph Cole(Tubz) from Hernando, FL

I was a smoker for 20 years, My very first cigarrette was at the age of 12. I started smoking every day at the age of 14. Four months ago I started researching electronic cigarettes because, everything I've used before to help me quit did not work. I'll get into that a little later. I've tried the small disposable ones that are distributed by companies like Blu and Njoy and, I found that I really hated them and they did not help me at all.

It wasn

5/8/2014 11:20:00 PM - petra

smoked 28 years, tried to stop smoking many times,

one day 7 months ago me and my husband stepped out of the car and grabbed for a

analog cigaret on the parking place near a mall, a girl walked up to us saying

to us... don't pannick you should use one of these and she showed us a e-cigaret, the same moment my husband and me decided to go in the mall and buy our first e-cigaret device I rather call it our vaping devices, we never used e-juice that had tobacco flavor but went straight to the juices with fruity flavors or dessert flavors, and we NEVER touched another analog cigaret again, we even went from 12 mg nicotine in it to 6 and I am about to take the step to zero nicotine

happily vaping my e-juice pine apple cheesecake, e-cigarettes,are a succes for the both of us and we will never go back to smoking

again. We are happy Vapers.

5/8/2014 11:21:00 PM - Jane Dough

I come from a family of heavy smokers so, it wasn't a surprise when I started smoking. I was 12. By the time I was 14 I was smoking a pack a day.

My mother was diagnosed with heart disease at the age of 45 and COPD at 70 (she is now 83 and vapes). My father died of a massive heart attack at the age of 59. My sister died of lung cancer at 59. I am now 56 and, given my family history, I'm afraid I won't make it to the age of 59.

I have tried all NRT's available to me, none have worked. Chantix, in particular, made me terribly ill so after 5 weeks on the medication, I returned to smoking. I felt guilty about that but guilt was preferable to being unable to function on Chantix. Somewhere in my attempts to quit I tried a cig-a-like. It was not effective either, there just wasn't enough power in the unit to satisfy me. And it tasted terrible.

Three years ago my brother had a heart attack at the age of 51 and had a stent put in. His doctor urged him to quit smoking. He bought an electronic cigarette (actually a mod with a tank) and hasn't picked up a cigarette since. I saw him blowing clouds of vapor and I wanted to try it. My husband and I bought mods and some fruity e-liquid (with nicotine) to put into our tanks and we quit smoking on the spot. It was easy with our mods and flavored nicotine liquid.

That was well over a year ago and we couldn't be happier.

I can smell and taste again. Yes, I've gained a bit of weight, however, I can lose the weight but I can't get rid of lung cancer.

5/8/2014 11:35:00 PM - Lyn Bruner-McKinney, TN, USA

I had smoked for 41 years, up to 3 packs a day. I wanted to quit but just could not. I had tried e-cigs like Blu, etc.... Did not work. I bought my EVOD Vape Feb. 7, 2014. Not 1 cig in 3 months. I have my life back. I have made my son and my mom happy. I can breath again. I use flavors not tobacco flavors and have gone from 24 nicotine to 12. These vapes save lives. They help people who want to quit so bad to quit. All my smoking friends now vape, no cigarettes!!!

5/8/2014 11:43:00 PM - Shelly Moore Bristol Va

I have smoked for 30 years. A pack and half a day. I started vaping in August 2013. I cut back to 3 or 4 cigarettes a day within 3 weeks. I completely stopped smoking on Feb 2 2014. I Vape 18 mg of nicotine in my E-Juice and I use the machinical mods and the rebuildable atomizers. Several different types of tanks and brands. I have been on Chantix and the patches in the past and nothing ever help me stop like the electronic cigarettes and or vaping. I didn't last more than a week on the chantix or the patch. I can already tell a difference in the way breathe, smell, taste, and feel. Its so much cheaper vaping and I don't stink anymore from the nasty cigarette smell. Vaping has been the best thing to come into my life and my families. We are 100% smoke free home in my home and my mothers home. The only negative thing I can say is that I didn't find out about vaping until last year.

5/9/2014 12:05:00 AM - Brad Johnson

My name is Brad Johnson, I

5/9/2014 12:52:00 AM - Courtney from North Andover, MA

My name is Courtney. I had been a smoker from age 18-24 I started vaping on February 20th 2013 and I will always remember that as the day that saved my life.

I began using a Blu disposable, and quickly found that would not be enough for me to quit smoking. Very soon after I switched to an ego c twist and a kanger evod tank. Once I had picked my flavour(which was NOT tobacco) I was on my way. Since then my collection has grown as my nicotine level has dropped. I now own a Provari, an SVD, a vamo, and an ACE. I also use various atomizers and am always looking for the best glass tank.

I have not had a cigarette since the week of February 20th 2013. When I picked up my ego T and my bubblegum flavour. I don't ever feel the desire to smoke.

I completely stopped using any tobacco product completely when I switched to vaping. Once I had my flavour and my perfect level of vape, I had absolutely no need or desire for smoking. It was and is still an amazing feeling.

I have and had tried just about every smoking cessation product out there, for not even a few hours before needing a cigarette and my anxiety taking over. The ONLY thing that stopped me was vaping. I went to counseling and was actually recommended electronic cigarettes.

My entire quality of life has changed. I now care about my health, appearance, and body. My endurance and energy level is much higher, and I can breathe and smell again. I never knew how much of those senses I lost. Vaping has turned me into a health conscious, calmer individual. Now I can go hours without nicotine, and I vape for pleasure and taste. The anxiety of always needing something to do with my hands, or to smoke is completely gone and has saved me a lot in therapy bills. I also have not needed any dental work since I had my teeth whitened when I quit in 2013. I would say that this is the BEST decision I have ever made, and has brought me to an entire community and to a new, healthy way of living. I don't know what I would do without it. My depression, anxiety, and post traumatic stress disorder have all become more manageable without the added anxiety cigarettes were giving me. I am so grateful.

5/9/2014 12:56:00 AM - Brandon mix

I smoked cigarettes for about 6 years and I dipped snuff for about 10 years. I started vaping around a year and a half ago. After starting vaping I started feeling a lot better. I started at a 18 nicotine level. From there I noticed I could breath a lot better. My taste came back and also I noticed I wasn't having severe headaches. I started going down on my nicotine level about a month after starting. I still vape now. I use a mod with a dripping atomizer with a 1 nicotine level. Honestly I don't need nicotine or crave it. I go to a vape store near me almost everyday and hang out with all the people. It is a very cool community of people. I really enjoy going to the vape store and hanging out and talking to people about coil builds. So pretty much my Heath has gotten a lot better since I started vaping. I don't use any kind of tobacco anymore and I also have made a lot of good friends in the community.

5/9/2014 1:01:00 AM - Aaron Hall

I started smoking in 1993 at the age of 16 and by 1995 I was a solid pack a day smoker.

Just like many other people who smoked I tried multiple times to quit.

The first serious attempt was in 1999 using Zyban, while the drug did help some with the cravings the I was unable to break the habit and was back to smoking within 1 month.

The next serious attempt was going cold turkey in 2002, this was even less successful than my attempt with Zyban, my mood swings were out of control and I was back to smoking in less than one week.

I tried the patch in 2005 and was able to make it almost a month but there was still something missing.

On my next attempt, in 2009, I tried the gum and just like every other attempt at quitting it was not enough to break the habit. On November 22, 2013 I stopped into my local vaper store and purchased a starter kit.

I knew I need to quit but that was not my reason for the purchase.

I looked at it as something that may help me cut down a bit.

Surprisingly I found the experience very enjoyable, the flavors where amazing and I didn

5/9/2014 2:15:00 AM - Jeff Jones

my name is Jeff Jones and I have been addicted to nicotine since the age of thirteen. It was very easy to start smoking in 1973 because the health implications were not well publicized, cigarettes were advertised as a cool and chic thing, and as a kid cigarettes were easily purchased from a vending machine for 50cents a pack. As a young person I never felt I was addicted and always maintained the position that I could quit anytime. As a young person I was, as most kids are ...bulletproof. Fast forward to college at FSU in Florida. First week of college and I decided to go for a run and realized I had smoked so much over the summer that I had severely reduced my lung capacity. I decided right there on the side of the road that it was time to quit smoking...tomorrow.

Many times during my college career I was able to go cold turkey for a few days or even a week, but the pressure, the parties or the (you name it) always gave me another excuse for a last pack or two. As an adult in the working world I was able to afford two separate instances of counseling sessions that worked briefly. I have been hypnotized twice ..once in a group and once in a clinic. Both instances of hypnosis worked briefly... I am ashamed to admit that I have littered the side of a hundred roadways with half used (last) packs of cigarettes thrown away in quiet desperation. I have spent hundreds of dollars on Nicotine gum that never worked for me for more than a day or two. I tried nicotine patches at least twice to no avail. I tried Chantix a few years ago but the side effects were so severe, I thought I was damaging my kidneys due to the severe pain. I can truly say that in the running for the most desperate quitter, and the least successful,

I would at least make the quarter finals. In a nut shell ..with few exceptions I have been a pack a day menthol smoker for 40 years. I have tried to quit and failed for 30 of those years.

I happened upon a BLU electronic cigarette at a gas station two years ago and decided to buy one along with my cigs to see what it was like. At 10 dollars a piece I didn't think it would be cost effective but I gave it a try. The BLU ecig absolutely changed my world. I have not touched a real cigarette since that day in July 2012. that

first e cig started me down a path that has led me to a whole new world of harm reduction. (I know huffing anything is inherently less healthy than breathing fresh air) But this vapor didn't hurt when I used it, didn't give off offensive odors...After a few days I could even breathe easily AND deeply in the morning when I woke up, something I had not done in years...100 dollars in BLU ecigs

later, I realized that if I could find a cost effective way to use vapor, I had a chance for a healthier existence. Since that time I have found that my " vaping" style requires a a more powerful delivery system than the beginner ecigs offered. I prefer variable voltage ego or mod style batteries with the current state of the art aspire bottom coil tank system attached. I buy e juice from online Vendors that I have researched and have a

high degree of confidence in their safety procedures and labeling. I currently use a 9 mg nicotine mix and have been able to slowly over the last two years reduce my required nicotine concentration from the original 18mg. I started with. I feel an integral part of my success thus far is the availability of the flavors that can be added to ejuice. I typically vape a tobacco base with a fruit or candy flavoring added. The added benefit of enjoying the flavor has made my success story to date even more possible.. At 54 years of age I am confident that I will continue to reduce my Nicotine level and eventually conquer this Nicotine beast. in the meantime I have eliminated all the nasty things associated with tobacco that would sooner than later kill me. I am proud to be a vaper, I am fortunate to be a vapor. And I am absolutely sure it has already had a positive effect on the quality of my physical and psychological well being. JJu

5/9/2014 2:15:00 AM - Joshua Denys Quad Cities of Illinois and Iowa

Hello,

My name is Joshua, I smoked from the age of 14-28. There is no rhyme or reason to why I started smoking other then I was board. I've tried to quit on and off for several years. I've tried cold turkey, the gum, the lozenges, the patches, original cig-a-likes, and Chantix with no success. All of these with the exception of Chantix and the patches, would leave my throat burning. I ran out of places to stick the patches, and Chantix only curbed the chemical addiction, doing nothing for the oral fixation.

This last December, I took a business trip down to California, and was introduced to PV's (personal vaporizers i.e. modern e-cigs). These PV's finally gave me hope. I was able to receive nicotine in a way that didn't burn my throat and curb the oral fixation. Since discovering PV's I have been able to successfully quit smoking.

As of 5/8/2014 the little app on my phone says, I've saved +$1348.50 by not buying cigarettes and have spent -$1875.00 on vaping supplies, so I'm -$526.50 in the hole, but I pay it gladly, as the app also says I have not smoked 4495 cigarettes. It has been more then trading one addiction for another. I traded one hobby for another. From cigarettes, pipe tobacco, cigars, and hookahs, to PV's with rebuildable tanks and dripping atomizers.

Since changing from traditional tobacco, to personal vaporizers, I no longer smell like an ashtray, I get told my new car that I have had for months still smells new, and I feel better both physically and mentally.

Thank you for listening to my story.

-Joshua Denys from the Quad Cities of Illinois and Iowa.

5/9/2014 3:12:00 AM - Peggy Spiva Bristol,Va 24202

Hello My name is Peggy Spiva and I wanted to share my experience of the switch. My switch from 30 plus years of smoking to my smoke free life. Where I work several people had started using the e-juice and mods. I thought about it for maybe 6 months before I finally decided this was my chance to quit smoking. I had tried a few times before, but only found myself smoking more at the thought. I bought my first kit from a lady I work with that sells the batteries and juice at a local flee market. I started with 12 mg of nicotine. I am ready now to go lower to 6 mgs. I had 1 pack of cigarettes when I bought it. I still wanted to hold onto my old crutch, afraid of the prospect. I used the e-cigarette most of the time but thought I still had to have a cigarette after I ate. When I got to my last one about a week later, I thought, well it's now or never. So I just left cigarettes behind me. My husband is much happier now also because he had quit smoking some 10 years ago, was onto me all the time about quitting.Now he is very pleased that I am using the e-cigarettes. So my quitting has also brought peace in my family.

My daughter became interested. She really took off with the idea and started ordering different juices from different sites to try and find the right ones. Now she and her boyfriend have both quit also. I have not had a cigarettes since Aug 15,2013. Within 3 weeks of no cigarettes, I could walk to my sisters house some distance away, without being out of breath, I could tell a big difference in my breathing. My lungs feel clearer and I feel much better. So my advise to anyone who wants to be free from the ball and chain of smoking I highly recommend making the switch.

5/9/2014 3:18:00 AM - jared/ leehop95

My name is Jared, and I'm from Illinois. I started to smoke hookah when I was 16. I would also smoke cigarettes when ever my friends had them on hand. Once I turend 18 I would go through about 3 bowls of hookah a night on average. Which is about 100 grams a week. Now I have recently discovered the world of electronic cigarettes. When I first started to use them I would still smoke hookah. After about 3 months I have greatly reduced my use of hookah. I haven't used it in over a month! As for the nicotine level I use I started at 6mg and now I'm at 0mg! There are the times I brake down and use 6mg, but I try to stay away from it.

5/9/2014 3:58:00 AM - Doreen C

I started smoking cigarettes when i was 12 or 13 years old. I am an almost 53 year old woman who has tried many times over

the years to quit smoking. I tried the patch, but it was affecting my heart beat. I tried various brands of pills to stop

smoking as well, but all they did was make me either very angry or very depressed. In 2012 I had seen these electronic

cigarettes where you have to change the filter end of it or it was disposable too.It did not work for me. In November of

2012 I was involved in a severe car accident that had rendered my trachea and esophagus very much damaged. In September of

2013 I was introduced to the electronic cigarettes that used a liquid ejuice. I was having trouble talking and singing

(which I truly enjoyed before my accident). Once i had been vaping for about 6 weeks or so, I began to see a significant

difference in my voice and ability to breathe better as well. I was no longer struggling to take a breath and was able to

hold a note for more than 2 seconds.It is now just over 7 months for me and I feel so much better. If I was unable to get

my supplies in the manner i do now, it will be impossible for me to continue on my road to recovery and to truly be able to

say that i have been successful in my goal to make my first year of being smoke free. This is a goal that my dad and I have

had for over 2 years. Unfortunately my dad didn't make it to this phase of electronic cigarettes, so my determination has

grown stronger. Please do not take this away from us as we have all been positively affected by this wonderful product and

line of juices and flavors for it. Thank you.

5/9/2014 4:24:00 AM - Michael James from Hannibal, Missouri

I started smoking when I was eighteen. Over the years, I contemplated quitting several times. At varying times, I tried Nicorette gum, patches, even Blu e-cigs, and lastly considered using Chanitx (which I eventually rejected because of the negative health reports regarding its use). Not until I discovered vaping was I successful in quitting.

During the summer of 2013, I was smoking two packs of cigarettes a day and was becoming more and more concerned about what smoking was doing to my health. I always realized that there were negative health affects but I was never able to do much about it. Last summer, I could

5/9/2014 4:59:00 AM - Lordmage From Baltimore,md

How long did you smoke? 17- 25 with asthma and other health complication's due to it.

How long ago did you start using a smoke-free alternative? dec 8 2008 Exactly what smoke-free product(s)

after a time my breathing has improved and my

health and stress levels are back to manageable levels.

i have used Cig-alikes, mods, and a personal advance vaporizer, i started with the cigalike njoy king RN40781 and 32 - 42 DIY mg flavored Liquids when the technology improved. i was able to switch to a mod (BB) and carto-tank using 18-24 mg flavored liquid. for a time i was able to enjoy a nic free and vape free experience approx 1.5 - 2 years. early this year my stress levels would have forced me back to traditional cigarettes but due to having my mods i was able to pick up some 12 mg nic until i could update myself on what is most current and efficient. at which time i picked up a mech mod and rda i am now able to vape 6mg flavored juice. stress levels are way down and health is way up.

i have not touched cigarette in years thanks to the more efficient personal vapor

for a short time in the beginning i was a dual user only due to the ineffective design of the cigalike.

What methods (Gum,inhaler) did you use to try to quit smoking before switching to a smoke-free alternative? yes How long were you able to go without smoking using these other methods before starting again? not even a day What changes in the quality of your life (both positive and negative) have you noticed since adopting the smoke-free alternative? i have a better lung capacity, still have my asthma but it not longer requires maintenance meds. my weight is now much easier to control due to having more stamina in general. my ability to handle stress is better as well.

5/9/2014 5:16:00 AM - Steffendmb

Steffendmb, male. Smoker 11 years. I started using

e-cigarettes four years ago. I quit smoking and doing skoal tobacco immediately! It took me up until a year ago to find an e-cig that could satisfy my nicotine craving but more over the sensation of inhaling a vapor in general, with flavor even better! I don't currently smoke cigarettes at all. It's been about six years since I've bought a pack. I started off trying the disposable blu e-cigs. Loved the flavor but they did not last long and were way too expensive. I then bought a terrible rip off of a rechargeable e-cig with cartridges called green nicotine. Then during that time buying cheap cartridges from a gas station that sold a rechargeable e-cig pack. Very cheap, the quality of flavor and life of the three pack sold cartridges!

Since adopting a smoke free alternative, that being a quality $30 battery and a high quality $12 screw on tank and superb quality vapor liquid, I haven't been more happy with smoke free and e-cig ready in years! I love the choice in flavors and the quality of the amount of vapor inhaled, through the smallest of puffs! All I have to do each month is buy a $3 wick/atomizer and a $12 20mL of vapor liquid.

5/9/2014 5:29:00 AM - Andrew S. (/u/blackthesky13)

Unlike many smokers and former smokers, I began smoking when I was 18. Both of my parents smoked when I was a kid, and I always considered myself smart enough to never pick the habit up myself. I saw the harm it did to my mother: she suffered through a quadruple bypass and a subsequent staph infection that cost her the majority of her sternum. She successfully quit after that experience, but it was too late; the surgery

5/9/2014 6:05:00 AM - Anthony Willwerth

First off let me just say that I have been analog cig free for a month now and it is all because of e-cigs.

My smoking experience first started when I arrived in Germany as an Army soldier in 2003. For anyone who has been to Europe or seen shows about it on the TV you all know that most Europeans smoke like chimneys especially Germans. So as an 18 year old who lived a sheltered life what do you do when you are in Europe? PARTY

5/9/2014 8:17:00 AM - Travis from Florida

In 2006 when I was 18, I began smoking as something "to do". My friends were doing it, and I was the odd man out. I didn't decide to just start smoking, I had one every now and again but would only smoke with others were. I remember the first time I grabbed a smoke because I felt like I "needed one".

In 2008 I joined the military, and went through boot camp where smoking was prohibited. The day I got out of boot camp, I lit up a smoke and resumed my nasty tobacco habit. Smoking in the military was a popular thing to do. Everyone was doing it and going to the "smoke pit" to smoke and joke was an everyday occurrence that even non-smokers occasionally partook in.

I was first exposed to electronic cigarettes in 2010 when I was going through a 6 month military training course. One of my classmates showed up at our smoke pit with a Blu electronic cigarette. My first impressions of the device were not got. It didn't cut it and when I tried it, I threw the idea of electronic cigarettes out the window.

I tried to quit on multiple occasions using multiple methods. I've tried cold turkey, patches, gum, and even when through 2 full courses of Chantix on two different occasions, which led to weird dreams, irrational feelings, and constant mood swings. Chantix worked, but only while I was taking it.

Early 2012 my new wife was concerned with my smoking habits and the effect it would have on our lives. I always smelled of cigarettes, our porch was littered with cigarette butts, and I couldn't run half a mile without coughing and gasping for air. My wife told me that she wouldn't stay married to a smoker and cigarettes were slowly derailing my health and my marriage.

By this time, I only knew two smokers who successfully quit using electronic cigarettes. A friend of mine who I only saw on occasion and my grandfather, who was a smoker his whole life. I didn't see him much so I wasn't exposed to electronic cigarettes by him but I knew that it worked for him by talking to him over the phone.

One day, I went to my friend's house and he showed me the electronic cigarette that he had. It was an eGo styled device that had a really good flavor. I tried it and enjoyed it, but was put off by spending $40 on one of my own.

Fed up, my wife decided to go to our local mall and she bought me a Fifty-One Duo, which was an overpriced copycat of the Blu. I decided to start using it but was still smoking. It helped me cut back, but due to the effectiveness of the device, I was still smoking.

In November of 2012 I visited a brick and mortar electronic cigarette store and decided to invest in a decent setup. I got an eGo style battery, a clearomizer, and a bottle of juice. After the first week I knew this was it. I had finally found a way to stop smoking.

Since then, I have purchased multiple devices, tailoring my vaping experience to my personal preference. I have a device that I use at home that produces enormous clouds of vapor, but I also have a device that I use out and about that doesn't.

Since I switched over, I have had the occasional cigarette. I'm not proud of it but I am proud that I never finished one. I would take a few puffs, realize how unsatisfying it was, and grab my electronic cigarette.

My health has improved across the board. I can breathe better and when I go for a run, my knees begin to hurt before my lungs do. I can taste and smell better, and no longer smell or taste like cigarettes. My productivity at work has also increased, as I can take as short or long of a smoke break I want.

I started off at 24mg nicotine, and immediately switched to 18mg. After about a month of 18mg I switched to 12mg, and about a month ago I dropped down to 6mg.

My grandfather made the switch 4 years ago, but unfortunately he was recently diagnosed with terminal lung cancer because he was a smoker his whole life. His doctors said that due to his decision to switch to electronic cigarettes, he prolonged his life by 2-3 years. I am lucky. I made the switch early and will live to see my health risks reduce to that of a non-smoker.

In the year and a half of vaping, my disgusting habit of smoking has turned into an engaging hobby. I have involved myself in the vaping community and feel like I have a world wide support group. I have told my story to others and converted over 20 smokers whose lives have changed as greatly as mine from electronic cigarettes.

5/9/2014 9:55:00 AM - Michael Florida Vaper

Prior to April of 2012, when I bought my first E-GO C E-CIG kit, I had smoked for 11 years. During the 11 years that I smoked, I tried NRT therapies: Nicorette gum, lozenges, and the patch. None of the NRT products worked. After three days of using my E-GO C kit, I kicked the smoking habit for good. I have been analog cigarette free for over two years and will never go back to smoking tobacco. I truly believe E-Cigs are the only product that address the neurological aspects of tobacco cigarette addiction because users inhale vaper. My lung function is much better: no coughing and I can swim underwater holding my breath.

5/9/2014 12:30:00 PM - Jack Beaman - Greer, SC

My wife and I were 30 year cigarette smokers. Cigarettes were pretty much a part of our daily lives that we could not give up. We decided to give the electronic/vapor cigarettes a try. Now 3 months later, we are cigarette free. Even in this short amount of time cigarette free, we already feel better and have no desire, or cravings to go back to smoking cigarettes.

5/9/2014 1:17:00 PM - Penny C

I didn't plan on quitting cigarettes, but a neighbor who had stopped came over to show me his new electronic device. I tried it, liked it, and he helped me order a similar model. Once it arrived I started using it and was surprised at how effective it was at preventing my desire for a cigarette. Without much effort, I was able to cut down on smoking, and to actually quit completely, within 4 days. I experiment with different flavors of the juice for my machine, and it's fun to taste yummy fruits and treats.

I'm 63 years old, and I've smoked since I was a teenager. Over the last twenty years, my daily intake was 1 1/2 packs a day. You can imagine that I feel very different now! I can breathe more easily, I don't cough every three minutes, and my endurance for exercise has increased.

I've only tried to quit smoking once before (with hypnosis), and although it worked for 7 months, I never stopped craving a cigarette. This time, there's no way I would ever go back!

5/9/2014 1:38:00 PM - Cathy Nirenberg, Ocala, FL USA

Cathy Nirenberg, Ocala, FL

I started smoking when I was 17. I am now almost 60. I watched my mother die from cancer. When she was first diagnosed and we went out to dinner she would still sneak off to the ladies room and smoke (back before indoor smoking bans). When she passed in 1993 I began my real struggle to quit those killing things.

I tried patches, I tried gum. I would stop smoking for a few weeks, months, longest was 1 _ years. But guess what? Something always happened and I would tell myself

5/9/2014 1:53:00 PM - Donna Pennell, St. Peters, MO

My guy and I started smoking at very young ages and had smoked most of our lives. I tried quitting before with the nicotine patch which made me break out in a rash and ended up not being able to successfully quit. I also previously tried the nicotine gum which was a joke to me. My guy once said he would never be able to quit smoking. Then one day I discovered electronic cigarettes. I did a lot of research on them and how effective and safe they were and after weeks of research I decided that this would possibly help us kick the habit. I found a store and we bought our starter kits. We have now been cigarette free for a year and a half because of electronic cigarettes. Our health has improved since quitting and so has our skin! We have improved our health since quitting, we know that we have extended our life span and none of this would have been possible with any other method of quitting. We both are thankful that there are electronic cigarettes and feel that they are the most effective way to quit smoking cigarettes.

5/9/2014 2:13:00 PM - Mike Wilson

My name is Mike Wilson. I started smoking at the age of 17, (1993). It was cool, it was fun, it was a horrible decision that has make a horrible impact on my life and the lives of those around me. In 2009 My father a 40 year smoker died of a massive heart attack. Smoking had cause his arteries to harden and clog to the point that 2 of the arteries were 90% clogged and the other 2 were 98% clogged. This brought the light of what smoking was really doing to my life. Over the last 5 years I have tried several different products to help me quite smoking, Gum,and lozenges tasted so bad that after the first pieces I threw them away and got another pack of cigarettes. The patch was worse than that. I did experience the nausea, nightmares, depression, and suicidal thoughts. This was not acceptable to me and I had to stop using them.

I had heard and seen Electronic Cigarettes from family and friends but had serious doubts of there ability to help me stop smoking. I tried the Gas station "Cig-alike" versions and was not impressed. In December of 2013 however I had an experience that told me that I didn't have much time left if I didn't stop smoking. It was something as simple as standing up

out of bed and passing out cold from lack of blood to my brain. I went to the Dr and My blood pressure was 205/98. They told me about "Chantix" (sic) but my insurance would not cover it and I did not have the funds to buy it. There had to be another way...

On Jan 2nd 2014 I picked up an "Ego" Style Ecig. My life was changed. By Jan 14th I had smoked my last Cigarette. I have not looked back. I have been stepping down my nicotine (started at 24, currently at 12 and scheduled to drop to 6 by July 4th) and the last thing Is to even be around cigarette smoke. After 3 weeks of being Cigarette free I found that my breathing was no longer labored, and that I had more energy. On May 1st I went and had my blood pressure checked. The results were 185/85. Even though the "Cig-alike" versions did not work for me, Electronic Cigarettes have definitely given me a new lease on life.

5/9/2014 3:27:00 PM - Isaac G.

When I was 17, I found a pack of Marlboro reds at an arcade and for reasons I'm not certain of anymore, pocketed them.

My parents have smoked since before I was born, and up to that point in my life have never even tried to quit

5/9/2014 4:06:00 PM - Pat Meyer (Vaping Bat) San Diego

I started smoking cigarettes in an era when it was a social activity, then endured the many evolutions that turned smokers into pariahs.

Over 40 years of smoking, I tried almost every method to quit (cold turkey, gum, patches, counseling, Bupropion, etc.) dozens of times with limited success, ranging from a few days to a few months.

By using refillable cigalikes with 18mg of nicotine I quit smoking overnight almost three years ago.

Vaping eliminated almost every negative aspect of smoking, while retaining my perceived benefits.

I

5/9/2014 6:21:00 PM - Marcy Brown Panama City Beach

I have been smoking for almost 40 years.

I am a nurse and well aware of all the negative effects from smoking but like many people out there I was not willing to quit.

I have been on an inhaler daily for the past 13 years.

My colds always turned into bronchitis making necessary for me to take steroids to be able to breathe.

I started vaping 6 months ago.

That was the last day I have used my inhaler.

I have not had bronchitis or wheezed once since then.

It was so easy to convert from smoking to vaping that I never even meant to quit smoking.

I tried vaping and it just naturally replaced my cigarettes. Of course I love the convenience, lack of smell and fumes.

But at my age what I really like is the fact that I am not waking up coughing all night long.

I can breathe and I feel great!

5/9/2014 7:10:00 PM - gino labato st cloud fl

My name is gino labato, i live in st cloud fl. I had been smoking cigarettes since i was 15 or 16 years old, i am now 71 i had tried many things (cold turkey, gum, patch, pills, stop with me, on TV, more than one time) to try and stop my 1 1/2 to 2 pack a day addiction, No matter what i tried i could not stop for long and went back to cigarettes once again.I just could not stop that is until i was introduced to vaping/e cigs two years ago, since that time i have no interest or desire in a cigarette, as a matter of fact i cannot stand the smell of cigarette smoke. Vaping has worked for me..And also I believe because of the wide variety of flavors offered in e juice, i have for the last year been vaping with ZERO nicotine..I am closing with this statement "vaping/e cigs is the greatest

stop smoking devise ever..If this product or any parts of this product is taking off the market, i will find it once again, (underground, black market, internet) rather than going back to smoking cigarettes.

5/9/2014 10:45:00 PM - Lambert R

I started smoking at the young age of 15 I started with cigarettes then eventually went to cigars such as black and milds and swisher sweets I smoked a pack of 5 cigars in the period of 3 days in my maximum use of tobacco I managed to quit but stress being high due to the economy I went back at this time I was married and had 2 kids and wife pregnant with my 3rd child I saw a friend introduced me ecigs I started at 18 MG of nicotine as I go more into it I advanced to fit my need to finally rid myself of the harmful addiction and did research about the ingredients that are used in ejuice or eliquids it took me 3 months to research found it was way safer that any other thing available and as I progressed to adjusting the ecig and liquid to my need I stopped smoking cigars at the age of 26 now I feel I have received more time with my children due to the product of ecigs and the liquids no more cigars for me

5/10/2014 1:16:00 AM - Ed Jagla aka. JazzyJag70

My Dream To Be 100% Smoke Free Has Began On 3/03/14 Well that day finally came for me after 25+ yrs of smoking a pack of cigarettes a day when i finally decided it was time for me to try to quit one more time. Yes i said one more time,because i have tried numerous times before with no success at all with the help of various nicotine replacement aides. No matter how hard i tried, i could never make it past a couple days without going crazy and being totally miserable. Before i knew it i had a cigarette in my mouth again. Well that's how my past experiences didn't work whenever i tried to quit smoking until i decided to give vaporizing a shot. A very good friend of mine that also has had numerous failed attempts whenever he tried to quit smoking until one day someone told him about vaporizing and what he needed to do to get started, what to get for equipment etc... and ever since that day he has been 100% cigarette free for the past 2 yrs. Well my friend also advised me with what equipment to get, and where to get it, and most importantly how to use it correctly. I'm very grateful to have a friend that was able to guide me in the right direction, because 99% of the people that claim that vaporizing doesn't or didn't work for them or they just didn't like the experience, or for any other reason why they were not able to quit smoking. I can tell you that they were either not informed or were misguided into whatequipment to get, and were not shown how to use the equipment properly. Those are the majority of reasons why vaporizing didn't work for them. I can almost promise you a 100% successful vaporizing experience if you are willing to do a little bit of research online about vaporizing, how to get started, and what you will need to get started. And of course the will and the want to quit smoking cigarettes. I'm so glad i was able to give it a try, except i only wished i tried this method a long, long time ago because i have been 100%cigarette free from the very first day of vaporizing flavored juices with nicotine.Immediately after my first experience i tasted these flavors that tasted amazing. Cigarettes have never came close to tasting so dam good. And that's just the beginning because there are thousands of excellent tasting e-juices available. Even my son that's 15 yrs old that has been asking me to please quit smoking for a very long time is so excited that i have been smoke free, and that he doesn't have to be subjected to second hand smoke, the smell, etc... Vaporizing has been nothing but a positive experience since the day i started. I can now breathe a lot easier especially knowing that there's nothing harmful that I'm inhaling into my lungs. I can now taste my food the way it should taste. My body, clothes, etc.. now smell nice and fruity. Another excellent reason why i started to vape is that it's so much cheaper to vaporize than it is to smoke cigarettes. You save as much as 70%- 80% after the initial investment on equipment to you get started with vaporizing. I could go on and on with all the good that vaporizing is and has been to me, my family, friends, and the general public. I had nothing to lose when i started to vaporize, but i sure have gained a helluva lot since i started.Do yourself a big favor and decide that now is the time to quit smoking those cigarettes for good. Once you have decided to quit i want you to get in touch with me because i would like to share with you what was shared

with me.Everything you will need to know to have a successful vaping experience and ultimately becoming smoke free.

JazzyJag70

5/10/2014 6:15:00 AM - Jasen Cooke, Shoreline, Wa.

I smoked for 35 years, typically 1-1 1/2 packs

a day, but at times I would be up towards 4 packs a day. I have tried many times to quite with various methods, cold turkey, nicotine gum and patches. Even though I may not have been smoking, the cravings continued for weeks and months until the point of failure.

After doing some research on e cigs they sounded like a viable option to once again try to quite smoking. I first purchased a cigarette style e cig, but the available flavors were less then desirable, but I felt that if I could find something better I could use this system to quite. I then learned about APV's (advanced personal vaping device) and a wide assortment of flavored juices available behind the main stream Blu, V2 cigs. I purchased an APV and within 1/2 a day of receiving my APV I was done with cigarettes. I did have some minor cravings the first few days, but they were not as strong as I had previously experienced with other smoking cessation products. The e cig addresses the issues of quieting smoking that gum, patches, hypnotism and prescription drugs can not, the oral and mental fixation of the act of smoking. It has only been three weeks but I wholeheartedly feel I will succeed this time with the use of e cigs. E cig's are far better for my health and the health of those around me then cigarettes.

5/10/2014 7:34:00 AM - Dena West

I was a smoker for 45

years and tried, Zyban, Nicorette gum and patches, and Chantix, only to eventually start smoking again. After going through multiple surgeries for cancer, my oncologist encouraged me to try vaping to stop smoking and I did. I have not smoked a cigarette since Nov. 2013 and can truly feel the difference in my lung capacity and did not experience the annual sinus infection this past winter. Additionally, I have reduced the nicotine level down from 18mg to 6 mg. This has truly worked for me, as well as my husband and sons and I'm grateful for a smoke free family. I sincerely hope and pray that the FDA and all local, state, and federal leaders will give due diligence to research not only the studies, but the testimonies from ex-smokers whose lives have been changed for the better. Lastly, I'm cancer free and hope I'm not asked to vape in the smokers sections.

5/10/2014 12:06:00 PM - Stephen Hill (Steve Etchie) from Winter Springs, FL.

I started smoking when I was 14 and I quit on December 23rd, 2012 at the age of 30 without having to reduce cigarette use over time.

I finished my last cigarette around 1pm and even had the second half of my last pack sitting in my car for a while because I kept forgetting it was there.

Those that are mentally ill have the highest smoking rates and it

5/10/2014 2:24:00 PM - Tyler Bradford

My name is Tyler Bradford. I am a 37 year old married father of one, living in Portland, Oregon. Prior to using electronic cigarettes, I had been a smoker for approximately over two decades. After using electronic cigarettes (or to use what I feel is a better term for distinction purposes, "vaping") for 5 months now, I feel confident that my smoking days are behind me, a feeling I have never had in any of my previous attempts to quit during the second decade of my smoking career.

The details of how I became a smoker are not particularly unique in any way, but they are still worth going over to illustrate the difference between vaping and other smoking cessation methods. It was initially based on teenage rebellion and/or general curiosity. Throughout my young/middle teen years I was not a daily smoker, but would actively try to purchase cigarettes, and would smoke whenever they were available. By college, I was fully addicted, and would go to great lengths to buy/borrow/find cigarettes on my "college budget". It was at this time I began to consider quitting, and even obtained a prescription for Wellbutrin my senior year, which was obviously ineffective in breaking my addiction.

Upon graduating and moving to Portland I continued to smoke, as did most of my social circle. However, at this point I was approaching my first decade anniversary of smoking, and began to seriously want to stop smoking. My then-girfriend, now wife, was also a smoker, although her habit was much less ingrained than mine. In 2004-2005 (the exact date escapes me) I had my first real success with quitting, when I had a hypnotherapy session for smoking cessation. I was smoke free for over 6 months, but eventually began smoking again.

I made other attempts to quit for a few years, including nicotine gum, herbal/alternative methods, and abstinence, but had little luck with any of these methods. However, when my wife became pregnant with my son, I quit "cold turkey" in December of 2008 at the end of her first trimester. It's worth noting that my wife had quit a few years before this. Once this happened, I tended not to smoke around her, and when she became pregnant I always made sure that she wasn't exposed to any second-hand smoke. I was also increasingly worried about my own health, as I was having many more episodes of smoking-related illness (upper respiratory infections, sore throat/strep, etc).

This period lasted for 2 1/2 years. I knew that I could never smoke again without having to go through the ordeal of quitting all over, but yet I still ended up smoking again. At this point I hid my habit from my family as best I could (my son still does not know I was a smoker), but the inevitable happened, and my wife found out I had been smoking again, but not before I lied to her on a few occasions when she asked me directly if I had been smoking.

At this point, I had now been smoking for 20 years with a few breaks. All of the periods where I was able to abstain from smoking were accompanied by a profound apprehension of "falling of the Wagon". I eventually began to think of smoking in the terms that Alcoholics Anonymous uses to assist their members in abstaining from alcohol; "One day at a a time", "Today was a good day because I didn't smoke", "easy does it", etc. Even in the 2 1/2 years when I was somke-free I still would have intense cravings periodically, and I honestly believe that the only thing that kept me from smoking during that period was being constantly exposed to the inherently fragile nature of my, or any child at that age. But once he began to grow and that perilous delicate nature of an infant/toddler began to fade away, so did my resolve.

Towards the end of my smoking career, my wife was extremely upset with me for smoking. In addition, she was even more upset at my dishonesty around smoking, to a point where I confidently say it caused harm to our relationship, and that harm is still present today, although lessened through both my efforts and efforts together as a couple. Finally, towards the end of 2013, she told me that I had to quit. I said I would come up with "a plan", but I honestly had no plan, and was scared of trying to quit again, and then failing again.

Then a friend of mine, whose experience with smoking was eerily similar to mine, was able to have a good degree of success quitting using an e-cigarette. He works in the construction industry, and is constantly exposed to smoking, both physically and in a pervasive work culture. I read a few things online about electronic cigarettes, and although I was fairly discouraged by the lack of hard scientific information out there, I was encouraged by the anecdotal evidence of other smokers in the efficacy of e-cigarettes as a cessation method. I decided to buy a disposable Blu brand e-cigarette, and give it a try.

I'd like to make a clear distinction at this point; I feel that e-cigarette is an extremely harmful phrase. The dangers of smoking have been (rightfully) forced upon the american public for the past 2 1/2 decades. I even remember the Surgeon General's report in 1988, stating that nicotine was as addictive as heroin and cocaine. To this day I could not name a single Surgeon General other than C. Everett Koop. And this era was the time that coincided with my entire smoking career. I have no excuse of ignorance. I did something horrible to my body for what might be, if I'm lucky, one quarter of my existence. So to link this new breakthrough to the habit of smoking with the phrase "e-cigarette" is a tragedy of enormous proportions. And although I really wish someone had hired a good PR firm before coming up with the term "vaping", I think it is immeasurably better than the conflagration of the two drastically different habits. So from here on out, I will solely use the phrase vaping and not e-cigarette.

So in December of 2013 I began vaping. That first Blu disposable unit was, honestly, pretty terrible. But I did get the feeling of reduced craving to smoke, and so I purchased

a KangerTech EVOD atomizer from Division Vapor in Portland. The staff there all had an excellent sales demeanor, but also something else. There was a tone of helpfulness that reminded me of people involved in doing "good works". The owner's testimonial, which can be read here: http://www.divisionvapor.com/our-story.html resonated with me. Since that purchase I have come to appreciate vaping in it's own right, but it is nothing compared to the relief from smoking addiction that it has afforded me.

I no longer have the feeling of imminent failure that came with my other episodes of quitting. I also do not have the generalized feeling of failure when I was smoking. On the contrary, the more I vape, the stronger I feel about it's benefits and the need to share my experience. I am honestly terrified that the public perception of vaping will create legislation that will kill people. There is no simpler way to put it.

And it would be completely understandable. Every person alive today has been told for a significant portion, if not all of their life that smoking is a choice that can, and quite possibly will, kill you. The social taboo of that is not to be underestimated. Suicide, murder, human sacrifice, cannibalism, etc; these are the "big ones" in any human society. And vaping looks like smoking. It's used as a substitute for smoking. You buy disposable vaping units in a convience store, and they are sitting right next to the Marlboros. But as someone who has the emotional experience of the last 20 years to compare to the last 5 months, I can tell you there is nothing further from the truth. These products are not the same. They are as different as a physician is from a serial killer. And people need to know this. The cultural bias towards smoking is justified, but the carry-over to vaping is not, based on all of the current scientific information. To me, It makes complete sense to continue to research vaping's impact on human health, to continue to work towards standardizing the quality of products and improve the accountability of manufacturers and retailers towards responsible behavior, and to ensure that people who do not want to not be forcibly exposed to second-hand vapor, despite the fact that initial studies show there is no discernable impact. Because, you know, manners.

In the spirit of full disclosure/honesty, as well as to give a fuller picture in this testimonial, I'd like to give a few more facts about myself: 1. I have had cigarettes in the last 5 months. This is almost always when I am around friends and acquaintances who still smoke, and with whom I've smoked with in the past. I actually feel bad about these moments, because I could be sending a much better message to these people, who are my friends, by only vaping. But old habits die hard, and despite all of the terrible things I know about smoking, there is still a part of my brain that craves them. But whenever that happens, there is no wagon that I fall off of. It would be more like stepping in a pothole; it breaks my stride, maybe twists my ankle a bit, but I'm still able to keep walking. And my destination is a place where those moments don't happen, and I have no doubt I'll get there. 2. After trying vaping with my EVOD for a week, I told my wife that vaping would be my plan for quitting. She did not, nor does she still, like this

solution. I do not vape around my son. I generally do it alone, and I feel this is a minor failing as well. I do not know how to bring her around to my emerging way of thinking, and in some ways, I am not trying too hard, because I feel that I need to be completely confident in my smoking days being behind me before I try to ask for her understanding. Plus, she is a first-hand representative of the cultural bias I spoke of earlier. 3. I am a daily bike commuter. I ride 6 miles each way, so 12 miles a day, 60 miles a week, over 3,000 miles a year. Well, maybe that number is a bit high, I do take the bus occasionally. But in the last 5 months, my average commute time has shortened by 2 minutes, changing my average speed from 15mph to 17mph. I also can quote those mileage numbers with moccuh more confidence, as prior to vaping, some days I would take public transit home from work, because I just didn't have the energy for the ride home (which is uphill, to boot). That does not happen anymore. I am probably in the best shape of my life, after high school. 4. I would not say I am a political "junkie", but I am a very engaged voter. I am a registered democrat, but I only have done so because deomcrats tend to be more ideologically in line with my thinking, and I have to register to be able to vote in primaries in Oregon, a crucial step in the election process that I do not want to abdicate my right to be involved in. And I vote on issue that impact me. So if anyone in the political arena is reading this, realize that there will only me more of me as time goes on. Vaping isn't going away. The choice is pretty clear; one thing kills you, one thing doesn't. I'd reccommend getting on the right side of this early, because it's going to be pretty hard explaining why you took those campaign contributions from Big Tobacco, when your votes could have been saving lives.

Thanks for for reading this.

-Tyler Bradford 5/10/14

5/10/2014 2:35:00 PM - Jason Wamhoff(hotsawcer) from Florida

I smoked for 26 years. I tried everything to quit. Cold Turkey, nicotine patches, Chatix, nicotine gum. Some times I would make it a few months but always ended up with a pack of cigarettes in my pocket. In 2012 I bought my wife and I a N-Joy. It ended up on in the desk drawer and I was back to smoking. in November of 2013 an e-cig shop opened down the street. My wife and I bought 2 e-go style devices and tried about 15 flavors. She choose a strawberry shortcake flavor and I choose a tobacco. I stopped smoking immediately. I still had a 1/2 pack of cigarettes and a full carton I had just bought. I just didn't want them any more. My wife stopped smoking withing 3 days. I can breath, I don't smell like a tire fire, my car doesn't stink. In the past if I got sick it always hit me in the lungs, I recently had a cold. The duration was shorter and I didn't cough and hack constantly. It was just a good old traditional cold! I just don't feel like I'm missing anything with e-cigs. I don't feel like I'm suffering because I'm not smoking. If my flavor gets old I have multitudes to choose from, I can turn my strength up or down on demand. I can go up or down on the nicotine level. I have the freedom to choose how much I vape. I can even vape one time and not have to worry about finishing it like a cigarette. I have many options to keep me from smoking and for that I am thankful. I have been a non-smoker for 7 months as I write this. I feel better and not one time have I wanted to smoke, in fact I find them offensive. I can smell them in traffic when a driver is smoking a few cars away, I can smell it on my co workers. I can't believe that used to be me. Vaping has saved my life. My mother has COPD, I wish this had been around 30 years ago. Instead I will watch her pay with her life for the cigarettes she struggled to give up for so many years.

5/10/2014 5:17:00 PM - Shawn P. Cotton

My smoking habit started as a young child. Both of my parents smoked and I can recall sneaking entire packs on some days. I was between 12 and 13 and although laws were in place regarding selling cigarettes to minors, you could literally purchase them just about anywhere. I just quit smoking less than a year ago (July 9, 2013)...26 years later.

I utilized numerous methods of cessation...from Nicorette gum, a prescription for Chantix, ultra light low tar cigarettes, cold tukey...I just couldn't stop without feeling some degree of withdrawal. The cravings were always predominantly worse the longer I didn't smoke cigarettes. Last year a friend of mine took me to Logan Valley Mall in Pennsylvania and introduced me to

an electronic cigarette vendor called "Vape Vibe". I purchased an Ego-T

starter kit and 30 ml of e-liquid and haven't smoked a cigarette since. Just to test the theory, about 3 weeks after I quit, I lit a regular cigarette to see if there were actually any major differences. I was astounded. It smelled and tasted terrible. Once my olfactory system returned to it's normal state, I couldn't even be in the trail of someone smoking or even the vicinity where I could smell second hand smoke. I still can't to this day.

I was in pretty bad shape when I finally took the measures to quit. I could feel the congestion, couldn't play with my son without a constant need for breaks and my loved ones were forced into having to cope with it. In my eyes, those are the top 3 reasons to want to quit, and I did. It took a good deal of realization to know their point of view, but I do now and although that has changed since I have stopped using analog cigarettes, I still feel a degree of regret for having subjected them to it.

To date, and almost a full year into using electronic cigarettes...I feel alive! I go on daily runs, am physically fit and active again and my motivation has sky-rocketed to wanting to take on a lot of the challenges that smoking actually prevented me from engaging in. Relations with my loved ones have grown considerably stronger just through witnessing my display of willpower and determination to do my best for all of us.

5/10/2014 5:45:00 PM - Drew Bales

I smoked cigarettes for just over twenty years. I remember at five years telling a friend that if a pack ever got up over $1.50 I was done. When I did finally quit, I was paying over $7.00 per pack. Not only was I losing a lot of money but with every cigarette I was taking minutes off of my life.

About 16 months ago I woke up and had just had it. Months before I was smoking and began to hate both the cigarette and myself for being so weak, so incapable, so powerless. Those feelings grew and months later I went online and within a few moments had ordered a 'cigalike' starter kit. When it arrived I immediately felt regret. I thought to myself that there was little chance it would work. Two days after my first cigalike I put down combustion cigarettes for the last time. I have not had a real cigarette since.

My equipment has advanced but it's the same idea and it keeps me from smoking. I am an ex-smoker. Vaping is not 'cheating' anymore than other pharmaceutical NRT products. But not only am I am an ex-smoker, I have reduced my nicotine level. When I began vaping I used 24mg of nicotine when available. Every few months I lowered it and now use 6mg or even 4mg if offered. I have gone slowly but it has worked. I am an ex-smoker.

I don't smell like an ashtray today. I don't have to avoid people (I work in healthcare) after 'sneaking away for a smoke. I save money and I feel good about how I have done this. I have more energy, have only been sick (cold/flu like) once since quitting and again, I work in healthcare where most of us get sick at least once a year.

I can taste food again and take stairs two at a time. I sleep better and I don't have the notorious morning cough.

Cigarettes (over the years) cost me in many ways. I lost a dad who smoked for decades to lung cancer and a best friend (he was 43 when he died) as well. They are both in my thoughts often. I wish they had lived long enough to consider vaping. I wish they were here today.

I have no illusions about vaping. I know I'd be better off without nicotine. Bit there are grocery stores filled with racks of things people would be better off without and those things are legal and available. I want vaping to remain legal and available too.

I want it to stay that way because prior to finally quiting I did try nicotine gum and nicotine patches. Neither kept me off nicotine and in the end, I went back to cigarettes. Today I am an ex-smoker using an amazing product that gives me small amounts of nicotine without thousands of toxic chemicals. I know it's not perfectly safe and I also

support keeping it away from kids but it has saved my life. Please read that again. It has saved my life.

Restrictions should be applied to minors and I don't recommend anyone who has never smoked picking up vaping as a hobby. I also believe that I should (and am) a responsible vaper. I won't blow vapor near others and I respect that not everyone wants to understand what it is and how it works. But if a person does, I will stop what I am doing and show them this product that has saved my life and countless lives of people just like me.

There are amazing studies that can be found with little effort and there are people like me who have been granted an extension of life by way of this product. For that reason (and many more like it) we need to keep this product legal available for people looking for harm reduction strategies.

Vaping has saved my life. I am Drew, an ex-smoker.

5/10/2014 7:20:00 PM - Drew G. of Des Moines, Iowa

I was a full on smoker since around the age of 17. I smoked for almost 7 and was smoking a pack and a half a day when I learned about ecigarettes. I tried a disposable and it was.. okay. So I would puff that sometimes to smoke a few less real cigarettes and at this point I wanted to move more to vaporizing so I got the blu ecig starter kit. I had this for about a week but could not quit as all cigalikes seem to not produce a good vapor/flavor. It was after about a week of still smoking around a pack a day (sometimes a little less) and using BLU that I saw a friend I had not seen in a few years as he had been away. as soon as I walked in his whole family, mom dad, brother and himself had nice personal vaporizers with separate tanks to fill their own liquids. I tried one puff off of my friends and was blown away at how much more satisfying this was. That same day I found a local ecig shop (my friend brought me) and I picked up my first personal vaporizer kit with a separate 1300 mah ego style battery and a tank to go with it. (a starter kit) After two days of my purchase I had smoked 1 cigarette. after two weeks I had only smoked 3 cigarettes since my purchase. The flavor grape was very helpful to me personally as it didn't remind me of tobacco and it was something completely different seemingly and I was starting to just feel better. As after switching I noticed tobacco gives you an undesirable suppressed feeling in the nerves along w/ the nicotine fix which ecigs do not. So after a couple of weeks of having a quality Personal Vaporizer I was completely smoke free, it was crazy to me how great this seemed, my family was much more happy as my mother who I ride to work with and we go to lunch together truly hated the smell of cigarettes and would sometimes pull her shirt over her face because she got a disgusted feel from them, I hated to force this upon her so I kept them away as much as possible. Now that I have been vaporizing for 7 months without a cigarette I feel great! I can have the windows rolled up in my vehicle on cold days and use my PV and my mom doesn't even get bothered the slightest which is massive compared to how cigarette smoke irritated her. I am breathing better, smelling, and tasting better. It has also become an enjoyable hobby to learn more about vaporizing and how these things are made. I have now upgraded to one of the best/safest possible PV's on the market, if not the best in my opinion, Provari. When I smell cigarettes now they smell terrible and undesirable to me, this seems to be the general consensus of the many, many vapors I have talked to. in my state I can still use this indoors, not at my place of work sadly but I can pop off into the skywalks and take a quick break. My vaping has never bothered anybody else in the skywalks and is much better than going outside in sub zero temps or rain, extreme heat, ect.(some of which could ruin my vaporizer.) I made sure to research that my 2nd had vapor is not harmful to anyone around and if it is very crowded I respectfully wait for people to pass so my vapor is not being blown directly on them as that is just common respect. When I see children walking near me I refrain from vaping as I do not want any child to think this is something they should do unless they already are battling with smoking or have started smoking (although they do see smokers in their everyday lives anyway so this is just out of respect, I refrain from

vaping around anyone around age 16 and under). Like many I am slowly decreasing the amount of nicotine used and can much more easily, slowly quit when it becomes my will to do so as I do not feel like vaporizing has a stranglehold on me like cigarettes did, I don't get so tense and have a nic fit if I don't vaporize for a few hours, I can go without longer and just don't feel that pull, forcing me to go smoke at that exact moment as with my PV I can wait if needed without as much of a problem. It is also helping me, like many get more in depth into what is happening politically around them which is a great thing as some of the legislation passed around these is just all to obvious that nobody cares about our health just their tax dollars. Some states are going in a better direction and I applaud anyone who is standing up for this community. It is so sad to me to see people demonizing vapors for seeking out a safer alternative as if they are smokers and forcing them outside especially if im going to a concert or an event at our local events center, this is unjustifiable. Especially when there is an anti smoking add every 5 minutes on TV you would think that this would be gladly accepted as the bulk of this community is people who have converted to vaporizing after smoking many years. There is no way I would have been able to quit with blu ecigs pre filled cartomizers, or any disposables (cigalikes as they are known that still impose and resemble smoking a cigarette compared to devices that look nothing like a cigarette and tastes nothing like a cigarette). They are extremely expensive and no where near as innovative and well working as the PV's now on the market. There is so much innovation and hard working people for a safer alternative and it would bring a tear to my eye to see this be demonized by people who don't understand what this is or do not try to understand and just consider us smokers which is completely wrong. Nicotine itself is in many plants and is not the tobacco leaf sprayed with chemicals being crudely combusted and inhaled. Vaporizing is not tobacco and has improved my life dramatically. I had tried to quit smoking cigarettes at least twice with gum, patches, pills and the dissolvable mouth products that resemble candy. Non of which worked for me in long term and were very expensive. The worse of all was the pills that make you feel like a different person and almost drive you insane, I just felt terrible while taking these, I know MANY others feel the same.

5/10/2014 7:48:00 PM - Cody Ford

My name is Cody Ford.

Thanks to support from family, friends, and my local vapor stores, I am now smoke free.

Since Summer of 2004 (I just turned 17) I have smoked no less than one full pack of cigarettes per day.

In 2009, I decided to proudly serve my country in the United States Air Force.

I, as well as several dozen other members of my unit, had some difficulty passing our physical fitness test.

We simply couldn't run the 1.5 miles that were required of us.

In 2010, the US Air Force decided to make the fitness standard even more difficult.

The Top Brass estimated that 25,000 Airmen would be separated because of this.

But that is not the total number of people affected.

You also have to consider wives and children.

Now that number is closer to 75,000 lives completely dislocated.

My friends and I decided to make a change. First off, if you were never a smoker, DO NOT CRITICIZE ME! It is impossible to explain to a non-smoker how deep a nicotine addiction runs.

We went to our local vapor stores after hearing the buzz about the new e-cigarette and gave it a try.

I personally wasn't big on it at first and ended up back on regular cigarettes.

I was getting desperate to quit.

I went to my doctor for a prescription of Chantix.

It worked for about a week.

I tried the patches and lozenges.

They are a joke.

I decided I had to go back to my vaporizer.

Luckily, I was successful this time!

And through more support, so were my friends.

We all live healthier lives, and best of all, none of us were discharged from the military.

Now, a lot of critics tell me

5/10/2014 9:52:00 PM - Josh Ehrendreich from Milwaukee, WI

I am a current eCig user that has quit smoking previously cold turkey. One time, in the 1990's, I went cold turkey for eight and half years. I know what it is like to be an ex-smoker and the liberation that comes with not having the cravings or dependence on tobacco/smoking.

With eCigs, I have been able to greatly reduce my desire for smoking and my usage. After quitting cold turkey, I became a smoker again, and was at about a pack a day, sometimes more. I've been vaping now for over 2 years, and am now less than a pack a month smoker.

I feel very confident that I have broken the addiction to smoking. I say this with confidence because again I am well aware of what it means to be an ex-smoker and to not have the ongoing or constant cravings. I no longer crave a smoke, but yet I do still enjoy one occasionally, or more like a half of one every 3 days or so.

Growing up, and for most of my adult life, I never had examples of an adult who used traditional cigarettes in moderation. It was either seeing people who tried it, and then swore it off or users who were heavy abusers and addicts. I am now a current smoker who is truly using the product in moderation, and actually very appreciative of this. I don't say this lightly or naively, but I know I could quit smoking at any time, though also know that with moderate smoking there is very little to no health issues that come with such use. I breath much better, never wheeze, no incessant cough, and generally good energy with a positive outlook.

I still contend with the odor that comes from being a smoker, though obviously to a lesser degree than an addict. But, I also enjoy the flavor of smoking. Though this doesn't compare to the abundance of flavor options that come with vaping eCigs. So, while I enjoy smoking in moderation, I much prefer vaping over smoking and do use an eCig very often, almost every day since I've started vaping. For me, it is an adult recreational product, and not a cessation tool.

Without vaping and eCigs in the picture, I do not believe I could maintain a moderate usage of smoking for a period of time of a month or more. Nor would I even really try. Smoking is, in my experience, more addictive than vaping and if it were one or the other and I chose smoking, I'm fairly convinced I'd be heavy abuser if I didn't go with cold turkey. But with vaping in the picture, I am afforded the ability to do both and to use traditional cigarettes in moderation.

I write this document in early May of 2014, and to date, I have purchased 4 packs of smokes in this calendar year. Perhaps to an ex-smoker, that is a sad situation, but I am very proud of this, especially within context of knowing that I can and have quit cold turkey. Being a moderate smoker is a nice experience that I would recommend to

others, especially if they are not ready to quit. And fact is, from most vapers I know who have quit smoking, it often gets to a point where the 'heavy user' just accidentally quits. Or quits without even trying. I myself have gone a good week or even two without a smoke and didn't miss it, while also not making a declaration to myself or anyone that I will now be quitting.

eCigs are that effective. They can have you stop smoking or greatly reduce your use of traditional cigarettes without there even being the intention to do so.

5/10/2014 11:10:00 PM - Andria Duncan

I started smoking in 1975, at the tender age of not-quite-14.

Throughout the last 39 years, I

5/11/2014 1:05:00 AM - E.wing

As a teen there was a lot of pressure to be like your friends and try the things they were trying. Drinking, smoking, drugs, and various other activities that were considered "cool". As a teen I fell into all the pressures. After exposing myself to friends that smoked, I too began the process of smoking. This process was not as cool as I had once thought! After gagging on a puff, choking on the smoke, and vomiting after an entire cigarette I realized it really wasn't as cool as I preciously thought. However after repeating this process a few times to fit in, I realized even if I hadn't liked it, for some reason I wanted it. Then wanting it became craving it. Which turned into me actually needing it!!! I was 14 years old when I started smoking. I progressed from a couple a day to a pack a day. I would steal cigarettes from friends and family when I could not afford my own. At really bad times I'd smoke butt until I could get a pack. My parents were avid smokers as well. My father smoked two to three packs a day. For thirty some years. He was diagnosed with emphysema at the age of 68. He spent much of his time on oxygen. Much of his time impaired by his inability to breathe. He told me all the time how much he wished I'd quit smoking. Told me I was beautiful, and beautiful women should not smoke. That it makes us smell bad, age fast, and is not attractive. Lye would frequently get very sick. Pneumonia, bronchitis, and the flu. Some everyday colds could send him to the hospital in an ambulance. When he was 70 he caught a cold. Which turned rapidly to an pneumonia, which sent him to the hospital. He was enduced into a coma so his body could heal. He was in intensive care for three days in a coma with tubes in his lungs to drain the fluid. There were tubes from every possible part of his body. A machine had to breathe for him for three days. After those three days they finally started to pull him out of the medical coma. He was a big man when I was young, and at that moment he was so tiny and fragile. He spent the next year mostly in the hospital. Always struggling to make it through the day. He caught a cold in June of that year. It turned to an pneumonia again. He told me he was tired. Tired of fighting for his next breath and tired of struggling every day. I could see the pain in his eyes. He refused treatment and was sent home. Two days later my brother called and let me speak to my father. He told me he was going to be ok and how much he loved me. I told him how much I loved him and that us kids were ok. He passed at 71. He died of an pneumonia. I knew he was going to be better now. After he passed I promised I'd stop smoking. At that time u had been smoking for 12 years. I was at a pack a day. I tried chantix. I quit for one month. I tried patches, gum, ans everything under the sun hoping I'd actually quit! Nothing worked for me! I was so frustrated with the whole ordeal. I pulled a muscle in my shoulder a

year to the day of my father passing. The did an X-ray to check things out. That day the er doctor informed me I showed the early signs if emphysema. I felt defeated! I continued to try the patches, but always ran back to the comfort of my cigarette. In December a friend at work told me about vape pens and told me how amazing they

were. He quit for two years. I decided to give it a try. I bought a vape pen and some e juice a week later. In December 9th 2014 I went an entire day with no cigarette! My hair smelt good, my breath was good, even my car reaped the benefits if being cigarette free! Since that day I have bit smoke one cigarette! I am sick so much less, I can breathe again, my skin has been extremely clear, and I always smell great! Using a vape pen is how I actually totally quit smoking! I had a chest X-ray two days ago and my doctor told me lungs look great! Quitting smoking and using only my vape pen and e juice has significantly changed my life!!! I am so greatful for my co worker turning me on to something that probably saved my health! I thank my lucky stars everyday that my father is looking out for me verb when he's not here. E juice and vape pens have literally saved me. If not for them my addiction to cigarettes would have continued to cause harm to my health. You cannot put a lable on a product that is not tobacco that is purely nicotine and glycol. The FDA has no problem continuing the sale of cigarettes, but seem to need to make it hard for people like me who have been healed by vape pens and e juice. This is ridiculous! We need a healthy alternative that works for us!!!

5/11/2014 1:33:00 AM - Josh Johnson

I started smoking when I was 14 yrs old. It wasn

5/11/2014 2:01:00 AM - Ashley

I started smoking at the age of 15 on and off but really started smoking more at the age of 19 because of a high stress job. I have been cigarette free since February 18 2014 because of e-cigs. My boyfriend who has smoked forever and tried to quit smoking by using dip but failed because he couldn't dip at his job. He has finally quit smoking and dipping

because of e-cigs. His whole family of smokers has quit smoking because of us telling them our success from e-cigs, including his 82 year old grandmother who has smoked her whole adult life. She has such poor health that she can't smoke a cigarette but such bad stress levels that she has to smoke. We finally got her to try an e-cig and she loves it. She can breath much better than when she smoked cigarettes and she isn't in and out of the hospital because e-cigs have helped increase her health unlike cigarettes. She loves to vape and so does our whole family. We enjoy being able to go look at a flavor list and sit down and actually try to see what we like. We love to have all the cool mods and to see who can make the most vapor! It's not only better for our health and safe for our children to be around but it's FUN!!!

5/11/2014 4:48:00 AM - John entreri (Louisville, KY)

I began using smokeless tobacco (dip) at the age of 16. I loved it, and continued to use it for three years. At this point I switched to cigarettes. I smoked for roughly four years. I have always been a gym rat, and continued to stay in shape and frequent the gym. Throughout those four years of smoking, I saw a massive decrease in my cardio and muscular endurance, which caused me to return to smokeless tobacco(dip). I dipped for two more years, and found myself so addicted that I spent more of my day with a dip in than without. I knew I needed a change, or soon my wife would be married to a jawless man. I tried quitting several times cold turkey, but could not make it through. I resigned myself to be a dipper forever more. Just last December my first child was born, changing my outlook completely. I knew I must quit for my child, so I could live long enough to see him grow and start a family of his own. I prayed for a solution, and it came, in the form of an electronic cigarette. A friend from work had one, and it intrigued me. I decided to give it a try. It was amazing! After my first buy I quit dipping completely. I found myself researching e- cigs constantly. Since then it has become a hobby to me. I believe this hobby is the reason I have had such success. I began with a pipe mod, determined to make it a gandalf pipe. I then tried an ego battery, and have since moved to a mech mod with a rebuildable dripping atomizer. These vast options make it more desirable to me than any tobacco product. I loved dipping, but building a hobby out of vaping has allowed me to leave it by the wayside. Forever. All the options, customizations, new mods and fantastic juices allow for people to be caught up in the new frontier of vaping and truly quit tobacco products. I still frequent the gym, and since starting vaping, have not seen my cardio or endurance decrease. In fact, I can run farther and faster than I could when I was using smokeless tobacco(dip). I feel healthier. I have no sores in my mouth, or pained lungs in the mornings. I started at 24 mg/ml and am now using 6 mg/ml nicotine. I vape for leisure, not necessity. I get no overwhelming urge to vape, as I did with dip and cigarettes. Vaping has given me back my will. Vaping has saved my life.

5/11/2014 5:04:00 PM - John Scot from Anchorage, AK

As a long time smoker, I tried many times to quit cold turkey before finding electronic cigarettes. In 2009, a friend suggested I could kick my habit with a Blu cigarette, and for a while I stopped smoking. However, I eventually returned to smoking as the Blu cigarettes didn't offer the level of customization that I wanted from my electronic cigarette experience. I continued to smoke (utilizing electronic cigarettes off and on as newer types of mods became available), but never managed to quit entirely. In the last year I tried snus, but found them to not give me that satisfaction of smoking a cigarette. Finally, in the summer of 2013, I got my first variable voltage/wattage mod and haven't gone back. I stopped cold turkey the day I got my first mod, and haven't gone back. Initially, I started at the higher end of nicotine strength - I was vaping 24mg vapor for almost 6-8 months, but I've slowly started reducing my nicotine level and am now sitting comfortably at 12mg. It's like night and day compared to smoking cigarettes - I can smell and taste things better, I have more energy, and I don't have to smell like an ashtray at my place of work. I work with individuals who experience disabilities and changing to electronic cigarettes has greatly improved my working relations with many of my clients that previously experienced problems because of the strong scent of cigarettes. Additionally, I save so much money vaping ! I build my own coils and so only have to buy new vapor, and 100 dollars worth of vapor can last me for a couple of months, unlike spending that kind of money on a carton and having it last 2 weeks, if that. Electronic cigarette have completely changed my life, and I'm sure I would still be smoking analog cigarettes today if I hadn't found them.

5/11/2014 5:44:00 PM - Bryan Adkins

I am a 31 year old meat cutter who started smoking cigarettes @ 12 years of age.

By the time i was 16 i was a pack a day smoker.

i tried quitting several times, never with success.

i tried the patches for a week and wound up smoking while wearing them.

i bought my first ecig in may of 2013 with the intent of quitting cigerettes.

it was an ego battery with a dct tank that held juice.

i was at 24 strngth nicotine for several mnths then dropped to 18 until thanksgiving last year i got a mech mod with a drip atomizer.

As of christmas 2013, i'm at a low nic. level of 6 mg.

i havn't even wante a cigarette in 6 mnths, i havn't had one in 8 mnths.

my last 2 years as a

smoker, i would cough up thick lung butter every mornining.

i would get bronchitis every winter.

i couldn't run very far without losing my breath.

smoking was taking a toll on my body.

my sex stamina was losing its

juju.

now i feel as if i've gotten some years back.

my lungs feel as if they've healed.

i feel better, smell better and taste better.

my family is much happier with me.

my seven year old boy used to hate my smoking, couldn't stand the smell.

neither could my wife.

now they like the smells my pipe puts out.

when i started vaping, i really liked the tobacco flavors but i would still crave a cigarette from time to time.

when i started using the drip atomizer on my mechanical mod that all changed.

i started getting into flavors and now i dont even like the tobacco flavors.

i do all my shopping at a local shop in my town.

they make all my juice right there in front of me.

they saved my life.

they taught me how to vape safely concerning my batteries and resistance of my coils.

they taught me how to really enjoy vaping.

they dont use any flavorings that aren't approved. i like my juice 10 percent propylene glycol and 90 percent vegetable glycerin with a 6 mg nicotine level, makes a nice thick, smooth vape.

i like trying different flavors all the time, just like ice cream.

i think very soon i might go to a 0 nicotine juice.

i think most of my smoking habit was just having something in myhand to puff on.

i feel mypipe now is much safer puffing on, for me and my family.

5/11/2014 10:00:00 PM - Brian Corbin

I hated smoking. As a child, both my parents smoked. My father managed to quit when I was a child, but my mother continues to smoke. As a teenager, I was constantly on her case for smoking. I found it foul, disgusting, nasty, and swore I would never even consider smoking.

Then, college happened.

Occasional cigars and clove cigarettes turned into occasional regular cigarettes, which turned into a 10-year pack-a-day habit. And at the same time, I still hated it. I hated how my mouth tasted, how my lungs ached. I felt awful, physically and mentally. How could I find this activity so abhorrent, yet still do it twenty times a day? I cursed every cigarette I lit. Inhale, exhale, cough, swear, promise myself that this was the LAST one,... and repeat. I wanted to quit. I NEEDED to quit. Nothing worked. The gum failed. The patch failed. The lozenge failed. My willpower failed.

Electronic cigarettes worked.

The very first puff I took off my very first ecigarette, it was angelic choruses and shafts of light from the sky. This was IT. THIS was going to get me off those nasty, disgusting, foul things that I hate. And they did. Five years later, I haven't had one single cigarette. I smelled better within days, my senses of taste and smell improved within weeks, and my breathing improved within months. I'm still an ecig user because it works, and because I enjoy it. When all else failed, electronic cigarettes worked.

Simply put, electronic cigarettes save lives. I'm proof.

5/12/2014 12:14:00 AM - Marc Horwitz

I began smoking in my early teens and continued until February 1, 2014. I smoked for over 35 years and attempted to quit many times using many methods including products sold in local grocery stores and prescribed medications. Nothing worked and some of the alternatives probably put me in jeopardy as I kept smoking. I had to find an alternative, one that worked! I could no longer enjoy most of the outdoor activities I had participated in for many years. Walking stairs was a challenge, sleeping at night was difficult due to poor breathing and my snoring kept both myself and my wife awake.

Until I found electronic cigarettes it wouldn

5/12/2014 1:35:00 AM - Brach Barham

My parents were both 2-pack a day smokers for over 30 years. They had both stopped smoking periodically but always went back. Then, they started using electronic cigarettes. They convinced me and my wife (both 2-pack a day smokers as well) to start using electronic cigarettes as well. Funny thing is, we had no plans of quitting. We have been smoke free for 3 months. We can smell, taste, and breath exponentially better now. We also have much more energy. Since my parent started using e-cigs, their Heath has improved as well. Now, at least 30 people that we know have quit smoking and started vaping. It is remarkable. I've watched people, and myself, with absolutely no plan of quitting immediately stop completely and use e-cigs. I wonder how many of then would have kept smoking for 10, 20, maybe even 50 years (or until it kills them) if it weren't for e-cigs. I guess the great thing is that we will never know. There may be no adequate studies on how much healthier these things are, but my body has told me thank you a million times over.

5/12/2014 1:51:00 AM - Sheryl Price

I was a tobacco smoker for 52 years and have found that using a battery device and a clearomizer and flavored juices I can quit smoking. I have quit for 5 months so far and believe that I will be able to lower the nicotine to 0 at some time. I have already lowered the nicotine from 18 to 9.

I have tried the patch and gum and hypnotism and this did not work. I enjoy the variety of batteries and tanks and flavored vapor juices. I found that after a few days of vaping that tobacco cigarettes were nasty tasting and smelled bad.

I can taste and smell better now and Im not coughing. I can breathe better and have more energy. I sleep better also. I have found that I needed to lower my nicotine level after a couple of months so that I could sleep better because I felt like I did when I had left the patch on too long and couldn't sleep well.. So l have lowered my nicotine level from 18mg to 12mg and feel that sometimes I need to lower to 9mg or 6mg. I do this by adding PG/VG to already mixed juice. I feel that this is the best way for me to quit the tobacco cigs. Others around me are also glad that they don't have to smell the cigarette smoke and smell the yummy juice flavors. And they glad that I am improving my health.

5/12/2014 3:03:00 AM - Matt Harris

Hello, my name is Matt and this is my story. I have tried to quit smoking numerous times. I have tried many different methods, everything from cold turkey to the patch and everything in between. Nothing was successful. About a couple years ago I heard about e-cigs and thought I would give that a chance. I struggled at first but after some time and research, I slowly began to realize that I can actually do this. After upgrade my hardware and staying up with new technology , it became easier and easier that finally not crave cigarettes . It has been a blessing! Finally I had the tools to succeed in quitting tobacco. I love the variety of ejuice that is available. It makes quitting, enjoyable. I could never have done it without ecigarettes, ever! That is my story in a nut shell.

5/12/2014 1:25:00 PM - Les Torchia-Wells from Winnipeg, Canada

I smoked since my early twenties. It was a pack a day habit for nearly thirty years. On a few occasions, since my children were born, I attempted to quit. I was never successful. I enjoyed the habit for the most part, even with the downside of the cost, the stink, the inconvenience (I only smoked outdoors) and the obvious, growing impacts to my health.

In October of 2013 I bought my first e-cigarette on a whim from a local tobacco shop. At that point in time, in Winnipeg, if you wanted to use e-juice with nicotine you had to order it online. I did not want to quit smoking, and I wanted to give the device a fair trial, so I placed an order and waited. In mid-November my juice arrived and I got to try my new toy. Two days later, I threw the last of my cigarettes away and switched full time to vaping. It had its ups and downs for the first couple of months. I experimented with various combinations of batteries and tanks until I found the right fit for me. With the money I was saving from not buying cigarettes, I could afford to! I also discovered that while flavored juices are way more attractive than tobacco, nicotine itself does not taste very good. So my nicotine

5/12/2014 4:17:00 PM - Ian Gillespie

I started smoking in college when I was 19 and continued to smoke around a pack a day despite numerous attempts to quit. A few years back (2010) I tried Blu e-cigarettes and found that they did not satisfy my cravings. These were the early versions.

In my attempts to quit I had switched brands (Camels to American Spirits), tried the patch (itchy and irritating), "cold turkey," and tried the gum which did not satisfy cravings. I also tried Chantix, which was a horrible ordeal. Despite many great things happening in my life at the time, my personality changed and I became very depressed (including suicidal thoughts). It took months until I felt like me again.

In October 2013 I tried the disposable Blu e-cigarettes again and was able to go without a cigarette, but still had cigarette cravings. I needed something better. I did not want to smoke anymore. My health, my wife, and my two boys needed me to quit. After some research online I learned that there were better alternatives and found a local shop that sold the "upgraded" versions. I purchased a tank-style starter kit and never looked back. After 3 days I did not even remember how it felt to smoke cigarettes.

I vape coffee flavored liquid and some fruit flavors (orange, strawberry, and other mixtures) from a tank-style (1300mah ego-t and Kanger protank mini II if anyone cares) clearomizer at 18mg.

It has been 8 months so far and I have not had a single cigarette. E-cigarettes broke a 13 year, pack a day smoking habit in 3 days. I feel a thousand times better, I breathe better, I taste more things and I don't smell like cigarettes.

5/12/2014 4:34:00 PM - Christel Thompson

I was a smoker for 18 years, after many failed attempts with NRT, cold turkey and pharmaceuticals

5/12/2014 4:46:00 PM - Liz Felos, Iowa

My name is Liz Felos, and I love to smoke. I had my first cigarette experience when I was in 3rd grade, it was a Merit Menthol Ultra Light 100 stolen from my mother.

My mom smoked, my dad smoked

5/12/2014 5:12:00 PM - Teri G, Plattsmouth NE

I was a heavy smoker for +40 years.

I bought an ECig vapor starter kit 10 months ago and have not smoked since that day.

I feel better, no longer have a smokers cough and have been told my complexion even looks better.

The main thing is I feel better, smell better and am saving a ton of money kicking my 2 pack a day habit.

I will not ever smoke again.

I have managed to reduce my nicotine intake on the vapors and plan to decrease it to zero.

The government needs to stay out of this one except to regulate manufacturers to keep this a safe product!

5/12/2014 5:32:00 PM - Mubder Alfaris

15 Months ago, I have got a new boy then I was thinking how to not smoke at home and how to not let him smell the cigarettes stinks.

After that I start reading about e-cigarette in the internet and I fount it much better than the regular cigarettes for what I want.

Started with it and every thing is great also my general health has been improved I've done some chest xrays for every 3~4 months and there is a notable improvement generally.

At least "I AM CLEAN FROM THE STINK"

Thanks

5/12/2014 5:43:00 PM - Zach

I began smoking when I was seventeen primarily to impress a girl that was also a smoker, a woman that is now my wife. Unfortunately, because of a silly adolescent decision, I was stuck on them for the next twelve years. I tried to quit several times, I even attempted to quit using three different electronic cigarettes in the early years of the technology and couldn't kick the habit. It wasn't until the technology caught up with the idea of electronic cigarettes, when variable voltage devices were released, that I could not only quit, but could quit easily. I do not smoke anymore and I do not consider myself to be a smoker, I consider myself to be a vaper. I have dramatically cut down on my intake of nicotine since starting a year and a half ago, from 24mg to 6mg, and my lungs are thanking me for it. I am getting in shape, I can finally jog on the treadmill for a mile without feeling ill. Because of this change, because I now understand that I want to be healthier, I am even eating better and shedding pounds! More important than myself is my family. Because of my success my wife has quit smoking after trying medications like chantix to quit. She was a pack a day smoker for thirteen years. Because of my success my little sister, mother of one adorable seven year old girl, has quit after picking up the habit ten years before for similar adolescent reasons. Because of my success my little brother, just starting to get his life in order at twenty four, has quit cigarettes. I cannot say with words just how important these people are to me. Electronic cigarettes may have saved my life but because of that one success, three other people that I desperately love also kicked the nasty habit. My niece may actually have a mother that lives without cancer! My little brother won't get emphysema due to cigarettes! I can grow old with a girl I have adored since I was fifteen years old! This is what electronic cigarettes have given me and I could never be more thankful.

5/12/2014 7:20:00 PM - Mike

Dear Mr. Zeller

I am writing as an individual consumer to request an extension of the comment period for the Food and Drug Administration's ("FDA") Proposed Rule Deeming Tobacco Products to be Subject to the Federal Food, Drug, and Cosmetic Act, as amended by the Family Smoking and Prevention and Tobacco Control Act (the "Proposed Rule") published at 79 Fed. Reg. 23,142 and Federal Register No. 2014-09491. On behalf of myself, I am requesting that the comment period for the Proposed Rule be extended by the FDA for an additional 105 days, from its current 75-day period, to 180 days. The Proposed Rule raises a number of significant issues and questions that are important and relevant to me, as a consumer of products that are proposed for regulation under the Proposed Rule. The Proposed Rule asks about a hundred different questions I might want to respond to. I want to provide my thoughts and comments on many of these issues, but my time to devote to researching and providing thoughtful comments on these important questions is limited. I have already spent many hours researching and dissecting these issues, but they take time. I know that the FDA took many years to even come up with the Proposed Rule, so I do not think it is at all unreasonable to allow the public a mere six months to comment on it. This is our only opportunity, as consumers, to provide our feedback. I feel very strongly about e-cigarettes as an alternative to combustible cigarettes. Quite simply, I firmly believe that they saved my life. I wish to provide you with my personal story, as well as science- and evidence- based responses to your questions so that you can take my comment into account. I realize that the FDA has the authority under 21 CFR 10.40 to extend this time frame and that the FDA has exercised this authority on numerous occasions in the past. I would therefore ask that you do so here, so that all stakeholders have the opportunity to provide their comments on this proposed regulation. I appreciate your consideration of my request and am happy to discuss this issue with you further.

Michael

5/12/2014 7:31:00 PM - Fubar Ejuice

Dear Mr. Zeller: I am writing as an individual consumer to request an extension of the comment period for the Food and Drug Administration's ("FDA") Proposed Rule Deeming Tobacco Products to be Subject to the Federal Food, Drug, and Cosmetic Act, as amended by the Family Smoking and Prevention and Tobacco Control Act (the "Proposed Rule") published at 79 Fed. Reg. 23,142 and Federal Register No. 2014-09491. On behalf of myself, I am requesting that the comment period for the Proposed Rule be extended by the FDA for an additional 105 days, from its current 75-day period, to 180 days. The Proposed Rule raises a number of significant issues and questions that are important and relevant to me, as a consumer of products that are proposed for regulation under the Proposed Rule. The Proposed Rule asks about a hundred different questions I might want to respond to. I want to provide my thoughts and comments on many of these issues, but my time to devote to researching and providing thoughtful comments on these important questions is limited. I have already spent many hours researching and dissecting these issues, but they take time. I know that the FDA took many years to even come up with the Proposed Rule, so I do not think it is at all unreasonable to allow the public a mere six months to comment on it. This is our only opportunity, as consumers, to provide our feedback. I feel very strongly about e-cigarettes as an alternative to combustible cigarettes. Quite simply, I firmly believe that they saved my life. I wish to provide you with my personal story, as well as science- and evidence-based responses to your questions so that you can take my comment into account. I realize that the FDA has the authority under 21 CFR 10.40 to extend this time frame and that the FDA has exercised this authority on numerous occasions in the past. I would therefore ask that you do so here, so that all stakeholders have the opportunity to provide their comments on this proposed regulation. I appreciate your consideration of my request and am happy to discuss this issue with you further. Mark.

5/12/2014 7:38:00 PM - Michael Kaye (Santa Clara CA)

My wife and I are 56 years old and we were both long time smokers (35 years).

We always knew we should quit but any efforts to stop or reduce our smoking failed. We tried the gum and patch with no success. Then, a friend told us about the electronic cigarette and our lives changed forever. 14 months ago after researching on the web some very responsible websites with tobacco users who had had success quitting using the electronic cigarette, we bought our first e-cigs, an Ego style tank system and some basic flavorings.

The day they arrived 14 months ago was the last day either of us had a cigarette. Over months we slowly reduced the nicotine content gradually weening ourselves off of nicotine. Today, we are nicotine and smoke-free. We still occasionally use the e-cig but not nearly like the pack-a-day habits we once had with smoking.

Our general health improved, both of us lost our "smoker's cough". We are more active and can do things without getting winded.

We consider the electronic cigarette has saved our lives.

5/12/2014 8:21:00 PM - Mark Florio Jr

Here is the story of Mark florio jr my story. I started smoking when I was 14 years old and I am now 29.I smoked 2 packs a day for 14 years and all the quitting products out there never worked for me. I have been cigarette free for exactly 1 year now and I feel like a new person. I am healthier than I've ever been and now I know I'll be on this earth longer for my family and children. I've done everything under the sun including snus,chew,dip,cigars,and of course cigarettes. E cigarettes and not the cigalike ones actually did the trick and got me off the cancer sticks and I'm forever more grateful for that. I am always helping and preaching my stories and my experiences with people hoping to help a smoker become a ex smoker. Its crazy to me that they want to banned e cigs because that's just showing me the government wants us to smoke and get sick and eventually die. I will say the first few weeks I allowed myself a few cigarettes a day but even with modern quit smoking medicine they allow the same thing for the first week or so. I've heard horror stories of chantix and alt of people I know went back to smoking. I am living proof that e cigs work and are the best option for quitting and staying off cigarettes because I thought I'd never stop smoking cigarettes and before vaping I never wanted to quit. My story is kinda funny because my fiance is the one who wanted to buy the e cigs not me and it's was the best decision I've ever made. Thank you all and to the FDA wake up please and take notice these things are helping people and saving lives of smokers and the people around the smokers.

5/12/2014 8:28:00 PM - Robbie

I smoked from the time that I was 15 until I was 21. I quit just days before my 22nd birthday. In 2011, I bought my first electronic cigarette.

I kept switching between smoking and vaping for a while, and then in March of this year, I got a horrible case of bronchitis. That gave me the motivation to just STOP...smoking that is. Now, here I am, exactly 3 months since my last cigarette, and I feel amazing. Just 2 weeks after I stopped, I went to the gym and ran 1 mile in 7 minutes...and I weigh 250lbs!!! I haven't even thought of attempting running a mile since I was in 9th grade back in 2006. Oh, and did I mention that food tastes so much better now, too??? If I can quit, then so can you! Keep calm, and vape on!!!!!

5/12/2014 11:45:00 PM - Jennifer Rogers

My name is Jennifer Rogers.

I am a 34 year old female.

I began steadily smoking at the age of 16. I attempted to quit multiple times using different methods.

I tried chantex & welbutein both prescribed by my doc but experienced awful side affects from bad dreams,

leg cramps, headaches & agitation.

In addition I tried the patch which had no affect on my cravings as well as the gum which taste awful & was Unsatisfactory. I also tried one of the enjoy cigarettes but that did not stop by craving either.

I just began smoking more each time. I was a 2 a day pack smoker but I desperately wanted to quit. My health was suffering.

I had a daily cough & every year I had at least 2 cases of bronchitis. Finally my brother introduced me to an electronic vapor cigarette made by ego also called mods. He & my sister in law had both quit successfully & I knew my best friend who had smoked for 30 years had as well.

So I bought one. I smoked my last cigarette October 2 2012. I was successful at quitting with the mod with no additional help and no side affects.

Because I was a heavy smoker I started at a 24 strength & have went down from there to 12 mg. My health improved within weeks. The daily cough went away. I can breathe better & 2 winters have passed without a single case of bronchitis.

I now despise the smell & taste of tobacco products & I am very pleased with my success.

5/13/2014 1:05:00 AM - Tcat Houser Seattle

I began smoking in the Army SE Asia days.

In October 2013 my daughter got me to try an 'e-cig' that was not the disposable useless versions I had no success with.

I started with a liquid tasting like tobacco, with nicotine.

By Thanksgiving, I switched to a 'coffee' flavor with Nicotine.

News Years day I was at 'coffee', with zero nicotine.

By April I do not inhale, and use my device lightly.

I switch around on 'flavors' because I got bored with 'coffee' flavor.

Don't miss smoking, and now cigarettes 'smell bad' to me.

Since I was getting my 'coffee' taste, I also quit drinking coffee and switched to Green Tea.

Other attempts in the past (hypnosis, acupuncture, etc) we're not effective for me.

Regards.

5/13/2014 3:57:00 AM - antvapes

My name is anthony im 32 years old I started smoking cigarettes around 24 years old. I tried everything to stop and I mean everything 4 months ago I seen this woman in the streets vaping and I asked her what it was she told me everything I needed to know and she was excited to do so I purchased a ego-t and never smoked a cigarette since of course I upgraded to a itaste svd and kayfun 3.1....juices to mods I fell in love instantly electronic cigarettes saved my life please leave it alone if I stop vaping ill start smoking cigarettes again...

5/13/2014 4:28:00 AM - antvapes

I smoked for 7 years. I starting vaping 4 months ago haven't smoked a cigarette since I love everything about vaping to the flavors to the different mods if I stop vaping ill start smoking ago please leave it alone...I have 3 kids I would love to meet my grandchildren 1 day please don't kill me one cigarette at a time thank you antvapes from Bethlehem pa

5/13/2014 4:40:00 AM - Charles Tilley

My name is Charles & I've was a smoker of a pack of cigarettes from the age of 14 until a few days past my 51st birthday. That's nearly 37 years.

For years, I was coughing, having various chest pain on the right side & had bouts with pneumonia & plural fluid buildup on that same side.

Since November 2013, I've been using e-cigarettes, in the form of e-juice with an atomizer. It is the only thing that compelled me to stop smoking after all of those years. Not even the death of Terrie Hall, from my home state, caused me to quit, it was by chance that I met an e-cig vendor.

After starting to use e-cigarettes, was down to my last half pack, the last 3-4 literally made me gag. After just 3 days of e-cigs, I was finally able to break the habit & have never looked back. No more smoking cigarettes for me.

These were other unsuccessful attempts to quit, mainly patches & gum containing nicotine, neither worked.

My doctors has stated how much better my lungs sounds (no more wheezing) & I can smell & taste food again. I breathe better also.

Even my granddaughter has noticed that I don't smell like smoke anymore & now will have more interaction with me. She's only 8 years old, but she can smell if someone's smoking. It's satisfying to be able to do things with her & not be rejected over cigarette smoke.

The rest of my family feels the same. No one wanted to be around me because of cigarette odor.

I'm happy that I was able to find a way to quit after nearly 37 years & feel much better as a result of e-cigarettes.

5/13/2014 9:06:00 AM - Jacki Warren

I am now sixty-three and began smoking at a very young age. I had been smoking for 45 years prior to quitting. I tried to stop smoking but only lasted a day or two. I figured I was a hope to die smoker. I was surfing the internet and came across an electronic cigarette site and read a lot about them before trying them. The type I first tried were much to hard to draw on as they were tight this was GreenSmoke Site and I continued to smoke cigarettes. Then I found out from my doctor I had the beginning signs of COPD so I thought I would give the electronics another try. I got an e cigarette that had a prefilled cartridge and they actually made me feel like I was smoking a regular analog cigarette. That was about five years ago and I have not smoked since. I began with a nicotine content of 24% and I am now using about 12 % and still vape from an KR-808D-1 electronic cigarette. I have no need to use the mods or juices as I feel great vaping with a cartridge and prefer the 808 as i get a fresh atomizer each time I change my cartridge. I am surprised how elated my own doctor was that I was no longer smoking cigarettes and that I was using the electronic. I am feeling better now and can even climb a flight of stairs without getting out of breath. I had no idea of how badly my clothing and my body smelled using cigarettes until my next door neighbor would walk by my door when it was opened and since she smoked I could actually smell how badly she smelled because of her use of cigarettes. I no longer have that problem. I have cut down on my vaping considerably since I started using electronic cigarettes five years ago. My health is so much better and I no longer worry about burning my blankets or clothing or burning myself up while smoking. I never realized the dangers of smoking and how bad my health was getting. Finding the electronic cigarettes has made me live a better and cleaner life and also a much safer one for myself and others. I hope that the government does not interfere in such a fantastic alternative because I am on a limited income and I enjoy vaping even though I do not do it as much as when I first began vaping. Please leave this new age way of getting off of cigarettes alone. It truly WORKS!!!

5/13/2014 1:16:00 PM - Mike Jefcoat,Madison Ms

Hello, My name is Mike and was a cigarette smoker for 35 years, I had tried several times to quit with no success using chantix which made me feel crazy and ill. then a friend showed me an electronic cigarette. It had mango flavoring which was pleasing with a 1.2 mg nicotine level. it had a refillable tank with an atomizer. within 4 days I had kicked my pack and and a half a day habit from traditional tobacco. I am now down to a .03 nicotine level and feel so much better. my breathing has improved as well as my general health .

I chose to do flavors because in my mind I was trying to disassociate from the taste of a nasty cigarette. Please

I understand the need for quality control regulations but lets be reasonable in our approach. slowing down this technology

is a bad thing and will hinder alot of people from getting away from smoking to vaporizing. You may as well insure big tobaccos success and banish people who have quit smoking back to the arms of tobacco companies.

5/13/2014 5:15:00 PM - Sue B.

I started smoking when I was 15 and smoked for 38 years when I discovered e-cigs in 2011.

Granted, it was the Njoy cigalikes that I tried first, but they caused me to cough and gasp for air with every hit I took.

Needless to say, cigalikes did not help me quit. In October, 2013, I decided to try an e-cig with refillable liquid and bottles of juice.

When I came home with my new device, I filled the topper according to the instructions, took a few hits, and found I not only wasn't choking, but it also satisfied my craving for nicotine.

Immediately, I went from a pack-and-a-half a day smoker to smoking 6 cigs a day, mostly when my battery was charging. November 14, 2013 was the day I smoked my last cigarette, thanks to good quality e-cigs, and I've been smoke free ever since.

May 15 will be 6 months since I've smoked. I had tried to quit several times in the past. I tried nicotine gum, which not only did not satisfy my nicotine cravings, but also was so bad-tasting that it caused my food to taste funny.

Three months after this quit attempt, I went back to smoking.

A little more than 10 years ago, I tried quitting using Wellbutrin, but I started back on cigarettes a month and a half later. Since I started vaping exclusively, I've noticed that I'm able to breathe, taste food, and even smell pleasant aromas better.

My doctor even noticed an improvement in the sound of my lungs and approves the use of e-cigs as a smoke-free alternative.

The only negative is my quest to keep buying more e-liquid, tanks and coils, and to keep upgrading my devices.

5/13/2014 5:48:00 PM - Aaron David Ross

I am Aaron Ross, a 29-year-old music technology professional living in New York.

As an impressionable teenager, like many of my peers, I acquired an unfortunate addiction to tobacco cigarettes as a means of trying to connect with the people I admired in my youth. Beginning as an attempt to fit into the community I was part of, it grew from a pass-time into a pack-a-day habit that stuck with me for over 10 years.

As an asthmatic and sufferer of allergies, my health was severely impaired by this choice. Feeling my lungs growing sore, my mornings plagued with fits of coughing, and multiple living situations and relationships falling apart due to my addiction, I knew long ago that I needed to quit. I tried stopping cold turkey on many occasions, never making it through more than a week. I tried the gum, but it didn't curb my cravings at all.

In 2010, I finally tried a cig-a-like electronic cigarette, and while I was more successful in avoiding tobacco cigarettes while I had this device, I ended up a duel user, cutting down my smoking but unable to completely quit. Later that year, I discovered the Ego tank systems that were available online, and without knowing what I was getting, purchased one and some 24mg tobacco flavored e-liquid. Since the day that product arrived, in May of 2012, I have not had even one drag of a traditional tobacco cigarette. I found that not only did this device enable me to completely quit smoking, but it aligned me with a cause and a community that has enriched my life more than I could have ever imagined.

Like many users, I quickly upgraded through the many tiers of products available in the market, and have been using a mod and rebuildable dripper system for the last year. I have reduced the nicotine strength down to 6mg, and plan to reduce to 0mg by 2015.

The effects that this transition have had on my life have been numerous, and all exceedingly positive. Firstly, I noticed a drastic improvement in my health, specifically my asthma symptoms, within the first few months. I no longer awoke coughing and full of mucus. I had better stamina for exercise. I regained my long-lost sense of smell. I noticed an improvement in my energy and general well being, which I attribute to cutting out traditional cigarettes.

In addition to these non-surprising effects of quitting smoking, I have also experienced many social and political changes in my life due to vaping. I aligned myself with a community of like-minded individuals from many different demographics, creating powerful friendships and affiliations through the subculture. These people work as a support network to inspire users to not return to traditional cigarettes, despite most not even having the desire too. They work as an information network of peers to review products and e-liquid, to make suggestions and pass on tips to the hobbyists. This community allows us to unite together against the private financial interests of big

pharma and big tobacco, whose lobbyists are pushing legislation that will severely impact the innovation in this space.

Vaping saved my life, literally, and gave me a new life, figuratively. To date, I have converted 9 former smokers into vapers... which is a process that I take great pride in, as I see the ways in which their lives are impacted. This could mean that I saved their lives, which is an incredible feeling.

I am proud to vape and be a part of this growing community of proactive people who take their health and well being into their own hands. I will continue to vape a 0mg nicotine solution after I completely curb my nicotine addiction, so that I can continue to spread information and resources related to this vital public health breakthrough.

I am living proof that vaping is a safer alternative to cigarettes, and a highly effective smoking cessation tool.

5/13/2014 6:19:00 PM - Suzanne

I started smoking at the age of 18 years old. I am now 45 year of age. I decided to stop smoking this year Jan. 2014 due to the lost of my mother, Kathy.. that past away 7/17/2013 from pancreatic cancer, we all found out on 6/28/13 that she had a cancer mass and pasted away less than a month later. It was a total shock to me & my surviving family. My mother smoked cigarettes and 1 out 3 causes of pancreatic cancer is Smoking. I am 96 days 5/13/14 free of Smoking and counting(No Cigs). I have made multiple attempts to try and quit and had no success like I am today. The cost of patches are expensive and I couldn't keep it up. I am excited to share that all my Non-smoker friends and family members are Very proud of me!

Financially I was spending $165 a month on cigs. and Now I spend $30 a month.

Another Positive to changing to the Vapor cig. "NO Cancer associated to nicotine !!"

This a Huge difference to what all of us once smoked.

I do recommend to anyone I see smoking a cig. to change over !!

5/13/2014 6:50:00 PM - Youssefa

I started smoking iun High school in 1990. I smoked until 2007. I tried NRT, Chantix, wellbutrin. I had every bad side effected from these listed on the warning labels, in a very severe way.

impotence, bowel problems, headaches, depression, suicidal thoughts, night terrors, fluctuating appetite, feeling like I was drowning, desperation. During there use I was never able to fully stop smoking. I have severe reactions to

most chemicals,

alcohol, nearly every otc you can think of. 2 beers and I am drunk, If feel a debilitating head ache coming on, 2 tylenol and I am straight. Many medication have an opposite effect on me.

Then I started using eCigs DSE 901 at 100% PG 36MG. With in one week of using ecigs in concert with analogues I was able to stop smoking analogues all together. it is now 2014, I use mechanical mods and rebuildable atomizers and use 12-9mg eLiquid. I am taking zero prescriptions I am able to care for my 17 acre property without becoming winded, or fatigued. I swim and ride bikes. I have a healthy sex life, I have accomplished all this after smoking for many year without the aid of designer pharmaceuticals and their laundry list of side effects.

The pharma companies and the FDA can keep their crap drugs, that will likely have a class action lawsuit or recall filed against them 5 years after the FDA approves it. You can pry my ecig from my cold dead hands. If

have to I will go black market.

5/13/2014 9:05:00 PM - Jenna Anderson

I smoked 1- 1 1/2 packs of cigarettes a day for 13 years. I have tried to quit several times by using nicotine patches. The patches always gave me a rash on my skin and made me sick to my stomach. I would smoke in the morning, then eat something and put the patch on, but since it gave me crazy dreams I would take it off at night and smoke again. The longest period I was able to not smoke using the patches was 12 days.

My breathing was becoming worse from smoking and I would wheeze in the morning and while I was sleeping, and I would cough up brown phlem in the morning. I began using electronic cigarettes 2 years ago and I immediately stopped smoking. I started off using 18mg E liquid in an EGO style device. One week after using this I lowered the nicotine to 12mg using a cartomizer tank on a ProVari device. It has now been 2 years since I have smoked a cigarette I have cut the nicotine level to 6 mg and some days I vape 0mg. I am using

an RBA

device called the VALKYRIE. I no longer wheeze when breathing, I no longer cough up phlegm, I don't stink, my car and house don't stink and my lung capacity has improved. vaping has saved my life!

5/13/2014 10:42:00 PM - Hope Rogers

I started smoking still in high school at the age of 17. I watched family member after another fall victim to cancer and other health issues and or death over the years and decided to look for something to help me quit. As my husband and I walked threw the mall we saw a lady smoking but wasn't smoking at the same time and thats when we first discovered electronic cigarettes and quickly bought it and tried to quit and didn't work for me so I went back to analog cigarettes and continued to look for a alternative. About 2 years ago I found ego twist and it worked wonders and I have not smoked another analog cigarette since. I feel better and can run and I don't get winded or get sick as often. I can taste things better and smell things I haven't smelt in years. I stared at nicotine level 36 and winged my self down to 4 now and even though I may go to zero nicotine I will never stop vaping. I believe this is a better alternative to anything out there to quit smoking and I don't believe it is harmful as bad as analog cigarettes. all this media madness they are talking is crap in my opinion. I will never quit VAPING!! Im watching my mother suffer from COPD because of cigarettes and I never want my kids to see or go threw that ever. she tried everything to quit and now is trying a electronic cigarette. I now use a SVD mod and atomic dripper. its become a hobby and always will be a hobby of mine. Thank you Electronic cigarettes for helping me be healthier and to watch peoples lives change to something way better. hope rogers

5/13/2014 11:07:00 PM - Jim A.

The REAL story...

I have been a smoker for as long as I can remember.

I came from a family with a very long history of cigar rollers, started smoking regularly about age 12, and was completely desperate to find a way to give it up.

I tried the Chantix approach about 7 years ago with success, but about 6 months after stopping the treatment, started smoking again after my wife did the same...it hardly felt worth all the outrageous nightmares, bizarre mood swings and expense. At age 58, the writing on the wall had become very clear.

I had heard about several of my friends who had switched to vaping and who completely gave up the "analog" products.

I had tried to use Chantix a second (and third) time to stop smoking, but the drug had absolutely NO EFFECT--it didn't reduce the urge one bit.

Having tried the patch and the gum in years gone by, I had given up on the idea of quitting altogether, when someone urged me to try this one thing.

I was a bit more than skeptical, thinking that there was really no way to stop, but with some persistence from my friend, I gave it a try...and was AMAZED how satisfying it was.

After switching to an E-cig two months ago, I rarely have an urge to pick up a pack of the old ball and chain, mainly out of the instinct of looking for a pack and a lighter, and haven't bought a single pack since I made the switch.

For the first 3 days, I smoked both, and then just refused to buy any more when I ran out of the ol' Muleboros.

Now its more of a choice for me, rather than a necessity, and while its still a habit, it feels much more under my control, and I believe that I am soon to stop altogether, as I am "ramping down" my nicotine intake.

I believe that in the next few months, I will most likely be using the zero-nicotine fluids and probably keeping some e-cigs around to help with the phycholgical mechanics.

I can say that it has changed things dramatically for me...No more running to the store in a panic at the thought of being without a cigarette...No more morning illness from an overdose of nicotine, nor the ritual of "coughing out" every morning for an hour to expel the tar.

I sleep at night without wheezing and being woke up, and am enjoying the benefits of having more energy, not needing any ash trays and not living in a stkinky, smoke filled house.

The cure so far has been very sensible, effective and inexpensive, and at the very least, less dangerous than the other options.

I don't usually participate in any blogs, but I felt the need to write this today because of whats going on with our government.

These are the same people who have, in the intrest of the public, forced a broken healthcare system upon us, under federal legislation, and instead of fixing it, rewarding the very same people that caused the problem in the first place.

I believe that the current proposals are simply an extention of the same...that is, lets support the multi-billion dollar industry with the huge pharmecutical lobby group with no concern at all for the real benefit of the People...They probably don't even remember who "We, the people..." are and no doubt are having their pockets lined from the effort.

They certainly feel the pressure from the lobbyists, while turning a blind eye to truth, and ignoring the well being of those who they're supposed to be working for--not that this is a unique or new concept.

As a footnote, I am currently uninsured, can't afford it, and my $20K a year income doesn't give me much in terms of incentive to buy a 60% policy...I'm better off being treated as indigent, rather than being on the hook for the cost of going to a doctor for help, and soon, I will not even be able to help myself, if the FDA and CDC has its way.

Why are these agencies so quick to try to ban e-cigs, rather than allow it while research continues, especially when so many have done as I have? Is it just me with a paranoid rant, or is it a clear pattern in our society?

"A government of the people (the population), For the People (the billionaires), By the People (the politicians)."

5/13/2014 11:24:00 PM - Patrick Earley

I started smoking at 18, like a good boy. Bought a tobacco pipe on my birthday, and loved smoking it around campus. eventually the pipe led way to cigarettes, so much more convenient. For two years I lived under the spell of tobacco, smoking everything from Dunhills and Nat Sherman's to Marb Reds and Lucky Strikes. Eventually though, I could feel my lungs taking the toll. I was coughing in the morning and my lungs just felt like hell. When my mother quit it was the last straw: if she can quit after decades, I can quit after just two years. I stopped that day and haven't had even one puff of that poison since. I've been tempted but as soon as I have my e-cig to my lips, that temptation is gone. I would not have been able to quit without it, and I love it to this day (about 1.5 years later). My lungs feel immensely better, I don't smell like an ashtray and I can never see myself going back. However, when I see things like what happened in my town (Mankato, MN banned indoor vaping, I fought against it and spoke to the council personally) and whats happening in our state capitol and then with the FDA's admitted overreach it scares me. Now in my town I have to stand outside and breathe secondhand smoke which is proven to be deadly. Soon I might lose the options I have for my e-cig because some guy at the FDA who says Chantix killing 500 people only warrants a warning label says so. I quit smoking, but I'll never quit fighting for my right to vape and be healthy.

5/14/2014 12:43:00 AM - T. Mertins Wi.

I started smoking real cigs when I was 8 years old. I will be 58 in May. We have tried almost everything to quit tobacco use to no avail. Three years ago we started using ecigs as a substitute and have never went back. We are bad quitters and ecigs gives us the nicotine we seem to need. We use 18mg flavored ejuice. My wife is down to 4 to 6 puffs a week. My self, I use 2mls a day. Our house doesn't stink, our health is much better and we don't get winded being active. We use refillable atomizers and ego batteries. Please FDA, don't wreck a good thing.

5/14/2014 3:31:00 AM - Tyler

My name is tyler I live in st.louis MO and let me just say I love my e-cig. If it wasn't for these devices I would prolly still be addicted to cigs. Which we all no would eventually kill me. A lil past info I started smoking cigs when I was about 16 or 17 years old and smoked then everyday til I was about 20-21. That is when I purchased my first ecig and I've used one ever since. At first I occasionally would smoke a regular cig at certain times with the ecig for about 3 weeks. But after that I've been vaping ever since and ever never looked back. Now real cigs to me are disgusting they smell bad they give me a headache Infact I've even tried a regular one just to see how different it was and I HATED it. Made me feel sick tore my throat and head up. Tasted nasty as all hell and I truely believe I have successfully kicked the deadly habit forever and moved on to vaping. Now about vaping itself. It is amazing. The taste,the millions of different flavors, the feeling of my body just improving from not having cigs in them is pleasure enough in its own. I mean I can't describe how good it feels to get off cigs. I can breathe better, run longer, smell again, and taste buds have improved. I love how there's so many options also. Like for example I started with a simple starter kit, after I wanted something a lil more advanced I got a variable voltage variable wattage battery and a dual coil tank. Which was awesome. Unfortunately I lost that one but shortly replaced it with a mechanical mod and a rda. Needless to say that is now my favorite device I owe that I use all day everyday. Mech mods may not be for every one and especially not beginners to vaping but for me it's really my speed. Not only does it keep me off cigs but it serves as a hobby when I have nothing to do. The coils can be build in a million different ways the wicking is also very cool. And I just think it's bad ass. I will most likely start a collection before the FDA possibly steps in and really fucks everything up for us. And to be quite honest it really pisses me off. I've watched numerous videos online about it from vendor owners and other vapers and seeing there reaction really just made me mad. Why they would try to come into our vaping community and put all these rules in is beyond me. Some I can see are no brainers like no one under 18 obviously that's no problem. But as far as the regulations of new devices and new flavors having to admit costly applications for them really grinds my gears. I mean that's half the reason I got Into vaping was the freedom of all the different stuff to really cater to everyone's personal needs or wants. I mean if I had to wait months and months for a new flavor or new mod to hit the shop I would be beyond pissed and I want to do everything I can and say everything I can to stop that from happening. Nearly all my friends vape and have got off cigs and just imagine all the people that have done the same. It's really amazing to be apart of vaping and I've met a lot of really really cool people in and around vape shops that I will stay close with for Aslong as I'm in st.louis. I have a couple vape roles models I would say and that is Rip trippers and vaping with twisted 420. I was personally even able to quit using marijuana with the help of a ecig. I mean the sky real is the limit to me with vaping and I've never regretted it for a second. I've gotten a couple of my friends vaping. I really wish I could get my parents on a ecig aswell for there own health

but that's a whole Nother monster. Maybe one day they will consider it for there own health. I mean let's face it tabacco will kill your ass. And I kno I want to stay away from that. Forever. And as long as we can still vape. Regulated free or atleast not to ridicoulus I know I will stay of tabacco. So please I hope there is a big enough effort out there of vapors to really keep things the way we want them and need them. And to whoever reads this in closing I just want to say thank you for your efforts in helping us and me personally with getting the word out there that vaping is a life changer for thousands of people. And I really hope we can keep things the way they are. In the words of my role model Rip remember "smoking is dead, vaping is the future, and the future is now"

5/14/2014 4:13:00 AM - Tyler Rukos, Signal Hill, CA

My name is Tyler and I am 50 years old. I smoked almost two packs of cigarettes a day for 34 years (sometimes more) and had been trying to quit for at least 30 of those years.

Initially, I attempted to quit cold turkey and failed miserably. Then I tried talking to talk to the priest at my church and received counseling, to no avail. Next I paid over $500 to quit through the Schick Center. Six weeks of grueling drills to make me hate smoking such as electric shocks, excessive smoke inhalation in a closet-sized room with three other smokers, and extreme hands-free puffing on multiple cigarettes without taking a break; all of this without actually inhaling. Needless to say, this

5/14/2014 5:35:00 AM - Samantha Barratt (Northern Beaches Vaper)

Like many teenagers, I tried my first cigarette when I was about 13. During high school and university, I smoked when I'd had a few drinks. I became a regular smoker at age 30 and smoked roughly 10 cigarettes a day until a friend introduction me to electronic vaporizers when I was 44. Past attempts to quit were through the cold turkey method and never lasted more than a few days. I used the e cig and at the same time, reduced the number of cigarettes I smoked. I quit cigarettes completely a couple of months after buying an e cig. It is now almost 6 months since I smoked a tobacco cigarette and I feel so much healthier; no more post nasal drip, coughing or shortness of breath. I started jogging again and am now training for a 10 km fun run. Thanks to vaping, I am healthier, wealthier and happier.

5/14/2014 8:34:00 AM - Dominic from Joliet, Il

Hello, my name is Dominic and I would like to share what a positive impact ecigs have had in my life. I am 32 years old.I had tried cigarettes on occasion in my pre-teen and early teen years. When I was 15, I started smoking cigarettes regularly and quickly worked my way up to a pack a day habit.

Over the years I made attempts to quit by either cutting back or going cold turkey, but always failed miserably. I was in my late 20's when I came to terms with the fact that I would probably be smoking for the rest of my life. This troubled me greatly because my father died from lung cancer when I was only seven.

I knew I needed to make a change so that I would be around to raise my own children. Fourteen months ago I bought a couple of disposable ecigs completely out of curiosity. They weren't great, but they ignited my desire to learn more about vaping. After watching some videos online, I decided I would like to take the next step. I placed an order for a beginner kit and after it arrived, I was amazed at how I never even thought about traditional cigarettes while vaping.

I am proud to say I have never looked back. Fourteen months cigarette free

and I have never felt better.I dont care what anyone else says, ecigs really can help people to give up smoking. I have converted my brother along with several friends all with success.

I hope that the FDA considers very carefully how they intend to handle the new regulations, because it would be a shame to destroy something that has helped so many. When I smoked, I would cough and hack in the morning. Since quitting smoking, I have not experienced this and I no longer suffer from bronchitis in the winter. My breathing has improved and I feel better than I have in years.

I would suggest vaping to anyone looking to quit. I support ecigs completely. Support vaping. Support Casaa. Ecigs may save your life, or the life of someone you love.

5/14/2014 12:48:00 PM - Bryan from Cleveland, OH

I'm just going to tell it like it is. I'm 33 years old and I smoked cigarettes since I was 15. After a few years of smoking I became a heavy smoker. I'm talking between 1 1/2 to 2 packs of cigarettes a day. I dabbled with earlier versions of e cigarettes, but those didn't seem to work out so well for me as they didn't provide enough satisfaction for me to completely give up cigarettes, that is until I was introduced to vaporizers and e liquids. Started using one of those about 6 months ago and I haven't touched a single cigarette since. Bear in mind that I was a heavy smoker for over 15 years and nothing else could get me off of them for more than a few days. Now 6 months later I don't even want a real cigarette and to be honest the smell of them makes me gag. e cigarettes have possibly saved my life. My blood pressure was up, and I was smoking heavily. Since switching to an e cigarette my blood pressure is back to normal, my exercise level has gone up, I've lost 25 pounds, I can breath, and taste, and all around I feel great. I think e cigarettes are the way of the future and can potentially be the death of real cigarettes. It's easy to dismiss e cigarettes as dangerous with all the disinformation floating around out there. I encourage people to take the time to truly research the truth about e cigarettes. Just take a look around the web, there are success stories everywhere from people who have given up smoking thanks to e cigarettes, including me....

5/14/2014 2:34:00 PM - NoTobaccoForMe

I was a pack-and-a-half-a-day, 27 year smoker. 10 years ago I quit for 7 months using nicotine patches (and gained 15 pounds), but started smoking again after having only 1 cigarette after 7 months. I have tried snus pouches, but still smoked. My last effort to quit using patches was unsuccessful, as I was still smoking 4-6 cigarettes per day while wearing patches. March 14, 2014 I began using a personal vaporizor (electronic cigarette)with liquid containing 12mg/ml of nicotine. April 18, 2014 I began using liquid containing 6mg/ml of nicotine. I vape approx. 4ml-5ml of 6 mg/ml liquid per day. During this period of 9 weeks I have smoked NO tobacco cigarettes or any other tobacco product. After 27 years of smoking, and several attempts to quit using FDA accepted methods (patches) without success, I have finally quit smoking tobacco completely! I now have several vaporizers including mods and rebuildable tanks. The liquids I use are fruit flavored, as I did not want something that tastes like tobacco! Tobacco taste was something I wanted to be rid of. For the first time in 27 years, and after 9 weeks of using e-cigs, I feel I finally have the right tool to allow me to never smoke another tobacco product EVER!

5/14/2014 6:03:00 PM - Anna Crocker

Hello,

My name is Anna Crocker. I have been a smoker for 50 years. I started when I was 13. I am 63 years old now and have several health issues. I am type 2 diabetic, and a sever asthmatic. I was given 2 inhalers to use every day. One twice a day and the other every four hours. I used Flovent 1 puff twice a day, and Ventolin 2 puffs every four hours. I also had to give myself shots of insulin 2 times a day.

Nora , my daughter has been trying to convince me to stop smoking for many years. She is a registered nurse and allergic to smoke. She took me to lunch after church one week in March. She wanted to surprise me and take me somewhere. When I walked in I thought I was in a funny looking beauty shop. It was Monster Vape. Now I was a hard core smoker, I loved to smoke. I tried it and wow, it was so good and I got that hit of feeling like I was smoking. When I got payed the next week, I bought a Monster Vape and I haven't had a cigerett since. I don't even crave one. I didn't have with drawls. I can't stand the smell of one now it almost makes me sick. The surprising thing to me was i got my sense of smell back and taste. The best thing is my blood sugar has gone down and I don't use a flex pen at all anymore. I haven't used an inhaler since I started vapeing. I bought my Monster Vape on March 25, 2014. I thank God my daughter loved me enough to take me Monster Vape. We have a much closer relationship than we used to. I don't stink, nor my apartment. She isn't sneezing constantly either. I can use it in high end places to eat as well. I am not ashamed to go to church because I coughed so much anymore. I can sleep all night now and not wake myself up because I can't breath anymore. My life has changed so much. My doctor is so happy. He said he isn't worried about me anymore. I will be around a lot longer time.

I don't feel that the tobacco industry has any right to try any control over electronic vapes. I feel they have made enough money off lung sicknesses and lung cancer to last a life time. Please let the vaporizers alone.

I will never pick up a pack again. Also the money I have saved gives me more for groceries and that's awesome.

Thank you Monster Vape and the kind people there.

5/14/2014 6:34:00 PM - cindi pramagioulis from richmond va.

I was a 35 year tobacco smoker and 2 packs a day. I tried everything on the market to quit but was unsuccessful. The longest I went without a cigarette was a week. I was diagnosed copd and knew and wanted to quit but couldn't. I learned about e cigs from a friend and february of this year quit smoking and started with the e cig. I'm happy to say I'm tobacco free. I use a strength of 18 in nicotene.I can now breath better and don't have the heavy breathing. I can also taste things better and don't have to use my inhaler.e cigs saved my life. I'm from richmond virginia and get my products and juice from my local store. Rva vapes. I'm so thankful for the e cig. I currenty use an itaste mvp 2 and love it. I sincerely think I was on a downward sprial with tobacco and thankgoodness I was able to quit with the vaping device I use.

5/14/2014 6:56:00 PM - Marcus (from Texas)

I started smoking Camel Blue 100's back in 2006. I started with only smoking about 4-5 a day, then as my habit grew, I got to the point where I was smoking 2 packs a day. I felt at times that I was very short of breath and could not set foot in a gym or do any exercise because of this. The constant smelling of cigarette smoke bothered myself and others around me. At one point, I lived in a house where 6 others (including myself) smoked inside. No matter how many times I washed my clothes after that, I could not get the smell out, and had to throw away numerous articles of clothing. I smoked 2 packs a day for 6 years. Then I discovered electronic cigarettes. From the moment I picked up my first one, and started using it faithfully, I never picked up another cigarette. Not only did I enjoy the different flavors (I never liked the taste of cigarettes) but my breathing and overall health increased, and I just felt better overall. MY heartburn disappeared, and I slept better. I was able to return to the gym and regularly exercising. I've never felt better after quitting smoking and switching to the electronic cigarette. I understand that since electronic cigarettes are so new, the side effects are unknown, but I do know one thing....My overall health dramatically increased, and I feel better overall since I quit smoking and started vaping. I feel the only reason why electronic cigarettes are under attack is because now the government is losing out on their tobacco tax, so they have to attack something else. This needs to change, and we cannot let this happen. Thank you for listening to my story. I honestly feel that electronic cigarettes are a legitimate way to quit smoking for those who want to. It worked for me, and I have seen them work for many others.

5/14/2014 7:54:00 PM - Deb from Minnesota

This is my letter My name is Deb and I vape

I smoked for 28 years. The last 10 of which , I smoked 2 packs a day. I started at 14 with my smoking. I have tried to quit several times over the years. I tried the patch.... With that I found myself removing it so I could have just one more smoke. The gum just tasted nasty. I found myself resorting to smoking just to get rid of the taste of the gum. Then in 2006 I had a brain tumor removed. I went 9 days without a cigarette. I thought this is it, I'm finally going to quit. Wrong! The second I got out of the hospital I made my husband stop and buy me a pack. There I was right back to 2 packs a day. In 2008 I nearly died. I was in a coma for 3 weeks and when I woke I was paralyzed unable to speak unable to move. I had to live in a nursing home..... I would cry and cry, my husband new what I wanted, I wanted a cigarette. So, finally one day he gave in. Wheeled me outside and held my smoke for me. That is how strong addiction was. I am now at 0mg of Nicotine, thanks to vaping. I started

at 24mg just 9 months ago. You would think after 4 weeks of being unconscious and not smoking, that would be the furthest thing from my mind.... But, you would be wrong. I was in a nightmare. Unable to move or speak, but wanting this thing so intensely. I was consumed with the urge to smoke. No one was going to take it away from me again. After I was able to do it on my own again I spent as much time as possible outside. Once I got home, I spent most of my time in my garage. I thought for sure I would die a smoker. Then one night my sons friend (mind you, he is 20) had an e cig with strawberry flavoring. I asked to try it..... OMG!!!! It tasted good, and it felt like a cigarette. Could it be, could I have found an alternative?

So, the next day I went on a quest to find what he had. I landed in vape shop in St. Cloud, Mn. I bought my first E Cig..... I have never looked back. I am 9 months smoke free. That number is huge!!!! That would have been 2 packs a day for 9 months! Over 10,000 cigarettes.

I feel amazing! I can breathe, I don't wake up hacking in the morning. I can smell and taste everything! My husband and boys couldn't be happier. My doctor says my lungs sound great! I agree with keeping it away from minors, but, I LOVE my strawberry flavored E cig, please don't take away my right to vape.

5/14/2014 8:14:00 PM - Amoret McCullough Hinkley, rural North Dakota

I smoked for more than 40 years and have finally been able to quit thanks to electronic cigarettes. In the past I had tried all of the officially approved methods to quit smoking, but I never quit wanting to smoke, and I always started up again as soon as I was under stress. This time I haven

5/14/2014 8:57:00 PM - Tammy Dowdy (Tammy TaDow) from Forest City, NC

Today marks 102 days without a cigarette (3,080 unsmoked tobacco cigs) for me.

I had a horrible smokers cough that developed after my 30 yr "social smoker" habit became a 1 1/2 pk a day habit. It kept me up at night and I got to where I couldn't even laugh without feeling like I was going to hack up a lung. And for someone like me, who loves to laugh, this was miserable.

In addition to this, on July 31, 2012, I was told that I had stage III Inflammatory Breast Cancer. IBC is the most deadly form of breast cancer and the prognosis is rarely good. The five year survival rate is very low. I'm a single mother of a seven-year-old boy and I have no family, but I fought. After 16 weeks of two different kinds of chemo, a Radical Bilateral Mastectomy, & 8 weeks of intense radiation, I was declared N.E.D. (No Evidence of Disease).

One of the things my doctor told me to do besides exercise, eating right and taking my medicine is to quit smoking. He said if I could get through all "that" that I was strong enough to quit. I told him it was the smoking that helped me get through all "that." Nevertheless I tried... just about everything

--including cheap "gas station" ecigs --with no success.

Then, this past January, 2014, I bought my 1st ego kit. A little 650 mah & a CE4 tank.

I struggled a little at first, smoking & vaping but I stuck with it. February 1, 2014 I laid the tobacco down for good. Not only that, but I spent hours online studying. I was a sponge. Still am. But as I sit here & type this, tobacco free, I can't help but feel proud of how far I've come.

Again, that's 102 days smoke free.

...3,080 tobacco cigarettes not smoked.

...$735 not spent on tobacco.

....12 days 18 hours more I get to spend with my kid unless something else kills me.

And that cough? It's gone.

5/14/2014 9:06:00 PM - Laurie Elgin from Okeechobee, FL

I wanted to think about and retell my story...let's see...I can give you a long and a short version...so here we go.... The short version... I am a 45 year old married Caucasian female living in south central Florida.

I have two elementary school age children, a girl and a boy, as well as an adult daughter who has given me two toddler age grand children. I smoked for 25+ years and moved from smoking cigarettes to a personal vaporizer in February of 2014.

As a result of this switch, I feel better about myself and healthier. The long and detailed version... I relocated to a new area and a new school when I was 13 years old.

I had a hard time fitting in at school and somehow wound up in a group of outcasts...kids who didn't fit in anywhere else.

In an attempt to find myself and to fit in, I started to steal cigarettes from my father's packs and bring them to school and "smoke"...intending to be "cool".

(what a silly assumption) By the time I was 15, I had a pack a day habit.

Usually stealing packs from stores or my father's cartons...finding someone to buy them for me or even smoking butts out of other people's ashtrays.

(yup disgusting) At 16, I started working after school and was able to purchase them myself.

I remember buying them for 75 cents a pack in the beginning.

When the first price increase happened and a pack jumped to $1.00, I can still hear myself saying, "If they go up again, I won't smoke anymore." (BTW, the last pack I bought was just under $6.00) My life went on and it seemed that the only drawback to smoking was financial.

At that time you could smoke on planes, trains, in restaurants , hotels, parks, beaches and just about everywhere! My father had always had a terrible cough and got winded easily, as I can remember.

When I was in my early 20's my father went to the hospital because of chest pains.

He came home and said that the doctor's had found a "suspicious area" on a chest x-ray.

He then threw the remainder of his carton of cigarettes and his lighter in the garbage and he suggested I do the same.

(Being the Rebel that I am...I fished his stuff out of the garbage can and continued to smoke.)

On a side note...my father never returned to smoking, but the damage was already done.

As I type this, his is still alive and kicking, but has COPD and gets so tired and winded that he cannot function as he feels he should be able to at his age.

Mainly he attributes this to his history of smoking. My older sister and myself, who both lived at home were banned from smoking indoors and in the vehicles.

The smoking bans were happening everywhere...second hand smoke was the big news and yet, I continued to smoke.

My father would constantly tell us that we would regret it and that we should stop smoking now before we hurt ourselves more.

We continued to smoke. Flash forward to my mid 20's ... I continued to smoke, now up to two packs a day and menthol flavored.

I started feel alienated because of the smoking bans and then I found out I was pregnant.

I tried desperately to quit smoking under the pressure of my family and my doctor.

The inevitable truth that I lacked the will power and determination to quit led me to severe depression.

It was a vicious cycle.

I would try to quit, fail, get depressed, smoke more, try to quit.

I was the first time in my life that I realized that I was hopelessly addicted! I tried hypnosis and acupuncture in an effort to quit smoking and neither provided much relief.

The effects lasting hours or days at the most.

I was able to cut back to about a pack a day through my pregnancy and eventually gave birth to a 5lb. 10 oz. baby.

Low birth weight, but otherwise healthy. Fast forward a few more years... court dates, custody hearings, single parenting...my smoking reach an all time high of 2 and a half pack a day. I continued on like this for years.

Hating myself because I couldn't quit but just resolving myself to the fact that I would be one of those people that turn their oxygen tank off to go light a cigarette. (Sad, but I have met a few in my day.) Moving on to my thirties. Marriage and two more babies.

Both of which I smoked my entire pregnancy.

During this period of my life was a true eye opener to me.

My husband had lost both of his parents to smoking related illnesses.

His constant harassing of me, made me try to quit again.

This time, I tried the patch and the gum.

Both of which provided minimal relief of the withdrawal symptoms.

The gum had a horrible taste and stuck to my dental work. The patches made me nauseous.

Although I was able to sustain from smoking for two weeks, I returned to them on the third week.

Actually doing on the sly.

Hiding it from my husband, friends and family. A few months later, I tried laser surgery...all I can say there is I am glad I had the extra money to waste. Around age 35 I started noticing things about my health.

I

tired easily and woke up every morning coughing.

Reminded me of my father.

I talked to my doctor and we went over my history.

Every year for the past few years in February or March I have had a severe upper respiratory infection, bronchitis, sinus infections and had been feeling run down.

We attributed these problems as well as my dental problems to my long term smoking habit. I tried with earnest to quit "Cold Turkey".

After about a week, my husband told me either go buy a pack of cigarettes or file for divorce.

He did not care which, but to do one of them TODAY!

My withdrawal symptoms had me yelling at the kids and at him for no reason.

I was miserable, they were miserable and he was miserable!

So back to the smoking! At last we reach the present year...my 9 year old daughter had a Girl Scout function that we were both attending.

We were to be locked in a mall overnight from 8pm to 5 am for a slumber party.

There were 2500 girls registered to attend.

I know there was NO WAY I was going to make it through the night without smoking. So, without any intentions of quitting smoking, I purchased an electronic cigarette with menthol liquid to get me through the night.

I figured that I could use it at times when it was difficult to smoke, like in the rain, in the vehicles and the like. I survived the night and I was rushing to light a cigarette on the way to the car in the morning.

I had lunch the next day with a friend, that also uses an electronic cigarette.

We were discussing them and the types that were out there.

She asked me why I was using menthol flavoring. I told her because that is what I smoke.

She asked me why vape the flavor of something that you are trying to put in your past?

She took me to a vape shop and had me try out some flavors.

I bought several different ones.

I had two packs of cigarettes stashed in the car, but I was really giving the electronic one a chance.

I found over the course of the next week, that I would crave a cigarette, but half way through it, I was craving the flavor from the electronic cigarette. I gave away a pack and a half of cigarettes in the second week and have not looked back since! (Go Me!!) To conclude my story, I want to let you know what I have discovered since I started vaping and where my life has gone.

First and foremost, medically.

I guess I did not realize how bad I had gotten until symptoms started to alleviate. I no longer cough every morning or during the night.

I have not had a sinus, respiratory or ear infection, which I have had EVERY February or March for 5 years. My skins appearance is improving.

I sleep better. I do not wease at night when lying down.

I do not huff and puff after being groceries in from the vehicle. I do not tired as easily.

Both my family doctor and my spinal surgeon have applauded my efforts in switching to the electronic cigarette. Secondly, environmentally.

I do not feel looked down upon by others.

I do not feel alienated.

I feel triumphant and empowered. I have people ask me every day about vaping and I am proud to tell my story of how I kicked the habit.

My husband, my parents, my children and most of I am very proud of the accomplishment I have made. Had it not been for various flavors and the ability to try them out, I cannot say if this would have worked for me.

I am constantly trying new equipment and flavors.

I have several of my friends vaping right along with me and I cannot imagine not having these products available to me!

5/14/2014 9:40:00 PM - Mobile

I was smoking 2 to 3 packs of ciggeretts a day from time I was 18, i am 35 now, I have tried other ways to quit like blu electronic ciggeretts,

I even tried the gum and was still smoking a pack to 2 packs a day, then last april 2013 I went and tried the vaporizers, I went from smoking 2 to 3 packs a day to none as soon as I started using the vaporizer, and I feel a lot better, my doctor also approves of me using it instead of ciggeretts,

I'm glad to say I have smoked maybe 4 packs of ciggeretts in a year, and I am happy to say I haven't touched a ciggerett In 3 months and this is May 2014, please don't take away something that has saved my life, and a lot of other people lives, why don't they take away ciggeretts,

ciggeretts have killed millions of people, I use .24 in my vaporizer and it actually kills the craving of wanting a cig

5/14/2014 9:47:00 PM - David Ohlenkamp

I have been a smoker since I was 9 or 10 years old.

I started smoking, not because it was advertised, or that it was suppose to be cool, it was because I was curious.

Every kid or teenager are going to try something, no matter what its flavored, no matter how its advertised, if they are curious they will try it.

And at least kids using PV's is better than smoking, cause they wont be slowly killing them selves.

If PV's are such a bad thing, that the FDA and the CDC want them gone, then why don't they fight the big tobacco companies since they are known to contain deadly chemicals.

I have been trying to quit smoking since i turned 17, i tried cold turkey, patches, gum, even the cig-a-likes that Blu and Volcano had around 4 years ago, nothing worked I kept going back to smoking.

Over the past couple years i noticed my chest and lungs hurting after each cigarette, i was fatigued and tired all the time, i would get winded when standing up or getting out of bed, i couldn't spend quality time with my best friend because she is allergic to something in tobacco cigarettes, and i smelled all the time.

I was starting to get angry and scared.

3 months ago i noticed my local game store selling PV's in the ego battery style with a Ce4 clearomizer and bottles of e-liquid, so i bought one, i tried it for a day and loved it, threw away my still half full pack of cigarettes, and have been smoke free since.

I can now breath better, my chest and lungs no longer hurt, i am no longer tired or fatigued, and my life is better thanks to PV's!

Also this link will take to youtube channel where i will

have my story as well in person which in turn will show that this is the real deal! http://bit.ly/1os1xwC Thank you for your time!

5/14/2014 9:48:00 PM - AnthonyVapes

I am 53 years old and have been smoking for 40 years I always had bronchitis every year and lately I have been wheezing a lot until I would take a drag of a analog cigarettes and I would couch hard and for a few minutes and I felt sick, I wasn

5/14/2014 10:05:00 PM - Kathy Y.

May 14, 2014

I smoked menthol cigarettes for over 40 years and the only reason I started, was because my coworkers were getting smoke breaks and nonsmokers did not. So I started smoking and never tried to quit until around 2010 when I was diagnosed with Chronic Obstructive Pulmonary Disease (COPD). I've tried cold turkey (Quit smoking for 2 days), nicotine patches (Quit smoking for 8 days), gum (Quit smoking for less than a day), nicotrol inhaler (Quit smoking for 4 days) and chantix, none of them worked. I was on Chantix for about 5 days; it was the worst quit smoking aid I've tried. I had horrible nightmares while on chantix for the entire 5 days. The nicotrol inhaler was too harsh on my throat, plus, it's not available in menthol, which is what I craved, too. The Gum didn't work because it kept sticking to my dentures. The patch made me feel wired and sick at times, plus I was missing the hand to mouth action when smoking.

In November 2013 my husband (Smoked for 27 years) bought an Ego style electronic cigarette starter kit for himself from a local store. He went from smoking 1-1 1/2 packs of cigarettes a day to less than a half a pack after only 2 days of vaping. He went back to the vape store and purchased a starter kit for me. I didn't really want to quit smoking at the time because everything I've tried before didn't work but I promised my husband that I would at least try. I went from smoking 1 1/2-2 packs a day to just under a pack after vaping for only one day. On Day 4 I was down to less than half a pack a day, something I never thought would be possible. My husband quit cigarettes altogether on December 6, 2013 and I quit smoking December 14, 2013. To this day my husband and I have not smoked a single cigarette. We started vaping 0mg of nicotine 2 weeks ago and have no urge to smoke a combustible cigarette.

As for our health, my husband is able to walk down to the mailbox and back without his lungs burning and him being short of breath. He's also no longer wheezing and coughing up brown stuff every morning. He says he feels so much better since quitting cigarettes. As for me, my COPD will not improve, as matter of fact, it has been upgraded to severe. I am however, not wheezing as badly as I used to and I'm not coughing nearly as much, I'm coughing up clear or yellowish stuff but that's because of my COPD. My doctors told me that they rather see me vaping than smoking. I believe my COPD wouldn't be as bad as it is today if I had known about vaping years ago.

Thank you for listening.

5/15/2014 12:38:00 AM - Fred Owens, Jr

I picked up smokeless tobacco use at a very early age and started smoking cigarettes around age twenty-two while in college.

So, I smoked about eighteen years.

About ten to twelve years ago, I was trying anything and everything to quit including nicotine gum, the patch and medication.

I even tried smoking clove cigarettes to curb the use of tobacco.

Nothing worked for me.

About four years ago, I started smoking e-cigarettes.

I gradually reduced the level of nicotine until I brought my nicotine level to zero milligrams after about three years!

It did not take long after giving up cigarettes to start feeling better, and I completely made the switch from cigarettes to e-cigarettes when I decided to use a smoke-free alternative.

I never looked back or had any desire to use tobacco after making the switch.

I suffered no ill effects from using e-cigarettes.

Today, I use vapor products without nicotine by choice alone; I go days without vaping, and I am so glad to say that I am an ex-smoker.

It's also nice to see so many other people using smoke-free alternatives.

It would be so disappointing to see these products banned or controlled to the point it would not be an affordable alternative to tobacco use.

5/15/2014 3:14:00 AM - mandevilla53

My name is Teri. I smoked for 40 years, have tried several times in the past to quit.

Nothing worked long-term for me.

Then came the ecig. I started ecigs when they first came out. I started with the not-so-good ones! Short term batteries, pre-filled cartridges, etc..but I stuck it out! I stopped smoking the very first day I used an ecig. I started on Valentines Day of 2012 and have NEVER picked up a tobacco cigarette since!

I know the ecig works because it contains the nicotine and it also works psychologically for the smoke imitation and draw.

Nothing else works and over the last 2 years, I have watched my co-workers and friends quit the same way.

I was the first one at work to use the ecig, yes, they laughed at first, but they're not laughing now. It's the BEST thing to happen for us 'now' former smokers!

Why do they want to take away success? Why do they want to control everything in our lives? Why do they want to ignore the fact that these are much healthier? If they regulate ecigs to where we can't get them or afford them, shame on them!

We are addicts to smoking just like people are addicts to drugs, alcohol, etc.. There has to be a replacement to anything addictive to be successful.

That's just the way most people are wired. We're just accepting the lesser of the two evils, so to speak, but at least we are making the better choice.

Leave us alone, we are adults and we can make the best decision for us. Thank you and stay out of our lives!

5/15/2014 4:47:00 AM - Jacob Parker

My name is Jacob Parker. I recently turned 18 and have been smoking cigarettes since I was 13. I started out young because my friends were always older than me. I didn't do it to seem cool, they just always told me that it helped relax them. And seeing as I had really bad anxiety, I thought I would give it a go. I had been smoking for four years until I realized I needed to stop. I could no longer run a mile, the smell was getting too strong, and I would always feel miserable. However, on my sixteenth birthday, my friend bought me an alternative, the silver Nuvo. I didn't think it would work, but it made quite a large impact. I went from smoking two packs a day to not having smoked in about seven months. I'm able to run and play frisbee again. I don't smell the way I used to, and slowly I've been dropping the amount of nicotine in my e-liquid. I haven't been craving a cigarette at all anymore, and overall life just feels easier.

The banning of ecig use will not do anyone any good. People like me received a lot of help from electronic cigarettes. Even if it's not the nicotine people crave, it might be the feeling of having the vapor in your mouth. Honestly think about the fact that there are vapers that have an oral fixation as opposed to just nicotine. The electronic cigarette has helped a lot of people, and more will die at a quicker rate if these become illegal.

5/15/2014 7:08:00 AM - SteamPunk

I am 42 years old and smoked for 30 years. I tried everything to quit!!

Patches, gum, nasal spray, chantix....

thay were all useless I would go a week or so and be right back smoking.

The chantix (FDA) approved made me agro I have always been layed back and it made me crazy!

My daughter actually asked me to stop taking chantix and smoke again because it made me angry, I tore up the kitchen on day breaking dishes and throwing things on the floor..

A mutual friend of mine actually killed his wife and then committed suicide on chantix.

And the FDA says its safe?? I was turned on to vaping months ago and within 4 days I didn't want to smoke again and have been tobacco free since.

after only a few months smoke smells so bad to me it makes me nauseous!

I love my e-juice!

Love the flavors and the health benefits!

I have already reduced from 18 mg to 6 mg in a few months and now find myself dripping 0 for the great taste!

My wife didn't even want to quit smoking and has been smoke free for over two months now!

She loves vaping and the health benefits also!

We now live smoke free!

We can both breath better, have more energy and are saving close to $600 per month (2 packs a day each)

We even mix our own flavors now, and hope the FDA and Big tobacco don't take our right to choose how we live!

5/15/2014 2:01:00 PM - April Cleveland from Tucson, AZ

I started smoking in 2004.

I was a pack a day smoker and have had asthma attacks for the last 6 years.

Just from my own personal experience since I started vaping (day 1 was vape only, no more analogs) I have not used nor have I needed my inhalers for my asthma.

That is a huge improvement considering I was using 3 different inhalers 2x daily.

I am breathing better and have more energy to play with my kids.

In February of 2013 I had gone vape only.

I was doing really well; I had been over 3 month

5/15/2014 2:48:00 PM - Tony P

I vape so that I don't smoke. Vaping is the one and only "quit smoking" device that keeps me from using cigarettes. I have a 1 and 2 year old that deserve to have their loving father around for a long time. I don't see how someone else can tell me I can't vape in order to extend my life for the sake of my children. If it wasn't for vaping I would still be smoking. I have tried many other alternatives and they have all failed. All except vaping.

5/15/2014 2:55:00 PM - Fred R

Hello my name is Fred R i was a 16 year smoker starting at the age of 13/14 I didn't know any other way of life but smoking always did. It wasn't until I had my first child "who has asthma" that I knew I needed to quit it was very hard mentally and physically I tried and tried and tried, but would always end up going back to the red pack!!! I tried the patch the gum you name it, it wasn't until I tried the ECIG Fin to be exact i found something that worked its been 8 months no cigaret I'm stepping my nic level down I started at 18 then 12 then 6 now ZERO!!!!!! I feel better health wise i sleep better i taste things sooooo much different now in a good way and well all and all I'm happier. My smell has come back as a matter of fact the smell of cigarets is now gross to me and I don't have any urge to smoke at all. This product saved my life i firmly believe I would not of quit smoking. FDA please do the right thing here put a age restriction on it make people put proper labeling on things and leave it alone this product SAVES lives! Don't do what we "middle class Americans" think your going to do and that's see a cash cow in front of you so you want it in your yard just to tax the hell out of it. Lets face facts you have no evidence this product is bad it's been out for a decade not 2 years and still allllll the research and all that can be found is it dries out your throat??? Leave it alone please.

5/15/2014 3:08:00 PM - Steven

I was a pack a day cigarette smoker for 6 years before switching to vaping. Since then I have moved from small ego styled vaporizers to mods purchasing my juices in various flavors at 12 mg nic. The ability to choose my own juices was crucial to my success in quitting. I have been smoke free now for 1 and a half years . My health is better and even my doctor is in full support. Thanks to vaping I am no longer a slave to a filthy stinky habit.

5/15/2014 3:36:00 PM - Chef Hank

I was a smoker for 40 years. One to two packs a day. I was always an active athlete and always felt I could be better if I did not smoke, but tried almost every method to quit- all without success. Chantix, hypnosis, patch, gum, cold turkey all proved futile.

I quite cold turkey for 3 years at one point and was miserable the entire time.

Three years ago I started trying various e-cigs, until I found a tank style that really gave me satisfaction like smoking.

I started at 24MG, then went to 18, then 12, and now use 6MG with no flavor. LOVE IT.

My health has improved. Better wind and endurance. No more shame associated with smoking.

I have required my printing plant to be a smoke free environment, but have allowed e-cigs. 10 employees who previously smoked tobacco have made the switch and they are all happy about it.

My shop smells better and is much cleaner. Employees allowed to use e-cigs at their station has dramatically improved productivity as well as employee satisfaction with their job.

I wish we had studies proving there is no negative secondary effect from e-cigs so that we can all enjoy our choice in public places. If it does not hurt anyone else it should not be banned!

5/15/2014 3:42:00 PM - Ben, Longmont Colorado

Smoking has always been a part of my life, well over 30 years of smoking. At first it was only when I could sneak cigarettes from my parents. Then as I got older I smoked more regularly, I never remember getting

5/15/2014 4:20:00 PM - Justin Hassebrock

Ah, where to begin. I started my tobacco addiction at a very young age. First it was chewing tobacco and within a few months I switched to smoking. At the time, I was only fourteen years old. I would smoke a few cigarettes here and there over a years time. I quickly moved into a pack-a-day habit by the time I was fifteen and the rest was history. At 21 I noticed that my allergies had increased significantly and had a nagging cough that would never seem to go away. I started to worry about my health so I tried the nicotine patches to no avail. I smoked for a few more months and decided to give chantix(horrible drug) a try. Needless to say none of these methods helped. Then I was introduced to electronic cigarettes. I'm proud to say I have been smoke free for a year and a half since using e-cigs. Over this time, I have reduced the nicotine level of my e-juice from 24 mg/ml to 12mg/ml. My health has never been better. I can climb stairs without getting winded and even run without feeling like having a heart attack. I have heavily used e-cig for a year and a half and have noticed no negative impacts to my health. Overall, it would be a sad day if the FDA decides to enact restrictive regulation on e-cig. It seems that the only thing that helped me quit smoking has been demonized. I'm worried that heavy restriction on e-cig users may lead me back to analogs. Anyhow, my quality of life has increased ten-fold since beginning down the wonderful path of e-cigs.

5/15/2014 8:39:00 PM - Barbara Lambert

All my cartoon characters smoked and drank when I began smoking over 40 years ago, as did a lot of the adults I grew up with. Smoking and drinking was a normal activity, nothing to get alarmed about. Today we know both these habits to be addictive, counterproductive, even life threatening.

When I was put on medication that didn

5/15/2014 9:11:00 PM - Michelle McCowen (mimi0725) Joshua, TX

I was a 32 year smoker and April 15th 2013 I bought an Ego and started vaping. I still smoked cigarettes on occasion for about 6 months. I have been completely cigarette free for about 7 months now and I don't even like the way they smell any more. I am also lowering my nicotine levels in my e-juice and will get to the point I use zero nicotine! I believe the age limit must be at least the same as regular cigarettes. I also believe that if we could convert more smokers the world would be a better place if for no other reason than all the cigarette butts all over the place would be eliminated!

5/15/2014 10:10:00 PM - Allen Speck, Kansas City

I

5/16/2014 1:44:00 AM - John Coffey

I started smoking at 11 years old. My Parents whipped me over and over and imposed many restrictions every time they caught me or even thought I had been smoking. I had smoked for 32 years before I first used my Electronic Cigarette, I am now 47 and have not had one cigarette in four years thanks to Ecigs. I was smoking 2 cartons a week of full flavor cigarettes before I started a Joye Ego ecig. It came with a atomizer for the ejuice and a battery. The moment I tried it I loved it and I was trying it more as a curiosity rather than a want to quit cigarettes. It gave me the same sensation as a real cigarette so why continue with expensive, nasty cigarettes? I quit cigarettes that same day and haven't had nor had the desire to smoke one, I am four years totally smoke free. I used to cough every morning, I could walk up a small flight of stairs and be out of breath,. Now, I no longer have high blood pressure, I can actually run a mile . At my recent physical a doctor was amazed at how perfect my heart sounded, I could tell because he said "wow" before he told me anything, he said my lungs sounded spectacular, by the way this Doctor never knew I

had smoked for 32 years..

The smell of cigarettes disgusts me now and even the smell it leaves after a person has had one, I get sick to my stomach when I am around one. I have zero negatives to say about ecigs as everything has only been improving since I started them. I can show you several other family members with the same results as me.

5/16/2014 2:38:00 AM - J. Abbitt Alabama

I smoked for 25 years, about a carton a week. I tried several different ways to stop smoking, the way I found that worked is using the vapor style system, the electric cigarettes were not a good choice as I wanted a "real"cigarette right after. The patches gum and scripts were a joke, I went through The Vapor Hut has the best kits mods and oils for this purpose.

5/16/2014 6:25:00 AM - Andrew Prince

I was a twenty year pack a day smoker. I work Construction and would puff when I got a chance. Cigarettes were effecting me physically. I would wake my wife and toddler almost nightly with coughing fits. I had tried the "Patch", the "Gum" and cold turkey multiple times in the past with no success. Last year (2013) some coworkers at a new job showed me vaporizors and how they quit smoking using them. They told me how much better they felt and how they had no desire to smoke. I was immediately interested. The next day I went out and bought my first E-cig device. I played with it for a few days and then felt confident leaving my pack of real cigarettes at home. I never looked back. I STILL have that same pack of cigarettes from the day I quit. You know what, I haven't felt any need to smoke them since that first day. The health effects are AMAZING! I have double the wind that I used to. I don't have violent coughing fits like I used to and spend a LOT less on e-juice than I ever did on cigarettes. These devices have been a lifesaver literally for me. I no longer cough and ask myself when I will get cancer. I now have conscious assurance that I have added years to my life because of E-cigs. I sing the praises anytime I encounter a friend or aquaintance who smokes. I have converted a couple of people. These things are lifesavers. Let's do everything we can to make them available to everybody. Thank You,

Andrew Prince

5/16/2014 2:50:00 PM - Todd Rhoades

I smoked cigarettes for over 32 years. During the last 10 years of my smoking habit. I tried Wellbutrin, nicotine patches, gums, smoking cessation programs that included a combination of nicotine replacement and phone/internet counseling/support. None of these worked for me. I always returned to smoking cigarettes in a short time. Out of frustration and desperation, I decided to look for other alternatives. During my search, I found the electronic cigarette. From my in-depth research it showed promise to me. Besides, I was desperate to try anything at that point. I searched for a store that was local to me that carried them because I didn't want to buy them from the internet. To my surprise, I found a retail store locally. From that day 2 1/2 years ago, i have not had one cigarette!!! I don't stink, my car don't stink, and I can breathe better than ever!! I used to get a cold/upper respiratory infection twice a year but I have yet to even have a sniffle since. I believe my quality of life has gotten better also. For instance, I don't get the nervous craving and irritability when I go to a movie, sporting event, functions for my children that last for hours that i had when I smoked cigarettes. I don't feel like I have a "ball&chain" anymore. I feel so free now(there has to be something else in tobacco cigarettes that causes the irresistibly strong cravings). I have reduced my nicotine level down to 6mg now and couldn't be happier with my decision to start using the electronic cigarette. The downside to quitting cigarettes is that the smell of them is now repulsive and unfortunately I get stuck into the smoking section if I want to vape (which, most of the time I will just wait until I can vape in privacy without having gag on the cigarette smoke). I feel like switching from smoking to vaping has not only changed my life for the better, but it has also saved my life!!!

5/16/2014 5:28:00 PM - Casondra Winters

I, Casondra Winters was a smoker since age 14. I know , horribly to young

My dad was a smoker . I found out I was pregnant august of 2013. I was recommended to stop smoking by my doctor. I knew I couldn't it was an addiction. I was in a high risk pregnancy. So what do I do.... I was looking for alternatives to quitting. I was introduced to All-In Vapors. Amazing people who really care. They set me up and I found my e-juice I liked and since the new year I have not had a cancer stick. lol. I have not since and my baby is healthy and I feel better, I HAVE WON MY BATTLE. The reality is they work. E-cig's work.. its amazing I can taste and run. I can breathe and smell. I am happy and it is completely harmless vapor so my child is in no harm of the vapors.. It smells so good too... I am happy about my life alteration and I save so much money... I am a very happy mother and I can honestly save it .....

5/16/2014 7:25:00 PM - Amber Svahn Tx

My name is Amber Svahn and I have been "vaping" now for over 8 mons. Previously I had smoked cigarettes for over 15 yrs and it was a nasty habit. Not only did my breath and clothes stink all the time but my health was declining so I decided on my 30th birthday last yr it was time to quit. Using the electronic cigarette I was able to quit the cigs completely , the immediate proof was in my running stamina. I took up jogging 3 mons before I decided to quit and i couldn't run for more than a 1/4 mile at a time and within a week I could almost do the full mile without stopping! At first I started using the pens like blu or green smoke. They worked fine and all but the product was inconsistent by the means I was getting dud cartridges and I had no idea where my product was coming from. I quickly switched over to a zmax mini mod made by smok and started purchasing my fluid through a local vaporizer store.

Not only did I quit smoking completely but so did my husband of 14 yrs who had smoked cigarettes since he was 11 yrs old. Being that we have a 12 YR old daughter together I couldn't imagine her smoking those nasty things. I don't want to sound like a hypocrite and I said at first I wouldn't "hate" on cigarettes but now after vaping for so long the smell turns my stomach. Now here's the real success story, its not

about me but its about my mother in law Kathy.

She had been a smoker since she was 15, She smoked for over 40 yrs and has COPD ,emphysema, and other ailments from smoking for so long. She would have to do almost 10 breathing treatments in one day. She was scared to go anywhere without her machine cause she sjmply could not breathe. After seeing my husbands and my success on completely quitting she decided to try the electronic cigarette.

She completley quit! Not only can she enjoy leaving the house with out the fear of not having her machine ,she can breathe. Nothing hit me harder than when she was able to take her first deep breath in over 5 Yrs within the first week of switching over and she hasn't had a cigarette now n over 6 mons. Thats the real miracle.

These are only our stories though and its just my family. I also have friends that have completely quit smoking as well and switched over to the electronic cigarette.

I would hate for this freedom to be taken away from myself and the ones I love ,its changed our lives dramatically and would hate for that freedom to be taken away from anyone else.

5/16/2014 7:50:00 PM - Robert Vandervennet (vanzen) from Tipton, Mi

I smoked cigarettes at the rate of 1-1/2 to 2 packs per day for a period of 30 years. I am 60 years old and the realization that half of my life had gone up in smoke troubled me. I had to acknowledge that daily coughing, a propensity for lung congestion, lung infection, a loss of lung capacity, and shortness of breath were a direct result of my smoking habit. A prime incentive to quit, however, was externally imposed. My wife was diagnosed as having a low grade cancerous bladder tumor requiring removal by surgery. Unfortunately, the occurrence of tumors continued with more surgeries and ECG treatments to follow. During this time, my wife's doctor strongly suggested that she quit smoking. Our daily smoking habit was comparable even as my wife had begun years before my initial Involvement. We both decided that it was time to quit and began researching cessation options. I had the most experience in this regard having attempted to quit the habit on numerous occasions. I had tried all of the usual accepted regimes, cold-turkey, nicotine gum, and nicotine patches without success. I once even considered using Chantix, but then reconsidered. Depression or suicide did not seem to be a viable alternative. My wife suggested the use of personal vaporizers and we began the search for useful advice and practical information. When our first order of cigalikes arrived, we smoked our last cigarette and began this new journey together. Since that time, our preferred devices have changed as our understanding and needs matured with practical vaping experience. Tasting new flavors is always a shared treat. The experience of vaping and interaction with the community of vendors and vapers have been quite enjoyable. We began this new adventure 6 months ago, and now, I will take a deep full breath, and say that we have smoked exactly ZERO stinky cigarettes in that time with no intention, thought, or desire, to return.

5/16/2014 9:38:00 PM - Tammy Petty

I started smoking when I was 13 I am now 47. I have tried the nicotine patch and smoked while wearing it. I tried the gum it just made sores in my mouth and smoked while chewing it. I tried Wellbutrin and it made me an emotional wreck.In January of 2014 I decided to try an electronic cigarette. I chose one with a tank that I could fill with a variety of flavors. I went from 20-30 analog cigarettes a day to 5 or 6 I did this for about a month then I went to 2-3 then 1-2 then one day I smoked my last 2 cigarettes and have not bought anymore since. That has been 3 1/2 weeks now as of May 16th. In just these few months I know longer cough constantly I don't here rattling and wheezing in my chest any more and i have more energy. Just on a side note I was extremely sick with severe bronchitis right at the beginning of the year and had chest x-rays done I plan on getting another set done as soon as I'm 6 months to being cigarette free and would be more than happy to share those. I have never been able to give up this terrible life threatening habit with any of the "approved" methods. Thank God I got my electronic cigarette and am on my way to being cigarette free.

5/16/2014 10:54:00 PM - michael memmott

I smoked for 16 years a year and a half ago I discovered e cigarettes to this date I have not smoked or felt better in my life. Understanding positive use of e cigarette is very important and proper age of use is key.

Please help to keep this country free don't take away free enterprise. America was and is founded on the principle of make your own way and now the Fda wants to step in and destroy freedom don't let that happen

5/17/2014 2:00:00 AM - Lifesavermike

I smoked for 14 years and began using vapor in January 2014. I smoked 1 pack a day and since I started using vapor I have cut down to one cig a day. I tried the electronic cig lookalike but was not able to cut down smoking at all. I tried this for 6 months without any success. I enjoy the vapor much more than smoking. When I first started to cape I used the 18 strength. I switched to the 12 strength a month later and remain there now. I expect to reduce again in the next few weeks.

5/17/2014 2:47:00 AM - heather Florida

I started vaping to quit smoking my daddy didnt want me to smoke so I tried it in January 12 2014 my daddy died if pneumonia and asthma attack so now I am a big advocate for the e cigg corporation I dont see anything wrong with doing whatever you want to do young kids do it cause they weren't taught very good and their wanting to act out I think it helps adults start taking a stand for thier overall well being

5/17/2014 3:04:00 AM - EileenMink

I am 51 years old and started smoking in my high school's designted smoking area in 1978.

I smoked a pack of Winstons for years and then on to smoke Newports for years.

As an adult I like flavors.

I went on to smoke Sampoerna Mild's, a one milligram of nicotine cigarette from Indonesia until the 2009 Pac Act wrongfully (per the WWF) discriminate against Indonesia by disallowing cigarettes mixed with herbs, yet allowing big tobacco's menthol to continue to be sold, making one milligram nicotine not available, American tobacco shops pointed me at purchasing the legally available 100 milligram clove cigars!

The 2009 Pac Act hurt my health and the health of all clove smokers in the United States.. a class action suit should be done.

Anyhow, in searching for a clove flavor I ran across e cigarettes and they were at first crappy technology, but worth fiddling to make better.

This was in September of 2010.

While searching for more information on the internet I found a local meetup, the Windy City Vaper Club, a fantastic group of people all ex-smokers like I was about to be.

I found a personalized vaperizor that I could put my own flavoring in with zero nicotine and I have not had a cigarette since.

After about a year of steady hard vaping I realized I had gone several days before touching my PV, so I basically weaned myself off it, but like to have one always on me in case I so desire. I've never wanted to go back to regular cigarettes why they say it causes regular smoking is an absurd statement women are too claiming that adults don't like flavors.

We dont consume cardboards for dinner either!

I love trying new favors and I love switching between flavors.

Are imperative to find the perfect one for you so that you do not miss those nasty tobacco sticks.

And quit blaming kids are behind this ban towards East 6th because nobody wants to sell to kids.

Ecigs are leaps and bounds less harmful than analogs.

In fact my blood pressure meds have been cut in half since I started vaping. Everyone should have the freedom to choose hey products less harmful than smoking cigarettes.

Please do not force Big Pharma and big tobacco lobbyist fund THE PUSH OF REGULAR CIGARETTES ONLY UPON THE American public.

If you care about anybody's health, please cease stoppage of the freedom to choose something far less harmful without restriction.

If devils in government force me to return to smoking I can only trust and karma that those Devils burn themselves within their own hell judged by their own maker.

We can only pray they do the right thing and doing to others with respect that they request of themselves.

thank you

5/17/2014 5:00:00 PM - Michael Roe, Springfield, OHIO

I am a 45 year old male and have smoked cigarettes form the time I was 15 until last year, June 2013. Over those years I tried the patches, gum, losenges and even the cig a like E-cigs. NONE of them worked. It was only when

my brother showed me a real APV vaporizer that did the trick. It took only about a month of not really trying to quit did I finally stop those horrid cigarettes. All the different tanks batteries and flavors was the KEY! One day I would like one flavor and then another day another. It was the different flavors that helped more. I feel so much better now then I have in years! I can't stand the smell of cigarettes now! My wife loves the fact that I now VAPE and not smoke. I am but only one example. My brother who turned me on to this wonderful product should be praised! I have 3 other siblings and my father who all smoked cigarettes and now ALL vape. ALL of us agree that this product is safer and makes us feel better than before. I also realize that cigarettes contain other more addictive substances than nicotine. I can't prove it but I never have the cravings for nicotine as bad as I did when I smoked. A proud ex-smoker who will never give a penny to those death machine companies again!

5/17/2014 7:31:00 PM - Kathy Dewig

I am 64 years old. I started smoking once in a while when I was 15 years old.

I started smoking on a regular basis when I was 18 and was soon smoking a pack a day.

Over time I became a 2 pack a day smoker.

I tried to quit smoking

starting in by thirties and have attempted to quit smoking at least 10 times over the years. I have used every smoking cessation product on the market including chantix, nicotine gum, patches etc.

Nothing ever worked.

In my mid fifties I started to have lung problems and bad asthma. I was using an asthma inhaler 3 or 4 times a day.

I still could not quit smoking.

In June of 2012 I bought an E-cigarette out of curiosity. I wasn

5/17/2014 8:16:00 PM - Ray Stamm

I struggled with quitting smoking for 14 years.

Surprises me that 14 is the number as I had never thought about how long I had smoked.

I am not a smoker any longer.

I tried horrible cigalike e cigarettes in Nov of 2013.

Aweful product that I now know I only used due to availability.

I received my personal vaporizor for Christmas from my father.

Due to ejuice not being readily available locally I did not use it until February 2014.

I have not smoked combustible cigarettes since I began vaping.

Prior to vaping I would wake up light headed from wheezing all night.

Many mornings my oxygen level was so low that I was very irritable.

This was not a good thing for me or my family.

I feel unintelligent that I continued to smoke even though smoking was obviously killing me.

Since switching to vaping I breath great and my quality of life has improved dramatically.

5/17/2014 9:37:00 PM - pattilou

I have been a smoker for close to 50 years.

I have attempted to quit many times - the patch, would smoke with the patch, gum- would smoke w/ the gum - hypnosis - quit smoking claSSES - i was trapped with smoking.

The only thing that has helped me to quit has been the e-cigarette.

i am still able to have the hand/mouth satisfaction with a small amount of nicotine.

i have not had a cigarette in over a year and do not crave one.

this would be a real shame to tax, remove, outlaw this fantastic anti-smoking aid.

please allow an extension so that we may plead our case.

thank you. ,

5/18/2014 1:33:00 AM - Thomas Squyres

Just as a bit bit of background on myself before I start... I started smoking about 35 years ago give or take.

I tried many times to stop this habit with many different methods, none worked for more than a few weeks. Yes I tried the gums, Chatix, the patches... no help. My wife enter the hospital June 2013 for emergency surgery, well she was a 2 pack a day smoker and myself 1.5 a day... that was gonna be no fun. A friend had told us about the Advances in Personal Vaporizers, what some are calling E-cigs. I went down and bought us a twin starter pack. Tossed the "stinkies" and We have never looked back. The Doctors and Nurses at the hospital applauded us for making the switch to the Vaporizers. Interesting how the Doctors and Nurses see it as a Benefit yet some see it as a Hazard...hmm. This has been a life changing event for both of us We both breath easier, she doesn't use her asthma inhaler at all any more, My migraines are now under control. food tastes better, smells are more intense. the world has opened back up for both of us. I have been able to reduce my nicotine level from a 24 mg liquid down to a 6 mg that I currently use with no problems. Now as for this FLAVOR THING... I stopped smoking cigarettes for a reason, right? This is why I DO NOT vape on a flavor resembling Tobacco.. make sense? think on it... I do how ever love the flavors that are out there.. there are way too many to name in my house at the moment so here are a few of my favorites... I must still be a kid... i like orange cream bar , chocolates, custards, fruits, key-lime pies, YES GUMMIE BEAR! cotton candy is a great sweetness enhancer for some flavors that come across a little flat... SO as for the THOUGHT of these are mainly aim at our kids.... WRONG! these are MY FLAVORS if you stop and think its probably in your flavor pallet too... just a thought...

Thomas Squyres

5/18/2014 3:16:00 AM - Eric D

To whom it may concern, I started smoking at the age of 17 I'm 35 now that's 18 years smoking. In the past I managed to quit using chantix for 11 months then went back to smoking during a job change, smoked for another year and a half then quit again using chantix following this attempt 4 months ago I was having a stressful day and was feeling weak. Standing at the cash register ready to purchase a pack of cigarettes I decided to try an electronic cigarette. Since then I have used electronic cigarettes exclusively. This is especially important since two of my children suffer from asthma and both of my grandmothers died from lung cancer due to smoking cigarettes. This doesn't even include my best friends mother and my step mothers sisters husband. I know more people that have died from lung cancer than any other cause all of them smokers. Since the day I started vaping I have had no urges to smoke a cigarette. If I had a choice between a cigarette or to vape I would pick vaping every time. I also know that my brother in law has also quit smoking using an electronic cigarette. I am absolutely convinced that electronic cigarettes my very well have saved his life, mine and maybe even my childrens not to mention I am in the process of introducing my mother who has smoked for over 30 years to vaping. She has not made the switch %100 but vaping has helped her cut back at work which will also minimize second hand smoke to others. I will end with those trying to bring down the vaping community if you succeed there will be blood on your hands.

5/18/2014 3:24:00 AM - !@#$%^&*()_+

I have smoked 2 packages a day for over 50 years.

In early 2013 my primary care physician sent me to an advanced lung disease specialist at Southwest

Medical in Dallas, Texas.

After c-scans, x-rays, etc. I was told I had all kinds of nodules growing in my lungs that looked like cancer but I did not seem to have the symptons.

I stopped smoking for 3 weeks and they started to go away....then, I started smoking again.

In july of 2013 I started using

e-cigs only and my c-scans shows the nodules are going away.

Even my doctor was amazed.

I would be happy to allow someone to have the copies of my tests and records to submit as proof that this s a life-saving device. Wow, I feel so blessed that I finally found the E-cig.

jfa

5/18/2014 7:43:00 AM - Denise G. Cochecton, NY

Growing up my parents smoked. When I was 12 years old my parents left a pack of cigarettes unattended. Unfortunately I was curious and grabbed one. I smoked it in secret. None of my friends smoked but I wanted to try it and even though I couched my brains out I was hooked. As a teenager I smoked on an off. I decided to go to summer school in HS to graduate early. This is when I started smoking regularly with my new friends. I smoked for about 22 years. At the age of 33 I was faced with cancer and a heart attack. Finally at 34 I stopped smoking because I ended up in the hospital from severe chest pains every time I smoked a cigarette. I could not be around smokers because it would cause me pain. I stopped cold turkey but missed smoking every day. I wish I would have known about e-cigarettes. I know I would have used this great alternative to smoking. I know this item is so much better than cigarettes because it does not cause me pain. My husband can now Vape around me and it doesn

5/18/2014 10:02:00 PM - Philip G.

I have smoked cigarettes for about 7 years when I discovered electric cigarettes. I have been using electric cigarettes for about a one and half years now have not returned to the former. I believe it has helped me from inhaling all the toxic fumes from traditional cigarettes and don't smell like a ashtray. I did not try the nicotine gum or patches due the cost of such alternatives to quit. I started with the Blu brand e-cig and have moved to mechanical mods. The good out of e -cig's is it is a healthier form to quit or use than traditional cigarettes in my opinion.

The bad part of e -cigs is the habit of needing it through the day which is a habit.

I use it all day everyday and feel it helps me, the FDA should not ban ecigs and I protest it.

5/19/2014 1:52:00 AM - kale massaro

I started smoking cigarettes when I was 12 years old and I smoked untill I was 26 years old .I had tried everything except going to pharmaceuticals or patches.

Nothing worked ... Untill a friend of mine at work turned me on to e cigs in december of 2013

. At first I was skeptical didnt think it would work but to my surprise it worked great . Within a week I was not smoking cigarettes any more !!

No cravings, no want or need for a cigarette what so ever !! I was done with them after 14 years I was finally done . Within that week I started to feel better when I woke up in the morning . I could breath so much better , i ate more, I felt better I could actually taste and smell everything . I didnt realize how much cigarettes actually effected my body untill I for a cleaner and safer alternative in e cigarettes . smoking e cigarettes now has had no effect what so ever on my body I still can breath better, no coughing, no wheezing,

no nacking up crap out of my lungs . As of now I am smoking on 6mg nicotine liguid out of a nemesis copper mod with a tobh atty dripper . I started at 24mg of nicotine now im down to 6mg and working on going down to 0mg sometime soon . The changes in my life have been nothing but great since I started e cigs.. I wouldnt have it any other way this stuff helps people get healthier it helped me and it can help you if it hasnt already !! Thank you , bye

5/19/2014 12:38:00 PM - Kim B - Roswell Georgia

I was a pack a day smoker for 35 years. I started smoking when I was teenager and always said I would never quit smoking. I did however try the patch and Chantix unsuccessfully. The patch caused me to breakout and Chantix was the most horrible experience I have ever had.

In January of this year my husband and I decided we had to do something for our heath. I was coughing all the time, using Spiriva and starting to be short of breath. It was really starting to affect me life in a very negative way. I was scared but at the same time I truly loved smoking.

Over the Christmas holidays my daughter was home for a visit and broke down crying saying that she did not know what she would do without me and having already lost her dad several years ago meant she would not have any parents. It broke my heart so much that I decided to give the e-cigarettes a try. I fully expected to fail. My first week I think I did have 5 cigarettes but none since and it has been 5 months now and I do not desire to ever have another cigarette again. The e-cigarette has changed my life;NO IT HAS SAVED MY LIFE. I no longer cough; I can breathe and have stopped taking Spiriva completely.

I was always told that smoking deprives your body of oxygen in so many ways but the change has been remarkable. My teeth are white again and staying that way, my skin is clear and bright again and I have gone back to being in able to work out 3 days a week and feel wonderful again!! I am slowly reducing the amount of nicotine in my liquid and on my way to being totally nicotine free.

5/19/2014 4:18:00 PM - Thomas Phaneuf

I have been a smoker since 1994. I was 17 years old and found it to be a great stress reliever while I was in the Army. I hadn't been able to quit despite multiple attempts at quitting cold turkey. I was successful only once and it lasted about a year before I ran into financial troubles with a failing business that led me right back.

I had a co-worker who used electronic cigarettes. I was intrigued but wrote it off as a novelty more than a smoking cessation aid despite his claims. After I heard him rave about various flavors that he was using, I talked about it with my wife (who also smoked) and on Super Bowl Sunday (Feb 5) 2012, we bought a starter kit with 2 ego twist batteries, 2 Evod clearomizers and 2 bottles of e-liquid. Mine was a berry flavor and hers was a pi

5/19/2014 7:02:00 PM - Michelle Anderson from Carbondale, IL

I am 42 years old and smoked for 26 years. I started the first of multiple quit attempts in 2000 with nicotine gum. While I reduced my smoking to some degree, it did not work for me and the expense prompted me to drop it after about two months. In the intervening years between 2000 and 2013 I made more than a dozen serious quit attempts, using several different pharmaceutical and psychological methods. A few worked to reduce my consumption, a few worked briefly but the side effects were too unpleasant, none were fully effective.

I purchased my first electronic cigarette in October 2013. It was an EVOD ego-style starter kit made by Kangertech consisting of two 650mah batteries, two EVOD clearomizers, a charger and spare atomizer coils. I also purchased two tobacco flavored liquids in 18mg strength.

It was a struggle for me the first almost three months. Although the electronic cigarette was delivering nicotine and my consumption of cigarettes had dramatically decreased, from approximately 30 per day to 3-5, I just couldn't get "over the hump".

That is, until I moved away from the tobacco flavored liquids and into other flavors including fruits, dessetts and candies, nuts and coffees. Suddenly vaping wasn't a "chore" or a "therapy" and it wasn't pressure to quit...it was fun! Within three days the smell of an unlit cigarette literally turned my stomach, and I've been completely smoke free with no dedire for a cigarette since January 3, 2014. I am currently using 12mg liquid and slowly introducing 6mg as I transition down toward becoming nicotine free.

Last year this time, walking half a block to the corner store got me winded. I went for a 9-mile hike in hilly, rocky terrain over Easter weekend and barely huffed or puffed at all! I can't remember when my seasonal allergies were so mild, my kids are grateful I no longer snore (or stink). My taste buds and sense of smell are returning. I no longer cough in the mornings, or wake up feeling like someone is sitting on my chest. And my wallet thanks me too, after the initial starter cost and the later addition of two larger capacity variable voltage spinner setups, I now save about $150/month from what I was burning on cigarettes.

Most important, my life isn't chained to cigarettes anymore. I feel like it's a whole new positive start for me.

5/19/2014 7:23:00 PM - Claudia Pendlay

I began smoking at birth actually since both of my parents smoked, but to be technical about it I was 10 when I picked up my first cigarette. I don't know exactly how long it was before I was smoking on a regular basis but I do know it was by the time I was in Jr. High School and I was absolutely addicted by the time I reached High School.

I smoked anywhere from 1 to 3 packs a day of menthol cigarettes for many years, with several years smoke free. After the death of my husband from cancer I began smoking again and made numerous attempts at quitting. I tried the patch but had to remove the very first one as it made my heart race like a trip hammer, I tried the gum and never could make it more than a few days, I tried the lozenges and actually managed to stay smoke free for 9 weeks, but as soon as I stopped using them because of the side effects, I was smoking again.

The best I could manage was about a pack to a pack and a half a day.

Last July I decided to try a Blu E-Cig and I liked it, so I picked up a rechargeable E-Cig with no intention of quitting, I would be happy to just cut down. Surprisingly by the next day I realized I had only smoked 4 cigarettes all day and that continued for a few days and then it was only 2. I still had no intention of quitting completely. During this time I found ECF and ordered an Ego Twist and some clearomizers and liquid. When this kit arrived I realized I liked the taste much much better than cigarettes which were tasting nasty so I decided to quit completely.

I smoked my last cigarette on August 15, 2013, I have not had even one puff since and I live with a smoker.

Gradually the Ego and Clearomizers weren't quite doing the job and as I read more and more and ordered different liquid flavors I realized I needed more to stay satisfied.

I eventually stopped vaping many tobacco flavors, the dessert flavors are what really worked best for me, and after finding some really high quality liquid in flavors I really liked smoking was a thing of the past.

Now I am using a Provari and have several mechanical mods, I am using RDA atomizers and building my own coils and making my own wicks. I only use the Egos and clearomizers when I go out in the car.

I began vaping 24mg liquid and have gradually reduced that to 6mg, I hope to get down to 3 and eventually 0. I would prefer to get to 3 and stay there because nicotine is the only things proven to help prevent Alzheimer's and that is something I worry about at my age.

I will be 66 on the 30th of May and I smoked for 48 of those years. Nothing I tried worked to help me quit until I found E-Cigarettes and dessert and candy flavored liquids.

I refuse to even try Chantix as I have panic disorder and depression problems.

I feel better than I have in probably 15 years, I am more active and haven't had any colds or flu since I began vaping. I can breathe! :)

The only negatives I can see from vaping is the stress of worrying whether I will be able to continue using the only thing that has ever kept me from smoking. I will not use E-Cigarettes made and sold by the tobacco companies because I know they will put the extra unnecessary chemicals in them just like they do with tobacco cigarettes.

If dessert and candy flavors are banned then the likelihood of me going back to tobacco cigarettes raises dramatically!

My one year cigarette free is coming up in less than three months.

5/19/2014 8:25:00 PM - Brian Olivier (CorallineAlgae) from Washington, LA.

I was a cigarette smoker for 19 years. I suffered from severe migraines from childhood and after I started smoking I discovered my severe headaches stopped occurring.

After so many years of smoking I decided to try to quit but the migraines kept coming back. I went to nicotine gum which helped with the headaches but gave me mouth ulcers so I went back to cigarettes. I then discovered e-cigarettes. They have been a saving grace for me.

I now use an Innokin MVP battery with various e-liquid tanks, mostly Kangar Evods and Protanks, to vape 6mg strength eliquids of various flavors. I'm 40 years old and I love custard, vanilla, tobacco, candy and pineapple flavors mostly.

At first I used a combination of e-cigarettes and traditional cigarettes but that only lasted about one month. I have now been totally cigarette free for nearly 4 months and I feel better because of it. I have completely lost my cough, my breathing is already better, my sinuses are clearer and my home is not at risk of burning down due to having lit cigarettes around. E-cigarettes have been a great benefit to myself and everyone around me.

5/19/2014 10:40:00 PM - Doreen Scott

I am a former cigarette smoker. I smoked for 43 yrs.

About 14 yrs ago, I tried the "patch".

I gave

5/20/2014 12:52:00 AM - Anthony John Cipriani Jr.

I smoked cigarettes all my life until age 61.

I had made up my mind that when I reached 62 and retired, if a suitable substitute was not available, I would quit cigarettes for good.

I was a pack or more a day smoker.

It didn't make sense to retire and continue killing myself by smoking cigarettes.

A year before I turned 62 I heard about electronic cigarettes.

I researched what they are, how they are made, and what they do.

I could not find any negligible or harmful effects of the devices.

I purchased and started using electronic cigarettes.

The immediate effect I noticed was that after brushing my teeth and tongue in the morning, and using the electronic cigarette all day and evening,

at the end of the day my mouth and taste buds felt just like they did after brushing.

The cost of the device compared to cigarettes is about one quarter the amount I was spending.

I have not, nor care to smoke a cigarette the rest of my life.

I enjoy the flavor and nicotine amount I consume.

5/20/2014 1:17:00 AM - desertkat

I recently quit a 30 year smoking habit.

I admit I have an addictive personality and so even though I had been urged (nagged, is closer to the truth) for years by family and friends to pack it up and quit smoking, I had never really wanted to.

I had tried halfheartedly to quit in the past with the aid of things like nicotine gum, patches and prescription drugs, but nothing really helped rid me of the

5/20/2014 1:31:00 AM - Ron Baker

I started smoking at 13.

I hated the taste but thought it made me look cool, rebellious and grown up. My parents smoked and when they occasionally caught me they were upset but the punishment was light.

From a very early age I was always an athlete. I backpacked for days and played football, baseball, racquetball. I lifted weights, raced dirt bikes and had very physical jobs, all while smoking. I was a perfectionist and in the back of my mind I always knew I'd quit smoking someday. I kept smoking through my 20's and tried to quit a many times unsuccessfully. I set a hard goal of quitting on my 30th birthday. This was something I was sure I could do because what I put my mind to got accomplished, willpower was never lacking.

On my 30th birthday I quit, cold turkey. I was extremely irritable and my fianc

5/20/2014 2:19:00 AM - Nicholas Emeigh from Philadelphia, PA

I put my body through 14 years of smoking.

At year 12, I decided enough was enough.

I wanted to quit and tried gum, patches, and lozenges, but none of that worked.

I found promise in e-cigs, but it wasn't until I found my current brand in 2013 (year 14), that I finally committed to quitting.

This particular vendor does not advertise on television, and all marketing online and in print is geared directly towards adults.

They are responsible, trustworthy, reliable, and very transparent.

They publish all ingredients, require age verification, and even do batch tests on their ingredients.

All of this data is available on their website.

But most importantly to me, as a person trying to stop smoking, they offered a product that replaced the physical addiction to cigarettes and delivered the nicotine I needed to stop using combustible cigarettes and switch to e-cigarettes.

My life is made easier by the fact that they offer varied levels of nicotine, so I can step down to zero.

It has been said that quitting smoking cigarettes is harder than kicking a heroin habit.

I can attest to the stress it placed on me.

I went into a panic without cigarettes, but eventually with the help of an e-cigarette, my body learned to live without combustible tobacco.

I, as an e-cigarette user, am a die hard fan because nothing else in the world has helped me to quit.

E-cigarettes have.

I owe my life to them.

So, if they were to be taken off the market or taxed enough to be out of my price range, I know I would go back to smoking.

I fear that will happen.

I understand about age regulation, but all the rest endangers the e-cigarette market as I know it.

Please don't take away my way of staying tobacco free.

5/20/2014 4:16:00 AM - iowa josh from Iowa

I smoked for almost 20 years.

Have been on vapor for two years.

I mail order every supply.

I have never been in a vapor store.

I switched by accident, just wanted to try an alternative for places I shouldn't smoke.

Once the tastebuds come back, don't want to smoke again.

It seems really stinky now that I don't.

The wife loves that her clothes don't smell smokey and if that was the only benefit, it would be good enough.

I do feel somewhat younger, no hacking, coughing, wheezing that I endured for years, knowing it was bad the whole time.

5/20/2014 4:53:00 AM - Clark

I was born in 1977 - cigarettes were still "cool" by the time I tried my first cancer stick... around the age of... 14?

Both my mother and my father were heavy smokers - both smoke inside the house... everything we owned was permeated with tobacco smoke.

It's probably save to say I was born to be addicted - she freely admits she couldn't quit while she was pregnant.

I didn't start "really smoking" until I was 16 or 17.

It wasn't overly hard to stand in front of a convenience store, flag down a senior and say "hey, here's $5, go grab me a couple packs of Reds and keep the change."

I SWORE I would quit when cigarettes hit $2 a pack - lol - who I am I kidding... I smoked for half my life (18 years).

From age 18 until age 36, I never went more than 8 hours without a cigarette.

Although my use fluctuated over time, I smoked somewhere between a pack and a pack-and-a-half a day for the bulk of it.

I've tried to quit smoking no less than a dozen times.

I tried cold-turkey at least half a dozen times - the running joke was that "I quit every night when I go to sleep, and I start again when I wake up."

I have a history of Depression - my doctor prescribe an antidepressant that was also prescribed off-label for smoking cessation - (Zyban/Wellbutrin).

Wellbutrin made my depression progressively worse until I was suicidal - landed me in the hospital for a 4 days.

I also tried the patches, which was unsuccessful... I still felt like I "needed" a cigarette.

My use declined, temporarily, but I made myself sick by wearing the patch and smoking so I quit the patches.

My doctor refused to prescribe Chantix because of my history of Depression. I finally quit smoking on 4-26-2014, the day I tried an ecigarette - I haven't looked back since!

I just celebrated my 1st 'vaperversary' - a group of people online gifted me a mechanical mod called a Baycity Surfrider to celebrate - good people, they are.

I can't say I ever tried disposable ecigs or "cig-a-likes" with one exception - a friend let me take a couple puffs a few years before I actually quit.

My reaction was "eh, not bad" - then I saw the price.

He said he was going through 1 every day - at that point - it was more expensive than smoking... I had no interest in spending MORE to support my habit.

I was broke broke broke - I had just graduated with a Masters Degree in Clinical Counseling (with an emphasis on Drug and Alcohol Abuse and Dependence) - I needed to curb my spending because I walked with 60k in school loans and an impending $800/month school loan.

My girlfriend, whom also smoked, mentioned in passing that "I should get online and do some research on ecigs - she had a friend who quit using one and she thought she might like to try it, too."

That evening I ordered about $60 worth of kit - two Variable Voltage Ego Style Batteries, two Kanger T3 Clearomizers, and about half a dozen small bottles of eliquid from two vendors.

Of course the hardware (batteries and tanks) showed up before the liquid so I made my first venture into a local brick and mortar vape shop.

The quality of the liquid was poor - even to the palate of someone who knew virtually NOTHING about vaping.

The only redeeming part of the experience was that they weren't pushy - they let me sit there and sample more than 100 different flavors before I settled on one... Mad Chai.

It was palatable when I tried it in the store - damn shame they didn't tell me that adding 24mg of nicotine to the liquid would dramatically alter the taste/experience... at that point, all I wanted to do was quit and more nicotine was better.

Ghastly liquid - tasted obnoxious.

Two subsequent orders came in, one from a reputable "value vendor" named Mt. Baker, and another from a "Premium Vendor" (read, more expensive)... Fuzion Vapor.

There was an immediate difference in terms of quality and taste - I was impressed with one of the Fuzion flavors... overall, the Mt. Baker offerings were palatable but underwhelming.

Shortly thereafter I started crafting my own eliquid (a matter of days).

It wasn't long before I conjured Betelgeuse - a 4 fruit blend - Strawberry, Mango, Pineapple, and Raspberry.

I took a sample down to a local B&M and talked with them... they immediately wanted to pick it up.

They said "I had something special."

I immediately went home and ordered more stuff - did a few hours of research and ordered enough base/flavoring/nicotine to make more Betelgeuse - and - invested in a website.

My total investment - $300.

I sold my first bottle online - June 11th of 2013.

By July, I opted to retired from clinical counseling and pursue Nicoticket full time.

:)

Through the date of this writing, I am up to over 16000 orders.

I won the best of ECF 2013 Top Vendor Award, due in large part to world-class customer service skills... and garnered awards for Best Tobacco (H1N1), Best Fruit (Betelgeuse and Gravity, tied for 1st Place), and Best Bakery (Custard's Last Stand, Creme Brulee, and Grandma's Cinnamon Danish... 1st, 2nd, and 3rd places respectively).

In less than 1 year I grew my 300 dollar investment into one of the most respected eLiquid companies on the planet.

It should go without saying - I don't smoke anymore.

At no time did I engage in "dual-use."

I quit smoking the moment I tried an ecigarette - the first time I tried an ecigarette.

Ladie and gents - vaping changed my life.

My doctor has confirmed that my lung function has significantly improved.

I lost almost 20 pounds due in part to increased activity levels - I no longer "struggled for air."

I quit snoring - much to the delight of my better half.

My depression spontaneously resolved - I no longer require anti-depressants (after a 2 decade long battle with Major Depressive Disorder that I was told was "intractable.")

Not only have I saved money by quitting smoking, I used the money I saved to fund an eLiquid business that now serves as my sole source of income.

I have personally assisted THOUSANDS of people, adult committed smokers, whom desired to try an alternative to smoking.

Truth be told - picking up an ecigarette is probably the best decision I have ever made.

5/20/2014 6:55:00 AM - Rae Castina

I've been a smoker since my young teens, I'm almost 50 now. I've tried to quit tobacco several times, used an electronic timer type product, disposable tips that are added to the filter, nicotine inhaler, gums, patches and Chantix. All were failures for me. Gums made me sick to my stomach and caused blisters in my mouth. I was allergic to the patches breaking out in a horrible rash and Chantix was awful! It made me angry and depressed. I'd forget the electronic device. The disposable tips made everything taste like plastic. The nicotine inhaler actually spattered nicotine in my mouth, it was a mess. I first tried an e-cigarette while continuing to smoke tobacco about 5 years ago. After a few weeks, I was able to cut down to about 1 pack of tobacco cigarettes per week. Within 3 months, I was completely tobacco free. In the beginning I was using high strength nicotine solution, by around 6 months of use, I gradually switched to the medium strength solution. After another few months I cut down to the low strength solution. It's far more convenient, cleaner for the environment and I feel so much better. No more morning cough, my lungs are clear, no smelly ashtrays. These e-cigarettes are something all smokers should consider. They make a world of difference. I even sleep better now. No more standing outside at restaurants/friends/family's homes to smoke.

5/20/2014 7:32:00 AM - cherie wacek, oak lawn, illinois

I started vaping 4 yrs ago in july. Stuck with my ego style ecig for 3 years. It took me a couple of years to totally quit smoking, but I did it. I smoked 3 packs of marlboro a day, sometimes more, and I really didn't quit for my health. Just couldn't afford it. In the last year I have noticed that my skin became healthier, my hair has become fuller again, and grows like it did in my 20s. I can also sing better than ever, higher notes are possible now, and that is a first. No weight gain like I had all the other times I tried to quit, so, big plus!! I use only about 2mg of nicotine to get that throat hit, which just means it feels like I am pulling something into my lungs. My lungs feel great!! I was running back and forth across rugged ground to get to an outdoor wedding because my 1 friend who still smokes and has copd could not make it a 3rd of the way, so I was checking on her by the car, and I wasn't even out of breath!! And I am 47. So I have smoked for at least 37 years. Smoked my dad's cig buts by 10. Yes, that is disgusting, but I was hooked bad!! By 12 yrs old I was ward of the court, so I spent 4 years in and out of group homes, and shelter homes, and I could smoke in them. I had the choice of 70 cents a day for chores, or a pack of my favorite cigs. So I can literally say my government hooked me on cigs. This is truth, and if anyone looked into this, I am sure they would see thousands of packs of cigs given to minors back in the late 70s.

Now I have a few different style variable voltage, variable wattage devices. I only like the fruity, or candy flavored e liquid. Do not ever want to taste tobacco again. Feels great to be done with them.

5/20/2014 7:40:00 AM - Laura Los Angeles

I smoked since 1992 and I finally quit

Jan 2010 using e-cigarettes. Nothing worked. I tried going cold turkey and I have an allergic reaction to the patches. My Drs now say my lungs sound great. When I use to smoke I had a chronic cough and always congested. They are clear an so far no signs that I smoked. I can smell and taste food again. I started off with extra high liquid nicotine and now I'm at low to medium. I started with cigarette flavor and weaned my way off that which I no longer crave the taste. I do not smoke any cigarettes at all. The smell repulses me. That would have not been possible with any other method for me. E cigarettes have been nothing but positive for me in my life. Very thankful they exist.

5/20/2014 9:49:00 AM - JWC11 Ohio

I did not want to quit smoking cigarettes. I enjoyed smoking and had been smoking for 25years! I didn't feel that it had really effected my health or was doing as much damage as it was. My decision to stop smoking was because of my wife. She wanted to quit and said she couldn't quit if I was still smoking. After some time and a ton of research, I bought an ecig starter kit. December 15, 2013 was the day I got my kit and the last day I smoked an analog cigarette. It took a few days for the urge for an analog to go away but was easier to ignore with the help of my ecig. I started out with a 2.4% nicotine level, which was perfect for me. My ecig provider's website made it easy to figure out what nicotine level I wanted to start at. I can ease myself down by adjusting my nicotine levels at my own pace. I have complete control over everything! I went down to 2.0% and then 1.8%. I am slowly working down to 1.6% and doing fine.

My health, that I thought was fine, has improved tremendously! I feel so much better! I can breathe better, taste food better, my clothes and house doesn't stink like smoke. I have always been fairly active, and I have noticed that I am being active longer than before. I don't need to stop and take a break as often. I am out and enjoying life more than ever.

So for a guy that didn't want to quit smoking, enjoyed smoking, I am very impressed with how easy it was to stop using analog cigarettes with the help of an ecig. I take my ecig with me everywhere I go. And now, I am enjoying a smoke-free lifestyle. It had only been 5 months, but I am very confident that, with my control of the pace and adjusting my nicotine levels, I will be nicotine free in no time!

Thank you for reading my life changing story and thanks to ecigs for changing my life.

And wife was able to stop smoking completely after 3 months.

5/20/2014 10:09:00 AM - Angela217 Alabama

I started using the E-Cigarette back in 2008 and I found that sticking with not only helps me from smoking the already harmful & addicting cigarettes it also helpse breathe easier plus I of do not cough and hack when I get upon the mornings either!!!

I want to add that you can go from 0 to 24 mgs of nicotine in your e-Cig fluid so this theory of teenage kids are getting their hands on actual nicotine e-cigs is a lie and I won't have that propaganda spread about the Electronic Cigarettes especially when the smoker needs help to quit smoking and e-cigs are the best option for us!!!

5/20/2014 10:56:00 AM - Dustin Orndorff Ocean Springs, MS

Been using e-cigs yo help reduce the pack a day I used to smoke. FDA should have no right regulating these like tobacco since it actually isn't.

5/20/2014 11:18:00 AM - Joan Nelson (ladymullet) from Fairhope, AL

I started smoking when I was 21.

Biggest mistake of my life, but was told that smoking cigarettes was a good way to lose weight.

Well that didn't work, and I gained another habit.

The difference was that this particular habit was bad for my health and very expensive.

At first I only smoked a couple of cigarettes a day, but the more time that went by, the more the "monster" took hold.

As the years went by I could tell my health declining.

The "smokers cough", a burning in my throat every time I would smoke, out of breath all of the time.

I decided

that with my declining health and the price of cigarettes I was going to quit.

I had been told to just lay them done and forget them.

NOT!!! I tried everything.

I went to the Dr. and tried Welbutrin, that helped but was a no go.

I tried patches, gum, and then came Chantix.

By this time I had been smoking over 30 years and I was determined that this was going to work.

So I filled the script and was on my way to a smoke free existence.

I battled all the side effects, the vivid dreams, the head aches, and the upset stomach, and after 2 weeks of being sick from this medicine, I was able to lay the cigarettes down.

I stayed on the program for 3 months.

I figured I had been smoke-free for 2 1/2 months, I have this and quit taking the Chantix, couldn't stand the side effects let alone the price.

Well, it took the Chantix a couple of days to get out of my system, and believe me I knew when it was gone, the "monster" reared it's ugly head and I was back to the cigarettes again.

Overall I tried to quit smoking about 8 or nine times to no avail.

In 2009 I gave up and to help with the rising costs I purchased a machine to roll my own cigarettes.

In January of 2010, my son came over with an e-cigarette, he had been smoking for about 10 years, 3 packs a day.

He showed me how it worked and told me that he had quit smoking 3 weeks ago with it.

Well, I was doubtful to say the least, but on Feb. 9, 2010, I bought my first e-cigarette.

I had one pack of cigarettes left that I had rolled and smoked both till it was gone.

I haven't smoked a cigarette since.

I strongly feel that the e-cigarette saved my life.

I smoked for over 35 years and there was no way I could have "just laid them down".

5/20/2014 11:44:00 AM - destinyd from Orlando, FL

I started smoking back when it was

5/20/2014 12:09:00 PM - Debbie Roedl Goshen, Alabama

I was a smoker for 35 years.

I heard about these electronic cigaretts (after trying the patches, gum, pills all of which gave me the jitters.)

I though I had nothing to loose, and on October 31 2011, I bought the vape kit.

I smoked menthol so I purchased menthol e-liquid, found it was very strong, so I bought regular tobacco and cut it half with a flavored tobacco.

Usually Blueberry, Banana or Pina Colada.

I fill my vape tube once a day.

I have told my friends, family and Doctor that there is not enough money in the world you could offer me to take a puff of a real cigarette now that I have found the vaping!!!!!!!!!

I had to have my walls, ceilings, carpets, furniture cleaned to get out all the nicotine.

My home smells so much cleaner since I no longer allow smoking in my home.

But there is no residue from my vaping.....When a smoker comes into my home, I can smell them, but with vaping, no smell.....

The day before I started to vape, I had entire house cleaned, clothes washed, bathed and shampooed my hair.

I did not want any trace of nicotine smell in or around me.

Then I sat down and did my first puff on my e-cig.....21/2 years ago.

I have COPD, which I should not smoke to start with, but with the e-cig, I do not have that morning hock a lung, I can actually taste my food, smell alot better.

When people see me vaping, they come over to ask if it really works etc.

I give the best testimonial for them, I also have some cards, which I pick up when I buy my liquid and hand them out.

Best thing about it is, that my son (40) was also a smoker and he tried the e-cigs and he now is smoke free!!!!!!!!!

I have also given starter kits to friends and they now are smoke free.....

5/20/2014 12:46:00 PM - Bill E., Slatington, Pennsylvania

I was a 27 year smoker, having started when I was 17-years old.

Over the years, I knew I should quit smoking and honestly wanted to quit but never had the willpower.

When I did have some willpower, I tried different methods:

Cold turkey, cinnamon sticks, Chantix, special tips that gradually added more air to the cigarette to "dilute" what I was inhaling, gradual stepping down of cigarettes.

Sure, everything would work for a short amount of time (the longest was one month) but I would end up letting stress getting the best of me and I would buy a pack of cigarettes.

As stated, the longest I was able to quit was one month.

One day, while reading articles online, I stumbled across one that dealt with e-cigarettes.

It was quite the interesting article and the reader comments that were added really piqued my interest.

MANY people raved about how great e-cigarettes were and how they were able to quit because of them.

I then read one comment that sounded exactly like I could've written it!

Someone stated that they were a smoker for 27 years, enjoyed smoking, enjoyed the flavor and had no willpower to quit but thanks to the e-cigarettes, they did quit.

That settled it.

I'm buying an e-cig.

I set out on the Internet and spent an exhaustive 8 hours or so doing research about brands, styles, nicotine levels, flavors, etc.

I settled on one brand that kept ranking consistently high in the reviews.

I ordered an e-cig "starter kit" and was ready to do it.

Keep in mind, too, that at this time, I still had NO willpower to quit but was starting to build some.

Since I was a pack-a-day smoker of RYO (Roll Your Own) cigarettes, I opted for the 12mg nicotine strength to start.

The day came that I received my starter kit.

I had my last cigarette on November 13, 2013 at 12:45pm and decided to start the e-cig.

I stopped smoking that day and solely used the e-cig.

The first few puffs, I could tell the nicotine was a little too strong because it made me a little light-headed and my stomach felt odd.

When I first started to vape, I used it like a cigarette and took the same about of puffs.

So, to alleviate the odd feelings, I just cut back on the puffs I took and I would only take a couple puffs when I felt the urge.

For me, I had to break the psychological addiction, which was the most difficult.

I would look at the clock and think, "time for a smoke."

When I started the e-cig, I erased that from my mind and in a few days, I stopped looking at the clock to see if it was "smoke time."

In the matter of two weeks, I stepped down to 6mg nicotine, which was the lowest strength.

I noticed that when I stepped down, I started to vape more.

Back to doing online research about this.

I found that when stepping down, a person may vape more because the nicotine delivery into the body is different.

Whew!

That's a relief!

What I also noticed was that already I had more stamina and energy.

My breathing became easier and I didn't get winded so easily.

I felt GREAT!!!!

So, for the next month I stayed with 6mg nicotine but did set a goal of January 1, 2014 to go nicotine free.

January 1, 2014 came and I held to my promise.

Actually, I started going nicotine free a few days earlier and mixed my 0 nicotine cartomizers in with my 6mg nicotine cartomizers so I couldn't tell what I was vaping.

When I switched to being 100% nicotine free, I couldn't tell the difference.

No longer was my body addicted to nicotine.

For the first time in my life, I was able to quit cigarettes without any edginess, nervousness, mood swings, uneasiness or angriness.

I felt absolutely great and ALIVE!!!!

Here it is now, May 20, 2014 and I still am still cigarette free.

For more than SIX MONTHS.

No other quit smoking cessation device ever worked this well for me.

Never have I been able to quit smoking for so long.

At this time, I do still vape 0 nicotine but I enjoy it for the flavor, as a person does with a fine scotch.

When at work, no longer do I look at the clock to see if it's "smoke time."

No more am I anxious to have a cigarette after I eat.

No more am I anxious to have a cigarette if I get bored.

I am absolutely 100% smoke free and feel 200% better!!!

A lot of days at work now, I don't even vape even thought I have my e-cig here with me.

If I get stressed, I am now able to handle it far better and am not afraid about relapsing to cigarettes because it will NOT happen.

For the first time in my life, since I was 17-years old, I am able to proudly state that I am smoke free and I do NOT want a cigarette.

Yes, I do still get an urge here or there, but when that urge hits, I grab my e-cig and take a few puffs of 0 nicotine juice.

It calms me right down and the urge passes.

I know - for a FACT - that without the e-cig, I would be a smoker yet today.

Thanks to the e-cig, I am now a non-smoker and do not use any nicotine.

My main goal has been reached easily and by far, successfully.

It is my next goal to quit vaping, but since I don't use any nicotine, I am not in any hurry to do so.

My vaping has cut down quite a bit since I started, so right there, to me, is a great improvement.

An e-cig helped me to quit smoking cigarettes and has been the ONLY method to have worked for me.

I owe MY LIFE to the e-cig.

5/20/2014 1:06:00 PM - Tammy Davis

I started smoking when I was 19 years old. My daughter was 17 and had never known me not to smoke. I couldn't sleep, my voice was deep and gruff, and I smelled like smoke all the time. Grabbing a cigarette was the first thing I did in the morning and the last thing I did at night. In August 2010 I bought an electric cigarette and I haven't smoked a cigarette since. That's right, I've been smoke free for almost 4 years. I never really knew what was in cigarettes until I looked it up while waiting on my electric cigarette to arrive. Hundreds of dangerous chemicals. It is crazy to compare cigarettes to "vaping". When you're vaping you get nicotine but you can also get zero nicotine. When you smoke cigarettes you get ingredients comparable to rat poison and embalming fluid. That's quite a difference and there isn't even a comparison.

5/20/2014 1:15:00 PM - Mitzi Richardson from Olive Branch, Mississippi

My husband and I were both cigarette smokers.

I smoked from age 15 to 40.

My husband smoked from age 19 to 55.

I finally quit "cold turkey" on my 40th birthday and stayed away from cigarettes for four straight years.

Stress and other circumstances, including the fact that my husband never quit, I started back at age 45.

My health and my husband's health was slowly getting worse.

No stamina or energy, morning cough, susceptible to all types of upper respiratory infections and breathless after a short walk.

Three years ago, on a visit to my sister in Alabama, we discovered that my sister and step mother (who was a two pack a day smoker) had converted to vaping on e-cigs.

We were intrigued.

My husband decided to give it a try.

I told him that if he (a pack and a half a day smoker) could give up cigarettes for the e-cig for a month, I would convert as well.

Three years later, neither of us has picked up another cigarette.

We wouldn't even think about it.

The great thing about vaping vs. cigarettes for us is that it only takes one or two puffs an hour gives us the nicotine we need to satisfy our craving, vs. smoking an entire cigarette every hour or so.

There is no smell, no ashes, no butts thrown out the car window, no burned holes in clothes or car seats.

It has completely changed our lives.

The amount of money spent per year on smoking went from about $3,600 on cigarettes to approx. $400.

We have both been able to start and continue on an exercise and diet program that has improved our health immensely!

We are not out of breath, our chronic illness has all but gone away and best of all, we've not had to suffer the withdrawals from nicotine or the failure we have ultimately had with trying to quit traditional cigarettes.

Although the long-term implications are yet to be discovered, at this time, we feel that we have improved our lives for the greater good all because of e-cigs.

All of my cigarette smoking friends have converted to e-cigs and have never even given thought to going back to cigarettes.

If the e-cigs are regulated to the point of hassle . . . you will see people going back to cigarettes and the "already proven" deaths & illness that come with them!

5/20/2014 1:23:00 PM - Clint Keesler, Mcdavid FL. I was a pack a day smoker for over 20 years, I tried everything to quit! I tried the patches, gum, herbs, cold turkey, and Chantix. Nothing worked for me. I finally tried e-ciggs (the kind where you add nic juice to to a small t

Clint Keesler, Mcdavid FL. I was a pack a day smoker for over 20 years, I tried everything to quit! I tried the patches, gum, herbs, cold turkey, and Chantix. Nothing worked for me. I finally tried e-ciggs (the kind where you add nic juice to to a small tank with a battery) in Nov 2013. Within a week I was off of the ciggs. I have been smoke free now for over 6 months! Hooray! Finally something that works. I started off at 18mg nic and am down to 9mg now. I am expecting to be completely off of the nic by Christmas. Since I have stopped smoking I have stopped doing other things. Hacking up gross stuff in the morning, wheezing after walking a short walk, stinking like a ashtray and just generally feeling a lot better! I believe part of my success is due to several things. The cheaper cost of E-juice over ciggs, the unlimited flavors, and none of the side effects I had from the prescription drugs I took to try and stop. It makes me sick to know that the proposed actions seem penalize this type of product. I think this should be treated as a smoking cessation product, NOT a tobacco product. It seems weird to me that since it contains nicotene it is a tobacco product. Why aren't gum and patches treated that way? Another thing is the great flavors available!! Marketed to kids? NO. I love fruits and candies and desserts don't you? Alcohol has lots of flavors but they aren't attacked for it. Seems rather silly to me. Please don't tax e-juice to death or make it so expensive to make due to regulations it will no longer make it a great option to get other people off of ciggs just like me! If the e-juice were as expensive as my ciggs I would never have tried this to quit smoking. Limiting the use of e-juice to people over the age of 18 is good. I have never been to a store who hasn't already made this a practice. I am proof that e-ciggs should be encouraged instead of discouraged in any way. Thankyou for taking the time to read my experience. Clint

5/20/2014 1:42:00 PM - William Mann Eufaula Alabama 36027

My daddy died when I was 12 years old so that's when I started smoking I've smoked all my live until they come out with thethe E cigarette I tried takin pills I tried gum And I tried Patch and none of that works for me I started it all with the USA tobacco 24 I've been slowly cutting down on the nicotine I'm at 12 now I'll figure in the neck two weeks I'll be down to zero I haven't smokecigarette and months I figured is the best thing I've ever Tried.

5/20/2014 1:45:00 PM - T channels

I smoked for 16 years. I was a 30 cigarette a day smoker. I tried Wellbutrin, patches numerous times to quit and was unsuccessful every time. 3 years ago I purchase my first electronic cigarette and have not smoke a cigarette in over 2 years. I feel better, breathe better and even my dr is pleased with my results!

5/20/2014 3:49:00 PM - I smoked from somewnere in the early ffties untl September 2009, cigarettes t begin, then a pipe fo several years, then back to cigaretes. I was smoking a pack a day. In The late 90's I began trying to quit and had little success. I had managed to cut do

I smoked for about 55 years, until 2009, then switched to 12 mg e-cigarettes and have been using them since September 2009. My breathing and general well being have improved greatly. I had cut down from a pack a day to about two packs a week but couldn't put them down completely. After I switched I have been smoke free for close to five years, and I no longer use tobacco in any form. It seems the tobacco industry has finally convinced the FDA to regulate this threat to their profits. Earl Mayhall, Marianna, Jackson County, Florida, 32446

5/20/2014 3:54:00 PM - Lawrence C

After smoking for 21 years I was able to completely quit using tobacco products, freeing myself from the harmful effects of cigarettes. I try just about everything and the ecig is what worked for me. I have been using my e-cig for three years without a single cigarette. I use my e-cig everywhere and the only problem that I have had is from the ignorance of others that did not realize what it was I was using. There has been several positive effects. I am able to smell, taste, and breath. Those are the main factors I deprived myself from for so many years.

5/20/2014 4:46:00 PM - Kay Mills from Snow Lake Shores,Ms.

I have smoked for 50 years.I smoked when I was a child. It took the rest of my smoking to the limit at the age of 59. We tried the E cig and have not smoked a cig from August 14th of 2013. If I have to say is that I have stopped smoking. The Nicotine patches,the small pill,chewing gum, none of who would stop me.

My E cig is 12% and I do not wish for the Federal people tell me what I can and can not have. Another way that gov.can take money.

I have noticed that I can smell smoke in all places I have been. My food takes really good..Before when I smoked I would have one or two going at a time.

Please stop the federal from control attacking our new way of not smoking.

5/20/2014 5:22:00 PM - Ben Ziegler, Martinsburg WV

I smoked for 16 years, mostly menthol variety cigarettes.

I smoked an average of a pack a day, sometimes a little more depending on situations and work environment.

My addiction was such that I experienced an odd sense of fear when confronted with the concept of quitting.

I knew it was a very bad thing, but psychologically, I was unable to separate my habit from my daily routine.

I had tried cold turkey, zyban, nicotine inhalers, and nicotine gum, without any measure of success

I switched from regular cigarettes to electronic cigarettes "overnight".

I did not "dual use" at all once I quit.

I switched at the urging of my mother, who had recently lost her brother due to lung cancer.

He passed away a little over a month after he was diagnosed.

I stopped using tobacco cigarettes on November 26th 2013 and have not had the desire or urge to smoke regular cigarettes since the first week, and those urges were not significantly strong, or as tempting as previous attempts to quit with other methods or cold turkey.

I was able to defeat them by using the electronic cigarette.

Urges were gone, and I felt better for doing it.

Since switching, I used "cig-a-like" electronic cigarettes for approximately two months before switching to a personal vaporizer and e-liquids, primarily for the increased variety of flavors, vapor production, and economy.

I have been using personal vaporizers since.

I initially started with 24 Mg strength nicotine (often equated to "full flavor" cigarettes), but have switched to 12 Mg strength.

I do plan to reduce the strength further, eventually to zero nicotine.

At that time I may also decide to stop vaping.

Since quitting tobacco cigarettes, I experience many of the same things as other testimonials I have read:

better lung capacity, easier breathing, zero chronic cough, better sense of smell, among other things.

Cigarette smoke odor is now nearly unbearable to me.

The concept that I would ever switch back to regular cigarettes, even if electronic cigarettes or vaping supplies were made unavailable, is inconceivable.

One other side-effect I feel is not often mentioned, at least specifically, is that I am no longer worrying about the fact that I was smoking.

This may seem like a relatively minor positive, but it has been said that the stress generated from worry can be extremely harmful to your health.

I no longer have that concern.

I strongly believe that without electronic cigarettes, I would definitely still be smoking tobacco cigarettes.

5/20/2014 6:50:00 PM - JAMIE GONZALEZ

I HAD SMOKED FOR 15 YEARS. WANTED TO QUITE BUT JUST DIDN'T LIKE THE ALTERNATIVES THAT ARE OUT THERE. PATCHES DON'T WORK, GUM TASTE BAD. MEDICATION NEVER WORKED. IN AUGUST OF 2013 MY MOTHER TOLD ME ABOUT THE VAPOR HUT, AND THERE FLAVORED E-JUICE. I WENT IN BOUGHT THE SUPPLY'S. I WAS IN LOVE INSTANTLY. THAT WAS AUGUST 28 OF 2013. I HAD HALF A PACK OF CIGARETTES LEFT, I FINISHED THEM AND NEVER BOUGHT ANOTHER PACK.

I STARTED THE E-JUICE FROM THE VAPOR HUT AT A 12 MG OF NICOTINE, AND TODAY MAY 20 2014 I AM AT A 6 MG OF NICOTINE. AND PRETTY SOON I WILL HAVE NO NICOTINE, BUT THE TASTE OF THE VAPOR HUTS JUICE IS GREAT. AFTER I QUITE SMOKING EVERY TIME I AM AROUND SOMEONE THAT SMOKES THEY SMELL TERRIBLE, AND NOW I SEE WHY PEOPLE THAT DIDN'T SMOKE MADE FACES WHEN I WALKED BY THEM. NOW THAT I DON'T SMOKE I CAN BREATH, RUN WITHOUT RUNNING OUT OF AIR, I AM HAPPIER CAUSE, I DON'T NEED TO SMOKE ALL THE TIME. BEFORE I STARTED THE VAPOR CIGARETTES ALL I COULD THINK ABOUT IS WHEN CAN I HAVE ANOTHER SMOKE. NOW I CAN GO ALONG TIME BEFORE I NEED TO SMOKE ON MY VAPOR. AND TO THINK THAT SOMETHING HEALTHIER FOR ME AND MY FAMILY TO BE TAKEN AWAY FROM ME IS JUST TERRIFYING.YOU HEAR ALL THE TIME ABOUT HOW BAD SMOKING CIGARETTES AND BAD FOR YOUR HEALTH AND THAT SECOND AND THIRD HAND SMOKE IS JUST AS BAD, SO SOMEONE FOUND A BETTER OPPORTUNITY AND A HEALTHIER ONE AND OF COURSE THE GOVERNMENT SAYS NO YOU CAN'T DO THAT. SO TO ME THEY SAY QUITE SMOKING, OK WE DID NOW WHAT NOTHING THAT'S RIGHT NOTHING. THEY SHOULD PUT MORE REGULATIONS ON CIGARETTE SMOKING AND MAYBE PEOPLE WOULDN'T SMOKE AT ALL.

5/20/2014 6:55:00 PM - Norma L Gunderson Spokane WA

Hi I am 61 yrs old female.

I began smoking when I 13 yrs old.

So I have had a long history of smoking..which I no longer do!!

I use ecigs & have been smoke free for over 8 months.

I have had 3 stents put in my heart & a long history of penumia (in the hospital toooo many times to count)

Two yrs ago I was in the hospital & almost died was on a resperater for 8-10 days of a 20 day stay.

I really almost died that time..I have COPD & as soon as I felt better I was back smoking 1-4 smokes a day (crazy!!)

but I started really feeling rough..So I tried the ecigs again & it has worked!!

Went for my checkups with all three of my Drs..Gp, respatory, & heart.

And they were so happy I had given up the smokes & told me the ecig was FINE to use.

So that is my story now my comment...Have you ever noticed when a theing such as the ecigs catch on & people are using the product how Government wants a piece of you & your Dollars!!!

WA state is one of the highest tax states in the Nation & they all want more.

Needles to say I live on a fixed income & can NOT afford more taxation.

Plus enough is enough!!!

Thank You for all your work you are doing to help prevent this.

5/20/2014 7:14:00 PM - Cathy Brown (cbrite), New Castle, PA

I am 70 years old and have smoked since I was 17.

I tried to quit smoking many, many times and with almost every smoking cessation aid out there--patches, gum, herbs, hypnosis, cold turkey--the only thing I never tried was Chantix because it scared me to death.

I stopped briefly with patches, but started smoking again shortly after I stopped using them.

I smoked AND chewed Nicorette gum (kind of like the President).

After I retired, I started smoking even more because I could smoke all the time.

When I got to almost 2 packs a day, between the cost and worrying that I might just kill myself, I decided to try e-cigarettes because I knew from other stop smoking endeavors that I missed that hand to mouth action.

I started with a kit from Greensmokes and after the first day never had another cigarette.

Shortly thereafter, I moved on to a personal vaporizer and discovered the joys of a multitude of wonderful flavors--vanilla custard, chocolate/banana, wonderful fruit flavors--even bubble gum! Those flavors keep me vaping.

I will never go back to cigarettes.

For me, the e-cig is a miracle--more than 50 years of needing a cigarette gone.

No more stink on my clothes and in my hair.

No more burnholes in my clothes from falling ashes.

Able to walk for blocks without stopping every 3 minutes to catch my breath.

No more sinus issues.

Just great flavors, good smells, good health.

My doctor told me at the last checkup that all my

tests were just excellent.

I am happy,

healthy, and smoke free.

Yay, me! .

5/20/2014 7:56:00 PM - Ron C. Manteo, NC

I've been a smoker for a 5 years. Picked up my e-cig last year, since then havent smoked cigarettes at all (except for a few occasions). Tried quitting before, didnt work, e cigs are the only thing that seemed to work

5/20/2014 8:39:00 PM - Renee McMahon

I started smoking cigarettes in 1974 while in high school. Through the years I smoked 1-2 packs a day. I tried quitting numerous times. Cold turkey, nicotine gum, nicotine mints ... nothing worked long term. I once succeeded in staying off them close to six months but continued to want them every day.

In 2011, at the urging of a family member, I purchased an Ego Kit and a bottle of 16 mg nicotine menthol tobacco liquid. At that time, I had four packs of cigarettes. Over the next week, I used both combustible and electronic cigarettes to make the transition. I found it much easier than I had anticipated. After a few days of being on only electronic cigarettes, I found that I could smell smokers as they walked past me. Within three weeks, I no longer had the nagging little cough that I had come to know.

As of mid-2014, it

5/20/2014 9:48:00 PM - Natalie Gray (Vapor Uprising)

I was a smoker for 11-12years. I started vaping in November of 2012. I use a standard electronic cigarette battery with a 900MAH. I started off with a 24 nicotine level I brought my self way down to 18 then 12 and now I am on a 6 nicotine level. I honestly tried to smoke a traditional cigarette because my battery went dead and didn't have an extra one this was 3 months after not having one and it made me ill with headache and got sick from traditional cigarette "but vaping

is worse" from what some people say don't understand that one. I walked out of electronic cigarette shop quitting cold turkey which I tried without the vape pen never could this without my vape pen. I tried quitting traditional cigarettes 4 times cold turkey (do not do pills) this worked for only a few months before returning to traditional cigarettes. I currently have been without a traditional cigarette for a year and a half I feel great. Health wise this is a great decision I had chronic bronchitis, raspy voice, chronic sinus infection have not had 1 since vaping normally I had each 2-3 times per year obviously vaping works. I also got my sense of smell and taste back within months of starting vaping. It is way better for environment as well you can recycle a vape pen but can you a cigarette butt?people need to do research before deciding anything you'd be shocked how this changes your life for the better.

5/20/2014 9:54:00 PM - Gary White

I started to smoke cigarettes when I was 15 years old. I remember stealing cigarettes out of my dad

5/20/2014 11:12:00 PM - Racheal sedmack

I smoked for 20 years starting when I was 15 years old. I tried all the over the counter stuff an nothing helped me quit. I was introduced to the e cigs and have now been smoke free for over 2 years!!!! If not for e cigs I would still be smoking.

5/21/2014 12:06:00 AM - Niki from Texas

I started smoking cigerettes when I was 10 years old. Unfortunately, I really liked it and continued to do it until about three years ago. I did quit once when I was pregnant with my daughter because it made me really sick to even smell it, but I started right back up after she was born. It did not make me sick when I was pregnant with my son, so I continued to smoke. A few years after he was born I tried to quit smoking using the nicotine patch, but without success. Even with the patch on I still wanted to smoke. So, I gave up quitting. I tried to quit cold turkey as they say, but couldn't do it. I would go in to a panic attack. I really did want to quit. I would be in tears I wanted to quit so bad, but I was to weak to just stop and the patch didn't work and I can't chew gum. So, one day my mom gave me and ecig that looked just like a cigerette. It was ok, but I was still smoking some. It did help me to cut down and then one day I decided I was done smoking cigarettes. I had quit smoking and was only using the ecig my mom had given me, but I was still really craving cigarettes. A few months after I started using this ecig, I ran out of atomizers, so I went to a local vapor store. I bought me a ego-t battery, some atomizers and some juice. I have not even wanted to smoke a cigarette since. It has almost been three years since I had a cigarette.

5/21/2014 1:50:00 AM - Miaya G. King Berwick Pa USA

Electronic cigarettes have stopped me from smoking harmful chemical-containing cigarettes. I have smoked off and on for about 12 years. Without electronic cigarettes,I would be a full time smoker.

5/21/2014 9:47:00 AM - Georgia Boy

I have been a smoker for at least 45 years....Using the Electronic Cigarette has great reduced my smoking....I am confident that this reduction trend will continue...I have used the Chantix and it helped but the E-Cigarette gives me that little kick of nicotine that obviously I still need....Plus it mirrors the habit of smoking....The Chantix though effective is very expensive and has several side effects that were not pleasant.....

5/21/2014 11:34:00 AM - Mr. & Mrs. Brown

My wife and I smoked for over twenty years.

We wanted to quit and tried every option available.

We tried gum, the patch, and even Wellbutrin.

The patch made me queasy, my wife found nicotine gum ineffective. The Wellbutrin was the worst, it caused first my wife, and then me to suffer horrible anxiety attacks.

We tried quitting cold turkey, many times.

Nothing worked and we would always resume smoking.

A friend suggested vaping with an e-cigarette.

We were skeptical at first and a bit concerned about what was in them.

But I did my research and found that the ingredients were regarded as safe and even used in asthma inhalers We tried it.

And e-cigarettes (vaping) worked.

It worked the first time and we are no longer smoking.

We have been smoke free for over a year and a half now.

We will never smoke again.

E-cigarettes saved our lives.

5/21/2014 11:44:00 AM - Jaimy Minneapolis MN

Hello all, I'm a huge advocate of vaping and found my way to this site, I must offer up my own story as to help support this very important and lfe changing cause for many of us smokers out there.

I smoked only for 7 years but I am an asthamatic so this was pretty hard on my health but I was addicted and loved the dance- of smoking.

Hand to mouth, the vapor.... Loved it. But just a few months ago, I was just getting sick of the smell, I had to increase my meds as my asthma was worsening and knowing what I was doing to my lungs and feared for my future. My Dr. told me I WOULD be on an oxygen tank in about 15-20 years if I continued. THIS scared me more than anything. And the idea that I could control this gave me the incentive to stop.

That's the hard part. I tried the NJoy e-cigs you find at convenience stores and did that for a few weeks, but it was just NOT the same. I stopped those & was disappointed. I went back to smoking regular cigs again for about 1 and 1/2 years. Sigh.

I started Googling e-cigs online to see if I could find a better kind and started to see "vaping" mentioned. What was this ?

I researched like crazy online, found a local B&M store & decided to go learn about them as I knew I would need some education about vaping and what exactly to buy. I walked out and the next day I was SMOKE- FREE and have been for over 3 months now. I NO longer need to use my asthma medication like I was.. Wow! That's a first. I can breathe wonderfully and NO longer cough, at all, ever. I can go upstairs without trying to catch my breath. I NO longer smell like disgusting cigarettes on my clothes, my hair, my car, my house. I'm no longer embarrassed because of this being around others now. I honestly had no clue as to how far my excitement over all this would happen. You don't reazlize how many facets- smoking destroys things around you. Your health, your attitude, your self esteem, others attitude about you, other people's health, too !

I love vaping. I expected it to be just like smoking but it wasn't. I was suprised at first but soon realized it's a whole NEW kind of experience. Eons better than smoking could ever be. I love the hundreds and endles flavors offered & types of gear & the ease of use.. The prices are SO reasonable that I'm saving TONS of money versus smoking analogs.. I will never go back to analogs cigs and I love supporting all my friends on vaping forums and the world, if I can. I feel better than I ever have in 7 years! We must protect this industry so everyone can vape affordably. LIves depend on it. Period.

Thank you, Jaimy ~

5/21/2014 12:17:00 PM - Claudio Benedi from Fairfax, Virginia

I began smoking when I was 18 years old and was a pack a day smoker for 26 years.

I had tried several methods of quitting smoking as it was beginning to have negative health effects on me. I tried going cold turkey but whenever I had stress or a bad day I would buy a pack of cigarettes and resume smoking. I tried nicotine patches but they did not work. I went to my physician and they prescribed nicotine gum, but again I was unsuccessful in quitting and would chew the gum and smoke cigarettes at the same time, which can be dangerous. I went back to my physician and he suggested Chantix, which he prescribed me. I followed the directions and experienced disrupted sleep and sleeping patterns and finally gave up on it. One day in 2010 I read a news story about

a new invention called the Electronic Cigarette and was curious if would work to replace regular cigarettes. I went online and researched them and ended up buying a starter kit that looked like real cigarettes and found that they could replace smoking for me instead of trying unsuccessful methods to quit. I then found online sources for eliquid, rechargeable batteries, custom mods, and have been successful in using this alternative method to be completely tobacco free for the last four years and have seen a great improvement in my health and my quality of life as a result.

While I know that electronic cigarettes and vaping still provide nicotine, I do not believe it is necessarily a tobacco product as nicotine can be derived from non tobacco sources.

Also, there are many eliquids available that do not contain any nicotine at all. If ecigarettes were no longer available or heavily taxed, over regulated, etc. I think it would do a lot of harm to a lot of people who would choose to remain tobacco users for its ease of use and availability. It is my opinion that smoking tobacco, and using tobacco products is by far more dangerous, addictive, and deadly than the use of electronic cigarettes.

5/21/2014 1:09:00 PM - Aaron M., Dayton, Ohio

131,400 cigarettes smoked.

$30,681 spent.

16 years. More than half of my life.

Without a sense of smell. Frequent bronchitis. Trouble recovering breath. Wrecking my life expectancy. Four failed attempts to quit.

I bought my last pack of cigarettes March 7, 2014, a few hours before curiosity led me into a local vape store and changed my life. My success inspired my older sister to make the switch as well, using low or no nicotine eliquid in conjunction with a nicotine patch to aid her quit attempt.

I am thankful to have found the products that worked for me. I am proud to be an ex-smoker.

Aaron M., Dayton, Ohio

5/21/2014 1:12:00 PM - Tinkiegrrl from NYC

As a rule, teenagers believe they are immortal and I was no exception.

I grew up knowing that smoking was bad for you.

That it kills people.

Even non-smokers could be harmed by the second hand smoke.

That didn't matter to my young, teenaged, mind.

What mattered at first was that a cool kid offered me one, and then after that, it was the buzz.

Finally, after I smoked enough, there was no buzz.

It was simply relaxing.

Stress relieving.

This was important, as I suffer from some anxiety issues.

I believe that I was self medicating those issues with cigarettes.

It's been 16 years since I lit that first cigarette in high school, and in that time the price of them has skyrocketed.

Smoking quickly turned from something the "cool" kids did, to something very uncool.

Smokers became social pariahs, and were banished to the outdoors.

Not only that, they were banished from certain outdoor areas and away from the entrances of buildings.

It became socially acceptable to speak rudely to a smoker.

To treat them as the scum of the Earth.

Further, my health started to deteriorate.

I could no longer climb a flight of stairs without huffing and puffing.

I smelled bad, and I hated being a slave to the urge to smoke.

Needing to interrupt myself from work and social settings to go outdoors in the rain.

Everyone who knew and loved me pressured me to quit, and indeed, I very much wanted to.

I began to look into ways to go about doing that.

I started with an attempt to go cold turkey.

This was the cheapest route.

I quit smoking for 16 hours before I found myself digging through the garbage can for that cigarette I put out the night before at only the halfway point.

I was in a full blown panic attack, and it made me THAT desperate.

It was obvious that cold turkey would not be possible for me.

Cigarettes were so much more to me then a simple bad habit, or even an addiction.

Cigarettes were a form of medication that I couldn't do without.

After failing so miserably, and in such a dramatic way, I went to the doctor next.

The doctor diagnosed me with GAD (General Anxiety Disorder) and prescribed me Wellbutrin in an attempt to make up for the calming effect that cigarettes gave me.

The first week that I was on that stuff was the worst week of my life.

It had the complete opposite effect on me, and I was suffering from panic attacks DAILY.

From what I read, I'm not alone in that.

Even the newer medication, Chantix, has been known to have negative mental side effects.

For a couple of years, I kept trying different medications to treat my anxiety disorder so that I could quit smoking, but no medication was ever worth sticking to with the enormous side effects I had to suffer while taking it.

I kept smoking just to keep living my life without them.

Eventually, I got around to trying things like the patch and nicotine gum.

This wound up being nothing more then a complete waste of my money.

The patch either delivered too much nicotine or not enough.

Even more, it made my skin itchy.

It also didn't satisfy the hand to mouth motion, which in itself helped me with my anxiety disorder.

The gum worked marginally better, being in my mouth.

However, I wound up only using it when I was in situations where I could not smoke and it left me still craving a cigarette.

Finally, in November of 2013, my mother purchased me a variable volt, 650 mAh, passthrough, ego battery that came with a plastic, bottom coil clearomizer.

She purchased it while staying with my grandmother for the final month of her life.

My grandmother was dying of lung cancer, and had signed a DNR.

She wanted to die in the comfort of her house, and as a nurse, my mother went down to South Carolina to oversee the hospice nurses and tie up my grandmother's affairs.

My grandmother smoked for 30 years, but quit 15 years ago.

She got lung cancer that spread to her brain regardless of quitting.

The damage was already done.

The hospice nurse that came to assist my mother took my mother to a local, SC, vape shop and recommended the tank type, ego system over other vape systems like Blu for pack a day smokers like myself.

My mother, who wished to get me away from tobacco products, picked out cherry flavored e-liquid for me at 18 mg nicotine level.

I was skeptical when my mother gave me the starter kit after failing with things like the patch and gum.

Still, considering the circumstances that lead my mother into that shop, I felt I had to promise to give it a try.

Lo and behold, a week later, I was no longer smoking cigarettes!

I couldn't believe it.

I was even able to vape my way through cravings while my husband smoked a cigarette in front of me.

There was still some withdrawal from the other chemicals in cigarettes that create something of an antidepressant, but it was no where near as bad as when I tried to quit cold turkey.

My husband was so impressed, that he ordered a starter kit for himself and quit smoking a week after I did.

I firmly believe that without vaping, I would still be smoking.

Further, after trying a few systems like Blu out of curiosity and a desire for the cigarette like form factor, I do not believe that something like Blu would have worked for me.

Those little batteries are no where near satisfying and just leaves a smoker wanting more.

5/21/2014 1:17:00 PM - Nicholas Romano from Wall Township

I tried smoking cigarettes at age 13 because I thought it was "cool".

By the age of 16 I was smoking a half a pack a day.

Starting around the age of 22 I wanted to quit smoking.

I first tried the patch but it did not give me that kick I desired.

I then attempted the gum but I actually increased my nicotine intake and had to stop that.

Next was the Nicotrol inhaler.

It was like inhaling pepper and looked like I had a tampon hanging out of my mouth.

Then I tried two of the drugs approved for smoking cessation - Chantix and Wellbutrin.

The first made me manic and caused me to have psychotic side effects, the latter made me feel very strange and stagnate.

So FDA approved options all failed and I went back to smoking.

Now I am almost 36 years of age and I suffer from hypertension, CAD and ventricular tachycardia.

I was desperate to quite once and for all.

That is when I found e-cigarettes.

As a result of being able to use the variable voltage device that I have now with juices I purchase from local vendors and online, I have been cigarette free for 6 months. Before this, the longest I had been abstinent from tobacco was 3 weeks.

By raising the taxes on e-cigarettes and related products I feel the State is punishing me.

I quit tobacco after giving NJ State a fortune in taxes for my tobacco use over the years, I should not be punished for doing exactly what the government wants me to do, stop using tobacco.

I also feel it's absolutely ignorant to consider e-cigarettes and nicotine vaporizers tobacco products.

They simply are not!

From my personal experience this is the best solution when compared to any and all FDA approved options thus far.

At the very least, the State should wait for the FDA to make it's final determination on defining what e-cigarettes are before New Jersey treats them like they would tobacco products.

Please let logic prevail here.

5/21/2014 1:56:00 PM - Jwatson, baltimore

Hi, just thought I'd take a second to share my story so that I might help someone. My name is Justin and I've lived in Baltimore my entire life. At the age of 14 I began smoking cigarettes. It started as a passing hobby but quickly became an addiction. I went from a 2-3 cigarette a day habit to a pack and a half a day in no time. I remember countless occasions throughout my 10 year smoking addiction where I would wake up in the middle of the night coughing so hard that I would have to get out of bed and walk around so that I could breath. Shortly after I began smoking my aunt died from lung cancer as a direct result of smoking. At the age of 18 my grandmother lost her leg and eventually her life because of her two pack a day habit. But despite seeing relatives die and noticing the obvious signs in my declining health, still I chose to smoke. Periodically I would attempt to quit, cold turkey, the patch, I tried it all. I would successfully quit for a period of time but always came back to the nasty habit after a short time. About 3 years ago I saw a close friend of mine smoking what he called an "electronic cigarette ". To be honest I laughed at him in the beginning and was a little put off by the thought of "smoking" a battery powered device. The first time I tried it for myself it using a knock off piece of junk that would dribble nic juice in my mouth. Needless to say I was less than impressed. It wasn't until I took the actual dive a spent a decent amount of money on a good starter kit that I realized the true benefits to these devices. Over the past year I have gone from that starter kit to a high end device made in the USA and I haven't looked back since!!

I breath better, smell better, and feel that my over quality of life has improved. In my opinion this was one of the best choices that I've ever made and I truly hope that someone reads this testimonial and at least gives e cigs a try. You will be extremely happy you did

Breathing better in baltimore

5/21/2014 2:39:00 PM - Weizenheimer

I was a smoker for 28 years having started at age 11. I began using ecigs 8 months ago. I began with 18mgml strength eliquid and have worked my way down to 6mgml. I have never smoked another tobacco cigarette since the moment my first ecig (Provari mini) was delivered to my house. Since I have made the switch, I can breath more easily, have stoped coughing all the time, have improved sense of smell and taste, don't stink, and don;t have to deal with dirty ashtrays.

5/21/2014 3:08:00 PM - Deborah Lutz Verbena, AL

I was a smoker for about 25 years. Two years ago I started using an E-cig. Within 2 weeks of using the e-cig, I was completely off traditional cigarettes. I have used the Max Pro E-cig until recently and I now use a larger improved E-cig with a longer lasting battery and a chamber that holds e-liquid. I have used the medium strength e-juice since the beginning. I haven

5/21/2014 4:35:00 PM - Kbennett 65 From Wisconsin

I am 49 years old. I started smoking when I was 14. Back in those days the legal age for tobacco purchases was 16 in Wisconsin, but I never had any difficulty buying cigarettes at 14.

Heck ,there was even a place for students to smoke when I was in high school, and teachers still smoked at their desks.

I didn't think I had any health problems related to smoking....I know, I know...pure denial. No problems but never mind that I couldn't walk more than a few blocks without

huffing and puffing and forget about running. Walking up a long flight of stairs was always to be avoided.

I started using e-cigarettes along with smoking a few years ago only because I was traveling and knew I couldn't smoke in my hotel but I could use an ecig. I only used them when I was traveling or in situations where I knew I couldn't smoke. Now I use e-cigarettes more. I started smoking less and using ecigs more because cigarettes had gotten so darn expensive. Then I started noticing some improvements besides saving a little money.

I can breathe easier, walking is something I no longer avoid. I can smell and taste better.

The best is my mother, who is so allergic to tobacco smoke that she had a hard time being too close

to me or my sister (also a smoker), she now has no problems spending time with us.

I sincerely hope that e-cigarettes, personal atomizers, or whatever name you choose to use are not regulated out existence as they have proven very successful in helping people quit using tobacco products, which we already know have potentially fatal side effects.

5/21/2014 5:28:00 PM - KD Leon County FL

Hi, I'm a 29 year old female and I smoked my first cigarette when I was about 11. And smoked on and off for the next couple of years. Nearly everyone smoked around me when I was 13 (mostly all my life), so naturally, when I was a teenager, I wanted to do it too (As most teenagers usually do want to do what they are told they can't or shouldn't do.). I became addicted at 13 spending all my lunch money on cigarettes. I continued to smoke for years. I think it was when I was 25, I tried to quit smoking using the patch which only worked for about a month. When I picked up that first cigarette after the patch, I was hooked once again.

I have always hated the smell and taste of traditional cigarettes, but was hooked on the nicotine. I carried with me so much perfume, hand sanitizer, gum and mints to cover the smell and taste.

So, not only was I paying for cigarettes, but I also had to buy all of this extra stuff to cover the taste and smell. My body also felt the affects of smoking. My heart rate would increase after every cigarette, and sometimes I would get dizzy and feel fatigued. Not to mention, having all of the known deaths and illnesses resulting from smoking traditional cigarettes hanging in my mind with every drag I took. In 2012, I tried my first pack of Blu's Electronic cigarettes. They worked somewhat, but I was spending about the same amount on those as traditional cigarettes, and found that when I ran out of cartridges and had only $6 to spend, well, I started smoking traditional cigarettes again.

The e-vape liquid e-cigarette was introduced to me by my older sister. She had smoked for several years longer than myself. And she hadn't smoked a traditional cigarette since buying her electronic cigarette. After a couple of months hearing about her and her husband's success in quitting smoking traditional analog cigarettes, they bought me an electronic cigarette kit for my birthday. And I'm so glad they did.

I got my first kit on November 1st, 2013, and was so happy that I didn't have to go outside to smoke. I was super bummed out when my battery tread was chased after a couple of months of use. I borrowed one of my brother-n-law's batteries, and quickly purchased two replacements, which I am still currently using.

Now days, in the mornings I feel much more well rested. I don't even have to vape (puff on my electronic cigarette) right away when I wake up whereas with traditional cigarettes, I would scramble to get out the front door to smoke. Plus, that heart rate increase, it doesn't happen anymore. One of the greatest things for me, is waking up in the morning without tasting cigarettes on my breath. I always hated that.

Also, the countless savings I found with electronic cigarettes. I found that I can spend about $40 with the electronic liquid vape system a month whereas I was spending about $180 on traditional cigarettes. Not to mention that the mints, gum and perfumes are a

rare buy these days. I'm not rushing to buy more when I run out to cover the dreadful smell and taste of traditional cigarette smoke. Even my non-smoker (never smoked a day in his life) boyfriend says that the vapor smells really good. He is super happy that I have switched from traditional cigarettes to electronic liquid vapor.

I will admit that from time to time, I will smoke a traditional cigarette, but that is usually if someone provides a menthol, or I'm just in the mood to reminisce with traditional cigarettes. If able, I will never go back to traditional tobacco cigarettes and will continue to use the liquid vapor electronic cigarette until I lower the nicotine levels and quit entirely.

Here's some food for thought. In December of 2013, after using the vape system for about two months, I went and purchased more juice for my e-cig. I used that juice for about a day and a half. I noticed that it wasn't hitting my throat the way that nicotine should, so I went back to the E-Cig store. It just so happened to be that I had been vaping a no-nicotine e-juice. So for that entire day and a half, I had no nicotine. I only returned to the E-Cig store because the vapor wasn't hitting my throat the same as previous vapors. That was the only reason. If nearly any traditional cigarette smoker goes a day and a half without smoking a traditional cigarette and wants one, rest assured, there would be more symptoms (irritability being the main one) presented.

Plus, I don't have to worry about my toddler or my non-smoking mother getting 2nd hand smoke, which is said proven more dangerous than first hand smoke from traditional cigarettes.

As far as the different flavors of the liquid(s) (e-juice) appealing to the youth, traditional cigarettes didn't smell good or taste good and yet there are countless numbers of people who began smoking in their youth (as a teenager). The fact of the matter is that teenagers who want to smoke are going to smoke regardless of if it's traditional cigarettes or electronic (Just the same as with any substance with a legal restriction). That's been proven true with traditional cigarettes, alcohol, guns and illegal substances. And yet one of the most harmful, traditional cigarettes, is still being sold. The flavors in my opinion help to negate the endless and insatiable need to smoke traditional cigarettes. The electronic cigarettes are here for people who have a strong desire to quit smoking traditional cigarettes for a number of reasons, may it be used as a smoking cessation device (though it's not advertised to be as such, that is the choice of the user), or as a safer, better tasting, pleasant smelling, inexpensive or less harmful nicotine alternative. To ban an alternative that has improved the lives of the smoker and that of the non-smoker, is incomprehensible and takes away our right as people, smokers and non-smokers, to choose.

5/21/2014 6:53:00 PM - Jami L. Stanek Small Business Owner

I am an ex-smoker today because of vaping. I smoked for 20+ years and would of probably died from a smoking related disease. I have to say that my health is the best that it has ever been as an adult. My lung capacity has increased, My blood pressure is down and my ability to stay healthy has greatly improved.

The passion for this technology has caused me to share this with 100's of people through our business of helping people convert from smoking to ecigs and eventually free all together. As I agree with most of your regulations and we already support most, Not selling to minors, Clear labeling and not marketing towards being healthier alternative. Adults have the right to choose and this should not be limited by our govt. By supporting these regulations you are changing the rights of american citizens to choose and giving the ability of the big tobacco companies the only ones to sell ecigs.

To date there is no data showing that ecigs are related to tobacco or any side effects of tobacco, so they should not be regulated as such.

You are basically taking an emerging market that is trying to change the lives of millions of people in the United States the land of freedom and the american dream, and handing it back to the same companies that have landed us in this position with tobacco products.

As a citizen of the United States, we have the rights to choose and to be capitalists and the United States government is proposing to stop this due to marketing and lobbyists campaigns and not the sound facts.

I challenge the FDA to do its research and due diligence before passing any regulation and stand on its on two feet, and not lay down to the money of big tobacco and pharma corporations.

Thank you,

Jami

5/21/2014 9:28:00 PM - Jonathan Giannone

It all started in middle school, I was 14 (approx) years old and my step father smoked Marlboro Red 100's and always had packs laying around the house and I was curious obviously so I snagged one when he went to sleep and went out to smoke it when he left for work in the morning. Wow... The buzz was crazy! I was tingly and light headed and thought it was pretty enjoyable. For a while I smoked every now and then, until I asked my brother to buy me a pack. Camel Crush Blue, Or original? Idk, whatever the first one they made was. Anyways after I had my brother to buy them for me I smoked 1 or 2 a day, everyday. And it just escalated from there. Well one day at the mall I saw a kiosk selling e-cigs and I was so fascinated by them so when I got home I googled e-cigs and that's when I found Blu. I decided, instead of buying a pack of cigs, why not try a Blu? I asked for a magnificent menthol but the store he went to was out of those so he got the tobacco one (I think it's pipe tobacco, it has a pipe on the carto) and I was definitely happy with this decision. Virtually odorless and the vapor produced is thick, but doesn't linger long at all compared to actual smoke. From then to about a month or two ago I was on and off between cigs and e-cigs. I had quit analogs for a month but then messed up and smoked a real cig. So as of now I vowed to quit. And I will. The ECF and CASAA community are very supporting, informative, and all around fantastic. All the vapers in the forum are super cool and friendly and would gladly help you and answer any questions. So yeah. That's my story. Thanks for reading! May the vape be with you! (Star Wars reference lol)

5/21/2014 9:30:00 PM - Julie (JJ from GA) Anderson

My name is Julie and I began smoking seriously as a teenager (age 14) although I smoked when I could do so privately (without being busted by parents or adults) since age 12.

Like most other teens, I was sure that I would never get 'hooked', not me!, I was too strong for that!

I truly enjoyed smoking!!

Then I got a little older, began paying attention to all the 'possible health risks'--but none of it was enough to make me quit.

Then I married and we decided it was time to have children.

I couldn't quit.

I tried.

I tried HARD.

I COULD NOT QUIT.

I cut back as much as I could during pregnancy, and heard all the hateful comments, and cried in private because I COULD NOT QUIT.

In 2009, a friend talked me into trying a 510 cigarette with an atomizer that required constant dripping.

It was a PITA (pain in the #$%) and the vapor was lacking at best.

Finally, in 2012, my husband (who NEVER smoked) asked me to look into e-cigs as his brother and mother had successfully quit cigarettes.

I talked to a few friends; but really I figured I would try (again) for another week to prove I'd made an effort and go right back to smoking.

I honestly didn't intend to quit ;)

So a work friend turned me on to an EGO and 3 days later... I threw away the remaining 6 packs from my last carton and haven't looked back since!

I was a smoker for 38 years and a serious smoker for 36 and even though I wasn't truly looking to quit, all it took was an EGO and sugar cookie liquid! (Sugar cookie is still my hands-down favorite 'comfort vape'.)

Over the last two years I've tried numerous hardware types (18650, 18350, 18500, 26650, 26500, 123A, 10440 battery MODs, mechs, 350, 650, 800, 900, 1100 EGOs and EGO-types, Twists, Hybrids, etc) and countless (over a 100) flavors in varying nicotine strengths.

These days I use several different MODs (depending on my location/mood) and rotate through 10(ish) flavors regularly.

I went all the way down to zero nicotine, but discovered I'm very scatter-brained and quite bitchy at zero nic...so now I usually pay my local vape shop to put 2-3 drops of nic into my bottle which is probably less than 1% but it's enough to keep my body and mind happy.

If I'm upset, I find I vape more and when I'm deeply engrossed in an activity or reading, I don't vape much at all.

It's been over two years since I had a cigarette and the last time I TRIED to smoke one (2 days after my EGO discovery), I couldn't finish it because it made me cough and tasted like caca!

I can't imagine giving up my e-cigs.

I'm healthier.

I've missed less work and have the timecards to prove it!

I feel better.

I can taste so many more flavors in food.

My car/house/clothes/breath smells soooo much better.

On the negative side, I tend to be a bit more easily distracted, I'm guessing from a lack of nicotine.

Anyway, that's my story.

Julie (JJ from GA)

5/21/2014 9:31:00 PM - Steve Hayton, Oklahoma City, OK

I smoked for 40 years and tried several times to quit using gums, patches, hypnosis, and cold turkey with no success.

8/24/14 I smoked my last cigarette and after much prayer, started vaping. My brother, who also quit, had purchased the hardware a week earlier for both of us.

I started using 18mg.

I have not smoked any tobacco since.

I currently us 6mg and have gradually reduced my compsumption.

I know several others who have quit and many more who have cut down dramatically.

My pulse rate dropped about 20 beats a minute, my breathing is so much better.

I thank God nightly for His help and the electronic device.

5/21/2014 10:25:00 PM - J.E.Paige (Pooh) from Vancleave M.S.

This is my story, and I am proof that electronic cigarettes work without a doubt! At the age of 18 i choose to start smoking cigarettes because it was cool. I smoked for a while without being able to inhale the harsh smoke they produce, but i was determined for it to look real in front of other smokers. While thinking at the time that it was not as addictive as i had heard, one reason being they didnt taste very good. Then as a little time pasted a close friend who also smoked offered me a menthol flavored cigarette. Before i knew it i was definetly hooked because now i liked the taste and my body needed the nicotine. After smoking for a few years i began to notice some negative affects like shortness of breathe and coughing. Not to meation how bad i smelled to my nonmoking friends and family. Now with several years of smoking under my belt i started the extremely hard part of wanting to quit. I tryed quitting cold turkey several times only to fail countless times. Then at the age of 30 and 12years of smoking a pack to pack and a half of cigarettes a friend introduced

me to an electric cigarette that was

hanging around his neck , he and his wife had been doing it for

several months and loved the positive affects. He began telling

me about how much he had cut

back and his wife had completely quit w an ego style battery and a cartomizer tank w a cool shaped drip tip. I was amazed at how cool

it looked but was still unsure then he showed me a flavor list with flavors like apple pie, peanut butter cup, and banana nut bread to name a few. I was definetly intriged. At the time he was vaping on peanut butter cup w 18mg of nicotine. It taste just like the real thing. So my

next question was what is the cost ? And the cost compared to a carton of cigarettes was amazingly cheaper and it tasted very good and u could get your nicotine. What more could a smoker need? It wasnt long before i bought my first kit , it contained

double ego

batterys and cartomizer tanks with some good tasting dessert like liquid in 24 mg nicotine strength. Right away i dropped to a half a pack of cigarettes

and never been happier. Over about 3 months time i had also got a dozen of my family and friends to buy kits with success. So for a year i smoked and vaped never could completely quit. Until one day i stopped by a local vape shop and bought a couple of new flavors and one of the flavors called dragons crown i really enjoyed it alot i vaped

and smoked for couple of weeks.then i woke up one morning as always i started my day by lighting a cigarette only on this morning something had changed!!

My normal brand menthol tasted horrible that morning I took a couple of drags and quickly put it out! It tasted that bad i couldnt finish it! That was 8months ago and that was my last stinky(cigarette). My life has completely changed for the better in so many ways. To list a few I can breathe just like before i started smoking, absoultly no coughing , and i smell better! Vapor actually smells pleasant. Sense quiting i have upgraded my personal vaporizer to a mechanical mod and a kayfun atomizer to name one. I enjoy vaping and helping people transition over. The quality of life is outstanding!

5/21/2014 10:26:00 PM - Kdf Haleyville al

Without the vapor I would have never been able to quit cigarettes

5/21/2014 11:28:00 PM - ray cummings

66 years old . smoked two packs aday for 40 years. my mother passed away in april 2013 she smoked two pack a

day. at her wake I

started smoking blue ecigs they were terrible.

went on line found some nice ecig sites. not big tobacco sites. mom and pop sites found what I wanted and have not had a anolog cig since ray south of boston ma

5/21/2014 11:36:00 PM - Derek in Fl.

I am in my early forties and have smoked since the age of fifteen. I have previously tried quitting with all the commonly recommended methods. Chantix made me depressed, completely flattened my mood and made me generally miserable. Neither the patch nor gum helped @ all and quitting cold turkey I only made it two weeks. I had resigned myself to being a smoker until the day I died. Then, thanks to a close friend of mine who managed to kick a forty plus year habit, I tried my first "e-cig". It was amazing, within a week I had completely stopped smoking. It has now been almost four years since my last cigarette (Oct. 2010 was my last). E-cigs are useful because they address all aspects of the smoking addiction. The hand to mouth action, the mouth-feel, and physically seeing the vapor while I was vaping. I will also add that having different flavors is very useful in stopping smoking. Hopefully my testimonial will help someone else quit.

5/21/2014 11:37:00 PM - Jose Cordero San Antonio tx

My name is Jose Cordero and I started smoking since I was 16 years old

I am 42 years old now

I was smoking about a half a pack a day of Marlboro lights

and when I was having a couple of beers a pack of cigarettes or more I tried to quit a bunch of times but I always went back to smoking

the truth of the matter is I loved to smoke . In June 2013 when a friend of mine told me about the vape pens

I decided to try it and I loved it . I been vaping ever since tried different flavors and I love it I have not smoked a single cigarette since I started vaping

almost a year ago

I feel great

I have more energy best of all my family is so happy that I don't smoke cigarettes anyone . I strongly recommend it

to all the smokers out there that have not tried it yet. You won't regret it.

You will not touch another cigarette again. Best regards Jose Cordero.

5/22/2014 1:09:00 AM - Jonathan L from California

I smoked since I was 25 years old.I told my thing girlfriend now fiance that I would quit smoking when I turn 30 so I decided to pick up electronic cigarettes since then I have not smoked a cigarette is now in 2 years

5/22/2014 4:38:00 AM - Karen G. Ohio

I was a pack-a-day smoker for ten years.

Although I enjoyed smoking, I hated the smell on me and my clothes.

I also knew it wasn't healthy for me.

I would frequently wake up at night coughing towards the end of my smoking experience.

When e cigarettes came along, I was very curious about them.

I first tried a disposable from the drug store.

It wasn't very good.

I also started noticing the kiosks in the malls selling ecigs.

One of the vendors had a website which led me to search online for better products. I ordered an ego type model with some juice.

Once it came in, I tried it and I was hooked.

Three days later I had my last cigarette and it tasted horrible.

I totally quit smoking three years ago and haven't had a single cigarette since then.

I feel much better-no more coughing.

I still use e cigarettes because I really enjoy all the flavors. I never want to go back to smoking, but if my personal vaporizer is taken away from me by overregulation, I'm not sure what I would do.

My family is also happy that I quit smoking.

I don't smell anymore.

My car doesn't smell anymore.

I don't have to go out in the cold anymore.

Vaping is the best thing that has happened to my health and it is my lifesaver!

5/22/2014 11:48:00 AM - Sandra James, Prattville, AL

I am a 46 year old e-cig consumer. I smoked cigarettes for 28 years of my life. They were my best friend. I have been vaping now for 3 years. I tried RX meds, patches even hypnosis to try to quit smoking but none of that worked. The only thing that worked was my e-cig. I do not smoke cigarettes at all now. When I started vaping I did not smoke at all. Chantix was the only thing that came close to helping me stop smoking but it still did not work. I know someone has to want to stop before they can but with the e-cig it is not like you are stopping anything as far as habit goes because it can offer so much more freedoms. You don't have the smell that comes with smoking and you can easily go in a restroom and vape or in your car. For me it helped because I would not smoke in my house due to the smell but now I can vape while watching T.V. and other inside activities and if I want to vape while visiting someone at a hospital I have that freedom. It is the only way I have ever been able to put down cigarettes. The changes in my quality of life have been nothing but positive since I chose to use vaping as my smoke free alternative.

5/22/2014 5:32:00 PM - robin giles south milwaukee, wi

i have smoked 44 years, and over a pack a day.

Over the past 5 years i have tried everything under the sun to quit smoking, from the patch to chantix, and everything in between. Last year in june my son came from florida and gave me a rechargable vapor mod with a juice that had nicotine in it. i played with it for about a month and then i gave it a shot, the first month i stole maybe 5 cigarettes and after the 5th one i got a little sick and never touched one again, I started on .24mg of nicotine and now i am on .06 nicotine level i hope to be on zero in another month. it has been almost a year since i have had a cigarette, after my son seen that it actually worked for me after trying for so long to quit,

he moved back to Wisconsin and he opened a vapor shop in Bay View, Wi called Lakeview Vapor, and is very successful and getting people to quit smoking.

5/22/2014 8:39:00 PM - Thomas E Goyette

I started smoking when I was 16, shortly after getting a job at a local Bar & Grill as a dishwasher, everyone there smoked.

I smoked ~2 packs a day until my freshman year in college, 2006 in St. Cloud, MN I discovered Hookahs... Shortly after falling in love with and owning a Hookah I only smoked 4-5 packs/week and preferred to use my hookah.

I knew combustion was carcinogenic and bad.

I tried to quit smoking, there was just no way.

Nicotine Gum, patches, chew, did not appeal to me.

Quitting nicotine seemed impossible.

I was studying Electrical and Electronics Engineering and for my senior year design project

I began development of an electronic hookah coal, using a closed loop system to perfectly emulate the behavior of a charcoal.

During the research stage I discovered the electronic cigarette community, I bought multiple of every model I could find for sale at the time.

I would see how they worked, experience there performance and then reverse-engineer them.

I haven't bought or smoked a cigarette since my first E-Cigarette arrived in the mail.

In late 2010 I had begun building 'Mods'.

Since 2010 I have not purchased an E-Cigarette component.

I am fully self-sufficient.

I can walk into any decent retail store and come out with the parts to build an E-Cigarette that out performs anything on the market.

In early 2011 I bought 10 lifetimes supply of nicotine.

Even so, with all the talk of FDA regulation I have perfected the technique distilling the alkaloids from tobacco.

It is now 2014, I run 2-3 miles every Tuesday and Thursday, Monday and Wednesday you'll find me at the Gym lifting weights.

I am self-employed and vape constantly, ~8 ml/day at ~16mg/ml full spectrum tobacco alkaloids.

In 2007 I was 19 and couldn't walk half a mile without wheezing.. I am quite grateful to the inventor of the electronic cigarette, you saved my life.

5/23/2014 12:07:00 AM - Karen Riner

Not everyone has a physical "addiction" to nicotine...some people have an "emotional" addiction, if you will, for some type of "comforting" repetative motion.

Like puffing on an ecig, or biting their nails or sucking their thumb. I don't fully understand the hand to mouth need, but I have it.

With the ecig, I am not "forced" to smoke nicotine to simply satisy that hand to mouth need and here is the kicker...for the first time in 40 years, I am not being forced to ingest nicotine to satisfy an emotional need!

I am 61 years old and have smoked heavily, 1-2 packs a day, since 1972.

I quit smoking all nicotine/tobacco products two years ago.

I used an ecig to accomplish this successfully, over a 5-6 week period.

I tapered off the nicotine, begining at "10" and dropped "2" points each week, then completely eliminated the nicotine altogether, never to have it added again.

I continue to puff on the "nicotine free" ecig machine as needed.

I continue to have the "hand to mouth" need, something similar to nail biting.

However, no nicotine consumption or second hand emissions is required!

To quit smoking, you have to "want" to stop...even with the aides (the patch, the gum, etc.) the reason for that is...the aides rarely work unless you already have extraordinary well established self-control.

I didn't smoke because I was "addicted to nicotine".

Everyone told me I was addicted to nicotine, but they really did not know that for a fact.

They just assumed that after 40 years of smoking 1-2 packs per day, I must be addicted to nicotine.

As it turned out, I started the ecig at 10 units, an extremely LOW number for units of nicotine to begin with,

for a 40 year smoker of 1-2 packs a day.

I had absolutely no discomfort whatsoever.

No need to adjust the level of units of nicotine.

No stress, no withdrawal symptoms at all.

I was always completely satisfied with 10 units or 8 units or 6 units, it made no difference to me physically.

When I elimated the nicotine altogether...I was completely satisfied with just puffing on a flavored vapor.

How could that be?

I smoked for 40 years like a smoke stack!!

Over the years my doctor's talked me out of using Wellbutrin with Chantix or the patch or even the Nic gum, because I did not "want" to stop smoking, but no one cared that I did not "want" to for emotional reasons!!

They insisted, I had to "want" to quit and that I was "physically addicted", I had to admit to it (like an alcoholic), for the aides to work.

Bunk and more Bunk.

I don't bite my nails anymore since I started using an ecig either!!!

Longest, healthiest nails in the world, today...

Karen Riner

5/23/2014 12:46:00 AM - Jon Linville (Stringplucker) from Tarentum, PA

I was a tobacco user since I was 9 years old.

Growing up on a tobacco farm, becoming a user was expected.

Mom smoked.

Dad smoked.

My older brother chewed tobacco.

I started chewing tobacco.

After a number of years, I moved on to cigarettes.

When I was 21, my oldest child was born.

That was the first time I tried to quit...cold turkey.

That didn't work

A few years went by, and I tried it again, this time using Nicorette gum.

The taste was horrid.

I was back to smoking within 3 days.

My youngest child was born in 1999, and I tried to quit again, this time using the patch.

Again, another failure.

Since that time, I've been hypnotized, attended support groups, etc...nothing worked.

My doctor tried to prescribe some of the oral medications available, which I refused to do...too many horrible side effects, to include suicide.

For Christ's sake, I was trying to quit to live longer, not to risk killing myself because of side effects.

My oldest, now 20 years old, introduced me to her eGo battery with a CE4 clearomizer attached, filled with green apple flavored e-juice.

2 days later, I bought my own kit and haven't touched a cigarette since.

I'm now 60 days clean with no bad cravings.

I started out with 18mg nicotine e-juice, and am tapering myself down.

I now average 12mg of nicotine, and am hoping to be nicotine free by the end of the year.

With e-cigarettes, I know I'll never go back to smoking again.

Vaping has saved my life...and I hope to see my grand daughter grow up, which i had no hope of while smoking.

5/23/2014 1:20:00 AM - Mary

I snuck my first cigarette when I was a young teenager.

My parents were both smokers, so I'd hoped that they wouldn't be able to tell.

My conscience got the best of me and I laid off until I was a junior or senior in college.

Then, I started buying a pack of cigarettes here and there and would smoke when I was walking between classes (praying the entire time that nobody would see me because I was embarrassed to be caught smoking.)

After college I laid low for a while, but then found myself bumming smokes from my friends, especially when we were out having drinks.

Little by little, I was smoking more and more a day.

My friends all smoked, so it was nothing to be among them and smoking a pack or so a day.

We'd always joke about "If the price of cigarettes goes above $x.xx, we'll quit."

Yeah, right.

About four years ago (2010), I'd met with a client who was puffing on this weird-looking cigarette - INDOORS!

I asked him about it and he directed me to a US-based e-cigarette vendor.

Intrigued, I went shopping and got myself a starter kit which included two "cig-alike" batteries, the recharging case (that looked and felt like a pack of cigarettes) and some of the flavor cartridges that sat upon the atomizer.

Admittedly, these new-fangled electronic cigarettes were more of a novelty to me.

I was still smoking regular cigarettes, but not *quite* as often per day while I played with the "new" e-cigarettes.

Apparently, I was still missing "something" that I couldn't quite put my finger on.

About a year later (2011), I was going to be traveling with a group of non-smokers for a week-long trip.

I didn't want to take any real cigarettes with me, so I stocked up on some fresh flavor cartridges and took my electronic device with me.

I managed a whole week without a regular cigarette (although there were a number of times I had to go to designated "smoking" areas in order to use my e-cigarette.)

However, I got home from my trip, and first thing I did was to buy another pack of cigarettes.

Fast forward to 2013.

My uncle had previously been diagnosed with lung cancer (he was a life-time pipe smoker.)

This was the man who'd been like a father to me after my own father had died.

To have watched him deteriorate in the last couple of months of his life had an impact on me - but I still kept smoking.

Three months ago, I started digging back into the e-cig world.

I went back to the site from which I'd made my initial purchase all those years ago.

Decided to try a different route - I didn't like the pre-filled cartridges, but there was this "re-fillable" cartridge in which I could put some e-liquid.

I purchased a number of ZERO nicotine flavors and the refillable cartridges.

Again, form over function still wasn't quite what I hoped, as the batteries didn't seem to last as long as I wanted, and refilling those little cartridges was becoming a bit of a pain.

I NEVER contemplated the nicotine gum, patches, or most especially Chantix.

I had heard stories from a couple of friends who tried Chantix, and the psychological side effects were scarier than the potential for lung cancer.

I went back one more time to my on-line vendor (I had yet to do any real research on e-cigarette devices) and opted to "upgrade" to a "more sophisticated" device.

A longer-lasting rechargeable battery and a tank that attached to the battery that would hold more juice than those little refillable cartridges.

I was SO excited the day it arrived - so much so that I braved hazardous road conditions on what was basically a snow day to go to my office (where I'd opted to have this new e-cigarette kit delivered) just so I could try it out.

I fumbled through its setup, but after a couple of false starts, I'd figured out how to use this new gizmo.

I was taking it to work, and instead of braving sub-freezing temperatures to go outside to smoke, I was sitting in my warm office "vaping" instead of SMOKING.

I would still smoke cigarettes here and there, but little by little, I was consuming fewer and fewer regular cigarettes.

Within TWO WEEKS, I had purchased my last pack of cigarettes.

Since March 10, 2014, I have not smoked, nor have I had the desire for a regular cigarette.

I have acquired even more "sophisticated" equipment to enhance my "vaping" experience.

I am regularly using very low-level nicotine (<6mg/mL) because smoking wasn't so much the nicotine experience for me, but rather the "hand-to-mouth" habit.

Some exceptionally notable benefits: 1) My clothing and my car no longer smell like a filthy ashtray 2) My co-workers think my office smells like a bakery 3) My sinuses feel clearer 4) I don't snore (potential for sleep apnea) anywhere near as much or as badly 5) I'm not coughing up phlegm EVERY MORNING - I almost never cough at all anymore 6) I don't wheeze when I breathe 7) I've actually lost a little bit of weight - I do not have the need to randomly snack because I still have something to do with my hands, and stuffing empty calories into my body isn't one of

them 8) I have not contracted my almost annual case of bronchitis (many times of which required breathing treatments to break up the incredible amount of fluid in my lungs)

I had told myself for years that "I need to quit smoking."

"It's all mental, and I'll quit when I'm ready."

It is mental, but it is also physical.

I have been blessed to have come across the resources I have needed in order to finally stop ingesting the thousands of toxic substances that come along with smoking cigarettes.

5/23/2014 1:44:00 AM - Paul (the BLACKOREAN) McMullen from San Antonio, TX

Back in college I started hitting the club scene where smoking clove cigarettes was in full fashion.

They were expensive, but cool and smelled a whole lot better than regular cigarettes.

I smoked at least two packs a day and continued doing so from college right into the Army.

Clove cigarettes were becoming increasingly harder to find so I also started smoking regular and menthol cigarettes.

I completely switched to cigarettes after coughing up a large black globule in the shower I attributed to smoking cloves.

My entry into the Army also introduced me to the much more inexpensive chewing tobacco market.

I often chewed tobacco while smoking, as did the majority of my peers in uniform.

I was up to two and a half packs of cigarettes and three quarters of a can of chewing tobacco a day.

This went on for years until I rented a movie called The Insider.

I decided to do my own research as a string of events got me to question my tobacco habit.

I didn

5/23/2014 3:31:00 AM - Leslie

Hello my name is Leslie I have been smoke tobacco free for 1.5 yrs thanks to the vapor hut in Shawnee I was a skeptic but it got to the point a carton was $50 an I jus couldn't do it any more. Now I am smoke free tobacco free an feel great an glad I did my money is spent on better things now like cloths an stuff for my house. My grandson sd grandma you don't stink anymore an that is what got me hooked so now once a month I buy e-juice an wicks an that's it an maybe a new tank love the tanks an drip tips in all the different colors ;) basically this is the best choice I've ever made for not only my health but the ppl around me but now they try to ban my e cigs every where NOT FAIR !!!!! I don't offend ppl it doesn't stink or burn or have ashes so why ban something that is helping so many better them selves an help ?? Any way I am a proud vapor an will continue to Vape where ever an when ever I can. always vaping Leslie H. Seminole ,ok

5/23/2014 2:39:00 PM - vape all the way

I smoked for thirty nine years. I had been diagnosed with COPD several yrs ago and was told to stop smoking. I liked smoking and it seemed to help my nerves. Never quit. Well my cousin died of COPD....He had a horrible death gasping for breath. I heard about

the E-Cigarettes and decided to try. I made my mind up that if i could get addicted to cigarettes I could get addicted to this device and it was better than smoking. My doctor told me he would rather ME use the e cig than smoke. I have not smoked in three yrs. I think I would probably be on my death bed right now if i had not switched over. I think we have

right to choose. They sell alcohol that kills other people if drinking while driving. This E CIG does not hurt anyone. We should have a choice to use it. If we can smoke real cigarettes then we should be able to us

these devices. If young people are going to try this it's Much healthier than smoking real cigarettes. I no longer cough and I feel so much better. We have a right to choose. You are saying it's alright to smoke an

drink but not to use a electronic cigarette....that is just stupid. We have freedom and should be able to choose.

5/23/2014 5:44:00 PM - Kim Cross Wichita, KS

I smoked for 40 years and was up to 2 packs a day.

During that time, I stopped a couple of times, cold turkey, but always returned within 6 to 18 months.

Also tried nic patches, gum and pills prescribed by my doctor but these were of no help.

Developed COPD and had a mild heart attack.

Soon after heard about e-cigs so researched this alternative.

No studies showing adverse effects of using e-cigs, just scare tactics using misinformation and/or opinions.

Read that some people might have a reaction due to being allergic or intolerant of the liquid, just as is the case with other food products, chemicals, etc.

I felt this would be a good alternative for me as when I have tried to stop or did stop what I missed most and lead me back to tobacco was inhaling and exhaling.

Purchased a disposable e-cig kit and went cold turkey with tobacco.

Started out with 24 nic level and now down to 10-12 nic level.

It was a struggle the first 6 months, still had cravings and my body reacted to the lack of chemicals I was getting with tobacco, once I even tried a tobacco cig but it tasted so horrible that after about 3 puffs I put it out.

Once I moved up to a mod it was much easier and I have not touched a tobacco product for 3 years next month.

ECF was a life saver as I learned a lot from this forum on what to expect, how to use e-cigs, problem solving, etc.

What I notice most was that I don't miss tobacco, I now hate the smell and when I see someone smoking, I have no desire to do so myself.

No smell on my clothing or furnishings, no film on furniture, TV or computer, no standing outside in the cold and while my breathing has not improved, it has not worsened.

5/23/2014 9:49:00 PM - After smoking for over 50 years, I'm 70 years old, I have not smoked a cigarette in 9 months. I tried all of the quite smoking aids, Chantix, wellbutrin, patch, gum and nicotine inhalers which did not work for me. My son and daughter, both in their 40s ha

see my earlier description, but I tried the patch, gum, chantix, wellbutrin, snuff, chewing tobacco without success in quitting smoking. My age is 70 and I smoked for over 50 years, 1.5-2 packs/day.

5/24/2014 1:39:00 AM - Jason Ca

I was a pack a day smoker for twelve years before I tried my first electronic cigarette. It was an inexpensive kit I found in a convenience store. I immediately stopped smoking tobacco cigarettes when I started using the device. However after about six months I went back to tobacco cigarettes because the device was unreliable and the store I was purchasing it from stopped carrying it. After another year of smoking tobacco cigarettes I had again become a pack a day smoker and decided to try electronic cigarettes again. This time I purchased a more expensive kit from a well reviewed name. Reviews had began to appear on youtube, so I did some research and decided on a cost effective kit that provided what I needed. I used that electronic cigarette for over a year, in which time I went from smoking a pack a day of tobacco cigarettes to smoking maybe two packs in an entire year. When I did turn back to smoking tobacco cigarettes it was usually because I had run out of "juice" for my electronic cigarette and was waiting for a new shipment from online.

After a year of using this better quality electronic vaporizer, I then upgraded to an even better product and have been using that one now for over two years. I have smoked less than ten tobacco cigarettes in the past two years of using this device. In the past I had tried the patch, gum, and inhalers to quit, but nothing helped me stop smoking tobacco cigarettes for more than a couple weeks, until I started using an electronic cigarette. I now feel healthier, have more lung capacity and energy and am essentially tobacco free without any of the nasty mood issues or weight gain normally associated with quitting smoking tobacco cigarettes.

5/24/2014 2:29:00 AM - Shellie81

I was introduced to the store Vapolife in Aberdeen,WA.

My brother had been smoking since he was 12 yrs old and started using "vapolifes" ecigs. And he quit completely by usin ecigs for about a yr. I started using them and quit cigarettes completely and was successful with quiting.

This product has helped very much. Were both way healthier now and it would be upsetting to see these items taken away from those who havent tried or heard about this product yet. I havent had a cigarette in 13 months. Sometimes if i have a urge i will use 12mg but the most time i will use 0mg nicotine.

Please dont take away this item for those who benefit from this help. Because of under age consumption and or abuse of it.

Thing of a better way to regulate this and no minors can get access to this.

5/25/2014 1:00:00 AM - JANE FROM PANAMA CITY BEACH,FL.

I

5/25/2014 4:52:00 AM - Tom Frydrych

To Whom It May Concern,

I am writing in regards to the proposed rules of regulating e-cigarette vaping devices and fluids.

Though i do not have scientific data to submit, I have personal experience and more important than subjective data... human data.

The information from not only myself, but dozens of others who I personally know to have benefited from utilizing the amazing new technologies of modular vaping devices and fluids.

I personally have been a long time smoker of 15 years.

I have tried patches, gums, dip, chew, even snuff... just about every other intake of nicotine known.

Almost in an instant of purchasing a starter product consisting of a battery, a couple clearomizers and couple bottles of e-liquid to my flavoring of choice.. I no longer am a smoker.

This was only a few months ago.

But since then I have been completely cigarette free.

I have stepped down my nicotine doses that I order on my fluids to zero.

That's right, i am not only cigarette free, but completely nicotine free as well.

I still vape because I enjoy it!

I vape for pleasure and for the satisfying flavorings.

I don't think that I have ordered the same flavor twice.

I enjoy the fact that there are constantly new products and flavors to use.

These new vaping devices that have recently came to market in the last year or so are by far the most superior and best working products ever.

Years ago I tried devices that replicate the look and feel of real cigarettes.

These e-cigarettes were in their infancy stages of development, had very poor quality, performance and the experience was just completely unsuccessful.

I did not quit smoking and I gave up on these products.

Until just a few months ago I came across a very nice store while I was attending training in Augusta Georgia where I purchased my starter vaping products.

I also must say that the stores that I have visited so far have been staffed with very helpful, courteous and knowledgeable individuals that all had the same vision in mind.

To help people quit smoking.

The people that work at these shops work hard because their lives depend on it.

These are all small businesses, usually family or partner owned that rely on their business to get them through.

I cannot even imagine the dire consequences of how many people and businesses would instantly be negatively affected by any such regulations on these safe products.

Every store I have been to expressly did not allow persons under the age of 18 to enter, had very clean sanitized areas where they made and/or sampled fluids.

Where very informative on the procedures and ingredients used to make all their fluids.

It is up to me, up to us the consumer to make the choice whether or not we believe the products we purchase are safe to consume in a matter that we choose.

It was my choice and determination to try, consume, use and eventually purchase these vaping products.

I have not looked back since and I feel amazing since quitting smoking!

Not only have I instantly quit, but out of a class of 12 that attended an Army academy with me during this time, over half were smokers.

One Soldier in particular smoked two packs a day.

Every single Soldier went and picked up one these starter products and instantly kicked the smoke and switched to vape!!!

It works, the NEW products work!! Not older products!!

The consumable fluids used in vaping devices and products are safe, made from natural ingredients and are mostly made right here in the United States in sanitized lab conditions that are cleaner than where most of our food comes from!

I am a father of a 4 year old and 7 month old as well.

My family

is obviously ecstatic that I kicked the cigarettes as well.

It goes without saying that I exercise common sense as well when it comes to exposure of e-liquids.

Just like it takes common sense to prevent children from reaching a bottle of toilet cleaner, bleach, a sharp blade, a bottle of comet or any number of hundreds of dangerous products that we all have in our households.

It does not take laws and regulations to instill to us that we need to keep a bottle of vaping fluid away from a child.

I greatly hope that this letter is read with someone with at least some common sense and ability to just say NO to these ridiculous idiocies of proposed regulations and laws and acknowledges the overwhelming decry

from citizens, business owners and families about this matter.

There is absolutely no positive outcome and would be nothing but completely devastating to enact let alone propose regulations on these products.

This is a completely safe alternative to smoking we are talking about here not some dangerous synthetic drug or product made to give a euphoric experience.

A copy of this letter will be sent to all my state and local representatives.

Thank You very much for your time and consideration, I hope you make the right choice.
Sincerely, SGT Tom Frydrych

5/25/2014 8:24:00 AM - Omar Aguilar (DeKryption) from Corona, CA.

i had been smoking since i was about 16 years old and during my last to years i was up to half a pack a day. i was introduced to ecigs by a friend and have been analog free for about 3 months now

5/25/2014 3:35:00 PM - Maria

I have smoked for about 27 years and just three weeks ago my husband got me the E-cigarette. I like the flavor and I like that I don

5/25/2014 4:29:00 PM - trainer617

I have been a seasonal smoker of Backwoods cigars every summer. These cigars are not a healthy habit. I realized one day that I needed to take steps in losing this habit. Then I was introduced to e-cigs. A friend of mine opened a vaping store, The Happy Elephant vaping co. where I live and he turned me on to a 650 mah Ego Twist battery with a clearomizer cartridge. The e juice was the store brand. I enjoyed it so much that I am now cigar free and I am building my own coils and dripping my e liquids at age 62. Who would of thought. I thank the vaping community and a vlogger named Pegasus for teaching me the ins and outs of Vaping. I can now say I am totally smoke free.

5/26/2014 10:08:00 AM - Edward Sherman (Benroy44) Cortez, Colorado

I am 62 years old I started smoking when I was 16 that's 46 years ago. I have ADD/ADHD and I have found over the years that nicotine helped with my ADD, the meds the doctor gave me made me feel like I was sleep walking all of the time so I stopped using them but the nicotine helped so it was hard for me to stop smoking

I have tried a few times but I never lasted over a week or so. Then I found ECIGS and on Feburay 28 20014 I Stopped smoking completely

I started on 18 ml of nicotine and I,M now down to 6ml and hope to move down to 3 ml shortly I may never be able to stop using the ECIG completely as I sill need some nicotine for my ADD but I now Feel better my blood pressure and my blood sugar are down and I can do more . I will never go back to smoking ever again thanks to ECIGS

5/26/2014 2:51:00 PM - Rex McCormick ll, Panama City Florida

My name is Rex McCormick i am a 21 yr old male living in Panama City Fl. I began smoking when I was 16, I was smoking 2 and a half packs a day of Newport Menthol. I have switched to using electronic cigarettes. I use a variable voltage mod (a Vamo V5), When i switched originally a year and a half ago, in less than 24 hours i did not want or crave a cigarette. I had extremely high blood pressure, shortness of breath to the point i could barely walk through Walmart half the time and it even effected how well i slept at night. Since switching to an electronic cigarette i can run again, blood pressure is under control and im sleeping like a baby. When i started using my mod i was on 24 mg of nicotine, that was about a year and a half ago, today i am VAPING 12 mg. With electronic cigarettes your body walks you down off of receiving this external source of nicotine. I had previously attempted to quit using Nicorette, Nicoderm CQ and even some of that nicotine gel but it DID ABSOLUTELY NOTHING FOR ME. In less than 24 hours on an Ecig i was completely done with cigarettes.

5/26/2014 3:46:00 PM - Eli

I started smoking off and on when I was 16 and started smoking regularly when I turned 18. I smoked anywhere from a half to a whole pack a day for 10 years. I had tried gums, patches, lozenges, and cig-a-likes to no avail. Finally in November of 2013 I decided to try out the vapor mods to stop my smoking. I have a two year old and knew that I needed to be healthier for him. I didn't do so well with the vapor at first, but on March 12, 2014, I bought my last pack of cigarettes. I have had one or two here and there, but I only do it because they are around not out of habit, or really wanting one. My husband is trying to get on the non-smoking train like me, but he has fallen off quite a few times. I honestly thought I would never stop smoking, it seemed impossible and nothing seemed to work for me, but my vapor has literally been a life saver. I started at a 24mg nicotine level and I'm now down to a 6. I can feel a difference physically and mentally. I have better lung function already, more energy, and even sleep better. I honestly don't know what I would have done without my vapor! If something happens and these businesses can't continue to operate, I don't know what I will do.

5/26/2014 4:00:00 PM - Elizabeth Stop By and Stop Smoking Cigaretts ...justvapingshop 12680 McGregor Blvd Ft Myers Fl

Finally"....

Smokers have something they can puff on... and get away from all the Harmful Toxic chemicals that are killing them!

Big Tobacco company's put extra chemicals into the tobacco so we could not Quit smoking ! And they still say cigarettes are not killing us! and are not harmful to your health.... They hate the fact that people are vaping.. and I feel this way the FDA

and any one else who want's to regulate e-ciggs didn't mind and KNEW CIGARET'S

WERE KILLING

people and Did Nothing to Regulate what the Tobacco Company's added to their cigaret's! So why bother the vape shops? You know the American people are not stupid and are tired of getting LIED TO! Vaping is saving lives... is that what is bothering the Big Tobacco company's and anyone who feels the need to regulate these.

.Adults need to be responsible for their e-cigg

battery's and Juice! You would not leave any Harmful Chemicals out so your child could reach them.. So be an Adult.. Put the juice where your child will not drink or pour juice on them selves!!! You know what... It's not the Vaping industry's fault this is happening!

I ate cigarettes when I was young.. Was that the Tobacco Company's Fault? NO BUT...1CIGARETTE COULD MAKE A CHILD DEATHLY ILL! And do you know how many products have caused fires in homes? How about Cigarette Fires? I could go on and on. I love vaping it has changed my life! Be responsible with everything that can harm your children or home.

I wanted to talk about Big Tobacco first , I have lost my whole family due to smoking, and Big Tobacco still is selling these cigarets that are Very Similar to Heroin.. and trying to quit them is nearly impossible....and that is still OK in the USA ! I am sorry to be this way.. but the US puts people in prison for use of marijuana and yet will say it's ok to put 4,000 chemicals into our cigarettes. And that's ok .Marijuana has never killed anyone. Cigarette smoking is responsible for more than 480,000 deaths per year in the United States including an estimated 41,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every day.

I am 59 yrs old and I have smoked

ever since I was 12 yrs old. I was able to smoke everywhere when I was growing up.Things have changed ..Now the

smokers are treated terrible.. if you still smoke you are made to go stand outside and smoke now that's after we are so hooked

that we can't hardly go for 1hr without a drag .. The Tobacco Company's will not own up, they deny .This is what they say when people have lost love ones and try to sue : Tobacco manufacturers responded in full force, fighting each lawsuit and refusing to settle out of court. They relied on several defense strategies, arguing that:

Tobacco was not harmful to smokers.

Smokers' cancer was caused by other factors.

Smokers assumed the risk of cancer when they decided to smoke.

Well, now that e-cigarettes have been invented and people have been smoking them for a few years now I haven't

seen any side effects posted. Or any Harm done to people vaping .

People need to understand that when they smoked cigarettes they have so many chemicals in them that they actually Numb your lungs, so when you start vaping you are going to have a few side effects such as your lungs might feel sore,or you cough up

stuff that is natural after quitting cigarettes .

But over all people feel awesome after they vape and are no longer smoking cigarettes they tell me that everyday. People who smoke like to smoke on something, the patch, gum etc doesn't for fill

that need.... That is why e-cigarets are so important. we can inhale and vape without 4,000 harmful chemicals going into our body! People are so happy with this alternative. They like to puff on something! And they want to get rid of their cigarets

because as they say are killing them... Vaping is an alternative and people are really enjoying it. I know this was a long article and my spelling isn't the best. But I hope someone out there that has smoked or is still smoking gives vaping a try it's a worth the

change.. you still need to have a strong will power to overcome the toxic cigarettes! But it's all worth it as you will see you can still smoke and inhale... But you are Vaping . And vaping does not have 4,000 chemicals!

Take care, my heart and soul tells me to write this to save lives . I care.That's why We opened this store .Thanks for listening Elizabeth McCarthy my store is , justvappin 12680 McGregor Blvd Ft Myers Fl 33919 239-362-3182

5/26/2014 5:30:00 PM - jason simpson

My name is Jason I

5/26/2014 7:51:00 PM - Shawn Biggs

Well to start this off. I have been vaping for a year and about a month now. And I have had an opportunity to jump on it before. But I declined vaping the first go around. Thinking, it was trashy, not going to work, and that I enjoyed my Marlboro reds too much to quite. (At the time) Before I quit smoking and started vaping I was a pack and a half to two packs a day smoker. For about 10 years. With that said I always smelled horrible to other quoting "you smell like an ashtray" I could never smell what ever one else smelled. Once I made to switch to vapor exists I can not stand cigarettes.

My father smokes. as soon as he lights one up I walk away from him because of the smell. makes me nauseous.

The day I started vaping was the month of my newest niece arrival, my brother and his wife told me he nor her wanted me smoking around her because of all the chemicals in cigarettes and didn't want me smelling of cigarettes.

In fear it would affect my little niece.

So one day while at the mail. A nice young lady Sailing starter kits ask me to try one. I declined her so fast it was very rude. According to my brothers wife.

My brother then said have you considered trying one for these eciggs? I told him no I think they are trashy and look like something a pot smoker would use.

He said if you try it I will but it for you. Saying I'm tired of having you smell like an ashtray.

And being around your second hand smoke.

Also he told me the hard fact that has been on my mind the ten years I have been smoking cigarettes.

Your killing your self. And slowing your body down.

You can't even play the sports you want to play. So I gave it a shot. Figured I've done damage already by smoking cigarettes.

I have tried before to quit. Cold turkey,

I have tried the patch and it broke out my skin. So I quit that. And went back to cigarettes Then gum, tasted like crap. Grade A crap. So I quite that. And went back to cigarettes. The first day of vaping was on a Friday.

I picked up a starter kit for $45.00 a 10ml bottle with 18mg nicotine.

Once I got home and tried it. Wasn't sold on it completely.

I smoke a couple cigarettes. Then I told myself to try it. So I did. Vapes for two days straight.

Then the battery died. I freaked out. because I was going to have to wait on it to charge. I fell back an lite up a cigarette.

Smoke one then an hour later smoke another.. After that I felt sick to my stomach. A strong headache and threw up. I still had a full pack of cigarettes that I spent $6.95 that day..i ended up throwing that pack away. Pick up the vapor after charging. And have not looked back since. I have not picked up a cigarette or smoked a cigarette in a year and about a month.

By the third month I was breathing better, tasting better, and the family noticed I did not smell like an ashtray.. especially the ladies when I went out on the weekends I would vape and would smell like the other guys they would smell my cologne, not cigarettes.

I honestly feel like a new person. I can play sports and I'm more active then I have been in years I love vaping.

It's has given me a second chance.

Since I have started vaping I went down in nicotine consumption went form 18mg To a 6mg! Amazing. Love it. And the flavors are fantastic!

I'm aways being ask where I get my Eciggs

and flavors. Other good news I have also gotten 8 of my friends to start vaping. And they are having great success aswell. Now if I can just get my father to quite an start vaping. I know he would not sound like he is coughing up a lung after ever cigarette.

On a not her not I have always been told to leave a reader/or perosn with a laugh/smile so here you go

I believe that "vaping" is honestly the best thing since sliced bread!

-Shawn Biggs

5/27/2014 1:04:00 AM - Josh Jent

Hello and to whom it may concern I am 36 years old and started smoking when I was 18,so I smoked cigarettes for almost 20 years. In the past I tried the Nicorette chewing gum ,the patches, and other attempts at quitting smoking cigarettes and none of them worked. Approximately 4 or 5 weeks ago I started using a variable voltage E liquid vaporizer. The first week of use I cut down to five cigarettes a day. The second week of use I went to three cigarettes a day. and now after about five weeks of use, im at one cigarette a day. I can already tell my health is getting better. I can breathe better. I can exercise longer.

I can work more efficiently. Im spending less money than I was when I bought cigarettes. I don't have as many headaches, and my overall mood is better.

Im afraid if the liquid vaporizers get regulated too strictly,or if

the industry that has helped me quit smoking gets hindered by regulations,I will go back to smoking cigarettes and that would be devastating to me and my family.

5/27/2014 3:01:00 PM - Steve Simmons, Independence, OH

I would like to take this opportunity to express how truly grateful I am for e-cigarettes and vaping technology. I was a die-hard cigarette smoker of over 25 years with a 1 1/2 pack a day habit when I suffered a heart attack at the age of 48. I made 3 serious attempts to quit using Nicorette gum over the past 10 years, plus several "cold-turkey" attempts, and had failed to overcome my dependence on cigarettes. Over the years, I became very discouraged, and had ultimately resigned myself to the fate of lifetime cigarette smoker.

While recovering from my heart attack, my cardiologist was persistent in his efforts to persuade me to stop smoking cigarettes. In the course of one of our conversations, he mentioned electronic cigarettes as a potential alternative that might help me overcome my addiction to smoking. I was extremely skeptical, but electronic cigarettes sounded like a relatively interesting and attractive option. I agreed to give e-cigarettes an earnest try, and I'm so happy that I did! I discovered a whole new world. I soon had a new hobby and the camaraderie of other enthusiasts. It took some exploration, but once I found the right equipment and flavors for me, I was able to transition fairly effortlessly to vaping over the course of about a year. I still enjoy a social smoke every now and then, so some would consider me to be a dual user. I don't really worry too much about the occasional tobacco cigarette, because my use continues to decline.

I did also discuss the electronic cigarette alternative with my pulmonologist. While he and my general practitioner would agree that it's generally best not to intentionally inhale anything unnecessarily, he strongly supported my decision to transition to vaping. He expressed in no uncertain terms that he would much prefer that I use e-cigarettes instead of conventional, combustible tobacco. I would also like to mention that I have been suffered regularly with bronchitis and pneumonia over the past 10+ years. After making my full transition to vaping, I have yet to suffer from a single respiratory infection requiring medical treatment.

I feel that I have an amazing personal story, and I am incredibly happy to be free of the risks associated with conventional tobacco use. I'm happy that I now have a reasonable chance of holding my grandchildren and maintaining an active lifestyle into my golden years.

In my opinion, the greatest news of all is that I have 3 of my friends and family have now chosen to make the transition to vaping! My mother has now also asked if I would help her choose a vaporizer and flavors to help her quit. Friends have seen my success, and want to try. What an incredible grass roots social movement this could be!

Vape On & Enjoy!

Steve

5/28/2014 2:04:00 AM - Vape Citi

My name is Chris Salazar, co-owner and co-founder of Vape Citi.

We became incorporated in December 2012.

However, have been in vaping since July 2012.

This is a compilation of our letter of intent to lease originally dated December 18, 2012 for various retail locations throughout Orange County and the Inland Empire before Vape Citi opened its doors in Fullerton, California.

"Vape Citi, Inc. was formed in August 2012 and just within the past few weeks, we have officially become incorporated through the Secretary of State.

I have three other partners.

As mentioned before, we are all in the healthcare field.

Three nurses and one respiratory therapist.

We were former cigarette smokers and switched to electronic cigarettes last summer.

Since electronic cigarettes worked for us, we saw an opportunity to give others an chance to try a smoking alternative.

We bought a few electronic cigarettes and sold some to our co-workers.

One thing led to another and a few months later, we have been selling at a highly successful rate through referrals and word of mouth.

We feel we have a strong,

large customer base and with my partners, we have sold to customers from Hawaii to Texas with the majority of sales coming in Los Angeles, Orange and Riverside counties.

With an actual store front, it would give us the opportunity to provide better customer service and actually interact with those new to "vaping" and electronic cigarette use.

We would also use the store as a storage place for our inventory and fulfillment center for e-commerce.

As you know, our website is not yet set up for e-commerce.

It is currently as splash page.

As you see in one of the attached pictures, we have our product pictures ready and we will launch e-commerce at around the same time we open our store.

"Vaping" is the common term for "smoking" electronic cigarettes.

However because electronic cigarettes does not contain smoke, does not use fire, does not burn, "smoking" an electronic cigarette would not be the proper term as there is no smoke manufactured during the heating process.

Instead, there is water vapor, hence the term "vape."

An electronic cigarette contains three basic components.

Please refer to the attached picture.

1)

The battery (powers the unit) 2)

The microprocessor (controls voltage/wattage to increase or decrease the amount of "vape") 3)

The cartridge/atomizer/cartomizer (the heating element and e-juice)

Batteries come in different shapes, sizes and colors but all does the same thing.

For example, the disposable electronic cigarettes sold at various liquor store, Walgreen's and 7-11 convenience stores look like a regular cigarette but does the exact same thing as our products.

They have the same basic parts as what we sell.

Our products just give our customers to control the amount of "vape" wanted and can customize their e-cig to their liking but using different colored cartridges or tips or actual e-cig.

We brand some of our products as shown.

From pyrex tanks (which serves as a reservoir for the e-juice to cases to hopefully in the future, we can brand our own electronic cigarette.

Like other vape shops, most of our products do come from China.

Some of our products come from Montana and Washington State.

We strictly advertise as an alternative to tobacco smoking.

This product by no means is meant to cure any disease.

() We currently do not nor plan to sell to people younger than 18.

Our target group are males 18-40 but we have had customers 50-70 years of age.

We also tailor to female smokers with pink e-cigarettes and cases as shown in the attached pictures.

Our planned hours of operation would be 10am to 9pm.

Basic retail business hours.

We do not intend to open late as we do not see a need to.

Our products for sale would only be the electronic cigarettes, which includes but not limited to various tanks, tips, batteries, cases, and juices.

The juices may or may not contain nicotine.

They are simply made of distilled water, a base of either vegetable glycerin or propylene glycol used to thicken water so that it wont vaporize quickly, flavoring and may or may not contain nicotine.

Customers will have their option to customize their vape and choose their juice.

We currently have contracts with four juice manufacturers and are working on getting two more manufacturers within two weeks.

We will have a "juice bar".

Basically it will be a station to allow customers to try different flavors of e-juices.

Flavors range from tobacco flavors to fruit flavors to dessert flavors to coffee flavors.

A variety of flavors to meet each individuals needs.

We will also sell our branded "Vape Citi" clothing used for promotional and marketing.

I have looked at the bookstore a few weeks ago.

In the event, you and the landlord accepts our offer and terms, we would keep the flooring as that is the color and type laminate we would have change it to anyway.

In the addition to the "juice bar", we will have about 3-4 display cases, one POS terminal and a small waiting area with a couch, coffee table and wall mounted television.

This waiting area would serve as another

place for customers to test the juices or wait for their party to finish purchasing.

We plan to have a water dispenser and offer water.

Like in wine tasting, it is almost imperative to rinse your mouth out in between different wines.

The same goes with e-juice tasting.

Once can not get the full flavor of the juice without rinsing their mouth with water.

We plan to put store front signage based on the properties sign program.

We feel we can bring the plaza extra customers.

Imagine the plaza without the cigarette odor or butts in the parking lot.

Vaping is an exponentially rising trend.

My company feels that two years would be the perfect amount of time for both of us.

As stated in a previous email, nearly 50% of approximately 44 million smokers in 2010 attempted to quit.

Being in the healthcare field, we feel we have an advantage against other vape shops opening.

A quick side note - With Obama-care, millions and millions of people will have a harder time getting seen by doctors and medications will come at a higher price in co-pays.

The plan is for the country as a whole to push for preventative medicine where doctors and other medical practitioners get a bonus for their patients having less and less medical problems.

How will this relate to us?

Simple.

With more people not being able to afford healthcare and more medical practitioners promoting smoking cessation, tobacco smokers would be forced to search for an alternative method to satisfy their nicotine fix.

The electronic cigarette.

I hope this explains what our company is about and gives you a better understanding of the electronic cigarette. If you would like me to explain our product in person so you can actually see it in person, I am free Monday, Tuesday and Wednesday of next week.

February 11, 12 and 13.

As far as the City of Fullerton allowing this type of business, there wouldn't be a problem.

There is another vape shop a few miles away called ().

In fact, there are vape shops all over Orange County from Costa Mesa, Huntington Beach, Anaheim, Buena Park, Orange, Santa Ana and Laguna Hills.

Feel free to go on Yelp! through your desktop computer, tablet or smartphone and search "vape".

There will be a lot of hits that comes up where six months ago, there were only three.

Please look at the attached photos.

Most of them are from our Instagram and FaceBook social media sites.

Any other questions, please do not hesitate to ask.

Thank you and have a great weekend."

"We are primarily a retail business with the intent to sell electronic cigarettes for profit.

Electronic cigarettes, commonly known as

5/28/2014 2:54:00 AM - Kelsey Ferencsik

I was 17 when I started smoking because everyone around me did it. Truth is, I hated it but did it anyway. When I was 25 I lost my mother to lung cancer and 8 months later lost my grandmother to smoking related illness. After their passing, I continued to smoke due to the stress of my world shattering around me. It was stupid...that was the cause of their death but I did it anyway. On October 7, 2010 I purchased an electric cigarette from a brand new ecig shop that opened called Lakeshore Vapors because I was desperate to quit smoking. It worked. I cannot begin to describe how grateful I am for that store and how

much healthier and happier I feel and how happy my family is that I quit smoking. I am now an employee and advocate for that business and I see hundreds of people come in every week and listen to their stories about how ecigs have changed their lives; Not just the younger generation but the older as well. THIS WORKS! It sickens me to think that this might be taken from us. It will not only affect hundreds of thousands of people, but will affect businesses as well. I do not see where any good will come out of this. All I know is that ecigs have changed my life and I am so grateful for them.

5/28/2014 3:10:00 AM - Freddy Smith

I have smoked two and a half packs a day for 6 years from the age of 15 till I was 21. I tried using nicotine gum and the patches but the seemed to give me an ill feeling and it didnt cut the craving for a cigarette. When I found out about electronic cigarettes I dramatically cut down on smoking and within a month all I used was electronic cigarettes. I use mechanical mods so I build my own coils and wicks so I know what is in them. I started with 18 mg nicotine now I am down to 12 mg. I have noticed a big difference in my health, I can actually exercise without having breathing problems and I have my sense of smell and taste back after quitting smoking. The tobacco flavors that they make aren't even close to the actual taste of tobacco thats why it is great they have so many flavors to choose from. It allows you to have something that tastes good and doesn't remind you of smoking at all. Vapor isn't harmful at all, it doesnt give off any carcinogens nor is it polluting the atmosphere in anyway because there is no burning aspect of it at all. Electronic cigarettes have really changed my life for the better and I hope the devices and flavors do not go away.

5/28/2014 3:21:00 AM - Luis Andino also known as faces photos from Bronx New York

I smoked for over 8 years until I heard about e-cigarette I went from smoking 2 to 3 packs a day to not smoking. After 7 months I notice I have bin more active than ever. I don't even see myself going back smoking cigarettes.

I always have notice it is helping me become less dependent on nicotine I see myself leaving Nicotine alone for good soon

5/28/2014 3:37:00 AM - Erik Estrada San Bernardino ca I smoked for about a good seven years, until I was introduced to vaping . I was tired of the cigarette smell and taste , always smelled like an ash try . Aswell as your fingers, hair, clothes, breath Etc... Not to mentio

I smoked for about a good seven years, until I was introduced to vaping .

I was tired of the cigarette smell and taste , always smelled like an ash try . Aswell as your fingers, hair, clothes, breath Etc...

Not to mention how un healthy it is on ur lungs and health. The day I started vaping I new I was done with cigarettes , haven't had a drag since. Been vaping for a bout a year and a half now and will not turn back. I'm dedicated to a healthier life. START VAPING PEOPLE..... VAPING IS THE FUTURE ...SHOT OUT TO VAPE PLUS 1&2, ACE OF VAPES.... 909 San Bernardino Inland Empire California

5/28/2014 4:01:00 AM - Armando Estrada

I was a cigarette smoker for about 20 years . I tried quitting a few times but couldn't seem to kick the habit . A friend of mine told me about the ecig so I went and bought a mod with a 6mg nicotine and haven't smoked a cigarette since . It's been a year now and my taste,breathing and senses are a lot better cuz of the change. I can honestly say vaping saved my life !!!

5/28/2014 6:09:00 AM - Gabriel Hernandez III

My name is Gabriel Hernandez III I started smoking at 13 years old around 8 years ago. Was always around it and after that I got hooked by the time I was 17 I was already at a pack a day. Started off couple puffs then a couple cigs then a box a day. It was not unhealthy but my addiction just got worse and worse over the time. It has been one year and a week since I have conpletlu quit smoking cigarettes And honestly I am glad. I switched to e cigs and I loved it. The varieties of flavors and the chance to drop mg of nicotine was a great catch. Over my time vaping I have learned a lot and used electronic cigarettes/ vaping for a finals research project in my fitness and well ness class. Studied everything up and realized why didn't i do this sooner. Two main ingredients propylene glyco and vegetable glycerin two water soluble chemicals non toxin. Watered down and steeped in water, your choice amount in nicotine is amazing. I switched to vaping and it have helped me a lot. Met a lot of great people heard slot of amazing and inspirational stories. We are a family and a safe community. What if I told you e cigs not only can save life's but might change the world? We fight for our right to vape in peace!

5/29/2014 5:30:00 AM - Terence Kai, CA

How long did you smoke? To FDA,

My name is Terence Kai, and I've been "Social" smoker for over 20 years. Like most smokers, I started smoking while I was in high school. However, I never like the taste of it, but there was no other alternative to cigarette. I tried to stop, but I was never succeed in it. I've seen all kinds of videos in the danger of smoking cigarette, but I was never understand the reason behind the "Black Lung". Like most of the Anit-smoking commercial, I was also falsely believe in that nicotine = harden lung, but not until I learned about e-cigarette, that it was NOT the nicotine that kills, but its rather the tar from burning the tobacco.

Once I learned the truth, no thanks to those generalize & stereotype aniti-smoking advertisement, I was able to ease out my smoking habit to a healthier e-cigarette. Yes, FDA, I understand of your concern to be able to regulate e-cigarette, but please do not falsely accused that e-cigarette is as BAD as burning tobacco; because it is NOT.

E-cigarette called VAPOR for a reason, its because it is WATER that comes out it. We, the smokers are only inhale the nicotine vapor contains within the e-liquid. So why would denied our RIGHTs to choose of smoking e-cigarette when there can be no danger to the public from VAPORing. FDA, is there any different from e-cigarette's vapor to those steamers used by women in cosmetic, or vehicles driving through a thick fog? No, there's no different, cause its water vapor. On the otherhand, you don't see a firefighter breathing brush fire without an oxygen mask, because that is burning toxic tar.

So FDA, I sincerely asked you to reconsider your regulation, as your apply rules and laws on products that is completely different.

5/29/2014 3:36:00 PM - Lisa Cox

I started smoking at age 17, when I lived abroad and it was legal to purchase cigarettes.

I smoke for 30 years, two packs or so a day. In January of 2013 I started Chantix and successfully quit for 3 months.

Even after stopping the medication, I had no desire to smoke, however, my partner still smoked and I eventually picked up the habit again.

In July of 2013, my partner decided to try vaping and he bought me the whole setup to get me started as well.

I tried it and it was ok, but I still liked my cigarettes.

On September 9, 2013, we went to visit a vape shop in Lubbock, TX and I tried some of their juices and found one I really liked.

From that point, I decided that I would never smoke again.

I was away for a weekend and my battery went dead so I bought a pack of cigarettes.

I could NOT even choke 1 down and threw the whole pack away.

I went back in the convenience store and bought a disposable e-cig to get me through until my battery charged.

I started out using a mini pro tank with a vision spinner battery.

I now use kfun lite and a mod. I also started out at 24mg juice and now am down to 12mg.

My partner and I have been smoke-free since we started vaping.

I passed my spinner and mini pro down to my mother and introduced her to vaping.

She has been smoke free now for 6 months or so and is down to 6mg juice.

She, in turn, converted most of her golfing buddies, who are now smoke free.

5/29/2014 3:52:00 PM - Terrie MacCarter lake waccamaw North Carolina

I have been a smoker since the age of 16, and I'm 55 now.. I started E cigarettes on Dec 6,2013 and have not smoked a real cigarette since.. I seem my brother inlaw with one at thanksgiving and ask him what he was smoking, he told me the E cigarette..I had seen advertisements on TV but never really gave it any though..but I know my brother inlaw was a smoker like me and he explained to me how you start with different levels.. I asked him what level he was on and he said zero.. That he just uses it now for the enjoyment of it and the habit after he eats.. So my birthday was dec the first and I said that's what I want for my birthday, the E cigarette... So on dec 6,2013 I got one.. I started on 24mg and since then I'm down to 6mg and zero... My goal is to be on zero but 6.. Is as low as I am now but I do zero at night watching tv because it's a habit... I tried chantix and it made me sick and very expensive if you don't have prescription insurance and I've tried the gum the patch and yes all them may work for some people but not me... My kids are in all about me not smoking... They know this E cigarette is the right choice for me.. They have never seen there mother without a cigarette in my mouth... So I'm almost 6 months no cigarette and I've never made it a day before... And use my goal is to stay on zero nicotine.. But I'm mixing the 6 with the zero to make it a 3 milligram... I have noticed a change in my hair my cloths, nothing smells like cigarette smoke no more... I've had to was all my clothing although they were clean I could smell cigarette... It's amazing how great this product is.. And yes I believe everything with this product should come from the USA... And you should check with were you get your product or your liquids and make sure they came from the USA... I have more energy than I've had in a long time... My kids can see the difference in my skin my hair.. Things I don't see, but they do because they aren't around me all the time... And were I get my liquids they explain everything to me.. Always have... I'm so grateful to them for always willing to take as much time I need to help me find the right flavor and nicotine level.. They are shocked that my level is so low.. They are proud too.. And they told me to throw away my levels that are over 6 milligrams because I don't need them and no need in having them around, I'm never going to use them again... And I have grandchildren and I want to be around to be a great grandma too.. And my oldest is 15 and she is so happy I'm not smoking and she even said that the e cigarette looked funny... So there is no way the younger generation would want this product this product is for us older people that was raised with the Maribor man being cool to smoke... Kids now a days thinks it cool not to smoke..thank you E cigarettes you have changed and saved my life...

5/29/2014 7:12:00 PM - Scott_K from Virginia

I started smoking regularly at age 16, and was a pack+/day smoker through age 50. In 2009 I tried the then-available e-cigs - separate battery, atomizer, cartridge - with the desire to quite smoking. They failed to provide sufficient nicotine to reduce my urge to smoke; I gave up on them after a week or so. In December 2012 a co-worker demonstrated the next generation e-cig to me and convinced me to try it.

I did not intend to quit smoking, I was just interested in how the technology had advanced. For the next two weeks I used both the e-cig and cigarettes. The e-cigs provided enough nicotine that my urge to smoke was satisfied, and I gradually stopped lighting up. After two weeks I had one cigarette left from the last pack I bought. I still have it.

I started with 24 mg/ml e-juice. Now, 16 months later,

I'm vaping with 12 mg/ml e-juice. I'm hoping that in another year or two I'll be down to 0-nic and/or quit vaping entirely.

5/29/2014 11:41:00 PM - L from PA

As an overweight, 2 pack a day smoker of 17 years who suffered from depression, I had no inclination whatsoever to attempt to quit.

Despite the constant barrage of anti-smoking messages from doctors, the media, and loved ones, I knew I was slowly killing myself, but quite frankly I didn't really care enough to risk the likely weight gain I'd experience from quitting or the possible psychological side effects I could suffer from a medication like Chantix.

The high taxes on cigarettes were a strain on my wallet, but as the cigarette manufacturers know so well, they did not decrease my demand

- as I long as I could still find some way to afford them, I was a loyal customer for life.

I started hearing more talk about electronic cigarettes, and found that one of my close friends had tried them on a whim, and had never looked back or smoked another combustible cigarette.

When another friend decided to give e cigarettes a try, I decided I would be open minded and take a chance on them too.

With my first use, I quickly realized that this was truly a viable and downright enjoyable replacement to cigarettes.

I threw caution to the wind, and decided to see how long I could last without lighting up a cigarette.

Within weeks, I had given away 6 of the packs of combustibles that I still had in the house, and left one in my freezer, "just in case".

9+ months later, and it's still there.

An actual cigarette has not touched my lips since my first puff of vapor.

I am so thrilled to have found this pleasurable, delicious, significantly less expensive and CLEARLY less harmful option, and also enjoying some bonus perks:

My hair, clothes and home smell great, my car is free of ashes and burn marks, and I no longer have trouble breathing or lingering coughs.

Best of all, I have actually managed to LOSE about 30 pounds since quitting smoking!

I had only tried to quit 1 other time (using Nicorette gum) while I was still in my teens, and was very upset about the rapid 15 pound weight gain I experienced in the month that I managed to stay smoke free.

I was "white-knuckling" it, and not a day went by that I didn't crave a cigarette despite the liberal amounts of nicotine I was ingesting via the gum.

This time around, I can probably count on one hand the times I have had a passing desire for a combustible cigarette, and this quickly and painlessly passes with a few pulls on my e cigarette.

As long as I am still able to obtain e cigarette hardware and my choice of a variety of tasty flavored e liquids at a reasonable price, I will never smoke again!!

5/30/2014 2:34:00 AM - Charles L Critzer, Southport NC

I quit smoking in 1992 with the help of a doctor prescribed patch. In 2002 I developed COPD and still have it to this day.My weight gain was out of site reaching 363 pounds and I was confined to staying at home.

I saw an ad for a disposable e-cigarette on face book and found it locally and tried it to see if it would affect my COPD, It did not and while using it I noticed that I was loosing weight and not eating everything in site like before. I used the disposable for about 6 months but switched to the battery tank method . I have lost 138 pounds in a year and believe that the e-cigarette helped a great deal in doing that. I am now very active working around the farm and mowing the yard with a walk behind mower.I went smoke free to loose weight and it worked and it gave me my life back .

5/30/2014 3:44:00 AM - Aileen A. Isbell

I am a 70 year old woman, I started smoking when I was twelve years old, I was up to

two packs a day or more . My husband and I talked it over and we started the E-cigarette three years ago on May 25 , 2011 , We don't

cough and hack stuff up any more .My husband can breath better .We even got

our Friends to quite and get on the E-Cigarettes.Also Our Grand daughter has

quite , Our Grand son has just started to use the E- cigarette .Now , if someone comes over to our home that smokes, we don't feel like we want to attack them and take the cigarette from them . Our home smells clean , our clothes smell clean . We don't

Vape where they don't allow smoking ,my doctor agrees that

I even breath better.Now if the government

and the people really wanted

us to quite smoking , they would have made the treatment cheaper ,pretty bad when the treatment cost more than a carton of cigarettes.

5/30/2014 4:14:00 PM - She Vapes 808

https://www.youtube.com/watch?v=FsNv0Q84IyI Watch my REAL Vape Story! Heart problems, I am 26, My other half almost died (REAL EYE OPENER),

deja vu.

They were both intubated, in the ICU, kidney/lung/liver failures. The whole 9 yards!

5/30/2014 5:30:00 PM - Jb lake ozark mo

I smoked since i was 16 i'm 32 now i still occasionaly smoke but mainly vape with several mods at home ive tryed the gum and the lozingers they both made me nauseated i started vaping 3mnths ago havent totally quit yet my goal is to get thru the summer because im so busey with my business but ive cut way down i only smoke when im driving to and from my work i only smke about 6 or 7 cigs a day i owe it all too vaping and id like to give a shout out to indoorsmokers for informing me about vaping ,making vaping fun he has helped me tremendously with wanting to quit so id like to give him many thanks

5/31/2014 1:02:00 AM - shameless o'grady

Hi, this is my story in

my own words. When i was 16 years old i began smoking cigarettes due to peer pressure and the desire to look cool. After i turned 18 i joined the navy, during boot camp i was not allowed to smoke cigarettes at all. However after graduation from boot camp therd was no restriction on smoking. I being the dumb teenager i was when released from graduation pass and review made a beeline for the exchange and immediately purchased a pack of cigarettes and pick my horrible habbit back up. Fast forward a few years to 2007 now a 33 year old man with 17 years smoking experience and about a pack a day habbit i saw some ads online about e-cigs. I checked into the relatively new product and found that several people had used these to quit smoking cigarettes altogether. I had tried patches, gum and hypnotherapy all to no avail. Now thanks to e-cigs i was able to drastically reduce my smoking habbit to less than half a pack of analogs as i have come to use the e-cig vernacular for combustible cigarettes. I also got really into the e-cigs and began selling them to friends and coworkers. I began

mixing my own e-cig flavors. At some point thereafter i got so busy with work that i let my e-cig business fall by the wayside and eventually went back to analogs all together. Fast forward a few more years and now with the availability of better equipment (ie.. mods and tanks) i no longer smoke analogs at all. I have been off of analogs all together for a few months about 4 and have tapered myself down to 12mg/ml ejuice. I no longer buy tobacco flavors i prefer to vape fruit flavors as itallows me to enjoy my hand to mouth that i got with smoking without giving me the ability to go back to analogs as i cant have the flavors i enjoy with "real" cigarettes. I intend to taper myself down to 0mg/ml

by the end of the year.

I no longer wake up in the morning with that persistent

smokers cough. I no longer cough up nasty looking sputem from my lungs that i used to. Food tastes better. I have more energy than i did when smoking i dont get winded as easily.

I feel as though i am getting all of the benefits of not smoking that i got when i quit for over a year without any of the cravings or urges that i had when i quit smoking cold turkey. Also i havent gained any of the weight i did using other cessation methods previously. To whomever first invented e-cigs and to all those responsible for the imlrovements and upgrades i simply want to say thank you.

5/31/2014 3:14:00 AM - David S.

I started smoking cigarettes when I was 16. I was not able to be a heavy smoker at the time, since I was not old enough to legally purchase them, but where there is will, there's a way. I spent the next 6 years smoking nearly a pack a day. When I was about 18 I switched to menthol cigarettes, and continued smoking about a pack a day until my lungs started hurting. This was not enough for me to quit, though, so I switched to a mild tobacco. One day I decided that I had enough, and I wanted to quit. I had tried Chantix once before, but due to work related stress, it ended up not working. I decided to give it another chance, though. I took the Chantix for the recommended 3 months, smoking the entire time I was on it. The side effects which included extreme nausea and vivid nightmares were pretty horrible. The day I stopped taking the Chantix, though, I stopped smoking without an issue.

I stayed nicotine free for 2 years until I got the bright idea to take 23 college credit hours which included Calculus and Physics. During finals week I gave in and started smoking again. It's truly amazing how quickly I got back into the pack a day habit; it took less than 2 weeks. I continued smoking for about a year until I decided to check out electronic cigarettes.

I started out by Googling "Top electronic cigarette brands" and settled on the Halo G6 (cigalikes) and their tobacco sample pack. The week I got them in, the only reason I continued smoking was because I couldn't bring myself to throw away half a pack. I stayed off cigarettes for a few weeks, but my girlfriend smoked, which meant that I was very tempted to join her, which I did. I decided to upgrade to Halo's Triton (ego battery) system, but was still not completely impressed with it. I gave the cigalike to my girlfriend, who did not care for it much either. I figured this might be because the liquid didn't taste enough like a cigarette did, so I went on a search for the "perfect" tobacco flavor. What I did not realize at the time is that I didn't actually want a tobacco flavor, I wanted the throat hit that tobacco provides.

I did some searching, and finally decided to buy some Jolly Roger watermelon and green apple candy flavors from Smoke For Pennys (who's name needs to change since vaping is not smoking). The difference was night and day. I had nicotine liquid that tasted like Jolly Rancher candy, and not disgusting tobacco. At this point I upgraded my equipment a few times, and became largely tobacco free. Earlier this month I upgraded my battery and bought some new tanks, and gave my girlfriend the gear I had been using, and she is now tobacco free. This means that I am not tempted by cigarettes anymore.

I have since bought a myriad of flavors which include fruit, candy, beverages, and desserts. I am a 24 (25 next month) year old adult male, and I love candy and fruity flavors. The FDA is completely incorrect in their assumption that adults only want tobacco and menthol flavors. I have never once experienced any negative side effects

from properly using my electronic cigarette equipment, and no one else that I know who uses an electronic cigarette has experienced them either.

I am now far happier and healthier than I was when I smoked. I would much rather take my chances with not knowing the long-term effects of the flavorings than the known long-term effects of smoking cigarettes.

5/31/2014 12:23:00 PM - boston_vapes

my story Begins 5 months ago a week after I lost a great friend to cancer. Gary was a great guy and lived life to its fullest and battle malboro red addiction. My wife and I have switched to vaping a week after he past and haven't looked back since its been an easy transition, but vaping is not for everyone. As for me I've become to find a new hobbie for myself and also a great health decision. We also enjoy the company for a little girl, our daughter. Our home and cars smell back to normal,

I can taste and smell again. I thank casaa for being a great voice for the vape community.

5/31/2014 6:43:00 PM - This is a real honest person telling the facts.

Hi my name is Jeffrey I just want to tell my side of view to anyone that doesn't approve of e-cigs or e-juice that they are very wrong. I have been using e-cigs for months now and it is far better than cigarette's, there is no ash, tar or over 4000 chemicals that original cigarettes have . I am not coughing up mucus and I feel far better than I did when I was smoking. About the argument that teens are attracted to the flavors is ridiculous, teens are also attracted to the flavors of alcohol which they aren't allowed to buy just like e-juice. I love the different flavors and I am sure that I am not alone. I am also against the FDA making it impossible for small business to sell e-juice. Giving the big tobacco company's the power that they wish, would you rather for people to go back smoking product's that you know that are killing people. Instead of trying to crucify vapor product's you need to think of how they can benefit doctors or even make the

product even better. We are all grown-ups and should be treated as such. There are far more dangerous products out there like alcohol, drinking and driving, and so on. Why is e-juice getting so much negative publicity. If you ask me vapor products are saving lives this is making America more powerful because you have more productive people living..

6/1/2014 12:00:00 PM - Craig Melbourne Victoria Australia

I had been smoking cigarettes for 29 years and had tried to quit many times for many reasons.

Obviously for health reasons first and also the expense as well. When I got married my partner was a non smoker and she could not stand the smell of the burning cigarettes and the lingering smell on me after I had one.

It got to the stage she wanted me to have a shower after I had a cigarette it was starting to get ridiculous and I was starting to feel very guilty.

Then we had our first child and I knew I had to give up then.

I knew I wanted to give up smoking cigarettes so I tried cold turkey method which lasted all of 2 weeks and I was on edge the whole time with my family and could not relax. I went back to cigarettes and felt tremendously guilty as I didnt want to be a smoking father and be frowned upon by my family and friends.

The next time I tried was a month later was with the smoking cessation products like the

nicotine gum which tasted terrible. I tried nicotine patches but I was sweating profusely while sleeping and not to mention bad dreams and heart palpitations so I went back to cigarettes.

I was seriously in a no hope situation here after smoking for 29 years and felt I was at a loss as I enjoyed smoking so much like a lot of people after a meal or with a couple drinks or just at smoko break at work.

I went to a gas station to buy a packet of cigarettes and I saw a pre packaged Ecig on the counter and I asked the attendant if they work and he said "I don't know I don't smoke but we have sold a ton of them".

That got me thinking as the cost was only $8.00 which is half the cost of a packet of cigarettes here in Australia so I thought I,ll give it a go.

It was one of those cheap disposable Chinese ones so I wasn't expecting great results. After puffing it a couple of times it was weird at first as it didnt really taste like my usual brand of cigarettes but it did give me the feeling of having a cigarette.

That led me to do some internet research and discovered that these Ecigs were far more popular than I knew about and discovered there were many different types of Ecigs on the market that were better tasting, longer lasting, and more satisfying.

I bought an small battery Ego type with a clearomiser on line and bought some flavored eliquid from overseas. It did the job and I wasnt smoking a cigarettes at all from that

time which was a good thing. The only problem was the battery life would not last a whole day which made it difficult to carry around battery chargers with me at work and in the car it was a little inconvenient.

I used to smoke 16mg cigarettes which are quite strong and the smaller Ecig batteries will not accomodate that strength or voltage so they were a little weak compared to my usual cigarettes.

After more research I found that people were vaping bigger Ecigs called mods with variable voltage to obtain a longer lasting battery which would last nearly 2 days straight without charging it using a 18650 battery.

I went on to buy my first mod with variable voltage and a rebuildable atomizer.

The variable voltage allowed me to fine tune the amount of vapor it produced along with the amount of throat hit it gave me which is what I enjoyed most about smoking was the hit in the throat that it gives me when I inhale the smoke.

The rest is history, I now have not had a single cigarette since 30/3/2013.

I feel much better health wise from having more energy and not getting short of breath my smell and taste senses have returned and some people say even my complexion looks better not so pale and pasty being oxygen starved.

I am well over a year and a half of not smoking cigarettes now I will never smoke cigarettes again.

I have saved nearly $8000.00 in a year and a half from not buying cigarettes and killing myself. I hate to think of all the money over the last 29 years of smoking I have wasted.

I can play with my daughter knowing that I dont smell like an ashtray and have a lot more energy which I need now with a 16 month old daughter.

The same rules apply, I never smoked cigarettes in front of my child and I DON'T vape in front of my child and I always go into the garage or outside when I vape just as I did when I smoked cigarettes.

My wife is happy, I am happy and vaping has been the ONLY alternative for me to totally QUIT the HORRID HABIT OF SMOKING CIGARETTES.

I sincerely hope the governments and politicians around the world look seriously at the benefits of vaping and REALIZE its BENEFITS without thinking of all the taxes they would lose if everybody QUIT CIGARETTES.

If we live longer we pay taxes longer and wont be a burdon on the health system costing the government millions from smoking related diseases every year thats my theory!

Please wake up FDA and politicians around the world this is the new age and smoking cigarettes is a known KILLER so why arent they banned ?

People have the right to choose to smoke cigarettes so please give us the right to Vape!

6/1/2014 12:40:00 PM - Technomark from Columbus, OH

I started smoking when I was 17 and now i'm 29 and I have been tobacco free for 3 months! I have been using a couple of mods that I got online from a couple of vendors. My best recommendation if you are wanting to quit cigarettes all together is to visit a local e cig shop in your area and talk to them about a good starter kit.

Where I live in Columbus, OH we have Altsmoke stores that are amazing in knowledge and products that can certainly assist you in picking out your desired "mod" and your flavor of choice.

This has been my go to store lately because of local vapers and all the great juices they have.

My wife and I quit together and switched to e cig's because Chantix didn't work for us and it made our stomach's very upset when taking the medicine. Also Chantix is very expensive, even with insurance. We started with 18mg Nicotine juices and just recently switched to 12mg.

During the first month of quitting cigarettes we did have cravings to smoke and did smoke one to two cigarettes in a week period of that month.

As the months went on our sense of smell came back and we couldn't stand the smell of cigarettes nor the taste of them. We love the array of juices that are out there.

We are bakery lovers of flavors.

Now that we are on month 3 tobacco free our health has improved drastically ie.. I can take deeper breaths now, I am more energetic all throughout the day, I don't smell like an ashtray, my car smells great, It's a godsend to my wife and I that e cigs have completely turned us off to cigarettes.

Especially since our cigarettes were about $5 bucks a pack.

In the thousands that we spent in years of smoking I am glad to say that money can go back in our pockets for greater things in the future of our lives together. I really hope that my story has helped anyone out there really understand that E Cigs can and will help you stop smoking cigarettes.

To all friends and fellow vapers:

KEEP CALM AND VAPE ON!!

6/3/2014 2:44:00 AM - I have been smoking for 7 years and when I started using the vaporit was very easy to not want to pick a cigarette up why on earth would anybody want to eliminate something that's good and can help others quit smoking when they should eliminate all the li

I quit smoking do to my wonderful vapor electronic cigarettes

6/3/2014 7:58:00 PM - Delana Caswell Corona, CA

I have been a smoker since I was 17yrs old, I am 40 now. I started using a vaporizer just to see if it would in fact help me to quit smoking about 5 months ago.

I used my "vaporizer pen" in conjunction with smoking and the immediate results were astounding. Without even consciously trying to quit smoking (pack a day) I cut my cigarettes by 3 packs a week.

I was ESTATIC because NOTHING up until now has worked. The fact that I did this unconsciously because of the supplemental Nicotine from the Vape made me a crusader for the product.

In the past I've tried to quit smoking cold turkey , the nicotine patch, gum, even resorted to Wellbutrin to no avail. Vape is a god send for smokers who want to quit.

The positive of all of this is my kids don't have to be embarrassed anymore that their mother is a smoker. My lungs feel cleaner and most of all I DONT STINK...

The war on Vaporizers is a sin. I will fight all the way in order to give it it's proper due. It saved my life.

6/3/2014 8:15:00 PM - Heath Hannum

So I started Smoking when I was 18. Smoking was a part of my life, meaning that I grew up around smokers and so it was only natural for me to pick up the habit as well. I am now 38 going on 39. I have had some heart issues, or should I say clogged arteries. This was the reason I have chosen to try and quit. After many attempts of quitting, I have found a product or method that seems to work well for me. The method appears to be less harmful than smoking a regular cigarette. I was turned on to the E-cig by a friend and co worker. It really does well. The urge to pick up a real cigarette seems to dissipate more and more with time. I have been using the E-Cig for a bout 1 year. I really like the way it seems to be getting results for me. I know that everyone is different, but I like this method and I think that more test should be completed on this method. To me it sure beats the patch. I don't go itching after use, so that is a plus. I have no know side effects and I am able to up or down the levels of nicotine I use. This makes it harder to go back to a real cigarette. I am happy with the results and I would really hate for the Government to start throwing all sorts of restrictions on this method.

6/3/2014 10:07:00 PM - Tina M. Chicago IL

Hello,

I started smoking when I was 16 and have smoked for over 20 years. I tried to quit numerous times, used patch, gum, Chantix and could not quit. After crying myself to sleep for a couple of nights, I would just give up and buy cigarettes. I have two small kids and was desperate to stop smoking. Then finally It tried electronic cigarette. It was so easy, almost too good to be true. After smoking e cigarette for over a year, I have stopped using it and have been nicotine free for 8 months. I could never have done it without e cigarette.

6/4/2014 6:27:00 PM - Terry Linden

I am or was a committed smoker. I consumed 2 packs of cigarettes a day for 50 years. Over the years I have tried every other smoking cessation product available, and used up all of my available insurance funds, trying to quit. I at one point actually quit for 3 weeks but relapsed.

My Doctor has bugged me constantly about quitting and had a

Lung function test done to confirm what he was telling me, but that didn't work out well as I had 96% lung function after 50 years of smoking. I once again ignored his advice, although I knew he was right, I really did not want to quit.

I enjoyed smoking, I really did. It reduced stress and calmed me when anxious. I perceived numerous

other benefits. Let me say that I am not an uneducated individual, but rather a smart person who was totally

addicted to cigarettes. I would not allow myself to accept the inevitable,

my Golden Years were not going to be fun. For years I refused to see my health deteriorating.

About a month ago for some reason I began to change my understanding of these issues. My general lack of energy was the tipping point. I realized I was grossly out of shape. I am obsessed with salmon fishing , but felt no desire to fish any more. My can broke down and I had to walk to a store (1.5 Km one way) to get my smokes. I found out how out of shape I was, I was exhausted after 1 trip.

So I began revisiting the ways to stop smoking and along the way discovered e-cigarettes. I researched carefully, read any available literature, asked friends who used them and queried a pharmacist about the safety concerns(Buy e-liquid made in Canada and ensure the ingredients were as advertized) . What I learned convinced me to try them.

A week later I bought my e-cigarette kit. I have zero desire to smoke and for the past 2 weeks (since day 2) I have not had a normal smoke. Zero desire to smoke !!!!!!!!.

I cannot recommend a product more highly and with more enthusiasm than I do for this product. I cannot understand an individual wanting to restrict the opportunity of another to experience the feeling I have. I go to bed now and actually sleep, I can breath through my nose while lying down, I am not depressed about my lack of willpower, I actually want to do things now, clean house, mow the lawn etc etc. My house is starting

to smell normal again and I also am beginning to smell again. It is nice to smell flowers outside in my yard and the aroma of fresh cut grass.

Each small victory or success convinces me to keep going with the e-ciggs. I hope my plan to wean off nicotine is successful, but if it fails at least I know I am considerably healthier than I was. Hopefully I will live a few years more. I also know my second hand smoke will not affect others and risk their health.

The next step is to convince my wife to follow my lead (wish me luck).

If I can in any way help anyone else to quit smoking please reread what I have written, it's 100% true. If there was a way to let others contact me to talk I would do so.

As a disclaimer I am in no way associated with any company, seller, reseller, agency, profession or group which is part of the e-cigarette industry. I am just a retired cop still trying to help others have a better life..

Terry

6/4/2014 8:57:00 PM - Jacquie / Tempe/ AZ

I was a smoker as much as I was a sister, friend, daughter, wife and mother. If you knew me you knew I smoked.. I quit several times in my life all to return faithfully to the only thing I felt relieved any stress or provided an escape.. see I was a considerate smoker

6/4/2014 9:12:00 PM - Michael S

Hello my name is Michael and I am 34 years old.

I started smoking when I was 18 years old.

I smoked any where from a half a pack a day to a pack a day I have tried to quit smoking on my own and even going to groups.

Then I heard about E cigs.

I gave it a try.

I started smoking less and less.

Just two weeks ago i bought Me a new mod and Atimizer.

Since then I have only smoked four Cigs. The juice that I use is 6mg of nicotine and I do not crave like I did with cigs.

I think that if it where not for my mod and atimizer

I would still be smoking cigs.

People want a healthier America then there should not be a ban on Ecigs or any thing like the Ecigs.

6/4/2014 10:59:00 PM - able north Carolina

Okay I started smoking when I was 15 because I would get chronic migraines and smoking helped I was smoking about a pack a day then my friend noticed how much I smoked and he vaped so he set me up with a starter kit and I like it and my head problems where still controllable with vaping so those didn't come back and I was happy then I noticed I could breath better also and I wasn't wheezing from going up the stairs at work so all in all vaping has improved my life greatly

6/5/2014 1:23:00 AM - Shannon (Juice A. Holic) Daley, Attleboro, MA

Hi, my name is Shannon.

I have been using electronic cigarettes and e-liquid for 3 months now and could not be happier with what they have done for me.

I started smoking cigarettes at the very young age of 13 recreationally and by the time I was 15 I was a pack a day smoker.

17 years as a pack a day smoker at 32! That's almost 20 years! It doesn't seem possible.

I had tried to quit on several occasions for multiple reasons. I tried to quit because I got winded walking up stairs, I tried to quit to be a more positive roll model for my children, I tried to quit because my boyfriend at the time hated it, I tried to quit because it was visibly aging me.... I tried the patch, I tried the gum, I tried pills... I even tried hypnotism.

Nothing stuck!

I was out one night for a friends birthday a few months ago and noticed a mutual friend "vaping" he offered for me to try it as I was outside smoking a cigarette and it was different.

But I liked it.

He explained to me that he was weaning himself off of nicotine and that you are able to customize to your specific needs and taste etc.

So that following weekend he and my boyfriend took me to a local vape shop in Warwick, RI and I got my first starter kit and I haven't looked back.

Cigarettes are a beast!

I have watched them claim both of my grandfathers lives.

You would think that would make it easy for you to "just quit!"

but it didn't.

I had struggled with quitting for years and in one day, with the help of e-cigarettes I "just quit".

It has only been 3 months but I am noticing more changes every day.

I am not as easily exhausted physically, my hair and skin appear healthier and my children and family are thrilled, as they have seen the struggle first hand.

6/5/2014 12:15:00 PM - SheVapes808

My Vape story is ABSOLUTELY real! I am 3 weeks to 27 years young. I have multiple heart conditions. I almost lost my wife and mother to heart disease (We ALL were smokers). We are all still here and we "Vape With Aloha"

health getting better. Ain't going nowhere soon! I have a 9 year old, I NEED to be here! http://youtu.be/FsNv0Q84IyI My VIDEO Vape Story <3 She

6/5/2014 12:22:00 PM - Jackie Bennett from Angola, Indiana

Well, it first started off when I was 17, I started hanging out with people who smoked a lot and always pressured me into doing it. I saw my parents suffer from being addicts to cigarettes, so I didn't really want to do it. Eventually, I gave into my friends and did it one time. One time turned into everyday, which then turned into almost a pack a day. I had no energy, I smelled gross, and you could tell I was suffering from that addiction. I am now 19 years old and happy to say that I have been cigarette free for 6 months and am not looking back. Six months ago, I was introduced to e-cigarettes and tried to gain as much knowledge about them as I could before I tried it out. I eventually wanted to try it and started out at a 24mg nicotine level. Today I am at a 12mg nicotine level and feel great. I am able to taste things again, have more energy, smell great, and can do it around my family and friends without harming them with secondhand smoke. I've never had a complaint from anyone about my vaping, and I think it comes from taking my knowledge and then educating them. This is a great way to grow support for e-cig usage and/or to help them make the switch to e-cigs. I see this community grow stronger everyday, and I'm proud to say that I am helping that. Helping people get their lifes back, just like I did those six months ago.

6/5/2014 12:41:00 PM - Shannon Taylor Indianapolis, IN

I started smoking at age 13.

It was in 1993 and smoking was the rebellious thing to do and was revered by the Alternative and Heavy Metal bands I listened to as a way to go against everything youth were being told in how they should act.

As I got older, I always said I would be the smoker who never quit and would always smoke no matter what regulations were passed against me.

Once I reached my late 20

6/5/2014 2:56:00 PM - Stephanie mcmullin

I smoked tobacco for 7 years prior to using and electronic cigarette. I made the switch over 4 years ago. When I smoked tobacco I was sick very regularly, and it was doing serious damage to my health. When I switched to ecigarettes, my health I proved and I no longer am sick all the time. I started vaping 18-24mg eliquid, and over time I now vape 12mg strength. I also find I do not need to vape all the time, just when cravings hit. I have noticed and improved immune system, I can be more active without losing the ability to breathe, I have more energy, and I overall feel better.

6/5/2014 7:03:00 PM - Jody Oakes

I just wanted to share how important ecigs are to me. I was a cigarette smoker for 40 years. I started at the age of 13 and was pretty much hooked from the very beginning. Over the years I have tried numerous times to quit. Going cold turkey, (only tried that once, it was a disaster), used nicotine patches and/or lozenges. The longest I was ever able to go was four or five days without cheating. I have tried using Chantix a few times, but after the first time it didn't work at all. I had heard about ecigs first on tv ads, then began meeting people who had been using them. I never heard anything bad about them so decided to give them a try. Right from the start, it worked for me. I had half a pack of cigarettes left when I got my kit in the mail, and over the next five days did finish the pack. But I have not smoked a single cigarette in almost a year.

I use a twist,battery with a Kanger protank II tank and their bottom coils. I don't know what I would do without them. I would hate to think that if the newer items weren't available that I'd have to go back to smoking. A pack of cigs contains approximately 24mg of nicotine per pack. That is the dosage I started off with In the beginning. I vaped that for a few months, and then started stepping down my nicotine usage, and am currently at 14mg. I continue to keep going down and eventually will be Vaping only the flavor with no nicotine. Health wise, I feel so much better ie: more energy, sleeping better, tasting more in foods, no more coughing, etc.

I mix my own liquid which is so convenient as I don't have to keep running to the store. I store all the ingredients away from my pets and have never had a problem with it.

At least I know with Vaping, I am not getting the tar in my lungs, nor the very long list of carcinogens you inhale with tobacco cigarettes. I don't want to give up Vaping, as it truly would scare me to have to go back to cigarettes. I smoke a cinnamon flavor, with others thrown in occasionally. I love that I am in charge of the amount of nicotine I use. Can't think of a better way to eventually get off nicotine altogether.

6/5/2014 9:01:00 PM - John Hoff (Vaypinator) from Falls Church, VA

I've been smoking since I was 16, 19 now. As the years went on, I gradually started smoking more and more, going from one cigarette a week, to a couple a week, to one a day, to a couple a day, then when i was 18 I was consistently smoking about 7-10 cigarettes a day.

For about a full year I was smoking half a pack a day, which added up came to a total of $1,000 spent on smokes. I tried to quit several times, either cold turkey or by using nicotine gum. Quitting cold turkey never got even close to working for me, and the gum made me crave cigarettes even more, I felt hopeless in quitting.

Soon after my 19th birthday, one of my friends at school introduced me to electronic cigarettes, and even let me borrow his kit for the semester. I loved it, the day he handed me his eGo CE4 starter kit was the last time I would touch a smoke for a long time.

For several months I was vaping all day every day without the intention of quitting the bad habit of smoking. I didn't cut down on cigarettes, I tossed them completely. It was great. I enjoyed it, vaping was affordable, smelled good, tasted good, and could be used indoors. After those several months, I picked up smoking again during finals week to deal with all the stress. But that was only for a week, and I haven't smoked since.

Smoking had a big impact on my life. My family disliked it, especially since none of them had ever touched a cigarette in their lives. My non-smoker friends sometimes made comments on how I smelled like smoke, etc. Smoking costed too much money, so I wasn't able to do many other enjoyable activities such as going out, etc. Smoking always impaired my ability to play sports, which was awful because I love sports and exercising. I just gave up on athletics completely because I couldn't keep up. Fresh clothes? Forget it. Coughing all the time? Yep. Poor? That too.

I am glad that I was able to quit smoking for good, with many thanks to the electronic cigarette.

6/5/2014 11:22:00 PM - Jeff Bender, Trypno, Fountain, CO 80817

Before I started using electronic cigarettes, or vaping as the term is colloquially known, I smoked cigarettes for 8 years. I started smoking analogs (as they are known in the vaping community) after Basic Training for the US Army in 2006. My health and physical fitness declined rapidly, though at the time I was battling depression and didn't care that I was killing myself.

In 2008 I first began taking steps towards quitting. I tried cold turkey a few times, and when that failed, I began to look for other options.

I tried patches, but they made my skin itch and I quickly gave that up. I didn't try the gum because it was expensive and I heard it tasted awful. So, while working at a gas station, I purchased an expensive Smoke 51 starter kit. I quickly and sadly learned that I'd been swindled, I paid $70 for a cigalike (small e cigs closely resembling cigarettes) that made me feel like a fish out of water when trying to use it. I had to work very hard for what little vapor I got from the device, and quickly resumed smoking analogs again, writing off the Smoke 51 as lesson learned.

I didn't try ecigs again for another years.

When RJ Reynolds developed the Vuse, it was as if something awakened in me. I was a Camel smoker, so trying an electronic cigarette developed by the makers of Camel seemed a natural fit.

This January, 2014, I impulsively made quitting one of my resolutions and purchased the Vuse. I was not disappointed. The quality of cigalikes had increased tremendously in the past six years since trying my first ecig, and ripoff companies like Smoke 51 had fallen by the wayside as dedicated vapers rooted out those companies and trashed their reputations online.

The Vuse hit and tasted just like a real cigarette, and soon I was two weeks, three weeks, a whole month, without cigarettes, and no cravings either. I soon however began to seek out higher performance and quality in my vaping, and the Vuse was no longer cutting it.

I began to explore mods and the world of liquids and the rest was history. After tasting real eliquids, I noticed the Vuse had a plastic quality to the taste, and never touched it again. It was a great device to start with, however.

It's been six months since I gave up cigarettes, and I haven't touched them at all. My health and energy levels have greatly improved, I feel much better, can breathe easier, and I no longer smell like an ashtray. I have also saved myself quite a bit of money by not constantly running to the store to buy a new pack.

6/5/2014 11:48:00 PM - Meka Keisei from Stoughton, MA

I was tired of waking up every morning having trouble breathing and chest pains, constant sinus infections, headaches, not being able to walk around the block because I would get out of breath. As a person living with mitral valve prolapse, my future already seemed bleak. I switched to vaping four years ago, everything has improved greatly. I've only had one sinus infection once in the four years, and have been able to walk until my legs hurt. My outlook on getting healthier seems possible now instead of hopeless all because I switched.

6/6/2014 9:41:00 AM - Arty , Milton,Delaware

After much research , resources, and tremendous input from this entire ECF community I am finally nic free.

Have been expert in quitting a PAD addiction many times (once for 10 years).

Since Jan of this year (2014) I have saved over $800 by not buying cigs (thats $180 a month).

I enjoy and am appreciative that this technology has given me the freedom to have a safe alternative to tobacco. Now I am completely nicotine free using only safe EJUICE w/o nicotine.

The piece to this that escapes non-smoking advocates is that electronic vaporizers are designed to fill the emotional void of quitting smoking.

The vaporizer has allowed the former smoker to continue with the underestimated power or 'ritual' of smoking w/o any of the ill effects. In a matter of speaking, it is the vaporizer that enhances the nonsmoking success stories.

My mission now is to protect my right to vape responsibly., and to serve as a resource to those who seek advice.

Thanks Folks

You've been great.

Arty Milton, Dd

6/6/2014 7:27:00 PM - Lynette Sweet, Oklahoma

Two years ago, after trying every product on the market, my son introduced me to electronic cigerettes.

I was skeptical at first but tried his ego style battery and tank.

This was the answer to quitting smoking that I had been hoping for!

I smoked two packs of cigerettes a day for 45 years which resulted in chronic COPD. The results are confirmed by my medical records that my lungs have become more clear, wheezing and coughing has ceased and my oxygen level has risen from 75% to 97%.

I have also decreased my intake of nicotine from 2.4 mg to 1.2mg and my goal is to be nicotine free in one year. With other alternatives I missed the hand to mouth action ,nicotine and exhaling smoke.

Now I have it all without

the chemicals in cigerettes.

Life is good!

6/6/2014 8:48:00 PM - Matt Thompson

I smoked for 20 years !! felling helpless in trying to quit and noting working I started ecigs 2 years ago. From that first day I have never had another real cig . I use a mechanical mod and several rebuildable atomizers .

Having the ability to pick what I want to use has help me stay off cigs ..

I have tried gums, patchs ,cold turkey .nothing worked .

My health is better my family is happy and my life is all around better .

Thank you . Matt Thompson

6/7/2014 2:00:00 PM - Jason Kahl

I am 45 I started smoking in the ninth grade. I have been smoking for 30 years now. I tried it all from the pills to hypnosis.. To gum to the patch! I put down my last cigarette April 1st 2014. I started vaping after seeing someone at at fair. It was not one of those e-cigs that you get from a corner store. This was Vaping! Everything smoking was but NOT SMOKING! I got the thing in my hand...my mouth.. And the SMOKE! It turned into a hobby... Save yourself some money and don't buy a starter kit, go one up from there. Like a Innokin MVP and a Tank. It will save money in the end. Buy a GOOD SETUP from the word GO! You will have more of an investment to quit and not have to upgrade 2 monthis later.

To the detractors... Mind your kids This is an alternative to Smoking, should YOU use THIS product? Buyer be Ware. Its Nicotine.. It's addictive...

I have smoked 21,000 packs of cigarettes in the last 30 years..at an average of just 2 packs a day. The last 10 years it was 3 packs..

6/7/2014 4:07:00 PM - Tim Marks, Daly City, CA

Hello,

I am 41, I smoked for over 25 years, but in two weeks, thanks to electronic cigarettes, it will have been one year since I have had any combustible cigarettes.

Within a week of quitting, I had already noticed significant changes to my breathing, my sense of smell, and my sense of taste have returned.

After a month or so, I was again interested in riding my bike, running, and flights of stairs and steep hills no longer were difficult.

My desire for nicotine has faded naturally, and I now enjoy an e-liquid that has a quarter of the nicotine that I used when I first quit smoking, and am planning to switch to a zero-nicotine liquid on the one-year anniversary of my quitting.

I feel that the best thing about electronic cigarettes is the ability to chose flavors that I actually enjoy, which tend to be fruity and candy flavors, quite a difference than the tobacco flavors that I have been trying to get away from.

The only thing I regret is not finding ecigarettes sooner, I feel that I have been given a new lease on life, after thinking that I would die as a smoker for many years.

Thank you for your time,

Tim Marks

6/8/2014 4:38:00 AM - Jody Jaffe

I am a 54 year old who smoked for 40 years. By 18 years old I was smoking at least a pack a day, and for the last 25 years smoked 1.5 to 2 packs per day. I tried many times to quit. I used nicotine patches and lozenges, and numerous attempts with Chantix, and also tried cold turkey a few times. I hated that I smoked, yet it seemed like I could never wait for my next cigarette. I had to actually put myself on a schedule so that I wouldn't smoke too much.

I had seen commercials on TV for electronic cigarettes, the ones that look like a cigarette with the disposable cartridges, and ordered that in an attempt to quit, but it was nothing like a cigarette. I didn't like the taste, I had to draw on it too hard to create a vapor, and it didn't satisfy me in the least. So I thought this was just a fad that didn't work. Then a few years later, I saw some people smoking e-cigs that had recharegable batteries, tanks that they filled with liquid they made themselves, and they could not say enough good things about it. I finally ordered the Ego C kit to give it a try. It was completely satisfying from the first time I vaped. It has been 11 months and I have not had a single tobacco cigarette since.

I have noticed too, that, even when the battery dies on me, like if I am out in the car running errands, etc, that I don't panic that I can't vape (like I used to when I was smoking), and I do all my errands and get home just fine without vaping or buying a pack of cigarettes.

I now use the twist battery, and a glass clearomizer, and am thinking about looking into the mods. I have tried many different flavors but so stuck on one, that I use it exclusively. About a month into it, I stopped using any type of tobacco flavoring at all, couldn't stand the taste!

I used to have trouble sleeping, I was coughing and clearing my throat all the time, and if I got the slightest cold, I would end up in the hospital with terrible wheezing and having to be on oxygen and IV steroids. Since I have quit smoking, I now have trouble with any of those things. Also, my clothing and my house doesn't stink, my mouth doesn't have a bad taste all the time, I am able to taste and smell things like I haven't been able to my entire adult life. I don't have headaches every day any more either. (That was a nasty problem).

I am so happy to have found electronic cigarettes: the ones of today. I no longer get all the cancer causing agents of tobacco cigarettes, nor the ash or soot in my lungs, and I don't have to worry about falling asleep in my recliner with a lit cigarette. (I did that a couple of times and woke up to the furniture on fire).

I can't believe anyone would want to put a ban on these. The nicotine is about as bad as caffeine, and the Propylene Glycol and the Vegetable Glycerin as far as I know are pretty

risk free. I see that some want to regulate it as a tobacco product so they can put ungodly taxes on everything, and control who can make the liquids, and not let people make them themselves. Also, banning on the newer hardware it takes to make a good E-Cigarette would be a nightmare for those of us who use these newer options to keep us satisfied enough to not smoke tobacco.

I know if I had to give up vaping as I know it, I would probably go back to tobacco cigarettes.

One thing I forgot to mention, is that when I first started, I was at a pretty good strength of nicotine, starting at 24mg, I have cut that in half, and hopefully by the end of the year will be down to zero. Don't know if I will keep vaping for the flavor or not with zero nicotine, but it's nice to know I have that option.

Thank you for taking the time to read this.

6/8/2014 3:31:00 PM - Ted Moore

I started smoking when I was a teen-ager. Back in the 70's smoking was cool and social. By the time I reached my 20's I was hooked. I was smoking 20 to 30 cigarettes every day. I continued to smoke for over 30 years before I decided I had to make a change.

While attending college I decided to try to quit smoking as I knew it was unhealthy. I was having breathing issues and coughing quite a bit as well. I first tried the nicotine patch. The first set of patches would not stick to my skin and kept falling off. I got a better brand and tried again. Even when the patches would stay on, they did not provide enough nicotine to allay the cravings. I felt I was in a constant state of nicotine withdrawal. I decided that the patch just wasn't going to do the job. I then tried nicotine gum. The gum did work better than the patch. However, the gum did not provide enough nicotine and started causing me stomach problems. I finally had to give up and go back to smoking.

Three years ago I bought a cheap electronic cigarette at a cigarette store. That first day I ended up only smoking a few cigarettes. By the end of the week I was only smoking a cigarette occasionally. I then began studying more about electronic cigarettes and found out about personal vaporizers which are better made and provide a better, more controlled vaping experience. By the end of the month I had quit smoking completely.

I now vape exclusively. Cigarettes taste and smell terrible. I have no desire to return to smoking. I have gone back to the gym. I get exercise every day. I am no longer out of breath. I almost never cough. I hardly ever get sick. I have more energy. Overall, I feel healthy again.

I have a mild problem with depression and nicotine helps keep it under control. I don't like the idea of using anti-depressants. For me vaping helps keep me happy and healthy.

6/8/2014 4:37:00 PM - Roxanne

I'm 33 years old and smoked for 17 years. The past few years was close to two packs a day. I tried the Blu e cigs for a week and I went from two packs a day to one pack during that week. I got an ego battery and a refillable tank after I decided the Blu e cigs werent strong enough. That was April 8th 2014 and today is June 8th 2014. I havent smoked a single cigarette in two months! Not one puff. I still use the e cig but much less often. I can breathe better. I sleep better. My skin is 10_ healthier looking. I have had no negative side effects. This is the BEST decision I have ever made. I would recommend e cigs to all smokers who want to quit but struggle with withdrawal.

6/9/2014 2:12:00 PM - BladeSct

Hi! I started smoking part time when I was 15 and bascikly full time at 17. And I am currently 30+. And the price of smoke's ever increases. I have tried a few allternitive's before from my local drug store. And during that time period I spent more money then actually smoking. And had major craving's the whole time. It lasted a month. Got a rash on my arm to boot. That was about 12 year's ago. Since then I haven't tried to quit again. Over the time period I heard people talk about the pill's to quit smoking. Love the warning's about the side affect's depression, and other thought's oh and warning's about seizures if you have so and so. Yeah never tried thoses. Dosen't sound safe want to keep my sanity. I smoked about a pack a day. I bought my first e-cig about a week ago. And the first few day's I smoked real smoke's with the e-cig. But for the past 3 day's I haven't had a real smoke for the first time since I was 15. About the quality of life. Well it has only been 3 day's now. But already I am coughing less. Using less fishermen's friend's (to stop the smoker's cough). And after the start up cost's (buying the e-cig) it look's like I well be able to smoke for about 10$ a week. You tell me if it sound's good.

6/9/2014 2:12:00 PM - Destin W Dorman

I smoked cigarettes for about 15 years. I tried to quit several times. Usually the novelty wore off. I tried nicotine patches for some time, but every time I got off of them I went back to smoking. I actually wore nicotine patches for over a year, and afterward eventually I did go back to smoking. I first saw an electronic cigarette about 3 years ago; a buddy of mine had one. I asked to try it and I immediately felt like I would never need to smoke again! I bought one right away and tried a cigarette a few days later, it was disgusting to me; I threw it out the window. I do still use my ecig, but I feel better overall and can breathe much better, my house doesn't stink like smoke and neither does my car.

6/10/2014 9:33:00 PM - Debra W from Redwood City, CA

I smoked for 15 years before an English friend of mine introduced me to e-cigarettes. Just before Christmas 2009, I decided to try them since I'd been wanting to quit smoking for a long while but hadn't been able to. I tried Nicorette gum and the patch, but neither helped.

I've been through a number of e-cigarette models, and my current (and the best) is the eCab by Joyetech. I use an 18mg menthol-flavored e-juice made by DeKang, the only e-juice I've ever used.

Since my switch to e-cigarettes, I no longer reek of tobacco smoke, which used to cling to my car, my hair, my clothes, and my breath. I have a better sense of smell and taste no longer suffer from the horrible sinus infections I used to get regularly while I did smoke. My entire life is for the better due to this switch. Thanks to e-cigarettes, I haven't had a single cigarette since that day 4 and a half years ago as of this account.

6/10/2014 11:09:00 PM - John Allen, Delaware

I Smoked for 26 years. My habit started out light and gradually worked it's way up to about a pack and a half a day. I was having respiratory problems and ischemia in my heart muscle all caused by cigarettes. I had tried the patch and it failed. I tried the gum, Not only did it fail, but it was toxic. I heard about chantix and other cessation drugs but, without exception, nearly Psychotic dream episodes were reported. I tried Cold turkey and that was going to land me in jail. My mother collapsed with COPD and nearly died as a result of Tobacco use and that was the last straw for me. I started using a "Cigalike". An Ecig that looks and feels very much like the real thing. Later I would go on to use a more advanced "Mod" device. I have not touched or desired a regular cigarette in 6 months. My tast buds are coming back as is my sense of smell. I no longer have the morning "Rattle and Hack", My breathing is so much better and my heart rhythm is returning to normal. In short, Using E cigs have probably saved my life and drain on the health care system. I don't understand the hoopla over E cigs and the eagerness to ban them. I doubt it's really about "The children" because those kids who are going to start smoking are going to find a way to do it. While keeping the producers of dubious e liquids from poisoning people may be called for, I see no reason to make these alternatives harder to get and use when they don't pose a risk. They are saving lives even if they aren't billed as an aid to smoking cessation, that is what they are being used for and they are succeeding. I am proof as are so many others here, that Ecigs are getting people off tobacco. Isn't that what everyone in legislation say they want? Don't make it harder by crushing the very thing that can help do that.

6/11/2014 3:08:00 PM - Laura

I'm a mother of three young children have smoke cigarettes since I was 15 I am now 23 after being told my children had severe asthma I decided some major changes In my life had to begin first thing I tried was quitting smoking cold turkey and with in 24hrs I was right back to smoking I tried gum, patches nothing g was still smoking, then I discovered the electronic cigarette I started off at a 18mg juice and completely quite regular cigarettes and I'm now on a 11mg juice and have not had cigarettes in over 6 months.

I couldn't be happier with my choice or e-cigs

6/12/2014 12:19:00 AM - Doug from Oklahoma

I smoked tobacco cigarrettes for 30 years.

Two packs a day when I quit.

I tried SNUS products, smokeless tobacco, patches, Chantix, and any other NRT that I could get my hands on.

None of them reduced my craving to inhale burning tobacco.

I tried the e-cigarettes that looked like real cigarettes first.

Blue, NJoy, Mystic, FIN.

And while those did reduce the use of tobacco cigarettes, they never satisfied completely.

I would buy those products, as well as tobacco cigarettes.

Often using them back to back.

One day I tried a variable voltage device with a simple "PRO Tank" filled with e-liquid.

That day was Oct 1, 2013.

I have since that day, not smoked a single tobacco cigarette.

I no longer have coughing fits that take me to verge of passing out from lack of breathing while coughing. My children sit and my lap and thank me for not smelling like a cigarette. I no longer have to use a CPAP machine at night to treat sleep apnea.

I know that I am still taking nicotine into my body because I am addicted to it.

I believe that accepting nicotine into my body via electronic cigarettes is a less harmful means of satisfying that addiction than inhaling burning tobacco.

If FDA regulations make it to difficult and expensive to use a satisfying electronic device, I fear that I will switch back to burning tobacco and die an early death because of it.

6/12/2014 1:02:00 PM - Rhem Munro from Christchurch, NewZealand

I had smoked for 8-9 years and about 20 per day. I'm an intelligent person and understood all the risks associated but couldn't seem to quit; it really wasn't an intelligent move starting. Trying many alternatives such as gum, inhalers and even 0nic illusion look-a-like e-cig with a blue light failed to take the edge off the cravings. I was worried when my chest would start hurting at times and I couldn't jog 200 meter without being completely exhausted.

I was doing research at the university in computer science, a masters student there gave me a single puff on his e-cig.(It was an ego type device with 18mg nic). I knew straight away that this would save me. I quit cigarettes without any withdraw. Over one year later i'm feeling great and running 4 km every second or third day and haven't touch a cigarette since.

Benefits include,

* Not bring toxic chemicals on my body into the house where my wife sleeps * No more coughing * No breathlessness * No chest pains * So much more energy * Taste returned * Smell returned * No more cravings nor stress

I'm still vaping at 18mg, what I've noticed is I don't use it as frequently as I did when I started. Unless stressed, I'll forget about it for an hour or two have a few puffs and continue working. By comparison when smoking, I'd leave the office or wherever and try to smoke as much as I could(sometimes up to 20puffs or two cigarettes) to try to hold me over the following 45 minutes to an hour.

6/12/2014 10:50:00 PM - Edwin Bruce Jaques - Jacksonville, Florida

Greetings Readers,

My name is Edwin Bruce Jaques. I am a 43 year old maintenance technician for a 400+ unit apartment complex in Florida, and, I am a vaper. Once, I WAS a smoker. A HEAVY smoker. No longer. I smoked 2 packs a day from a name brand cigarette company (Newport specifically) for almost 25 years. Nearly one year ago (July 2nd, 2013 to be exact), I purchased my first ecig. My roommate had purchased hers 2 months previous, and I laughed at her."That will NEVER work!!!" I chided and teased her. I myself have tried the patch, the gum, and even antidepressants that suppossedly helped others to quit. They never worked. "This ecig thing won't work for her" I thought. Boy was I wrong. I watched her for the next 8 weeks, still skeptical, as she slowly reduced the number of cigarettes she smoked after she got off of work (as those were the only one I could WATCH her smoke), till the night before I purchased mine, I asked her if she wanted to come out after dinner and have a smoke with me like we had done nightly since I moved in with her. "Nah." was her simple reply. I was STUNNED !!! "Wait. What?" I asked myself internally "How can you NOT HAVE A CIG AFTER DINNER?" I pondered this outside, not WANTING to realize the answer. I walked in after finishing my cigarette, just as my roomie let a strawberry scented plume of vapor waft up into the air. I was sold.

July 2nd, 2013, I went to a local brick and mortar vape shop, and purchased my first device, (the Innokin MVP v1), a large capacity tank to hold my eliquid (a Vivi Nova Tank), and a 30ml bottle of coffee flavored ejuice (32mg nicotine strength). First, I was stunned by the ejuice. IT TASTED FANTASTIC! FAR better than my normal mentholated fare. It gave me that feeling in the back of my throat (a term I now know as "throat hit") just like a cigarette did. Second, the devices I purchased had enough intriguing aspects about them to make the tech geek that I am, giddy with delight. So many things to figure out. How does this work? Why does this work THIS WAY? How long will my batteries last? So many questions, and all the associated fun stuff involved with learning something new. That ALWAYS excites me. Second, although the inital cost was fairly expensive (Just under $80), It wasnt much more expensive than what I paid for a carton of my cigarettes (about $65).I was satified with my purchase, my flavor, and off I went, determined to kick this habit. I got home, and with a almost feverish need to learn as much as I could, I POURED through the internet finding NUMEROUS information sources on the subject of devices, juices, atomizers, batteries, drip tips, wicking, and MANY other aspects. I was AMAZED at the WEALTH of information out there on the subject. I had so much to learn, and with each day I didn't smoke cigarettes, I had more time to learn it in. Which, as Ive already stated, always excites me. I absorbed it all, sitting in front of my computer, puffing away happily.

So began my journey into vaping, and here I am, nearly one year later, tobacco free. It took me until March of 2014 to slowly reduce my nicotine strength from the intial 32mg I started at (which I have come to find out is REALLY high) to 0mg. Though it took me nearly a year to be free of my nicotine dependance, I found the transition from 32mg, to 24mg, to 18mg, to 12mg, to 6mg, and finally, to 0mg to be a smooth, flavorful, and STRESS FREE progression, which was a HUGE relief, since every other method Ive tried has NEVER worked, much LESS, been stress free. I also found in this revelation filled experience, that not only could I breath again, was more energetic at work, and didn't wake up every morning hacking and coughing up green/grayish lumps of nastiness, I discovered that some of my senses were getting better. My sense of taste slowly came back, which shocked me, and made me ASTOUNDINGLY happy. I am, and always have been, quite the foodie. The revelation of my slowly re-emerging sense of taste was quite an awe inspring moment in my life. I began to realize that there was a whole new world of flavors, who's complexity, sadly, I had been unaware of. Foods that I was INTIMATELY knowledgeable about, and THOUGHT I knew everything about, were MUCH richer in flavor. There was the most amazing tasting meals coming out of my kitchen due to my gaining palate, most that I had eaten or cooked dozens, if not HUNDREDS, of times that had entirely new subtle nuances. Nuances that I would have never become aware of, and were completely new to me. As someone who enjoys food as much as myself, having full usage of the 2 senses that determine how food tastes is, obviously, quite important.

That brings me to the OTHER revelation that burgeoned in my vapor filled journey. My sense of SMELL. Let me tell you, not only did the GOOD smells become clearer, so did the BAD ones. One particularly significant incident comes to mind. My girlfriend of 14 years and myself were going to see a movie, something we do often. We went to the box office, got our tickets for the next show, giving ourselves time to grab dinner (that way we don't spend a BILLION dollars on consessions) and headed over to our nearby regular little restaurant. The entrance of our little pre movie bistro is a few outside storefronts down from the box office, and tickets in hand, we strolled down the sidewalk, surrounded by other people walking in numerous directions, on their way to whatever activity they had planned. An older gentleman some 10 feet or so ahead of us stopped, stooped against the light wind blowing, lifted a cigarette to his lips and, cupping his hands around it momentarily, lit it. He puffed at it for a moment to get it started, then took his initial drag. He blew the smoke out, smiled, and continued on his way, leaving myself and my lady to walk through the resulting cloud he left behind. I nearly gagged. The smell was ATROCIOUS. I waved the cloying scent away, and IMMEDIATELY turned to my lady and APOLOGIZED for that HORRIBLE smell that I had exposed her to for the previous 13 years. She smiled, gave me a soft kiss, and said "Its ok. I love you baby. Besides, you smell WAY better now." I blinked in disbelief, she grinned, and off we went to enjoy our night, with me silently scratching my head, deep in thought, as we walked into the restaurant. I couldn't stop thinking about that smell all

through the movie. Was THAT what I smelled like all this time? What about my clothes? My breath? My apartment? My car? I was ASHAMED. As soon as we got home, I apologized to ALL my long time friends for subjecting them to my bad habit, and relayed the above story to them as well. They all forgave me, and wished me luck and love in my efforts to quit smoking. That overwhelming positivity just reinforced my want to get rid of my dependance to nicotine. Its something I think about every time I get a whiff of cigarette smoke now. It always makes me shudder to be honest, and always serves as a reminder of what I DO NOT want to do again.

The recent FDA propossals to regulate ecigs and ejuice have me quite frightened. Vaping is something I BELIEVE in. It worked for me. It has enriched my life, and even now, though I have completely broken the cycle of addiction to cigarettes AND nicotine, continue to vape. I ENJOY the flavor, the comraderie of my fellow vapers, and the pride I feel everytime I press that button. I DID IT! There is NO feeling like that ANYWHERE.

Thank you for reading my testimonial. I hope my words reach you readers, and you weigh them carefully.

Sincerely,

Edwin Bruce Jaques

6/13/2014 2:24:00 AM - Ignac Hernan

I was born in 1957 and started smoking at the age of 11 in 1968. It is now 2014 so that's 46 years of smoking, on average, a pack and a half a day of strong cigarettes brands like Winston or Malboro. I have not had a single cigarette since I ran out of them on May 3rd, 2014. I have absolutely no desire for one either.

These products are life savors. Because of them, my 3 daughters will get to see their father live for a lot longer.

I mainly use eGo style batteries and clearomizers with fruit flavored e-liquids. I initially purchased tobacco flavor and could not stand it. If there werent other flavors, I would not have succeeded.

6/13/2014 7:00:00 PM - my name is panagiotis mavroidis i live in greece i am 41 years old my phone 6980686326 athens 11363

my name is panagiotis mavroidis i live in greece and i have started use e cigs about 6 months ago.the quality of my life got better in just the first 3-4 days my breath doesnt smell bad anymore,my teeth color has changed,my appetite is back to normal means.....i eat my food, i breath

better.the pain in my chest cause of smoking

is gone.and the most important after 6 months of vaping i manage the nicotine in my e-cig liquid to very low.i mix 10ml of 6ml of nicotine in 100ml of liquid.this is so low and in the next months nicotine for me will be gone.i really enjoy this great product and i really feel better.so to all those who trying to ban this product i say you should lets us FREE/.FREE TO CHOOSE NOT TO SMOKE THE CANCER YOU SELL TO US/.FREE TO FEEL BETTER/.FREE TO BE FREE HUMANS/. WE HAVE THIS RIGHT AND WE WILL FIGHT.

6/13/2014 9:54:00 PM - Alex B., California, USA

I started smoking cigarettes when I was twelve years old.

Unarguably one of the worst decisions I'd ever made.

I didn't start smoking because Joe Camel was cool, I started smoking because my parents smoked, and some of my role models smoked.

Twelve years later I

6/13/2014 11:46:00 PM - Walter L. Pearson 105 Silver Lane Alabaster, Alabama 35007

I have been a tobacco smoker for more than 35 years and was on the verge of serious respiratoty problems. My doctor has tried everything to get me to stop smoking even offering to precribe me Tranquilizers. I have tried the patches, gum, mints, a smoke/vapor less device and Chantix none made any difference or helped me stop smoking. Now that I have found and use e-cigarettes, I have not smoked a real cigarette in 1 year and 6 months, nor do I have the desire to smoke a real cigarette. My doctor thinks that is great and I feel so much better. This is a real success story.

Sincerely, Walter L. Pearson

105 Silver Lane

Alabaster, Alabama 35007

6/14/2014 3:02:00 AM - Carlos (masty) Machicao from Bolivia

I started to smoke at age 15, by the age of 18 i became a heavy smoker, smoking more than a pack a day, by the age of 20 i started having heart arrhythmia, by the age of 22 i developed a nervous system disease similar to facial paralysis. I refused to try other smoke free products

because as a psychologist i understood that my smoking in particular, was a conditioned behaviour more that an addiction to nicotine (i now vape on level 0 nicotine)

Sortly after i discovered e-cigs, i spent my first month vaping without even trying a cigarette, a couple of days after i started craving my favorite menthol cigarette (ths kind i used to smoke) so i bought one. I found it diagusting, it was way to strong, smelly and made me sick in the stomach, so threw it away about halfway smoked.

Months after i had to travel to the countryside, i ran out of e-juice so i decided to buy a pack of cigarettes, i somoked them all in a night, the day after the face paralysis came right back, so i made a promise to myself never to do that to me again, i enjoy vaping, i intend to be able to continue with it, since it keeps me away from the FDA regulated venom for humans called cigarettes.

6/14/2014 1:17:00 PM - mike from NJ

Honestly I don't think I could properly describe how vaping has changed my life. I can say however that since I made the switch 2 months ago I've started to feel better then i ever have after 18 years of smoking. I have more energy to do things that I actually enjoy doing for longer periods of time. I actually enjoy my meals a lot more now that I can taste more (most of the different spices and herbs) then just the main portion. My home no longer has that lingering "stink" of ash, I don't have to clean as much do to tobacco or ash being all over the place from the wind blowing it everywhere or from tar getting all over the place from the smoke. I could go on and on about all the things I feel that I enjoy more

since i stopped smoking and started vaping but I'll stop here. The final thing I will add to this is if it wasn't for the massive amount of variety that exists today in the vaping market, especially all of

the different flavors and mod configurations, I would have never been able to make the switch as all of the highly advertised products from companies like Blu, NJoy and any other company who mainly manufactures their "cigalikes", I would still be smoking today, So i urge you to reconsider destroying this market as this is the best thing (in my honest opinion) that can help anyone quit smoking.

6/14/2014 6:23:00 PM - Ken G (SW Michigan)

I started smoking at age 17 back in high school. I am now 45. I had tried to quit a few times before. The most successful was when I had used both the nicotine patch and welabutrin. I was fine as long as I used both products but after I quit using the patch after three months my cravings returned. I was only able to quit for 6 months before I started back up again. When I purchased my first electronic cigarette back in 2001 I had expected to use it to reduce my cravings and replace normal cigarettes. I would have been happy if I was able to cut back normal cigarettes 50% over a three month period. I was very surprised when the very next day I only smoked three, and I was down to three cigarettes a week by the end of the first month. Shortly after that I didn't feel the need for a cigarette at all. Using my e-cig had completely replaced smoking normal cigarettes. My sense of smell and taste returned over the next couple of months and my breathing improved substantially. I had not realized the effect normal cigarettes had on me. I truly believe that electronic cigarettes are the best way to quit smoking available. It's not so much the nicotine that you are addicted to with normal cigarettes, it's the countless other chemicals and the hand to mouth habit that you form. You are able to replace that habit with a MUCH healthier alternative using e-cigs. I have helped a few other people quit smoking by using an e-cig and they are all very happy with their progress. Please do not impose any additional form of regulation on this new and developing industry. I'm afraid it will make these products more costly, make them harder to find and reduce innovation.

Thank you for your time, Ken G

6/14/2014 7:17:00 PM - Paul McCoy

Hi- In late May of 2009 my daughter phoned me and informed me that she had an unusual gift for me for fathers day. She sent me an early market e-cig kit. We had discussed my desire to quit for a long time, we both knew I probably wouldn't quit, so she advanced this is a preferable alternative to dying from emphysema.

My doctor had already previously informed me that I had COPD. My lung x-rays were not clear. One year later (summer of 2010) I had another chest x-ray and my lungs were clear. My doctor and the heart specialist involved in my specific health issues both stated that there had been a dramatic improvement.

I must admit, I liked e-cigarettes from the start. The initial kit that I was provided with was of a very inferior quality, frustrating and just generally discouraging. This prompted me to research the subject on line and I was amazed at the different types available. This led to the very expensive "learning curve" that we are all familiar with, especially during the time when so many improvements were being made.

I like e-cigs for several reasons:

I like the sensation of smoking, and enjoy the specific sensation of a glycerin combustion. It is not so "heavy" as tobacco smoke, but can certainly be quite dense.

I enjoyed the privilege of participating in a largely unregulated free-market system where the consumer dictated who stayed in business, based on their integrity as well as who could get the product out to the consumer the cheapest.

Watching the e-cig. evolve from a frustrating, unreliable device to a remarkably sophisticated, consistent product was a blast.

6/14/2014 8:56:00 PM - RWells from south Alabama

On January 2nd of this year (2014), I was smoking between 2 and 2 and a half packs of cigarettes a day and had been a smoker for over 25 years.

Prior to that day I had tried a number of things to reduce the amount i smoked but no matter what I tried, whether it was the patch, nicorette gum, or various brands of the cigalikes like blue, enjoy or metros, nothing really worked or was even a close substitute to actually smoking so I was more than a little skeptical when some friends showed me their electronic vaporizers.

(Just on a side note I prefer the name electronic vaporizer (ev) or mod to electronic cigarette because they really bear no resemblance to an actual CIG at all so that's how I'll be referring to them from here on.) I was amazed when I saw the new evs, and how they seemed to be giving good hits every time.

My experience with the cigalikes often resulted in me drawing on them repeatedly before getting a decent hit so this was a big deal for me and the primary factor in me deciding to try a refillable ev.

I bought my first ev on January 3, 2014 and at the time I still had 5 packs of cigs left in the carton I'd just bought on new years eve.

As soon as I tried my new ev I knew this thing was different than anything I'd ever tried before and ended up only smoking a few more cigs that day. Each and every day after that was the same way, i didn't just throw my cigs out though, I smoked every one of my remaining ones because I didn't want to rush into something only to have it bite me in the backside, but it took me the rest of the month to finish them and on the morning of February 1st I smoked my last CIG and as of right now, June 14, 2014, I haven't had a CIG since. Within a few days of my starting to use my ev regularly I noticed that I had stopped spending the fist 10 to 15 mins of my mornings hacking and coughing so hard I felt as if I were going to throw up.

Within a couple of weeks I was breathing much easier, even able to sprint a few hundred feet without feeling like I couldn't get any oxygen into my lungs afterwards.....I can't tell you how good that actually felt.

And by this point I no longer have any rasp or wheeze in my lungs, which has been a constant companion of mine for the last several years.

Just today in fact I ran the first time in 12 years at the gym, and after almost 20 mins on the treadmill my legs were burning but my lungs weren't.

All in all I feel amazing and getting better everyday so it just amazes me that people are knocking these as hard as they are. After all these years of being told I need to quit

smoking I've finally found something that worked almost effortlessly with no more risk to my health than drinking coffee or energy drinks only to have people try to take them away.

and all their arguements seemed to be based on nothing.

I'll admit that when I first tried my ev and experienced the results I figured there had to be some downside so spent hours online researching the various ingredients only to find that they are all pretty much harmless, fda approved, been around for decades, and used in both the food and medical industries.

So what exactly is the issue I wonder and wish with all my heart that people would just leave this product, that has the potential to take millions of people away from smoking, alone.

6/14/2014 10:23:00 PM - Raymond Gray. Hondo, Texas

I had been a smoker since I was 15. When I discovered vaping, I smoked 2 packs a day. In November 2013, I decided to try vaping. I had tried Wellbutrin and Chantix, with no results. Once I became educated on the process and equipment, I began to enjoy the fact that I did not smell like an ash tray all the time. My clothes and vehicles don't stink anymore.

I am a manager in the oil and gas industry, and my company had totally banned smoking anywhere on their property. This became a problem, since I was always trying to find a way to sneak away and smoke. Now, I just close my office door and enjoy. I have not Han or wanted a cigarette in 7 months. My wife loves the fact that I do not stink. I love the fact that I can breath without congestion. I am a success story. Don't take this away or tax us into oblivion. We are the people who make this country tick.

6/15/2014 6:21:00 PM - Mike Petro, Martinsville VA

My name is Mike Petro, and at the time of this writing (6/15/2014) I am 55 years old. I currently reside in Martinsville Virginia. I am a Manager at a large Manufacturing facility.

I have smoked cigarettes, and ultimately large cigars (inhaling them) since I was 15.

Over the years I have tried to quit more times than I can count. I have tried the Patch, Nicotrol, Zyban, Chantrix,

nicotine gum, will power, religion, hypnosis, meditation, early version of ecigs), cold turkey, tapering off, and countless more methods. At most I have abstained for 6 months or so. The most effective method being nicotrol as it somewhat mimicked the behavior and still provided nicotine, alas even that was short lived. I even tried the early 2009 version of cig-a-likes, that didn

6/16/2014 12:14:00 AM - RM Levesque

I was a smoker for twenty three years, from a long line of smokers. I

6/16/2014 2:14:00 AM - eric rastello

i smoked cigarettes for over 25 years. waking up coughing my lungs out everyday. finally i had enough and tried to quit. from patches to

pills , nothing worked.

finally i talked to someone about the ecigs and he explained to me how he used to smoke 2 1/2 packs a day like i did and he quit. he provided me some good companies to use online and i followed his instructions and bought my first ecig.

after the first day of using it, my grandfather died.

he was more of a father then a grandfather.

the sadness and stress level i was at, on any normal day i would have smoked 3-4 packs of cigarettes. i did not have 1 craving to smoke a cigarette.

i was totally amazed on how i was feeling and i didn't stop using the ecig.

the first week , with the funeral and everything , i smoked 5 cigarette. it was not because i was craving it , my batteries died and i smoked one cigarette while batteries charged. it was more out of habbit then anything else. i had no cravings for cigarettes.

when i went home i bought more batteries so i always had back ups. after 2 weeks of using the ecig , my cough also went away. not fully, but nothing compared to how it was prior.

after a month on the ecig the cough was gone and i was breathing normal again. wanted to do things, and go out more.

wasn't out of breathe going up a flight of stairs anymore. thats right after 1 month...

with the exception of the 5 cigs i smoked the first week , i did not smoke 1 after that.

i have friends who stop smoking as well thanks to swithing over to the ecig.

the fda is a power hungry organization run by our power hungry government who has failed countless times to ban ecigarettes.

the one product that actually works help people stop smoking cigerettes which cause cancer, has over 4000 deadly chemicals in it. that they will do nothing to ban, but a product with maybe 4 chemicals in it they want to ban.

the fda is a joke, looking for their brides. the supreme court should ban the fda from trying to attempt any ban or regulations and they should be fined or shut down. it is so obvious what they are trying to do and why...

before you come after the ecig companies , ban cigerrets that kill 100,000's of people a year...

then and only then would anything they do have any credabilty.... tell them to stop approving presciption drugs that have more deadly side affects then what they are supposed to be helping.

as i said , the ecig work, i am proof , and the fda is a joke....and yes i am still a non smoker...

eric rastello. 570*503*1585

6/16/2014 2:40:00 AM - c.j. williams. ky.

I started smoking over 10

years ago. At a young age. After feeling horrible for years a doctor did a scan on my lungs and told me I would not live past 55 because of smoking. So I bought my first e cigarette about 8 months ago and since then I am loving it. Now the doctor says my lungs are mostly clear and back to normal. I breath and feel 10000x better. All because of vapor I will now lead a healthier life. And if you take this away from me you will be killing me. And thousands more. This is the best product ever invented to help stop smoking. I tried all the other alternatives and all failed because they did not mimic smoking and we're not close to being satisfying. I started out on 24 mg nicotine of e liquid and slowly tapered down. I'm now at 4 mg of nicotine. And feel amazing! Thank god for this product. It taste great and is 99% safer then smoking. Or drinking. This product is saving lifes!! Including mine. These are facts. Please don't take this away. I understand there needs to be more rules and regulations. And I fully agree with that. Same goes for alcohol and smoking. Don't be simple minded and rule us out. We need this as a nation. It's our choice and our freedom. And we're not hurting anybody!

6/16/2014 5:04:00 AM - Gaelen J Bolland

I was a heavy smoker for 8 years, up to 2 packs a day for the majority of that time. I was feeling terrible, I knew it was bad for my health, but I was addicted. Nothing I tried previously had worked for me. Nicotine gum, the patch, sure they both delivered nicotine, but the habit of having something in my hand, puffing smoke, that was missing and as silly as that sounds, that's why those products didn't work for me (and a lot of other smokers I know as well). Then everything changed, a good friend introduced me to electronic cigarettes, or "vaping" as we like to call it. It provided everything I liked about smoking, the nicotine, the ritual habit. I decided to try it, and over the course of a few days I had gone from 2 packs a day, to half a pack, to one or two cigarettes, to zero. In LESS THAN A WEEK "vaping" had replaced my smoking habit.

The next few weeks were really interesting, I noticed my sense of taste and smell had improved, my lungs were clearing up, I no longer coughed every few minutes, I wasn't getting winded as easily, I generally felt much better. In my experience, no other product I had tried was as effective as electronic cigarettes because the truth is, I didn't want to give up the habit, I just wanted to feel better. Fast forward to today, I feel healthier than I have in years, and I didn't have to give up the "ritual" part of my habit. I've tried many of the different non-tobacco flavors available and I love them, as my sense of taste has recovered from 8 years of smoking, I actually find the taste of tobacco rather disgusting now. I prefer to use fruit and candy flavored e-cigarettes, and I know I am not alone. I personally feel that I would not have given up cigarettes so easily if these options weren't available.

I ask anyone who is reading this to please consider the impact that the proposed FDA regulations on electronic cigarettes will have on the variety and availability of these products. For myself, and many others, these products have been a life changing success. The industry as it stands today is a big part of that success, I fear the proposed regulations will have a devastating effect on the options available to us, and to many (if not all) of the small business that have grown in this market. If the FDA is going to regulate these products it needs to do so in such a way that doesn't destroy the industry by making it cost prohibitive to produce these products, and doesn't limit options available to the consumer. Please help us keep this industry alive, please help us keep our options from being regulated out of existence.

Thank you.

Gaelen J Bolland

6/16/2014 1:31:00 PM - Mason Colbert Beavercreek Ohio

I am 61 years old and have smoked cigarettes since I was 16.

The amount varied over the years:

sometimes less than 1/2 pack a day, sometimes over a pack.

I made serious efforts to quit smoking in the 80's, probably about 5, but was never successful.

I did quit for a year in the 80's by using snuff as a substitute but I started smoking cigarettes again.

Thereafter I used snuff as a substitute to reduce the number of cigarettes I smoked daily but I did not quit smoking cigarettes.

About 3 years ago a co-worker who was using an electronic cigarette got me interested in them and I purchased my first unit in 2010.

I did not quit smoking cigarettes at that point but using the electronic cigarette allowed me to reduce my consumption of cigarettes to less than 5 per day.

I did quit using snuff as a result of using the E-cigarette.

I spent a few years trying various models of e-cigarettes until I found a model that met my needs (this was in September of 2013).

Equipped with the right technology I bought my last pack of cigarettes in early September and by the first of October 2013 I was not smoking cigarettes at all and have not a had a tobacco cigarette since then.

I can't say enough good things about the e-cigarette.

My lungs seem clearer now than they ever have been.

I have always been active, even a runner, but as I grew older it was clear that smoking was impacting this.

If I got a cold I would sometimes get bronchitis that would linger for weeks.

Since I switched to the E cigarette all of this has changed.

My wind is much improved and I actually completed a half-marathon last October.

Too soon to tell perhaps, but I went through this winter without getting a cold.

I know that there are a lot of concerns about e-cigarettes but speaking as a life-long nicotine addict to me it seems they are not any more harmful than any other nicotine replacement strategy.

And since they mimic perfectly the act of smoking I think they are probably the best substitute for someone who has spent a long time smoking cigarettes.

I frankly cannot understand the furor over them if the goal is to reduce harm from smoking cigarettes.

And it does seem quite the logical disconnect to allow any and all other forms of nicotine delivery (cigarettes, pipes, cigars, gum, chewing tobacco, nicotine inhalers, the patch) and zero in on this device as being particularly harmful.

It does not make sense from a public health standpoint.

Since I transitioned completely to the E cigarette I estimated that I have avoided smoking somewhere upwards of 1,800 cigarettes.

That is a lot of tar and other chemicals that I have not ingested.

6/16/2014 7:09:00 PM - Rich Alcala

I started smoking in earnest in High School, though I had my first cigarette at the age of 10.

I've gone through various stages of amounts, from a few cigarettes a week to a pack a day, and finally I was down to about a half pack a day, except for weekends and parties.

On those occasions, it was a smoking free for all.

In any case, I attempted to quit cold turkey on numerous occasions, with varying degrees of success, but in the end I always returned to smoking.

Years ago I tried an e-cigarette and was very enthusiastic about it, but it was difficult to obtain the materials on line, and I eventually went back to smoking.

Last year, June 2013, I went to a newly opened store here locally which sells ecigs, and started using one exclusively.

With the exception of curious experimentation, I have not smoked a cigarette in over a year now.

The few times I've tried them was just to see if I would like them again, and I'm happy to say I don't miss smoking in any way.

I have noticed many benefits, namely I don't stink anymore, my teeth look better, I don't wake up hacking, and my voice has improved greatly.

I'm a singer and a voice over professional, and I can't believe the improvement in my vocal quality.

I thought my voice was wearing out a little due to natural aging, but it turns out it was just smoking.

I have saved a ton of money using the e-cig, and I've encouraged my friends and family who smoke to look into it.

It has been a God send to me and I truly believe it's the way to go if you are a smoker.

I sincerely hope the government will be sensible and realize that the ecig is not only a viable means to quitting smoking but also a safer alternative than most any on the market, for both the user and those around the user.

I'm smoke free, and I'll never go back, thanks ONLY to the Electronic Cigarette.

6/16/2014 7:13:00 PM - Jennifer Dahl - Phoenix, AZ

I started smoking later than most, at 22 years old. I started and stayed smoking Menthol cigarettes for 20 years, which are well documented to tear up your lungs. My first attempt to quit was January 2009 and I used Chantix. Like many, I was not able to handle the violent / intense dreams and stay on it long enough for it to help me beyond the desire to smoke. So, like many I fell back into my habit hard core. At this point I was still only smoking a pack a day. Not long after this I secured a work from home position with my company...only to see my smoking habit increase to 2 packs a day.

Living in Arizona means smoking is EXPENSIVE. A pack of my Marlboro Menthol cigs were nearly $7...so do the math...2 packs a day x $7 = $14 a day habit x 365 days in a year = $5,110 a year?!

November 3, 2013 I transitioned to the eCigarette thanks to the knowledgeable and helpful staff at Freedom Smoke USA. I dropped cigarettes cold turkey! I tried to have a cigarette 3 days after moving to the eCig and wasn't able to take three drags. I have stayed smoke free ever since.

I am so frustrated with all of the legislation surrounding eCigarettes and the attempts to ban them. In my opinion, these attempts are all based on the fact that the Tobacco Companies are losing millions of dollars. Big Tobacco has a lot of people in their "pockets" and pull strings with politicians, physicians, members of the CDC, and other policy makers based on money, not real facts surrounding public health. If the public stays addicted to Big Tobacco's product...they keep earning ridiculous salaries.

The facts surrounding my health are this: (1) I can run on a treadmill / elliptical machine for 45 minutes without stopping...while smoking I could never do more than 15 minutes. (2) My skin is healthier (3) My appetite is back to normal, thanks to re-gaining the sense of taste when I quit smoking (4) For every day I do not smoke I increase my chances to live a longer life (5) And on a financial front, I have thousands of dollars back in my pocket to use toward my healthier lifestyle.

6/16/2014 8:49:00 PM - Ryan Franz TX, USA

I have been using electronic cigarettes for five years now. I smoked a pack a day of menthol cigarettes for 11 years before switching to e-cigs. I continued to smoke both for the first two weeks I tried it and then quit traditional cigarettes all together. Like most smokers I have tried several times to quit. I've used nicotine patches, nicotine gum, and even counseling with the anti-depressant drug Wellbutrin. I was never able to be cigarette free for more than a week. After trying an electronic cigarette I was finally successful and have been a non-smoker and vaper ever since. I have tried many different types of devices and flavors over the years and I've never had any problems with the products or noticed any side affects. It is so great not smell like cigarette smoke anymore and drive a car that doesn't smell like an ashtray! My health is great and I've started to exercise regularly again.

I can understand needing regulations to limit electronic cigarette buying to adults over 18 but banning flavors and other unnecessary regulations will only hurt consumers and small businesses. The electronic cigarette technology just keeps getting better and better. Since the introduction of the e-liquid tank models, the number of electronic cigarette users in my area has rapidly increased. Most of my co-workers who smoked have switched to e-cigs and no longer smoke cigarettes. I used to be the only vaper in the smoking area at work, but now we often outnumber the smokers! Four new small businesses have opened up here selling electronic cigarettes in the past six months. I will continue to be an ambassador for electronic cigarettes with everyone I meet. It truly has changed my life for the better and I'm sure it will also for many others if not stifled by the FDA.

6/17/2014 12:07:00 AM - Gary Powell

First of all I knew a regular cigarette was bad for my health.

I should of started vaping years ago just because of the way I feel now.

I

6/17/2014 1:00:00 AM - Linda T from Buffalo NY

Hello - my name is Linda, and I started smoking to please my boyfriend.

30 + years later, I was paying almost $10.00 a pack, and boyfriend was long gone.

A friend of mine started using an e-cig, and I figured it would be a good way to save some money.

My thought was that I would buy, maybe 3 or 4 packs a week and use the e-cig intermittently.

I first used the e-cig on the morning of August 3, 2011.

I haven't had a cigarette since.

I have no desire for one.

My Dr. has told me that my lungs are clearer.

I have more ability to play with my grand daughter, and more $ to spend on who and what I want.

I also don't stink, I don't have to stand in the cold or the rain, and am able to socialize without having to excuse myself to run outside.

I believe there are two reasons anyone wants to limit the use of e-cigs - 1)the need to control what others do, and 2) big tobacco companies are running scared.

It has been proven that the health risks are much lower than cigarettes, even when e-cigs are being used, there is no "second hand" anything, and they satisfy a need for millions of people.

FYI - I have been in the presence of passionate non-smokers, who have entered a room I just vaped in, and they had no clue I had just exhaled.

Please step back and allow adults to be adults and make their own decisions. True, there are benefits for those of us who use them, but there are also benefits for those who don't.

There is less residue than there is from perfumes, after-shaves, and hair sprays.

Thank-you

6/17/2014 6:14:00 PM - Thomas Shaw

I started smoking at age 16 and smoked non stop for 35years. I tried many times to quit smoking with drugs, patches, and other such items available with little to no success. April of 2013 I walked into a Tanked vaping store and have never smoked again. Since vaping I have felt better than I have since I was a young man.

6/18/2014 7:49:00 AM - Chris theard from mount Vernon, wa

Hello, I am now 30 years old. I started smoking when I was 13 years old and really picked up the habit at 15 years old. I smoked newports for 13 years, I played sports all throughout my childhood and dreamed of playing basketball for a living. I quickly realized that dream was dead cause of my smoking. I could not breathe right, when running up and down the court. So, I stopped playing all together at 17. All of my years smoking I woke up in the morning congested coughing up green like mucus. It was like clock work. Wake up and open my front door and hack up a loogie and go smoke a cigarette. I tried quitting when I turned 26 years old just cause I wanted to. I dreamed of becoming healthy again to play sports on a full time recreational basis. I tried everything from nicotine gum which was absolutely horrible and burned my mouth. So, that was not an option for me. I then tried chantex. Well, that gave me worse side effects than smoking IMO. I was having very vivid dreams that we call nightmares now a days. They were horrible and seemed very real. The pills also had me feeling very depressed and very sad thoughts. So, I immediately quit those pills. As soon as I quit them. The dreams stopped and my mind was back being how it was before. Well, then I noticed e-cigs hit the market. I was very happy to see this and I then tried the blue disposable e-cigs. Unfortunately they didn't work. It didn't give me enough nicotine and they didn't satisfy my hunger for that throat hit and amount of smoke I was craving for mentally. So, I just continued my use of cigarettes. You just don't have enough options with those disposables. Then I was introduced to the miracle world. Aka vapor world!! It was October of 2012. I will never forget that day. EVER. It was top 5 greatest days of my life right next to my daughter being born, going to cancan Mexico, my niece and nephew being born and my saints wining the Super Bowl!!! I officially quit cigarettes within 3-4 weeks of being introduced to quality e-cigs with e-juice with many different flavors and levels of nicotine. I was able to find the right amount that satisfied my nicotine cravings and off I was. Into vapin heaven!!! At first it hurt my throat really bad as it was very harsh but I quickly realized why. Cause my throat and lungs were so inflamed and infected from smoking for all those years. Cause after about 2-3 weeks it got better and then after 2 months it got great. Those first 2 months I coughed up so much crap that I couldn't believe it was coming from Inside me. My lungs and insides actually cleared up and rid itself of all that crap from all those years of smoking. Cause after 6 months I was playing basketball and running like I was 15-16 years old again!!! I really, honestly couldn't believe it. I never wake up hacking up that nasty mucus. I never wake up feeling congested, drowsy, and all nasty inside. I really feel like a new man!!! I've tried many ways to quit smoking and this by far is the best way out there right now. I was a plumber for 7-8 years. No business experience at all. I was so inspired by this. That I saved up all of my money for a couple years and got a loan to open up a vapor shop. I am now a shop owner who sells nothing but the best, most reputable brands of e-cigs in this Industry. My juice supplier is a major supplier in this industry and will be here for the

long haul. He is sanitary and labels all of his bottles and all bottles are child proof. I mean I went from a 12$/hr 40+hrs smoker

on his way to cancer (likely) working guy to a business owner, smoke free, playing basketball again over night!! ISNT THIS WHAT AMERICA IS SUPPOSED TO BE ALL ABOUT??? If you ban these e-cigs or make it to where it kills us small businesses. Can you imagine the backlash? We've let cigarettes be sold on every street corner for how many years now? KNOWING THEY KILL 250k PEOPLE EVERY YEAR!!! Now all of a sudden we have a solution for a smoke fee world and business oppurtunity for any average American out there. You want to take it away?? Please do NOT do this to us!! These tobacco companies will just invade our space and try to take over. Do what is right for the American people. Do what is right cause you are American as well. I just encourage all you people to get out in the communities and visit vapor shops across the USA and see what they are all about. There is so much more to this!!! Peace and love to all!! USA USA USA USA

6/18/2014 4:24:00 PM - Sue - Rochester, NY

Female - age 54.

Smoker for 40 years.

Averaged 1.5 packs a day.

Tried quitting cold turkey many times...longest i made it was 5 months.

Seems the longer I quit, the more desire i had to smoke.

Was out at the Indian Reservation picking up my monthly cigarette supply.

OUT OF CURIOSITY, I bought an inexpensive starter kit (battery, clearomizer, charger) along with a sample of Turkish Tobacco e-liquid.

Figured not to spend to much moolah, just in case it wound up in the dresser drawer.

It's been 6 months later and i still have 95% of those cigarettes I bought. (Smoked the 5% while the battery recharged and waiting on my vape mail).

Here's one for the books....i never intended on quitting....i was sold immediately!

Occasionally, i'll light up a traditional cigarette, take a puff or two.....then, nope out of there.

6/18/2014 6:52:00 PM - Grandma vaper

I smoked for 44 years.

I started when I was 18.

I had no negative effects from smoking, and as a result had no desire to quit.

I was introduced to ecigs in Vegas and found them very realistic,

I was only interested in them because my son's wife was pregnant and having my first grandchild.

I knew I would not be allowed to see the baby if I were still smoking.

I went online and ordered a Joye 501 kit.

I used that, or another brand of ecig, until I found the Joye Stick. I used that untill it was no longer available.

I now use 801 batteries with the atomizer for the Joye stick.

I smoked, only occasionally, If the ecigs failed from a weak battery or vaporizor.

This story began about 5 years ago.

I have smoked less than a carton in that time and have not had a cigarette in about a year.

I know this because I had several cartons when I started, and still have one left. I highly prefer vapor.

It has a more satisfying flavor than my (now) stale cigarettes.

Plus, it is much cheaper. As for the baby:

I have two grandchildren now and, due to the demonization of ecigs, I have not seen either of them.

I am so tired of people trying to control the lives of others.

And upset that our government and the media manufactures ammunition for these righteous assholes to use. To sum it up:

I enjoy vaping, it is cheaper than smoking, and I have no desire to quit!!

6/18/2014 7:28:00 PM - Christopher Jason O'Brien from Virginia Beach

My Name is christopher o'brien I'm 33 from virginia beach and I smoked traditional cigarettes for 10 years a pack a day consistently. I never imagined that I would be able to quit smoking and thought that I enjoyed smoking too much to be able to quit. I got married 7 years ago my wife started urging me to quit smoking she hated the way I smelt and the fact that I was coughing up about a cup of mucus in the morning most days so bad that I would dry heave and vomit. Not to mention severe acid indigestion problems that required zantac almost daily. 4 years ago I tried my first electronic cigarette I was very intrigued and researched tons of material concerning the ingredients in the e liquid as well as how the electronic cigarettes work. After researching I made my first purchase and was very happy using 18 mg high strength e liquid and Cigalike style e-cigarette but was never able to completely stop smoking traditional cigarettes but I did cut back significantly. Until my first purchase of a advanced personal vaporizer with variable voltage I was able to completely stop using cigarettes. And since then I no longer have any problems with acid indigestion and almost zero mucus in the morning I can taste food smell and barry's much better. About a year ago I purchased my first mechanical mod and rebuildable atomizer I did spend a lot of time researching battery safety and countless videos on how to wrap coils read ohms Exedra. I now exclusively use mechanical mods and rebuildable atomizers as they are by far the most enjoyable experience I have found using e-cigarettes my nicotine strength has gone from 18 milligrams to 3 milligrams strength this has a lot to do with that mechanical mod being more powerful then the cigalike electronic cigarette. I feel like proposed FDA regulation will greatly hinder the advancement of the electronic cigarette market and e-liquid market due to the extremely costly FDA approval process which would put e-cigarettes exclusively in the hands of big tobacco which is constitutional and would turn me away from e-cigarette.

6/18/2014 11:29:00 PM - William Dray, Hastings on Hudson, New York

Fifty years a pack+ a day smoker.

Never missed a day.

Tried to quit many times but to no avail.

Tried gum, patches, cold turkey etc. but nothing helped. Could not go a day without a cigarette, many actually.

Almost a year ago, I tried disposable e cigs and lo and behold in a couple of days I was off traditional cigarettes.

I haven't had a tobacco product since and have had no desire to.

I started at a 1.8 nicotine level.

A couple of months after I quit cigarettes, I discovered mods and have been using them ever since.

I am now using the lowest nicotine level, .6.

My health has improved--better lung capacity, higher energy, better sleep etc.

E cig products have been a life saver for me.

6/19/2014 4:20:00 AM - Alex M. from Tennessee

Hello, my name is Alex. I live in Tennessee on a 1400 acre farm. Like many other southern males (and females) I dipped and smoked cigarettes. Sometimes as the same time. Almost a year ago, I was introduced to vaping from a guy who just got out of rehab and claimed that "vaping keeps him off the bad stuff". Which in itself is remarkable. So I told myself, with the aid of my girlfriend (still datin her 9 months later:) that I would quit "the bad stuff" (dip and cigs). So I payed $75 dollars for an ego c twist 1100 mah battery and a langur protank two. I quit dipping and smoking as soon as I bought the ego. I was amazed at how much better I felt. My gums actually grew back and my lungs felt better than ever. I have had no side effect from vaping. The variety of choices in the vaping market is what drives me to stick with it. The multitudes of juice flavors keeps me wants to try more and keeps me off dip and cigs as well as the awe of buying new mods.

This country was founde on free will, and a laizze faire economy. These FDA regulations burden all vapers tremendously. Especially vaping venders (e juice makers and ecig manufacturers) will be either go bankrupt, be imprised for not knowing all of the 200 page document that the FDA has proposed, or simply immediately shut their business down. We all know small business is good and what we need right now in our country. There is not a single thin unsafe about vaping. I have had zero side effects and zero injury or disease from vaping. And no one I know who capes has had a signs problem. Why would government want to burden someone who is staying healthy by vaping and through these regulations may be making them go back to cigarettes? I know why, it's complete greed by the big tobacco companies as well as government.

I digress, I have been off real tobacco since the day I bought my first e cig. Please leave vaping and vapers ALONE and FREE.

6/19/2014 7:19:00 PM - tanya b

After smoking for over 40 yrs and trying different methods to guit i have now successfully been tobacco free for 7 months. i have used the vaping system and have gradually cut my nicotine level to 6mg.

I feel my health has improved and those around me have no ill side effects from my vaping.

6/21/2014 4:31:00 AM - visAliA

I smoked for 12 years and switched to a tree of life mechanical mod with a kayfun tank and quit smoking 3 months now. I did keep a pack of unopened smokes. They do not even temp me since vaping.

6/21/2014 6:04:00 PM - Shelby M Annandale Virginia

Not everyone who uses e-cigarettes do it for smoking cessation. I do not smoke cigarettes and do not require nicotine. I have asthma and do not want to develop COPD. I have been 'vaping' since February 2013. In that time, my air volume capacity has increased (every time you suck on an e-cig you exercise your lungs) and I rarely use an inhaler. We had our first coded orange day last week, and no problems and I was out the walking in it. My blood pressure is down. The natural moisturizer in the liquid helps move phlegm (natural side effect of allergies and pollution) as to not be inconvenient to my co-workers as I rarely have coughing issues any more. It's not always about smoking cessation, the are positive health benefits they seem to miss when they talk about legislation of a product that helps people with asthma and COPD. Follow the Benjamin's - the people who scream the loudest are loosing money and do not see beyond smoking cessation issues to see the good rendered beyond that.

6/21/2014 9:13:00 PM - PJ

I was an avid smoker since a Very young age. I tried to quit multiple times using Snuff, gum, and patches. I now Vape (electronic cigarette) I have been vaping for 7 months and feel better than ever. It's even cheaper than smoking it's very benifical. Thanks to My fellow vapers and local vape shops I can actually breath when I'm playing sports. Or just walking. I am truly grateful for vaping.

6/22/2014 10:03:00 PM - larry e reibsome jr

It all started almost three years ago when I get the call from my mother stating my father is in the hospital and is on a ventilator. We didn't think he was going to pull through. Had all of us scared. My wife and kids basically never shut up since that day almost three years ago. So after 16 long and suffering years of smoking on April 27, 2014 (one day before my 34th birthday) I put that habit away for good and picked up vaping. If it wasn't for the safe, knowledgeable, available, hard working vapor experts I would still be smoking and suffering from many health issues such as chronic bronchitis, skin issues and lack of taste and smell. So with that being said I owe my new life style to these vapor experts that showed me the safe, healthy way of vaping. They showed me the different mods and the ends and out to them. They showed me the amazingly safe and natural way of liquids. With the way the vaping community is, it allowed me to breathe better, smell better and just feel better all around. I owe my life to vaping!!!!!

It helps to know that you have friends that are behind you through a difficult time of quitting the worse habit....SMOKING!!!!!!!!!!!!!!!!!!

6/22/2014 11:44:00 PM - Alainn

As someone that had smoked analog (conventional) cigarettes for eight years, I truly feel like vaping has saved my life. I initially started smoking Djarum blacks (cloves) until they were banned by the FDA in 2009. The ban was supposed to stop "kids" from being lured into smoking by flavored cigarettes. As an adult consumer, I was less than impressed. After the ban, I switched to a normal cigarette. Probably not the intended result of the ban, but something that was inevitable for everyone that enjoyed smoking. And I did. I really did enjoy a cigarette.

What I didn't enjoy were the negative health effects. I didn't like that I couldn't run as far or breathe as deeply as I felt that I should have. I also didn't like that other people could smell the smoke on me. Around that time, Lorillard was fresh on the scene with their new electronic cigarette, Blu. It was heavily marketed as a cigarette without the hideous health effects and bonus: You could smoke it anywhere. Perfect! This was exactly what I was looking for. I didn't have to smoke regular cigarettes anymore AND they came in flavors. As a former clove smoker, that was huge. I missed FLAVORS. Unfortunately, the Blu performed terribly, the flavor profiles were horrible and I was back to analogs.

Then I discovered e-juice. My world exploded. Flavors that I could mix and meld. Flavors that I could choose. A whole array of colors, textures (yes, e-juice have =texture=), profiles, and it was FAR less expensive than my pack a day habit. I fell in love. That was six months ago, and I haven't smoked a single nasty analog cigarette since.

I no longer have the threat of cancer, COPD, or chronic bronchitis looming over me. Every cigarette felt like another nail in the coffin. My own personal slow suicide. I can breathe again. I can taste again. It truly is amazing. I don't have to read science journals to know that it's healthier when I can =feel= it. I feel alive. I have more energy. I can enjoy my life the way I want it without feeling winded or drained.

Then I heard about the proposed FDA bans and I could see it all slowly fall apart. I can agree with not selling to minors. It's nicotine based. It should be restricted as such. What I can't agree with is the removal of choice. I don't want to be restricted to just tobacco or menthol flavors. Frankly, neither of those are even on my radar anymore. I don't want to be restricted to pre-filled cartomizers from the three major tobacco powerhouses. I love my independent juice makers and my local brick and mortar stores. Some of the proposed regulations will absolutely destroy the small companies. I agree that there should be guidelines to make sure that everything is safe for consumption, but it really should end there.

6/23/2014 12:49:00 AM - Jake Strom (jstrom1190, Jvape1190) from Worth, IL.)

To whom it may concern,

I am Jake Strom, 23, and I'm originally from Joliet, IL and yes I get the "Blues Brothers" joke all the time; I've since moved to Worth, IL to be closer to my work. I'm a Cummins diesel engine mechanic and had been smoking since I went to college in 2010; I got turned on to vaping from a few guys in the shop I work at but I hadn't really given it much thought because I already tried the patches, gums and disposable e-cigs. But after being told about how long they smoked analog cigarettes and made the switch I decided to do a little research and found the huge vaping community and all the testimonials from a few different forums sites. I then talked with one of my coworkers about what I had seen and read and that I was interested in trying this method, he just smiled and said he'd let me take home one of his eGo style mods to try for a few weeks.

Fast-forward two weeks and on Monday, May 5th the coworker asked me how I was liking the mod and how I was doing with not smoke analog cigarettes, I didn't realize it till then that I hadn't smoked a single analog and was just using this mod. From that moment I was sold, I bought an eGo style mod of my own and have since bought multiple tanks and e-liquids and have reduced the nicotine level from between 24-26mg to 6mg, I've started working out again (running especially) and feel great whereas while smoking analogs I was always feeling tired and would get winded easily by just jogging.

I can say that without a doubt this alternative method of quitting works and works well, I myself make ok money in a blue collar job but as a former student with loan debt and the used car payments along with all the other bills that come along with life, I have made not only a healthier choice to do this but a more economically sound choice for my specific situation. Local vape shops such as Cignot (Hickory Hills, IL) and Quitters (Burbank, IL) have given me great advice and insight as to how this vaping community works and helps people and connects individuals with others who are trying to quit to give them support. Not to mention the online community which is to say the least, AMAZING!!! I haven't received that much support for anything in my life and they are always ready to share their stories and experiences or just give you advice on buying a mod to get on the road to quitting.

Thank you for taking the time to read my journey.

Sincerely,

Jake Strom

6/23/2014 1:59:00 AM - Robert A. N.carolina. USA.

Hello, my name is Robert and I started smoking cigarettes when i was 19 years old. I am now 46. after 10 years of smoking i was diagnosed with chronic bronchitis. i began a journey to quit smoking. i started cold turkey, and i couldn't do it. i tried nicotine reduction filters, didn't work. i tried zyban, patches, gum, chantix, yes, chantix too, and it didn't work. My addiction to cigarettes was so ingrained within me that not even a mind-altering drug could get me to stop. the thing i realized each time i tried to quit was that there was always something missing from the cessation aids. none of them addressed the WHOLE addiction. the physical, mental and habitual aspects of cigarette smoking is very complex, not to mention that i truly believe that there is more than just nicotine in cigarettes that is addictive. i realized this when i started vaping. i started with an e-cig and quickly moved up the line to an APV,

once i moved on to an APV and found flavors i liked i stopped smoking cigarettes OVERNIGHT. yes, overnight. i know i am still addicted to nicotine, but in just a few days i could breathe easier and all the other positive things attributed to quitting smoking began to happen for me.

You may have noticed that i said " once i found flavors i liked"...the flavors are very important for me. i don't think i've ever heard a person say "i love the way this whiskey tastes"..or..."i love the way this cigarette tastes"...we don't drink or smoke for the taste of it, generally, some may, but we do these things to get a result. to get drunk or to cure a nicotine need.

the flavors that are offered are attractive to me and that is why vaping has been 100% effective for me. to be honest though, i started with a plain tobacco flavored juice and that tends to be my main go-to juice. kind of ironic but even plain tobacco flavored juice is nicer, smoother and for me, bolder in flavor than a cigarette and is not gross like an analog cigarette.

Vaping addresses all the complex aspects of addiction i mentioned earlier, the physical, mental and habitual. i don't stink, i don't have yellow fingers...etc,etc...all the same things i'm sure many of our stories have in common, and the most important common thing we have is that we no longer want to be held captive by cigarettes and die young. ok, there may come studies that say vg and/or pg can do this or that to us, but don't we deserve the chance to decide for ourselves? you let big tobacco lie to us for decades and you continue to do so. you let alcohol companies advertise again with all their "FLAVORED" vodka's, whiskey's and beer's. and you still don't make them show their nutrition facts on labels like every other OTC product in the world, why? proprietary recipes? really? please don't insult us. the FDA allows thousands of products to claim they do something for people,i.e. vitamins, herbal meds, protein drinks and

supplements,diabetic otc medications, and all they have to do is say "this product is not meant to treat, diagnose, cure or prevent anything"...really?

Look, i told my kids when they were old enough to never smoke a cigarette. i asked them never to call me a hypocrite because i smoked. i explained addiction to them and they understood. i asked them to never stop bugging me to quit and to never give up on me....and they never did and today i can say, with a quiet humility, that i am an EX-SMOKER and i hope i make them proud. isn't that what this is all about? don't make it more than it is, please. Vaping is the GATEWAY to freedom...not heroin. and if you think kids will be drawn to vanilla flavored juice, how about them being drawn to whipped cream flavored vodka? stop. i have 2 young adult children now and they have seen all this stuff and do not want anything to do with any of it.

If you want to regulate this industry, i welcome this. i want consistency, i want childproof containers and warning labels, i want to know if what i am inhaling is as safe as it can be. i am not against regulations, i am against ELIMINATION. that is simply not fair and is obviously driven by big pharma and maybe big tobacco and SUPERPACS that are funded by un-informed and un-educated people.

REGULATE, DON'T ELIMINATE!!

today i am 65 days cigarette free, please don't send me back. please. thank you for listening.

p.s. please forgive the occasional CAPS as i am passionate about finding something that has helped me stop smoking and i really want to keep it.

p.p.s also, i hope one day to be free of nicotine altogether, and as i have said here, vaping is the only thing i have tried that has worked, and i gave lots of money to all of the others, vaping is the ONLY thing that has worked, and from what i can see, i am not the only one. thanks again and be well.

6/23/2014 4:15:00 AM - Julia Groh Bergener

I'm a female 52 years old who's been smoking since I was 10 years of age. That means I've been smoking for 42 years! I had tried quitting in the past by cutting down, cold turkey, but nothing ever worked and I always went back to smoking. As my 51st birthday approached I was confronted by a lot of circumstances around me concerning people that I had known and relatives of people that I knew that we're having diseases and deaths due to smoking. I had also been dealing with a lot of colds ,bronchitis ,pneumonia, etc that would not go away. My doctor informed me that if I didn't quit smoking I was going to continue to be sick ,but I scoffed because I loved smoking. But after hearing about

my brother's friend, who had died from chewing tobacco, a friend's aunt who died from stage four lung cancer from smoking, and my neighbors daughter, who was close to my age, diagnosed with copd,

and had to quit her job and be put on oxygen due to smoking, I decided it was time to quit smoking. On my 51st (January 16, 2013,) birthday,

I purchased a disposable Blu e-cig and loved it, and an hour later purchased a starter kit. I used it exclusively,

and didn't smoke another cigarette from that moment!

I used it for 8 months,

but got bored by the limited flavors.

I used vanilla,

peach and pina colada, and cherry. Never tobacco, or menthol flavors (save for the ones that came in the starter kit). I didn't want anything that was reminiscent of a traditional cigarette, since that was what I was trying to give up! Almost immediately,

I felt healthier,

breathed better, didn't huff and puff when I went up the steps. Life smelled better and tasted better and I knew I would never smoke a tobacco cigarette again! When I got a cold, I was amazed that it only lasted a few days, not weeks, like when I smoked! On September 1st 2013 I purchased an ego style battery and a pretty pink tank along with caramel apple flavored nicotine e - liquid and was hooked immediately! Now I have a variable voltage/variable wattage box mod that is pink with crystals and tanks with colored glass. I Vape juices in more flavors than can be imagined!

From vanilla custards and blueberry waffles to every fruit under the sun,

pumpkin pie and even candy cane! It is this wide

choice and variety of flavors that keep me vaping every day of my life and staying totally tobacco free! Smoking was a habit, vaping is a way of life! VAPE ON!!!

6/23/2014 4:26:00 AM - Cody

I started smoking at the age of 18 and regretted starting very shortly after starting but i could not bring myself to quit. It helped with my anxiety and stress levels but i could feel the damage it was doing to my body. I tried many times to quit using different methods: snapping myself with a rubber band, chewing gum, sunflower seeds, the patch... but nothing worked. I even bought an e-cig in 2009, one of the early attempts at them and I thought it was cool but it didnt really help too much. I quit cold turkey again not too long and stayed off for about 6 months but i slowly picked the habit up again when work started getting more stressful. One of my coworkers was using a vape mod. I thought it was cool and gave it a shot and found it to be much more pleasing to use than a cigarette. i didnt stink like smoke and it was also just kinda fun using. I liked how you could get juice in different concentrations and soon enough, I had bought the lowest concentration juice and my own first mod and I've loved it ever since. I haven't smoked a cigarette in months thanks to my mod and couldn't be happier. I feel much better, have more energy and am happier and less stressed out. I understand the risks associated but i know that it's better than smoking and for the FDA to try and classify a vape mod, which is literally a piece of metal (you stick a battery and a lightbulb into it and boom, now you have a flashlight instead of a vape) in the same category as a cigarette makes zero sense. A vape mod has no nicotine in it until someone buys the nicotine juice to use, but even then a person can buy zero nicotine juice. Restricting vapes will be harmful to people like me who used vapes to quit smoking and many people will fall right back into smoking tobacco. If the FDA isn't taking money from Big Tobacco and really is concerned with the public's health, they will not classify vapes the same as cigarettes.

6/23/2014 5:34:00 PM - Steve Eliason, Charleston SC

I smoked for 41 years. I could never imagine myself saying the 3 words that I always wished I could say. Those words are "I don't smoke". I tried everything, the drugs, I tried hypnosis, I tried cold turkey, I tried cutting down, patches, gum and I even tried e-cigs when they first hit the market years ago.

Nothing worked. Then one day a few months ago I decided to give e-cigs another try, I knew that the technology improved over what was, it always does. What I purchased was like night and day compared to what I tried before. After only 5 days of smoking these new e-cigs I knew in the bottom of my heart that this was my saving grace. Cigarettes no longer appeal to me. Now when I smoke a regular cigarette its like acid across my tongue. I have no cravings, no withdrawels whatsoever. I find it hard to imagine anyone saying that e-cigs are not a smoking cessation product while keeping a straight face. Obviously they never smoked. These things are going to save my life. But, I will go along with the people trying to push that nonsense by calling it an "alternative to smoking" since it does contain nicotine. But to these very people I will say that yes it does contain Nicotine, but I have the ability to slowly turn my nicotine levels down just like the patch. I am curious to hear what they have to say about that. Today I find myself able to say those 3 magic words and I owe it all to the e-cig. I will never smoke a cigarette again after 41 years of polluting my body. I did it cheaply and efficiently. The government has made a lot of money off of my addiction over the years, and now they want to tax the very thing that is saving my life. Please leave me alone this time. Please?

6/24/2014 3:58:00 AM - Finis Hammons

Hi, My Name is Finis Hammons. I have been smoking Marlboro Lights for 15 years. I recently was injured at work. The injury was bruised ribs. I had chest x-rays and they found half my left lung was atrophied. While I did not have broken ribs, I feel that God pushed me towards the x-ray that showed that my left lung was going bad. I had an E-cigarette from victory e-cigs that my brother-in-law gave me. I decided to order some cartridges and at least cut down on smoking. It helped me cut down at first but I was still smoking analogs. I started watching you reviews of e-cigs and read blogs and came to try V2 e-cigarettes. The V2 with 2.4% nicotine recharable battery and cartridge helped me stop smoking completely. May 29th 2014 was my first full day with no cigarette, over 3 weeks now I have not touched an analog cigarette. I did struggle the first few days and decide to move up to an ego c twist battery and a ce5 clearomzer tank. I have only tried 4 e-liquids so far. I settled on Halo Tribeca 1.8% nicotine. I am now using the Itaste VV V3.0 with the KangerTech mini pro tank 2. I also have made youtube videos with my thoughts on the products I have tried. I encourage anyone who is ready to quit to try vaping. I have read one of the arguments against vaping is that it will lead to switching to analog cigarettes. I am 26 days without an analog cigarette. E-Cigarettes helped me QUIT smoking.

Finis Hammons

6/24/2014 4:39:00 PM - Aaron from Cincinnati

I started smoking shortly before turning 16. I smoked 1.5 to 2 packs of cigarettes daily. I bought my first electronic cigarette and shared it with my wife. This was just shy of 3 years ago. Neither my wife or myself have looked back at regular cigarettes since. We have used various models and worked our way from 18mg of nicotine down to zero. In my quest to quit smoking I tried Chantix, Nicorette, Wellbutrin, and even hypnotism.

I have been making my own liquid for about 2 years. I only use diluted water, veg glycerin and flavoring. I no longer add nicotine but still vape occasionally. My lungs feel great, I can keep up with my super active kids. I no longer smell of terrible cigarette smoke. I feel great and am thankful that I ordered that first electronic cigarette.

6/24/2014 5:33:00 PM - Steve - Syracuse, NY

I was a smoker for 14-15 years at a rate of one half to a full pack of cigarettes per day. I started using a refillable electronic cigarette around December 2013. It reduced my smoking to less than half a pack of cigarettes from that point forward and I used the electronic cigarette in the car the most as it would no longer make a mess of my car compared to regular smoking. I have fully quit smoking as of May 15, 2014 and used the electronic cigarette exclusively. This has been the only method of assisting me in quitting smoking as all of the other methods never appealed to me as appropriate substitutes. I would like to state, for anyone reading this statement, that I think NY state is being very contradictory on their quitting smoking stance. They push all of these disgusting commercials about quitting smoking on every television program and, yet, probably the most successful method found in electronic cigarettes is about to get trounced by the state all because they aren't getting payoffs like they are from Big Tobacco to keep e-cigarettes unregulated by the FDA as well as Big Pharma to try and push people into a drug (Chantix) that makes people want to commit suicide!?!? I feel that this is the most ridiculous situation I've ever seen from this state. Someone needs to send a message to all of the legislators for NY state and tell them to start taking care of the people instead of lining their pockets. This state makes me sick to be living here and if I could afford to move and have my family come with me, I would do so as it is not deserving of my tax dollars in any way, shape or form. NY STATE: DO YOUR FRIGGIN JOBS AND QUIT LINING YOUR DAMN POCKETS SO MUCH ON TOP OF YOUR RIDICULOUSLY BLOATED SALARIES!! That's it, I'm done.

6/24/2014 9:01:00 PM - Cynthia Smith 8055 Crystal Place Ventura, CA 93004

My name is Cynthia Smith. I am a register voter and a California resident.

I have been a pack a day smoker for 25 years.

Over the years I have tried ever imaginable method available to quit.

I have tried the patch, the gum, the lozenges, Chantix, yoga, acupuncture, meditation and so on.

The longest I was ever able to remain smoke free was 2 months.

A little over a year ago, on a whim, I tried an electronic cigarette, purchased at a convenience store, in place of my regular, daily, pack of cigarettes. I had given up trying to quit even though I hated everything about tobacco cigarettes.

I have not smoked a tobacco cigarette sincere day I purchased my first e-cigarette.

My husband, a 30 year, pack a day smoker became curious and has switched as well. Neither of us have had a cigarette in over year.

As a result I have more energy and stamina.

I eat better since I can now taste my food.

My sense of smell has returned.

I no longer feel the shame and stigma associated with smoking.

In switching to a smokeless product we have greatly reduced my health risks and the health risks of those closest to us.

Our home is now a smoke free home both inside and out....no stink, no smoke, no burns, no butts, no ashes!!!

I very concerned about this very, viable alternative becoming restricted and/or unavailable to us.

6/25/2014 12:04:00 AM - Elisabeth Silva - Atlanta, GA

I was a two pack a day smoker before I started using the nicotine patch to try and quit smoking.

It raised my blood pressure so much I had to stop using the patches and switched to the nicotine lozenges.

After a couple months, and several expensive trips to the dentist from tooth decay from the lozenges, I was so frustrated I picked up smoking again.

Both my parents died in their mid-fifties from cigarette-induced lung cancer.

I heard about electronic cigarettes from my local tobacco store, and decided to give it a shot.

Three years later, I'm still cigarette free and will continue vaping for the foreseeable future.

6/25/2014 12:12:00 AM - Ken Shelton - Atlanta, GA

I started smoking in junior high and I smoked three packs of Marlboro Lights a day until I was in my mid-thirties.

I tried quitting cold turkey, nicotine patches that caused blisters on my arms (FDA APPROVED), Chantix - which made me suicidal.

I was not successful with any of these cessation productions.

One day, a co-worker of mine was using an electronic cigarette at work and told me how well it worked for him so I decided to try one myself.

I spoke with my family doctor and cardiologist about use of the electronic cigarettes; my family doctor told me that she wished her son who smokes would start using the electronic cigarettes instead of cigarettes because of the health advantages, and that electronic cigarettes do not contain all the carcinogens regular cigarettes have.

After receiving her blessing, I spoke to my cardiologist.

He told me that he sees no harm in my using the electronic cigarette.

I have not picked up a real cigarette in two years, and have no urge or intention to ever picking one up again.

I no longer have a smokers cough, no longer get bronchitis every year and I don't get out of breath while exercising any more.

6/26/2014 1:39:00 AM - Kathleen Tryon

I am a 50 year old female that has smoked for 39 years. I started very young in 5th grade. I started with non-filter Paul Malls. Eventually I moved to the typical Newport that all the kids smoked. Over the years I changed to greater strengths. I was up to almost 2 packs a day until May 22, 2014.

For 2 years now my husband quit and for him I did not smoke in the house or our car. I did not want him to start again. But because I was not as strong as him by just quitting completely, I started using the vaporizer cigarette in the house and the car. I would go outside to smoke my regular cigarettes.

No matter how cold it was outside, I was there smoking.

When I walk I have to go slowly because I get very bad chest pains and can

6/26/2014 2:25:00 AM - Eddie Sahba Mill Creek, WA

I started smoking cigarettes around 15, over 20 years ago. Initially, I smoked around a few cigarettes a day. By the age of 16, I was smoking at least a pack a day. I tried quitting multiple times throughout the years. I tried Nicolette gum and failed miserably. I tried patches and failed. The only aid, aside ecigs, which produced results was cold turkey, but that only lasted for around one week. I cannot recall the exact date, but around 4 years ago, I was introduced to electric cigs. Only the pen version and the cigarette look alike were available then. Initially, I would use my ecig and still smoke, but I gradually reduced my cigarette intake, until I simply had no desire for cigarettes anymore; cigarettes would literally make me feel nauseated. I am still vaping, quit my smoking habit completely and feel much healthier. Nearly every year, which my medical records can attest too, I would contract bronchitis, or some lung infection and had to take antibiotics. I was literally going down hill. I am confident ecigs saved my life.

6/26/2014 3:37:00 PM - thomas okc

I was a two plus pack a day menthal cigarette smoker I tried the patch and that did not make me even want to slow down I started vapeing over a year ago started at 36 mg nicotine am currently down to 6 mg nicotine I can feel the difference in my lungs I can breathe better I can taste better smell better everything just seems better, my wife was a heavy smoker as well she tried everything to quit nothing worked until she started vapeing she had difficulty breathing then she started vapeing and now has been tobacco free for over two years I wish we would have found out about this product a long time ago

6/27/2014 4:19:00 PM - Lisa Simpson Greenville, TX

I came to e-cigarettes by an indirect route.

My co-worker switched them some time ago and brought them to my attention.

No matter what you may think about e-cigarettes, they are intuitively at the very least less bad than regular cigarettes.

I arrived at that conclusion after doing quite a bit of research.

My undergraduate was in Biochemistry so I feel that I should be able to address this.

In order to understand why I made the switch, I have to give you a nutshell version of real cigarettes.

Real cigarette smoke contains lots of things besides nicotine, but it also contains cyanide (poison), DDT (pesticide), formaldehyde (embalming fluid), arsenic (rat poison), ammonia (window cleaner) and 3,995 more chemicals. Out of those 4000 substances in real cigarette smoke, 43 are known carcinogens and 400 more are known poisons.

Compare that to an e-cigarette.

The ingredients in e-liquid are water, nicotine, propylene glycol and flavoring.

Water vapor is in the air all around us.

Nicotine is in both products, so we

6/30/2014 3:38:00 AM - Ryan Wickham from NM

I am 40 years old and have smoked analog cigarettes (1 pack) a day for a little over 22 years. I tried quitting cigarettes numerous times. The patches and gum didn't work. The e cigarettes have enabled me to quit completely for a little over 6 months. 6 months without a foul smelling and tasting analog cigarette.

I have asthma and since I have started the e cigs I have felt 100%, without a doubt 100% better. I breathe easy. I can do what I want without becoming winded. It was rough at first making the transition.

All the nasty toxins that I received from analogs.

But in just a few weeks I could feel a change. I started with 24 mg of nicotine and in this 6 months have cut that down to 12 mg. Now I am ordering juices that are only 6 mg. The beauty of being able to lower the nicotine at your pace is a benefit. I can't count how many people I work with and know that have made this life changing decision.

All feeling better and healthier. To put restrictions on e-cigarettes would be a crime. Stealing people's right to being healthier, in my opinion.

6/30/2014 3:28:00 PM - William Bowers from Sparks, Nevada

I had been smoking cigarettes ever since I joined the Army when I was 17, back in 1984. The amount I smoked varied over the years, but on average I was smoking about 1.5 to 2 packs of cigarettes a day. I used to smoke premium imported cigarettes, typically Canadian, but taxation induced price increases eventually forced me to just smoke whatever cheapest cigarettes happened to be available. After that, brand loyally was a non-issue. Any non-menthol cigarettes would do.

I had tried to quit from time to time over the years, though my personal interest in quitting was never all that great. I enjoyed smoking. Typically a girlfriend or spouse would want me to quit. I would try to do so for them, but was never successful for very long. I tried quitting "cold turkey", as well as using nicotine gum and also homeopathic methods. None of these methods lasted much longer than a few days or weeks at best. That last time I tried those types of methods was after I married my last wife. I was successful for several weeks, more or less, with a little cheating here and there, right after we got married.

Eventually I was back to smoking cigarettes again, but I had started to see electronic cigarettes, both in the U.S., and in brief travels overseas (where such things appeared to be more common at the time). I started to develop COPD, so my interest in quitting smoking had become greater, and I tried out a re-usable type of mini e-cigarette that was commonly sold at convenience stores at the time. This was about 3 years ago. Those e-cigarettes worked out well enough for me that I have not had an analog ("real") cigarette since then.

Over the last 3 years I have successfully continued to use e-cigarettes, though I have since tried out and moved up to higher performance models I can typically only find online. I use domestically made e-liquids which I purchase online at competitive prices. Though the number of retail outlets for these types of devices has grown, I still find the best selection of products and prices to be online. In an emergency I will still sometimes use those products that are available locally, so I am thankful that option is now more commonly available.

I originally started using e-liquids that had about a 24-36 mg level of nicotine content, but have since dropped down to about a 12 mg level of nicotine content. The wide range of online vendors with different e-liquid flavors and formulations to try out has made that process of nicotine intake reduction easier. After about a year of using primarily all PG e-liquids, a started to have some allergic skin reaction issues, so I switched to mostly VG formulated e-liquids and have not had any issues since then. There are lots of VG e-liquid flavors available online, but not so much on a local retail level, where apparently the demand for such types of e-liquids is relatively low.

I will continue to slowly drop my e-cigarette nicotine level intake, but may never give up on e-cigarettes altogether, as I enjoy them quite a bit. I wish e-cigarettes had become more commonly available when I was younger, but I am doing fine as things stand. I no longer have persistent cough issues like I did when I smoked real cigarettes. If, for some reason, e-cigarettes were to become less available...I'm not sure what I would do. I would hope I wouldn't go back to smoking regular analog cigarettes, but I have no idea.

6/30/2014 5:05:00 PM - Patricia Rose, Knoxville, TN

I've smoked for 42 years.

I smoked about 2 and 1/2 packs of cigaretts a day.

I thought I would always smoke.

I liked smoking, lol.

I'm not sure why I ordered an electronic cigarette starter kit from Green Smoke.

I probablly thought I could smoke inside so many places that didn't allow real cigarettes but did allow

the electronic ones and the stink in my little apartment was getting to me.

My nicotine level I choose was 1.8.

After the first kit that was delivered I never purchased a "real" cigarette again but had as many as 16 packs of e-cigs at hand.

I almost had a panic attack when a delivery was late in coming.

That was early on and I don't know if I would have went back to regular cigarettes or not, thankfully the delivery showed up.

I had picked the Green Smoke brand because it looked and felt like a regular cigarette.

It satisfied that hand to mouth motion.

I

purchased the 1.8 level of nicotine for a year.

Still saying I was not quiting.

I puchased the .6 for another

6 months before mixing the 0 nicotine with the .6.

This last year i've only bought the zero nicotine.

I figure after 42 years of smoking I might never break the hand to mouth nervous habit I've developed and I can live with that.

I finally think i'm a non smoker now.

I wanted to tell someone how very important e-cigs were in helping me to quit smoking.

I hope my story helps.

Patty

7/4/2014 5:39:00 PM - Lamonia Jones, St. Louis MO

I smoked for 21 years and had no desire to quit, I enjoyed my cigarettes. However, I knew they were a life sentence but I was more afraid of suffering from quitting. Four months ago I tried an Ecig just because everyone gave me hell about smoking including my 12 year old. Happy to say I have not smoked a cigarette since! I'm so proud because I never thought I would or could kick that nasty habit! Plus I'm saving money!!

I actually feel like I can give up the habit all together i.e. Ecigs as well. I'm not afraid to be without anymore. This thing saved me, I know it!!

7/4/2014 10:43:00 PM - Steve from Bay City, MI

I have been smoking since I was about 18 years old, over 30 years. I've tried everything to stop: Cold turkey, a smoking timer, nicotine inhalers, patches, counseling, cig-a-likes and even hypnotism. I watched my mother die from smoking related illnesses, still I couldn't quit. Nothing worked.

Then I was introduced to "vaping."

I was skeptical as I had already resigned myself to the fact that I would be a smoker until the end.

I bought a beginner's kit and some e-liquid. I tried it and thought that it would never work. I wanted my e-liquid to be exactly like a cigarette, which it never will.

With some willpower I gave up most cigarettes, except for a couple in the morning, one while driving to and from work and the one after dinner.

I was surprised I could cut down even that much.

Soon, I began to cut out all "analog" cigarettes and began vaping exclusively.

At that time I used 24mG e-liquid.

Amazingly, it was working and I was so happy!

I could taste everything better, had more energy and could smell better. I now can smell the cigarette smoke on others and I'm disgusted by it and the fact that for years I smelled like an ashtray. I'm even shocked at who I can smell the cigarette smoke on, people I never knew smoked! I have since cut my nicotine levels to 12mG and plan to continue tapering down over time to 0mG.

I'm so proud that I am no longer smoking cigarettes!

While I know there is risk to any habit, I'm sure that vaping is much safer than cigarettes could ever be.

The other day I went to the public pool with my sons, and for the first time in years I was able to hold my breath long enough to swim underwater for quite a long distance, and didn't come up short of breath!

That was my proof that my health is constantly improving!

It is very important that these products don't get caught up in government and overtaxed. There are many doctors who will agree with me that this is by far a much better alternative than smoking analog cigarettes, especially for those of us who are hopelessly addicted to nicotine.

Again, while I'm sure there is risk involved, I have a much better chance at a healthy life than if these products were eliminated altogether.

I'm sure that if I couldn't vape, I'd go back to cigarettes, and there is no way to control the amount of nicotine you get from cigarettes as there is from e-liquid. I hope you'll consider my testimonial as you also consider the future of vaping in the United States.

7/6/2014 12:03:00 AM - Denise Allen

I was a smoker for over 35 years.

I smoked at least one pack every day.

I tried nicotine patches, laser therapy and hypnotism to try to quit.

The longest I was ever able to be smoke free was two weeks.

I tried the e-cigarette because I thought it would be cheaper than buying cigarettes.

It only took about a month to be completely off cigarettes.

I used to get bronchitis once or twice a year.

I have not had it since I have been using electronic cigarettes.

In fact, I prefer the taste of the nicotine juice rather than a cigarette.

I can vape in the car without feeling guilty about my grandchildren getting second hand smoke.

I vape at home without the awful stale smoke smell in my clothes and furniture. I have been able to save money because e-cigarettes are way cheaper than cigarettes.

The only negative thing about electronic cigarettes is that it takes more effort to use than just pulling a cigarette out of a pack and lighting it.

I no longer have to go stand out in the cold or heat just to satisfy that nicotine urge.

With all the things people get addicted to (caffeine, porn, drugs, alcohol, shopping, eating, etc.) I think it's stupid to make a big fuss about people using electronic cigarettes that have helped them quit cigarettes.

7/6/2014 4:07:00 AM - Dan Good Charleston WV

I had smoked cigarettes for 25 years. Almost 2 packs a day. Even though I had lost both parents to cancer that also smoked. I had tried quitting cold turkey, Didn't work. I tried patches, didn't work. I tried Nicorette Gum, didn't work. I tried Chantix, didn't work. Last year at age 46 I had to have three heart stents put in. My heart specialist said that if I did not quit smoking cigarettes, I would die at an early age. He prescribed the Nicotrol Inhaler. Well, at a cost of over $300, I just couldn't afford it. So I continued to disappoint my wife and family by continuing to smoke. Finally about March 2014 My brother suggested trying Vaping (E-Cigarettes) I finally smoked my last Cigarette March 6th 2014 and I have not had a cigarette since. I just did my three month blood work. My Doctor was amazed. I had not gained any weight and all of my numbers had improved dramatically. My bad cholesterol had dropped 32 points. BP down. Good cholesterol was finally up. The Doctor said my lungs sounded great. I can honestly say I feel better than I have in 15 years. So thanks to E-Cigarettes I may just get to live a long healthier lifestyle.

So I would appreciate it if the FDA or whomever, would stay out of my choices. If powers that be are so concerned about my health and others... well, why don't you make it illegal to buy or sell cigarettes at any age or to anyone. If you take away E-cigarettes then millions of people will be forced to go back to smoking. Or,, is that your goal to keep big tobacco in business?

Thank you for reading my success story.

7/6/2014 6:02:00 PM - Mark Timblin (mrtimblin) Vero Beach, Fl.

Where do I begin?

I started using smokeless tobacco aka snuff, you know a pinch between your cheek and gum, and life is good.

Well it was, then at age 19 I started smoking cigarettes, still dipping snuff, smoking cigarettes, as a soldier in the U.S.Army.

After I left military service and persued a career in law enforcement, still smoking, still dipping snuff, was also using chewing tobacco, cigars.....anything that contained nicotine.

I was a nicotine addict...big time.

As the years drew on, I lost both my grandmothers, and an aunt to lung cancer caused by smoking.

But still I smoked, still was dipping snuff, chewing tobacco, cigars...I was a nicotine addict!

The years drew on, married, had children, but still I smoked, by now in the late 80's both my grandfathers had passed on, due in part to smoking, and age.

By the 90's I knew I had to quit, and by early 1993 I had quit smoking cigarettes.

But then that fateful phone call at 3 AM our mother had been killed in a car crash..it was Mothers Day!!

We had lost our father in a car crash in 1987, never thinking our mother would meet the same fate just 6 short years later; our dad was 57, mom was 58.

I am 56 years of age today July 6th 2014, I will turn 57 next month, I am our parents age when they died so horribly those many years ago.

Its 3AM on Mothers Day, first thing I did after my brother called to tell me, was to verify this information, which turned out was factual, no doubt about it....our mom was dead.

The next thing I did, was to get dressed, go to the closest convience store and buy 2 packs of the cheapest cigarettes I could get.

Didn't care, I was still dipping snuff, smoking cigars, I wanted cigarettes.

I did quit smoking finally took me another handfull of years but i quit, wasn't easy, even now almost 20 years since I quit cigarettes, I still, STILL would like to smoke.

But lets look at what brings me to this story.

You see, even though I had quit smoking cigarettes, I had gone back to cigars, was still dipping snuff, Copenhagen Long Cut being my prefered brand. I finally quit smoking cigars about 3 years ago, but again...I STILL want one, but I was still dipping Copenhagen Long Cut.

By dipping Copenhagen, I don't mean just a little bit, I mean I was going through a can and a half a day!

Since there were no more cigarettes, no more cigars, no more pipe, I needed something to replace the amount of nicotine I had been ingesting into my system.

Copenhagen Long Cut to the rescue..for you see, by now I was MAJORLY addicted to nicotine. In my 20+ years in law enforcement both as a police officer and as a corrections officer, I had lost many friends and fellow coworkers to either lung cancer caused by cancer, and throat and mouth cancer due to chewing tobacco and snuff like Copenhagen.

About a year ago, maybe a year and a half, a very good friend and a retired police officer himself had quit snuff by going to an electronic cigarette.

It took me several months of thinking, and thinking...ya know..if Duane quit snuff by going to an W-Cig, then why couldn't I?

Here I am, I am almost 56 years old, still dipping, I know that sooner or later if I DON'T quit, there is a better chance than not that I'll contract some type of cancer. Its just a mater of time, sooner or later, it WILL happen.

So, I searched the internet, mostly discounting the email ads for an E-Cig, but finally taking notice of these ads I ordered one.

It took a matter of days and here in my hands was a means I hoped and prayed would allow me to get rid of any form of tobacco, and at some point nicotine altogether.

At first this little E-Cig wasn't bad, but although I did cut down some, didn't really do all that much for me.

By late Sept, early Oct. 2013 I was on the hunt for something that would really allow me to actually quit dippin, the snuff after 44-45 years had done a number on my teeth and gums...I REALLY needed to quit.

I found online an online vendor that had batteries, and tanks and juices.

These juices are not gels, although some of thes E-Juices are extremely thick, are NOT gels!

These juices made primarily from vegetable glycerin and propelene glycol, with flavor and a small, ever so small amount of nicotine.

I was in heaven...FINALLY, something that was akin to smoking, that gave me the nicotine I craved, in a small, easily transportable system.

These APV or batteries and tanks as I call them, produce water vapor...let me stress this WATER VAPOR is released when ever you "smoke".

Its not really smoking though, is it?

So, when I started I was at the max amount of nicotine allowable by law which was 3.6% by volume.

We let me tell you, that quickly was brought down to 2.4% by volume, and by January 23 2014 I was finally free of a 45 year habit...dipping snuff.

I feel that tobacco when refined by big tobacco is filled with not hundreds, but thousands of chemicals that keep you coming back for more and more.

With what is now know as vaping, the amount of nicotine ingested is minute, with no harmful chemicals added to make it even more harmful.

I have come to view vaping as my release, whenever I am stressed, or whenever my pain levels raise to heights you can't imagine...wait...you didn't know I was disabled in a prison riot in 1990, that I worked hurt for ten years.

No..no you didn't.

Well I now have two diagnosed pain diseases, if not for vaping,(no..I don't add anything to my e-juice), and the calming effects it has; maybe its just the whole hand to mouth thing I don't know.

What I do know is, that without vaping, I don't know as if I wouldd have evr quit dipping snuff.

Now the government wants to step in and ruin everything, please, just leave it alone and leave us vapers alone, we were doing just fine before you stuck your nose into our business.

You favor big tobacco, because you get big money from them to squash the small start ups in the e-cig community.

Just go home and leave us the hell alone.

Thank you all for taking the time to read this story, it is a factual account in as short aforum as I can make it.

I could go on and on, but time, and my pain levels do not permit such.

I do apologize for any and all spelling errors, since the onset of CRPS and Arachnoiditis (google these disease..please), it will maybe give you some idea what I live with day in and day out, you may then realize WHY I like to vape.

VAPE ON AMERICA!

7/7/2014 10:32:00 PM - Laurie Brooks

I started smoking when I was 13 years old. Several years ago I started taking my health more seriously. I then switched to smoking Winston. In my research I found out that Winston Doesn't use chemicals to dry the tobacco. They let it dry naturally. Winston was the most natural cigarette you could get without all the chemicals. Then a few years ago our government decided the cigarette companies have to use CHEMICALLY treated paper. Within smoking the first carton of the new treated paper cigarettes. I started to get a really bad cough. I never had this cough before. Putting chemicals in the paper was the worse thing to do for peoples health. Looking for an alternative, I tried the "roll your own" method. That was a joke. It was so time consuming and didn't really save me any money. Unfortunately, that was the only way to get untreated paper. Then one day a friend introduced me to the new electronic cigarette. I was surprised how close it was to the real thing. My friend had done a lot of research on the different electronic cigarettes available at the time, so I started using the same kind my friend recommended. The kind we use are a 3 piece unit. The battery, the atomizer, and the tip. I like to be able to add more fluid to the tip when needed (you can't add fluid to the ones where the atomizer and the tip are one piece). I also like the control of the nicotine mg fluid I use. They also have a 0 mg nicotine fluid which can help you cut down on nicotine. This will help aide a person who wants to quit. With the electronic cigarette you aren't getting any tar, smoke or paper chemicals. The only thing you get is nicotine and the control on the amount of nicotine. Oh, you do get one other thing. You get to save a lot of money. I don't cough with the electronic cigarette like I did with the treated paper cigarettes. I also want to add, my stepson was able to quit smoking completely using the electronic cigarette.

I hope our government will get all the facts before they force on us yet another unwanted decision. If people want to smoke, they will find a way. At least allow the individual to make the best choice for themselves.

7/7/2014 11:30:00 PM - Michael Claymore, Loveland, CO

I was a smoker for 16 years, from my mid teens till UNINTENTIONALLY quitting in June of 2009. I got an ecig as a curiosity and to save money. Within a month I had stopped smoking. I have not had a cigarette since.

I have seen all the benefits of quitting smoking including disappearance of occasional "smokers cough", greater physical endurance during exercise, better sense of smell, and much more.

I now use a pass-through USB battery with a Mini tank atomizer daily. I choose my high nicotine content liquid carefully, and only buy from a dealer in the USA that uses only FDA approved ingredients. No imported stuff. (The liquid is where the danger is likely to come from, not the ecig it's self.)

I would have started using ecigs earlier, but the country I was a resident in, New Zealand, had a ban on them. It wasn't until I moved back to the USA that I had the opportunity to try it out.

I'm proof you don't even need to have the intention to quit smoking to do so with e-cigarettes. Thank you for this wonderful invention!

7/8/2014 2:41:00 AM - GHammer

I smoked Marlboro Red for 42 years, giving them up August 1,2013. I started smoking because my brother did, and I wanted to be "cool" too. I had tried a few times to quit. I used nicotine patches dropping them as they were too much nicotine with the Marlboros. No help at all. I tried nicotine gum, but that lasted less than a week because I still craved Marlboros. Last year, I used Chantix as directed for the full 90 days. At the end of that time, within 3 days I was REALLY craving a Marlboro. However, I had seen a ecig store locally and went in. The owner listened to me, made a recommendation, and I bought a starter kit. Wow! It was great! I have bought a more heavy duty vaporizer and buy the ejuice bi-weekly. I have no desire for Marlboros for the first time in 42 years. I have been stopped by many people who notice my vaporizer and I take the time to explain it to them and have seen several folks at the vape shop. I haven't fallen off the wagon, so to speak, in 11 months. In fact, regular (analog?) cigarettes kind of offend my nose now. My walks are more enjoyable, my breath comes easier, and I feel 100% better. I'll also note my clothes, house, and car are cleaner & no longer smell of smoke. We won't even mention the extra money I have to spend (or save) now that I no longer smoke 2 packs a day. In all, I believe the personal vaporizer and ejuice have saved me from "regular" cigarettes. I'd hate to see these removed from the market or regulated out of business. If they were, I'd be back to Marlboros in no time. And that would be in nobody's interest.

7/8/2014 2:10:00 PM - Tom Lamond

I started smoking at 15. Made my first real attempt at quitting at 17. Have tried several times with varying degrees of success to quit since then. I once managed to go three years without smoking, but even after years of abstinence from nicotine, the desire to smoke was still present.

Three months ago, I switched from a pack a day unfiltered cigarette habit to vaping. Unlike patches, nicotine gum, or Chantix, vaping does not leave me wanting. I have no desire whatsoever to

smoke a cigarette. I have found vaping to be a far superior experience to smoking. My vape tastes delicious, and I can vape as much as I want without feeling out of breath.

I have noticed an appreciable difference in my health. I can exercise without excessive discomfort.

I am no longer out of breath after climbing stairs.

Years ago, I wished that someone would create a product that allowed me to enjoy smoking without the massive drawbacks associated with smoking. Today, that product exists.

7/9/2014 2:03:00 AM - Kristie

Im about to be 40 soon and smoked ciggs off and on since I was 17 . No matter how hard I tried I always went back to smoking. During the time of smoking ciggs I always got sick... I was constantly getting colds turning into bronchitis out of breath and getting breathing treatments. I quit smoking 3 years ago but during the whole time I stopped I always craved and would have a couple of puffs here and there off of other peoples ciggs. My husband Started vaping

couple months ago and after 20 years of him smoking he completely quit and never looked back due to him vaping . His health had changed for the better and he even looks healther . I havent had a cold in a long while and I breath better and also feeling healthier. I could give a list on how much better life is since starting the vaping. I dont even put the vape devices in the same category as ciggs. I don't even understand FDA or who ever would. To me its nothing like a cigg, NO bad breath NO nasty stinky odor NO coughing NO colds NO known health issues and the list goes on! My mother in-law has had some heath issue and always carried an oxygen tank with her EVERYWHERE she went ...couldn't even walk to her mailbox without gasping for air because of

C.O.P.D

and couple other things all due to smoking ciggs. My husband and I got my mother in-law vaping

and 2 weeks ago she went to the lung doctor to test her breathing to make sure she was getting enough oxygen ... her doctor said her lungs sounded really good and for the first time in YEARS she didnt have to get a breathing treatment (Happy day !)

The 3 of us have not looked back since. I tried taking a puff off a cigg 1 time and thought I was going to vomit . CIGARETTES ARE DIFFIDENTLY HISTORY and government needs to keep their hands off of it

Tennessee (Kristie)

7/9/2014 6:09:00 PM - Marlin

Hello, My name is Marlin and this is my journey... I have been completely OFF cigarettes for a year and 2 months now. I quite in one day with the electronic Ecig and "ejuice". I had smoked for over 20 years and was honestly just looking for a way to cut back on buying so many cigs as I was smoking about a pack and a half a day and that was starting to kill my weekly budget. Little did I know that that day would change so much for me and my family. Everything has changed! I feel amazing in the morning and ZERO coughing and hacking during my morning shower which I had come to dread and hate! My sense of taste and smell are like I'm 10 again! I have "converted' many many friends and coworkers, just by taking to them when they initially started asking questions when they seen me NOT SMOKING anymore . I am super proud to say, my biggest accomplishment of all was

getting my dad to start vaping after 44 years

of smoking NON FILTERS! He was COMPLETELY OFF cigarettes

in less than a week! I can not believe any legislation would not support this! I know how I feel and can see years coming off my Dad as time passes with NO cigarettes in his life and its simply amazing! Please do all you can to keep this available and as affordable as it is! Its literally saving lives here!! I started out like most people with the CE4 tanks and Ego stick batteries, I currently use "rebuildable tanks" (Kayfun,Kraken..ect) and drippers on a Nemesis Mod, VTR and an eVic. It has become such a hobby and a passion for me that I can't explain with this keyboard what it has meant to me. Most vapers that smoked a long time and switch to "EJuice" have just about the same story so if you get a chance,sit down and talk to one. Thank you for the platform to be able to briefly scratch the surface of what this has done for me and my loved ones!!!

7/9/2014 7:08:00 PM - John Daniels

I am a 47 year old male. I am a husband, and I have 2 children, and 3 young grandchildren that I would do anything for. I was a professional wildland firefighter for 16 years, fighting fires all across the country. I was Chief of a volunteer fire department, and also drove an ambulance as a volunteer for several years. I also have asthma.

I began smoking when I was 11 years old. Back in the late 70's and early 80's, there were no warning messages on cigarette packs, telling us that tobacco smoke caused cancer or emphasema etc. "Smokin' Joe" Camel was cool, and the"Marlboro" name and red & white paint scheme was visible on many pro racers cars and motorcycles. Tobacco companies set up booths at race events and handed out free samples to anyone that would take them, and smoking was simply "the cool thing to do" for most kids that were my age. There was even a student smoking area in both of the high schools in the town I grew up in.

Fast forward almost 36 years....

Over the years I had tried to quit smoking many times. I had tried the gums, patches, and prescription medications like Chantix, but nothing worked for me. After so many years of smoking, my health took a drastic turn for the worse. I had to quit fighting fires in 2010 due to major difficulty breathing, which was made worse with any level of exertion. Seemingly simple tasks such as walking around a store or across

a parking lot, would leave me out of breath, chest pounding, and reaching for my rescue inhaler. The inhaler that was supposed to last me at least 1 month, was only lasting me 2 weeks at best, and my Dr had switched my medications several times in an attempt to get my asthma under control, with no success. In short I honestly felt like I was going to die very soon if something drastic didn't happen, and I was scared. I didn't want to leave my loving wife of 28 years a widow, and someday I want to see my grandchildren graduate high school, get married, etc etc, and that wasn't going to happen in my mind.

After seeing several electronic cigarette commercials, I decided to give them a try since I had nothing to lose. I purchased one of the ones promoted by well known actors, that looks similar to an ordinary cigarettte, and it helped a little bit, but the vapor from it was weak, and the refill cartridges were very expensive, so I couldn't afford to keep using it and went back to tobacco. A few weeks later I found out about a Vapor store locally where you can buy the larger E-cigs, and get the E-juice in bottles which makes it very affordable when compared to tobacco. The E-juice is also available with different nicotine content levels (including nicotine free), and in almost any flavor you could imagine.

I walked out of the store after spending around $70 that first day, and have not touched tobacco since March 1 2014.

Over the past 4 months since quitting tobacco,

my health has taken a 180 degree turn. I am breathing better, my Dr says he can definetly hear my lungs are much clearer today than they were when I was using tobacco, and my asthma is now under control again. The rescue inhalers that were previously running out in 2 weeks, 2

weeks before I was due for a refill, are now lasting me 6 weeks or longer. I have also discovered the local hospital allows E-cig use not only outside on the hospital property, but also inside the building, including in the ER since any exhaled vapor is basically pure water with a little food smell in it . My Dr also allows E-cig use in his office, and has been actively and openly encouraging his other patients that use tobacco, to make the switch to E-cigs. According to my Dr., E-cig vapor doesn't contain any of the approximately 300

carcinogens known by the AMA that cause cancer or have other known side effects, that are found in tobacco smoke. He also said while nicotine itself may be addictive, it is not known to have any hazardous side effects. When I started using the E-cigs, I was using E-juice with a fairly high nicotine level, which I have been able to reduce to a very low level now. I also have no desire to smoke tobacco anymore, and find the smell unpleasing, which I NEVER thought I would say after smoking for so long. In short E-cigs can save a lot of lives. I knows they saved mine. Luckily, so far I seem to have dodged the cancer bullett, as my recent lung X-rays so no signs of cancer.

I would hate to see a Federal Government Agency take actions against a safe industry, using trumped up fraudulent studies, and intentional misquotes, all in an effort to appease the Tobacco Industry giants. It would also be wrong for them to push for regulations, simply because they feel the need to regulate, and more importantly create a reason (however false the reasoning is) to establish more taxes for increased revenue. This is the United States, we are better than that and deserve better from our elected officials.

7/10/2014 5:19:00 AM - Catherine Owens

My first cigarette was at the age of twelve.

By the time I was eighteen, I was smoking a pack a day of More Menthols, a habit that lasted 30 years.

When I desired to quit smoking, I tried the nicotine patches which caused extreme allergic skin rashes and insomnia.

Then I tried the gum for three years but it began to ruin the health of my teeth and gums, and as a last resort I tried bupropion for smoking cessation but suffered serious side effects.

After this I gave the Nictrol Inhaler a try, the prescription inhaler.

This worked for awhile, but not

successfully as a high priced prescription, and I returned to cigarettes for an additional five years.

During my last three years of smoking cigarettes, I had recurring bouts of bronchitis, each lasting one to three months.

The last year, I had a serious case of phenomena and several warnings from my doctors that I must stop smoking completely or possibly die.

I found the blu e-cig online.

After using the product diligently for two months and spending an enormous amount of time and money buying the disposable cartridges from the tobacco companies and trying to make them work as advertised, I finally gave up.

Not only did they perform poorly, they tasted awful, worst than a cigarette and they lasted less then proclaimed.

Worst, no one from the company would tell me what was in the cartridge.

Tasted like a mixture of bad chemicals trying to mimic the taste of a cigarette.

Fortunately, I found a local, small vaping business that made their own e-liquid, sold batteries and tanks, atomizers and clearomizers, offered customer support seven days a week and explained what ingredients they used in their e-liquid.

I haven't smoked a cigarette since in two years.

I haven't

gotten bronchitis, I breathe better and my lungs are clear.

It's the only thing that has worked for me and countless customers I now help as a manager of a vaping store.

My customers tell me amazing stories -- everyday miracles.

People can smell, taste, exercise and can breath again without experiencing all the bad effects of smoking: shortness of breath, coughing, feelings of poor health and low energy.

Plus their lung xrays come back showing enormous lung improvements.

The shame is Tobacco Companies and the pharmaceutical industry prefer to promote old ideas, sell their failed products in order to retain their market share of profits over human health rather than make innovative changes that could save millions of lives.

Greed is their motive over everything else.

Including their blu, green or e-cigarette look alike -- advertised with millions of dollars with super stars on tv -- they've been successful selling their packaged cigarettes for decades, with additives numbering in the thousands, that without a doubt causes cancer in humans; patches, gum lozenges that don't work; and now their version of the e-cig that is ineffective at best -- without having to disclose what they put into them.

I'll stick with what I know has worked for me.

Not only does vaping cost very little in comparison to what I have spent over my lifetime on tobacco or 'stop-smoking' alternatives, but this has truly saved my life.

7/10/2014 6:00:00 PM - Christina

I was not a smoker but I currently work in an electronic cigarette shop. I have had many customers that have come into the shop that have smoked for many years and once they walk out the door with an electronic cigarette, they never pick up a cigarette again. Other customers of mine have gone from smoking 1-2 packs a day down to just a few cigarettes a day. My customers talk about how much better they feel, how much money they are saving, and how they love not smelling like cigarette smoke. They love the healthier alternative to smoking.

7/10/2014 7:52:00 PM - I smoked 2 packs a day of menthols for 45yrs now vape 6 percent nicotine and have not smoked for 7 months & I tryied everything to quit before

Smoked for 45 years 2 pack a day menthols

have copd only vape 6 percent nicotine been smoke free for 7 months

7/13/2014 10:03:00 AM - Cliff Cavin

41 years of smoking cigarettes had taken a serious toll on my health.

Numerous attempts to quit had left me very discouraged.

I thought the whole idea of electronic cigarettes was just plain silly, until a coworker showed me some of the newer options available.

My initial goal was only to cut down smoking and fill in with electronic, but within a few weeks I realized that I had almost entirely eliminated cigarettes from my daily routine.

Since June 2013 cigarettes have become a distant memory.

Within a month of making the switch I noticed that I breath much easier.

I no longer have the feeling of suffocating while trying to sleep and I generally feel better.

My non-smoking friends have far fewer objections to the electronic option as compared to cigarettes.

Although the electronic does produce a detectable smell most do not find it offensive or overpowering.

The electronic/vapor option has lifted the quality of my life in more than just a small way.

I can not imagine why anybody would not want to promote these as a better alternative to smoking.

7/14/2014 11:42:00 PM - Thomas

I've been a smoker for 35 years, but I never had any health problems and I never even tried quitting. I've started vaping almost 2 years ago exclusively because I couldn't afford smoking anymore and vaping seemed to be cheaper. From first puff on I was convinced this will work and up to today I haven't smoked one single cigarette anymore. The money factor remained the most important one, so it took me less than 6 weeks with an eGo-C, before got started with RBAs, and DIY liquids.

I got to love high power vaping quickly. Over time the devices got bigger and bigger while the nicotine level dropped more and more. I started with an eGo-C vaping about 3ml per day with 18mg/ml, today I vape about 30ml per day at 2mg/ml, so my consumption of nicotine has not changed at all, but I find it way more fun.

Almost from start I got involved in about a dozen forums all over the world (I speak 3 languages) and I got to know about government plans, taking away from me what I had just discovered. It didn't take me long until I figured for myself, there's nothing I can do to prevent this from happening and by now facts prove me right. Here in Europe they have just shown the people, nobody in politics cares for anything but money. Against all the combined resistance from vaping organizations they passed the laws that will wipe out vaping as we know it and there's nothing anyone can do to prevent it anymore. It will take up to 2 years until the countries have implemented those EU laws into their country law, but EU law overrules country law and that forces the countries to implement it. There's a slim chance to undo those laws later on, but for the time being they will be enforced and by the time a court decision might happen there will be nothing left such an undo could save.

Therefore I figured for myself, I will keep joining any vaping organization I can find, I will keep doing all I can to promote vaping, but at same time I have to care for my own vaping future. This way half of the money I saved was the part I couldn

7/17/2014 6:44:00 PM - Maureen Kennedy - Holland, Michigan

I smoked filtered cigarettes for 40 years of my life. Every time I tried to quit, for years and years within two weeks I was back to the store buying cigarettes. No matter what method I tried to use to quit - the patches, the gum, Chantix - none of it worked before I tried using e-cigs.

This time I made the attempt to quit was critical for me as I had developed a cough. This cough was scary to say the least...now that I am using the vapor products instead of smoking all day the cough is gone and I don't get winded climbing stairs or walking distances.

I feel like I have my life back. No one is going to ever tell me e-cigs are harmful to you. I have been using them for 6 months and I feel better than I have for the last 12 years. I've already cut down from 24m of nicotine to 6m. I will be down to zero before the end of the year. I have hope now.

The e-cig market is also doing something we need here in our area - it's creating jobs. The little shops are popping up all over the place and this too is giving me hope.

My opinion of resistance and bad press about e-cigs is that it is being falsely created by tobacco industry and big pharma. I believe they are going after this largely small business industry because it works - and they want their customers back - addicted to their products.

I was a slave to those cigarettes for too many years. Any attempt our government makes to try to interfere with this innovative blessing in harm reduction as far as I'm concerned is a crime against the people that have been enslaved by the tobacco industry and I will never see it as anything else.

7/17/2014 7:25:00 PM - Kevin Barron from Wilmette IL

Hi, I'm Kevin. I started smoking a little before I was fifteen. I thought I was cool, till I started getting problems with asthma. A disease I had as a child. I went on however. I had seen e cigs before and never trout to try them. I had tried quitting yet never have been able to. Eventually half a pack a day was getting to be to much and I couldn't run without my airways clogging up. In my junior year of highschool I got my first e cig. Within a few weeks I had no trouble breathing. I had tried other methods of cessation yet none worked. But when I got an e cig for the first time it was great. I could get nicotine when I needed it and I had no trouble breathing. I understand, stopping kids from smoking by regulation, yet no one I know who owns an e cig has it cause they think it is cool, even the underage ones. I think it is a garbage Idea to regulate e cigs. It is the best method of quitting, even my mom who had been smoking since she was ten quit when I got her a nice vape. By in acting your bill you won't stop new vapers. You'll be harming the rest of us as well as people trying to quit by driving up prices and preventing access to them from teens who should have an alternative to smoking.

7/17/2014 8:01:00 PM - Michael B. Christie

I started smoking cigarettes in 1990, over the following 20 years, I tried to quit repeatedly, let me emphasize, repeatedly. Dozens upon dozens of times.

I hated smoking, I hated how smoking made my lungs feel, how it made my mouth taste and how it both made me smell like smoke and reduced my ability to smell the world around me.

In 2002, I switched to chewing tobacco, as an alternative that would alleviate the above mentioned issues.

In 2010, I visited my father in California.

My father is a dentist.

I had an office visit, a check up and a cleaning.

Afterwards, my father and I went to lunch.

My father looked at me with tears in his eyes.

I was taken aback, my father is NOT a crier.

I asked him what was wrong and his response was so shocking I felt the blood drain from my face.

He said, "Michael, you have every precursor sign for cancer of the mouth.

You have one of the most severe cases of leukoplakia I've ever seen, your gums are deteriorating at an alarming rate.

I couldn't in good conscience say this to a patient, but you're my son.

If you do not give up chewing tobacco immediately, you WILL develop mouth cancer, soon."

Now, having a father who is a dentist was always a pain when it came to anything related to the mouth.

But this wasn't just nagging me about brushing and flossing, I saw genuine fear and sorrow in my fathers eyes.

I returned to Arizona with his words weighing heavily on my heart. I tried quitting, I gave it up only to find myself buying a can of Skoal three days later.

About 2 weeks after I got home, a good friend of mine showed me a nifty little device he was using to help him quit smoking.

He called it an e-cig or electronic cigarette.

My friend showed me how it worked and suggested I tried it.

I ordered one, I tried it and I hated it.

It tasted worse than a stale cigarette.

I called my friend and asked, "How can you use this thing?

It tastes terrible!"

I explained that this couldn't possibly help me quit smoking, the flavor was awful, and every time I took a puff, all I could think was, "I need a real cigarette" or "This is so bad, I'm going back to chew" His response to me was simple, he simply asked, "Have you tried the peach flavor?"

Peach? Peach Flavor?!?

Obviously, I hadn't tried it, so I ordered a bottle of peach flavored nicotine liquid.

My whole world changed the day I got that little bottle of peach flavored liquid.

It tasted nothing like a cigarette, in fact, it tasted good, I liked it, and after about 1 day, I realized I didn't want a cigarette or chew, I wanted my e-cig.

I haven't touched a real tobacco product since.

My lungs are healthy, I can feel that they are healthy, I can hold my breath for much longer.

Walking up a flight of stairs doesn't leave me out of breath and I don't smell like an ashtray.

I don't leave half full cans of spit around and I don't spew wads of brown goo from my mouth any longer.

4 years later, I no longer have leukoplakia, I still have a small amount of gum damage, but it's healing slowly and certainly not getting worse.

Nicotine is a dangerous drug, I know, I've read every research paper on it I can find. It's deadly in high concentrations and at high levels, it can cause significant health problems, but when you think of the damage caused by cigarettes, you cannot blame the nicotine.

In fact, from what I understand, based upon my research, nicotine might be the LEAST harmful chemical in a cigarette.

The human body tolerates and metabolizes nicotine very quickly, but chemicals like benzene, toluene, arsenic, lead, formaldehyde, vinyl chloride, potonium 210, cadmium and chromium are direct carcinogens and neurotoxins and are orders of magnitude more harmful than a small amount of nicotine.

My research has also shown me that a high quality e-cigarette combined with properly made, domestic nicotine juice contains none of the harmful chemicals listed above.

The reports of ethylene glycol in some e-juice are so overblown and misrepresented, it would be laughable if it weren't so sad.

The electronic cigarette industry is a grass roots effort, populated predominantly by individuals just like me.

People who don't want to die hooked up to an oxygen tank.

Responsible citizens who aren't looking to get children hooked on nicotine (unlike R.J Reynolds and Philip Morris and U.S. Tobacco), we want to provide a safer alternative to a remarkably dangerous addiction.

Any government agency standing in the way of that effort, is grossly negligent and in my opinion, directly responsible for the deaths of its citizenry by encouraging smoking tobacco when there is a safer alternative.

7/17/2014 8:07:00 PM - rlnadolny

My story is a simple one. I am a 31 year old wife and mother and had smoked since I was 16.

I had tried conventional methods of smoking cessation

and failed each time. Honestly the longest lasting method was cold turkey compared to prescribed Welbutrin and the nictotine patch, but still failed in the end over and over again. About

a year and a half ago I started vaping and havent looked back. Since the day I got my kit I have not had a single cigarette, NONE.

Vaping has been a godsend to me, truly. I no longer suffer from smokers cough, smelly clothes and hair and the notorious smelly yellow fingers. I am no longer ashamed like I was when smoking traditional cigarettes and I no longer live in fear of second hand smoke when it comes to my family,most importantly my children. My exercise routine is much much more improved now that my lungs are not all congested. I no longer get sick as often has I had before.

Vaping has changed my life for the better. I dont want things to change, why try and fix what is not broken? I do not want to buy my e-cigarette supplies from big businessess, who in the end will only make an inferior product that is higher cost for me. I love the variety that comes with e-liquid flavors, I do not favor tobacco or menthol, I prefer the fruity blends personally. If things change I will buy off the black market plan and simple, I will not be controlled. I just want to vape in peace and live my life. Thanks for reading.

-RLN

7/17/2014 8:11:00 PM - Brenda Tate Richmond Vieginia

I have been a smoker for 50 years I have tried all things to stop smoking nothing worked. I had bad cough broncitius, and was told I had Sercoids in my lungs which was attacking my eyes.I have lost some of my vision i knew i needed to stop smoking but did not know how. My daughter told me about vapeing So I tried like I did with everything else. What happened that was it I started with 24 mg of nic.in Feb.2014 and now I am down to 12mg I have not picked up cig. since Feb 21.2014.I have no cough my breathing is great got my taste.buds back.I am 65 years old and quiet smoking why would you try to stop this. It is not smoking.I would not want children with this but neither would I want them smoking but all will if they want to.This has saved my life my lungs has cleared and no more sickness as I was when smoking.Please understand Vapeing is not SMOKEING. I will make my own if I have too. I will not buy another tobacca product.The goverement is in our lives to much anyway its my right as a American to make choices for me.I choose vamping.And I like Big Gulps Thank you

Brenda Tate

7/18/2014 11:35:00 AM - Houston H. Hurlburt (ImJustAvg) from Colorado Springs, Colorado

I am a 63 year old man that spent 24 years in the US Air Force.

When the military went on the quit smoking campaign in the 1990s I tried everything to quit.

Patches, pills, cold turkey, hypnosis, everything that was on the market or seemed feasible to try.

I managed to quit for a year, with the gum, but still had the urge to smoke.

I ended up chewing five packs of regular gum a day that causes teeth and gum and jaw problems.

Then on the plane to Kuwait (Desert Storm) I started smoking again, because of the stress.

My tobacco use grew to the point I was smoking 3 packs a cigarettes a day and during a physical, the doctor said my lungs where coated in tar.

After a couple of cases of pneumonia, I knew I had to quit!

Tried the pills and they made me very sick!

Then one day I saw someone with an e-cigarettee and asked them about it.

I tried many different brand of e-cigarettes until I found the one that suited me and haven't had a real cigarette in over three years (4 in September).

I have managed to cut down my nicotine intake, and go longer without vaping.

My last chest xray showed almost clear lungs, so the health hazards are way less with e-cigarettees than will the real thing.

I even converted my doctor to an E-cigarette user just from my lung improvements!

I have helped many others get off of regular cigarettees and not one of them has had any medical problems associated with their use.

In fact, most have told me of their health improvements.

I was worried about a friend that is very allergic to cigarettee smoke, but he can now come to my house or take a car trip with me without problems.

This is the only method that I have been able to stop smoking cigarettes that really lasts!

I have two cartons of regular cigarettes sitting on my table that I having opened in over three years, as my self test!

Most people tell me that the Peach I vape smells very good!

7/18/2014 5:29:00 PM - Dziugas Dzikaras, San Francisco, CA

I have smoked for over 22 years. Originally being from eastern europe it was the norm and everyone smoked (my dad and my brother still does). I have tried to quit several times, cold turkey and nicotine gum - all these attempts were unsuccessful.

Finally last year i found e-cigarettes. At first i bough cigarette lookalike and it reduced smoking a little. however then i found local vape shop and bought refillable cartridges and bigger battery and started experimenting with different flavors. I strongly believe that fruity flavors (like apple and honeydew) helped me greatly to disassociate nicotine addiction from cigarette flavor.

A bit of timeline - started smoking at age 12, smoked pack a day 18-34. Started e-cigarettes in march 2013, reduced cigarette consumption greatly. Quit cigarettes completely in June 2013. Quit everything including e-cigarettes completely November 2013. This is the best thing to help quit as it mimics act of smoking. I urge FDA to leave it the way it is, because while big tobacco is waiting for strict regulations to get rid of everyone else and

the reason it worked for me was availability of small boutique companies making tasty e-liquid.

I also support long term research on e-cigarettes and think that taxes should be added to fund it. And i think that there should be testing and or inspections of the e-liquid

manufacturers.

But overall personal experience is completely positive, and it helped me quit smoking. I don't think i could have done it with out it, and now since i don't use even e-cigarettes anymore all my stuff was passed along to my brother and hopefully he will quit as well.

7/19/2014 12:02:00 AM - OLAN CREEL

I smoked cigarettes for 45 years and I planned on never quitting. Eighteen months ago I tried "mall E-cigs" and I never touched tobacco again. For one year now I have been vaping with liquids that I buy on-line. For me and others that I know, E-cigs are the perfect and superior replacement for tobacco. There was NO transitional phase to suffer through. I am slowly decreasing the nicotine content from 18 mg. to 6 mg. although nicotine is not a concern for me health-wise. I used to smoke one to two packs of cigarettes a day and they were always at the forefront of everyday life. (since 1967) With E-cigs I spend half the money, I have no health concerns, no "smell" of tobacco, no ruined clothes or car interiors and I can vape indoors. For me they are a miracle product because I never thought I would quit smoking. (I still can't believe I'm saying the words "I quit smoking cigarettes")

If E-liquids were banned for some reason, I would still buy them from any black-market that offered them. I will not be forced back into smoking tobacco, being short of breath and worrying about cancer and emphysema. I enjoy my life as a retired firefighter. In the decades to come E-cigs will be universally recognized as the product that replaced tobacco. This should not be viewed as a financial negative but as the public health success that it truly is (or will be when the public is accurately educated about vaping).

I know my story is not unique and I am proud to relate it to others if it adds a little to the public's education on this subject. Thanks, Olan Creel - Fort Pierce Fl.

7/19/2014 2:37:00 AM - Lynn, Greensboro, NC

I am 56.

I started smoking when I was 15 or 16.

I smoked for 28 years.

I quit when I realized my smoking was affecting my daughter

7/19/2014 3:08:00 PM - Michelle Stowell Windsor Ohio Ashtabula County

Hi my name is Michelle I smoked for 35 years. July 2013 I tried a battery and tank type personal vaporizer. I have not had a tobacco cigarette since. I had tried several times over the years to quit and they were all unsuccessful. These personal vaporizers have made all the difference in the world to me. Having different flavors available has proven to me to be the most effective way of giving up tobacco cigarettes. When two of the gentlemen from work told me that they had quit successfully due to using electronic cigarettes, I decided to give it a try. I extremely please with my results.

Where I work the tobacco cigarette population has taken downturn. We have more vapors than cigarette smokers now. When I am outside vaping non smokers and vapors usually ask what flavor I have because it smells so good. Some of the converts have even quit vaping and are totally smoke free.

I have also recently realized that I am no longer vaping as much as I was when I first started.

I have an hour drive into work every day I was up to six tobacco cigarettes each way. At first I was vaping most of the way to and from work now I generally only vape a few minutes each way. I also do not vape as much at home as what I was a year ago. I love the flavors and they have helped me not to gain weight like I did when I had tried to quit tobacco cigarettes. Both the sweet and sour flavors have helped me not to eat since I can get the taste without the calories.

My whole experience with personal vaporizers has been wonderful and I am grateful to be free of tobacco cigarettes. My house no longer smells, my clothes no longer smells and my vehicle no longer smells like cigarettes.

The variety of nicotine available has had a lot to do with my ability to give up tobacco cigarettes. I started out at 36 mg and I am currently down to 6mg on some of my juices and 0 mg on other juices.

I was able to lower my nicotine at my own pace with I believe greatly enhanced my ability to give up tobacco cigarettes.

Thank you for reading my story

7/20/2014 11:05:00 PM - John Hanus

I was a smoker in my early years I started when I was 18 and smoked up until my late 30's. I realized the dangers behind smoking as I was having issues with breathing, always coughing, My doctor had suggested many times I needed to quit. So what I did was turned to snuff chewing tobacco (Copenhagen-wintergreen) and eventually did quit smoking took several months. I would say in 2012 I started to notice some of my teeth were rotting out from 2012 I lost 4 teeth do to the rotting. The right side of my upper gums are black and I fear I might be loosing more teeth. 3 months ago in May I did loose one more tooth and another split down the middle breaking off the back side. I decided I wanted to quit chewing tobacco but couldn't quit cold turkey. So a friend of mine had asked if I ever heard of the electronic cigarettes of course my reaction was nope, so being the researcher that I am I started googling information about it.

after my research I decided to give it a go, that was approx.. 2 months ago in June, I am proud to say that from the first day I started using the e-cigarettes, I have not used any from of chewing tobacco or cigarettes, I am free from them. I then took it further recently in the last couple weeks and to get myself the battery and tanks where I fill them myself and I buy local made e-juice from a small shop down the road where he makes the juice himself. I have also turned 2 of my family members (2 Nieces that are ages 21-25) they too have also gave up smoking regular cigarettes and are vaping the same e-juice.

I will eventually quit vaping the e-juice in time, I started at a level of nicotine of 18MG and am now using 6MG over the course of a couple weeks. I do not experience and bad side effects from using the e-juice, I am also working out and on a fast track of getting healthy again!

7/21/2014 9:56:00 PM - Megan Kogijiki Ratchford

Today I am one year and 6 days off of cigarettes.

I have had no cravings for them and the transition from cigarettes to e-cigs was surprisingly easy.

I still use e-cigarettes even though I use no nicotine because it was the act of smoking, the habit of having that to reach for, that has been my trouble with quitting cigarettes using any other type of quitting option.

(Patches worn while chewing gum and still I smoked.

Hypnosis while wearing the patch and chewing many pieces of gum and I still smoked.

My PCP refuses to prescribe Chantix as in her opinion it is the most dangerous prescription drug of the market.

She fully supports e-cigs and has gathered a great deal of info showing them to be far less harm than cigarettes.

She is trying to get all of her smoking patients to go on e-cigs to get them off cigarettes.)

The flavors of the e-juice was incredibly important to me staying quit as well.

If I had tried to vape something that tried to taste like the nasty cigarettes I gave up I would have been sickened by the e-juice and gone back to smoking.

Flavors like cinnamon rolls, watermelon and whipped cream, and sweet tarts made me realize that with vaping I can have lovely tasting treats all day long without eating the actual sugary treats.

I can eat healthily and vape candy all day if I want.

Taking away these flavors will end a lot of people's ability to stay off cigarettes as the flavors are now what I crave not smoke and nicotine.

This milestone of over a year quit from cigarettes is only possible due to the different types of devices I use (re-buildable tanks containing liquid e-juice on batteries that I refill myself and maintain.)

It is a hobby now, and very fun learning all of the uses for everything to give me the best vapor and flavor production.

All of my equipment if outlawed tomorrow I could still use and maintain.

I have never used "cig-a-likes" or any prefilled e-cig configuration and never will.

If e-cigs are banned I will continue to vape regardless.

I and many others can acquire everything necessary to make e-juice.

The gates are open and we will not allow them to close.

I will NEVER smoke again, though I may vape for the rest of my life.

Tread carefully into this unknown territory as the natives are well armed with experience and determination.

(And if you ban my type of flavors for e-juice then you should ban all flavored alcohol and adult vitamins in "chewy fruit flavors" as those are just as easily obtained and abused by children.)

7/22/2014 1:02:00 PM - Benjamin Carter

To whom it may concern;

My name is Ben, and I am a cig-aholic. As of the writing of this testimonial, it has been 61 days since I lit my last cigarette. A miniscule figure when compared to the approximately 10,826 days that I was a full time smoker. (Yes, I did the math. I smoked for over 29 and a half years.)

For over 95% of that time span, I used full flavored Marlboro Red Box. On the average, I estimate I was smoking 1 to 1.5 packs a day

consistently. I will be honest here, and admit I really can't remember WHY I began smoking. I can tell you I continued to smoke simply because I enjoyed it. I am a United States citizen, born, raised, and eventually expect to die here. Legally, I have always been within my rights to choose whether or not to purchase and use tobacco products, and I believe it should always be so.

That being said,

you may be wondering "So why the change? Why quit smoking? " Perfectly reasonable query. The answer may not be what you expect.

I am almost 47 years old. I have no history of medical problems.

No cancer, no emphysema, bronchitis, blood pressure (high or low), cholesterol issues, heart trouble,

diabetes, or anything else I have ever heard mentioned in conjunction with medical studies and smoking. So "my doctor said I had to! " is out.

I am a professional driver, so my work days are spent comfort of a vehicle by myself,

where I could smoke as I saw fit, so "Employer pressure" is negated. I am married to an exquisitely beautiful woman and although she is a non smoker,

she has never demanded I quit, or even really complained about my habit. The fact is,

there's simply nothing in my life that made it necessary to quit. I just decided I didn't feel like smoking anymore. Turns out,

it's much easier to start smoking than it is to quit.

So, a look at the methods I tried to accomplish it. I tried it all. Patches, gum, lozenges,

pills, and of course, "cold turkey". Even tried "laser smoking cessation therapy" at one point. Worked briefly, but soon it just landed on the junk pile of failed methods. (I

omitted hypnosis from the list because, frankly, I couldn't force myself to feign even the slightest amount of belief in the idea.) Now I certainly accept the possibility that these methods all failed simply because I was not truly committed to the goal. I know others whom have had partial or complete success with them. They just didn't work for me. So let's get to the meat of the issue. "E-cigarettes".

On the evening of May 21st, 2014, I happened to end my day at a truck stop in Oak Grove, Missouri.

Directly alongside the parking lot was a small Smoke shop. Since I was down to about a half a pack of cigarettes, and Missouri has some of the lowest cigarette tax rates, I decided to stop in and pick some up.

This was the first time I was in a store that actually carried actual liquid refillable e-cigarette supplies. Over the past few years, I had tried several brands of the"cig-alikes". Blu, Mystic, and Enjoy, for example.

For one reason or another, they had all proved ineffective.

Some didn't hold a charge long enough. Some didn't taste right, and others didn't feel comfortable to hold like a real cigarette. The one common failure with all of them was they failed to deliver an adequate or satisfactory nicotine dose to satiate my craving. The refillable kind looked like it might offer enough control over the nicotine strength to suit me, so I thought I'd give it a shot. The store carried a fairly inexpensive "starter kit" made by "VX brands" for around $16. My theory was if I could force myself to use it exclusively for just 3 days, it would justify the cost. (Cigarette prices at home averaged a little over $7.00 a pack.) If it didn't work, I felt the low cost was worth the risk, so why not? I put it on the charger back in my truck, and filled it with the 24 milligram (per milliliter) [Marlboro] flavored nicotine e-liquid I bought to go with it, and headed off to dinner.

At this point, I would love to embellish the tale, to make for more interesting reading. Regale you with fierce trials and tribulations I endured over the next grueling 3 days, as I fought to break free of my captor who lived in that little red and white box.. but that simply didn't happen.

The truth of the matter, is that I faced only 2 moments of difficulty from the moment I unplugged my new e-cigarette from the charger.

First, 24mg strength nicotine was FAR too strong to start out with.

It tasted like I lit half a pack at once, and inhaled deeply. I promptly bought a lower dose, and fixed that. The unit performed remarkably well after that. I used it comfortably for the remainder of the evening and in to the next day. And then it broke. My second moment of difficulty.

Now faced with a real "fork in the road" scenario, I believed the choice I was about to make would probably be irreversible.

If I lit a cigarette (still half a pack of Marlboro left) it was unlikely I would give E-cigarettes another chance. It's not like I needed to quit.

I could not dispute the fact,

however, that while it worked,

I hadn't felt like I needed a real cigarette instead.

I did a little research,

and found a "Vapor store" in Freeport, IL, and purchased the "Innokin iTaste vv v.3". And some time during the next week or two,

I threw away my pack of Marlboro. Still half full.

I smoked 20-30 cigarettes a day for roughly 30 years. And the minute I turned an e-cigarette on, is the moment I stopped lighting cigarettes.

I don't call myself a "Non-smoker", or an "Ex-smoker". I'd be the first one to admit that if you suddenly outlawed E-cigarettes, I would buy a fresh pack of Marlboro without missing a beat. I know this much, though. . In just over 2 months, I have reduced my nicotine content in the liquid I buy from 24mg/ml to 3mg/ml, and have even sampled a few liquids with zero nicotine content. I no longer smell like an ashtray, or have to stand outside to have a cigarette. My taste buds are waking up (jury is still out on whether that is good or bad) and I certainly don't get winded as easily.

And it definitely bears pointing out that spending around $5.00 weekly for e-liquid is much nicer than spending about $10.00 a DAY on cigarettes.

There's no "12 steps" for cig-aholics, but thanks to E-cigarettes,

I only needed one. Hi, I'm Ben, and I'm a cig-aholic.

It's been 62 days since I lit my last cigarette.

Thanks for reading.

7/22/2014 5:33:00 PM - Brianna Goff-Billings, Mt.

I started smoking when I was16 years old. I didn

7/23/2014 12:43:00 AM - David Benn

E cigs is the only product that worked for me to quit smoking. Not the ones made by big tobacco,

Those are junk. It was all the different flavors of E liquid and devices made by others. And if these are not available to me I will not use the ones big tobacco makes. Electronic variable voltage mods with tanks and Rda's are what worked for me. It has improved my health tremendously. I no longer need most of my breathing medications, lost weight, blood pressure down, and my Doctor is amazed that these products worked and now asks me a lot of questions about them and asked me to show him what I am using. I have had ZERO negative effects from these products. After 35 years of tobacco products I am now free of them for over 1 year now. Regulation of these products are not needed by you. Only common sense regulations such as age restrictions and ingredients in E Liquids are the only regulations needed. You allow flavored alcohol and medications and these are no different.

7/23/2014 2:26:00 AM - Elijah R Burkhart

A story worth passing on.

Every 1 to 3 years my job requires that

I have a respiratory examination. Today I had that exam. Three years ago (while an active smoker and chewer of 20 years) I scored a D on my test and was told that I had lungs that were 15 years older than the rest of my body. Fast forward 3 years I have quit smoking and chewing and been vaping for 9 months. The results were astounding. I scored an A (compared to the prior D) and was told my lungs had completely recovered and were on par for my age.

Now tell me again how vaping is just as dangerous as smoking?

Thank you to the Howard family and all of my friends in the vaping community who have helped and encouraged me over the last 9 months!

Proudly,

Elijah Burkhart

7/23/2014 2:38:00 AM - Treager

Started with Salem Lights at 17... continued on into college... switched to generics in Army, but never gave them up as I could still max out the PT Test at a pack-and-a-half a day on the run...

I tried quitting once cold turkey, and had moderate success for 3 months.

Until I decided that 1 smoke at a party couldn't possibly make a difference....

It did... picked right back up where I left off. Tried patches after college... wanted a smoke 3 hours into it.... tried nic gum...., chewed so much my jaw ached... and still had a smoke at the end of the day.... What I found after 20 years is that analogs make you feel like shit... .I experimented with different ecigarettes for two to 3 years before finding a set up that I liked... and something great happened... After the first few weeks, I was able to start tasting things again... food was no longer bland... I don't feel like I need a smoke in the morning just to get my ass in gear and cognizant enough to make the first pot of coffee... I can breathe again... I don't mind exercise... it doesn't hurt anymore... my dental has improved... complete reversal of

pocket depth... and I am saving $300/month...

I hate sounding "preachy" but folks that still smoke tobacco are fools...

7/23/2014 8:13:00 AM - Tawfiq Magan

My name is Tawfiq Magan. I have been a smoker for over 17 years. I am asthmatic and used to get on average 1-3 chest infections a year. I switched over to electronic cigarettes first and then moved on to advanced personal vapourizers 20 months ago. My breathing has gradually improved, and this is no lie, but I have not had a chest infection since switching to digital cigarettes.

I am living proof that electronic cigarettes are a MUCH safer alternative. I have gradually lessened my nicotine dosage over time, and am down to just 0.6%. I plan to be on 0% and then eventually quit altogether. My life is so much better, and I have electronic cigarettes to thank for it.

I really hope authourities all over the world can see the benefits of electronic cigarettes as so many consumers already have.

7/23/2014 3:16:00 PM - Ron Bonds

I started smoking when I was 18 years old. After 29 years of smoking I wanted to quit, my uncle died of emphysema at the age of 56, and my dad at the age of 42 from smoking related issues. I tried to use a cessation class to quit, but that only lasted about a

month, and I did cut down but did not completely quit smoking cigarettes. Over the next few years I tried the gum and could not stand the gum, I was smoking and using the gum at the same time. I decided I was just stuck with smoking and probably leaving this earth at an early age.

About a year ago I heard about E-Cigs, since they do not contain tobacco or any of the other 4300+ chemicals that are used in the production of cigarettes, I thought I would give that a try. I was skeptical when I first began, but as I used the product, I found myself despising cigarettes more than ever. The taste of cigarettes alone was almost enough to make me sick. The more I used the electronic cigarette I felt more free from cigarettes and really began hating them more and more. After about 4 months I was able to stop smoking and use only the electronic cigarette and reduce the amount of nicotine that I was getting and am happy to say I am continuing to decrease my nicotine level as I go. I was so pleased with how they worked that me and my wife decided to open a store to share this with our community.

Since opening the store, I have seen literally hundreds of lives changed because of the electronic cigarette. We were so excited that we actually brought in a counselor to help customers on their road to become tobacco free, and nicotine free. These products are cleaning up our communities, providing jobs in our communities, as well as giving a better quality of life to our customers.

Since I started using the electronic cigarette, I have noticed that my breathing is much better, I have not been sick near as much. My taste buds have returned in full force as well as my since of smell. Not only do my clothes smell better, my house smells better, my car smells better, and there are no stinky ashtrays and cigarette butts littering the ground. I truly believe that this product can change our communities and make them a cleaner and better place for our children to grow up and have their parents around to see it with them

Thanks

Ronald Bonds

7/23/2014 7:10:00 PM - Randall J

Greetings.. I have a vested interest in the free flow of

this commerce.

While I do not currently smoke tobacco, I did in fact smoke for almost 20 years.

I on my own quit cold turkey.

(not pleasant but doable). In the time since, I have become acutely aware of the damages of cigarette smoking as I now work for a board certified Immunologist/Allergist and see the devastating effects on people from cigarettes. In the last 10 years, we have used many devices and ideas for patients to quit smoking and all have roughly the same success rate over time.

Each also has its own set of unique drawbacks and side effects.

Drugs tend to affect the mental state of a person and items like the "patch" and "gum" only address a portion of the issue. Nicotine addiction and the oral fixation of smoking present a dual addiction not addressed by any other device.

The first generation of

7/23/2014 7:47:00 PM - Nancy Shumway 9168 Turtle Dove Ln Gaithersburg,MD

I have the long term smokers disease COPD.

I've tried patches,gum, and lozengers nothing helped curve my usage of tobacco. With the Vapor Cig that I purchased July 16th I'm already down to 3 tobacco cigs! I feel everyday that number is getting better. Thank God for the Vapor Cigarette. I'm sure that with everyday eventually I will be able to wean off of that.

7/24/2014 8:06:00 AM - Paul Knisely

I started my tobacco use in 2009 when I turned 18. I experimented with dip but found at the time it wasn't for me. Through friends and pure pressure I tried cigarettes but it never really tripped my trigger. Through more experimenting I found that I loved and enjoyed Camel Snus. November of 2009 I joined the Navy. After getting out of boot camp and going to Pensacola, FL I had a group of buddies that immediately started smoking again out boot camp. For the longest time I stayed strong but finally gave into peer pressure. From then on I started smoking and began enjoying it. Fast forward a year and moving to Virginia, I became a pack a day smoker. I've been on two deployments on the USS Enterprise and smoking/dipping became my stress reliever while working on the flight deck. I depended on tobacco and used it all four years in the Navy. My final year in the Navy I finally stopped smoking cigarettes because it made me feel like crap. I substituted my nicotine addiction with dip which ate away at my gums and to this day they still have not grown back. I exited the Navy with an Honorable Discharge in 2013 and was able to quit tobacco for a couple of months until I had finals in college. The stress of finals made me crave tobacco and I finally caved and bought a pack of cigarettes. I immediately regretted the situation because again the cigarettes made me feel like crap so I resorted to dip. It satisfied the need but in my mind I knew this wasn

7/24/2014 7:05:00 PM - I stop smoking almost two years ago using ecigs I am down to 6 MG of nicotine I know it has help lots of people. I feel great now that I stop smoking

I quit smoking almost two years ago using the ecigs I am down to 6 MG of nicotine I am ready to stop all together don't take it away if it helps to stop smoking

7/24/2014 7:49:00 PM - Annie Mac From Fernley, nevada

I was a smoker for 40 years and mostly worked in the health care field.

I felt sleezy coming back to work after smoking on my breaks or lunch.

almost 4 years ago I got an electronic cigarette and quit smoking the day after I got it.

I smoked somewhere between 1 and 1 1/2 packs a day for almost 40 years and I have been free from cigarettes now for 3 years and 8 months.

I have never wanted to smoke another cigarette since I started vaping.

Vaping satisfies

every aspect of smoking for me.

I never worry about smelling like smoke, having bad breath, being offensive to others, causing second hand smoke for others to breath etc.

I don't even like to be near smokers of real cigarettes now myself and realize how offensive I must have been to non smokers when I was one.

I thought I would never be able to quit smoking because I liked to smoke and now I love to vape and don't know if I will ever stop doing this.

I can't see any harm in it and I have reduced my nicotine content over the last 3+ years from 36 mg to 6mg,

it was easy to do and I never felt deprived of smoking.

I say YAY

to electronic cigarettes.

7/24/2014 7:55:00 PM - Gerard Chauvin woonsocket r.i.

I smoked for 40+years. I have been using e-liquid vaped from mods for 5 months now , I have been cigarette free now for 4 months and 1 week I started at 24 mg and i'm currently vaping between 15 - 18 mg.I started the e-cigs only to cut down when i'm with my wife because she had already quit using e- cigs before me. I didn't think anything could get me to quit cigarettes but amazingly three weeks later I switched completely.I'd tried hypnotist,smoking cessation courses and cold turkey longest I ever quit was 30 days w / hypnotist never worked for me again. since switching to e-liquid I don't cough anymore Im not blowing smoke on myself and others my car is clean i'm not weezing and the best complement I received was from my 19 year old daughter who never new me as a non smoker tell me "dad you don't smell like smoke anymore" I lierally teard up I was so happy. please don't take this away from me I don't ever want to go back to smoking please don't out price the small vaper shops with exoberent taxes they cant afford to pay I think the different flavors that are overed have been essential to my success I don't like the product put out by the big tobacco companys exp. cigalikes and blu they don't do it for me and would be afraid to go back to cigarettes. thank you for reading my testermoney and I hope you will take it in to consideration when voting on these issues sincerely Gerard Chauvin vaper from R.I.

7/25/2014 12:07:00 AM - James

52 male smoked 35 years with 3 years off (stopped twice for a year and a half each)

I smoked 2 PAD (or more) for over 30 years until June 2012. In April 2012, I had a heart attack and had a stent put in. Then I was told I would also need a 4x bypass, which I had in August 2012. I made the switch to vaping in June 2012 and have not had an analog since. I knew I wanted to quit before the bypass because I knew the recovery would be a lot easier if I did, lung and breathing-wise. I had been making my own cigs for about 8 or so years, so I gathered up all my tobacco, MYO machines, tubes and other paraphernalia and gave it all away. Now analog-free for over 13 months and counting. I feel great and my lungs are clear.

E-cigs saved my life.

James Grand Prairie, Texas

7/25/2014 12:20:00 AM - Cary Mason

Hi to you all. CASAA, I would like to contribute to your fight for justice.

Following is a recount of my first experiences with electronic cigarettes and vaping juices with and without nicotine.

I STARTED VAPING JULY 2014. I LIVE IN AUSTRALIA WHERE LOCAL SUPPLY OF E-JUICE OR E-CIGS WITH NICOTINE IS CURRENTLY BANNED BUT CAN BE LEGALLY IMPORTED BUT ONLY THREE

MONTHS SUPPLY AND ONLY FOR PERSONAL USE. BAD POLICY.

I am a novice to e-cigarettes. Killer-cig free now for 72 hours, I am excited to learn more. My aim in vaping is to replace cigarettes (roll your own 25-35 per day) and I am very confident vaping nicotine will give me this outcome. In the past 35 years nothing has worked for me to help me quit my smoking addiction but I did try many times using many different crutches - too many to list here. Thank goodness for e-liquid nicotine it works for me. I have found a way out of the hell-hole tobacco is.

I think there may be some slight health issues vaping long term but to be honest at my age (male - mid fifties) I don't really care because to quit the killer-cigs is a long lost goal of mine. The fact is if keep smoking tobacco I will become very ill.

E-cigs cannot be worse for me. Not possible. E-cigs are my saviour. I have QUIT tobacco.

I first heard (took notice) about e-cigs from a news article a couple of months ago. From that article I explored more. Nobody I knew or met ever said anything about vaping or vaping nicotine. I was so happily shocked that there was such a thing on the market. I read about it some more and made up my mind to try it.

My first port of call was the local Adelaide shop at Goodwood on the 30 June. I had my first ever vape there but no nicotine included. I was hooked. I could see this working for me. From that shop I bought an EVOD 2 Starter Pack as I had researched this and thought for a beginner this would be an easy way to get started. I also bought 30 ml of juice, tobacco flavor without nicotine. The man at the shop was very helpful showed me a few things about loading it up and said it was easy to get a legal order with nicotine over the net. He recommended a US site.

I drove home with the dog in the passenger seat and me smoking the killer cigarettes. My dog hates them. The next day I quit smoking in the house and car. My dog is very happy and not snorting at me anymore. It is winter here in Adelaide and some cold fronts have been moving through. It was cold and wet but I stuck to the no smoking in the house and car rule, in the back of my mind I wanted to go through hardship, I wanted to hate this 35 year addiction even more. Although I had some non nicotine e-

juice on hand I lost interest in that quick smart. I think I like the nicotine drug otherwise why else would I smoke those nasty costly killer cigarettes for decades.

To cut a long story short, my first order to the US was unable to supply so they refunded my money. It was now 7 days since I bought the EVOD equipment. I placed another order with Chinese supplier. On the 16 July they refunded my money. Problems with shipping through Hong Kong, so they stated. I was shattered and still smoking the killers outside, thinking it should not be this difficult. I had not discovered the Australian Vapor forum at this time - I wish I had as I am sure I would have placed a successful order delivered promptly.

By now I was stressed and disappointed but knew I would battle on. I knew I could kick my 35 year smoking addiction (seriously affecting my health now) for a cleaner and safer one via e-cigs.

The way I see it, to be refused access to this substitute would be nothing short of criminal. I would go underground to get supply. I would break the law. It is a matter of life and death for me.

Anyway, I placed an order on Thursday 17 July with a supplier in a nearby country (across the sea) and to my surprise it arrived the following Monday 3.30pm. I got 5x10ml samples, 2x50ml tobacco flavors, all 18mg nicotine based. I was ready to quit smoking. Unfortunately, 20 days after purchasing my EVOD E-cig. Easy access to e-cigs or e-juice with nicotine should be legalized everywhere in the Western World. They should be as accessible to the public as is tobacco but at current prices not that outrageous price tobacco costs - rip off there.

I am not real keen on my initial choice of flavors. The banana and mochaccino are okay. However, I will vape the lot and still love the fact I have a real alternative to the killer cigs.

I know it is early days but I am proud to announce I am 72 hours 100% free of normal cigs for the first time in 35 years with no side effects and richer I guess. I definitely feel healthier. I am smiling.

I know I can get the product quickly now. I have placed another order with a different US supplier and expect that within a month. No problems there as I have enough supplies until then. If I ran out of e-juice with nicotine I would probably start smoking tobacco again, that is why I think it should be legalized. I guess many others would revert back to tobacco if supply stopped. This is not a good thing since the aim of all societies is to reduce tobacco use because it kills people.

In my eyes, to be refused access to this substitute would be nothing short of criminal. I would go underground to get supply. I would make my own somehow. I would demonstrate in the streets. I would not accept that law - ever.

I wish the Australian Government would fully approve local supply, dare they ban vaping nicotine.

Best wishes to you all.

7/25/2014 1:07:00 AM - Jeffrey Hopkins

I smoked for 35 years. I tried to quit many times. I was up to 2 packs of Marlboro Blacks 100"s a day. I have been using electronic cigarettes now for 14 months. I have never felt better in my life. After the first few weeks I was already feeling much better. No huffing and puffing on a flight of stairs. I feel much sharper when it comes to decisions and I'm not feeling sick like I used to many times after smoking regular cigarettes. I enjoy electronic cigarettes far more than regular cigarettes. Not only am I saving a lot of money, I enjoy NOT getting sick or out of breath (and dizzy by the way) like I did with regular cigarettes.

My girlfriend has also stopped after 25 years of smoking regular cigarettes for 15 months. We enjoy using electronic cigarettes very much and we are doing much better financially and are healthier now that we have stopped smoking.

Truly,

Jeffrey P. Hopkins East Islip, NY

7/25/2014 1:58:00 AM - Linda, Central Florida

After smoking cigarettes for over 40 years, I was able to quit by trying various e-cigs and juices!

My doctor had been telling me for years that I

need to quit smoking ASAP.

After 2

months of being cigarette free, doctor was shocked - said my lungs sounded like a non-smoker!

Not only has my health improved dramatically, but blood pressure and cholesterol as well!!

I have read some studies (not done in the US) on vaping that claim it is really not harmful especially when compared to cigarettes and I am proof of the health benefits! I had tried on many occasions to quit cigarettes with no luck. I tried a cigarette type mod - really did not like at all so kept smoking.

I was advised by a fellow vaper to try a variable voltage battery and a tank - jackpot!!

I now have three favorite juices, all 8mg nicotine,

that have satisfied any cravings - one coffee blend, one mixed fruit and a coffee tobacco blend.

I believe with the choice of flavors, batteries and tanks/cartos being available, anyone could stop the cigarettes and see immediate health improvement.

7/26/2014 2:43:00 AM - Mark Hoenigman from Cleveland Ohio

Dear CASAA, I'm 43 years old. I have been smoking a pack a day since the age of about 15. I never had a "smoker's cough" or any other health related issue due to smoking. I did not even plan on stopping smoking "analog" cigarettes.

I tried one of the cartridge type early e-cig devices. I found it tasted and felt better then real cigarettes. I immediatly cut way down on my smoking. That was quite a while ago, about 3 years or so. I now only have a real cigarette in the morning with the coffee. I have found I have more energy and don't get tenced up like I used to. I do breath better, did not realize how smoking was effecting my breathing. I have graduated to the bigger battery and the fill tank. I go to the Vaper Mate store in Twingsburg Ohio.

My girlfriend smoked 2 packs a day and does have the "smoker's

cough". She found Vaper Mate e-liquid she likes.

She has a pink e-cig battey which is great for her but not for me, I like black!!. Her cough is slowly going away and her Astma is getting better. I'm finding that being around others who smoke, the smell of real cigarettes does not make me want one. I do not want to be the type that judges others who still need to smoke. We all know there are plenty of judges out there, this is my story and thank you for reading it..

Mark Hoenigman

Cleveland, Ohio

7/26/2014 3:43:00 PM - my name is chris and vaping has saved my life! i smoked to packs a day of cigarettes and now i dont smoke and i couldnt do it without the ecigs i weined down to zero nicotine and right off the ecig its a safer alternative than the patch,or them prescritpi

I started vaping ecigs about a year ago now and my overall health is much better I can run, keep up with my kids again and no more smoke smell or second hand smoke for the ones you love!! My grandmother is a cancer survivor she had throat cancer from smoking cigarettes and after I saw what she went through I had to quit that's when I started I start on 18mg eliquids and now I am down to 3mg almost down to 0mg and considered a non smoker. When I brought home my ecig I had my mom try it and now she quit for almost one year and she smoked for over 30 years and she tried everything the patch, gum prescription pills that have the worst side effects. Now most my friends and family that smoked are now vaping and their health is much better and on their way to a much better life and they also are down to 3mg some are vaping 0mg. Overall ecigs are the best invention around its giving and helping people to a safer and easier and healthier alternative to actually really quit smoking!!

Make smoking history this is the future if these ecigs were around 50 years ago my grandfather could still be alive along with tons of friends and family and i'm sure millions of others would be.

7/27/2014 3:04:00 AM - Organikahli

I had been smoking since the age of 14 up until right after my 59th birthday. Over the years I had tried many times and ways to quit. I used the gum, the patch even a prescription that entailed popping a cartridge into a small plastic container that I could then suck on to get nicotine into my system. Nothing worked.

The last time I tried to quit in earnest I found that after 6 weeks of not smoking instead of the days getting easier, as I had been led to believe, I slipped first into a deep depression and then I began to fantasize jumping off the Golden Gate Bridge. This was so alarming that I went to my doctor to talk about what was going on. She told me something that helped me make sense of it.

Paraphrase: "Have you ever seen a schizophrenic who didn't smoke?" I thought about that and chuckled. No I am not a schizophrenic. She then told me that the reason they smoke is because nicotine has a calming effect. She also told me that she had no problem with me ingesting nicotine for the rest of my life she just didn't want me smoking it.

Long story short...My sister came to visit me for 2 weeks and sat in my bedroom vaping. I wanted to be offended but I couldn't smell anything and there was nothing really to complain about. I took myself out onto the back porch to smoke. After around six days of doing this I was amazed that she never once smoked a cigarette and was quite comfortable vaping in my personal space. I humbled myself and admitted that I was impressed and wanted to try it. I went to my first vape store in San Francisco and the woman was extremely patient while explaining to me my options. I left with everything I needed to get started. That was in April 2013 and I am ecstatic to say that I am now a non smoker. Yes I still ingest nicotine which greatly reduces my diagnosed PTSD and anxiety. Since that April I have smoked maybe 6 cigarettes. That was in the early days when I wanted to remember what it felt like. No more. I have no desire to pick up a cigarette ever again. I am eternally grateful to whomever and whatever the powers that be were to put this amazing, clean alternative in place. I hope that I will never need to smoke a cigarette again. As long as I have the option of e-cigs I believe that I won't.

7/28/2014 2:06:00 AM - DJ

I started smoking at the age of 16 and I smoked regular cigarettes until 2 years ago when I startedd using Electronich Cigarettes. I have decreased the nicotine strength from 24 to 3 mg. I purchase e-liquid in 6 mg and 0 mg strengths and mix them to make the 3 mg version. I have completely enjoyed my Ecigs and don't want to go back to smoking regular cigarettes ever again.

7/28/2014 3:03:00 AM - Paula Proctor (NonToxicVaper) Cumberland, RI, USA

I am a wife a mother and a grandmother. I started smoking when I was thirteen. I smoked between three quarters to a full pack a day, for forty years. I am now approaching fifty-six years old.

I successfully quit smoking on January 20, 2012, only because I finally found a simple product that helped me to successfully quit. That product is, liquid nicotine and the various forms of electronic vaporizing nicotine delivery devices.

I had tried for many years to quit and I used every FDA product, method, and support group known. I failed each time.

Patches, Gum, Lozenges, Chantix, Wellbutrin, Hypnosis, Acupuncture, Support Groups, etc ... did not give me the extra help I needed to walk away from cigarettes.

Until my breathing became so labored and by developing COPD, out of desperation I went back to using Chantix and Welbutrin

Although Chantix did help suppress the urge to smoke, it also suppressed my overall happiness and although Welbutrin kept my anxiety levels at bay, I became severely depressed. I had devastating nightmares. I cried all the time. I nearly lost my marriage. I nearly lost my life. I felt no need to go on because everything seemed so hopeless..... ALL of the time.

My doctor ordered me to stop taking Chantix. I continued with Welbutrin and continued smoking, getting sicker and sicker.

Soon after I stopped the Chantix I found a gas station type e-cig. I tried it. I bought more of them in the strongest nicotine strength I could find. Within a few days, I no longer lit up cigarettes. I vaporized liquid nicotine instead.

Soon, I graduated and stepped up to more elaborate devices which allowed me to control the amount of vapor and the amount of nicotine. I vaporized delicious flavored eliquids that brought me satisfaction. Flavors of fruits and candies and desserts and delightful beverages, AND over time, I stepped down the amount of nicotine I was vaporizing.

I am proud to say, today I am at near zero nicotine and I did this successfully by using various delicious flavored eliquids and various vaporizing devices.

I continue my new hobby now because it still satisfies that craving and curbs my anxiety. I no longer use any anxiety medications. I continue to vape delicious flavors and use beautifully crafted hardware and devices.

This new technology has also created a new industry. Many devices are being created and with each new generation of device comes a newer technology and design.

Yes, we do want regulations that guarantee our liquids are clean and safe. Through simple inspections and testing, we can be assured that the eliquids we inhale are safe.

Yes we do want regulations that guarantee our devices are safe and durable. By setting guide lines and invoking warranties, we can be assured that our devices are safe and durable.

Yes we do want each and every person to learn and know how to safely use these devices. Required instruction or lessons, so new vapers will safely use their devices.

Yes we do absolutely encourage all liquid nicotine to be used and stored safely. Mandatory warning labels.

No we do NOT want the tobacco companies to take over this industry. Because they have the necessary wealth to apply for future FDA ruled eliquid applications, they will be the only companies to afford to produce eliquids. as the ruling is written now.

Because the FDA is planning to rule that future eliquid producers file an outrageously over priced application for each flavor ingredient of every blended final flavor and each milligram of nicotine of every different level of eliquid, the "present eliquid producers"

will definitely not be able to afford to make eliquid, period. This ruling will end their business and it will force millions of already established vapers to go underground to either buy unapproved, possibly dangerous eliquids or attempt to make their own.

It will also place ALL future eliquid production in the hands of the tobacco companies. We already know 'some' of what they have put in tobacco cigarettes!!! Imagine what they will put in eliquids? I will not choose to buy FDA approved, tobacco company eliquids. I have spent the past forty years trying to escape from big tobacco. I will NOT fall into their clutches ever again.

Please, make the applications affordable so all who apply, can AFFORD to continue to create delicious eliquids, to further our quest to help smokers quit, through vaping eliquid, instead of smoking cigarettes.

Instead of forcing the smaller eliquid vendors out of business, place regulations on their product for inspections, and their labs for inspections and their labeling and advertising appropriate.

No we do not want ecig products to be classed as tobacco products. By classing as tobacco products, ecig products will fall into that deep dark pit of smoke and ash. There

is no smoke, there is no ash. There is no tar. There is no carbon monoxide. The over four thousand plus chemicals, are NOT present.

YES we do want ecig products to be classed as VAPOR products. As vapor products, we lose that tobacco stigma and open a new door for new vapers and allow present vapers to continue with out heavy taxation and usage bans.

By classing correctly, ALL adults will be able to continue the journey away from deadly combustible tobacco. All who choose this harm reducing alternative will be able to still afford and still enjoy the many satisfying flavors of eliquids, to help enable them to quit smoking.

Finally, YES, we all support banning sales to minors unless approved by parent or guardian. We can enforce strict laws and stiff fines for those who break it.

Since I quit smoking and vape instead, I can breath now with out laboring. I can climb steps and walk my dog without gasping for air. I can play with my grandchildren. My husband and I have rekindled our relationship. My house, hair, clothes, hands, car, EVERYTHING smell nice again.

Because I can breath and function again, I can also exercise and am getting more healthy every day. I can go back to work and be an active tax payer!!! I no longer am dependent on drugs to quell my nicotine withdrawals.

I no longer feel hopeless. I am HAPPY again. I no longer take mind altering drugs to stop the urge to smoke and

I don't smoke.

I vape.

Please, accept and and support and EMBRACE this new life saving technology. Imagine if we had vaporized liquid nicotine products fifty years ago? Imagine how many loved ones, how many millions would have lived longer, healthier, happier?

I thank you for your time reading my testimony. It is written from my now healthier heart, from my pleasant smelling fingers, and my happy smiling face :)

Paula Proctor Cumberland, RI 02864

7/28/2014 2:42:00 PM - Jim Andrews

I am a 58 year old man who had been addicted to cigarettes and other tobacco products since about age 16.

My tobacco product of choice was always cigarettes, but there were periods of time that I was able to replace cigarettes with cigars, smokeless tobacco, nicotine gum, and most often a combination of these.

I always craved tobacco (specifically cigarettes) during these periods and eventually returned to cigarette smoking.

Things changed when I was introduced to the electronic cigarette.

In early August, 2012, I purchased an electronic cigarette and experimented with it for about a week while still smoking cigarettes.

I noticed right away that I was able to reduce my cigarette smoking substantially.

On the night of August 14, 2012, I finished a pack of cigarettes and the following morning I began using the electronic cigarette exclusively - at the time of this writing I have been 100% tobacco-free for nearly 2 years.

I feel much better, don't get winded during strenuous activities, and spend much less money on electronic products than I did on tobacco products.

Quitting smoking has also inspired me to get regular exercise and eat better, so I have also lost weight and improved my fitness. For me the electronic cigarette is truly a dream come true.

Based on the ingredients used in electronic cigarette products and the research that has been completed, my belief is that they are much safer than tobacco products, if not essentially harmless.

I am 100% certain that I will not return to tobacco products as long as electronic cigarette products remain available.

7/28/2014 7:34:00 PM - Anthony, Fort Worth Tx

I started smoking about 8 years ago,

no particular reason. But the sensation of something in my hands and the motions are what captured me.

The smell and taste were very displeasing at first,

but like with nearly anything,

you get used to it. But then food looses it's flavor,

causing me me to use more salt and spices to taste anything,

this in itself is unhealthy. About 4 years into smoking the first e-cigarette I have seen came into the picture. I read everything I could find,

read reviews on different mods,

and planned a direction to go. Shortly afterwards I purchased my first ego-510. I liked it,

the flavors available were abundant. I wasn't restricted to menthol or regular,

what a difference. Out of curiosity I moved for a ego-t, more vapor,

easier use,

convenient charging,

awesome! Shortly after that I moved in to variable voltage mods: lavatube,

vamo, i134, and now the provari. These have been amazing for me for providing a smoke free experience while still providing all the sensations that kept me smoking. People are generally intrigued by the units I've carried around. At first wondering what that is,

to now people asking how I like vaping. It has been fun watching how the greater availability,

and the abundance of information that people are becoming more informed and now recognize what I'm holding instead of wondering what it is. I still run into the misinformed person or two occasionally. Since vaping for the past few years, I've felt much better,

I could walk or run up a flight of stairs without being out of breath, I have the energy to get up and be active,

my clothes don't smell like an ashtray as well as my skin and hair.

In addition,

the unsightly presence of ashtrays and cigarette butts everywhere is long gone. E-cigarette has been a pivotal method for me,

that i always feel good about recommending to friends and family. Since I began,

I've spread the news to countless people and helped about 5 or 6 get themselves started. All are much happier.

Thank you for your time.

7/28/2014 7:34:00 PM - Tyler, coram ny 11727

I started smoking cigarettes at 15 and smoked until I was about 20 thanks to smoking e cigs I have not needed a cigarette in 3 years and have been living a good healthy life since

7/28/2014 10:18:00 PM - Sunni Monfee from Memphis, TN

"I am a 34 year old non-smoker." I never thought I would ever say, type or write that sentence, but now I can and do. I smoked for 21 of those 34 years, going from a few analog cigarettes whenever I could sneak them from my parents at age ten to buying my own packs as a teenager and an adult. I love to smoke. I love the idea of it and seeing it come out of my mouth. Did I mention that I love to smoke? I do. I never intended to quit, but my lungs simply couldn't handle it any longer and at the age of 32 I made a trip to the emergency room because I could not breathe and was in so much pain from constant choking and coughing. Sitting there taking a very expensive breathing treatment, I made a decision to breathe. I didn't know how I was going to accomplish it, I just knew I had to. I had tried a few times before, using the patch, gum and lozenges with no success.

While I was waiting to be released, I was looking through social media on my mobile device and saw that a friend and family member was celebrating three years being a non-smoker and she had been a chain-smoker the last time I saw her. Three years! I couldn't believe it! Then I read that she had accomplished this by joining the vaping community, so I asked her to tell me about it. I had heard some really lousy things about what was available from the mainstream store chains and wasn't looking forward to paying the high prices they wanted for the products either. She taught me the basics and showed me how to use a vape. I thought it was cool but never really intended to stop smoking, just wanted to check it out. Two days later I smoked my last cigarette, deciding the vape tasted much better and I didn't really want the analog cigarette any longer. After a week I tried to smoke an analog cigarette, I felt like I was dying. I could only take five drags and had to put it out. I have been analog-free since that day. I have since stepped my nicotine level down to 4mg or 6mg.

I love my success story! I no longer have trouble breathing like I did, I feel better physically, I smell much better and it has been 17 months since I quit smoking. I am proud to say "I am a non-smoker and vaping (electronic cigarettes) helped me to be one!"

7/29/2014 1:11:00 AM - Laura B. Carlsbad, NM

I'm a 41 year old female who has been smoking since the age of 13 years old. I was able to only quit when I was pregnant with my son in 1998. I've tried several times to stop smoking cigarettes in many various ways and techniques which are the following ways, Cold turkey, patches, prescriptions,Inhalers, nicotine gum. I just recently had gotten some testing done at the doctors office , and discovered that I was positive for hepatitis c. I was then advised by my doctor about some treatments that I could take part in, but I have to be qualified to become involved in a new study that has a good success rate to the study. I unfortunately have to stop smoking cigarettes for a least 6 months before I'm able to begin this process. I've failed miserably with these terms and conditions my doctor has advised for me to do, so, I'm having to start this all over again. My doctor did make an outstanding idea that would allow me to begin my 6 month grace period in using the electronic e-cigarettes. He even said the e-liquid could be any flavor I choose to smoke. so I had invested in the products and I began my 6 month time line. I've quit smoking cigarettes now for almost 6 months now. I enjoy all the flavors that are available in the market today. I'm even making my own flavors now to use myself and with my friends. So, making this all go away would be deviating not only to my situation, but to thousands of other patients who need to also start this treatment plan. I will fight the fight for my life and your life and be a voice to many who are in the same situation that I'm in. Thank you for letting me share my story and I hope this will help keep this as a option for those who make this choice to there situation.

7/29/2014 2:51:00 PM - OXYGEN DEPENDENT AT 59!!

I smoked for over 40 years. I grew up in the era when smoking was cool!

I started as a teenager.

I was punished by my parents in multiple ways for doing it.

It didn't stop me. Later in life, I tried to quit forever!

I Tried everything. Cough was getting worse. I was short of breath. My husband was dying from cancer from smoking.

It didn't stop me! Then one day last year I got a terrible headache that was pounding for days and wouldn't go away.

I saw my Dr. a day later, who tested my oxygen levels and my oxygen saturation was app. 85%. I was placed on oxygen 24 hours/day. I had already tried the E-cigs and successfully quit for about 8 months. If I hadn't I might have died. My blood pressure that day was 210/110 from my heart trying to oxygenate my body without the supplemental oxygen that I now required to survive. My usual B/P was around 120/70! Imagine what it would have been if I was smoking cigarettes instead!

I had always returned to smoking before regardless of health concerns, but have successfully stayed off them now for over a year using the e-cigs. It's not the BEST way, but at least I'm not inhaling hot smoke and toxins all day long! I have read that these are not recommended as a smoking cessation device.

They SHOULD BE!!.

I know that they have prescription nicotine inhalers, I've tried them too, but that seems dum that you need a Rx for that but can kill yourself with cigarettes every single day LEGALLY without a Rx inhaling all sorts of toxins along with the nicotine!

It's oxymoronic!

E-cigs are inhaled the same exact way as the Rx inhalers. But, since you have to see your doctor for that it's OK since then the AMA approves and they're making money as a by-product of smoking my smoking addiction.

This is more about money than safety for sure! The E-cigs

have helped me tremendously to not smoke cigarettes and it seems only logical that getting off of an e-cig would be much easier than getting off cigarettes. The dangers to children and teenagers is bogus!

They are able to get their hands on cigarettes whenever they want and will get these too if they desire. Regulated or not. Smoking is legally banned if your under 18 and so are e-cigs. But they get them anyway.

I certainly did! The cigarette industry and medical industry is so powerful in the USA and they have a definite interest in banning the e-cig. They have very powerful lobbyists in DC that want these E-cigs outlawed for their own purposes and they can then make more money again, from the smokers who have quit that will return to smoking and patients who are either more ill from returning to cigarettes or need a doctor to quit!

This is about making a choice. And the regulations will just make more money for the special interests groups while taking it out of the E-cig consumers pockets.

Regulation costs a bundle to enact and then follow up on.

WE will pay for that!

7/29/2014 3:10:00 PM - I started smoking cigarettes at age 13 and never stopped for years and years. At 59 my health had already suffered from smoking for so many years. I tried to stop so many times with so many different "things" on the market for people like me who wanted

I started smoking cigarettes at age 13 and continued to smoke cigarettes my entire life until the age of 59.

I tried so many times in the past to quit but everything I tried didn't work for me. I was so sick through the entire nine months with my 3 children, that I didn't smoke at all through each pregnancy. But as soon as I could after each child was born, I went right back to smoking.

I did quit smoking cigarettes five years ago for 2 months. Regretfully, I started again after a severe panic-attack.

After that failure I did not even think of quitting again. I honestly thought I would continue to smoke cigarettes for the remainder of my life.

One night while online I came across an ad for the free trial for the e-cigarette as it was called. All I had to pay was the S&H of the product. I thought, "shoot, I am sending for it for fun..just to try it! I had heard about the electronic cigarettes but really didn't think it would help me quit. I totally thought that I was a hopeless case and besides I really didn't care about quitting anyway,(so I had convinced myself). I remember the day I received the package in the mail.

Everything I am putting down here is the total truth I want you all to know this.

That day I opened to find the Electronic Cigarette starter kit..the kind that had the flavored top you just screwed onto the small battery.

Well I tried it. I liked it...kinda. But even more amazing is that it satisfied me. Just the whole process of inhaling, exhaling the vapor really satisfied me. BUT even more amazing is that I did not pick up a tobacco cigarette or any tobacco product again!!!

Hard to believe, yet

it is true. I have not had the need for tobacco at all going on about a year and a half now smoke fee! I really was amazed at the effect the e-vape had on me. I did not expect to actually QUIT SMOKING!!!!!!!

But I did quit!! and I have been tobacco free ever since that first free-trial Electronic Cigarette I picked up and tried.

Everyone around me was amazed at my success as well!

My children are proud of me! and I don't have to sneak off from my grandkids just to have a, " smoke break".

I am actually proud of myself.

The Electronic Cigarette saved my life.

I think that it was within week of not using any tobacco at all, just using the e-vapes tool I began lowering the nicotine level.

Now, a year and a half later I still use my e-vapes devicel(I do not call it a cigarette, it is NOT A CIGARETTE AT ALL).

I love the different flavors of e-juice. And best of all is the fact that I can control the amount of nicotine I take in.

Starting at first the nicotine level was higher but once I was ready I just went lower and lower with the nicotine. Now I am using the very lowest level of nicotine there is. I am satisfied with it.

And when I decide I want to e-vape completely nicotine free, I can!

The e-juice comes with nicotine or nicotine free...I have the choice..which is good because the fact that I am not pressured to cold-turkey anything, I can have success when it comes time for me to give up the little amount of nicotine I do have.

The e-vaping is less expensive than tobacco cigarettes ever were.

I vape a lot less than I smoked cigarettes, I was a heavy smoker for many years.

Anyway, today I am happy and thankful I am tobacco-free!

Even within the first two weeks of e-vapes I was breathing better, completely rid of the wheezy sound in my chest.

I told my doctor I stopped smoking with the help from the electronic vaping device and she supported my success all the way!

I will end this testimony with this, my sister Mavis was a heavy smoker pretty much all her adult life.

I know she desperately wanted to quit smoking but was so addicted (like I was), that she always failed.

My sister had lung cancer and brain cancer. The brain cancer killed her in the end, but the lung cancer would have done the same.

I know my lovely beautiful sister, my friend, would have succeeded in quitting the cigarettes if she only would have picked up an electronic vaping device like I did.

Sadly,it was too late for her, but not for me.

I am grateful.

Shirley Kieffer Wisconsin,USA age 60 and counting

7/29/2014 4:16:00 PM - Juan Campos from Denver Colorado

I had been smoking for

9 years. For the last 3 months I have been Cigarette free. I started out using a disposable e-cig and then moved to a mechanical mod. I was using 18 mg strength nicotine now I'm down to 3mg. I'm a war vet I used to smoke any where from 2-3 packs in about 2-3 days, now I just use my mod have cut back on nicotine. I can run better, don't smell horrible, don't wake up coughing, no head aches if I don't use my mod. I was a heavy smoker, now I'm to the point I cant be around anyone that smokes now because of the smell and I noticed that my allergies haven't acted up unless I'm around someone smoking. I'm a lot happier now that I'm not stuck on cigarettes. I can play with my child and not get tired. all in all I went from heavy smoking to ultra low nic juice.

7/29/2014 4:48:00 PM - Kim

First off I smoked for 5 years at least a pack to two packs a day. I tried using the nicotine patches for about a month with no success. I then tried to use chantix but that made me have very vivid nightmares and if anything only made me want to smoke more because of lack of sleep and being stressed and scared because of my nightmares. I then used the cigalikes i used them for about 2 months and i was never satisfied by them and they tasted gross. A year and a half ago i switched to the ecig with fruit flavors that i could pour in myself. I have not had a single cigarette since jan 4 2013. Yay me!! And that is all thanks to the wonderful ecig shop that i know manage. Ecigs and this shop are very important in my success and my life. I couldnt have quit without this product and without the fruity flavors. and to top my success i dont have as many health problems. my hair has stopped falling out by the handful, i dont have to use my inhaler for panic attacks. My skin is smoother and has less imperfections. and my 3 children are very happy now that mommy doesnt smoke anymore. I would have to say my success in quiting smoking has made a huge impact on my personal life. And i couldnt have done it without my ecig. Plus i now have more money to spend on my kids and as a single mom that couldnt make me any happier. If the FDA

says no more ecigs and only cigalikes then i will more than likely go back to smoking cigarettes and believe me i really dont want that to happen.

Now as a manager of an ecig shop i believe that these products really do help changes peoples lives for the better. And If the fda decides to crack down and make it only cigalikes many people will go back to smoking. Not only that but it will put probably 50-75% of the ecig shops out of business because the cigalikes dont work, and people dont want them. So not only will people go back to smoking and paying more but it will put this single mom of 3 out of a job....and i live in a town where jobs are very hard to come by, example- i was on unemployment for 1.5 years before i got the job at the ecig shop. This is going to affect millions of lives across our country. from the now nonsmokers to the employess that work in the ecig shops. Yes i understand that the government is losing out on the sin tax of cigarettes but is that any reason to take away hundreds of thousands of jobs and lives? On another note i understand that children are getting sick and possibly dying because they are getting there hands on the liquids that contain nicotine and drinking it. This is a huge problem but not with the product, with the parents of the children this is happening to! my 3 kids dont touch my ecig or anything that pertains to my ecig. if anything make alcohol illegal. that kills more people than anything.

Tax it dont take it away!! thats not the right thing to do in this situation. And to the neglectful parents teach and watch your children, if you were doing these things then maybe the government wouldnt be trying to take away a "life saving tool"

7/29/2014 5:16:00 PM - Tremaine B. from mobile,al

HI im Tremaine im 33 years old ,I been smoking cigaretts for 5 years.I just started using e-cig for 3 months now and stopped smoking cigaretts I was up to a pack a day now with the e vapor idont want a cigarette its has changed my life tremendously my sense of smell and taste has come back food taste great im not out of breath anymore and im active with my kids a lot now such as in the past. E-cigs are great

for good health I love it in my everyday life. With the e-cig I smoke 12 mil of nicotine and now im down to 6 milgrams I feel great this is a life changing experience. Please do not try to shut vape shops down around America its the best thing could have ever happen for people like myself

7/29/2014 9:32:00 PM - Libby-KCMO

From: Libby Johnson To: FDA Center for Tobacco Products RE: FDA, Docket No. FDA-2014-N-0189, Regulatory Information Number (RIN) 0910- AG38 To whom this may concern, My name is Libby Johnson and I smoked 2-3 pack of cigarettes a day for the past 35 years. During that time I have tried everything to quit smoking. I have tired the patches-burned my skin and itched like crazy, Wellbutrin- ended up with panic attacks unrelated to smoking, the gums-I have dental work and it stuck to my teeth, Chantix-had thoughts of suicide and my doctor took me off, cold turkey-that lasted about 5 days, inhaler-okay but no staying power and even hypnotherapy with a group of coworkers-lasted a whole day.

Needless to say I was unsuccessful.

So, my answer was to purchase filters to remove some of the tar and walked around like I was trying to imitate Cruella deville from Walt Disney.

However, about 11 months ago I was introduced to electronic cigarettes by my brother. I decided to purchase a fillable vaporizer as a smoking alternative for my 6 week trips abroad due to the limitation on allowable tobacco products. I started with a simple device and a tobacco flavored nicotine "juice". To have any chance of replacing my traditional tobacco cigarettes I thought I needed something that felt like and even tasted like a traditional tobacco cigarette. To my surprise and without any thoughts of quitting I was able to quit smoking for days at a time but found myself still craving a traditional cigarette.

I then learned that there are different amounts of nicotine and bought another bottle of tobacco juice at a higher dosage level.

I also noticed that there were other types of devices and tanks that were more advanced. They provided me more control over the amount of power & vapor production. I purchased one and have.

Within two days to my absolute surprise I found myself believing that I COULD quit smoking.

I began staying in during breaks and lunch as work and used my vaporizer.

I would allow myself 1 cigarette when I woke up, when the craving seem to be the strongest, and again on my way home from work and one just before bed. Unfortunately, I did have some trouble giving my crutch completely but as long as I stayed within a few a day I felt successful.

I had gone from 2-3 packs a day to 3 cigarettes a day.

To many that may not count as success as my breathing got better, my energy level improved, my taste and smell returned I could

7/30/2014 12:45:00 AM - Mark Smith

Having COPD for yrs from smoking. I can tell you after swapping to e-cigs I feel alot better. My Lung Doc is very happy about me using them to quit smoking that he placed business cards on his desk and in the waiting room. And my breathing has gotten alot better.

7/31/2014 2:18:00 PM - Joshua Elias (josh) from Ridgway, PA.

I started smoking when i was 16 years old and am now currently 24, I smoked for about 8 full years, even with attempted tries at quitting before i found electronic cigarettes. I had tried other methods snus and the nicotine gum and I never had any success, until I finally put my mind to a better alternative. Electronic cigarettes or A.P.V's (advanced personal vaporizers) have changed my life completely, I have stopped smoking for 2 months since i started with A.P.V's and honestly i feel a lot better. I do not cough, hack anything up, and can actually taste food again. I never thought i would quit until i found this method of giving up the habit once and for all. I have absolutely no intention of smoking again and currently use mods/P.v's to achieve this goal, and i have convinced other people to make this decision as well with at least three within a month or so that have also quit. When I first started this method I did smoke with it, but I cut down from 2 packs a day to a half a pack then to none within two weeks of use. I started at 24mg of nicotine and am currently using 6mg with no side effects I don't feel the need to go back to smoking or to up my nicotine level. My family is proud that i got away from smoking as well and so are many others around me, I hope you can see now that these alternatives to quit smoking should not be treated as actual tobacco products, as there is less risk with these methods and the success rate is much higher than any other products that have come around to date. I have noticed that I no longer get headaches from smoking too much or not enough, and I love the fact that my clothes, vehicle, and my room no longer smells like smoke. I think this method of quitting smoking should not be hugely taxed or regulated as it can truly make a difference in other people's lives as it has made in my life today, and as long as I can continue using my A.P.V I know that I can easily stay smoke free until I completely get away from the nicotine al together. I have had no side effects from this method of being smoke free.

Please understand this is a great way to quit smoking tobacco products and I would highly recommend this method to anyone and everyone who is trying to quit.

7/31/2014 2:28:00 PM - Carolyn North Vernon IN

Hi, my name is Carolyn and I was a cigarette smoker for 35 years.

I did not want to quit even though I knew the health risks.

I was an addict.

My children hated my smoking, so over the past 10 years I tried Chantix, cold turkey, & hypnosis.

I made it 10 days on Chantix and the other 2 were a wash.

I couldn't beat my brain screaming for a cigarette.

Last July 2013,

I bought an e-cig for me and an e-cig for my husband.

We bought the eGo-T kits.

We had heard about them and also talked to the store manager of an e-cig store about a month previous to purchase.

This July 2014, we celebrated our 1 year smoke free anniversary.

Neither of us have had so much as one cigarette since the day we bought the e-cigs.

(My sister said she couldn't believe it,

as she thought I would never be able to quit.)

We are frequently in places where people smoke and have been since the beginning of our e-cig use, but neither of us are even tempted by cigarettes anymore.

We started at level 18mg of nicotine and have reduced to 12mg.

We are talking about going to 6mg, and we will be there soon.

Our goal is zero mg.

We are going to make it with your help!

The upside to quitting cigarettes and buying an e-cig: no burnt clothes, no smelly cars or clothes, no cigarette smoke in my lungs.

No need to run outside and smoke, disrupting whatever I am doing.

I don't cough anymore.

The list goes on. The downside: there isn't one!

What I'm asking: Don't do away with these refillable e-cigs.

The preloaded ones at the grocery store/gas station

do not last 1/2 a day.

They do not drag or deliver like the refillable ones.

They are "emergency" use only, really.

The cost is outrageous compared to a refillable e-cig.

I have a BS & MS

in education from Indiana University.

I have worked every day since I was 21 years old.

I feel that I have the right to a product that helps me stay healthier and happier.

I have supported "big tobacco" long enough.

I want you to help me stay smoke free.

Leave e-cigs and refillable liquids on the market.

Carolyn

7/31/2014 7:30:00 PM - Johann Joesten Aberdeen WA

I smoked a pack a day for 15 years until 3 years ago when I purchased my first cigalike. I now use mods and rebuildables because they work! I no longer smoke as of 3 years ago. I immediately switched from cigarettes to the ecig. I previously tried the gum, patches and the cigalikes from gas stations none of these alternatives worked for me. I was only able to quit for 3 days using these other methods. My overall health has improved as well as no longer needing to use my inhaler.

8/1/2014 3:32:00 AM - Robert Locher

Well let me start by saying I am a 38 male i have been cigarettes free for 1 year 4 month. so i started smoking at 17 were i would smoke any cigarettes i could. as i got older i would buy GPC cigarettes. I smoked for all the same reason must people do stress work you name it. as i got older I got married and had kids. i tried to quiet but never succeed. i then started smoking only name brand cigarettes and i would smoke a pack or two a day. this went on for years. I went to the doctor and he said i needed to quiet. i tried again this time i used the patch and gums. it just wouldnt help i just smoked more three days later. i started smoking more i was up 3 pack a day and was sick all the time.

i went to the doctor and he said i needed to quiet. i tried a e cigarette from a liquar store. i used it for a week and was right back to smoking again.

I visited my local Vapor / e cigarette store and talk to the two owners and they both told me their stories and showed me a few different e cigarettes and told me that once i was ready to quiet completely that they would help and if i need to talk to them any time come in and hung out. I left and went home and continued to smoke my cigarettes. it was a Thursday night and as i didn't smoke in the house i was out side smoking and i looked down and just saw my cig butts laying there and was like that's lot of cig, Saturday morning i woke up and was outside smoking and my 6 year old come up to me and asked me " Daddy are you going to be able to walk me down the aisle when i get married or will you be in a wheel chair with a mask" i turned to my wife and said lets go talk to the vape shop and lets do this.

Cloud 9 E cig owners spend about an hour with me and i picked up a ego starter kit as my first really start. the owner helped me pick a few flavor and i picked a tobacco and a soda flavor. i was so happy i went home and smoke both for the rest of the day. that Sunday morning. i woke up and started to smoke a cigarette the taste was nasty and gross. that day was April 15 2013 i never smoke a regular cigarette again. i was so happy i visited the store every Friday and one day the owners asked if i wanted to help then when they were busy. i told people my story and helped then to quiet.

The owners asked me to work for them and help out around the shop. i can say now i started on 24 mg and now on a 3 mg nicotine, i use a dpm box mod and a tugboat atty. i haven't touched a cigarette since. please don't make this any harder for the people who want to quiet or need to quiet it saved me and i have a healthy life style

8/1/2014 1:49:00 PM - RV Broken Bow OK

I started smoking at the age of 13, now I

8/1/2014 4:25:00 PM - Amanda Petitti from Hanover Park, IL

I was a smoker for over 10 years at a full pack a day. I tried to quit over 5 times using various techniques (patch, cold turkey, gum). In the end, I ALWAYS went back. After seeing a co-worker quit smoking using her electronic cigarette, I thought it was worth a try. I now, have been on my electronic cigarette for over a year and have NOT touched a regular one. I have noticed a HUGE money saver, I don't smell, my kids don't complain and I seem to manage myself more. I have also noticed I can run for a longer period of time, without feeling breathless as well as my speed has increased.

I started at 12mg of nicotine ... one year later I now combine a 6mg and a 0mg to create a 3mg of nicotine. Eventually, I will be down to 0mg completely. The smell of regular cigarettes really stand out to me now, and I always get a headache if I smell it for to long now. I have noticed NOTHING but positive things since I switched to an electronic cigarette. When I see smokers, I always suggest them try and switch. I actually convinced a neighbor of mine to try it, and now that's all he uses. I couldn't be more happy with the turn out of switching to an electronic cigarette and would suggest it to anyone who is currently a smoker.

8/2/2014 2:15:00 PM - Zamantha G from Florida

I learned about ecigs from a friend that started using it and she actually stopped smoking so i figured to try it out. I really didnt try anything else to quit before the ecig, it helped me alot with hand habit and i got the right amount of nicotine that i needed. The most important part of my ecig was my flavor and nic level if i didn't like my flavor i would still crave that cigarette and even worse if i didn't have the right nicotine level i know i would have a cig! Now i know what flavors i like and what nic level is good for me i dont smoke at all anymore JUST VAPE. I was smoking for 5 years which isnt very long but it really mad a difference on how i feel now . Ive been using ecigs for 3 years and i absolutely love it wouldn't trade it for anything!!

8/2/2014 7:21:00 PM - Brooke Eberson

I've been smoking cigarettes since I was 15 years old and was never able to quit. I tried the patch and got blood clots. It felt like my arm was going to fall off. I also tried nicorette gum. It made my mouth and throat numb, all the while putting an awful taste in my mouth that instantly made me sick to my stomach. Never again I thought to myself, quitting just wasn't for me. I started a job at a new company the sold e-cigs.

I didn't even know what an e-cig was at the time. So I thought I'd try one but had no intention of quitting smoking. I started with a tiny pink 650mah battery and something called an Ego Cone. I used it off and on while smoking cigarettes. Little by little I noticed I was using the e-cig more and that the taste of my cigarettes was making me sick. The first week I didn't smoke cigarettes I was already breathing better. My asthma wasn't acting up as much, but I wasn't trying to quit smoking I just forgot about them. It wasn't a priority to quit for me, but the e-cig was much more effective for getting my nicotine cravings, plus it tasted like sweet tobacco, not burnt chemicals. I had the last pack of cigs in my bedside table at home, they sat in that drawer for a year before I realized I hadn't even thought about smoking in that year, so I just threw them in the trash. And that was the end of the tobacco companies' hold on me. I am free, thanks to electronic cigarettes(e-cigs).

8/2/2014 8:27:00 PM - Romae Cloud9 Ecig Escondido CA

Smoking has been in my family for years. It's almost treated like a sport; my mother smoked on and off for years throughout her youth, my great grandmother smoked to keep her weight down when she was pregnant, and every night until he died my grandfather and grandma smoked a whole pack between them while watching the evening news. Almost 50% of my family members have died from smoking related causes, so naturally I took up smoking a soon as possible, around 16 years old. After all smoking is the great american pastime, the most acceptable form of suicide.

Its been a year since I quit analog cigarettes and made the switch to vaping. I am now turning 23 in a few months and this is the healthiest I've ever felt. My house with its stained yellow walls no longer smells like smoke all the time, my lungs are clear, my sense of taste can back in full force, and I even got my grandmother to try e cigs as well!

And best of all, my personal state of mind has never been better. I'm pretty sure its not just me, killing yourself slowly one cancer stick at a time makes you feel really lousy overall.

How harmful can it be to allow a new alternative to hit the market? We have many years of research villainizing smoking, it leads to COPD, cancer, lung disease, heart problems, weight loss, anxiety, and they are extremely addictive. Even if electronic cigarettes are new and frightening to mass media, why would we lobby to shut it down before we even have any long term studies? More and more people are giving vaping a chance and finding that it works for them. Let the E-cigarette community finally have the validation it deserves.

8/2/2014 10:04:00 PM - Jason

HI

I was a smoker for 15 years but not no more thanks to e-cigs

be for e-cig I was smoking about almost 2 packs a day i have tryed other alternative to quite smoking like gum and chantix did not work now i have not had a cigarettes in 2 years thanks to e-cig i fell so much better now i stared to run and work out at the gym now i can run a mile under 9mins crazy 3 years ago would not walk a mile if i had to lol i got friends and family to make the switch to e-cig and they are happier with there health also

8/2/2014 10:19:00 PM - Skosh S. Escondido CA

I started smoking cigarettes while I was still in high school. For years I was hooked, spending hundreds of dollars each month and coughing up a black mess every morning. I wasn't happy, but I couldn't stop. I was a slave to nicotine.

It was someone close to me who bought me my first electronic cigarette. It was one of the tiny ones that look like a cigarette, and right away I loved it. I've been using an electronic cigarette for the last three years to comfortably wean myself off of nicotine completely. I feel the difference in my quality of life every moment, from being able to breathe easy, to running and hiking again, to knowing that I'm no longer actively killing myself.

I believe my switch to vaping has saved my life.

Thank you for hearing my story.

8/3/2014 1:13:00 AM - Nita from Moore, OK

I smoked for over 25 years and tried numerous times to stop using various methods:

cold turkey, patches, gum, prescriptions, etc.

I never could last over a week without terrible

withdrawal symptoms or side effects from the medicine.

I had just about given up on quitting but finally decided to give the vapor method a try.

Smokers are very addicted to nicotine.

Vaping allows you to still have nicotine and slowly reduce your dependence while still being able to "smoke", thus allowing some stress relief.

These are the reasons I think it worked for me and so many others.

After almost 5 months of vaping (without a single cigarette!), I felt like a normal person again.

I felt better, had more energy and I was becoming less and less dependent on it.

Nothing smelled like smoke and I wasn't counting down the time at work until my next break.

Unfortunately a huge tornado blew my house away and the stress led me to start smoking again.

I think if I had been smoke-free a little longer, I never would have started again.

I am now ready to quit again and I know I will have great success with this product.

I don't believe the government has the right to regulate these products.

Like anything else, people must use common sense in using the product and most people do.

Government needs to regulate cigarettes more instead of the vapor industry.

Cigarettes are killing people.

Vaping is helping people to stop smoking and improve their health and quality of life.

8/3/2014 3:15:00 AM - Theresa House

I started smoking when I was about 11 years old. I didn't start smoking more than a pack a day in my late teens. I used the patches and then went cold turkey and quite smoking for two years. I used stress as an excuse and started smoking again. That lasted a week and i knew something had to change. I felt I really needed the nicotine but I didn't want to continue smoking. I believed smoking was disgusting. I started vaping and it was like a miracle answer. I quit smoking immediately and went to just vaping. I have been vaping for about 2 years now. I have gradually lowered the nicotine level and am down to 12% nicotine now. I get a specialty juice. It's called Deb's Special Blend. It tastes like a creamy caramel coffee. It's sweet and tasty. I have tried other kinds of juices and have not found another one I like. I just heard that there is some kind of legislation that will only allow people to get cigarette or menthol cigarette. I truly hope this is not the case because I simply wouldn't vape if that was the only choices I had. I do not like either kind. I feel like I need my specialty blend.

I am slowly learning to decrease my stress and deal with it better. I feel good about the 12 mg blend i am on now. If there was a 6 mg i would try that one out. My ultimate goal is to get off the e-cigarette altogether. I feel absolutely no desire to smoke actual cigarettes. I just want to be free of all chemicals. Being able to use nicotine for my stress and totally improved my life and how I interact with others in a positive way.

8/3/2014 2:04:00 PM - Mitch (Dreadfeign) Poole from Toronto, ON

It all started back in May of this year (2014). I'd been going through some health issues related to smoking cigarettes which had begun to take their toll on me both mentally and physically. I'd been suffering from the dreaded smoker's cough as well as a constant tickle in my chest. I'd gotten to the point where my 16 years of smoking had finally caught up with me and that was not OK to me. First though a little background on my ecig usage history...

Now a year prior I had been told about e-cigarettes and really liked the idea of being able to get my nicotine, tactile feel and throat hit like a cigarette but without any ill effects from doing so. I immediately decided to order a vaping starter kit from a friend's online shop and was very pleased when it arrived. At first I had no idea what I was doing and was a little discouraged. Then I started to figure it out.

"It was pretty good..." I'd thought at the time, but not good enough. It felt like a novelty back then and I decided to put it aside. Over the course of that year I used my vape on and off but it never really took. I'm not sure why, maybe the flavor I picked for my juice wasn't that great or the nicotine amount wasn't high enough. At any rate it didn't work for me at first.

As the months passed I felt my health declining from my continued smoking of cigarettes and other factors. I'd finally had enough and decided to try some different tanks and juices. I'd read some reviews on ejuice vendors and eventually picked one. I ordered some high nicotine juice and when it arrived I was very pleasantly surprised. The flavor was amazing, the nicotine amount was just right (at the time) and vaping finally felt like a viable option for me.

As of May 22nd, 2014 I am no longer a smoker. I've gone through different tanks and batteries since as well as tried out some different juices. I'm now on a much lower nicotine juice and just purchased my first high end battery. Vaping has become something amazing to me. It got me off the cigarettes, first and foremost, and has had quite a few positive effects on my health. My breathing is a lot better, I am not congested all the time, I can taste and smell things properly again, the smoke stains are gone from my skin and my clothes don't smell of smoke anymore.

Now don't get me wrong-it's not all easy. You will still go through some of the cigarette withdrawal symptoms (not the lack of nicotine ones) which will include hacking up phlegm, some breathing issues, and other things. It's not without it's learning curve either. It takes time to find the right juice flavors, the right PG/VG ratios, the right nicotine amounts to start with, the right tanks and batteries. It can get very confusing in the beginning but once you start doing some research, talk to other vapers, try out different juices and devices you will get the hang of it.

I am so glad I converted to vaping. I feel free of a terrible curse, the curse of smoking, and it is amazing! Not only is my health improving but I am saving quite a bit of money too! I can now afford some of the little extras and feel like I've got a little more financial freedom. Even a hundred bucks a month extra goes a long way. I may only spend $50 a month on vaping supplies as opposed to the $250+ I'd spend on cigarettes. It's just been a fantastic journey so far and I am happy to keep traveling down this road.

I truly hope anyone who wishes to become smoke free does not pass up vaping as it may just save your life! It's saved mine.

8/3/2014 8:14:00 PM - Carol J. Denver

I had smoked since I was 14 years old.

I had tried to quit numerous times using the patch, gum, wellbutrin and chantix.

To my dismay none of them worked for more than a couple of weeks.

I found that I couldn't take the drugs as they had unpleasant side effects on me.

I was introduced to Cignot in December of 2011.

I order the Cignot (electronic cigarette) and started to use it immediately.

Much to my amazement after just 1 week I put down the cigarettes and have not picked one up since.

It has been 2 1/2 years since I have smoked.

I no longer cough constantly, don't have shortness of breath and don't have that stale smoke smell.

I took the liquid to my doctor when I started to make sure that it was safe to use.

I use a cherry cola liquid with 12ml of nicotine.

The only other ingredients are vegetable gylcerin and distilled water. The doctor said that is was all natural ingredients, didn't contain any chemicals that would harm me and to keep up the good work.

My husband had open heart surgery and has just about completely quit smoking use the same Cignot system.

My daughter has also used the Cignot system and has remained smoke free just like me for over 3 years.

Please don't take this away from us.

It is the only thing that has got me to stop smoking.

It works for me and thousands of other people so why stop of good thing.

It is a water vapor which doesn't harm anyone and is saving potential lives by letting people STOP SMOKING FOR GOOD.

Isn't that the objective here to get people to stop smoking.

We don't need the FDA to regulate a harmless alternative to cigarette smoking.

8/4/2014 11:13:00 AM - Will Beebe

To Whom it May Concern,

I started smoking cigarettes in earnest when I was 15 years old. By age 17 I was smoking at least one pack a day- that is, more than 20 cigarettes per day. When I was 45, four years ago, I started using "electronic cigarettes." From day one I did not have to smoke ANYMORE, AT ALL. I had tried in earnest over the years, from about age 30, to stop smoking cigarettes cold turkey - that is, with mere resolve to cease smoking cigarettes; I have also tried substituting cigarettes with nicotine patches, prescription inhalers, nicotine lozenges, nicotine gum. I was never satisfied, and I always returned to cigarettes. I never lasted more than six weeks using any of these other methods.

I began using "e-cigarettes" in April 2010, at age 45. From the first day of using these electronic personal vaping products, I have not had to smoke at all, and have not.

Once I started using these personal electronic nicotine delivery devices, it took about two years of my lungs healing for me to be able to take a full, satisfying breath of air deep into my lungs. I remember the first day that that happened, and I was overjoyed, and I told everyone I knew who would listen. They were happy for me as well! Even before this happened however, I was experiencing an energetic quality-of-life I had not known since I was a teenager. My athletic stamina and overall energy has increased steadily over the last four years. As I approach my 50th birthday, I could not be happier that there is such a wide variety of electronic nicotine delivery devices on the market. I only hope those cigarette smokers whose attempts to quit using other methods will discover the freedom from analog cigarette smoking that I have. Moreover, I hope that they we adults will all have access to a wide variety of products as they exist in the marketplace; and that innovations will, as has happened in the time that I have been vaping, continue to improve without unreasonable interventions by oppressive and untenable regulations.

I currently use, and have used for three years now, an Ego-style variable voltage battery, with an Evod style nicotine liquid tank, "vaping" about 2 mL a day of 15 mg nicotine liquid. The coil is set at about 1.8 ohms, and I set the voltage on the battery between 4.0 and 4.3 Volts.

In summary, what I want to say is that my life today is about living fully, and not about dying from cigarettes anymore. I cannot give you any better testimony than a life of freedom from cigarette smoking, and a life free to choose which personal vaping device is best to keep me from going back to analog cigarettes.

Thank you most sincerely for your kind consideration of this testimony.

Best Regards Always,

Will Beebe North Chesterfield, Virginia

8/4/2014 5:54:00 PM - cfj

I smoked for 26 years. Over that time frame I tried to quit many times. Cold turkey, patch, gum, Chantix, and even got hyptonized. It has been one year since I smoked a cigarette and this is all due to the ecig. I started off a disposable and now use a mod. I started with 24mg strength nicotine and am now down to 3. These are great product and they continue to get better each and every year. I feel that they will save lives in the long run and are the best way to kick the habit.

8/4/2014 6:42:00 PM - Jake

I was a 14 year smoker when I quit 10 years ago. Last year, due to high levels of stress at work, I cracked and relapsed for most of the year. Even after admitting to my wife that I had begun again and bought a patch to cope, I still had the occasional cigarette and did not fully stop until now.

When I switched to electronic cigarettes did I find that I did not want to smoke anymore. Even in my weakest moments such as when drinking alcohol and hanging out with smokers, I do not crave a cigarette as I have my trusty electronic device nearby.

I vape daily and simply do not crave cigarettes.

Do not regulate e-cigarettes as tobacco products. They are useful harm reduction measures for people who are addicted to nicotine,

8/5/2014 7:43:00 AM - Nick D

Hello my name is nick and I have been smoking since I was ten years old, so nine years. I quit smoking over a month ago due to vaping and I am so thankful for it. I play football for a university and have noticed my breathing has improved tremendously, also I have reduced my use of dipping tobacco as well to almost a non existent state. My father is 64 years old and smoked four packs of cigarettes a day for almost 50 years and is suffering the consequences of doing such, I am grateful that vaping has helped me quit cigarettes and suffering said fatalities, vaping is not only a hobby but it also helps out a lot of people quitting cigarettes, and if you look at it from a consumers prospective if you raise the prices and regulate everything to where are variety is shut down most people will go back to smoking and suffer fatalities, granted that increases profit for big companies but it hurts the lives and families of the consumers supporting those companies. With eliquid or ejuice you have a variety which can help you distract yourself from going to back cigarettes, all vaping is, is a healthier crutch to help use quite a murderous habit.

8/5/2014 12:37:00 PM - Tom Massey

I was a long time smoker (14 Years) when my wife got pregnant.

At the same time my father was diagnosed with cancer.

At this point, I took a closer look at my lifestyle and habits.

Smoking was the first thing to go for me.

I tried to quit cold turkey but this was a total failure. I also tried the normal avenues like gum, patches and lozenges to no avail.

I then tried a prescription pill to help me.

This was a short term fix but eventually I went back to smoking.

I realized that I would not be able to quit because I was not truly ready. My friend quit smoking using e-cigs and recommended I try them.

I started using e-cigs and that day I stopped smoking.

It has been eight months to date and I am smoke free.

Not only am I smoke free but I am using 0mg nicotine fluid and am close to stopping completely.

E-cigs have had a tremendous impact on me and my family

8/5/2014 2:12:00 PM - Brendon Murphy from Texas

I have been using electronic cigarettes for less than a year now. I choose to use them because it is a safer alternative than regular cigarettes.

when I did smoke I smoked "Marlboro medium" cigarettes and I was a one pack for about three days smoker. I choose to stop smoking because I was reaching my thirties with a family and married now I'm not single I can't only think about myself I have to think about my family as well. I thoroughly enjoy my electronic cigarette it is a mechanical mod with different atomizers on it. I use a low milligram amount of nicotine which is six milligram per the volume of e juice i have. Using electronic cigarettes has helped my life so much I don't get winded, I am more active and I feel healthier. Something I never really noticed before is when you approach someone you smelt like cigarettes now I smell nothing like that at all, it has helped my confidence level and made me feel more comfortable socially.

I still use my e-cigarette outside do to my children that are in the house. I do not use my E cigarettes inside my house because of my children, the vapor is basically harmless but it does carry nicotine in the vapor. I use my E cigarette consciously and in areas that regular cigarettes are used. When the time comes I will inform my children of the uses of nicotine from an E cigarette verses tobacco. Weigh the pros and cons and leave the choice to them when they become adults. It will be their choice. Just like now it is our choice to vape openly and freely without prejudice

8/5/2014 4:14:00 PM - Phil Jordan Austin, TX

My name is Phil Jordan, I am 61 years old and live in Austin, TX.

I smoked cigarettes starting in my early teens.

At 17 years old I was smoking a pack a day.

From approximately 28 years old, I was up two packs a day.

I tried to quit many times, I'd say 10 or 12, without success.

Some of my attempts were cold turkey, several times I used the gum, and a few times I tried the patches.

I think my best effort kept me off of cigarettes for six weeks.

I also incorporated lifestyle changes with these attempts. The usual things, diet, exercise, even yoga, meditation, and prayer.

The products were ineffective and I failed miserably.

Chewing gum all day while dealing with the public just didn't work.

To me, the patches did nothing.

I have bipolar disorder and take several medications, adding Chantix was not recommended.

I would become manic and severely depressed off of cigarettes and that issue can kill someone almost as effectively as cigarettes.

The mania wasn't the "fun" type and I had anger issues.

My father died at 59, my age now,

from lung cancer and had been a heavy smoker as I was.

One week before I discovered e cigs I told a friend that I had no interest in quitting at this stage of the game.

I bought a e cig at a convenience store just to see how bad it was.

Maybe a part of me did want to quit.

I couldn't breathe and had 15 minute coughing episodes when I got in bed at night.

I wheezed and couldn't clear my throat.

So, I did try the e cig.

I guess I was impressed.

I had eight Marlboro Lights left and smoked them all.

That was 25 months ago and I have no cravings for a cigarette and all that goes with them.

I will never smoke again.

Within a week the cough and wheezing went away and though I haven't been tested, I know that my lung function is greatly improved.

Why wouldn't it be?

I have regained my sense of smell and can actually taste the food I eat.

My house, car, and clothes no longer reek.

Setting time limits on NRT's is wrong.

Setting lower nicotine levels in e cigs would be a disaster as many e cig users would return to cigarettes.

By and large, e cig users represent a population that has tried everything to quit tobacco.

As you well know, some people just cannot do it.

A few examples: 1.

father died at 59 from lung cancer, 2. my mother, lung cancer at 73, 3. aunt, lung cancer at 83, 4. uncle, lung cancer at 80, 5. and the most recent, my cherished

brother John, lung cancer at 63.

I would have died in his place if I could have.

I use e liquid in my e cig, favorite flavors, fruit, Castle Long, and occasionally a tobacco flavor.

Regulations, even bans put forth will, in my opinion, be the worst move the FDA or Congress has ever made.

This not only makes me angry, confused, and bewildered, it makes me very, very sad.

If the e cig patented in the '60's would have been produced I feel, no I know, that millions of lives could have been saved or extended.

My doctor, my psychiatrist, my therapist, my brother, and my friends are very proud of me.

I gave my doctors business cards from a local e cig store so they could give them to smokers who could not quit.

My psychiatrist has handed out three.

People can find their way.

Millions have, it's the e cig.

Sticking a patch on your arm, chewing nasty tasting gum, popping pills have been an expensive flop.

Ecigs are unique in that we still have the hand to mouth action and the inhale/exhale.

Yes, they have nicotine but it isn't the nicotine that kills you, it's combustion, smoke, tar and carcinogens that e cigs don't have.

I follow "smokers rules", I don't use my e cig where smoking isn't allowed.

Not because of harming others like tobacco does, I just feel that it's the proper thing to do.

One last thing, I communicate with thousands of e cig users online and in person.

I have never heard one say, you know I felt so much better smoking cigarettes.

Not one!

The total opposite, in fact.

I ask for common sense and decency to let the most innovative harm reduction product in history to continue as is or the people lost to cigarettes will only increase.

Cigarettes in a store will kill while ecigs and a huge industry will be eliminated.

This industry is huge and that equates to family business' and jobs.

Jobs!

Please, remind me why this makes a lick of sense.

Recently i was rushed to the ER after a stomach health crises that produced two diagnosis'.

Barrett's Esophagus, a pre-cancerous condition and GERD that I never felt.

Out of every doctor or RN asked me the same two questions, do you smoke or take NSAIDS.

I told everyone that I quit cigarettes two years ago by switching to ecigs.

Every single health professional I said that to said great job!

Again, every single one said great job.

There is a huge disconnect in what the FDA says and what doctors know.

Please, please know, this is no time in history to throw the baby out with the bathwater.

It's your call.

I plead with you to look at the FACTS.

Do the only common sense in regards to harm reduction, support this industry now.

Thank you so much for reading.

Phil Jordan non-smoker 25 months

8/5/2014 4:59:00 PM - Baltimore Maryland

I was a smoker for 17 years. . Smoked a pack in a half a day.

I was so tired of smoking but everything I tried I was not successful.. I had alot of health problems coming on.. I was short of breath I was getting headaches from smoking my fingers were turning yellow from the nicotine as well as my gums were starting to reside from smoking until one day the e cig was introduced to me.

I went out and me and my fiance bought one. That was a year ago it saved my life really.. I have not smoked in thus whole year.. I can breath so much better I'm not short of breath I'm not coughing up a lung everyday matter of fact I'm not coughing at all. I can smell better I can taste better I have not been sick at all since I quit smoking. . I feel like I have never smoked a day in my life thanks to the ecig. Please don't take this from us or add more money to it. It really is saving llives in day at a time.

My kids are so happy mommy and daddy are not longer smoking.

8/5/2014 5:16:00 PM - Dominic Figueira - Fountain Valley, CA

My name Is Dominic Figueira. I was introduced to cigarettes at the age of fourteen, was immediately hooked and within a matter of months was up to a pack a day. Although I have always tried to live an active lifestyle, I was constantly hindered by my constant coughing and shortness of breath. For myself, it was always embarrassing to have to excuse myself to get my nicotine fix, worried when going on a date that the stench of cigarette smoke would be a turn off and the anxiety of flying knowing that I wouldn

8/5/2014 6:05:00 PM - linda johns

I am a 67year old female

I didn't start smoking tell I was 25 and when I quit I was smoking 2 packs a day at the age of 65. I used

Chantix and that didn't help at all

and tryed the patches no luck. I started with 24mg nic. and went to 6mg within 2 mo.

then with in 6mo's I was down to 0mg nic. I could put it down now but it's like a passafirer now and I like it but could put it down anytime. when I started the e-cigarettes I was coughing really bad. My dr. told me I had to quit smoking. Now that I have I feel so much better then before. Please don't let the big companies take control and make it cost to much to use this saved my life and all people should have a chance to use it.

Thank You

Linda Johns

8/5/2014 9:22:00 PM - k prock

Hi, my name is Kennith.I was a pack & half a day smoker for over 20 years. I could see my health changing for the worse .I would get bronchitis at least once or twice a year.I had no energy and I constantly coughed a lot. One day I was out with my family and saw a vape shop that had just recently opened in my small town of Durant Ok. The people at the shop walked me through the whole vaping process and helped me get started .I'm proud to say that I have been smoke free for over 2 years.I don't think I could have done it without the help of the vaping community. I can only hope that everybody continues to have the same chance of a healthier life that I did.i only wish i had tried vaping a lot sooner. I hope that all smokers get on board and find out the benefits of electronic cigarettes before it's to late. thank you for your attention.

8/5/2014 9:25:00 PM - Jeannette Hotton

After having been diagnosed with COPD and having a family at church who visit with me tell me about e-cigs and finally vaping I decided to try it.

I first tried an e-cig with the prepackaged cartomizers that I screwed onto my e-cig, but those proved to be stale as often as they weren't. That resulted in my smoking cigs part of the time. Approximately one year ago I tried a vapor pen and e-liquid and that has proven to be a wonderful alternative to smoking. I feel satisfied, my home is now smoke free, and my pulmonologist was so pleased when I told him I was now vaping that he literally applauded!

I had been smoking for 60 years before vaping and managing to quit smoking entirely. I am so thankful for vaping as I do not think I would have been able to quit after 60 years without this method that so fully satisfies me.

8/5/2014 10:42:00 PM - Celeste Rodriguez

I'm 28 years old. I was a smoker for 14 years. Every day, a pack a day, for 14 years. If you do the math, yes I started smoking at age 14. It was accepted in my home and I was able to buy from a store in my hometown, no questions asked. I was never without cigarettes. When times got tough, I rolled my own but made sure I never went without smokes. My husband and I met while smoking and we shared this in common. Our last $5 would always be spent on smokes, making sure we had enough to get to payday.

A couple of weeks ago my husband came home and said the guys he works with were "vapers" and that he had an interest in starting. Our neighbor is a "vaper" as well so we took advice from him and went to a shop. My husband and I both put down the cigarettes and have not smoked one since. Our home smells better, our breathing has improved, and our sleep is much more restful. I taste with a new mouth. We are down to 6 mg of nicotine in our juice. Having e cigarettes is the only way either of us have stopped smoking. We've used Chantix. We've used the gums, patches, and Wellbutrin. We had no success with any of these options.

E cigarettes have opened a new door for us both. A door that was perpetually closed to us by our inability to quit with an option that actually works. We have found the industry to be very welcoming and quite self governing. We've been ID'd in every shop we go to. I am so happy to have found a great way to stop smoking.

8/5/2014 11:07:00 PM - Steven Ash

Ref:

Docket No. FDA-2014-N-0189

My personal experience: In reference to the newest proposed regulations regarding e-cigarettes I would like to share my views and opinions. I started using e-cigarettes approx. two years ago to help me stop smoking. Prior to this I had tried cold turkey, patches, and chantix. None of these worked to help me quit smoking and the Chantix (an FDA approved drug) gave me insomnia for four days straight and made me want to kill myself. The only thing that has successfully helped me to quit was e-cigarettes. It satisfied both the nicotine addiction as well as the mental addiction. For the first three weeks I was a dual user of both cigarettes and e-cigarettes. The main thing that helped me stop cigarettes altogether was finding a good flavor. When I started on e-cigarettes I chose a tobacco flavor to help ease the transition with something I was familiar with. After a while I realized that tasting the tobacco flavor just made me want to pick up a cigarette. When I went to the store and chose a sweeter fruity flavor that I enjoyed and wanted to taste more, and had no tobacco flavoring in it, I was able to quickly stop smoking cigarettes. I continued to dual use for only a week, and during that time every cigarette I smoked tasted progressively worse until I simply threw them away. I started at 24mg of nicotine and am now down to only 6mg of nicotine. I fully expect to be at 0mg nicotine well before the end of the year.

Regarding some of the proposed regulations: I do not necessarily agree that e-cigarettes should be categorized as a tobacco product. Neither the hardware used nor the fluid itself needs to contain any tobacco products. Yes, nicotine is very frequently added to the juices to help people quit smoking.What about the flavorings and juices that contain zero nicotine, are these also to be considered tobacco products? I fully support putting age restrictions on the sale of any tobacco/nicotine product. I also fully support regulating the ingredients used to make the different fluids. These types of regulations should be in place to help the overall general health of the vaping population and to prevent minors from easily acquiring new and potentially harmful habits.

I do not support getting rid of the flavorings. Yes, adding flavors may make the product more appealing to children or people who neither vape or smoke, but it also make it easier for smokers to quit smoking. I can also point out that many different kinds of alcohol have various sweet or fruity flavors included in them. Do these very similar flavorings not entice minors to try them? Does a picture of a piece of cake on a bottle of vodka make a child or other young person make them want to try it more? Every consumable item you buy has flavorings in it to make it more appealing. Making a product more appealing by having different flavorings does not necessarily equate to marketing the product to underage people. I fully support the regulation of the fluid

making and mixing process. Many of the local vapor stores in my city mix their own flavor in-store. This is purely unacceptable. This results in very low quality fluids that have a higher potential of harming the consumer. All fluids should be made and mixed by chemists with a degree and bottled in labs and warehouses with proper sanitary procedures.

Overall, I believe that e-cigarettes should not fall under the same regulations as tobacco products. They should be regulated by some other/new set of rules that address the specific issues and concerns of e-cigarette usage. Putting the currently proposed regulations forward regarding e-cigarettes will have nothing but negative effects. Virtually all e-cigarette businesses will go out of business, costing thousands of people jobs. Many current e-cigarette users (myself included) will switch back to cigarettes to satisfy the craving for nicotine and the mental habit of smoking. The lack of a healthier alternative to cigarettes will drive people back to cigarettes and endanger those around them with the second-hand smoke created. Knowing all of the negative health effects of smoking cigarettes, this would also cascade into other industries. The health care systems will have more patients come in from smoking related illness. Personal health insurance rates would continue to increase. These are just a few examples of how the currently proposed regulations for e-cigarettes could, and likely would, affect the economy and general public health. Regulations do need to be put in place for e-cigarettes but not the same regulations that would be used for current tobacco products. This is a new technology that is striving to help people improve their lives and should therefore have a new set of regulations that will help it to grow and improve, not hinder all advancement. I know I am only one man with my own opinion, but if voicing my opinion can help to better others lives then I will gladly give it. E-cigarettes are life savers.

8/6/2014 1:07:00 AM - Michael Atkins

My name is Michael and I quit smoking cigarettes in September 2013 with the help of electronic cigarettes. I tried for many Years to give up cigarettes with such methods as the patch, gum, even medication and none of theses methods helped until I found ecigs.

I started with white cloud ecigs and soon purchased an evod.

I am currently using a Provari and am so thankful that this technology came along because without it I would still be smoking regular cigarettes.

I have recently started reducing my nicotine from 18 mg down to 6 and will be starting 0 closer to my 1 year anniversary being tobacco free.

Vape shops provide a support system for equipment problems and also stimulate the economy and produce jibs so making it difficult for local businesses to operate will do nothing for adding jobs and stimulating the economy.

Most vape shops can't afford the cost of having all liquids tested and instead of doing this why not just pose hefty fines when all ingredients aren't labeled and used properly I accordance to your guidelines.

Please let the ecig community continue to thrive.

8/6/2014 3:22:00 AM - Johnny B.

I am now 49 years old. 1 year ago I tried an ecigarette. After 1 year I am completely tobacco free. this is after trying Chantix and Nicorette gum. to quit a

34 year 2 pack a day habit. I am not even tempted to light up at all the mods I use have been the only thing that I have had success with. .

Thank You

John Bejarana

8/6/2014 9:33:00 AM - Mike

For me it all started getting hit by a truck riding my bike. I was in pretty bad condition for about a month. As I began to come back and be weened off the drugs so did my nicotine craving. I had at that point smoked cigarettes for 22 years. Yes I've tried quitting many times but the patch didn't work and willpower isn't my strong suit, I was a person who up to that point was ok if I wound up with cancer. All the machines I was attached to made it a 3 person effort to get me into a wheelchair and get me to somewhere I could smoke. After about 2 days of this my girlfriend brought me a cigalike. No it wasn't smoking and no it didn't feel the same but it was virtually odorless and it did take care of the nicotine craving. I stealth vaped those little cigalikes until I was finally well enough to leave. I went back home and life pretty much returned to business as usual. Camel lights and the stink. It was at this point after spending almost a month in the hospital using the cigalikes my pallet was clean and I could actually smell again and cigarettes honestly grossed me out. Now I was double using smoking the cigarettes for the sensation and the cigalikes for the nicotine with out the unending horrible smell. An electronic cigarette store was not that far from me so I decided to take a ride. When I walked in I realized that those crappy cigalikes, that yes worked but didn't come with the sensation I wanted, well they weren't all that was out there. In vapor etc I found the wonderful world of ego batteries and mechanical advanced personal vaporizers. I will admit there is a bit of a learning curve with these devices, not a cigarette you don't just goto a gas station open them up and light. With the ego batteries I could get a tank to put an eliquid of my choice into eliminating all the excess waste of the disposables. It now offered choices so that I could once again get that sensation of your lungs filling with the vapor. I was able to adjust my vapor to perform as I wanted. I did continue to smoke cigarette with the vapor, until I finished my pack 5 days later and that was the last pack of camel lights I ever wanted to smoke. The fun part to all of this is for the year after I was let out of the hospital and the 3 months I spent with the cigalikes. I was in physical therapy we had to rebuild my ability to walk and function as normal. So I was receiving constant check ups physicals and X-rays when pins needed removing. I could watch my lungs clearing on the X-rays 8 months later the doctors could see my blood pressure becoming normal again, I rode bicycles for 5 years no car, never had normal blood pressure always high. Getting back to the bicycling once I was able to ride again I was stronger my lungs were stronger. Yes it is still reminiscent of smoking but I am still getting my nicotine fix without the extra 10000 chemicals that come with that tobacco. Is it a perfect answer, no, is there a perfect answer to anything on a planet of 7 billion. What I do know is now I am 2 years cigarette free electronic cigarettes and the amazing assortment of flavors in juices are the reason. Nothing in this world would make me more sad than to have to explain what my ecig was and how it saved my life. Then have to say but you cannot have one because the government decided your life isn't as important as mine. The one thing I really do hope the FDA does is realize this isn't smoking or anything like it other than the vapor and nicotine. I understand a good

portion of the upcoming regulations. Electronic cigarettes deserve their own classification vaping seems to be a new technology that didn't start or end with electronic cigarettes. Thank you for your time in reading my thoughts and story on vaping and how electronic cigarettes saved my life.

8/6/2014 12:48:00 PM - Jan aka Ladygrey or Greyeagle

I came from a home with two parents who were heavy smokers. Up until my Mother was in her 70s she couldn

8/6/2014 2:10:00 PM - Jeff Hawkes

After smoking for close to 30 years with a 4 pack a day habit at the end. I tried in the past to stop using the gum, patch, pills, and even after a long stay in the hospital where i couldn't smoke and was going out of my mind so the hospital gave me sedatives to get me through the stay, so i wouldn't be so mean. I still couldn't stop smoking. I found E-cigs about 2 years ago and they have given me the oral sensation and something to do with my hands that gave me the ability to stop regular cigarettes cold turkey. Sure at first I slipped and had a few set backs but for the first time I was able to get a handle on it and go back to my e-cigs very easily. Unlike all the other stop smoking things i tried in the past. I have been able to step down my Nicotine form 48mgs to now 3mgs and will soon be off nicotine all together when i choose to. Now i feel and smell a lot better and so does my family because they can enjoy my company with out having to sacrifice their breathing. For me to stop regular cigarettes the key was my hand to mouth action and with e-cigs i get that. I know that e-cigs were the answer for me and can be the single biggest reason for the country to become healthier as a whole and save lives.

8/6/2014 5:05:00 PM - JKS from Louisville, Ky

I smoked for 40 years.

I started at the age of 16.

I intended to quit all along but it was always, I will quit when I have a baby, I'll quit after I get through this event, then I will quit after I get through the divorce.

It was always something.

In the past few years I knew even more that I really needed to quit.

I was starting to feel it.

My chest was tight, I would get winded and I couldn't talk on the cell phone and walk without getting winded.

What was I going to do?

I also have had to stand outside in dark corners on the outside of buildings next to the homeless folks and around back doorways of hotels to try and grab a quick smoke.

I knew that sooner or later this would be an issue and I would get robbed or mugged or worse.

I had quit for a couple of years in my history and at that time had stopped cold turkey but I started back.

I don't even remember what trigger made me start again.

In the past when I had stopped I would get so far into it and then be grieving because I missed the smoking process.

For me it is all about the inhale and exhale.

I physically could feel my body hangering for that activity.

In the past I have used the nicotine patch, horrible product, delivers too much nicotine.

I got a prescription for Chantax was afraid to take it.

I bought the fake looking cigarette device from a good company and loaded up on cartridges with full intent to quit again.

The taste was horrible but I kept it around to use when I was traveling and didn't want to go outside to smoke.

I researched but did not understand what I was looking at and viles of juice kind of overwhelmed me.

Again, what am I going to do?

I know it's bad for me, I know I need to quit but I just don't see a window where I can do it and stick with it.

I guess I will just accept my destiny of whatever years of smoking will bring.

I started passing all of the vapor shops popping up and signs about electronic devices but I was afraid to go in.

Finally, a couple of my outdoor smoke friends had a visitor in from another city for work.

She was a middle aged woman as myself and was standing there with a little stick with a tank on it making vapor which looked like the smoke off of our cigarettes.

We started talking about it and the next thing I knew I was up in their office testing their devices.

One of the other ladies had been to the store a night before and was explaining everything to me.

We then all 4 left to go try and find a vape store around our office area.

The one we came upon was a smoke shop with a small section of supplies, it was a no go due to selection and it being in the middle of a smoke shop, just two different things.

We agreed we would go to a better one at a later date.

The next day on my way home from work I made the big step and stopped at the local vape store.

My friends had told me how helpful and wonderful they were so off I went.

I walked in said I smoke X brand and I have no clue.

They were wonderful, they set me up with a tobacco flavored eliquid, another flavor that tasted like Dentyne gum and a charging stick.

I went home and was so excited that I might have a chance to quit.

I talked to my husband and the next day we took him to the store and set him up as well.

Over that weekend I played with my new device and decided on Saturday night that I would give it a go.

I would see if I could go all day on Sunday without smoking any cigarettes and just using my device.

That was the last cigarette I smoked and it's been almost 2 months ago.

Oh my gosh, I am no longer smoking cigarettes.

I had smoked a pack of cigarettes a day, every day for 40 years.

I now was using this device and not missing it and enjoying the activity.

Since that time I have ordered over 50 flavors of eliquid from various vendors on line.

The variety is unbelievable and allows each person to individualize this experience to meet their needs.

I no longer use any tobacco flavored eliquid and find that I like the sweet candy flavors, the sweeter the better.

I also was surprised to find that I like the bakery flavored options as well as some coffee flavors.

I am enjoying it so much because it allows me to enjoy flavors of things I would never allow myself to eat.

I have dropped from the original 18mg of nicotine originally down to 12mg

after about 30 days and now I am using 6mg.

Now this is unbelievable to me that I have quit smoking, and have significantly dropped my nicotine level very quickly.

I don't know if I will ever stop vaping but I do know that I am no longer using the combustible cigarettes.

That I am no longer getting all of the horrible chemicals that somehow got past the regulations and were allowed to be placed into the cigarettes originally.

I know that my chest feels soooo much better, that I can breath so much deeper.

I am able to walk and talk on the cell phone at the same time.

I know that I have the potential to live a longer and healthier life now.

This is all wonderful.

When my lady friends and I go out for Ladies Night dinner there the 5 of us are.

We used to all 5 be sitting there outside in the patio area puffing our cigarettes.

Now of the 5, three of us are vaping, 1 used vaping to quit and then stopped using an electronic device and is nicotine free.

The last one is interested and I suspect when we meet next she will have an electronic device.

This is wonderful.

Had this product not existed, or had the variety of accessibility of flavors not been available then users would not be able to customize to their needs and get exacty what they need.

I am even able to mix a couple of flavors to get something that I really enjoy.

This enjoyment is what keeps me OFF of the cigarettes and keeps me satisfied.

I get my inhale and exhale and some yummy flavors along the way.

Yes these are flavors that a kid would like such as cotton candy, apple rings and jolly rancher grape but this is what works for this 54 year old middle aged successful and professional woman.

I urge you to please be careful in the rules you establish.

Yes I agree you should not purchase under the age of 18.

Even though we both know that if they want it they will find a way.

And yes there should be safety caps to keep away from children.

But I treat the eliquid the same way as I would my bleach and laundry detergent in keeping away from pets and children.

I need for the vendors to be able to create unique and creative flavors of eliquid such as Rasberry Lemonade and Bavarian Cream Pie to keep myself interested.

They need to freedom to be able to do this quickly and not get hung up in a bunch of FDA testing and regulation.

Otherwise, we all just go back to the smokes which we all know will kill us.

I know that the vendors that I am dealing with take pride in their product and are using pharmaceutical grade products and a minimal amount of materials.

I am afraid with regulation that all kinds of nasty stuff will start sneaking in the way it did to cigarettes that were regulated.

All of those chemicals should NEVER have been allowed into cigarettes in the first place.

I urge you and pray for the right to continue to vape.

To be able to continue to look on the internet or visit local stores and find unique and different products that keep me vaping and not smoking.

This is a wonderful alternative that works.

It is proven over and over again.

Sure you can stop with the patches, pills, etc. but it is not long lasting, eventually you miss the draw or fall off and go back to cigarettes.

I truly do not see that happening with vaping.

I do not at this time miss the cigarettes.

I am fully satisfied.

And until I either get off of it completely or continue to use the eliquid I know that at a minimum I am doing less damage than I was with the known chemicals and combustibles.

I can feel that it is better in both my chest and my mouth.

Please support our right to vape and appreciate the truly wonderful product that this is.

I thank goodness for it as I have hope for the first time.

Thank you for your time.

8/6/2014 5:56:00 PM - Belinda Maloney, Mt. Washington, KY

I am a former smoker of 34 years.

I began smoking at 16 like most of my family, but in 2006 my older sister was diagnosed and died only 4.5 months later from lung cancer, I knew it was time to quit.

I averaged 1-2 packs per day at that time.

I used Chantix and successfully stopped smoking for 4 months, but as soon as I quit, the urge was just overwhelming and I resumed smoking and quickly escalated to 3/4 or a full pack per day.

In 2012, I started using e-cigs to help cut down on my smoking and it worked well.

I decide to set a date to stop, and used an international business trip as my stop date.

I smoked my last cigarette on the way to the airport on the morning of January 14, 2013, and I have never smoked another one!

With the Ecigs it was so very easy.

I have had very few cravings and I love the fact that I can "smoke" with little or no nicotine, none of the tar and carcinogens of smoking and NO Smoke smell.

I most often use a cinnamon disposable ecig in the lowest nicotine, but also have the refillable rechargable ecigs that I mix my own non-nicotine juice for. There has not been any negative aspect to using E-Cigs, everything about them is positive.

I save money, I am healthier, and I have shared this with several friends who have either cut down or have stopped smoking with their use.

I think the introduction of these products gave me a viable substitute for my bad habit, and I can still enjoy the feel of "smoking" without all of the hazards and negative consequences.

I do think that warnings on the batteries and the fluids are acceptable, because in our world, there are always stupid people who want someone else to take responsibility for their actions. I sincerely hope that the US government will respect those of us who are responsible and have found a healthier alternative to smoking and in their consideration, will draft laws or recommendations that do not punish the masses.

Sincerely,

BMaloney, Mt. Washington, KY

8/6/2014 7:10:00 PM - Tim Jenkins from SD

I smoked cigarettes for over thirty four years with an average of two packs a day. It was effecting every aspect of my life including health issues with my lungs and heart. Also it was effecting my social life and I stopped going places that I could not smoke. I started using E Cigarettes three years and three months ago and have not had a cigarette since. I feel so much better health wise and my heart doctor and Internal medicine doctor have seen improvements in my lungs. I can exercise the way I want to now and am enjoying it.I tried to quit smoking many times in those thirty four years and with no success. I tried stopping cold turkey, with nicotine gum and nicotine patches and it always failed for me. I started using chewing tobacco and that helped for five weeks but I went back to cigarettes. When I started using the E Cigarettes I was using 3.6% nicotine and I am now down to 1.8% nicotine in the juices I use. My next step is 1.2% nicotine and then no nicotine.Since I tried my first E Cigarette and being able to stop smoking is something I thought would never happen in my lifetime. The great thing with E Cigarettes is their is no tar and I don't have to paint the walls every two years. I purchased a new car and I use E Cigarettes in it and my family and friends only smell the new car smell. I am not hurting others with second hand smoke since the E Cigarette just gives me vapor and that vapor can't harm others.With your proposed rule and if I was not able to vape E Cigarettes I think I would go back to some kind of smoking be it cigarettes, cigars or a pipe.By passing this proposed rule am losing even more rights in my beloved USA. I am proud of my country but I feel I just keep losing the rights I was born with and it makes me sad and angry at the same time. I'm just going to ask nicely: Can I keep my right to continue doing something that has changed my life in so many good ways? Please consider what E Cigarettes has done for me and so many people I know.Thank you

8/6/2014 7:45:00 PM - Eddie Gurule, Albuquerque, NM

Hello, my name is Eddie Gurule. I'm a 34 you old male, and want to share how electronic cigarettes changed my life. I was a smoker for 15 years. I tried patches, gum, and cold turkey but it seemed that I would never stop smoking. I am proud to say my last analog was January 2010. I have ecigs to thank for that. They really do work. I love to vape. It's a hobby now. A hobby that even helped me w/ my alcoholism. I started with ciga-likes, then ego style batteries,

now mods. I rebuild my own coils and make my own juice. I have no issues w/ health or anything else. I vape 3-4 different flavors a day. I don't know what I would do, having this lifestyle tooken away from me. We are a community and support each other through anything. And vaping brought us together. I don't see any valid reason this regulation should take place. Smokers should be encouraged to choose this healthy alternative and lifestyle. Advanced vapors such as myself will not use big tobacco ciga-likes. I started at 3 6mg nicotine, now I use 3mg. My breathing, taste, sense of smell, and overall health has never been better. Please don't change a thing. If it isn't broken, then don't try to fix it. Thank you so much for reading.

8/6/2014 8:02:00 PM - Ariella Knopp from Hedgesville WV

I became a smoker at the age of seventeen. I would smoke a pack of cigarettes a day, one pack of cigarettes every single day until the age of 30! That is 4,745 packs of cigarettes, 94,900 individual cigarettes over 13 years. It

8/6/2014 8:38:00 PM - Bryce (California)

I know you guys receive thousands of these testimonials but I really do hope this finds its way into somebody's hands of importance.

This is not a testimony about how electronic cigarettes helped me quit smoking (even though it did).

It is more about how concerned I am with the industry as a whole.

I am currently 25 years old and moved up to the state of Utah from California about 2 years ago where some buddies and I started up a e liquid business.

I know what your thinking, another

biased testimony about the e-liquid market.

I really hope my statements are not perceived this way as I am trying to be as unbiased as possible.

I graduated with two degrees, 1 in criminology and the other in sociology and started down a path in law enforcement where I always thought I would end up in life.

Life throws many curve balls and what I worked towards so long turned out not to be what I expected it to be.

Anyhow I found myself engulfed in this new rapid growing industry with some friends that are also very educated and share the same passion.

We have always been very close in life and with entrepreneurial mindsets we thought this would be a great place to get our feet wet.

Fortunately enough for us, all of us have quit smoking using our own product.

That is how powerful this industry can be.

We are doing everything within our power to make sure that our company is always on the forefront of regulations.

Pardon my french but we work our dam ass's off competing in such a big market with people who came from money.

Many people in this industry (like big tobacco) can flip turn key operations and gain market-share overnight. Granted that is the way of the world and we understand it, they built empires.

I mean who in their right mind would get into an industry where they knew that big tobacco was right around the corner waiting.

I guess that is fully on us, but that also show's our passion in this industry as a whole and how effective we know these products could be on society. We are now nationwide and gaining tremendous traction with our customers on personal levels.

Hearing these peoples testimonies how we just might have saved their lives is such a rewarding part of the job that we never would have foreseen.

REGULATIONS!!!

This is the main focus and main area of concern for politicians, scientists, and skeptics alike, which IT without a doubt should be.

There needs to be many laws put into effect to make sure this industry takes all the precautions necessary for the safety of the public.

I know the FDA is doing their diligence to make sure this isn't another dangerous product (like tobacco)

that takes off and could potentially kill hundreds of thousands.

Which is their job and I am completely fine with.

We are nation-wide but still a small company in comparison to companies like blue and johnsons creek.

About 4 months ago we were one of the companies referenced on the floor of the capitol in DC.

It was when commissioner

Margaret A. Hamburg first spoke out on the deeming rule at the congressional hearing.

Many of the Senators wanted answers and results right away and didn't want to wait for the science.

There concerns might be valid in the sense that they are scared of the industry as a whole when people spread rumors.

It is very unfortunate that anything negative on this industry isn't compared to what it should be compared to.

For example the analogy being thrown around in the community right now is how much worse vaping is then breathing air.

This is completely asinine to compare these two extremes, how about we compare them to what we all so often relate them to CIGARETTES, and really reveal the true villain here. Of people who do it right in the industry about 80 percent of the

components in e-juice are derived directly from vegetables and or found in your everyday foods.

The other 20 percent are natural and artificial flavoring (found in almost every common food) and nicotine.

We personally do many things right; ingredients, tamper sleeves, batch numbers, child proof caps, all domestic ingredients, manufacturing standards etc. It is very unfortunate that china and their products weigh so heavily on our domestic products as a whole.

For example all the bad press you hear on the news or online are mainly due to the low quality food control acts they have over there and are directly related and grouped with the entirety of the industry.

As I stated before we embrace all regulations and manufacturing standards across the board specifically because we share the same values of keeping these products out of the hands of children (average age of our customer base is 38).

The thing that irritates me the most and I hope who ever is reading this is still with me as I know this is long, is the DEEMING RULE.

We absolutely cannot in anybody's right mind be grouped as tobacco.

The components are completely different, the only relation you have is that nicotine is derived from tobacco. I am sure you guys are aware that nicotine is one of the most studied components in the United States, and yes it is very addictive but many researchers are finding that its not bad for you by itself.

It is compared by many scientists to be as bad as coffee.

If this is the case you will see many people in this industry switching over to fruit because you can extract nicotine from fruit as well.

So therefore if we get nicotine from fruit, are we going to be taxed as tobacco still?

I hate to use this comparison but the deeming rule reminds me of obomacare.

I know that is a terrible analogy but the underlying issues are very similar in the sense that nobody really knows what it is.

The deeming rule basically proposes that e juice will be deemed as tobacco since it is derived from tobacco, synthetically or naturally it still doesn't matter. Now the majority of people (consumers/customers and business owners) think that this rule means that the e-cig market might get taxed or be required to have quality standards put into place which the majority of us are embracing.

But what people don't know is that the deeming rule actually shuts the free market down and gives it straight to big tobacco.

The rule asks that businesses register single skews for around to 500,000 to upwards of a million a skew and limits it to only a handful of companies.

The only companies in our industry that could take this kind of hit is Blue and they are owned by lorillard.

So basically what this implies is big tobacco now will run the electronic cigarette industry as well.

It is surprising to me to find how many lobbyist are really behind the scenes calling the shots.

My hopes are that this industry gets hit just as hard as any consumable product does and is giving an actual real chance in a free market.

I understand that these are very tough decisions to make in your position as I am sure many of us cannot grasp the big picture.

We ask simply for a fair chance in a country that almost makes it impossible to start new business due to the corporate conglomerates that currently run our nation.

Before any haste verdicts and or regulations, let us sit back and let the science be our true outlet in a potential life saving market.

The last thing we want to do is condemn people to death who otherwise might have lived and absolutely regulate it any way you might like to ensure that it's not a gateway drug to actual cigarettes.

I feel the benefits far out weigh the cons on the macro level.

I really do appreciate your time if your were able to bare with me and read through my entire testimonial towards this industry.

8/6/2014 9:32:00 PM - Thomas M. from St. Louis, MO

I had smoked a half a pack of cigarettes a day for about 5 years. Started when I started hanging out with friends that did smoke and of course, when drinking alcoholic beverages were around as well. It started off with a few cigarettes here and there over that course of time. However, as I started working some stressful jobs, I noticed myself smoking more and more and eventually was doing this half a pack of smokes a day with little or no effort at all.

It had gotten to a point that walking up and down flights of stairs or doing intense manual labor started to affect me in ways that I knew wasn't because of my age...it was because of the damage done by smoking tobacco cigarettes.

I started using electronic cigarettes in August of 2011 and now it is August of 2014. I have been smoke-free for 3 years and loving every minute of it. Since those 3 years, I have had one (1) tobacco cigarette. It wasn't because I wanted it or craved it. It was because of the "curiosity killed the cat" type of mentality. I wanted to see how far I progressed. At this time, I was going on six (6) months without a cigarette. I took half of a puff of that cigarette and snuffed it out immediately. The taste, the feel, the burning sensation I received from doing that one little deed made me ill for three (3) days and had an awful headache during that time as well. That one little action told me that I do not need tobacco cigarettes to rule my life.

As stated, I have been off of tobacco for three (3) years and have not once wanted or craved any tobacco cigarette at all. When I smoked, I enjoyed the act, the feel, the taste of those cigarettes I smoked and now, I enjoy the act, the feel, the taste of my electronic cigarettes that I have been on during this time. Electronic cigarettes have changed my life for the better. Those stairs I talked about...now I can go up and down those stairs and do that manual labor with out feeling winded like I did before. I feel like I have more energy to use prior to smoking tobacco cigarettes as I am getting more oxygen to my lungs. Using electronic cigarettes has made a difference in my life as well as my fiance's life as well. Without them, I highly doubt I would any energy to do anything.

8/6/2014 9:57:00 PM - Mike D - Saratoga Springs, UT

Electronic vaping products as a substitute for smoking has improved my quality of life.

After years of smoking, I was able to quit smoking in a little over a month, using vaping products and ejuice instead of tobacco, while gradually cutting down nicotine levels.

During that month I did smoke cigarettes as well as vape.

However it made cutting down cigarettes very easy.

In one month, I only wanted to vape and not smoke at all.

I have never found such an effective means to stop smoking as vaping.

I feel far better about my improved health and feel lots better about smoke not affecting others.

I have never went back to cigarettes.

If vaping products were no longer to be available for me to purchase legally from small manufacturers and retailers, I would have no choice but to buy them on the black market.

I am in charge of what I put into my body, not the government.

Having said that, I am in favor or realistic efforts to make it safer.

I am not in favor of putting millions of small businesses out of business.

Complex, confusing and outrageously costly regulations will only leave big tobacco as the remaining manufacturers and cause millions of people to go back to traditional cigarettes and die of lung cancer.

My fear and expectation is that the FDA does not care about positive benefits brought about by the vaping industry as it moves forward with destroying the industry.

8/6/2014 11:56:00 PM - lee alexander

i am 44, smoked regular since i was 14 - more recent years 25+ per day. have, like so many others, tried everything from prescription meds, usual NRTs right through hypno and acupuncture. to be honest nothing worked as i could never replace the thing that was missing - the 'feeling' of smoking.

recently i travelled to the US. had read about e-cigs previously and at LA airport found a cheap disposable for sale on the counter of an airport store. paid my $7 (i think) and took it on a flight from LA to UK.

spent the weekend in UK and used it continually. smoked an occasional ciggie, but literally only a couple a day and by the end of the weekend realised that i actually preferred the e-cig.

got the the airport at heathrow to fly home to Australia and the thing ran out. asked around at the airport and found out that Boots The Chemist (a major uk chain) had just got them in ('Puritane', made by one of the big baccy companies in a joint venture with Boots). bought a rechargeable and half a dozen carts (so bloody expensive!) and i was good for the journey and a week or so after i returned.

got home and instantly went shopping (well booted the PC anyways - that's as much shopping as i like). 10 days later my first proper gear arrives - flavours and all. man - i was (and am) hooked on being an ex. smoker. just ordered my third hardware setup and some liquids from and i can see myself turning into a real hobbyist. missus thinks i am bonkers and right now i probably haven't saved a penny with all the gear i bought, but in the long run this will certainly be a helluva lot cheaper - that i know and besides - I have saved my life from the threat of smoking.

In Australia, I am not able to purchase eliquid with nicotine or nicotine in the country - I have to import it.

that's not a major problem until it is outlawed, which seems ridiculous as I am perfectly able to buy tobacco.

in some states they are even starting to make owning or possessing nicotine or the sale of any PV or e-cig gear illegal - in the state I live in (it varies state to state here too), I am currently ok.

for any sceptics: trust me, i was one of you but you really have to try this! virtually overnight i moved from a 25+ a day habit to being a non-smoker. i feel healthier, more relaxed, happier and wake up with a clear head and no cough - EVER ! my missus even kissed me the other day and commented that i smelt and tasted of apples and i never eat them (but after an apple hookah in Bali, its a taste i love and have transported to my vaping).

i really can't put into words how this has happened - especially in light of all my previous failures and attempts - it just has and from what i can tell, i am not alone.

smoker and sceptical? - please, spend $60 and just give it a go - you won't regret it.

thanks again to everyone who has supported me on my journey so far, and to the wider community and to companies that continue to support us by shipping internationally - if enough support is fostered for vaping, one day the damn governments of the world may get with the 21st century and onto the program.

my fear is that unless we stand up for our rights to an alternative harm reduction option, too many of us will be forced to resume smoking tobacco as our only viable alternative.

don't let this happen - we have the power to make change.

cheers guys - peace and love.

8/7/2014 12:50:00 AM - Amy Dumire

I've been Smoking since i was 13.

So 20+ years. Let me just say Smoking WAS my one bad habit. I had no intention to quit. I was aware of the risks i put my family and friends and others through being a smoker. I didn't Like it but I was hooked on smoking and had tried Several times to quit and failed miserably ever time. Until my friend had started vaping. She urged me for a month or more to give it a try.. and I was so skeptical. There was no way it was going to work because All the other methods Id tried had failed. I couldnt take the cravings and the edge that it put me on. So I Finally met with her and bought my very first vape.. around 4 months ago. I hid cigs in my car because I knew it was not gonna work. After 5 days.. Those cigs were still laying in my console. I had not as much as even craved one. I was excited. I smelled better.. My taste buds were making things taste better.. I was feeling better. and The sinus headaches that id had daily or almost daily.. had stopped. I wasn't as short in breath and i wasnt coughing any more. But curiosity struck me.. i wanted to know if cigs still tasted the same.. after 5 days they say your taste is back .. so I lit one up and threw it right out the window.. it was Disgusting HOW did i smoke those for 20+ years?????? Im ecstatically happy to say I could never go back to smoking. I am now down to a lvl 1.2 nicotine.. and will go down to a .6 soon enough. and the transition is smooth... i dont feel like Im going to loose my mind from cravings or edginess. I could of NEVER done this with out vaping. I use the red hot cinnamon Flavor. And i love it. Now I understand that there is some controversy over the flavors because of some misshapenings

with children, And as much as i hate this.. i Have to say Parents have to get some responsibility sometime. Does that mean you shouldnt Make flavorings for childrens medication either??????? Because a child might think its to yummy to realize its not medication??? As with anything this needs a warning label and a Child proof cap for the people who cant not use common sense obviously. There are a Million arguments that someone could bring up. But My main one is.. WHY give big tobacco the right over this. THEY are the very people that have caused this turmoil for people. I want to Quit and to be healthy and cost effective,

and IF i get stressed and need a crutch well Id rather pick up my Vape than and stinkin ol nasty cig that is harmful to my family as much as it is me. Thanks for hearing My story!!!! God bless!

8/7/2014 1:01:00 AM - Aislin Wilson

I was a carton a week smoker for 15 years. I had tried a number of times to quit, both cold turkey and with nicotine replacement therapies (nicotine gum and patches). In September of 2013 I began to use an ecig at a nicotine level of 18 in some pretty amazing flavors. It was a revolver battery with a refillable, dual coil, bottom feeder tank.

Over the next 8 months I went to 11,6 and then 0 on the nicotine. After using the 0 nicotine for 1 month I put down the ecig entirely and haven't been back nor have I smoked a traditional cigarette. At this point in time, I can't imagine ever going back to smoking cigarettes. If for whatever reason I feel the need to reintroduce nicotine, my choice would be to go back to the ecig. It was more cost effective, easier to limit nicotine, didn't smell or taste badly and was better accepted by my friends and coworkers.

8/7/2014 1:11:00 AM - Demons

I smoked for about 7 years before trying ecigs I stared with a blu and it wasn't enough once I moved to sc I got me a ecig basic mod ego set and now I have upgraded to a 5ml Pyrex tank and a vision spiner 2 battery and I tell u it has done wounder a I started at 24 mg and now have moved down to 18-16 depending on we're I buy my juice and plan to move down to the next Lvl here in a few weeks it has done wounders for me I feel better I have more energy I'm not bogged down by toxins my lungs feel wounderful and idk what id do if I had that taken from me. Tabacoo is one thing but ecigs are changing everything and no I don't think they should b banned as its making America healthier and better smelling

8/7/2014 1:55:00 AM - Erin Nichols from Powell, WY

I want to start by saying I will be forever grateful for e-cigarettes. I am only 23, but started smoking at 15. I was so hooked that I couldn't even push myself to quit while I was pregnant with my daughter. Talk about shame. When she was 11 months old I began vaping, and have not touched a cigarette since. That was 9 months ago in November 2013. I started by using 24mg nicotine and am now down to 6-12mg. I have also lost nearly 40 pounds. I give some credit to e-cigs because I can now run, do intense exercise and walk all day long without feeling like my chest is going to collapse. I gave my daughter a better environment, now, with two non-smoking, vaping parents. We are all healthier and now I have a much better shot of being able to do physical activities with my daughter, see my grandchildren someday and maybe even great grandchildren. Vaping saved me from two things I never thought I could escape: being overweight and smoking analog cigarettes.

8/7/2014 2:26:00 AM - Avery Evans

My name is Avery, and i WAS a cigarette smoker. That is now a really big was. I had smoked cigarettes for 10 Years and during that time frame I attempted to quit many, many times, and spent thousands of dollars every single year on an addiction that was known to have a high rate of fatal side effects.

It wasn't until earlier this year that I thought I even had a chance after how many times I failed to not light that next cigarette. That was when I bought my first e-cigarette! I can not express to you the reader of this how happy I am in making that decision. I have been completely cigarette smoke free since then and noticed immediate positive health effects. I can breathe again. I can smell and taste again. But most importantly my blood pressure and heart rhythm have vastly improved.

I now take the stairs instead of the elevator because I now can. I now notice how terrible cigarettes actually made me feel. For the FDA, or any regulatpry agency, to try to step in the way in the name of "safety" is absolutely incredible. To do anything to hinder this industry in any way is an atrosity to this nations health. Not saying there arent bad products that come from China after being found on a seedy online forum, but that is he case in every single American industry.

The vast majority of the products this industry offers are incredibly safe, and are already being made in the cleanest of ways. It is unfortunate that regulation of these types of items typically lead to quick taxation at a rate that no American should tolerate. Don't forget that the Boston Tea Party was started because of a 3% tax BREAK! If this product becomes regulated many of the people that have had their life's changed won't be able to afford it anymore because of the regulations that are being proposed! I am against

8/7/2014 8:20:00 AM - Bradley Thompson MO

E-Cigs has changed my life by, helping me kick my 7 year tobacco habit. I was a half of a pack a day smoker. On top of that I chewed a can to two cans of chew a day. I wanted to quit smoking for many reason. The way I smelt, the Way things tasted, health reason just to name a few. Smokeless tobacco on the other hand Was taking it's toll on my teeth. I have been strictly using an e-cig for a year now and never felt better. It also helped me get a handle on my blood glucose as I'm a Type I Diabetic and should not eat sweets but I did anyway but now with using an e-cig I can get my sweets that way and not take a toll on my blood glucose. I would say E-cigs has done a lot to change my life for the best. I use a string ray mod with a patriot RDA, also and x6 battery with a variety of tanks from plastic to glass

8/7/2014 8:56:00 AM - Jeff Phares

I'm 38 years old. I've tried quitting countless times before. No luck. I smoked 2 packs a day. I've smoked since I was about 18. So 29 years of smoking. I could not quit!! But I tried an eGo type e cig and quit instantly. Then I got so a mod. I went from 24 mg nic juice to 0 mg nic juice. Haven't picked up a nasty cigarette since. It's going on 3 months. E cigarettes and related products saved my life. If you don't think they help, I pity your ignorance.

8/7/2014 2:27:00 PM - Justin Reyes

Hi my name is justin and I live in Reno, NV. I started smoking cigarettes when I was 16 and heavily smoking when I turned 18. I noticed that I was becoming more lazy, health was terrible, and I started chain smoking more and more. Eventually I was up to a pack a day on cigarettes. Everything triggered my addiction to cigarettes. Eating, stress, work, parties, even the gym. I had to have a cigarette every chance I could or I would become upset and irritated. I would snap if someone said the wrong thing. I then saw a buddy of mine that had the electronic cigarette and I made fun of him and told him it was lame. He urged me to try it and so I did. The very first time I hated it and went back to smoking. Then he told me that there is a new shop in town and that there were better flavors. So I went to buy eliquid and tried again. This time was successful. I used an 18% nicotine level. I didn't completely quit but throughout a matter of three to four months I slowly quit. That was February 2013. I have not smoked a cigarette since then and my life has become better. I now use three to zero nicotine.

I could breathe again and I wasn't irritated at all. My stress levels have gone down besides the normal stress everyone goes through. I have lost over 50 pounds from going back to the gym and the best part of it all. I don't smell like cigarettes. My clothes don't smell and my breath doesn't smell. In my opinion I would hope that the FDA recognizes the positive improvements electronic cigarettes have achieved. It is an alternative that I have found to quit tobacco. Isn't that we are striving for in our country. Is to be healthier and love longer? I have seen many health ads and why can't vaping be part of that movement. People that don't want to quit don't have too. But people that are should have this option and we should encourage them by keeping what the electronic cigarette companies have created. If you take away the tools that a person needs to quit such as eliquid or mods or e-pens then this country is setting us up for failure. I love our country and I believe that this will be beneficial to us as another alternative to quitting smoking and an alternate lifestyle.

Thank you for your time, Justin Reyes

8/7/2014 2:37:00 PM - Annavapesnow

Hi! I am a 24yo female from the DC Metro area. I had been smoking cigarettes for a little over two years. I had become a 2 pack a day smoker who thought it was not possible to give up the awful habit. It was contributing to my anxiety and depression. I was completely dependent. I had to something about quitting, so I was turned onto the alternative option of trying electronic cigarettes. It completely turned my world around! I started using these e-cigarettes 1 year ago and to this day have not picked up a single cigarette. I started at a higher nicotine level to match the amount of cigarettes I was smoking. Now, after some time, I have reduced my intake while still maintaing lower nicotine levels as my body is slowly adapting to this new lifestyle. I started with flavors such as honey and mild, sweet tobacco flavors as I wanted to transition to somewhat of the closest tasting flavor from a cigarette. Over time, I tried other e-liquid flavors that use candy flavorings to make my experience more enjoyable. Now, one year later, I have significantly reduced my nicotine levels and have noticed after this time that my anxiety and depression have been more manageable. I started cardiovascular exercise and drinking more water while using e-cigarettes. The difference from then until now is beyond words. I can breathe easier and have come to find I only use these to satisfy my nicotine cravings without the harmful effects of cigarettes. This alternative option has turned my health around and I am so grateful that I was introduced to this amazing option of quitting smoking. I would highly recommend others to try e-cigarettes for quitting smoking because it is truly the way of conquering the addiction. I hope others can quit just as I did!

8/7/2014 3:14:00 PM - Rachelle Turner from Boynton Beach, FL

I am 33 years old and had my first cigarette when I was 10 years old. I progressively started smoking more and by 14 years old I was a pack a day smoker. I attempted to quit when I was 20 and had some success with hypnotism but I always struggled with the mental obsession and within a few years was a full time smoker again - smoking 2 packs a day. At 26 I was diagnosed with Adult Onset Asthma and the beginning stages of COPD. Breathing was a constant struggle and I would get bronchitis 2-3 times a year. But I was unable to quit smoking tobacco cigarettes. Over the next 6 years I attempted to quit using multiple options including support groups; cold turkey; patches; the drug store e-cig 'Blu' (both generic and name brand); and Chantix - but none of them relieved the craving or the physical habit. I might be able to go a few days but I always went back to smoking cigarettes. Many of those options I tried on several occasions throughout the years going back and forth.

When I was 32 I had given up hope that I would ever stop smoking and resigned myself to that fact. Around my birthday I was introduced to a form of nicotine liquid that could be customized to my habit. The flavor options were purer than what I got at the drugstores and the nicotine level was made to me specifically. In the beginning I gravitated to the tobacco flavors such as Honey Tobacco and Cherry Tobacco. But I experimented with other flavors such as candy and berries and cakes. Within a month, I noticed that a pack of cigarettes was consistently lasting me a week then within another month a pack would last me 2 weeks.

Within 3 months I was tobacco free. When I got a mental craving I would use one of the sweet tobacco flavors but for daily use I leaned more towards the dessert flavors. I have now been tobacco free for 1 year and I no longer even want the tobacco flavors. My preference is the dessert flavors and feel no need to go back to any tobacco flavors. In the beginning I was vaping the liquid quite a lot but today I only take a few vape breaks and its still more for the habit since there is barely any nicotine. Once I stopped smoking cigarettes my nicotine needs started dropping and now I am down to the most minimal amount of nicotine. I believe I will be nicotine free within a couple more months. In fact, I went away for a weekend and forgot my vape at home and didn't even realize until I got to my destination and was completely ok for the weekend. I went to the doctor and I no longer have asthma, nor any stage of COPD. I have gotten a normal cold twice since I began using this e-liquid but it never went to my lungs. I even started jogging on a regular basis.

8/7/2014 3:16:00 PM - Tina Maldonado

To whom this may concern:

I am a 42 year old EX smoker of cigarettes.

I started smoking at the age of 12.

Yes I said 12.

I have tried so many times to quit.

I tried patches, Chantix, hypnosis, gum, cold turkey and anything else I could think of.

NOTHING worked.

3 months ago I walked into a Vape shop because I had had enough.

It was my last ditch effort to rid myself of this hell that I had been living.

I took my first vape and never looked back.

I never picked up another cigarette.

I was a 1 1/2 pack of day smoker!

The difference this has made in my life has been amazing.

I can breathe!

I can walk and have started running.

I am losing weight because now I can move without feeling like I am going to pass out.

I can taste my food.

I don't smell like an ashtray.

My family doesn't walk away from me due to my smoke or how I smell.

One other thing.

I have lowered my nicotine intake drastically over these 3 months.

I mean I am almost to the point of not vaping any nicotine now.

Give us a chance!

8/7/2014 4:18:00 PM - Carolyn Ruth

E- cigs have been instrumental in helping me to quit smoking. I started smoking cigarettes when i was 14 years of age, and have been a pack and a half a day smoker up until discovering e -cigs 8 months ago at the age of 28. I have tried other methods in the past to stop cigarettes in the past, but there were unfortunate side effects. A few years back my grandmother died of lung

cancer due to her addiction to cigarettes. Her doctor told me that my fate would follow hers if i didn't put down the cigarettes. It was a battle until i found e cigs. I stopped smoking cigarettes 8 months ago, and i have already dropped my nicotine level significantly from an 18 percent down to a 3 percent. This is a product i have found to be successful for me.

8/7/2014 4:48:00 PM - Preston T. Brown

To whom it may concern,

I am a 23 year old man living in the United States. I spent 4 of my 23 years as a pack-a-day smoker and didn't believe I was ever going to be able to quit. Then the day came that a good friend introduced me to the world of e-cigarettes. I was skeptical at first, having tried to quit many times before, but I saw how well "vaping" had worked for him so I got one for myself.

That was nearly a year ago and I've been tobacco free ever since. I can't begin to describe how much better my lungs, chest, etc feel after one short year without smoking. It feels like I can breathe for the first time. I feel better than I've felt in years and frankly I smell better as well.

I know that the e-cigarette market needs some level of regulation, such as trying to keep them out of the hands of under aged people (though let's be honest, they're going to find a way to get them if they they want them). But I disagree with regulations that stretch further than that. The idea of treating vaporizers and e juice as tobacco products is pure nonsense as tobacco isn't involved in any way. The proposed regulations would serve no purpose beyond ruining the small businesses of

men and women who have poured their lives into promoting a smoke free lifestyle.

I hope that my words will weigh on your decisions in the coming days. These products have helped me and thousands of others put down tobacco for good, and who knows how many lives they have saved and will continue to save as time goes on. Thank you for your time.

Sincerely,

Preston T. Brown

8/7/2014 5:03:00 PM - MonicaG from Clarksville, TN

I have been vaping for several months now. I smoked for over 13 years before, on and off.

I have tried the patches and other things to stop smoking. When I switched to vaping, I quit smoking cigarettes right away.

My level nicotine has gone down in my vaping. I have an addictive personallity and need something that is not bad for me. My health has improved drastically. I can taste better, smell better, and my lung function has improved.

I feel that e-cigarettes should be sold to only 18 and up, however, they are not tobbaco products and should not be treated as such.

8/7/2014 5:10:00 PM - Charissa Poston

I am a 42 year old female, and I began smoking cigarettes when I was 12-13 years old. Due to smoking, I often came down with severe bronchitis at least 3 times a year, and pneumonia at least once a year. I had a horrible cough all the time. I have tried nicotine gum, the patches, Chantix, and just plain old cold turkey. I was never able to completely quit. The gum and the patches didn't work at all, Chantix made me sick to my stomach, and cold turkey never lasted more than a few hours. Back in July, 2013, I found out that a few of my friends had picked up vaping. I did some research on it, and on August 3, 2013, I went into my local brick and mortar shop and bought myself a starter kit, with 3 different flavors of e-liquid, starting at 18mg of nicotine. I also bought one pack of cigarettes that day, because I felt that I would still want to smoke. On the following Monday, the 6th of August, I realized that I still had 14 cigarettes left in that pack, and had not smoked one in 2 whole days, I was really enjoying this vaping thing. So, as of yesterday, August 6, 2014, I have been free of cigarettes for one whole year. This is an absolute miracle for me. I haven't been sick one time this past year, no bronchitis, no pneumonia, no horrible cough at all. After only 3 months of not smoking, I realized that I was able to exercise without feeling like I was going to pass out, I could go up and down stairs, walk a few miles, and just about anything else. At this time, I have lowered my nicotine level to 6 mg. Vaping has seriously improved my health ten fold, and not only that, my doctor was simply amazed by my improvement. I'll never go back to smoking, but, I also want the freedom to be able to choose to vape. My choice, my right!!

8/7/2014 6:10:00 PM - Jessica from Lynchburg, VA

Good afternoon. I am writing this to address the scrutiny of vaping. The scrutiny is absurd. I was a smoker for 15 years until I started vaping a month and a half ago. I have had no cigarette whatsoever since I began vaping. I feel an extreme difference in myself and ability to breathe. I have regained my sense of smell and taste which is like a discovery unlike many others. Vaping has aided me with this process. Once I started vaping I completely surrendered tobacco cigarettes. Without vaping many others (whom I know personally) would still be smoking cigarettes. Let's understand this: cigarettes contain hundreds of carcinogenic chemicals whereas e-liquid contains approximately 3-4. The math is simple to me. You can't brand a product as containing tobacco when it doesn't to attempt to aid the mission of regulation. That's propaganda arranged by the government and cigarette companies. I am proud to say that my husband and I are a smoke-free family which not only improves our quality of life but the lives of all of our friends and loved ones. Our ability to use vaping to give up cigarettes has empowered and encouraged others to follow suit to improve their health and quality of life. The phrase "If it ain't broken, don't fix it" fits this case perfectly. The FDA can't effectively and efficiently monitor and regulate pharmaceuticals much less tobacco products so why should they embark on another journey which will impact all taxpayers and vapers alike? The thought is ludicrous.

Americans are fully capable of making our own choices regarding our health.

8/7/2014 6:20:00 PM - JohnDoe316

When I was 12 years old I picked up my first cigarette. While I enjoyed smoking I knew how terrible it was for me and wanted to quit desperately. Finally when i was 18 I chose to buy my first e-cigarette. It was a cheap eGo type but it did the trick. It introduced me to the wonderful world of vaping and e-juices. It was so much more enjoyable than smoking. Not only did it taste much better seeing as how you can choose any flavor you'd like, but I could feel my body recovering slowly from the years of tobacco use. I started off on a relatively high grade of nicotine and slowly weened myself lower and lower. As of today I am no longer dependent on nicotine but I still vape 6 mg juices on a strong mechanical mod because I enjoy the small throat hit it gives me.

I can put down my e-cigarette whenever I want, I just don't want to! It's just too much fun. And it most likely will be the reason I live many years longer than I would have had I not been introduced to e-cigs.

8/7/2014 6:39:00 PM - Maddy

I started smoking 4 years ago. I brought a standard e cigarette starter kit. I brought a pack too. And it was the at one I got. I've been smoke free for almost six months. I tried a blue e cigarette before but I could kick smoking. I start at a 12 Nicotine but I'm down to three right now. I feel like I can breathe better. I don't cough as much anymore

8/7/2014 6:43:00 PM - Mark E Cress lusby, md

My name is mark cress, I am 31 and have been smoking since I was 12. Up until a month ago when I got a vape pen. It is between an e-cig and a mod. It works great and I started on 18 % nicotine and have reduced to 12 for a week now. I hope congress doesn't outlaw these because I would surely go back to smoking and cancer runs in my family. It would be giving me an early death if you restricted my e juice. Please don't do it. Are lives worth whatever tobacco companies are paying to get rid off these alternatives?

8/7/2014 6:57:00 PM - Kim Bathmann

I smoked for about 25 years.

In the past I have tried the Blu's, Logic's, and other generic

8/7/2014 7:15:00 PM - Smokeless in Okc79

I'm a longtime smoker 18 years to be exact. I started while in high school. It has been very difficult to quit smoking; I have tried everything from Chantix to behavior modification techniques and nothing worked. I thought I would never be able to say that I'm smoke free. However, I am smoke free and it was because of vaping. The transition from smoking cigarettes to electronic cigarettes

was easier than any method of quitting. As a result I can walk greater distances.

This story is even more personal for me because I lost my mother in March 2014 due to lung cancer. I'm pretty sure that if information wasn't so purposefully diluted by various industries my mother would still be here. So please allow families keep their families longer by being a champion for the electronic cigarettes industry.

Thank you

God Bless This Country and Those That May Read This Post

8/7/2014 7:37:00 PM - Melody Lytle VIctoria, Texas

I started smoking when I was 15 years old.

Smoking was something that I enjoyed greatly.

I was able to smoke less when I was pregnant with my son, but never completely quit.

As time went on, I continued to smoke up to 2 packs a day, never less than 1 pack.

I budgeted my bills based on how much I would need for cigarettes in any given month (approximately $360).

I move forward to 2013.

My brother in law was a 3 pack a day smoker.

After suffering several many strokes, his Doctor told him if he didn't quit smoking, he would die of a massive stroke.

He quit smoking using an electronic cigarette system he found on line in Austin, Texas.

That was my first sign that this might be something great.

I've always noticed my clothes smelling terrible and the comments of family when they would enter my house.

I decided perhaps I needed to fix that.

I purchased a set of electronic cigarettes from the same company along with the nicotine liquid.

Within 2 weeks, I noticed my chronic cough was lessening.

Within 2 weeks, I could smell coffee brewing in the morning.

Within a month, I noticed I was no longer needing allergy medicine.

Within 2 months, my cough was completely gone and my husband said I was no longer snoring.

Within 4 months, I am off my blood pressure medicine.

11 months and $4000 later, I haven't smoked tobacco.

I have been a role model for 7 other people in my office to give up tobacco.

I cannot understand why they would want to ban e-cigarettes.

They have been a God send for my giving up tobacco, my improved health, my improved finances, and the health of my friends and family.

I am more afraid that these regulations will put these in the same category, allowing for the cigarette tax being added.

I believe that is the MAIN reason for the regulation.

Tobacco companies know they are losing out on money as more people realize their products are killing their customers.

8/7/2014 8:03:00 PM - Mitchell JM

I am a 24 year old veteran and small business owner in the Sacramento, CA area. I have been using E-cigarettes to completely quit smoking harmful analog cigarettes since February of 2013. Before my introduction to electronic cigarettes, I use to smoke a pack and a half a week, of Marlboro 27 cigarettes since I was 16 years of age until 22 years of age. The reason I started to smoke cigarettes when I was 16 was because of the false advertisements portraying only

8/7/2014 8:23:00 PM - speedrow

I started smoking at 17. Smoked until 27. I turn 28 on the 11th. I now use 0 cigarettes.

I only vape and I use a mod. I tried the patch and I finally got off the patch for less then a month before purchasing a pack of cigarettes.

Well one day my brother brought over a vape pen. So like most I was skeptical of what it was. I took it and went to a local store and picked up a few bottles of juice. Went for the 24mg nic stuff. So I would hit it here and there. Still smoking cigarettes at the same time. The I started to look into it more. And low and behold there was a entire community of vapers. Its was more than a fad or something cool to do. It was an alternative besides patches and pills. So I picked up a mod, grabbed some 6mg juice and it was amazing. I have been using a mod for about a year now. And this has changed my life. I don't feel embarrassed when smoking in public places, smelling of tobacco,

stained teeth etc. I can also breath as if I don't do anything. I have also helped friends and family switch and they have all 100% stopped smoking. Some who have quit both 100%. I now own a verity of mods. Its a life saver. I will be a vaper as long as I need it. Why should we be forced back to cigarettes or other crap. Almost sounds like you would rather us smoke cigarettes.

We know whats in them. And to make e-cigs look as if they are worse is radical.

I guess tar, random chemicals and other poisons are worse the 2 fda approved products to be mixed and vaped like water.

We will not stop. We will stand and fight. This is more than an alternative,

this is a revolution.

8/7/2014 9:24:00 PM - Aj alfaro

I have been a smoker since well before i was 18 years of age. At one point i was smoking a pack a day until i said to myself enough is enough. I tried the disposable ecigs from 7/11s and what have you but they never quite did it for me. As it is today i have not touched a tobacco product in almost a year. As a vaper i feel much healthier. I never wake up spitting up balls of tar like i used to and have relieved myself of the dreaded smoker's cough. I can now run long distances more easily and can hold my breath for much longer. Today i use a mechanical mod with dripping atomizer, i usually buy 3-6mg juice and will vape through out the day as minimally as possible. I buy my juice at a local mom and pop shop in san clemente CA, where i live.

I feel with a regulated system over ecigs similar to the way tobacco products are regulated will only hurt the consumer. What i predict is that the larger tobacco companies that are already getting in on the ecig market will have an unfair advantage in the market place due to their ability to afford lobbyists and preexisting relationship with the fda. This will cause smaller ecig companies to go out of business. The way the industry stands today we self regulate and there have been no major problems. If the FDA gets involved it may not be possible for me to vape the juice i enjoy or even buy the actual ecig hardware that i need. For this reason i feel that the FDA should back off and not regulate ecigs. Time and time again when government regulates a new industry they create monopolies and run the little guy out of business.

AJ Alfaro

8/7/2014 9:36:00 PM - Lulu

I started to smoke cigarettes at the age of 16 and not till I found e-cigarettes my life changed. Not only did I notice a change in my health but it allowed me to start my own Vape Shop. I

8/7/2014 9:42:00 PM - Gail Hinds Bowden

I am a 59 year old white female with asthma and mild Copd, plus lung scarring from previous bouts of pnuemonia. I have tried over the years many times to quit smoking (wellbutrin, counseling, hypnotism, Chantix, patches and gum). Nothing worked for me UNTIL I found the eliquid and an Advanced Personal Vaporizer or Mod. I started one year ago using 18mg nicotine, and have weaned myself to 6mg or no nicotine. I have not had a regular cigarette since August 7th, 2013.

The positive aspects from my personal view are: 1) I am no longer winded with the smallest of activities. 2) No more coughing 3) No more stuffy head and nose 4) no having to use my rescue inhaler or albuterol treatments 5) I know longer keep a chronic respiratory infection 6) No more stinky cigarettes.

From my pulmonologist's point of view of the positive aspects are: 1) My chest x-rays are clear 2) there are no more wheezing sounds in my lungs 3) reduced blood pressure 4) increase in spirometry showing an increase in lung volume 5) my oxygen saturation levels have increased two percentage points. He also told me that I could never get back the lung function lost to 41 years of smoking 2 packs of cigarettes a day, but I could stop the damage. He approves of me using a vaporizer, and advised me

that it was safe for me to do so.

All in all, switching to an electronic vaporizer and e-liquid has greatly increased my chances for a longer life. Most of the vaping I do now is for pure enjoyment. I love the flavors and it satisfies the hand to mouth motion without eating.

8/7/2014 9:44:00 PM - Lynn F. Scranton, PA

I starting smoking when I was 21. I tried quitting a number of times in my 40s and 50s with nicotine gum, only to go back to smoking. I quit again in March of 2011 using nicotine gum AND electronic cigarettes. I have not had even a puff from a real cigarette since the second day I used my e-cig. I prefer flavored e-cigs rather than tobacco flavored. I had tried tobacco flavored e-cigs in about 2009, and they were so awful I had no success with them.

I had smoked 1.5 to 2 packs of cigarettes per day. I started out with 16 mg. of nicotine e-cigs and within months I went down to 0 nicotine. I have not gained weight, and I believe this is because my addiction is the hand-to-mouth physical action, not necessarily a cigarette addiction, and I have not substituted this action using food or high-calorie drinks.

The day after I started using the flavored variety of e-cigs (my successful trial with them), I tried to smoke a real cigarette during the evening. I became physically ill. I swear, it felt like my entire body was reacting to the poisons in the real cigarette. I had about 2 puffs on it and that is the last time I ever tried to smoke a real cigarette. That was nearly 3.5 years ago. I do not get any feelings like this from my electronic cigarettes - ever! I just get the satisfaction of picking something up from my tabletop and raising it to my mouth and drawing on it. Good enough for me!

My health has improved over the last few years. My dentist was so impressed with the improvement in my dental health, he asked me if I "found religion!" It's much, much easier to control my supraventricular tachycardia with my meds now that I have quit smoking. I rarely have an attack now, and that in turn makes me more productive at work. My cardiologist can no longer hear a heart murmur that I previously had and states he wishes HIS lungs sounded as good as mine. In my opinion, the e-cigs I buy in the USA are very beneficial in multiple ways.

8/7/2014 9:54:00 PM - John Regan

I smoked on and off for a few years (around 4 years) and had tried multiple times to quit. I started using an electronic cigarette (Rebuildable atomizer with a high end mod and larger battery, with PG and VG mix e-liquid) about a year ago. I was able to successfully for the first time in years quit smoking. The e-cig killed off all my cravings for cigarettes and allowed me to maintain a much healthier lifestyle. I will never go back to smoking cigarettes again.

8/7/2014 10:02:00 PM - allan crowder, kelowna, b.c. canada

Started smoking in early teens and continued for 50 plus years. Had tried to guit many times and without success until 9 months ago when I purchased an ecig from a vape shop in lake havasu city. No analogs since and very good results from vaping. Rivermist saved my health. S

8/7/2014 10:07:00 PM - Daniel from Nashville, TN

I was a smoker for about 10 years, starting at an early age.

I did not think about the effects of smoking until after I graduated college and began to notice a direct effect on how I felt.

After waking up and coughing up tar, I would continue to smoke about a pack and a half a day.

I struggled when exercising or doing any physical activity.

A little of a year and a half ago, I reached my limit.

I wanted to quit so badly, but could not.

I was at a music concert and saw someone smoking what I now know was an electronic cigarette.

After asking him about it, I made a mission of finding more about it.

Soon after, I purchased my first electronic cigarette.

It was an Ego-CTwist with a Mini Pro-tank.

I instantly fell in love and instantly put down regular cigarettes.

I have gradually progressed from introduction kits to mechanical mods with rebuildable atomizers.

I have not smoked a cigarette since buying my first e-cig.

I can exercise freely now without coughing or losing breath.

I feel better and more energized.

I do not like the smell or taste of the same cigarettes I smoked for years.

I am more than grateful for this industry as I feel it has saved my life.

8/7/2014 10:22:00 PM - Joe Deighan

From: Joe Deighan, President of JJuice LLC, Utah Based Manufacturer of E-Liquid To: FDA Center for Tobacco Products RE: FDA, Docket No. FDA-2014-N-0189, Regulatory Information Number (RIN) 0910- AG38

PERSONAL STORY: I

8/7/2014 11:36:00 PM - My name is Dean Kubba. I have been a smoker for 40 years. I started vaping almost 1 year ago and have now been tobacco free for 8 months. If the government is really interested in the health and well being of its citizens then they would go after things l

I have been a smoker for 40 years. I started vaping almost 1 year ago. I started with the disposable ecig but they are really nothing like smoking to me so I switched to a vv mod and it changed my life. I now have several mech mods and vv/vw mods and rebuildable tanks so not only had it got me off cigarettes it has given me a hobby as well. I started vaping 24th nicotine but soon went all the way down to 9 to 12mgs. When I first started vaping I still smoked, but when I finally tried vv devices I was hooked and cigarettes started tasting really bad. I have tried to quit to many times to count in my life.

I think I have used every product ever invented to help you stop smoking and the only one that has worked is vaping. I once quit for 8 months with patches but the health risks of then are not good at all bit I never heard that the FDA was doing anything about that risk. I started back soon as I stopped wearing the patches.I have been feeling so much better health wise and mentally since I have quit smoking. I feel like I can breath again and I don't stink like a smoker does. The only negative I can think of to vaping is my wife not being happy with me wanting every new device that comes out.

8/8/2014 12:33:00 AM - Bill Mapes Hixson, TN

I smoked for 29 years before I heard about "vaping". A lot of people around the places I work have changed to vaping and stopped smoking all together. I thought I would give it a try as I was tired of the bad smells, ie. ashtrays, bad breath, and the cluttering up of cigarette boxes that took up counterspace while waiting to be smoked. Not to mention my children and how they reacted to the smoke and stench of cigarettes.

I bought a KangerTech EVOD starter kit about three weeks ago and have not had a cigarette, nor have I wanted one, since I started vaping. I use Zeus Juice and Epic Juice in my vape pen. I love the flavors and the smell of them. My children tell me that they have no problem being around while I am vaping as the vapor isn't nauseous or irritating to them. I made the switch right away because I had a few cigarettes left in a pack when I started vaping and the first cigarette, after vaping for a short time, tasted like crap.

I am so much happier using this method of qutting smoking for many reasons; it saves me around $60.00 per week, I don't have the nagging morning cough when I wake up, I don't cough all through the day as I did when I smoked cigarettes. My taste and smell is getting better since I started vaping and I'm not short of breath anymore when doing "anything". I'm also saving money because I don't throw away partial cigarettes when I go inside of an establishment. It's so much easier now and nonintrusive on anyone. There is no yellowing due to tar, no lingering cloud of smoke in the air, and no butts to get rid of. I no longer have the adverse mental side effects from smoking such as nervous jitters or ill temper when I couldn't have a cigarette.

I haven't had or noticed any negative effects from using vaping to stop smoking. As far as I'm concerned this is the best thing a smoker could get to quit smoking.

8/8/2014 1:09:00 AM - Joe from Pa

I smoked for six years . I bought a electronic ciggerate from a gas station years before I quit and it didn't help at all. As soon as I bought a mod I quit a month later . Mech mods are what I use and I am an adult that loves flavones like "monster energy" and "coca cola"

8/8/2014 3:29:00 AM - joseph monczewski

My nwme is joseph monczewski. Im only stating my real name so that this entry will be takne with the seriousness it deserves and the very seriousness it needs to benefit this upcoming turn of events we see on the horizon.

I smoked from the age of 12 till 31, from day 1 I smoked over a pack a day of full flavored menthol cigarette.

Why did I smoke them? Innititially I felt and thought it was "cool". Whether it was instantly physical or instantly psychological,

either way, I was instantly hooked. I loved it from the first drag. Big tobacco had me from the start, thats the facts.

Without knowing or hearing of "vapiing" previously,

I walked into a storefront sbowing iff these new fancy wares. I understand it was aeither a new style of smoking that was far healthier for a person, or a wag to ease the act of quitting. I couldnt and did not believe it. I considered the money I spent a waste just as the money I spent on the cigalikes 2 years prior was DEFINITELY a huge waste. Cigalikes were not sufficient for my uses, they got me no where.

From walking into the store, not even knowing about this store or what it had to offer, I decided to take a chance on it as a bit of a peraonal dare. I attempted to make it 1 day.

I quickly noticed that I felt far more satiated by the nicotine provided from the equipment I purchased, than id ever felt after chain smoking 1 after another of the carcinogenic styles all day long. Not only did the healthier verson seem to satiate me longer, It left me feeling as if I had quit. The next mor ing I awoke,

and there was no longer that elephant sitting on my chest id become so used to feeling.

Since then ive kept with it, its been well over a year. Not 1 time have I had even 1 craving. I dont thknk I look cool, infact, I believe other kids think I look stupid, but im ok with that. Infact, IM PROUD to look stupid. Hopefully I looke even more stupid than the 12 year old me chain smoking tobacco cigarette back to back.

Th I s give me my like back. My helth is now an option, not a jail sentance. Im free again. Thank you for allowing this safe form of nicotine enjoyment. If u take this away, or even only offer the cigalike style ones, MARK MY WORDS... You will NO DOUBT be paying for it 10 fold in a matter of aboht 10 y ears as u cover the cost through taxes if need be for myself, and the millions like me who when backto smoking, and died poor and dirty because of Iit. Having 0 dollsrs to chip in on any kedical coverage or care, or even to

cover our burials. This is not dramatic. This is the truth. Its up to you now, up to u to see the truth. If u forsce us to choose, and u limit our choices drastically,

we really ha e no choice at al, and that choice will intern be- TO KILL OURSELVES SLOWELY.

THANKS FOR YOUR CONCERN. Please help up to live the quality of life we only just not learnedjust so hhappened to even exist for us. Were here begging hou to let us live!

8/8/2014 4:29:00 AM - Shane DeSautels

My name is Shane DeSautels.

I was a heavy smoker for 14 years 1-2 packs per day.

I have been using vape mod since January 15th 2013.

Since I began to use this product I have had no desire for actual cigarettes.

When I began the nicotine level was 24 mg and I have decreased to 6 mg since then.

I use assorted flavors which I have only found available for vape mods which was the reason I was able to quit smoking.

The flavor and sent which is produced by vape are why I don't want cigarettes.

I do not use any tobacco flavors.

I have felt better since I quit smoking cigarettes can breath better, sense of smell and taste have improved and I feel better than I ever did while smoking cigarettes, however if vape is taken off the market I will revert back to cigarettes.

In closing I do not write about myself very well but this is an important matter to me and many others. So if you want the many people who use mods to revert back to the unhealthy cigarettes which contain numerous harmful chemicals please reconsider taking this away.

Sincerely, Shane DeSautels

8/8/2014 5:19:00 AM - Cindy Trine

I have smoked for 30 years from 1-2 packs/day. One time I quit for 1.5 years and another time I quit for 5 months. It was obvious I would probably never quit smoking.

I went to trying nicotine gum, nicotine patches, Wellbutrin, even Chantix in more recent years. The first aforementioned items, I smoked and would get ill. Wellbutrin did NOTHING. Chantix, well, I really decreased my smoking, but only while on the med. When I quit the med, I went right back to smoking and went back on Chantix a second time. I even had a couple days of suicidal tendencies while on it-thank goodness for my best friend stepping in, or it could have been a devasting day!

And once again, I resolved that I would be a smoker.

Then I became familiar with vaping in 2013. I started by trying a disposable e-cig and knew that wasn't for me, but that if I had an alternative to it, I would be very interested. Sure enough, I got online and found the world of mechanical and variable mods, different ways of wicking and and and...even down to making your own e-juices. In October 2013, I chose a rebuildable tank and a mechanical mod. I got some supplies and away I went! Now, it's August 2014 and I have just entered the world of making my own e-juice this month!

I still have to have the real thing from time to time (cigarette) but that is always less than a pack-sometimes 2 cigs are enough.

There have been a LOT of positive changes since I started vaping: #1 vaping takes extra work so it gives me something to do #2 my health in general is much better, from aches/pains, tiredness, blood pressure, stamina, breathing when going on inclines or steps #3 my flat and clothes are not permeated with foul odors and tar is not attached to everything, #4 it is much more cost effective on my low income, #5 vaping is a conversation starter to break the ice.

I have thouroughly enjoyed my vaping experience from many aspects and the nicotine, flavorings, VG adn PG solutions are all FDA regulated anyway. I refuse to buy anything that is intended to go into or rubbed onto my body, from China and so on. I was only buying e-juice made in the USA and now I make my own. However, if the government takes hold of the vaping world, as they intend, I will not be able to afford it anymore; I will just go back to smoking and there will go my health and finances.

8/8/2014 8:10:00 AM - George from California

Hello,my name is George from California. Im a former marine and have been a smoker since 18.im 34 now but for the past year I've been vaping. (E-cigarette) .now before that i smoked about a pack a day.little by little i quit smoking cigarettes. The e cigarettes satisfy my craving. Now in the beginning i was sceptical about e-cigarettes but i did research on them and found that the ingredients cause little or no harm to the person. Granted ,it is fairly new and we have yet to see the long term effects of it but unlike cigarettes it doesn't pollute the environment or cause second hand smoke.now the fda just wants to find a reason to ban e-cigarettes without any good reason.there main objection to e-cigarettes is that minors are buying them illegally. Either in vape stores, online,gas stations,ext.and ok i see that as a problem.now the solution is to have it regulated as 18+ .just like cigarettes. For purchasing. Simple! .now

smoking cigarettes around places outside such as parks,beaches, building, and bus stops have been banned.and i believe its because of the harm of second hand smoke.and thats fine by me .but with e-cigarettes its not harming anyone with the vapor expelled. So what the heck is the problem. Is the fda that hard up that they want to mandate ordinances to eliminate e-cigarettes without proper justification and solution. If it helps me and millions of others quit smoking and has no harmful ramifications on myself or others around me then whats the problem! ?i believe its all about money.sad.the sales of cigarettes will plummet substantially and there will be less $$$$$.(taxes) .its a constant battle. All i say is give it a chance. Don't force the ones who want to quit smoking in a safe way.if the fda takes that away from us then we go back to smoking and that means money for them.yet they keep saying smoking is bad.that sounds ridiculous to me.wake up! Knuckleheads.

8/8/2014 11:25:00 AM - Robert Schwartz from Vanleer, TN

I had been a smoker for around 8 years, And of that 8 years I smoked about 1-2 packs a day. My friend had gotten me and my fionce to try out the e-cig and I liked it! So far I have since upgraded my kit to better suit me personalty. Since I have quit smoking and started vapeing I have been able to walk on trail again with me dog, Enjoy the outdoors again. I also had migraines when I smoked cigarettes, Now since vapeing THEY ARE GONE! No more migraines! I can even smell, Taste, and Breath better since I started vapeing. And the BEST part of all this... I got my mom to stop smoking as well and she had been smoking cigarettes for 35+years, Not anymore! My mom has been vapeing full time now and fully quit smoking, and in that turn is now healthier. I thank the vape!

8/8/2014 8:38:00 PM - Patrick Ellquist, New Mexico

I smoked for fifteen years. I started at the age of fifteen and continued until the age of thirty. At thirty, the realization sunk in that I had been smoking for half my life so far. It was about time I quit. I tried a friend

8/8/2014 9:51:00 PM - R.J. From Dover, PA

I have been addicted to nicotine for 16 years.

First was smokeless tobacco, and over the last four years was cigarettes.

I've tried multiple times to quit, by using gum, cold turkey, lozenges, cutting back, but none of them worked well.

I would go for a period of time without cigarettes, but would quickly and easily pick them back up when some one was around to smoke with.

About six months ago, I began vaping.

I currently use different flavors, almost all the time with a little bit of a nicotine flavor, and an 18mg of nicotine mixture.

I have cut back on smoking to less than six cigarettes per month and even that cuts back constantly.

Since I began vaping, I enjoy the different flavors I can get, I like not smelling like cigarettes, and being able to be satisfied, because I still have the action of smoking and some nicotine.

I have found myself eating healthier and exercising more since vaping.

I also realized I have much more energy.

Cigarette use has cut back to next to nothing, and continues to cut back, because I now feel gross when I'm even around a smoker.

I have also saved hundreds of dollars by going to vaping.

My quality of life has improved immensely, as well as my health, and outlook on life.

8/8/2014 10:47:00 PM - Jennifer

I started smoking Marlboro 100's when I was 15 years old and smoked about a pack a day for 14 years... I started using the e-cig (vape only CE5-S) on December 3, 2013 and haven't had a actual cigaret since. I started with 24 milligrams of nicotine and am now at 6 milligrams... I plan to drop to 2 milligrams then 0 and then to quit... I probably never would of quit if it wasn't for the E-cig.... I no longer taste and smell like an ashtray and I do not have cigaret butts all around my house and car... It is awesome!!!!! Thank you e-cig!!!

8/8/2014 11:03:00 PM - Susan A. Wrigley (Zee) from Lansing, KS.

A letter to the FDA from a consumer who uses flavored vapor e-cigarettes.

My name is Susan A. Wrigley, LPN, and I am against the regulations that you are about to impose on the e-cigarette industry as a whole. The regulations are supposed to make the use of e-cigarettes safer for consumers like me, but in their current form, they will do no such thing. The main problem is that you are not listening to the evidence that people like me are giving you. Let me tell you my story about how using flavored vapor e-cigarettes starting five years ago helped me to completely stop smoking.

In June of 2009, I had been smoking regular Camel full-flavor cigarettes for eighteen years. I had become asthmatic, I developed allergies, and I couldn't even walk up a single flight of stairs without becoming winded. A friend introduced me to a local entrepreneur in Overland Park, KS. I was cautious and skeptical, but I had just lost my father the previous Christmas Eve, to emphysema due to a lifetime of smoking Marlboro reds, and I was desperate to quit smoking. The man asked me what my favorite flavors were in my favorite sweets and candy. I replied that cinnamon rolls and cinnamon candy were my favorites. He pulled out a small bottle of juice. I asked him what the ingredients were, and he explained to me that the juice consisted of an older, little used, mild asthma medication, propylene glycol, water, and 18mg of nicotine per ml. with natural cinnamon flavoring. I put the vapor stick together as instructed, and threw out all of my cigarettes also as instructed. I puffed away as needed on the vapor stick. I liked the flavor, it kept me from wanting a cigarette. Before long, I had realized that I hadn't smoked a cigarette in over three weeks! It was truly amazing! Nothing that I had tried before had done such a feet!

When I first tried to quit smoking, my doctor had put me on the nicotine patch. In two days time, I was desperate for a cigarette. Then I sank $55 in the Nicorette gum. I used it as directed also, but like the patches, it only took 48 hours before I was running to the first convenience store to buy a pack of cigarettes. Earlier in 2009, I saw the cig-a-like e-cigarettes behind the counter at a local convenience store. I invested the $100 needed to get a start-up kit. I chose the full flavor tips because that was what I smoked. I would smoke the hell out of those things, but I ended up spending more and more money on them because they didn't last for more than 2 hours. If I didn't have my charger handy at the right time, I would end up having to buy cigarettes to get me by. I hated all three of the flavors anyway, because they tasted like cigarettes,

and that was what I was trying to get away from!

In June of 2014, I went for my yearly physical. I had completely stopped all of my asthma medications, because I was no longer an asthmatic. I hadn't experienced allergies in more than three years, and I am currently able to run 2 miles a day without any difficulty breathing. My

doctor commented on how fit I was and asked me what I had done in recent years to achieve such a level of fitness? I told him about my success with flavored vapor e-gigs.

Since I am a nurse and people are always asking me if there is a better way to quit smoking, I tell them how I did it. Since January of 2010 to present, I have successfully helped more than fifty people to quit smoking by using flavored vapor e-gigs.

What all of you at the FDA fail to grasp is the importance of the many flavored e-juices that are currently available. We all have a sweet tooth to a certain extent. The flavors that we like are with us from childhood through the rest of our lives. The ability to "vape" using our favorite flavors are the key to successful smoking cessation.

I can tell you in all honesty, I like my nicotine, and if you took away my neighborhood family e-vapor store, I would most definitely become an outlaw and buy my juice and supplies off the huge black market that you will be creating!

Most sincerely,

Susan A. Wrigley, LPN

8/8/2014 11:55:00 PM - Cheryl G. from Streamwood, Il

I am a 60 yr old woman who started smoking at 12 yrs old. Was always a 2 pack a day smoker, more on weekends. Tried the patches, prescriptions, etc and the most it ever lasted was a week. Was diagnosed with COPD and Emphysema many years ago and had been on 2 daily inhalers for many years. In Sept 2013, I started to use the e-cig and it took 3 weeks of doing both until I totally stopped cigarettes. Next month it will be one year of not one cigarette! But the best part besides my clothes, car and house no longer smell is that my lung specialist has taken me off one inhaler, said my chest x-ray showed my lungs look really good and said he doesn't want to see me for a year and the 2nd inhaler will also be stopped! I started with the 26 mg fluid that was as close to my brand as I could get, but probably won't change that because sadly, I enjoyed smoking and if nicotine is the only thing I'm addicted to, that's ok!

8/9/2014 4:11:00 AM - Melissa S.

I started smoking at the age of 33 due to some stressfull changes in my life.

although my entire family from parents to grandparents to uncles all smoked my whole life I never started until late in life.

When I started I would go through about a pack every 5 or 6 days but by the time I decided it was time to quit I was smoking about 2 packs a day.

My clothes smelled bad, my car and home smelled bad, and I hacked and coughed like I was dying, and a trip up the stairs was a major aerobic workout that left me winded and tired. I tried the patch just made me ill...tried the one use e cigs from the gas station still left me craving and jittery. And the prescriptions just made me angry and annoyed at everything and everyone.

I was getting ready to take a trip to visit my daughter and my two other daughters begged me to

try the vapors because I could easily go through 2 to 3 packs of cigs in an 8-10 hour road trip I was a chain smoker in in the car. I went to a new vapor store that had just opened in our town...asked about a million questions and they were answered completely so I took a chance that this would be the thing to finally get me to quit.

I was a menthol cigarette smoker so I chose a mint flavor and a carmel apple flavor to satisfy my sweet tooth because my biggest fear was massive weight gain if I quit. I started at 18 nicotine as suggested by the guy at the store for the amount of cigarettes I was smoking.

I was at 18 for about 2-3 weeks had no jitters no anger issues and could breathe again and my daughters were able to enjoy our road trip without having to be swallowed in the odor of my nasty habit. I dropped down to 12 expecting a mood change or jitters at this point since I figured the 18 was where I had been at so I hadn't experienced the drop yet, but to my relief and pleasure and the pleasure of my family that didn't happen. In the next two weeks I went to 6 nicotine and now 3 months after I started I am nicotine free...I use the vapors for a hand to mouth addiction so I won't eat myself to 6000 pounds and I can get different flavors that satify my different flavor cravings.

Oh, and everyone asks me if I have lost weight..although I haven't been on the scale my clothes fit better and I feel healthy and happy...also my skin has improved a great deal...I love my vape guy he changed my world....(don't tell my husband)LOL okay he knows I think he secretly loves him too because he also vapes and loves it no more nicotine and maybe a few extra years with the ones I love....

8/9/2014 5:34:00 AM - Taylor Tullis

I have smoked since i was 14 years old and grew tired of feeling sickly, smelly, and other wise gross. my father has stage two Emphysema and has suffered from many ailments, including heart and blood diseases, which nearly cost him his life. i searched for an alternative to smoking using chantax i had many negative side effects including walking blackouts and very bad night mares vaping saved my life

8/9/2014 5:46:00 AM - jason walker,gallain,tn

stoped 3 months ago but started back but have almost stop completely this time with the help of vaping

8/9/2014 5:54:00 AM - Jessica

I started smoking when i was 13 years old. I am now 27. I tried quitting cold turkey and using gum. I always went back to smoking. My husband and i used something similar to the blu brand of cigalikes a few years ago and that almost worked. Last year we came across the vaporizer pens. We used those for several months and they actually worked for us. It took a little time for us to get used to. My husband quit on chantex at one point but the side effects were SO bad from it that he had to stop using it. He started having walking black outs and became hostile with out meaning to or even remembering it. Using the vaporizers we have been able to successfully quit and feel so so much better. The various flavors and varieties have made it much easier for us to quit. We have something that really satisfies the craving for smoking and fills the void that was left. I enjoyed smoking but i enjoy vaping so much more! I feel healthier and more energetic. I want these options to be here for other people, so they can experience quitting smoking like we did. We didn't have a hard time with it. It was easy to replace smoking with vaping. A big part of quitting smoking is the frustration you feel with not being able to have a cigarette. You don't get that with have the vape as a replacement. I work at a vape shop and i love being able to help people quit every day.

8/9/2014 7:22:00 PM - Jake Jacobsen from Texas

I am a 61-year-old adult who smoked tobacco cigarettes for over 44 years. During this time, my cigarette habit had increased to the point where I was smoking between 3 (60) and 4 (80) packs per day. For most of the last 20 years, I had been trying to quit my smoking habit. I had tried most of the available methods to stop smoking. None of these quit attempts were successful. I had managed to stop smoking for as long as 4 weeks, but never more than that. The nicotine replacement products just did not provide enough satisfaction to make them effective.

In August of 2013, my daughter introduced me to electronic cigarettes. She had stopped using tobacco with one of these new devices. I gave it a taste, but I had long ago given up any hope of belong able to stop smoking. Although it seemed interesting, I couldn

8/10/2014 4:40:00 AM - Todd Habeger

Hello my name is Heather,I started vamping back in December of 2014. My mother in law bought me and my husband a starter kit. My husband and myself were having breathing trouble and getting some type of upper respiratory infections every other month. Since we have started vaping we have only had two and that was only cause we were vaping and smoking. Since we stopped smoking and only vaping 5 months now we have had more energy and not infection it's amazing. I have went from 24 nic to only 6 to 12 nic depending on what I vape on I have 2 batteries a mod and a mech mod. Also my two younger daughter no longer have the same amount of sever asthma problems. Since vaping life has became so much better my anxiety has gone done and I have energy to play with my four kids it's wonderful. I had been a smoker for 15 years before vaping. I had tried the patches and pills and this wired cigarette type thing throw my doctors and none of them worked.. Vaping changed all of that, and with all the amazing options you have it easy to find some thing that would work for you. If you as me doctors she start handing out information on vaping. There is no crazy side effects you my get by using it. You won't throw up, or anything like that. You will be happy and have better health. There are so many was vaping can help our work force. It will bring jobs to those who don't have to

8/11/2014 3:31:00 AM - Susan A. (Zee) Wrigley from Lansing, KS

A letter to the FDA from a consumer who uses flavored vapor e-cigarettes.

My name is Susan A. Wrigley, LPN, and I am against the regulations that you are about to impose on the e-cigarette industry as a whole. The regulations are supposed to make the use of e-cigarettes safer for consumers like me, but in their current form, they will do no such thing. The main problem is that you are not listening to the evidence that people like me are giving you. Let me tell you my story about how using flavored vapor e-cigarettes starting five years ago helped me to completely stop smoking.

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Since I am a nurse and people are always asking me if there is a better way to quit smoking, I tell them how I did it. Since January of 2010 to present, I have successfully helped more than fifty people to quit smoking by using flavored vapor e-gigs.

What all of you at the FDA fail to grasp is the importance of the many flavored e-juices that are currently available. We all have a sweet tooth to a certain extent. The flavors that we like are with us from childhood through the rest of our lives. The ability to "vape" using our favorite flavors are the key to successful smoking cessation.

I can tell you in all honesty, I like my nicotine, and if you took away my neighborhood family e-vapor store, I would most definitely become an outlaw and buy my juice and supplies off the huge black market that you will be creating!

Most sincerely,

Susan A. Wrigley, LPN

8/11/2014 5:40:00 AM - Alisa M.D.

I was a smoker for 8 years.

I "quit" many times.

A day here... A week there... Almost 2 weeks, but I just could not kick the habit.

Today, I have been smoke-free for 9 months.

That is 4,210 cigarettes, that I would have smoked, I was able to avoid and I owe it all to electronic cigarettes.

I smoked a pack a day. I constantly smelled and I could not go an hour without stepping outside for a cigarette.

I was addicted.

There is no way around it, I had a problem.

It didn't matter how many pictures I saw of black lungs or how many stories I read on all the tobacco related deaths, I wanted a cigarette and by golly, I was going to have one.

Even working in healthcare and seeing the effects of smoking on a daily basis did not phase me.

That is how addictive cigarettes are, they made me not care about the quality or length of my life.

Like many smokers, I was ashamed of my habit and I tried every solution to quit.

I was allergic to the adhesive on the patches, so they were absolutely out of the picture.

The gum, even at the highest nicotine level, just never seemed to work.

I tried Snus one time, but that made me so sick to my stomach I was back to cigarettes within 24 hours.

My doctor told me that Chantix had too many side effects and to just go back to the gum.

I decided to try electronic cigarettes.

I am glad I did.

I started on 24 mg of nicotine and completely quit the use of all tobacco products.

Over the course of 9 months, I have tapered down to 6 mg.

In the beginning, even with the use of an electronic cigarette, I did have withdrawal symptoms.

Cigarettes have so many addictive ingredients and electronic cigarettes have only one of those, so it was to be expected that I would crave cigarettes in the beginning.

However, that is the only negative side effect I had when starting with an electronic cigarette and those cravings were gone within a matter of days.

I have, however, had many positive outcomes from my switch to vaping:

I have not had an asthma flare-up in 9 months.

I can breathe better.

I don't have a nagging cough any more.

No more green phlegm!

I have far fewer headaches.

I can exercise for more than 5 minutes before getting short of breath.

Best of all, I am not killing my loved ones with second hand smoke.

Electronic cigarettes are life savers.

Rather than punishing users and taking away an effective quitting alternative, I believe adults should be educated on the option of using quality electronic cigarettes as a smoking cessation device.

Thank you for reading my story.

8/11/2014 9:54:00 AM - Ryedan

I smoked on average twenty five cigarettes a day for thirty seven years. I thought seriously about quitting many times in the last twenty years I smoked and actually tried to quit many times. I tried cold turkey, weaning down slowly, Nicoderm patch, Nicorette gum and their inhaler. I was actually successful for one year once, but then started smoking again. In January 2012 my doctor told me I was developing COPD and I needed to stop smoking. I struggled with that for the next three months, but I could not quit.

I bought my first e-cigarette in early April 2012. I both vaped and smoked for two weeks and then switched completely. I have now been cigarette free for twenty seven months. My ability to breath has improved noticeably and my doctor is very pleased with my progress and has told me my COPD symptoms have significantly improved. E-cigarettes have been a god send for me.

8/11/2014 12:58:00 PM - Greg Johnson

Despite the known risks associated with smoking cigarettes, I smoked a pack a day for almost 20 years. Throughout that time I tried numerous times to quit using every FDA-approved product available - patches, gum, pills - and nothing worked. These products were not only prohibitively expensive, but also ineffective at curbing my desire for cigarettes.

About two years ago my smoking habit began to take a serious toll on not only my health, but my quality of life. I had trouble breathing after light physical activity. I was unable to play with my infant son or climb a flight of stairs without feeling winded. I developed sleep apnea and found myself unable to get a restful night

8/11/2014 1:08:00 PM - Richard T Anderson

From: Richard T. Anderson 7
August 2014 To: FDA Center for Tobacco Products Re: FDA, Docket No. FDA-2014-N-0189, Regulatory Information Number (RIN) 0910- AG38

My wife and I were both long term smokers. We each smoked for more than 30 years using at least a pack of cigarettes a day, often more. We each tried to quit many times over the years. We used patches, gun lozenges cold turkey, Welbutrin and Chantix. None of these FDA approved methods were effective for us. In fact the side effects we experience using Wellbutrin and Chantix were severe. In October of 2013 we switched to electronic cigarettes and have not used burning tobacco since. Dr Voran of Heartland Health Clinic of Platte City, our doctor has been supportive of our use of electronic cigarettes. He has been pleased with the positive health effects we have both experienced since the switch. We have both gotten rid of our smokers cough. My wife no longer uses Spiriva for COPD. I have recently begun to run again and have found my breathing to be greatly improved. We also believe that the

8/11/2014 1:24:00 PM - Roger Schaeffer

ello My name is Roger. I am 58 yrs old and started smoking when I was 16. By the time I was 30 I was really down on myself for being a smoker. I knew the health risks and it was costing more and more money as taxes started to climb. At About age 42 I did quit smoking using nicotine gum. I went tobacco free for 8 yrs. When I was 50 I started smoking again during a stressful period in my life. I treid over the next 8 years I tried

to quit smoking numerous times using

Nicotine Gum and Enrolled in the Minnesota Quit Plan Program. The longest I was able to quit was 30 days.

Then 6 months ago I saw my 75 yr old Mom using a Electronic Cigarette that resemble a tobacco cigarette. I was pleased as she had heart surgery 10 yrs earlier. The Next day I ordered a Deluxe Electronic cigarette kit off the internet. With in 2 weeks I quit using tobacco completely. Its now been 5

months tobacco free. I feel better,smell better and my self esteem has risen. I use tobacco flavor 50% of the time and Fruit Flavors 50% of the time. Sadly my Mom returned to smoking as the cigarette looking devices did not satisfy her cravings and it was almost as expensive as smoking. I tried to show her how to use larger ,refillable products but she could not get the hang of it. I have met over 100 people online who have left tobacco and its Know health risks behind and living much more satisfying lifestyles.Thank You

8/11/2014 1:40:00 PM - Susan@Vay

To Whom it May Concern:

I am a fairly well-educated American citizen who made a poor choice and became nicotine addicted at a young age.

I smoked on average of 2 packs/day of Marlboros for over 40 years and it finally caught up with me.

Over 2 years ago, I was diagnosed with Invasive Squamous Cell Carcinoma.

Time to quit.

I initially used Chantix to quit smoking cigarettes but could not deal with the accompanying nausea and psychological effects.

My oncologist suggested I try an e-cig.

I've not smoked a cigarette for over 2 years now.

I've vaped for over 2 years exclusively.

My physician (who has been my physician for over 30 years!) says he has never heard my lungs sound so clear!

I feel better, I don't stink, and my house is cleaner.

Now as to the flavor thing.

When I initially started vaping, I started with *USA Red Flavor* my first e-cig store's equivalent to Marlboro.

I added a little vanilla, then a little creme, then a little this and that.

I am currently vaping Butterscotch exclusively!

I currently buy my e-juice from a reputable company who makes their juice to order IN THE USA!

Should the FDA choose to approve only *cigalikes* from the big tobacco companies, I wouldn't start smoking cigarettes again.

What does big tobacco have to offer except tobacco and menthol?

Tobacco and menthol are big tobacco's only flavor choices for their e-cigs too?

I started vaping to NOT get back into smoking cigarettes!

I'd likely continue to buy my lovely Butterscotch on the black market, or more likely, try making my own.

NO!

E-cigs and/or e-liquids should NOT be sold to minors.

Like cigarettes now.

On-line vendors of e-cigs and e-liquids should take maximum precautions to stop underage shoppers.

Other than that, FDA needs to leave this industry alone! That is the extent of my support for any action the FDA wants to take regarding e-cigarettes.

8/11/2014 4:20:00 PM - Nicholas Dimig from Stuart, FL

My name is Nicholas Dimig and the following is my story about quitting smoking and use of e-cig mods.

I started smoking at around the age of 15 regularly (I am now 35), but had smoked a few times before that just to be

8/11/2014 6:41:00 PM - Jesper Jensen, Ishoej Denmark

I am a vaper for 5 years. Before that I was a 20+ years 25 strong cigarettes a day,smoker.

Becoming a vaper have been a great gift to me and my family, in terms of not worring about diseases related to smoking (lungcancer).My clothes or home doesn't stink.My sense of taste and smell are better. When I smoked I had a lung test that said that my lungs where in a not so good shape.And I could only run 200 meters before being out of breath. Now I've had a lungtest that said that my lungs where pretty normal for my age and I can run 5 km before being tired.

In the past I've tried several different ways to stop smoking patches, gum pills and even Zyban.It did not work.

Jesper Jensen, Denmark

8/11/2014 10:34:00 PM - Gillian - American disabled veteran

From: Gillian Weathers To: FDA Center for Tobacco Products RE: FDA, Docket No. FDA-2014-N-0189, Regulatory Information Number (RIN) 0910- AG38

I vaped in public because that was my chance to introduce old folks like me to an alternative to cigarettes.

While the FDA was doing their studies all these years that was no problem. People could tell with their nose that I was not smoking. They recognized the familiar behavior of water vapor and were assured.

We old folks are easy about talking to one another and asking questions.

Since all this furor began I have been yelled at and told to go to a smoking area. That is how you governmental departments have been treating me as well and you won't listen.

Once again you claim to have my interests at heart but you will and are hurting me. The damage you have done to me demands you hear me out.

I started smoking at 11 so my cousin would not call me a baby.

Every adult in my world smoked.

The government backed studies that cited cigarettes as non-addictive and not dangerous to your health I was too young to be cynical. I had no fears about my parents smoking or myself as I otherwise might have.

I was quickly addicted and easily bought cigarettes by saying they were for my mom. No one thought to block my access.

In the late 70s everything began to turn

around. The big tobacco companies cried

8/12/2014 12:04:00 AM - Kenneth Moore, Illinois U.S.A.

I smoked since I was 17 years old, I am now 52. I started at 2 packs a day & then 3 packs a day. When my wife was killed 3 years ago I went to 4 packs a day. It was 2 months ago when I finally turned to Vaping.

I tried throughout the years, the gums, drugs, patches, nothing worked. I developed COPD, type 2 diabetes, could not walk far, just killing myself. This industry saved my life for my children & my new fianc

8/12/2014 2:28:00 AM - Bempathetic from Wayne, PA

Disclaimer: After re-reading my story, I realize that it may offend people that have been happy with smaller batteries, and pre-filled cartos, etc.

Whatever works for YOU, and keeps you off of combustible cigarettes is THE best.

This is just my own personal experience that I am sharing with everyone.

And maybe, someone like me, who went back to combustible cigarettes or couldn't get off of them and didn't know that there were other options besides small batteries and pre-filled cartos will benefit from my story.

Again, this is just my personal experience.....nothing else.....

I am a 31 year old former smoker who quit three and a half years ago thanks to e-cigarettes.

I began smoking combustible cigarettes at the age of 12, and wasn't able to quit until the age of

28.

I was smoking around one and a half to two packs of cigarettes a day for the majority of that time period.

I had colds almost every 5-6 weeks that would turn into sinus infections or pneumonia.

I constantly felt run down.

My family and friends had tried desperately over to years to get me to quit.

And, I did attempt to quit smoking many times during this time period, and though I failed every time - I kept trying.

I used many of the widely available products to attempt to quit and even a product that is only available with a prescription.

I tried to quit smoking by using Nicorette Gum 8 times, I tried using the nicotine patch 4 times, I tried to use the nicotine lozenges 2 times, I tried to quit cold-turkey 4 times, and I tried to quit with Chantix 2 times (which made my stomach ill the first time, and made me suicidal the second time!).

None of these products were successful in the end, and none of them kept me off cigarettes for more than 2 weeks, with most only keeping me off for several days.

The problem was that I enjoyed smoking - I loved the taste and the smell.

I craved that first cigarette in the morning, it was the only thing that motivated me to get out of bed most days.

In November of 2010, I made the decision to try again. And with the advice from two of my cousins (who started smoking at the same time that I did, we started together....) I purchased an e-cigarette kit just like they had.

This original kit contained 2 small, cigarette sized e-cigarettes and pre-filled cartomizers of tobacco flavored e-liquid containing 12mg of nicotine.

Although I was regularly using the e-cigarette, I continued to smoke combustible cigarettes in the morning and through the afternoons at this point.

The battery life was poor, the nicotine strength was not high enough to lure me away from combustible cigarettes, and the taste of the e-liquid in the cartridges was absolutely terrible, it tastes like a box of fresh band-aids.

The cartomizers would also run out of liquid after only 45 minutes of use and they weren't cheap.

A pre-filled carto is not equivalent to a pack of cigarettes.....i don't care what any manufacturer claims....

I decided to do some research to try to find a better product.

I discovered that I could buy a bigger and stronger e-cigarette than the one that I had initially bought, AND EVEN BETTER I could also buy other flavors and strengths of e-liquid from various companies!

I purchased the larger e-cigarette, and bought e-liquids of several different flavors to try in 24mg strength.

I began using my new e-cigarette more and more frequently, opting for it instead of a combustible cigarette, because the strength kept me from needing the stronger hit that a combustible cigarette gives.

After trying dozens of flavors from various companies, I finally found an e-liquid flavor that I actually liked, it wasn't plain tobacco!

It was tobacco with vanilla and caramel.

I stopped using combustible cigarettes immediately, and have stayed off of them ever since.

My new ecigarette was much better than the initial little ones, but after about 2 hours of use the voltage would drop off and it wouldn't be even remotely as satisfying as a freshly charged one.

So, I purchased several to have in rotation, which worked great for a little while.

Then, one day I screwed a new cartomizer onto one of my e-cigarettes, and it shorted it out.

Over 6 months, I got bad cartomizers that would short out and ruin all of my e-cigarettes.

Growing frustrated with how many e-cigarettes I had to constantly replace, I decided to invest in a truly regulated e-cigarette, that used removable batteries that I could charge in a separate charger.

I purchased this device two and a half years ago, and this is the same e-cigarette that I still currently use - I've never had to replace it.

My e-cigarette has multiple, and redundant safety features built into the processor just in case one or several features fail at the same time.

If I put a faulty cartomizer or atomizer onto my e-cigarette

8/12/2014 10:08:00 PM - charlie

I

am a physician who has smoked since high school.

During college, medical school and residency ,I

smoked 3 packs a day, as I could smoke anywhere in the South back then, including my hospital.

I have tried every method of quitting--hypnosis twice, acupuncture twice, SmokeEnders and ACS programs, Wellbutrin, prescription cigarette-like devices, Nicorette,

etc.

Nothing worked.

A health scare at 52 years old led me to quit cold turkey, and it was so hard.

The craving was at its worst during my commutes, often to the point of tears.

Enter

e cigs.

They are likely what has helped me to be tobacco-free for almost 5 years. Part of my addiction was to menthol, and they have helped in this area too.

I use low or no nicotine e cigs primarily, and am thrilled with the variety and levels of nicotine currently available.

I no longer stink, I breathe better, and my marriage has benefited.

I don't have to sit in the garage, and can "vape" in the car without bothering my spouse.

Regulating these so as to make them unobtainable will likely lead to folks continuing to smoke tobacco.

Regulating these may drive people back to tobacco.

E cigs are healthier (proven) and so far have not been shown to have second hand effects.

I have helped one other person to quit by introducing her to these.

They are the only product out there which truly captures the hand to mouth, inhale/exhale aspects of smoking which made it so pleasurable and hard to give up.

No pill or chewing gum can do that.

I think these things have literally saved my life, not to mention my sanity.

8/13/2014 3:39:00 AM - Michael, Birmingham, Alabama

I am an ex-tobacco smoker.

I smoked for 23 years. I tried many times over the years to quit smoking by different methods and each method failed.

I tried quitting cold turkey, nicorette gum and even tried using the original e-cigarette.

All these methods failed me. I finally tried a personal vaporizer or Vape Pen and I gradually began to increase the use of my personal vaporizer and reduce my dependence of tobacco products.

I finally decided to quit using tobacco products 100% over a year ago and started using only my personal vaporizer.

What led me to choose this method was the excellent flavors available, ability to use anywhere, the ability to control my nicotine consumption, and the health benefits I was experiencing.

I started Vaping 18mg of nicotine per milliliter of e-liquid and I gradually decrease my nicotine consumption over a period of approximately six months.

I really enjoyed smoking tobacco products and vaping has given me an alternative to traditional tobacco products.

I have no plans to quit vaping because I enjoy the flavors available and vaping as an alternative to smoking tobacco products.

I am currently vaping 3mg of nicotine per milliliter of e-liquid and I will continue to reduce my nicotine consumption until I am at 0mg then I will continue to vape.

The benefits my family and I have experience with my switch to vaping verses tobacco have been numerous.

My smoker's cough, bronchitis and shortness of breath have gone away.

I started experiencing these benefits within six weeks of 100% vaping.

I, my clothes or vehicle no longer smell like tobacco.

I feel like I'm 30 years old again.

I can breathe 300% better now and I can cut my own grass again without having shortness of breath.

My wife and children tell me I no longer snore at night.

Now, that I can breathe easier and no longer cough or snore at night, My wife and I are able to get a peaceful and restful night's sleep.

Vaping to me, has saved my life!

I believe I will be around long enough to really enjoy watching my grandson grow up and hopefully see my other children get married and have a family of their own. To Whom Ever Invented the Electronic Cigarette (Personal Vaporizer):

I am totally grateful for this Invention and technology.

Always Vaping!

Michael

8/13/2014 3:41:00 AM - C.S.

To whom it may concern, On practically all accounts, I am an average 29 year old male, living in Orange County CA. I started smoking right out of high school. I started because everyone I knew, at the time, smoked. Throughout the 8-8.5 years of the smoking I subjected myself to, I increased the amount of cigarettes smoked each day, simply because my habit increased. After only two years, I hit my highest peak of smoking traditional tobacco cigarettes... That peak was 2-2.5 packs a day. Which means 40-50 cigarettes a day. And that habit continued for almost 6.5 more years. I never gave a thought to how much money I was spending. The amount of time I had cut from my lifespan, never even crossed my mind. I was absolutely addicted, with no thought of consequence.

I had tried to quit several times, over the last year that I smoked tobacco cigarettes. I tried gums, patches, hypnosis, cold turkey, etc... If I had not found "vaping", my next step would have been to seek professional medical help. I was desperate to quit. I felt trapped by a habit I couldn't seem to kick.

Three years ago, I was introduced to the first electric "cigarette" I had ever seen, or heard about. Once I understood that I was inhaling vaporized liquid, containing nicotine, and not the smoke from a burning object, I decided to give it a try. The switch was almost immediately complete. Within two days, I had cut my daily cigarette usage in half. By the end of the week, I bought my last pack of cigarettes.

After two weeks, I could breathe better, and no longer had a cough in the morning. A month later, I could taste food again. Two months later, I noticed that my sense of smell was highly improved, and that everything in my life no longer smelled of cigarette smoke. That meant clothes, cars, house, and most importantly ME. During this time, I also noticed that my tolerance for cigarette smoke had diminished greatly. I was no longer able to be around traditional smokers, as it made me feel ill.

For the first year, I used an 18mg "e-liquid", which is generally considered to be about the same nicotine level as traditional tobacco cigarettes. Then I stepped down to a level 12mg. A year later, I stepped down to a 6mg. I only used a level 6mg for about 6 months, before I stepped down to a level 0mg. I have continued my usage of level 0mg, and I have never felt better! Freedom from nicotine!

My step down process was my own.

It was not recommended to me, by any person, or any organization. I took it slowly, at the pace I felt comfortable with. I have seen some people step down much more quickly, and even quit "vaping" altogether, once they reached a level they could step off of. I have not seen, or heard of anyone quitting "vaping" to go back to tobacco

cigarettes. I have not seen anyone pick up smoking cigarettes again, after having used "vaping" to step down off of nicotine.

I continue to "vape", purely as a hobby. I am a mechanic by nature, and by trade, and I love to tinker with electronic gadgets. The extensive industry, and community, which has been created by "vaping" has allowed me to continue this highly enjoyable hobby.

I fully support any regulations which: 1. Make "vaping" safer, regarding:

a. the regulation of producing batteries

b. the regulation of safe ingredients in "e-liquid" 2. Prevent the sale/usage involving minors 3. Child-proofing any and all packaging 4. Warning labels on all packages which contain nicotine

To place any bans, or highly restrictive legislature on this ever-expanding, new industry, would be a shame. I have seen this industry create new jobs, as well as stir local economies. It has produced a highly lucrative market, for many entrepreneurs to gain a foothold.

However, above all else, it has helped countless people quit smoking cigarettes, and even become nicotine free...including myself, and numerous friends and loved ones.

Please do not take this away from us.

An example of change on the horizon: The majority of auto-makers worldwide, have stopped putting cigarette lighters in cars... Smoking cigarettes is now prohibited almost everywhere. Obviously our world is ready to quit smoking. "Vaping" is the best alternative for anyone who wishes to stop, because nicotine usage can be stepped down as gradually as the user wants.

Thank you for your time. I hope my story helps you make your decision. - C.S.

8/13/2014 3:56:00 AM - Chris Mellides

My aunt smoked heavily and I watched her struggle with and ultimately die from emphysema. I was in high school at the time and although her death should have deterred me from smoking, it didn

8/13/2014 4:31:00 AM - Wanda Randazza

I smoked for 35 years! I had asthma and was borderline emphazemic! I tried to quit smoking I used Nicorette gum it didn't help, I got my Dr to write a prescription for patches, they didn't work, I tried pills that my Dr prescribed and they didn't work! I tried cold turkey and that of course didn't work either! I continued smoking while all the time I was getting sicker! I was having to use a nebulizer and inhaler, and trips to the ER for breathing treatment! Then my Dad got real sick being 89 years old and a WWII veteran. He got so I'll we called my brother from Mississippi to come if he wanted to see our dad in his final hours this was exactly a year ago! My brother and his wife came and we took turns sitting with him and my brother was Vaping! I had never even seen Vape before, I would go out and have a cigarette while they could stay beside him, well He let me try it and cigarettes immediately started being very unappealing to me, I got my brother to find a place (Vulcan Vape in Homewood, AL) that sold this and have been smoke free for one year! Before my daddy died He made me promise him I would never pick up what he called" cancer sticks" again! I have kept my promise and to top it off I haven't had to use an inhaler or nebulizer since! My Dr is very pleased!!! He compared my Xrays of my lungs and the dark places are pink (or clear) again! That is proof enough for me and my doctor told me to keep it up that my health is improving. I started out using 18mg nicotine level and am down to 6mg nicotine at the present time, my goal now is to get down to zero where I can stop Vaping too!!! You know my teeth were absolutely falling out I only have a few teeth left and after doing research discovered smoking cigarettes did that to me! I wear partial like the man on TV commercials! Please don't hurt me any further, I am 59 years old and want to live to see my great grandchildren, Like my father and mother have! Please don't take our vape away! It is so much healthier! Sincerely from my heart!!!

8/14/2014 5:26:00 AM - Bryan King from Carmel Valley, California

I started smoking when I was 14 years old in elementary school. I would buy my cigarettes in a vending machine outside of a gas station on my way to school. It started out as trying to be "cool" and impress my other smoking friends. I thought I could never get addicted to cigarettes. Fast forward 25 years and I was a full time pack to pack and a half of cigarettes a day. I decided I needed to quit after an episode I had where I was coughing up blood. They told me it looked like it could be cancer but weren't sure at the time. Needless to say I was scared. Not scared enough to quit smoking though. Thankfully it didn't turn out to be cancer. I did try to quit using a number of different products and medications. Everything from nicotine gum, nicotine patches and the medications Welbutrin and chantix. I tried cold turkey....I tried everything I possibly could. I did get myself to quit for a short time and I was completely miserable and I was just plain mean to my wife. I got upset one day and grabbed a cigarette from a friend and picked it right back up like I had never quit. So, I started all over trying to quit with no success. Then I was introduced to a cheap version of an e-cigarette by a co-worker. It didn't really work to well but it got me doing some research on ecigs. I finally found a company that sold higher end products and decided to give it a try. At first it was really hard to switch over to the ecig. So, I did both for a little while. Switching from a cigarette to simulated tobacco flavor isn't something that is an overnight thing. You can't just grab an ecig and expect to instantly quit cigarettes. They are completely different. If you switch over too soon you probably will fail. What I did was slowly transition by smoking a "regular" then a couple of times an ecig. I used tobacco flavored e juice. I would slowly switch over to where I was smoking the ecig more often than the "regular" cigarette. The whole process took about 4-6 weeks. Once I was comfortable with the ecig and the simulated tobacco flavor I didn't buy any more "regular" cigarettes. I started out with a super high level nicotine in my ejuice. 36Mg then slowly over the years cutting it down little by little to where I am down to most of the time 0mg with an occasional 6mg for when I get a little stressed of upset. I now vape using a variety of different types of mechanical mods and ecigs. It has turned into more of a hobby than a necessity. It has been over 6 years since I last had a "regular" cigarette and I don't ever miss it. I breathe better, I feel better, I don't stink like smokers do (I can't stand the smell of a person who smokes) I can't believe I used to smell like that. I can't feel one single side effect from vaping as to where I had many side effects of smoking. I am a huge advocate for vaping It probably saved my life and I know it saved me financially. I spent around $125-$150 a month on cigarettes and now I spend around $40-$50 a month on ejuice. Well that's my story. If it helps even just one person I would be very happy. As one great guy says "smoking is the past, vaping is the future and the future is now" I couldn't agree more.

Good luck everyone. If I can quit....anyone can. Just keep trying.

Bryan King Carmel Valley, California imasharksfan@aol.com

8/14/2014 4:55:00 PM - Craig from Minneapolis, MN

I was a 1&1/2 pack a day smoker for 26 years. 1 year ago i bought my first vape device. That was the last time i smoked a traditional cigarette. I had tried every other method (patches, gum and chantix) and nothing worked. I have noticed an improvement in lung function and increased energy. I have also noticed a decrease in airborne infections/allergies.

8/14/2014 5:31:00 PM - Jon Vongoh, NY

This is a consumer comment regarding proposed FDA regulation of the e-cigarrette industry:

I am a 50 year old male who began smoking at the age of 12. For 30 - 35 years I was an everyday cigarette smoker.

Over the years I quit here and there - but nothing seemed to work for more than a couple of years at a time, and I would always go back to smoking.

By the time e-cigarette technology came around after 2005 - I had a chronic bronchial condition and cough: every morning I would wake up hacking and spitting up phlegm.

My first e-cigarette was a 501 style store brand with pre-filled cartridges. The vapor was not strong enough *nor* did the batteries last long enough without them running out for me, to use them anywhere but at home.

It took another two or three years - in 2010 - after the technology advanced and stronger models were available - to where I finally quit smoking for good.

Its been almost 4 years. I lost my taste for cigarettes after only a month using an eGo brand vaporizer.

I haven't smoked tobacco since nor do I have any desire to.

My cough went away and never came back, after only 6 months of using the vaporizer. My sense of smell is back, I can taste food, my house doesn't stink, and I save over $250 a month.

E-cigarettes saved my life and I know FOR SURE that it was the better technology brands that developed through real competition in the marketplace that allowed me to do this.

Cheap store brand junk - likely made by the corporations that are lobbying you over this bill - would not have worked for me and millions of others like me that were (or are) heavy everyday smokers.

I also know for sure - that I am only one of thousands and thousands of people for which, e-cigarettes have already SAVED THEIR LIFE - their marriage - their families.

The way it seems to us: another Federal agency is out of control, interfering in positive developments in the market and in society for powerful interests that are using the agency as a weapon against the people living here.

Are you American? Care about people out here at all?

Then why would you endanger the lives of possibly millions of smokers now and in the near future - by threatening to take away one thing that we have found that helped cure us of a deadly habit that has killed more people than either one of us can imagine.

Including my Dad, who died of lung cancer in 2000.

Keep the market in e-cigarettes free. Draconian regulations that kill another market, kills industries, kills jobs - and (literally) will lead to KILLING PEOPLE that go back to smoking - these "public health" rules are the kind that are not needed and not wanted.

Thank you for your time.

8/14/2014 5:43:00 PM - Stacy Neff from Charleroi, PA

My husband and I were smokers of cigarettes for many years, he for over 33 years and me on and off for over 20 years. We had tried other methods to quit...patches, gum, cold turkey...and were unable to quit smoking tobacco cigarettes.

We then tried e-cigarettes (mods with juice we can add) the end of February 2014 and were able to quit smoking tobacco cigarettes in ONE week! We have been tobacco free now for 5-1/2 months. We have since gotten quite a few other people off of cigarettes by advocating the use of e-cigarettes, the ONE thing that actually works! Even though we smoked outside of our house and cars, our 5 children are ECSTATIC that we were able to quite smoking cigarettes after so many years. We now have back our sense of smell/taste and have gotten rid of the odor of cigarettes that we always carried as a badge for tobacco smoking.

We now have advanced to using mechanical mods for rebuilding with drippers and tanks and e-juice, which has helped us to go from 18 mg down to currently 6 mg of nicotine, with our goal to get to 0 mg of nicotine.

It is great to be smoke free and be able to get rid of our coughing and wheezing we had for so many years.

We can climb stairs without being winded.

My husband had his lung function tested a few weeks ago for his job, and they were amazed when he told them that he had been a smoker for over 33 years and had quit 4 months previously (at that time) because his lung function was much higher than someone who has not been a smoker.

I for one wish that the government would stay out of this...something that has helped MILLIONS to stop smoking, especially since the research has shown that cigarette use has declined. Isn't that what the government originally wanted? I think it is UNFAIR that the tobacco companies even have a say in this, as they are the ones who created this mess (tobacco cigarettes) with our health, at our expense!

We expect regulations, but to require us to go to the cigalikes, which BTW "I" had tried and would not have been able to quit smoking tobacco cigarettes with, as it is NOT the same as the electronic cigarettes that we currently use or originally used to quit smoking tobacco cigarettes all together!

8/14/2014 6:49:00 PM - Richard S, Fairfield CT

I was a smoker for 35 years. I tried everything from gum's to patches to chantix and always went back to cigarettes. One night I saw a friend with an electronic cigarette and asked him about it. I said you mean I can have all the enjoyment of smoking without all the chemicals and harmful toxins? From that point on I was in. I purchased my first starter kit the next day for myself and my girlfriend. It took me about 2 weeks to completely quit cigarettes and my girlfriend a little longer than that. It has been 6 months since I have smoked any tobacco products, something I could never do before with various other methods. Vaping has become a hobby for me, keeping up to date with the latest trends, building my own coils and collecting different vaping devices (called mods). I feel better, my blood pressure is better, my cough is gone and I am breathing much better. I can't express how wonderful it feels to be tobacco free thanks to electronic cigarettes.

8/14/2014 8:08:00 PM - Scott Brown, Silver City NM

I smoked cigarettes seriously for 45 years, starting at age 14, quickly getting up to a pack a day.

I ordered my first electronic cigarette kit at the age of 59, having decided I did not wish to enter my sixth decade risking emphysema, COPD, and additional heart problems--I have two stents. Over the years I've tried cold turkey, lettuce leaf "cigarettes", hypnosis, pipes and cigars, chewing tobacco, patches, gum, and a mood altering prescription drug. None of these "took," except the e-cigarette. I like to say I smoked for 45 years, and quit in about 45 seconds...from the time I opened the shipping package and assembled my first e-cigarette.

Not that those crappy Chinese cartridges of yesteryear were any great inducement, I just really wanted to quit inhaling partially burned hydrocarbons, carbon monoxide, tar, pesticides, and all the other additives I knew were killing me (I used to have to take a "gasp break" just to walk up my driveway--granted it's a tenth of a mile long and 100 feet elevation from the street, but damn, I wasn't even 60 yet). I just couldn't break free of the nicotine monkey, or the lifelong habit of putting something in my mouth, inhaling, and blowing fog out. Patches, mint toothpicks, and gum didn't cut it, trying to change a lifestyle thing--my parents smoked unfiltered Pall Malls (yes, even my mother throughout her pregnancy, in 1949 who knew?); I was literally born addicted, like a crack baby, and I side-streamed smoke from nearly every adult I knew growing up.

It's over five years since I've touched a cigarette, now at age 65 I go high-desert mountain hiking from 8,000 to 10,000 feet, perform high intensity training on a exercycle, and my muscles begin to give out long before my lungs do.

They're clean...and I can smell and taste food properly again.

Knowing from past experience that quitting the "real" thing might not be so easy, I opted for the highest strength nicotine level (36 mgs.) figuring if I didn't get enough of a nicotine hit I might go back to smoking. I was right (others I've turned on to e-cigs tried to cut down too quickly and went back to smoking). Now I've happily cut that original strength in half. I've changed my equipment preferences through about six generations of e-cig designs in nearly as many years, currently using an EVOD with an eGo-C upgrade battery, with American eLiquid at 18 mgs.

Critics have cited potential nicotine overdose as a reason to ban or regulate e-cigs. Seriously, they don't imagine an inveterate tobacco user doesn't know how to handle a potential nicotine overdose? I've overdosed on chewing tobacco and nicotine gum, I know the warning signs. As do all nicotine users. Heck, this would be a great reason for regulating caffeine or aspirin, but no one's advocating it.

Some critics have (amazingly) also claimed the kits are too expensive (perhaps they are, if you're a kid on an allowance thinking to impress other children on the playground with zero-nicotine bubblegum flavored e-liquid). By my calculations I easily spend less than 25% of what I once did on tobacco products. For a pack-a-day guy, at today's prices, that's a savings of about two grand a year (not chump change on a fixed income), never mind the medical costs I haven't incurred. But now with big tobacco forming another unholy alliance with big government to "regulate" this healthier alternative to smoking, I can see that last benefit may be about to change. For the worse, once the likes of Phillip Morris and R.J. Reynolds get their hands on the industry. They can't just compete fairly and freely like everyone else? (Of course not, they'd be competing against their own death-based cash cow.)

Don't, for the love of God, regulate or ban these electronic life-savers. The market is doing a perfectly fine job of regulating itself as to quality of liquid product and free-market competition in device design. All the liquid ingredients are GRAS by FDA edict (with the possible exception of nicotine, but hey, the government is already in bed with that demon since before 1776), and the device is nothing more than a battery, a miniature heater, and a plastic tube (you could make these things at Radio Shack).

Please don't create a bathtub gin Prohibition situation which does far more harm than good.

8/14/2014 10:27:00 PM - VapinXsmoker

July 25, 2014

I was a 26 year smoker before discovering e-Go style cigarettes. I smoked as many as 40 analog cigarettes a day at my worse, and _ a pack to a pack a day when I started vaping.

I made the transition from analog cigarettes to ecigarettes December 6, 2013 and haven

8/15/2014 12:01:00 AM - Andrew Delashaw Largo, Florida USA

Dear congressman/senator;I don't know if you will even take my comments into regard, but I'm going to tell you how I feel. I had started smoking cigarettes iwhen I was 16 years old, and I quit in November of 2013. In the past 8-9 months I have started to feel better by an order of magnitude; my heart and lungs feel so much better. Don't ask me how I can feel that my heart is better, but I can! I owe my life, two of my paternal aunts, two of my paternal uncles, and my father is working on quitting with the help of an electronic cigarette. I agree that there should be regulations that govern the labeling, ingredients, and use of child proof caps. What I dont agree on is Big Tobacco poking around in the legislation. I LOVE the fruity and candied flavored e-juice; it's not just kids that like those flavors! I think the regulations that the FDA is trying to impose will not only HURT SMALL-BUSINESSES, but it will also endanger the health and well-being of millions of people that are in contact with first and second hand smoke. The ones I feel.bad for are the kids that have to sit in a car seat in the back of a car while their parents smoke with the windows up! I HAVE seen this happening, and I did not take kindly to it, and I definitly let the parents know. Please don't let the FDA impose these regulations upon us. Please show them how you feel about these ludicrous regulations by voting against these regulations. These regulations WILL prevent the small-businesses from creating new and exciting flavors and devices to vape these flavors. These small-businesses absolutely do not have the funds to afford the approval paperwork that the FDA is unjustly trying to impose. This will put e-cigs into the hands of Big Tobacco. I think that Big Tobacco definitly has their hands in this legislation... I have seen the Netflix series "House of Cards", and I know how these kind of things work. Please help me live a long and prosperous rest of my life. Inposing these regulations WILL cause people to buy juices/devices from out of China on the blackmarket, which will be very dangerous as we've seen the problems with consumables coming out of China being tainted with toxic chemicals and heavy metals. It will cause people to start making D.I.Y. e-juices, and with any D.I.Y. project that is done by an inexperienced person there is a high chance of error. People that have no compounding experience can and ultimately will mess up proportions. If the mistake 2.4% for 24 mg/ml or vice-versa, they can get very sic from a nicotine overdose. Also if they dont take the proper safety procedures/precautions they could get nicotine poisoning from the nicotine freebase being absorbed through their skin, or droplets/spills could cause a case of secondary exposure to other individuals within their household. There will also be a percentage of the vaping population will start making their own devices (e-cigs) without knowing proper battery safety, circuits, and Ohm's law. This can lead to catastrophic battery failures much easier than with a device that is safely manufactured/tested by professionals in a facility.Please take the words I have said in the previous section into consideration. I would greatly apperciate it, and so would my family; because I'm sure they would like to see me grow up. I would also love to be around long enough to see my new baby neice grow up.Sincerely,Andrew Delashaw

8/15/2014 12:56:00 AM - Rebecca LeBrun

I smoked cigarettes for nearly 30 years, and was turned on to e-cigs and vaping by a family member who had also used them, successfully to quit.

I began using a mod and e liquid back in January 2014.

It is now August, and I've not had one cigarette!

My lungs have cleared, my sinuses cleared and I can breathe, and I have not gained the weight I did when trying to quit before.

I have used the patches, gum, altoids, and welbuterin, but nothing else has worked for me.

I could NOT use Chantix because of existing chronic depression and anxiety.

If the FDA takes away my vaping, I will be lost.

It is the ONLY thing that has helped me quit smoking!!

8/15/2014 1:13:00 AM - Carol from Florida

My submission entered with the survey for the Free to Vape organization and delivered directly to the FDA on 8/8/2014:

In our efforts to break the habit of smoking after 25+ years, my husband and I had tried most everything, including nicotine gum, patches and even hypnotism, to overcome our addiction to cigarettes. And like many people we know, we were frustrated.

Until a little more than five years ago (June, 2009) when a friend let us try what is called an electronic cigarette, which fueled our curiosity.

Following about a week of research, we purchased several e-cigarette products that were available at the time, and found using them worked for us.

After a few days of dedicated use, which is called vaping, we stopped smoking cigarettes.

Along with my best friend, who had smoked for 42 years, we all became

8/15/2014 3:53:00 AM - Heather Coale, Minnesota

I am one of the few out there that actually enjoys smoking to this day. Since I started smoking at the age of 14, I estimate I have smoked in excess of 328,500 cigarettes. I remember when a pack cost about 45 cents.

Prior methods I used to quit were unsuccessful, I think, because I was trying to quit for the wrong reasons. Even though smoking has become taboo, I still enjoyed the habit. My entire thought process changed when I started the e-cig back in April 2013 and it has been a godsend! I am able to satisfy the two-fold habit: the physical addiction to nicotine AND the psychological addiction of hand-to-mouth. I learned this fact during the American Lung Association smoking cessation program years ago (1980's) that the addiction is two-fold.

I have also been hypnotized, tried 'cold turkey', gum, patches, behavor modification and other cessation programs, all to no avail.

With all due respect, I believe lawmakers who are considering making the availability of these devices more and more difficult are, more often than not, nonsmokers themselves. I believe in no way can they identify with what we smokers go through to remove ourselves from tobacco use and how important this is to us. To group (legislate) e-cig users with tobacco users puts us in a position where we are very closely exposed to the very item we're trying to BREAK FREE from.

I have to credit the good influence of my loved one and Smokeless Smoking Company based in Bloomington, Minnesota for their products and assistance they provide. As a result, I am tobacco-free, I smell better, I can breathe easier, my skin and nails are no longer yellow and I no longer offend those around me. I did have cause to smoke a regular cigarette at one point recently and it actually burned my throat all the way down. It wasn't pleasant, to say the least.

I would like to also point out that an electronic cigarette is neither a tobacco product nor is it a cigarette. It is an INHALER that contains the active ingredient in tobacco, which is nicotine. An electronic cigarette is just a different nicotine delivery device that is in the same group (idea) as patches and gums. What it DOESN'T contain is the tar and the more than 400 cancer-causing additives that are found in regularly produced cigarettes. My personal experience with the flavoring is that it is attractive enough for me to continue to use this device without reverting back to tobacco. In fact, I now prefer vaping to smoking.

I find it strange that after all these years with the 'war on drugs', there is such a push to legalize marijuana and at the same time there is a push to outlaw a device that is INSTRUMENTAL in assisting smokers to quit tobacco use. Just the idea of it doesn't make sense to me.

I am in the process of successfully rebuilding my lung power and reducing my cancer risk while I can still enjoy the act of smoking. I can't thank my loved one enough for researching the product as a whole and introducing me to this new way of life with Smokeless Smoking. I respectfully urge every current tobacco user to consider the benefits this device provides us as a way to break away from the two-fold habit of smoking tobacco. I appreciate you taking the time to read my story.

8/15/2014 8:38:00 AM - John Beach from Woodbridge VA.

I am 30 years old and I have smoked cigarettes for more than 10 years.

It was not until this year that I really noticed the adverse effects of smoking.

I found myself out of breath from slightly exerting activity such as running up a flight of stairs.

I was also noticing an increase in my blood pressure.

I have always been around 120/80, however in January of this year I was at around 140/90.

At the time I thought it was a onetime thing and figured I just had too much coffee that morning, however, it stayed consistent for the following months.

I had tried to quit several times in the past, but decided I really needed to quit smoking this time. I went out and spent a tremendous amount of money on nicotine gum and patches that did not work at all.

I still have about $150 of gum and patches sitting in my medicine cabinet.

Then one day I was standing in line at Wal-Mart to get a pack of cigarettes and saw a Mistic e-cig starter kit. I figured why not, it was only the price of two packs of cigarettes, which is a small fraction of the price I paid for the patches and gum.

The e-cig worked okay, and I significantly reduced the amount of cigarettes I was smoking immediately.

The problem I had with the Mistic cig-alike was that it had an incredibly short battery life and I found myself smoking while waiting for the battery to charge.

On top of this, the cartridges were very expensive and did not last nearly as long as advertised.

At this point I did some research and found a lot more than I expected; a whole world of technology dedicated to vaping and a community of former smokers who have replaced really harmful smoke with less harmful vapor.

After being bombarded with information and a hand full of terms I did not understand, I ended up locating a small vapor shop in my area and went in to see what other options were available.

It was a great little store with a very knowledgeable staff called Potomac Vapor.

One of the employees working at the shop went over the capabilities of the different types of the delivery systems they sold.

I decided on a DNA 30 clone because of the safety features, the variable wattage capabilities, and the option to use the device while it is charging.

The employee actually told me I should take a day and think about it, but I was excited and got it right then and there with a kanger protank and some e-juice.

I have not smoked a single cigarette since the day before I stepped into that store and I have not looked back since.

I am going on two months of being smoke free now and I really do not feel the sensation to light up anymore.

I am breathing much better, I feel much better and my blood pressure is almost back to normal.

On top of this, I have slowly decreased the amount of nicotine content in my e-juice from 1.8%, which is where I started, coming off of smoking a pack a day, to 0.6%.

I am a chemist and very experienced with creating concentrations of chemicals. I plan to start creating my own strengths of e-juice by using nicotine free e-juice and 0.6% e-juice, allowing me to continue to decrease the amount of nicotine I consume.

On a smaller note, I have also derived a hobby from vaping.

I have a minor in physics and have found building my own coils to certain specifications to be a fun use of my spare time.

I want to end this testimonial with two small pieces of advice to anyone trying to transition to vaping from smoking.

When I was using the Mistic e-cig, which is shaped like a regular cigarette, I would have the sensation to smoke frequently.

You know, that little voice that tells you to grip a cigarette between your middle and pointer finger and light it.

After moving to the DNA 30, which is literally a box and cannot fit between your fingers like a cigarette, that urge dissipated.

Initially I did not want to move to any of the larger devices I saw for sale online or in YouTube videos; I thought they would be a pain to carry around.

Turns out most of these devices fit in your pocket just like a pack of cigarettes, so don't be afraid of the larger delivery devices, they tend to break the association of getting nicotine and holding a cigarette between your fingers.

One other mistake I made at the beginning of my transition to vaping was focusing on e-juices that try to mimic the taste of tobacco.

None of them are going to taste exactly like tobacco.

In a way this is good because after about two weeks of strictly vaping you will actually be able to smell tobacco smoke and you probably won't like it.

It is important to find flavors that fit with your life.

For instance, I drink coffee a lot and I usually would smoke with every cup I had.

So, it was important for me to find e-juices that went well with coffee.

This will be a learning experience.

I bought three bottles of e-juice before I really figured out what type of flavors I wanted to bring with me for what I was going to be doing.

The first time I went out with friends after moving over to vaping, I brought this potent raspberry e-juice with me, which is great on its own, but was really horrible with a bourbon stout.

It might have been good with a fruity mixed drink, but I normally don

8/15/2014 8:01:00 PM - Marc C. - Yonkers, NY

Hi,

I have smoked cigarettes for almost 25 years. I've tried the patch, the gum, hypnosis, group therapy, almost everything. My father smoked too, so I've been exposed to cigarette smoke for my entire life.

Electronic cigarettes have been the ONLY THING to free me of the addiction of burning and inhaling cigarette smoke. Everyone is so happy that I have finally stopped smoking cigarettes. I breath better and feel better and it has benefitted me greatly.

I am very concerned that the FDA and other big Government leviathans (backed by millions of dollars from RJ Reynolds and Altria) are going to cripple an industry that so many people benefit from, by essentially forcing people to go back to cigarettes to satisfy their need for smoking.

The needs of the industry are color changing, warning labels, proper ingredient labels and child proof packaging. That's it.

Myself and millions of others are finally free from cigarettes. For the first time in my life I am free and am fearful of being driven back.

Thank you.

8/16/2014 11:41:00 PM - Christine B. (RavenGHunter) Florida

I starting vaping October 27th, 2013. I quit smoking October 28th, 2013. I can breath, I have COPD... my lungs are damaged from smoking tobacco for 30 years, 13 years ago I fell sick with a virus and ended up almost dying with double phenomena. I should of quit smoking tobacco then but I couldn

8/17/2014 1:29:00 AM - Stephen Steeves, Lake Zurich, IL

I smoked cigarettes for over 25 years with no ability to quit after trying numerous aides (Chantix, inhaler, cold turkey, lozenges).

After trying e-cigarettes (iTaste vv pen with iClear 16B with 555 and RY4 tobacco flavor juices at 16ml nicotine strengths to start) I was able to completely quit smoking analog cigarettes.

There have been very few cravings to reuse analog cigarettes and I've been able to reduce nicotine content in my e-liquids to almost zero.

I have been cigarette free for a year and have upgraded my mods to Sigelei Legend and 30W mods with Nautilus and Kayfun clone atomizers which has reduced my overall vaping due to the greater sensation with each vape.

My health since quitting analog cigarettes has greatly improved, including increased breathing capacity, no longer having shortness of breath incidents, no occasional pressure in my chest and lower blood pressure.

My family's health has improved as well, despite never having smoked indoors or around them, just the smoke that would remain on my clothes would cause them to sneeze or become congested.

Any bans on the controllable mods, juices (I use food grade, complete ingredient liquids only), and the reliance on knowledgeable vape shops would seriously put at risk my efforts to remain a non-smoker.

Regards, Stephen Steeves Lake Zurich, IL

8/17/2014 6:28:00 PM - Taylor Rich, Henderson, NV (Lifestyle Vapor)

As Mother would say "If the cool kids do it, you should too." Hearing that at 13 years old from somebody I idolized meant it had to be true, so when she handed me my first pack of cigarettes, i eagerly tried to smoke one. Coughed my lung up, forced the smoke down, liked the light-headed effect, coughed once more, convinced myself to finish it and BAM- the start of an awful habit.

Having incredibly easy access to cigarettes was nothing but another way to seem "cool" to my friends and to show everyone that I did not care about what they said was bad or good. Smoking a pack a day (well, a little more than a pack because i often "bummed" a smoke off friends or family, but to make myself feel better i stuck with saying only 1 pack a day) for 5 years might not seem like a lot to some of the other smokers in the world. Some people have smoked more than that a day and for 40+ years! Although the time I smoked may not have been as lengthy as some other stories, as an adolescent, that seemed like my whole life. Being barely 19 years old now, the past year has drastically changed my life.

As soon as i turned 18, i had a slight interest in e-cigarettes. Since there was a vapor store right across the street from my house, my boyfriend and I ventured over to see what the buzz was about. (My boyfriend is also a pack a day smoker and two years older than I am) We bought a Kit for a fairly decent price and had a chance to try flavors that were different from traditional tobacco or menthol. Getting no instruction and breaking the basic kit led us to believe that these were another "smoking cessation" bull crap story to get people to spend money. So we threw them in a drawer and on to smoking we went. A few months later i lost my job and went out job hunting. Driving past a bunch of Vapor stores i decided to stop by and give my application in. That is when EVERYTHING changed...

Lifestyle Vapor has the name that is true. Vaping became more than a hobby, it became a lifestyle. I got the job and told them i had no idea how to really work it and that i tried before but alas, no luck. After a month of intense training and learning about the safety and harm of all things vape-related. I was promoted to the Assistant Manager. I was able to significantly cut back on my smoking habit from a pack a day, to less than half a pack. Partially because i worked 10 hours a day and could not smoke traditional cigarettes, and also because i was starting to see what the correct nicotine strength and flavor could do.

About 2 months ago, i was able to say with honest heart honesty, that I am now Cigarette free! I found the perfect flavor (Cinnamon) and the best nicotine strength (16mg) and i hate the smell (more like REAAK), taste, and cost of traditional cigarettes. Not only did vaping change my life in a short amount of time, but after i received proper training, i was able to help aid others in completing their personal goals with vaping.

Regardless if it is to cut back on smoking or quit completely. I get to come to work everyday knowing that yes, i am making a difference that is a harm-reduced alternative to traditional cigarettes. I will stand by vaping until my last breath, which will be a long time now that my lungs aren't coated in the tar.

Vaping is not a "fab" or just some little hobby for everyone. With proper training and support, anybody can meet their goals. Taking this right away will harm more people than it will help. It is a lifestyle that can not just be taken away by someone who is scared to lose business (cough Big Tobacco cough) and is willing to aid in killing people just so they can make a buck.

Should there be regulations on the quality of liquids? Of course. Should there be minor changes in the industry? Yes there should be. But should you take away the chance to save lives because you are running tests on the WRONG products (ie. Chinese made e-liquid)? NO. People will fight for this right because it is not worth letting go.

Ask the millions of people who smoke if they had the chance to quit smoking without giving up their oral sensations and majority will say yes. Regulate the smoke shops and bad stores, not the ones who are truly aiding in success.

8/17/2014 6:30:00 PM - Maxwell S. Henderson NV.

When I was way younger, I'd never would have thought that I was going to become so addicted to something that I swore back in the elementary school D.A.R.E program, I would never ever touch in my life. I hated the fact that almost everyone in my family smoked. I would always guilt my parents with the typical "If you love me, you'd stop smoking". When I started smoking at fourteen and a half (unbeknownst to my parents of course) I wasn't pressured into, no one forced me to do it. I just did it to rebel, and go against the whole "Don't smoke if you want to be cool!". When I was fifteen, still young a very naive, I found it easier and easier to get cigarettes. By this time my parents found out, and being the angsty, and rebellious teenager I was I just kept smoking. By my sophomore year I was already smoking a pack a day. Going forward to my senior year of high school I had no intention of quitting. By the second semester of my senior year vaping became all the rage. I was curious, but I

still had no intent on trying something else. I wanted my cowboy killers, and nothing else. My mother had actually started vaping before I did. I was surprised, my mom wasn't really tech-savvy and she never went out and tried new things. But she was sick of smoking, after twenty years she had cut down from a two packs a a week to five cigarettes a month. My mother had found a vapor store she had really liked, and she wouldn't go any where else. My mother wanted me to see, and try it out. unwillingly I went. I went it to the store and tried it out. I was in love! smoking inside with no smell, and no horrible after taste? Now as a nineteen year old, who now works at Lifestyle Vapor. My life has improved greatly! I can taste things without putting salt on it. I can keep up with friends while playing basketball. I saw my parents try all sorts of quitting cessations, and fail miserably. I knew those would never work for me. I'm glad I found something that was, and still is working for me. I've been cigarette free for almost two months. Its been a fight along the way, but I'm not going to give up. I'm passionate about this, its not something I just want to fit in with a fad. This is something I want to do, so I won't ever smoke a cigarette again. Should there be regulation in the E-cigarette industry, yes. Should people over eighteen be the only ones allowed to use E-cigarettes, YES! But the argument that E-cigarettes are marketed towards children is absurd. Where was the argument about cigarettes when I first sparked up a cigarette? Where was the argument when children of my generation had there first argument? I want to be able to use my E-cigarette as an adult with free choice, so I don't have to go back to cigarettes, or cheap made foreign made cigalikes. I'm an adult, I have the right to choice, and I'm never going back to cigarettes, or cessation products that don't work for me!

8/17/2014 8:03:00 PM - Paul Smith

My smoking habit began at age 13 and I smoke until I was 57. During that time I smoked an average of one pack of cigarettes per day. As you might suspect, after 44 years of smoking the long term effects of smoking where really setting in and negatively impacting my health and life style. I was suffering from severe shortness of breath, my complexion was yellow and jaundice looking. When I went to bed it was a 15 to 30 minute wheezing and coughing session before I could go to sleep. I was also diagnosed with early stages of emphysema. All of these conditions also applied to my wife. Our life style was compromised as we lacked the ability to play or engage in any strenuous activities with our children and grand children.

Both my wife and I had tried all the FDA approved patches, gums, and drugs. Chantix by the way is a terrible drug with horrendous side effects. Why that drug is still allowed to be on the market is a total outrage. None of the FDA approved methods worked for us. We even tried hypnosis. Nothing worked and after more than 15 tries at quitting smoking we had pretty much resigned ourselves to the fact we would eventually die of a smoking related illness.

A friend at work introduced me to electronic cigarettes. Both my wife and I purchase our first starter kit on January 10th 2011. Within a week both of us had completely quit using regular tobacco cigarettes. Nether of us has smoked a tobacco cigarette since 15 Jan 2011. The transition for both of us was pretty easy as it was always the nicotine withdrawal, smoking sensation, having something in our hand and other smoking habit related activities that drove us back to tobacco cigarettes. With electronic cigarettes we did not miss or experience any of those negative things. For us, this was a truly life changing event.

Our journey with using electronic cigarettes has moved from one device to another. Each one working better than earlier versions and where easier to use and lasted longer. Had the current FDA proposed regulations been in effect the advancement of the technology and availability of

devices and E liquid would not have happened. We started off with Joytech 510 pen style devices with refillable cartridges. We then move to Joytech eGo style devices with bigger and longer life batteries but still used atomizers and refillable cartridges. My wife still uses the eGo battery but has an easy to use tank with a replaceable atomizer. I use a larger device called a VAMO and also use a tank with a replaceable atomizer.

At this point I would like to convey the health benefits both my wife and I have experienced over the course of our 3.5 years of using electronic cigarettes. We both have completely enjoyed our experience with electronic cigarettes. The FDA approved patches, gums and drugs all had side effects, with some of then being very severe, and life threatening. Chantix should be banned from sale, period. Both my wife and I have

had literally ZERO side effects at all using electronic cigarettes and fully credit them with saving us from ding from a smoking related illness. I want to repeat this as we completely believe that electronic cigarettes save our lives. Our health has never been better. We both now have fully recovered our breath and can actually run around the yard with our children and grand kids. This was not possible while we smoke tobacco cigarettes. Within 3 to 4 weeks of using electronic cigarettes neither of us wheeze during exercise activities or at night when we get into bed. This is a wonderful experience. Within 2 months our sense of taste returned as well as our sense of smell. We both really hate the smell of tobacco smoke and stale ash trays now, where we didn't even notice the smell at all while we smoked. Our doctor has verified that we are in fact healthier now than we ever where when we smoked tobacco cigarettes. I really doesn't take much thought to conclude that if you eliminate the burning tobacco, tar, 4000 plus chemicals, Co2 and other ingredients in tobacco cigarettes that using a product like an electronic cigarette has be better for you. Also, there is now enough science and studied completed to conclusively prove that electronic cigarettes are less harmful than tobacco cigarettes. This is not rocket science. Simply put our health is better and has been verified better by our physician because we quit smoking tobacco cigarettes and now use electronic cigarettes.

Electronic cigarettes have proved to be a very good means as a smoking cessation method. My son and his wife both smoked and could not quit. After seeing me transition from smoking to electronic cigarettes they tried it and quit smoking within a couple of weeks. Over the course of the next year they gradually cut down on the nicotine level in the E liquid they used and eventually went to zero nicotine and then stopped using electronic cigarettes al together. My wife has reduced the nicotine in her e liquid and has been using zero nicotine liquid for over six months now.

I firmly believe that using E Cigarettes have saved my life, the life of my wife and other members of my family from dyeing of a smoking related illness.

8/18/2014 1:11:00 AM - bulldog

Hi

Thank you for the opportunity to describe my smoking history and how I have not smoked a cigarette for over a year.

I started smoking at an early age, before freshman in high school I had already tobacco.

I was smoking regularly by junior year in high school.

That was in 1968, when I was 17.

I did quit for 3 years in 1986 to 1989, but made the mistake of playing with cigarettes again.

It was as if I had never quit.

My habit was at about 1.75 packs per day.

Fairly consistent though the years.

I tried e-cigs in 2011,

with limited success, had equipment problems and it was not providing what I needed or what I was getting from cigarettes.

I tried again in spring of 2013 with a new batch of equipment and I real understanding that pushing myself with guilt was not going to work.

My quitting system was quite simple have a use your e-cig equipment prior to having a cigarette.

At that point I was at 24 ml of nicotine.

It toke the edge off and encouraged me to continue.

By August I smoked my last one, and only half of it.

Don't get me wrong it was not easy, but it worked, unlike the other attempts gum, patch and celebrex. So now I am an e-liquid addict, is it better?

Well I feel better, my cough is gone, I don't take cough medicine before going to bed.

Are there bad side effects, yes food taste so good!! I have gained 10 lbs.

If I use to much e-liquid I do not sleep well.

So where are things now, well:

I learned never to play with cigarettes again, not even once. My nicotine level is between 9 and 12 ml slowly cutting down from a high of 24. Cost of e-cigs now including equipment replacement is at 75 per month. Am thankfull for all the advice I got from fellow e-cigs users on u-tube and the the forum.

I greatest wish if that I could be an addict in peace, without worry about FDA and other agencies that do not seem to realize that a non-perfect solution is still a liable solution.

Regards,

claudebo

8/18/2014 3:01:00 AM - Kristen Leigh

I dated a girl who smoked cigarettes when I was about 20. I started to smoke Camel cigarettes with her and it helped curb my anxiety. I smoked cigarettes off and on until I was 25. I got lost in myself during a time of despair and dated a dude for a brief amount of time. I wound up pregnant and decided to quit smoking no matter how hard it was.

However, after giving birth & with all the anxiety I faced, I found myself craving cigarettes... not for the fact of wanting to smoke... because I had become disgusted with how cigarettes smelled during pregnancy... but because I craved the Nicotine that curbed my anxiety. I ignored it for months after my son was born and even saw a Psychiatrist for my anxiety.

Remember... Now, it has been proven by scientists that Nicotine helps with anxiety. But, I never wanted to smoke cigarettes again. Today, the smell nauseates me.

But with Vape Mods I can get Nicotine without smoking a cigarette and without the smell and without the harm of carcinogens in cigarettes that could harm my child...

Don't ever ban a system that can help people get off a system of smoking cigarettes, yet obtain the Nicotine that can curb horrible anxiety (among other mental disorders)...& not get the carcinogens from cigarettes. If anything, ban cigarettes...

8/19/2014 6:00:00 AM - K.Amant Roseburg, Oregon

I have been a 3 pack a day smoker for 41years. I first tryed the nicitine patch and just didn't have any success with that and tried

1 month before I started to smoke again only this time even more than before. I also tried Chantix but made me swell.up with edema In my legs I became unable to walk and the pain was BAD. I also tried Wellbutrin with the green living E-cigs that worked at first but by the beginning of the2week and bought a pack of cigs.

I went back to the E-cig, still fighting to quit after. 2 months went back to the real thing.

I have to tell you this is one of the hardest thing I ever tried to do and just could not let it go. I also tried cold turkey throughout this journey time after time.

I have been desperate to quit for about 15 years with no hope in siteI been left with COPD and 59% oxygen level. I also have diabetes and debilitating nerve pain and overall poor health.

Then one day I stopped into a locol shop in.my town.

I was greeted by the store owner who listened to mty story and convinced me to try out this new option that to my surprise was so close to smoking a cigarette without all the extra 3,500 cancer causing chemicals. These vaporous products only have 1/100th of anything I am speaking of nicotine. Everything else is basically flavoring and VG oil. You can strart at a higher dose of nicotineif your a heavy smoker and taper down as you start to get comfortable and step down at your own pace. Well to get to the point K now after 2 months completely smoke free and my lung doctor is thrilled and both of us astonished at my current lung function wish was mentioned earlier at a 59% and now 94%. I tell you what!!!

That is a extreme difference and I feel so much better and I am no longer a slave to cigs.

I to love to gape and I may always vape but I no longer put others in harm from tobacco, and can vape around others ad there is no such a of a thing as second hand gape.

Please hear are plea to keep this safer way option of tobacco free life Go CASSAA and thank you to everyone who helped save my life

Sincerely, K.A. RODEBURG. OREGON. .

8/21/2014 2:46:00 PM - Linda White from Tennessee

I started smoking when I was 11 years old. Back then it was the "cool" thing to do. I tried to quit smoking several times over the 40 years of smoking. My husband was a heavy, no filter, smoker also. Doctors constantly told him he needed to quit smoking because it had already damaged his heart and arteries. He died of a heart attack in his sleep at the young age of 46. I also had a brother that died in surgery while getting a tracheotomy because of the damage from all the years of damage caused by smoking.

We saw "cigalikes" cigarettes at a few places but we both thought they were just a gimmick and didn't even consider trying them. I struggled to quit soon after he died. Then I found fruit flavored electronic cigarettes.

I also have had severe heath issues including asthma. I knew that smoking was hurting me but I just couldn't give up the cigarettes. I had proof of all the damage tobacco was doing to my loved ones but I just couldn't quit.

I have now been vaping for a little over two years. I recently went to my doctor for a check-up. When she listened to my lungs she was completely shocked that they were the clearest she has ever heard them in 12 years!!

I performed at 91% on the spirometry (lung function test) when I had never been able to score better than in the low 60's percentile!!!

While smoking tobacco I had been hospitalized several times for trouble breathing. I have not had any breathing issues and have not had any ER visits or been hospitalized in over two years!!

I know that if I had to go to "cigalikes" I would just go back to smoking tobacco. To this day I do not like tobacco flavors. I know that switching to e-cigarettes has saved my life.

I use an iTaste MVP (my favorite) but I also use a Vamo and a Vision Spinner with 12mg fruity flavors. I have not touched a tobacco cigarette since picking up an electronic cigarette. My sense of smell and taste have greatly improved. When a tobacco smoker walks past me the smell turns my stomach.

8/21/2014 8:12:00 PM - Larry Podsobinski

I chimney smoked for 35 years, associated with having schizophrenia. There is known since 1998 and very well documented studies on the medical use of nicotine in this illness, AD/HD, Alzheimer's and other cognitive and neurological disorders. I'll copy and paste my story and i have to delete my psychiatrists name as she does not have time is extremely in high demand and has no time to be bothered by this, but her words as to medical use are in my message below.

I have not used any tobacco for this since March 22, 2010. On e-cigs alone i have become a non or ex smoker for 4 and half years, while using the nicotine in e-cigs to treat this brain disorder condition as per my doctors words in my story follows:

Re: Smoking in mental facilities

Dear Ohio Protection and Advocacy for Individuals with Mental Illness council member,

For those of us who dearly remember Pat Washburn, Pat became after 20 years of him helping me inpatient and out, he became more of an appreciative friend when I finally beat my illness and had published a book (

8/26/2014 1:51:00 PM - Non-smoker Eastern Shore

Admittedly, I am a nicotine addict. I have tried quitting several times in several ways over several years, Cold turkey, gum, patches, hypnosis. None of them with any lasting success. and certainly none of them were easy. Ultimately I always found myself bumming a smoke from someone and then purchasing yet another pack of cigarettes. So much for yet another attempt at quitting. I never gave up though, I knew I had to quit eventually. Thanks for my addiction U.S. Tobacco....

I saw an e-cig ad on television, no tobacco, no ash, it's vapor.. In all my own personal attempts to quit smoking which included research and educating myself on the subject. I was well aware that the evil entity of it all was Nicotine addiction. But it wasn't the nicotine that was causing my poor health. It was the combustible byproducts of smoking tobacco. I've tried everything else, why not e-cigs?

$78.00 and a few days later my e-cig starter kit arrives with the mail. I quickly read all the instructions, charged the batteries, assembled the cartomizer to the battery and thought to myself, "God, I hope this works....."

Well, it did for about the first 5-6 puffs however the comparative sensation of "lookalike" e-cigs VS. cigarettes was nothing of a comparison at all. But I knew it had worked for other smokers so I was determined to make it work for me.

Ultimately I was back to buying and smoking cigarettes as well as the electronic version. Eventually I found another brand of e-cig and purchased it. I liked reading that the ingredients this other company used for their e-juice was all pharmaceutical grade.

I understood the controversy and confusion regarding this new product. Nobody could say with any absolute certainty what the negative effects of the vaping would be. But reading all the success stories and testimonials of those that were able to quit smoking tobacco, and how great they were feeling as a result gave me the ability to decide for myself that at the very least, it was the lessor of two evils.

Well, that "other" product was "better" but not much. Again the mix of Tobacco and the lookalike e-cigs. This went on for about 18 months.

Then one day I was at an outdoor public event, cupping my cigarette (was not sure if smoking was allowed or not) and I see this 30-something young man walking by with this hand held device, large and shiny, definitely not an e-cig lookalike and he drew from it and the vapor he exhaled, OH MY GOODNESS, what is that?

Well I stopped him and started asking all the questions. I showed him my lookalike e-cig and he just smiled a knowing smile and told me to get online and look up "vaping" which I did and found some links to other "vaping" forums and read and researched and realized that the e-cig lookalikes were a complete waste of time and money. With some

knowledgeable guidance and far less money than I had invested in ecig lookalikes I was able to obtain my first personal vaping device, a clearomizer and some good quality (pharma/kosher grade) e-juice. The performance difference was amazing and so were the results.

I am so very happy to share with you that after years and years of habitual smoking and tobacco use I am free of it!

I can smell aromas, I can breathe, I mean really

8/26/2014 4:57:00 PM - Ben Hanson Frederick, CO

I smoked for about 30 years, about a pack a day. I started using e-cigarettes a little over 6 months ago, for years I have used smokeless tobacco to reduce the amount I smoked, but was never able to make a complete switch. I started using e-cigarettes after my wife mentioned them to me, she was tired of the horrible smell when I came inside. I told her I would give them a try and did some research. I started with cig-a-likes, but found that I couldn't use them enough to eliminate the desire to smoke. I was dual using for a little while, but then I moved on to a larger device, and it really changed the entire sensation.

I found that if I used the e-cigarette when I didn't necessarily want a cigarette, the want never arrived. I became smoke free about a month after I first tried an e-cigarette, and I don't ever want to go back. I was able to quit for a year one time, but I never lost the desire to smoke. I tried many more times to quit, using several different methods, but I never quit again for longer than a couple weeks.

I have noticed several positive changes since I've quit, I can smell things better, the taste of food is more pronounced, I tire less often, my sleep apnea is significantly less severe, and I can breath better in general. Negatively I found that I worry about having my e-cigarettes more, since I can't run to the store to easily replace them. People, usually smokers, will sometimes give me dirty looks if I am using one where smoking is prohibited but e-cigarettes are permitted by law and the owner. Really the change was not easy, but I can say that there has been nothing but positive effects from making the switch.

8/27/2014 1:58:00 AM - Barbara Hendley

I had been a smoker for 41 years.

Until recently as of July 2014

I was smoking 2 to 3 packs a day. Then I heard about electronic cigarette. My sister sent me one. I tried it and I liked it. I thought that maybe it would help me to cut back some on my smoking. I found out that I actually liked the e-cig more than I did a real cigarette and I was using it more and more. Then I would try a real cigarette and I found the taste of it repulsive and very bitter. By the end of the week I took back to the grocery store that whole carton that I had never even opened back.

I never ever thought in a million years that I would ever see the day when I did not want a cigarette and my kids and grandkids

are

surprised also. I am so thankful for e-cigs and they have changed my life so much. I am healthier and I don't have that wheezing in my chest no more and I can breath and smell things I could not smell before. I have more money and I am saving more than $250.00 a month by not smoking. I could not have done this with out e-cigs and if they are taken off the market I am afraid I would go back to smoking. I have bought my brother an E-cig also and he likes it too and has already reduced his smoking. E cigs are great and they work for people like me and I believe has saved my life because the way I was smoking I was doomed to a shorter life span. When I was smoking sometimes I would wake up during the night because my heart was fluttering so and feel as if it was going to stop. It does not do that now. I sleep very well now and I do not have a cigarette and an ash try near by no more. When I smoked before and i woke up during the night and light up a cigarette half awake and fall back asleep with it lit I often would burn the blanket or chair.

My father smoked for years and died of cancer when he was 72 from smoking. E-cig have helped me so much and I do not want to go back to smoking again.

I tried the patch and it did not work and Chantex was to expensive besides of all the side effects. But as of today I am a smoker no more all

because of E-cigs and I will take my chances with an E-Cig than a cigarette any day.

9/1/2014 3:14:00 AM - Andrew M. from the heart of texas.

My name is Andrew and I will stand by electronic vaping devices and ejuice liquid 100%,

I started smoking cigarettes in 2008 when i was only 16 years old and i continued smoking until 2013 at age 21. i started smoking due to peer pressure and also because i thought it looked cool. well by the time i decided to quit smoking i had already done irreversible harm to my body, something that i would just have to live with.

I had tried many alternate methods of quitting; nicotine patches, gum, etc. and each time to no avail. that is, until i discovered electronic cigarettes at a local vape shop in my area. i started with the blu cigs but they tasted disgusting and i just knew i couldn't do it so i stopped using them altogether and went right back to smoking cigarettes. thats when my friend recommended i try an actual higher end vaporizer at a vape shop and upon doing so i could tell that this would be not only a safer alternative to smoking but could even completely ween me off my nicotine addiction by being able to select different dosages eventually allowing me to lower it each time.

I started by using an Ego style battery with a CE-4 atomizer and some 50pg/50vg ejuice, while i would recommend this to beginners i now have become a big fan of using a mechanical unregulated mod with sony vtc4 18650 batteries and a stillare rebuildable dripping atomizer usually running 80% vg and only 20%pg. i like the look of mechanical mods because it doesn't remind me of cigarettes. This is precisely why making all electronic cigarettes similar to the Blu or Enjoy style is WRONG. myself and many other Vapers do NOT want to see a fake representation of a cigarette as our personal vapes. this is why many people switch to using mechanical mods and rebuildable dripping atomizers, they dont want to look at the same coffin nail that they have been looking at and is the reason they quit in the first place! not to mention that the blu style electronic cigarettes do not allow you to change the nicotine levels or the heat that the device is putting out via air/vent holes and wattage/volts. The blu cigs are a joke and the fact that the fda is using them for studies should be seriously looked at.

let the people familiar with electronic cigarettes have a chance to protect what they love, and what has made them healthier better people. and dont change electronic cigarette juice just because some kids got ahold of it, children eat loads of asprin on accident every day but do you think asprin tastes like cotton candy? simply put; stripping us of our rights to use these devices and taking out all of the flavor from the ejuice wont solve anything and you all know it. its pretty obvious that this is just a huge money grab by the FDA. thanks for your time and enjoy your constitutional rights before they are gone!

9/2/2014 1:05:00 AM - David, Honolulu, Hawaii

I've quit smoking cigarettes and cigars, and also quit using smokeless tobacco "Dip". I was addicted to those forms of tobacco for 20 years, starting with cigars for one year, whole-leaf chewing tobacco for 1 year, switched to Dip for 2 years, back to cigars for about 1 1/2 years, cigarettes for about 6 months, Dip for another year, cigarettes for another 6 months, then back to Dip for the remaining years. When I was smoking cigars, I would smoke 4, hour-long cigars per day. Cigarettes: a pack a day, Chew: a bag a day. The majority of my 20 years of addiction was with Dip: 1 - 1.5 cans a day.

In my attempts to quit, I tried nicotine patches several times, to no avail. Tried nicotine gum, which also didn't stand a chance. Two times I tried to ween myself off smokeless and smoked forms of tobacco, those attempts were only successful for 6 weeks each time. My last attempt to quit was through hypnosis 2 years ago to quit dipping, that was only one month of abstinence With EVERY ONE OF THOSE ATTEMPTS, I was going through withdrawal symptoms of extreme irritability and total lack of focus.

Now I've been using Vapor for a year and a half, without ever craving Dip, Cigars or cigarettes. I started with a device that uses a battery, has a small protection circuit inside, a tank on top that holds the 16mg nicotine liquid "e-juice", which is drawn by a wick, to a coil to be turned into vapor. Now I use what's called a "Mechanical Mod" : device with a battery, no tank, I drip the e-juice directly onto the cotton wick that's surrounded by two small coils. I've been using 6mg nicotine strength juice for about the past year. And I can continue to step down the amount of nicotine in my e-juice.

After my several failed attempts to quit the various forms of tobacco, I accepted the fact that I may always be addicted to nicotine. I embrace vapor as the only method that allowed me to quit smoking and dipping, without a single desire to go back to any of them. I know that I can always lower my nicotine intake by using e-juice with a lower amount. But I don't have the tar from cigars and cigarettes or the frequent acid reflux from dip, along with all the chemicals and carcinogens from those.

9/2/2014 9:20:00 PM - Jody St Pierre (Jode) from Seabrook, NH

I started smoking cigarettes when I was 12 years old. That was 38 years ago.

I tried to quit at the age of 20 for the first time.

I have tried these various methods with little to no success: cold turkey, patches, Wellbutrin (twice),Chantix,

gum, and hypnosis. The longest any of those lasted for me was about four days with no smoking. The Wellbutrin and Chantix only enabled me to cut back.

I have lost loved ones to cancer and have even had a health scare myself a couple of years ago that if I were to continue to smoke I would surely not live a long life. Those things were not enough to give me the courage to beat this. The times I tried to quit before were unsuccessful for me because they only address one side of cigarette addiction.

They either addressed the nicotine delivery or the habit part but not both.

A couple of months ago I read a paper on E-cigarette (or personal vaporizers (PV) as I prefer to call them now).

I became intrigued at the advancements they have made with these things. This was a way I could approach both sides of my addiction.

I saw this approach as replacement therapy and harm reduction.

Since I had success with replacement techniques for caffeinated soda to black iced coffee, I knew this could be a viable option for me. I did research and made sure to look for all sides.

I needed to know as much of the truth as I could find.

I had the opportunity to try a pv out before purchasing my own so I could see how they worked and what I might be able to expect.

I bought a basic starter kit on Aug 8,2014 and stopped smoking cigarettes on the same day.

So far, even with startup cost, I have saved over 50% of what I would have spent on cigarettes.

I do not smell like an ashtray.

I am not passing third hand smoke onto grandchildren.

I can taste food again and my smell has improved greatly.

I can breathe better and already have stopped coughing.

I wake up looking forward to the day instead of wondering how I will get through it without cigarettes.

I have even started walking again.

I would like to address the issues that are being threatened right now.

I firmly agree that age restrictions need to be put on any and all of these products.

I think advertising needs to be responsible and geared toward the adult world. Almost a month ago when I began vaping I found very quickly that I needed to separate myself from the taste of smoking.

I did this by carefully selecting a pleasing flavor that was far from a tobacco taste.

I found I enjoy a juice that in no way emulates a traditional cigarette.

I know that if all I had to choose from was menthol and tobacco (which is like licking a dirty ashtray to me now), I would quickly return to smoking.

I also prefer to use a tank style PV so I can control what juice I put in it.

If they restrict to only cigalikes (units that look and feel like a cigarette) I will be forced to use a prefilled cartridge.

Many people that vape (vapers) are trying to separate themselves from smokers by using something that does not look or feel like a cigarette.

As far as these flavors being geared toward children.

Oh my, don

9/5/2014 6:42:00 AM - Mdwestgodfather

I first bout a e cig with the drops that looks like a real cigarette amd wasted money on it for two months and went. Back to poisoning my self with real cigarette and now two years later I have dove back into vaping head first for anyone wantin to quit and u need tht smoke or big hit like smokin cig s they call it throat hit then u will want to buy if can afford it a seven-30 varible wattage mod or something similar for about 100 and a aspire air control

cartomizer And u will not even think about a cig and have an awesome vaping machine to start playing with I wish I had this advice before I spent over 200 prior to this buy also if looking for the best bang for your buc get a vision spinner2 and a aspire air control tank for about 40 bucks online and this will have u enjoying the taste if smokin and smelling clean all day

9/7/2014 12:28:00 AM - jeanny sidwell

ive been smoking for 30 years .my breathing was bad .the drs wanted me to quit ! but i just could not do it. my oxgyn was almost always under 90. but now i smoke the new e cig . and what a big differnce my oxgyn level now is 97. and i think its great.

9/7/2014 7:02:00 PM - Thomas C. D***** Lancaster Pa

I have smoked at least a pack a day for 18 years, over half of my life.

Over the past 10 years, and most likely longer, I have been smoking 2 to 2 1/2 packs a day.

I bought the I Taste vaporizer last week and started using it the day after my birthday.

I haven't had a cigarette since and holy shit, I feel amazing.

No morning cough, I don't stink like ass.

(dear smokers;

newsflash; you reek!!!...never noticed this before!)

I tried pills to quit before and that was useless.

In general trying to quit seemed like a fruitless task.

In my head it was never going to happen.

And the sweet I Taste came along and how easy it was.

The most amazing part is how little I have actually 'smoked'.

I started the I Taste on Thursday morning and it is now Sunday afternoon.

If I had been smoking Cigarettes I would have blasted through a carton by tonight (drinking, football, friends, being outside, etc).

With the I Taste I haven't vaped the equivalent to a pack of cigarettes yet.

Instead of spending $55.00 on a carton of cigs I spent $12.00 on a vial of juice which fills my vaporizer 10 times.

So...I have spent $1.20 over the past 4 days instead of $55.00!

Physically I feel great, I smell good, my mouth and lungs feel abnormally amazing, my bank account will increase $3,000/year (or an all inclusive trip to Mexico for 2 for a week), the governments bank account will grow by billions, I have more confidence because, let's face it, smoker's are degenerates, and mentally...well...I really haven't experienced any withdrawal symptoms.

All smokers already know everything I said in the aforementioned paragraph.

We know it's a pointless habit that will kill us and steal our money.

Make us feel like shit mentally and physically.

We aren't stupid.

We're hooked on nicotine.

Having products like I Taste on the market relieve smokers of all of the negative side effects of smoking while allowing us the ability to control our nicotine intake one puff at a time as opposed to 1 cigarette (or pill, or patch...) at a time.

9/9/2014 2:33:00 PM - Hud

I was a smoker for 45 years. I loved to smoke and had no desires to quit. I did not think that I would ever quit until I ended up in the Hospital with severe breathing problems. I was told that I had severe C.O.P.D. and needed a new left lung. That was at age 54. I was on high doses of steroids, oxygen, and taking 4 to 6 breathing treatments a day with a nebulizer. I was in the hospital for 5 days but all the treatments continued. At the time my oxygen levels were in the 85 percent range. Soon after that I was introduced to the electronic device called the e-cig. I started using the device and never touched another cigarette. After 3 months I went for a Pulmonary function test and my breathing had increased 50 percent and my oxygen level had increased to the 92 percent range. After 3 more months I went for another Pulmonary function test and my range continued to increase with my oxygen level over 95 percent. I continued to improve over a period of the last 6 years only using the electronic cigarette. My last Pulmonary function test showed the highest range ever with my oxygen at 99 percent. I was also told by my Pulmonary Doctor that he thinks I can live just fine with the lung that they told me 6 years ago needed to be replaced. Now I do not use the oxygen anymore and take very few breathing treatment. Although I know that C.O.P.D. will never go away I am now living a normal life without all the medications except for a small pocket inhaler I carry with me just in case I need it. Myself and my Pulmonary doctor are convinced that just using the electronic cigarette saved my life. I have not touched a cigarette in over 6 years now. I know I am still addicted to nicotine but at least I can breath normally now. If it was not for the E-Cig I would be dead by now.

9/17/2014 4:06:00 AM - Candy from Colorado, I started vaping four months ago and I haven't smoked a ciggarete since. I have tried to quit smoking so many times I can't even remember how many times I have tried. I have tried nicotine gum, nicotine patches, welbutrin, cutting dow

I started smoking 45 years ago. I started vaping four months ago and I haven't smoked a cigarette since. I have tried nicotine gum, nicotine patches, welbutrin, cutting down, cold turkey and none of these worked. I kept going back to smoking cigarettes. It is amazing how now I don't miss cigarettes and I have no desire to smoke any cigarettes. I did not have any withdrawls, I can breathe better, taste better and smell better. Anyone that is willing to make the switch from cigarettes to vaping will be amazed at how well it works.

Candy from Colorado

9/18/2014 11:57:00 AM - Maggie Williams, Atlanta, GA

I started sneaking the occasional cigarette at the age of 17, but was a full-fledged, totally addicted smoker by the age of 20.

Through the years I'd set certain benchmarks for when I would quit.

"Oh, when they go up to a dollar a pack, I'll quit", "Oh, when I develop a smoker's cough, I'll quit", "Oh, when I am grieving less over the lung cancer death of _____(fill in the blank in this order: Uncle Clyde, Daddy, Uncle Earl, Uncle George, my sister Lucille, my brother-in-law Hank, and my sister Bobbie), I'll quit".

It seemed no matter what benchmark I set, no matter how much cigarettes cost me in the loss of loved ones or monetarily, not even when plaque began to show in my own lungs and arteries was I scared enough to be able to just lay cigarettes down and walk away.

Didn't seem to matter who I lost, how broke I stayed, what physical damage my doctor could show me on x-ray, how badly my clothes and car and breath stank, or how I couldn't make it through a work day, church service, or movie without multiple cigarette breaks.

I was a stone-cold addict with a gigantic nicotine monkey on my back!!

But my Mom (a nonsmoker) by this time in her 90s and just devastated by the loss of her husband and two daughters to smoking - just begged me to quit, if not for my own sake then for hers.

I had to find a way to quit!

So I tried Wellbutrin, Chantix, hypnosis, acupuncture, nicotine gum, nicotine patches, aversion therapy, cold turkey - you name it a way to quit, I've tried it (and mind you all of this ws backed by the fear of the ugly death I'd seen my loved ones go through from smoking related cancers and heart disease)!

And it might last for a little while, but I'd always go right back to smoking.

Then, 30 months ago I was at a local grocery and noticed a starter kit for an electronic cigarette that was very reasonably priced (I'd been put off by the cost of e-cigs - hah!!) so I bought a kit, and my "smoke break buddy" at work bought one as well.

I am so happy to report that we both have been SMOKE FREE FOR TWO YEARS AND SIX MONTHS!!!!

Not only that, we have both steadily reduced the amount of nicotine we ingest.

I am now down to just 3 mg. We have made as many converts to vaping as we can.

I feel better, I smell better, I save a ton of money, I can concentrate better and accomplish more at work since they currently allow me to vape at my desk.

The electronic cigarette is one of the best things that has ever happened to me.

I'm not stupid - I realize that vaping isn't entirely risk free.

But stacked up against a known carcinogen with multiple deleterious health effects, give me the vape any day.

It is foolish, foolish, foolish and wicked for the government to even consider limiting access to electronic cigarettes.

It's completely counterproductive - if the concern is actually public health, why make it more difficult for people to obtain and use the best answer to smoking that has ever been devised?

That's just plain silly!

One could easily think that any politician who supports these bans must surely be receiving 'persua$ion' from Big Tobacco and/or Big Pharma and the Medical Industrial Complex, all of whom stand to lose billions of dollars in profits with a (hopefully one day) smoke free nation.

Thank you for the opportunity to comment.

9/18/2014 10:00:00 PM - J.D. from Beaumont, TX

I started smoking when I was about 16. I was 2 pack a day smoker until I was about 30. I developed some lung problems that I was getting quite worried about. I also was tired a lot and never realized it was from smoking until I managed to stop for several days. I tried patches, Zyban with little success though.

Around 2009 I found e-cigarettes. The technology wasn't that great but it was good enough. I switched to using an e-cigarette. After a few days I woke up early before my alarm with all this energy, just as if I quit smoking. Over the next month or so I notice my lung problems went away for the most part.

I still am addicted to nicotine, but now I live a better quality life that will last longer.

I hope never take this option away from me..

9/18/2014 10:21:00 PM - Lorrie Cucco-Taylor

I have heard, today, September 18, 2014, is World Vaping Day.

Certainly, in my mind, something truly worth celebrating.

Some may not grasp why, but, may I share with you my story?

I was a four pack a day, forty-two year, Marlboro Red smoker. As a smoking alternative, I have been vaping. I am still addicted to nicotine. However, I have been slowly lowering the milligrams of nicotine along the way. I started with a 36mg nicotine e-liquid, and am now vaping a 6mg nicotine e-liquid. In a perfect world, I would have just quit. But, that did not happen in 42 years! I tried all of the available smoking cessation products on the market. None of them worked for me. I did not quit, when I was diagnosed with COPD and emphysema. I did not quit, when they identified and continued to monitor more 'nodules' in my lungs than I can count. I did not quit, when I was no longer able to sleep laying down. I did not quit, when I was told I would to be on oxygen within a year. I did not quit, when I witnessed many family members and friends, die from lung cancer and other smoking related diseases. I quit, when I found vaping. The difference in my lungs is incredible! I can sleep laying down. I no longer have to avoid laughter. The improvement in my quality of life is huge. My lung improvements, have been proven by my current lung CT Scans!

I was able to quit smoking, because of the variety of vaping products available on the market. Vaping, like most things in life, is a journey. You try the many options available, until you find your 'happy place'. I have found my 'happy place'. If I had not had these many options (mods, atomizers, battery sizes, wicking materials, e-liquids), there is no doubt, I would have again failed in my quest to quit smoking. And, no doubt, if they take away my 'happy place', I will return to smoking. We can't allow them to do that to me, and the many others who have found this incredible smoking alternative.

Our lives, and our quality of life, depend on it.

Hence, in my mind, something truly worth celebrating!

Thank you for listening to my story!

My current vaping statistics: Smober Date: 10/2/2012 Today: 9/18/2014
Smober Time: 1 Years, 11 Months, 16 Days Cigarettes Not Smoked: 57,280 Money Saved: $16,410.72

9/20/2014 2:49:00 AM - HecticEnergy

I started smoking cigarettes in highschool in the late 90s.

My addiction didn't start until after graduation in the early 2000s, when I started drinking. From then on I was at most a half a pack a day smoker. I quit cold turkey a few times for about 6 months. Stress eventually brings me back. I quit smooing after college when entering a professional career using blu. It was enough to get me off cigarettes, but only because I was extremely stubborn about it. I quit using blu after a few months due to the inconvenience and frustration of the experience with the technology.

After a few years I moved into a situation where I was living with a smoker. My cravings kicked in high gear due to the constant smell of cigarettes and the stress of the move. With a young child of my own, I knew smoking was not an option, but blu wouldn't cut it. I looked for better than blu. I found ego devices. These devices where satisfying and far less maintenance than blu.

After a few months I upgraded to an apv and dropped my nicotine level. I started rebuilding my own coils as well. Batteries last a lot longer in these advanced devices, making usability much more continent. Currently I'm using between 0-3mg nicotine. I drop to occasional use with no problems as opposed to cigarettes which comes with some hefty withdrawal symptoms. When I cut back on my use with ecigarettes, I am a bit more irritatable and lethargic, much like the withdrawals from coffee.

For me vaping is a great alternative to smoking cigarettes. It is a decision I make knowing that short term research shows low risks for an informed user, with long term effects being unknown.

As an adult and a productive member of society i feel it is my right to responsibly enjoy vaping while being respectful to those around me. I feel banning these devices from the fear of the unknown is rediculous. If you want to ban something that has questionable effects on health with wide spread adoption and no long term research... Look at cellphones.

9/21/2014 10:43:00 PM - Gunn Brekke, Jevnaker Norway

I am 46 years old, and smoked for 33 years. I tried everything including Champix, Zyban, Gum, patces. I felt like a failure. I could not stop smoking. My Astmha got worse, my heartbeat raced and I was using inhalationmedication, and Betablocker for my hearth.

I finally stumbled upon e-cig and when I learned I could get them with nicotine I bought one. Finally I sucseeded. I needed a lot of nicotne (36mg/ml) but I did it. I stopped using Asthmamedications, and betablocker shortly after. Now I have reduced the nicotine. Only 12mg/ml. Without any struggle :p

I feel rejuvinated. I feeel healthier, I feel happy! :p I finally did it!

9/21/2014 10:55:00 PM - Tommy

Used to smoke 40 cigarettes a day for almost 30 years. Tryed a lot of different ways to quit smoking but did not work untill electronic cigarettes (vaping) This really works and I no longer smoke :) I do have cancer and stop smoking was a important tast for me.

9/21/2014 10:59:00 PM - Jan Arild Gjemble from Toensberg, Norway

I have tried to stop smoking for several years, with several attempts. I have tried to stop "cold turkey" without any aids helping me quit, I have tried to stop with the help of Nicotine gum and also with the help of Champix pills, but with no luck. Longest period i have been smoke free the last 30 years was like 4 weeks.

This year in July i decided to give it another try, and with the help of e-cig. I was

vaping for a week and did smoke at the same time, but on 24. of July i decided enough was enough and stopped smoke at once, and have never looked back. I feel so blessed and i know i can thank the e-cig for my results. I never want to take another smoke in my life.

My health is improving, blood pressure going the right way and improving. My lungs are happy and my heart is feeling much better.

9/21/2014 11:32:00 PM - ToneS, Norway

I am

47 year old, female. I have smoked for 30 years. I have tried to quit smoking several times during the years. Failing every time. I tried patches, gums and pills. Just to give in and back to the old stinking habit. Until one day I was introdust to electronic sigarets by a friend. What a relif! I found that 36mg/ml nicotin strength in e-juice/liquid, could keep me from smoking. I tried several types of different esigarets/mods before I found my favorite. But I'm off sigarets! I don't want to get back to usual sigarets either! I'M A HAPPY VAPER. I have cut down on nicotin strength from 36mg to 12mg/ml. And I love to vape and like the variety of tastes there is. Feeling fresh, smell nice and feeling healty. My lungcapasity is now much better than I could ever imagine. In Norway your only option is to buy esigarets and e-juice for personal use over internet. I hope it someday will be easier for most people to get. Allow eesigarets!

9/22/2014 1:27:00 AM - Brian Herb (Vap0romics) from Audubon, NJ

I had tried cigalike electronic cigarettes 5 years ago and due to the technological limitations, lack of quality products, and sub par flavor and vape strength I failed to quit smoking. I also tried Chantix, the nicotine patch, and nicotine gum and while they were better than nothing I still continued smoking.

I have smoked 2 packs a day of analogs for 23 years and I quit 4 weeks ago after I purchased a MVP2 and a Nautilus mini. WOW.This has been the most amazing, easiest, and enjoyable events in my life.

A true miracle and freedom from the bondage of polluted lungs created from burning cigarettes.

My wife quit the same day as me. I have not touched a single analog smoke since and have no desire to ever smoke again.

My lungs feel better every single day that passes.

No more wheezing, coughing, or smelly breath.

No more ash in the car or discomfort around nonsmoking colleagues, family and friends.

My taste buds and smell have reawakened to the sensory joys long forgotten in the haze of years of tobacco smoke. Breathing in the air on a crisp Fall morning causes memories from a time in my youth before cigarettes come flooding back to me daily throughout the past month. Anyone that says E-cigs don't work to help people quit smoking is either full of .... ,makes a living off of healthcare, medication, or taxes, or is clearly in need of an information update. This really is the future. I feel so much better and I am really enjoying the "hobby" and camaraderie of the former smoker vaping subculture. It appears very positive and supportive which is the exact opposite feeling you get in the world of combustible smokes.

All of us that are alive have been negatively impacted by the negative side affects of smoking tobacco whether directly or indirectly. So many premature deaths of loved ones and countless lives lived less than their full health potential from the negative health impacts smoking creates.

I will fight for this with all of my strength because it is a real miracle for me and potentially millions of others.

Respectfully, Brian Herb

9/22/2014 1:02:00 PM - EspenK / Norway

I started smoking at the age of twelve - Camels with no filter, Teddy, Prince, Marlboro etc. I tried nicotine patches for 10 months 12 years ago, and was in constant craving and bad mood all the time - and eventually started smoking tobacco again.I tried reading books, going "cold turkey", and even self-hypnosis - nothing worked.

On July 20th 2014 I went into a vaping-store in Fort Lauderdale, Florida,

whilst on vacation, and haven't had a single sigarette since. Nor do I feel the need for one either. I have reduced the nicotine-level in my juices too, and am currently contemplating going zero-nicotine in my e-juice.

Without vaping I would surely have continued smoking tobacco. I am now tobacco-free properly for the first time in 30 years. My cough has gone, my sense of smell and taste are returning and my entire family are very happy I've made this decision.

9/22/2014 2:12:00 PM - May-Liss Kallekleiv Norway

I have smoked sins I was 13 years. I am no 57 years. I start with e-cig for 9 months ago. I begin with 18 mg of nicotine, and today i have 6 and 12 mg. I have not smoke an sigarett since I begin with e-cig. I have tried Chantix,and all products of Nicorette. I have asma, and was going on the road too cols. My blodpressur was too high No I am a new person,and I am feeling great. I am so worried that the e-cig is being banded,then I think I am starting smoke again. Sorry for my English, its not good. There is nothing that is better for a smoker to cuit smoking, then e-cig. Please help us. We need this help and the e-cig.